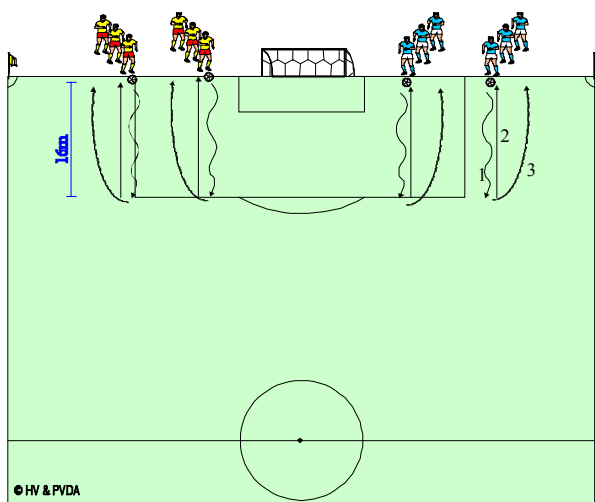


1. WARMING-UP



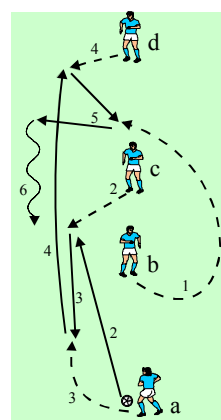
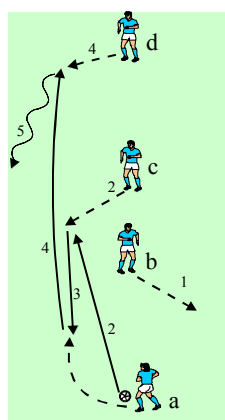
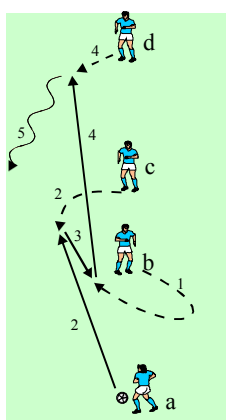
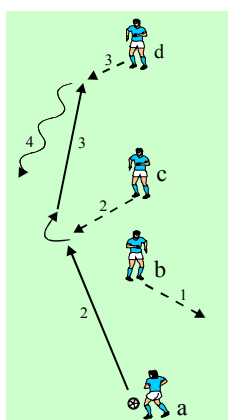
Organizational form

1 ball per 3 players

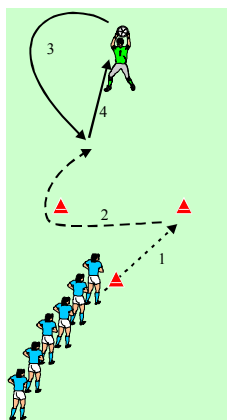
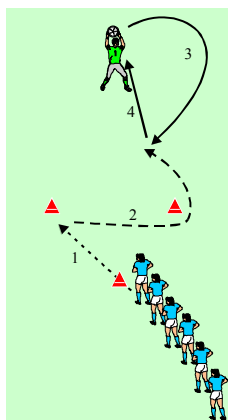
Progression

a dribbles the ball up to the 16m line, makes a hook movement (variations), plays to b and joins the group with warming-up movements

2. PASSING - OPPOSITE MOVEMENTS

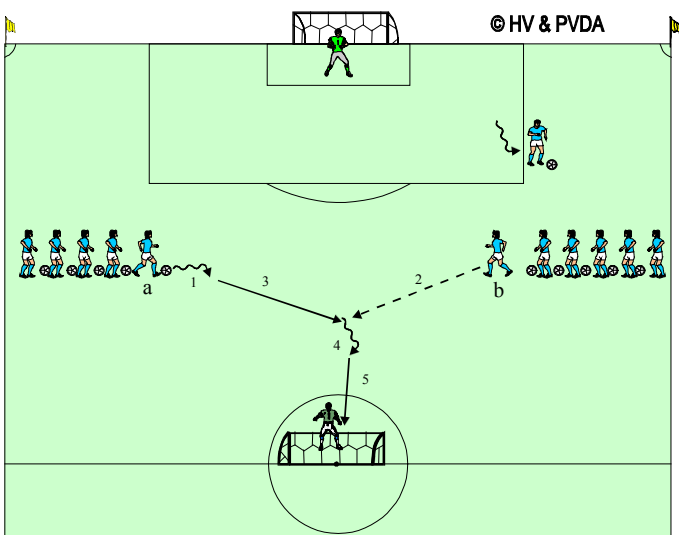
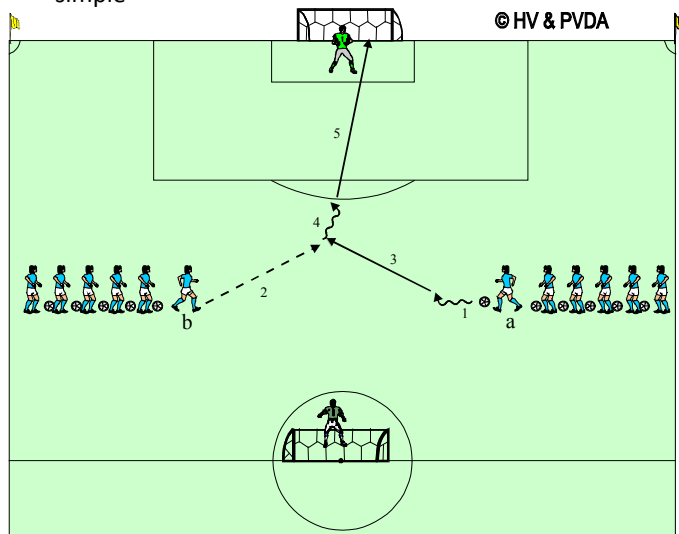


3. EXPLOSIVITY/SPRINT/AGILITY + HEADINGS

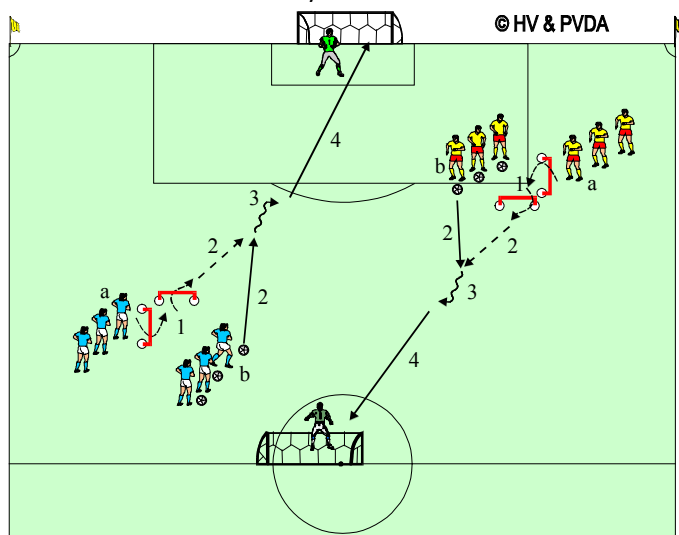


4. FINISHING FORM

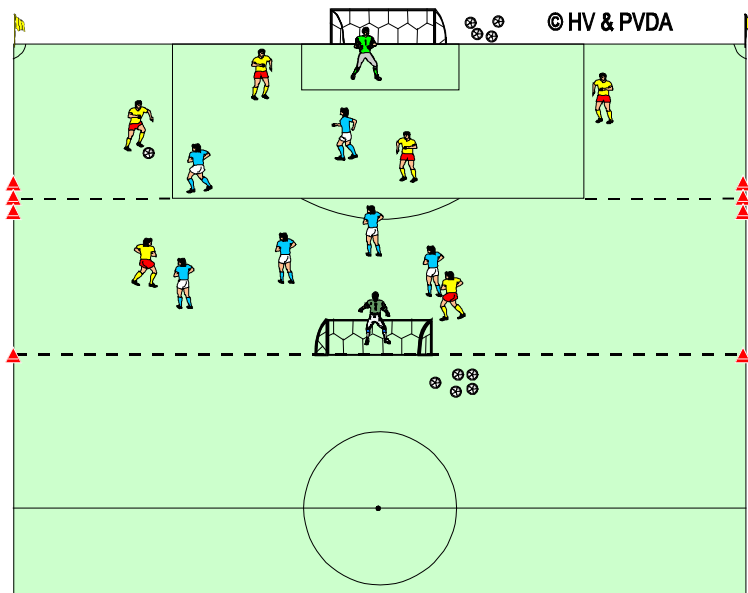
■ simple



■ In combination with Physical skills



6. MATCH FORM



Organizational form

Players:

- 12 + 2 K

Space used:

- 2 x 18 yds

Duration:

- 1' (max 2')

Objective

Possession of the ball

- To take a maximum number of shots at goal.
- To bring the attackers into a shooting position.
- The attackers learn to react (first defending) to the blocked shot.

Loss of possession

- Defensively, tilt toward the player in possession.
- Block the shot on goal.
- Quick build up (ball circulation)

Game:

- 4 players along with their goalkeeper play in their own half (maximum 2 touches) and may not leave the area.
- If the ball is blocked to the opponent's half, then the teammates (attackers) may attempt to recover the ball (unlimited touches) and:
 - through an individual action score a goal.
 - play the ball back to their defenders.