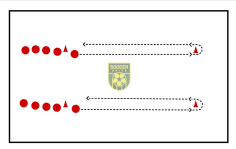
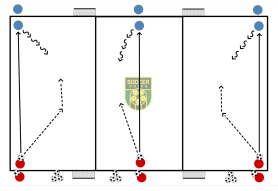
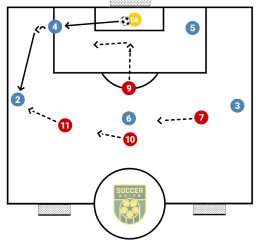
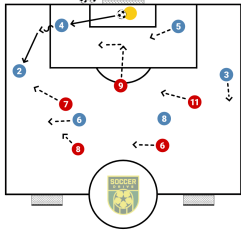
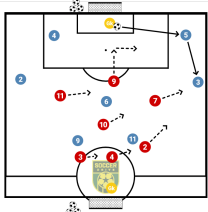


U17 & U18 TRAINING SESSION 4

CYCLE 1 WEEK 4	PHASE: Defending	TOPIC / FOCUS POINTS: - 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: U17/U18	PRINCIPLE: Attacking press. Pressing the opponent in their build up phase				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Dynamic Warm Up Area: 20y x 10y Organization: Create two rows of players. Players jog around the cone and back. Players perform a variety of dynamic movements. Finish with several runs and sprints. Variation: Finish the warming up with a tag game.		- 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.		- 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.		- Organized pressure on the ball; the 9 makes an L-run between the CDs, 7 and 11 leave the 2 and 3 'fake' open. At the moment 2 or 3 receive the ball, 7 and 11 pressure hard and take out the pass forward - Midfielder (10) slides with the ball and marks the 6 - High pressure, work hard
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
7v5 Game Area: Half field Organization: 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. Progression: Add one midfielder to both teams and play an 8v6 game. Game: Keep track of the score.		- Organized pressure on the ball; the 9 makes an L-run between the CDs, 7 and 11 leave the 2 and 3 'fake' open. At the moment 2 or 3 receive the ball, 7 and 11 pressure hard and take out the pass forward - Midfielders slide with the ball, cut off passing lanes and pressure 6/8 - High pressure, work hard
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
Game - 8v8 High Press Area: Half field plus 10y Organization: Play 8v8 with the 'pressure team' in a 3-1-3 and the building team in a 4-1-2. Regular soccer rules apply. Variations: Make the field a little narrower. Use different formations. The building team scores on three small goals instead of a large goal. Play 9v9 with one team in a 3-2-3 and one team in a 4-1-3. Game: Keep track of the score. When a team scores after winning the ball on the opponent's half, the goal counts double.		- Defend high on half of the opponent - Organized pressure on the ball - Work hard defensively - Block shots, tackling, sliding