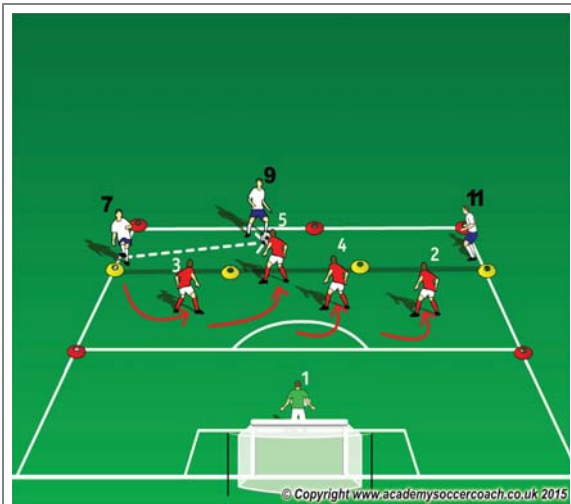


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

Topic To improve the team's ability to defend zonally

### Objectives 5W's

To stop the opponents from penetrating through, around or over our defense  
 WHO: #1, #2, #3, #4 #5 with #6 #8, #10 - WHAT: Technique of Individual Defending, Tackling, Defensive Heading, Pressure, Delay, Cover, Balance, Compactness Control and Restraint - WHERE: In the central channels and flank areas of the defensive half - WHEN: The opponent is trying to build up an attack around midfield and you want to stop them from penetrating past your team - WHY: To maintain a better defensive shape and control the space behind and in front of our defensive block



### 1. WARM UP

Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	Activity Time: <input style="width: 40px;" type="text" value="4"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 44Wx35L yard area with one regular goal divided in two sections (see diagram)  
 5v3 Shadow Play - Target team (Red): #1, #2, #3, #4, #5 - Opposition team (White): #7, #9, #11. The 4 defenders in the large section, 3 passers in the small section. The 3 players pass between each other and the defenders will press, cover and balance as a unit. GK will tell the defenders to: "Press", "step up", "shift right/left", "drop", etc.  
 Round 1: Shadow play - attackers cannot enter defending zone  
 Round 2: Dribble penetration by attackers only  
 Round 3: Attackers can go to 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? Communication - What does the Covering player(s) TELL the pressuring/delaying defender?
- Principles of Defense - Pressure: Who? When? Why? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why?



### 2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="18"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	Activity Time: <input style="width: 40px;" type="text" value="5"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with 2 regular goals  
 6v6 to Goal - Target team (Red): #1, #2, #3, #4, #5 & #6 - Opposition team (White): #1, #7, #8, #9, #10, #11. Both teams are trying to score in the opponent's goal. Goals are worth double if the White team penetrates through the defensive with a dribble, combination or a split pass.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block?
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why?



### 3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="26"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="2"/>	Activity Time: <input style="width: 40px;" type="text" value="10"/>	Recovery Time: <input style="width: 40px;" type="text" value="3"/>
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard area with regular goals  
 8v8 to Regular goals - Target team formation: 1-4-3 (#1, #2, #3, #4, #5, #6, #8, #10) - Opposition team formation: 1-1-3-3 (#1, #5, #6, #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? - 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 and Restraint: Where? When? and Why?

<b>4. GAME</b>	<b>11v11</b>	Duration: <input style="width: 40px;" type="text" value="28"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Activity Time: <input style="width: 40px;" type="text" value="11"/>	Intervals: <input style="width: 40px;" type="text" value="2"/>	Recovery Time: <input style="width: 40px;" type="text" value="3"/>
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ORGANIZATION In a full field (75Wx112) 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