

U17/U18 TRAINING SESSION 18

CYCLE 3 WEEK 6	PHASE: TRANSITION DEF > ATT	TOPIC / FOCUS POINTS: ● Receive the ball forward ● Pass ball forward/deep ● Shield the ball	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: Reaction				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Dynamic Warm Up to 1v1 Move Plus Turning Area: 15y x 8y Organization: Set up two rows of cones, 8 yards across from each other. Groups of two or three players at a cone. Start the activity without a ball. Players start by jogging around the cone, followed by a series of dynamic movements. After several minutes, players use a ball and dribble toward the cone, make a 1v1 move, turn at the cone and dribble back. The next player starts.		● Dribbling technique ● 1v1 moves ● Turning technique ● Passing technique (inside foot) ● Receiving technique (forward)
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1 to 2v2 Area: 20y x 20y Organization: On a split field, place small goals on each end line. The players start next to their goals. On the coach's signal, the two 1v1 games start at the same time, with the attacker dribbling onto the field. When a 1v1 has ended (a goal is scored, ball went over the endline), those two players join the other 1v1 and make it a 2v2 on that field. When the ball goes over the sideline, dribble or pass the ball back onto the field. After each turn, switch sides. Game: Keep track of individual and team scores.		● After scoring or when the opponent has scored, immediate transition to support your teammate
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
Transition 1v2 to 3v3 Area: Double penalty box. Organization: Both teams start with a ball. On the coach's signal, the player with the ball attacks with the dribble and two 1v2s begin at the same time. When one ball goes out of bounds or a goal is scored, the players in that 1v2 join the others to create a 3v3. When the second ball is put out of play, the coach plays in a ball for one more 3v3 game. Game: Keep track of the score. Variation: Start with 2v3's and transition into a 5v5.		● In 1v2 immediate transition after losing the ball to keep the opponent from scoring ● After scoring or when the opponent has scored, immediate transition to support your teammate(s)
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
Transition 7v7 to Small Sided Game Area: Half Field Organization: Set up one field of 60y x 40y and play 6v6 plus goalkeepers. Right next to this field, set up a field of 30y x 20y with two small goals. A feeder stands between the two fields with soccer balls. When a goal is scored or a corner kick is given in the 7v7 game, the feeder yells out "2", "3", or "4" and passes a ball on the small field. That number of players from each team sprints over to the small field to start a game there. Play until a goal is scored. Game: Keep track of the total score.		● Immediate reaction when the coach yells out a number ● When the opponent gets to the ball first: protect your goal, pressure the ball, win the ball back ● When your team gets the ball first: go forward towards the goal. Can you score quickly?
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
7v7, Large Goals Area: 60y x 40y Organization: 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. Game: Keep track of the score.		● After winning the ball, create scoring chances and score within 10 seconds ● Go forward ● Pushing up of the attacking team