

# TRAINING OBJECTIVE

This should include topic and goals for the sessions to share with the players.

# SESSION IMAGES

Coaches should insert images into boxes to show phase activity

# ORGANIZATION

Brief description of area, players roles, equipment and rules for activity



COACH: Gary Hall	AGE GROUP: RDS 11-14	
DATE: 09.18.2017	TIME: 6:30-8:00am	SESSION NUMBER: Fall RDS Session 1

**TRAINING OBJECTIVES**  
 Speed of play – introduction to the players of the RDS Brand and expectations for training. The session should focus on the players getting lots of touches, being engaged and moving the ball quickly in tight spaces.



PHASE I: WARM-UP			
DURATION: 20 mins	INTENSITY: 6	INTERVALS: 5	WORK-REST 2:1
<b>ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)</b>			
Players in two working opposite another group, 1 ball between two. Build in dynamics into the set up. Players use ball mastery moves into cones and pass to their partner. Use multiple ball mastery moves to test group			
<b>COACHING POINTS/ KEY CONCEPTS/ PROGRESSIONS</b>			
CP – Tight touches, wearing an every 2-3 touches		CP – Soft Preparation, positive 1" touch	
CP – Movement of player using game realistic		CP – Keep ball close to feet	
Prog – Figure 8 Speed Drills on way back, complete against opposite group			
Prog – Passing options, 1" touch in and outside of cones to work on 1" touch and speed of receive to pass			
PHASE II: SMALL-SIDED ACTIVITY			
DURATION: 20 mins	INTENSITY: 7	INTERVALS: 5	WORK-REST 2:1
<b>ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)</b>			
Two groups running at the same time, 30x20 rectangle 6 players on the outside and two players in pinnies in the middle. Players on outside move up to opposite end of field after highlighted sequence.			
<b>COACHING POINTS/ KEY CONCEPTS / PROGRESSIONS</b>			
CP – Keep the ball flat by striking center of the ball		CP – Quick reorientation at angle between two central players	
CP – Head up to take a peak before passing		CP – Players should help each other by OBSERVING the ball	
Prog – Add give and go for server pass			
Prog – Add overlapping run		Prog – Let players choose!	
PHASE III: EXPANDED ACTIVITY			
DURATION: 25 mins	INTENSITY: 8	INTERVALS: 4	WORK-REST 0:2
<b>ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)</b>			
Two teams in a 30x30 grid, attacking team spread out and possess ball, 10 passes equals a point. Defending team sends 3 defenders to win ball, if they win they find the 3 players in the middle diamond for 3vs1			
<b>COACHING POINTS/ KEY CONCEPTS / PROGRESSIONS</b>			
CP – Think before receiving to use first touch efficiently		CP – Scan as ball enters to see field and pressure	
CP – Move ball quickly in 3 or less touches		CP – Pass on time advantage to teammate	
Prog – One point if team in possession can split middle defending groups			
Prog – Make game conditional to an end line			
PHASE IV: GAME			
DURATION: 25 mins	INTENSITY: 9	INTERVALS: 3	WORK-REST 7:2
<b>ORGANIZATION (PHYSICAL ENVIRONMENT/EQUIPMENT/PLAYERS)</b>			
Two teams with 1 Playmaker. Ball starts with pass into one team who possess and score by dribbling through either wide gate for 1 point. If they can knock central ball off they score two points.			
<b>COACHING POINTS/ KEY CONCEPTS</b>			
CP – Width and Depth to make area bigger when in possession		CP – Information on the pass to teammate	
CP – Decisions on when to possess and when to dribble		CP – Timing of movement to lose defender	
Prog – If team hits ball off cone they reverse and attack opposite end (3 defenders must get ball)			
Prog – 600 goals. Ten Touch at Ten Gate Drills			

**DURATION:**  
 Total time spent on this phase of training

**INENSITY:**  
 1 to 10  
 1= Easy  
 10 = Game Speed

**INTERVALS:**  
 How many times you will run the activity within the phase

**WORK : REST**  
 Number of minutes group works : number of minutes rest

**COACHING PTS & PROGRESSIONS**