

WARM-UP (15 MINUTES)

Starting Up (5mins):

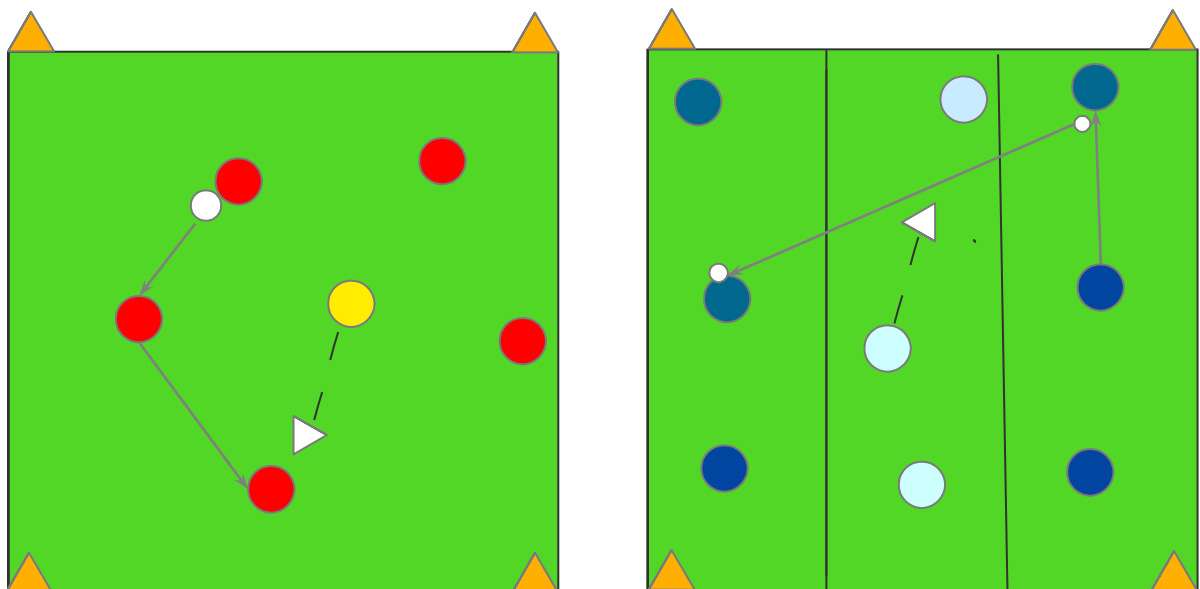
- Light Jog accross the pitch whie doing specific drills. High knees, heel flicks, sidestepping, lungs strides, hop on one leg etc.

Technical Exercises (8mins):

1) Circle-Warm-up Drill. 1 ball and 1 ● player in the middle of a circle made up of players ● keeping the ball away from ●

2) Pressure and Cover drill. Players in the central area have to intercept the passes between the
Maximum of 2 touches allowed for the ●

Stretching (2mins): Dynamic and static stretches

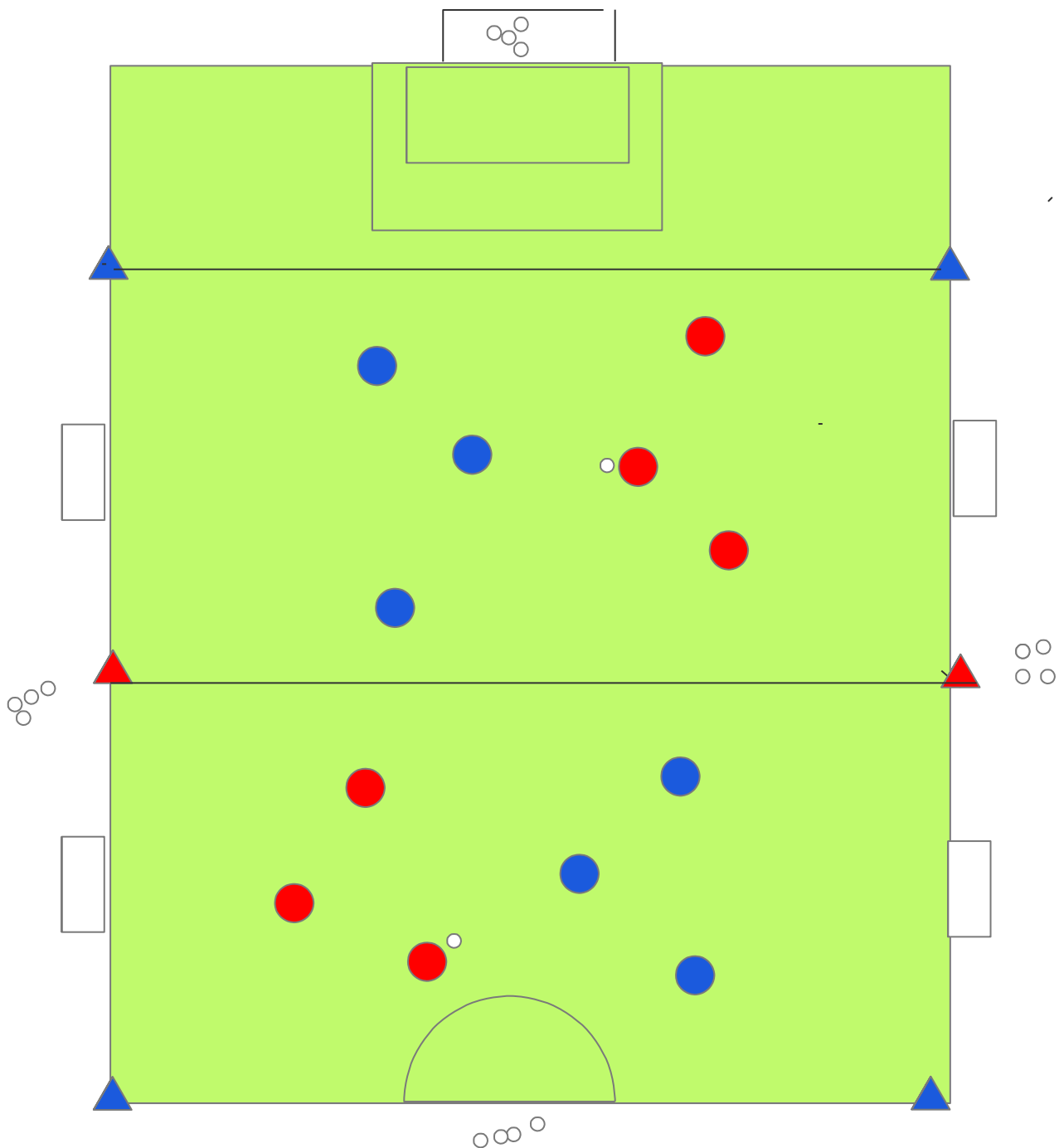


GLOBAL-INTRO (15 Minutes)

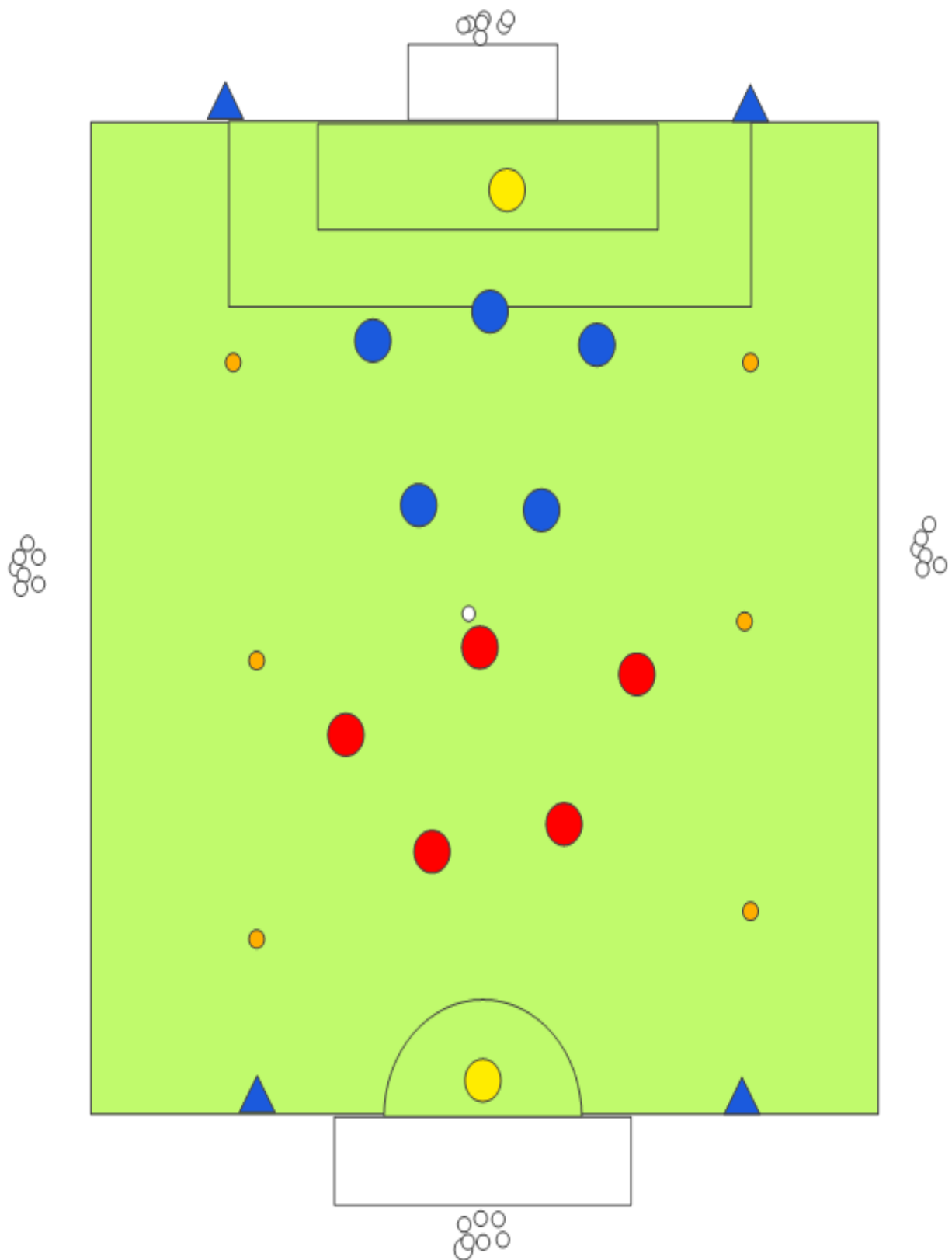
Organisation:

Two 3v3 games (7 minutes) between Defenders and Strikers. One 6v6 game in full pitch (8 minutes).

Equipment: 4 cones ▲, 2 cones ▲, 4 nets and extra reserve balls.



8 minutes small game including all players

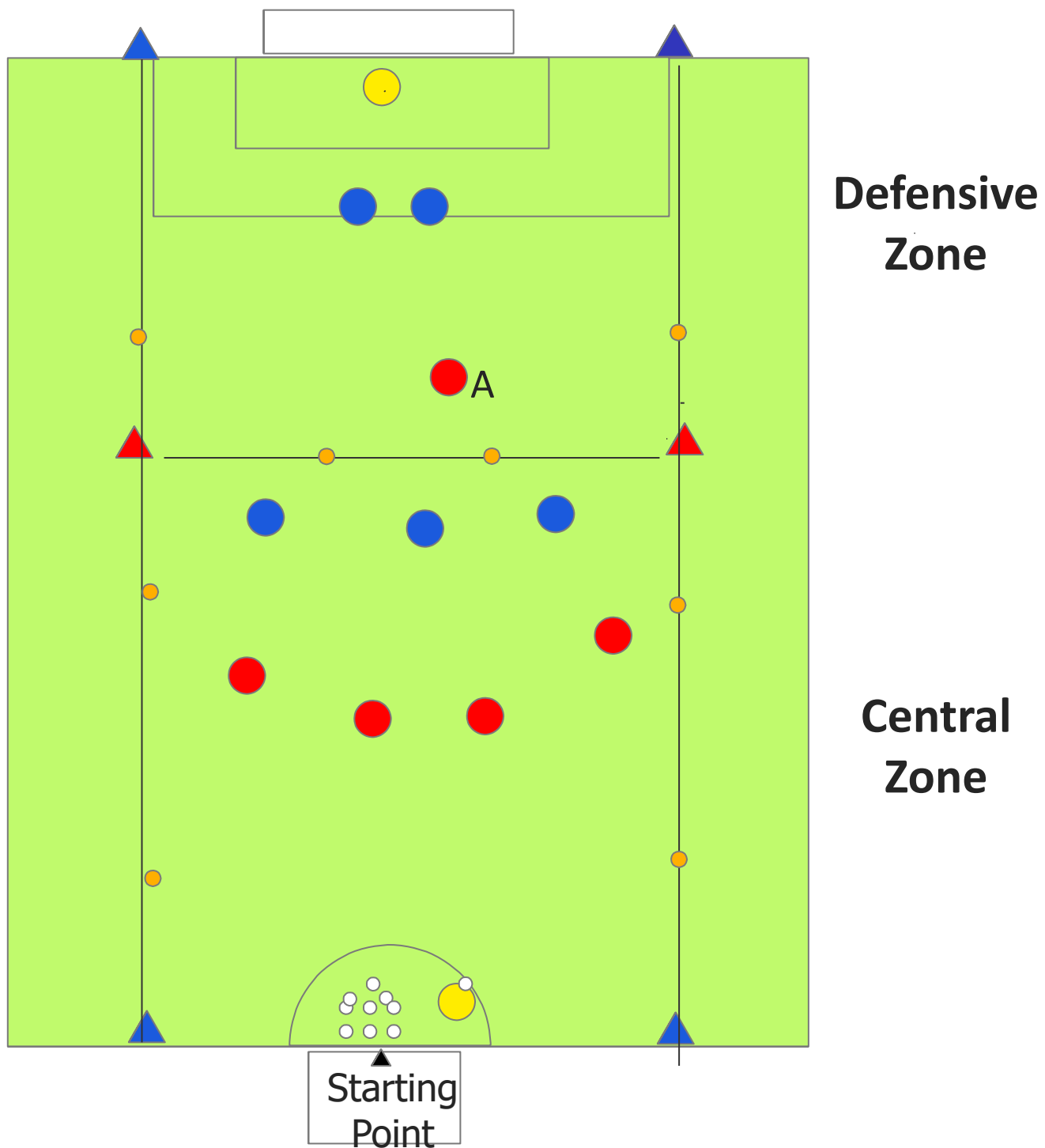


ANALYTICAL (20 minutes)

Equipment: 4 cones ▲, 2 cones ▲, 8 flats ● and footballs ○

Formations:

- Attacking team: 1-4-1
- Defenders: 1-2-3
- 2 Goal keepers



Goal:

- Must score inside the Defensive Zone.
- Must win the ball back and play it back to the ● positioned inside the Central Zone.

Instructions:

Every player must stay within their respective Zone.

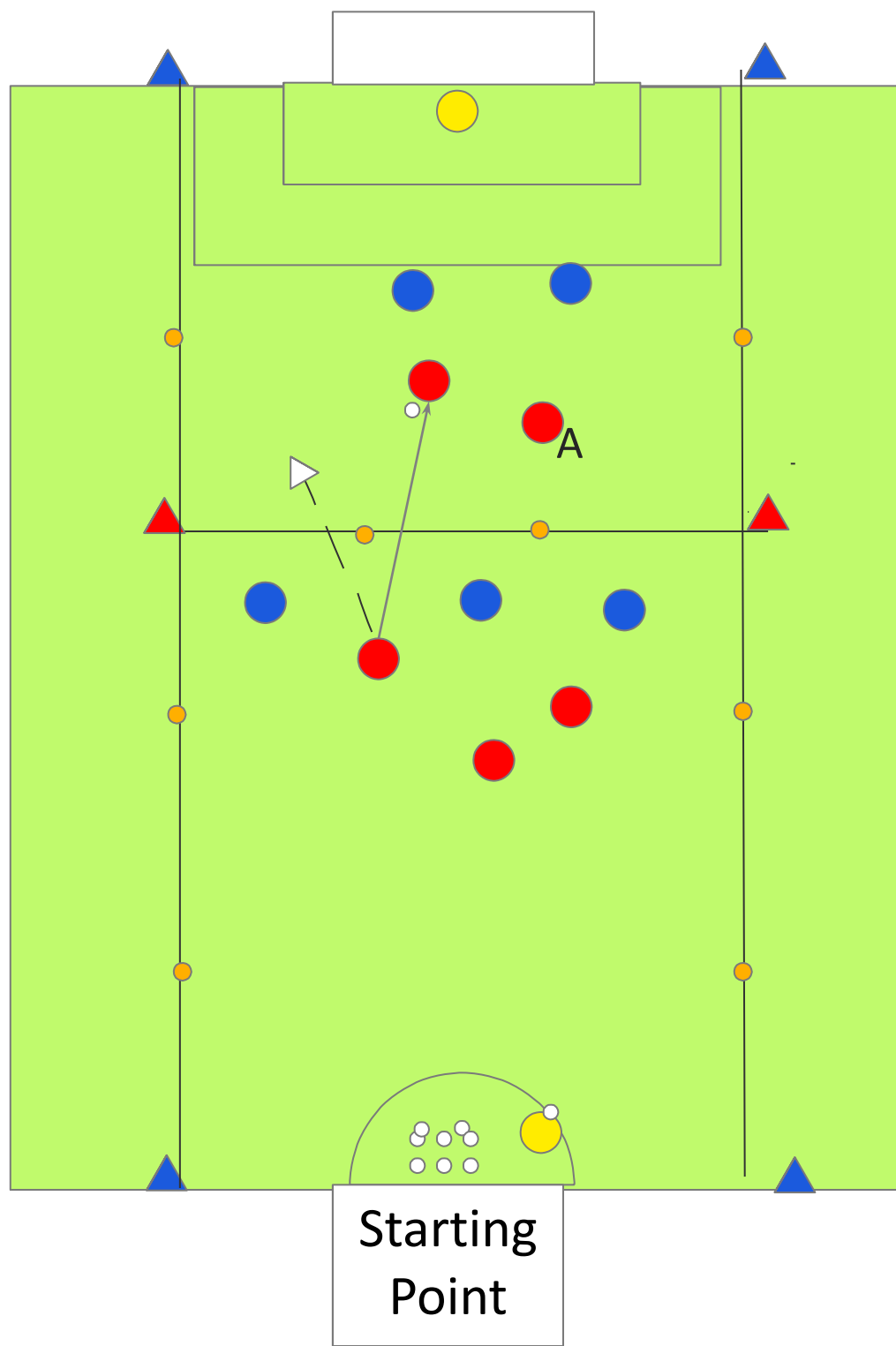
- From the Central Zone must pass the ball to ●A who's objective is to score.
 - The passing player is allowed to go and support ●A inside the Defensive Zone.

Organisation:

- 1) ● From the Starting Point makes a pass to one of the ● from the Central Zone.
- 2) The 3 ● defensive midfielders must apply pressure in order to win the ball back and attempt to score.
- 3) When receiving a pass, ●A must attempt to score against the two ●. Passing player can join and score.
- 4) When a save is made by the defending team's ●, he must release the ball to the touch line.
When the ball is out of play or a goal is scored, the drill may start over from the Starting Point.

Progression 1: 2 Strikers positioned inside the Defensive Zone.

Progression 2: 1 of the 3 Strikers designated by the coach is allowed to play everywhere.



Coaching Points:

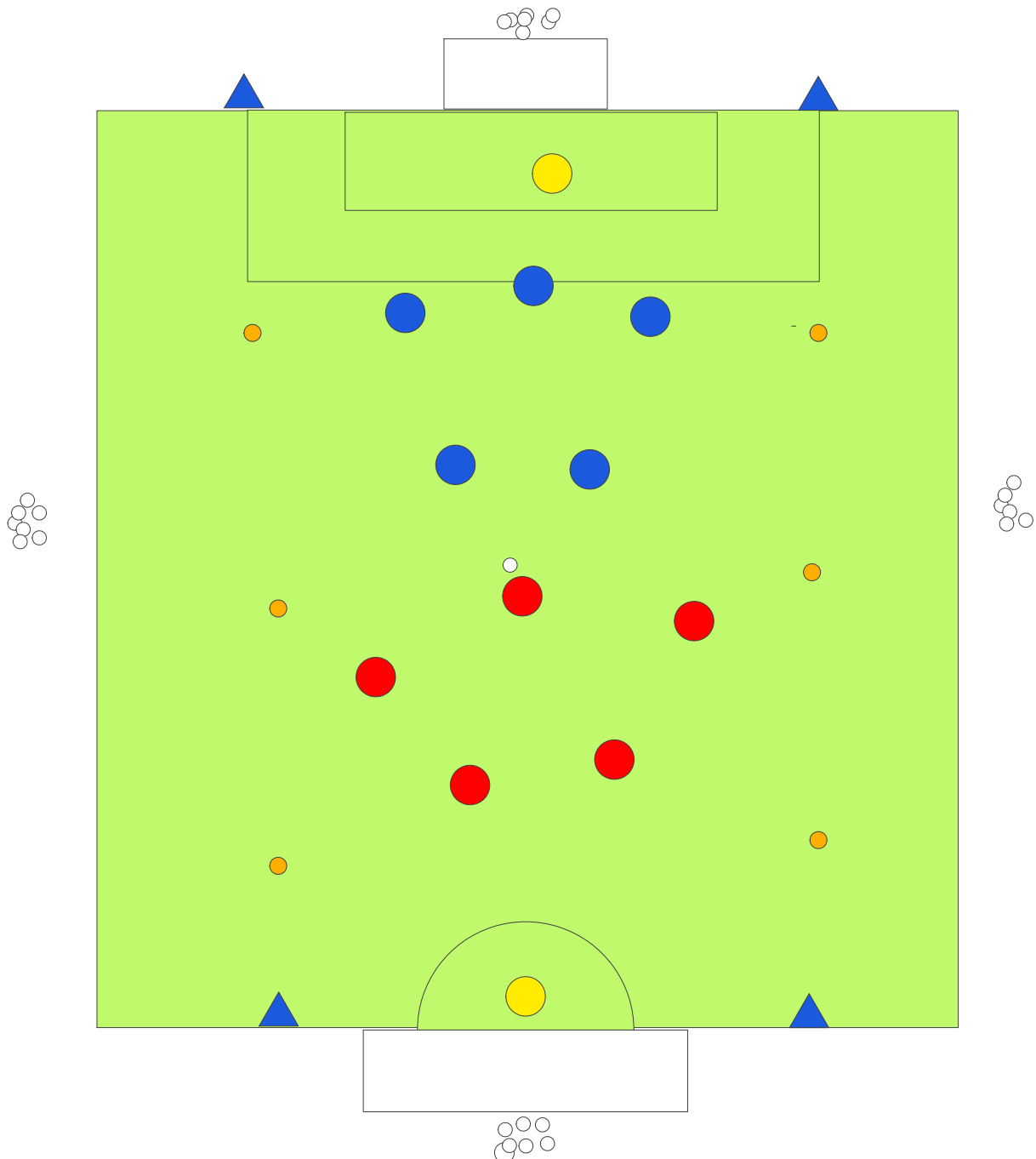
- 1) Defensive midfielders must squeeze the opposition by applying pressure on the ball carrier. The aim is to prevent them from approaching the defence or passing the ball to the strikers. **(Who presses and Why?)**
- 2) As one attacking midfielders is being closed down by the ● (1 vs 1), the nearest defending team mate should position himself appropriately to cover his partner. **(Who covers?)**
- 3) Here, the coach will observe and correct the defenders' ability to anticipate and mark the passing channels effectively. The positioning of the body while being on his toes will be vital for success. **(What to cover and Where?)**
- 4) If the defender closest to the ball carrier loses his 1v1, the covering player must anticipate and intercept the ball surely with authority. **(Why covering?)**

GLOBAL-FINAL (20 minutes)

Goal:

The Pressure and Cover theme is now integrated to the final game. The coach will correct the players, praise and stimulate to find ways to see the transfer of what has been worked on.

Equipment: 1 ball, 2 nets and cones for touch lines.



COOL DOWN (5 MINUTES)

Relaxation (1-2 mins):

Cool-down, dynamic stretches while jogging very lightly across the field.

During the last 30 seconds, players will relax their muscles while gently walking back to the touch line.

Hydration.

Static Stretching (3 mins):

Individual relaxation through static stretches and limbering up exercises on the ground.

Mental relaxation through discussions with teammates and staff.