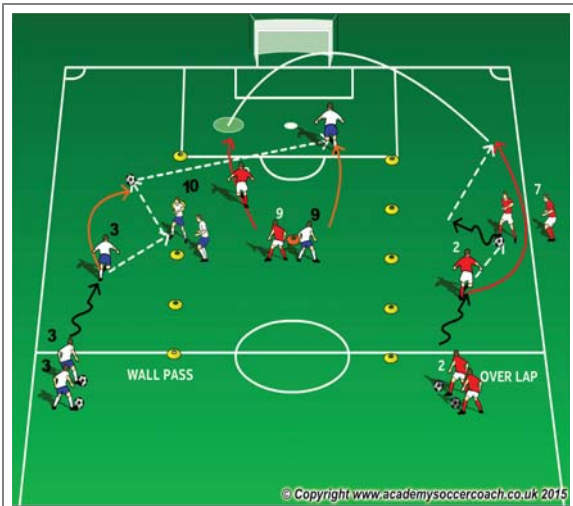


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

Topic Improve Wide Play and Wing Services with Finishing in the Box.

### Objectives 5W's

To improve the ability of the flank players to penetrate, combine and provide services to finish in the box.  
 WHO: #2, #3, #7, and #11 with #6, #8, #9, and #10 - WHAT: Passing, Receiving, Dribbling, Crossing, Finishing, Penetration, Support, Mobility, Width and Improvisation - WHERE: In the flank areas of the middle and attacking thirds - WHEN: There is space to attack behind the defense, in the build up phase in the attacking half - WHY: To penetrate the flanks areas and create scoring opportunities from crosses by going around and getting behind the back line.



### 1. WARM UP

Duration:	15	Intensity:	Med	Intervals:	5	Activity Time:	2	Recovery Time:	1
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field in the flanks  
 3 v 0 Combinations on either flank to Goal - Players involved #2, #3, #7, #9, #10 and (#11) As shown in the diagram functional groups will execute Wall passes and Overlaps

#### Patterns:

1. Wall pass - #3 passes to #10 back to #3 then a cross to #9.
2. Overlap - #2 passes to #7 back to #2 then a cross to #9.

Variation: Which side can score the most 1 touch finishes in 1 minute.

#### COACHING POINTS / KEY CONCEPTS

##### • What? Technique -

Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late.

Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of the preparation touch.

Dribbling: Running with the ball - First touch out of the body and a long touch forward.

Finishing: Surface Selection of the foot. head and ball to score.



### 2. SMALL SIDED ACTIVITY

Duration:	20	Intensity:	Med	Intervals:	4	Activity Time:	5	Recovery Time:	1
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a regular goal and 3 counter goals

6v6 to a Regular Goal and 3 Counter Goals - Target Team (Red): #2, #3, #6, #8, #9, and #10 - Opposition team (White): #1, #4, #5, #6, #7, and #11. The Red team scores in the regular goal. The White team wins the ball then tries to score in any of the 3 counter goals.

#### COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch - Dribbling: Running with the ball - Finishing: Surface Selection of the foot and ball and Heading to score

• Principles of Attack Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? -

Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? -

Recognition of what type of cross to execute - Recognition of when to dribble and when to combine - Composure to finish



### 3. EXPANDED ACTIVITY

Duration:	25	Intensity:	Med	Intervals:	2	Activity Time:	9	Recovery Time:	3.5
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx80L yard field with 2 regular goals at each end

9v10 to Regular Goals - Target team formation: 1-3-2-3 (#1, #2, #3, #6, #7, #8, #9, #10 & #11) -

Opposition team formation: 1-4-2-3 (#1, #2, #3, #4, #5, #7, #8, #9, #10 & #11). Play to score in the opponent's goal.

#### COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch - Dribbling: Running with the ball - Finishing: Surface Selection of the foot and ball and head to score

• Principles of Attack Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration:

Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? - Recognition of what

type of cross to execute - Recognition of when to dribble and when to combine - Composure to finish.

<b>4. GAME</b>	<b>11v11</b>	Duration:	30	Intensity:	Med	Activity Time:	12	Intervals:	2	Recovery Time:	3
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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, Attacking Principles, 5W's, Speed of play and Combination play