

Season 2016 Team/Age Group U14/U16 Week _____

Topic To improve the team's ability to defend against wide attacking play

Objectives 5W's

To prevent penetration in wide areas and/or crosses into dangerous areas in a 1-4-3-1 formation.
 WHO: #2, #3, #4, #5 and #6, #8, #10 - WHAT: Angle, Speed and Distance of Approach, Footwork and Body Shape, Pressure, Control and Restraint, Delay, Cover, Balance and Compactness - WHERE: In wide areas of the defensive third of the field- WHEN: When the opposition is attacking down either of the flanks with a numerical advantage or in a 1v1 situation - WHY: To deny penetration by dribbling or passing in wide areas and restrict crosses being played into dangerous areas.



1. WARM UP

Duration:	14	Intensity:	High	Intervals:	7	Activity Time:	1	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 25Wx40L yard grid with one small goal at each end
 3v3 to Small Goals - Target team (Red): #2, #4, #8 and #3, #5, #10 - Opposition team (White): #3, #10, #11, and #2, #7, #8. Play 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?
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why?



2. SMALL SIDED ACTIVITY

Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a goal and a small counter goal
 6v6 to 1 Goal and a Small Counter Goal - Target Team (Red): #1, #2, #3, #4, #5, #6 - Opposition team (White): #6, #7, #8, #9, #10, #11. The White team starts with the ball and tries to score in the goal. When Red wins the ball they score in the small counter goal. Offsides enforced.

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

Area: 75Wx70L yard field with a goal and a small counter goal
 8v9 to 1 Goal and a Small Counter Goal - Target team (Red) formation: 1-4-3 (#1, #2, #3, #4, #5, #6, #8, #10) - Opposition team (White): 1-2-3-3 (#2, #3, #4, #6, #7, #8, #9, #10, #11). Play to score in the opponent's goals

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
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why?

4. GAME	11v11	Duration:	30	Intensity:	Med	Activity Time:	12	Intervals:	2	Recovery Time:	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 1-3-4-3

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