

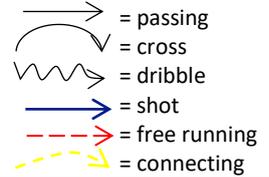
# TRAINING 1

**Training:** Ruud Verstraeten.  
**Theme:** To run free in possession and to be playable.  
**Target:** Shifting the game situation.

**Age:** U15.  
**How many players:** 14+2K.  
**Material:** 2 big goals, 4 small goals, 12 hats, 14 (2x7) yellow and white t-shirts.  
**Total duration:** 90 minutes.



- Guidelines and coaching words:**
  - Ask the ball (play) (bounce).
  - Do pre-action.
  - Move without the ball.
  - Stand well turned.
  - Coach each other.
  - Quick switch from Ball loss - Ball possession.



## WARMING-UP



## Warming-up with ball in triangle

25'

**Organization:**  
Pitch size: half pitch.

**Description:**  
 a) Briefing to the players regarding training build-up.  
 b) Run free for 5 minutes under the guidance of the captain.  
 c) Dynamic stretching exercises.  
 d) Passing exercise: players as shown in figure: form triangles on the corners of the half field, A passes on B, B passes on C and C passes on A, ball always stays in the triangle. Connecting B1 to C2 in warm-up exercise form.  
 e) Sprint exercise, same exercise as above but now connecting A→B spurt, B1→C4 quiet run, C→A sprint.  
 Variant: connecting A→B quiet run, B1→C4 sprint, C→A quiet run.

**Coaching:**  
Ask the ball (play) (bounce), take forward action, move without the ball, stand well turned.

## BETWEEN FORM 1



## Condition with ball after combination 1

10'

**Organization:**  
Pitch size: half pitch.

**Description:**  
Technical-Conditional form.  
A1 passes on B1, B1 diagonally on C1, C1 in the open space to release A1, A1 dribble and passes on A2, who starts the exercise again.  
Connect alphabetically.  
First version with one ball.

**Variant:**  
Execution with 2 balls, starting simultaneously at A1 and A2.

**Coaching:**  
Ask the ball (play) (bounce), take forward action, move without the ball, stand well turned.

## BETWEEN FORM 2



## Condition with ball after combination 2

10'

**Organization:**  
Pitch size: half pitch.

**Description:**  
Technical-Conditional form.  
A1 passes on B1, B1 diagonally on C1, C1 in the open space returns to the unhooking C1 and this plays to D1, D1 on free C1 who plays to A2 and starts the exercise again.  
Connect alphabetically.  
First version with one ball.

**Variant:**  
Execution with 2 balls, starting simultaneously at A1 and A2.

**Coaching:**  
Ask the ball (play) (bounce), take forward action, move without the ball, stand well turned.

**BETWEEN FORM 3**

**Condition with ball after combination 3**

**10'**



**Organization:**  
Pitch size: half pitch.

**Description:**  
Technical-Conditional form.  
A1 passes on B1, B1 diagonally on C1, C1 in the open space to release A1, A1 dribble and open to D1, D1 returns to E1 passing to the unhooking C1 and plays to A2 who starts the exercise again.  
Connect alphabetically.  
First version with one ball.

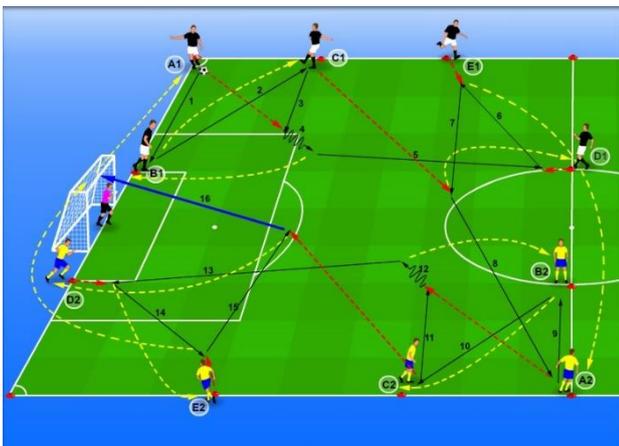
**Variant:**  
Execution with 2 balls, starting simultaneously at A1 and A2.

**Coaching:**  
Ask the ball (play) (bounce), take forward action, move without the ball, stand well turned.

**BETWEEN FORM 4**

**Condition with ball after combination and finishing**

**10'**



**Organization:**  
Pitch size: half pitch.

**Description:**  
Technical-Conditional form.  
A1 passes on B1, B1 diagonally on C1, C1 in the open space to release A1, A1 dribble and open to D1, D1 returns to E1 passing to the unhooking C1 and plays to A2 who starts the exercise again. C2 now finishes and E2 goes to retrieve ball and to A1.  
Connect alphabetically.  
First version with one ball.

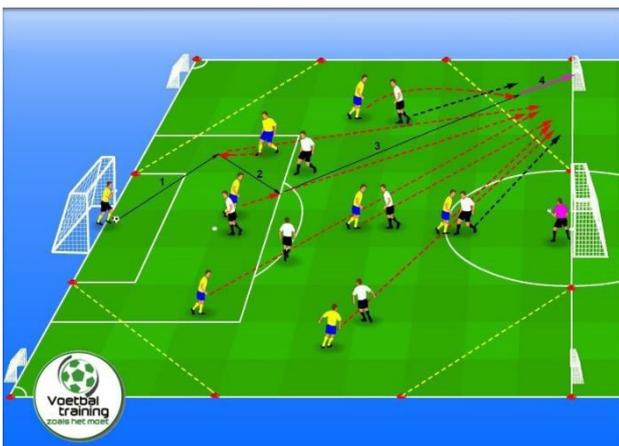
**Variant:**  
Execution with 2 balls, starting simultaneously at A1 and A2.

**Coaching:**  
Ask the ball (play) (bounce), take forward action, move without the ball, stand well turned.

**MATCH FORM 1**

**K+7 vs. 7+K → 7 vs. 2**

**20'**



**Organization:**  
Pitch size: half pitch.

**Description:**  
Competition format. Form two shifts. In the 4 triangles of the half field are 4 small goals, 2 for each team each on the attacking half. Two big goals, keepers in the goals. K + 7 vs. 7 + K

**Game rules:**  
1 point for goal in the big goals with goalkeepers.  
3 points when one can score a goal in one of the 2 small goals. A goal can only be scored when each field player is in the triangle of the small goal.

**Resistance:**  
2 defenders, from the other side, come to defend in the appropriate triangle. When the ball is in or out of goal, it goes to the opponent's goalkeeper and he starts the match again.

**Variant:**  
Increase defenders from 2 → 3, 3 → 4 and 4 → 5.

**Coaching:**  
Quick switch from ball loss → ball possession, Ask the ball (play) (bounce), take forward action, move without the ball, stand tightly.

**COOLING DOWN**

**Practice throw-in**

**5'**

For an explanation: see opposite.

**Description:**  
Players line up on the sidelines. Everyone throws in 3x.  
**Fun:**  
Who can throw it in?  
Clean up material together.  
Showering.