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# Session Examples

## **INTERMEDIATE STAGE**

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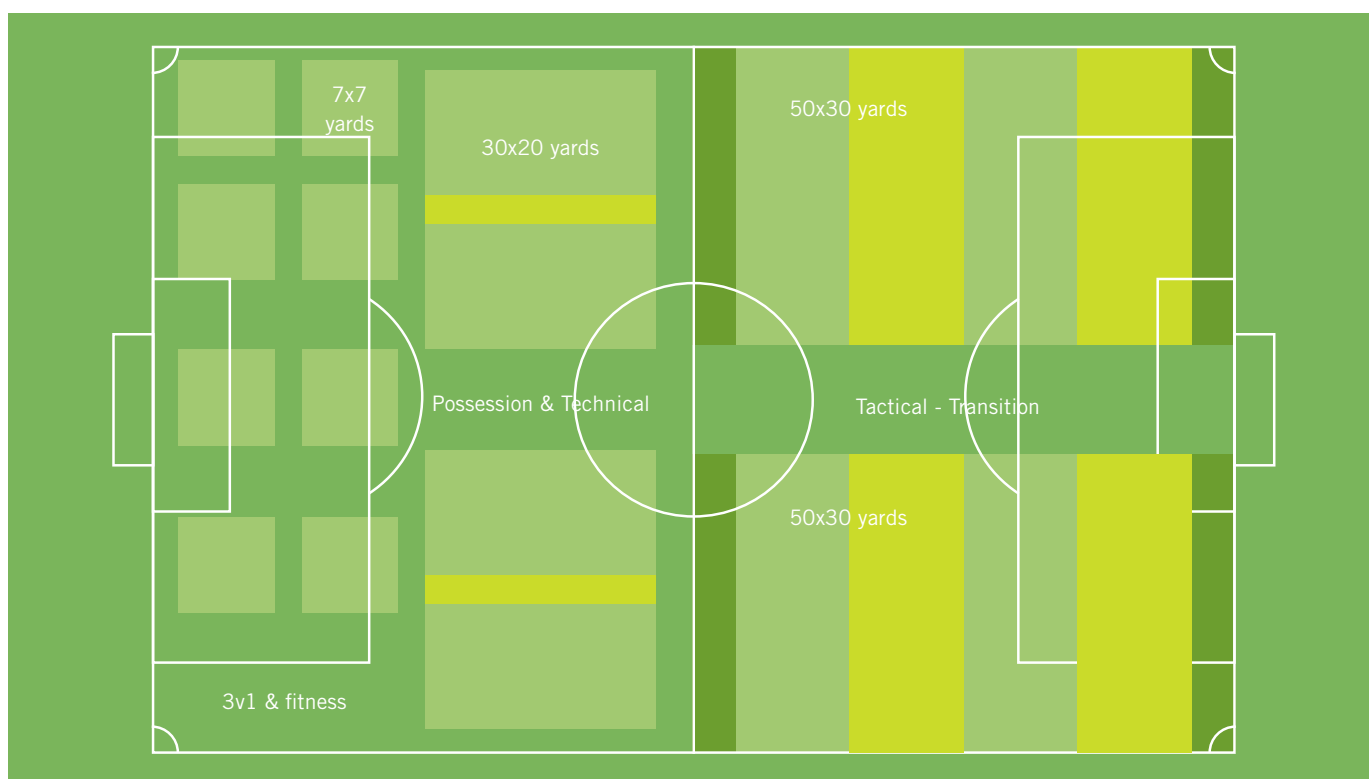
# INTERMEDIATE STAGE TRAINING SESSION EXAMPLE

Date:	Age group: U14	Duration: 90 min	Workload (1 to 5): 4
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OBJECTIVES	
Technical	Transition
Tactical	Passing and receiving
Physical	Strength endurance
Psychosocial	Self confidence

ORGANIZATION	TIME
Arrival: Players in pairs – 5 yards distance and passing first two touches with inside of the foot then one-touch	5 min
WARM-UP: 3v1s – Practice 11 – Passing and receiving / 2v2+2 – Practice 13 – Passing and receiving'	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: double 'Y' passing – Practice 3 – Passing and receiving – goalkeepers with goalkeeping coach	10 min
Physical: Speed reaction and agility – Practice 1 – Strength endurance – goalkeepers with goalkeeping coach	10 min
Tactical: 4 channels transition – Practice 5 – Transition – bring goalkeepers to practice	20 min
SCRIMMAGE: 9v9 or 11v11 free game	20 min

## SETUP



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

## Practice 11: 3v1\*

OPPOSED	TECHNICAL
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**OBJECTIVE:** Improve short passing and reaction under pressure.

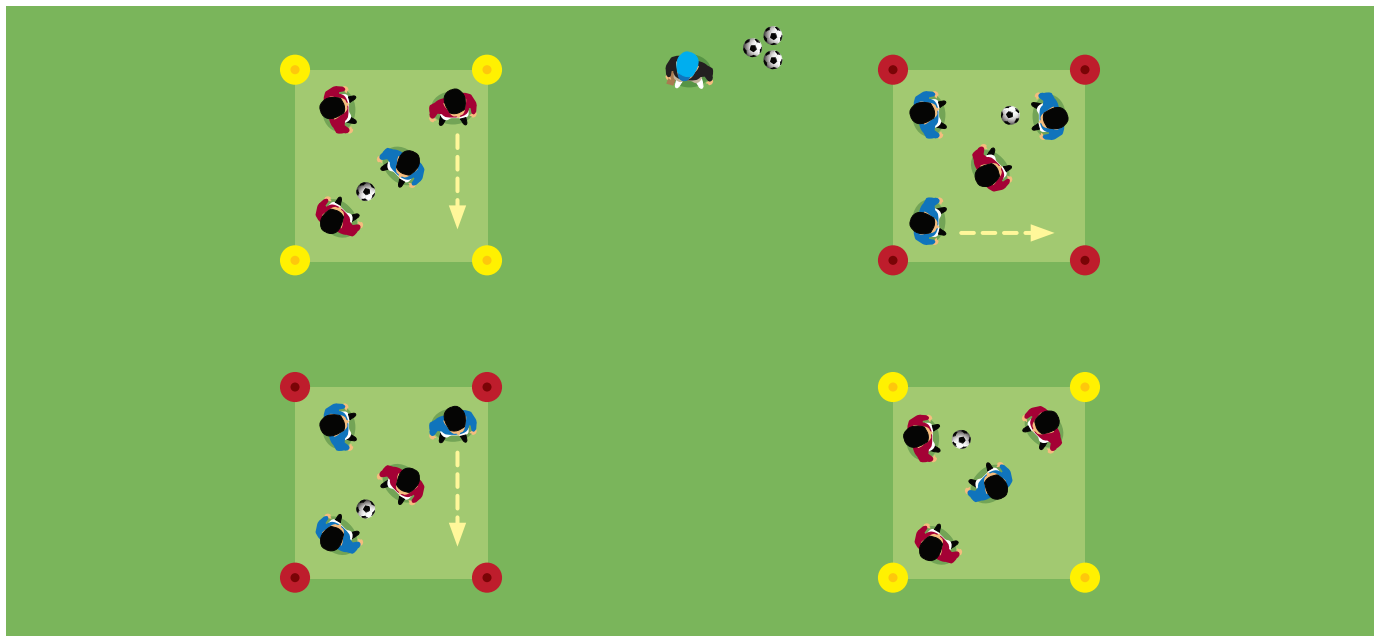
AREAS		STRUCTURE	
Technical	Passing and receiving	Space	8x8 yards
Tactical	Possession	Time	5 min
Physical	Reaction	Age Recommended	U13+
Psychosocial	Concentration	Difficulty (1 to 5)	3

ORGANIZATION	
Players	Groups of 4 players – 3 attackers and 1 defender
Time	Work continuously at high-intensity for 2-3 min. Use rest periods to make brief coaching points.
Equipment	4 cones and 1 ball per group
Description	<p>Three players keep possession of the ball and one in the middle tries to regain possession. The player with the ball must always have two passing options and players without the ball must work on the movement and support to create passing options.</p> <p><b>Variation 1:</b> Two-touch passing restriction  <b>Variation 2:</b> One-touch passing restriction  <b>Variation 3:</b> Join squares to increase space and difficulty</p>

**KEY POINTS**

1. Ball on the ground for short pass using inside of the foot
2. Timing of the pass
3. Movement to support - triangle
4. Accuracy and weight of the pass – speed of play

\* Can be used during the warm-up



# PASSING & RECEIVING

OPPOSED	TECHNICAL
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## Practice 13: 2v2+2 progressing to 4v4+4\*

**OBJECTIVE:** Improve short passing and reaction under pressure in a game context.

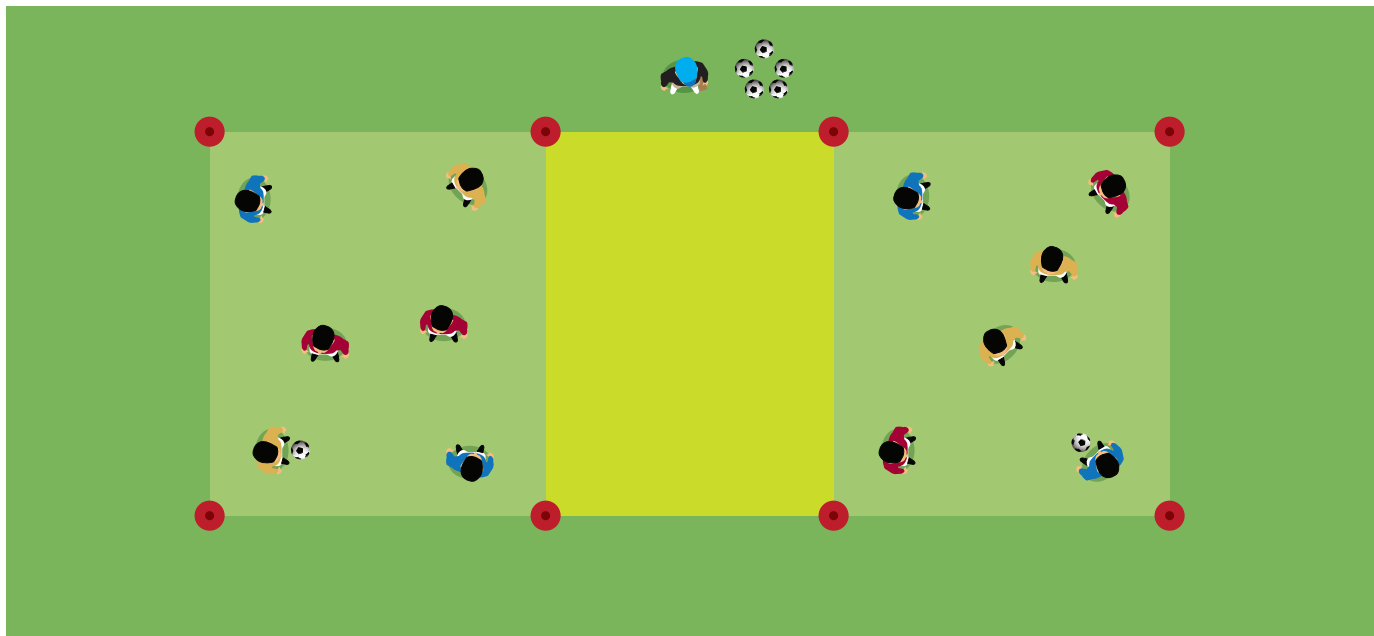
AREAS		STRUCTURE	
Technical	Passing and receiving	Space	40x20 yards
Tactical	Attacking principles	Time	15 min
Physical	Perception & awareness	Age Recommended	U13+
Psychosocial	Concentration	Difficulty (1 to 5)	5

ORGANIZATION	
Players	Groups of 6 players – 3 pairs in each group
Time	Work continuously at high-intensity for 2-3 min. Use rest periods to make brief coaching points.
Equipment	For 12 players - 8 cones, 12 pinnies of 3 different colors and 2 balls
Description	Two teams of pairs keep possession away from a third pair. When the third pair regains possession, they attack and the pair that lost possession defends. Always keep a 4v2.  <b>Variation 1:</b> Two-touch passing restriction <b>Variation 2:</b> One-touch passing restriction <b>Variation 3:</b> Join squares to increase space and difficulty

**KEY POINTS**

1. Ball on the ground for short pass – using inside of the foot
2. Attacking principles: creating space and support
3. Movement to middle then to outside positions – avoid standing in the four corners
4. Accuracy and weight of the pass – speed of play
5. Communication

\* 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.

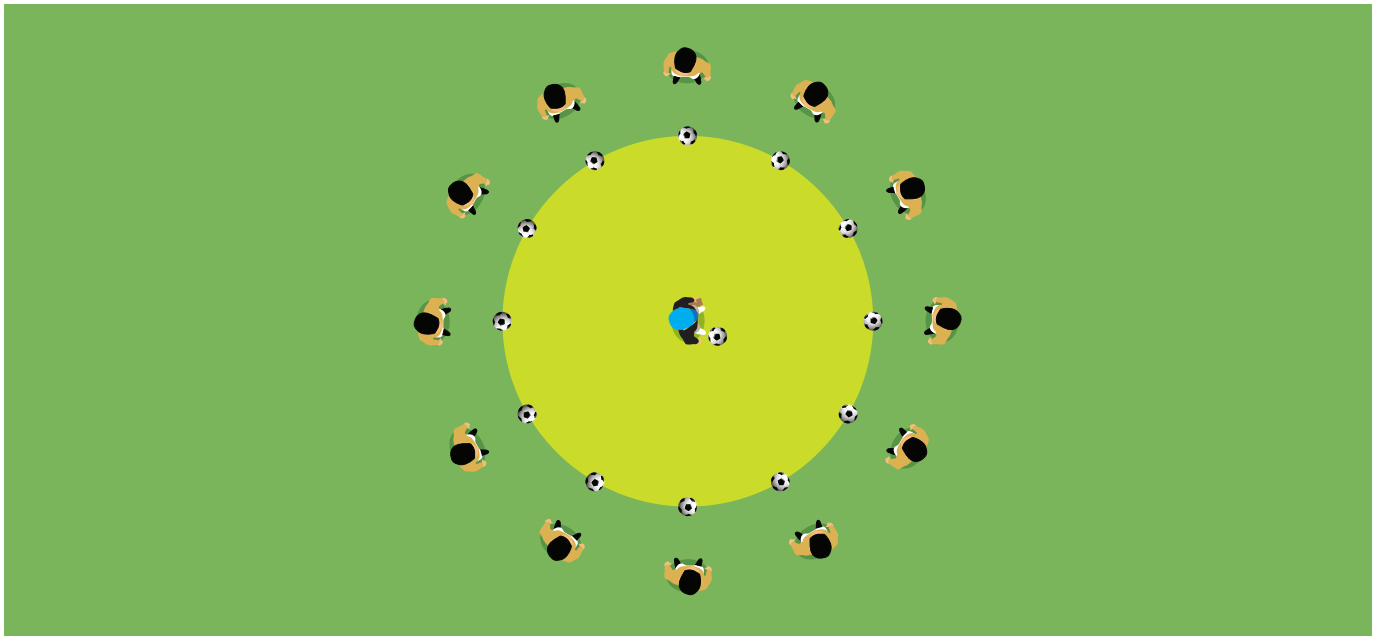
AREAS		STRUCTURE	
Technical	Flexibility & mobility	Space	20x20 yards
Tactical	-	Time	5 min
Physical	-	Age Recommended	U13+
Psychosocial	-	Difficulty (1 to 5)	1

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

UNOPPOSED	PHYSICAL
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## Practice 2: Mobility\*

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

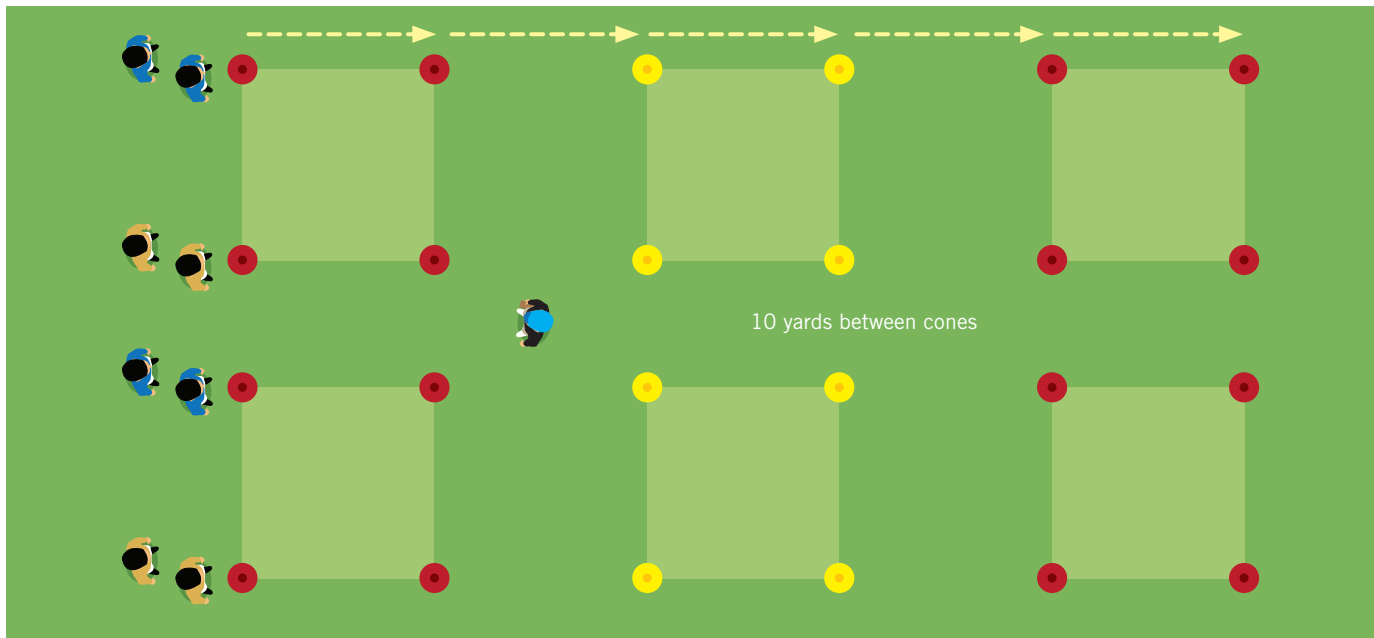
AREAS		STRUCTURE	
Technical	Flexibility & mobility	Space	40x30 yards
Tactical	-	Time	5 min
Physical	-	Age Recommended	U13+
Psychosocial	-	Difficulty (1 to 5)	1

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. 1 or 2 repetitions

\* Can be used during the warm-up



INTERMEDIATE STAGE

# PASSING & RECEIVING

## Practice 3: Double 'Y' passing

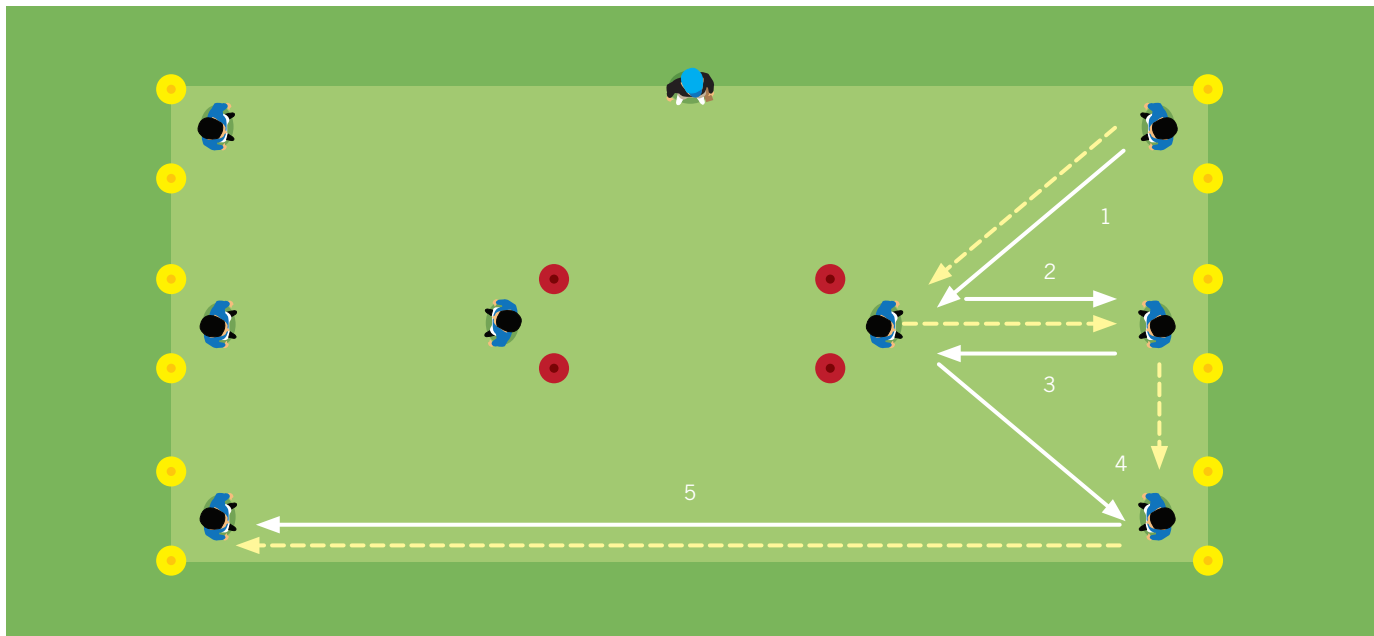
UNOPPOSED	TECHNICAL
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**OBJECTIVE:** Improve the quality and speed of passing and receiving on the ground in short and long distances by changing angles.

AREAS		STRUCTURE	
Technical	Passing and receiving	Space	30x20 yards
Tactical	Combination play	Time	10 min
Physical	Reaction	Age Recommended	U13+
Psychosocial	Cooperation	Difficulty (1 to 5)	2

ORGANIZATION	
Players	9+
Time	Work continuously at high-intensity for 3 min. Use rest periods to make brief coaching points.
Equipment	16 cones, 2 balls
Description	Passing from one teammate to another and follow the pass. Change direction. <b>Variation 1:</b> Change direction of the ball <b>Variation 2:</b> Two-touch play, one to receive and the second to pass <b>Variation 3:</b> Short passes only – one-touch play <b>Variation 4:</b> Players at both ends play aerial passes without touching the ground

- KEY POINTS**
1. Ball on the ground
  2. Body position – facing the ball
  3. Inside foot to control and inside foot or inside/instep foot to pass the ball
  4. Quick execution – speed of play
  5. Communication



# STRENGTH ENDURANCE

OPPOSED	PHYSICAL
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## Practice 1: 1v1 in a square

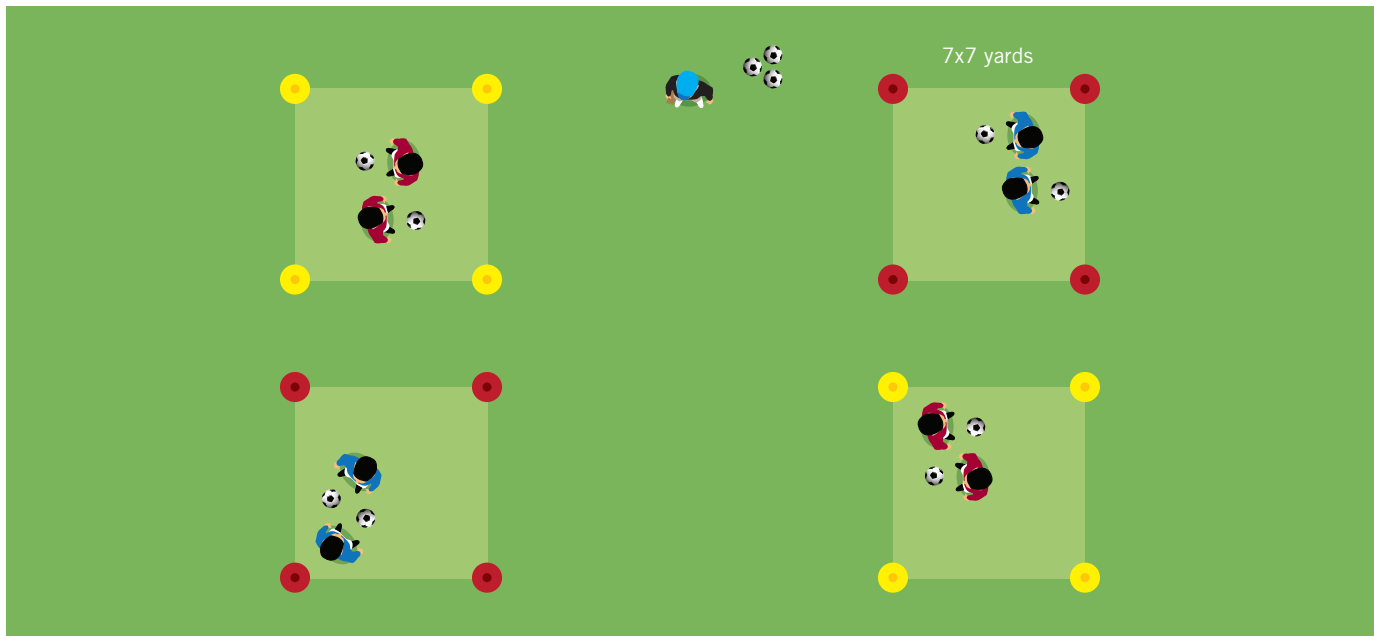
**PHYSICAL/PHYSIOLOGICAL EFFECT:** Improve reaction in fatigued situations and increase muscular mass.

AREAS		STRUCTURE	
Technical	Strength endurance	Space	7x7 yards
Tactical	Possession	Time	10 min
Physical	Shielding the ball	Age Recommended	U13+
Psychosocial	Competitiveness	Difficulty (1 to 5)	3

ORGANIZATION	
Players	3+
Equipment	4 cones and 2 balls per group
Description	<p>Groups of two. Two players inside the square, one ball per player. For 30 seconds, try to push each other outside of the square with control of the ball. Rotate positions after 30 seconds. Players can only use their body but no arms. A player will earn 1 point by pushing the opponent out of the square.</p> <p><b>Variation 1:</b> Try to play the opponent's ball out</p> <p><b>Variation 2:</b> One ball in the middle square, one player protects it and the other tries to regain possession</p>
Justification	Players will be forced to bend the knees to lower the center of gravity and stay in balance. Using the ball forces the player to use only one foot and thus remain balanced while increasing the load.

**WORKLOAD**

- 30 seconds x2= 1 min
- Sets: 6
- Rest: 30 seconds
- Ratio: 2:1





# TRANSITION

GAME	TACTICAL
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## Practice 5: 4 channels transition\*\*

**OBJECTIVE:** Improve quick transfer of the ball from one side of the field to the other when playing forward.

AREAS		STRUCTURE	
Technical	Transition	Space	50x30 yards
Tactical	Passing and receiving	Time	20 min
Physical	Perception and awareness	Age Recommended	U13+
Psychosocial	Competitiveness	Difficulty (1 to 5)	4

ORGANIZATION	
Players	16+
Time	Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.
Equipment	15 cones, 2 goals and 6 balls
Description	<p>7v7+2 game. The ball must progress from one zone to the next. Score by playing to any target zone from any part of the field. In order to score consecutive goals in the same target zone, a team must cross the midfield line.</p> <p><b>Variation 1:</b> Score only from the final quarter</p> <p><b>Variation 2:</b> Score only in one target zone</p> <p><b>Variation 3:</b> Limit the number of defenders in each channel</p> <p><b>Variation 4:</b> Limit number of touches or passes before scoring</p>

**KEY POINTS**

1. Creating space
2. Support play
3. Movement off the ball – diagonal runs, overlaps
4. Passing options – playing forward

\*\* Can include goalkeepers

