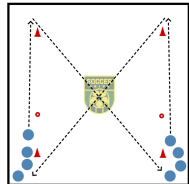
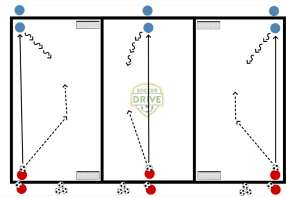
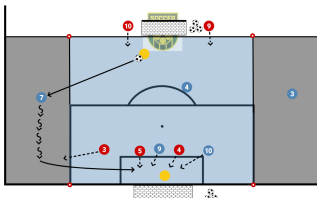
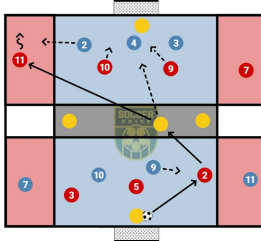
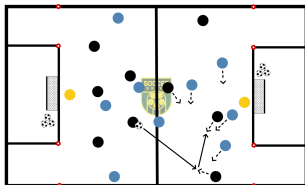


U17 & U18 TRAINING SESSION 11

CYCLE 2 WEEK 5	PHASE: Defending	TOPIC / FOCUS POINTS: - 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: U17/U18	PRINCIPLE: Improve our ability to avoid goals against, including from crosses from the end line.				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
The Zipper - Dynamic Warm Up Area: 15y x 10y Organization: The first player of each group jogs around the cone and jogs back to the other group. The second player starts as soon as the first player is at the small cone. When the players meet in the center, they let the previous player go thru first. Every mistake is one push up at the end. After jogging, players perform a variety of dynamic runs and stretches. Progression: After making the turn, players accelerate and sprint.		- 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
6v6, Playing the Cross Area: 36y x full width Organization: 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 strikers try to score from the cross. When the defenders win the ball, they immediately try to pass the ball to their two strikers, then move up and try to score from a layoff. Game: Keep track of the score.		- Pressure on the ball. Stop the cross - Pick a mark and stay with your mark - See ball and opponent, stay between the attacker and the goalkeeper - Stand open, use arms to feel the opponent and to use them in the 1v1 battle. Unbalance the attacker - Quick transition from the D to A
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
8v8 + 3, Defending Crosses Area: Half field Organization: There are two attacking zones in each half with flank zones for the wingers. Three midfielders are stationed in a central zone. To begin play, a defender passes up to one of the midfielders, who plays it to a winger on the other side. The midfielder crosses over with his pass, and one defender steps out to the winger to defend the cross, creating a 3v2 in front of goal. When the ball goes out of bounds, the game re-starts with the GK. With fewer players, use fewer midfielders or only use one flank zone. Game: Keep track of the score.		- Pressure on the ball. Stop the cross - Pick a mark and stay with your mark - See ball and opponent, stay between the attacker and the goalkeeper - Stand open, use arms to feel the opponent and to use them in the 1v1 battle. Unbalance the attacker - Block the attacker at the moment the goalkeeper comes for the ball - Quick transition from D to A
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
9v9 Full Width, Free Play Area: Box to box, full width. Organization: Score on large goals. Both teams play in a 1-3-2-3 formation. Game: Keep track of the score.		- Minimal coaching during the game - At the end of each playing block ask how the defending (focus points) is going