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Team: ODP - 2003 younger girls



Date: 1/9/16

Topic: Combination play - using wide players

TRAINING OBJECTIVE(S):

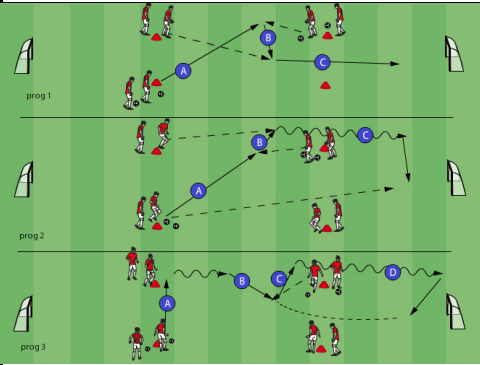
To improve the players' ability to serve various types of passes (ground & aerial) and when to serve them, adjust their body shape upon receiving a pass, and time their runs into the box

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

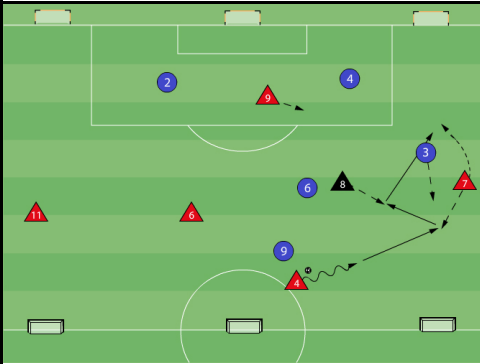
Why: to create width in possession, use combination play with wide players, and use rhythm of play to create mobility for the team



I. WARM-UP	Intensity: LOW	Activity Time: 5 mins
Duration: 21 mins	Intervals: 3	Recovery Time: 2 mins
ORGANIZATION (Physical Environment / Equipment / Players)		

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	Intensity: HIGH	Activity Time: 4 mins
Duration: 15 mins	Intervals: 3	Recovery Time: 1 min
ORGANIZATION (Physical Environment / Equipment / Players)		

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	- communication	
- look at space behind the defensive team	- create 1v1s or overloads (2v1, 3v2)	



III. EXPANDED ACTIVITY	Intensity: MED	Activity Time: 4 mins
Duration: 15 mins	Intervals: 3	Recovery Time: 1 min
ORGANIZATION (Physical Environment / Equipment / Players)		

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	Intensity: MED	Activity Time: 6 mins
Duration: 25 mins	Intervals: 3	Recovery Time: 2 mins
ORGANIZATION (Physical Environment / Equipment / Players)		

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		