### TRAINING OBJECTIVE(S):

To improve the players' ability to serve various types of passes (ground & aerial) and when to serve them, adjust their body shape upon receiving a pass, and time their runs into the box

Where: middle third into wide channels of the attacking third

Who: primarily working with the 2, 3, 7, and 11 with some attention to the 6, 8, 10, and 9

When: opponents are compact centrally and numerical superiority in flank areas is present

Why: to create width in possession, use combination play with wide players, and use rhythm of play to create mobility for the team

### ORGANIZATION (Physical Environment / Equipment / Players)

#### I. WARM-UP

<table>
<thead>
<tr>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW</td>
<td>5 mins</td>
<td>2 mins</td>
</tr>
</tbody>
</table>

**Dynamic warm-up--10 mins; 3-4 players per cone; 15 balls; 10x20 yd grid; combination play patterns**

progressions: 1) X1 plays to X2, X2 lays off for X3 who dribbles & shoots; 2) X1 plays to X2, X3 overlaps X2 & receives the ball, X3 crosses to X1 to finish; 3) X1 passes to X3, X3 dribbles & does a

#### COACHING POINTS / KEY CONCEPTS

- technical (weight/accuracy of pass, body shape to receive, 1st touch upon receiving)
- tactical (visual cue for timing of runs, type of service to give)

#### II. SMALL-SIDED ACTIVITY

<table>
<thead>
<tr>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIGH</td>
<td>4 mins</td>
<td>1 min</td>
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</table>

**5v5+1 (4-6-7-11-9 vs 2-4-3-6-9) to 3 small goals; 40Wx35L yd grid; teams score by dribbling thru one of the 3 goals; 3 pts for dribbling thru a wide goal, 1 pt for the center goal; cool down--5 mins**

progressions: 1) neutral player plays like a #8 and has max touches to start, progress to 2-touch

#### COACHING POINTS / KEY CONCEPTS

- provide depth and width
- look at space behind the defensive team
- create 1v1s or overloaded (2v1, 3v2)

#### III. EXPANDED ACTIVITY

<table>
<thead>
<tr>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MED</td>
<td>4 mins</td>
<td>1 min</td>
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</tbody>
</table>

**Dynamic warm-up--10 mins; 6+GK vs 4+GK (1-2-3-6-7-11-9 vs 1-2-4-3-6) to 2 big goals; 40Wx35L yd grid w/cones defining the flanks; players can attack within the wide flank space only if ball is played wide; no defending allowed in the channel; 3 pts for scoring off a cross**

progression: 1) one defender allowed in channel; 2) the channels have no restrictions--used as guide only--now 1 pt for using combination play to create width

#### COACHING POINTS / KEY CONCEPTS

- mobility of 6, 7, 11, & 9
- timing of runs & services into the box
- use of combination play between 6, 8, 10, 9 and 2, 3, 7, 11 to create width
- look at space behind the defensive team

#### IV. GAME

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<thead>
<tr>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MED</td>
<td>6 mins</td>
<td>2 mins</td>
</tr>
</tbody>
</table>

**8v8 to 2 big goals; 1-2-4-3-8-7-9-11 vs 1-2-4-3-6-10-7-11; full length & width of the field FIFA rules; no restrictions; cool down--4 mins**

#### COACHING POINTS / KEY CONCEPTS

- Team attacking shape (penetrating options, use of width/depth)
- 2-3-7-11 looking to run w/the ball & take players on 1v1
- Players focus on support on the ball, mobility off the ball, speed & rhythm of play