

Season 2016 Team/Age Group 14/16 Week _____

Topic Transition from Attack to Defense in the Defensive Half

Objectives 5W's

To regain possession of the ball in the defensive half, focusing on the midfield ability to stay compact and press together
WHO: #6, #8, #10 along with #2, #3, #4, #5 - **WHAT:** To press together while maintaining compactness- **WHERE:** Defensive half - **WHEN:** Loss of possession of the ball - **WHY:** To regain possession of the ball



1. WARM UP

Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 60px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="5"/>	Activity Time: <input style="width: 40px;" type="text" value="90sec"/>	Recovery Time: <input style="width: 40px;" type="text" value="90sec"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 44Wx40L yard field with a small goals in each end line
 5v5 to 2 Small Goals - Target team (Red): #4, #5, #6, #8, #10 - Opposition team (White): #4, #5, #6, #8, #10. The Red team must get behind the ball as soon as they lose possession. Play to score in the opponent's goal. Restart with the Red team in possessions of the ball.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed and Distance of Approach and Recovery, Footwork, Body Shape and Types of Tackles - Poke or Block? Recognition of the Loss of Possession (Transition Moment)
- Principles of Defense - Pressure: Who? When? Where? Why? - Delay: When? Where? Why? Cover: Who? Where? When? Why?

2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="22"/>	Intensity: <input style="width: 60px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="4"/>	Activity Time: <input style="width: 40px;" type="text" value="4"/>	Recovery Time: <input style="width: 40px;" type="text" value="1.5"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a regular goal and a small counter goal
 7v7 to 1 Regular Goal and a Small Counter Goal - Target team (Red): #1, #2, #3, #4, #6, #8, #10. Opposition team (White): #4, #6, #7, #8, #9, #10, #11. Play to score in the opponent's goal. Restart is always from the GK.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed and Distance of Approach and Recovery, Footwork, Body Shape and Types of Tackles - Poke or Block? Recognition of the Loss of Possession (Transition Moment)
- Principles of Defense - Pressure: Who? When? Where? Why? - Delay: When? Where? Why? Cover: Who? Where? When? Why? - Compactness: Where? When? Why?

3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="24"/>	Intensity: <input style="width: 60px;" 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="2"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard field with a regular goal at each end
 8v8 to Goals - Target team (Red) formation: 1-4-3 (#1, #2, #3, #4, #5, #6, #8, #10) - Opposition team (White) formation: 1-1-3-3 (#1, #4, #6, #7, #8, #9, #10, #11). Play to score in the opponent's 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? - Control & Restraint: Who? Where? When? Why?

4. GAME	11v11	Duration: <input style="width: 40px;" type="text" value="28"/>	Intensity: <input style="width: 60px;" 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