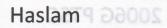
Name:



Team:

2006G PTSC

9/14/2014

Topic:

Passing to relieve pressure



(Ves/No)	ls this yo	our filmed se	ession? (Yes/No)				
TRAINING OBJECTIVE(S): Pas	sing out of trouble		TRAINING OBJECTIV				
Whole Pitch IIA SodW	Where? Defensive Third		Who? Everyone				
When? Under Attack	Why? To counter Attack/	Relieve F	Pressure and Smark				
What? Heads up/Good Passi	ng Technique		What? Players/Gridy				
MED Activity Times	I. WARM-UP Intensity:	LOW	Activity Time:				
Recovery Times	Duration: 15 Intervals:		Recovery Time:				
	ORGANIZATION (Physical Environment / Equi	pment / Playe	ers)				
4 - A 2 2 1	Gate Passing w/ Partner						
(F)	COACHING POINTS / KEY CONCEPTS						
	Good Communiction/Movement with and with	out the ball/0	Good Technique				
MED ActivityTimes	II. SMALL-SIDED ACTIVITY Intensity:	MED	Activity Time:				
Remuery Time?	Duration: 15 Intervals:		Recovery Time:				
A () A	ORGANIZATION (Physical Environment / Equi	pment / Playe	ers)				
12/3/	3v3 to Outside Target Players - 30 yds x 30 yds						
0 0 0 0 0 0	COACHING POINTS / KEY CONCEPTS						
40	Movement with and without the ball/Heads up	looking for t	arget				
HIGH Activity Time:	III. EXPANDED ACTIVITY Intensity:	HIGH	Activity Time:				
o lead was and o	Duration: 30 Intervals:		Recovery Time:				
	ORGANIZATION (Physical Environment / Equi	pment / Playe	ers)				
4 0 0 0	4v4 to goal and target players						
0	COACHING POINTS / KEY CONCEPTS						
	Passing out wide to relieve pressure/Good tech	nnique					
HIGH. Les ity Time.	IV. GAME Intensity:	HIGH	Activity Time:				
Recovery Time:	Duration: 30 Intervals: ORGANIZATION (Physical Environment / Equi	pment / Playe	Recovery Time: ers)				
	Scrimmage agammino2						
	COACHING POINTS / KEY CONCEPTS	7					
aying <u>vvide</u>	Fun - Game Play	LI					

Name:		Haslam	2006G	Team:	Team:	2006G	PTSC	sh * *	*
Date:	9/20/2016	Topic:	Passing	ressure	relieve p	Passing to	a silgoT		
						Is this yo	our filmed s	ession? (Yes/No)	(8)
RAIN	ING OBJECT	ΓΙVE(S): Pa	ssing to g	et awa	y from	pressure	(S): Pas	NG OBJECTIVE	RAINI
	Everyone					Where?		Pitch	
		(s) apply p	ressure			Why	v? To be	at pressure	
	Players/Gi							Heads up/Go	/hat?
	Land V	NO.	I. WARM-	UP	91	Intensity:	MED	Activity Time:	
A	73		Duration:	15	1.5	Intervals:		Recovery Time:	
1	1 5	Isom 19 \ Inem	ORGANIZA	TION (Phys	sical Enviro	onment / Equi	pment / Play	vers)	
Δ.	- 3 6	Δ				rs - Gates, Play	ers in 2s w/	1 soccer ball	
			COACHIN	G POINTS	/ KEY CO	NCEPTS		TA LIVE	
	supmost i	ur the ball/Good	Passing an	d moving, A	Accuracy, C	Communication	1		
	Lecel VI	MED	II. SMALL	SIDED AC	TIVITY	Intensity:	MED	Activity Time:	
	Times Times		Duration:	15	15	Intervals:		Recovery Time:	
	31.2	nent / Pluent				onment / Equi	the same of the sa		
	0 02	0				opposite endzo ers in endzone		pass to target to then	join in t
	10	5	COACHIN	G POINTS	/ KEY CO	NCEPTS		0 0	
	O	ooking for targe	Timing of t	he pass/Ac	curacy of t	the pass/Weigh	nt of the pass		
	LamiT white A	Haik	III. EXPAN	IDED ACTI	VITY	Intensity:	HIGH	Activity Time:	
1			Duration:	30	30	Intervals:		Recovery Time:	
1	0 - 0	0	ORGANIZA	TION (Phy	sical Enviro	onment / Equi	pment / Play	yers)	. 8
111	1	1 6		outside bu	impers		13		- 4
- 1	710	& !				Change T N			
- 1	6)	COACHIN	G POINTS	/ KEY CO	NCEPTS	A.		16
		supli	Streching	he field, pa	ssing and	combining to c	creating oper	tunities	
	Seriesty Time:	HIGH I	IV. GAME			Intensity:	HIGH	Activity Time:	
	secovery Time:		Duration:	30	08	Intervals:		Recovery Time:	
		nem / Players)	ORGANIZA	TION (Phy	sical Envir	onment / Equi	pment / Play	yers)	
			Scrim	mage					
				G POINTS	/ KEY CO	NCEPTS			of the second
							laving	g Wide	
	, [71,	1	-		,	1		

Duration: 15 Intervals: 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 Times Intervals: Recovery Times Intervals: 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 Times	大大	sH. * *	PTSC 25H	2006G	Team:	Team:	2006G	Haslam		Name:
Where? Midfield and Forward When? Building from the back What? Players in wide positions I. WARM-UP Intensity: LOW Activity Till Recovery Til			Topic			Receiving	Passing/I	Topic:	10/4/2016	Date:
When? All Players When? Building from the back What? Players in wide positions I. WARM-UP		ession? (Yes/No)	our filmed session	Is this yo						
When? Building from the back What? Players in wide positions Warm-UP	RAINING	NG OBJECTIVE	sing (2) IV	and pas	cieving	yer's re	prove pla	TIVE(S): Imp	ING OBJEC	ΓRAINI
What? Players in wide positions I. WARM-UP Duration: 15 Intervals: Recovery Tile (Intervals): Recover										
Duration: 15 Intervals: Recovery Tion 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 Tion Recovery Tion 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 intervals: Recovery Tion ORGANIZATION (Physical Environment / Equipment / Players) III. EXPANDED ACTIVITY Intensity: HIGH Activity Tion Recovery Tion 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										
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 III. SMALL-SIDED ACTIVITY Intensity: MED Activity Ti Duration: 15 Intervals: Recovery Ti 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 Ti Duration: 30 Intervals: Recovery Ti 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		Activity Time:	LOW		91			1.4/01	I SOUT VI	P
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 Ti Recovery Ti 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 Ti Recovery Ti 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	ie:		nment / Players)		ical Enviro			fasour (S.) Source	a mil yiswoo	TA A
COACHING POINTS / KEY CONCEPTS Accurate passes/opening hips to receive and send II. SMALL-SIDED ACTIVITY Intensity: MED Activity Tile Duration: 15 Intervals: Recovery Tile 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 Tile Duration: 30 Intervals: Recovery Tile 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	1	Cisj		n bnomeld	dated mississipp	nelsour		The state of the s	4	174= -V
Accurate passes/opening hips to receive and send II. SMALL-SIDED ACTIVITY Intensity: MED Activity Till	- STY		i, cones							1
III. SMALL-SIDED ACTIVITY Intensity: MED Activity Tintensity: MED Intervals: Recovery Times Inte	14		-	ICEPTS	/ KEY CON	G POINTS	COACHIN			to
Duration: 15 Intervals: Recovery Ti 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 Ti Duration: 30 Intervals: Recovery Ti 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			end	receive and se	ing hips to	asses/open	Accurate p			
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 Ti Duration: 30 Intervals: Recovery Ti 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		Activity Time:	MED	Intensity:	TIVITY	-SIDED AC	II. SMALL	лам	Sent vi	P
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 Ti Duration: 30 Intervals: Recovery Ti 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	ne:	Recovery Time:	- A (Discous)	_	15				COVERY Time to	P Tupp
Movement without the ball/accurate passing/receiving and sending the ball III. EXPANDED ACTIVITY Intensity: HIGH Activity Ti Duration: 30 Intervals: Recovery Ti ORGANIZATION (Physical Environment / Equipment / Players) 4v4 to wide cone goals - passing through cone goals to score points COACHING POINTS / KEY CONCEPTS	1	ersj		melanar Forti	from on			bao in That	. 0	1/401
Movement without the ball/accurate passing/receiving and sending the ball III. EXPANDED ACTIVITY Intensity: HIGH Activity Ti Duration: 30 Intervals: Recovery Ti ORGANIZATION (Physical Environment / Equipment / Players) 4v4 to wide cone goals - passing through cone goals to score points COACHING POINTS / KEY CONCEPTS	- AI		110-1	ICEPTS	/ KEY CON	G POINTS	COACHIN		D A	
Duration: 30 Intervals: Recovery Ti 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		sending the ball	receiving and sen	rate passing/r	ne ball/accu	t without th	Movemen	Juw bns naw		1 1/10
Duration: 30 Intervals: Recovery Ti 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	ne:	Activity Time:	HIGH	Intensity:	VITY	IDED ACTI	III. FXPAN	нын	Lethity Time:	1
4v4 to wide cone goals - passing through cone goals to score points COACHING POINTS / KEY CONCEPTS Wide play/accurate passing		Recovery Time:			30		4	191	13 111	P4 1
COACHING POINTS / KEY CONCEPTS Wide play/accurate passing	1 7	ers)	pment / Players)	nment / Equip	sical Enviro	ATION (Phy	ORGANIZA	^ 0		
COACHING POINTS / KEY CONCEPTS Wide play/accurate passing		e points	goals to score po	through cone	ls - passing	e cone goa	4v4 to wid	40	7 0	1
Wide play/accurate passing	A IA		T A	ICEPTS	/ KEY CON	G POINTS	COACHIN	1	A 00	4
IV. GAME Intensity: HIGH Activity Ti										
IV. GAIVE Intensity: High Activity in	ne:	Activity Time:	HICH	Therese in the second			DV CARA	L MSIII	Local Total day	
Duration: 30 Intervals: Recovery Ti		Recovery Time:	піоп		30				sovery Three	
ORGANIZATION (Physical Environment / Equipment / Players)		vers)	pment / Players)		sical Enviro			nent / Players)		
Scrimmage 936mmino?					9960	mage	Scrim			
COACHING POINTS / KEY CONCEPTS									(
Fun - Game Play			L						-	

Name:		Haslam	2006 Team: 2006G	06G P	TSC	* *	*
Date: 10/5/2016 Topic:			Passing/Over La	pping	:piqo		
		ur filmed sessio				session? (Yes/No)	
KAIN	ING OBJECT	TIVE(S): Imp	prove movement without th	e ball		WE OBJECTIVE	ho?
utsid	le Backs, M	idfielders,	Strikers Where? Wide Bad	ck, Mi	dfield,	Center Attack	ing
hen	? On Count	er Attack	Why? Create more scoring	chan	ches	What? Players	
			fields, moving without the				
	.g arread, p		I. WARM-UP Inten		LOW	Activity Time:	
4	emi vescoso	11, 1	Duration: 15 Interv		LOVV	Recovery Time:	
13		fanovala \ Jman	ORGANIZATION (Physical Environment		ent / Play		. 7
72	1		Diamond crossing with overlap				17-1
	7.	29003	und it unw doord/Breid E - Bussed dn Suiu	aut.			7 1
100			COACHING POINTS / KEY CONCEPTS				19
17-)	Passing Accuracy/Movement without th	e ball			
		be be	urate passes/opening hips to receive and se				
	Londin seems	40314	II. SMALL-SIDED ACTIVITY Inten	sity:	MED T	Activity Time:	1
		1	Duration: 15 Interv	-		Recovery Time:	
	•		ORGANIZATION (Physical Environment	/ Equipm	ent / Play	yers)	MIL
	> ° ^-	A Lancada	2v1 overlap to goal	and I		0 4	
	14	K.					G.
Δ		1-4	COACHING POINTS / KEY CONCEPTS		بالمحمطية	without the ball	
	thed and anti-	celving and send	Passing accuracy/weight of the pass/mo	vement v	vitn and v	vitriout trie ball	
							500
	Smil V	HIGH.	III. EXPANDED ACTIVITY Inten	sity:	HIGH	Activity Time:	
1	and (W)		Duration: 30 Interv			Recovery Time:	
- 1		0	ORGANIZATION (Physical Environment	/ Equipm	ent / Pla	yers)	
1		oals to score pol	4v4 w/ outside free zones			14 0 1	
1	*	A 1	COACHING POINTS / KEY CONCEPTS	0011	-		
1	()) -	Overlapping to advance the ball/Weight		isses/Mov	vement	
1	0		e play/accurate passing				
	- amil v	HOIL	IV. GAME Inten	city:	HIGH	Activity Time:	
	Receivery Time:		Duration: 30 Inter		IIIOII	Recovery Time:	
		(anaysi9 \ too n	ORGANIZATION (Physical Environment	-	ent / Pla		
				m 1			
	—		Scrimmage Sammin	JC			

Fun - Game Play

Name:	Haslam	Dados Team: 2006G PTSCasH							
Date: 10/18/2016	Topic:	Short Days 2/80							
	our filmed session?								
TRAINING OBJEC	CTIVE(S): Ger	neral Skills word (S): Passing/Overlaps/Throughlish neral Skills							
Everyone		Solad Where? Everywhere							
When? All the ti	me	Why?							
What?									
	1 1/01	I. WARM-UP Intensity: LOW Activity Time:							
COVERN CO	100	Duration: 15 Intervals: Recovery Time:							
1 1	A P Isla Vinemi	ORGANIZATION (Physical Environment / Equipment / Players)							
0 44	Δ. Ο	Land and Sea							
4	D. A	COACHING POINTS / KEY CONCEPTS							
(1150 910	Passing accuracy/Movement with and with just							
		Fun/Ball Control/Head-up Dribbling							
LismiT VI	MED	II. SMALL-SIDED ACTIVITY Intensity: MED Activity Time:							
10	Sit.	Duration: 15 Intervals: Recovery Time:							
	ment / Players)	ORGANIZATION (Physical Environment / Equipment / Players)							
,	2 401 SAUTE EN	Pass-First touch-Dribble							
9 1 82		COACHING POINTS / KEY CONCEPTS							
8		Accurate passing/Good first touch/Speed dribbling							
and the Time:	HIGH	III. EXPANDED ACTIVITY Intensity: HIGH Activity Time:							
:smJT		Duration: 30 Intervals: Recovery Time:							
00.	00	ORGANIZATION (Physical Environment / Equipment / Players)							
	A	4v4 - 1 goal v 2 outer mini goals							
6	1	COACHING POINTS / KEY CONCEPTS							
W (~) ~	Positioning/Passingoptions/Movement.							
		Positioning/Movemenet/Passing							
LeamiT viluity	HOH	IV. GAME Intensity: HIGH Activity Time:							
ecovery Time:	974	Duration: 30 Intervals: Recovery Time:							
	p nent / Players)	ORGANIZATION (Physical Environment / Equipment / Players)							
		Scrimmage samming							
		COACHING POINTS / KEY CONCEPTS							
		Fun - Game Play							

2006G PTSC Haslam Team: Name: 10/19/2016 Days are too short!!! Topic: Date: Is this your filmed session? (Yes/No) TRAINING OBJECTIVE(S): Passing/Overlaps/Through Pass ?snahW/here? Everywhere? When? Who? Why? What? **Activity Time:** I. WARM-UP LOW Intensity: Recovery Time: Duration: Intervals: ORGANIZATION (Physical Environment / Equipment / Players) 1320 Overlap Diamond COACHING POINTS / KEY CONCEPTS Passing accuracy/Movement with and without the ball **Activity Time:** II. SMALL-SIDED ACTIVITY Intensity: MED **Recovery Time:** Duration: Intervals: ORGANIZATION (Physical Environment / Equipment / Players) 3v3 with wall players. I Touch Wat = 2 PTS
Competed Poss = 1 pt. **COACHING POINTS / KEY CONCEPTS** Passing accuracy/Movement with and without the ball/Recognizing the passing lanes **Activity Time:** III. EXPANDED ACTIVITY HIGH Intensity: Recovery Time: Duration: Intervals: ORGANIZATION (Physical Environment / Equipment / Players) 5v4 - 1 goal v 2 mini goals **COACHING POINTS / KEY CONCEPTS** Positioning/Passingoptions/Movement **Activity Time:** IV. GAME Intensity: HIGH Recovery Time: Duration: Intervals: **ORGANIZATION (Physical Environment / Equipment / Players)** Scrimmage COACHING POINTS / KEY CONCEPTS

Fun - Game Play

Name:		Haslam		Team:		2008B F	ootHil	ls	* 7	*	
Date:	10/24/2016	Topic:			P	assing					
						Is this yo	our filmed	session? ()	res/No)		
TRAINI	NG OBJEC	TIVE(S): Passi	ing/Over	laps/Th	rough	n Pass					
Who?	Who? All Players Where? Building from the Back/Mid Field										
When? What?	On Count	ter Attack			,	Why? To	create	Opertui	nities		
			I. WARM-U	JP		Intensity:	LOW	Act	ivity Time:		
PA		P	Duration:	15		Intervals:		Reco	very Time:		
3 78					cal Enviro	onment / Equip	pment / Pla	yers)			
Para	12	X Do 3 200	Overlap Dia	mond							
PA	13	400	COACHING	POINTS /	KEY COI	NCEPTS	4				
)				h and without	the ball				
-		-	II. SMALL-S	SIDED ACT	IVITY	Intensity:	MED	Act	ivity Time:		
[A		4 ^ 4	Duration:	15		Intervals:			very Time:		
IP A C			ORGANIZATION (Physical Environment / Equipment / Players)								
0 40	0	0 4 0 0	Ø√® with wa	iii piayers							
1 3/K	1) P A P	COACHING	POINTS /	KEY CO	NCEPTS					
1			Passing acco	uracy/Move	ement wit	th and without	the ball/Re	ecognizing th	ne passing la	anes	
19 10		0 04	III EVDANI	DED ACTIV	(17)/		IIICII	Act	fuits (Times)		
1			III. EXPANI	30		Intensity:	HIGH		ivity Time: very Time:		
0	. (0	L		l ical Enviro	onment / Equip	pment / Pla				
,	7	^	3 v 3 with w	vide gate go	als						
a A		4 4	COACHING	DOINTS /	KEN COI	NCEDTS					
	(,		Positioning/								
1		<i>B</i>									
			IV. GAME			Intonsitu	HIGH	Act	ivity Time:		
	-		Duration:	30		Intensity:	HIGH		very Time:		
					cal Enviro	onment / Equip	pment / Pla				
	Scrimmage										
4	COACHING POINTS / KEY CONCEPTS										
	-		Fun -								
		, ,				4					