

Season 2016 Team/Age Group U14/U16 Week _____

Topic Improve Wide Play and Wing Services with Finishing in the Box.

Objectives 5W's

To improve the ability of flank players to recognize and exploit the space in the flanks to create scoring opportunities
 WHO: #2, #3, #7, and #11 with #6, #8, #9, and #10 - WHAT: Passing, Receiving, Dribbling, Crossing, Finishing, Penetration, Support, Mobility, Width, and Improvisation. WHERE: In the flank areas of the middle and attacking thirds - WHEN: There is space to attack behind the defense, We are in the build up phase in the attacking half - WHY: To penetrate down the flanks to create scoring opportunities from crosses.



1. WARM UP

Duration:	14	Intensity:	Med	Intervals:	9	Activity Time:	1	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: In a 15W x 60L grid in each flank
 3v0 Combinations on the Flanks to Goal - Target team (Red) #2, #3, #6, #7, #8, #9, #10 and #11. The groups in the diagram will execute the patterns below:

Patterns

1. Wall pass - #3 passes to #10 back to #3 then a cross to #9.
2. Overlap - #2 passes to #7, #7 passes to #10, #10 to #2 then a cross to #9.

Variation: Which side can score the most 1 touch finishes in 1 minute.

COACHING POINTS / KEY CONCEPTS

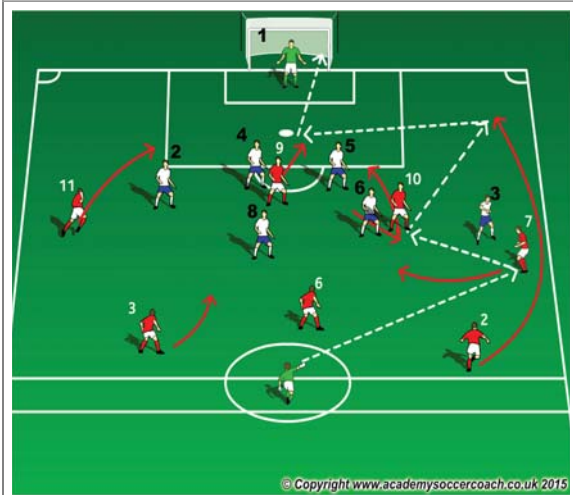
What? Techniques of:

Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or late.

Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance, preparation touch.

Dribbling: To beat and opponent, Running with the ball.

Finishing: Surface Selection of the foot, head and ball to score.



2. SMALL SIDED ACTIVITY

Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	7	Recovery Time:	2
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half field with a regular goal and a target GK
 6v7 to a Regular Goal and Target GK - Target Team (Red): #2, #3, #6, #7, #9, #10 and #11 - Opposition team (White): #1, #2, #3, #4, #5, #6 and #8. The Red team scores in the regular goal. The opposing team must quickly play into the hands of the target GK in the Center Circle.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch - Dribbling to beat an opponent, Running with the ball - Finishing: Surface Selection of the foot, head and ball to score.

Principles of Attack Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? - Recognition of what type of cross to execute - Recognition on when to dribble and when to combine - Composure to finish



3. EXPANDED ACTIVITY

Duration:	25	Intensity:	Med	Intervals:	2	Activity Time:	9	Recovery Time:	3.5
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx80L yard field with 2 regular goals at each end
 9v9 to Regular Goals - Target team formation: 1-3-2-3 (#1, #2, #3, #4, #6, #7, #9, #10 & #11) - Opposition team formation: 1-4-3-1 (#1, #2, #3, #4, #5, #6, #8, #9 & #10). Play a regular game, score in the opponent's goal.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing: Accuracy and Pace - Types of Crosses: Driven, Lofted, Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of preparation touch - Dribbling to beat an opponent and Running with the ball - Finishing: Surface Selection of the foot, head and ball to score.

Principles of Attack Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Improvisation: Who? Where? When? Why? - Recognition of what type of cross to execute - Recognition on when to dribble and when to combine - Composure to finish.

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 1-4-3-3

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