

# OSTJES FOOTBALL TRAINING

## U10 - U11 - U12 and U13

<b>Theme: Active participation in the game and quick finishing at goal chance</b>	<b>Number: 10 + 2</b>	<b>Equipment: Balls, 1 goal, 6 cones, pots, vests, 3 sticks</b>
---	-----------------------	---

### Guidelines and coaching words

1. **Control** - Handling a low pass as quickly as possible.
2. **Right foot / Furthest foot** - Perform targeted ball control for the best playing opportunity.
3. **Continue** - Making ground gains towards goal.
4. **Look** - Recognise when a goal attempt is the best choice.
5. **Ask / Play** - Actively claim the ball through movement and communication.

### HEATING



#### Description

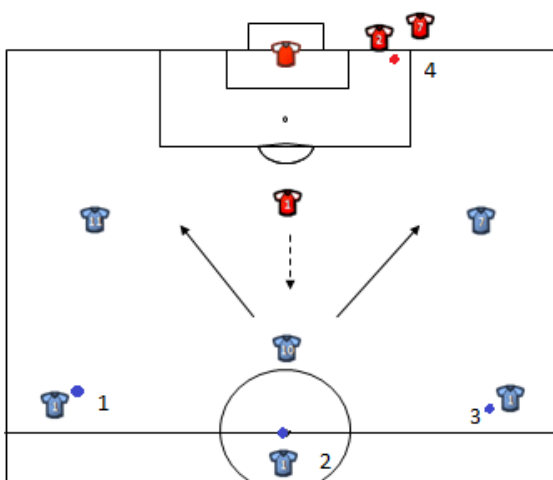
- **Player 1:** Technical drills (felling, turning, crossing, scissors, dragging) through the red and yellow pots.
- **Player 1:** Leads the ball from red to red cone or yellow to yellow cone.
- **Player 1:** Passes the ball under the three gates to player 2, jumps over the gates and joins position 2.
- **Player 2:** Performs a pre-move, asks for the ball and controls with the far foot.
- **Player 2:** Leads the ball to the cone, cuts and plays in to player 3.
- **Player 3:** Performs a pre-move, checks with the far foot, dribbles towards goal, passes the last cone and shoots at goal.

#### Variations

- Additional player at position 4.
- Player 2 plays a 1-2 with player 4 instead of dribbling to the cone.
- Position change: Player 2 → Position 4, Player 4 → Position 3.

**Coaching:** 2, 4, 5

### MATCH FORM 1



#### Description

- Player in position 2 always starts with the ball.
- Three attackers have 10 seconds to score.
- Defender immediately puts high pressure.
- Change defenders every 2 minutes.
- Attackers always shift one position, defenders switch after each attack.

#### Fun element

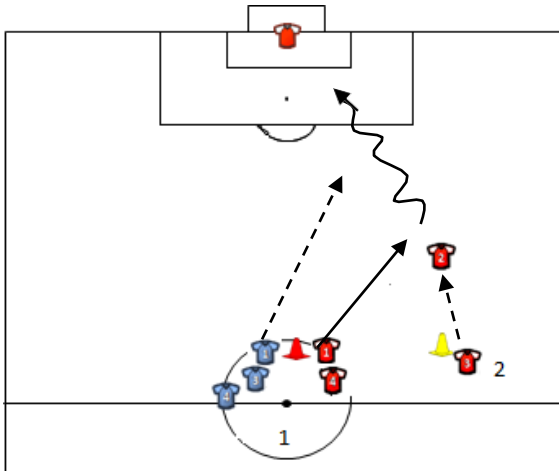
- **1 point:** Attackers score within time.
- **-1 point:** Defender intercepts and works the ball away.
- **0 points:** No goal and no interception within time.
- Which trio scores the most points in 2 minutes?

**Coaching:** 1, 2, 3, 4, 5

# OSTJES FOOTBALL TRAINING

## U10 - U11 - U12 and U13

### INTERMEDIATE FORM 1



#### Description

- **Player 1:** Plays the ball into the run of player 2.
- **Player 2:** Controls with the right foot and shoots at goal as quickly as possible.
- **Defender:** Leaves as soon as player 1 plays the ball to player 2.

#### Variations

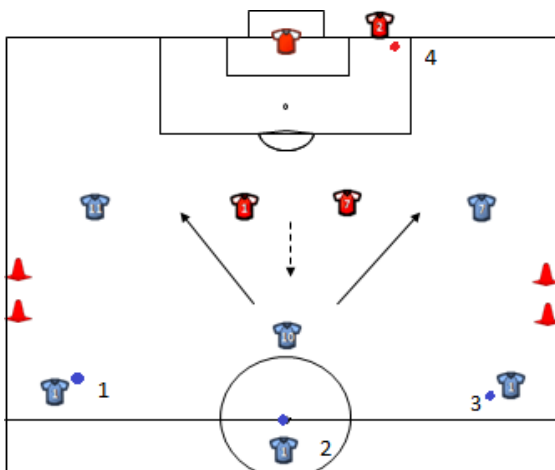
- Exercise start from the left flank.

#### Forward

- Player 1 → Player 2 → Player 1.
- After 6 minutes, attackers and defenders change.

**Coaching:** 1, 2, 3, 4

### MATCH FORM 2



#### Description

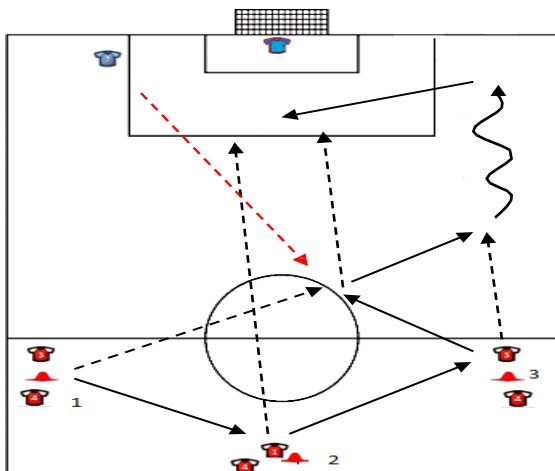
- Player in position 2 always starts with the ball.
- Three attackers have 15 seconds to score.
- Defenders immediately put high pressure.
- Change defenders every 2 minutes.
- Attackers always move up one position.

#### Fun element

- **1 point:** Attackers score within time.
- **-1 point:** Defenders score between the cones on the sideline.
- Which trio gets the most points in 2 minutes?

**Coaching:** 1, 2, 3, 4, 5

### INTERMEDIATE FORM 2



#### Description

- **Player 1:** Plays the ball backwards to player 2.
- **Player 2:** Asks for the ball, takes it with the far foot, turns open and plays to player 3.
- **Player 3:** Takes the ball, plays a 1-2 with player 1 and dribbles to the back line for a cross.
- **Players 1 & 2:** Choose the right position and finish.

#### Forward

- Player 1 → Player 2 → Player 3 → Player 1.

#### Variations

- After 8 minutes, a defender comes on.
- Defender departs from the back line as soon as player 2 plays in to player 3.

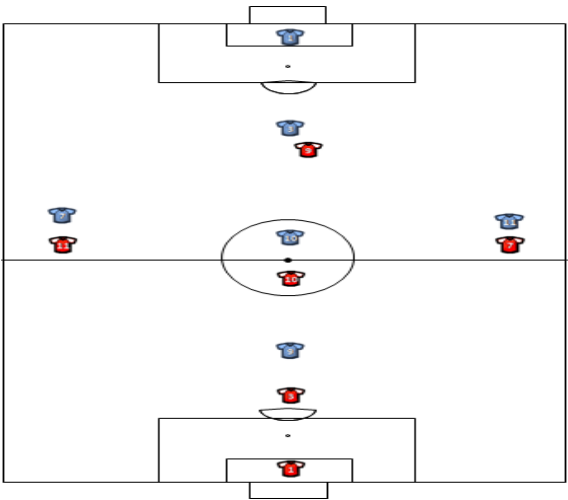

#### Fun element

- Who scores after a cross with a volley?
- Who scores with a header?

**Coaching:** 1, 2, 3, 4, 5

# OSTJES FOOTBALL TRAINING

## U10 - U11 - U12 and U13

MATCH FORM 3	
	<p><b>Description</b></p> <ul style="list-style-type: none"> <li>• <b>Format:</b> K+5 vs 5+K.</li> <li>• <b>Playing field:</b> 30 x 25 metres.</li> <li>• <b>Continuous competition.</b></li> </ul> <p><b>Coaching:</b> 1, 2, 3, 4, 5</p>
COOLING DOWN	
	<p><b>Description</b></p> <ul style="list-style-type: none"> <li>• Players dribble towards the goal and have 5 seconds to score against the goalkeeper.</li> </ul> <p><b>Fun element</b></p> <ul style="list-style-type: none"> <li>• Whoever scores, advances to the next round.</li> <li>• Those who miss, fall off and clean up material.</li> </ul>