
Session Examples

INITIAL STAGE

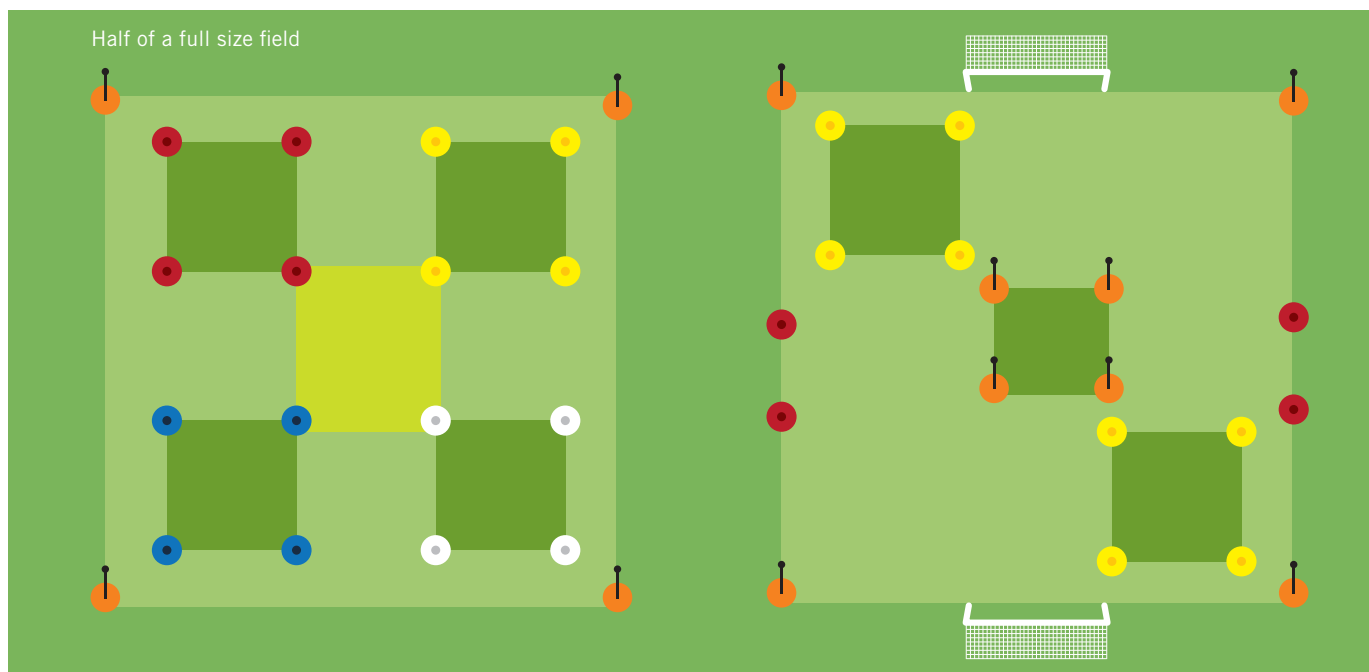
INITIAL STAGE TRAINING SESSION EXAMPLE

Date:	Age group: U8	Duration: 75 min	Workload (1 to 5): 3
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OBJECTIVES	
Technical	Part 1 – Shooting; Part 2 – Passing
Physical	Agility and basic motor skills
Psychosocial	Self confidence

ORGANIZATION	TIME
Arrival: One ball per player. Players can dribble, shoot and keep the ball in the air.	5 min
WARM-UP: Dribbling in different spaces – Practice 4 – Dribbling Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility	5 min 5 min
Ball control: In the same big circle, with one ball per player and one pole in the middle. 1) Three consecutive aerial touches with left foot – three with right foot; 2) Ball in the air and control with sole of the foot; 3) Three touches forwards – three drags backwards; 4) One number per player. On coach’s command, dribble at speed around the pole.	5 min
MAIN: Physical: Agility, changing of squares – Practice 3 – Agility Technical simple 1: Agility and shooting – Practice 4 – Shooting – first individually then numbers game Technical simple 2: Passing in a square – Practice 3 – Passing and receiving Technical complex: 3v1 – Practice 10 – Passing and receiving	15 min 15 min 5 min 5 min
SCRIMMAGE: 6v6 free game Cool down: Gather the players and debrief	20 min 5 min

SETUP



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

UNOPPOSED	TECHNICAL
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Practice 4: Different size squares*

OBJECTIVE: Improve dribbling and close control in spaces of different sizes.

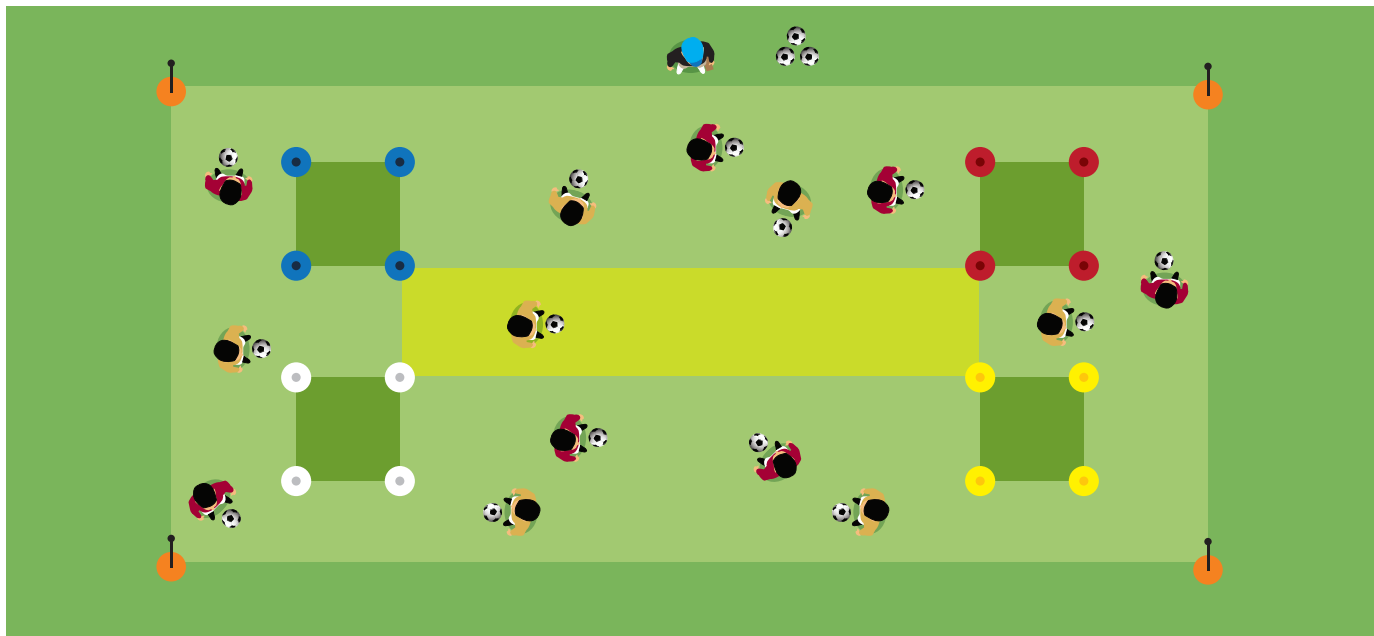
AREAS		STRUCTURE	
Technical	Dribbling	Space	40x30 yards
Tactical	Transition	Time	5 min
Physical	Perception and coordination	Age Recommended	U6+
Psychosocial	Self-confidence	Difficulty (1 to 5)	1

ORGANIZATION	
Players	12 players – 2 teams
Time	3 min working periods – 30s rest for explanations
Equipment	20 cones (4 colors), 4 high cones or poles, 2 sets of pinnies and 1 ball per player
Description	Dribbling in squares indicated by the coach (e.g. small red, long multicolor, small blue, outside squares). Variation 1: Assign spaces to teams Variation 2: Assign colors instead of shapes to improve perception

KEY POINTS

1. Perception
2. Close control
3. Body shape
4. Coordination and agility

* Can be used during the warm-up



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.

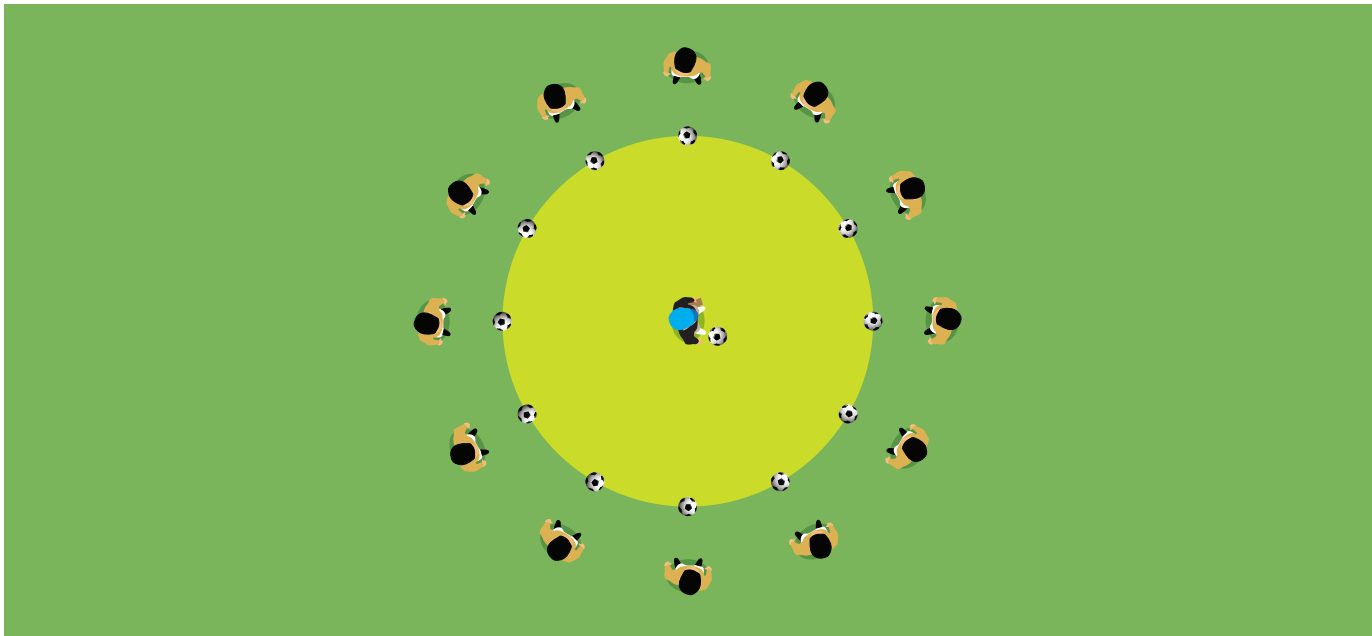
AREAS		STRUCTURE	
Technical	Flexibility & mobility	Space	20x20 yards
Tactical	-	Time	5 min
Physical	-	Age Recommended	U6+
Psychosocial	-	Difficulty (1 to 5)	1

ORGANIZATION	
Players	8+
Equipment	1 ball per player
Description	Make a circle around the coach, leave the ball and take two steps backward. 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 the activity. However, it is essential for players to be familiar with these types of exercises.

WORKLOAD

- 8 seconds per exercise and 1 or 2 repetitions

* Can be used during the warm-up



INITIAL STAGE

AGILITY

OPPOSED	PHYSICAL
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Practice 3: Reach the square*

PHYSICAL/PHYSIOLOGICAL EFFECT: Improve agility and make quick and efficient decisions to avoid defenders and reach targets with and without the ball.

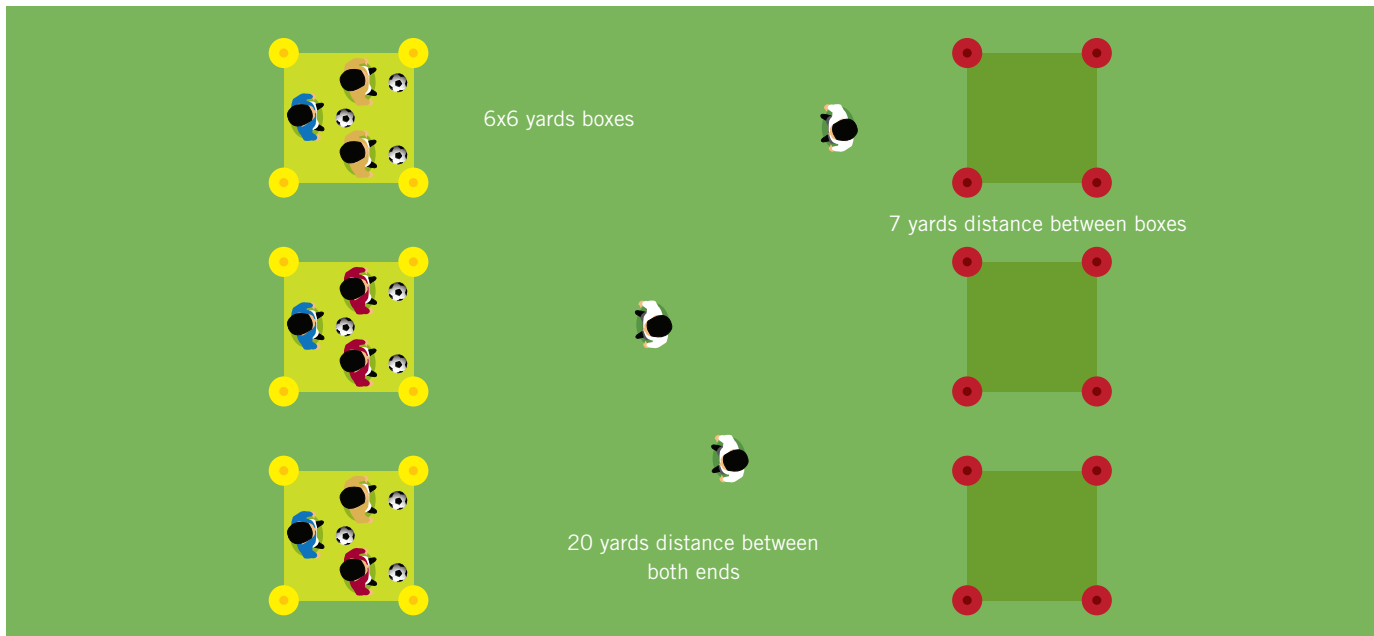
AREAS		STRUCTURE	
Physical	Agility	Space	32x20 yards
Tactical	Transition	Time	15 min
Technical	Dribbling	Age Recommended	U6+
Psychosocial	Competitiveness	Difficulty (1 to 5)	3

ORGANIZATION	
Players	12 players – 4 teams of 3 players
Equipment	24 cones (2 sets of colors); 9 balls
Description	On the coach's command, every player must change to a square at the other end - first without the ball, then with the ball. The team in the middle tries to regain the ball in the process and dribble to one of the original squares. If this happens the player will be eliminated. The first team with no players in the game takes the defending position. Variation 1: No more than one player per team per square Variation 2: Three players maximum per square

WORKLOAD

1. Keep the game active and at high-intensity for 3 to 4 min periods. Rest periods for 30 seconds to 1 minute

* Can be used during the warm-up



INITIAL STAGE

SHOOTING

Practice 4: Middle, back and forward

UNOPPOSED	TECHNICAL
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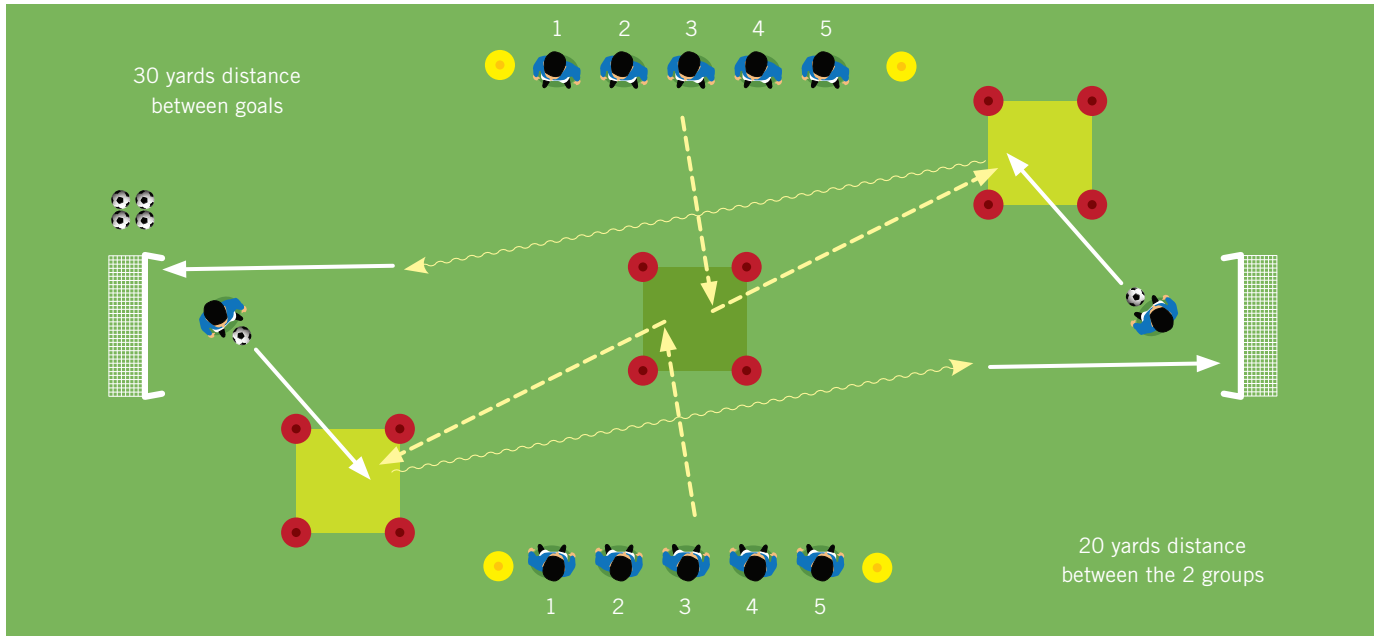
OBJECTIVE: Improve reaction, speed, change of direction, acceleration and running with the ball before shooting in a competitive environment.

AREAS		STRUCTURE	
Technical	Shooting	Space	25x15 yards
Tactical	Finishing in the final third	Time	15 min
Physical	Speed and reaction	Age Recommended	U6+
Psychosocial	Competitiveness	Difficulty (1 to 5)	3

ORGANIZATION	
Players	12 players – 2 teams of 5 outfield players and 1 goalkeeper per team
Time	4 min working periods – 30s rest for explanations
Equipment	16 cones (2 sets of colors); 10 balls
Description	<p>The coach will call a number from 1 to 5. On coach's command, one player from each team runs to the middle square then changes direction toward the square close to goalkeeper to receive the ball. When receiving the ball, the player runs at speed toward the other goal to score.</p> <p>Variation 1: The player runs with the ball to the middle square, then turns to shoot on goal</p> <p>Variation 2: Pass the ball to the goalkeeper from the middle square before running to the second square</p>

KEY POINTS

1. Reaction speed
2. Change of pace
3. Body position to receive
4. First touch on the ball
5. Shooting with laces for power



PASSING & RECEIVING

Practice 3: Passing in a square

UNOPPOSED	TECHNICAL
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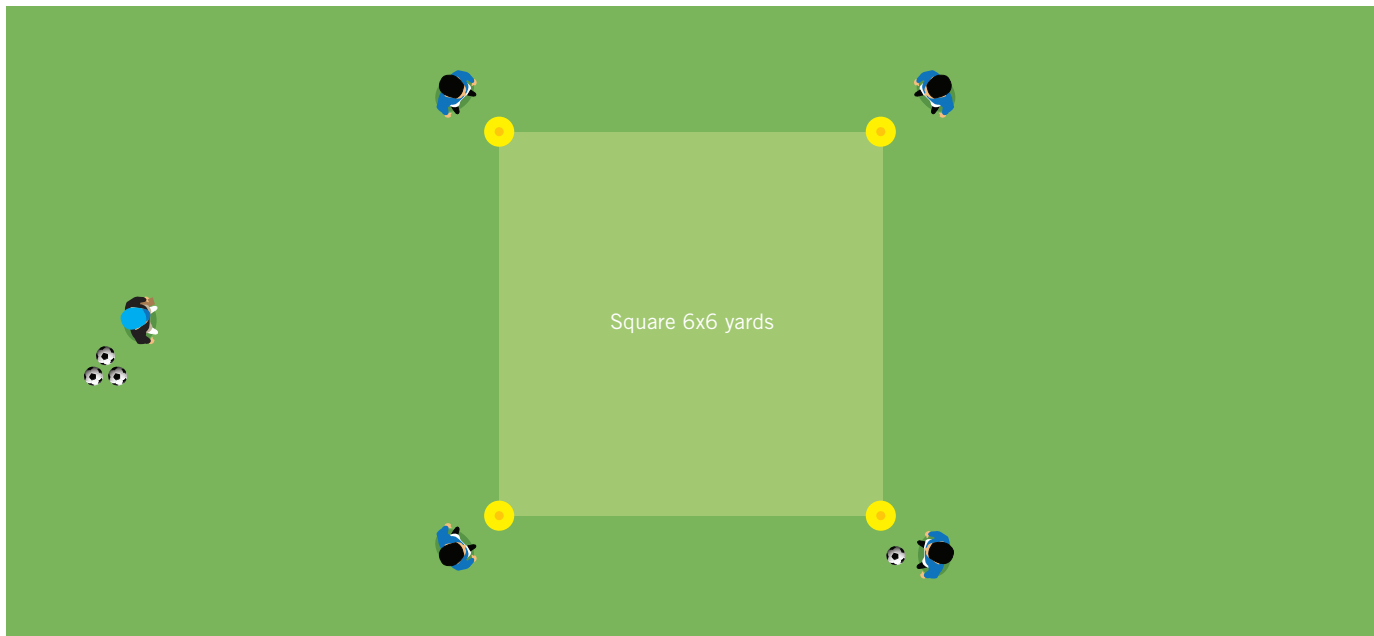
OBJECTIVE: Develop receiving and passing technique by changing the angles.

AREAS		STRUCTURE	
Technical	Passing and receiving	Space	6x6 yards
Tactical	Possession	Time	10 min
Physical	Perception	Age Recommended	U6+
Psychosocial	Self-confidence	Difficulty (1 to 5)	2

ORGANIZATION	
Players	4+
Time	2 min working periods – 30s rest for explanations
Equipment	4 cones, 1 ball
Description	One player behind each cone. The player receives the ball and passes to teammate behind the cone. Variation 1: Change direction using right or left foot Variation 2: Bigger distances between cones receiving the ball with the inside of the foot and keeping the ball in movement Variation 3: Receiving the ball with the outside of the foot and moving to the side Variation 4: Five players per group. One extra player behind the player with the ball. Player passing the ball follows his/her pass.

KEY POINTS

1. Creating space behind the cone
2. Control with different parts of the foot; sole of the foot, inside/outside
3. Keeping the head up and perception of distance with the ball
4. Angles: non-kicking foot pointing to the target
5. Receiving with the inside of the furthest foot and passing with opposite foot



PASSING & RECEIVING

Practice 10: 3v1**

OPPOSED	TECHNICAL
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OBJECTIVE: Develop perception, support play and passing in short periods of time.

AREAS		STRUCTURE	
Technical	Passing and receiving	Space	6x6 yards square
Tactical	Possession	Time	12 min
Physical	Perception	Age Recommended	U7+
Psychosocial	Decision	Difficulty (1 to 5)	5

ORGANIZATION	
Players	4 players - 3v1
Time	4 reps, 2 min – 30s rest
Equipment	4 cones, 1 ball
Description	Keep possession of the ball away from the defender. The players keeping possession can move to support the player in possession of the ball. Develop the basic concept of triangle passing and movement to create two passing options in a game. Variation 1: Limit the number of touches to two or three Variation 2: One-touch play

KEY POINTS

1. Receiving the ball with the inside of the foot for better control
2. Keeping the head up - perception
3. Quick decision-making
4. Passing with inside of the foot
5. Moving to free space - support

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

