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]

I. Warm-up

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

5v2 possession, mistake/mis-hit to middle (defense)
- 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
  (Diagram depicts verbal comments of coach)
- 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

II. Activity 2

Passing Pattern

DURATION: 20mins  FIELD SIZE: 15yd x 15yd  INTENSITY/LOAD: Medium

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

III. Activity 3

6v6+3 Possession

DURATION: 20mins  FIELD SIZE: 42yd x 44yd  INTENSITY/LOAD: Medium Hard

COACHING POINTS:
6 v 6 +3 Possession
- Apply techniques from Warm-up & Activity 2
- Spread out, make the field big to open space centrally

IV. Activity 4

Cross & Finish

DURATION: 20mins  FIELD SIZE: TBD  INTENSITY/LOAD: Medium Light

COACHING POINTS:
Double pass to cross & to finish
  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: 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.
Theme/Goals: A Bit of Recovery, Progressed from Passing Patterns into Defensive Compactness (#2, #4, #5, #3, #6, #8)

I. Warm-up

Passing Pattern - Checking Into Player

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

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

II. Activity 2

Passing Pattern - One Touch

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

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

III. Activity 3

6 v 7 + 2 Possession

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

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

IV. Activity 4

Cool Down

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

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

I. Warm-up

Activity 2

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" :-)

Activity 3

5v2 Rondo's

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

COACHING POINTS:

5v2 possession, mistake/mis-hit to middle (defense)
- Progressed from yesterday, talked about 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

Activity 4

Cross & Finish

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

COACHING POINTS:

Double pass to cross & to finish, progression from yesterday  
Added (1) defender to pick a player going to goal to shadow; crosser must find the player not being shadowed by defender

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

I. Warm-up

II. Activity 2

5v2 Rondo's

DURATION: 15mins  FIELD SIZE: 8yd x 8yd  INTENSITY/LOAD: Medium Light

COACHING POINTS:
5v2 possession, mistake/mis-hit to middle (defense)  FEYENOORD ACADEMY STAFF
- 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

III. Activity 3

(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 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

IV. Activity 4

Hand Ball --> Progress to Feet

DURATION: 30mins  FIELD SIZE: 32yd x 42yd  INTENSITY/LOAD: Medium Hard

COACHING POINTS:
7v7 + 1, Goals: 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. Coaching Points: 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.

Penalty Kicks
Battle (1) at a time, make it stay, miss it out - until winner!
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

Activity 2

Activity 3

II. Activity 2

Passing Patterns

<table>
<thead>
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<th>DURATION: 20mins</th>
<th>FIELD SIZE: 8yd x 8yd</th>
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Sit-Down Chat with Coach Peter
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

III. Activity 3

Passing Lines

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

IV. 11v11

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

**Details**
Everyone has a ball, keep same ball, & start at the same time
(1) Crossbar
(2) Nets
(3) Stop ball in circle of cones/dots
(4) Corner kick directly in goal
(5) Chip ball between goals
(6) Off foot pass into 1 of 2 small goals
(7) Juggle cone to cone
Start over – how many times or how far can a player get in 10 minutes

_Adjust time, distance based on talent level_