



Coaching the Dutch 4-3-3

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A Pre-Season Training Curriculum

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Pre-Season Curriculum

The following pages are from my pre-season curriculum that I used with my women's soccer team at Northwood University. It includes team fitness sessions, classroom sessions, positional training, and team training sessions that were conducted over a two and a half week period in our preparations for the fall season. It may also be helpful to understand that this team had been completely re-built from the previous year. After taking over leadership for the program in late July, prior to the start of the 2006 season, it became necessary to build the program from the ground up. I invited back only four players from that team for the 2007 season and signed 17 players, most of which were freshmen (entering their first year of college right out of high school). In every instance, none of these players had any experience with the system; either playing it or seeing it played. The curriculum you see on the following pages involved teaching the entire team the system from the very beginning.

As with any system you implement there will always be a transitional period where the players aren't certain of their roles and responsibilities. This may lend to their feeling the system isn't completely working for them. This is normal with any new situation a player or coach is put in. No one likes change. People like to feel comfortable and will always revert back to what they know, even if it is not the best option or method. In most cases, the ones who challenge themselves with something new are the ones that will grow and develop. This team was no different. They began the season very slowly, not knowing what their roles and responsibilities were, and not knowing how to win games at the college level. It is important in this system that you explain the roles of all of the players to all of the players, however, you as the coach must be able to read and recognize who should be playing in which positions. This is part of your ability as a coach to read the game. You must be able to recognize who is your playmaker and put them in the position that will play to their strengths and give your team the best chance at being successful. For example, a player who is technically strong and very good at creating options for the team would be and should be your playmaker. This player should be playing the #10 position. Ideally, you would like them to have size, but don't be fixated on this as sometimes the smallest player may be your best option at this position. It may also take time to determine who should play where. It may take you working with certain players in positional training assignments to get them prepared to play a certain position. For example, a player may have terrific speed, but not look to take players on in 1 v 1 situations. It may take you spending a couple of sessions on 1 v 1 development to create that #7 or #11 player you need. My college team was no different. I had the luxury of recruiting players for this system based upon their strengths and weaknesses. I had almost a year to do this. It still takes time for a team to grow and development for them to reach their real potential. In the case of this team it took 7 games.

After 7 games my college team stood at 2-4-1, competitive, but not successful. We were also fast approaching our conference schedule, which in college soccer means everything. You could see that the lights were coming on in training and, at times, during the game. Those moments, however, were not consistent and not enough to take advantage of critical moments in the game. One good practice can change everything, especially if it is right before a game. We travelled to play an NCAA Division III opponent called Howard Payne University. They weren't a very good team, but they were known for being scrappy and giving team's problems. They also played on

an enormously large field (125 x 80). The practice the day before was very enjoyable and seemed effortless. It overflowed to this game. 15 minutes in we were up 3-0 and controlling possession completely. We were controlling the game so much that the other team had yet to cross into our half with possession. The half ended with us outshooting them 21-1 and us leading 3-0. We finished the game at 4-0, but it was more the feeling that we never felt threatened and they played with such confidence throughout the entire 90 minutes of play. This was followed by a challenge, or a gauntlet, if you will. The referee who did our game complimented us and asked who we played next. I explained that we had our first conference game in six days against UT-Brownsville, a team that was a first year program and was playing like a Top 25 Team. He had done one of their games and stated in front of the players, "They're really good. I don't think you can beat them, though." I thanked him and turned to the players. They were mad and were ready to train right then. Dinner and the trip back didn't lessen their anger, and it carried over that week in training. UT-Brownsville came in on that Friday and we shut them down, winning 3-1 and outshooting them 34-11 for the game. The second half was absolute domination as we allowed 2 shots and took 18. The next day we had to play an NCAA Division I Program who was showing a lot of success. We controlled much of that game too, but tied 1-1. We proceeded to run through conference, winning the regular season title with an undefeated record of 6-0-1, our only blemish being a 0-0 draw against Bacone; a team that played 8 defenders against us and put very little energy into attacking us. We finished the year with 56 goals scored in 18 games, 564 shots (2nd in the nation), and a conference championship and regional appearance for the first time in three years. The overall record wasn't spectacular at 8-7-3, but compared to the 3-12-0 mark from a year ago and figuring that 6 starters were freshmen, that wasn't too bad at all.

This curriculum helped to springboard this team into the season they had. It is not what I would suggest for your team as you may be in a completely different situation than I was. It would also depend upon the age level and skill level of the team and players. I have the luxury of having players that have a very strong technical base, something I always focus on when recruiting. You may look for something else completely when recruiting or selecting players for your team based upon your needs and personal preferences. I always believe there is no substitute for technique. I live by a saying:

Hard work beats talent when talent doesn't work hard,

But hardworking talent beats everyone!

Be sure to look at your team when choosing how to implement any system. The earlier you get them started learning and working within a system the better and more confident they will become. Good luck in your coaching, and I hope this book has helped to expand your thinking and analysis of the game.

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Ice Breaker Scrimmage

DATE: 8/13/2007

TIME: 7:30pm

Warm-up	Static Stretching Daily's (Run by Returning Players) Technical Passing <ul style="list-style-type: none">- 6 Yards- 10 Yards	Coaching Points Observation Only!
Scrimmage	11 v. 11 Scrimmage (2 x 30 Minute Halves) Blue Team (1:4:3:3) Red Team (1:4:4:2)	
Cooldown	Normal Cooldown (Led by Returning Players)	

TIME: 6:30am

Warm-up	<p>Static Stretching Exercises</p> <p>Cone Drill Warm-up</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">△</div> <div style="text-align: center;">△</div> <div style="text-align: center;">△</div> <div style="text-align: center;">△</div> </div> <p>PPP</p> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> - High Knees 3x - Facing Right 3x - Leg Thrust Right 3x - Backward Skip 3x - 50% Jog 3x - 75% Jog 3x <ul style="list-style-type: none"> - Butt Kicks 3x - Facing Left 3x - Leg Thrust Left 3x - Backward Turn 3x - 50% Jog (Up, Back, up) - 100% 3x </div> <p>After each, rotate the following exercises:</p> <p style="text-align: center;">3 Jumping Jacks 3 Knees to Chest 3 Push-ups</p>	<p>Coaching Points</p> <p>Plyometric and Dynamic Stretching Sequence</p> <ul style="list-style-type: none"> - Running Technique - Explosive Steps - Acceleration - Quick Turning - Body Weight Distribution
Exercise	<p>120's (20 Seconds Down and 60 Seconds Back)</p> <p>10 Total (1 Additional Minute Rest After 4th and 7th)</p>	<p>Anaerobic Fitness Training</p> <ul style="list-style-type: none"> - Control Breathing/Recovery Breathing - Pumping of Arms
Exercise	<p>Coerver Box (20 x 40) 20 Minutes of Work</p> <p>60 Seconds Work and 60 Seconds Rest</p>	<p>Technical Fitness Training</p> <ul style="list-style-type: none"> - Head up - Bent Knees - Arms out for balance - Head Steady
Exercise	<p>Technical Passing- 20 Minutes of Work</p> <p>60 Seconds Work and 60 Seconds Rest</p> <div style="display: flex; justify-content: space-around;"> - 6 Yards - 10 Yards - 20 Yards </div>	<p>Technical Fitness Training</p> <ul style="list-style-type: none"> - On Your Toes - Toes up when passing - Arms for Balance - Checking
Cooldown	<p>Returning Players Lead Cooldown</p>	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: RM. 112

Topic: Introduction to the 1:4:3:3

DATE: 8/14/2007

TIME: 11:00am

<p>Introduction</p>	<p>The 1:4:3:3 System of Play (The Northwood System)</p> <ul style="list-style-type: none"> - General Shape and Player Positions - Overview of the System - General Style and Expectations of the System for Northwood University 	<ul style="list-style-type: none"> - The Triangle Midfield - The Shifting Back 4 Defense - Mentality and Characteristics of the Wing Attackers
<p>Topic #1</p>	<p>The 1:4:3:3 In Possession</p> <ul style="list-style-type: none"> - Players Roles and Responsibilities by Position - Specific Possession and Attacking Concepts Within the System 	<p>A Very Direct Style of Play.</p> <ul style="list-style-type: none"> - Play the ball forward - Look for central options first (9 then 10) - 7 and 11 always isolated 1 v. 1 - 6 and 8 change the point of attack and play a lot of 1-2 touch - 2 and 5 act as outside MF's in possession
<p>Topic #2</p>	<p>The 1:4:3:3 Out of Possession</p> <ul style="list-style-type: none"> - Players Roles and Responsibilities by Position - Specific Defensive Concepts Within the System - The Importance of Team Shape and Discipline 	<p>High Pressure Defense (We want the ball back!)</p> <ul style="list-style-type: none"> - Immediate pressure by the nearest player - The wing defenders often defend in attacking half of field - Triangle eliminates central options - Mark central attackers
<p>Summary</p>	<p>Review of the System</p> <p>Questions and Answers</p>	

- Shuffling Technique
- Crossover Technique
- Hand Shape
- Hip Shape
- Head Shape
- Footwork
- Shoulder Shape
- Technical Preparation (Diving)
- Technical Preparation (Distribution)

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: MF Training

DATE: 8/14/2007

TIME: 3:00pm

Warm-up

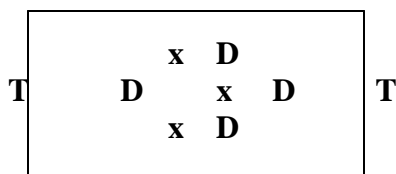
Passing Box Warm-up (15 Minutes)

- Passes of less than 10 yards
 - Passes of more than 10 yards
- Stretch between pass sequences*

1:3:1 v. 2 (5 vs. 2 Possession Game in a 20 x 30 Grid)

Exercise

Triangle Box w/ Targets (3 v. 4)



Working with the three central midfielders, work with them to quickly find the targets and to keep their triangle shape. Also, work with them to force the ball wide when they are defending. The four defending midfielders should start out as a flat four midfield, been then vary it to a diamond midfield. Targets must stay within a central area.

Cooldown

Normal Cooldown and Stretch

Coaching Points

Player Movement
Weighted Passes
Receiving Clues
Technical Speed
First Touch

Technical Preparation

- Receiving
- Communication
- First Touch
- Technical Speed

In Possession

- Speed of Play
- First Touch
- Movement off of the ball
- Finding the targets quickly
- Proper passing tech.
- Hips open
- Quick and proper support of the ball
- Keeping shape

Out of Possession

- Immediate pressure
- Proper and immediate support
- Forcing the ball wide
- DO NOT LET THEM BACK INSIDE!
- Proper defensive shape

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/14/2007

TIME: 7:00pm

Warm-up	Static Stretching Led by Returning Players	Coaching Points
	Daily's	
	Technical Passing <ul style="list-style-type: none"> - 6 Yards - 10 Yards - 20 Yards 	
Exercise	11 v. 11 Shadow Play Through One Another (20 Min.) 1:4:3:3 v. 1:4:3:3 Scrimmage (2 x 30 Minute Halves) <div style="display: flex; justify-content: space-between;"> <u>Blue Team</u> <u>Red Team</u> </div>	
Cooldown	Normal Stretching and Cooldown	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

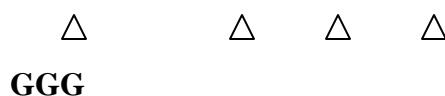
Topic: GK Training w/ Forwards

DATE: 8/15/2007

TIME: 2:00pm

Warm-up

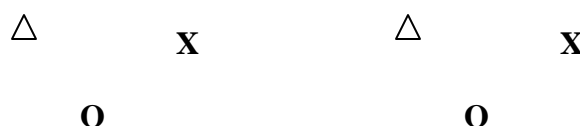
Cone Drill Warm-up (GK's)



Same Warm-up as before

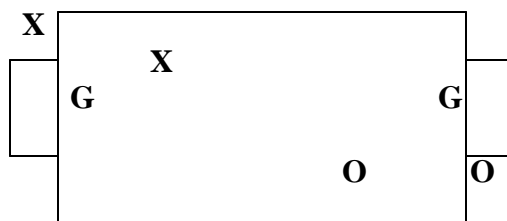
Static Stretching (Forwards)

1 v. 1 Warm-up (Forwards)



Play is 1 v. 1 to a cone. Attackers work on trying to hit the cone to score a goal. Games are 90 seconds long.

1 v. 1 Game w/ Goals and GK's



Play is 1 v. 1 until a goal is scored. Winner stays on the field.

2 v. 2 Game w/ Goals and GK's

Same, except now play is 2 against 2. Have players focus on taking the defender on 1 v. 1.

Exercise

Cooldown

Returning Players Lead Cooldown.

Coaching Points

FWDS

Be Hungry and Aggressive! Go to goal!

Strike the ball on target.

Aggressive Pressure wide when possession is lost.

Attack First. Pass second. If a shot or chance to take the player on 1 v. 1 exists, then do it every time. Pass is last option. Be hungry and aggressive to score.

GK's

Get off your line and attack the ball.

Look for the quick outlet for your supporting player (play it quickly).

Get yourself set and ready for shots.

Keep body weight forward.

Be loud and communicate effectively.

Don't be afraid.

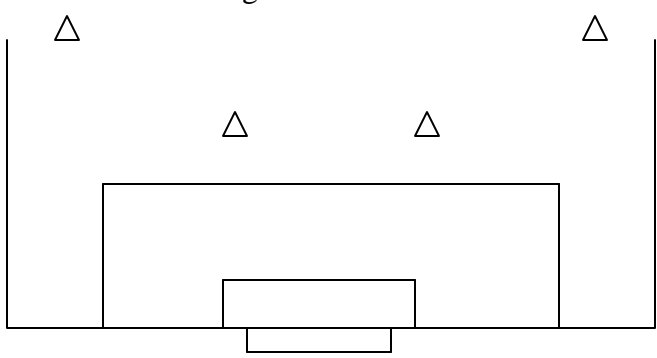
PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: DEF Training

DATE: 8/15/2007

TIME: 3:00pm

<p>Warm-up</p>	<p>Static Stretching</p> <p>Daily's</p> <p>Technical Passing</p>	<p>Coaching Points</p>
<p>Exercise</p>	<p>Shadow Play</p> <p>Position the defenders on the field in normal position for kick-off in the 1:4:3:3. Walk through and set up players where they need to be in certain areas of the field.</p> <ul style="list-style-type: none"> - Opponent's Half of the Field. - Middle Third of the Field. - Defending Third of the Field. 	<p>Defensive Shape and Discipline.</p> <p>Proper Support at all times.</p> <p>Communication.</p> <p>Core Preparation</p> <ul style="list-style-type: none"> - Hip shape - Footwork <p>Aggressiveness</p> <p>Immediate Pressure</p> <p>Keep Opponent wide at ALL TIMES.</p>
<p>Exercise</p>	<p>Pattern Passing</p> <p>In their shape on the field, have the defenders switch the point of attack from one side to the other while shifting to remain in their positions. Emphasize technical speed and finding options quickly. Coaches to serve as options where #6 and #8 would be.</p>	<p>Technical Preparation</p> <p>First Touch</p> <p>Receiving</p> <p>Simple and Safe Passes.</p> <p>Shifting and Support in Possession.</p> <p>Be aware of the opponent.</p> <p>Communication</p> <p>Finding Options Quickly.</p> <p>Staying Behind the Ball.</p>
<p>Cooldown</p>	<p>Returning Players to Lead Cooldown</p>	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/15/2007

TIME: 7:00pm

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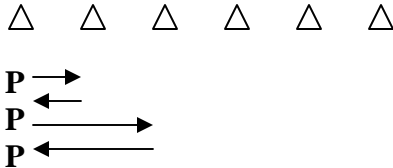

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Fitness Session

DATE: 8/16/2007

TIME: 6:30am

Warm-up	<p>Static Stretching Exercises</p> <p>Cone Drill Warm-up</p> <div style="text-align: center;">  </div> <p>Same Progression as Before</p>	<p>Coaching Points</p> <p>Plyometric and Dynamic Stretching Sequence</p> <ul style="list-style-type: none"> - Running Technique - Explosive Steps - Acceleration - Quick Turning - Body Weight Distribution <p>Anaerobic Fitness Training</p> <ul style="list-style-type: none"> - Control Breathing/ Recovery Breathing - Pump the arms <p>Technical Fitness Training</p> <ul style="list-style-type: none"> - Explode to the ball - Hips around the ball - First and only touch to feet - Head up - Bent Knees - Arms for Balance - Head Steady <p>Technical Preparation</p> <ul style="list-style-type: none"> - Set yourself to fend off the challenge - Use arms to get distance - Proper heading technique - Eyes open and on the ball.
Exercise	<p>25/35's (10 Times)</p> <div style="text-align: center;">  </div>	
Exercise	<p>Coaches Box (10 x 10 Grid)</p> <p>One player stands in the middle of the grid and another player stands on one side with the ball to begin. To start, the player with the ball passes to the player in the middle. The player in the middle re-directs the ball to another part of the grid. The player must get to the ball and one-touch it back to the middle player. Drill is continuous for one minute.</p>	
Exercise	<p>Coerver Box (20 x 40) 20 Minutes of Work</p> <p>60 seconds Work and 60 seconds Rest</p>	
Exercise	<p>Serving Battles</p> <p>Four players work together on this drill working across the width of the field. One player on each end attempts to serve the ball in the air to two players in the middle. The front player tries to flick the ball behind and the back player tries to send the ball back. Switch roles and sides with the other player.</p> <div style="text-align: center;">  </div>	
Cooldown	<p>Returning Players Lead Cooldown</p>	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: RM. 112

Topic: Defending in the 1:4:3:3

DATE: 8/16/2007

TIME: 11:00am

Review	The 1:4:3:3 System of Play (The Northwood System) <ul style="list-style-type: none">- General Shape and Player Positions- Overview of the System- General Style and Expectations of the System for Northwood University- The Triangle Midfield<ul style="list-style-type: none">o Possessiono Defending	General Review of Previous Session
Topic #1	Team Defending (High Pressure v. Immediate Pressure)	Team Defending <ul style="list-style-type: none">- Immediate Pressure (less than 3 seconds)- High Pressure means immediate pressure with marking
Topic #2	General Defensive Shape	Defensive Shape <ul style="list-style-type: none">- Shape of the forwards- Shape of the MF- Shape of the defenders
Topic #3	Roles of Players in Defending by Position <ul style="list-style-type: none">- 7, 9, and 11 Roles of these players in defending- 2, 3, 4, and 5 Roles of these players in defending- The Goalkeeper's Role	Roles of each player by Position
Summary	The Dangers of the 1:4:3:3 System in Team Defending Review	Weaknesses of the System Review of Team Defending

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: GK Training

DATE: 8/16/2007

TIME: 2:00pm

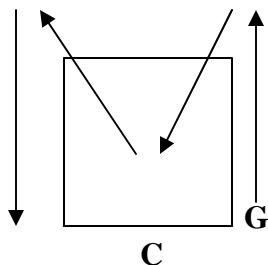
Warm-up

Cone Drill Warm-up (Same as Before)

Coaching Points

Exercise

GK Box Drill (10 x 10 Grid)

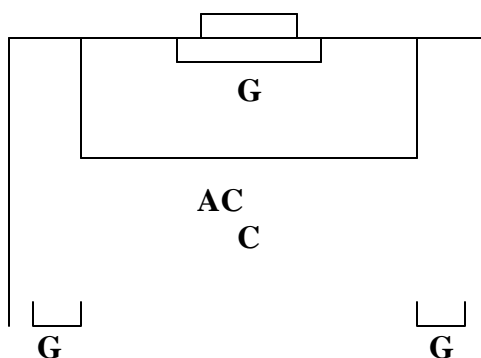


GK Begins by moving backwards past the back cone of the grid. Once they reach the cone they come inside and receive a ball from the coach. They distribute back to the coach, then retreat back to the far cone and come forward.

- On the Ground (3x)
- In the Air (3x)
- Dive Left (3x)
- Skipping (3x)
- Chest (3x)
- Dive Right (3x)

Exercise

Distribution Drill



Coach serves the ball into the GK who collects and distributes to one of the goals. Each GK takes 10 before switching. After the first sequence for each, the AC attempts to win the ball in the air from the GK to apply some pressure for the GK to win it out of the air under pressure.

Cooldown

Returning Players Lead Cooldown

Core Training and Technical Preparation

- Hand Shape
- Hip Shape
- Head Shape
- Footwork
- Shoulder Shape
- Attack Position
- On Toes
- Body Weight Balanced on Feet

Technical Preparation

- Receiving the ball out of the air
- Hips Forward
- Coming Forward to Receive the ball
- Setting yourself before distributing
- Follow-through
- Communicate
- Protecting yourself in the air

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Fwd Training

DATE: 8/16/2007

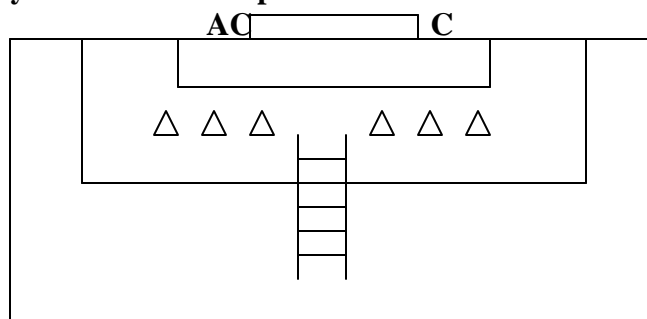
TIME: 3:00pm

Warm-up

Exercise

Static Stretching Led by Returning Players

Plyometric Warm-up



The players go through the plyometric sequence as follows:

1. Players begin by going through the ladder
 - a. 3x two in two out two in
 - b. 3x skip through
 - c. 3x two in with speed
2. Players receive a ball on the ground that they must finish 1st time (from C with right foot).
3. Players go over hurdles.
4. Players receive a volley that they must finish 1st time (right foot).
5. Players go over hurdles again and receive a ball on the ground that they must finish 1st time (from AC with left foot).
6. Players go over hurdles.
7. Players receive a volley that they must finish 1st time (left foot).
8. Players go over hurdles again.

They receive an air ball that they must head to finish.

3 v. 3 + 3 Game w/ Large Goal and GK

Play is 3 against 3 in the attacking third of the field. There are three gates with a supporting player behind each (one on the right, one on the left and one central). The attackers work on attacking the goal and attacking shape. The defenders, if they win it, play to one of the players in the gate. They then become the attacking players and the others the defenders.

Returning Players Lead Cooldown

Coaching Points

Work on quickness and speed as players go through the ladder and hurdles.

Technical Preparation

- Players must make sure they get their hips around towards the target.
- Strike the ball with power.
- Accuracy
- Touch
- Body Shape
- Arms for balance
- Head Steady when shooting
- Body over the ball

Be aggressive and wide players look to attack one v. one as much as possible.

Central player looks to get in front of defender for a chance at goal.

Central player also looks for shots on goal.

Be very aggressive and hungry.

Exercise

Cooldown

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/16/2007

TIME: 7:00pm

Warm-up	Static Stretching Led by Returning Players	Coaching Points
	<p>Daily's (Run by Returning Players)</p> <p>Technical Passing</p> <ul style="list-style-type: none"> - 6 Yards - 10 Yards 	
Exercise	<p>Dead Ball Review (30 Minutes)</p> <ul style="list-style-type: none"> - Corner Kicks (Attacking) - Corner Kicks (Defending) 	Players to review dead ball corner kicks before coming to field for this session.
Scrimmage	<p>11 v. 11 Scrimmage (2 x 25 Minute Halves)</p> <p>Red Team (Plays a 1:4:3:3 with an Inverted Triangle)</p> <p>Blue Team (Plays a 1:4:3:3)</p> <p><u>Blue Team</u> <u>Red Team</u></p>	Begin to look at a potential starting 11 in the system. Encourage aggressive and direct play from both teams.
Cooldown	Normal Stretching and Cooldown	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Fitness Session

DATE: 8/17/2007

TIME: 6:30am

Warm-up	Static Stretching Exercises	Coaching Points
Exercise	Coerver Fitness Work	
	<p>P △ △ △ △</p>	<p>Players work on control and touch.</p>
	P	<p>Keep the ball close and under control at all times.</p>
	<p>P △ △ △ △</p>	<p>Body low and knees bent.</p>
	P	<p>Keep your head up and eyes forward.</p>
	<p>△ △ △ △</p>	<p>Be quick in and out of turns and changes of direction.</p>
	P	
	<p>Cones are set out ten yards apart. Players line up with one working and one resting, or half with a ball and half without. The players working each have a ball.</p>	
	<p>The drill begins with the player rolling over the ball to the first cone while facing right. They then bring it back with their opposite foot facing the same way. The waiting player receives and does the same. The sequence is as follows:</p>	
	<p>- Facing Right - Facing Left</p>	
	<p>- Roll it forward - Pull it back</p>	
	<p>- Cruyff Turn Back - Outside Hook Back</p>	
	<p>Do the drill three times. See which group wins.</p>	
	Driving Game and 1st Touch Game	
	<p>With the same partner, work on driving the ball and having your partner settle the ball as close to the cone as possible. Extend the cones up to fifty yards to see if players can drive it that far, but if players can also settle the ball accurately. Use the same cones as above.</p>	<p>Be sure to drive through the ball and not to loft it or chip it.</p>
		<p>Get air under it, but send it with pace.</p>
		<p>Receiving players work on surrounding the ball with the hips and receiving with a soft touch.</p>
Cooldown	Returning Players Lead Cooldown	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: RM. 112

Topic: Role of the Attackers

DATE: 8/17/2007

TIME: 11:00am

Review	The 1:4:3:3 System of Play (The Northwood System) <ul style="list-style-type: none">- General Shape and Player Positions- Overview of the System- General Style and Expectations of the System for Northwood University- The Triangle Midfield<ul style="list-style-type: none">o Possessiono Defending- Team Defending- Roles of Players in Defending by Position	General Review of Previous Sessions
Topic #1	Attacking Play in the 1:4:3:3 System <ul style="list-style-type: none">- Options in the Attack	How the system matches up against defenses.
Topic #2	Roles and Responsibilities of the 7 and 11	Looking for the one v. one match-ups.
Topic #3	Roles and Responsibilities of the #9	The Role of the #9.
Topic #4	How the Attackers Defend	The #7 and #11
Summary	Review of the 1:4:3:3 System and Attacking Play	How to defend while still thinking attack. Review of Attacking Play and the Roles and Responsibilities of the Attackers.

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: GK's and Defenders

DATE: 8/17/2007

TIME: 2:00pm

Warm-up	Static Stretching Led by the Returning Players	Coaching Points Very important to emphasize team shape and defensive discipline. Good defenses are loud and talking most of the time. GK needs to command the area and communicate effectively to the defenders. Defense should look to clear the 18 yard box as quickly as possible. GK should instruct or command the players to do so.
Exercise	Shadow Play to Review Team Shape in Defending Working in the defending third of the field, position defenders where they would be in certain situations.	
Exercise	Handling Serves and Teams that use Aerial Attack Same as above, except work on how to defend serves into the box. Work with the GK on handling serves and the defenders on protecting the GK and eliminating options by attackers. Work inside the 18 yard box.	
Cooldown	Normal Cooldown Led by Returning Players	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/17/2007

TIME: 7:00pm

<p>Warm-up</p>	<p>Static Stretching Led by Returning Players</p> <p>Go through Routine for warming up prior to a game.</p>	<p>Coaching Points</p>
<p>Scrimmage</p>	<p>11 v. 11 Scrimmage (2 x 25 Minute Halves)</p> <p><u>Blue Team</u> <u>Red Team</u></p>	<p>Make Corrections as needed pertaining to the 1:4:3:3 System. Otherwise, let them play.</p>
<p>Cooldown</p>	<p>Normal Stretch and Cooldown</p>	

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TWO NEW BOOKS



Coaching the Dutch 4 – 3 – 3 is the most comprehensive book available about the 4 – 3 – 3 formation. The 4 – 3 – 3 is the preferred formation for most of the teams in the Dutch Eredivisie. The formation is promoted and recommended by the KNVB, the Dutch National Federation, for use with all youth teams in professional academies. Many other clubs and national teams also play in a 4 – 3 – 3 formation including: **Chelsea F.C.** and **Newcastle F.C.** of the English Premier League, **Barcelona** and **Real Madrid** of La Liga in Spain as well as the national teams of Spain and Italy.

This book explains how the 4 – 3 – 3 is played, why it is so successful and why it is the formation of choice for Dutch teams and many others. Author Robert Podeyn explains the roles and responsibilities of the defenders, midfielders and forwards both in attacking and defending situations. He describes many practices that he has used and observed during his coaching experiences in the Netherlands that will show you how to train your team to play using the 4 – 3 – 3 formation. These practices start with technical skill drills and progress to functional training by position.



The Dutch are renowned for their skill, tactical awareness and team chemistry. **Dutch 'Total Football'** examines all of the elements that make the Dutch special. This soccer book is different than any other you've ever read because in addition to showing you the exercises, drills and small-sided games the Dutch use to develop incredible players it also describes how Dutch culture affects their approach to soccer.

Dutch 'Total Football' begins with the examination of the famous 'Clockwork Orange', teams of the 1970's. Other background chapters discuss, **Dutch Traits**, how **Dutch Space is Different**, the role of **Street Soccer** and **Ajax Youth Development**.

Once you understand some of the background of Dutch soccer and society, the drills, exercises and small-sided games in the subsequent chapters make more sense. The practices are focused on three key areas, **Receive / Pass / Move**, **Pass / Move / Shoot** and **Positional Play and Transition**. More than 120 diagrams and descriptions give you the set up, organization, coaching points and progressions that will not only show you how to use the drills with your team but also how to coach and teach within the drills.

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PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: RM. 112

Topic: Video Review

DATE: 8/20/2007

TIME: 11:00am

Review	Review and Discussion of our performance of the scrimmages we played.	Open-ended discussion of our system and its effectiveness.
Video Review/ Discussion	Review and Discussion of Video of the games we played.	Pick out specific game moments from our scrimmages to review and discuss.
Discussion of the System We Played	How did the System Work.	Show examples of where the system worked and where it didn't work.
Possession Discussion	Good Possession vs. Bad Possession What can we change or improve?	Show where we had strong possession moments and where we made bad decisions that lost possession.
Defending Discussion	What worked and what didn't. What can we change or improve?	Where were we strong defensively and where did we break down.
Summary		

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

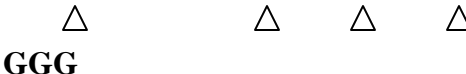
Topic: GK Training

DATE: 8/20/2007

TIME: 2:00pm

Warm-up

Cone Drill Warm-up



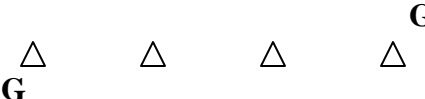
- High Knees 3x
- Facing Right 3x
- Leg Thrust Right 3x
- Backward Skip 3x
- 50% Jog 3x
- 75% Jog 3x
- Butt Kicks 3x
- Facing Left 3x
- Leg Thrust Left 3x
- Backward Turn 3x
- 50% Jog (Up, Back, up)
- 100% 3x

After each, rotate the following exercises

3 Jumping Jacks 3 Knees to Chest 3 Push-ups

Exercise

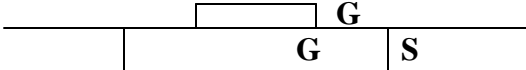
4 Cone Drill (Core Training)



The cones are numbered 1-4 and are four yards apart. GK works on shuffling and crossing over. At each cone, the GK does the following:

- 1- Dive Left
- 2- AirBall
- 3- Ground Scoop
- 4- Dive Right

Near Post/ 2nd Save Drill



C

G2

First ball is volleyed to hands. GK makes the save and distributes to G2. GK then adjusts for a shot from C. Work five rotations from the right and five rotations from the left.

Cooldown

Normal Cooldown and Stretching

Coaching Points

Running Technique

- Shuffling Technique
- Crossover Technique
- Hand Shape
- Hip Shape
- Head Shape
- Footwork
- Shoulder Shape
- Technical Preparation (Diving)
- Technical Preparation (Distribution)

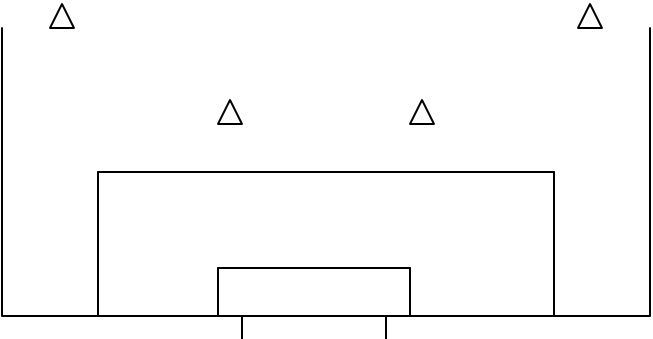
PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: DEF Training

DATE: 8/20/2007

TIME: 3:00pm

<div>Warm-up</div> <div>Exercise</div> <div>Exercise</div> <div>Cooldown</div>	<div>Static Stretching</div> <div>Daily's</div> <div>Technical Passing</div> <div>Shadow Play</div> <div>Position the defenders on the field in normal position for kick-off in the 1:4:3:3. Walk through and set up players where they need to be in certain areas of the field.</div> <div><ul style="list-style-type: none">- Opponent's Half of the Field.- Middle Third of the Field.- Defending Third of the Field.</div> <div></div> <div>Pattern Passing</div> <div>In their shape on the field, have the defenders switch the point of attack from one side to the other while shifting to remain in their positions. Emphasize technical speed and finding options quickly. Coaches to serve as options where #6 and #8 would be.</div> <div>Returning Players to Lead Cooldown</div>	<div>Coaching Points</div> <div>Defensive Shape and Discipline.</div> <div>Proper Support at all times.</div> <div>Communication.</div> <div>Core Preparation<ul style="list-style-type: none">- Hip shape- Footwork</div> <div>Aggressiveness</div> <div>Immediate Pressure</div> <div>Keep Opponent wide at ALL TIMES.</div> <div>Technical Preparation<ul style="list-style-type: none">First TouchReceivingSimple and Safe Passes.Shifting and Support in Possession.Be aware of the opponent.CommunicationFinding Options Quickly.Staying Behind the Ball.</div>
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PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Fitness Session

DATE: 8/20/2007

TIME: 6:30pm

Warm-up

Exercise

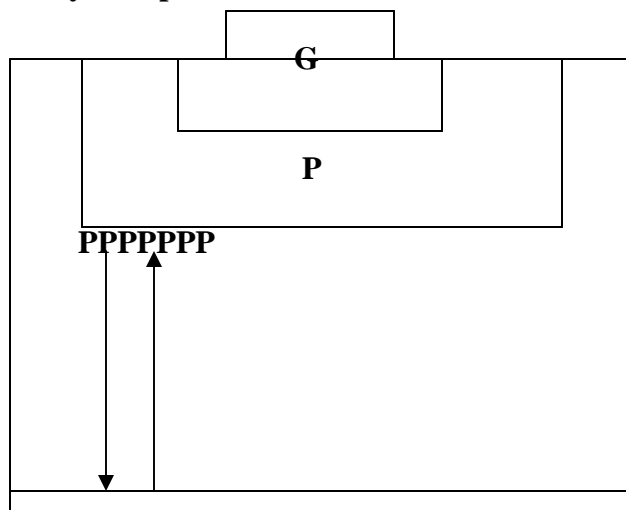
Exercise

Cooldown

Static Stretching Exercises

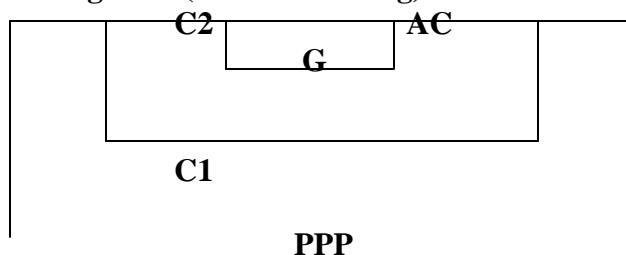
2 Mile Run on Cross Country Trail

Penalty Competition



One player lines up to shoot. The rest of the players line up on the 18 yard box. If the player makes it they don't run. If the player misses the shot or it's saved, then all of the players run to midfield and back.

Shooting Drill (3 Tier Finishing)



The player begins by receiving a ball from C1 at the top of the circle. They dribble to the 18 yard box and shoot. They continue in to the 18 yard box and receive a volley shot from AC. They then shift to C2 for a head ball. The GK tries to save the shots.

Returning Players Lead Cooldown

Coaching Points

Managers will keep track of who finishes where.

The Penalty Competition is meant to train players for penalty kicks under pressure. Work on striking the ball to a corner with pace. If the player misses or it is saved, then the players that are lined up and waiting sprint to midfield and back. Players are also fatigued after the 2 mile run.

This is not about technique or finishing ability. This is all about fatigue and finishing in the 90th minute of a game. Don't focus on correcting technical points. Encourage and support the players by challenging them to elevate their play while obviously very tired.

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/20/2007

TIME: 7:00pm

Warm-up	Static Stretching Led by Returning Players	Coaching Points
	<p>Daily's (Run by Returning Players)</p> <p>Technical Passing</p> <ul style="list-style-type: none"> - 6 Yards - 10 Yards 	
Exercise	<p>Dead Ball Review (30 Minutes)</p> <ul style="list-style-type: none"> - Corner Kicks (Attacking) - Corner Kicks (Defending) - Direct/Indirect Kicks (Attacking) - Direct/Indirect Kicks (Defending) 	Players to review dead ball situations before coming to field for this session.
Scrimmage	<p>11 v. 11 Scrimmage (2 x 25 Minute Halves)</p> <p>Red Team (Plays a 1:4:3:3 with an Inverted Triangle)</p> <p>Blue Team (Plays a 1:4:3:3)</p> <p><u>Blue Team</u> <u>Red Team</u></p>	Begin to look at a starting 11 in the system, but also start to look at who will be able to contribute and back up certain positions. Encourage aggressive and direct play from both teams.
Cooldown	Normal Stretching and Cooldown	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: GK Training with Forwards

DATE: 8/21/2007

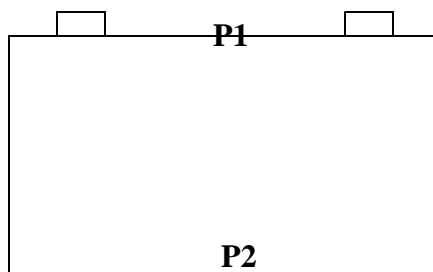
TIME: 2:00pm

Warm-up

Static Stretching

Cone Warm-up (GK's)

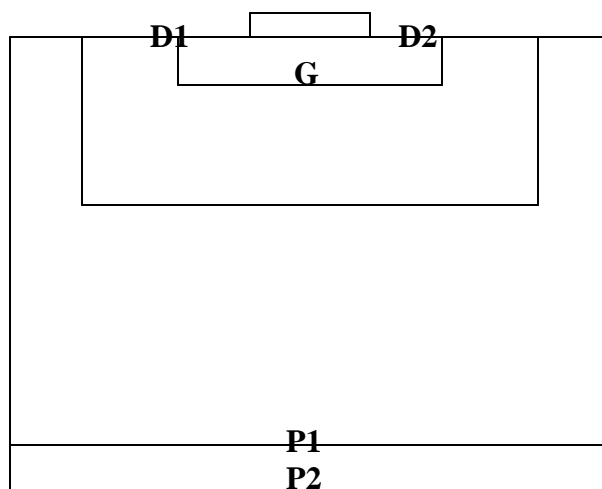
1 v. 1 Warm-up for forwards



P1 plays the ball into P2 and immediately approaches to defend. P2 has the choice of attack either small goal. If P2 wins it they can turn and attack one of the small goals as well.

Exercise

1 v. 1 Game to Large Goal w/GK



D1 serves a ball into P1, who is waiting at midfield. D1 must quickly come up to defend P1 outside of the 18 yard box. P1 takes D1 on 1 v. 1 in an attempt to score on the goal. The GK works on communicating with the defending player to eliminate the attacker's options.

Variation- Same as above, except P2 will come into the play to support the player with the ball. If P1 passes to P2, then D2 can enter and defend. Otherwise, encourage 1 v. 1 play and only use the supporting player when absolutely necessary.

Cooldown

Returning Players Lead Cooldown

Coaching Points

The entire focus of the session deals with 1 v. 1 opportunities for the attackers, communication for the GK's and reading when the GK should get involved.

GK

Work on being alert and ready to attack off of your line.

Work on constant communication with the defending player(s).

Work on dealing with breakaways and partial breakaways.

Work on dealing with shots from in close (how to cut down angles).

Work on proper footwork (core training).

FWDS

Work on being aggressive and hungry to score.

Work on keeping the ball close and varying speeds in attack.

Work on reading the defenders and the GK.

Work on releasing your shot quickly.

Follow everything to goal for second opportunities.

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: MF Training

DATE: 8/21/2007

TIME: 3:00pm

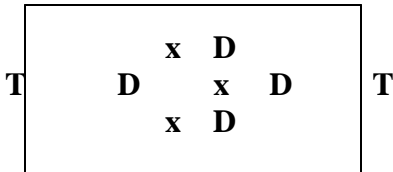
Warm-up

Passing Box Warm-up (15 Minutes)

- Passes of less than 10 yards
- Passes of more than 10 yards
- Stretch between pass sequences*

1:3:1 v. 2 (5 vs. 2 Possession Game in a 20 x 30 Grid)

Triangle Box w/ Targets (3 v. 4)



Working with the three central midfielders, work with them to quickly find the targets and to keep their triangle shape. Also, work with them to force the ball wide when they are defending. The four defending midfielders should start out as a flat four midfield, been then vary it to a diamond midfield. Targets must stay within a central area.

Cooldown

Normal Cooldown and Stretch

Coaching Points

Player Movement
Weighted Passes
Receiving Clues
Technical Speed
First Touch

Technical Preparation

- Receiving
- Communication
- First Touch
- Technical Speed

In Possession

- Speed of Play
- First Touch
- Movement off of the ball
- Finding the targets quickly
- Proper passing tech.
- Hips open
- Quick and proper support of the ball
- Keeping shape

Out of Possession

- Immediate pressure
- Proper and immediate support
- Forcing the ball wide
- DO NOT LET THEM BACK INSIDE!
- Proper defensive shape

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/21/2007

TIME: 7:00pm

<p>Warm-up</p>	<p>Static Stretching Led by Returning Players</p> <p>Daily's (Run by Returning Players)</p> <p>Technical Passing</p> <ul style="list-style-type: none"> - 6 Yards - 10 Yards 	<p>Coaching Points</p>
<p>Exercise</p>	<p>Dead Ball Review (45 Minutes)</p> <ul style="list-style-type: none"> - Corner Kicks (Attacking) - Corner Kicks (Defending) - Direct/Indirect Kicks (Attacking) - Direct/Indirect Kicks (Defending) - Throw-in Plays 	<p>Players to review dead ball situations and throw-ins before coming to field for this session.</p>
<p>Scrimmage</p>	<p>11 v. 11 Scrimmage (2 x 20 Minute Halves)</p> <p>Red Team (Plays a 1:4:3:3 with an Inverted Triangle)</p> <p>Blue Team (Plays a 1:4:3:3)</p> <div> <div><u>Blue Team</u></div> <div><u>Red Team</u></div> </div>	<p>Begin to look at a starting 11 in the system, but also start to look at who will be able to contribute and back up certain positions. Encourage aggressive and direct play from both teams.</p>
<p>Cooldown</p>	<p>Normal Stretching and Cooldown</p>	

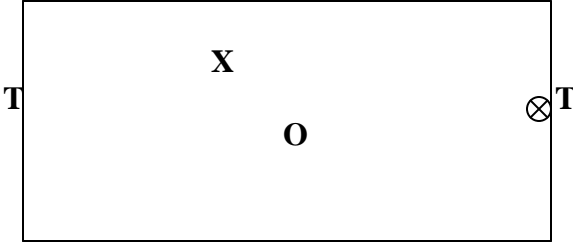
PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Fitness Session

DATE: 8/22/2007

TIME: 6:30am

<p>Warm-up</p>	<p>Static Stretching Exercises</p> <p>Cone Drill Warm-up</p> <p style="text-align: center;">△ △ △ △</p> <p>PPP</p> <ul style="list-style-type: none"> - High Knees 3x - Facing Right 3x - Leg Thrust Right 3x - Backward Skip 3x - 50% Jog 3x - 75% Jog 3x - Butt Kicks 3x - Facing Left 3x - Leg Thrust Left 3x - Backward Turn 3x - 50% Jog (Up, Back, up) - 100% 3x <p>After each, rotate the following exercises:</p> <p style="text-align: center;">3 Jumping Jacks 3 Knees to Chest 3 Push-ups</p>	<p>Coaching Points</p> <p>Plyometric and Dynamic Stretching Sequence</p> <ul style="list-style-type: none"> - Running Technique - Explosive Steps - Acceleration - Quick Turning - Body Weight Distribution
<p>Exercise</p>	<p>20/40/60/80/100 (20 Seconds Rest After Each)</p> <p>Players line up and sprint through the first cone (20 yards). They have 20 seconds to rest before sprinting back. Players are lined up from the goal out to one end line. Players try to beat the player closest to the end line. If they do, then they switch places with them. Record who ends up where at the end of the drill.</p>	<p>Anaerobic Fitness Training</p> <ul style="list-style-type: none"> - Control Breathing/ Recovery Breathing - Pumping of Arms
<p>Exercise</p>	<p>Coerver Box (20 x 40) 20 Minutes of Work</p> <p>60 Seconds Work and 60 Seconds Rest</p>	<p>Technical Fitness Training</p> <ul style="list-style-type: none"> - Head up - Bent Knees - Arms out for balance - Head Steady
<p>Exercise</p> <p>Cooldown</p>	<p>1 v. 1 Receiving Box with Targets on the End.</p> <div style="text-align: center;">  </div> <p>Players work on checking at an angle to receive the ball. The player receiving attempts to beat the defender and play it to the opposite target. The defender attempts to win it and play it to either target to become the possession player. Drill runs for 1 minute, then switch.</p> <p><i>Returning Players Lead Cooldown</i></p>	<p>Technical Fitness Training</p> <ul style="list-style-type: none"> - On Your Toes - Toes up when passing - Arms for Balance - Checking

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: RM. 112

Topic: General Review

DATE: 8/22/2007

TIME: 11:00am

Topic #1	The 1:4:3:3 System (Shape and Structure) <ul style="list-style-type: none">- The System in Possession- The System Out of Possession- Against Different Systems	Review of the 1:4:3:3 System in possession and out of possession. The system against the following systems: 1:4:4:2 1:3:5:2 1:4:3:3 1:4:5:1 1:5:4:1
Topic #2	Corner Kicks (Attacking Options)	
Topic #3	Corner Kicks (Defending)	Corner Kicks (Attacking and Defending)
Topic #4	Direct and Indirect Kicks (Attacking)	Direct and Indirect Kicks (Attacking and Defending)
Topic #5	Direct and Indirect Kicks (Defending)	
Topic #6	Throw-ins (Attacking)	Throw-ins (Attacking and Defending)
Topic #7	Throw-ins (Defending)	
Topic #8	Goal Kicks and Kickoffs (Attacking)	Goal Kicks (Attacking and Defending)
Topic #9	Goal Kicks and Kickoffs (Defending)	
Topic #10	Summary	Review and Questions and Answers



PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: GK Training

DATE: 8/22/2007

TIME: 2:00pm

<p>Warm-up</p>	<p>Cone Drill Warm-up (GK's)</p> <div style="text-align: center;">  </div> <p>Same Warm-up as before</p>	<p>Coaching Points</p>
<p>Exercise</p>	<p>Stopping Breakaways #1</p> <div style="text-align: center;">  </div> <p>The GK works on advancing towards the central ball and making the save. After the GK makes the save the coach immediately moves toward the right ball to shoot. The Gk has to recover and get to the ball before the coach. After the GK makes the save on the second ball, the coach immediately moves to the third ball. The GK must recover and make the save on the ball before the coach can shoot.</p>	<p>Work on footwork and increasing speed as you approach the player with the ball.</p> <p>Need to make sure you are getting big as you approach the ball. Get the hands out in front of your body.</p> <p>Keep your body weight forward and make sure you keep your hands spread out so that you are showing the attacker a big surface.</p>
<p>Exercise</p>	<p>Stopping Breakaways #2</p> <p>Same as above, except the coach now dribbles the ball in and the GK must take the ball off of the coach's feet. The drill begins with the coach allowing the GK to take the ball off of their feet. Progress by trying to dribble around the GK. Finish by taking shots as the GK advances.</p>	<p>Make sure when you collapse that you lead with the hands and not the head. Get your hands to the ball as quickly as possible.</p> <p>Be sure to have the proper position and that you are forcing the shooter out wide with the hands.</p>
<p>Cooldown</p>	<p>Returning Players Lead Cooldown.</p>	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

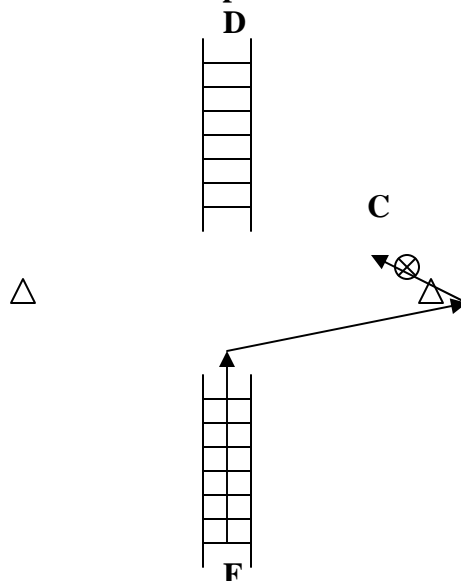
Topic: Defenders and Forwards

DATE: 8/22/2007

TIME: 3:00pm

Exercise/Warm-up

Plyometrics Warm-up



The Defenders line up behind one ladder and the Forwards behind the other ladder. The players go through the ladder, then around their designated cone. The Forward then takes the ball and tries to attack behind the defender. The defender tries to win the ball and play it to the Coach. Players work on 1 v. 1 skills.

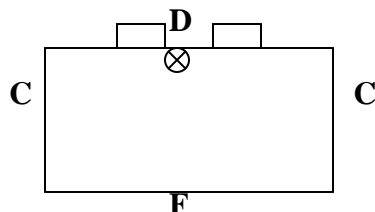
3x- Both in Both out Both in

3x- Choo Choo Train

3x- Karaoke

1 Minute Stretch after each one.

1 v. 1 Game in 20x10 Grid with two small goals.



The Defender begins the drill by passing it in to the Forward. The Forward has the choice to attack and score at either small goal. The Defender has to win it and play the ball to the feet of one of the coaches.

2 v. 2 Game in the Same Environment as Above.

Returning Players Lead Cooldown

Exercise

Cooldown

Coaching Points

Players work on quickness through the set-up. The quicker they get through the more space away from their cone they have.

Work on the attacking players being decisive and aggressive in attacking. They need to attack with speed.

Defenders need to get immediate pressure and force the attackers wide and not let them back inside.

Each side works on being aggressive and trying to eliminate options for the other. The defender looks to win the ball as quick as possible and play it to the feet of a supporting player right away (the Coach). The Forward looks to make the defender commit and attack a goal as quickly as possible.

The 2 v. 2 Version is the same, except that the Forwards should view it as two 1 v. 1's while the defenders work on pressure and immediately supporting one another. Force the player with the ball wide and don't let them come back inside.

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/22/2007

TIME: 7:00pm

<p>Warm-up</p>	<p>Static Stretching Led by Returning Players</p> <p>Daily's (Run by Returning Players)</p> <p>Technical Passing</p> <ul style="list-style-type: none"> - 6 Yards - 10 Yards 	<p>Coaching Points</p>
<p>Exercise</p>	<p>Dead Ball Review (45 Minutes)</p> <ul style="list-style-type: none"> - Corner Kicks (Attacking) - Corner Kicks (Defending) - Direct/Indirect Kicks (Attacking) - Direct/Indirect Kicks (Defending) - Throw-in Plays 	<p>Players to review dead ball situations and throw-ins before coming to field for this session.</p>
<p>Scrimmage</p>	<p>11 v. 11 Scrimmage (2 x 20 Minute Halves)</p> <p>Red Team (Plays a 1:4:3:3 with an Inverted Triangle)</p> <p>Blue Team (Plays a 1:4:3:3)</p> <div> <div><u>Blue Team</u></div> <div><u>Red Team</u></div> </div>	<p>Begin to look at a starting 11 in the system, but also start to look at who will be able to contribute and back up certain positions. Encourage aggressive and direct play from both teams.</p>
<p>Cooldown</p>	<p>Normal Stretching and Cooldown</p>	


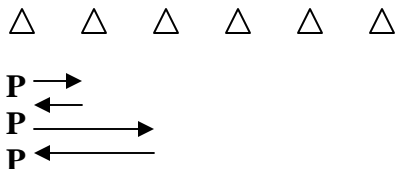

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Fitness Session

DATE: 8/23/2007

TIME: 6:30am

Warm-up	<p>Static Stretching Exercises</p> <p>Cone Drill Warm-up</p>  <p>Same Progression as Before</p>	<p>Coaching Points</p> <p>Plyometric and Dynamic Stretching Sequence</p> <ul style="list-style-type: none"> - Running Technique - Explosive Steps - Acceleration - Quick Turning - Body Weight Distribution <p>Anaerobic Fitness Training</p> <ul style="list-style-type: none"> - Control Breathing/Recovery Breathing - Pump the arms <p>Technical Fitness Training</p> <ul style="list-style-type: none"> - Explode to the ball - Hips around the ball - First and only touch to feet - Head up - Bent Knees - Arms for Balance - Head Steady <p>Technical Preparation</p> <ul style="list-style-type: none"> - Set yourself to fend off the challenge - Use arms to get distance - Proper heading technique - Eyes open and on the ball.
Exercise	<p>25/35's (10 Times)</p> 	
Exercise	<p>Coaches Box (10 x 10 Grid)</p> <p>One player stands in the middle of the grid and another player stands on one side with the ball to begin. To start, the player with the ball passes to the player in the middle. The player in the middle re-directs the ball to another part of the grid. The player must get to the ball and one-touch it back to the middle player. Drill is continuous for one minute.</p>	
Exercise	<p>Coerver Box (20 x 40) 20 Minutes of Work</p> <p>60 seconds Work and 60 seconds Rest</p>	
Exercise	<p>Serving Battles</p> <p>Four players work together on this drill working across the width of the field. One player on each end attempts to serve the ball in the air to two players in the middle. The front player tries to flick the ball behind and the back player tries to send the ball back. Switch roles and sides with the other player.</p> 	
Cooldown	<p>Returning Players Lead Cooldown</p>	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: GK Training

DATE: 8/23/2007

TIME: 2:00pm

Warm-up

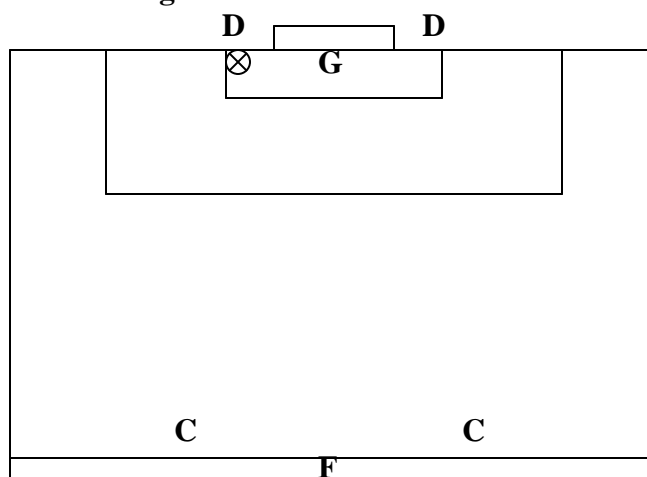
Exercise

Cooldown

Static Stretching

Daily's (3 Players and 2 Soccer Balls)

1 v. 1 To Large Goal With GK



The drill begins with the defender serving the ball to the attacking player. The defender closes the ground as quickly as possible and the attacker wins the ball and attacks as soon as possible. If the defender wins the ball, they look to play it to one of the coaches as soon as possible. Players rotate positions.

Variation#1- The attacker wins the ball and advances towards goal. A second attacker supports behind and is available for support. If the second attacker is used, then a second defender is used as well. At this point, a third attacker comes out and is available for support. If they are used, then a third defender is allowed to come out as well.

Returning Players Lead Cooldown

Coaching Points

Work on quick feet and developing a rhythm.

Building on the concepts of 1 v. 1 play, attackers look to attack quickly so that the defenders aren't able to set themselves. The defenders look to pressure the attackers and get them wide so that they cannot attack down the middle.

Variation #1- Attackers should still look to play 1 v. 1 as much as possible and only use supporting players when it is absolutely necessary. They should want the ball and want to score all of the time.

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session
Session to be Videotaped

DATE: 8/23/2007
TIME: 7:00pm

<p>Warm-up</p>	<p>Static Stretching Led by Returning Players</p> <p>Daily's (Run by Returning Players)</p> <p>Technical Passing</p> <ul style="list-style-type: none"> - 6 Yards - 10 Yards 	<p>Coaching Points</p>
<p>Exercise</p>	<p>Dead Ball Review (45 Minutes)</p> <ul style="list-style-type: none"> - Corner Kicks (Attacking) - Corner Kicks (Defending) - Direct/Indirect Kicks (Attacking) - Direct/Indirect Kicks (Defending) - Throw-in Plays 	<p>Players to review dead ball situations and throw-ins before coming to field for this session.</p>
<p>Scrimmage</p>	<p>11 v. 11 Scrimmage (2 x 20 Minute Halves)</p> <p>Red Team (Plays a 1:4:3:3 with an Inverted Triangle)</p> <p>Blue Team (Plays a 1:4:3:3)</p> <div> <div><u>Blue Team</u></div> <div><u>Red Team</u></div> </div>	<p>Begin to look at a starting 11 in the system, but also start to look at who will be able to contribute and back up certain positions. Encourage aggressive and direct play from both teams.</p>
<p>Cooldown</p>	<p>Normal Stretching and Cooldown</p>	

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: RM. 112

Topic: Video Review

DATE: 8/24/2007

TIME: 11:00am

Review	Review and Discussion of our performance of the scrimmage we played.	Open-ended discussion of our system and its effectiveness.
Video Review/ Discussion	Review and Discussion of Video of the game we played.	Pick out specific game moments from our scrimmage to review and discuss.
Discussion of the System We Played	How did the System Work? How has it changed since August 18th?	Show examples of where the system worked and where it didn't work.
Possession Discussion	Good Possession vs. Bad Possession What can we change or improve?	Show where we had strong possession moments and where we made bad decisions that lost possession.
Defending Discussion	What worked and what didn't. What can we change or improve?	Where were we strong defensively and where did we break down.
Summary		

PRE-SEASON CURRICULUM- Northwood University Women's Soccer

LOCATION: NU Field

Topic: Team Training Session

DATE: 8/24/2007

TIME: 7:00pm

Warm-up	Static Stretching Led by Returning Players	Coaching Points Players to review dead ball situations and throw-ins before coming to field for this session. Begin to look at a starting 11 in the system, but also start to look at who will be able to contribute and back up certain positions. Encourage aggressive and direct play from both teams.
	Daily's (Run by Returning Players)	
	Technical Passing <ul style="list-style-type: none"> - 6 Yards - 10 Yards 	
Exercise	Dead Ball Review (45 Minutes) <ul style="list-style-type: none"> - Corner Kicks (Attacking) - Corner Kicks (Defending) - Direct/Indirect Kicks (Attacking) - Direct/Indirect Kicks (Defending) - Throw-in Plays 	
Scrimmage	11 v. 11 Scrimmage (2 x 10 Minute Halves) Red Team (Plays a 1:4:4:2) Blue Team (Plays a 1:4:3:3) <div style="display: flex; justify-content: space-between;"> <u>Blue Team</u> <u>Red Team</u> </div>	
Cooldown	Normal Stretching and Cooldown	