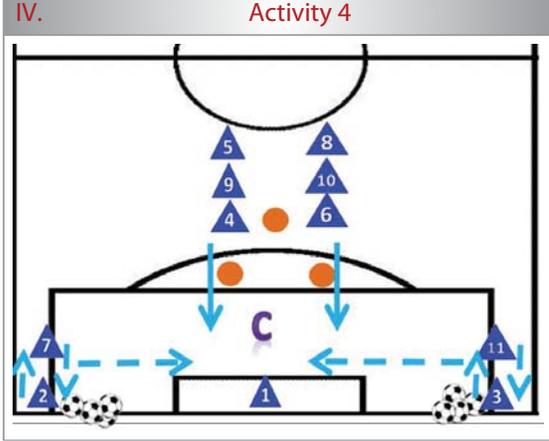
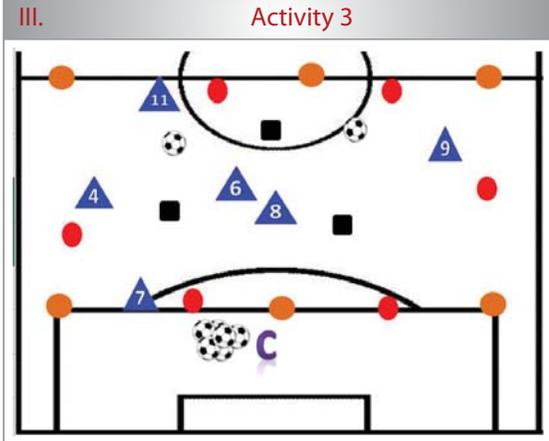
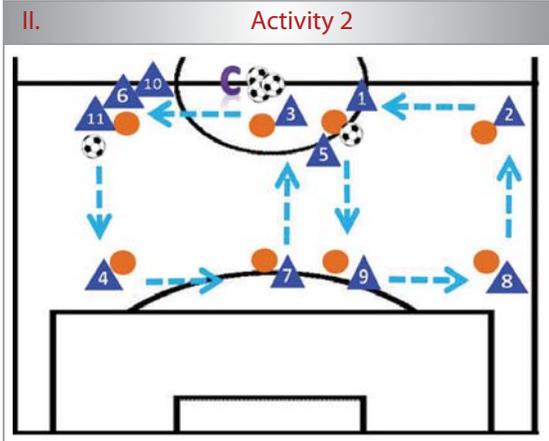
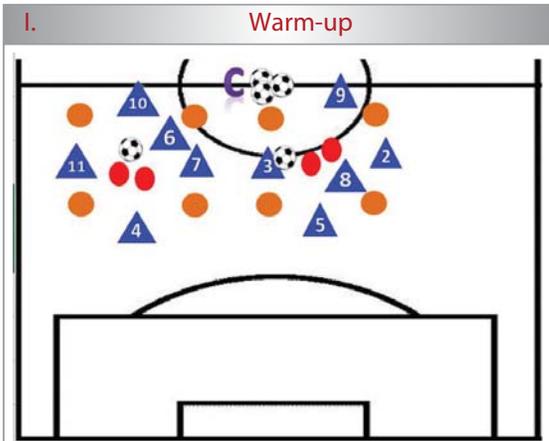


# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: April 03, 2017    Team: KY ODP GIRLS 00-01    Duration of Session: 90 min    Intensity/Load: Medium Hard

Theme/Goals: Tactical Application of Technical Activities Supporting 1-4-3-3 Formation [#4, #5, #2, #3, #7, #11 -- All Players Involved]



## 5v2 Rondo's

DURATION: 20mins	FIELD SIZE: 8yd x 8yd	INTENSITY/LOAD: Medium Light
COACHING POINTS:		
A few minutes of dynamic running & stretching		FEYENOORD ACADEMY STAFF
<p>5 v 2 possession, mistake/mis-hit to middle (defense)</p> <ul style="list-style-type: none"> <li>- Quality pass over pace to start, pace must come as well</li> <li>- Serve to outside foot of teammate so they open up to entire playing field</li> <li>- Coach mentioned positions on the field &amp; how the positions relate to the game (Diagram depicts verbal comments of coach)</li> <li>- Possession in a 5v2, Rondo type exercise replicates the game: force defenders to commit and chase ball and opens up deep (high) player for a split pass directly to forward or open up space centrally for midfielders to penetrate on the dribble</li> </ul>		

## Passing Pattern

DURATION: 20mins	FIELD SIZE: 15yd x 15yd	INTENSITY/LOAD: Medium
COACHING POINTS:		
Clockwise passing pattern around outside of square, cones depict "defenders"		
<ul style="list-style-type: none"> <li>- Check away from defender when teammate with ball has control (don't check early)</li> <li>- Play to outside foot, teammate opens up &amp; prepared for the next pass</li> <li>- Pace of pass is a must for the exercise</li> <li>- Service must be of quality for receiver as well</li> </ul>		

## 6v6+3 Possession

DURATION: 20mins	FIELD SIZE: 42yd x 44yd	INTENSITY/LOAD: Medium Hard
COACHING POINTS:		
6 v 6 +3 Possession		
<ul style="list-style-type: none"> <li>- Apply techniques from Warm-up &amp; Activity 2</li> <li>- Spread out, make the field big to open space centrally</li> </ul>		

## Cross & Finish

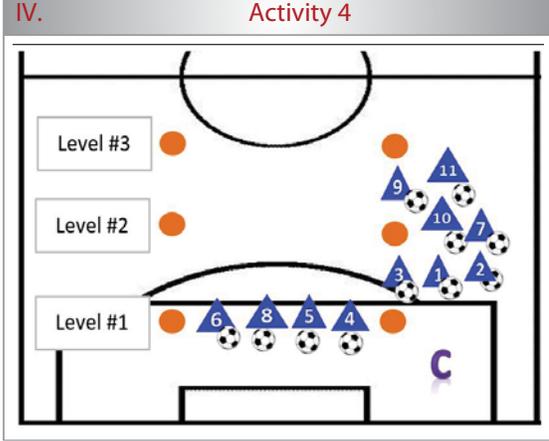
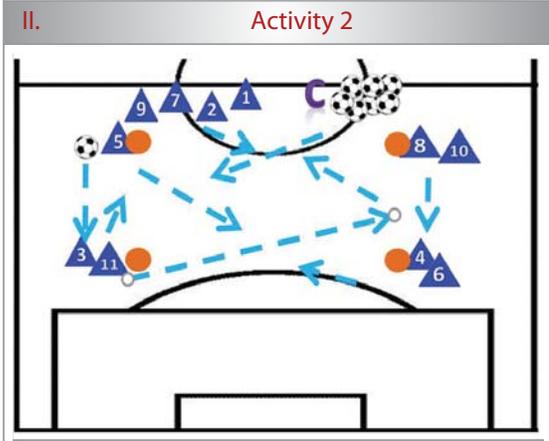
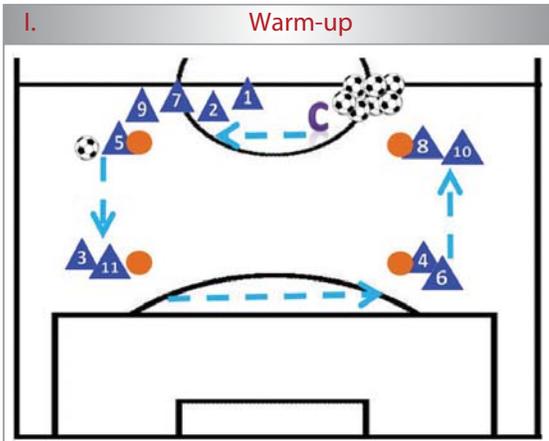
DURATION: 20mins	FIELD SIZE: TBD	INTENSITY/LOAD: Medium Light
COACHING POINTS:		
<p>Double pass to cross &amp; to finish i.e... 11 to 3, 3 back to 11 &amp; cross to attacking runs by #4 &amp; #6</p> <ul style="list-style-type: none"> <li>- Timing and location of front post run vs back post run</li> <li>- Runs must with urgency, finish of quality</li> </ul> <p><b>Cool Down:</b> Nets Finishing Game. Everyone looks to finish in small groups. Player must hit the net in the air to stay in the game. Once everyone has gone, those that hit the back of the net in the air move back 5-10 yards &amp; repeat until there is a winner.</p>		



# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: April 04, 2017 Team: KY ODP GIRLS 00-01 Duration of Session: 90 min Intensity/Load: Medium  
 Theme/Goals: A Bit of Recovery, Progressed from Passing Patterns into Defensive Compactness (#2, #4, #5, #3, #6, #8)



### Passing Pattern - Checking Into Player

DURATION: 25mins	FIELD SIZE: 12yd x 12yd	INTENSITY/LOAD: Medium Light
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COACHING POINTS:

A few minutes of dynamic running (2 laps) & stretching FEYENOORD ACADEMY STAFF  
 Various type planks & core work

Clockwise passing pattern around outside of square, cones depict "defenders"

- Check away from defender when teammate with ball has control (don't check early)
- Play to outside foot, teammate opens up & prepared for the next pass
- Pace of pass is a must for the exercise
- Service must be of quality for receiver as well
- **PROGRESSED from yesterday, added another player at each cone for player to "check into" and create space & added a sprint to next cone**

### Passing Pattern - One Touch

DURATION: 15mins	FIELD SIZE: 12yd x 12yd	INTENSITY/LOAD: Medium Light
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COACHING POINTS:

Clockwise passing pattern around outside of square, cones depict "defenders"

- Check away from defender when teammate with ball has control (don't check early)
- Play to outside foot, teammate opens up & prepared for the next pass
- Pace of pass is a must for the exercise
- Service must be of quality for receiver as well
- Another player at each cone for player to "check into" and create space
- Sprint to next cone
- **PROGRESSED from above: now layoff back to original passer who then plays the next player who lays off to the player that previously laid it off, & progress around the square as such - all one touch**
- **Now the passes are appropriately weighted ( a little softer) to allow the one touch**

### 6 v 7 + 2 Possession

DURATION: 20mins	FIELD SIZE: 36yd x 44yd	INTENSITY/LOAD: Medium Hard
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COACHING POINTS:

Possession with focus on 1st, 2nd, 3rd defender roles, defensive shape

All the above coaching points to help Coach work with defenders specifically

- Close down, get close to player with the ball
- Shift as a unit
- Stay with each other (compact)
- Coach each other

### Cool Down

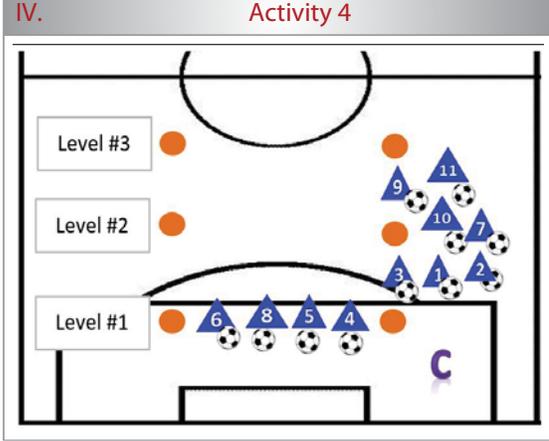
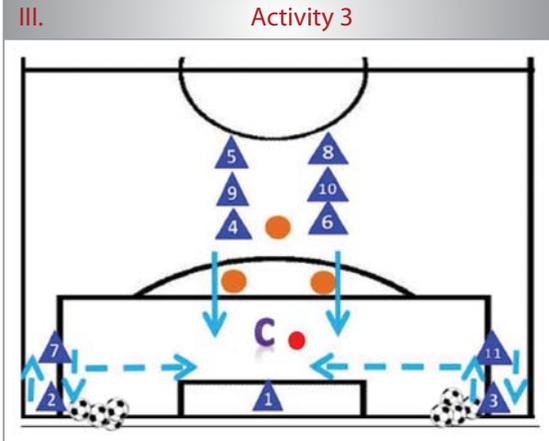
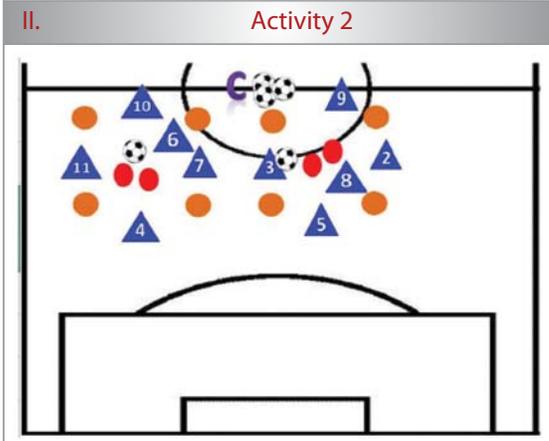
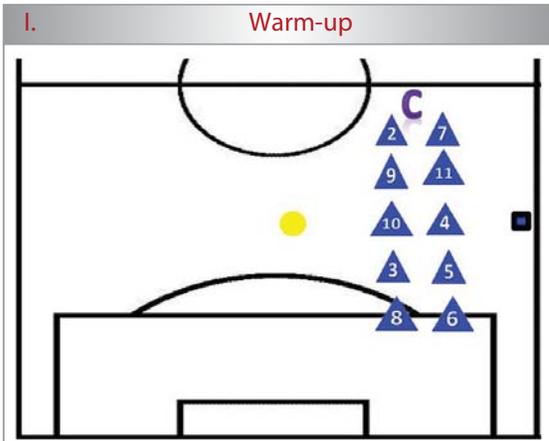
DURATION: 15mins	FIELD SIZE: Diagram	INTENSITY/LOAD: Light
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COACHING POINTS:

*Nets* Finishing Game. Everyone looks to finish in small groups. Player must hit the net in the air to stay in the game. Once everyone has gone, those that hit the back of the net in the air move back 5-10 yards & repeat until there is a winner.



Date: April 05, 2017	Team: KY ODP GIRLS 00-01	Duration of Session: 90 min	Intensity/Load: Light
Theme/Goals: Recovery Session			



## Fast Feet Tag

DURATION: 15mins	FIELD SIZE: 25yd x 30yd	INTENSITY/LOAD: Light
COACHING POINTS:		
Team "sit-down" chat about game with Coach Peter. FEYENOORD ACADEMY STAFF		
A few minutes of dynamic running & stretching (2 jog laps)		
Fast Feet Tag		
Players partner up across from each other (about 2-3yds apart)		
Yellow bib 10yds away and blue bib 10yds away		
Coach says "Fast Feet" - players get feet moving, goes for 5-20 seconds		
When Coach says "yellow," player closest to the yellow bib turns & sprints to yellow bib		
- partner tries to tag her before they get to the yellow bib		
When Coach says "blue," player closest to the blue bib turns & sprints to blue bib		
- partner tries to tag her before they get to the blue bib		
Coach said random other color occasionally to keep them "on their toes" :-)		

## 5v2 Rondo's

DURATION: 20mins	FIELD SIZE: 8yd x 8yd	INTENSITY/LOAD: Medium Light
COACHING POINTS:		
5 v 2 possession, mistake/mis-hit to middle (defense)		
- <b>Progressed from yesterday, talked about constant movement for split &amp; to be an option for teammates (mentioned the type of fast feet movement from warm-up and talked about the importance of eye contact, make sure teammates have a clear line of site (be an option)</b>		
- Quality pass over pace to start, pace must come as well		
- Serve to outside foot of teammate so they open up to entire playing field		
- Coach mentioned positions on the field & how the positions relate to the game		
- Possession in a 5v2, Rondo type exercise replicates the game: force defenders to commit and chase ball and opens up deep (high) player for a split pass directly to forward or open up space centrally for midfielders to penetrate on the dribble		

## Cross & Finish

DURATION: 20mins	FIELD SIZE: 36yd x 44yd	INTENSITY/LOAD: Medium Hard
COACHING POINTS:		
Double pass to cross & to finish, progression from yesterday		
<b>Added (1) defender to pick a player going to goal to shadow; crosser must find the player not being shadowed by defender</b>		
i.e...11 to 3, 3 back to 11 & cross to attacking runs by #4 & #6		
- Timing and location of front post run vs back post run		
- Runs must with urgency, finish of quality		

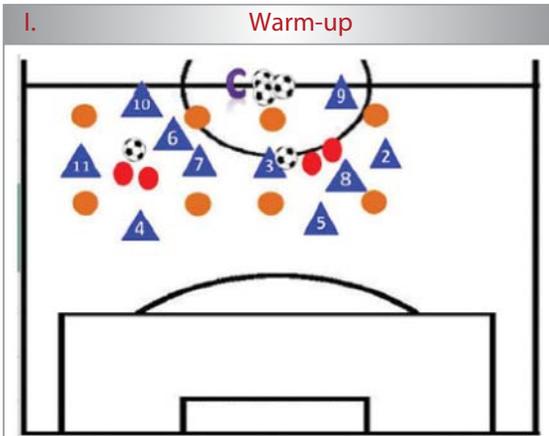
## Cool Down

DURATION: 15mins	FIELD SIZE: Diagram	INTENSITY/LOAD: Light
COACHING POINTS:		
Circle Up "Head / Catch" -- do opposite of what coach says as he throws the ball in your direction. If he says, "head," player must catch it; If he says "catch," player must head it -- if mistake, sit-down ("out")		
Nets Finishing Game. Everyone looks to finish in small groups. Player must hit the net in the air to stay in the game. Once everyone has gone, those that hit the back of the net in the air move back 5-10 yards & repeat until there is a winner.		

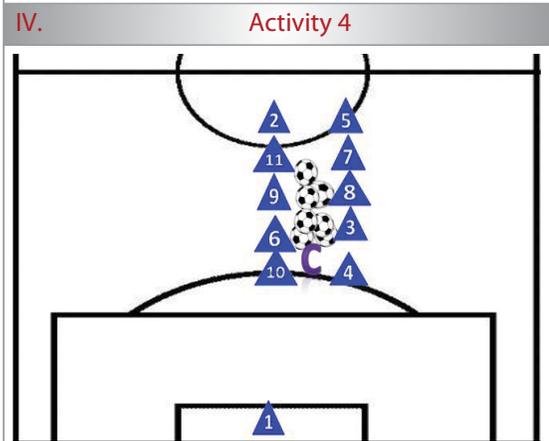
# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: April 06, 2017 | Team: KY ODP GIRLS 00-01 | Duration of Session: 90 min | Intensity/Load: Light  
 Theme/Goals: AM Session, More Technical and Tactical Work as it Relates to the 1-4-3-3 and Dutch Style of Play



**II. Activity 2**



**5v2 Rondo's**

DURATION: 15mins	FIELD SIZE: 8yd x 8yd	INTENSITY/LOAD: Medium Light
COACHING POINTS:		
5 v 2 possession, mistake/mis-hit to middle (defense) <span style="float: right;">FEYENOORD ACADEMY STAFF</span> - Constant movement for split & to be an option for teammates (mentioned the type of fast feet movement from warm-up and talked about the importance of eye contact, make sure teammates have a clear line of site (be an option) - Quality pass over pace to start, pace must come as well - Serve to outside foot of teammate so they open up to entire playing field - Coach mentioned positions on the field & how the positions relate to the game - Possession in a 5v2, Rondo type exercise replicates the game: force defenders to commit and chase ball and opens up deep (high) player for a split pass directly to forward or open up space centrally for midfielders to penetrate on the dribble		

**(2) Games**

DURATION: 20mins	FIELD SIZE: 2yd x 42yd	INTENSITY/LOAD: Light
COACHING POINTS:		
Part #1: Head / Shoulders / Knees / Grab Ball Game Partner up, partner across, ball between. Coach calls: head, shoulders, knees, varies order - when says GO, grab ball 1st to grab ball wins, repeat multiple times  Part #2: Ball on cones relay race, 3 teams of 5 -- cone/ball 20yds away, another cone 2yds away for subsequent rounds -- 1st team to finish wins for each round Round #1: Hands grab ball, run back hand off, next player takes ball, puts back on cone Round #2: Feet dribble to 20yd cone, put on cone with hands, next player runs to get cone off ball with the feet & dribble back (take over) --> next player dribblers back puts on cone Round #3: Feet - dribble around 1st cone, dribble around 2nd cone, pass back		

**Hand Ball --> Progress to Feet**

DURATION: 30mins	FIELD SIZE: 32yd x 42yd	INTENSITY/LOAD: Medium Hard
COACHING POINTS:		
7 v 7 + 1, <u>Goals:</u> 4yd x 4yd square with triangle of (3) cones [1-1/2yds each side of triangle] with a ball on top of each cone. Ball can bounce, if the player doesn't catch it - no worries, keeps flow. No steps after catching ball. Let play for 5 minutes - stepping in each round to discuss spacing & how it relates to each line in a 1-4-3-3 and the tactical implications as well. Hands progress to feet. <u>Coaching Points:</u> Direct, deep play; don't throw until in position; spacing (just like soccer) to hold possession (draw defense out - then attack!)		

**Cool Down - 1v1 Battles & PK's**

DURATION: 15mins	FIELD SIZE: Diagram	INTENSITY/LOAD: Light
COACHING POINTS:		
1v1 Battles to Goal with GK (graphic to left) 2 Lines, 30yds out (can go further) Coach throws ball up in air, when it hits the ground - go! Win the ball (battle) and go to goal vs. GK.  <u>Penalty Kicks</u> Battle (1) at a time, make it stay, miss it out - until winner!		

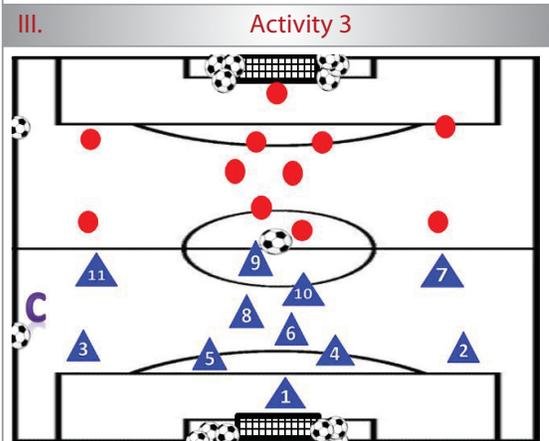
# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: April 06, 2017 | Team: KY ODP GIRLS 00-01 | Duration of Session: 90 min | Intensity/Load: Medium  
 Theme/Goals: PM Session, More Technical and Tactical Work as it Relates to the 1-4-3-3 and Dutch Style of Play / 11v11 Boys vs. Girls

**I. Warm-up**

**II. Activity 2**



**IV.**

**Passing Patterns**

DURATION: 20mins	FIELD SIZE: 8yd x 8yd	INTENSITY/LOAD: Medium Light
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COACHING POINTS:

Sit-Down Chat with Coach Peter FEYENOORD ACADEMY STAFF  
 Warm-Up (Player driven) & (2) Laps Slow Jog  
 (2) Triangles Next to Each Other [2 separate grids]  
 Player #1 pass left (or right depending on grid), Player #2 pass left (or right), Player #3 receives and dribbles back to Player #1 area [follow pass essentially]  
 Progression #1: Player #2 passes back to Player #1 who passes to Player #3, who dribbles  
 Progression #2: Player #1 passes directly to Player #3, who passes to Player #2 who passes back to Player #3 who dribbles  
 Player #1 represents: #4 / #5 ~ ~ Player #2 represents #7 / #11 ~ ~ Player #3 represents #9  
Coaching Points: Check back deep, attack ball, pass in stride to right/left foot

**Passing Lines**

DURATION: 20mins	FIELD SIZE: 2yd x 42yd	INTENSITY/LOAD: Light
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COACHING POINTS:

Passing Lines with (4) staggered cones for dribbling (one side) - then passing.  
 Progress to pull back at last cone then pass.

**11v11**

DURATION: 30mins	FIELD SIZE: Full Field	INTENSITY/LOAD: Medium Hard
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COACHING POINTS:

11v11, Boys vs. Girls [(3) 8-10 minute blocks (periods)]  
 Both formations: 1-4-3-3

DURATION:	FIELD SIZE:	INTENSITY/LOAD: Light
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COACHING POINTS:

**OBSTACLE COURSE**

