

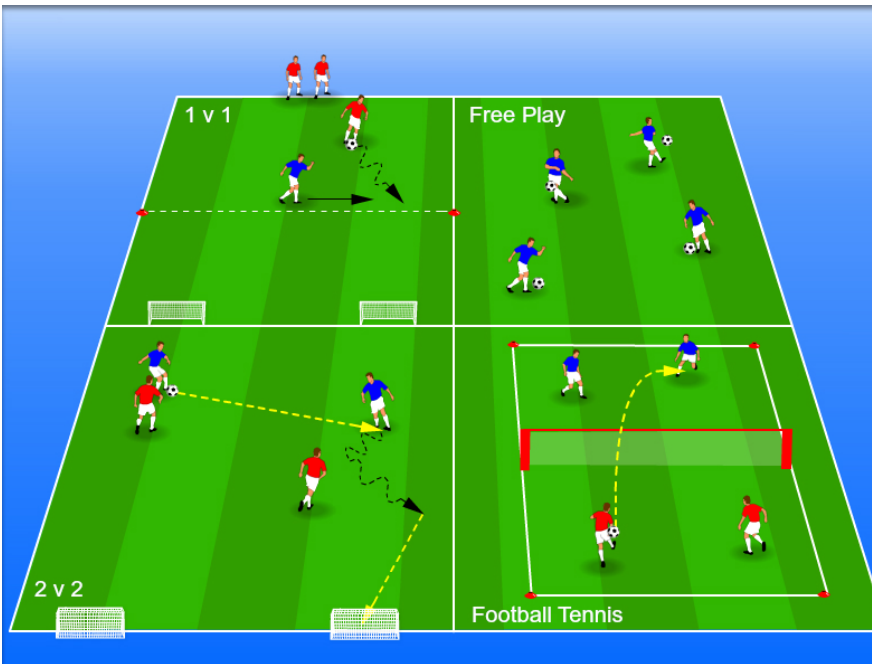


Date: 28/May/2013 **Duration:** N/A
Time: 19h 00m **Age/Level:** U8 - 18+

Session Learn from Spanish Academies; Athletic
Objective: Bilbao & Real Madrid

Spanish Academy Coaching Session

Technical/Tactical Circuit Warm-Up



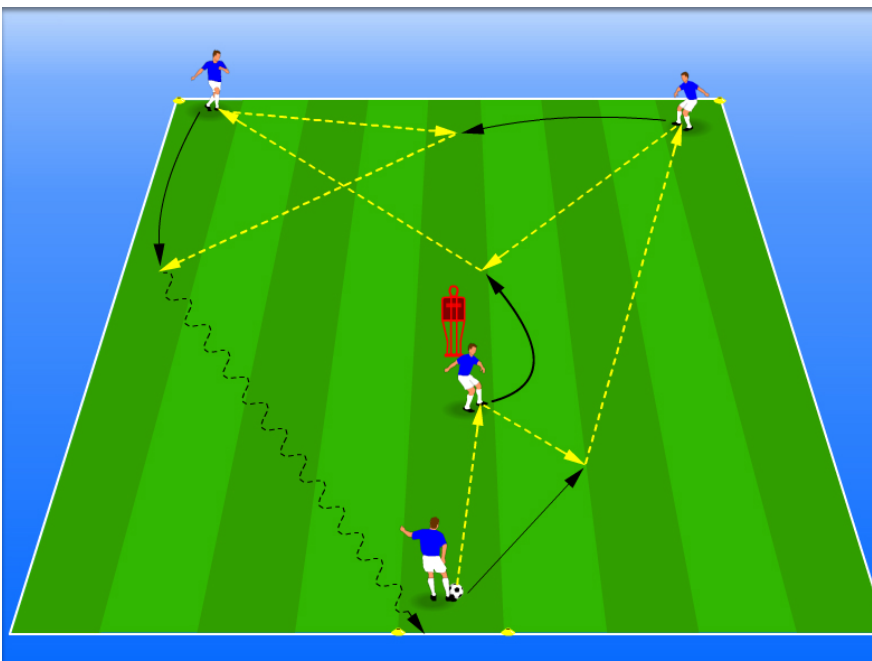
Description:

Section 1 - Players aim to dribble the ball past their opponent in a 1 v 1 Duel.
Section 2 - Free play where players practice technical ground or juggling skills.
Section 3 - The players play 2 v 2, with both teams defending 2 mini goals.
Section 4 - We again have 2 v 2 as the players compete in a football tennis match.

Coaching Points:

Section 1 - Get the players to try different moves/feints to beat the defender.
Section 2 - Coach can give specific juggling sequences or ground moves/feints.
Section 3 - Quick accurate passing and creating space key to scoring goals.
Section 4 - Play 1 bounce or no bounce depending on ability or age of players.

Real Madrid Academy Passing Y Shape - Quick Combination + Dribble



Description:

With 20 yards between players we play 2 periods of 6 minutes.

The players line up in a Y shape and play the passes as shown in the diagram. The last player to receive the ball dribbles to the start to continue the same sequence.

Players move to the next position after playing the pass.

Coaching Points:

1. When receiving with 1 foot and passing with the other the first touch needs to be well judged and pushed out in front of the body.
2. Reduce the time between the first touch and the pass, and then progress to 1 touch when possible.
3. Passes in the combinations need to be weighted well and aimed in front of the

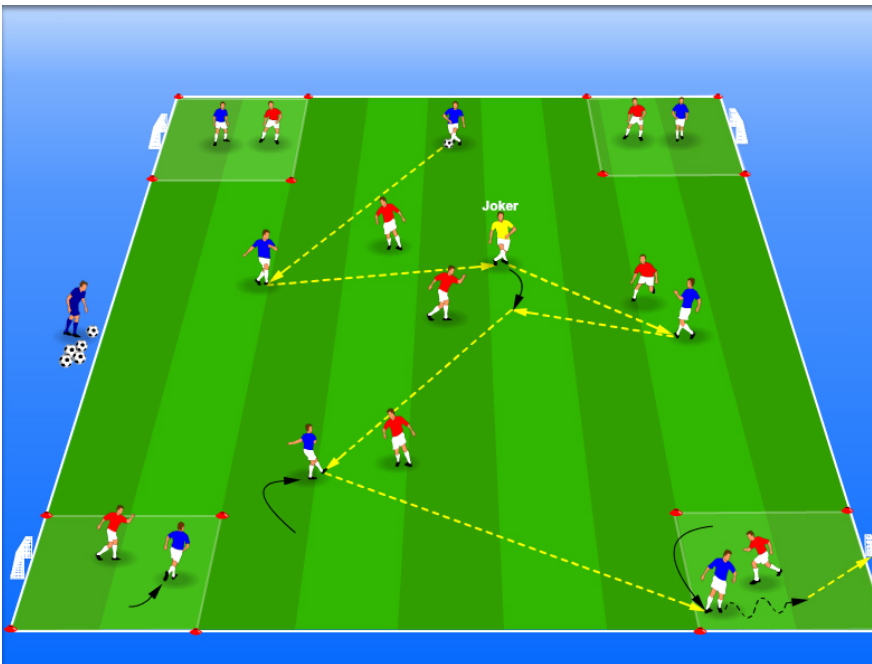


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Maintain Possession in the Centre and 1 v 1 in the Corners



Description:

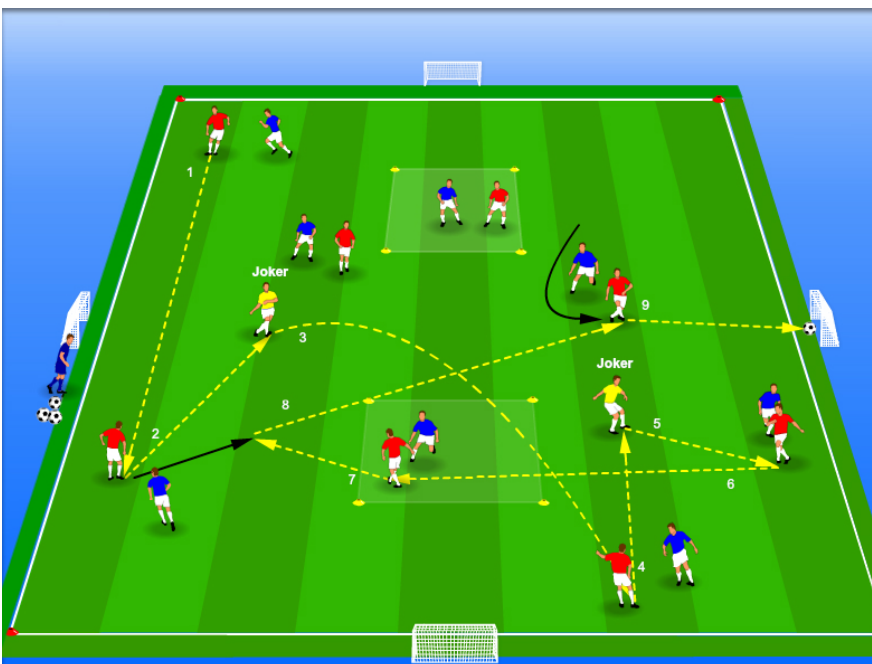
Both teams position 4 players in the playing area and 1 in each of the corners. The players in the corners cannot leave these areas. If a team can make 5 consecutive passes without being interceded by opposing team, they can pass the ball to a teammate in one the corners. This player must challenge his opponent in the corner in a 1 v 1 to score a goal. If a goal is scored, 1 point is given. While trying to make 5 consecutive passes, the players in the corners can assist their teammates in the centre area. Change player roles after 6 minutes.

Coaching Points:

1. The players in the corners should always be on the move and must pay attention to the game in the central area as they may be involved at any moment.
2. It is important to instruct the attacking player in the corner to break loose from the defender to get into a position to receive and control the ball.

The defending player in the corner must prevent the attacker from turning to face goal.

Possession in Midfield and on the Wings Small Sided Game



Description:

The players from both teams take up position in the playing area, but only 1 player from each team in the squares. Both teams try to keep possession. A team completing 5 consecutive passes score 1 point, they must then try to pass to a teammate in one of the squares. When this player has passed the ball back to a teammate, the team can then try to score in any one of the 4 small goals which are placed 4 metres outside the area. If they are successful they score 2 points.

Coaching Points:

1. The players should not rush the pass into the squares, wait for the right moment to make it.
2. The players in the centre squares should always be on the move, never losing sight of the ball. Change them every 2 minutes.