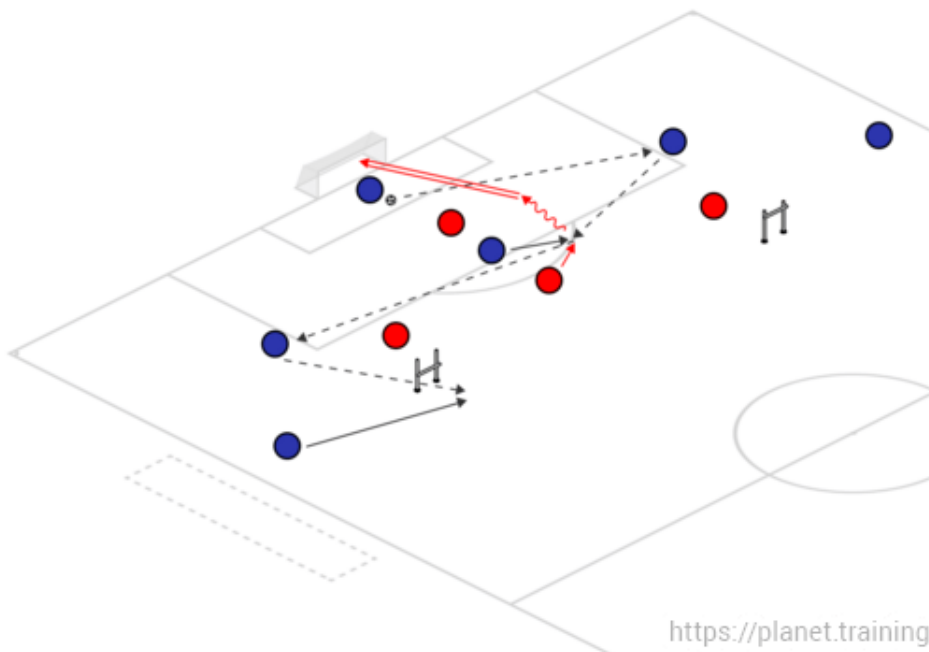
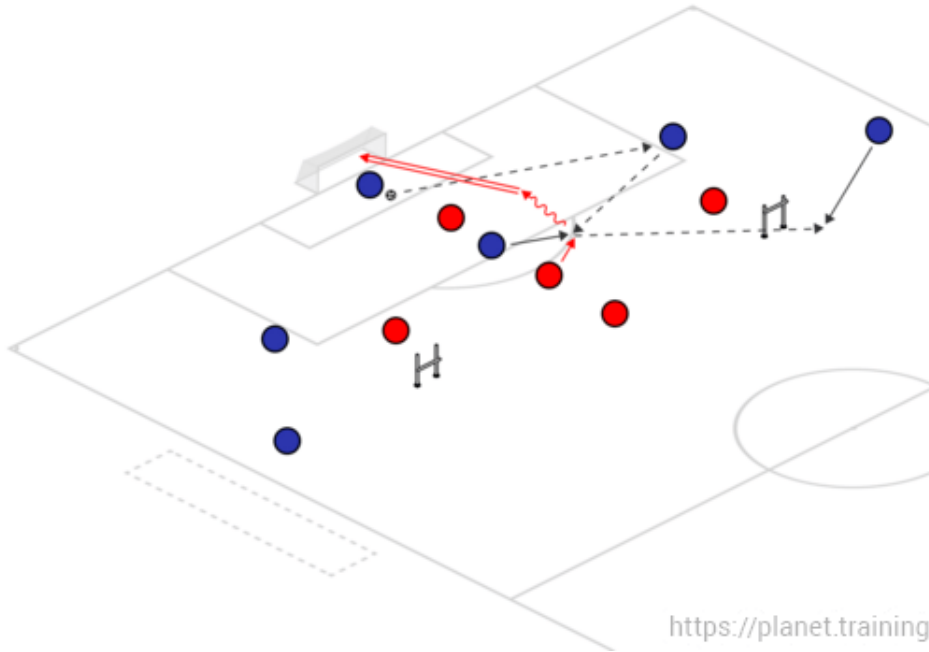




U 14

Warm-up: Possession game to build up from the back, to free the full backs toward the center (with and without the ball); if the forwards win the ball, they must keep the possession (first 10 minutes) and then they can finish also. The defenders must put pressure to recover the possession and score in the outside mini goals.

Two groups of 11 and 10 players.

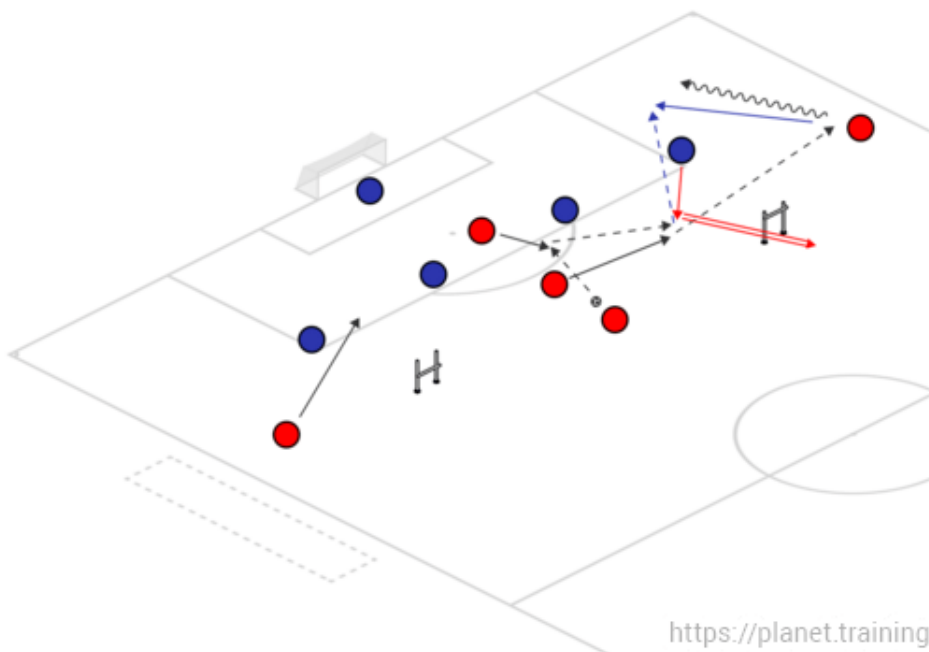
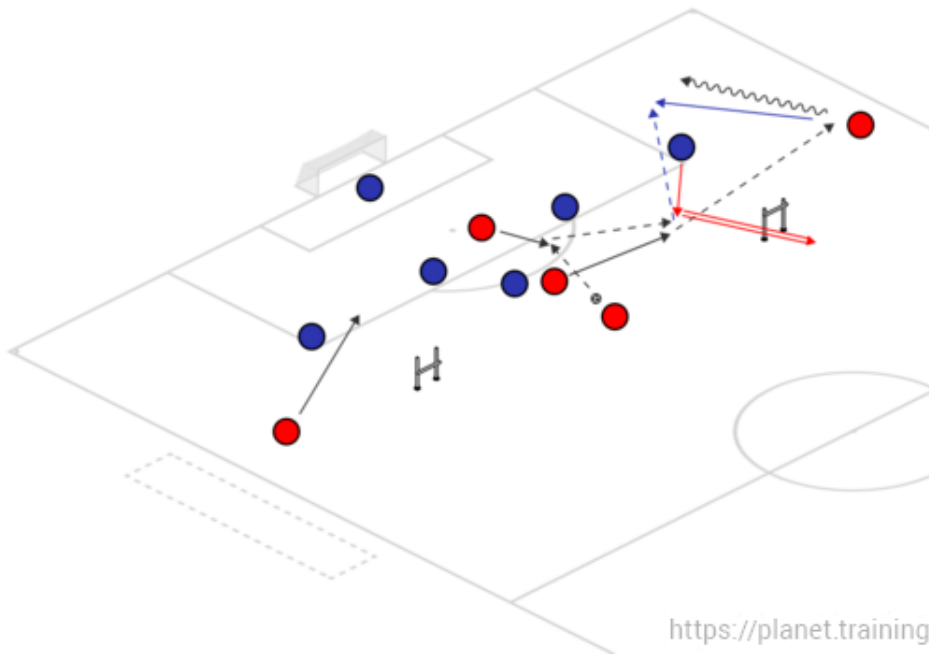




U 14

Technical developments for players tactics: Possession game to free the center forward while dropping back, to free a midfielder as lower vertex, asking the wingers or full backs to support the move. If the defenders win the ball they can finish in the mini-goal.

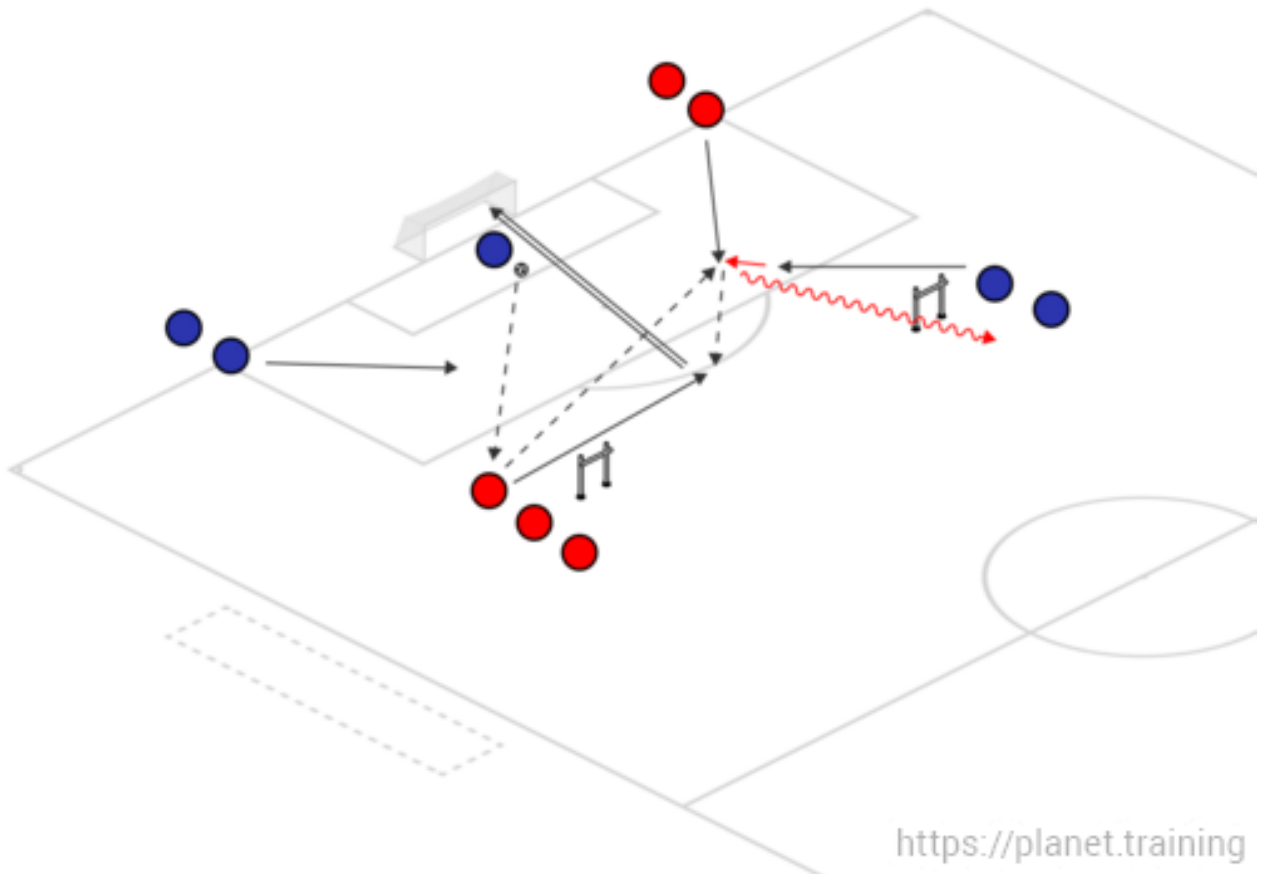
Group of 11 with the center play maker playing with the defenders
Group of 10 with 4 defenders





U 14

2 v 2: the goalkeeper decides who is the first player in possession between reds and blues. Goals are valid after wall pass combinations, paying attention not to be off-sided. If the defenders win the ball they can score in the mini-goal



<https://planet.training>

Final Game: 15 - 20 min