

Training Manual

Graphics / Exercises

By

Hans Westerhof



Philosophy

GENERAL PHILOSOPHY



SYSTEM (1-3-4-3)

SCOUTING

TRAINING SESSIONS

1- PHYSICAL TRAINING
2- DEVELOPING THE MENTAL CAPACITY

1- BASIC EXERCISES
2- FINISHING / DEFENSIVE
3- POSITION GAMES
4- GAMES

Coaches' Manual

Training Session

Before the training session:

- What will be the goal (s) to achieve?
- Put the training session on paper
- Prepare the training in advance on the field (cones / plastic plates, goals, bibs, etc.)
- Agree on roles of all coaches

Start of the training session:

- Explain the goal of the training session (referring to examples of the last game / training session)
- Put the players in the organization of the exercise
- Explain the exercise
- Play an example
- Start the exercise
- If needed correct the organization (distance, touches, players, etc.)

Coaches' Manual

Training Session

During the training session:

- Close attention to: passes, reception, choices of the players, etc.
- Corrections; for example: more precision, more speed, the pass on the right foot
- Competition element (more or less touches / distance bigger or smaller / more or less resistance / winning goal or last minute score)

Evaluation of the training session:

- What have been the moments to learn from?
- How has been the atmosphere?
- Has it been dynamic enough?
- Has no time been lost (prepare the field in advance / enough balls, etc.)?



Content

Graphics

Basic Exercises

Finishing & Defensive

Position Games

Games

Basic Exercises

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

1. **A** passes to **B**, **B** receives and dribbles to the left, right or straight and passes back to **B**.
2. **A** passes to **B**, **A** checks for the ball, receives, turns and dribbles to his starting point (change after several repetitions). **A** passes a long ball to **B**, **A** moves forward for a wall pass with **B**, **A** turns after playing the ball and **B** returns the ball to **A**.
3. **A** passes the ball to **B** and follows his pass, **B** receives the ball and dribbles to the other side past **A**.
4. **A** passes the ball to **B** (who comes towards **A**), **B** makes a wall pass with **A**, **B** turns and receives the ball back from **A** with a diagonal pass.
5. **A** passes the ball to **B**, **B** receives and turns with the ball, **B** passes the ball to **A**, who made an overlapping run.

Organization

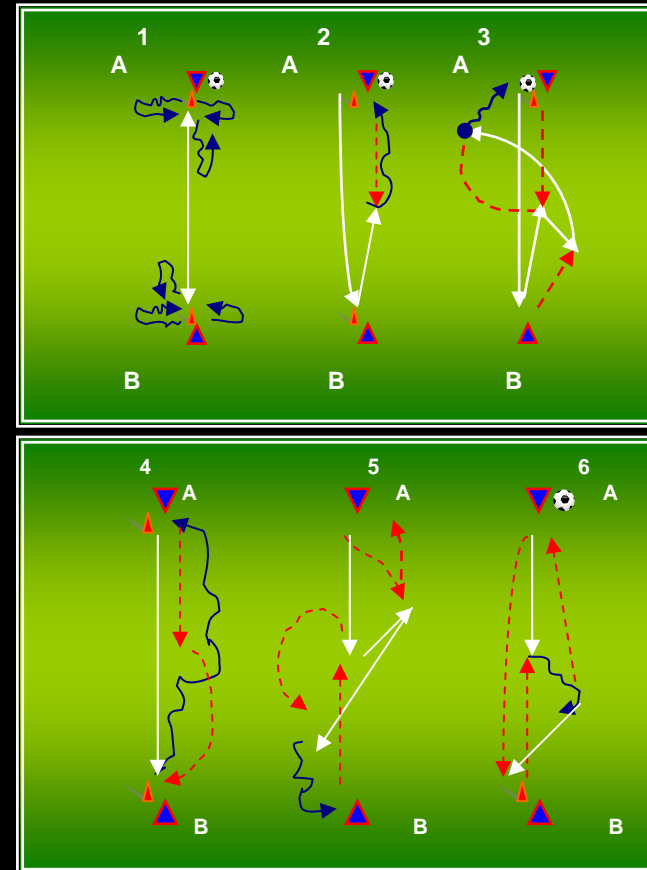
- Distance is 10 – 15m; depending on age and level
- 2 plastic plates / cones
- 1 ball per pair of players

Group

Basic Skills

Key

A - 1



Basic Points

- Use both left and right foot
- Firm passing
- quick dribbling
- movements based on reality of the game

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

1. **A** passes the ball to **B**, **B** receives the ball and passes to **C**. **C** receives the ball and passes to **D**. All Players follow their pass.

Note: after a few minutes, change direction.

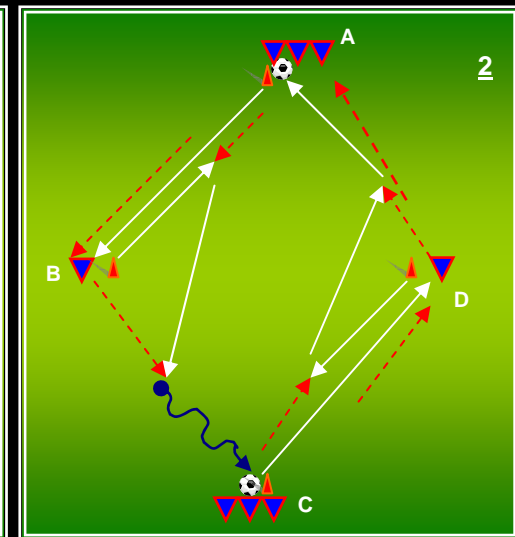
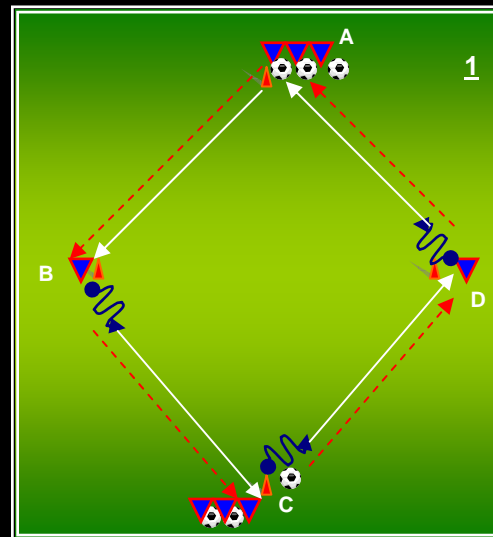
2. **A** passes the ball to **B**, **B** makes a wall pass with **A**, **A** gives a deep ball to **B**, **B** dribbles to **C**. **C** passes to **D**, **D** makes a wall pass with **C**, **C** gives a deep ball to **D**, and **D** receives and dribbles to **A**. All movements of the players are towards the next plate.

Group

Basic Skills

Key

A - 2



Organization

- With A and C: several balls to play quickly
- 2 balls at the same time in the exercise makes it more dynamic
- right and left foot.
- 10 – 20m distance, depending age and level

Basic Points

- Strong passes with the internal part of the foot
- ‘loose’ your mark (game real)
- Receive the ball correctly
- play the ball on the correct foot
- be aware of which side the ball is played
- communicate: turn / back

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

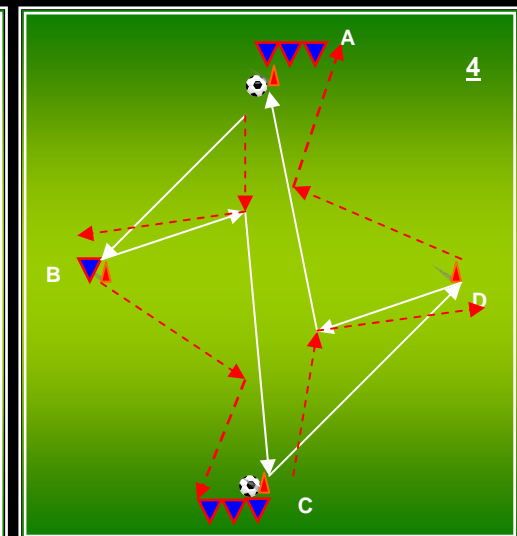
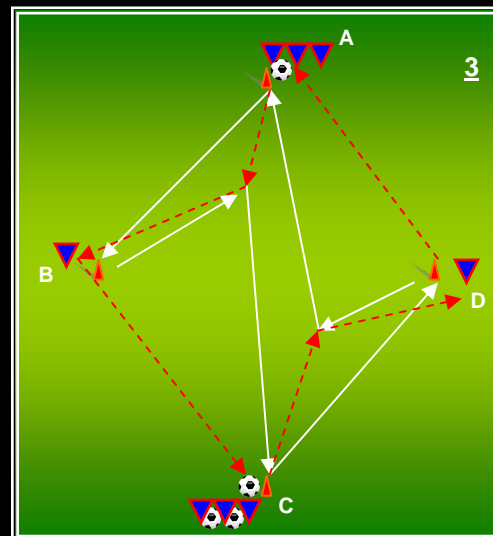
3. **A** passes to **B**, **B** returns the ball to **A** and goes to **C**, **A** passes to **C** and goes to **B**, **C** passes to **D**, **D** returns the ball to **C** and goes to **A**, **C** passes to **A** and goes to **D**.
4. The same as 3, except **B** and **D** after the wall pass pressure on the moment of **A** and **C** receiving the ball.

Group

Basic Skills

Key

A - 2



Organization

- With A and C: several balls to play quickly
- 2 balls at the same time in the exercise makes it more dynamic
- right and left foot.
- 10 – 20m distance, depending age and level

Basic Points

- Strong passes with the internal part of the foot
- ‘loose’ your mark (game real)
- Receive the ball correctly
- play the ball on the correct foot
- be aware of which side the ball is played
- communicate: turn / back

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

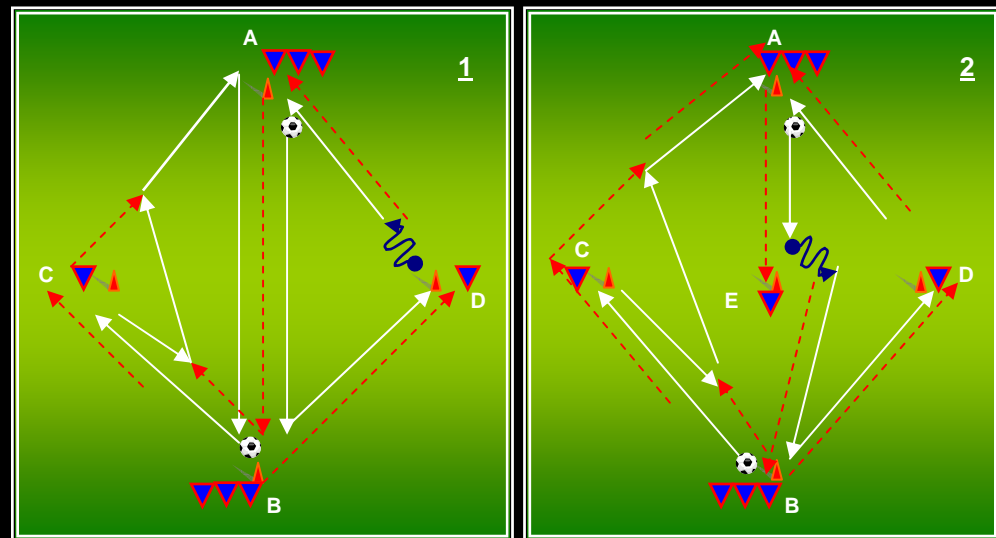
1. A passes the ball to **B**, **B** passes the ball to the side: **C** or **D**, either a wall pass or dribble and return the ball to **A**.
2. The same as 1, but instead of a long ball, a pass to **E** who turns and passes to **B**, after that the same as 1.

Group

Basic Skills

Key

A - 3



Organization

- 10 – 20m depending on age and level
- After the pass to the side, A goes to B.
- Change the defender alter a few minutes
- it is possible to play with stationary at C, D and E.

Basic Points

- Long pass: strong pass using the instep
- depending the level, different number of touches
- correctly receiving the ball
- communicate:
- If the marker is at distance: turn.
- If the marker is close: long ball.
- If the marker is at mid distance and with pressure on receiving the ball: wall pass

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

3. **A** passes to **B**, **B** plays with **E**, **E** passes to a side to **B**. **B** has two options: * Wall pass to **D**, **B** passes forward to **D**, **D** passes to **A**. * Deep pass to **C** and dribble or pass to **A**.
4. Same as 3, but player E has a marker

Depending the marking of the defender:

- turn.
- wallpass.
- Long pass.

Organization

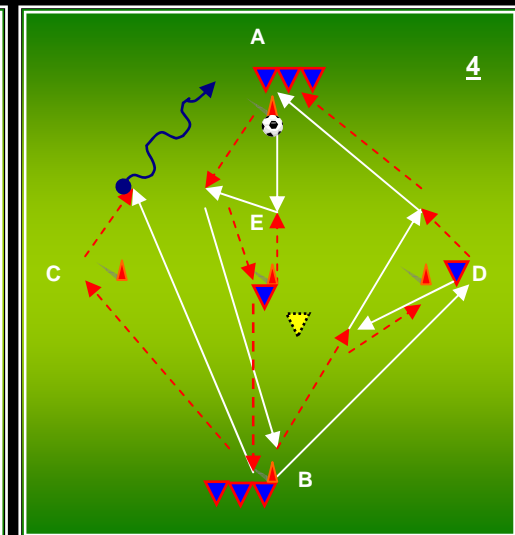
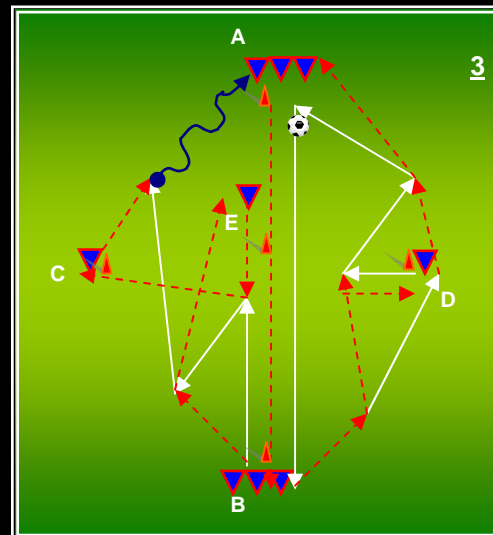
- 10 – 20m depending on age and level
- After the pass to the side, A goes to B.
- Change the defender alter a few minutes
- it is possible to play with stationary at C, D and E.

Group

Basic Skills

Key

A - 3



Basic Points

- Long pass: strong pass using the instep
- depending the level, different number of touches
- correctly receiving the ball
- communicate:
- If the marker is at distance: turn.
- If the marker is close: long ball.
- If the marker is at mid distance and with pressure on receiving the ball: wall pass

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

1. A passes to **B**, and goes to **B**, **B** receives and passes (in front of) to **C**, **B** goes to **C**, **C** dribbles the ball to A or passes to **A** and goes to **A**.
2. Same as 1, but instead of a turn of **B** a wall pass with **A**. **A** makes a wall pass with **C**, or gives a deep pass to **C**. Same rotation as in 1.

Note:

After a few minutes we change the direction of the exercise.

Organization

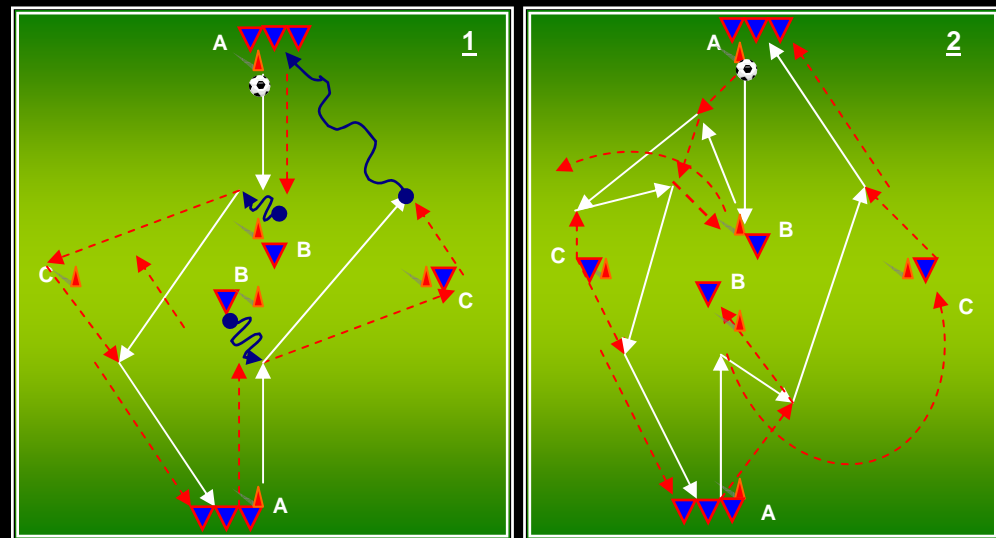
- 2 balls at the same time.
- passes from A to B should be coordinated.
- Distance based on age and level.
- In 3, B is stationary, also possible to work with stationary in C or A.

Group

Basic Skills

Key

A - 4



Basic Points

- 'loose your mark'
- correctly receiving the ball
- in 4, if the defender marks close: return, if the defender is not close: turn

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

3. **A** passes to stationary **B**. Stationary **B** makes a wall pass with **A**, or turns and pass to **C**.
- Or after the wall pass of **C** with **A** there is a deep ball on **C**.
- A** goes in the position of **C** and **C** to the position of **A**.
4. Same as 3 but the stationary player **B** have a marker. Depending on the movements of the marker, **B** turns or makes a wall pass with **A**.

Note:

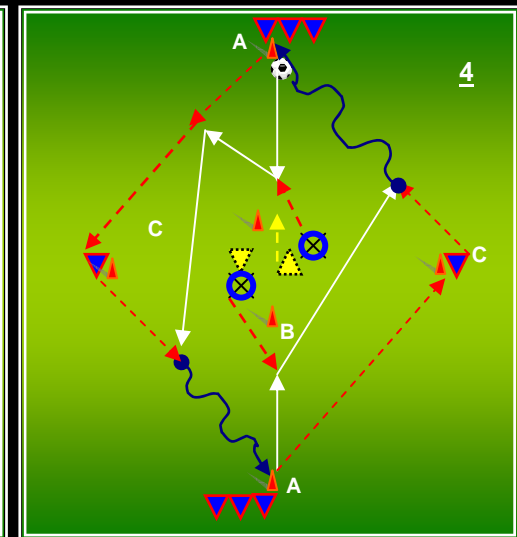
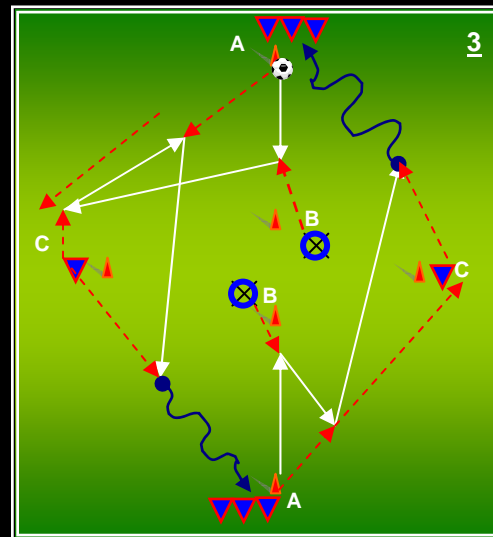
After a few minutes we change the direction of the exercise.

Group

Basic Skills

Key

A - 4



Organization

- 2 balls at the same time.
- passes from A to B should be coordinated.
- Distance based on age and level.
- In 3, B is stationary, also possible to work with stationary in C or A.

Basic Points

- 'loose your mark'
- correctly receiving the ball
- in 4, if the defender marks close: return, if the defender is not close: turn

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

1. **A** passes to **B** and goes to **B**, **B** receives and turns and passes to **C**, **C** makes a wall pass with **B**; **B** plays the ball to **C** and goes to **C**, **C** receives and dribbles to **A**.

Variation 2, instead of receiving and turning from **B**, **A** makes a wall pass to **B**. **A** passes to **C**, same organization. **A** goes to **B**, **B** goes to **C** and **C** goes to **A**.

2. The same as drawing 1, but there is a cross pass

Important is that like in drawing 1, **A** goes to **B**, **B** goes to **C** and **C** goes to **A**.

Organization

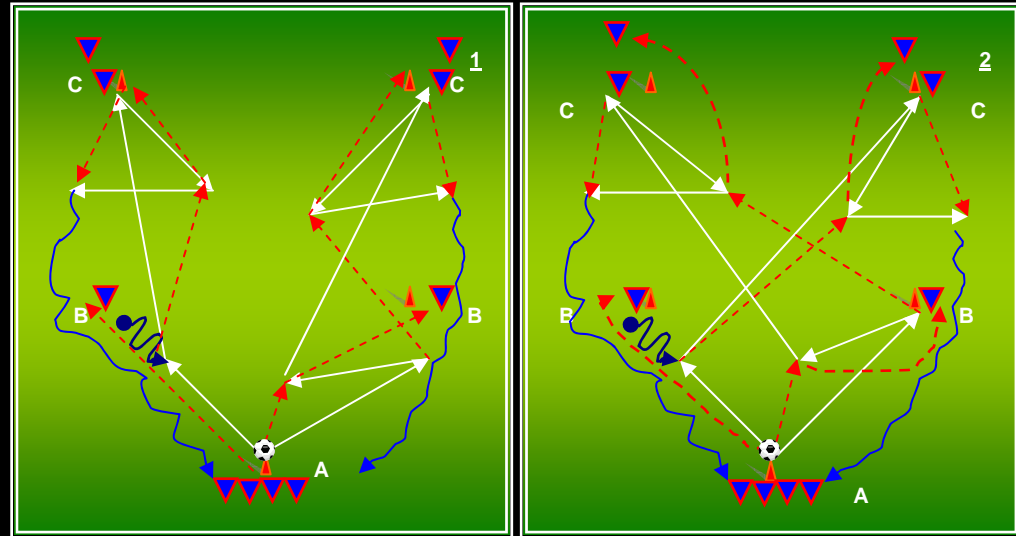
- Use 2 balls for a more dynamic exercise
- A has to work on both sides, right and left
- Distance according to level and age

Group

Basic Skills

Key

A - 5



Basic Points

- The pass of A to his left is with his right foot and to his right with his left foot;
- unmarking should be vertical.
- B receives at the left side with his left foot and on his right side with his right foot.
- B receives the ball and positions to be ready to play.
- in drawing 4, if the defender is close it is a wall pass, if not so close (communicate) turn.

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Group

Basic Skills

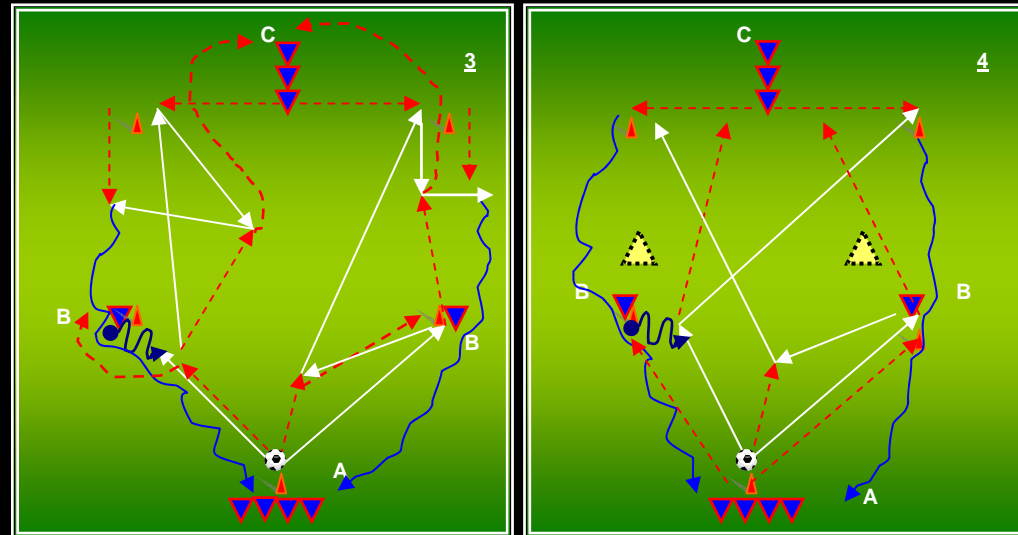
Key

A - 5

Development

3. The same as the before mentioned exercises, but players **C** are positioned in the center and move sideways to receive the cross pass Change of position like in the other exercises.
4. Same as exercise 3, but **B** has a parking defender. Depending on the position of the defender if **B** needs to turn or play a wall pass.

Change of positions like in the other exercises.



Organization

- Use 2 balls for a more dynamic exercise
- A has to work on both sides, right and left
- Distance according to level and age

Basic Points

- The pass of A to his left is with his right foot and to his right with his left foot;
- unmarking should be vertical.
- B receives at the left side with his left foot and on his right side with his right foot.
- B receives the ball and positions to be ready to play.
- in drawing 4, if the defender is close it is a wall pass, if not so close (communicate) turn.

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

- A passes to B and goes to B, B receives and turns to pass to C, C passes back to (wall pass) B, B passes to C and goes to C, C receives the ball and dribbles to A.

Variation: B instead of turning makes a wall pass with A, and A passes to C, who makes a wall pass with B. Like the above mentioned

A goes to the place of B.
B goes to the place of C.
C goes to the place of A.
- Start is the same, but C gives a deep pass to D with or without a wall pass.

D dribbles to A.

Change of positions:

A with B.
B with C.
C with D.
D with A.

Organization

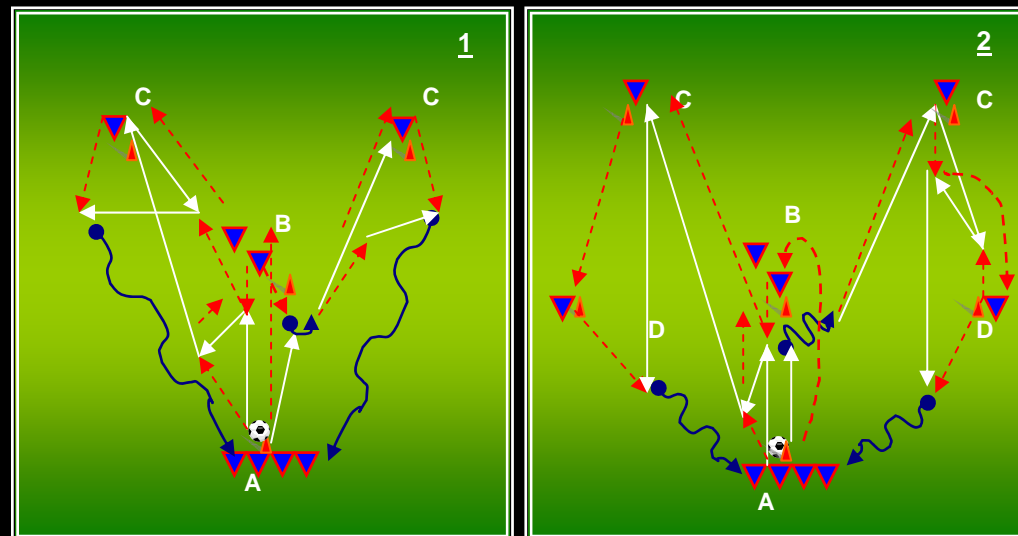
- Distance, A to B 10 - 15m. B to C 15 - 20 m.
- Position of D at same height of B but more open than C.
- All player in position A have a ball.
- in drawing 4 the defenders wear bips.
- In position B, the player varies left and right.

Group

Basic Skills

Key

A - 6



Basic Points

- When B turns, he must see C directly.
- The pass from B to C must be a strong pass, on the correct side of the player (outside)
- Movement in drawing 4, depending on losing the mark (turn or return the ball)

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Group

Basic Skills

Key

A - 6

Development

3. Same as exercise 2, only in position **B** and **C** are stationary.

Only **A** and **D** change position.

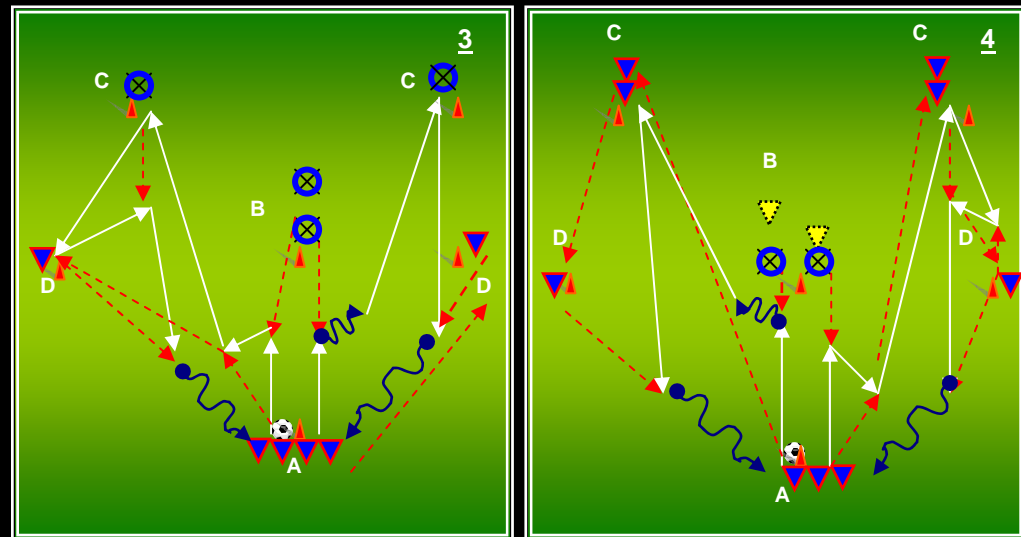
4. Same as in drawing 2, but in position **B** there are 2 stationary players with 2 defenders

Change of positions:

A goes to **C**.

C goes to **D**.

D goes to **A**.



Organization

- Distance, A to B 10 - 15m. B to C 15 - 20 m.
- Position of D at same height of B but more open than C.
- All player in position A have a ball.
- in drawing 4 the defenders wear bips.
- In position B, the placer varies left and right.

Basic Points

- When B turns, he must see C directly.
- The pass from B to C must be a strong pass, on the correct side of the placer (outside)
- Movement in drawing 4, depending on losing the mark (turn or return the ball)

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

1. In drawing 1, the players make a wall pass with stationary player B. We always start where the majority of the players are.

The exercise goes two - ways.

2. Same as in drawing 1, but with a defender.

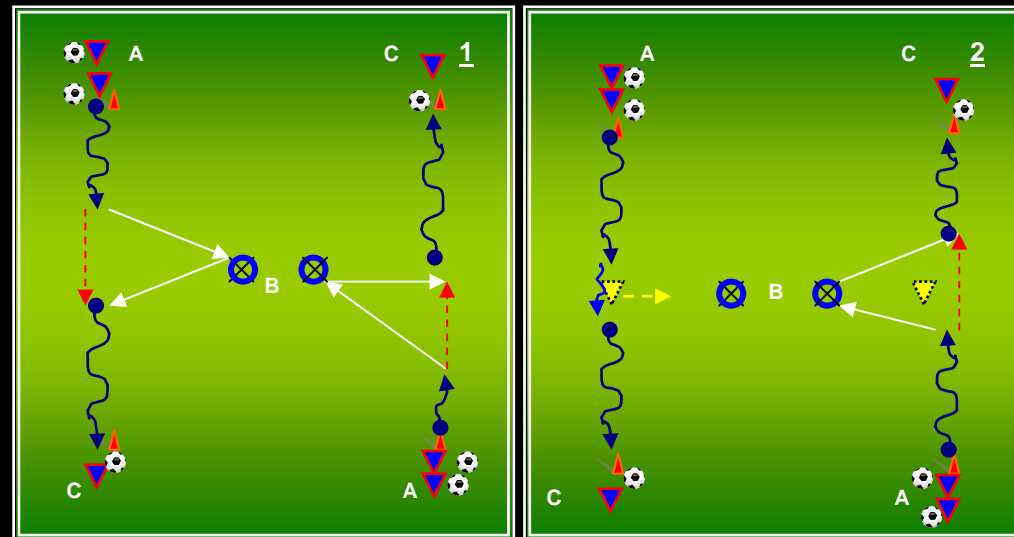
The players make a wall pass with B, or take on the defender, depending on the position of the defender

Group

Wall Pass

Key

A - 7



Organization

- Distance of the plastic plates: 15 - 20m.
- Minimum of player per line is 5, max. 7 players.
- Bips for the defenders
- the Coach could be the first defender
- After some time the stationary players and defenders change.
- Add goals to end the exercise with finish

Basic Points

- If stationary B is on the left side the pass is with the inside right foot to the left foot of the stationary B.
- If stationary B is on the right side, it is the other way around
- The return pass of B is in front of player A, without stooping the rhythm of the exercise
- When the defender blocks the way of A, it is a wall pass and when the defender blocks the line to the stationary player, A takes on the defender

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

3. Same as in drawing 2, but now player **B** plays deep, as a central striker ('poste')

The players make a wall pass with **B**, or take on the defender, depending on the position of the defender

4. Same organization as in the above mentioned exercises, the stationary player **B** is marked by the defender. **B** tries to unmark towards the center.

Depending the movement of the defender, the player takes on the defender or looks for a wall pass.

Organization

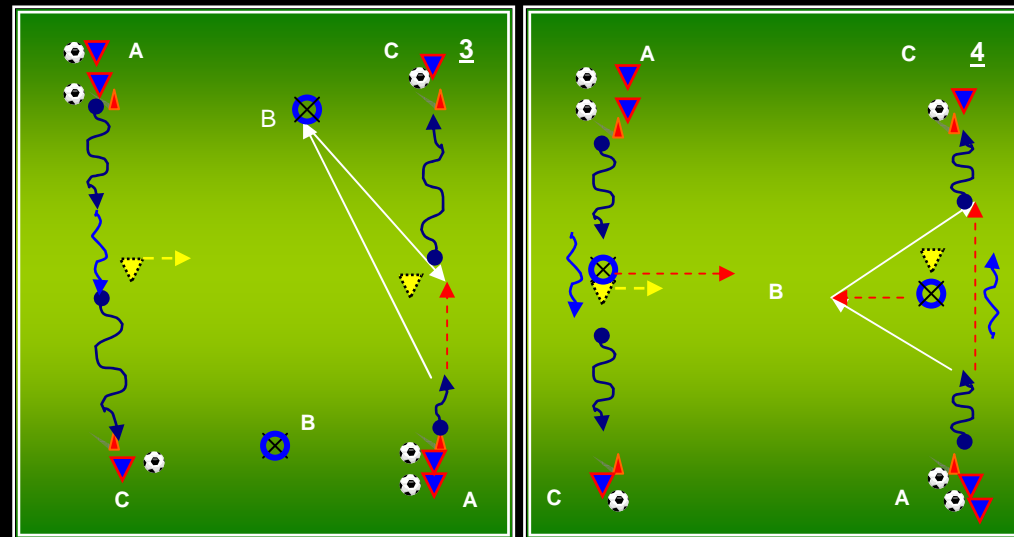
- Distance of the plastic plates: 15 - 20m.
- Minimum of player per line is 5, max. 7 players.
- Bips for the defenders
- the Coach could be the first defender
- After some time the stationary players and defenders change.
- Add goals to end the exercise with finish

Group

Wall Pass

Key

A - 7



Basic Points

- If stationary B is on the left side the pass is with the inside right foot to the left foot of the stationary B.
- If stationary B is on the right side, it is the other way around
- The return pass of B is in front of player A, without stooping the rhythm of the exercise
- When the defender blocks the way of A, it is a wall pass and when the defender blocks the line to the stationary player, A takes on the defender

Goal

Improve agility and technical skills

Development

Practice technical skills in a circle organization

Description of 8 varieties:

1. A dribbles the ball, cuts the ball back with the inside part of the right foot and passes the ball to B (change to left after certain number of repetitions)
2. A dribbles and before arriving the plate, makes a feint and cuts back with the outside of the left foot to pass with the right foot to B. Change after a number of repetitions.
3. A dribbles with the sole of the foot to the plate and returns dribbling with the outside left to B (change after certain repetitions)
4. A dribbles with the sole of the foot to the plate and passes back to B with right inside foot (left after certain number of repetitions).
5. A dribbles in a triangle makes a feint and cuts twice with the inside of the right foot, to give the ball to B. After a certain number of repetitions, change.
6. A dribbles in a triangle makes a feint and cuts twice with the outside of the right foot, to give the ball to B. After a certain number of repetitions, change.
7. A dribbles and before arriving at the plate makes a feint, passes the ball back
8. A makes 3 different cuts/feints and dribbles towards B who pressures A.

Organization

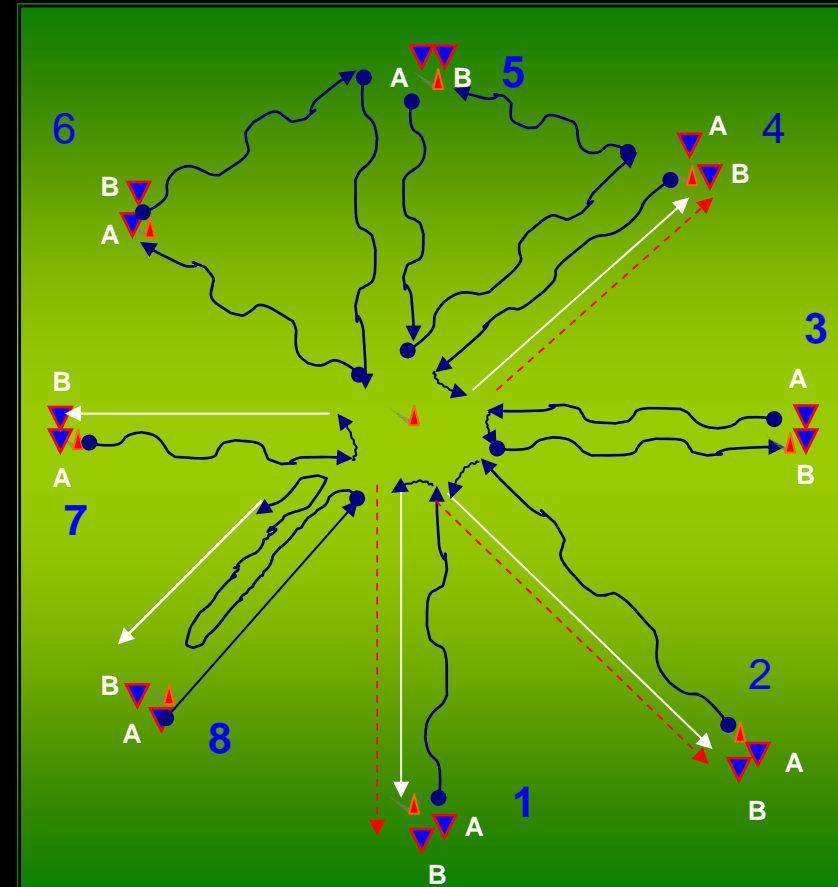
- All players do the same variation at the same time.
- work both left and right foot.
- Distance is 10 m.
- 2 or 3 players per cone with a ball.
- Instead of working with 1 plate in the center, work with a circle of plates.

Group

Agility

Key

A - 8



Basic points

- during the cut, the weight of the player is on its standing leg.
- First thing after a cut / pass is a short sprint

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Group

Clock

Key

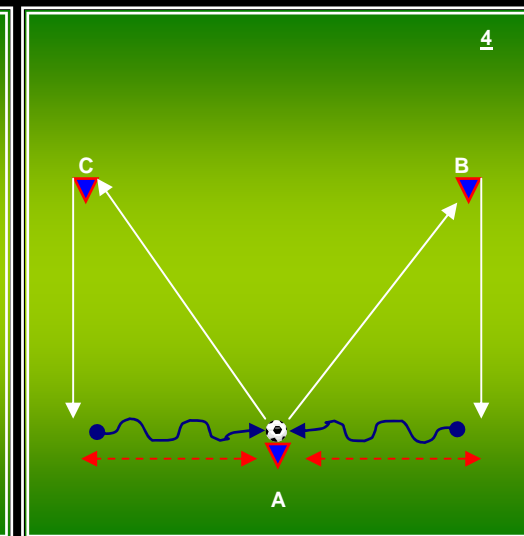
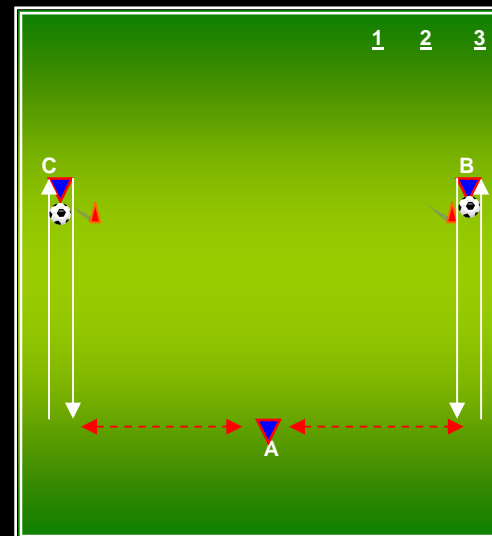
A - 9

Development

- **A** starts the movement to the side, **B** passes to **A**, **A** returns the ball with the inside of the foot and runs to the other side **C** passes to **A**, **A** returns the ball to **C**.

After a number of repetitions, positions change.

2. Same as in 1, except, **B** and **C** take the ball in their hands and throw it on good height to **A**, who plays it back with the inside of his foot (left and right).



Organization

- All variations are done with 3 players.
- Distance, intensity y repetitions depend on age / level.
- All players do the same exercise or rotate between the 6 exercises
- 3 series with fewer repetitions, but more intensity.

Basic Points

- work on left and right is key
- All passes are strong and A concentrated / focused
- Without risk in passing, there is no way forward.

Goal

Improve the Basic technical skills
(pass - receive - dribble)

Development

3. Same as in 2; but now to the head of **A**, **A** returns the ball with the head
4. **A** starts the movement sideways, **B** passes the ball to **A**, **A** receives the ball, cuts back and dribbles back with his right foot to the center and passes to **B** with his left foot, movement to the other side continues. Cuts back, dribbles with left and passes to **C** with inside right.
5. **B** passes to **A**, **A** runs up and plays the ball with his left foot to **C**. **C** plays the ball in front of **A**, **A** runs up and passes the ball with the right foot to **B**.
6. **A** dribbles two-ways and makes a wall pass with both **B** and **C**.

Organization

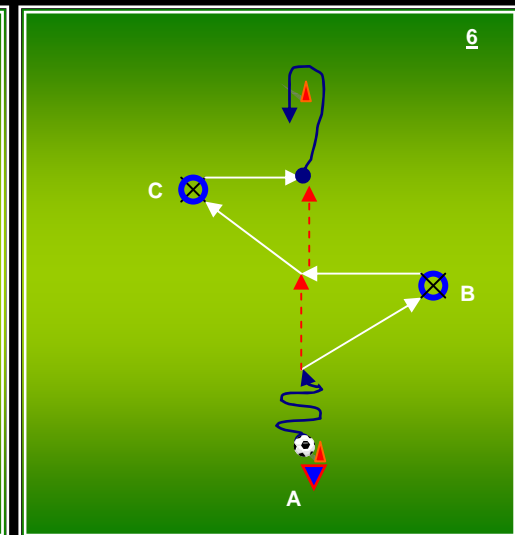
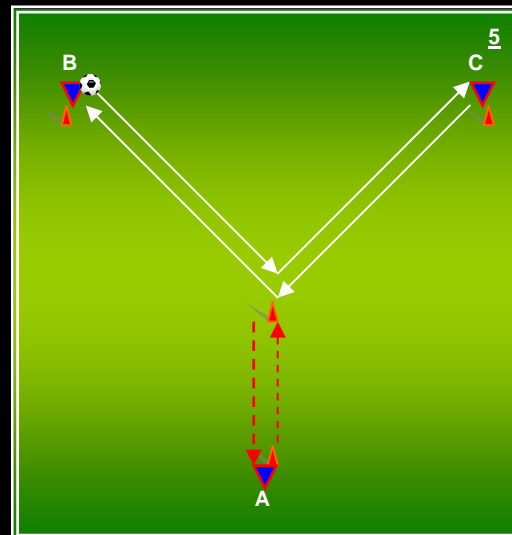
- All variations are done with 3 players.
- Distance, intensity y repetitions depend on age / level.
- All players do the same exercise or rotate between the 6 exercises
- 3 series with fewer repetitions, but more intensity.

Group

Clock

Key

A - 9



Basic Points

- work on left and right is key
- All passes are strong and A concentrated / focused
- Without risk in passing, there is no way forward.

Goal

Heading forward and sideways (technique)

Group

Heading routine

Key

A - 10

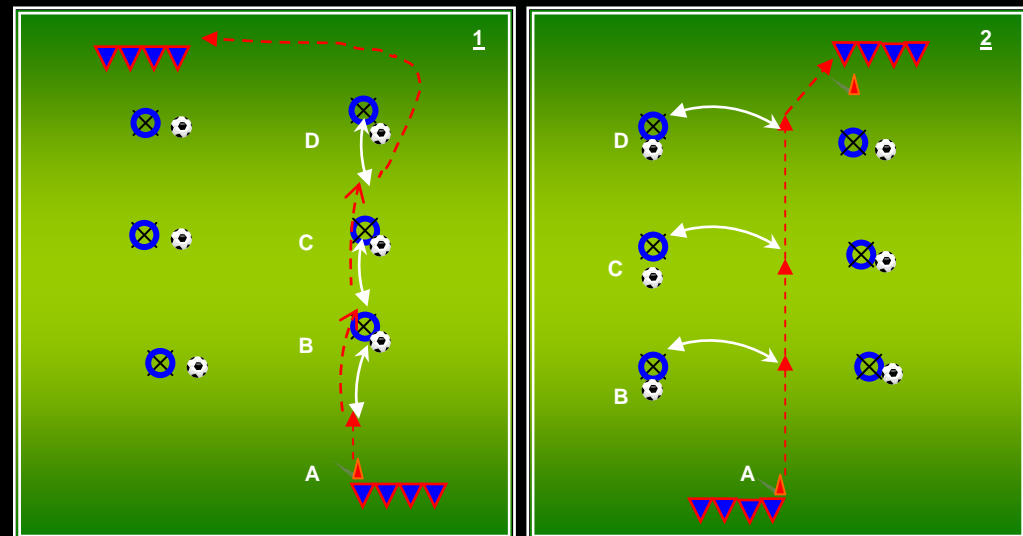
Development

1. **A** starts and puts himself in front of **B**, **B** throws the ball to **A** who returns the ball with the head to **B**, after that with **C** y **D** the same and **A** goes to the other group to continue.

Note:

After a number of repetitions we change the stationary player.

2. **A** starts, **B** throws a ball to **A**, **A** with the left side of the head returns the ball to **B**, After that the same organization as described under 1.



Organization

- Distance in between stationary players is 10 m.
- Work with 3 groups of 6 players, 1 group work as stationary players, changing after some time
- stationary players should have an extra ball.

Basic Points

- The heading is with or without jumping.
- Good warm up
- The moment of contact is when the body is in upright position.

Goal

Heading forward and sideways (technique)

Group

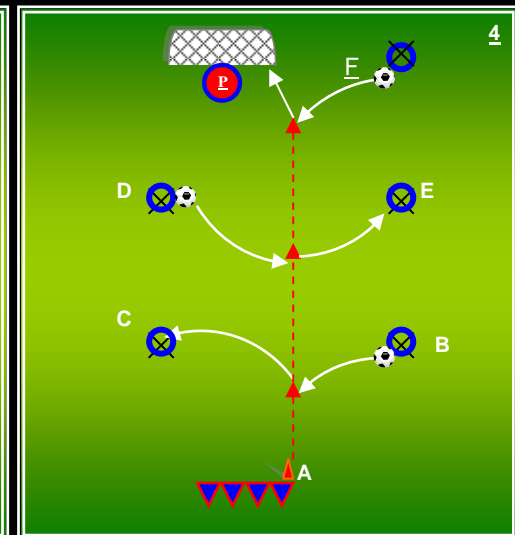
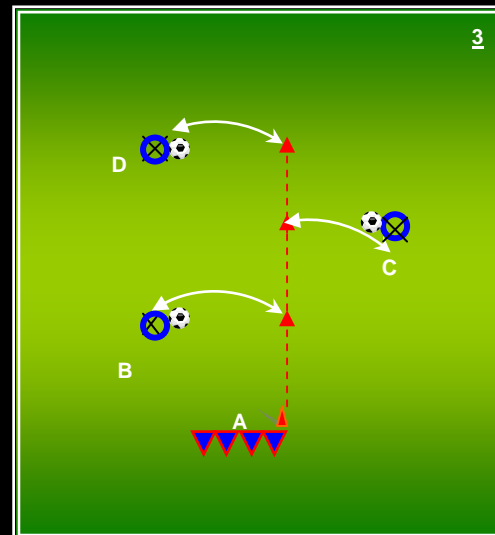
Heading routine

Key

A - 10

Development

3. A starts B throws the ball to A, who turns and with the frontal part heads the ball back to B, after that with C y D the same.
4. A starts B throws the ball to A, A heads the ball to C, A moves to D, D throws the ball to A, A heads the ball to E, A goes to F, F throws the ball to A, A heads on goal and hands the ball back to F.



Organization

- Distance in between stationary players is 10 m.
- Work with 3 groups of 6 players, 1 group work as stationary players, changing after some time
- stationary players should have an extra ball.

Basic Points

- The heading is with or without jumping.
- Good warm up
- The moment of contact is when the body is in upright position.

Finishing & Defensive

Goal

Improve passing, dribbling and finishing

Development

1. **A.** passes the ball in front of **B**, **A** moves towards the area; **B** dribbles towards the end line and passes to **A**, **A** finishes on goal and goes to the other line to change position.
2. **B.** passes the ball in front of **A** and continues his movement, **A** receives and dribbles to the middle of the field, makes a cross pass to **B** and continues his movement towards the area, **B** dribbles towards the end line and passes to **A**, **A** finishes on goal and goes to the other line to change position.

Organization

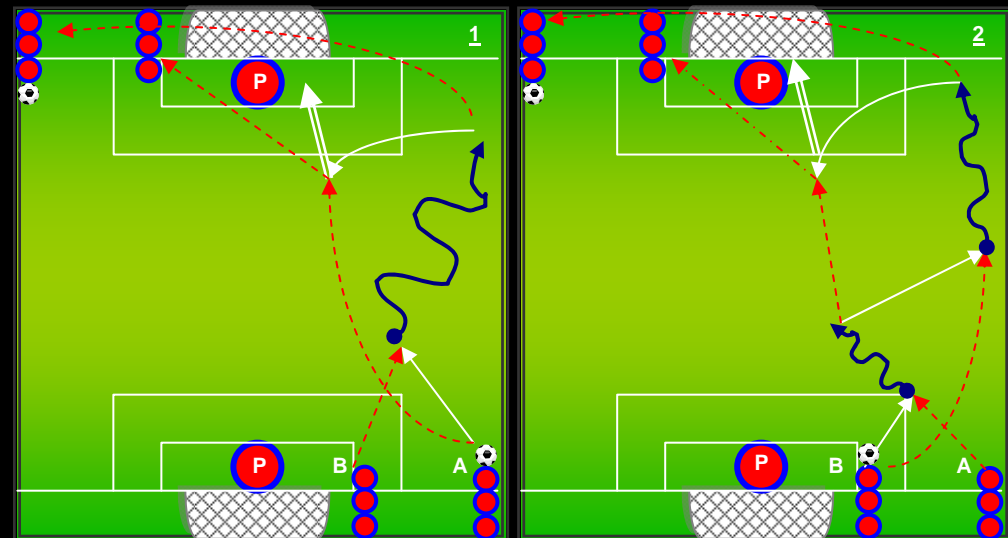
- twice the area or 40m by 60m (depending on level and age)
- two groups both next to the goals on the end lines
- exercise runs at the same time, to finish / shoot at the goal
- watch for the right side to play (left / right)
- When the goal is speed improvement: 6 series of 6 repetitions with maximum speed and maximum execution

Group

Passing and Finishing

Key

B - 1



Básic points

Offensive

- strong pass on the right side where the next pass comes from
- receive the ball correct.
- dribbling: game realistic.
- pass on the height of penalty spot.
- Where to ask for the ball? First post.
Second post.
Cross pass.

Goal

Improve passing, dribbling and finishing

Development

3. **A** passes to stationary **B (F)**, and continues his movement, **B** passes short to **C**, **C** passes deep to **A**, and continues his movement towards the area, **A** passes to **C**, **C** finishes on goal and goes to the other line to change position
4. **C** passes to stationary **B (F)** and continues his movement over the wing, **B** has 2 options: play over the wing with **C** or through the center with **A**, **A** starts his movement, receives and dribbles to the goal to finish. The other option: **B** plays with **C**, **C** receives and dribbles to the endline and passes to **A**, **A** finishes and goes to the other line to change position.

Organization

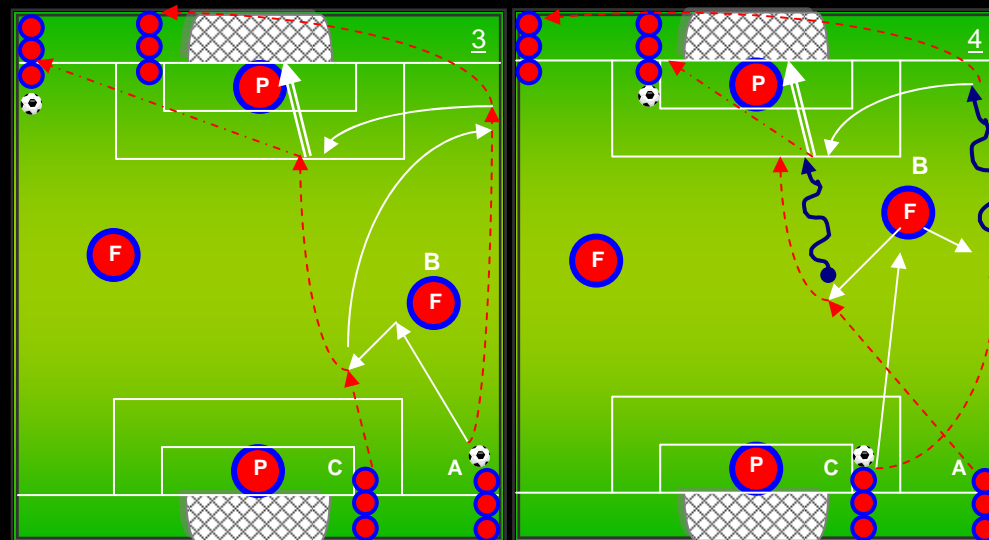
- twice the area or 40m by 60m (depending on level and age)
- two groups both next to the goals on the end lines
- exercise runs at the same time, to finish / shoot at the goal
- watch for the right side to play (left / right)
- When the goal is speed improvement: 6 series of 6 repetitions with maximum speed and maximum execution

Group

Passing and Finishing

Key

B - 1



Básic points

Offensive

- strong pass on the right side where the next pass comes from
- receive the ball correct.
- dribbling: game realistic.
- pass on the height of penalty spot.
- Where to ask for the ball? First post.
Second post.
Cross pass.

Goal

Improve passing, dribbling and finishing

Development

1. A passes to B, B returns the ball to A, A passes deep to C and runs to the spot of B, C dribbles to the end line and passes to B, C returns to initial spot, B finishes and goes to spot of A.
2. A passes to B, B returns the ball to A, A sends a cross pass deep to C, and goes to the spot of B, C receives the ball, dribbles to the end line and passes to B, and returns to initial spot, B finishes and goes to the spot of A.

Organization

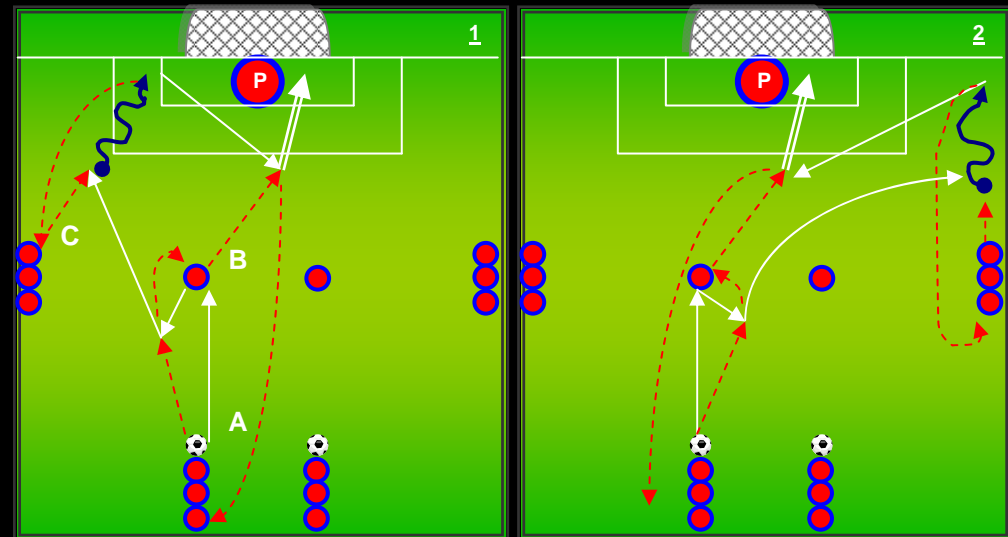
- 2 groups: left and right sided
- at the moment of the final pass, the exercise starts again.
- Distance: half a field (depending level and age)
- 1 Goal.
- The wingers are stationary and later all positions are stationary to train in the realistic position.
- Create competition: drawing 1 and 2 with the players of the opposite sides; 3: Striker vs GK 4. Striker vs. GK and defender / with punishment for loser

Group

Passing / Finishing

Key

B - 2



Basic points

- Offensive:**
 - strong passing
 - receive correctly.
 - dribbling game realistic.
 - final pass on the height of the penalty spot.
 - specifically ask for the ball and where
 - position of the MF depends on the position of the stationary striker.
- Defensive:**
 - GK should coordinate his defense / communicate.

Goal

Improve passing, dribbling and finishing

Development

3. **A** passes to **B**, they make a wall pass, after that a deep ball at the same side or a cross pass to open. **B** and the stationary striker finish. The wingers return to their position and **A** changes with **B**. Stationary player changes after 4 repetitions with the other stationary player.
4. Same as 3 but with stationary defender, this turns in 2 vs. defender plus GK. Both the stationary striker and stationary defender change after 4 repetitions.

Organization

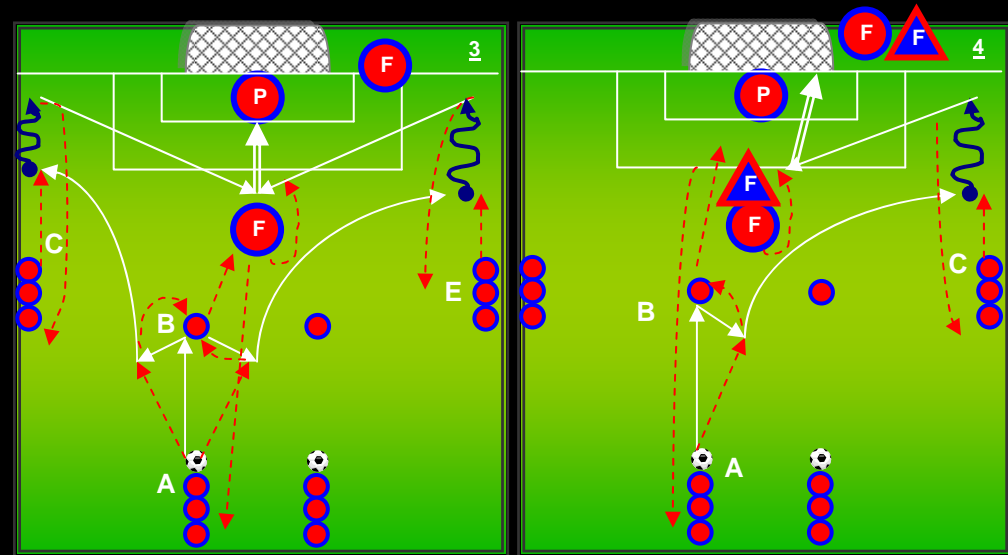
- 2 groups: left and right sided
- at the moment of the final pass, the exercise starts again.
- Distance: half a field (depending level and age)
- 1 Goal.
- The wingers are stationary and later all positions are stationary to train in the realistic position.
- Create competition: drawing 1 and 2 with the players of the opposite sides; 3: Striker vs GK 4. Striker vs. GK and defender / with punishment for loser

Group

Passing / Finishing

Key

B - 2



Basic points

- Offensive:**
 - strong passing
 - receive correctly.
 - dribbling game realistic.
 - final pass on the height of the penalty spot.
 - specifically ask for the ball and where
 - position of the MF depends on the position of the stationary striker.
- Defensive:**
 - GK should coordinate his defense / communicate.

Goal

Improve passing, dribbling and finishing

Development

1. **A** makes a wall pass with **B**, and alter that with **C**, followed by a pass to **B** and takes the spot of **C**, **B** finishes and goes to the spot of **A**, **C** goes to the spot of **B**.
2. **A** passes to **C**, continues his movement, **C** passes to **B** and goes to the spot of **B**, **B** cross passes to **A**, and continues towards the area, **A** receives, dribbles towards the end line and passes to **B**, and goes to the spot of **C**, **B** finishes and goes to the spot of **A**.

Organization

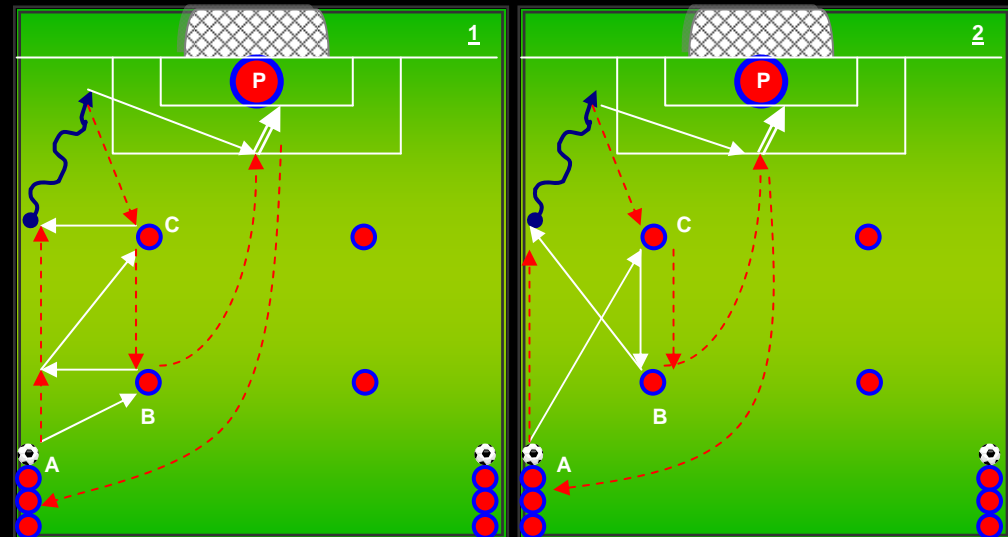
- 2 groups working left and right foot.
- at the moment of the final pass, start the next repetitions.
- Distance: half field 50m x 60m (depending level / age)
- 1 goal for more specific training / 2 for more general.
- Create competition: drawing 1, 2 and 3 with both groups, 4Striker vs. GK + DF. / Punishment for loser.
- Change stationary player alter 4 repetitions
- In exercise 4 finishing: 2 vs. 2 +GK is an option

Group

Passing / Finishing

Key

B - 3



Basic points

- Offensive:**
 - strong passing
 - Receive correct.
 - Final passes from height of penalty spot.
 - Where to ask for the ball?
 - In drawing 4 the movement of the MF depends on the stationary striker
- Defensive:**
 - GK organizes the defense / communicates.

Goal

Improve passing, dribbling and finishing

Development

3. A passes to B, continues his movement, B receives, opens towards the wing and cross passes to C, y B continues towards the area, C returns the ball to A, and goes to the spot of B, A receives, dribbles toward the end line and passes to B, y A takes the spot of C, B finishes and takes the spot of A.
4. same exercise as above mentioned, add a stationary defender and stationary striker, to receive the passes of both the wings, resulting in 2 vs. 1 + GK.

Note: to start the exercise; you can work with B and C without final pass, no goals and work two-ways.

Organization

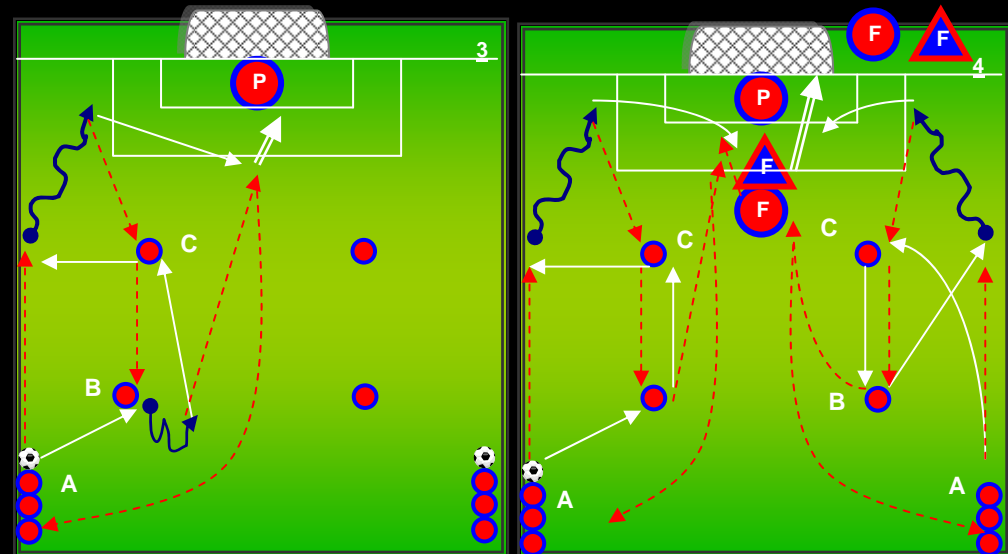
- 2 groups working left and right foot.
- at the moment of the final pass, start the next repetitions.
- Distance: half field 50m x 60m (depending level / age)
- 1 goal for more specific training / 2 for more general.
- Create competition: drawing 1, 2 and 3 with both groups, 4Striker vs. GK + DF. / Punishment for loser.
- Change stationary player alter 4 repetitions
- In exercise 4 finishing: 2 vs. 2 +GK is an option

Group

Passing / Finishing

Key

B - 3



Basic points

- Offensive:**
- strong passing
 - Receive correct.
 - Final passes from height of penalty spot.
 - Where to ask for the ball?
 - In drawing 4 the movement of the MF depends on the stationary striker
- Defensive:**
- GK organizes the defense / communicates.

Goal

Improve passing, receiving, dribbling and finishing

Development

1. A passes to B, and goes to the spot of B, B receives, opens and passes to C and continues his movement, C passes to B and continues towards goal, B receives and dribbles to end line and passes to C, C finishes and goes to the other group.
2. A passes to B, B returns ball to A and continues movement, A passes to C, and goes to B, C passes to B, and continues to goal, B receives, dribbles and passes to C, and takes spot of C, C finishes.

Organization

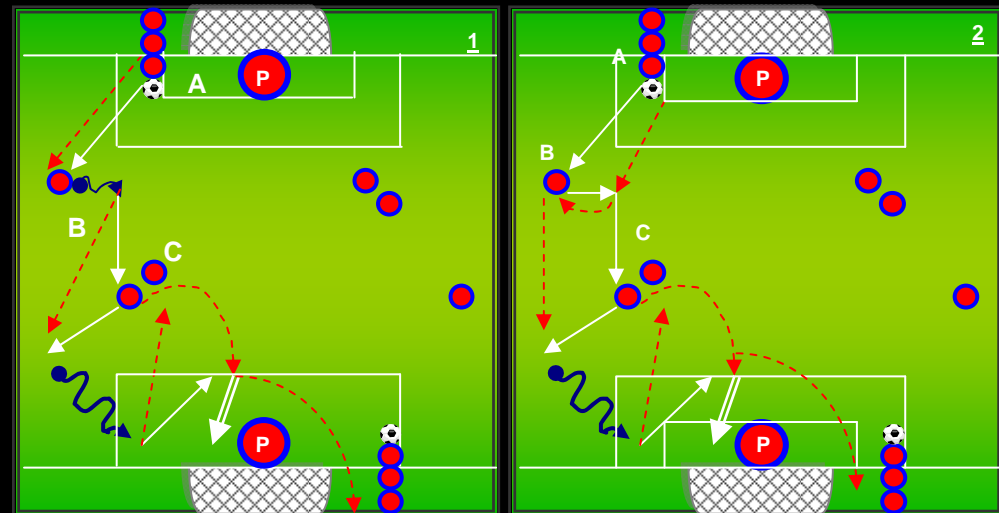
- work in circuit.
- after 10 minutes change sides (right – left).
- at the moment of end pass, start next repetition.
- Distance: half field (depending age and level)
- 2 goals.
- Create competition: drawing 1, 2 and 3 players vs. el GK, in drawing 4 GK and DF vs. FW.
- Change DF alter 5 repetitions (depending age and level).

Group

Passing and Finishing

Key

B - 4



Basic points

- Offensive:**
- Pass to B with inside left foot and to C with right foot a strong pass.
 - Receive correct.
 - End pass on the height of penalty spot.
 - Where to ask for the ball?.
- Defensive:**
- Defending 3 different ways: close, with distance and less distance with pressure at the moment of receiving the ball.

Goal

Improve passing, receiving, dribbling and finishing

Development

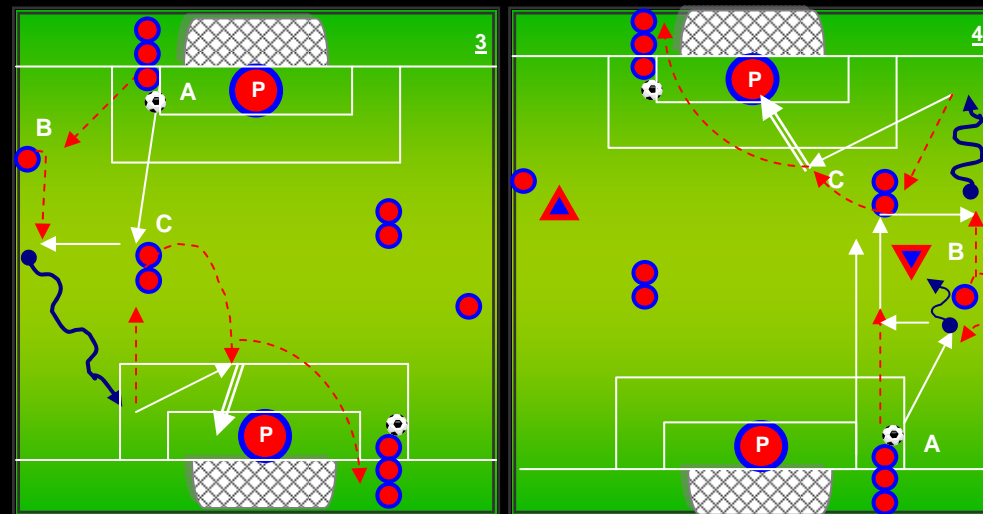
3. A passes to C, and takes spot of B, C passes to B, and continues towards goal, B receives, dribbles and passes to C, and takes spot of C, C finishes and goes to other line.
4. Same exercise, now stationary defender, against B or against C or against both.

Group

Passing and Finishing

Key

B - 4



Organization

- work in circuit.
- after 10 minutes change sides (right – left).
- at the moment of end pass, start next repetition.
- Distance: half field (depending age and level)
- 2 goals.
- Create competition: drawing 1, 2 and 3 players vs. el GK, in drawing 4 GK and DF vs. FW.
- Change DF alter 5 repetitions (depending age and level).

Basic points

- Offensive:**
- Pass to B with inside left foot and to C with right foot a strong pass.
 - Receive correct.
 - End pass on the height of penalty spot.
 - Where to ask for the ball?.
- Defensive:**
- Defending 3 different ways: close, with distance and less distance with pressure at the moment of receiving the ball.

Goal

Improve passing, receiving, dribbling and finishing (in position)

Development

1. A: a long ball to **B**, **B** receive dribbles and passes to **C** y **D**, **B** returns to his spot; **C** y **D** finish and play 2 vs. GK.
2. A: a long ball to **C**, and continues to play as a DF; **C** passes to **B** and continues towards the area, **B** receives, dribbles and passes to **C** and **D**; **B** returns, **C** y **D** finish with also the DF involved: 2 vs. 1 + GK.

Organization

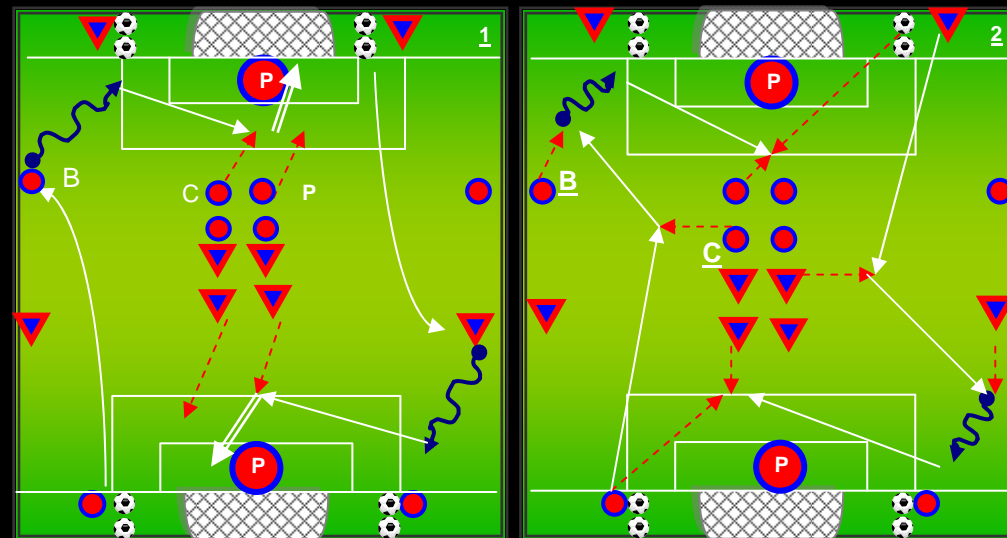
- all player play in their position and return in their position.
- Start at same time to finish on goal at same time.
- Distance: half field (depending on age and level)
- 2 goals.
- C and D play as a #9 and #10 or as two FW
- you can work with 2 GK, and 10 – 20 players

Group

Passing and Finishing with marking

Key

B - 5



Basic points

- Offensive:**
- Initial pass is key; (concentration, strong pass, correct foot or in front of placer)
 - Receive to directly play the pass.
 - Winger looks up to make a correct end pass.
 - End passes with correct 'swing' for finisher.

Defensive: - mark.

Goal

Improve passing, receiving, dribbling and finishing (in position)

Development

3. A passes to **C** and continues to play as a DF, **C** passes to **D** and continues towards the area, **D** passes to **B** and continues towards the area, **B** receives, dribbles towards the end line and passes to **D** and **C** returns to his spot, **D** and **C** finish with also the DF involved, this makes: 2 vs. 1 + GK.
4. A: a long ball to **D** and continues to play as a DF, **D** passes to **B** and continues towards the area **B** receives, dribbles towards the end line and passes to **C** and **D** and returns to his spot; **C** and **D** finish with the DF involved and the DF who is marking **D**; they play 2 vs. 2 + GK.

Organization

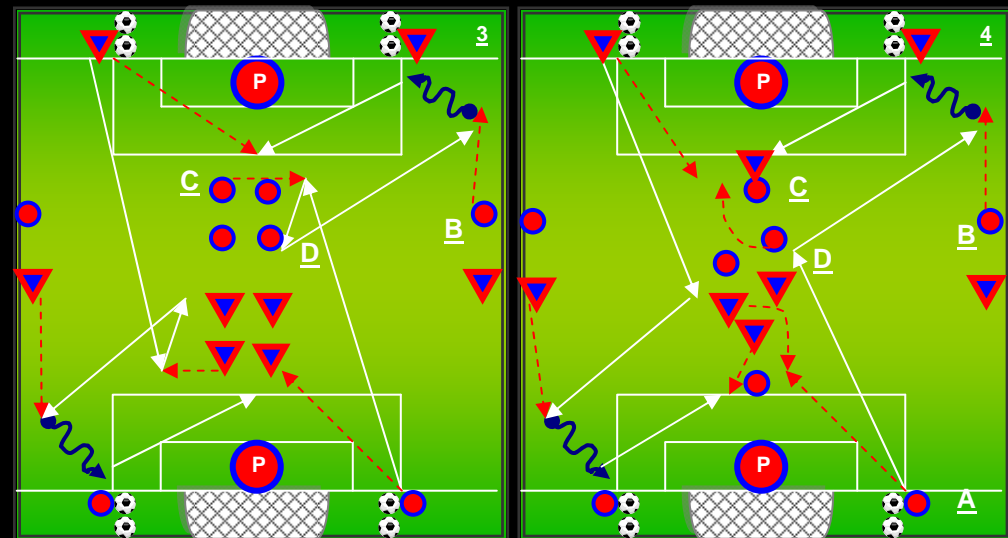
- all player play in their position and return in their position.
- Start at same time to finish on goal at same time.
- Distance: half field (depending on age and level)
- 2 goals.
- C and D play as a #9 and #10 or as two FW
- you can work with 2 GK, and 10 – 20 players

Group

Passing and Finishing with marking

Key

B - 5



Basic points

- Offensive:**
- Initial pass is key; (concentration, strong pass, correct foot or in front of placer)
 - Receive to directly play the pass.
 - Winger looks up to make a correct end pass.
 - End passes with correct 'swing' for finisher.
- Defensive:** - mark.

Goal

Improve passing, receiving, dribbling and finishing

Development

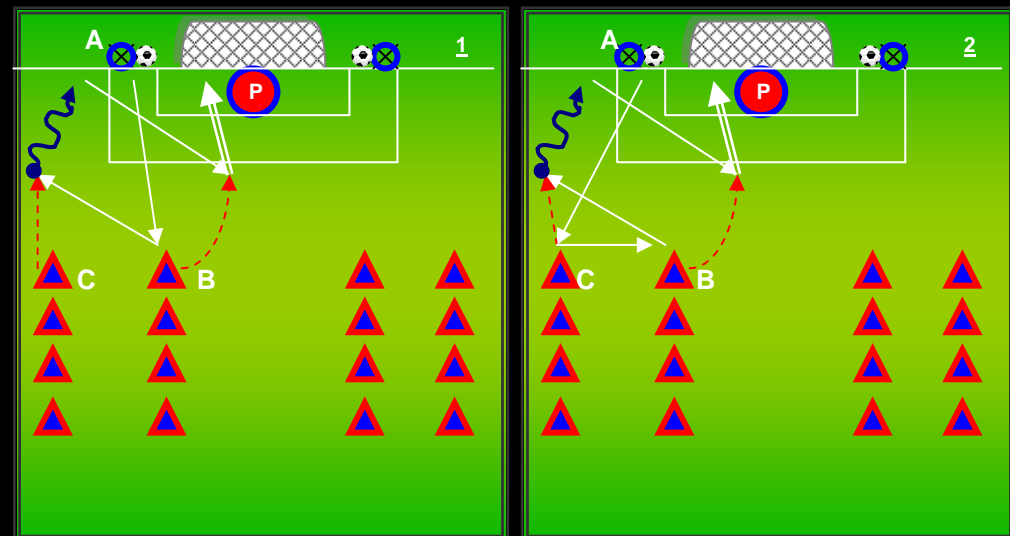
1. Stationary **A** passes to **B**, **B** passes to **C** and continues towards the area, **C** receives, dribbles and passes to **B** and returns to his spot, **B** finishes and returns to his spot.
2. Stationary **A** passes **C**, **C** passes to **B**, and continues his movement, passes to **C** and continues his movement towards the area **C** receives, dribbles and passes to **B**, returns to his spot, **B** finishes and returns to his spot.

Group

Passing and Finishing

Key

B - 6



Organization

- 2 groups.
- After the end pass the other group starts the exercise.
- 1 goal to work on
- Distance between A and B 25 m. and between B and C 8 - 12 m. depending level and age.
- competition between right and left side.
- Finisher returns the ball to A.

Basic points

Offensive:

- strong first pass.
- receive correctly.
- Deep ball with correct speed, easy to send the end pass.
- end pass is a cross pass withdrawn.
- Finisher looks at position of GK

Defensive:

- force FW to the outside.

Goal

Improve passing, receiving, dribbling and finishing

Development

3. Stationary **A** passes to **C**, **C** dribbles towards the area, **B** makes an overlapping run and they play 2 vs. GK, **C** finishes and returns to his spot, **B** returns to his spot.
4. Stationary **A** passes to **C**, **C** receives and dribbles behind the movement of **B** and continues towards the center; **B** receives dribbles and passes to **C**, returns to his spot **C** finishes and returns to his spot.
5. **A** passes to **C** and steps in as a DF to take on **C** and **B**, **C** receives and dribbles to the area, **B** makes an overlapping run and plays 2 vs. 1 + GK, **C** finishes or passes to **B** and returns to his spot, **B** returns to his spot.

Organization

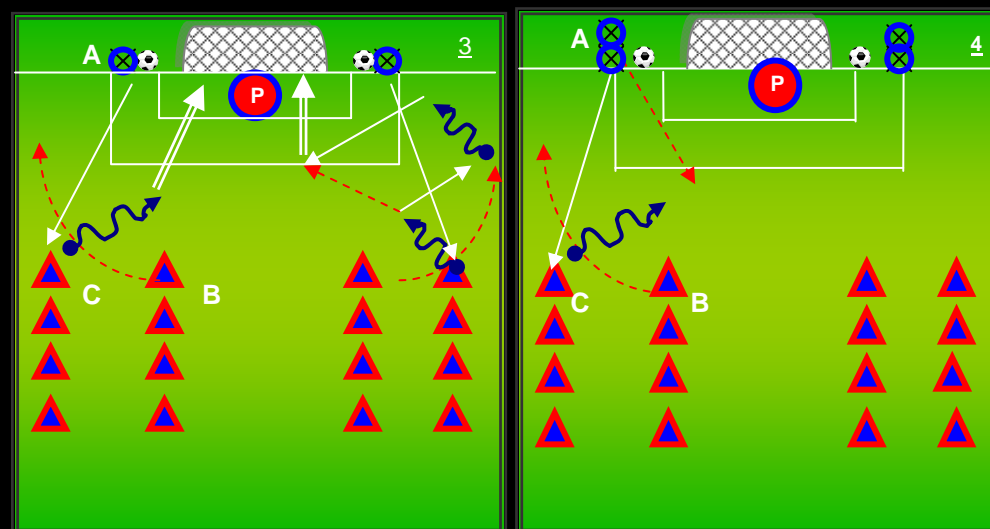
- 2 groups.
- After the end pass the other group starts the exercise.
- 1 goal to work on
- Distance between A and B 25 m. and between B and C 8 - 12 m. depending level and age.
- competition between right and left side.
- Finisher returns the ball to A.

Group

Passing and Finishing

Key

B - 6



Basic points

Offensive:

- strong first pass.
- receive correctly.
- Deep ball with correct speed, easy to send the end pass.
- end pass is a cross pass withdrawn.
- Finisher looks at position of GK

Defensive:

- force FW to the outside.

Goal

Improve passing, dribbling and finishing

Development

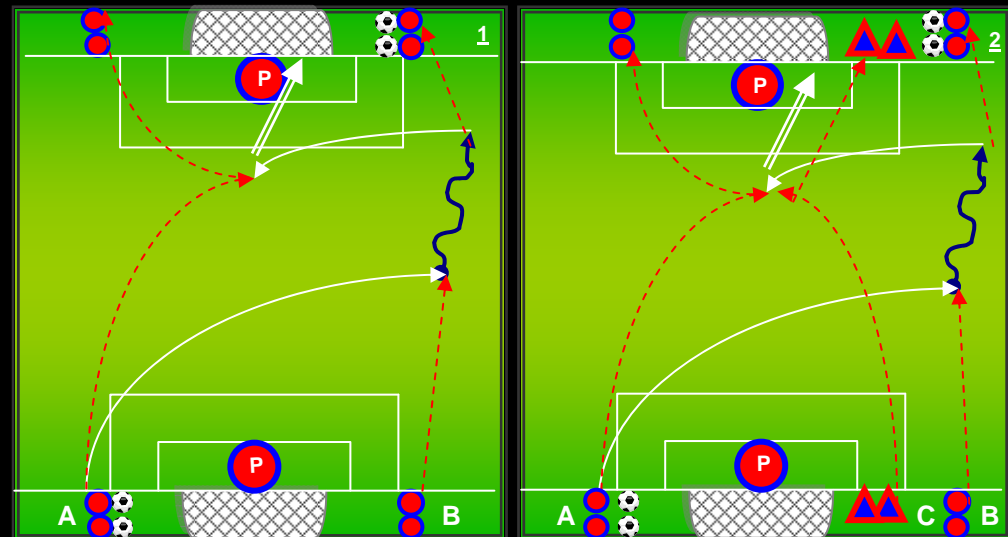
1. **2 vs GK:** **A:** long pass to **B**, and continues towards the area, **B** receives, dribbles and passes to **A**, **A** finishes, goes to following line.
2. **2 vs. 1 + GK:** **A:** long pass to **B**, and continues towards the area, **B** receives, dribbles and passes to **A**, **A** finishes, goes to following line, **A** finishes, with the presence of DF **C**, **A** and **C** go to the following line.

Group

Passing and Finishing

Key

B - 7



Organization

- after all plays, players change lines to finish at the other goal.
- In drawing 2 there are 3 groups: 2 offensive and 1 defensive; change offensive for defensive every 6 repetitions.
- In drawing 3 and 4 players with the end pass are stationary.
- Distance: half field (depending age and level)
- If the goal is working on speed: 3 series of 6 repetitions with active pause.

Basic points

- Offensive:**
 - drawing 1: pass is with left and end passing with right foot.
 - Drawing 1: receives with right foot.
 - Dribbling with maximum speed.
 - send end pass from height of penalty spot.
- Defensive:**
 - C always wins the position looking at the ball and rival.
 - Cooperation between E and F.
 - Drawing 4: central DF F organizes C and E.

Goal

Improve passing, dribbling and finishing

Development

3. 3 vs 2 + GK: A passes to D, D is stationary FW with DF E, D has 2 options to play: with A or B. Over either two of the wings to play in the area 2 vs. 2 + GK after the play A, B y C go to their rows.
4. 3 vs. 3 + GK: A has 2 options to play long: with B or D. Over either wing a final pass can be played to play in the area B and D vs. C, E and central defender F + GK. At the end A, B y C go to their lines.

Organization

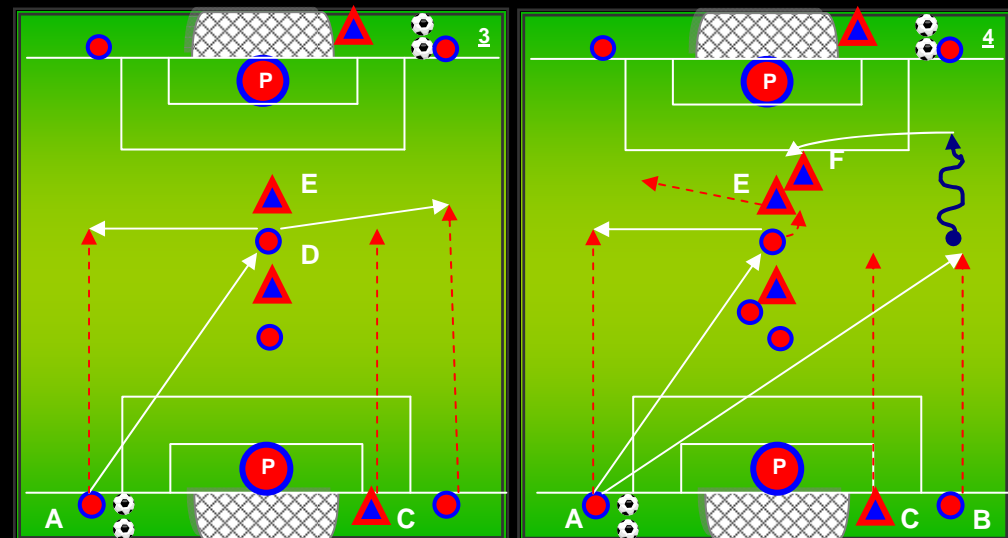
- after all plays, players change lines to finish at the other goal.
- In drawing 2 there are 3 groups: 2 offensive and 1 defensive; change offensive for defensive every 6 repetitions.
- In drawing 3 and 4 players with the end pass are stationary.
- Distance: half field (depending age and level)
- If the goal is working on speed: 3 series of 6 repetitions with active pause.

Group

Passing and Finishing

Key

B - 7



Basic points

- Offensive:**
 - drawing 1: pass is with left and end passing with right foot.
 - Drawing 1: receives with right foot.
 - Dribbling with maximum speed.
 - send end pass from height of penalty spot.
- Defensive:**
 - C always wins the position looking at the ball and rival.
 - Cooperation between E and F.
 - Drawing 4: central DF F organizes C and E.

Goal

Improve passing, receiving, dribbling and finishing

Development

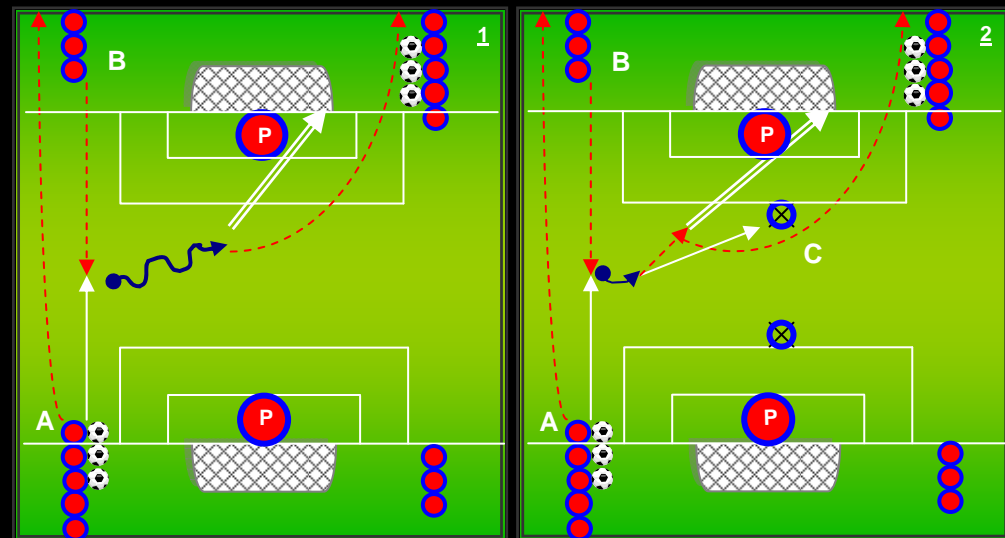
1. **A** passes to **B** and goes to the spot of **B**, **B** receives, opens towards the goal, finishes and goes to the following line.
2. **A** passes to **B** and goes to the spot of **B**, **B** receives, opens and makes a wall pass with stationary **C**, finishes and goes to the following line.

Group

Finishing

Key

B - 8



Organization

- In group A there are always more players than in group B.
- Distance 40m x 50m.
- Two lines start at the same time.
- Change left – right alter certain time.
- If the goal is intense aerobic: 6 series of 3 minutes and one minute of pause in between series

Basic points

- In drawing 1: receive the ball in a way to see the GK position immediately.
- In drawing 2 receive the ball in a way to see the stationary player immediately.
- In drawing 3 B creates space to receive the ball and before finishing sees the GK position.
- In drawing 4 B takes different positions in the area.

Goal

Improve passing, receiving, dribbling and finishing

Development

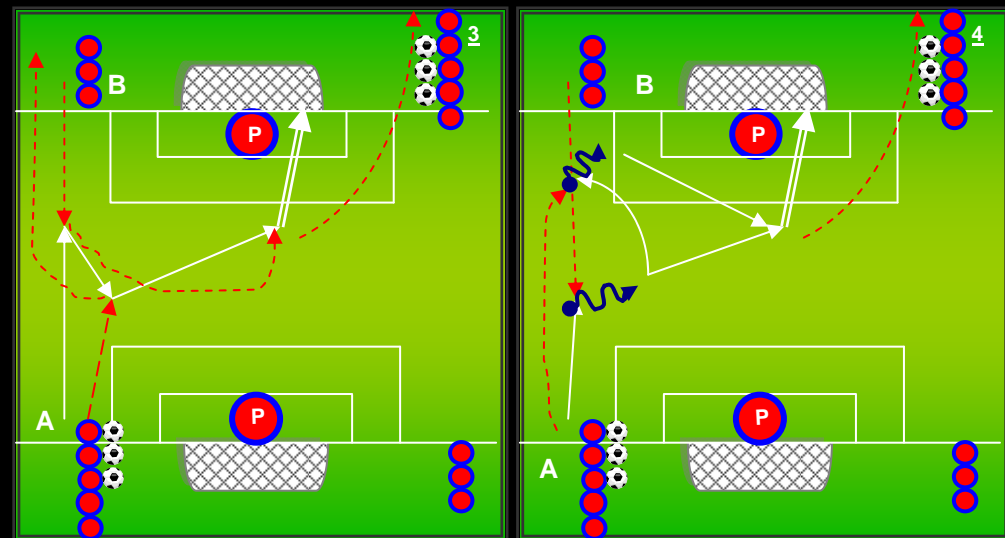
3. A passes to B, B returns the ball to A and overlaps, A cross passes to B and takes the spot of B, B finishes and goes to the following line.
4. A passes to B and continues his movement, B receives, opens and cross passes to A, A passes to B, B finishes and goes to the following line.

Group

Finishing

Key

B - 8



Organization

- In group A there are always more players than in group B.
- Distance 40m x 50m.
- Two lines start at the same time.
- Change left – right alter certain time.
- If the goal is intense aerobic: 6 series of 3 minutes and one minute of pause in between series

Basic points

- In drawing 1: receive the ball in a way to see the GK position immediately.
- In drawing 2 receive the ball in a way to see the stationary player immediately.
- In drawing 3 B creates space to receive the ball and before finishing sees the GK position.
- In drawing 4 B takes different positions in the area.

Goal

Improve passing, receiving, dribbling and finishing under pressure

Development

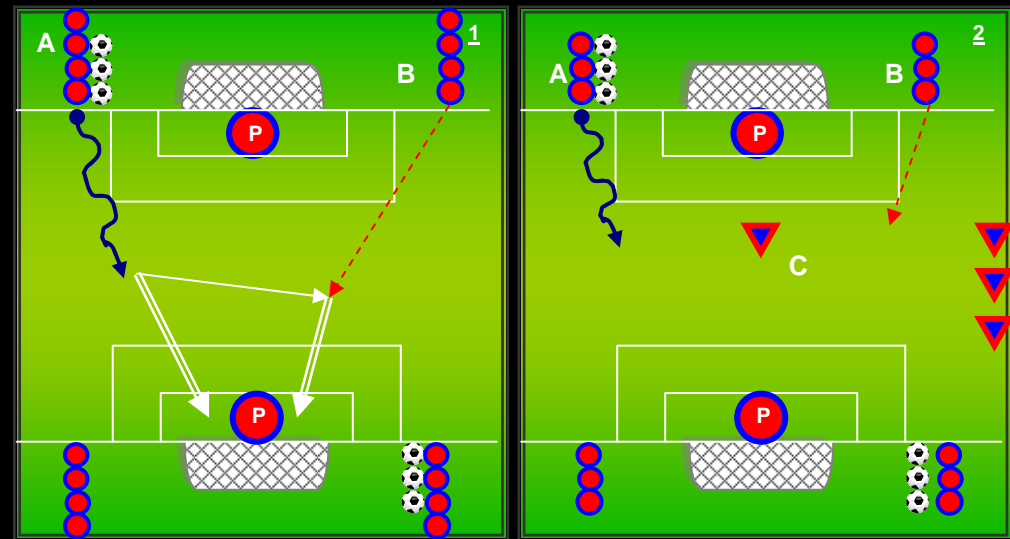
1. **2 vs. GK:**
A dribbles and has two options, pass to **B** or take on and finish, **A** and **B** go to the following line.
2. **2 vs. 1 + GK:**
A dribbles and has 2 options take on the defender or pass to **B** who finishes, **A** and **B** go to the following line **C** changes with the defenders on the wings after two repetitions.

Group

Finishing

Key

B - 9



Organization

- Two way exercise.
- couples are the same players during the exercise.
- Defenders change after a certain amount of repetitions and always players in their position
- Distance 40m x 50m depending on age and level.
- Competition between FW vs. GK or FW vs. DF and GK, or among DF; The group with the most goals scored gets the prize.

Basic points

Offensive

- Immediately finish within 5 or 10 seconds, depending on level.
- dribble with speed to take on DF and do not give him time
- Use feints and cut backs according the situation

Defensive:

- Push FW towards the outside
- Anticipate
- Eye on the ball and not on the FW only

Goal

Improve passing, receiving, dribbling and finishing under pressure

Development

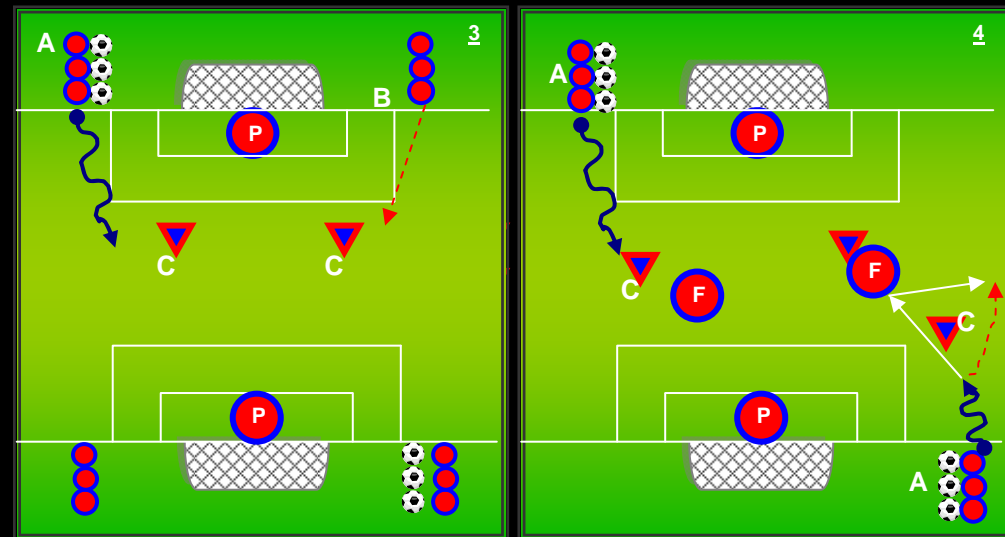
3. **2 vs. 2 + GK:**
Same as in drawing 2 but now 2 vs. 2.
4. **1 and stationary FW vs. 2 + GK:**
A dribbles and takes on **C**, and tries to finish with help of the stationary FW, **A** goes to the following line. Defenders and FW are stationary.

Group

Finishing

Key

B - 9



Organization

- Two way exercise.
- couples are the same players during the exercise.
- Defenders change after a certain amount of repetitions and always players in their position
- Distance 40m x 50m depending on age and level.
- Competition between FW vs. GK or FW vs. DF and GK, or among DF; The group with the most goals scored gets the prize.

Basic points

Offensive

- Immediately finish within 5 or 10 seconds, depending on level.
- dribble with speed to take on DF and do not give him time
- Use feints and cut backs according the situation

Defensive:

- Push FW towards the outside
- Anticipate
- Eye on the ball and not on the FW only

Goal

Adapt to offensive and defensive tasks

Development

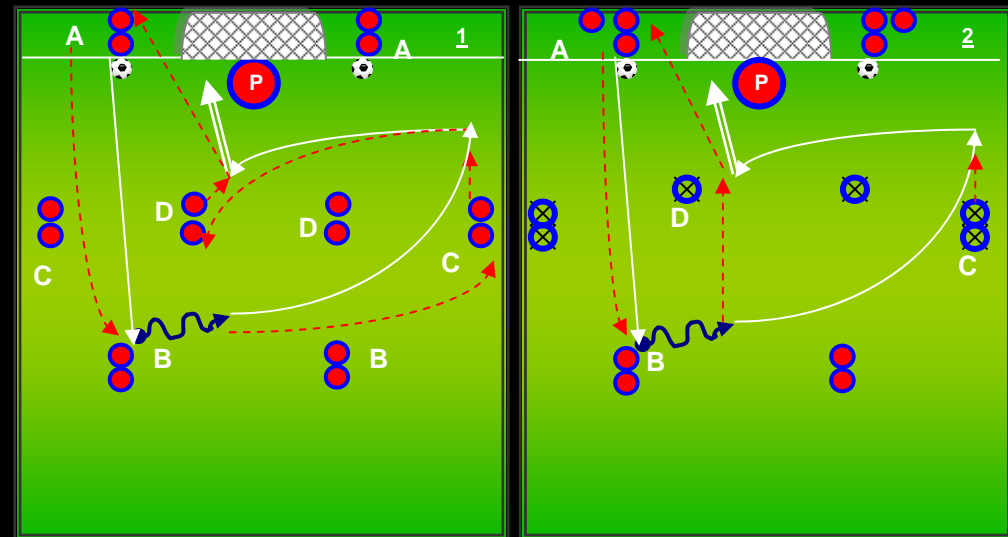
1. **1 vs GK:**
A passes to B and takes the spot of B, B receives, opens and passes to C, and takes spot of C, C send the end pass to D and goes to D, D finishes and goes to the next line.
2. **2 vs. GK:**
A passes to B, and takes spot B, B receives, opens and passes to stationary C and moves towards the area, C sends the end pass to stationary D and B. C and D return to their spot and B to the spot of A.

Group

Finishing

Key

B - 10



Organization

- Two groups working left and right.
- In the exercise the other side starts after the end pass.
- Distance: from A to B, 20 - 25 m (depending level and age)
- Position of C: on the wing (width depending on age and level)

Basic points

Offensive:

- Firm instep passes from A to B on the right foot.
- receive and open towards the following play.
- Pass B to C medium height
- End pass from height of penalty spot.
- B and D Exchange positions.

Defensive:

- Drawing 3 DF protects first post.
- Drawing 4 2 DF and GK work together

Goal

Adapt to offensive and defensive tasks

Group

Finishing

Key

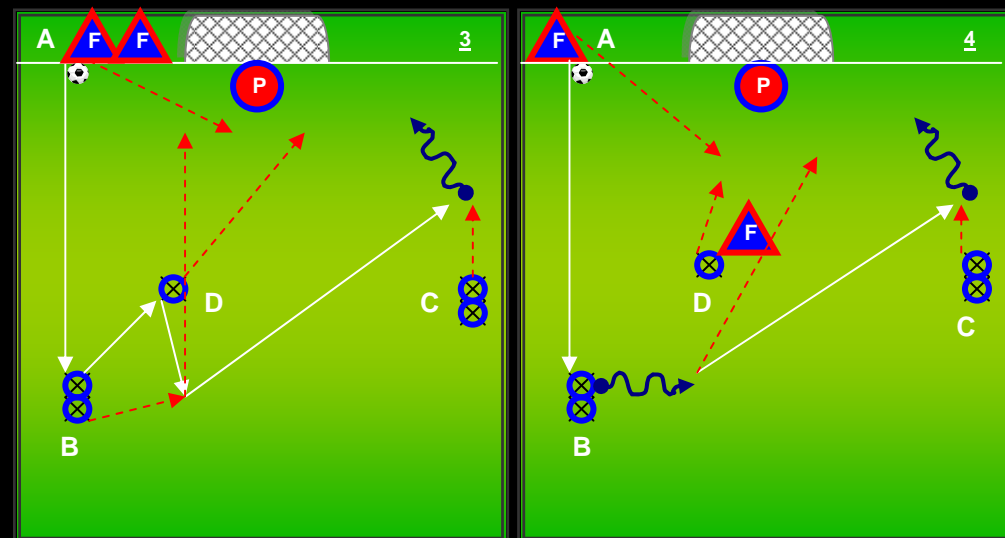
B - 10

Development

3. **2 vs 1 + GK:**
Stationary DF **A** passes to stationary MF **B** and gets involved as a DF. **B** passes to **C** (option: wall pass with **D**) and moves towards the area **C** passes to **D** and **B**. All return to their spot.
4. **2 vs. 2 + GK.**
Same, but with a stationary DF vs. **D**. All return to their spot.

Note:

Drawing 3 and 4 work from both sides. (not in drawing).



Organization

- Two groups working left and right.
- In the exercise the other side starts after the end pass.
- Distance: from A to B, 20 - 25 m (depending level and age)
- Position of C: on the wing (width depending on age and level)

Basic points

Offensive:

- Firm instep passes from A to B on the right foot.
- receive and open towards the following play.
- Pass B to C medium height
- End pass from height of penalty spot.
- B and D Exchange positions.

Defensive:

- Drawing 3 DF protects first post.
- Drawing 4 2 DF and GK work together

Position Games

Goal

Improve passing and receiving under pressure of opponent

Development

1. **3 vs. 1**, circles can move on the whole of their line without stepping in to get ball possession and the DF tries to get the ball.
2. **4 vs. 1** circles can move on the whole of their line without stepping in to get ball possession and the DF tries to get the ball.

Change of player:

After certain time.

After getting the ball 1 – 3 – 5 times.

COMPETITION:

5 passes = 1 point, DF getting the ball = 1 point for a certain time.

Variations:

1. Free touches
2. Two touches.
3. One touch after every two touches.
4. One touch.
5. Three touches mandatory to control the ball and receive in movement

Organization

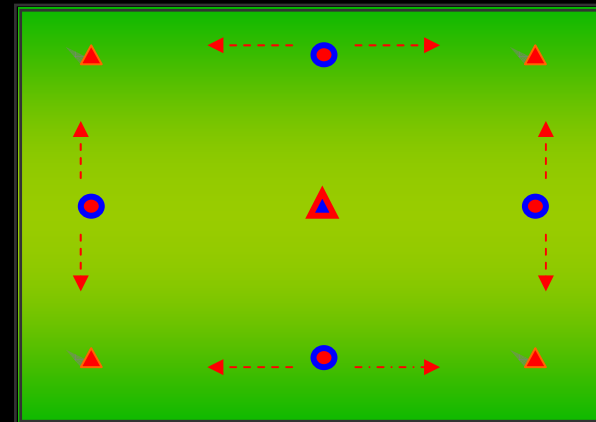
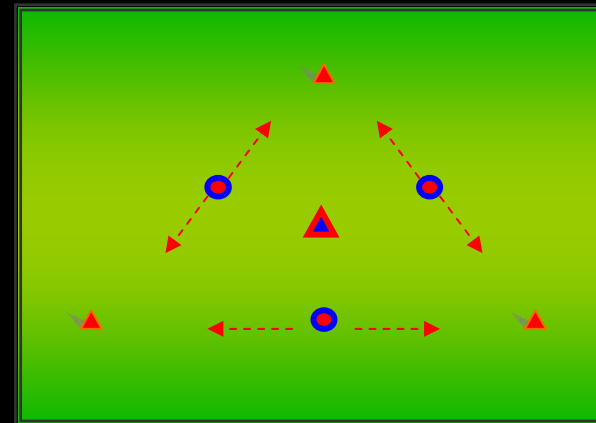
- 3 : 1 Triangle of 5 m.
4 : 1 Square more or less 5 m. (Depending level)
- circles:** less space is more difficult
More space is less difficult.
- triangles:** More space is more difficult
Less space makes it easier

Group

3 : 1, 4 : 1

Key

C - 1



Basic points

OFFENSIVE: Concentrated, Firm passing, in front of team mate, Movement to receive the ball, Use right and left foot.

DEFENSIVE: Pressure, DF to force bad passing and reception of the ball.

Goal

Improve passes and receive with pressure of 2 defenders, cooperation of 2 DF

Development

1. 4 vs. 2 Circles play together with the objective to hold possession of the ball Triangles try to recover the ball working together: no depth, to force bad passing and receptions
2. Same as exercise 1 but with 2 DF waiting and alter certain time or certain amount of interceptions.
3. 2 vs. 2 + 2 stationary players to create, team with possession plays 4 vs. 2.
4. 2 + 2 vs. 2 + 2 both the circles as triangles can use their stationary players to create 4 vs. 2

Variantes:

1. Free touches
2. Two touches.
3. One touch after every two touches.
4. One touch.
5. Three touches mandatory to control the ball and receive in movement

Organization

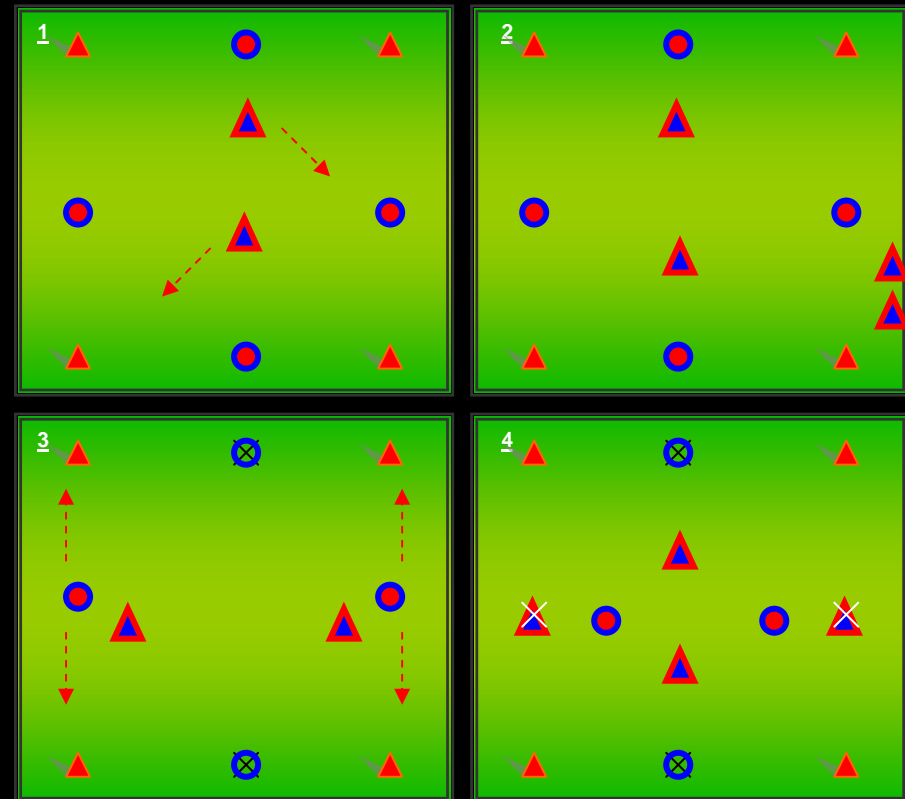
- Space of the square depends on age and level: 10 x 10, 10 x 20, 15 x 15 m.
- 3 or 4 groups of 2 players.
- Bips for DF and stationary player
- Change after certain amount of repetitions, interceptions or time

Group

4:2, 2:2+2F, 2:2+2

Key

C - 2



Basic points

- Firm passing with inside foot, right and left
- Firm passing when DF is close
- Passing on the right foot / communication
- DF force bad passing and reception.

Goal

Create espace

Development

1. **Two teams:** 5 players and 2 players, triangles play possession with movement and the circles pressure to recover the ball.
2. **Two teams:** 5 players and 2 players, triangles play possession with movement and the circles pressure to recover the ball.

- Dribble over the line which counts as a point;
- Or finish on one of the two small goals which count as one point.

Organization

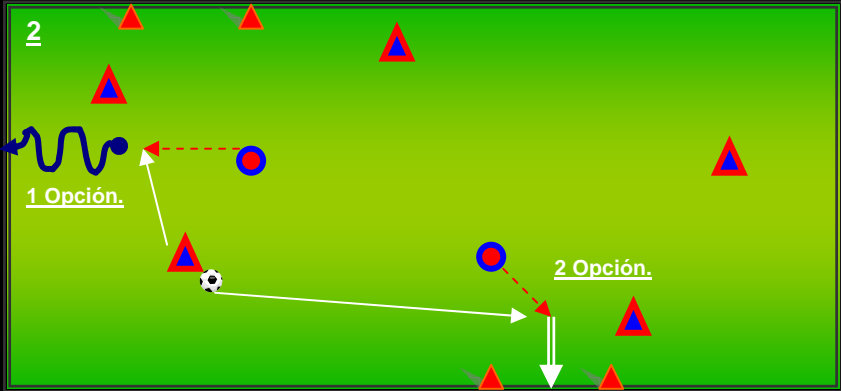
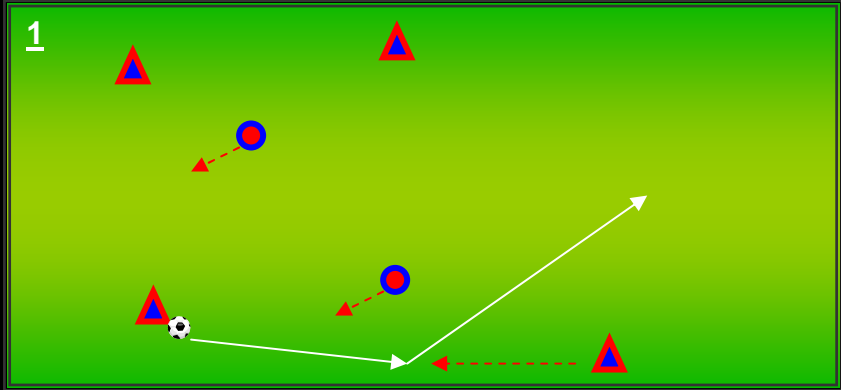
- Measures: 30m x 15m
- Change depending on time or number over recovered balls
- Triangles:** more difficult is less space.
Less difficult is more space.
- Circles:** less difficult is more space.
More difficult is less space.

Group

5:2

Key

C - 3



Basic points

Offensive: Open up the field. right foot.
young players: learn to play together.
Basic exercise Ander pressure.

Basic exercise Ander pressure.

- older players:
 - Force bad passing and receptions.
 - Pressure at the right moment.

Pressure at the right moment.

Goal

Improve passes and receive with pressure of 3 opponents

Development

Two groups of each nine players in two squares.

In drawing 1, 6 triangles play 6 vs. 3 and have to keep possession of the ball. In drawing 2, the other 3 triangles try to recover the ball

1. The group of 6 keeps possession of the ball. Outside players can not step in the square and can only move on their line and talk to the players inside the square (time, hold, return, etc).
2. The groups of 3 players try to get in the passing lines, pressure on the right time.

Competition:

When playing certain time, team recovering most balls wins.
Change the 3 DF.

Note:

instead of playing with 2 groups of nine players it is possible to play with 3 groups of 3 players in a square.

Organization

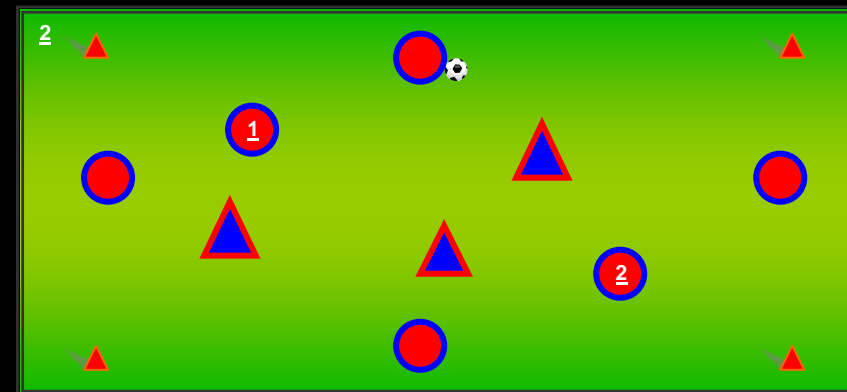
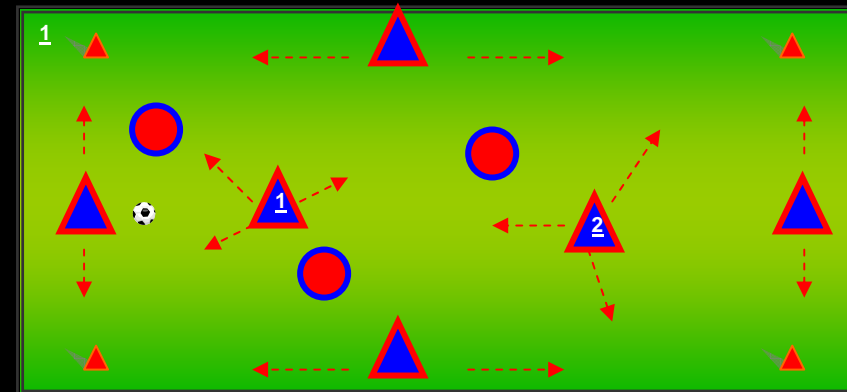
- Distance 40m x 20 m
- Circles: 1 group of 9
- Create competition
- Change: time or after 5 ball recoveries
- count number of recovered balls

Group

6 : 3

Key

C - 4



Basic points

ATTACKING ON THE 'BIG' GOAL:

Offensive: open up the field, MF receive the ball and must have two options to play: central FW and wingers

Defensive: pressure and force to play outside

ATTACKING THE SMALL GOALS:

Offensive: counter attack playing with central FW and changes of play.

Goal

Long and short passes

Development

Two Groups, the goal of the 8 triangles in the drawing is to maintain possession of the ball with superiority of numbers forming 2 circles, creating short passes and long passes (look for a option to play deep before receiving the ball).

Defensive: read the game to see when to force to bad passing and mistakes.

- If playing a certain amount of time, waiting players come in for the defenders.
- After a certain amount of time the circles and triangles switch tasks.

Organization

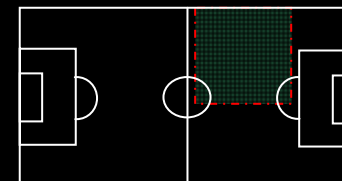
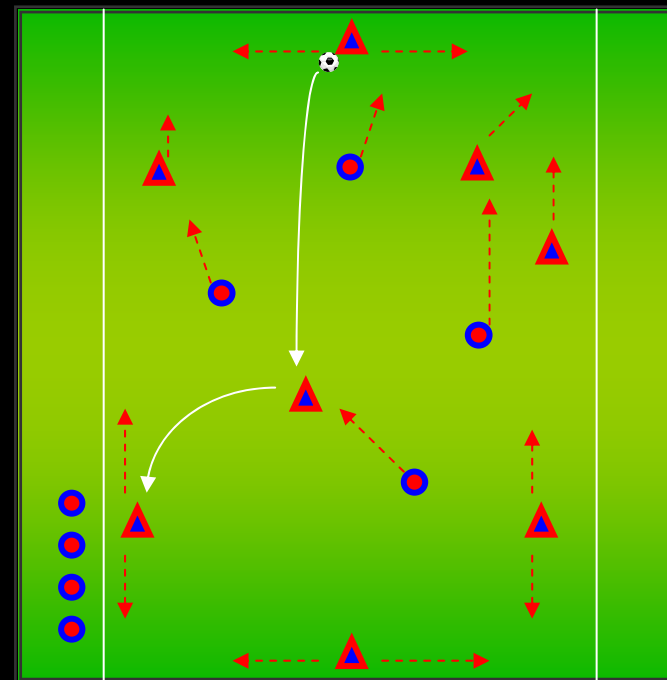
- Distance 45 – 30 m.
- 2 groups of 8 players.
- Number of touches depending on age and level.
- Change: time or number of recovered balls.
- Change DF for waiting players

Group

8 : 4 (4 waiting)

Key

C - 5



Basic points

- Short and long passes depending on the situation.
- Receive with the right foot
- Communicate: turn, return, etc
- Waiting group:
 - reads the exercise, help, stimulates

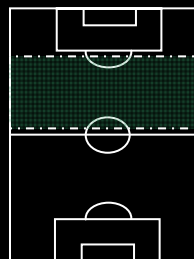
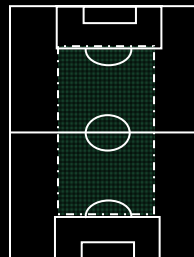
Goal

Ball possession under pressure

Development

1. Two teams of 7, and 2 stationary, who play with the team with ball possession to create 9 vs. 7. In drawing 1 the stationary players can not enter the square (but it could also be made possible to enter).
2. Same as in drawing 1, but the 2 stationary players are GK, who play behind the line which the players can not cross.

GK are playing with the team who has possession of the ball.

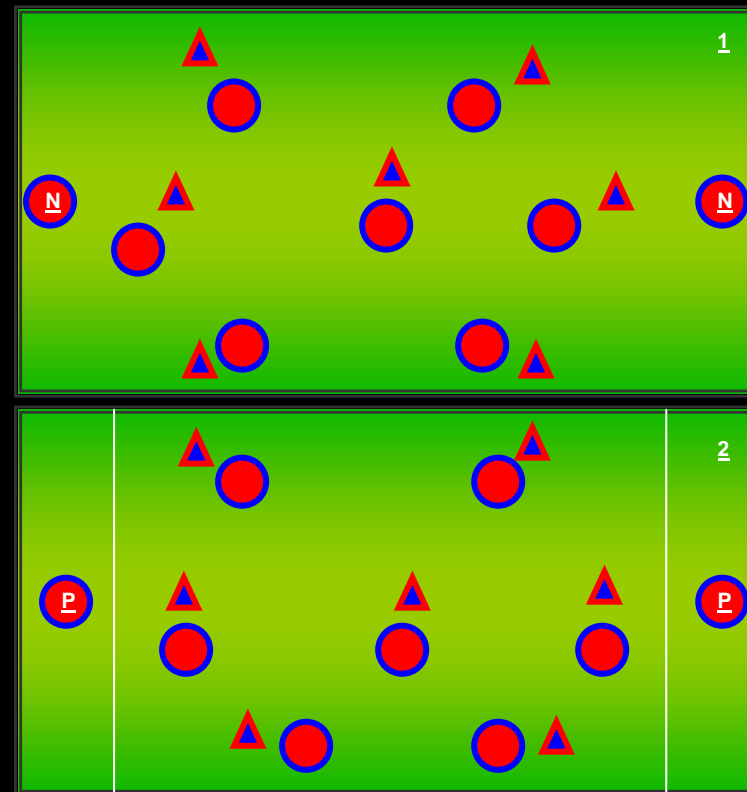


Group

7 : 7 + 2

Key

C - 6



Organization

- Distance 60 x 35 m.
- Touches: depending on level and age.
E.g. in drawing 1: free or 2 touches for the teams and 2 or 1 touches for the stationary players
In drawing 2: free for the GK and 1 or 2 touches for the teams

Basic points

Offensive:

- The team that has possession of the ball has to use the complete possible space to play in and switch the game
- Communicate (turn, return, man on).
- GK and stationary players communicate.

Defensive: The player with best vision (depending on quality and position) makes the call to pressure the opponent.

Goal

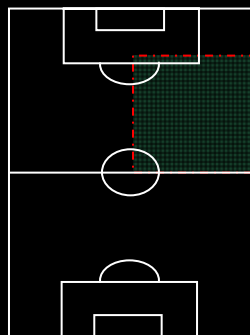
Possession game

Development

Three groups of 4 players:

One group plays as stationary players, working with the team that has possession of the ball to create 8 vs. 4.

Stationary players play outside the square. After a certain amount of time one of the other groups changes to stationary players.

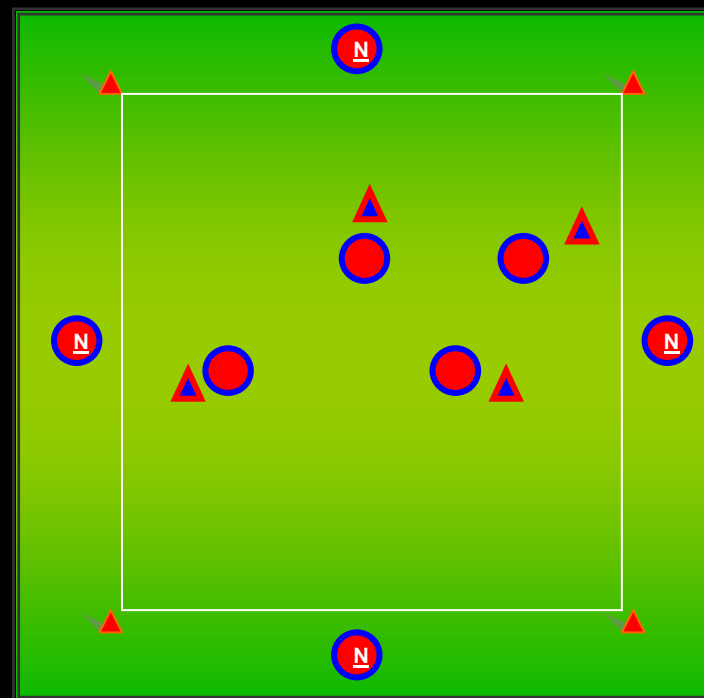


Group

4 : 4 + 2, 5 : 5 + 5

Key

C - 7



Organization

- Distance 30 x 30 m.
- 3 teams of 4 players.
- Three different colors of bips.
- touches depending on age and level.
- 1 or 2 touches of the stationary players.

Basic points

- Play one on one in the square, the defender marks close and open up if his team recovers possession of the ball.
- Neutral players communicate and coach their team mates (turn, return, time, etc.)

Goal

Change of play

Development

Three teams of 4 players, group A players with group B to keep possession of the ball.

Group C are defenders.

The coach starts with giving the ball to group A, who play the ball around with 2 DF of group C up until the long ball is played to group B and then the other 2 defenders come in to pressure.

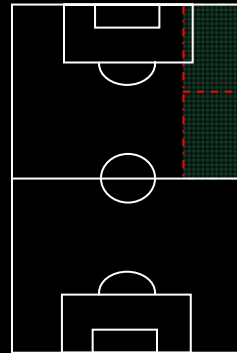
For the Defenders the most important is to recover the ball and take out the long ball.

Change group C after certain amount of time or after certain amount of ball recovered.

Competition: Which of the 3 groups recover most balls (the group that recovered less, defend one more time).

Note:

Also possible with groups of 3 players to play 3 vs. 1 with the same goals and rules.

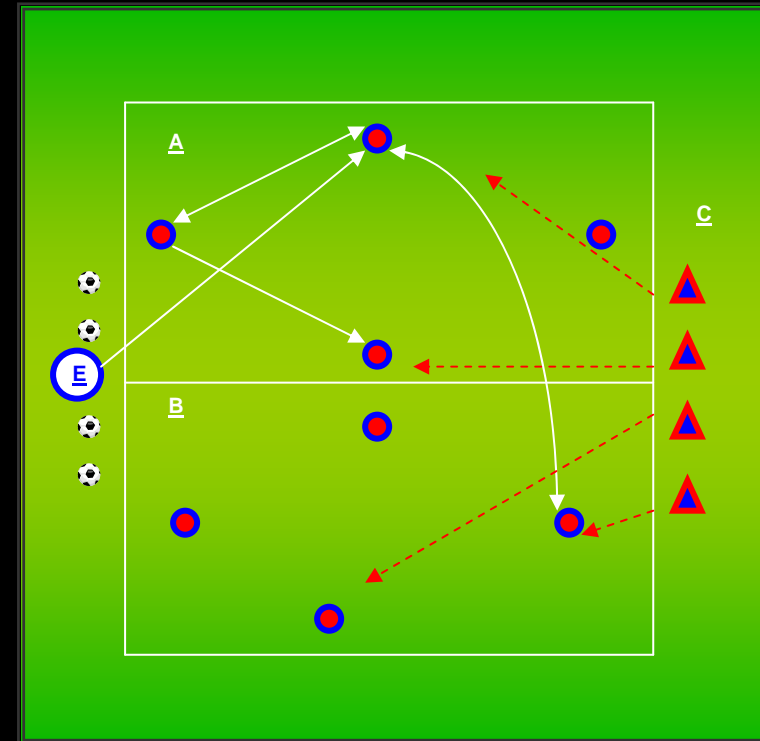


Group

4 : 2 → 4 : 2

Key

C - 8



Organization

- Distance: 4 vs. 2: two fields of 20 x 15 m.
3 vs. 1: two fields of 15 x 10 m.
- Touches depending on age and level.
- after a change of player, free touches or play with a established number of passes before the pass was send.

Basic points

- The best moment for a change of play is when the ball is received in the back.
- communicate (turn, return, man on, etc)
- change of play with a firm pass.
- Defenders enter aggressive to force errors.

Goal

Recover the ball and long ball to team mates

Development

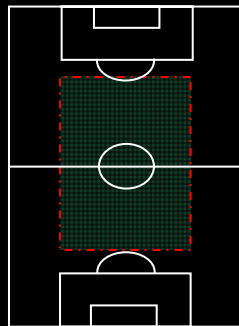
Two teams of 7 players. The 7 triangles try to keep possession in zone A.

The 5 circles in the zone of the triangles try to recover the ball with pressure and after recovering the circles play long with 2 stationary teammates who play deep in zone B, the zone for the circles. At the moment of the change of play, 2 triangles stay in their zone as stationary players. The 5 triangles try to recover the ball in zone B.

The 7 players who loose the ball, directly pressure the 5 players to take out the long pass to the other zone (transition).

Variation:

- 7 vs. 6 + 1 stationary.
- 6 vs. 5 + 1 stationary.
- 6 vs. 4 + 2 stationary.
- 5 vs. 4 + 1 stationary.
- 5 vs. 3 + 2 stationary.
- Etc. Etc.

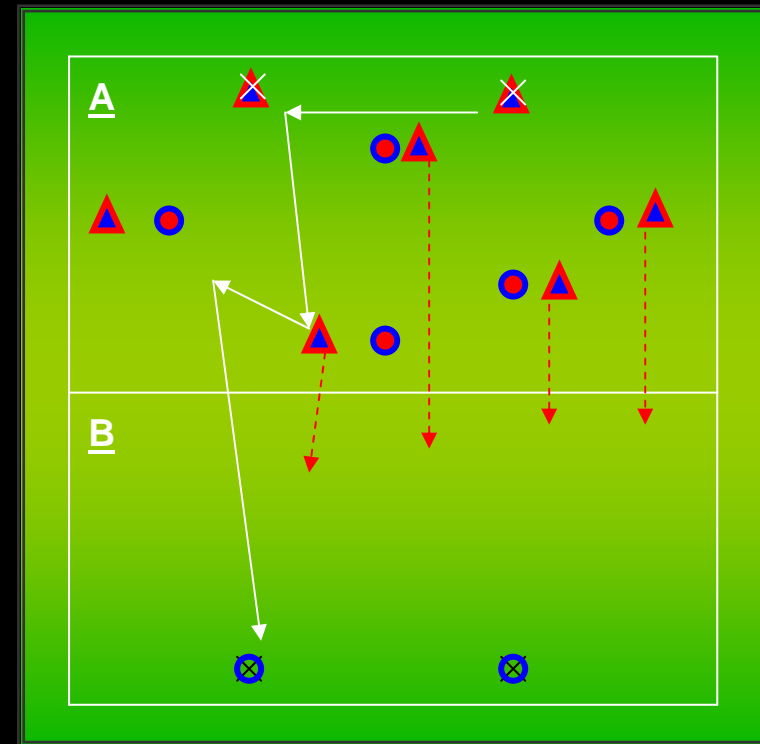


Group

7 : 5 + 2

Key

C - 9



Organization

- Distance: two fields 35 x 25 m.
- touches and playing time: depending age and level
- Touches of the stationary players after change of play, also depending on age and level.

Basic points

- Pressure after loosing the ball to take out the long ball (transition).
- Long ball as quick as possible to stationary players
- A precise pass to keep possession after the change of play.

Goal

Recover the ball and long ball to team mates

Development

3 teams of 3 players.

1 team plays as stationary players .

Stationary players position as in the drawing.

Both teams have their own zone.

Triangles: zone A and Circles is zone B.

In zone A the triangles play possession with 2 stationary players to create 5 vs. 3 who after recovering the ball, play to the stationary in zone B and move to zone B to play in their zone 5vs. 3 The 5 players who loose the ball immediately pressure to take out the long ball.

Note:

The same exercise can be done with 3 groups of 4 to play 7 vs. 4 + 1.

Organization

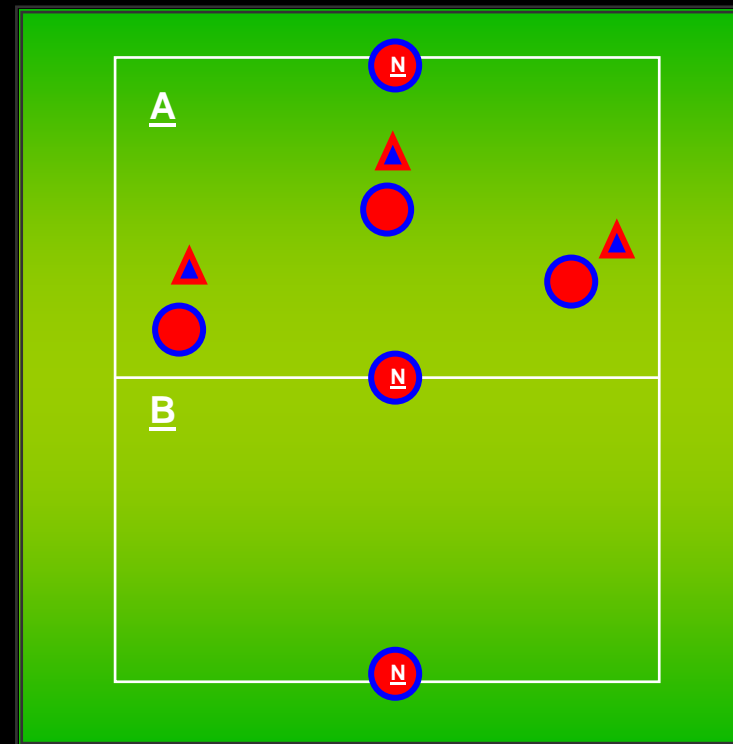
- Distance: two fields of 15 x 20 m.
- Touches and time played; depending on level and age.

Group

5 : 3 + 1

Key

C - 10



Basic points

- pressure directly after losing possession to take out the long ball.
- If the long ball is played, direct movement to help out the stationary as soon as possible
- Change of play should be precise to be able to continue possession of the ball.

Games

Goal

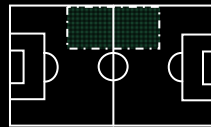
One on One

Development

1 vs. 1 in the complete square.

A point is scored when a player dribbles over the line, with the ball in control:

1. 4:4 (without a line) dribbling over the line.
2. 4:4 dribble over an indicated part of the line.
3. 4:4 with a two separated areas to play 2:2 / 2:2.
4. 4:4 with two separated areas (a line) to play with off side.



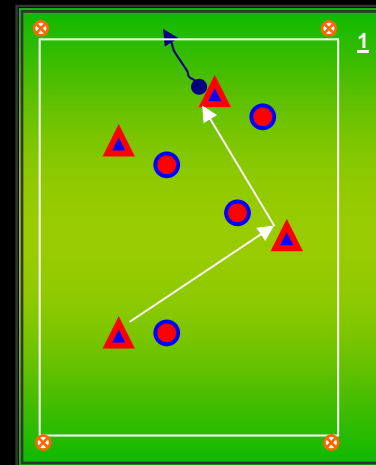
Organization

- Distance: 40 x 20 m.
- Offensive aspects:** bigger square.
- Defensive aspects:** smaller square.

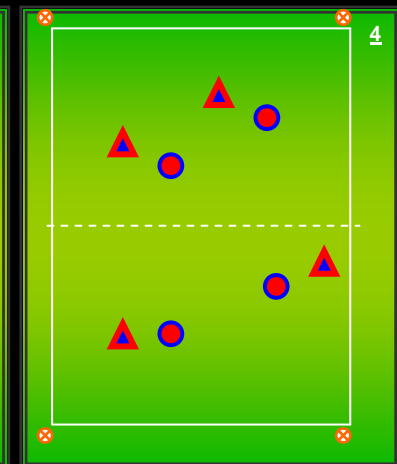
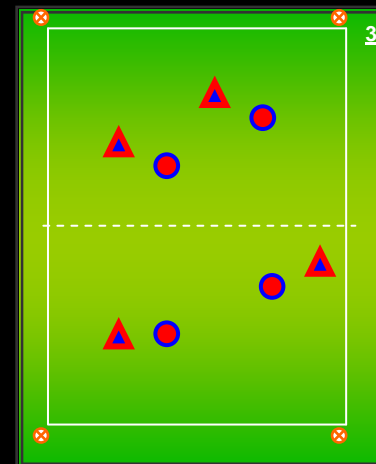
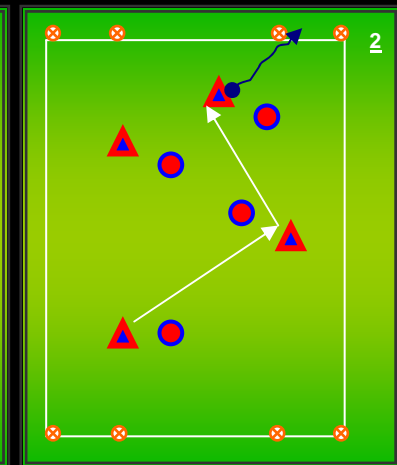
Group

Key

4 : 4 Line



D - 1



Basic points

Offensive: make feints. After the feint start the play. check.
Wall pass. Take on a player.

Defensive: do not let the players turn. Correct position.
Mark man and guard position. Block the center. Force the player to go outside Force errors.

Goal

Duels in reduced space

Development

1. 2 teams. Both teams attack and defend 2 small goals. The goals are set up with plastic cones and are 1m wide. Goals count if scored with instep and do not touch the plastic cones.
2. the square is separated in 2 fields and on both 2 vs. 2 will be played.
3. the 2 teams keep their position with stationary players (F) who play with the team that has possession of the ball.
4. Both teams keep their position, the GK (P) defend the two small goals, can only play with their feet and belong to a team.

Note: Goals count if scored with instep and do not touch the plastic cones

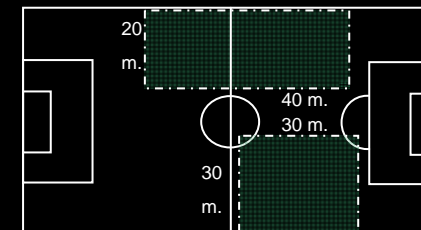
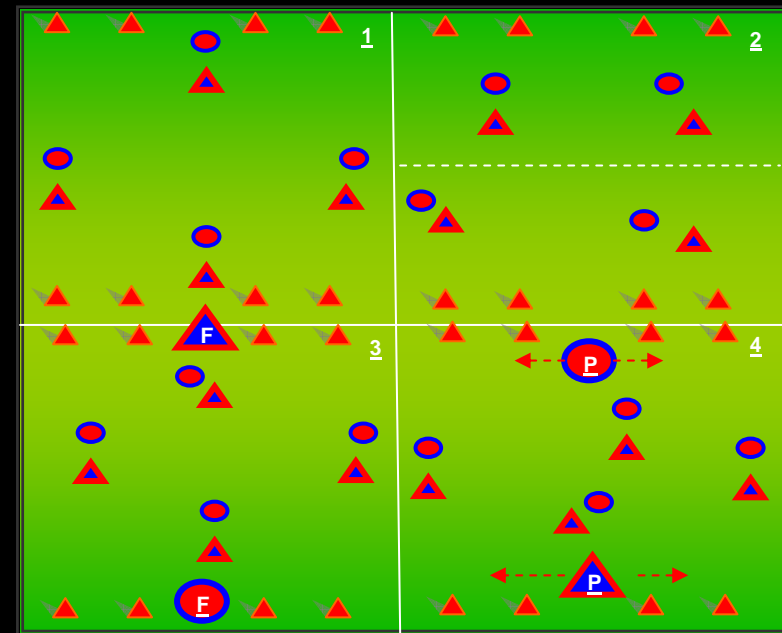
Organization

- Distance of the square: 30 x 30 m.
- When the goal is playing vertical the field has more depth. (20x40 m.)
- When the goal is playing horizontal, the field has more width. (40x20 m.)
- Free or 2 touches depending age and level
- The best form to work is with a certain amount of time and count the games won..

Group

4:4 with 4 small goals

D - 2



Basic points

- Offensive:** open the field. play with depth. play with the central striker or stationary player, Change of play.
- Defensive:** mark close to the ball. Pressure to force errors, communicate with team mates.
- Transition:** close quickly after loosing the ball
- Transition:** open after recovering the ball

Goal

Intensity, one-on-one and attitude

Development

Two teams of 4 players with GK.

- Maintain position.
- Play with depth
- 1 vs. 1
- Restart as soon as possible with the GK afear every goal or corner kick.

Variation:

Shots from your own half count as a double pointer (to improve transition)

Organization

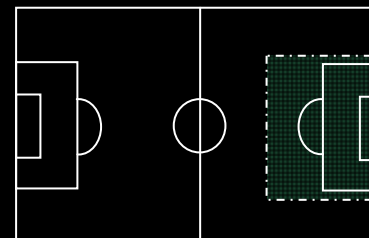
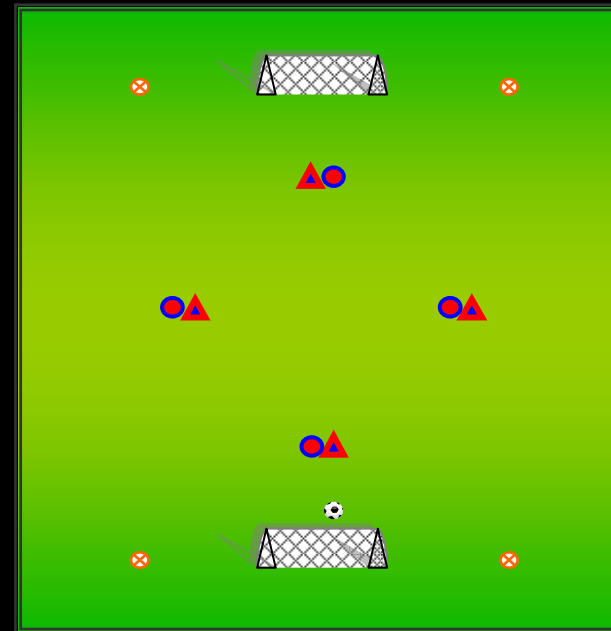
- Distance 40 x 20 m.
- 4 to 6 Sets of 5 min. each.
- After each game change halves
- GK 1 or 2 touches
- Count the goals, team that loses does runs or push ups
- Enough balls in the goals.

Group

4 : 4 + GK

Key

D - 3



Basic points

OFFENSIVE: check, create space,

Receive and open (communicate turn, return, etc.)

DEFENSIVE: Pression, aggressive in duels, communicate (left and right)

TRANSITION: take defensive position after losing the ball and take offensive position in possession (open)

Goal

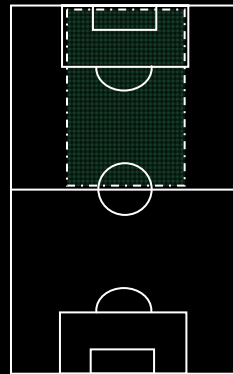
Play with vertical passes + central FW.

Development

The 2 teams maintain position looking to play with the stationary players (F); to be able to finish. Starting with the GK after a goal scored. The team that scores starts again

Note:

- The stationary players, 1 or 2 touches depending on level and age.
- The FW comes into the area after the pass to the stationary player.

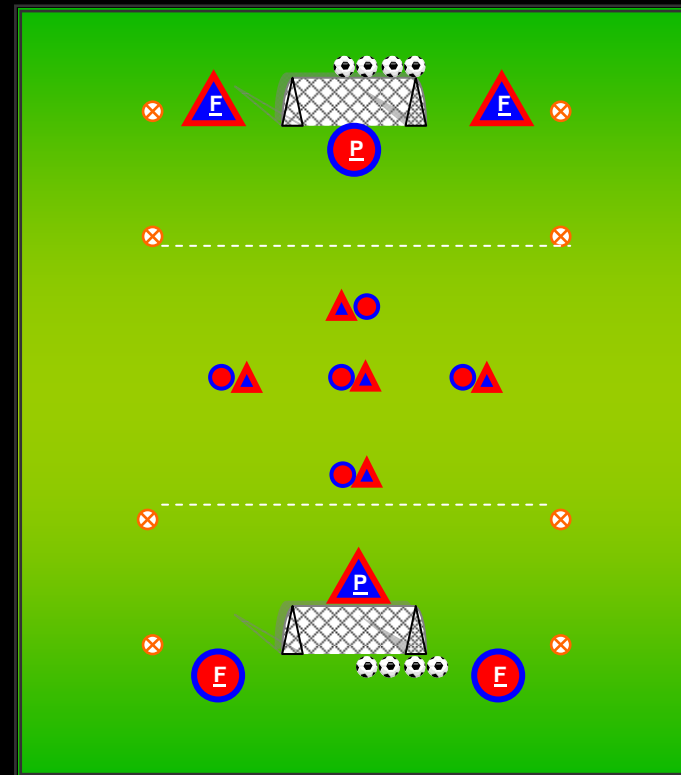


Group

5 + 2 vs. 5 + 2

Key

D - 4



Organization

Distance 50 x 30.
Change the stationary players.
UIT lines (distance of the stationary players).
Games of 5 or 10 minutes.
Depending the level.

Basic points

Offensive: check, receive and looking at stationary players.

Firm passing.

Movement third man.

Defensive: close marking.

Block the passing line to the stationary player.

Pressure to force to horizontal passing.

Goal

End pass - definition Position en the box

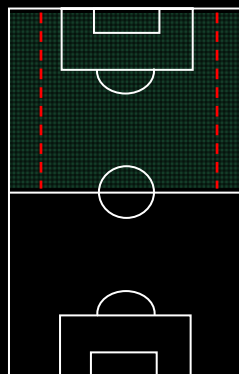
Development

1. Game: 7 + 2 vs 7 + 2
 - Each team has two wingers (F) who play the end pass, the wingers control and pass.
 - For the wingers (F) it is 2 touches and for the players free touches (depending age and level).
 - 2 blocks of 5 minutes. Wingers change in between each block.
2. 2 blocks of 5 minutes
 - Same organization and to play with the wingers.
 - All players have 2 touches maximum, also the GK.

Nota: GK can not play a direct pass to the wingers.

Variety:

The stationary wingers can come in the field to finish if the end pass comes from the other winger.

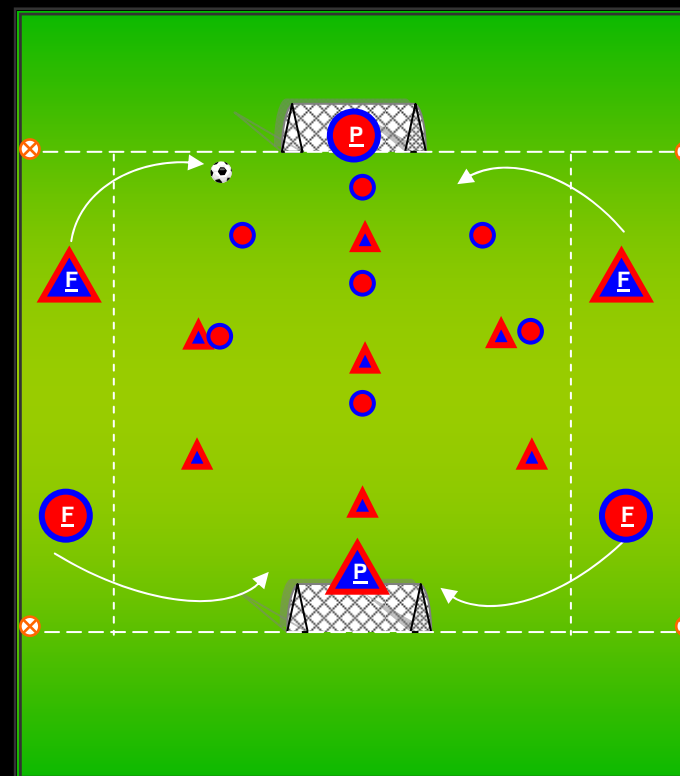


Group

7 + 2 vs. 7 + 2

Key

D - 5



Organization

- Half a field with 2 lines of 3 meters for the wingers.
- No off-side

Basic points

- For the wingers: Receive and open, Receive and ready to send the end pass, Positioning in the box.
- For the FW: Positioning for finishing: first and/or second post, Penalty kick / rebound.
- For defenders: Close marking, Play from the back, passing to a winger.

Goal

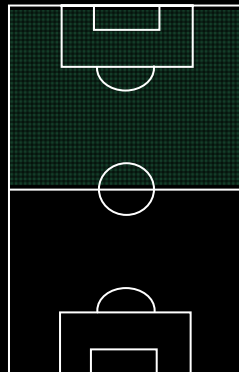
One-on-one offensive and defensive

Development

1. Game: 7:7 + GK
 - One team attacks the goal (official size);
 - Other team attacks towards small goals (cones);
 - A goal only counts when it goes in over the ground and does not touch the cones;
 - No offside (or only in the box);
 - On the 'big' goal: double points;
 - Play several timed sets, according age and level.

Variation:

- Team that attacks on the small goals: 2 touches.
- The same rules when attacking the small goals and scoring; team that score, directly tries to store on the 'big' goal and defends the small goals. Free touches.

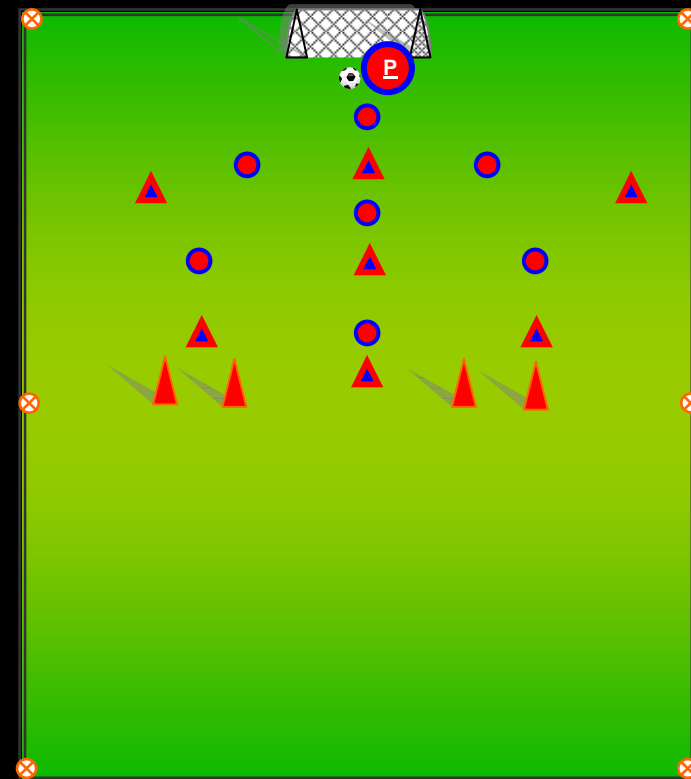


Group

7 : 7 + GK

Key

D - 6



Organization

- Half a field.
- Small goals: 1m width and just outside the circle / depends the exercise place them more to the corner.

Basic points

ATTACKING ON THE 'BIG' GOAL:

- **Offensive:** open up the field, MF receive the ball and must have two options to play: central FW and wingers
- **Defensive:** pressure and force to play outside

ATTACKING THE SMALL GOALS:

- **Offensive:** counter attack playing with central FW and changes of play.
- **Defensive:** close in and intercept the lines of play.

Goal

Pressure

Development

- **8 vs. 7 + GK (P).**
Team that attacks on the 'big' goal has 8 players, against 7 defenders
EXERCISE: the team with the 7 players defend the big goal and pass to their GK on the other half of the field in the small square.
The 8 players try to store goals and pressure to take out the long ball to the GK.

Note: when the team of 7 score with a long ball, the play starts from the big goal.

When the team of 8 score, the play starts just beyond the midfield.

- **8 vs. 8 + GK (P).**
To make the pressure more difficult for the team that attacks the big goal, a placer is added
Variation: both teams have a GK in a small square.
- **7 vs. 8 + GK (P).**
The team with 7 attacks the big goal and has to play compact and pressure the opponent closely who has the ball Depending on the level; 2 touches for the team with a player extra.

Organization

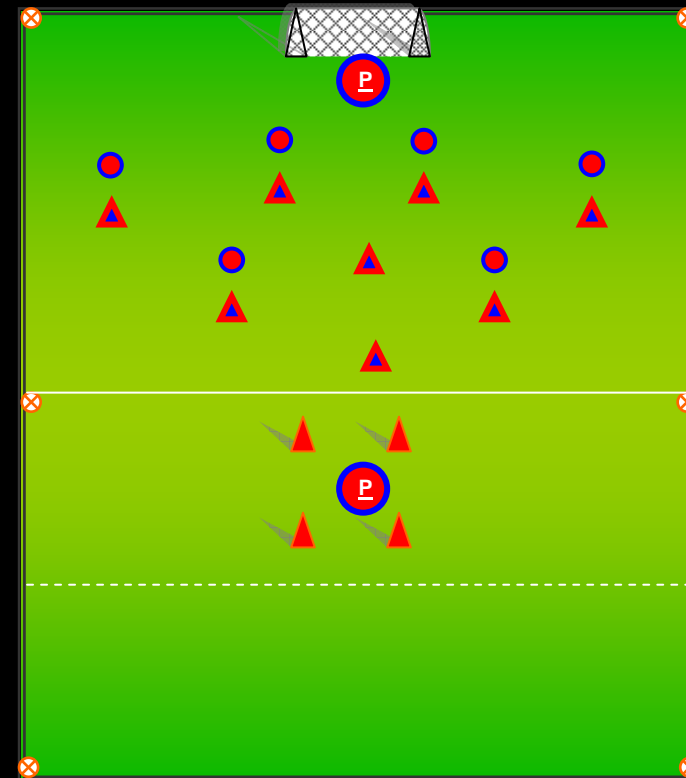
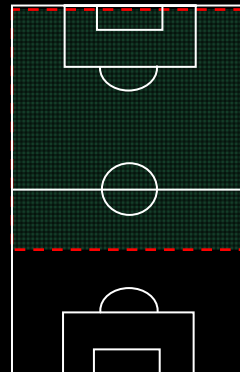
- Half a field.
- Small square of 3 x 3 m. ;10 m. behind the middle line
- Change teams every 10 minutes.
- 2 GK for the team that defends the 'big' goal

Group

8 : 7 + GK, 8 : 8 + GK,
7 : 8 + GK

Key

D - 7



Basic points

ATTACKING THE BIG GOAL:

- Direct pressure on the placer that receives the ball.
- Project the line of the GK.
- Communication / transition.

DEFENDING THE BIG GOAL:

- Against pressure: high ball circulation
- Movement without the ball.

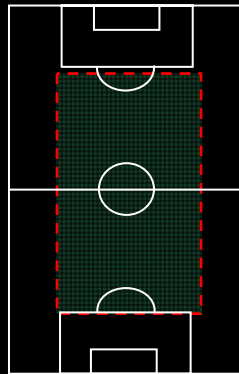
Goal

Playing compact / transition

Development

Two teams of 7 players, each attack and defend a goal.

- Goal only counts, if all the team passes the the middle line.
- The goal counts double if the whole team passes the middle line, but still one or more opponents are on the other half.
- The goal counts double if the ball is recovered on the half of the opponent and all players have passed the middle line.

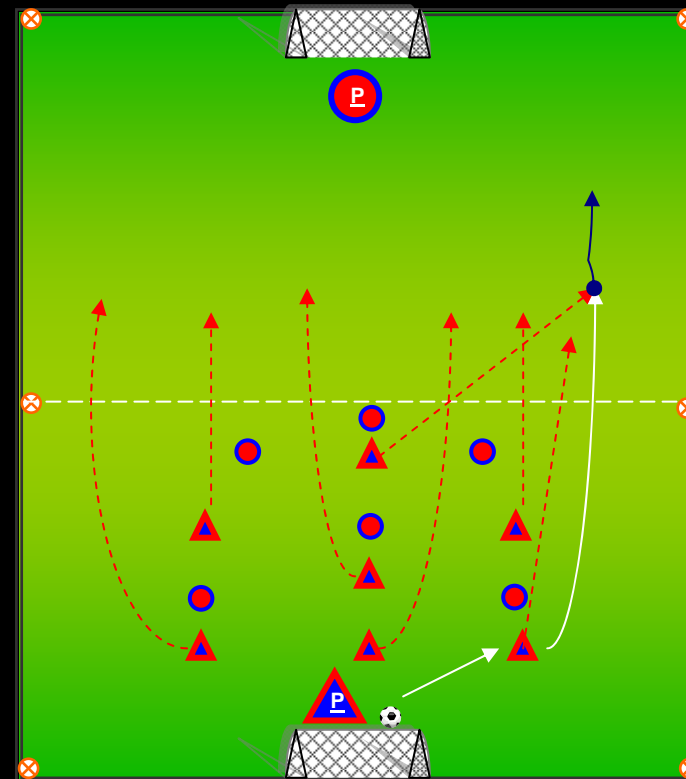


Group

7 : 7 + 2 GK

Key

D - 8



Organization

- Field: 60 x 30 m.
- Set out a line to divide the two halves
- 2 goals you can move around

Basic points

- **OFFENSIVE:** after recovering the ball we look for depth and the whole team passes the middle line to be able to score.

- **DEFENSIVE:** after loosing the ball we pressure, if not possible we play compact directly.

Goal

Playing from the back, with an extra player;
looking for one-on-one

Development

1. 4+3 vs. 3+4

- with 2 'big' goals
- Or 1 big goal and 2 small goals.
- Or 4 small goals.

Rules:

- 1.-FW's do not cross the middle line.
- 2.-One of the DF's can cross the middle line after his pass to create one on one offensively.

Note:

Depending the amount of players, the exercise can be done:

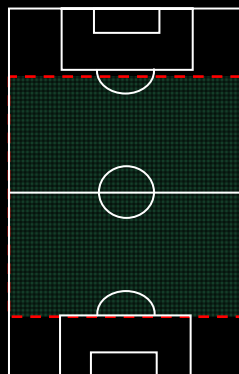
- 3+2 vs. 2+3
- 5+4 vs. 4+5

Variations:

- 1.-playing out of the back: only 2 touches.
- 2.-first 5 passes before crossing the line (opening).
- 3.-Dribbling to cross the line is allowed.

Note:

playing out of the back is possible with 3 DF + holding MF or 4 DF on line.

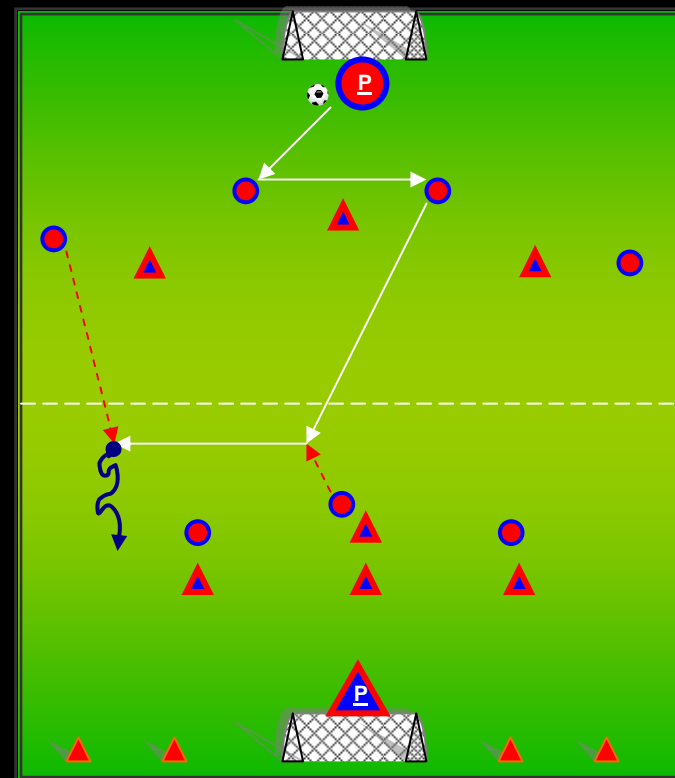


Group

7:7 / 8:8

Key

D - 9



Organization

- Distance: from box to box or 50x 50m.
- Small goals: 1m, with GK: 3m.
- Players train in their position (close to game reality).

Basic points

- Receive and open.
- Before receiving the ball, position of team mates should be clear.
- After the pass to the MF, we mark one on one.
- Placer closest to the middle line has to push up to play 4 vs. 4.
- Placer only crosses the middle line if passing is correct, but has to be focused.

Goal

Player EXTRA

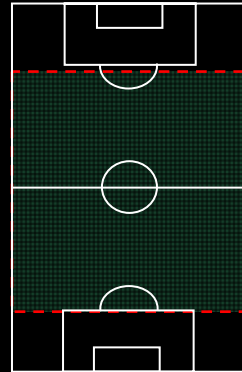
Development

- Two teams with both a GK, one of the teams has an extra placer (sweeper);
- 5 or 10 minutes games.
- The team with the extra player plays offensive looking to store as many goals possible; after 5 or 10 minutes the other team plays with a player extra.
- The team with only 7 players tries to win time, closes quickly and try to keep possession of the ball.

After each game the sweeper changes sides.

Variations:

- 1.- the sweeper only plays with 2 touches.
- 2.- After some time, when the pressure has been played correctly by the team with the sweeper, the space can be made bigger so the teams have to work harder.

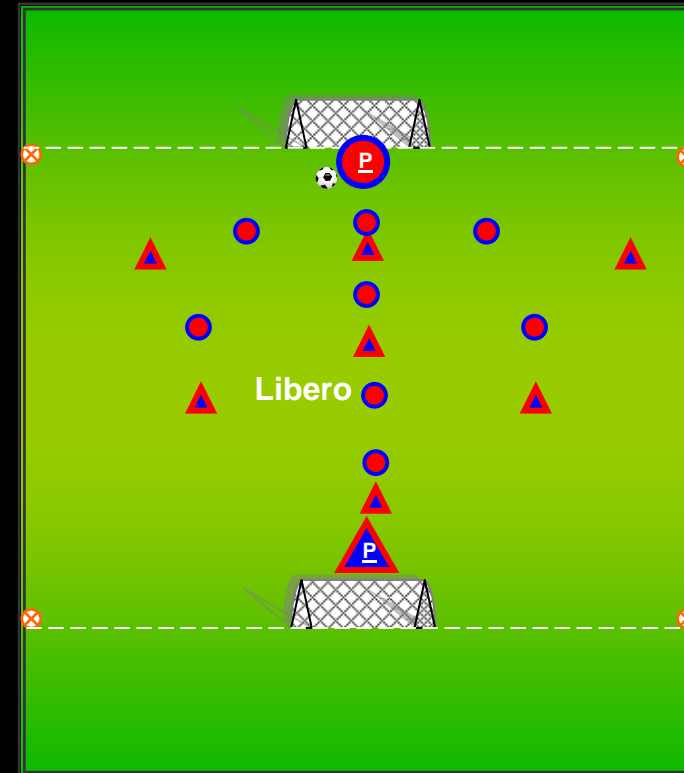


Group

7 vs. 7 + Sweeper

Key

D-10



Organization

- Games: 5 or 10 minutes.
- Distance: from box to box or 50 x 50m;
- After the line of half court if there is outside of place.

Basic points

TEAM WITH EXTRA PLAYER:

Pressure in all zones and do not allow the opponent to play from the back, Play out of the back looking for the wingers, MF players enter in the box.

TEAM WITHOUT EXTRA PLAYER:

Zone defending, Close, Counter attacks with 1 or 2 players, Be smart on saving time.

