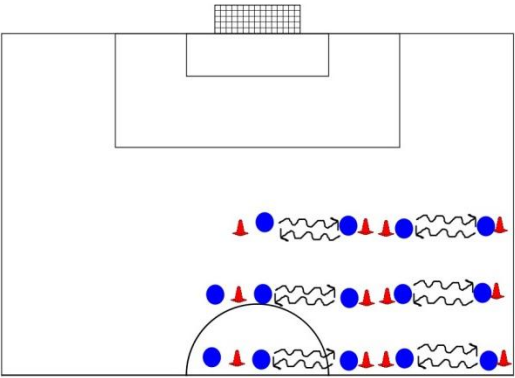

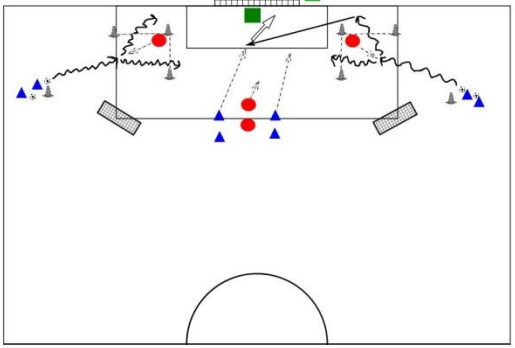
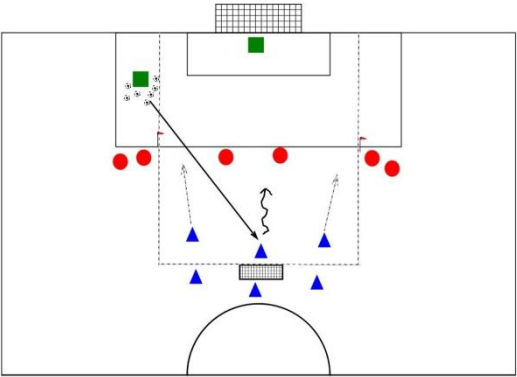
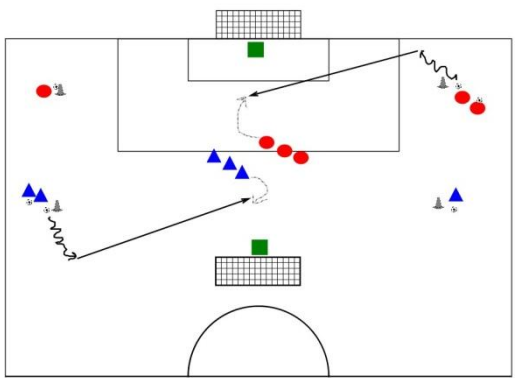
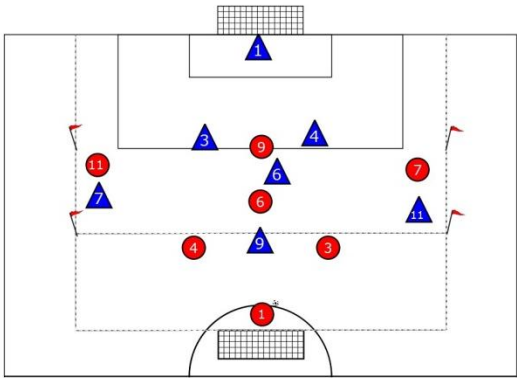


Name: Björn De Neve / Cedric Vlaeminck Theme: Mastering the zone of truth (ball possession)	Number: 12+2K Category/level: U14 national level	Material: balls – goals (2 normal size, 2 smaller size 5m by 2m) – markers – bibs
Guidelines and coaching words: Basics : 1. Ability to dribble along the right side of the opponent (25): RECOGNITION OF SPACE 2. Straight cross in front of your teammate (11): LEAVE THE SPACE IN FRONT OF YOU OPEN AS LONG AS POSSIBLE 3. Take your shot as fast as possible on a real shooting opportunity (+ offensive heading) (21) : ATTACK THE BALL 4. Be available for a pass from your teammate (1): GO TO THE BALL Team tactics : 5. Creating scoring opportunities by way of an individual action (B+15) : ACTION, TIMING MOVEMENT, ACCELERATION 6. Kicking a meaningful cross to a teammate in the box (B+16) : WATCH YOUR TEAMMATE JUST BEFORE THE CROSS 7. Escape from rigorous marking (B+19) : FAST MOVING		
WARM-UP 	Description: Warm-up in function of coordination phase: 1. Jogging in groups of 4 players (3') 2a. Suppleness shoulders, lower back, pelvis using a ball (2'30") 2b. Skipping, heel lift, running technique (2'30") 3a. Dynamic stretching using the ball (2'30") 3b. Rope skipping while moving forward (2'30") 4a. Explosive cutting and turning with the ball (6 actions of 5") 4b. Flexibility and static and dynamic stabilisation (2'30") 5a. Short passing and receiving a ball along the ground (2'30") 5b. Long passing and 1 touch or receiving a ball in the air (2'30") Coaching : emphasise the right execution	
GAME FORMAT 1 	1(+1)/K+1(+1) Description: - Pitch 30m x 20m - Game starts with a pass along the ground from the defender to the attacker, who starts immediately his action. - When the defender wins the ball back or the goalkeeper prevent scoring, they immediately play the ball to the 2 nd attacker who's waiting and being pressured by a defender in his back (new 1/1-situation). This attacker can score in the empty goal, if the defender intercepts the ball he can score in the goal defended by the goalkeeper. Every player has one possibility to score - 2 nd group of players start when ball is out or goal is scored. - After the exercise the players return to the same group. - After 5' players change starting position or both groups change position. - FUN : how many goals are scored by each team? Coaching: 1-4-5-7	
INTERMEDIATE FORM 1 	Shooting exercise 1+2/1+K+1 Description : - The attacker dribbles diagonally inside the box, as soon as the action starts, the defender puts pressure on the attacker who can dribble inside or outside. The defender may actively defend the imaginary line between the two markers (defender defends those two lines). - After a successful action, the attacker plays a ball along the ground to one of the two attackers who take position in front of the goal (communication between the attackers about their positioning) - Two attackers + one defender - Successful action = 1pt. - Attackers can score in 2 touches = +1 point. - Attackers can score in 1 touch = +2 points. - In transition, the defenders or goalkeeper can score in the small goals on each side = 2 points. - After 5' switch defenders and attackers	

	<p>- FUN : are the attackers able to win?</p> <p>Coaching:</p> <p>1-2-3-5-6</p>
GAME FORMAT 2	3/K+2
	<p>Description :</p> <ul style="list-style-type: none"> - Pitch 32m x 25m - Game starts when the goalkeeper on the side line plays a long ball to one of the 3 attackers (change goalkeeper after 4 attacks) As soon as the ball is played, the 2 defenders may put pressure on the attackers. - Game situation ends when a goal is scored or when the ball is out - 16m line is off-side line (only valid for the attackers) - After 10' switch attackers and defenders. - FUN : which team is most successful after 20'? <p>Coaching:</p> <p>3-4</p>
INTERMEDIATE FORM 2	CROSS AND SCORE WITH A HEADER
	<p>Beschrijving:</p> <ul style="list-style-type: none"> - 3 wing players and 3 strikers of each team compete against the goalkeeper of the opponent team. Every 4' players within the team switch task and after 8' they change partners - 5 meter running with the ball, cross and score with a header - FUN: <ul style="list-style-type: none"> * Collective points count: which team will score the most goals with a header (goalkeeper counts the goals scored) * Individual points counts: assist = 1 point and scoring with a header = 2 points <p>Which players achieves the highest score after 16'?</p> <p>Coaching:</p> <p>2-3-6</p>
GAME FORMAT 3	K+6/6+K
	<p>Description:</p> <ul style="list-style-type: none"> - 3 x 4' continuous play - Pitch 50m x 45m - Off-side line 16m away from the goal for both teams - Both teams play in a 1-2-3-1 formation (possibilities for building up the play) - FUN: <ul style="list-style-type: none"> * Scoring with a header = 4 points * Scoring after cross = 3 points * Scoring after individual action = 2 points * Scoring after building up - passing = 1 point <p>Coaching:</p> <p>1-2-3-4-5-6-7</p>
COOL DOWN	
	<p>Description:</p> <p>5' juggling exercises:</p> <ul style="list-style-type: none"> - alternate foot - chest - alternate both thighs – 2x head