

[WWW.FOOTBALLPOURTOUS.COM](http://WWW.FOOTBALLPOURTOUS.COM)



# SHEMAS TYPES DE QUELQUES SEANCES D'ENTRAINEMENTS

Exercic(s)e 1	Jeu - Game	20mn
Exercic(s)e 2	Passes et suit - Passes and move	20mn
Exercic(s)e 3	Dribble 2 contre 1 - Dribble 2x1	20mn
Exercic(s)e 4	Tête - Head	20mn
<b>U13 - U15 - U17 - U19</b>		

## SEANCE - TRAINING 1

**EXERCICE - EXERCISE 1**

2X1

**EXERCICE - EXERCISE 2**

2X1

**EXERCICE - EXERCISE 3**

2X1

**EXERCICE - EXERCISE 4**

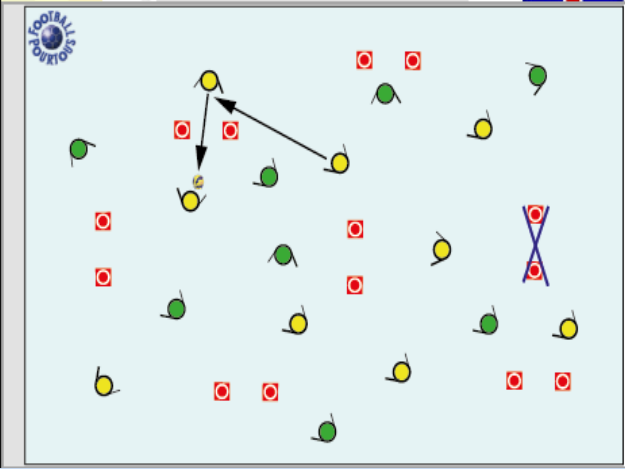
2X1

Exercic(s)e 1	Jeu - Game	20mn
Exercic(s)e 2	Passes et tir - Passes and shot	20mn
Exercic(s)e 3	Tir - Shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

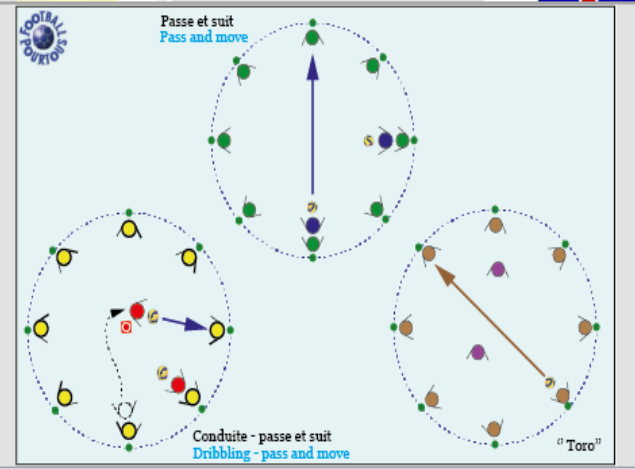
U13 - U15 - U17 - U19

# SEANCE - TRAINING 2

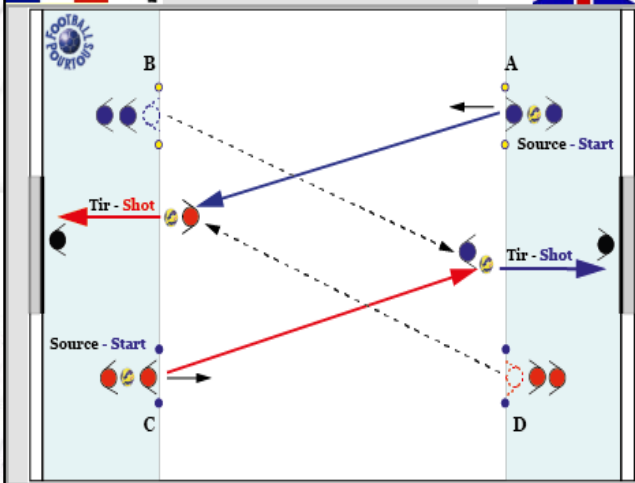
EXERCICE - EXERCISE 1



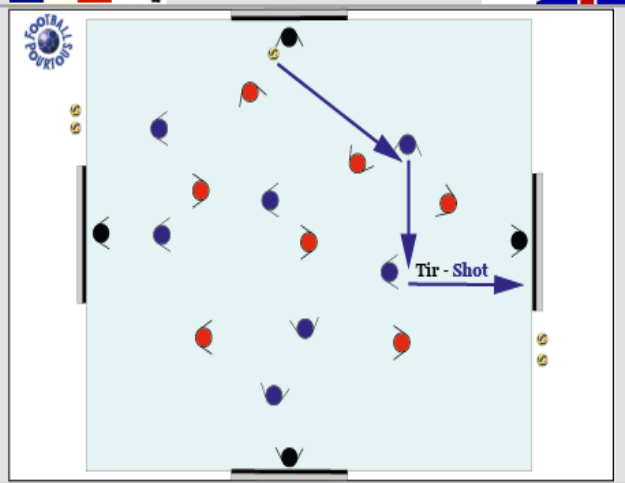
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

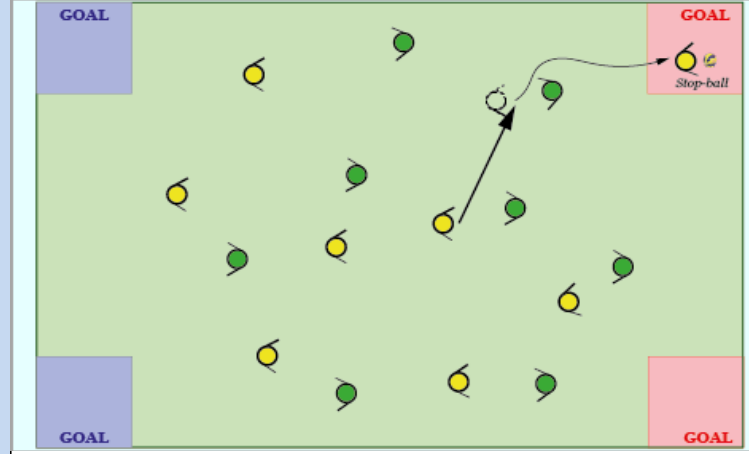


Exercic(s)e 1	Jeu (Stop-ball) - Game (Stop-ball)	20mn
Exercic(s)e 2	Passes et tir - Passes and shot	20mn
Exercic(s)e 3	Dribble - Dribble	20mn
Exercic(s)e 4	Jeu libre - Free game	20mn

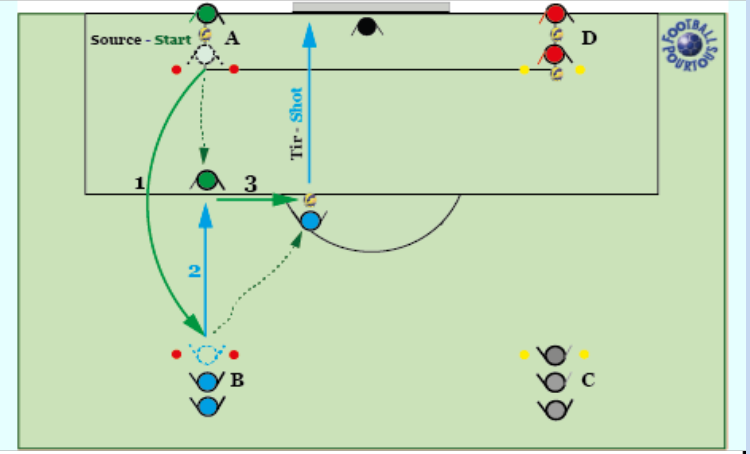
U13 - U15 - U17 - U19

# SEANCE - TRAINING 3

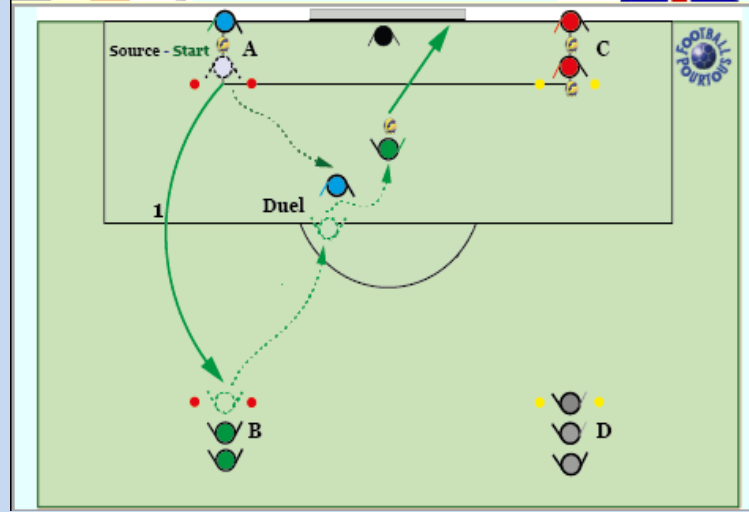
**EXERCICE - EXERCISE 1**



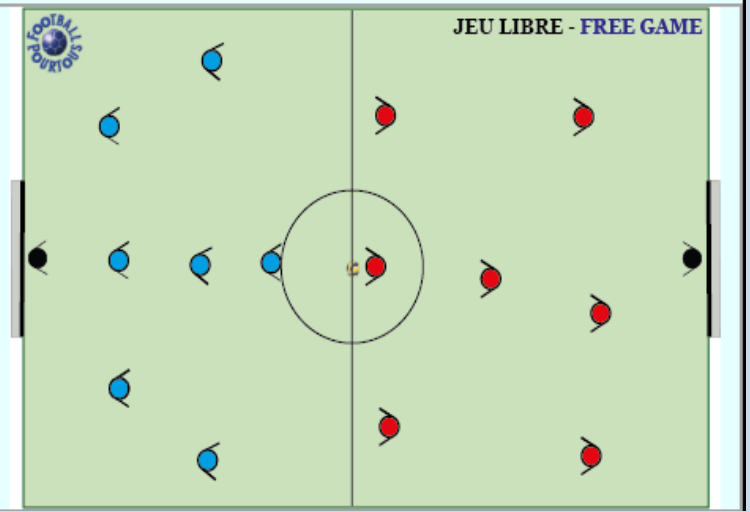
**EXERCICE - EXERCISE 2**



**EXERCICE - EXERCISE 3**



**EXERCICE - EXERCISE 4**  
JEU LIBRE - FREE GAME

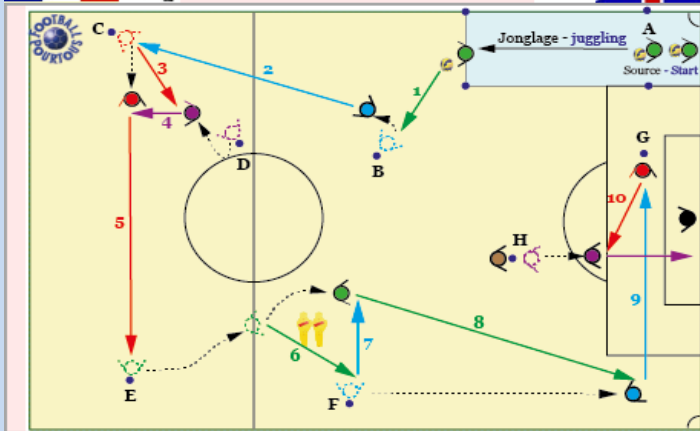


Exercic(s)e 1	Passe et suit - Pass and move	20mn
Exercic(s)e 2	Motricite - Motor control	20mn
Exercic(s)e 3	Passe, controle, tir - Pass, control, shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

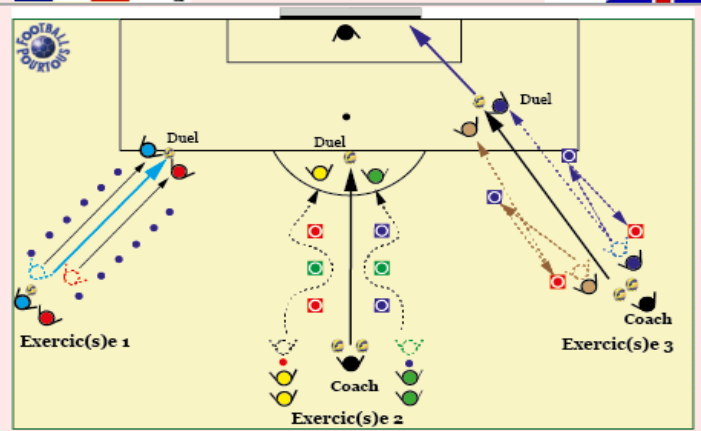
U13 - U15 - U17 - U19

# SEANCE - TRAINING 4

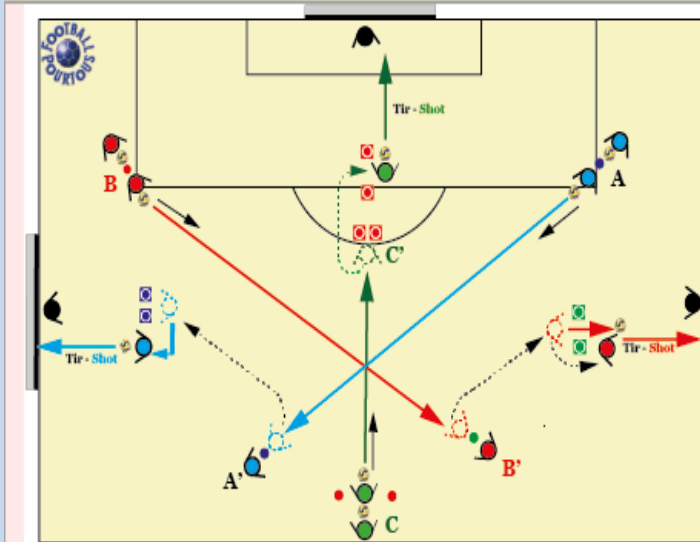
EXERCICE - EXERCISE 1



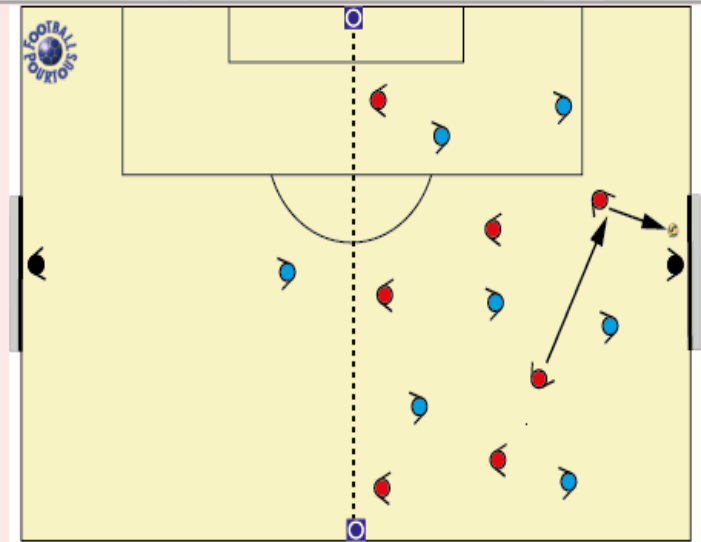
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4



Exercic(s)e 1	Motrocite - Motor control	20mn
Exercic(s)e 2	Passe - Pass	20mn
Exercic(s)e 3	Passe et tir - Pass and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

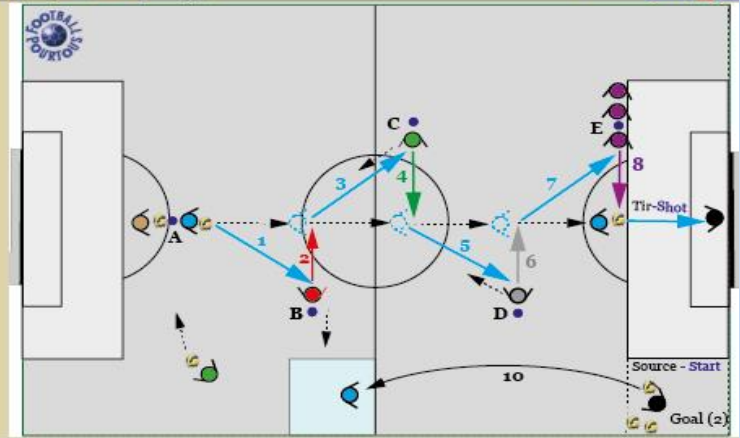
U13 - U15 - U17 - U19

# SEANCE - TRAINING 5

**MOTRICITE - EXERCISE 1**



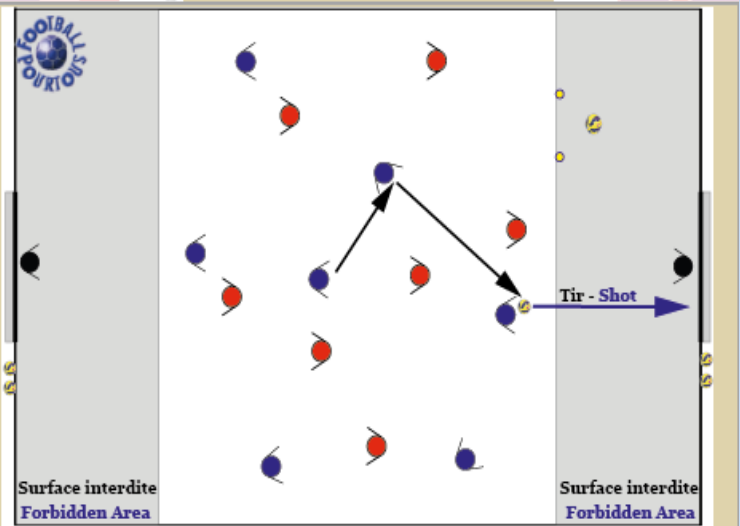
**EXERCICE - EXERCISE 2**



**EXERCICE - EXERCISE 3**



**EXERCICE - EXERCISE 4**

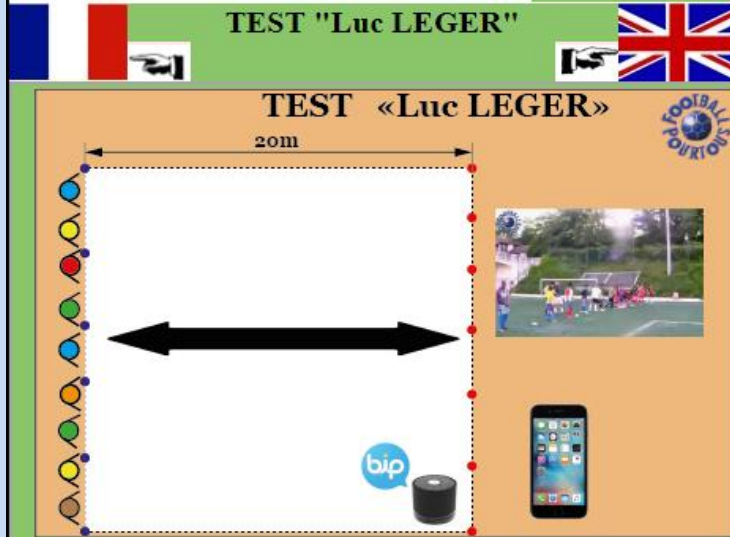


Exercic(s)e 1	Test "Luc LEGER"	20mn
Exercic(s)e 2	Passes et tir - Passes and shot	20mn
Exercic(s)e 3	Dribble et tir - Dribble and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

U13 - U15 - U17 - U19

## SEANCE - TRAINING 6

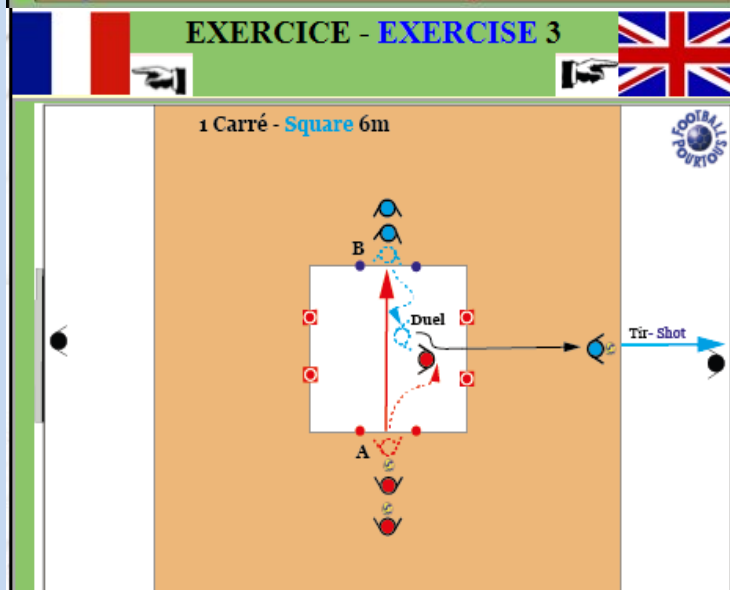
### TEST "Luc LEGER"



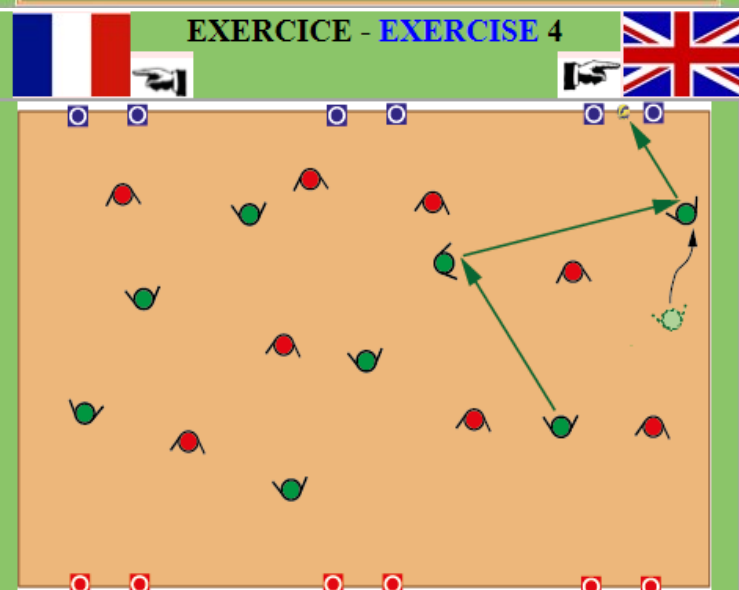
### EXERCICE - EXERCISE 2



### EXERCICE - EXERCISE 3



### EXERCICE - EXERCISE 4

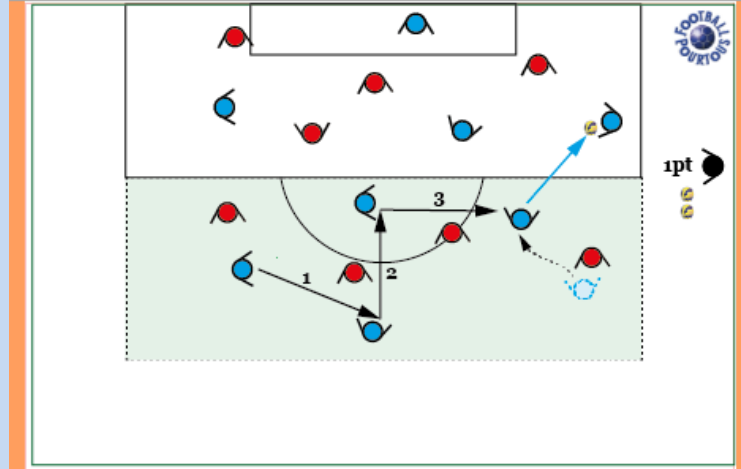


Exercic(s)e 1	Conservation du ballon - Retention ball	20mn
Exercic(s)e 2	Passe et dribble - Pass and dribble	20mn
Exercic(s)e 3	Jeu en triangle - Game triangle	20mn
Exercic(s)e 4	Jeu - Game	20mn

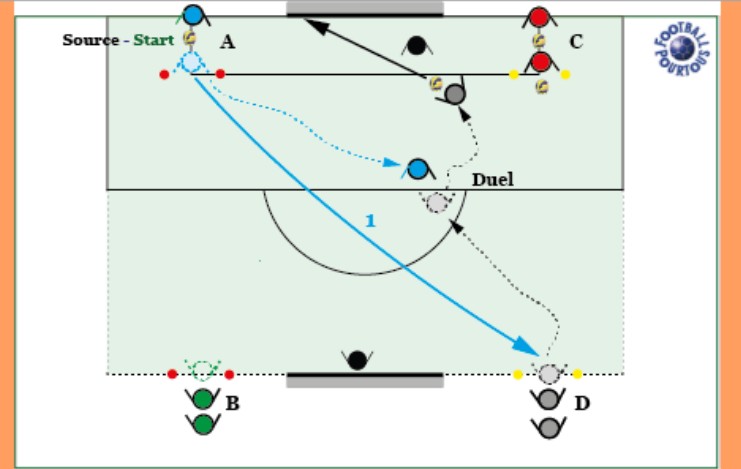
U13 - U15 - U17 - U19

# SEANCE - TRAINING 7

## EXERCICE - EXERCISE 1



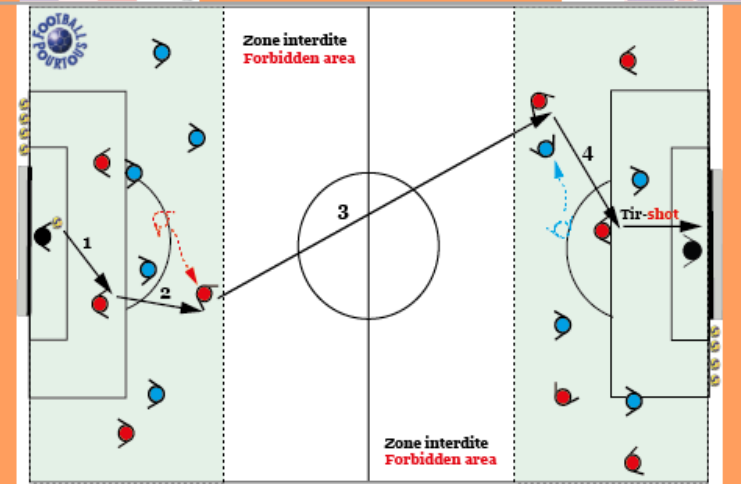
## EXERCICE - EXERCISE 2



## EXERCICE - EXERCISE 3



## EXERCICE - EXERCISE 4



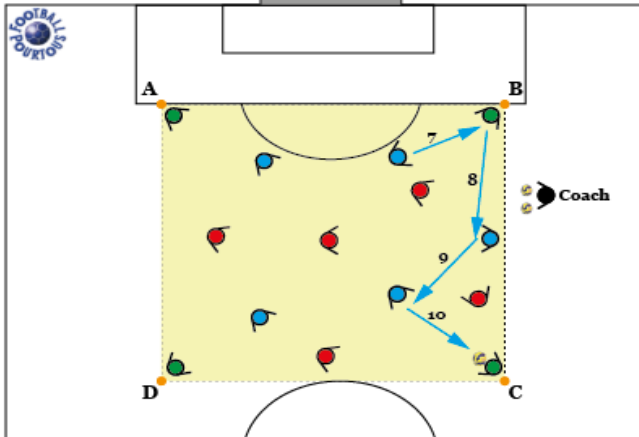


Exercic(s)e 1	Conservation du ballon - Retention ball	20mn
Exercic(s)e 2	Conduite de balle et tir - Dribbling and shot	20mn
Exercic(s)e 3	Passes et tir - Passes and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

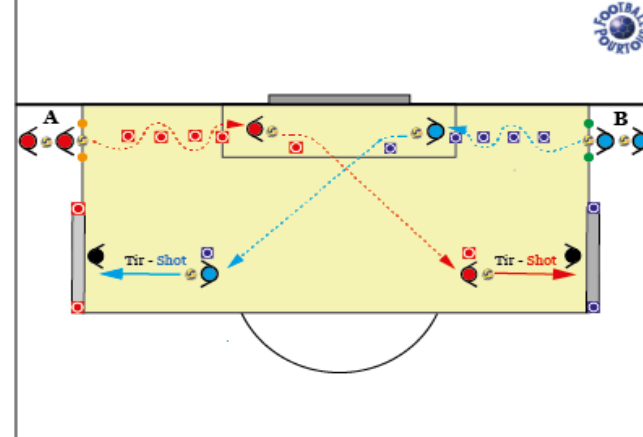
U13 - U15 - U17 - U19

## SEANCE - TRAINING 8

### EXERCICE - EXERCISE 1



### EXERCICE - EXERCISE 2

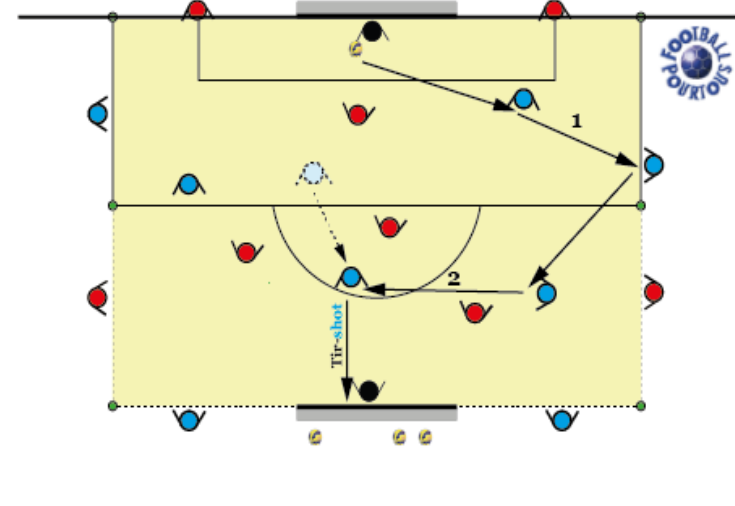


### EXERCICE - EXERCISE 3

2 Ateliers - 2 zones activities



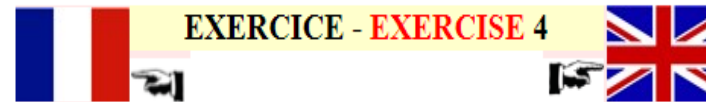
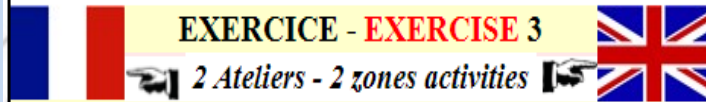
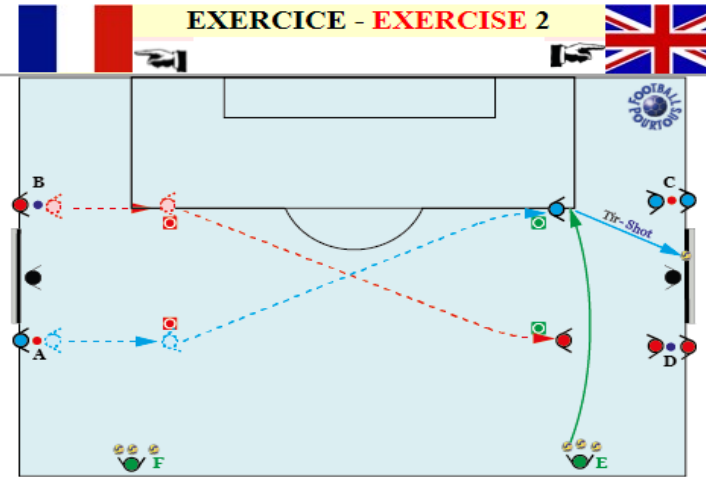
### EXERCICE - EXERCISE 4



Exercic(s)e 1	Conservation du ballon - Retention ball	20mn
Exercic(s)e 2	Vitesse et tir - Race and shot	20mn
Exercic(s)e 3	Passes et tir - Passes and shot	20mn
Exercic(s)e 4	Jeu Libre - Free Game	20mn

**U13 - U15 - U17 - U19**

## SEANCE - TRAINING 9

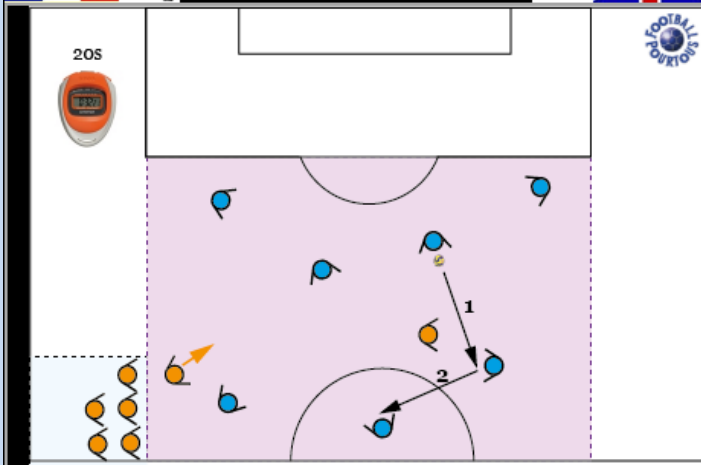


Exercic(s)e 1	Conservation du ballon - Retention ball	20mn
Exercic(s)e 2	Dribble 2 x 2	20mn
Exercic(s)e 3	Passes, contrôle et tir - Passes, control and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

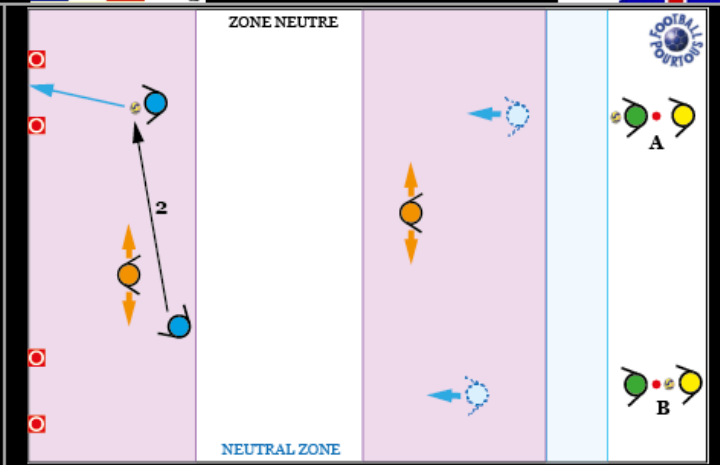
U9 - U10 - U11 - U12

# SEANCE - TRAINING 10

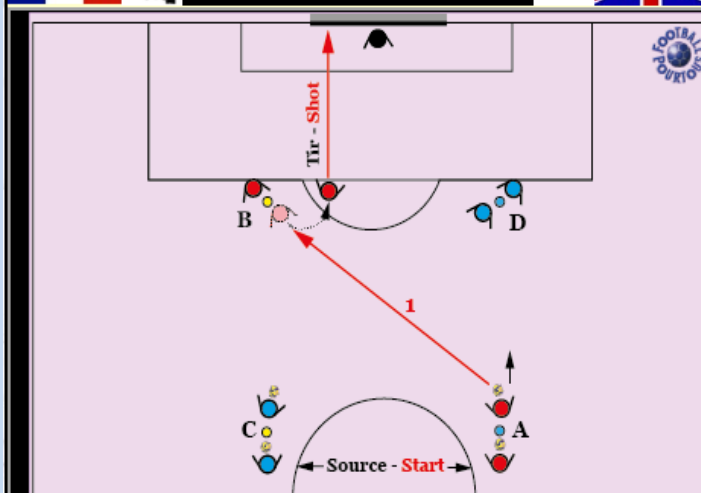
## EXERCICE - EXERCISE 1



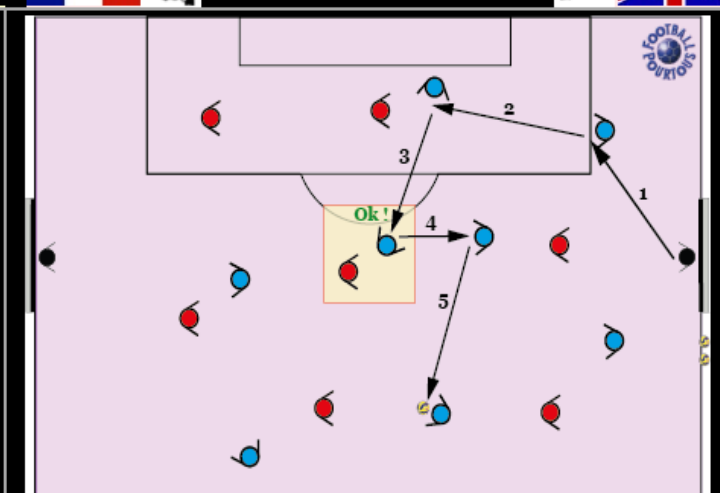
## EXERCICE - EXERCISE 2



## EXERCICE - EXERCISE 3



## EXERCICE - EXERCISE 4

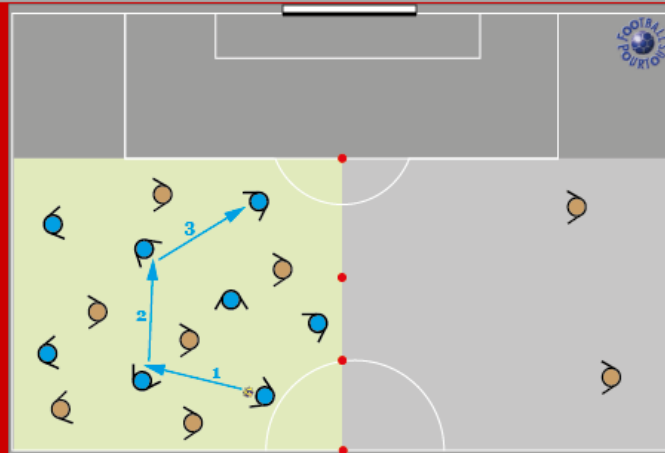


Exercic(s)e 1	Conservation du ballon - Retention ball	20mn
Exercic(s)e 2	Tête - Head	20mn
Exercic(s)e 3	Passes, contrôle et tir - Passes, control and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

U13 - U14 - U15 - U16 - U17

# SEANCE - TRAINING 11

EXERCICE - EXERCISE 1



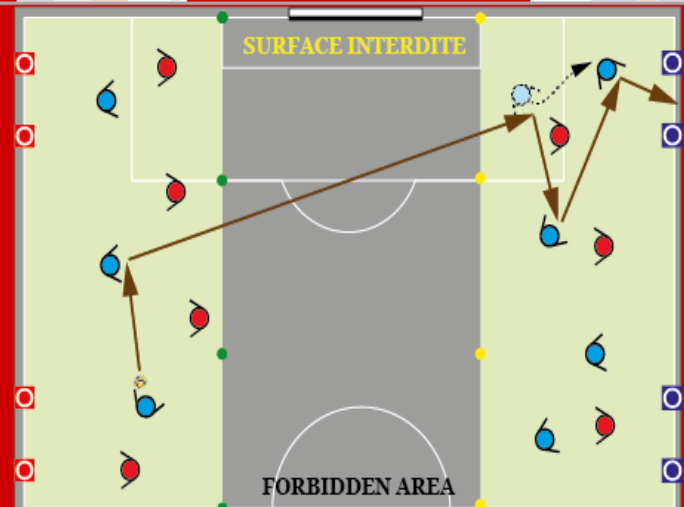
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

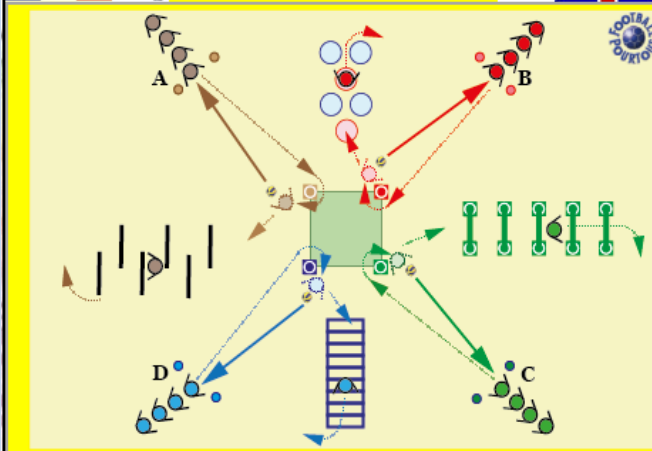


Exercic(s)e 1	Coordination-Motricité - Motor control	20mn
Exercic(s)e 2	Passes et tir - Passes and shot	20mn
Exercic(s)e 3	Passes et pressing - Passes and pressing	20mn
Exercic(s)e 4	Jeu - Game	20mn

U13 - U14 - U15 - U16 - U17

## SEANCE - TRAINING 12

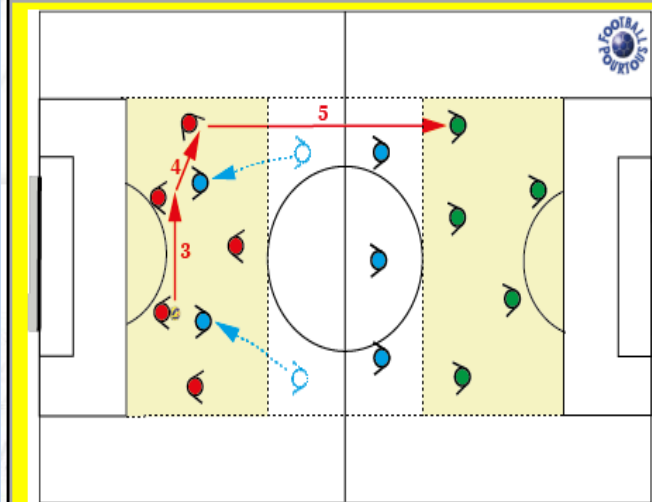
EXERCICE - EXERCISE 1



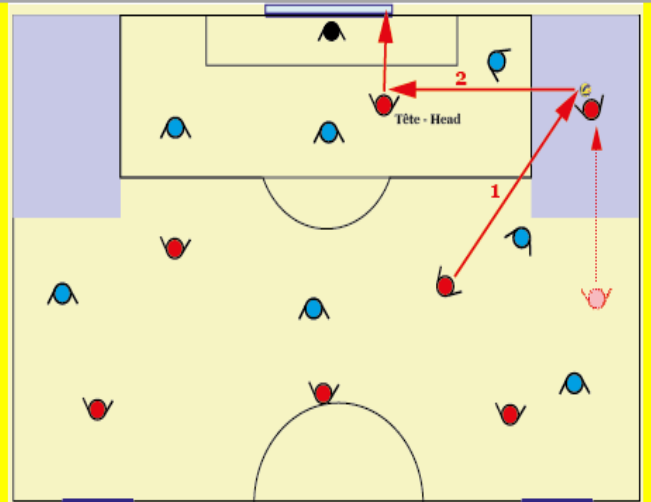
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

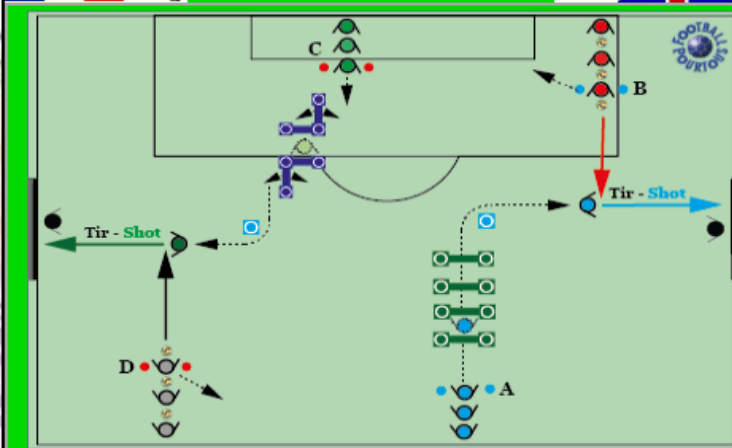


Exercic(s)e 1	Coordination - Motricité - Motor control	20mn
Exercic(s)e 2	Conservation du ballon - Ball retention	20mn
Exercic(s)e 3	Passes et tir - Passes and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

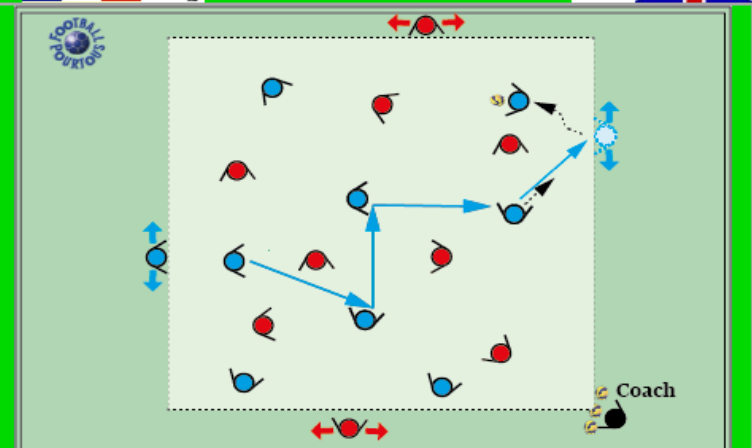
U13 - U14 - U15 - U16 - U17

# SEANCE - TRAINING 13

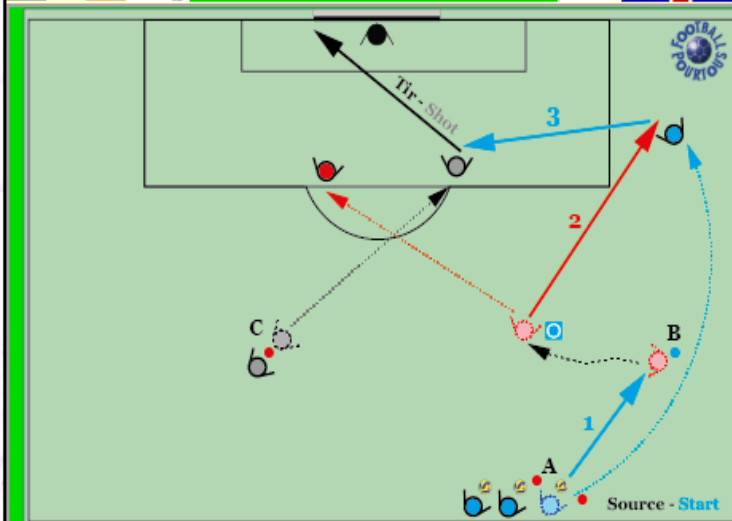
EXERCICE - EXERCISE 1



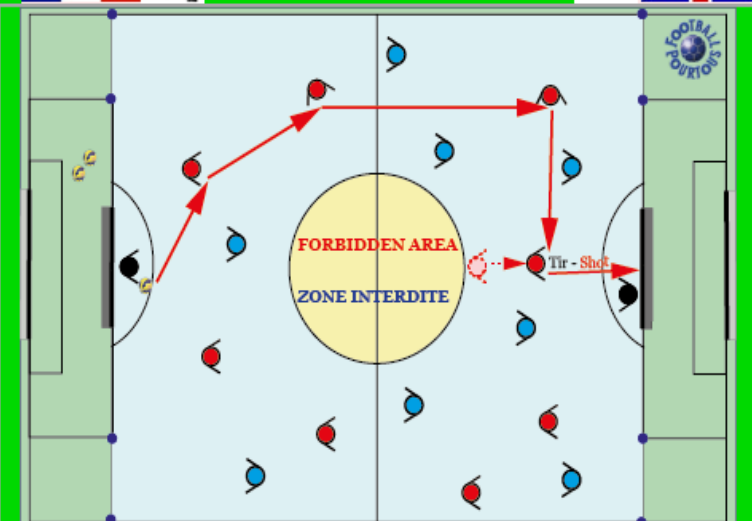
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

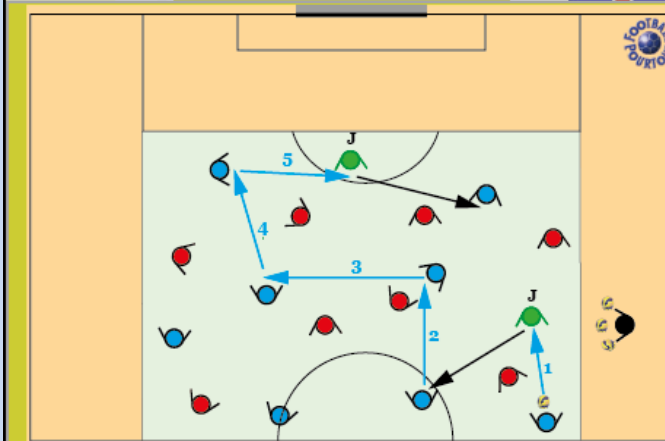


Exercic(s)e 1	Conservation du ballon - Ball retention	20mn
Exercic(s)e 2	Passe et dribble 1x1 - Pass and duel 1x1	20mn
Exercic(s)e 3	Passes et tir - Passes and shot	20mn
Exercic(s)e 4	Jeu - Game	20mn

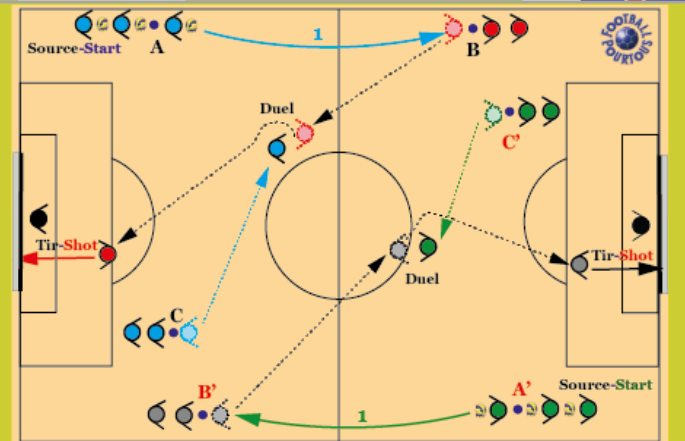
U15 - U16 - U17 - U19

## SEANCE - TRAINING 14

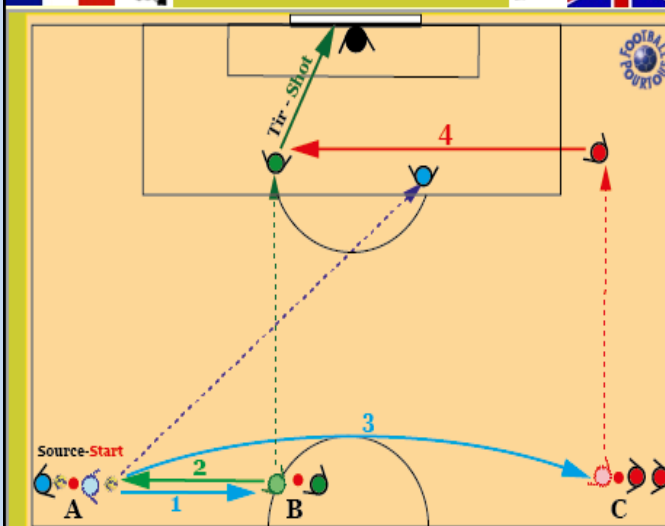
EXERCICE - EXERCISE 1



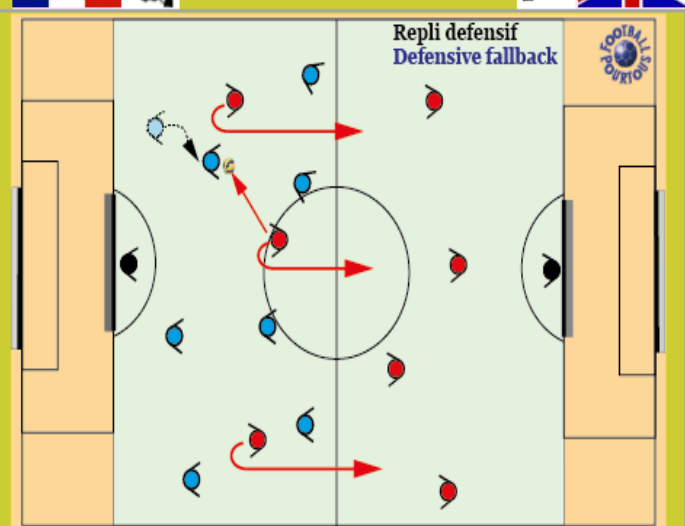
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

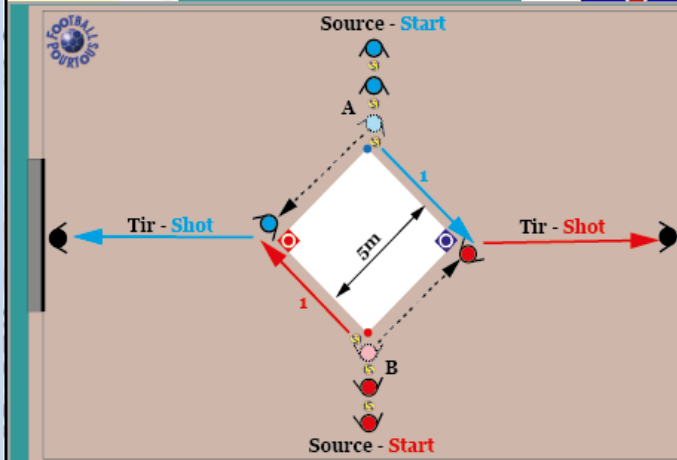


Exercic(s)e 1	Passe et tir - Pass and shot (5m).	20mn
Exercic(s)e 2	Passe et tir - Pass and shot (10m).	20mn
Exercic(s)e 3	Passe et tir - Pass and shot (20m).	20mn
Exercic(s)e 4	Jeu - Game	20mn

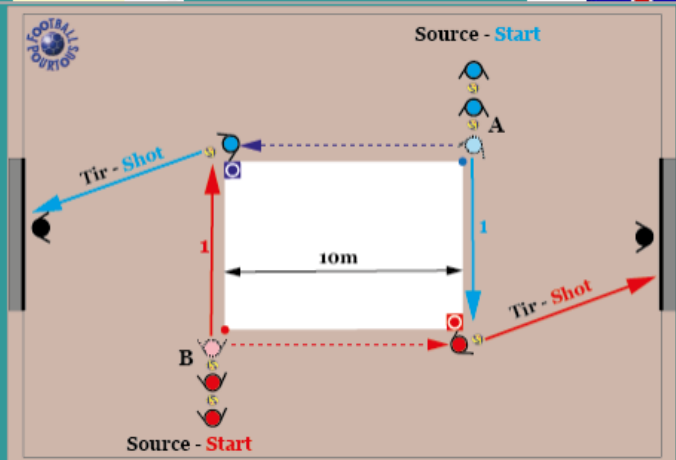
U12 - U13 - U14 - U15

# SEANCE - TRAINING 15

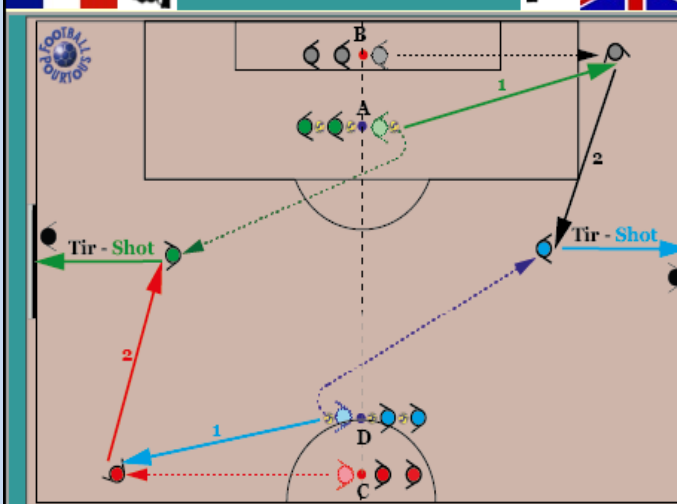
EXERCICE - EXERCISE 1



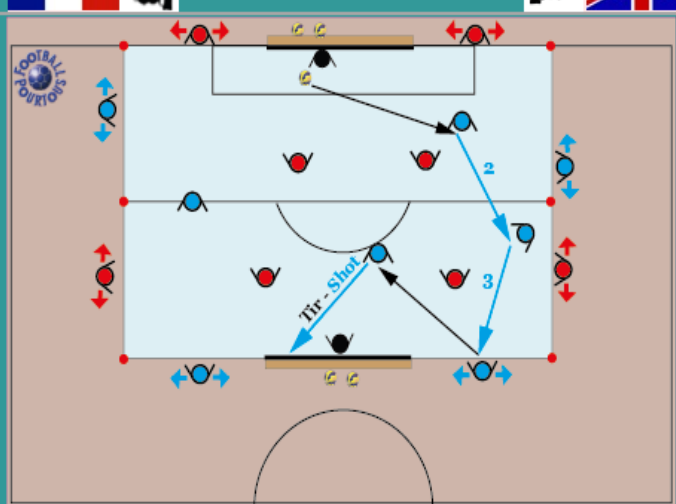
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4





Exercic(s)e 1	Motricite, Passe - tir - Motor control Pass - shot .	20mn
Exercic(s)e 2	Passe et tir - Pass and shot.	20mn
Exercic(s)e 3	Passe et dribble - Pass and dribble.	20mn
Exercic(s)e 4	Jeu - Game	20mn

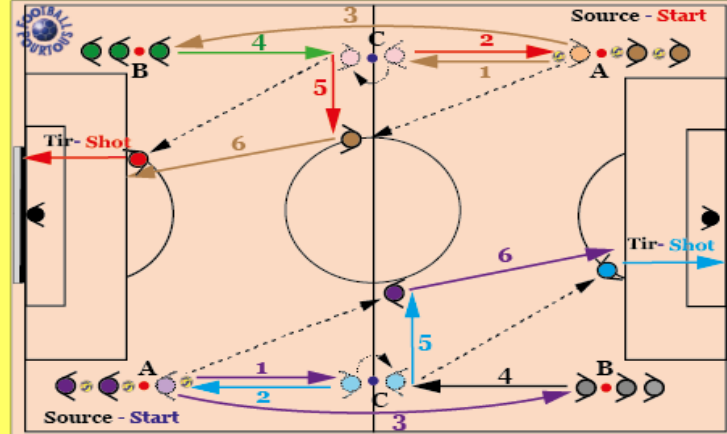
U15 -- U17 - U19

# SEANCE - TRAINING 16

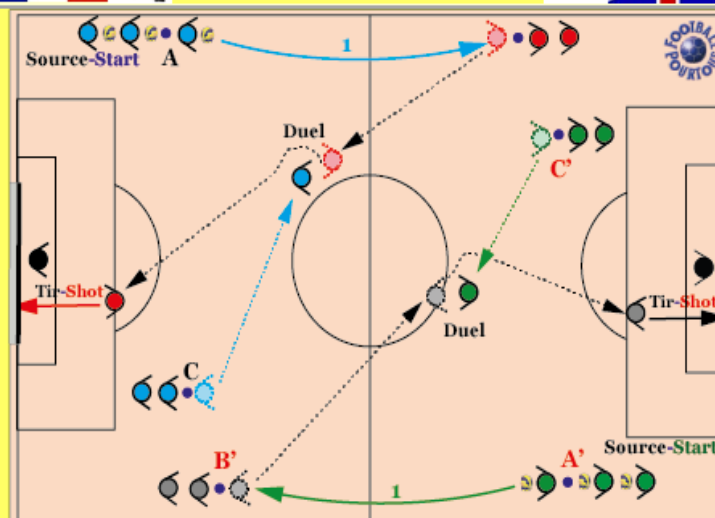
EXERCICE - EXERCISE 1



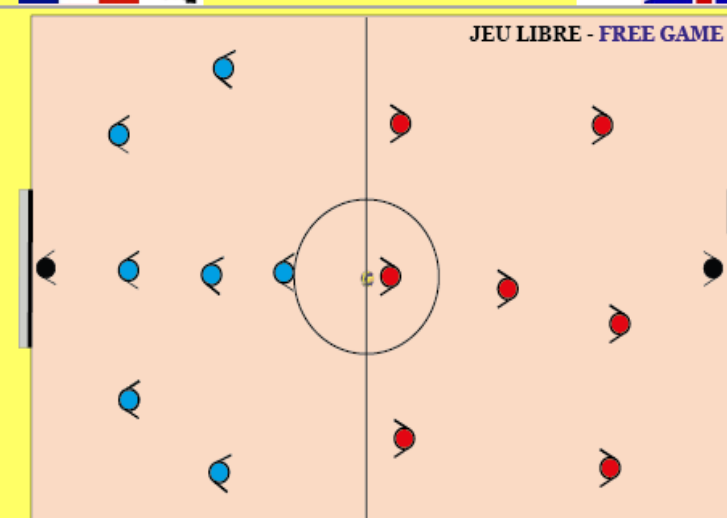
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



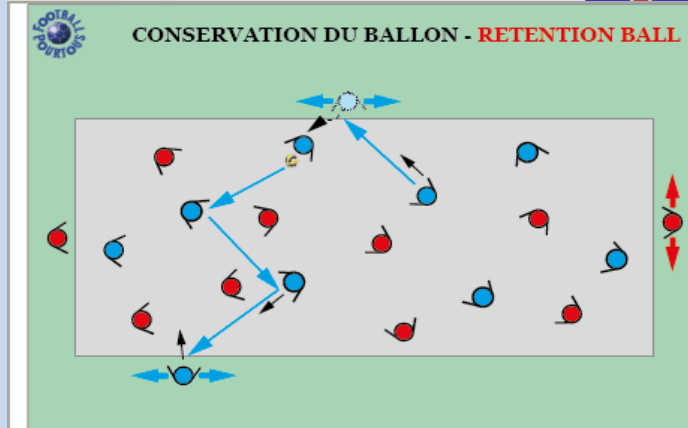
EXERCICE - EXERCISE 4



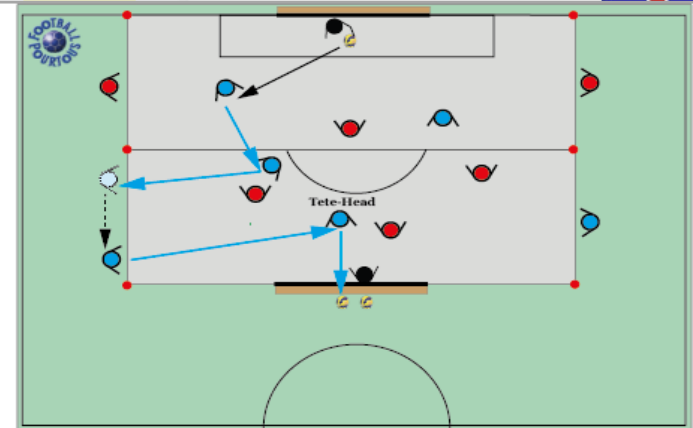
Exercic(s)e 1	Conservation du ballon -Ball retention	25mn
Exercic(s)e 2	Tête- Head	20mn
Exercic(s)e 3	Passes et tir - Passes and shot	20mn
Exercic(s)e 4	Jeu avec 2 ballons - Game with 2 balls	20mn
<b>U13 - U15 - U17 - U19</b>		

## SEANCE - TRAINING 17

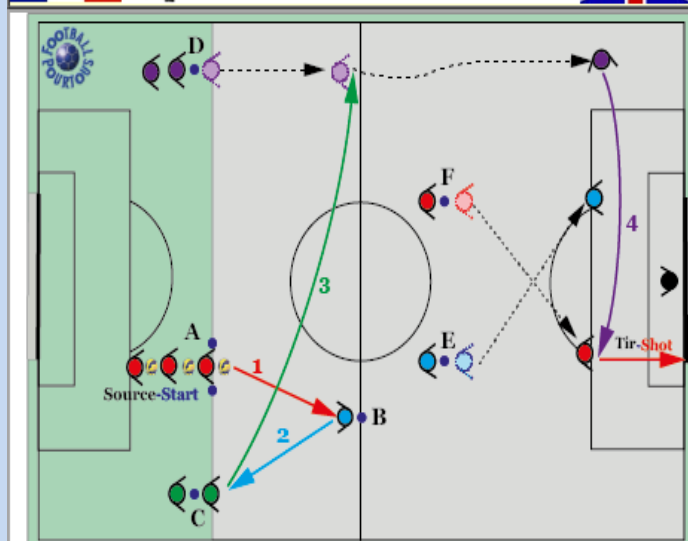
### EXERCICE - EXERCISE 1



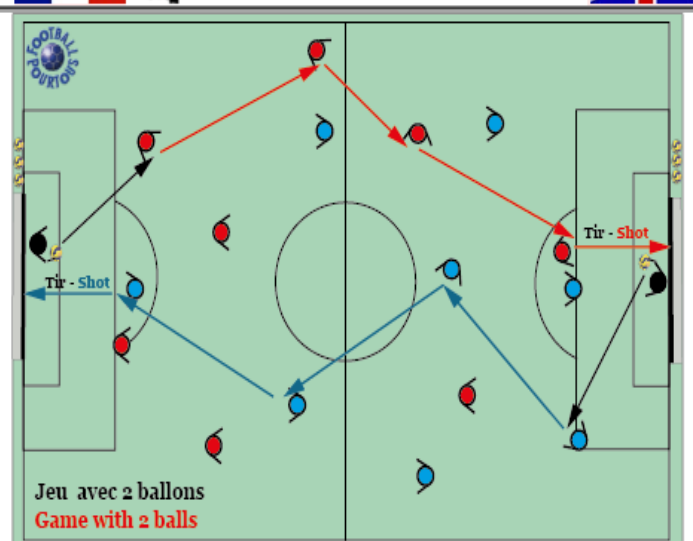
### EXERCICE - EXERCISE 2



### EXERCICE - EXERCISE 3



### EXERCICE - EXERCISE 4



Exercic(s)e 1	Conservation du ballon - Retention ball	25mn
Exercic(s)e 2	Passes et tir - Passes and shot	20mn
Exercic(s)e 3	Dribble 2x2	20mn
Exercic(s)e 4	Jeu à thème - Game	20mn

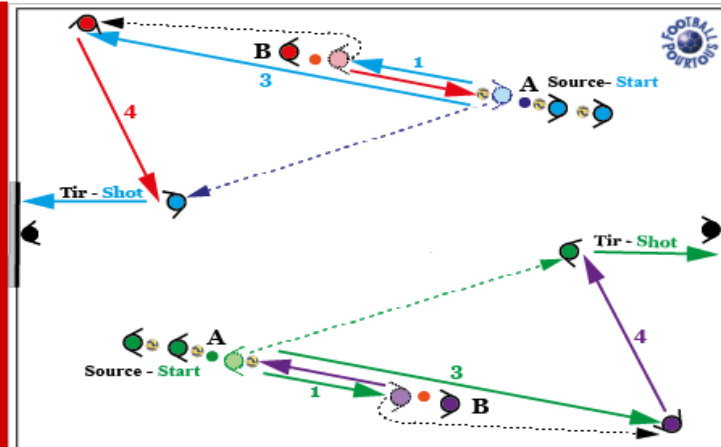
U14- U15 - U16 - U17

## SEANCE - TRAINING 18

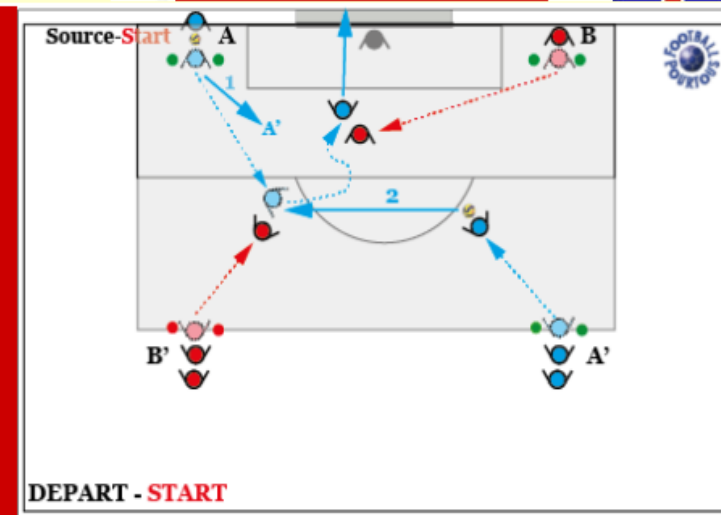
EXERCICE - EXERCISE 1



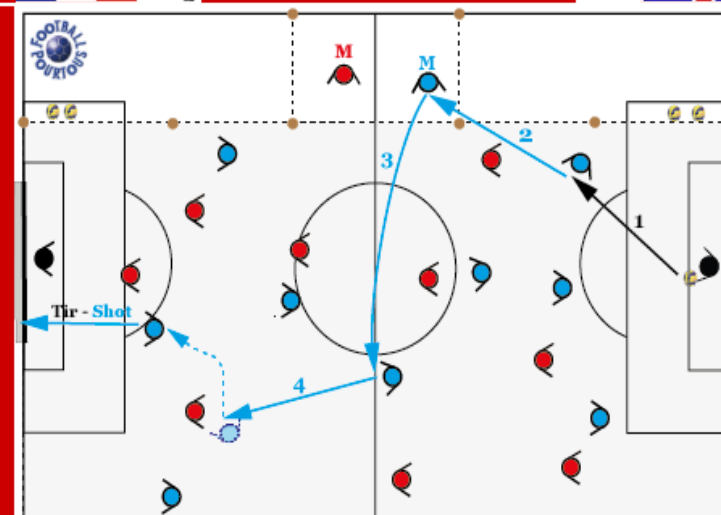
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

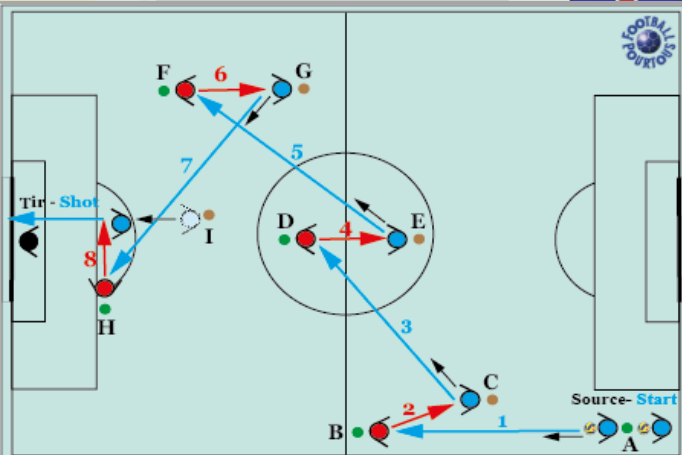


Exercic(s)e 1	Passes longues, passes courtes - Passes	20mn
Exercic(s)e 2	Repli defensif - Retreating defence	20mn
Exercic(s)e 3	Tir - Shot	20mn
Exercic(s)e 4	Tête - Head	20mn

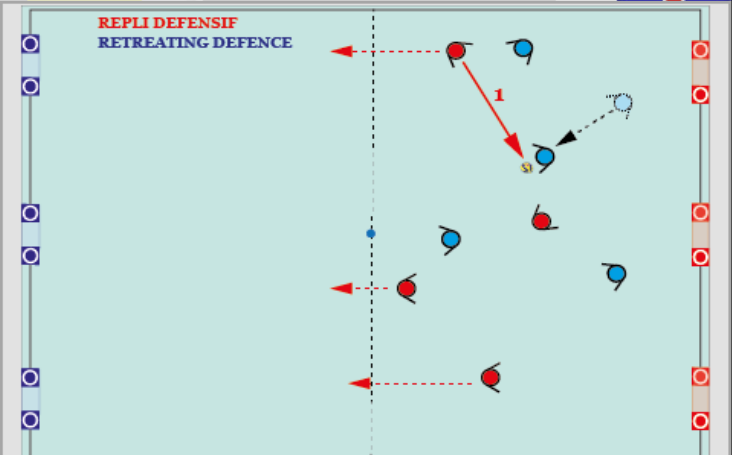
U13 - U15 - U17 - U19

# SEANCE - TRAINING 19

EXERCICE - EXERCISE 1

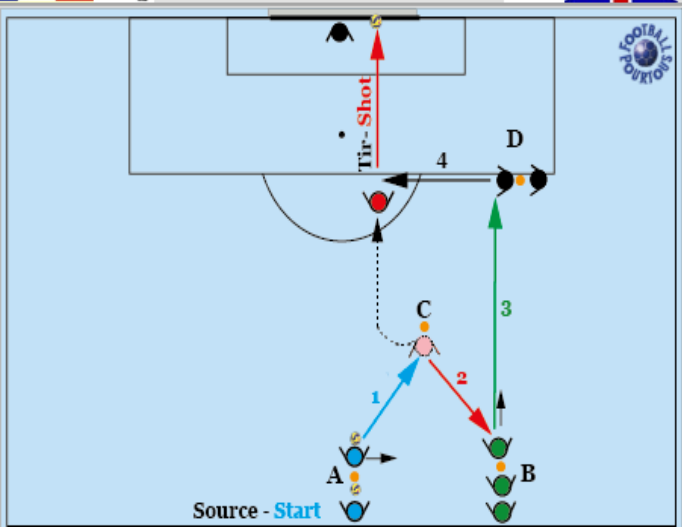


EXERCICE - EXERCISE 2

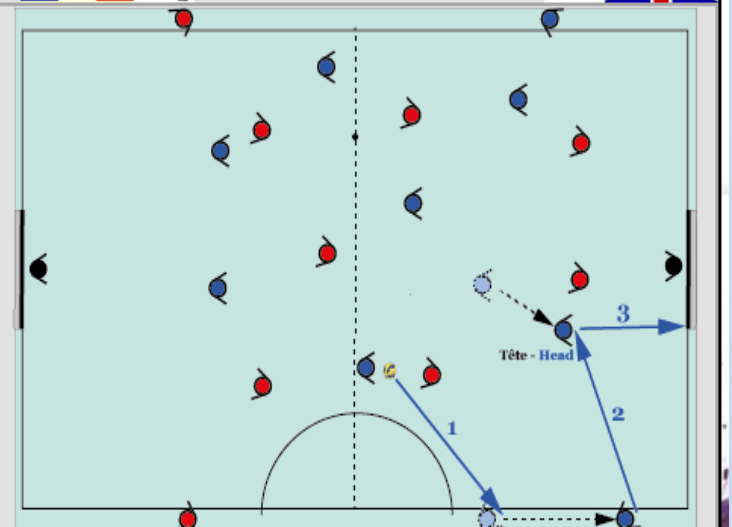


EXERCICE - EXERCISE 3

2 ateliers - 2 zones activities



EXERCICE - EXERCISE 4

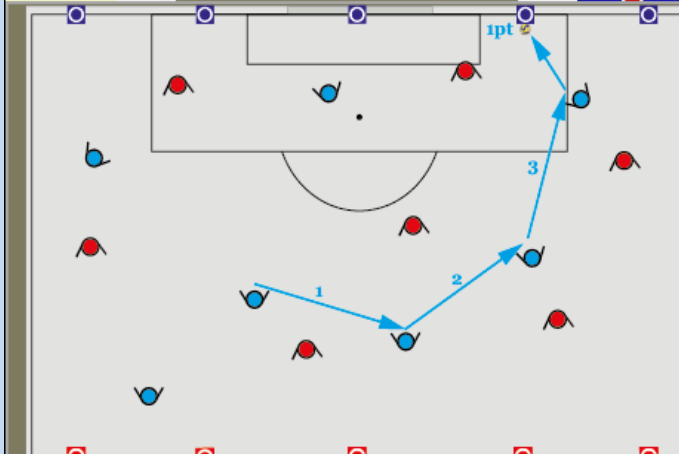


Exercic(s)e 1	Jeu : toucher un cône - Game	20mn
Exercic(s)e 2	Opposition 2 contre 2. Dribble 2x2	20mn
Exercic(s)e 3	Circulation du ballon, centre et tir.	20mn
Exercic(s)e 4	Jeu à thème - Game	20mn

U13 - U15 - U17 - U19

# SEANCE - TRAINING 20

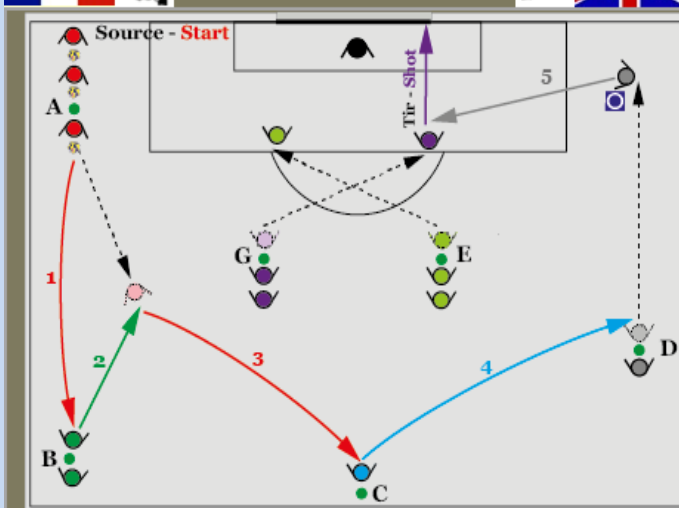
EXERCICE - EXERCISE 1



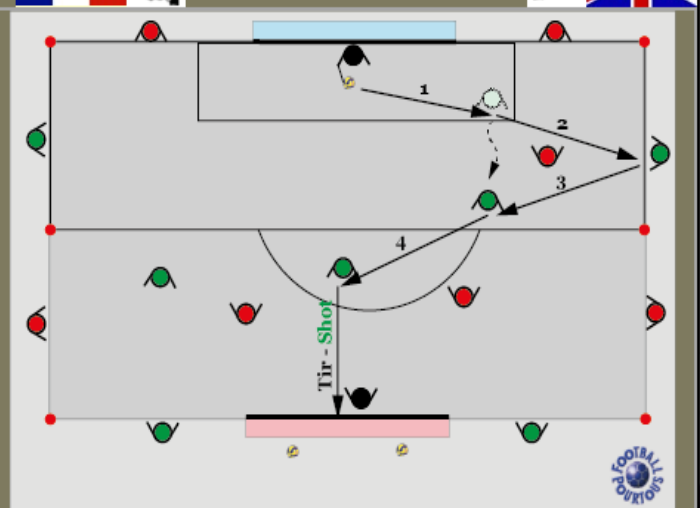
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4

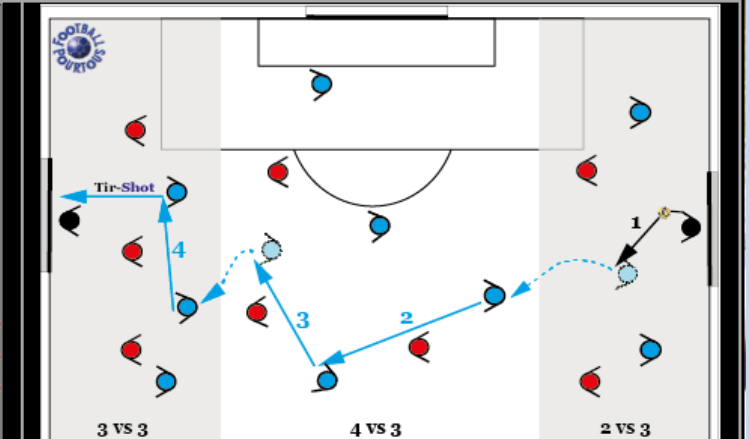
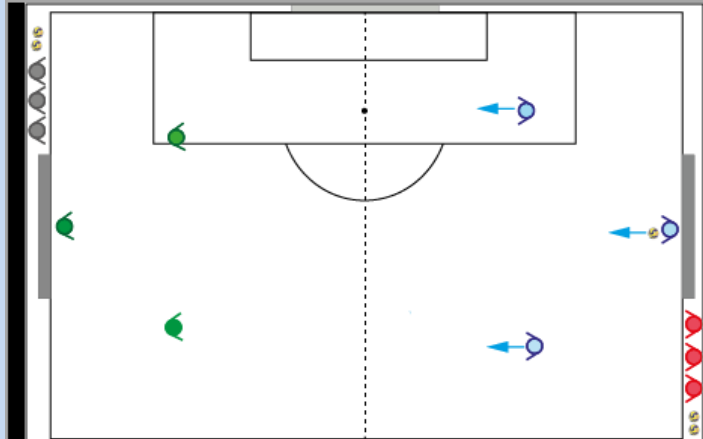



Exercic(s)e 1	Jeu : Passages par vagues - Digital superiority	20mn
Exercic(s)e 2	Recherche du surnombre. Game	20mn
Exercic(s)e 3	Contrôles orientés et tirs.	20mn
Exercic(s)e 4	Jeu à thème : Travail défensif - Game	20mn

U13 - U15 - U17 - U19


# SEANCE - TRAINING 21

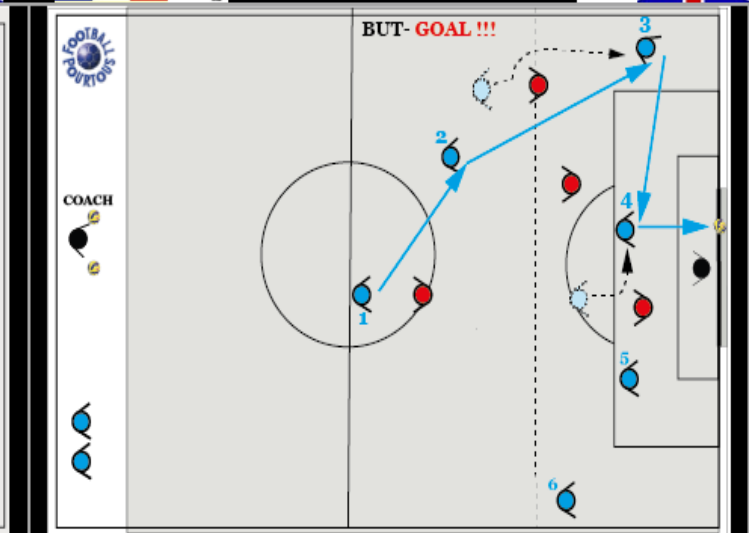
**EXERCICE - EXERCISE 1**  **EXERCICE - EXERCISE 2** 



**EXERCICE - EXERCISE 3** 



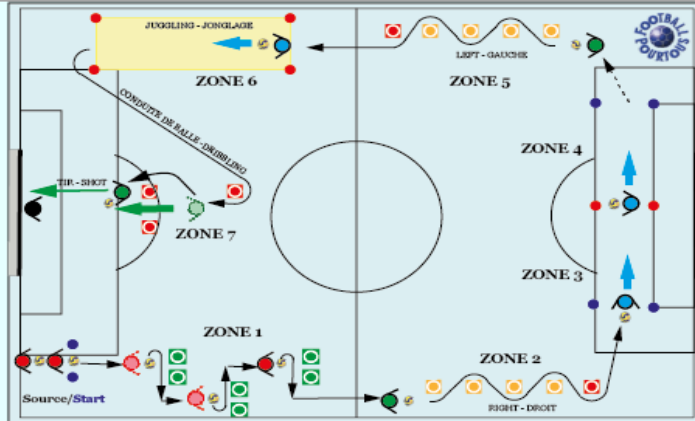
**EXERCICE - EXERCISE 4** 



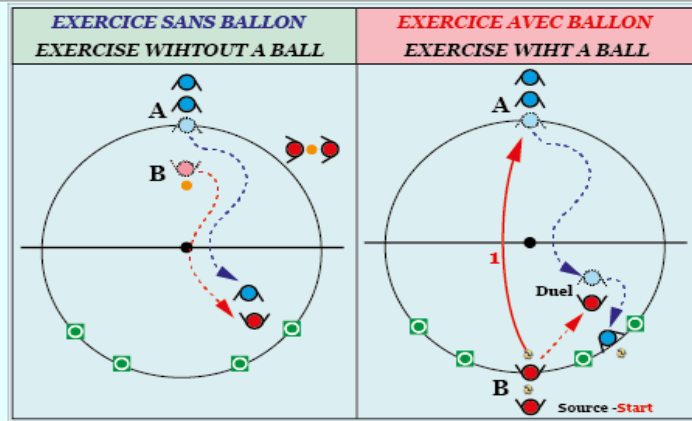
Exercic(s)e 1	Conduite de balle - Dribbling	20mn
Exercic(s)e 2	Opposition 1vs1 - Dribble 1vs1	20mn
Exercic(s)e 3	Exercice de tir - shot's exercises	20mn
Exercic(s)e 4	Jeu : Déplacement collectif - Game	20mn
<b>U13 - U15 - U17</b>		

## SEANCE - TRAINING 22

**EXERCICE - EXERCISE 1**



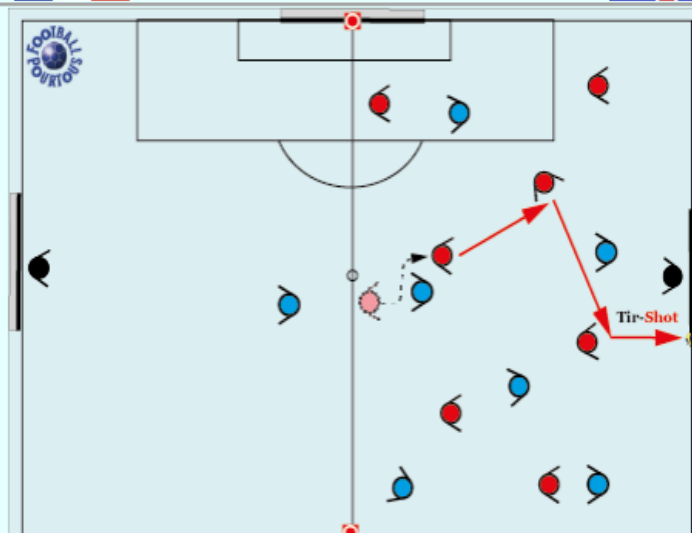
**EXERCICE - EXERCISE 2**



**EXERCICE - EXERCISE 3**



**EXERCICE - EXERCISE 4**

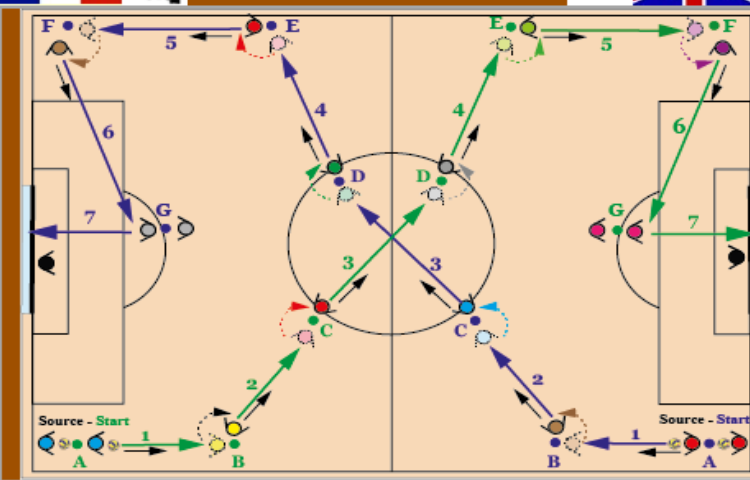


Exercic(s)e 1	Passe et suit - Pass and move	20mn
Exercic(s)e 2	Travail devant le but - Shot	20mn
Exercic(s)e 3	Opposition 1vs1 - Dribble 1x1	20mn
Exercic(s)e 4	Jeu à thème - Game	20mn

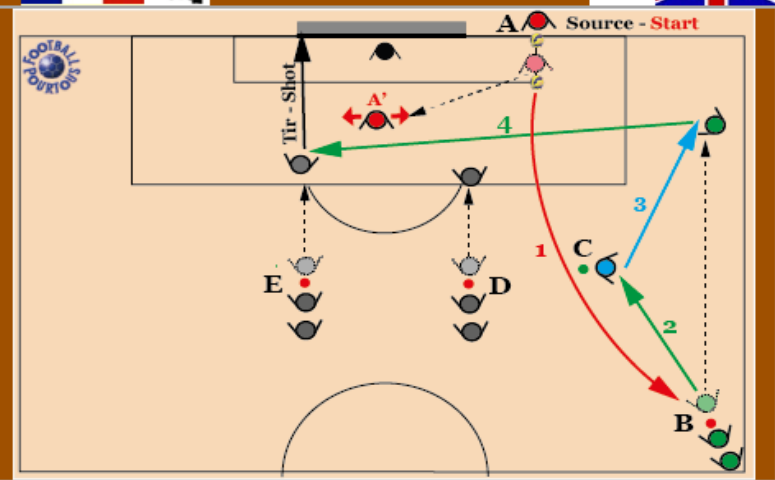
U12 - U13 - U14 - U15

# SEANCE - TRAINING 23

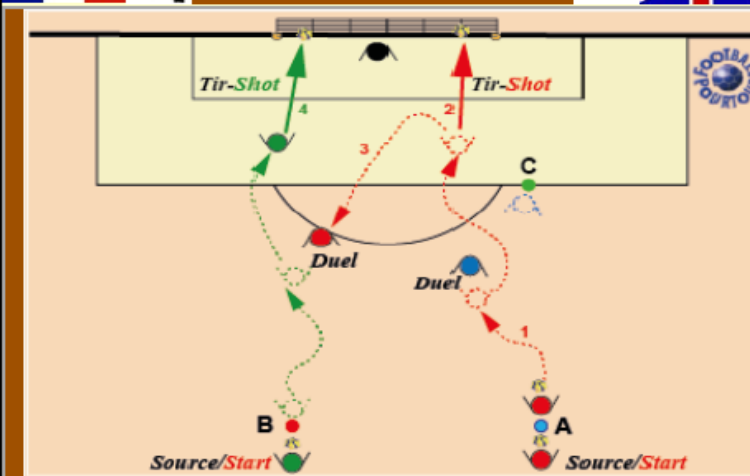
EXERCICE - EXERCISE 1



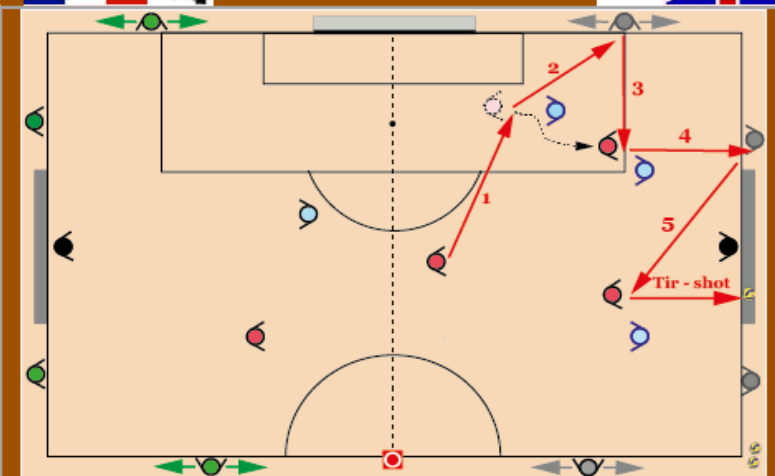
EXERCICE - EXERCISE 2



EXERCICE - EXERCISE 3



EXERCICE - EXERCISE 4





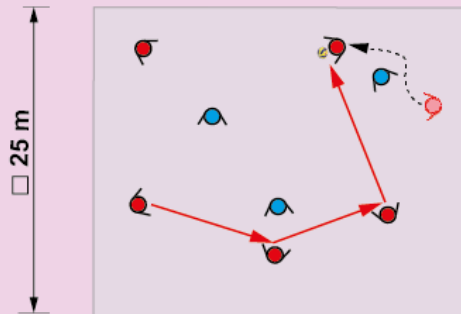
Exercic(s)e 1	Conservation du ballon - Ball rétention	20mn
Exercic(s)e 2	Conduite, écran et tir . Dribbling,screening - shot	20mn
Exercic(s)e 3	Dribble 1x1 - Dribble	20mn
Exercic(s)e 4	Jeu à thème : Travail défensif - Game	20mn

U13 - U15 - U17 - U19

# SEANCE - TRAINING 24

## EXERCICE - EXERCISE 1

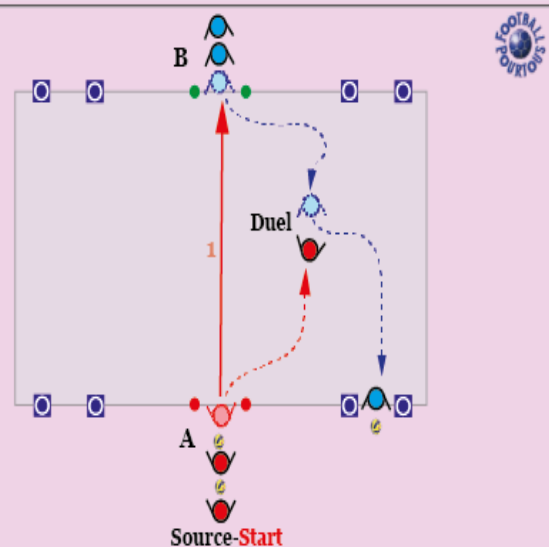
Conservation du ballon - ball rétention



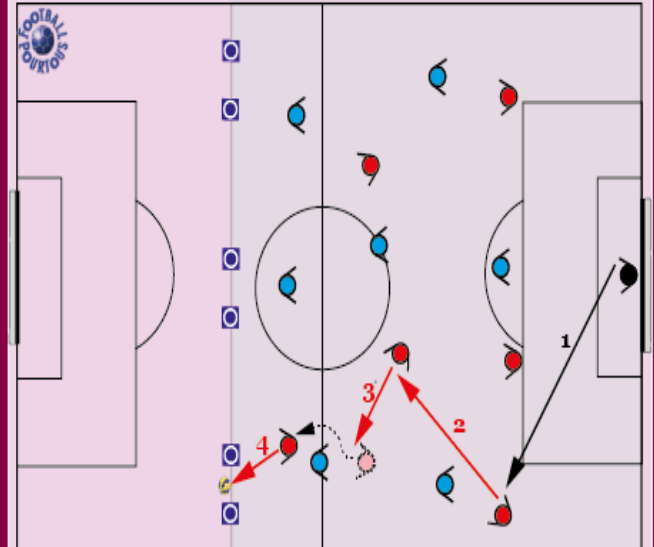
## EXERCICE - EXERCISE 2



## EXERCICE - EXERCISE 3



## EXERCICE - EXERCISE 4

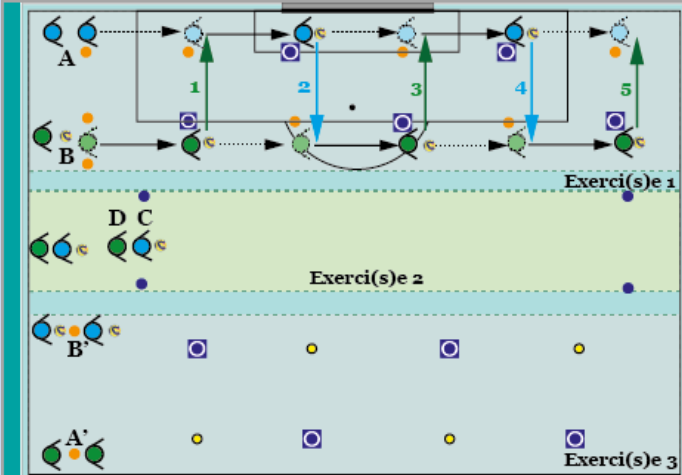


Exercic(s)e 1	3 exercice de passes - 3 Passes's exercises	20mn
Exercic(s)e 2	Centre, remise et tête. Head game	20mn
Exercic(s)e 3	Exercice devant le but - Shot's exercises	20mn
Exercic(s)e 4	Jeu à thème : - Game	20mn

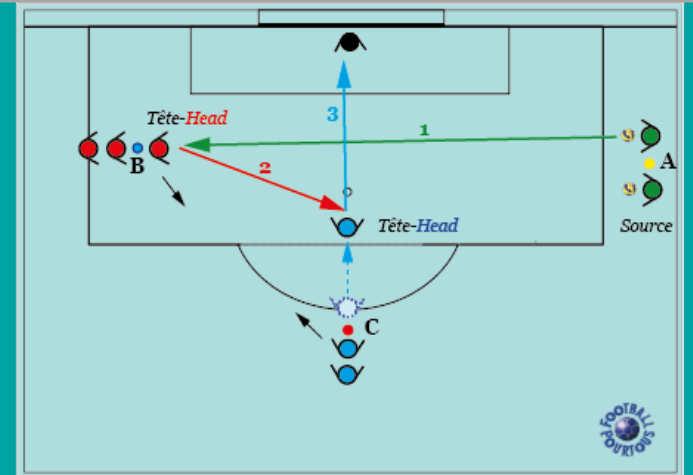
U13 - U15 - U17 - U19

# SEANCE - TRAINING 25

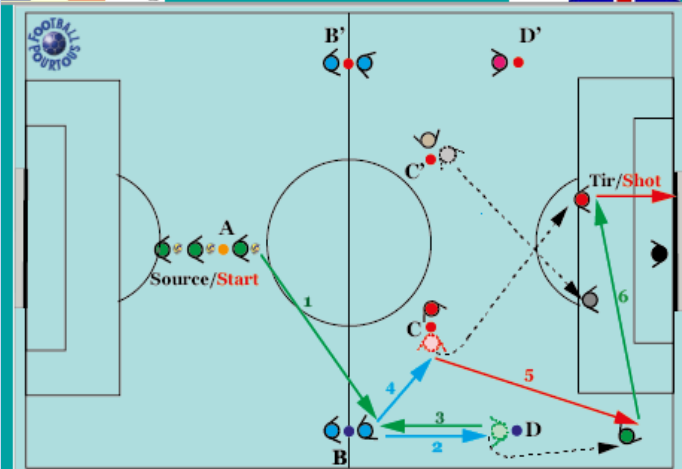
## EXERCICE - EXERCISE 1



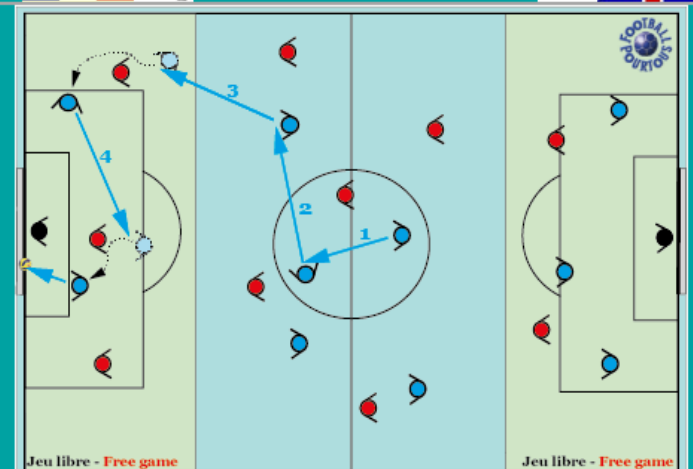
## EXERCICE - EXERCISE 2



## EXERCICE - EXERCISE 3



## EXERCICE - EXERCISE 4

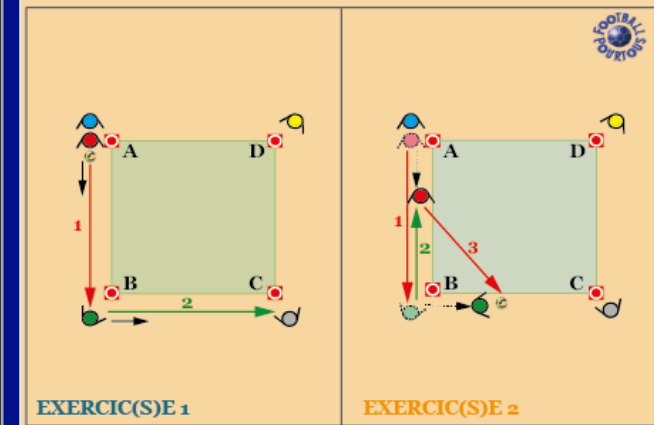


Exercic(s)e 1	2 exercice de passes - 2 Passes's exercises	20mn
Exercic(s)e 2	Motricite, coordination et tir. Motor control, shot	20mn
Exercic(s)e 3	Exercice de tirt- Shot's exercises	20mn
Exercic(s)e 4	Jeu à thème - Theme Game	20mn

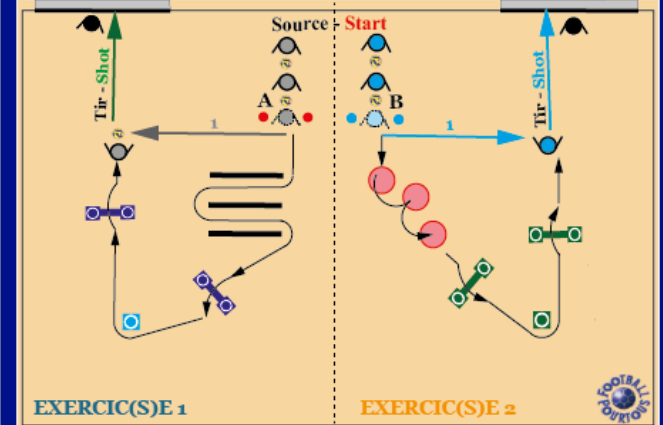
U13 - U15 - U17 - U19

# SEANCE - TRAINING 26

## EXERCICE - EXERCISE 1



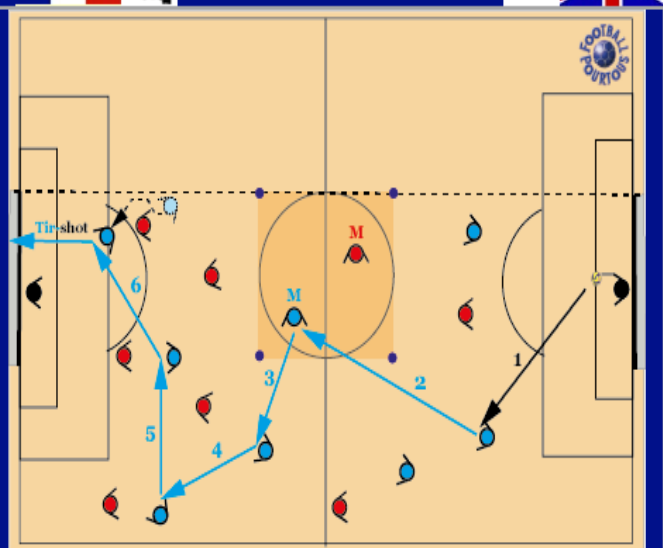
## EXERCICE - EXERCISE 2



## EXERCICE - EXERCISE 3



## EXERCICE - EXERCISE 4

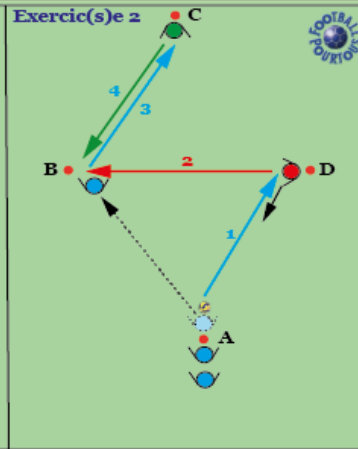
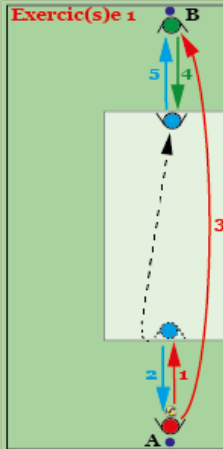


Exercic(s)e 1	2 Exercices de passes : - 2 Exercises of passes	20mn
Exercic(s)e 2	Coordination - Motricité. Motor control	20mn
Exercic(s)e 3	Passé courses croisées et tir. Pass and shot	20mn
Exercic(s)e 4	Jeu à thème - Game	20mn

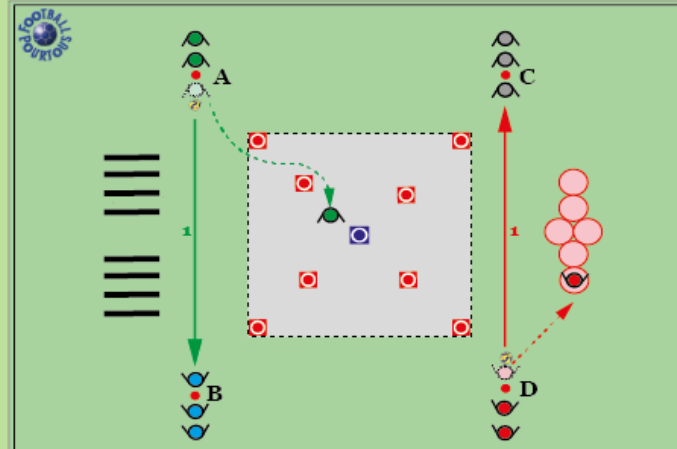
U13 - U15 - U17 - U19

## SEANCE - TRAINING 27

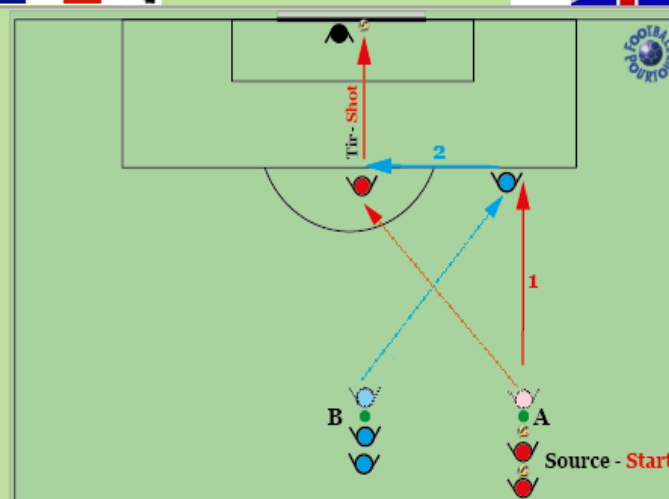
### EXERCICE - EXERCISE 1



### EXERCICE - EXERCISE 2



### EXERCICE - EXERCISE 3



### EXERCICE - EXERCISE 4

