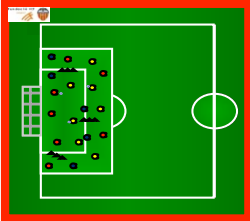


Warm up: Activation, mobility and stretching

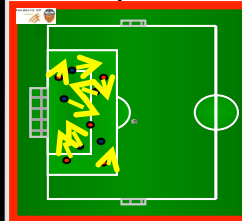
15'

Warm up 1



In a small space three players dribble and they have to chase the rest. You can't chase anybody if there is a wall of cones between you and your mate, so you'll have to run around the wall to chase someone.

Warm up 2

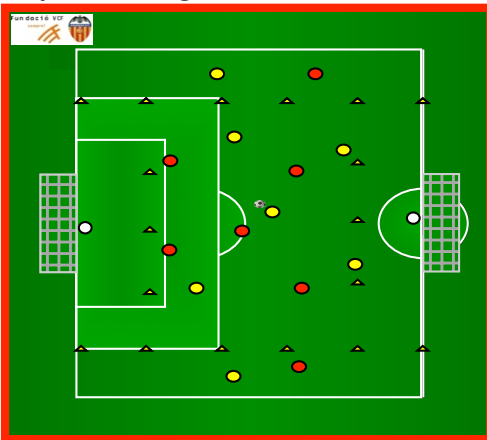


Two teams in different colours, run across the space less than penalty box making mobility and passing ball with hands, if the ball fall at ground everybody makes 5 press-ups. If we say a number the players should make groups, the last player should chase another player touching him, if we say the word "colours" the teams should make two groups, the last team makes 10 press-ups, other team should make passes, after the press-ups, the team that were doing it, should to steal the ball

15'

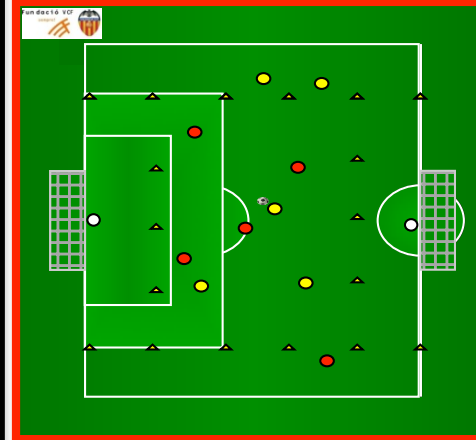
Main Part

Space Management



Overlap match
Game with 2 teams with 5 players each team and wind's fauter.
Score: if you score after overlap you score 2 points
It's important to make overlap near goal line.
When you pass the ball to the fauter you change the Position with him
Alternatives: Without wind's fauter but you can to use the winds for to make overlaps Without defense

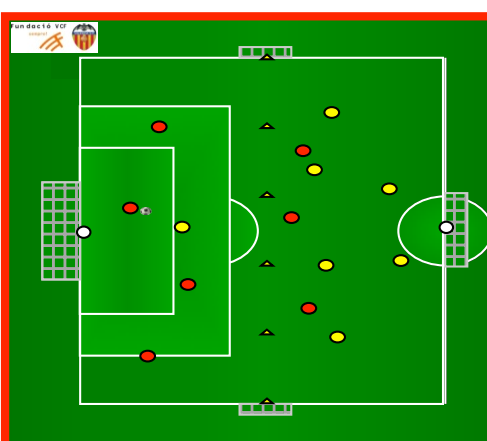
Space Management



Blindside run match
Match with 2 goals and finish zone forbidden for defense.
The attack team only can score after blindside run in the central o finish zone
Alternatives: 1° With bigs goals and keepers
2° with the striker in the finish zone making a blindside run to the central zone, and finishing with 1
Toach, or with blaind side run to the finish zone

25'

Withdrawal and shifting



Balance & withdrawal match.
Match in 1/2 side pitch divided into two zones.
Each team just can recover the ball in their own side, when they lose the ball in the opponent side a player press to the player with the ball, rest of players withdraw

Withdrawal and shifting (15')



Withdrawal and shifting game.
Half pitch game divided in two zones. Each team can only still the ball in their own half. If one team lose the ball in the opposite half the nearest player will have to put pressure and the rest of the team will have to with draw.

25'

Calm State Game 1:



Two teams. Each player drive a ball inside a square. There are one cone in each corner and one of these cones mean a number. When the coach say one of these numbers all the players at the same time have to drive their balls until the cone which means the number that the coach have said. The last two players who arrive will be penalized and their team will get negative points.

Calm State Game 2:



Soccer-tennis + drive. Four teams play two soccer-tennis diferent matches. The winners play the final and the losers play the third and fourth places. When the player pass the ball to the other pitch. He has to run out of the soccer-tennis place and driving the ball between some cons and come back for to continue playing

15'

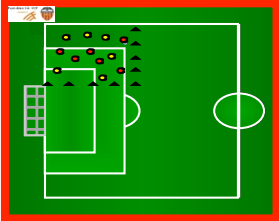
Back to Calm State: Regenerative Stretching

10'

Warm up: Activation, mobility and stretching

15'

Warm up 1



In a space limited by cones two teams will play the following game.
One team keeps the possession of the ball trying to pass using the hands. In an opposite player is touched by a player with ball they have to get off the pitch. Is not allowed to run with the ball in hands. The players who don't have the ball should keep moving in order to create pass changes.

Warm up 2

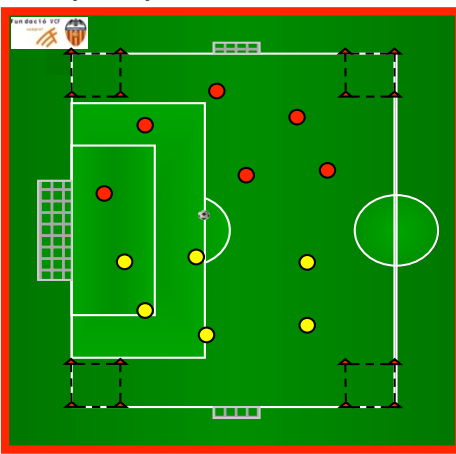


Football Tennis :
In a space about 15x10 m. 2 teams of 3 players each team play football tennis with a net in the middle.
Rules:
The player's got free touches and the ball can bounce on the ground once after each touch, if the ball bounce
2 times you lose the point, and also you lose the point if the ball bounce out of the game space or you don't over the net.

15'

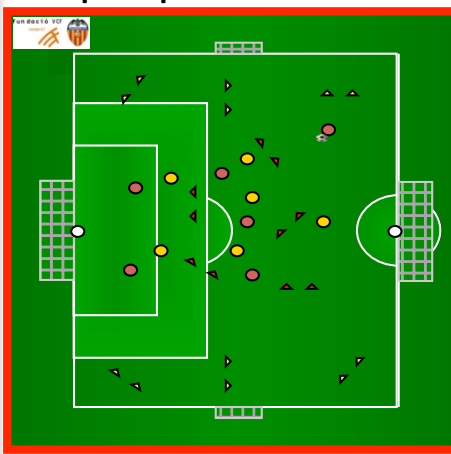
Main Part

Keep the possession



Six a side keep in possession or finishing.
6x6 in half pitch with 4 touches per team. In the fourth touch they have to shoot or arrive dribbling or passing to one of the squares and the game will start again

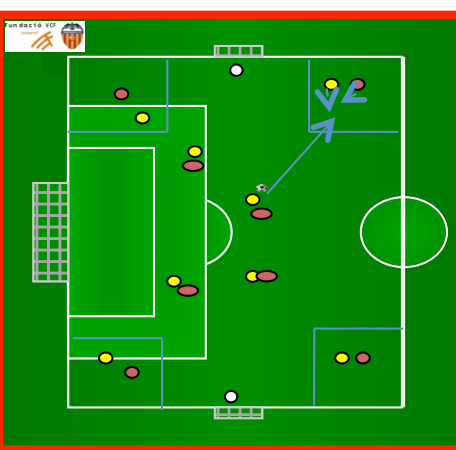
Keep the possession



Possesion game in a big square. Where there are smalls goals in the middle and the wings. The smalls goals will be deferenciate by colors. Your team get a goal if a player pass the ball between cones and other player control it. Each player only can do 3 touches.

25'

Zonal and man-to-man marking



Central zone match. In central zone defender by zone and wings zone individual defense.
Goal valid after a passing to one of the players inside the square.
The player can go out of the square with a pass or driving the ball

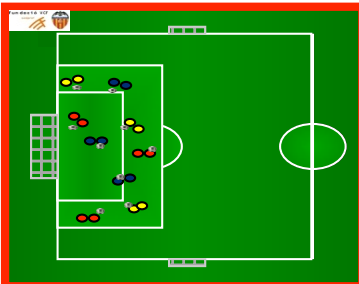
Zonal and man-to-man marking



Football pitch delimited by 9 zones. Defenders are in the nearer zones to their beeper. Midfielders are in the next zones and strikers in the last zones. Only the defending team plays thinking about the zones. The attacking team play free.

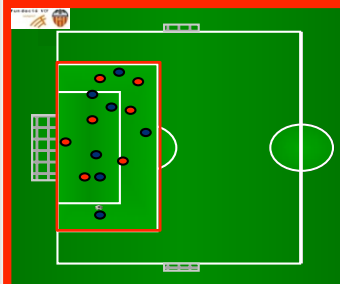
25'

Calm State Game 1:



In pairs. All pairs holding hands. One ball per pair. The aim is to keep the ball inside the area and try to shoot out the balls who the other pairs have. The pair who lose their ball, will have to make one exercise before to start the game.

Calm State Game 2:



Match scoring with headers and passing the ball with their hands.
Each team with 7 players.
The player with ball can run but when one defender player touch him, he has to stop and make a pass
Options: make the pass with bounce

15'

Back to Calm State: Regenerative Stretching

10'

Warm up: Activation, mobility and stretching

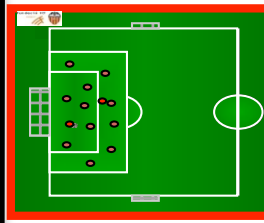
15'

Warm up 1



A few players with football will try to chase others players in a given space according of the number of players.
Rules: the player with the football has to chase the other players dribbling the ball.
When the player with football chases other player then change the role.
The players without ball have to run back wards.
Options: the player with football before chasing other player has to do a trick
During the game there will be more players with football.

Warm up 2

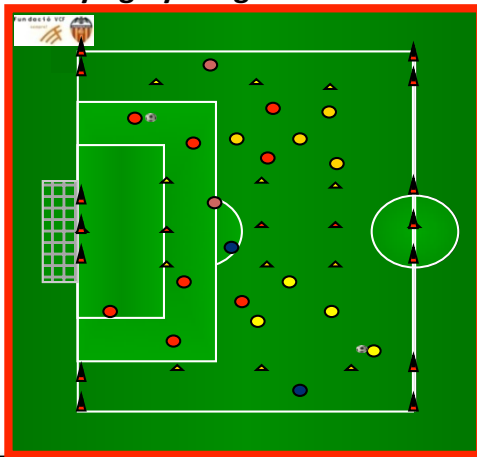


Start the game and there are 2 players with one ball. They pass the ball by the hands and when one player is holding the ball only can do 3 steps. Then this 2 players try to chase the rest of the players but only the player with the ball can do it.
Rules: don't throw the ball.
When the players with the ball chase other player, this player change role.
Option: pass can do it with foot or head

15'

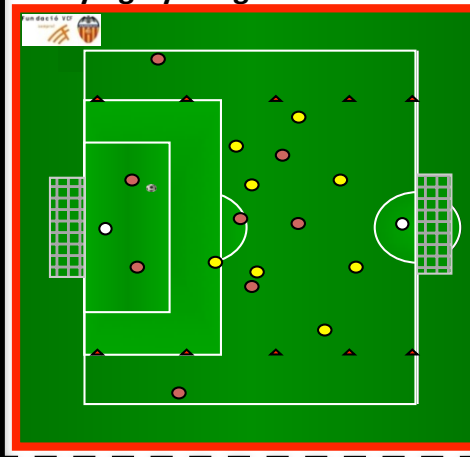
Main Part

Playing by wings



Possesion game with 2 wings. In each wing there is a fixed supporting players. The team that is attacking has to play with the 2 wings before shooting on goal.

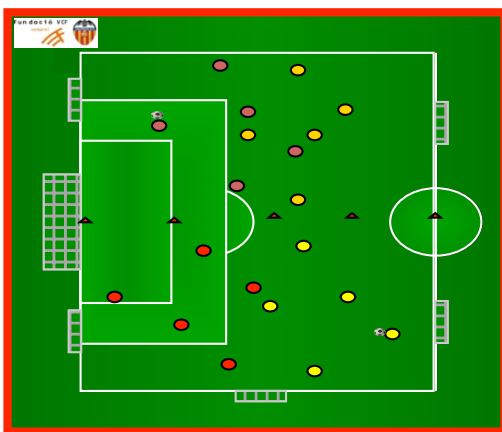
Playing by wings



Half pitch game 9X9 where the attacking team have two wings on both with no defenders. The defending team must keep themselves tight and close.
It's compulsory the ball to keep up a number of passes by switching.
Maximum 3 touches per side

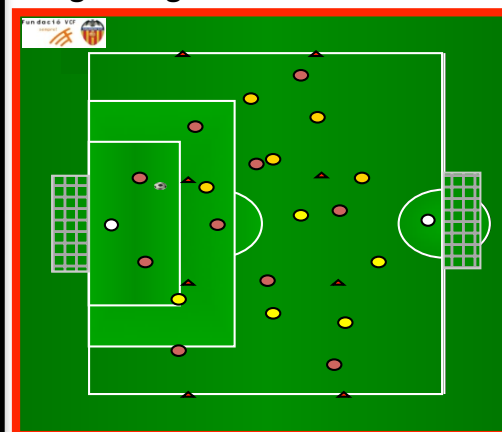
25'

Organizing the attack



Possesion game with crosses and shooting.
It's compulsory making 8 passes for valid goal and pass by the 2 wings.
Everytime that the ball is recovered re-start from initial zone

Organizing the attack



Half pitch match 11x11, starting every play from initial zone even when the ball is recovered in rivals pitch.
It's compulsory making 5 passes in every zone for pass to the next one, unless in finishing zone.

25'

Calm State Game 1:



In three small squares with two teams in each square (2 or 3 players each one) plays a possession game. There is one fixed player, who support the rest, between squares and 3 more who run around the squares being moving supporters.
The 5 supporters have only 2 touches and the rest of players unlimited touches inside the squares.
Alternatives: Only one touch per players, using one leg in a any given space, changing the role; supporters will became players when passing the ball and viceversa.

Calm State Game 2:



Bending it:
Goal shottings over goal line or the corner, depende age, with the 2 legs and inside or outside of the foot. There isn't keeper.
Rules:
The ball can to bounce before score, but when you will be better will not be allow any bounce before.
Alternatives:
We can put a cone in the middle of the goal, and the players have to score in front of or behind the cone.

15'

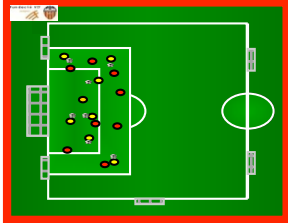
Back to Calm State: Regenerative Stretching

10'

Warm up: Activation, mobility and stretching

15'

Warm up 1



Two teams inside the area. 1 dribbling with a bib tucked into the back of their shorts and the other team try to take off the bibs. When the bibs are off the player will have to juggle until all the players are doing it. Later they change roles. Alternative: Change roles immediately after taking off the bib.

Warm up 2

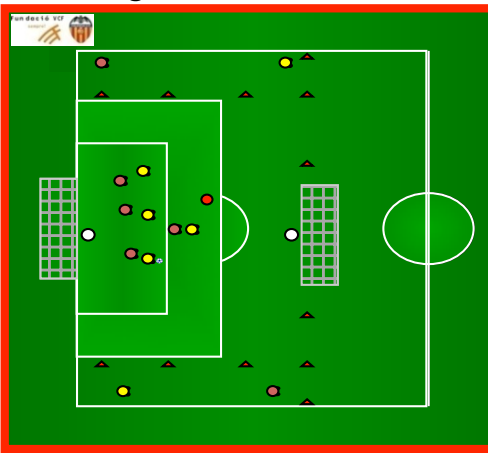


Chasing game. Two teams. In the blue one every member will have a ball. In the red one they won't have any. The red team has to try to stop all players who have a ball. When one blue player is touched, they stop with legs their and the ball on the head. If a team member nut megs them they'll carry-on playing. If the red team wins the blue team do 5 press ups. If after a few minutes in game they can't stop every single player, they'll swap roles.

15'

Main Part

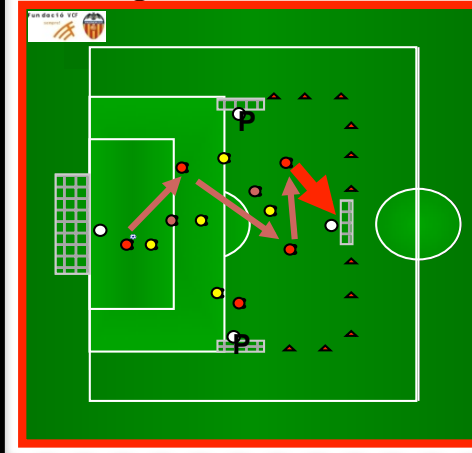
Finishing



Crosses and Shooting Goal Game:

6 against 6 plus one player. Two players in each side, the players who be inside the game space have to make a minimum quantity of passes and play with the fixed supporting players to they cross and the players who be inside try shoot and score. If the goalkeeper catch the ball have to pass it to the fixed supporting player of the opposite side to shoot fastly.

Finishing

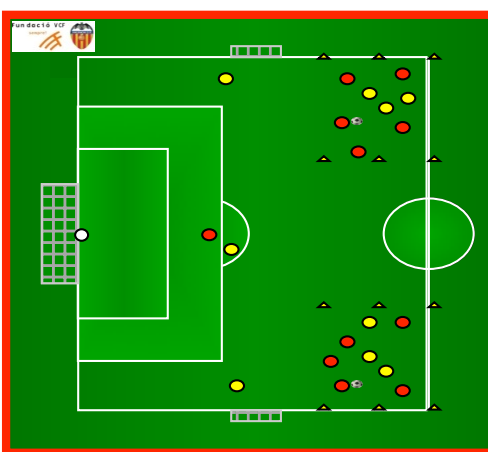


Possession Game with 4 Goals:

4 against 4 with 2 fixed supporting players. There is a limit of passes before shoot in any goal. We train shooting goal. Fast play. ALTERNATIVE: 2 fixed goals which are defended by each team.

25'

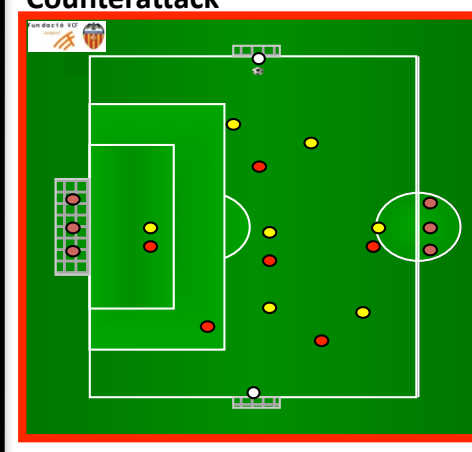
Counterattack



Possession and Counterattack Game:

Two teams. 7 against 6. Inside a square far of the fixed goal two alternating possessions of 5 against 3 are played with a maximum limit of 2 touches and the rest of the players are waiting out of this square. When a team steal the ball they have to make a cross and to try to shoot to finish the counterattack.

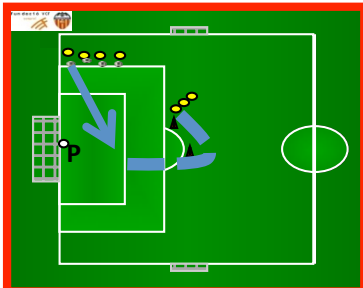
Counterattack



Possession game and counter attack. 3 teams of 6 players is team. We play a match on the whole real football pitch. Two teams play and the third team wait out. When the attacking team lose the ball, the team who have the ball now starts the counter attack. The third team starts to defend it. The first team who lose the ball go out.

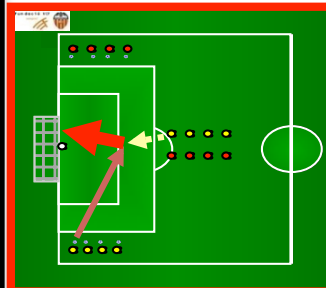
25'

Calm State Game 1:



Two teams competes during two minutes. They have to score as many goals as possible using only the head. All the goals scored with other part of the body will take-out are point

Calm State Game 2:



Crosses and shots competition. Two teams. The first one that gets x goals win the game. The ball must not bounds if the goal is to be allowed. If we score with headers the goal will be 2 points. If you score with your feet 1 point and if the is outstanding overhead kick will be 3 points.

15'

Back to Calm State: Regenerative Stretching

10'