

NAME: John Ktejik

TEAM:

DATE: 8/25

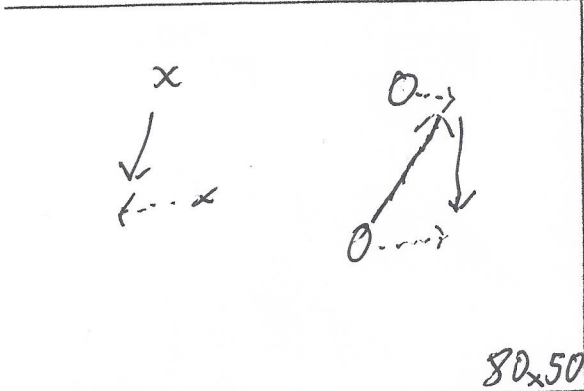
MESOCYCLE

MICROCYCLE / DAY



TRAINING OBJECTIVE(S):

Improve your teams ability to create scoring chances from wide positions



I. WARM-UP

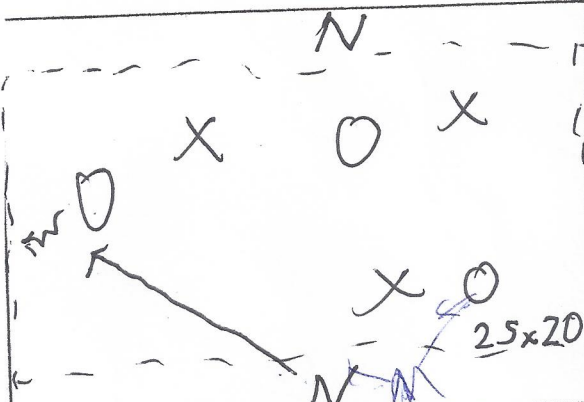
DURATION: 10 min INTENSITY: [] INTERVALS: [] WORK:REST []

ORGANIZATION (Physical Environment / Equipment / Players)

pairs, pass + move

COACHING POINTS / KEY CONCEPTS:

pass ahead of your partner practice overlaps/handovers



II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 15 min INTENSITY: [] INTERVALS: [] WORK:REST []

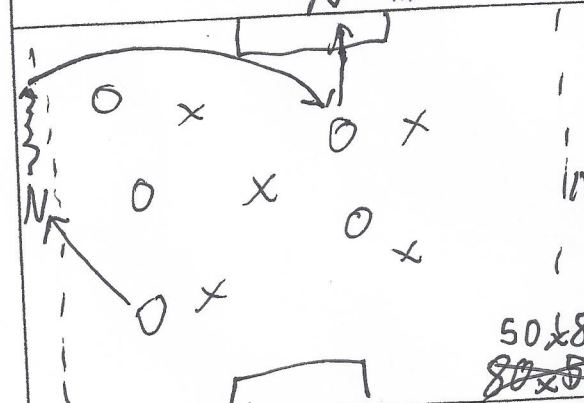
ORGANIZATION (Physical Environment / Equipment / Players)

3v3 + 2 neutrals. Dribble over line to score

COACHING POINTS / KEY CONCEPTS:

be sure to use the neutral players since they will usually be open. pass to them quickly. (away from pressure)

kicking strength play to which foot? (away from pressure)



III. MAIN PART: EXPANDED ACTIVITY

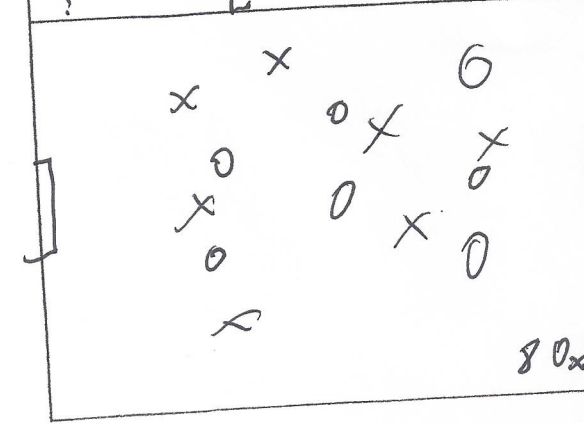
DURATION: 15 min INTENSITY: [] INTERVALS: [] WORK:REST []

ORGANIZATION (Physical Environment / Equipment / Players)

5v5 + 2 attacking who stay wide

COACHING POINTS / KEY CONCEPTS:

Pass to neutral players who will dribble up sideline then cross it in. move quickly to goal and be ready for the cross, formation: 2-3



IV. GAME

DURATION: 15 min INTENSITY: [] INTERVALS: [] WORK:REST []

ORGANIZATION (Physical Environment / Equipment / Players)

7v7 no restrictions

COACHING POINTS / KEY CONCEPTS:

3-2-2 formation

NAME: John Krejik

TEAM: _____

DATE 8/25 MESOCYCLE _____

MICROCYCLE / DAY _____



TRAINING OBJECTIVE(S):

Improve your teams ability to build up from the defensive half

<p style="text-align: right;">80x50</p>	<p>I. WARM-UP</p> <p>DURATION: <u>10 min</u> INTENSITY: <input type="checkbox"/> INTERVALS: <input type="checkbox"/> WORK:REST <input type="checkbox"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) All players on half field keep 3+ balls moving. Add more balls for more challenge</p> <p>COACHING POINTS / KEY CONCEPTS: Keep ball moving Eye contact with receiver</p>
<p style="text-align: right;">40x40</p>	<p>II. MAIN PART: SMALL-SIDED ACTIVITY</p> <p>DURATION: <u>15 min</u> INTENSITY: <input type="checkbox"/> INTERVALS: <input type="checkbox"/> WORK:REST <input type="checkbox"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) 3v3 plus neutrals</p> <p>COACHING POINTS / KEY CONCEPTS: All players on a team touch ball in one possession then pass to a neutral to score a point. Change number of neutrals for challenge</p>
<p style="text-align: right;">60x40</p>	<p>III. MAIN PART: EXPANDED ACTIVITY</p> <p>DURATION: <u>15 min</u> INTENSITY: <input type="checkbox"/> INTERVALS: <input type="checkbox"/> WORK:REST <input type="checkbox"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) 5v5, All players on a team must touch ball before scoring. Maybe add neutral if too hard. No keepers</p> <p>COACHING POINTS / KEY CONCEPTS: move to teammate with ball, don't just wait for a pass. Probably will have to play back wards. formation: 3-2</p>
<p style="text-align: right;">80x50</p>	<p>IV. GAME</p> <p>DURATION: <u>15 min</u> INTENSITY: <input type="checkbox"/> INTERVALS: <input type="checkbox"/> WORK:REST <input type="checkbox"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players) 7v7 no restrictions</p> <p>COACHING POINTS / KEY CONCEPTS: formation: 3-2-2</p>

NAME: John Krejik

TEAM:

DATE: 8/25 MESOCYCLE

MICROCYCLE / DAY



TRAINING OBJECTIVE(S):

Improve your goalkeepers shot - stopping to include diving

I. WARM-UP

DURATION: 10m INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

pairs, one keeper, one calls out left or right, 2 balls left & right of keeper, 5 then switch

COACHING POINTS / KEY CONCEPTS:

practice falling on the ball, one hand on top, one behind. increase distance over time

"left! right!"

x → 0
(dive/fall)

15x15

II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 15m INTENSITY: INTERVALS: WORK:REST

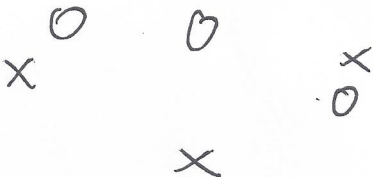
ORGANIZATION (Physical Environment / Equipment / Players)

3v3 plus keepers. short field, lots of shots. keepers can & should shoot

COACHING POINTS / KEY CONCEPTS:

restarts with a shot on goal. shooters aim low & wide to get keeper to dive.

Big goals (10+ yds). Keepers try to dive more by starting out of position



40x30

III. MAIN PART: EXPANDED ACTIVITY

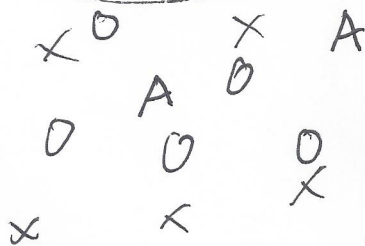
DURATION: 15m INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

5v5 + 2 attackers, short field formation: 3-2

COACHING POINTS / KEY CONCEPTS:

offense will always be numbers up and a short field should encourage lots of shots. shoot, shoot, shoot! keepers - try to dive



50x80

IV. GAME

DURATION: 15m INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

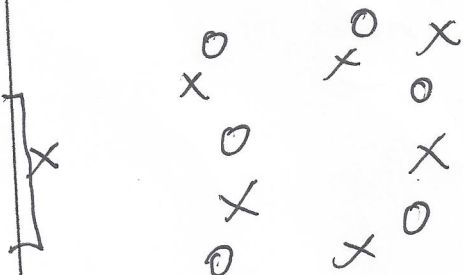
7v7 with keepers

COACHING POINTS / KEY CONCEPTS:

~~formation~~ formation

1-2-3

80x50



NAME: John Ktejik

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DATE 8/25 MESOCYCLE _____

MICROCYCLE / DAY _____



TRAINING OBJECTIVE(S):

Improve your teams ability to defend zonally

messy

I. WARM-UP

DURATION: 10m INTENSITY: _____ INTERVALS: _____ WORK:REST _____

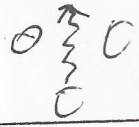
ORGANIZATION (Physical Environment / Equipment / Players)

groups of 3, on whistle player with ball tries to dribble through the other 2

COACHING POINTS / KEY CONCEPTS:

2 defenders must close space between them and play 1st defender, 2nd defender, together. *guide in direction Body shape who goes first?*

80x50



II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 15m INTENSITY: _____ INTERVALS: _____ WORK:REST _____

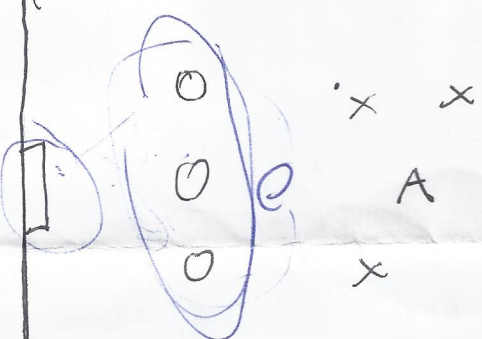
ORGANIZATION (Physical Environment / Equipment / Players)

3v3 + 1 attacker (maybe 2) small goals, no keeper

COACHING POINTS / KEY CONCEPTS:

Defending team is always even numbered so they will have to play zone defense. Marking man-to-man will fail. Defensive/Body Shape *4v4 would allow more shape + chance to use more words*

40x30



III. MAIN PART: EXPANDED ACTIVITY

DURATION: 15m INTENSITY: _____ INTERVALS: _____ WORK:REST _____

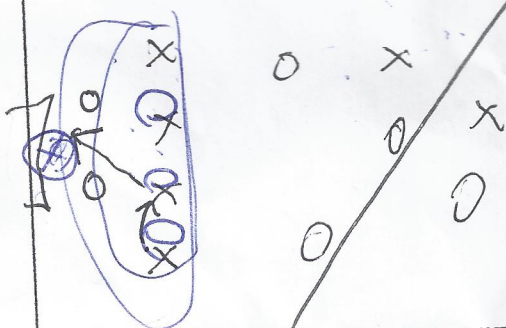
ORGANIZATION (Physical Environment / Equipment / Players)

6v6 with attack-heavy formation to force full backs to defend zonally. No keepers

COACHING POINTS / KEY CONCEPTS:

both play 2-4 formation, forcing the 2 to defend zonally. 1st, 2nd channel, immediate pressure

80x50



IV. GAME

DURATION: 15m INTENSITY: _____ INTERVALS: _____ WORK:REST _____

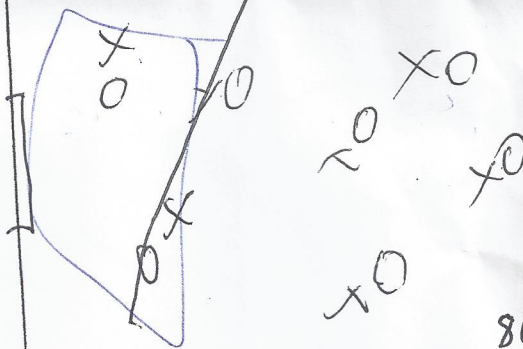
ORGANIZATION (Physical Environment / Equipment / Players)

7v7 no restrictions

COACHING POINTS / KEY CONCEPTS:

1-3-1 formation (or 2-2-3 with no keepers)

80x50



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TEAM:

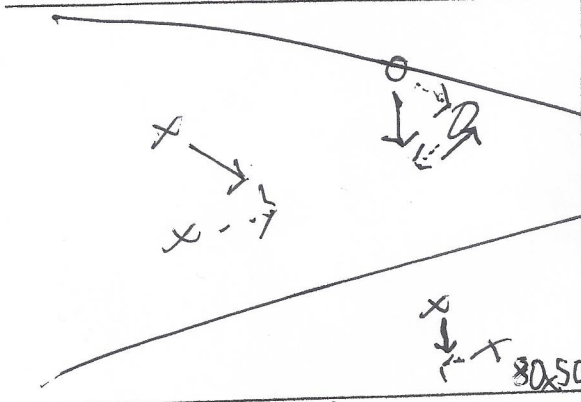
DATE: 8/25 MESOCYCLE

MICROCYCLE / DAY



TRAINING OBJECTIVE(S):

Improve your teams ability to defend against wide attacking play



I. WARM-UP

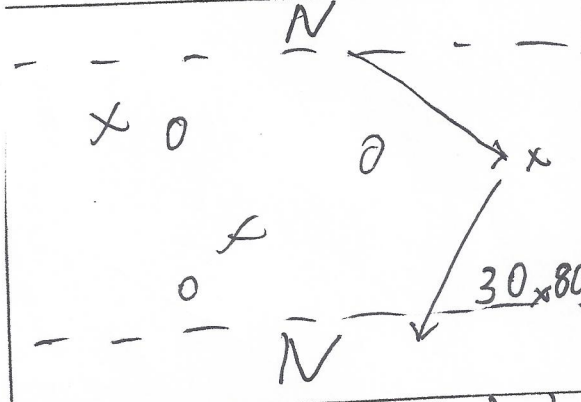
DURATION: 10 min INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

pairs, pass and move

COACHING POINTS / KEY CONCEPTS:

pass ahead of partner Needs Defending somehow



II. MAIN PART: SMALL-SIDED ACTIVITY

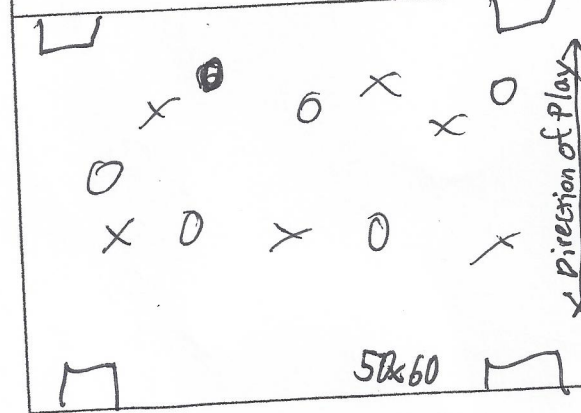
DURATION: 5 min INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

3v3, pass ball from neutral to neutral to score.

COACHING POINTS / KEY CONCEPTS:

Very wide but short field will force ball wide, make sure defenders follow mark when they run out wide.



III. MAIN PART: EXPANDED ACTIVITY

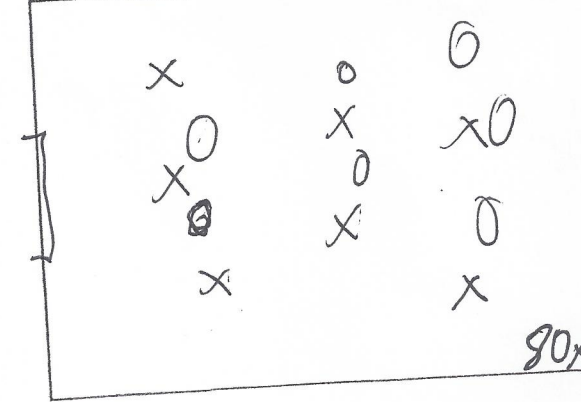
DURATION: 15 min INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

6v6, 2 small goals out wide, formation: 3-3 no keepers

COACHING POINTS / KEY CONCEPTS:

Be ready for ball to change sides/ get played wide and shift to that side formation: 3-3



IV. GAME

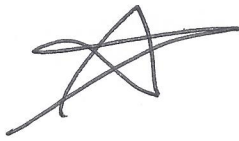
DURATION: 15 min INTENSITY: INTERVALS: WORK:REST

ORGANIZATION (Physical Environment / Equipment / Players)

7v7 no restrictions

COACHING POINTS / KEY CONCEPTS:

3-2-2 formation (or 3-2-1 with keepers)



COACHING EDUCATION BUZZ WORDS

Dribbling to Penetrate

CP's to mention during session: Body Mechanics, Agility and Balance, Contact Surface of foot, Change of direction and Speed, Setting up the Defender, Protecting the ball (Shielding), Vision

Short Passing

CP's to mention during session: Body mechanics, lock the ankle, weight of pass, accuracy, disguise, and vision.

Penetration Passes

CP's to mention during session: Body mechanics, weight of pass, timing of pass, eye contact, timing of run, communication verbal and non verbal

Receiving/Turning

CP's to mention during session: Body mechanics, position and balance, get in line of flight, select control surface, relax and withdraw before contact, importance of first touch to prepare ball, turn with one touch, vision and took look behind to where defender is

Receiving Flighted Balls

CP's to mention during session: Body mechanics, position and balance, get in line of flight of ball, select control surface, relax and withdraw before contact, importance of first touch to prepare ball, vision and took look behind to where defender is

Crossing Flighted Balls

CP's to mention during session: Body mechanics, eye on the ball, area of contact, foot positioning and most important plant foot, angle of approach, prep touch, quality of cross and weight and speed of cross

Goalkeeper Shot Stopping

CP's to mention during session: Body mechanics, being set, body shape, balance, weight transfer, eye on ball, positioning and angle play by shifting or coming out

Goalkeeper Distribution

CP's to mention during session: Selection of distribution, throwing and kicking based on distance, distribution to feet or space, changing the point of attack, starting the attack, supporting outfield players, organizing the defense, technique to handle the back pass

Possession with a Purpose

CP's to mention during session: Role of players in order to maintain possession, angle and distance and timing of support, vision, body position open to the field, decision making, verbal and visual communication, shape to team to maintain possession.

Heading to Attack

CP's to mention during session: Get in line of flight of ball, watch the ball, make contact with the forehead, keep eyes open and mouth shut, direct ball down toward the target, balance and arms out for protection, time the run and jump to head the ball at the highest point

Heading to Defend

CP's to mention during session: Get in line of flight of ball, watch the ball, make contact with the forehead, keep eyes open and mouth shut, direct the ball high and wide for distance, balance and arms out for protection, time the run and jump to head the ball at the highest point

Finishing off the Dribble

CP's to mention during session: Body Mechanics, Agility and Balance, Contact Surface of foot, Change of direction and Speed, Setting up the Defender, Protecting the ball (Shielding), Vision, approach to the ball at angle, prep touch, standing foot next to ball, ankle locked, toe down and heel up, solid contact, follow through, land on kicking foot, watch the ball, placement verses power

Finishing off the Cross

CP's to mention during session: Timing of run, approach to the ball at angle, in line of flight, prep touch if time permits, standing foot next to ball, ankle locked, toe down and heel up, solid contact, follow through, land on kicking foot, watch the ball, placement verses power, verbal and non verbal communication

Long Range Finishing

CP's to mention during session: approach to the ball at angle, prep touch, standing foot next to ball, ankle locked, toe down and heel up, solid contact, follow through, land on kicking foot, watch the ball,

Changing the Point of Attack

CP's to mention during session: Team shape, possession, switch the field away from pressure, too many of opponents on one side, push the ball into space, prep touch of player receiving the ball

Attacking Shape

CP's to mention during session: Roles and positioning of players, penetrate and decide to shoot, pass or dribble, support angle and distance to ball, support position in advance of the ball or depth, support position lateral to ball or width.

1st and 2nd Attacker

CP's to mention during session: 1st Attacker to penetrate, shoot or pass, 2nd attacker support angle and distance to ball, support in advance of the ball, support lateral to ball

Combination Play/Wall Pass

*Discuss with group on Topic and points and questions

CP's to mention during session: Body mechanics, weight of pass, timing of pass, eye contact, timing of run, communication verbal and non verbal, push the ball to space, stationary player has 1 touch

Defensive Shape

CP's to mention during session: Roles and positioning of players, close down and apply immediate pressure, recovery runs, angle of speed and approach, body shape and balance and foot positioning, control and restraint, deny turn, timing and decision to tackle, (Pressure, Cover and Balance) defending vital space and squeeze toward center (compactness-concentration), defending behind space, tracking players

1st and 2nd Defender

CP's to mention during session: 1st Defender to apply immediate pressure, angle and speed of approach, control and restraint, delay and channel, 2nd Defender and distance of cover, intercept pass, prepared to change role of pressure/cover, visual and verbal communication

Lesson Plan Requirements

Buzz words written
re-Phrase all coaching points using the buzz words if possible

Do Zonally tomorrow

Have to have a keeper on expanded

Final always has keeper and include 1- information
include keeper in formation
4x4

Coaching points need to be actual coaching ~~not~~, not
ideas/concepts? short buzz words.

2 small goals to have different formation
allows for uneven numbers but without uneven advantage
3 defenders for small sided = 3 for Expanded

at least 2-3 coaching point

5pm Tomorrow (Tuesday) Meet at Field

★ requirements for Test

Must hit all your coaching points in your plan

Negatives only on natural stoppage

5 v 7 is always appropriate for expanded activity

Defending topics should use equal numbers

Match conditions need a formation

CIF	Coach in flow
NS	Natural stoppage
Demo	Demonstration
IR	Individual Reference
GQ	guided Questions

↪	Fix (Demonstrate)
↪	Freeze
	Rehearse
	Restart

Try to mention all buzz words for your topic

When you go small to expanded, you coach one side only
(the side focusing on your topic, eg. Defense)

Match formation should match small-sided
small sided needs goals for both sides

Expanded needs direction

Fields should not be square

You can freeze when ball goes out of play