

# COACHING THE GLOBAL GAME

[www.coachingtheglobalgame.com](http://www.coachingtheglobalgame.com)

## COACHING SESSIONS

From Coaches Around the Globe

## IN-DEPTH: CENTRE BACK

Roles and Responsibilities of Central Defenders

## INTERVIEW

With Lee Johnson on Coaching



Dear Readers,

Welcome to our 3rd issue of *Coaching the Global Game Magazine*. We hope that you enjoy this issue as much as you enjoyed our previous issues.

We are pleased to feature fantastic contributors once again. We would like to acknowledge them for the time they take to put together their submissions for *Coaching the Global Game Magazine*.

We hope you have been eagerly anticipating our third (March 2014) edition of the magazine.

Enjoy!

Coaching the Global Game Team

**Twitter: @CTGGMagazine**

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# THE # 4/5—ROLE OF A CENTRAL DEFENDER

There are many different types of Central Defenders and listed below are some of the attributes that top flight players' possess. This month, I have split these attributes into 2 sections: In possession and out of possession. Primarily, the role of the Central Defender is to stop and contain Strikers and be part of unit that keeps a clean sheet; however, we must not ignore that Central Defenders can be play makers too.

## OUT OF POSSESSION

- Anticipate: intercept the ball ahead of the opposition players both on the ground and in the air (see SSG Practice on next page)
- Confident and comfortable in 1v1 situations; be aggressive and composed in tackling situations, particularly set pieces (see Skill practice on next page)
- Be difficult to beat, don't commit too easy
- Be brave in around the box, make blocks and tackles
- Know when to get tight, when to make space or cover and when to 'drop off'
- Know when and how to track runners, understanding how to 'hold the line' and play offside
- Communicate and instruct teammates to keep organized and compact

## IN POSSESSION

- Create depth for the team, so that teammates can pass back and maintain possession
- Show a good first touch off both feet, to control interceptions and start attacks
- Pass the ball short and long distances with precision; forwards when possible
- Understand when to dribble the ball into the middle third
- Understand when to switch play or 'recycle' possession
- Understand when to build an attack and when to 'be a defender'

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### 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 adults, from grassroots to football league. He is an 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://coachdanwright.blogspot.co.uk>*



# SQUAD PRACTICE: DEFENDING 1v1 SITUATIONS

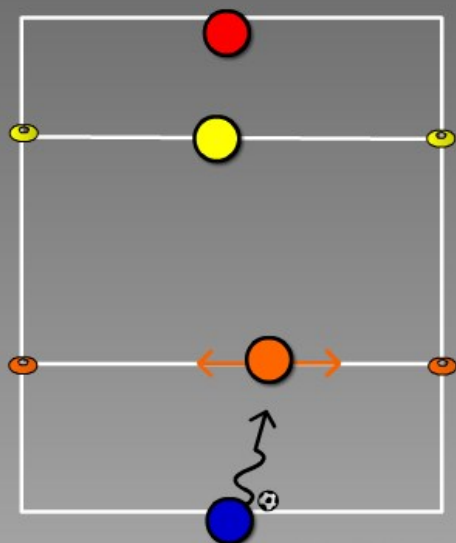
**Coach:** Dan Wright

**Age Group:** U12+

**Session:** Defending 1v1 Situations

**Duration:** 60-90 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>*



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## SKILL PRACTICE

To introduce the theme of 1v1 defending, we look at the basics in this practice. This is a great game as it promotes ball mastery in possession, giving players loads of touches of the ball and give players lots of repetitions of 1v1 situations.

Here the Blue player looks to 'run the gauntlet' dribbling the ball past the 2 defenders, Orange and Yellow and give possession to the Red. If the Blue is tackled he swaps possession with the defender, who takes on the next defender.

Defenders can only defend laterally on the line, between the gates. If it's too easy, you can give ownership of the session to the players by asking them to the gates smaller or larger.

In terms of technique here I would encourage defenders to 'get side on' and 'show the attacker one way.' Once the defender has forced one way, can he/she shut down the space and either win the ball or force the opponent away from the gate.

## SMALL SIDED GAME

This SSG is designed to improve 1v1 defending. The pitch is setup with 4x 1v1 situations and the game is multidirectional so that either team can score in either goal. Idea is for the 3 midfield players to play into the end zone and create a 1v1; attacker versus defender scenario. The coach starts the practice and maintains the tempo with a supply of balls on the side of the pitch.

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## SMALL SIDED GAME CONTINUED...

In the picture to the left, the Red Midfielder plays into the Red Striker, this creates a 1v1 with the Blue. If the Blue can steal possession he plays into the midfield and the game continues.

**SHUT down ... anticipate** the next pass and either **intercept** or get there **quickly**.

**SLOW down ...** once the defender is there slow down, if you are too tight you might be easy to beat and out of the game.

**SIT down ...** knees bent, side on, show the attacker **'where you are strong.'**

**SHOW down ...** know where the danger is, where you want the attacker to go and be patient! Sometimes sending the opposition away or making play predictable is a success.

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Although this session is on 1v1 defending, you can start to look at the partnership of Central Defenders. In the picture to the left, the Blue Defender 2 in the second box has a decision to make. His/her position must offer cover in case Defender 1 makes a mistake. Equally he/she has to anticipate the pass to the Red Striker so he/she can intercept

## PROGRESSIONS

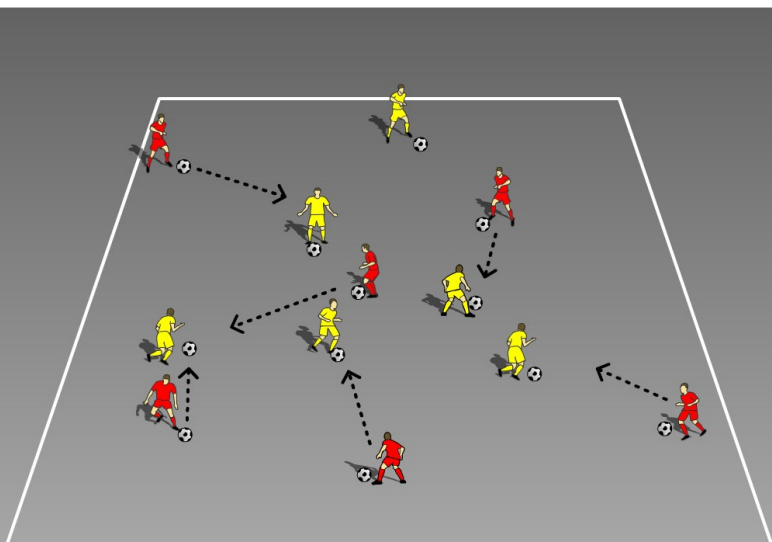
- Make the game directional
- Remove boxes
- Add goalkeepers
- Introduce offsides

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# ACTIVE START (AGES 0-6)

**Coach:** Mark Cristante  
**Age Group:** U6  
**Session:** Dribbling  
**Duration:** 45-60 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, NSCAA Director of Coaching as well as the NSCAA Premier Diploma. Mark considers himself a life long learner and a student of the game! Follow him on Twitter: @CoachSkills*



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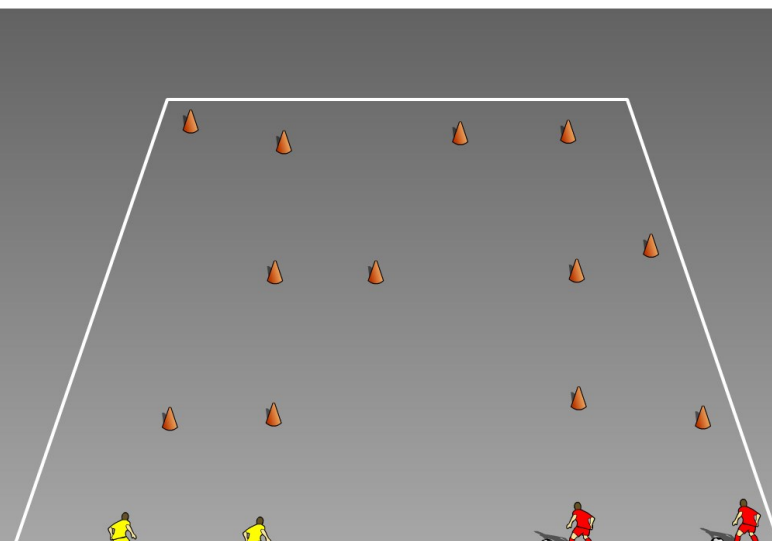
## Catch the Tail

**Area:** 10x10

### Organization:

Two teams of even or uneven numbers without balls to start. One team will have bibs tucked in the back of their shorts. On the signal, the team without bibs (Red) tries to steal the other players (Yellow) bibs. Progress by giving each player a ball. All players dribble to maintain possession of the ball.

**Coaching Points:** Let them play!



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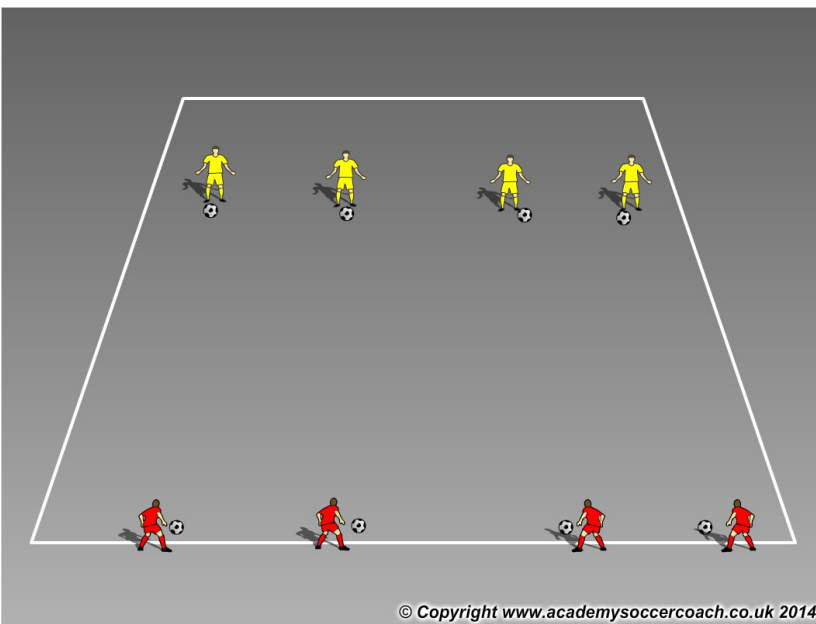
## Jungle Game

**Area:** 20 x 20

### Organization:

Have all players start on the line and on your signal they are trying to go around and through the trees (cones) without touching them, as they are poisonous. If you touch them, start back at the line. The winner is the first one to make it through the Jungle.





## Star Wars

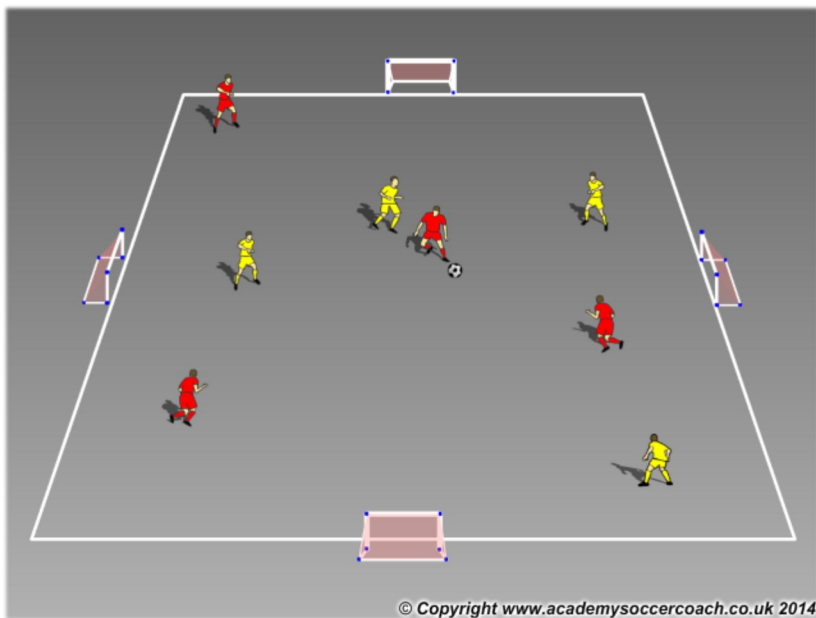
Area: 20x20

### Organization:

16 players, 2 teams of 8. Fleets of star fighters start either side of the grid on their launch pads. The star fighters take off on the commander's order to battle the opposing fleet. To score you must knock an opponent's ball out of the grid with your ball whilst ensuring that your ball stays inside the grid.

If your ball leaves the grid you have been shot down and should crash land outside of the grid. At the end of the battle the fleet with the most remaining star fighters wins.

**Coaching Points:** Keep spare balls at each end as if a player attempts a strike and misses, the ball could go anywhere, Shot down players can then act as ammunition collectors to keep the team's supply stocked



## Small Sided Game

### Organization:

30 Minutes. 4 Pugg nets, Play 3v3 or 4v4, teams can score in any goal. Coach plays ball in when balls go out of play.

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

# FUNDamentals (AGES 6-9)

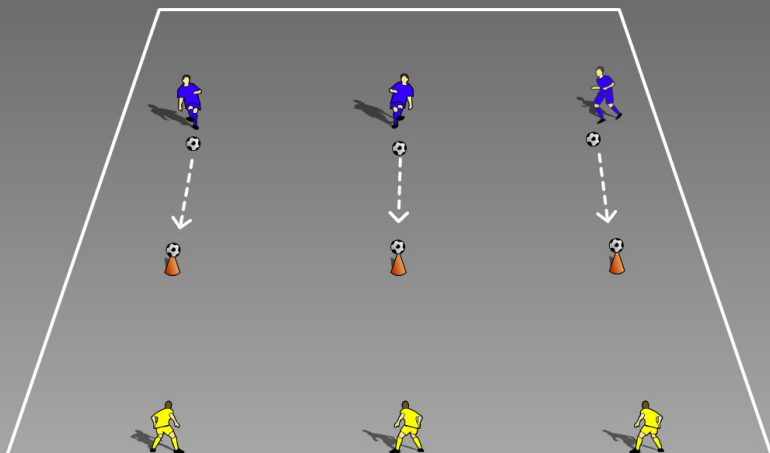
**Coach:** Paddy Hartnett

**Age Group:** U6-U9

**Session:** Passing and Dribbling

**Duration:** 30-45 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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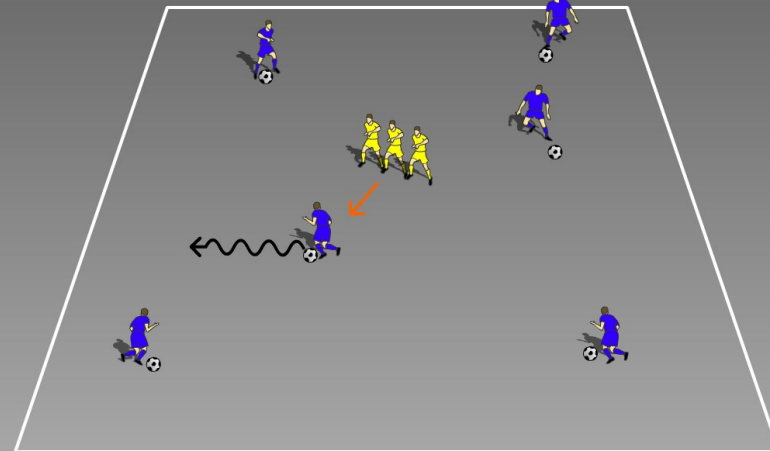
## World Cup Passing

### Organization:

Idea is for the player to pass the ball toward the cone with a ball on top in front of them. If the player knocks the ball off they will receive two points, if they touch the ball without it falling off they receive one point. If the ball falls off then it must be replaced. Time the game and give the kids a couple of minutes to improve their accuracy.

**Progression:** Short Pass—Long Pass, In groups of three the player on the outside will pass to the player in the middle who will receive the ball and turn to face the other player who will then pass the ball to the other outside player they are facing. This is brilliant at getting kids used to opening up their body when receiving the ball

**Coaching Points:** Demonstrate clearly the ABC of passing and get one of the players to show everyone else, Make sure the kids use the inside and outside of their feet whilst passing,



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## Chain Game

### Organization:

All players begin by dribbling around in the marked out area with their soccer ball. It is then up to the coach to decide who will be the first player in the chain. This could be decided at random or given to a player who lost control of their ball whilst dribbling for example.

Players in the chain try and kick another player's ball out of the area. It is up to the other players to shield their ball. When a player has been kicked out of the area they then link arms (or hold hands) with this player to create a larger chain. The chain should work together until only one player is left.

**Progression:** Emphasis on 'other' foot dribbling; Perform a trick or turn every 5-10 seconds during

**Coaching Point:** Make sure the players are dribbling with the soccer ball correctly—small touches, both feet, head up and changing direction often



# LEARN TO TRAIN (AGES 9-12)

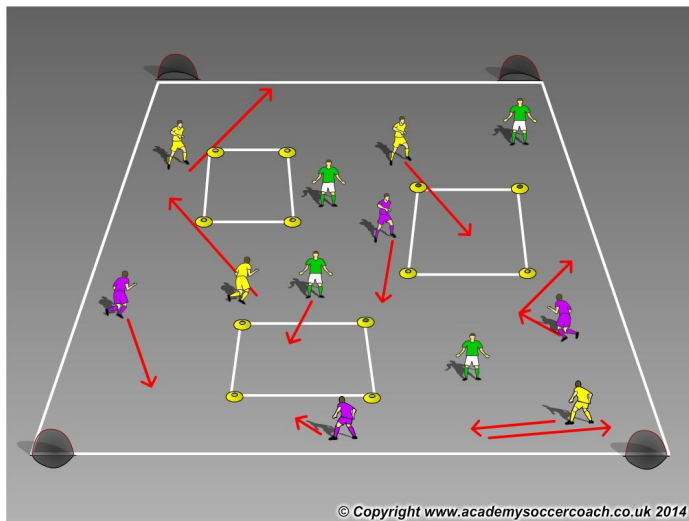
**Coach:** Lloyd Owers

**Age Group:** U9-12

**Session:**

**Duration:** 60 Minutes

Lloyd is an FA Skills Coach for the English FA, working with a wide variety of ages in schools, youth teams and skill centers. 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 @LloydOwers

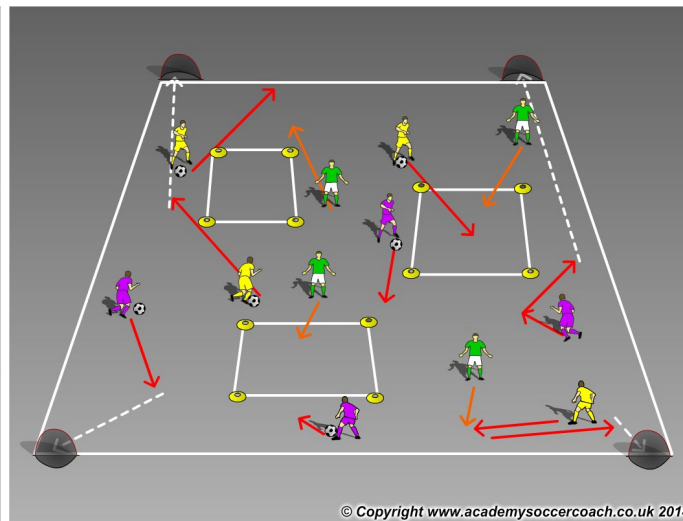


## Warm-Up

### Organization:

Three teams of equal players. 1 are taggers (ie. Green). The attacking/running players try to move freely without being tagged. They can stand in any square for 'thinking time' (but no more than 5 seconds). Taggers cannot enter square

**Coaching Points:** Think of ways to beat a defender (Disguise, Use of body, Use of others, Exploit Space)



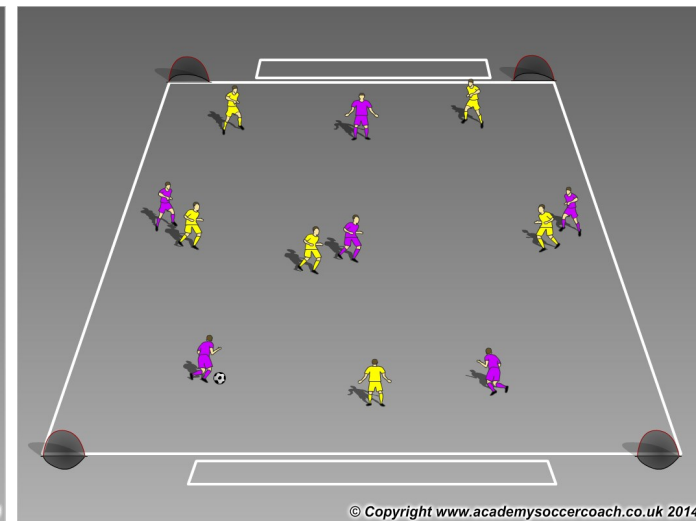
## Main Part

### Organization:

Same as warm-up but now with a ball. Taggers can now enter the squares BUT only if they tackle an attacking player and then dribble into the square and stop it for 1 point. Dribblers aim should be to move freely all around the square. Dribblers can now score in corner goals.

**Progression:** Make it directional (each team lines up at opposite ends and dribbles from one end to the other); 1 team pass, 1 team dribble (one ball each), 1 team defends

**Coaching Points:** Try to create 1v1's, Can you create overloads with other players, Can you beat defenders with your skills



## Small-Sided Game

### Organization:

Directional. 6v6.

Have positions for teams (players decide their tactics). Still have choice of dribbling into end zone or shooting into corner goals.

1 Point for shooting into corner goals  
3 Points for dribbling into end zone

**Coaching Points:** Try to create 1v1's, Can you create overloads with other players, Can you beat defenders with your skills

# TRAIN TO TRAIN (AGES 12-16)

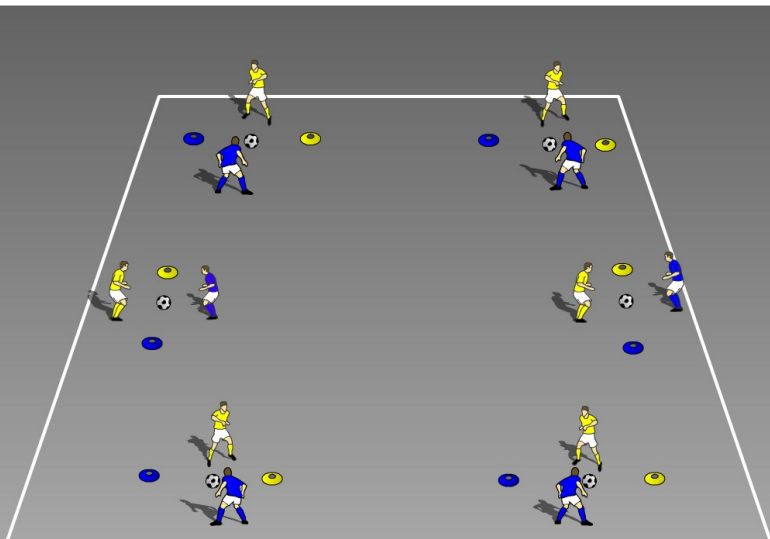
**Coach:** Lee Johnson

**Age Group:** U12-16

**Session:** Small-Sided Games Transition

**Duration:** 90 Minutes

*Lee has over 12 years of professional coaching and sports lecturing experience. Lee has coached for Chelsea FC and Crystal Palace FC, and worked for The Football Association as a FA Licensed Learning Tutor. Lee currently holds a UEFA B Coaching License and is working towards his UEFA A. He has also obtained the FA Youth Modules and FA Learning Tutors Award. In addition, Lee has delivered coach education programmes, workshops and seminars for The FA, The Irish FA, and the NSCAA and a number of other professional organizations. Please see our Interview section to see Lee talk about the following session he presented at the NSCAA 2014 Convention. You can follow Lee on Twitter: @LeeJohnson80*



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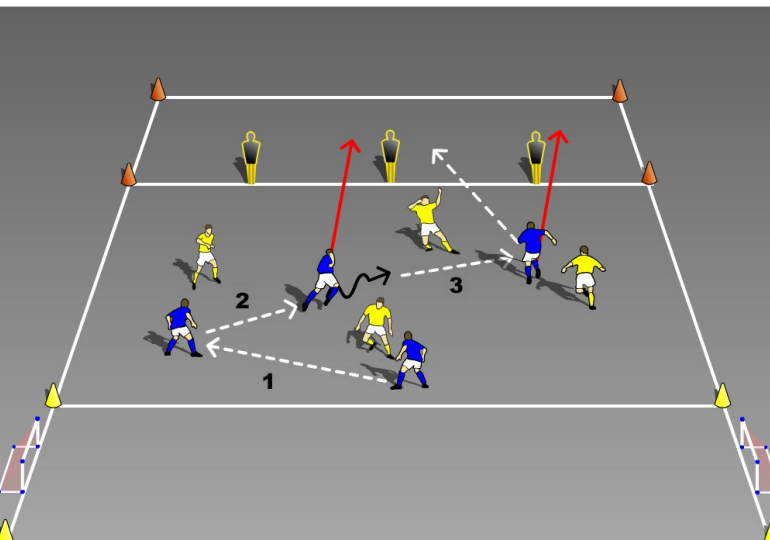
## Reaction Warm-Up

### Organization:

Players in pairs standing either side of the gate with a ball in the middle. On the coach's instruction the players must react, for example. If the coach says 'GO', they must take the ball. If the coach says yellow, they must touch the yellow cone. The first player to react gets a point.

**Coaching Points:** Awareness, Reactions, Speed, Agility

**Encourage competition**



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## Possession—Break Out

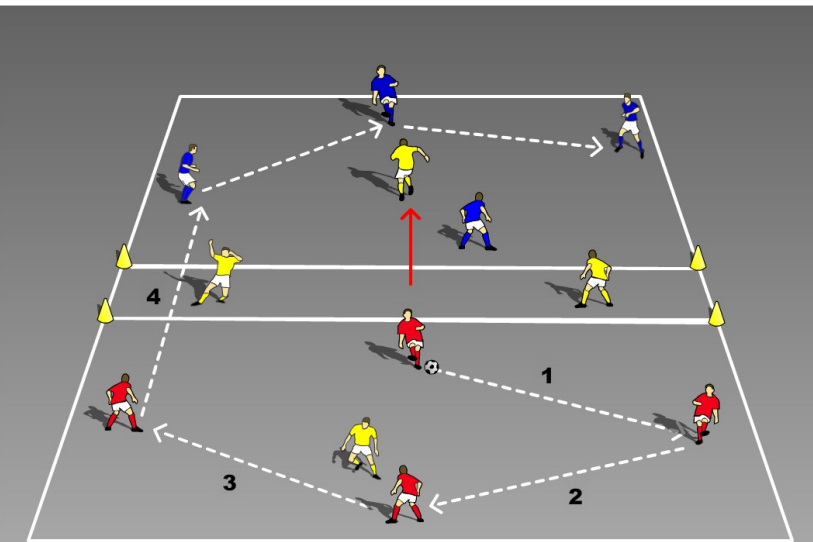
### Organization:

The players must make 2/3 complete passes before 2 players from each team break into an end zone. Players either drive into the zone or make a pass. In the orange zone they must complete two passes before breaking out and attacking the other end. In the yellow zone one complete pass before scoring in either mini goal.

**Coaching Points:** Weight and direction of pass, Speed of play, Change direction with good awareness, Timing of runs

**Progression:** A through ball into the end-zone and the players must time the run

**"Allow for mistakes this is how players will learn".**



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## Possession—Forward Passes

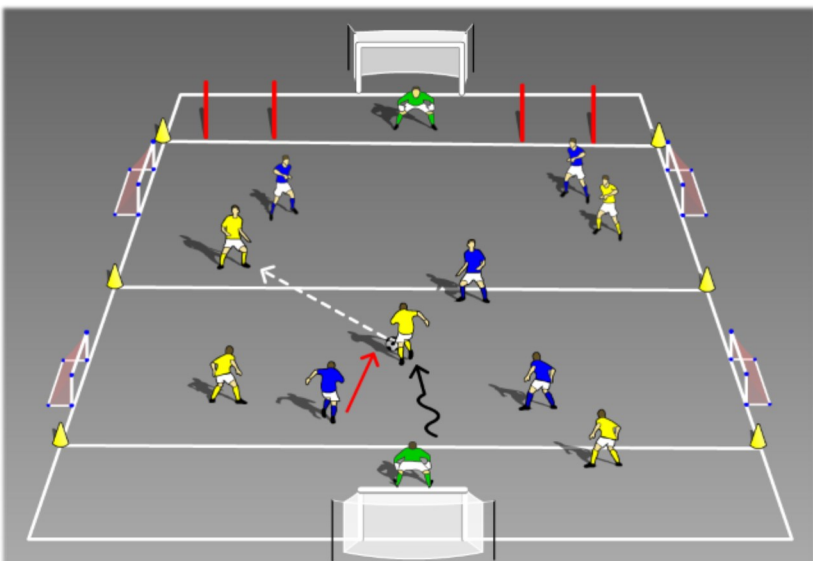
### Organization:

The red and blue team go into one half each. The yellow team starts on the center line. The red team starts and must keep possession against one yellow defenders. The aim is to complete three passes and transfer the ball across to the blue team. The yellow players stay on the center line and must move and try to block the forward passes.

**Coaching Points:** Quality and direction of pass, Speed of play, Visual awareness, Movement on and off the ball, Positive when in possession

**Progression:** Add one more defender

**"Players must be allowed to problem solve, rather than be dictated too".**



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## THE ULTIMATE MULTI-GAME

### Organization:

Game 1 - Possession Game

Game 2 - End-Zone Game

Game 3 - Two Goal Game

Game 4 - Four Goal Game

Players must react quickly to different situations on the pitch, forcing them to be more aware and make better decisions.

**Coaching Points:** Players must react quickly, Show good communication skills, Creativity on the ball, Good use of space and change of direction, The 'when and where's' dribble, pass, shoot etc

Change game every 1-2 minutes

**"Allow for players to express themselves and play with creativity and freedom".**

# TRAIN TO COMPETE (AGES 16+)

**Coach:** Andy Wagstaff

**Age Group:** U16+

**Session:** Decision Making and Transition

**Duration:** 60-90 Minutes

*Andy is currently an Assistant with Oakland University Grizzlies. He has also spent two seasons as an Assistant with Michigan University where they won the Big Ten Championship and reached the 2010 College Cup Final Four. While living abroad Andy has also worked as an Academy Coach with Bolton Wanderers.*



## Double Diamond Passing

### Organization:

Follow Pass. A Pass > B Pass > C Pass > D Dribble to opposite line.

**Progression:** (1) A Pass > B Sets > A Pass (Give and Go) > B Pass > C Pass > D Dribbles; (2) A Pass > B Sets to A and spins out to receive pass from A > B Give and Go with C > C plays to D who turns and dribble to back of line E; (3) A passes to B > B sets A > A diagonal to C > D checks to C, but C plays lofted pass to E > D spins to support E who combine for give and go

**Coaching Points:** Receive on Back Foot, Check shoulder, Quick passing, Receive and pass in the shortest amount of steps and time possible

**Note:** Always have the central player turn and dribble rather than pass. Additionally, please note that you can place two players on every cone and 4 can gather in the middle



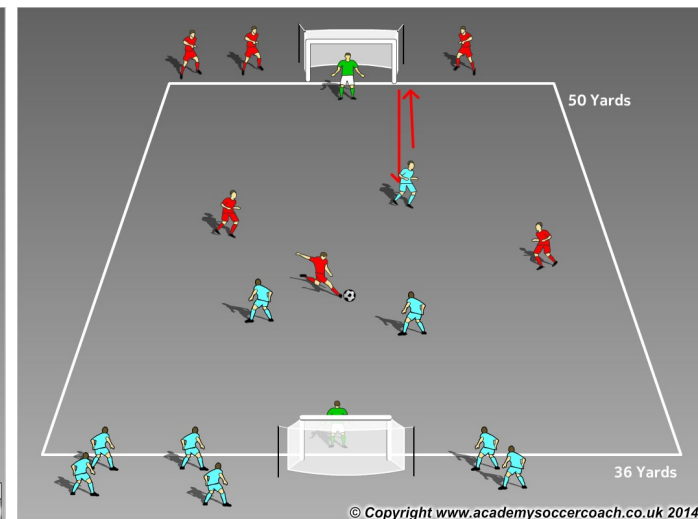
## Developing Training Transition

**Area:** 50x40 (NCAA D1 Players), 50x30 (Pro Players)

### Organization:

Put the players in a system (ie. 433). Goals are one point and must be one touch finish. If numbers down team can win ball and score its worth 2 points. Players are given numbers 2-11, upon coaches command they must sprint off field and around flag before re-entering the game. Numbers up team is encourage to attack quickly.

**Coaching Points:** Numbers up in possession against unbalanced opponent - look to get to goal quickly creating overloads. Move the ball quickly and try to attack any holes that the opponent has not filled defensively. Numbers up without possession - Press immediately and win the ball back, then counter press and attack at speed. Numbers down without possession - Get balanced and numbers behind the ball quickly. Fill in for each other in the most vulnerable areas. Numbers down in possession - Look to keep it when possible but if pressured severely then play forward to eliminate risk. Try to hold the ball up front to delay until teammates are back.



## 3v3 Transition

**Area:** 50x30

### Organization:

Just to being the session 3 players attack unopposed and shoot to start the exercise. Above we start by showing this situation after Blue has shot the ball to start the game.

Any one of the 3 attacking players on the shooting team must touch the goal post that they just shot at. After shot the Red team as shown dribble at speed 3v2 until the recovering Blue player can get back to defend.

To ensure flow, even if a team shoots and the Keeper saves it then the defending team gets off and a new team comes on to attack. The shooting team always sends a player to touch the post

**Finish off session with a SSG.**

# TRAIN TO COMPETE (AGES 16+)

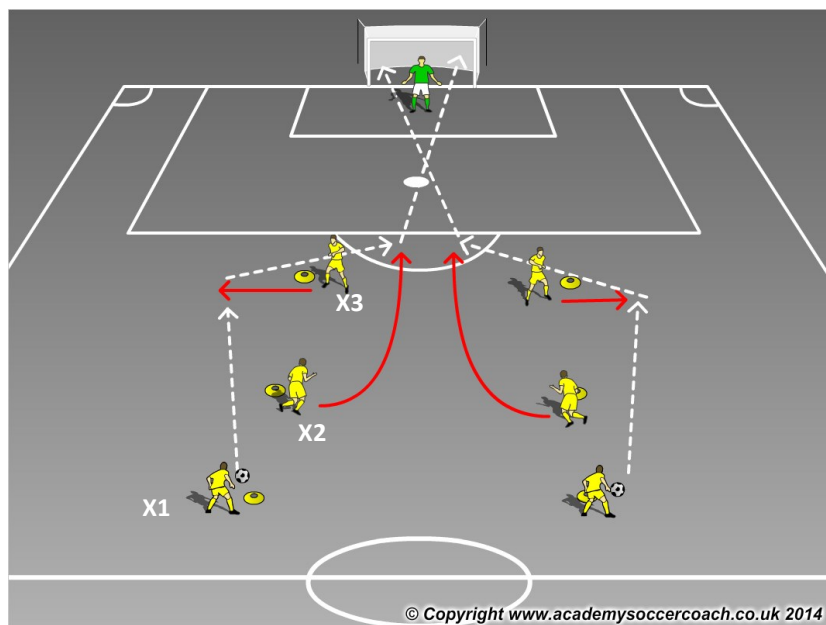
**Coach:** Neil Scott

**Age Group:** U16+

**Session:** Finishing From Distance

**Duration:** 90 Minutes

*Neil is a Junior College Coach in Perkinston, Mississippi at Mississippi Gulf Coast Community College and a club coach at Gulf Coast United Futbol Club in Gulfport, Mississippi. He is an Olympic Development Program evaluator for the Mississippi Youth Soccer Association. He holds a NSCAA Advanced National Diploma, USSF National 'C' License, and NSCAA Goal-keeping Level III Diploma. Follow Neil on Twitter: @NeilScott8*



## Layoff Warm-Up (10 Mins)

**Objective:** Warm-up players and allow for an open look at goal while focusing on the technical aspects of shooting from 15-18 yards to goal.

### Organization:

Set 3 cones/mannequins 10 yards apart down the middle of the field with the 3rd cone being 20 yards from goal. (1) X3 cues the start by checking left of right approx. 5 yards into space. (2) X1 plays the ball into the feet of X3. (3) X2 makes a bending run toward goal on the opposite side to which the ball was played. (4) X3 plays a slightly positive pass into the path of oncoming X2. (5) X2 takes a shot on goal. The slightly positive layoff pass should allow the shot to be taken 15 to 18 yards from goal.

**Rotation:** X3 exits activity, X2 is now at cone closest to goal and X1 is at the middle cone. New player takes over X1s position at first cone.

**Coaching Points:** Timing of movement, Angle of Supporting Movement, Speed of Finish, Accuracy or Power



## 4v4 Within Zone 14 (20 Mins)

**Objective:** Teach players to create and recognize goal scoring opportunities by exploiting the popular attacking area located top the penalty area commonly known as "Zone 14."

### Organization:

Two teams of 4 players, both teams play within the designated playing area. Assign one team to attack the full size goal, shooting only from inside the playing area and the other team to attack the nearby mini goals. The coaching focus should be on the team attacking the full size-goal and their ability to create quality opportunities at goal.

**Coaching Points:** Quick passing and movement, High tempo build up play, Accuracy or power, Quick counter for the defending team





### 7v7 Restricted (20 Mins)

**Objective:** Teach plays to create spaces and recognize lanes that allow for an attempt on goal

#### Organization:

Playing area is 40 yards wide, 30 yards deep, with a midfield line of 15 yards and two Big Goals on either end line. Two teams of 7 players. Each team sets up with 4 players in their half and 2 players in opposing half. Players cannot leave their designated halves. This leaves each half with a 4v2. The group of 4 players are the primary goal scorers with the pair of players in opposing half work hard defensively or look for rebounds.

**Coaching Points:** Angles of support, Body shape when receiving, Improvisation,

**Progressions:** Time limit before a shot



### 9v9 Match (30 Mins)

**Objective:** Application of learning objectives from the session in a game format.

#### Organization:

Create two teams of 9 players. Place a goalkeeper in each of the full size goals with each team of 8 field players playing at 3-4-1 formation. Tryout each team's ability to use a flat-4 midfield and a diamond-4 midfield. Encourage players to make penetrating passes (or dribble penetration) into the penalty area only when there is an obvious goal scoring situations that allows for a high probability of success. They should otherwise recycle the ball through the midfield and/or switch the point of attack.

**Coaching Points:** From previous exercises

**Note:** This style is most commonly useful for a team that expects to have less opportunities in their attacking third of the field compared to their opponent and/or is not commonly successful passing and moving in congested areas in attack.



# GOALKEEPERS

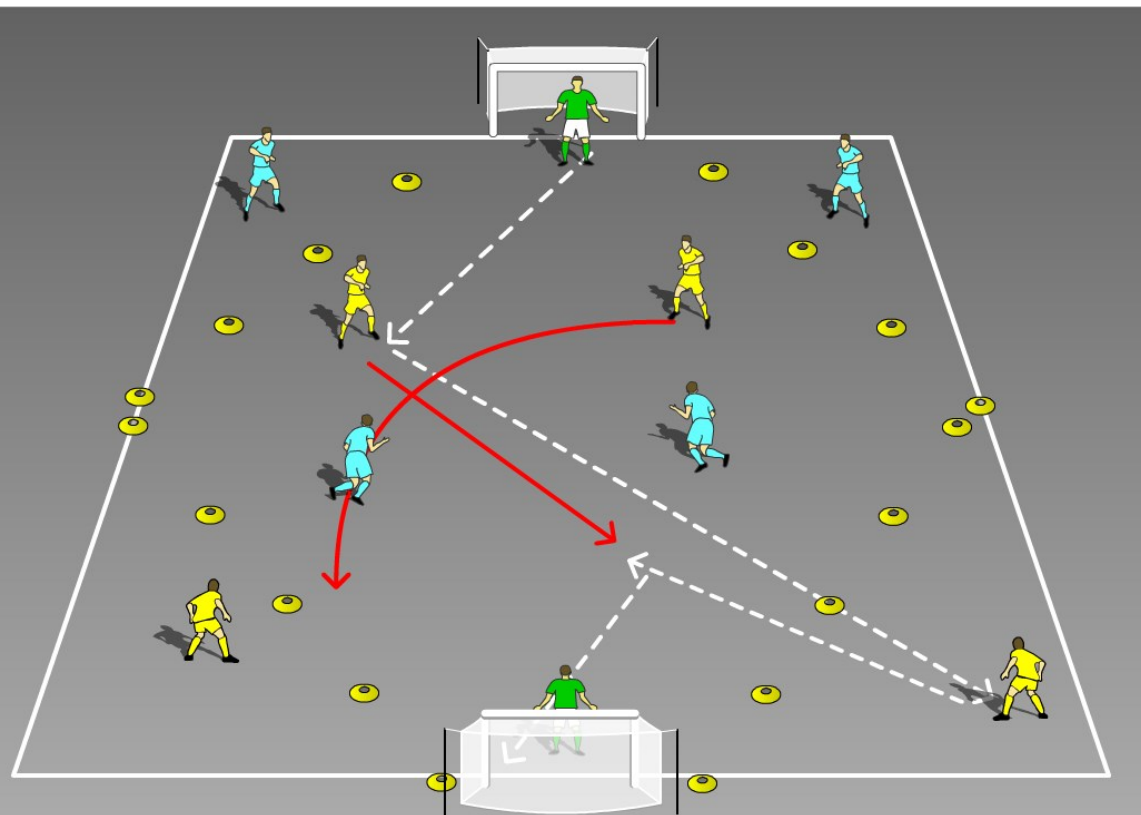
**Coach:** Rob Parker

**Age Group:** U12+

**Session:** SSG Decision Making and Organizing their Backs

**Duration:** 20-30 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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## SSG: Emphasis on GK Communication and Decision-Making

### Organization:

Field is set up with 2 goals and diagonal cones created a diamond shape.

2 v 2 in the diamond workspace with 2 additional players for each team who are on the offensive sides of their team's goals. These players are limited to one or two touch in these channels.

The game begins as 2v2. In order for the two players in possession of the ball to go to goal, the players must play to their outside target teammates and then attempt to run onto a ball played from a wide angle served by the outside target player. When a goal is scored, the two players whose team is scored upon switch with the two targets of their college. The team who scores stays and receives the next ball from their goalkeeper. The game is restarted quickly and is free flowing. The Goalkeeper is responsible for communicating effectively with his backs about cutting off the passes played wide and covering the on-coming runners. As the ball is played to the wide target player, the keeper should cover their angle and position themselves to either attempt to collect the crossed ball or when the ball is crossed to position themselves for a possible shot on goal from the runners.

**Coaching Points:** Decision-Making, Positioning, Communication with the backs, Collecting balls from wide angles

# **COACHING EDUCATION WORKSHOPS**

[www.apexfootball.ca/coaches](http://www.apexfootball.ca/coaches)



**All interviews will now be posted on the Coaching the Global Game website starting with our Interview of Lee Johnson that will be posted on March 25, 2014.**

**We asked Lee the following questions:**

- Tell us about your background?
- What does coaching mean to you?
- Tips for aspiring coaches?
- Tell us about your experience presenting at the NSCAA 2014 Annual Convention in Philadelphia ?
- How important is adaptability to a coach?

***Make sure to check out Lee's interview on March 25, 2014 to hear his responses!!***



# ***The Coaching Family***



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# DRIBBLING

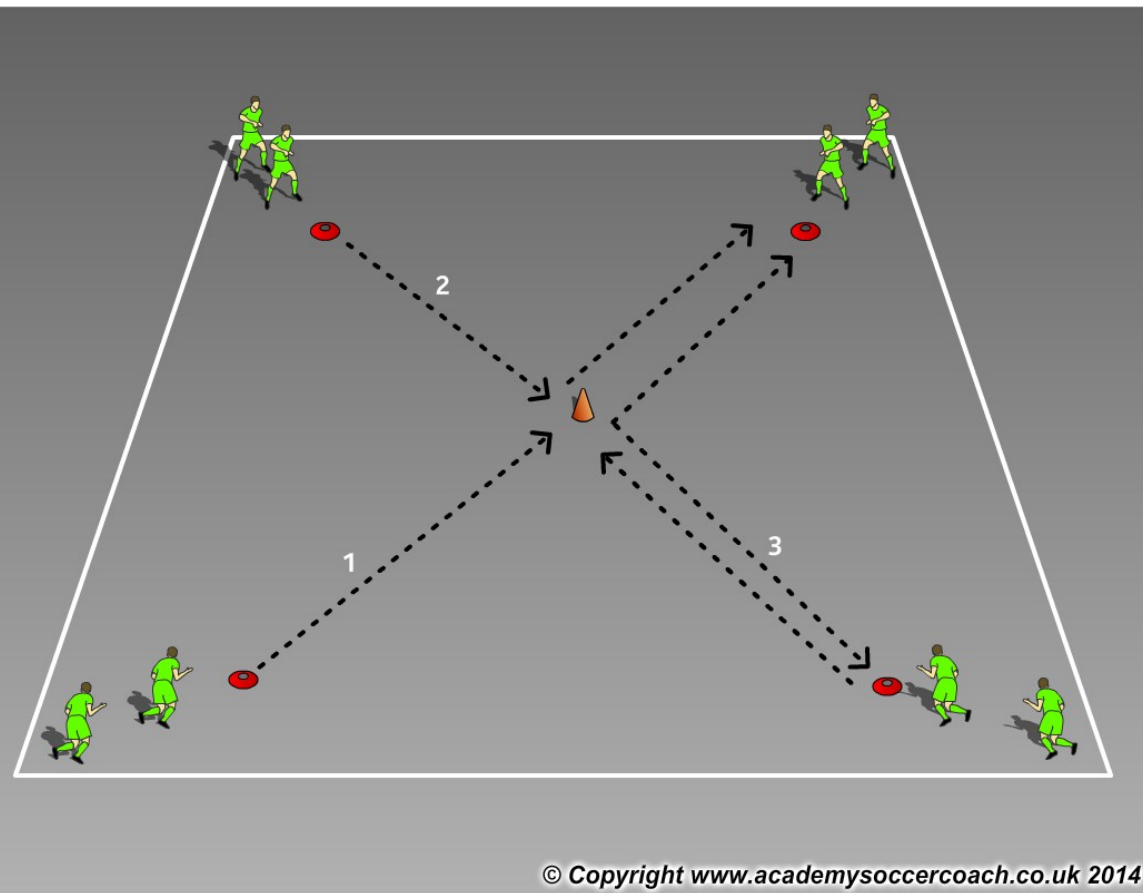
**Coach:** Lee Fielden

**Age Group:** U7-U10

**Session:** Dribbling

**Duration:** 15-20 Minutes

*Lee is an FA Licensed coach who is actively pursuing coaching education. He currently coaches Readstone Utd U8's. His aim is to help kids be the best they can be both on and off the pitch, giving them an environment to play in without fear and thrive on the confidence they gain. You can follow him on Twitter: @Fieldsey77*



## Dribbling

**Area:** 15 x 15

### Organization:

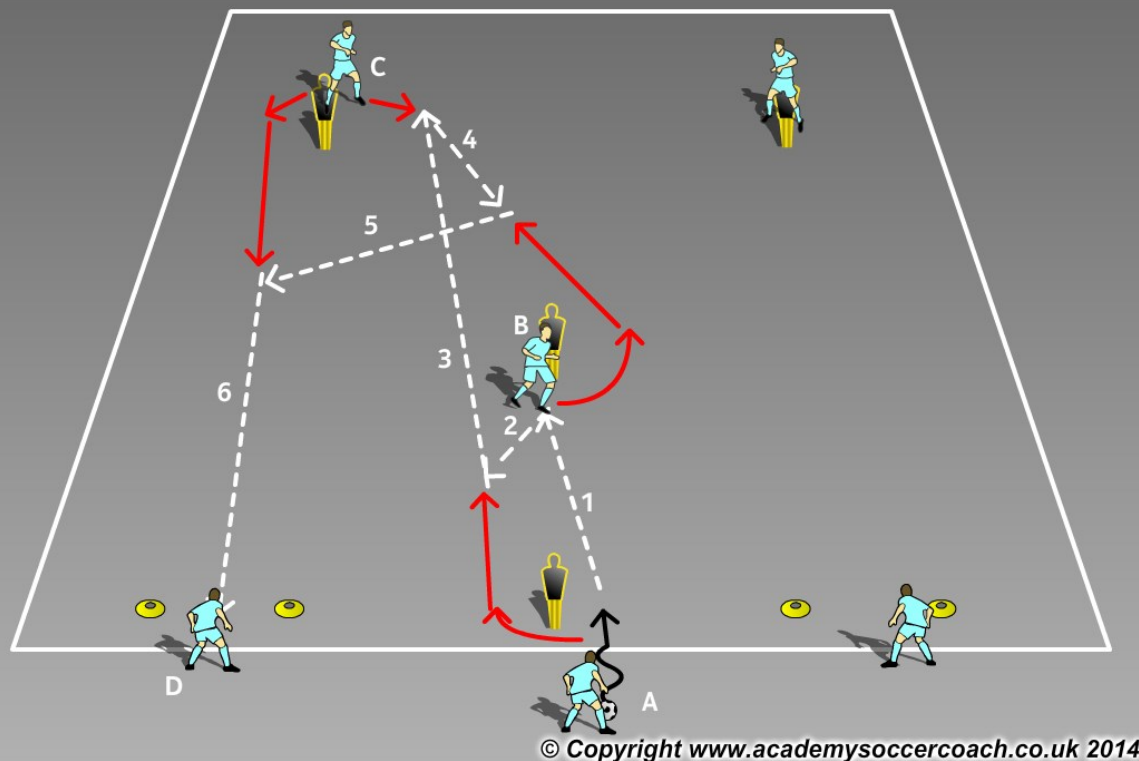
- (1) Players dribble the ball from all four corners diagonally across the playing area at the same time (remove centre cone)
- (2) Players dribble into the centre cone then cut at 45 degrees and either dribble towards the cone on their right or on their left (works both left and right) Cuts—outside, inside
- (3) Players dribble to centre cone then turn and dribble out to corner cone. Turns—drag back, cruyff, side and drag back, reverse step over, roll step over.

**Coaching Points:** Change of direction, Change of pace, Deception, Improvisation, Awareness

# 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 3

**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 bounces back to A, (3) A supports initial pass to B and plays to C who has checked to the ball, (4) C bounces to B who has made a supporting run after bouncing back to A, (5) B plays a weighted pass into the path of C, (6) C passes with their first touch if possible to D who is ready to receive between the gates.

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

**Rotation:** Follow your 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:** Finishing  
**Duration:** 20-40 Minutes

*Gary is the Head Women's Soccer Coach at CSU Bakersfield. 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*

## Shooting Practice and Variations

**Area:** 30x20

### Organization:

Players are split into two teams of ideally four or five. Each player has a ball. Two goals are set up in 30x20 playing area. Four gates are set up 3 yards apart in the corners—two reds and two yellows. Each team lines up behind the yellow gates. Two mannequins are set up 10 yards from each gate.

**Picture 1:** Start players dribbling towards the mannequin and shoot once they have passed it. After the shot, players sprint through the red gates, gather their ball and join the other line so they are always moving. (Change sides so players work both right and left)

**Picture 2:** Players drive towards the mannequin and then shift it onto their right side before getting the shot in. As a coach, you can encourage 1v1 moves for players to try. (Again Change sides to work both right and left)

**Picture 3:** Players must accelerate towards the mannequin, turn when they reach it and shoot towards the goal on the same side they started. Players stay in same line. (Change sides to work both right and left)

**Picture 4:** Player on Red starts and dribbles to the mannequin. When he/she reaches the mannequin, they shoot on goal. After the shot, the shooter becomes the defender and Blue player becomes the attacker. The exercise keeps moving now where the shooter always becomes the defender and tries to block the other player's shot. (Change sides to work both right and left)

# SMALL-SIDED GAME (SSG)

**Coach:** James Scott

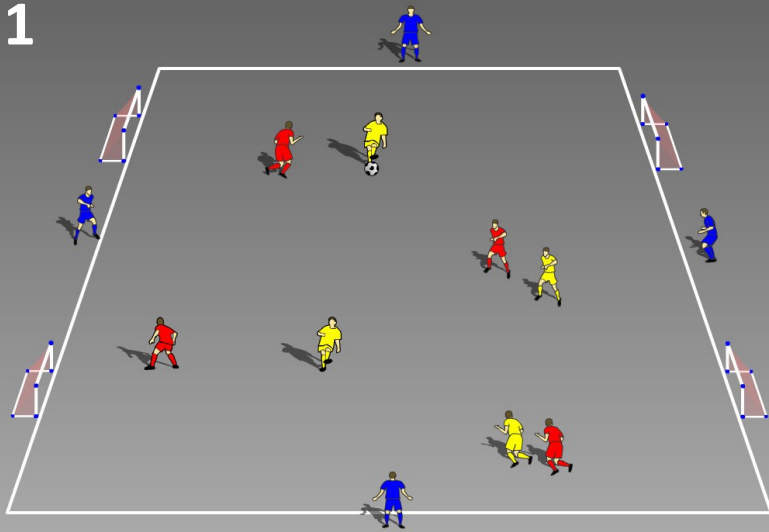
**Age Group:** U12+

**Activity:** 4+4v4 with 4 Goals

**Duration:** 20 Minutes

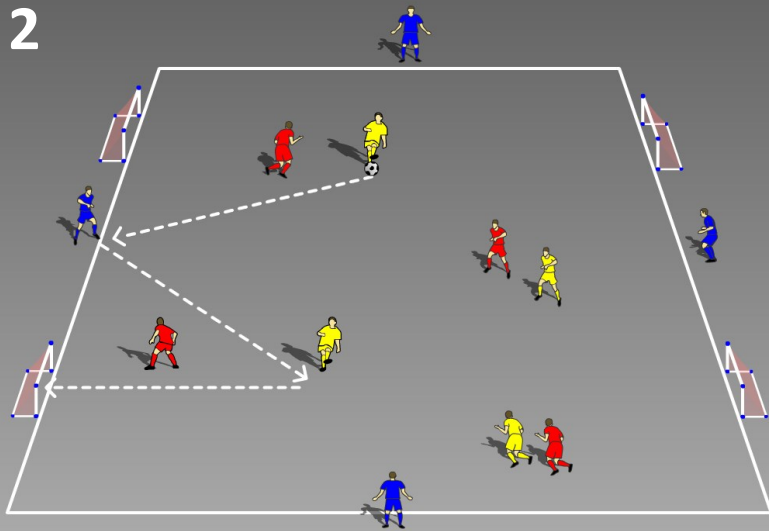
*James is a Development Officer with the Football Association of Ireland (FAI) in North Tipperary. He holds an UEFA 'A' License and is also the Head Coach of the FAI Regional Emerging Talent Programme in Limerick. Additionally he coaches with the Ireland U15 Development Squads. You can follow him on Twitter: @JamesScott89com*

1



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## Small-Sided Game: 4+4v4 with 4 Goals

**Objective:** A practice designed to improve players technique, movement and decision making in a small sided game.

**Area:** 30x20

### Organization:

3 Teams: 4 Reds, 4 Yellows, 4 Blues (Wall Players)

4 Goals 2 for each team

When the ball goes out of play, restart with pass into play by one of the Wall Players. 1 goal for a normal goal, 2 goals for combination with wall player (as per picture 2).

### Key Factors:

- Let the game flow freely, not too many stops, let the players solve the problem
- Play 2-2 formation this will allow each team in possession to create triangles with Wall Players
- Remind players they need to keep a balance in defending and attacking
- Encourage players to react quickly to the ball going out of play, can we score? Do I need to defend?
- Look for them to take advantage of scenarios when the opposition reacts slowly
- End product

**Notes:** Coach must have good supply of footballs to keep the game going quickly, if you have an extra player they can play as a floater in the middle of the pitch.

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



# Soccer **coaching resources** for the professional and grassroots game



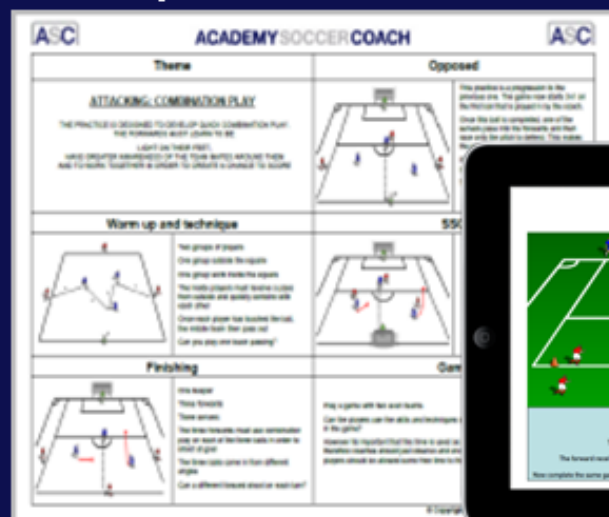
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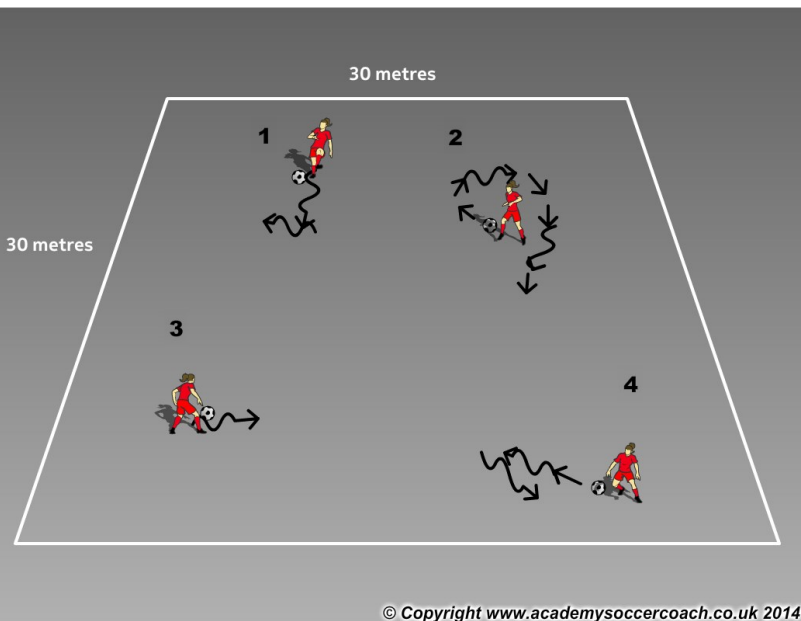
**Coach:** Keith Scarlett

**Age Group:** U14+

**Session:** Technical Work, Defending and Shooting

**Duration:** 60 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



## Technical Workout

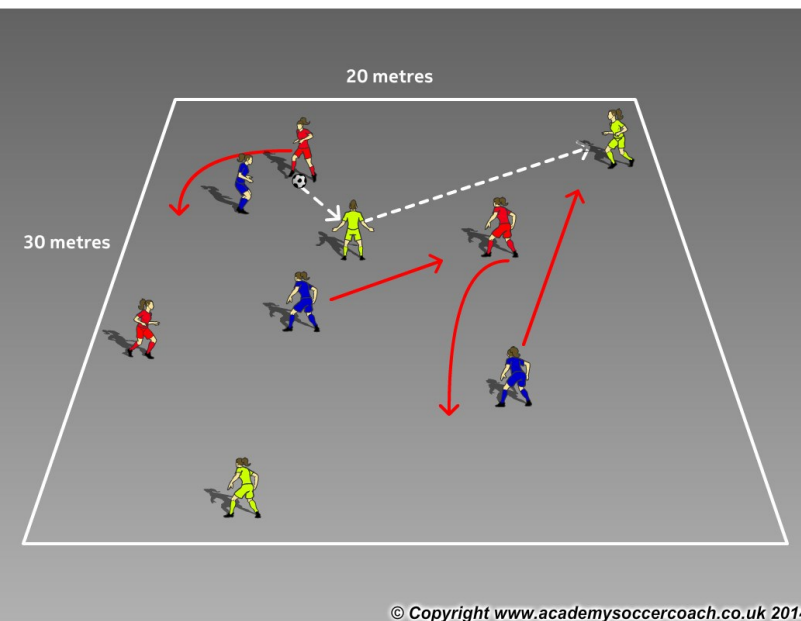
**Area:** 30x30

### Organization:

Team does about 15 minutes of Coerver moves. Focus should be on explosive 5 meters after the move and making sure they are touching the ball with every step (keeping the ball tucked in). Some of moves they perform: Pullover across body with sole, 360 with outside of foot, Scissors, Out-Out-In.

**Here is How it Works:** Players dribble around in 30x30 grid. Sometimes they dribble with only their right foot, only their left foot, only the bottom of their feet, etc...and when the coach says 'Go' they should do the move. Regular Dribble: (1) pullover across the body with sole of foot (2mins). Right Foot dribble only: (2) 360 with outside of the foot (2mins). Left-foot dribble only: Scissors (1min). Bottom of the feet: (4) outside-outside-inside (2mins).

**Next Step:** the coach assigns a number to each move (1-4) and the coach calls out a number and the players do the corresponding move. Emphasis is still on keeping the ball tucked and after each move, the players accelerate with the ball five yards and then resume dribbling.



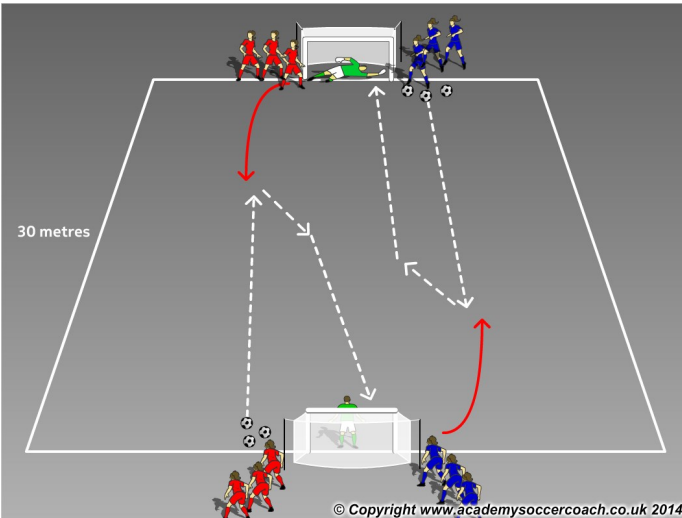
## 3v3v3

**Area:** 20 x 30

### Organization:

Field players break into three groups of three. They play 3v3v3 for possession (extra players are rotated in). While this is normally done as a possession game, we use it as a way to work on pressure, cover, balance. The first defender needs to step HARD to the ball and force into cover of the other two players who are working with him/her. The balance player is simply reading the play from behind and providing balance (14mins)

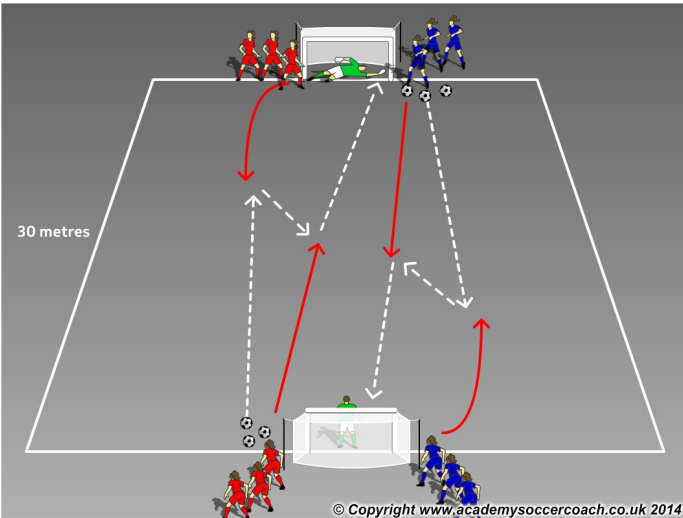
**Next Step:** This turns into a competition by having each team stay on defense for a two minute period and they will see how many times they can steal and disrupt play. The two teams possessing the ball see how many times they can split the defense. The number of stole passes and disruptions are added together and then the number of splits are multiplied by two to get the total points for each defensive team (2min x 4)



One player sprints off the post and the player directly across from them at the other goal plays a ball on the group to the player checking in. The player would take their touch with the outside of the foot towards the centre of the goal and then take a shot.

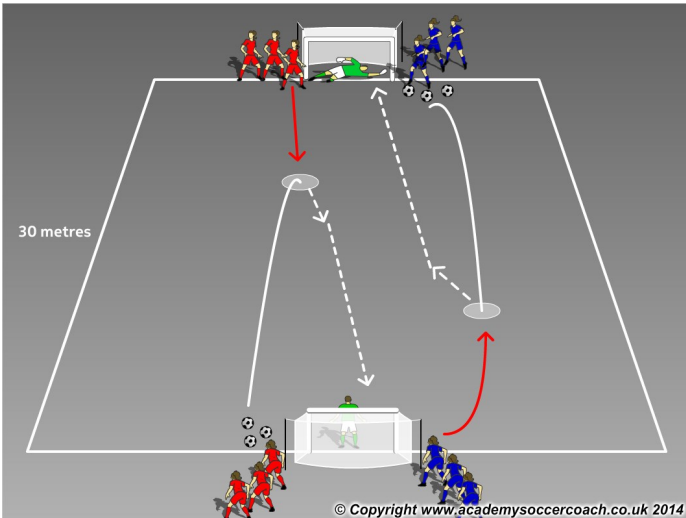
**Coaching Points:** Checking in hard, Calling for the ball, Checking at a slight angle, Selling the move (shifting their hips towards the outside before taking their touch inside)

9 Minutes




The player checks towards the other player who would pass the ball in like before. The player checking in would lay off the ball towards the middle of the goal for the passer to run onto to take a onetime shot. The player who layed the ball off should vary, using different surfaces and different means of laying off the ball

5 Minutes




One player chips a ball in the air to the person across from them who has one touch to bring the ball down, one touch to prepare the ball, and their final touch as a shot on goal. The ball played in should be a challenging ball to bring down but accurate enough for the player to get to the ball

5 Minutes



# Soccer coaching resources for the professional and grassroots game







# The **Ajax** Way

## Coach Development Workshop

Monday 28th April from 6-10pm

The Pavilion, North Campus, University of Limerick



**Patrick Ladru**  
Ajax Academy Technical Manager



**Sander de Goede**  
Ajax Online Academy

For further information email [anthony@fcai.ie](mailto:anthony@fcai.ie) or call 083-177-1040

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*Best Wishes for a Prosperous 2014!*

*- CTGG Team*