

Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve your team's ability to recover the ball in the defensive half

Objectives 5W's

To work together more effectively in order to regain possession of the ball in our defensive side of the field
WHO: #1, #2, #3, #4 #5 #6 #8, #10 with #7, #9, & #11 - **WHAT:** Technique of Individual Defending, Tackling, Defensive Heading, recovery runs, Pressure, Delay, Cover, Balance, Compactness Control and Restraint - **WHERE:** In the central channels and flanks areas of the defensive half - **WHEN:** The opponent is building up the attack and the defense can't win it back immediately - **WHY:** To delay the opponents long enough to get more players behind the ball and in front of their goal



1. WARM UP

Duration: <input style="width: 40px;" type="text" value="18"/>	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="4"/>	Recovery Time: <input style="width: 40px;" type="text" value="2"/>
--	--	--	--	--

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 30Wx40L yard grid with 1 small goal at each end
 4v4 to 2 Small Goals - Target team (Red): #6, #8, #9, #10 - Opposition team (White): #7, #8, #9 #11. As soon as the Red team loses the possession of the ball in the attacking half they must drop behind the midfield line create a defensive block to regain the ball.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Recovery Runs, Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Communication - What does the Covering players TELL to the pressuring/delaying defender?
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Control & Restraint: Who?, Where? When? Why? - Compactness: 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"/>
--	--	--	--	--

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard field with a regulation goal at each end
 7v7 to Goal - Target Team (Red): #1, #2, #3, #4, #6, #8, #10 - Opposition team (White): #1, #6, #7, #8, #9, #10, #11. Both teams are trying to score in their opponent's goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Recovery Runs, Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Communication - What does the Covering players TELL the pressuring/delaying defender?
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? - Cover: Who?, Where? When? Why? - Control & Restraint: Who? Where? When? Why? - Compactness: Where? When? Why? - Balance: Who? and Why?



3. EXPANDED ACTIVITY

Duration: <input style="width: 40px;" type="text" value="24"/>	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="9"/>	Recovery Time: <input style="width: 40px;" type="text" value="3"/>
--	--	--	--	--

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx94L yard field with a regulation goal at each end
 9v9 to Goal - Target team (Red) formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8, #9, #10)
 Opposition team (White) formation: 1-2-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11).
 Play to score in the opponent's goal

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Recovery runs, Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Defensive Heading Communication - What does the covering players TELL the pressuring/delaying defender?
- 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 & Restraint: When? and Why?

4. GAME	11v11	Duration: <input style="width: 40px;" type="text" value="26"/>	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="2"/>
----------------	--------------	--	--	---	--	--

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