

U15 & U16 TRAINING SESSION 23

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| CYCLE 4 WEEK 5 | PHASE: Defending | TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Quick pressure on the ball ● Make the field small together ● Give each other back cover ● Block shots and crosses, 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: Improve our ability to avoid goals against, including from crosses from the end line. | | | | |

| ACTIVITY 1 - Link to Activity | SET UP | FOCUS POINTS |
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| 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, Defending from An Angle Area: 16y x 12y Organization: Create two small fields of 8y x 12y. Players score in the small goals in the corners of the field. Play always starts in the opposite corner from the goals. Begin the 1v1 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"> ● First, protect the goal, followed by pressure on the ball ● Block shots ● Sliding, tackling ● Quick transition after winning or losing the ball |
| ACTIVITY 3 - Link to Activity | SET UP | FOCUS POINTS |
| 3v2 to Goal Area: 60y x 40y Organization: The attackers start about 25 yards from the goal, with one in the center and one on each sideline. The two defenders start between the central player and the wingers, and the GK starts in goal. The attacker in the center begins play with a pass to either winger. When the defenders win the ball, they can score on the two small goals. When the ball goes over the sideline, re-start with a throw. The turn is over when the ball goes over the endline. After several minutes, switch positions and defenders become attackers. Variation: Add another central attacker to make it a 4v2 towards goal. Game: Create two teams and keep track of the score. | | <ul style="list-style-type: none"> ● Quick pressure on the ball ● Make the field small ● Give each other back cover ● Block shots and crosses, tackling, sliding ● Quick transition after winning or losing the ball |
| ACTIVITY 4 - Link to Activity | SET UP | FOCUS POINTS |
| 6v6, Playing the Cross Area: 55y x 36y Organization: Use a split field with zones on both sides for the wingers. The game starts with a pass or throw from the GK to one of the two wide players. As soon as this player passes the halfway line, one of the defenders must run out of the penalty box to defend. The two attackers try to score from the cross. When the defenders win the ball, they immediately try to pass the ball to the two attackers, move up and try to score from a layoff. Game: Keep track of the score. | | <ul style="list-style-type: none"> ● Cross must be low and hard ● Wingers must look for eye contact with attackers just before crossing the ball ● When a cross is not possible, cut the ball back and cross the ball with the other foot |
| ACTIVITY 5 - Link to Activity | SET UP | FOCUS POINTS |
| 7v7, Large Goals Area: 60y x 40y Organization: Create two teams and play 7v7 (6 plus goalkeeper) with both teams in a 1-2-3-1 formation. Regular soccer rules apply. Game: Keep track of the score. | | <ul style="list-style-type: none"> ● Make the field small when the opponent is in possession ● Quick pressure on the ball ● Give each other back cover ● Block shots and crosses, tackling, sliding ● Quick transition after winning or losing the ball |