



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

Topic Coach your team to improve defending high up the field

### Objectives 5W's

To get the Forward line to press high up the field to make play predictable and to get the Midfield line to assist in winning the ball back.  
WHO: #7, #9 and #11 with #6, #8, #10 - WHAT: Technique of Individual Defending, Tackling, Pressure, Delay, Cover, Balance and Compactness - WHERE: In the central channels and flank areas of the attacking half - WHEN: The opponents has possession of the ball in their defensive 3rd and are trying to play out of the back - WHY: Because we are behind in the score or to win the ball sooner by disrupting the back line.



### 1. WARM UP

Duration:	10	Intensity:	High	Intervals:	10	Activity Time:	30Sec	Recovery Time:	30 Sec
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 40Wx60L yard grid divided in two halves  
6v6 Tag Them All and Take the Ball - Target team (Red): #6, #7, #8, #9, #10, #11 - Opposition team (White): #6, #7, #8, #9, #10, #11. One team starts with the ball and are locked into their own half, the other team waits just inside their own half. On the coaches command the team without the ball enters their opponents half and tags each player as quickly as they can. Upon being tagged the players are frozen unless the ball carrier passes them the ball to unfreeze them. Once all players are frozen the game resumes with the other team in possession of the ball.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle of approach of the defender - Footwork, Body Shape. Speed of approach of the defender - Footwork, Body Under Control. (Take off quickly, arrive slowly) Distance of approach of the defender - Touch Distance (arms Length from the attacker)
- Principles of Defense - Pressure: Who? What? Where? Why? - Delay: Who? Where? When? Why? - Control and Restraint - When? Why?



### 2. SMALL SIDED ACTIVITY

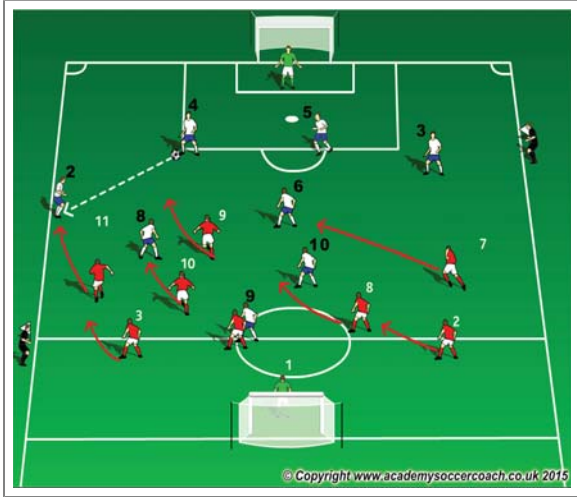
Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	1
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx60L yard afield with a regular goal and a counter goal  
6v5 to Regular goal and Counter Goal - Target Team (Red): #7, #8, #9, #10, & #11 - Opposition team (White): #1, #2, #3, #4, #5, & #6. The White team of 6 attacks the counter goal, the Red team of 5 defend the counter goal. The White team scores 1 point every time they score in a counter goal. The Red team scores 5 points every time they score.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Communication - What does the Covering player/s say to the pressuring/delaying defender?
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? Why? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why?



### 3. EXPANDED ACTIVITY

Duration:	22	Intensity:	Med	Intervals:	2	Activity Time:	8	Recovery Time:	3
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#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with regular goals  
9v9 to Regular Goals - Target team formation: 1-2-3-3 (#1, #2, #3, #6, #7, #8, #9, #10 & #11) - Opposition team formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8, #9, & #10). Pay 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? 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? - Compactness: Where? When? Why?

<b>4. GAME</b>	<b>11v11</b>	Duration:	28	Intensity:	Med	Activity Time:	11	Intervals:	2	Recovery Time:	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