

Name:

JULIAN CHANG

Team:

U13 and above



Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

Improve group defending in your own half. Focus on the group that includes the #1-#6 in the team system. Teach roles and responsibilities of the #1-#6 when the opponent has the ball in the middle 3rd or closer to our defending goal.



Duration: 20m

Intensity: low

Activity Time: 1m

Intervals: 10

Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

40 yards by 30 yards; players in groups of fours with 1 ball per group; 1v1 to 2v2; 1 player dribbles while 1 jockeys backwards working on delaying; then 2 players pass and 2 work on cover and balance

COACHING POINTS / KEY CONCEPTS

1. Correct body posture. 2. Precise distance from the ball. 3. Coordination and communication between 1st and 2nd defender

**II. SMALL-SIDED ACTIVITY**

Duration: 20m

Intensity: high

Activity Time: 2m

Intervals: 4

Recovery Time: 3m

ORGANIZATION (Physical Environment / Equipment / Players)

25 yards by 20 yards; 16 cones; 12 players; 8v4; 8 attacking players (4 on either side of the defensive box) try to split the line of 4 defenders with passes on the ground.

COACHING POINTS / KEY CONCEPTS

1. 1st defender should apply pressure quickly on the ball. 2. Remaining 3 defenders need to maintain cover and balance. 3. Stay connected to avoid the split

**III. EXPANDED ACTIVITY**

Duration: 20m

Intensity: high

Activity Time: 5m

Intervals: 2

Recovery Time: 5m

ORGANIZATION (Physical Environment / Equipment / Players)

60 yards by 50 yards; 1 big goal and 3 counter goals; 13 players; 7v6; 7 attackers versus #1-#6; attackers try to score on big goal and defenders try to recover ball and score on counter goals

COACHING POINTS / KEY CONCEPTS

1. The entire line needs to keep compact, especially #4 and #5. 2. Moving/shifting as a unit. 3. Maintaining balance in case opponent tries switch the point of attack. 4. Protecting the central areas and forcing the play wide.

**IV. GAME**

Duration: 25m

Intensity: high

Activity Time: 30m

Intervals: 1

Recovery Time: none

ORGANIZATION (Physical Environment / Equipment / Players)

60 yards by 75 yards; 2 big goals; 18 players; 9v9

COACHING POINTS / KEY CONCEPTS

1. Keeping the lines connected. 2. #6 protects the space in front of the back line. 3. Goalkeeper has to be ready to confront any ball or opponent that gets behind the back line.