

Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve Wide Play and Wing Services with Finishing in the Box.

Objectives 5W's

To improve the ability of wide players to recognize when there is space on the flanks to run into to maintain and join in the attack.
 WHO: #2, #3, #7, and #11 with #6, #8, #9, and #10 - WHAT: Passing, Receiving, Dribbling, Crossing, Width, Penetration, Support, Mobility - WHERE: In the flanks areas of the middle and attacking thirds
 - WHEN: We are in attacking shape in the attacking half. When there is space to attack behind the defense. - WHY: To penetrate the flanks areas and create scoring opportunities from crosses



1. WARM UP

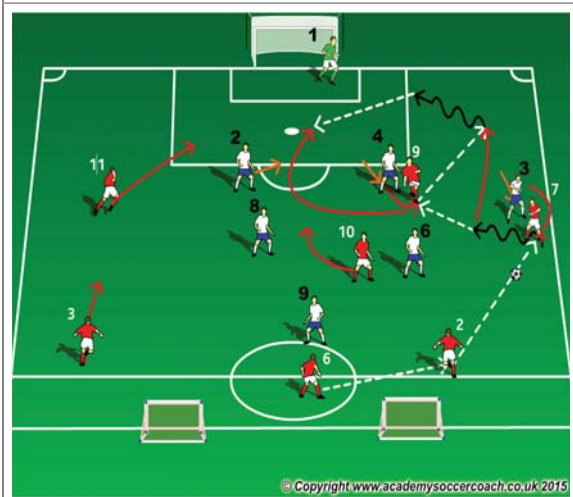
Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="5"/>	Activity Time: <input style="width: 40px;" type="text" value="2"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 15Wx40L yard grid in either flank to a goal
 3v1 + a #9 in the box to cross to a goal - Target team (Red): #2, #3, #6, #7, #8, #9, #10, and #11 - Opposition team (White): #2, #3. Players combine past #2 or #3 before crossing to #9 to finish. Work on Wall pass and Overlaps.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of the preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot, head and ball to score.



2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="20"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="4"/>	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: 75Wx60L yard field with a regular goal and 2 counter goals
 7v7 to a Regular Goal and 2 Counter Goals - Target team (Red): #2, #3, #6, #9, #10 and #11 - Opposition team (White): #1, #2, #3, #4, #6, #8, & #9. The Red team to score in the regular goal. The white team wins the ball then tries to score in any of the 2 counter goals.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of the preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot, head and ball to score
 • Principles of Attack Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: What? Where? When? Why? - Mobility: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? - Recognition of what type of cross to execute - Recognition on when to dribble and when to combine - Composure to finish



3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="25"/>	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="9"/>	Recovery Time: <input style="width: 40px;" type="text" value="3.5"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx80L yard field with regular goals at each end
 9v9 to Regular Goals - Target team formation: 1-2-3-3 (#1, #2, #3, #6, #7, #8, #9, #10 & #11) - Opposition team formation: 1-3-2-3 (#1, #2, #3, #4, #6, #7, #8, #9 & #11). Play a regular game, score in the opponent's goal.

COACHING POINTS / KEY CONCEPTS

• What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of the preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot and ball and Heading to score
 • Principles of Attack Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: What? Where? When? Why? - Mobility: Who? Where? When? Why? - Improvisation: What? Where? When? Why? - Recognition of what type of cross to execute - Recognition on when to dribble and when to combine - Composure to finish.

4. GAME	11v11	Duration: <input style="width: 40px;" type="text" value="30"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Activity Time: <input style="width: 40px;" type="text" value="12"/>	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, Opponent plays 1-4-3-3

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