

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

Topic To improve the team's ability to build up through the midfield

### Objectives 5W's

To penetrate through the middle third of the field into the attacking third  
 WHO: #2, #3, #4, #5, #6, #8, #10, #9 - WHAT: Passing, Receiving First touch, Turning and Body shape, Dribbling - Penetration (Pass, Dribble or Combination Play), Support, Mobility, Width, Speed of Play and Midfield Shape - WHERE: From the Midfield third central and flank areas into the attacking third - WHEN: In possession of the ball - WHY: To effectively penetrate into the attacking third



### 1. WARM UP

Duration:	18	Intensity:	High	Intervals:	6	Activity Time:	2	Recovery Time:	1
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#### ORGANIZATION - (Physical Environment / Equipment / Players )

Area: On a 75Wx 60L yard field divided into thirds with 6 small goals  
 5v5 to 6 Small Goals: - Target team (Red): #2, #3, #6, #8 and #10 - Opposition team (White): #6, #7, #8, #10, & #11. Each team is in possession if a ball. The Red and the White team are competing to see what team can score the most in the opponent's goals in 2 minutes. Teams can't score in the same goal. All players must touch the ball before their team scores. After a goal, each team must start from their own end.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace, Type of pass ( Short/Long) - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, Redirecting and turning the ball in one motion
- Principles of Attack - Penetration: Who, Where, When? Why? - Support: Angles and Distance, Where? When Why? - Mobility: Who? Where? When? Why?



### 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: On a 75Wx 60L yard field divided into thirds with 6 small goals  
 8v8 To Goal to 6 Goals - Target team (Red): #2, #3, #4, #5, #6, #8, #9, #10 - Opposition team (White): #4, #5, #6, #7, #8, #9, #10, #11. The Red team tries to score in any of the 3 goals before White can do the same. After a goal is scored, Red #4 or #5 restarts play.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace, Type of pass ( Short/Long) - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, Redirecting and turning the ball in one motion - Dribbling: Running with the ball and turning
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, In front and behind the ball, Who? Where? When? Why? - Width: Who? When? Why? - Recognition of Combination Play Opportunity



### 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: In a 75Wx80L yard field divided into thirds and with regular goals  
 9v10 to Regular Goals - Target team formation: 1-4-3-1 ((#1, #2, #3, #4, #6, #7, #8, #9, & #10)- Opposition team (White): 1-3-3-3 (#1, #2, #3, #4, #6, #7, #8, #9, #10 & #11). The Red team attack by building up through middle third of the field.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, Redirecting and turning the ball in one motion - Dribbling: Running with the ball and turning
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, In front and behind the ball, Who? Where? When? Why? - Width: Who? When? Why? Improvisation: Who? Where? When? Why? - Recognition of Combination Play Opportunity

<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 full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opposition plays 1-4-3-3

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