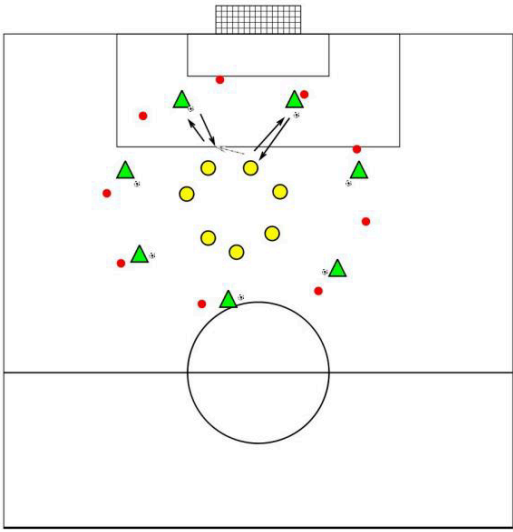
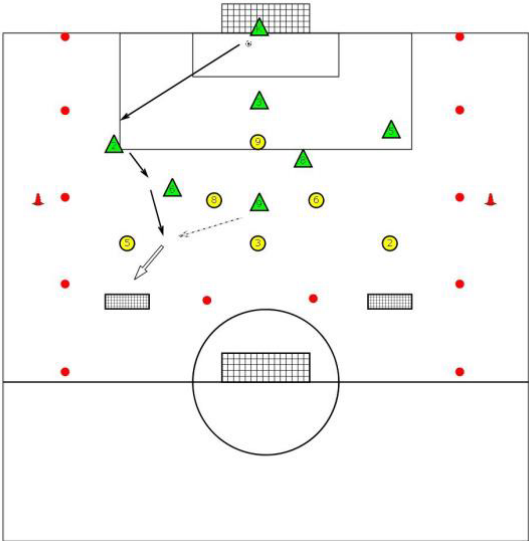


OSTJES FOOTBALL TRAINING

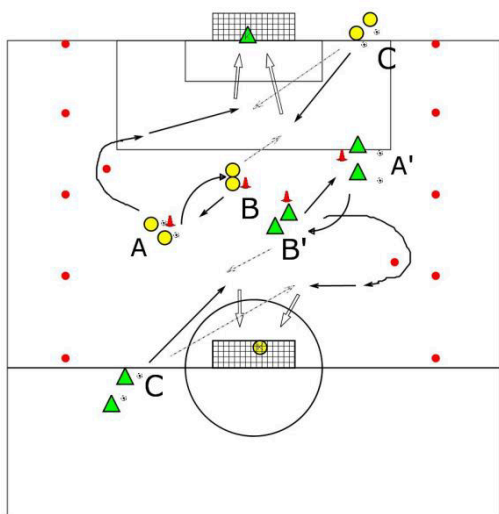
U10 - U11 - U12 and U13

Theme: Ball control after low pass	Number: 12+2	Equipment: 1 movable goal, pots, vests, balls
Guidelines and coaching words <ol style="list-style-type: none"> 1. Getting into possession of the ball as soon as possible. 2. Focused ball control. 3. Player playing well. 		
HEATING 	Organisation <ul style="list-style-type: none"> • Players divided into 2 groups. • One group along outside of circle, others inside. • Outside players all have a ball. Variants <ol style="list-style-type: none"> 1. Yellow group asks ball, checks and plays back. They then request ball from another green player. 2. Same as variant 1, but now they have to ask for the ball from a player not directly next to them. 3. Same as variant 1, but now the ball is thrown by the outside players. Duration: 15 min (2.5 min per variation) Fun: Who makes 10 ball checks first? Coaching: 1, 3	
MATCH FORM 1 	Organisation <ul style="list-style-type: none"> • Courtyard: 50 x 40 m. • 1 fixed goal, 2 small goals. • We play K+6 <> 7. Description <ul style="list-style-type: none"> • Goalkeeper plays the ball in to green players (2 of 5). • Green players can score in one of the small goals. • When scoring with oriented control: 2 points. • Oriented control should go left or right. Duration: 10 min (changing after 5 min) Fun: Which team wins? Coaching: 1, 2, 3	

OSTJES FOOTBALL TRAINING

U10 - U11 - U12 and U13

INTERMEDIATE FORM 1



Organisation

- A throws ball to B.
- B checks and plays back to A.
- B asks ball from C, checks and kicks at goal.
- A dribbles through behind pot and plays C in.
- C controls and scores.
- Forward A -> B -> C.

Duration: 15 min.

Fun: Which team scores the most? Who has the best oriented control?

Coaching: 1, 2, 3

MATCH FORM 2



Organisation

- Courtyard: 60 x 50 m.
- 1 fixed goal, 1 moveable goal.
- We play K+5 <> K+5 + 2 neutral players.

Description

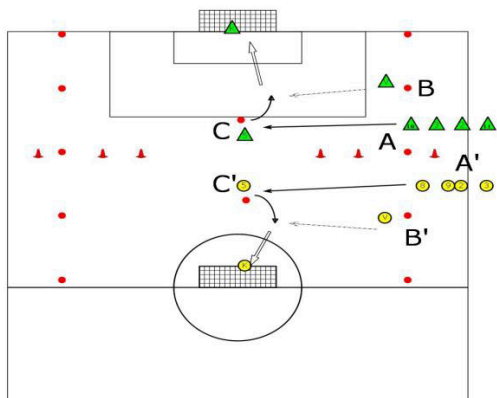
- Neutral players play with the team in possession of the ball.
- Start at the goalkeeper, playing to a flank player.
- Oriented control and the match starts.
- Scoring after oriented check in 2 times: double points.

Duration: 10 min.

Fun: Which team wins?

Coaching: 1, 2, 3

INTERMEDIATE FORM 2



Organisation

- Pass and handball form with an active defender.

Description

- A plays to C.
- C controls and tries to score.
- Defender puts lateral pressure.
- Variant: ball is thrown from A to C.
- Forward A -> B -> C.
- After 5 min, green and yellow players swap.

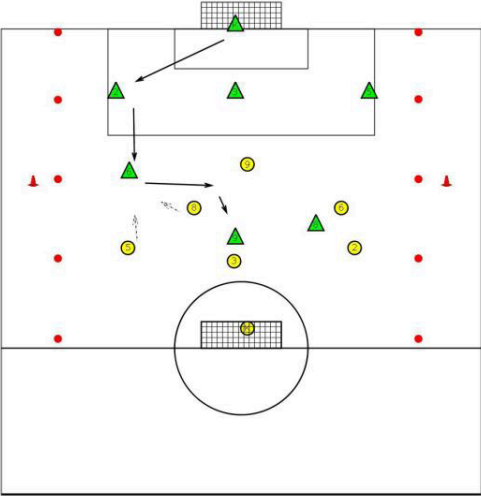
Duration: 10 min.

Fun: Who scores the most goals?

Coaching: 1, 2, 3

OSTJES FOOTBALL TRAINING

U10 - U11 - U12 and U13

MATCH FORM 3	
	<p>Organisation</p> <ul style="list-style-type: none"> • Courtyard: 60 x 50 m. • 1 fixed goal, 3 goals (made of sticks). <p>Description</p> <ul style="list-style-type: none"> • Both teams in 1-3-2-1 formation. • Scoring after oriented control: 2 points. • Run check in 2 times. • Watch for offside. <p>Duration: 10 min Fun: Who wins? Coaching: 1, 2, 3</p>
COOLING DOWN	
	<p>Description</p> <ul style="list-style-type: none"> • 5 min walk out. • Material clearance.