

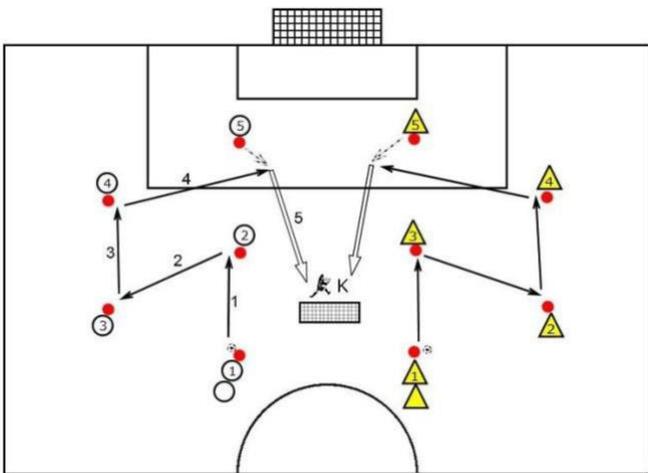
**OSTJES FOOTBALL TRAINING**  
**U15, U17, U19, U21 AND SENIORS**

<b>Theme:</b> Attacking-Fast finishing after thorough build-up	<b>Number:</b> 12+K	<b>Materials:</b> 10 pots, 1 movable devil's goal, 6 yellow vests
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**Guidelines and coaching words**

1. THINK AHEAD → always think of the next pass you need to give
2. PLAY
3. IN THE RUN
4. DARE → at actual goal opportunity DO NOT hesitate and decide on goal
5. FAST → exhort to play quickly

**HEATING**



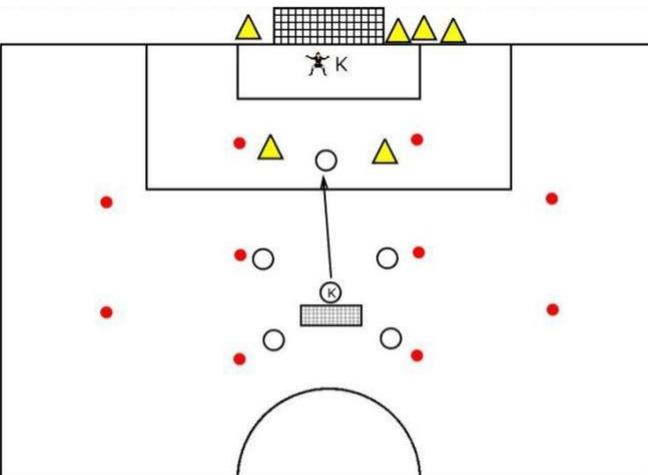
**Description**

1. Warm-up exercises without ball
2. Player 1 plays the ball in to player 2, who passes to player 3 who passes to player 4. Player 4 passes the ball on to player 5, who kicks it into the hands of the goalkeeper in the devils goal.

Duration: 20min

**Coaching:**  
**1, 2, 3, 5**

**MATCH FORM 1**



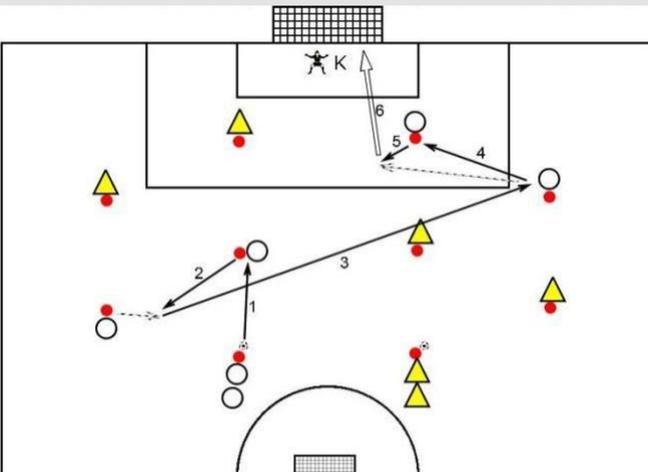
**Description**

A game is played in which the attacking team always starts at the goalkeeper who passes to the striker. From then on, the game starts. Attackers change every minute (passing clockwise). Defenders also change every minute. Players along the sidelines juggle.

FUN: Is scored within 15 seconds= 2 points Duration: 10min

**Coaching:**  
**1, 2, 3, 4, 5**

**INTERMEDIATE FORM 1**



**Description:**

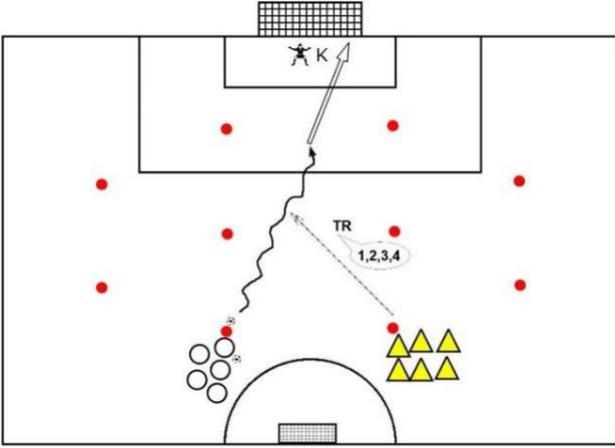
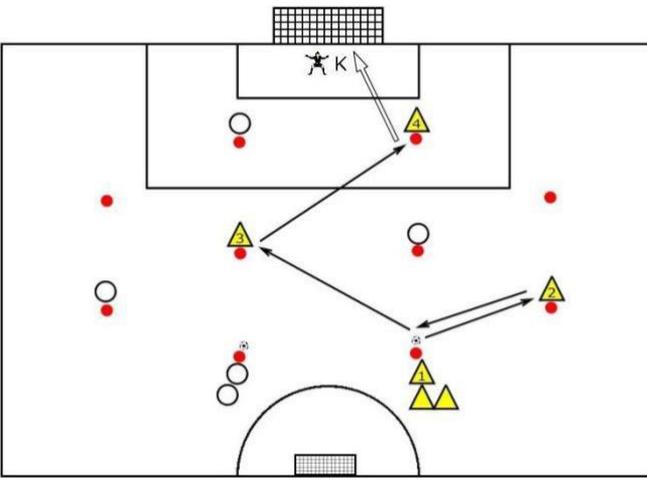
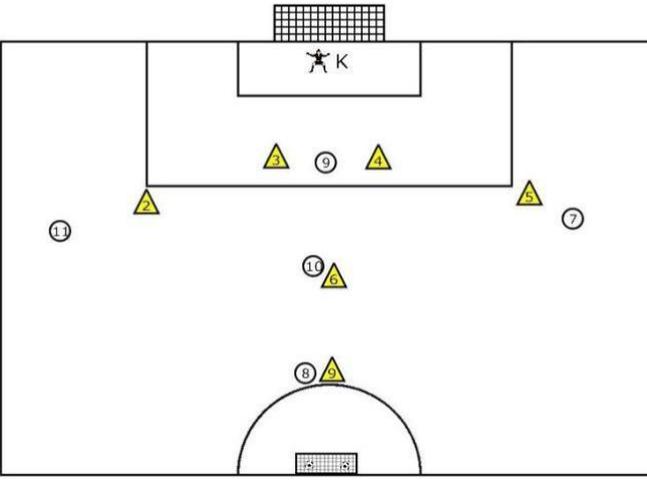
Player 1 plays the ball in to player 2 who in turn plays it outside to player 3. Player 3 kicks a long ball to player 4. The latter takes care of his control and looks for the 1-2 with player 5. Player four finishes on goal.

Advance: 1 2 3 5 → → → → joins behind other group.

FUN: Who scores the most goals?

**Coaching:**  
**1, 2, 3, 4, 5**

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<p><b>MATCH FORM 2</b></p> 	<p>K+1/1</p> <p><b>Description:</b>          Balls leave with the attacking team. Each player is promised a number from training. At the coach's signal, the numbers he has called out for a game leave.</p> <p>Duration: 10min</p> <p><b>Coaching:</b>  <b>1, 2, 3, 4, 5</b></p>
<p><b>INTERMEDIATE FORM 2</b></p> 	<p><b>Description:</b>          Player 1 passes the ball to player 2, who passes it back to player 1. The latter takes the ball with his far foot (targeted control) and passes it to 3. The latter does the same and plays the ball in to the dropped striker (4). Intention of the striker: 1 ball key and finish on goal.</p> <p>Move on: 1 2 3 4 → → → Connect other group</p> <p>Duration: 10min</p> <p><b>Coaching:</b>  <b>1,2,3,4,5</b></p>
<p><b>MATCH FORM 3</b></p> 	<p>K+6/5</p> <p><b>Description:</b>          Attacking team starts every attack. When the attack cannot play chances together, 9 from the defending team is put alongside 10 from the attacking team.</p> <p><b>Coaching:</b>  <b>1, 2, 3, 4, 5</b></p>
<p><b>COOLING DOWN</b></p>	<p><b>Description:</b>          Practising stationary phases in a match. Today: free kicks. Collecting material</p>