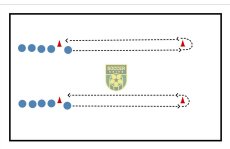
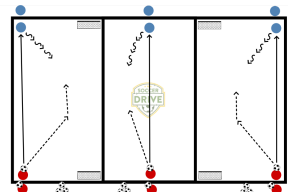
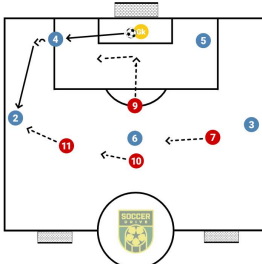
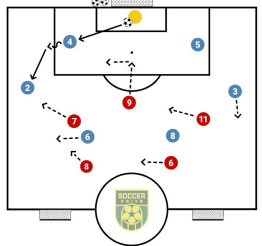
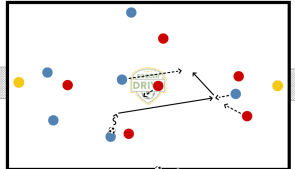


U15 & U16 TRAINING SESSION 16

CYCLE 3 WEEK 4	PHASE: Defending	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Defend 'high', on half of the opponent. Quick pressure on the ball. Timing of moment of physical contact. Make the field small together Give each other back cover Block shots, tackling, sliding 	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: Interrupt the buildup of the opponent and win the ball back at the right moment				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Dynamic Warm Up Area: 20y x 15y Organization: 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. Variation: Finish the warm up with a tag game.		<ul style="list-style-type: none"> Proper execution of dynamic movements Focus and concentration
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Straight and Angled Area: 24y x 12y Organization: Create three small fields of 8y x 12y. On the center field, play 1v1 line soccer. On the two outside fields, play 1v1 with small goals placed in the corners of one side of the field. The players always start in the opposite corners from the goals. Begin the 1v1s with a pass across from the defender. Switch roles after the turn is over. Players switch fields every eight minutes. Game: Keep track of goals scored.		<ul style="list-style-type: none"> After the pass, protect your own goal first Pressure the ball, forcing the opponent away from the small goal, towards the sideline Defend with intensity
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
6v4 Build Up Game Area: Half field, less than full width Organization: The teams play 6v4, with the attacking team scoring in the two small goals on the halfway line. When the defenders win the ball, they attack the large goal with the GK. The attacking team plays with a goalkeeper, four defenders, and a central midfielder. The defenders play in a diamond formation. Play begins with a goal kick from the GK. From there, the attacking team builds up and tries to create scoring chances. Attackers re-start with a throw in, but the defenders can dribble or pass the ball back in. Switch roles after several minutes. Game: Create two teams, switch roles after five minutes. Keep track of the score.		<ul style="list-style-type: none"> Defend 'high', on half of the opponent Quick pressure on the ball Make the field small Give each other back cover Blocking shots, tackling, sliding
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
7v5 Game Area: Half field. Organization: The attacking team plays with a GK, four backs and two midfielders, trying to build up and score on the small goals. The defenders play with three forwards and two midfielders, looking to win the ball and score on the large goal. The game always starts with a goal kick from the goalkeeper. When the ball goes over the sideline, both teams must throw the ball back in. Switch roles after several minutes. Progression: Add one midfielder to both teams and play 8v6. Game: Keep track of the score.		<ul style="list-style-type: none"> Defend 'high', on half of the opponent Quick pressure on the ball Make the field small Give each other back cover Blocking shots, tackling, sliding
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
7v7 or 8v8, Large Goals Area: 60y x 40y Organization: Create two teams and play 7v7 or 8v8 with both teams in a 1-2-3-1 or 1-3-3-1 formation. Regular soccer rules. Game: Keep track of the score.		<ul style="list-style-type: none"> Defend 'high', on half of the opponent Quick pressure on the ball Make the field small Give each other back cover Blocking shots, tackling, sliding