

Name:

JULIAN CHANG

Team:

U15-19s



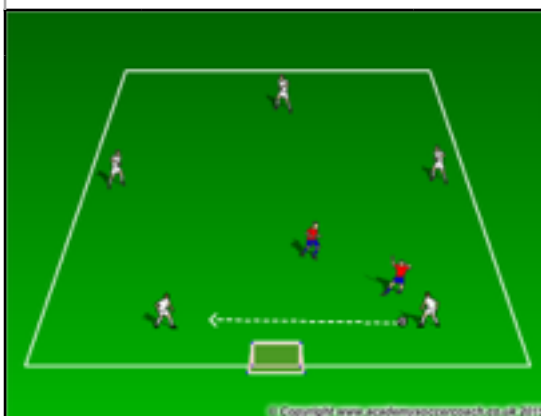
Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improve build-up play from Goalkeeper #1. Roles, responsibilities, and technical functions of #1 - #6, #7 and #11 as a functional group. Analyze and teach safety versus risk as a part of decision-making. Teach #6 to link play between the lines - back four to midfield and forwards. Teach the backline their movement in providing support. Teach the goalkeeper how to select the best option to penetrate. Teach timing of runs to provide support. Teach when and how to interchange positions in order to create space and to provide options to penetrate. Teach #6 and #8 how to interchange roles and positions in order to add variation when opposition plays high-pressure defense so our team can provide options and space to #1 - #4.

**I. WARM-UP**

Duration: 15m

Intensity: low

Intervals: 5

Activity Time: 2m

Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

10 yards by 10 yards; 4 cones and 1 small goal on 1 line; 7 players; 5v2; 2 players on the line with the small goal, 1 player on each flank, and 1 player opposite the small goal; 2 defenders serve as strikers who score by winning possession and scoring on goal

COACHING POINTS / KEY CONCEPTS

(1) Supporting players create passing angle. (2) Correct weight of the pass. (3) First touch across body and into space. (4) Find player with best position in most available space. (5) Selection of proper technique for each particular tactical situation. (6) Disguise pass to give receiving player sufficient time and space.

**II. SMALL-SIDED ACTIVITY**

Duration: 20m

Intensity: med

Intervals: 4

Activity Time: 4m

Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

80 yards by 70 yards; 1 big goal; 6 flags to make 3 gates as counter goals; 15 players; 1 Gk, back 4, #6, #7, #11; 7 players opposing; Score by dribbling thru gates. Cut out corners with cones as a no-play zone

COACHING POINTS / KEY CONCEPTS

(1) #4 and #5 open up around the corner of the box; (2) #8 and #10 move and interchange to provide space and options for #1, #4, #5, and #6, and #6 times runs above the space between center backs to form diamond with #1, #4, and #5. (3) Center backs receive the ball while opening up to field. (4) Read the option with most space and best able to penetrate. (5) Gk provide supporting angle and distance for potential back pass.

**III. EXPANDED ACTIVITY**

Duration: 18m

Intensity: high

Intervals: 2

Activity Time: 8m

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

80 yards by 10 yards; 2 big goals; 18 players; 9v9; cones

COACHING POINTS / KEY CONCEPTS

(1) Risk vs reward: Assess the danger of interception of each pass and whether losing possession in certain positions would lead to a goal. (2) Movement to provide support from #2, #3, and #6. (3) #6 angles runs to face field of play side-on and connect back line to forwards. (4) #8 interchanges with #6 when pressure prevents outlet.

**IV. GAME**

Duration: 30m

Intensity: high

Intervals: 2

Activity Time: 14m

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full field; 2 big goals; 18 players; 11v11

COACHING POINTS / KEY CONCEPTS

(1) Goalkeeper scanning to select the easiest pass with the least pressure. (2) #2 and #3 and #7, #9, and #11 should create as much width and depth to open up space. (3) #6 and #8 use mobility and improvisation to create space to receive and connect the lines (4) Use the Gk to switch the point of attack.