

Name:

Julian Chang

Team:

2006 Lions

Date:

10/3/17

Mesocycle:

COMPETITION

Microcycle/Day:

DAY 1

**TRAINING OBJECTIVE(S):**

Improve team's ability to switch the point-of-attack. Teach players to recognize when it would be advantageous to switch the ball to the weak side of the field. Improve the individual technical abilities necessary to switch the point-of-attack successfully. Teach players roles and responsibilities, as well as positioning, that will allow them to open up the field in order to create goalscoring opportunities, and find teammates in better positions to advance the ball into the attacking third.

**I. WARM-UP**

Duration: 18m

Intensity: high

Intervals: 6

Activity Time: 1m

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

10x40; Groups of three players each; 1 ball per group. Two players on the outside serving and receiving to player in middle, who is receiving, turning, and passing to other side. **PROGRESSION:** (1) Receiving out of the air; (2) Give-and-go and continuous rotation.

COACHING POINTS / KEY CONCEPTS

(1) Side-on approach. (2) Receive across the body. (3) Proper distance and placement of prep/first touch. (4) Various technical applications of striking the ball: (a) inside foot; (b) laces/driven on the ground; (c) laces/driven in the air; (d) inside bend on the ground; (e) inside bend in the air; (f) chipping/clipping.

**II. SMALL-SIDED ACTIVITY**

Duration: 18m

Intensity: med

Intervals: 6

Activity Time: 1m

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

10x40; cones to set up 3 adjacent boxes (10x10; 10x20; 10x10); 12 players. Connect three passes then switch the ball to furthest box. Group that loses the ball defends.

COACHING POINTS / KEY CONCEPTS

(1) Support and movement to create options for player on the ball. (2) Patience to find the right opportunity to switch the ball. (3) Approach and technical considerations on switch. (4) Positive first touch and shape to begin possession after switch.

**III. EXPANDED ACTIVITY**

Duration: 20m

Intensity: med

Intervals: n/a

Activity Time: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

30x40; cones; 6 gates; 12 players (6v6). Players score by dribbling through one of 3 gates.

COACHING POINTS / KEY CONCEPTS

(1) Positive mental attitude to penetrate. (2) Recognition of when to play laterally or negative. (3) Creating width and depth in support. (4) Protecting the ball with shielding and patience.

**IV. GAME**

Duration: 28m

Intensity: med

Intervals: 2

Activity Time: 13m

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

30x40; cones; 2 full goals; 12 players (6v6 with 2 goalkeepers)

COACHING POINTS / KEY CONCEPTS

(1) Flank play. (2) Switching the field. (3) Support. (4) Width. (5) Depth. (6) Ne