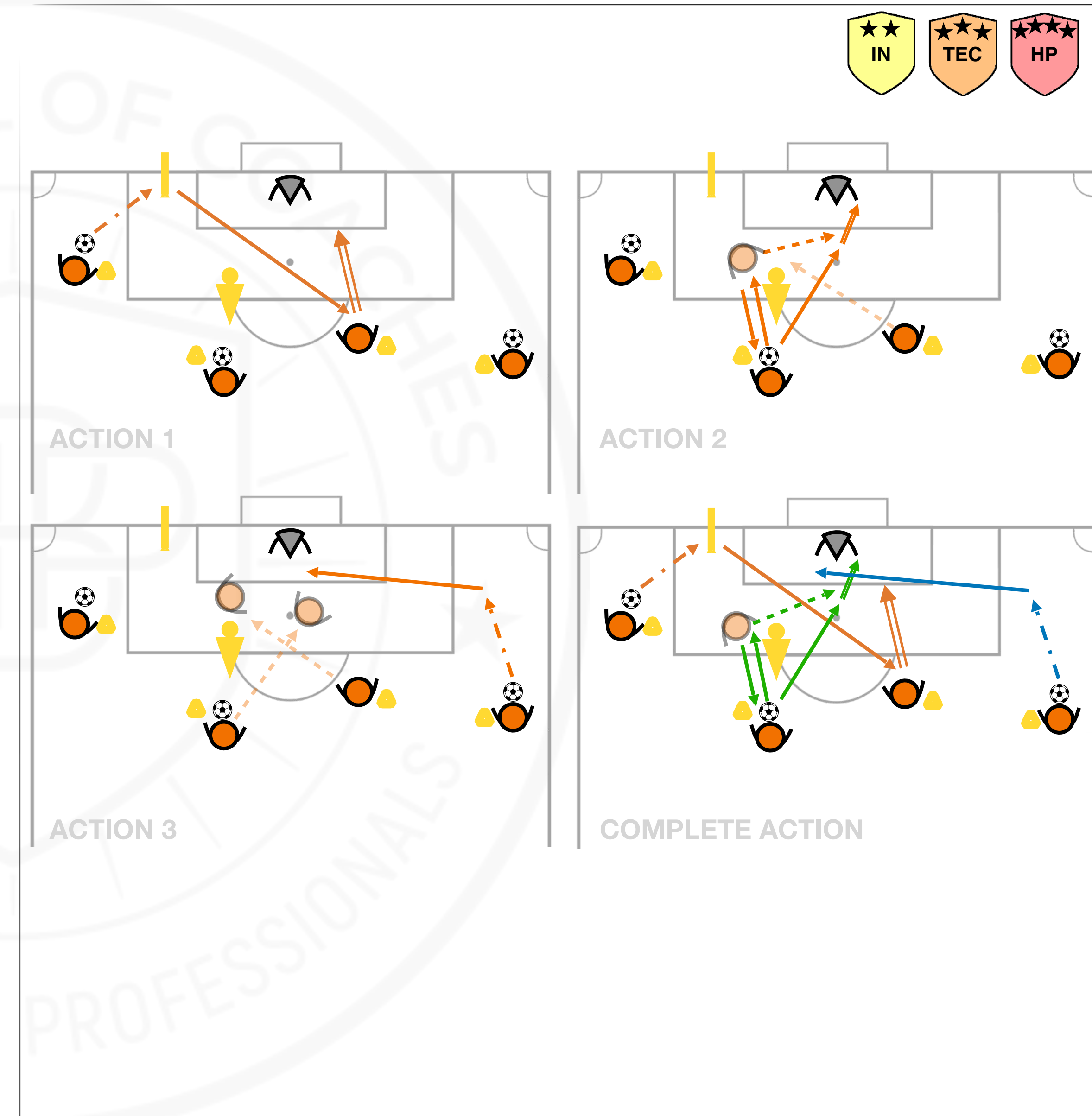




ANALYTICAL EXERCISE

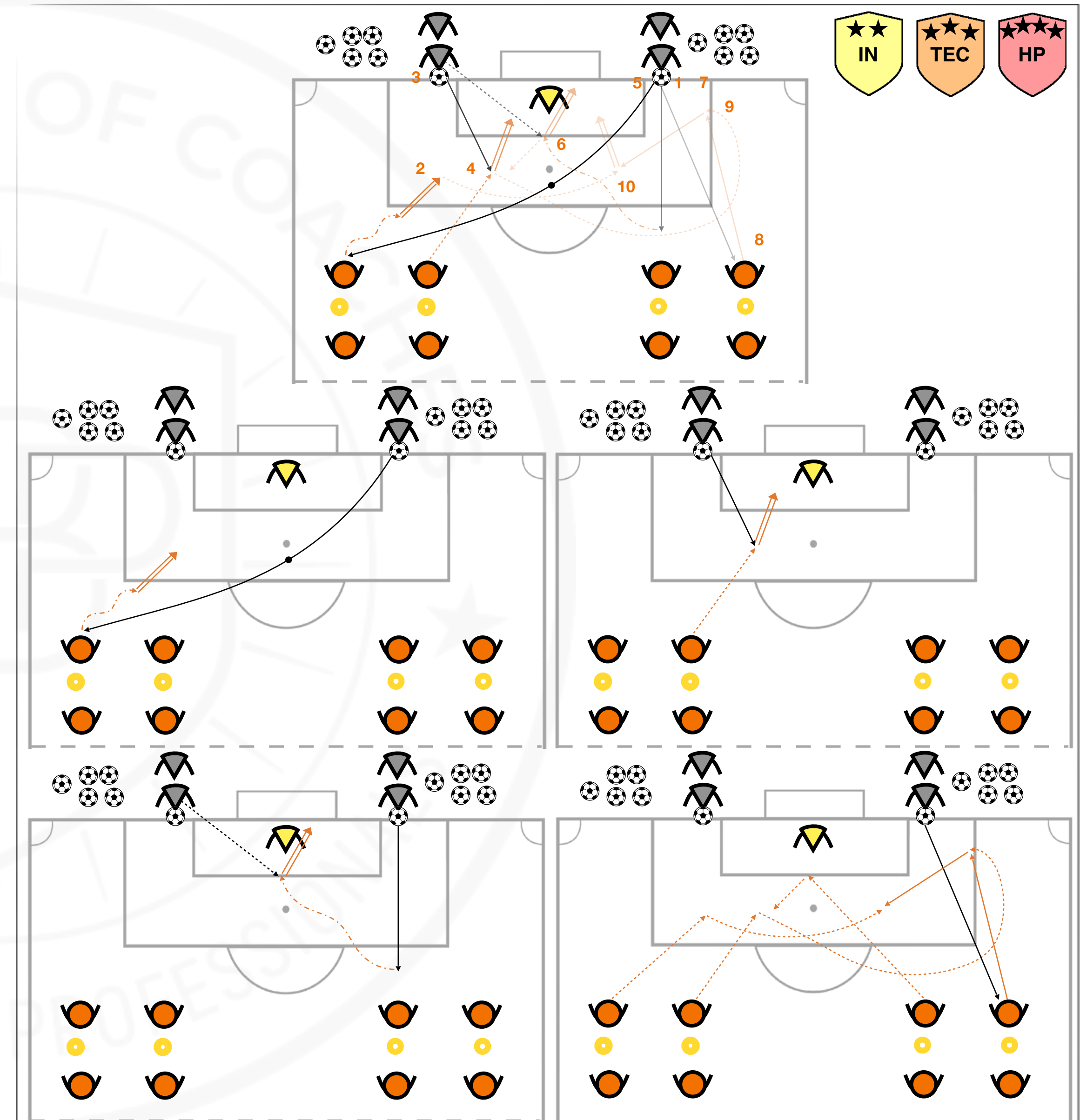
CONTENT		CONCEPT
SMS: Shooting		Use the inside of the foot to give more accuracy (close shots) and the instep to give more power (long shots).
MICROCYCLE DAY	TIME	SPACE
MD-1	2 sets of 3-4 mins with 1 min breaks	Around the penalty area.
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT
Activation	Min. 6 players	Cones, balls and mannequins.
DESCRIPTION		
<ul style="list-style-type: none"> - Action 1: start with player no. 1 with the ball and take it to the cone, there they make a cutback to the player waiting at the top of the box (no. 2), who receives the ball and shoots at goal. - Action 2: Once player no. 2 has finished they will receive the pass from player no. 3 with who they will make a wall pass and then shoot at goal. - Action 3: Player no. 4 will carry the ball and then make a cross for players no. 2 and 3. 		
RULES	SCORING	
<ul style="list-style-type: none"> - The first strike should be from outside the area. 	<ul style="list-style-type: none"> - Each time a player scores a goal, they score 1 point (individually). - The winner is the player who has scored the most points. 	
GRADIENT	FEEDBACK	
<ul style="list-style-type: none"> (+) Put 1 defending player to go out to defend action 1 and 3. (-) In action 1, allow the player inside the area to finish. 	<p>To shoot from a position close to the goal, which surface of the foot will I use to be more accurate?</p> <p>For a shot from a position far from the goal, which surface of the foot will I use to ensure that there is power?</p>	





ANALYTICAL EXERCISE

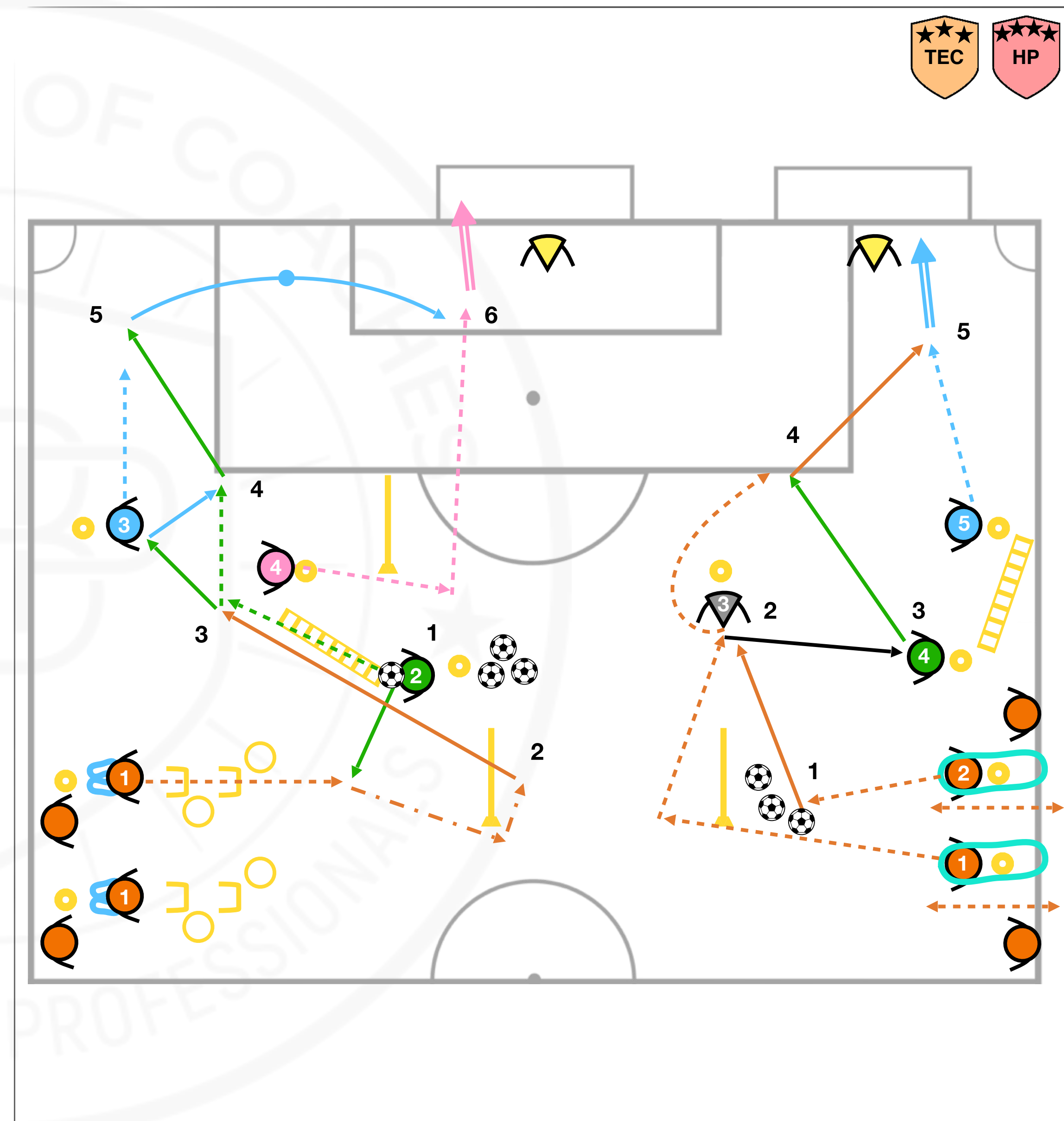
CONTENT		CONCEPT	
SMS: Shooting		The instep of the foot should be used to give power to the ball.	
MICROCYCLE DAY	TIME	SPACE	
MD-4 / MD-1	4 sets of 3 mins	¼ of a 11v11 pitch	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Activation	13 players: 4 v 8 + 1 GK	Bibs, cones and balls.	
DESCRIPTION			
<p>There will be 12 players arranged as follows: 4 lines at the edge of the area with 2 players per line (there can be more per line depending on the number of players in the team and the amount of rest we want to give between repetitions) and 2 lines on each side of the goal and a GK.</p> <ul style="list-style-type: none"> - 1st action: cross to the first line, orientated control + finish from outside the area. - 2nd action: low pass inside the area to the second line + finishing on one touch. - 3rd action: forward pass to the third line + orientated control to face 1v1 against the defending player in the first defending line + finish. - 4th action: pass to the edge of the box on the 4th line + through ball into the area + underlap from player in the 2nd line + cross + finish from the players in the first and third line. 			
NORMATIVA		PUNTUACIÓN	
Rotation: From position line 1 rotation to the right passing through the role of passer-defender (greys).		The player with the most goals scored wins.	
GRADIENT		FEEDBACK	
<p>(+) increase the distance from which the shot is to be taken.</p> <p>(-) decrease the distance from where to shoot.</p>		<ul style="list-style-type: none"> - Lean over the ball. - Use arms to maintain balance. - Use the instep to give power to the shot. - Use the inside when we are close to place the shot. 	





COORDINATIVE CIRCUIT

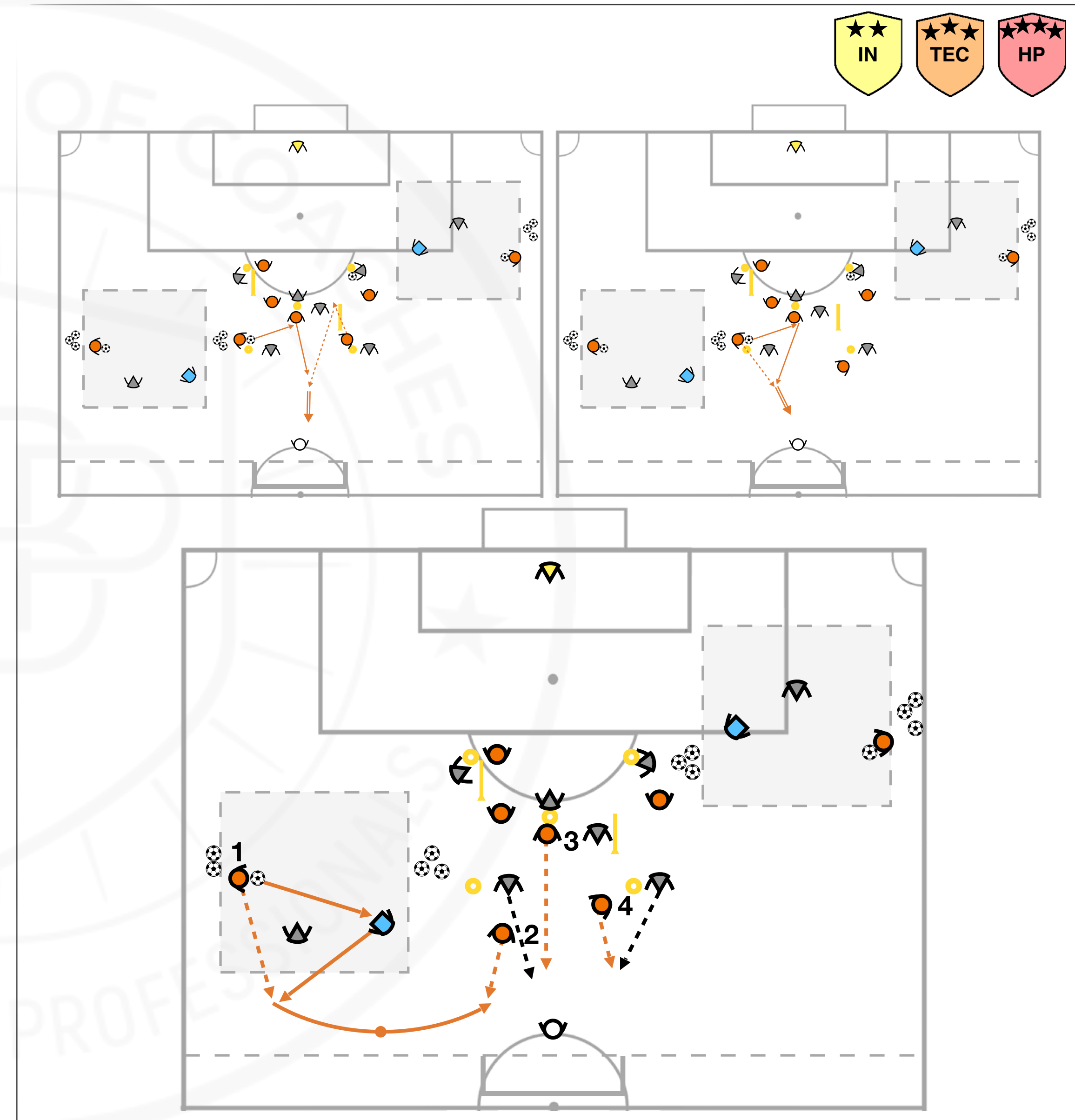
CONTENT		CONCEPT	
BMS: Accelerations / Decelerations SMS: Shooting / Passing		<ul style="list-style-type: none"> - Alternate movement of the upper limbs / Use the whole sole of the foot. - Prioritise placement over power / Make the pass strong and firm. 	
MICROCYCLE DAY	TIME	SPACE	
MD-4	4 sets of 2-3 mins with 1 min break	½ 11v11 pitch	
CONDITIONAL ORIENTATION	N° OF PLAYERS	EQUIPMENT	
Strength	18 players: 8 v 8 + 2 GKs	Russian belt, bands, poles, ladders, cones and balls.	
DESCRIPTION			
<p>There will be two co-ordination circuits, both of which will end with a finish at goal.</p> <p>Left Circuit: Start with player #1 x5 hamstrings with Russian belt + coordination. Player #2 pass to #1 after coordination + coordination. Player #1 drive with ball to pole and turn + through ball to #2. #2 wall pall and through ball to #3. #3 cross and #4 finish at goal.</p> <p>Right Circuit: #1 x5 accelerations with band + back to the cone + go in front of #3 to receive ball from #2 + protect the ball for 5". Player #2 will start with x10 forward accelerations with band and then go to the ball + pass to #1 who will have a defender trying to win the ball. #1 receives the pass from #4 and plays a through ball to #5 who will finish.</p>			
RULES		SCORING	
Rotation: numbers in white Circulation of the ball: numbers in black		We will play 2 sets per team in each circuit and the team that scores the most goals will win.	
GRADIENT		FEEDBACK	
(+) Increase the working load with longer sets. (-) Shorten the distances of the circuits.		<ul style="list-style-type: none"> - Alternate movement of the upper limbs, high initial frequency of support / Use the whole sole of the foot. - Prioritise placement over power, / Pass strong and firm, do not lift the ball off the ground and pass to set the advantage. 	





OPPOSITION CHAINED GAMES

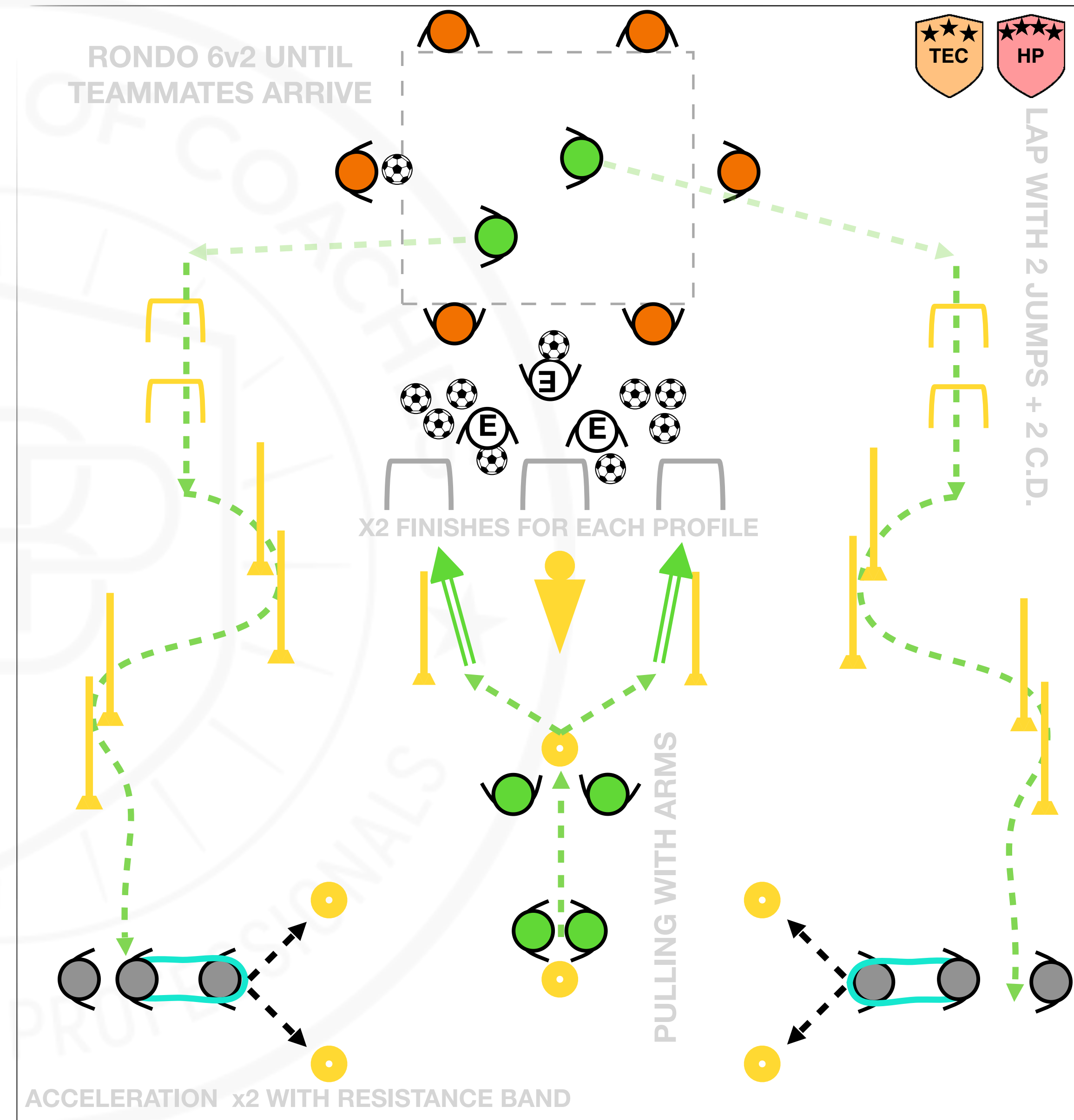
CONTENT		CONCEPT	
SMS: Shooting		The laces should be used to give power to the ball.	
MICROCYCLE DAY	TIME	SPACE	
MD-2 / MD-1	4 sets of 2 mins with 1 min breaks	½ of an 11v11 pitch with 2 15x15m sub-spaces	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Speed / Activation	20 players: 16 + 2 GKs + 2 Neutrals	Cones, bibs, poles and balls.	
DESCRIPTION			
<ol style="list-style-type: none"> At the top of the penalty area we will have 3 players positioned in the shape of a triangle. The action will be started by the player with the ball in position 2 making a back pass so that the player in position 2 can make a through ball to player 3 + finish. Wall pass between player 2 and 3 + finish. 1v1+N in the sub-space for a cross to be finished by players 2, 3 and 4, and defended by the two defending players at the top of the box. In defence, 3 players defend the third action. 			
RULES		SCORING	
<ul style="list-style-type: none"> - In the wide sub-space, a minimum of 1 pass and a maximum of 3 passes must be made, with 2 and 3 passes being made outside the space for the subsequent cross. - If the defender in the wide sub-space manages to recover the ball, they must make a cross with a maximum of 2 passes inside or outside the square. - Rotation: following the order of the numbers and changing roles every two sets. 		The team that scores the most goals wins.	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> (+) Increase the shooting distance. (-) Decrease shooting distance / Remove defenders who defend the cross. 		<ul style="list-style-type: none"> - Strike with the inside of the foot when closer to the goal and with the laces when further away. - Use the laces to give power to the ball. - Lean slightly forward so that the ball does not go too high, and use the arms to maintain balance. 	





OPPOSITION CHAINED GAME

CONTENT		CONCEPT	
1. BMS: Accelerations 2. SMS: Finishing 3. SMS: Passing		1. High initial frequency. 2. Aim the shot low. 3. Make the pass firm.	
MICROCYCLE DAY	TIME	SPACE	
MD-4	3 sets of 2-3 reps with 1-2 min breaks	20x40m	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	18 players: 6 v 6 + 6	Cones, bibs, poles, mini-goals, hurdles and resistance bands	
DESCRIPTION			
A 3-team chained opposition game consisting of a circuit prior to a rondo and then another circuit. Two teams will work simultaneously defensively and one in attack in the rondo. There will be 3 sets, so that all teams go through the attacking role once and twice through the defensive role.			
1. The task will start with two accelerations per profile with a small resistance from the band assisted by a teammate. 2. Two players will move from cone to cone while pulling each other (dueling strength). 3. Then, 2 finishes with the head or foot (the coach decides randomly) for each profile. 4. These two players enter the rondo and stay there until they steal the ball or until the next two players arrive. 5. Finally, they will return to the line by performing the last circuit (two hurdles and two changes of direction).			
RULES		SCORING	
- In the rondo, 1 touch per player. - Defensively in the rondo, two players will aim to win the ball and leave the rondo if they steal the ball or if two new defenders enter.		No scoring.	
GRADIENT		FEEDBACK	
(+) Increase the distances of the circuit. (-) Reduce the distances of the circuit.		- High initial frequency in accelerations using the front part of the foot. - Aim the shot low and hard. - Make the pass firm and without lifting the ball from the duel.	



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