

COACHING THE GLOBAL GAME

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GUEST SESSIONS

With Coaches from around the world!

THE MODERN STRIKER

In depth look at the role of a #9 Striker

INTERVIEW

With the Co-Founder of
THE COACHING FAMILY



Dear Readers,

First and foremost thank you for subscribing to *Coaching the Global Game*. We hope over the coming years we become the publication that is eagerly anticipated every month. We do not profess to solve the world's player development or express any single-minded beliefs that there is only one way to go about developing a soccer player. Instead, we want to be a part of the journey for each coach as they navigate through their own development as a coach. *Coaching the Global Game's* publishing goal is to continually educate readers about the Global Game at no cost. The information that will be presented in each monthly edition is there to aid coaches, spark imagination and provoke thought.

We are incredibly fortunate to have the wonderful opportunity to feature a brilliant assortment of knowledge by our fantastic contributors. *Coaching the Global Game* attributes its first successful publication to the diligence and efforts of its authors in providing thoughtful and pertinent pieces. It has been an honour to work with each of you, and we sincerely appreciate your contributions.

Thank you for starting this journey with us and without further adieu on to Issue #1 we go!

Warm Regards & Best Wishes for 2014,

Coaching the Global Game Team

ACTIVE START (AGES 0-6)

Coach: Lloyd Owens

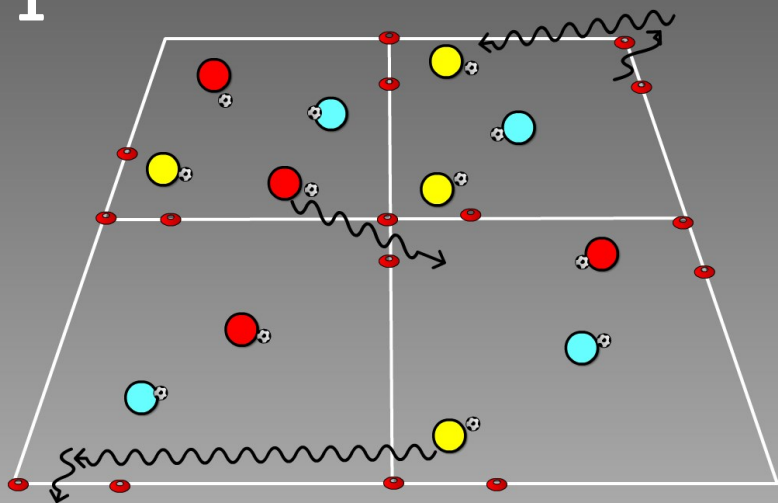
Age Group: U6

Session: Dribbling

Duration: 20 Minutes

Lloyd is an FA Skills Coach for the English FA, working with 5-11 year children in schools, youth teams and skill centres. His previous coaching experience was at Colchester United Community Sports trust working with children of all ages and ability from the grassroots to the boys advanced coaching program as well as the girls Centre of Excellence. Follow Lloyd on Twitter: @LloydOwens

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Dribbling

Organization:

3 Teams (4 if needed), 1 ball per player and 4 squares with gates placed around the outside as well as linking the squares. Players dribble through the gates into new squares. They can either go through an 'inside' gate and into the next square, or, an 'outside' gate to go to another square. Players can only enter and exit squares through the gates.

Individual Challenges:

Can you think of different ways to get through a gate? (using different parts of the feet/skills/turns)
Can you think of how to go through a gate and get to the next square quickly?

Team Challenges:

Add up each player in your teams score (1 pt through gates). Guided discovery with players trying to figure out how to beat their previous score.

Progression: 1 Team Defends

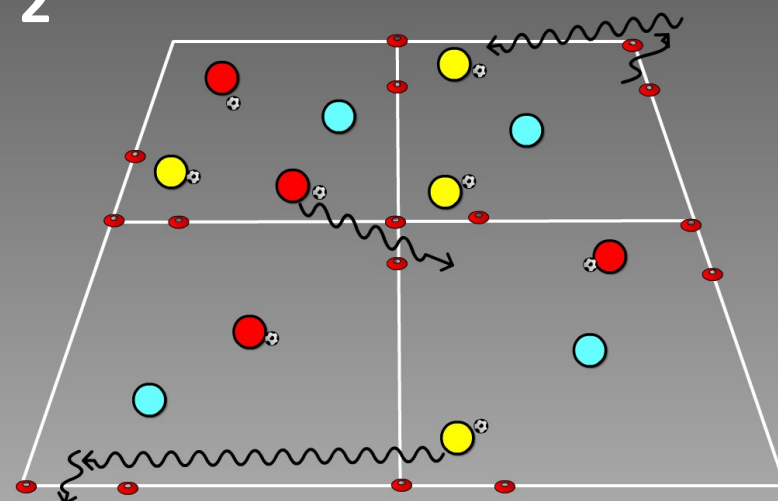
Organization:

Defending team can decide how they would like to defend. Teach skill/turn for the players to try when in the squares and against a defender.

Individual Challenges:

Refer to the previous challenges. Can you think of a way to beat a player? Can you think of when to go through gates?

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FUNDamentals (AGES 6-8)

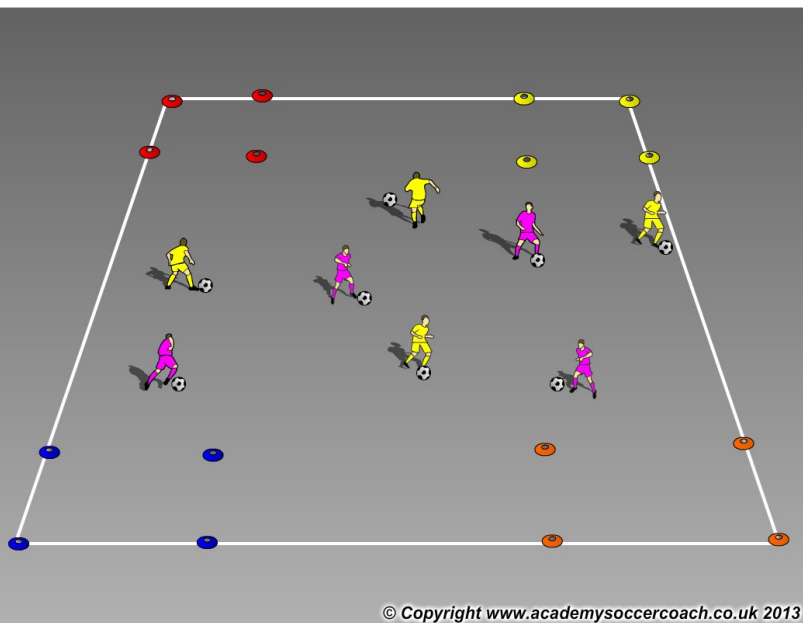
Coach: Mark Cristante

Age Group: U7/8's

Session: Dribbling

Duration: 60 Minutes

Mark has over 11 years of professional coaching experience. He's been a District TD as well as District Head Coach. Since 2009, he's worked with Innisfil Soccer Club in a dual role as the Club Head Coach and TD. He holds many coaching certifications and diplomas including the USSF 'B' License as well as the NSCAA Adv. National Diploma. Mark considers himself a life long learner and a student of the game! Follow him on Twitter: @CoachSkills



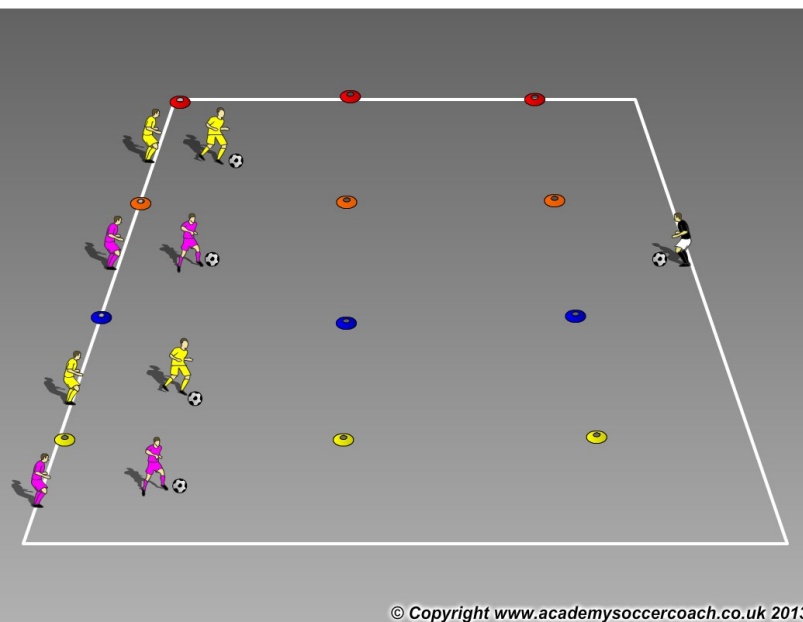
Colour Tag Game

Area: 20x20

Organization:

Players split into two teams, and 4 small goals (Safety Zones). When the coach calls 'Yellow Attack', Yellow players leave their ball and try to tag as many Pink players as possible. Pink players must try and dribble into any one of the safety zones (where they cannot be tagged). Players who make it into safety zone receive a point.

Coaching Points: Head up, Change direction, Change speed



Change of Direction—Ball Mastery

Area: 10x5 Channels

Organization:

Two players in a grid. Coach demonstrates the first move. Player dribbles to the end cone and performs the move demonstrated by the coach. Players alternate turns. Different moves that can be used: Outside cut, inside cut, Cruyff turn, roll back, step-on.

Progressions: Have partner act as a shadow while the dribbler performs the moves (limited pressure)

Coaching Points: Cut, Turn and accelerate away with the ball, Use your body to sell the move

1v1 Change of Direction

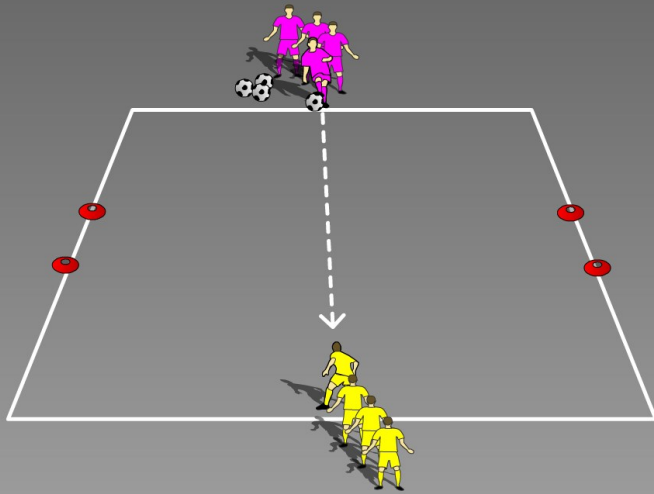
Area: Set up area as you feel appropriate

Organization:

Pink plays the ball to Yellow and then closes down the Yellow player (now with the ball). The attacker can look to score on either goal. After a goal is scored both players race to the opposite goal and touch one of the cones.

Progression: Have players perform a different physical activity once a goal is scored (ie. Hopping)

Coaching Points: Change of direction, Acceleration, Fakes, Feints, Shielding, Keep ball close, Explode with ball



Small Sided Game—Dribbling

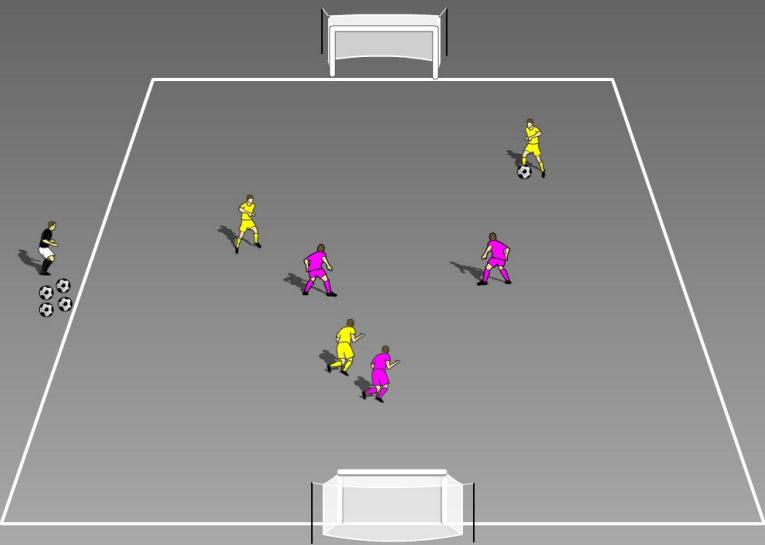
Area: Set up area as you feel appropriate

Organization:

Play 3v3 or 4v4 depending on numbers. Players get a goal every time they execute a change of direction with a move or if they score one regular goal. They can score on either goal.

Progression: Make the game directional

Coaching Points: Encourage creativity, Freedom to attack defenders, Guide them to make the correct decisions, Show them how technique can help them



LEARN TO TRAIN (AGES 9-12)

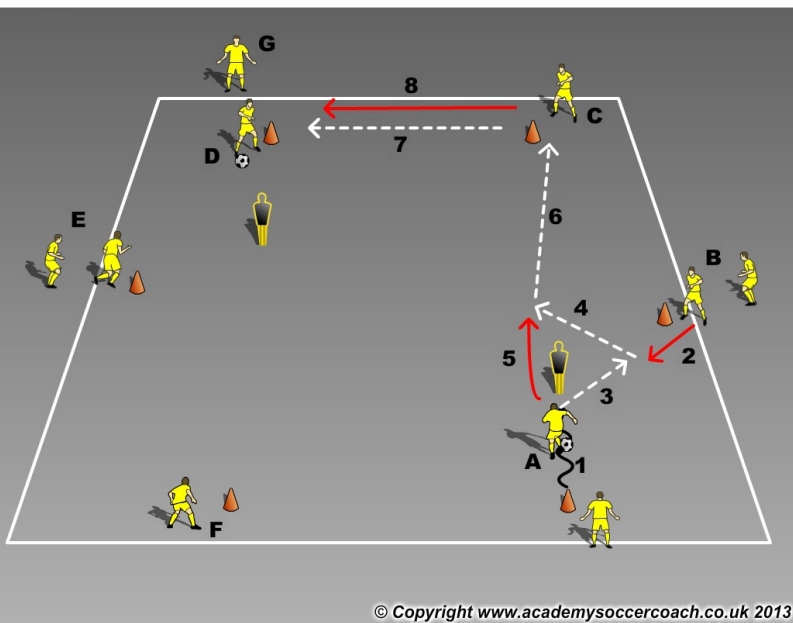
Coach: Bobby Puppione

Age Group: U10/U11's

Session: Transition (Attacking and Defending Numbers Up/Down)

Duration: 75-90 Minutes

Bobby is the CUP Boys and Girls Youth Director of Coaching and has worked at Cincy United for the past 5 years in the DOC role. He is a talented coach who at the age of 30 already holds a USSF 'A' License, NSCAA Premier Diploma, US National Youth License, NSCAA Director of Coaching Diploma and the NSCAA National GK Diploma. Bobby is also a part of the Ohio South and Region 2 ODP Staff. Follow him on Twitter @Bobbypup



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Technical Work with the Ball: Passing/Dribbling Pattern (2 Balls at a time)

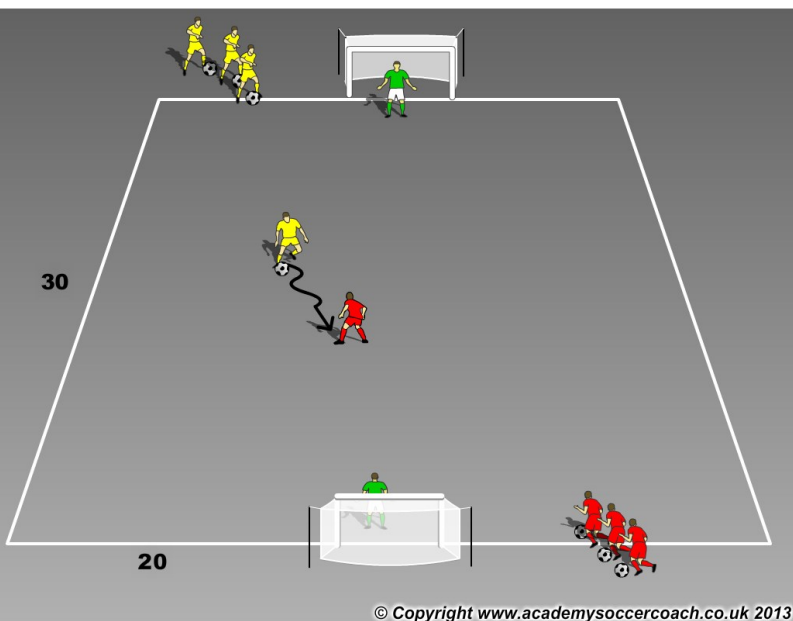
Area: 30x30

Organization:

1) A dribbles towards mannequin, (2) B checks to combine with A, (3) A plays to B, (4) B plays back to A who has made a run around the mannequin (5), (6) A receive the ball and plays to C, (7) C receives in direction of next pass and plays a firm ball over distance to G, (8) C follows the pass. Both sides should be going at the same time (A and D start at the same time).

Progressions: (1) Overlap instead of wall pass between A and B; (2) A and C can play short-short-long to G

Coaching Points: Technique of passing/receiving/dribbling, Body shape when receiving, Using correct foot, Communication, Movement



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1v1 Transition to Big Goals

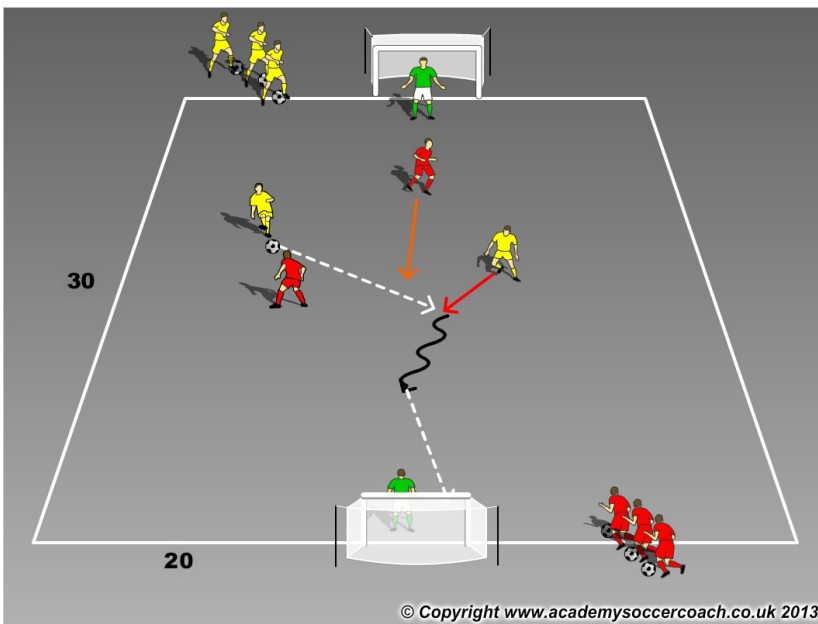
Area: 30x20

Organization:

Player dribbles (Yellow) and tries to beat defender (Red) to score a goal. Defender looks to win ball and counter to the other goal. Once the ball is shot, a new attacker from the defender's team enters and goes to goal. Shooter from other team becomes the defender.

Progressions: (1) Must make a move before going to goal; (2) allow rebounds before transitions; (3) Can use the GK

Coaching Points: (Attacking) Quickly transition and go to goal, Use moves/speed to beat defender, Quality finish, Transition to defend. (Defending) Recovery run, Get in between the dribbler and the goal, Force away from goal, Win tackle/block shot, Counter to attack



2v2 / 2v1 Transition to Big Goals with GK's—"Shooter has to Touch"

Area: 30x20

Organization:

Transition on any shot (no rebounds). Cannot play back to the GK. When the ball is shot, two new players come out with the ball to transition. The player who shot the ball must touch the goal post of the net they were attacking before coming back to defend—creating a 2v1 for the new attacking team.

Progressions: (1) Allow rebounds before transition; (2) Can use GK; (3) Progress 3v3/3v2 Transition; (4) Two new attackers must overlap before going to goal

Coaching Points: (Attacking) Quick transitions, Go to goal, Killer instinct, Combination play, Quality of finish, Movement. (Defending) Delay, Take away options, Recovery run, Make field small



Final Game: 5v5 / 6v6 to Big Goals

Area: 55x35

Organization:

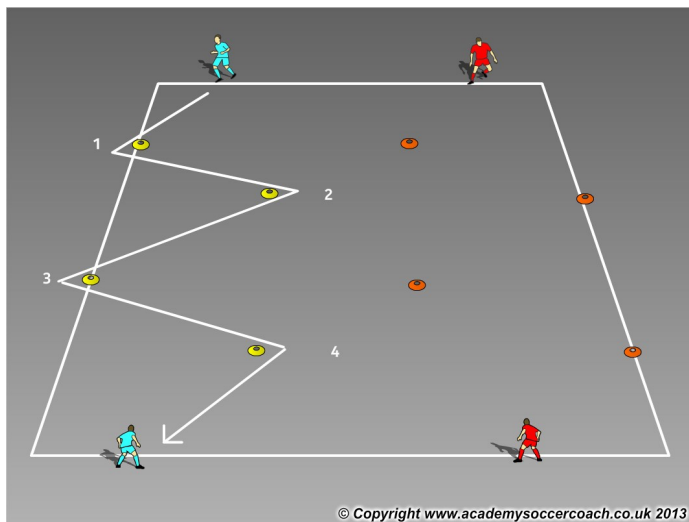
5 Outfield players and a GK per team.

Coaching Points: Observe how each team transitions when the ball is lost or the ball is won

LEARN TO TRAIN (AGES 9-12)

Coach: Paddy Hartnett
Age Group: U8's-U12's
Session: Dribbling
Duration: 60 Minutes

Paddy has coached younger ages in Limerick for the past 13 years working with different clubs to develop the structure and more importantly player development with underage teams. He has worked with the FAI with their emerging talent program and also with Limerick FC. Additionally he worked with Coerver Coaching as a player development coach. To date he has acquired 26 different coaching certifications including his Youth Certificate and Degree in Sports Psychology. Make sure to follow him on Twitter: @PaddyHartnett77



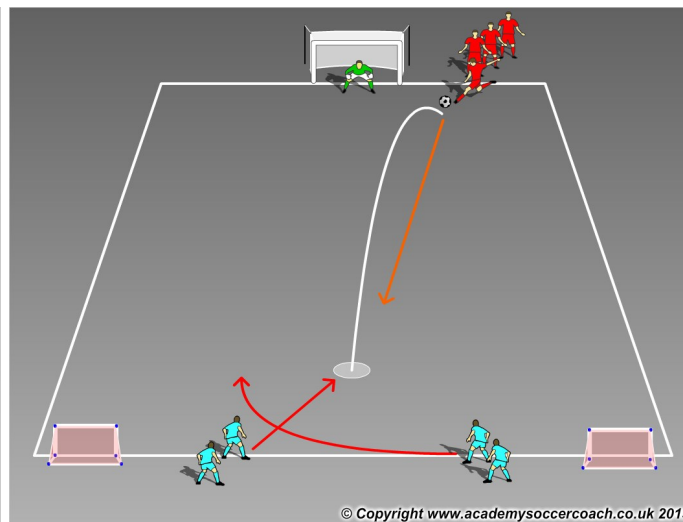
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Warm Up: Speed, Agility & Quickness (SAQ)

Organization:

Players sprint in sequence through the slalom of markers. Once they reach the end line the next player begins. Continuous for 30-60 seconds.

Progressions: (1) Introduce use of a soccer ball; (2) Perform a 'figure eight' between two sets.



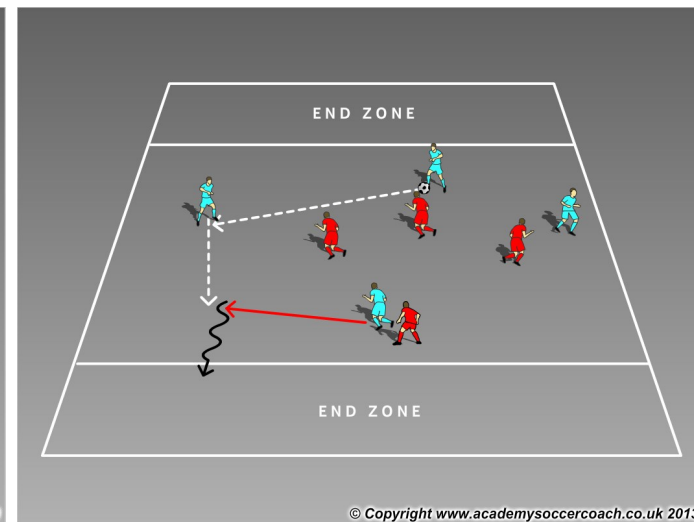
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Attacking 2v1

Organization:

Set up area as shown. A defender starts with the ball and passes to either attacker to create a 2v1 scenario. The attackers attempt to dribble past the defender and score into the opposition goal. If the defender wins the ball, they can score into either of the two corner goals.

Progressions: (1) Attackers have set time limit to score (for example 10 seconds); (2) Attackers must be in the final third to score; (3) Vary type of pass (for example inside, outside, driven, curved)



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End Zone Dribbling

Organization:

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully dribbles the ball under control into the opposition end zone. The coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situation.

Principle Focus: Exploiting 1v1 situations and creative dribbling in wide areas

Finish with a 5v5 small-sided conditioned game.

TRAIN TO TRAIN (AGES 12-16)

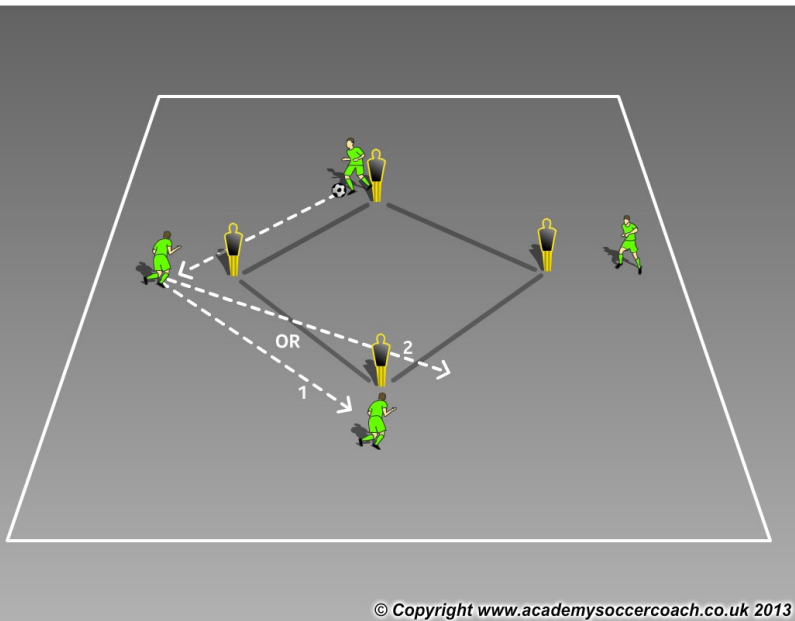
Coach: Taff Rahman

Age Group: U13+

Session: Forward Passing and Beating the Block

Duration: 75-90 Minutes

Taff is an UEFA 'A' License Coach and holds a BA (Hons) in Sport Science and Coaching. He is a former professional player who played at Arsenal FC within the youth and reserve team before going on to play at various other lower league / semi-professional clubs. He coached at the Arsenal Academy for over six years with the 9-14's age group. He has spent the last year delivering coaching education around the world for national governing bodies and clubs. He is set to start coaching with a top Premier League Academy team in December 2013. You can learn more about Taff on his website at www.TaffRahman.com or through Twitter @TaffRahman



Technical Work: Passing and Receiving

Organization:

Set up as shown. Adjust the space according to your player's ability and not age.

Progressions: (1) Pass and stay; (2) Do left foot and right foot; (3) Let players decide what pass to play as shown on picture; (4) Add combinations

Coaching Points: (Passing) Accuracy, Weight, On the floor, Safe side or in front, Disguise (Receiving) Check and confirm / look forward (eye contact), Body preparation, Timing of movement synced with all above, Receive on the move (forward touch)

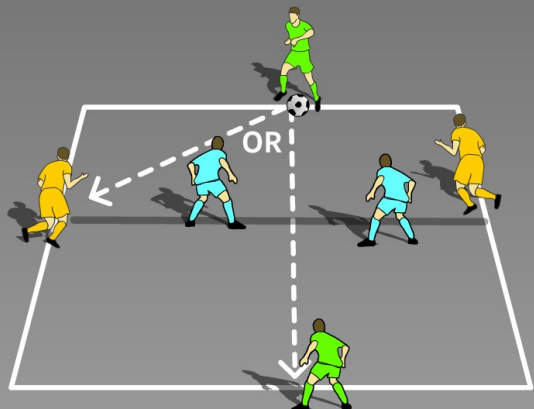
2v2+2

Organization:

Set up as shown. Adjust the space according to your player's ability and not age. Yellow's play for the team with the ball. Condition Yellow's with the number of touches as session develops. One team tries to stop other from breaking line and playing forward. 3 minute rounds.

Progressions: Add competition / goal when you get from one end to the other or 1 touch forward combination play

Coaching Points: All passing (forward when it's one) and receiving as mentioned in first activity, Receiving to break lines, Being effective and efficient (1-2 touch), Players in the middle quick combination link, Movement, Communication, Imagination and Creativity



6v6 in Two Blocks of 3v3 and 3v3

Organization:

Set up as shown. Adjust the space according to players ability and not age. Yellow's defend the line, while Green's beat the block by finding forward players through gaps. Play to goal. If Yellow's gain possession of the ball they can counter to score. 3 minute rounds.

Progressions: Condition number of touches as session develops; Add competition element; Allow the first line defending team to come off the line and press, while the second line remains on the line; Further into session let both lines press in their designated areas while keeping in mind they are still trying to prevent forward passes

Coaching Points: All passing and receiving points as mentioned previously, Receiving to break lines, being effective and efficient (1-2 touch), Quick combination link to play, Movement, Communication, Imagination, Creativity, and Goals!

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6v6+2

Organization:

Set up as shown. Adjust the space according to your players ability and not age. Yellows defend (no blocking line / play off side!), while Green's beat the block by finding forward players through gaps. If Green score the GK throws the ball back to them and they start play from the back. If defending team scores in small goal, its worth two points.

Progressions: Condition number of touches; Add or remove floaters on the outside

Coaching Points: All passing and receiving points as mentioned previously, Receiving to break lines, being effective and efficient (1-2 touch), Quick combination link to play, Movement, Communication, Imagination, Creativity and Goals!

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TRAIN TO COMPETE (AGES 16+)

Coach: RickyMasterCoach

Age Group: U16+

Session: Improve the Midfielders Decision Making Under Pressure

Duration: 90 Minutes

RickyMasterCoach is a response to the growing trend in coaching education—that of continuous self-improvement and education. RickyMasterCoach is designed to meet the needs of all coaches whether grassroots or professional. Everyone will be given the opportunity to learn and develop a mastery of the profession we call coaching. The RMC blog offers FREE downloadable session plans, tactical game analysis and coach/player interviews. RickyMasterCoach has completed his BA (Hons) in Sport and Fitness Studies and has also NSCAA Master Coach Diploma, NSCAA Premier Diploma, USSF 'A' License and USSF Youth License. You can follow RickyMasterCoach on Twitter @RickMasterCoach

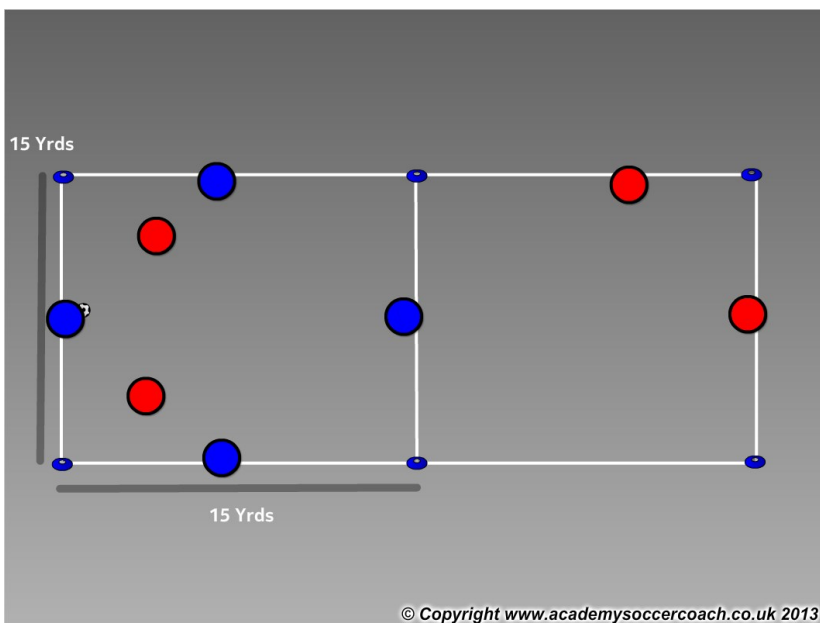
Exercise #1—4v2

Area: 15x15 grid x 2

Organization:

Objective: Play under pressure in tight environments. 5 passes = 1 goal. If the Red team wins the ball, they play back into their own grid. The first pass is always free.

Coaching Points: Creating angles and passing options, Quality passing and control, Draw players in, Calm under pressure, Body position when receiving the ball



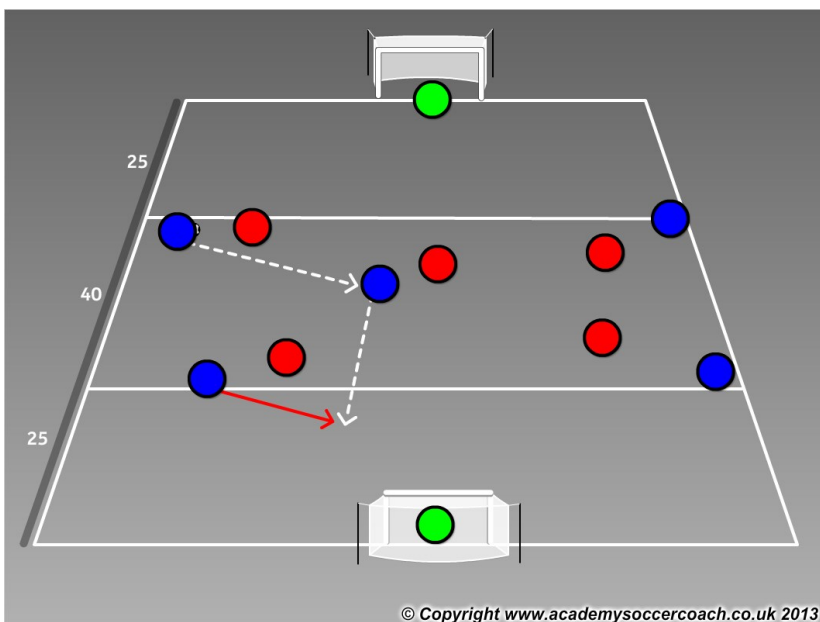
5v5 in Middle Zone

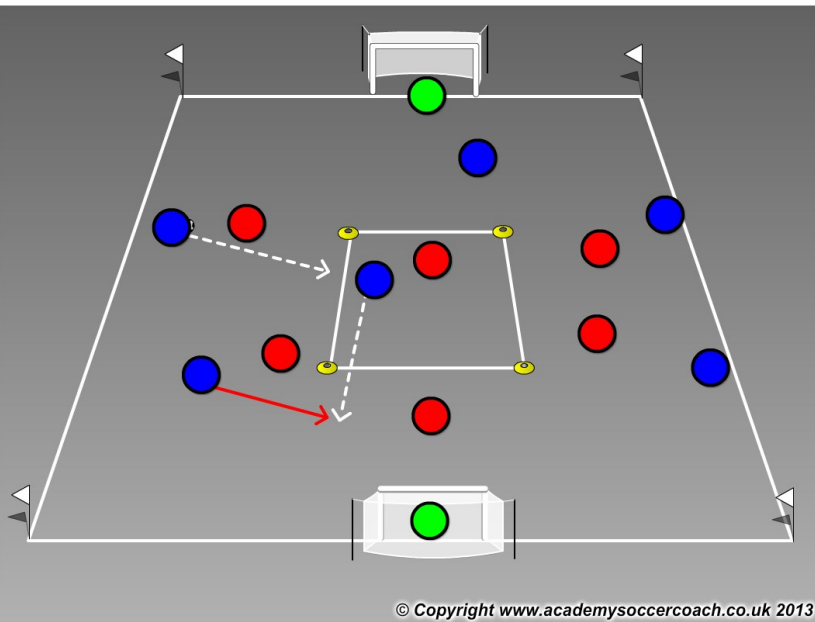
Organization:

5v5 in the middle zone of the field, use one neutral player if needed. After a team has made 2 passes they look to play a ball into the final third for an attacking player to get onto.

Progressions: Same rules apply, but this time 2 attackers and 1 defender make the final third, but the attackers can only score with a one-touch finish

Coaching Points: Forward thinking runs (blindside runs etc), Weight of pass, Variety of passes (curved, long, short), Awareness of space, Check shoulder before receiving or passing





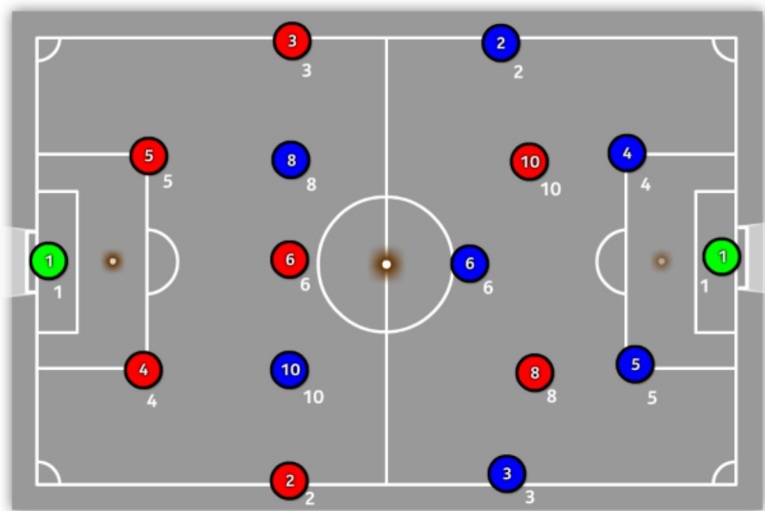
6v6 (with neutral player if needed)

Organization:

Improve ball movement in tight areas, 6v6 in playing area with 1 neutral player if needed. Players are only allowed to play 1-touch passes inside the grid located in the center of the field. If players make more than 1-touch, the ball is given to the other team.

Note: Coach should also use the off-line to keep the game honest

Coaching Points: Check to the ball must be dynamic and have a change of speed, Players must attempt to find pockets of space and seams, Rotation and movement between players is key, Awareness of runs that create space for other, Unbalancing runs to receive the ball, Awareness of space before receiving the ball



Game 8v8 (1-4-1-2)

Organization:

Encourage the players to play from the GK. Key areas to discuss before the game: (1) Encourage width from full-backs, (2) Holding MF links play, (3) Two attacking MF look for seams.

Note: Coach should also use off-line to keep the game honest

Coaching Points: Always look to receive passes where a player can turn and penetrate immediately, Always looking to play passes that get attackers in behind defenses, If a player can't penetrate or play killer passes they must keep possession, Awareness of runs that create space for others, Check to the ball must be dynamic and have a change of speed

TRAIN TO COMPETE (AGES 16+)

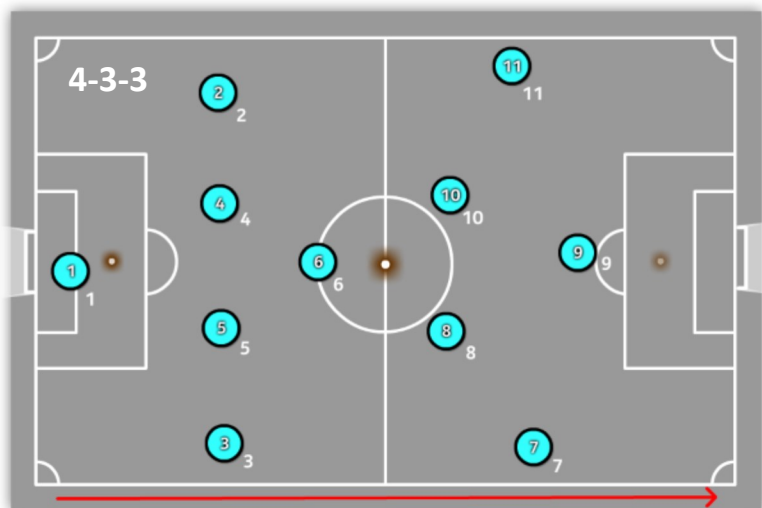
Coach: Ryan Moore

Age Group: U16 and Above

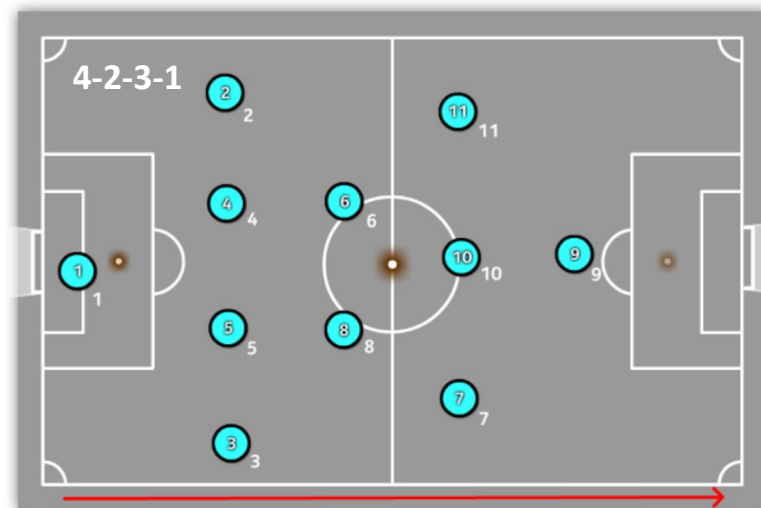
Session: Improving Width in Attack in 4-3-3 or 4-2-3-1

Duration: 90 Minutes

Ryan Moore is the Director of Coaching for Skyline Soccer Association in Denver, Colorado as well as on staff for Coerver Colorado and Colorado State ODP. Coach Moore also has a website dedicated to sharing activities from fellow coaches and himself www.ryanmooresoccer.com . You can find him on Facebook at Ryan Moore Soccer or follow him on Twitter: @RyanMooreSoccer



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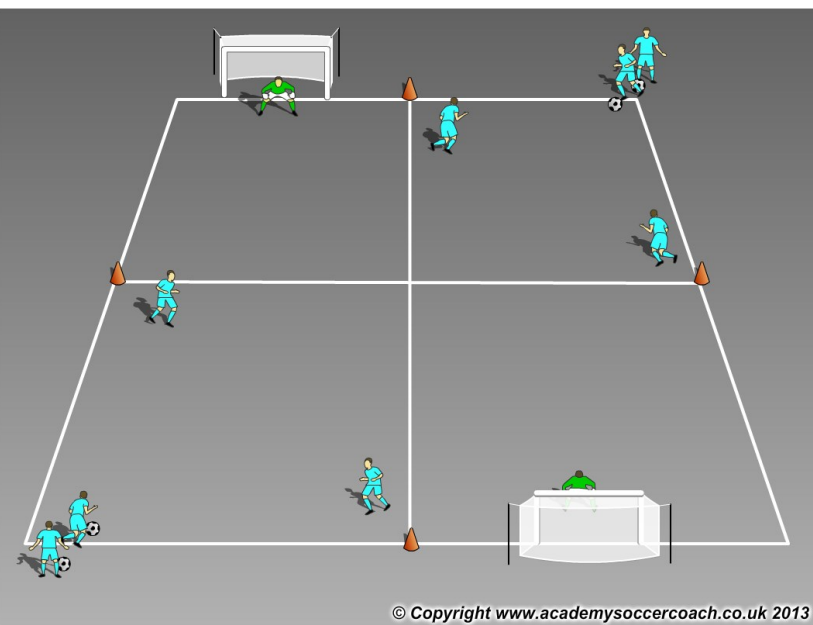
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Stage 1: Attacking Patterns

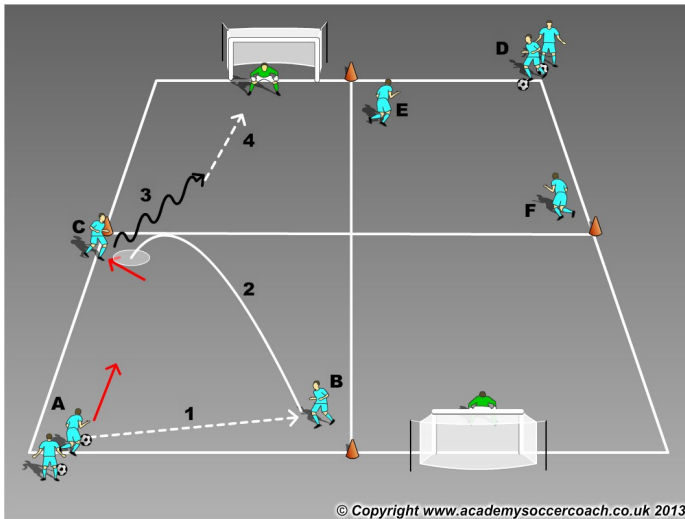
In this stage, I will set the expectations of the type of movement I am looking for from the 7/11 positions, the timing of runs, the type of ball most appropriate from each run from 7/11, and the type of run from the 3/2 position to best match each from run the 7/11 positions.

Set up the activity as shown.

There are 3 progressions to this exercise. In all progressions, both sides of the activity are going simultaneously. The progressions are listed by the type of 7/11 run, type of pass from central player, and the type of run 3/2 to match.



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Away, Driven, Support

Organization:

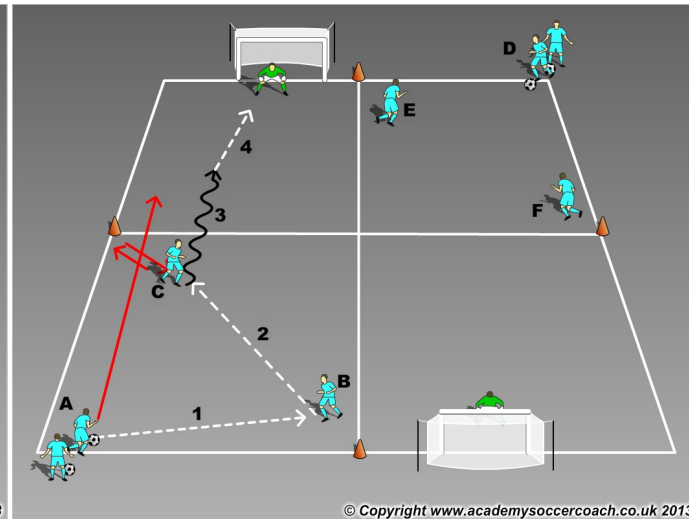
A passes to B, C goes away to create space, B makes a driven pass to C, C dribbles to goal and shoots

Rotation: A > B > C > D > E > F

Progression:

C must pass to A who is making a supporting run and must receive the ball back from A before going to goal and scoring

Coaching Points: Timing of runs (visual cues), Type of pass (technique and technical speed), Type of runs (visual cues), Passing to proper foot



Check, Floor, Support

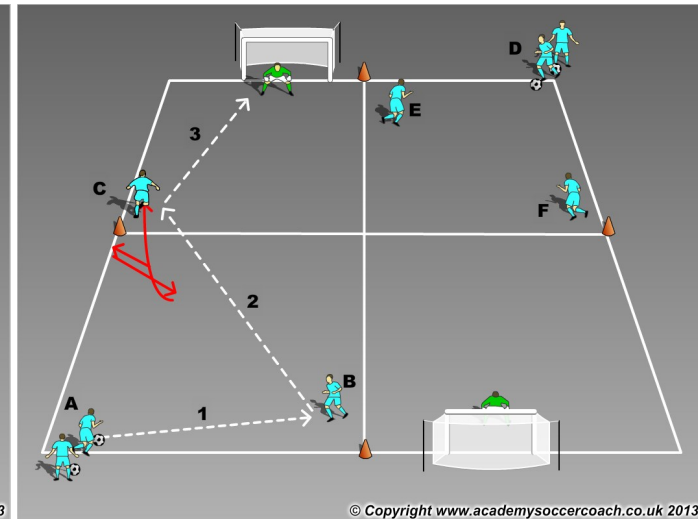
Organization:

A passes to B, C goes away to create space then checks back to B, B passes on the floor to C, C dribbles to goal and shoots

Rotation: A > B > C > D > E > F

Progression: C must pass to A overlap run before going to goal and scoring. C must make room for A by taking their first touch inside. Demand C to add deception to overlap pass

Coaching Points: Timing of runs (visual cues), Type of pass (technique and technical speed), Type of runs (visual cues), Passing to proper foot



Backdoor, Through, Support

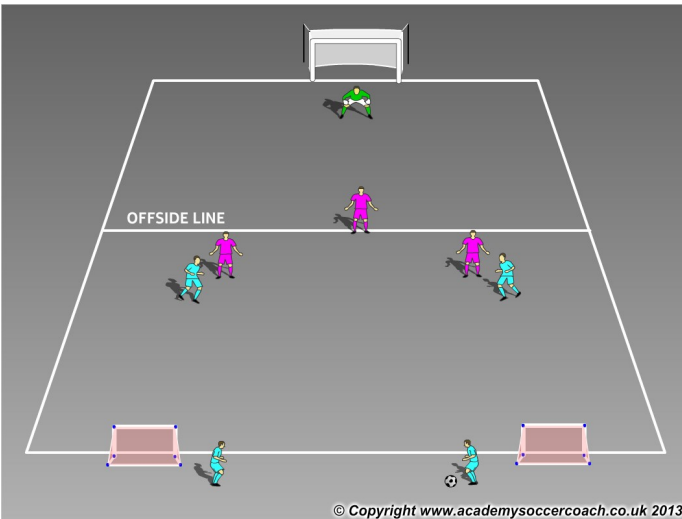
Organization:

A passes to B, C goes away to create space then checks back to B, then makes a peeling backdoor run, B passes through ball to C, C shoots

Rotation: A > B > C > D > E > F

Progression: Challenge B's through pass to be correctly weighted to set-up a one touch shot on player's strong foot (strong weight of pass for outside foot shot/soft weight pass for inside foot shot)

Coaching Points: Timing of runs (visual cues), Type of pass (technique and technical speed), Type of runs (visual cues), Passing to proper foot

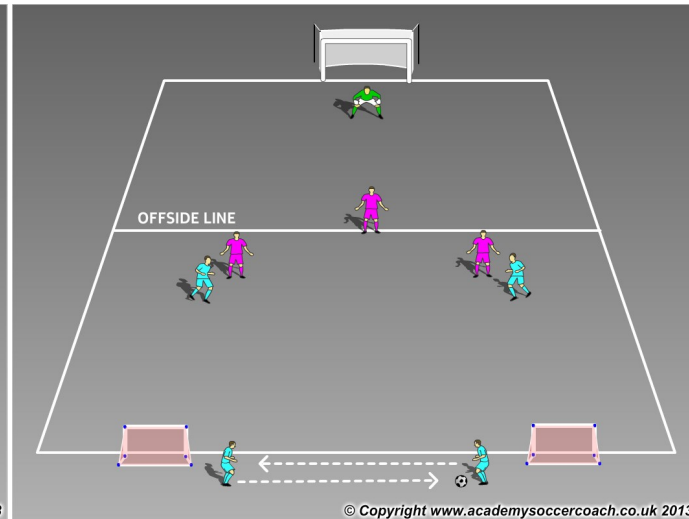


Stage 2: 4 v 4 Small-Sided Game

In this stage, I will have players apply Stage 1 coaching points into a small sided activity. This type of environment allows me to check for understanding with plenty of repetitions for players.

Set-Up: 40 x 40 area, 1 Large goal; 2 small goals; Offside line; 4 attackers; 3 defenders and a goalkeeper.

Activity: This activity can be broken into 3 parts of play. Once the players feel comfortable, play should be quick and players should be able to get lots of repetitions in a short space of time.



Part 1:

Deep attackers pass back and forth looking for a pass to enter playing area, two forward attackers look to create space to receive an entry pass, one of the three defenders is restricted to moving only along offside line until a pass enters playing area

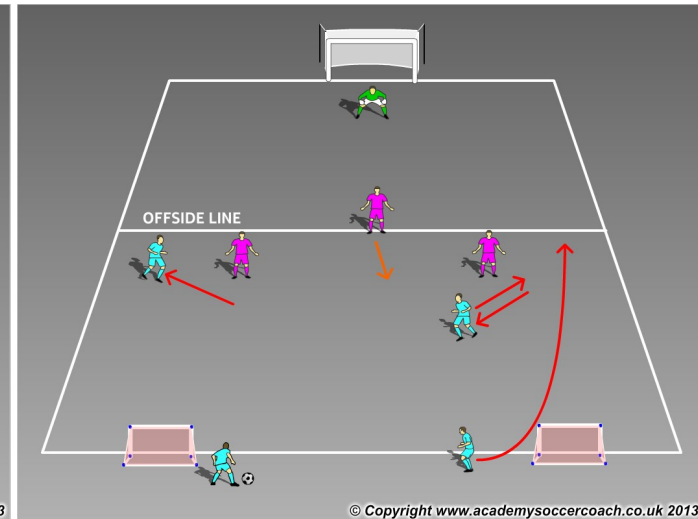
Part 2:

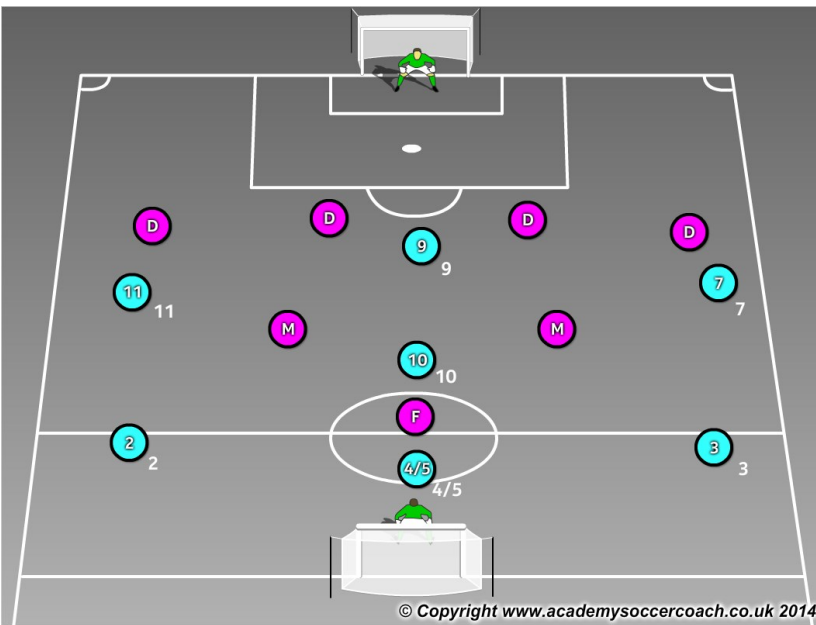
Once deep attackers make entry pass, they join the play; defender who was restricted to offside line is now free to play

Part 3:

Play continues until a goal is scored by either team, GK gets possession of the ball, or ball exits play

Coaching Points: Create space to receive entry pass, Pick out correct pass (try to find 1v1), Execute the correct type of entry pass, Attack width quickly, Choose/execute the correct run to support/overlap, Visual cues to switch point of attack (SPOA), One attacker should stay back to prevent counter





Stage 3: 8v8 Game

In this stage I will have the players apply the coaching points from Stage 1 and Stage 2 to an expanded small sided game. This type of environment provides players with a better sense of a game application of the coaching points while still providing players with more repetitions than a full 11v11 game (note adjusted rules to help promote more repetitions).

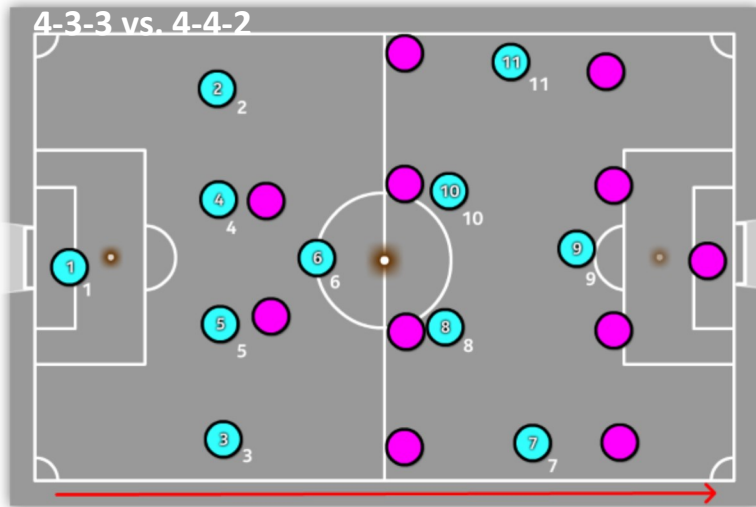
Set-Up:

Two-Thirds of the field; 2 large goals; 8 attackers (with GK) set up in a 3-3-1 formation; 8 defenders (with GK) set up in 4-2-1 formation.

Activity:

Players play 8v8 to large goals without goal kicks, corners or free kicks—they are restarted from the hands of the attacking goalkeeper.

Coaching Points: Create space on the width (2/3/7/11), When to attack width, Attack width quickly, Choose/execute the correct run to support/overlap based on wide pass/run, Visual cues to switch point of attack (SPOA)



Stage 4: 11 v 11 Game

In this stage, I will have players apply all coaching points to a game-like environment.

Set-Up: Full field scrimmage, 11 attackers (with GK) set up in a 4-3-3 or 4-2-3-1, 11 defenders (with GK) set up in 4-4-2. Please note, if this is a team that I am preparing for a specific match, I would try to set up the defending team to the formation I believe the opponent will play.

Activity: Players play 11v11 to large goals with all rules of the game in play.

Review All Coaching Points!

GOALKEEPERS

Coach: Shaun Green

Age Group: U10+

Session: Dealing with Back Passes

Duration: 60-90 Minutes

Shaun is currently the Nottingham Forest Ladies Goalkeeping coach. Shaun is a very accomplished coach who has an excellent reputation for developing talented goalkeepers. You can follow him on Twitter: @CompleteKeeper

Working on Inside Foot Passing

Organization:

4-6 Step Goal depending on the age of the Goalkeepers working with.

Play passes to one another using the inside of both feet.

Progressions: (1) Play any number of touches then pass; (2) Play two touch—1 to control and 1 to pass; (3) Play one touch

Coaching Points: Body position and shape, Ball Control, Accuracy of the Pass, Pace of the Pass

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Receiving a Back Pass

Organization:

Move down the line, into line, play back pass back to server (5 steps away)

Move into line then down the line to server 1. Adjust body position set and play back pass back to server 1. Then move across the line and down the line of server 2 and repeat. Move between each server looking for x10 passes with each server.

Progressions: (1) As many touches needed to control and pass back to server; (2) Limited touches 2-3; (3) Progress to one touch

Coaching Points: Body position and shape, Ball control, Accuracy of the pass, Pace of the pass

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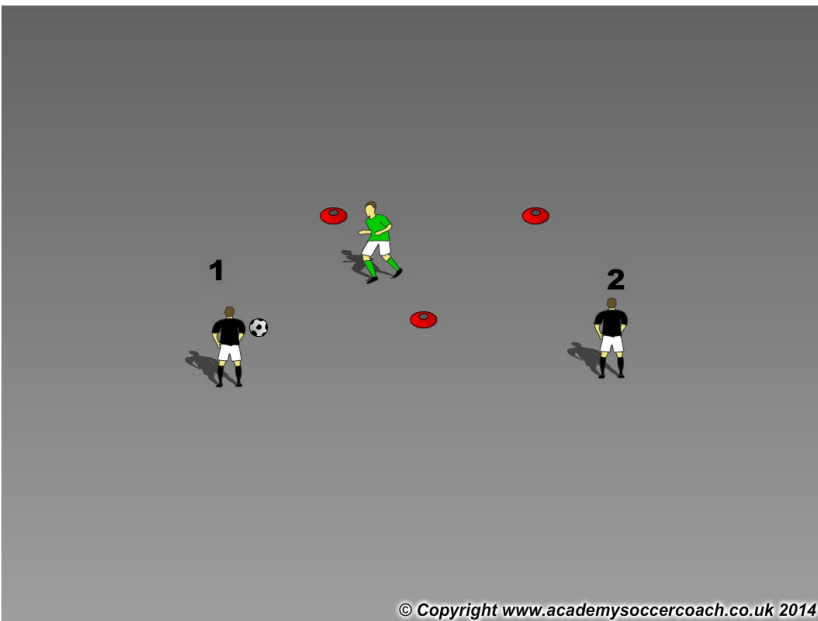
Receiving Back Passes Across The Body

Organization:

Receive pass from server 1. Control the ball and move across your body and player to service 2. Move back to server 1 and repeat 10 times. Important to work both sides.

Progressions: (1) As many touches as needed to control and pass; (2) Limited touches 2-3; (3) Server chases pass to add pressure of being closed down

Coaching Points: Body position and shape, Ball control, Accuracy of the pass, Pace of the pass



Game Situation 7v7

Organization:

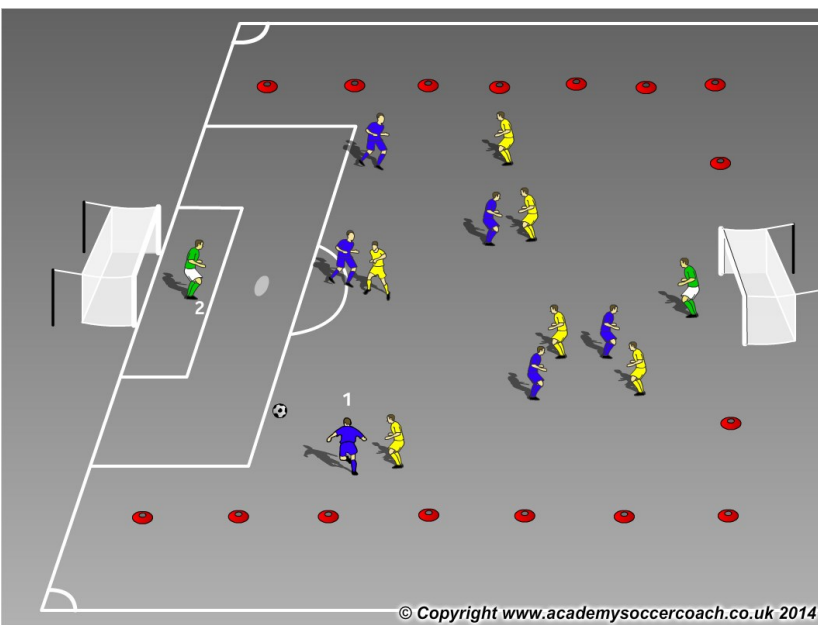
Yellow team shooting from left to right.

Start with yellow right back being pressed and passes the ball back to GK. (Goalkeeper to start in the middle and then move into line for the back pass). Play live on the defenders back pass.

Once the pass has been made to the Goalkeeper the game is live. (Yellow team can press the Goalkeeper, adjust forward start position to make realistic and allow for back passes to be made)

Progressions: (1) Allow the Goalkeeper more time with the ball, Yellow not to press at first; (2) Allow pressing; (3) Allow the Goalkeeper less time (Yellow starts closer); (4) Change start position (Left, Right, Central)

Coaching Points: Communicate where you want the back pass (point with hands or tell them), Move into live and down the line, Body position and shape, Ball control, Accuracy of the pass, Pace of the pass



GOALKEEPERS

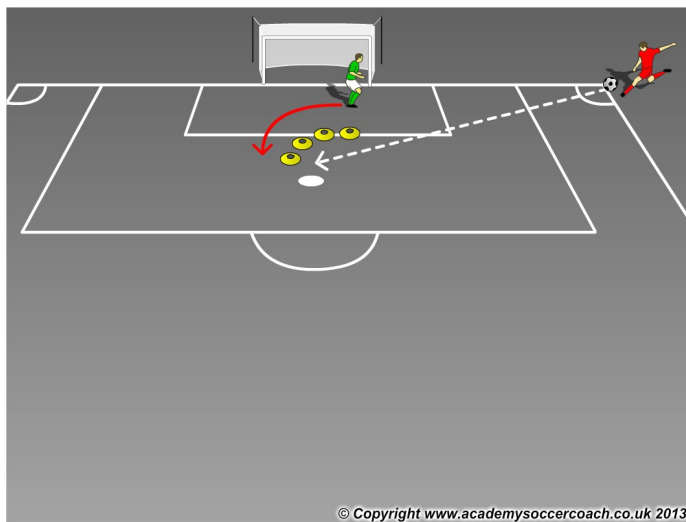
Coach: Rob Parker

Age Group: U12+

Session: Crossing / High Balls

Duration: 60-90 Minutes

Rob has coached at the collegiate level for 16 years and training goalkeepers for 20 years. Starting at the age of 19 Rob joined the Towson Women's Soccer Coaching Staff and had great success. He is actively coaching with several clubs in the Capital Region and has also served as a mentor of the Eastern NY ODP staff. He is a contributor to keeperstop.com writing articles on goalkeeper development as well as working as a clinician for several coaching clinic and courses. Parker has also contributed to several coaching educational resources, sharing lesson plans and blogs with goalkeepers from around the world. You can follow him on Twitter: @goaliecoach00



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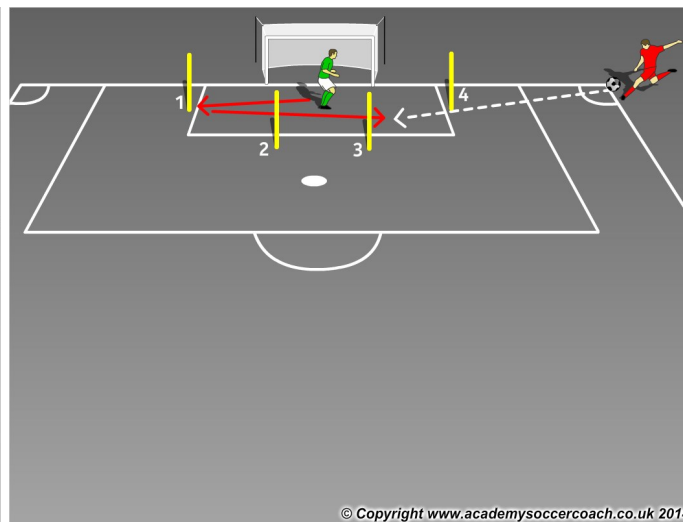
Receiving Cross around Cones

Organization:

Server starts with a number of balls. Goalkeeper and a number of cones that form a hook around the top of the 6 yard box.

Server plays ball towards the far post in the air. Keeper back tracks across goalmouth behind the set of angled cones to collect the ball. Keeper returns the ball back to the server and returns to the start point. Server repeats service.

Coaching Points: Footwork to get around cones and to the ball, Decisions on how to best collect the ball, Soft hands, Focused on the ball



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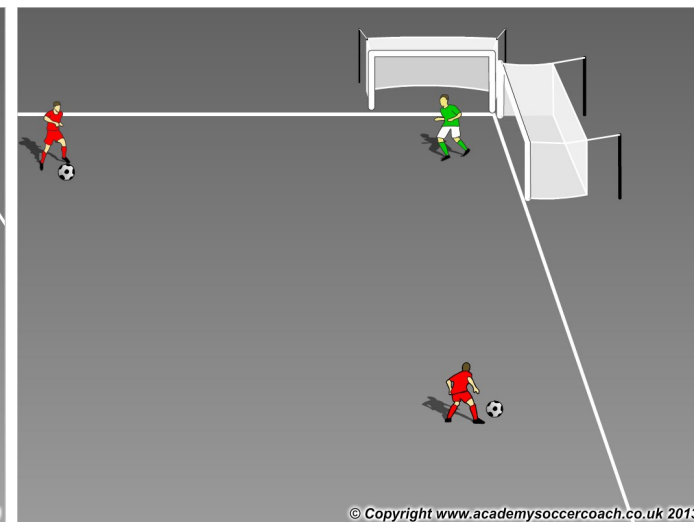
Quick Movement Before Receiving a Cross

Organization:

Goalmouth with 4 coaching sticks set up around and between the 6 yard box and the pk spot. Each coaching stick is given a number by the server.

Keeper starting point based on where the server has positioned themselves. The server calls out a number that corresponds with a coaching stick. The keeper moves quickly to touch that stick and back into position to receive the cross. Server cannot strike the ball until keeper has touched the coaching stick.

Coaching Points: Proper footwork, Movement to the ball, Decision making, Correct ball handling technique



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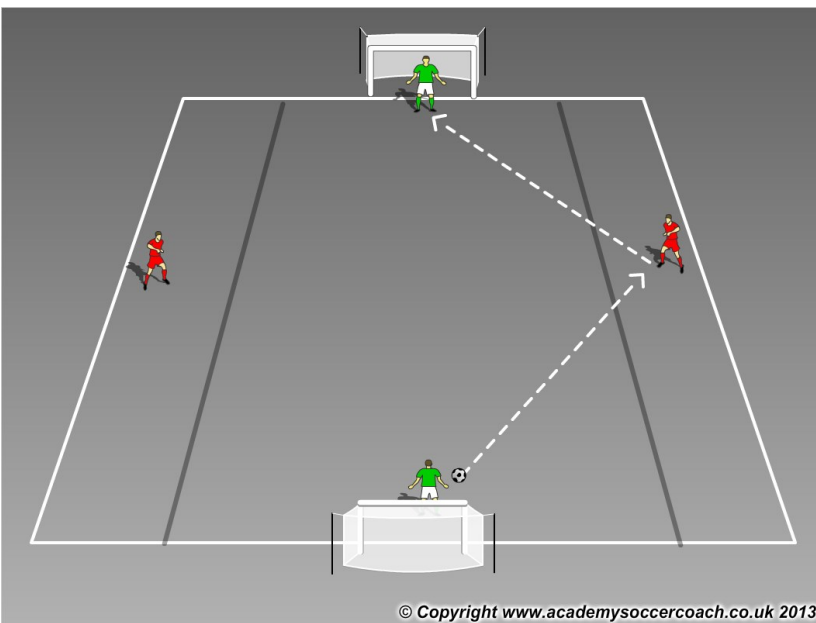
2 Goals / 2 Crossers

Organization:

2 Goals at 90 degree angles from one another. Must have a number of balls to keep activity going. Keeper starts in center of work space facing the first server. The keeper reads the flight of ball, and collects using proper technique. He/she distributes the ball to the other server, who then repeats the drill from opposite side.

Progression: Second server acts as a target player/runner for the service and applied pressure to the keeper to make a decision and either collect or react to shot.

Coaching Points: Footwork to get in line with the service, Soft hands behind the ball using 'W' or 'Diamond' technique, Use of body and legs for protection, Decision-making and communication once keeper makes the decision to collect the ball or call for a teammate to clear it.



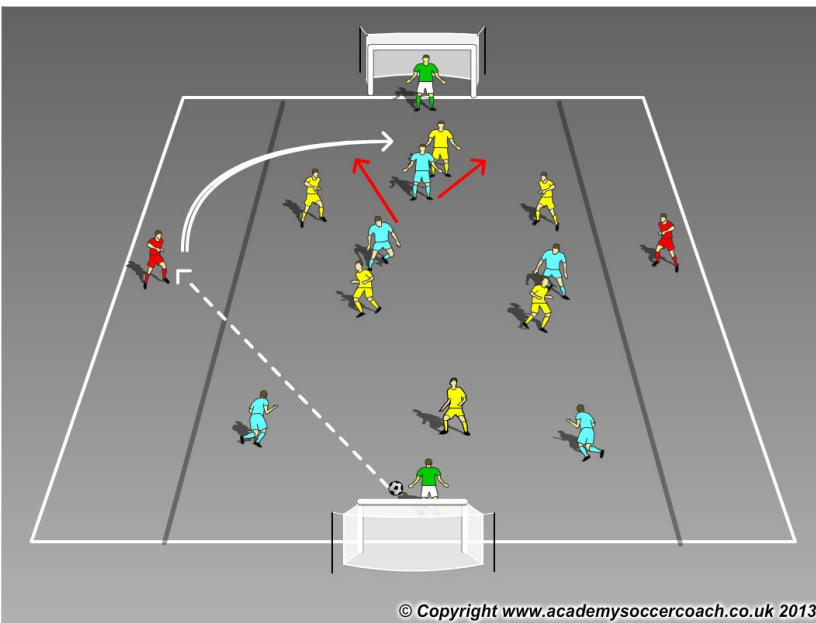
Crossing from Wide Areas

Organization:

Full width of the field, balls with keepers in both goals. Cones mark the width of the fields into thirds.

One Goalkeeper plays out to a server who is positioned wide between the sidelines and the grid line. Server receives the ball, takes a couple of touches and then serves ball to opposite keeper who collects ball and distributes it either to server that just crossed the ball or to the other server across the field. Continue with varied services from servers and varied distribution from the keepers.

Coaching Points: Read flight path of the ball, Proper footwork to position keeper into flight of ball, Collect the ball with proper technique



Small Sided Game: 5v5 or 6v6 with 2 Neutral Players

Organization:

Play begins with the keeper who distributes to a teammate. Teammate can play in the central area or they can pass the ball wide to a target player at anytime. The target player, with a maximum of 3 touches looks to serve ball into the team who they received the ball from to finish on goal. Regular soccer rules in the central area, but players inside the grid cannot enter the wide areas.

Progressions: (1) Add a player from each team into the wide area and withdraw the target players. Opponents cannot oppose each other in the wide areas and then progress to 1v1 situations on the flank as well. Once players pass the ball into a teammate in the wide areas they can follow their pass taking the place of the wide target players spot and the initial wide target now joins their teammates in the center of the field after they have crossed the ball

Coaching Points: Keeper communicated and organizes backs to coordinate with offensive runners, Identify type of service (in-swinger vs. out-swinging; lofted vs. driven), Clear, Loud decision (Keeper or Away), Once keeper makes decision they must stick with their decision and follow through with it, Collect ball at its highest point possible, Once received - cover up and protect the ball

THE #9—MODERN STRIKER

In this monthly look at players roles' and responsibilities we focus on the central striker. As football systems have developed over the last 20 years, a striker's role is now so much more than just scoring goals. Consider the modern game and the modern strikers, there are clearly many different *types* of strikers. All different shapes and sizes, bringing with them different qualities... The strength and power of a player like Romelu Lukaku, the ability to beat a player 1v1 like Luis Suarez and the clinical finishing of Robin Van Persie for example. The striker has become a chameleon of football; target man, speedster, goal scorer, dribbler, dropping deep, going long, rotating. A striker is now asked to play a variety of roles over 90 minutes of football.

This is not a definitive **list**, but it should give you a good introduction to the qualities of a striker. For every point consider:

- The technical, tactical, physical, psychological and social demands on the player
- A professional player who does this well
- What you want your player to do in your sessions and in your game

SHOW AND SUPPORT FOR THE BALL: TO FEET, IN BETWEEN OR BEYOND

A striker has to be relentless in search for possession of the ball, he/she must seek gaps of space beyond, between and in front of defenders and support his midfielders and defenders when they have possession of the ball.

SET UP AND LINK THE MIDFIELD AND WINGER WITH CREATIVE COMBINATION PLAY

Once the striker has secured possession he/she is looking to score, if they can't they must try and link the offensive minded players together, to start an attack. Depending on the formation and approach, wingers, striking partners or midfielders will be joining the attack. The striker needs good technical ability and decision making to involve others.

- Does he/she pass to space or feet?
- Does he/she play backwards or forwards?
- When does he/she play the ball wide?

CAN SPIN AND THREATEN BEHIND WITH PENETRATING RUNS

Strikers with pace must understand that they need to stretch the game and unsettle defenders by playing off their shoulder in their blind spot. Ruud Van Nistelrooy was fantastic at this and despite a lack of blistering pace, he would often receive the ball beyond defenders with his acute understanding of the offside law! Other speedsters like Ronaldo, Loic Remy, Javier Pastore, Theo Walcott et al will be happy to chase a ball into a good area as they can beat defenders in a race and ultimately score. This needs to be taught and developed, as a straight run at pace is not enough to break a good defensive line.

Although this is the most direct way to score a goal, it also serves another purpose. By stretching the game, when threatened defenders will drop and the striker will create pockets of space for colleagues, perhaps between the lines of defence and midfield. If strikers lack mobility or not willing to run, the defence can squash this space and building good possession in attacking areas can be very difficult. Therefore, a striker can affect the play without even touching the ball by occupying defenders, he/she may make space for his teammates.

SECURE AND HOLD UP POSSESSION FOR THE TEAM

A striker has to give his team a point of attack or get out if they are under heavy pressure. Here the player needs to use what physical attributes to maintain possession for his team. This might mean pinning the defender like Drogba or using his movement to create space to receive the ball like Rooney.



THE #9—MODERN STRIKER ... Continued

SUPPLY AND CREATE GOALS FOR TEAMMATES

If the primary role of striker is to score goals, then his/her second responsibility is to supply them. Even in the modern game there are selfless strikers who will work tirelessly to create chances for the team. Oliver Giroud at Arsenal is a great example of this, his strength and aerial prowess means he gives his teammates the option to be more direct and players like Theo Walcott and Mesut Ozil have benefitted from his play.

SCORE GOALS WITH VARIED FINISHES AND SKILLS

The main role of a striker is to score, but for me the key is “...with varied finishes and skills.” Many top footballers can finish well, but world class strikers finish with different surfaces of their body from many different types of passes. Javier Hernandez is brilliant at this, his ability to change his body shape to apply a finish is amongst the best in the world. He scores with his feet, head, chest and thigh. This is what commentators call “a natural finisher.”

PACE TO ELIMINATE, EXPOSE AND BEAT DEFENDERS

As above with penetrating runs, pace is a wonderful asset for a striker but change of pace is more important in and around the penalty box. These sharp movements and incisive decisions are why strikers often get to loose balls before defender or they have the ability to move defenders and damage the oppositions shape.

GOOD SPRING TO SCORE FROM AERIAL BALLS

As with finishing skills, a striker should be able to score from a cross or aerial pass. This might be their area of strength like Peter Crouch, but it might just be the ability to take the chance that’s there. Wayne Rooney is a great example who has worked hard on his heading and improved his goal scoring record by adding this to his weaponry.

UNDERSTAND HOW TO POSITION AGAINST / AROUND OPPONENTS TO CAUSE MAXIMUM DISADVANTAGE

For me Suarez is the master of this, the way he uses his body to receive possession often on the wrong side for defenders is superb. He also uses his body to maximize contact from opposition to win free-kicks and penalties for his team.



**Please see the next page for activities on:
“Improving Strikers Understanding”
by Dan Wright.**

About Dan Wright:

The breakdown of the player’s roles and responsibilities was written by a young and very talented Coach—Dan Wright. Dan has been coaching since 2004. In this time he has worked with a range of players from 4 year olds to adult, from grassroots to football league. He is a UEFA B Licensed coach who has a track record for developing young and talented footballers.

You can follow him on Twitter: @CoachDanWright or read his coaching blog: <http://coachingdanwright.blogspot.co.uk>

IMPROVING STRIKERS UNDERSTANDING

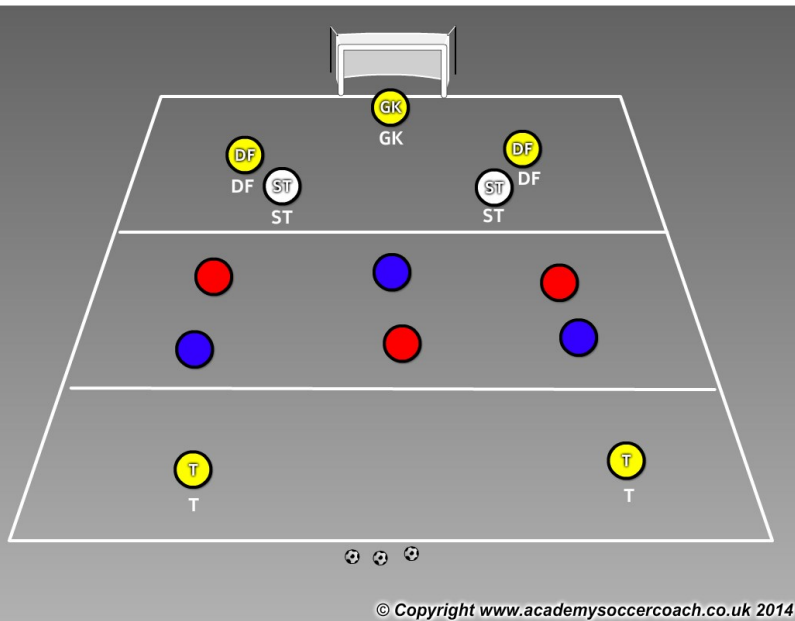
Coach: Dan Wright
Age Group: U12+
Session: Various Activities
Duration: 30 Minutes

Dan has been coaching since 2004. In this time he has worked with a range of players from 4 year olds to adult, from grassroots to football league. He is a UEFA B Licensed coach who has a track record for developing young and talented footballers. You can follow him on Twitter: @CoachDanWright or read his coaching blog: <http://coachingdanwright.blogspot.co.uk>

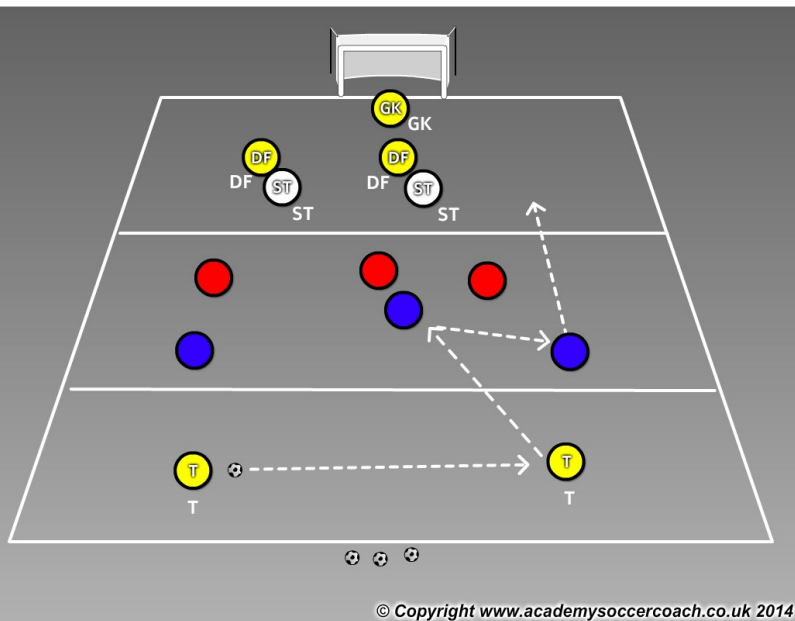
SET UP

This is a session which gives the strikers realistic pictures of receiving, linking, scoring.

Two target/neutral players (Yellow) start the game feeding the ball into the central zone. The central zone (Blue/Red), is a competitive situation which is 3v3. The end zone is 2 strikers (White) against 2 defenders and a goalkeeper (Yellow).



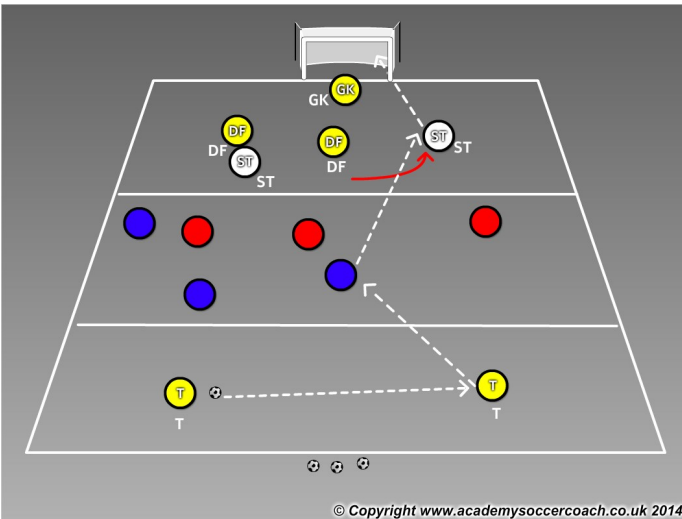
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The game is competitive straight away. The aim is for Blue and Red team is to play the ball into the strikers, who aim to score. Defenders (Yellow) defend the goal and aim to play back to the yellow targets if they win possession. You may want Blue/Red to 'recycle' possession via the target players to keep it realistic.

Initially players are "locked in" their zones, this will alter as we progress and players grasp the session and/or develop throughout the season.

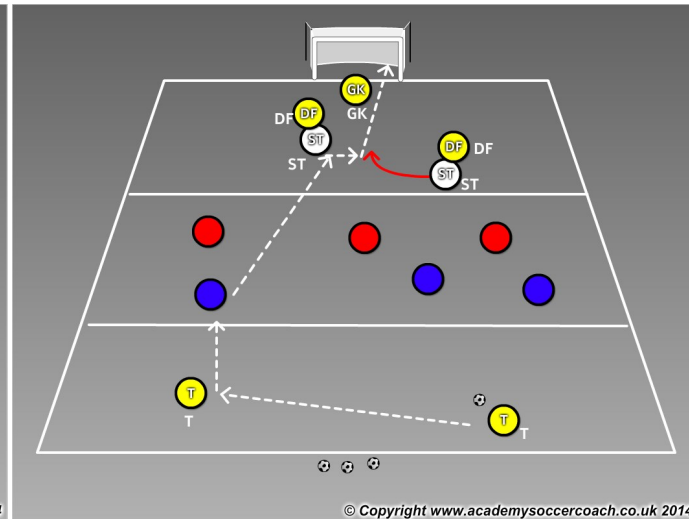


Creating Space as an Individual

Encourage the striker (White) to move off defenders (Yellow) to receive the ball. Explain that strikers might need to make “2 movements” to be in a position to receive the ball, this might mean moving “towards the ball to receive away.”

Strikers may realize, that their teammates movement (or lack of..) will enhance their chances of receiving the ball, at this point you can start to talk about “a partnership” and the role of the first and second striker.

In the diagram above, the 1st striker comes short so the 2nd (goal scorer) can spin to receive the forward pass.



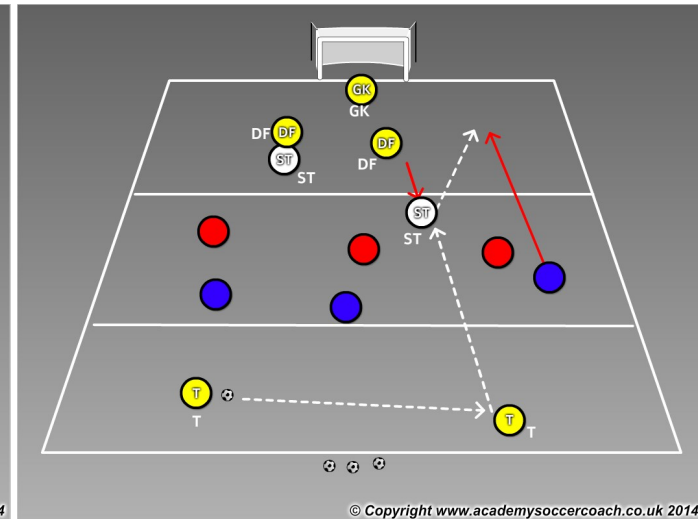
Combination Play

The concept here is can the strikers “combine to score,” so once they have received possession if they can’t score straight away can they “supply and create” for their partner?

In the diagram the 1st striker is higher than the 2nd, the ball is played in and the 1st striker holds, or what I refer to as “pin and protect.” The 2nd who may have moved away now spins to receive the “set” from his partner.

Other patterns here could include:

- 1-2’s (aka. Wall pass or give-and-go)
- Dummies with a call to leave it



Link Up

To make the practice more realistic, allow 1 midfielder (Red/Blue) to join the attacking zone. This will encourage link up play from the striker as per the diagram.

Consider the striker could “Set” back into the midfield to allow for a long range shot or just to keep possession.

Notes:

- It is important that the target/neutral players (Yellow) are encourage to play realistically, this means you may need to manage them as a coach.
 - Encourage them to “lend” the ball to each other, laterally if they can’t pass forward in to the middle zone
 - Encourage them to support from behind so whichever team is in possession has an option to turn and recycle the ball
 - You may consider a touch limit to encourage quick play
- To keep/make the session realistic and relevant for the GK, focus on his distribution when he has possession. Can he play short to the defenders (Yellow) with his hands or feet or for older GK’s can he play directly to the target.
- As ever be flexible, play with the size of the pitch and the number of players. For younger players you can play without defenders (Yellow). You can also play with one of the middle teams (Red/Blue) attacking and the other defending, perhaps with an overload to experience success.
- You may have to look at strikers (White) attitude towards shooting, do they shoot on sight or take too many touches. Often the best forward players are the ones who can finish quickly, adapting and adjusting to the pass they are given
- With the progression, try to explain when a good time to support the striker. Support can come from behind, around or beyond.

INTERVIEW

We are very fortunate for our first interview to speak with Ben Trinder one of the founders of arguably one of the most influential twitter accounts and networks called “The Coaching Family” (@CoachingFamily). Graciously, Ben was willing to answer a few questions that we had for him!

CTGG: What made you start ‘The Coaching Family’ on Twitter?

BT: I can’t take all the credit. A few of us were talking about it on Twitter back in 2010, Mark Horsfield, Simon Schafer, Liam Donovan (he helps me run the account), Mark Senior, Hugo Langton, Chloe Brown and Pavl Williams to name a few. I just took responsibility for organizing and running the account. The aim was to have one central coaching account that could ReTweet coaches questions etc. to the masses. We struggled in the beginning, but it has really kicked off in the last year or so and we now have more than 20,000 followers, which is hugely beneficial for everyone who uses the account.

CTGG: What is ‘The Coaching Family’ all about?

BT: The idea is for every coach to be able to learn from others, share good practice, debate, advise and come up with solutions to different coaching challenges. Where else can a grassroots coach who is just starting out send a message to a coach with 30 to 40 years of experience? There are so many benefits. The beauty of Twitter is that we can share a coach’s thoughts and ideas with thousands of other coaches thousands of miles away, in seconds. It’s such a valuable personal development tool at any level of the game.

CTGG: For those who are new to social media, any tips or recommendations? What do you feel are some of the benefits of social media for aspiring coaches or soccer enthusiasts?

BT: Using Twitter has been great for me personally. I have made contact with a lot of open and honest coaches willing to share their ideas and listen to mine. If you are a coach, Twitter is very useful and will definitely aid your development. The trick is sorting the useful from the not so useful/relevant information for you as a coach (and the team your are coaching). That is down to who you follow. On Twitter, you can interact with academy coaches and academy managers, Scouts, Sports Psychologists and Sport Scientists. It really is a great place to learn, gain knowledge and test your own thinking. There is something for everyone on there and so many really good people, male and female.

CTGG: Based on your experience pursuing Coaching, what advice or tips do you have for our readers?

BT: I would encourage coaches to walk the walk and not just talk the talk. It’s easy to sit there tweeting saying all these great ideas you have, but putting them into practice is really where it counts. Get on the grass with your players, practice, experiment and challenge yourself. Record and evaluate your sessions, even if you just make a few sketches or notes—What worked, what did not and how you might set up practice the next time? It’s important to have an open mind work hard, read, study the game and above all have fun while you do it. I also value the importance of time away from the game and coaching. It’s important to enjoy other areas of your life whether that’s family time, going out partying or watching other sports.



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WARM-UP

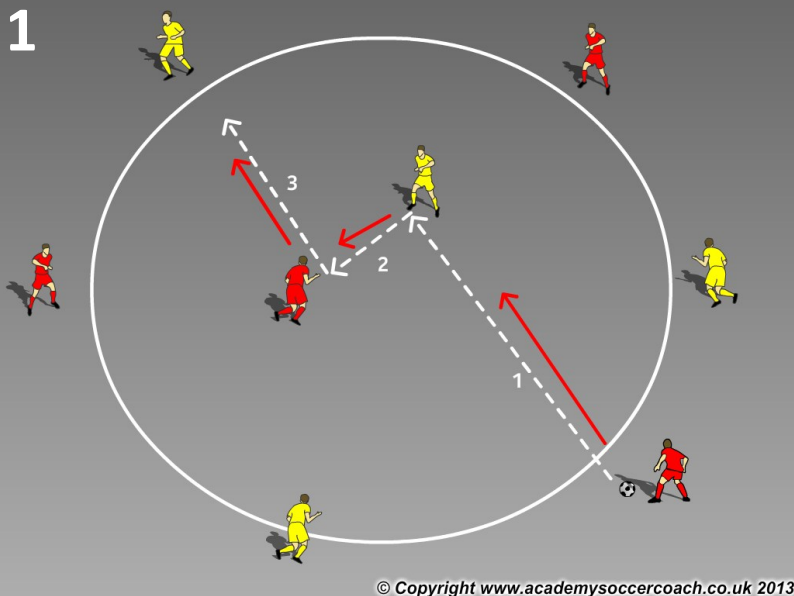
Coach: Richard Seedhouse

Age Group: U10+

Session: Passing and Moving with Creative Combinations

Duration: 10-15 Minutes

Richard Seedhouse is an extremely successful published author who has written some of the UK's number 1 best selling books: 'Coaching the Coach,' 'Coaching Mini-Soccer,' and Coaching the Coach 2. Richard has also submitted articles for World Class Coaching Magazine and wrote coaching articles in JSP Live, a grassroots football pull-out in the Sunday People Newspaper. Richard is a UEFA B Coach, JFO Tutor and Coach Mentor who is also on two County FA Committees for both Raising standards and Coach Mentoring. Follow him on Twitter @skybluecd



Circle Activities—Passing and Receiving with Creative Combinations

This activity was put together to get players to think of quick combinations that they can utilize during a training session. Inspired by some creative attacking combination play we look at the basic setup for the activity and one progression that incorporates the quick combination play that can be built upon. One of the more famous goals to incorporate this combination comes from Dwight Yorke and Andy Cole in the 98/99 Manchester United treble winning season in a thrilling 3-3 tie vs. Barcelona.

Objective: Introduce combination play in an continuous repetition environment

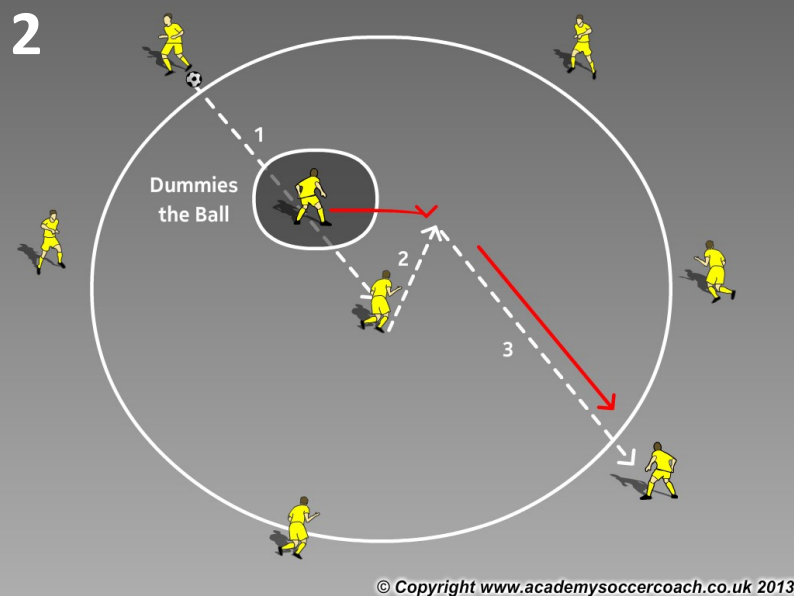
Organization:

Activity 1 is set up in a circle with two sets of players. Two players start in the middle (one from each team) and a player on the outside starts with the ball. Each player who makes a pass follows their ball and each pass must be to a player on the opposite team.

Progressions:

Activity 2 is one of many progressions to this setup—All players are now in the same team. A player on the outside starts the activity by playing the ball into one of the two central players. This player dummies the ball and lets it run to the player behind them who sets the ball to be played to the outside. The player who dummied the ball turns and receives the lay-off before playing to a player on the outside of the circle. Follow your pass.

Coaching Points: Accuracy and weight of the pass, Timing of the dynamic supporting movement, Communication between players



DRIBBLING

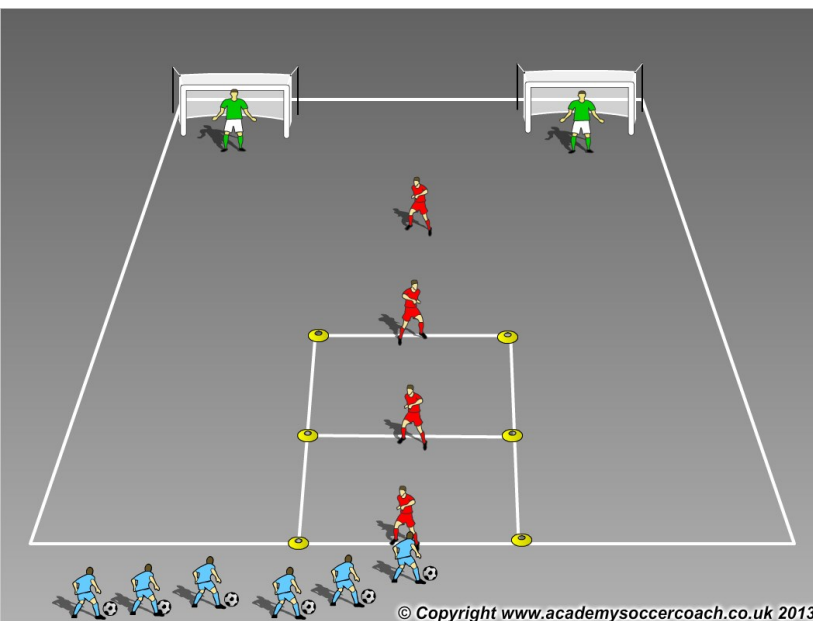
Coach: Rahim Mohamed

Age Group: U9-12

Activity: Multiple 1v1's to Goal

Duration: 15 Minutes

Rahim was recently recognized as one of the NSCAA Top 30 Coaches Under 30. In addition, he has been a part of the Canadian Sport for Life—Canadian Leaders School for 2013. He has a wide range of coaching experience which includes, First Assistant and Recruiting Coordinator for the University at Buffalo, FC London (USL-PDL) Assistant Coach, Fanshawe College Assistant Coach, FC London Academy, North London Soccer Club Director of Junior Programs. He holds an NSCAA Premier Diploma, USSF 'C', US National Youth License. You can follow him on Twitter: @RahimZMohamed



Multiple 1v1's to Goal

Objective: Improve players 1v1 skills and dribbling awareness

Organization:

2 Goals, 2 Consecutive 1v1 Boxes. This activity can be modified based on number of players and GK's available. The way it has been shown is: 2 GK's, 4 Defenders and the remaining players are attackers. 3 defenders protect the 'line' they are on by only being able to move along the line. The 4th defender (one closest to the goal) is free to move wherever he/she pleases—mainly protecting the goals.

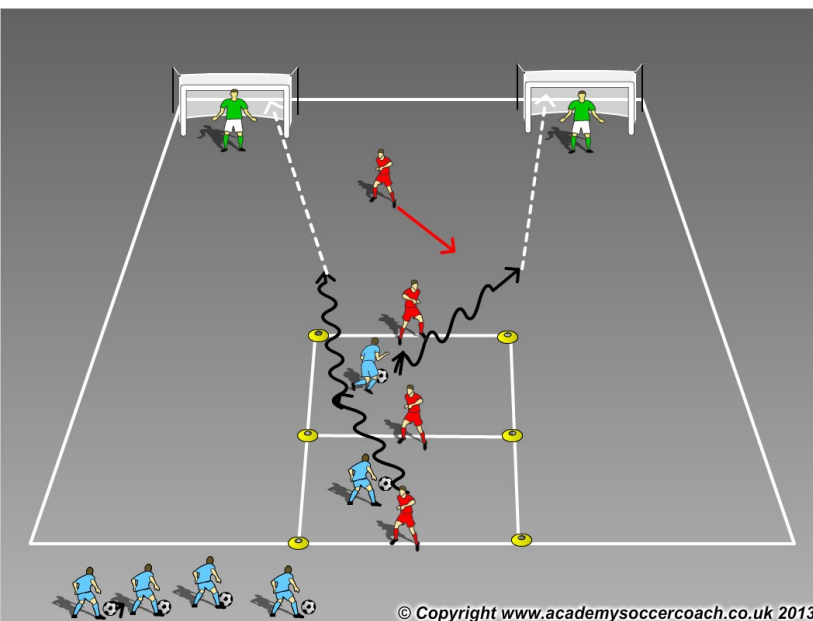
The attackers must dribble past the 3 'line' defenders before being confronted with another 1v1 situation where they try and score on either goal. It is important to remind the players that as soon as the first attacker beats the first 'line' defender then the next attacker can start. The idea is to take advantage of the defender having to react from defending the initial attacker to the next attacker. Players can only try and score on a goal that is not currently being attacked by another player.

Make sure to rotate defenders every 2 minutes.

Progressions: (1) The defenders are now allowed to move freely in the 2 consecutive boxes (1 defender per box) and 3rd 'line' defender joins the last defender in the open space in front of the goal creating a 1v2 situation for the attackers; (2) Modify activity to the level—ie. Start with no GK's

Coaching Points: Change of direction, Change of speed, deception, Encourage the players to assess the situation in front of them while continuing to move (important that dribblers can make decisions on the move)

Check back next month for a different dribbling activity!



PASSING PATTERN

Coach: Rahim Mohamed
Age Group: U12+
Activity: Y Passing Pattern
Duration: 8-10 Minutes

Rahim was recently recognized as one of the NSCAA Top 30 Coaches Under 30. In addition, he has been a part of the Canadian Sport for Life—Canadian Leaders School for 2013. He has a wide range of coaching experience which includes, First Assistant and Recruiting Coordinator for the University at Buffalo, FC London (USL-PDL) Assistant Coach, Fanshawe College Assistant Coach, FC London Academy, North London Soccer Club Director of Junior Programs. He holds an NSCAA Premier Diploma, USSF 'C', US National Youth License. You can follow him on Twitter: @RahimZMohamed

Y Passing Pattern—Part 1

Objective: Improve players technical passing and receiving in an unopposed environment

Organization:

Start off with two players at each of the mannequins. All extra's start behind the first player who initiates the sequence. (1) A plays to B, (2) B uses a one touch turn, (3) C fakes inside and moves outside, (4) B leads C with a weighted pass into the players path, (5) C receives on the move and dribbles at speed through the gates and then joins the back of the line.

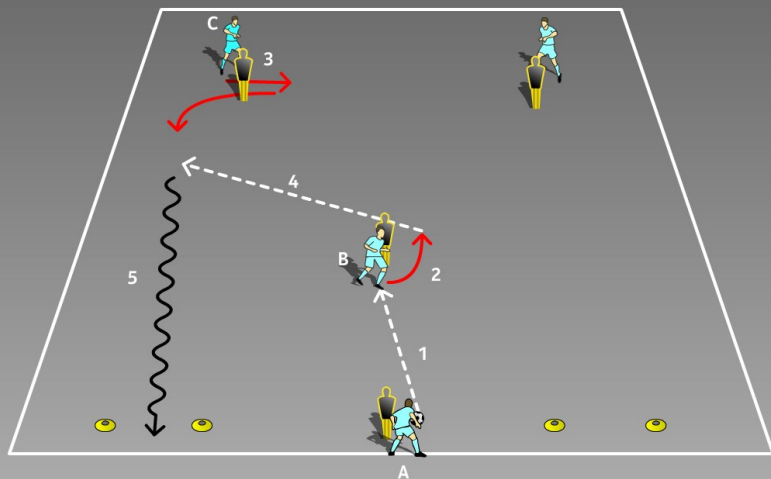
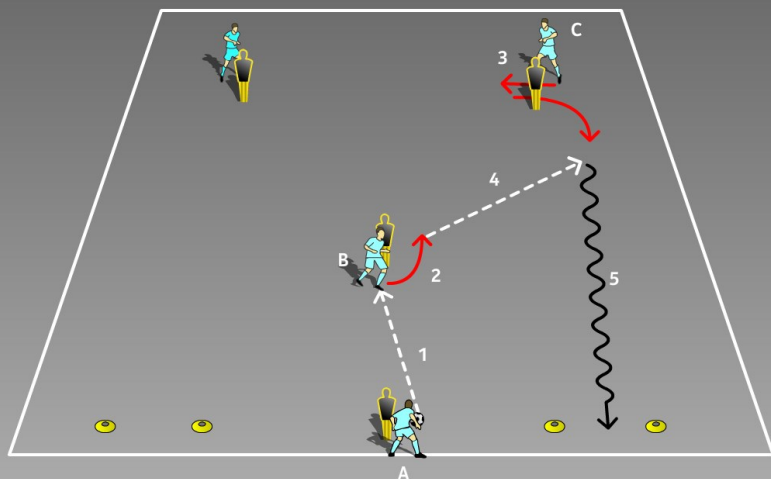
Make sure to alternate sides — If B turns to left, then the next player should turn to the right.

Rotation: Follow your pass

Progression: B plays a reverse pass into the players path for C (leading pass)

Coaching Points: Accuracy and weight of the pass, Quick and sharp movement, Speed of execution, When C receives the ball towards the cones he/she takes a big first touch into space and then dribble through the gates

Check back next month for a different variation of the Y Passing Drill!



FINISHING

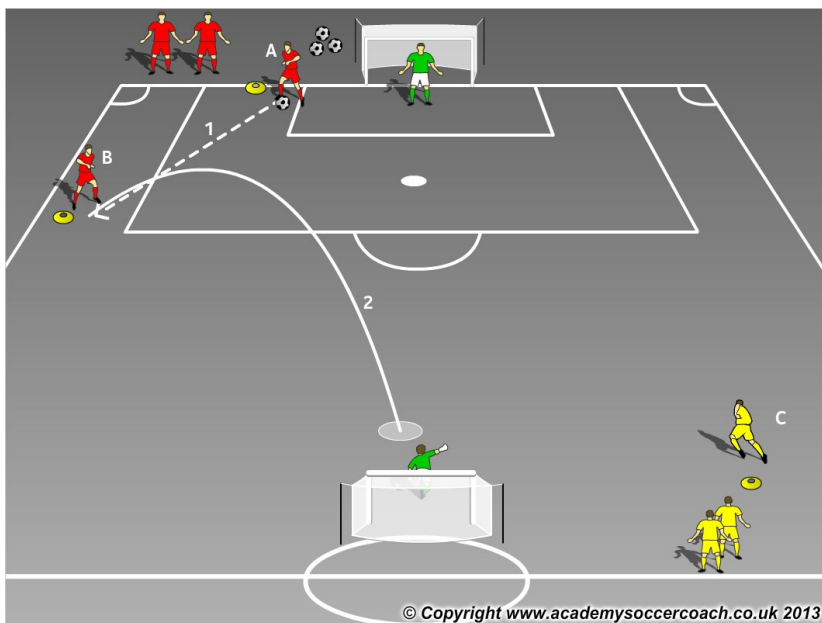
Coach: Gary Curneen

Age Group: U12+

Activity: Multi-Functional Finishing Activity

Duration: 20 Minutes

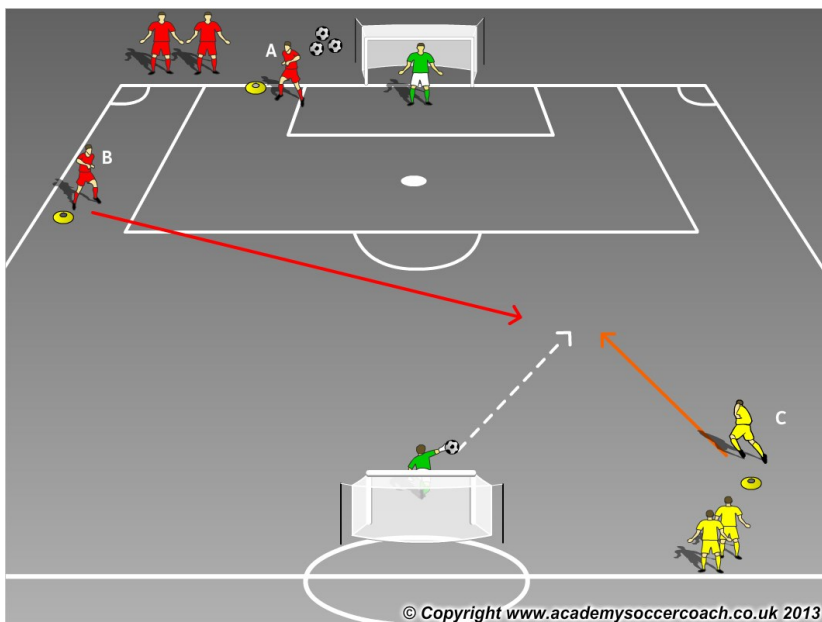
Gary is the Assistant Women's Soccer Coach at University of Cincinnati. He holds a UEFA 'A' License and the NSCAA Premier Diploma. Originally from Omagh, Northern Ireland, he gained a Masters Business Administration from Win-gate University, where he coached the Lady Bulldogs from 2005-2012. He is also the author of the soon to be bestseller 'Modern Soccer Coach 2014.' Please make sure to follow Gary on Twitter: @GaryCurneen



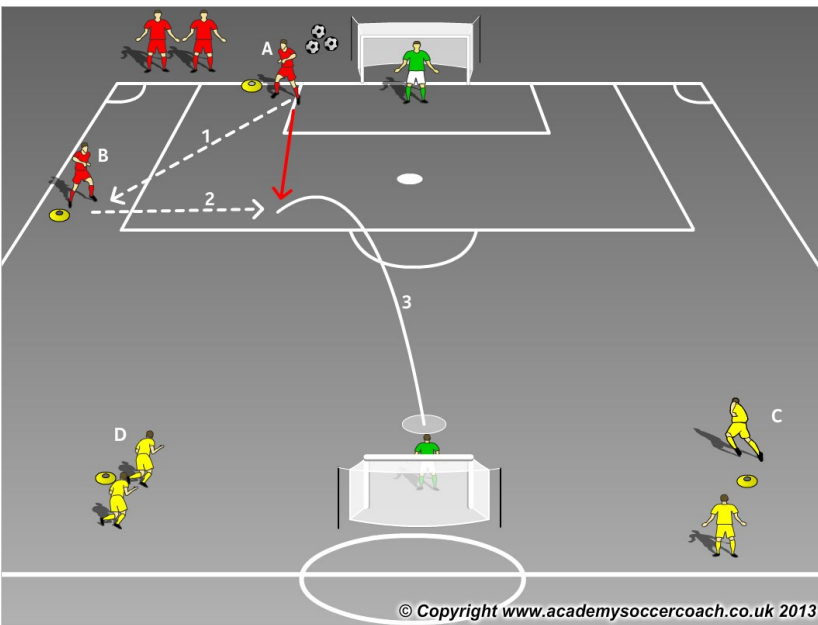
Gary's activity is a multi-functional exercise that involves short and long passing, 1v1 attacking and defending, and develops into a transitional game. This exercise challenges players specific to their position and also caters to the demands of the game: Physically, players have to work in short, intense periods, and recover quickly. Technically, players are asked to perform skills under the pressure of both time and opposition. Tactically, this scenario will happen in a game for attackers, defenders and goalkeepers. Mentally, there are challenges with both decision making and concentration as the exercise develops to transition.

Set-Up:

Players are organized into two groups—attacking players in Yellow, and defensive players in Red. The exercise takes place in one half of the field, with the goal moved up in accordance to age/skill level. Two goalkeepers are in each goal. The exercise starts with Player A passing to Player B. Player B receives the ball on the back foot and plays a long, lofted pass into the GK's Hands.

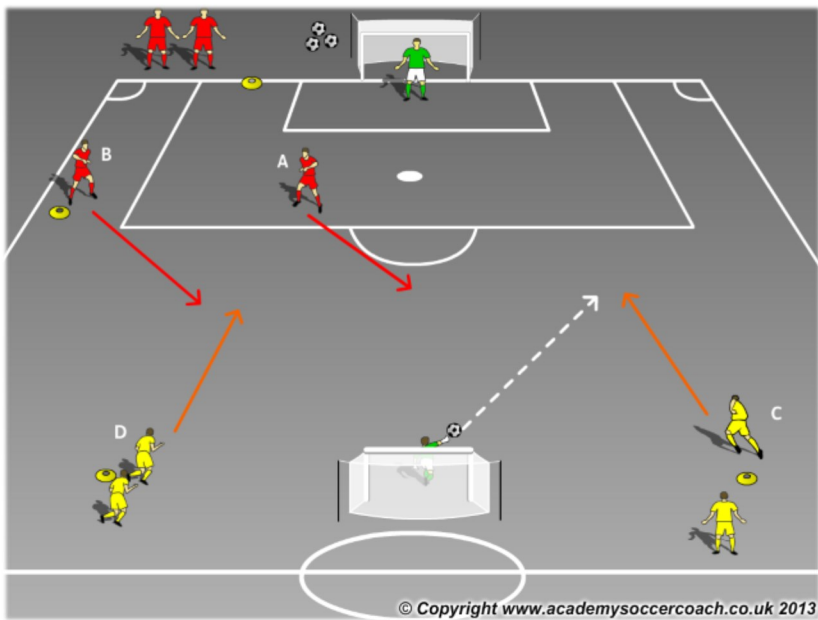


As soon as Player B passes the ball, he/she must recover into a defensive position in the middle of the field. Once the ball is in the air from Player B's pass, Player C can make a forward run. The Goalkeeper catches the ball and must distribute quickly to Player C who now plays 1v1 with Player B. When the move is finished, Player C recovers to the Yellow line and Player B recovers to the Red line and Player A moves up to the next cone. Goalkeepers rotate after 3 minutes. Once the exercise starts to flow, allow the Red team the option of attacking the other goal if they win possession of the ball.



Progression:

In the next stage of the exercise. The Yellow team has players on either side of the goal. Again, Red players start—Player A to Player B who sets Player A to come forward and play a lofted pass into the Goalkeeper.



As soon as the ball is in the air from the lofted pass, it is the trigger for all players to get into good positions. The goalkeeper now has two options in Yellow—Players C and D. Both defensive players, A and B, are also active and the Yellow team now attacks in a 2v2. Similar to the last progression, if the Red team win the ball, they can counter attack on the other goal.

FINISHING

Coach: Rahim Mohamed

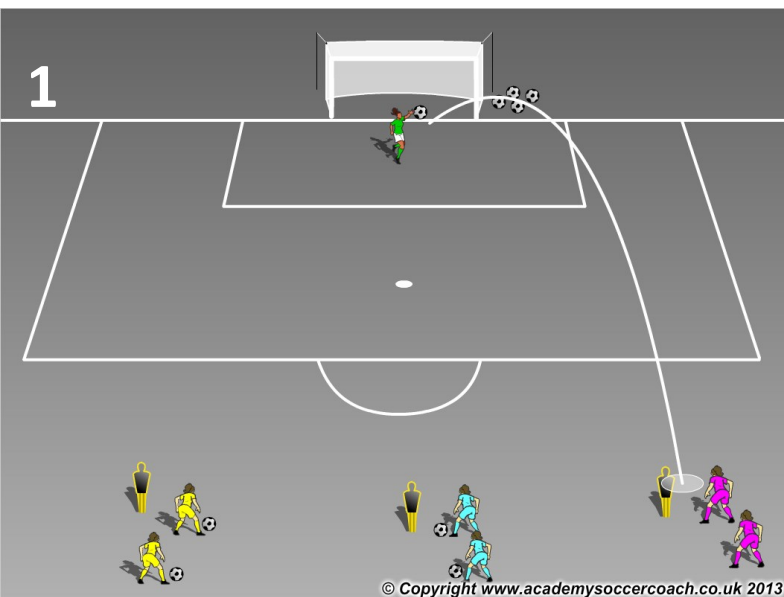
Age Group: U10+

Activity: 3 Line Finishing

Duration: 12-15 Minutes

Rahim was recently recognized as one of the NSCAA Top 30 Coaches Under 30. In addition, he has been a part of the Canadian Sport for Life—Canadian Leaders School for 2013. He has a wide range of coaching experience which includes, First Assistant and Recruiting Coordinator for the University at Buffalo, FC London (USL-PDL) Assistant Coach, Fanshawe College Assistant Coach, FC London Academy, North London Soccer Club Director of Junior Programs. He holds an NSCAA Premier Diploma, USSF 'C', US National Youth License. You can follow him on Twitter: @RahimZMohamed

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3 Line Finishing - Shot, 1v1, 1v2

Organization:

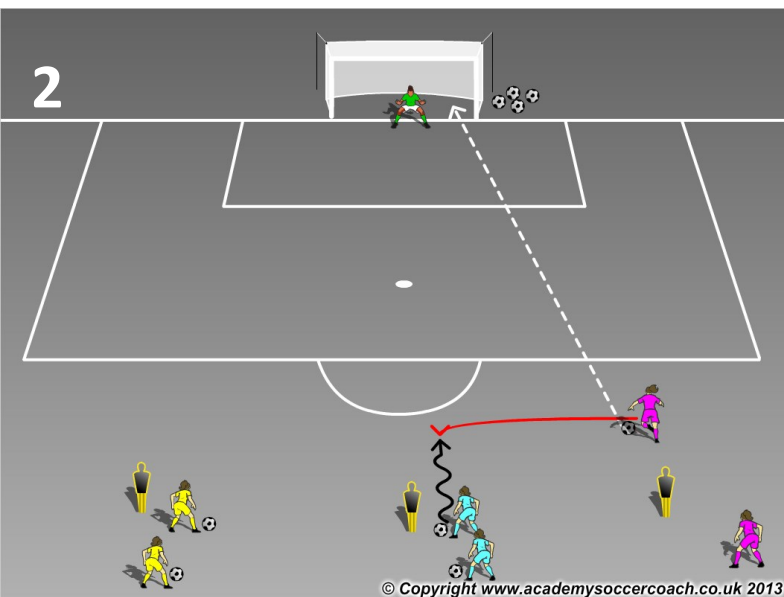
- GK, 3 designated starting points and players split evenly if possible at each starting point
- (1) GK starts by distributing the ball from hands or the ground to the first line (Pink). The Pink player takes a forward touch and looks to finish
- (2) After shooting Pink players transitions to defend an attacker from the Blue line, creating a 1v1 situation to goal. Blue attacks Pink 1v1 and tries to score
- (3) Immediately after Blue shoots, or Pink wins the ball, they transition to defending together against the Yellow player who begins to attack. Yellow attacks Blue and Pink in a 1v2 situation.

Rotate one line to the left.

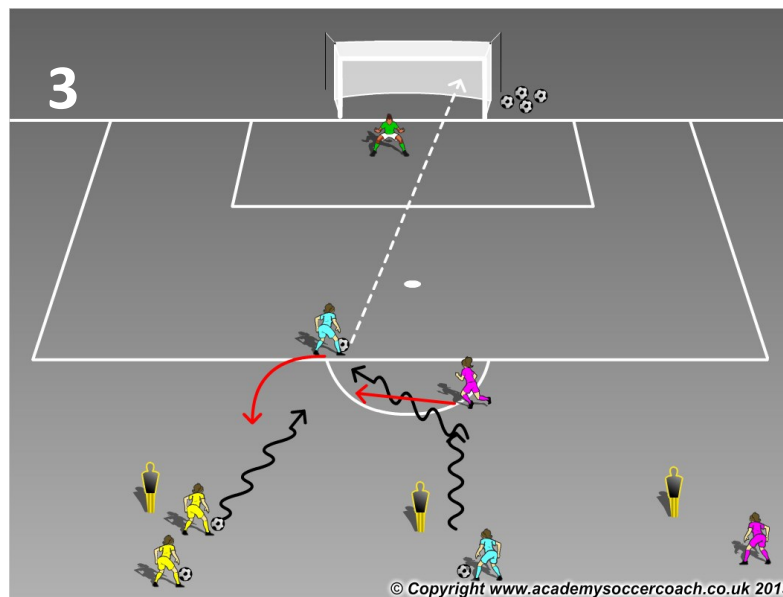
Progressions: We will feature a number of progressions in future editions in this section!

Coaching Points: Try and take a moving forward touch towards the goal when receiving from the GK, incisive attacking at speed when presented with 1v1 and 1v2 situations, Freedom for creativity

2



3



Check back next month for a different variation of this Finishing Activity!

SMALL-SIDED GAME (SSG)

Coach: Rahim Mohamed
Age Group: U12+
Activity: SSG with Changing Numbers
Duration: 20 Minutes

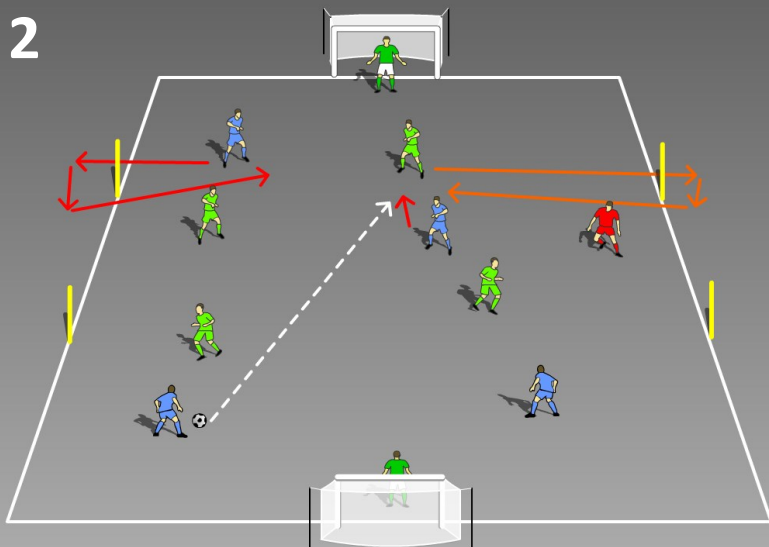
Rahim was recently recognized as one of the NSCAA Top 30 Coaches Under 30. In addition, he has been a part of the Canadian Sport for Life—Canadian Leaders School for 2013. He has a wide range of coaching experience which includes, First Assistant and Recruiting Coordinator for the University at Buffalo, FC London (USL-PDL) Assistant Coach, Fanshawe College Assistant Coach, FC London Academy, North London Soccer Club Director of Junior Programs. He holds an NSCAA Premier Diploma, USSF 'C', US National Youth License. You can follow him on Twitter: @RahimZMohamed

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Small Sided Game with Changing Numbers

Objective: Help players recognize cues within the context of a game

Organization:

2 Teams of 4+ Players, 2 Goalkeepers, 1 Neutral

Before play begins, the players assign themselves numbers from 1-4. During the course of the play the coach will call out a number, for example "4." Both players with the assigned number must quickly run around one of the four poles on the side of the field before re-entering the field of play.

During the time that the players from both teams are moving around the field, the number situation of the game will change from 4v4 +1 to 3v3+1 and more specifically 4v3 for the attacking team.

Depending on the players who leave the field this can be an advantageous situation for the team on the ball. In the first diagram we can see the players are setup and playing the game. However, in the second diagram due to the call from the coach the most advanced Blue player and deepest Green player must both leave the field. As a result, the Blue player recognizes this and make a forward movement and receives a pass from a Blue teammate currently in possession of the ball.

Progressions: (1) Call out multiple numbers; (2) Call out a colour and number meaning only one player leaves the field

Coaching Points: Principles of play, Recognition of the changing situation, Players awareness to adapt to the different situations, Incisive attacking if the situation presents itself

Check back next month for a different Small –Sided Game activity!



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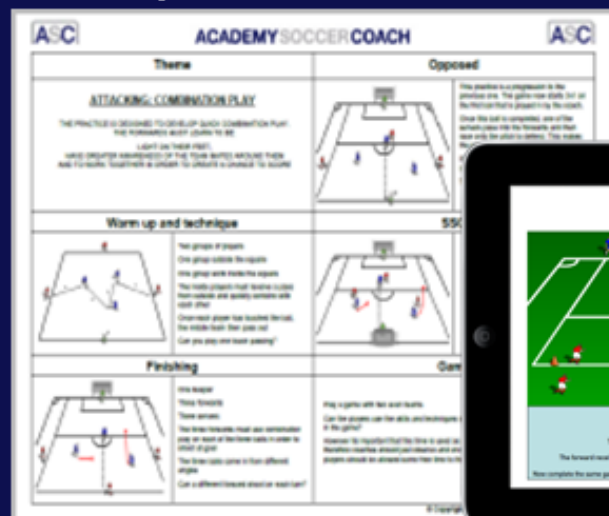
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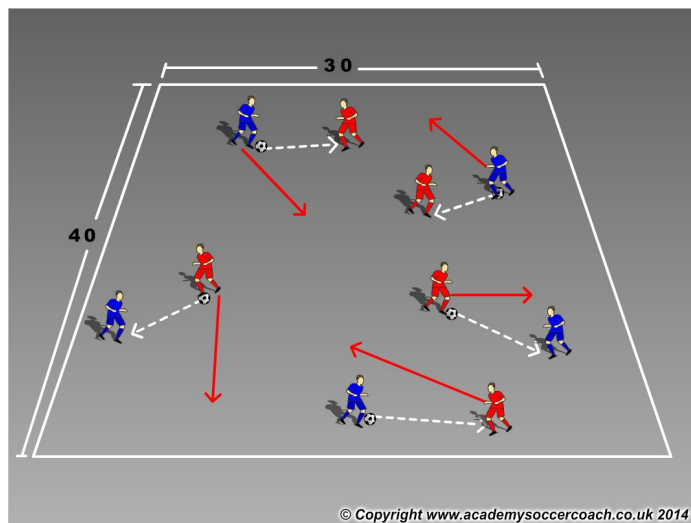
Coach: Keith Scarlett

Age Group: U14+

Session: Combination Play

Duration: 60-90 Minutes

Keith Scarlett is currently an Assistant Women's Coach with Perth Glory FC in Australia. He holds a USSF "A;" AFC "B;" as well as an NSCAA Advanced National, Youth National and Goalkeeper Level I license. Scarlett spent two years as an Assistant Men's Coach for Throttur FC in Iceland and has over 10 years of collegiate coaching experience in the US, as well as 17 years of experience in the club and HS ranks. Having earned two Bachelor of Science degrees (Sports Medicine and Sports Management) and a Master of Science in Sports Psychology, he is currently pursuing his PhD. You can access his personal blog, AN AMERICAN COACH DOWN UNDER at <http://keithscarlett.blogspot.com/> Follow him on Twitter @keithscarlett

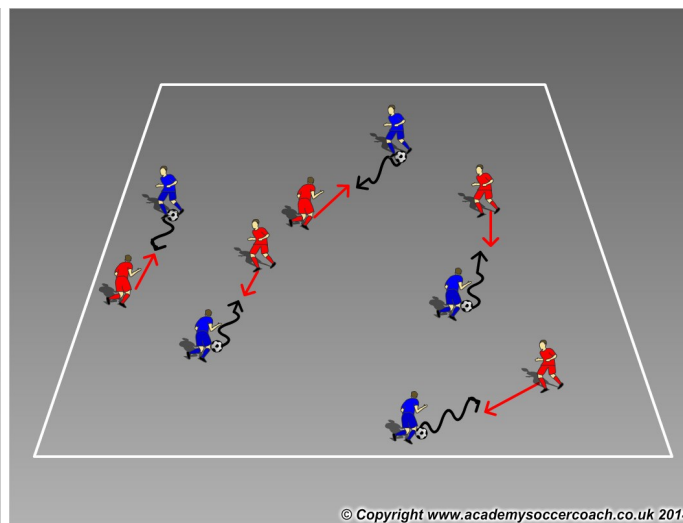


Jog and Pass (3 Minutes)

Area: 40x30

Organization:

Each shirt player starts with a ball and partners up with a player who has a pinnie. They jog around and pass to each other. Their emphasis should be on the proper pacing of the passes and also the change of pace in the runs.



Progression: Wall Pass (2 Minutes x 2)

Shirts start with the ball and they move around and pass to random pinnies and get it back for a wall-pass. This is NO longer done with their partners. Because of the number of players in the grid they must really keep their heads up and communicate in order to make sure they pass the ball to someone who is ready and not involved in a different wall pass.

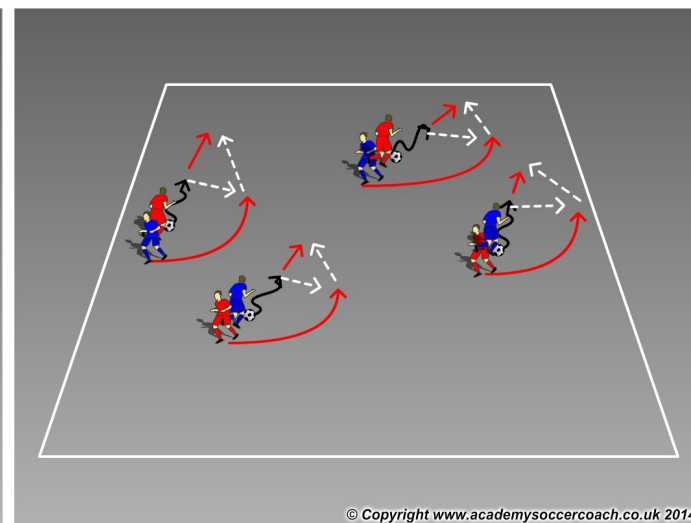
This is done at a quick pace.

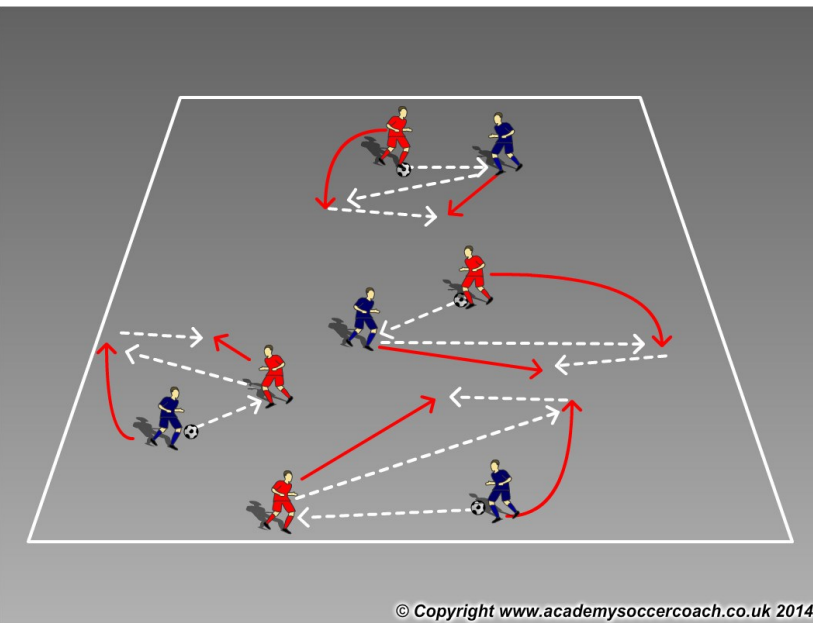
Progression: Take-Overs and more (4 Minutes)

Pinnies start with the ball and do a take-over with a random shirt player. They then spin-off and receive the ball back from the shirt-player and return it for a wall-pass.

This is working on dribbling, take-overs, communication, wall-passes and keeping their heads-up; because otherwise with the number of players in this limited area, there are likely to be some collisions.

This is done at a quick pace.





Progression: Double Pass (4 Minutes)

Shirt starts with the ball and they play the ball to a pinny who plays it back and peels-off and then receives it back.



3v3 + GK's to Goal

Area: 60x40

Organization:

The reason for these dimensions is that the length is of half of a full-field and the width is the width of the penalty area. Since much of what we do consists of breaking the field down into quarters, we try to use these dimensions as much as possible for small-sided games. The one restriction on this game is that in order to score a goal everyone (including the GK's) must be on the offensive half of the field when the ball goes in the goal. This is done to keep the players attached (too many GK's sit-back in their six-yard box and become shot blockers instead of getting involved and being real GK's). If a goal is scored and everyone isn't over the halfway line, the goal does not count. If a goal is scored and a defending player hasn't gotten back into his/her defensive half of the field, the goal counts as two.

Progress: 6v6 + GK's to Goal (3 Teams) (12 Minutes)

Teams stay on for five minute periods or until they are scored on. The teams that get scored on go off and the third team comes on. The team that scored does not wait, and begins play immediately. Subs are made every two minutes on the fly and each team is led/organized by their captain. This forces them to work together both on the field as well as off (*the coach calls 'subs' and the subs have to be made right then so things have been planned ahead of time*).

20 Yard—2 Person Races

There are two lines and the first person in each line starts with their hands touching their toes. The coach say's "Go" and these two race against each other to the finish line 20 yards away. The winner gets a drink and starts the cool-down and the loser jogs back to the end of the line to race another "loser." So will only race once, while others will run until they win (*or are the last person left*).

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Thank you for reading our first ever edition of Coaching the Global Game Magazine!

Best Wishes for a Prosperous 2014!

- CTGG Team