

Name:

Haslam

Team:

2006G PTSC



Date:

10/19/2016

Topic:

Improve team's ability to build up from the back

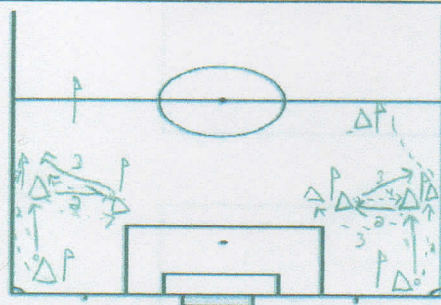
In-season

Wednesday

Is this your filmed session? (Yes/No)

NO

TRAINING OBJECTIVE(S): Improve build up from the defensive third
 Who? 1, 2, 3, 4, 5, 6, 8
 Prim 7, 9, 10, 11 Indr
 Where? Defensive third
 When? When the ball is won back
 Why? To retain possession and penetrate into attacking half
 What? Width of outside backs, Runs into passing lanes, Penetrating passes

**I. WARM-UP**

Intensity:

LOW

Activity Time:

6

Duration:

15

Intervals:

2

Recovery Time:

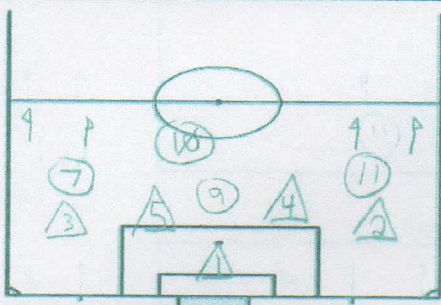
3

ORGANIZATION (Physical Environment / Equipment / Players)

Overlap Diamond - flags, 4-6 players per activity

COACHING POINTS / KEY CONCEPTS

Accurate passing/Movement/Timing / Passing to correct foot/body position to receive the ball

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

2

Duration:

15

Intervals:

5

Recovery Time:

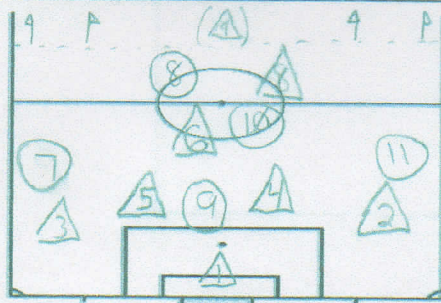
1

ORGANIZATION (Physical Environment / Equipment / Players)

4 v 4 to wide gates - ball starts with 1 plays to wide goals

COACHING POINTS / KEY CONCEPTS

Passing accuracy/Movement off the ball/Communication/Supporting Runs/Width of 2 & 3 / keeper's Distribution / Ability to switch fields

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

5

Duration:

30

Intervals:

4

Recovery Time:

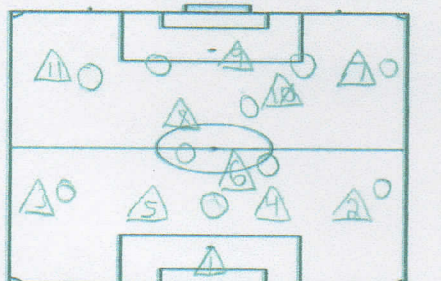
3

ORGANIZATION (Physical Environment / Equipment / Players)

5 v 7 - Defending goal, attacking to gates

COACHING POINTS / KEY CONCEPTS

Width of 2, 3, 7 & 11 / Accuracy of Passing to correct foot/Weight of Passes/body shape
 Recovering the ball/Quick passing out of the back/Movement off the ball/Runs for support
 Midfielders movement and connection to the back line

**IV. GAME**

Intensity:

HIGH

Activity Time:

10

Duration:

30

Intervals:

2

Recovery Time:

5

ORGANIZATION (Physical Environment / Equipment / Players)**Scrimmage****COACHING POINTS / KEY CONCEPTS**

Width of 2, 3, 7 & 11 / Penetrating Passes/well timed runs/Supporting Angles/midfield movement
 Fun - Game Play - Keeper can not punt/must distribute to build from backs
 Communication

Name:

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Team:

2006G PTSC



Date:

9/21/2016

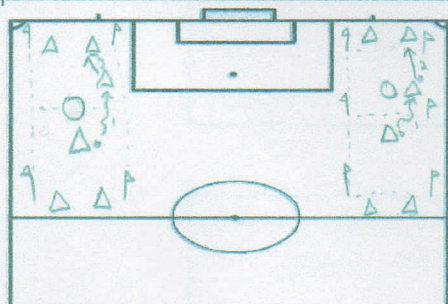
Topic:

Improve team's ability to recover the ball in attacking half

Is this your filmed session? (Yes/No)

NO

TRAINING OBJECTIVE(S): Recovering the ball in the attacking half Who? 7, 11, 9, 10, 8, 6 Pri 1, 4, 5, 2, 3 Indr Where? Attacking half of the field When? Not in possession of the ball Why? Pressuring higher can increase scoring opportunities What? Pressure on other team's defenders, Midfield support

**I. WARM-UP**

Intensity:

LOW

Activity Time:

90s

Duration: 15

Intervals:

7

Recovery Time:

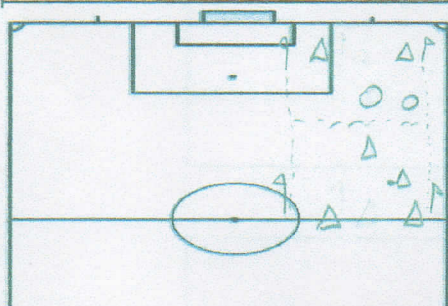
30s

ORGANIZATION (Physical Environment / Equipment / Players)

1 v 1 dribble to pass - defender attempts to recover the ball before player dribbles past midpoint to pass

COACHING POINTS / KEY CONCEPTS

Body positioning/Footwork/Closing down space

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

90s

Duration: 15

Intervals:

7

Recovery Time:

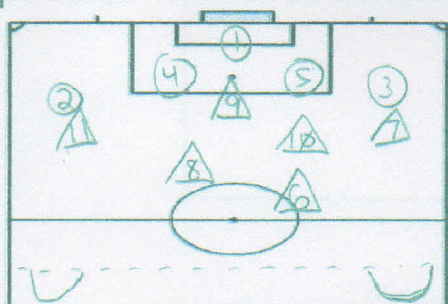
30s

ORGANIZATION (Physical Environment / Equipment / Players)

2 v 2 dribble to pass - defenders attempt to recover the ball before players dribbles past midpoint to pass

COACHING POINTS / KEY CONCEPTS

Pressure and Cover/Positioning/Communication

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

5

Duration: 30

Intervals:

3

Recovery Time:

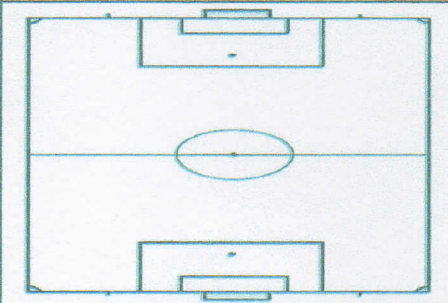
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ORGANIZATION (Physical Environment / Equipment / Players)

6 v 5 - Attacking goal, pop-up/6U goals for defenders - keeper rolls ball to defender to start

COACHING POINTS / KEY CONCEPTS

High Pressure/Coverage from midfield/Quickness to the ball

**IV. GAME**

Intensity:

HIGH

Activity Time:

18

Duration: 30

Intervals:

2

Recovery Time:

5

ORGANIZATION (Physical Environment / Equipment / Players)**Scrimmage****COACHING POINTS / KEY CONCEPTS**

Fun - Game Play - High Pressure