

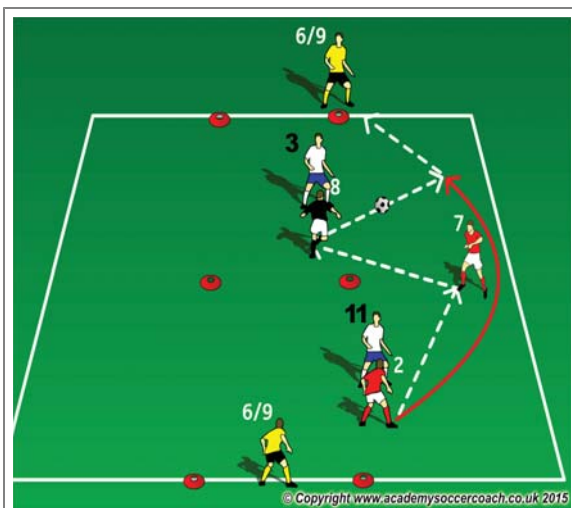


Season 2016 Team/Age Group U14/U16 Week _____

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 flanks areas of the field - WHEN: Opponents are compacted centrally, and we have numerical advantage in the flanks during the build phase - WHY: To relieve pressure when playing in the middle of the field and pull the defenders out



1. WARM UP

Duration:	15	Intensity:	Med	Intervals:	3	Activity Time:	4	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 45Wx20L yard grid divided into 3 lanes
2v2 + 1 to Targets - Target team (Red): #2, #7 - Opposition team (White) #3, #11 - Neutral: #8. The teams of 2 and the Neutral player try to score by playing to a target. Before playing the ball to a target, the attacking team must play through an outer 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 - Dribbling
- Principles of Attack - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Penetration: Who, Where, When? Why?



2. SMALL SIDED ACTIVITY

Duration:	21	Intensity:	Med	Intervals:	3	Activity Time:	6	Recovery Time:	1
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx65L yard field with 2 goals at each end
7v7 to 2 Goals - Target team (Red): #1, #2, #3, #6, #7, #10 & #11 - Opposition team (White): #1, #2, #3, #4, #7, #8, & #11. The red team plays to build up their attack in either flank before scoring. If the white team regains possession 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 - 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 - When to pass long or short



3. EXPANDED ACTIVITY

Duration:	26	Intensity:	Med	Intervals:	2	Activity Time:	10	Recovery Time:	3
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx80L yard field with 2 goals at each end
8v8 to 2 Goals - Target team (Red) formation: 1-2-3-2 (#1, #2, #3, #7, #8, #9, #10 & #11) - Opposition team (White) formation: 1-2-4-1 (#1, #2, #3, #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 - When to pass long or short

4. GAME	11v11	Duration:	28	Intensity:	Med	Activity Time:	11	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 Combo play