

Name:

JULIAN CHANG

Team:



Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improve team's ability to execute combination play in attacking third. Teach players when to utilize various combinations: give-and-go, takeovers, overlaps, and third-man runs. Teach players how to use triangular play to avoid confrontations from opponents. Teach players to recognize space, opposition, support from teammates, and visual cues regarding when the various combinations should be utilized. Teach players the technical aspects involved in executing each combination.

**I. WARM-UP**

Intensity:

high

Activity Time:

20s

Duration:

Intervals:

20

Recovery Time:

40s

ORGANIZATION (Physical Environment / Equipment / Players)

30x30; 1 big goal; 2 cones; mannequin. Progression of combinations around the box: (1) Give-and-go; (2) Overlap; (3) Takeover.

COACHING POINTS / KEY CONCEPTS

(1) Driving with the ball at the defender/mannequin. (2) Timing of runs. (3) Timing of pass. (3) Weight and placement of pass. (4) Preparing the body to play first touch. (5) Speed of execution.

**II. SMALL-SIDED ACTIVITY**

Intensity:

high

Activity Time:

4m

Duration:

Intervals:

2

Recovery Time:

4m

ORGANIZATION (Physical Environment / Equipment / Players)

Half Field; 1 big goal; 2 counter goals; cones; 14 players. 4v2+keeper. Attackers score on big goal; defenders score on counter goals.

COACHING POINTS / KEY CONCEPTS

(1) Support. (2) Combinations. (3) Deceptiveness. (4) Posture when receiving the ball.

**III. EXPANDED ACTIVITY**

Intensity:

med

Activity Time:

6m

Duration:

Intervals:

3

Recovery Time:

2m

ORGANIZATION (Physical Environment / Equipment / Players)

Half Field; 1 big goal; 2 counter goals; cones; 14 players. 6v3+keeper. Attackers score on big goal; defenders score on counter goals.

COACHING POINTS / KEY CONCEPTS

(1) When to combine vs using support players as decoys. (2) When to get behind the defense vs checking to the ball to provide combination outlet. (3) Recognition of space to attack and overload.

**IV. GAME**

Intensity:

low

Activity Time:

14m

Duration:

Intervals:

2

Recovery Time:

2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full field; 9v9

COACHING POINTS / KEY CONCEPTS

(1) Movement. (2) Support. (3) Improvisation.