



# Interactive Session Plan™

Season 2016 Team/Age Group 14/16 Week \_\_\_\_\_

Topic Transition from Attack to Defense

## Objectives 5W's

To get behind the ball as quickly as possible to deny penetration  
 WHO: #11, #9, #7, #10, #8, #6, #4 and #5 - WHAT: Immediate pressure, angle of approach, where and how fast to recover, tackle vs delay, Cover, Balance, Compactness, Concentration and Restraint -  
 WHERE: In Central channels and flank areas of the attacking and defending halves - WHEN: Immediately after the loss of possession - WHY: To prevent opponents from playing forward, apply defensive pressure and to deny width in the attack



### 1. WARM UP

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: In a 30Wx35L yard field with a small goal on each end line  
 3v3 to Small Goals - Target team (Red): #10, #8, #6 - Opposition team (White): #10, #8, #6. When a team loses possession they must try to get behind the ball before the attacking team scores. 100 pts. to the attacking team if they score before all the defending players get behind the ball.

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Speed of Approach/Recovery, Angle of Approach/Recovery, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block? Recognition of the Loss of Possession - Transition Moment \*\*\*\*\*isn't this a TACTIC\*\*\*\*
- Principles of Defense - Pressure: Who? When? Where? Why? - Delay: When? Where? Why? Cover: Who? Where? When? Why?



### 2. SMALL SIDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: From the top of one penalty area to top of the other penalty area with a goal at each end  
 7v7 to 2 Goals: - Target team (Red): #1, #6, #7, #8, #9, #10, #11 - Opposition team (White): #1, #6, #7, #8, #9, #10, #11. The target red team will get back after losing possession of the ball and try to stop the white team's penetration

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed and Distance of Approach/Recovery, Footwork, Body Shape and Types of Tackles - Poke or Block? - Recognition of the Loss of Possession
- Principles of Defense - Pressure: Who? When? Where? Why? - Delay: When? Where? Why? Cover: Who? Where? When? Why? - Compactness: Where? When? Why?



### 3. EXPANDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

#### ORGANIZATION - (Physical Environment / Equipment / Players)

Area: 3/4 of a field with a goal at each end  
 9v9 to 2 Goals - Target team (Red) formation: 1-1-3-3 (#1, #4, #5, #6, #7, #8, #9, #10, #11) - Opposition team (White) formation: 1-2-3-2 (#1, #4, #5, #6, #7, #8, #9, #10, #11). The red team will get back after losing possession of the ball and try to stop the white team's penetration

#### COACHING POINTS / KEY CONCEPTS

- What? Technique - Angle, Speed, Distance of Approach/Recovery, Footwork and Body Shape. Types of Tackles - Poke or Block? - Recognition of the moment of transition
- Principles of Defense - Pressure: Who? When? Why? - Delay: When? Where? Why? - Cover: Who? Where? When? Why? - Balance: Who? Where? When? - Compactness: Where? When? Why?

4. GAME **11v11** Duration:  Intensity:  Activity Time:  Intervals:  Recovery Time:

ORGANIZATION In a full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opponent plays 1-3-4-3

COACHING POINTS / KEY CONCEPTS Technical execution, Defending Principles, 5W's and Speed of play