

Date: 04-04-11 Team: U14.1 AaBK Theme: 1v1 offensive & put into a tactical play

Duration	Illustration	Description	Focus + Responsible
25'		<p>Warm up & fitness training Aerob / anaerob</p>	JM
20'		<p>Technical (feints) Distance from: - BLUE → BLUE = 8 m - BLUE → ORANGE = 8 m</p> <p>Development: 1) Dribble towards the blue cone (on the outside of it), pull back the ball with the foot sole and make first touch with the same foot's inside on the inside of the cone. Pass the ball to the next player (5' to the left/ 5' to the right)</p> <p>2) Dribble towards the blue cone (on the outside of it), pull the ball across with the foot sole and make a inside pass with the other foot. (5' to the left/ 5' to the right)</p>	<p>Focus: - Technical execution of the feints. - Precision in the passes and to the correct foot. - Correct 1. first touch when receiving the pass.</p> <p>DKT</p>
20'		<p>1 v 1 in small zones Pitch: 4 x 15x10 m zones and 15x15 m middle zone. Teams: 6v6 + 3N (1 from each team in each of the 1v1 zones).</p> <p>Development: R1: Scoring if the attacker in one of the 1v1 zones dribble past the goal line of his zone. Attacking player is the player who receives a pass from the middle zone. You can only pass from the middle zone to the 1v1 zones.</p> <p>R2: Latest on the 3rd pass, you must pass the ball into a 1v1 zone.</p> <p>R3: Max. 2 touches in the middle zone.</p>	<p>Focus: - Courage to challenge 1v1. - Acceleration when you get past your opponent in the 1v1 zones. - Keep the ball close to your feet. - Communication. - Good movement without the ball in all zones (especially in the 1v1 zones).</p> <p>DKT</p>

<p>30'</p>		<p>1v1 in different zones (tactical play)</p> <p>Bane: last 1/3. Zones: see illustration. Teams: 6v6 + 3N</p> <p><u>Development:</u> R1: The players must stay in their zones. It is only the attackers, who can score. Always start from the keep if the ball goes out/free kick/penalty.</p> <p>R2: The players can now move between the zones, as illustrated with the dotted arrows, to create 2v1 situations. If the attacking teams are more than 2 players in the wing zones or goal zone, they loose the ball (communication is important).</p> <p>R3: Max. 2 touches in the middle zone and wing zones.</p>	<p>Focus:</p> <ul style="list-style-type: none"> - Courage to challenge 1v1. - Keep high tempo, when challenging 1v1. - Shoot if there is an opening. - Good movement without the ball.. - Good communication. <p style="text-align: center;">DKT</p>
<p>15'</p>		<p>7v7 + 1N</p> <p>Play with the formation 3-3-1</p> <p>JWC, EVH, KM, JRK, NS, DZK, JFH MM, MFH, NL, BMN, NM, ON, THA</p> <p>Neutral: TS</p>	<p>Focus:</p> <ul style="list-style-type: none"> - All from this weeks training sessions. <p style="text-align: center;">DKT</p>
<p>5'</p>		<p>Cool down</p> <p>6 x jogging (side linie to side linie) + Stretching</p>	<p style="text-align: center;">The players</p>