

Name:

Julian Chang

Team:

2006 Lions

Date:

9/6/17

Mesocycle:

COMPETITION

Microcycle/Day:

Day 2

**TRAINING OBJECTIVE(S):**

Improve the abilities of the team in crossing and finishing. Improve the technical abilities of flank players to deliver dangerous crosses into and around the box. Improve the technical abilities of central players to finish crosses. Improve the tactical understanding of the flank players regarding where to deliver their service, and what type of technique to utilize. Improve the tactical understanding of the central players regarding effective timing, angle, and trajectory of runs into the box; and raise awareness of how each run is correlated to their teammates' runs.

**I. WARM-UP**

Intensity: high

Activity Time: n/a

Duration: 14m

Intervals: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

40x20; 1 full goal; cones; 2 GKs; 12 field players. 1 line with crossing. 1 line with finishing.

COACHING POINTS / KEY CONCEPTS

(1) Timing of runs. (2) Trajectory of runs. (3) Selection of finishing technique. (4) Placement of finishing technique. (5) Angle of approach to the ball before cross. (6) Body posture and squaring hips to target. (7) Placement and weight of cross.

**II. SMALL-SIDED ACTIVITY**

Intensity: med

Activity Time: n/a

Duration: 20m

Intervals: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

40x30; 2 full goals; cones; 2 GKs; 10 field players; 2 neutrals. Players must score first or second phase from a cross by neutral.

COACHING POINTS / KEY CONCEPTS

(1) Crossers scanning the field after prep touch for best place to serve the ball. (2) Recognition of vulnerable/dangerous area for service of the ball by both runners and servers. (3) Running into danger areas with purpose, pace, and awareness. (4) Losing your marker with deceptive runs.

**III. EXPANDED ACTIVITY**

Intensity: med

Activity Time: n/a

Duration: 20m

Intervals: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

Half field; 1 full goal; 3 pugg counter goals; 8v8. Attacking team scores on big goal, and defending team scores on counter goals. 2 touch in the middle zone and unlimited on flanks.

COACHING POINTS / KEY CONCEPTS

(1) Combination play and overloading to create numerical advantage on the flanks. (2) Central players time runs into dangerous areas in front of goal. (3) Selection of placement of cross from flank players. (4) Attack outside backs when isolated. (5) Recognition of when to receive to feet vs space.

**IV. GAME**

Intensity: low

Activity Time: 14m

Duration: 30m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full field; 9v9

COACHING POINTS / KEY CONCEPTS

(1) Switching the point of attack. (2) Recognition of space and how to get around the outside backs. (3) Overlapping runs. (4) Combination and third-man runs on the flanks. (5) Quality delivery of crosses.