

Name:

JULIAN CHANG

Team:

2006 LIONS

Date:

9/27/17

Mesocycle:

COMPETITION

Microcycle/Day:

DAY 1

**TRAINING OBJECTIVE(S):**

Improve team's ability to build out of the back. Improve movement in support and positioning to allow options for player on the ball. Teach #4 and #5 how to open up to support #1, and how to support each other in order to switch the ball and change the point-of-attack. Teach midfielders their roles and responsibilities to support #1, #4, and #5 to allow the play to build from the backline to the midfield. Teach midfielders to connect the lines of play, and to play between the lines of the opponents.

**I. WARM-UP**

Intensity:

high

Activity Time:

n/a

Duration:

15m

Intervals:

n/a

Recovery Time:

n/a

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

10x20; cones; 5v2. 4 attackers on the outside and 1 attacker inside. Defenders dribble outside the box after winning the ball to score. Attackers score by connecting with central player. Switch defenders every 2 minutes.

**COACHING POINTS / KEY CONCEPTS**

(1) Movement. (2) Choose appropriate moment to find central player. (3) Central player times runs to check to the ball at best time to receive.

**II. SMALL-SIDED ACTIVITY**

Intensity:

low

Activity Time:

n/a

Duration:

15m

Intervals:

n/a

Recovery Time:

n/a

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

Half field; full goal; 9 TALL cones. Unopposed Pattern play to build the ball out of the defensive half. 2 touch maximum. Follow pass to next cone.

**COACHING POINTS / KEY CONCEPTS**

(1) Firm passes. (2) Quality of first touch. (3) Lead the receiver to next pass. (4) Timing of movement in support

**III. EXPANDED ACTIVITY**

Intensity:

low

Activity Time:

10m

Duration:

24m

Intervals:

2

Recovery Time:

2m

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

Full field; full goals; cones; 9v9. 3 defenders in defensive third. 4 players in middle third. 2 attackers in attacking third. Players may not change zones. 2 touch in defensive and middle third. Unlimited in attacking third.

**COACHING POINTS / KEY CONCEPTS**

(1) Movement after pass. (2) Quality of pass. (3) Create width. (4) Play the way you are facing. (5) Face field by receiving side-on. (6) Recycle runs if not played the ball.

**IV. GAME**

Intensity:

low

Activity Time:

12m

Duration:

26m

Intervals:

2

Recovery Time:

2m

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

full field; 7v7 scrimmage

**COACHING POINTS / KEY CONCEPTS**

(1) Movement. (2) Support. (3) Interchange of positions. (4) Deceptiveness