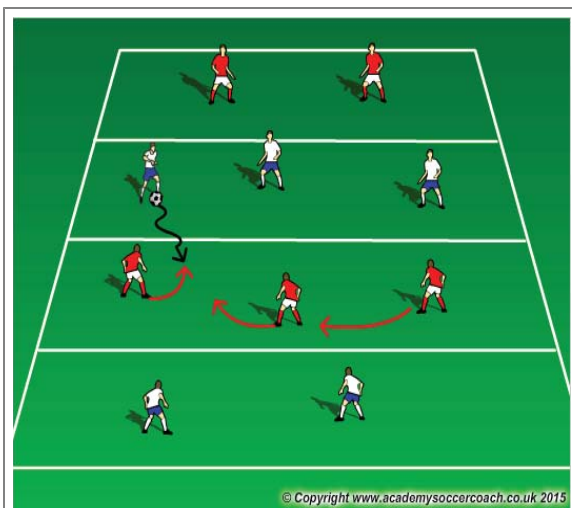


Season 2016 Team/Age Group U14/U16 Week _____

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

Objectives 5W's

To work together more effectively to regain possession of the ball in the defensive side of the field
WHO: #6, #8, #10 with #1, #2, #3, #4, #5 - **WHAT:** To recognize when to recover behind the ball, Individual defending, Tackling, Defensive Heading, recovery runs, Pressure, Delay, Cover, Balance, Compactness - **WHERE:** In the central channels and flanks areas of the defending half - **WHEN:** The opponent is building up the attack in the middle and defending thirds - **WHY:** To deny penetration and control the space behind and in front of the defensive block



1. WARM UP

| | | | | | | | | | |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|---|
| Duration: | 18 | Intensity: | Med | Intervals: | 3 | Activity Time: | 4 | Recovery Time: | 2 |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|---|

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 40Wx60L yard field
 4 Zone Defending - Divide the field into 4 zones of 15 yards each. Target team (Red): #6, #8, #10 in the Central Zone and #4/9, #5/10 in the End Zone - Opposition team (white): #6, #8, #10 in the Central Zone and #4/9, #5/10 in the End Zone.
 Score by passing through the midfield line successfully to the #9's or #10's.

COACHING POINTS / KEY CONCEPTS

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



2. SMALL SIDED ACTIVITY

| | | | | | | | | | |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|---|
| Duration: | 21 | Intensity: | Med | Intervals: | 3 | Activity Time: | 6 | Recovery Time: | 1 |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|---|

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 40Wx60L field with a halfway line and a goal on each end
 5v4 to Small Goals - Target Team (Red): #4, #5, #6, #8, #10 - Opposition team (White): #6, #8, #9, #10. Goals can only be scored in the attacking half.

COACHING POINTS / KEY CONCEPTS

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



3. EXPANDED ACTIVITY

| | | | | | | | | | |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|---|
| Duration: | 22 | Intensity: | Med | Intervals: | 2 | Activity Time: | 8 | Recovery Time: | 3 |
|-----------|----|------------|-----|------------|---|----------------|---|----------------|---|

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L field with a goal and a small counter goal
 8v6 to 1 Goal and a Small Counter goal - Target team (Red) formation: 1-4-3 (#1, #2, #3, #4, #5, #6, #8, #10) - Opposition team (White) formation: 3-3 (#6, #7, #8, #9, #10, #11).
 Play to score in the opponent's goal.

COACHING POINTS / KEY CONCEPTS

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

| | | | | | | | | | | | |
|----------------|--------------|-----------|----|------------|-----|----------------|----|------------|---|----------------|---|
| 4. GAME | 11v11 | Duration: | 28 | Intensity: | Med | Activity Time: | 11 | Intervals: | 2 | Recovery Time: | 3 |
|----------------|--------------|-----------|----|------------|-----|----------------|----|------------|---|----------------|---|

ORGANIZATION In a full field (75Wx112L) 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