TRAINING OBJECTIVE(S):

Improve your team's ability to build up from the defensive half (penetration of lines, support)
- runs to create supporting angles (#11, #7 supporting #2, #3), and (#6, #8 supporting #11, #7)
- visual cues when to run into space vs. when to support (pressure vs. no pressure on the ball)
Primary players (#1, #2, #3, #4, #5, #7, #11, #6, #8)

I. WARM-UP

- Combinations: 3-2-3 (DIRECT)
- 4-2-3 (DIRECT)
- 4-2-3 (WALL PASS)
- 4-2-3-3 (WALL PASS)

ORGANIZATION (Physical Environment / Equipment / Players)

- Half-Field in Size, #2,#3, #4, #5, #6, #8 in attacking formation. Combinations to penetrate listed in image. GK Starts play on each side, rotating sides for flow.

COACHING POINTS / KEY CONCEPTS:

- Accuracy in passing, weight of pass when in defensive half (firm weight), body shape open to field when receiving, receiving/turn in one motion (#2, #6 and #3, #8), combination play to penetrate midfield lines

II. MAIN PART: SMALL-SIDED ACTIVITY

- Rotating "6v6" into play every 3 minutes
- 1 team scores by dribbling through either gate other team scores by playing the ball to the GK's hands who will then restart play by throwing to a infield player

ORGANIZATION (Physical Environment / Equipment / Players)

- Half Field split into left and right sides, 3v3 in each grid with a GK and 2 small gates at midfield. Goals scored by dribbling through gates or playing to GK.

COACHING POINTS / KEY CONCEPTS:

- movement of the #2 and #6 to create supporting angles combination play between the #2 and #3 with the #6 or #8 to penetrate proper decision when to run into space vs when to run to support

III. MAIN PART: EXPANDED ACTIVITY

- Rotating Defenders and GK every 8 minutes of play
- Score by passing into either of the 3 small goals, or by White team playing the ball in the air to the GK

ORGANIZATION (Physical Environment / Equipment / Players)

- Half Field, 1 large goal with GK and 3 small goals/gates. 7v4 with rotating defenders. Score by passing into small goals, or playing ball in air to GK

COACHING POINTS / KEY CONCEPTS:

- movements of the #2 and #3 to support #4/#5.
- runs of the #6 and #8 to support #3 or #2
- combination between the #2 and #6, or the #3 and #8 to penetrate and score

IV. GAME

- Movements of the #2 and #3 to support #4/#5. Runs of #6/#8 to support #2/#3 combination between #2/#6 or the #3/#8 to penetrate and create scoring chances visual cues of when to run to support vs. run into space (pressure vs. no pressure)