



 	TEAM	SESSION TYPE	DATE	SESSION	
	Under 14	TEAM	14/01/2016	1	
	PERIOD	MESOCYCLE	MICROCYCLE	MESO SESSION	
	Formative	Undefined	Undefined	1	

WARM UP						
Phase	Code	Name	Players	Ser.	Time	Development
1	EJMA02	The Chain: Tag w/ Decision-Making	3g.x6p.	1	3'	See methodological dossier. Doing by groups.
2	EAMIO2	Motor relay with the hand	3g.x6p.	1	4'	See methodological dossier. Do 4 variants.
3	ECME01	10-15 passes with the hand	3g.x6p.	3	5'	See methodological dossier. Do it with ext. supports.
4	EEEE03	Passes opposite lines	3g.x6p.	3	6'	See methodological dossier. Doing same action 3 gr.
5	EEST01	Individual stretching	18 indiv.	1	2'	See methodological dossier. Doing by groups.

MAIN PART									
OTC-Keep	Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
		CTM 1	Square 4x1	7 x 7m.	4+1	6	2'	30''	Medium
 		Development:							
		4 players outside keep possession against 1 defender; unlimited touches.							
		To be worked on	1	Support position, constant positional adjustment, mobility of support					
			2	Nonverbal communication; read and make decisions before receiving					
		3	Body position and choice of surface based on decision						
OTC-Keep	Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
	CTM 2	Square 5x2	10 x 10m.	5+2	6	2'	30''	Medium	
 		Development:							
		5 players (1 inside and 4 outside) keep possession against 2 defenders; unlimited touches.							
		To be worked on	1	Constant positional support and mobility; Decisions to slow down play, play backwards, or change orientation					
			2	Positional spacing outside; when and how to play inside to the central player					
		3	Control speed of play; Reading interior passes and creating interior passes						
OTC-Keep	Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.	
	CTM 3	Square 6x3 (1i-2o)	24 x 12m.	3 x 3	3	4'	1'	Medium	
 		Development:							
		2 teams of 3 players try to keep possession with the support of 3 jokers (2 outside and 1 inside).							
		To be worked on	1	Constant positional support and mobility; Decisions to slow down play, play backwards, or change orientation					
			2	Positional spacing outside; when and how to play inside to the central player					
		3	Control speed of play; Reading interior passes and creating interior passes						

COOL DOWN						
Phase	Code	Name	Players	Ser.	Time	Development
1						
2						
3						
4						



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WARM UP						
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1						
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MAIN PART								
	Code	Name	Dimensions	No. Players	Series	Durat.	Rest./S.	Intensit.
OTC-Progress	CTP 1	3x3+3 (2o-1i), in 3 zones	30 x 10m.	3 x 3	3	4'	1'	High
			Development:					
			2 teams of 3, one player from each team in each zone; players attempt to combine in the 3 zones supported by 3 jokers (1 inside the 3 zones and 2 outside).					
	<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; margin-right: 5px;">To be worked on</div> <table border="1" style="border-collapse: collapse;"> <tr><td>1</td><td>Constant support and mobility to provide support; Creating passing lanes, combinations wall passes, etc.</td></tr> <tr><td>2</td><td>Decisions on controlling pace of play; cues on when to possess or progress to new space</td></tr> <tr><td>3</td><td>Creating and using width; Reading numerical superiority and finding free players</td></tr> </table> </div>		1	Constant support and mobility to provide support; Creating passing lanes, combinations wall passes, etc.	2	Decisions on controlling pace of play; cues on when to possess or progress to new space	3	Creating and using width; Reading numerical superiority and finding free players
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OTC-Progress	CTP 2	3x3+3 en 3 zonas	30 x 15m.	3x3+3	3	4'	1'	Media
			Development:					
			2 teams of 3 players each, one player from each in each zone; 3 jokers, one inside each zone creating a 2v1 in each					
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OTC-Finish	FIN08	5x5+5(1i-4o), in 2 goals.	50 x 60m.	5-6x3+2	3	4'	1'	High
			Development:					
			Game of 5x5 with 5 jokers (4 outside to cross and 1 inside) creating options for a wing attack.					
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COOL DOWN						
Phase	Code	Name	Players	Ser.	Time	Development
1	JGI01	Bib with ball	2g.x9p.	1-2	3'	See methodological dossier.
2	JGR05	YES-NO game	9 couples	1	3'	See methodological dossier. 1 static y 1 dynamics.
3	VCES01	Individual Stretching	18 indiv.	1	4'	See methodological dossier.
4						