



**Individual Tactical Objective:** Man marking from behind.

**Technical Objective:** Running with the ball and shooting.

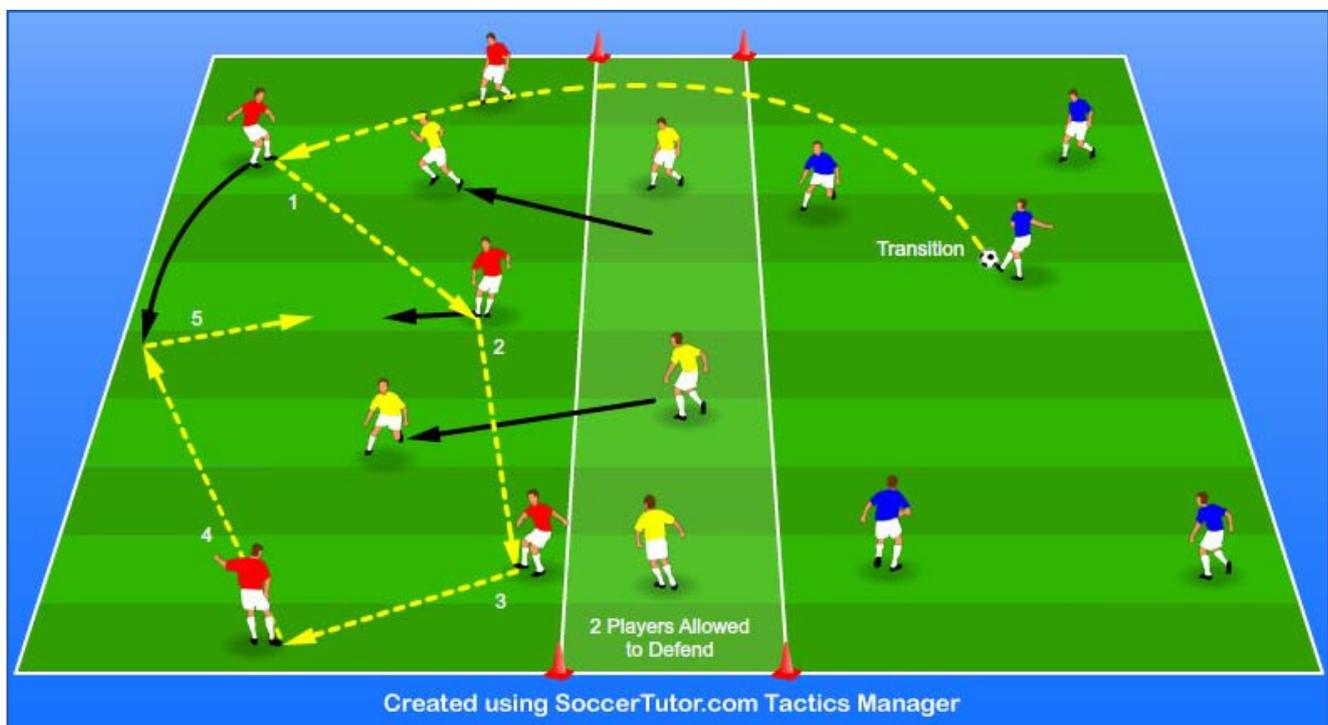
**Motor Athletic Objective:** Strengthening and explosive power.

**Duration of Session:** 115 minutes

We recommend starting the session with exercises for general mobility to prevent injuries.

## 1. Warm Up

## Possession and Long Passing Transition Game 20 mins



### Description

We have 3 teams of 5 players. Divide the area into 3 zones as shown in the diagram.

The team in possession (blue) play a long pass to the team in red. This team must make 5 passes before making a long pass back to the blue team.

The yellow team must use 2 players to apply pressure in the appropriate zone, but 3 players must remain in the middle zone trying to intercept the ball.

If the defending team win the ball, they must pass the ball to the other team and the team who lost possession must then apply pressure (becoming the defending team).

### Full warm up schedule:

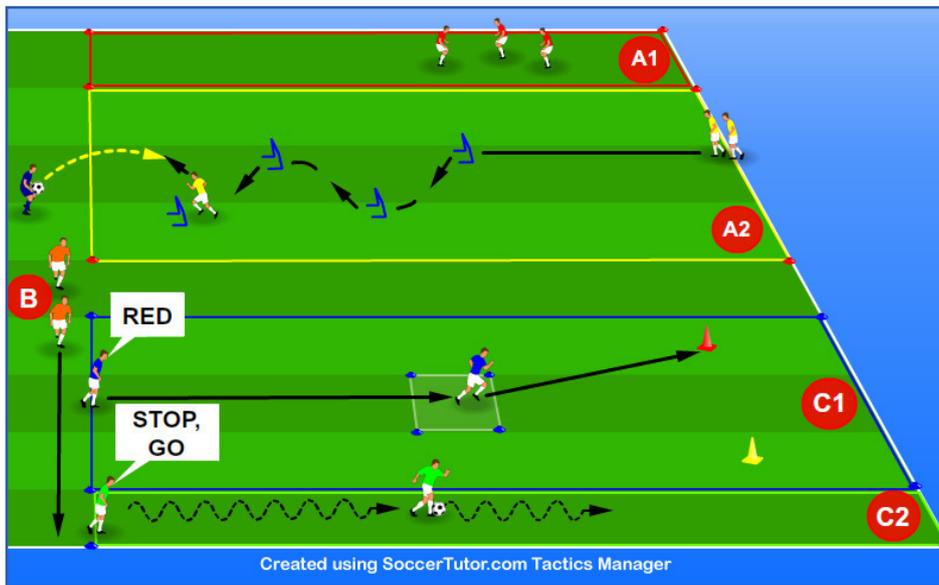
1. Transition Game - 4 minutes.

2. Dynamic Stretching - 5 minutes.

3. Transition Game - 4 minutes.

4. Dynamic Stretching - 5 minutes.

## 2. Conditioning Position Specific Training Exercises 15 mins



### Description

*Centre backs and forwards*  
 A1) 4 series of 10 x squats with 30 seconds recovery in between.

A2) Jump over 3 hurdles and at the fourth head the ball launched by the coach (2 x 10 repetitions).

*Midfielders*  
 B) 7 minutes running around the field alternating 45 seconds of jogging to 15 seconds sprinting.

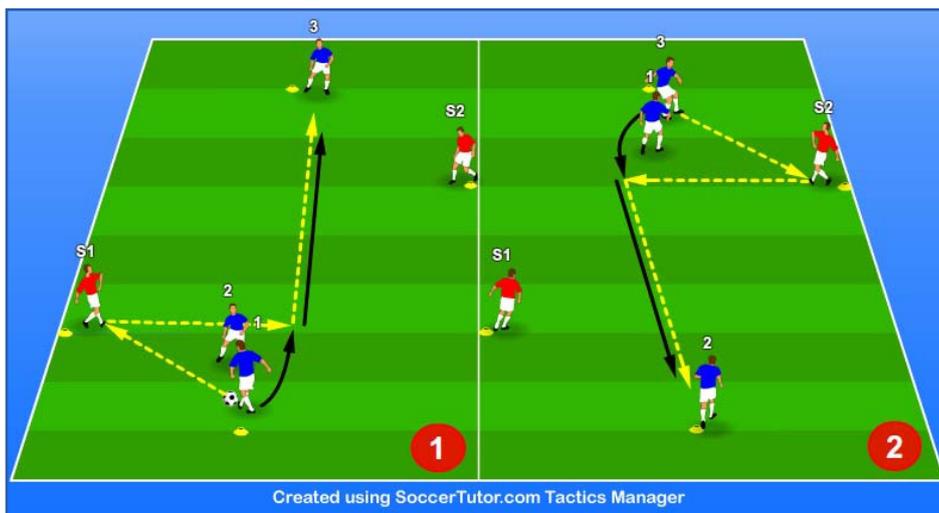
(Twice with 2 minutes recovery in between).

### *Full backs and wide Midfielders*

C1) 15 yard sprint, stop in the square and sprint towards the cone called out by a teammate (2 x 10 repetitions with 2 minutes recovery in between).

C2) Running with the ball over 60 yards with teammate calling 'stop' and 'go.' (2 x 5 repetitions with 2 minutes recovery).

## 3. Technical 1-2 Combination Play with Close Pressure 15 mins



### Description

In an area 15 x 10 yards, we have 2 players positioned at the sides.

Player 1 starts by playing a 1-2 combination with the outside player (S1). Player 2 applies passive pressure.

When Player 1 receives the ball back, he passes to Player 2 and moves to apply passive pressure.

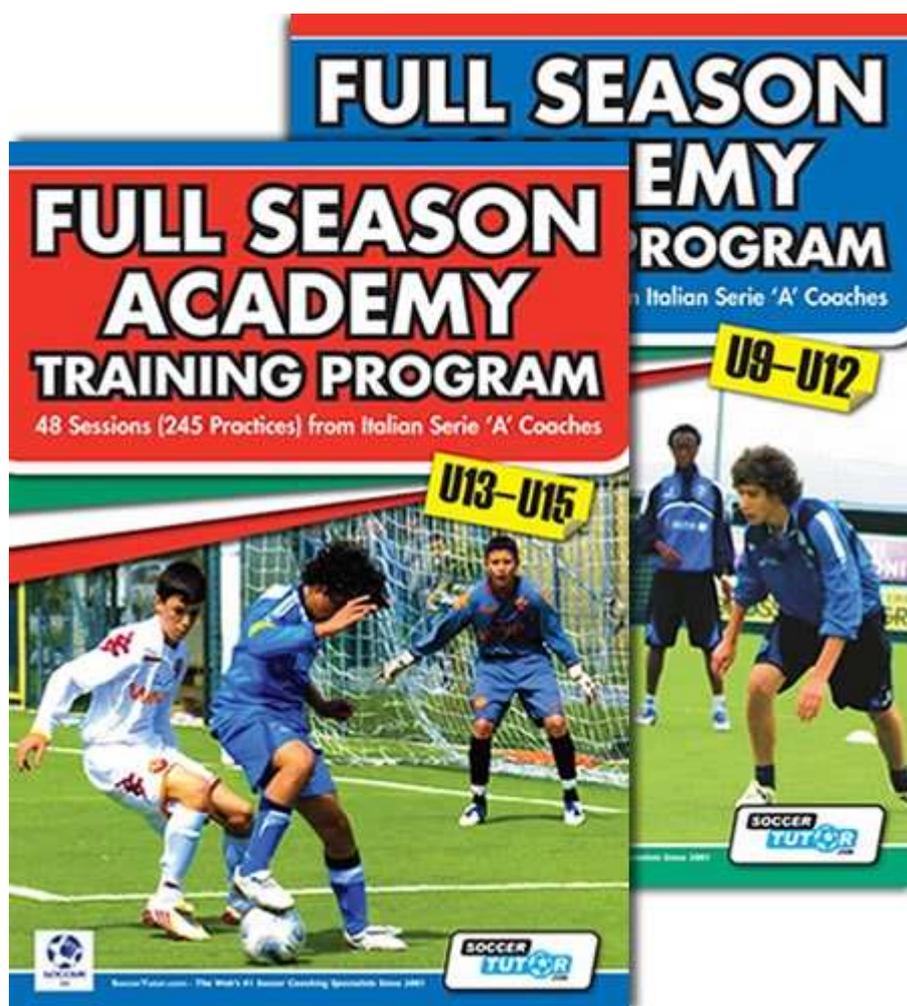
Player 3 then starts the same sequence again, as shown in part 2.

### Coaching Points

1. The rhythm of the movement together with the pass is key.
2. The second pass of the 1-2 needs to be out in front of the player to run onto and make a 1 touch pass.
3. The side players should move to meet the ball and approach it half turned.

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