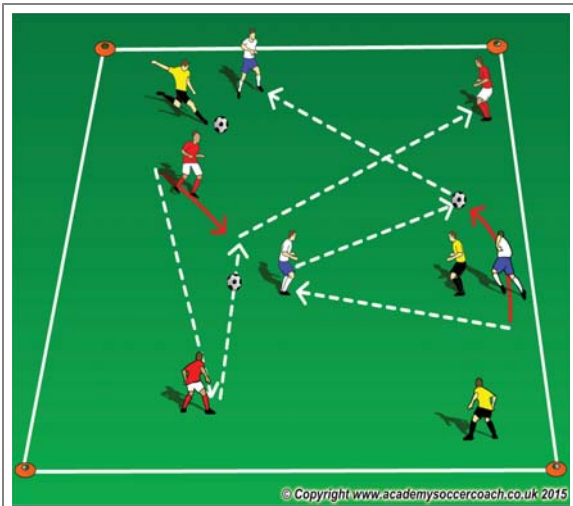


Season 2016 Team/Age Group ODP Week _____

Topic When To Dribble And When To Pass (Wing Play)

Objectives 5W's

Who: #'s 1, 2, 3, 4, 6, 9 & 10 What: improve the team's ability to build up using wing player 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, unbalance the opposition & improve the attack



1. WARM UP

Duration: 16.5 M Intensity: Med Intervals: 4 Activity Time: 2 Min Recovery Time: 45 Sec

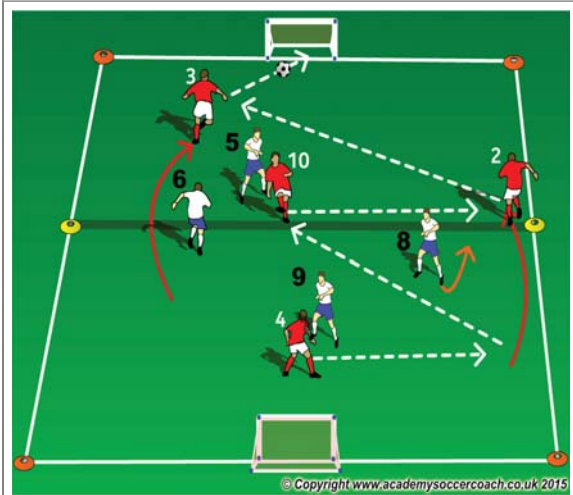
ORGANIZATION - (Physical Environment / Equipment / Players)

Passing in 3's:

In a 25W x 35L yard grid, divide the team into groups of 3. Each group will pass and move throughout the space. The coach will introduce combination such as "Give & Go" and "Overlap." Each group will try to combine around or through any other group.

COACHING POINTS / KEY CONCEPTS

- Technique: Passing (long and short) and Receiving the ball
- Tactics: Support and Mobility - Who Supports? When to Support? Why move after the pass (Mobility)



2. SMALL SIDED ACTIVITY

Duration: 22 Min Intensity: Med Intervals: 4 Activity Time: 4 Min Recovery Time: 1.5 Min

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 to Small Goals:

In a 25W x 35L yard grid, play a 4v4 game to goal. The Red team (target team) will play with #'s 2, 3, 4 & 10 and the White team (opponents), #'s 5, 6, 8 & 9. 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 play Wide instead of direct to goal?



3. EXPANDED ACTIVITY

Duration: 22.5 Min Intensity: Med Intervals: 3 Activity Time: 6 Min Recovery Time: 1.5 Min

ORGANIZATION - (Physical Environment / Equipment / Players)

6v6 to Goal:

In a 35W x 50L yard field, play the game. The Red team will play with #'s 1, 2, 3, 4, 6 & 10 and the White will play with #'s 1, 4, 5, 6, 8 & 9. GK's must play ball to teammate's feet.

COACHING POINTS / KEY CONCEPTS

- Technique: Passing (long, short & bent,) Receiving, Shooting & Heading
- Tactics: Penetration, Width, Support, Mobility & Improvisation - Who should Support? Where should the #'s 2 & 3 start their runs from? When should #'s 2 and 3 get forward? Why would they stay further back?

4. GAME	7v7	Duration: 39 Min	Intensity: Low	Activity Time: 18 Min	Intervals: 2	Recovery Time: 3 Min
ORGANIZATION		Red: 1-3-2-1 (#'s 1, 2, 3, 4, 6, 9, 10) vs White: 1-2-3-1 (#'s 1, 4, 5, 6, 8, 9, 10)(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				