
Session Examples

BASIC STAGE

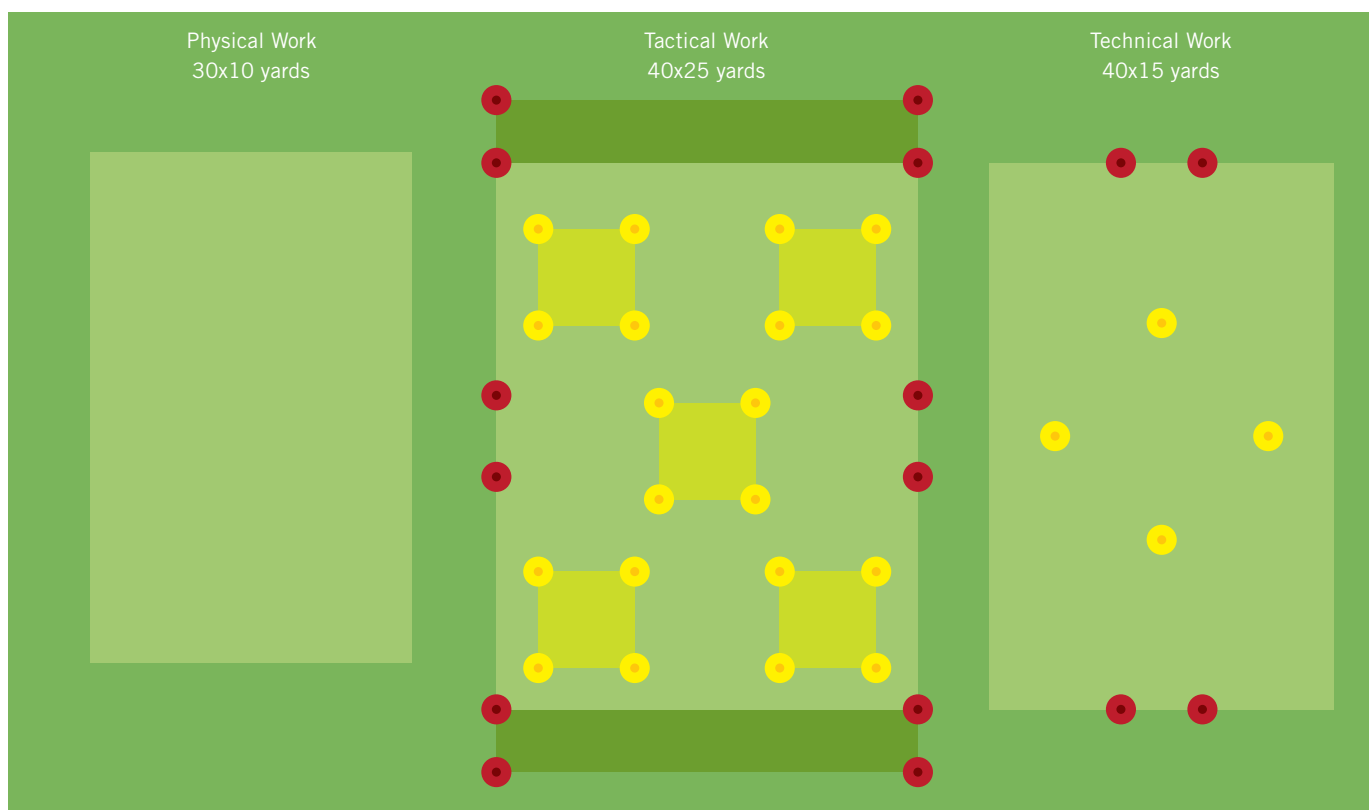
BASIC STAGE TRAINING SESSION EXAMPLE

Date:	Age group: U12	Duration: 90 min	Workload (1 to 5): 4
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OBJECTIVES	
Technical	Receiving to turn
Tactical	Attacking principles
Physical	Agility
Psychosocial	Self confidence

ORGANIZATION	TIME
Arrival: Players in pairs – 5 yards distance and passing first two touches inside of the foot, then one touch	5 min
WARM-UP: 3v1s – Practice 16 – Passing and receiving / 2v2+1 transition – Practice 2 – Transition Stretching: Mobility in a circle – Practice 1 – Flexibility and mobility	20 min 5 min
MAIN: Physical: Acceleration-deceleration circuit – Practice 1 – Acceleration Technical: Receiving to turn – Practice 3 – Receiving to turn – goalkeepers with goalkeeping coach (if any) Tactical: Attacking principles – 5 squares game – Practice 14 – Attacking principles	10 min 15 min 15 min
SCRIMMAGE: 7v7 free game	25 min

SETUP



WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH
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PASSING & RECEIVING

Practice 16: 3v1*

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

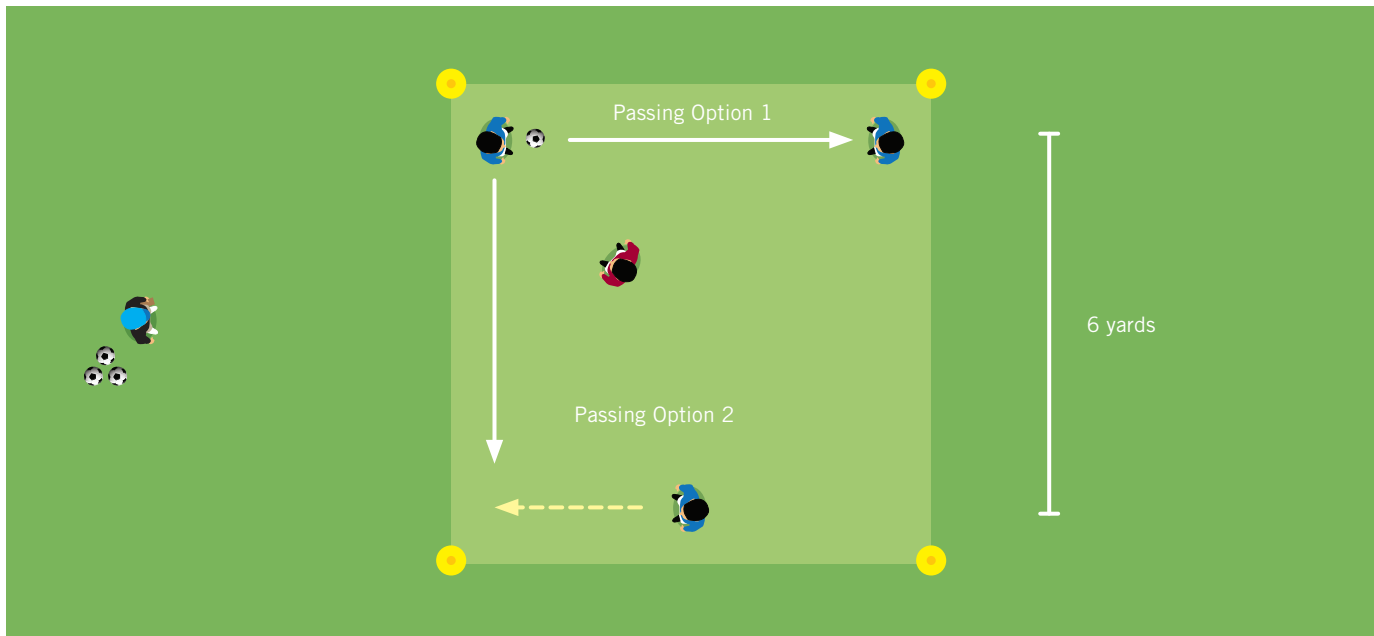
AREAS		STRUCTURE	
Technical	Passing and receiving	Space	6x6 yards square
Tactical	Possession	Time	5 min
Physical	Perception	Age Recommended	U9+
Psychosocial	Decision	Difficulty (1 to 5)	5

ORGANIZATION	
Players	4 players - 3v1
Time	4 reps, 2 min – 30s rest
Equipment	4 cones, 1 ball
Description	<p>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.</p> <p>Variation 1: Limit the number of touches to two or three</p> <p>Variation 2: One-touch play</p>

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 during the warm-up



BASIC STAGE

TRANSITION

OPPOSED

TACTICAL

Practice 2: 2v2+1 transition*

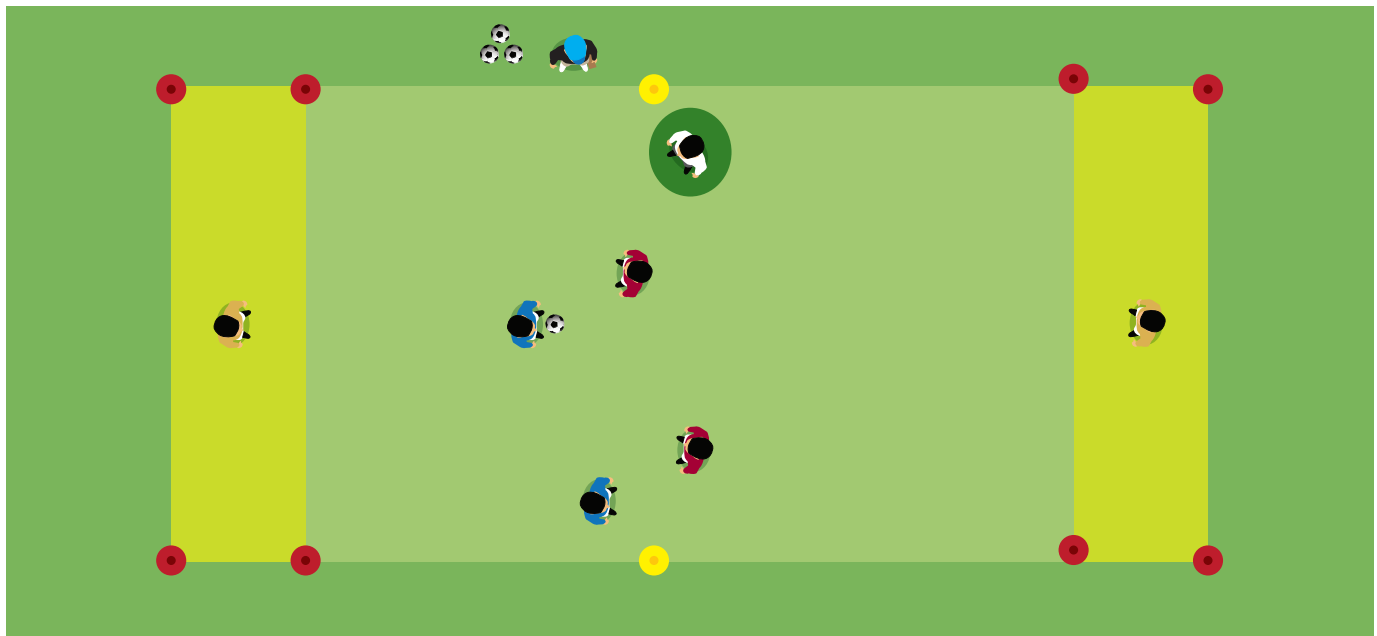
OBJECTIVE: Improve assessment and decision-making in the game to play fast and forward.

AREAS		STRUCTURE	
Technical	Combination play	Space	30x20 yards
Tactical	Passing and receiving	Time	15 min
Physical	Perception and awareness	Age Recommended	U9+
Psychosocial	Cooperation	Difficulty (1 to 5)	3

ORGANIZATION	
Players	7+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	10 cones, 5 balls and 4 sets of pinnies
Description	<p>2v2+1 situation in the middle and two target players at both ends. Players combine and score by playing a pass a player inside the end zone.</p> <p>Variation 1: Limit number of touches on the ball</p> <p>Variation 2: Limit to five then to three the number of passes before reaching a target player</p> <p>Variation 3: Score after a give and go with target player and control the ball inside the end zone</p>

- KEY POINTS**
1. Perception
 2. Creating space
 3. Support
 3. Passing options
 4. Determination

* 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.

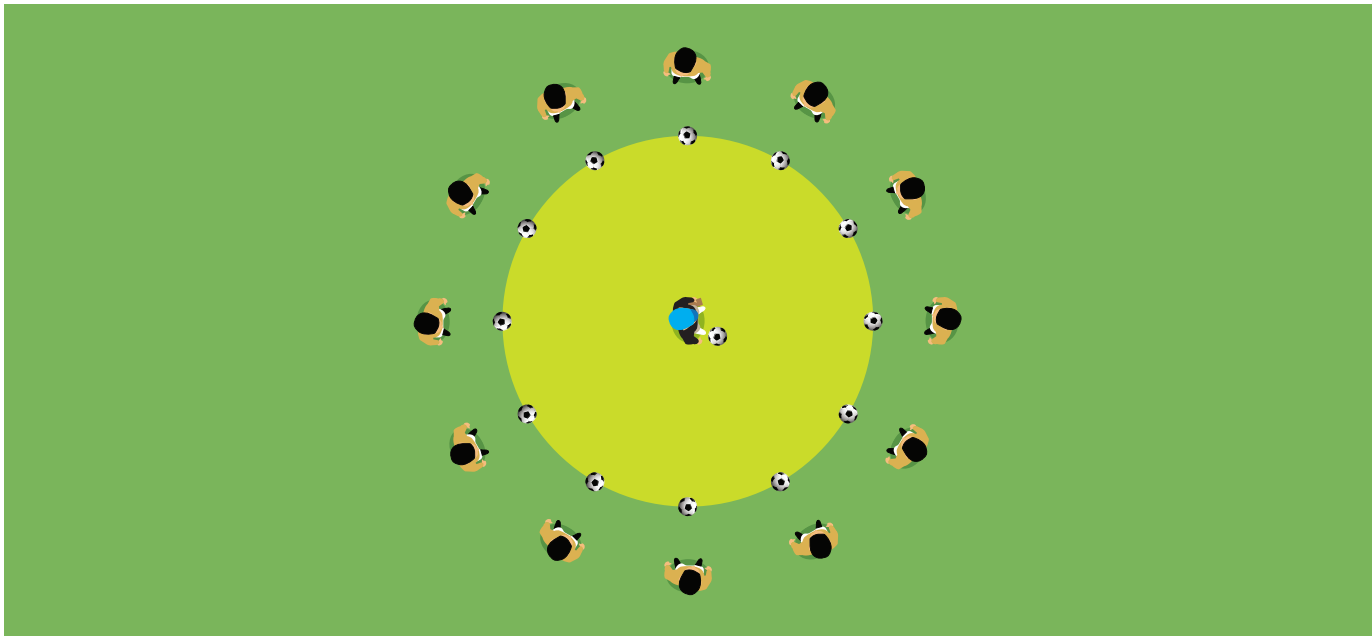
AREAS		STRUCTURE	
Technical	Flexibility & mobility	Space	20x20 yards
Tactical	-	Time	5 min
Physical	-	Age Recommended	U6+
Psychosocial	-	Difficulty (1 to 5)	1

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



BASIC STAGE

ACCELERATION

UNOPPOSED

PHYSICAL

Practice 1: Acceleration-Deceleration

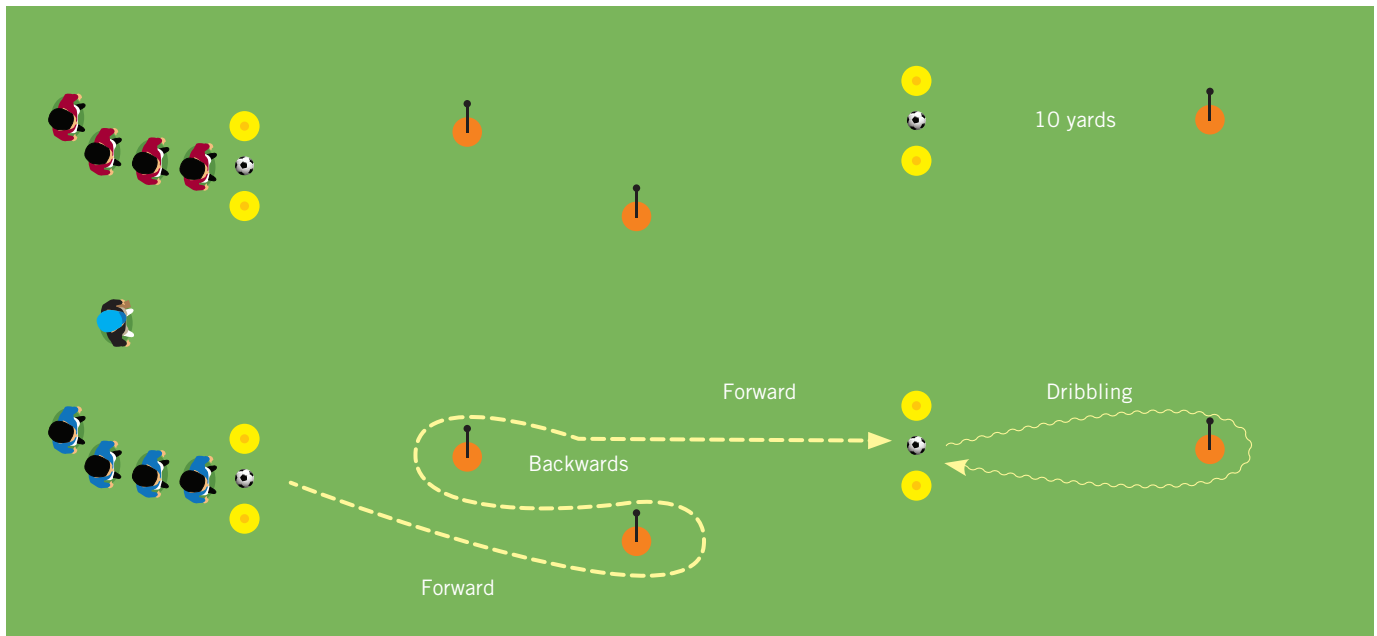
PHYSICAL/PHYSIOLOGICAL EFFECT: Reduce acceleration and deceleration time within short distances.

AREAS		STRUCTURE	
Technical	Acceleration	Space	30x10 yards
Tactical	Transition	Time	10 min
Physical	Dribbling	Age Recommended	U9+
Psychosocial	Self confidence	Difficulty (1 to 5)	2

ORGANIZATION	
Players	6+
Equipment	4 cones, 3 poles and 2 balls per group
Description	Six players per group; 1) Accelerate forward and backward between the poles; 2) Dribble 10 yards around the last pole and leave the ball in the same place. Variation 1: One team competes against the other.
Justification	The tone and activation of the different muscles in the lower body is key for accelerating, decelerating and change of direction. This exercise improves immediate response of fundamental muscle-groups like quadriceps and hamstrings.

WORKLOAD

1. Distance: 10 yards x 3
2. Reps: 7
3. Rest between reps: 1 min
4. Ratio: 1:6



RECEIVING TO TURN

Practice 3: Double 'Y' receive and turn

UNOPPOSED	TECHNICAL
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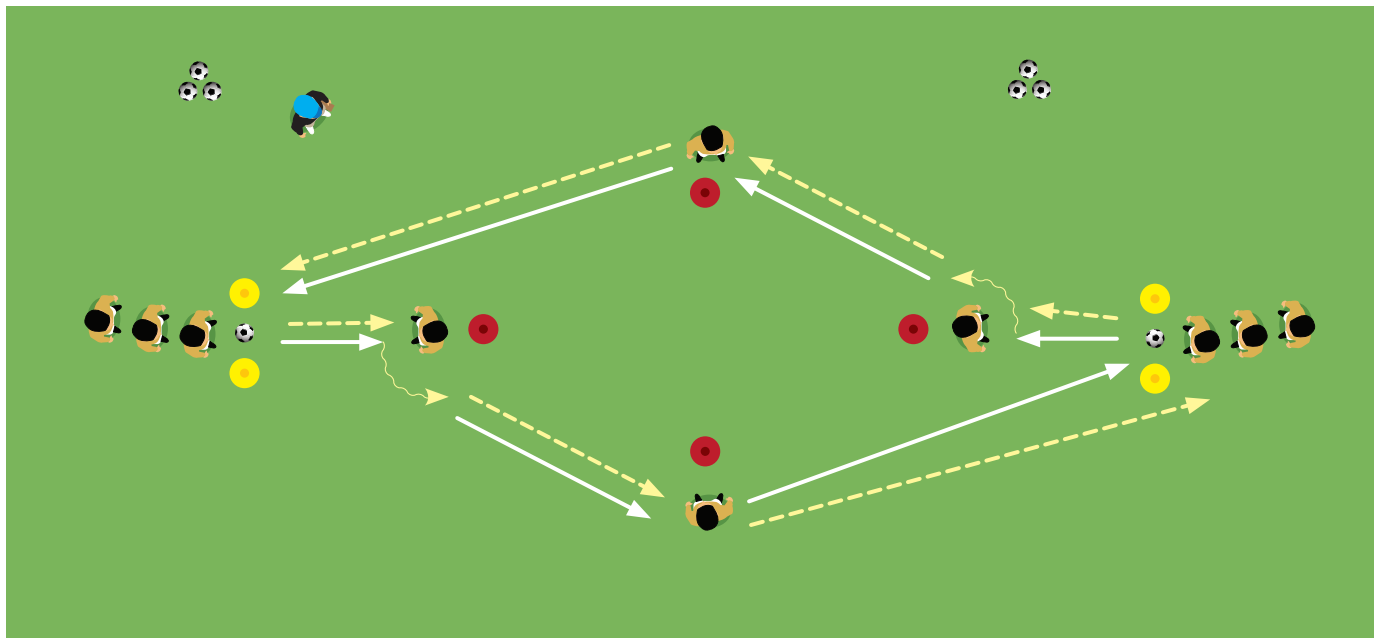
OBJECTIVE: Improve the two main receiving to turn techniques: 1) with back to goal and 2) side-on.

AREAS		STRUCTURE	
Technical	Receiving to turn	Space	30x15 yards
Tactical	Transition	Time	15 min
Physical	Perception and awareness	Age Recommended	U11+
Psychosocial	Cooperation	Difficulty (1 to 5)	4

ORGANIZATION	
Players	8+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	8 cones and 2 balls per group
Description	<p>First player receives and turns to pass to the player on the side. The player on the side creates a space to receive, turn and pass.</p> <p>Variation 1: Place a goal in both ends and finish with a shot on goal</p> <p>Variation 2: One-touch passing during combination play at both ends</p> <p>Variation 3: One-touch back before opening to receive and turn</p>

KEY POINTS

<p>First Player to Receive</p> <ol style="list-style-type: none"> 1. Awareness 2. Touching to the side with the inside or outside of the foot 3. Keeping the ball in movement – One touch to receive and one to pass 4. to receive and one to pass 5. Pass with inside of the foot 	<p>Player on the Side</p> <ol style="list-style-type: none"> 1. Create space to receive the ball 2. Body position: side-on 3. First touch: receive with inside of the foot 4. Keep the ball in movement – 1 touch to receive and 1 to pass 5. Pass with inside of the foot
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ATTACKING PRINCIPLES

GAME	TACTICAL
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Practice 14: 5 squares game**

OBJECTIVE: Improve basic distribution of the players on the field as well as support play to move the ball quickly in different parts of the field.

AREAS		STRUCTURE	
Technical	Attacking principles	Space	40x30 yards
Tactical	Passing and receiving	Time	15 min
Physical	Perception and awareness	Age Recommended	U9+
Psychosocial	Cooperation	Difficulty (1 to 5)	5

ORGANIZATION	
Players	14+ (5v5+2+2)
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	28 cones and 6 balls
Description	5v5+2 and one goalkeeper at each end. Score by receiving the ball inside one of the squares and successfully passing to a teammate. Middle square counts double. Variation 1: Support players out wide instead of on the ends (width) Variation 2: 6v6 on the field Variation 3: Limit number of touches or passes before scoring

KEY POINTS

1. Creating space
2. Support play
3. Movement to space
4. Passing options – movement off the ball
5. Overlaps and switching positions
6. Creating 2v1 situations – speed of play

* Can be used during the warm-up

