

Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve the Team's Ability to Retain Possession then Penetrate

Objectives 5W's

To get the players to recognize when to keep possession and when to penetrate
 WHO: #6, #7, #8, #9, #10, and #11 with #2, #3, #4 & #5 - WHAT: Passing, Receiving, Dribbling, Finishing, Penetration, Support, Mobility, Width and Improvisation - WHERE: The central and flank channels of the attacking half - WHEN: In possession the attacking half - WHY: To achieve effective penetration through the opponent's defense and create more goal scoring opportunities.



1. WARM UP

Duration:	18	Intensity:	Med	Intervals:	6	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; #2, #3, #7, #8, #10, #11, Central Channel: #6, #8, #9, #10 - Opposition team (White): #2, #3, #4, and #6. Have the attacking groups to perform different combination against the defenders. Combinations are: Wall passes and Up, Back and Through and Overlaps. There should be a shot on goal within 10 seconds or less.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, Surface Selection of the foot and ball, Direction and Distance of first 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: Half field with a regular goal and 3 counter goals
 6v5 to Regular Goals and 3 Counter Goals - Target team (Red): #6, #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 3 counter goals.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, Surface Selection of the foot and ball, Direction and Distance of first touch, Redirecting and turning the ball in one motion - Dribbling: To beat an opponent, 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? When? Why? - Width: Who? 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:	3	Activity Time:	6	Recovery Time:	2
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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: 1-4-2-2 (#1, #2, #3, #4, #5, #6, #7, #9 & #11).
 Play a regular game, score in the opponents goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, Surface Selection of the foot and ball, Direction and Distance of first touch, Redirecting and turning the ball in one motion - Dribbling: To beat an opponent, 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:	28	Intensity:	Med	Activity Time:	11	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 1-4-4-2

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