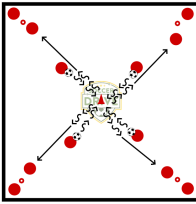
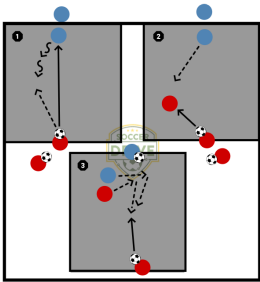
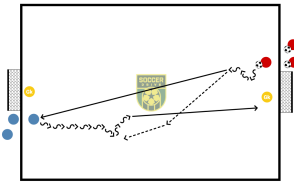
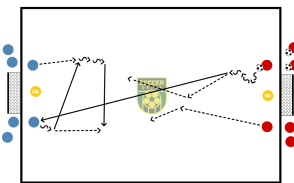
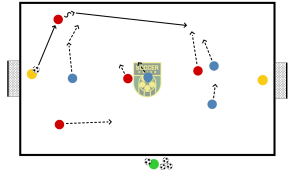


U17/U18 TRAINING SESSION 19

CYCLE 4 WEEK 1	PHASE: ATTACKING	TOPIC / FOCUS POINTS: ● Receive the ball forward ● Pass ball forward / deep ● Shield the ball	EQUIPMENT: Various sizes of soccer balls, large and small cones, pinnies (three colors), two large goals.	AREA: Half field	TIME: 90 min.
AGE: U17/U18	PRINCIPLE: 1v1 attacking with finishing				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Dribbling #5 Area: 10y x 10y Organization: Set up 5 cones as in a number 5 shape on dice. Outside cones 8 yards from center cone. Two or three players per outside cone. Start with a dynamic warm up without the ball. Players jog around the center cone and back, followed by dynamic movements. After 8 minutes, the first player in each group with a ball. Use various sizes of balls. The first player dribbles to the center cone, makes a 1v1 move followed by a turn and passes the ball back to the next player in line. Variations: Players make 3 consecutive turns before passing the ball back.		● Dribbling technique ● 1v1 moves ● Turning technique ● Passing technique
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1 Line Soccer Stations Area: 40y x 20y Organization: Set up three fields of 12y x 10y. At all three stations, the players score by dribbling the ball over the endline, and the players must have the ball under control. The turn is over when the ball goes over the endline. Players switch sides after each turn and move to a new 1v1 station every eight minutes. Station 1: The 1v1 starts with a pass from the defender to the attacker. Station 2: The 1v1 starts with a pass to the attacker. Station 3: The attacker starts high with a defender marking tight. The 1v1 starts with a pass to the attacker. The attacker can bounce the ball back to the passer. Game: Keep track of the score individually or as two teams.		● Attacker: 1v1 moves. Explode after making move ● Check into the ball, scan, turn and face the attacker ● After bouncing the ball quickly run into space to receive the ball back ● Defender: Quick pressure, make contact, and don't let the attacker turn ● When the attacker turns, get between the ball and the attacker. Use body
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
1v1, Large Goals Area: 25y x 15y Organization: Players next to both goals, one group with balls. The first player dribbles onto the field, makes a 1v1 move and passes the ball to the first player next to the other goal. The 1v1 starts. Players switch sides after their turn. Back pass to GK is not allowed. Use the 10 Second Rule for the defenders. Variation: Attacker starts on the field, receives the pass with a defender in their back. Game: Keep track of the goals scored.		● Attacker: 1v1 moves ● Explode after making 1v1 move ● Score! Use inside foot ● Defender: After winning the ball, quick scoring - 10 Second Rule
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
2v2, Large Goals Area: 25y x 15y Organization: Divide team in four groups. Two groups (attackers) next to one goal, two groups (defenders) next to the other goal. The first defender dribbles onto the field, makes a 1v1 move and passes the ball to one of the two attackers. The 2v2 starts. After their turn, players switch sides. Players can use the goalkeeper. GK cannot score. Use the 10 Second Rule for the defenders. Variation: Attackers start on the field, receive the pass with a defender in their back. Game: Keep track of the goals scored. Which couple scores the most goals?		● Attackers: Keep field wide ● Go for 1v1 or pass? ● Explode after making 1v1 move ● Score! Use inside foot ● Defender: After winning the ball, quickly find the open player or dribble forward to the goal ● Quick scoring - 10 Second Rule
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
5v5 Game Area: 40y x 25y Organization: Create multiple teams. Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with a dribble or pass. When a goal is scored, the scoring team must quickly touch their own goal, the team that got scored on comes off and a new team quickly comes on. The GK of the team that scored or got scored on, starts with the next ball. Game: Keep track of the score.		● Create scoring chances ● Commit to go forward, to attack ● Quick scoring after turn over - 10 Second Rule