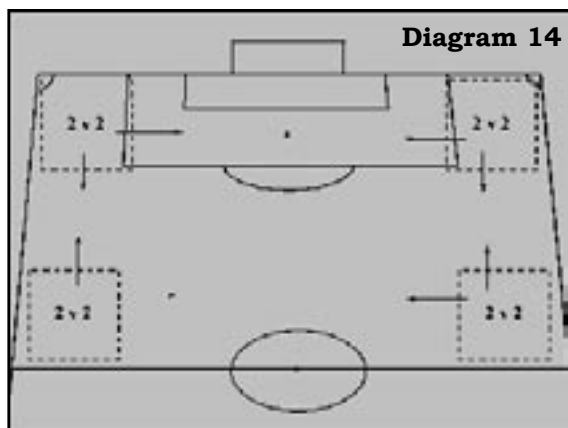


# Brazilian Youth Practices U14/15

*Submitted by Vinicius Dos Santos. The following practices were observed at the Clube Pequeninos Do Jockey, Sao Paulo, Brazil. Clube Pequeninos Do Jockey is a major youth soccer development program similar to the Tahuichi program in Bolivia. Pequeninos has relationships with many Brazilian, South American and even European Clubs. Their main function is to search and develop new talent for its clubs. Many professional players started their careers at Pequeninos including Ze Roberto of Bayer Leverkusen and the Brazilian National Team. Pequeninos is basically an inner city program. They have around 2,000 players aged 5 - 20 and almost 100 coaches. The following is a two-hour training session done with the U14/15 age group. SESSION PROVIDED BY [www.worldclasscoaching.com](http://www.worldclasscoaching.com)*



## Warm-Up

Upper and lower body coordination movements, lateral runs, zigzag runs, backward runs and stretches.

## Technical

Mark four 15 x 15-yard areas, one in each corner of a half-field as shown in diagram 14. Organize the players into two teams of eight, one dark team and one light team. Play 2 v 2 keep-away in each 15-yard area. On the coach's whistle the groups rotate boxes as fast as they can. The dark team moves in a clockwise direction and the light team moves in a counter-clockwise direction. The objective is to get to the other box first and get possession of the ball. Play for 25 minutes.

## Crossing and Finishing

These drills are practiced on a half-field. The idea is to attack with players coming from behind and by the flanks. It is very similar to the attacking style of the Second Division team AD Sao Caetano of Sao Paulo that made the finals of the Brazilian Competition JOAO HAVELANGE CUP 2000 against Vasco Da Gama of Rio de Janeiro (Romario's team). AD Sao Caetano attacks by the flanks and constantly rotates the players as in a Futsal game (indoor soccer, not American indoor soccer). The fullbacks pass the ball and move forward into the space, the forwards come back to receive the ball, the midfielders use the space left by the forwards and the center defenders move forward to join the attack and so on. Once the players get to a certain space, they start their movement again. The movement should be fast and confident towards the goal, without forcing the play. This style requires excellent technical skills and ball control. The following examples are practiced without opposition at the start, then defenders are added to provide game-like opposition. When shooting on goal, the forwards start by having two touches and progress to finishing with one touch.

## Crossing and Finishing

The midfielder starts with the ball and passes to the moving center defender.

The center defender passes to the fullback and then makes a run to the far post area.

The fullback passes quickly to the midfielder and then runs down the flank.

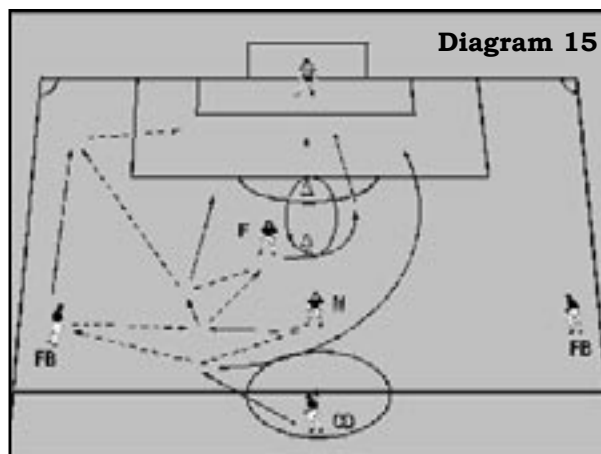
The midfielder plays a quick give-and-go with the forward, passes the ball into the path of the running fullback and then moves forward into a supporting position.

The forward runs around the two cones and into the penalty area to get on the receiving end of the cross from the fullback.

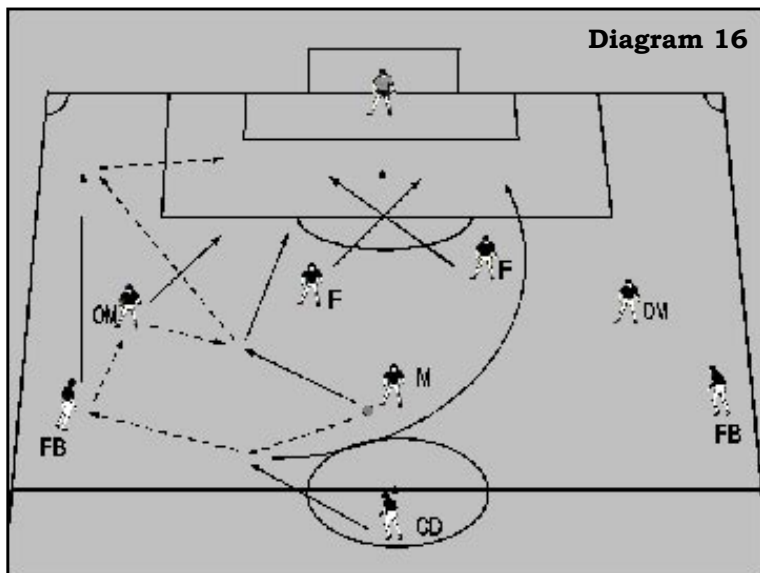
Continue the drill using the other flank. Each position has one or two back-up players.

## Coaching Point

The cross has to be quick and direct - in games this won't allow the defenders time to get organized



# Brazilian Youth Practices U14/15



## Crossing and Finishing

Use the same organization as in diagram 15 with the addition of two outside midfielders and another forward.

The midfielder starts with the ball and passes to the moving center defender.

The center defender passes to the fullback and then makes a run to the far post area.

The fullback passes forward to the outside midfielder and then makes an overlapping run. The outside midfielder passes inside to the incoming midfielder and moves forward into a supporting position.

The midfielder passes into the path of the overlapping fullback and moves forward into a supporting position

The two forwards make crossover runs into the penalty area at the time the fullback is about to cross the ball.

## AD Sao Caetano

This is an example of a goal scored by AD Sao Caetano illustrating how the crossing and finishing rotations can work.

The center defender is Ailton, the midfielder is Esquerdinha, the fullback is Cesar, forward 1 is Adhemar and forward 2 is Zinho.

## AD Sao Caetano

Esquerdinha passes the ball to the moving Ailton who passes to Cesar and makes a run toward the far post area.

Cesar passes to the incoming Adhemar and makes a run down the flank.

Adhemar passes inside to Esquerdinha then makes a supporting run.

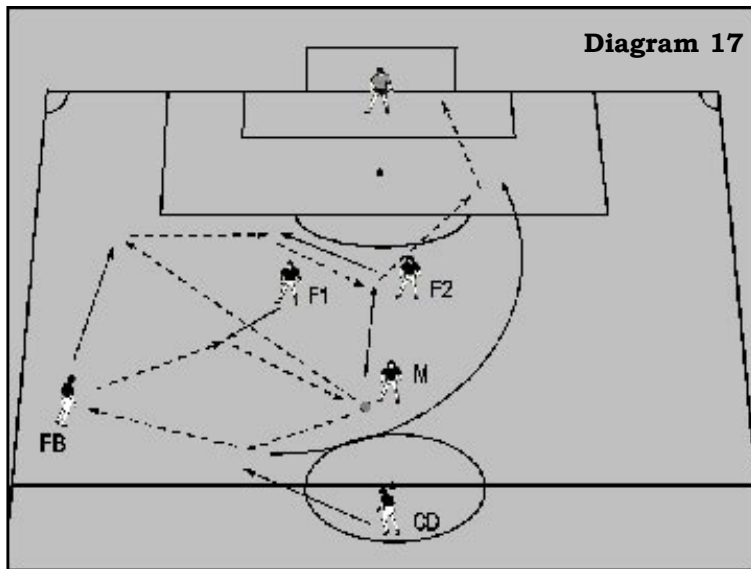
Esquerdinha passes wide into the path of the running Cesar then makes a supporting run.

Zinho moves into the space vacated by Adhemar and receives a pass from Cesar.

Zinho then passes to Esquerdinha who has moved into the space vacated by Zinho.

Esquerdinha passes into the path of the Ailton who made his run from a deep position and wasn't picked up by the defenders.

Ailton took his shot from the edge of the penalty area and scored.



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# Brazilian Youth Practices U14/15

## Half-Field Game

Organize two teams of eight on a half-field with full size goals and goalkeepers. The dark team starts as the attacking team and can score in either goal. The light team is the defending team and aims to keep possession when they have the ball. The defending team can pass to the goalkeepers making it 10 v 8. Play four 5-minute quarters with the teams alternating roles each quarter.

## Cool Down

Practice ended with a barefoot jog around the field and stretches.

