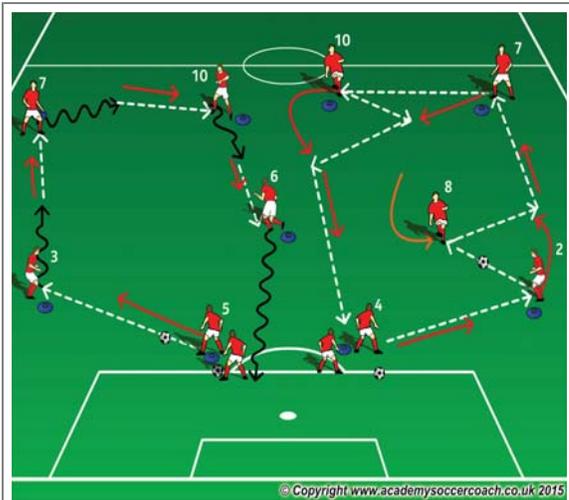


Season Winter 2016 Team/Age Group ODP Week

Topic Possession for Penetration and Combination play

Objectives 5W's

Improve your team's ability to possess, penetrate, and combine effectively
 WHO: #2, #3, #4, #5, #6, and #8, #10 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility, Width and Improvisation - WHERE: in the defending half of the field - WHEN: In possession of the ball - WHY: To penetrate the opposition's forward and midfield lines into the attacking half



1. WARM UP

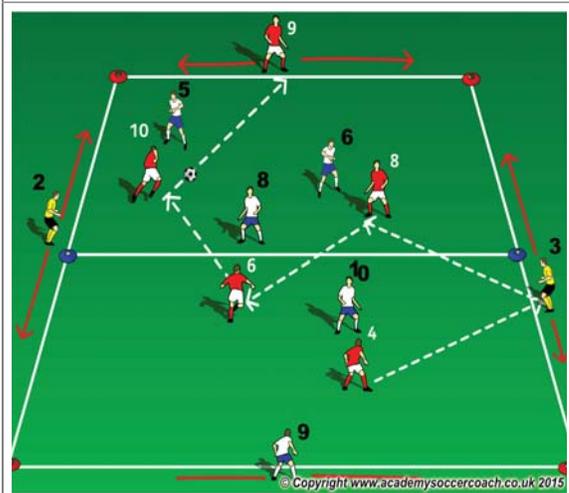
Duration:	15	Intensity:	Low	Intervals:	3	Activity Time:	4	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Passing Square:
 Make to grids of 20Wx35L yards as shown in the diagram. Place two players at the blue cone near the top of the box and one players at the other blue cones. The ball must travel from corner to corner and players in the inside can combine with the runner outside. Runners follow their pass if the pass outside the square.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, pace and timing - Receiving: Surface selections (Foot and Ball), first touch, preparation touch, body shape - Dribbling: Running with the ball
- Tactics - Support: Angles and distance - Mobility: Checking away and back to create angles to receive the ball (What, Who, Where, When and Why? as and when they apply)



2. SMALL SIDED ACTIVITY

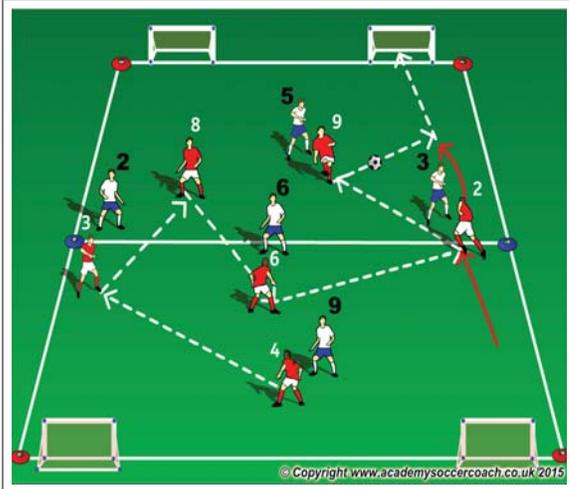
Duration:	21	Intensity:	Low	Intervals:	3	Activity Time:	6	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 to Targets with Bumpers :
 Target team (Red): #4, #6, #8, #10 Opposition team (White): #5, #6, 8, #10 - Bumpers: #2, #3
 in a 30Wx40L yards grid play a game to targets and bumpers in each side line. The target player can help the team in possession to keep the ball. After scoring the target starts the game. Switch targets with the players inside.
 Scoring:
 - A pass to the target 1 point
 - A pass to the target after a combination is 10 point

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, pace and timing - Receiving: Surface selections (Foot and Ball), First touch, preparation touch, body shape - Dribbling: Running with the ball
- Tactics: Penetration, Support and Mobility, (What, Who, Where, When and Why? as and when they apply)



3. EXPANDED ACTIVITY

Duration:	27	Intensity:	Med	Intervals:	3	Activity Time:	7	Recovery Time:	2
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ORGANIZATION - (Physical Environment / Equipment / Players)

6v5 to four Goals:
 Target team (Red): #2, #3, #4, #6, #8, #9 White team: #2, #3, #4, #6, #9,
 In a 40Wx50L yards grid play to score in any of the opponent's goal

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, pace and timing - Receiving: Surface selections (Foot and Ball), first touch, preparation touch, body shape - Dribbling: Running with the ball
- Tactics - Penetration, Support, Mobility, Width and Improvisation (What, Who, Where, When and Why? as and when they apply)

4. GAME	7v7	Duration:	34	Intensity:	Med	Activity Time:	15	Intervals:	2	Recovery Time:	2
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ORGANIZATION Teams play in 1-3-1-2. Play the game encouraging the players to recognize when they possess, penetrate and/or combine.

COACHING POINTS / KEY CONCEPTS Roles and responsibilities of the back and midfielders when they have possession. Speed of play and Execution.