

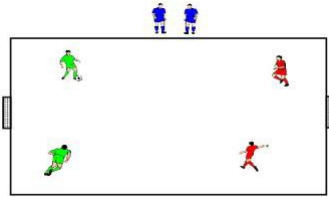
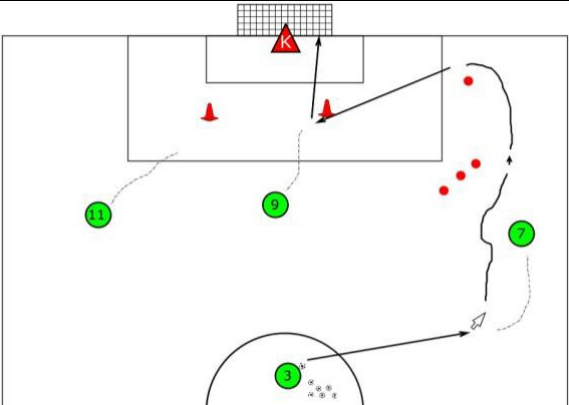
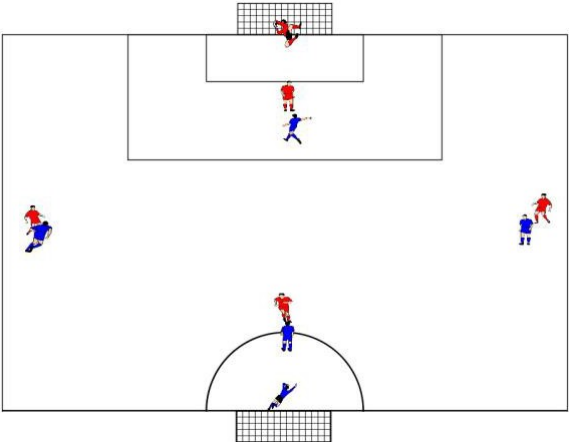
OSTJES FOOTBALL TRAINING

U6 - U7 - U8 – U9

Theme: B+ Technique and fitting	Number: 5+ K	Materials: vests, pots, cones, ...
<u>Guidelines and coaching words</u>		
HEATING		15
	Description In a square, players dribble around freely. The trainer calls out 1,2,3 or 4. Each number implies a different task. <ol style="list-style-type: none">1) Ball tapping between legs2) Unroll ball3) Tap between legs -> roll off -> tap between legs -> ...4) Tapping between legs -> pulling along behind supporting leg -> tapping between legs -> ...	
MATCH FORM 1		10
	Description K2 vs 3+ 1N The neutral player must distribute the game. Lots of open turning, passing and rebounding. The team should try to play off the extra man. Green = involve goalkeeper/dare to make action Blue = dare to make action	
INTERMEDIATE FORM 1		20
	Description: Trainer plays the goalkeeper. The 11 and 3 hook off and ask for the ball (the 11 is played each time). The 3 asks for the ball. The 11 has two options: <ol style="list-style-type: none">1) He makes the action himself and passes to the defender (first a pot, then passive defending, ...), he gets to the back line and crosses towards 72) The 11 plays in to the 3. The 3 turns open to the 7, the 7 gets to the back line and crosses towards the 11. Note: If the coach plays in badly (on the right foot) then the 11 just rebounds Every time 1min30 work and only then pass.	

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MATCH FORM 2	
	<p>Description</p> <p>2vs2 in waves</p>
INTERMEDIATE FORM 2	15
	<p>Description</p> <p>3 plays in to 7. 7 turns open with right foot (rebounds with left). The 7 goes down the line at speed. Just before he reaches the three pot, the 7 looks up to see if he can hit the cross then. Otherwise continue at speed down the line and cross.</p> <p>The cones represent defenders, but can serve for the 7 to give direction to the cross.</p> <p>Work for 1min30 each time and then move on.</p>
MATCH FORM 3	15
	<p>Description</p> <p>Match shape</p>
COOLING DOWN	
	<p>Description</p> <p>youngsters</p>