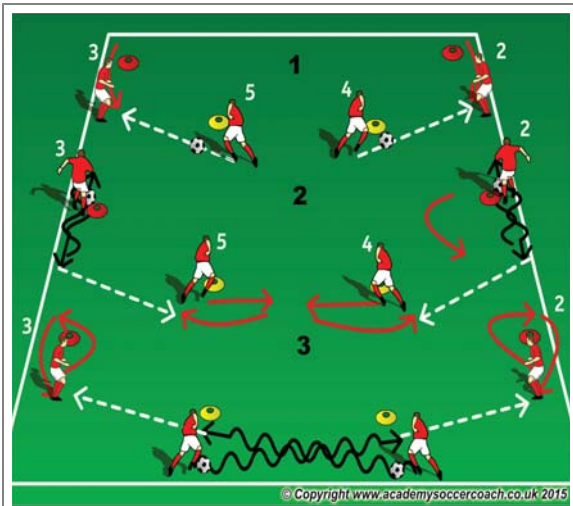


Season Winter 2016 Team/Age Group ODP Week _____

Topic Possession vs. Penetration

Objectives 5W's

To improve the ability of the players to recognize when to pass forward and when to possess. WHO: #2, #4, #5, #3, #6 and #8 and #10 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility and Width - WHERE: in the defensive half of the field - WHEN: In possession of the ball - WHY: To penetrate the opponent's forward and midfield lines into the attacking half



1. WARM UP

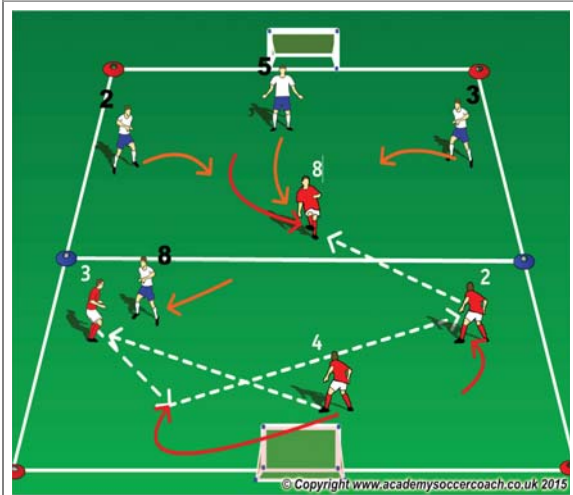
Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="Low"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	Activity Time: <input style="width: 40px;" type="text" value="4"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

4 Backs Passing and Receiving:
 Organize the players as shown. Yellow cones 10 yards apart. Yellow to Red cones 15 – 20 yards apart.
 Sequence:
 1- Center back passes to Outside back
 2- The outside back runs with the ball past the red cone, turns and passes back to the Center back
 3- Center back runs with the ball and crosses over with the opposite Center back and passes to the opposite Outside back.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy and pace - Receiving: First touch, surface selection, direction and distance.
- Tactics - Support: Angles and Distance - Mobility: Checking away and back at an angle to receive the ball - Improvisation: Use of different turns – (Not directed by the coach) (What, Who, Where , When and Why? as and when they apply)



2. SMALL SIDED ACTIVITY

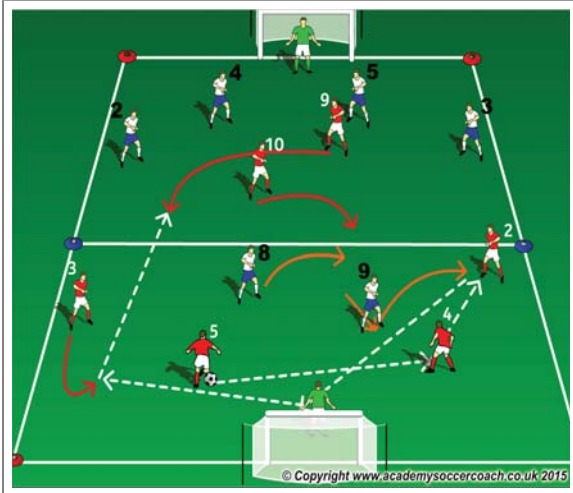
Duration: <input style="width: 40px;" type="text" value="21"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	Activity Time: <input style="width: 40px;" type="text" value="6"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

3v1 + 3V1:
 Target team (Red):#2, #3, #4, #8 White team:#2, #3, #5, #8
 In a 20W x 30L Grid with a half-way line and a goal at each end. Play 3 Attackers v 1 Defender in each half of the field. Players can only cross the half-way line by making or receiving a pass from the forward player. Variation: Players can cross the half-way line by dribbling across.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy and pace - Receiving: First touch, surface selection, direction and distance.
- Tactics: Penetration, Support, Width. (What, Who, Where , When and Why? as and when they apply)



3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="27"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	Activity Time: <input style="width: 40px;" type="text" value="8"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

5v2 + 5v2
 Red team: #1, #2, #3, #4, #5, #9 and #10 White team: #1, #2, #3, #4, #5, #8 and #9
 In a 40W x 60L Grid with a half-way line and a goal at each end. Play 4 Attackers v 2 Defender in each half of the field plus a goalkeeper in each goal.. Players can only cross the half-way line by making or receiving a pass from a forward player. Variation: Players can cross the half-way line by dribbling across.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy and pace - Receiving: First touch, surface selection, direction and distance.
- Tactics: Penetration, Support, Mobility, Width, and Improvisation. (What, Who, Where , When and Why? as and when they apply)

4. GAME	7v7	Duration: <input style="width: 40px;" type="text" value="35"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Activity Time: <input style="width: 40px;" type="text" value="15"/>	Intervals: <input style="width: 40px;" type="text" value="2"/>	Recovery Time: <input style="width: 40px;" type="text" value="2"/>
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ORGANIZATION Teams play with a specific formation: 1-3-1-2 vs 1-3-1-2. Play the game encouraging players to recognize when they can penetrate and when they should keep possession.

COACHING POINTS / KEY CONCEPTS Roles and responsibilities of the team in possession of the ball. Speed of Play and Execution