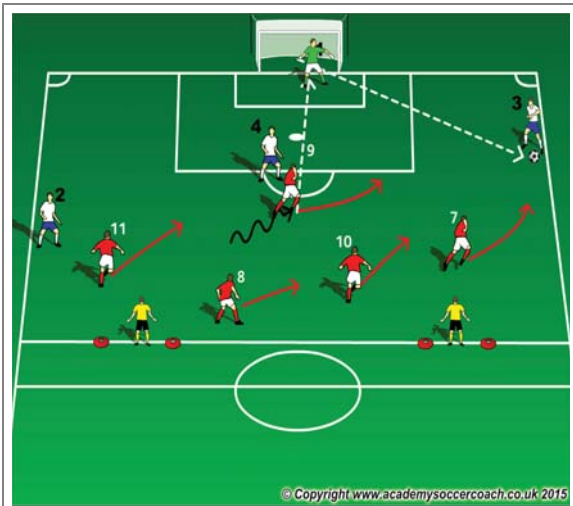


Season 2016 Team/Age Group U14/U16 Week _____

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

Objectives 5W's

To work together more effectively to regain possession of the ball in our attacking side of the field
 WHO: #7, 11, 9, 10, 8, 6 and #1, 4, 5, 2 & 3 - WHAT: Establishing a line of confrontation or "pressing line" to start from, positioning and start positions for #7, 9, 11, movement of defending players as the ball travels, midfield players (#10, 8, 6) closing the space behind in support of the forward line, back line (#4, 5, 2, 3) controlling the space behind to defend the long service - WHERE: Attacking half of the field - WHEN: Opponent is in possession of the ball, has their back to the field, numerical superiority, opponent plays a "bad touch" or an interceptable pass - WHY: Win possession of the ball sooner rather than later, team is losing and need to score, numerical advantage.



1. WARM UP

Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="5"/>	Activity Time: <input style="width: 40px;" type="text" value="1:30"/>	Recovery Time: <input style="width: 40px;" type="text" value="1:30"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx50L yard field with one regulation goal and target players
 5v4 - Target team (Red): #7, #8, #9, #10, #11 - Opposition team (White): #1, #2, #3, #4 - Target Players: #7 & #11. Ball starts with a shot from #9 to the White GK. The GK will distribute the ball to initiate the counter. The White team scores by passing the ball to the targets. The Red team must defend together to win the ball back and go to 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? Speed and Angle of Recovery - Communication - What does the Covering player(s) say to the pressuring/delaying defender?

• Defending Principles - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Control & Restraint: Where? When? Why?



2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="21"/>	Intensity: <input style="width: 40px;" 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="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx56L yard field with a regulation goal at one end and target players at the other
 6v5 - Target team (Red): #6, #7, #8, #9, #10, #11 - Opposition team (White): #1, #2, #3, #4, #5 - Target Players: #7 & #11. As soon as the Red team loses the ball they must press the white team and win possession of the ball. The white team will score by passing the ball to one of the targets.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Speed and Angle of Recovery, Communication - What does the Covering players TELL the pressuring/delaying defender?

• Defending Principles - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why? - Control & Restraint: Where? When? Why?



3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="22"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="2"/>	Activity Time: <input style="width: 40px;" type="text" value="8"/>	Recovery Time: <input style="width: 40px;" type="text" value="3"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx84L yard field with a regulation goal at each end
 9v9 to Goal - Target team (Red) formation: 1-2-3-3 (#1, #2, #3, #6, #7, #8, #9, #10, #11) - Opposition team (White) formation: 1-4-?-? (#1, #2, #3, #4, #5, #6, #8, #9 & #10). Play to score in the opponent's goals.

COACHING POINTS / KEY CONCEPTS

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

• 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?

4. GAME	11v11	Duration: <input style="width: 40px;" type="text" value="28"/>	Intensity: <input style="width: 40px;" 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, Opposition Team plays 1-4-3-3

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