

OBJECTIVES, TRAINING MEANS AND SESSION TO IMPROVE SKILLS IN 14-15 YEAR OLD PLAYERS

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With the characteristics of the young players this age in mind, we will develop a specific program adapted to the reality of this stage with main objectives for improvement.



1.1. Conditional Dimension:

- Improving specific psychomotor skills and coordination abilities: special dynamics, eye-foot, eye-hand and space-temporal.
- Developing fast strength specific to football.
- Improving endurance specifically for competition.
- Improving reaction speed and moving over short and medium distances.

1.2 Technical Dimension:

- Improving individual technical offence actions: running with ball, feinting, dribbling, oriented control and shots at medium to long distances.
- Improving collective technical offence actions: oriented control; short, medium and long passes.
- Improving individual technical defence actions: going in, charging, anticipating and interception.

1.3 Tactical Dimension:

- Improving cognitive abilities: perception, decision-making and execution.
- Improving individual offence decision-making with the ball: moving forward individually, teaming up and moving or finishing offensive actions.
- Improving individual offence decision-making without the ball: moving to open up pass-through lines within reach of the player with the ball (support or running to and away from ball to get open for a pass), widening the game space or maintaining balance.
- Improving individual defence decision-making against the player with the ball: delay the progression of the attacker with the ball or steal the ball.
- Improving defence decision-making against attacker with no ball: oriented marking.



- Improving collective defence decision-making against player with ball: provide defensive switching and coverage to the teammate facing the player with the ball, permuting in case of another player moving past him, watching for spaces, sliding to the sides keeping the shape of the line.
- Mastering tactical offence and defence organisation in situations of: attack, defence, offensive and defensive transitions.
- Mastering of the roles and responsibilities of offensive and defensive game system and its variants: 1-4-3-3.
- Mastering the diverse tactical schemes with different applications: playing against high, medium or low pressure; playing with favourable result or against, playing while outnumbered or outnumbering in matches.

1.4 Psychological Dimension

Improving attention, concentration, responsibility, confidence, aggressiveness, solidarity and integration of team play.

2. TRAINING MEANS

2.1. TECHNICAL-TACTICAL ROUNDS

CONCEPT:

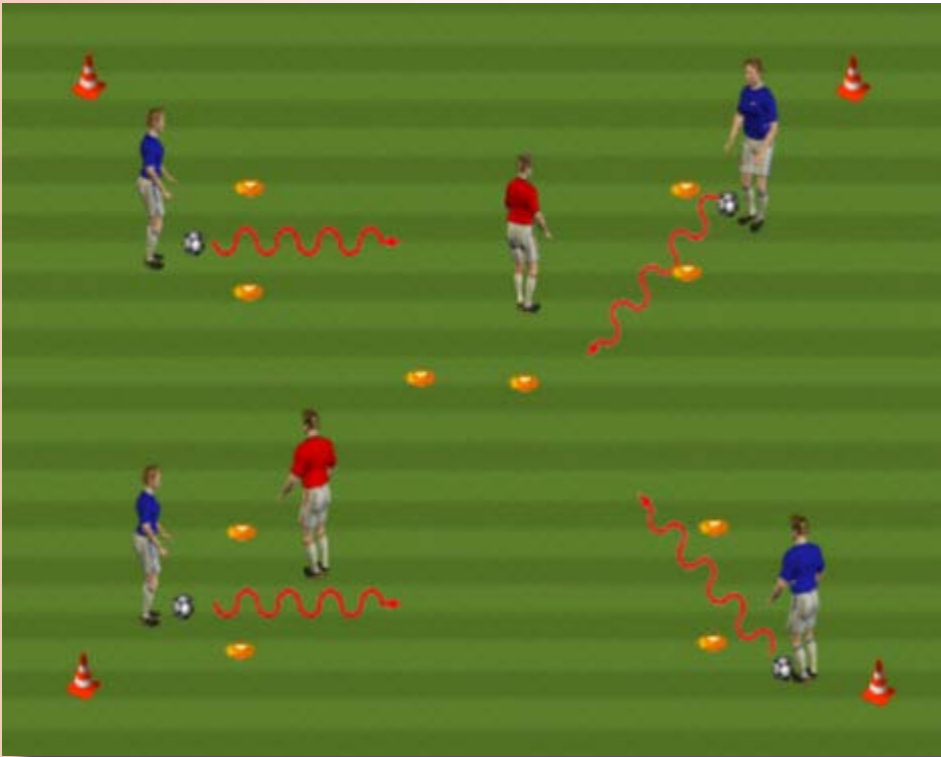
Rounds are drills in a determined and closed game space where a reduced number of players positioned outside the area in numerical superiority for offence try

to maintain possession of the ball or finish against one or several players who attempt to recover the ball or prevent a goal through interception/anticipation.

We can also use players inside the game space who move freely and extend the possibilities of the rounds.

CONSIDERATIONS: Due to its low initial physical load, rounds are an excellent option for the warm-up section of the training session, as they prepare the body and mind for the main part of the training session by working highly important technical-tactical aspects for our collective game mostly involving speed and accuracy in ball circulation. In football, warm-up should not be understood as a physical process but rather as an integrating process; therefore, warm-ups should include physical, technical, tactical and psychological aspects with reduced difficulty and low physical load.

TYPES OF ROUNDS



defender.

Defence guidelines: Time and make the entrance when the ball is not close to the foot and before goals, aim at the attacker's least skilled profile.

Dimensions: 20x20m.

Duration: 6 minutes

-Simple:

Several attackers on the corners or external sides of the square maintain possession of the ball while several defenders inside the square seek to recover it.

ROUNDS 4X1

4x1 play, 4 attackers positioned outside the square try to maintain possession while 1 defender tries to recover it. If the defender recovers the ball the attacker who lost goes on to defend.

-Individual:

Several attackers, each with a ball, are positioned inside the square maintaining possession against several defenders who are seeking to recover the ball.

ROUND 4X2

4x2 game, 4 attackers run each with a ball trying to score the most goals possible going through the five 2m goals being defended by two players.

Attack guidelines: Run with ball close to foot, eyes raised, protect the ball with the body, change pace and direction to overcome

-Attack guidelines: low short passes, 8 passes in a row defender repeats

-Defence guidelines:

Press ball, try to anticipate.

Dimensions: 6x6m.

Duration: 8 minutes

-With support form internal players:

Several attackers on the corners or external sides + 1-2 support moving freely inside the square, maintaining possession of the ball, and several defenders inside the square seeking to recover the ball.

ROUNDS 5X2

5x2 play, 5 attackers positioned outside the square and 1 inside it try to maintain possession while 2 defenders tries to recover it.

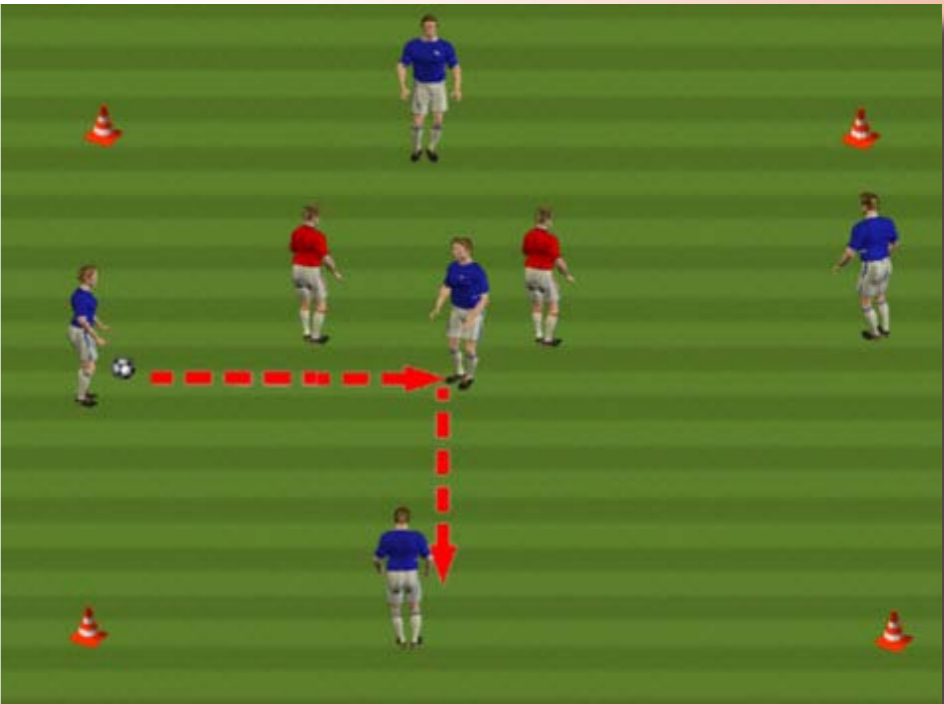
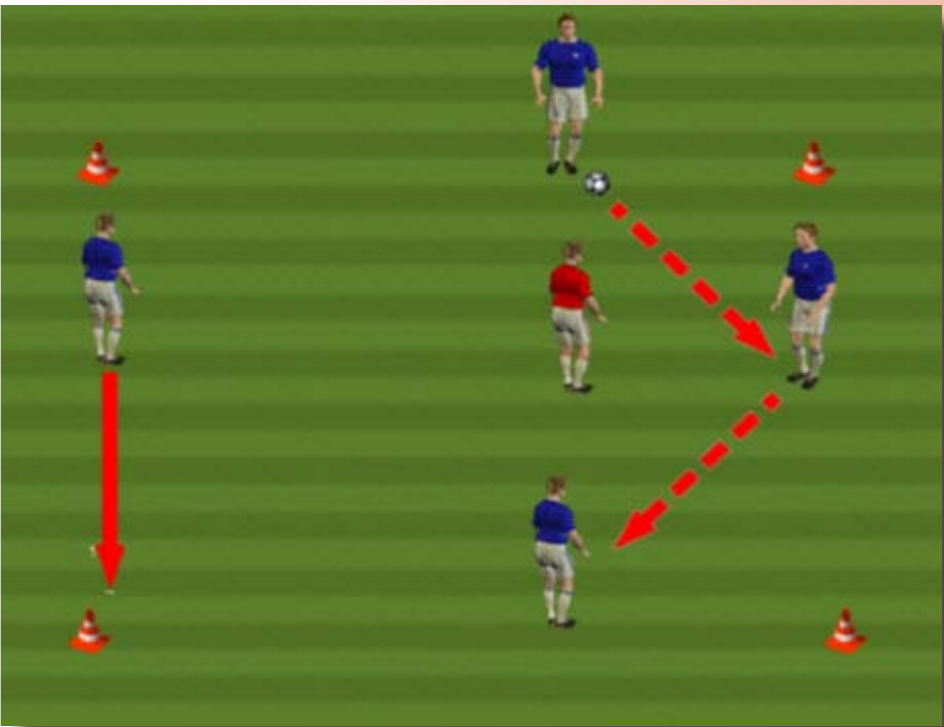
If the defenders recover the ball the attacker who lost it and the last one to pass to him go on to defend.

Attack guidelines: short low passes; passes between the two defenders are worth double, 10 passes in a row same defenders.

Defence guidelines: staggered, one pressure the player in possession and the other provides coverage, avoid inside passes, communication.

Dimensions: 8x8m.

Duration: 8 minutes.



- Switching positions:

Several attackers on the corners, external sides or inside the square maintaining possession of the ball and changing positions depending on their passes and several defenders inside the square seeking to recover the ball.

ROUNDS 6x2

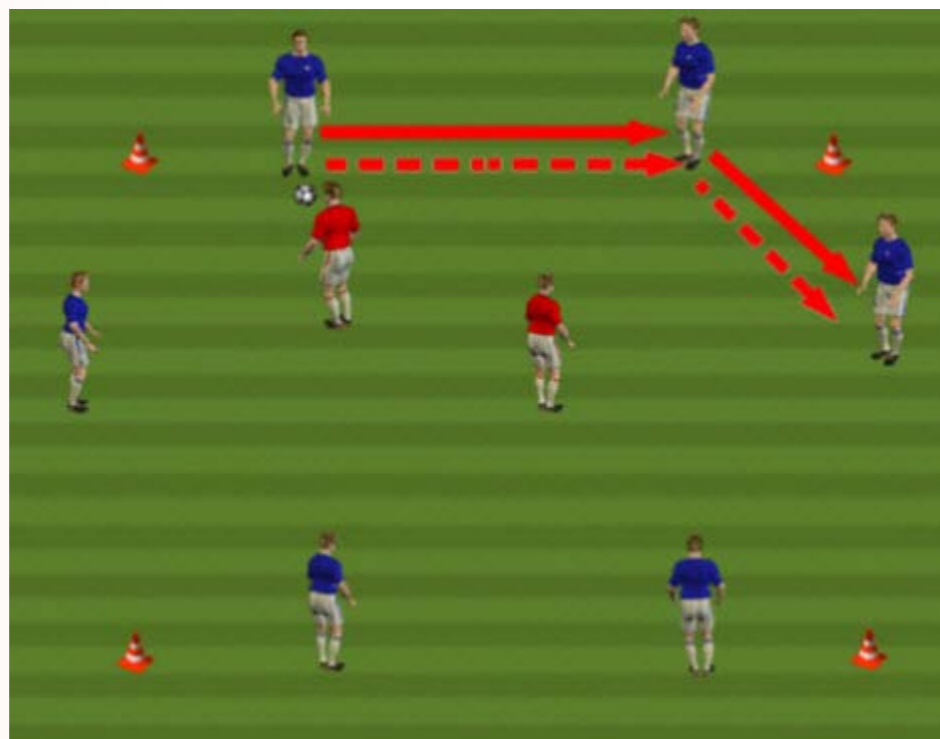
6x2 play, 6 attackers positioned outside the square try to maintain possession while 2 defenders tries to recover it. If the defenders recover the ball the attacker who lost it and the last one to pass to him go on to defend.

Attack guidelines: maximum 2 touches, short low passes, passes between the two defenders are worth double, 20 passes in a row same defenders, after a pass occupy the position of the team mate to whom the ball was passed.

-Defence guidelines: staggered, one pressure the player in possession and the other provides coverage.

Dimensions: 8x8m.

Duration: 8 minutes.



-With finish:

Several attackers on the corners, exterior sides or inside the square maintaining possession of the ball and after a specific number of passes seek progression and finish, while several defenders inside the square seek to recover the ball and eventually prevent a finish.

ROUND WITH FINISH 4x2+ 1 goalie

2x2 + 2 wildcards inside a central square at the edge of the penalty area, the attacking team tries to maintain possession of the ball playing with a maximum of 2 touches with short low passes; after 5 passes in a row an attacker and a wildcard must run towards and away from the ball to get open for a pass outside the central area, receive pass and seek 1 x goalie situation.

After a finish without scoring, throw-in, corner kick, shot at goal, the game begins again with ball in possession of the defending team inside the central area.

After finish with goal begin the game again in the central area with the offensive team in possession.

Dimensions: central area: 12x12m.

Duration: 8 minutes.

-With zonal transition:

Several attackers on the corners, external sides or inside the square maintain possession of the ball; after a specific number of passes or recovery of the ball by the defence switch zones.

ROUND 3X3

3x3 play, the attacking team tries to maintain possession of the ball playing with a maximum of 2-touch short low passes.

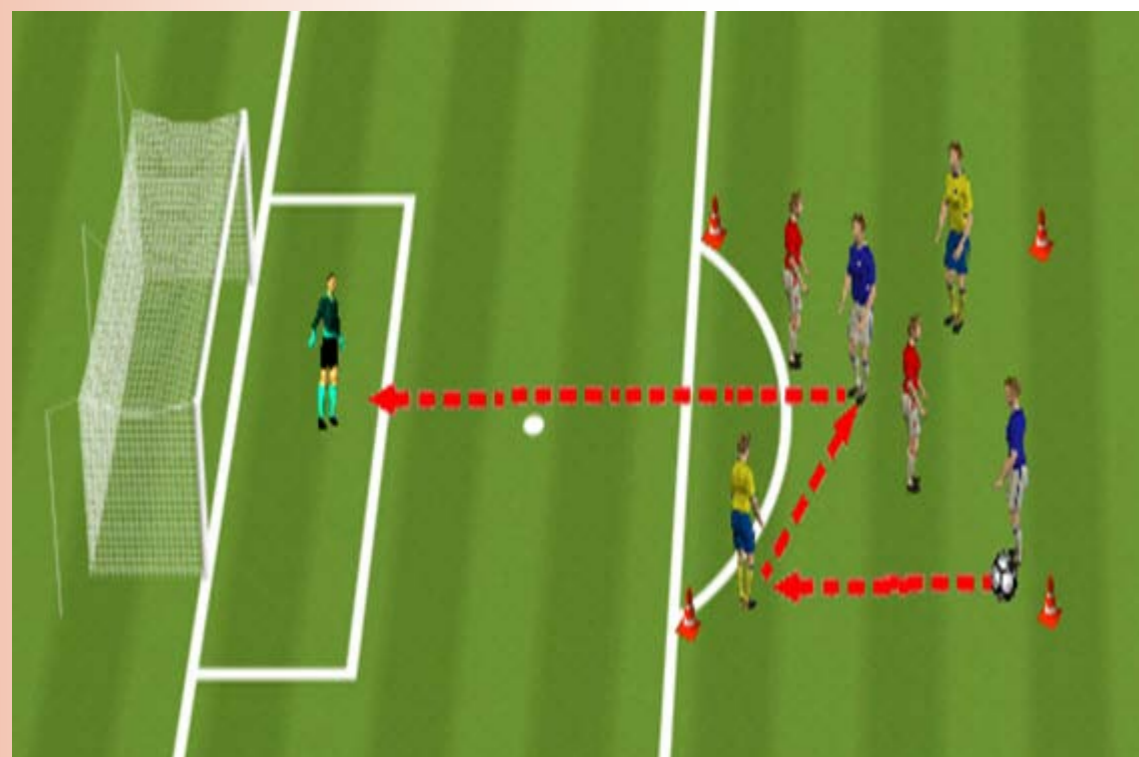
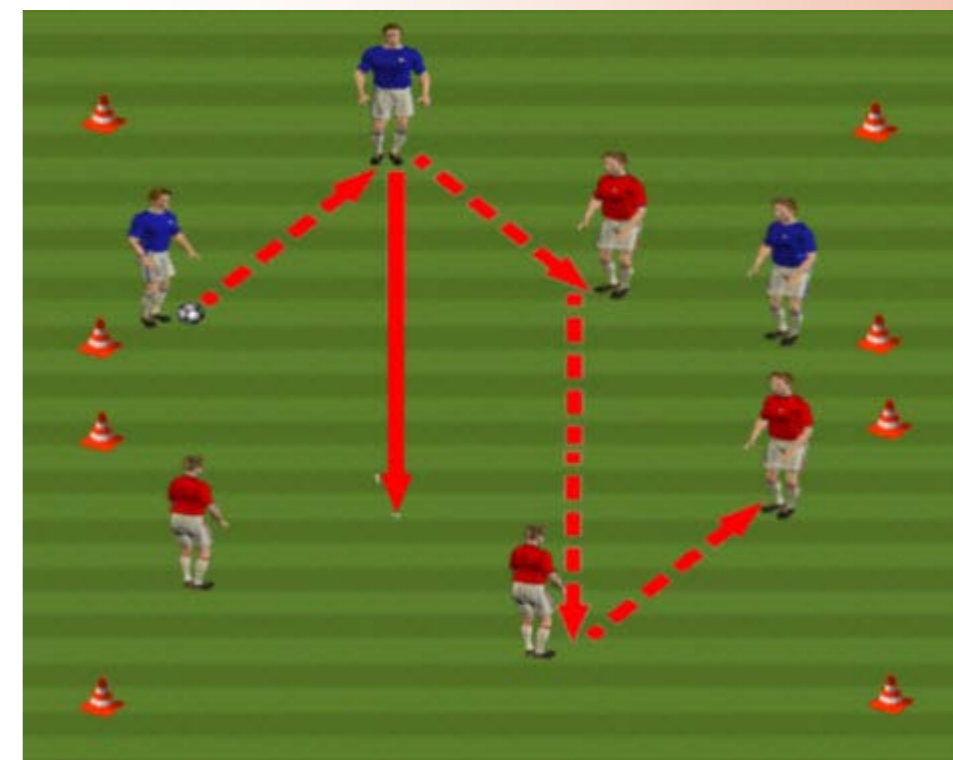
The pitch is divided into two equal zones; in each, one team maintain possessions while outnumbering the other, since the defending players stay in their own field running around and looking out to receive the ball when the other team recovers it.

Attack guidelines: maximum 2 touches, short low passes inside the square, touch and move.

Defence guidelines: Try to anticipate, recover the ball and bring it out of that zone, ensure 1 pass.

Dimensions: 2 12x12m squares, separate 10m.

Duration: 8 minutes.



2.2. POSITION GAMES

CONCEPT

Position games are drills in a closed game space where a group of attackers positioned outside and inside the area are positioned accordingly to the game formation in numerical superiority and attempt to maintain possession of the ball or finish against several defenders who are seeking to recover the ball or prevent a goal.

CONSIDERATIONS

Position games are an excellent foundation for improving combined attack in order to develop perfecting the necessary technical-tactical, physical and psychological objectives and principles for a high capacity game with rapid and precise circulation of the ball.

In a reduced space, we reproduce the positional structure of the players on the field in the attack phase and perform a systematic repetition of this type of drill, which allows the player to achieve an excellent understanding of the team's positional game.

TYPES OF POSITION GAME

-With support from inside players without finish:

Several attackers on the corners or external sides + 1-2 support moving freely inside the square, maintaining possession of the ball, and several defenders inside the square seeking to recover the ball.

POSITION GAMES

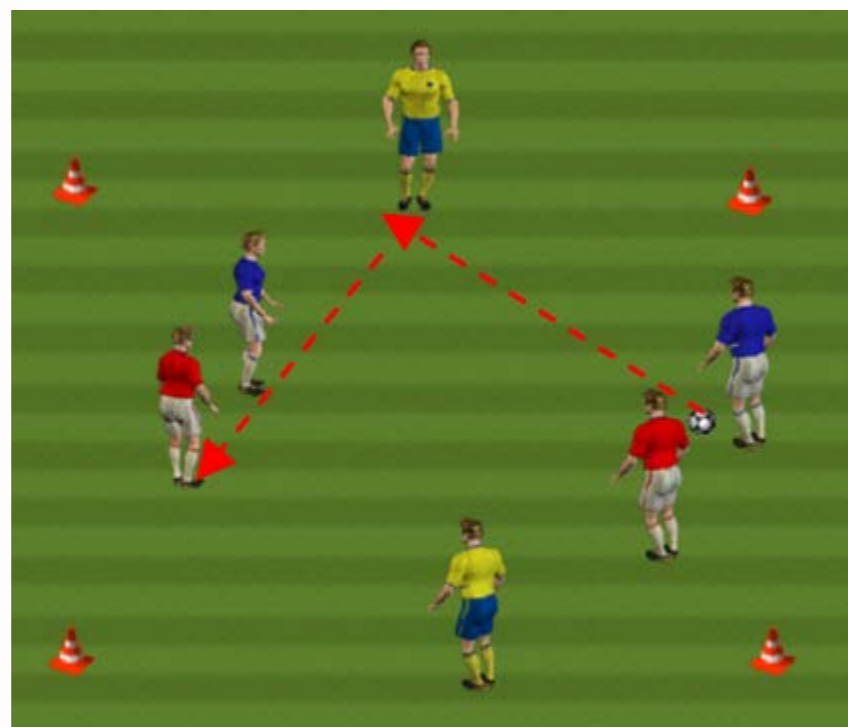
2x2+2 outside wildcards, the attacking team tries to maintain possession of the ball playing with free of touches with show low passes.

Provocation rule: 8 passes in a row 1 point.

Continuity rule: After a goal, continue with possession, after ball out the coach throws it into play to any of the players in the team whose turn it is.

Duration: 3X3 minutes (switch wildcards).

Dimensions: 15x15 m.

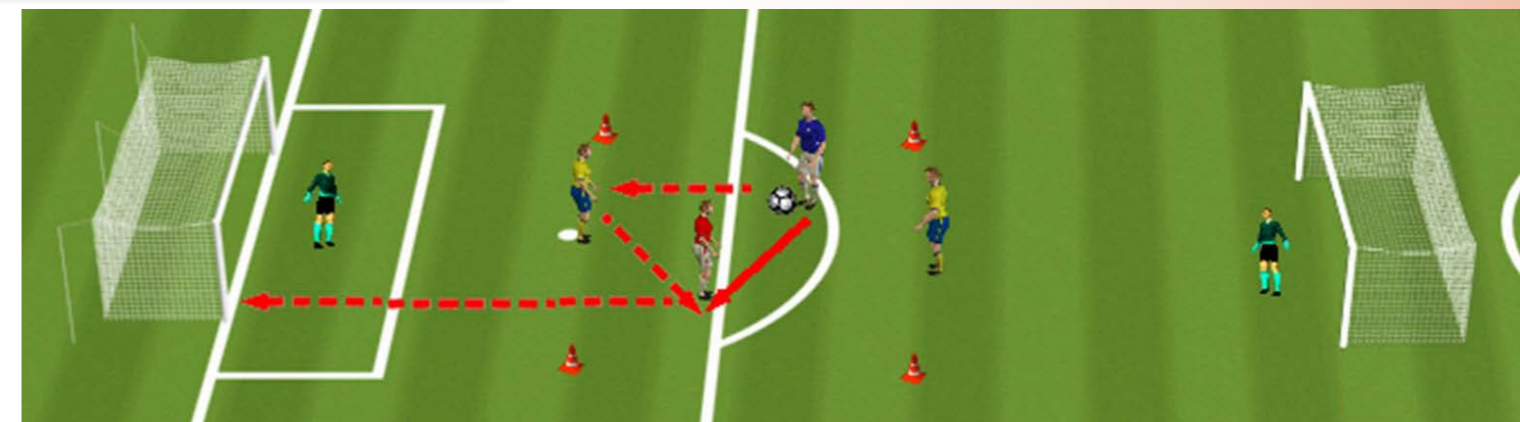


-With inside support and finishes:

Several attackers on the corners, exterior sides or inside the square maintaining possession of the ball and after a specific number of passes seek progression and finish, while several defenders inside the square seek to recover the ball and eventually prevent a finish.

POSITION GAME WITH FINISH

1x1 + 2 play wildcards back to goal + 2 goalies.



The attacking player with support from the wildcards try to move forward in the game and finish shooting at any of the two goals from the inside of the central area.

After a finish without scoring, throw-in, corner kick, shot at goal, the game begins again with ball in possession of the defending team inside the central area.

After finish with goal begin the game again in the central area with the offensive team in possession.

Dimensions: 35x20 m (12x12) central area).

Duration: 8 minutes.

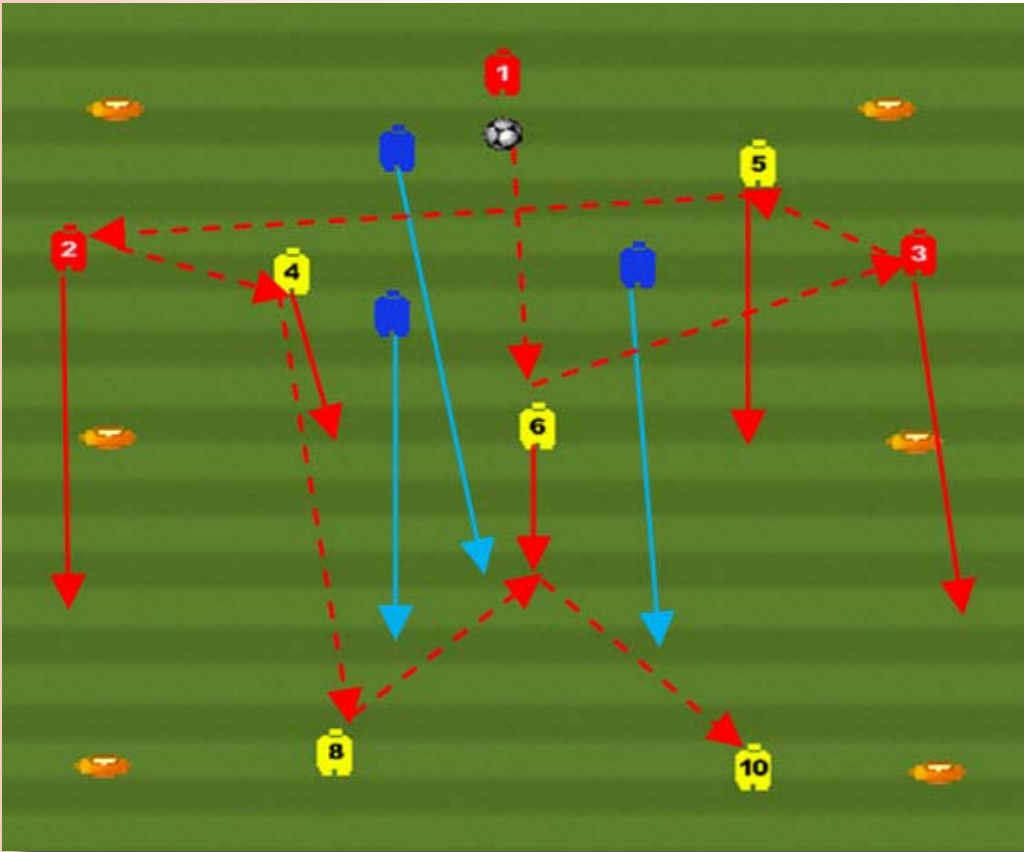
-With zonal transition without finish:

Several attackers on the corners, external sides or inside the square maintain possession of the ball; after a specific number of passes collective progression to switch zones.

POSITION GAME WITH ZONAL TRANSITION

3x3 + 5 wildcards play, positioned inside area 1 (midfielders), one at the upper side of area 1 (pivot) and two at the upper side of area 2 (defending midfielders). The attacking team positions two players at either side (wingers) and one in the lower exterior side (goalie).

When the ball is in area 2, the midfielders occupy the intermediate line between the two areas and the pivot goes on to provide support inside area 2.



possession of the ball in area 1 against three defenders who try to recover it, when 5 successful passes are completed in area 1 the ball must be sent back to the wildcards positioned in area 2 and all players needs to move away from this area (except for the goalie) in order to follow ball possession there, after 5 passes in area 2 the ball is sent to the goalie to area 1 and all players (except for the defending midfielders) switch game areas again.

If the defender recovers the ball, the attacking team defends and the game starts again in area 1.

-Attack guidelines: maximum 2 touches, 5 passes in one area and ball to furthest wildcard; switch areas

-Defence guidelines: staggered, one pressure the player in possession and the other provides coverage, avoid inside passes.

-Application to formation: 1-4-3-3.

Dimensions: 16x10 (2 zonas de 8x10)

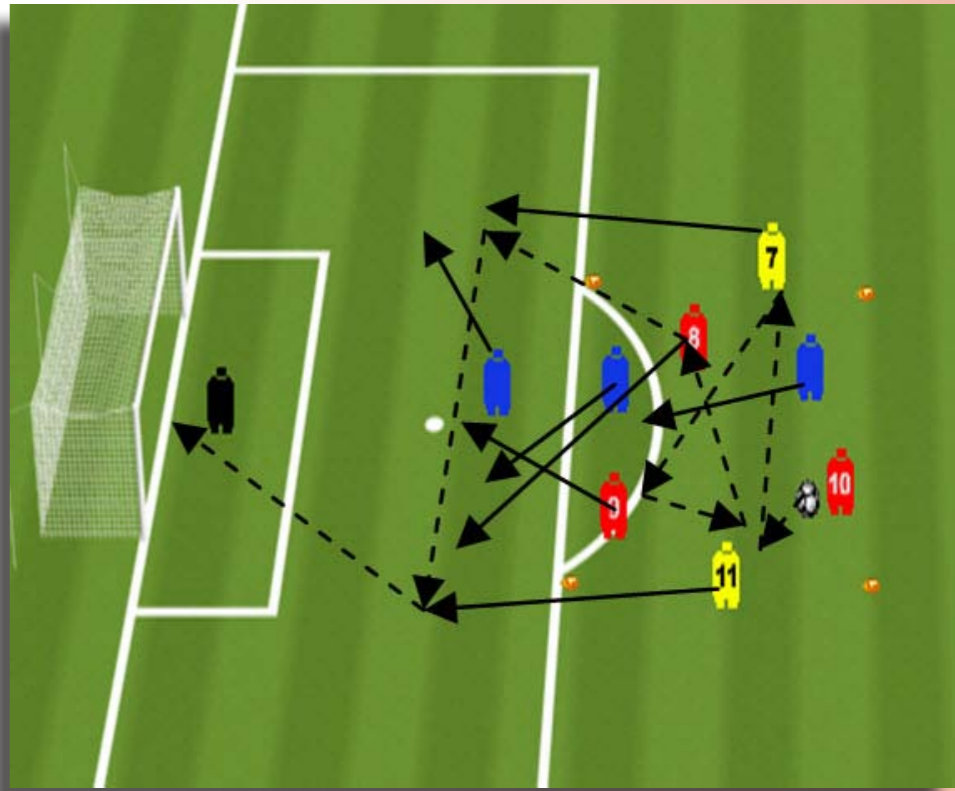
Duration: 8 minutes.

The space is divided into 2 areas, the attacking team, with the support of the wildcards, try to maintain



-With zonal transition and finish:

Several attackers on the corners, external sides or inside the square maintain possession of the ball; after a specific number of passes collective they seek a zonal change.



POSITION GAME FINISH PHASE WITH ZONAL TRANSITION

3x3 + 1 neutral goalie play + 2 wildcards positioned at either side outside (wingers), the attacking team positions its three players inside the game space (pivot + 2 defending midfielders) and with the support of the wildcards try to maintain possession of the ball with 5 passes in a row, after which they must send a deep pass to one of the wildcards to attack from the inside of the penalty area in a 5x3 situation with neutral goalie against a team of 3 defenders who are positioned with 1 inside the penalty area and 2 inside the marked zone trying to recover the ball and prevent a goal.

If the defenders recover the ball the attacking team defends.

If after a finish there is a goal the attacking team continues in possession.

If after finish there is no goal switch possession.

-Attack guidelines: maximum 2 touches, low short passes, seek to finish as soon as possible...

-Defence guidelines: switch from side to side depending on the position of the ball, staggered, one pressure the player in possession and the other provides coverage, avoid inside passes and shots.

-Application to formation: 1-4-3-3.

Dimensions: 20x16 m (at the edge of the penalty area).

Duration: 12 minutes (3 series x 4 minutes).

2.3. REDUCED SPACES WITHOUT FINISH

CONCEPT

Reduced spaces without finish are drills in a closed game space where a group of attackers positioned inside the area try to maintain possession of the ball in situations of numerical equality, superiority or inferiority against several defenders who seek to recover the ball.

CONSIDERATIONS

In non-finish drills (squares) the teams lack references to attack or defend. These drills do not allow for the use of a tactical formation, and players move across the space freely. The only references in these drills when it comes to attacking are the ball and the teammates, and when it comes to defending it is the ball and the adversaries.

The squares will be used basically for perfecting game moments of attack and defence as tactical objectives, with conserving the ball at the offensive level and recovering the ball at the defensive level.

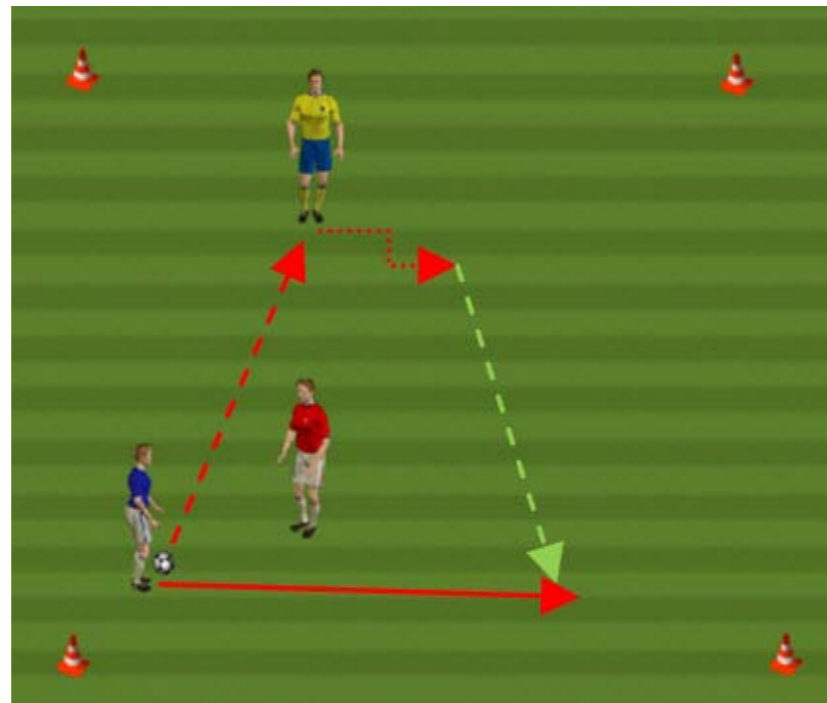
In these drills, we can use numerical superiority situations both for offence or defence with offensive wildcards (they always play with the team in possession of the ball) or defensive wildcards (they always play with the team that seeks to recover the ball) or in situations of numerical equality.

REDUCED SPACE

1x1+ 1 play, tricolor ball possession (2x1), three 1-player teams, attacking team tries to maintain possession with free-touch play with short low passes.

Provocation Rule: the player who loses possession goes on to defend. 8 passes in a row 1 point

Continuity Rule: After goal with ball possession, after ball out coach throws ball into play to any player in the team whose turn it is.



Duration: 3X3 minutes Dimensions: 15x15 m.

2.4. REDUCED SPACES WITH FINISH

CONCEPT

At the offence level, these drills are oriented to perfecting technical-tactical principles necessary for improving speed-accuracy in circulation of the ball, game progression and finish.

At the defensive level, they are meant to perfect technical-tactical principles necessary for favouring ball recovery, preventing progression in the game and goals.

CONSIDERATIONS

In finish tasks (rectangles), the teams have references for attacking and defending. These drills allow for the use of a tactical formation.

The players move across the space in conditioned manner based on their functions and responsibilities.

In these drills there is an out rule and we can use several variables for finishing offensive actions which include dribbling, overcoming 1x1 situations, passing and controlling the ball, finishing with the foot without control, with control, header shot...)

In these drills, we can use numerical superiority situations both for offence or defence with offensive wildcards (they always play with the team in possession of the ball) or defensive wildcards (they always play with the team that seeks to recover the ball) or in situations of numerical equality.

REDUCED SPACE



Continuity Rule: After goal with ball possession, after ball out coach throws ball into play to any player in the team whose turn it is.

2x2+ 4 goalies play, each time attacks and defends two crossed goals, the attacking team tries to move forward and finish in any of the rival's goals.

After goal switch possession of the ball with centre throw-in. After out short pass with foot.

Dimensions: 20x20m

Duration: 3 minutes x 4rep (change positions)

2.5 TACTICAL GAME SITUATIONS

ATTACK X DEFENCE

CONCEPT

These drills are oriented to perfecting the foundations and principles of the game necessary to effectively resolve situations where the team is in possession of the ball and the opposite team is organised defensively or we are going to throw the ball into play with a dead-ball action.

CONSIDERATIONS

In training, this must prove a significant improvement in any or all three attack phases of the game: INITIATION, CREATION AND FINISH.

In order to achieve a seamless transfer of training to competition, it is very important that these ATTACK situations be trained based on the different defensive positions in which the opposite team may be organised (opposite pitch, mid-pitch, own pitch).

The tasks employed must be of low duration and maximum intensity.

The team initiates with the possession of the ball and the situation would come to an end with a finish or loss of the ball.

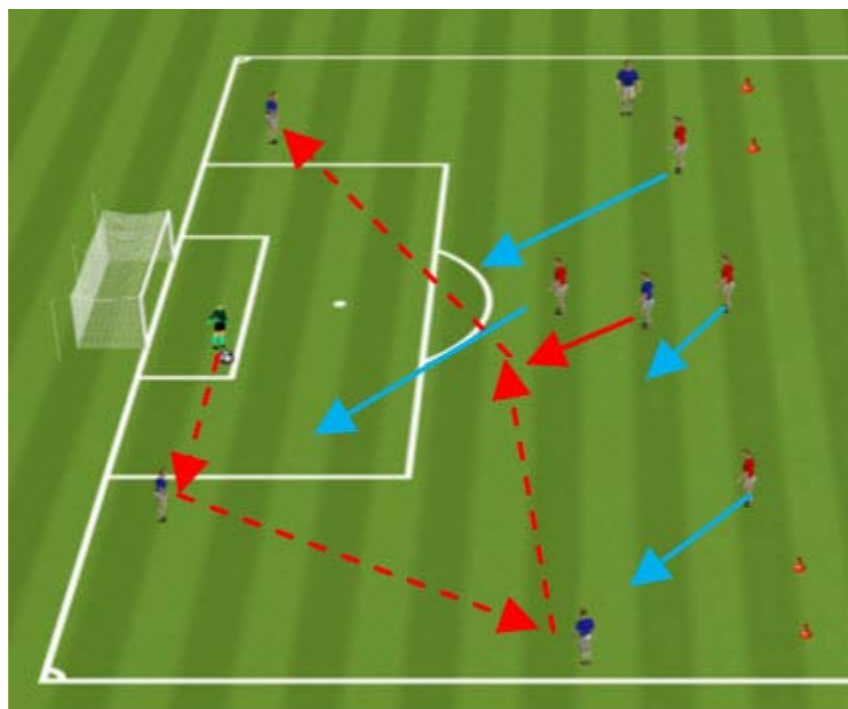
The game situation presented will be repeated several times depending on the training session schedule.

In other drills we can continue with the possession situation, linking the attack situation with an attack-defence transition since they are closely related.

In these cases, the drill would end after the attack-defence transition, whether when the ball is recovered or after the team that was initially defending finishes.

Due to their explosive and highly disjointed nature, these situations must be trained after the warm-up of the first block of drills during the main part of the session.

To train for the assimilation and perfecting of the principles associated in this game situation, we will employ two types of tasks and train this situation from situations with very few players (1 line, 2 lines...) up to situations with the entire team.



TACTICAL ATTACK X DEFENCE SITUATIONS INITIATION PHASE

2 midfielders + 3 defensive midfielders + 1 goalie x 1 striker + 3 defensive midfielders, the attacking team initiates after short pass the goalie tries to overcome pressure from adversaries and tries to break through running with ball to one of the two mini-goals.

The adversaries leave the line marked when the goalie initiates the throw-in, trying to pressure and recover the ball.

After offensive finish or defensive recovery start again.

Space: 1/3 pitch.

Duration: 10 Minutes.

DEFENCE X ATTACK

CONCEPT

These drills are oriented to perfecting the foundations and principles of the game necessary to effectively resolve situations where the team is not in possession of the ball and is organised defensively or the rival is going to throw the ball into play with a dead-ball action.

CONSIDERATIONS

In order to achieve a seamless transfer of training to competition, it is very important that these DEFENCE situations be trained based on the different defensive positions in which the team may be organised (opposite pitch, mid-pitch, own pitch).

The tasks employed must be of low duration and maximum intensity.



The rival team initiates with the possession of the ball and the situation would come to an end with an offensive finish or recovery of the ball. The game situation presented will be repeated several times depending on the training session schedule.

In other drills we can continue with the possession situation, linking the defence situation with an defence-attack transition since they are closely related. In these cases, the drill would end after the defence-attack transition, whether when the ball is lost or after a finish.

Due to their explosive and highly disjointed nature, these situations must be trained after the warm-up of the first block of drills during the main part of the session.

To train for the assimilation and perfecting of the principles associated in this game situation, we will employ two types of tasks and train this situation from situations with very few players (1 line, 2 lines...) up to situations with the entire team.

ATTACK-DEFENCE TACTICAL SITUATIONS

3 strikers + 1 midfielders + 2 wingers x
3 defenders + 2 defending midfielders
+ 1 goalie, the attacking team initiating
from the midfielder position tries to move
forward in the game and finish shooting at
the rival's goal.

The defenders try to recover the ball and
prevent a goal.

After offensive finish or defensive recovery
start again.

Space: 35x25m.

Duration: 10 Minutes

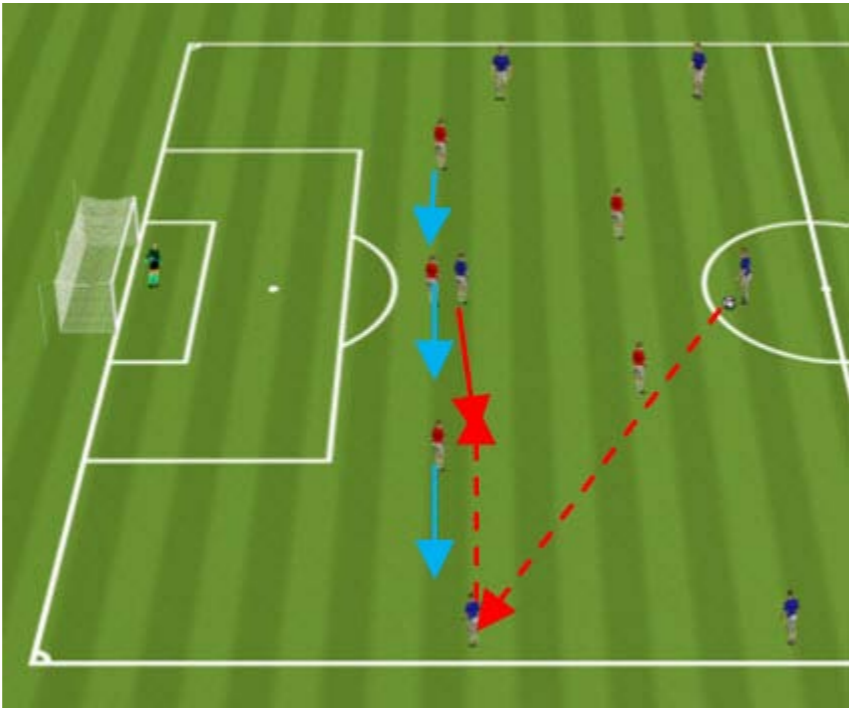
ATTACK-DEFENCE TRANSITION SITUATIONS

Objective:

These drills are oriented to perfecting the foundations and principles of the game necessary to effectively resolve situations where the has been recovered the ball during play, and the team seeks to progress and finish quickly the offence.

Considerations:

Quick defence-attack transitions constitute a very high percentage of successful goals by teams, hence the importance of training these types of situations.



We must move quickly and in a coordinated fashion from a pressure-recovery situation to a situation of possession, rapid progression and finalisation.

In training, this must prove a significant improvement in the four phases of transition: BALL RECOVERY + DEPLOYMENT, PROGRESSION OF THE BALL AND THE PLAYERS + FINISH.

In order to to achieve a seamless transfer of training to competition, it is very important that these situations be trained based on the defensive positions in which our team will attempt to recover the ball.

The team seeking recovery close to the rival's net and short transitions must train these spaces, and the team seeking to recover the ball far from the rival's net and long transitions must train in wider spaces in relation to the length of the pitch.

The tasks employed must be of low duration and maximum intensity. After the transition and short variable recovery period, repeat the game situation again several times depending on the training session schedule.

In other drills we can continue with the possession situation, linking the defence situation with an defence-attack transition since they are closely related. In these cases, the drill would end after the defence-attack transition, whether when the ball is lost or after a finish.

Due to their explosive and highly disjointed nature, these situations must be trained after the warm-up of the first block of drills during the main part of the session.

To train for the assimilation and perfecting of the principles associated in this game situation, we will employ three types of drills and train this situation from situations with very few players (1 line, 2 lines...) up to situations with the entire team.

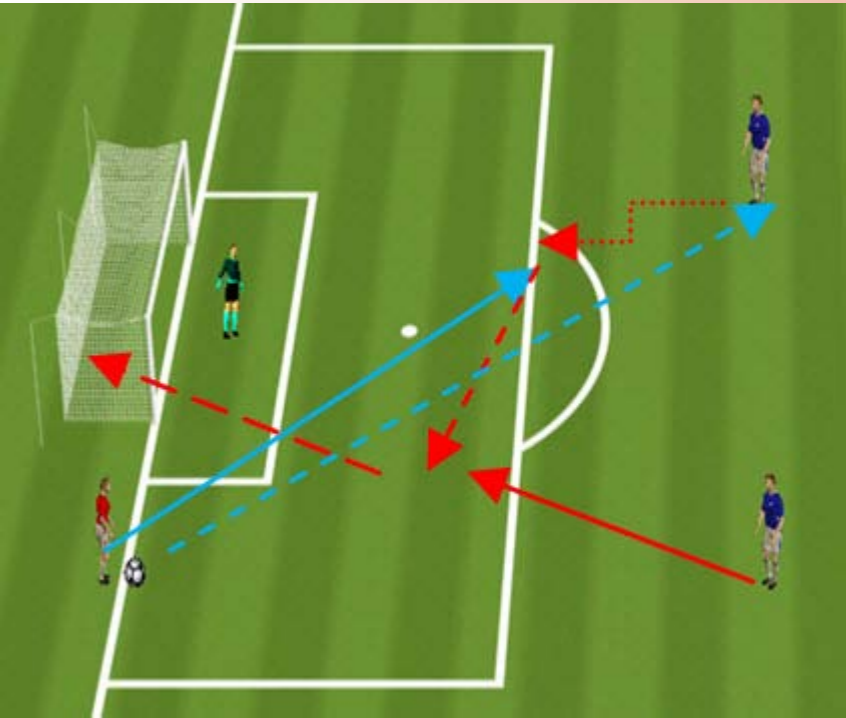
SIMPLIFIED TACTICAL SITUATION

2x1 + goalie play, the defender sends pass to one of the two attackers and sprints out to prevent progression; once they receive the ball attackers try to overcome the defender 2x1 and finish with shot at goal.

Dimensions: Double the penalty area.

Repetitions: 3x4 (rotate defensive player)

Micropause: 1 minute.



ATTACK – DEFENCE SITUATIONS

Objective:

These drills are oriented to perfecting the foundations and principles of the game necessary to effectively resolve situations where the team has lost the ball during play, and seeking to prevent the progression of the rival team and recover the ball.

Considerations:

Quick defence-attack transitions constitute a very high percentage of successful goals by teams, hence the importance of training these types of situations.

We must move quickly and in a coordinated fashion from a possession-progression situation to a situation of progression-recovery of the ball.

In training, this must prove a significant improvement in the four phases of transition: LOSS OF THE BALL + FALL BACK OF THE PLAYERS + RECOVERY OF THE BALL.

In order to achieve a seamless transfer of training to competition, it is very important that these situations be trained based on the spaces where we may be during offence and where the ball can be lost (own field, intermediate zones or rival field).

The tasks employed must be of low duration and maximum intensity.

After the transition and short variable recovery period, repeat the game situation again several times depending on the training session schedule.

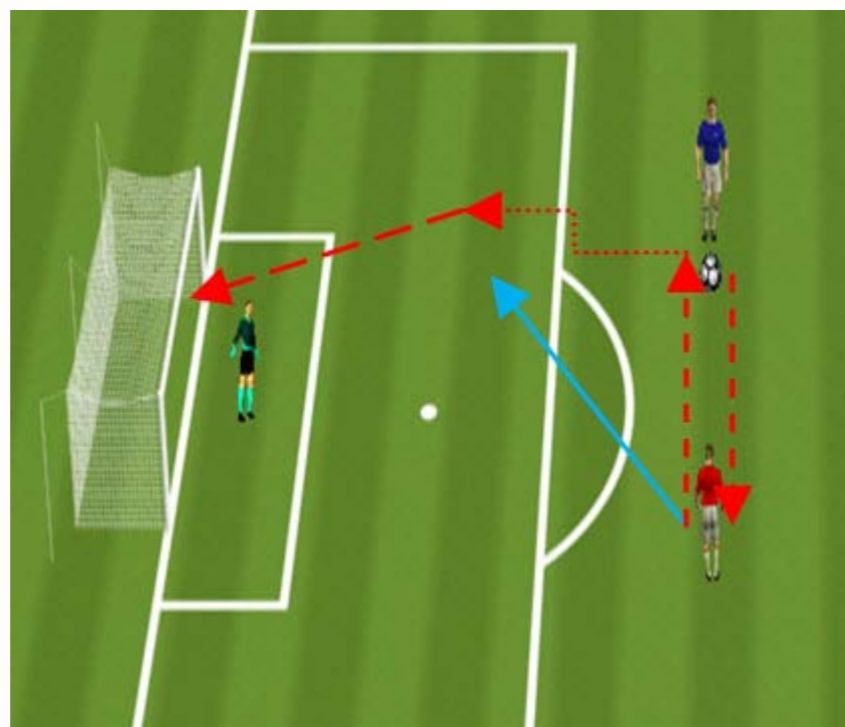
Due to their explosive and highly disjointed nature, these situations must be trained after the warm-up of the first block of drills during the main part of the session.

To train for the assimilation and perfecting of the principles associated in this game situation, we will employ three types of tasks and train this situation from situations with very few players (1 line, 2 lines...) up to situations with the entire team.

SIMPLIFIED TACTICAL SITUATION 1

1x1+1 goalie play, 25 metres from goal, successive passes between attacker and defender (7 metres), after one of the following cues:

attacker turns with ball, or defender decides to go recover the ball



Tactic

The attacker seeks to run with ball towards goal, run with ball quickly and finish from inside the penalty area and the defender tries to recover ball as soon as possible or prevent finish.

Repetitions: 2x5.

Micropause: 1minute.

2.6 FREE CONDITIONED MATCHES.

CONCEPT

Conditioned matches are those where we play with the same characteristics as in competition.

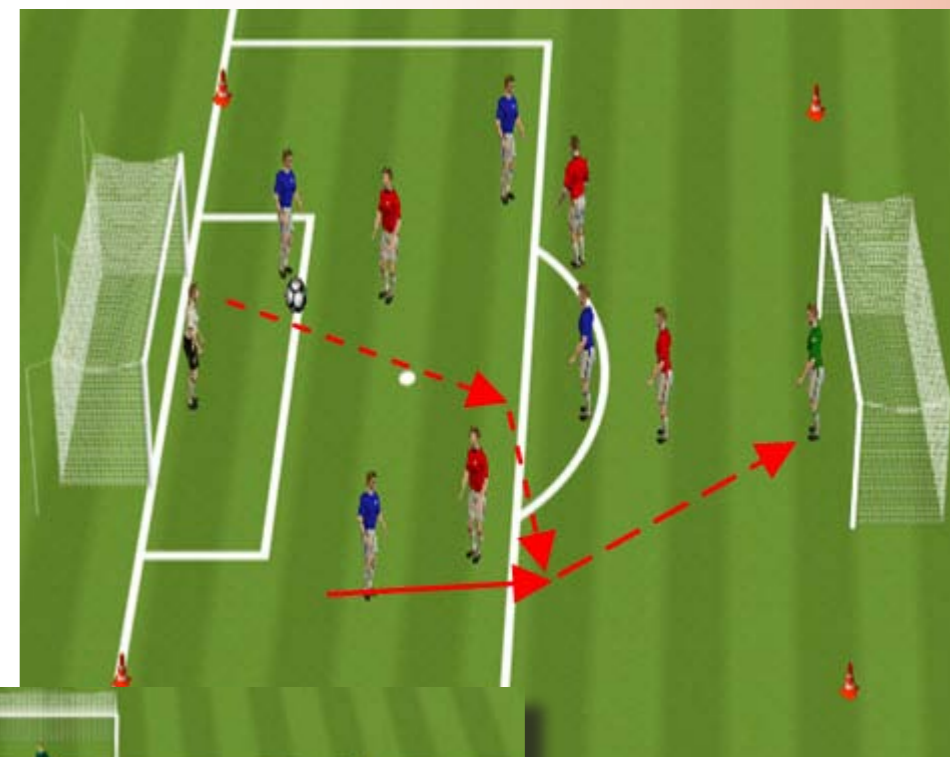
FREE MATCH

4x4+ 2 goalie play.

The attacking team tries to move forward in the game and finish shooting at the rival's goal.

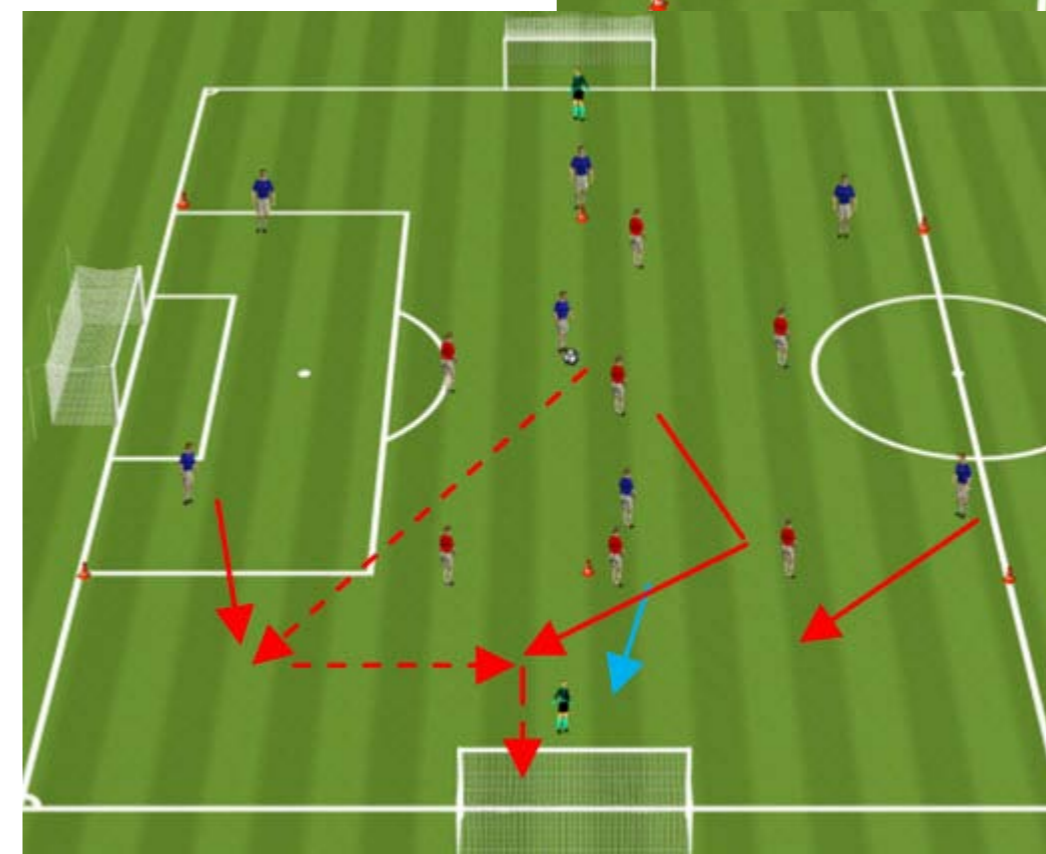
Space: 35x25m.

Duration: 2x10 minutes



CONCEPT

Conditioned matches are tasks oriented to perfecting technical, tactical, physical and psychological aspects required by our formation in order to successfully compete in the different game situations that may arise throughout a match by applying different rules with the purpose of bringing about a specific technical-tactical situation.



Tactic

CONDITIONED MATCH

7x7+2 goalies play, each team attacks and defends a football-7 net. Mark two 15 m to 15 of the baseline with cones.

The attacking team tries to move forward in the game, make deep passes from behind the line of cones and finish shooting at goal in a situation with 3 attackers against a goalie and a defensive midfielder (3x1+ 1 goalie situation)

Provocation rule: Behind the line of cones only the defensive midfielder can defend.

Continuity rule: After goal switch possession of the ball with short pass by goalie, after out throw-in by goalie of the corresponding team.

Dimensions: 50x40m.

Duration: 2x12 minutes.

3. EXAMPLES OF TRAINING SESSIONS

PERIOD: Pre-season.	MESOCYCLE: 1.	MICROCYCLE: 2.	SESSION: 1.
OFFENCE TIMING: Attack-defence transition.		DEFENCE TIMING: Attack-defence transition.	
OBJECTIVE: Finish: Mindset switch.		OBJECTIVE: Prevent goal: Mindset switch.	
DURATION: 90 Minutes.		MATERIALS: Chinese cones, pivots, vests, balls, 2 football-8 nets.	
1.EXPLAIN OBJECTIVES AND CONTENT OF THE SESSION			
2.WARM-UP			
DESCRIPTION		VISUAL REPRESENTATION	

ROUND WITH FINISH

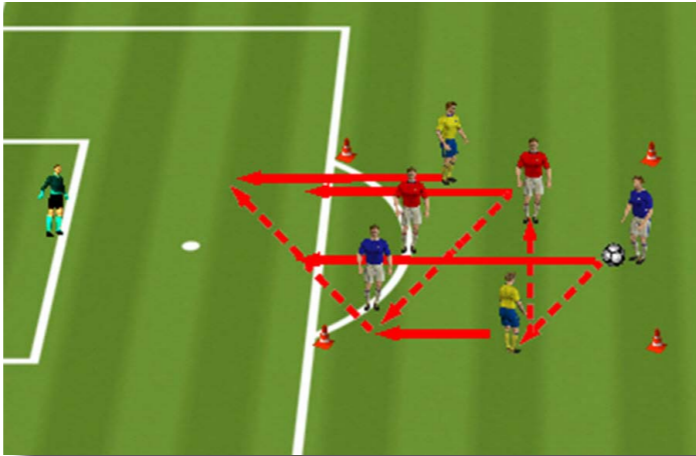
2x2 + 2 play. The game begins inside a central square at the edge of the penalty area. The attacking team tries to maintain possession of the ball, playing with a maximum of 2 touches with short low passes. The defending team recovers the ball with the support of wildcards. It had 8 minutes to finish in neutral goal from inside the penalty area.

After finish with no goal, corner kick, throw-in, goal throw-in, the game starts again with the ball in possession of the defending team inside the central area.

After finish with goal, the game starts again in the central area with the defending team in possession.

Dimensions: Central area: 12x12 m at the edge of the penalty area.

Duration: 8 minutes.



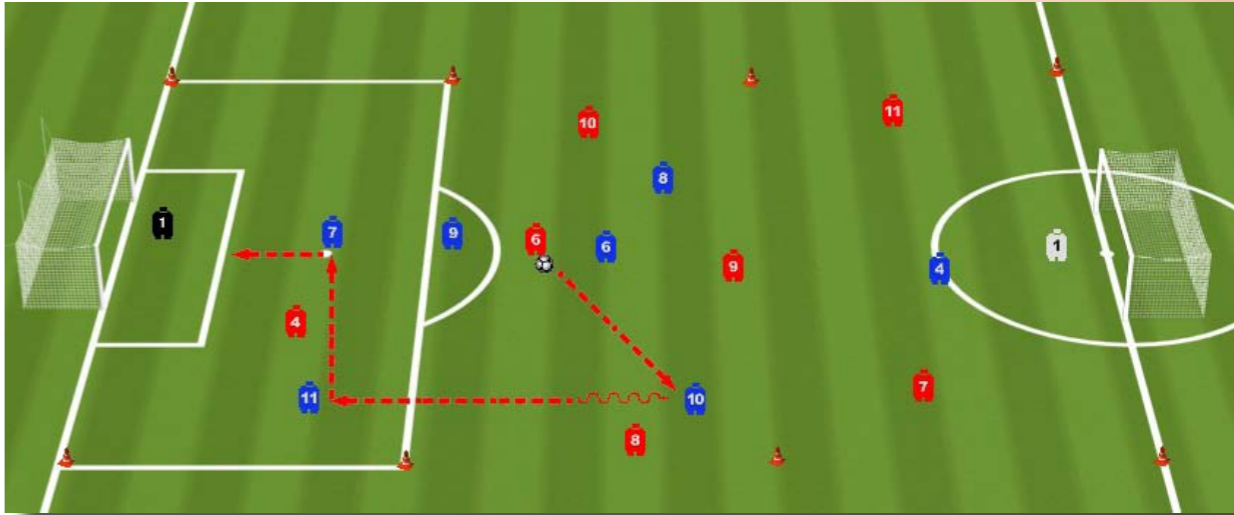
3.MAIN PART

DESCRIPTION	VISUAL REPRESENTATION
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REDUCED SPACE 1

7x7+ 2 goalies play. The game is divided into 3 zones. In the central zone, each team places 4 players, 1 player in the defensive zone and 2 players in the attack zone. The players may not leave their zones. The game begins in the central 30x30 m area. The team in possession of the ball tries to maintain it, the defending team tries to recover it. When they do, the player sends the ball to one of the 2 team mates in the attack zone to seek a 2x1 and a quick finish.

When a goal is cored in a net, the players return to the central area and a player from the scoring team serves. When ball is recovered the defending players, from his area close to goal, sends a pass to one of his team mates, who try to maintain possession. The players who join in after finish or loss of the ball must quickly return to the central area.

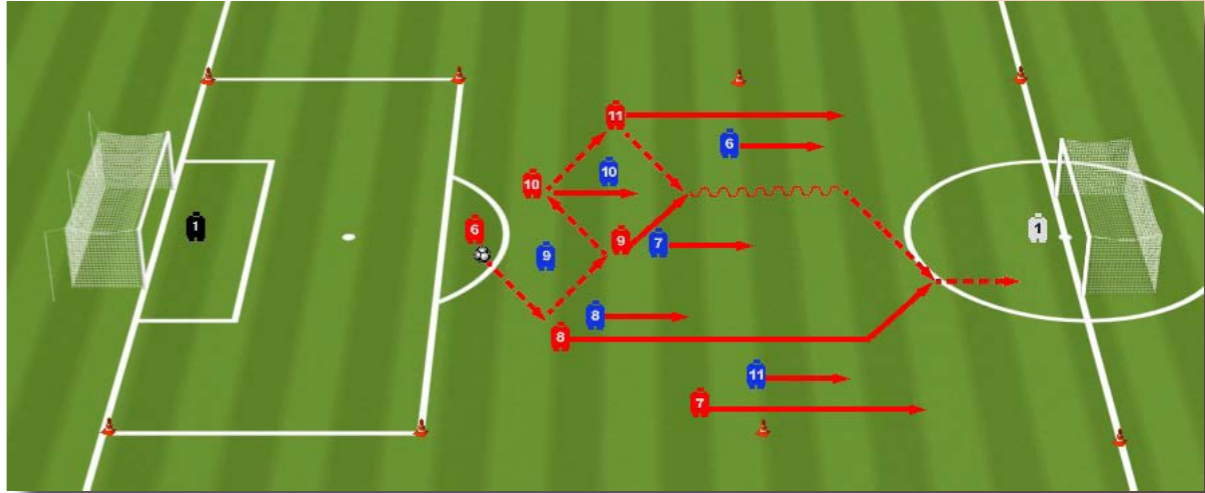


When there is an out in the central area, the corresponding team serves. After an out in an area close to a goal, the drill restarts in the central area with the team whose turn it was to serve in possession of the ball.

Dimensions: 55x40m. Duration: 3x8 minutes. (Rotate 3 teams of 7 players.)

REDUCED SPACE 2

7X7+ 2 neutral goalies play. Field is divided in 3 zones. The game begins in the central area (30x55m). The team in possession of the ball tries to maintain it and



after 5 passes in a row they try to move forward quickly and finish in any of the two neutral goals. If they achieve it they score 1 point, if they finish with goal 3 points. In both cases they maintain possession and restart the drill in the central area. If the defending team recovers the ball in an area close to goal they will seek quick progression towards the central area, trying to make a player go through dribbling towards one of the 4 small 2m goals.

After goal in neutral net players return to the central area and a player from the team that scored serves, when goal in one of the small nets a player from that team will serve.

After outs in the central area the corresponding team serves, after outs in the areas close to the nets, the players return to the central area and a player from the corresponding team serves.

Dimensions: 60x40m. Duration: 3x8 minutes. (Rotate 3 teams of 7 players)

CONDITIONED MATCHES

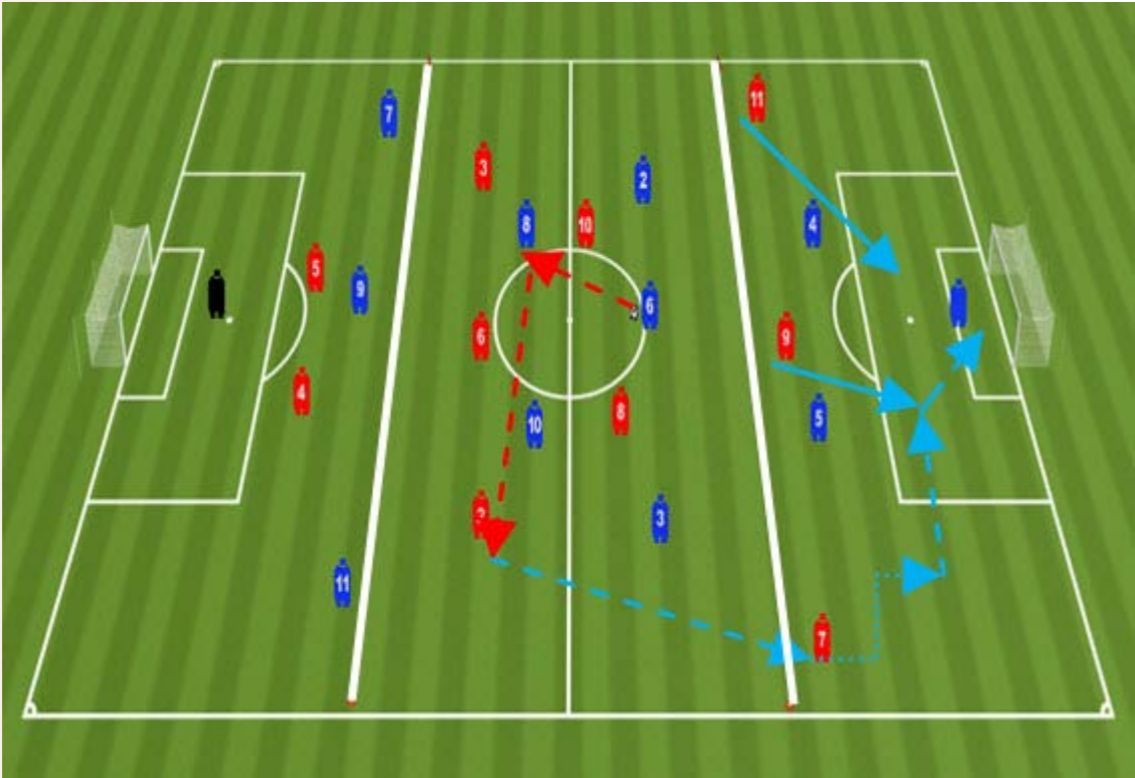
11x11 play, each team attacks and defends a football-11 net. The field is divided into three areas, each team positions two players + 1 goalie in the areas close to the nets in the defensive area and three players in the offence area (3x2+1 goalie) and 5 players in the central area (players may not leave their areas).

The game begins in the central area where the team in possession of the ball tries to maintain it playing with two-touch passes. If 10 passes in a row, they can send the ball to the area furthest forward so that the 3 forwards seek to finish, the defending team tries to recover the ball and send it quickly to their 3 forwards to seek a finish.

After goal possession switches and the game begins again in the interior of the central area. After throw-in, corner kick... the game begins again inside the central area with the coach sending the ball to the team whose turn it is to serve.

Dimensions: sides 20x65m, central area 30x 65 m.

Duration: 2x10 minutes.



4.REST
Stretching exercise

PERIOD: Pre-season.	MESOCYCLE: 1.	MICROCYCLE: 2.	SESSION: 2.
OFFENCE TIMING: Attack.		DEFENCE TIMING: Defence.	
OBJECTIVE: Move forward in the game.		OBJECTIVE: Prevent progression in the game.	
DURATION: 90 minutes.		MATERIALS: Chinese cones, pivots, vests, balls.	
1.EXPLAIN OBJECTIVES AND CONTENT OF THE SESSION			
2.WARM-UP			
DESCRIPTION		VISUAL REPRESENTATION	

POSITION GAME

2x2 + 4 wildcards with 1 at the lower exterior of the game area, 2 inside the game area and one on the upper exterior side. The attacking team positions its two players outside.

The attacking team, with the support of the wildcards, tries to maintain possession of the ball against two defenders who try to recover it. If the defenders recover the ball, the attacking team goes on to defend.

Attack guidelines: maximum 2 touches, low short passes, pass between two defenders double score, 20 passes in a row defenders repeat. Defence guidelines: staggered, one pressures the player in possession the other one provides coverage, prevent interior passes.

Dimensions: 8x10m. Duration: 10 minutes.



3.MAIN PART	
DESCRIPTION	VISUAL REPRESENTATION

WORK BY LINES: GROUP 1(GOALIE+ DEFENCE LINE)

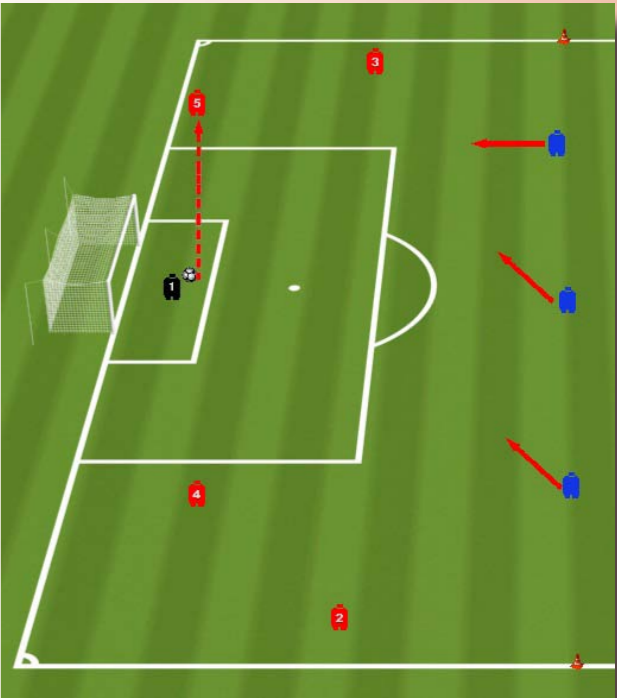
ATTACK INITIATION PHASE 5x3

1 goalie + 4 defence line players + 1 pivot x 3 defenders.

The attacking players try to move forward in the game initiating with a short throw-in from the goalie and finish going through the field dribbling towards the rival's baseline.

Start again after finish from offence or recovery of the ball from defence.

-Offence guidelines: Maximum 2-touch passes, horizontal passes not allowed, alternate short and long play, use passes behind the goalie when difficulty in progression.



-Defence guidelines: Zonal marking swaying from side to side depending on the ball's position, when the goalie throws the ball into play they leave their baseline to provide pressure and seek a quick recovery of the ball.

Space: 30x 65m. Duration: 15 minutes.

WORK BY LINES: GROUP 2(MIDFIELDERS + STRIKERS)

ATTACK CREATION PHASE 6X4

3 players from the midfield line + 3 strikers x 4 defenders positioned on a line of three players + 1 pivot try to progress in the game initiating from the pivot's position and finish dribbling towards the rival's baseline.

Start again after finish from offence or recovery of the ball from defence.

-Offence guidelines: Maximum 2-touch passes, horizontal passes not allowed, alternate short and long play, maximum amplitude of wingers, use passes behind the goalie when difficulty in progression.

-Defence guideliness: Zonal marking swaying from side to side depending on the ball's positiong, when the pivot passes the ball they leave their baseline to provide pressure and seek a quick recovery of the ball.

Space: 30x 65m. Duration: 15 minutes.

CONDITIONED MATCH

11X11 play, each team attacks and defend a football-11 net.

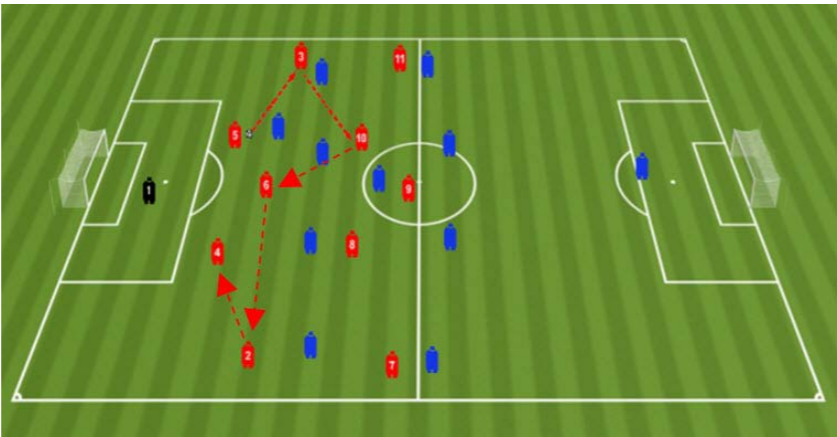
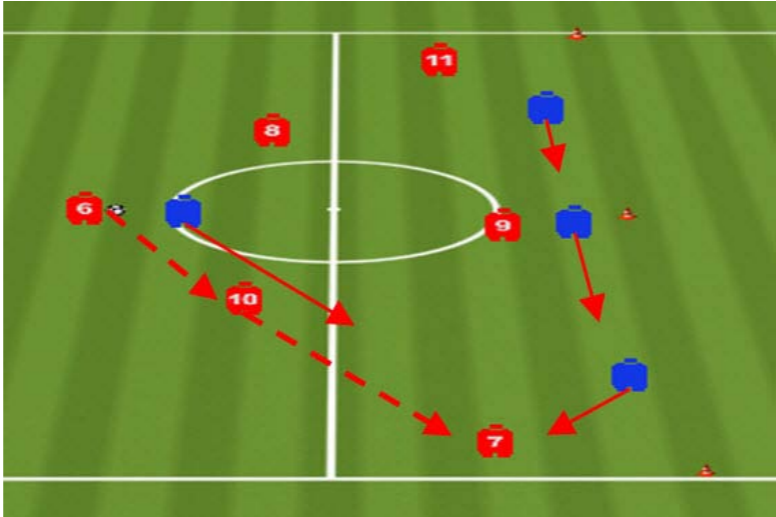
The attacking team tries to progress in the game and finish shooting at the rival's net.

Provocation rule: After short throw-in from goalie or recovery of the ball on own field 10 pases to pass to the rival's field.

Continuity Rule: After goal, switch possession of the ball with short throw-in form goalie, after outs throw-in by goalie from the corresponding team.

Dimensions: ½ campo.

Duration: 3x10minutes.



4.REST
Stretching exercises

PERIOD: Pre-season.	MESOCYCLE: 1.	MICROCYCLE: 2.	SESSION: 3.
OFFENCE TIMING: Attack-defence transition.		DEFENCE TIMING: Attack-defence transition.	
OBJECTIVE: Move forward in the game: Depth		OBJECTIVE: Prevent progression in the game: depth def.	
DURATION: 90 minutes.		MATERIALS: Chinese cones, pivots, vests, balls.	
1.EXPLAIN OBJECTIVES AND CONTENT OF THE SESSION			
2.WARM-UP			
DESCRIPTION		VISUAL REPRESENTATION	

ROUND 4x4+ 1 GOALIE

4x4 play, field is divided into 2 areas, the game begins on the 4x3 area, one defender stays inside the penalty area.

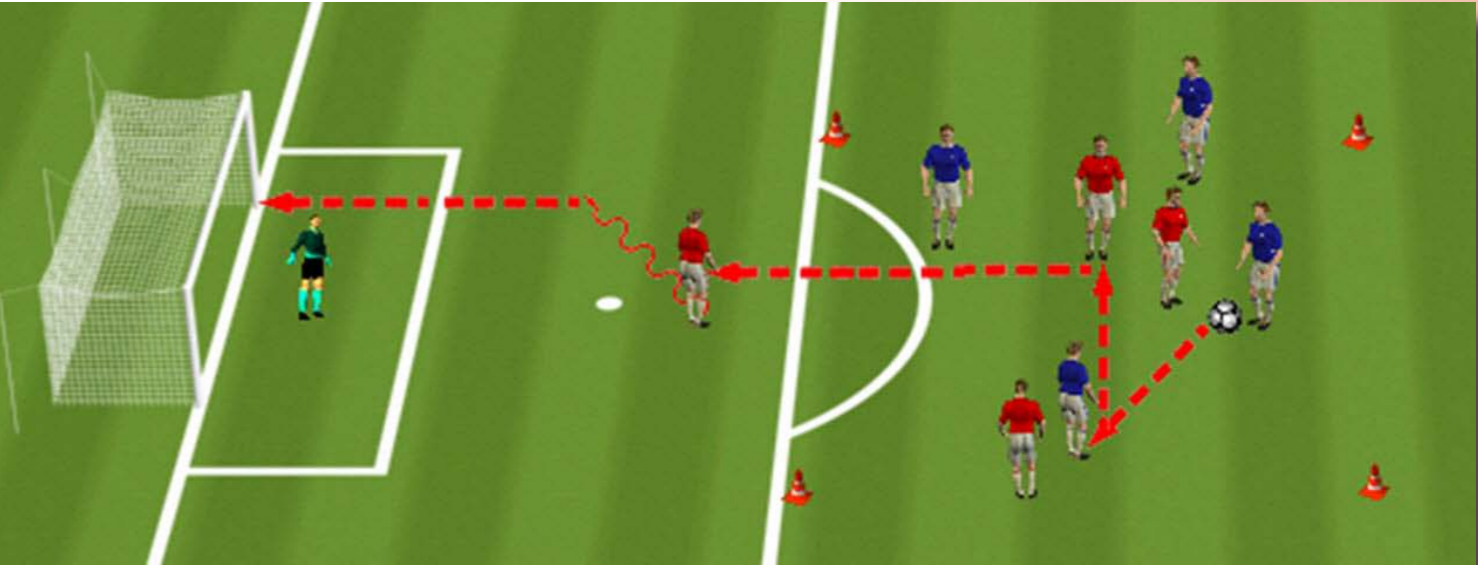
The attacking team tries to maintain possession of the ball with 2-touch low short passes, the defending team tries to recover the ball and when they do they send to the teammate in the area so that he will seek a quick finish in a favourable 2x1+1 goalie situation (the player who send the pass + 1 players from the team that lost the ball must invade the penalty area).

After goal switch possession of the ball.

After outs or catch from the goalie, the task begins again with the team that did not finish in possession of the ball.

Dimensions: 16x16 central area at 20 metres from the net.

Duration: 10 minutes



3.MAINT PART	
DESCRIPTION	VISUAL REPRESENTATION

CONDITIONED MATCH 1

11x11 play, each team attacks and defends a football-11 net and two small 2m ones on the sidelines.

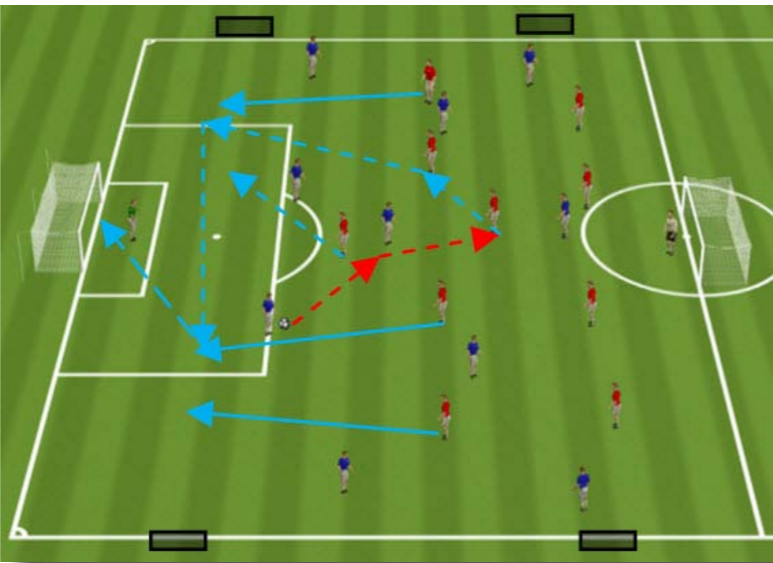
The attacking team tries to move forward in the game and finish shooting at rival's net.

Provocation Rule: The team that recovers the ball on the rival's field must finish before 10 minutes from the recovery of the ball on any of the rival's 3 nets.

Continuity rule: After goal switch possession of the ball with short pass from the goalie, after outs the goalie from the corresponding team serves.

Space: 80x65m.

Duration: 2x10 minutes.



CONDITIONED MATCH 2

11x11 play, each team attacks and defends one normal net and 3 mini nets on the field's midfield line, the attacking team tries to move forward in the game (playing with a maximum of 2 touches) and finish shooting at rival's goal or dribbling towards one of the 3 mini nets (2m) on the field's midfield line.

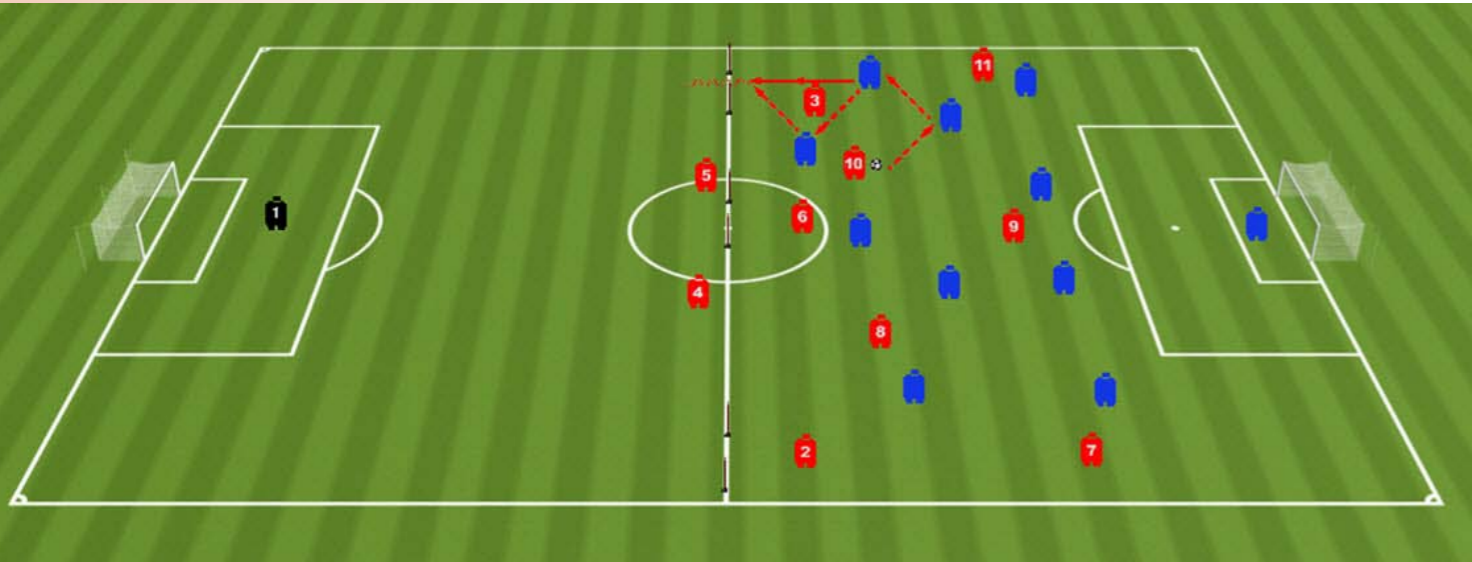
After recovery of the ball the team must finish either in one of the mini nets (dribbling) or in the normal net before 12" of possession.

After goal continue possession of the ball with short serve from goalie.

After throw-in, goal or corner the goalie from the corresponding team serves.

Dimensions: 80x65m.

Duration: 2 series x10 minutes.



4.REST
Stretching exercises

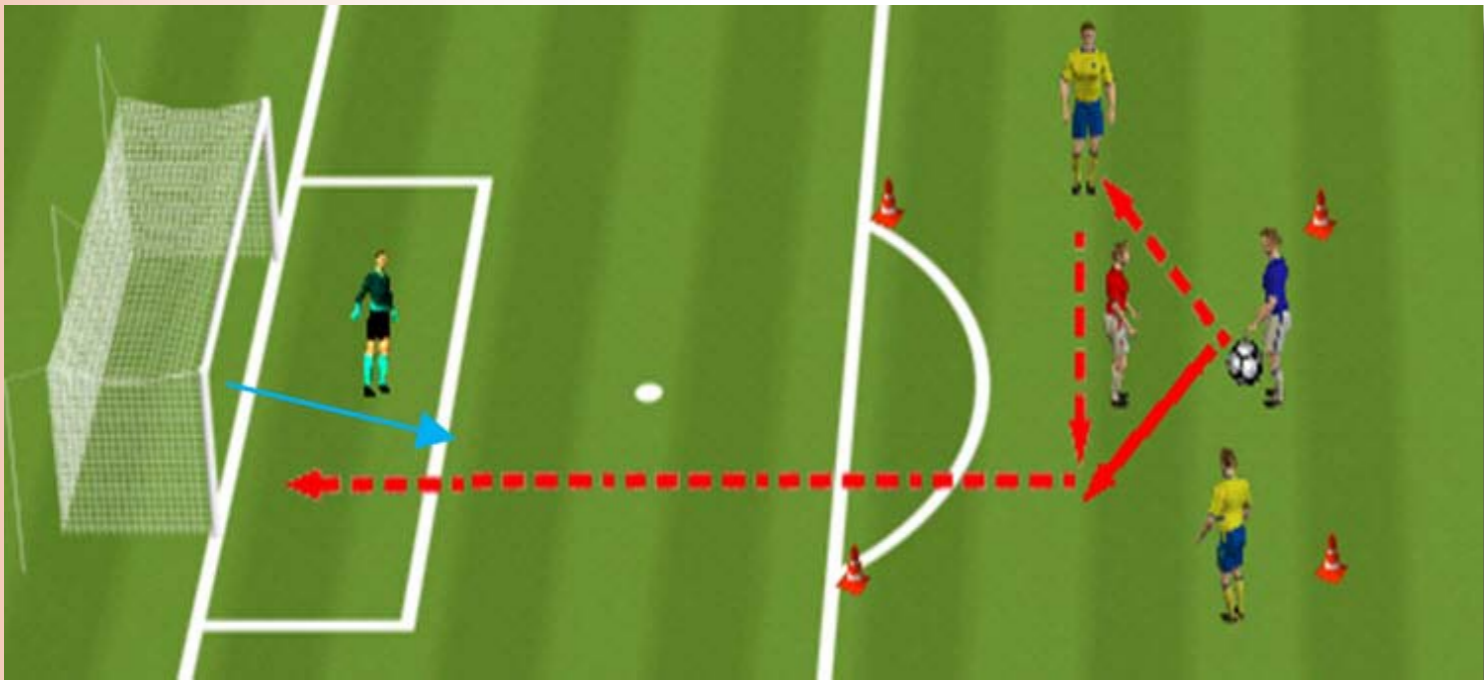


PERIOD: Pre-season.	MESOCYCLE: 1.	MICROCYCLE: 2.	SESSION: 4.
OFFENCE TIMING: Attack.		DEFENCE TIMING: Defence.	
OBJECTIVE: Finish.		OBJECTIVE: Prevent goal.	
DURATION: 90 minutes.		MATERIALS: Chinese cones, pivots, vests, balls.	
1.EXPLAIN OBJECTIVES AND CONTENT OF THE SESSION			
2.WARM-UP			
DESCRIPTION		VISUAL REPRESENTATION	

ROUND WITH FINISH

1X1 + 2 wildcards + 1 goalie, each team positions 1 player inside the central square, the 2 wildcards are positioned at the exterior sides of the area (players may not leave the central area).

The attacking team, with support from the wildcards, tries to maintain possession, and at the coach's cue the player in possession with a 1xgoalie.



After finish with goal, throw-in, corner, serve from goal, the game starts again with ball in possession of the defending team inside the central area.

After finish with goal the game starts again with the ball in possession of the offence team inside the central area.

Dimensions: 12x12 central area at 10 m from goal.

Duration: 10 minutes.

3.MAIN PART	
DESCRIPTION	VISUAL REPRESENTATION

SIMPLIFIED TACTICAL SITUATION

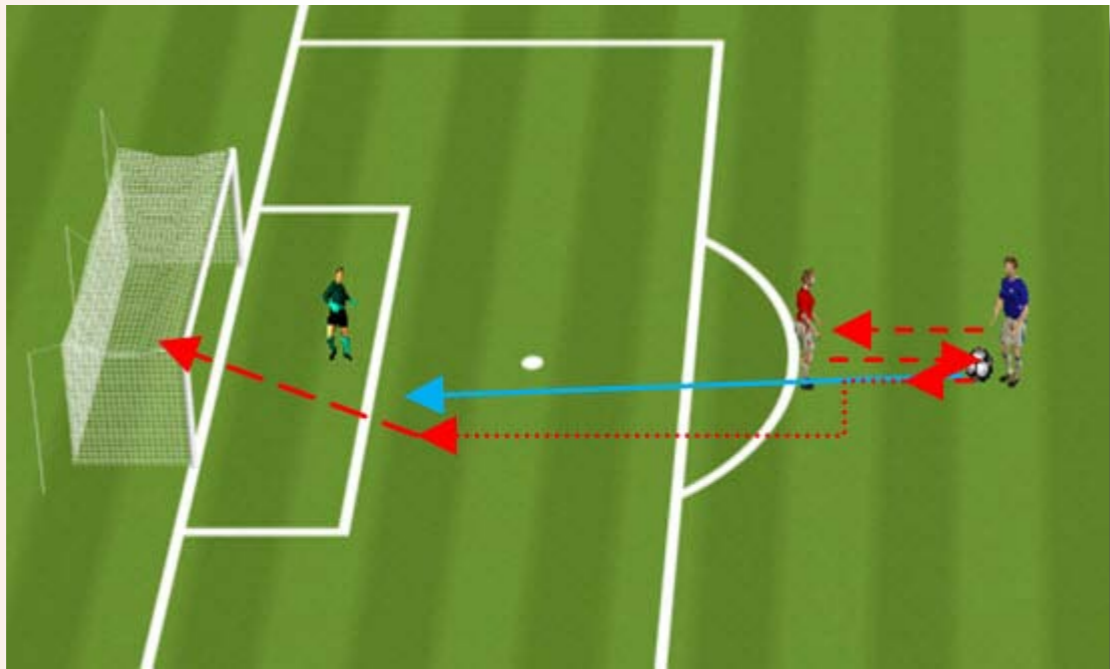
1x1+ 1 goalie play, at 25 metres from the net, successive passes between attacker furthest forward and back to goal (7m) and defender, on cue

-attacker turns with ball

The attacker seeks to turn dribbling quickly and finish from inside the penalty area.

Repetitions: 2x5.

Micropause: 1minute.



SIMPLIFIED TACTICAL SITUATION 2

10 attackers play in formations 4-3-3, 4-2-3-1 or 1-4-4-2 seek to move forward in the game initiating from the central's positions and after a minimum of ten passes they finish shooting at rival's goal x 4 defenders + 1 goalie who try to prevent the goal.

Offence guidelines: Play with 2 touches in the first area and free in area 3, horizontal passes are forbidden, alternate short and long game, break amplitude to close and occupy finish areas while running when option from centre, seek numerical superiority on the sidelines 2x1, the team progresses in a block, not leaving spaces between lines or behind the ball.

Space: ½ Field.

Duration: 15 minutes.

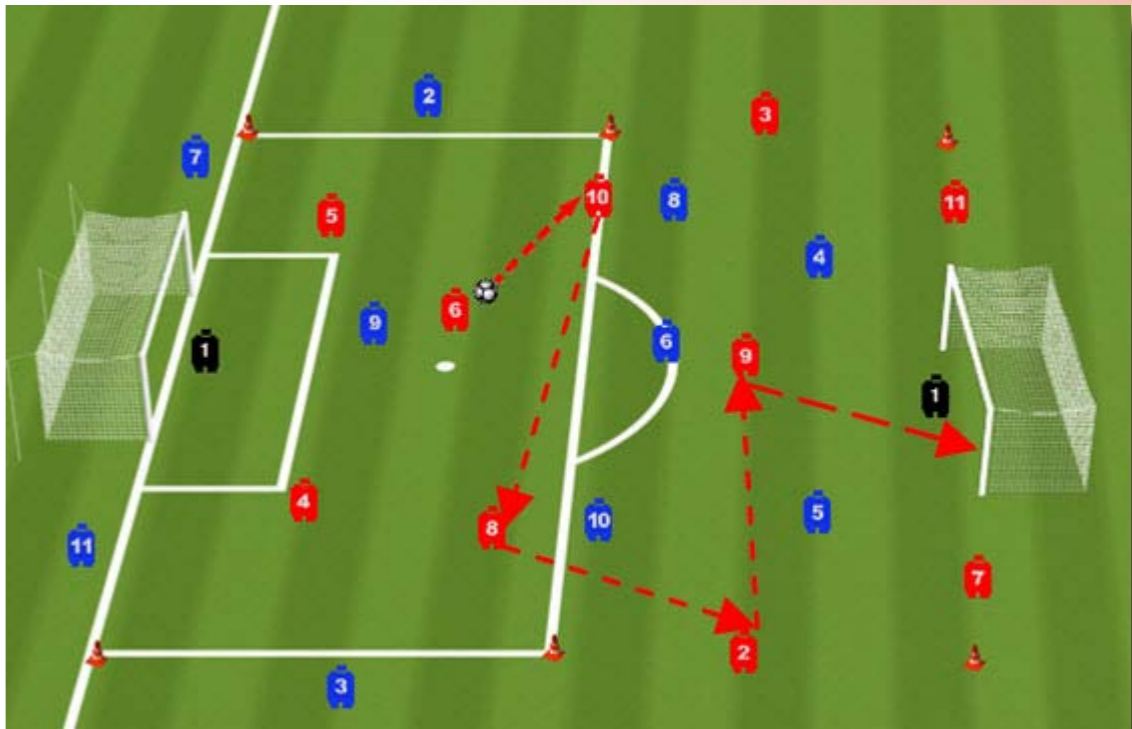
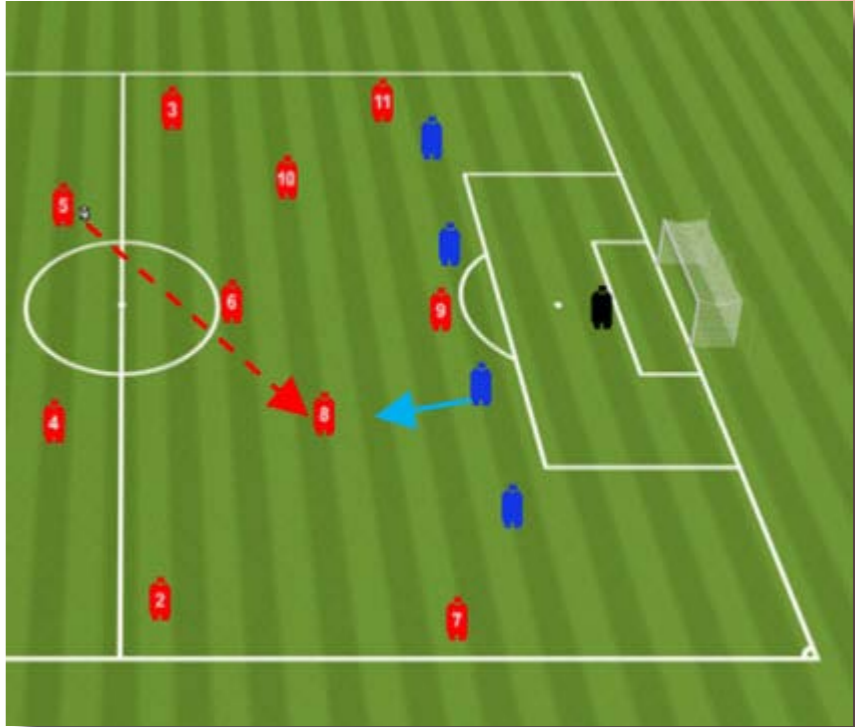
CONDITIONED MATCH

10x10 + 2 goalies play, each team attacks and defends a football-11 net, each team positions 6 players inside the game space and 4 players (2 on the rival's sidelines and 2 on the rival's baselines), the attacking team tries to progress in the game with short low passes and finish shooting at rival's goal.

Continuity rule: After goal continue with possession of the ball with short serve from goalie, after outs the goalie from the corresponding team serves.

Dimensions: Double the penalty area.

Duration: 2 series x 10 minutes (Rotate outside players).



4.REST
Stretching exercises

