

Name:

Team:



Date:

Mesocycle:

Microcycle/Day:

TRAINING OBJECTIVE(S):

4th Training of Season - Passing theme
 Players complete short passes accurately
 Pass on the move with both feet
 Players decide when to dribble and when to pass



I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 Gates in pairs 20x15; Progression: Dribble or pass thru; Pass thru only; Alternate gate colors; Add 2-3 mobile gate guards (parents)
COACHING POINTS / KEY CONCEPTS
 Use of inside/outside of foot to pass
 Move after pass to go towards next gate
 Make a plan to get through more gates next time



II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 4v1 keepaway, 20x20; If defender wins ball try to score or pass to coach; Defenders rotate on each new ball; Some # of passes = pt. Progression: Add 2nd defender
COACHING POINTS / KEY CONCEPTS
 First touch out of feet
 Step through ball towards target
 Where can you go to help your teammate with the ball?



III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 Numbers Up/Numbers Down: Two teams to goals; 20x20; Coach calls out #'s of players from each team to play; Scoring = 1 if #'s up, 2 if #'s even, 3 if #'s down
COACHING POINTS / KEY CONCEPTS
 Decision to dribble or pass - when and how?
 Pass if defender stops your dribble and teammate is open
 How can you help your teammate and score?



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 4v4 Game to goals; 30x20
COACHING POINTS / KEY CONCEPTS
 Dribble around danger or pass if you get stuck
 Move away from ball to help teammate/dribbler
 Can you score?!
