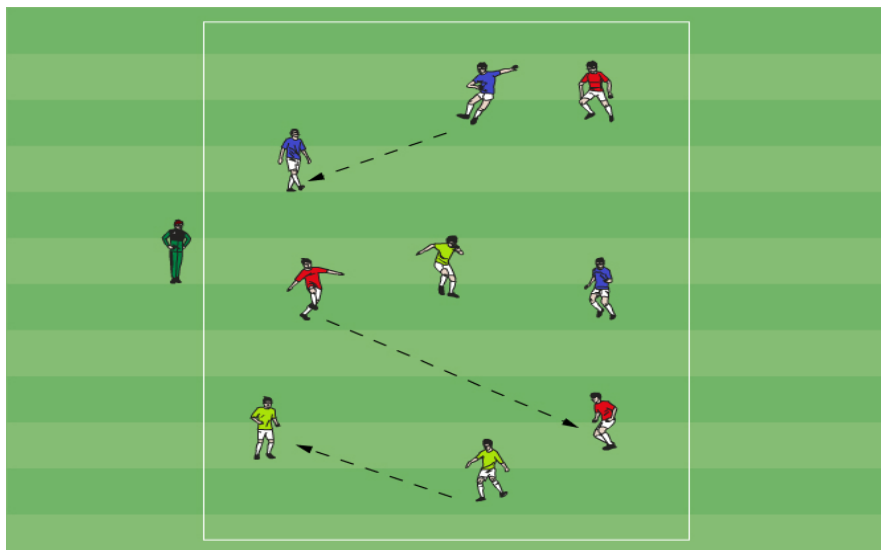








## TRAINING SESSION

### Paint the field



	<b>Passing and Receiving</b>
	<b>U8 to U9</b>
	<b>6 to 12 Players</b>
	<b>Cones</b>
	<b>Intensity: Medium</b>
	<b>12:00 min</b> (3 x 03:00 min, 01:00 min rest)

#### Objective

Improving players ability to pass and receive the ball.

#### Description

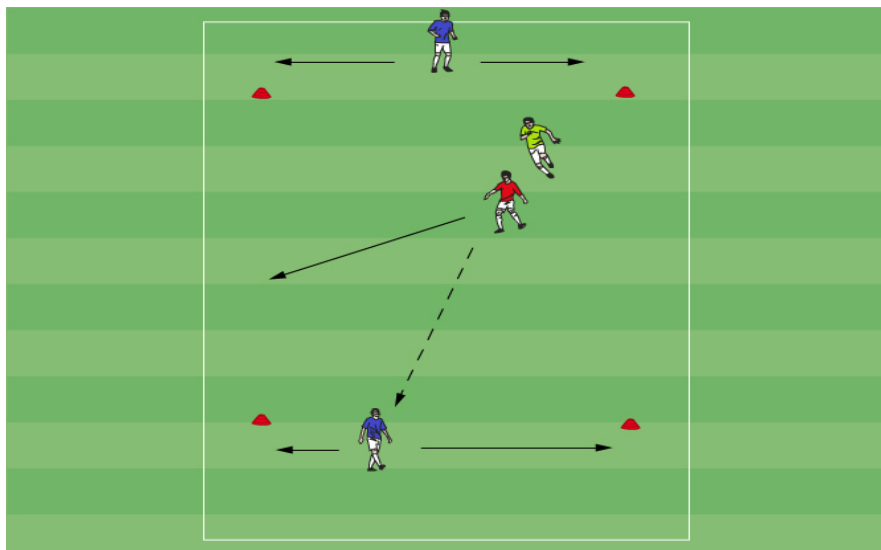
Players are trying to "paint" the field with the ball. They work in small groups and move the ball by passing it to "paint" the field. Both short and long passes are encouraged. Ball must stay on the ground.







#### Key Points

Passing: Using the instep, plant foot pointed in proper direction, good weight of the pass

## TRAINING SESSION

### 1 v 1 + 2 Possession



	<b>Passing and Receiving</b>
	<b>U8 to U9</b>
	<b>6 to 12 Players</b>
	<b>cones</b>
	<b>Intensity: High</b>
	<b>20:00 min</b> (8 x 01:00 min, 01:00 min rest)

#### Objective

To improve a players ability to pass and receive the ball.

#### Description

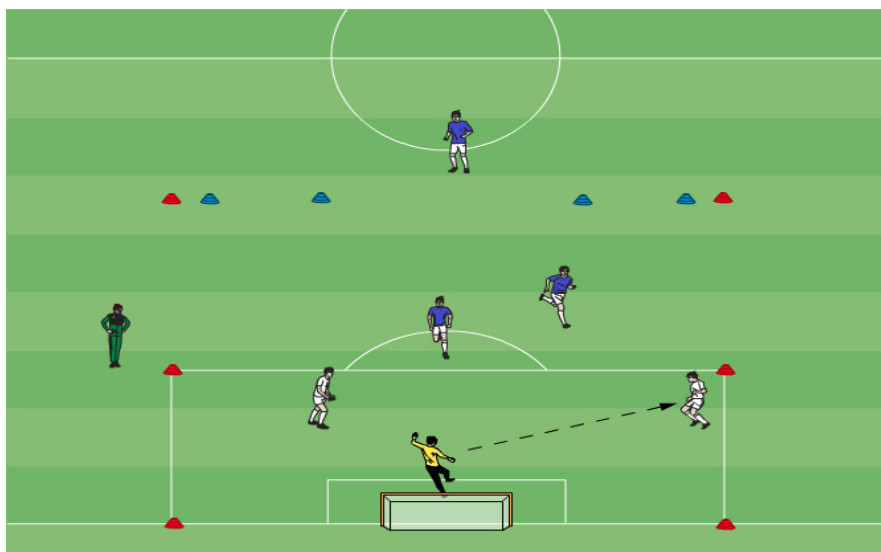
The two players in the middle battle 1v1. They use the neutral targets as additional players making it a 3v1. Each time they play a target they earn 1 point.







#### Key Points

Using your body to protect the ball when receiving. Pass the ball to the farthest target when possible. Play with your head up

## TRAINING SESSION

### 3 v 2 (Goal to Counters)



	<b>Passing and Receiving</b>
	<b>U8 to U9</b>
	<b>6 to 12 Players</b>
	<b>cones, goal</b>
	<b>Intensity: Medium</b>
	<b>20:00 min</b> (3 x 06:00 min, 01:00 min rest)

#### Objective

Improve players ability to pass and receive the ball.

#### Description

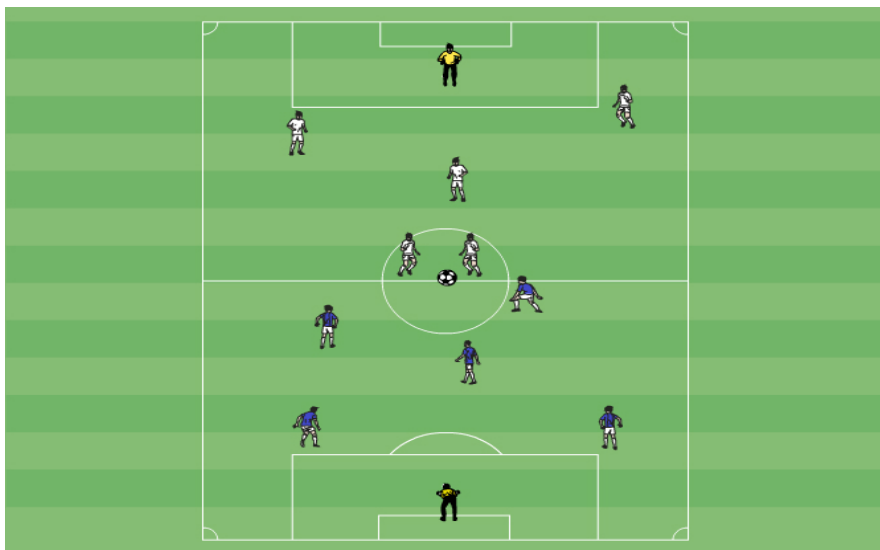
Players play 3 v 2. Big goal to 2 counter goals. The defending team has 1 sub who rotates in. Defending team determines the rotation pattern.







#### Key Points

When do I go forward, when do I go backwards? Am I taking my first touch in a positive direction? Am I moving off the ball to give myself more room to play and helping my teammates out?

## TRAINING SESSION

### Big Game (6v6)



	<b>Passing and Receiving</b> <b>Individual attacking</b>
	<b>U8 to U9</b>
	<b>6 to 12 Players</b>
	<b>Goals, cones</b>
	<b>Intensity: Medium</b>
	<b>20:00 min</b> (1 x 20:00 min, 04:00 min rest)

#### Objective

To improve players ability to pass and receive.

#### Description

The players play big. Large field, no restrictions.

#### Key Points

Use the coaching toolbox and let the game flow as much as possible. Only freeze a couple of times. The goal is for the players to show improvement and they understand the concepts most of the time.