

Season Winter 2016

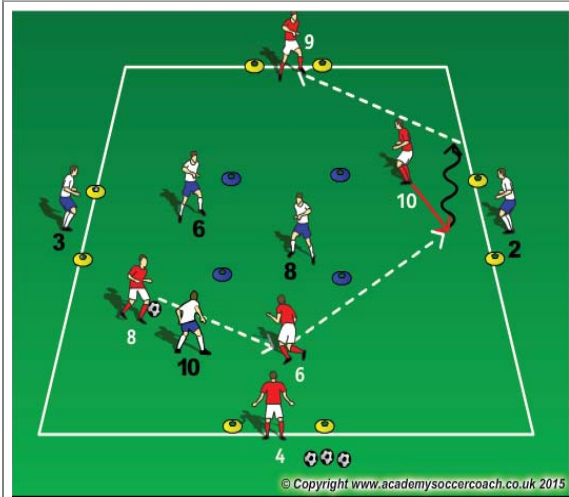
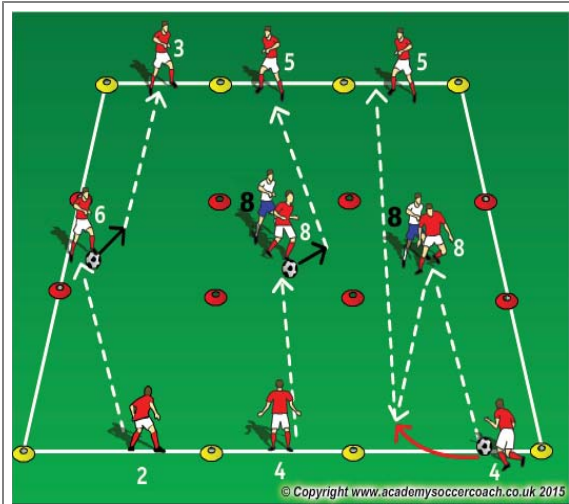
Team/Age Group ODP

Week _____

Topic Receiving to Turn - Session 1

Objectives 5W's

WHO: #2, #3, #6, #8, #10 WHAT: Turning with the first touch when receiving a pass from #4 or #5 Technical: Receiving, Dribbling, Passing Tactical: Mobility, Width, Penetration, Support, Improvisation WHERE: In central and wide areas of the defensive half WHEN: Building out of the back if the team is unable to play direct WHY: To retain possession by playing away from pressure



1. WARM UP

Duration:	16	Intensity:	Low	Intervals:	12	Activity Time:	1 min	Recovery Time:	20 secs
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ORGANIZATION - (Physical Environment / Equipment / Players)

RECEIVE, TURN AND PLAY FORWARD

Players begin in groups of 3, each group will play in a 10W x 20L yard lane, with one ball per group. One player will be in the middle of the lane with the other two players starting at each end.

Rounds 1-3: Players will receive with the inside of either foot to turn and pass with the other foot

Rounds 4-6: Middle players will receive with the outside of either foot to turn and pass with the other foot

Rounds 7-9: Add in a defender, players will try to play forward, if they cannot turn, they play back and start again

Rounds 10-12: Groups may now play an up-back-through sequence if they cannot go forward by turning

COACHING POINTS / KEY CONCEPTS

• Technique - Receiving: Body Shape, Surface Selection, Size of touch, Check shoulder, Shielding - Passing: Speed, Angle, Surface (Inside, Outside, Toe)

• Tactics - Mobility, Penetration, Support (What, Who, Where, When and Why? as and when they apply)

2. SMALL SIDED ACTIVITY

Duration:	24	Intensity:	Med	Intervals:	6	Activity Time:	3	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

3v3 TO 2 TARGETS

30Wx30L yards playing area with an 8W x 8L yard Square in the middle. Target team plays with #6, #8 and #10 against opposition #6, #8 and #10 inside playing area. Target team scores by connecting from Target #4 to Target #9. Opposition scores by connecting from Target #2 to Target #3 (and vice versa) Play will always start from Target #4. If opposition scores, play can continue, if Target team scores #4 will begin play with a new ball. Target team can play through through the 8x8 blue square, but they cannot score by passing through or passing from inside the blue square to the #9.

COACHING POINTS / KEY CONCEPTS

• Technique - Receiving: First Touch, Body Shape, Surface, Weight - Passing: Accuracy, Speed, Angle - Dribbling: Shielding

• Tactics - Mobility, Penetration, Support, Width (What, Who, Where, When and Why? as and when they apply)

3. EXPANDED ACTIVITY

Duration:	24	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	2
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ORGANIZATION - (Physical Environment / Equipment / Players)

6v6 to Goals

In a 30W x 45L yard playing area. Target #4, #6, #8, #9 and #10 play against opposition #2, #3, #6, #8 and #10.

Scoring:

Receive, turn, and play forward for teammate or Receive turn and shoot to score = 10 points

Any other goal = 1 point

COACHING POINTS / KEY CONCEPTS

• Technique - Receiving, Passing, Dribbling

• Tactics - Width, Mobility, Penetration, Support, Improvisation (What, Who, Where, When and Why? as and when they apply)

4. GAME

7v7

Duration:	36	Intensity:	Low	Activity Time:	15	Intervals:	2	Recovery Time:	3
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ORGANIZATION

Target Team will play in a 1-2-3-1, Opposition will play in a 1-3-2-1

COACHING POINTS / KEY CONCEPTS

When and Where to Receive to turn, Speed of play, Execution of Technique