

Name:

Haslam

Team:

2006G PTSC

Date:

9/14/2014

Topic:

Passing to relieve pressure



Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): Passing out of trouble

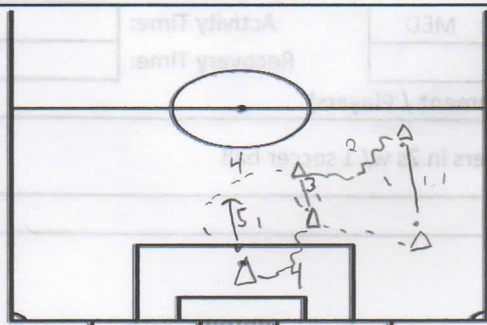
Who? All

Where? Defensive Third

When? Under Attack

Why? To counter Attack/Relieve Pressure

What? Heads up/Good Passing Technique

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration:

15

Intervals:

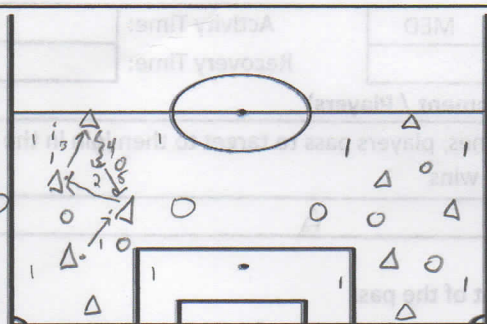
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Gate Passing w/ Partner

COACHING POINTS / KEY CONCEPTS

Good Communication/Movement with and without the ball/Good Technique

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration:

15

Intervals:

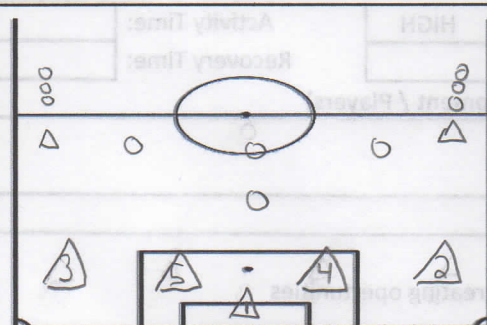
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

3v3 to Outside Target Players - 30 yds x 30 yds

COACHING POINTS / KEY CONCEPTS

Movement with and without the ball/Heads up looking for target

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration:

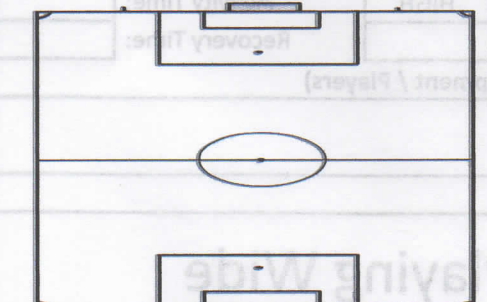
30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)4v4 to goal and target players
+ keeper**COACHING POINTS / KEY CONCEPTS**

Passing out wide to relieve pressure/Good technique

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play

Name:

Haslam

Team:

2006G PTSC



Date:

9/20/2016

Topic:

Passing

Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): Passing to get away from pressure

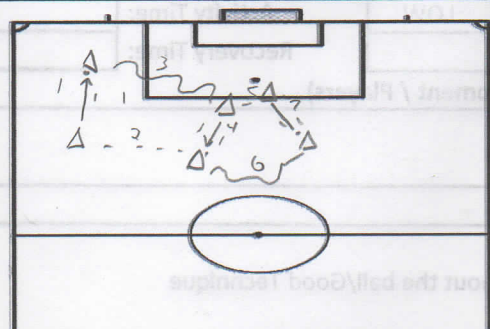
Who? Everyone

Where? Whole Pitch

When? Defender(s) apply pressure

Why? To beat pressure

What? Players/Grid/Endzones

**I. WARM-UP**

Intensity:

MED

Activity Time:

Duration:

15

Intervals:

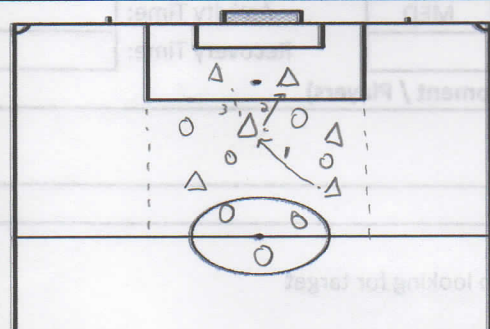
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Dynamic gate Passing w/ partners - Gates, Players in 2s w/ 1 soccer ball

COACHING POINTS / KEY CONCEPTS

Passing and moving, Accuracy, Communication

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration:

15

Intervals:

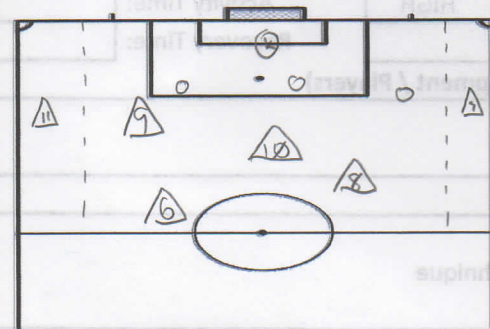
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Countdown - 1 target player in opposite endzones, players pass to target to then join in the endzone, first team with all players in endzone wins

COACHING POINTS / KEY CONCEPTS

Timing of the pass/Accuracy of the pass/Weight of the pass

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

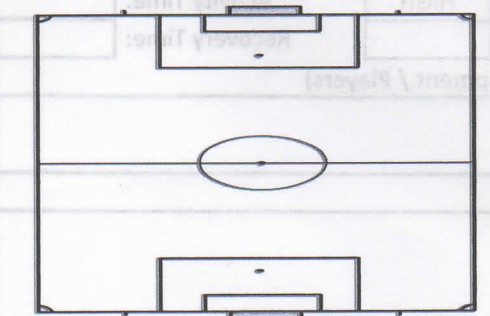
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

3v3/4v4 to outside bumpers

COACHING POINTS / KEY CONCEPTS

Stretching the field, passing and combining to creating opportunities

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play - Playing Wide

Name:

Haslam

Team:

2006G PTSC



Date:

10/4/2016

Topic:

Passing/Receiving

Is this your filmed session? (Yes/No)

☐

TRAINING OBJECTIVE(S): Improve player's receiving and passing

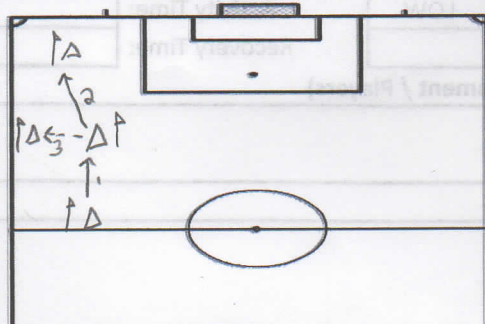
Who? All Players

Where? Midfield and Forward

When? Building from the back

Why? To Counter Attack

What? Players in wide positions

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration:

15

Intervals:

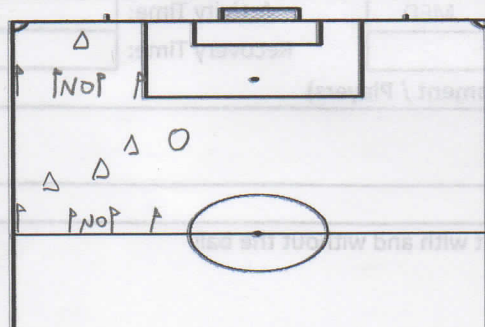
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Opening up passing - 3 player/group with 1 ball, cones

COACHING POINTS / KEY CONCEPTS

Accurate passes/opening hips to receive and send

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration:

15

Intervals:

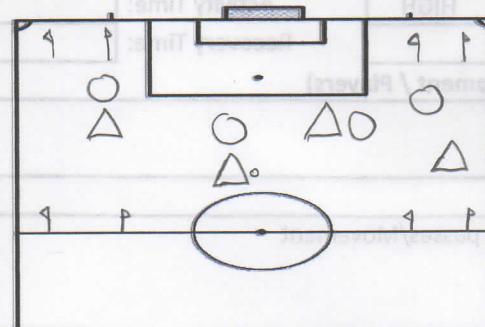
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

End to End Passing - 3v3 with targets wide on each end

COACHING POINTS / KEY CONCEPTS

Movement without the ball/accurate passing/receiving and sending the ball

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

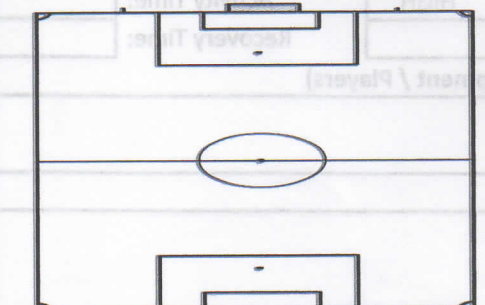
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

4v4 to wide cone goals - passing through cone goals to score points

COACHING POINTS / KEY CONCEPTS

Wide play/accurate passing

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play

Name:

Haslam

Team:

2006G PTSC



Date:

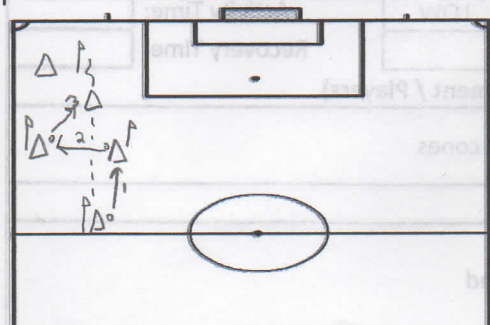
10/5/2016

Topic:

Passing/Over Lapping

Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): Improve movement without the ball
Who? Outside Backs, Midfielders, Strikers
Where? Wide Back, Midfield, Center Attacking
When? On Counter Attack
Why? Create more scoring chances
What? Players thinking ahead, playing wide fields, moving without the ball

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration:

15

Intervals:

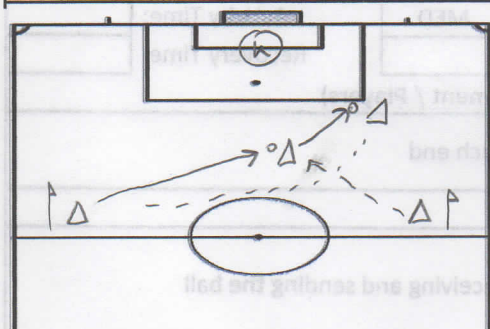
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Diamond crossing with overlap

COACHING POINTS / KEY CONCEPTS

Passing Accuracy/Movement without the ball

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration:

15

Intervals:

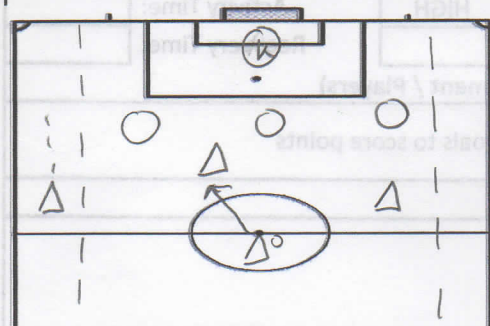
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

2v1 overlap to goal

COACHING POINTS / KEY CONCEPTS

Passing accuracy/weight of the pass/movement with and without the ball

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

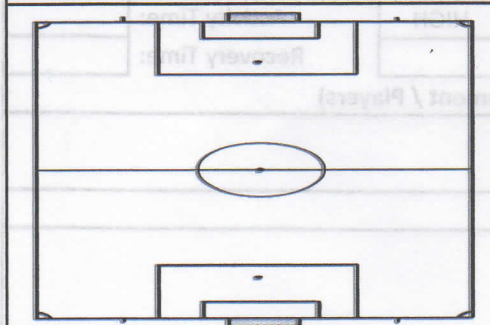
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

4v4 w/ outside free zones

COACHING POINTS / KEY CONCEPTS

Overlapping to advance the ball/Weight of the passes/Movement

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play

Name:

Haslam

Team:

2006G PTSC



Date:

10/18/2016

Topic:

Short Days

Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): General Skills

Who?

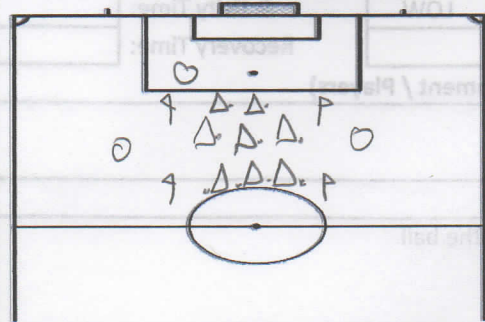
Everyone

Where? Everywhere

When? All the time

Why?

What?

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration: 15

Intervals:

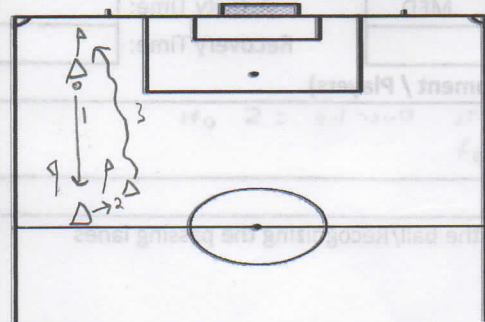
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Land and Sea

COACHING POINTS / KEY CONCEPTS

Fun/Ball Control/Head-up Dribbling

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration: 15

Intervals:

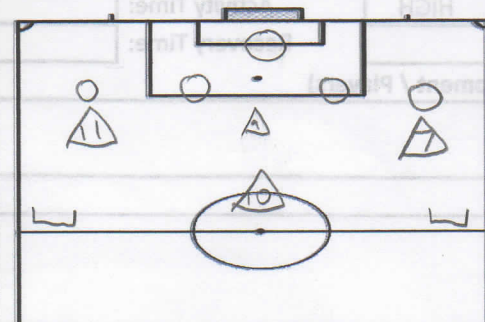
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Pass-First touch-Dribble

COACHING POINTS / KEY CONCEPTS

Accurate passing/Good first touch/Speed dribbling

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration: 30

Intervals:

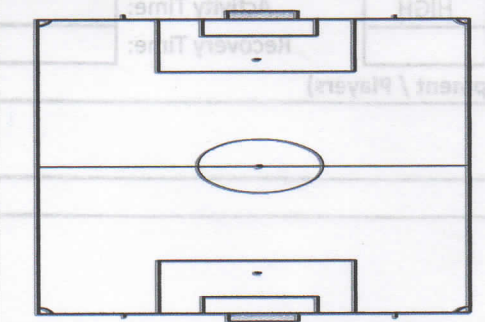
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

4v4 - 1 goal v 2 outer mini goals

COACHING POINTS / KEY CONCEPTS

Positioning/Movement/Passing

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration: 30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play

Name:

Haslam

Team:

2006G PTSC



Date:

10/19/2016

Topic:

Days are too short!!!

Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): Passing/Overlaps/Through Pass

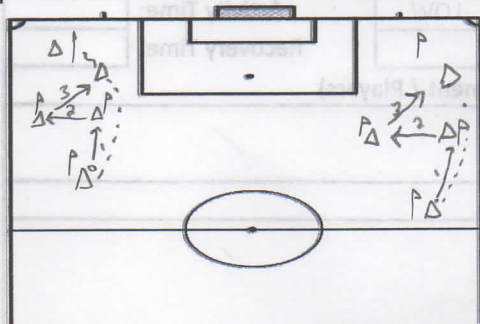
Who?

Where?

When?

Why?

What?

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration:

15

Intervals:

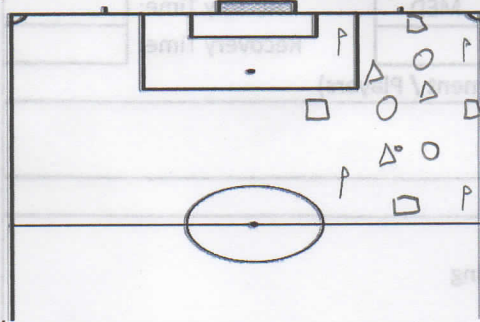
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Overlap Diamond

COACHING POINTS / KEY CONCEPTS

Passing accuracy/Movement with and without the ball

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration:

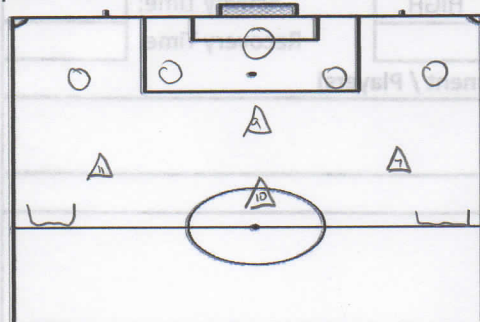
15

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)3v3 with wall players • 1 Touch Wall = 2 pts Over lap = 5 pts
Completed Pass = 1 pt.**COACHING POINTS / KEY CONCEPTS**

Passing accuracy/Movement with and without the ball/Recognizing the passing lanes

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

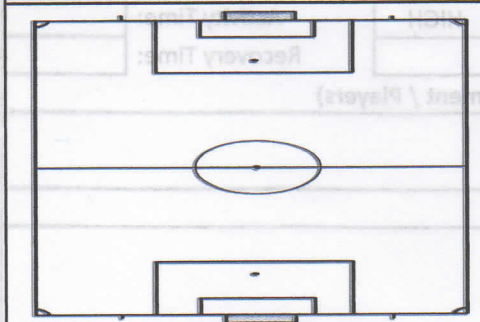
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

5v4 - 1 goal v 2 mini goals

COACHING POINTS / KEY CONCEPTS

Positioning/Passing options/Movement

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play

Name:

Haslam

Team:

2008B FootHills



Date:

10/24/2016

Topic:

Passing

Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): Passing/Overlaps/Through Pass

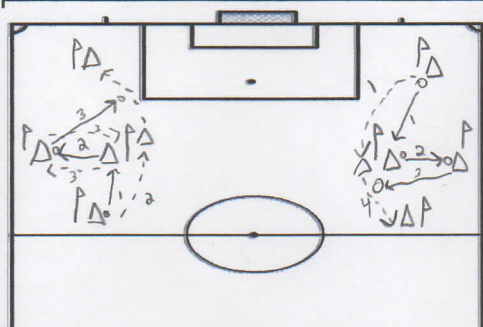
Who? All Players

Where? Building from the Back/Mid Field

When? On Counter Attack

Why? To create Opportunities

What?

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration: 15

Intervals:

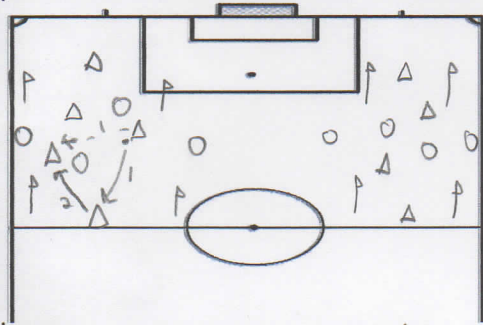
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Overlap Diamond

COACHING POINTS / KEY CONCEPTS

Passing accuracy/Movement with and without the ball

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration: 15

Intervals:

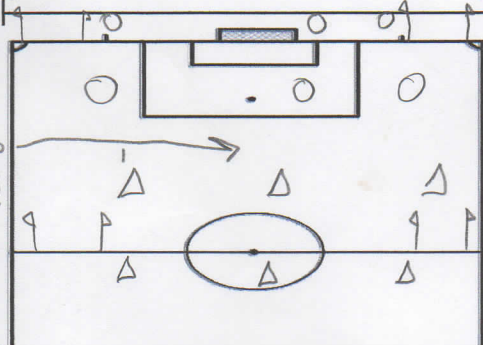
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

3v3 with wall players

COACHING POINTS / KEY CONCEPTS

Passing accuracy/Movement with and without the ball/Recognizing the passing lanes

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration: 30

Intervals:

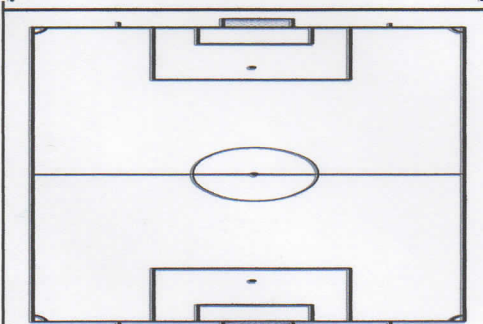
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

3 v 3 with wide gate goals

COACHING POINTS / KEY CONCEPTS

Positioning/Passing options/Movement

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration: 30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun - Game Play