



# Are You Ready To Play?

## UK Elite Training Methodology

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**Team:** 16 players FC  
**Club:** UKE **Age:** U13B **Date:** 00/00/00  
**Theme:** Switching the Play  
**Objective #1** Improve decision making off/on the ball  
**Objective #2** Improve team shape.

Time	Activity	Diagram	Coaching Points
15	<p><b>Warm up</b> WARM UP &amp; Whole/Part Practices game (7v7 &amp; GKs)</p>		<p>Focus on dispersal, taking decisions to secure possession and movements off the ball and supports for each other in each corridor/ thirds creating overloads around the ball. Combinations &amp; switching play?</p>
25	<p><b>Conditioned Game</b> Challenge: try to offer support behind, around and away the ball at all times. If we use all three corridors or we miss the middle one with a long switch goal counts double. If we use all three corridors and we hit a long switch at the same play goal counts triple.</p> <p>-Use offside lines/ make the pitch bigger -Change the numbers (over/underloads or evenly numbers) -Use only one mini-goal (still on one side)</p>		<p>Focus on support around/behind &amp; away the ball, quality of passes &amp; receiving skills, quick combinations &amp; switching play (short/long)</p> <p>How can your movement help your team-mate? Do we have support everywhere? Where are You going to play?</p> <p>Space How do you decide what you are going to do/where you are going to go?</p>
25	<p><b>Conditioned scrimmage</b> X's Need to secure possession. We can use all targets at all times. Targets will aim for a diagonal switch if possible. 1 goal every time they hit 5 consecutive passes + 1 diagonal. O's Try to win the ball back. Goal: link 4 consecutive passes. Rotate players every 6-7min.</p> <p>-Try to play one touch -Make the box smaller/ bigger - Change numbers around.</p>		<p>Convergent discovery When the ball is away...Where do you want to go?, Where to go if the ball comes toward your position? How /where can you support best?</p> <p>Divergent discovery How can your team-mate help you? How can he be effective in supporting you once he's played the ball to you?</p>
25	<p><b>Scrimmage</b> 8v8 ensure both teams play 3-3-1</p>		

