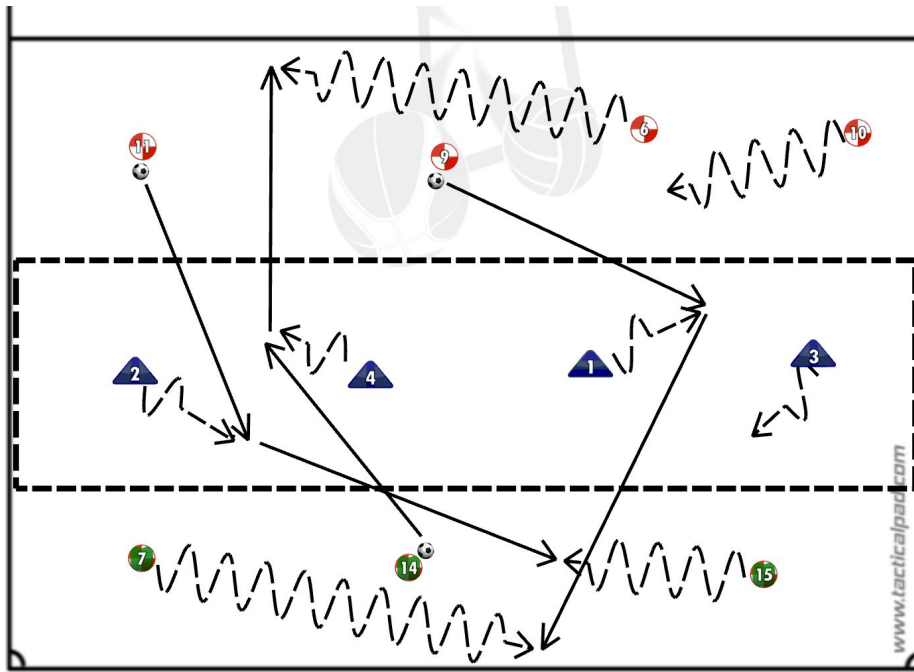


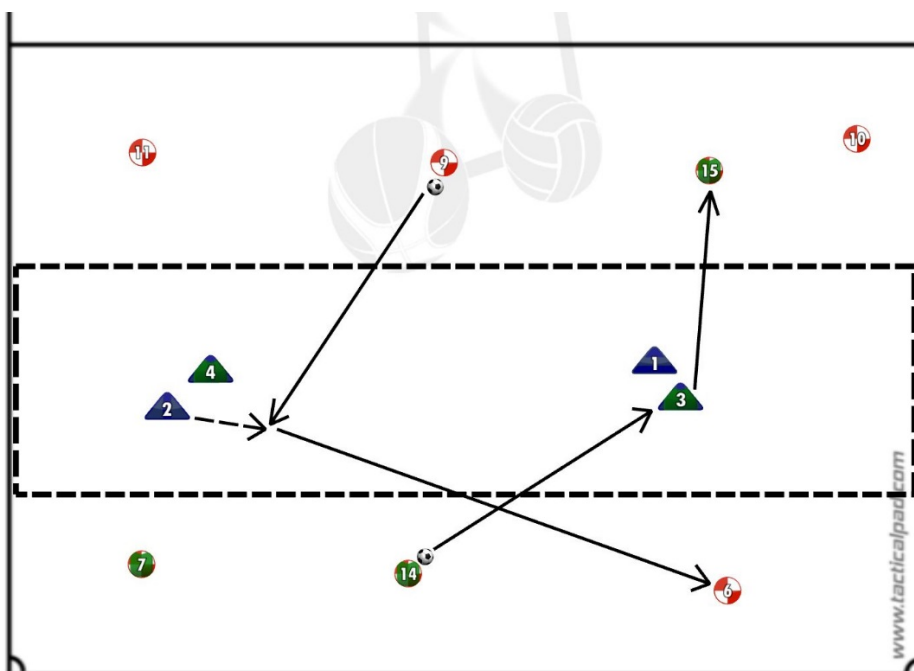


## U14 Training Session

Technical Warm-up: Alternate ball dribble and passing in the outer areas; the link players in the middle must receive and pass toward the opposite outer area, opening and directing the ball's control. All the players must run without the ball inside their area, looking for a different space inside there to receive the following pass. Free dribble, 2 touches passing and receiving.



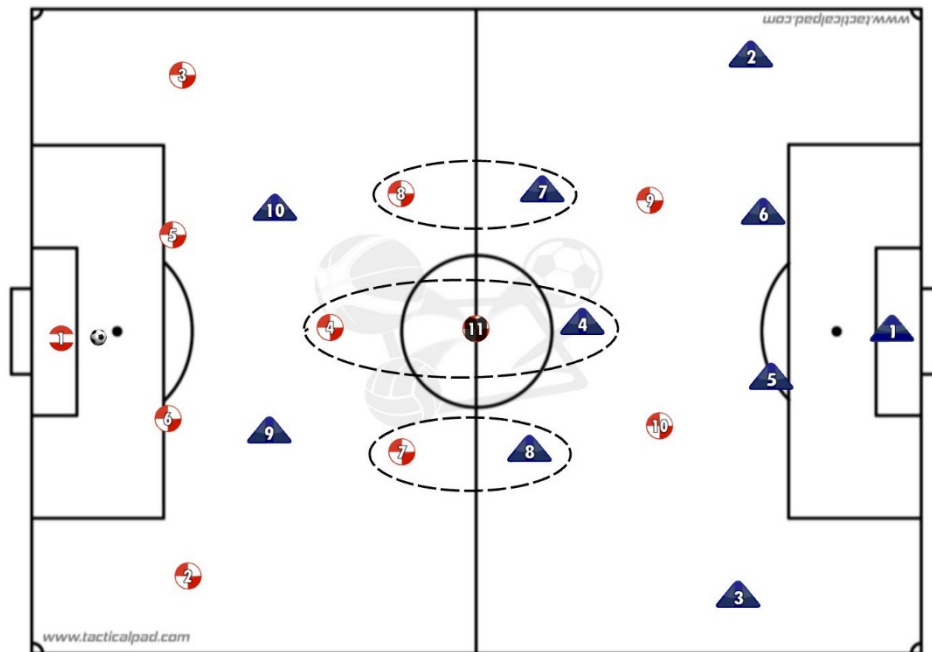
1 v 1 in the middle possession game: the group is divided into two teams. The goal is to pass the ball toward the teammates in the middle to pass again toward the opposite area where the other teammate must keep the possession. If the center defender wins the ball, he must pass the ball toward the teammates inside the opposite area. There is no pressure outside, but the player must always move without the ball. **Variation:** play with numerical advantage or disadvantage (3 v 1 or 2 v 1) in the outer areas. 2 v 1s for the group of ten players.





## U14 Training Session

Possession game: 10 v 10 (+ 1) game, with 1 v 1 duels among the center midfielders. The free player is a support for the team in possession and he can play near the ball or to play in between the opposition lines to be an option; he can finish for the team in possession also.



Final free game 10 v 10 + 1