

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

Topic To improve the team's ability to defend zonally

### Objectives 5W's

To improve the ability of the defensive line and midfield line to work together to maintain a better balanced defensive shape and compact the field vertically and horizontally when the opponent has possession of the ball and is attacking  
 Who: #1, #2, #3, #4, #5, and #6, #8, #10 - What: Technique of: Defending, Tackling, Heading and Redirecting aerial balls - Principles of Play: Pressure, Delay, Cover, Balance, Compactness, Control and Restraint - Where: In the central and flank areas of the defensive half - When: The opponent is building up their attack - Why: To maintain a balanced and compacted defensive block to control the space in front and behind



### 1. WARM UP

Duration:	15	Intensity:	Med	Intervals:	3	Activity Time:	4	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players )

Area: 60Wx56L field with a Goal and Small Counter Goal  
 6v6 to Goal and a Small Counter Goal: Target team (Red): #1, #2, #3, #4, #5, #6.  
 Opposition team (White): #6, #7, #8, #9, #10, #11.  
 The White team will restart the game once the ball goes out of play. The Red team will not tackle to win possession just slide and shift their line, the Red team can only intercept passes to gain possession to score in the counter goal.

#### COACHING POINTS / KEY CONCEPTS

- What? Techniques: Angle of approach, Speed of approach, Body shape, Pressing distance, Angle of coverage, distance from pressing defender, Foot work, Head still and eyes on the ball
- Principles Of Defense: Pressure: Who? Where? When? - Cover: Who? Where? When? & Why? Balance: Who? Where? When? Why? - Move as a unit across the field: in response to the movement of the ball cover the space in front of center backs and track vertical runs



### 2. SMALL SIDED ACTIVITY

Duration:	18	Intensity:	Med	Intervals:	3	Activity Time:	5	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players )

Area: 75Wx70L field with a goal and a small counter goal  
 7v7 to 1 Goal and a Small Counter Goal: Target team (Red): #1, #2, #3, #4, #5, #6, #8.  
 Opposition team (White): #4, #6, #7, #8, #9, #10, #11.  
 the White team starts with the ball and tries to score on goal. When the Red team wins the ball they will try to score in the small counter goal. Offsides applied.

#### COACHING POINTS / KEY CONCEPTS

- What? Techniques: Angle of approach, Speed of approach, Body shape, Foot work, Pressing distance, Angle of coverage, distance from pressing defender, Heading, Redirecting the ball and Types of tackles: poke or block?
- Principles Of Defense: Pressure: Who? Where? When? - Delay: Who? Where? When? & Why? - Cover: Who? Where? When? & Why? - Balance: Who? Where? When? Why? - Compactness: Who? Where? When? Why?



### 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: 75Wx80L field with goals  
 8v9 to 2 Goals - Target team (Red) formation: 1-4-3 (#1, #2, #3, #4, #5, #6, #8, #10)  
 Opposition Team (White) formation: 1-2-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11).  
 Play to score in the opponent's 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? - Defensive Heading
- Principles of Defense - 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? and 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 1-4-3-4 Opponent plays 1-3-4-3

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