

Name: Michael Arango

Team: U15 BNT



Date: 10/9/2015

Mesocycle:

Microcycle/Day:

**TRAINING OBJECTIVE(S):**

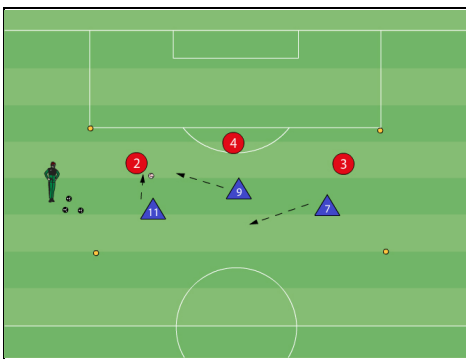
Improve your team's ability to defend against the Counter Attack.

Who: 7,9,11,10,8,6,4,5 Primarily, 1,2,3 Indirectly      What: Immediate Pressure, Eliminate Passing lanes, Compactness

Where: Central and Flank channels of attacking half

When: When the ball is turned over moving toward the opponent's goal      How: Angle of Approach, Timing of Run, Body Shape and Positioning of both the players pressuring the ball and support players

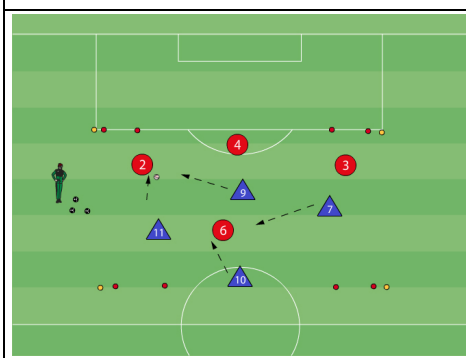
Why: To prevent the opponent from playing forward and keeping them under pressure in their half



<b>I. WARM-UP</b>	Intensity:	LOW	Activity Time:	2
Duration: 15	Intervals:	5	Recovery Time:	1

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 3 attackers, 3 defenders, Balls, 30x44. Coach serves balls into defenders, ball is moved side to side, attackers shift to get into proper defending shape

**COACHING POINTS / KEY CONCEPTS**  
 Angle and Speed of Approach, Body shape of 1st defender and covering 2, Can we put immediate pressure on the ball and get the player's head down



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	MED	Activity Time:	4
Duration: 20	Intervals:	4	Recovery Time:	1

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 4v4 (3-1 vs 1-3), 4 goals, balls served from coach

**COACHING POINTS / KEY CONCEPTS**  
 When we lose it how fast can we get compact, Can we deny the pass out of the back into the 6, Keep the ball in front of us, Immediate pressure on the ball



<b>III. EXPANDED ACTIVITY</b>	Intensity:	HIGH	Activity Time:	7
Duration: 25	Intervals:	3	Recovery Time:	1

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 7v 8 (1-3-2-2 vs 2-2-3), Goal to 2 counter goals, Balls get served from midfield into attackers

**COACHING POINTS / KEY CONCEPTS**  
 Don't allow players to turn and go forward, team shape should force players inside toward our help, everyone travels as the ball travels, recognize the visual cues when we lose the ball



<b>IV. GAME</b>	Intensity:	HIGH	Activity Time:	20
Duration: 30	Intervals:	1	Recovery Time:	2

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 1-3-2-3 vs 1-3-2-3. Full Field

<b>COACHING POINTS / KEY CONCEPTS</b>
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Find the Freeze.
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