

Name:

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**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

10x20; 4 cones; 6 players in each line; mannequin(puggs). Players progressively move from one combination play to the next: (1) Dribbling; (2) Receive, turn, and dribble; (3) Give-and-go; (4) Overlapping

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**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

25x30; big goals; cones; 16 players; 2v1s. Progression:3v2. 3 attackers become 2 defenders in transition.

COACHING POINTS / KEY CONCEPTS

(1) First attacker starts play by running at a defender to draw him away from support. (2) Support player times runs to receive the ball behind defense. (3) Angle and weight of through ball. (3) Recognition of combination opportunities. (4) Movement after pass. (5) Running at angles and switching zones. (6) Third-man runs.

**III. EXPANDED ACTIVITY**Duration: Intensity: Activity Time: Intervals: Recovery Time: **ORGANIZATION (Physical Environment / Equipment / Players)**

25x30; big goals; cones; 14 players; 4v4+4. After team scores, they attack the opposite goal, which the neutrals step in to defend. Team conceding becomes neutrals on outside.

COACHING POINTS / KEY CONCEPTS

(1) Movement to provide support. (2) Creative execution of combinations. (3) Utilizing neutrals as additional attackers to provide combination options. (4) Overlapping. (5) When to ply takeover.

**IV. GAME**Duration: Intensity: Activity Time: Intervals: Recovery Time: **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 c