

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: From the defending half into the attacking half - WHEN: Once the #1, 4 & 5 have won possession of the ball and can clearly play forward - WHY: To keep possession of the ball so the team can get numbers into the attack



1. WARM UP

Duration: <input style="width: 40px;" type="text" value="15"/>	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="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx70L yard area with one goal and 2 dribbling gates
 8v0 to 2 Dribbling Gates: Target team (Red): #1, #2, #3, #4,#5, #6, #8, #10. Create patterns which start from the GK and build through the defensive line and midfield line to build the ball up through midfield.

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: 75Wx70L yard area with one goal and 2 dribbling gates
 8v5 to a Goal and 2 Dribbling Gates - Target team (Red): #1, #2, #3, #4,#5, #6, #8, #10. Opposition Team (White): #7, #8, #9, #10, #11. The red team plays against the white opponents to try to score by dribbling the ball through any of the two gates. If the 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: 3/4 quarters of a field with 2 goals
 9v8 to 2 Goals- Target team (Red) formation: 1-4-3-1 (#1, #2, #3, #4,#5, #6, #8, #9, #10). Opposition team (White) formation: 1-1-3-3 (#1, #4, #6, #7, #8, #9, #10, #11). Score in the opponent's goals.

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