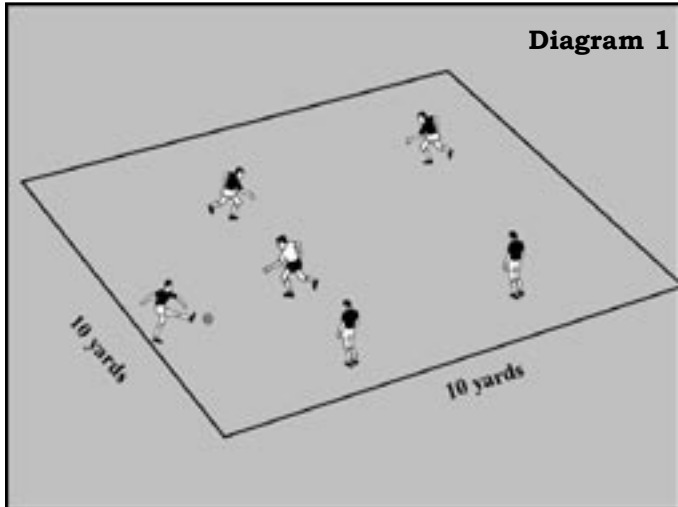


Boca Juniors - Argentina

This session was conducted by the Head Coach of the Boca Juniors Youth teams, Jorge Bernardo Griffa, at the World Futbol Congress in Buenos Aires, Argentina. The session focuses on station training (circuit training).
 SESSION PROVIDED BY www.worldclasscoaching.com



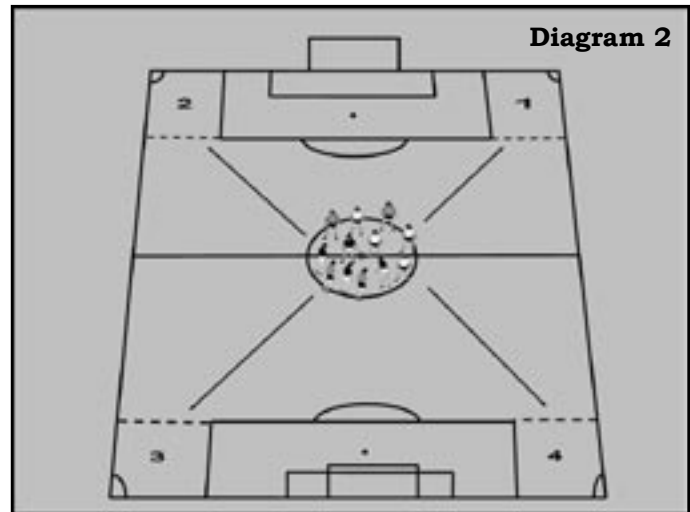
Warm-Up

A total of 24 players are divided into four groups of six. Each group has a different colored jersey.

Each group plays a one-touch 5 v 1 keep-away drill, where the player in the middle tries to win possession and replace the player who gives up possession on the outside.

Station Training (Circuit Training)

Four 10 x 10-yard- grids are made in each corner of a field, and each grid is numbered one through four.

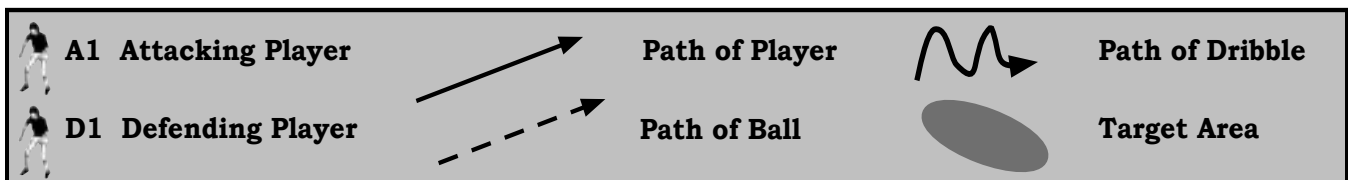


Station One

All the players from all four groups start together in the center circle with a ball each. Upon the coach's signal, all the players dribble at three quarters speed to grid number one. When the players get to the grid, they juggle the ball for three minutes using as many body parts as possible, and then return to the center.

Station Two

Upon the coach's command, the players dribble at full speed to grid number two. When they are inside grid number two, the players partner up, and using one ball for each pair, pass and move inside the grid.



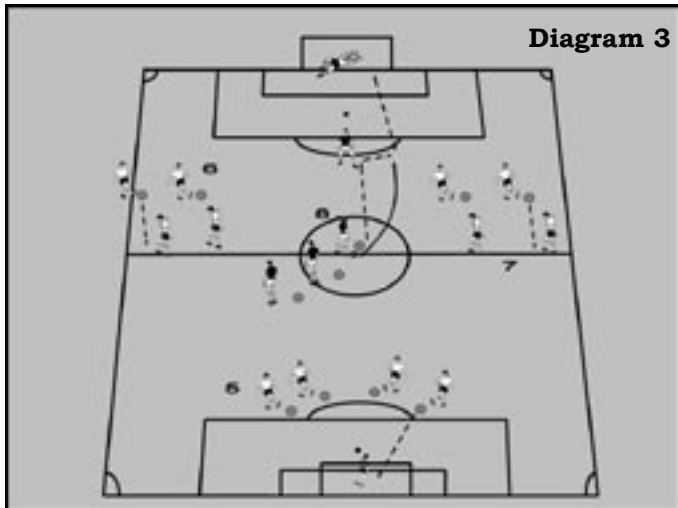
Boca Juniors - Argentina

Station Three

Upon the coach's signal, one player dribbles the ball down to grid number three with his partner following behind. When the players enter the grid they play 1 v 1 keep-away for three minutes. On the way back to the center circle, the other player dribbles the ball back.

Station Four

Upon the coach's command, the players walk to grid number four, juggling the ball as they go. Inside the grid they juggle with their head for three minutes, and then return to the center circle in the same manner.



Stations 5 - 8

Four more stations are then organized with one group at each station. The groups have three minutes at each station and then move to the next station.

Station Five

Shooting on goal. On the coach's signal the players start shooting in turn at the goalkeeper, shooting at different areas of the goal, and using different parts of the foot.

Station Six

Working with a partner from the same group, the players throw and volley back to each other 10 times before changing roles.

Station Seven

Working with a partner from the same group, the players pass back and forth to each other 10 yards apart for the first minute and a half before moving to 20 yards apart for the final minute and a half.

Station Eight

Players, with a ball each, line up one behind the other on the half way line and play a wall pass (right foot first time/left foot second time) with a player on the edge of the penalty area before shooting on goal. Players go through the sequence twice each before the player on the edge of the area changes position with one of the shooters.