

Dakota Alliance Soccer Club

Training Session

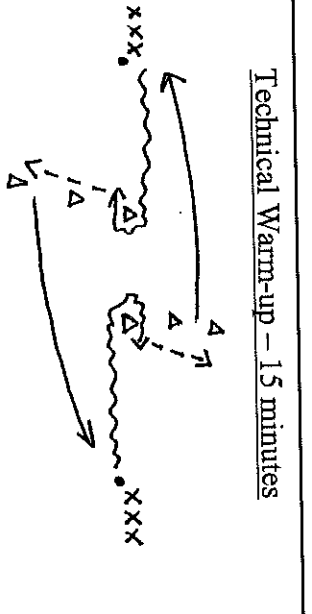
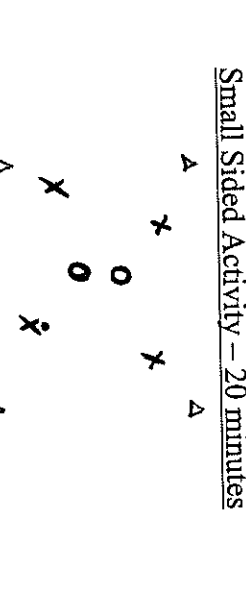
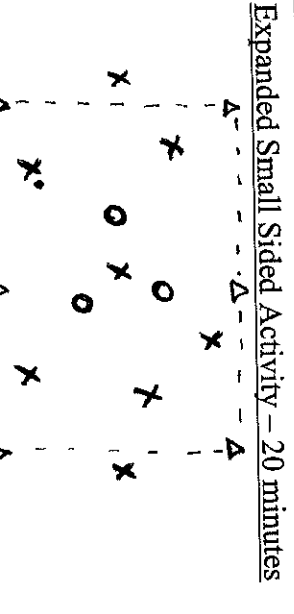


Coch: Dale Weiler

Age Group: U11G

Topic: Movement off the Ball

Date: 9/29/14

<p><u>Technical Warm-up – 15 minutes</u></p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Groups of 6 • 2 balls • Starting cone to turning cone 8 yards • Space they open up into about 3 yards parallel to turning cone 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Timely and correct communication, "Turn!" • After releasing/passing the ball, open up to the field. This allows for the player to see the ball/field and potential areas to exploit next. • Receive the ball across your body, with your lead foot. 	<p><u>Small Sided Activity – 20 minutes</u></p> 
<p><u>Expanded Small Sided Activity – 20 minutes</u></p> 	<p><u>Final Game – 20 minutes</u></p> <ul style="list-style-type: none"> • 8v8 to goal 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Groups of 6 • 2 vests of same color • 4v2 in a 16x12yd grid • 4 keep possession • 2 work to win the ball back • 2 defend for two-minutes, then rotate out 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Team shape of the 4 in possession • Where does their first touch take them • Constant movement from team in possession • Are they moving into correct spaces based on where the defenders and the ball are? • Must be a change of speed and direction off the ball
	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • 6v3 to targets • 6 in possession look to find a target positioned on an end-line. • Once a target is found with a pass, the target must play back into the grid. • Team in possession then works to pass to the opposite target. • 3 defenders work for 3 minutes and are then rotated out 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Team shape of the 6 in possession • Where does their first touch take them • Are they moving into correct spaces based on where the defenders and ball are? • When the targets receive the ball, players must be stretching out the field. • Central players must create space for themselves to receive the ball 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Ball in DEF 3rd: wide players stretching, central players losing their mark, high players stretching • Ball in MID 3rd: high players checking and diagonal running, wide players checking, showing and going, defensive players getting into good angles of support • Ball in FINAL 3rd: fwds/mids getting into spaces behind back line, diagonal/checking runs