

DATE: 2/27/13

TIME: 1:45 PM

LOCATION: MOHEGAN SUN, CT



EQUIPMENT:

- 10 BALLS
- 3 DIFFERENT COLOR PINNIES
- CONES

WARMUP: 16 FIELD PLAYERS
2 GOALKEEPERS

10 MIN WARM UP (OFF THE FIELD)

8-10 MIN PASSING EXERCISE

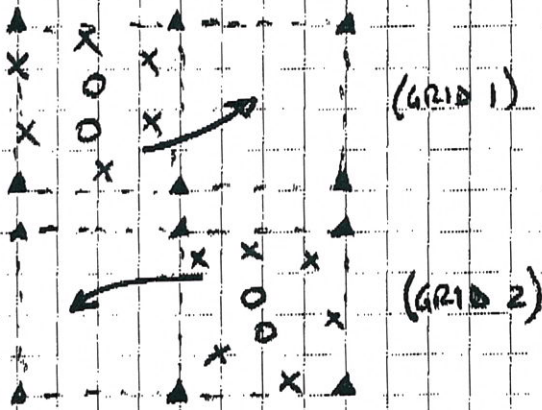


FOCUS: TRANSITION FROM POSSESSION TO ATTACKING FINDING THE 3RD RUNNER
- US SOCCER ATTACKING SESSION

STAGE 1:

8 MINS

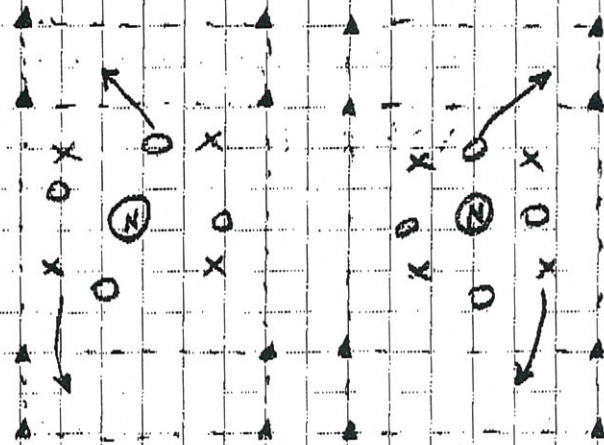
6 v 2 WITH TRANSITION
(2 GRIDS) 4 PASSES



STAGE 2:

10 MINS

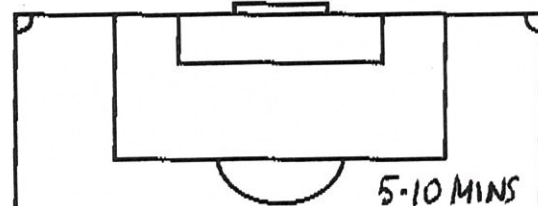
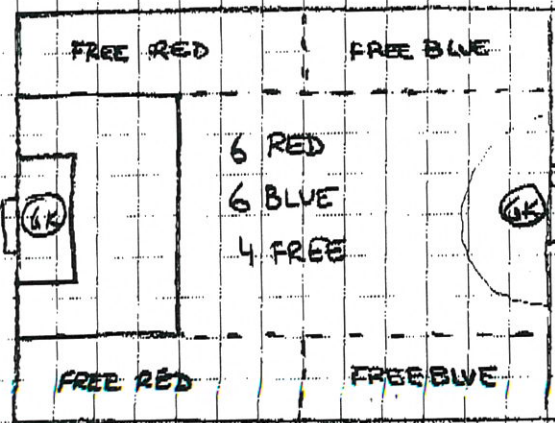
POSSESSION 4 v 4 + 1 - 2 GRIDS
(FINDING RUNNERS)



STAGE 3: GAME PREPARATION

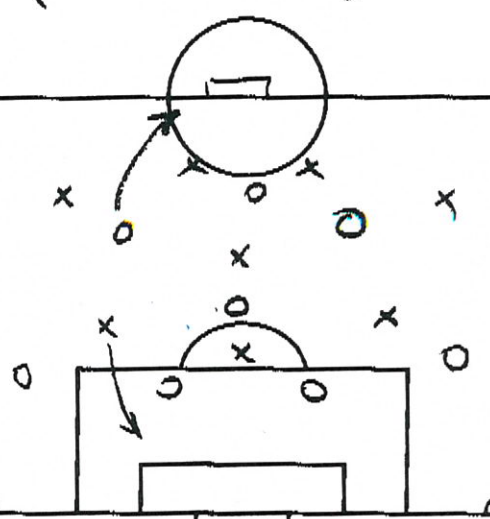
10 MINS

- 1) 8 v 8 FIND FREE WIDE CHANNELS, FREE PLAYERS.
- 2) ALL PLAYERS INSIDE MOVE INTO FREE CHANNELS.



5-10 MINS

STAGE 4:
(GAME 8 v 8)



OBSERVATIONS:

PLAYERS WITHOUT THE BALL ALWAYS ALERT TO FINDING SPACE BEHIND.