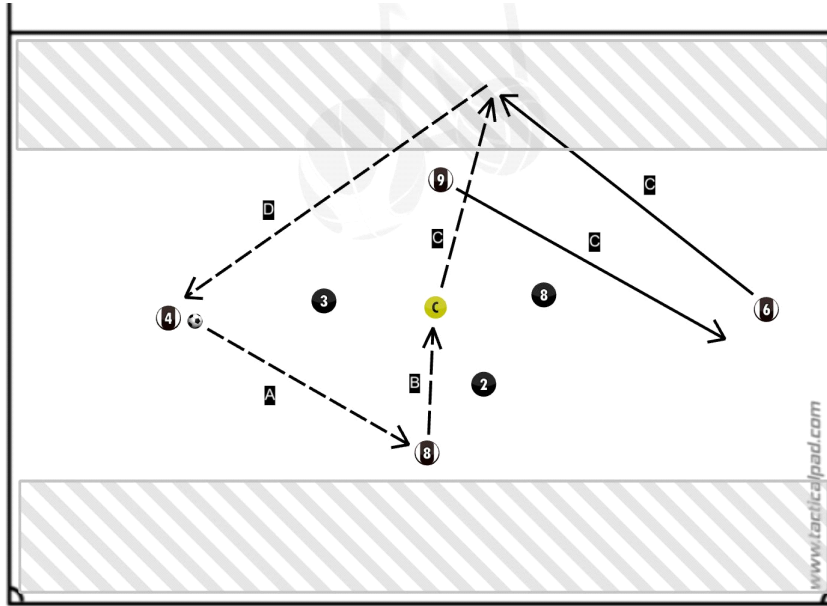


U15 Training Session

1) Rondo Warm-up: 4+1 v 3 (2 groups) – Distribute to find a teammate between the lines, play forward in behind the pressure lines and move to balance the formation shape.



14 yds sides' rhombus – 20 x 6 outer receiving areas

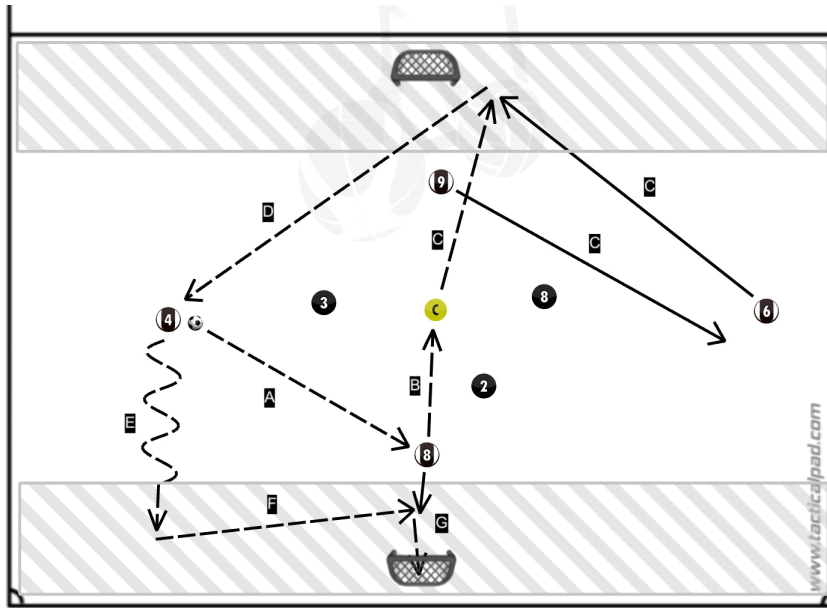
The possession players (white/black) are standing in a rhombus shape (No.4, No.8; No.6, and No.9); 3 defenders (black No.2, No.3 and No.8) are fully active in the middle of the set-up. The player C (yellow) is the center joker, who must receive after an outside distribution to find him unmarked, and who must play inside the grey areas, triggering a players' exchange of positions and rotation to ensure balance.

In this example:

- No.4 has the ball , during distribution sequence and he passes back to No.8 (A).
- No.8 can pass to the joker C (B), who is unmarked between the defenders' lines.
- C passes forward and in behind the pressure lines on No.6's run (C) inside the receiving area (the defenders can't run inside there to put pressure).
- No.9, who is the advanced player in this sequence, drops back toward No.6 position, to balance the formation shape (C).
- No.6 passes back to a teammate to start a new sequence (D).

If a defender wins the ball, he passes to the an outside player or to the joker, before switching his position and role with the opponent who played a wrong pass or who missed the ball reception.

2) Finishing Rondo: 4+1 v 3 (2 groups) – Distribute to find a teammate as back support, play out wide to drive the ball forward, move off the ball to finish, and move to balance the formation shape.



14 yds sides' rhombus – 20 x 6 outer receiving areas (2 mini-goals in the middle)

The possession players (white/black) are standing in a rhombus shape (No.4, No.8; No.6, and No.9); 3 defenders (black No.2, No.3 and No.8) are fully active in the middle of the set-up. The player C (yellow) is the center joker, who must receive after an outside distribution to find him unmarked, and who must play the back pass inside the first grey area that indicate the finishing stage direction of the sequence and that trigger a players' exchange of positions and rotation to ensure balance.

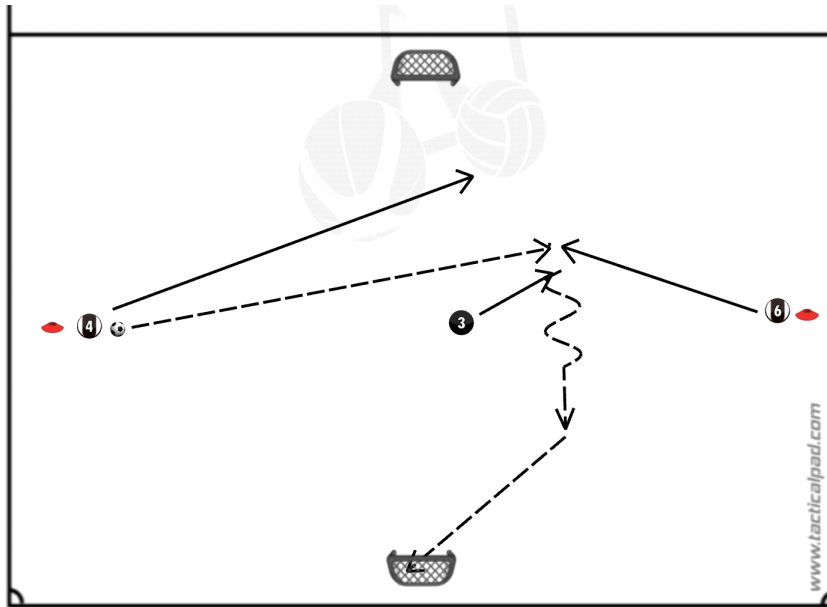
In this example:

- No.4 has the ball , during distribution sequence and he passes back to No.8 (A).
- No.8 can pass to the joker C (B), who is unmarked among the defenders.
- C passes back on No.6's run (C) inside the first receiving area (the defenders can't run inside there to put pressure).
- No.9, who is the lower vertex player in this sequence, runs forward toward No.6 position, to balance the formation shape (C).
- No.6 passes out wide to No.4 (D), who receives and dribbles the ball inside the second and finishing outer area (E).
- No.8, who is the finishing player in this sequence, moves inside the finishing area to receive the cross pass from No.4 (F) and to shot on goal (G).

If a defender wins the ball during the distribution phase, he passes to the an outside player or to the joker, before switching his position and role with the opponent who played a wrong pass or who missed the ball reception.

Variation: when a defender wins the ball during a distribution phase, he creates a 4 v 4 duel to score in one of the mini-goals (black players + joker vs black/white opponents).

3) 1 v 1 duels (back or forward support) – (+1 as back or forward support).



14 yds sides' rhombus (2 mini-goals in the middle)

The players are standing on the wide rhombus' cones and the mini-goals represent the bottom and upper vertexes. The goal of the exercise is to create a 1 v 1 duel with a back support for the player in possession and a potential forward support for the defender, if he wins the ball.

In this example:

- No.4 has the possession and he passes inside, meeting No.6 run. Black No.3 is the defender
- No.6 receives and he decides where to try to score (lower mini-goal, in the picture)
- No.4 must move and run diagonally toward the opposite direction.
- If No.6 can't finish within 6", he can pass back to No.4 to move off the ball again and to try to receive away from the marker to score in the same mini-goal
- If No.3 wins the ball, he must pass forward to No.4, receiving a back pass (1-2 combination), before scoring in the opposite mini-goal.
- The players must rotate the positions when every sequence ends.

4) Final free match