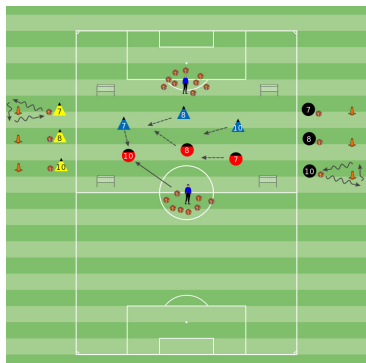


Objectives

To control possession while penetrating through the middle third of the field into the attacking third. - Who: #4, #6, #8, #10, #9 and #7, #11 - What? Passing, Receiving (First Touch, Turning and Body Shape) Dribbling - Penetration (Pass, Dribble or Combination Play) Support, Mobility, Width, Speed of Play and Midfield Shape. - Where? In the Midfield third

Warm Up - 3 v 3 Round Robin w/Midfield



3 v 3



4 mini goals and soccer balls



Intensity: 8



10:00 min

(x 00:00 min, 00:00 min rest)

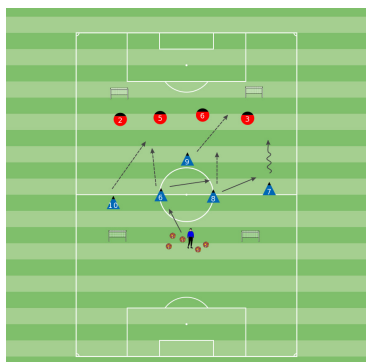
Coaching Points

What? Technique: Passing - Accuracy and Pace - Receiving: Body position, First touch, Surface selection of the foot and ball, Redirecting and turning the ball in one motion. Principle of attack: Mobility - Who? When? Where? Why? Why? Penetration - Who? When? Where? Why? Support - Angles and Distance.

Description

Round robin format 3 v 3 midfielders #7, #8, #10 are trying to possess the ball and create an attack and score on mini goals. Once a score happens, 2 other teams enter

Small Sided - 5 v 4 Midfield Attack



Players



Intensity:



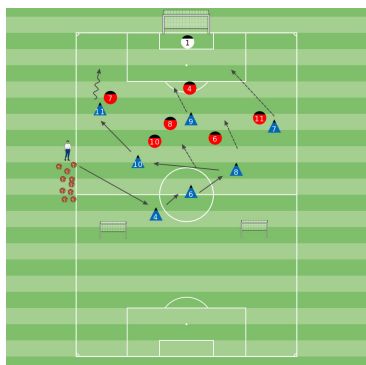
15:00 min

(x 00:00 min, 00:00 min rest)

Coaching Points

What? Technique: Passing - Accuracy and Pace - Receiving: Body position, First touch, Surface selection of the foot and ball, Redirecting and turning the ball in one motion. Principle of attack: Mobility - Who: #4, #6, #8, #10, #9 and #7, #11 - What? Passing, Receiving (First Touch, Turning and Body Shape) Dribbling - Penetration (Pass, Dribble or Combination Play) Support, Mobility, Width, Speed of Play and Midfield Shape. - Where? In the Midfield third central and flank areas - When? In possession of the ball. - Why? To effectively penetrate into the attacking

Expanded 7 v 7 - Attacking through the Midfield Line



7 v 7



2 Mini Goals, Soccer Balls



Intensity: 8



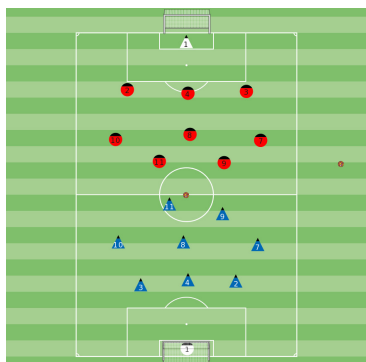
20:00 min

(x 00:00 min, 00:00 min rest)

Coaching Points

What? Technique: Passing - Accuracy and Pace - Receiving: Body position, First touch, Surface selection of the foot and ball, Redirecting and turning the ball in one motion. Principle of attack: Mobility - Who: #4, #6, #8, #10, #9 and #7, #11 - What? Passing, Receiving (First Touch, Turning and Body Shape) Dribbling - Penetration (Pass, Dribble or Combination Play) Support, Mobility, Width, Speed of Play and Midfield Shape. - Where? In the Midfield third central and flank areas - When? In possession of the ball. - Why? To effectively penetrate into the attacking

9 v 9 Game



9 v 9



Intensity: 8



30:00 min

(x 00:00 min, 00:00 min rest)

Coaching Points

What? Technique: Passing - Accuracy and Pace - Receiving: Body position, First touch, Surface selection of the foot and ball, Redirecting and turning the ball in one motion. Formation is 1-3-3-2 Principle of attack: Mobility - Who? #10, #8, #11, #7 When? When possessing the ball. Where? Middle 3rd of Field When? After gaining possession and creating penetrating movement to the opponents defending 3rd. Why? To create a scoring opportunity. Penetration - Who? #9, 11, 10, 7, 8 When? After we gain possession in the central 3rd of the field. Where? In the middle 3rd of the field. Why?