

Sample Training Session **Age:** U-13 / 11v11/ 8 Players **Duration:** 55 min



WARM-UP

OBJECTIVE: Physical activation. Getting players re-oriented with physical training, soccer movement.

ORGANIZATION: Players begin with light, slow movement and then progress into designated stations. Players must maintain 6-10 ft. between them at all times and use cones as a reference. Players should utilize dynamic stretching, physical activation exercises before, during, and after agility rounds to help re-orient their bodies with the physical demands of the game and prepare for the next activities.



ACTIVITY 1

OBJECTIVE: Technical Passing, preparation for passing patterns and attacking build up play.

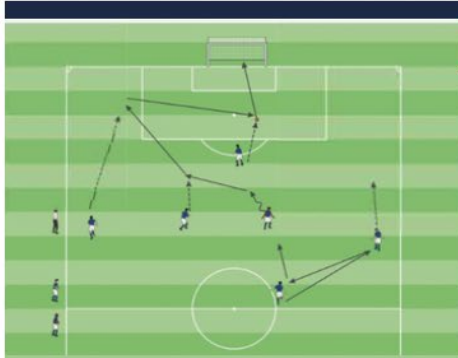
ORGANIZATION: Players are paired up. One pair passes north- south, while the other passes east- west. Players use a variety of passing and receiving techniques as designed by the coach and based on the needs of the players. While passing, players must be aware of the ball traveling across their own passing lane and need to time their passes to avoid having the balls collide.



ACTIVITY 2

OBJECTIVE: Improve precision passing and receiving

ORGANIZATION: Players are now in groups of 4 in a diamond shape and in their assigned workspace. Players start passing patterns at one end of the diamond. A variety of patterns can be used according to the discretion of the coach and the needs of the players. Players should rotate positions every two to three rounds to experience different technical challenges in passing and receiving at different angles and distances.



ACTIVITY 3

OBJECTIVE: Shadow build up play in the opponents' half to goal.

ORGANIZATION: 6 v 0 Build up shadow play to goal. Ball starts at the half with the deepest player. Players incorporate a variety of build-up patterns in order to move the ball forward and find a shot to goal. Patterns can vary at the discretion of the coach and / or the creativity of the players.