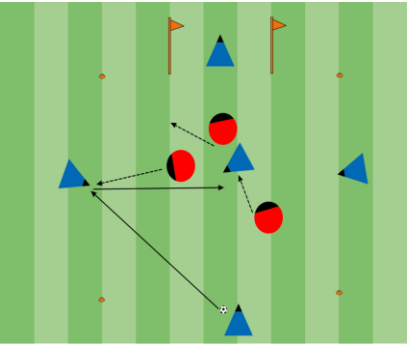
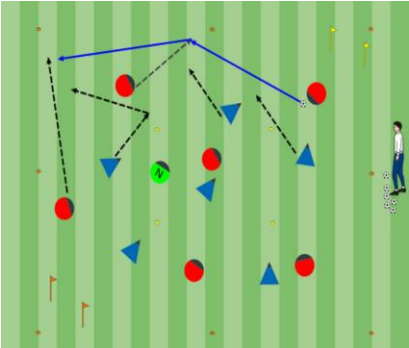
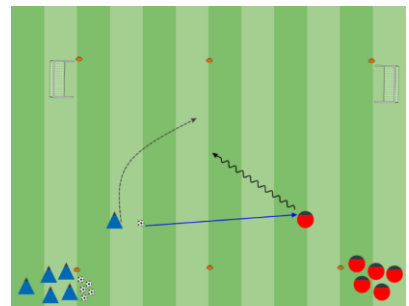
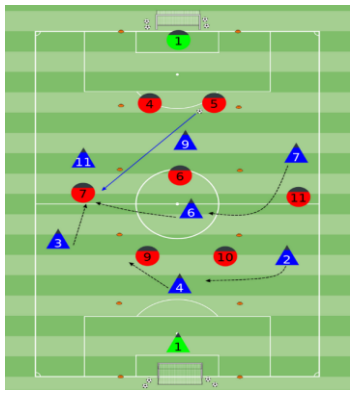




Date		LOAD			VOLUME		INTENSITY	TRAINING Objt. - Attacking Principles		Alloted Time		
		Rondo- Whole-Part-Whole			X		X		Defending the Direct Goal Channel		Activation/Warmup	
#	First NAME	Last NAME	Shirt #	Pos							DURATION:	15 Mins
1											INTERVALS:	3/4m/3m
2											ACTIVE TIME:	12 mins
3											REST TIME:	3m
4											<p>Rondo Game - 2 Groups (5v3). Triangles score 1 point by connecting 10 consecutive pass and three points by passing through the gate. If the circles win possession they have to connect two passes before possession is handed back.</p>	
5												
6												
7												
8												
9												
10												
11											DURATION:	24 min
12											INTERVALS:	3/7m/1m
13											ACTIVE TIME:	21 mins
14											REST TIME:	3
15											<p>40x40 yard grid with a 10x10 in the middle. Two yellow poles in one corner and two red poles in another corner. Teams score by dribbling through the goals, but if they connect through the middle square and score it equals three points</p>	
16												
17												
18												
19												
20												
21												
22											DURATION:	8m
23											INTERVALS:	15 secs max per player
24											ACTIVE TIME:	6 m
25											REST TIME:	2 mins
26												
27												
28												
29												
30												
31												
32											DURATION:	12
33											INTERVALS:	2/5m/2m
34											ACTIVE TIME:	10
35											REST TIME:	2
36											<p>8v8 game. Teams have to pass through all three zones before they can score. Working on the defensive team shifting and stay compact behind the ball.</p>	
TOTAL PLAYERS												
 												
KEY	RTP	IDP	GUEST									
	INJURED	ABSENT	SICK									

Cool Down and Review