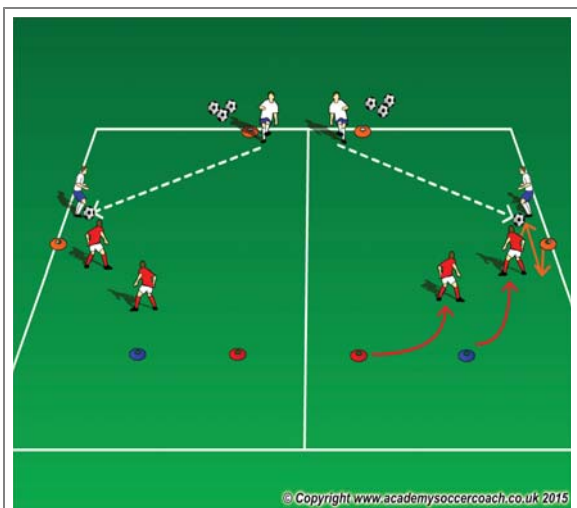


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

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

### Objectives 5W's

To defend more efficiently in the flanks  
 WHO: #1, #2, #3, #4, #5, #6 with #7, #8, #10 & #11 - WHAT: Technique of Individual Defending, Tackling, Defensive Heading, Pressure, Delay, Cover, Balance, Compactness, Control and Restraint and GK cutting crosses and organize defenders - WHERE: In the flanks areas of the defensive half and In and around the penalty box- WHEN: The ball is turned over to the opponent - WHY: To prevent the opponent from quickly playing forward towards our goal



### 1. WARM UP

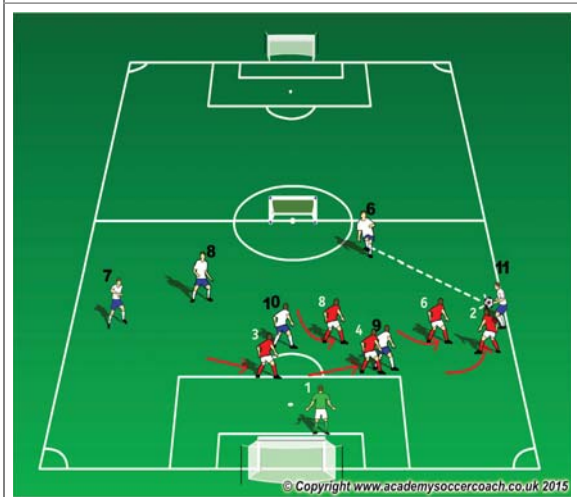
Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 10Wx20L yard grid  
 1v2 to end lines - Place the 2 defenders at the red and blue cones. Play 1v2 across end lines. Progress to 2v2

#### 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:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half of the field with a regular goal and small counter goal  
 6v6 to a Regular goal and Small Counter Goal - Target Team (Red): #1, #2, #3, #4, #6, & #8 - Opposition team (White): #6, #7, #8, #9, #10, #11. When the White team attacks down the flanks Red will try to shut it down

#### 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? - Balance: Who? Where? When? Why? - Compactness: Where? When? Why?



### 3. EXPANDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard field with 2 regular goals  
 7v7 to Regular goals - Target team formation: 1-4-2 (#1, #2, #3, #4, #5, #6, & #8) - Opposition team (white): 1-3-3 (#1, #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? - Control and Restraint: When? Where? Why?

**4. GAME** **11v11** Duration:  Intensity:  Activity Time:  Intervals:  Recovery Time:

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