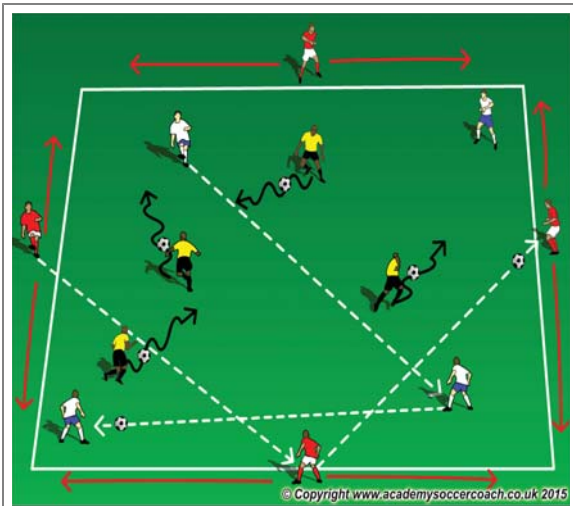


Season 2016 Team/Age Group ODP Week _____

Topic When To Dribble And When To Pass - Penetrating Against High Pressure

Objectives 5W's

Who: #'s 1, 2, 3, 4, 6, 9 & 10 What: improve the team's ability to build up against high pressure Where: from the defensive half into the attacking half When: immediately after winning the ball in the defensive half Why: to help maintain possession of the ball against pressure



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Dribble Square (Pass, Split & Dribble):

In a 25W x 35L yard grid, divide the team into groups of 4. Red team will pass the ball around the outside of the grid and try to split the whites. White team will pass the ball around the inside of the grid and avoid the yellow dribblers. Yellow team will each have a ball and will dribble around the middle of the grid and will try to block the paths of both the red and white's passes. Switch roles after 2 minutes of play. Coach can add challenges as needed.

COACHING POINTS / KEY CONCEPTS

Technique: Passing, Receiving and Dribbling the ball

Tactics: Support, Mobility & Improvisation

Who Supports? Where to Support? Why move after the pass (Mobility?)



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

5v4 to Small Goals:

In a 25W x 35L yard grid, play the game. The Red team (target team) will play with #'s 2, 3, 4, 6 & 10 and the White team (opponents,) #'s 7, 8, 9 & 11. The Red team will play around or through the White team by Passing and/or Combining to get to goal.

COACHING POINTS / KEY CONCEPTS

Technique: Passing (long, short & bent,) Receiving and Shooting

Tactics: Penetration, Width, Support & Mobility

When to Penetrate? Who provides Width? Why would you dribble instead of passing the ball?



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

7v5 to Goal:

In a 35W x 50L yard field, play the game. The Red team will play with #'s 1, 2, 3, 4, 6, 9 & 10 and the White will play with #'s 1, 7, 8, 9 & 11. Red GK must play ball to teammate's feet.

COACHING POINTS / KEY CONCEPTS

Technique: Passing (long, short & bent,) Receiving, Shooting

Tactics: Penetration, Width, Support, Mobility & Improvisation

Who should look to Penetrate? Where should the #'s 2 & 3 start their runs from? When should #'s 2 and 3 get forward? What can #'s 6, 9 & 10 do to unbalance the defense?

4. GAME **7v7** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION Red: 1-3-2-1 (#'s 1, 2, 3, 4, 6, 9, 10) vs White: 1-2-1-3 (#'s 1, 4, 5, 8, 7, 9, 11)(All rules of soccer must apply)

COACHING POINTS / KEY CONCEPTS Coach the techniques and Principles of Play as they apply. Use the 5 W's to check for understanding