

Name:

JULIAN CHANG

Team:

U10 AND ABOVE

Date:

Mesocycle:

Microcycle/Day:

**TRAINING OBJECTIVE(S):**

IMPROVE TEAM ABILITY TO PENETRATE. 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 dribble or pass into. Improve the ability of players in possession of the ball to beat their opponents on the dribble. 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: high

Activity Time: N/A

Duration: 16m

Intervals: N/A

Recovery Time: N/A

ORGANIZATION (Physical Environment / Equipment / Players)

10x20; TALL cones; small cones; puggs; All players. **Defenders play ball to attackers. Attackers then try to penetrate on the dribble thru gates. Two boxes penetrating from center. Two boxes penetrating from flanks. PROGRESSION:2v1**

COACHING POINTS / KEY CONCEPTS

(1) First touch. (2) Positive mentality with momentum. (3) Dribble directly at opponent. (4) Utilize fakes, feints, and moves. (5) Timing of moves. (6) Deceptiveness. (7) Angle of cut and slight deceleration before during move. (8) Acceleration after beating opponent. (9) Use body to cut off defender from recovering into goalside position.

**II. SMALL-SIDED ACTIVITY**

Intensity: high

Activity Time: N/A

Duration: 18m

Intervals: N/A

Recovery Time: N/A

ORGANIZATION (Physical Environment / Equipment / Players)

20x30; TALL cones; small cones; 8 players. **4v4 or 5v5 in the center. Players score by dribbling or passing into endzones. Offsides if receiver is in the box before pass.**

COACHING POINTS / KEY CONCEPTS

(1) Protect the ball. (2) Open up the field while providing passing angles. (3) Deceptive movement on and off the ball. (4) Recognize visual and verbal cues to play penetrating pass. (5) Angle and timing of runs to provide easy option for first attacker. (6) Decide when to use second attacker as a decoy in order to penetrate on the dribble.

**III. EXPANDED ACTIVITY**

Intensity: med

Activity Time: 8m

Duration: 18m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

36x50; 2 big goals; TALL cones; small cones; 12 players. **Field is divided into 3 zones. 5v5 in middle zone. Players dribble or pass into endzones to 1v1 with GK. Offsides if receiver is in the endzone before pass.**

COACHING POINTS / KEY CONCEPTS

(1) Creativity on the ball and with movement. (2) Penetrate behind the defensive by angling runs and looking to split defenders. (3) Blindside runs. (4) Diagonal Runs. (5) Parallel runs. (6) Combination play. (7) Positional interchange. (8) T-type two player runs.

**IV. GAME**

Intensity: low

Activity Time: 24m

Duration: 26m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full small-sided field; 2 big goals; 18 players. **9v9 Scrimmage.**

COACHING POINTS / KEY CONCEPTS

(1) Movement. (2) Patience on the ball. (3) Penetrating runs. (4) Support play.