

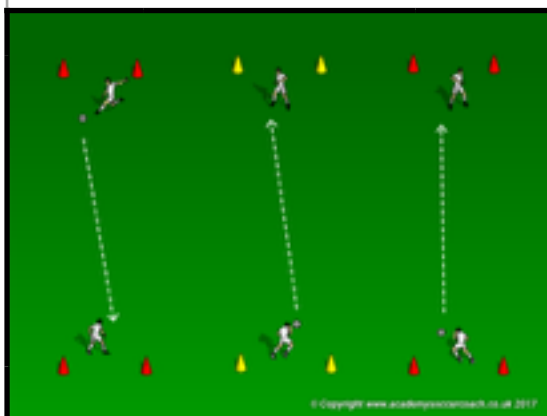
Name:  Team:

Date:  Mesocycle:  Microcycle/Day:



**TRAINING OBJECTIVE(S):**

Improve the abilities of the team in crossing and finishing. Improve the technical abilities of flank players to deliver dangerous crosses into and around the box. Improve the technical abilities of central players to finish crosses. Improve the tactical understanding of the flank players regarding where to deliver their service, and what type of technique to utilize. Improve the tactical understanding of the central players regarding effective timing, angle, and trajectory of runs into the box; and raise awareness of how each run is correlated to their teammates' runs.



<b>I. WARM-UP</b>	Intensity:	low	Activity Time:	n/a
Duration: <input type="text" value="20m"/>	Intervals:	n/a	Recovery Time:	n/a

**ORGANIZATION (Physical Environment / Equipment / Players)**  
5x30 each box/pair of players; cones; all players

**COACHING POINTS / KEY CONCEPTS**  
Teaching various techniques of striking the ball: (1) inside foot push pass; (2) driving; (3) natural bend; (4) outside bend; (5) Chip; (6) Clip.  
PROGRESSION: Ping competition. Rules of Ping: 2 touch. Try to score in opponents goal. Goal is a pair of cones 3 yards wide.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	med	Activity Time:	n/a
Duration: <input type="text" value="15m"/>	Intervals:	n/a	Recovery Time:	n/a

**ORGANIZATION (Physical Environment / Equipment / Players)**  
30x40; 2 full goals; 2 Gk's and 14 field players. Neutral players on the outside crossing balls for central players and have 3 touches max

**COACHING POINTS / KEY CONCEPTS**  
(1) Selection of proper technique on crosses from #7 and #11. (2) Timing and placement of runs into the box from #9 and #10. (3) Deceptiveness in runs. (4) Angle of approach on runs. (5) Selection of proper technique on finish. (6) When to look for second phase.



<b>III. EXPANDED ACTIVITY</b>	Intensity:	med	Activity Time:	n/a
Duration: <input type="text" value="20m"/>	Intervals:	n/a	Recovery Time:	n/a

**ORGANIZATION (Physical Environment / Equipment / Players)**  
40x40; 2 full goals; 2 channels on flanks; cones; 8v8; 3 touches max in the middle zone and unlimited on the flanks.

**COACHING POINTS / KEY CONCEPTS**  
(1) Penetrating runs from #7 and #11 towards #9 to create options for thru balls and to create space for #2 and #3. (2) Using combination play on the flanks to get into space behind the opponent's defense. (3) Near, far, and top of the box runs from attacking players (#7, #11, #8, #9, and #10) to create space to finish crosses.



<b>IV. GAME</b>	Intensity:	low	Activity Time:	12m
Duration: <input type="text" value="26m"/>	Intervals:	2	Recovery Time:	2m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
Full field. 2 full goals. 9v9

**COACHING POINTS / KEY CONCEPTS**  
(1) Angles and timing of runs into the box (#7, #11, #9, and #10. (2) #6 and #8 switching the point of attack to create space on the flanks. (3) Diagonal runs from #7 and #11 to look to connect on penetrating passes. (4) Combination play on the flanks between #7, #11, #2 and #3. (5) #9 and #10 getting into dangerous areas in front of the goal to finish crosses.