

Season 2016 Team/Age Group U14/U16 Week _____

Topic Defending with a Midfield 3

Objectives 5W's

To get the Midfield line to work collectively and in tandem with the Forward and Defensive lines
 WHO: #6, #8, #10 with #2, #3, 4, #5, #7, #9, #11 - WHAT: Technique of Individual Defending, Tackling, Pressure, Delay, Cover, Balance, Compactness, Control and Restraint - WHERE: In the central channels and flanks areas of the attacking, defending and middle thirds - WHEN: The opponents is building up the attack through the thirds of the field - WHY: To maintain a better defensive shape and defensive block.



1. WARM UP

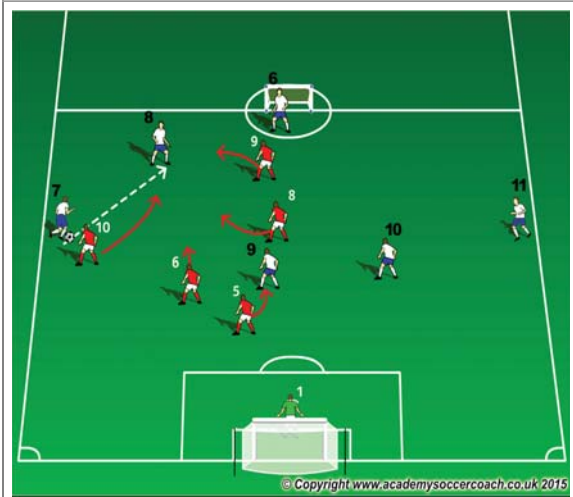
Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="5"/>	Activity Time: <input style="width: 40px;" type="text" value="2"/>	Recovery Time: <input style="width: 40px;"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

Area: n a 44Wx40L yard gird with a halfway line with a Goalkeeper in each end-line as a target
 5 v 3 + 2 GK's Transfer Boxes - Target team (Red): #4, #5, #6, #8, & #10 - Opposition team (White): #4, #5, #6, #8, & #10. Play 5 attackers (White) versus 3 defenders (Red) in 1 half. 2 defenders wait and defend the long pass in their own half. Attacking team tries to play the ball to the Goalkeeper outside the furthest box 1 point if successful. If the defenders win the ball they should play back to their 2 teammates rejoin them and try to hit the Goalkeeper in the furthest box.

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? (where to guide them and when to win the ball)
- 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="20"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="4"/>	Activity Time: <input style="width: 40px;" type="text" value="4"/>	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
 6v6 to Goal and a Counter Goal - Target team (Red): #1, #5, #6, #8, #9, #10 - Opposition team (White): #6, #7, #8, #9, #10, #11. Both teams are trying to score in the opponent's 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? - Defensive Heading and clearing.
- 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 area with regular goals
 9v9 to Regular goals - Target team formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8, #9, #10) - Opposition team formation: 1-1-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11). Play a regular game, score in the opponent's 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? - Defensive Heading and clearing.
- 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