
CHAPTER 2

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ATLÉTICO MADRID U11 ACADEMY COACH PROFILE



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In this chapter there are exercises designed to improve the technical level for 8-12 year olds. There are 35 drills to help coaches work and improve various technical attributes for young football players.

There are exercises for both individual exercises and technical practices incorporating team play.

We work to improve dribbling, touch, ball control, feints, moves to beat, passing and shooting. These are practices for young players and we must always emphasise that they perfect their technique on both feet equally.

Throughout all of the exercises the young players must perform while constantly moving and using a movement forwards when receiving the ball.

During the dribbling exercises you must guide the young players so that they have the ball under very close control, looking with their head up at the space around them and not at the ball.

There should be a big encouragement to improve their ability to manoeuvre the ball in various ways in different situations. In the dribbling exercises, the players should be encouraged to be daring and creative.

The practices should progress from having an opponent playing passively to one that becomes more active and challenging once different dribbling skills have been learnt and strengthened.

The passing practices include passes in all 3 directions: horizontal, vertical and diagonal. During these exercises we must encourage the players to communicate with each other and make accurate passes fundamentally using the inside of the foot.

The passing distances should increase as the players master the skills in accordance with the objectives of the session.

The shooting exercises should always be performed with both feet and from distances appropriate to the development of the players. When shooting, encourage the players to have good posture at the moment they strike the ball and to be coordinated throughout the action, paying more attention to the direction rather than the strength of the shot.

Within the 35 drills there are some that combine various actions (dribbling, pressing, passing, shooting etc). All of the drills should be performed with both feet so players develop a good command of the ball in all possible positions and angles.

The last 2 training exercises are more realistic game actions: one of possession and the other a "duel". In them, the players can put into practice all of the skills learnt from the previous 33 drills in a single, more comprehensive exercise.

The speed of play and size of the playing area can change depending on the technical level of the players.

The playing areas should not be too large and the duration of each drill will also depend on the age of the players. Make sure that the length of the practice is appropriate and effective for the players. Your own coaching instincts are the best for judgement here.

All of the proposed drills are subject to modifications so you can adapt them to the players and training requirements.

Passing 'Y' Shape (3) with Combination and Dribble

20 min



Objective

Improves short and medium range passing.

Description

Cone 2 should be 8 yards away from Cone 1. Cones 3 and 4 should be 20-30 yards away from cone 2.

With the players positioned in a 'Y', player 1 passes to player 2 who returns it to 1 so that 1 can pass first time to player 3 who combines with player 2 and subsequently dribbles the ball to position 1. They then start again playing to the left side.

Coaching Points

1. Reduce the time between the first touch and the pass, and then progress to 1 touch when possible.
2. Passes in the combinations need to be weighted well and aimed in front of the teammate so they can run onto the ball.
3. The passing and dribbling should be done at a high tempo.

Shooting 'Y' Shape (2) - Pass with Give & Go

20 min



Objective

Improve short and medium range passing and shooting after receiving and moving with the ball.

Description

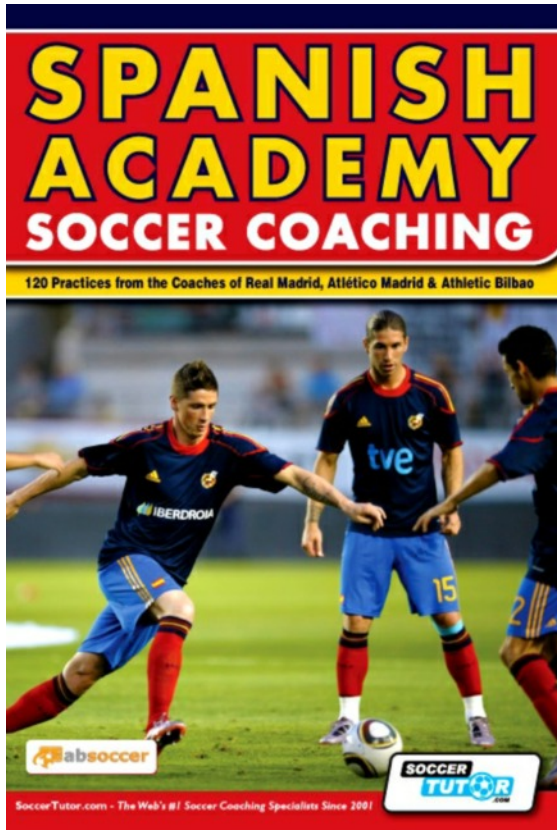
Cone 2 should be 8 yards away from Cone 1. Cones 3 and 4 should be 20-30 yards away from cone 2. Position the players in a 'Y'. Player 1 passes to 2 and 2 returns it to player 1 so that 1 can pass to 3. After returning the ball to 1, 2 moves to position 3 and player 1 moves to position 2.

Player 3 must control the ball inward and shoot at the goal. The next player sets off from position 1 but to the other side of the Y.

Coaching Points

1. Player 3 should receive the ball with 1 touch, play the ball out in front of the body quickly and inwards towards the goal making it easy to shoot.

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