

ALWAYS  CCER  
Barcelona

# U19

Sub-dinamic of duration

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*Organize attack - Fast associated attack*

Task: Sub-dinamic of duration

Difficulty of the task: Collective

Objective of the task: Principle and sub-Principle

- Organized attack:

1. Fast associated attack

1. Width offensive

2. keep the ball

Space: 40x40 m

Time: 7' x 4 series

Rest: Between series 2'

N° of the player: 16 players

### Description of the task:

Keep the ball decontextualize, the objective is the team with the ball has to deliver the ball at both jokers in width to add 1P, if the defender team steal the ball, they have to find one joker in width and realize one fast attack in any old of the both goals before 5 passes. If they score goal, they have to change the rol.

### Rules:

1. Team in organized attack only has 4 passes to arrive the ball at jokers.
2. Jokers can't do passes between them, except goalkeepers.
3. After steal the ball, pass to one joker and finish the action in maximum 4 passes.

### Variant:

1. 2 jokers inside with one situation 1vs1 in sides.

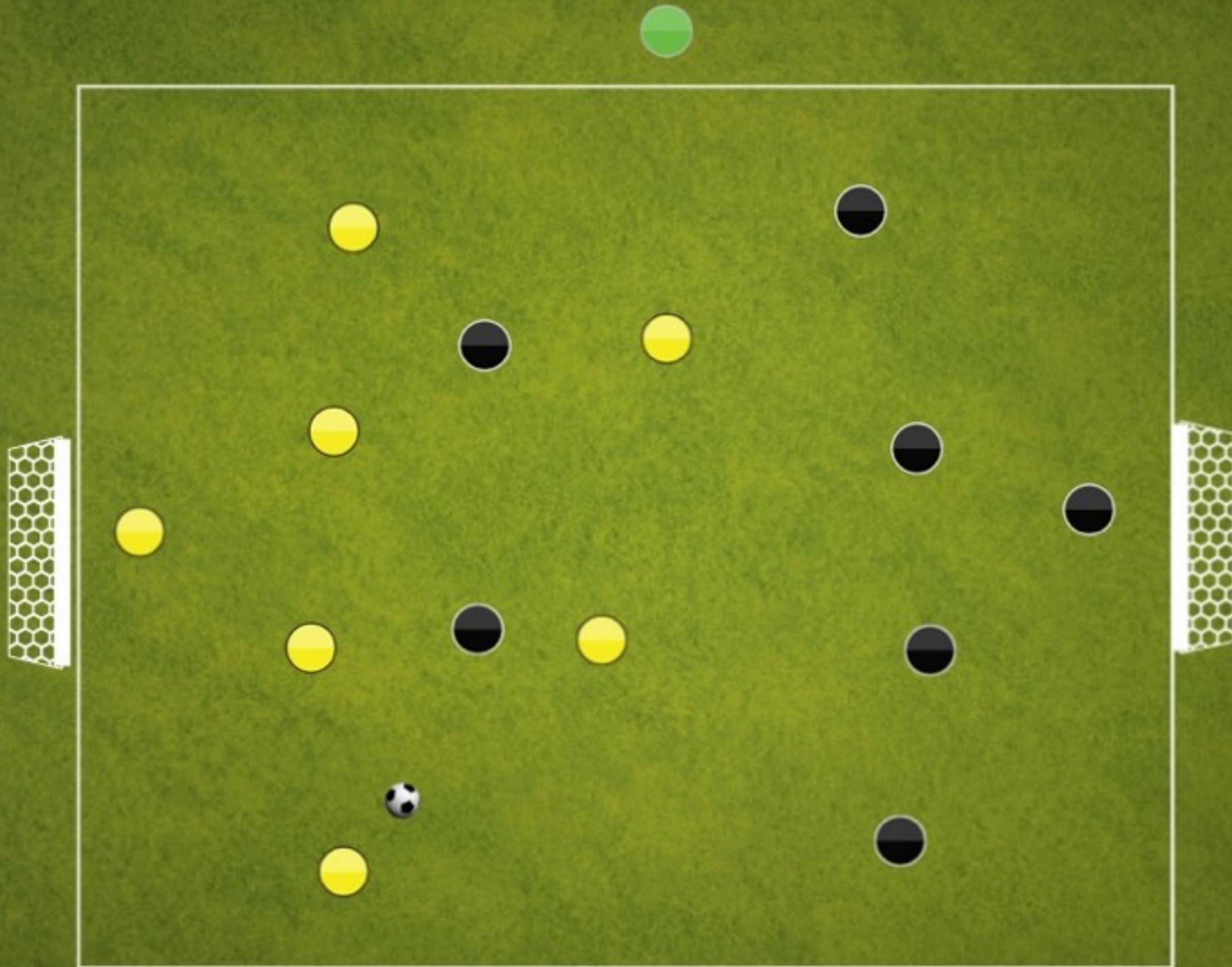
### Rules:

1. Jokers 1 touch.
2. Individual making in sides.
3. After steal the ball, find one sides and finish the action in maximum 4 pases.



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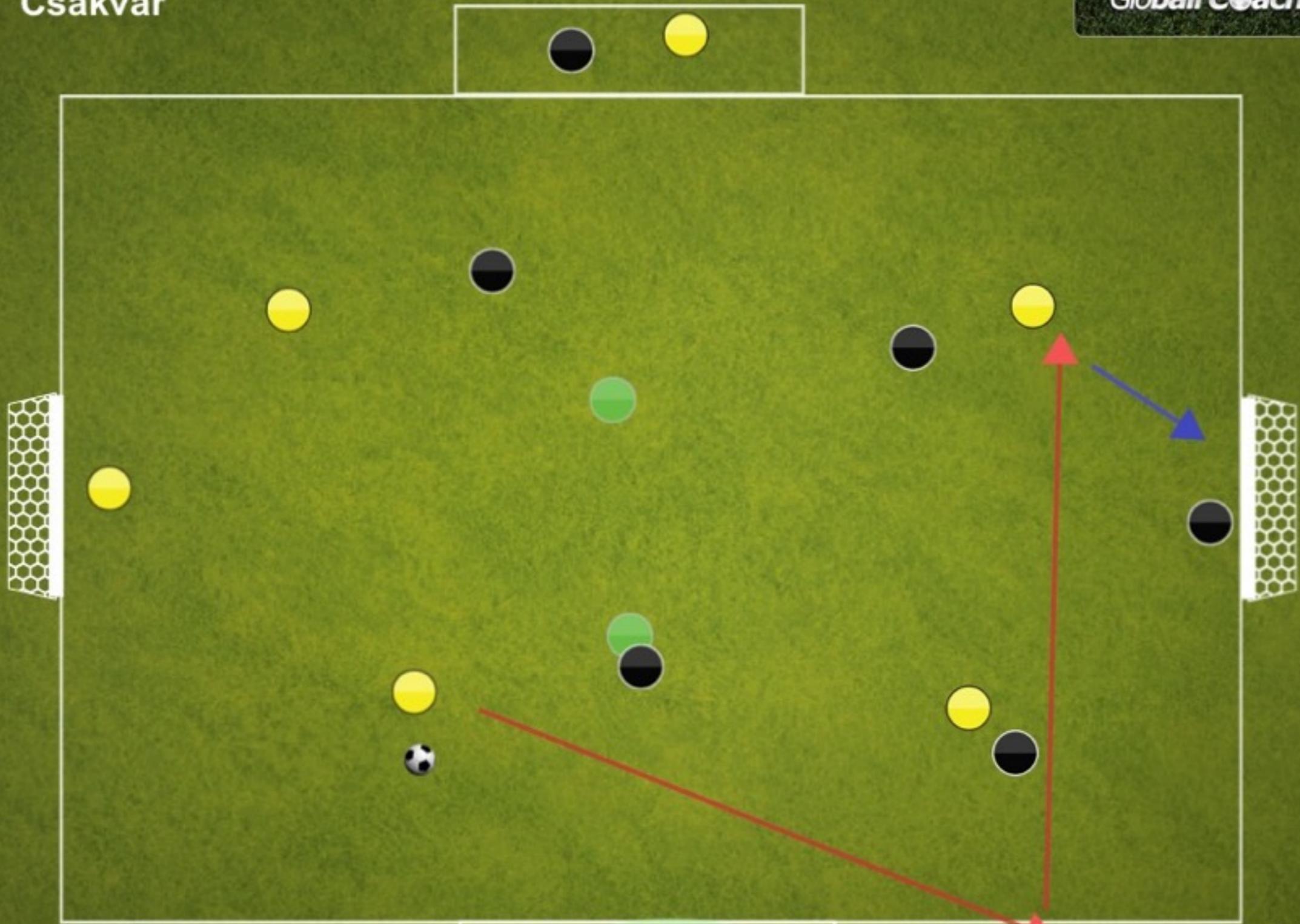


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Task: Sub-dynamic of duration

Difficulty of the task: Collective

Objective of the task: Principle and Sub-principle

- Organized Attack:

1. Fast associated attack

1. Offensive with

2. Keep the ball

3. Depth play

Space: 60x40 m

Time: 10' x 2 series

Rest: Between series

N° of the player: 16 players

## Description of the task:

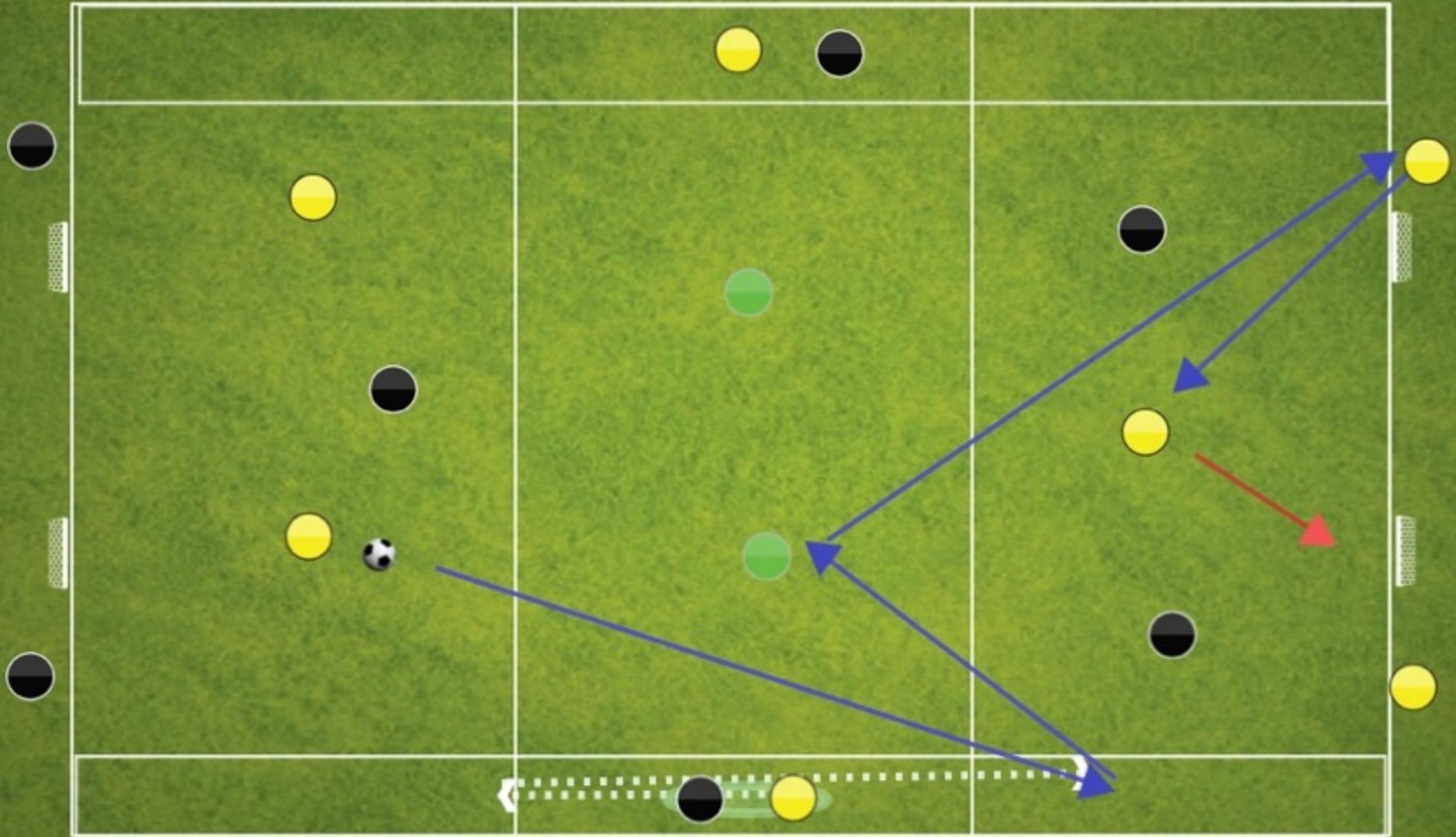
Task contextualize where we will simulate a match with two zones in sides. The objective is try to do goal through players in with and or players in depth.

## Rules:

1. We can finish before 5 pases 1P.
2. If we can score before 5 pases, we have to find 1 player in width and 1 player in depth.
3. For each player in width or depth that they touch the ball, our team plus 1P if the action finish in goal.



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Task: Sub-dinamic of duration

Difficulty of the task: Collective

Objetive of the task: Principle and Sub-principle

- Organized Attack:

1. Fast associated attack

1. Offensive width

2. Keep the ball

3. Depth play

Space: F7

Time: 15' x 2 series

Rest: Between series

N° of the players: 16 players

## Description of the task:

Conditional match where the objective is play in width and depth. The field have 3 difference zones (Iniciación zone 3 pases, center zone 5 pases, finish zone 3 pases). To end the action the offensive team have to through for all the difference zones and in center zone play with booth jokers.

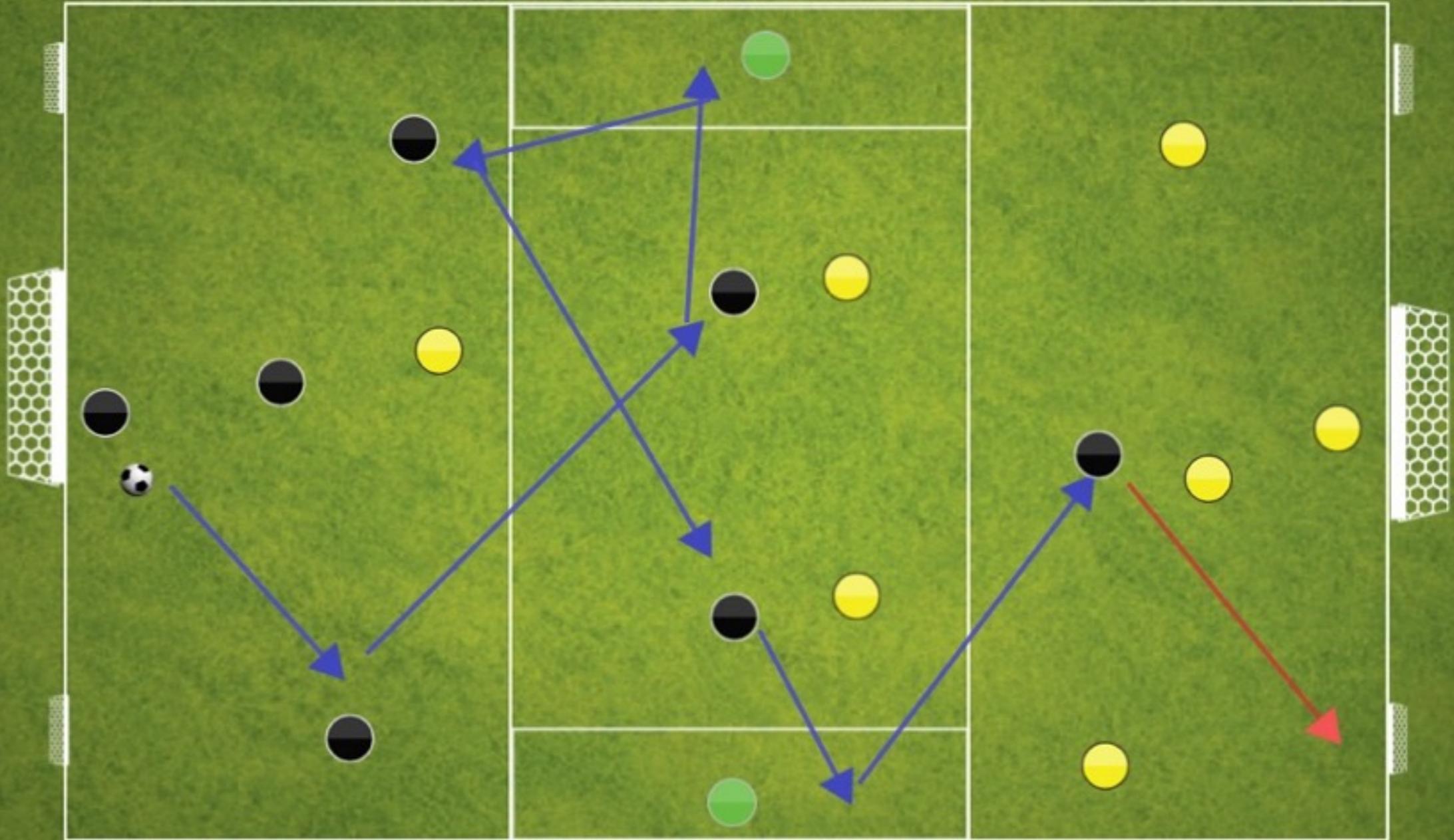
## Rules:

1. Normal goal following all the rules 3P.
2. Double goal following all the rules but in small goals 2P.
3. Goal 1P if the play directly with third men (jump center zone)
4. If the defensive team steal the ball in center zone, they can score without rules.



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