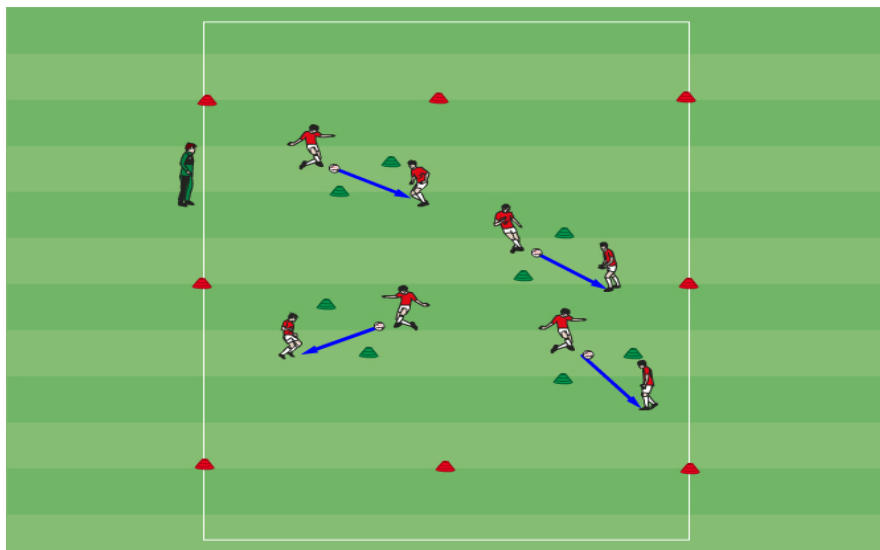




TRAINING SESSION

Gates



| | |
|--|---|
| | Passing and Receiving Ball Control Flexibility & Mobility Basic Motor Skills |
| | U12 to U13 |
| | 12 to 15 Players |
| | Cones, ball for each pair |
| | Intensity: Medium |
| | 00:12 min (6 x 00:01 min, 00:01 min rest) |

Objective

To develop the push pass technique with the inside or outside of the foot. To develop redirecting the ball. To develop how to dribble to set up a pass. To develop how to work with a teammate.

Description

Create a playing area with cones. Within the playing area, create "gates" with two cones. Put the two cones approximately 3-5 yards apart. Players get in pairs and share one ball. Have each pair go to a "gate". A player from each pair starts on opposite sides of a gate. Progression: A) Pass the ball back and forth to each other between the gates. See how many passes they can make in 20 seconds, B) Pass the ball through the gate to their partner then go to a new gate, C) The coach and assistant coaches walk from gate to gate. If a coach is in a gate, then the pair have to go to another gate.

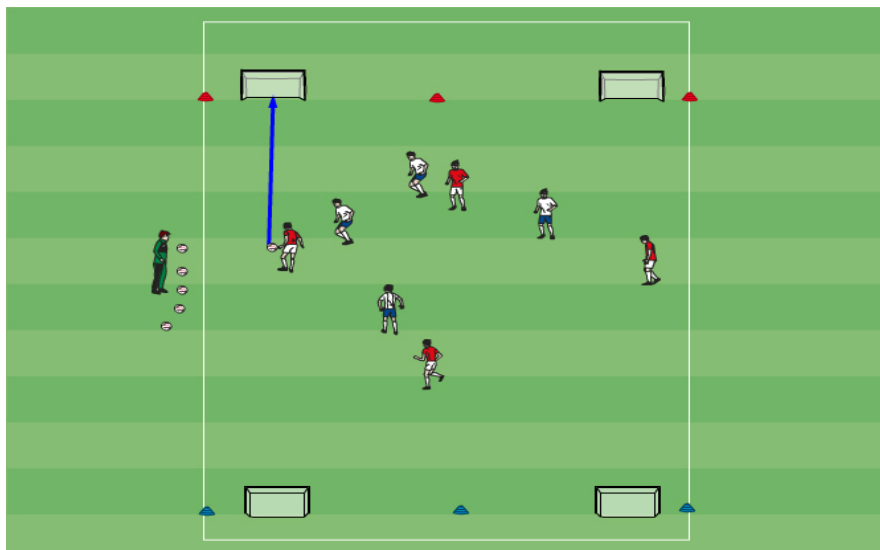
Key Points

Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for U6's is challenging. Make eye contact with your partner (teammate) before passing to them. Keep the ball moving. Redirect the ball somewhere new.



TRAINING SESSION

Small-sided game to 4 small goals



Objective


To develop application of technique within a small-sided game. To develop attacking principles: Penetration, support, width, depth. To develop defending principles: Pressure, cover, balance, compactness.


Description

Create a field and put two small goals on both ends. Field Dimensions: 4v4. Approximately 30-35 yards long by 20-25 yards wide. Two teams. Each team attacks two goals and defends two goals.

Key Points

Technical applications of: dribbling, passing, receiving/redirecting. If the route to one goal is blocked, can you go to the other one quickly?

 **Passing and Receiving**
Attacking Principles
Transition
Combination Play
Turning
Ball Control
Individual attacking

 **U12 to U13**

 **12 to 15 Players**

 **Cones, four small goals, balls**

 **Intensity: High**

 **00:16 min**
(4 x 03:00 min, 01:00 min rest)



TRAINING SESSION

3 goal build-up game



- Passing and Receiving**
Playing out from the back
Attacking Principles
- U12 to U13**
- 12 to 15 Players**
- Three (3) small goals, 1 large goal, cones, balls**
- Intensity: Medium**
- 00:20 min**
(4 x 04:00 min, 01:00 min rest)

Objective

To develop how the 2 and 3 make passes on the ground. To develop principles of attack: penetration, support, mobility, width

Description

This exercise will develop how the 2 and 3 pass the ball to penetrate in the flank areas. The area of the field is the defensive half with the overall purpose of improving how the 2 and 3 help in the build up process. The team in red (defending large goal) attempts to score on three goals located around midfield. Make the outside goals worth more than the central goal. The team in white is attacking the large goal.

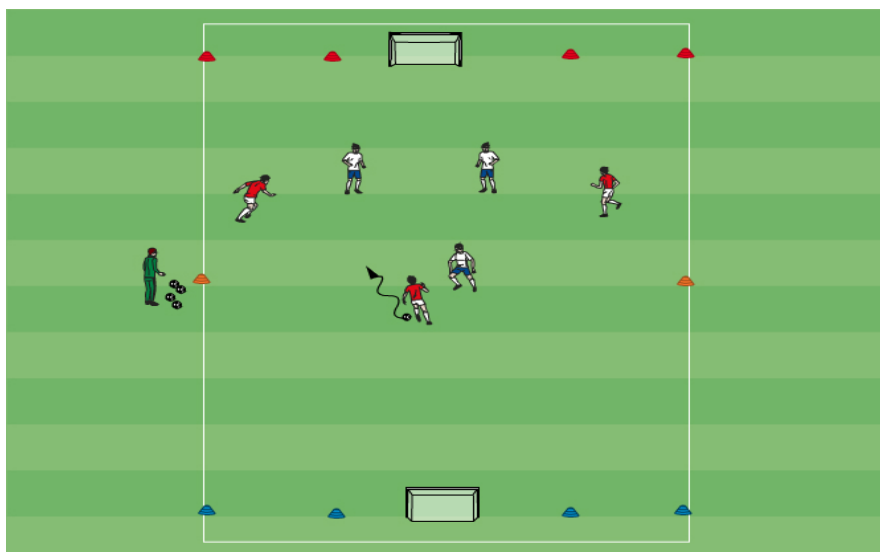
Key Points

Passing-short, intermediate, accuracy, weight
Receiving-vision to play forward quickly.
Principles of Play: Penetration, width, support, and mobility.



TRAINING SESSION

Small-Sided Game to two goals (3v3-4v4)



Objective


Play a small-sided game. To set up conditions for players to learn from what a small-sided game can teach.


Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.


Key Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling

 **Individual attacking**
Defending Principles
Transition
Passing and Receiving
Running with the Ball
Dribbling
Turning
Shooting
Heading
Basic Motor Skills
1v1 Defending

 **U12 to U13**

 **12 to 15 Players**

 **Small goals, cones, balls**

 **Intensity: High**

 **00:16 min**
(4 x 00:03 min, 00:01 min rest)