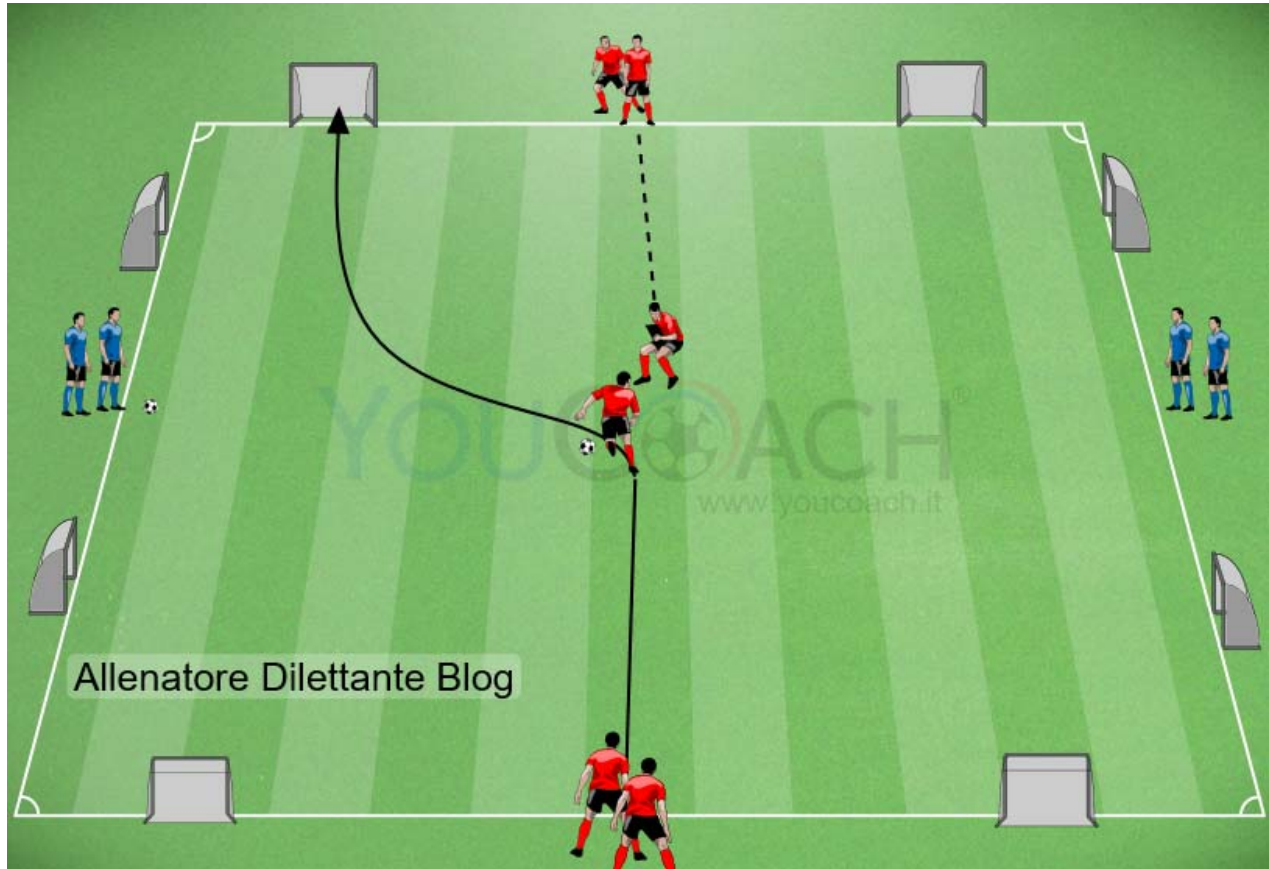


# 1 v 1, BOTH WAYS

## EXERCISE:



An effective idea to manage a workout in a limited space. The red team will perform a 1vs1 with red attacker's goal of running a network in one of the two doors in the upper section of the field represented in the figure, the defense will defend the 2 doors, and in the case it must be able to retrieve the ball quickly take to mark in one of the two doors placed in the lower part of the figure. at the end of 1vs1 players will compete 2 blue, the blue attacker will have to perform a network in one of the two doors located on the right side of the square shown in the figure while the defender if he can catch the ball will perform a network in one of two opposite doors on the left side. at the end of each challenge 1vs1 the two players are reversed role.

**variants:**

- players can score not only in the front doors to them but also in the side, in this way is more stimulated the perception of space and the development of the strategy in both offensive and defensive field
- introducing the situation of 2vs1 (once acquired a good level in dell'1vs1 management) understood as exercise progression by stimulating the cooperation of the boys
- Exercise held simultaneously from both pairs of 1v1 inside the square, so the players will not only assess the position of the ball with respect to space and that of the defender but also the field of free zone of attack in relation to others 2 players.

# 1 v 1 Tutorial

The proposed exercise is very important today in the various categories that make up the basic activities as the dell'1vs1 management is in the process of possession without the ball is a prerequisite to understanding the complex situation qualsiasi game.

For more also the current coach of the Italian National Conte has shown that in Italy there is a general lack in the ability to overcome the man in a 1v1 situation.

## EXERCISE:



At the start of the coach face each other in a defined area a player with the ball without the ball and one that acts as a defender.

The attacker has three possible targets:

- the middle one, more difficult to achieve, is worth 2 points, and consists in breaking the cone.
- the lateral ones that are easier to achieve, worth 1 point and main measures at least one of the 3 cone willing neighbors.

The usefulness of this exercise is not limited to simple 1v1 but also requires the ability to read the game situation and the rapid strategic reworking depending on opponent behavior.

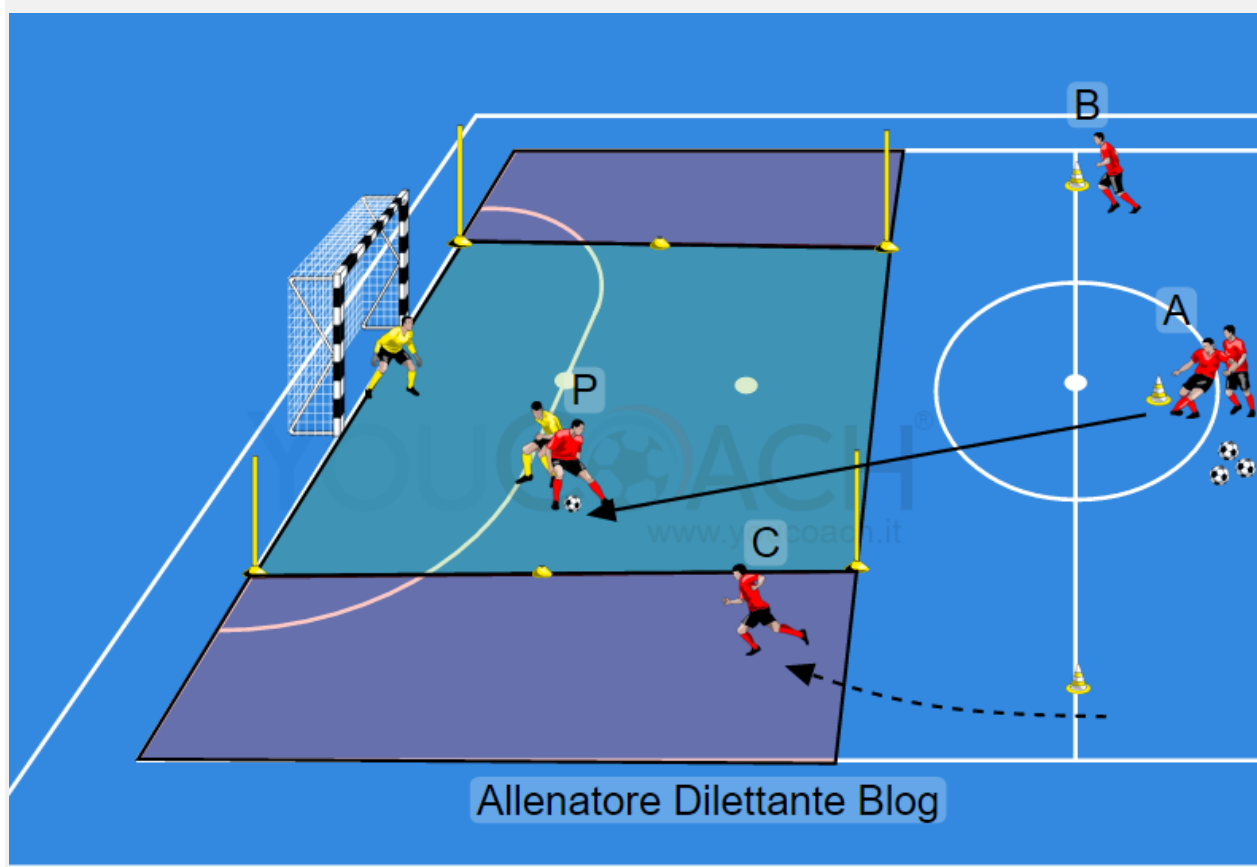
The location of the points is then also functional to a fundamental teaching and must become automatic for every defender who regards the ability to take the enemy always on the outside, away from the door, taking the right position, called the anterior-posterior position.

In the case in which the ball recovers defender it may in turn sweetly to one of the 3 goals.

# 1 v 1 With Support

One element that I really appreciate the defenders to 5 is the ball coverage skills, this element is strong in the player who occupies the position of Pivot (attacker). The tutorial today is addressed to the skill improvement of coverage, shoulders at the door of the ball with opponent under pressure and reading of the game situation to finalize and make it so, this situation is conducive. This kind of situation you're facing coached football at 5, but it is, in my opinion, extremely effective even technical / tactical in training in calcio level at 11.

## EXERCISE:



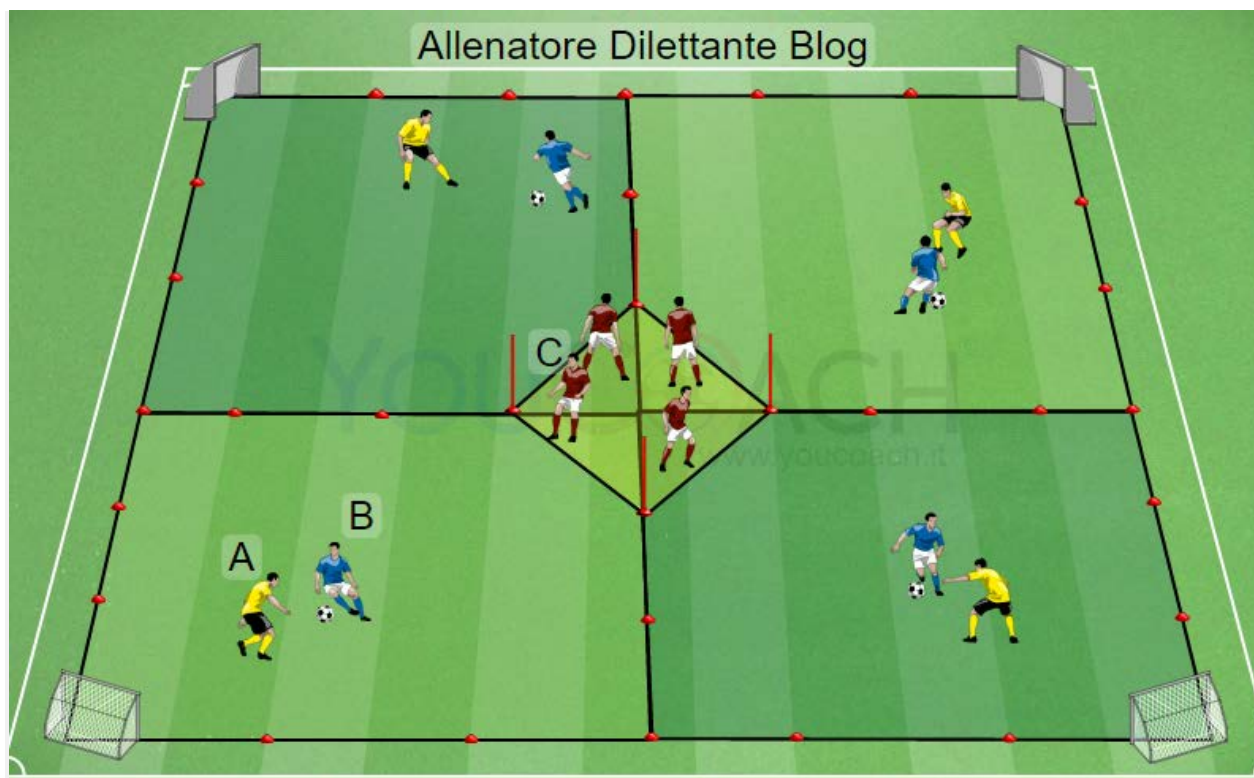
## CONDUCT:

The exercise is carried out in a half football field at 5, the trocar offensive field is divided into 3 areas, the central one, larger, which will receive and will cover the ball pivot and two lateral zones, represented by the red color in which exterior will have the opportunity to come forward and give support. at the start, player a makes a pass to P, who received the ball back to the door and was immediately pressed (from behind) by the opposing player. the player's goal is to be able to P cover the ball, giving time to one of the two external players to offer support in the red zone to download ball on the lateral support. a focus that I ask players B and C (side players) it is

to assess the situation at best, avoiding to propose itself both in the forward position, but to assess the situation, in order to figure out which of pass line is easier for the Pivot and therefore to support in the side towards which is directed with the body P. in the example the player P, after having received the ball from a, is properly pressed by the yellow player, it covers the ball back to the door and turns his body towards the left wing, making the transition easier heading to this end, P then makes a pass to player C, after that it has entered inside the red zone and performs a movement to present itself at the far post by freeing marking. player C, he received the ball, may enter into port or play ball if the P-mate will be able to unmark effectively. This type of exercise in addition to pursuing a technical target linked to the improvement of the coverage of the ball, taking awareness of the importance of correct body position, allows you to develop a simple concept tactical linked to the exploitation of offensive transitions, consisting of the passage and sull'attaccante lateral support from the partner, who must not mechanically perform the movement, but to assess in relation to the attacker and to the opposite side companion if it appears to be appropriate to propose to support.

# 1 vs 1 to 2 vs 1

## EXERCISE:



## CONDUCT:

The tutorial is divided into 4 squares that are running at the same time the same type of exercise. Within each matrix there are 3 players, Player A, yellow in the figure, in the role of nell'1vs1 defender, the player B blue, possess nell'1vs1 ball and player C, red, waiting for the passage of a in the case of ball recovery and ready to start a 2vs1 situation. At the start the player B, holding the ball, he undertakes a 1vs1 situation against the student A with the aim of creating a network in the door. If Player A gets the ball (or at the end dell'1vs1) he will be able to play the ball to the player C, setting the stage for a successful transition, and with him make a 2vs1 against the student B. At the end of 2 vs 1 the players switch roles, B moves to the highest summit, waiting, instead of C, a takes the ball and starts the 1v1, C assumes the role of defender.

## Roles report:

- **1v1** = B vs A
- **2vs1** vs C = A + B
- **1v1** = A vs C

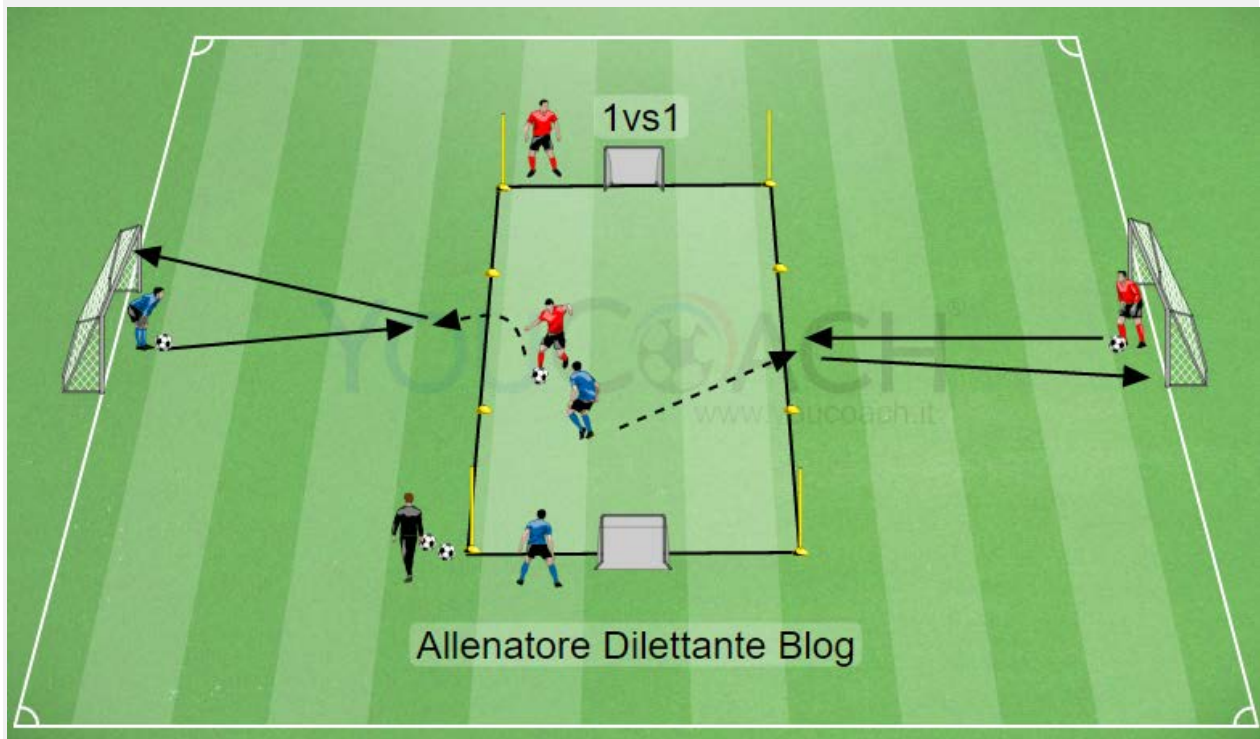
- **2vs1** = C + B vs. A



# 1 v 1 With Help

Exercise today has as its objective the improvement of the 1vs1 situation is being offensive and defensive, all integrated with the conclusion to the network or 1vs0 situation.

## EXERCISE:



## CONDUCT:

At the start, the coach will play ball in the central rectangle, which will be called "arena", within which a challenge of the blue team player and one of the red team in a 1v1 situation.

The action will therefore end with network of one of the two players, or the output of the ball, the end of the clash between the two players, two goalkeepers playing pupil ball of the opposing team which will conclude on goal.

**VARIATIONS:** a shot on goal against the goalkeeper is divided into several variants:

- oriented receiving and shot on goal
- shot by first intention
- receiving passage (made up with the hands) and shooting
- shot by first intention of the top goalkeeper passage
- the striker tip the doorman trying to discard it in a 1vs0 situation

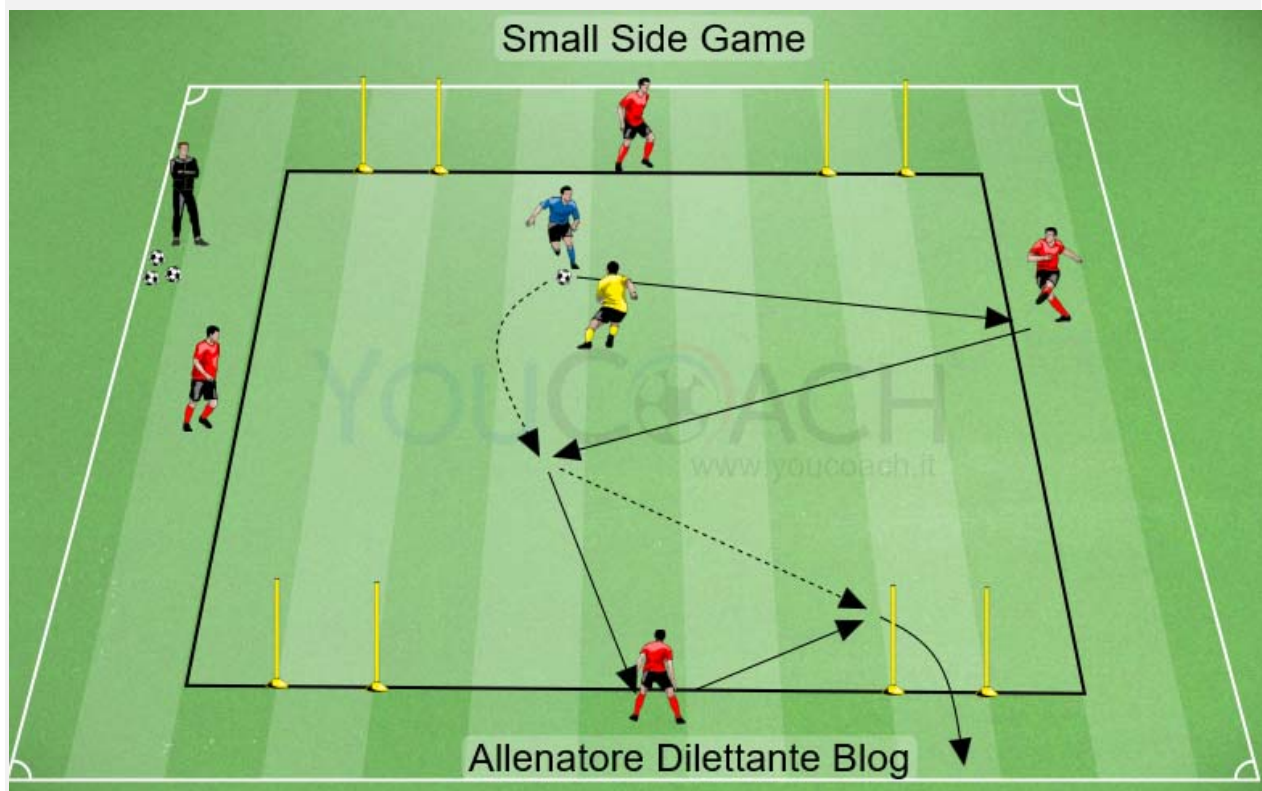
- free choice attacker

This progression of variants provides an awareness of the possible solutions to the situation that might occur in the game, and after having tried everything, is left to the player the freedom to develop their own strategy, by making the bet that more suggests safety and efficacy of success.

# 1 vs 1 With Support

The exercise that I propose today will be held during the afternoon session of my team debutants. Having worked extensively on the development dell'1vs1 in different game situations and in different directions that can develop in the match **today's work will aim to place the 1vs1 in an integrated and interacting represented by the team.**

## EXERCISE:



## CONDUCT:

Exercise is structured as a Small Side Game, term of fashion and used as the now parsley. Inside of a matrix are placed 4 doors of amplitude 1 meter, 2 on one side and 2 on the opposite side. 4 players are willing wild cards, one for each side, and inside there are two players. at the start, the coach enters a ball in the matrix and start all'1vs1 between the 2 places children at the center, which will have as alternatives. skip the direct opponent or lean against a fellow wild card and make a movement in space. The action is said to end when one of the two players manages to enter the run in one of two opposing doors.

This exercise is important in offensive perspective, getting used to evaluate the companion quick strategies that involve working with a partner and also get used to the player to dictate the next

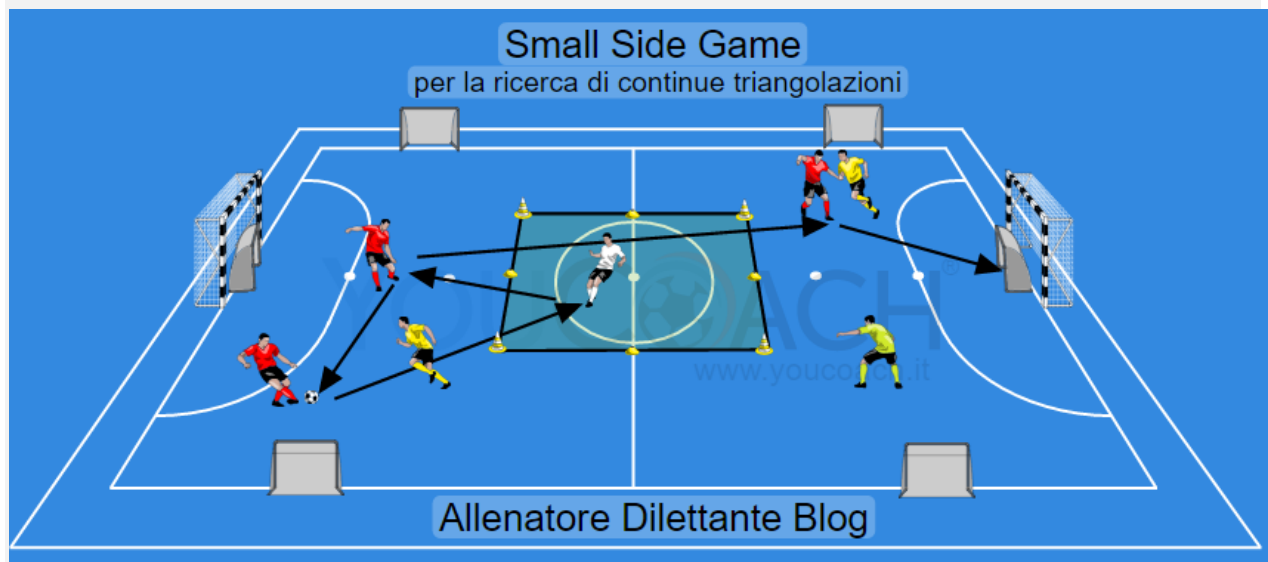
step via its movement immediately after the transition. On defense optic it allows to implement the ability to managing and reading of the situation of disadvantage of the defender who not only will not be able to jump from the direct opponent but will have to be able to read the passing lanes and if possible intercept.

Continues the progression of exercises on a corner. It is integrated, the improvement of technical movements of the lineout and the cut of his companions with interchange, a real situation encountered in the game. After giving the technical knowledge to students is in fact necessary to contextualize the play in game. The players then after making a correct reception of the interchange and in a lateral ball will have to implement a collaboration in situation of 2vs1 in order to implement a network in a door, as represented in Figure 2 with the blue and the red pupils defender. the exercise is repeated on both right and left so as to metabolize the move in both directions and with the use of both feet.

## 3 v 3 Plus One Game

Today's exercise has as its purpose to perfect the continuous research of triangulation within the field during a game. Being able to identify continuous gaming combinations is a key to success of any team, both in football field at 5 that football to 11. During my training sessions I always asked my players to seek played with classmates, whatever the field occupied area and for this it is necessary to improve the quality level from a technical point of view and the psychological propensity to this kind of concept.

### EXERCISE:



### CONDUCT:

The game used is to regulate football field at 5, in the central zone is created a zone within which it will be placed a Jolly player. In each half of the field are then positioned 3 doors, 2 side to a meter and a half from the line bottom and centrally within the regulatory door.

the two teams compete in a 3vs3 + 1 central wildcard chance to build a network in one of the three doors of the enemy camp. the central placement of the wildcard guarantees the continuous support to the movement the ball thus allowing the constant creation of triangulations, also the presence of three players per team allows the possibility to create density in a field area with 2 players (+ jokers) and attack the opposite space with the third man, pursuing and calling the exercise goal of last week. a peculiarity, compared to the usual themed game, as the player of the Jolly area, in fact it can be crossed by any player (this to improve the effectiveness of the search of the cuts and movements from part of each pupil) and also the wild card, in case of need the

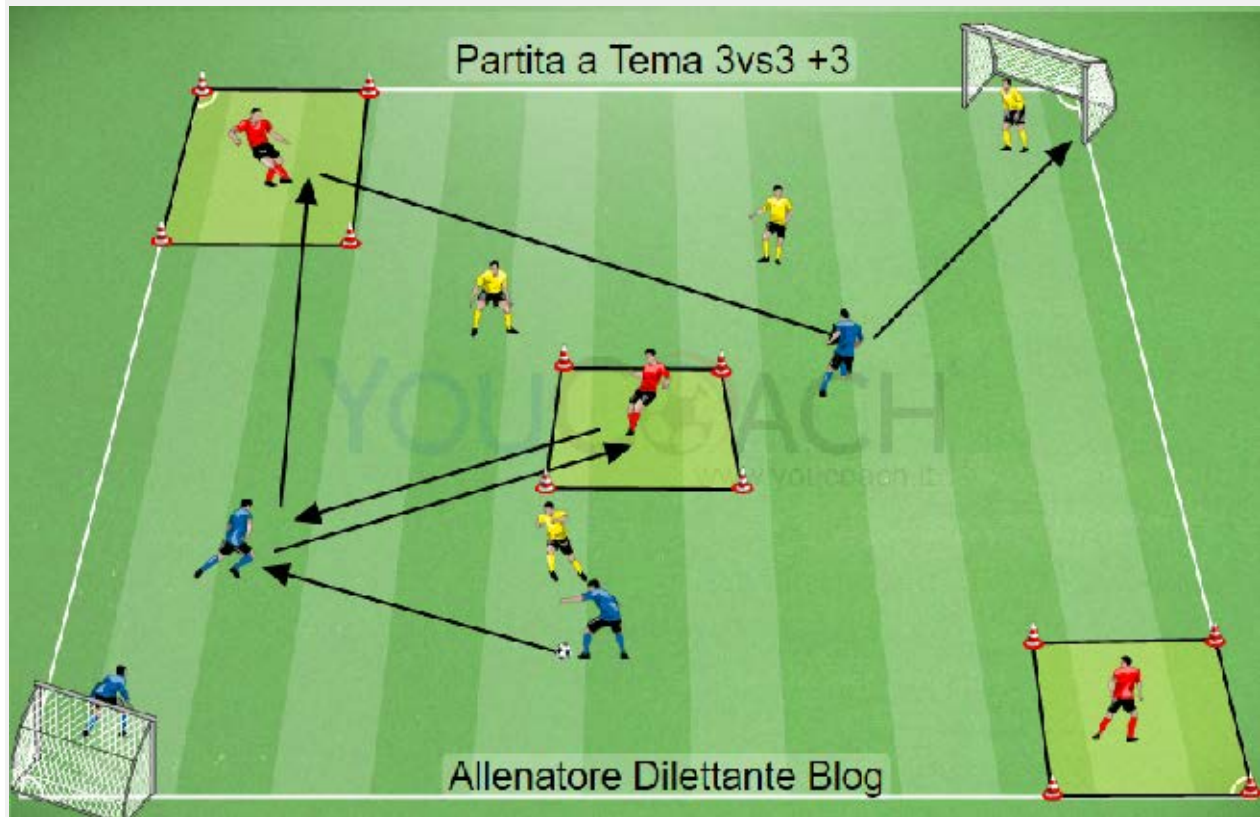
ball for a possible transition recovery wrong or support the action in a far field area, will go out from its box, but in this case it will be pressed by the opponents .



## 3 v 3 Plus Three

Today I propose a structured exercise like Partita Tema whose principal purpose is the game in amplitude with the continuous search of game combinations.

### EXERCISE:



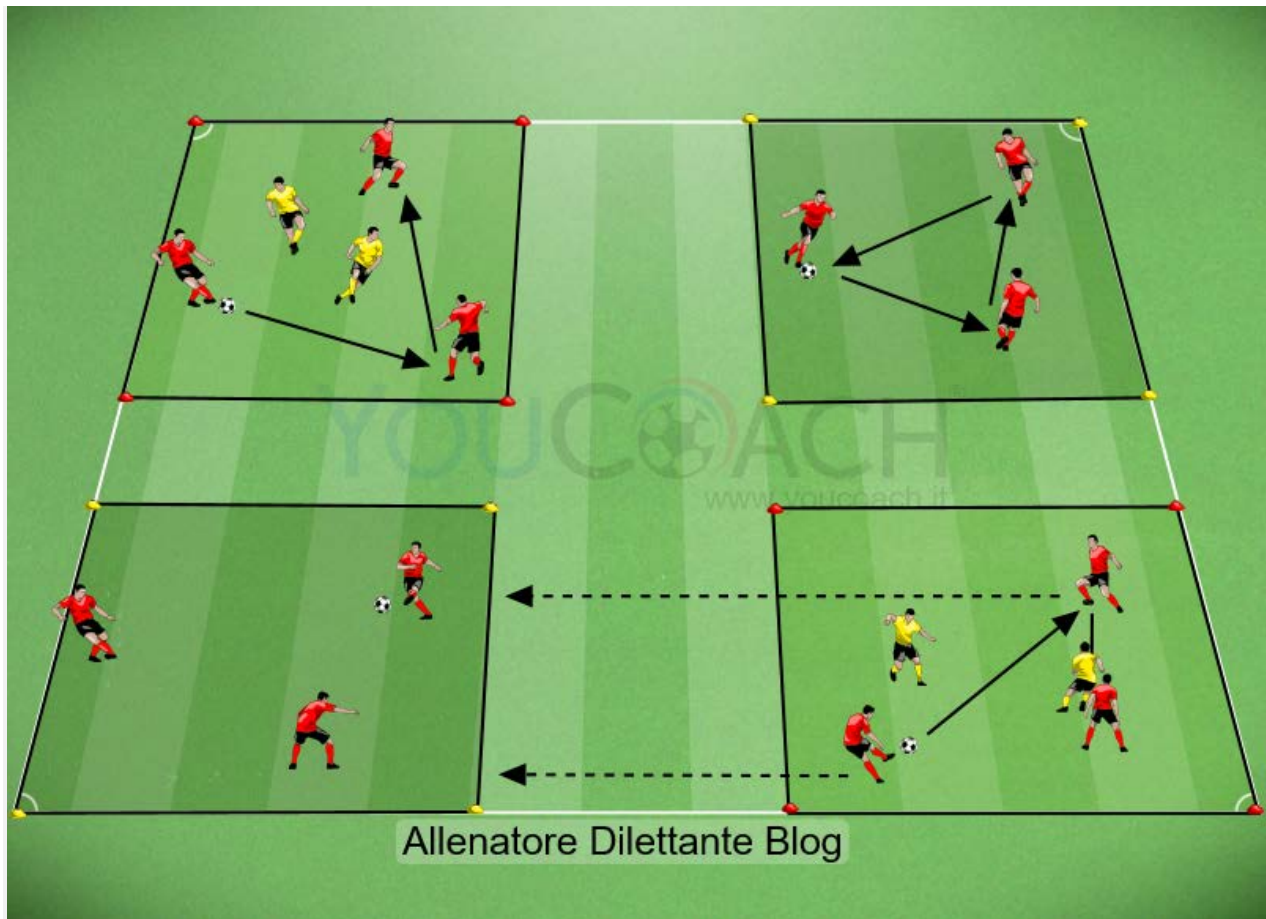
### CONDUCT:

The themed game is characterized by a situation of 3vs3 with the support of 3 wildcard, also there are 2 Goalkeeper for a total of 11 players used. It consists in the golf game of square shape, the two opposite corners are positioned the ports the two teams, the remaining 2 are created two areas for wild card players and also it is formed at a center of the field. at the start the players will play a 3vs3 game with the support of 3 wild cards and thanks to special regulations, and implementation of the field , it is most effective in the creation of the game in amplitude recreating multiple opportunities of game combinations. the placement of a central wildcard and 2 at the corners allows the easy creation of triangulation and also to have more wide lateral references allows the continuous research of 'gaming amplitude, it is most effective in the creation of the game in amplitude recreating multiple opportunities of game combinations. the



placement of a central wildcard and 2 at the corners allows the easy creation of triangulation and also to have more wide lateral references allows the continuous research of 'gaming amplitude

## 3 vs 2 to 3 vs 2, Fast Transitions



### CONDUCT:

Today's exercise is aimed at creating tutorials integrating the refinement step with the research of mental propensity and tactics geared to the immediate pressure and ball recovery. They are predisposed 4 square, in two of them, as shown in the figure, they are arranged 2 teams, one made up of 3 players in possession and a 2 with the defensive role. If the ball is intercepted or kicked by mistake outside the square the player who committed the mistake and his companion, who had previously played ball taking the outside of gaming space and decide which of the two square attack to retrieve the ball. in the 2 square in which it is only a team willing a quick movement of the ball, always paying attention to the 2 squares situation must be performed where there is the 3vs2 in order to be ready for the opponent.

In this tutorial, where there is a strong playful component is also developed the goal of the collaboration and communication as only in this way the various actions taken by the children will be coordinated and functional.

## 3 vs 3 Game with 4 Goals

This exercise is very easy to accomplish, just mark a square and place 4 central doors. It turns out to be intuitive and effective for achieving the objective of the dissociation and then the search space with movement without the ball.

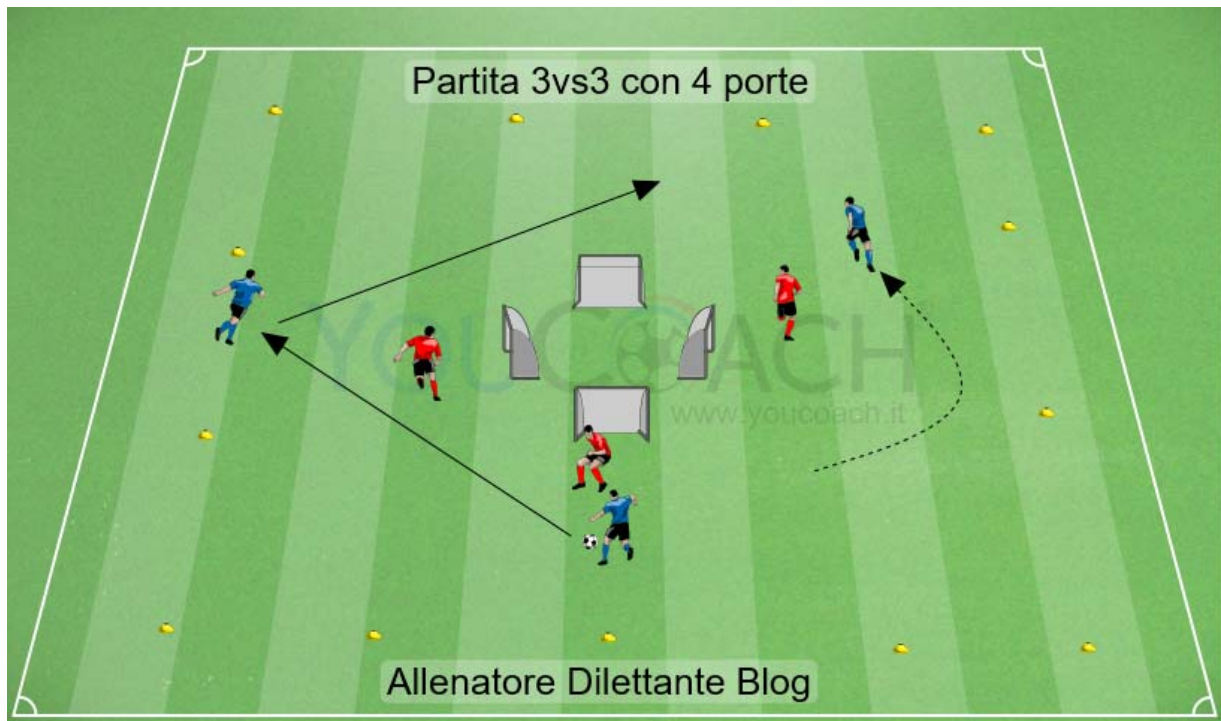
### EXERCISE:



At the start the two teams of 3 players start from the same Chinese guy, once it reaches the ball in the center, behind the 4 doors they will make at least three steps before concluding in one of the four doors.

I enter the bond of at least 3 steps because my chicks group is extremely heterogeneous (as often happens in amateur) and then in this way even those with minor motor skills and then turns out to be much slower has the opportunity to participate in the exercise feeling active and important.

## AN ALTERNATIVE EXERCISE:

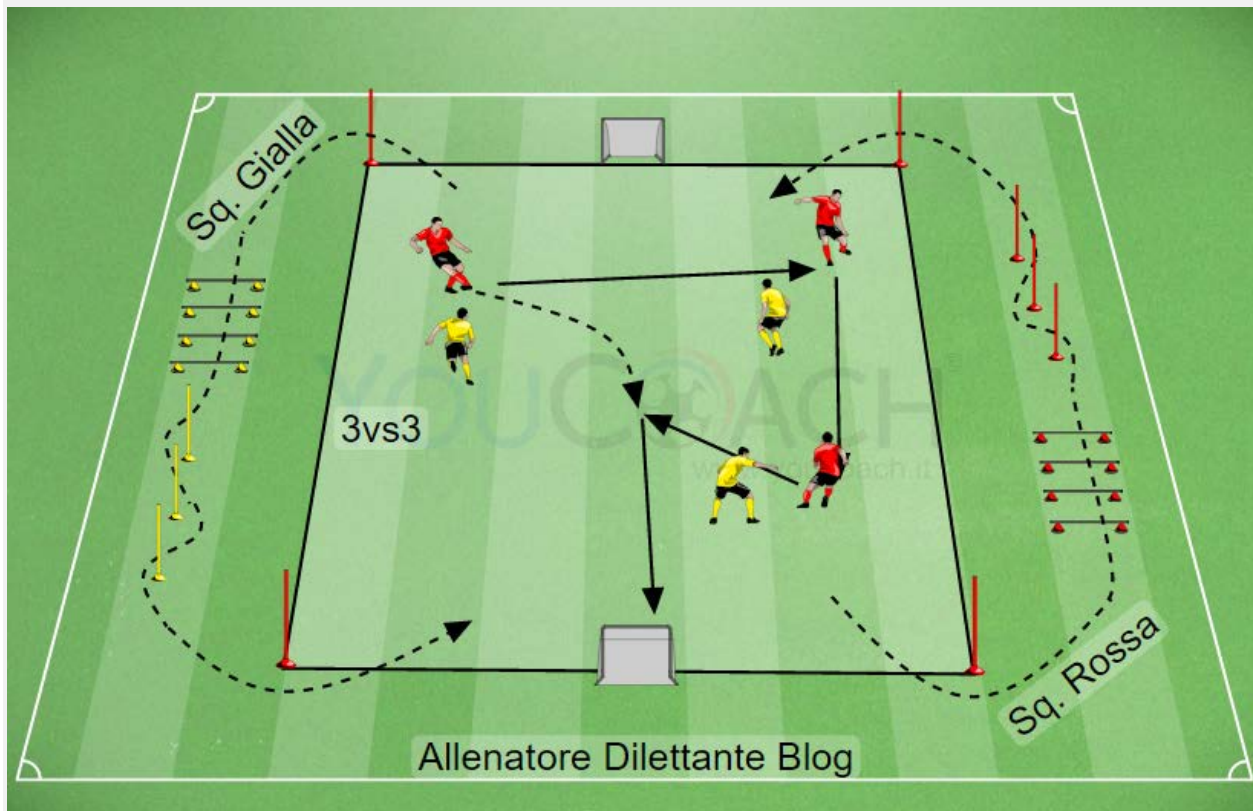


I place the 4 doors in a circular manner so as to create the maximum movement of the ball, the amplitude of research by the team play in attack and defense at the same time we train to defend 360 degrees.

## 3 vs 3 with Circuit Training

The tutorial today is a proposed integrated work between a situational exercise 3vs3 and the holding of a coordinative circuit. This idea stems from the need to reproduce the intensity of a game composed of continuous transitions avoiding to use only the portion of the field reduced on the game situation.

### EXERCISE:



### CONDUCT:

At the start, the two teams, red and yellow in the picture, challenge each other in a square in a situation of 3vs3 with goal to build a network in the opponent's goal. On the coach's whistle or the realization of the two network teams carry out, as quickly as possible, a short path coordinative consists of 4 poles sliding in which to run a double-touch operation for the speed and 3 poles in which to make fast changes of direction. All 3 players from each team will have to perform the path and the first to arrive will take possession of the ball but can not build a network until all 3 components will not be entered into the field, then this will involve also the development of momentary outnumbered situations to handle both during possession ball in the

process of preparing the players also do not possess this type of situation that can happen in the game often and that if handled well can make the difference.



## 3 v 1 Grid to Goal

Today's exercise is clearly referring to calcio 5 but is absolutely applicable, and workout even in football field to 11. The objective is the creation of game combinations within a portion of the field in order to create numerical superiority and then implement a game changer or a verticalization in the fourth partner space.

### EXERCISE:



### CONDUCT:

Within the playing field we are formed two squares, one for the red team and one for the yellow one. They will have 3 players of the same team, while the fourth player of the red team is placed in the court of the yellow team and the fourth yellow in the middle field of red.

at the start, the ball is played to one of the two teams, in the figure in the red, a player of the yellow team will move in that square in order to implement pressure and groped the ball recovery. All ' inside of the square is created a situation of 3vs1, the red will have as aim the realization of a triangulation to then make a forward pass through the fourth man in space which may enter in the network. in the event that the player in pressure may be successful in ball recovery will make an immediate verticalization to offensive if it mate, properly assessing the situation, it is placed in a position to receive the bet companion, or you can make a change to one

of the two companions in your square by moving immediately into this space, which it will also be attacked by an opponent of the red team recreating the situation of 3vs1.

**VARIATIONS:**

- The fourth man will have to wait in the opposite camp area and the passage will then pass on the opposite squares, thus requiring a proper assessment of the time and space to carry out an effective dissociation.
- Inside the square opponent moving two players under pressure, creating a 3vs2 situation.



## 3 v 2 From Chelsea Academy

This exercise I proposed to my team debut after having played an analytical exercise on the passage and reception oriented then materializing the technical gestures in a simplified game situation.

### EXERCISE



### CONDUCT:

The field is split into two equal portions, for each half field are arranged 2 side doors.

The two teams lined up 2 defenders in a half and 3 in the other attackers. At the start of the game the defense (red team in possession in figure) will have to verticalize the game quickly to serve 3 strikers in the offensive field portion which collaborating in a numerical superiority of 3vs2 situation will have to realize a network in one of the two doors. If the defense succeeds in the ball recovery will in turn serve offensive teammates in the other half of the field.

in every goal the ball right away is goal clearance by the defense in order to quickly start the game taking the high level of intensity.

## VERSIONS

- many of the players touches in possession
- Counsel must act as support in offensive actions of the offensive mates through banks.
- an offensive player can move from the defensive to the offensive zone by balancing the game situation in a 3vs3, in this case the offensive team will have to seek the rapid conclusion of the action before the offensive player may help comrades in defense mode.

## 3 v 3 Plus Four, Ball Circulation

After analyzing various exercises of possession like that of Guardiola (4vs4 three teams) or that of Mourinho with split zoned field today I want to offer to all readers of my blog is my personal proposal. It requires the use of 10 players, 2 teams are composed of 3 boys and 4 corners of the square are placed the remaining four players who are wild.

### EXERCISE:



### CONDUCT:

This exercise is aimed at perfecting the possession, creating the best conditions for the continuous creation of triangulation and game combinations. The wild card in the other exercises so far addressed were arranged outside the square on the whole side or in the center (on the move), place them in the corners of the square and inside allows for functional references to the ongoing exchange and collaboration. the figure represented 2 teams of 3 players with yellow and blue colors as wild cards I am red and inside the their reference area. the team in possession must be able to implement a rapid and efficient movement of the ball and draw attention to constantly create different alternatives of play the ball carrier.

an optimal condition when a team download ball to a wildcard is to give 2 alternatives of play along the sides and one in a central position with a line of diagonal passage.

**VARIANT:**

After the players have taken awareness of the dynamics of the year to increase the intensity and difficulty interpreting the exercise you can enter the exchange.

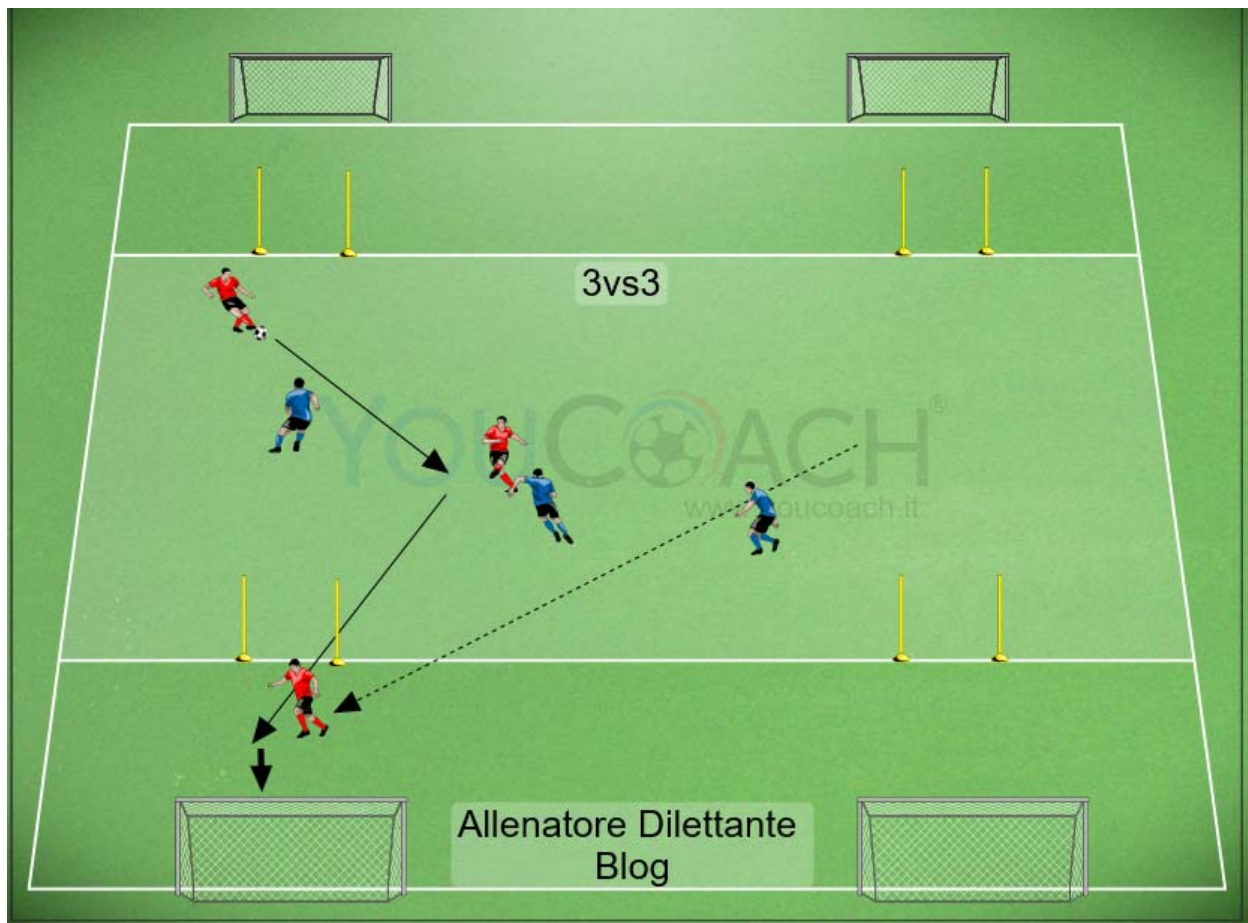
In other words, each time a player makes a move to jolly it takes its place in its area and the wildcard after playing the ball out of the square and becomes outfield player.

in practical terms to run it and make possible the exchange of roles, the team with the coat will simply hold it so quickly change role.

## 3 vs 3, Through Ball

This type of exercise like my boys the beginner category since it is very similar to a game, guarantees the realization of many networks and finally are absent repetitive characters instead typical of analytical exercises.

## EXERCISE:



The playing field is divided into 3 areas, in the central, wider is developed, the situation of 3vs3 aimed to carry out a filtering step, for a mate in the insertion space, in one of the doors (created with the poles).

The companion that fails to properly fit into the area of the field and to receive the filtering step, the conclusion must be, first (with a touch), within one of the doors placed on the line of the bottom field.

the game can be performed with either orientation of the game or by laying a priori in what doors can score the red team and the blue one, or which give maximum exercise mindedness giving the opportunity for players to develop offensive actions in both directions.

**This tutorial developed:**

- the theme of the pass and the pass on foot, and is therefore required a conscious choice based on the situation.
- the effective use of time and space variables both for those carrying out the change that will have to make a correct reading of the situation of the person making the movement which must be calibrated as a function of the mate, the nature of the passage and the opponent.
- the situation of 3vs3 requires continuous application of all the comrades then is put the attention on the level of concentration of the players and their predisposition to the development of strategies.

**VARIANT** : an applicable variant is to keep the central field area with the doors 2 per team, where to pass to the mate. At the bottom of the field, in its exercise extreme areas, insert only one goal defended by the goalkeeper. This way the player after receiving the verticalization of the companion must be able to make a goal.

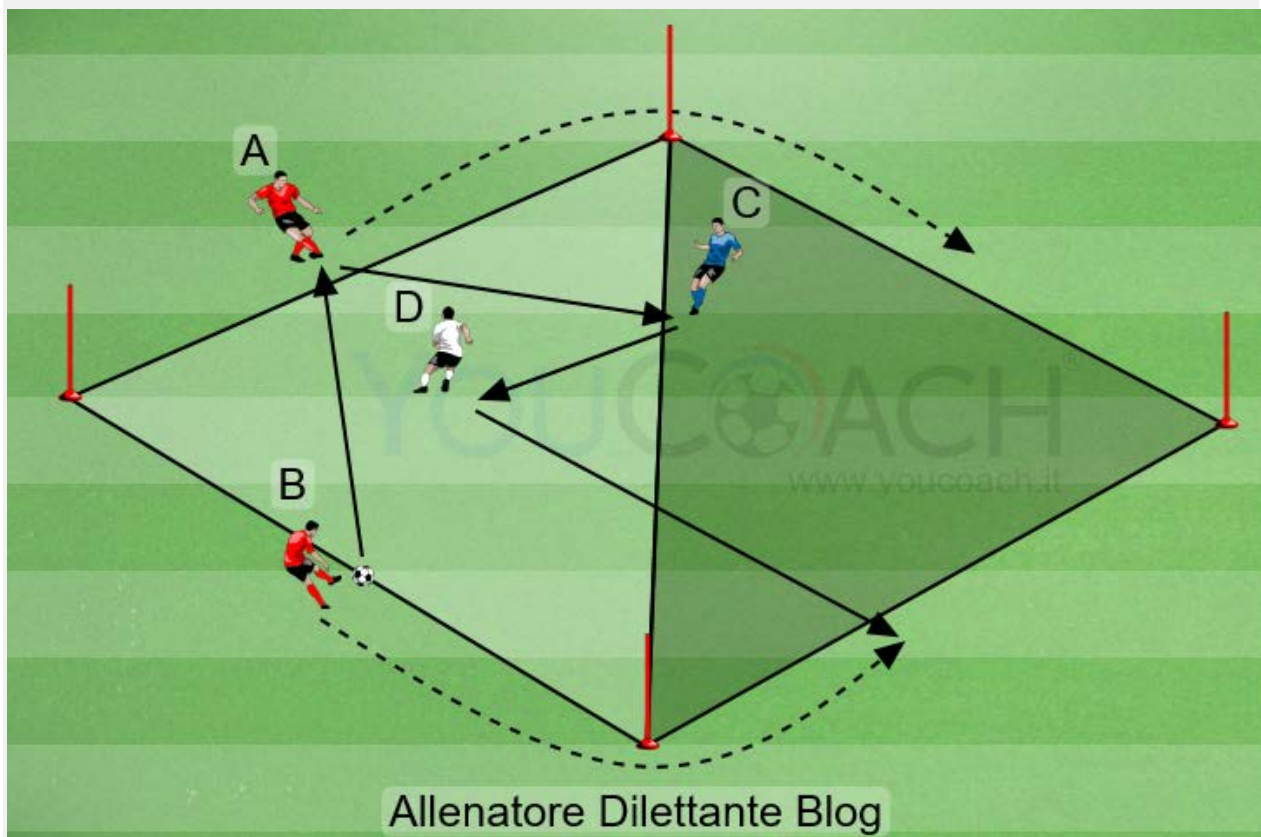


## ... RONDO 3vs1 with transition: Intensity and Technical Individual

My article today is definitely inspired by the webinar proposed by [YouCoach](#) yesterday evening focused on the Spanish method which was very interesting, by condensing an hour different proposals for tutorials united by a vision focused on the intensity and the improvement of individual technique.

Today I want to propose my idea of Rondo that develops in a double situation of 3vs1 in a triangle, with the transition to the next, in the case of ball recovery.

### EXERCISE:



### CONDUCT:

At the start, in the triangle shown in FIG lighter in color, it is developed a Rondo 3vs1 between ABC D with the player in the role of defender. When D is able to recover ball A and B perform a movement to present itself in the opposite sides of the color triangle darker in order to revive a situation of 3vs1 between ABD and C in the role of defender.

This type of exercises related to the Spanish methodology have the great advantage of being able to integrate the individual technical improvement with the conditional and individual tactics, all

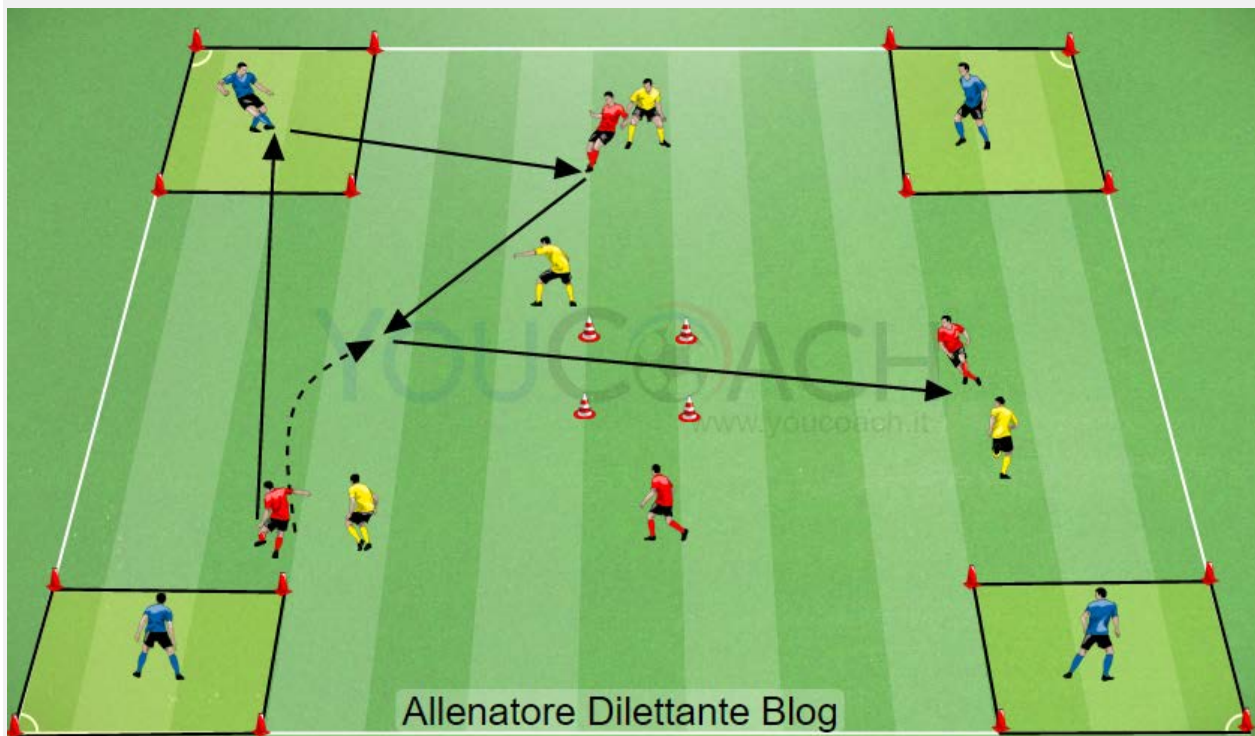
this while maintaining an extremely low level of complexity, making them fun and easy to learn for the guys.



## 4 v 4 Plus Four

The main idea that inspires today tutorial is able to create a tutorial that gives the utmost importance to build gaming combinations between different teammates, however, continued the attack with research space and game changer . This is because many times you create countless combinations of play in the same area of the field that appear to be an end in themselves. to create an exercise that would meet those needs I want to brush my proposal exercise some weeks ago by entering a variant, to focus it on research continues amplitude at the end of the combination of play.

### EXERCISE:



### CONDUCT:

Within a square is made up of a situation of 4 vs 4 + 4 wildcards (which are positioned at the four corners in a special area). The two teams will aim to maintain the possession aimed at creating combinations giococome triangulations, one two, and once made will have to be able to serve a mate in the opposite field area with a pass that steps within the square formed by 4 cones. the idea of positioning the wildcard in the corners allows the visibility of the round ball having easy placement and constant references, while the fact to place a sort of "4-sided door" with 4 cones allows to stimulate the game in amplitude and the search space. for every successful combination with exchange game on the opposite side to the mate, the team receives one point,

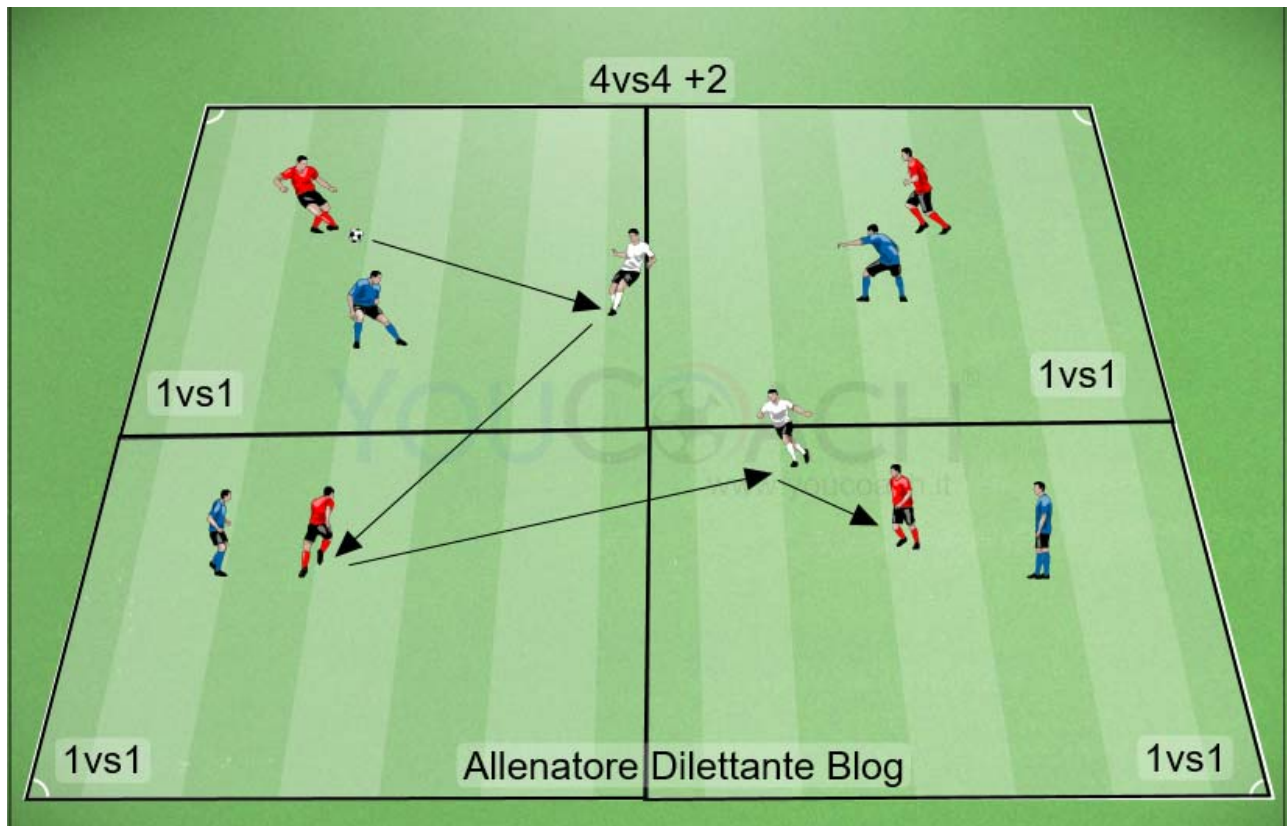
those who acquire the most points wins the tutorial. At predetermined time intervals the 3 teams occupy in turn the position of the wildcard in order to obtain the maximum intensity, clarity and freshness by pupils.

**Variation :**

To make it even more dynamic exercise and devoid of references you can introduce the interchange of motion-wildcard player at each step made in this way will not change wildcard teams but a continuous movement and role reversal.

# 4 v 4 Plus Two, Four Zones

## EXERCISE:



## COURSE:

In the exercise of the possession today is declined in a simple form, the field is divided into 4 portion of which is placed inside a blue and a red one player creating a 1v1 situation.

There are then two black players white which play the role of wild and are the only ones who can move freely between the various squares.

the exercise aims to maintain possession of the ball for as long as possible, by making transitions between the various companions, places in the other square, or to the wild.

the presence of wildcard allows you to create numerical superiority, facilitates the loose ball and the practical demonstration to the children of the importance of the support of his companions, creating their awareness of this principle, for more complex exercises and for the game .

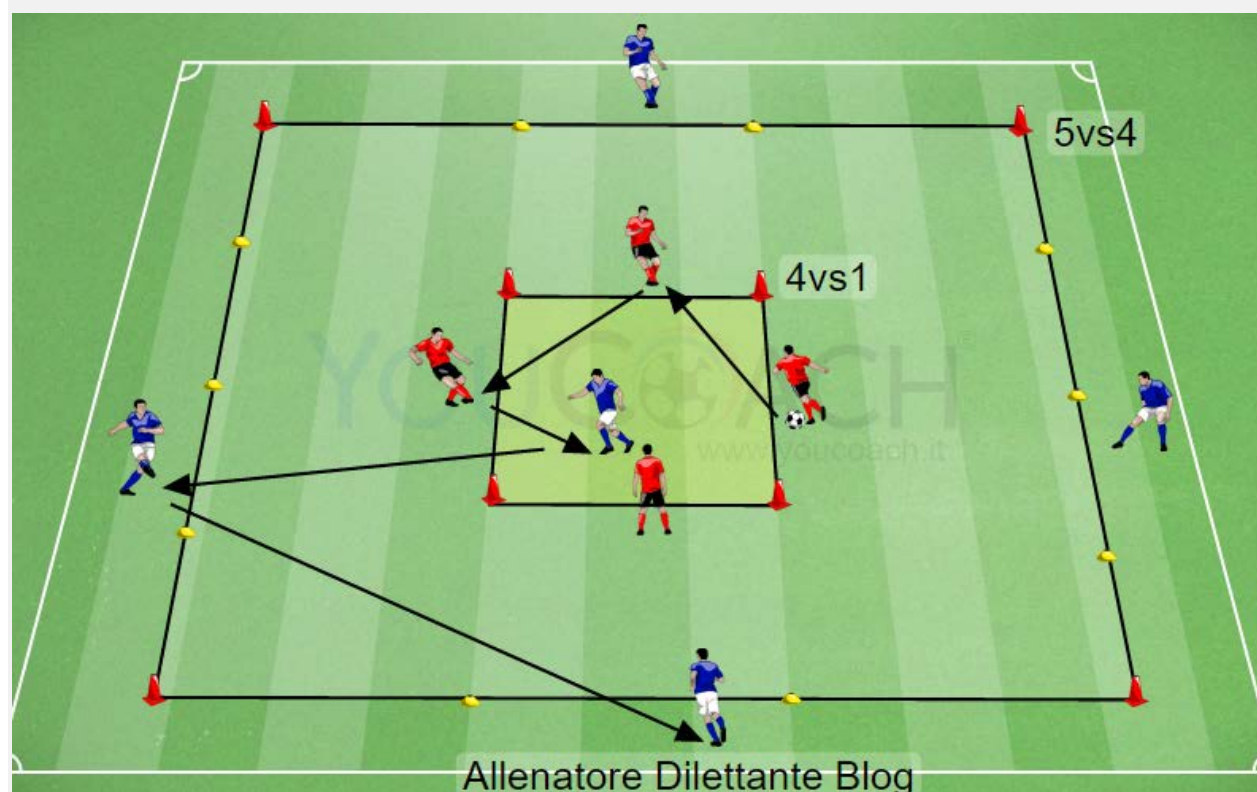
## VARIATIONS:

- number of touches to the ball holders
- to make more dynamic exercise you can enter the shot by the player in possession of the receiving partner in the square which in turn will change the dial after the broadcast. In this way the square occupied by the player will vary at each performed step.
- insertion of a door to which, to the achievement of a number of steps (determined at the beginning), you can make a shot.

## 4 vs 1 to 5 vs 4, Transition

I write in a few days where I've been busy with university exams, drawing exercises and post them on this site is one thing that I love, and exchange views with competent coaches even more so it was a great sacrifice cannot do that now ... but we are there again. Today's article is a possession exercise that is structured in two phases and aims to be more than a technical exercise, even a tactical development, but without having to make big in the game explanations but giving awareness to players, by making the game concretely

### EXERCISE:



### CONDUCT:

At the start, in the small square runs a central 4vs1 among the four players the red team and the blue player in the role of defender. When the blue player succeeds in recovering the ball, it will serve one of the 4 external peers and give away to exercise possession, within the large size square, 5vs4 with 4 external references and a central reference that allows the creation of game combinations. the four outside players during the exercise of 4vs1 will not have to stand firm in waiting, but constantly search for an appropriate positioning in light area (ie with a pass line can

by his partner) therefore also going to call this important concept.

The goal is improved, in addition to the technical, is the importance after the reconquest of the ball to make an immediate positive transition of ownership with management with classmates, many times the ball is recovered immediately tries a launch or a reckless verticalization while it would be necessary lucidity to play ball with his teammates for a collective action development.

# 4 vs 2 Twice

## EXERCISE:



For this type of exercise, the field is divided into 3 portions, the 2 side of large size and the smaller central. For the dimensioning to be assessed the age and technical capabilities.

The red team in possession, in the figure, will be able to maintain possession within his field avoiding the pressure of two opposing players (blue). The possession alone will not be an end in itself, but working to create space for a game changer to the yellow team, for which the position of the two blue defenders will have to be evaluated in the central portion of the field which aims to find and apply the ' opening game. If the ball is played correctly by the red team to the yellow one the two pairs of blue defenders climb, two of the central area are under pressure in the lateral half of the field while those who were in the red half field moving in a central position. If the blue team manages to retrieve the ball, the team that has lost possession becomes that of defense and then, two players remain under pressure and 2 moving in the central area.

## VARIATIONS:

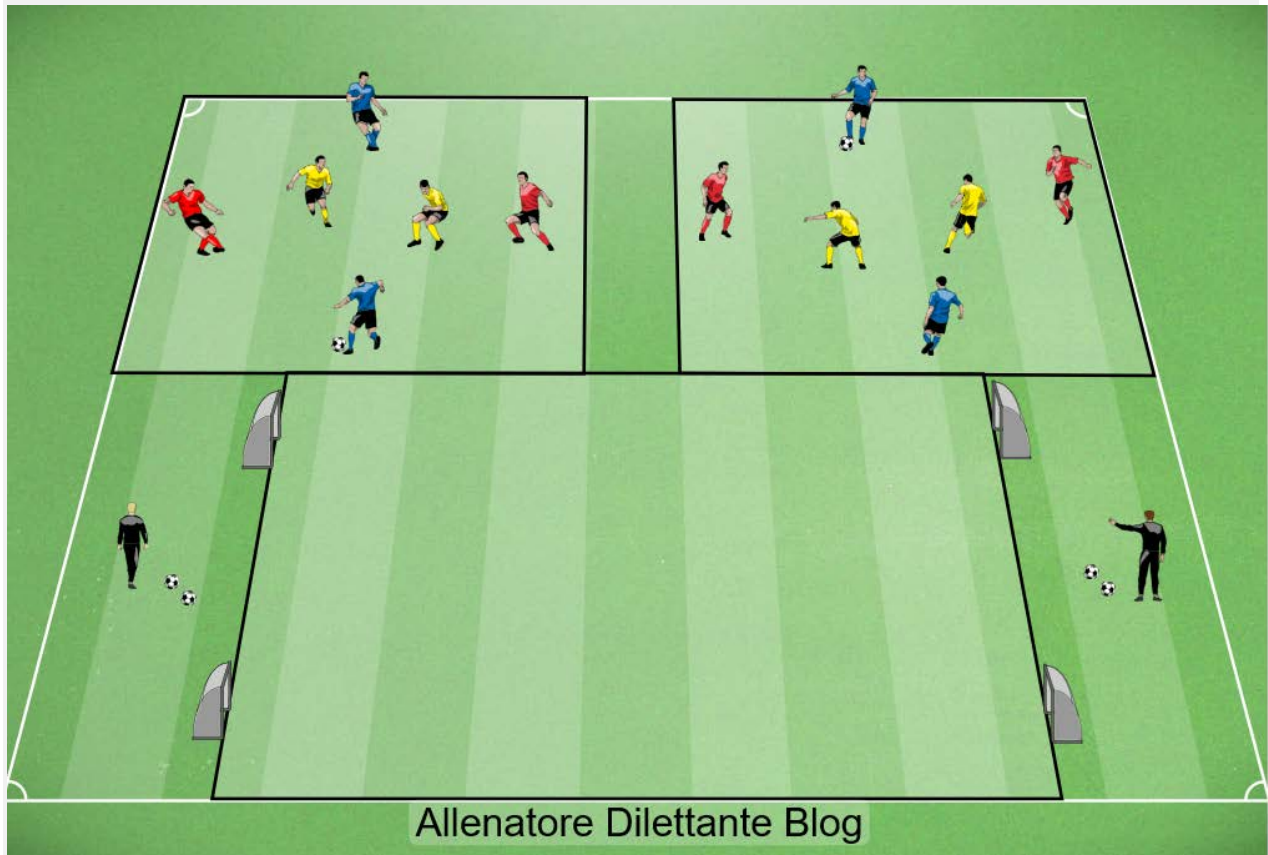
- minimum number of steps before the change of game.
- inserting a wildcard in the central area that can facilitate the maintenance of possession and can move inside the central area
- number of touches for players in possession, 2 touches and once acquired full knowledge of the game a touch.



## 4 vs 2, Three Team Game

For the exercise of today work we are constituted 2 square for the realization of the 4 vs 2 situation and a rectangle wider game where to run the game theme

### EXERCISE:



### CONDUCT:

In 2 square they have 6 players, which are divided in pairs in three teams, in the figure are blue, red and yellow (in the role of defenders). The aim is to be able to keep possession of the ball through maximum effectiveness game combinations and developing a dynamic game with constant movement. at intervals of five minutes the coach performs a whistle which corresponds to a rapid transition in the game theme where you challenge the two teams in possession with the support of four wildcard players who they were the defenders in 2 square. In this case, the whistle-themed game is made from the red team against the blue one with 4 wild yellow. The game is made by means of a ball that is played by the coach or the assistant (black) and is determined during the situation 4vs2 of what the two ports of a team and what the other.

at the time of the realization of a goal in a door of the coach or the players moving again in the 2 square whistle where they perform a 4vs2 situation reversing the roles than before.

## 4 vs 4 + 3 Position Game

Today's exercise is performed within a matrix and are used 11 players, which is why it can also be used as a technical exercise in the pre-match warm-up.

This positional game was devised by Villas Boas and submitted to the team of Zenith. (at the end of the article you will find a video tutorial)

### EXERCISE:



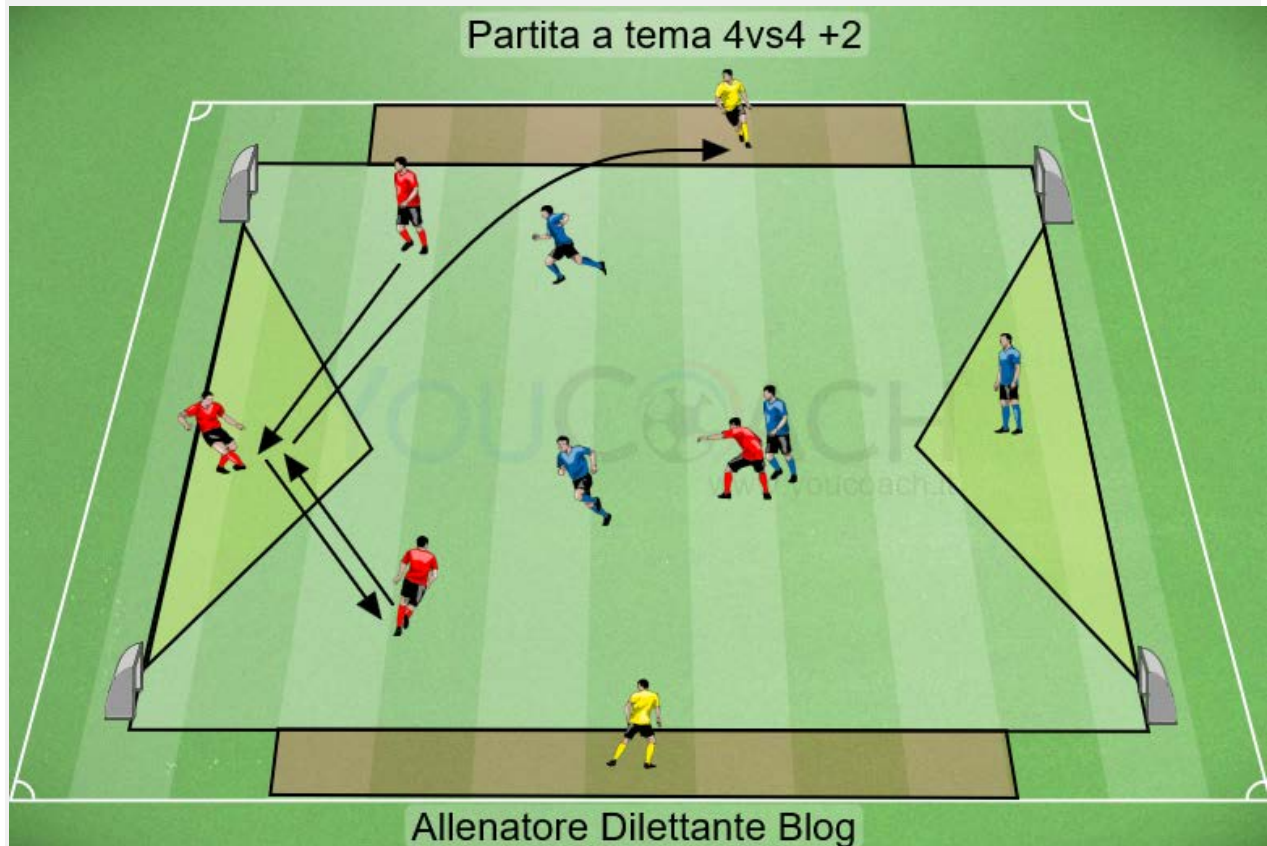
### CONDUCT:

Within a matrix is implemented a game focused on ball possession, with 2 teams of 4 players each, in the picture are the red team and the blue one. In addition to these players are placed 3 jokers (yellow in the figure) the which have a precise location in the field (the reference zone, are not static) and act as support. the wildcard a and C are positioned outside of the square, to the opposite sides 2 and the player B is positioned at the center of the matrix. as highlighted with red dotted lines, this type of exercise with the particular arrangement of the wildcard, ensures the realization multiple triangulations, giving utility awareness and facilitating the reading by the players.

## 4 vs 4 Plus Two

Today's exercise has as its main objective the development of the game from the bottom by the action of a low-play feature which allows a ride fast and precise ball.

### EXERCISE:



### CONDUCT:

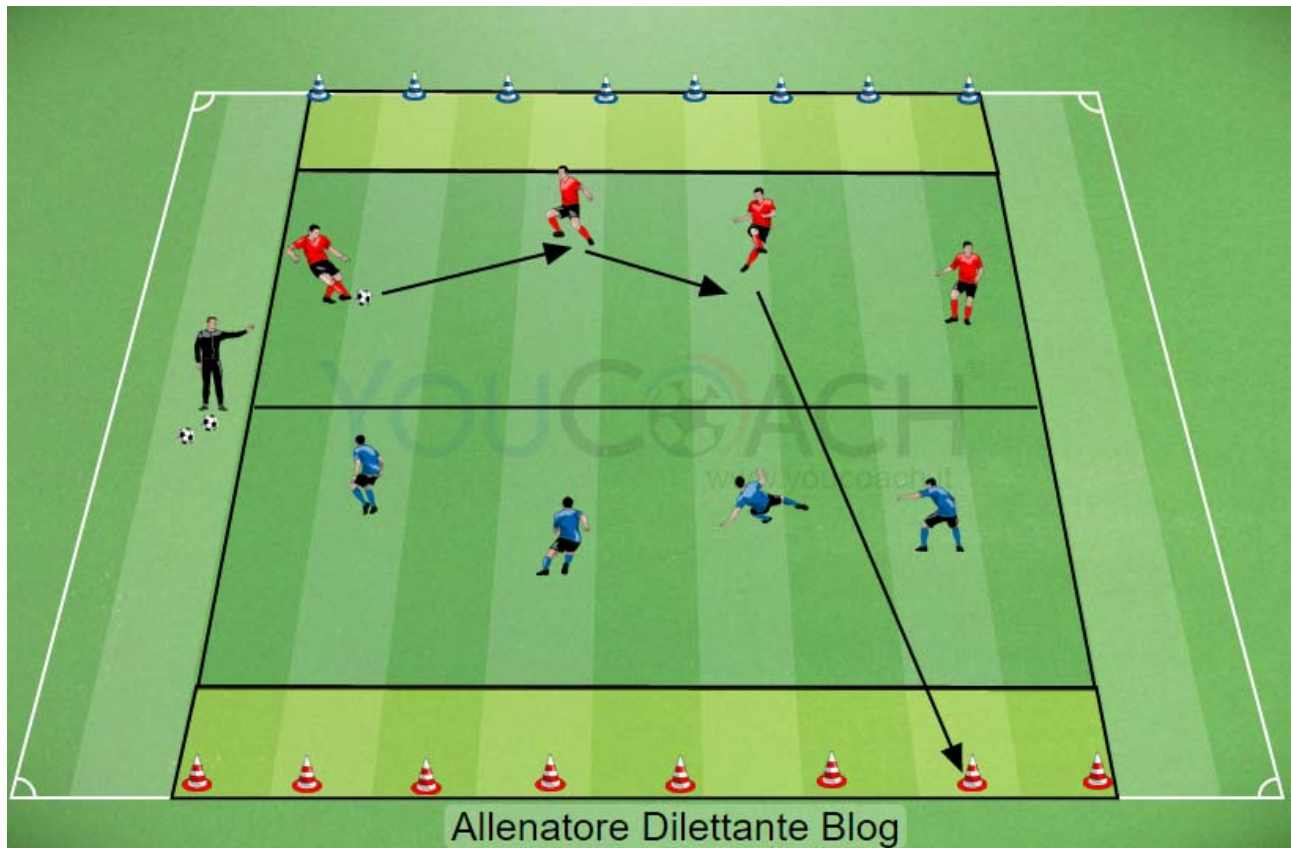
The field is structured in different areas, the two side areas (red color in the figure) are manned by 2 wildcard players who must always ensure the possibility of development of the game in amplitude in every situation giving an opportunity to pass to ball carrier. then there are 2 yellow areas served by the play bass that will allow for the quick and effective giropalla team. Finally, there is then the playing field is occupied by 3 players per team which develops the game theme, trying to make room for the conclusion in one of the two side doors through rapid movement and constant changes in the face of attack.

In the initial stage, to facilitate the game, play in the yellow can not be pressed. After having become aware of the movements and possible play feasible area is maintained as a reference but opponents you can get to go under pressure. Through these 2 gradual steps recreate the real from game to game situation while allowing the development by of the player, of possible solutions through the simplified game.

## 4 vs 4, End Zones

Today's exercise in addition to being extremely fun allows you to train different aspects technical and tactical.

### EXERCISE:



### CONDUCT:

Within a rectangle whose dimensions are modulated according to the trained category and the technical properties of the players, challenge each other 2 teams of 4 players, a red and a blue color. The four players will have to implement an effective around the ball order to move the opposing defense and when can groped to break down an opponent field cone through a strong and precise vertical.

In each field they are arranged on an area of 2 meters from the bottom width, 8 cones, which must be defended during non-possession through effective collaboration and coverage of space.



The trained technical principles are many, among which the main one is the passage, both short forward and moreover also the reception, that in the process of non-possession of the ball becomes fundamental to defend the cones.

In addition to these, there are also tactical aspects, as the importance of making a quick round ball with constant amplitude and position exchange for not giving references to the opponents.

with this exercise we give awareness to the players the importance of collaborating and to play wide and continuous exchanges since they are way more effective to achieve a point (breaking down a cone).

In my opinion appears to be effective both within the basic activity categories such as technical improvement is the largest category in the youth sector especially for the understanding of the tactical movements in defense and midfield to 4.



## 4 vs 4 With Four Zones

Today's exercise is the result of a call with Alessio Battaia, the keynote speech was the importance of coaching in football to 5 (but also in football to 11) cut at the far post.

The web tutorials focused on this aspect are to be found few, or rather, they are often the nature of analytical exercise and no opponents so far removed from the reality of the game.

As I have often written, my football idea is to use as much as possible exercises to mimic real game situations so give full awareness to the kids, being able to get a high-intensity and above all create a predisposition in psychological footballers, giving the troubleshooting practical solutions.

I then created a **themed game 4vs4 with 4 zones**, whose **goal** is **to perfect the cut at the far post**.

### EXERCISE:



### CONDUCT:

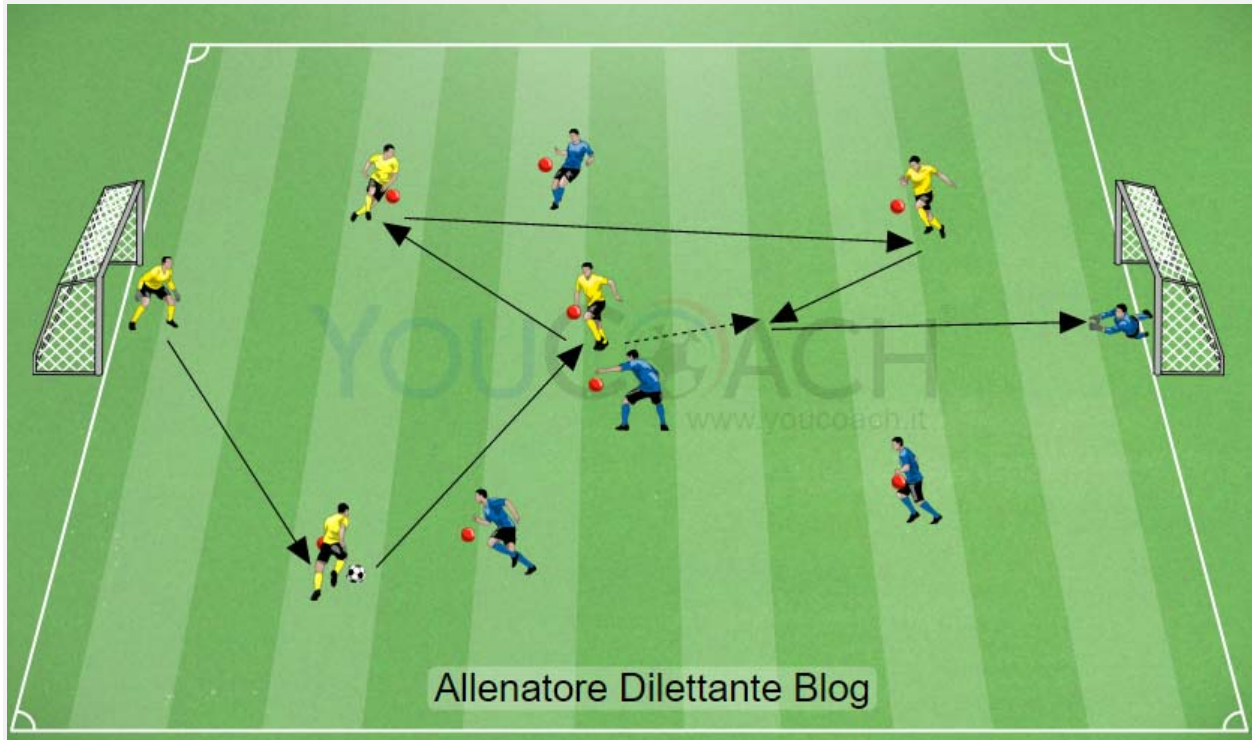
In a field of football size 5 comparing two teams of four outfield players and a goalkeeper, the figure shows the yellow and the red team. On the field are prepared 4 field areas, 2 referring to the red team, near the opponent's goal and 2 refer to the yellow one. in these areas can not stand no player, the defender can not enter under any circumstances, while for the team in possession, a player can effettuarvi a cut inside aims to receive the ball and shot off. to increase the training capacity of exercise I decided to set up for each zone 2 doors created with 3 cones, they serve as a reference for the striker which to make a cut at the far post will come from a of them.

in figure it shows a hypothetical conduct of a game situation during the themed game; the hindmost red player plays the ball to his on the side that performs a tense passage to the far post where the opposite side from the outside and entering the cutting zone by one of two doors receives the ball and ends in the network.

## 4 vs 4 Juggling Game

Today I propose a motor game in which they are integrated and combined two sports apparently far apart: the **Football** and **Basketball**. This tutorial used 8 outfield players and two goalkeepers using 8 balls (Rubber) for the dribble and a soccer ball.

### EXERCISE:



The game consists of a 4vs4 +2 doormen and the difficulty of this game is that each player to be able to move with the ball, or without, will have to juggle with his hands the rubber ball (in red in the figure). The exercise does not it is definitely easy, as it requires a high effort of attention and coordination, in order to be able to play soccer and dribble with both hands.

it can be considered an effective coordinative exercise for the youth sector and at the same time extremely funny proposal for players.

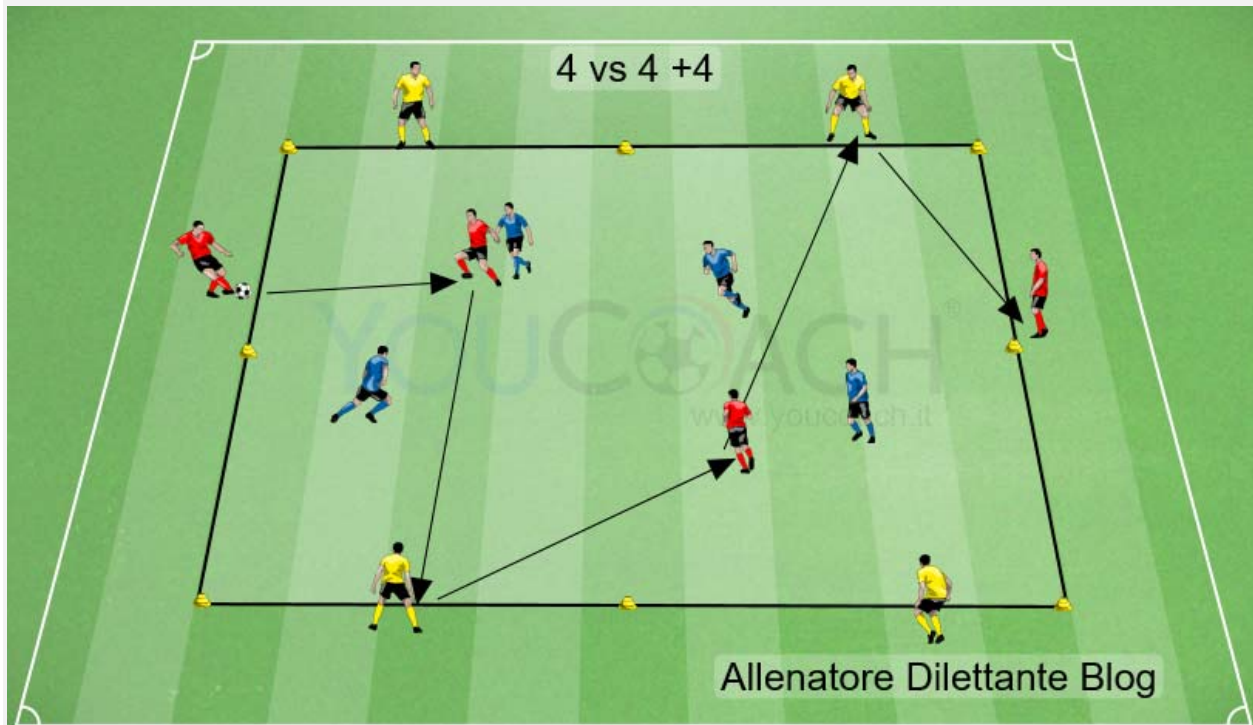
This exercise, to be submitted to the team, needs to be inserted in a progression that could follow this order:

- movement in space of dribbling players
- dribbling movement in space carrying run the ball
- transitions between all the players as they perform movements in space, dribblin

## 4 vs 4 + 4

Exercise 4vs4 with 4 players support, exercise implemented by Bayern Monaco and directed by Pep Guardiola.

### EXERCISE:



Exercise carried out in a matrix  $20 \times 30$  meters (the size is then evaluated according to the technical level and the category to which we subject the exercise). The working group is divided into 3 teams, red, yellow and blue (the figure has the role of defense). in the two long sides are placed two players in a support role, in the short sides only one player. the red team and the yellow team at the start will have to make a series of passes to maintain possession preventing the team blue is able to intercept or steal it, will reap the central mobile players and 6 external players. a rotation (establishing how many minutes each to make the change) all three teams will take on the role of defenders.

### variants:

- number of touches available when the player receives the ball.  
Both as a collective rule is differentiating the rules for players in the matrix (eg. 2tocchi) and supporting external players (eg. one touch)

- the ball holders must toggle a ride to places players at the center of the square and one to the external players.
- the seats centrally players, after each step taking and exchange of position with an external player.

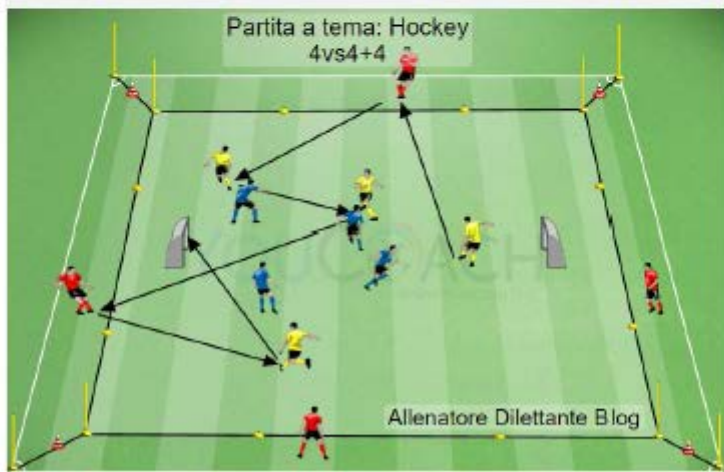
## 4 vs 4 Plus 4, Hockey Rules

These days have ended the World Cup Hockey, in which he excelled dream of Canada team, watching the highlights, I immediately came up with an interesting theme game. the details that I like about the sport are basically two:

- the first, the concept of being able to play even behind the door allowing to expand the possible combinations are feasible and also varying the direction of the same, not to force forward.
- the second aspect is always in the ball game concept, requires constant attention in the players and the obligation to play ball in any situation, if we think about how many times in football when the team is under pressure throws off the ball or how many times the defender outnumbered throws ball out guaranteeing the reset team in the field.

Exercise today wants to take these two aspects that I found interesting by placing them in a themed game is helpful to the development of the round ball with the continuous search of game combinations, taking the supporting concepts and support in terms tactical technician.

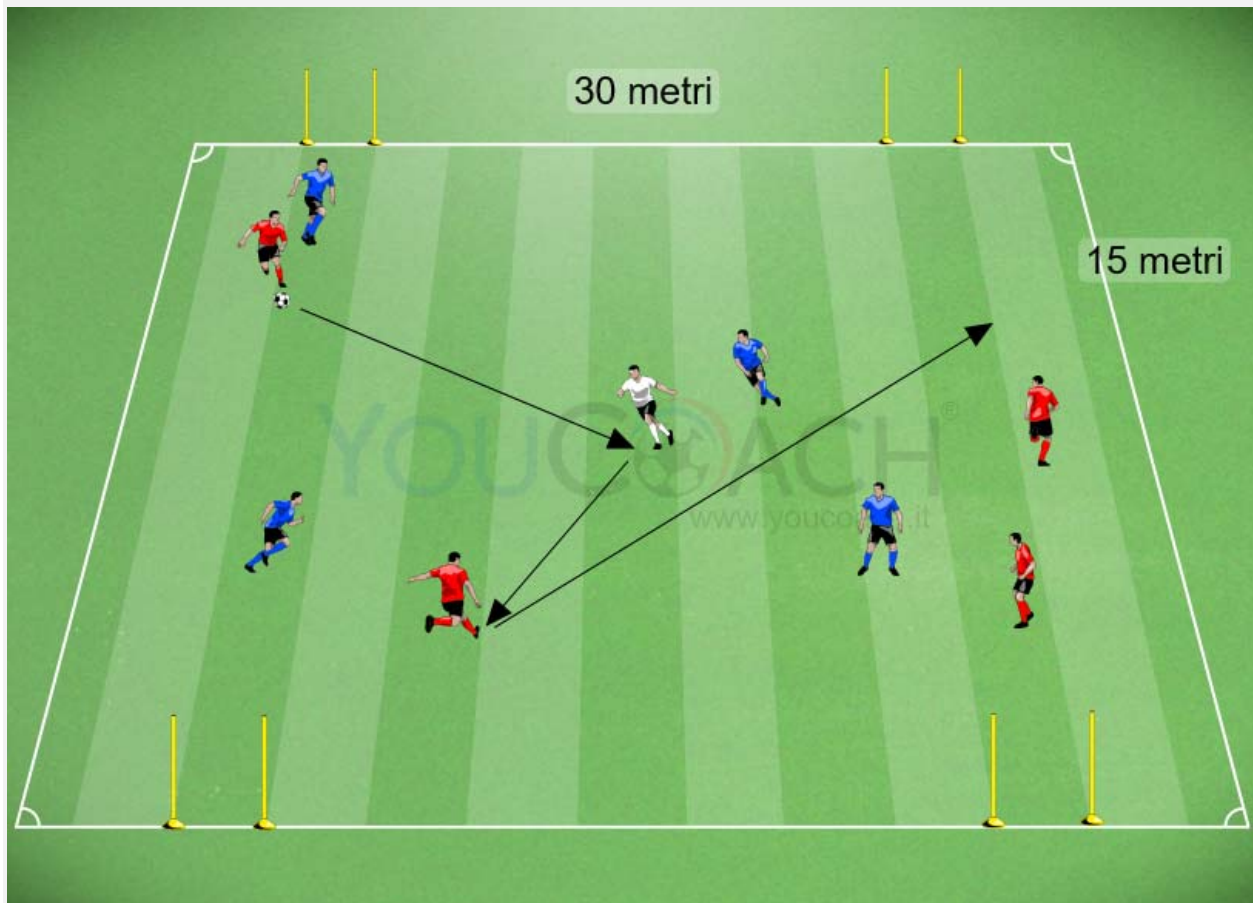
### EXERCISE:





## 4 v 4 PLUS ONE

Today I propose an exercise of possession in which we are going to operate in a matrix 30 meters x 15 meters and will practice nine players, 2 teams of 4 players (one red and one blue in the figure) and a wildcard player (white)



The team will have as its objective the creation of a possession, but this will be aimed at creating a space that allows a partner to achieve a goal in one of the two opposing doors. The objectives trained in this type of exercise are an improvement perception of space and time, a technical improvement in terms of control and oriented passage and finally an improvement of situational nature sull'1vs1 offensive and defensive. It 'can introduce multiple variations to this type of exercise, which will be evaluated according to the level technical team and coached the category.

### **Possible Variants:**

- number of steps defined before the realization of the goal.



- the possession time required before the goal, such as maintaining the possession of 30 seconds.
- number of touches available to every player in possession of the ball. Could be:
  - 2 touches if we want to focus the exercise on the stop-oriented and transmission.
  - 1 touch if we want to train more the first game and the attention of the players in terms of space and time.
- production of at least a combination of one two before scoring
- players will not accomplish a goal, but to transit-run

## 6 v 6, Three Teams

Exercise inspired by the video of the 6vs6 game of three teams implemented by Pep Guardiola with his Bayern Monaco, it will be integrated with a technical exercise to achieve an effective level of intensity.

### EXERCISE:



### CONDUCT:

The exercise is to divide the players into 3 teams of 6 players.

Within a small pitch (measures should be defined based on the age of the players that you submit) will compete two teams at a time, the one in the picture yellow and the blue.

When one of the two teams scores it remains in the field while the loser is exchanged with that off the field.

the two doors are guarded by two doormen wildcard.

to avoid a waiting squad remains stationary for a few minutes and then keep the intensity level as high as possible, is formed, at the side of the playing field, a square consisting of 3 spaces in order to carry out a technical exercise aimed at passing and reception.

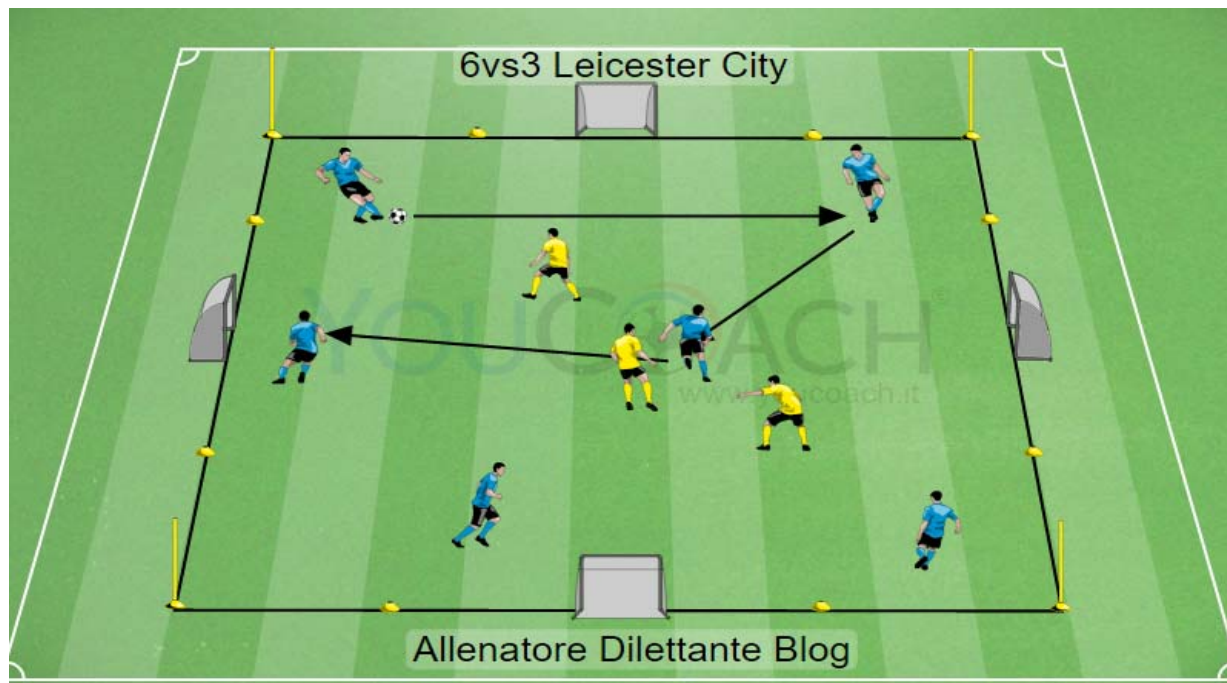
in the outer areas (blue color) position 2 players each, with the aim to make the trade between areas (two-touch) or within its area (as before).

the 2 players positioned in the central area (red color) must try to intercept passes and if able to intercept the ball take the place in the side.

## 6 vs 3 FROM LEICESTER CITY

Today I propose an exercise of one of the teams of the moment, he is making a true miracle in a world, that of football, where it seems that the money to do the masters, highlighting the working class (see Vardy who in his past it really was) and the importance of cohesion and of being team.

### EXERCISE:



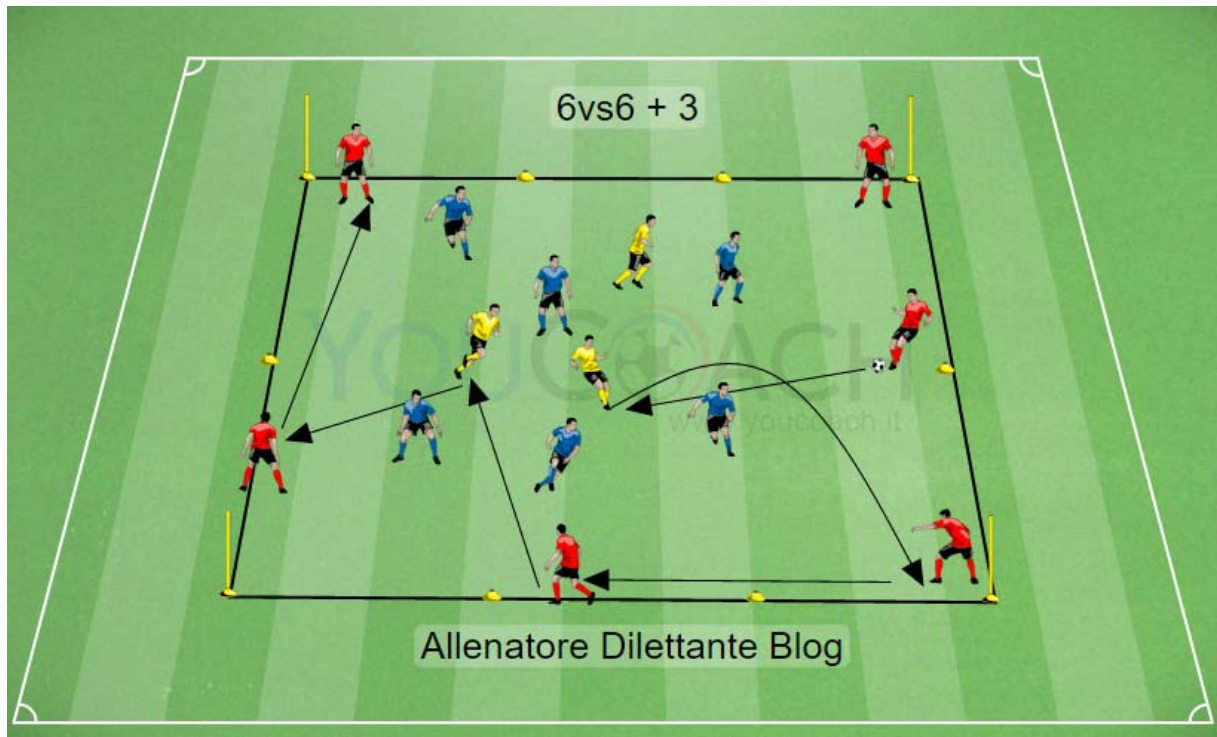
### CONDUCT:

Within a matrix, they are placed 6 players of the blue team, in possession of the ball, and 3 players of the yellow team. At the start the Blue team must implement a quick spin the ball, the goal, is to be able to make 10 consecutive passes, after which they can build a network in one of the four side doors. the yellow team, outnumbered, must be able to implement an effective pressure on opponents and coverage of space by preventing the success of 10 consecutive steps. If succeed in the ball retrieval , yellow, can immediately build a network in one of the four doors. this exercise in addition to perfect the management of the possession, which is an essential element in modern football, focuses on a fundamental aspect which is one of the success factors of this team that is the immediate pressure on opponents in case of loss of the ball. The blue team in case of bad clearance or intercept opponent will target the immediate recovery of the ball to prevent the network in one of the four doors.

# 6 vs 6 + 3 With Borussia Dortmund

This tutorial aims to increase and improve the management of possession and movement of dissociation (in against and space) are used 15 players within a square, the size of which must be assessed in relation to age of the players and especially according to the technical level.

## EXERCISE:



## CONDUCT:

Inside the square, near the sides are placed six players in red, who are in possession of the ball. Their goal is to be able to keep handling the ball as long as possible by avoiding the pressure of the opponents blue .

in the development of the possession, the red team is supported by three wildcard players yellow, which moving between the blue lines of defense must find time and space to create game chains. When the blue team manages to retrieve the ball, the roles exchange with the red team.

The **variants** can be implemented are varied:

- can we get movements interchange of positions between players acting on the side and the middle (so red and yellow) to each game,
- we may require management with touches constraints (ie 2 oriented receiving and passing or 1 to

play first),

- simplify we can position the red players outside the square (I do not like it because the players get used to the opposing pressure I find it much more workout and consistent with the reality in the game),

- insert 2 doors, with the possibility of vertical movement with the space outside of the square after reaching a specific number of exchanges.

## EXERCISE 6 vs 6 + 3



This exercise is carried out within a matrix which must be sized in relation to age of the players, which will be submitted, and according to the technical level of the same.

Outside are placed 6 players (red team in the figure), they must be able to keep possession of the ball for as long as possible.

Inside the square there is the blue team consists of 6 players who has the task of defending and intercepting the ball, 3 yellow players, who have the role of joker facilitating the circulation of the ball inside the square supporting the team placed outside.

this tutorial is recreated a real situation, going to build a building marked by game development of the game in amplitude and the space research with continuous movements dissociation.

in order to maintain the high intensity to every loose ball is immediately introduced a new ball by the coach in order to cancel the dead times.

the red and blue team are alternated in the situation of possession and in the defense.

### **VARIATIONS:**

- number of touches to players



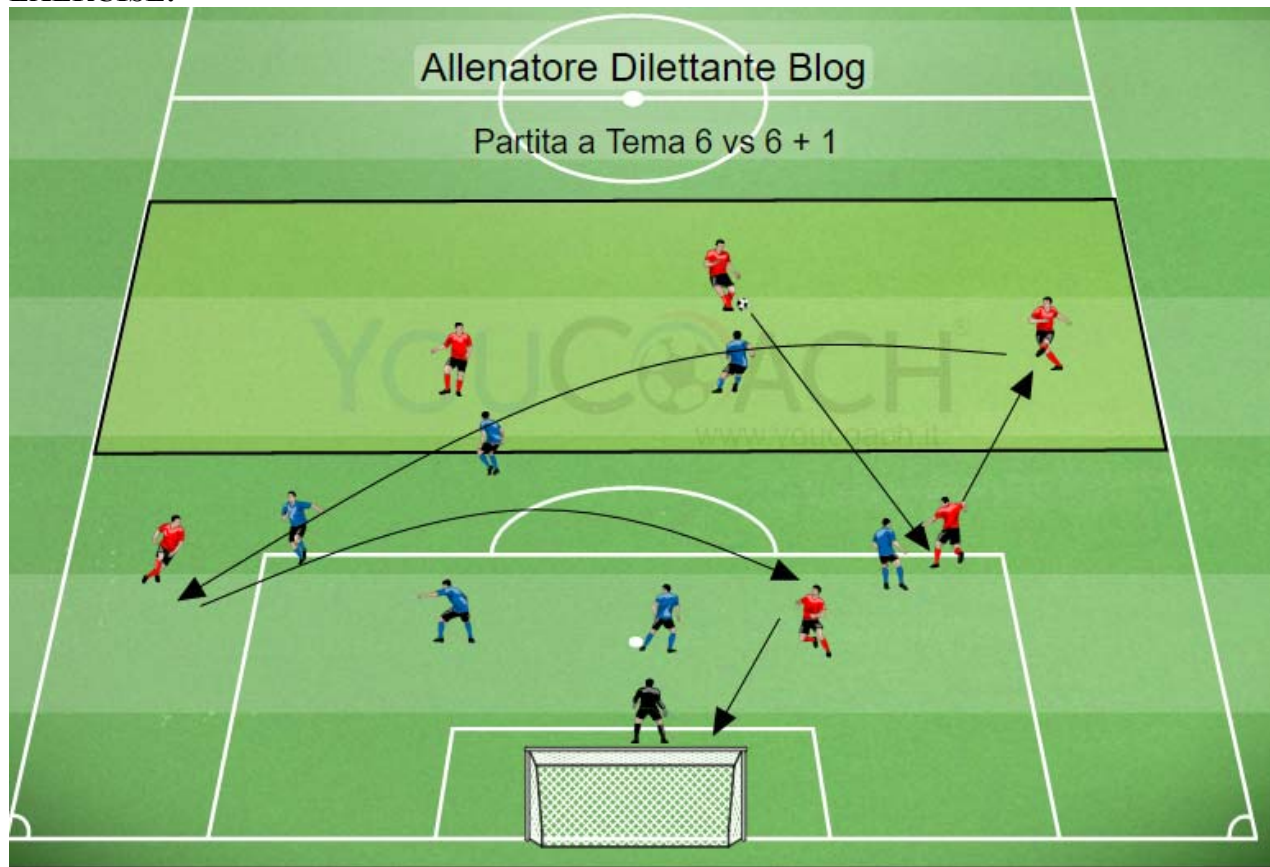
- constraint in the construction of the possession, such as requiring that there is always the sequence of red-yellow-red passages etc (not really appreciate these impositions, I prefer that players draw up a strategy autonomously in relation to reality).
- interchange between external and internal players at each step. interesting variation to increase the intensity of exercise and give awareness to the players the importance of making continuous exchange position to make reading of the game to the opponents hard.
- inserting a door on each side, where the defending team, just won the ball possession will attempt to make goals in order to train the rapid movement of the ball by defenders and opponents train not just lost ball rapid pressure.

# 6 vs 6 + 1 to Goal

This idea can be born from the need to exercise, or I only have a concierge available or, as in my case, from wanting to pursue an idea of the game based on high not just lost the ball in attack pressure (very common idea of the game in modern football, and that almost all teams are trying to implement).

in addition to coach this predisposition of the players it is developed the theme of the defense output from the high pressure built from below.

## EXERCISE:



## ORGANIZATION OF THE FIELD:

In a field reduced to less than half the field to challenge two teams, in the figure of the red and the blue color.

The playing area is divided into two large rectangles that are not limits in the movement of the players, but simply references.

the yellow area represents the **construction area** and the second area I call **finalization space**, which is where the team can seek offensive solutions to finalize the action.

## **RULES:**

the two teams are meant if possession action to build a goal if they are without the ball have as main goal the ball recovery and the construction of the game from the bottom in order to reach the yellow area (construction defined) thus becoming in turn the offensive team (reversing roles between the two teams).

the goalkeeper has the purpose to facilitate the building from the bottom by the defense participating in the round ball.

the red team in possession in the yellow (construction), develops, in the figure, an action offensive coming to shot on goal, the blue team instead has the defensive role.

The dynamics of the game then involves a considerable **intensity** based on many factors:

- the high density of players in a small space
- the timely pressure of the team that lost possession on the defense team before it can achieve the construction area
- the rapid change of roles (attack defense) at each change of possessor pass in construction.

# Game Theme 8 vs 7 +3 specific for the 4-3-3

Exercise that can be used:

- in training as a situational exercise, aimed learning the movements required for the module 433,
- as a last exercise warming up reproducing the real situations in the game and prepare the best players and allowing them to give 100% of their potential from the very first minute.

## EXERCISE:



In a midfield challenge two teams, one red (in possession in the figure) consisting of 7 outfield players and one goalkeeper and the yellow one made up of 7 players.

Also there are 3 wildcard blue.

The red team besides defending the goal defended by his goalkeeper will be able to maintain possession, to do so it will have the 3 wild cards also support.

the yellow team will have as its objective the recovery of the ball and once the re-conquest, shall be

sought offensive action to make goals by exploiting the numerical superiority ensured by 3 wild cards.

variants:

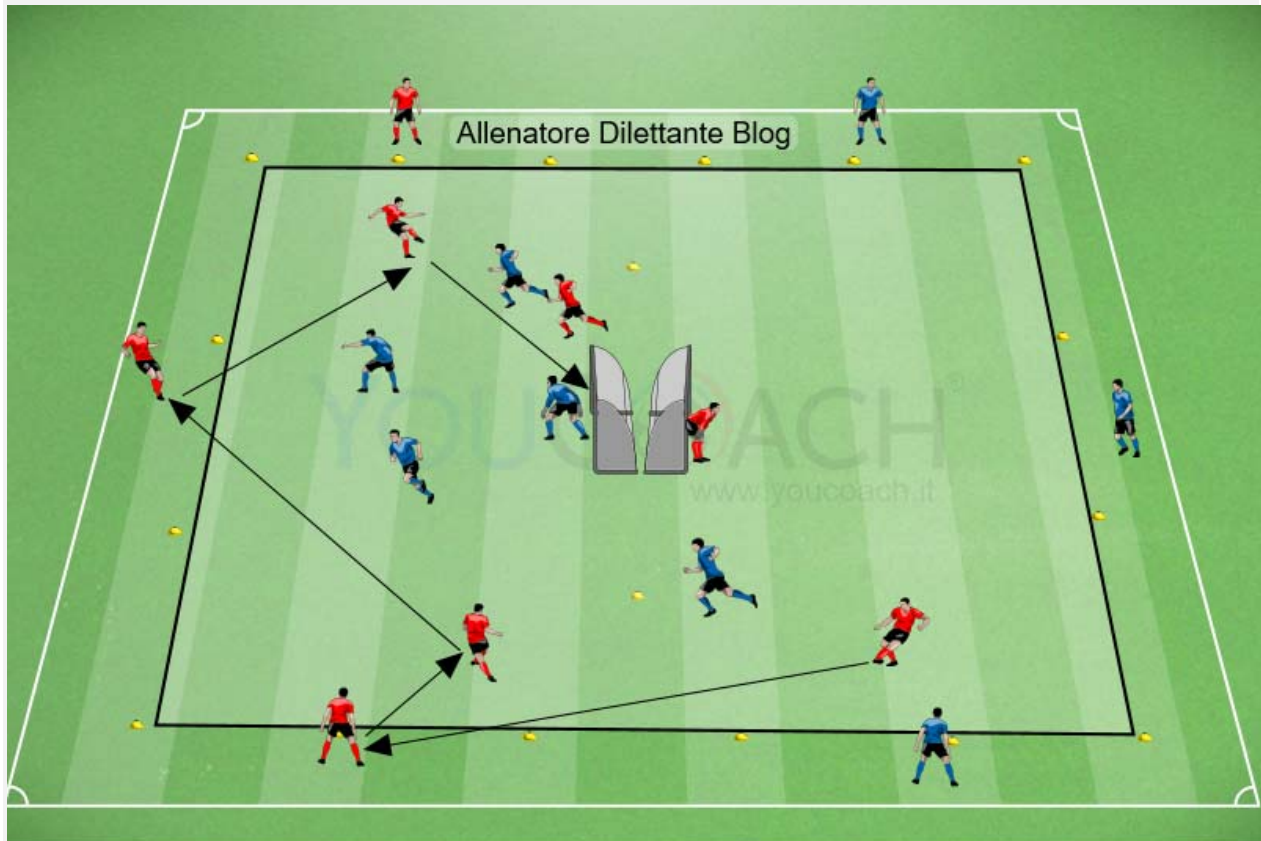
- Number of touches available to the ball management
- Create a possession objective for the team that has to defend the goal, I propose managing to verticalize with a through ball in the other half.
- Enter only a wildcard within the playing area and place the other two on the outside, one per band, in order to always guarantee the possibility of expanding the game giving awareness of the game in amplitude.

## 8 v 8, Central Goals

Today quite a particular exercise with which to train the rapid game changer, the management of the possession and finalizing.

Practice with which you can achieve a high level of intensity.

### EXERCISE:



### CONDUCT:

In this game of theme there is inside the square a situation of 4vs4, also there are for each half of the field 3 banks. The field is divided into two parts and the center are for the two gates defended by their respective goalkeepers, in the court the left (in the figure) the red team has available three sides and will have to score in the door turned in his direction from the blue goalkeeper defense, in midfield to right, with 3 blue banks will have to realize the possession the blue team with the aim of finalize the action in the door with the red doors.

the team once recovered the ball will have to make a rapid transmission of the ball in their own half to exploit the rapid and successful transition back of the net.

**variants:**

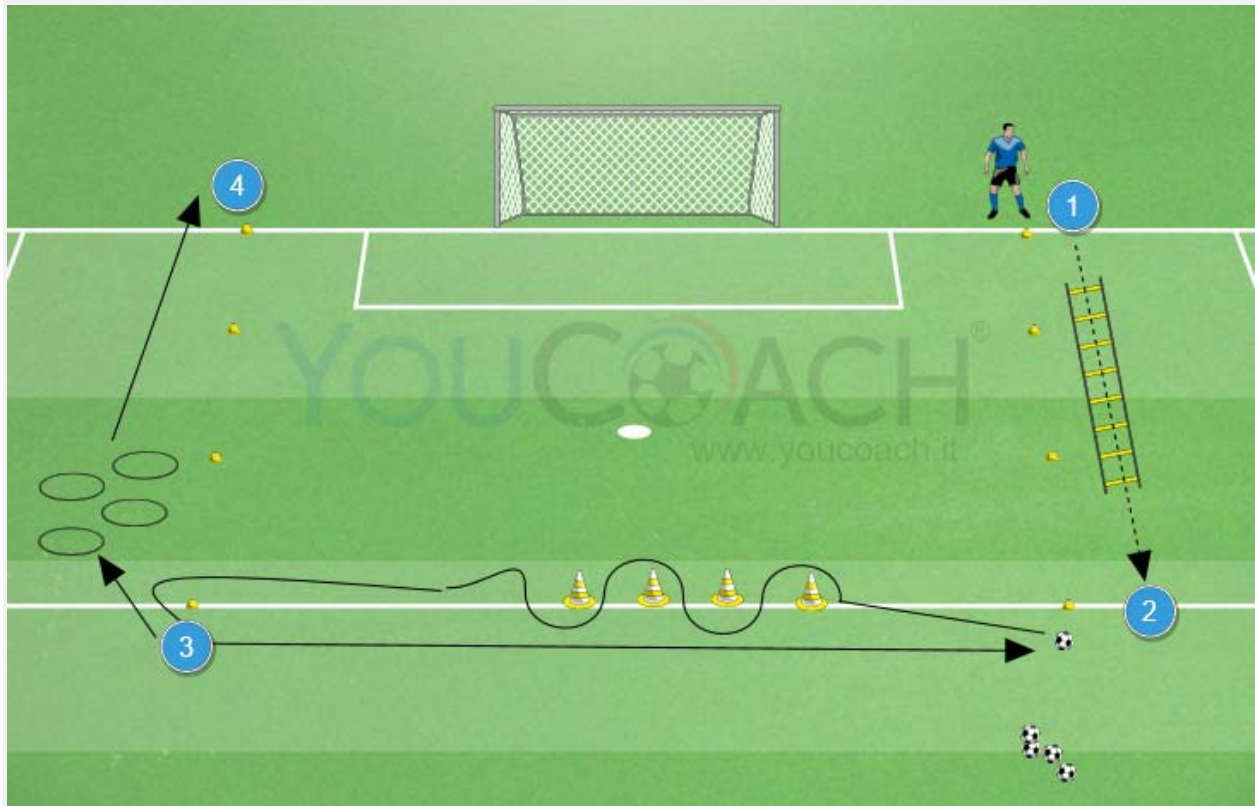
- Make the game free from mid-defined field making the wild shores and therefore available to both teams, who may either carry the network in one of the two doors.
- The action before being finalized, it must be structured with a minimum number of steps.
- In any action before scoring a goal the team has to serve his highest summit (the far side of the door)
- Number of touches of the ball at the disposal of the holder and the banks.



# Agility and Dribbling Session

The training session is structured today with 3 exercises and the practice match.

## EXERCISE:



## CONDUCT:

Departure Player from step 1.

Double-tapping in the spaces in speed training ladder to the point 2.

slalom of cones with the ball and run to the point 3 and transition to the next player who has reached the point 2.

Leaps walk of in circles and shooting up to 4.

stroke bland until departure in point 1.

## EXERCISE 1vs1 and 1vs0 (duration 20 minutes)



### COURSE:

At the start, the blue player will perform a 1v1 with one of the two red players of his choice, his aim is to overcome the opponent and place the ball in the door defended by Comrade.

Once played the 1v1 blue player takes a ball placed centrally and will have to perform a 1vs0 considering whether to pull right away or discarding the goalkeeper according to the latter's choices.

## EXERCISE 1VS 1 + 3 DOORS WITH BANKS (duration 20 minutes)



### CONDUCT:

Within the array they face a player blue and one red, the first aims to score in the goal defended by red doors, for it can evaluate based on the game situation facing 1v1 defender or use the 3 players act as a bank with such combinations the give and go.  
at the end of every action the players change position and role in the rotation.

### variants:

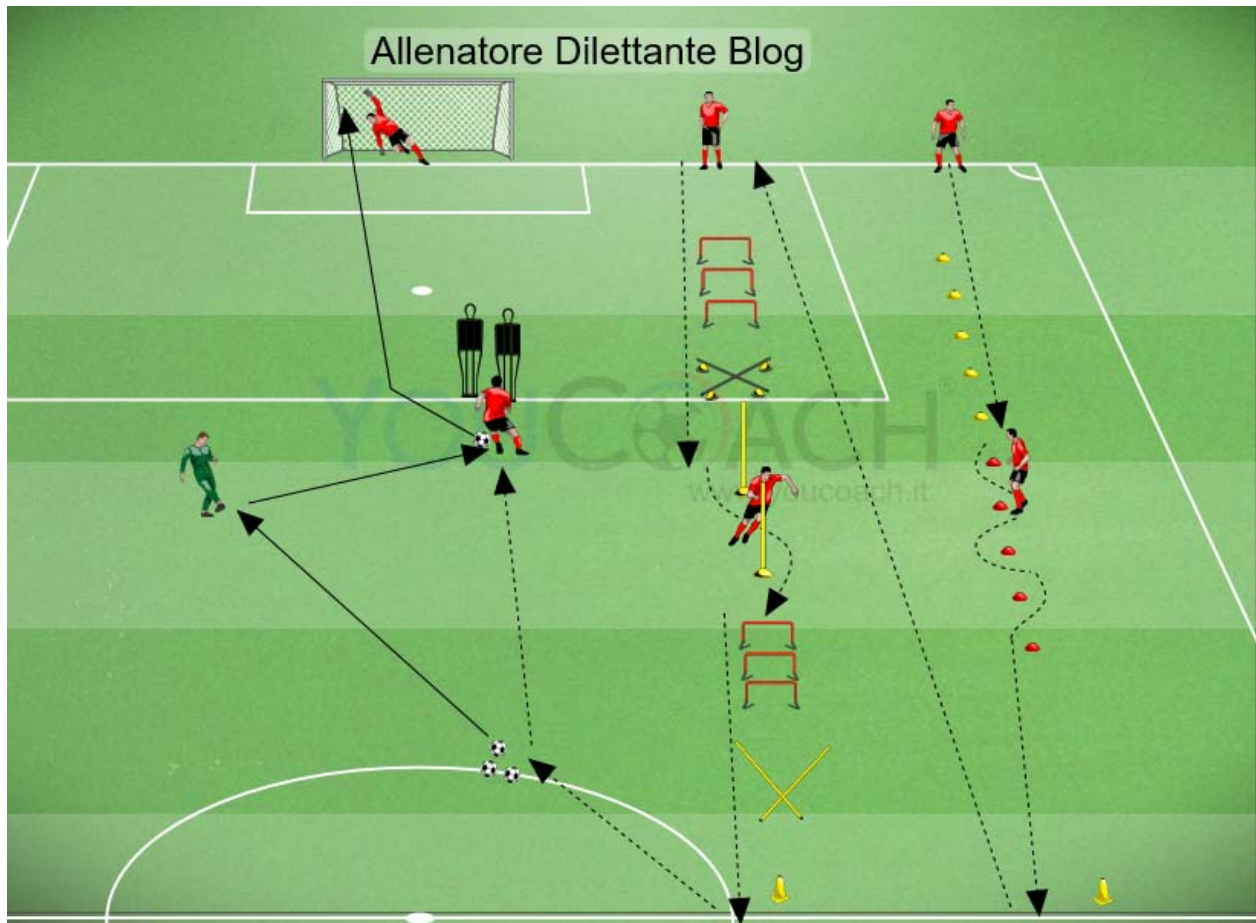
- perform a possession with at least 5 steps before the shot
- the central player can only score from cross lateral

# Agility and Finishing

The proposed exercise today I submit my team the beginner category.

And 'structured like a coordinative circuit consists of 3 parts which are executed sequentially by the team.

## EXERCISE:



The first phase of the exercise is represented in the right part of the figure.

In this first part is taken care of the agility and speed of the players, in the first 5 yellow Chinese guy prompted players a quick frontal skip paying attention to the supports in relation to the positioning the Chinese guy, in the remaining 5 Chinese guy in red will require a skip, more complex, to slalom between the Chinese guy (ie front, side and back).

When the player performs a shot up to the cone and then going to take place in a row in the second position in mild stroke.

The second phase, represented by the second row is time to cure the coordinative aspect.

E 'consists initially from 3 hurdles to overcome with double touch in the spaces, then there are 2 poles crossed sliding where it is required a support for each space (4 supports Total: center bottom, right side, left side and center top)

After more complex phase you run a quick change of direction between the two poles and then pass three hurdles quickly with double tap (or we can insert jumps feet together) and finally a shot with jump within the figure "V".

The third and last phase, which is not in the video but I insert, to integrate the coordinative work with the technical one, is made from a quick one two, between the player and the coach, which must be closed with a geared reception d 'outside or inside of the opposite foot to overcome an opponent (shape or even a couple of cones they are sufficient) and conclusion on goal.

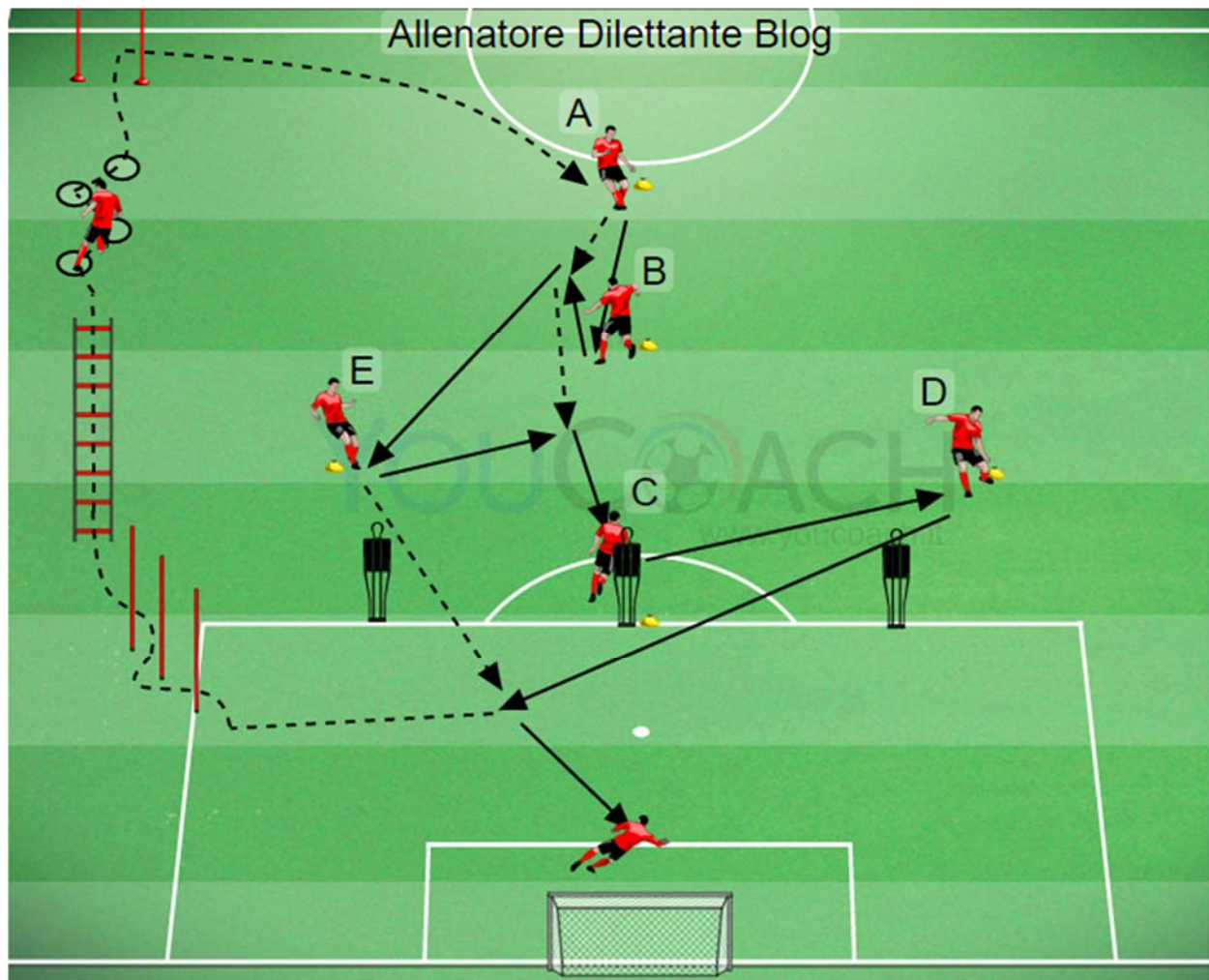
At the end of the shot the boy returns the ball at mid-court for the next fellow and repositions itself in the front row to perform the exercise of agility



# Agility and Passing Circuit, U19 FC Schalke 04

This exercise, structured in this way, ensures the pursuit of multiple aspects of a technical nature (reception, short pass, filtering and shooting) integrating them with a simple path coordinative and at the same time developing a concept of collective development of offensive tactics nature.

## EXERCISE:



## CONDUCT:

At the start, the player A performs a pass to B, who returns the ball on the run, then he plays A to E and performs a movement in space.

The player serves and A on the run, who plays the ball in C (it performs movement in space with counter movement towards the companion).

the kicker C, after receiving the ball, performing a step D that performs a pass between the silhouettes, which represent the deployed defense, putting in condition And to finalize the action with

a shot on goal.

After each action the players are moved to a location so that all go to play various roles.

the player And once the action ended performs a coordinative path and return to the start line, it is consists of rapid changes of direction between the poles, the use of speed training ladder with double front touch in the spaces and finally some support (4) in the circles with a shot to the poles.

The tutorial I will submit to 7 players, including a goalkeeper, 5 active players in action and one that runs the path of return coordinative.



# Agility and Quickness with Finishing

Today's exercise is taken from one of Pep Guardiola's training session, is structured with a coordinative nature trail where they are highly trained agility and speed.

In addition, this exercise is supplemented by two technical aspects: the passage and shoot.

## EXERCISE:



## CONDUCT:

At the start, the player makes a side race to the red little Chinese place to his left, reached this, rerun a side race to the Chinese guy opposite to his right, over, running a foot leap of the front and one side in the 2 obstacles.

Later It performs a double front touch in the spaces, in the first two sliding poles, and then stretch the race with support bound to the spaces between successive poles (more distant) and to execute a shot to the door.

the player is in the running towards the door bland companion (with the ball), the two companions

perform a fast ball exchange before then receive a pass on the race beyond the outline.

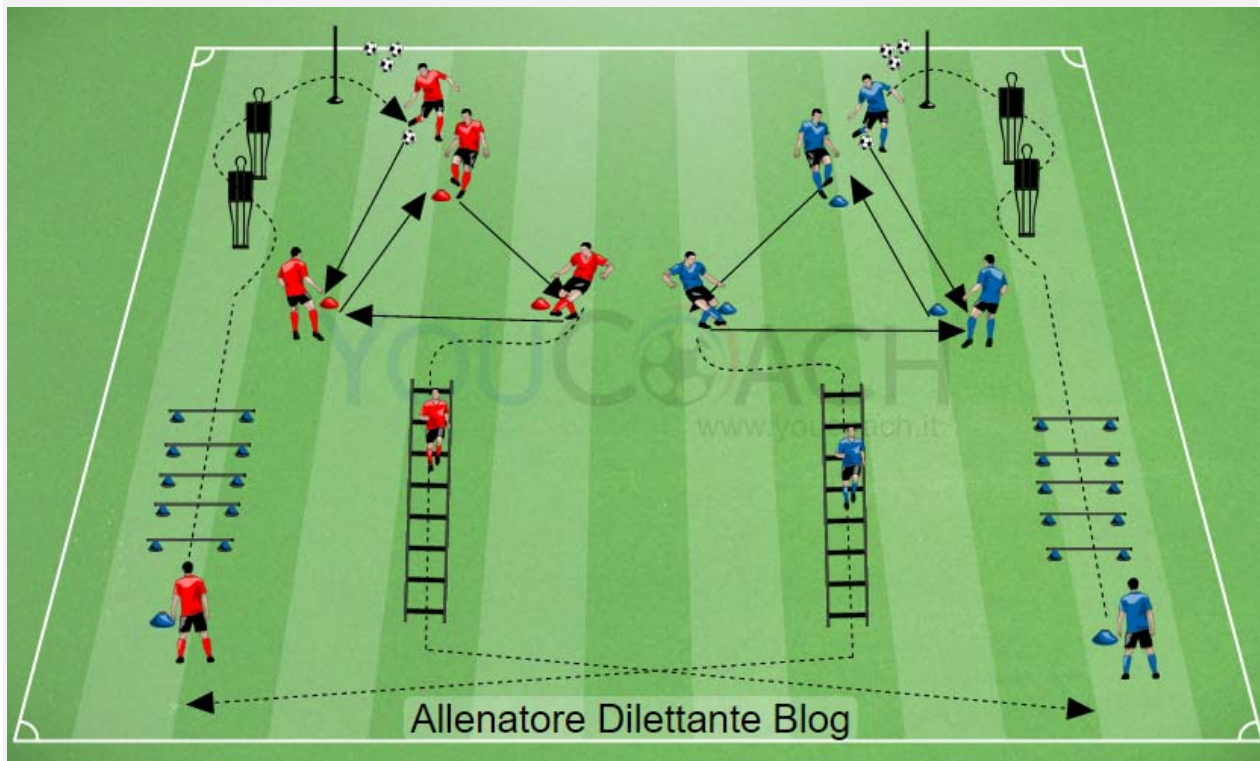
Receipt ball the player performs the rapid changes of direction between the shapes placed at the edge of the area before go to the shooting.

Finally, the player performs a shot at the yellow cone and then go to the location of the partner.

# Agility Circuit with Passing

The idea today is the result of a question from a reader in which he asked me if it was possible to devise a coordinative way he could to employ the same time a greater number of players, and that would allow an effective integration with the transition. The exercise I propose today I thought and designed so, to meet these needs.

## EXERCISE:



## CONDUCT:

The exercise is carried out symmetrically from both teams (sq.rossa and blue in the figure), which run the route at the same time. At the start, the first student of the row performs a walk leap equal for each space between poles sliding placed in front of him (variants: dual front touch, jumps on a single supporting leg), after performing two quick changes of direction among silhouettes. once you reach the pole, taking the ball, run fast triangulation between companions disposed on Chinese guy, placed as a reference. However forwarded on companion must execute a jerk towards the latter position is occupied by the companion who has played ball. the last companion, he finished the triangulation performs the speed ladder ladder and will take

one shot at coordinative way path to perform highly integrated this circuit workout and again from the point of view coordinative and technical.

# Agility Challenge

Training the coordination is a key aspect for those who intends to operate in the youth sector, its importance is found in a prevailing for the categories of basic but also must be present in the training sessions for more mature players. At the theoretical level, the motor coordination is the capacity that allows to perform any movement more effectively. It is usual to distinguish it into 2 groups:

## **EXERCISE**



### **The basic coordination skills:**

General coordinative capacity are constituted by the ability to learn a new movement, from ability to control and regulate movement and the ability to adapt and transform the movements that are learned as needed

### **specific coordination skills:**

- Coupling and combination of movements

- eye-muscle coordination
- Differentiation
- Balance
- Orientation
- Rhythm
- reaction
- Transformation

At the start the two players perform the coordinative exercise that focuses on the use of obstacles, the possible exercises are:

- Leaps walk united front
- Leaps with one foot
- Lateral Climb
- if we use low obstacles can require a skip or a run with supports in the spaces

Once you reach the row of cones on a first-come (I have a player designated at the start) will perform a fake and step one of the two side doors, the companion will have to try to touch it before it transits in door training therefore its responsiveness and speed .

# Agility Circuit With Finishing

In exercise of the working group is now split into multiple locations in order to have an integrated and comprehensive work and at the same time, a low waiting time their turn to each player.

## EXERCISE:



## CONDUCT:

In the two external working groups, at the start, the first player in line will perform a coordinative nature exercise in speed training ladder (dual front touch, dual side twist, back etc), after which it will perform some changes of direction and accelerations in the path traced with cones and finally performs a 1vs1 with the blue player waiting, with the goal to score in the door. the central working group, will perform in the same way the ladder speed training and the path between the cones but a once the first part of the year it will play a 1vsP with the aim to realize a network port in evaluating whether a dribble or a shot on the basis of the choice of the keeper should be carried out or not. at the end of each exercise the player moves to the next station. At the start of the coach, the first of each row simultaneously perform as described.



In this type of exercise in the first part of the training is focused on coordination, agility and speed, three fundamental elements in the execution dell'1vs1, then there is a fully coherent integration between the first part without the ball and depending on situational, in my opinion.

Today's tutorial, I thought, integrates a first part of coordinative nature with the technical component of finalization in the door, so it is ideal for teams in the youth sector where the coordinative work is absolutely precious and we need to find solutions to make it fun in the eyes of the kids to be able to get the maximum attention and commitment.

Allenatore Dilettante Blog

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At the start, the first player in a row with the ball running a long pass, sliding to his companion, placed in front of him, that performs a reception oriented than Chinese guy and then make some dribbles waiting mate. The player posed by row , performs dual front touch in the spaces within the speed ladder ladder and then make leaps in different circles, alternating left and right depending on the position of the same, and finally a walk leap of over the obstacle, yellow. at end of coordinative path receives a pass from a partner and through oriented control exceeds the outline and ends at goal. the exercise is performed simultaneously from both the red team and a blue figure.

at the end of each repetition the player who finished in port It moves from the Chinese guy to make the transition to the next companion while those who made the transition goes in line.

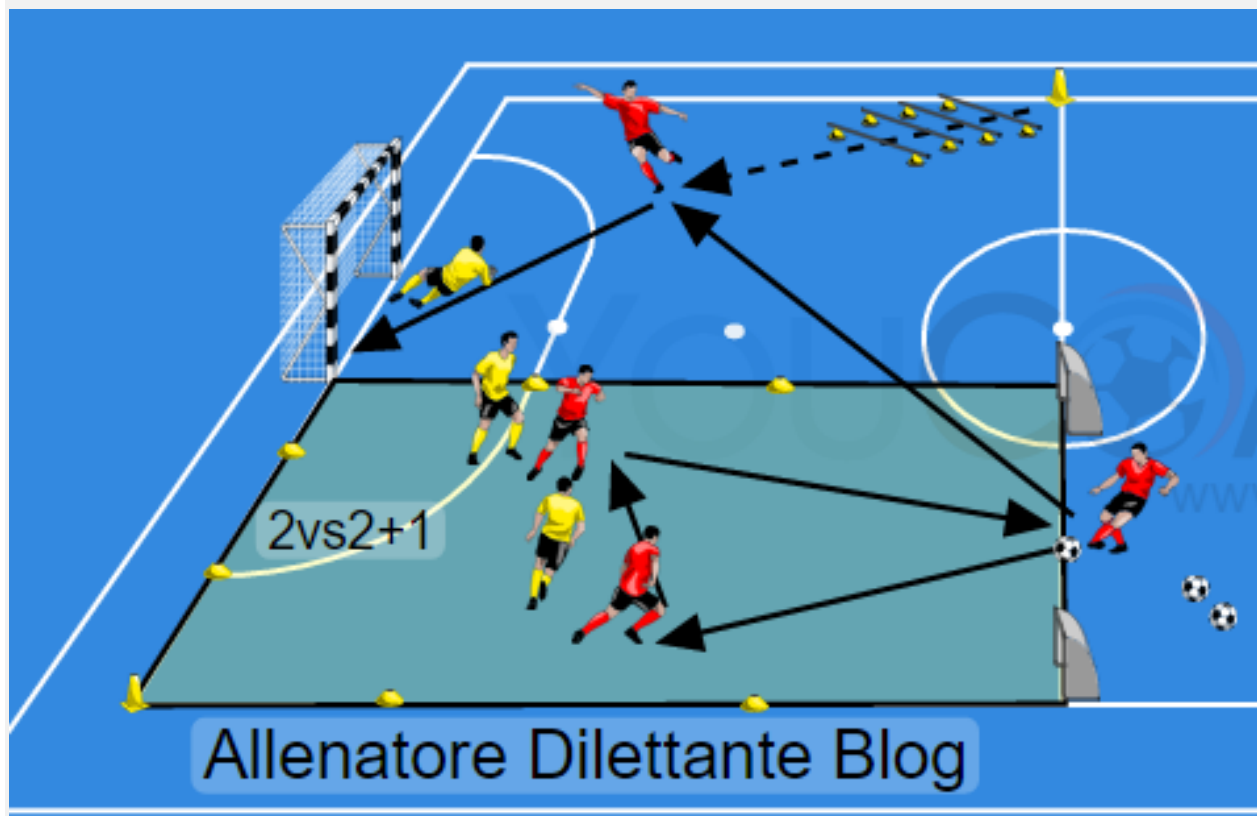
**VARIANT:**

- The player on demand 1 passage starts to dribble and when the mate came running high and the player performs a volley ball.

# Attack and Switch

The tutorial today is strongly oriented to football concepts to 5, but can be a functional exercise for tactical technical development in football field to 11. The concept on which it focuses on understanding and make the most of the fundamentals of strong and weak side of the side. in the exercises that I have proposed in recent days there was often the lure of the game in amplitude, this without engaging the team in the explanation of many tactical concepts, but now after proposing various exercises to explain the dynamics of gesture and we fully aware of the situation and read to students.

## EXERCISE:



**Main goal:** Develop situation with the weak side attack after developing a combination of strong side game.

**Secondary objective:** Instant pressure, aimed at recovering the ball, immediately after losing possession, turning the situation in 2vs2 3vs2 avoiding the goals in two doors by the defense.

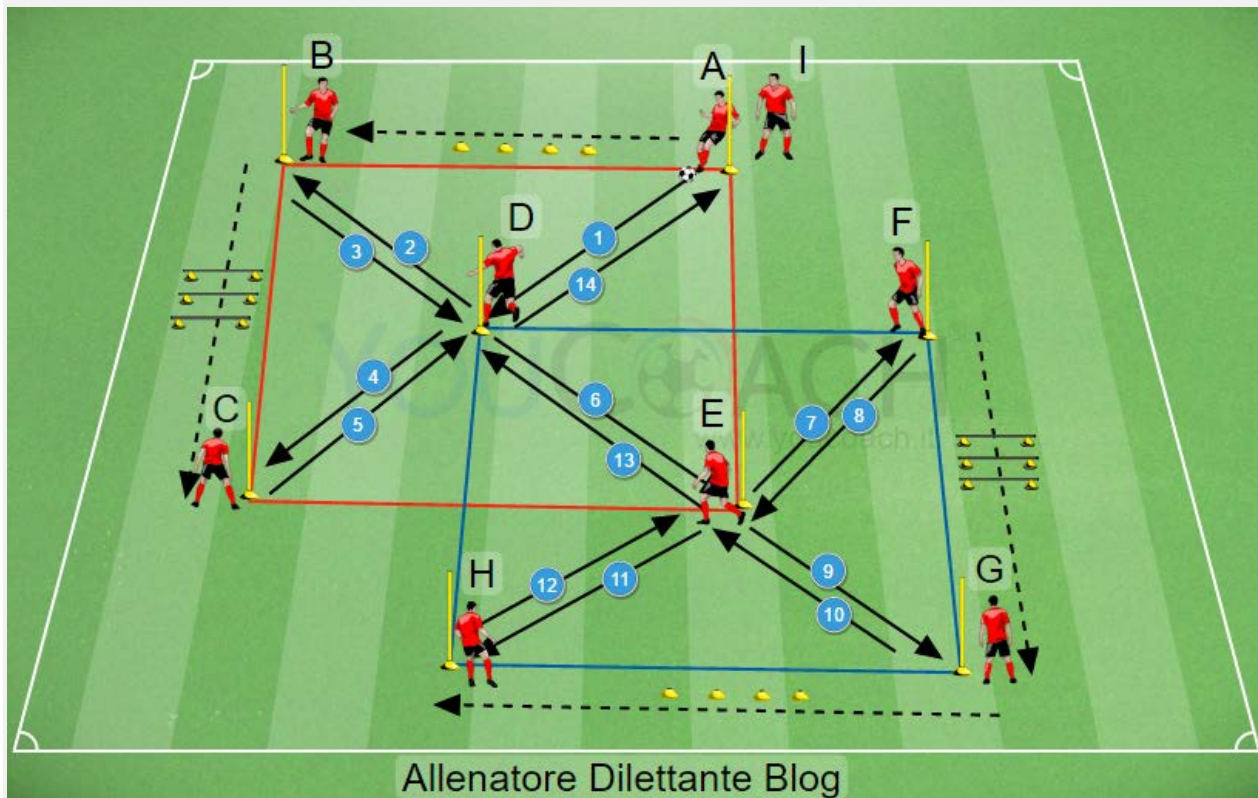
**CONDUCT:**

Within the playing represented in yellow figure rettangolo is developed a 2vs2 situation between the players of the red and the yellow team. The red team also a media player that allows him to create numerical superiority which is positioned behind the center line between the two doors. the red team has as its objective the development of a combination of play in the situation of 2vs2 + 1 and as soon as you highlight the option will be made a step into space, to the opposite side companion who concludes a network. by contrast to increase the intensity of exercise and stimulate in the game even the students in the role of defenders, on the side of the pitch are positioned two doors in which they must make goals for successful recovery ball, the red team in the case loses the ball will make a quick pressure on opponents with the help of his companion in support creating a situation of 2 vs. 3.

# Ball Control with Switching

A new proposal for the technical improvement. Today is an exercise developed analytical nature that turns out to be complex from a cognitive point of view and focus.

## EXERCISE:



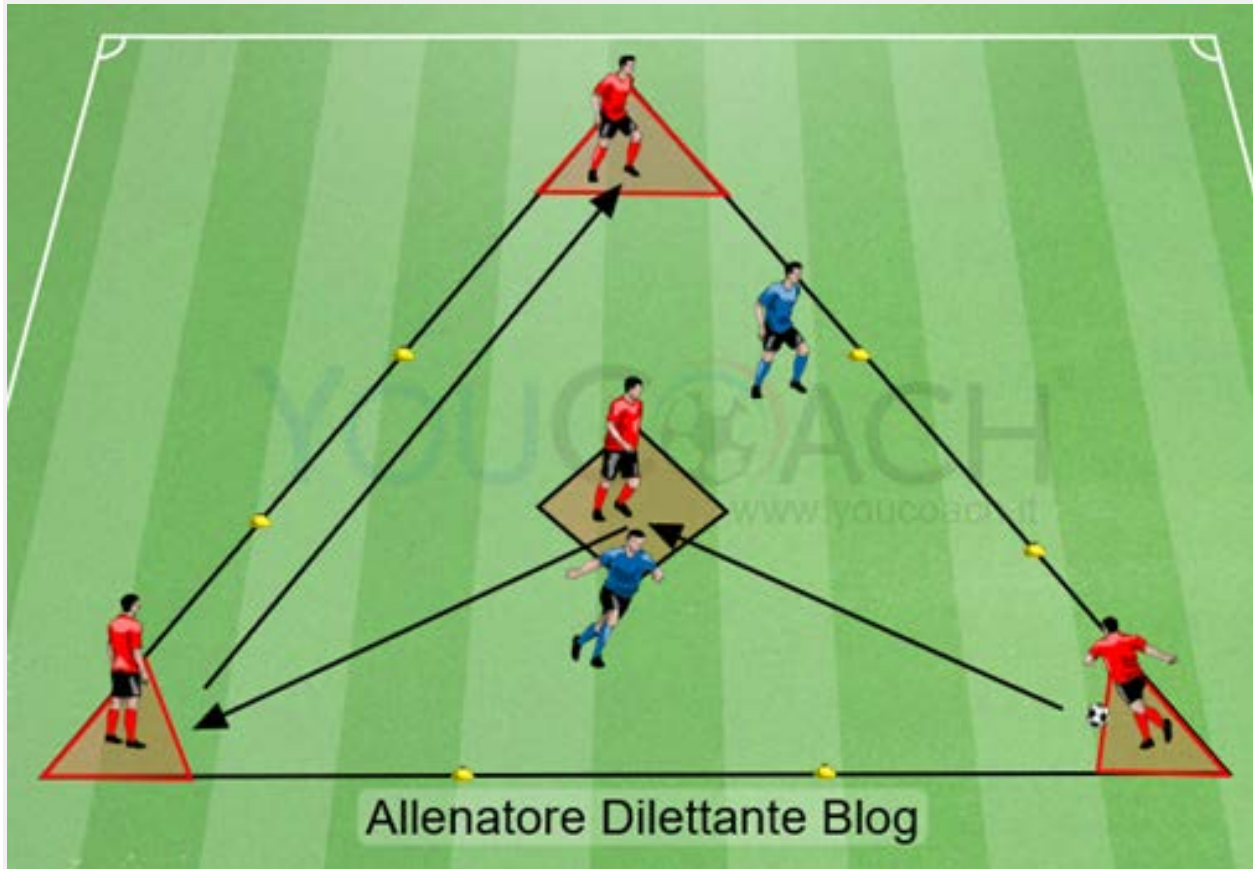
## CONDUCT:

2 are formed square, as shown in the figure, making sure that a vertex of the square is placed at the center of the other and vice versa. At the start player A performs a step D which performs a stop oriented and plays ball to B. Comrade at the end of the transition snaps instead of B performing rapid lateral direction changes between the Chinese guy. player B performs an exchange with D which play again in C, Comrade B moves to C, and at double-tap between the poles sliding . the combinations are then continue following the order of steps (numbered in order in the figure) and the players in red square perform moving counterclockwise while the blue one in a clockwise direction. This allows all players rolling carry 3 shifts as the outer points and a ride in the opposite square as a central hub (place and to red square and D station for blue square).

## Ball Possession, 4 vs 2

The proposed exercise now enables the completion of the transition and more generally the movement of the ball in tight spaces. It is developed a situation of 4vs2 in the triangle shape.

### EXERCISE:



### CONDUCT:

Is made up of an equilateral triangle and, at each vertex, it is formed in an area where the ball holders will not be attacked. It also set up a central area which will be occupied by a player to facilitate the movement of the ball. With this exercise, is tackled by students a 4vs2 situation which must be resolved through cooperation and the rapid (and accurate) circulation ball. the choice of the triangle in the figure is made to give awareness of the importance of this figure in football, to facilitate viewing of the same and for the development of a functional ball possession to actual in game situations.



## Progression:

Initially to accommodate students in this situation you can ease subjecting a 4vs1 situation and then move on 4vs2 just to reach the awareness of the game. After reaching an excellent learning exercise in the form static switches to form dynamic (by far more beautiful), the players after each game will go to occupy a different field area by creating a dynamic game, bubbly and with a cognitive level far more complex.

# Ball Control Session

Now waiting for Sanremo ... not quite looking forward to the Cup PSG-Lyon France ... a bit 'like comparing lunch grandmother with Bofrost ... .Parliamo of my training session for the category chicks. The today's training session structured, as usually, of a first phase coordinative with an equilibrium component, and rapidity of the ball domain, a second phase of analytical nature, but with a strong playful component, with the receiving objective and finally a third part of situational nature.

## PART ONE: EXERCISE



Launch of the first players of each row perform a jump in the first circle with the left foot and then jumped in the second, in order to stay balanced on right foot only for a predetermined time by the coach (count to 5). The players then performing double tap the ladder speed training and, once, with the ball placed next to the first cone, run double tap advancing to the second cone then report to run with the ball to first cone and snap the line.

## SECOND PHASE: DIVISION TEAM IN "GROUPS AND ENFORCEMENT OF 2 EXERCISES



The team is divided into two groups to ensure greater focus and intensity of training, the two groups after 15 minutes exchange in exercises

### **Group 1: FOOTBALL TENNIS CONTROL**

The working group (on the bottom in the figure) is divided into 2 teams in the second half, divided by a ribbon stretched between two poles. The purpose of the exercise is to train the evaluation of high trajectory and ball control.

The team with the ball must make one pass with his hands, as if to beat a throw, while a player of the receiving team will have to perform a foot brake, thigh, chest or head making sure that the ball does not leave the field and seeking the possible control of the body, the optimal evaluation of the trajectory and the execution of a small jump before reception. After reception performed, the player, with hands perform a pass in the other half of the pitch.

## **GROUP 2: BALL POSSESSION 4vs3**

Running a possession 4 vs. 3 in a matrix, after an initial phase of adaptation with the sliding ball will take to the team, when possible to perform high steps so as to recall the receiving concepts and evaluation of the trajectory.

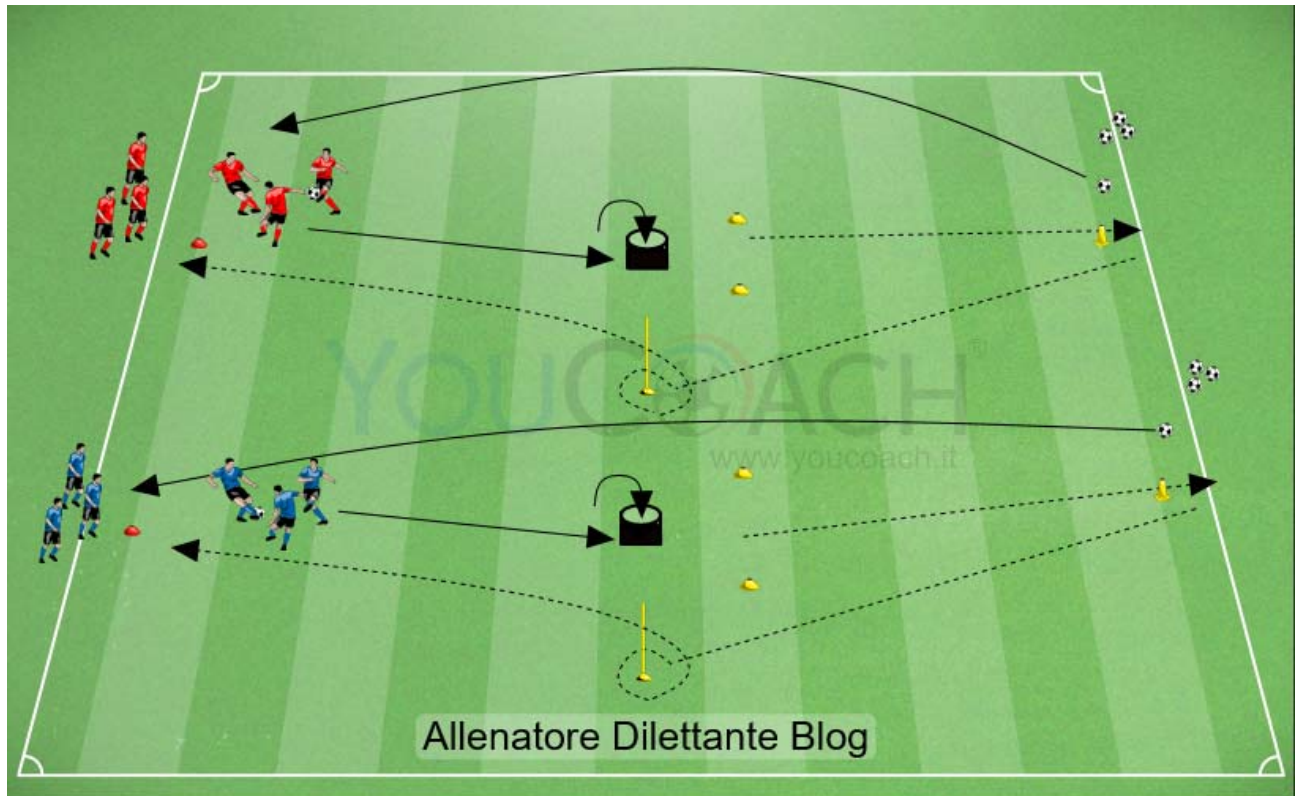
## **STEP THREE: POSSESSION WITH BALL JOLLY AND DOORS**



I propose again this exercise since the team last week had fun in doing that situation but was unable to better respond to stimuli having to be often driven action and playing at a relatively low intensity and therefore today I would be able to achieve higher skills from a deeper awareness of the year. The field is divided into two areas of the field where there are two situations 3vs3 between the teams of red and yellow. The two blue player places two small

central squares are wild. First you have to establish the orientation of the game defining in which door must mark the red team and how the yellow. the red team, in the figure, is in possession, after recovering verticalizes ball toward one of two wildcard which will aim to serve a companion of the same team in opposite field area and support the action (leaving the square) creating numerical superiority. once lost the ball to make the score or the wildcard back in the square waiting to receive the ball from the yellow team. There are two wild card because in case of recovery of the ball will be guaranteed a rapid verticalization the wildcard that in the previous action was not active.

# Bucket Ball Exercise, Pep Guardiola



3 players at the start of the red team and blue team will begin the 3 exercise which involves taking the ball dribble teaming up to black bin (if you do not have one you can also use only a circle placed on the ground).

Arriving near the bin they will have to do in order to make a basket in its interior, using the head, thigh or chest foot.

When this first part with the ball they will conduct a click until the yellow cone (located on the right side in the figure), one of the 3 will undertake to make a long pass to the 3 places companions on the other side of the field so that it will start to turn the exercise.

the exercise ends with a shot at the pole, a ride around it and a shot until on, to make a short recovery, and wait for the passage of the companion from the other end of the field.

This type of exercise, technically complex, it is **also adaptable to the lower classes** in many ways:

- giving the possibility of a ground bounce for each pass in the first phase of the dribble, or if the children have difficulty with simple sliding steps.

- the stage of basketball boys may undertake between their steps with his hands and only attempt to the basket with head or foot.
- Finally the ball if it is hard can be replaced with a sliding passage or a fast driving of a player.

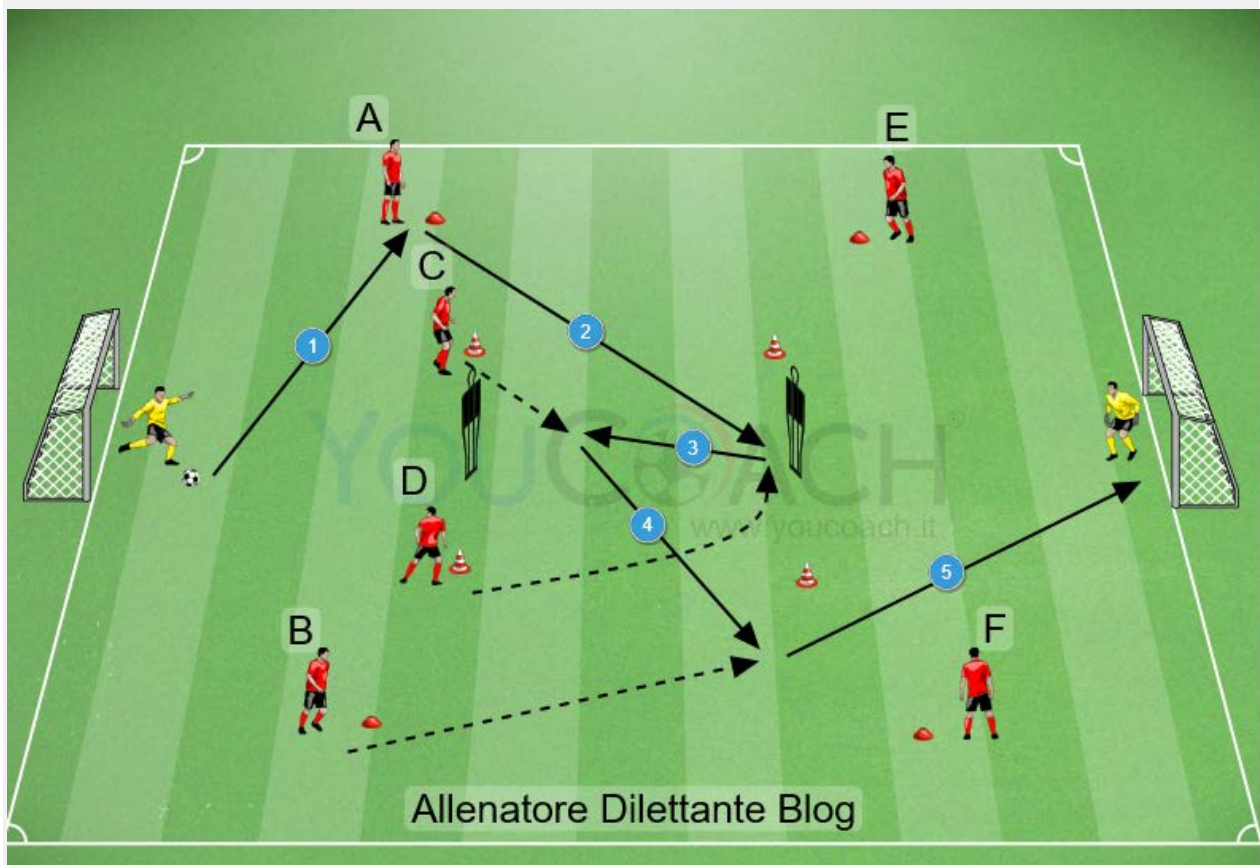


# Building From the Bottom

This type of exercise has two objectives:

- put the goalkeeper in the development of the goalkeeper's ball movement with a construction from below.
- to focus on the movement of midfielders, for a functional game development and not "flat".

## EXERCISE:



## CONDUCT:

At the start, you are given the ball the goalkeeper, who has two game options, switching on two wide defenders: A or B. After playing ball to a defender, in this case A, the two midfielders will have to read the situation with opposite midfielder (D in the figure) that rises to create an alternative game in support, once download ball to fellow department received the ball, the player C. the C student can broaden the ball on player a or B who must propose forward to

support the action and after receiving the ball will perform a shot on goal. after repeating the goalkeeper will play ball player F or E, and these will develop the action with the support of midfielders C and D which will have as a point of the 2 cones departure.

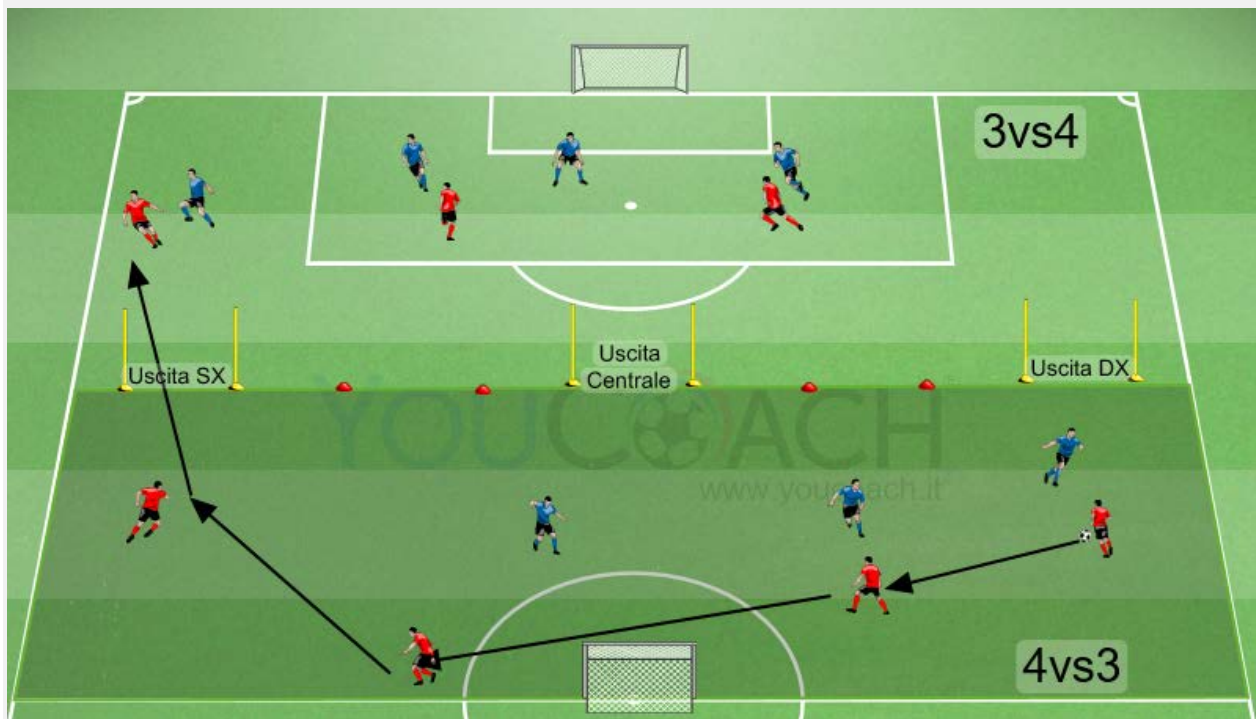
# Building from the Bottom

These days my job on the field from the tactical point of view is focusing on **building from the bottom** part of the team, to do this requires a real convincing activities of all because only with some conviction to succeed it can be applied. For this reason I believe we should devote more time to this issue, avoiding to impose it to the team , but reaching their thinking, causing him to become aware of its importance.

... Easy to write well ... but how do you c \*\*\*\* ?!

Given that in football there is nothing true in absolute terms, and each can achieve a particular result along different roads, now I just want to expose my exercise and the reasons that lead me to use it.

## EXERCISE:



Field available for training is divided into two halves field (here in the picture I had half the field, if you have more field available spaces may be more). In a mid-field it is lined up the red defense consists of 4 players and attack blue consisting of 3. In the opposite half of the field you place the blue defended by 4 students and the red attack by 3. They can be used doors or regular doors with doorman in relation to the daily training program. At the start, in one of the two halves field the ball is entrusted to the defense, which will make a tour pallaper leverage the breadth and numerical superiority given by 4vs3. The objective is to be able to create a combination of the functional game to create space for a vertical passage in one of the 3 output ports and serving the attack in the opponent's half of the field. The attack received ball shall implement an action to achieve a network, while the defense in case of recovery of the ball will

have to engage in the construction of the game from the bottom, avoiding the opposing pressure to create the possibility to serve their attackers from one of the 3 output ports.

This tutorial I find it useful because dynamic and strongly adherent to the actual game situations occurring in a game. It provides awareness to the team the importance of the game in amplitude and team, leaving a high degree of freedom in developing a strategy to solve the problem and achieve the outcome (serving the offensive players), then the objective of creating **thinking players** .

# Change, Cross and Finish

## EXERCISE:



At the start the red player performs a pass to his companion who will decide whether to make a pass to the side of the blue players or to that of yellow. The two red players will have the task of taking towards the goal in order to receive the cross mate and build a network.

After the action the two players red seats near the door will receive the ball from the goalkeeper and build an action to the opposite door, the same way, with the through ball to one of two groups manned by two companions of different color.

### variants:

- given that this type of exercise is too little relation to the reality in the game, because it lacks attacking pressure, I think it can be improved by adding a defender leads to obstruct the pass defense and can create pressure on the cross.

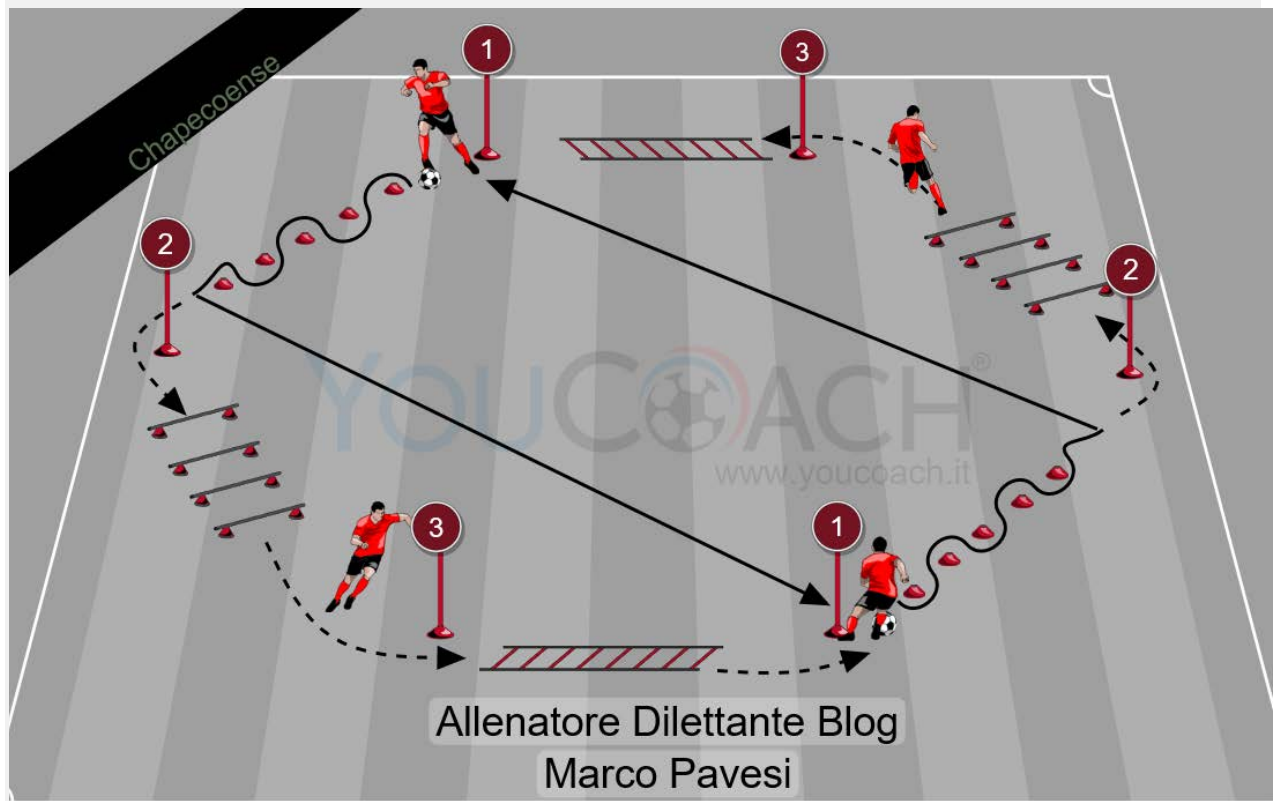
- constraint of the high cross from the exterior with goals only valid on the fly foot or head.
- movement and against the movement of the two red players with crossing trajectories before receiving the ball.

## Circuit Focused on Speed

While the phase of eBook STYLE IPD Futsal editing proceeds I want to share an idea of athletic circuit focused on the speed that on Friday I am going to propose to my team.

I also take this opportunity to express my condolences to all the relatives, friends and fans of the team of Chapecoense, tragedy that recalls that of the Grande Torino and that unfortunately leaves overwhelmed at the destiny and the fragility of life.

### EXERCISE:



### CONDUCT:

The tutorial is divided into a double run concurrently beginning at stations marked with the number 1 in the figure. At the start, the two players with the ball running a fast slalom between the Chinese guy and once completed is transmitted to the opposite ball-mate.

After the stage that combines speed with sensitivity is undertaken the second phase consisting of rapid leaps feet together performed among over very short shooting up to the pole No. 3 (about 2 meters) The third phase is structured with the use of the speed ladder ladder where it runs two frontal touch until you reach the street, where he received the ball from the other partner is repeated exercise starting from slalom.



## VARIATIONS:

### Phase 1:

- internal use, alternate use feet
- use strong exterior foot inside
- use external Weak foot inside
- use sole, alternate use feet

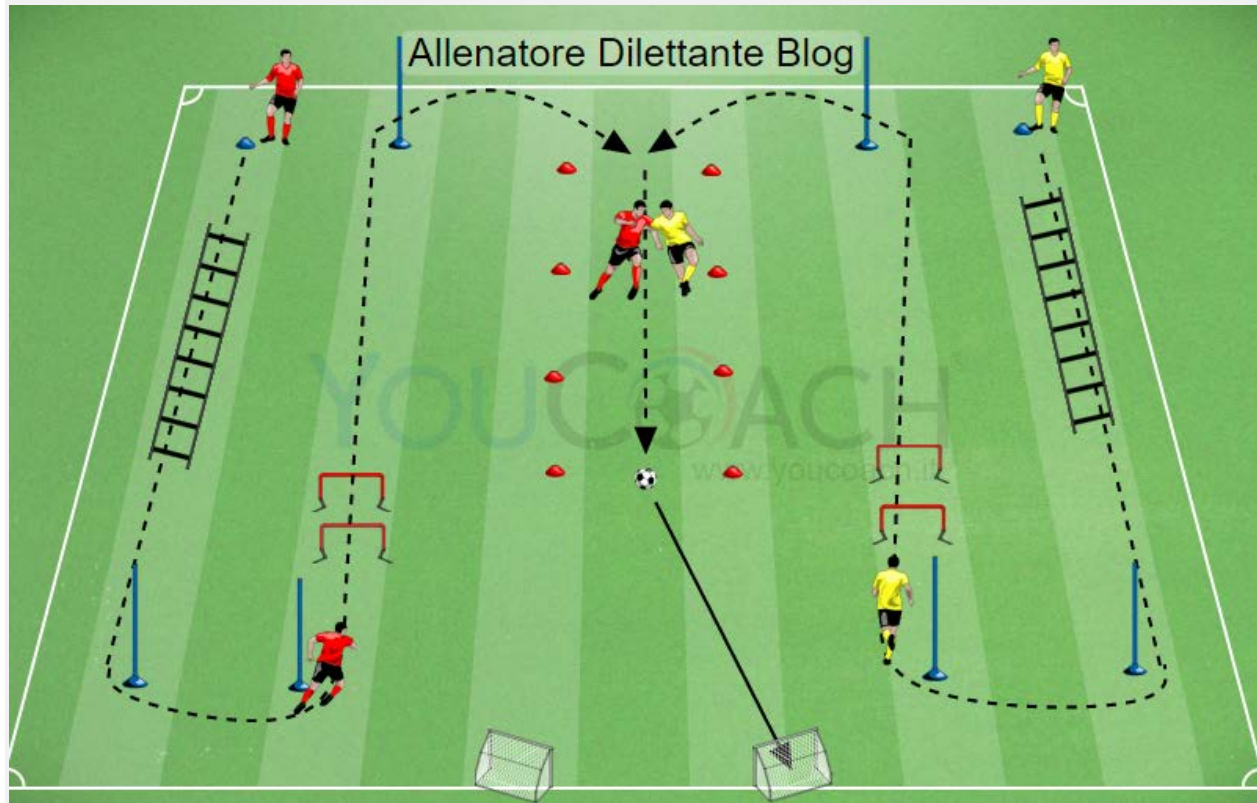
### Phase 2:

- lateral leaps
- Side skip and around the outside of the over
- jumps with a strong foot

# Circuit Training for Strength and Speed

Today I want to show an athletic circuit that I thought this morning when I was reading the book "The optimum physical condition of the player" and I read the chapters relating to speed and strength.

## EXERCISE:

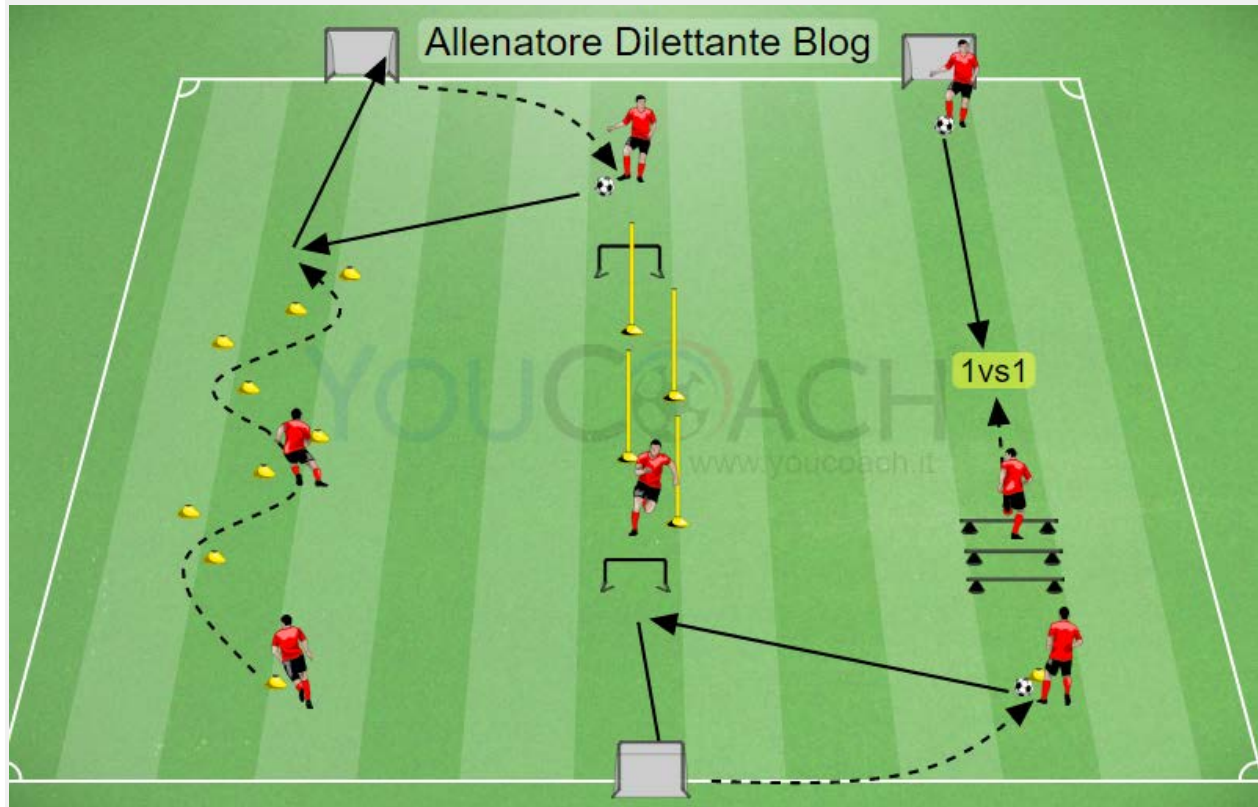


## CONDUCT:

The athletic circuit is constructed symmetrically and is executed simultaneously by two teams, one red piece from the right towards the center, in the figure, while the yellow team starts from the left toward the center. At the start, the players perform the speed ladder and ladder perform a click up to the pole, after making the curve are eseguiti. 2 jumps feet together between two obstacles with shooting up the pole placed in front. the two players of opposing teams then meet in the "tunnel" that is red Chinese guy, inside the 2 students will have to try to push the companion out of space and the first to reach the ball and get it into one of the two doors. As a variation of the last part of the circuit you can take the two boys to join hands with the purpose of drawing on their side the opposing player.

# Circuit Training With Finishing

## EXERCISE:



## CONDUCT:

The exercise consists of three sequential paths, the first is to the left of the image while the last is to the right. At the start, the first player to run a race with quick changes of direction intended to move in the doors represented by couples of Chinese guy, the player receives the ball at the end and ends in the door (sequence: arrest and shooting of head-to-flight). after the first path the player moves at the start of the second path which is constituted by a leap in the obstacles, slalom between the poles and jump over the obstacle. At the end of the course the student receives the ball and ends in port (sequence: arrest and shooting-the-fly-head). Finally, the third route runs represented by double tapping in sliding poles with 1v1 with your opponent. The player after the third path as strikers, he stops and runs. with the next mate. the role of defender and finishing moves to the beginning of the first path.

# Circuit Training with Three Teams

The working group is 9 players, which are divided into three teams of three members each.

## EXERCISE:



## CONDUCT:

The players divided into 3 different color teams will have 2 inside the square and 1 outside in the vicinity of the ladder, ladder speed.

The 3 external players will perform the coordinative circuit for 2 minutes after which the exchange will ask with a partner within the matrix.

## Coordinating circuit:

At the start the first player performs dual front touch in the spaces within the speed ladder, then executes a figure 8 between two cones and then take one of the two poles.

The second side requires leaps feet together between obstacles and shooting up the two poles.

the third side is made up of support bound inside the circles and shooting up the stakes and finally the fourth side consists of rapid changes of direction among silhouettes.

### **Improvement Exercise Ball Domain:**

The exercise is performed in progression, from easiest to most difficult.

The attention that we must ask is make a change exercise every 6 minutes (time to all 3 players on each team to perform both technical exercise that coordinative).

The tutorial is divided into 3 phases:

- Phase 1: the players will have to bring in a partner to run the ball, making sure that each ball exchange occurs between different colored players.
- phase 2: the ball is exchanged between players through passage and control, always maintaining the attention of different colors.
- Phase 3: the team aims to keep high ball, passing the ball with the dribble to a different color companion.

The attention that is required is the continuous movement of the players, and effective communication among the players who have to always tell your partner that are transmitting ball.

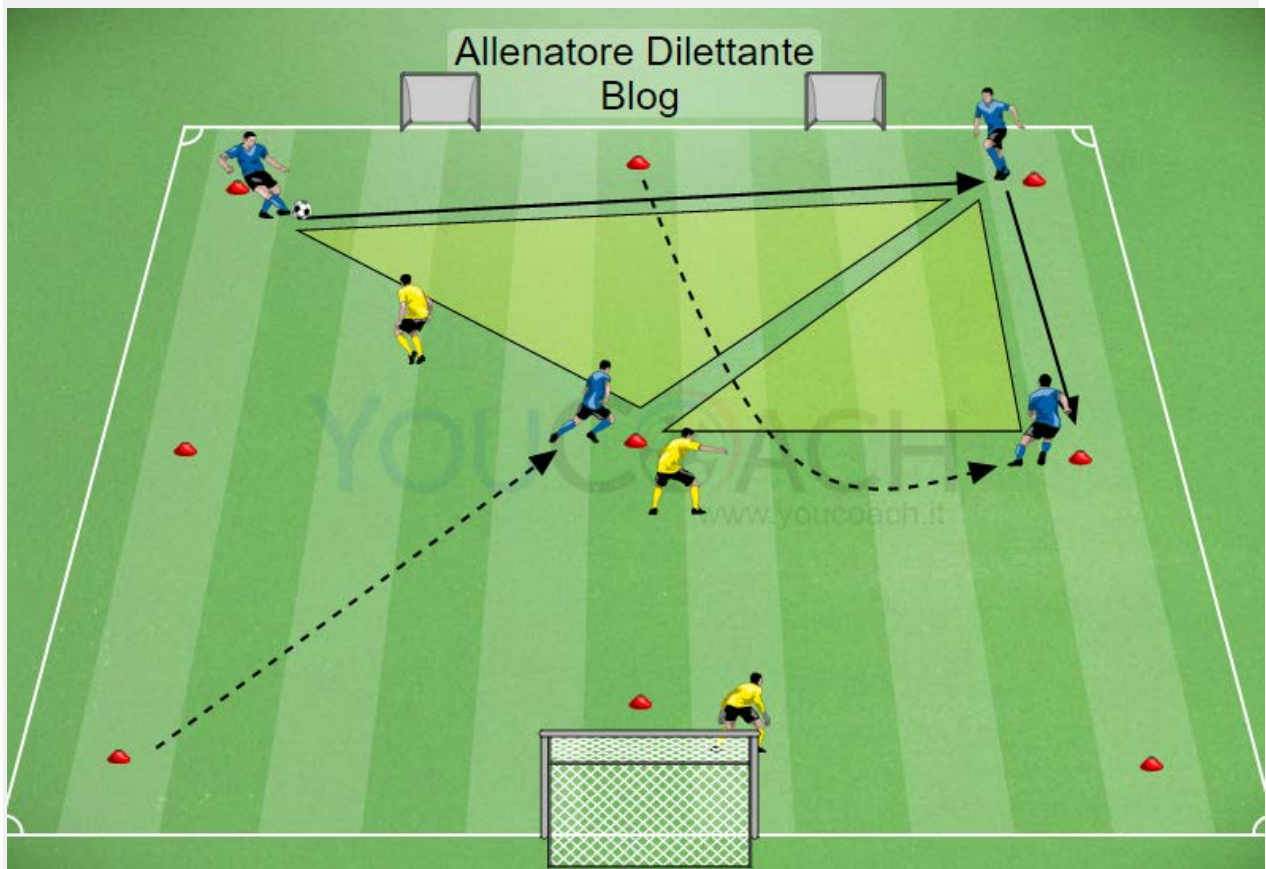


# Combination Play

A great difficulty in creating game is to get automatic and reading skills of game situations, many times in a game is crucial to be in the right space, the right instant. This ability must be absolutely trained to pursue the maximum effectiveness of the concepts of space and time.

This exercise therefore has the objective of encouraging the construction of collaborative actions by placing the references in order to give maximum awareness of the movements of the different players and game textures that can be implemented. The objectives are therefore both technical nature related the technical movements, tactical is with the realization of collective game textures.

## EXERCISE:



## CONDUCT:

The tutorial is structured as a game of the topic in situations of 4vs2 + goalkeeper.

Within the field of play are willing 6 Chinese guy who will be the references for the team in possession also the opposite side of goal are arranged two doors where, if the ball is recovered by the team in numerical inferiority, it will build a network. the players of the blue team will be able

to create game combinations making the most of the companions movement, who will move to different areas field highlighted by the presence of the Chinese guy. the attention that is required of players is to try to recreate as much as possible triangulation opportunities or allow the error to position themselves simultaneously in 3 Chinese guy on the same line, thus avoiding a development of 'action. "flat" effective execution of this exercise allows you to create highly focused actions on triangulations, with a game in amplitude and with continuous play opportunities in depth. the various actions developed are not ends in themselves but aimed at creating a goal in the goal defended by the goalkeeper.



# Combinations and Finishing

The today's exercise can be used both as a technical training for the technical learning of the passage, of the shot and the dissociation and can also be used to integrate an exercise psychokinetics the technical work

## EXERCISE:



The player in possession at the start (bottom in figure) performs a transition to more close companion (step n1) which returns the ball with a touch (n2).

Subsequently, the central player will perform a movement dissociation and companion, more distant from the ball, will have to perform a movement opposed preparatory to receive the ball (n3).

the coloring of the cones facilitates the understanding of the exercise of the guys that then results in a joint movement towards the blue cone or towards the red. Can then be used to integrate an exercise psychokinetic which will be explained below.

The player after receiving the pass download ball on running mate (n4) who gets in a shot. (n5)

At the end of every action the 3 players to reverse.

### **VARIANT (psychokinetic)**

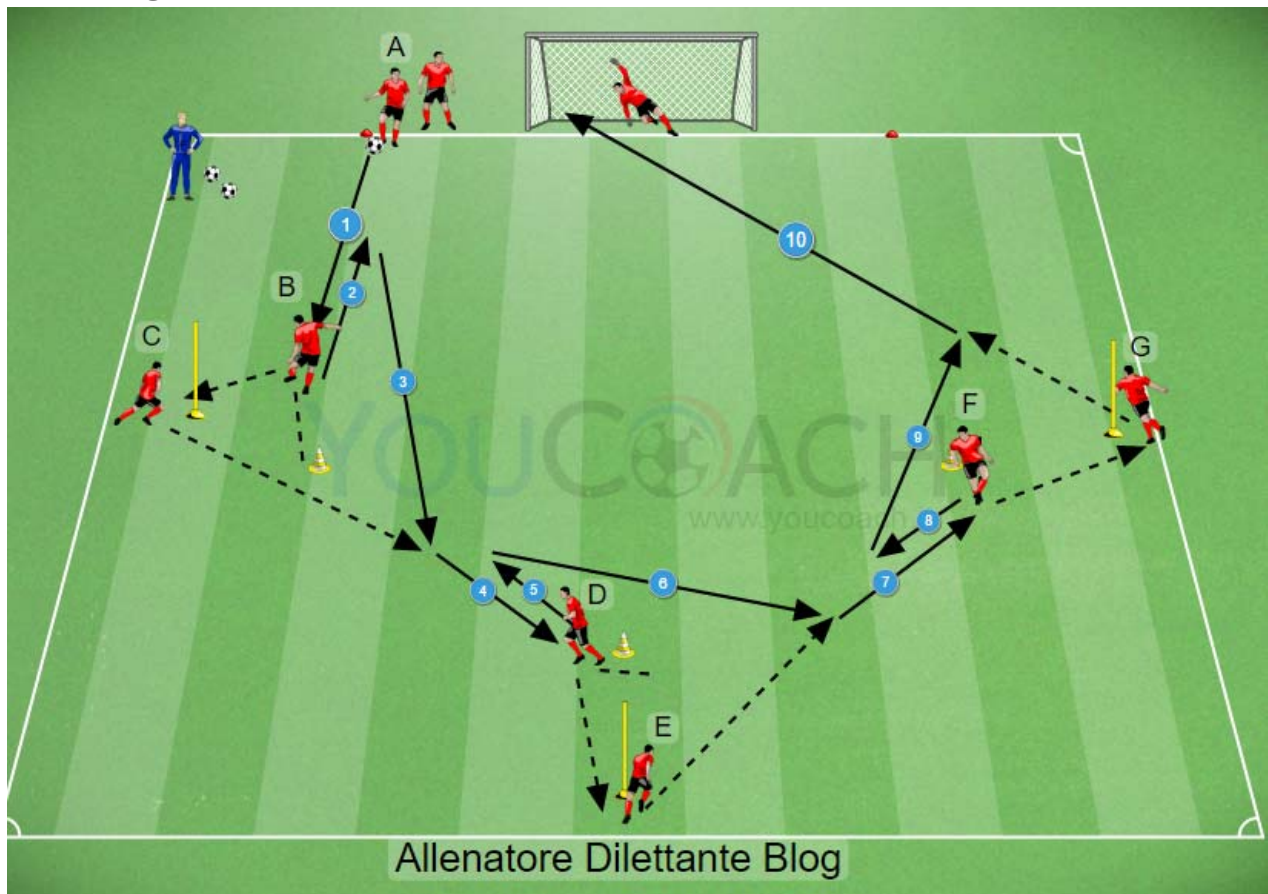
After the players have become aware of the importance of dissociation and the effectiveness of being able to build triangulations in game situation we can integrate a simple exercise psychokinetic nature.

At the start of the action the coach will call a color (blue or red) and players will have to perform steps 3 and dissociation as a function of it. (we can also say for example a number which corresponds to red if equal if odd color to blue).

# Combinations with Finishing

Create combinations, game automatic devices can result in decisive elements in the growth of a boy, which should be left full freedom of choice in the management of the action, but I think it is necessary to advise him with possible to implement if you play during the game, considering the situation of game sees fit to try it. If i had said earlier this year: "i want to see these combinations in every situation of possession" had been tried, and realized half effectively (if not worse) times when actually my boys knew implement it. the stock, except in set pieces, is a succession of movements and create "ready meals" to automatically serve is not much found, the best way is to leave the assessment and perception of the players (with my advice from outside at times) who they are the ones who can say with certainty what mates are not covered by the opponents and what they did and called the movement of the ball.

## EXERCISE:



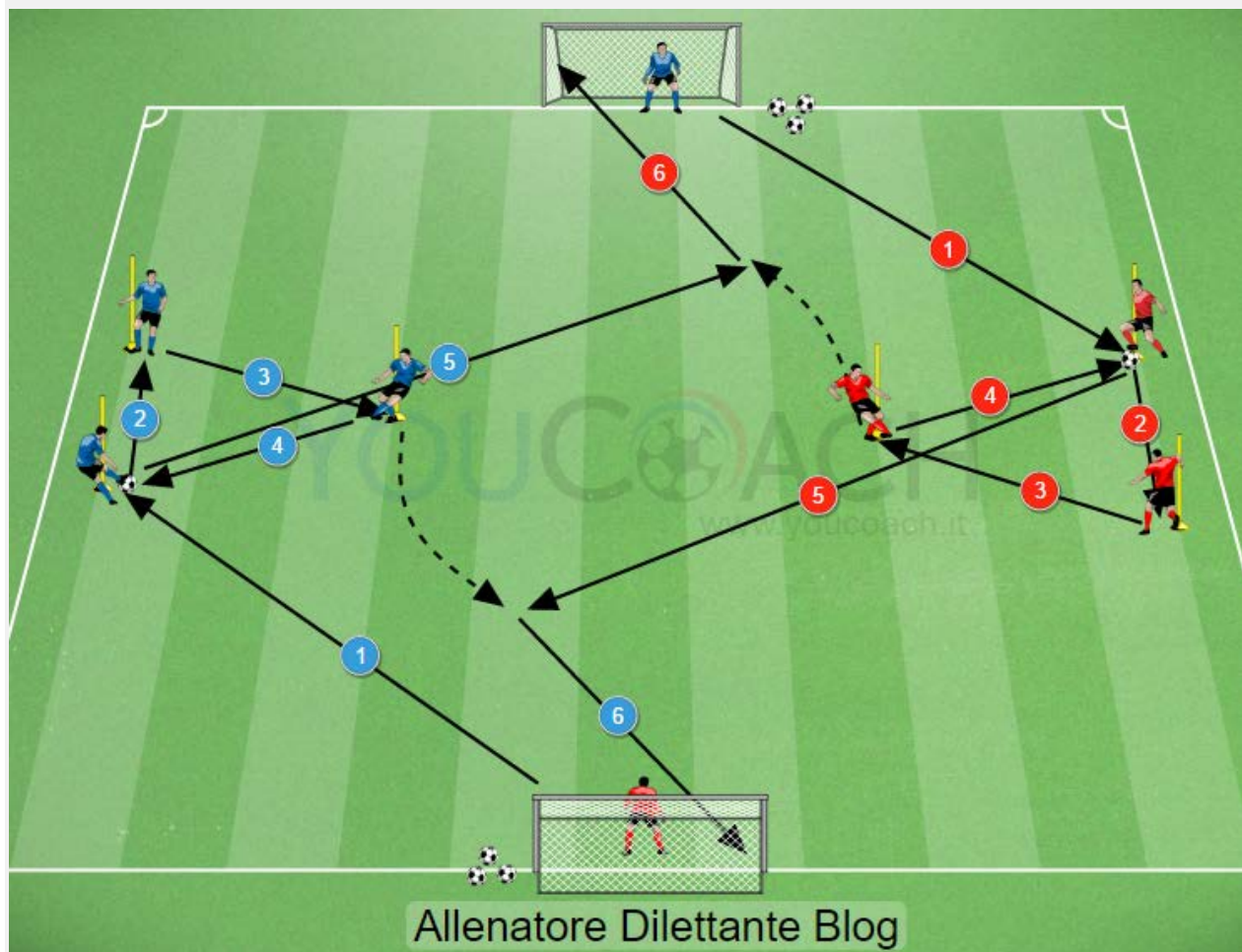
## CONDUCT:

At the start, the first player in line (called imaginatively, A) performing a step towards B and performs a movement in the same direction, going in against Player B takes a ball to the exhaust passage and immediate movement towards the pole, in same time C executes a movement in the space created behind B and receives a pass on the run from A. the combination is repeated later by CDE and finally at the end the player with EFG G which finalizes the action with a shot on goal. at each step, the players are shifted down one position of starting going to perform in turn all roles. the exercise is performed in both directions, so requiring the use of both feet. This exercise allows to give to players awareness of the importance the dissociation of movement immediately after the passage that does not always have to be finalized receive a pass, but also in some cases to create spaces for a better companion positioned. This exercise falls then in research to create faster game combinations with research specifically triangulation .

# Combinations with Finishing

One of my new exercise focused on the technical improvement of the passage with a tactical stimulus concerning the amplitude search of game. In football, the space and time are two fundamental aspects in the absence of which any team can not express themselves. In this tutorial, we have the space research with a through ball into the opposite field area and the insertion time of the attacker to get the impact with the ball and conclude on goal.

## EXERCISE:



## CONDUCT:

At the start, the keeper need a ride to a nearby teammate positioned outside of the field. The student once received the ball performing a combination of the game with the 2 other teammates in order to realize a triangulation. After the sequence of steps is performed a through ball in space for the opposite player which on goal. L' exercise is symmetrical and then carried out

simultaneously on both the right side than on the left. it can be done in 2 touches (requiring receipt oriented with respect to the pole) or a touch.

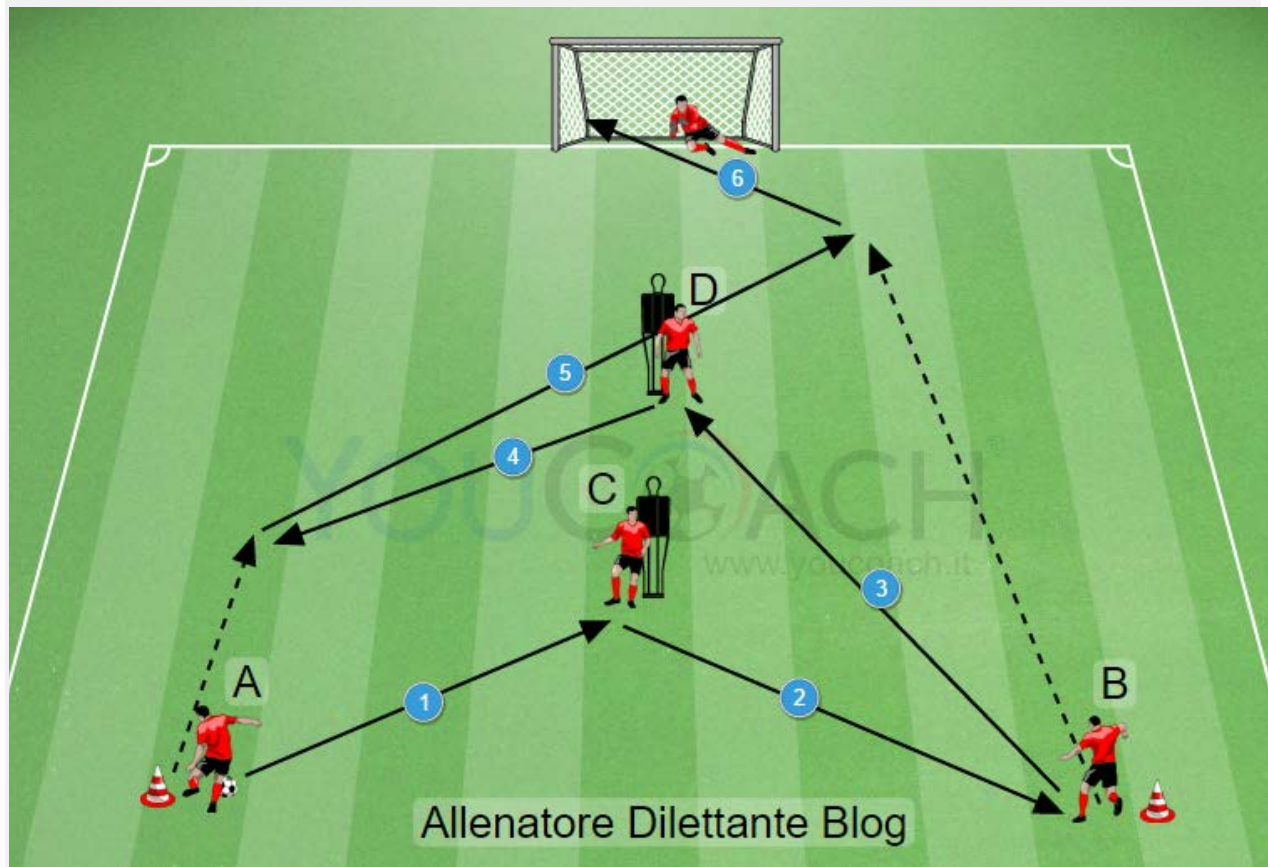


# Combine and Support

Today I propose a tutorial focused on creating game combinations for a quick game development centered on the "ball game and execute a movement in." Space

Main objective: to focus on the development of game combinations giving awareness of the importance of concepts of support and support secondary objective: technical education focused on passing, controlling and shooting

## EXERCISE:



## CONDUCT:

The exercise develops as a combination of game with 4 players, aimed at reaching the goal defended by the goalkeeper and make a shot. The players C and D are positioned away from the door and in the vicinity of a shape designed to simulate an opponent in marking for this reason before receiving the ball I ask them to do the movement and against meeting motion to acquire the necessary space to play. at the start, the player a performs a shift to C who received the ball run oriented control and widens the game to partner B . student B after a control performs a pass to the player D and performs an insertion movement towards the door, into space. D once



received lob, control and widens the action on the partner a, which received ball finishes the action with a through ball for inclusion in the B to the far post that after reaching the ball ends in port. on completion of the players in the roles are reversed by making sure that all perform the various roles offered.

# Combo Circuit with Finishing

My conception of football relies heavily on game development in amplitude and continuous movement of the players.

In a 4-3-3 or 4-4-2 with offensive external developmental research of side chains effectively is extremely important to create from network shares.

## EXERCISE:



The exercise is performed simultaneously by the blue team and the red symmetrically.

At the start player placed next to the door it performs a face transition to serve outside the offensive attack (step 1) which effects movement and a meeting run, on the same player, a drain on the race (step 2).

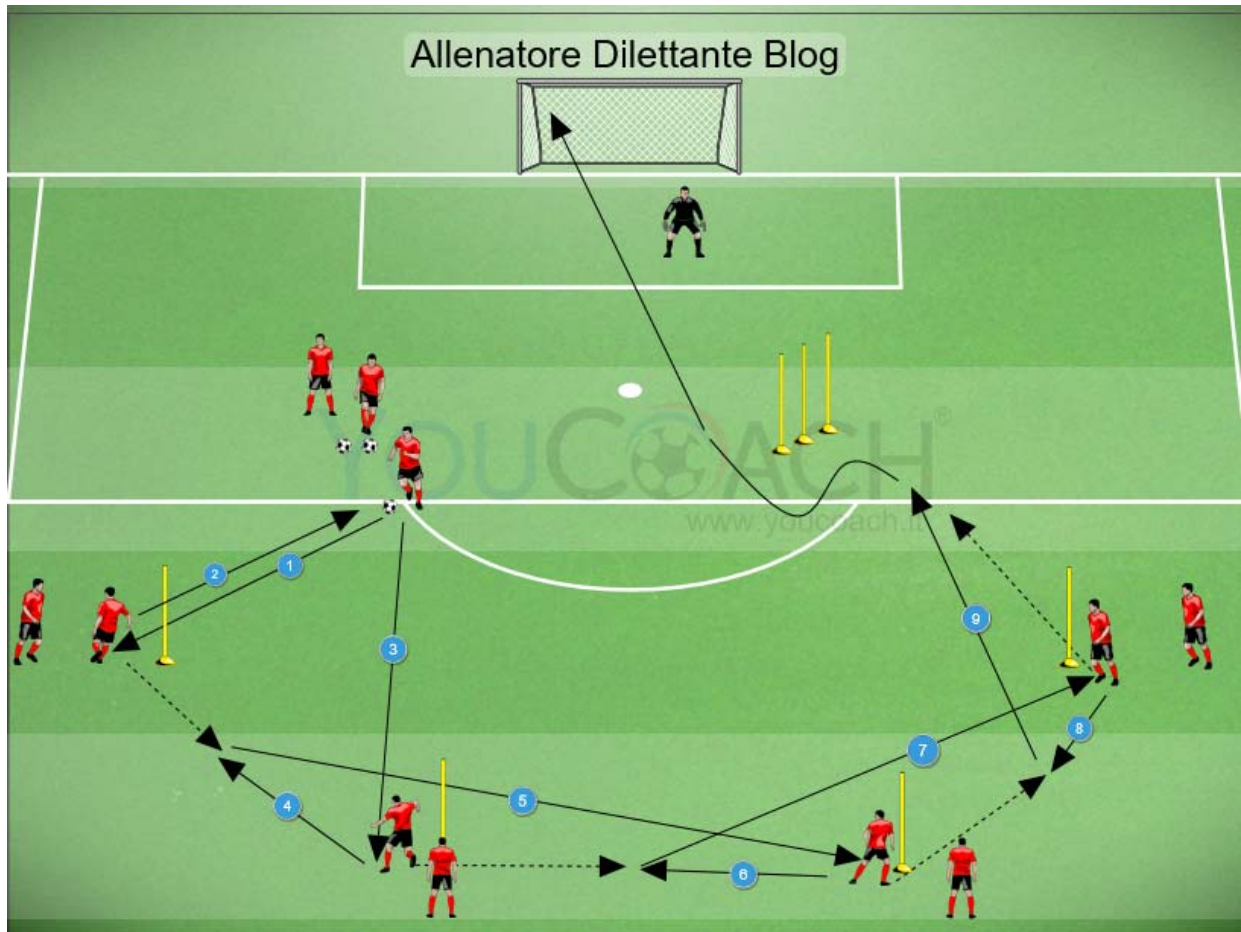
the comrade on the run, serves central striker (step 3), which is also moving ahead on the template, which is the direct opponent.

the central striker before making a through ball in space (step 4) where outdoor space is to conclude the action with a shot on goal.

once the shot each player moves to the next station while the player who made the shot reaches the initial workstation running a coordinative path consists speed ladder ladder and some poles between which make quick changes of direction.

# Combo Circuit with Finishing

## EXERCISE:



## COURSE:

In the image is shown the order of steps through the sequence number for each of the players transmission.

All the players, at each transmission in performing the exercise moves to the next station, so that everyone, in turn, play both the first passage on goal.

in this tutorial, there is a succession of:

- short passages about man,
- drain passage to the close companion
- dissociation of movement in space.

In this analytic exercise are taken into consideration then, the various types of passage and the dissociation of movement preliminary to receive the passage of the companion.

At the end of the analytical part, to increase the playful component and especially to give awareness to the team that each spin ball should not be an end in itself but aims to conquer space and place, a companion, able to kick at goal, it entered a change of direction to jump an opponent (consisting of 3 poles in the figure) and shot on goal.

**varied:**

- Steps 2 touches (useful in early stages for better understanding of the dynamic of the year)
- First steps (to increase the difficulty of the exercise and the overall intensity)
- replace poles with a player to be a 1v1

# Coordination, 1 vs 1 to 2 vs 1

Today, in addition to telling my training session for the Cubs category that is part of everyday life (it is a luxury to be every day on the field), I want to tell then what is a big step forward for this blog. From today begins a FANTASTIC collaboration with YOUCOACH and that will allow me to significantly improve the content offered, until now exercises were designed with Word but I have now the opportunity to dispose of myCoach PRO designer and it's really a lot of stuff for a football coach.

Today's session is structured in three phases:

## **FIRST STEP: ACTIVATION, coordinative INTEGRATED WITH EXERCISE AND QUICK 2vs1 1vs1:**



At the start of the coach, the players running the coordinative route, which consists of a speed training ladder (easily replaceable by sliding poles) and circles in which to perform jumps with feet together. The ladder will run dual front and then touch double-tap inside out alternately. After the coordinative path is implemented a 2vs1 against the blue opponent and with the aim to finalize the action with a goal in the goal defended by the goalkeeper. If the blue player recovers the ball or the goalkeeper saves the shot opponent will be made a rapid positive transition of the blue players in order to score in the door.

## STEP TWO: STEP ANALYTICAL EXERCISE WITH THE WHISTLE 1vs1



The players are divided in pairs and carry out the steps with reception. At the coach's whistle the player with the ball will implement a 1v1 in order to reach the line placed behind the opponent. After the 1vs1 the two couples start again exercise analytical passage until the next whistle. They can be introduced a cone in front of each player in order to request a receipt oriented by the players to move to the opposite side of the instrument before transmitting ball.



### STEP THREE: BALL POSSESSION 4vs2



In a field divided into two equal portions challenge the two teams in a 4vs2. In the figure the red team is in possession and 2 yellow players are in the attacking zone to retrieve the ball. Upon regaining the yellow ball player will have to pass the ball to a teammate in his portion of the field, in order to realize a 4vs2 but with the roles reversed between the two team. If the ball possession lasts for more than one minute will be the coach to dictate the change of roles.



# Coordination Circuit Two

Motor coordination is the ability that allows you to run any more effective movement.

The coordination skills are divided into 2 groups:

- basic coordination skills
- skills specific coordinative

## EXERCISE:



## CONDUCT:

The circuit consists in 2 different exercises below, one to the left of the image using cones and poles planted on the ground while, the circuit on the right, uses friction to the ground and obstacles higher obstacles. In both the ball is used to define the starting of the players, each time the first row of receiving the ball, performs a reception to move the ball from one side of the cinesino, performs a transition to the first partner of the other row and begins the coordinative circuit. the **left coordinative circuit** is It consists of a large slalom between cones using race forward, backward and side, maintaining, then the body always facing the center of the path, and a subsequent tight slalom between the posts with rapid changes of direction.

the **coordinative circuit right** it consists of a double front touch the spaces between the sliding barriers and a second part with high skip between high obstacles (which can be varied with leaps

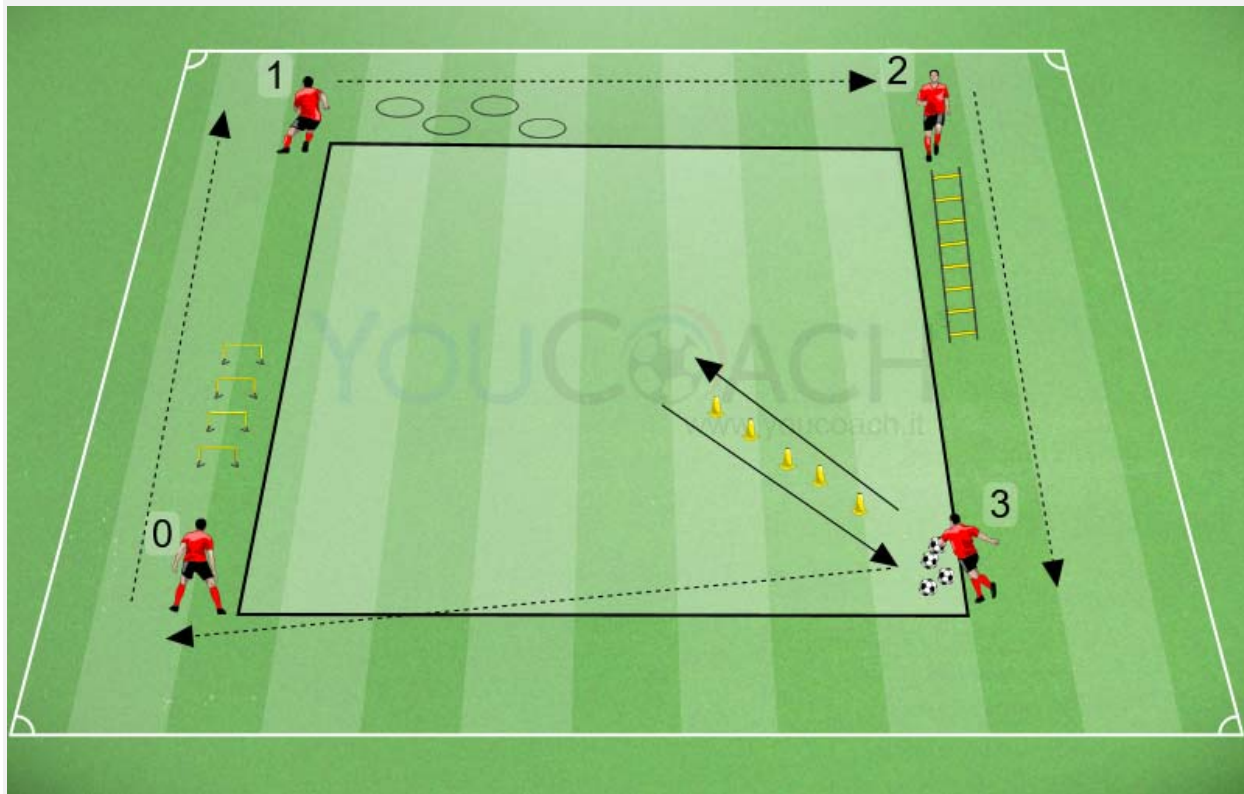
walk even). Each player must perform the circuit for 5 times and then move in the path adjacent, in this way it is possible to keep the attention of the players high threshold, reducing the monotony while maintaining a high number of repetitions.

# Coordination and Passing

Today I am writing late and ran because I was lucky enough to go talk to a middle school class of Porto Mantovano of my blog and the potential related to this kind of activity.

## STEP 1: Path coordinative (15 minutes)

The training today is structured with a first phase of nature coordinative

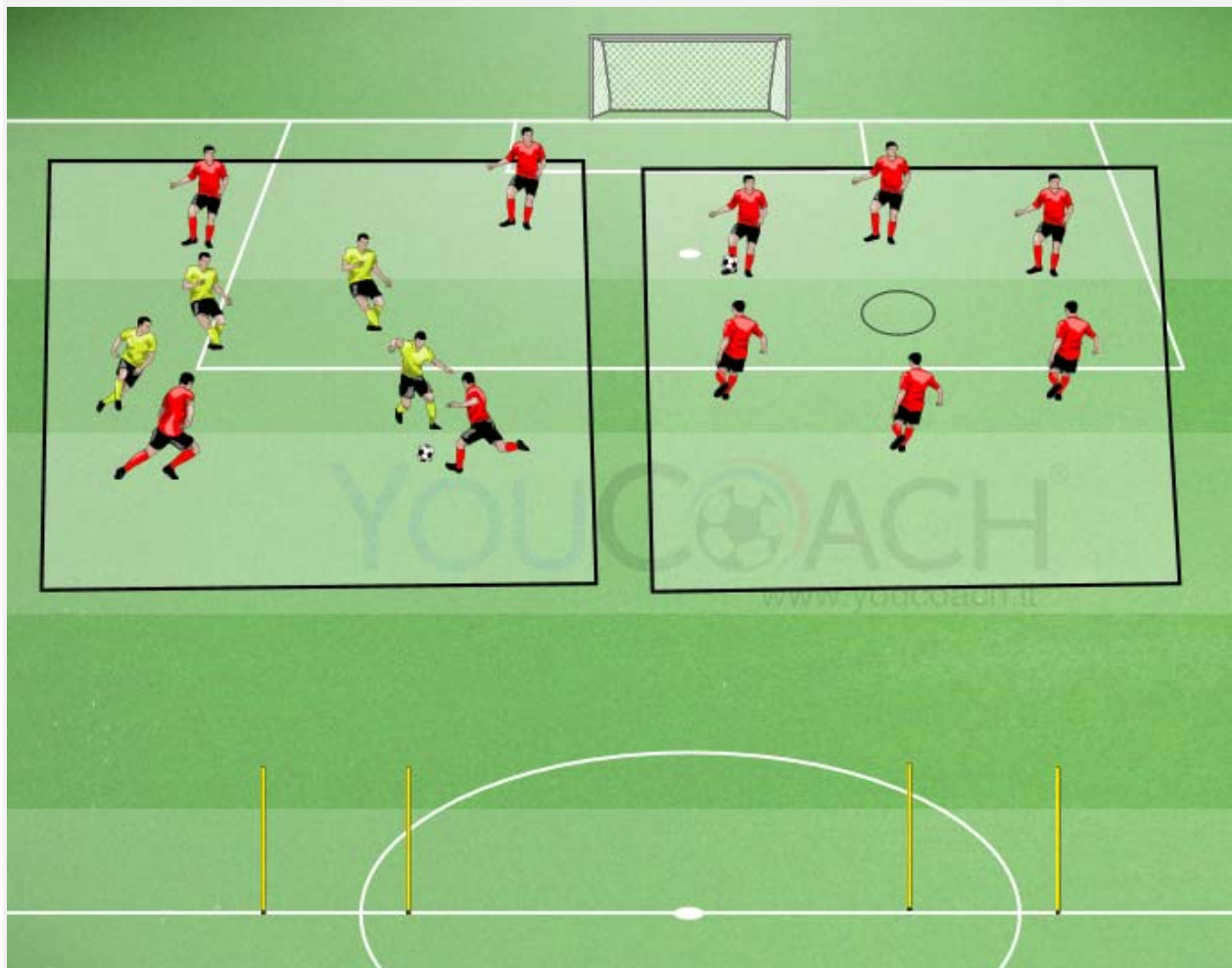


The player in position 0 performs rapid leaps in small obstacles or over until you reach the first location where it will make the supports or leaps (as a variant) in the hoops on the ground.

At the end it arrives at the location where the second run quickly skip the front bottom of the ladder speed training or sliding poles.

in terminal 4 performs rapid changes of direction with the ball and then bring the ball in the post and come in mild jog at the start.

**STEP 2: 2 working groups. Possession 4vs4 ball and dribble up with a "field goal" (15 + 15 minutes)**

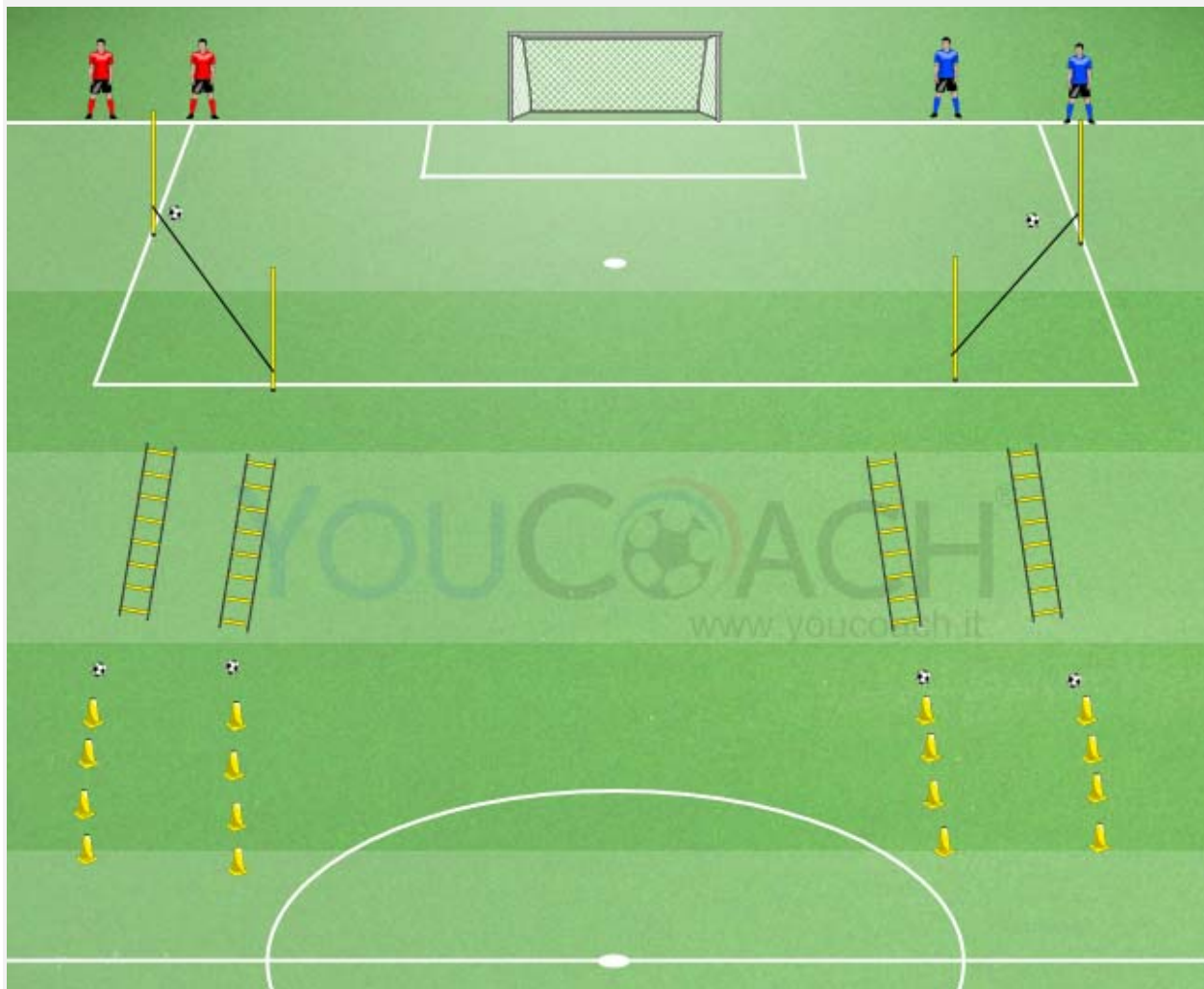


The team divided into two groups performs in the left matrix a 4 vs 4, initially free and then touches with the constraint of two touches. Placing the focus on the dissociation of movement and the space-oriented control. The team in the right matrix performs steps with high ball in a circle, without ever dropping the ball on the ground and completed five consecutive passes must bounce the ball inside the circle. Both groups whistle to perform a click on doors placed in midfield and return to mild rush to start the exercise again. After 15 minutes, the two groups are reversed.

# Coordination and Possession

Today is the last training session of the week then expect me two friendly matches, Saturday afternoon and Sunday morning with debutants with chicks, for others it seems that I have to pitch a tent in the camp, my eyes instead is a spontaneous demand Sunday afternoon ... and I do? I would be the series to the field with a vengeance. Today with the team chicks carry a first phase coordinative, a second analytical part and a third part of possession but you can tell a lot more like a themed game. Finally, the match free of course.

## **FIRST PHASE: PATH coordinative A COUPLE WITH USE OF THE BALL. (Duration 20 minutes)**

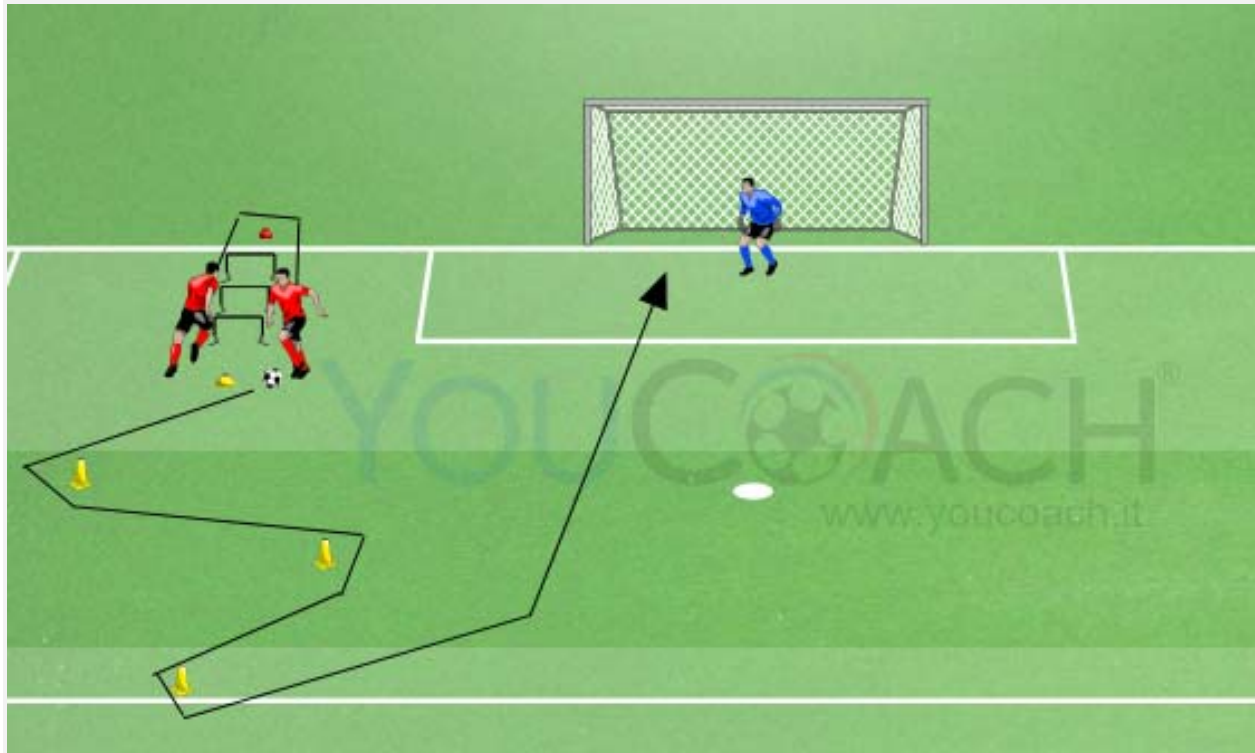


At the start the first couple red and blue begin the path to the exercise which consists of 3 phases: The first structured with an outstretched 20cm strip of land between two poles, the



players perform steps on the fly in progress across the tape. the second with 2 ladders or poles speed training run double front and side touch. and finally in the third part of running a business with quick changes of direction between the cones and then return to its initial position the ball with a straight run.

## **SECOND PHASE: RUNNING AND SHOOTING BEFORE BEING ACHIEVED Adversary (duration 15 minutes)**



The first player with the ball, at the start, will have to perform a quick run with a touch of the ball at every step and change direction following the path in the figure. The fellow behind, the street will have to perform a quick double tap over the obstacles placed in front to him (3), turn behind the red Chinese guy and then make a run to the fellow with the ball retracing its path. His goal is preventing on goal mate.

### STEP THREE: POSSESSION WITH BALL JOLLY AND DOORS (duration 20 minutes)



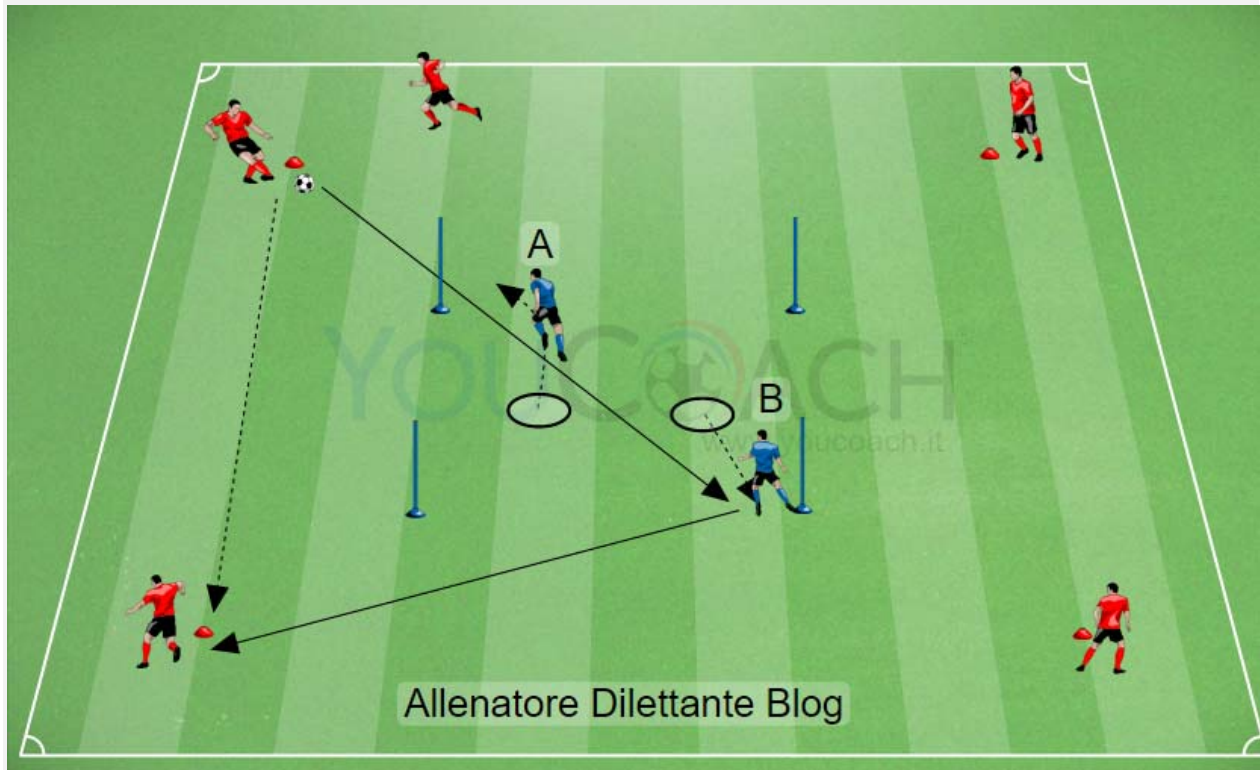
The field is divided into two areas of the field where there are two situations 3vs3 between the teams of red and yellow. The two blue player places two small central squares are wild. First you have to establish the orientation of the game defining in which door must mark the red team and how the yellow. the red team in the figure is in possession, after recovering verticalizes ball toward one of two wildcard which will aim to serve a companion of the same team in the area of field opposite and support the action (leaving the square) creating numerical superiority. once lost the ball to make the score or the wildcard back in the square waiting to receive the ball from the yellow team. There are two wild card because in case of recovery of the ball will be guaranteed a rapid verticalization the wildcard that in the previous action was not active.



# Creating Space and Receiving

Today's tutorial I conceived and designed to create the predisposition in my players to create more and different alternatives of passage when the companion is in possession of the ball. More specifically, it is time to learn the integrated dual movement against and space creating continuously triangulation opportunities and movement of the ball.

## EXERCISE:



## CONDUCT:

In this tutorial are willing 5 outfield players in external and 2 Chinese guy in the central square, the 5 are meant to play ball with two central mates and make a move toward the next little Chinese while 2 create different alternatives of the game and allow the tour ball. the complexity of the exercise is to be found right in the middle of the 2 players move. At each step a player must make a move while meeting the other a movement in space. With the use of the central square consists of poles give the correct references to the players, and then go to the ball means cutting into the pole closest to the player in possession while going into space reach the opposite pole. Figure Player A performs a movement towards the ball and player B is the correct pass line in the opposite pole to his companion. exercise can predict:

- receiving and played the player who goes to meet.

- the veil of the meeting and receiving player and the player's passage through space (as in the figure, A is the veil B performs the bet)
- the alternation of these two game situations

# Creating Superior Numbers on the Wings

## EXERCISE:



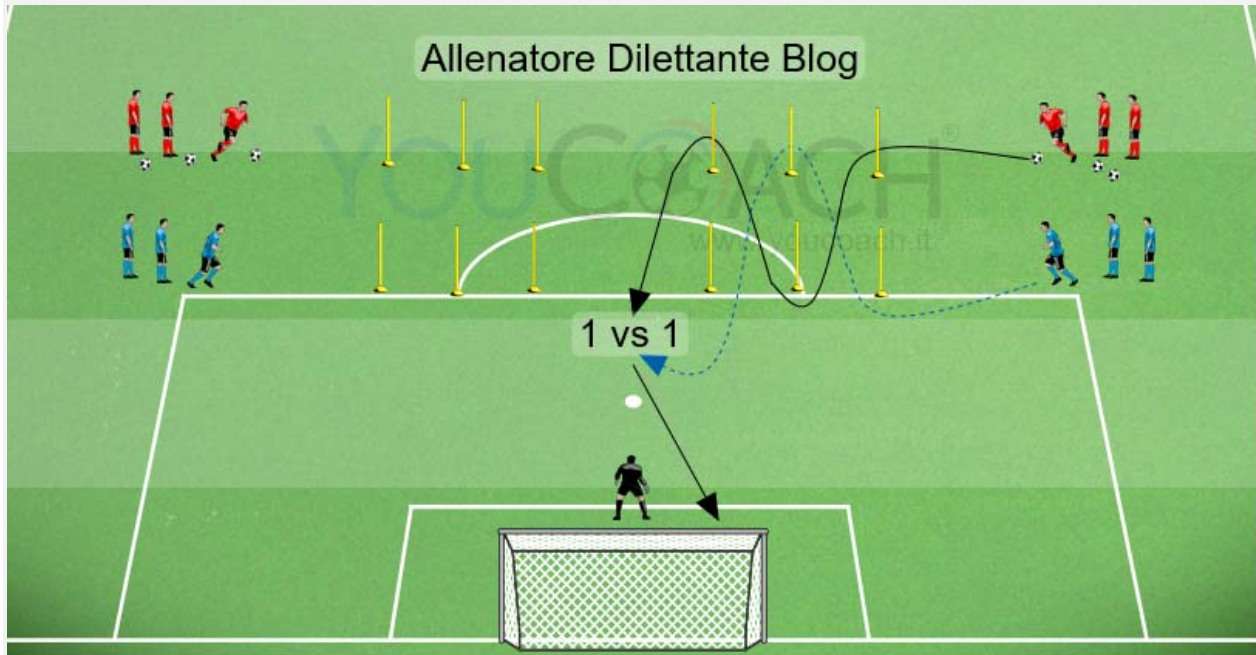
## CONDUCT:

Are made two field areas where a 3vs2 situation is developed. The players are divided into two teams, red and blue, in the figure. In the left square, the red team is outnumbered and thus will be able to implement the development of a combination of the game aimed to make a pass in red square, where a companion, for inclusion, will carry a cross for the companion. the blue team will have to carry out the exercise symmetrically in the right square in the figure, with the aim to make a forward pass through the blue color square. the 2 central players will have to assess the situation of the game and determine the right time to insert, effecting (in terms of space and time) the correct movement to impact the cross ball by Comrade and score a goal.

# Dribbling Exercise With 1 v 1

Train the 1v1 is the fundamental objective that every coach must be asked, be able to handle the offensive and defensive 1v1 situations is the basis of every tactical formation, planning and resolution upon any game situation.

## EXERCISE:



At the start of the coach challenge a red player (with the ball) and a blue player.

The two opponents have to perform a predetermined path between the poles with quick changes of direction (with the ball for the red and the blue one without player) at the end of the course they play a fast 1 vs 1 with finalization in the goal defended by the goalkeeper.

variants:

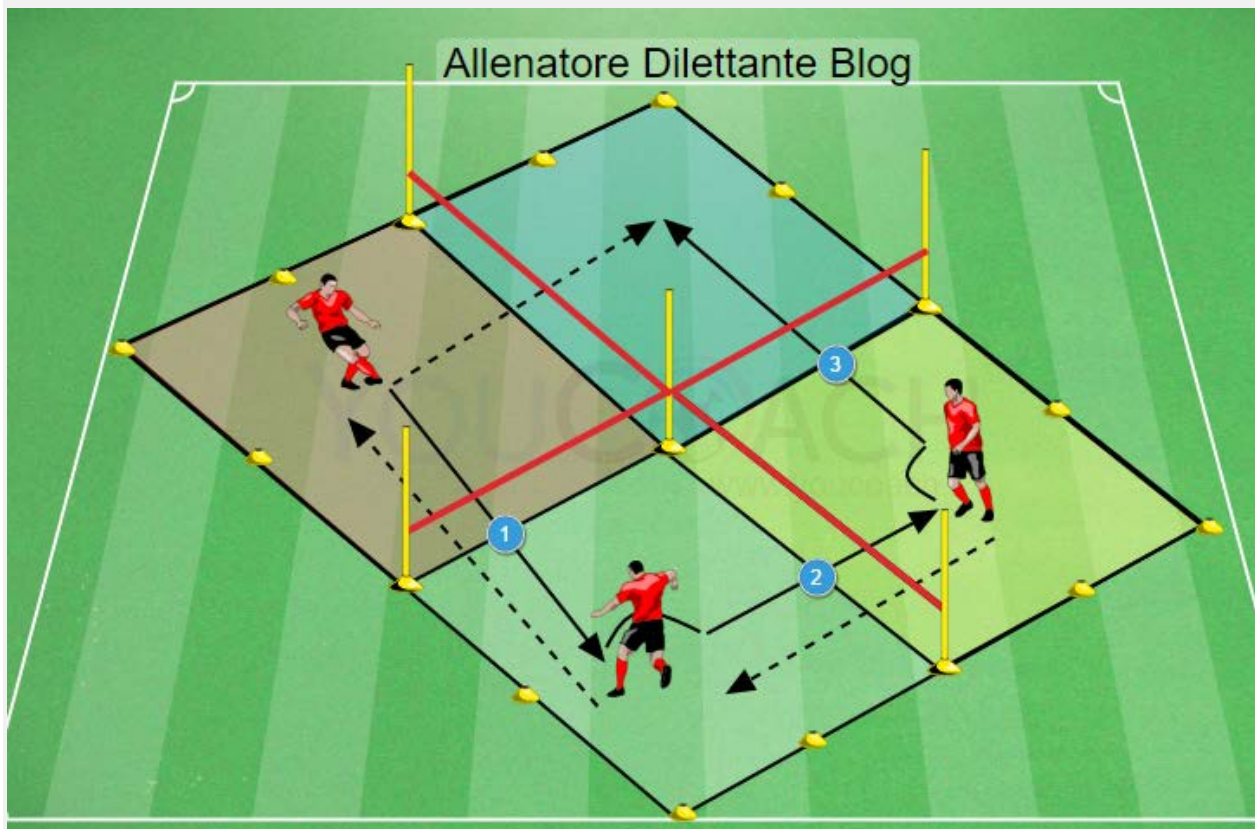
- exclusive use of a foot in the zig zag between the poles for the player in possession of the ball.
- use of an additional door in which the defendant in the case is able to retrieve the ball should finalize the action.
- Inserting a player at the end of the zig zag to transform the situation in 2vs1 then creating a simple teaching progression.



# Four Square Exercise

A major goal of every coach is able to make their players entertained, a student happy fact will give 100% in training and will be full of positivity during games allowing them to give their best. If with themed games or exercises possession is very easy to amuse their children, the real challenge at times, can make fun exercises also the analytical technique drills. today's exercise is analytical in nature and is focused on passing and receiving oriented opening and closing all through maximum playful component.

## EXERCISE:



## CONDUCT:

Is formed a field similar to the one usually used for tennis calcium. 4 square are prepared, and with the use of 5 poles are delimited the boundary sides with a height to place tape approximately 40cm from the ground. At the start players are willing 3 , one per square, leaving a free zone. the first player with the ball (shown in red square), performs a pass to his companion (the green square) making sure that the ball passes below the belt, Comrade It performs an oriented receiving opening (always keeping the ball inside its square) and performs a pass to his

companion, placed in the yellow square in the figure. It in turn runs oriented receiving opening and performs a shift in the blue square figure where the first mate who was active in red square. the exercise is extremely effective for the improvement of the oriented reception in opening and closing with both feet, placing players in different references such as the portion of the field within which able to keep the ball and the direction of technical movements. Unlike many other analytical exercises, in addition to being fun for the student, it involves a continuous movement of all players who have to move to the adjacent square to receive the ball. This exercise can be used while maintaining the same dynamic for the improvement and control of the upper step (requiring that the ball passes over the tape) or make it a domain exercise requiring the dribble highest among peers.

# Group Defending

Proper defense in football is a determining factor in the composition of the final result. In order to build this type of preparation, it is essential to work on two basic concepts:

- **space:** each player must constantly have the perception of the field area in which is to be able to implement the individual strategy and better collective.
- **Time:** every player must be part of a system that implements coordinated movements so it is important that each player receives and implements the correct instant movements

The tutorial today is structured in a football field and requires the use of 8 players and 2 goalies.

## EXERCISE:





## CONDUCT:

In both halves of a square field with the use of cones 4, the sides of the square serve as a reference for the positioning and movement of the defenders. Is structured outside of the square are placed Chinese guy 4 which are references for the positioning of the offensive players in order to implement proper enveloping maneuver. at the start of exercise 4 players of the yellow team will begin a quick round ball with the aim of creating a space for a finish, they can make interchanges of position doing so always occupy 4 stations. the red team, arranged with one player per side, will have to move on its perimeter, making sure not to leave room for the conclusion at the opponent network and also being very careful not to allow changes in the face of attack yellow team with pathways across the square. If the red team recovers the ball or the yellow team has one shot is saved (or out of the mirror of the red team leads) moves into the opposing half and perform the exercise on the part reversed if the yellow team with an effective spin ball arrives to the shooting and the goal exercise is repeated again in favor of the yellow team.

## VARIANT:

- **input and support:** An offensive player may make a cutting movement within the central square, the team in defensive situation will have to assess this situation preventing the passage between the lines and support.

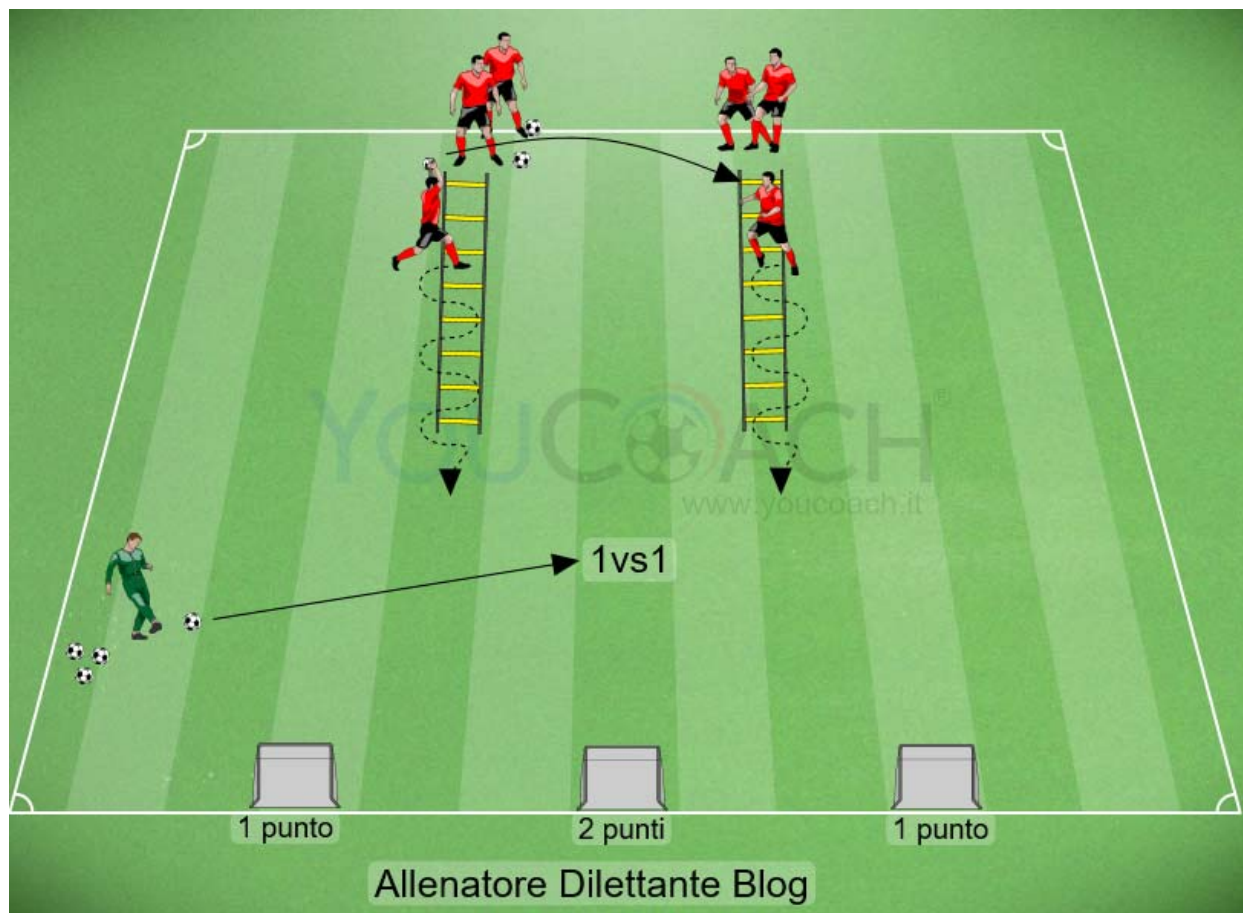
# Ladder Drills with 1v1

The common error of the students when they use speed training ladder is to focus their gaze on the feet in motion and exclude the use of arms.

Being able to coach a fluid and homogeneous movement of the whole body is a complicated goal, but from which, who takes care of the growth of children cannot abstain, in my opinion.

I found on the internet then this exercise proposed by Daniele Grassetto (whom I thank for having shared on YouTube) and I submitted it to my boys just to take the boys commitment to keep looking up while running the skip in the lineup, and by requiring the use of the upper limbs.

## EXERCISE:



At the start of the coach, a couple of players takes on the exercise execution, and ssa is to perform a double tap inside-out at every space of the speed training ladder being careful to run the bearings at the same instant buddy (with sync, or we can use the special instrument to define the rate of implementation).

Whenever the two are found with both feet inside one of the speed training ladder space they perform

a transition to mate with the hands (can be done before as a passage with his hands to his chest and then pass the ball as if it were a lineout).

At the end of the speed training ladder mate that concluded with the spear the ball with his hands, to the row and the two receiving the ball by the coach and run a 1v1 aimed at the network in one of three doors, the central with the value of 2 points and the two outer with the value of one.

# Ladders and Combos

Today's exercise has as its objective the improvement of the game side chains, improving the quality of the steps, the effectiveness of movements and the best reading of the game situations.

## EXERCISE:



## CONDUCT:

The exercise is carried out symmetrically on both the right side than on the left.

The action starts from the lateral position player, who plays the ball to his as strikers (step 1), the striker received ball running an exhaust passage on the midfielder (step # 2), and it performs a movement in space behind the defensive line. the midfielder performs a measured pass to the outside (step # 3) who once received the ball running a cross for the attacker who attacked the space in front of the door (step # 4). at the end of the action, the outside run a quick route coordinative consists of a 2-foot jump over the obstacle, two front touch the ladder speed ladder, and again jumped to 2 feet beyond the obstacle.

for each game chain are used 4 players, for a total of 9 students in the exercise employed.

## Progression:

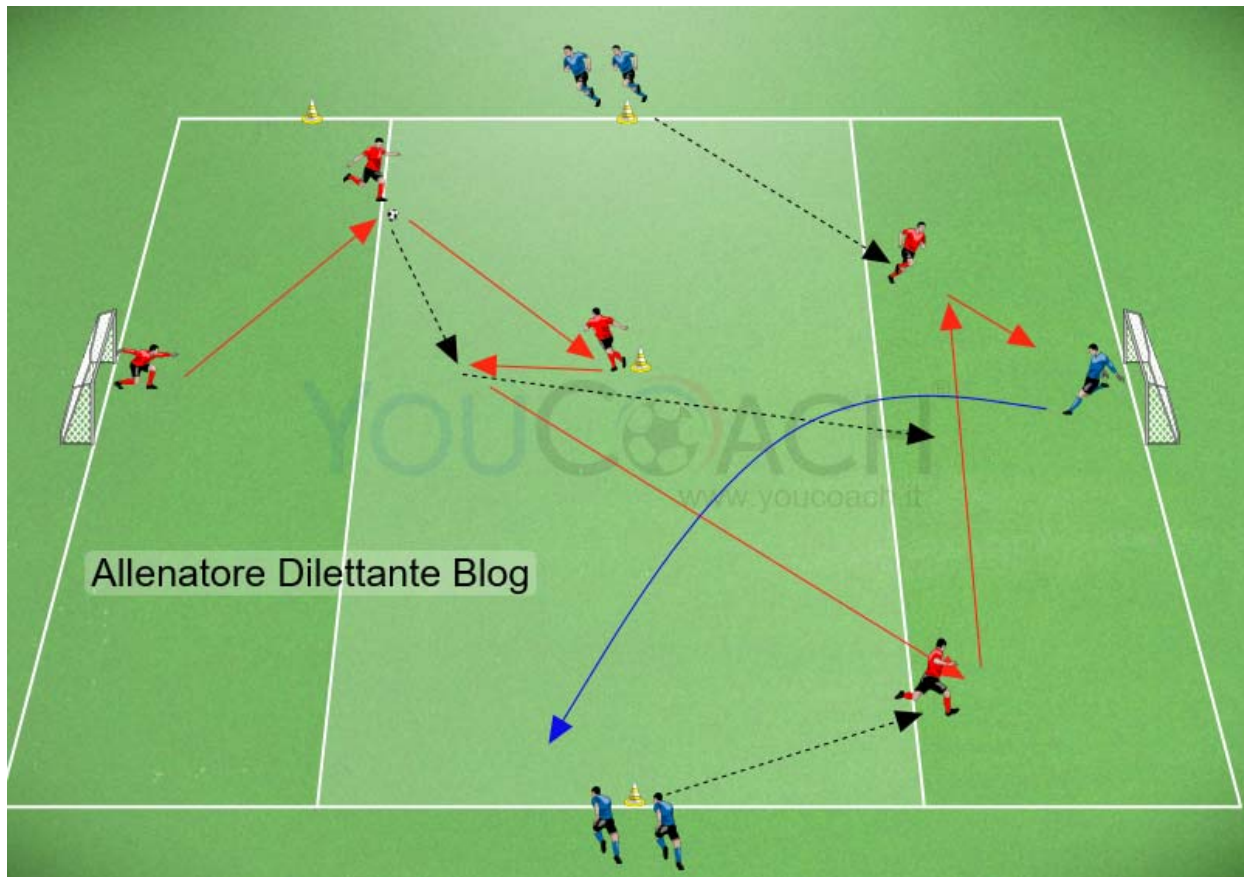
- running exercise to 2 touches,
- running exercise to 2 touches with a cross and cut at the near post

- running exercise to 2 touches with a cross and cut in the central area
- running exercise to 2 touches with a cross at the far post and cutting
- running exercise to 2 touches with a cross addressed in relation to the choice and the consequent attacker's movement.
- Exercise run first with the 4 possible solutions described above

# Training the Offensive and Defensive Transition

By its nature the football 5 is a discipline that integrates well in a soccer training programming to 11. It is a sport practiced in a small field, with the development of a situation of constant 4vs4, for these reasons it can be said that the two teams are constantly being positive and negative transition. today's exercise is inspired by this idea and tries to embrace the principles of speed (physical and thought) to focus on the game and reading technical skill.

## EXERCISE:



The red team is running a building game from their goalkeeper until the conclusion on goal.

The defender received the ball on defense, do a switch to mate in a central position which download ball on running in insert defender.

The action continues with the opening wing cross with the defender that fits the near post and the opposite outside the far post.

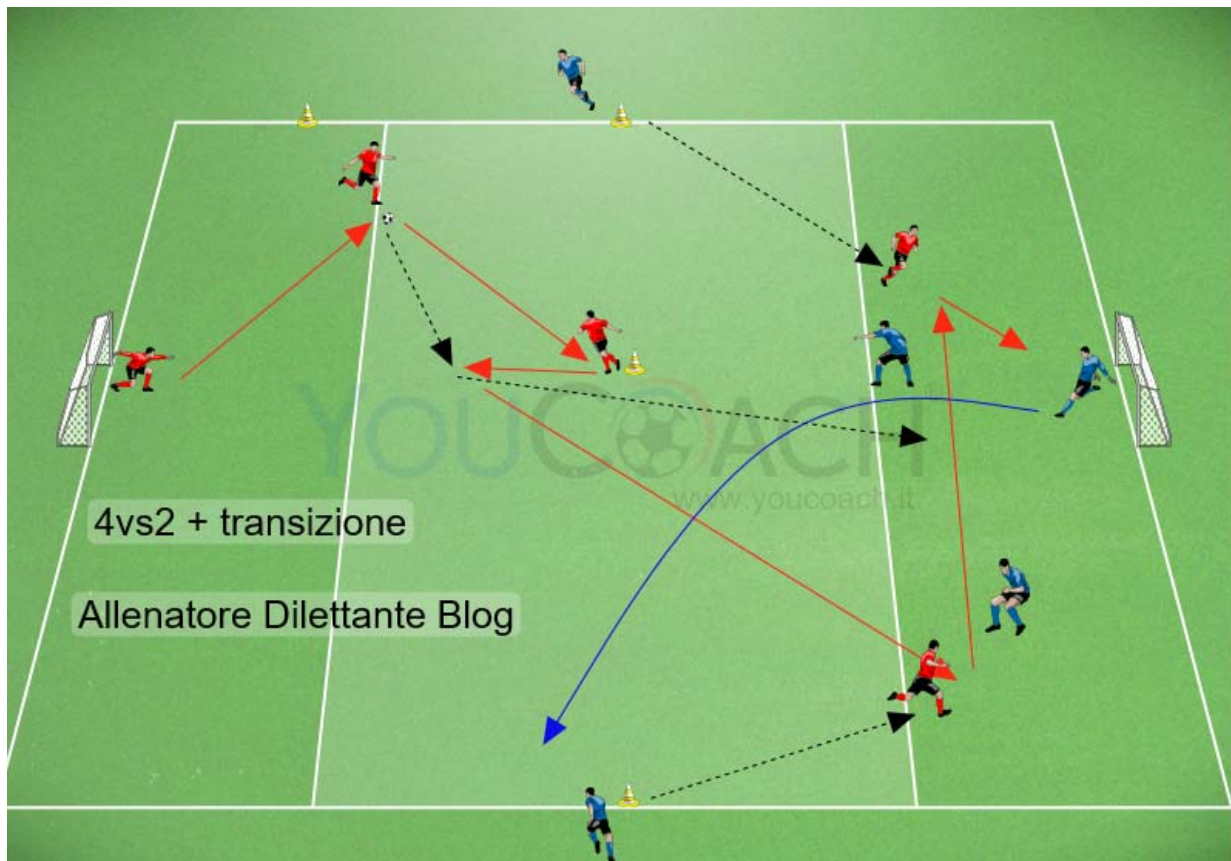
the dynamics of this building game can be varied and above all can be made more complex with the inclusion of two defenders.



Right after the 'share the blue doors will execute it a passage to the seats mates in midfield and will initiate a rapid counterattack action developed in situations of 4 vs 4.

### ALTERNATIVE STAFF:

I do not appreciate the game proposals situations without opponents as too distant from reality I performed well:



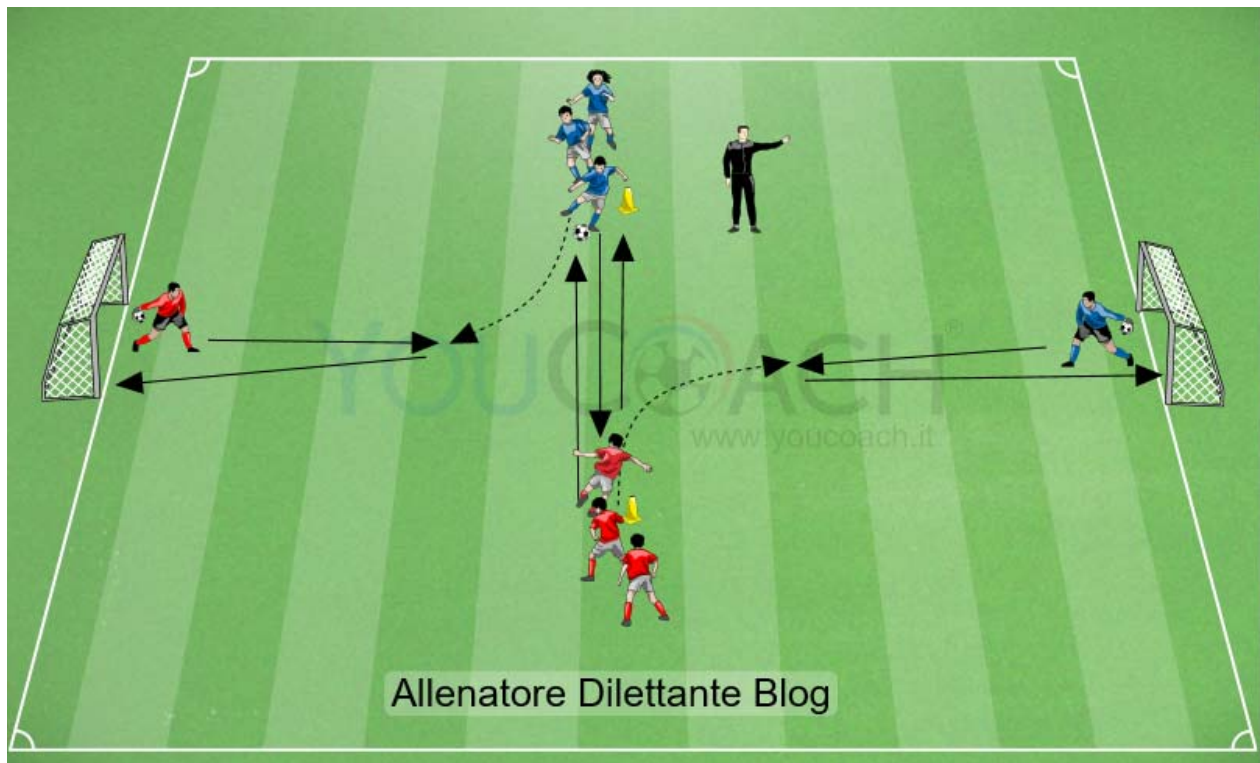
The Red offensive action develops in situations of 4vs2, blue doors, once the opposing offensive action will serve one of two places mates in midfield by developing an offensive transition 4vs4 situation.



# Pass and Shot On Goal

Today I propose an exercise that I insert into my training session for the category chicks. The objectives of this exercise, as stated in the title, are passing and shot on goal. In this session, I want to focus in particular on the ball sensitivity children and for that I require both steps volleys or before.

## EXERCISE:



## Procedure:

At the start two players, one of the blue team and one of the red begin to perform some passages between them, these transmissions are carried out than before.

At the coach's whistle the ball used is stopped and left for the next pair, while the two players receive the ball from the goalkeeper of the opposing team and the first intention to conclude the network.

This exercise is structured to competition and then at the end of the year will win the team which carried out pulling more goals than before.

the variations that can be applied are many, to as if we have a team of high level and we also want to train high ball situation and the concept of the trajectory evaluation we could ask for in the middle to

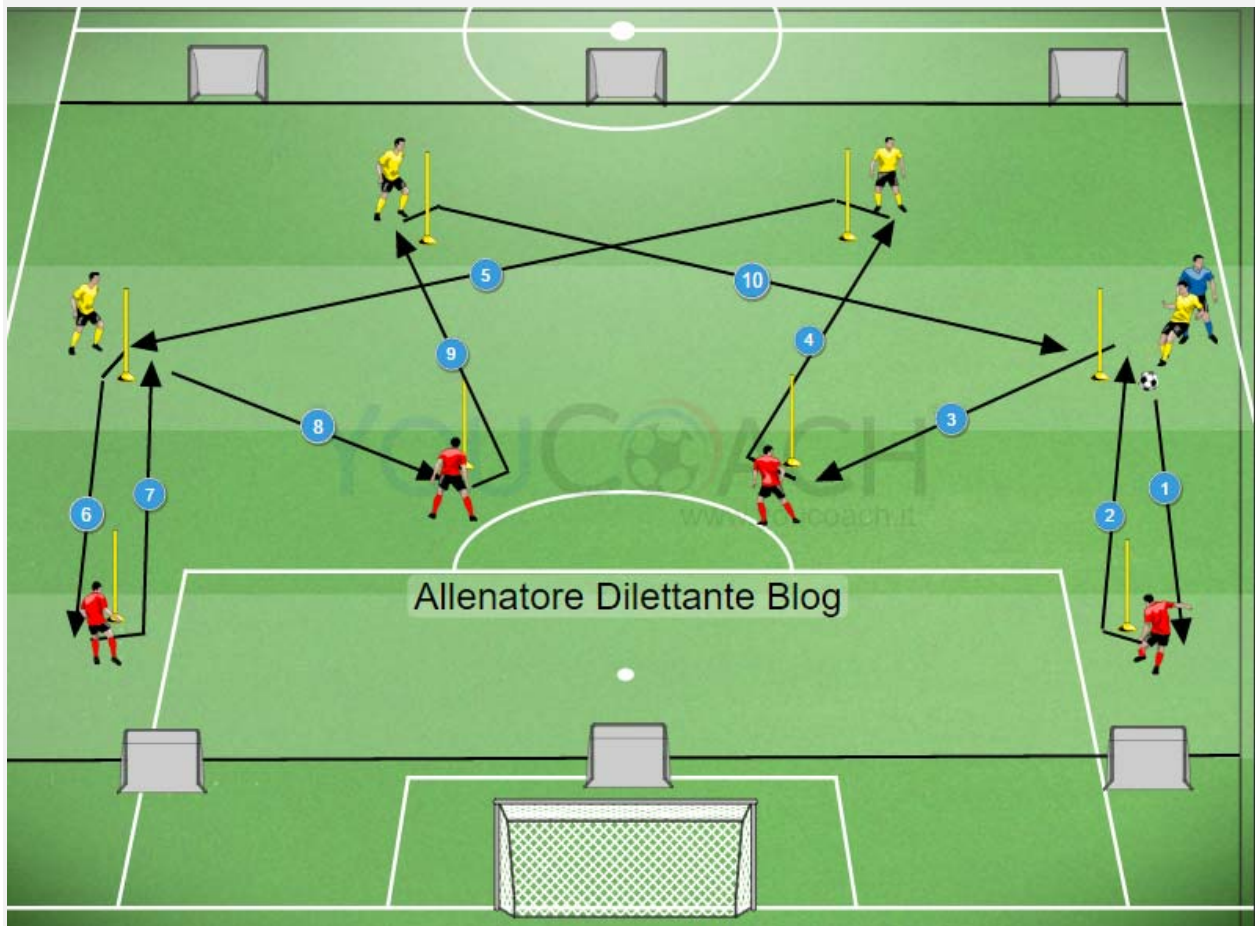
make loud passages or passages on the fly and at the conclusion to impose the porters serving the strikers with ball high.

We can also insert psychokinetic elements of nature such as at the time of the whistle the coach if you raise one arm will have to be made a conclusion with the right foot, or if it will raise both arms with your left foot (can also be done kicking off with calling a number and odd or even will decide which foot to use, or use 2 Chinese guy a different color to show the whistle / off of the coach).

# Passing Exercise to 4 v 4 Plus 1

Today I propose my tutorial which developed a gaming chain with the use of 9 players, the coach's whistle the mute exercise rapidly becoming a 4vs4 game of three doors with a wild card. The players are divided into two teams of 4 + 1 wildcard.

## EXERCISE:



## CONDUCT:

The gaming chain comprises 2 lines of 4 players, with quick exchanges alternating discharges to close companion and rapid changeovers. The field area where exercise is not random is developed, arise in the players the correct gambling references in the field to 11.

For each player is placed a pole which serves as a reference, and also has a technical function fact at each transmission a player must make a reception oriented tool on the opposite edge in relation to that from which it was received step. for each game the student moves to the next station, where I played ball.

on the coach's whistle is developed a 4vs4 + 1J game situation with the aim of creating a network in one of the three doors of the opposing team.

**VARIATIONS:**

- replace the reception oriented with the reference of the pole with movement and movement against meeting with respect to the passage.
- Require players to run the chain slack at a touch.

# Integrated Coordinative with Passing and 1 v 1



To perform this exercise 3 poles for sliding pair of players are needed, they are arranged as illustrated in Y. You will also need a ball point and a door (I use 2 cones).

At the start the player, on the bottom, performs a coordinative work centered on the double quick tap in the spaces, after which they will receive ball from the companion seat across from him and then return ball with a pass.

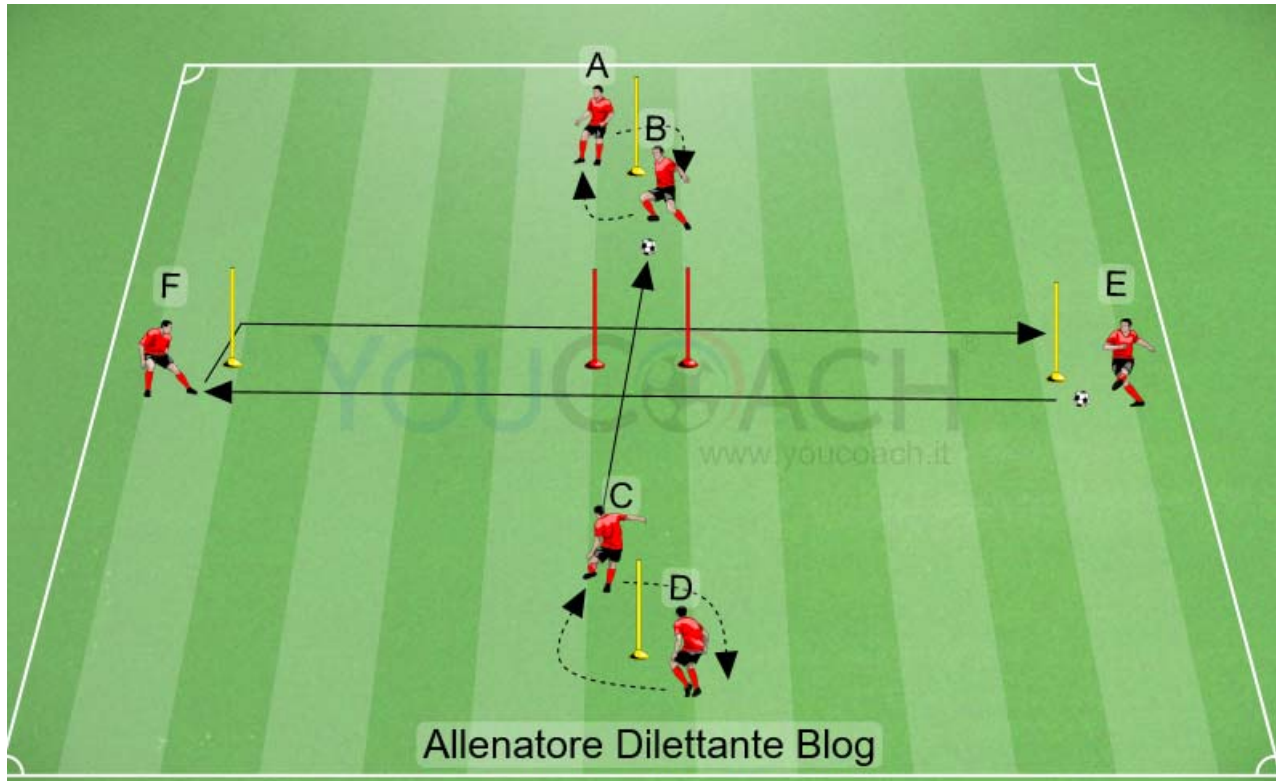
This work succession and co-ordinating exchange of passes is maintained for a predetermined time (I do 45 seconds - one minute), after which, the whistle, the ball is passed to the player on the bottom in the figure, and two athletes perform a quick 1v1 with the aim of scoring inside the door.

at the After the game situation the two companions are reversed role, and they begin the exercise.

# Passing and Receiving, Atletico Madrid

Today's exercise, using very few tools, allows you to perform a full workout with the transition goals and oriented reception.

## EXERCISE:



## CONDUCT:

The players A, B, C, D are running steps of the first with the aim of serving the other row with a precise through-pass for the door, consisting of 2 poles red.

At each step the pair swaps position, making a circular motion around the yellow pole.

C after playing moves with lateral and backward stroke reaching the place of D, D player in turn will perform a lateral travel and forward to receive the pass from B to serve as the first player A.

In the opposite direction play exercise players E and F, their goal is to be able to make transitions from one direction to another, avoiding the two balls collide, and when receiving the pass-oriented run a receipt for move from one side of the pole. (The red port and the 2 side poles are all in line).

This type of exercise, double allows to train the passage connected to the movement for ABCD players while for 2 side companions is considerable demand attention in terms of assessment of the

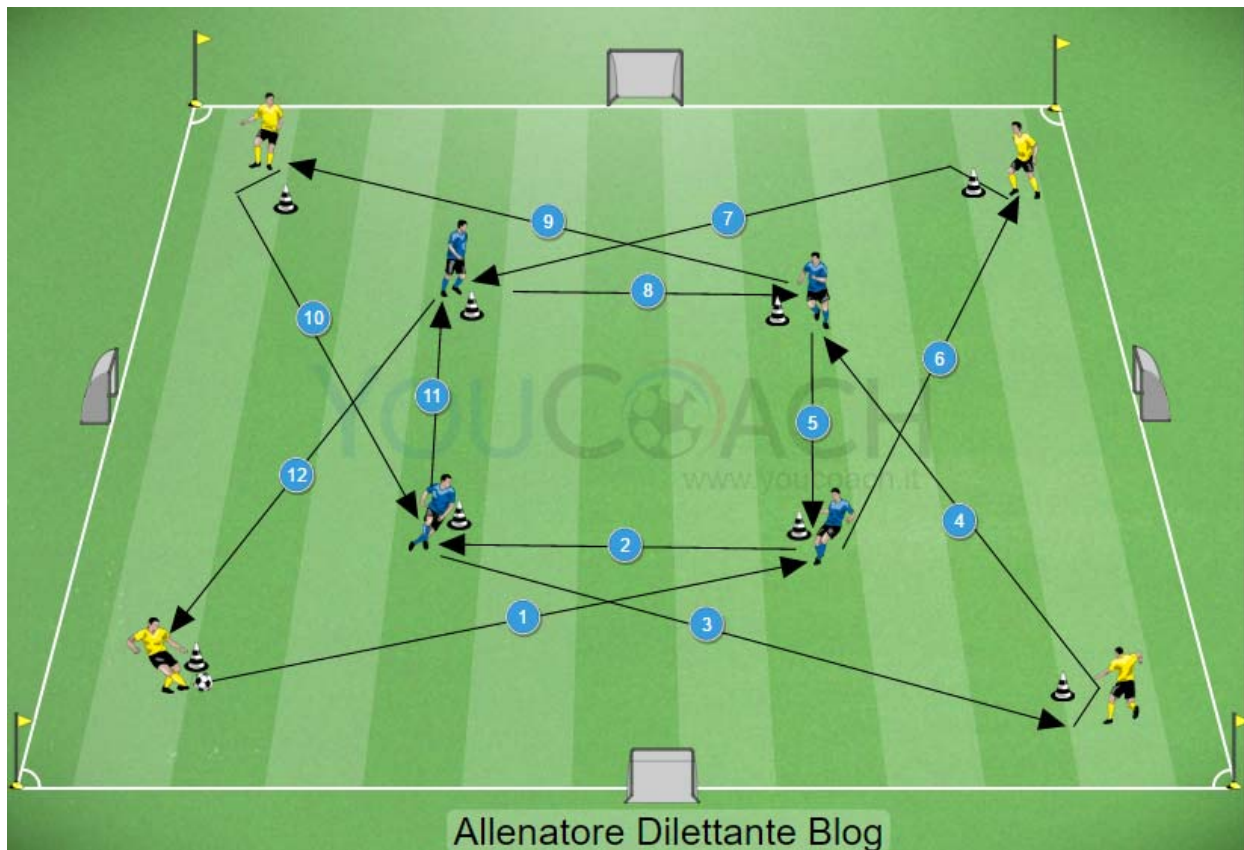
trajectory, is based on the time and space, getting used to the players to look up before making a pass.



# Passing Circuit and 4 vs 4

The title of today's article wants to be in fact the release of Barcelona challenging enough, last night against a pragmatic Atletico Madrid (which in the 180 minutes he deserved in my opinion) and the unexpected 2-2 between Bayern and Benfica leads to speak in many newspapers, as always at each negative result, the low efficiency of this style of play. Given that in football the views are changing as the pants of an incontinent (excuse the metaphor and the image) must always be, or try to be objective when judging. the tiki taka is a term that many (including me) have the hives as the disproportionate use, although unfortunately at the amateur level, where often the rampant ignorance. My main thought is that each team must have as its objective the maintenance of possession, but everything must be practical to buy space and conclude at goal, the horizontal ball around in midfield, or worse, in defense can not be said to possess functional ball (except when we have teams laurel closed and this can be functional for the subsequent creation of spaces, making "get out the opposing team") Today I propose a technical upgrading exercise that the whistle becomes a situation of 4vs4 4 doors.

## EXERCISE:



## **CONDUCT:**

At the start the players perform a sequence of steps in order to achieve a quick round ball based on the concept: playing ball and execute a movement, in fact, every player every time you run a step moves going to take the place of the companion to whom it has addressed the ball.

the exercise of technical improvement is aimed at passing and receiving.

the players placed on the outside of the square run every time a receipt oriented over the cone, before playing to his companion, while players of the inner square ball run broadcasts as before.

the exercise components are divided into two teams because the coach's whistle begins a situation of 4vs4 with 4 doors and after which players take place and starts the circulation of the ball.

# Passing Circuit with 1v1 Game

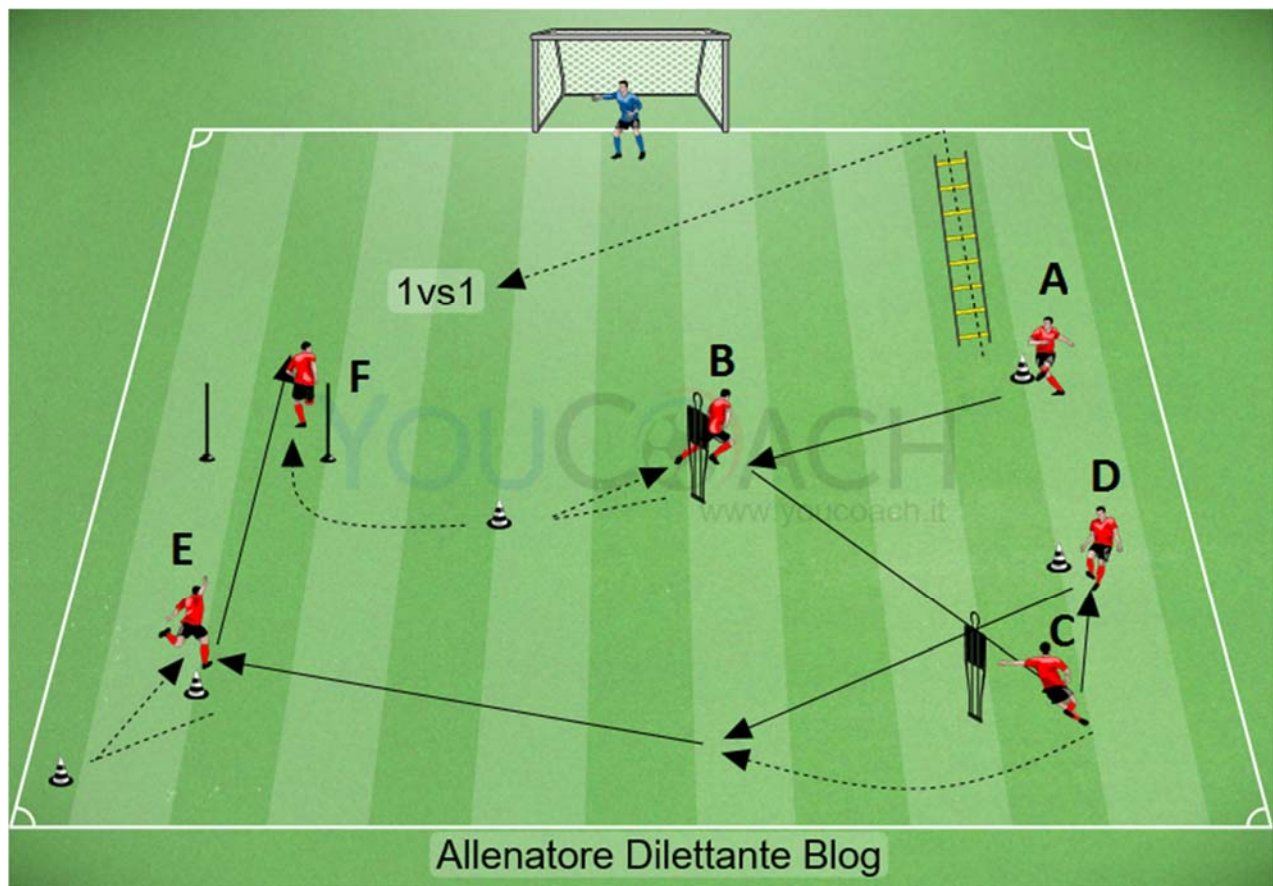
I am convinced that improvisation in football can afford a few players, however succeed in building solid foundations, with a few clear concepts but allow players to express themselves at best even in times of difficulty or lack of trust within the game can happen.

Giving some ideas of development of the action should not be an imposition but an alternative choice in the minds of young people. This exercise is structured to develop a gaming chain that besides having a tactical value is integrated with many technical aspects:

- movement and against the movement,
- oriented reception
- short and pass passage
- 1v1 offensive and defensive
- shot on goal

It also introduced the use of speed training ladder going to cure even the coordinative aspect.

## EXERCISE:



## **CONDUCT:**

At the start player A, located in the top upper left of the image, plays ball at close companion B (that performs the first movement and against movement in order to create time and space for his play.)

Player B receives the ball in front the shape and performs a transition to C, who runs a drain D and aims on the wing with a quick movement of dissociation.

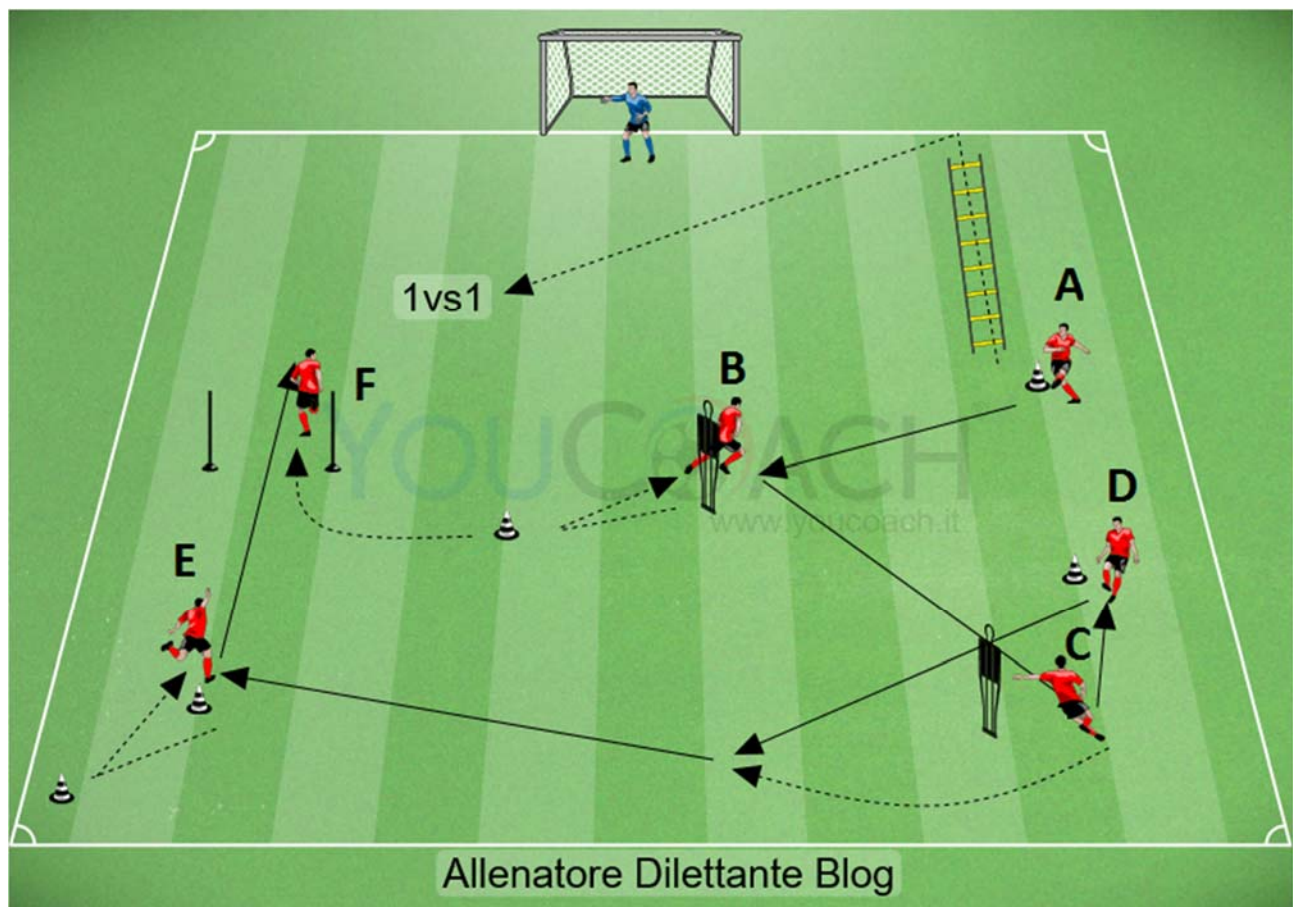
Received ball on the race, running a transition to E which first intention performs a vertical in the door for F that performs a long movement. At the end of the game chain running a 1vs1 F (with the ball) and a which in the meantime has performed a double twist in the ladder speed training.

on completion of the various players shift by a position.

# Passing Circuit with 1v1

I am convinced that improvisation in football can afford a few players, however succeed in building solid foundations, with a few clear concepts but allow players to express themselves at best even in times of difficulty or lack of trust within the game can happen. Giving some ideas of development of the action should not be an imposition but an alternative choice in the minds of young people. This exercise is structured to develop a gaming chain that besides having a tactical value is integrated with many technical aspects: movement and against the movement, oriented reception. short and pass passage. 1v1 offensive and defensive. shot on goal

## EXERCISE:



## CONDUCT:

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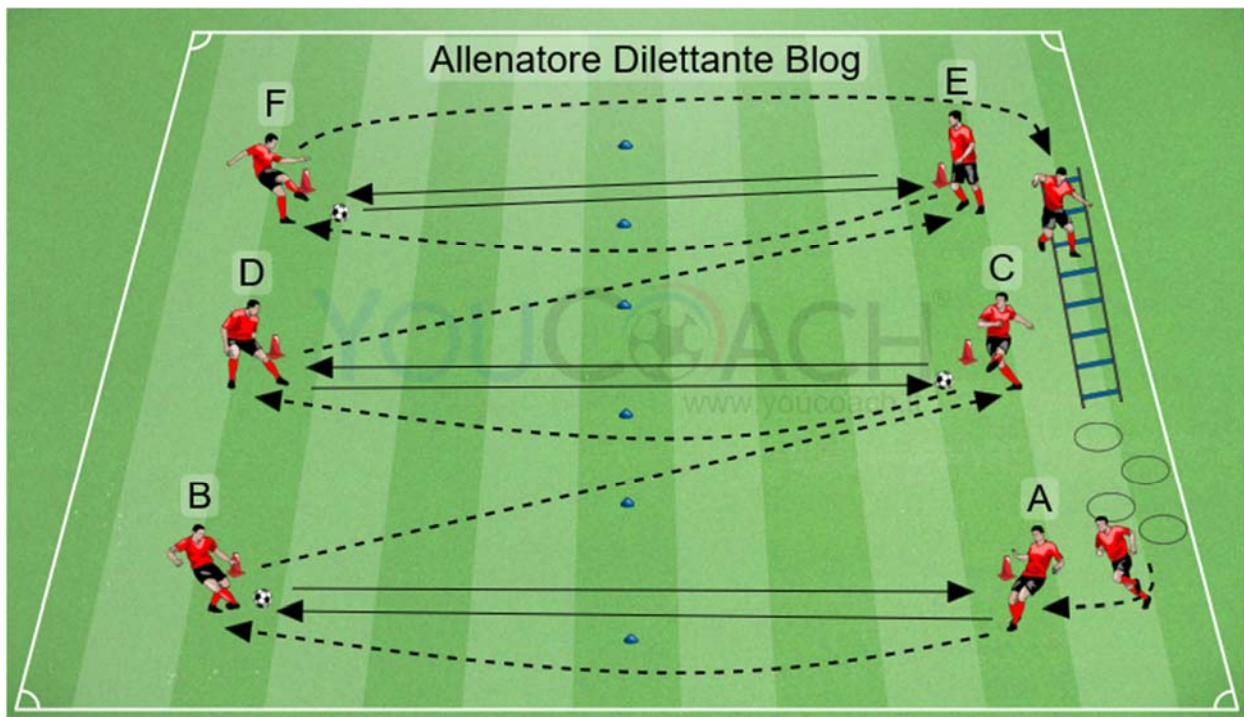
on completion of the various players shift by a position.



# Passing Circuit With Agility Drills

Today's exercise, analytical nature, I discovered watching a video of Primavera AC Milan team coached at the time by Cristian Brocchi, name extremely popular in the last few days to have replaced Mihajlovic in leading the first team . in this article I will not go for the correctness of the choice, and I will not add me to the choir "Berlusconi go away" or "team to be redone" etc..Ci are many other interesting articles that deal in detail. Today, in addition to seeing this interesting exercise for the technical improvement you will see in the video of this new and young trainer to work.

## EXERCISE:



## CONDUCT:

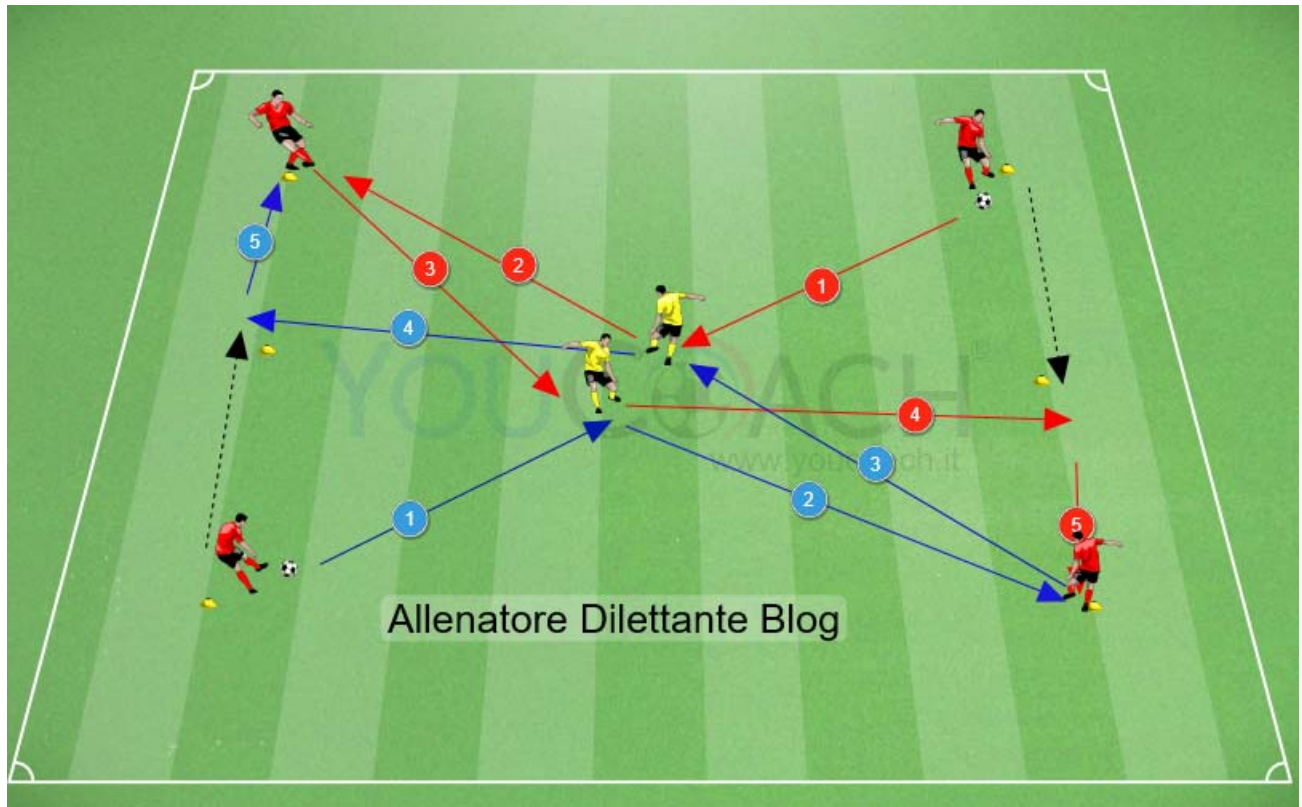
This tutorial is based primarily on the transition and on the immediate movement and was conducted by the youth team but can also be subjected to lower categories, the only difference will be the expected intensity level. At the start the player in the position to make a transition to mate in zone B and performs a click to this location. player B runs a passage in station a and performs a movement in C. at the same time the player in C performs a shift to D and performs in that direction a shot, the



player D runs a passage area C and performs a shot in E. Comrade It performs a transition to F that performs a transition to the station E and performs coordinative path consists of a ladder and some circles in which to perform the binding supports and to reach the location where the sequence begins again. the path coordinative I added I respect the original exercise to better fit the needs of the teams I coached.

The exercise is carried out with three balls, each player at each step performed performs a click making this challenging analytical exercise also from the athletic point of view.

# Analytical Tutorial for Passing or Warm Up



It is made up of a matrix in which we're going to work analytically with the use of two balloons simultaneously in order to take the greatest care to the players and to keep the highest level of exercise intensity. The path of the balls 2 is drawn with different color arrows and the various steps are numbered with a sequential number for understanding the dynamics at best.

In this tutorial, the trained technical fundamentals are switching (both on humans in both the numbers 1,2,3,5 pass on the race with number 4) transmission and reception oriented.

Also from the tactical point of view there is the 'learning the constant search for the game changer to get one of the game's development in amplitude.

At the start the player in possession runs a central passage to the wildcard closer to him and performs a movement in space to the Chinese guy at one half of the side of the square.

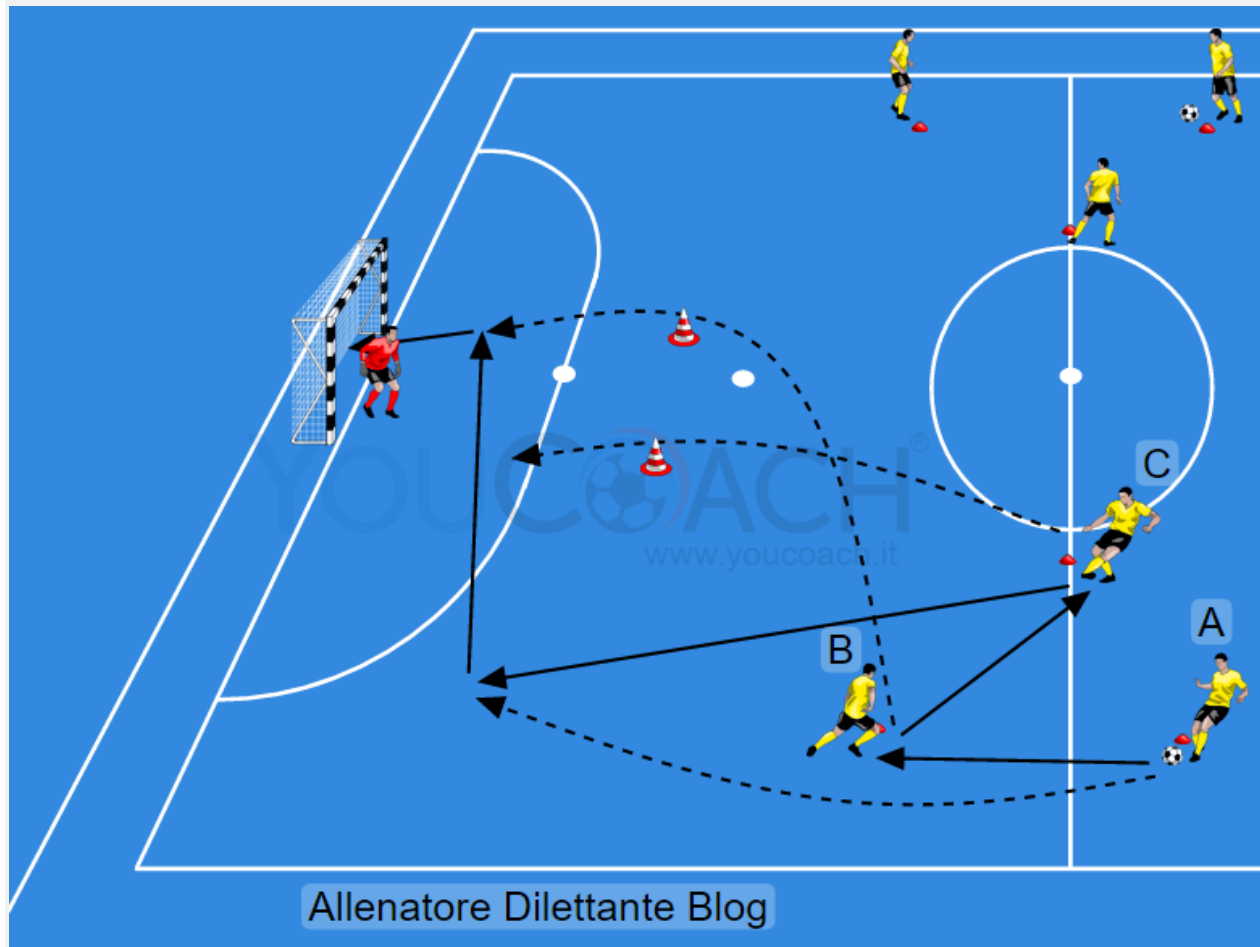
The Central wildcard sends the ball to his place in the opposite corner where it comes from ball turns in order to receive the verticalization of the companion and once received plays ball on the player inclusion on the opposite side of the origin of the ball.

the player entry once receiving the pass on the race he sends it to his companion in the near and the Chinese guy ' exercise starts again.

# Passing Pattern with Finishing

Today's exercise is aimed at developing a side clearance chain with a focus on the spaces to attack by offensive players.

## EXERCISE:



## CONDUCT:

At the start, the players A, B, C, running a quick combination of game to a touch, A to B performs a vertical passage, which runs a support to C which eventually performs a pass to A. Players B and C are in charge of the attack of the door to finalize the action, they will be guided by the cones and with this exercise you want to give awareness of the importance of attacking the correct spaces. B performs an ambling movement and size to the far post, C instead, with a stick to cross the first pole racing line. the exercise is performed both on the right side than on

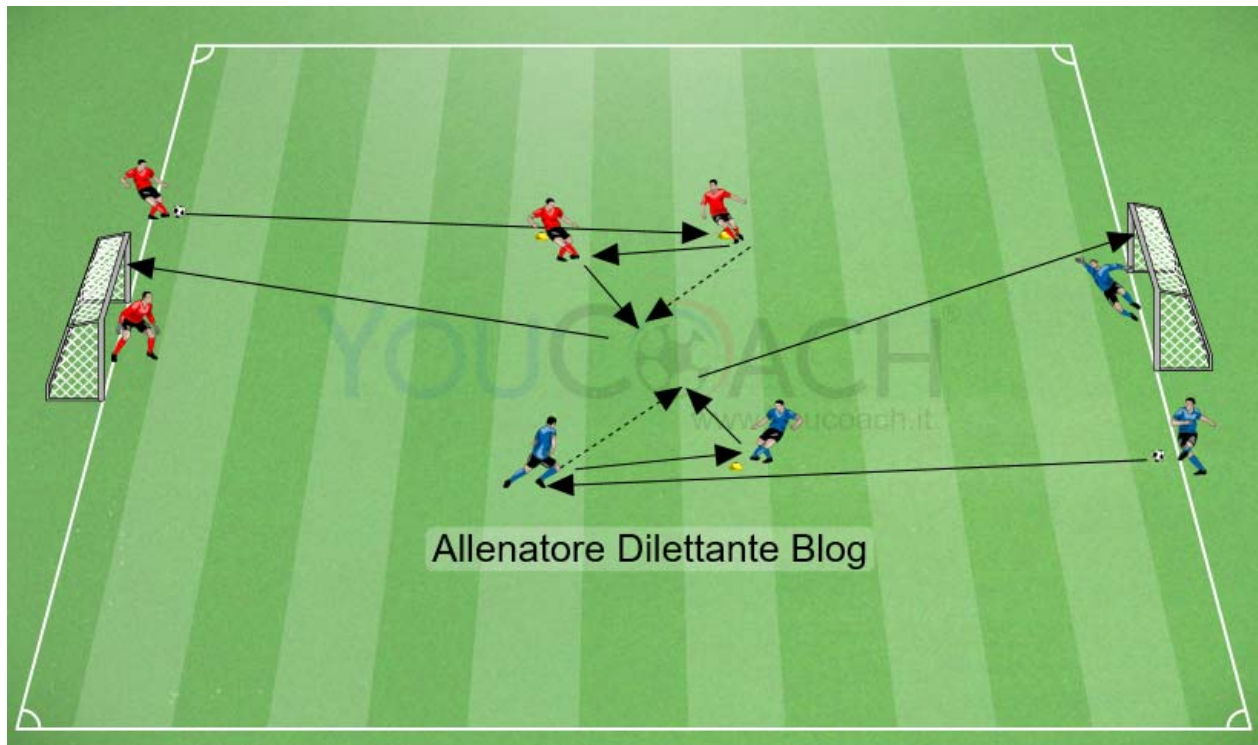
the left, alternating the three groups of students and requiring the exchange of roles with each repetition.

This tutorial after being learned by students can be applied in game situations that reproduce the reality of the game as a 3vs2 situation with the door attack.

# Passing Pattern With Finishing

The tutorial today is structured in a simple and is performed by two groups in a symmetrical manner so as to give the greatest number of repetitions on each component of the team, acting in the most effective manner in terms of technical improvement of boys.

## EXERCISE:

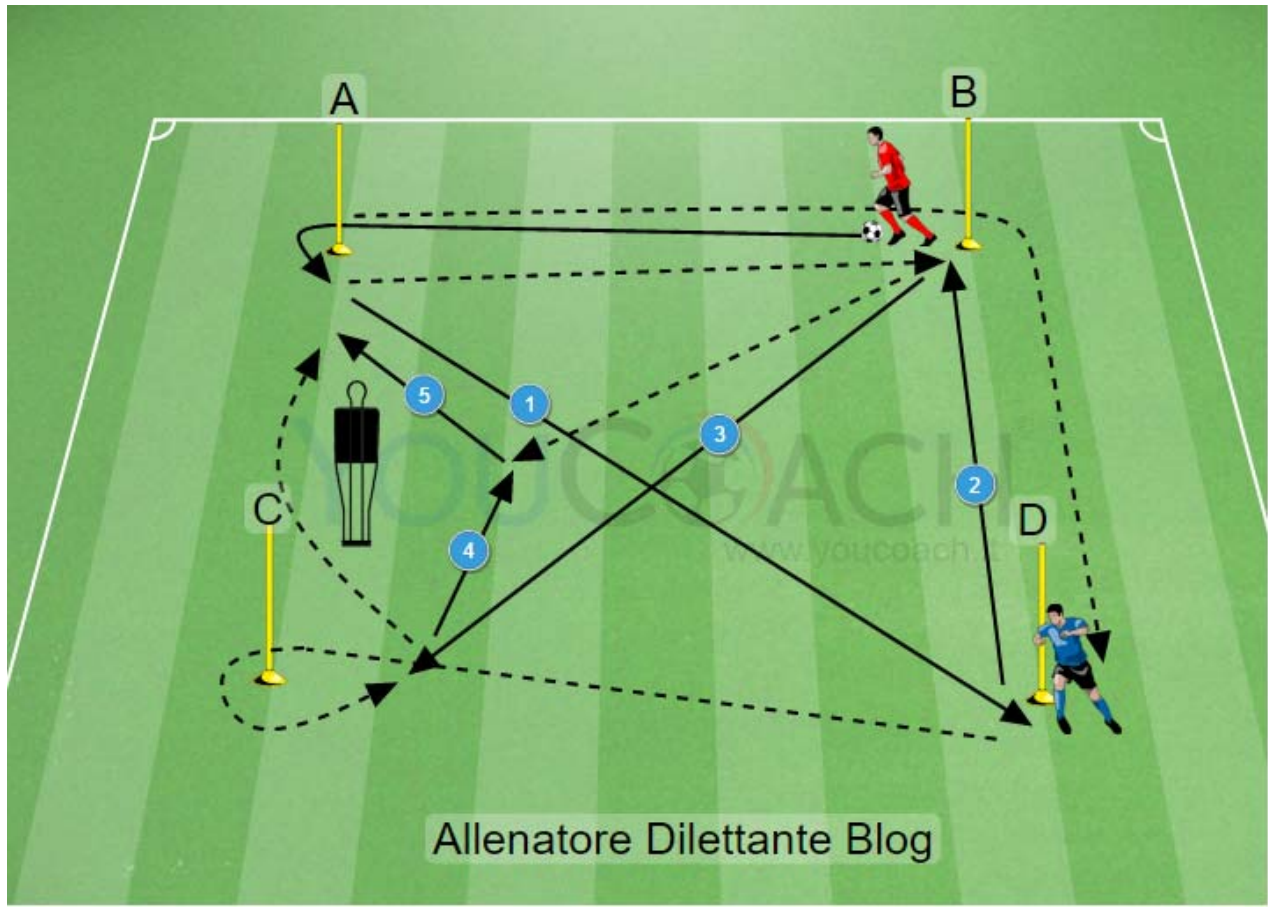


The first player, placed near the door and in possession of the ball, performing a step tended toward the more distant companion that performs, first, an exchange with a close companion, and then, once received the ball on the race concludes on goal. At After each repetition the players shifted down one position going to occupy every position. In this tutorial, that uses fewer materials, are pursued technical goals of passing and shooting. it appears to be a suitable exercise in the core business for understanding of the gestures but also in the more mature categories such as heating or exercise analytical technique. you 'can get greater intensity going to require that the touches are performed before and can be structured as a competition between the two teams going to compare the number of goals scored.



# Passing Square

## EXERCISE:



## CONDUCT:

The blue player without the ball is positioned in the apex A, while the red player with the ball in the apex B. At the start, the red player in line, you run into port in the vertex A and performs a shift to the blue player that performs a movement in space of dissociation up to vertex D (step 1).

The blue runs a drain passage in red in the vertex B (step 2) and will take one shot, without the ball, to C summit where he received a pass diagonally from red-mate (step 3). the red player, after the passage in diagonal, performs a movement towards the companion creating an exchange of one two (step 4-5)

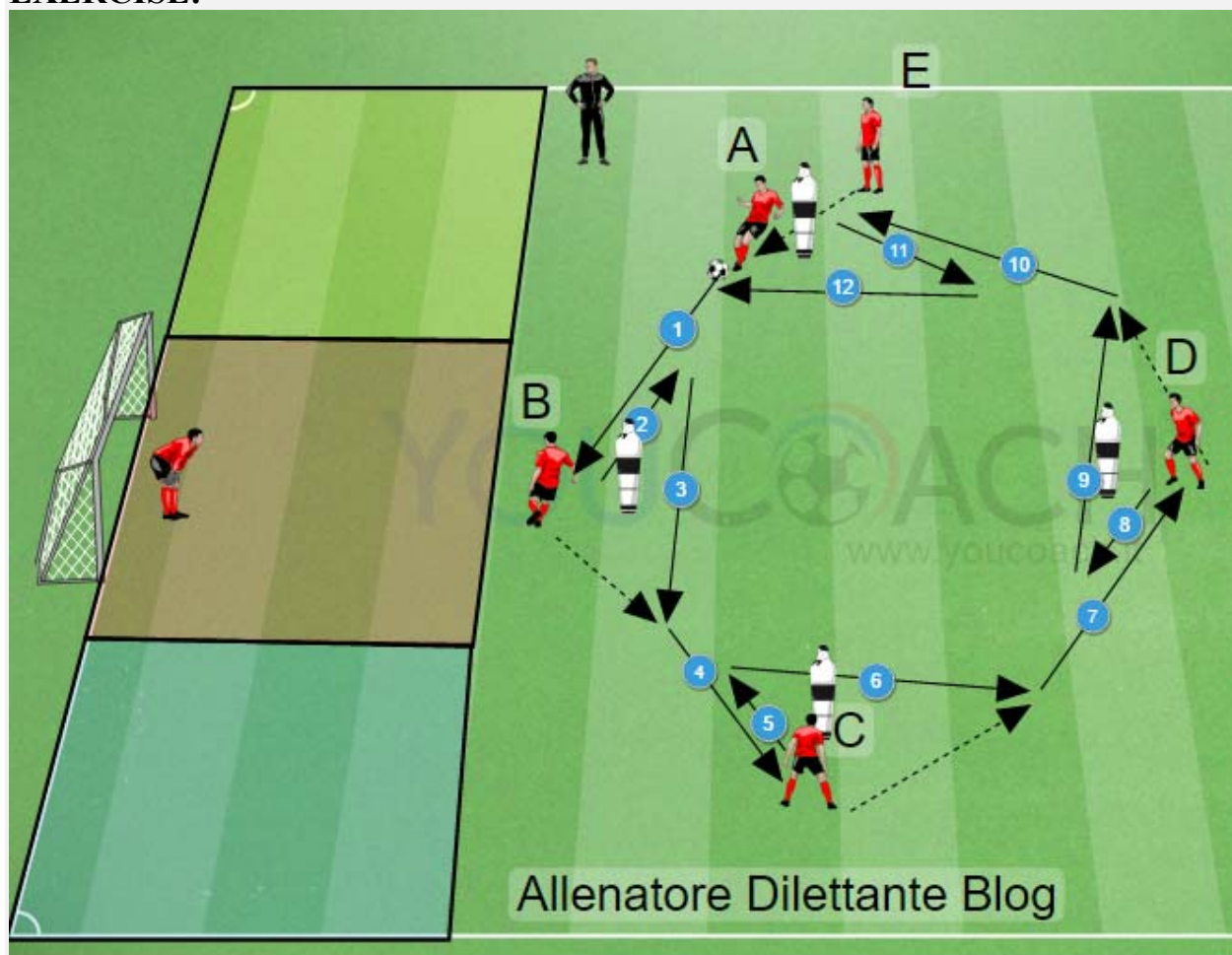
This analytical exercise has as its objective the creation of steps with subsequent dissociation movement giving awareness to the players the importance of making a move after playing the ball to create an alternative passage to his companion.

Variation: Can 'be inserted on goal with the keeper or a 1v1 with door or doors once the sequence of steps.

# Passing Exercise With Finishing

Today's article is the result of the beginning of a collaboration with Alessio Battaia, former footballer and behind experiences of professionalism in football to 11 and 5 and is currently the football coach at 5. Today's exercise is the brainchild which developed during the call, the speech was: it is easier to move without the ball after passage or so before receiving it, what is difficult, especially in football 5 is to do functional movements in the collective development of action (ie create space for the insertion of a companion). today's tutorial just want to train this predisposition of the boys to attack the spaces not only a function of receiving the ball, but also to create room for the companion and embarrass the defense attacking.

## EXERCISE:

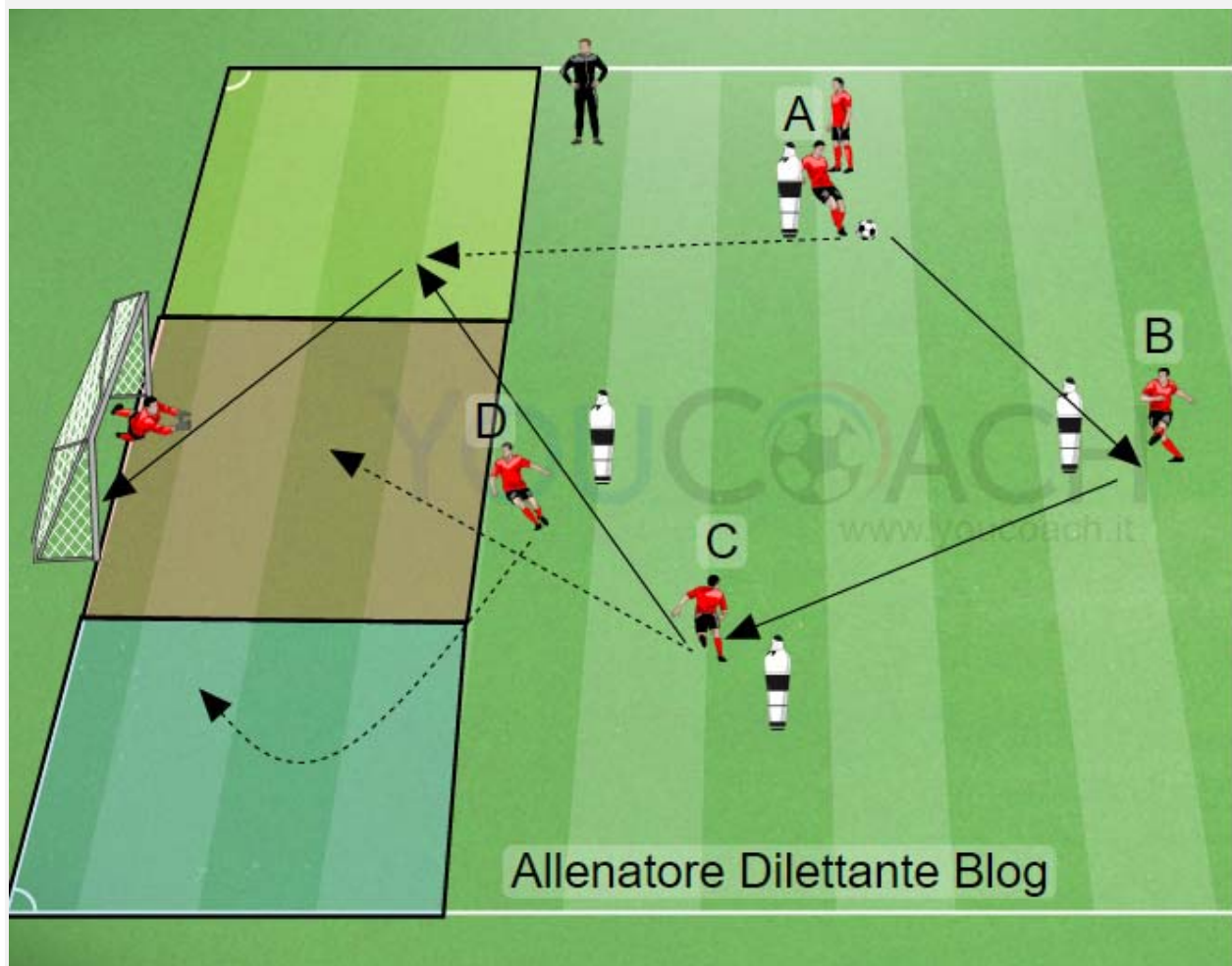


The tutorial takes five players and a goalkeeper.

At the start of coach the team embarks on a rapid movement of the ball as shown in the figure: Player A, starts with the ball and makes a pass to B who runs a drain on its run and it performs a movement over the shape to receive the ball, on the run, again from a by closing the

triangulation. B performs the same combination with C while A stops in the position previously occupied by B. The whistle of coach the team aims to quickly create action Goal paying attention to three areas consist of front and side of the door. They are in fact arranged in figure 3 spaces that are colored blue, red and yellow. The action will be valid only at the time of the goal all 3 areas will be occupied by a player. the difficulty is not related then only to the technical point of view but also cognitive requiring players a quick assessment of the game situation and a consequent development of a strategy.

### An example:



A coach's whistle to play ball B which looks up and serves on the C race that performs a movement from outside towards the center. C performs a step-and-shoot in red space, D which is in the forward position runs a veil and attacks him from behind while blue space to properly execute a movement within the yellow space which receives and effort on goal.

The action is valid because D is set the blue sky, the red one in C and a in the yellow one.

# Passing and Receiving Session

Training today will include a first part of an athletic nature focused on strength and speed, a second part of the technical training on the step and finally a form of themed game for game development on the wings intended to cross from the baseline. The second and third phase of training are two exercises with a strong element of fun and a little repetitive to respond well to most of the guys want to play after completing the first part without the ball and therefore less fun for them, although very useful course.

## **FIRST PHASE: TRAINING ATLETICO-coordinative**

**Training FORCE** : pull your partner to a little Chinese place to 20mt. The partner must curb the progress, 30 "change roles. In the figure the red team must tow the blue team and then reverse the roles.



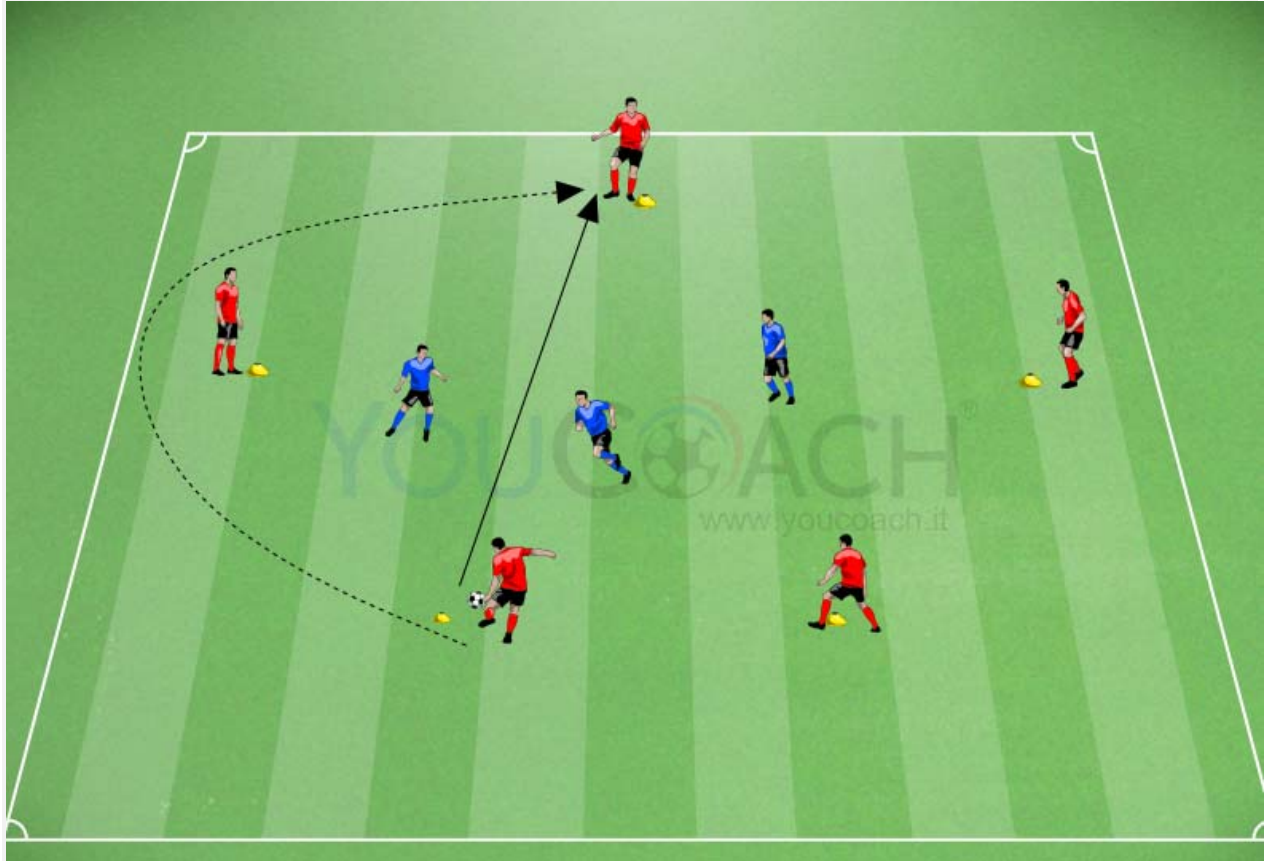


**Training SPEED ' :** pursuit race, make a tour around a 5 meter square. 4 repetitions per athlete. The two players will have to perform double-tap the ladder (marked with a different color cone for the two athletes)



## SECOND PHASE: EXERCISE TECHNIQUE

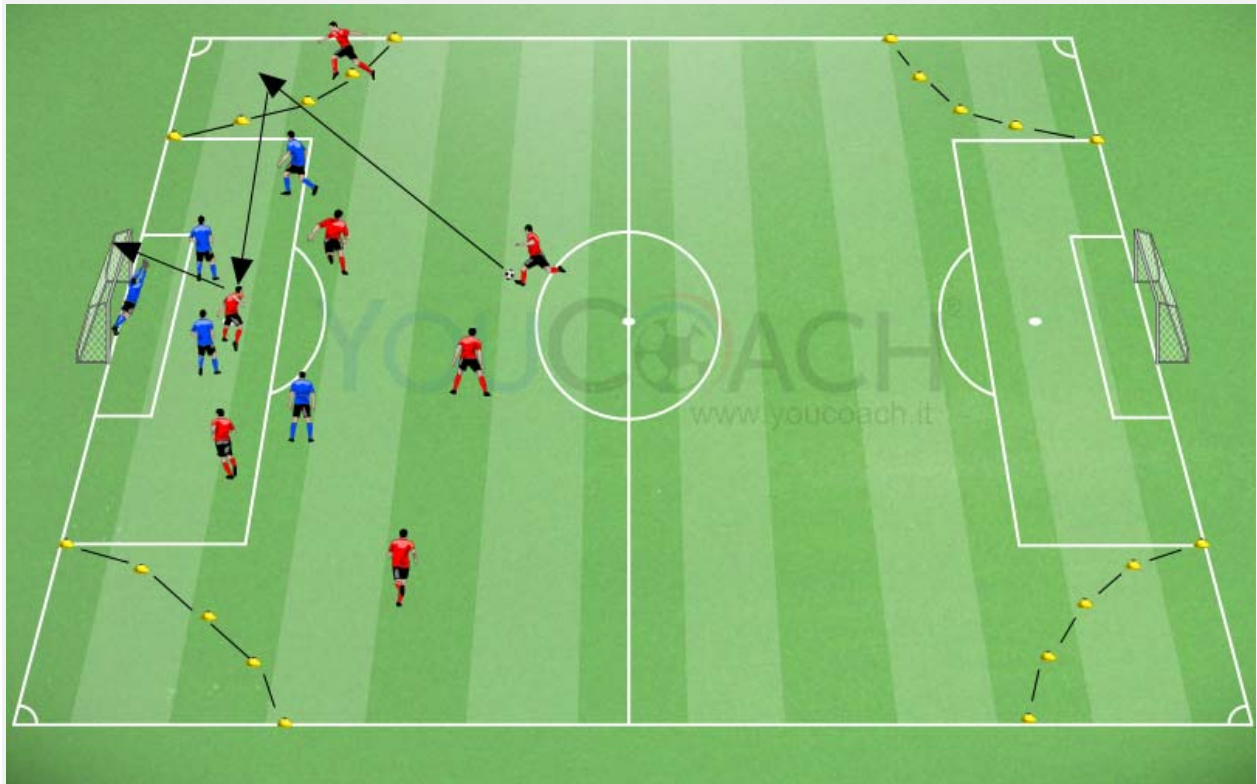
Inside a Pentagon team performs an exercise possession in situations of 5 vs 3 with the aim of the movement of the ball at each transmission. Each player must shoot at each step outside the figure and reach the place of Comrade that has received the ball. If the player's ball is intercepted, will be positioned within the figure, with the purpose of defending.





### STEP THREE: GAME THEME

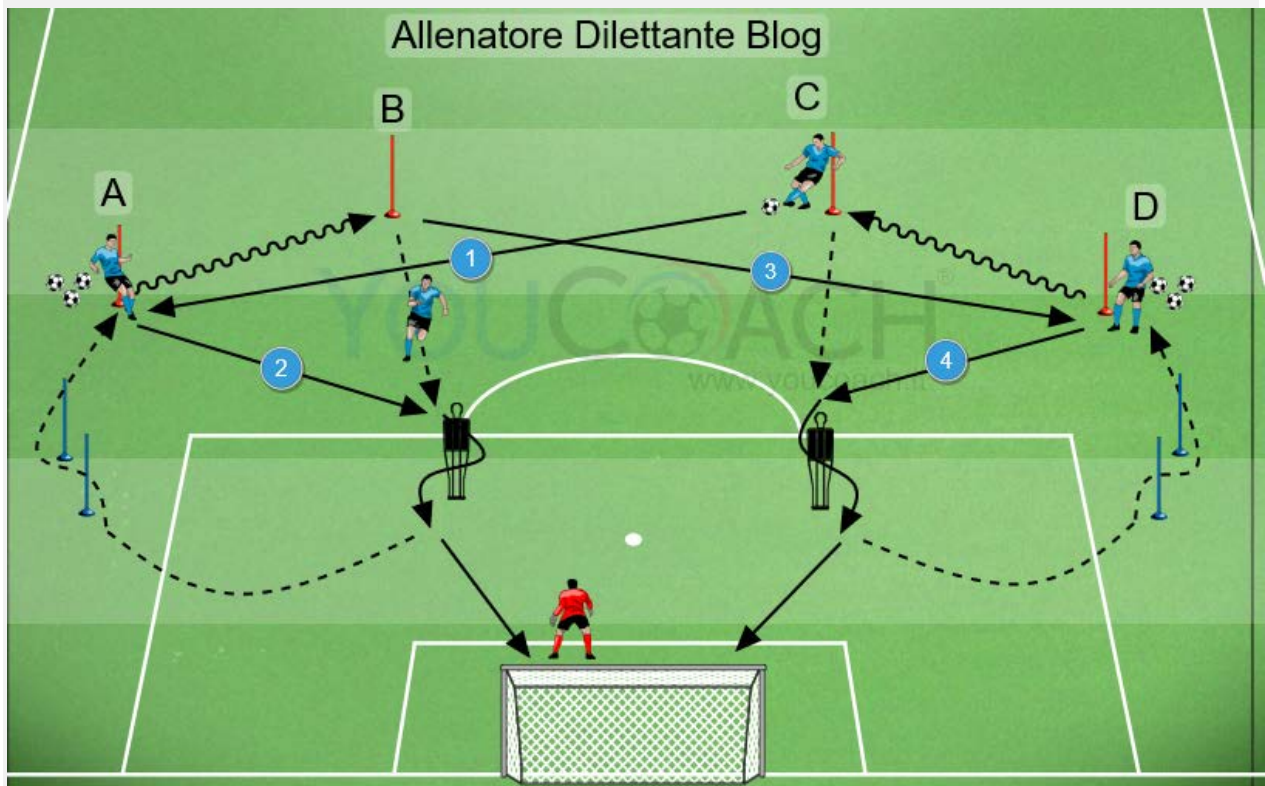
In a situation similar to the game are composed of triangular field areas where the offensive players can not be pressed or hindered. Entering this type of variation the team has as its objective the development of the game aimed to attack on the wings and the creation of combinations to get to the bottom of the field. I decided to structure this type of themed game because it is a way to create little offensive actions used by my team and wants to be a way to give the game more of interpretations.



# Penalty Area Finish

Exercise today aims to develop an offensive game chain focused on the inclusion of Central and conclusion at the door. In this game are developing improved passing and shooting from a technical standpoint.

## EXERCISE:



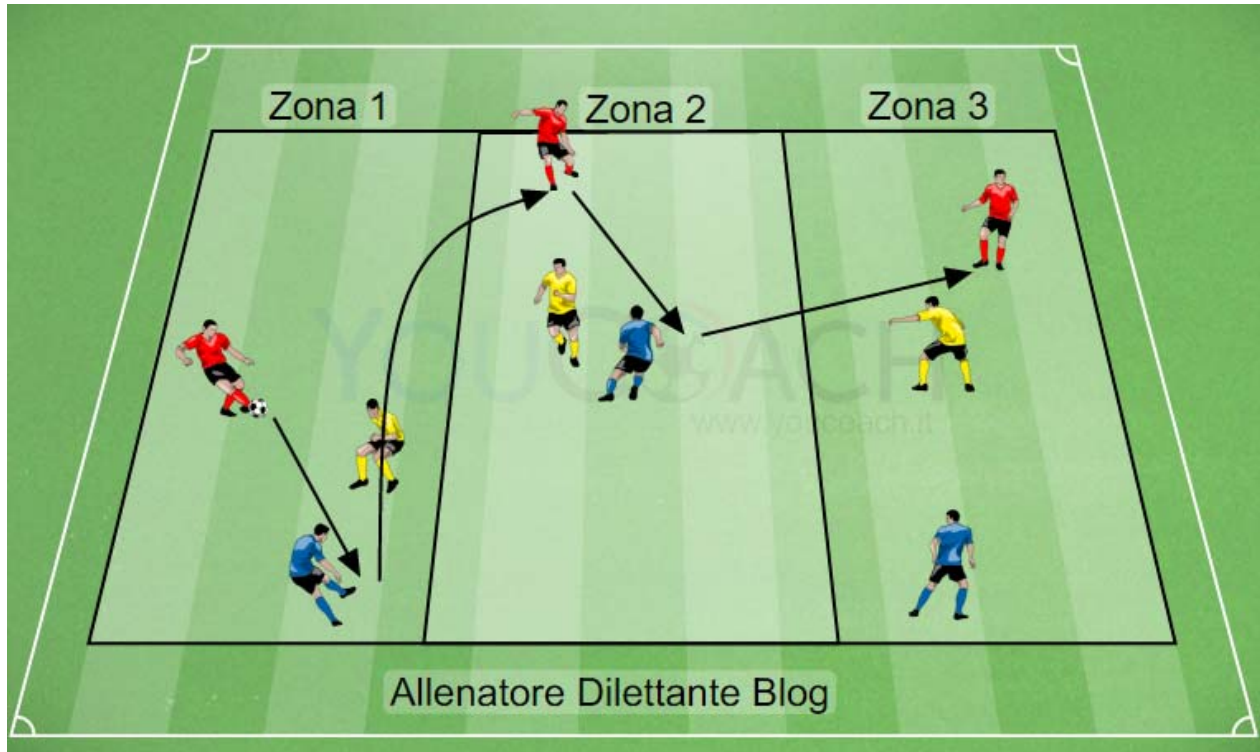
## CONDUCT:

The exercise involves the provision of 4 poles, which have the function to be references for students and are arranged to occupy the space as in a hypothetical midfield to 4, 2 silhouettes in order to represent the opponents and 2 poles per side for make a snap with direction change without the ball. at the start, player C performs a pass to player a, player B performs a movement in space, and is served with a pass on the run by the player A. Receipt ball player B runs a quick change of direction in the vicinity of the shape and ends in a shot. the same player at the end of the shot executes a shot with slalom between the two blue poles and reaches the position of the player A. player a after making the move to B, retrieves a ball, place near him and, in the run reaches the player's terminal B beginning the same exercise, or shift to D with dissociation of C, D player passage to Comrade C, with subsequent conduct in the C terminal to kick off a new iteration.

# Possession Exercise, Real Madrid Academy

The exercise of possession today provides for the division of the working group in 3 teams, for a total of 3 players per color.

## EXERCISE:



## CONDUCT:

The playing field is divided into 3 zones of equal size, within each are arranged for a player to the team.

At the start, 2 teams will be able to maintain possession of 2vs1 exploiting the condition that occurs in each portion of the field . Playing ball is inside the area, both between different areas.

The team in the role of defense, the yellow one in the picture, will be able to retrieve the ball, if able, perform the loose ball with the other team that has not lost ball.

a possible variation that can greatly increase the exercise intensity is the interchange of the players in the various areas at each broadcast being transmitted.

# Possession and Transition

Today I draw a great teaching progression from a video proposed by Four Four Two. In a small field we constitute three bands, a large-sized central and two more stood near the door.

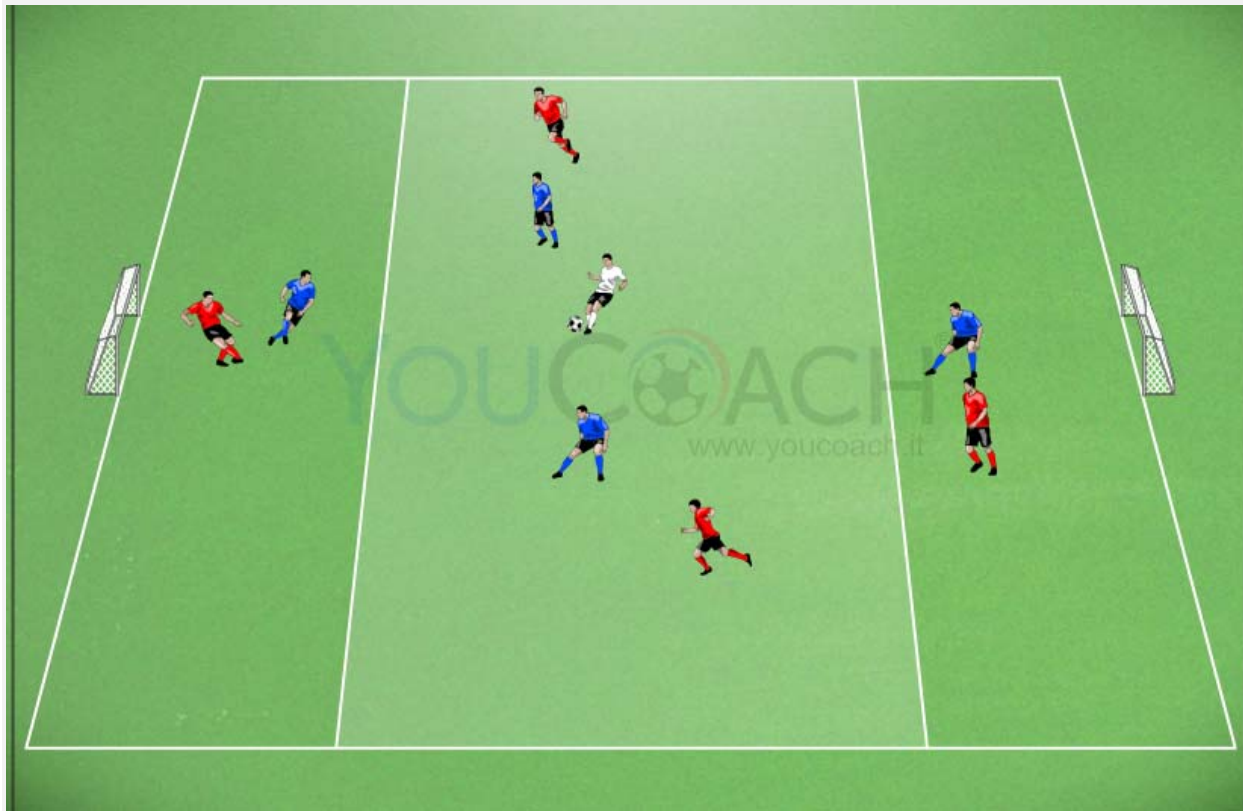
## STEP 1: BALL POSSESSION NOT AIMED AT GOAL



In the central portion of the field is made a 2vs2 + 1 wildcard, which guarantees numerical superiority to the team in possession. In the two field areas near the doors the two defenders act as support for the management of the possession of the companions of the ball. The teams must try to maintain possession of the ball for as long as possible.



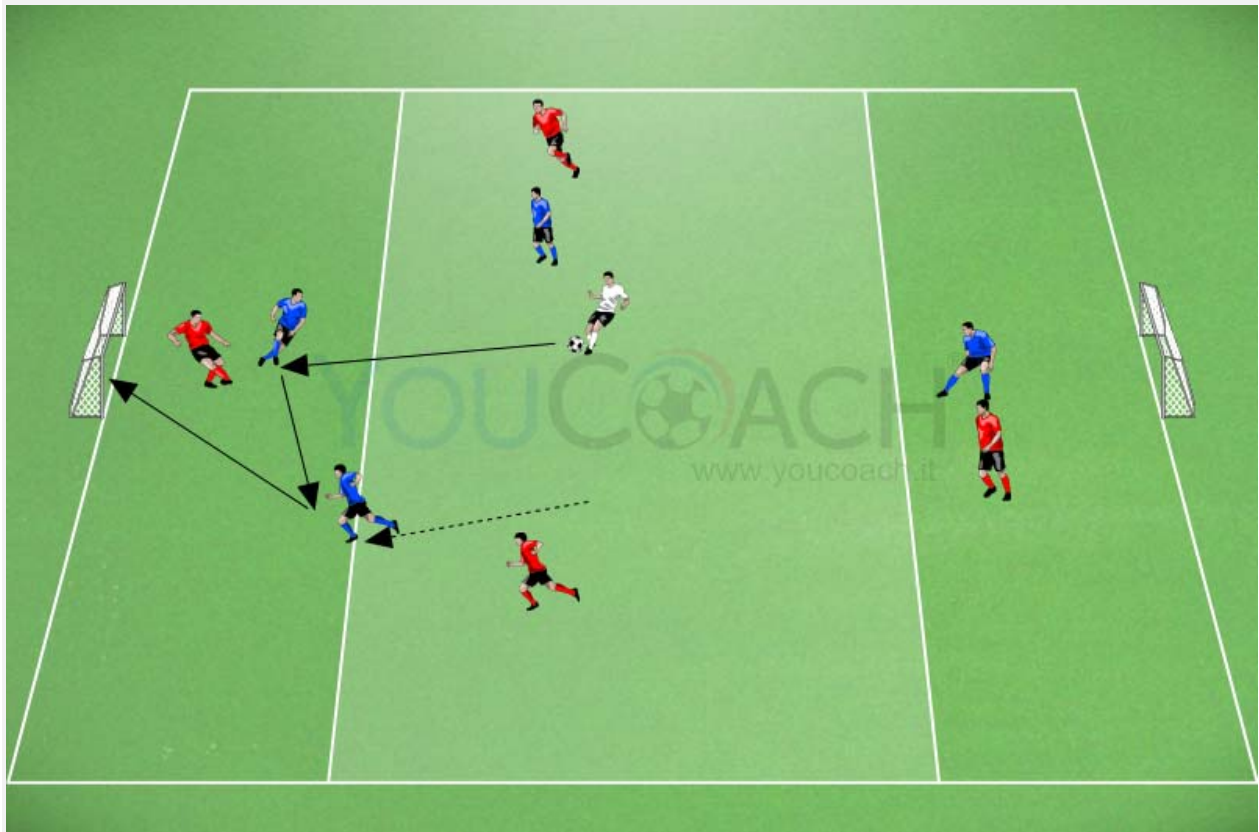
## STEP 2: BALL POSSESSION AIMED TO SERVE IN ATTACKING POSITION OF 1vs1



In the central area is The situation of 2vs2 + wildcard, in the two field areas near the doors there is instead a 1v1 situation involving:

- a greater focus of the defense in participating in the round ball of his companions on the opponent's presence and then an evaluation both in terms of space (with the dissociation) of that time (speed of execution of the technical gesture and thought).
- the possession of the central zone will not have as purpose the simple preservation of the ball but it will be intended to serve his companion in situations of attack at the right time or when it will be free of marking and with the proper body position to receive the ball.  
the striker received the ball will once again try to accomplish a goal in the door.

**STEP 3: STEP 2: BALL POSSESSION AIMED TO SERVE STRIKER AND ENTRY TO CREATE A SITUATION OF 2vs1**



Compared exercise first, the attacker will not be left in a situation of 1 vs 1 against the defender but the player serving the attacker must perform an insert into the offensive zone field in order to create a situation of 2 vs 1 and achieve a goal in the door. in the case in which the situation will eventually lead to a network of the team or the recovery of the ball by the defender player that was inserted he will return to play in the central area.

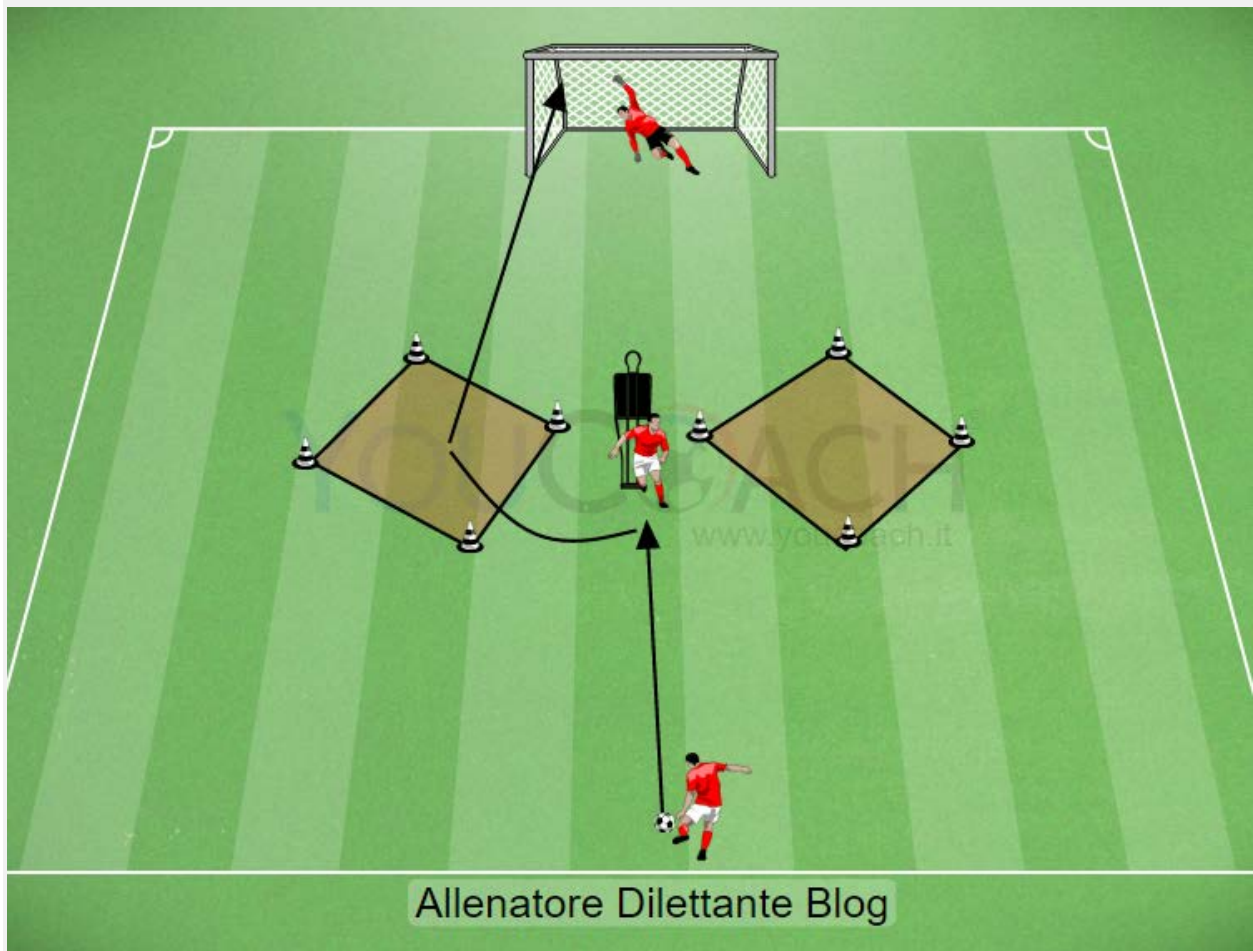


# Receiving and Shooting

Today I propose a fundamental analytical exercise for every offensive player.

During a game many times serve a striker or a player back to the door and turns out to be so important to be able to run a geared reception aimed at the conquest of space and to turn our gaze and the body towards the goal.

## EXERCISE:



## CONDUCT:

In this simple exercise is placed a shape designed to simulate the defender under pressure and created two squares that serve as references for the student. At the start, it is transmitted from the frontline golf ball striker who is facing away from the door, all ' pupil for receiving is required stunting oriented foot of interior or exterior face to enter one of the two references to then carry out a powerful shot on goal. the attention to be put to this practice are many:

- the positioning of the face body to cover the ball,

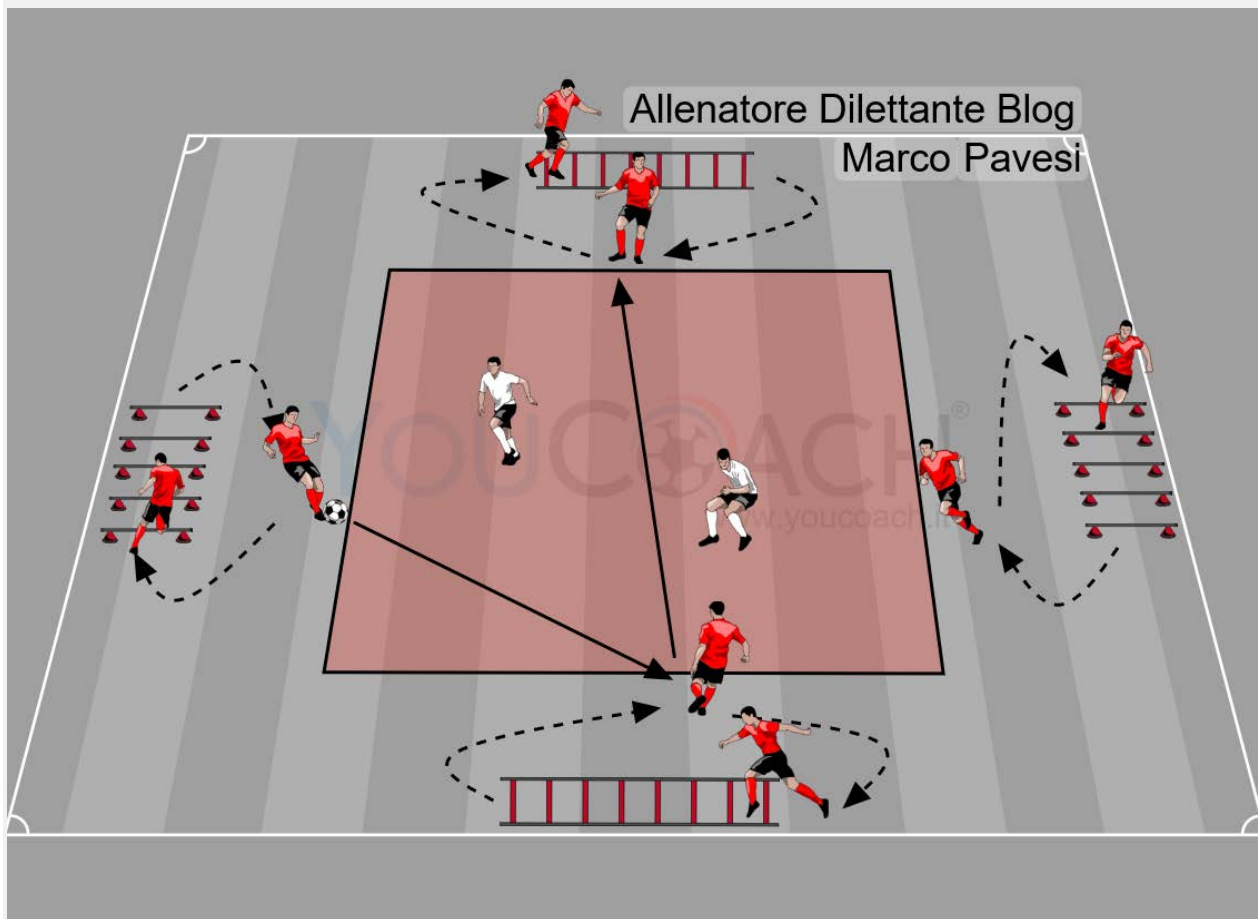
- the attacker's encounter movement to gain the necessary space to play
- the foot which performs the reception that impacts the most forward ball relative to the body so as to steer the ball
- the movement of the body at the time of rotation to be fast, effective and aimed at covering ball passing between the ball and the defender

## Rondo 4 vs 2 integrated quickly

"The ability to maintain high levels of physical and mental intensity is a key concept in football", this is the phrase that I read yesterday in an article by forming inside the YouCoach site that led me to want to make a 'exercise of this kind.

Today I propose a tutorial structured Rondo 4vs2 which is integrated with an athletic nature of work centered on the speed, creating continuous exchanges between players involved in athletic and those on the technical point of view.

### EXERCISE:



### CONDUCT:

The exercise is carried out within a square that is running a 4vs2 with 4 external players should be able to keep possession of the ball and two internal (white in the figure) in the role of defenders.

Outside the square are formed four working couples in which a player performs technical

training while fellow executes exercise of speed without the ball, at the end of each run of the ladder or over (depending on the couple's side) the two students will change roles.

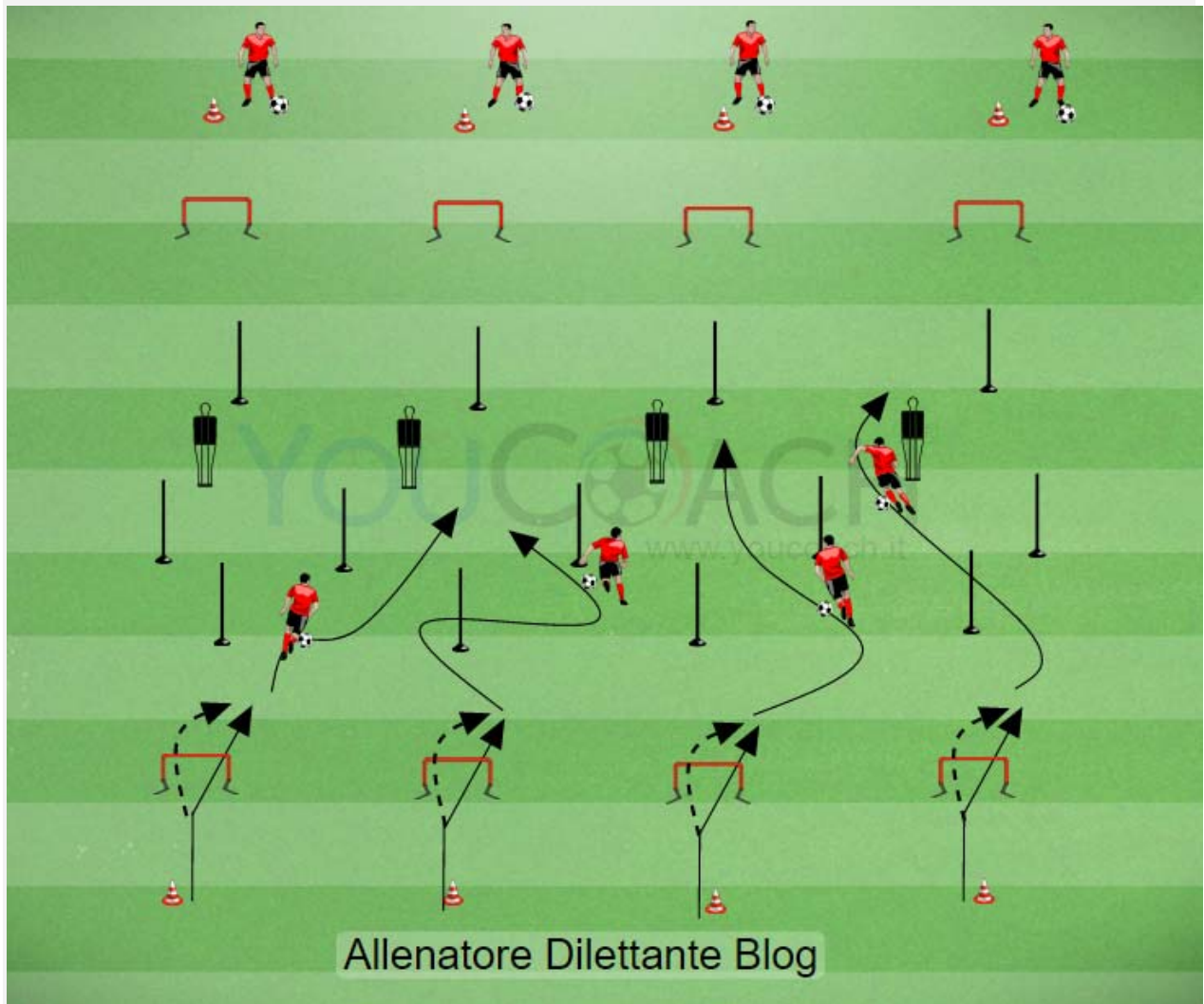
This exercise is very demanding on the physical level due to the high intensity of play and the absence or almost recovery between the athletic and technical work.

The exercise is composed of 5 blocks of work for 3 minutes at the end of which is granted recovery, so as to be able to perform the exercise in an effective way, and at each recovery, couples swap positions so as to run 2 times the speed ladder ladder, 2 times the over and once the defenders. For a total of 15 minutes of actual exercise + proper recovery.

# Running With the Ball

The idea of this exercise comes from a Nike. Frank Ribery hooded running in a forest at full speed dodging trees with quick changes of direction and jumping roots and soil adversity. A beautiful advertising where strand Make The Difference sports manifested the utmost determination in achieving results. Looking at her I developed this exercise.

## EXERCISE



## CONDUCT:

The tutorial is prepared by preparing 4 cones that will be the point of departure of the players, placing 2 meters a tall obstacle and creating a kind of "forest" as in advertising by using poles and shapes. At the start of the 4 players simultaneously reach the ' obstacle run and then pass the

ball under it and overcoming it with a jump. After this beginning, at full speed, in-run, they reach the forest which must be overcome with fast changes of direction in every way to avoid hitting any obstacles. passing it will pass, as the ball early in the obstruction by blowing and will kick off the companion who will perform the exercise in the opposite direction. This tutorial for effective dynamic requires 3 groups of 4 components for a total of 12 players. it can be structured to competition among four players who execute exercise. Exercise as well as having an important significance in terms of ball-run ball domain and further guarantees to train additional aspects, from the point of view of athletic / coordinative there is a strong interest in terms of agility and speed while at the cognitive level is the the need for each player to a rapid and effective development of strategies and the evaluation of the game situation.



## Shoot and Pressure



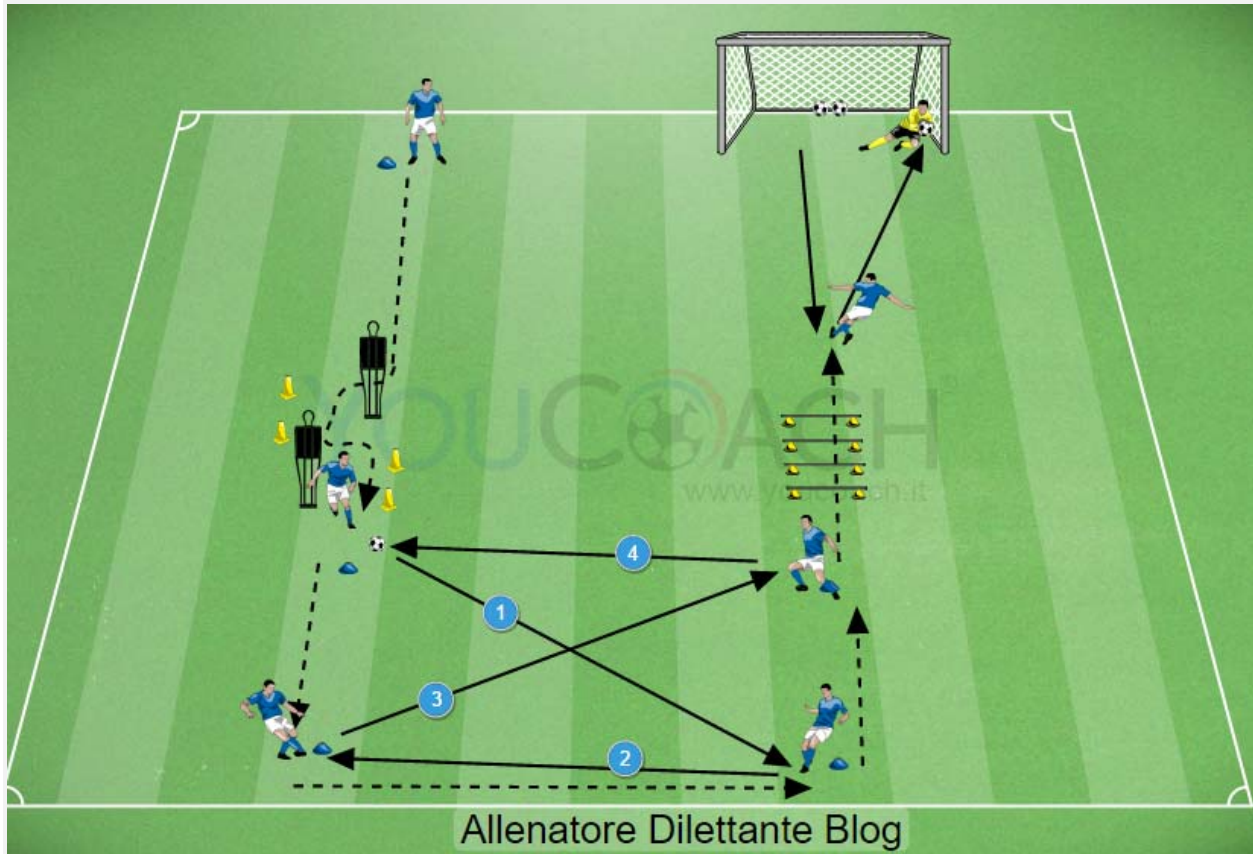
### CONDUCT:

Exercise focused on shooting pursuit of pressure on the opponent at the end of each shot in order to focus attention on research of immediate aggression competitive pressure. Warning from the technical point of view of the kick before **FOOT INDOOR** (fine search) and later on **NECK FOOT** (power search)

# Skills Circuit One

Today I propose my proposal to perfect our students both from the technical point of view, and from the athletic coordinative.

## EXERCISE:



## CONDUCT:

This path allows in an integrated train, speed and direction changes in the first part, and receiving passage in the intermediate part and in the concluding part rapidity and finalize the goal.

At the start, the player placed on the cinesino, at the top left in the figure, It performs a shot until the gauge and then make two quick changes of direction. at the end of the first part reaches the ball and makes a diagonal to the opposite companion step (step 1) that performs a discharge at the close companion (step # .2), which, once he received the ball running in a diagonal step (step # 3). The last student receives the ball performs a step to reposition the ball at the start (step # 4) and executes the third part of the route which consists of a quick two frontal touch between the poles and once received the ball from the goalkeeper runs a shot. Inside the square where there is

the technical improvement of the transition at each transmission ball the student moves to the next station.

# Speed and Agility Circuit

This coordinative course integrates itself multiple skills and appears to be workout on different aspects:

- coordinative aspects
- speed
- speed
- technique (passing and receiving-oriented)
- force

## EXERCISE:



At the start of the coach the first player of the red line and the first of the blue begin running the coordinative path.

The first phase, up to the terminal 1, is to perform jumps with alternating foot inside of the posts circles on the ground.

in the vicinity of the terminal 1, the two players receive a ride from their coach and, after making a reception-oriented over the cone, return ball with a step.

then perform jumps feet together to overcome the obstacles placed in front of them up to the second position where they perform a combination with the first-team coach.

After this make a slalom between the poles and then make a shot until the cone, corresponding to the station 3.

at the end of the two players, one red and one blue, arriving in the station 4 which is characterized by long, narrow rectangular area where the two players train the force (2 variants, or the two must take outside the Chinese guy trying to throw the opponent or, conversely will have to pull the opponent on your side of Chinese guy)

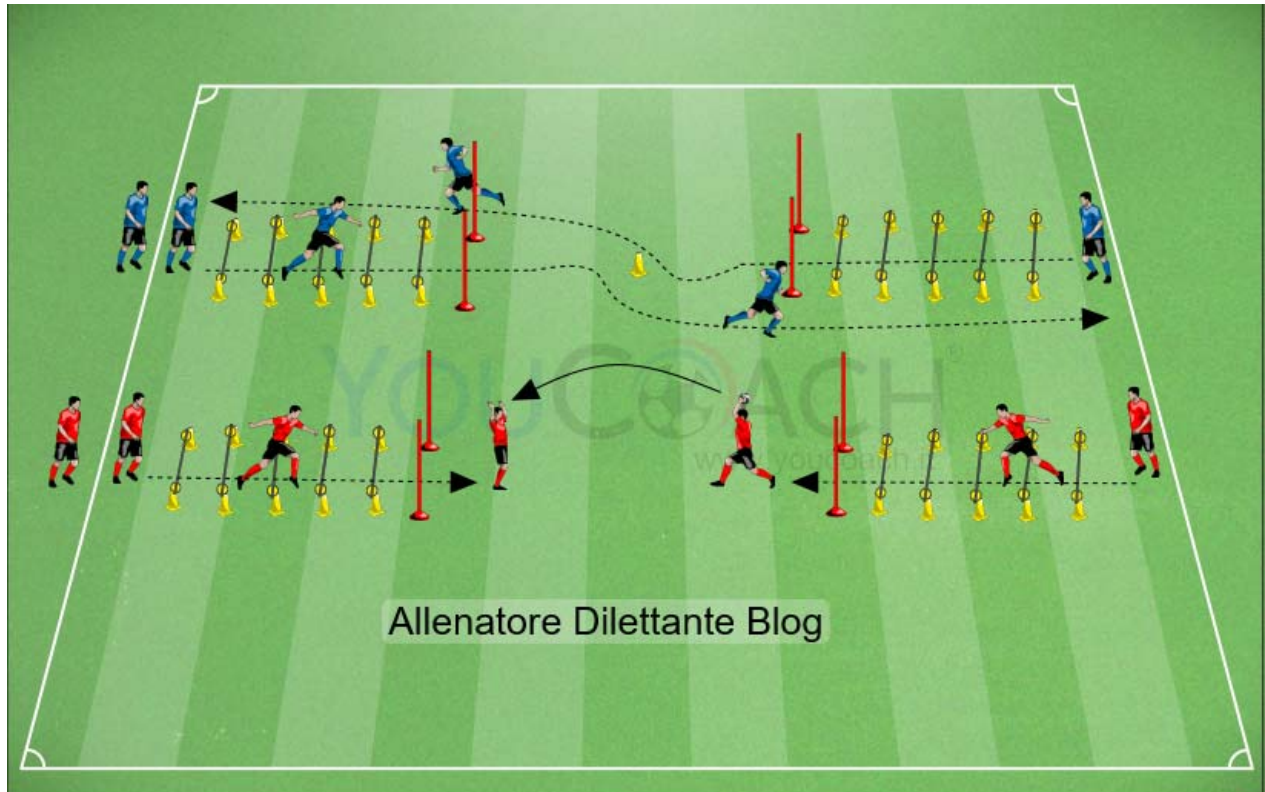
Arriving at station 5 perform a quick tight slalom between the poles and then reposition the start to recovery.



# SPEED CIRCUIT

Today I propose a training exercise focused on coordination and speed

## EXERCISE:



The tutorial consists of two workstations:

- In the first, performed by Blue players, runs a dual front touch between obstacles, ended this runs a quick snap with the change of direction at the central cone and snap behind the opposing ranks. The exercise can be done with some variations as dual side touch, jumps or running with support spaces.  
it can also be requested the students to perform a change of direction from the cone as a function of the direction taken by the player who comes first (eg if the first performs a change of direction towards the left will have as the second constraint go right)
- In the second, carried out by the red team, runs a dual front touch between obstacles, and once you are in a central position players will have to be passed the ball with his hands, at every whistle will start two players so that the exercise is carried out to high intensity and there are repeated exchanges of the ball with his hands.

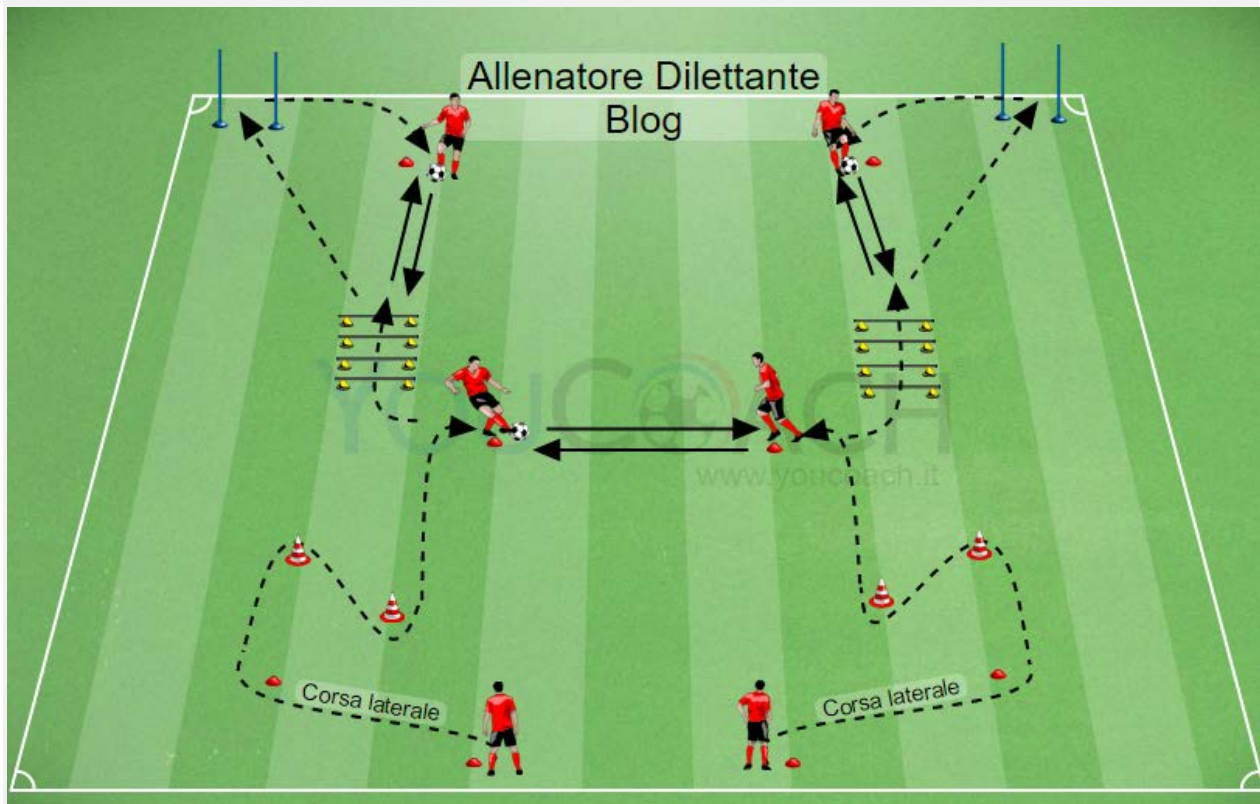


the **variations** can be in addition to those of the previous exercise lateral double twist, leap or run with support spaces, including the ball of the foot steps performed at a touch, or if the technical level is high, and allows, on the fly.

# Speed Circuit

Today's article is concerned my proposal athletic circuit coordinative oriented concepts of speed and speed, integrated with 2 technical development focused on passing situations.

## EXERCISE:



## CONDUCT:

At the start, the two students, placed at the bottom in the figure, set out on the athletic circuit coordinative, which begins with the lateral ride to the Chinese guy and then shoot up the cone, where keeping the body facing forward a race will be made to ' back and forth to make a diagonal movement between the 2. after reaching the Chinese guy, the two players perform four exchanges first with the ball and then shoot behind them, which is carried out two frontal touch in the spaces between the poles sliding. after this exercise of speed 2 steps are performed with the student place near, and finally is made a shot to the door formed by the two poles. after the coordinative circuit 2 students stop in the final position with the balloons for the next fellow and once even finished their reposition the way to take the circuit again.

# Speed and Agility Circuit With 1 v 1

Today I propose the circuit that I will submit this afternoon to one of my two teams coached the category Chicks 2005. Being able to combine coordinative and technical aspects is a key principle of all my exercises.

## EXERCISE:



## COURSE:

At the start, the first student performs a mild stroke up to the cones (yellow, bottom left in the figure), here performs a shot with arrest and lateral ride to the previous cone and then perform a click again until the cone next.

then run a race with changes of direction between the poles then running a slalom.

after this stage, it reached in the lineup mild stroke, which performs a dual front touch (later side, inside out alternately, jumps) and then perform a click until the yellow pole.

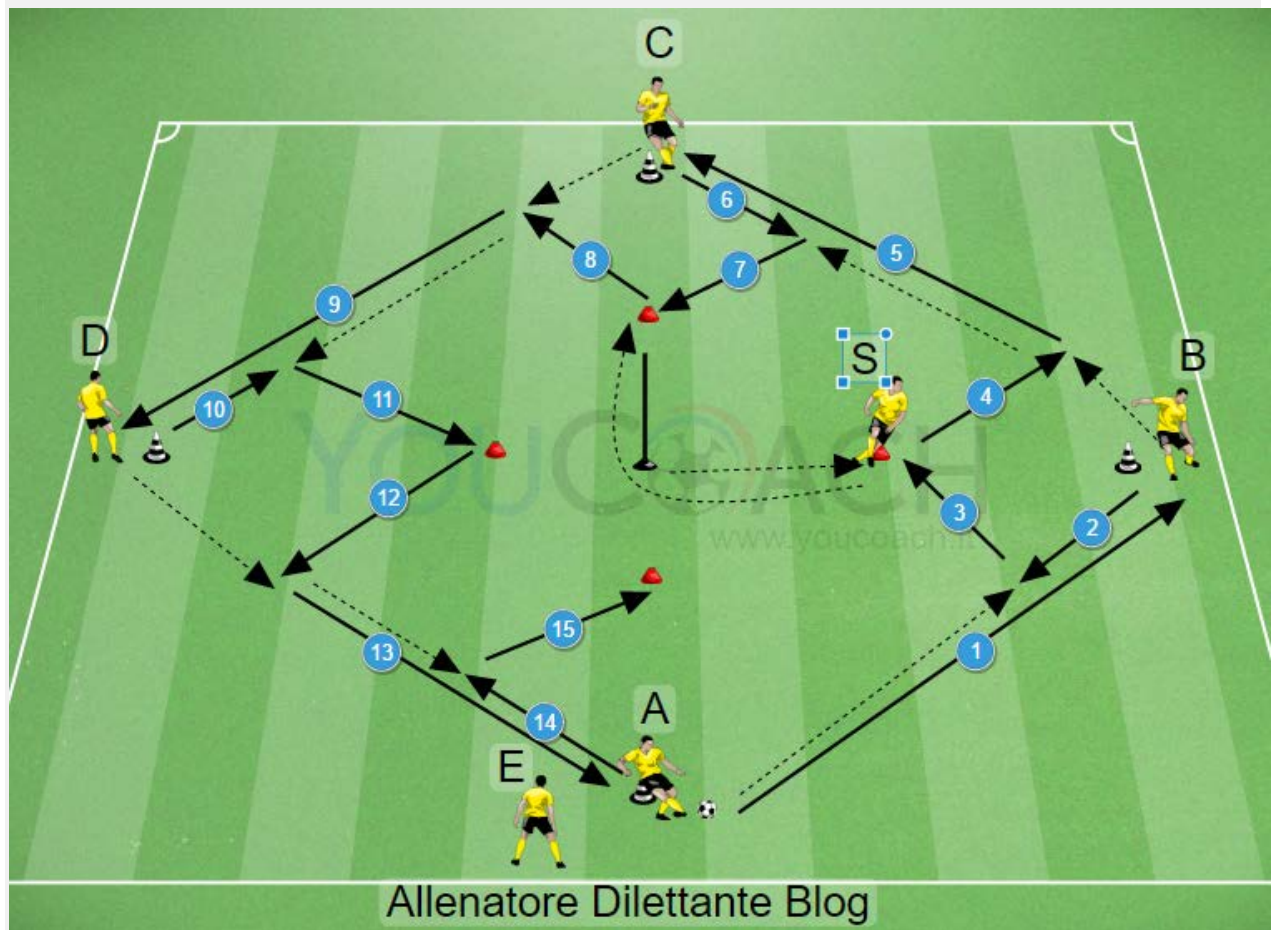
the player then reaches the square formed with 4 poles red run where a shot until the second pole before returning to ride back to the first of the same side, and then along the diagonal and repeat exercise for the second side.

Finally, the player runs to reach the ball past addresses the former partner of the row in a 1v1 with two side doors requiring the student movement with dry change of direction and shooting / support in the door. once realized the shot the player returns the ball and waits for the next player to perform the role of 1v1 with defender. after this locates the top of the path.

# Support in the Center

In my opinion it does not serve to improve the transition of players make 2 file and request of continuous exchanges between the files, the steps in the game are in all directions and you need a continuous movement in order to receive the ball and make exchanges with classmates. L'exercice today is developed in order to recreate different lines of passage in order to create interchanges between the pupils requiring the continuous movement.

## EXERCISE:



## CONDUCT:

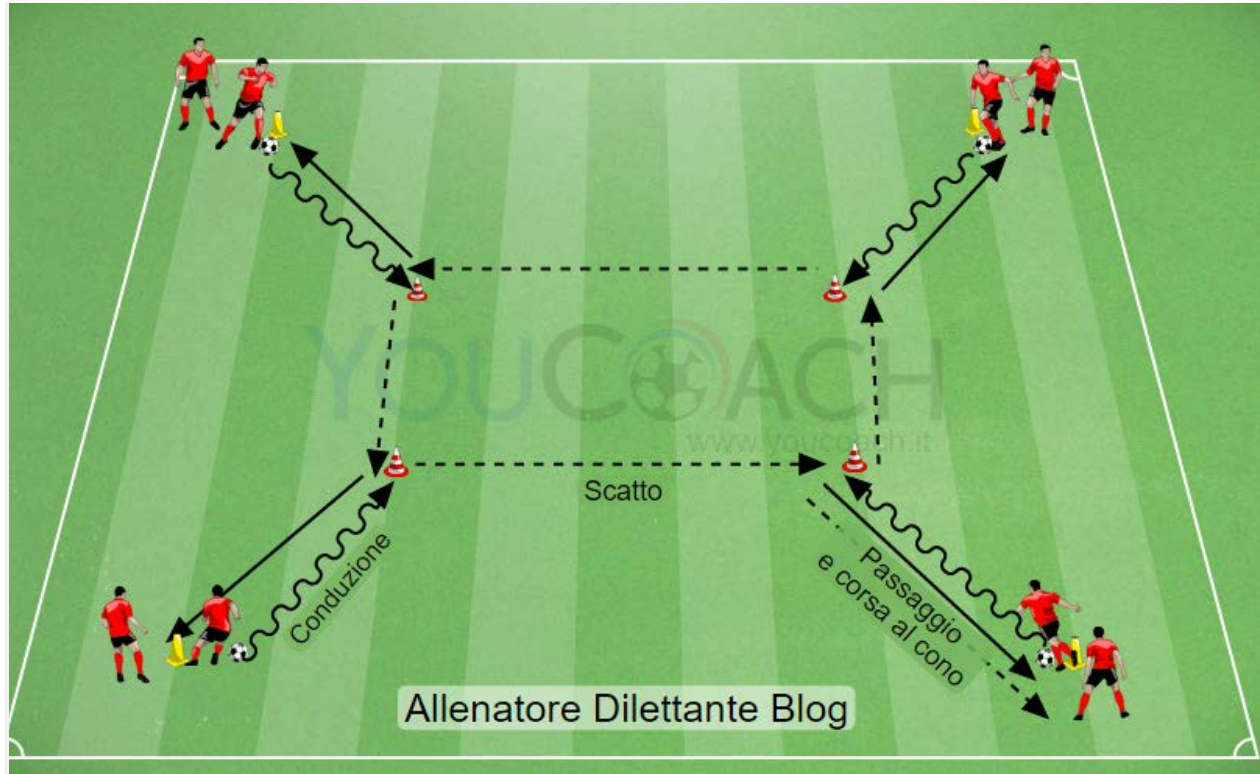
At the start, the player A performs a pass to B and performs a companion holder and B, received the ball performs a pass on the run of A and performs a movement in space. Student A, receives the ball and play ball to the player who first closes S triangulation performing a switch on the run to B. The exercise is repeated between B and C, between C and D and among DeE always using the support S. The player S in its movements must comply with two references that are given

from the central pole and the Chinese guy. for each combination it must be in the Chinese guy closest and suitable for supporting the action and to move from one location to another will have to make a passing movement outside the center of the pole. for each combination the players make a move, moving to the next station and at the end of each round the player S is replaced with one of those places outside. For each exercise repetition are realized 15 steps and countless movements making the functional exercise, training the ball transmission in all directions and at the same time the attention of the students will always be high due to poor repeatability of the year.



# Technical Drill: Switching

## EXERCISE:

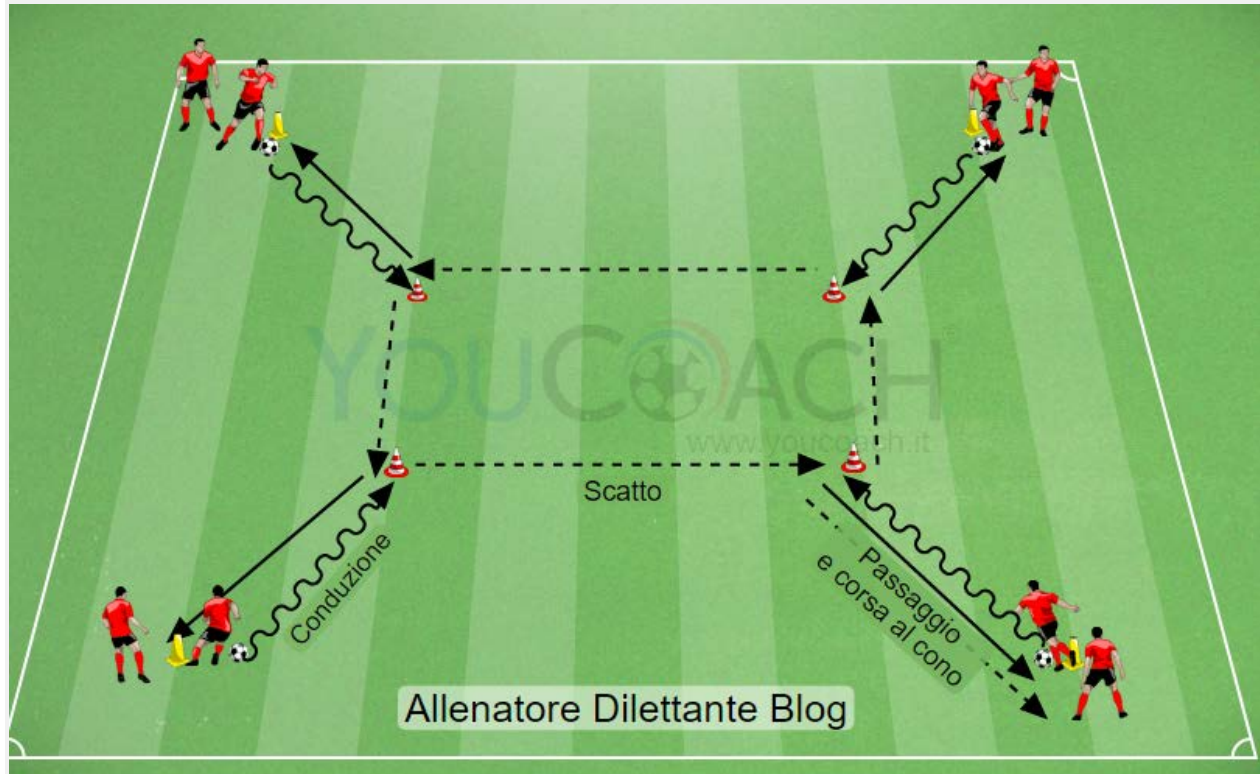


## CONDUCT:

For this tutorial, two square compounds, one outside, represented by yellow cones and one small internal represented by 4 red cones. At the start, each player is placed in one of the corners marked by yellow cones makes a movement in the run up to the ball the red cone. This run will be performed it is tight as if there was an opponent head-on with a twist at every step, both long as if we have an opponent from behind. Having reached the red cone is stopped the ball by all four students, who are running one snap (without the ball) in the next cone (counterclockwise) and reached the next ball making a frontal passage to Comrade place on the yellow cone and reposition behind him in mild stroke. the exercise is performed by four students simultaneously and can be added elements of domination in the arrival of the red cone as a double tap, dribbles, changes of direction.

# Technical Circuit: Switching

## EXERCISE:



## CONDUCT:

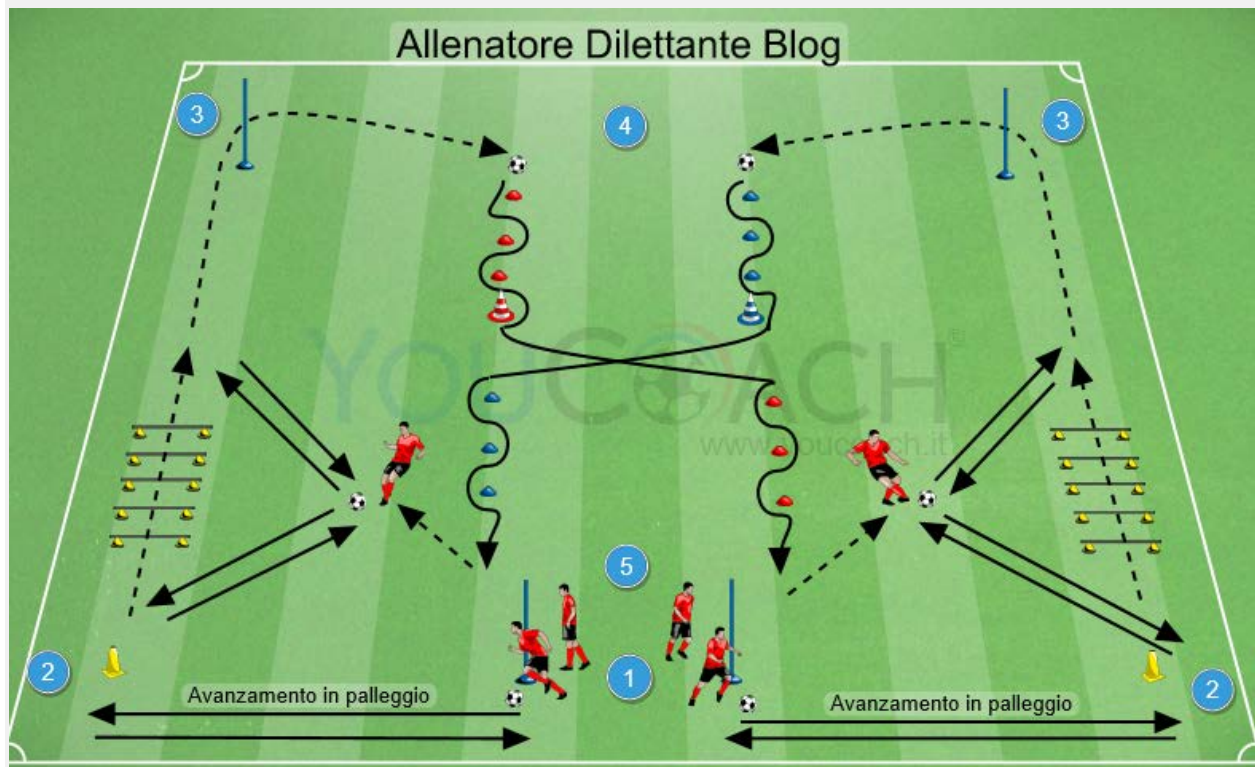
For this tutorial, two square compounds, one outside, represented by yellow cones and one small internal represented by 4 red cones. At the start, each player is placed in one of the corners marked by yellow cones. Each player makes a movement in the run up to the ball the red cone. This run will be performed as if there was an opponent head-on with a twist at every step, both long as if we have an opponent from behind. Having reached the red cone is stopped the ball by all four students, who are running one snap (without the ball) in the next cone (counterclockwise) and reached the next ball making a frontal passage to Comrade place on the yellow cone and reposition behind him in mild stroke. the exercise is performed by four students simultaneously and can be added elements of domination in the arrival of the red cone as a double tap, dribbles, changes of direction.

## Technical Circuit Three - Coordination

Today in this article I want to propose an idea of co-ordinating technical circuit which could be developed both in the youth sector categories for concluding the technical football in both first teams in this first season stage where it is necessary to become familiar with the use of ball.

This exercise develops in competition with a dual path that will engage, for each repetition 2 plus 2 students in support. It can be replicated on the field in order to have a reduced number of players in a row.

### EXERCISE:



### CONDUCT:

The two students depart from 2 poles, marked with the number 1 in the figure, and will have to reach the yellow cone dribbling, avoiding that the ball touches the ground (before alternating foot then with the use of the knees). Once reaching the station 2 the two pupils return the ball to row and perform two quick exchanges with partner support, then perform a double tap in sliding poles and finally two other fast ball exchange with her boyfriend. after this phase, the two boys reach the station 3 in shooting and using the ball to undertake a tight slalom between the Chinese

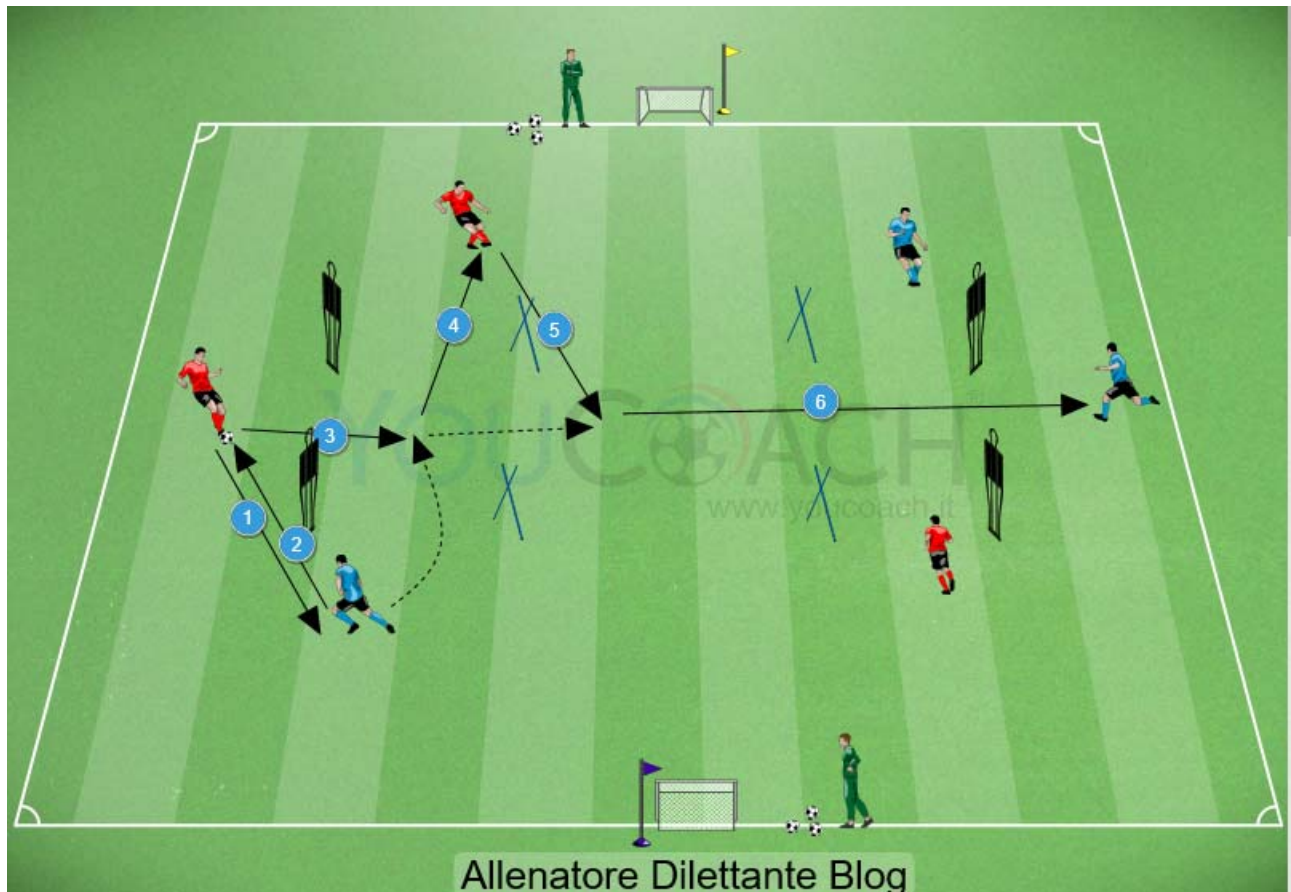
guy taking care that the cone both crossing trajectories change a row to finish with a new tight slalom.

The two students who carried out the way they go to play the role of supporting young people for the double exchange, the supporting players bring the ball at the start of the slalom and position themselves in line to begin the route.

# Technical Circuit with 3 vs 3

The technical circuit that I propose today is well suited to many training situations and in many categories, what will the demand is modulated intensity and speed of execution (a touch or two touches).

## EXERCISE:



## CONDUCT:

At the start the player at the beginning of the circuit performs a transition to the close companion who download the ball moves in the central space between the lines where he can receive the ball again.

Once received the ball it performs a one two with side companion to overcome the second pair of obstacles.

at the end of this combination performs a vertical to the opposite corner which from the start the same exercise.



after each step the players moving to the next location.

With this type of exercise i put attention on 'importance of building partnerships in the field in order to create triangulations and foundation to execute a movement in space after performing each step.

To ensure the highest level of intensity and at the same time give a real chance to immediately apply the training to a game situation are placed 2 side doors, they can be marked with two flags (I support the crossbar 2 different colored tunics ).

the coach will then call a color and play ball and the players will interrupt the technical circuit and perform a 3vs3 towards this door.



# Technical Circuit With Agility

## EXERCISE:



## CONDUCT:

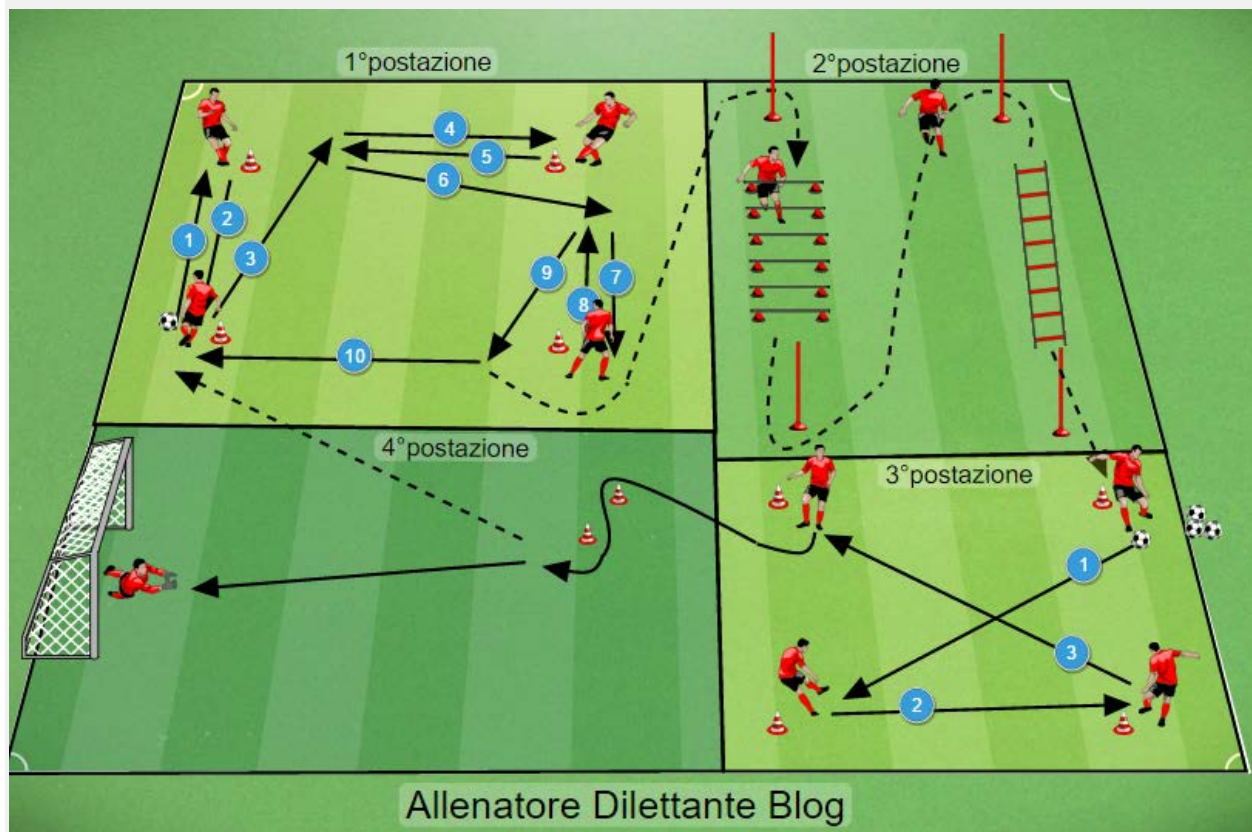
At the start, the first player, in the bottom left in the figure, performs double tap in the spaces between the poles sliding and then play the ball to his neighbor, who runs a focused reception beyond the pole and performs a step on the companion race. The player, received the ball, reached in the first run red cone and performs a transition to the next fellow who takes the ball with their hands and performs a pass over the silhouette where the partner hits the ball, giving it back.

After the header the player door between the two poles where it passes under the belt and receives the ball. the tour ends with a few quick changes of direction between the cones and a false conclusion and in the vicinity of the pattern. once consolidated the dynamic execution path can be added to a 1v1 at the end of the path by replacing the silhouette.

# Technical Circuit with Chipping

The tutorial today is structured in 4 stations which are interconnected and form a single whole, and integrated technical upgrading circuit coordinative. Given the difficulties, especially from the point of view of memory is advisable to subject it to groups of mature students and first team. to further facilitate learning could be advisable to submit it before partially divided and join them together after players have become aware.

## EXERCISE:



## CONDUCT:

**1st STATION** : at the start the players perform repeated passes to 2 touches, creating different lines of passage, both humans and filtering, performing at every combination a movement in the next cone. The first player makes a move to mate located on the second summit , which, he received the ball, performing a step of unloading the same and performs a movement over the cone where it receives again and start again the combination of ball game with the third mate. The fourth player after making the switch moves to the second location.

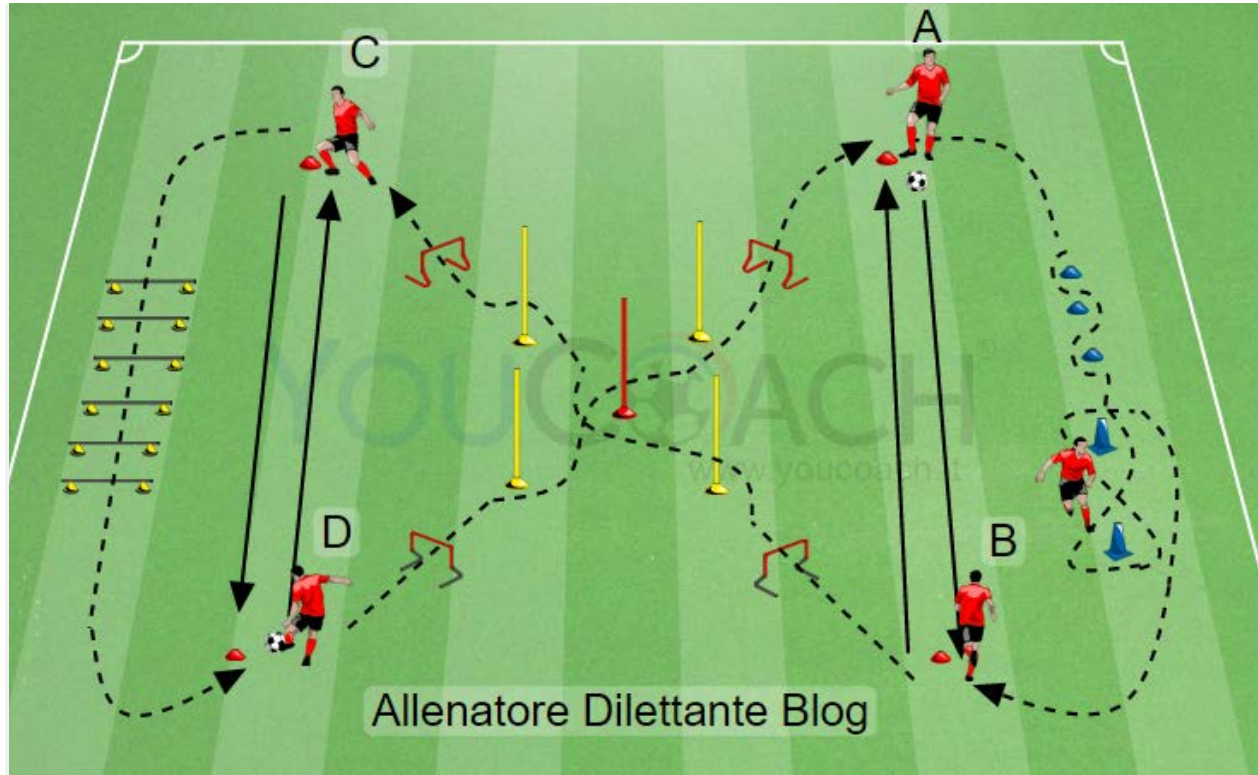
**2nd STATION:** Students perform a path focused on speed, it consists of a first part with sliding poles where the student performs two frontal touch more space and a speed ladder ladder where players perform double side touch. Once the ladder the player moves to the third position.

**3rd STATION:** Students perform a combination of game time to call the support concepts and support with diagonal and vertical lines passing performed first. The first player makes a pass diagonally to the far-mate who download ball at close companion . The third student makes a pass diagonally to the opposite corner of the companion that performs a control oriented and moves into fourth position.

**4th LOCATION:** The player makes two fast changes of direction between the two cones and executes a shot on goal. After the shot moves to the first station where recovers waiting to restart the technical circuit.

# Technical Circuit with Coordination

## EXERCISE:



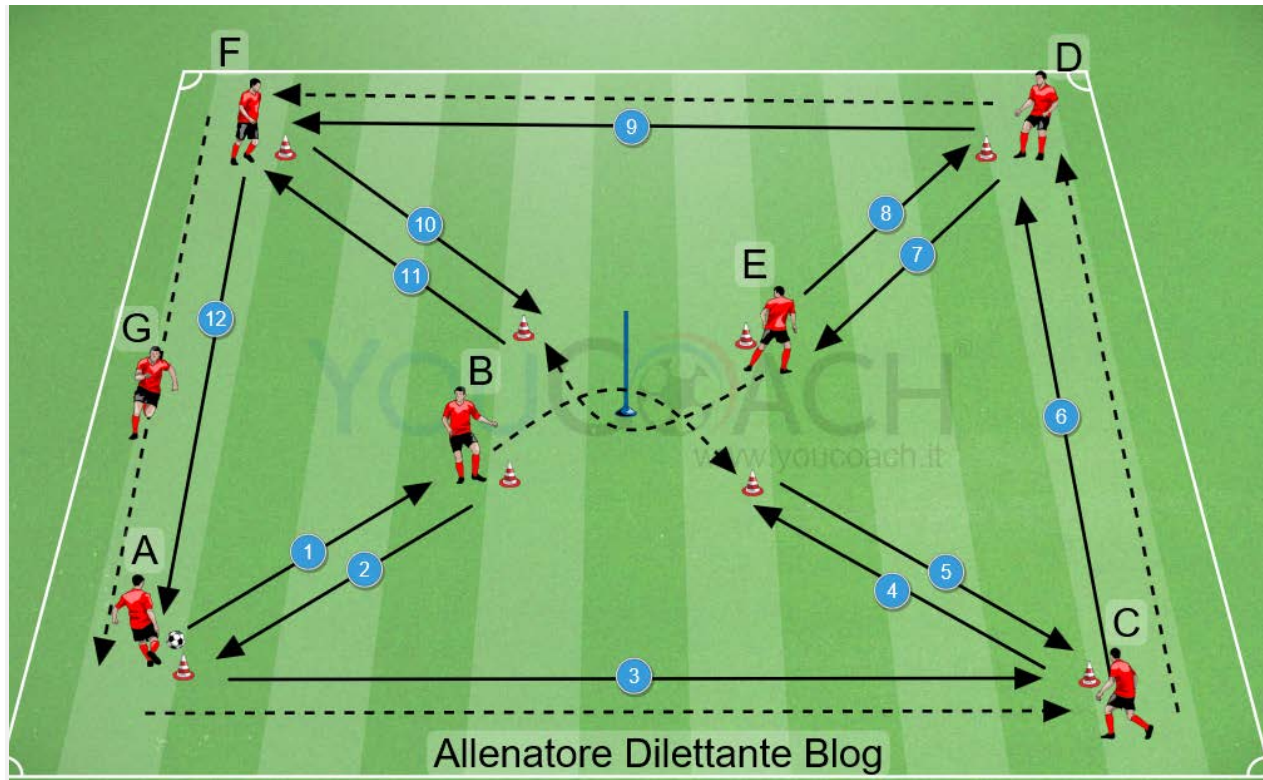
## CONDUCT:

The circuit consists of four locations where the transition is completed and control (ABCD) and 4 work areas of coordinative nature, 2 side and 2 diagonals. Player A runs a passage to Comrade B and performs composed of the path 3 Chinese guy blue (alternating sideways movement) and 2 cones which executes a figure 8 to arrive at the terminal B. Upon arrival in B it performs a pass to his companion in the face in the a and embarks on the path diagonally composed of two obstacles where It performs a jump feet together and 3 poles which performs rapid changes of direction. Arrived at the terminal C receives a pass from fellow in D and performs a transition to the next partner in the D position and again embark on a coordinative route, consisting of poles, where grazing is performed a double twist in the front space. Arriving in D it performs a pass to his companion in the terminal C and performs the same path diagonally to reach the post a and start the route.



# Technical Circuit with Passing

## EXERCISE:



## CONDUCT:

In this technical circuit there is a development of different lines of passage, however, recreating a job that guarantees a good intensity and movement of the players. It is structured with an outer square, with at each vertex 1 player (2 players in the summit from which he early exercise) and a central square small manned by two students with a central pole. at the start, the player a performs a pass to B who returns the ball. A ball received performs a shift to the next summit in which there is the student C and performs a shot in this direction. The player B performs a quick movement and against moving beyond the pole, then proposing in the next cone to provide support for the companion C, with which performs two rapid exchanges with the next step of C for the pupil D.

In conclusion ACDFG players perform steps mates in support centrally and lateral to the next summit performing at the end of each combination one step to the next summit. Students B and E instead perform exchanges with external players and the term of the first combination, again,

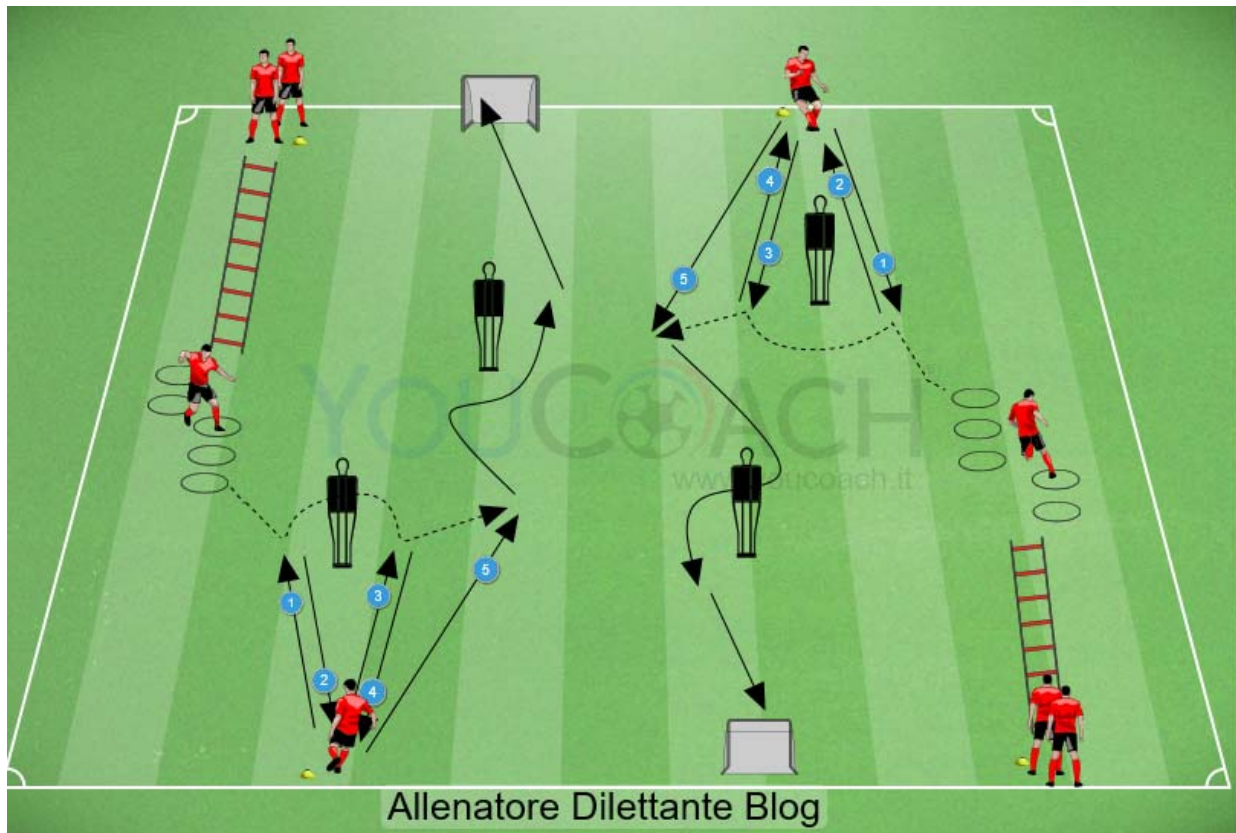
with movement and against moving beyond the pole resting on the next companion. On the coach's whistle the direction of the technical circuit is changed by varying the work of left and right, and with an approach from simple to difficult to proceed by a free-running tap, then move on to two touches (control-oriented and passage) and finally opportunities with one touch.



# Technical Circuit

Exercise today aims to improve co-ordinating through the use of speed training ladder and circles and also comes integrated with technical aspects such as switching, receiving oriented and the change of direction.

## EXERCISE:



At the start, the first player of each row performs two frontal touch in every space inside the speed training ladder, at the end of which are placed 5 circles, they represent the support that must perform the guys.

In this first stage to receive the maximum intensity and the joint use of the legs and arms with attention to the positioning of the eye, which must try to be high and not facing the foot.

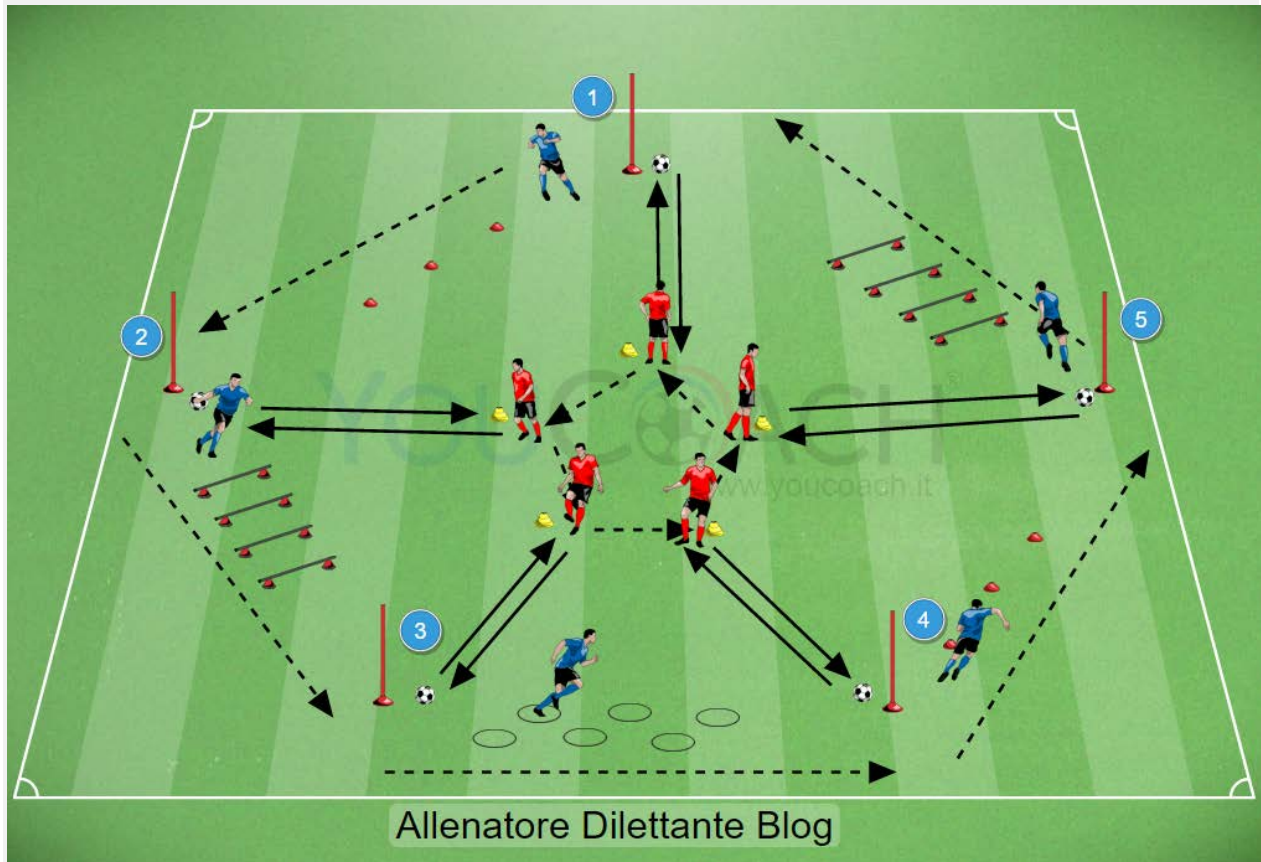
the student completed the first part coordinative, run a double switch to the right and to the left the template with the companion seat across from him.

at the end of the 4 steps, the player performs a movement in space, and with a receiving-oriented, he turns his head towards the second template, which must be overcome by rapid, effective change of direction before ending in a door.

# Technical Circuit

Today I propose an athletic technical circuit structured in the shape of pentagon, this exercise allows you to perform work on athletic students coordinative nature and at the same time to perfect from a technical point of view the grazing and the fly step.

## EXERCISE:



## CONDUCT:

The exercise involves the use of 10 players, 5 arranged on each pole, and 5 arranged on the 5 Chinese guy of central yellow color. At the whistle each player along the side of the pentagon counterclockwise running as provided by the tool.

From the station 1 to 2: runs a slalom race with side and snap the pole.

from the station 2 to 3: a double front touch runs in the spaces and snap the pole.

from the station 3 to 4: a race is run with support bound by the circles and shooting the pole.

from the station 4 to 5: runs a slalom race with side and snap the pole.

from the station in 5 to 1 is performed a double twist in the front space and snap the pole.

Whenever a player reaches the station, with the ball, run some exchanges with fellow placed centrally and then set off to the coach's whistle. at the end of a complete revolution by all the students the red group from the change to the blue group reversing the roles.

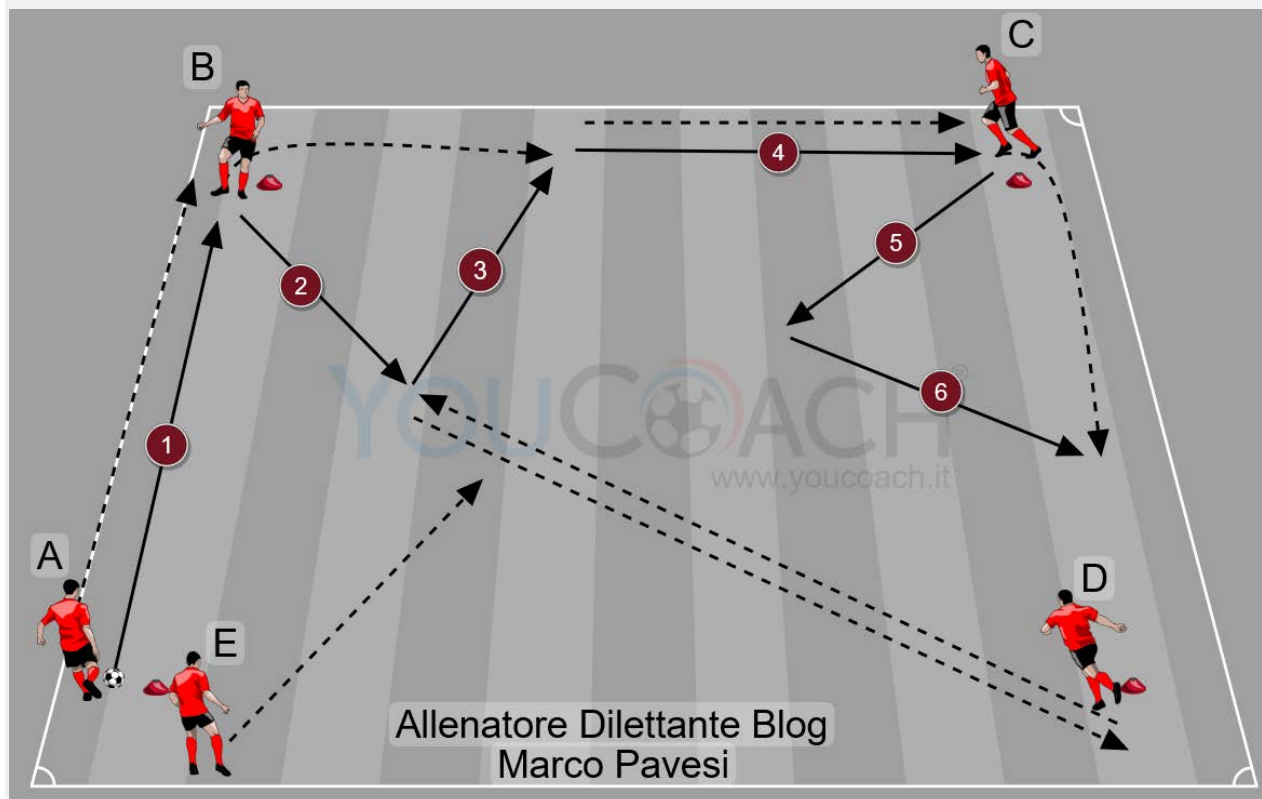
**VARIATIONS:**

After a few laps in which the steps are performed may be sliding introduced the variant of step with his hands by student center with flying changeover to the external partner. A further variation is the passage with the hands of Comrade resulting shot of by external student head.

## Technical Circuit: Step, Movement in Support

In the ebook *Waiting for IPD STYLE FUTSAL* due out in December Today I propose an exercise of technical perfection that allows you to also integrate a conditional work on speed and a simple tactical concept that refers to the movement in support and realization of a combination of one two.

### EXERCISE:



### CONDUCT:

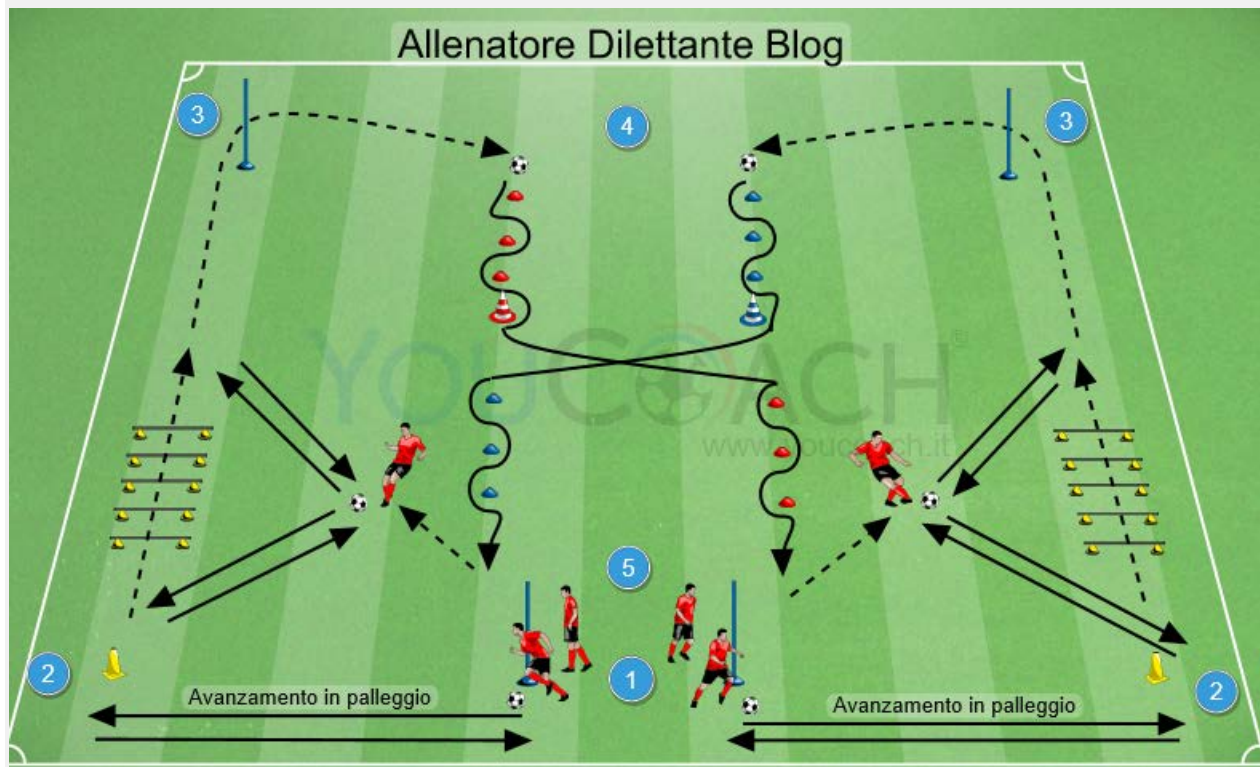
The exercise is carried out within a square that can be of 15mx15m dimensions up to a maximum of 20mx20m. At the start, the player A performs a pass to B (n ° 1), who received the ball performs a drain D that the student performs a movement in support to his companion (n ° 2). The boy D after controlling the ball returns to B on running the ball (No. 3) and performs one click to return to his post. Student B performs a transition to C-mate (n ° 4) which download for E that performs a movement in support (n ° 5). And the boy returns ball to C on the run (No. 6) and performs a shot back at his post. The exercise is repeated for each vertex with rotation at each combination performed and movement in support of the opposite vertex of the ball area. This movement in support and back to the station is performed with high speed shots at least 10m making the exercise challenging both technically and on the conditional.

# Technical Circuit - Coordination

Today in this article I want to propose an idea of coordinating technical circuit which could be developed both in the youth sector categories for concluding the technical football in both first teams in this first season stage where it is necessary to become familiar with the use of ball.

This exercise develops in competition with a dual path that will engage, for each repetition 2 plus 2 students in support. It can be replicated on the field in order to have a reduced number of players in a row.

## EXERCISE:



## CONDUCT:

The two students depart from 2 poles, marked with the number 1 in the figure, and will have to reach the yellow cone dribbling, avoiding that the ball touches the ground (before alternating foot then with the use of the knees). Once reaching the station 2 the two pupils return the ball to row and perform two quick exchanges with partner support, then perform a double tap in sliding poles and finally two other fast ball exchange with her boyfriend. after this phase, the two boys reach the station 3 in shooting and using the ball to undertake a tight slalom between the Chinese

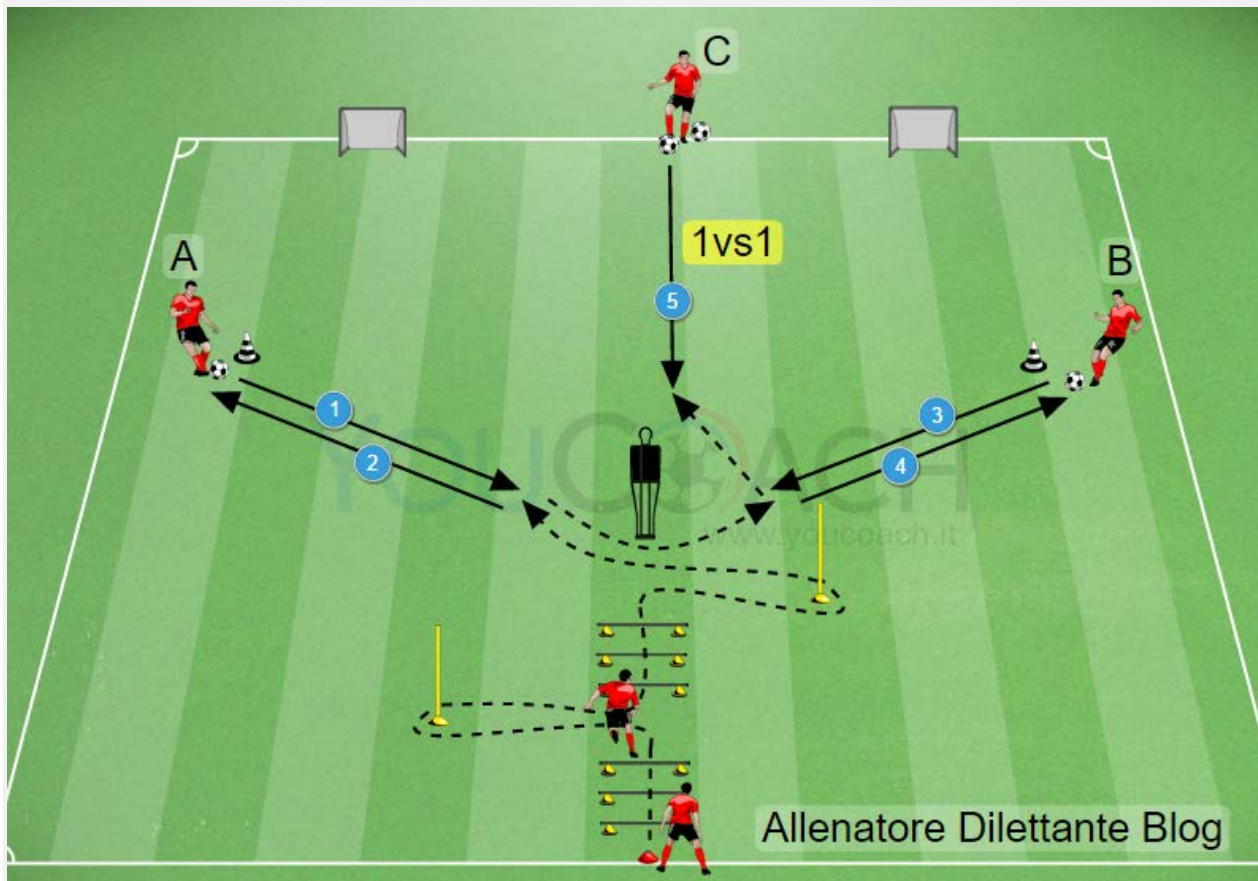
guy taking care that the cone both crossing trajectories change a row to finish with a new tight slalom.



# Technical Development with 1 vs 1

Today I propose a coordinative my path in which there are many technical references and situational. Being able to create complex exercises that integrate within them different stimuli and aspects is one thing that I really love, attention easily in their planning is however, avoid creating too complex proposals and therefore not intuitive and hard to remember.

## EXERCISE:



## CONDUCT:

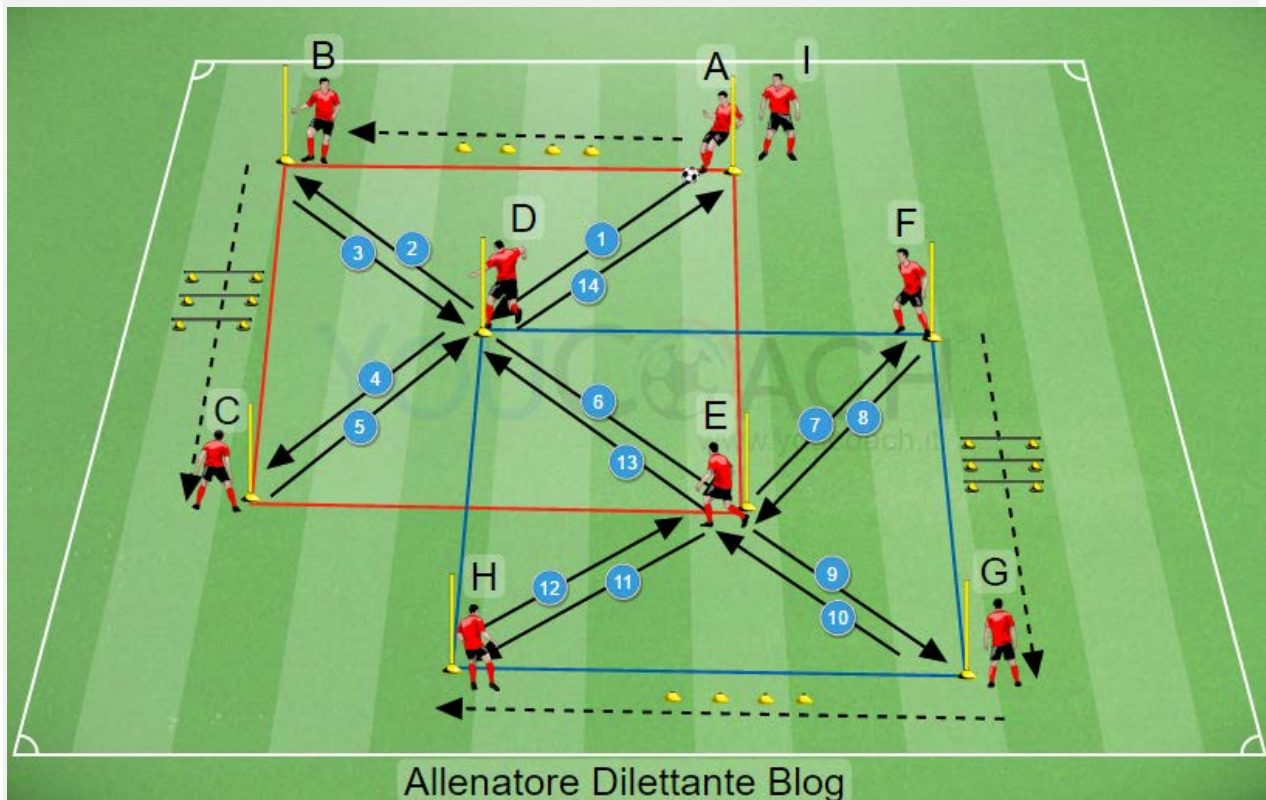
At the start, the player placed on the red cinesino run double front sliding touch between the poles placed in front of him and shooting, with change of direction, the side pole. This is performed both to the left to the right. At the end of the first part, of coordinative nature, it reaches the shape and performs an exchange with the player A and player B successively with a total of 4 passages. The attention that I require in the students is the advance of the passage, going to meet the companion passage. At the end of the second part of a technical nature, the

student receives the ball from the C player with which performs a 1v1 situation with two alternative targets represented by 2 doors positioned sideways.

# Technical Drill: Switching and Control

A new proposal for the technical improvement. Today is an exercise developed analytical nature that turns out to be complex from a cognitive point of view and focus.

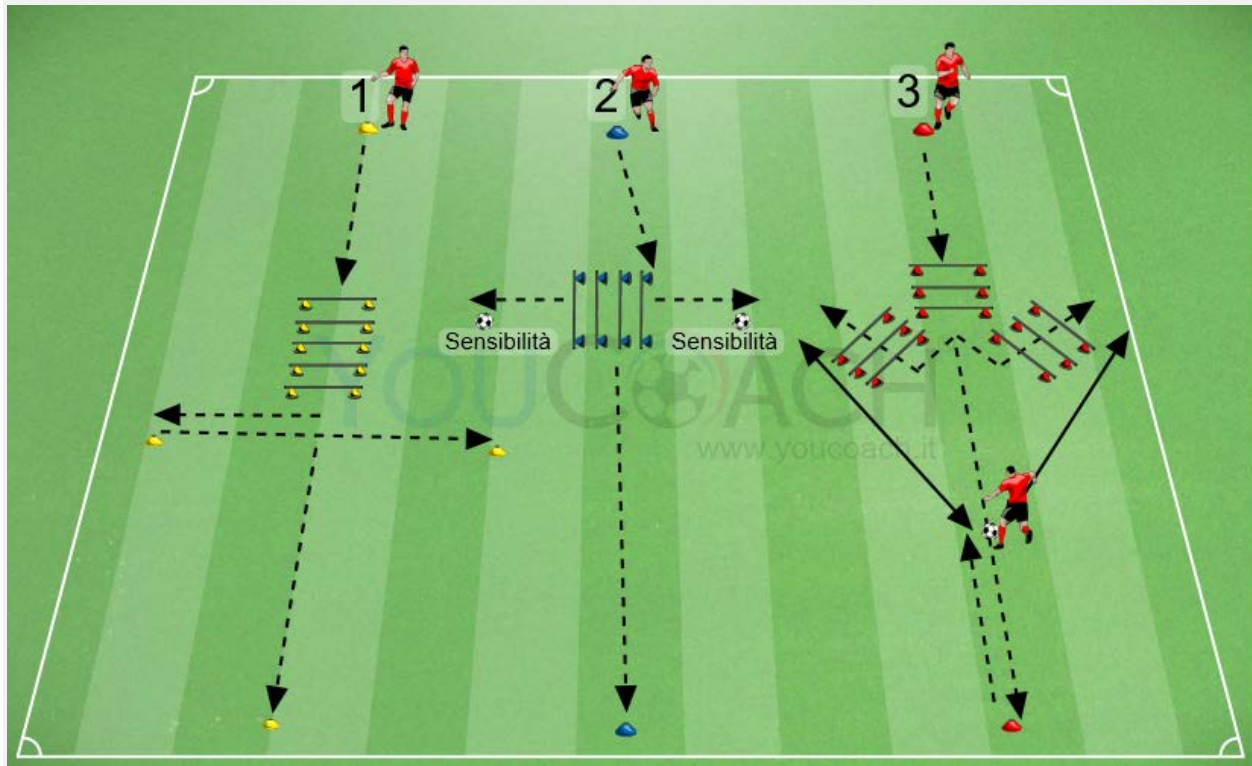
## EXERCISE:



## CONDUCT:

2 are formed square, as shown in the figure, making sure that a vertex of the square is placed at the center of the other and vice versa. At the start player A performs a step D which performs a stop oriented and plays ball to B. Comrade at the end of the transition snaps instead of B performing rapid lateral direction changes between the Chinese guy. player B performs an exchange with D which play again in C, Comrade B moves to C, and at double-tap between the poles sliding . the combinations are then continue following the order of steps (numbered in order in the figure) and the players in red square perform moving counterclockwise while the blue one in a clockwise direction. This allows all players rolling carry 3 shifts as the outer points and a ride in the opposite square as a central hub (place and to red square and D station for blue square).

## Three Circuits



Coordinating circuit structured in 3 courses, from the most simple to the most complex.

**PATH 1 (YELLOW)**: Launch of the student performs a click until you reach the sliding poles where performing a simple double touch the front, finished making a sideways movement up to touch the Chinese guy to the right and then a side race to reach the Chinese guy left before taking a shot until the final Chinese guy.

**PATH 2 (BLUE)**: Launch of the pupil run a shot up to the sliding stakes on the left side. After shooting is executed double side touch between the poles and then make the ball with a sensitivity exercise (eg. Inner right inside the left or inner sole). Then run double side twist in the opposite direction to perform again a sensitivity exercise (performed foot reversed if possible.) After this stage the player performs a shot until the final Chinese guy.

**PATH 3 (RED)**: At the start, student shooting up to reach the poles sliding, joint up performs dual front side and then touch reaching the right side of the course where performs two quick steps with his companion and then perform double side touch and reach the other side where it is repeated the rapid exchange of passes but inverted foot. after a click is performed until the final Chinese guy and then make the change to the partner to support the path and kick off the next pupil.



# Training Session - Passing

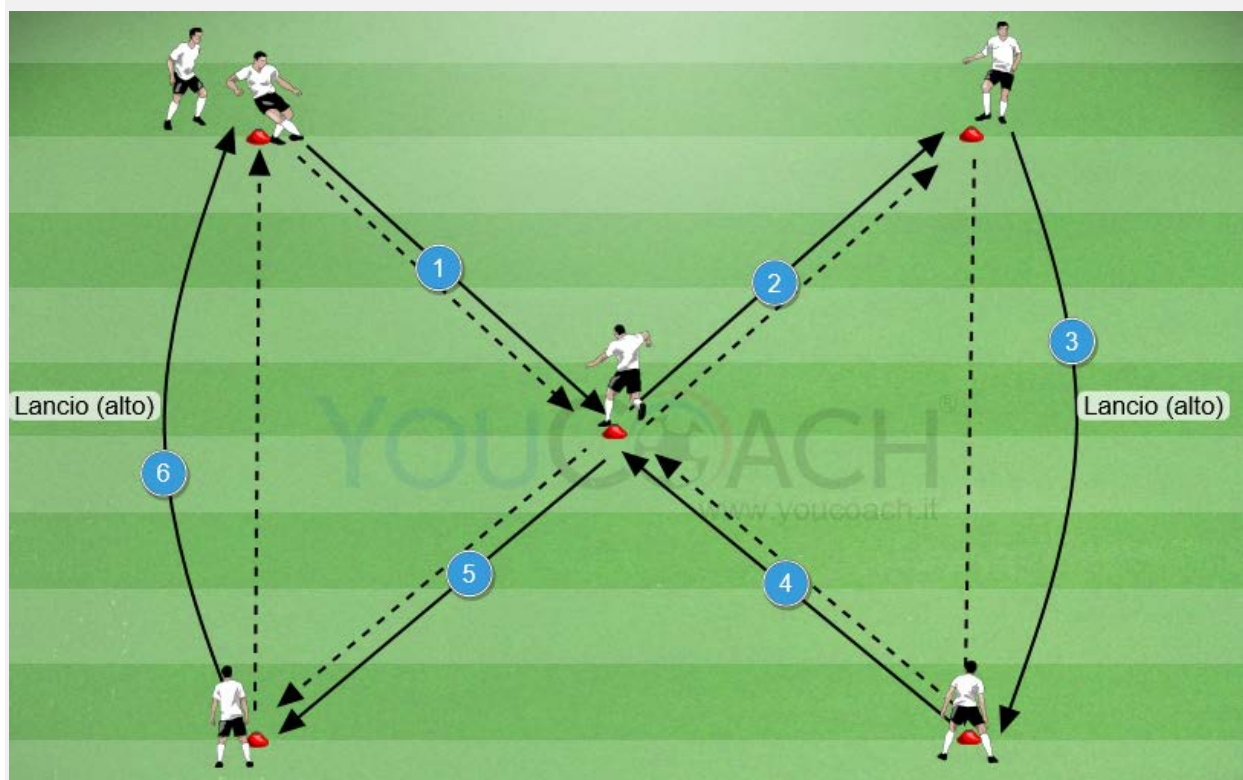
Today I share my training session n. 7 of the season, which aims to analyze and refine the passage in its different aspects. The observed aspects today are:

- sliding passage
- step up or launch
- passage to the foot of flight or head

These objectives are trained with analytical and situational exercises to perform repeat of the gesture without opponents (in order to learn better the dynamics) and then with opponents in order to make the use and awareness of the difficulties related to the time and space in relation to opposing players. Finally the workout ends with a thematic match to contextualize the technical work to the game.

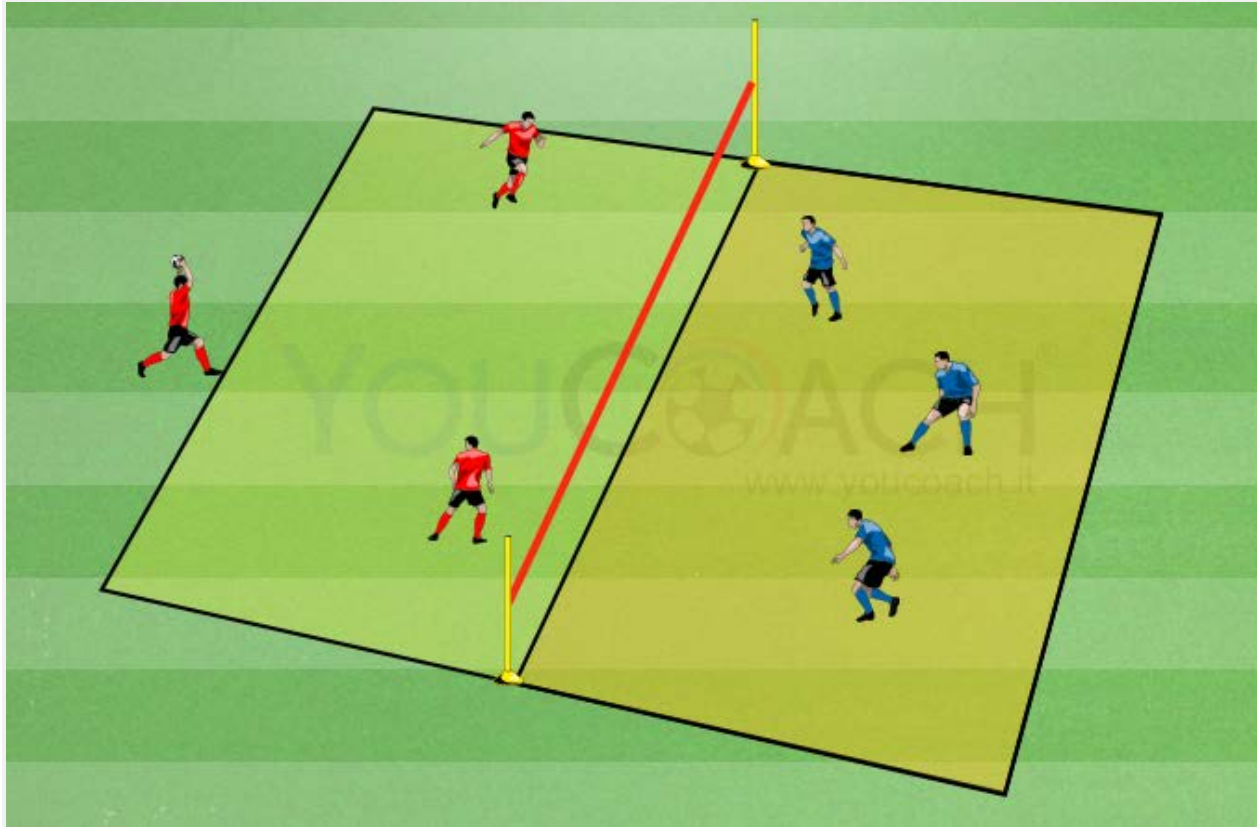
After an initial phase of activation and heating the boys are divided into 3 groups (one myself, one Antonio my assistant coach and one Francesco my co-worker):

## GROUP 1:



They are carried out a series of steps in sequence as shown in the figure, alternating passages sliding to a throw. After each step, you run one click to the next station. After learning the most of the exercise are submitted variants: - Movement and against movement. - Stop-oriented - the first game for the sliding steps (1-2-4-5)

## GROUP 2:



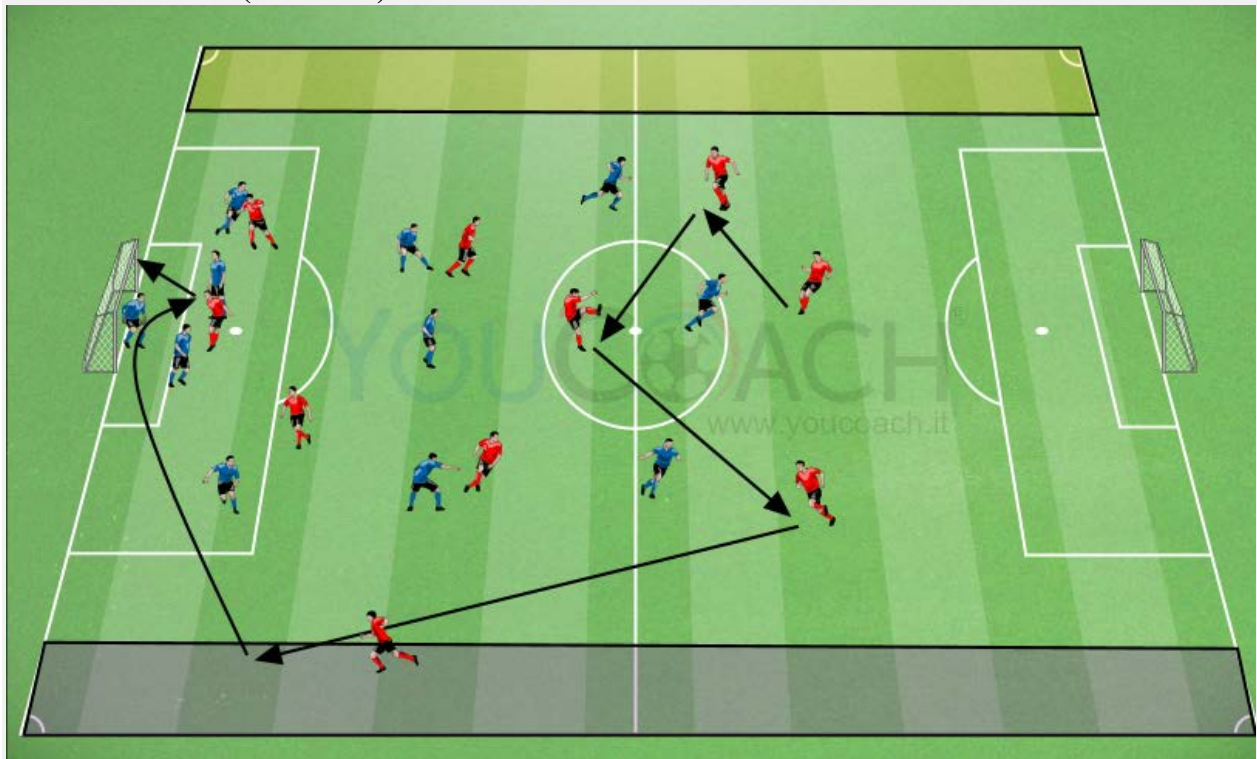
Game of "football tennis" with opening line runs as a lineout to also address this aspect. In the course of the game are explained better inside touch the fly and the head of the game. The two teams compete in a 3vs3 and have the opportunity to make a single bounce the ball in their own half and have 3 steps to be able to throw a pass in the opponent's half of the field. After learning the most of the year may be inserted to hold high the variants' students' attention such as "at least a touch of the head before reaching the penalty area."

**GROUP 3:** Tutorial recreating a situation of 2vs2 game with 2 side wildcard. In the figure the white team attacks and is in possession, while the red team defends. At the end of each action with goals or wrong shot off the defending team performs a rapid positive transition while the two sides enter the field with the role of defending and the team that was in the field is replaced in the role of wild card. Example: the white team attacks and after a good ball to run around a goal, the red team gets the ball and attacks the goal which is defended by the yellow team and will have as banks of the two white players. to avoid confusion the exchange between external and defending players takes place only at goal or pull out and not each time you lost ball.





**GAME THEME (collective):**



Students are divided into two teams and is started the game, the field is characterized by two lateral field areas which can be occupied by the team in possession, and by which the possessor of the ball can not be attacked or pressed. The player inside it has a few seconds to get the ball and run back a step. during the game are called aspects of the passage identified or raking pass, the flight and high launch.

## Training the Offensive and Defensive Transition

By its nature the football 5 is a discipline that integrates well in a soccer training programming to 11. It is a sport practiced in a small field, with the development of a situation of constant 4vs4, for these reasons it can be said that the two teams are constantly being positive and negative transition. today's exercise is inspired by this idea and tries to embrace the principles of speed (physical and thought) to focus on the game and reading technical skill.

**EXERCISE:**



The red team is running a building game from their goalkeeper until the conclusion on goal.

The defender received the ball on defense, do a switch to mate in a central position which download ball on running in insert defender.

The action continues with the opening wing cross with the defender that fits the near post and the opposite outside the far post.

the dynamics of this building game can be varied and above all can be made more complex with the inclusion of two defenders.