

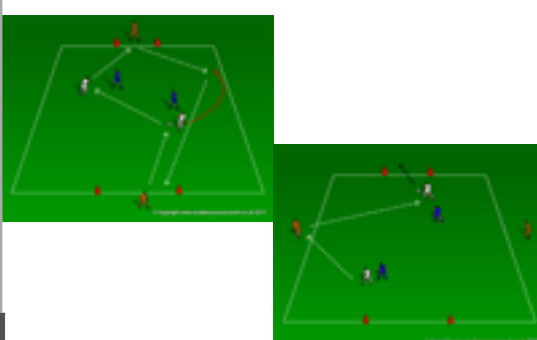



|       |              |            |             |   |                 |
|-------|--------------|------------|-------------|---|-----------------|
| Name: | JULIAN CHANG | Team:      | 2006 BOYS   |  |                 |
| Date: | 11/2/17      | Mesocycle: | COMPETITION |   | Microcycle/Day: |


**TRAINING OBJECTIVE(S):**

Support Play. Teach team movement off the ball to provide support for player in possession. Teach individual players how to create width and depth while providing angles of support. Teach players when to provide immediate support for player under pressure with the ball versus when to open up into best possible positions for player with time and space on the ball. Teach support players how to create deceptive movements in order to free up more time and space for when the ball arrives. Teach the differences between second and third attackers.

|   |  |            |            |                |                |     |
|---|--|------------|------------|----------------|----------------|-----|
|   | <b>I. WARM-UP</b>  | Intensity: | med        | Activity Time: | n/a            |     |
|   | Duration:  | 12m        | Intervals: | n/a            | Recovery Time: | n/a |
|   | <b>ORGANIZATION (Physical Environment / Equipment / Players)</b>   |            |            |                |                |     |
|   | 10x15; cones; 6 players per grid. Players dribble thru box in center grid, executing moves/fakes/feints at each cone, before passing to next player on outside |            |            |                |                |     |
| <b>COACHING POINTS / KEY CONCEPTS</b>   |  |            |            |                |                |     |
| (1) Positive first touch. (2) Dribble close and with pace. (3) Creativity and deceptive moves. (4) Quality, firm, and deceptive pass. |  |            |            |                |                |     |

|   |   |            |            |                |                |    |
|---|---|------------|------------|----------------|----------------|----|
|    | <b>II. SMALL-SIDED ACTIVITY</b>   | Intensity: | high       | Activity Time: | 2m             |    |
|   | Duration:   | 24m        | Intervals: | 8              | Recovery Time: | 1m |
|   | <b>ORGANIZATION (Physical Environment / Equipment / Players)</b>  |            |            |                |                |    |
|   | 10x15; small cones; tall cones; 6 players per grid. Stage 1: 2v2 to targets. Players score by passing ball to target thru gate. Stage 2: 2v2+2. Players score by dribbling thru gate, and use neutrals on flanks as additional support players. |            |            |                |                |    |
| <b>COACHING POINTS / KEY CONCEPTS</b>   |   |            |            |                |                |    |
| (1) Movement after pass to provide support. (2) Play ball to support player in such a way to protect from opponents. (3) Interchanging of zones while providing supporting movements. (4) First touch away from pressure and use body to shield ball. |   |            |            |                |                |    |

|  |  |            |            |                |                |    |
|--|--|------------|------------|----------------|----------------|----|
|   | <b>III. EXPANDED ACTIVITY</b>  | Intensity: | med        | Activity Time: | 5m             |    |
|  | Duration:  | 18m        | Intervals: | 3              | Recovery Time: | 1m |
|  | <b>ORGANIZATION (Physical Environment / Equipment / Players)</b>   |            |            |                |                |    |
|  | 15x20; small cones; tall cones; 12 players per grid. 5v5 +2 targets. Players score by passing to 2nd attacker thru gate. |            |            |                |                |    |
| <b>COACHING POINTS / KEY CONCEPTS</b>  |  |            |            |                |                |    |
| (1) Create width and depth while providing supporting angles. (2) Utilize neutrals to stretch opposition defense. (3) Combination play. (4) Deceptive movements on and off the ball. |  |            |            |                |                |    |

|   |  |            |            |                |                |    |
|---|--|------------|------------|----------------|----------------|----|
|        | <b>IV. GAME</b>  | Intensity: | med        | Activity Time: | 14m            |    |
|   | Duration:  | 30m        | Intervals: | 2              | Recovery Time: | 2m |
|   | <b>ORGANIZATION (Physical Environment / Equipment / Players)</b> |            |            |                |                |    |
|   | 9v9 Scrimmage  |            |            |                |                |    |
| <b>COACHING POINTS / KEY CONCEPTS</b>   |  |            |            |                |                |    |
| (1) Support. (2) Mobility. (3) Width. (4) Depth. (5) Switching the point of attack. (6) D |  |            |            |                |                |    |