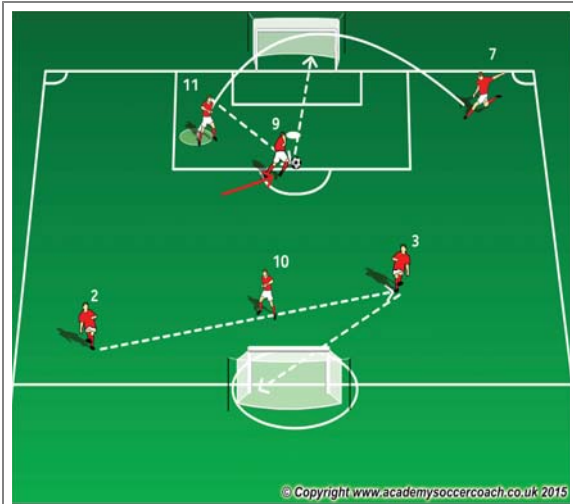


Season 2016 Team/Age Group U14/U16 Week \_\_\_\_\_

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

### Objectives 5W's

To create better opportunities to score using services from the outside defenders and wingers  
 WHO: #2, #3, #7, #9, #10, and #11 with #6, and #8 - WHAT: Technique and types of aerial services, Passing, Receiving, Dribbling, Heading, Finishing, Mobility, Width, Penetration, Support and Improvisation -  
 WHERE: In the flanks and middle channels of the attacking half and the penalty box - WHEN: The opponent is compacted in the defending third, after changing the point of attack, when there are numbers up in the box or in the flank - WHY: Because opponents are compacted centrally in the defending third and our #10 and #9 have better heading skills than the opponents #4 & #5



### 1. WARM UP

Duration: <input style="width: 40px;" type="text" value="14"/>	Intensity: <input style="width: 40px;" type="text" value="High"/>	Intervals: <input style="width: 40px;" type="text" value="7"/>	Activity Time: <input style="width: 40px;" type="text" value="1"/>	Recovery Time: <input style="width: 40px;" type="text" value="1"/>
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ORGANIZATION - (Physical Environment / Equipment / Players)

Area: Half a field with two goals  
 Crossing and Scoring competition - Group1: #7, #9, #11 - Group 2: #2, #3, #10  
 The 2 Groups have 1 minute to combine and score from a cross in each 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, preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot and ball and Heading to score



### 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: 75Wx60L yard field with one regular goal and an end zone with 3 small counter goals  
 7v7 to Goal and End zone w/3 Counter Goals - Target team (Red): #2, #3, #6, #7, #9, #10, #11  
 Opposition team (White): #1, #2, #3, #4, #6, #8, #9. The Red team scores in the regular goal.  
 White team must be in the end zone to score in 1 of the 3 counter goals.

#### 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, preparation touch - Dribbling and Running with the ball - Finishing: Surface Selection of the foot and ball and Heading to score  
 • Principles of Attack - Mobility: Who? Where? When? Why? - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: 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: <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: 75Wx80L yard field with two goals  
 10v9 to 2 Goals - Target team (Red) formation: 1-3-3-3 (#1, #2, #3, #4, #5, #7, #8, #9, #10, #11) -  
 Opposition team (White) formation: 1-4-2-2 (#1, #2, #3, #4, #5, #6, #8, #9, #10).  
 Play a regular game.

\*\*\*\*White GK #1\*\*\*\*

#### 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, preparation touch - Dribbling to beat an opponent and Running with the ball - Finishing: Surface Selection of the foot and ball and Heading to score  
 • Principles of Attack - Mobility: Who? Where? When? Why? - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Penetration: 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.

<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 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, Speed of play, Attacking Principles, 5W's and Psychology of finishing