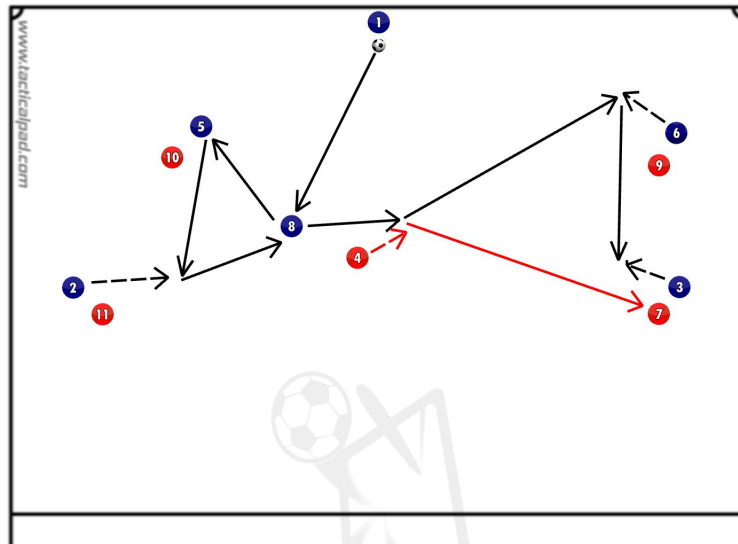


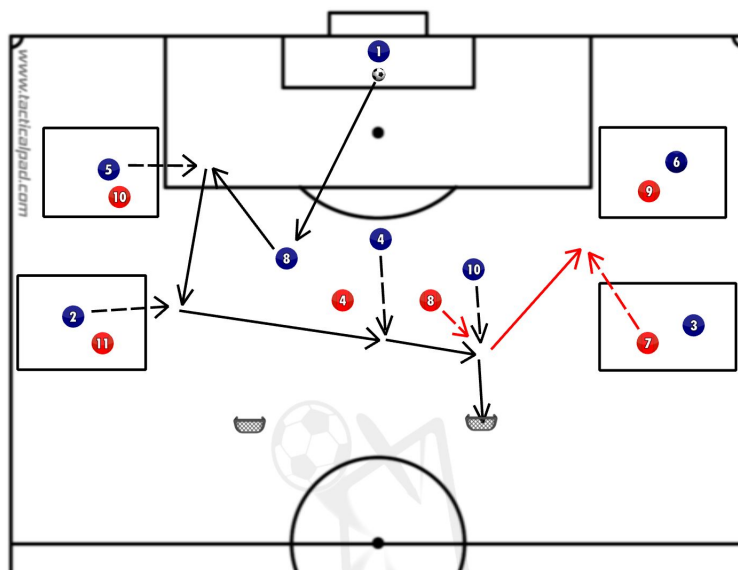


U 14

Possession game to build up from the back (2 groups of 11 players, goalkeepers included). a 5 v 5 duel with the goalkeeper is played in space with the same dimensions of the penalty area; The main duel is divided in 1 v 1 duels and both the teams have the chance to play with the goalkeeper. The defending team starts to play build up from the back and must put pressure if the ball is lost. The attacking team must keep the possession when the ball is recovered.



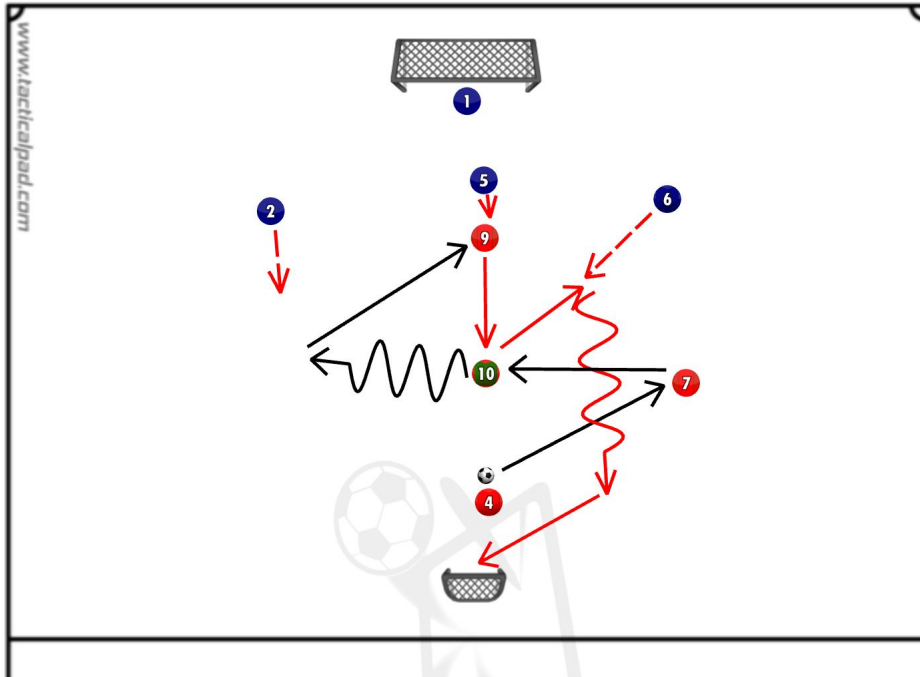
Exercise to build up under pressure: the center backs and the full backs are playing 1 v 1 against center forwards and wingers. The team who has to build up from the back plays with numerical advantage 3 v 2 in the middle, to finish in the mini goals. If the pressing team wins the ball, the game is unlocked to finish in the main goal.





U 14

Small sided possession game (3 + 1 v 3 or 4 v 3): the red team must attack the main goal together with the free player and through an unmarked center forward, who must shoot on goal. If the defenders win the ball, they can counter attack together with the same free player to finish in the mini goal.



Final 11 v 11 game