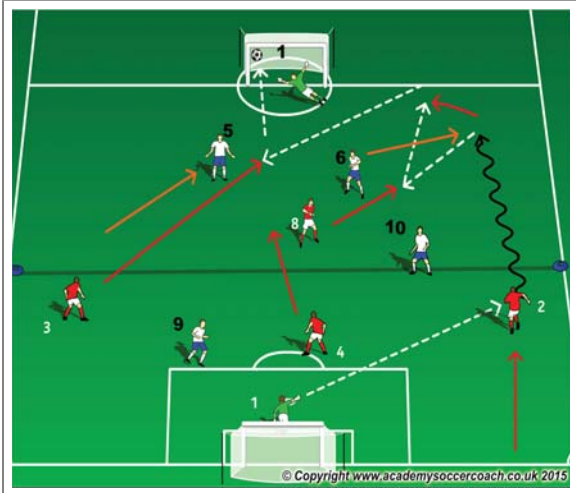
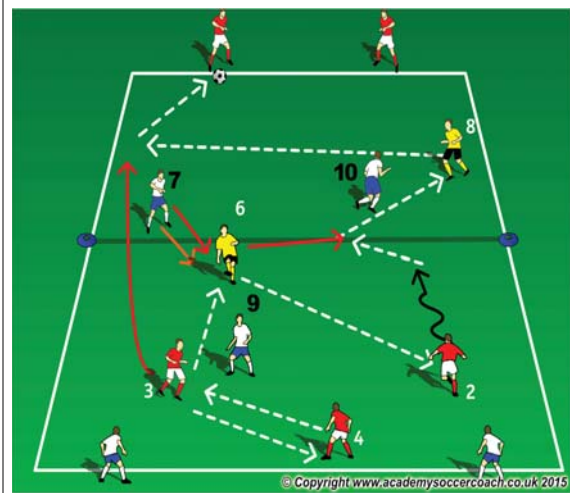
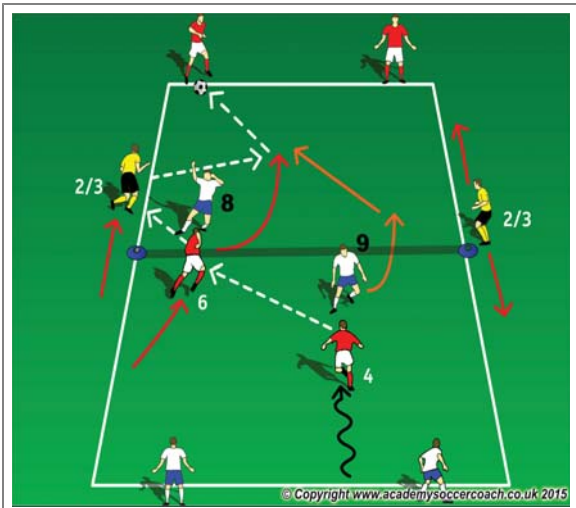


Season Winter 2016 Team/Age Group ODP Week

Topic Possession for Penetration into the Attacking Half

Objectives 5W's

Improve your team's ability to possess, and penetrate into the attacking half of the field
 WHO: #1, #2, #3, #4, #5, #6, #8 and, #10 directly- WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility, Width - WHERE: From the defending half of the field - WHEN: In possession of the ball - WHY: To maintain possession of the ball to penetrate into the attacking half under pressure of the opponent



1. WARM UP									
Duration:	15	Intensity:	High	Intervals:	5	Activity Time:	2	Recovery Time:	1

ORGANIZATION - (Physical Environment / Equipment / Players)
 2v2 to 4 Targets with Bumpers
 In a 15Wx20L yards grid with a halfway line, play 2v2 to targets. Score by playing into a target's feet. Double bonus if a team scores from within the attacking half of the grid. Rotate teams after a goal or 1 minute of play.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, Pace. Receiving: Surface Selections (Foot and Ball), First touch, Body shape - Dribbling: Running with the ball
- Tactics - Support: Angles and Distance - Mobility, (What, Who, Where, When and Why? as and when they apply)

2. SMALL SIDED ACTIVITY									
Duration:	15	Intensity:	Med	Intervals:	3	Activity Time:	4	Recovery Time:	1

ORGANIZATION - (Physical Environment / Equipment / Players)
 3v3+2 to 4 Targets
 In a 30Wx40L yards grid with a halfway line, Red Team (Target Team), #2, 3, 4 play the White Team (Opponents), #7, 9, 10 with Neutrals #6 and 8 to targets. Score by playing into a target's feet.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, Pace and Timing - Receiving: Surface Selections (Foot and Ball), First touch, Body shape - Dribbling: Running with the ball
- Tactics - Penetration, Support, 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

ORGANIZATION - (Physical Environment / Equipment / Players)
 5v5 to Goal
 In a 30Wx40L field play 5v5 to goal. Target team will play with #1, 2, 3, 4 and 8, and Opponents will play with #1, 5, 6, 9 and 10.

COACHING POINTS / KEY CONCEPTS

- Technique - Passing, receiving, accuracy, pace of pass.
- Tactics - Penetration, Support, Mobility, Width, (Who, What, Where, When and Why? as and when they apply)

4. GAME	7v7	Duration:	35	Intensity:	Med	Activity Time:	15	Intervals:	2	Recovery Time:	5
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ORGANIZATION Each team plays in a 1-3-2-1 encouraging players to maintain possession until they can penetrate into the attacking half of the field and keep possession.

COACHING POINTS / KEY CONCEPTS Roles and responsibilities of the backs and midfield players when they have possession. Speed of play and Execution.