



MAIN TRACK

DURATION: 78 MINUTES

Warm up (1/1)

Start: 0 minutes Duration: 9 minutes



Warm up - Touch Sensitivity

- The exercise is a control ball course to be performed more and more quickly.
- In the first line players have to control the ball leading it inside the goals, without touching the markers
- In the second line the ball goes underneath the obstacle, leaves it outwards, once recovered the player moves to the next obstacle.
- In the third line, when the player gets to a couple of markers, they move the ball with the foot sole towards the opposite small cone and keep on with the other foot, holding the ball always outside the little cones. Alternate feet.

Rules

- Don't touch the little cones and the mini hurdles neither with the ball nor with the feet

Preparation

- Playing Area: 30x20 metres
- Players: 18
- Duration: 9 minutes
- Series: 3 series of 3 minutes



Game (1/1)

Start: 9 minutes Duration: 15 minutes



1 vs 2 and immediate pursuit of goal - AFC Ajax

- The game starts with the goalkeeper with the ball, ready to perform a goal kick
- The 2 defenders in order to receive the ball, must open their positions (See picture 2). None of the defenders should be standing in front of the goalkeeper before he performs a goal kick
- After the performing of the goal kick, the 2 defenders start a 2 vs 1 with the objective of taking the ball beyond the line that limits the penalty area to score a point. The goalkeeper is allowed to play with the 2 defenders during the possession of the ball
- If the defenders score a point, the game starts all over again from the goalkeeper, who performs a goal kick again
- If the striker recovers the ball during the 2 vs 1, he must conclude with a shot at goal as fast as possible. If he scores a goal, the game starts with the ball for the striker
- If the striker makes the ball go out of the outline playing area, the game starts all over again with a goal kick from the goalkeeper and vice versa, if the 2 defenders take the ball out of the playing area, the ball goes back to the striker

Rules

- No limit of touches

Preparation

- Playing area: 25x16 meters
- Players: 3 + goalkeeper
- Running time: 15 minutes
- Series: 3 series of 3 minutes with a 2 minutes pause of passive recovery



Analytical (1/1)

Start: 24 minutes Duration: 18 minutes



Assistance and finishing - Chelsea FC

- Players perform a ball possession and end it by shooting to one of the 4 goals
- The final pass must be executed by one of the flex players
- Flex players play with the team that possesses the ball
- Flex players in turns position themselves as follows:
 - One inside the small square (A)
 - One moving freely inside the big square (B)
- The winning team will be the one that scores the more goals during the 3 series

Rules

- Free number of touches
- After each goal players swap the possession of the ball
- Flex players swap positions after each goal

Preparation

- Playing area: 20x20 meters
- Players: 10
- Duration: 18 minutes
- Series: 3 series of 4 minutes with a 2 minutes pause of passive recovery



Situational (1/1)

Start: 42 minutes Duration: 18 minutes



Small-sided Game 3 vs 3 for aerobic resistance

- Play a 3 vs 3 game inside the field with the objective of scoring a try by receiving the ball beyond the end line of the opposition.
- So when a player receives the ball beyond the end line they are awarded a try (figure 1)

Figure 1: playing 3 vs 3 inside the field • The team that scored has to run over the half way line (figure 2)

- After the sprint the team that conceded a try can restart taking the ball into the other half where the opposition is waiting
- If a defending team wins possession then it can try to take the ball into the other half and score whilst the attacking team attempts to win it back

Preparation

- Playing area: 20x25 meters
- Players: 6
- Duration: 18 minutes
- Series: 3 series of 4 minutes with 2 minutes of passive recovery





Figure 2 : the team that scored runs beyond the half way line

Rules

- The try is valid if all the teammates of the team that scored are inside the opponents half otherwise it is not valid and the game continues with the ball to the other team.
- The ball must be passed to a player who receives the ball over the base line and cannot be dribbled over the line.

Motor coordination (1/1)

Start: 60 minutes Duration: 8 minutes



Consecutive passes under a ribbon

- A executes a self pass under the ribbon and afterwards jumps over it, moving to A1 when the ball passes under the ribbon, the action keeps ongoing until the end of the course, on A2
- A surrounds the stick dribbling
- A dribbles the ball up to the starting position on A3

B starts the exercise all over again

Preparation

- Playing area: 10x3 meters
- Players: 3
- Duration: 8 minutes
- Series: 4 per player



Final (1/1)

Start: 68 minutes Duration: 10 minutes



Game construction for 4-3-3 system: Holding Midfielder free to play

- The Goalkeeper starts game construction passing the ball to player 6
- Player 6 passes to the teammate 4 who drops back to get the pass; player 7 checks away then comes to create the necessary space to get the ball
- Player 4 stops the ball; player 7 drops to receive the pass; player 11 goes to the centre horizontally; Player 8 runs diagonally into space thus creating space for the teammate 7; Players 5 and 6 move up to follow the game

Initial Action

- Player 4 passes the ball to the teammate 7 who went to meet him; player 9 checks away then comes towards the play; player 8 continues to run forward attacking the opposite side line; player 11 runs diagonally to the centre; player 10 advances; players 3, 5 and 6 rise closing space and offering cover
- Player 7 passes the ball to the teammate 9; player 8 continues to attack the opposite side line; player 10 continues to rise advancing; player 2 pushes forward to support and cover; The goalkeeper goes towards the edge of the box
- Player 9 makes a penetrative pass for the teammate 8 who went into the yellow area highlighted in the figure

Development action Action complete Complete action with game times

Preparation

- Playing area: Field
- Players: 11
- Duration: 10 minutes
- Series: 5 combinations from the right side and 5 from the left side





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Warm up - Touch Sensitivity

 9 minutes
  30x20
  18 players



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Description

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Players

No players associated with this training sessions.

Rules

- Don't touch the little cones and the mini hurdles neither with the ball nor with the feet



Game (1/1)

Start: 9 minutes Duration: 15

1 vs 2 and immediate pursuit of goal - AFC Ajax



15



25x16



4 players



Players

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Preparation

- Playing area: 25x16 meters
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- Running time: 15 minutes
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Analytical (1/1)

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Assistance and finishing - Chelsea FC



18



20x20



10 players



Players

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Preparation

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- Players: 10
- Duration: 18 minutes
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Description

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Situational (1/1)

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Small-sided Game 3 vs 3 for aerobic resistance



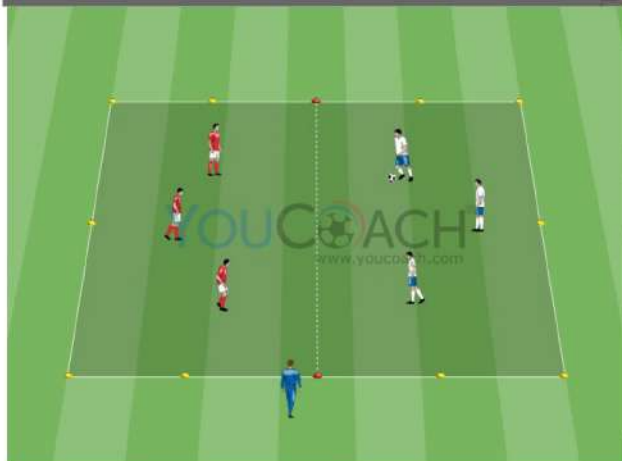
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20x25



6 players



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Players

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Motor coordination (1/1)

Start: 60 minutes Duration: 8

Consecutive passes under a ribbon



8 minutes



10x3



3 players



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Players

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Final (1/1)

Start: 68 minutes Duration: 10

Game construction for 4-3-3 system: Holding Midfielder free to play and Side Midfielder centralizing



Players

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Preparation

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Description

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