

## U15 & U16 TRAINING SESSION 2

<b>CYCLE 1 WEEK 2</b>	<b>PHASE:</b> Attacking	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>Build up in midfield and in the opponents half.</li> <li>Creative runs to create space and combination plays.</li> <li>Passing, opening up.</li> <li>Dribbling, crossing, scoring.</li> </ul>	<b>EQUIPMENT:</b> Balls, large and small cones, pinnies (two colors), four small goals, two large goals.	<b>AREA:</b> Half Field	<b>TIME:</b> 90 min.
<b>AGE:</b> U15/U16	<b>PRINCIPLE:</b> After breaking the vertical line, attack to create scoring chances.				

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Dynamic Warm Up</b> <b>Area:</b> 20y x 15y <b>Organization:</b> Create two rows of players who work in pairs during the exercise. Players jog around the cone and back, performing a variety of dynamic movements. Finish with several sprints of varying intensity. <b>Variation:</b> Finish the warm up with a tag game.		<ul style="list-style-type: none"> <li>Proper execution of dynamic movements</li> <li>Focus and concentration</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Rondo, 5v2 / 5v3</b> <b>Area:</b> 25y x 15y <b>Organization:</b> Five attackers play on ball possession while the two defenders try to win the ball. Defenders must either dribble the ball out of the grid or connect a pass with each other. This is a BLITZ moment for the five attackers. Switch defenders every 90 seconds to two minutes. Players who are resting dribble along cones or play 1v1. <b>Game:</b> Give one point for 10 consecutive passes and for intercepted passes.		<ul style="list-style-type: none"> <li>Pass with the correct speed to the correct foot</li> <li>Receive the ball with the furthest foot, open up</li> <li>Push the ball into the direction where you want the next pass to go</li> <li>Keep the field large</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>3v3 + 3, Possession Game</b> <b>Area:</b> 30y x 20y <b>Organization:</b> Create three teams of three players. One team is neutral and stations one player in the center, with the other two on the endlines. The other two teams play on ball possession with the three neutral players, creating a 6v3. Teams try to move the ball from one neutral player on the endline to the other. Switch roles every three minutes. <b>Game:</b> Score one point for moving the ball from one neutral player on the endline to the other. Play 3 three-minute games and add up the total points per team.		<ul style="list-style-type: none"> <li>Moving the ball from side to side, breaking the vertical line</li> <li>Pass with the correct speed to the correct foot</li> <li>Receive the ball with the furthest foot, open up</li> <li>Quick reaction after winning or losing the ball</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5v4+GK, Wide Field</b> <b>Area:</b> 60y x 40y <b>Organization:</b> The five attackers start with two wingers, a center forward, and two attacking midfielders. The defending team starts with three backs and one midfielder. To begin play, the goalkeeper passes or throws the ball to one of the two attacking midfielders. Regular soccer rules apply. The defending team can score on the three small goals on the opposite end line. The turn is over when the ball goes over the endline or a goal is scored. After several minutes, switch positions. <b>Variation:</b> Before shooting, the ball must be switched from one side to the other. <b>Game:</b> Create two teams and keep track of the score.		<ul style="list-style-type: none"> <li>Moving the ball from side to side, breaking the vertical line</li> <li>Getting into correct positions</li> <li>Make creative runs to create space and combination plays</li> <li>Value the ball</li> <li>Shooting and scoring</li> </ul>
ACTIVITY 5 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>7v7, Large Goals</b> <b>Area:</b> 60y x 40y <b>Organization:</b> Create two teams and play 7v7 (six plus a GK), with both teams playing in a 1-2-3-1 formation. Regular soccer rules apply. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Get into the correct build up shape when the goalkeeper has the ball</li> <li>Build up from the goalkeeper - No punting</li> <li>Make creative runs to create space and combination plays</li> <li>Value the ball</li> </ul>