

Name:

JULIAN CHANG

Team:

U11 AND ABOVE



Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improve team's ability to execute combination play in attacking third. Teach players when to utilize various combinations - give-and-go, takeovers, overlaps, and third-man runs. Teach players how to use triangular play to avoid confrontations from opponents. Teach players to recognize space, opposition, support from teammates, and visual cues regarding when the various combinations should be utilized. Teach players the technical aspects involved in executing each combination.

**I. WARM-UP**

Intensity: med

Activity Time: 10s

Duration: 15m

Intervals: 30

Recovery Time: 20s

ORGANIZATION (Physical Environment / Equipment / Players)

10x20; 4 cones; 6 players in each line. Execute different combinations: (1) give-and-go negative/positive; (2) Overlap; (3) Takeover; (4) Third-man run.

COACHING POINTS / KEY CONCEPTS

(1) Quality and weight of touches. (2) Side-on when receiving the ball. (3) Leading the receiver by placement of pass. (4) Timing of runs so as not to receive the ball at a standstill.

**II. SMALL-SIDED ACTIVITY**

Intensity: high

Activity Time: n/a

Duration: 15m

Intervals: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

25x30; big goals; cones; 12 players; 3 attackers vs 2 defenders + 1 GK in each half. No one can cross the halfline. Half delineates two 18 yard boxes.

COACHING POINTS / KEY CONCEPTS

(1) Movement to create support, angles, and options. (2) Find the extra man. (3) Recognition of combination opportunities. (4) Pass and move. (5) Running at angles and switching zones. (6) Third-man runs.

**III. EXPANDED ACTIVITY**

Intensity: high

Activity Time: 2m

Duration: 15m

Intervals: 5

Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

30x60; 2 big goals; TALL cones; small cones; 14 players. 2 endzones with 1 attacker, 1 defender, and 1 GK each. Middle zone plays 4v4. Player from middle zone plays ball into Target. Then 1 second attacker from middle zone can join in support.

COACHING POINTS / KEY CONCEPTS

(1) Recognize best opportunity to play into target. (2) Awareness of best type/ placement of pass into target. (3) Decision by target to play second attacker or take 1v1. (4) Combine to create quick, clear opportunity. (5) Timing, distance, and angle of runs.

**IV. GAME**

Intensity: low

Activity Time: 12m

Duration: 24m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full field; 9v9

COACHING POINTS / KEY CONCEPTS

(1) Bringing additional players into attack. (2) When to combine on the flank vs combining in the central areas. (3) When to use the combination as a decoy in order to create an opportunity for first attacker.