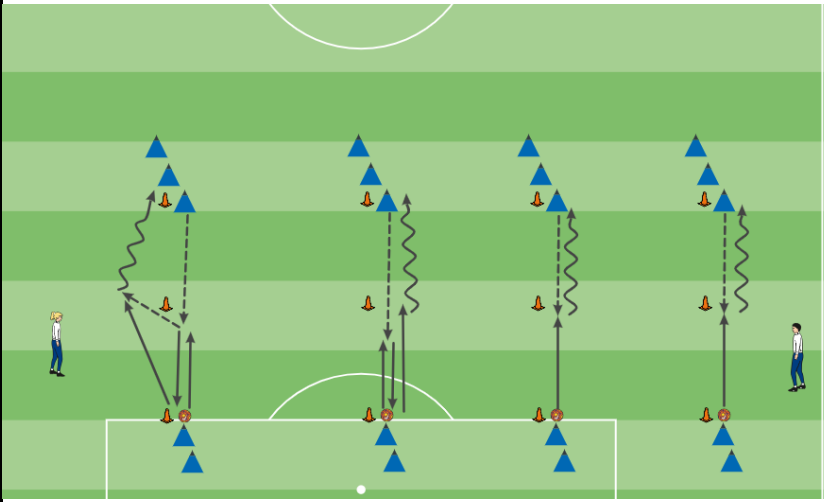


UNK Soccer Training Sessions

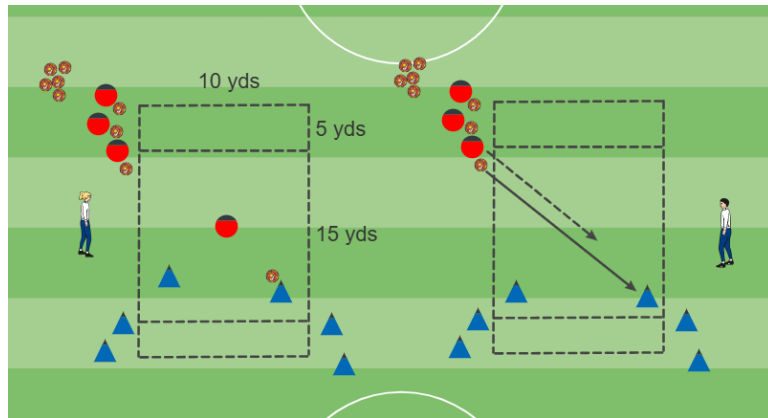
Name:	Date (day)	Gear Needed			Week	Cycle
Rob Breton	4/23/25	2 sets of pennies, 4 mini goals, ball bags, cones				
Game Moment	Phase of Play	A.O.T.F.	Session Duration	Training Load	# of Activities	# of players
Attacking	Breaking Lines		90 mins	8	4	

Description of Game Moment	VISUAL OF DESIRED BEHAVIOR
	<p><u>DESIRED BEHAVIOR:</u> We are looking for our players to drive forwards with the ball on a dribble to progress the attack into the final 3rd. Identifying where there is open space to attack and being a threat on the dribble</p> <p><u>Principles and Sub-Principles</u></p> <p><u>Player Actions:</u> Scanning, Dribbling, changing directions and speeds</p> <p><u>Key Player Behavior:</u></p>
Coaching Points <ol style="list-style-type: none"> 1) Scanning to see the space to attack 2) Identifying if able to receive on turn and dribble 3) Identifying overloads and how to exploit 4) Encourage the dribble 5) Risk v Reward when dribbling 	
Additional Notes	

Warm Up: Turns and Combo's to Turn

	Activity Objective	Invite players to turn and dribble forward or receive on a turn and dribble forwards
	# of players/Opponent	
	Size/Shape of Field	20 yds for each group
	Ways of Scoring	-
	Active/Recovery Duration	10 sec work/45 sec recovery
	Repetition/Sets	3 mins each exercise, 1 minute between
	Total Activity Duration	15 mins
	Rules	-
	Constraints/Restrictions	-
	Rotations (Substitutions)	-
<ol style="list-style-type: none"> 1) Half turn facing cone, half turn shielding cone – R/L 2) Outside turn away from cone, inside turn around cone – R/L 3) Short/short/long full turn facing cone, Short/short/long full turn shielding cone – R/L 4) Short/Short open hips – R/L 		

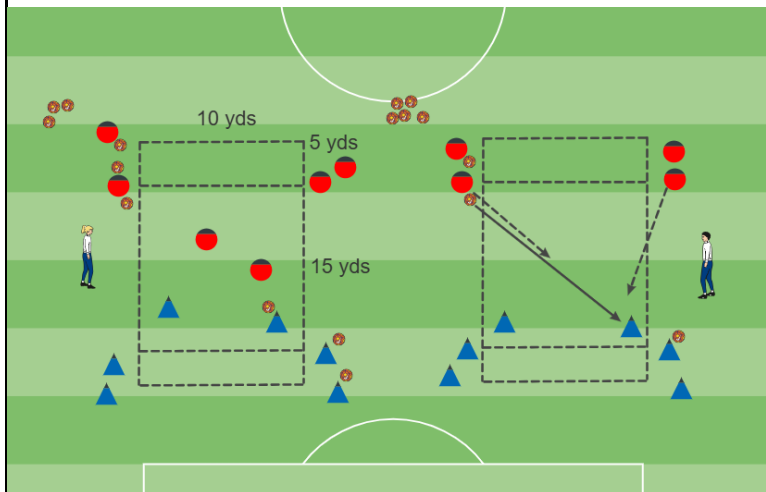
ACTIVITY 1: 2v1's



Activity Objective	Break line of pressure on the dribble
# of players/Opponent	2 / 1
Size/Shape of Field	25 x 10
Ways of Scoring	Dribbling into the endzone
Active/Recovery Duration	30 sec active / 30 secs res
Repetition/Sets	3 rounds / set, 2 sets with 1 min rest between sets
Total Activity Duration	15 mins
Rules	Ball Restarts occur from defending team
Constraints/Restrains	
Rotations (Substitutions)	Rotate defenders after each set

What is the position of the defender, are they closing with speed or are they delaying?
 Where is the space to attack, can you do it on the dribble or is your teammate in a better position?
 Can we engage the defender to identify the space they are giving us to attack, is that the best space to attack or are there better options?

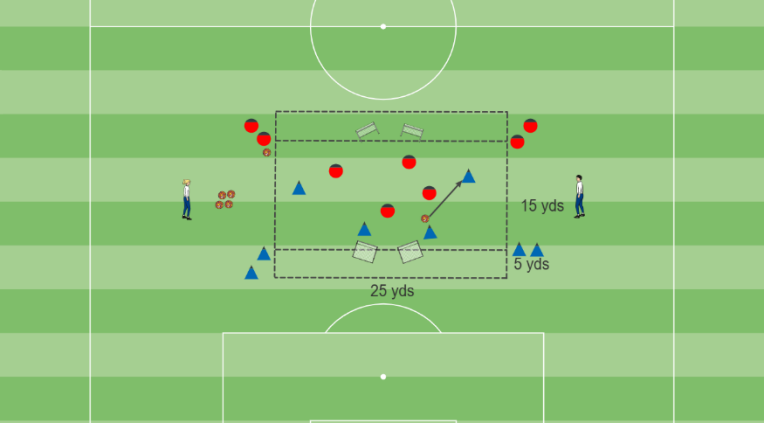
ACTIVITY 2: 2v2 Transition



Activity Objective	Breaking lines on the dribble and beat the press
# of players/Opponent	2 / 2
Size/Shape of Field	25 x 15
Ways of Scoring	Dribbling into the endzone
Active/Recovery Duration	30 sec active / 30 secs res
Repetition/Sets	3 rounds / set, 3 sets with 2 min rest between sets
Total Activity Duration	20 mins
Rules	Team scored on comes on with new ball, ball goes out on your half your team comes on with new ball
Constraints/Restrains	
Rotations (Substitutions)	Every dead ball results in 1 team stepping off

Can we identify the space to attack on the transition, where are the defenders and where is the space to attack. Risk v Reward on the dribble. Body shape of defenders will show you where they want you to attack. Attackers making movements that aren't just straight line runs, can we run behind, can we overlap/underlap, can we move the defense

ACTIVITY 3: 3v3 with mini's

	Activity Objective	Breaking lines on the dribble, using break line passes to create lanes to dribble into endzones
	# of players/Opponent	3 / 3
	Size/Shape of Field	25 x 25
	Ways of Scoring	1 point for scoring in mini goals 2 points for dribbling into endzone
	Active/Recovery Duration	30 secs / 1 min rest
	Repetition/Sets	4 reps/set, 3 sets, 1 min rest between game
	Total Activity Duration	20 mins
	Rules	After scoring, new team comes on with ball
	Constraints/Restrictions	
	Rotations (Substitutions)	Rotations occur after each goal scored

Can we drive into the endzone to score? How can we use the mini goals to create more options to score on the dribble? Can we use the breakline passes to move the defenders to create the space to drive into? Players off ball, how do we move to create options for players on the ball and be a threat to score both ways?