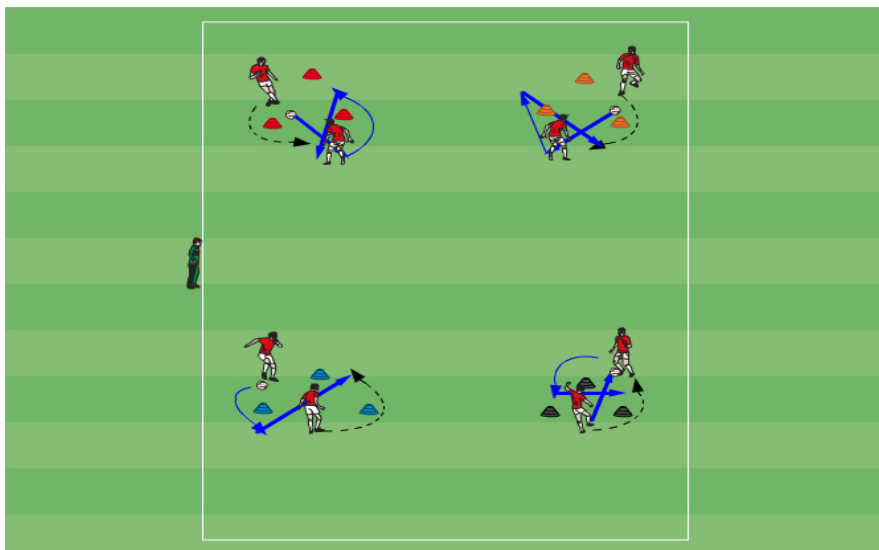




TRAINING SESSION

The Triangle



	Passing and Receiving Flexibility & Mobility
	U8 to U9
	8 to 12 Players
	Ball per pair, three cones
	Intensity: Low
	00:08 min (4 x 00:01 min, 00:01 min rest)

Objective

To develop how to redirect the ball on the ground. To develop agility, balance, and coordination.

Description

Two players share one ball. A small (3-5 steps) triangle is made for each pair. The objective is to pass the ball through the triangle, redirect the ball around a cone and then back through the triangle without touching the cones. A point is given each time a pair is successful. Variations: A) Allow players to have more than one touch, B) Allow more experience players only one touch to redirect the ball around a cone and get back through, C) Pairs play with each other to see how many times they can get the ball through. D) Pairs play against each other. When a pair can not get the ball back through the other player gets a point.

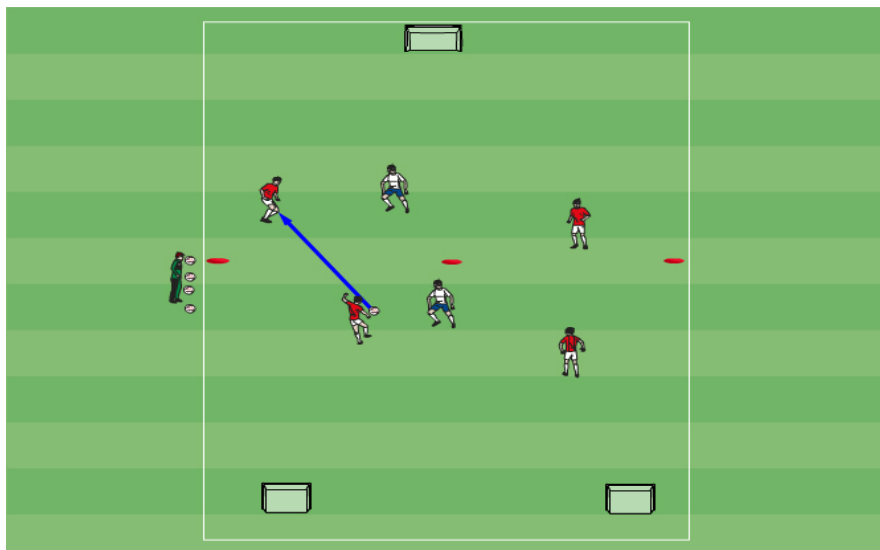
Key Points


Redirect the ball-keep it moving. Use the inside or outside of the foot. Balance and flexibility needed.



TRAINING SESSION

2v1 in half (4v2)



 **Passing and Receiving**
Turning
Attacking Principles

 **U8 to U9**

 **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.

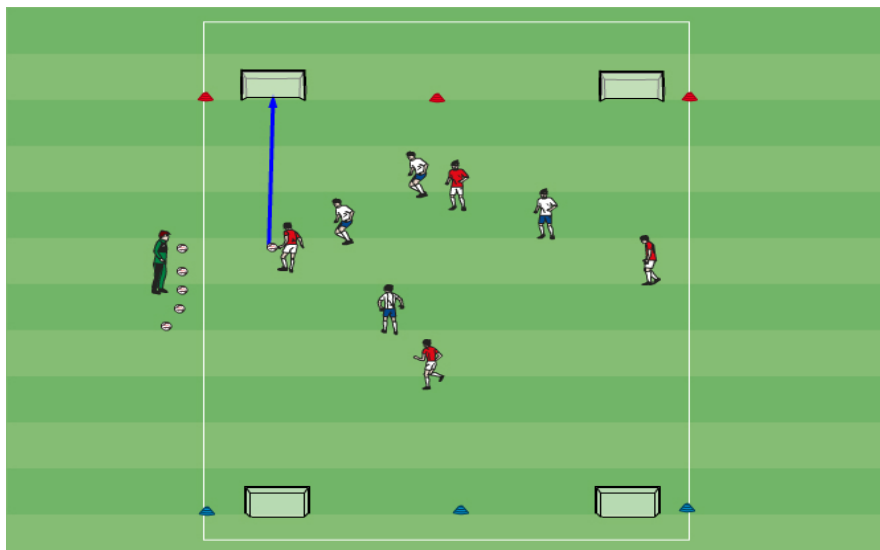
Key Points

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 U9**

 **8 to 12 Players**

 **Cones, four small goals, balls**

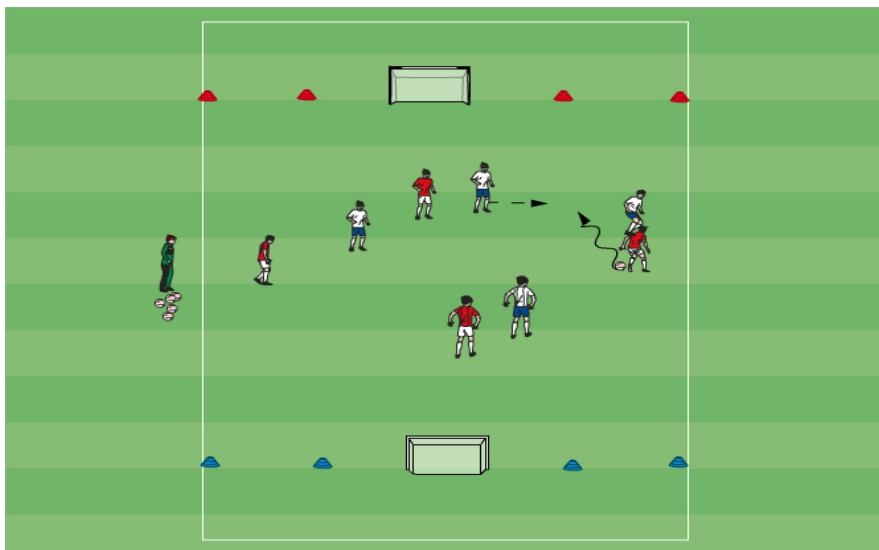
 **Intensity: High**

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



TRAINING SESSION

4v4 to small goals



Objective

To develop technical application within a small game. To develop attacking principles of play: Penetration, Support, Width, Depth To develop defending principles of play: Pressure, Cover, Balance, Compactness

Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.

Key Points

Application of technique "Diamond Shape" while on attack

Attacking Principles
Defending Principles
Dribbling
Passing and Receiving
Turning
Ball Control
Shooting

U8 to U9

8 to 12 Players

Cones, balls, small goals

Intensity: High

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