

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

Topic Improve the team's ability to recover the ball in the attacking half

### Objectives 5W's

To work effectively to regain possession of the ball in the attacking half  
 WHO: #6, #7, #8, #9, #10 & #11 with #4 and #5 - WHAT: Establishing a line of confrontation, Positioning and starting position of the forward line and support from behind from the midfield line -  
 WHERE: The attacking half, the opponent's defensive half, wide and central positions - WHEN: The ball has been lost, cues such as a bad touch, a bad pass, numerical superiority or the opponent is facing his goalkeeper - WHY: To win possession of the ball sooner rather than later to create scoring chances because of the opponent's inferior skill, or there's an attacking numerical advantage



### 1. WARM UP

Duration:	16	Intensity:	High	Intervals:	4	Activity Time:	3	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75WX70L yard field with a goal and a small counter goal  
 6v7 to 1 Goal and a Small Counter Goal - Target team (Red): #6, #7, #8, #9, #10, #11 -  
 Opposition team (White): #1, #4, #5, #6, #8, #9, #10. Teach the Red team how to read the cues given by the red to intercept passes. White is limited to 3 touches. Red will play the ball into the white GK if they win possession.  
 Coach serves the ball to the White team to start.

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? Why?Cover: Who?, Where? When? Why?



### 2. SMALL SIDED ACTIVITY

Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75WX70L yard field with a goal and a small counter goal  
 7v8 to 1 Goal and a Small Counter Goal - Target Team (Red): #4, #6, #7, #8, #9, #10, #11  
 Opposition team (White): #1, #2, #3, #4, #6, #8, #9, #10. The Red team tries to win the ball back from the white team and score. White scores by playing the ball through the small counter 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 players TELL to the pressuring/delaying defender?, 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?



### 3. EXPANDED ACTIVITY

Duration:	22	Intensity:	Med	Intervals:	2	Activity Time:	8	Recovery Time:	3
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with goals  
 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, #4, #6, #7, #8, #9, #10).  
 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?, Heading
- Defending Principles - 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? Why?

<b>4. GAME</b>	<b>11v11</b>	Duration:	28	Intensity:	Med	Activity Time:	11	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, Opposition Team plays 1-4-3-3

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