

## Training session

Theme of the session : *Direction of play*

Name of your team : *New-York*

Session plan : *Free plan*

Age category : *U18*

### Training session plan

<u>Warm-up</u> :	<i>1031 / Small-sided games</i>	<i>15 min</i>
<u>Tactical</u> :	<i>4064 / Direction of play</i>	<i>15 min</i>
	<i>4061 / Direction of play</i>	<i>15 min</i>
	<i>4053 / Direction of play</i>	<i>15 min</i>
	<i>4056 / Direction of play</i>	<i>15 min</i>
<u>Match</u> :	<i>5041 / Direction of play</i>	<i>20 min</i>

Effective length of the session : *1 hour 35*

Comments :

### Legend



Player



Keeper



Coach



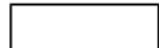
Ball



Determine a player or an area



Small goal



Big goal



Flag



Bar



Running



Dribbling



Pass or shot



First touch



Juggling



Air ball



Cut / Fake / Pullback



Slide tackle



Step left foot / right foot

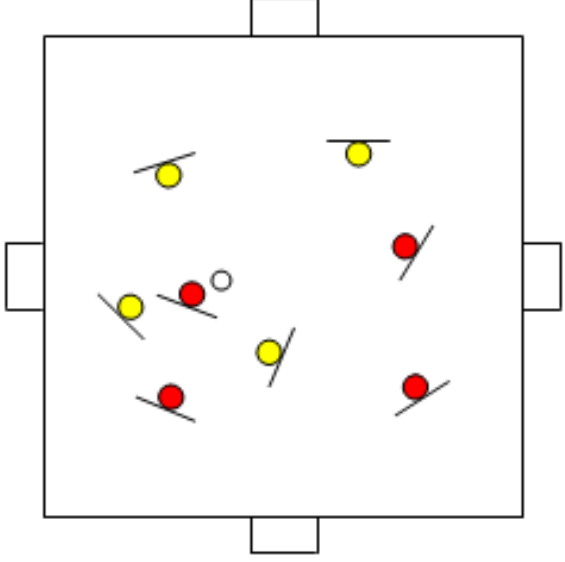
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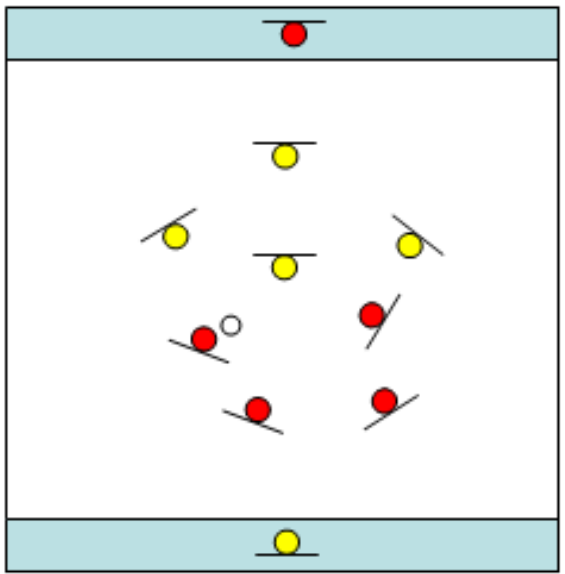
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Warm-up 1031		Small-sided games		15 min
<p><u>Small-sided games</u></p> <ul style="list-style-type: none"> <li>- Reduced number of players</li> <li>- Small field</li> </ul> <p>Equipment: balls, cones, pinnies (2 colors).</p>	<p><u>4 vs 4 game:</u></p> <p>25x25 sq. yd. field with 4 goals (2 yds or more depending on the age group). The teams can score using any of the goals, therefore, each team attacks and defends the 4 goals.</p> <p>Four vs four game, 3 minutes a game. Change opponents if there are several fields.</p> <p><u>Instructions:</u></p> <ul style="list-style-type: none"> <li>- Free play</li> <li>- Using corner kicks instead of throw-ins</li> </ul>			

Tactical 4064		Direction of play		15 min
<p><u>Direction of play</u></p> <p>Support and offensive support. Priorities for choosing the direction of play :</p> <ul style="list-style-type: none"> <li>- always favor going forward</li> <li>- playing to the side if no forward option is available</li> <li>- if there is still no solution, Do not hesitate to play with the support. The ball carrier must always have support.</li> </ul> <p>Looking for the possibility to outnumber your opponents when redirecting the play.</p> <p>Equipment : balls, cones, pinnies (2 colors).</p>	<p><u>5 vs 5 captains game :</u></p> <p>35x20 yard field with 2 zones (3 yards) at the extremities.</p> <p>4 vs 4 game inside the field. To score, the team has to pass the ball to the fifth player (the captain) who is in the opposite zone. The team scores one point of the captain have the ball under control inside the zone.</p> <p>Changing captains regularly. When a team scores, the captain restarts the play for the other team.</p> <p><u>Instruction :</u></p> <ul style="list-style-type: none"> <li>- choosing the forward solution in priority</li> </ul>			

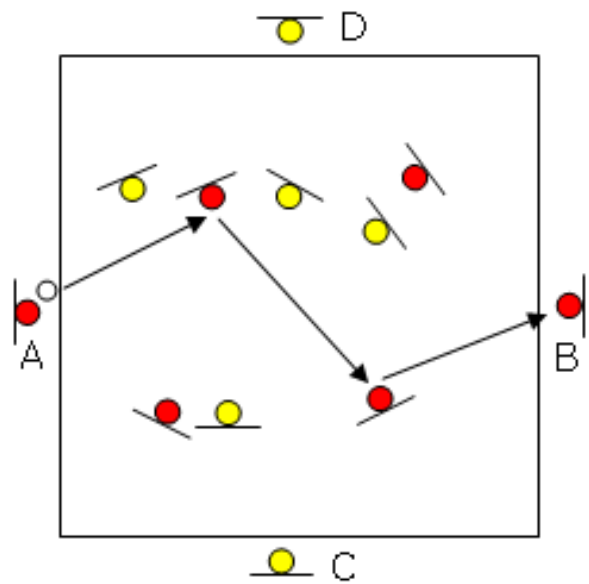
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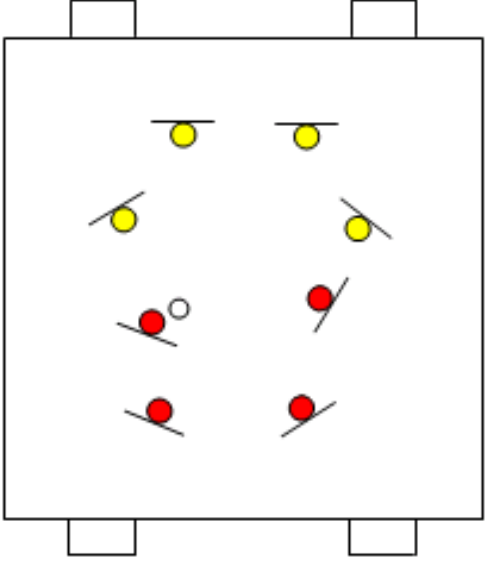
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Tactical 4061		Direction of play	15 min
<p><u>Direction of play</u></p> <p>Support and offensive support. Priorities for choosing the direction of play :</p> <ul style="list-style-type: none"> <li>- always favor going forward</li> <li>- playing to the side if no forward option is available</li> <li>- if there is still no solution, do not hesitate to play with the support. The ball carrier must always have support.</li> </ul> <p>Looking for the possibility to outnumber your opponents when redirecting the play.</p> <p>Equipment : balls, cones, pinnies (2 colors).</p>	<p><u>6 vs 4 keepaway</u> :</p> <p>20x20 yard field. Make 2 teams of 6 players. 4 vs 4 inside the field + 2 players of each team on the sides. (see diagram)</p> <p>To score, reds have to bring the ball from A to B (or B to A) ; yellows from C to D (or D to C).</p> <p>Changing outside players every 3 minutes.</p> <p><u>Variations</u> :</p> <ul style="list-style-type: none"> <li>- free play</li> <li>- limit the number of touches depending on the level of the players</li> </ul>		

Tactical 4053		Direction of play	15 min
<p><u>Direction of play</u></p> <p>Support and offensive support. Priorities for choosing the direction of play :</p> <ul style="list-style-type: none"> <li>- always favor going forward</li> <li>- playing to the side if no forward option is available</li> <li>- if there is still no solution, Do not hesitate to play with the support. The ball carrier must always have support.</li> </ul> <p>Looking for the possibility to outnumber your opponents when redirecting the play.</p> <p>Equipment : balls, cones, pinnies (2 colors).</p>	<p><u>4 vs 4 game</u> :</p> <p>4 vs 4 game on a 25x25 yard field with small goals (2 yards). Each team attacks and defends 2 goals. Shooting allowed on both goals.</p> <p><u>Instruction</u> :</p> <ul style="list-style-type: none"> <li>- if it is stuck on one side, playing the ball back and orientating it other side</li> </ul>		

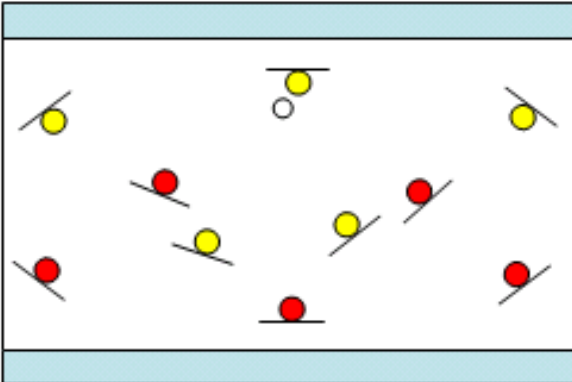
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Tactical 4056		Direction of play		15 min
<p><u>Direction of play</u></p> <p>Support and offensive support. Priorities for choosing the direction of play :</p> <ul style="list-style-type: none"> <li>- always favor going forward</li> <li>- playing to the side if no forward option is available</li> <li>- if there is still no solution, do not hesitate to play with the support. The ball carrier must always have support.</li> </ul> <p>Looking for the possibility to outnumber your opponents when redirecting the play.</p> <p>Equipment : balls, cones, pinnies (2 colors).</p>	<p><u>5 vs 5 stop-ball :</u></p> <p>35x20 yard field wider than longer with a 3 yard zone at the extremities.</p> <p>5 vs 5 game. To score, stopping the ball in the opposite zone.</p> <p>Respecting priorities in the direction of play to go to score.</p> <p><u>Instruction :</u></p> <ul style="list-style-type: none"> <li>- if you get stuck on one side, play the ball back to support and then redirect it to the other side</li> </ul>			

Match 5041		Direction of play		20 min
<p><u>Direction of play</u></p> <p>Support and offensive support. Priorities for choosing the direction of play :</p> <ul style="list-style-type: none"> <li>- always favor going forward</li> <li>- playing to the side if no forward option is available</li> <li>- if there is still no solution, do not hesitate to play with the support. The ball carrier must always have a support</li> </ul> <p>Looking for the possibility to outnumber your opponents when redirecting the play.</p> <p>Equipment : balls, pinnies (2 colors).</p>	<p><u>10 vs 10 game :</u></p> <p>9 players + 1 keeper per team.</p> <p>Respecting principles of play in the direction of play.</p>	