

Name:

Team:

U9 AND ABOVE



Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improve players technical and tactical abilities in passing and possession. (1) Primary focus on players ability to pass and receive the ball with correct techniques. (2) Improve players abilities to move in proper supporting angles of their teammates. (3) Improve decision making of player on the ball in finding a teammate in space and dangerous, penetrating positions on the field. (4) Improve timing of runs and timing of passes.

**I. WARM-UP**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

10 yards by 10 yards; cones; 4 attackers and 2 defenders

COACHING POINTS / KEY CONCEPTS

(1) Receiving the ball across the body to open up the other side of the field. (2) Proper technique to execute effective first touch. (3) Proper technique and weight of pass. (4) Movement to provide sufficient passing angle in support of teammate with the ball.

**II. SMALL-SIDED ACTIVITY**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

10 yards by 30 yards (3 - 10x10 boxes); 12 players; Team with ball connects 4 passes then switches the ball to 3rd team

COACHING POINTS / KEY CONCEPTS

(1) Movement while the ball moves. (2) distance and angle of support. (3) body position. (4) Communication. (5) Moving as one unit and working together. (4) Shielding. (5) Deceptiveness

**III. EXPANDED ACTIVITY**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

30 yards by 40 yards; 2 Pugg goals and cones; 12 players; After team scores they immediately go to the opposite goal; neutral team steps in by switching with losing team.

COACHING POINTS / KEY CONCEPTS

(1) Look to penetrate early with pass, shot, or dribble. (2) Recognize when not possible to penetrate and look to play to the side or backwards. (3) Movement off the ball to provide width and depth on all sides of the ball. (4) Utilize the neutral players on the side to create numbers up.

**IV. GAME**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

60 yards by 40 yards; 2 full goals and cones; 12 field players and 2 goalkeepers

COACHING POINTS / KEY CONCEPTS

(1) Movement off the ball (2) Connecting the lines throughout possession (3) Proper pass selection. (3) Creativity (4) Deceptiveness.