Interactive Session Plan ™

Season: 2016
Team/Age Group: U14/U16
Week: 

Topic: Improve your team's ability to defend against the counter attack

Objectives 5W's

To apply immediate pressure on the ball to eliminate the counter attack

WHO: #4, #5, #6, #7, #8, #9, #10 & #11 with #1, #2, & #3 - WHAT: Technique of Individual Defending, Tackling, Defending Heading, recovery runs, Pressure, Delay, Cover, Balance, Compactness control and Restraint - WHERE: In the central channels and flanks areas of the field - WHEN: The ball is turned over to the opponent - WHY: To prevent the opponent to quickly play forward towards our goal

1. WARM UP

Duration: 15
Intensity: High
Intervals: 6
Activity Time: 2
Recovery Time: 30

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 25Wx40L grid with 1 small goal at each end
3v3 to Goal - Target team (Red) - Opposition team (White); both teams play to goal. When the White team win the ball, they will try to score before the Red team has all its players behind the center line
Scoring:
- 100 pts. if the White team gets into the attacking half quickly and score before all the Red players get behind the center line.
- 1 pt. for all other goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recovery Run in line with the goal

2. SMALL SIDED ACTIVITY

Duration: 18
Intensity: High
Intervals: 3
Activity Time: 4
Recovery Time: 2

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx84L field with a regulation goal at each end
7v7 to Goal - Target team (Red): #1, #6, #7, #8, #9, #10, #11 - Opposition team: (White) #1, #2, #3, #4, #8, #9, #10. The White team will try to counter the red team.
Scoring:
- 100 pts. for any goal scored within 10 seconds after a change of possession and 1 point for all other goal.

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recovery Run in line with the goal

3. EXPANDED ACTIVITY

Duration: 25
Intensity: Med
Intervals: 2
Activity Time: 9
Recovery Time: 3.5

ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 75Wx94L field with a regulation goal at each end
9v9 - Target team (Red) formation: 1-2-3-3 (#1, #4, #5, #6, #7, #8, #9, #10) - Opposition team (White) formation: 1-3-2-3 (#1, #2, #3, #4, #7, #8, #9, #10). Play to score in the opponent's goal

COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recovery Run in line with the goal - Defensive Heading

4. GAME

Duration: 30
Intensity: Med
Activity Time: 12
Intervals: 2
Recovery Time: 3

ORGANIZATION

11v11 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, Defending Principles, 5W's and Speed of Play