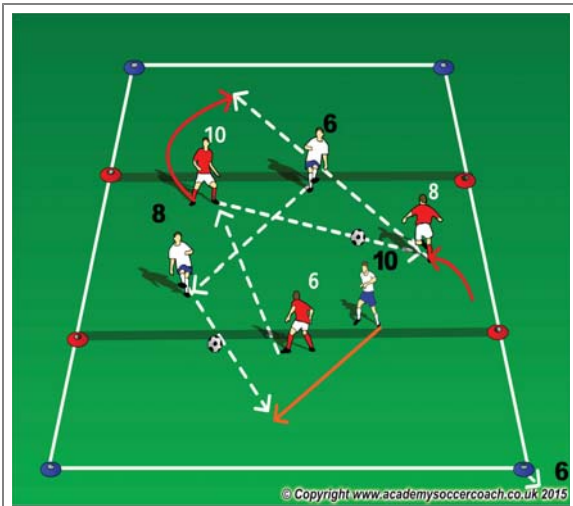


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

Topic To improve the team's ability to build up through the midfield

### Objectives 5W's

To penetrate through the middle third of the field into the attacking third under control  
 WHO: #4, #5, #6, #8, #9, #10 with #2, #3, #7, #11 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility - WHERE: End of the defending third through the middle third into the attacking third - WHEN: In the build up phase in the defending third and with numerical superiority in the middle third - WHY: To achieve effective penetration into the attacking third and to assist in creating goal scoring opportunities.



### 1. WARM UP

Duration: <input style="width: 40px;" type="text" value="16"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="4"/>	Activity Time: <input style="width: 40px;" type="text" value="3"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: On a 40Wx 30L yard field divided into thirds  
 Passing and Moving in Threes - Target team (Red) and Opposition team (White). One player from each team in each third. Create passing sequences that always involve the player in the middle third as diagram.  
 Sequences: Back to middle to front, Up - Back and Through. Variations: Wall pass, Split passes in the middle third

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, Redirecting and turning the ball in one motion
- Principles of Attack - Mobility: Who? Where? When? Why? - Penetration: Who, Where, When? Why? - Support: Angles and Distance,



### 2. SMALL SIDED ACTIVITY

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="5"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: On a 40Wx60L yard field divided into thirds  
 4v4 to 4 Goals - Target team (Red): #6, #8, #9, #10 - Opposition team (White): #6, #8, #9, #10 The red team plays to build up their attack going through the middle third before scoring in any of the opponents 2 goals. If the white team gains possession from the red team they can go to goal.

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, Redirecting and turning the ball in one motion - Dribbling: Running with the ball and turning
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, In front and behind the ball, Who? Where? When? Why? Who? Where? When? Why?- Recognition of Combination Play Opportunity - When to dribble when to pass - Attacking shape



### 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: From top of the box to top of the box with regular goals divided into thirds  
 7v6 to Regular Goals - Target team (Red) formation: 1-2-3-1 (#1, #4, #5, #6, #8, #9, #10) - Opposition team (White) formation: 1-2-2-3 (#1, #4, #5, #6, #10, & #9). The Red team attacks by building up through middle third of the field.

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, Redirecting and turning the ball in one motion - Dribbling: Running with the ball and turning
- Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, In front and behind the ball, Who? Where? When? Why? Who? Where? When? Why?- Recognition of Combination Play Opportunity - When to dribble when to pass

<b>4. GAME</b>	<b>11v11</b>	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