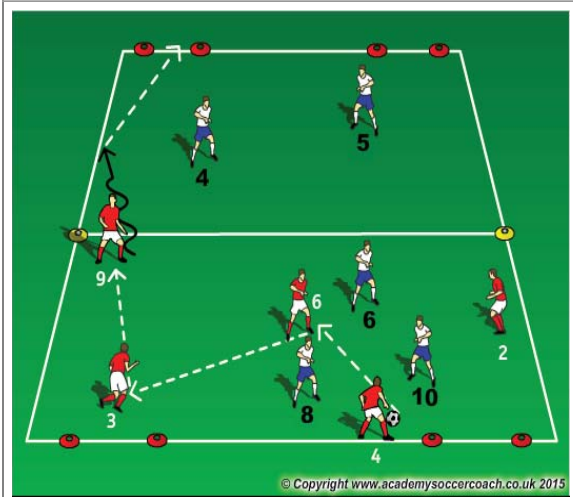
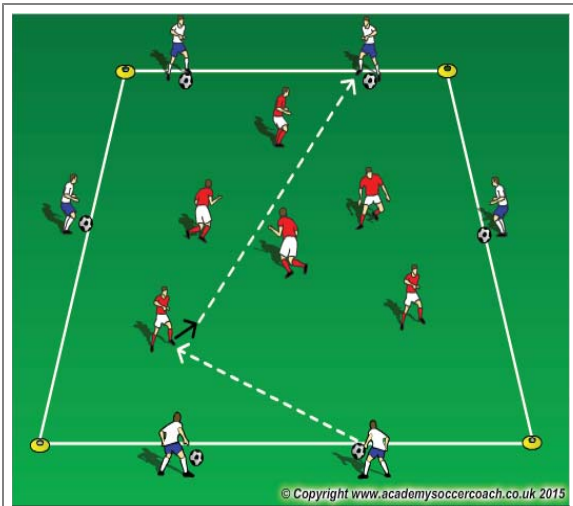


Season Winter 2016 Team/Age Group ODP Week

Topic Receive to Turn - Session 2

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 counter WHY: To retain possession by playing away from pressure



1. WARM UP

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

DUTCH SQUARE: RECEIVE, TURN AND PASS - 30Wx30L Yard playing area
 Rounds 1-3: Players will receive with the inside of the foot to turn and pass with the other foot
 Rounds 4-6: Middle players will receive with the outside of the foot to turn
 Rounds 7-12: Split group into 1/3 and 2/3rds (e.g. if you have 12 players, a group of 4, and a group of 8)
 Smaller group will begin on outside with a soccer ball. Players in larger group will work in pairs in the middle, first player will receive a pass from an outside player to turn and connect with their partner (who will receive the pass to turn). Second player will then find an open player on the outside of the square.

COACHING POINTS / KEY CONCEPTS

- Technique - Receiving: Body Shape, Surface Selection, Size of touch, Check shoulder, Shielding
 Passing: Speed, Angle, Surface (Inside, Outside, Toe)
- Tactical - Mobility, Support(What, Who, Where , When and Why? as and when they apply)

2. SMALL SIDED ACTIVITY

Duration:	24	Intensity:	Med	Intervals:	4	Activity Time:	4	Recovery Time:	2
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ORGANIZATION - (Physical Environment / Equipment / Players)

5v3+2 TO 4 GOALS

In a 40L x 30W Field divided into two halves, set up 2 small goals on each end line. Target (Red) team will play with #2, #3, #4, #6 and #9 against opposition (white) #4, #5, #6, #8 and #10. Both teams must keep at least 2 players in their own half at all times. If the ball leaves play, players can dribble or pass to restart.

COACHING POINTS / KEY CONCEPTS

- Technique - Receiving: Weight of First Touch, Body Position, Surface Selection - Passing: Accuracy, Speed, Angle - Dribbling: Speed, Surface, Size of touch
- Tactics - Width, Support, Mobility, Penetration(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 with GK's

In a 30Wx40L grid, play to score in the opponents' goal. Target Team plays in a 1-3-1-1 with #1, #2,#3, #4, #6, #9 against Opposition in a 1-2-2-1 #1, #4, #5, #6, #8, #9

Scoring:
 Goal = 1 point
 Goal after a player receives the ball, turns and makes a split dribble or pass = 20 points

COACHING POINTS / KEY CONCEPTS

- Technique - Receiving, Dribbling, Passing, Shooting
- 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 1-3-2-1, Opposition will play 1-2-3-1

COACHING POINTS / KEY CONCEPTS When and Where to Receive to turn, Speed of play, Execution of Technique