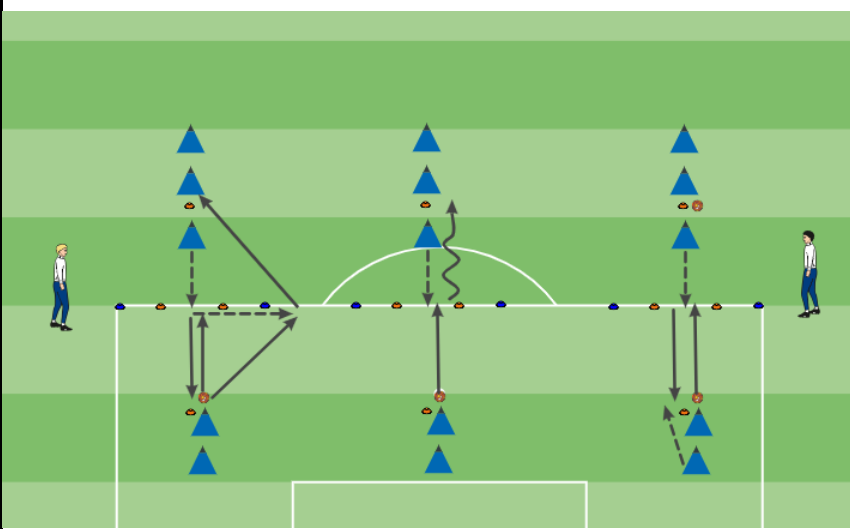


UNK Soccer Training Sessions

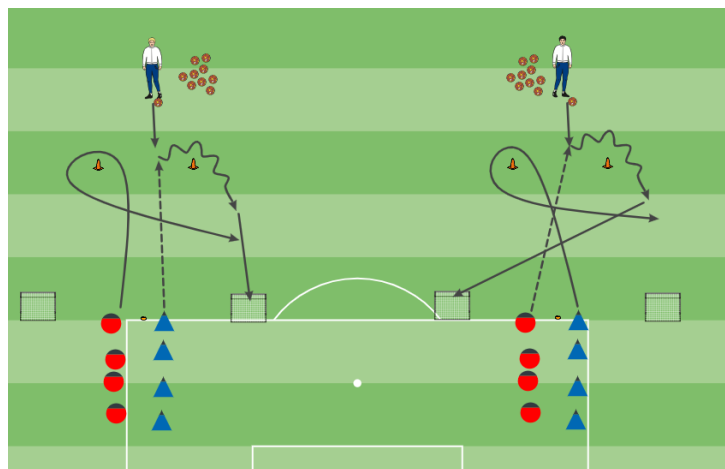
Name:	Date (day)	Gear Needed			Week	Cycle
Rob Breton	4/23/25	2 sets of pennies, 4 mini goals, ball bags, cones				
Game Moment	Phase of Play	A.O.T.F.	Session Duration	Training Load	# of Activities	# of players
Attacking	Breaking Lines		90 mins	8	4	21

Description of Game Moment	VISUAL OF DESIRED BEHAVIOR
	<p><u>DESIRED BEHAVIOR:</u> Using passing to break lines of pressure to progress our team into the final 3rd</p> <p><u>Principles and Sub-Principles</u></p> <p><u>Player Actions:</u></p> <p><u>Key Player Behavior:</u></p>
Coaching Points 1)	
Additional Notes	

Warm Up: Bounces and Communication

	Activity Objective	Sharp technical touches and communication
	# of players/Opponent	5
	Size/Shape of Field	20 yds
	Ways of Scoring	-
	Active/Recovery Duration	10 sec work/30 sec recovery
	Repetition/Sets	3 mins each pattern
	Total Activity Duration	15 mins
	Rules	-
	Constraints/Restrains	-
	Rotations (Substitutions)	-
1) 2 touch – Touch behind gate to through gate then pass back and follow 2) 1 touch 3) Turn 4) Bounce pass and open hips – R/L 5) Communication – man on means bounce and open, turn means turn		

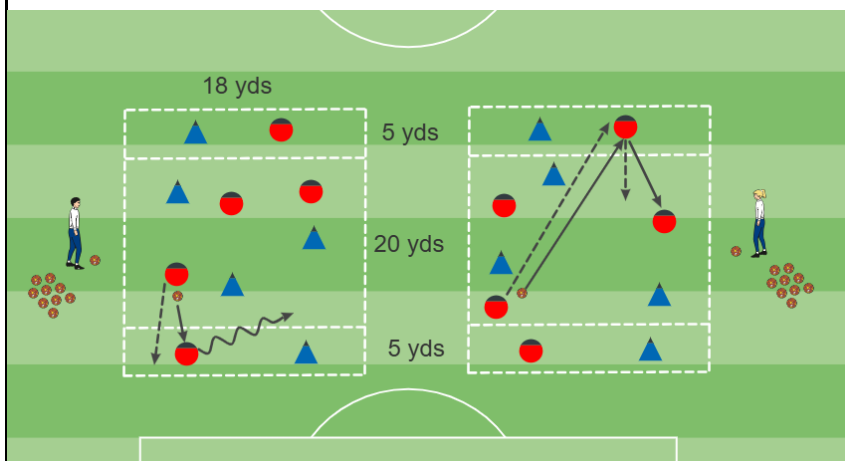
ACTIVITY 1: 1v1's



Activity Objective	Identifying the open goal to score in and breaking the line with a pass
# of players/Opponent	1 / 1
Size/Shape of Field	15 x 15
Ways of Scoring	20 consecutive passes 5 completed passes with clean transition Pass
Active/Recovery Duration	1 min active / 30 secs res
Repetition/Sets	3 rounds / set, 3 sets with 1 min rest between sets
Total Activity Duration	20 mins
Rules	Ball Restarts occur from Coach
Constraints/Restrains	
Rotations (Substitutions)	Rotate defenders after each round

Breaking lines with purpose, are we picking out the open player or just playing into open space, supporting angles for the players behind the line (are we watching the game or reading the game)

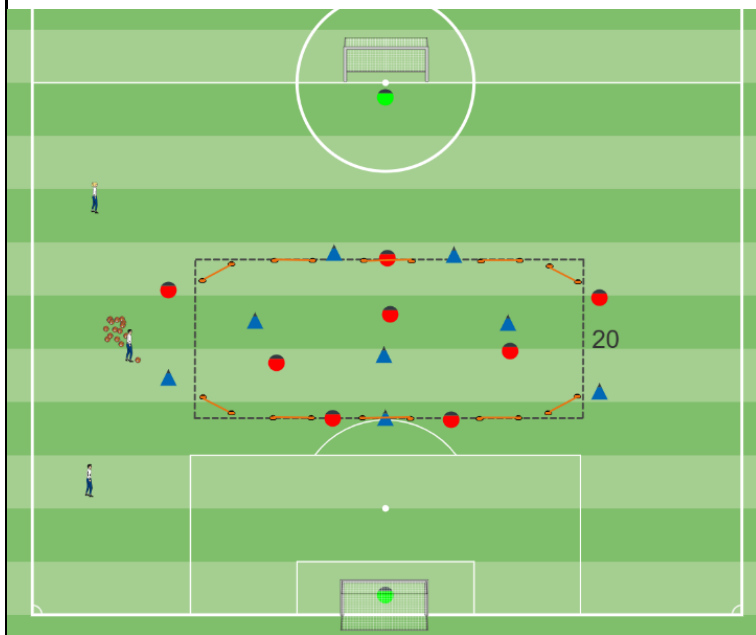
ACTIVITY 2: 3v3 + 2 Endzones



Activity Objective	Breaking lines by finding players behind the line
# of players/Opponent	3 v 3 + 2 Jokers
Size/Shape of Field	30 x 18
Ways of Scoring	Prog. 1 – Finding End player and they dribble into field of play Prog. 2 – Finding end player who finds another teammate in play
Active/Recovery Duration	3 min active / 2 min rest
Repetition/Sets	3 rounds / set, 1 min rest
Total Activity Duration	15 mins
Rules	Ball restarts from Coach if goes out of bounds
Constraints/Restrains	
Rotations (Substitutions)	Rotate wide players each round

Can we identify the break line passes early, can we move to create passing options both in the field of play and in the endzone? Can we create support for the break line pass when we play it? Can we move the defense with our movements off the ball?

ACTIVITY 3: Box Possession w/ Transition Game



Activity Objective	Breaking lines by finding players behind the line or progressing our offense off the dribble
# of players/Opponent	6+2+GK / 6+2+GK
Size/Shape of Field	55x75
Ways of Scoring	Big Goal
Active/Recovery Duration	6 min active / 2 min rest
Repetition/Sets	2 rounds / set, 3 min rest
Total Activity Duration	40 mins
Rules	Ball restarts from Coach if lost
Constraints/Restrains	Must complete 4 passes before progressing Must slip through gate to progress forward or dribble through gate
Rotations (Substitutions)	Rotate wide players each round

Can we identify our open teammate to progress, can we find the player behind the line or in between the lines, can we play the ball with a purpose to give them a turn or a layoff or a trap, if we go wide can we pick out a teammate when serving the ball into the box, cues for runs behind and when to run.