



Season 2016 Team/Age Group 14/16 Week _____

Topic Improve your teams ability to create and finish scoring chances

Objectives 5W's

To get the strikers to become more mobile to create space for themselves and their teammates in and around the penalty area.
WHO: #7, #9, #10, and #11 with #2, #3, #6, and #8 - WHAT: Dribbling, Passing, Receiving, Shooting, Heading, Penetration, Support, Mobility, Width, and Improvisation - WHERE: In the attacking third - WHEN: Trying to penetrate to create scoring chances in and around the box - WHY: To increase our goal production and to improve strikers confidence in front of the goal



1. WARM UP

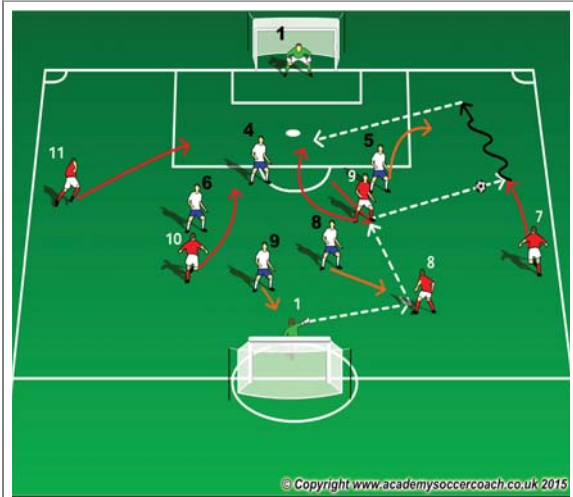
Duration:	16	Intensity:	High	Intervals:	16	Activity Time:	30 sec	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: In a 44W x 36L field with 2 regular goals at each end
3 v 0 to goal - Target Team (Red): #6, #7, #8, #9, #10, #11 - Opposition Team (White): #6, #7, #8, #9, #10, #11
The attackers must pass and combine starting in their defensive half ending with a finish on goal. After the scoring opportunity the next group enters the field to attack the goal at the far end of the field.
Players need to perform the following patterns: Wall Pass to Finish, Up Back and Finish, Through then Cross and Finish.

COACHING POINTS / KEY CONCEPTS

What? Techniques of:
Dribbling: To beat an opponent or running with the ball.
Passing: Accuracy and Pace.
Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch.
Types of Crosses: Driven, Lofted, Early or Late.
Finishing: Surface Selection of the foot, head and ball to score.
Principles of Attack: Support: Angles and Distance, Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Width: Who? Where? When? Why? - Recognize when and how to combine - Composure to finish.



2. SMALL SIDED ACTIVITY

Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	5	Recovery Time:	2
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a regular goal at each end
6v6 to Goal - Target team (Red): #1, #7, #8, #9, #10, #11 - Opposition team (White): #1, #4, #5, #6, #8, #9. Play a regular game, score in the opponent's goal.

COACHING POINTS / KEY CONCEPTS

What? Technique - Dribbling: To beat an opponent or running with the ball - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch - Types of Crosses: Driven, Lofted, Early or Late - Finishing: Surface Selection of the foot, head and ball to score.
Principles of Attack - Penetration: Who? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Width: Who? When? Where? Why? - Recognition of Combination Play Opportunity: When? Where? Why? - Recognition of what type of cross to execute: When? Where? Why? - Recognition on when to dribble and when to combine - Aggressive/selfish mentality - Composure to finish.



3. EXPANDED ACTIVITY

Duration:	24	Intensity:	Med	Intervals:	2	Activity Time:	9	Recovery Time:	3
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with a regular goal at each end
9v9 to Goal - 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). Play a regular game, score in the opponent's goal.

COACHING POINTS / KEY CONCEPTS

What? Technique - Dribbling: To beat an opponent or running with the ball - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch - Types of Crosses: Driven, Lofted, Early or Late - Finishing: Surface Selection of the foot, head and ball to score.
Principles of Attack - Penetration: Who? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Width: Who? When? Where? Why? - Improvisation: When? Where? Why? - Recognition of Combination Play Opportunity: When? Where? Why? - Recognition of what type of cross to execute: When? Where? Why? - Recognition on when to dribble and when to combine - Aggressive/selfish mentality - Composure to finish.

4. GAME	11v11	Duration:	30	Intensity:	Med	Activity Time:	12	Intervals:	2	Recovery Time:	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, Speed of play, Attacking Principles, 5W's and Psychology of finishing