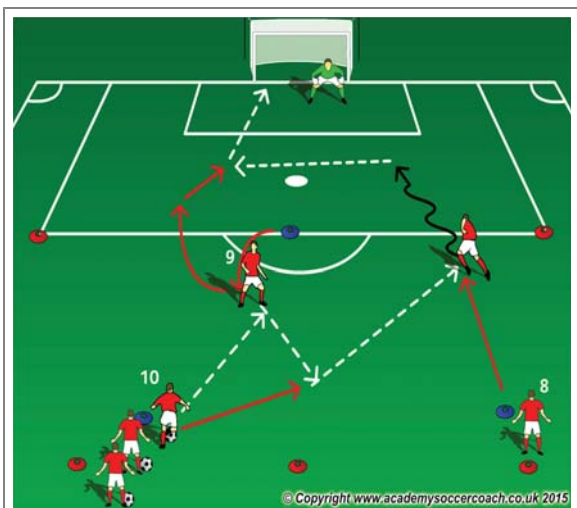


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

Topic Improve the team's ability to create scoring chances from central positions

### Objectives 5W's

To create better opportunities to score using wide services  
 WHO: #6, #8, #9, and #10 with #2, #3, #4, #5, #7, and #11 - WHAT: Finishing (Shooting and Heading), Passing, Receiving, Dribbling, Mobility, Support, Penetration, and Improvisation - WHERE: In the middle and attacking thirds central channel - WHEN: The opponent's defense is unbalance and we have a shooting window - WHY: To increase our goal production and to improve strikers confidence in front of the goal



### 1. WARM UP

Duration:	15	Intensity:	Med	Intervals:	6	Activity Time:	2	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players )

Area: 44Wx40L yard grid with one regulation goal  
 Three players with the ball start in the space outside the penalty area (40 yards from goal) and will perform 1 of the 3 scoring patterns listed below.  
 Scoring Patterns: Up(1), back(2) and through(3), a wall pass, or 2-3 player combinations. Rotate player positioning and reload the pattern. (since you are rotating the players, the numbers are not relevant in the warm up.

COACHING POINTS / KEY CONCEPTS

What? Technical: Passing - Pace and Accuracy, Receiving - keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare a shot, Shooting - keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non kicking foot, angle of approach, follow through after the strike.



### 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: 44Wx40L yard field with one regulation goal and 2 Targets  
 4v4 to Goals and 2 Targets - Target team (Red): #6, #8, #9, #10, - Opposition team (White): #1, #2, #3, #4, #6. Yellow players are the targets - The Red team scores in the regulation goal. The White team scores by passing to any of the two target players.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing: Pace and Accuracy - Receiving: Keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot, Shooting: Keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal early then focus on the ball, position of the non kicking foot, angle of approach, follow through after the strike - Dribbling and Running with the ball

- Principles of Attack - Penetration: Who? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Recognition of Combination Play Opportunity: When? Where? Why? - Composure to finish.



### 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: 75Wx56L yard field with a regulation goal at each end  
 8v8 to Goal - Target team (Red) formation: 1-1-3-3 (#1, #4, #6, #7, #8, #9, #10, #11) - Opposition team (White) formation: 1-4-2-1 (#1, #2, #3, #4, #5, #6, #9, #10). Play a regular game with all FIFA laws.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing: Pace and Accuracy - Receiving: Keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot, Shooting: Keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal early then focus on the ball, position of the non kicking foot, angle of approach, follow through after striking the ball - Dribbling and Running with the ball - Heading to goal

- Principles of Attack - Penetration: Who? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Recognition of Combination Play Opportunity: When? Where? Why? - Composure to finish.

<b>4. GAME</b>	<b>11v11</b>	Duration:	28	Intensity:	Med	Activity Time:	11	Intervals:	2	Recovery Time:	3
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ORGANIZATION In a full field play (75Wx112L) 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opponent plays 1-4-3-3

COACHING POINTS / KEY CONCEPTS Technical Execution, Speed of Play, Attacking Principles, 5W's and Psychology of finishing