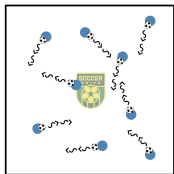
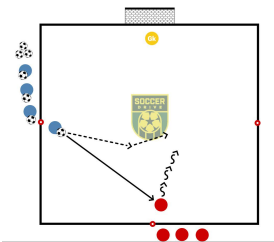
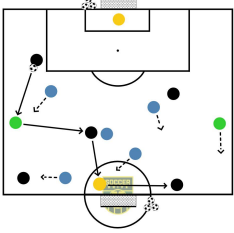
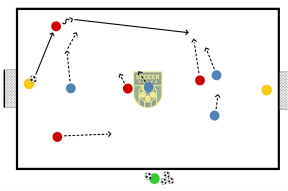
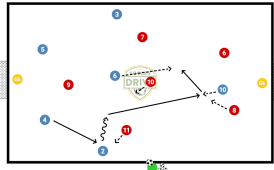


U17 & U18 TRAINING SESSION 33

CYCLE 6 WEEK 3	PHASE: TRANSITION ATT > DEF	TOPIC / FOCUS POINTS: - Block shots - Protect your own goal	EQUIPMENT: Balls, large and small cones, pinnies (two or three colors), 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 & Ball Mastery Area: 15y x 15y Organization: Players jog around in the grid and on command from the coach perform dynamic movements. Include short sprints. After several minutes players take a ball dribble around. The coach calls out a 1v1 or ball mastery move and a turn. The players quickly perform this skill. As an active rest moment, have the players juggle the ball. This can be followed by a game like Steal the Bacon.		- Ball Mastery - Dribbling technique - Turning technique 1v1 moves - Juggling skills
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Block Shots Area: 12y x 10y Organization: Set up a small field with a large goal on one endline and large cones on the other. The defender passes the ball from the halfway line to start the 1v1. The attacker tries to score on the large goal. After winning the ball, the defender can score by dribbling over the endline. Switch positions after each turn. Variation: Use a GK and rotate positions; the attacker becomes the GK, the GK the defender, and the defender the attacker. Game: Keep individual or team scores.		- Defending skills - Force the attacker to the outside to make the angle to the goal as small as possible - Work together with the goalkeeper - Block the shot or win the ball - After winning the ball, quickly score with a dribble over the endline
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
5+2 v 5, With GKs Area: 40y x 25y Organization: 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. Game: Play two times six minutes. Keep track of the score and see which team gets the least goals against in 12 minutes.		- Yell out 'Press' or 'Blitz' when your team loses the ball - Everyone must react - Win ball back as quickly as possible - 5 Second Rule - Protect the goals - Block shots
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
5v5 Game Area: 40y x 25y Organization: Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. Variation: 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. Game: Keep track of the score.		- Yell out 'Press' or 'Blitz' when your team loses the ball - Everyone must react - Win ball back as quickly as possible - 5 Second Rule - Protect own goal - Block shots - Avoid counter attack
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
Game - 7v7 Large Goals Area: 60y x 40y Organization: Create two teams and play 7v7 (6 plus goalkeeper) with both teams in a 1-2-3-1 formation. Regular soccer rules. Game: Keep track of the score.		At the end of each playing block ask how the transition is going. Ask for solutions?