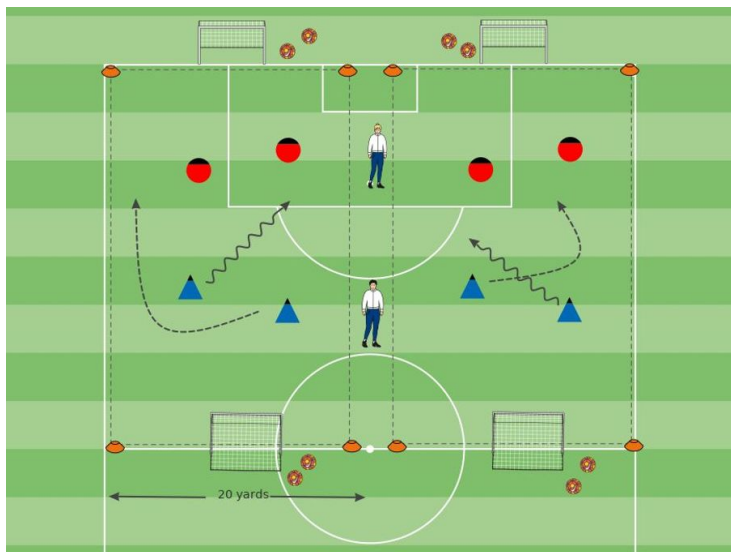



TRAINING SESSION

1st PLAY PHASE: Intentional Free Play



 **Combination Play**
Ball Control
Dribbling
Passing and Receiving
Shooting

 **U9 to U19**

 **2 to 2 Players**



 **Intensity: 6**

 **20:00 min**
(0 x 00:00 min, 00:00 min rest)

Objective

To pass or dribble forwards and score goals

Description

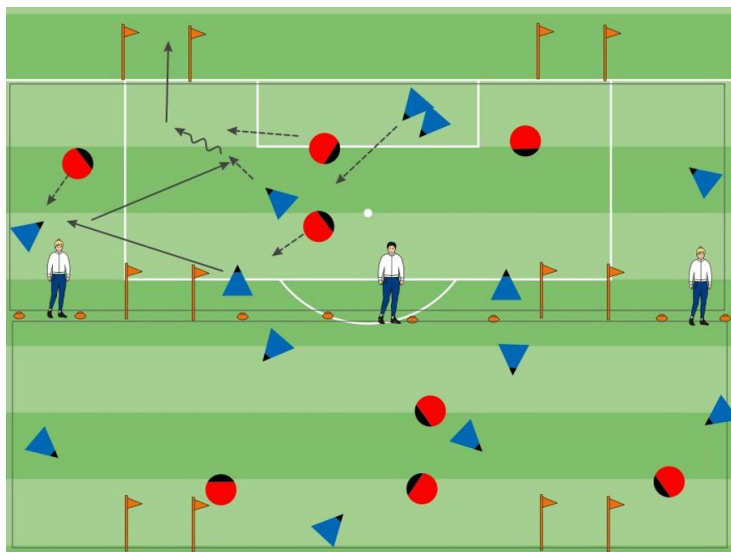
Mark out two 32x20-yard fields, each with two mini goals. Play 2v2 or 3v3. Free Play, kick-ins.

Key Points

Guided Questions: How can you find an opening? What can you do if you see an opening? Ask questions to players to discover the answers and playing intelligence

TRAINING SESSION

PRACTICE (Core Activity): 6 v 4 on two goals each



Objective


Create 2v1 and 1v1 in order to beat defenders and score goals.

Description

Mark out fields with four goals. Play 6v4 in favor of blue team. Blue team attempts to score in the two goals by either dribbling or passing on the ground. Defending team tries to score on the ground in the other two goals. Blue starts with the ball following a goal. Use Kick-ins to restart play. Play 3 min reps for 20 minutes. Rotate players.

Key Points

Take him/her on, support, switch it. Where is the best chance to score? Why? How can you help the player with the ball

 **Dribbling**
Ball Control
Combination Play
Defending Principles
Passing and Receiving
Switching Play

 **U9 to Senior**

 **6 to 4 Players**

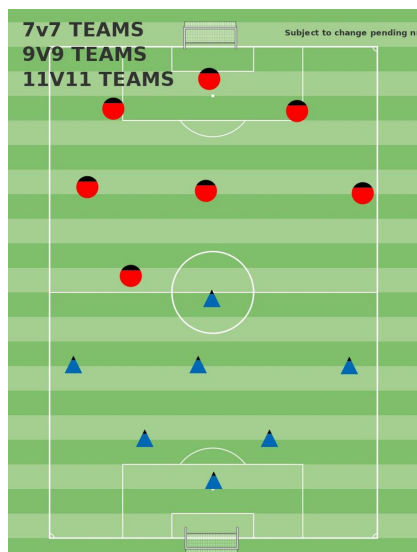


 **Intensity: 8**

 **24:00 min**
(4 x 06:00 min, 00:00 min rest)

TRAINING SESSION

2nd PLAY PHASE: The Game



Objective


Create 1v1 and 2v1 in order to beat defenders and score goals

Description

7v7 Game - 9v9 Game - 11v11 Game

Key Points

1. How can you beat the defender 1v1?
2. How can you beat the defender 2v1?
3. Where is the best chance to score?
4. Why?
5. How can you help the player with the ball?

 **Playing out from the back**
1v1 Defending
Basic Motor Skills
Dribbling
Finishing Final Third
Individual attacking
Running with the Ball
Shooting

 **U9 to Senior**

 **to Players**



 **Intensity:**

 **24:00 min**
(2 x 12:00 min, 00:00 min rest)