

Name:

JULIAN CHANG

Team:

U11 and above



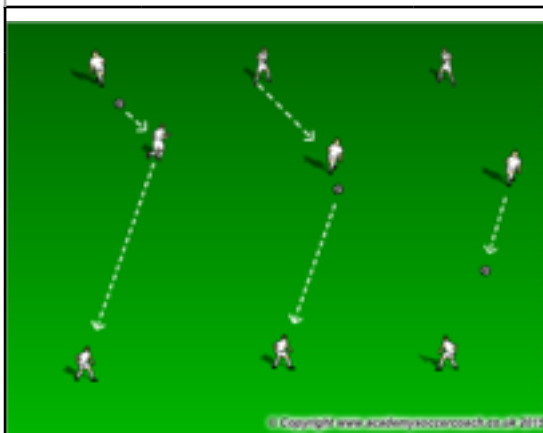
Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improving changing the point of attack in the middle third. Objective is to penetrate into the final third. (1) Look to create more space and attacking opportunities on both flanks - particularly up the left side- from the middle third. (2) Help central midfield players (#6,#8, and #10) to recognize when and how to change the point of attack based on situations presented by the game. (3) Teach midfield players how to connect with the front three (#7,9,11) in order to create a balanced attack through quick passing and how to recognize and utilize numerical superiority. (4) Teach front three players how to provide supporting positions and angles that facilitate switching the ball to the "weak" side of the field.

**I. WARM-UP**

Intensity: high

Activity Time: 1m

Duration: 10m

Intervals: 4

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

60 yards by 40 yards; 6 balls; 18 players; two players on the outside resting and playing the ball to an active player in the middle who is working on receiving, turning, and passing.

COACHING POINTS / KEY CONCEPTS

(1) Correct side-on approach and angle to facilitate pass. (2) Correct body mechanics and technique to receive. (3) Distance and placement of first touch. (4) Deceptiveness both before and after receiving the ball. Progression: Receiving the ball out of the air using different parts of the body. Then, end with give-and-go to a long pass with all players active for final 2 minutes.

**II. SMALL-SIDED ACTIVITY**

Intensity: med

Activity Time: 4m

Duration: 22m

Intervals: 4

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

60 yards by 40 yards; 6 gates; 6V6; 12 field players

COACHING POINTS / KEY CONCEPTS

(1) Immediately look to make a penetrating pass to a teammate through one of the gates. (2) Supporting angles and distance off the ball. (3) Combination play and creativity to create space. (4) Speed of play and thought. (5) #7 and #11 should be looking to open wide to create width.

**III. EXPANDED ACTIVITY**

Intensity: med

Activity Time: 8m

Duration: 18m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Two-Thirds of the full field; 2 full goals; 9V9; 16 field players and 2 goalkeepers; cones to delineate the flanks - unlimited touches on flanks and two touch in central channel

COACHING POINTS / KEY CONCEPTS

(1) Look to penetrate immediately. (2) Recognize moments to play negative pass to the #6 to open up the switch. (3) #2, #3, #7, and #11 should read the visual cues as to when and how to open up for a switched pass. (4) #6, #8, and #10 should be changing the rhythm and tempo of passing to create opportunities to penetrate. (5) #7 and #11 making diagonal runs to receive the ball from angled passes behind the defense.

**IV. GAME**

Intensity: low

Activity Time: 14m

Duration: 30m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full field; 2 full goals; 2 Gk's and 16 field players

COACHING POINTS / KEY CONCEPTS

(1) #6 and #8 look for opportunities to get behind the defense with diagonal passes. (2) #2, #3, #7, and #11 create space by using the width of the field. (3) Patience in possession. (4) #8 and #10 look for gaps in the defense with high probability of success. (5) Correct angles and movement off the ball and timing of runs