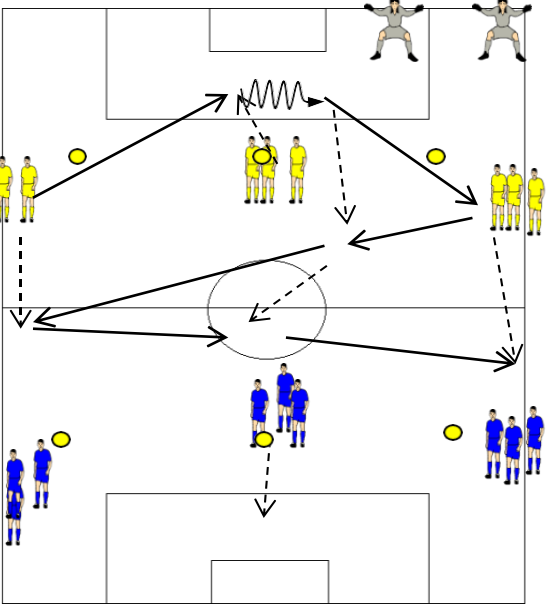
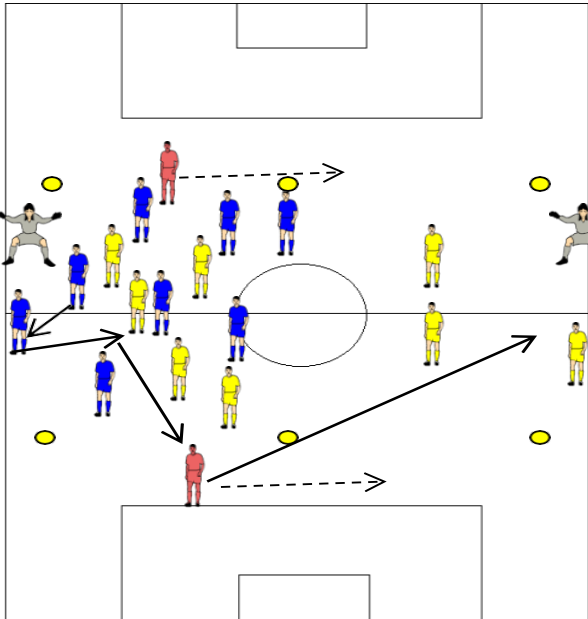


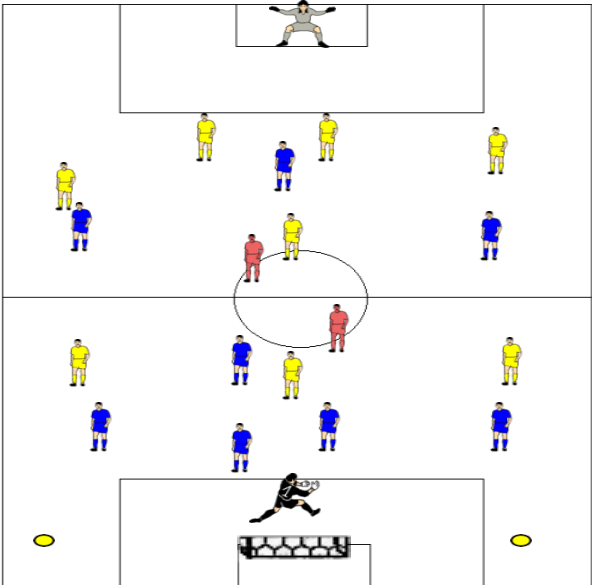
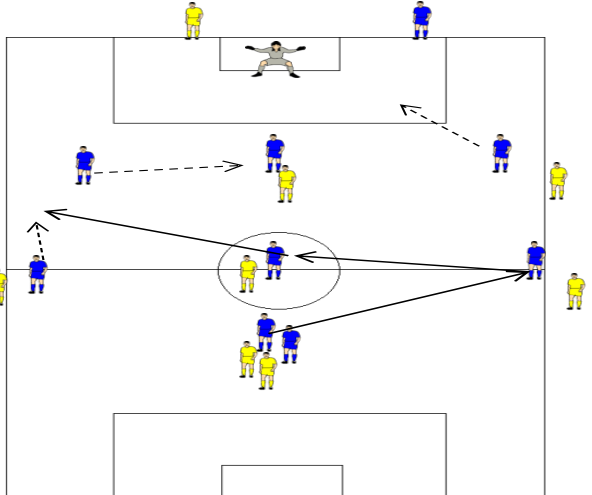
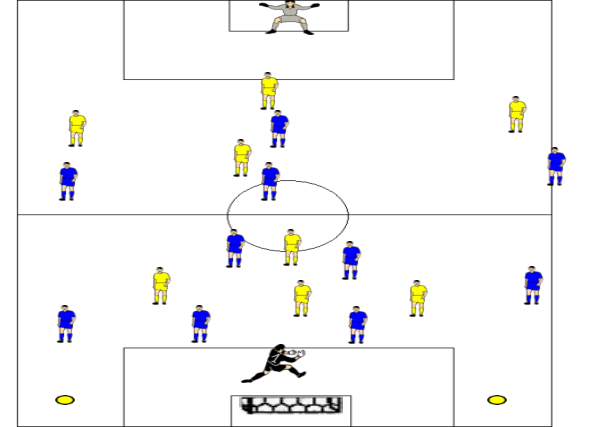
OSTJES FOOTBALL TRAINING

U13, U15, U17, U19 AND SENIORS

Theme: B+ Flank change via diagonal passing and infiltration midfielders	Number: 18 + 2	Material: Pots, goals
Guidelines and coaching words <ol style="list-style-type: none"> 1. Play the ball as quickly as possible to the other flank where there is space (CHANGE-REFLECTION). 2. Move up and run deep towards goal without the ball (LOOP DEEP-INFILTREER). 3. Claim the ball and ask if you are free or playable (QUESTION-SPEEL). 4. Coach each other, especially the central players to move the ball (COACH-REFLECTION). 5. Infiltrate at the right time (TIMING). 6. Move away from the ball and create space for emerging players (MOVE). 7. Look as long as possible and pay attention to who is playable (KIJK). 		
HEATING 	Description & duration <ol style="list-style-type: none"> 1. Goalkeepers train separately 2. Running loose - 2 revs 3. Short passing per two - 2 min 4. Exercise: <ul style="list-style-type: none"> o Flank defender plays to central defender who drops off and shifts the ball. o Central defender runs deep and asks for the ball from the other side. o Start along both sides with two balls per side. o Attention to fit central to avoid collisions. 5. Dynamic stretching in group - 5 min Total duration: 20 min Coaching: 1 to 7	
INTERMEDIATE FORM 1 	Description & duration <ul style="list-style-type: none"> • Playing field: 2 boxes of 40m x 30m • 4 handball players per box, including 2 red players playing with both teams. • Blue plays at B+ with three times and a third man. • After 5 passes 1 point. • If yellow takes the ball away, through red player to the other box. • Everyone changes compartments except 3 blue players and the goalkeeper. • After each replay, the red players change (only central players change). Duration per repetition: 4 min Repetitions: 3x Rest: 1 min Total duration: 15 min Coaching: 1 to 7	

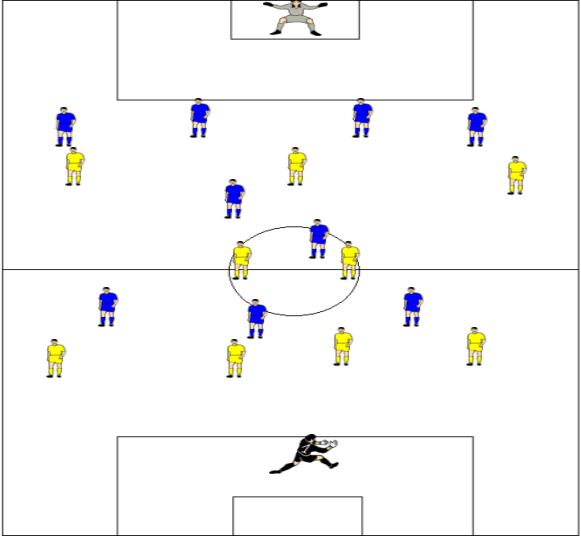
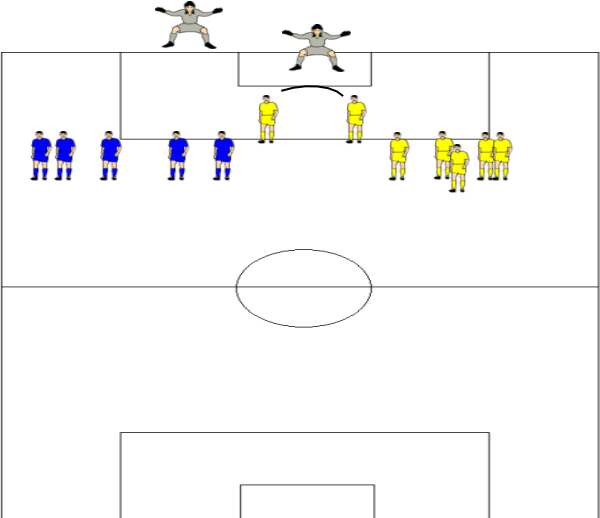
OSTJES FOOTBALL TRAINING

U13, U15, U17, U19 AND SENIORS

<h3 style="text-align: center;">MATCH FORM 1</h3> 	<p>Description & duration</p> <ul style="list-style-type: none"> Playing field: Goal line to small backarea. Format: K+8+2N vs. K+8 (K+3+1+2N+3 vs. K+3+1+3) <p>Duration per repetition: 7 min Rest: 2 min Total duration: 15 min Coaching: 1 to 7</p>
<h3 style="text-align: center;">INTERMEDIATE FORM 2</h3> 	<p>Description & duration</p> <ul style="list-style-type: none"> Pass and kick form: <ul style="list-style-type: none"> CV builds up through RFV who passes to MV. Diversion to LFV who runs deep and delivers a cross. Everyone plays in his position. FVs and FAs switch positions. CV and MV also switch. Strikers stay in the striker position. Scoring per turn. Second replay: 1 defender added. Third replay: 2 defenders. <p>Duration per repetition: 4 min Repetitions: 3x Rest: 1 min Total duration: 15 min Coaching: 1 to 7</p>
<h3 style="text-align: center;">MATCH FORM 2</h3> 	<p>Description & duration</p> <ul style="list-style-type: none"> Playing field: Goal line to small backarea. Format: K+10 vs. K+8 (K+4-3-3 vs. K+3+2+3) Double points if underdog scores or if overtal scores after a diagonal deflection. <p>Duration per repetition: 5 min Rest: 2 min Total duration: 15 min Coaching: 1 to 7</p>

OSTJES FOOTBALL TRAINING

U13, U15, U17, U19 AND SENIORS

MATCH FORM 3	
	<p>Description & duration</p> <ul style="list-style-type: none"> • Playing field: Full pitch. • Format: K+9 vs. K+9 (K+4-2-3 vs. K+4-2-3) <p>Total duration: 15 min Coaching: 1 to 7</p>
COOLING DOWN	
	<p>Description & duration</p> <ol style="list-style-type: none"> 1. Header exercise: <ul style="list-style-type: none"> ○ Two players from the same team start at the big backarea and head to each other. ○ At the small backarea, one player kicks towards goal. ○ Keeper stays on the goal line. ○ If the ball falls, the attempt is over. ○ Everyone gets three turns. ○ Whoever scores the most wins. 2. Static stretching <p>Duration: 10 min Coaching: Ensure focus and precision.</p>