

Name:

JULIAN CHANG

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**

Intensity: high

Activity Time: 1m

Duration: 16m

Intervals: 2

Recovery Time: 7m

**ORGANIZATION (Physical Environment / Equipment / Players)**

10 x 10; cones; 5 attackers and 3 defenders; Attacking team gains a point by passing into central attacker who connects to the outside.

**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) Deceptive movement to provide sufficient passing angle in support of teammate with the ball.

**II. SMALL-SIDED ACTIVITY**

Intensity: med

Activity Time: 2m

Duration: 18m

Intervals: 6

Recovery Time: 1m

**ORGANIZATION (Physical Environment / Equipment / Players)**

20 x 20; cones; 12 players; Team in possession keeps the ball using bumpers on the outside. Team who connects the most passes wins

**COACHING POINTS / KEY CONCEPTS**

(1) Movement while the ball moves. (2) distance and angle of support. (3) body position. (4) Communication. (5) Positional interchange. (4) Shielding. (5) Deceptiveness

**III. EXPANDED ACTIVITY**

Intensity: med

Activity Time: 4m

Duration: 24m

Intervals: 4

Recovery Time: 2m

**ORGANIZATION (Physical Environment / Equipment / Players)**

30 yards by 40 yards; 4 Pugg goals and cones; 8 players; score on either of opponents' two goals

**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) Switching the field when flank becomes congested.

**IV. GAME**

Intensity: med

Activity Time: 14m

Duration: 30m

Intervals: 2

Recovery Time: 2m

**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.