



U19

Velocity Subdynamic

14 August 2015

Task: Velocity Sub dynamic

Task difficulty: Group

Task objective: Principles and sub principles

- Organized defense :
 1. Reduce the spaces
 1. Reduce the spaces in opponent half
 2. Advance and interception

Space: F7 field

Time: 3'x8

Rest: between series

N° of players: 14

Task description:

Contextualized task where we start doing a ball's conservation 4vs4 + 1 joker in a delimited space (20x20m). When the defensive team will catch the ball, they should have to score before 6 passes into the opponent goal. If offensive team do 8 passes into the ball's conservation, they will can to score into the little goals, but if they lose the ball, they have to go in sprint to a delimited area in order to help their defensive line

On the edge of the area we will have a defensive line of 4 players that they will have to shrink space at the same time that defending team gets into conservation steal the ball.

If defensive line manages to steal the ball into the far zone from the area 3P, 2P on the centre line and 1P on line closest to the area. The same score get the offensive team if he can finish but reversing the scores.

Rules:

1. If defensive team gets steal the ball, they will have to score before 6 passes
2. If offensive team lose the ball, they will have to go in sprint to a delimited area in order to help their teammates
3. If offensive team gets to do 8 passes, they will can to score in little goals on the centre of the field

Variant:

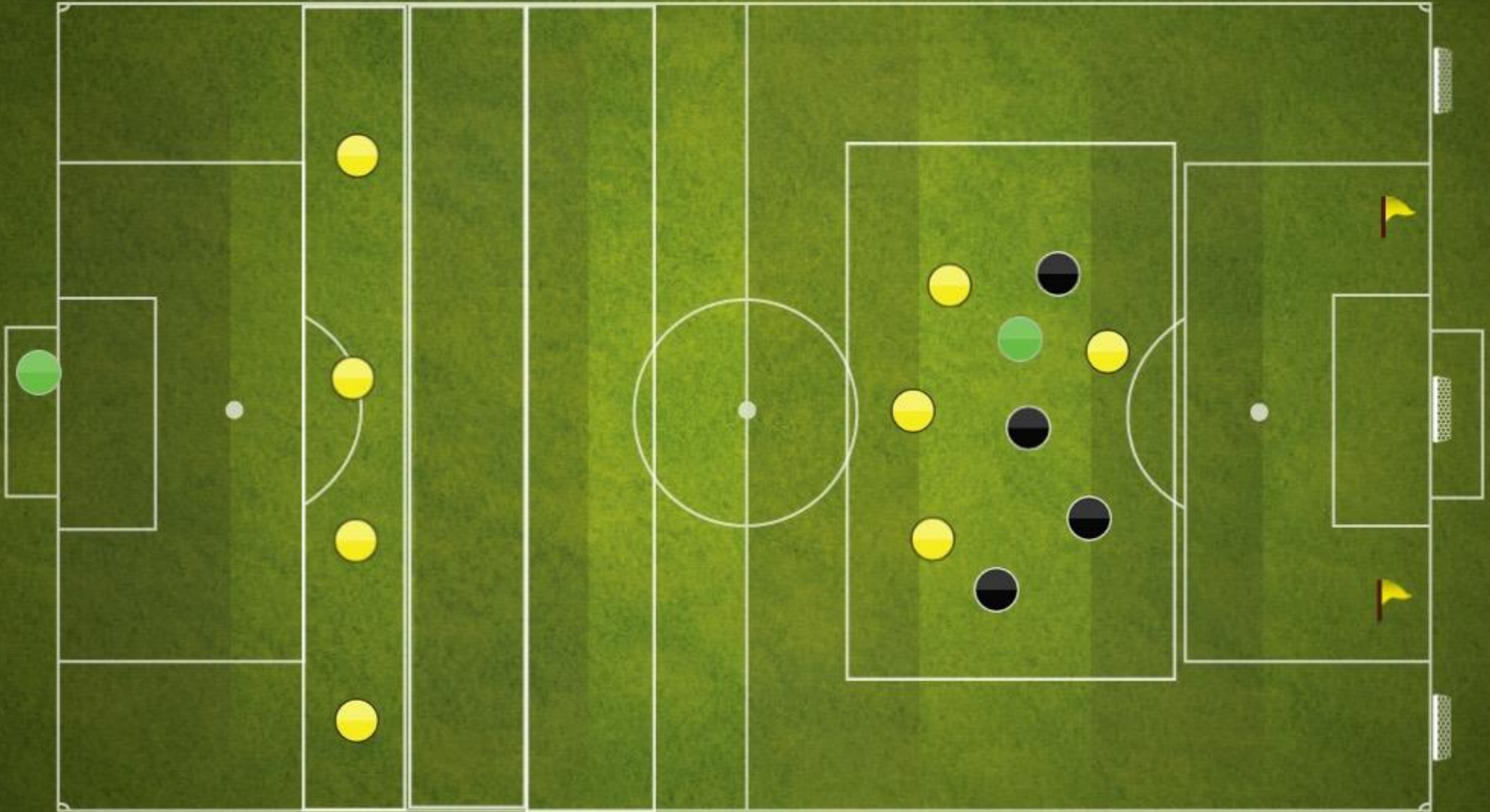
1. Situate the wingers back as a lateral jokers in the ball's conservation



Csákvár



Global Coach



AlwaySoccer

