

The day before the game

Session overview

Part 1: activation and technical passing circuit

Part 2: 8v4 possession game plus a joker

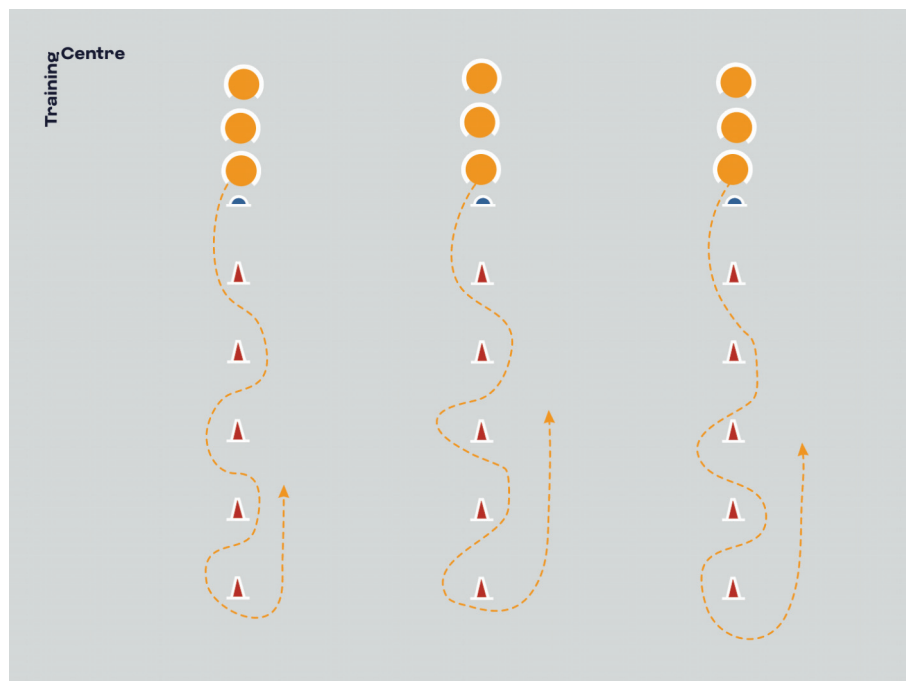
Part 3: set pieces

Key coaching points

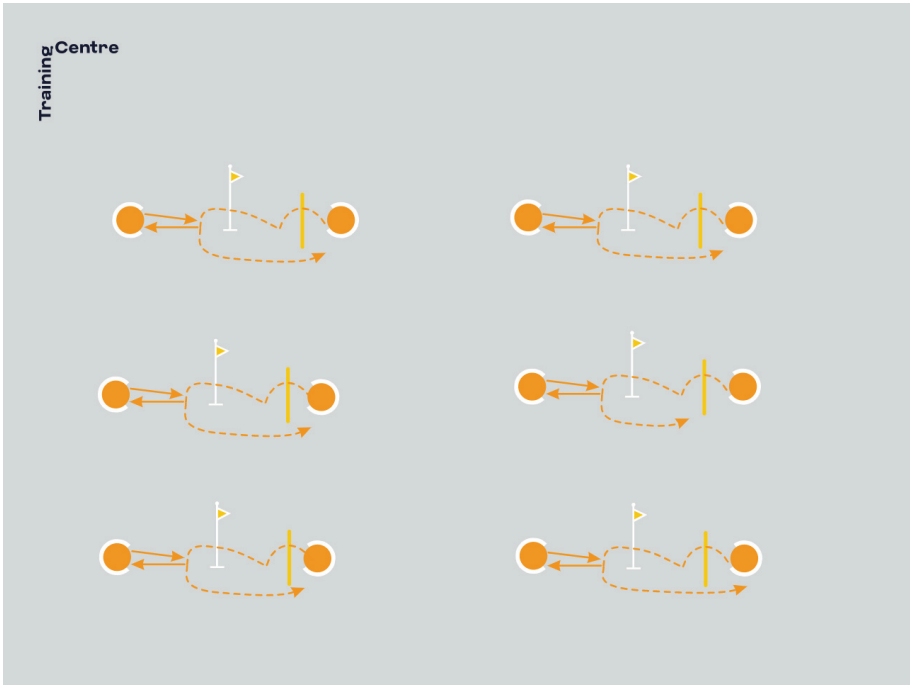
- Comprehensive and progressive movements to activate the body in preparation for the main part of the session.
- Firm passes played into space to allow the recipient to run on to the ball.
- Speed of execution.
- Be alert to player rotations.
- Constant communication between players makes the ball carrier aware of their team-mates' positioning, thereby enabling them to move the ball successfully and retain possession.

PART 1: ACTIVATION AND TECHNICAL PASSING CIRCUIT

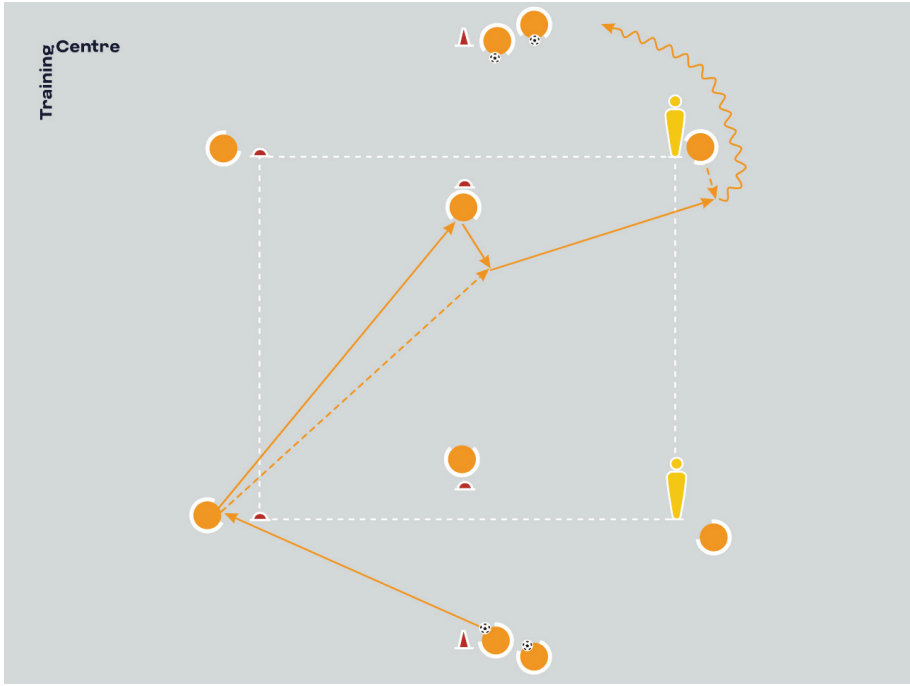
The session begins with some basic movements and exercises that work on coordination. The players are then divided up into groups of four with one ball per group. Each group completes a passing circuit that involves making runs to receive the ball, support play and one-twos. The aim of the warm-up, which comprises exercises both with and without the ball, is to prepare players for the competitive exercises in the main part of the session.



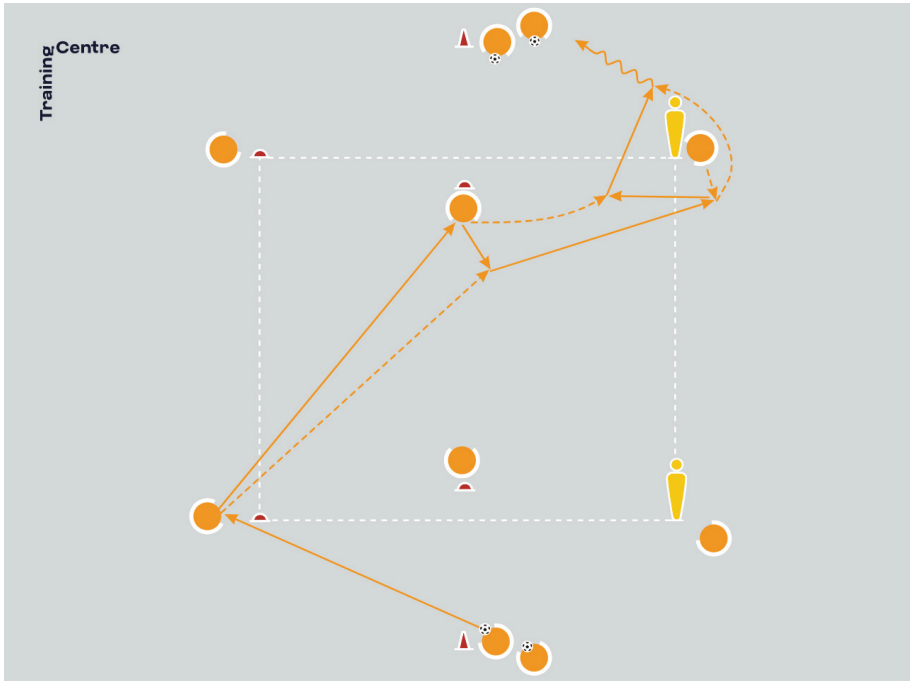
Activation without the ball focusing on coordination



Technical exercise in pairs focusing on passing technique and side-on movements (without losing sight of the ball)



Passing circuit and positional rotations



Passing circuit and positional rotations with variation on last pass

Organisation

General activation

- Place a flat disc to mark the starting point.
- Position 5 cones 1m from each other.

Technical circuit in pairs

- Place a pole in the ground.
- Travel 2m from the pole and place a post along the ground between two flat discs.

Passing circuit and positional rotations

- Mark out a 20x20m exercise area with 2 servers with balls, who will start the circuit, positioned outside the area.
- Place a mannequin, which simulates an opponent, in 2 corners of the exercise area.
- Position 1 player in each corner of the exercise area.
- Position 1 player within the playing area, midway between each corner occupied by a mannequin and the other corner.
- Give each 4-player group a ball.

Explanation (activation)

General activation

- Players carry out exercises to work on coordination, including lateral knee raises, straight-ahead running and sidesteps.

Technical circuit in pairs

- One player acts as a server and throws the ball.
- Their partner jogs towards the pole and meets the throw with a side-footed volleyed pass, before immediately adopting side-on body positioning and returning towards the starting point without losing sight of the ball.

Passing circuit and positional rotations

- Player A begins the circuit by playing a pass into space, i.e. “with an advantage” to Player B.
- Player B performs a directional control to move forward, before playing a firm pass to Player C and immediately darting forward to offer a passing option.
- Player C, who is not facing forward when receiving the ball, offers support and plays a one-two with Player B.
- Player D emerges from behind the mannequin and makes a short, 2m burst to receive a firm pass, performs a directional control and carries the ball back to the starting point of the circuit again.
- Player A takes up the position occupied by Player B, who now occupies the position of Player C, and Player D restarts the sequence down the opposite side of the exercise area.
- The players rotate positions after each pass and so must be very alert to the rotations.

Variations

Variation 1:

- The passing circuit follows the same sequence up until the final pass, where players C and D complete the circuit by playing a one-two.

Variation 2:

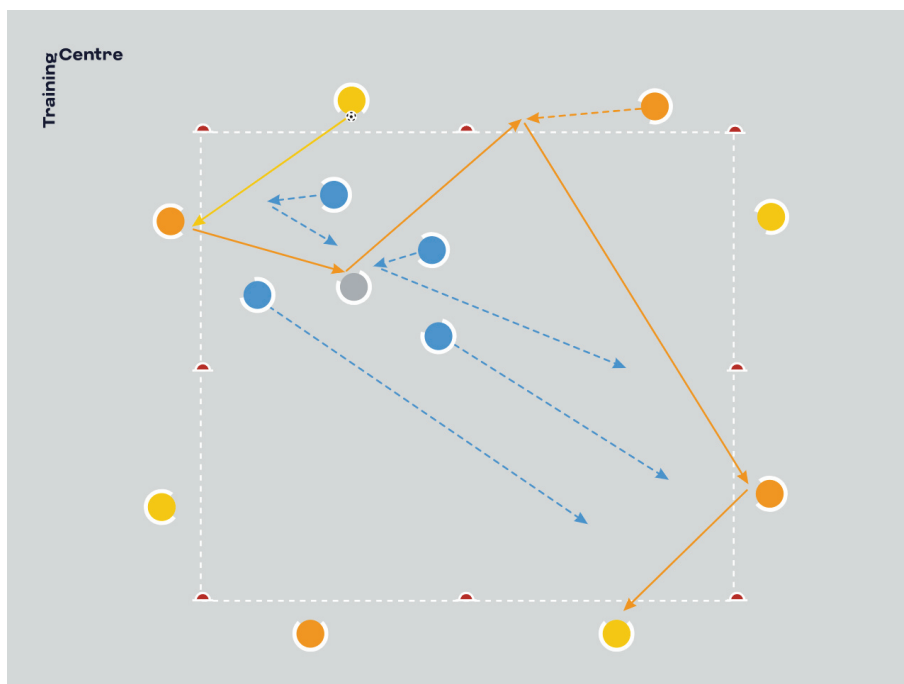
- Players choose whether to follow the initial exercise (no one-two) or Variation 1 (with a one-two) according to the instructions received from Player D when they receive the pass.

Coaching points

- Comprehensive and progressive movements to activate the body in preparation for the main part of the session.
- Speed of execution.
- Firm passes played into space to allow the recipient to run on to the ball.
- Constant and assertive communication between players, who must be alert to rotations.

PART 2: 8V4 POSSESSION GAME PLUS JOKER

The defenders located inside the exercise area seek to win the ball quickly while keeping their shape, reduce spaces and close off passing lanes. Meanwhile, the team in possession aim to keep the ball by playing along-the-ground passes and displaying good movement. The exercise, which is carried out on a reduced-sized pitch and involves a number of rules and variations, should be performed at high intensity. There should be constant movement and communication amongst both the ball-carrying team and the side looking to win possession.



8v4 plus a joker: the team in possession should look to use their numerical advantage to keep the ball by playing diagonal and straight-ahead passes

Organisation

- Mark out a 20x20m exercise area.
- Set out 8 flat discs: 1 in each corner of the exercise area and 1 at the midpoint of each side of the area.
- Position 5 players inside the exercise area: 4 to try to win the ball, plus a joker.
- Position 8 players outside the exercise area, with 1 player between each set of discs.

Explanation

- The exercise, which is performed on a reduced-sized pitch, involves a numerical advantage (8v4 plus a joker).
- The 8 players positioned outside the exercise area are on the same team as the player wearing the yellow bib (the joker), who is situated inside the exercise area.
- The 4 defenders take up positions inside the exercise area, and although they are unable to leave it, they can move freely within the area to try to steal the ball.

- The players positioned outside the exercise area are able to combine with the joker at any time, but when it comes to combining with team-mates positioned outside the exercise area, they may only do so with those located on sides of the area other than their own (by playing diagonal and straight-ahead passes).
- The 4 defenders seek to steal as many balls as possible in a set amount of time.
- If the team in possession manages to complete 15 consecutive passes, they are awarded a point.

Variation

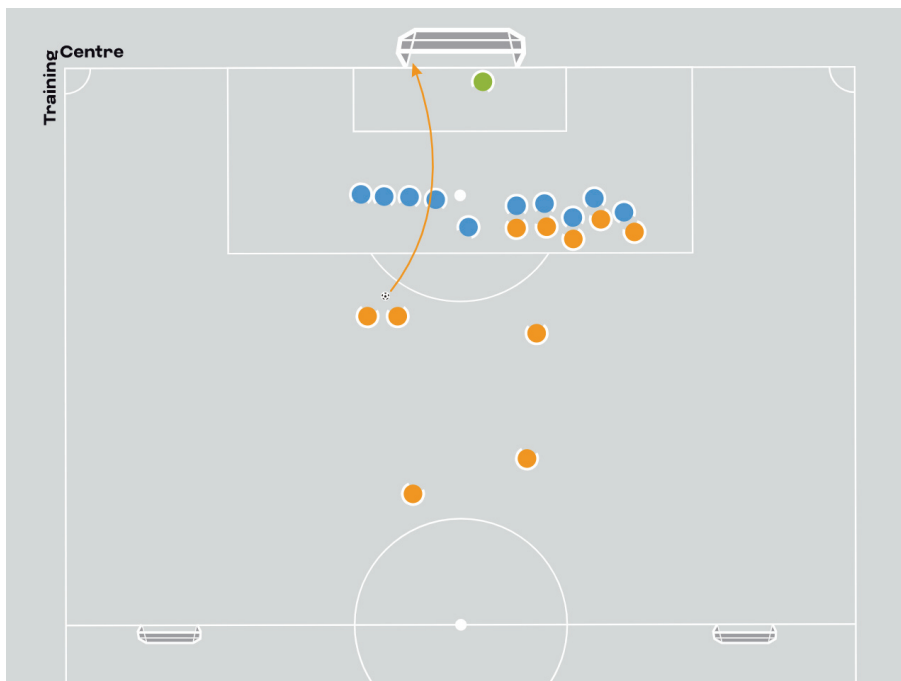
- When the team in possession loses the ball, they immediately become the defending team inside the exercise area.

Coaching points

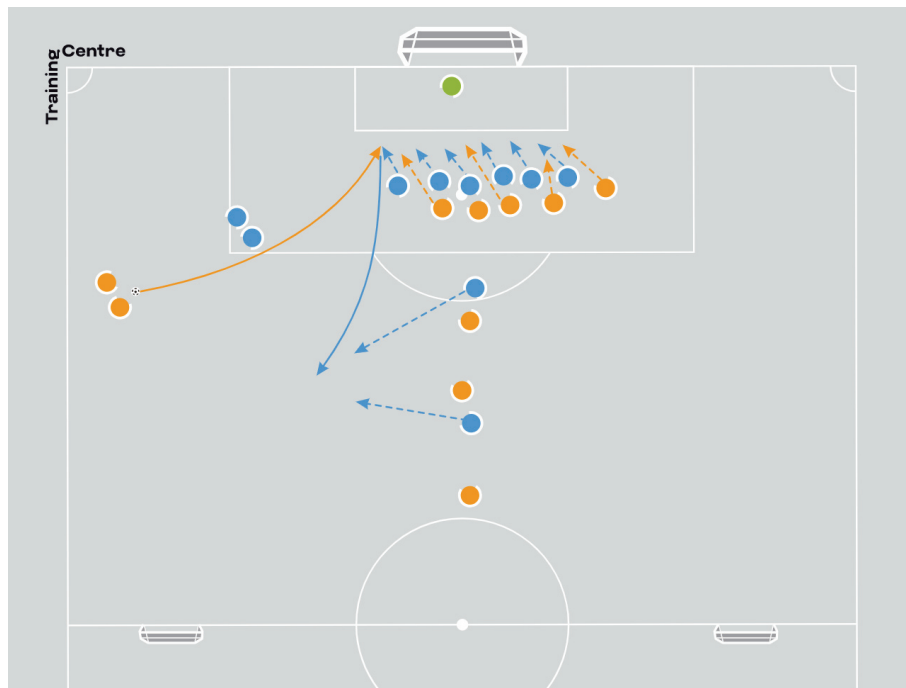
- The players located outside the exercise area must be constantly on the move and offer passing lanes.
- Constant communication between players makes the ball carrier aware of their team-mates' positioning, thereby enabling them to pass the ball successfully and retain possession.
- The players located outside the exercise area should seek free spaces and be aware of the opposition players' positioning to make decisions about the direction in which to move and make runs to receive the ball.
- The defending team should press as a unit in an effort to reduce space and steal the ball quickly.

PART 3: SET PIECES

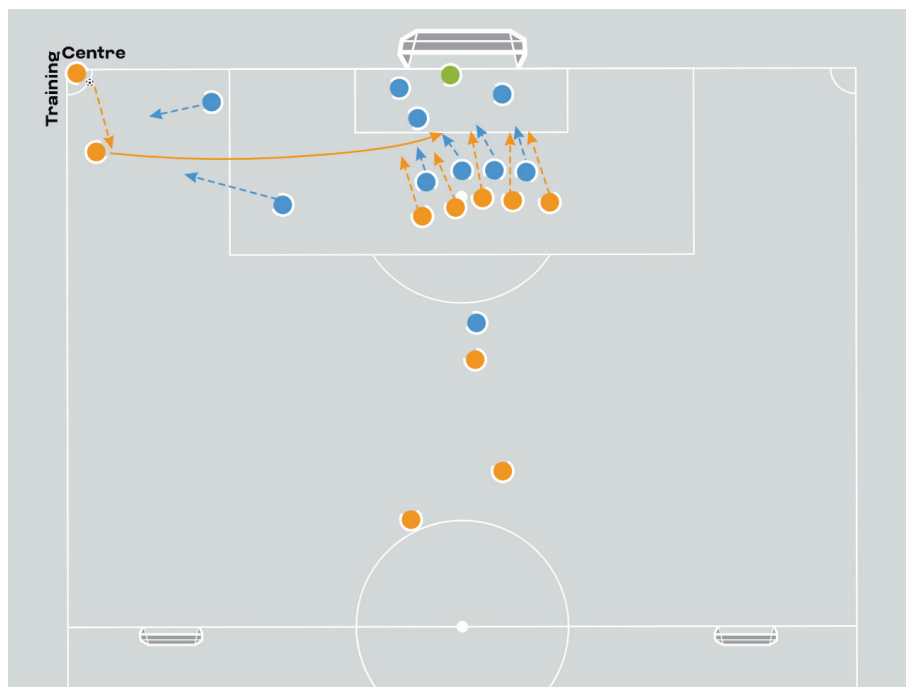
The final part of the session focuses on set pieces (corner kicks and free kicks) with opposition. Head coach Karla Maya works with the attacking team, while her assistant, Miguel Gamero, coaches the defending team.



Free kick and training-ground routine



Wide free kick



Corner kick

Organisation

- Organise 2 teams comprising 10 players each.
- Position the 3 goalkeepers, who will rotate, in the large goal.
- The defending team comprises a goalkeeper and 10 outfield players.
- The attacking team consists of 10 outfield players.
- Place 2 small goals on the halfway line.

Explanation

Corner kick

Attacking team

- 1 player takes the corner kick.
 - 1 player takes up a position close to the corner taker to offer a short corner.
 - 5 players are positioned in the penalty box to try to score.
 - 1 player takes up a position on the edge of the penalty box to win any second balls or pick up any rebounds if the ball falls in the area they occupy.
 - 2 players position themselves near the halfway line to defend any potential counter-attack.
- The players can send the corner kick directly into the penalty box or play a short corner that is part of a training-ground routine.

Defending team

The goalkeeper takes up a position inside the six-yard box.

3 players position themselves inside the six-yard box to attack the aerial ball if it ends up near to the area they occupy.

4 players line up in the penalty box to defend against the attacking players, giving rise to a 4v5 scenario.

1 player positions themselves on the edge of the penalty area to carry out a player-to-player marking job, while being alert to any training-ground routine from the opposition and to pick up any rebounds.

2 players position themselves close to the corner quadrant to defend any potential short corner.

If the defending team manage to win the ball, they should look to break quickly on the counter-attack and score in one of the small goals on the halfway line.

Wide free kick

Attacking team

Option 1

2 players position themselves close to the ball to deliver a cross into the box or make a run to receive a pass as part of a training-ground routine.

1 player takes up a position on the edge of the penalty area to win any second balls or pick up any rebounds if the ball falls in the area they occupy.

2 players stay back near to the halfway line to defend any potential counter-attack.

The players can send the free kick directly into the penalty or play a short free kick as part of a training-ground routine.

Option 2

The players take up the same positions as for the corner kick, with the only difference being the position from where the cross is delivered or the training-ground routine is performed.

Defending team

The goalkeeper is positioned inside the six-yard box.

1 player takes up a position ahead of the defensive unit to defend any short free kick. This player must be alert to the short free kick at all times.

The second defensive unit comprises 5 players, who carry out player-to-player marking (5v5).

1 player takes up a position on the edge of the penalty box to mark the opponent, be alert to any training-ground routine and pick up any rebounds.

2 players form a wall and must also be alert to a short free kick. If the short free kick is taken down the right, the player on the right of the wall breaks out to create a 1v1 situation, tries to win the ball back and prevent a cross into the box.

1 player takes up a position between the 2 opposition players located close to the halfway line to provide a passing outlet should the defending team look to break on the counter-attack.

Direct free kick

The players on the attacking team occupy the same positions as for the wide free kick.

The defending team set up a 4-player defensive wall.

The rest of the defenders occupy the same positions as for the wide free kick.

The player positioned next to the wall must be very alert to cover the space between the defensive unit and the wall or position themselves on the outside of the wall. This player's task continues to be to defend any potential short free kick.

Coaching points

- Players should occupy the role they been assigned within the tactical system at all times. They must also be alert to any variations from the opposition and reposition themselves accordingly.
- The communication must be constant and assertive for the tactical set-up to be successful, both in attack and defence