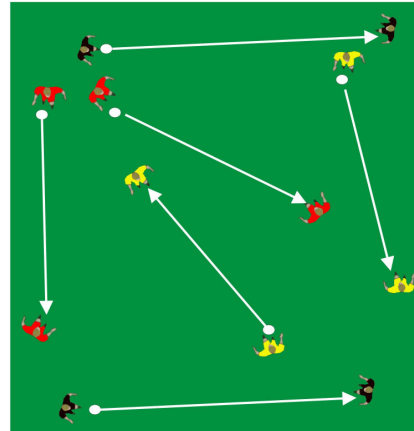
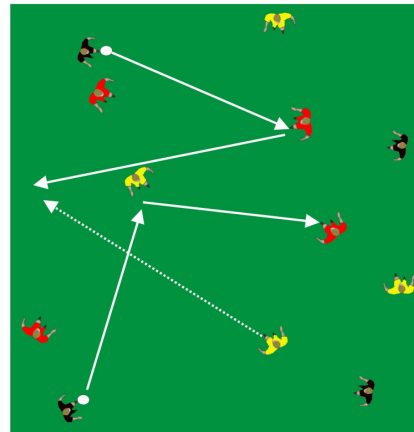


Age Group	U14-U18	Warm Up	<ul style="list-style-type: none"> • Passing and receiving in pairs
Technical Objectives	Passing/Receiving	Technique Training	<ul style="list-style-type: none"> • Pass to a different color • 8v4 possession Game
Individual Objectives	Keeping possession		
Tactical Objectives	Attacking Centrally	Situational Play	<ul style="list-style-type: none"> • 6v3 -6v5 • Attacking Centrally
Groups Objectives		Theme Game	<ul style="list-style-type: none"> • 8v7 Game

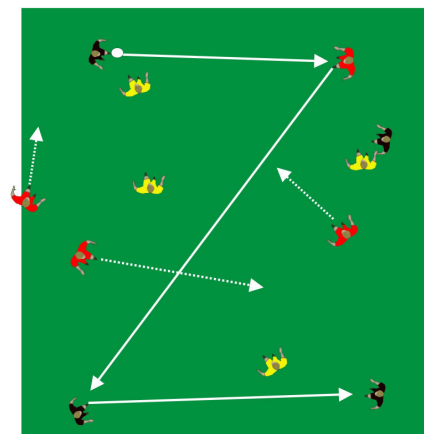
Warm up
Passing /Receiving in pairs
Duration 15m Area Size As needed Players Pairs
Organization Players move around a designated area passing and receiving the ball with the inside part of the foot
Coaching Points Quality of passes-Body behind the ball-First touch



Technique Training
Pass to a Different Color
Duration 10m Area Size as needed Players 14
Organization Divided players in 3 groups of different colors Player will pass the ball to 1. Same colors 2. Different color 3. Specific sequence-one ball two balls
Coaching Points Quality of passes-Body behind the ball-First touch-Communication



Progression
8v4 keep away
Duration : 15m Area Size 40x40 Players 12
Organization Two colors play against one color. Seven passes equal one point. Team that loose possession, becomes the defending team
Coaching Points Quality of passes-Body behind the ball-First touch-Communication



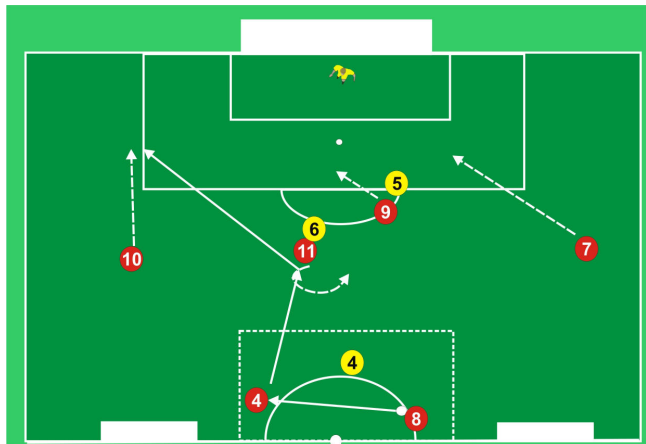
Situational Play

Attacking 4-4-2 (6v3)

Duration: 15m **Area Size :** Half Field **10 :14**

Organization
Two central midfielders play 2v1 inside a 20x20 grid at the midfield line. As soon as they can they must pass the ball to one of the two strikers positioned at the top of the penalty area. After they receive the ball they start a 4v2 for a shot on goal

- Coaching Points**
- Time and quality of the pass from the midfielder
 - Time of the run from strikers
 - Quality finish



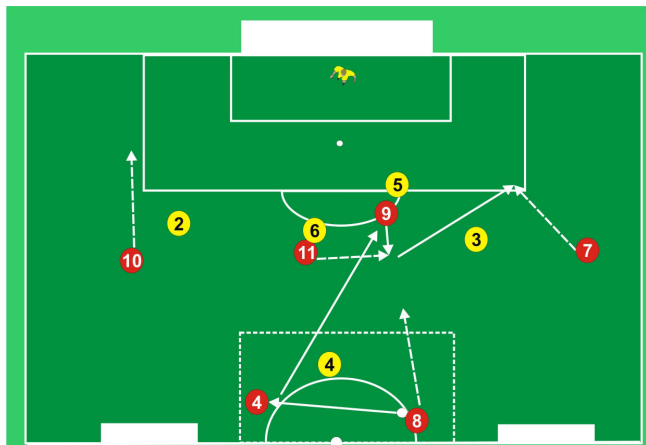
Progression

Attacking 4-4-2 (6v6)

Duration: 15m **Area Size :** Half Field **Players:** 12

Organization
As above
Add two defenders
Ball must be served first to the strikers
One of the midfielder can join the attacks after a pass

- Coaching Points**
- Time and quality of the pass from the midfielder
 - Time of the run from strikers
 - Quality finish



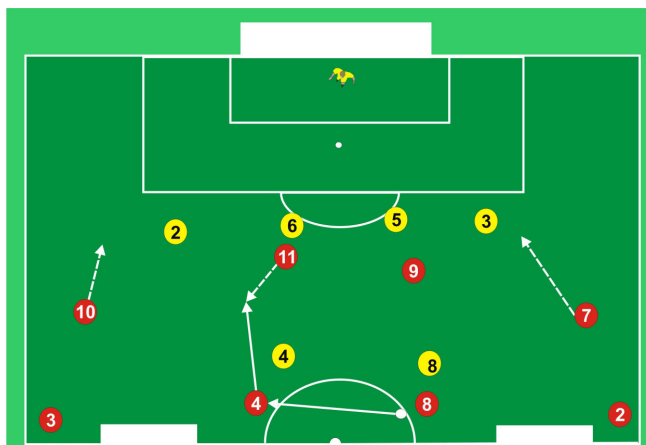
Final Game

Attacking 4-4-2 (8v7)

Duration: 20 **Area Size :** half field **Players:** 15

Organization
Red team attacks a large goal with a goalkeeper, while the yellow team if they win the ball ,can score on two goals place along the midfield line

- Coaching Points**
- Look at twin striker as a first forward option
 - Safe passes
 - Timely runs



Coach Notes