
Session Examples

ADVANCED STAGE

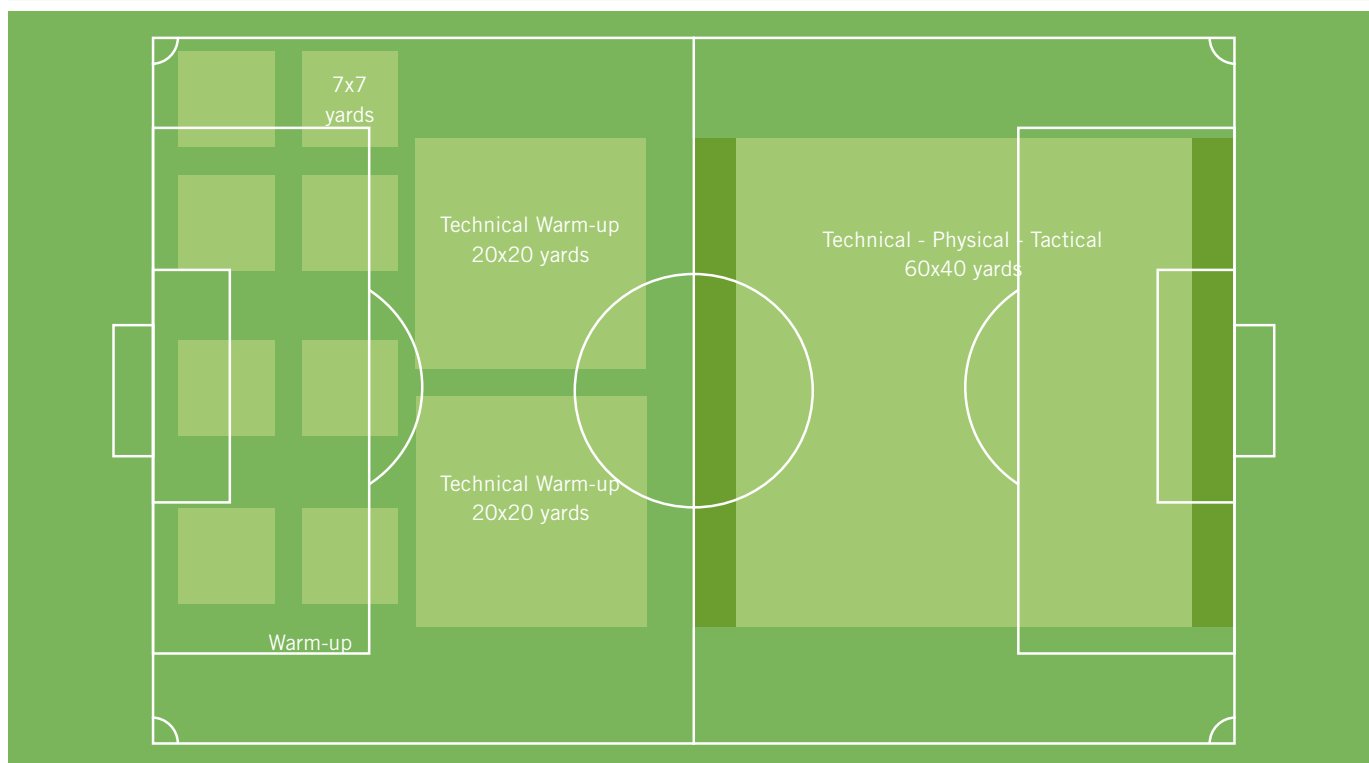
ADVANCED STAGE TRAINING SESSION EXAMPLE

Date:	Age group: U18	Duration: 120 min	Workload (1 to 5): 4
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OBJECTIVES	
Technical	Attacking principles
Tactical	Passing and receiving
Physical	Aerobic power
Psychosocial	Competitiveness

ORGANIZATION	TIME
Arrival: As players are arriving 3v1 in a 7x7 yards square.	5 min
WARM-UP: Increasing pressure – Practice 1 – Possession / 2v2 with target players – Practice 7 – Attacking principles	20 min
Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility	5 min
Dynamic movement: Mobility - Practice 2 – Flexibility and mobility	5 min
MAIN:	
Technical: Pass and switching play – Practice 3 – Passing and receiving – goalkeepers with goalkeeping coach	15 min
Physical: End zone with support players – Practice 1 – Aerobic power – goalkeepers with goalkeeping coach	20 min
Tactical: Attacking +1 game – Practice 11 – Attacking principles – bring goalkeepers to practice	25 min
SCRIMMAGE: 9v9 or 11v11 free game	30 min

SETUP



WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH
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POSSESSION

OPPOSED

TACTICAL

Practice 1: Increasing pressure*

OBJECTIVE: Improve reaction and quality of passing under pressure.

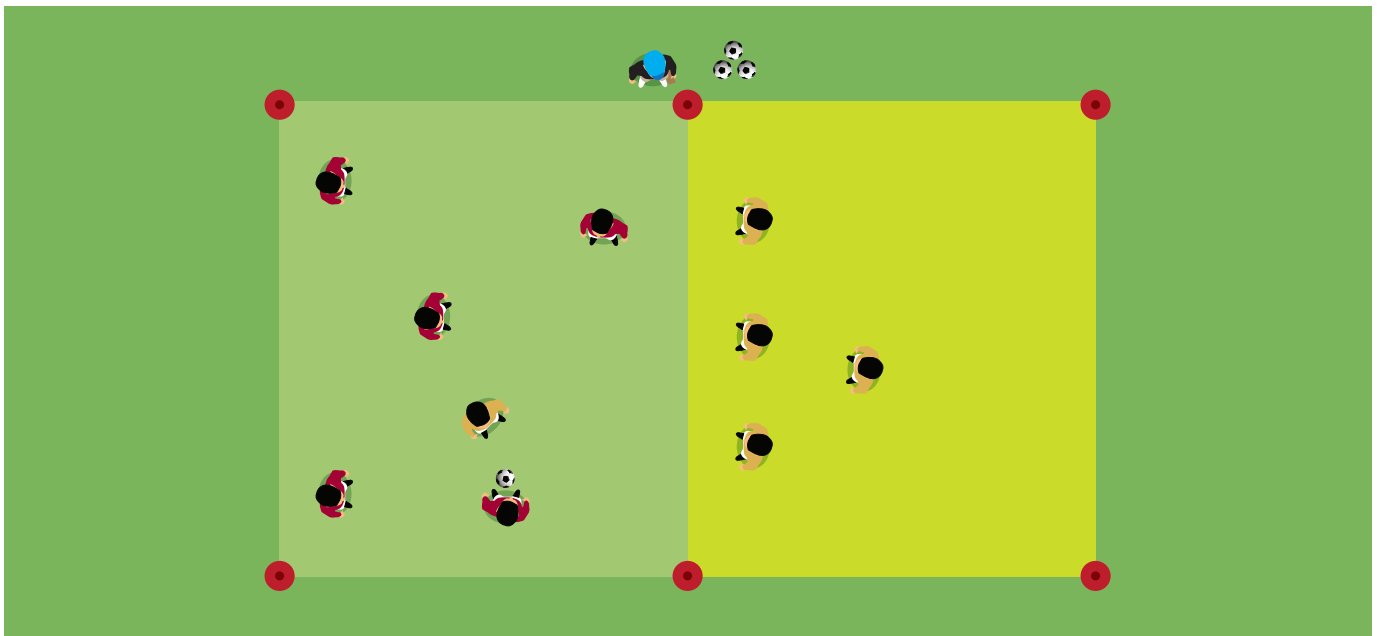
AREAS		STRUCTURE	
Technical	Possession	Space	20x20 yards
Tactical	Passing and receiving	Time	15 min
Physical	Perception and awareness	Age Recommended	U15+
Psychosocial	Cooperation	Difficulty (1 to 5)	4

ORGANIZATION	
Players	10+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	6 cones and 6 balls
Description	<p>One team keeps possession of the ball inside one of the two squares. After five consecutive passes, one defender enters the square and attempts to regain possession of the ball. After five more passes, another defender joins the teammate, and so on. When defenders regain possession of the ball, transfer the ball to the other square and keep possession.</p> <p>Variation 1: Reduce number of passes to three before a defender enters into the square</p> <p>Variation 2: Limit number of touches on the ball</p>

KEY POINTS

1. Creating space
2. Support play
3. Passing options and movement off the ball
4. Speed of play
5. Accuracy of the pass

* Can be used during the warm-up



ATTACKING PRINCIPLES

Practice 7: 2v2 with target players*

OPPOSED	TACTICAL
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OBJECTIVE: Improve perception and awareness while looking for passing options in a 2v2 situation.

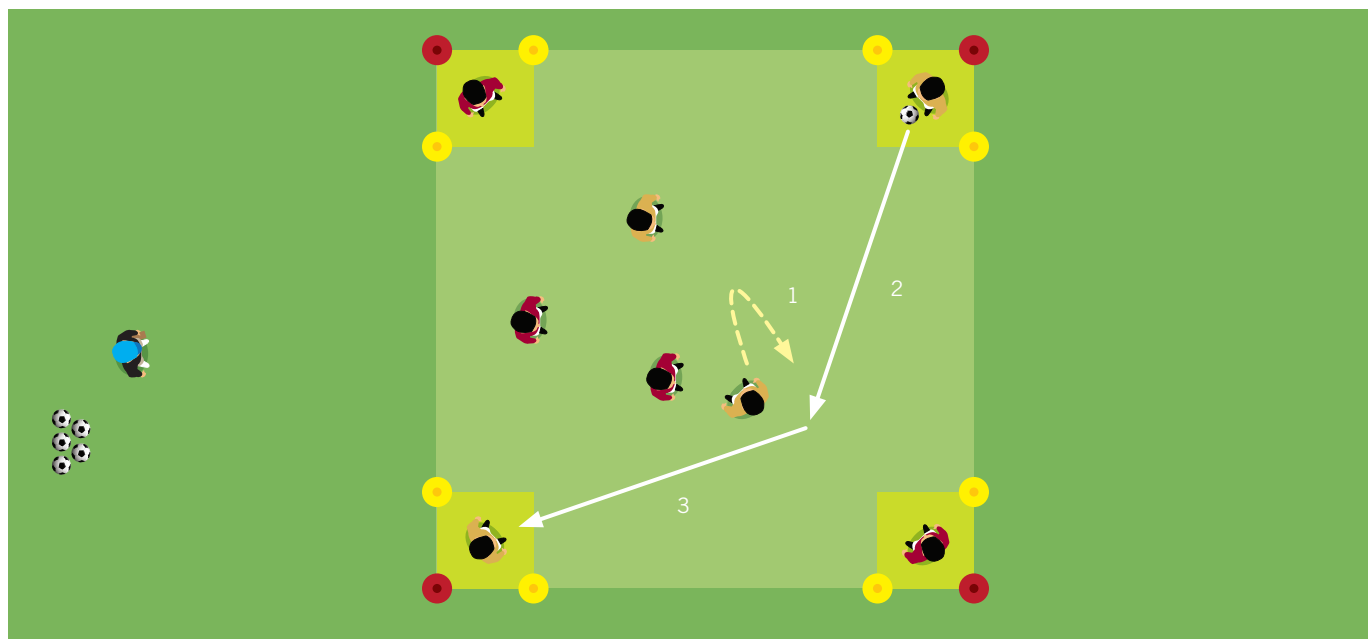
AREAS		STRUCTURE	
Technical	Attacking principles	Space	20x20 yards
Tactical	Passing and receiving	Time	10 min
Physical	Perception and awareness	Age Recommended	+U15
Psychosocial	Competitiveness	Difficulty (1 to 5)	5

ORGANIZATION	
Players	8+
Time	Work continuously at high-intensity. Change positions every 2.5 min.
Equipment	12 cones and 1 ball per group
Description	2v2 in the middle playing to any of the two target players. Every time a target is reached the team earns 1 point Variation 1: Target players join the pair to play a 4v2. After possession of the ball is regained the other two join the two teammates inside the square

KEY POINTS

1. Movement away from defender
2. Receiving to turn
3. Distance with the defender – if given space, pass to the other target player; if defender is close, play one-touch back
4. Speed of play and quick decisions

* Can be used during the warm-up



** Can be used for the technical complex part of the training session



FLEXIBILITY AND MOBILITY

UNOPPOSED	PHYSICAL
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Practice 1: Mobility in a circle*

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

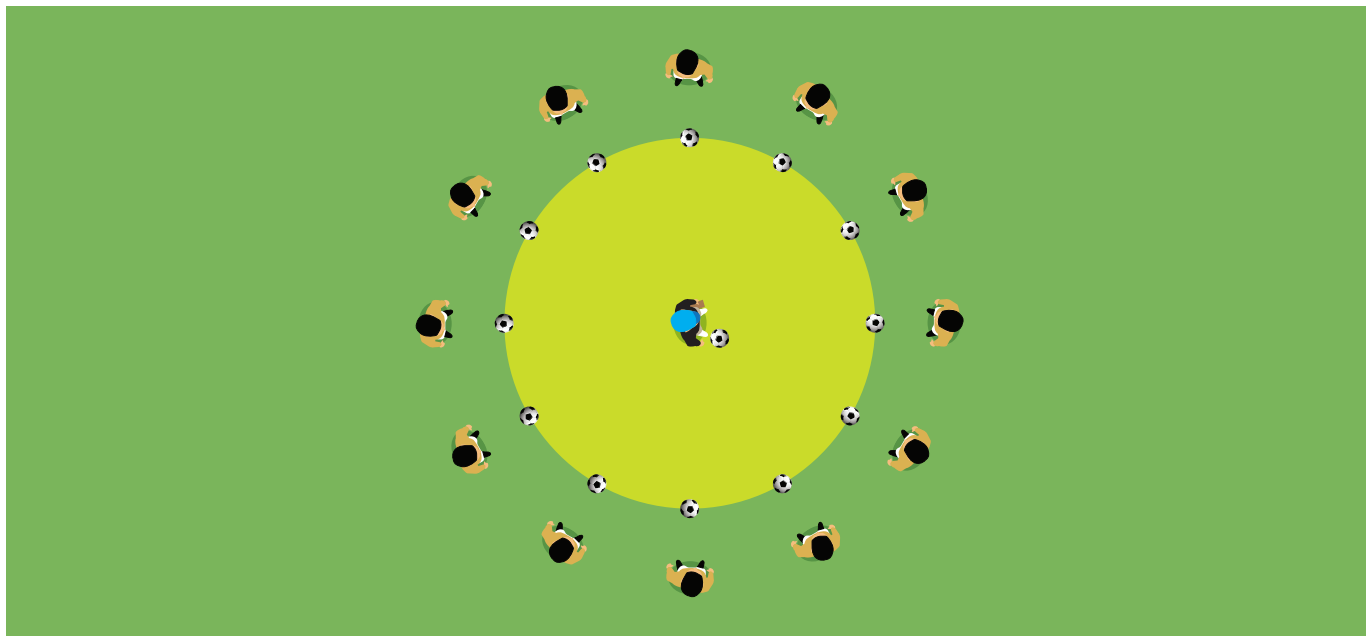
AREAS		STRUCTURE	
Technical	Flexibility & mobility	Space	20x20 yards
Tactical	-	Time	10 min
Physical	-	Age Recommended	U15+
Psychosocial	-	Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	1 ball per player
Description	Make a circle around the coach. Different types of exercises for flexibility and joint mobility: ankles, knees, hips, calf, hamstrings, abductors, adductors, hip flexor, wide dorsal muscles and neck.
Justification	A variety of exercises to prepare muscles and joints for game speed and constant change of direction. Young players do not need to stretch intensively before activity. However, it is essential for players to be familiar with these types of exercises.

WORKLOAD

1. 8 seconds per exercise and 1 or 2 repetitions

* Can be used during the warm-up



FLEXIBILITY AND MOBILITY

Practice 2: Mobility*

UNOPPOSED

PHYSICAL

PHYSICAL/PHYSIOLOGICAL EFFECT: Prepare the body for high-intensity exercise.

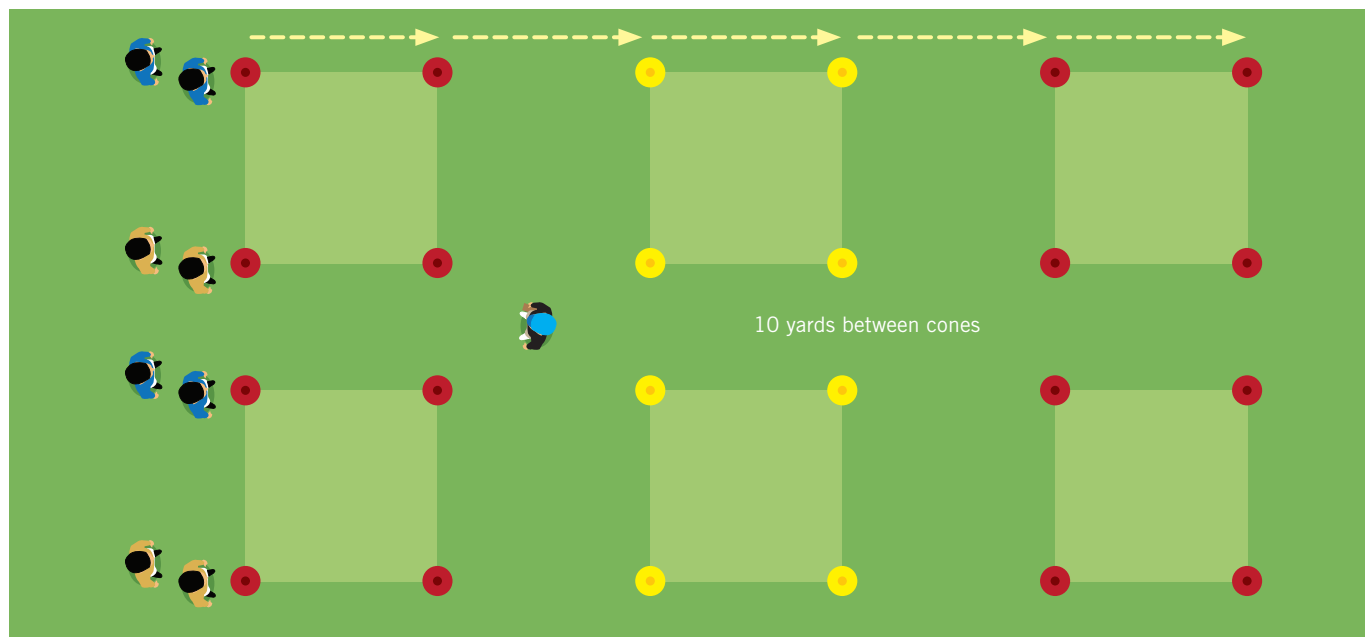
AREAS		STRUCTURE	
Technical	Flexibility & mobility	Space	40x30 yards
Tactical	-	Time	10 min
Physical	-	Age Recommended	U15+
Psychosocial	-	Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+.
Equipment	24 cones
Description	The first player in each group makes an action then jogs: 1) High knees; 2) High heels; 3) Side to side forward; 4) Side to side backwards; 5) Acceleration – deceleration; 6) Speed forward and backward to change direction
Justification	A variety of exercises to prepare muscles and joints for the speed of the game and for constant changes of direction.

WORKLOAD

- 1 or 2 repetitions

* Can be used during the warm-up



PASSING & RECEIVING

Practice 3: Pass and switching play

UNOPPOSED	TECHNICAL
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OBJECTIVE: Improve the quality and speed of passing, receiving and turning in short and mid-range distances using different angles.

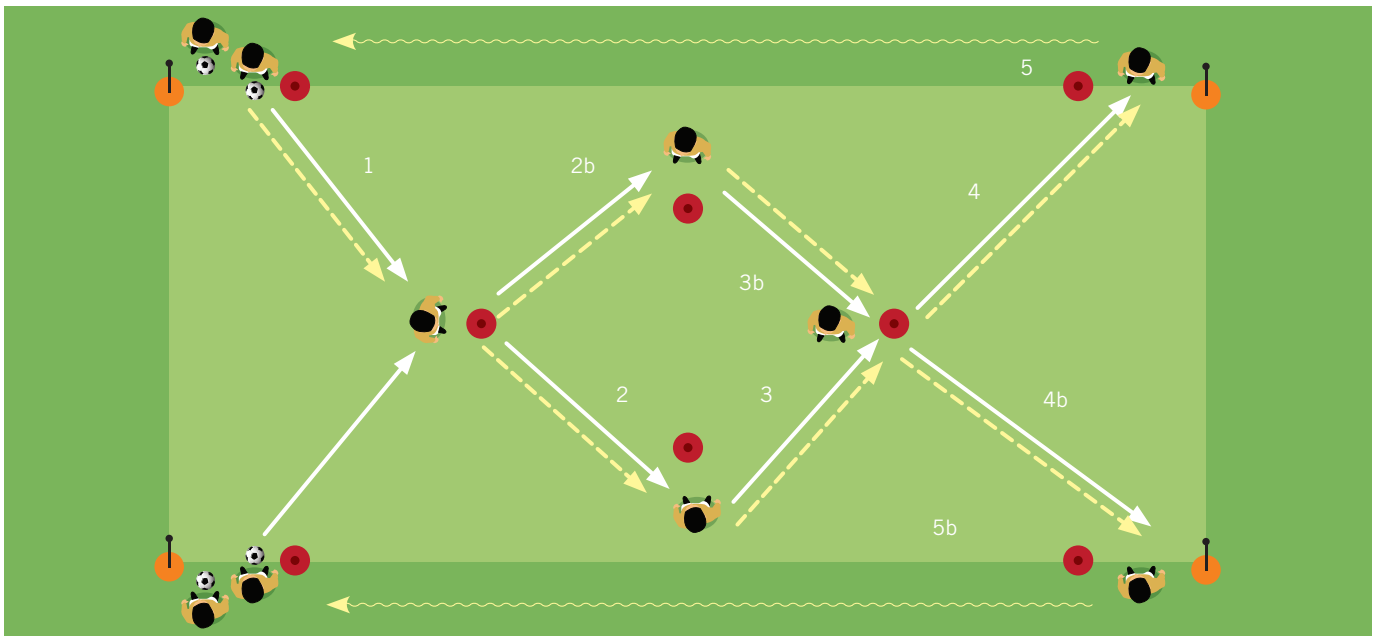
AREAS	
Technical	Passing and receiving
Tactical	Switching play
Physical	Perception and awareness
Psychosocial	Cooperation

STRUCTURE	
Space	60x40 yards
Time	15 min
Age Recommended	U15+
Difficulty (1 to 5)	4

ORGANIZATION	
Players	10+
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	4 poles, 8 cones and 6 balls
Description	<p>Player from outside passes to player in the middle and vice-versa. Player in the middle switches the ball to one of the players on the sides. Last player runs with the ball back to the start.</p> <p>Variation 1: Player in the middle passes back to same player who is coming in from the side to play a longer pass to the next player</p> <p>Variation 2: Finish in one of the goals instead of making the final pass</p> <p>Variation 3: Receive the final pass with back to goal and finish</p>

KEY POINTS

1. Opening up to receive the ball
2. Ball control when receiving
3. Inside foot to control and inside foot or inside/instep foot to pass the ball
4. Quick execution – speed of play
5. Communication



AEROBIC POWER

GAME

PHYSICAL

Practice 1: End zone with support players

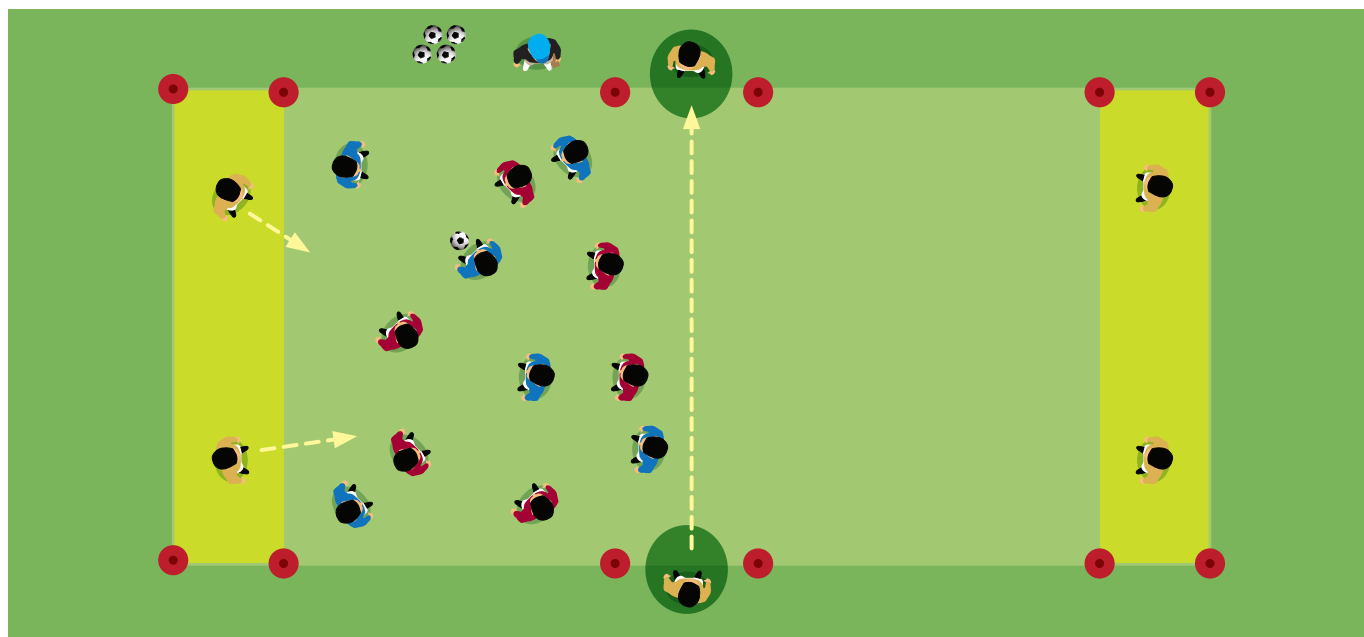
PHYSICAL/PHYSIOLOGICAL EFFECT: Increase efficiency by combining aerobic and anaerobic systems to perform at very high-intensity.

AREAS		STRUCTURE	
Technical	Aerobic power	Space	60x40 yards
Tactical	Transition	Time	20 min
Physical	Passing	Age Recommended	U15+
Psychosocial	Cooperation	Difficulty (1 to 5)	4

ORGANIZATION	
Players	18+
Equipment	12 cones and 8 balls
Description	6v6+6 game. Score by completing five consecutive passes in one half. Once a team completes five passes, transfer the ball to the other half. The two players in the end zone join the attacking team. Variation 1: Limit the number of touches for the team in possession Variation 2: Teams must complete a pass to support player on the side before transferring the ball to the other half.
Justification	Due to the intensity of the exercise (around 90% HRmax), this type of exercise is designed to reach VO2max as fast as possible. Once the VO2max is reached the body will combine aerobic and anaerobic systems to tolerate high-intensity exercise. The player will be focused on the game and will not notice the physical work.

WORKLOAD

1. 3 min
2. Sets: 4
3. Rest between sets: 1 min



ATTACKING PRINCIPLES

GAME

TACTICAL

Practice 11: Attacking +1 game**

OBJECTIVE: Improve basic game understanding to create superiority in numbers in attack.

AREAS		STRUCTURE	
Technical	Attacking principles	Space	60x40 yards
Tactical	Passing and receiving	Time	25 min
Physical	Perception and awareness	Age Recommended	U15+
Psychosocial	Cooperation	Difficulty (1 to 5)	5

ORGANIZATION	
Players	16+
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	8 cones, 2 goals and 6 ball
Description	Each third is occupied by two attackers and two defenders at each end and three attackers and three defenders in the middle. The player making the pass can join the next third to create a +1 situation. Variation 1: Reduce number of touches or number of passes in each third Variation 2: Two attacking players in the defensive end join the next third Variation 3: The player with the ball can dribble or pass to the next third

KEY POINTS

1. Creating space
2. Support play
3. Passing options – decision-making
4. Width and depth
5. Creating 2v1 situations

** Can include goalkeepers

