

Name: Team:

Date: Mesocycle: Microcycle/Day:



TRAINING OBJECTIVE(S):

IMPROVE TEAM ABILITY TO PLAY PENETRATING PASSES INTO THE ATTACKING THIRD. Improve the ability of players in possession of the ball in the middle and defensive third of the field to find gaps, spaces, and angles to pass the ball into. Improve the ability of receiving players in their vision, timing, and angle of runs to get the ball behind the opponent's defense. Improve the ability of players receiving the ball behind the defense with their first touch and decision-making. Improve the ability of third attackers to support second attackers while the ball is moving to create numerical advantages and scoring opportunities.



I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 10x20 (Two adjacent 10x10 boxes); 6 cones; 7 players. 4v2. Once players connect 3 passes, they play into target in the next box. Players on side and middle then move to support target player in the next box receiving the ball. Offense switches with defense after losing the ball.
COACHING POINTS / KEY CONCEPTS
 (1) Scan the box before and after receiving the ball for best option. (2) Receive the ball with back foot across the body. (3) Disguise pass. (4) Movement to provide best angle of support. (5) Communication both verbal and non-verbal.



II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 20x40; 6 TALL cones; 12 small cones; 2 mannequins (or puggs); 8 players. Players compete 4v4 in 20x20 box. Score by successful thru ball into adjacent box. Offsides if they are in adjacent box before ball is passed. Mannequins serve as defensive obstacles.
COACHING POINTS / KEY CONCEPTS
 (1) Patience. (2) Angles of run to provide easiest passing option. (3) Timing of runs to prevent offsides and maintain momentum. (4) Weight of pass. (5) Quick movement to provide third attacker options after ball. (6) Recognition of cues of when to provide immediate support versus penetrating run.



III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 44x40; 2 goals; 3 mannequins (or puggs); 14 players. Players compete in 20x45 box and try to find thru ball into adjacent box, then shoot at goal.
COACHING POINTS / KEY CONCEPTS
 (1) Movement off the ball in support. (2) Vision in finding the best moment and movement. (3) Patience for right opportunity to penetrate on and off the ball. (4) First touch away from pressure. (5) Protecting the ball while dribbling and with pass. (6) Finding weak side and available space for easiest possible thru ball.



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 60x40; 2 goals; cones; corner flags; 14 players. Scrimmage
COACHING POINTS / KEY CONCEPTS
 (1) Support. (2) When to dribble versus pass. (3) When to penetrate versus switch the field or play negative. (4) When to play long versus short. (5) Triangulating play.