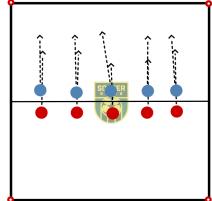
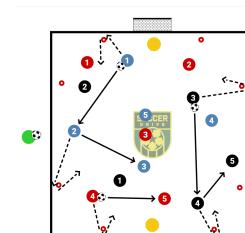
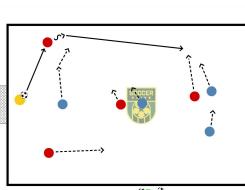
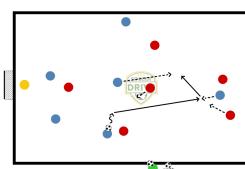


## U17/U18 TRAINING SESSION 15

CYCLE 3 WEEK 3	PHASE: TRANSITION ATT > DEF	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"><li>● Win ball back as quickly as possible - 5 Second Rule.</li><li>● Avoid counter attack.</li></ul>	EQUIPMENT: Balls, large and small cones, pinnies (two colors), two large goals.	AREA: Half Field	TIME: 90 min.
AGE: U17/U18	PRINCIPLE: Reaction				

ACTIVITY 1 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>Dynamic Warm Up and Cats and Dogs</b> <b>Area:</b> 15y x 15y <b>Organization:</b> Two players stand across from each other in the center of the grid. One is the cat, the other is the dog. When the coach yells out CAT, that player tries to tag the dog before the dog can run to the end line. When the coach yells out DOG, that player tries to tag the cat before the cat reaches the endline. Switch partners after several turns. <b>Variation:</b> Make the grid longer.		<ul style="list-style-type: none"> <li>● Quick reaction</li> <li>● Enthusiasm</li> </ul>
ACTIVITY 2 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>From Passing to 10v5 Game</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Create three teams of five and place several cones along the sidelines. The teams spread out and pass a ball around to each other as they move. After striking a pass, players run around a cone before rejoining the play. After a certain amount of time, the coach calls out a number and that team tries to score on either goal. The other two teams defend the goals. Play until completion, then restart the game with passing. <b>Variation:</b> When defenders win the ball, they attack immediately. Keep playing until the ball is out of bounds.		<ul style="list-style-type: none"> <li>● Defenders yell out 'Press' or 'Blitz' when the coach yells out a color</li> <li>● Everyone must react</li> <li>● Win ball back as quickly as possible - 5 Second Rule</li> <li>● Pass and move (run around cone)</li> </ul>
ACTIVITY 3 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5+2 v 5, With GKs</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Create two teams of five and place a neutral player near each sideline. During play, one team tries to keep possession using the neutrals and the goalkeepers to create a 9v5 advantage. When the defenders win the ball, they can try to score in either of the large goals. Switch roles after a goal is scored or after a certain amount of time. <b>Game:</b> Play two times six minutes. Keep track of the score and see which team gets the least goals against in 12 minutes.		<ul style="list-style-type: none"> <li>● Yell out 'Press' or 'Blitz' when your team loses the ball</li> <li>● Everyone must react</li> <li>● Win ball back as quickly as possible - 5 Second Rule</li> <li>● Protect the goals</li> <li>● One touch pass when winning the ball back to keep possession</li> </ul>
ACTIVITY 4 - <a href="#">Link to Activity</a>	SET UP	FOCUS POINTS
<b>5v5 Game</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Two teams play 5v5, four plus a goalkeeper. When the ball goes out of bounds, restart with dribble or pass. Teams start in a 1-2-1-1 formation. <b>Variation:</b> With multiple teams; when a goal is scored, the scoring team has to touch their own goal quickly and the team that was waiting quickly comes on the field. Their goalkeeper starts with the ball. The team that gets scored on comes off the field. Everything needs to be done quickly. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>● Yell out 'Press' or 'Blitz' when your team loses the ball</li> <li>● Everyone must react</li> <li>● Win ball back as quickly as possible - 5 Second Rule</li> <li>● Protect own goal</li> <li>● Avoid counter attack</li> </ul>
ACTIVITY 5 - <a href="#">Link to Activity</a>	SET UP	
<b>7v7, Large Goals</b> <b>Area:</b> 60y x 40y <b>Organization:</b> Create two teams and play 7v7 (six plus a GK), with both teams playing in a 1-2-3-1 formation. Regular soccer rules apply. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>● Yell out 'Pressure' or 'Blitz' when your team loses the ball</li> <li>● Win ball back as quickly as possible - 5 Second Rule</li> <li>● At the end of each playing block ask how the transition is going. Ask for solutions?</li> </ul>