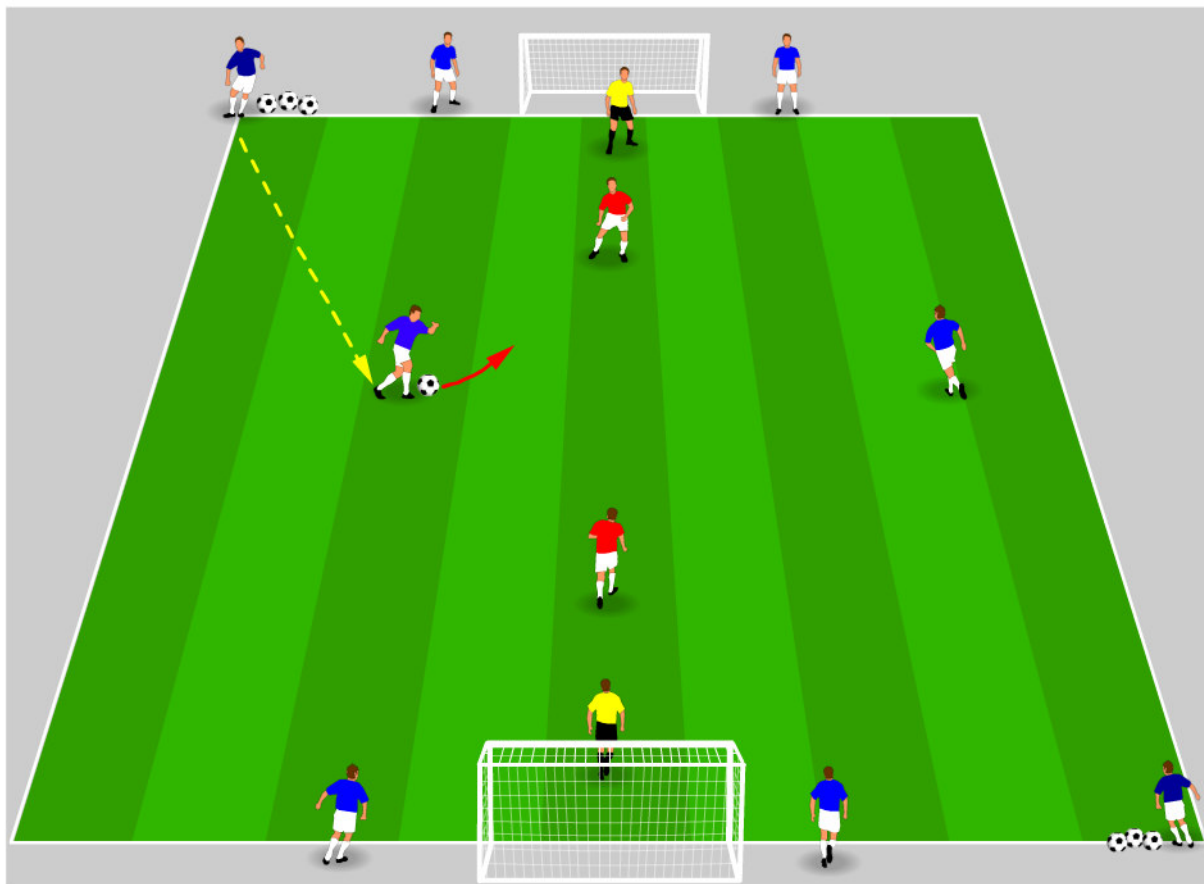


Brazilian Soccer Academy Book Vol.1 SSG U8-U12



Date: 30 Sep 09 **Measurement:** 15 x 20 yds.
Time: . **Players:** 10
Duration: . **Level/Age Group:** U8 +

Description: With 2 goals and 1 defender on each side, group of 2 players receives the ball the coaches looking for passes and finishing with a shot on goal. Each group plays 2 balls.

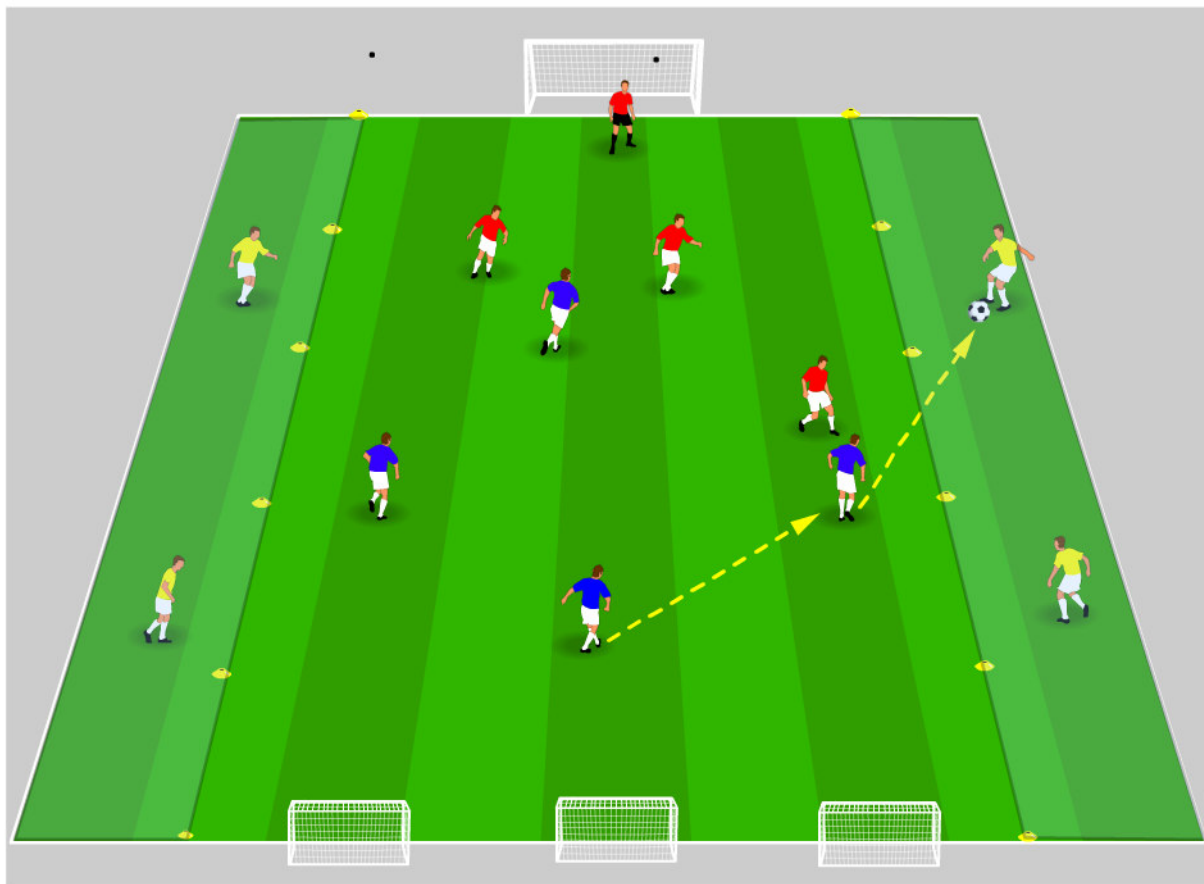
Objective: To develop passing, combination play and finishing

Coaching Points: 1. Keep the ball moving with quick interplay. 2. Quick movement off the ball with crossover and overlapping runs. 3. Shoot at every opportunity. 4. Follow in on rebounds.

Progression: 1. Same set up but with 3 against 2 defenders.

Notes:

Brazilian Soccer Academy Book Vol.1 SSG U8-U12



Date:	30 Sep 09	Measurement:	55 x 40 yds.
Time:	.	Players:	12
Duration:	.	Level/Age Group:	U8 +

Description: 3 teams of 4 playing in a small sided game in the 4v4 attack v defense format. The attacking team tries to score in the regular goal and the defensive team in the 3 small goals. The 4 neutral players on the flanks play for both teams. Every 4 minutes the teams change roles.

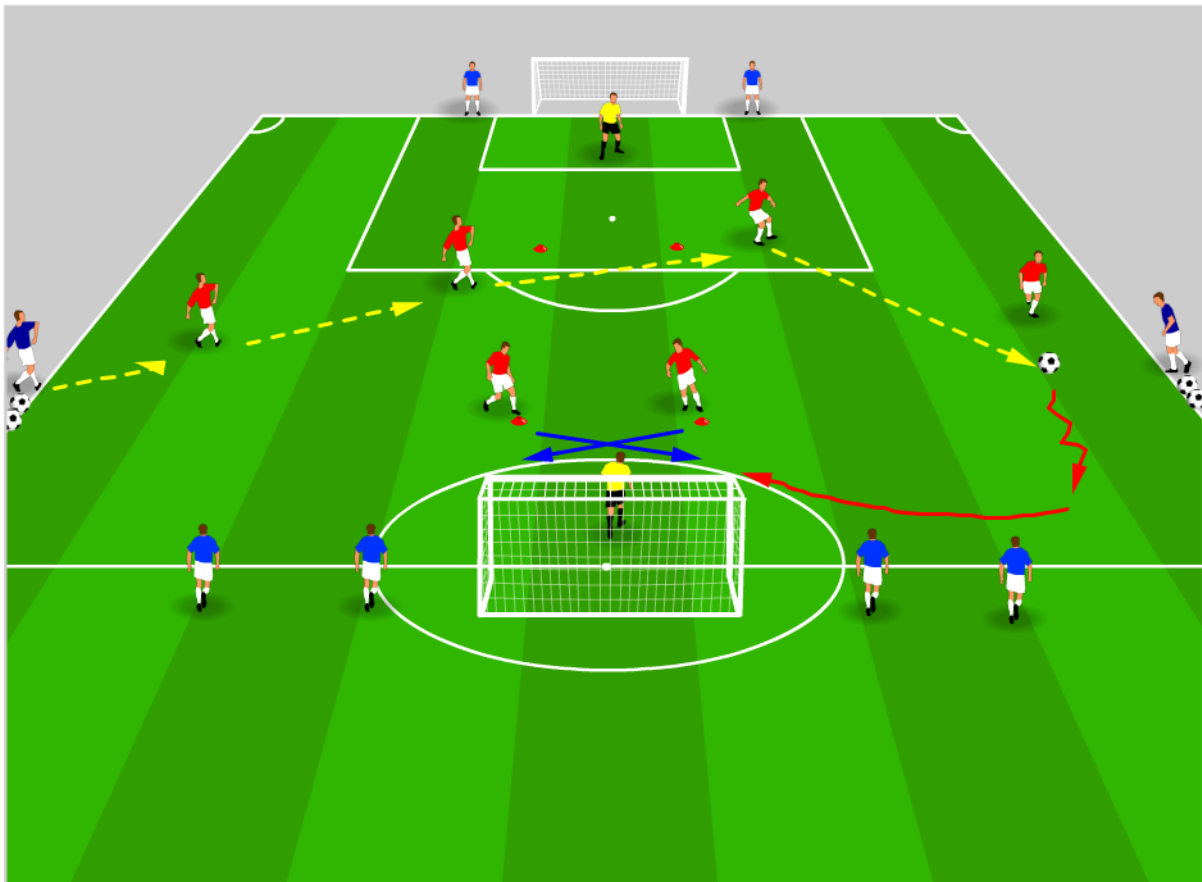
Objective: To develop passing, receiving, combination play and finishing

Coaching Points: 1. Create space. 2. Open body to see whole field. 3. Switch play whenever needed. 4. Neutral players non-stop moving to make themselves available at all times.

Progression: 1. Must get ball out wide to neutral player before scoring. 2. Must get ball out wide to both flanks before scoring.

Notes:

Brazilian Soccer Academy Vol.2 Function U13-U18



Date:	30 Sep 09	Measurement:	1 third-half pitch
Time:	.	Players:	14
Duration:	.	Level/Age Group:	U13+

Description: The coach feeds the RB, who switches to CB who switches to the 2nd CB who then plays a diagonal pass to the flank for the LB to cross. The 2 forwards make their runs near and far post.

Objective: To develop switching play, creating space, crossing and finishing.

Coaching Points: 1. When switching players need to drop off to create space. 2. Use back foot to receive pass. 3. Full backs need to time their runs well. 4. Forwards need to time their runs well and curve their runs too.

Progression: 1. Play needs to be switched twice before looking for a good through ball for the right or left full back.

Notes: