

EXAMPLE TRAINING SESSION 2

FOR YOUTHS  
AGED 13-16

CHECKLIST

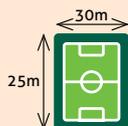


WARM UP - 20 MINUTES

-    Bibs in 4 different colours
-  5-6 Balls   1 Goal
-  16 Cones

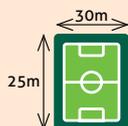


MAIN PART - 40 MINUTES

-    Bibs for half the players
-  1 Ball for every player   2 Goals
-  10 Cones



CONCLUSION - 20 MINUTES

-    Bibs for half the players
-  2-3 Balls   4 Corner poles
-  2 Cones   2 Goals



## WARM UP - 20 MINUTES

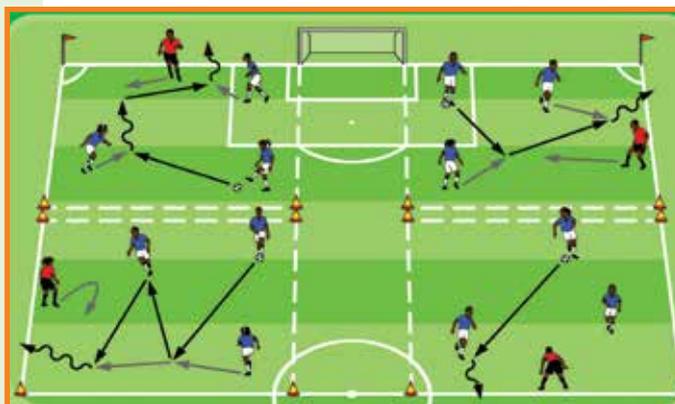
## PHASE 1

**3-on-1 over Goal Lines**

- Mark off four pitches of 20 x 20 metres each.
- Three strikers play against one defender between two lines and have to dribble over the opponents' outer line by playing together and doing safe passes.
- After successfully dribbling over the outer line, the attacking team keeps the ball and attacks towards another outer line.
- After the defender wins the ball, he changes places with the striker who lost the ball to him.

**Variations and Pointers**

- Limit the number of permitted ball contacts!
- The defender changes places with a striker after a certain number of attacks.
- Possibly play with offside, depending on ability.
- Note break times (gymnastics!).
- Win space through passes and dribbling!
- The players may not have set positions. Pay attention to changes of position!
- Play the game with a "broad" layout.



▲ This exercise will help children learn to cope when the odds are against them.

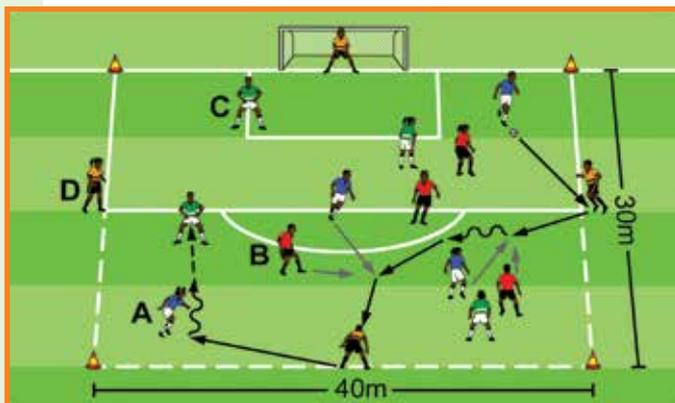
## PHASE 2

**4-on-4 in Exchange**

- Divide into four teams with four players each.
- Team A plays against team B. The players of team C serve as goals (with legs wide apart).
- The players of team D spread out along the outer lines and function as passer.
- With the assistance of the passers, the teams must shoot as many as possible goals.
- Thereafter swap tasks: Every team must play the "goal" once and the passer once.
- Duration: 3-4 minutes

**Variations and Pointers**

- The passers play direct passes ("clear" double passes with the passer count for an extra point).
- The number of contacts is limited to two.
- Shoot goals from both sides (from one side only).
- Pay attention to equal exercising of passing and dribbling.
- When pressured by the opponents, make use of the passer.
- Play precise passes = goal shots under pressure!





## MAIN PART - 40 MINUTES

## PHASE 1

**Dribble Competition**

- When the coach gives the signal, the first players per group start on a dribble-competition through the slalom course.
- The player, who reaches the penalty area first, shoots at the goal.
- The other player delays a bit and then tries to beat the goalkeeper.
- The scored goals are added together for a team score.

**Variations and Pointers**

- Change the position of the cones.
  - The first player shoots at the goal, the second player must dribble further to a cone at the side and shoot a goal from a sharp angle.
  - Change the team set-up.
  - Specify left or right shots.
- *Concentrate while dribbling through the course!*
- *Change speed between the cones!*
- *Prepare for the shot at the goal!*
- *Be observant of your surroundings!*



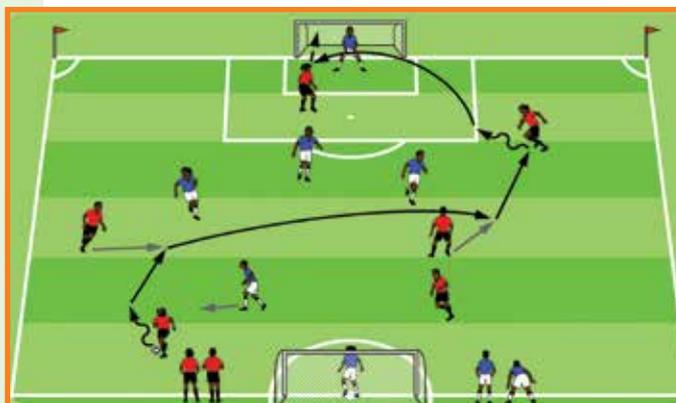
## 5 PHASE 2

**Focal Point 'Header'**

- Divide the players into two teams of six players each.
- Additionally, each team has two substitute players, who come in as replacements during game stoppage.
- Play 6-on-4 at two goals with goalkeepers.
- The team in control of the ball can shoot at both goals and should try to shoot headers from the wings.
- The two goalkeepers are from the defending team.
- When they save a ball, they change onto the pitch and the other team now has to place the goalkeepers.
- In that way, the game will always be 6-on-4 (majority game).

**Variations and Pointers**

- The team that wins the ball may only attack the goals once they have crossed the halfway line.
  - Direct shots at the goal are also possible after a previous header!
- *Take note of the combination wing and header!*
- *Take advantage of the majority ratio!*
- *Recognise wing situations!*
- *Pay attention to a well synchronised team action while heading (individual/group tactics)!*
- *Quick switching from defence to attack and back again!*





CONCLUSION - 20 MINUTES

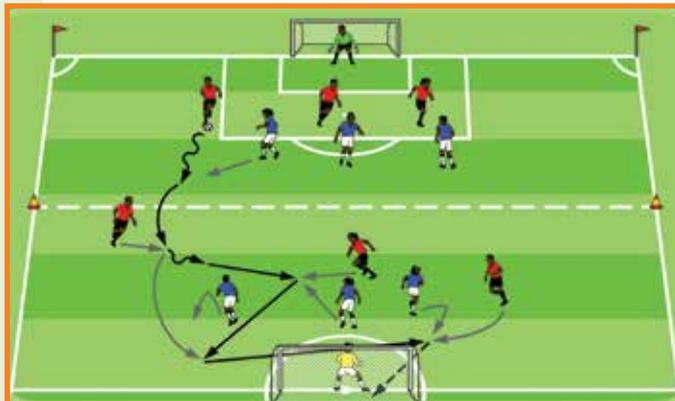
PHASE 1

**Final 3-on-3 + 3-on-3 Game**

- On every half pitch play 3-on-3, the defenders in the one half playing against the strikers of the others.
- Do not cross the halfway line.

**Variations and Pointers**

- One striker and one defender may cross the halfway line to support their teams.
- Change places: the strikers become defenders and vice versa.
- Pay attention to the game build-up and a controlled game to the front striker.
- Show ability to succeed: in 1-on-1 and in combination games.
- Make the pitch smaller - in that case, the halfway line has to be marked clearly!



▲ Players will have to think **creatively**, and as a **team**, to be able to score goals in a game with rules restricting the natural flow of the game.

