

Name: Rick Flores

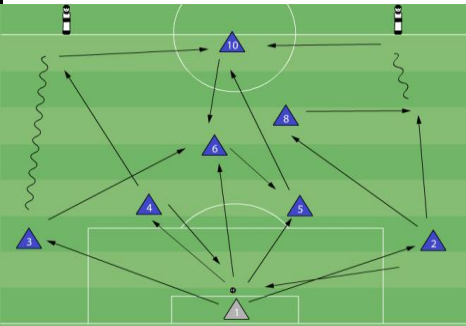
Team: Illinois Youth Soccer Association



Date: 10/16/2015

Topic: Improve Teams Ability to Transition to attack from the #1 Position

TRAINING OBJECTIVE(S): Improve Team Shape, Communication, and Organization of **Who:** players #1, 2, 3, 4, 5, 6, 8, and 10 on transitioning to attack. **Where:** Defensive 3d through the midfield 3rd **When:** GK has possession and recognizing players providing support immediately by creating width and depth **Why:** To Successfully transition from defensive 3rd to attacking 3rd while in possession by recognizing teammates in proper angles to receive ball to transition up the field **What:** Visual Cues on when to run into space and when to support. Mobility of defenders #6, 8, 10, and backs #2, 3 **How:** GK recognizing either Width or Depth with good distribution with hands or feet with accuracy, weights of pass, and movement of other players providing mobility.



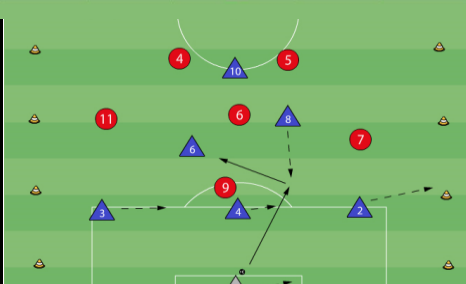
<b>I. WARM-UP</b>	Intensity: MED	Activity Time: 4
Duration: 15 Mins	Intervals: 3	Recovery Time: 3

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

Using 1/2 of field #1, #2, #3, #4, #5, #6, #8 and also use #10 and having players shadow of building up using the #1 player using various passing patters of going wide and building up

**COACHING POINTS / KEY CONCEPTS**

Weight of Pass, Accuracy of pass, do teammates position their body to receive with front foot, good first touch. Do players check their shoulders, keep ball close to keep possession, and timing of their runs.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity: HIGH	Activity Time: 5 Mins
Duration: 20 Mins	Intervals: 3	Recovery Time: 1

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

50x40 Grid 7v7 goal to counter game #2, #3, #4, #6, #8, #10 with #1 players being supporting player and play would start with attacking team restriction is teams must pass

**COACHING POINTS / KEY CONCEPTS**

Decision of #1 upon gaining possession of visual and verbal cues of #2 and #3 creating width. Does #6 and #8 check in after checking shoulder to receive and go forward. Good first touch, weight of pass, and timing of run and pass



<b>III. EXPANDED ACTIVITY</b>	Intensity: MED	Activity Time: 5 Mins
Duration: 25 Mins	Intervals: 4	Recovery Time: 1 Min

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

Full width of field from goal line plus 15 yards into the attacking half. One large goal with counter goals playing 8v7 adding #5 on attacking team and #8 for defending team playing (1-

**COACHING POINTS / KEY CONCEPTS**

Good Team Shape when #1 gets ball in possession either with hands or feet are players providing immediate transition options. Visual and Verbal Cues, #2 and #3 Creating Width, #6 and #8 creating depth and stretching the field as well as providing support by checking in



<b>IV. GAME</b>	Intensity: MED	Activity Time: 11
Duration: 25	Intervals: 2	Recovery Time: 3

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

Match Condition 1-4-3-3 vs 1-4-5-1 Full Field 110x75 with two Assistant Referees. FIFA Rules

**COACHING POINTS / KEY CONCEPTS**

How quickly does team transition once #1 GK gets ball in possession and do the players immediately get in proper shape as in #2 and #3 creating immediate width, as #4 and #5 making themselves available for support and #6 drops in to provide support as #8 plays