

Coach:

Session date:

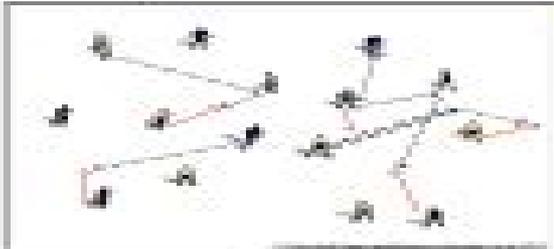
Team/Age Group:

Theme:

Topic: Combination Play  
-Receiving ball across body  
-Decision of when to dribble/pass

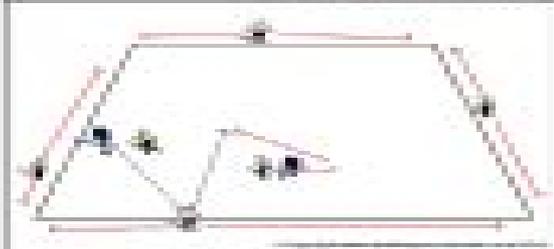
- Flow off of ball whenever ball moves
- Intensity of walking the ball

Time available:

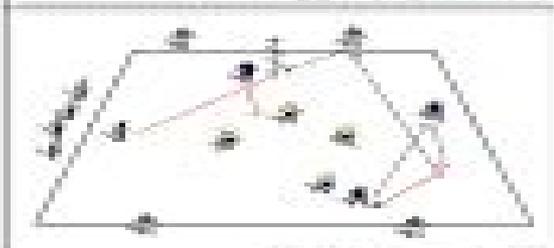


**NOTES**

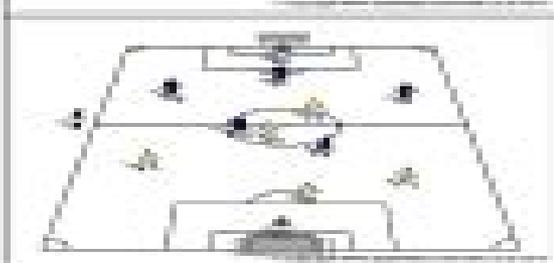
**Phase 1: Random Passing**  
 Intensity: Medium Field Size: Whole space (Duration: 10 minutes)  
**Organization:**  
 -Teams are split into two colors  
 -Place in opposite, same-side opposite opposite  
 -Shots will pass, overlap  
**Coaching Points:**  
 -Players should look to play ball across body  
 -When combining, maybe take one, or two to get timing right  
 -Movement after passing



**Phase 2: 2v2 with 4 Bumpers**  
 Intensity: High Field Size: 10x10 yards (Duration: 10 minutes)  
**Organization:**  
 -2v2 in the middle with 4 bumpers on the outside  
 -Score by splitting or combining around opponent  
 -Play 2 minute bouts switching opponents each bout  
**Coaching Points:**  
 -Look to move ball quickly and get it back  
 -Can you receive across body to go either way  
 -After playing, get to an area where you can get it back  
 -Don't ever run off of ball



**Phase 3: 2v2 to Targets**  
 Intensity: High Field Size: 30x10 yards (Duration: 10 minutes)  
**Organization:**  
 -Can play with 2 targets or 1 target on each side (depending on FC)  
 -Play in and get it back, play in and get it back and dribble over line for a point  
**Coaching Points:**  
 -Use whole width for space to combine into  
 -Can we find target and get into position get it back?  
 -Can we penetrate with combinations?



**Phase 4: Play 2v2**  
 Intensity: High Field Size: 40x10 yards (Duration: 30 minutes)  
**Organization:**  
 -Play together - mix with 2v2  
 -2, 3 minute halves with a 2 minute half time  
**Coaching Points:**  
 -Shots to be able to penetrate and combine in (2 high, 1 1/2, wide, depth of 4)  
 -Transition to attack once you find someone to play off of quickly?

# U S Soccer Training Session Planner

**Joacim Rocklöv**



## **U S Soccer Training Session Planner:**

## Reviewing **U S Soccer Training Session Planner**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**U S Soccer Training Session Planner**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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