

ALWAYS **S**  **CCER**  
Barcelona



Planning of the week for:

U7 ; U9 ; U11 ; U13

# Planning of the week

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| Monday                  | Wednesday         | Friday   |
|-------------------------|-------------------|--|
| Technification Training | Tactical Training | Remember Tactical objective (small times) & Small Games & Strategy |
| 1 h 30'                 | 1h 30'            | 1h 15'   |

# Objectives for day

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|                      | Monday | Wednesday | Friday |
|----------------------|--------|-----------|--------|
| Tension              | +/-    | +++       | ++     |
| Duration             | ++     | +++       | -      |
| Speed                | -      | +/-       | +++    |
| Emotional exhaustion | +/-    | +++       | +      |

# Monday

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- ❖ Objectives:

- ❖ Our objective is create intelligence players and they must know the difference situations (in technicals aspects).
- ❖ During this days we're going to train technics aspects (pass and control, running with te ball, shoot,..). After the train the have to know difference questions about the concept :
  - ❖ When can I do this...
  - ❖ Why can I do this...

# Monday times

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| Exercise            | Times   |
|---------------------|---------|
| Warm up             | 15'     |
| Corrective exercise | 15'-20' |
| Corrective game     | 25'     |
| Football game       | 25'     |
| The end             | 10'     |

# Example (objective)

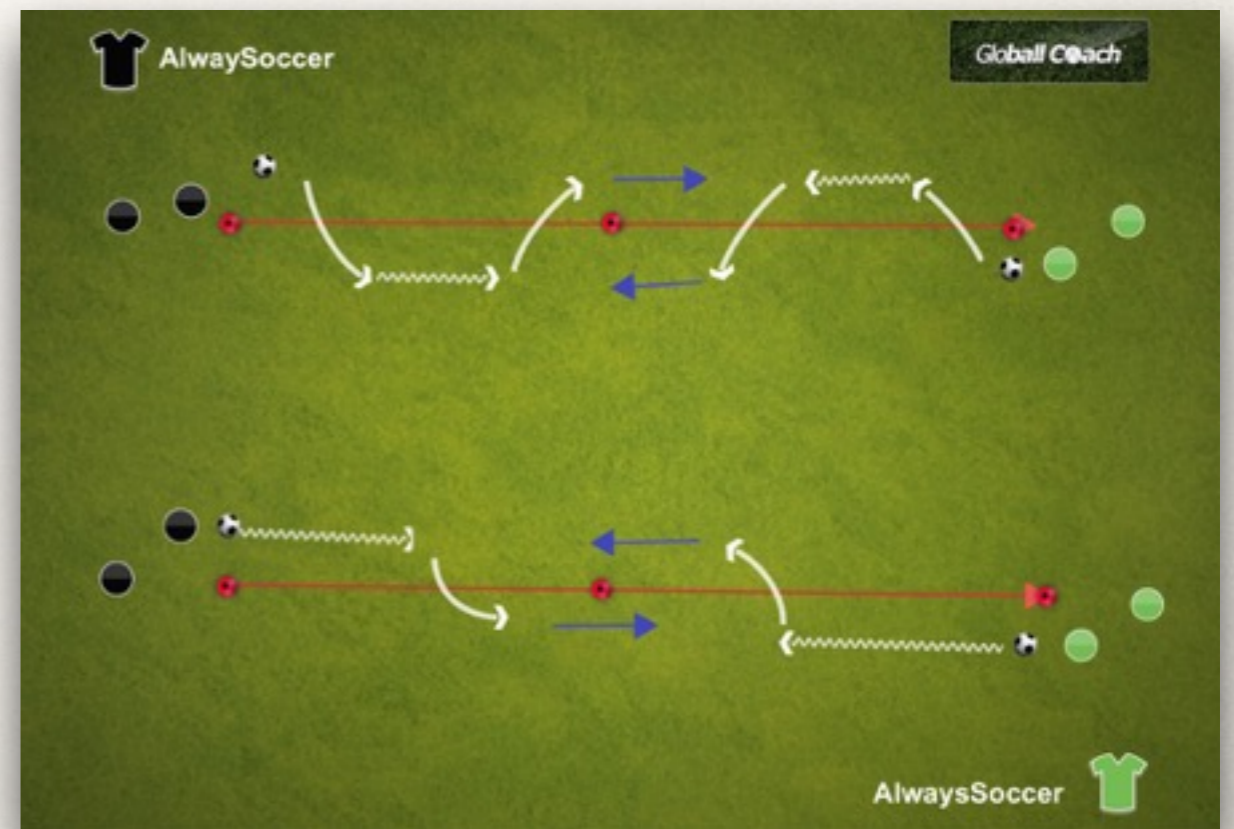
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- ❖ We are going to train running with the ball but with 2 different objective:
  - ❖ Fix the opponent and to take another place.

# Example (Warm up)

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- ❖ Two different lines
  - ❖ One line chose the direction and when he change the way, the other player have to change.
- ❖ Right way: right leg
- ❖ Left way: left leg

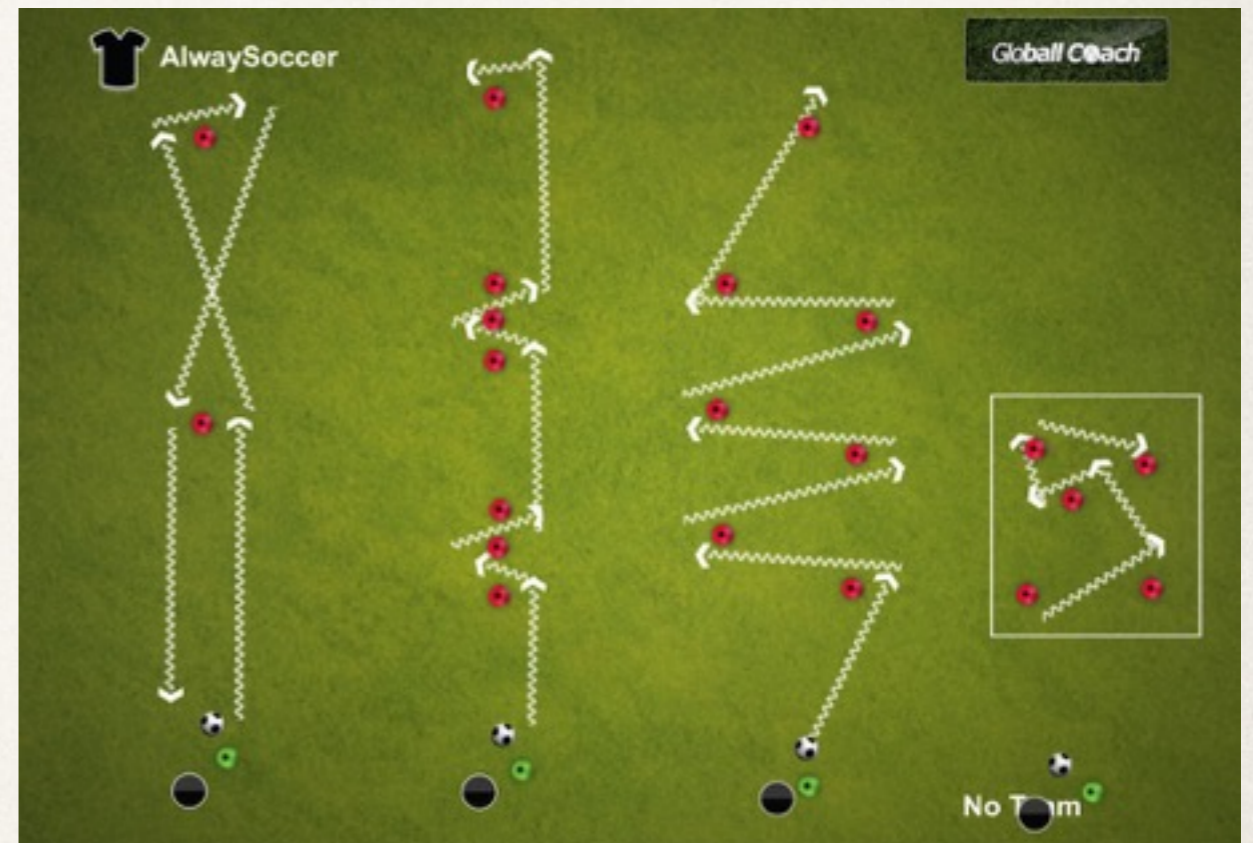




# Example (Corrective Exercise)

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- ❖ We have 4 different post:
  - ❖ 1; depends in which way direction you go, you must go with one left or other leg.
  - ❖ 2; the outward with right and the return with left
  - ❖ 3; right directions with left leg and left directions with right leg
  - ❖ 4; the players must fix the coins and then change the direction



# Example (Corrective Game)

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- ❖ We have 2 different parts; in the first part we have one situation 2vs1 and the other part we have 1 opponent or not (depends the level).
- ❖ The objective is to beat the first opponent and then we will have the same situation.
- ❖ Objective: When I can progress to the next zone (when I have space).
- ❖ 1 Zone: If in the first part the offensive players make 5 passes they win 1 point.
- ❖ 2 Zone: Central goal 3 points, goals sides 1 point.



# Example (Football Game)

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- ❖ Situation 3vs3 and the pitch has 3 different zones.
- ❖ In the first and last zone only can stay there 1 defense. If in the last zone has one offensive player, one defense player has to stay with him.
- ❖ If they want change the zone, only they can change by running with the ball.
- ❖ Objective: Create the spaces and then use, to take the opponent to the another place to after use the clean space and after running with the ball between de small goalies.



# Example (the end)

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- ❖ Black player has the ball and the objective is running with the ball until one coin (he can choose) and the situation 1vs1.
- ❖ Green player without ball, he has to see in front and when he see the offensive player, he must go to the opposite coin and try the ball.



# Wednesday

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- ❖ Objectives:

- ❖ To train the different situations that maybe we can have during the match.
- ❖ Example; Keep the ball in offensive half because the opponent is close and you have the sides free and we need to play in width...

# Wednesday times

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| Exercise          | Times       |
|-------------------|-------------|
| Warm up           | 15'         |
| Tactical exercise | 10'-12'-15' |
| Repetitions       | 2-3         |
| Relax             | 1'30''-2'   |

# Position Game

## (Winger backs change sides)

- ❖ We will divide the field in three different zones. In each zone we will have two players for each team plus 1 joker inside and 2 jokers outside the field. We want to simulate the start of the game in one structure 2-2.
- ❖ The objective is to deliver the ball behind 2 far opponents players.
- ❖ The player with the ball has to detect where the space is, if the opponent comes inside (center zone), the space is behind him and if he doesn't come inside the space is in the center zone with the striker teammate.
- ❖ Rules:
  - ❖ The striker in the ball's side has to get away outside the field and the other striker has to come inside in the center zone.
  - ❖ Opponent in the ball's side has to follow the striker.
  - ❖ We can only arrive to the spaces through the winger back's or since the striker to the winger back.



# Friday

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- ❖ Objectives:

- ❖ To train the speed

- ❖ To train in small surface (intensive games)

- ❖ Remember tactical objective but in small times

- ❖ To train strategy



# Friday times

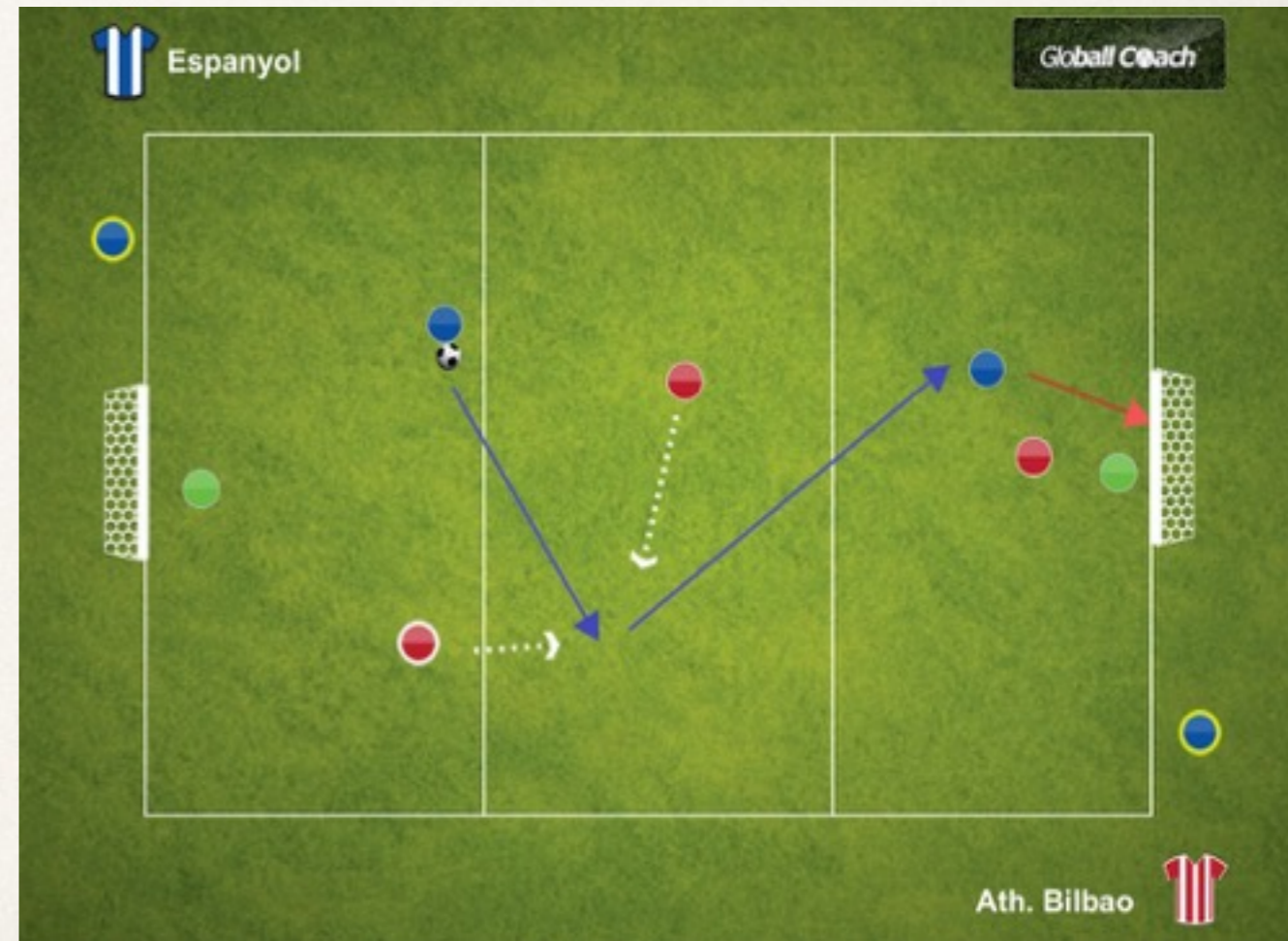
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| Exercise          | Times   |
|-------------------|---------|
| Warm up           | 15'     |
| The speed         | 45''-2' |
| Small games       | 3'      |
| Remember tactical | 6'-8'   |
| Strategy          | 10'     |

# Example (the speed)

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- ❖ Situation 2vs2 plus neutro and only they can progress in front (they can't do passes backwards).
- ❖ The neutro only has one touch and he can't shoot.
- ❖ After goal change the team.



# Example (small games)

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- ❖ We're training transition defense - attack.
- ❖ 3 different teams plus 1 neutro, the objective is make goal before 5 pases.
- ❖ Change the team every goal.



# Example (remember tactical objectives)

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- ❖ Situation 4vs4 plus 2 neutros.
- ❖ The objective is running with the ball between the small goalies or shoot (depend of the level).
- ❖ We're training play in width and fix the opponent and to take another place.
- ❖ Different options: Two different fields and if one team do 8 passes in one half, they win 3 points.



# Summary

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- ❖ Our objective is create intelligence players and train during the week different situations that maybe we can have in the match.
- ❖ Always we have to train based on our system play.

Planning of the week for:

*U14; U15; U17; U19*

# Rules

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- We must work based on our system of play.
- All players must participate in the exercises, can not have players without participating.
- We work based on objectives to improve and situations that we could have at matches.

# Planning of the week

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| Tuesday         | Wednesday | Thursday | Friday           |
|-----------------|-----------|----------|------------------|
| Active recovery | Tension   | Duration | Speed & Strategy |
| 1 h 30'         | 1h 30'    | 1h30'    | 1h 15'           |



# Objectives for day

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|                      | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---------|-----------|----------|--------|
| Tension              | +       | +++       | +        | +      |
| Duration             | -       | -         | ++       | -      |
| Speed                | +       | ++        | +        | +++    |
| Emotional exhaustion | -       | +         | ++       | -      |

# Tuesday (active recovery)

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- ❖ Objectives:

- ❖ Intermittent train

- ❖ Work from 8' to 10' with 2-3-4 stops

- ❖ To train of big concepts or small concepts of last match

- ❖ The players didn't play, they have to train more strong

- ❖ Pay attention with the last result

# Active recovery

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## Objetives:

- Defensive tilt
- Zonal covering, to press the player in your zone.
- Change to another side after take the ball.
- Winger backs progress to find situations 2vs1 in sides.

Space: 60x60 (central zone 30x50)

Time: 4 series of each repetition 2'.

Recover :5' by race at 50% + abdominal // Reserve: technical - physical circuit 8'

Number of the player: 19 players

# Description (active recovery)

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Position game for 3 different groups and each group have 4 players. One group is in the central zone for to train defensive tilt and to pressure player with ball for try to take the ball, at the moment that he can take the ball, he has to change to another side from neutro and they must do attack 6vs4, the winger backs they must progress for outside of neutro for to find situations 2vs1 in sides.

## Rules:

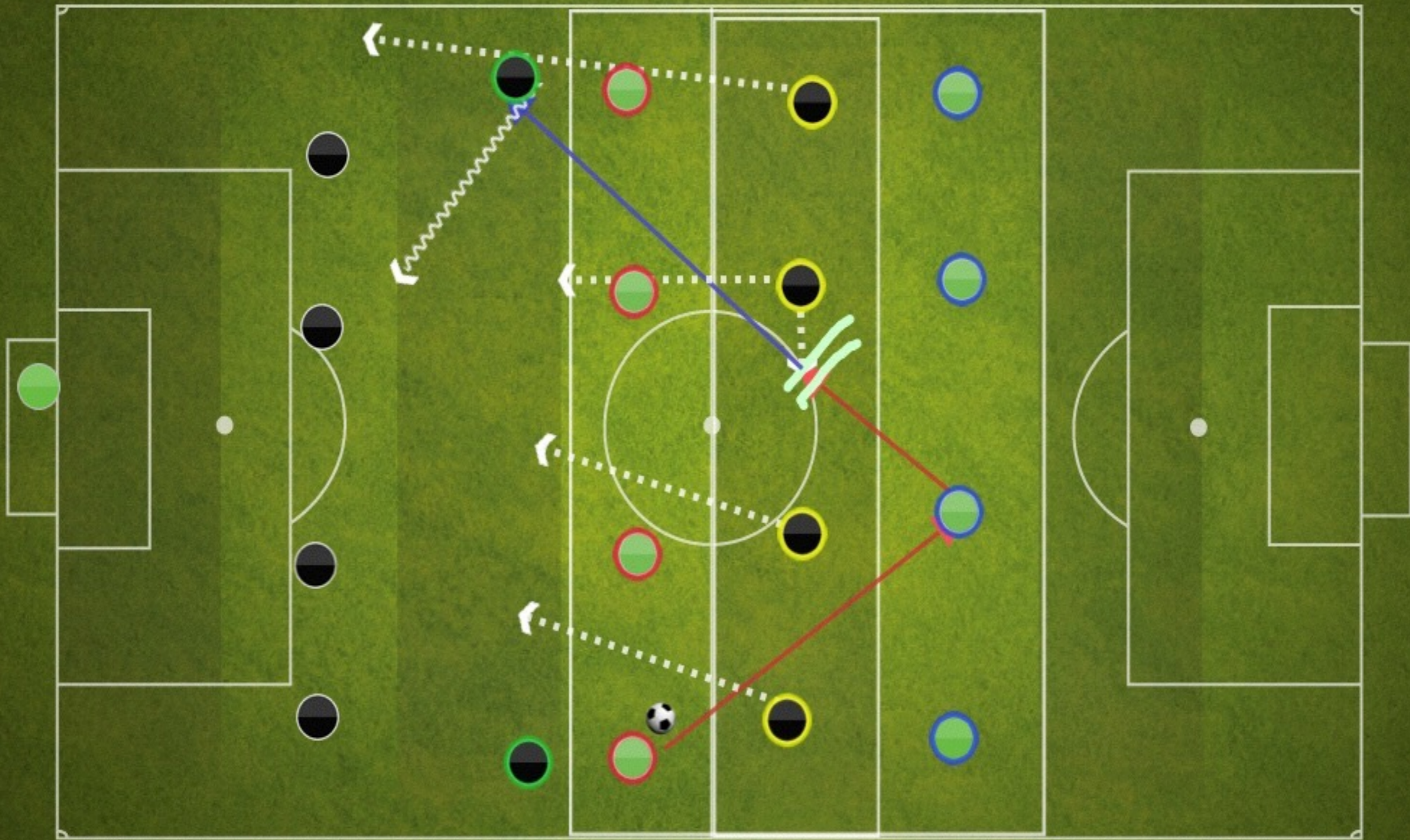
1. Maximum 3 touches for each player.
2. Change to another side after take the ball. Maximum 3 touches for each player.

## Variant:

1. Put one offensive neutro inside the position game.
2. Put one defensive neutro in the position game in sides.
3. Player that lost the ball, he has to pressure during 5 seconds.
4. Maximum 3 touches for each player.
5. Change to another side after take the ball. Maximum 3 touches for each player.



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# Wednesday (tension)

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## ❖ Objectives:

- ❖ Work the small concepts or micro concepts for lines, individual or sectorial.
- ❖ Actions that it has more effort, acceleration, change directions and jumps (muscular contraction).
- ❖ Work more intermittent because it has a big muscular charge.
- ❖ The duration between 1'-3' with break 2 time large than the work.

# Tension

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## Objectives:

- Keep the ball and make more velocity in the ball in the last part.
- Change to another side for create the spaces in sides.
- Find the spaces that the player use through mobility.
- Reorganize the line 3/4 for after to use the pressing (organize defense)

Space: 60x40 (central zone de 20x40)

Time: 3 series 2 replay that 2'.

Rest: 6' between serie and serie (laps at 50%) / 2' between replay and do skill

N° players: 12

# Description (tension)

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Match 5vs5 plus 2 neutros. The pitch has 3 different zones, the offensive objective is do width with the booth neutros that they play in sides and through the changes the ball by central defenders to sides they must find situations 2vs1 in sides with the striker, to create free spaces for the to get back into their correct positions in opposite zone.

Defensive if the team lose the ball in near sub-zone to the goal, the neutros are defensive players (with the objective to cover pass nearby lines and forcing long pass) until that ball team get arrive to central zone.

## Rules:

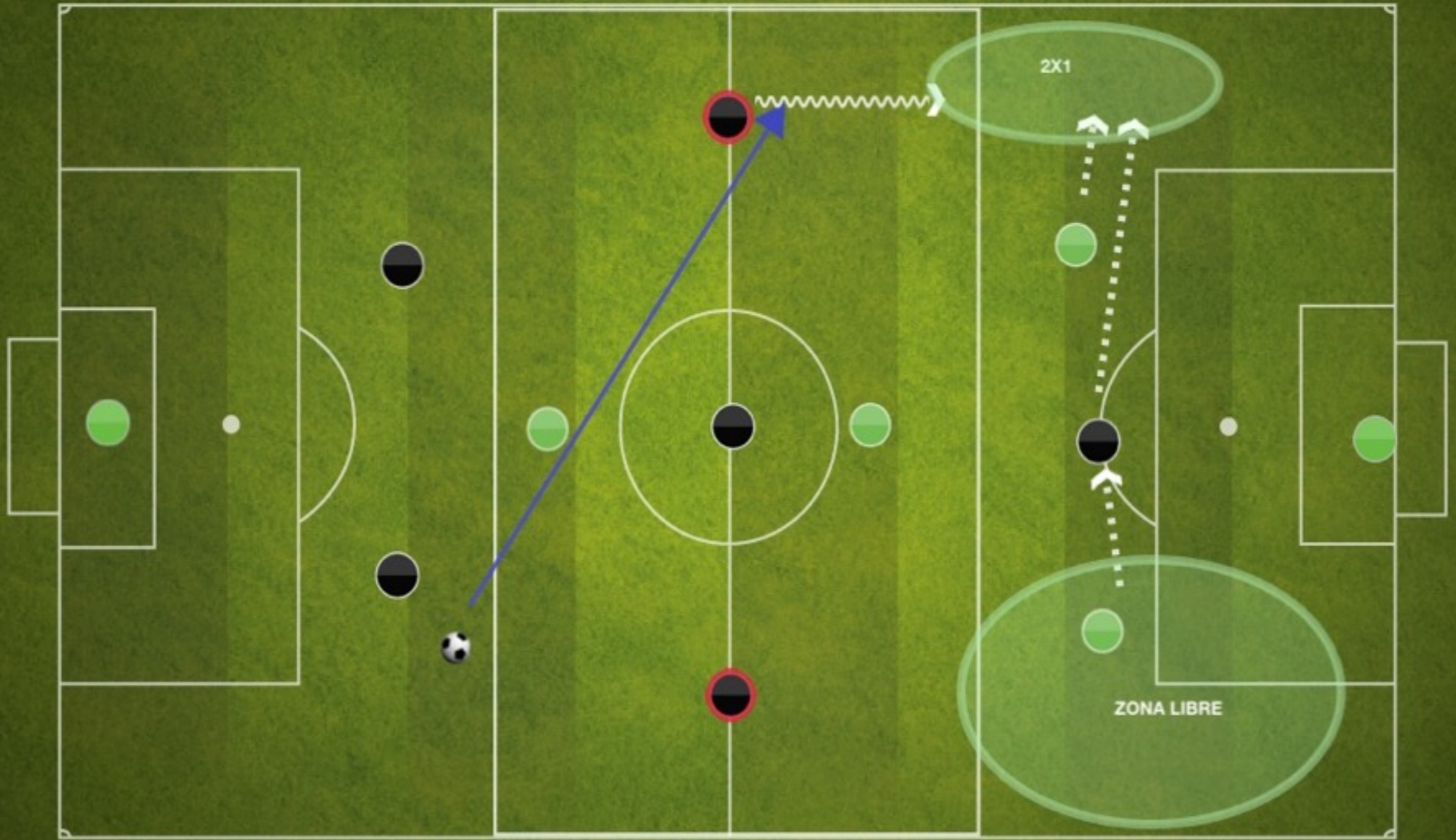
1. Central defenders only can move in goal zone.
2. Maximum 3 offensive player for zone.
3. Minimum number of player in defense is 2 and in central zone 1.
4. Neutros are defensive if they lost the ball in sub-zone near the goal.





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Global Coach

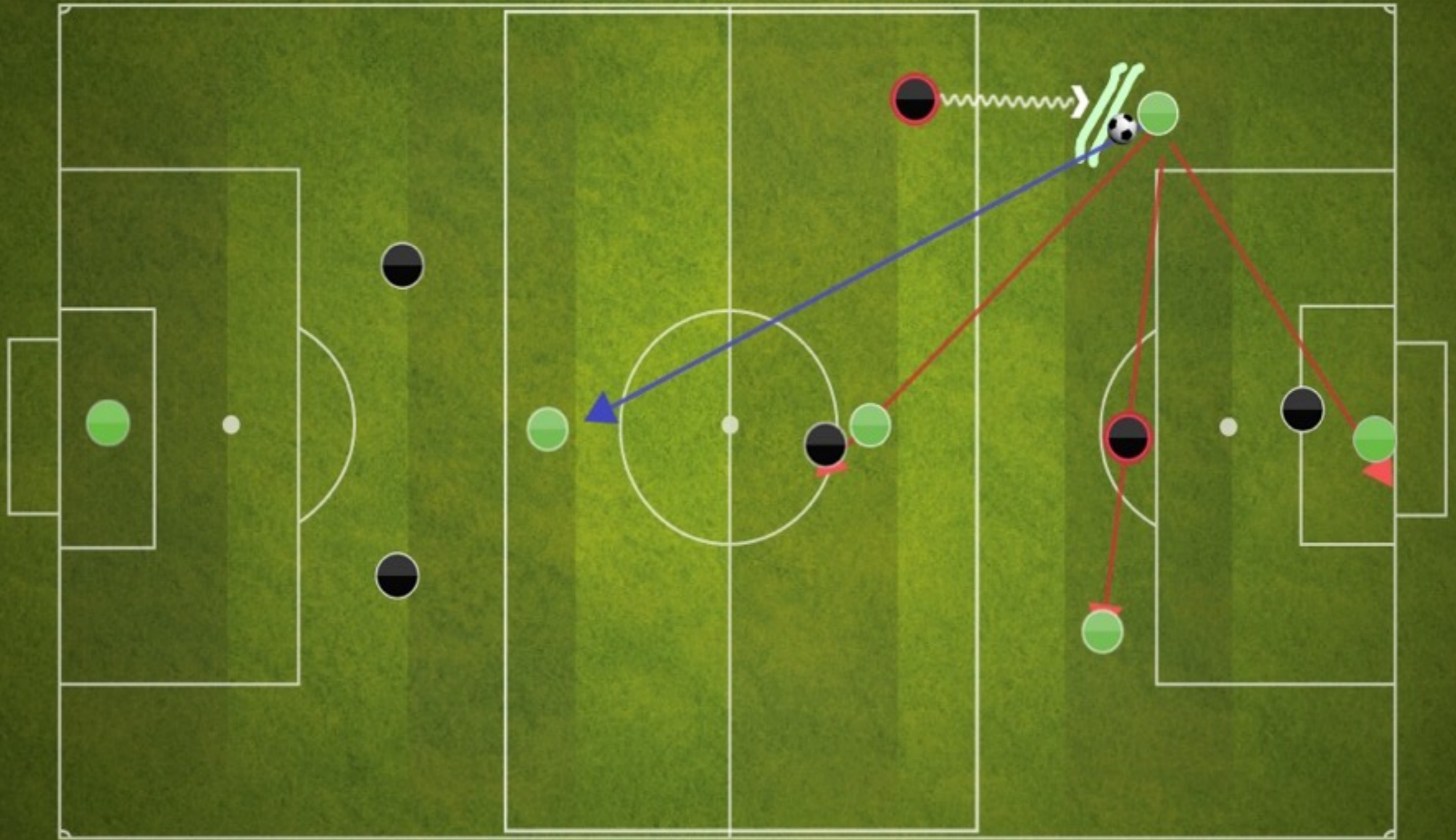


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Always Soccer



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# Thursday (duration)

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- ❖ Objectives:

- ❖ This day we must train the big concepts like match.
- ❖ Big: Spaces, times and number the players.
- ❖ Increase the difficulty of the exercise.
- ❖ Duration the exercise 8'-10'-12'-15'.

# Example

(get away in sides and the play inside - outside)

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- ❖ We're training the get away in 4 different sides and to play inside for outside. When the ball is outside the next action is play inside (if they play inside the square they win 1 point)
- ❖ The players the sides when they haven't the ball and they must follow the offensive player.
- ❖ The neutros only they can do 1 touch.



# Example

(create the free spaces in offensive parts for them to use)

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- ❖ Match with rules: Situation 8vs8 plus neutro.
- ❖ Inside the field we have 3 different parts and only can go inside midfields or striker when he's creating the space in offensive part.
- ❖ The defenders only can play in sides parts and they must follow the strikers when they come inside the spaces.
- ❖ Goal after create the space and use 3 point. Normal goal 1 point.



# Friday (speed)

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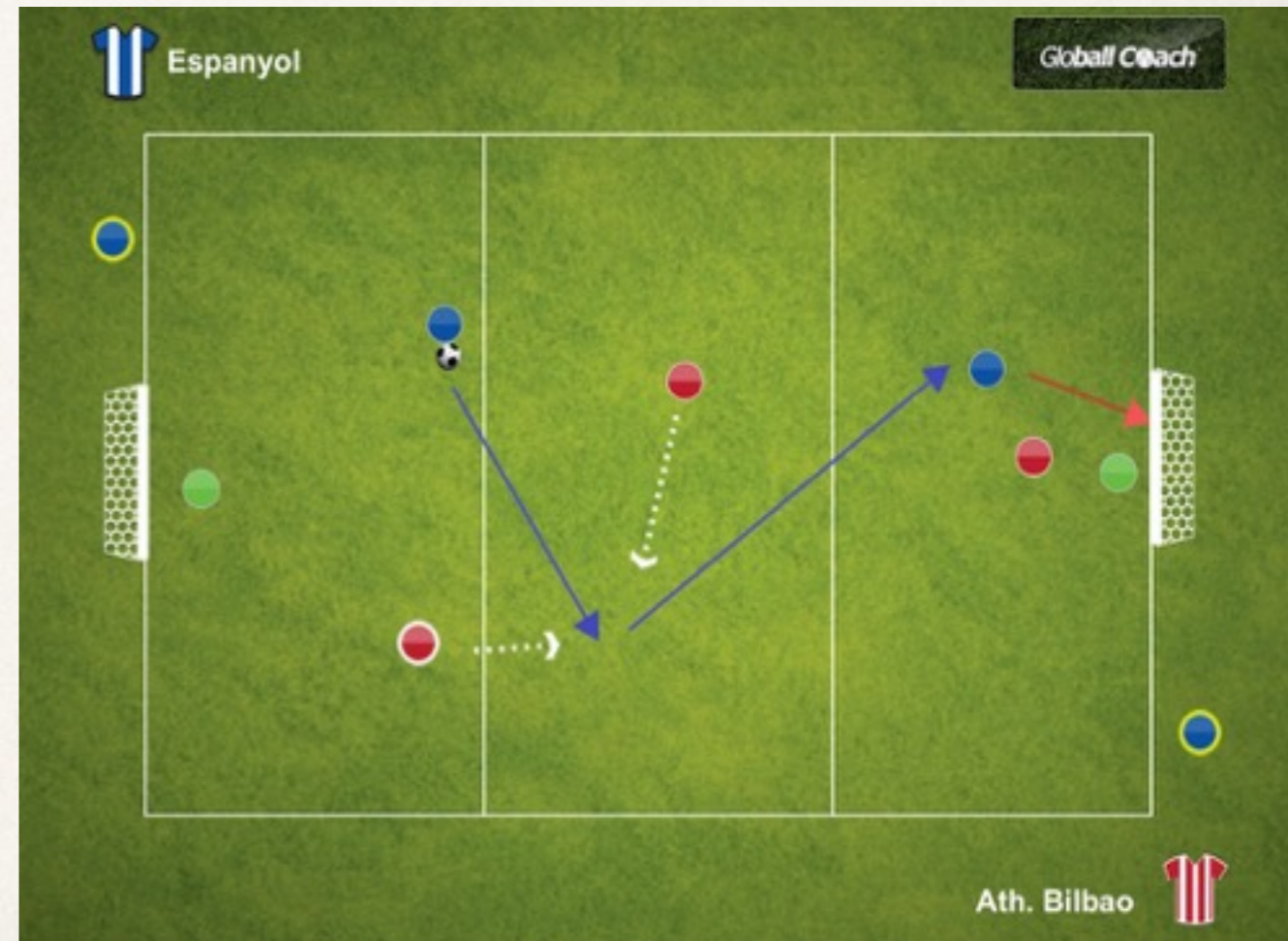
- ❖ Objectives:

- ❖ We must train the concepts for lines and individually. Reduce the difficulty in the exercise with less concentration, without opponents or passive opponents, small times and a few players.
- ❖ To train without interruption from 45'' to 2' in 8-12 repetitions.

# Example (the speed)

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- ❖ Situation 2vs2 plus neutro and only they can progress in front (they can't do passes backwards).
- ❖ The neutro only has one touch and he can't shoot.
- ❖ After goal change the team.



# Example (small games)

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- ❖ We're training transition defense - attack.
- ❖ 3 different teams plus 1 neutro, the objective is make goal before 5 pases.
- ❖ Change the team every goal.

