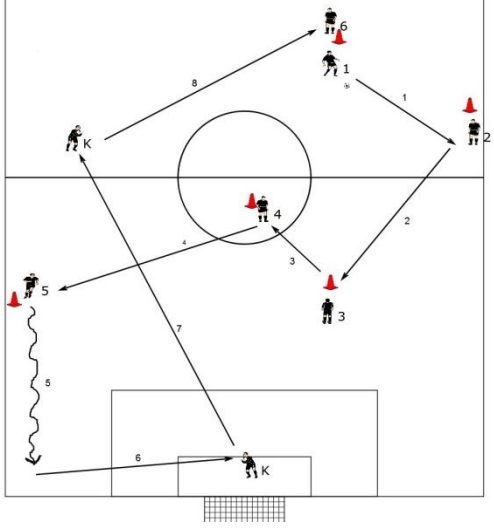
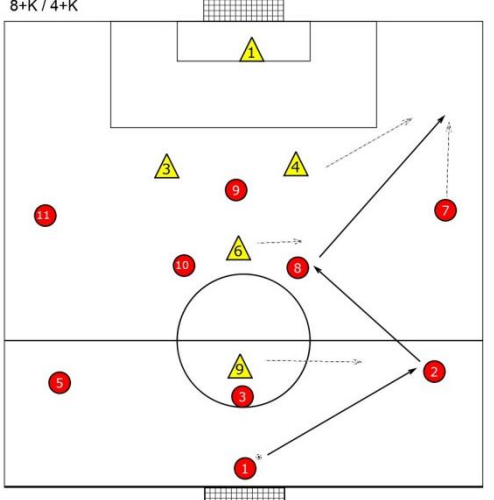
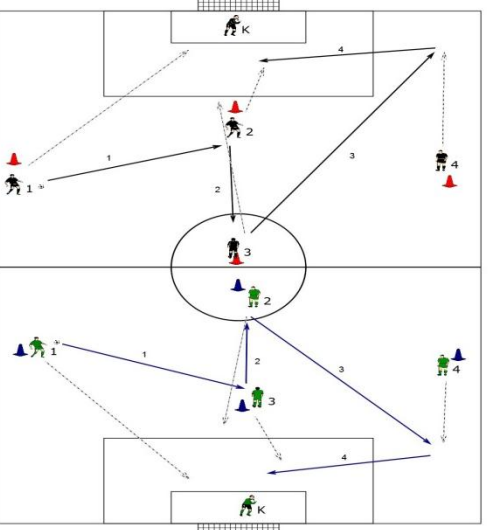
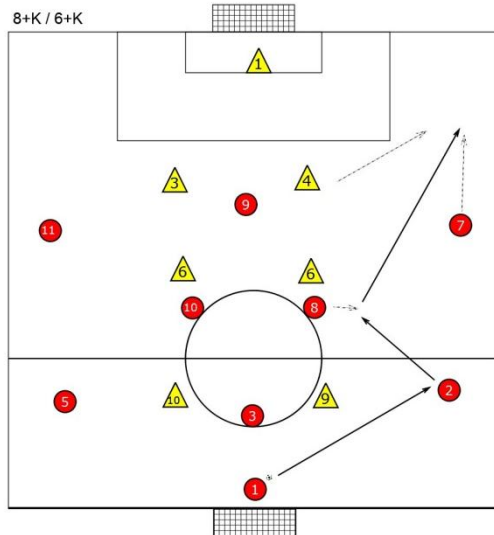


Name: Bart Van Lancker / Bart Van Renterghem Theme: B+ controlling the box	Number: 16+2 Age/level: U19 national	Material: balls-big goal-cones-shirts
Directives en coaching: Basics : 1. Player knows when to kick at goal (if real goal chance) (27) : SHOT 2. Players can score close to goal (28) : SCORE Teamtactics : 3. Kick a cross which is useful before the goal (B+16) : CROSS 4. Efficient occupancy: 1st – 2nd post and 16m (B+18) : BEFORE THE GOAL 5. Flee strict marking: fast moving! (B+19) : MOVE		
WARMING UP		
	Description: - passing: 1. Central Defender passes to Wing Defender 2. Wing Defender passes to Offensive Midfielder 3. Offensive Midfielder passes tot Defensive Midfielder 4. Defensive Midfielder passes to Winger 5. Winger infiltration with ball 6. Winger cross to Keeper 1 7. Keeper 1 throws/kicks tot Keeper 2 8. Keeper 2 passes to Central Defender - rotation : follow the ball, after the cross connect to the Central Defender - 5' left wing en 5' right wing with in between 2' dynamical stretching - afterwards 2x4' with speed on wing and cross to Striker (=score with head or foot!) Coaching : 2-3	
MATCHFORM 1	8+K/4+K	
	Description: - The match form is started up by the keeper of the team of 8 players; construction by the defenders and midfielders to the Wingers, followed by a cross. - 2x6' in waves, each team of 4 players plays in turn, end of the wave when the ball is out - FUN: witch team of 8 players scores the most? Coaching: 1-2-3-4	
INTERMEDIAT FORM 1		
	Description: - Passing: 1. Winger passes to striker 2. Striker passes to Offensive Midfielder 3. Offensive Midfielder change to other Winger 4. cross Winger : Striker, Winger and Offensive Midfielder in the box - 4 groups of 4 players witch are starting differently left and right in waves - FUN = each group scores as many as possible Coaching: 2-3-4	

MATCHFORM 2


$$\underline{8+K/6+K}$$

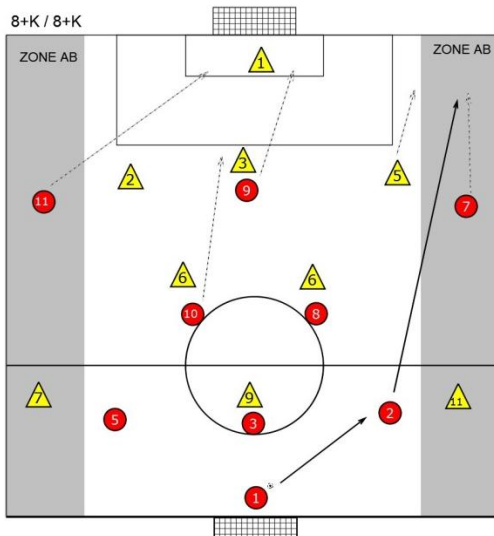
Description:

- The match form is started up by the keeper of the team of 8 players; construction by the defenders and midfielders to the wingers, followed by a cross.
- 2x6' in waves, end of the wave when the ball is out, 2 substitutes in the team of 6 players
- FUN: witch team of 8 players scores the most?

Coaching:

1-2-3-4-5

INTERMEDIAT FORM 2



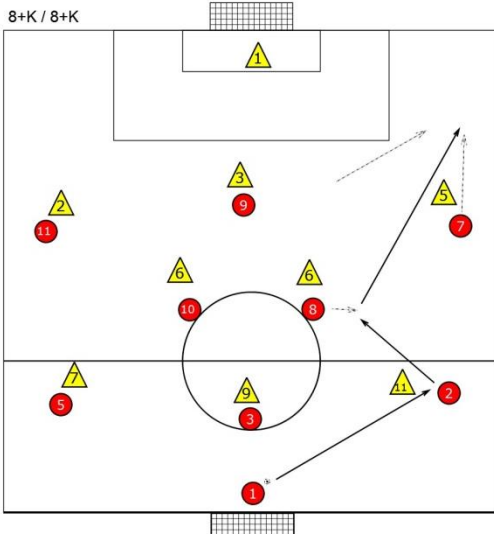
Description:

- 8+K/8+K in continuous game (2x6') with free wing zones where the wingers are free to play
- The wing defender can block the cross from the play zone
- FUN : which winger gives the most final passes?

Coaching:

1-2-3-4-5

MATCHFORM 3


$$\frac{8+K}{8+K}$$

Description:

- 2 x 6' continuous game
- Applying the themes learned during the training
- FUN : goal after cross = 2 points

Coaching:

1-2-3-4-5

COOLING DOWN

Description:

Description:
5' running slowly followed by stretching