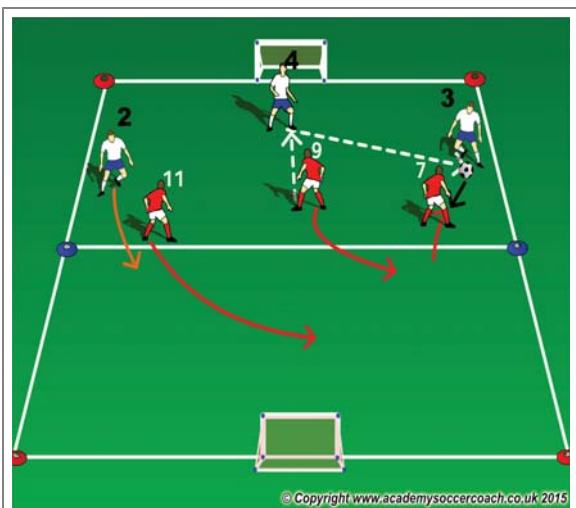


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

Topic Improve your team's ability to defend against the counter attack

### Objectives 5W's

To apply immediate pressure on the ball to eliminate the counter attack  
 WHO: #4, #5, #6, #7, #8, #9, #10 & #11 with #1, #2, & #3 - WHAT: Technique of Individual Defending, Tackling, Defending Heading, recovery runs, Pressure, Delay, Cover, Balance, Compactness control and Restraint - WHERE: In the central channels and flanks areas of the field - WHEN: The ball is turned over to the opponent - WHY: To prevent the opponent to quickly play forward towards our goal



### 1. WARM UP

|           |    |            |      |            |   |                |   |                |    |
|-----------|----|------------|------|------------|---|----------------|---|----------------|----|
| Duration: | 15 | Intensity: | High | Intervals: | 6 | Activity Time: | 2 | Recovery Time: | 30 |
|-----------|----|------------|------|------------|---|----------------|---|----------------|----|

#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 25Wx40L grid with 1 small goal at each end  
 3v3 to Goal - Target team (Red) - Opposition team (White); both teams play to goal. When the White team win the ball, they will try to score before the Red team has all its players behind the center line  
 Scoring:  
 - 100 pts. if the White team gets into the attacking half quickly and score before all the Red players get behind the center line.  
 - 1 pt. for all other goal.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recovery Run in line with the goal
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Control & Restraint: Where? When? Why



### 2. SMALL SIDED ACTIVITY

|           |    |            |      |            |   |                |   |                |   |
|-----------|----|------------|------|------------|---|----------------|---|----------------|---|
| Duration: | 18 | Intensity: | High | Intervals: | 3 | Activity Time: | 4 | Recovery Time: | 2 |
|-----------|----|------------|------|------------|---|----------------|---|----------------|---|

#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx84L field with a regulation goal at each end  
 7v7 to Goal - Target team (Red): #1, #6, #7, #8, #9, #10, #11 - Opposition team: (White) #1, #2, #3, #4, #8, #9, #10. The White team will try to counter the red team.  
 Scoring:  
 - 100 pts. for any goal scored within 10 seconds after a change of possession and 1 point for all other goal.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recovery Run in line with the goal
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Control & Restraint: Where? When? Why? - Compactness: Where? When? Why?



### 3. EXPANDED ACTIVITY

|           |    |            |     |            |   |                |   |                |     |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|-----|
| Duration: | 25 | Intensity: | Med | Intervals: | 2 | Activity Time: | 9 | Recovery Time: | 3.5 |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|-----|

#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx94L field with a regulation goal at each end  
 9v9 - Target team (Red) formation: 1-2-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11) - Opposition team (White) formation: 1-3-2-3 (#1, #2, #3, #4, #7, #8, #9, #10, #11).  
 Play to score in the opponent's goal

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recovery Run in line with the goal - Defensive Heading
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why? - Control & Restraint: Where? When? Why?

|                |              |           |    |            |     |                |    |            |   |                |   |
|----------------|--------------|-----------|----|------------|-----|----------------|----|------------|---|----------------|---|
| <b>4. GAME</b> | <b>11v11</b> | Duration: | 30 | Intensity: | Med | Activity Time: | 12 | Intervals: | 2 | Recovery Time: | 3 |
|----------------|--------------|-----------|----|------------|-----|----------------|----|------------|---|----------------|---|

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

COACHING POINTS / KEY CONCEPTS Technical Execution, Defending Principles, 5W's and Speed of Play