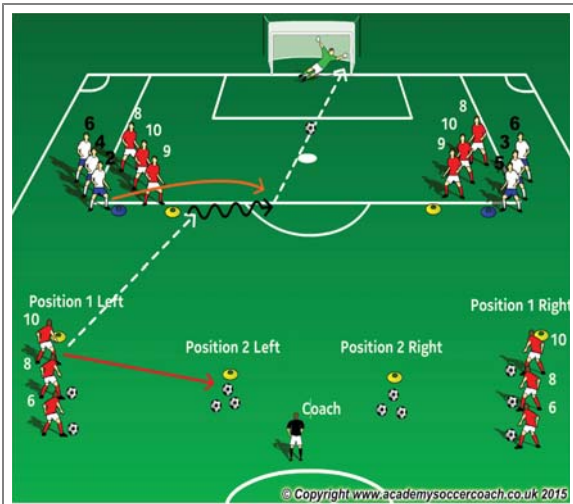


Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve the team's ability to create scoring chances from central positions

Objectives 5W's

To create better opportunities to score from central positions
 WHO: #6, #8, #9, and #10 with #2, #3, #4, #5, #7, and #11 - WHAT: Finishing (Shooting and Heading), Passing, Receiving, Dribbling, Mobility, Support, Penetration, and Improvisation - WHERE: In the central channels of the middle and attacking thirds of the field - WHEN: The opponent's defense is unbalanced and there is a shooting window - WHY: To increase goal production and to improve confidence in front of the goal



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field

Set up as shown: Red server (#6, #8, or #10) plays the ball to red attacker (#8, #9, or #10), on the attacker's 1st touch the white defender (#2, #3, #4, or #6) begins pursuit. Attacker must try to shoot as they enter the D. Server rotates to position 2. Variation: Attackers rotate from left to right, servers rotate from position 1 to position 2. Defenders if they win the ball play it out to the coach. ***GK #1***

COACHING POINTS / KEY CONCEPTS

What? Technique: Passing - Pace and Accuracy, Receiving - keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot (distance). Shooting - keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non-kicking foot, angle of approach, follow through after the strike.



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

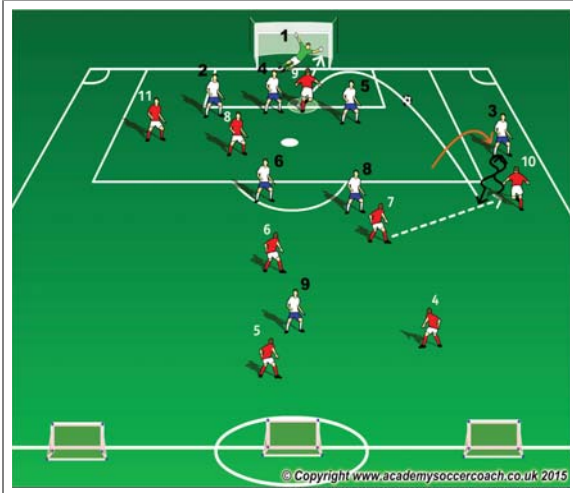
Area: 44Wx45L yard field with one goal and 3 counter goals

6v5 to 1 Goal and 3 Counter Goals - Target team (Red): #4, #5, #6, #8, #9, #10 - Opposition team (White): #1, #2, #3, #4, #6. The red team scores in the regular goal. The White team scores in any of the 3 counter goals.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing: Pace and Accuracy - Receiving: Keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot (distance) - Shooting: Keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non kicking foot, angle of approach, follow through after the strike - Dribbling and Running with the ball

Principles of Attack - Penetration: Who? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Recognition of Combination Play Opportunity: When? Where? Why? - Aggressive/selfish mentality - Composure to finish.



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half a field with one goal and 3 Counter goals

8v8 to 1 Goal and 3 Counter Goals - Target team (Red) formation: 2-3-3 (#4, #5 #, #6, #7, #8, #9, #10, and #11) - Opposition team (White) formation: 1-3-3-1 (#1, #2, #3, #4, #5, #6, #8 and #9). Play a regular game.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing: Pace and Accuracy - Receiving: Keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot (distance) - Shooting: Keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non kicking foot, angle of approach, follow through after the strike - Dribbling and Running with the ball - Heading

Principles of Attack - Penetration: Who? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Recognition of Combination Play Opportunity: When? Where? Why? - Aggressive/selfish mentality - Composure to finish.

4. GAME **11v11** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION In a full field play (75Wx112L) 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opponent plays 1-3-4-3

COACHING POINTS / KEY CONCEPTS Technical execution, Speed of play, Attacking Principles, 5W's and Psychology of finishing