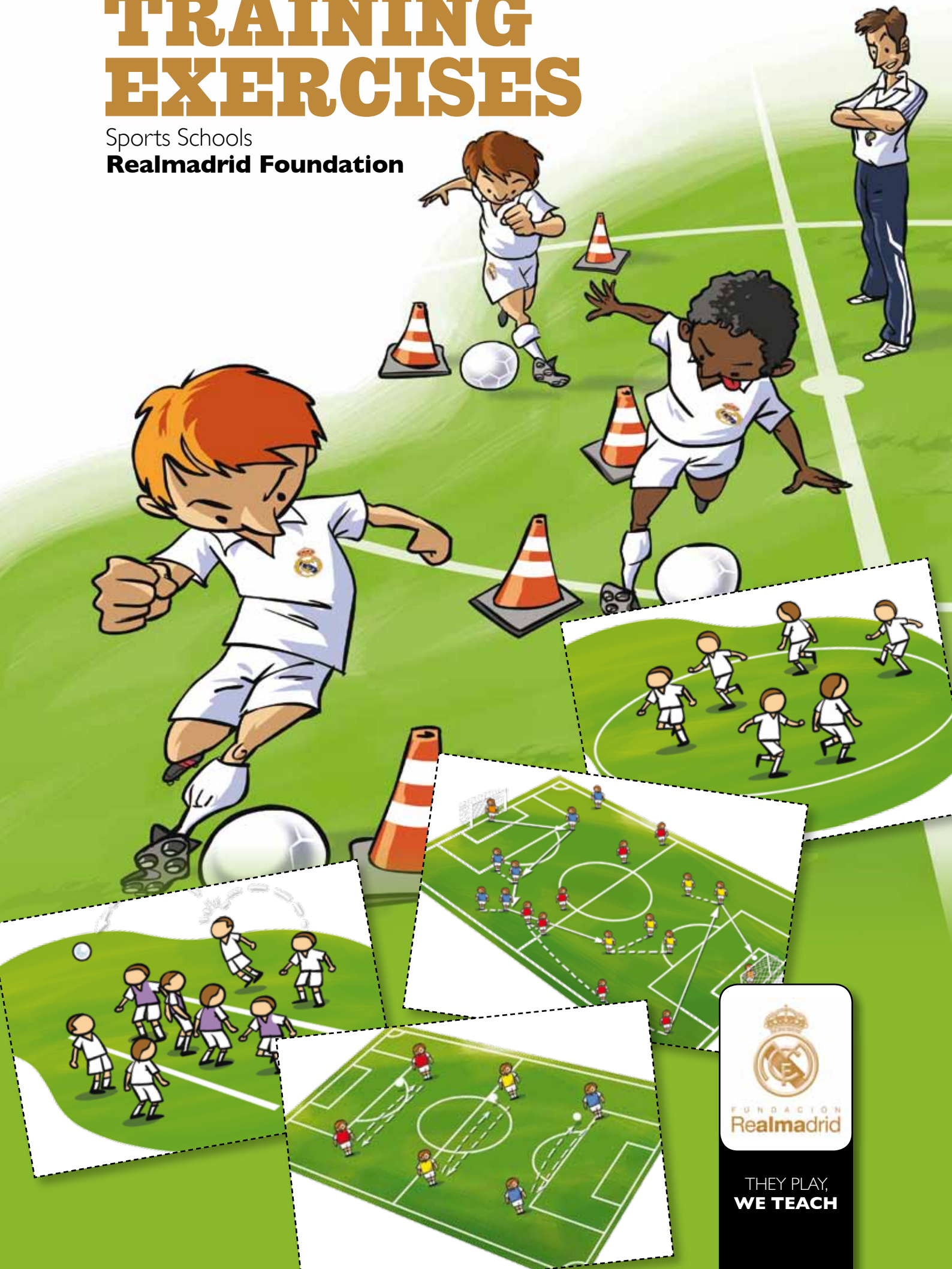


TRAINING EXERCISES

Sports Schools
Real Madrid Foundation



THEY PLAY,
WE TEACH

1

DIRECTION AND COORDINATION OF THE DIDACTIC TEAM
Adolfo Sánchez Muñoz
Educational Management and Coordination Team

DIDACTIC TEAM

3

M^a Dolores Gutiérrez Fernández
BA in Psychopedagogy and Diploma
in Child Education. U.C.M

4

David Sánchez García
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Podology. U.C.M. and U.C.L.M

2

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Neuropsychology and Education. U.C.M

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and Sport. U.E.M

PRODUCTION TEAM

7

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Estudio Sotomayor

6

Jesús López González
IT Engineer, Creation of
the Didactic CD

8

Elena Gutiérrez Fernández
Design and production
of Didactic Exercises

TECHNICAL SUPERVISION

9

Rafael García Cortés
UEFA Pro National Coach
and former Real Madrid

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11

Magacha Juste
BA in Politics and Sociology
and an expert on the Rights of Children

10

Iñigo Arenillas Chaves
Law Degree
and expert in International Cooperation

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FUNDACIÓN
Real Madrid

THEY PLAY,
WE TEACH

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Dear Coach,

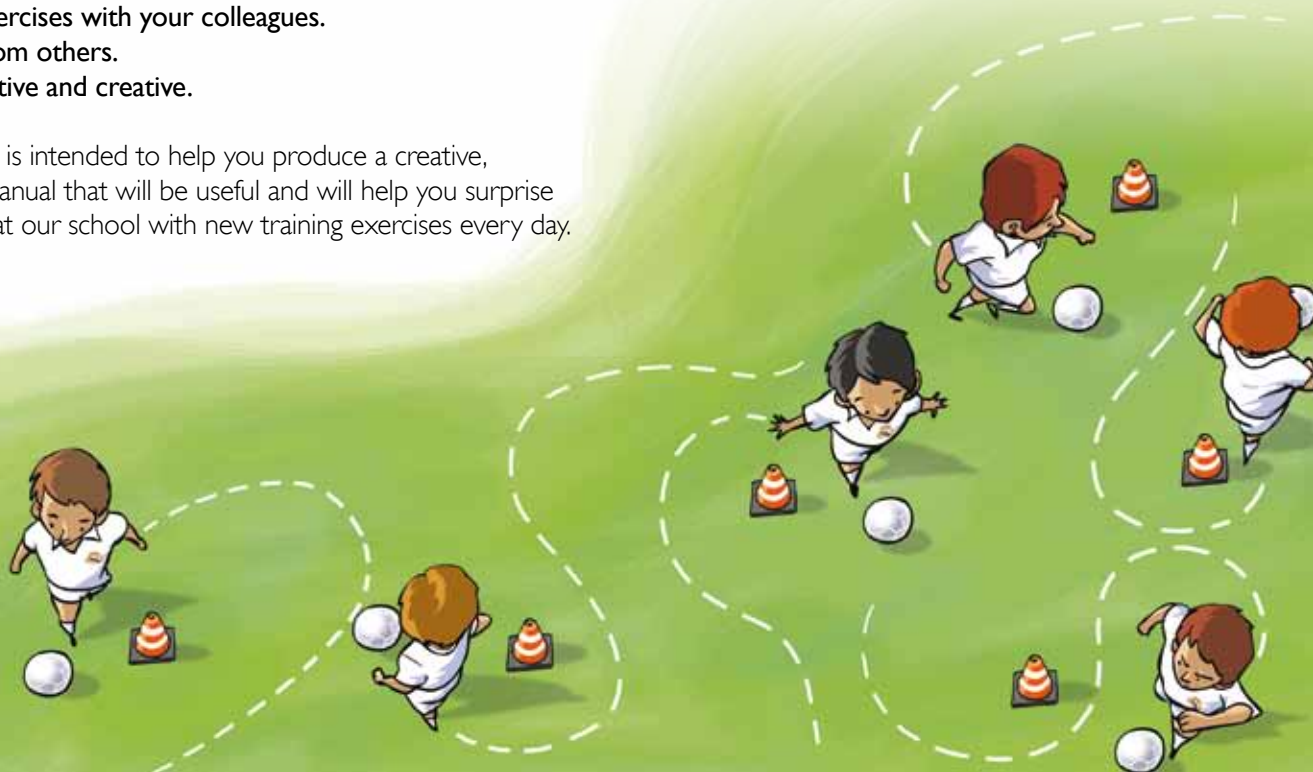
The Real Madrid Foundation offers this album for you to complete with our help (we have started the collection for you) and your own enthusiasm and effort, in order to create a powerful tool to strengthen your coaching activity and training methods.

How to get more exercises.

We will provide you with the easiest exercise cards to obtain, but it is up to you to complete your collection:

- Research online.
- Swap exercises with your colleagues.
- Learn from others.
- Be inventive and creative.

This album is intended to help you produce a creative, dynamic manual that will be useful and will help you surprise the pupils at our school with new training exercises every day.

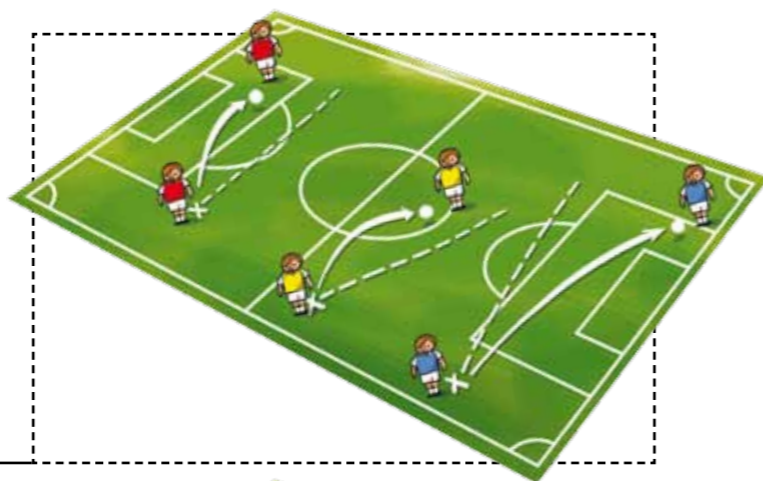


1

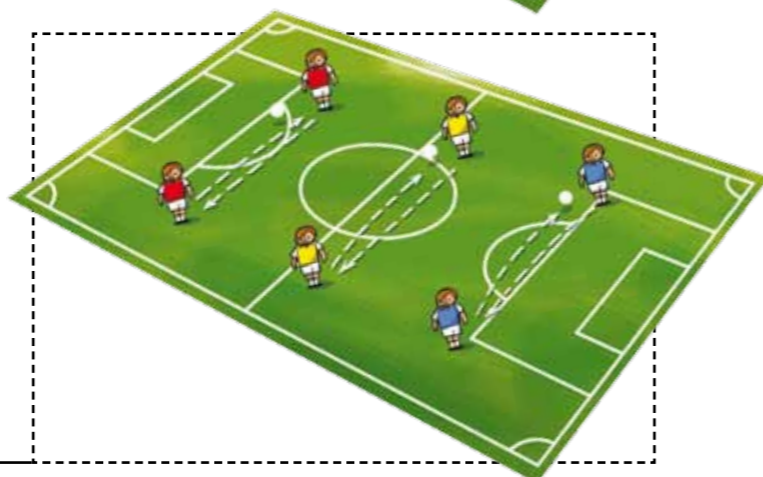
PASSING

PAIRS

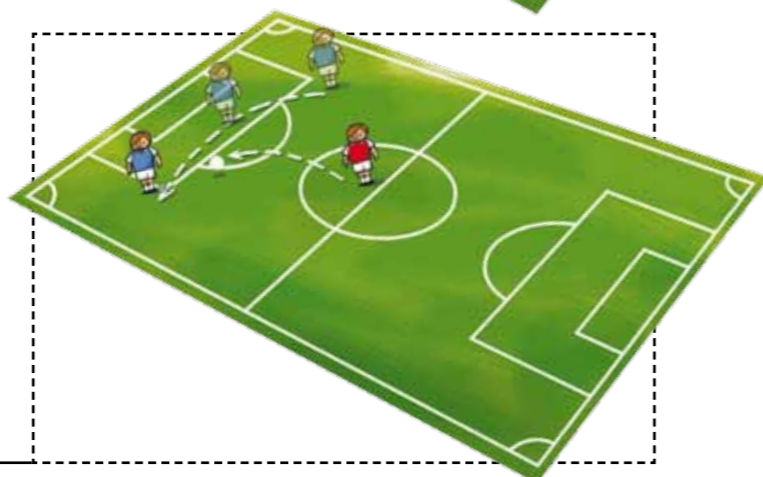
One of the players moves freely while the other makes a run in a straight line and on the signal turns to look for his team mate and pass the ball as quickly as possible with the instep.



Each pair has to make as many passes as they can in 45 seconds with the inside of the foot. The pairs count their passes and compete with the other pairs in the team.

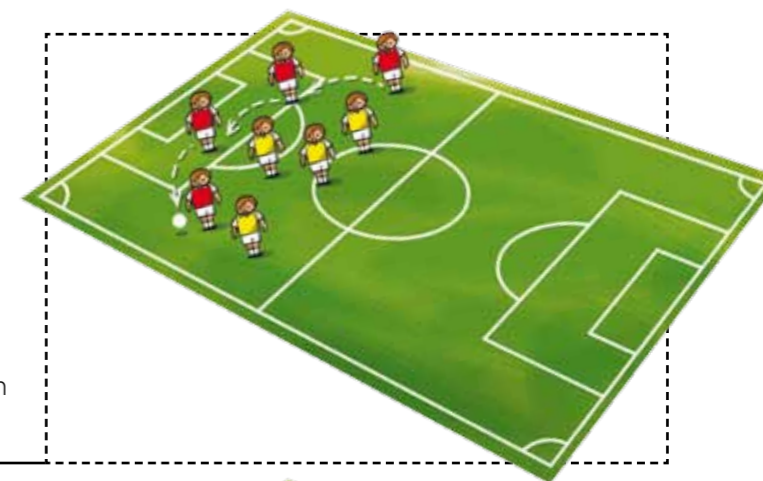


One of the players makes a free run in the midfield. The other member of the pair has possession of the ball and must try to hit his team mate with a pass. The pair can count the number of hits and then swap roles.

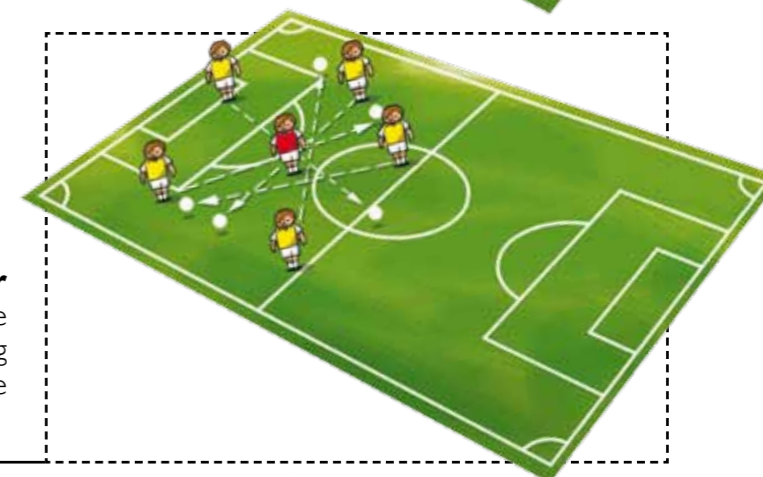


GROUPS

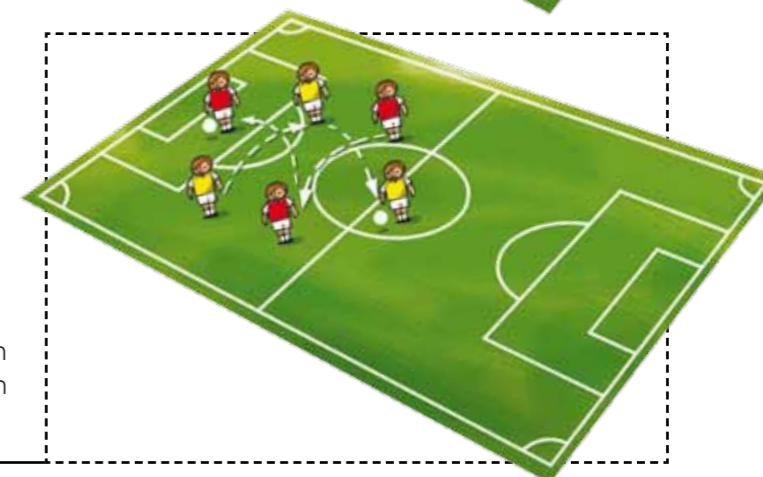
Form two teams of four players. Each team tries to keep possession of the ball.



Five players form a circle with one player in the centre. All of the players have a ball. The players in the circle have to try to hit the ball belonging to the player in the middle with their own ball. The central player tries to stop his ball being hit.



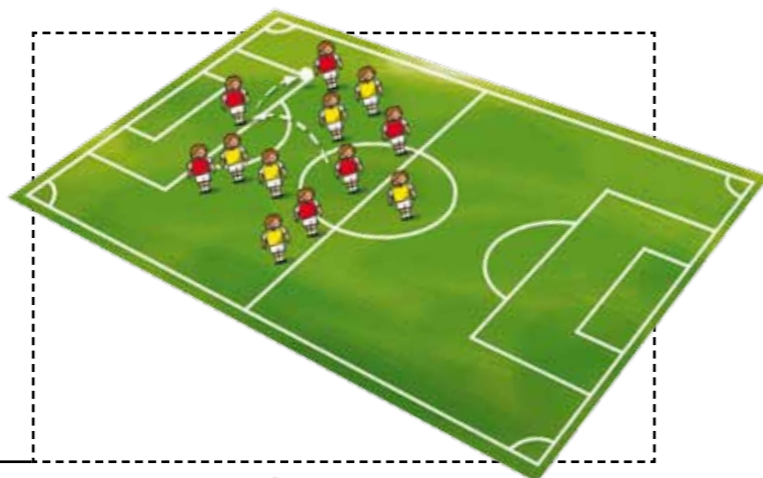
Form two teams of 3 players. The players in each team are placed alternately and must pass each other the ball without hitting any of their opponents.



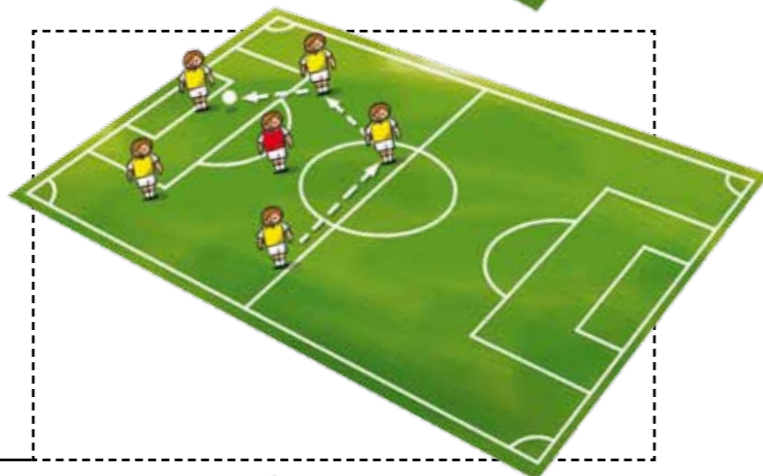
1

PASSING

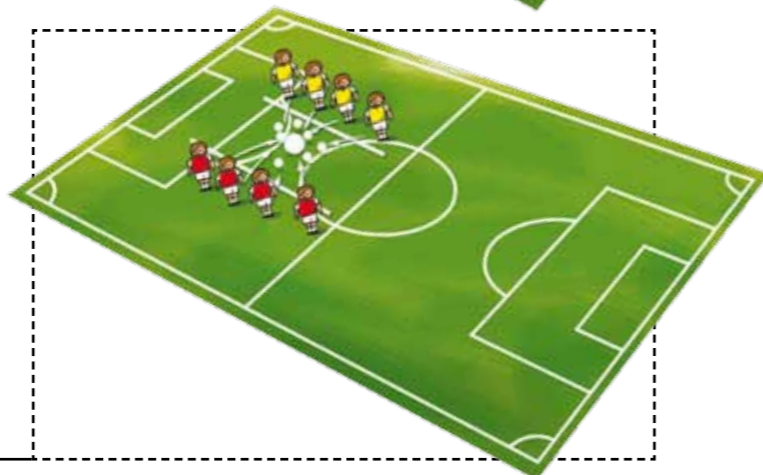
Two teams (6 players in each) must keep control of the ball. The winner is the team that manages a given number of passes (e.g. 10 passes)



One player in the centre of a circle formed by teammates must intercept the ball as it is passed in a given direction around the circle.



Two teams are separated by a neutral zone that they are not allowed to enter with a (large) ball in the centre. The aim is to knock the ball to the other side hitting it with passes.



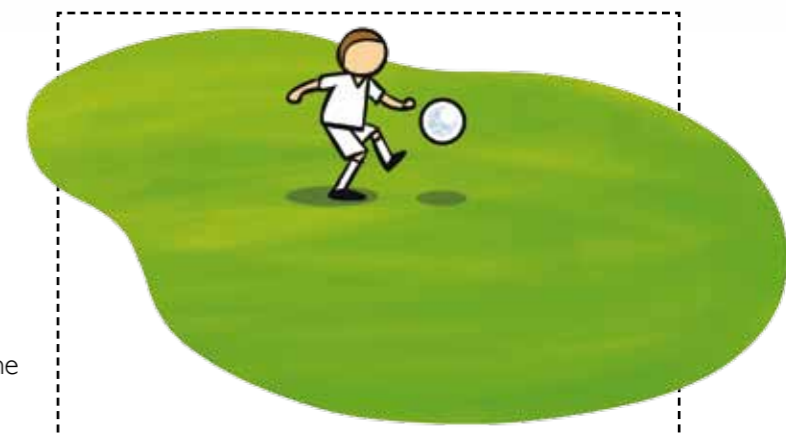
2

CONTROLLING



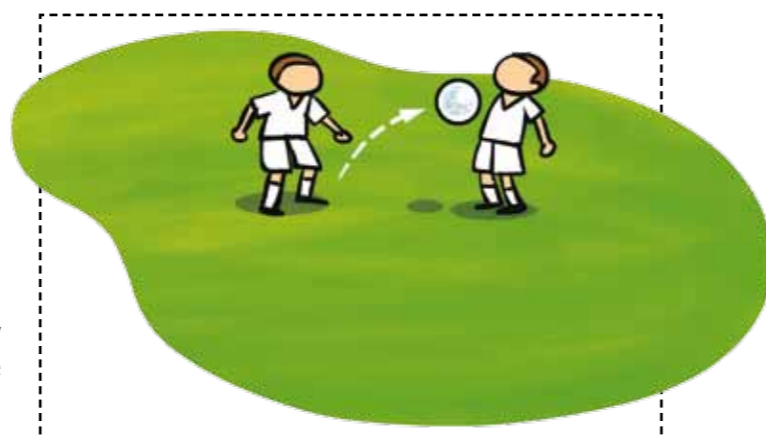
INDIVIDUAL

Two players pass the ball to each other on the volley without letting it touch the ground.

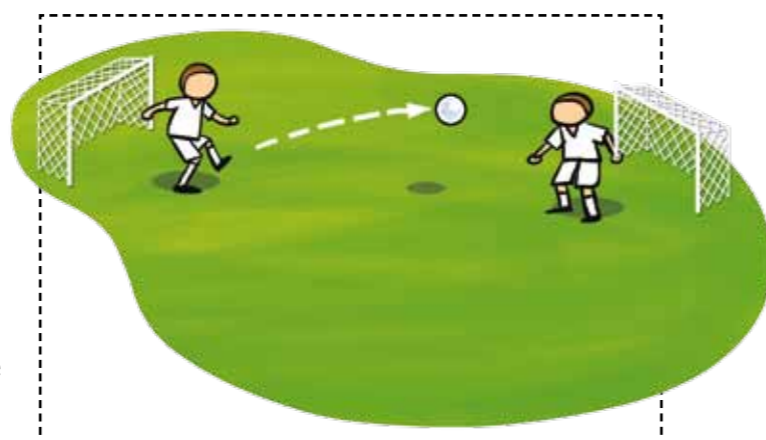


PAIRS

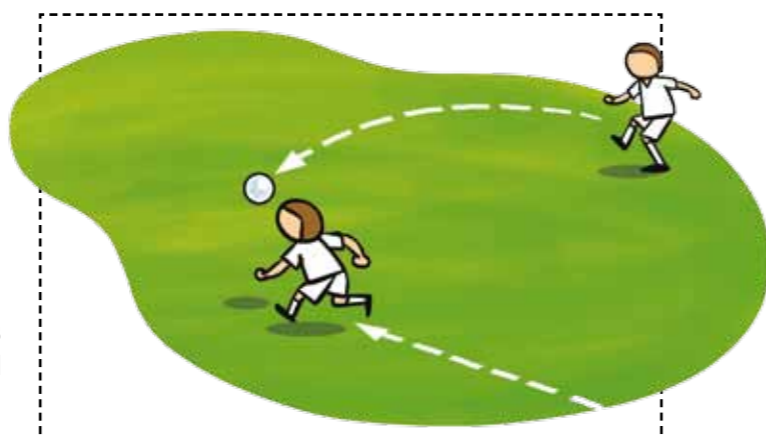
Two players pass the ball to each other on the volley without letting it touch the ground.



Each player in the pair defends a goal (they should be placed relatively near each other) and must try to score against his companion from the position where he controls the ball.

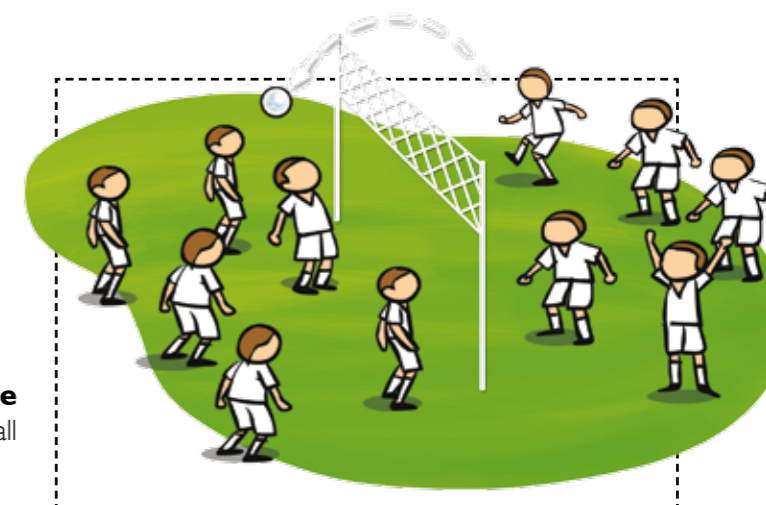


One player makes a high pass to his teammate, who must run and control the ball before it touches the ground.

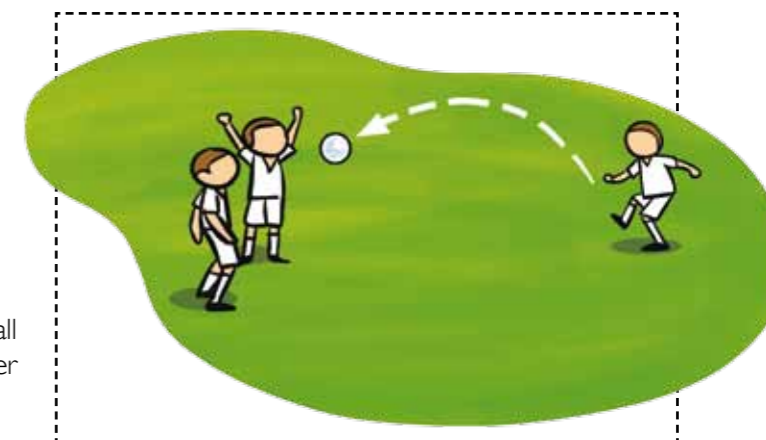


GROUPS

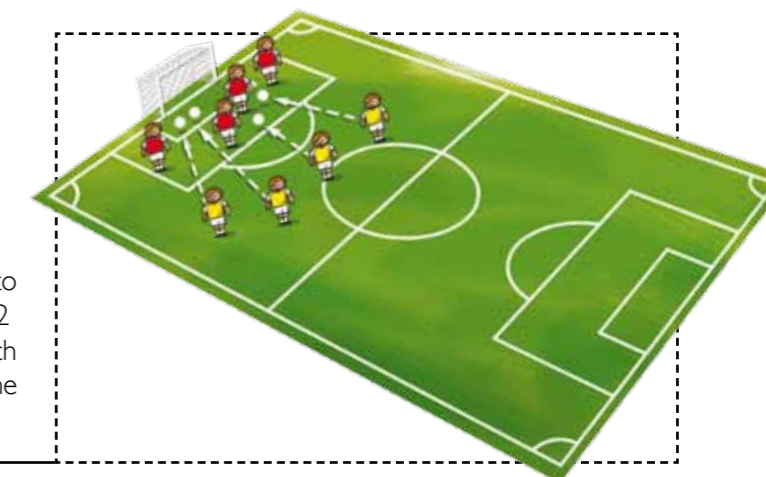
Two teams are formed to play a game of volleyball. The players must control the ball without allowing it to touch the ground.



In groups of three players, one passes the ball and the other two compete to control it. The player who wins possession then restarts the exercise.

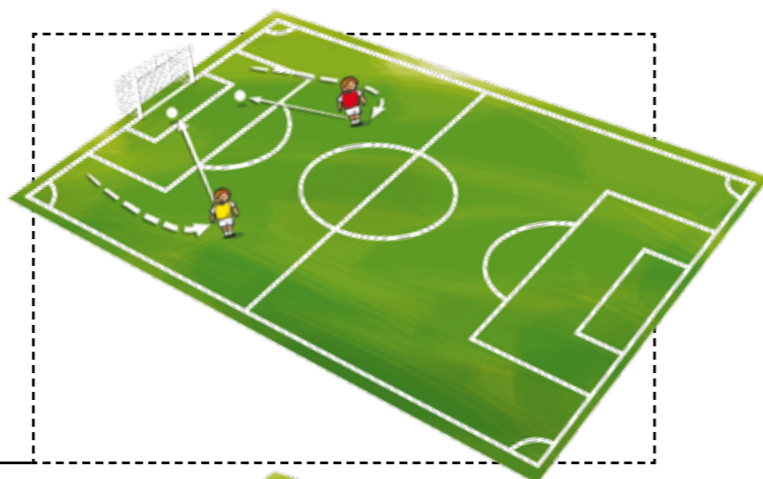


One team shoots on goal and the other tries to prevent them scoring by controlling the ball. +2 points are awarded for control of the ball and -1 for each goal scored. The coach can decide the duration of the exercise.

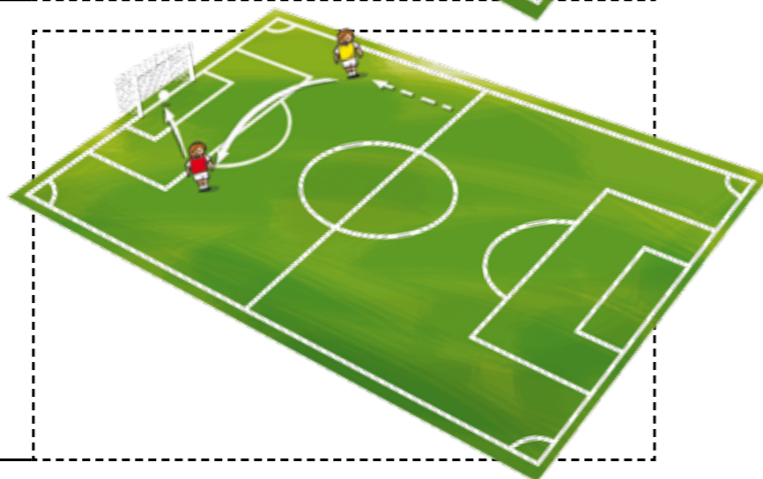


INDIVIDUAL

Starting from the goal line, the player dribbles back up the pitch away from the goal, turns and shoots.

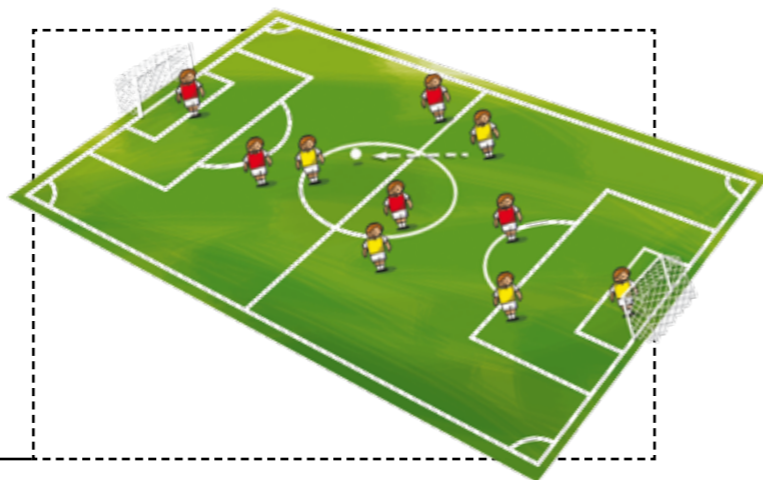


Across is passed from the wing to a player who takes up different positions in front of the goal and must shoot on the volley (with both legs).

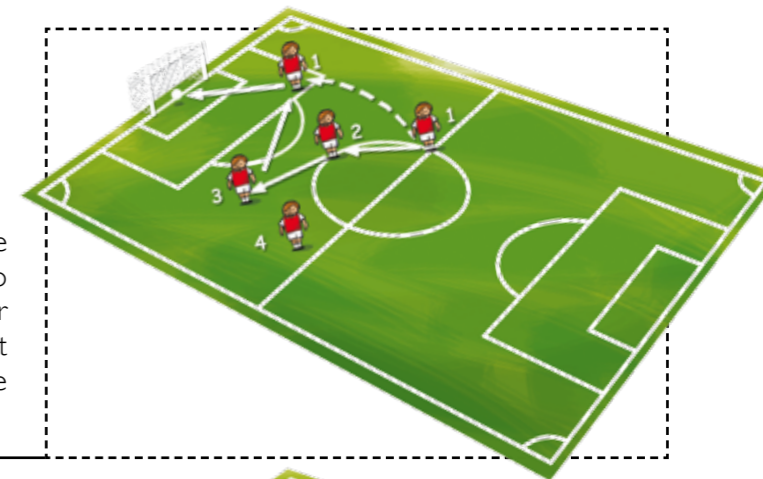


GROUPS

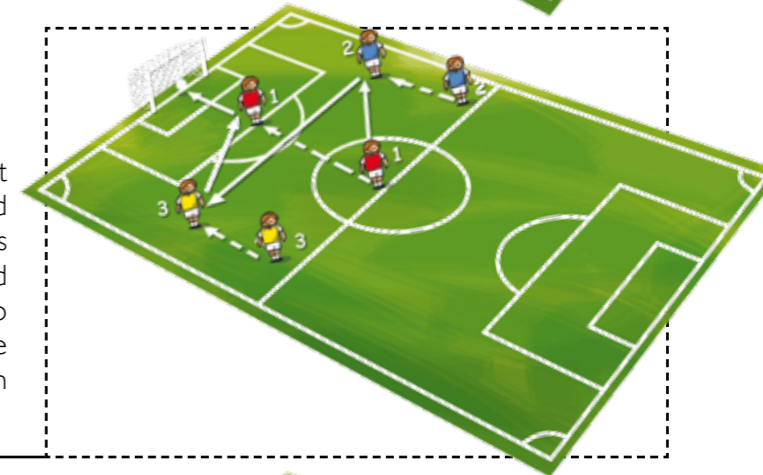
5-a-side match.
Scoring: Shot +1; Goal +2.



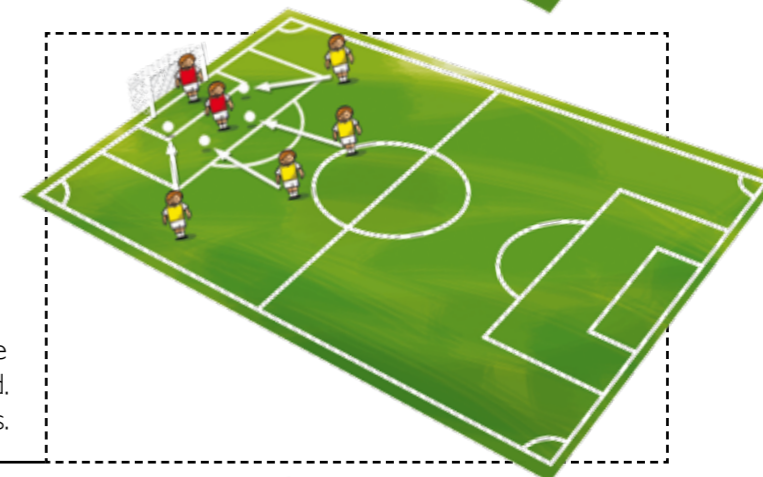
4 players. The first dribbles and passes to the 2nd, who touches the ball on for the 3rd, who crosses back to the 1st, who shoots. The 4th player does not take part but takes the position of the 1st player when the exercise ends. All of the players rotate positions in sequence.



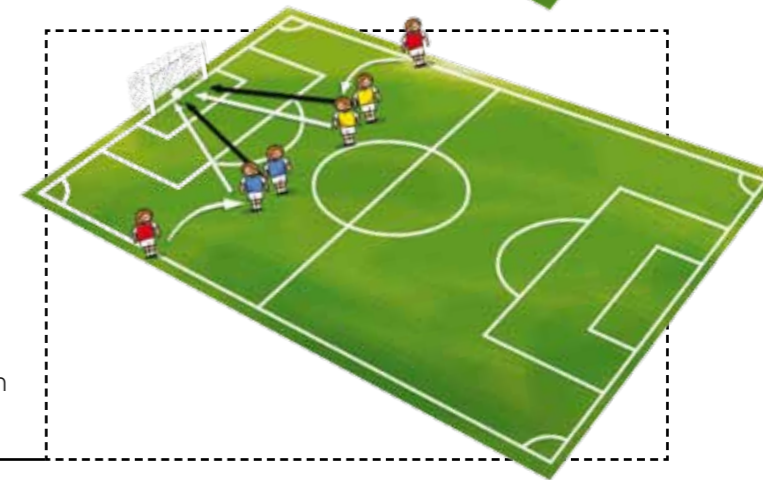
The players form three lines. The first player passes from the centre ahead of the 2nd player on the right, who must run onto the ball and pass to the 3rd player running down on the left. The 3rd player then passes back to the advancing 1st player, who shoots without stopping. The exercise should be done fast. At the end the players switch to the line to which they passed.



The goal is occupied by two keepers, one on the goal line and the other around 2 m forward. The rest of the group take shots from different positions.

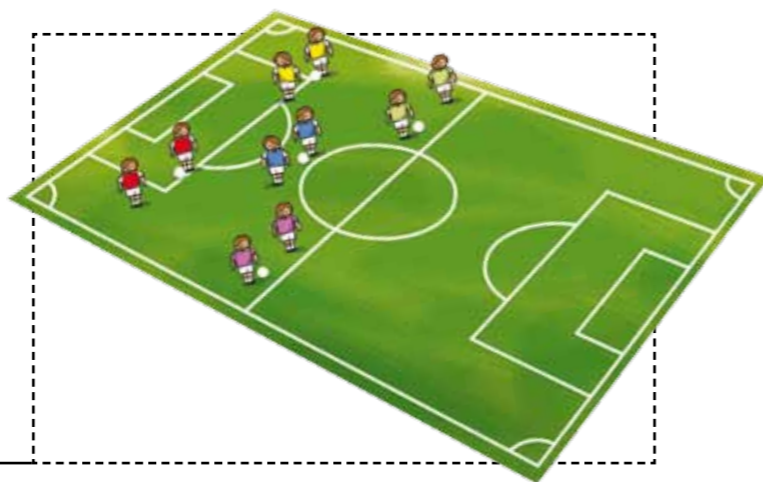


Passes from the wings with volleys using both legs.



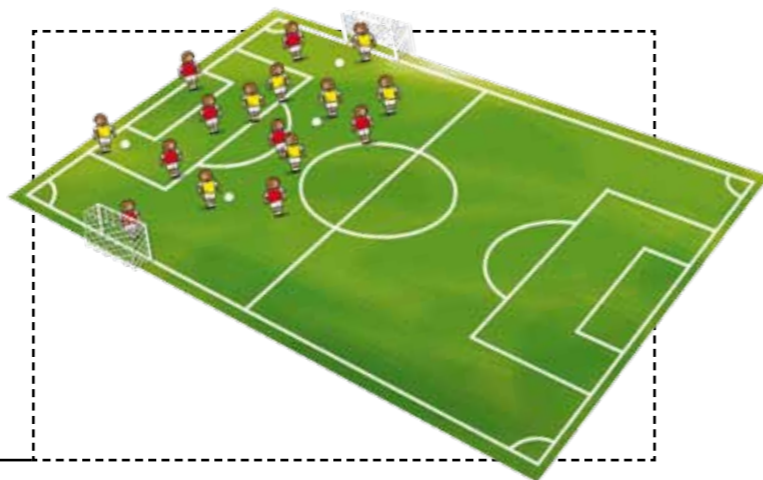
FEINTS (1 VS1)

PAIRS

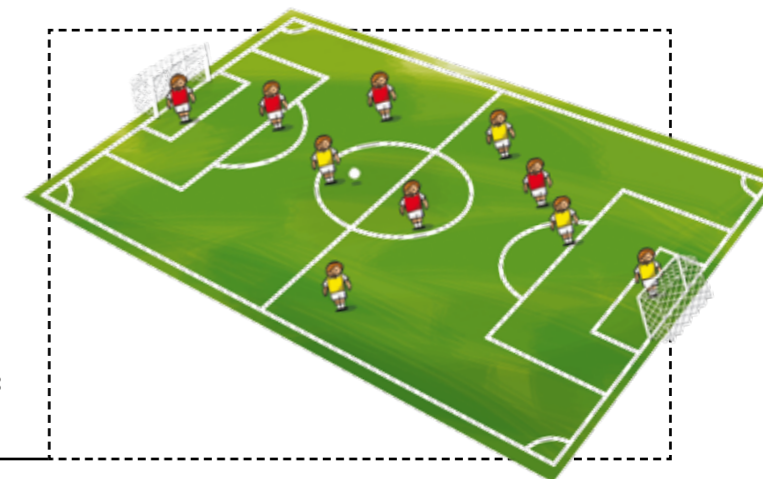


Each pair plays one-on-one, trying to get possession of the ball.

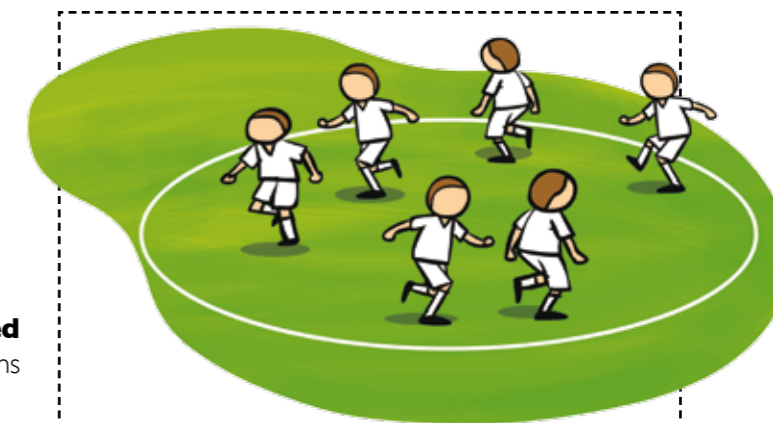
GROUPS



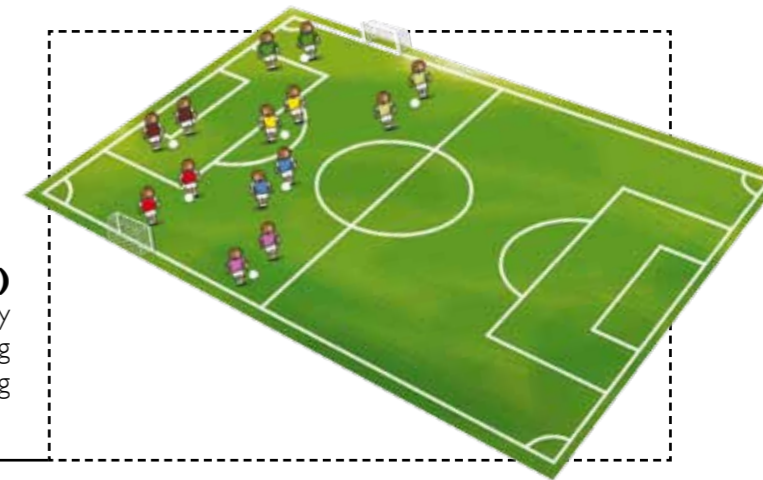
8-a-side match across the width of the pitch. Start with one ball, then throw in a second, a third and a fourth. This leads to a lot of feints and other 1 vs 1 moves.



Play a match with the following scoring: Successful feint +1; goal +3; failed feint -1.



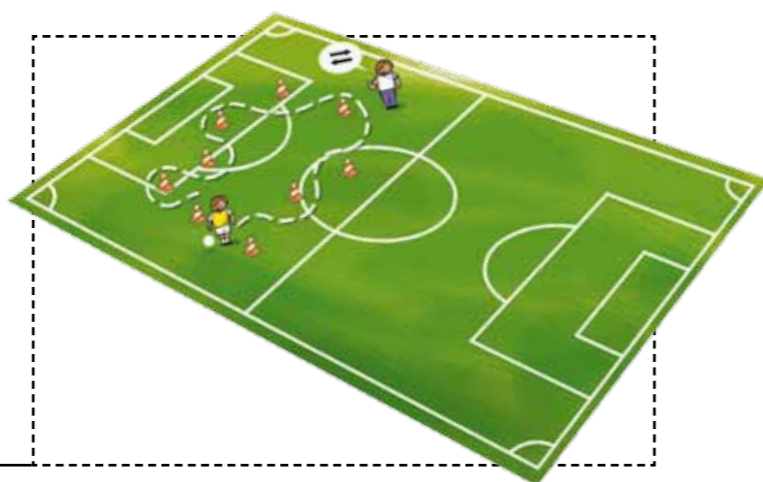
All the players must hop inside a marked area. Each player must try to catch his companions while escaping himself.



Use cones to set up two (one metre) goals in a marked area. Seven pairs play one-on-one against each other at the same time, sharing the goals. The aim is to score a goal without bumping into any players from the other pairs.

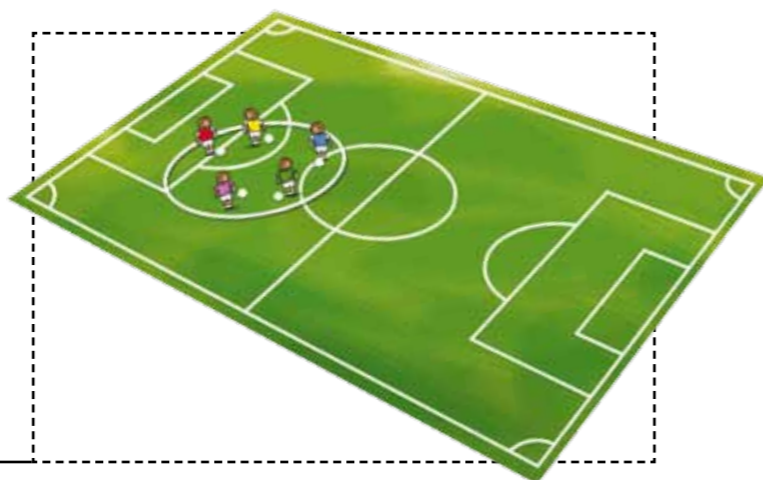
INDIVIDUAL

The player has to dribble round a circuit formed of cones, changing direction on a signal from the coach.

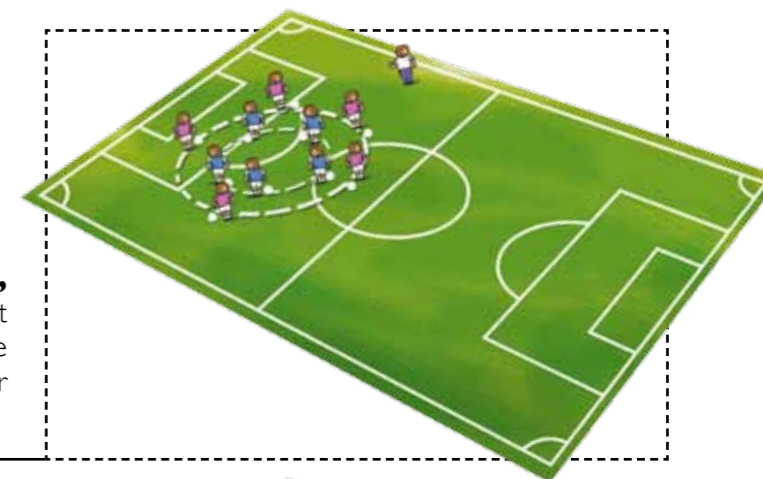


GROUPS

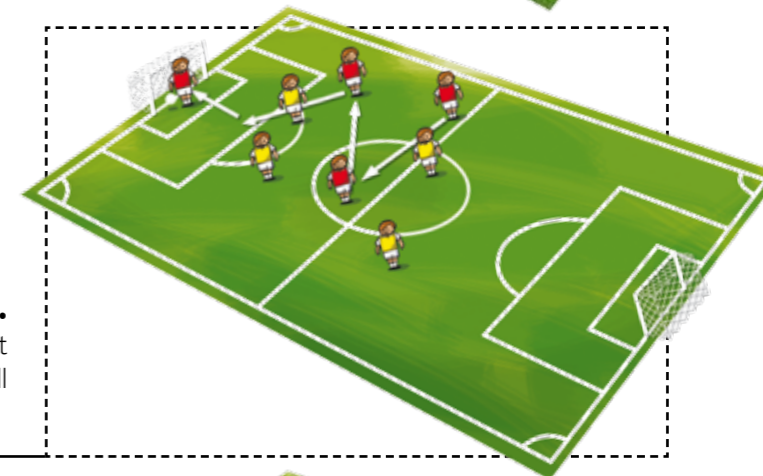
The players must control the ball while running as fast as they can inside a circle. The ball must not go outside the circle.



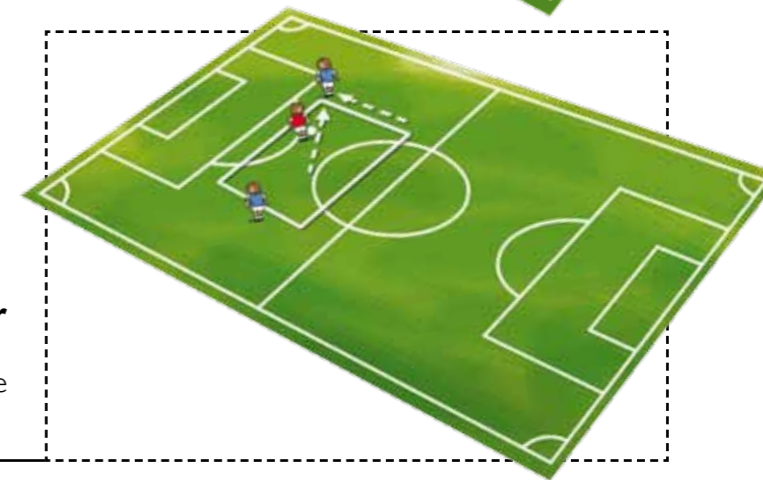
The players form two concentric circles, each with a ball. One group dribbles to the right and the other to the left. At a signal from the coach, the players in the inner circle try to catch those in the outer circle.



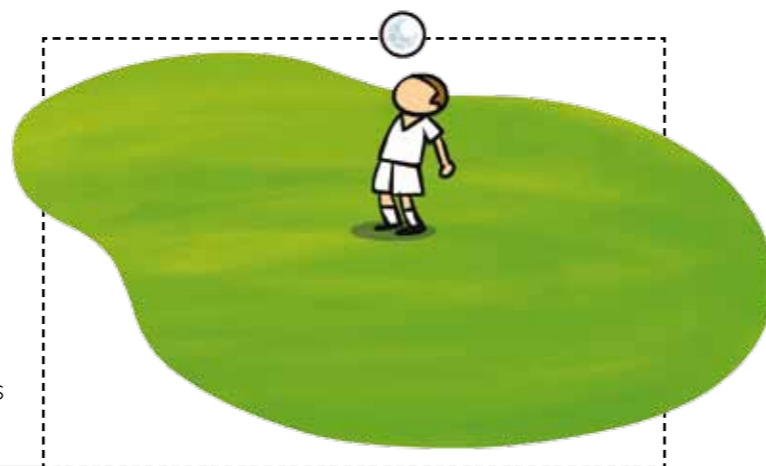
Match with four players on each team. There is no goalkeeper and the players are not allowed to shoot but must score by dribbling the ball into the goal.



Three players are placed in a rectangular box. The player in the middle dribbles the ball to wards any of the corners, which are defended by the other two players.

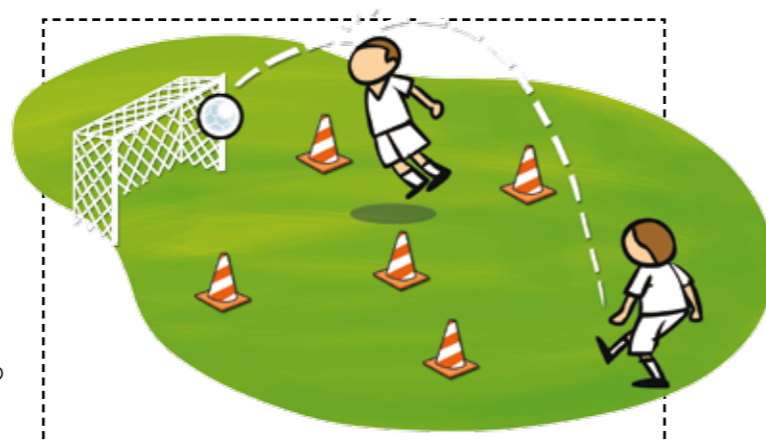


INDIVIDUAL



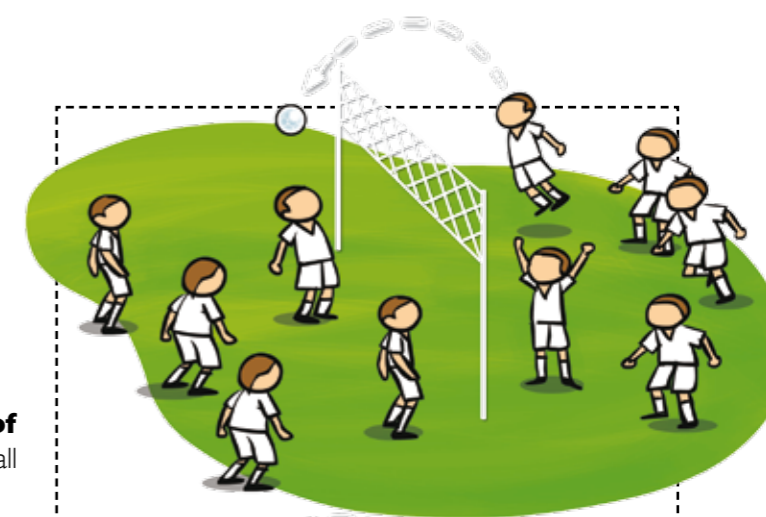
The player keeps the ball in the air using only his head.

PAIRS

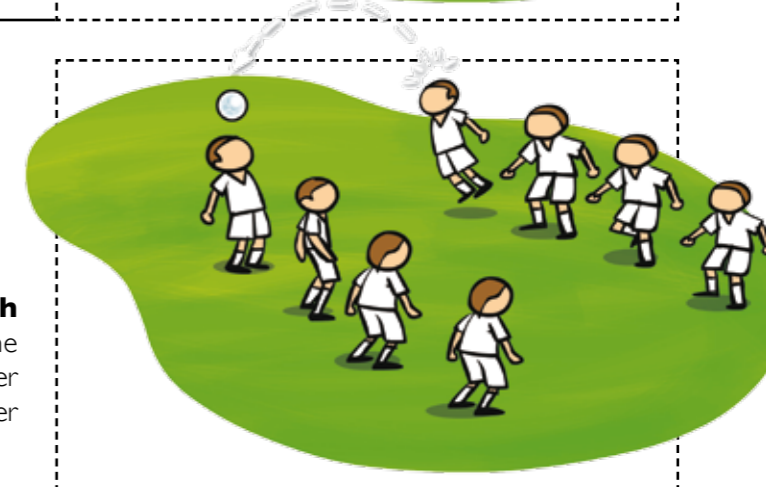


One player chips the ball to the other, who tries to score with his head or hit cones.

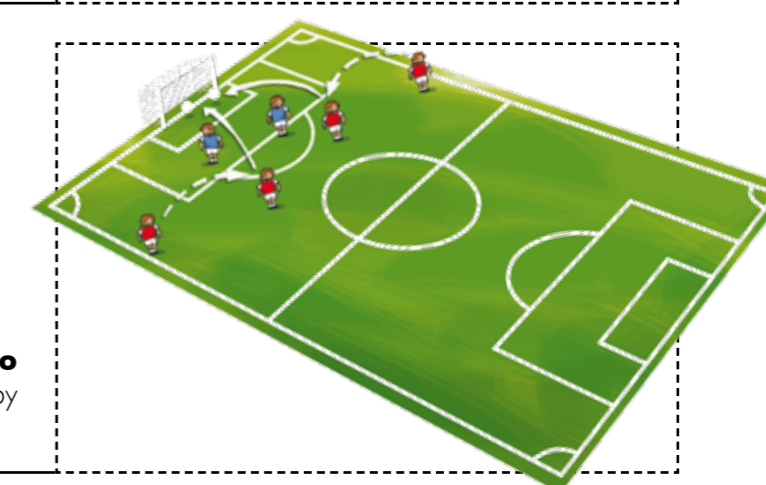
GROUPS



Two teams are formed to play a game of volleyball using only their heads. The ball must not touch the ground.

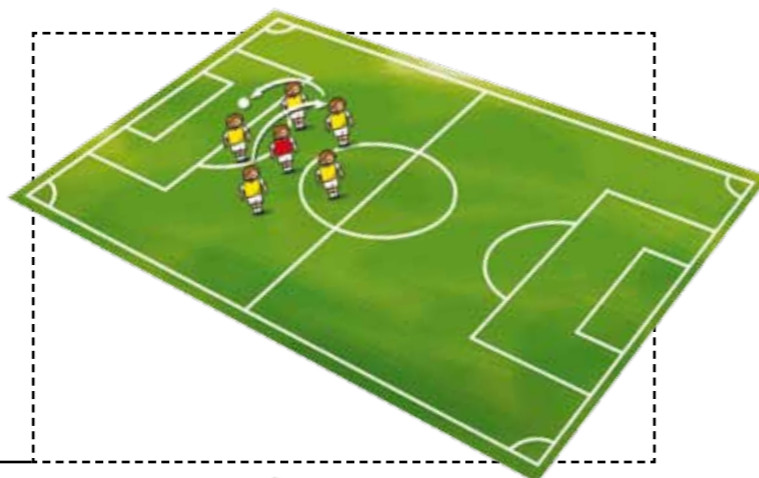


The players form two lines opposite each other. Each player heads the ball twice, the second time passing it over to the other line. The player receiving the ball must perform the same exercise. After their turn, the players then go to the end of their line.

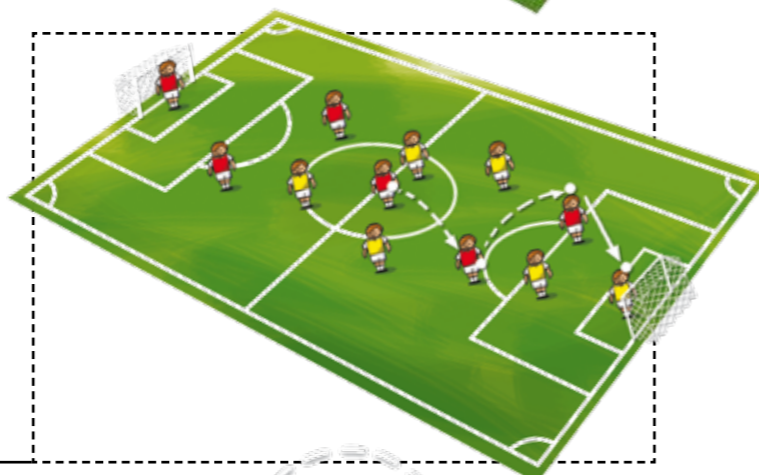


Two players cross the ball to two teammates, who head at goal opposed by two defenders.

Several players surround a teammate, heading the ball to each other. If the ball touches the ground or is intercepted by the player in the middle, the player dispossessed goes into the middle. After 5 touches in a row, the ball is caught and the game begins again.



Match in which the players alternately make passes by throwing and heading the ball. Goals must be scored with a header. The players are not allowed to run with the ball but must pass it on.

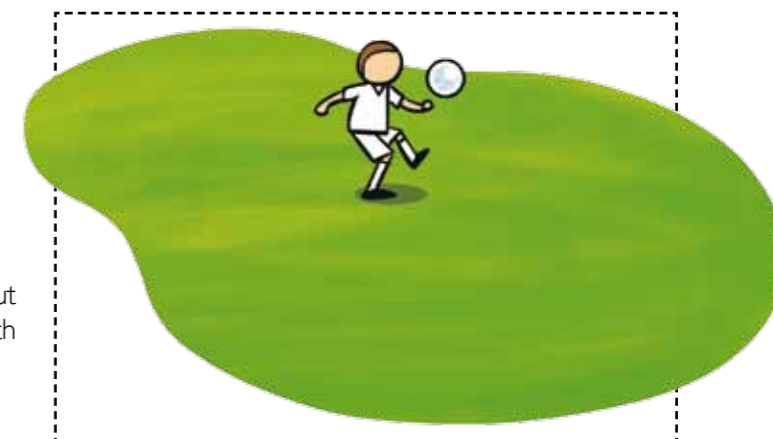


Two groups of 4 players are formed, one in the middle with two players from the other group on either side. The players in the middle try to intercept the ball with their heads as it is passed over them. When they succeed, the groups change position.



INDIVIDUAL

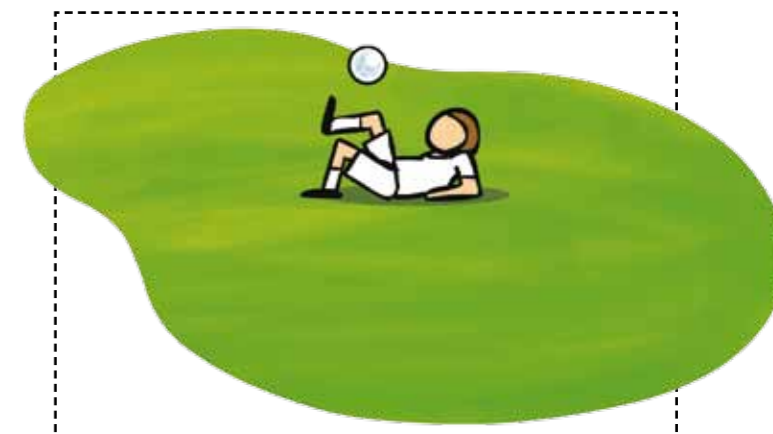
The player controls the ball in the air without allowing it to touch the ground using taps with both feet and all possible areas of contact (head, shoulders, chest...).

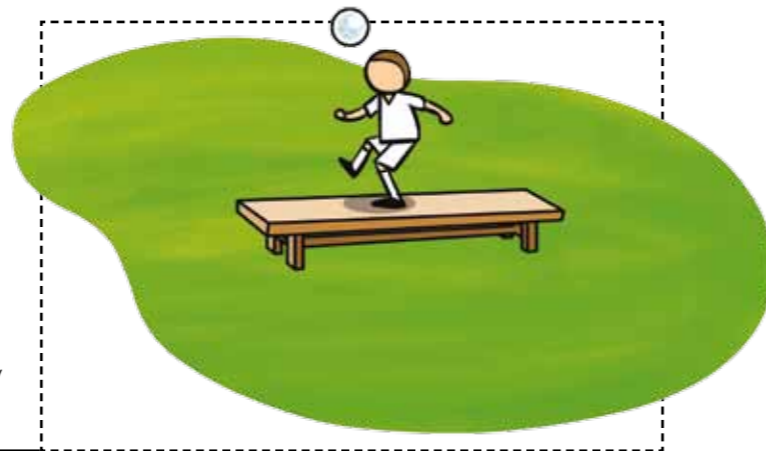


The player practices ball control running around an obstacle course formed with hurdles, cones, etc.

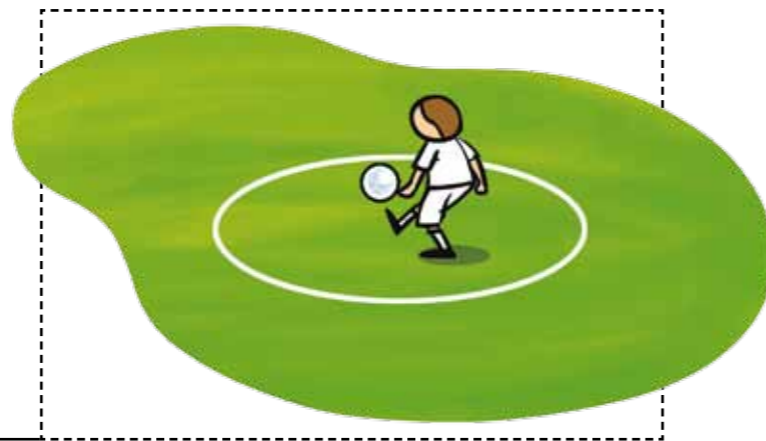


Reclying on the ground the player has to control the ball combining all possible areas of contact (head, shoulders and feet).

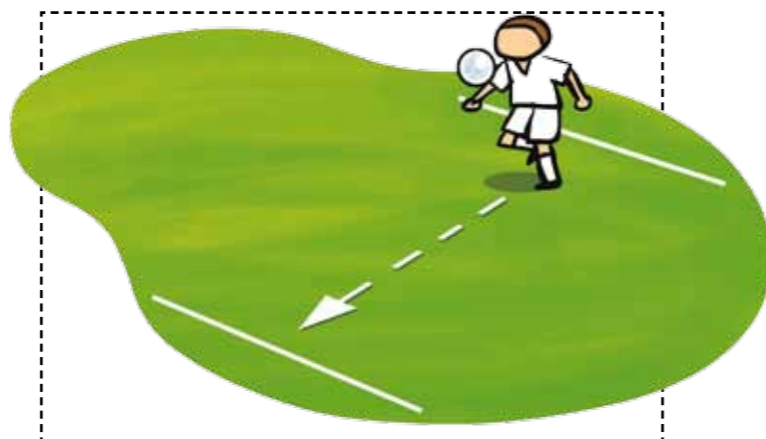




The player controls the ball standing on a low exercise bench.



The player stands inside a circle, controlling the ball. The player can move inside the circle but not step out of it.



The player must control the ball while hopping around a marked space.

PAIRS



One of the players lifts the ball on the top of his foot, keeping it completely still. This player flicks the ball to his companion, who must control it with his foot and pass back in the same way.



Both players recline on the ground and pass the ball backwards and forwards using their heads without allowing it to touch the ground.



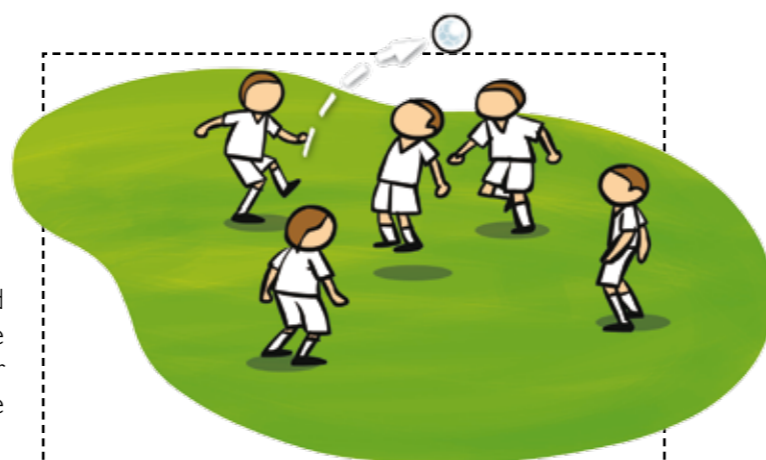
Each player has a ball which they must keep under control at the same time while trying to head the other player's ball to the ground.



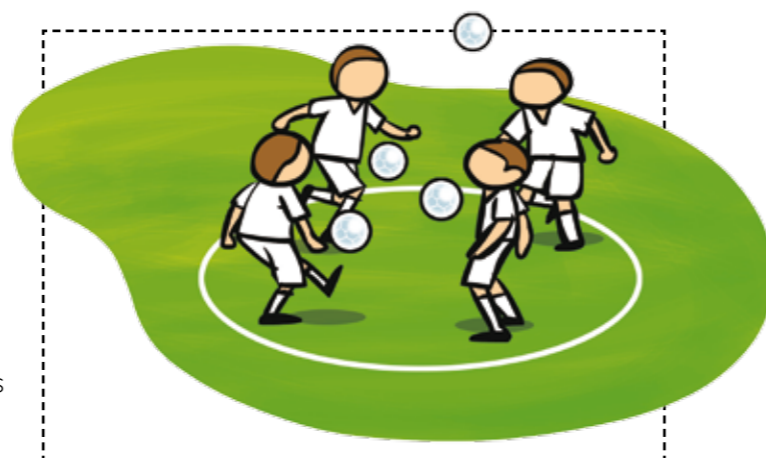
One player dribbles the ball towards the other and when he comes near he flicks the ball up with the inside of one foot and chips it over his opponents head with the heel of the other.

GROUPS

5 players. One player stays in the middle and the other four form a square around him. The 4 outer players must chip the ball to each other without allowing it to touch the ground. The middle player tries to intercept the passes using his head.



In a small, marked space a given number of players must all keep the ball in the air at the same time.



FINAL TEST

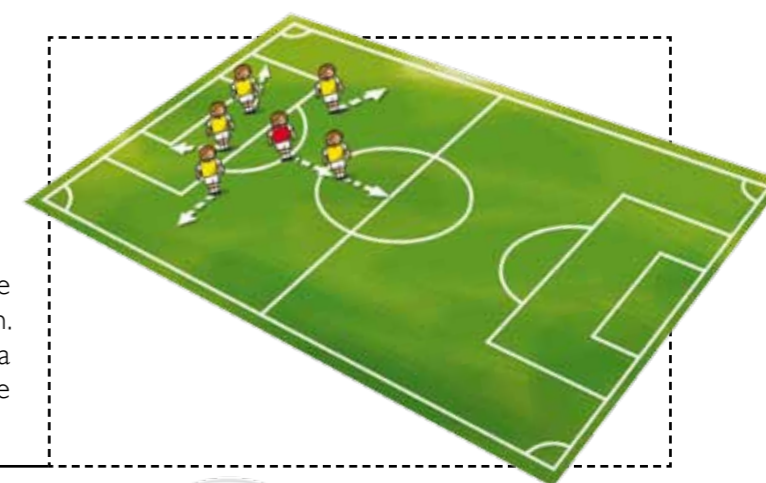
At the end of the training session, each player performs a skills exercise of his choice. The player who shows the most creativity and skill wins the game.



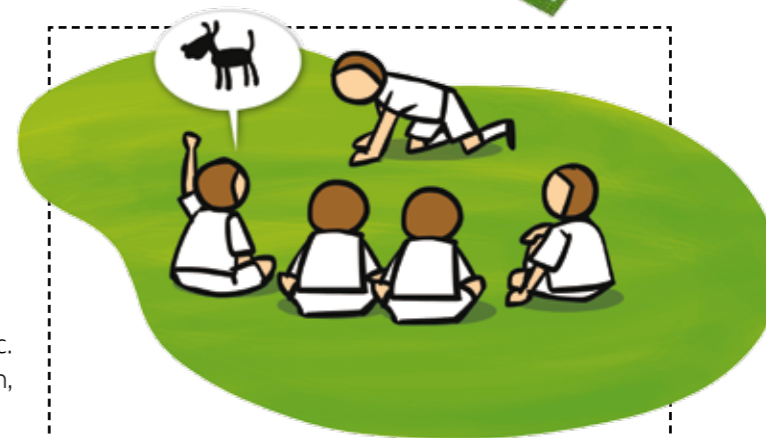
ICE BREAKERS

THE FOX

One player is the fox and pretends to be asleep, while the others are chickens and disturb him. When the fox wakes up he chases the chickens for a minute, counting those caught. The first player to be caught is the fox in the next round.

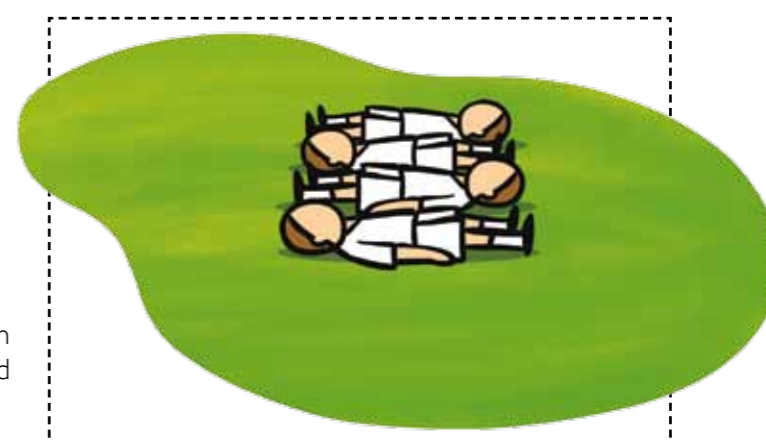


The players imitate animals, jobs, things, etc. (e.g. dog, cat, lion, elephant, policeman, fireman, doctor, chair, car...)

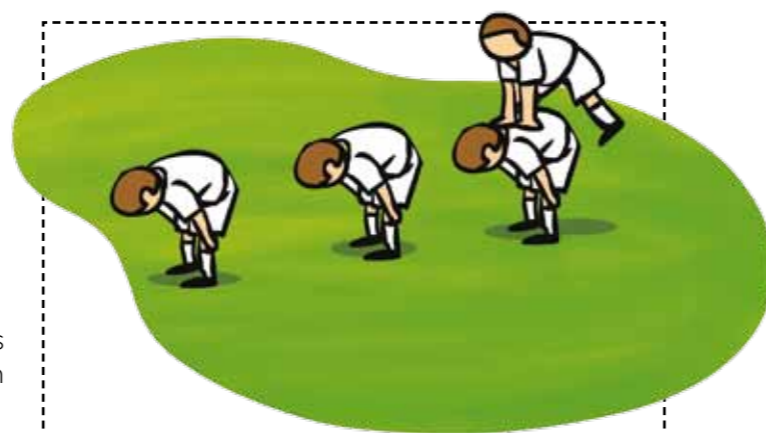


SARDINES IN A TIN

The players run around the pitch. When the coach shouts, "Sardines!" all the players run to the centre and lie down like sardines in a tin.



3 or 4 players in a limited space. The players first crawl through their companions' legs and then leap-frog over them.



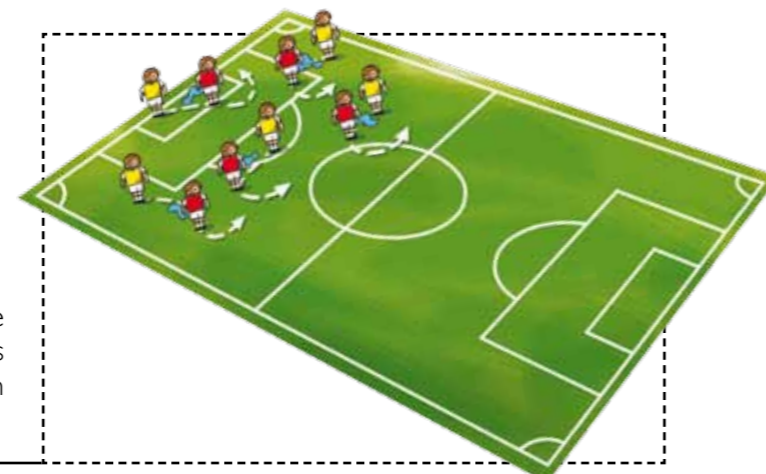
TRAINS:

In groups, the players stand in line holding onto the shoulders of the player in front, like a train. The front player is the driver. The "train" moves off, varying the method of locomotion (walking, running, jumping, stretching one leg then the other out to the side, and so on).



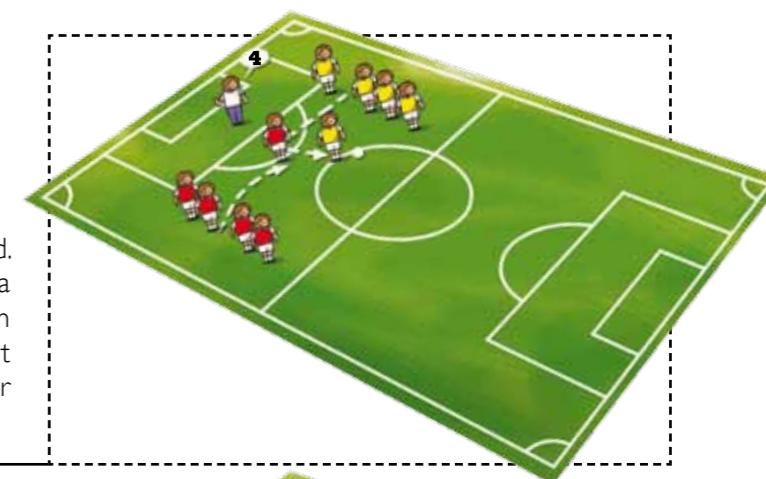
CAT AND MOUSE:

Half of the players in the group put a vest inside the back of their waistband as a tail (the mice). The cats must try to steal the tails (1 minute). The players then swap roles.



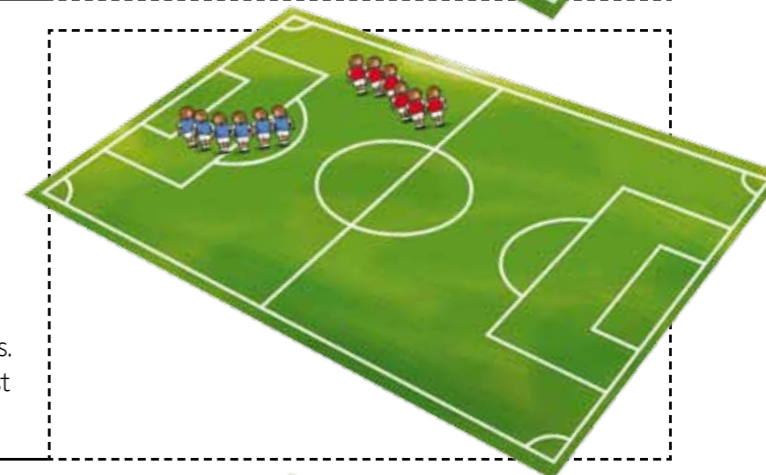
HANDKERCHIEF:

Two teams are formed and one ball is used. Each player is given a number. The coach shouts out a number, and the players with that number (one from each team) run out and try to win the ball and dribble it back to their group without being dispossessed by their opponent.



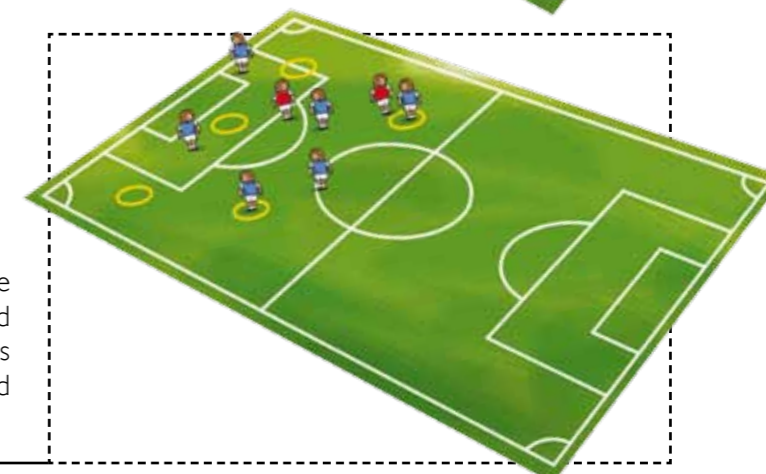
SNAKE:

The players are formed into groups and hold hands. The first member of the group must try to touch the last without letting go.

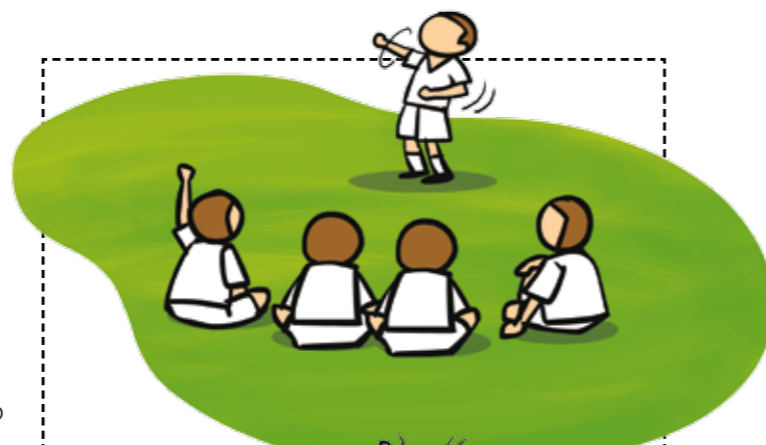


RABBIT HOLES:

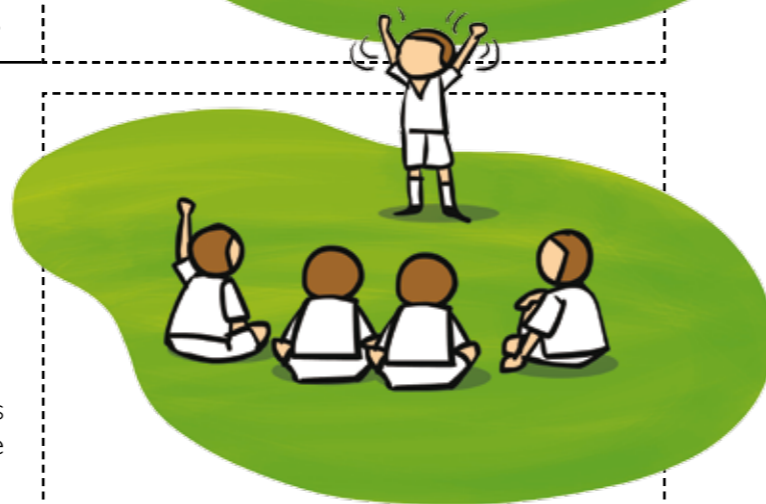
The rabbit holes are hoops (4 or 5) placed on the ground. Two players (wearing vests) are the hunters and the rest are rabbits. The hunters catch their companions by touching them. The rabbits move by hopping and must reach a rabbit hole to be safe.



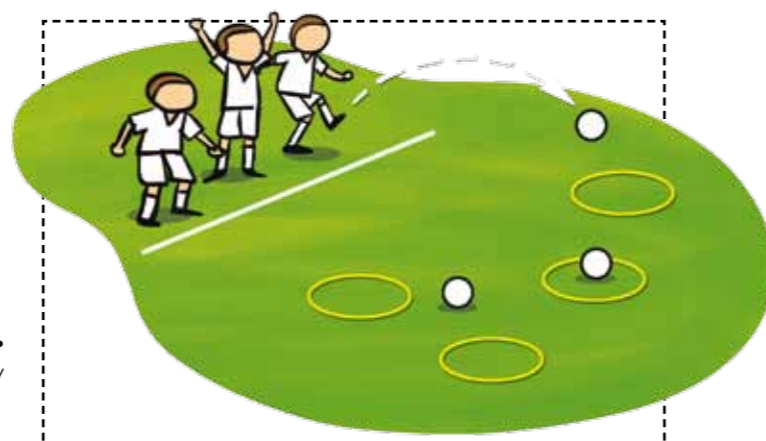
COOL DOWN EXERCISES



JOBS: One player mimes a job and the rest of the group have to guess what it is. Each player represents one job.



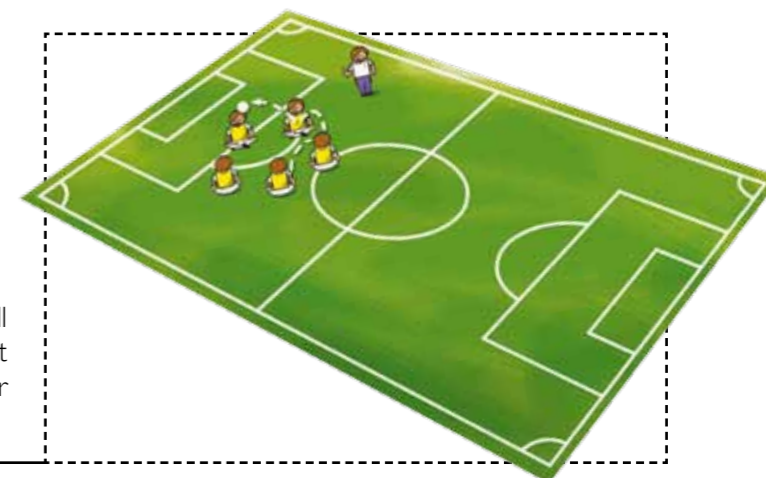
ANIMALS: One player mimes an animal and his companions must guess what animal it is and mimic it. The whole exercise is based on mime.



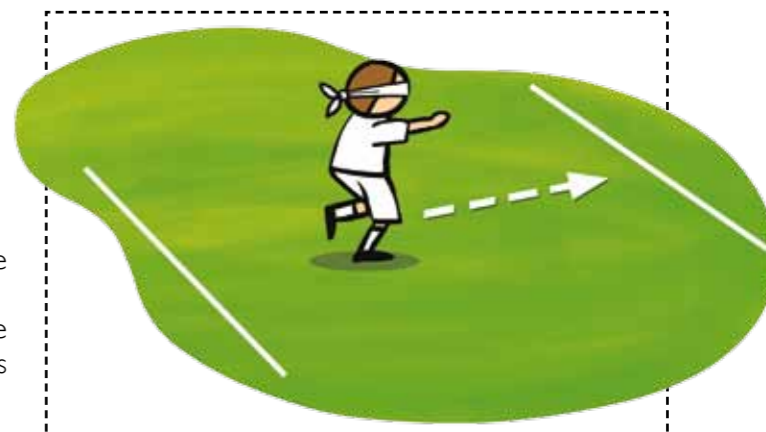
Various hoops are placed on the ground. The players stand a few metres back and must try to kick or throw a ball into a hoop.



HOT POTATO: A group of players sits in a circle, passing the ball as quickly as they can from one to the other because it is a "hot potato". When the whistle is blown, the player holding the ball will get "burned" and is eliminated.



A course is marked out. The players are allowed to see the distance but then they are blindfolded. Each player crosses the distance to what he thinks is the end. The winner is the player who finishes closest to the line.

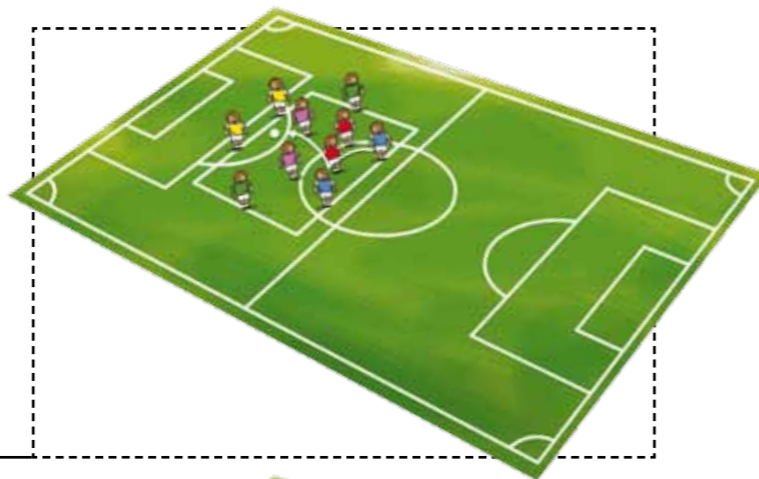


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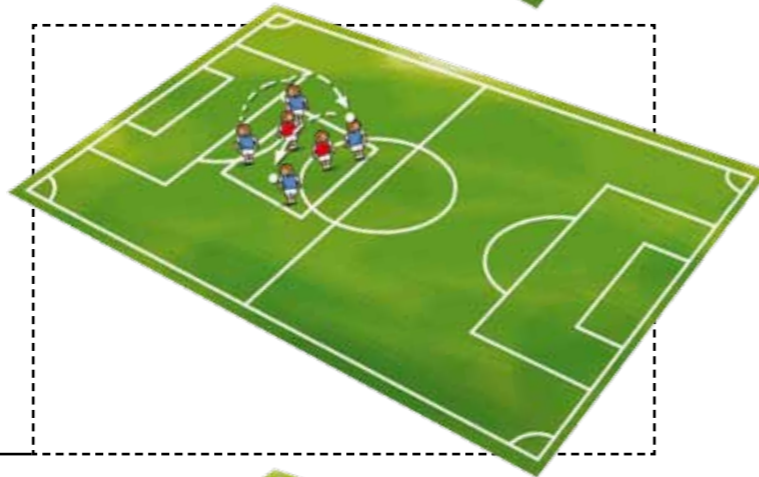
ROUNDS (PIG-IN-THE-MIDDLE)

GROUPS

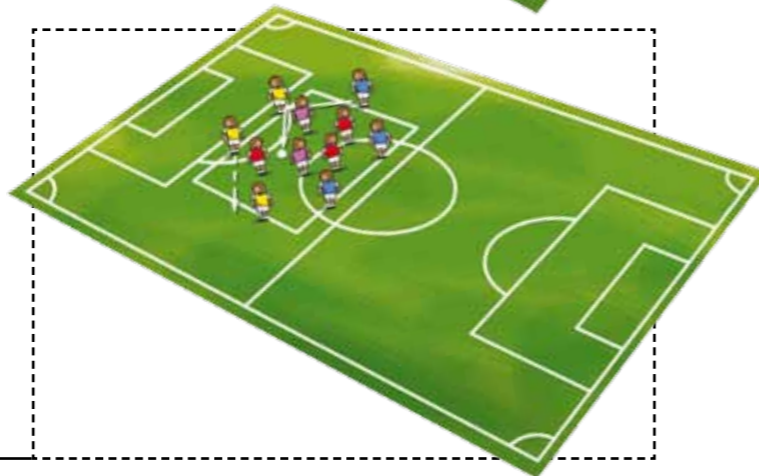
Inside a rectangle, 3 pairs are placed on the outside (2 players on each long side and 1 player on each short side) and another two pairs are placed inside (1 pair pivots and the other recovers the ball). The players on the outside must keep possession of the ball using the pivots, while the defenders must pass the ball between them twice (to come out). The defenders then become the pivots, and the first pair of pivots swap with the pair that lost the ball.



2 players are surrounded by 4 teammates, who pass the ball to each other in the air. The players in the middle must try to recover the ball. When they succeed, they change positions with the players on the outside. This game can be played either as 3 pairs or as 6 individual players.



Two groups of three play on the outside of a rectangle (2 players on each long side and 1 on the short sides) and a third group of three and 2 pivots play on the inside. When a player on the long side passes the ball, the other must switch to the short side. The defenders must touch the ball to leave the middle for the group dispossessed. The pivots are changed from time to time.

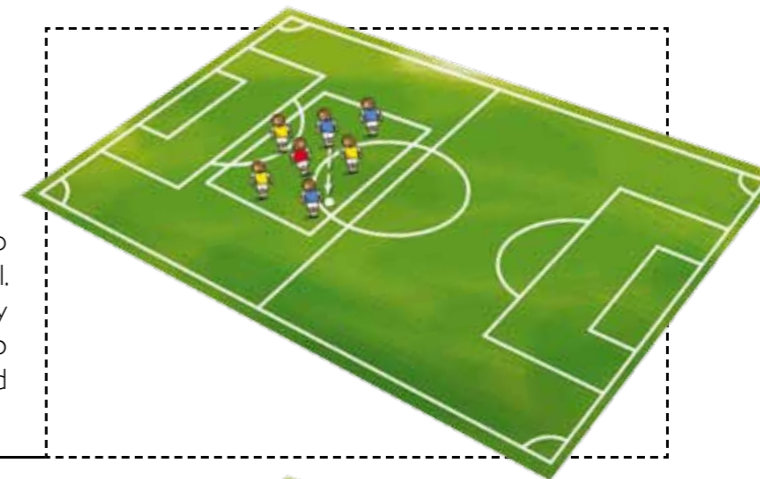


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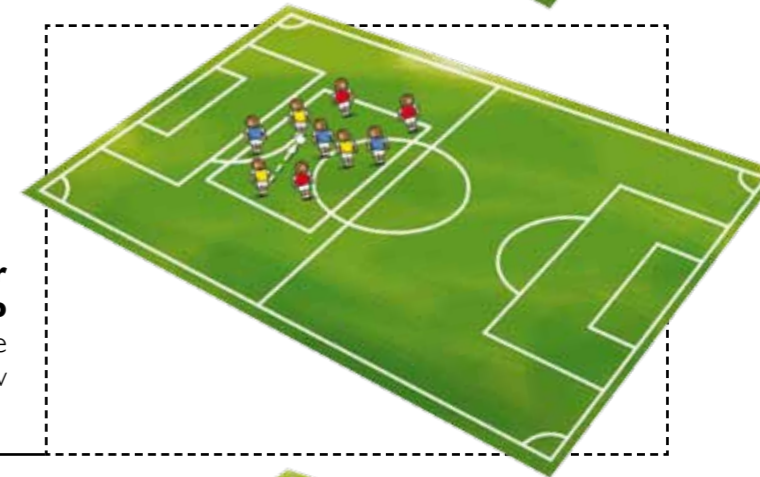
POSSESSION

GROUPS

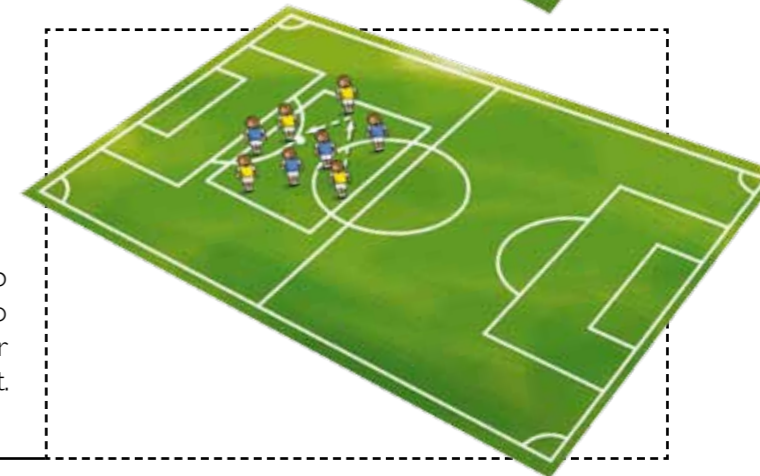
Inside a rectangle, one group of three tries to keep possession and another to recover the ball. When the group with the ball are dispossessed they must try to win it back. 10 touches by the same group scores +1 point. The pivot changes group as instructed by the coach.



One group of three tries to recover the ball and two other trios to keep possession. When the defending group touches the ball, it switches with the trio that lost it, which must now recover the ball from the other two groups.

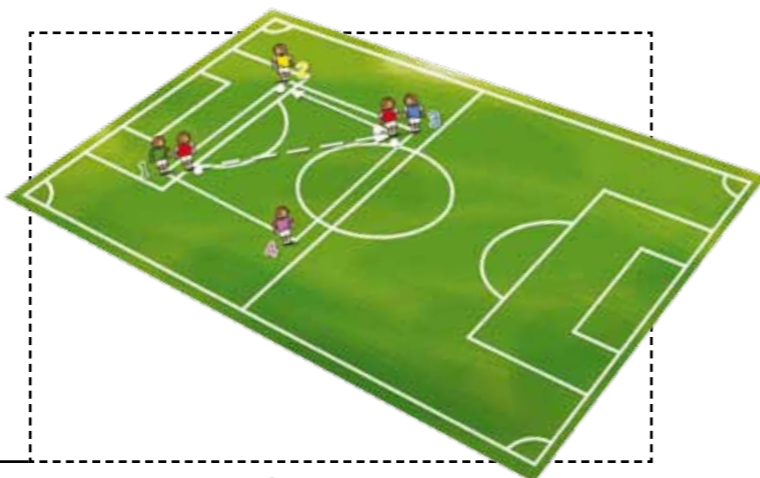


An area is marked out. Four players keep possession of the ball and the other 4 try to recover it. When the first group lose the ball, it is their turn to recover it. 10 touches in a row score +1 point. Rules as in football (fouls, throw-ins...)



GROUPS

Five players stand in a square (1 at each corner with 2 at the corner where the game starts). The first player dribbles diagonally across the square to the 3rd corner, where he turns 45° to the left and passes to the player at the 2nd corner. The player receiving the pass dribbles across the square to the 4th corner where he turns 45° to the left and passes to the player at the 3rd corner. At the end of the exercise, each player takes up a position at the corner of the teammate he passed to.



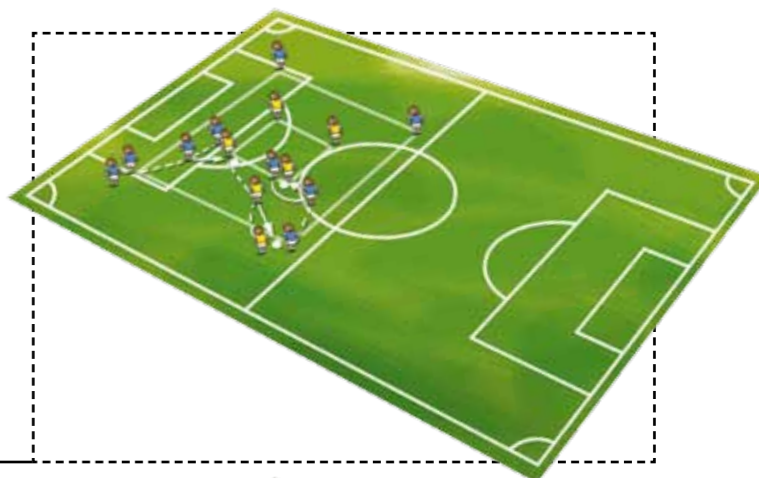
A rectangular area is marked into 4 areas: two crossing lanes on either side and two central shooting areas with two goals. One player is placed in each lane and a pair of players start from behind the goal. The goalkeeper passes the ball to the player in the lane to his right, who must control the ball and cross to the pair of attacking players in the second shooting area. The second goalkeeper starts the exercise in the same way with the same pair. Another pair then comes on.



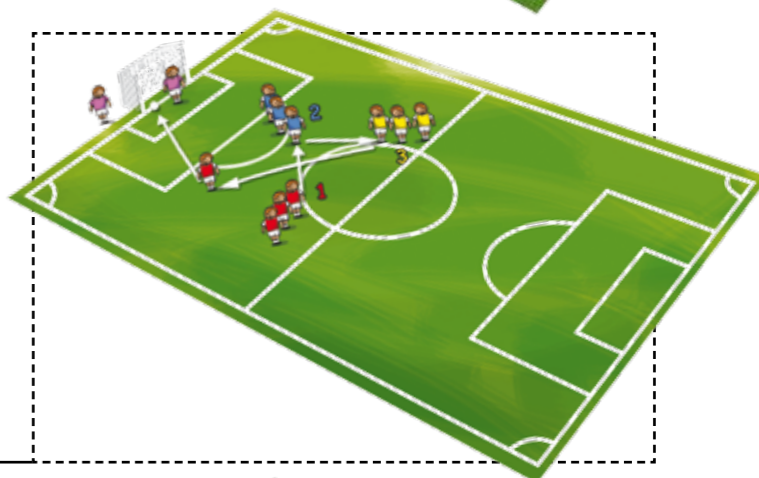
Two goalkeepers, alternating. The players form four lines. The ball is in the 1st line. The attack advances, passing the ball to the closest player. When the players are close to the area, the 2nd player runs wide to the 1st player's wing and crosses from there to the other 3. (Variants: 1. One-touch passing; 2. Two-touch passing; 3. Dribble and pass.)



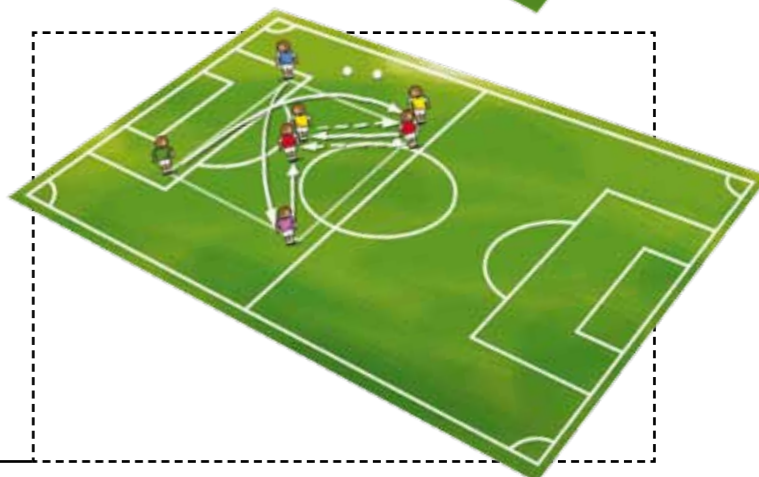
1 player stands at each corner of two concentric squares, except on one outside diagonal, where two players take up position to begin the game. Passes are made from the two outside corners to the inside and vice versa. (Technical variants: 1. Keepy-up: Head, feet; 2. Dribbling; 3. Control and pass; 4. One-touch pass).



1/3 of the pitch above the goal. 2 goalkeepers, who alternate. Lines of players on the corners of a triangle. The first player passes to the 2nd, who passes to the 3rd, who lays the ball on for the 1st player to shoot. After all of the players have been through the exercise, the positions of the lines rotate.



5 players are placed in a square (1 at each corner and 1 in the middle). The 1st and 2nd players each have a ball. The 1st player makes a high pass to the 3rd, who passes to the middle player and swaps positions with him, so that the 3rd player runs into the middle and middle player dribbles the ball out to the corner, where he stays with the ball. Starting a little after, the 2nd player begins the same routine. 2nd to 4th player and 4th to 3rd. Middle to 1st player and 1st to 4th, etc.

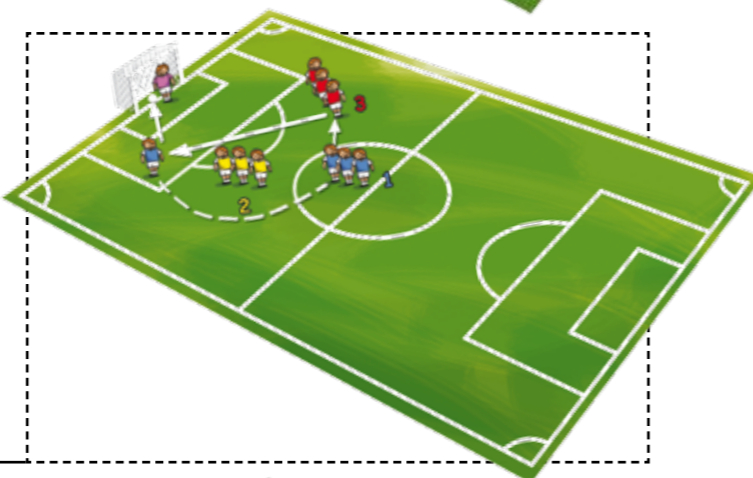


GROUPS

Three lines are formed. The middle lines have the balls. The 1st player makes a high pass to the 2nd, who controls the ball and dribbles diagonally towards the centre, from where he passes along the ground to the 3rd, providing support until the 1st player reaches the wing. The 3rd player then makes a high pass in the path of the 1st player's run. The 1st player controls the ball, dribbles it and crosses to the 2nd and 3rd players running into the area.



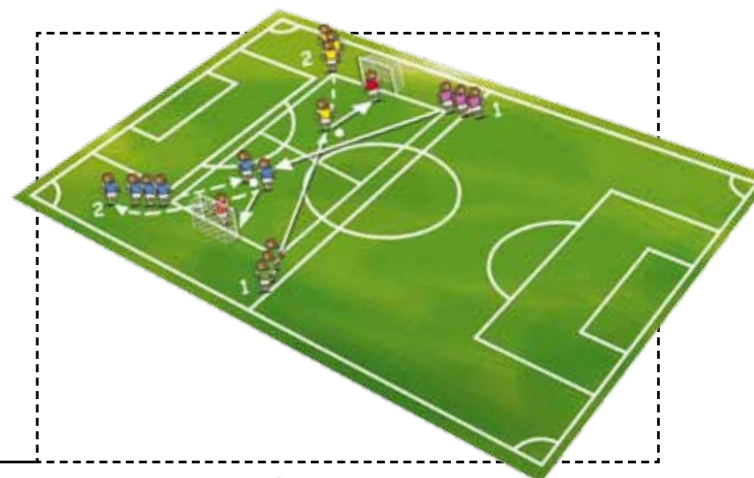
1/3 of the pitch above the goal. 2 goalkeepers, who alternate. Lines of players on the corners of a triangle. The 1st player passes to the 2nd, who passes to the 3rd, who lays the ball on for the 1st player to run from behind the 2nd and shoot. After all of the players have been through the exercise, the positions of the lines rotate.



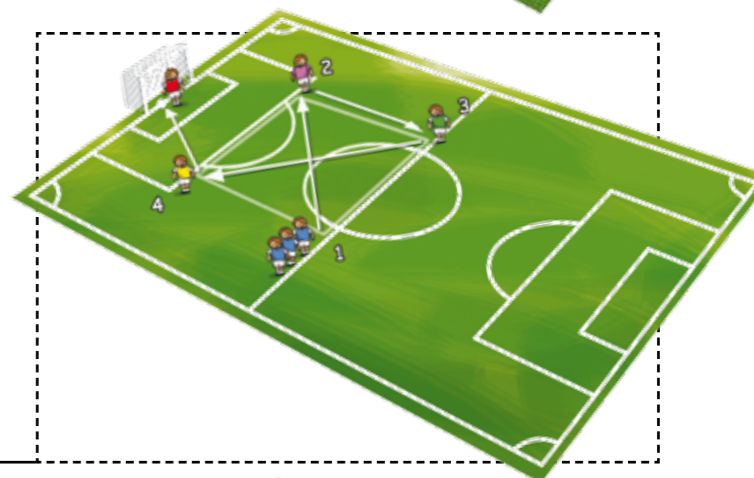
Five players form up in a square (1 player at each corner with two at the corner where the game starts). The 1st player dribbles the ball to the 2nd and passes to him. The second takes over as far as the next corner; where he passes to the 3rd player, who takes over. The type of dribbling can be changed on each turn.



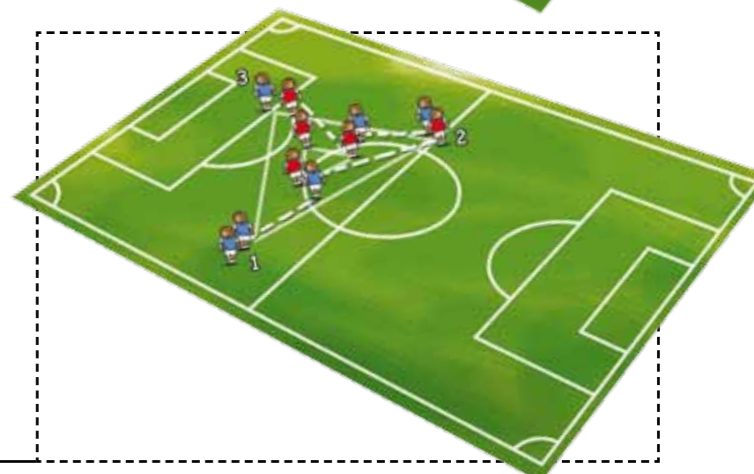
Two areas are marked out, each with a goal and goalkeeper. Four groups of players are formed, one at each corner. The groups on the right have the balls. The 1st player makes a long pass along his diagonal, controls with one foot and shoots at goal with the other. The exercise is then performed from the 2nd position. At the end, the exercise can be done starting from the left.



1/3 of the pitch above the goal in a square marked outside the area. 2 goalkeepers, who alternate. One player is positioned at each corner except the first, where a line of players with balls is formed. From the 1st corner, the starting player passes diagonally to the 2nd, who passes back to the 3rd. The player at the 3rd corner then makes a diagonal pass to the 4th player, who controls with his left foot and shoots with his right. At the end of the exercise the players change sides to exercise both legs.



Two concentric triangles are formed with 7 players (1 at each corner with two players at the start). A different move is practiced at each corner position (1. Dribbling, 2. control and pass, 3. one-touch pass) moving from the outside triangle to the inside triangle and then from the inside triangle to the outside triangle. The position is taken where the pass is made.

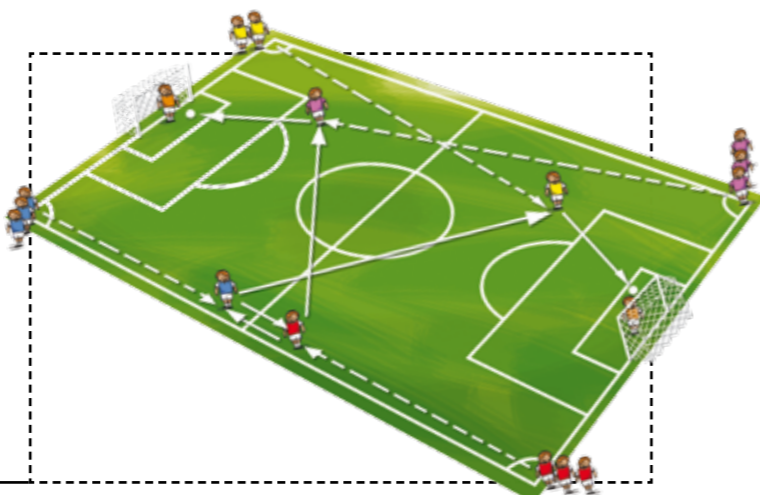




GROUPS

Four lines are formed at each corner of the pitch, with two goalkeepers.

The lines on the right have the ball, and the first players from these lines dribble the ball towards each other. When they are close they swap balls and send a high diagonal pass to the players who have started runs into space from the other two lines. These players control and shoot. The players rotate this exercise.

**4** lines are formed around the halfway line, two on each side where it meets the touch line. 1, two in the field: 2, and two goalkeepers.

In the 1st position, all of the players have a ball, and in the 2nd position only the lead players have a ball. The 4 lines all begin at the same time. Player 1 makes a slalom run and passes to player 2. The first player from line 2 completes a slalom run and makes a long pass to 1 near the corner flag. Player 1 collects the ball and crosses to player 2, who shoots. When the second player from the 2nd position receives the pass, the next players in each line start the exercise.

**2** lines at the corners on the same wing. 8 players, plus one perpost and two goalkeepers.

Players 1 and 5 begin at the same time. Player 1 begins. Cross over with cones, full turn around the centre cone and high pass to player 2, control and high pass to player 3, control and pass to player 4. Player 3 makes a slalom run without the ball, and player 4 passes the ball to him when he starts, running into space to receive and shoot from the cross sent by player 3. The same exercise starts from player 5 but with a zigzag rather than crossing run. The post defender is rotated after each exercise.

**4** lines, 2 at the corners on the same diagonal. 1, (with balls) and another two players on the halfway line. 2, and two goalkeepers.

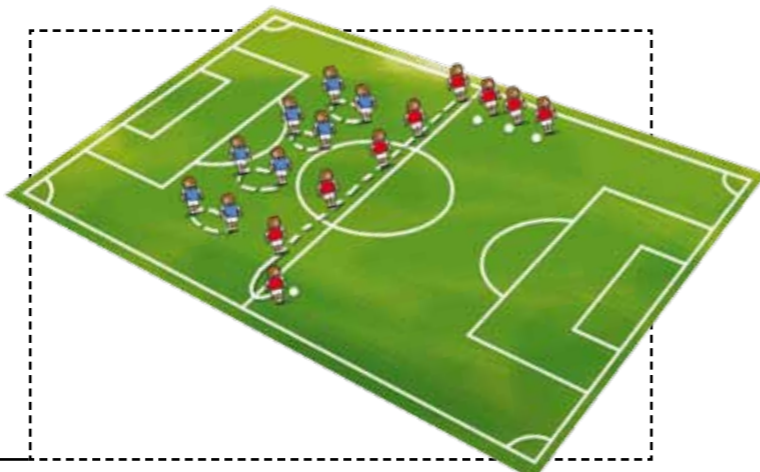
The two lines start the exercise at the same time. Player 1 dribbles between poles in a slalom run and passes to player 2, who plays a one-two with 1. Player 2 then dribbles in a slalom and crosses to 1, who shoots.



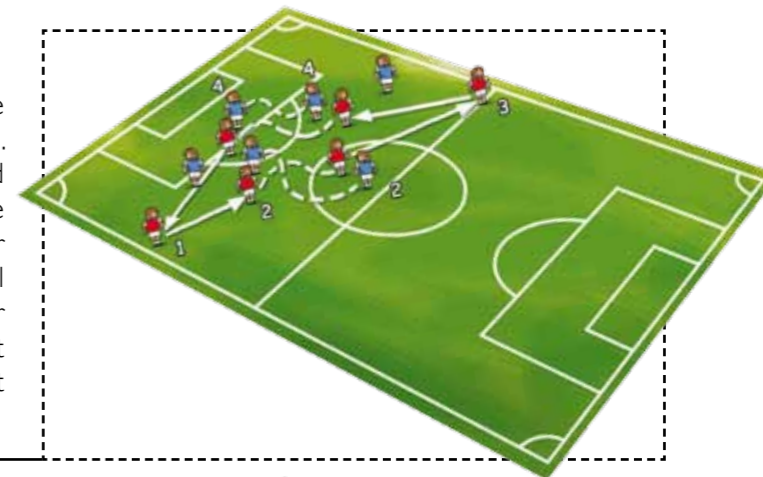


GROUPS

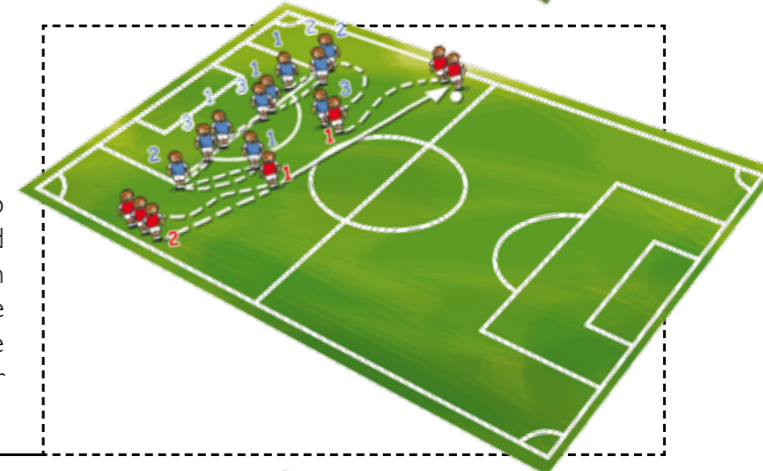
Two groups of 4 players. One group defends in front of the penalty area in line for zone marking. The other group attacks in line from one of the wings. Each player has a ball. The attackers approach one by one, and the defenders come out and mark them until they reach the zone occupied by the next defender. When the attackers are finished they go to the other wing, repeating the exercise from there.



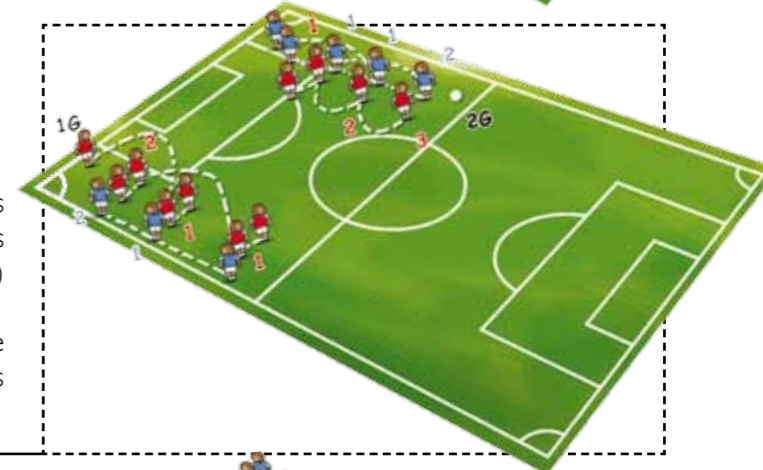
1/2 pitch: Two groups of 4 players. One group defends in front of the penalty area in line. The attackers consist of one player on each wing paired with a striker. The winger starts by passing to one of the strikers, who try a move until the attacker moves over to the other wing, where the defender and attacker will stop. The winger on the other side passes to the other striker and the exercise is repeated. The defenders must prevent passes from the wings. Positions are rotated at the end.



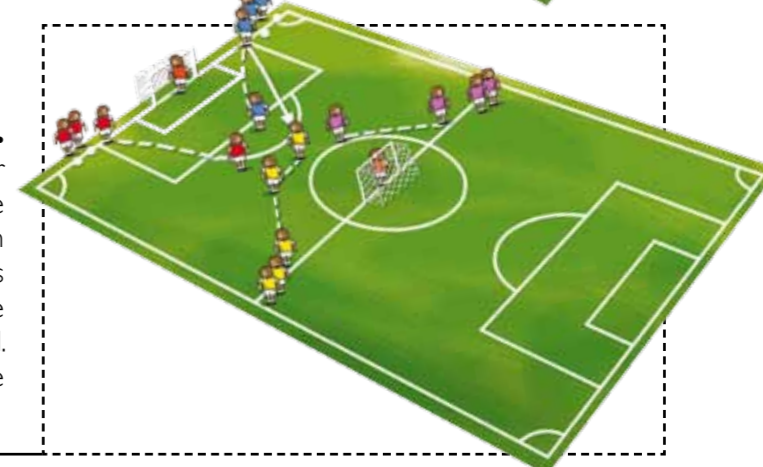
1/2 pitch: Two groups of 4 players. One group defends in front of the penalty area in line for mixed marking. The other group consists of two players on each wing. The player starting the game takes on the wing back who comes out of his zone to mark him. The defence swings over and the attacker passes to the other wing to perform the same exercise. The players rotate.



Two groups. 1st group: cover and switches between defenders (3 players) who allow themselves to be passed on the wing against the attacker (3 players) who advances dribbling the ball. 2nd group: Two attackers overlap on the wing against the defenders (3 players), who oppose them. The players change group at the end of the exercise.

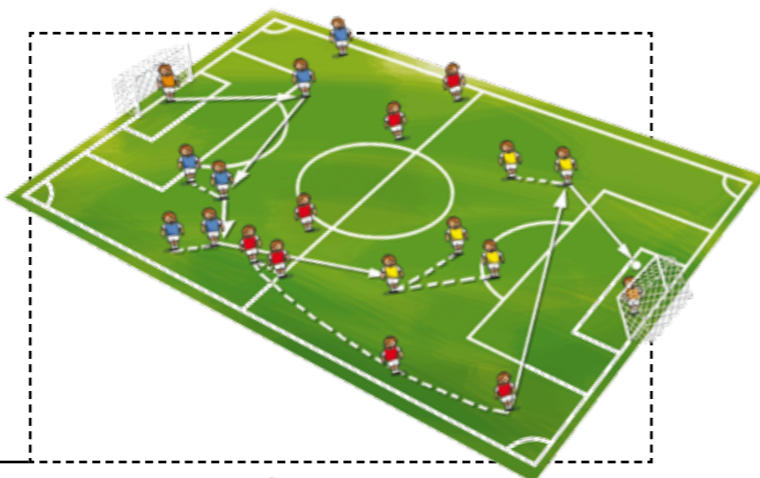


4 lines of players in 1/2 field with 2 goals. Each line starts from one side of a goal. A player makes a long clearance and runs to the edge of the box to defend the goal, while the opposing players run forward. One of the attackers controls the ball and takes on the defender. The player has 10" to score a goal before finishing. A defender then comes out with another ball. The defenders switch roles with the attackers. They have 15" to score a goal.

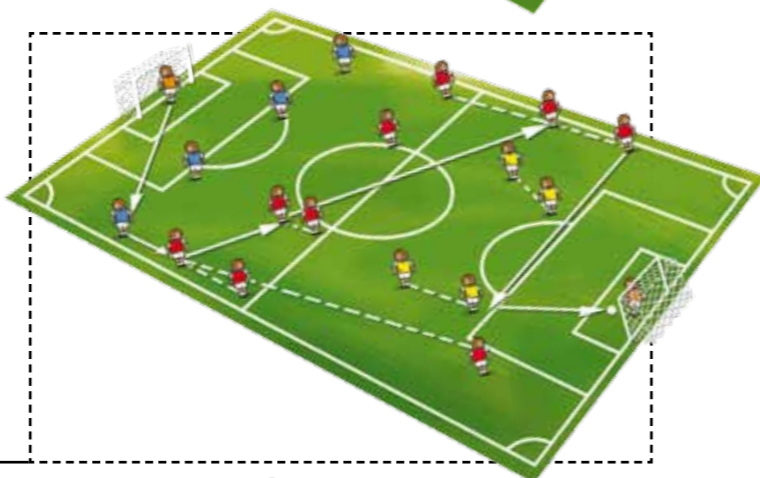


GROUPS

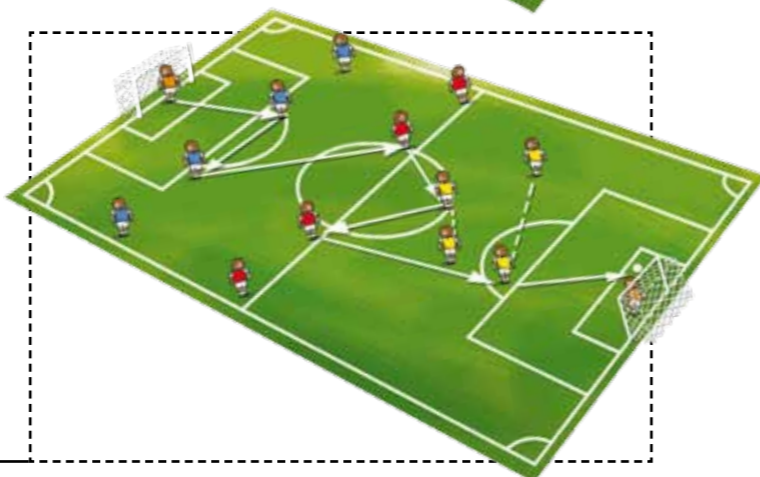
The players form the 1-4-4-2 system. The goalkeeper passes to the defence until the ball is passed to the wing back and the winger on that side makes a there-and-back feint. The wing back passes to the striker, who runs into space to provide support. The striker passes diagonally out to the winger who runs forward and crosses.



System: 1-4-4-2. The ball is switched from one wing to the other. The goalkeeper passes to the defence until the ball reaches the wing back and the winger makes a supporting there-and-back run. The ball is passed to the midfielder, who plays square to the other winger. The winger then runs towards the goal line and crosses. The exercise is then repeated on the other wing.

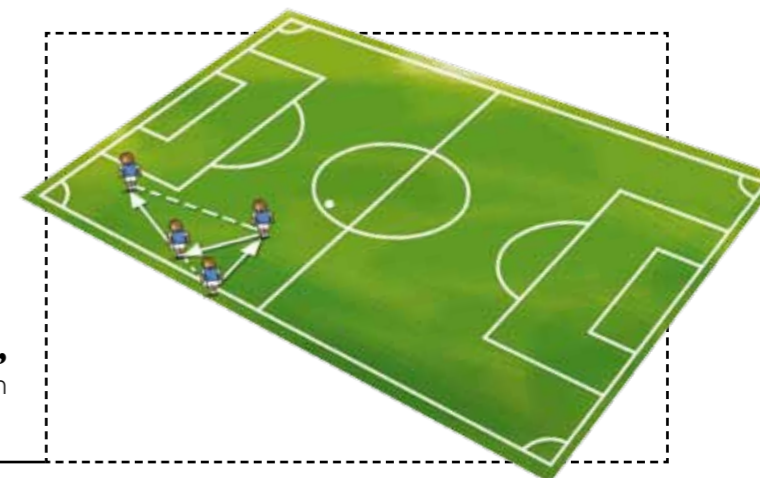


System: 1-4-4-2. The ball is played out through the middle. The goalkeeper passes to a defender, who passes on to his teammate. When the midfielder receives the ball he runs towards the forward to provide support and passes to the other midfield player. This player then makes an inside pass to the other forward who shoots at goal (taking over the space of the first forward, who moves back to provide support).



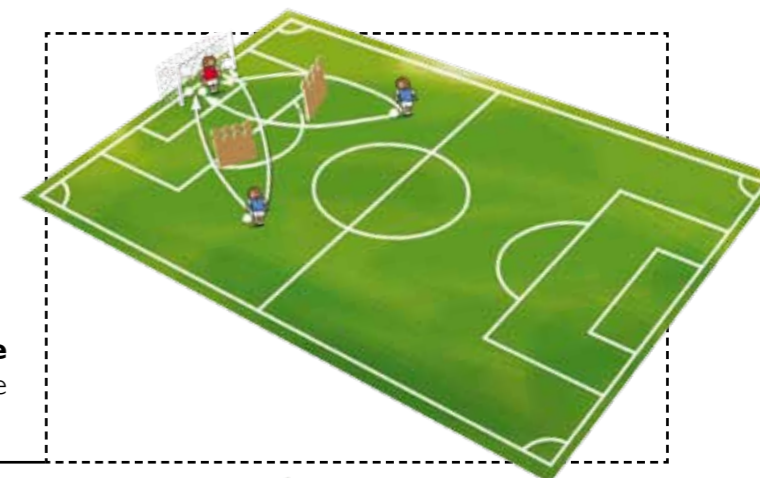
PAIRS

One player takes a throw-in to a teammate, who returns the ball. The first player then makes a deep pass towards the goal line.

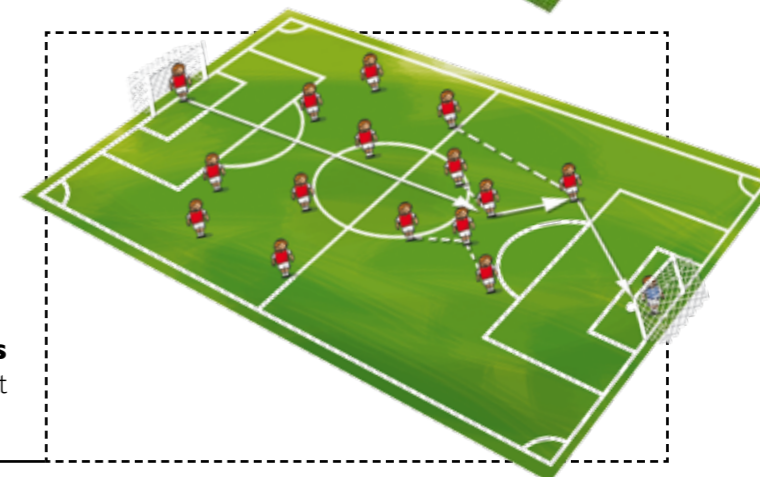


GROUPS

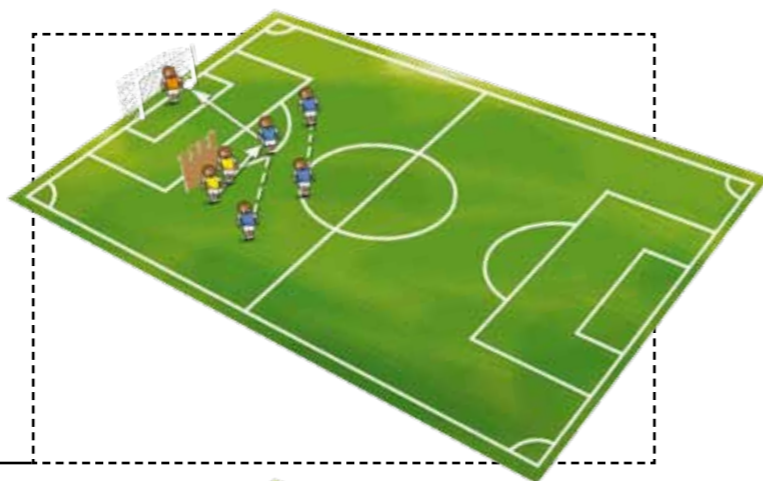
The free-kick specialist take direct free kicks, shooting from different angles over a portable wall. The position of the wall is varied.



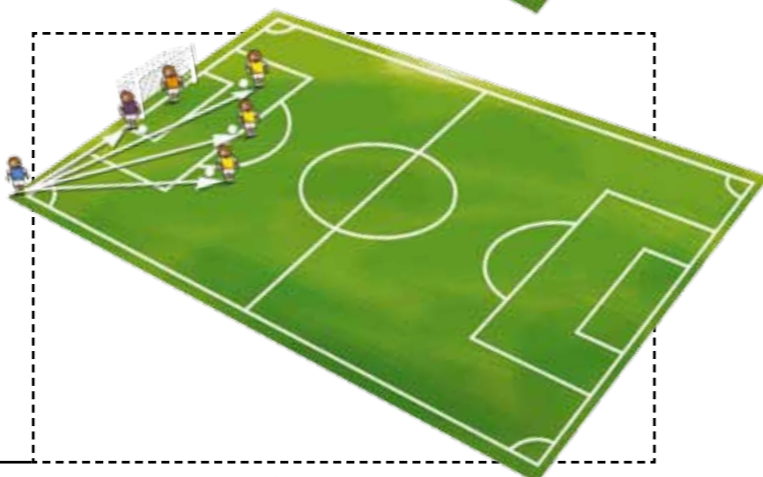
The goalkeeper clears the ball from his box, and the strongest players in the air knock it on for a teammate to advance.



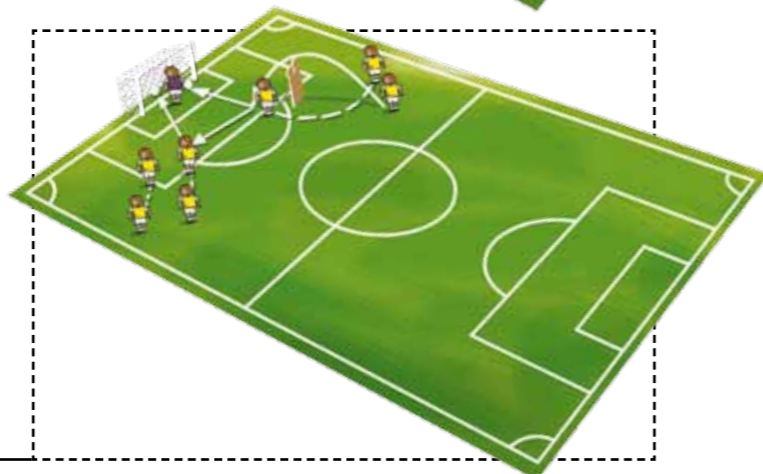
2 players (one right footed and the other left) take up a shooting position in front of a moveable wall. Two other players act as a screen in front of the ball. The 2nd players pass to the 1st, who try to score shooting over the wall.



A corner is taken, with one player positioned at the near post and another three stepwise outside the area. The player taking the corner chooses an option: near post (the receiving player then passes to the others), to the penalty spot seeking a shot by the three attackers, or to the far post for one of the attackers to run into space.

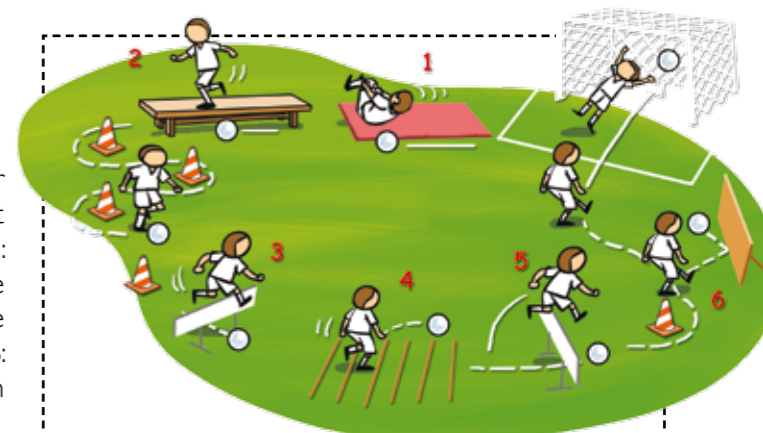


Use a two-player portable wall. Two players take up a position on the edge of the area. One player stays close to the ball with a teammate beside him, making as if to pass the ball. The 1st player chips the ball over the wall and the second sprints after the ball to shoot or pass back across the goal.

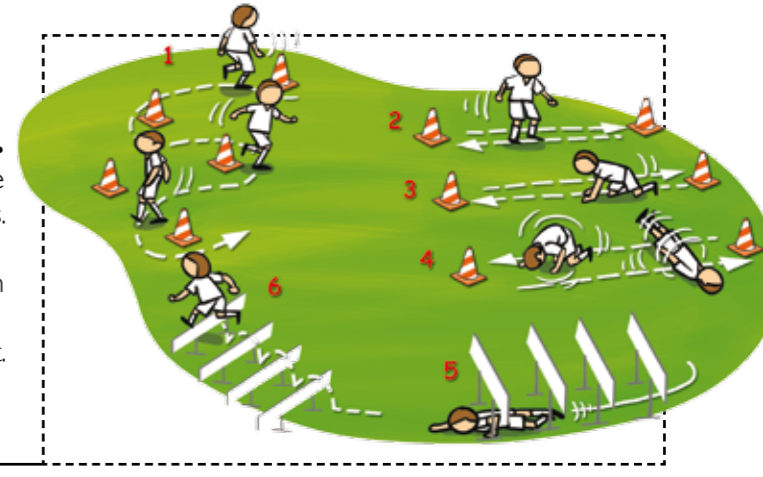


GROUPS

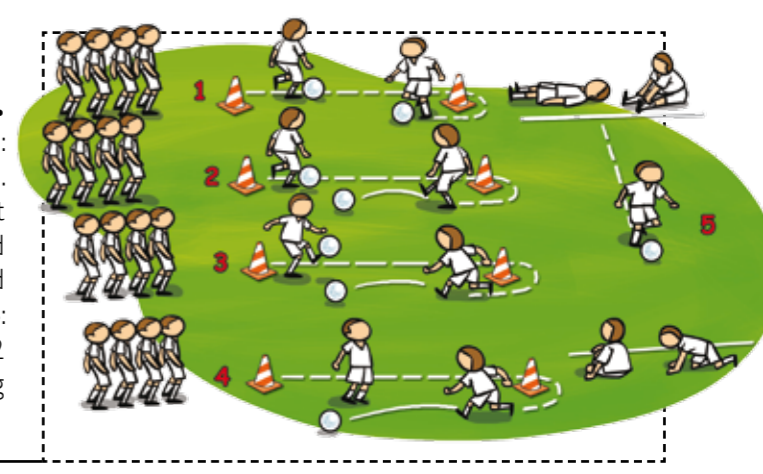
Age: 7-10 years, 30" recovery, 6 repetitions. Individual circuit with ball. 1: mat for somersault with knock-on pass which the player must recover after running along an exercise bench. 2: dribbling round cones. 3: pass under a hurdle that the player must jump. 4: pass and skipping over poles. 5: same as 3 (pass under a hurdle that the player must jump). 6: dribbling and then one-two against a board and shot on goal.



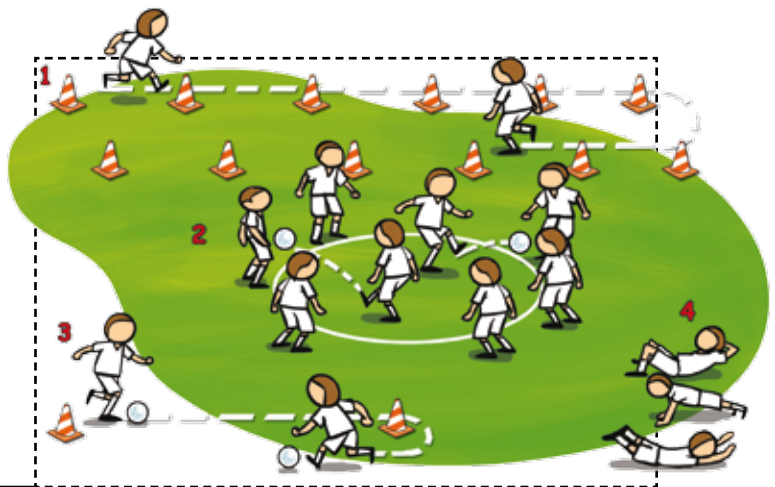
Age: 4-6 years, 1' recovery, 2 repetitions. Part 1: Circuit laid out with cones, one part to be done at a run, part walking and part running backwards. Part 2: Sideways running to a finish and back. Part 3: crawling forwards to a finish and backwards on the return. Part 4: somersaults to a finish and rolling back to the start. Part 5: crawling beneath high hurdles. Part 6: jumping over low hurdles.



The objective is to improve reaction times. In groups of 5 players. Action over 15m at 100%. Part 1: dribbling with short taps, there and back (2 repetitions). Part 2: dribbling out, turn and pass and end with sprint (2 repeats). Part 3: ball control out, turn and pass and end with sprint (1 rep.). Part 4: ball control with the head out, turn and pass and end with sprint (1 rep.). Part 5: Relays with 10m sprints per player (3 to one side and 2 forwards) starting from different positions (players lying on their front, lying on their back, squatting...)

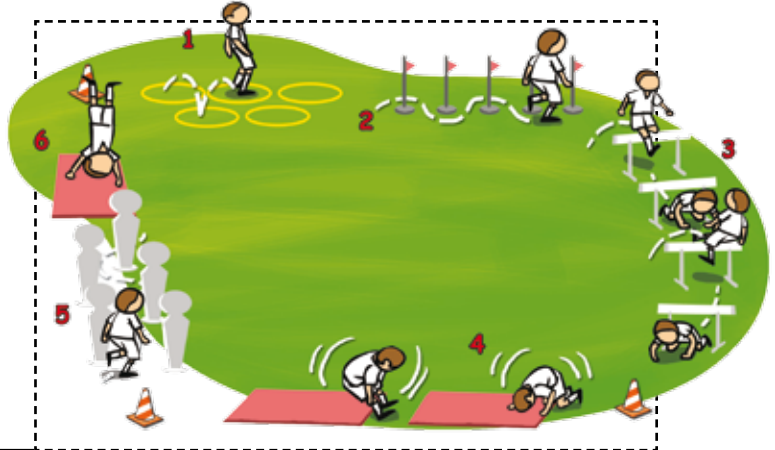


Improving pace and speed. Part 1: 3x sprint-slow in 5m bursts, return at the trot (4 reps.). Part 2: Rounds in pairs for 1' each pair: The players on the inside with the ball dribble and play one-twos with those on the outside (in a radius of 15m). Intensity 100%. Part 3: 5 players, there and back (10m course), followed by the next player (5 reps.). Part 4: Additional work: abs and lower back, arms (1' per exercise).



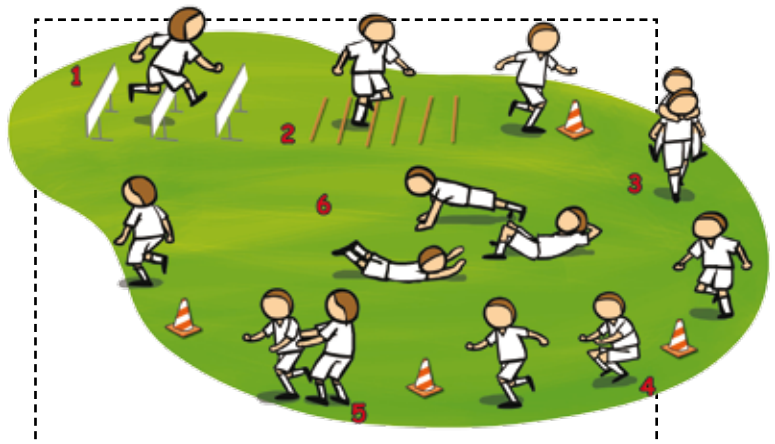
Age: 6-8 years: 30'' recovery per change (5 reps.). Individual circuit.

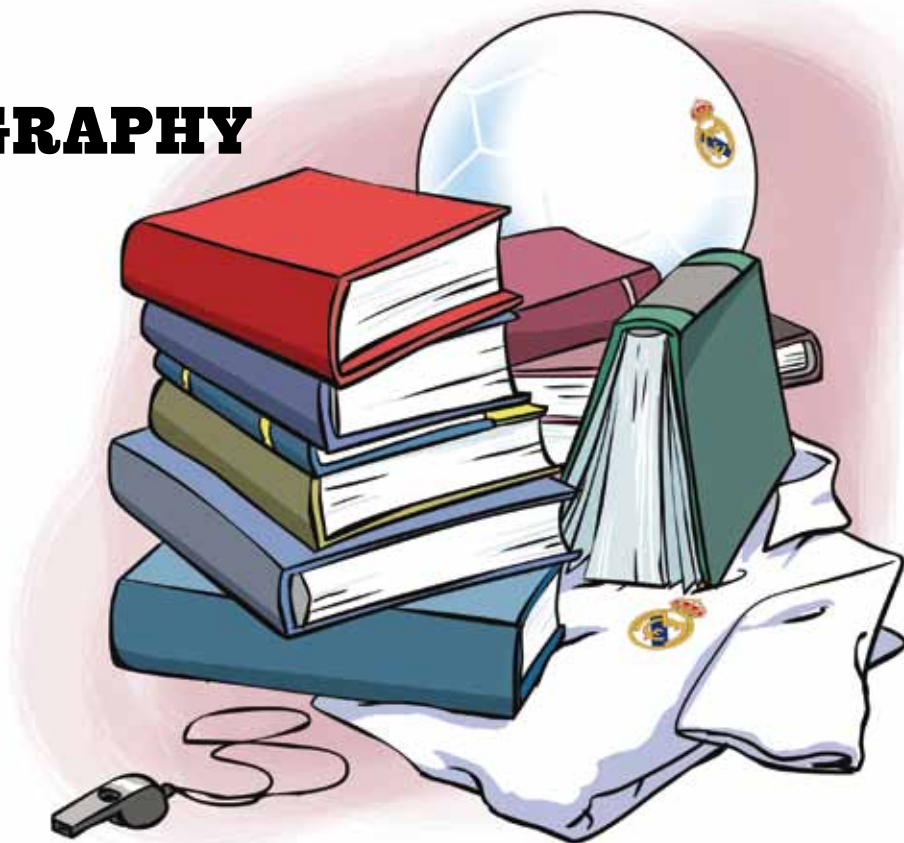
- 1: course jumping from hoop to hoop.
- 2: zigzag with poles.
- 3: jump under first hurdle, go under second, jump a sideways hurdle (twice) and crawl under the last hurdle.
- 4: two mats: Forward somersault on the first and backward somersault on the second.
- 5: running round silhouettes.
- 6: mat to do a handstand, cartwheel, bridge, etc.



Pairs circuit (start every 10''):

- 1: jump hurdle.
- 2: skipping over poles, 15m. Trot.
- 3: piggy-back in turns, trot.
- 4: knee-walk, trot.
- 5: running with resistance (holding by companion), change turns and trot. 2' recovery.
- 6: additional strength exercises: abdominal and lower back muscles, arms (1' per exercise).





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