

THE CENTRAL CIRCLE

Technical Department LFF

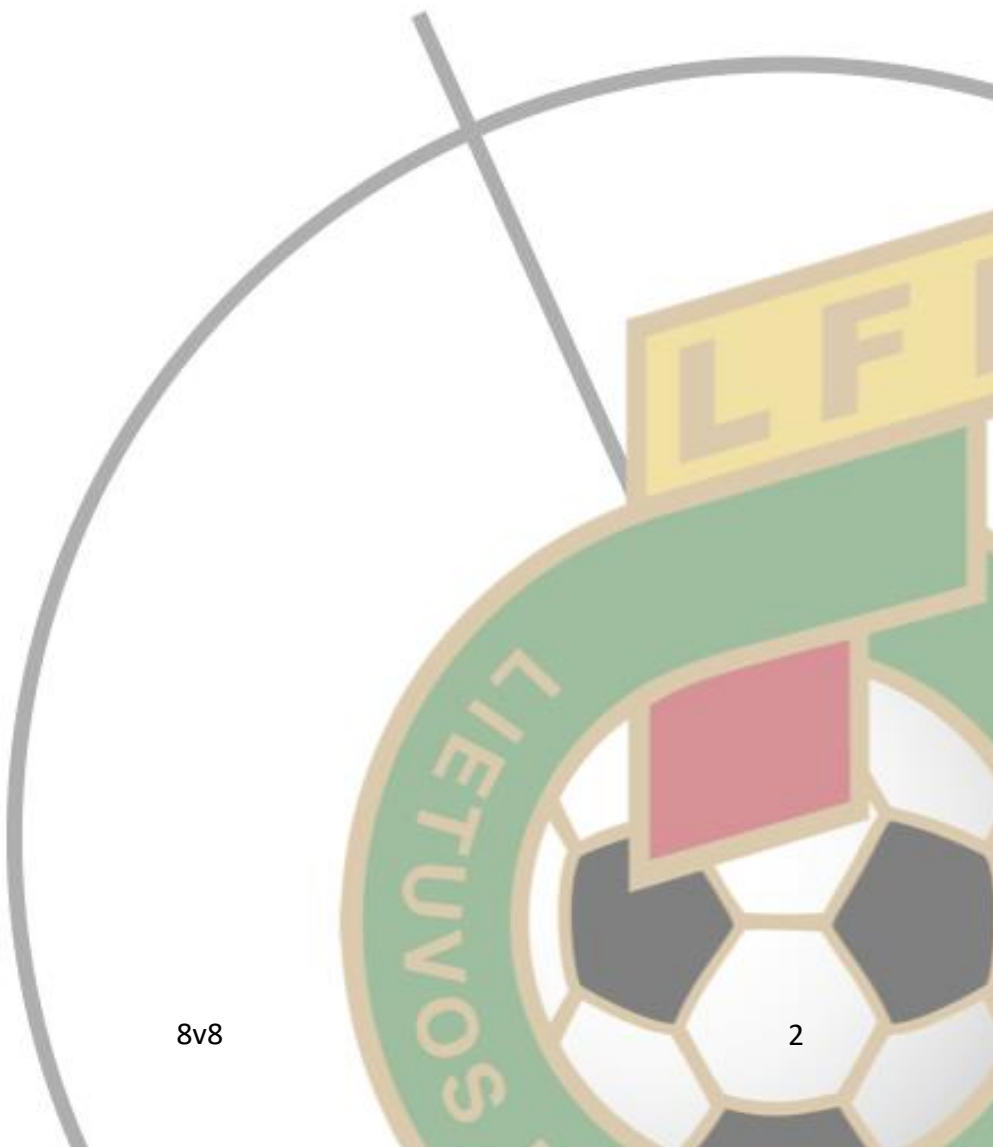
TRAINING SESSIONS

8/8

CONTENT: HOW WE TRAIN MODELS

FOR ALL LITHUANIAN CLUBS, ACADEMIES, SCHOOLS







INTRODUCTION

As Technical Director of the Lithuanian Football Federation, I am glad that we have taken a new path, based on a thorough evaluation, chosen for the RSC Anderlecht Vision and training model.

I am sure we will get the benefits of this new way of working within a few years.

I trust and count on all people involved into this new project and with their efforts this direction has a bright future for our players development.

Enjoy the training sessions and have FUN.

Good Luck



Patrick De Wilde
Technical Director at Lithuanian Football Federation

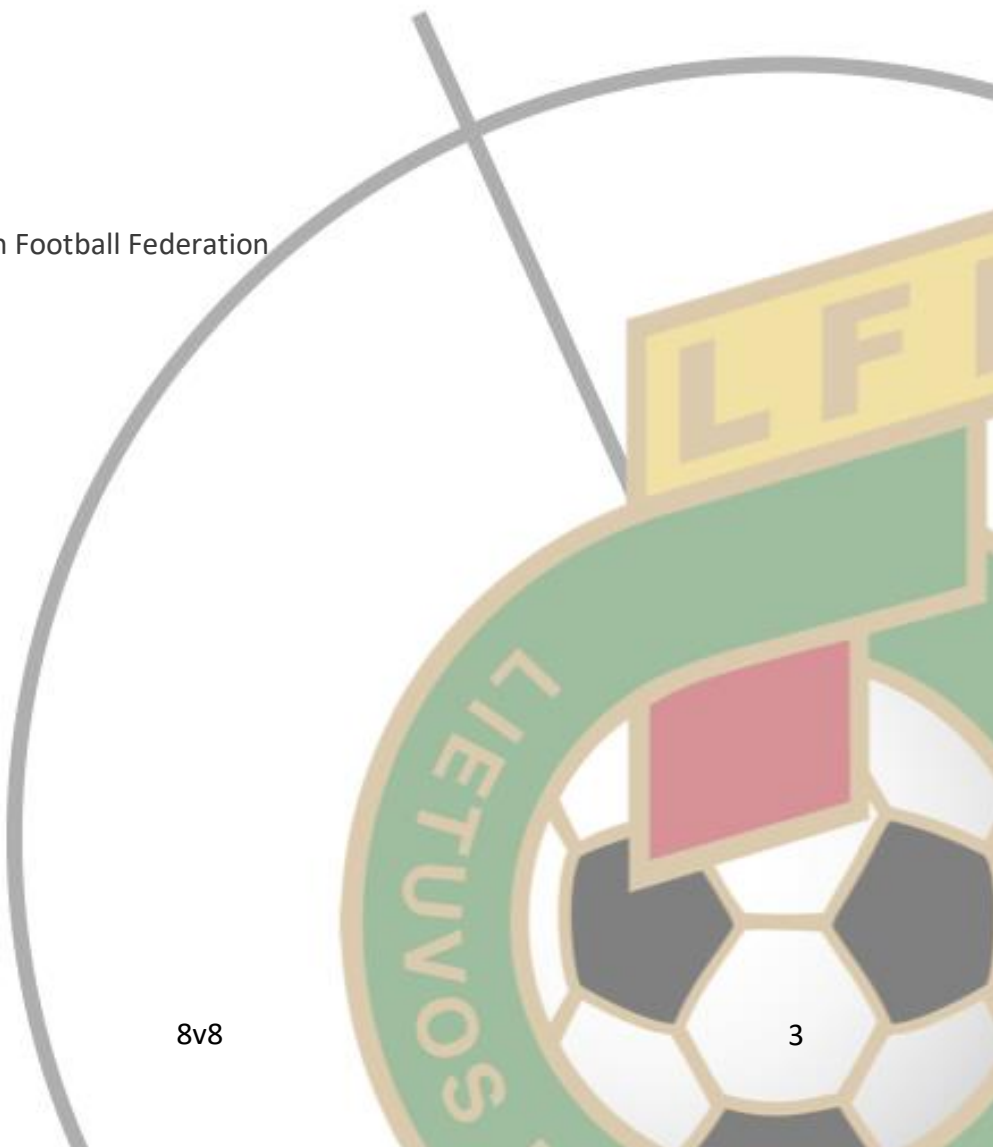
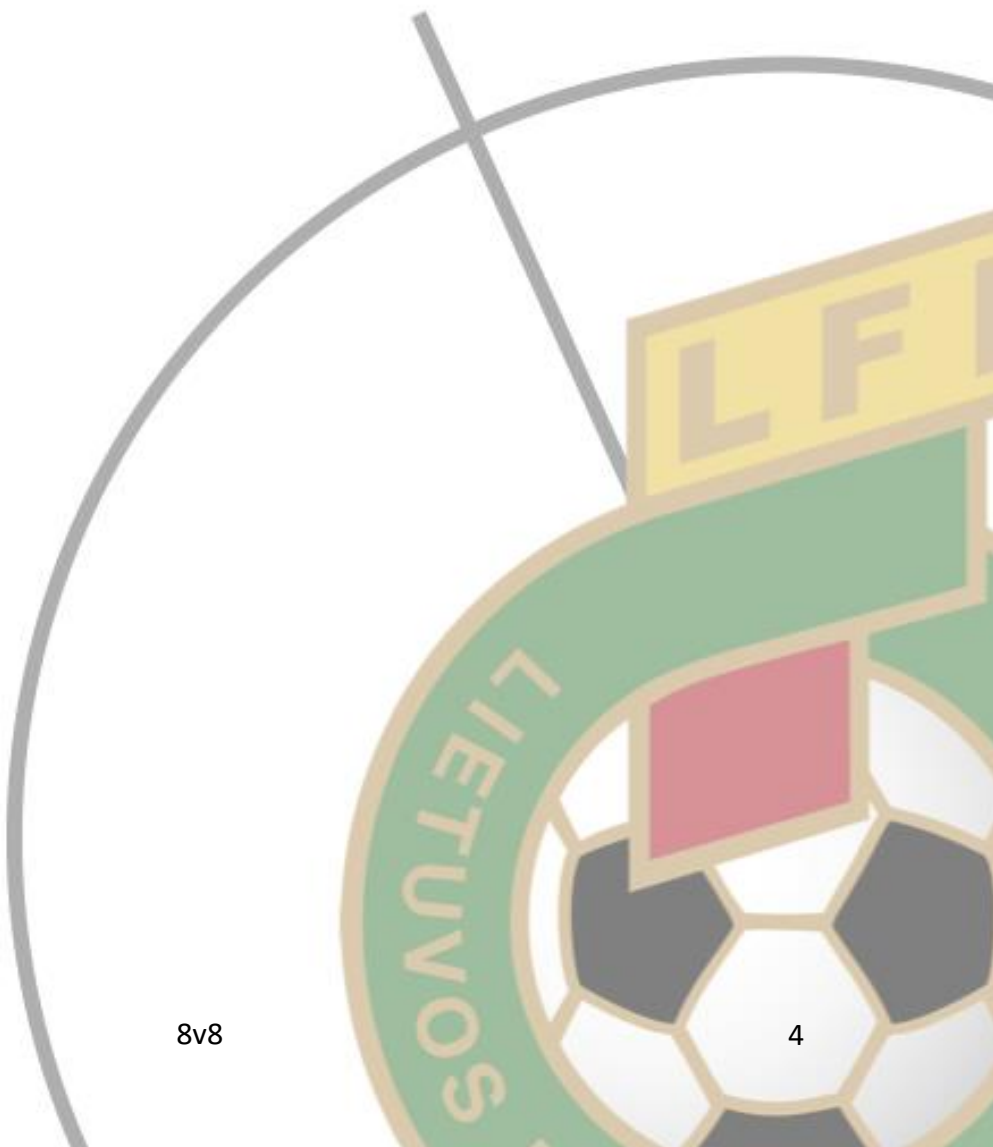




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PEDAGOGICAL, EDUCATIVE and DIDACTICAL ADVICE

The following training sessions are tools to help coaches. They are made for Lithuanian boys and girls. It's important that the coach uses his own imagination and experience to modify each exercise to the needs of his players. Three key points should be considered:

- 1) Age appropriate: Adapt the exercise to the ages of your players
For example: 8 year old = Passes of 5-10m
16 year old = Passes of 10-35m
- 2) Skill Appropriate: Adapt exercises to the skill level of your players
For example: If the exercise is too difficult = make the exercise easier
If the exercise is not challenging = make the exercise more difficult
- 3) Differentiation: Within exercises challenge each player to their own level
For example: Players with high technical abilities can do more difficult ball mastery exercises.

Next to this it's important that the players improve their general technical abilities. They can only improve their technical abilities when they are touching the ball. Let's have as aim that each player can touch the ball 200 to 300 times in warm up.





BALL MASTERY WARM UP

Each training we should encourage players to touch the ball 200 to 300 times in warm up. So take 10min time per training to really boost the amount of touches of the players.

There are multiple ways to reach this:

- Juggling & Juggling challenges
 - o Level 1: 10x right foot, Level 2: 10x Left foot, ... Level 10: 5x (Left foot, Left Knee, Head, Right Knee, Right foot),...
- Ball mastery
 - o Roll Ball & Roll Ball + Skill
 - o Push & Drag the ball
 - o V-drag
 - o Touching the ball between the feet
 - o Sole taps
 - o Sole drag + Step over
 - o ...
- Technik Ball/SoccerPal & Challenges
- Skills combinations

Exercises you can use:

<p>Ball mastery street</p>	<p>10'</p> <p>Players go with ball mastery exercises through the street. Every zone (A,B&C) can be a different exercise. For example A: Left foot push and drag B: Right foot push and drag C: Alternating feet push and drag</p>
<p>Copy the coach</p>	<p>10'</p> <p>Coach is in the middle and demonstrates ball mastery exercises. Players copy the coach. Important that coach turns around and sees all players. <i>Variation:</i> Players dribble inside the space and do skill combinations showed by the coach</p>
<p>Ball mastery & Skill Squares</p>	<p>10'</p> <p>Player 1 does ball mastery exercise till the end of the square followed by a turning skill. Now Player 2 does the same. <i>Variation:</i> Only 1 ball. After Player 1 turns he passes to Player 2. Now the exercise starts again.</p>



COOLING DOWN

A cooling down has the main aim to cool down the body. In 8/8 this can be done by a low intensity fun exercise followed by a small recap about the training. The recap should include 2 things: Feedback and Feedforward.

- Feedback: How did the training go? What did we practice? What did we learn? What can we do better?
- Feedforward: How can we do it better? What can we practice at home? What can we do extra individually?

Stabilization, mobilization and stretching should be introduced gradually in the cooling down in 8v8. The form is the most important. This will result that players create good habits from a young age.

Exercises you can use:

<p>Chip assists</p>	<p>5'</p> <p>Two teams against each other. 1 should chip the ball over the goal. 2 need to finish in 1 touch. After 1 takes position of 2. 2 goes in line behind 3. Which teams scores first 5 goals?</p>
<p>Dribbling shootout</p>	<p>5'</p> <p>Attacker tries to dribble the goalkeeper and score. You have 6 seconds to score. If you score without K touch the ball, you can go again. If you miss or K touches the ball, you are out. Who will be the winner?</p> <p><i>Players who are out can get some juggling of ball mastery challenges.</i></p>
<p>Gate game</p>	<p>5'</p> <p>Two players against each other. When they receive the ball they need to pass the ball in two touches. If they pass next to the goal. The opponent receives a point. Who will win?</p>
<p>Challenges</p>	<p>5'</p> <p>Coach demonstrates some challenges (juggling, ball mastery, skills,..) that players can practice at home. Next training they need to show that they can complete the challenge.</p>

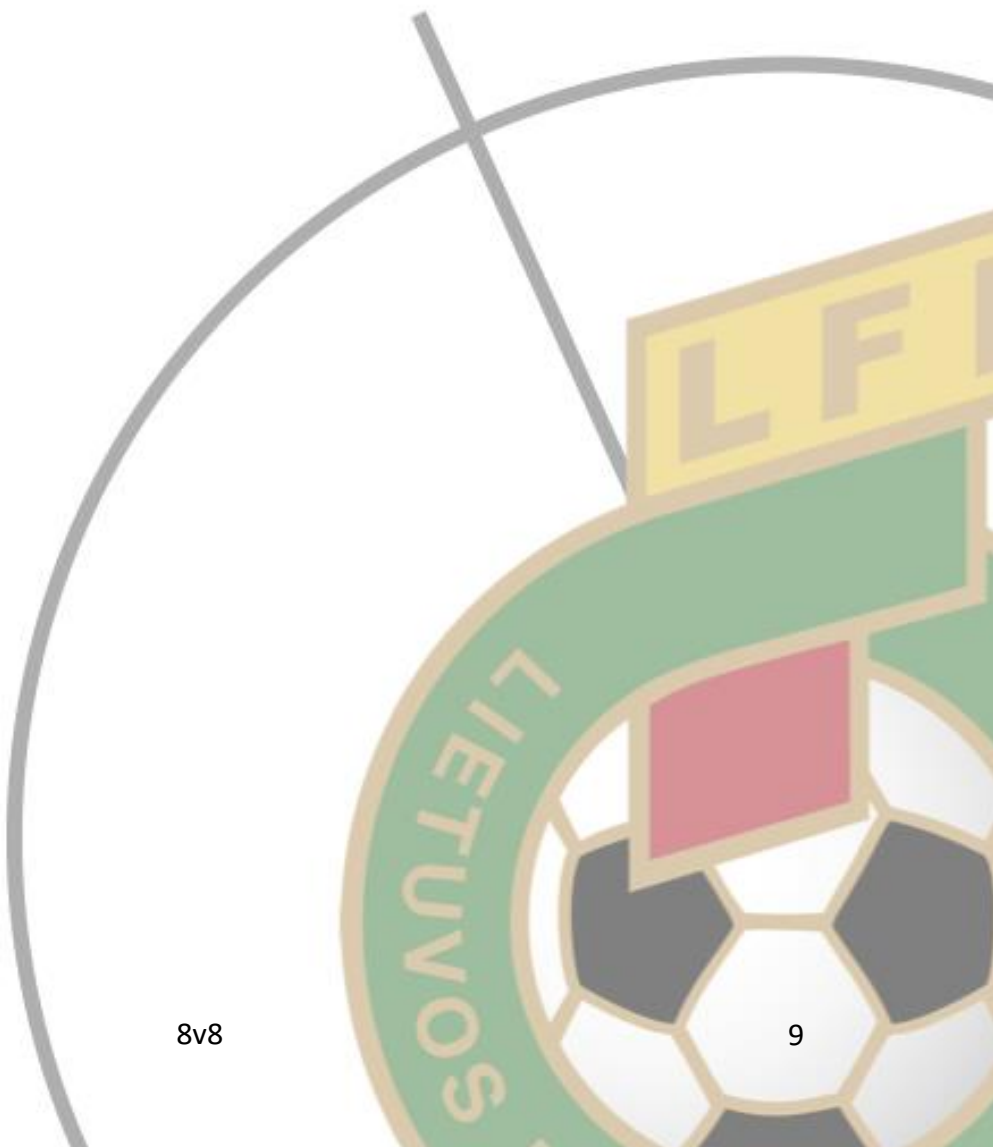


Session1: B+ Skip one or more lines when passing

<p>Topic: 1) Skip one or more lines when passing</p> <p>Basics: 1) Short and Half long passing 2) Finishing on a cross 3) Playing in Support</p>	
<p>Warm up - Basics</p>	<p>15 (4x 3')</p> <p><i>Start 10' with ball mastery = 200-300 touches per player!</i></p> <p>3v1 When the players give 4 passes in a row, they should move to the next square.</p> <p><i>Variation:</i></p> <ul style="list-style-type: none"> - Unlimited touches - Max 3 touches - Max 2 touches
<p>Repetition – Basics</p>	<p>20'</p> <p>3 opponents. 10 and 9 do opposite movement. When 3 receives the ball, 2 opens and 7 comes to ask. 3 plays direct to 7. 2 comes in support and receives the ball of 7. 9 asks for the ball. 10 comes under the ball to support 9. 9 sets the ball for 10. 10 plays deep to 7. 7 crosses the ball and 9 finishes.</p> <p><i>Variation (Red team):</i> Same movement. 3 asks the balls and plays directly to 9. 10 comes under the ball and plays deep for 7 who crosses the ball.</p>
<p>Opposition Games – 4v3</p>	<p>20'</p> <p>Same set up as previous exercise. We add a grey box. In this box we play 4v3. The aim for the team in possession is to play through the box and preferably with first pass directly to 9 or 7 (skipping a line). If the team in possession can play out of the box, they can shoot to goal without the other team defending. If the defending team wins the ball, they can score on the other goal.</p> <p><i>Variation (red team):</i> Change the defenders form 3,5 and 10 into 3,5 and 11</p>



Topic Game K7v7K	25'
	K7V7K normal match rules In possession players should try to skip a line when possible. If the team scores after skipping a line, the goal counts double. Who will win?
COOLING DOWN	5'





Session2: B+ Build Up

<p>Topic: 1) Build Up 2) Infiltration with ball</p> <p>Basics: 1) Orientated control (forward) 2) First touch skills 3) Shooting</p>	
<p>Warm up - Basics</p>	<p>20'</p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u></p> <p>2 players, 1 ball The 2 players pass to each other but the ball needs to go always in between 2 other players (Split pass)</p> <p><u>1. First touch skills 6x 1'</u> Coach shows a first touch skill, players copy it</p> <p><u>2. First touch skill + skill combo 6x 1'</u> Coach shows a first touch skill followed by a combination of dribbling skills. Players copy it</p> <p><u>3. add 2 defenders 5x 1'</u> Same exercise, now with 2 real defenders. The team who loses the ball become the new defenders</p>
<p>Repetition – Basics</p>	<p>20'</p> <p>2 opens and asks for the ball from 1. Defender presses from the inside, forcing 2 to take first touch forward. 2 takes first touch forward and shoots to goal. 1 takes position of 2, 2 becomes Defender. Defender goes behind 3</p> <p><i>Variation 1:</i> Player 2 starts from a lower position and runs forward to receive the ball.</p> <p><i>Variation 2:</i> Player 2 does a one-two with D of his team and then shoots.</p>



<p>Opposition Games – K4v4</p>	<p>20'</p>
	<p>Zone 1: K1+1v1 – 9 can only move on the line when defending Zone2: 4v4 – 9 Can help to defend when the ball is in this zone</p> <hr/> <p>1 plays the ball in line with 9. So 3 or 5 can use one touch to eliminate 9. Once red wins the ball they can also enter zone 1</p>
<p>Topic Game – K7v7K</p>	<p>25'</p>
	<p>Zone1: K1+1v1. Red team can not enter the zone when defending. Zone 2: normal rules, anyone can enter and leave this zone Zone3: 1v1+1K. Yellow team can not enter the zone when defending</p> <hr/> <p>Match rules with zones. Building up team should try to enter zone2 via 2,3 or 5 to eliminate opponent 9. Who will win?</p>
<p>COOLING DOWN</p>	<p>5'</p>





Session3: B+ Build up

<p>Topic: 1) Build Up 2) Create space for fellow player and make use of it</p> <p>Basics: 1) Short and Half long passing 2) Move to create space</p>	
<p>Warm up - Basics</p>	<p>20'</p> <p>1. Ball mastery 6x 1' Each player one ball. Coach shows a ball mastery, players copy it</p> <p>2. Unopposed skills 6x 1' Each player one ball. Coach shows a skill, players copy it</p> <p>3. Mildly opposed skills 6x 1' 1 (or 2) players without ball who are active defenders. Other players with ball and continue to practice the skill showed by the coach. When the defender presses them, they can use any skill to protect the ball. If they lose the ball or ball goes out, they become the new defender.</p>
<p>Ssg – K4v4 - Basics</p>	<p>20'</p> <p>Field is marked in 2 zones. Zone1: Build up area. 1 and 3 start here. If 3 leaves this zone another player should take his position. 9 is fixed here. Zone2: 3v3</p> <p>3 moves away to ask for the ball. If he is free, 1 can pass to him (black) If he is not free, then he can move to zone2 and a player of zone 2 drops (Blue) Or 1 can dribble in (Grey) If red wins the ball they can enter Zone1 as well. Who will win?</p>



<p>Opposition Games – K7v6K</p>	
	<p>Field is marked in 2 zones. Zone1: K4v3 Zone2: 3v3K</p> <hr/> <p>3 moves away to ask for the ball. If he is free, 1 can pass to him (black) If he is not free, then he can move to space and a player take his space (Blue) Or 1 can dribble in (Grey) Once the ball reaches zone 2, normal match rules. If red wins the ball they can enter Zone1 as well. Who will win?</p>
<p>Topic Game K7v7K</p>	<p>25'</p>
	<p>K7V7K normal match rules Same movement as in previous exercises</p>
<p>COOLING DOWN</p>	<p>5'</p>





Session4: B+ Open wide

<p>Topic:</p> <ol style="list-style-type: none"> 1) Open wide 2) Finishing a goal chance as quickly as possible <p>Basics:</p> <ol style="list-style-type: none"> 1) Finishing close to goal 2) Finishing on a cross 	
<p>Warm up - Basics</p>	<p>15 (2x 7')</p> <p><u>Start 10' with ball mastery = 200-300 touches per player!</u></p> <p>1 moves into the free space (red diamond). 2 needs to time the pass so that 1 and the ball arrive at the same time. 4 moves away and open the body. 1 passes the ball through the gate to 4. Now 2 goes to the free space and receives the ball of 5.</p> <p><u>1. 7' Juggling exercises</u> From 4 to back behind 6, coach gives different juggling challenges</p> <p><u>2. 7' Dribbling exercises</u> From 4 to back behind 6, coach gives different skills</p>
<p>Repetition – Basics</p>	<p>20'</p> <p><u>1. 5'</u> 10 does a one-two with 9 and plays outside to 11 or 7. 10 and 9 take position in the box. 11 or 7 crosses the ball.</p> <p><u>2. 5' Red against Yellow</u> Team to score first receives 2 points. The other goal counts for 1</p> <p><u>3. 5' 2v1 in the box</u> One defender is added</p> <p><u>4. 5' 2v1 Red against Yellow</u> Team to score first receives 2 points. The other goal counts for 1</p>



<p>Opposition Games – K4+2v2+4K</p>	<p>5x 4'</p>
	<p>In the inside area we play K4v4K. The O(utside) players are free and can cross unopposed. Normal goal = 1 point. If you can score after a cross from an outside player = 2 points. Who will win?</p>
<p>Topic Game K7v7K</p>	<p>25'</p>
	<p>K7V7K normal match rules including 4 free cross boxes. The cross box is a bit more inside (because a shorter cross gives more chances to score). In the box the defending team can not enter. If scored from a cross, the team receives 2 points. If scored without a cross, the team receives 1 point. Who will win?</p>
<p>COOLING DOWN</p>	<p>5'</p>





Session5: B- Block off goal attempt

<p>Topic: 1) Block off goal attempt 2) Intercept a halflong or short pass</p> <p>Basics: 1) Marking close 2) Closing down</p>	
<p>Warm up - Basics</p>	<p>15'</p> <p><i>Start 10' with ball mastery = 200-300 touches per player!</i></p> <p>3 teams Yellow passes the ball around (and moves). They try to play the split pass between the blue defenders to the other team. When red team has the ball they do the same. Blue team needs to move (glide) and close down the space. When a pass is given they can block the pass or intercept it. When they intercept, they change with the team who lost the ball.</p>
<p>Repetition – 2v2K</p>	<p>15'</p> <p>Red 1 aims to score on a small goal. Yellow 1 needs to react fast to intercept the ball. After winning the ball he needs to play or dribble direct forward to start the 2v2K</p>
<p>Repetition– 1v1K</p>	<p>15'</p> <p>A(ttacker) dribbles inside and can shoot between the yellow cones. D(efender) tries to block the shot. Defender can only defend behind the line (Block) and not actively steal the ball</p>

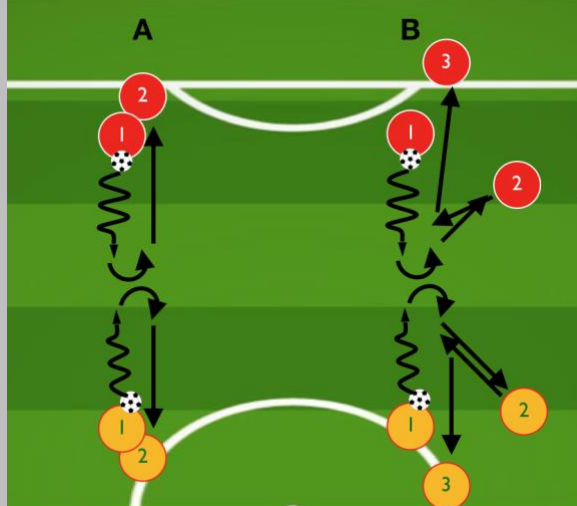
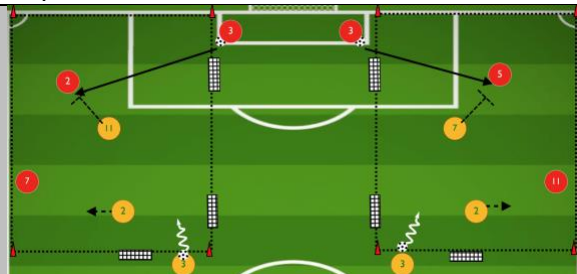
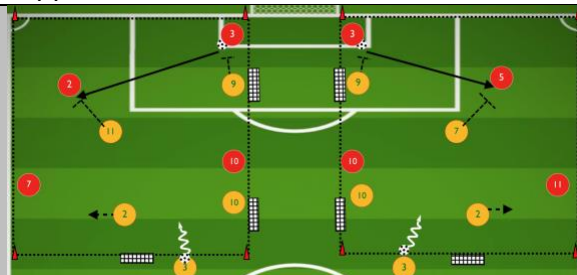


<p>Opposition game K4v4K</p>	<p>15'</p>
	<p>K4v4K with normal match rules. A line is made outside of both boxes. The game is played between the 2 white lines. Teams need to shoot more from distances giving higher chances to the defensive team to block the shot.</p>
<p>Topic Game – K7v7K</p>	<p>25'</p>
	<p>K7v7K normal match rules with a free box in front of the goal. Both teams are not allowed to enter this box. Forcing the attacking team to shoot more from distance. Allowing the defending to get more chances to block the shot. Interception or blocking the shot is 1 point. A goal is 3 point. Who will win?</p>
<p>COOLING DOWN</p>	<p>5'</p>

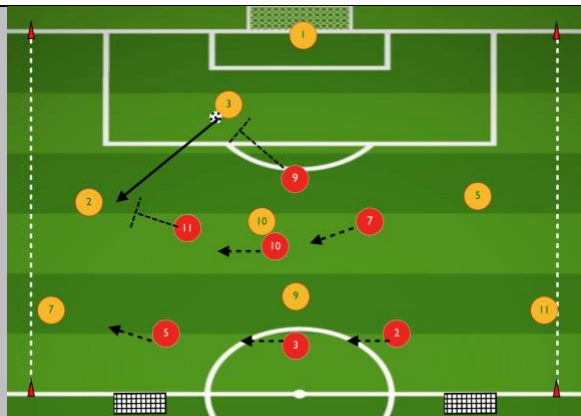




Session6: B- Playing in Block

<p>Topic:</p> <ol style="list-style-type: none"> 1) Defensive block 2) Pressing on the players on the wing <p>Basics:</p> <ol style="list-style-type: none"> 1) Marking close 2) Closing down 3) Positive pressing on the ball owner 	
<p>Warm up - Basics</p> 	<p>15'</p> <p><i>Start 10' with ball mastery = 200-300 touches per player!</i></p> <p>A. 7x 1' 1 dribble to each other, they do a turning skill and pass back to 2. Now the exercise starts again</p> <p>B. 7x 1' 1 dribble to each other. They do a turn skill. After the turn skill, they do a one-two with 2. After they pass to 3. 1 goes to position of 2, 2 to position of 3 and 3 starts again.</p>
<p>Repetition – 2v2 → 2v3</p> 	<p>20'</p> <p>Red 3 starts with passing to Red 2(5). Then the game is active 2v2. Yellow 11(7) and 5(2) need to press outside and try to win the ball. When the ball is scored or out, Yellow 3 dribbles in the field and now we play 2v3</p>
<p>Opposition Games - 4v4 → 4v5</p> 	<p>20'</p> <p>Exercise starts when Yellow 9 presses Red 3. He passes to Red 2(5). Then the game is active 4v4. Yellow 11(7), 10, 9 and 5(2) need to press outside and try to win the ball. When the ball is scored or out, Yellow 3 dribbles in the field and now we play 4v5</p>



	<p>25'</p> <p>Yellow team plays on 2 goals in wide position. Automatically they will use the sides more. This makes that Red teams needs to glide as a block well from central area to one side and back.</p>
<p>Cooling Down</p>	<p>5'</p>





THE FOOTBALL DEVELOPMENT MODEL

'PLAYING' FOOTBALL

IS A COLLECTIVE ISSUE

'DEVELOPING' FOOTBALL

IS AN INDIVIDUAL ISSUE

Individual analysis of each child

=> **Capacities over age**

Effect of puberty

=> **Not only focus on date of birth but individual plan**

Game reading

=> **Capacities and not the age is a factor to decide**





- **Learning is:**
 - an ongoing process:
 - cumulatively: the skills already acquired form the basis for new to learn the skills
- **The football development model:**
 - Create a “FUN-LEARNING” environment
 - Based on the development model of ball sports
 - Fluent passage of one phase into another
 - Repetition, repetition,
 - Age is directive: large individual differences possible by development field
 - The youth coach chooses learning aims and imply in function of the level according to the football development model.



Céderique Tulleners

*Technical Manager Training Content
Head of Women's Development*