Aalesunds S.C. - Norway

Geir Hansen is the player development coach with Aalesunds Soccer Club. He also has the responsibility for nurturing the talents of the club's younger players. Aalesunds Soccer Club is a First Division club in Norway. The session outlined is the first of two sessions working on improving the players' passing techniques and timing of their movements. The first exercise works on a keep-away theory, while the next two focus on what Geir calls "match like combos". Hansen ends the session with some finishing exercises taken from the combination plays previously highlighted. SESSION PROVIDED BY www.worldclasscoaching.com

Exercise One - Warm-Up

- Two teams of eight players are inside the penalty area. Divide the area into two and play four 3-minute games.
- The white team starts play and three black players go over to their area to try to win the ball.
- The team of eight plays one-touch keep-away. When a player in the team of three wins the ball, he has to pass it back over to his area on his first or second touch.
- Three white players then go into the black team area to do the same.

Coaching Point

Keep possession through quality passing and movement off the ball

Diagram 42

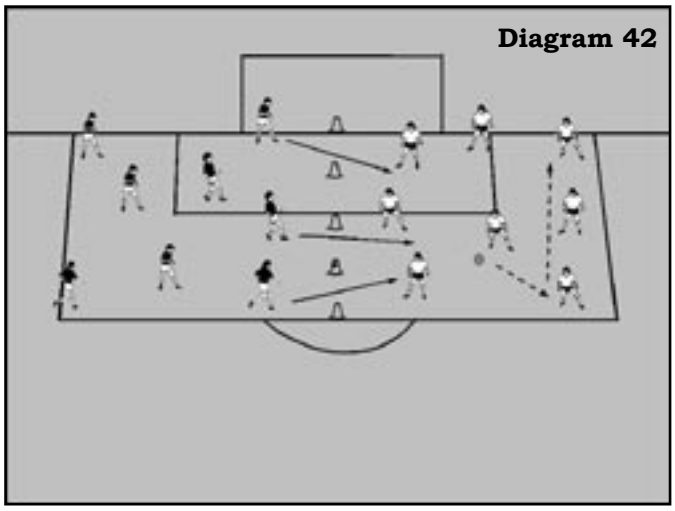
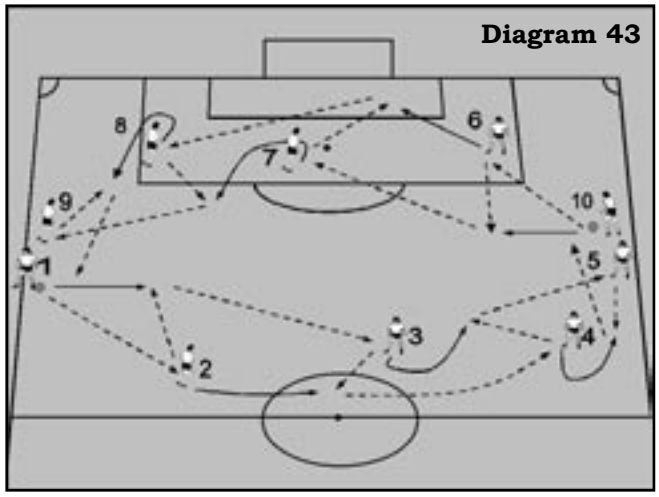


Diagram 43



Exercise Two - Combination Play

The exercise starts at the same time from both ends with players 1 and 10. The sequence is a series of give-and-go 'combination' passes, with players checking away and then back to receive the ball. Players follow their second pass to the next station.

Coaching Points

- Quality of the pass
- Timing of the movement
- Eye contact between passer and the receiver

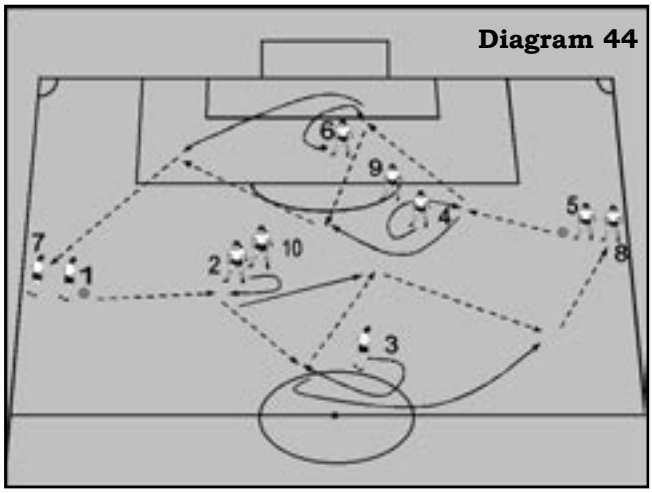
Exercise Three - Combination Play

The exercise starts again at both ends at the same time with players 1 and 5. Player 2 shows for the ball and player 1 passes to him. Player 2 and 3 then play a two give-and-go combinations before player 3 passes to the first player in line on the other side of the field/area.

Coaching Points

- Quality of the pass
- Timing of the movement
- Eye contact between passer and the receiver

Diagram 44



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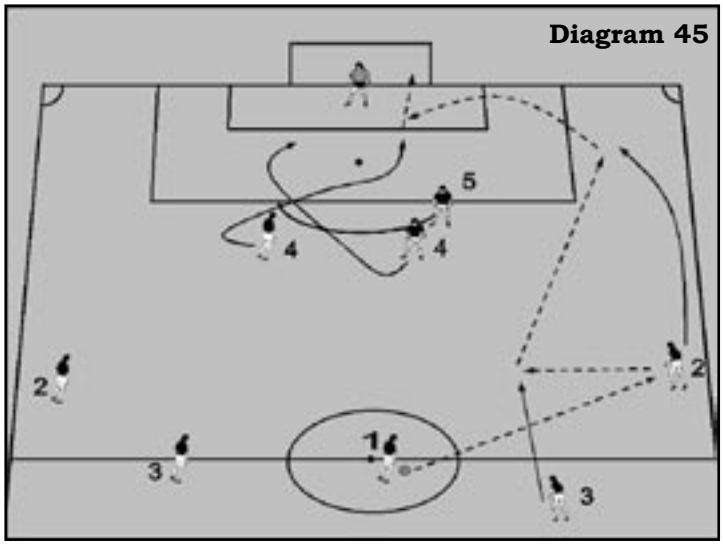

Diagram 45

Exercise Four - Combination Play, Crossing And Finishing

Player 1 passes into player 2's feet. Player 3 (the second central midfielder) runs up to support player 2. Player 2 lays the ball off to player 3 who plays a diagonal ball back to player 2 who is making an overlapping run down the flank. Player 2 crosses the ball with one touch for players 4 (right and left) who have made near and far post runs to finish with one touch. Then play on the opposite flank.

Coaching Points

- Quality of passes, the final cross and the finish
- Timing of the movement in combination play and towards the goal
- Eye contact throughout

Exercise Five - Combination Play, Crossing And Finishing

Player 1 passes to player 4. Player 3 (the second central midfielder) runs up to support player 4. Player 4 lays the ball off for player 3 to pass to player 2 who is overlapping down the flank. Player 2 crosses with one touch for players 4 (right and left) who have made both near and far post runs.

Coaching Points

- Quality of passes, the final cross and the finish
- Timing of the movement in combination play and towards the goal
- Eye contact throughout

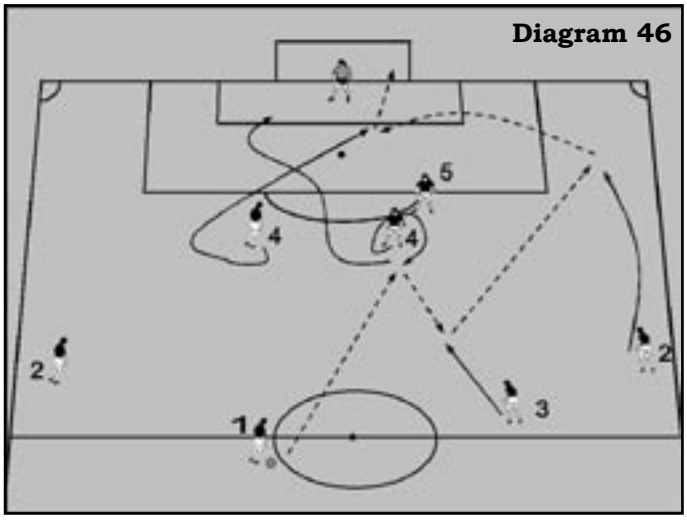

Diagram 46