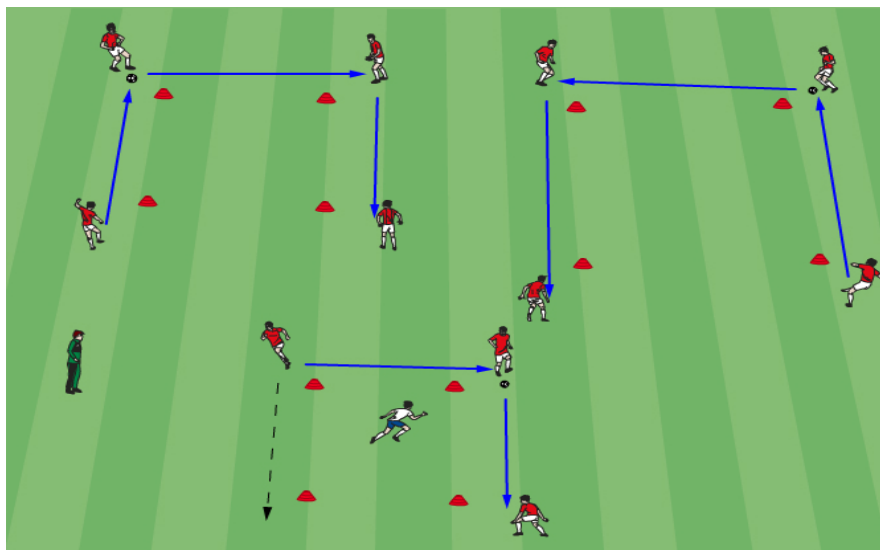




## TRAINING SESSION

### TWA - Passing and receiving



	<b>Passing and Receiving Possession</b>
	<b>U8 to U14</b>
	<b>8 to 12 Players</b>
	<b>Ball for each player, cones</b>
	<b>Intensity: Medium</b>
	<b>15:00 min</b> (6 x 02:00 min, 00:30 min rest)

#### Objective

To develop passingTo develop receivingTo work on possession

#### Description

Groups of 4. 4 squares of different sizes are laied out on the field.  
Start passing around the outside. At coaches prompt: reverse direction of passes or move to a different square or last person to touch the ball is a defender (3v1)

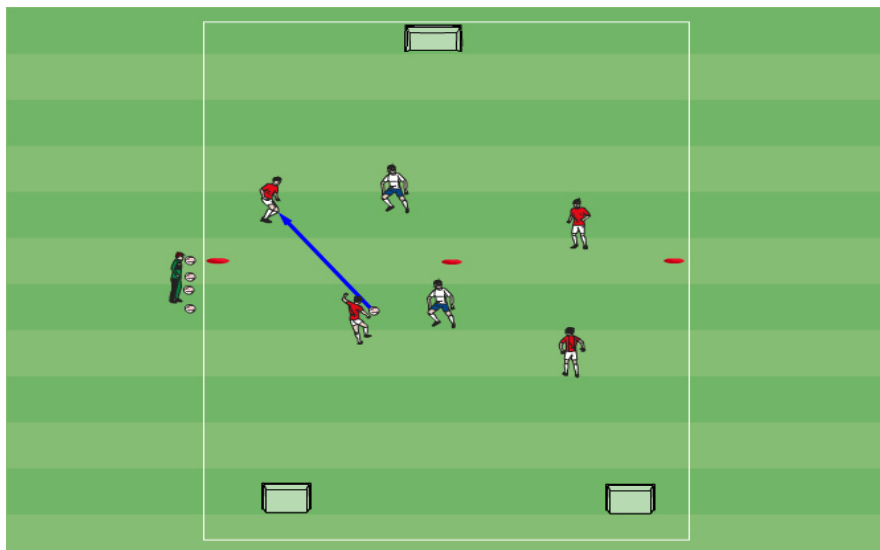
#### Key Points

\* Weight and accuracy of the pass\* push pass\* Open body so you face direction you want to go next and receive with inside of the far foot so the ball comes across your body, pass with opposite foot



## TRAINING SESSION

### 2v1 in half (4v2)



**Passing and Receiving**  
**Turning**  
**Attacking Principles**



**U8 to U14**



**8 to 12 Players**



**Cones, vests, small goals, balls**



**Intensity: Medium**



**00:12 min**

(6 x 01:00 min, 01:00 min rest)

### Objective

To develop passing to keep possession. To develop redirecting the ball to keep possession. To develop the principles of play: Penetration and support.

### Description

Eight players. Split a playing field into half. Each half is approximately 15x15. Place two players from one team in one half and two of their teammates in the other. One defender is in each half. The attacking team (4) try to score on the small goal placed in one of the halves. The defending team (2) try to score on two small goals placed in the other half. Attacking players are restricted to their zone. Defending players are not. Rotate players after each interval.

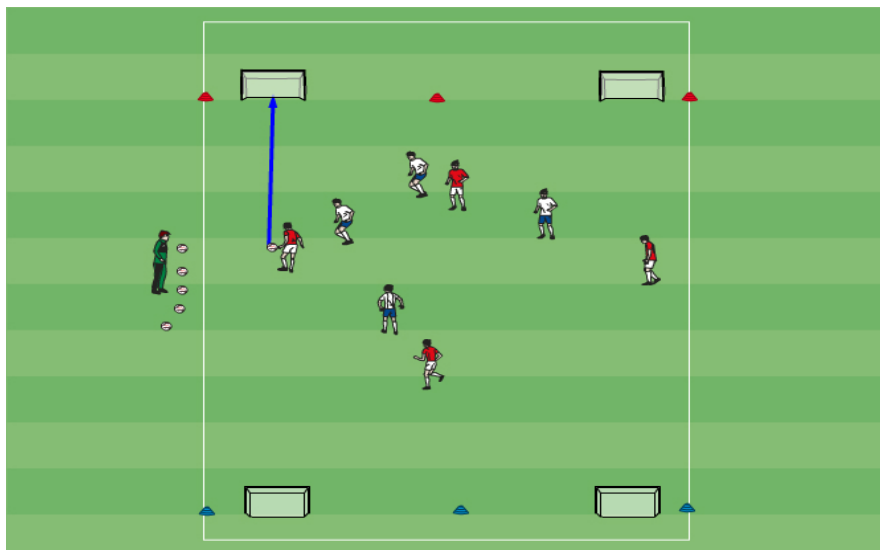
### Key Points

Redirect the ball to keep possession or to pass to a teammate. Passing to an open player. Accuracy of the pass.



## 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



U8 to U14



8 to 12 Players



Cones, four small goals, balls



Intensity: High



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



## TRAINING SESSION

### Game - 1-3-2-3 vs 1-4-3-1



**Attacking Principles**



**U8 to U14**



**8 to 12 Players**



**goals, balls**



**Intensity: Medium**



**25:00 min**

(2 x 12:00 min, 01:00 min rest)

### Objective

Passing and receiving with some possession

### Description

Game. Full FIFA rules. 6v6 - 1-2-1-2 vs 1-3-2-0.

### Key Points

Reinforce previous coaching points