

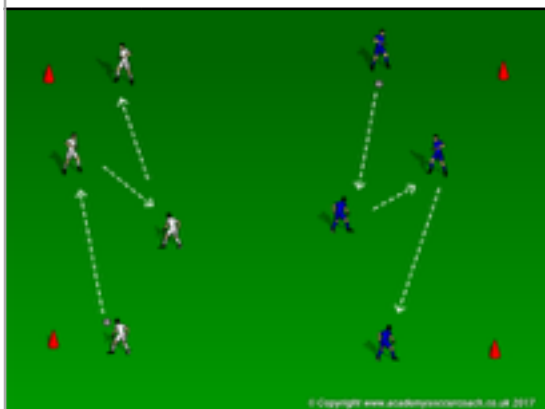
Name: Julian Chang Team: 2006 Lions

Date: 10/4/17 Mesocycle: COMPETITION Microcycle/Day: DAY 2



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	Intensity: med	Activity Time: 2m
Duration: 16m	Intervals: 4	Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)
 10x40; cones; 4 players per group. Player 1 passes to player 2 in the center, then player 2 lays the ball back to player 3, who passes forward to player 4. **PROGRESSIONS:** (1) Throw-ins from the outside. (2) Movement to change zones before the pass. (3) Combinations.

COACHING POINTS / KEY CONCEPTS

(1) Weight of passes. (2) Placement of passes. (3) Checking away before checking to the ball. (4) Timing of movement. (5) When to play one vs two touch.



II. SMALL-SIDED ACTIVITY	Intensity: high	Activity Time: n/a
Duration: 16m	Intervals: n/a	Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)
 25x40; cones; 8 players. 2 targets on the outside, 3v3 in the middle. Team scores by playing from one target to the next (make it-take it). **PROGRESSION:** 2 Touch

COACHING POINTS / KEY CONCEPTS

(1) Movement to provide support so player with ball doesn't need to turn into pressure or improvise to create space. (2) Width. (3) Patience. (4) Movement after pass. (5) Placement of pass to allow receiver time, space, and direction for next pass. (6) Pass selection towards player in best position to advance attack.



III. EXPANDED ACTIVITY	Intensity: low	Activity Time: n/a
Duration: 20m	Intervals: n/a	Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)
 Full field; full goals; 9v9. 6v6 in middle third. Players advance to attacking third by passing or dribbling thru one of three gates. Once in attacking third, 2v1. Striker only has 2 touches to finish or combine. **PROGRESSION:** 2 touch in middle third

COACHING POINTS / KEY CONCEPTS

(1) Movement. (2) Width. (3) Depth. (4) Combination play. (5) Recognition of key moments to switch the ball to weak side. (6) Negative ball to open up switch. (7) Drawing the defender in 2v1.



IV. GAME	Intensity: low	Activity Time: 14m
Duration: 30m	Intervals: 2	Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)
 Full field; full goals; 9v9 scrimmage

COACHING POINTS / KEY CONCEPTS

(1) Movement. (2) Patience. (3) Finding and creating space.