



Season 2016 Team/Age Group 14/16 Week \_\_\_\_\_

Topic Transition from Attack to Defense

Objectives 5W's

To Improve the ability of the #7, #9, #11 and #10 to regain Possession in the Attacking Half. (Final 3rd)  
WHO: Primarily the #7, #9, #11 and #10. Secondly the #8, #6, #3 and #2 - WHAT: Improve the individual and small group defending techniques - WHERE: In the attacking half of the field, specifically the final third in and around the penalty area - WHEN: We have an opportunity to win the ball back close to the opponents goal - WHEN: We have a numerical advantage - WHY: To increase our number of scoring opportunities. To put the back line of opponents under pressure deep in their own half



1. WARM UP

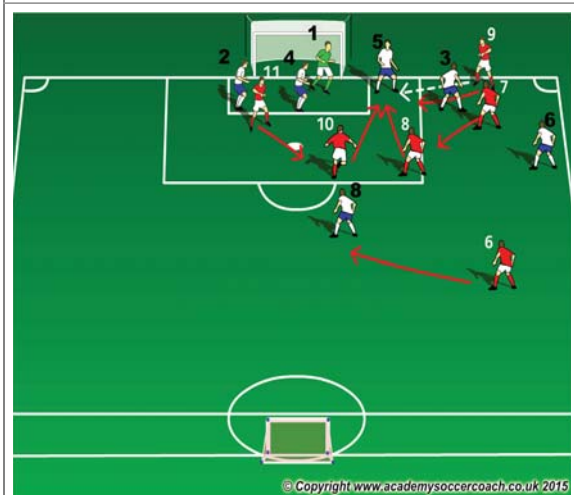
Duration:	15	Intensity:	Med	Intervals:	5	Activity Time:	90sec	Recovery Time:	90sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: In a 50Wx40L yard field with 1 goal and targets (Reds on Deck)  
5 v 4 to 1 Goal with Counter Targets - Target team (Red): #2, #3, #4, & #5  
Opposition team (White): #7, #9, #10 & #11 - Red team attacks the goal and White team plays the ball out to the targets. If the targets receive the ball, all players on the field leave and all players off the field come on to the field

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed of Recovery and Approach, Angle of Recovery and Approach, Distance of Approach, Footwork, Defensive Body Shape and Types of Tackles - Poke or Block? - Communication: What does the Covering defender(s) say to the pressuring/delaying defender?



2. SMALL SIDED ACTIVITY

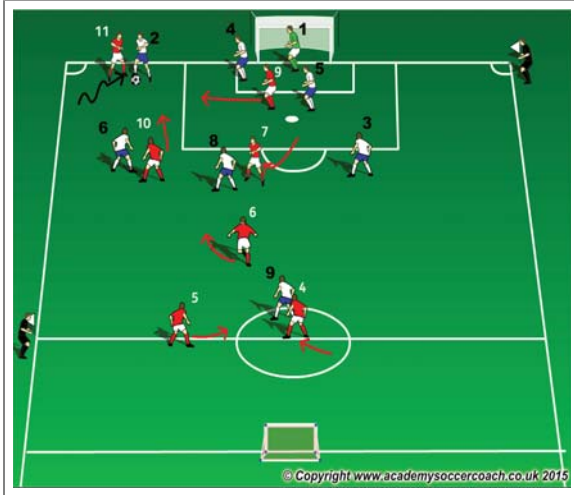
Duration:	22	Intensity:	Med	Intervals:	4	Activity Time:	4	Recovery Time:	1.5
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ORGANIZATION - (Physical Environment / Equipment / Players)

In a 75Wx60L yard field with a regulation goal at one end and a small counter goal at the other  
6v7: - Target team (Red): #6, #7, #8, #9, #10, #11 - Opposition team (White): #1, #2, #3, #4, #5, #6, #8. Red team attacks the regulation goal. White team has to score in the small counter goal.

COACHING POINTS / KEY CONCEPTS

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



3. EXPANDED ACTIVITY

Duration:	24	Intensity:	High	Intervals:	3	Activity Time:	6	Recovery Time:	2
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ORGANIZATION - (Physical Environment / Equipment / Players)

In a 75Wx90L yard field with a regulation goal and a small counter goal  
8v8: Target Team (Red) formation: 2-3-3 (#4, #5, #6, #7, #8, #9, #10, #11) - Opposition team formation: 1-4-2-1 (#1, #2, #3, #4, #5, #6, #8, #9). Red team attacks the regulation goal. The White team attacks the small counter goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed, Distance of Approach/Recovery, Footwork and Body Shape. Types of Tackles - Poke or Block? Recognition of the moment of transition - Loss of Possession - regain possible
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? Why? - Cover: Who? Where? When? Why? - Balance: Who? Where? When? - Compactness: Where? When? Why?

4. GAME	<b>11v11</b>	Duration:	28	Intensity:	High	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 1-3-4-3

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