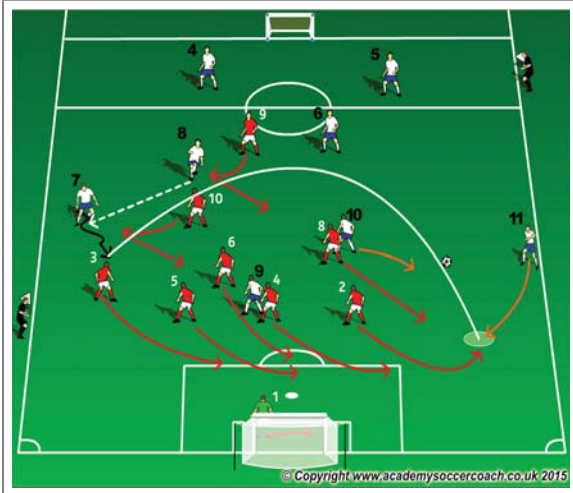
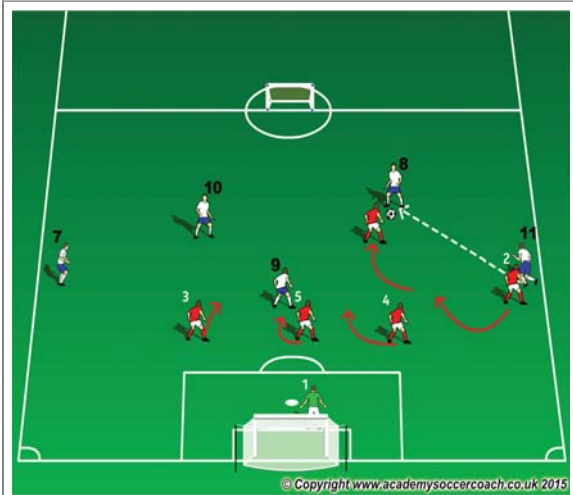
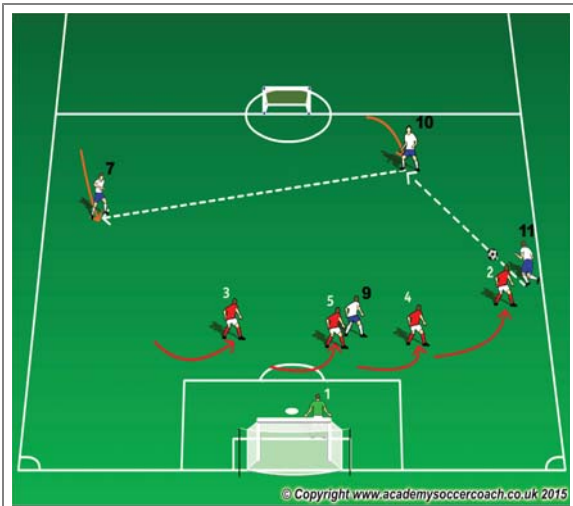


Season 2016 Team/Age Group U14/U16 Week _____

Topic Defending with a Back 4 in a 4-3-1 (9 v 9)

Objectives 5W's

To get the GK and the Back 4 to defend as a unit and to work collectively with the midfield line.
 WHO: #1, #2, #3, #4, & #5 with #6 #8, #10 - WHAT: Technique of Individual Defending, Tackling, Defending Heading, Pressure, Delay, Cover, Balance, Compactness, Control and Restraint - WHERE: In the central channels and flanks areas of the defending half - WHEN: The opponents is building up the attack in our middle and defending thirds - WHY: To maintain a better defensive shape and control the space behind and in front of our defensive block



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="2"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a regular goal and a counter goal
 5v4 to Goal and a Counter Goal - Target team (Red): #1, #2, #3, #4, #5 - Opposition team (White): #7, #9, #10 & #11. The defenders and goalkeeper work together to adjust positions to successfully defend the ball as it moves from one attacker to another. White team scores in regular goal. Target team scores within 2 passes on counter 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? Communication - What does the Covering player/s say to the pressuring/delaying defender?
- Principles of Defense - Pressure: Who? When? Why? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why?

2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="18"/>	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="5"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a regular goal and a counter goal
 6v5 to Goal and a Counter Goal - Target team (Red): #1, #2, #3, #4, #5 & #6 - Opposition team (White): #7, #8, #9, #10, #11. The Red team is trying to stop the white team from scoring. The White team goals are worth double if they penetrate through the defensive block with a dribble, combination or a split pass. Target team should try to score within 2 passes.

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 and Clearing. (Surface of Body and surface of the ball)
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why?

3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="26"/>	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="10"/>	Recovery Time: <input style="width: 40px;" type="text" value="3"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard field with regular goals
 9v8 to Regular Goals - Target team formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8, #9 & #10) - Opposition team formation: 1-2-3-3 (#4, #5, #6, #7, #8, #9, #10, #11). 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? - Defensive Heading and Clearing (Surface selection of body and ball)
- 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?

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 (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, Defending Principles, 5W's and Speed of play