

Date					LOAD	VOLUME	INTENSITY	TRAINING Objt. - Attacking Principles	Alloted Time
Kentucky Youth Soccer ODP Pool Training					X	X		Playing through the Unbalancing Zone	Activation/Warmup
#	First NAME	Last NAME	Shirt #	Pos				DURATION:	12 mins
1								INTERVALS:	3x3 mins 1 min rest
2								ACTIVE TIME:	9 mins
3								REST TIME:	3m
4								8 v 4 Rondo. Defenders are locked to their zones. Attackers must remain on the outside of the zones, and score a point if they go from one side to the other or can connect 10 or more passes.	
5									
6									
7									
8									
9									
10									
11								DURATION:	24 min
12								INTERVALS:	2x11 mins 2 min rest
13								ACTIVE TIME:	22 mins
14								REST TIME:	2
15								8v4+4. 8 attackers are keeping possession in the grid divided into thirds, only 4 attackers are allowed in each third at anytime. The attackers score in any of the 8 goals. Four defenders on the outside can move to defend the goals, if the defenders win possession they keep it. Defenders on the outside are locked to the outside. Tag rule can be added	
16									
17									
18									
19									
20									
21									
22								DURATION:	22
23								INTERVALS:	2x10 mins 2 min rest
24								ACTIVE TIME:	20 min
25								REST TIME:	2 mins
26								8v8 with a neutral. Both teams attack and defend to small goals that are placed centrally of the large grid. Place a 20x15 grid in the middle, teams have to play through this grid before going to goal. Two touch application can be added	
27									
28									
29									
30									
31									
32									
33								DURATION:	12
34								INTERVALS:	1 x 12
35								ACTIVE TIME:	12
36								REST TIME:	0
37								8v8 with a neutral. Teams attack and defend 3 goals, if a team scores in one goal, the other team can not score in the opposite goal. If they score in another goal, all three are open back up. Team wins if they can score in all three goals without reply	
TOTAL PLAYERS	17								
KEY	RTP INJURED	IDP ABSENT	GUEST SICK	Cool Down and Review					