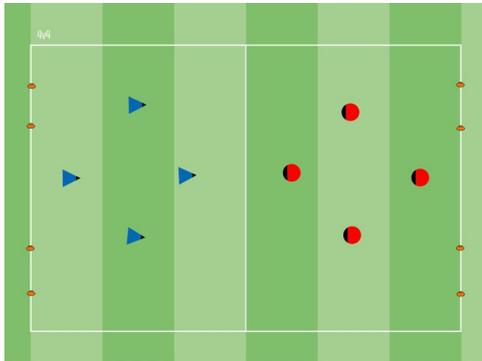


# TRAINING SESSION: 15U+ WINTER MOBILITY TRAINING SESSION

## Objectives

To teach our players movement skills that impact games

### 4v4 4 Goal Game Mobility 15+



 4 v 4

 cones for field and small goals, balls, pennies for teams

 Intensity: 7

 10:00 min  
( x 00:00 min, 00:00 min rest)

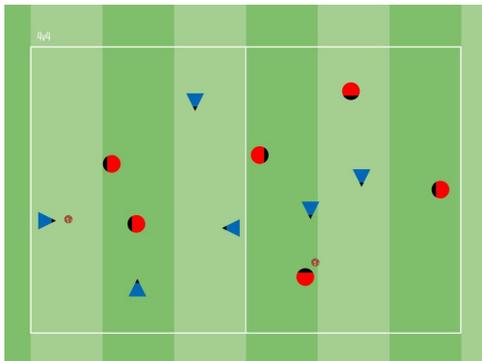
#### Coaching Points

1. Support the player with the ball
2. Moving to better positions with and without the ball
3. Coaches focus on the players hips, eyes, and shape to support. Movement must be purposeful and allow the ball to see the player at all times. Therefore, encourage competition between teams and winning the ball back quickly in transition.

#### Description

Standard 4v4 game 35x25 yards with 2 small goals per team.

### 4v2 Possession in 2 Seperate Grids 15+



 4 v 2

 cones, balls, pennies for teams

 Intensity: 7

 15:00 min  
( x 00:00 min, 00:00 min rest)

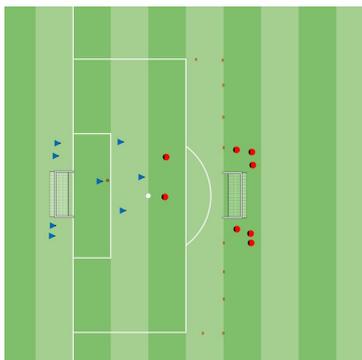
#### Coaching Points

1. Keep the ball on the ground
2. Move to support your teammates (Angles, distance, watching the ball)
3. Keep the ball moving, incorporate ball fakes, and let the ball do the work (less dribbling)
4. Coaches focus on the players hips, eyes, and shape to support. Movement must be purposeful and allow the ball to see the player at all times. Therefore, encourage competition between teams and winning the ball back quickly in transition.

#### Description

In 2 15x10 yard grids, play 4v2 inside the grid. The team in possession tries to keep

### 4v2 to Full Size Goals (Mobility)



 4 v 2

 2 full size goals, cones, and penny's

 Intensity: 7

 15:00 min  
( x 00:00 min, 00:00 min rest)

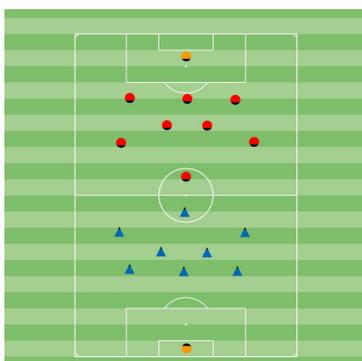
#### Coaching Points

1. Always be prepared to finish!
2. Create passing angles and shooting lanes by movement off the ball. (Overlaps, 2v1 principles, ball to the middle)
3. Spacing off the ball needs to be 8-10 yards and angled. Be realistic with transition. Coach the players off the ball more than the decisions on the ball. Make sure they are positioned properly to shoot first touch and can see the ball so they are a legitimate option and not hiding behind a defender.

#### Description

Extend the penalty box to 25 yards long and place a second full size goal there. Play

### 9v9 game



 9 v 9

 normal field

 Intensity: 7

 20:00 min  
( x 00:00 min, 00:00 min rest)

#### Coaching Points

#### Description