

# THE CENTRAL CIRCLE

Technical Department LFF

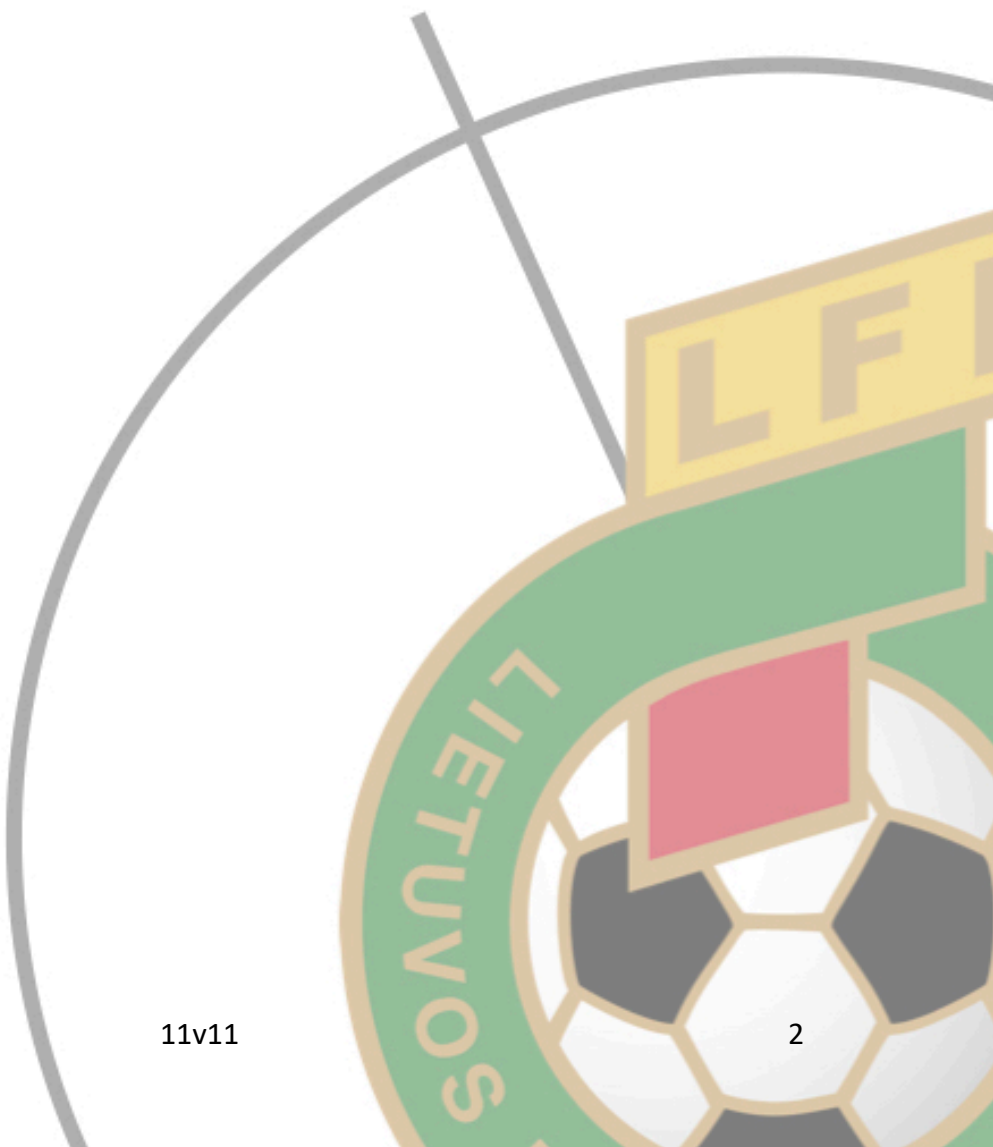
## TRAINING SESSIONS

11/11

CONTENT: HOW WE TRAIN MODELS  
Based on the Anderlecht Vision

FOR ALL LITHUANIAN CLUBS, ACADEMIES, SCHOOLS







## INTRODUCTION

As Technical Director of the Lithuanian Football Federation, I am glad that we have taken a new path, based on a thorough evaluation, chosen for the RSC Anderlecht Vision and training model.

I am sure we will get the benefits of this new way of working within a few years.

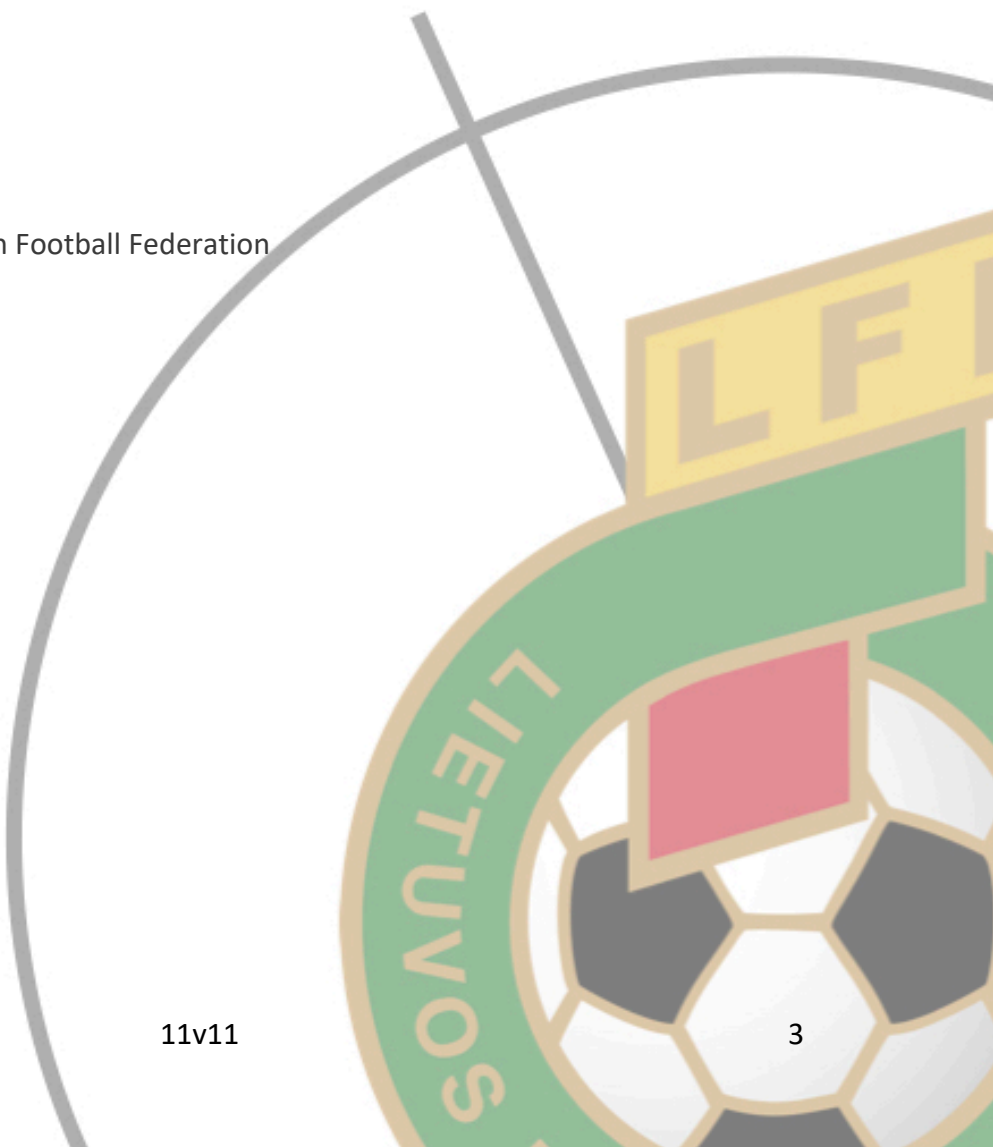
I trust and count on all people involved into this new project and with their efforts this direction has a bright future for our players development.

Enjoy the training sessions and have FUN.

Good Luck



Patrick De Wilde  
Technical Director at Lithuanian Football Federation





## TABLE OF CONTENT

Introduction .....	3
Pedagogical, Educative and Didactical advice .....	5
Ball mastery warm up.....	6
Cooling down .....	7
<b>Training sessions .....</b>	<b>8</b>
*Session1: B+ Build up from Goal kick.....	8
*Session2: B+ Build up from Goal kick to the sides .....	10
*Session3: B+ Build up from Goal kick.....	12
*session4: B+ Build up with Goalkeeper .....	14
*Session5: B+ Infiltration run, pass, dribble .....	16
*Session6: B+ Positional attack .....	18
*Session7: B+ Middle Build up.....	21
*Session8: B+ Midfield Movement.....	24
*Session9: B+ Infiltration from midfielders .....	26
*Session10: B+ Change side.....	28
*Session11: B+ Quick combination play .....	30
*Session12: B+ Attacking through the center by striker 9 .....	32
*Session13: B+ Building up to attack (winger-central) .....	34
*Session14: B+ Positional attack .....	36
*Session15: B+ Positioning in the box .....	38
*Session16: B- → B+ Pass vertically.....	40
*Session17: B- → B+ Transition.....	42
*Session18: B- → B+ Direct forward from defense .....	44
*Session19: B- → B+ Switch of play or direct forward (middle zone) .....	46
*Session20: B- → B+ Transition .....	48
*Session21: B- Forming defensive block.....	50
*Session22: B- Defending compact on a line.....	52
*Session23: B- Pressing .....	54
*Session24: B- Tactical movement .....	56
*Session25: B- Organization Rest Defense .....	58
*Session26: B- Slide and create overload on a side.....	60
*Session27: B+ Strikers: Finishing.....	63
*Session28: B+ Strikers: Finishing.....	64
The Football Development Model.....	65
The Technical Staff .....	66

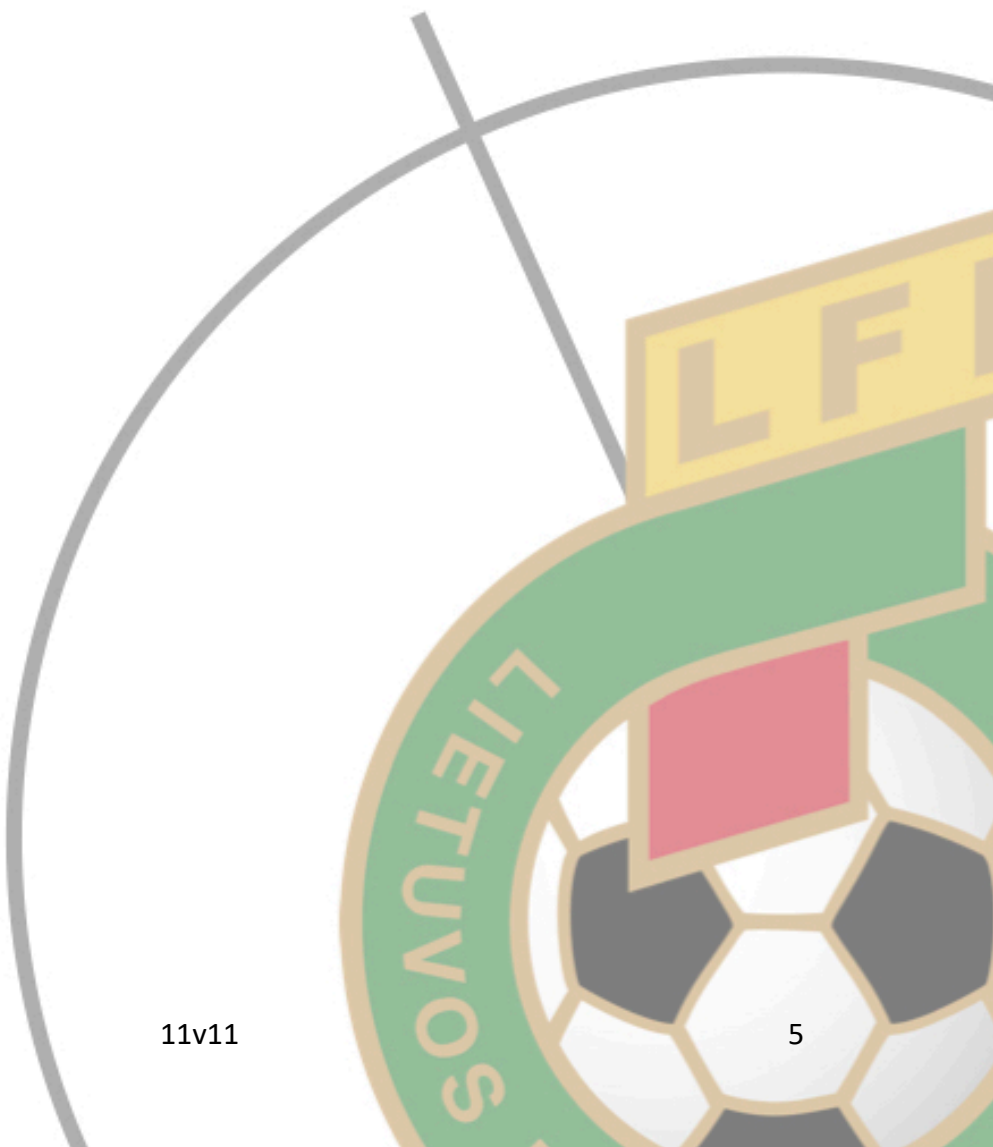


## PEDAGOGICAL, EDUCATIVE and DIDACTICAL ADVICE

The following training sessions are tools to help coaches. They are made for Lithuanian boys and girls. It's important that the coach uses his own imagination and experience to modify each exercise to the needs of his players. Three key points should be considered:

- 1) Age appropriate: Adapt the exercise to the ages of your players
  - For example: - 8 year old = Passes of 5-10m
  - 16 year old = Passes of 10-35m
- 2) Skill Appropriate: Adapt exercises to the skill level of your players
  - For example: - If the exercise is too difficult = make the exercise easier
  - If the exercise is not challenging = make the exercise more difficult
- 3) Differentiation: Within exercises challenge each player to their own level
  - For example: - Players with high technical abilities can do more difficult ball mastery exercises.

Next to this it's important that the players improve their general technical abilities. They can only improve their technical abilities when they are touching the ball. Let's have as aim that each player can touch the ball 200 to 300 times in warm up.





## BALL MASTERY WARM UP

Each training we should encourage players to touch the ball 200 to 300 times in warm up. So take 10/15 min. time per training to really boost the amount of touches of the players. There are multiple ways to reach this:

- Juggling & Juggling challenges
  - o Level 1: 10x right foot, Level 2: 10x Left foot, ... Level 10: 5x (Left foot, Left Knee, Head, Right Knee, Right foot),...
- Ball mastery
  - o Roll Ball & Roll Ball + Skill
  - o Push & Drag the ball
  - o V-drag
  - o Touching the ball between the feet
  - o Sole taps
  - o Sole drag + Step over
  - o ...
- Technik Ball/Soccer Pal & Challenges
- Skills combinations

Exercises you can use:

<b>Ball mastery street</b> 	<b>10'</b> Players go with ball mastery exercises through the street. Every zone (A,B&C) can be a different exercise. For example A: Left foot push and drag B: Right foot push and drag C: Alternating feet push and drag
<b>Copy the coach</b> 	<b>10'</b> Coach is in the middle and demonstrates ball mastery exercises. Players copy the coach. Important that coach turns around and sees all players. <i>Variation:</i> Players dribble inside the space and do skill combinations showed by the coach
<b>Ball mastery &amp; Skill Squares</b> 	<b>10'</b> Player 1 does ball mastery exercise till the end of the square followed by a turning skill. Now Player 2 does the same. <i>Variation:</i> Only 1 ball. After Player 1 turns he passes to Player 2. Now the exercise starts again.



## COOLING DOWN

In 11/11 cooling down has two main aims. The first aim is to cool down the body. The second aim is injury prevention via stabilization, mobilization and stretching. Marius Čeliasukas (Director of Physical department) created a video including these injury prevention exercises. This video can be used as guideline for the cooling down in 11/11.  
<https://www.youtube.com/watch?v=JcAkTHv0YOW>

Also a fun game can be included in the cooling down. At the end of the cooling down there should be a small recap. The recap should include 2 things: Feedback and Feedforward.

- Feedback: How did the training go? What did we practice? What did we learn? What can we do better?
- Feedforward: How can we do it better? What can we practice at home? What can we do extra individually?

Exercises you can use:

<p>Dynamic Duo 2</p>	<p>5'</p> <p>Players get divided in groups of 2 (duo's). 1 plays a high ball to 2. 2 has to touches to pass the ball in the air to 1. 1 needs to score in 1 touch. If the ball bounces, the goal doesn't count. Who will win?</p>
<p>Crossbar challenge</p>	<p>5'</p> <p>All players put the ball on the box. Each player has 3 tries. Who can hit the most the cross bar? <i>Variation:</i> With goalkeeper, who can score the most goals?</p>
<p>Keep it up</p>	<p>5'</p> <p>Two players together juggle over the goal to each other. They count the score. Which team will have the highest score? <i>Variation:</i> Only head</p>



## Session 1: B+ Build up from Goal kick

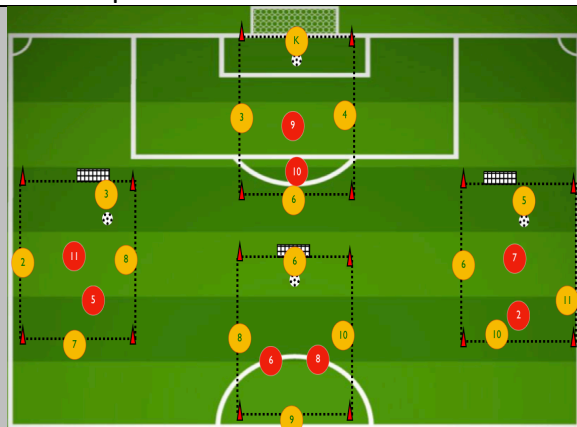
### Topic:

- 1) Build Up from Goal kick
- 2) Midfield rotation in build up

### Basics:

- 1) Creating space for yourself
- 2) Short and half long passing

### Warm up – Basics

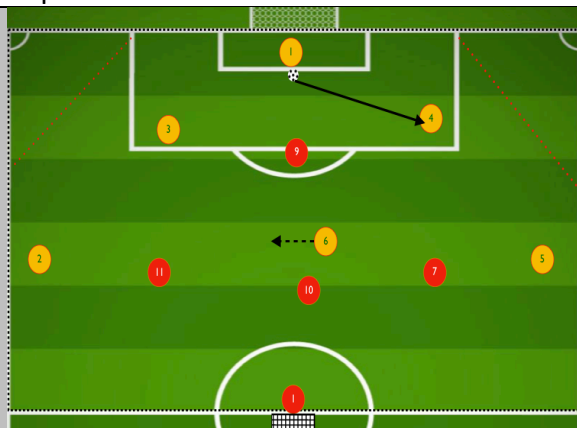


20 (8x 2')

*Start 10' with ball mastery = 200-300 touches per player!*

4v2 positional rondo's  
Players take their position in the rondo. They try to keep possession against 2 opponents (pressing from their position). When the 2 defenders win the ball they can score on the goal. They count the goals scored  
After 2' defenders become attackers on their position

### Repetition – Basics – K5v4K



20'

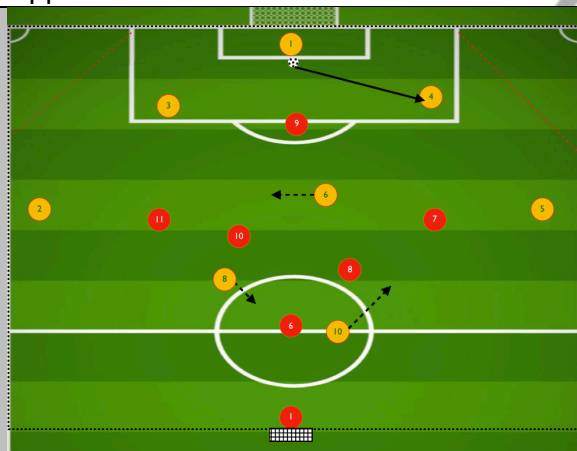
K5v4K

Focus on:

- 1) Taking good position and movement in build up
- 2) Keeping possession when we build up
- 3) Exploiting spaces

The corners for the red team are cut off, so the wingers are unconsciously coming more inside for the cross.

### Opposition Game – K7v6K



20'

K7v6K

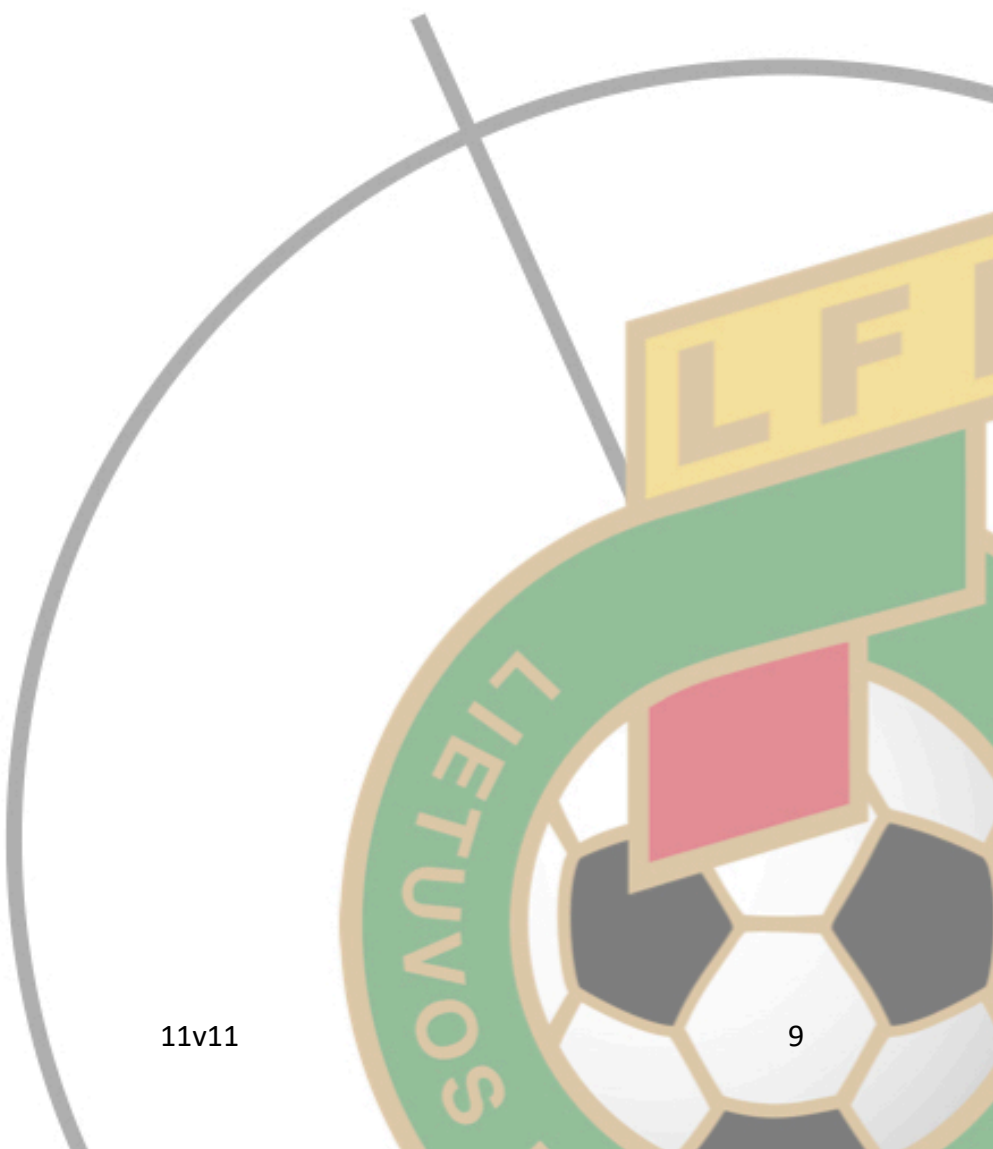
Focus on:

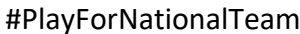
- 1) Taking good position and movement in build up
- 2) Keeping possession when we build up
- 3) Exploiting spaces
- 4) Timing to play forward (depth over width)

The corners for the red team are cut off, so the wingers are unconsciously coming more inside for the cross.



Topic Game – K10v8K	25'
	<p>K10v8K normal match rules</p> <p>Focus on:</p> <ol style="list-style-type: none"> <li>1) Taking good position and movement in build up</li> <li>2) Keeping possession when we build up</li> <li>3) Exploiting spaces</li> <li>4) Timing to play forward (depth over width)</li> <li>5) Cooperation between Winger and FB</li> </ol> <p>The corners for the red team are cut off, so the wingers are unconsciously coming more inside for the cross.</p>
COOLING DOWN	10'





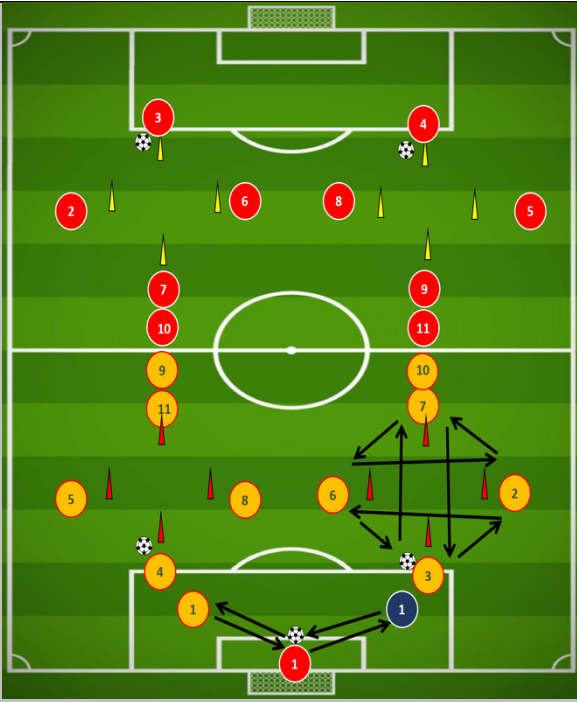
Topic:

- 1) Build Up from Goal kick, Goalkeeper and Central Defenders
- 2) Find Players Between the Lines

### Basics:

- 1) Body Shape
- 2) Timing of Pass and Movements, Fast Decision making

## Warm up - Basics



Time 10'

Start 10' with ball mastery = 200-300 touches per player!

2x4'

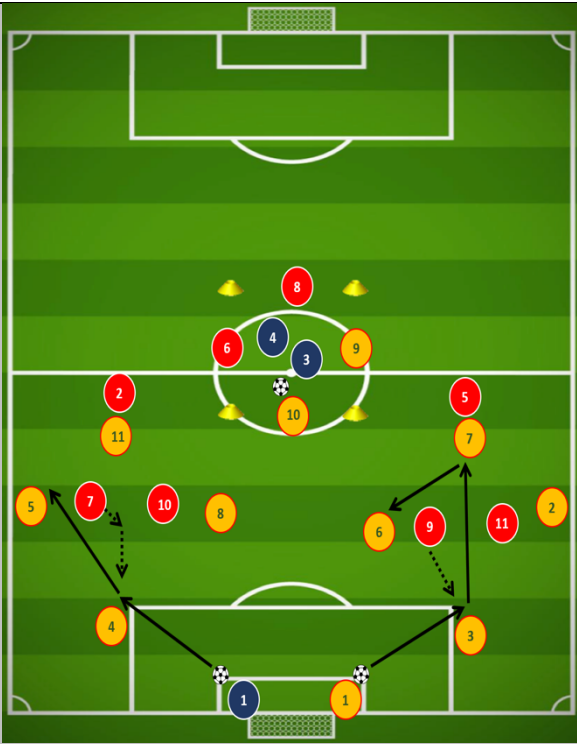
- Passing exercise in positions
- . Ball movement: 3 to 7, 7 to 6, 6 to 2, 2 to 7, 7 to 3, 3 to 2, 2 to 6, and 6 to 3. Start again.
- . 1 touch

Important:

- . time of movement to ask the ball
- . open body shape
- . good angle between 3 players
- . front support
- . quality on the ball

Goalkeepers work on their passing and receiving skills.

## Repetition – Basics – 4v3 and “Rondo” 4v2



Time 15'

2x6'

- Build up from Goal kick or Goalkeeper
- . After 6' change functions
- . Ball starts from GK and pass it to Central Defender (3)
- . Red Team are the defenders, player 9 and 11 do the pressure in different ways
- . Central Defender (3) decides where to pass it (Team Principles), or to Attack the space in Progression
  1. Look for FREE PLAYER
  2. 2vs1 line pass open, pass the ball
  3. 2vs1 line pass closed, look for third man
- play
- "Rondo" with transition
- . 3 teams of 2 players; 2 touches; Team who recover the ball keep playing with Free Team; non stopping exercise using the transition

Opposition game – K6v5 and K5v4	Time 22'
	<p>2x10'</p> <ul style="list-style-type: none"> <li>- Build up from Goalkeeper</li> <li>. After 10' Players 8 Red and Yellow switch to the other field</li> <li>. Yellow Team need to score in 3 small goals, they represent the players between the lines during the Game</li> <li>. Red Team if recovers the ball can counterattack and score Goal</li> <li>. Free Touches</li> </ul> <p>Important:</p> <ul style="list-style-type: none"> <li>. Patience with the ball, keep calm</li> <li>. Fast ball movement</li> <li>. Keep Balance when attacking</li> <li>. Open body shape</li> <li>. Look for Free Player</li> </ul> <p>Players can't go out of the marked area.</p>
Topic game – K10 vs 10K	Time 33'
	<p>2x15' - Football</p> <ul style="list-style-type: none"> <li>. Teams play football with some conditions:             <ol style="list-style-type: none"> <li>1. Team who Build up can pass or dribble through the marked line.</li> <li>2. Defending Team have 5 Players (4 defenders and 1 Midfielder) between the 2 marked lines and can't go out till the ball passed the first line. Defending team tries to prevent the other team to play between the lines.</li> <li>3. if the defending team wins the ball, they need to counterattack as fast as possible.</li> <li>4. If the team wins back the ball in their defending half they need to make sure the buildup goes via CD's or GK.</li> </ol> </li> </ul>
COOLING DOWN	Time 10'



## Session 3: B+ Build up from Goal kick

### Topic:

1) Build up play against different formations

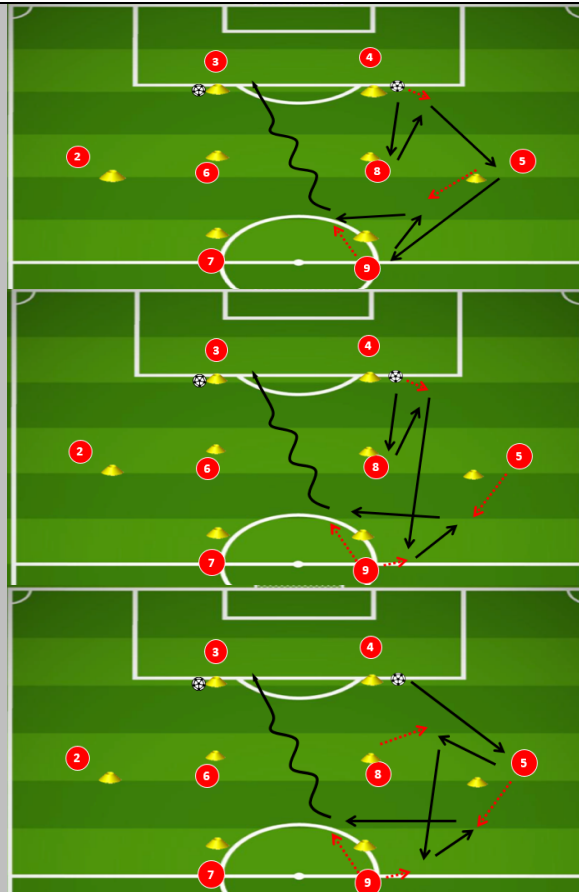
### Basics:

1) Body position/opening

2) Short and half long passing

### Warm up – Basics(Passing)

12 min.(3x4min.)



Start 10' with ball mastery = 200-300 touches per player!

### Passing exercise:

(3 different variations) 3x4 min

Starting from both sides and always change directions.

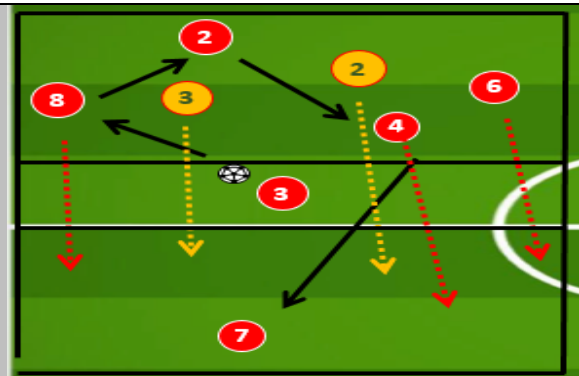
After pass the player follows the ball

Choose for all kind of build up variations

Keep attention to learning talks: Let players also propose, ask them what they think, feel, ...

### Rondo 4v2+1+1 with transition

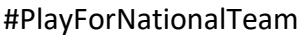
Time 12min.(2x6min. R2)



Rondo 4v2+1+1 with transition



<p>Opposition game – Build up play 7(+Gk) v 6</p>	<p>Time 20 min.(2X10 min. R2)</p>
	<p><b>Objective:</b> Building up play from the back into the opposition's half.</p> <p><b>Practice Description:</b> Using half pitch, goalkeeper, the back 4 and 3 central midfielders against 6 opposition players. Yellow defending team are in a 3-3 formation. This can easily be changed to 4-2 or 3-1-2 etc. Goalkeeper chooses the correct distribution based on the formation of opposition. The red team build up play and try to achieve one of these goals. The yellow team aim to press collectively, stop the red team from scoring and win the ball. If they win the ball, then they try to score in the big goal.</p>
<p>Topic game – Positional, Possession game</p>	<p>Time 30 min.(3x8 R2)</p>
	<p><b>Objective:</b> Build up play from the back, possession play and positional play with goals</p> <p><b>Practice Description:</b> We mark out the area shown. Each team has 8 outfield players and there are also 2 blue neutral players, who take up the role of the central midfielders for the team in possession. The yellow team in possession are in 4-3-3 formation with the two neutral players (they have numerical advantage 11v8) If the defending team win the ball, the roles of 2 neutrals players simply reversed and the practice continues.</p>
<p>COOLING DOWN</p>	<p>Time 10 min.</p>



Topic:

- 1) Build up from GK
- 2) After gaining possession → Direct forward / Keep playing forward

### Basics:

- 1) Creating space for yourself
- 2) Short and half long passing

LFF TECHNICAL DEPARTEMENT



<b>Opposition Game – K7v6K → K7v8K</b>	<b>20'</b>
	<p>K7v6K</p> <p>Focus on:</p> <ol style="list-style-type: none"> <li>1) Taking good position and movement in build up</li> <li>2) Keeping possession when we build up</li> <li>3) Exploiting spaces</li> <li>4) Timing to play forward (depth over width)</li> </ol> <p>The corners for the red team are cut off, so the wingers are unconsciously coming more inside for the cross.</p> <p>After a goal is scored or the ball goes out of play, 2 players of red enter with a second ball. Now we play K7v8K.</p>
<b>Topic Game – K9v8K → K9v10K</b>	<b>20'</b>
	<p>K9v8K normal match rules</p> <p>Focus on:</p> <ol style="list-style-type: none"> <li>1) Taking good position and movement in build up</li> <li>2) Keeping possession when we build up</li> <li>3) Exploiting spaces</li> <li>4) Timing to play forward (depth over width)</li> <li>5) Cooperation between Winger and FB</li> </ol> <p>The corners for the red team are cut off, so the wingers are unconsciously coming more inside for the cross.</p> <p>After a goal is scored or the ball goes out of play, 2 players of red enter with a second ball. Now we play K9v10K.</p>
<b>COOLING DOWN</b>	<b>10'</b>



## Session 5: B+ Infiltration run, pass, dribbling

### Topic:

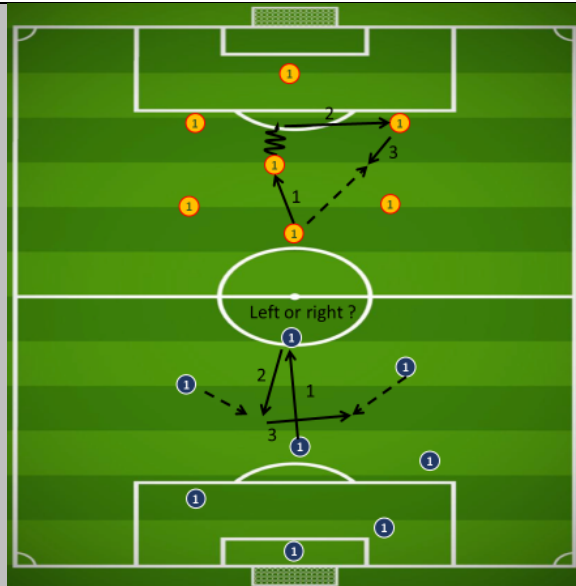
1) Infiltration run, pass, dribbling

### Basics:

1) Quality pass: Short and half long

2) Dribbling.

### Warm up - Basics



15'

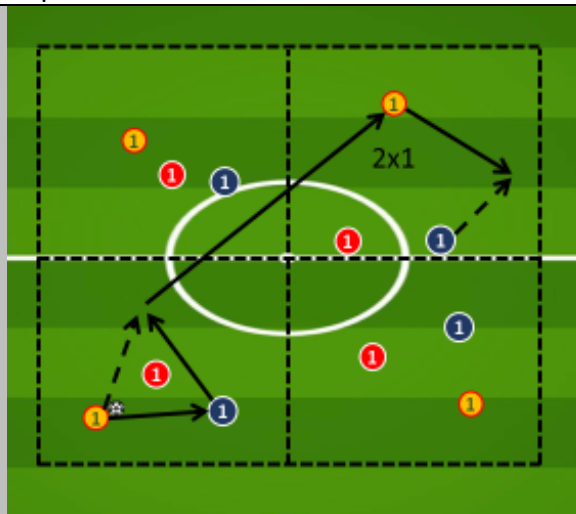
Start 10' with ball mastery = 200-300 touches per player!

Ball control and dribbling in the circle.

1) When the player has a ball in the center, he needs to do a dribble. After dribbling he gives a pass to another player.

2) Player who receives the ball decide by which player next to him he will pass to.

### Repetition – Basics

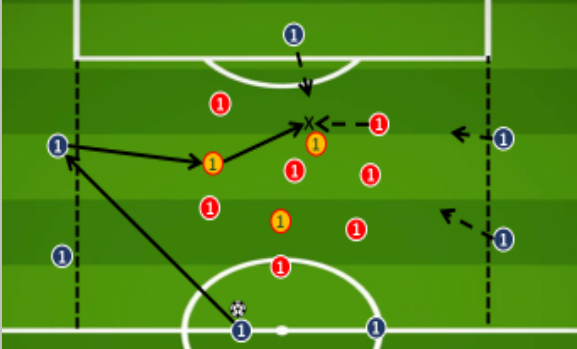
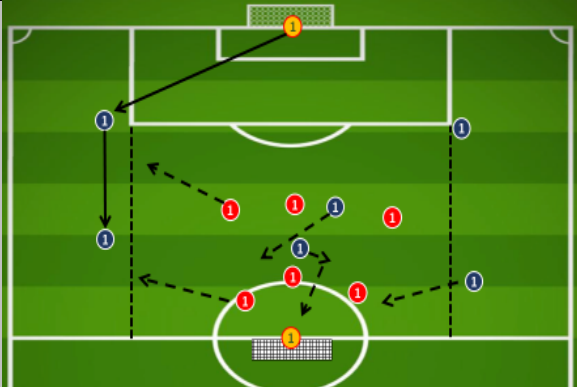


20'

2v1 in the zone

In each zone is one player of the three teams. Offensive players can only use two touches. Attention points is to create the space in the zone and find deep pass to the players in another zone. Which player lost the ball his team becomes the defenders. All defenders using cover shadow to intercept the ball. Offensive players looking the best position to get the ball.



Opposition game - 7v7+3	20'
	Transition 7v7+3 7 players keeping the ball in position. 3 neutral players helping them in the center. If they lose the ball, they have to make counter pressing immediately. Other team keeping the ball and taking the best position.
Topic game – K6v6K	20'
	Game style in the last zone. Only after a cross, players can score a goal. When the ball is in one of the sides, the players from the other side can inside the pitch to score the goal.
COOLING DOWN	10'





## Session 6: B+ Positional attack

### Topic:

1) Positional attack

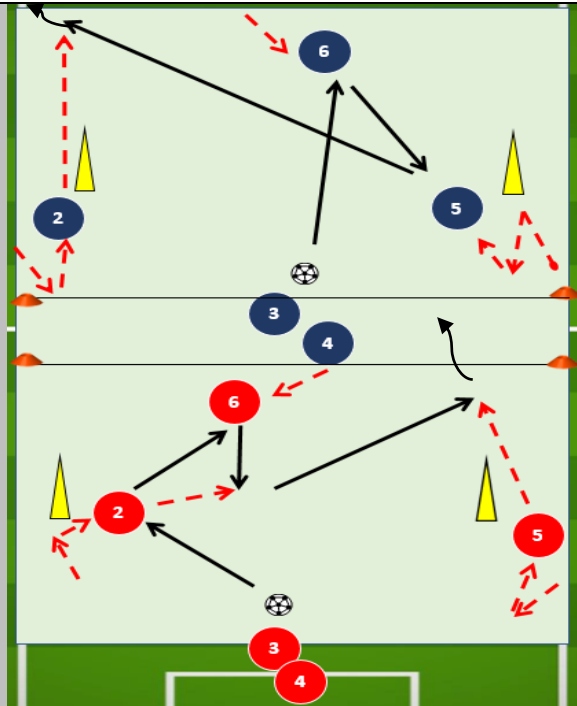
### Basics:

1) Body position/opening

2) Short and half long passing

### Warm up – Basics (Passing)

12 min.(2x6min.)



Start 10' with ball mastery = 200-300 touches per player!

Objective: Technical skills-passing, checking away from marker before moving to receive and quick combination play to practice positional attacks and playing in behind

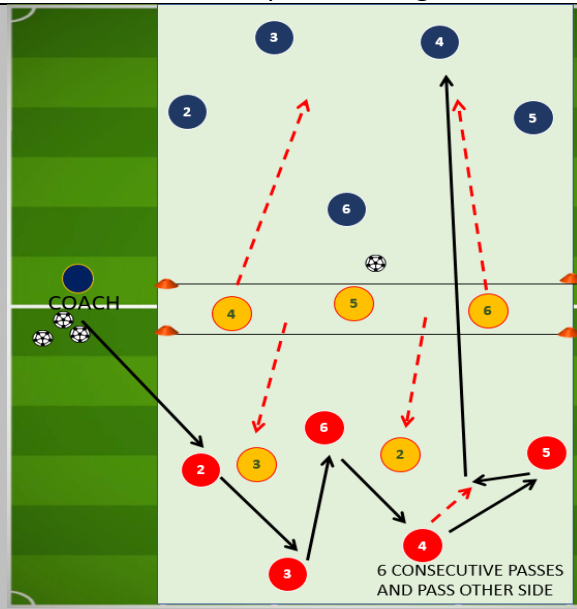
### Practice description:

15x25m area, 2 groups of 5 players working simultaneously. 4 players positioned in diamond and there are 2 mannequins which represent opponents. The players execute different combinations in both zones.

\*The players move to the next position (3 to 2 to 5 to 6 to 3)

### Basics: Team rondo possession game

Time 12min.(2x6min.)



### Practice description:

Set up two 15x10 meter end zones and one smaller 15x5 meter zone in between them. We have 3 teams with 5, 6 or 7 players.

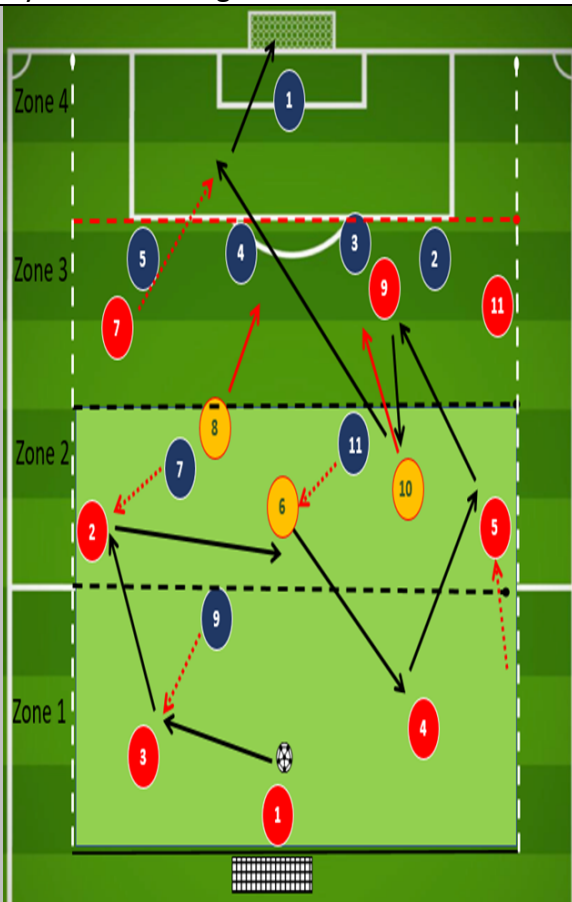
The team that is able to complete 6 passes and successfully play to the team in the opposite zone the most amount of times wins the game.



<p>Opposition game – Creating an opening and passing in behind = weak zone 10v7(+GK) Positional game</p>	<p>Time 20 min.(2X10 min. R2)</p>
	<p><b>Objective:</b> Exploiting a numerical advantage in a positional attack to play in behind and score</p> <p><b>Practice Description:</b> We have red team against 7 blue players(4-3 formation)+GK</p> <ol style="list-style-type: none"> <li>1.starts with red team as they try to take advantage of their numerical superiority to build up play and create an opening.</li> <li>2. the main aim: play the ball in behind into Zone 2. From there the reds finish the attack. The blues are not allowed to move into zone 2 to defend.</li> <li>3.The defending blue team keep compact, defend and try to win the ball. If the blue win the ball: quick transition and try to score.</li> <li>4.When an attack is finished or the ball goes out, restart from the red goalkeeper.</li> </ol> <p>The reds can practice many different build up and attacking combination to achieve their objective of playing in behind.</p>





<p>Topic game - Creating an opening and passing in behind = weak zone Dynamic 4 zone game</p>	<p>Time 30 min.(3x8)</p>
	<p><b>Objective:</b> Possession play, passing forward, support play and passing behind.</p> <p><b>Practice Description:</b> 4 zones, 2 teams x7 players+2 GKs and 3 neutral players (DM,LCM&amp;RCM) 1.The goalkeeper starts, the reds have 7v3 advantage across Zones 1 and 2 with help from yellow neutral players. Aim: create an opening for blue player to pass to teammate in Zone 3. 2.Once player receive in space (nr 5) and there is an opening, he passes forward to a teammate I Zone 3. The yellow (nr 8 and nr 10) can move forward to Zone 3. 3.Aim: play in behind quickly and scoring The reds must stay within Zone 3. 4.When the attack is finished, restart with the blue team's goalkeeper and the team roles reversed. <i>The defending team must play quick transition when have ball and score.</i></p>
<p>COOLING DOWN</p>	<p>Time 10 min.</p>





## Session 7: B+ Middle Build up

### Topic:

- 1) Middle build up
- 2) Finishing

### Basics:

- 1) Quality strong pass, first touch
- 2) Switch sides, opening, timing and quality finishing

### Warm up - Basics

Time 15'

Start 10' with ball mastery = 200-300 touches per player!

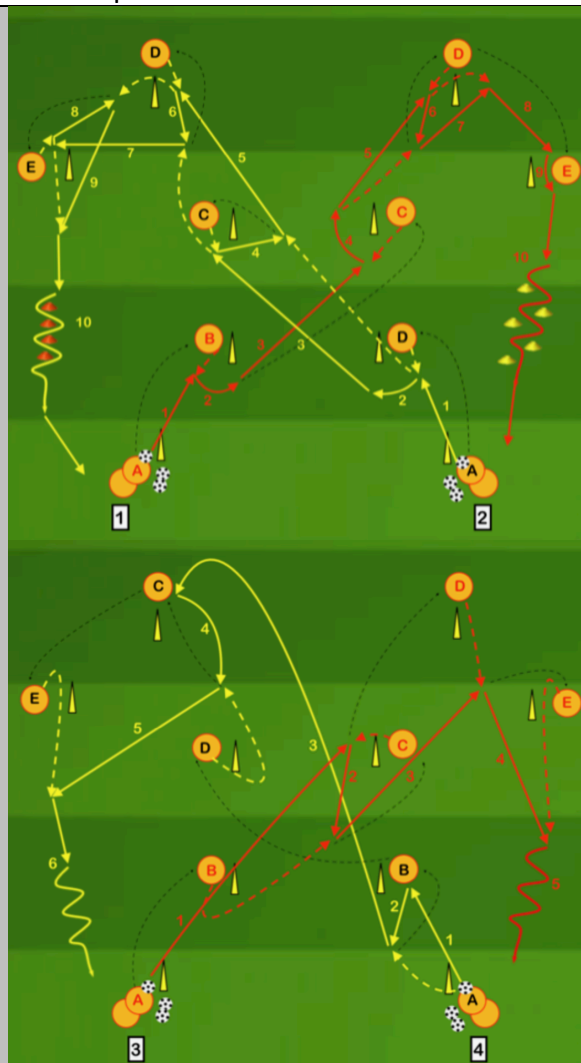
Different kind of passing:

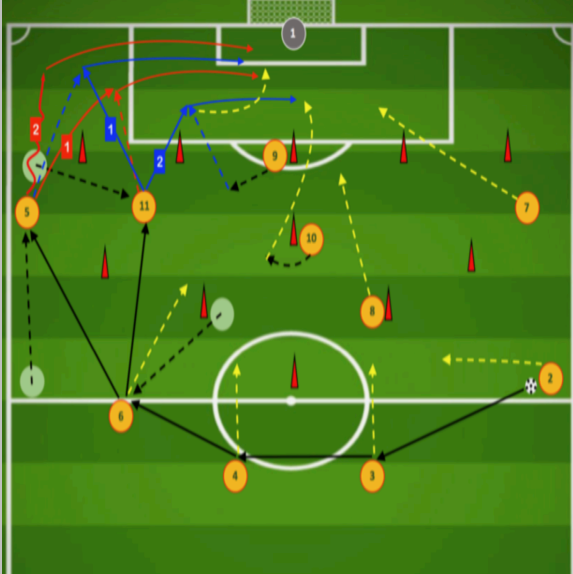
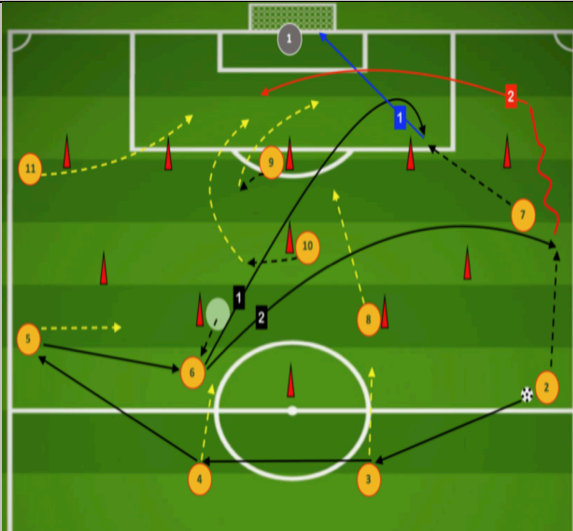
1- open to the ball, first touch turn, play wall, dribble around the cones

2-play the wall, pass on the third man

3-play on the third man long ball by the ground, deep run on the side

4-after one-two high long ball, deep run on the side



Opposition game – 10 v 0	Time 25' 2 x 12'
	<p>Switch the side, wing midfielder (Nr 7-11) goes inside, wing defender (Nr 2-5) goes higher for create the free space for center midfielder (Nr 6-8) after receiving the ball CM has 2variant:</p> <ol style="list-style-type: none"> <li>1) pass to nr 7-11, after receiving the ball wing midfielder must find nr9 behind defensive line or Nr 2-5 on the side, followed by a shot or cross</li> <li>2) pass to nr 2-5 , after receiving the ball wing defender must find nr7-11 in deep run behind defensive line or dribble, followed by a shot or cross</li> </ol>
	<p>Switch the side, defender Nr 2-5 receives the ball, passes to center midfielder (Nr 6-8) after receiving the ball CM must change the side by long high ball. There are 2variant:</p> <ol style="list-style-type: none"> <li>1) find wing midfielder (Nr7-11), followed by a cross or shot</li> <li>2) find wing defender (Nr2-5), followed by a cross or dribble</li> </ol>



Topic game – 11 v 11	Time 25' 3 x 7'
	<p>Offensive team try to do what we prepare</p> <p>3-4 players in the box</p> <p>Switch the sides, create the space, opening in free space and behind defensive line</p>
Finishing	Time 15'
	<p>4 time shooting in a row:</p> <p>1: <b>player 1</b> dribble and shoots, after open to play wall pass for the second shot.</p> <p>2: <b>player 2</b> shoots. <b>Player 1</b> sprint to play wall with <b>player 3</b>,</p> <p>3 shoot: <b>player 3</b> after play wall pass, crosses the ball to <b>player 2</b> on first post or <b>player 1</b> on second post</p> <p>4 shoot: after the cross/shoot <b>player 2</b> sprint to position 4 to play wall pass with <b>player 4</b>, <b>player 4</b> must score</p>
COOLING DOWN	Time 5'



# Session 8: B+ Midfield Movement

<p><b>Topic:</b>  1) Midfielder Movement (PROGRESS)  <b>Basics:</b>  1) Create space for fellow player and make use of it  2) Depth over width</p>	
<p><b>Warm up - Basics</b></p>	<p><b>16' (8 x 2')</b></p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u>  1',2',3' do the same like 1,2,3  1 and 1' dribble to each other. They do a frontal skill and play diagonal to 3 and 3'. After the pass, 1 turns around and does one-two with 3'. 3' goes in line behind 5.</p> <p><i>Variation1:</i>  Without one-two  <i>Variation2:</i>  3 passes to 2', 2' opens and plays to 6</p>
<p><b>Repetition – Basics – K3v3K+2N</b></p>	<p><b>20'</b></p> <p>Focus on the movement of the midfielders and to create overloads. When in possession, in the first zone can only be one opponent. One midfielder can drop to make K2v1. In possession, they can always play on the outside, N(eutral) players Play to win?</p>



Opposition Game – K9v9K	20'
	<p>2 teams and 3 zones. Both teams start at the same time with the ball.</p> <p><u>Build up area:</u> GK plays to 3 or 4. Opponent 9 presses sideways, forcing 4 to play forward to the midfield area.</p> <p><u>Midfield area:</u> 6 moves away, 10 to the ball, and 8 in between. Both teams interfere with each other but can not steal the ball from each other. Players need to move so always at least one player is under the ball.</p> <p>= 3e MEN SITUATION</p> <p>They need to play to the final area.</p> <p><i>Variation:</i> Minimum 3 passes before playing to final area</p> <p><u>Final area:</u> 11,9,7 + 2 infiltrating midfielders against 3 and 4.</p> <p>First team to score 2 points, other team 1.</p>
Topic Game K10v10K	25'
	<p>K10v10K Normal match rules</p> <p>Focus:</p> <ol style="list-style-type: none"> <li>1) Movement of midfield in build up</li> <li>2) Cooperation Striker &amp; midfield</li> <li>3) Cooperation Full back &amp; Winger</li> </ol> <p>Play to win!</p>
COOLING DOWN	10'



## Session 9: B+ Infiltration from midfielders

### Topic:

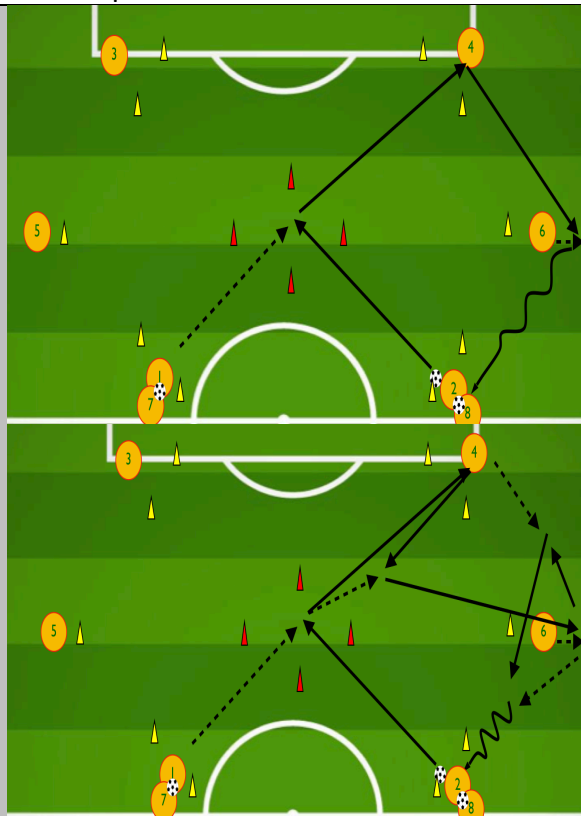
1) Infiltration from midfielders

### Basics:

1) Open body shape

2) Timing and weight of the pass

### Warm up - Basics



15 (2x 7')

Start 10' with ball mastery = 200-300 touches per player!

### A. 7'

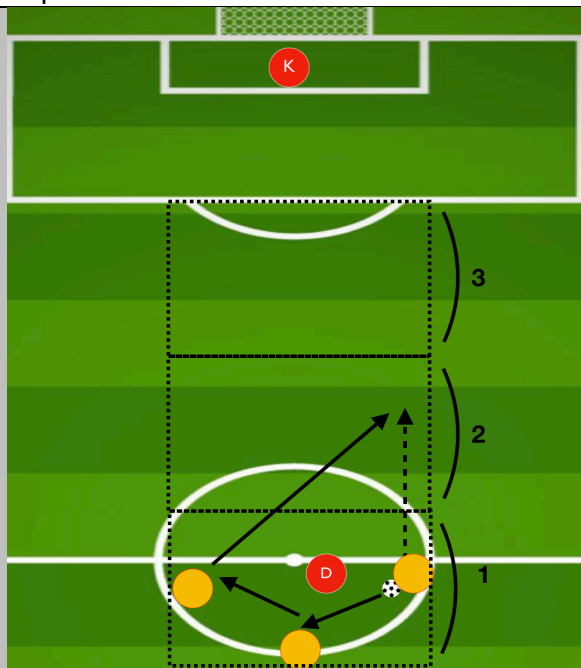
Red diamond is the free space that the player infiltrates to. 1 runs into the space. 2 times the pass so 1 and ball are at the same time in the free space. 4 Opens the body and receives the ball from 1. 6 moves away from the cone with open body shape. He receives the ball and dribbles in line behind 8. Now 2 is without ball moves into the free space and receives the ball of 7. The exercise starts again.

### B. 7'

Variant of A.

1 comes into space and receives the ball of 2. 4 Moves away. 2 does a one-two with 4. Now 6 moves away and 2 passes to 6. 6 sets the ball for 4. 4 passes the ball into space for 6. 6 goes behind 8 in line. Now the exercise starts again.

### Repetition – Basics – 3v1



20'

### 3 boxes and 3v1

All players need to touch the ball before going to (infiltrating to) the next box. After all players touch the ball in the third box, they can shoot to goal. Player who loses the ball becomes the new defender

### Variation

Box 1: Max 3 touches

Box 2: Max 2 touches

Box 3: Max 1 touch



<p>Opposition Games – K6v6K+1N</p>	<p>20'</p> <p>Zone1: K3v1 → K2v2 One Red player can infiltrate the zone when their team has the ball</p> <p>Zone2: 3v3+1N 6 can only play between the cones (the grey line)</p> <p>Zone3: 1v3K → 2v2K One Yellow player can infiltrate the zone when their team has the ball</p> <p>Zone 2 is important to infiltrate in the final zone. 10 or 8 can only infiltrate without ball into the final zone. So with a pass to them or direct pass to 9 who sets back to 8 or 10</p>
<p>Topic Game K9v9K</p>	<p>25'</p> <p>Build Up zone K3v3 Middle zone 3v3 Final zone 4v3K</p> <p>In the build up zone the team needs to try to reach the middle zone. The ball can only go to the final zone when there is an infiltrating player without ball. So a pass to the running player or direct pass to 9 who sets the ball for an infiltrating midfielder.</p> <p><i>Variation1:</i> To give the midfielders an overload at a neutral player to the neutral area</p> <p><i>Variation2:</i> Midfielders can also infiltrate with ball</p>
<p>COOLING DOWN</p>	<p>10'</p>



## Session 10: B+ Change side

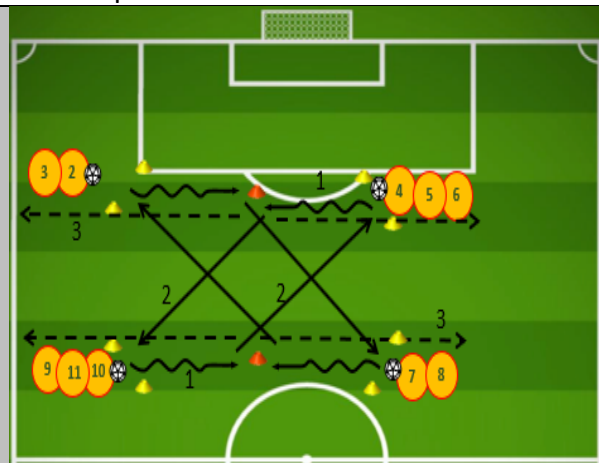
### Topic:

1) Change side

### Basics:

- 1) Timing and short, long pass.
- 2) Open body shape.
- 3) First touch.

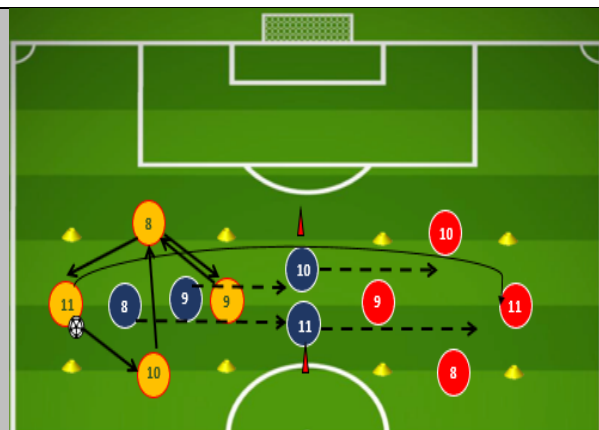
### Warm up - Basics



15' 2x7' R1'

Start 10' with ball mastery = 200-300 touches per player!

1. Short left, right foot pass.
2. First touch.
3. Timing.
4. Ball drills
  - A. Cruyff
  - B. Ronaldo
  - C. Messi
  - D. Zidane
  - E. Free skill – creativity players



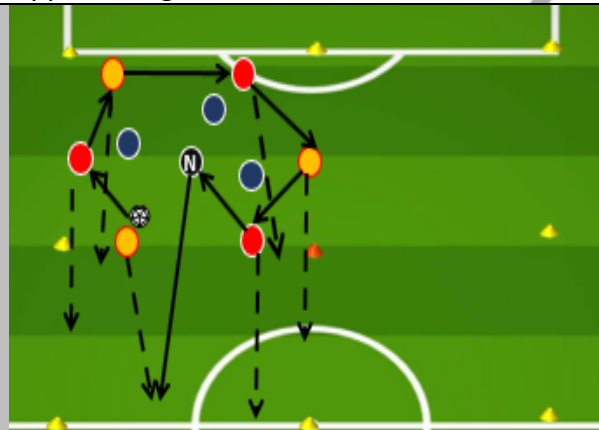
20' 2x9 R2'

Yellow team plays rondo 4x2. They can switch side after giving 5 passes. Team who loses the ball sprint to defend to the other rondo (2 players of team, 2 stay in center line).

\*3 variations:

1. 1 or 2 contacts
2. After 2-1 contact
3. Must 2 contacts

### Opposition game – Possession ball 3x3x3+1N



21' 3x5' R2'

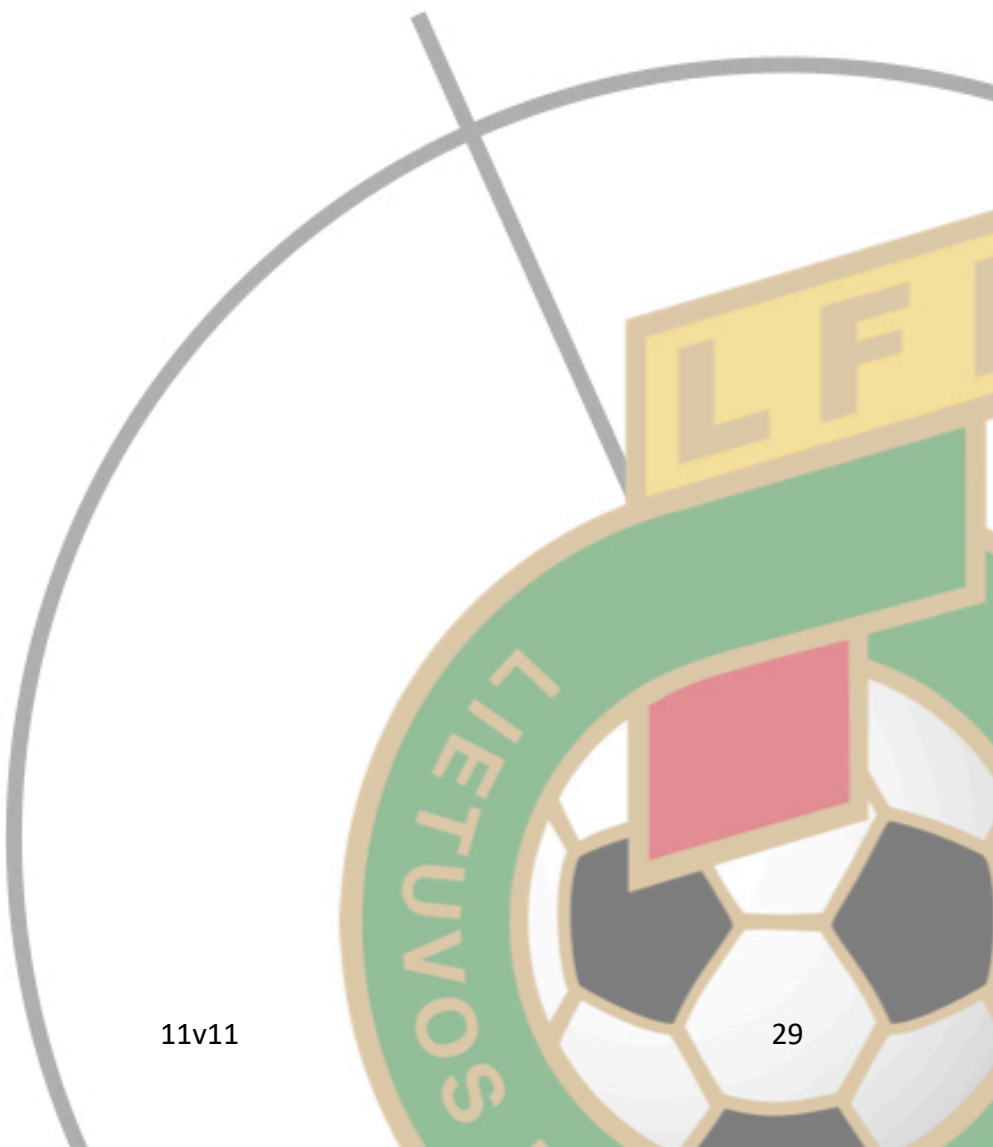
Rondo 3x3x3+1N. Only after 6 passes can change side (square),

\*3 variations:

1. Max 2 contacts
2. After 2-1 contact
3. Only 1 contact



Topic game – 11x11	30' 2x14'
	<p>Topic game 11x11, timing when changing the play to the other side! Not always direct, find the right moment</p> <p>*In defense (to center line) max 2 touches *In the attack: free touch.</p> <p>Goal: when the whole attacking team is behind the center line. All defending team must return to their side if not the goal counts double!</p>
COOLING DOWN	5'





## Session 11: B+ Quick combination play

### Topic:

1) Quick combination play with a focus on passing forward through the lines

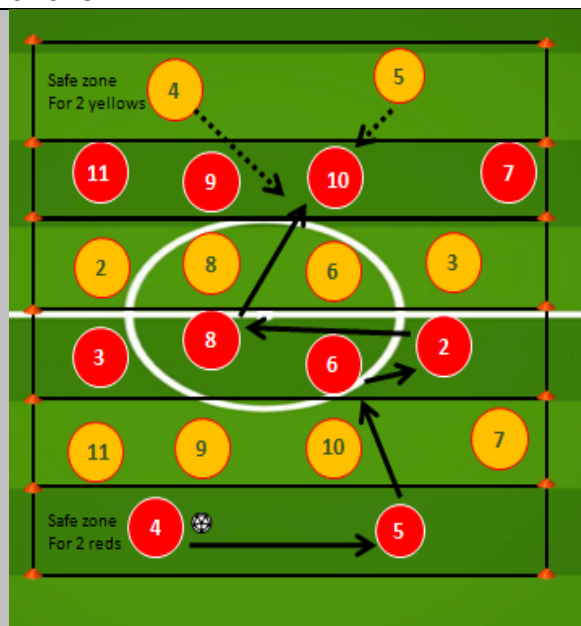
### Basics:

1) Weight of passes

2) Timing

Basics - passing through the lines in 6 zone

Time 15'



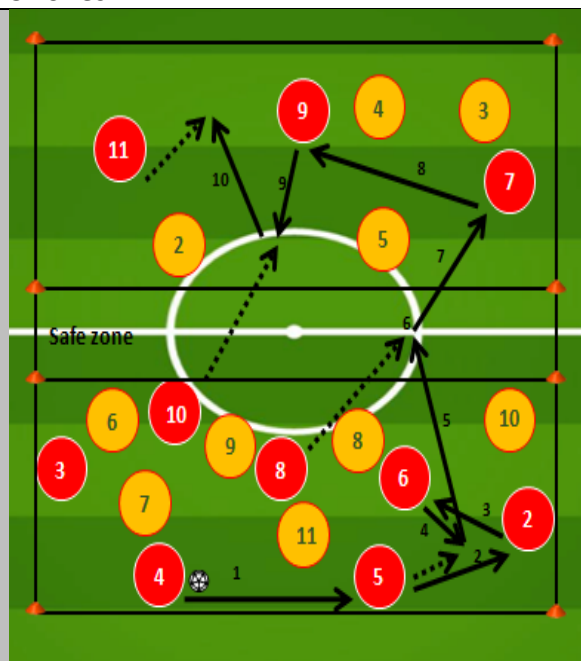
Start 10' with ball mastery = 200-300 touches per player!

Area 33m x 18m, 6 zones. Each team has 3 zones and each has 2 players at the back, and both have 4 players in another 2 zones. All players stay within their zone, except for the 2 players in the "safe zones" who can move forward into the next one. The games start in an end zone with one team in possession. They have to play forward through the lines across their 3 zones and back. If the other team wins the ball, they have exact same aim.

-all players limited to 2 or 3 touches

Repetition – passing through the lines in 3 zones

Time 15'



Area 60m x 40m, 3 zones (safe zone 5m.). Starts with reds.

\*7v6 situation in this first zone.

7 reds players have to pass the ball into the central zone (safe zone, no marking allowed) and one player makes a run to receive.

Then pass to the other zone and run to support the 3 teammates. Another 3 reds and 2 yellows players also run across from the first zone to create the same 7v6 situation again.

\*If the yellow team wins the ball, they must create the same 7v6 situation.

- passing with good tempo and quality  
- players need to move from one zone to the other very quickly to provide support



<p>Opposition game – passing through the midfield line</p>	<p>Time 20' (2x10')</p>
	<p>Full pitch, split into 6 zones            *In middle zone we play 7v6.            The reds have to pass the ball into the “safe zone”. If this happens, that player must pass to a teammate in the high zone and runs vertical.            The 2 full backs run up to support and give them solution out wide (in the side zones).            The left or right forward has 2 options in the high zone:  <b>A</b>-pass in behind the defenders into the penalty area  <b>B</b>-pass to the full back out wide.            *If yellow team recuperate the ball: quick transition and score in opposite goal. Free move over field.            *The reds quickly transition defensive.            !! Red defenders are not allowed inside the low zone before the ball is played in there.</p>
<p>Topic game</p>	<p>Time 30' (2x15')</p>
	<p>Full pitch (split into 5 zones).            *The reds have to pass the ball into the “safe zone”. If this happens, that player must pass to a teammate in the high zone and runs vertical.            The midfielder has a few passing options:            -split pass in between the 2 center backs for the strikers run            -split pass in between the center back and full back for the wingers run            -pass to full backs out wide, change side            After pass vertical infiltration run.            !!Yellow and red defenders are not allowed inside the low zone before the ball is played in there.</p>
<p>COOLING DOWN</p>	<p>Time 7'</p>



## Session 12: B+ Attacking through the center by striker 9

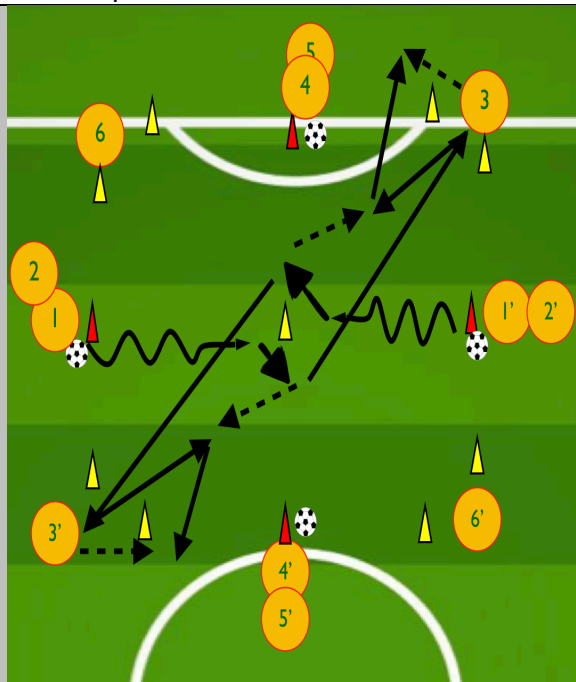
### Topic:

- 1) Principle attacking through the center by the striker 9
- 2) Infiltration → Third player run

### Basics:

- 1) Infiltration without ball
- 2) Playing in support
- 3) Negative pressing

### Warm up - Basics



20 (2x 10')

Start 10' with ball mastery = 200-300 touches per player!

1', 2', 3' do the same like 1, 2, 3  
1 and 1' dribble to each other. They do a frontal skill and play diagonal to 3 and 3'. After the pass, 1 turns around and does one-two with 3'. 3' goes in line behind 5.

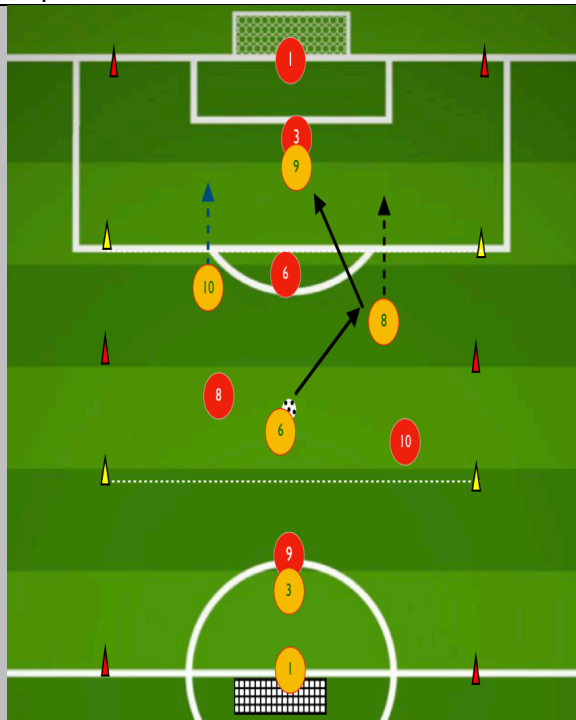
### Variation1:

Without one-two

### Variation2:

3 passes to 2', 2' opens and plays to 6

### Repetition – Basics – K5v5K



20'

### 3zones:

\*in middle zone: 3v3 (6, 8 & 10).

\*In outside zones: K1v1 (3 & 9).

Aim: Vertical play to striker 9.

The player who gives pass to 9, can enter the attacking zone: K1v2.

### -Variation1:

Neutral player in middle area to create overload for the team in possession

### -Variation2:

2 Neutral players outside of the middle zone (11 & 7) to create a 3v5 overload

### -Variation3:

The player who passes to 9 can not enter the next zone, instead another player needs to infiltrate this zone = 3<sup>rd</sup> player run



<p>Opposition Game – K6v5K → K6v7K</p>	<p>20'</p>
	<p>Start: 3v1 in the box (6, 8 &amp; 10 v 6)- 11, 7 are in wide position. Opponent 5 and 2 start 1,5m behind them for the negative press. GK starts: play into the box. *yellow team try to find the right moment to play nr 9. Aim: Nr 9 needs to create depth (between 3 and 4) and move to the space at the right moment (timing). A third player needs to come in support of 9 When he receives the ball. 11 and 7 must make the diagonal run inside the weakzone. 5 and 2 make the recovery run/negative press. From moment 9 passes we have K6v5K.</p>
<p>Topic Game K9v9K</p>	<p>20'</p>
	<p>K9v9K in 3 zones with corners cut off. In the middle area we play 7v7. As soon as we can reach the striker (9). The zone opens up for infiltrating players and defending players. Play to win</p>
<p>COOLING DOWN</p>	<p>10'</p>



## Session 13: B+ Building up to attack (wingers-central)

### Topic:

- 1) Build up with progression to attack.
- 2) Finishing.

### Basics:

- 1) Timing and open body shape.
- 2) Short , long passing.

### Warm up - Basics

15'

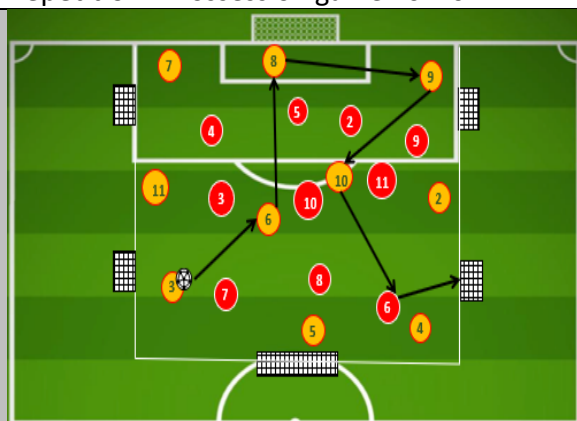


Start 10' with ball mastery = 200-300 touches per player!

1. Timing.
2. Quality passing.
3. First touch.
4. Body position.
5. Coordination.

### Repetition – Possession game 10x10

14' 2x6'

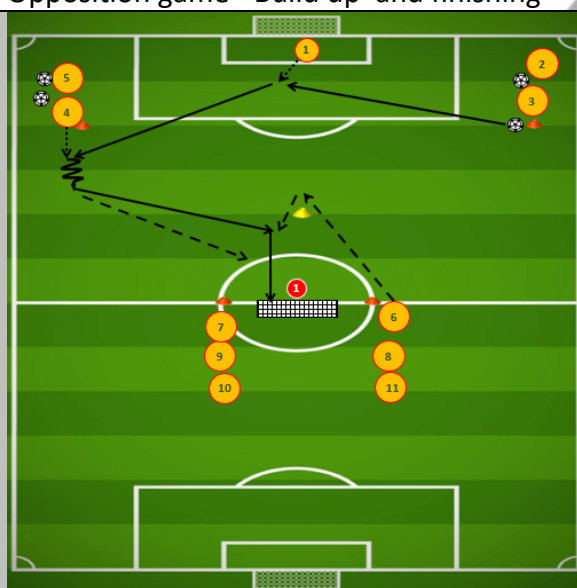


40mx40m

One team play the game with the ball possession all the time. To change this order the other team has to recover the ball and score a goal at one of the small goals.

### Opposition game - Build up and finishing

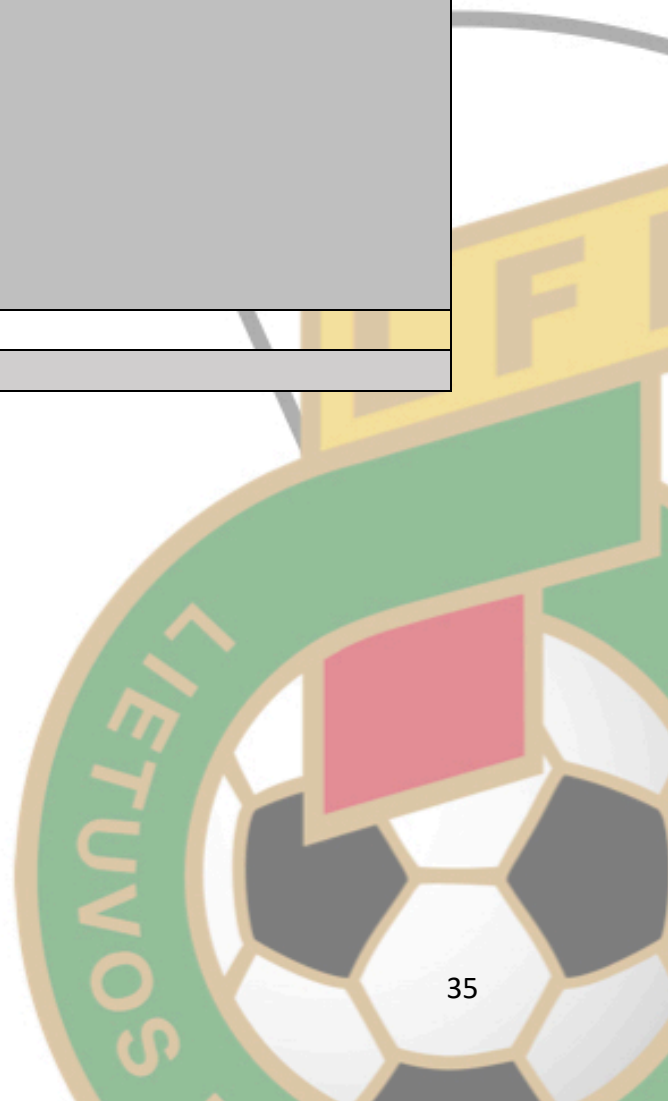
20'



1. Timing
2. Quality on the ground passing.
3. GK short and long left, right foot pass.
4. First touch.
5. Body position and correct crosses.
6. Timing and finishing.
  - A. Left side.
  - B. Right side



	<p>Automatism build up (all players) Start with defenders</p> <p>A. Set up 1 automatism and explain exactly what you want to see as coach and where you want to end + Score</p> <p>B. Set up a few variants + Score</p> <p>C. Let players choose from the variants they learned. Evaluate</p>
<p>Topic game 6v5+1N.....K+10v10+K</p>	<p>30' 2x15'</p>
	<p>A. 6v5+1N *Defense team 2 touches score goal after possession ball 1min. *Attack team free touches.</p> <p>B.K+10v10+K Free game</p>
<p>COOLING DOWN</p>	<p>5'</p>





## Session 14: B+ Positional attack

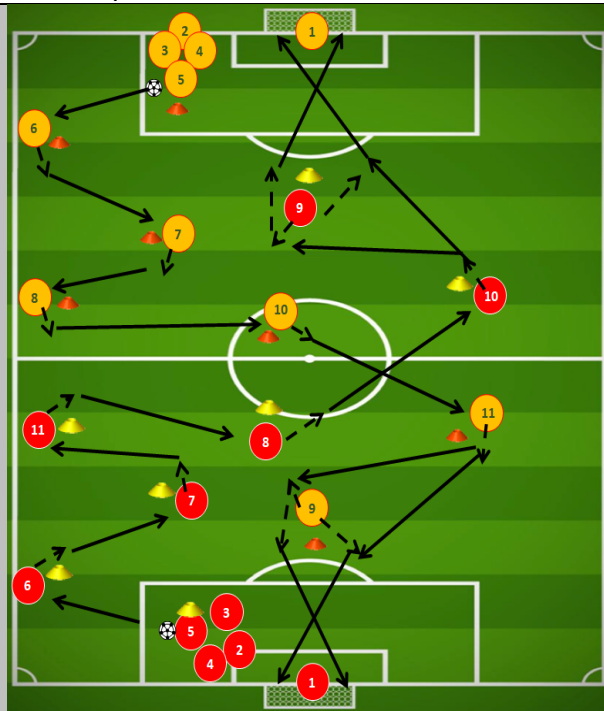
### Topic:

- 1) Positional attack
- 2) Team tactics

### Basics:

- 1) Passing quality, good first touch
- 2) Automatism, repetitions

### Warm up Basics



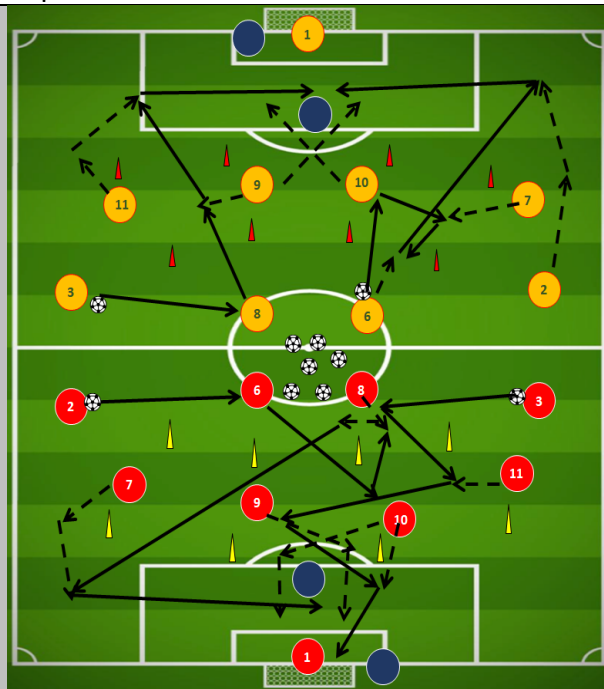
15'

Start 10' with ball mastery = 200-300 touches per player!

8' With dynamic running exercises.  
 Passing Quality  
 Both teams begin exercise together.  
 Player after giving the pass, follow the ball to next station.  
 Player into the last station has two options:  
 A. move to space,  
 B. step back, ask the ball + shot to the goal

Players focus on quality passing: right tempo/speed in pass and receiving the ball = focus first control

### Repetition Basics



20' (4x 5')

Positional attack combinations.  
 8 players stay in offensive position,  
 2 (blue) players defend (two attacks and change).  
 YELLOW TEAM.  
 A. Player 6 passes to 10, player 7 move inside get ball from 10, bounce with 6. At this moment 2 makes a run in the space, get ball and make cross to 9 and 10.  
 B. Player 3 passes to 8, 9 go to space get ball from 8. At this moment 11 make run on space get ball from 9 and make cross to 9 and 10.  
 RED TEAM  
 A. Player 3 passes to 8, 11 moves inside get from 8. After he passes to 9 and he with one touch pass to 10 for one touch finish.  
 B. Player 2 passes to 6, he passes for 10. At this moment 8 come to space get one touch ball from 10, control and with long pass to 7. He crosses for 9 and 10.



<p>Opposition game K10vK10</p>	<p>20' (2x 10')</p> <p>K+10v10+K</p> <p>3 goals on 1 line : 1 normal + 2 small goals            *If the team scores on the big goal, they get two points.            *If they score after a cross, it's 3 points.            *In the small goal they can score with 1 touch for 1 point.</p> <p>Game always begins from keeper (no corners and throw ins), with offside</p>
<p>Topic game K10vK10</p>	<p>25' (2x 12')</p> <p>K+10v10+K</p> <p>Game <math>\frac{3}{4}</math> field</p> <p>*1 team try to make positional attacks            *1 team defend            Defending team can start to defend from the marked zone.</p>
<p>Cooling down</p>	<p>10'</p>



## Session 15: B+ Positioning in the box

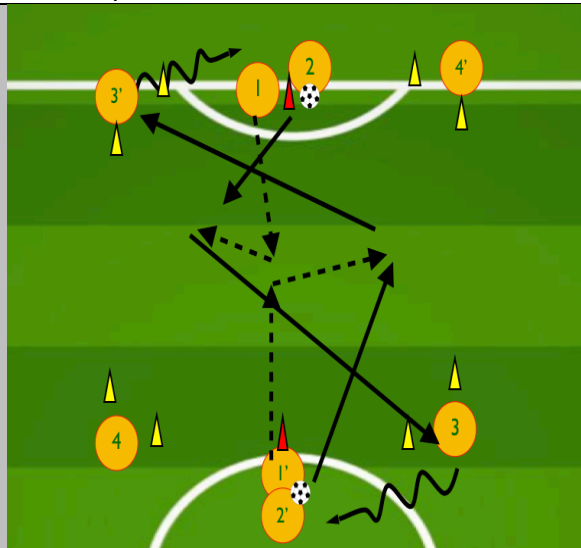
### Topic:

1) Positioning in the box

### Basics:

- 1) Losing the opponent when marked close
- 2) Finishing on a cross
- 3) Crossing the ball in the box

### Warm up - Basics



15 (2x 7')

Start 10' with ball mastery = 200-300 touches per player!

1 and 1' with contact (shoulder / shoulder). They open wide and ask the ball of 2 (2'). They take touch forward and play to 3 (3') between the gate.

#### Variation1:

Play on the outside of 1(1') and do a first touch skill forward

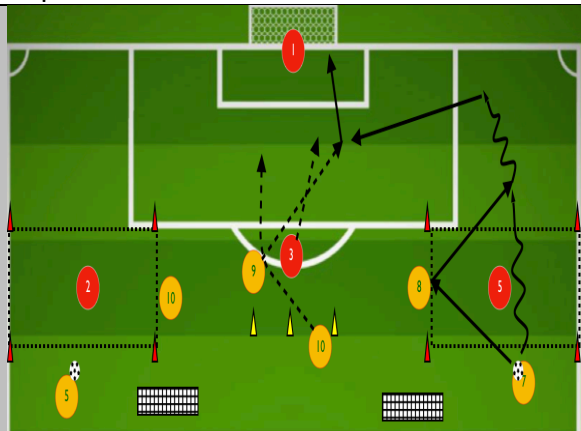
#### Variation2:

1 does a one-two with 3

#### Variation3:

1 passes back to 2. 2 plays directly to 3. 3 does a one-two with 1.

### Repetition – Basics – 2x 2v1



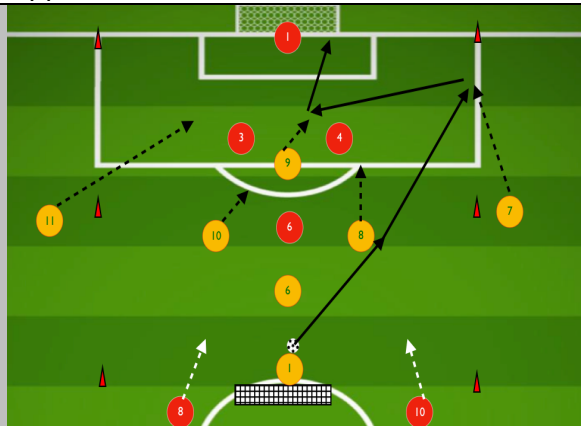
20'

On the side there is a zone to play 2v1. In this zone the defender is defending actively. 7 can choose to dribble/Or pass with a one-two, the defender 9 and 10 take position in the box. 3 defends active. 7 crosses the ball. 9 and 10 try to score

#### Variation:

After the attack, transition by all players

### Opposition Game – K4+2v3K → K4v5K



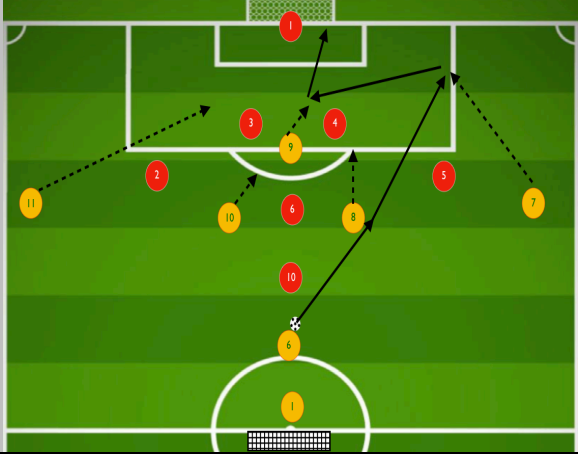
20'

The game starts with K4+2 v 3K. Central area attacks and can play to the winger for a cross. If one winger is crossing, the other one can enter the field to infiltrate in the box.

If they score from a cross, it counts for 2. Normal goal is 1 point.

After the ball goes out or is scored, 8 and 10 of red enter the field + on transition we play K4v5K (11 and 7 of yellow can not defend)



Topic Game – K6v6K	25'
	<p>K6v6K with normal match rules from position</p> <p>Yellow tries to find the winger to score on the cross. A goal scored on the cross counts double.</p> <p>Red tries to defend well and have fast transition. If they can score in 5 passes or less, their goal counts double.</p> <p>Play to win!</p>
COOLING DOWN	10'



## Session 16: B- → B+ Pass Vertically

### Topic:

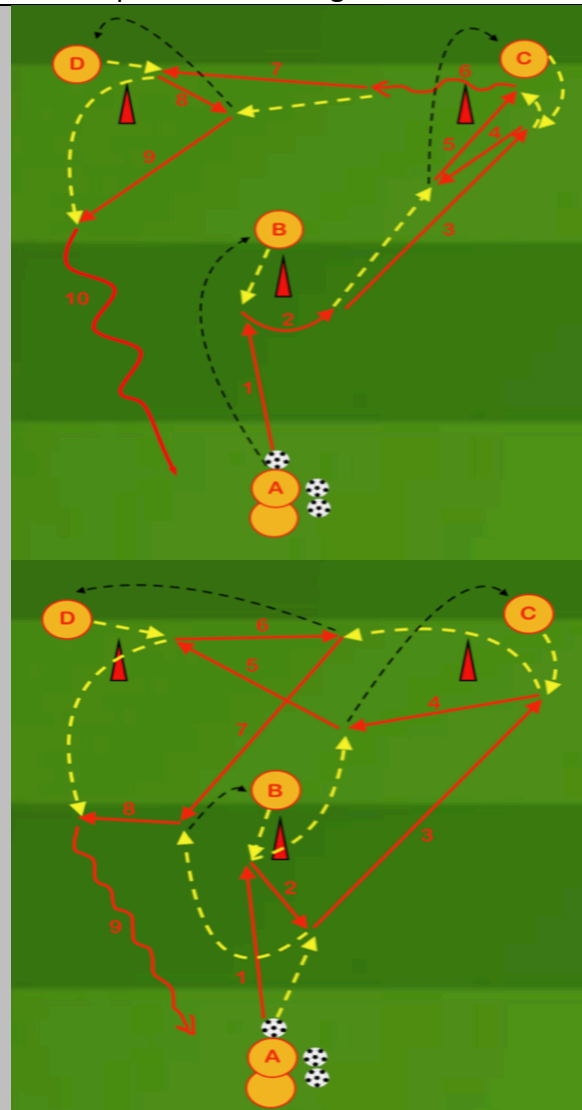
1) Direct forward : pass vertically...look deep

### Basics:

- 1) Opening, ball receiving
- 2) Quality pass, play forward

### Warm up – Basics Passing

Time 15'



Start 10' with ball mastery = 200-300 touches per player!

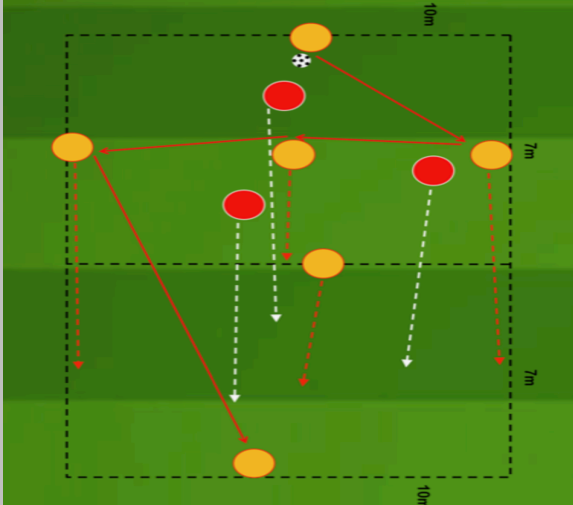
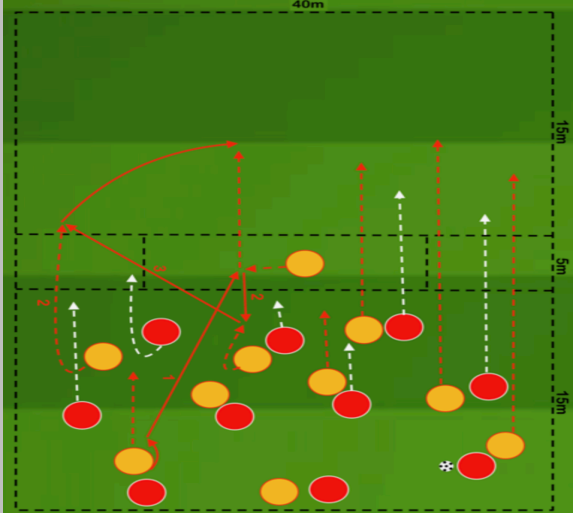
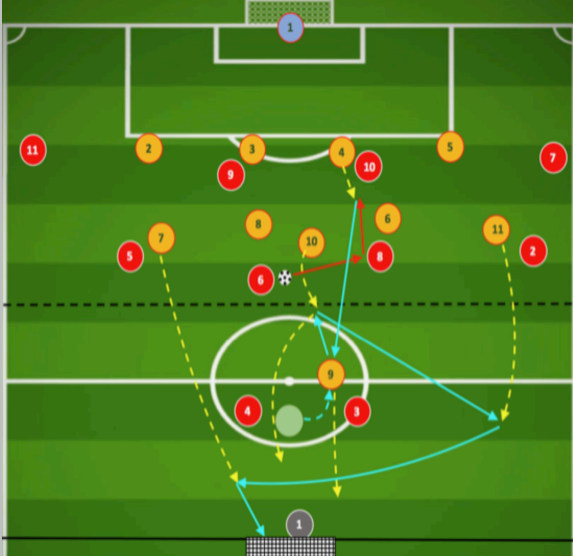
Passing exercise:

- Body position
- Opening
- Quality pass: tempo + speed
- Move from ball

\*A-B-C-D, follow the passing

\*Do some variants with 1-2, dribble, etc



<p>Repetition – basic Transition rondos 5+1 v 3</p> 	<p>Time 15' (7x2,5')</p> <p>Yellow team: possession play After 5 passes the team can pass to the other box. All players transition to the other area, only 1 attacking player stays for receiving the ball</p> <p>Change after 2,5'</p>
<p>Position game 10 v 9</p> 	<p>Time 20' (4x5')</p> <p>Team in possession keeps track of the amount of passes they give. If the defending team intercept the ball, they must move to another side through target man in the middle- pass forward - pass back and pass on the third man</p>
<p>Transition Game 11v11 from DEF to OFF</p> 	<p>Time 30' 2x15'</p> <p>Red team attack *2v1 rest defense *8v9 try to score, Yellow team after ball interception, Transition and pass vertical to striker: 3 players can enter after transition so you get 4v2+GK....Score</p> <p>Always start attacking team</p>
<p>COOLING DOWN</p>	<p>Time 5'</p>



## Session 17: B- → B+ Transition

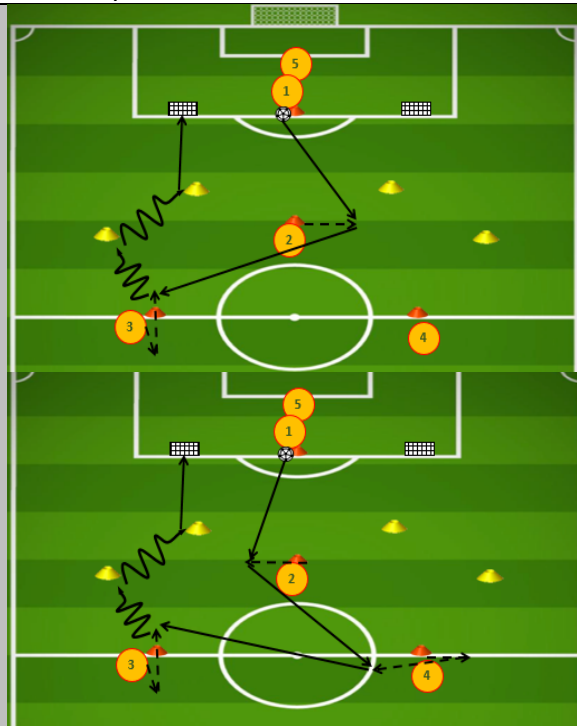
### Topic:

- 1) B- → B+ Transition
- 2) Pressing

### Basics:

- 1) timing
- 2) fast decision making

### Warm up - Basics



15' (2x7')

Start 10' with ball mastery = 200-300 touches per player!

*Warm up with passing, receiving and dribbling.*

A. 7'

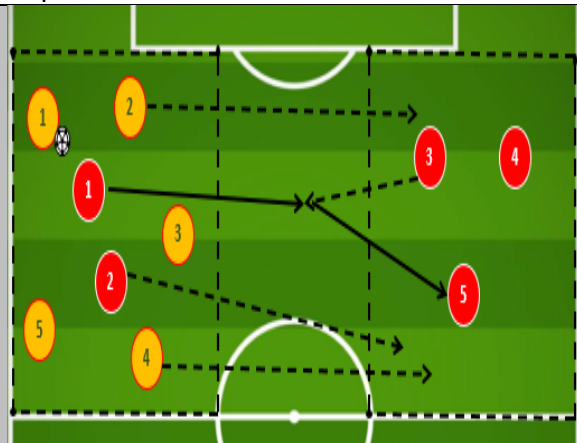
1 give the pass to 2 (open to one side, looking around), 2 give pass to 3 (opening), dribbling to cones, and finishing (pass to goals). To other side the same.

B. 7'

1 give the pass to 2 (open to one side, looking around), 2 give pass to 4 (opening), 4 looking for pass to 3, 3 dribbling to cones, and finishing (pass to goals). To other side the same.

Important: timing, opening, don't forget to turn head, passing and receiving.

### Repetition – Basics - 5v2 + 3



20'

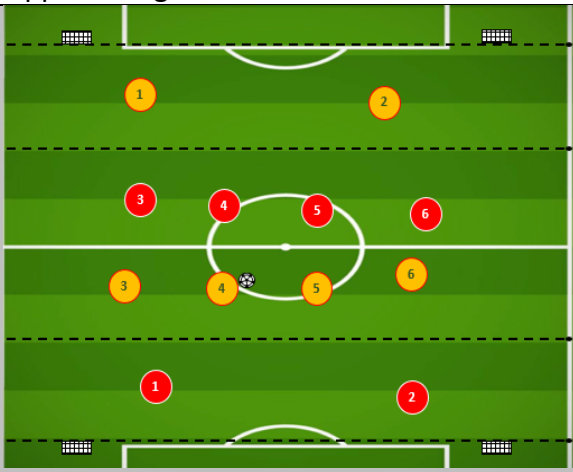
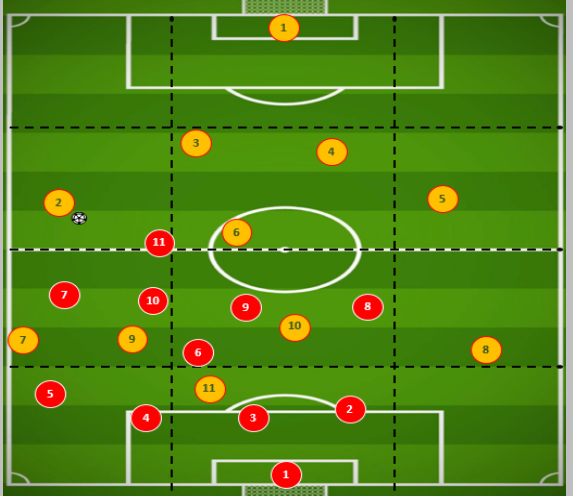
3 zones

In 1 zone playing 5v2.

If the red team gets the ball, they try to give the pass to zone 2. One player of red team drops in zone 2 and can dribble or pass into zone 3.

After that, all red players and 2 of yellow go to 3 zone and play 5v2.



<p>Opposition game – 2+ 4v4 +2</p> 	<p>20'</p> <p>Middle zone: 2+ 4v4 +2</p> <p>The team with the ball aim is to get the ball to their team in the first or third zone.</p> <p>The players in these zones need to score a goal, the opponent need to stop them.</p> <p>Important: transition B-/B+,</p>
<p>Topic game – K10v10K</p> 	<p>25'</p> <p>*Team in B-: be compact in block (use 4 squares).</p> <p>*Team in B+ play ball possession</p> <p>When team in B+ loose ball press directly</p> <p>When Team in B- recuperate the ball, play quick transition vertical + score</p>
<p>COOLING DOWN</p>	<p>10'</p>





## Session 18: B- → B+ Direct forward from defense

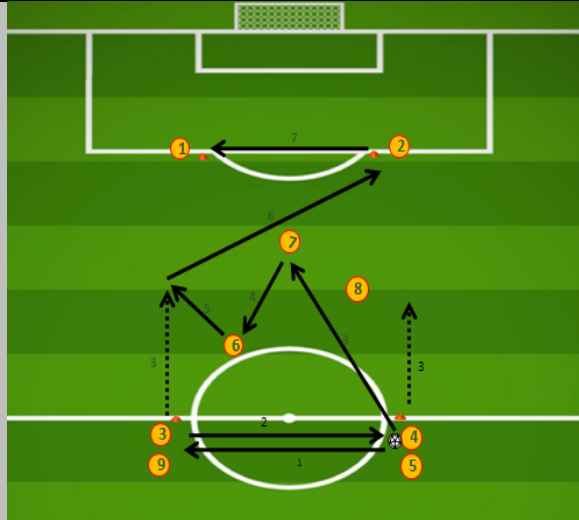
### Topic:

1) Direct forward from defensive

### Basics:

1) Opening, timing, quality passes

### Warm up – Basics

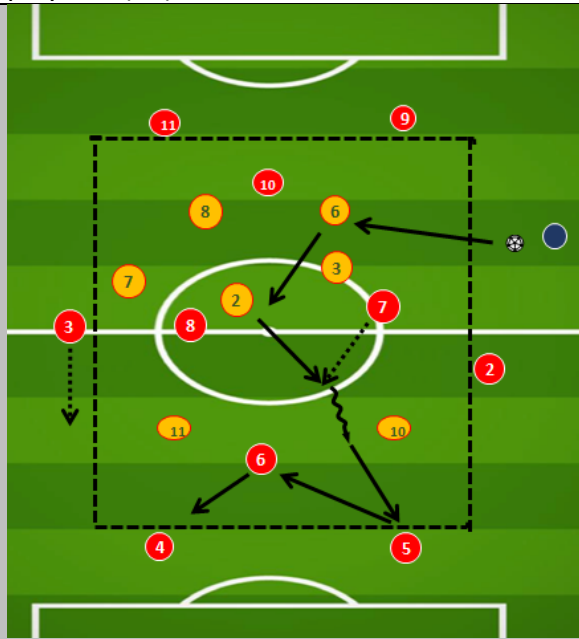


### Time 15' ( 3x5')

Two players passes the ball to each other (passes 1,2...). The three players(6,7,8) in the middle must observe one another and change positions (can't be in the same line). The player, who passes the ball, must play for the player furthest away(pass 3). Both players (3&4) have to run forward(3). Pass back (4) and next player must choose to pass to one of two winger players (pass 5). Winger passes to the player on the other side (pass 6). We start the exercise in the other direction (pass 7).

- quality passes
- timing
- communication

### Repetition – Press, win the ball and support play 8v4 (+6)



### Time 20' (2x10')

Area 32m v 32m.

\*The yellow team have 8 players.

\*The red team have 10 players in 4-4-2

Yellow team starts, play 8v4 inside the area and aim to complete 10 passes (1p.).

The 4 red try to recuperate the ball.

If the reds win the ball, they then try to keep possession against the yellow team, using the outside players to support ( 8 passes-1p.)

-the red outside players are not allowed inside the area

-the yellow players and red outside players play 2 touches

-the 4 red players need to press as unit to limit space, time and recuperate the ball

-after win the ball, the red need quality of passes, good decisions, correct angles and good communication.



<p>Opposition game – press, win the ball and support play 10v10</p>	<p>Time 20' (2x10')</p> <p>2 extra zones (2,5m each).            *In 2e zone, 2 red offensive players.            *In 3e zone, 2 yellow defensive players. T            This is the progression of the previous practice and the exact same objective and point scoring system.            Yellow team starts.            -when the ball is played into the yellow center back zone, 2 red forwards can press the center backs, but must stay within their zone. They aim to block/intercept passes            -when the reds are in possession, the 2 yellow center backs are allowed to enter the red forwards zone and apply pressure to try win the ball.</p>
<p>Topic game –press, win the ball + counter attack with quick combination play in limited space K10 v K10</p>	<p>Time 24' (2x12')</p> <p>3 zones on a full pitch.            *Start with a yellow center backs and the yellow team aim is to score a goal.            *The red team must defend well in the low zone, try to recuperate the ball and then quick transition from B-/B+            Minimum 2-3 red players should leave the large zone to support 2 forwards.            - 8 yellow players can only track back once the ball has crossed the halfway line            - 2 yellow center backs are allowed to enter the red forwards zone and apply pressure to try recuperate the ball            -the red players need to press as a unit to limit space, time in the first phase to recuperate the ball            -timing /communication is important</p>
<p>COOLING DOWN</p>	<p>Time 7'</p>



## Session 19: B- → B+ Switch of play or direct forward (middle zone)

### Topic:

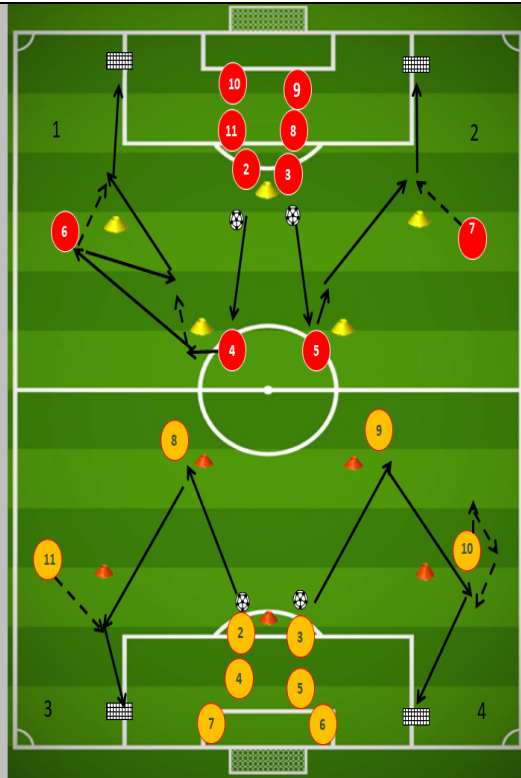
1) Switch of play or direct forward from middle zone

### Basics:

1) Timing and quality of the pass

2) Decision making and use extra player

### Warm up - Basics



### 16' (4x 4')

*Start 10' with ball mastery = 200-300 touches per player!*

8' With dynamic running exercises.

Passing exercises 4 variations.

1.2'

Player 2 passes to 4 he controls to the side. With his second touch, he passes to 6 and plays with him a one-two. 6 goes in the space, receives the ball and shoots to the small goal.

2.2'

Player 3 passes to 5 he controls the ball towards the inside. With his second touch, he passes to 7. He controls and shoots to the small goal.

4' players 4 and 5 make decision to play inside or outside on this moment 6 and 7 must understand to come for the one-two or go to the space.

3.2'

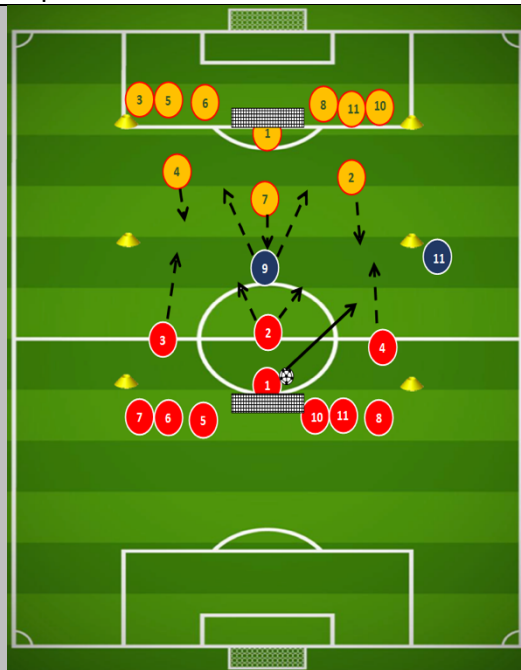
Player 2 passes to 8. He moves outside and with one touch pass to 11. He shoots to the small goal.

4.2'

Player 3 passes to 9. He controls the ball and with second touch, he passes to 10. He controls and shoots to the small goal.

4' players 11 and 10 with movements to show 8 and 9 to play one touch in the space or make two touches and pass to the side.

### Repetition Basics



### 20'

K3vK3+N(CF)

Transition game.

One team of 3 players start to attack one time than defending one time. Then they change with 3 other players.

When they attack they have one extra player. Neutral is blue players 9 and 11 they are strikers.

Transitions must be fast, max.10 seconds, fast decision making, find free space or player and score goals.

Free touches.



<p>Opposition game K10vK10</p>	<p>20'</p> <p>Yellow starts from GK After making a few passes, they must pass the ball to the left or right side (into the marked zone). In this zone opponent team (red) presses with three players (2, 6, 7).</p> <p>When they the ball, they make fast transition to attack.</p> <p>A. Play fast direct pass in front to 9,10,7. B. Pass to 6 and 8 and change the side to 11 or 3. C. Go in front with fast dribbling.</p> <p>No limitation on the touches.</p> <p>When the ball goes out in the pressing zone, coach can give extra ball for fast transition.</p> <p>Game is played 2x 10' both teams 10' press (5' left, 5'right) and make transitions.</p>
<p>Topic game K10vK10</p>	<p>25'</p> <p>Football game 2x 12'</p> <p>Game just with one rule.</p> <p>*When one team begins to play from keeper, the defending team can only start to defend from the marked zone. When they get the ball, they must do a fast transition to score the goal. If they score after pressing in the sides they get one extra point.</p>
<p>Cooling down</p>	<p>10'</p>



## Session 20: B- → B+ Transition

### Topic:

1) Transition

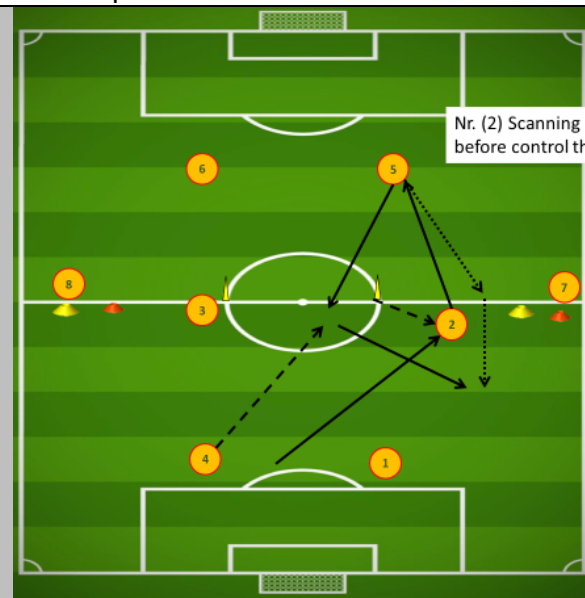
### Basics:

1) Ball control

2) Short and half long pass

3) Scanning, vision.

### Warm up - Basics



15'

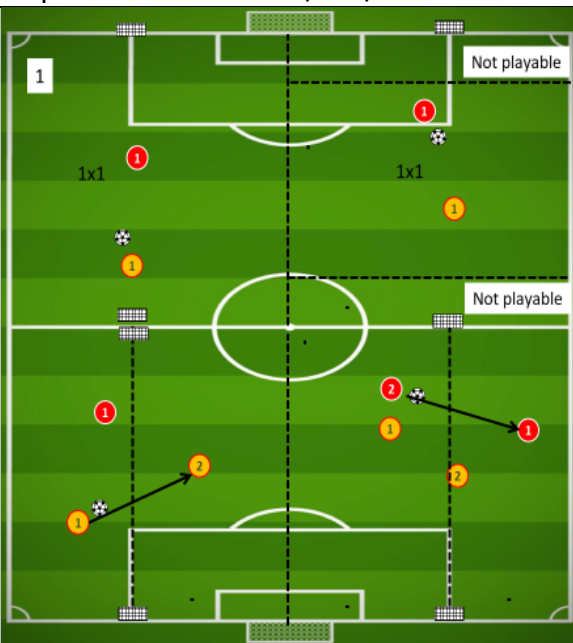
Start 10' with ball mastery = 200-300 touches per player!

Ball mastery.

Ball control and scanning.

Number (7) showing the color for number (2). Number (2) need to look behind himself and say loudly what he saw before he touch the ball.

### Repetition – Basics 1v1/2v1/2v2



20'

1v1, 2v1 and 2v2.

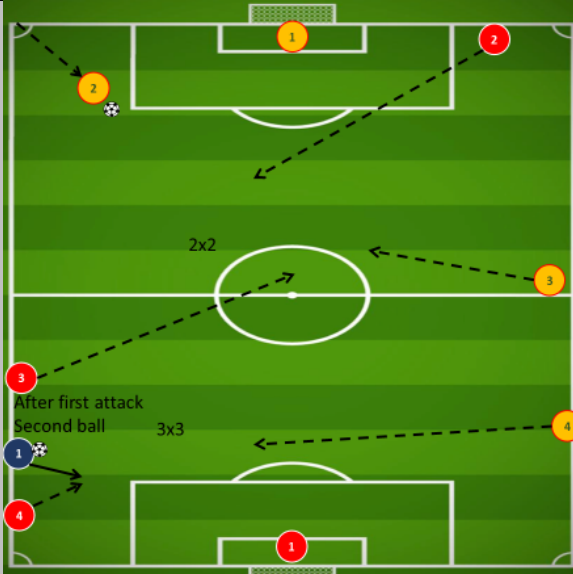
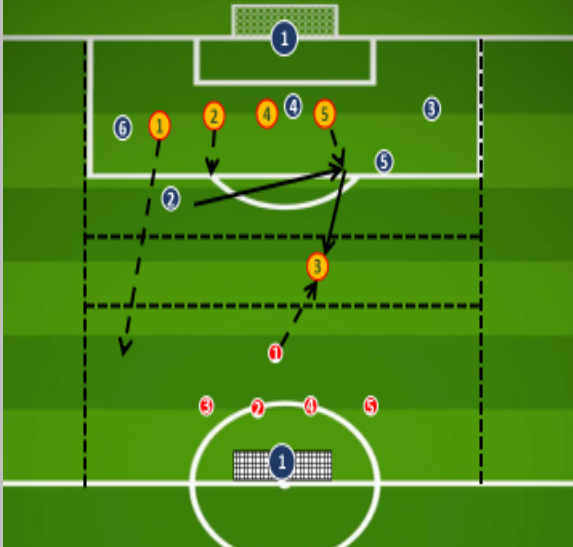
Many ball contacts, dribbling, feints, a lot of direction movements.

First two exercise is 1v1.

Second two is with two zones.

Offensive player can be one in zone.

If he goes in another zone, his teammate needs to run to the free zone.

<p>Opposition game – 2v2/3v3</p> 	<p>20'</p> <p>Game starts from 2v2, After the attack coach gives second ball. Now two additional players run into the pitch. Now they play 3v3.</p>
<p>Topic game – 5v5</p> 	<p>20'</p> <p>3 teams with 5 players. Game starts 5v4. Blue starts with B+ When the defending (yellow) team steals the ball, they need to find the pass to the player in free zone. The yellow team now runs into the next zone. The middle player needs to pass into the next zone. Now they play against 4 reds and try to score</p>
<p>COOLING DOWN</p>	<p>10'</p>



## Session 21: B- Forming defensive block

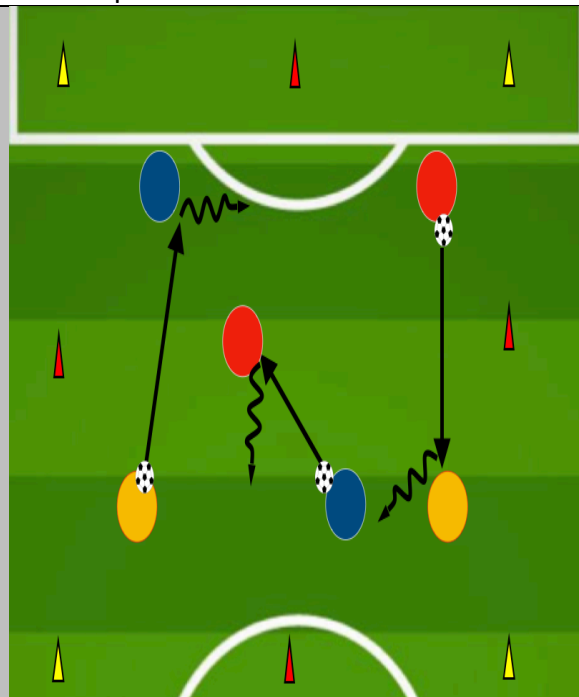
### Topic:

- 1) Forming defensive block
- 2) Positive pressing on the ball owner

### Basics:

- 1) Closing down
- 2) Timing of the press

### Warm up - Basics



15 (3x 5')

Start 10' with ball mastery = 200-300 touches per player!

Players get divided in 3 groups of 3 colors. Half of the players have a ball, half of the players without a ball. Everyone can pass to each color. Receiving a ball from a certain color, means a different task to do

#### 1. Dribbling skills 4x 1'

Receive from Red: Outside cut

Blue: Scissors

Yellow: Inside-Outside

#### 2. First touch skills 4x 1'

Receive from Red: Behind the standing leg

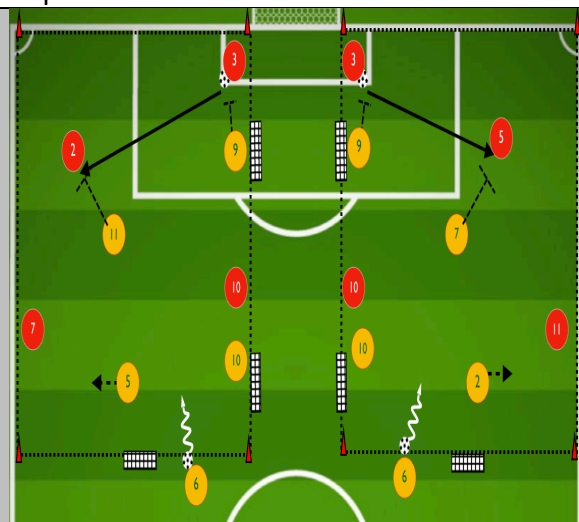
Blue: Outside foot

Yellow: Inside foot drag

#### 3. First touch skill + dribbling 4x 1'

First touch skill when receiving the ball followed by a dribbling skill

### Repetition – Basics – 4v4 → 4v5



20'

Exercise starts with nr 3.

\*9, 11, 5, 10 (yellow) close down the middle and press on the outside.

\*Yellow 9 forces Red 3 to play outside.

Now Yellow 11 presses Red 2 and active 4v4 is started.

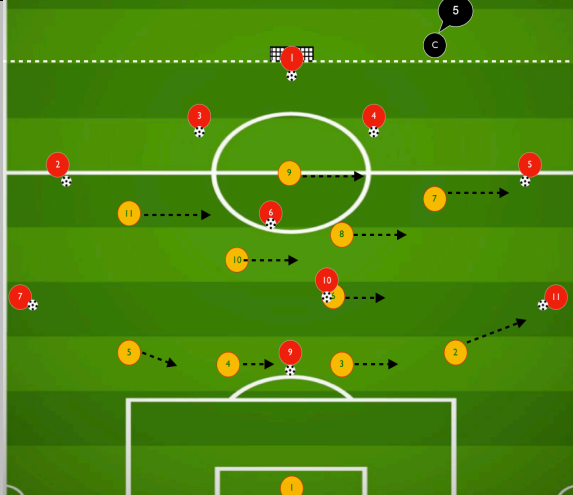
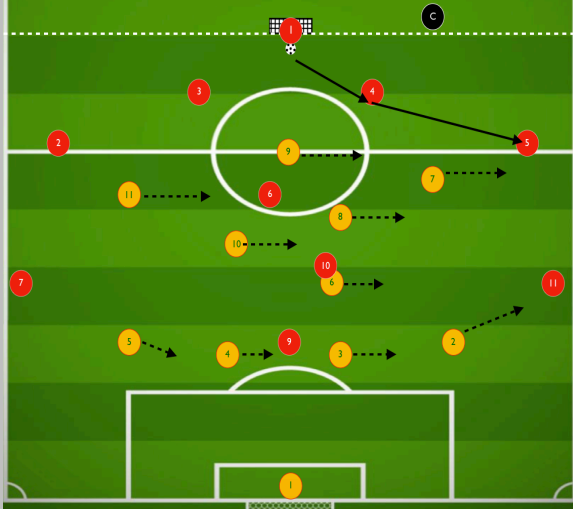
\*Red can score on the two goals up front.

\*If Yellow wins the ball, they can score in the central goal.

\*After the ball goes out of play or the ball is scored, 6 dribbles in to make a 4v5.

Fast transition of both team is necessary



<p>Shadow game – K+9/10+K</p> 	<p>15'</p> <p>Shadow game</p> <p>All red players take position and have a ball. Coach shouts a players name. For example “5”. Now Yellow presses “5” like he is in possession. “5” Doesn’t do anything yet. Coach helps all players to get the right position. Then he shouts another name: “11” Now the team shifts and presses “11”.</p> <p>Coach puts players in correct position-tactical = Block Forming</p>
<p>Topic Game – K10v9K</p> 	<p>20'</p> <p>K10v9K ¾ field</p> <p>Focus for Yellow team to play in block and press on the ball owner. Red has one player less in the midfield, so Yellow can create more easy an overload.</p> <p>If red scores = 2points, if yellow scores on transition = 2points, if yellow scores on open play = 1point.</p>
<p>COOLING DOWN</p>	<p>10'</p>





## Session 22: B- Defending compact on a line

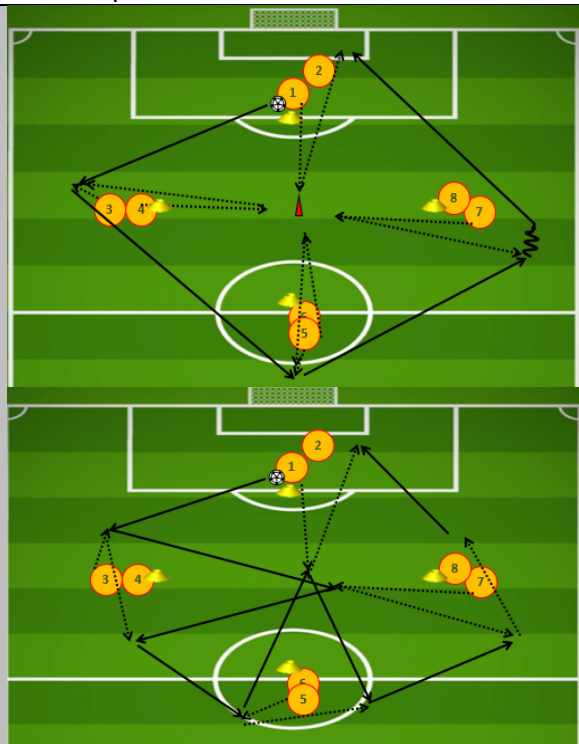
### Topic:

- 1) Defending compact on a line
- 2) Transition B- --> B+

### Basics:

- 1) Body shape in B-
- 2) Timing
- 3) Covering

### Warm up - Basics



14' (2x6')

Start 10' with ball mastery = 200-300 touches per player!

Warm up with passing, receiving.

A. 6'

Diamond from yellow cones and in the middle of diamond red cone.

1 give the pas to 3 and the opposite player 7 run towards the red cone. 3 receives the ball and passes to 5. The opposite player runs towards the red cone.

Important opening, timing, ball receiving.

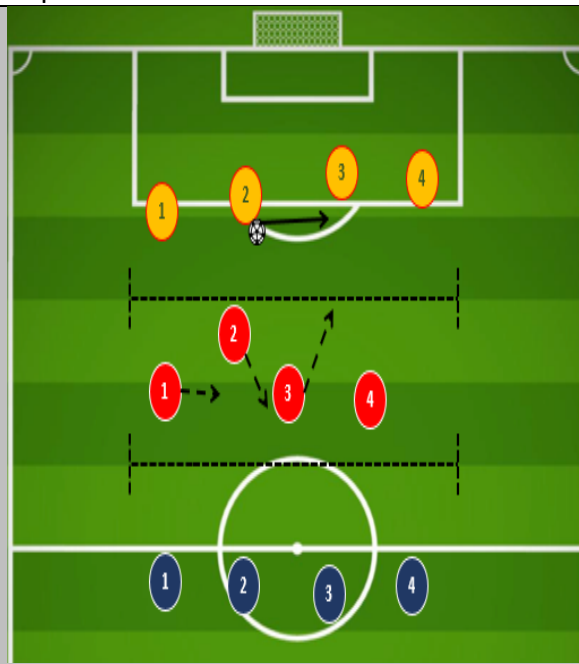
B. 6'

Diamond from yellow cones.

1 give the pas to 3 and the opposite player 7 run to him to play the wall pass. After he runs back to open. 3 take the ball and passes to 5. The opposite player runs to him to play the wall pass.

Important: opening, timing, ball receiving.

### Repetition – Basics – Game 4+4v4



20' (2x9')

3teams (4+4v4)

A.

Middle zone team (red) defending.

Blue and yellow try to pass to each other  
Red team closes the pass lines.

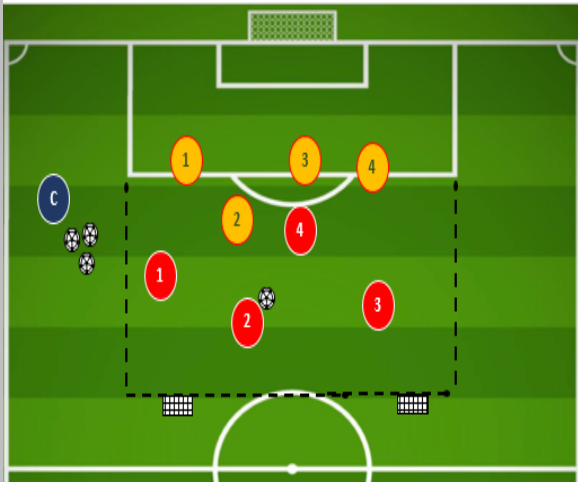
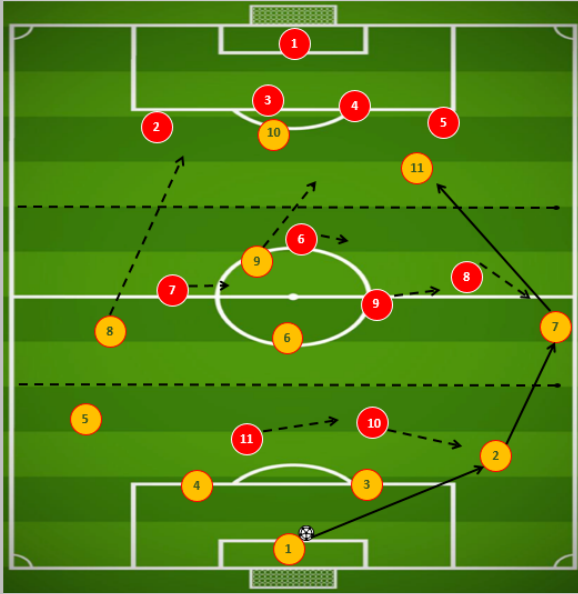
If the team in the middle gets the ball, they change with team who lost the ball.

B.

One team stay in the middle for 2,5' and other teams counting how many times the pass to other side.

Important: communication, covering in defense, close free space, close the pass line = gliding



Opposition game – 4v4	20'
	<p>Playing 4v4</p> <p>Yellow team = Defensive line Try to close down the space. Yellow is moving in their defensive shape. Red starts B+ After the coach whistles, they play active 4v4 and try to score the goal. If yellow team wins the ball, they need direct pass to small goals = looking deep</p>
Topic game -	25'
	<p>1 zone K4v2 2 zone 4v4 3 zone 4v4K</p> <p>In the build up (1) zone: the red team needs to try to press yellow team to the side and try to win the ball. If yellow team reach the middle (2) zone, here they play 4v4. Yellow team try to reach third zone. Red team has to stay compact and prevent the yellow team to give the pass to the third zone. In the third zone, they play 4v4K. When the ball enters to zone 3, two players of the yellow infiltrate to zone 3. Red team needs to defend compact.</p>
COOLING DOWN	10'



## Session 23: B- Pressing

### Topic:

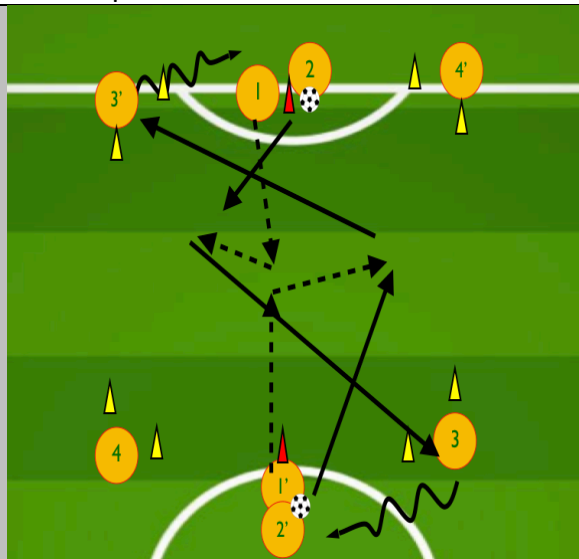
1) Pressing

### Basics:

1) First touch-Quality of the pass

2) Pressing aggressive: Physical condition

### Warm up - Basics



10'

Start 10' with ball mastery = 200-300 touches per player!

1 and 1' meet each other in the middle. They make contact (shoulder / shoulder). Open wide and ask the ball of 2 (2'). Control forward-play to 3 (3') between the gate.

### Variation1:

Play on the outside of 1(1') and do a first touch skill forward

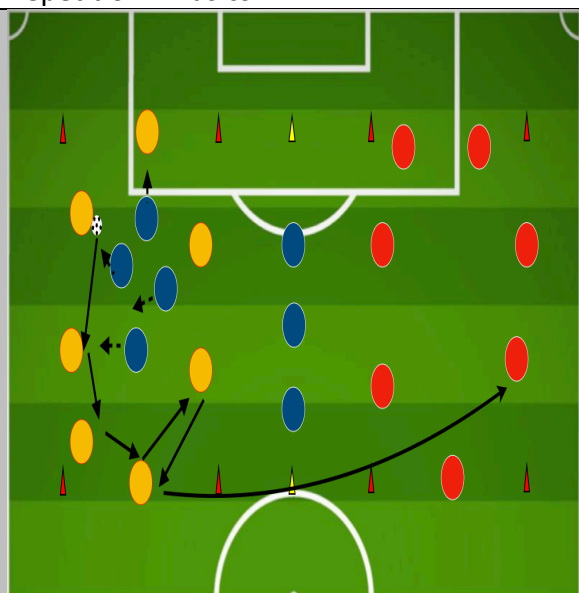
### Variation2:

1 does a one-two with 3

### Variation3:

1 passes back to 2. 2 plays directly to 3. 3 does a one-two with 1.

### Repetition – Basics – 7v4



20'

3 teams of 7 players.

1 team in the middle and the another 2 in the boxes . Coach give the ball for one team in the box . Then when 1 first player of the yellow team receives the ball, 4 players of the middle (blue) team can enter the box to steal the ball. If the yellow team can give 5 passes, they can give the pass to the other box.

The coach can limit the touches of the ball , passes of the ball, not high ball....



<p>Opposition Games – 4K14v7</p>	<p>20' (2/3x)</p> <p>3 teams of 7 players + 4 Goalkeeper each in his goal. 14 + 4GK vs 7 .</p> <p>2 teams take the ball and try to keep possession .</p> <p>1 team tries take the ball and score the goal in the 4 goals.</p> <p>Every team changes to become defender after 2'.</p> <p>Vary the numbers of during the working time, of ball touches is decided by the coach.</p>
<p>Topic Game K7v7K</p>	<p>25'</p> <p>3 teams x 7</p> <p>Yellow team builds up against red team. After 5 passes the yellow team can go to the next half with a dribble(not with pass). Red team tries to steal the ball and score the goal.</p> <p>They must prevent the yellow team to go to the other half. If the yellow team can pass the half line, then the blue team can sprint into the field.</p> <p>When yellow reaches the other half, they can score immediately or play possession</p> <p>If the yellow team scores they go direct to the other side to score against red team.</p> <p>If they didn't score, the blue team starts to build up and the exercise starts again.</p>
<p>COOLING DOWN</p>	<p>10'</p>



## Session 24: B- Tactical movement midfield

### Topic:

1) Tactical movement

### Basics:

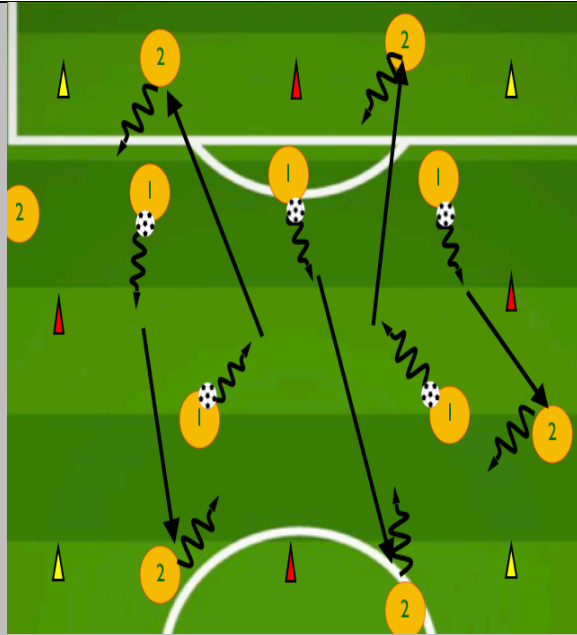
1) First touch

2) Quality of the pass

3) Movement

### Warm up - Basics

15'



Start 10' with ball mastery = 200-300 touches per player!

#### 1. 4x 1'

Coach demonstrates a skill. Players (1) dribbles around and do this skill. After the skill they pass to a free player (2) on the outside. 2 comes inside with the ball and does the skill. 1 takes position of 2

#### 2. 4x 1'

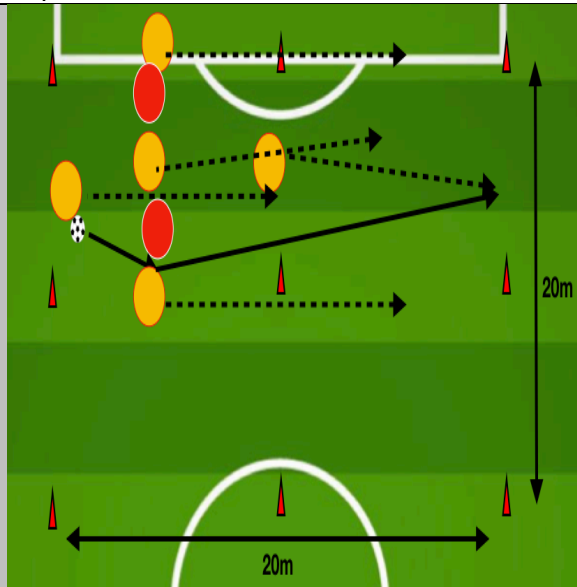
Same exercise as 1. Player on the outside does a first touch skill when receiving the ball.

#### 3. 4x 1'

Same as 2. Player 1 passes to Player 2. Player 1 puts pressure on Player 2. Player 2 does first touch skill under pressure

### Repetition – Basics – 5v2

20'



Rondos : 5 vs 2 .  
4 squares.

After 5 passes it possible to move to the square next to it.

You can't just go the diagonal square.

After passing all the squares , or make more the 20 touches the players in the middle are punished.



<p>Opposition Games – K4v2 + 2v4K</p>	<p>20'</p> <p>4+2 vs 4+2 .</p> <p>Tactical technical exercises.</p> <p>Red team starts with passing to each other .</p> <p>Yellow team make a movement tactical according to where the ball is.</p> <p>Red team who have a ball during the passes need find the strikers . If striker got the ball his need make a pass for the other one striker to the score .</p> <p>In this time defenders can run back to steal the ball.</p>
<p>Topic Game K10v10K</p>	<p>25'</p> <p>2 teams.</p> <p>The field is divided into three parts.</p> <p>4 defenders 3 midfielders 3 strikers.</p> <p>4 defenders build up and need make 5 passes.</p> <p>After 5 passes they can past to the middle area. One of the defenders can infiltrate after the pass to the middle area. In order to make superiority in the midfield.</p> <p>The midfield must also make a minimum of 5 passes before going to the attacking zone and 2 midfielders can infiltrate to help the strikers to score</p>
<p>COOLING DOWN</p>	<p>10'</p>



## Session 25: B- Organization Rest Defense

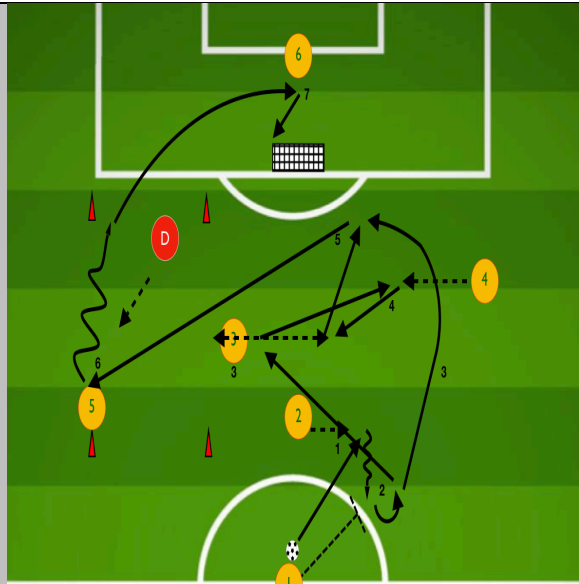
### Topic:

- 1) Organization Rest Defense
- 2) Staying compact

### Basics:

- 1) Covering diagonal

### Warm up – Basics



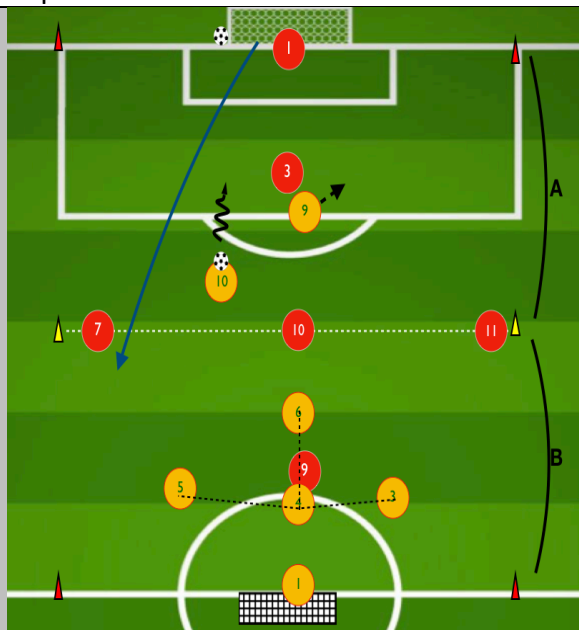
15'

Start 10' with ball mastery = 200-300 touches per player!

Passing and skills exercise.

- \*2 moves sideways - receives the pass of 1
  - \*2 takes a touch forward- receives pressure of 1. 2 does a turn skill and passes to 3.
  - \*3 Opens up to receive the pass. 2 does an overlap in the back of 4
  - \*4 comes inside - 3 does a one-two with 4.
  - \*3 passes the ball in space for 2.
  - 2 pass to 5. 3 comes in support of 5.
  - \*5 plays with 3 a 2v1. After pass the defender, he plays a high ball to 6.
  - \*6 Finishes in one touch on the high ball.
- 1 → 2 → 4 → 3 → 5 → D → 6 → 1

### Repetition – Basics – 2v1K ↔ K6v6K



20'

Two zones.

Zone A: 2v1K

Zone B: 4v4 defending team in Rest defense shape T

Exercise starts with 2v1K. When the ball is scored, out of play or won by the defenders immediately they need to play to zone B to have a counterattack.

The defensive shape needs to shift and try to delay the game so the players of Zone A can come and help.

Red team tries to outplay them as fast as possible (Fast transition)



<b>Opposition Game – 5v3K ↔ K9v7K</b>	<b>25'</b>
	<p>Same set up as previous exercise. One smaller zone (A) and one bigger zone (B). Zone A starts with 5v3K. When the ball is scored, out of play or won by the defenders immediately they need to play to zone B to have a counterattack. The defensive shape needs to shift and try to delay the game so the players of Zone A can come and help. Red team tries to outplay them as fast as possible (Fast transition)</p>
<b>Topic Game</b>	<b>20'</b>
	<p>K10v10K + all players need to be over half line to score a goal. Focus on the Defensive shape  Play to win!</p>
<b>COOLING DOWN</b>	<b>10'</b>



## Session 26: B- Slide and create overload on a side

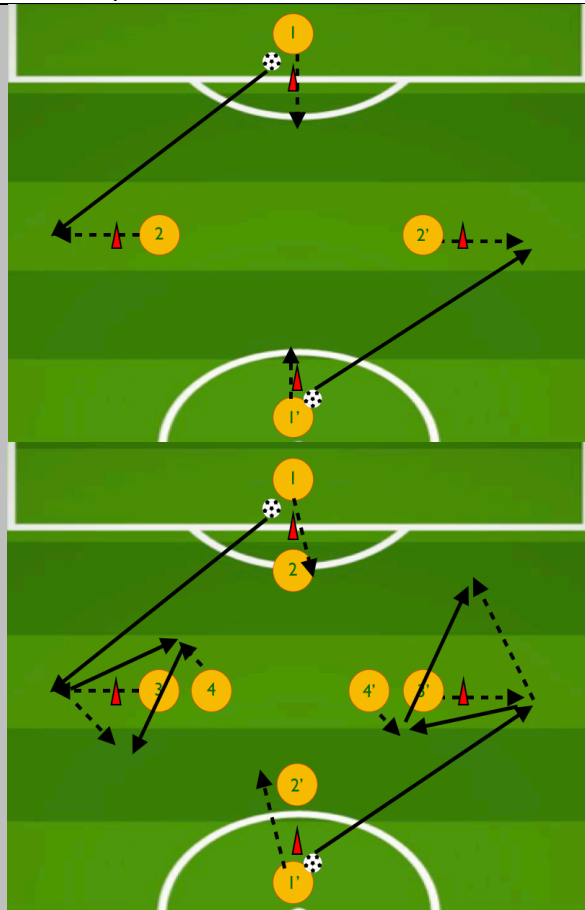
### Topic:

- 1) Slide and create overload
- 2) Forming defensive block

### Basics:

- 1) (Negative)pressing aggressive
- 2) Basics Defending

### Warm up - Basics



15 (2x 7')

Start 10' with ball mastery = 200-300 touches per player!

Diamond formation with 2 balls. Focus on the timing of the movement.

### 1. 2x 4'

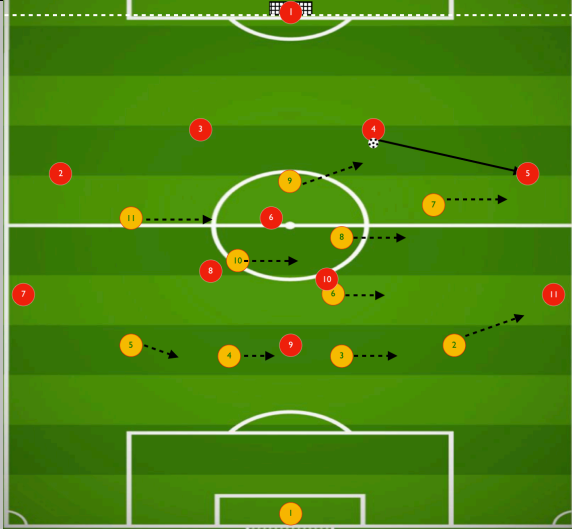
2 opens and asks for the ball. 1 give pass so 2 can receive the ball when he is wide. After 1 passes the ball he goes inside. When 2' has the ball he times his movement again to open. After 2(2') passes the ball, he goes inside

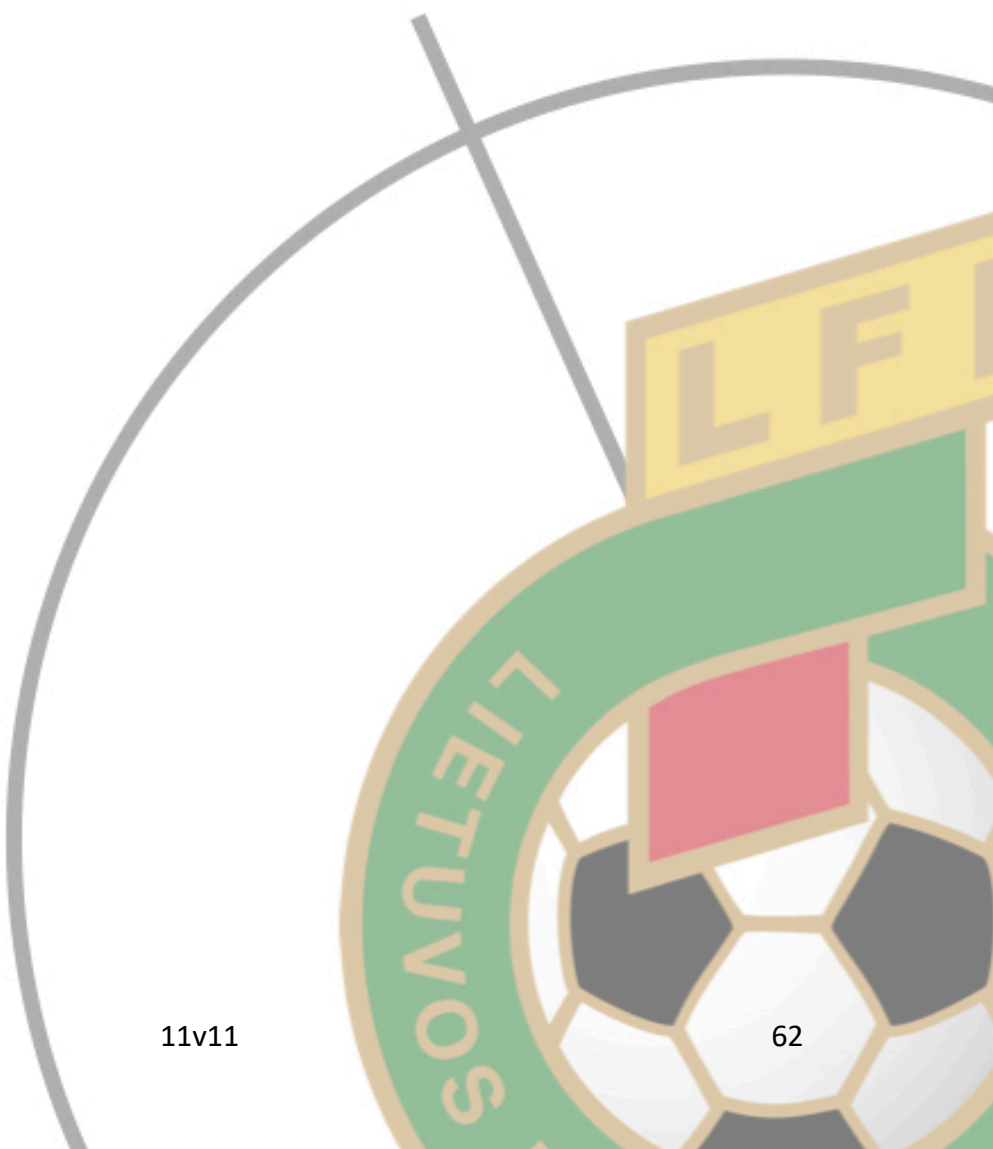
### 2. 2x 4'

3 opens and asks for the ball. 1 times the pass so 3 receives the ball when he is wide. After the pass 1 goes inside next to 2. 4 moves and comes under the ball. Now 3 does a one-two with 4. Now 2' opens and 3 times the pass to 2'. After the pass 3' goes inside.



<p>Repetition – Basics – 1v1 / 1v2 / 2v2</p>	<p>30 (3 x 10')</p>
	<p><u>1v1</u> 1v1 from the positions. Player with ball starts to dribble fast. Player without ball closes down fast. Slows down till 1 meter in front of the attacker. He focuses on:</p> <ul style="list-style-type: none"> <li>- Body sideways, 1 foot forward (forcing to one direction)</li> <li>- Keep balance → Light feet (front of the feet)</li> <li>- Knees lightly bend</li> <li>- Use arms</li> </ul> <p>When the attacker makes a mistake, defender steals the ball and score on the goal</p> <p><u>1v2</u> Same exercise, now one player is starting behind the player with ball to put negative pressure. This makes sure the player with the ball dribbles fast. Now the defender needs to make decision to either steal the ball or delay the opponent to make 1v2</p> <p><u>2v2</u> 2v2 with one player putting negative pressure. Defender should try to delay the game till the teammate is back to help in the 2v2. Then they need to cooperate to win the ball.</p>
<p>Opposition Game – K10v9K</p>	<p>20'</p>
	<p>Red team passes the ball around. When the player receives the ball, he waits 3-4 seconds so the Yellow team can press (without stealing the ball). The Yellow team slides and follows the ball. When the positioning is not good, the coach will stop it and explain. When the coach whistle, then the play becomes active.</p>

	<p>K10v10K ¾ field</p> <p>Both teams should organize a good block, and slide over to win the ball on the sides.</p> <p>Aggressive recuperation of the ball + transition vertical</p>
<p>COOLING DOWN</p>	<p>10'</p>





## Session 27: B+ Strikers: Finishing

### Topic:

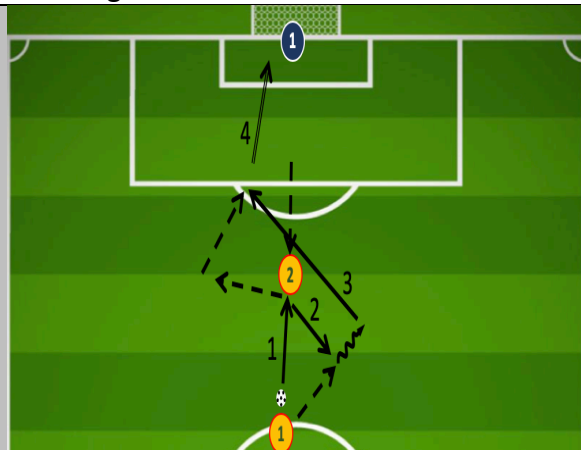
1) Finishing, attacking players

### Basics:

1) Quality Passing

2) Open body shape

### Finishing exercise 1



Start 10' with ball mastery = 200-300 touches per player!

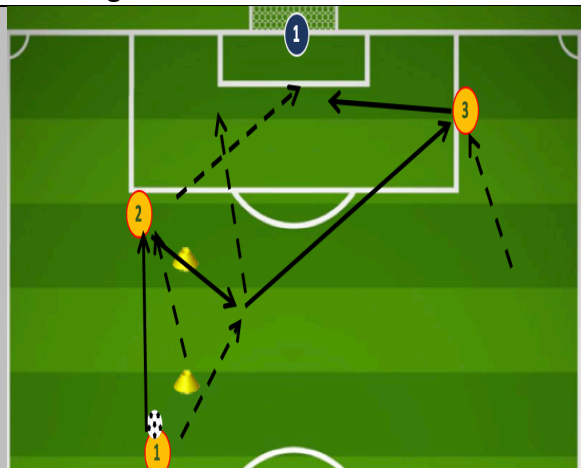
\*passing all over the field: 2players/1ball : short – long, free moving

### Finishing

\*2 asks for the ball. 1 does a one-two with 2. 2 opens and receives the ball in space. 2 finishing=shoot

\*all easy frontal variants

### Finishing exercise 2



Variant: cross + infiltration 2 players

-1 does a one-two with 2.

-3 cuts inside from the wide area.

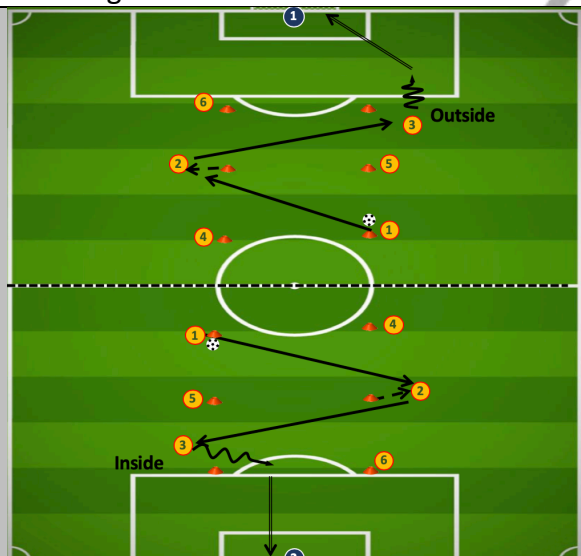
-1 passes into space of 3.

-2 takes position first post. 1 takes position back post.

-3 crosses the ball.

-1 and 2 finishing + score

### Finishing exercise 3



Variant: criss cross passing + shoot

2 moves away from the cone and receives the ball from 1.

3 opens and receives the ball from 2.

3 takes first touch forward + shoot

Variant: criss cross

2 moves away from the cone and receives the ball from 1.

3 opens and receives the ball from 2.

3 takes first touch inside + shoot



## Session 28: B+ Strikers: Finishing

### Topic:

1) Finishing, attacking players

### Basics:

- 1) Quality Passing
- 2) Open body shape

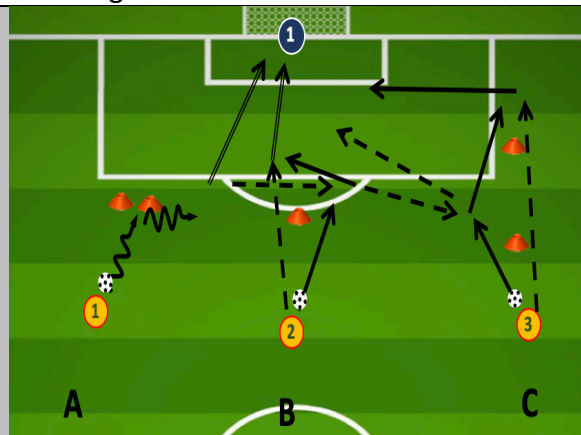
### Finishing exercise 1



Start 10' with ball mastery = 200-300 touches per player!

- \* passing all over the field: 2 players/1 ball : short – long, free moving
- \* 1v1
- red player (with ball) and yellow player (without ball).
- Slalom dribble with ball (red player)
- Slalom run without ball (yellow player)
- When they get out, they do 1v1 and can score on the big goal.
- \*change the positions

### Finishing exercise 2



### Combination finishing

- A. 1 dribbles to the cones, comes inside and shoots.
- B. After shooting, 1 does a one-two with 2. 2 shoots.
- C. After 2 shoots, he does a one-two with 3. 1 to back post, 2 to first post. 3 crosses the ball. 1 and 2 try to score

### Finishing exercise 3



### Game K+3v3+3N

- \*3v3 with 3 neutral players.
- 3 Neutral players in 1 touch
- Aim: Any player any time can score the goal,
- duration: time max 1min. 30 seconds.
- Play to win!



# THE FOOTBALL DEVELOPMENT MODEL

**'PLAYING' FOOTBALL → IS A COLLECTIVE ISSUE**

**'DEVELOPING' FOOTBALL → IS AN INDIVIDUAL ISSUE**

Individual analysis of each child

**=> Capacities over age**

Effect of puberty

**=> Not only focus on date of birth but individual plan**

Game reading

**=> Capacities and not the age is a factor to decide**



- **Learning is:**
  - an ongoing process...
  - cumulatively: the skills already acquired form the basis for new to learn the skills
- **The football development model:**
  - Create a “FUN-LEARNING” environment
  - Based on the development model of ball sports
  - Fluent passage of one phase into another
  - Repetition, repetition, ....
  - Age is directive: large individual differences possible by development field
  - The youth coach chooses learning aims and imply in function of the level according to the football development model.



**Céderique Tulleners**

*Technical Manager Training Content  
Head of Women's Development*



**Donatas Vencevičius**

*Head Coach U21*



**Rolandas Džiaukštas**

*Assistant Coach U21*



**Valdas Trakys**

*Head Coach U19*



**David Marques Afonso**

*Assistant Coach U19*



**Marius Stankevicius**

*Assistant Coach A  
Head Coach U17*



**Povilas Baliukonis**

*Assistant Coach U17*



**Andrius Skerla**

*Assistant Coach A  
Head Coach U15*



**Raimondas Vilėniškis**

*Assistant Coach U15*



**Tatjana Veržbickaja**

*Assistant Coach WA  
Head Coach WU15*



**Andrius Velička**

*Striker Coach U15-U21*