

Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve the team's ability to build up from the defensive half

Objectives 5W's

To penetrate from the defensive half into the attacking half under control
 WHO: #1, #2, #4, #5, #3, #6 and #8 with #10, #7, #9, and #11 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility and Width - WHERE: In the defending half - WHEN: In Possession of the ball - WHY: To penetrate the opponent's forward and midfield lines into the attacking half



1. WARM UP

Duration: <input style="width: 40px;" type="text" value="15"/>	Intensity: <input style="width: 40px;" type="text" value="Low"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	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: 75Wx60L yard area with one goal and 2 dribbling gates
 5v0 to 2 Dribbling Gates: Target team (Red): #1, #2, #3, #4, #5. The target team GK plays the ball to one of the 4 red players. Those players must possess the ball out of the defensive half as a group moving forward to dribble through any of two the dribbling gates.
 After a while - Add a white #9 and #10 defenders for a 5v2 in the same space. If they win the ball they can attack the goal.

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 - Dribbling: Running with the ball
- Principles of Attack - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why?



2. SMALL SIDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="21"/>	Intensity: <input style="width: 40px;" type="text" value="Med"/>	Intervals: <input style="width: 40px;" type="text" value="3"/>	Activity Time: <input style="width: 40px;" type="text" value="6"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx60L yard area with one goal and 3 target players
 6v3 to 1 Goal and 3 targets - Target team (Red): #1, #2, #3, #4, #5 #6 - Target players: #7, #9, #11 - Opposition team (White): #7, #9, #11 - . The Red team plays against the White opponents and tries to score by passing the ball to any of its three targets. If the White opponents win the ball from the Red team they can go to goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Type, Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance - Dribbling: Running with the ball
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Width: Who? Where? When? Why? - Recognition of Combination Play Opportunity - When to pass long or short



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: 75Wx 60L yard area with one goal and 3 targets players
 7v5 to 1 Goal and 3 targets - Target team (Red) formation: 1-4-2 (#1, #2, #3, #4, #5, #6, #8) - Opposition team (White) formation: 2-3 (#7, #9, #10, #11) Red targets: #7, #9, #11. The Red team scores by passing the ball to any of their 3 targets. If the White team wins the ball they can attack the goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Passing: Type, Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance - Dribbling: Running with the ball
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Width: Who? Where? When? Why? - Recognition of Combination Play Opportunity - When to pass long or short

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 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