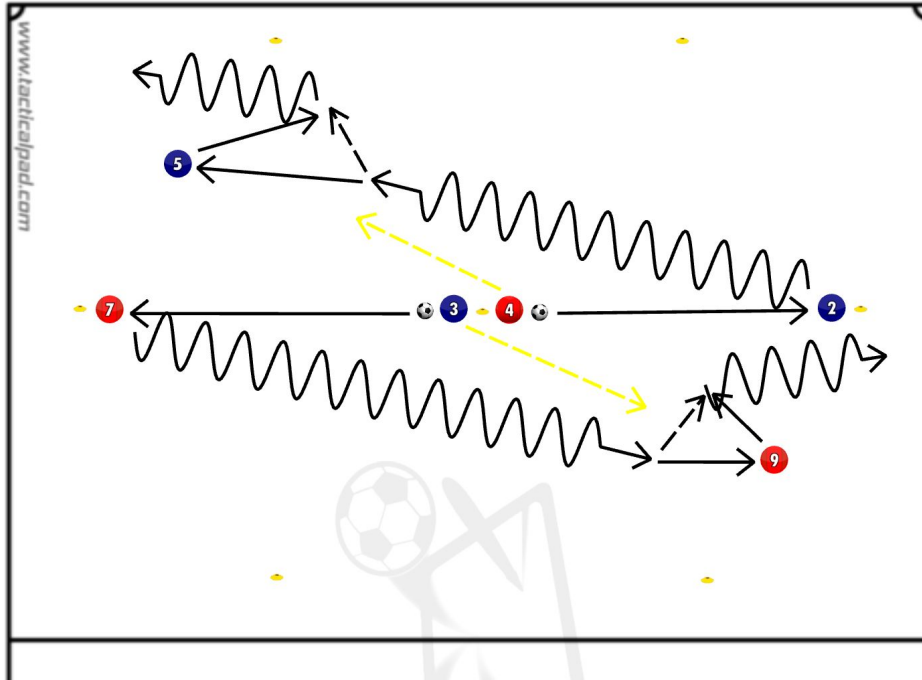


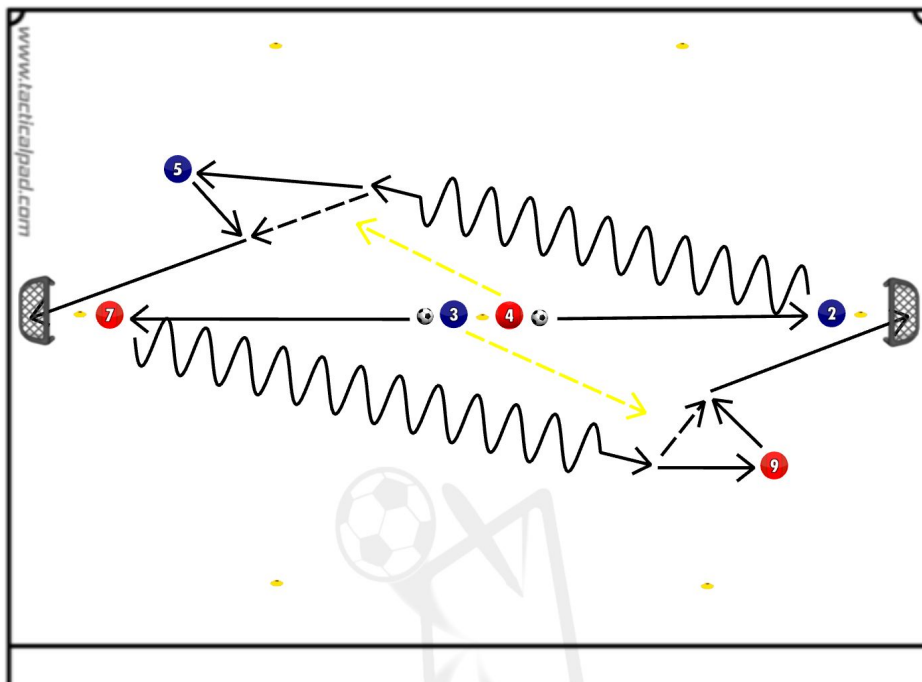


U 14

Technical warm-up: Receiving and dribbling under side 1 v 1 pressure (semi-active) to bring the ball over the end lines of the double rhombus. Wall pass combination with the support player on the line is required.



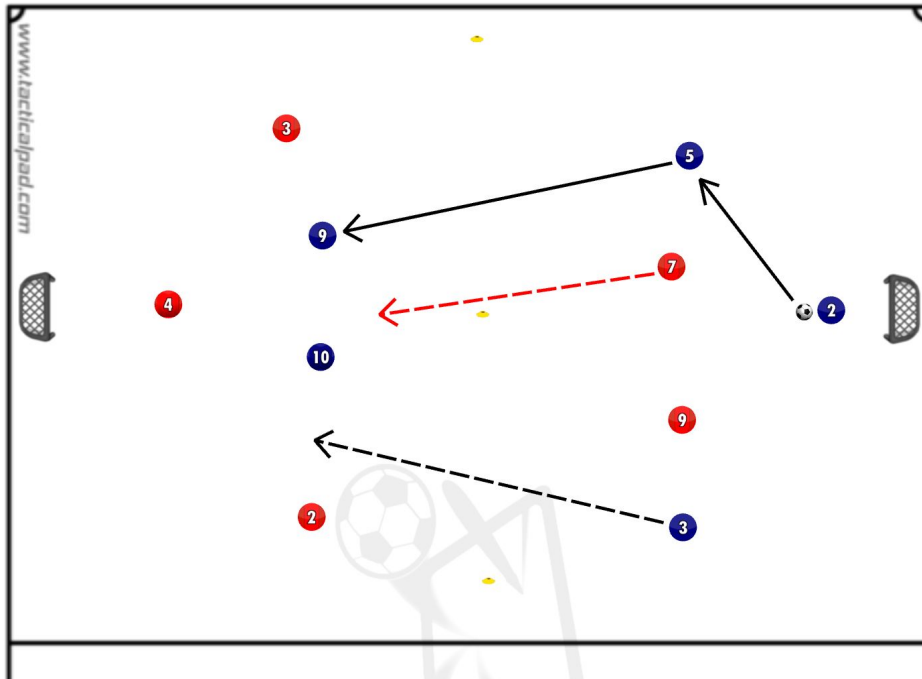
Technical development: Receiving and dribbling under side 1 v 1 pressure (semi-active) to shoot on goal over the end lines of the double rhombus. Wall pass combination with the support player on the line is required.





U 14

Two teams of 5 players each are placed with numerical advantage 3 v 2 in the build up lower area. When all 3 players in the lower half of the pitch have touched the ball, they can try to finish the move inside the upper half through a run without the ball of a defender. At the same time a forward of the defending team must run back, to create numerical advantage 4 v 3 and to recover back the possession. The possession team is outnumbered during the attacking phase (3 v 4), but in numerical advantage inside the defense half (2 v 1).



Final free game