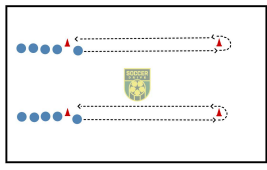
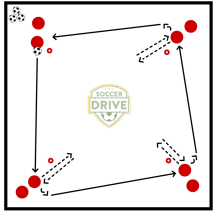
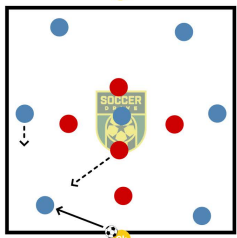
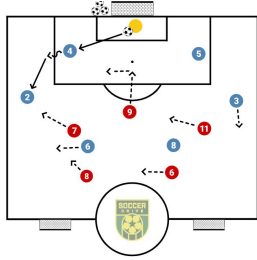
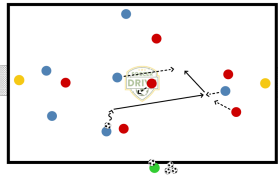


## U15 & U16 TRAINING SESSION 31

<b>CYCLE 6 WEEK 1</b>	<b>PHASE:</b> Attacking	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>Receiving into space.</li> <li>Passing deep</li> <li>Build up own half</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> Possession play in the build up				

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>Dutch Square 1</b> <b>Area:</b> 10y x 10y <b>Organization:</b> Players start in each corner, and the ball starts in the corner with two players. During the drill, the players pass in the same direction and follow their pass. When passing to the right, use the right foot. When going to the left, use the left foot. With each pass, the player in the opposite corner (diagonally) checks in, asks for the ball, and backpedals in time to receive. <b>Variation:</b> Players run in the opposite direction after making the pass. <b>Game:</b> Which team can get 18 passes first?		<ul style="list-style-type: none"> <li>Passing technique: Pass with the correct speed to the correct foot</li> <li>Receiving technique: 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>Check in</li> <li>Communication</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>7+2 v 5, Possession</b> <b>Area:</b> 40y x 30y <b>Organization:</b> Seven attackers play in a 2-3-2 formation and try to keep possession. They can use the two neutral players (preferably GKs) who are positioned at the top and bottom of the grid. The five defenders try to intercept the ball and keep possession as long as possible. After losing the ball, the attackers try to win it back as quickly as possible. Switch roles after several minutes. <b>Game:</b> The attacking team gets a point for seven consecutive passes. The defending team gets a point for every interception followed by a completed pass to a teammate.		<ul style="list-style-type: none"> <li>Team shape in possession.</li> <li>Passing and receiving technique</li> <li>Receive into space</li> <li>Look and pass deep</li> <li>Movement to get open and to create space</li> <li>Value the ball</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>7v5 Game</b> <b>Area:</b> Half field, less than full width. <b>Organization:</b> The attacking team plays with a GK, four defenders 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. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Team shape in possession</li> <li>Passing and receiving technique</li> <li>Receive into space</li> <li>Look and pass deep</li> <li>Movement to get open and to create space</li> <li>Value the ball</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 with both teams in a 1-2-3-1 formation.. Regular soccer rules. <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>Value the ball</li> <li>Look to play deep, forward</li> </ul>