
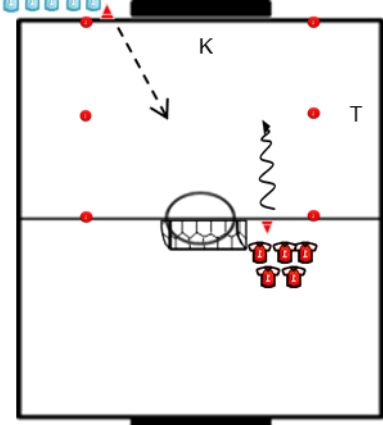
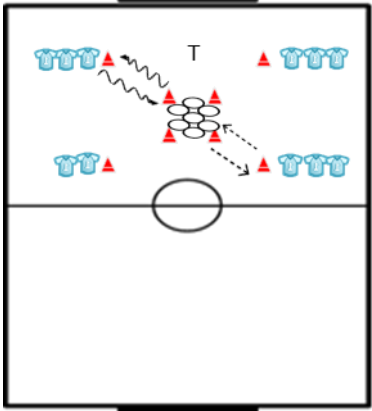


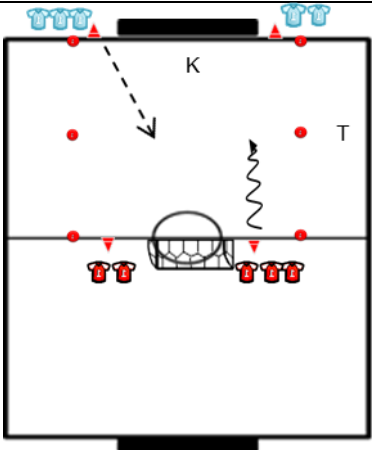
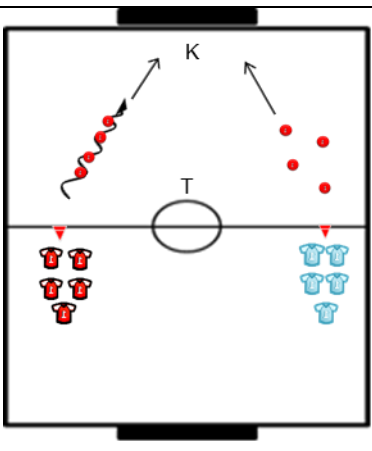
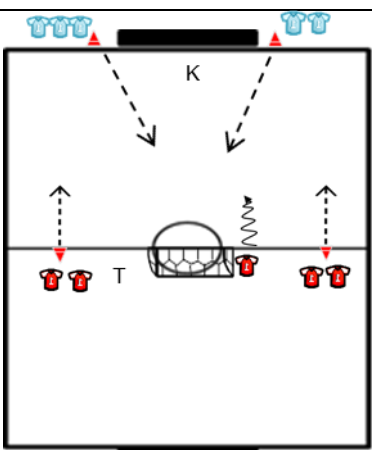
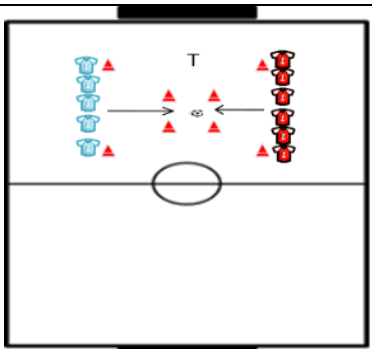
OSTJES FOOTBALL TRAINING

MINI - U7 - U8

Theme: leading and finishing	Number: 11	Equipment: pots - vests - small goalie
Development goals: Basics: leading and dribbling TeamTactic: Finishing as quickly as possible at an actual goal opportunity		
Guidelines and coaching words: 1 Ball short to the foot : Short 2 Try not to always look at the ball : Head up 3 On goal chance, finish quickly : Finish		
HEATING		
	Organisation - Field 10m x 15m Description: - Tap game - 2 tickers (bears) indicate when it is allowed to cross and start behind the pots themselves - Whoever is tapped returns to starting position and crosses on 1 leg (swap in the middle L- R) - Fun: which duo taps the most bunnies Duration: 10'	
MATCH FORM 1		
	Organisation - Field 15m wide , length half of playing field Description: 1 -/ K+1 - Attacker (red) has signal, dribbles in and tries to score as quickly as possible at an actual goal opportunity - Defender (blue) tries to prevent this and if ball is taken away can score in small goal himself - Work in waves of max 20 sec. - Ball outside= starts new match - Fun: which team scores the most Duration: 10' Coaching: 1-2-3	
INTERMEDIATE FORM 1		
	Organisation - Central square 3m x 3m full of pots - Square on outside of 10m x 15m Description: - We divide the players into 4 groups and they take seats at a cone of the outer square - On signal from T, 1 player from each group leaves for small square, takes pot there and places it with his group - When the player is back the next one leaves - First without ball and with imposed (multimove) after that with ball (L-R lead ,...) - Fun: which group will be first to own the number of imposed pots Duration: 10' Coaching: 1-2	

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<p>MATCH FORM 2</p> 	<p>Organisation</p> <ul style="list-style-type: none"> - Field 15m wide, length half of playing field <p>Description:</p> <ul style="list-style-type: none"> - 2 / K+2 - Idem WV 1 but with 2 attackers and 2 defenders - Fun: which team scores the most <p>Duration: 10'</p> <p>Coaching: 1-2-3</p>
<p>INTERMEDIATE FORM 2</p> 	<p>Organisation</p> <ul style="list-style-type: none"> - Half court <p>Description:</p> <ul style="list-style-type: none"> - 2 groups take turns working off on goal after dribble between cones - L-R foot dribbling, kicking <p>Duration: 10' (2x5')</p> <p>Coaching: 1-2</p>
<p>MATCH FORM 3</p> 	<p>Organisation</p> <ul style="list-style-type: none"> - Half court <p>Description:</p> <ul style="list-style-type: none"> - 3 / K+2 - Ditto WV 1-2 but 3 attackers <p>Duration: 10'</p> <p>Coaching: 1-2-3</p>
<p>COOLING DOWN</p> 	<p>Organisation</p> <ul style="list-style-type: none"> - Square of 2m x 2m - Sideline for players at 8m <p>Description:</p> <ul style="list-style-type: none"> - Players try to kick their ball into the square 1 by 1 through passing - Fun: which group managed to kick the most balls into the square