

Date					LOAD	VOLUME	INTENSITY	TRAINING Objt. - Attacking Principles	Alloted Time
					X	X		Improving players ability to protect the ball &	Activation/Warmup
#	First NAME	Last NAME	Shirt #	Pos				DURATION:	10 mins
1				INTERVALS:				6m/1m/4 m	
2				ACTIVE TIME:				6 mins	
3				REST TIME:				4 mins	
4				Place players into pairs. One player dribbles around the grid with the ball at their feet, the partner follows them with a ball in their hands. The player with the ball in their hands tries to throw the ball at the other players ball that is dribbling. If they hit the ball they switch roles or if the ball dribbles out of bounds they switch roles					
5									
6									
7									
8									
9									
10							DURATION:	16 mins	
11							INTERVALS:	3/4m/4m	
12							ACTIVE TIME:	12 mins	
13							REST TIME:	4	
14							Set up grids, 15 yard x 22 yard. Attacking player stands a third of the way down the grid. Server passes the ball into the player, plays it back and the server plays it back one touch. As the receiving player passes the ball back the defedner starts their run to apply pressure; not allowing the player time to receive and to turn & dribble across the other side. If Defender wins the ball they can pass back to the server		
15									
16									
17									
18									
19									
20							DURATION:	16 mins	
21							INTERVALS:	3/4/4m	
22							ACTIVE TIME:	12 mins	
23							REST TIME:	4 mins	
24							2v2 to goals. Coach points out which corner serves the ball in. The player diagonally across receives the ball in the attacking half to try and score. The player that passes the ball in moves in to support and the defenders from both corners also step on to create a 2v2. If receiving players can protect the ball and turn to score it eqauls 3 points.		
25									
26									
27									
28									
29									
30							DURATION:	14	
31							INTERVALS:	2/6m/2m	
32							ACTIVE TIME:	12	
33							REST TIME:	2	
34							4v4 games, each player partners ups with a player from the opposite team. They have to mark each other man to man in the game. If the person your are marking scores then you have to do 3 star jumps/pushups.		
35									
36									
TOTAL PLAYERS									
 									
KEY					RTP	IDP	GUEST		
					INJURED	ABSENT	SICK		
								Cool Down and Review	