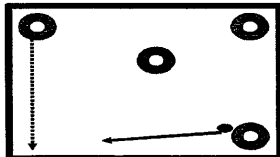
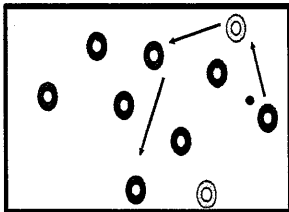
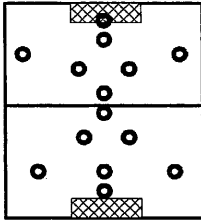
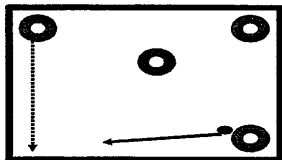
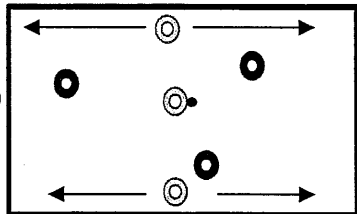
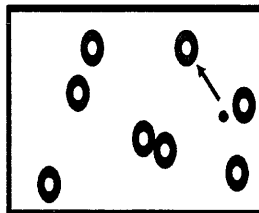




DATE: 14/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 1	ASSESSMENT TEST	SERGI PONSÀ- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA- JAVI MARTIN- XAVI
EQUIPMENT: Bibs, Balls, Cones	WIDTH OF THE PLAYING FIELD	BARANGÉ
WARM UP (30')		
1. Juggling in pairs (10') Juggling in pairs, any technique. The player passing the ball must say the name of the other player that receives it.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. 10 passes (10') 2 teams have to pass the ball between themselves to achieve passes for 1 point. First with the hands, then with feet always saying the name of the player that receives the ball.
MAIN PART(75')		
Rules of the "RONDO" <ul style="list-style-type: none">- In the scenarios of 'Rondo' that will be used during the Campus, the following steps will be used: <ol style="list-style-type: none">1. Always saying the name of the player that you are passing the ball to.2. If the defender wins the ball, the player that passed the ball must leave the square and dribble the ball around the square.3. If any of the attacking players do not achieve the established goal, they will be changed to become a defender.		
1.- 'Rondo' 3v1 (15') The Rondo in this situation is 3v1 in a reduced area. The ball shall be passed from corner to corner. Players will then have to move to an empty corner to provide the player in possession the best angle to pass. Again each player must say the name of the player that they are passing to.		
2.- POSESSION GAME WITH 2 FREE PLAYERS (20') In an area of 40x40, we are looking for space. 1 team will keep possession of the game with 2 free players. The objective is to retain the ball for as long as possible, observing the positioning of the players in the playing area - especially making the most of space, the creation of space and the decision making of players. The coach will observe and correct very little.		
3.- ACTUAL/REAL GAME (40') (2 TIMES 20') A 'real' game shall be played (Futbol-7,-8,-9,...) where the will be a formation (for example 1-3-2-1) and they shall have total liberty to play. More observation than correction will take place. Coaches will be able to judge whether players have a similar level. If a player is not at the level of the group he will move up or down dependant of the other groups of players.		
COOL DOWN (15')		
<ol style="list-style-type: none">1. STRETCHING (As indicated by the coach)2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		



DATE: 14/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 2	ASSESSMENT TEST	SERGI PONSÀ- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA- JAVI MARTIN- XAVI
EQUIPMENT: Bibs, Balls, Cones	UTILISING SPACE	BARANGÉ
WARM UP (40')		
1. Juggle in pairs (10') Free juggling in pairs, saying the name of the player that receives the ball.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3.- Soccer tennis in pairs (20') 2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once.
MAIN PART(70')		
POSITIONING ON THE PITCH Placement of players on the field of play within the system that will be utilized, reminding the movements that they should make when they the team is defending (reduction of space) and when they are in offensive positions (increase of space).		
READING OF GAME Analyze the technical decisions of the players. Progression of the Game Objectives.		
1) Identify the line of the pass, 2) If no pass is not on there is no pass, 3) Support and un-marking of players, 4) Players do not occupy the same line of pass as a team mate,...*If a players makes a bad pass or makes an error he is replaced by another player.		
1.- 'Rondo' 3V1 (20') The Rondo in this situation is 3v1 in a reduced area. The ball shall be passed from corner to corner. Players will then have to move to an empty corner to provide the player in possession the best angle to pass. Again each player must say the name of the player that they are passing to.		
2.- POSESSION GAME 3v3 +2 (25') Small dimensions are required; therefore an area of 15x20 will be used to play a possession game with 2 'free' players. The objective is to keep the ball for as long as possible noting the position of players, the utilization of space, the creation of space and player decision making. There shall be more observation than correction; the game shall develop the player by learning how to read the game.		
3.- POSESSION GAME 5v3 (25') A possession game with 1 team having a numerical supremacy of +2 players in an area of 20v15. The objective is to keep the ball for as much time as possible noting the position of players, the utilization of space, the creation of space and player decision making. There shall be more observation than correction; the game shall develop the player so that they can read the game.		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		

**DATE:** 15/07/2008**SESSION:** 3**DURATION:** 120'**EQUIPMENT:** Bibs, Balls, Cones**TECHNICAL OBJECTIVE:**

PASSING - CONTROL

TACTICAL OBJECTIVE:

WIDTH OF THE PLAYING FIELD

COACH:

SERGI PONSÀ- JOAN OLIVA-
 TAKA- JAVI MARTIN- XAVI
 BARANGÉ

WARM UP (40')**1.- Soccer tennis in pairs (15')**

2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once.

2. Stretching (10')

As instructed by the coach.

*The stretching time will be used to instruct the objectives of the session.

3. Rondo 4v1 with 2 touches

In a square area there shall be 4 players starting in each corner playing against 1 defender. Players can only use 2 touches and can not move from their position.

MAIN PART (70')

PASSING: Technical action that establishes a link between 2 or more components of a team by 1 pass. Note: Contact surface areas: Inside of the foot: Largest area, safest, precise. (Short Pass); Inside front of foot/laces: medium and longer distances.

- Speed and Intensity of each pass/Correct position of the standing foot/Use both feet.

DIRECTIONAL CONTROL: A player receives the ball and is able to pass or play the ball immediately from 1 touch. The ball shall always be controlled with the furthest foot from where the ball came from.

WIDTH OF THE FIELD

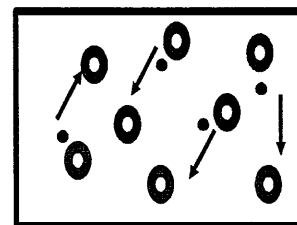
In an offensive phase, players should occupy the areas with most space so that there are good lines to pass and to make it more difficult to defend. Each player shall have a position and not position himself in his team colleagues' area.

1.- Passes in pairs (20')

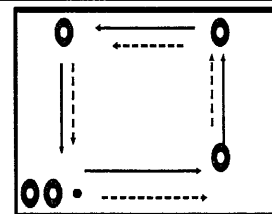
In a rectangular area, players will be divided into pairs. Each player shall make a pass when the ball is moving and without hitting any other players. Highlight each time the ball hits an obstruction.

- Vary the contact surface areas
- Vary the speed of execution.

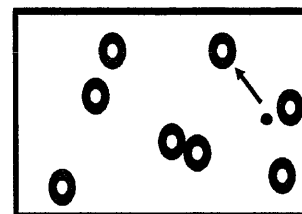
Ensure all players use directional control technique

**2.- Directional Control (20')**

Using a 15x15 area, the players will position themselves as per the diagram in 2 groups. The objective is to make vertical passes and using directional control always with the foot furthest from where the ball came from. The player will then follow the pass to the next position.

**3.- POSSESSION GAME 5v3 (30')**

A possession game with 1 team having a numerical supremacy of +2 players in an area of 20v15. The objective is to keep the ball for as much time as possible noting the position of players, the utilization of space and players shall have to control the ball with the furthest foot. The game shall develop the player and players shall be replaced if they do not achieve the objective.

**COOL DOWN (10')**

- 1. STRETCHING** (As indicated by the coach)
- 2. FEEDBACK** (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)



DATE: 15/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 4	PASSING - CONTROL	SERGI PONSÀ- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA- JAVI MARTIN- XAVI
EQUIPMENT: Bibs, Balls, Cones	WIDTH OF THE PLAYING FIELD	BARANGÉ

WARM UP (30')**1.- Free passes in pairs (10')**

In pairs, players shall make passes to each other in an open area varying the pass and the type of control. The coach shall signal when to switch players.

2. Stretching (10')

As instructed by the coach.

*The stretching time will be used to instruct the objectives of the session.

3. Rondo 4x1 with 2 touches(10')

In a square area there shall be 4 players starting in each corner playing against 1 defender. Players can only use 2 touches and can not move from their position.

MAIN PART(60')

PASSING: Technical action that establishes a link between 2 or more components of a team by 1 pass. Note: Contact surface areas: Inside of the foot: Largest area, safest, precise. (Short Pass); Inside front of foot/laces: medium and longer distances.

- Speed and Intensity of each pass.
- Correct position of the standing foot.
- Use both feet.

CONTROL ORIENTADO: A player receives the ball and is able to pass or play the ball immediately from 1 touch.

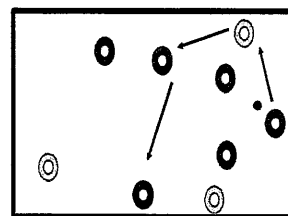
- The ball shall always be controlled with the furthest foot from where the ball came from.

WIDTH OF THE FIELD

In an offensive phase, players should occupy the areas with most space so that there are good lines to pass and to make it more difficult to defend. Each player shall have a position and not position himself in his team colleagues' area.

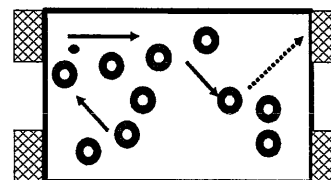
1.- 3 Team Possession Game 3v3+3 (30')

Using a rectangular area there shall be 3 teams of 3 players each using 3 different colors. 2 teams shall play against 1 team (6v3). The team that loses possession defends. Dribbling is not allowed only passing. Constant movement and creating passing angles is important. Use the whole width of the area.



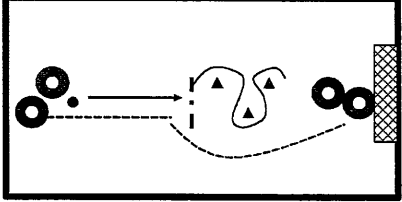
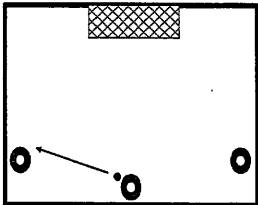
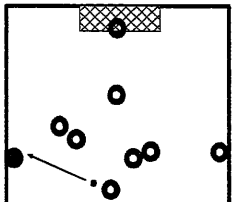
2. - ACTUAL/REAL GAME 5v5 (40') A match shall be played with 2 goals that each team shall defend. There are no determined positions. The players must score a goal by passing the ball through 1 of the goals.

- USE THE READING OF GAME > If a player or team does not receive the ball using directional control or does not use the width of the pitch the ball shall go to the other team.
- If the ball is kicked off the field of play, the first player to get it in his hands re-starts even if they have kicked it off.

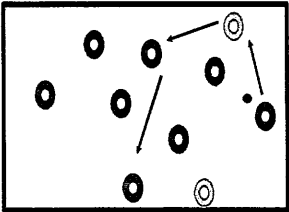
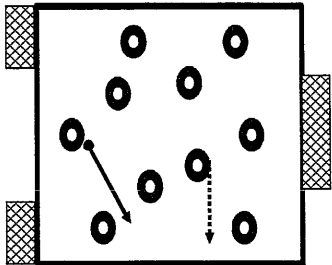
**COOL DOWN (10')**

- 1. STRETCHING** (As indicated by the coach)
- 2. FEEDBACK** (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)

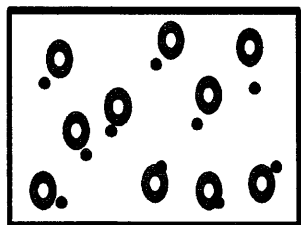
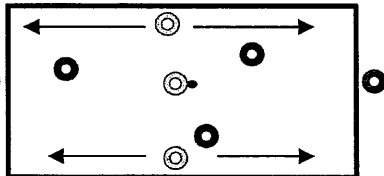
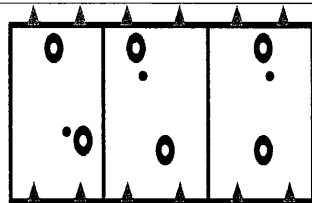


DATE: 16/07/2008 SESSION: 5 DURATION: 120' EQUIPMENT: Bibs, Balls, Cones	TECHNICAL OBJECTIVE: RUNNING WITH THE BALL TACTICAL OBJECTIVE: SYSTEM OF PLAY 1-3-2-1	COACH: SERGI PONSÀ- JOAN OLIVA- TAKA- JAVI MARTIN- XAVI BARANGÉ
WARM UP (30')		
1.- Soccer tennis in pairs (10') 2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Roba Balones (10') In an area all players have a ball except for 2-3 players who work as defenders. The defenders have to steal the balls and the attackers have to keep it.
MAIN PART(80')		
LA CONDUCCIÓN: The technique a player uses to control and handle the ball on the field of play floor or when controlled in the air. Factors to take into account are: contact surface area, speed of execution, distance between foot and ball, balance, control with the ball furthest away from the defender, use of both legs, peripheral vision, use of arm for protection, technical coverage and turning. SYSTEM OF PLAY: Using the system 1-3-2-1. The goalkeeper always looks to play from his hands to begin with, the centre back should always play the ball out and the full-backs will occupy the wide area (offensively and defensively). The 2 pivots should be strongest technically and should have good vision of play and be able to change the direction of play. The centre back should play with his back to goal and have a good shot.		
1.- Run with controlled ball + 1v1 (20') In pairs one attacked and one defender. They will be placed in front of a goal, the attacker with the ball and slightly ahead of the defender. The attacker has to run with the ball up to the marker, dribbling around between the cones and getting past the defender in the 1v1. The defender is active in the first phase, does nothing through the cones and then defends again in the 1v1 *If the player does get passed the defender he must go up to the goal and pass the ball in to the net.		
2.- 3 PLAYER PLAY (30') Place 3 players; a centre back/pivot and 2 full backs positioned in the middle and in wide areas facing the goal. The centre back starts the play passes the ball to the full back who runs up the channel, he steps on the ball turns and passes the ball back into the centre back and starts again on the other side for the other full back to do the side at high speed so that he can cross the ball and the other 2 players to score in the goal.		
3.- ATTACK v DEFENCE (30') 5 Players (2 full backs, a centre back and 2 pivots) against 3 defenders (a centre back and 2 pivots). Encouraging the movement of the ball between the centre back and full backs adding the pivots to provide more options, players will learn to play when necessary and look for changes of direction. *Work with goalkeeper / * Work with reading of the play....		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		

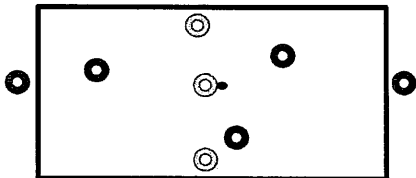
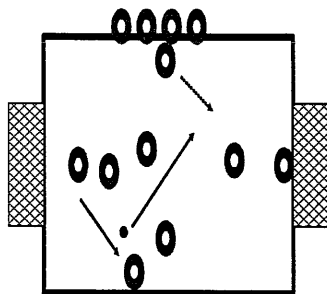


DATE: 16/07/2008	TECHNICAL OBJECTIVE: RUNNING WITH THE BALL	COACH: SERGI PONSÀ- JOAN OLIVA- TAKA- JAVI MARTIN- XAVI BARANGÉ
SESSION: 6	TACTICAL OBJECTIVE: SYSTEM OF PLAY 1-3-2-1	
DURATION: 120'		
EQUIPMENT: Bibs, Balls, Cones		
WARM UP (30')		
1. Free juggling (10') Each player with a ball juggles the ball in the air for as long as possible without the ball touching the floor. Use all foot surface areas.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Rondo 4v1 (10') In a large square area there shall be 4 players who will need to take 3 touches before they can pass.
MAIN PART(80')		
<p>LA CONDUCCIÓN: The technique a player uses to control and handle the ball on the field of play floor or when controlled in the air. Factors to take into account are: contact surface area, speed of execution, distance between foot and ball, balance, control with the ball furthest away from the defender, use of both legs, peripheral vision, use of arm for protection, technical coverage and turning.</p> <p>SYSTEM OF PLAY: Using the system 1-3-2-1. The goalkeeper always looks to play from his hands to begin with, the centre back should always play the ball out, and the full-backs will occupy the wide area (offensively and defensively). The 2 pivots should be strongest technically and should have good vision of play and be able to change the direction of play. The centre back should play with his back to goal and have a good shot.</p>		
2.- POSESSION GAME WITH 2 FREE PLAYERS (40')		
<p>Using an area of 40x40, we are looking for space. A possession game will be played with 2 free players. The objective is to keep the ball for as long as possible.</p> <ul style="list-style-type: none"> To pass to another player there must be a minimum of 3-5 touches of the ball. Individual marking – players can only intercept the ball from their pair. Include details of other sessions. Use the Reading of the Game – If I cannot achieve the objective. The ball is given to the other team. 		
2.- REAL/ACTUAL GAME 5v5 (40')		
<p>Play a match with 1 team defending a normal goal and the other team defending 2 smaller goals. The system shall be 3-2. When the smaller goals are attacked a goal is scored by passing the ball into the goal.</p> <ul style="list-style-type: none"> USE THE READING OF THE GAME> if the players do not move the ball well, looking for space, opening up the field of play, control with the foot furthest from the ball the possession is given to the other team. If the ball is kicked off the field of play, the first player to get it in his hands re-starts even if they have kicked it off. 		
COOL DOWN (10')		
<ol style="list-style-type: none"> STRETCHING (As indicated by the coach) FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.) 		


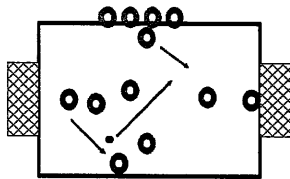
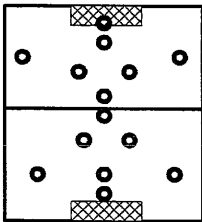


DATE: 17/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 7	DRIBBLE	SERGI PONSÀ- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA- JAVI MARTIN- XAVI
EQUIPMENT: Bibs, Balls, Cones	UNMARKING PLAYERS	BARANGÉ
WARM UP (30')		
1. Free juggling (10') Each player with a ball juggles the ball in the air for as long as possible without the ball touching the floor. Use all foot surface areas.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Pilla – pilla (10') In a marked area all players must run around where 1 player must catch all of the other players. If you get touched you stop. * Encourage feinting movements.
MAIN PART(70')		
DRIBBLING: Technical action allowing forward movement, keeping the ball and getting past the opponent that intervenes in the play. Phases: 1.Technical or physical feint. 2. Use the outside of the foot 3. Change of pace Dribblings to coach: 1. Physical feint/Feint to shoot 2. Step Over and double step over		
When to use a dribble? 1x1 Attacking on flank. 1x1 Attacking the goal.	When not to use a dribble? When a pass cannot be made. Inside your area in defensive situations.	
UNMARKING: The technical action that consists of getting sway from an opponent when your team is in possession of the ball. TYPES: a) SUPPORT: getting close to the person with the ball. b) BREAK: exceeding the player with the ball and/or getting closer to the opponents goal.		
1.- Dribbles without stopping (20') In a rectangular area all the players shall have a ball each. When signaled, the players must perform the dribble as indicated with both feet defining the 3 phases that are required. <ul style="list-style-type: none">Each time the players collide it is highlighted.Use the entire space.Progressively increase the speed of execution.		
2.- POSITIONAL GAME 3v3 +2 (30') Small dimensions are required; therefore an area of 15x20 will be used to play a possession game with 2 'free' players. The objective is to keep the ball for as long as possible with players individually marking (pairs) to encourage un-marking themselves and from space made by other players. Factors from other sessions should also be introduced. The game shall develop the player by learning how to read the game.		
2.- Competition 1v1(20') Using 5 fields of play 1v1. Without boundaries the players must run the ball over the goal line. The games shall be short. <ul style="list-style-type: none">The winner stays on and the losing player is replaced – tournament basis.In the event of a draw, the first to score wins.Encourage dribbling		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		

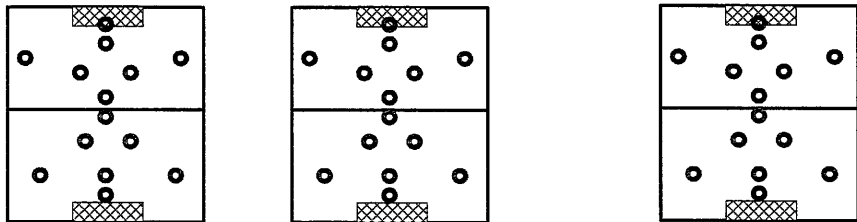


DATE: 17/07/08	TECHNICAL OBJECTIVE:	COACH:
SESSION: 8	DRIBBLING	SERGI PONSÀ- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA- JAVI MARTIN- XAVI
EQUIPMENT: Bibs, Balls, Cones	UNMARKING – MARKING	BARANGÉ
WARM UP (30')		
1.- Free passes in pairs (10') In pairs, players shall make passes to each other in an open area varying the pass and the type of control. The coach shall signal when to switch players.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Rondo 4x1 with 2 touches (10') In a square area there shall be 4 players starting in each corner playing against 1 defender. Players can only use 2 touches and can not move from their position.
MAIN PART(70')		
DRIBBLING: Technical action allowing forward movement, keeping the ball and getting past the opponent that intervenes in the play. Phases: 1.Technical or physical feint. 2. Use the outside of the foot 3. Change of pace Dribbling to coach: 1. Physical feint/Feint to shoot 2. Step Over and double step over When to use a dribble? 1x1 Attacking on flank. 1x1 Attacking the goal. When not to use a dribble? When a pass cannot be made. Inside your area in defensive situations.		
UNMARKING: The technical action that consists of getting away from an opponent when your team is in possession of the ball with the objective of recovering the ball as quickly as possible preventing the other team from playing offensively. a) SUPPORT: Close down the player with the ball. b) OBSERVATION: Observe opponents that do not have the ball		
2.- POSITIONAL GAME 3v3 +2 (30') Small dimensions are required; therefore an area of 15x20 will be used to play a possession game with 2 'free' players. The objective is to keep the ball for as long as possible encouraging the team in possession to un-mark themselves also looking at marking and covering distances of the defending team. The game shall develop the player by learning how to read the game.		
1.- TRIANGULAR / REDUCED GAME (40') Divide the group into 3 teams; 2 shall play and 1 shall rest. Each game shall be to 1 goal. Encourage movement and players unmarking themselves. The goalkeeper shall be 1 of the coaches. A lot of movement off the ball and a high speed of execution are required. Let the players learn from reading the game: <ul style="list-style-type: none">• Change a player from 1 on the side.• Ball to the other team• Include details of other sessions.		
COOL DOWN (10') 1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		



DATE: 18/07/2008 SESSION: 9 DURATION: 120' EQUIPMENT: Bibs, Balls, Cones	TECHNICAL OBJECTIVE: SHOOTING AT GOAL TACTICAL OBJECTIVE: ATAcking & DEFENSIVE MOVEMENT	COACH: SERGI PONSÀ- JOAN OLIVA- TAKA- JAVI MARTIN- XAVI BARANGÉ
WARM UP (30')		
1. Free juggling (10') Each player with a ball juggles the ball in the air for as long as possible without the ball touching the floor. Using the bone on the foot. No Boots if required.	2. Stretching (10') The coach direct them *We use this time to introduce the objectives for the session. *No Boots	3. Passes in pairs (10') In pairs, 1 player throws the ball at the other player who will volley the ball back into his hands without the ball hitting the floor. The 'bone' will be used. No Boots if required.
MAIN PART(70')		
SHOOTING: Any shot that is taken at the opponents goal; when ball is stopped, rolling, in the air or along the ground. This will be worked with the sensation of taking a shot using the front of the foot to strike the ball (the 'bone' area). Also include the circular movement of the opposite arm of the leg that is being used to strike that ball on the moment of impact.		
1.- SHOOTING WHEEL (20') The players shall make a semi-circle around the goal with the ball in their hands. They will then shoot at goal by volleying the ball into the goal without the ball hitting the ground. With the ball on the floor, the player will travel will make a small dribble and then shoot at goal. * BOOTS ON * "The bone" / Position of the opposite arm / Standing foot / Body position / Weaker foot!!!!		
2.- TRIANGULAR / REDUCED GAME (20') Divide the group into 3 teams; 2 shall play and 1 shall rest. Each game shall be to 1 goal. Limit the number of passes and encourage shots on goal. Goals shall only count if there is a shot on goal. When a goal is scored the losing team shall be replaced by the other team. *Encourage shooting with the weaker foot.		
3.- REAL/ACTUAL GAME (40') Play a game (Football-7,1-3-2-1) * PLAYING FROM THE BACK: Centre back plays to one side and supports from behind, the pivots also play from the midfield, and the centre forward drops to the wing to play with his back to goal. *DEFENSIVE SUPPORT: When a pivot moves to cover a wide area the other pivot must be in the centre. The centre-forward marks the oppositions centre back. The full backs shall support the centre-backs and pivots depending on where the ball is. <ul style="list-style-type: none">• Include details of other sessions.		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		



DATE: 18/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 10	TOURNAMENT MATCH	SERGI PONSÀ- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA- JAVI MARTIN- XAVI
EQUIPMENT: Bibs, Balls, Cones	TOURNAMENT MATCH	BARANGÉ
WARM UP (30')		
1. Rondos (15') Recreative 'rondos' – Free play	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Chat with the players that will take part in the match. (5')
MAIN PART(80')		
COMPETICIÓN – PARTIDOS		
Play a tournament by ages where each team shall play each other and there shall be no prizes for the winner.		
The names of players of FC Barcelona will be used to define the teams and there shall 3 or 4 teams in each age group.		
If there are 4 teams the sequence of games shall be 1-2 y 3-4; 1-4 y 2-3; 1-3 y 4-2.		
If there are 3 teams the sequence of games shall be 1-2; 1-3; 2-3		
The time of games shall be determined by the time available and area utilized.		
* A game shall not be stopped to indicate an error as it could be too late.		
3.- FC BARCELONA ASA CLÍNICA TOURNAMENT		
		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		



DATE: 21/07/2008	TECHNICAL OBJECTIVE: GIVE AND GO (PAIRED)	COACH: ENRIC DURAN- JOAN OLIVA- TAKA-GUILLEM ORIOL-RAMON
SESSION: 11	TACTICAL OBJECTIVE: 2 v 1 ATTACKING	CURTO
DURATION: 120'		
EQUIPMENT: Bibs, Balls, Cones		
WARM UP (30')		
1. Juggling in pairs (10') Juggling in pairs, any technique. The player passing the ball must say the name of the other player that receives it.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. 10 passes (10') 2 teams have to pass the ball between themselves to achieve passes for 1 point. First with the hands, then with feet always saying the name of the player that receives the ball.
MAIN PART(80')		
GIVE AND GO: Involves the next technical skills PASSING: Technical action that establishes a link between 2 or more components of a team by 1 pass. Note: Contact surface areas: Inside of the foot: Largest area, safest, precise. (Short Pass); Speed and Intensity of each pass/Correct position of the standing foot/Use both feet. In some cases the outside of the foot can be used. DIRECTIONAL CONTROL: A player receives the ball and is able to pass or play the ball immediately from 1 touch. The ball shall always be controlled with the furthest foot from where the ball came from.		
1.- 2 v. 1. (20') Split the players in groups of three and set up some fields sized 8x16 meters (side picture). Free exercise, with no restrictions and no previous tips. The coach does not advise the players before the exercise. He just observes them doing the exercise.		
2.- 2 v. 1. (20') The same as they did before, but now the coach has to correct the mistakes of the players: make the fields wider; the attacker with the ball has always to have an option with the other attacker team mate; pass the ball accurately; give and go...		
3.- 2 v. 1. (20') Working on overlapping. Give the key issues. It is very important to make the players know when they can use overlapping in a real match.		
4.- 2 v. 1. (20') Matches in groups of three players. 1 v. 1 and one neutral player. Field sized 10x10 meters. Remember key points.		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		

**DATE:** 21/07/2008**SESSION:** 12**DURATION:** 120'**EQUIPMENT:** Bibs, Balls, Cones**TECHNICAL OBJECTIVE:**

PASSING - CONTROL

TACTICAL OBJECTIVE:

READING OF GAME

COACH:ENRIC DURAN- JOAN OLIVA-
TAKA-GUILLEM ORIOL-RAMON
CURTO**WARM UP (40')****1. Juggle in pairs (10')**

Free juggling in pairs, saying the name of the player that receives the ball.

2. Stretching (10')

As instructed by the coach.

*The stretching time will be used to instruct the objectives of the session.

3.- Soccer tennis in pairs (20')

2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once.

MAIN PART(70')**Rules of the "RONDO"**

- In the scenarios of 'Rondo' that will be used during the Campus, the following steps will be used:

1. Always saying the name of the player that you are passing the ball to.
2. If the defender wins the ball, the player that passed the ball must leave the square and dribble the ball around the square.

If any of the attacking players do not achieve the established goal, they will be changed to become a defender.

READING OF GAME

Analyze the technical decisions of the players. Progression of the Game Objectives.

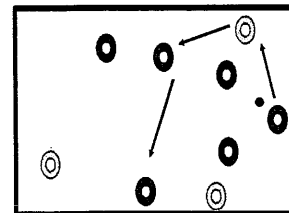
1) Identify the line of the pass, 2) If no pass is not on there is no pass, 3) Support and un-marking of players, 4) Players do not occupy the same line of pass as a team mate,...*If a players makes a bad pass or makes an error he is replaced by another player.

1.- 'Rondo' 3V1 (20')

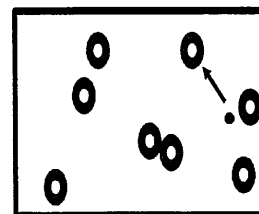
The Rondo in this situation is 3v1 in a reduced area. The ball shall be passed from corner to corner. Players will then have to move to an empty corner to provide the player in possession the best angle to pass. Again each player must say the name of the player that they are passing to.

**2.- 3 Team Possession Game 3v3+3 (25')**

Using a rectangular area there shall be 3 teams of 3 players each using 3 different colors. 2 teams shall play against 1 team (6v3). The team that loses possession defends. Dribbling is not allowed only passing. Constant movement and creating passing angles is important. Use the whole width of the area.

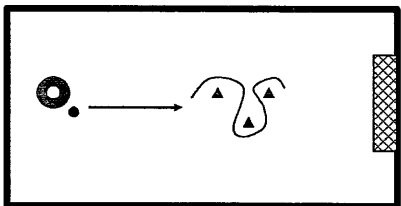
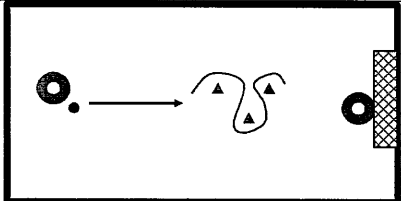
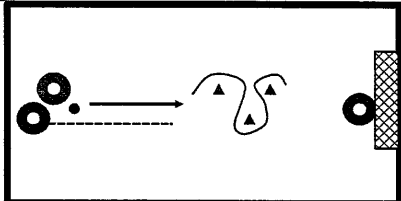
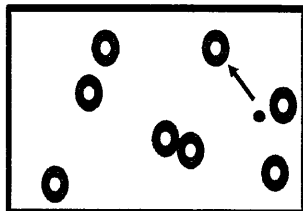
**3.- POSESSION GAME 5v3 (25')**

A possession game with 1 team having a numerical supremacy of +2 players in an area of 20v15. The objective is to keep the ball for as much time as possible noting the position of players, the utilization of space, the creation of space and player decision making. There shall be more observation than correction; the game shall develop the player so that they can read the game.

**COOL DOWN (10')**

1. **STRETCHING** (As indicated by the coach)
2. **FEEDBACK** (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)



DATE: 22/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 13	FINISHING	ENRIC DURAN- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA-GUILLEM ORIOL-RAMON
EQUIPMENT: Bibs, Balls, Cones	1 v 1. + GOALKEEPER	CURTO
WARM UP (30')		
1.- Soccer tennis in pairs (15') 2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Rondo 4v1 with 2 touches In a square area there shall be 4 players starting in each corner playing against 1 defender. Players can only use 2 touches and can not move from their position.
MAIN PART(80')		
FINISHING:1 v. 1 and goalkeeper. The more suitable feet part to contact the ball: inside of the foot. Try to shoot the ball as close as possible of the posts. Speed of movements. Look at the goalkeeper position before shooting the ball.		
1.- Application of the concept explained before. (20') Each player has to have a ball, and after a short run with the ball, he has to dribble three cones and then shoot immediately to the goal, trying to shoot the ball as close as possible to the posts (without goalkeeper).		
2.- Application of the concept explained before. (20') The same as they did in the previous exercise but now with a goalkeeper in the goal		
3.-Application of the concept explained before but now with active defenders. The execution has to be quicker than it was in the previous exercises. (20') The same as they did before, but now the player with the ball is marked by another player (defender). The defender starts the pursuit 5-6 meters behind the player with the ball and he has to steal the ball and avoid the shoot		
4.- Real game. (20') In an area sized 25x20 meters with 2 goals, a 4 v. 4 real match is played. Each defender has to mark just one attacker (individual marking), and this defender can only steal the ball from the attacker he is marking. To score a goal the players have to apply what they have practised in the previous exercises		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		



DATE: 22/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 14	CROSSING-HEADING	ENRIC DURAN- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA-GUILLEM ORIOL-RAMON
EQUIPMENT: Bibs, Balls, Cones	WIDTH OF THE PLAYING FIELD	CURTO

WARM UP (30')**1.- Free passes in pairs (10')**

In pairs, players shall make passes to each other in an open area varying the pass and the type of control. The coach shall signal when to switch players.

2. Stretching (10')

As instructed by the coach.

*The stretching time will be used to instruct the objectives of the session.

3. Rondo 4x1 with 2 touches(10')

In a square area there shall be 4 players starting in each corner playing against 1 defender. Players can only use 2 touches and can not move from their position.

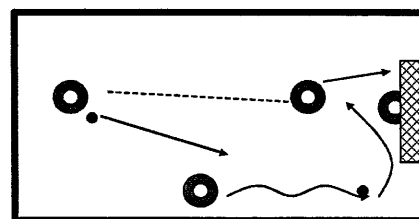
MAIN PART(80')

CROSSING: Look at your teammates before crossing and know where exactly the teammates and the opponents are. Cross while running, do not stop to cross. Use the interior part or top part of your feet to contact the ball (depending on the distance from the crosser to the header).

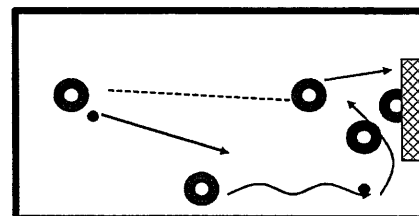
HEADING: Try to orientate the ball towards the goal posts. Head the ball towards floor. Do not be static when heading, you have to go running from back to front and head the ball.

1. Application of the concept explained before. (20')

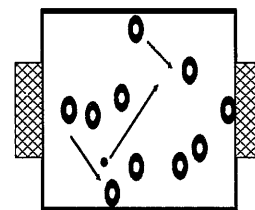
Split the players in pairs. Each pair has to have a ball. One of them pass the ball to an open area near the touch line, the other settles the ball (and also with the first touch orientates the ball towards the goal line), and runs with the ball forwards the goal line. Next he crosses the ball while running and the teammate who has passed the ball has to head (if it is possible) or shoot the ball to score goal. (10 minutes crossing with right foot and 10 minutes with left foot).

**2. Application of the concept explained before. (25')**

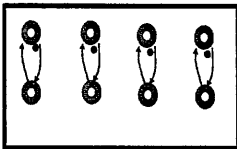
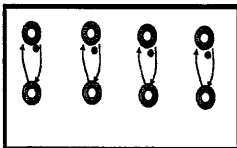
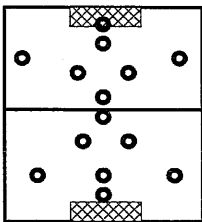
The same as they did in the first drill, but with active an opponent who will try to intercept the cross and avoid the attacker heading or shooting. . (10 minutes crossing with right foot and 10 minutes with left foot)

**3. Real match 4 v. 4. (35')**

The team who score goal by heading or shooting a crossed ball gets 3 points. When they score just by shooting (with no previous cross) only 1 point is added.

**COOL DOWN (10')****1. STRETCHING** (As indicated by the coach)**2. FEEDBACK** (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)



DATE: 23/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 15	RUNNING WITH THE BALL	ENRIC DURAN- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA-GUILLEM ORIOL-RAMON
EQUIPMENT: Bibs, Balls, Cones	SYSTEM OF PLAY 1-3-2-1	CURTO
WARM UP (30')		
1.- Soccer tennis in pairs (10') 2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Roba Balones (10') In an area all players have a ball except for 2-3 players who work as defenders. The defenders have to steal the balls and the attackers have to keep it.
MAIN PART(80')		
HEADING/REMATE DE CABEZA: Brief explanation of the different head contact parts to use when heading. Frontal bone: head to goal; Occipital bone; ball prolongation/orientation; Parietal bone: to clear. Heading basics: do not be afraid of the ball, keep the eyes opened while heading the ball, head the ball towards floor. We will work in pairs in the next exercises.		
1.- HEAD THE BALL. 1ST PART. (10') In pairs, one player is sitting on the floor and the other one, from a distance of 3-4 meters, pass the ball with the hands to the other player's head. The player who is sitting has to pass the ball back by heading it. Five minutes each player.		
2.- HEAD THE BALL. 2ND PART. (10') Now instead being sitting in the floor, the player who heads the ball will be standing. No jumping when heading, legs opened and bended, trunk to back and greeting the ball.		
3.- HEAD THE BALL. 3RD PART. (10') Now jumping when heading is necessary.		
4.- HEAD THE BALL. 4TH PART. (10') Now jumping and moving when heading is necessary.		
5.- HEAD THE BALL. GAME 1. (20') Possession game with the hands. Is allowed to score a goal just by heading the ball. Is not allowed to run when keeping the ball, only pass is allowed.		
6.- HEAD THE BALL. GAME 2. (20') Real match, but when scoring a goal by heading means 3 points. Normal scoring is one point.		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		

**DATE:** 23/07/2008**SESSION:** 16**DURATION:** 120'**EQUIPMENT:** Bibs, Balls, Cones**TECHNICAL OBJECTIVE:**

HEADING

TACTICAL OBJECTIVE:

WIDTH OF THE PLAYING FIELD

COACH:

ENRIC DURAN- JOAN OLIVA-

TAKA-GUILLEM ORIOL-RAMON

CURTO

WARM UP (30')**1. Free juggling (10')**

Each player with a ball juggles the ball in the air for as long as possible without the ball touching the floor. Use all foot surface areas.

2. Stretching (10')

As instructed by the coach.

*The stretching time will be used to instruct the objectives of the session.

3. Rondo 4v1 (10')

In a large square area there shall be 4 players who will need to take 3 touches before they can pass.

MAIN PART(80')

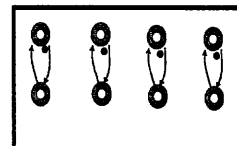
HEADING/REMATE DE CABEZA: Brief explanation of the different head contact parts to use when heading.

Frontal bone: head to goal; Occipital bone; ball prolongation/orientation; Parietal bone: to clear.

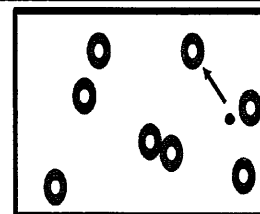
Heading basics: do not be afraid of the ball, keep the eyes opened while heading the ball, head the ball towards floor.

1.- SOCCER TENNIS IN PAIRS (15')

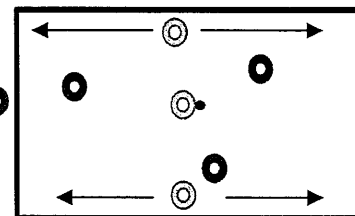
2 players facing each other shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor more than once

**2.- POSESSION GAME 5v3 (20')**

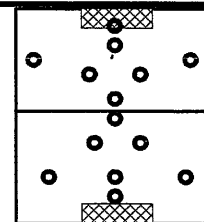
A possession game with 1 team having a numerical supremacy of +2 players in an area of 20v15. The objective is to keep the ball for as much time as possible noting the position of players, the utilization of space, the creation of space and player decision making. There shall be more observation than correction; the game shall develop the player so that they can read the game.

**3.- POSESSION GAME 3v3 + 2 (20')**

Small dimensions are required; therefore an area of 15x20 will be used to play a possession game with 2 'free' players. The objective is to keep the ball for as long as possible noting the position of players, the utilization of space, the creation of space and player decision making. There shall be more observation than correction; the game shall develop the player by learning how to read the game.

**4.- HEADING THE BALL GAME (25')**

Real match, but when scoring a goal by heading means 3 points. Normal scoring is one point.

**COOL DOWN (10')**

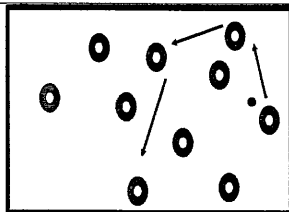
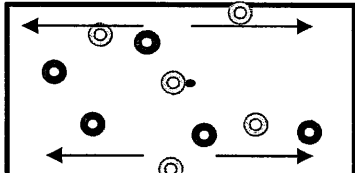
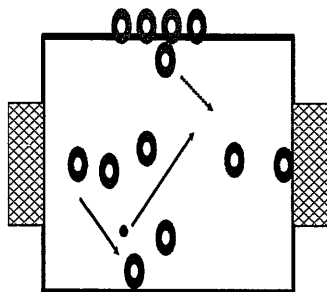
1. STRETCHING (As indicated by the coach)

2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)

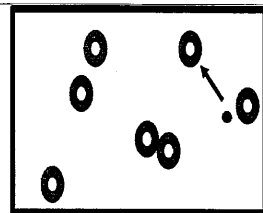


DATE: 24/07/2008 SESSION: 17 DURATION: 120' EQUIPMENT: Bibs, Balls, Cones	TECHNICAL OBJECTIVE: PASSING – CONTROL- SHOOTING-DRIBBLING TACTICAL OBJECTIVE: SYSTEM OF PLAY 1-4-3-3	COACH: ENRIC DURAN- JOAN OLIVA- TAKA-GUILLEM ORIOL-RAMON CURTO
WARM UP (35')		
1. Free juggling (10') Each player with a ball juggles the ball in the air for as long as possible without the ball touching the floor. Use all foot surface areas.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Pilla – pilla (15') In a marked area all players must run around where 1 player must catch all of the other players. If you get touched you stop. * Encourage feinting movements.
MAIN PART(70')		
REMEMBER all the key points mentioned in the above sessions.		
1.- ATTACKING/DEFENDING MOVES (30') In a rectangular area two teams play a real scoring match. The main objective is to work on defensive and attacking moves. * PLAYING FROM THE BACK: Centre back plays to one side and supports from behind, the pivots also play from the midfield, and the centre forward drops to the wing to play with his back to goal. Work on width of the playing field. *DEFENSIVE SUPPORT: When a pivot moves to cover a wide area the other pivot must be in the centre. The centre-forward marks the oppositions centre back. The full backs shall support the centre-backs and pivots depending on where the ball is. Include details of other sessions.		
2.- REAL/ACTUAL GAME (40') Play a game (Football-7,1-3-2-1)		
COOL DOWN (15')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		



DATE: 24/07/2008 SESSION: 18 DURATION: 120' EQUIPMENT: Bibs, Balls, Cones	TECHNICAL OBJECTIVE: PASSING – CONTROL- SHOOTING-DRIBBLING TACTICAL OBJECTIVE: UNMARKING – MARKING	COACH: ENRIC DURAN- JOAN OLIVA- TAKA-GUILLEM ORIOL-RAMON CURTO
WARM UP (30')		
1.- Free passes in pairs (10') In pairs, players shall make passes to each other in an n open area varying the pass and the type of control. The coach shall signal when to switch players.	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Rondo 4x1 with 2 touches (10') In a square area there shall be 4 players starting in each corner playing against 1 defender. Players can only use 2 touches and can not move from their position.
MAIN PART(80')		
REMEMBER all the key points mentioned in the above sessions		
1.- POSESSION GAME/RONDO MOBIL (20') In an area of 40x40, we are looking for space. 1 team will keep possession of the game. The objective is to retain the ball for as long as possible, observing the positioning of the players in the playing area - especially making the most of space, the creation of space and the decision making of players.		
2.- POSITIONAL GAME 5v5+2 (30') Large dimensions are required; therefore an area of 30x20 will be used to play a possession game with 2 'free' players. The objective is to keep the ball for as long as possible with players individually marking (pairs) to encourage un-marking themselves and from space made by other players. Factors from other sessions should also be introduced. The game shall develop the player by learning how to read the game.		
3.- TRIANGULAR / REDUCED GAME (30') Divide the group into 3 teams; 2 shall play and 1 shall rest. Each game shall be to 1 goal. Encourage movement and players unmarking themselves. The goalkeeper shall be 1 of the coaches. A lot of movement off the ball and a high speed of execution are required. Limited touches: maximum 3 touches are allowed. Let the players learn from reading the game: <ul style="list-style-type: none">• Change a player from 1 on the side.• Ball to the other team• Include details of other sessions.		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		

FCBARCELONA
mes que un club

DATE: 25/07/2008		TECHNICAL OBJECTIVE:	COACH:
SESSION: 19		DAY TO ENJOY/HAVE FUN	ENRIC DURAN- JOAN OLIVA-
DURATION: 120'		TACTICAL OBJECTIVE:	TAKA-GUILLEM ORIOL-RAMON
EQUIPMENT: Bibs, Balls, Cones			CURTO
WARM UP (35')			
1. Free juggling (1') Each player with a ball juggles the ball in the air for as long as possible without the ball touching the floor. Using the bone on the foot. No Boots if required.		2. Stretching (10') The coach direct them *We use this time to introduce the objectives for the session. *No Boots	
3. Passes in pairs (15') In pairs, 1 player throws the ball at the other player who will volley the ball back into his hands without the ball hitting the floor. The 'bone' will be used. No Boots if required.			
MAIN PART(70')			
The goal of this session is just have fun			
1.- POSESSION GAME/RONDO MOBIL 5v2 (10') A possession game with 1 team having a numerical supremacy of +3 players in an area of 20v15. The objective is to keep the ball for as much time as possible noting the position of players, the utilization of space, the creation of space and player decision making.			
2. BASEBALL MATCH PLAYED WITH FEETS (60') Split the group in two teams. Rules: - Is now allowed to touch the ball with the hands, just with feet - The players should hit the ball with feet - The "pichie" pass the ball with feet. The goal of the "pichie" is to make the ball bouncing once inside a delimited area (2x2 meters). The hitter player has to hit the ball before it bounces in the square. - Once the hitter has hit the ball, has to run with another ball, going from one base to another. This player can stop in any base. -The players of the other team have to catch the ball and pass it to the "pichie", who has to control the ball inside his area (remember that is not allowed to use the hands). - If one player, controls the ball after a hitting and is able to do at least 3 touches without bouncing the ball on the floor the whole opponent team is eliminated. - The other rules are like baseball rules.			
COOL DOWN (15')			
1. STRETCHING (As indicated by the coach)			
2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)			



DATE: 25/07/2008	TECHNICAL OBJECTIVE:	COACH:
SESSION: 20	DAY TO ENJOY/HAVE FUN	ENRIC DURAN- JOAN OLIVA-
DURATION: 120'	TACTICAL OBJECTIVE:	TAKA-GUILLEM ORIOL-RAMON
EQUIPMENT: Bibs, Balls, Cones	TOURNAMENT MATCH	CURTO
WARM UP (30')		
1. Rondos (15') Recreative 'rondos' – Free play	2. Stretching (10') As instructed by the coach. *The stretching time will be used to instruct the objectives of the session.	3. Chat with the players that will take part in the match. (5')
MAIN PART(80')		
1.- Soccer volley in groups (20') Teams of 4 players shall try to pass the ball to each other in the air separated by a line on the pitch with no boundaries. The ball can not bounce on the floor.		
COMPETICIÓN – PARTIDOS (60') Play a tournament by ages where each team shall play each other and there shall be no prizes for the winner. The names of players of FC Barcelona will be used to define the teams and there shall 3 or 4 teams in each age group. If there are 4 teams the sequence of games shall be 1-2 y 3-4; 1-4 y 2-3; 1-3 y 4-2. If there are 3 teams the sequence of games shall be 1-2; 1-3; 2-3 The time of games shall be determined by the time available and area utilized. * A game shall not be stopped to indicate an error as it could be too late.		
FC BARCELONA ASA CLINIC TOURNAMENT		
COOL DOWN (10')		
1. STRETCHING (As indicated by the coach) 2. FEEDBACK (Ask players if they are enjoyed the session, if they understood everything, if they are feeling good or have any doubts and if they are enjoying the sessions.)		