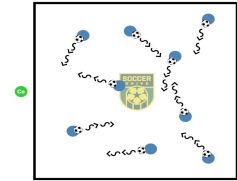
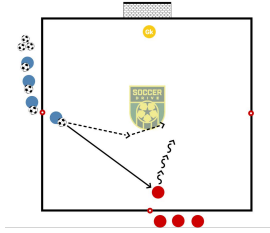
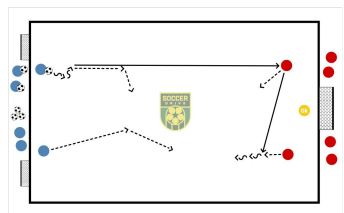
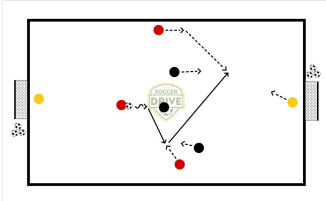
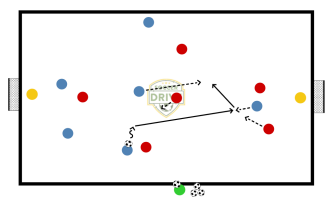


U13 & U14 TRAINING SESSION 9

CYCLE 2 WEEK 3	PHASE: TRANSITION ATT > DEF	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Block shot. Protect your own goal. 	EQUIPMENT: Balls, large and small cones, pinnies (two colors), four small goals, two large goals.	AREA: Half Field	TIME: 90 min.
AGE: U15/U16	PRINCIPLE: Reaction				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Dynamic Warm Up & Ball Mastery Area: 15y x 15y Organization: After completing the warm up, players jog around in the grid and on command from the coach perform dynamic movements. Include short sprints. After several minutes players take a ball dribble around. The coach calls out a 1v1 move, ball mastery or turn. The players quickly perform this skill. As an active rest moment, have the players juggle the ball.		<ul style="list-style-type: none"> Ball Mastery Dribbling technique Turning technique 1v1 moves Juggling skills
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Block Shots Area: 15y x 15y Organization: Set up a small field with a large goal on one endline and large cones on the other. The defender passes the ball from the halfway line to start the 1v1. The attacker tries to score on the large goal. After winning the ball, the defender can score by dribbling over the endline. Switch positions after each turn. Variation: Use a GK and rotate positions; the attacker becomes the GK, the GK the defender, and the defender the attacker. Game: Keep individual or team scores.		<ul style="list-style-type: none"> Blocking shots Protect your own goal After winning the ball, quickly score with a dribble over the endline
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2 With Counter Attacking Area: 20y x 15y Organization: The teams play 2v2+GK. A defender begins play by dribbling the ball onto the field and making a 1v1 move before passing the ball across to an attacker. The turn ends when a goal is scored or the ball goes over the end line. Continue the game when the goalkeeper makes a save. When the ball goes over the sideline, players can pass or dribble the ball back in. Players switch sides after each turn. Rotate goalkeepers every couple minutes. Game: Keep track of the score. Switch sides after six minutes.		<ul style="list-style-type: none"> Blocking shots Protect your own goal Quick reaction after transition
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
3v3 with GKs Area: 30y x 20y Organization: The teams play 4v4, with three field players and a GK. When the ball goes out of bounds, dribble or pass the ball back in. Substitute players or rotate a new team in when a goal is scored. The goal scoring team stays on. Game: Keep track of the score.		<ul style="list-style-type: none"> Blocking shots Protect your own goal Quick reaction after transition
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
7v7, Large Goals Area: 60y x 40y Organization: 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. Game: Keep track of the score.		<ul style="list-style-type: none"> Blocking shots Protect your own goal Quick reaction after transition