

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

Topic Coach Your Team to Know When and How to Switch the Point of Attack

## Objectives 5W's

To get your team to recognize that the defense has shifted to deny penetration on one flank opening up an opportunity to attack down the other flank.  
 WHO: #6, #7, #8, #9, #10, and #11 with #2, #3, #4, #5 - WHAT: Passing (long and short), Receiving, Dribbling, Finishing, Penetration, Support, Mobility, Width and Improvisation - WHERE: The central and flank channels in the middle and attacking thirds - WHEN: The defense in good balance, In the build up phase - WHY: To effectively penetrate the weak side of the field. To get around the back line.



### 1. WARM UP

Duration:	15	Intensity:	High	Intervals:	4	Activity Time:	2	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard field divided into the middle and attacking third  
 4v0 Shadow Play - In practice area divide the team into Back 4: #2, 3, 4 and 5 and Attacking 4: #7, 9, 10 and 11. The attacking 4 go to goal from the yellow cone line to the goal and can only score from services from the weak side. The Back 4 work on passing sequences between the yellow cones.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy, Weight and Pace, Types of services driven, lofted - Receiving: Body position, Surface Selection of the foot and ball, Direction and Distance of first touch- Dribbling: Running with the ball and turning
- Principles of Attack - Mobility: 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: 75Wx50L yard field with 2 goals on each end line.  
 5v6 to 4 Goals - Target team (red): #7, #8, #9, #10 & #11 - Opposition team formation: #2, #3, #4, #5, #6, #8). Each team attacks 2 goals and defends 2 goals on the end lines.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace, Weight and Pace, Types of services: driven, lofted - Receiving: Body shape First touch direction and distance, Surface Selection of the foot and ball, - Dribbling: Running with the ball and turning.
- 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? - When to draw defenders/ - When and how to switch the point of Attack? - When to possess vs When to penetrate?- Attacking shape



### 3. EXPANDED ACTIVITY

Duration:	24	Intensity:	Med	Intervals:	2	Activity Time:	9	Recovery Time:	3
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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: 1-3-2-3 (#1,#2, #3, #4, #7, #8, #9, #10 & #11) - Opposition team formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8 #10 & #9).  
 Play a regular game, score in the opponents goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body shape, First touch direction and distance, Surface Selection of the foot and ball, 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 for Attack.
- 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? When? Where? Why? - When to draw defenders? - When and how to switch the point of Attack? - When to possess vs When to penetrate?- Attacking shape

4. GAME	<b>11v11</b>	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