Name:	Andy Coutts		Team:		U8			大力	大大					
Date:	2015 Mesocycle:		In-Season		Microcy	icrocycle/Day: Ses		sion 4						
TRAINING	OBJECTIVE	(S):												
Hth Training of Season - Passing theme Players complete short passes accurately Pass on the move with both feet Players decide when to dribble and when to pass														
			I. WARM-U	<u> </u>		lock a maite or	Mad	A ativity Times	45					
			Duration:		]	Intensity:	Med	Activity Time:	45 sec					
			<u> </u>	15	] iaal Eurinan	Intervals:	8	Recovery Time:	45 sec					
•	- p 5	₩ = •	ORGANIZATION (Physical Environment / Equipment / Players)											
<u> </u>	19	A Ac	Gates in pairs 20x15; Progression: Dribble or pass thru; Pass thru only; Alternate gate colors; Add 2-3 mobile gate guards (parents)											
~ <b>%</b>	- 9	5 - 2												
	<b>州</b>	\$ -	Use of inside/outside of foot to pass											
			Move after pass to go towards next gate											
		www.sports-graphics.com	Make a plan to get through more gates next time											
		7	II. SMALL-SI			Intensity:	High	Activity Time:	30 sec					
-		<u> </u>	Duration:	15	]	Intervals:	TIIGII	Recovery Time:	90 sec					
5	ř		<u> </u>	_	] ical Environ		nmont / Di	·	90 sec					
• 1		- 4	ORGANIZATION (Physical Environment / Equipment / Players)  4v1 keepaway, 20x20; If defender wins ball try to score or pass to coach; Defenders rotate											
			on each new ball; Some # of passes = pt. Progression: Add 2nd defender											
•			COACHING POINTS / KEY CONCEPTS											
			First touch out of feet											
•		7	Step through ball towards target											
		www.sports-graphics.com	Where can ye		_	ımmate witl	n the ball?							
	<b>••</b>	<b>***</b>	III. EXPAND	ED ACTIV	/ITY	Intensity:	High	Activity Time:	20 sec					
		7 🛣	Duration:	15	]	Intervals:	J ·	Recovery Time:	40 sec					
-		4 -	<u> </u>		ı ical Environ		pment / Pla							
	ORGANIZATION (Physical Environment / Equipment / Players)  Numbers Up/Numbers Down: Two teams to goals; 20x20; Coach calls out #'s of p													
	from each team to play; Scoring = 1 if #'s up, 2 if #'s even, 3 if #'s down													
_ 2	2 '													
		- 0°	Decision to dribble or pass - when and how?											
_	Pass if defender stops your dribble and teammate is open													
	How can you help your teammate and score?													
		900	IV. GAME			Intensity:	Med	Activity Time:	2 min					
			Duration:	15	]	Intervals:	5	Recovery Time:	1 min					
			ORGANIZATION (Physical Environment / Equipment / Players)											
•	TT 1	<b>1</b> - <b>7</b>	4v4 Game to			· .								
•	R													
	B 27	g 🐕 🔭	COACHING POINTS / KEY CONCEPTS											
	RAT 6		Dribble around danger or pass if you get stuck											
Move away from ball to help teammate/dribbler														

Can you score?!