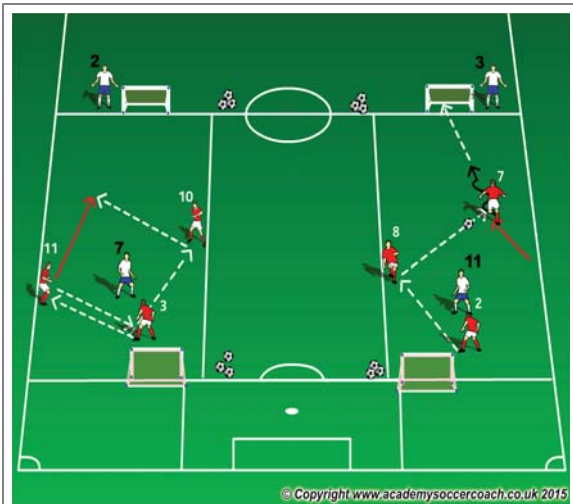


Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve the team's ability to create build up using wide players

Objectives 5W's

To maintain possession and build up in the flanks using wide players
 WHO: #2, #3, #7, #11 with #6, #8, #9, and #10 - WHAT: Passing, Receiving, Dribbling, Width, Penetration, Support, Mobility - WHERE: In the flank areas of the field - WHEN: Opponents are compacted centrally, and there is a numerical advantage in the flanks during the build up phase - WHY: To penetrate through the flanks, to relieve pressure when playing in the middle of the field and to pull the defenders out of the middle of the field



1. WARM UP

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

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 15Wx40L grid on the flanks with a small goal at each end
 3v1 to 2 Small Goals - Target team (Red): #2, #8, #7 and #3, #10, #11 - Opposition team (White): #7, #11 and #2 and #3. Players combine before scoring. Switch the defenders after scoring. Introduce the Wall pass and Overlaps. Progress to 3v2's

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
- Principles of Attack - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Penetration: Where, When? Why?



2. SMALL SIDED ACTIVITY

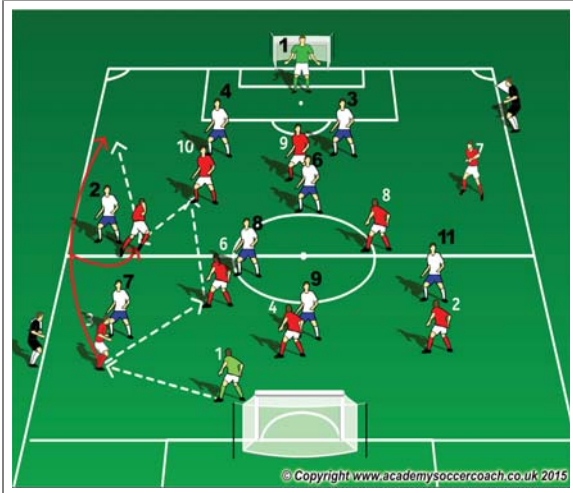
Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard field with a half line and 2 small goals at each end
 7v7 to 4 Small Goals - Target team (Red): #2, #3, #6, #7, #8, #10 #11 - Opposition team (White): #2, #3, #6, #7, #8, #9 #11. Play to score in any of the opponent's two goals.

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: Beating an opponent and 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



3. EXPANDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with a goal at each end
 10v9 to 2 Goals - Target team (Red) formation: 1-3-3-3 (#1, #2, #3, #4, #6, #7, #9, #10 & #11) - Opposition team (White) formation: 1-3-2-3 (#1, #2, #3, #4, #6, #7, #8, #9 & #11). The red team uses their flank players to build up the attack to get forward to score.

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: Beating an opponent and 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 - Improvisation: Who? Where? When? 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 1-4-3-3

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