

Season 2016 Team/Age Group U14/U16 Week _____

Topic Pass, Move and Support in Attack

Objectives 5W's

To get the Forward and the Midfield line to become more mobile and work together to keep possession.
 WHO: #6, #7, #8, #9, #10, and #11 with #2, #3, - WHAT: Passing, Receiving, Dribbling, Finishing, Penetration, Support, Mobility, Width and Improvisation - WHERE: The central and flank channels of the attacking half - WHEN: In the build up phase - WHY: To achieve effective penetration into the attacking third and create more goals scoring opportunities. To unbalance the opponent by moving the ball to move the opponent.



1. WARM UP

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

Area: Half field divided into 3 lanes

Combination Play - Target team (Red) Right and Left Channel; #7, #8, #10, #11, Central Channel: #8, #9, #10 - Opposition team (White): #2, #3, and #6. Have the attacking groups to perform different combination against one defender. Combinations are: Wall passes and Up, Back and Through. Finish with a shot on goal in 10 seconds or less.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch, Redirecting and turning the ball in one motion
- Principles of Attack - Mobility: Who? Where? When? Why? - Penetration: Who, Where, When? Why? - Support: Angles and Distance, Who? Where? When? Why?



2. SMALL SIDED ACTIVITY

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

Area: On a 40Wx36L yard field with a regular goal and 2 counter goals (red cones) 5v5 to Regular Goals and 2 Counter Goals (red cones) - Target team (Red): #7, #8, #9, #10 and #11 - Opposition team (White): #1, #2, #3, #4 and #6. The red team attacks the regular goal, the white team attacks the 2 counter goals (red cones). Each regular goal is worth 3 points each Counter goals is worth 1 point play to 10.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of first touch, Redirecting and turning the ball in one motion - Dribbling: Running with the ball and turning - Shooting: Surface selection of the foot and the ball
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, In front and behind the ball, Who? Where? Improvisation: Where, When? Why? - Recognition of Combination Play Opportunity - When to dribble when to pass - When to possess vs When to penetrate- Attacking shape.



3. EXPANDED ACTIVITY

Duration:	24	Intensity:	Med	Intervals:	2	Activity Time:	8	Recovery Time:	4
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx80L yard field with a regular goals at each end
 9v9 to Regular Goals - Target team formation: 1-2-3-3 (#1, #2, #3, #6, #7, #8, #9, #10 & #11) - Opposition team formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8 #9 & #10). Play a regular game, score in the opponents goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of first touch, Redirecting and turning the ball in one motion - Dribbling: Running with the ball and turning - Shooting: Surface selection of the foot and the ball - Types of Crosses: Driven, Lofted, Early or Late - Heading.
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, In front and behind the ball, Who? Where? When? Why? - Width: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? - Recognition of Combination Play Opportunity - When to dribble when to pass - Switch the point of attack, When? Where? Why? - When to possess vs When to penetrate- Attacking shape.

4. GAME	11v11	Duration:	30	Intensity:	Med	Activity Time:	12	Intervals:	2	Recovery Time:	3
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ORGANIZATION In full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opposition plays 1-4-3-3

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