

Season 2016 Team/Age Group U14/U16 Week _____

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

Objectives 5W's

To get the front and midfield lines to prevent and stop the opponent's counter attack after losing possession.
 Who: #4, #5, #6, #7, #8, #9, #10 & #11 and #1, #2, & #3 - What: Speed, angle and distance of pressure and coverage, Body shapes of pressing and covering defenders, Defensive heading, Tackling (Poke and Block) - Immediate Pressure, Cover, Balance and Compactness - Where: In Central and Flanks areas of both the attacking and defensive halves - When: Within 4-8 seconds of the ball being turned over to the opponent - Why: To prevent opponents from quickly playing forward. To keep opponents under duress. To keep from getting stretched defensively.



1. WARM UP

Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="6"/>	Activity Time: <input style="width: 40px;" type="text" value="2"/>	Recovery Time: <input style="width: 40px;" type="text" value="30sec"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 20Wx35L yard grid a small goal on each end line
 4v4 to 4 Small Goals: Target team (Red) Grid A: #2, #9, #10, #11 - Grid B: #2, #6, #8, #7.
 Opposition team (White) Grid A: #2, #4, #6, #7 - Grid B: #3, #5, #8, #11.
 Target team Red starts with the ball, when the Red team losses the ball they must pressure the White team, stop the counter attack, and regain the ball. If the Red team regains possession and scores in less than 8 seconds they get 100 points.

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?



2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="21"/>	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="6"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 60Wx70L field with two goals
 7v7 to 2 Goals: Target team (Red): #1, #4, #6, #8, #7, #9, #11 - Opposition team (White): #1, #2, #3, #5, #6, #8, #9. Play to score in the opponent's goal. The Red team will try to score in the White goal but when Red loses the ball they must stop the counter attack and regain the ball back within 6-8 seconds. If White gets the ball and scores within 8-12 seconds they get 100 points. Play with offside rule.

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? - Tracking: When? Who?



3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="22"/>	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="8"/>	Recovery Time: <input style="width: 40px;" type="text" value="3"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Full field
 9v9 to 2 Goals - Target team (Red) formation: 1-2-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11) - Opposition team (White) formation: 1-3-3-2 (#1, #2, #3, #5 #6, #7, #9, #10 #11). When the Red team losses the ball they must try to stop the counter attack and regain the ball back within 6-8 seconds. All rules apply.

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? - Tracking: When? Who?

4. GAME	11v11	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 (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opponent plays 1-3-4-3

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