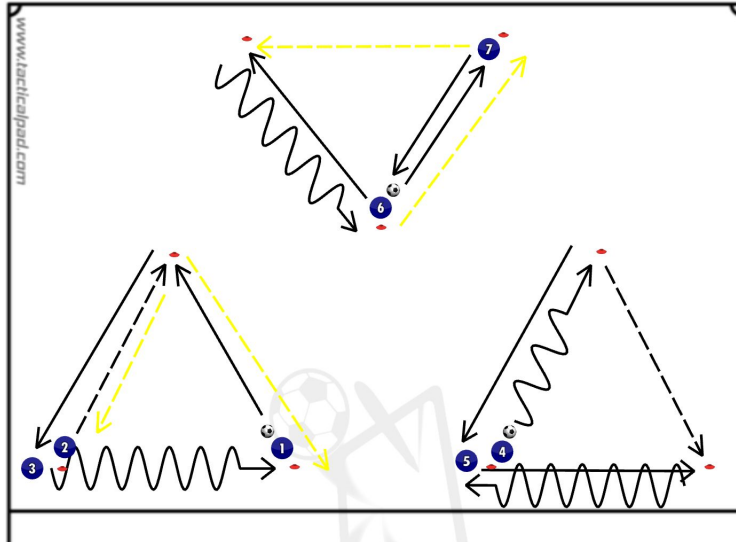


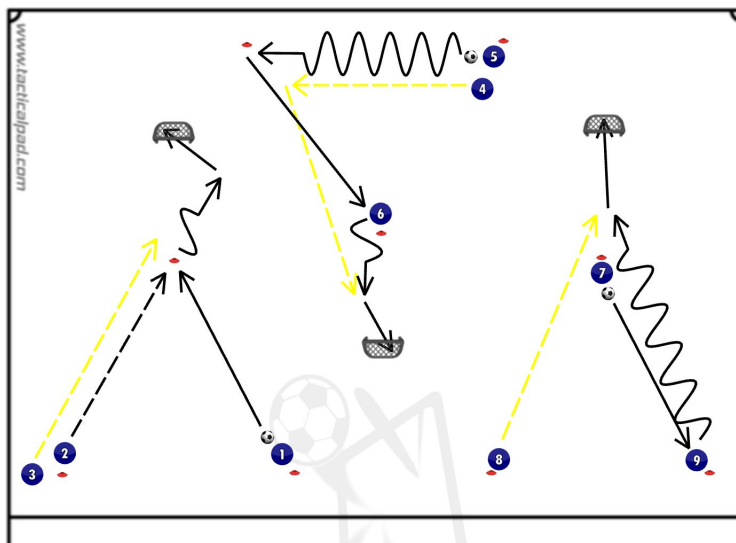


U 14

Technical warm-up: triangle pattern of play. Dribble, passing and receiving are combined along the perimeter of triangles. The full black arrows are the passes, the wave arrows are the dribble directions, the dashed black arrows are the runs to receive and the dashed yellow arrows are the position change of the players.



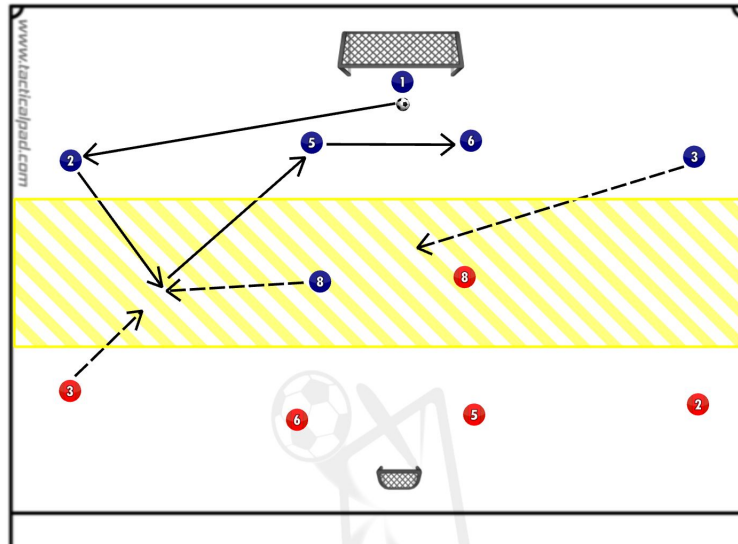
Technical developments: 1 v 1 and shoot on goal. 1 v 1 duels are created after technical exercises along the triangle perimeters to shoot on goal (two groups each time shoot toward the regular goals with gks). The dashed yellow arrows are the run of the defenders who must be "semi-active" while they are following the dribble at the beginning (ex. 4) and then they are active inside the 1 v 1 duels as the forward must finish.



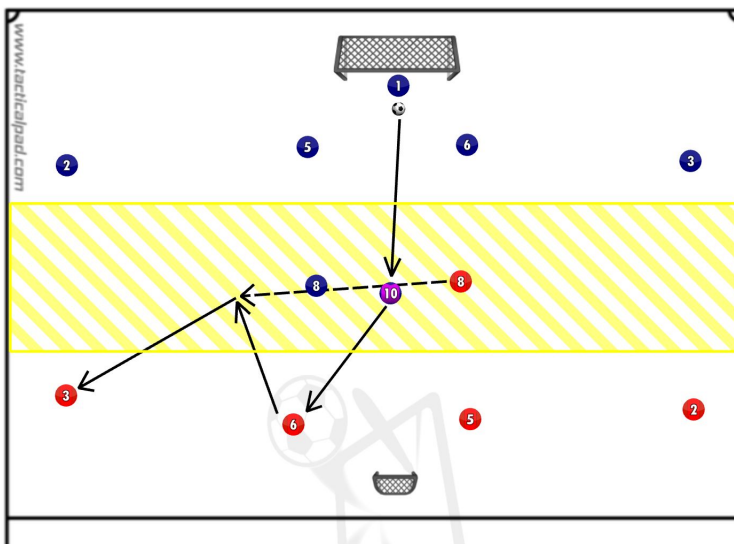


U 14

Small sided game with 11 players - 5 v 5 + gk. The main goal is to shape triangles with an upper vertex (ex. 8 and 3) in the middle while building up the moves. The game becomes free after a triangle combination while building up. If the defenders win the possession they can finish freely in the regular goal.



Small sided game with 11 players - 5 v 5 with free player and gk. The main goal is to shape triangles with an upper vertex (ex. 8) in the middle while building up the moves. The free player decides which is the team with possession after receiving the ball from the goalkeeper. The game becomes free after a triangle combination while building up. If the defenders win the possession they can finish freely counter attacking toward the opposite goal.



Final game