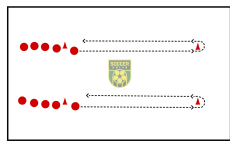
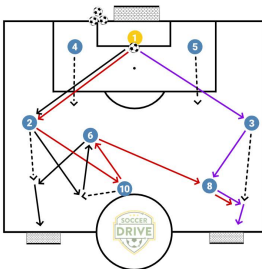
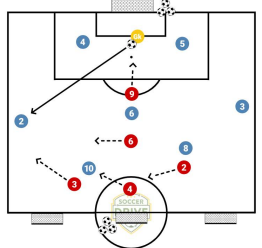
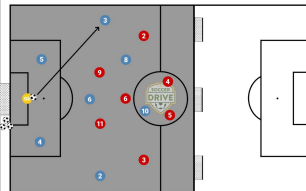
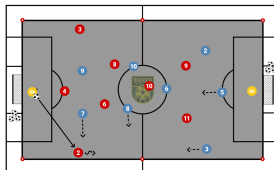


U17/U18 TRAINING SESSION 26

CYCLE 5 WEEK 2	PHASE: ATTACKING	TOPIC / FOCUS POINTS: - Receiving into space - Passing deep - Players move forward when ball moves forward	EQUIPMENT: Soccer balls, large and small cones, pinnies (two colors), three small and two large goals	AREA: Full field	TIME: 90 min.
AGE: U17/U18	PRINCIPLE: Building up directly to the fullbacks				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Dynamic Warm Up Area: 20y x 10y Organization: Create two rows of players who work in pairs during the exercise. Players jog around the cone and back, performing a variety of dynamic movements. Finish with several sprints of varying intensity. Variation: Finish the warm up with a tag game.		- Proper execution of dynamic movements - Focus and concentration
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
Fullback Build Up Patterns Area: Half field, full width. Organization: Use a large goal with a GK and place small goals on the halfway line. Pattern 1: The GK passes to the back. The back receives the ball forward, combines with a deep player, and places the ball into a small goal. Pattern 2: The GK passes to the back. The back plays the ball into the 10, the 10 passes to the 6 or the 8, followed by a pass to the back making a deep run. The back passes into a small goal. Pattern 3: The GK passes to the back. The back passes to the 10. The 10 passes to the 6 or the 8, who passes the ball to the back running forward on the other side. The back passes the ball into a small goal.		- GK passes with the correct speed to the correct foot, through the air or on the ground - The fullback receives the ball forward and makes the ball pass ready with the first touch - Pass ball forward with the correct speed and to the correct foot - Players move forward when the ball goes forward - Communication, verbal and nonverbal
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
8v5 Fullbacks Building Up Area: Half field, full width Organization: The attacking team plays with a goalkeeper, four defenders and three midfielders. The defenders play with three backs, one midfielder, and one forward. Play starts with the goalkeeper who tries to play directly to a back every time. In the beginning of the game, leave the backs open and make the first pass free. After several minutes, play with regular rules. Variation: Add a fourth defender and play 8v6. Game: Keep track of the score.		- Get into the correct build up shape - GK tries to find the fullback directly in the build up - The fullback receives the ball forward and makes the ball pass ready with the first touch - Players move forward when the ball goes forward - Communication, verbal and nonverbal
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
8v7 Fullbacks Building Up Area: Half field, full width Organization: The attacking team plays with a goalkeeper, four defenders and three midfielders. The defenders play with Four backs, one midfielder, and two forwards. Play starts with the goalkeeper who tries to play directly to a back every time. Regular soccer rules. On re-starts, the ball starts back with the goalkeeper. Variation: A goal only counts when all players of the scoring team are over the halfway line at the moment of scoring. Game: Keep track of the score.		- GK tries to find the fullback directly in the build up - Fullback tries to receive, dribble or pass forward whenever possible - Players move forward when the ball moves forward - Communication, verbal and nonverbal
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
9v9 Game Area: Goalbox to goalbox, move in seven yards on each sideline. Organization: Two teams play in a 1-3-3-2, 1-3-2-3, or 1-4-3-1 formation. Game: Keep track of the score. When a goal is scored within ten seconds from a turnover, it counts double. A goal only counts if all the attacking players are in the opponent's half.		- Minimal coaching during the game - At the end of each playing block ask how the build up and the communication is going