**TASK 1**

**Technical Game – Activation by couples.**

**Space:** Inside big box.

**Objective:** To move and to touch the ball with both legs.

**Dynamics:** All the players inside marked area, two players with one ball, moving and passing. We try not to hit other ball or other player.

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**TASK 1 - Variant**

**Dynamics:** We keep same structure as before, but now if we can kick out someone ball we do it. The players that their ball goes outside the marked area are eliminated and go out. The coach can tell eliminated players to stay inside playing defense, last couple with the ball wins.
TASK 1

**Collective technique – square**
Space: 8 x 4 m  
**Objective:** Improve the control and the pass in analytic situations.  
**Dynamics:** 2 groups 8 players each, when passing, four minutes going right and then four minutes going left. Option 2 balls.


TASK 2

**Rondo - 3 x 1**  
Space: 4 x 4 m  
**Objective:** Improve the control and the pass in situations of superiority.  
**Dynamics:** 4 groups of 4 players each. 3 vs. 1. Keep the possession of the ball in a close space again one opponent.


TASK 3

**Rondo – 6 x 2**  
Space: 8 x 4  
**Objective:** Improve the control and the pass in situations of superiority, at the same time improving the decision making.  
**Dynamics:** 2 groups 8 players each. 6 vs. 2. We have two spaces of 4 x 4, four players keep possession of the ball in one side and after 3 passes they pass the ball to the two players in the other side, two players from the other side must go help. Working by couples, we change together, or by time or by lose ball.
**TASK 2**

**Possession Game – 8 x 8**

**Objective:** Improve the control and the pass in situations of equal numbers. Improve GK. Improve the decision making.

**Dynamics:** Both teams have to try to play with the GK behind the line, when the GK gets the ball, he / she will play with defensive line next to. GK can use the hands.

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**TASK 3**

**Game – 8 x 8**

**Objective:** Make emphasis in the principal offensive and defensive technical actions. To resolve real game situations.

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**COOL DOWN**

Light stretch and talk with the team about the session

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**NOTES**