

Name:

Team:



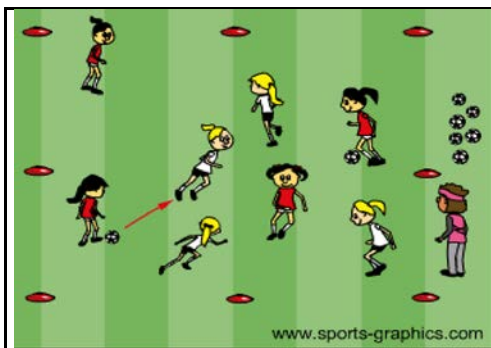
Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

3rd Training of Season
 Players strike the ball on the move
 Players get comfortable using laces, inside of foot
 Players score lots of goals and develop confidence to try



I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Pacman, 15x10: Players with ball hit free players with ball below knee; when hit get a ball and join the pacman

COACHING POINTS / KEY CONCEPTS

Use inside/outside of foot or laces to strike ball
 Dribble to get closer
 How do you keep the ball low? Strike point on ball



II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Ball Tag in zone with goal, 25x20; Dribbling players try to hit other balls; Coach calls name for player to go shoot before line; Call 2nd name to chase shooter

COACHING POINTS / KEY CONCEPTS

Dribble at speed and shoot on the move
 Plant foot next to or a bit ahead of ball and run through your shot
 Use of different surfaces and both feet to strike ball



III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

2v1 to goal and counter target; 25x20; Progression to 3v2

COACHING POINTS / KEY CONCEPTS

Dribble fast at defender and go around or pass
 Without ball, face the way you want to go and ready to score
 How can the 2 create a chance to score?



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

4v4 Game to goals; 30x20

COACHING POINTS / KEY CONCEPTS

Be eager to shoot
 If you can't score, can you dribble or pass to someone who can?
 Keep head steady while shooting
