

Season 2016 Team/Age Group U14/U16 Week _____

Topic Improves the team's ability to create scoring chances from wide positions

Objectives 5W's

To create better opportunities to score using wide services
 WHO: #2, #3, #7, #9, #10, and #11 with #6, and #8 - WHAT: Technique and types of services from the flanks, Passing, Receiving, Dribbling, Heading, Finishing, Width, Penetration, Support, Mobility and Improvisation - WHERE: In the flanks into the middle channels of the attacking half including the penalty box - WHEN: The opponent are compacted in their defensive third, after changing the point of attack, players recognize that they have numbers up in the box or in the flank - WHY: Because opponents are compacted centrally in the defensive third. Our #10 and #9 have better heading skills than #4 & #5 and to take advantage of our #7 and #11 superior technique against #2 and #3.



1. WARM UP

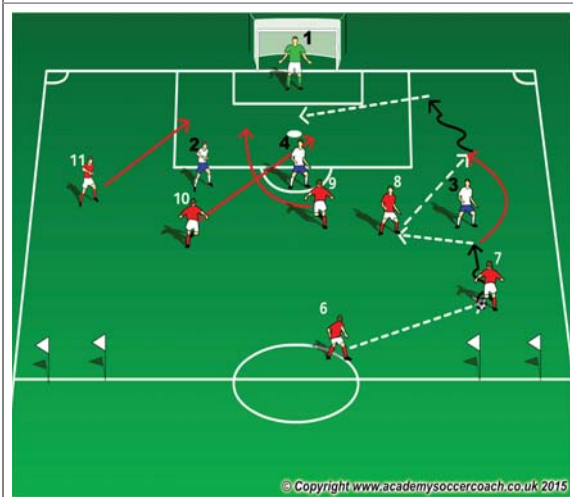
Duration:	14	Intensity:	Med	Intervals:	7	Activity Time:	1	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with flank channels
 3v0 or 3v1 to Goal - The starting point at midfield, 3 players use different combinations in the flanks and playing the ball to the middle for a shot on goal.
 Patterns:
 1- The Winger runs with the ball and crosses, 2- Wall pass and a cross, 3- Overlap and a cross
 Do each pattern for 1 minute each and switch.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, lofted - Dribbling: running with the ball. - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot head and ball - When? Crossing early vs crossing late.



2. SMALL SIDED ACTIVITY

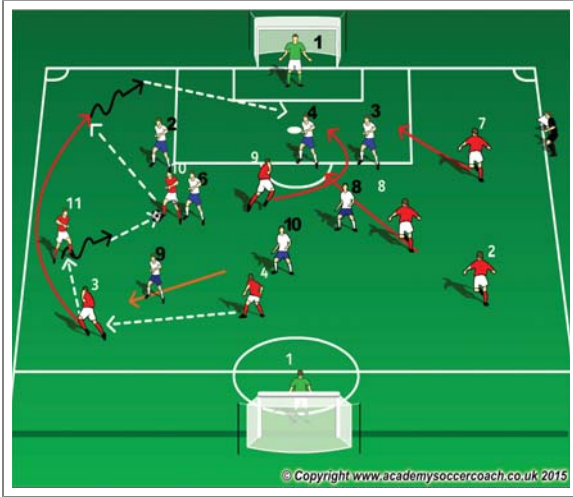
Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with one Regular goal and 2 counter goals
 6v4 to Goal with Counter Goals - Target team (Red): #6, #7, #8, #9, #10, #11 - Opposition team (White): #1, #2, #3, #4. The red team play to score in the big goal. White team scores in either counter goals.
 A hundred points for a one touch finish from a cross. 1 point for every other goal. Play to 300 points, or 5 counter goals.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, lofted, Early or late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot, head and ball
 • Principles of Attack - Mobility: Who? Where? When? Why? - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: Who? Where? When? Why? - Recognition of what type of cross to execute (crossing early vs crossing late) - Recognition on when to dribble and when to combine - Composure to finish.



3. EXPANDED ACTIVITY

Duration:	26	Intensity:	Med	Intervals:	2	Activity Time:	10	Recovery Time:	3
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx 70L yard field with 2 regular goals
 9v8 to Regular Goals - Target team formation: 1-2-3-3 (#1, #2, #3, #6, #7, #8, #9, #10, and #11) - Opposition team formation: 1-3-3-1 (#1, #2, #3, #4, #6, #8, #9 and #10). Play a regular game.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, lofted, Early or late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot and ball and Heading to score
 • Principles of Attack - Mobility: Who? Where? When? Why? - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? - Recognition of what type of cross to execute (crossing early vs crossing late) - Recognition on when to dribble and when to combine - Composure to finish.

4. GAME	11v11	Duration:	28	Intensity:	Med	Activity Time:	11	Intervals:	2	Recovery Time:	3
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ORGANIZATION In a full field (75Wx112) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opponent plays 1-4-3-3

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