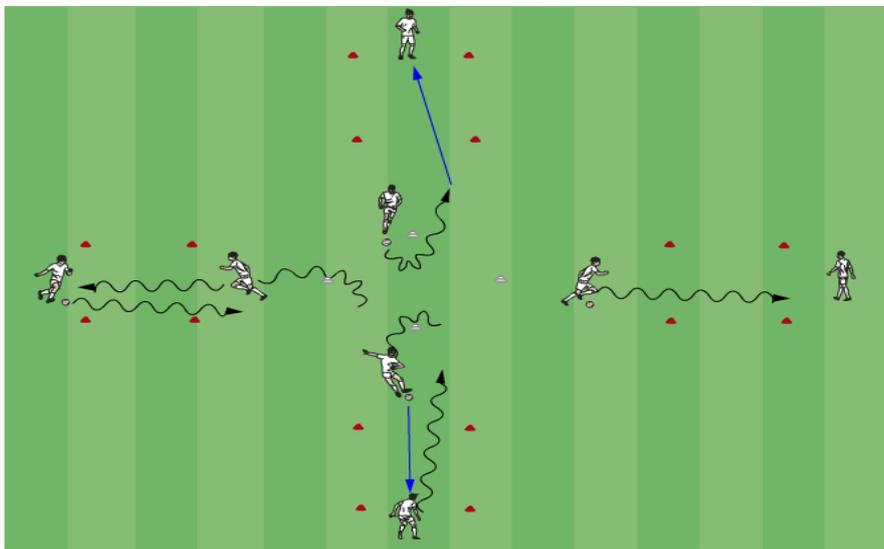


## TRAINING SESSION

### Passing and Receiving Box



 **Attacking Principles**  
**Passing and Receiving**  
**Running with the Ball**

 **U9 to U12**

 **10 to 14 Players**

 **Cones**

 **Intensity: Medium**

 **20:00 min**  
(5 x 03:00 min, 01:00 min rest)

#### Objective

Improve the players 1st touch into space. Improve players ability to receive the ball on the move. Improve players dribbling ability in space.

#### Description

The first player in each line will run with the ball around the designated cones on front of their box. After running around the cone they will return to their line and lay the ball off for the next person in line. The pattern then repeats. Progression: After rounding the cone the players passes the ball back to the line. After rounding the cone they then pass/dribble to the line to the left.

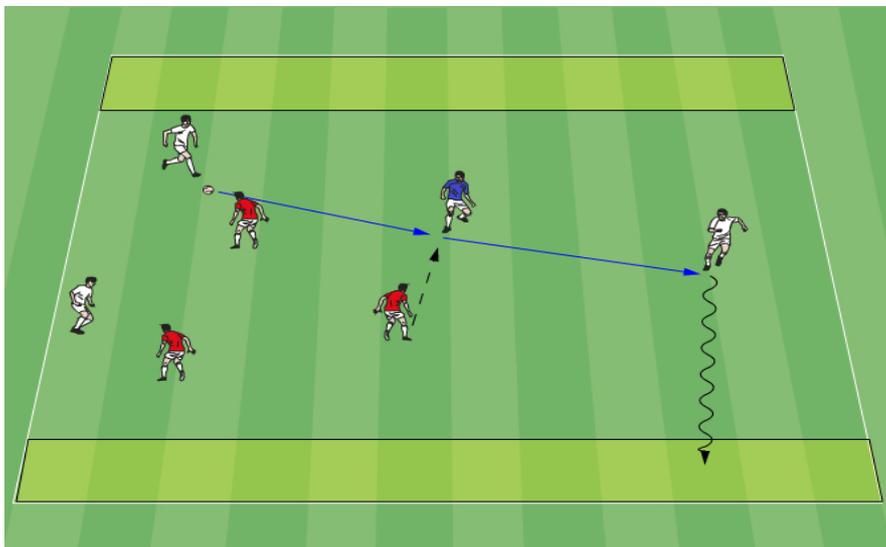
#### Key Points

Knees bent, body weight forward when passing and receiving. Tight Touches around the cones. Strike through the ball when passing.



## TRAINING SESSION

### 3v3+1 to End Zones



#### Objective

Improve players ability to recognize and penetrate into open space. Improve players mobility with and without the ball. Improve players ability to create numbers up situations

#### Description

Two teams of 3 plus one neutral playing end zones. The team in possession scores a point by working the ball into their attacking end zone and maintaining possession. If the defending team wins the ball they become the attacking team and roles reverse. The neutral player is an attacker for both teams.

#### Key Points

Create numbers around the ball. Accelerate into open space behind the defense. First touch into space. Open hips as you receive the ball. Recognize where the defender is.

Attacking Principles  
Possession  
Combination Play  
Passing and Receiving  
Running with the Ball  
Dribbling

U9 to U12

10 to 14 Players

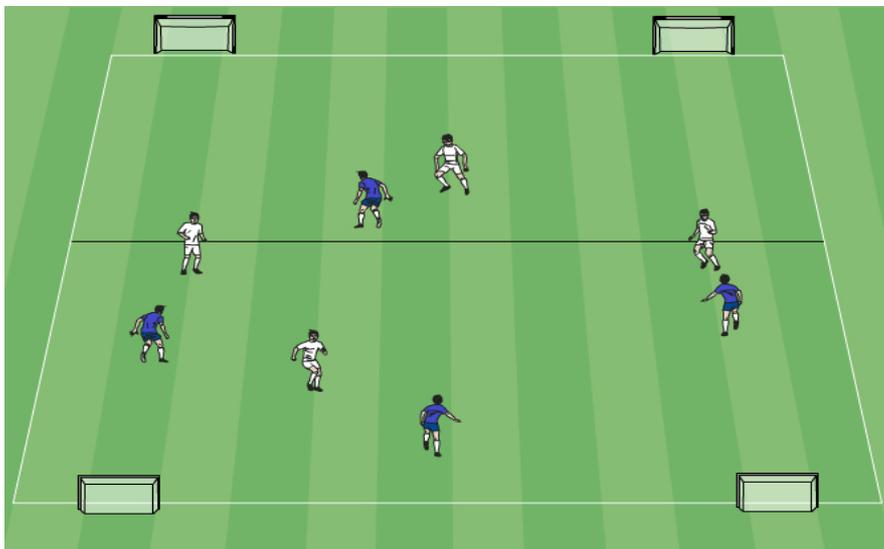
Cones

Intensity: Medium

24:00 min  
(4 x 04:00 min, 01:30 min rest)

## TRAINING SESSION

### 4v4 Game



 **Attacking Principles**  
**Possession**  
**Switching Play**  
**Passing and Receiving**

 **U9 to U12**

 **10 to 14 Players**

 **Goals (4)**

 **Intensity: Medium**

 **24:00 min**  
(3 x 06:00 min, 02:00 min rest)

#### Objective

-Implement the attacking principles of play in a 4v4 environment

#### Description

Two teams of 4 playing against each other and trying to score on two goals. 4 goal game is used to promote players ability to recognize open space and goal scoring opportunities. Use 1 goal each to make it more difficult and game like

#### Key Points

-Apply the attacking principles of play in a game situation.