

Name:

JULIAN CHANG

Team:

U9-U14



Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improve team's defensive ability. (1) Teach basics of 1v1 defending. (2) Teach concept of pressure and cover. (3) Teach concept of balance in defense.

**I. WARM-UP**

Intensity: high

Activity Time: 30s

Duration: 16m

Intervals: 16

Recovery Time: 30s

ORGANIZATION (Physical Environment / Equipment / Players)

10x30 channels; 4-6 players per group

COACHING POINTS / KEY CONCEPTS

(1) Jockeying- defensive posture (bent knees, side on, shifting weight from front to back foot). (2) Comandeering- defensive posture, timing, using body, movement after winning the ball. (3) Slide tackling- technical aspects of slide tackle. (4) When to utilize various techniques

**II. SMALL-SIDED ACTIVITY**

Intensity: high

Activity Time: 1m

Duration: 20m

Intervals: 10

Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

20 x 30 channels; pugg goals; 6-8 players per group

COACHING POINTS / KEY CONCEPTS

(1) Movement while the ball moves. (2) distance. (3) body position. (4) Communication. (5) Channelling. (6) Moving as one unit and working together. (7) Delaying and not diving in.

**III. EXPANDED ACTIVITY**

Intensity: high

Activity Time: 2m

Duration: 20m

Intervals: 5

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

25 x 35; pugg goals; 12 -15 players per group

COACHING POINTS / KEY CONCEPTS

(1) Player closest to the ball pressures. (2) 2nd defender sets the covering line. (3) 3rd defender provides cover and balance in case the ball is switched. (4) Finding the right symmetry between balance and compactness

**IV. GAME**

Intensity: med

Activity Time: 10m

Duration: 22m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

full field; full goals; 7v7

COACHING POINTS / KEY CONCEPTS

(1) Remaining compact. (2) Connecting the lines between defense and midfield. (3) Creating depth in defense. (3) When to commit and when to drop. (4) Creating an effective counterattack.