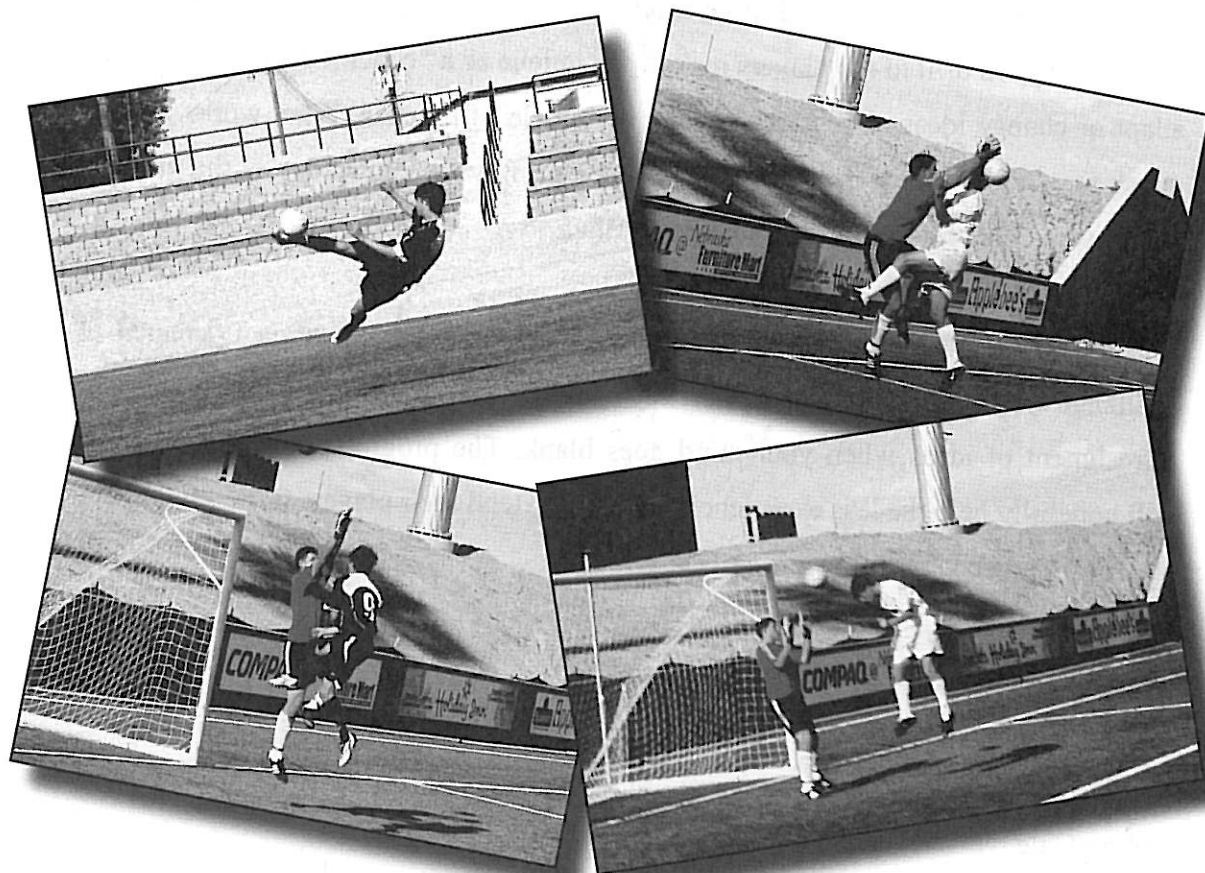


COACHING RESOURCES FOR THE WORLD'S
MOST INNOVATIVE SOCCER COACHES

English Football Academy Training Sessions

**A Journal of Training Sessions From
Rob Gale
Fulham F.C. Academy & Score UK**



Dear Coach,

This book of coaching drills has been produced as a useful reference tool for you to browse through and remind yourself of different drills, as well as provide variations on ideas you might implement with your players.

Many of these drills you may have seen and used before, others may be new to you, they have been collated from my playing and coaching experiences as well as those of the many experienced and talented coaches who I have had the pleasure to work with over the past five years.

You will notice I have not placed age or skill guidelines on any of the drills; this is because I believe sometimes a playful game can lighten the load of an experienced team and a tactical drill can be introduced to challenge a team of any level. It is our job as coaches to determine what drill suits our players at any given moment and which sessions will work to bring the best out of the players we work with.

Of course anyone can be a drill instructor, but your personality, enthusiasm and delivery of each drill to the players makes you unique as a “coach”. Never be afraid to adapt or change ideas or sessions to your own style of practise. What works for one coach may not work for the rest of us. By imparting your knowledge of the game to the players – these become more than just drills.

This is by no means a definitive guide to coaching success nor is it created to challenge you as a coach to understand concepts of the game - it is here for refreshment of ideas when your mind goes blank. The progression and key factors will hopefully help the less experienced coaches extend their players further but above all it is for all coaches to review and enjoy.

Good luck for all your coaching endeavours,
Best Wishes,

Robert Gale
C.E.O. Score UK Soccer

Warm Ups

The Importance of Warming Up

- All athletes need to warm up before participating in practices and games
- Warm ups can be fun
- They should always be progressive
- They can be done with or without the ball

1st Phase of a warm up

- Light exercises that increase blood supply to the muscles
- Approximately 5-8 minutes
- Then introduce some stretching – larger muscles first
- Hold each stretch for 10-15 secs. then progress to Phase Two

2nd Phase of a warm up

- Increase tempo of the exercises introduce turns, jumps – a variety of aerobic movements involving the joints
- Introduce stretches for 15-20 secs. for each muscle

3rd Phase of a warm up

- Move into more explosive activities – increase space and distance for activities
- Introduce the theme of your coaching session to the warm up in basic form
- Stretches to finish should last 20 – 25 secs.

Considerations

- Players should have stretched lower and upper body fully after warm up
- The warm up should last at least 30 minutes to get the athletes ready
- The stretches allow players recovery time to regulate their breathing
- Allow the players to hydrate with fluids – this will maintain their efficiency levels

Warm Ups

Fast Footwork exercises – 20 minutes

Organisation: 48 markers in two lines 5 ft apart – space between cones 3 ft

1st Exercise: X jogs forward diagonally and zig zags all the way through markers to the end



2nd Exercise: X side steps right around 1st marker then left around next etc. all the way to the end



3rd Exercise : X runs forward then back on toes etc. right through markers



4th Exercise : X starts facing outwards – high knees over all markers side ways on – on the way back facing markers just covered side step over and in between markers back to start



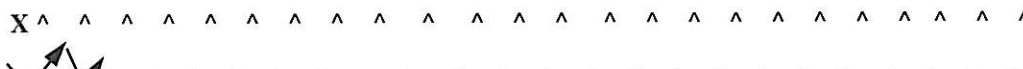
Fast Footwork exercises – Increased Tempo – 20 minutes

Organisation: 48 markers in two parallel lines 10 ft apart – space between cones 5 ft

1st Exercise: X runs forward to 1st cone – side -steps to cone on same side – back pedals to parallel cone behind – side-steps to next cone on that side, then repeats sequence all the way through cones



2nd Exercise: 2 players at a time start on opposite sides, players run diagonally forward and zig zag all the way until the end, competitive, fun race and players have to avoid colliding



3rd Exercise: Two players again on opposite sides – run straight forward – jump and bounce off chests – back pedal to same marker, then side-step to next marker – run forward meet chests etc.



4th Exercise: Players perform 2nd Exercise again but as they cross paths now they use each other to spin off using their upper body – twist and keep running – meet in centre each time



For all combinations of footwork drills players should lightly jog back after each completion – size of group ensures recovery period for each player will be sufficient – intersperse stretches as a group. Earliest Exercises should be lighter speeds with emphasis on small steps rather than dynamic Running. Increase tempo in latter stages and feel free to introduce a ball for all accommodating exercises.

Warm Ups

LADDERS

1	1
2	2
3	3
4	4
5	5
^	

* Players are paired up and numbered, players face each other, sitting down toe to toe. Players should spread their legs as wide as possible and just be able to touch toes with players sitting next to them. When players number is called they race against partner in and out of everyone's legs up around top marker – down side of opposing team and around bottom marker before stepping back in and out teams legs until they sit back in position. First player sitting down gets a point for their team.

* After a while call more than one number at a time and team with most points wins.

GALEY SAYS

X	X	X
	X	X
X	X	X
	X	X

* All players have a ball in 20 x 20 yard grid – Players are instructed to do skills by coach i.e. Coach Galey. If the coach says Galey says then the players have to do it – if coach does not say Galey says first then players should not perform the skill – if they do give light –fun punishment – juggles – toe taps – Australian push-ups etc.

* Good Skills to use: Dribbling Techniques, turns, Juggling working from feet to head, flicking the ball up skills.

* Coach should have a ball and demonstrate as much as possible – it helps to get players caught out

* Coach (C) stands 15 yards away from players who are standing side by side in pairs facing the coach.

C
1 1
2 2
3 3
4 4
5 5

When coach shouts go number ones have to perform five of a set exercise – then sprint to the coach. Coach has hands out beside them and player who slaps coaches hand first scores a point for their team. Work through each pairing for each exercise. Players should jog lightly back to end of line after each round, the team with the most points wins .

* Exercises to use:

* Press Ups – Push Ups

* Sit Ups

* Star Jumps – Jumping Jacks

* Squat thrusts

* Burpees

* Bear Crawls

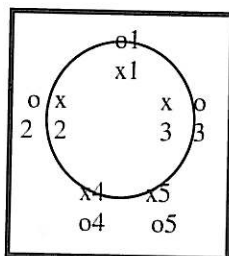
* Crab walks

* Knee tucks to chest

* Headers

* Forward Rolls

* Partner up players. One player stands just inside the circle the other just behind them with a ball. x's have to pick o's up in piggy-back position.



* when coach shouts go – o's jump off back dribble ball clockwise around the outside of the circle and then control ball before jumping back on partners back – shouting Yeeha Grandma. Last player on partners back has to do fun task

* rotate so partners play and then make each round more complicated – i.e. players jump off then crawl through partners legs then dribble or players jump off – leap frog then crawl through legs then dribble and then make them repeat task after the dribble for added madness.

* Players are paired up and spread themselves across a 40x40 yard area –

X → O

players lay next to their partners flat on their stomachs

a	f f
a	
	g
d	g
d	c c
	e
b	e
b	
	h h

* One pairing start the game as a chaser X and they chase their partner O

* O has to avoid being tagged by X – they can lay down next to any player on the field – whoever they lay next to – that persons partner is now being chased by X and they have to jump up quick –avoid being tagged and run to lay next to a new person – the drill continues. If O gets tagged they become the new chaser and try to get the person who tagged them until they lay down and pass on the chase

* Increase to two chasers

PASSING

- **Push Pass**

Use inside of the foot
Non-kicking foot beside the ball
Lock ankle - square to target
Strike through centre of the ball
Follow through bringing knee up

- **Chip Pass**

Use knuckle of the big toe
Non-kicking foot slightly behind the ball
Approach from an angle
Lean back into the strike
Strike through bottom half of the ball
Scuff the ground
Bring knee up

- **Driven Pass**

Use laces instep
Non-kicking foot beside the ball
Approach from a slight angle
Lean into the strike
Strike through centre of the ball
Keep knee, head, and shoulder over the ball
Follow through, pointing toe to target

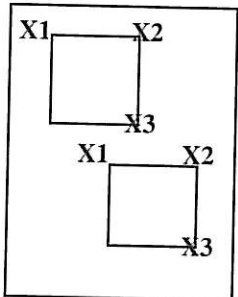
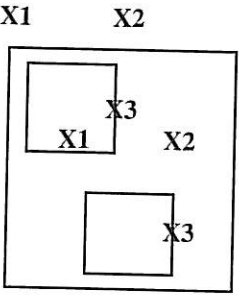
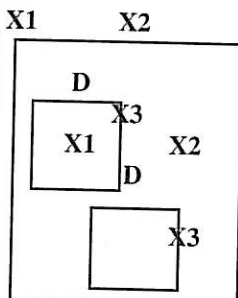
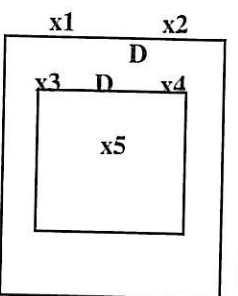
- **Lofted Driven pass**

Use knuckle of the big toe/laces
Non-kicking foot slightly behind the ball
Approach from an angle
Lean back into the strike
Strike through bottom half of the ball
Follow through with toe pointing towards target
Land on striking foot

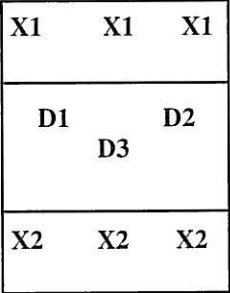
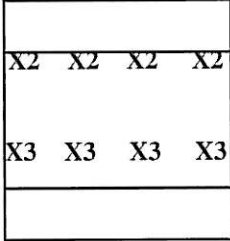
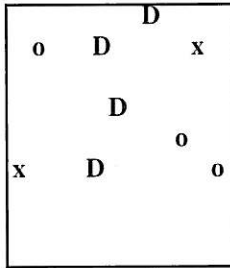
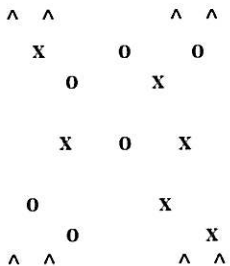
Other related topics

- Curling the ball
- Body Shape when receiving the ball and control
- Possession
- Movement off the ball
- Decision making – when to pass – what pass to use
- Productive passing – hurt the opposition – the split pass

Passing/Possession

<u>Pass to induce move</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none">* 10 X 10 GRIDS* Three players to a grid – in corners* X1 plays ball to spare corner* X3 meets ball at corner and plays to marker they left* Continue sequence	<ul style="list-style-type: none">* Limit players to two touches* Reverse direction of passing* Limit to one touch if of a high standard	<ul style="list-style-type: none">* Timing and weight of pass* Verbal and Physical Communication - when to pass and where* Body shape – Open up to play next pass early* Sharp runs to keep drill at fast pace
<u>Move to Induce pass</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none">* 10 X 10 GRIDS* X2 starts with ball and chooses pass to X1 or X3* player who does not receive the ball moves to provide second option for receiver–square pass* continue sequence	<ul style="list-style-type: none">* Limit players touches* condition touches to one with each foot for quicker play* reverse passing direction	<ul style="list-style-type: none">* no passes diagonally* Timing and weight of pass* Verbal and Physical Communication - when to pass and where* Body shape – Open up to play next pass early* Sharp early runs to keep drill at fast pace
<u>Keep Ball</u> <u>3 v 1</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none">* 10 x 10 yard grids* Three players in corners - 1 defender D in middle* D holds pinny/bib* X's pass and move as above trying to keep ball inside the square and away from D* If D wins ball losing X goes in middle – takes pinny/bib	<ul style="list-style-type: none">* Make defender passive if struggling – then active* award a point for ten consecutive passes* D stays in twice for a nutmeg* limit X's touches – 2 touch then 1	<ul style="list-style-type: none">* Movement off the ball* quality of passing* communication* Decision making A/ Draw the defender then play pass B/ Keep ball moving – don't over play or be flash* Good body shape – 1st touch sets to pass quickly
<u>Keep Ball</u> <u>5 v 2</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none">* 20 x 20 yard grid* X's have to keep ball away from D's* Same rules as above – whoever loses possession becomes defender	<ul style="list-style-type: none">* Limit X's touches* passive then active D's* reward 10 passes* reward split passes	<ul style="list-style-type: none">* Use and range of passes – bigger area – switch play* Switch quickly from defender to attacker* Look to split defenders – play between players* Communication is KEY

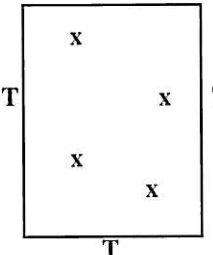
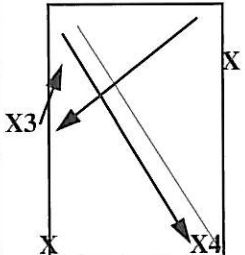
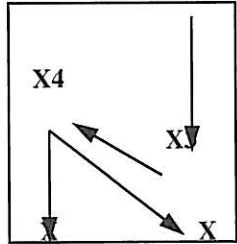
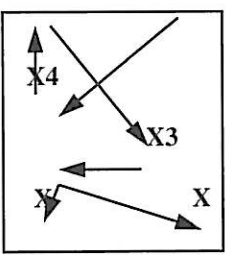
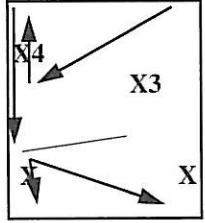
Passing/Possession

<u>Draw and switch</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none"> * 30 X 15 YARD grid * X1's have to make five passes and switch ball to X'2 * 1 D is allowed to win ball back after X's touch the ball * X2's receive driven pass and repeat to X1 	<ul style="list-style-type: none"> * Allow D's in middle to try and intercept pass * Limit X's touches * X's that lose possession then become D's * reward every switched pass with points * allow two defenders to challenge X's in end zone 	<ul style="list-style-type: none"> * Quick passing to get five passes * Set up the switch pass * movement off the ball – good support angles * good 1st touch on the switched pass reception * communication between X's at opposite ends
<u>Switch and support</u>			
	<ul style="list-style-type: none"> * 40 x 40 yard grid * groups of three * X1 plays one-two with X2 then drives ball to X3 – follows * X1 and X2 switch positions * X3 plays one-two with X1 and drives to X2 – repeat sequence 	<ul style="list-style-type: none"> * Condition controlling touches * condition driven pass to certain target heights ie – drive to chest etc. * challenge players by merging groups so players can then pass to any x1, x2 or x3 * reduce number of balls and add in defenders 	<ul style="list-style-type: none"> * short , short long sequence – make angled passes to set switch pass * when merged communicate early and loud between all groups * drive don't chip longer pass * make controlling touch a pass if possible
<u>3 team keep ball</u>			
	<ul style="list-style-type: none"> * 40 x 40 yard grid * three equal teams * X's and O's try to keep possession away from D's * if a team loses possession they become the defending team 	<ul style="list-style-type: none"> * reward ten consecutive passes * limit players touches * bring in a neutral target player – reward a point if they find target player with the ball whilst in possession 	<ul style="list-style-type: none"> * Communication between two teams in possession * win ball back and switch from defensive mindset early * use the space –draw the player then switch play * play between players – move off the ball * be calm in possession
<u>4 corners game</u>			
	<ul style="list-style-type: none"> * 40 x 40 yard area – no out-lines just four corner goals * two teams of equal numbers * teams attack other teams two goals – in opposite corners 	<ul style="list-style-type: none"> * no goalkeepers * play two or three touch * reward bonus goal if they attack and score in opposite corners in the same move * introduce goalkeepers 	<ul style="list-style-type: none"> * use the field * switch early and catch defenders unaware * keep possession – make the other team run * maintain a team shape – attack in small groups

Passing / Receiving

Organisation	Instruction	Progression	Key Factors
<div> X1 x2 X1 x2 X1 x2 X1 x2 </div>	<ul style="list-style-type: none"> * X1 faces X2 only 3 ft away * Players pass back and forth * Try to work with partner fast and count how many passes they make 	<ul style="list-style-type: none"> * Time limited to 45 secs * Use weaker foot only * Players must control with one foot and pass with the other * Limit to one touch * Have to beat their last score 	<ul style="list-style-type: none"> * Use Inside of the foot * Lock ankle square to target * Up on toes to receive pass – move into line with the ball * Communication – must call partners name
<div> X1 : X2 X1 : X2 X1 : X2 X1 : X2 </div>	<ul style="list-style-type: none"> * X1 passes to X2 through 2ft gate in between players * X2 controls ball and passes back through gate to X1 * Players count how many passes go through gate success fully in time limit 	<ul style="list-style-type: none"> * Condition passing foot * Players have to control with left and play with right – vice versa * Reduce time * Increase Distance * If players miss gate – there score returns to zero – keep count 	<ul style="list-style-type: none"> * Technique as above * Try to be quick but maintain accuracy * Help partner with straight passes * Be on your toes and meet the ball
<div> X1 : X2 X1 : X2 X1 : X2 X1 : X2 </div>	<ul style="list-style-type: none"> * X1 passes ball to X2 through the gates * X2 takes ball on out side of the right foot and plays back down side of markers to X1 * X1 keeps playing ball through center cones – X2 uses alternate feet and plays back down alternate sides * reverse roles 	<ul style="list-style-type: none"> * Players then use inside of the foot and take ball across the body * use disguise before making move and playing back to partner * place time limit on players – count how many they can do in the time 	<ul style="list-style-type: none"> * communicate with partner * Use markers as a defender * take ball out of feet and make crisp pass back * throw a dummy/ disguise movement * Quick change of feet after dummy to make quicker return pass * look up before passing
<div> x1 x1 x1 x2 x2 x2 x3 x3 x3 x4 x4 x4 </div>	<ul style="list-style-type: none"> * groups of four * x1 and x2 face each other – x1 has a ball * x3 and x4 face each other x4 has a ball * x1 and x4 pass to the middle x2 and x3 re turn pass spin and face other end player – repeat 	<ul style="list-style-type: none"> * all players to be middle players and end play-ers * limit time * condition playing foot * throw balls in and get volleys back 	<ul style="list-style-type: none"> * accuracy to maintain speed of drill * communicate when you want the pass * central players use each other as defenders – roll or spin each other * up on toes – lock ankle square especially on volleys

Passing / Movement

Organisation	Instruction	Progression	Key Factors
<p>T</p> 	<ul style="list-style-type: none"> * T play ball into X * X play one touch * after four passes play ball out to T * T play back in one touch and continue 	<ul style="list-style-type: none"> * condition passing feet * When ball comes out to T play back across to another T in the air who controls and plays back into X * make T play control pass in one touch 	<ul style="list-style-type: none"> * Quality of pass – accuracy and weight * Support positions * Body Positions * Movement of players – angles distance * communication of all players
	<ul style="list-style-type: none"> * X1 plays to X2 who takes two touches * X2 passes to X3 who sets up for X1 to pass and follow to X4 * Repeat in opposite direction 	<ul style="list-style-type: none"> * Progress to chipped balls in to X3 from X2 and to X4 from X1 * condition passing feet and controlling touch on aerial balls to 2 or 1 touch depending on ability 	<ul style="list-style-type: none"> * Quality of pass – accuracy and weight * first touch – open up to play next pass * Movement of X3 – away to receive – create space * Quality of set up – timing, angles, communication
	<ul style="list-style-type: none"> * X1 plays to X2 who has two touches * X2 plays to X3 who sets up for X4 to play to X on the end line * Repeat from opposite with X starting and 3 and 4 reversing roles 	<ul style="list-style-type: none"> * condition passing feet and number of touches * Introduce lofted passes for longer passes * Increase space and distance if you want 	<ul style="list-style-type: none"> * Quality of pass – accuracy and weight * Create Space – long/short – open up for passes * Timing and angle of movement by middle players
	<ul style="list-style-type: none"> * X1 plays to X2 who takes two touches. * X2 plays to X4 who sets back for X1 * X4 spins off left shoulder * X1 plays to X3 who lays off for X4 to play forward * X1 plays to X2 who takes two touches 	<ul style="list-style-type: none"> * repeat from both ends of the area * increase distance for longer passing and aerial balls can be introduced 	<ul style="list-style-type: none"> * All same points as above * Timing and Direction of X4's spin out * Concentrate on quality of set up – angles of support and communication are vital
	<ul style="list-style-type: none"> * X2 plays to X4 who sets for X1 * X4 spins off right shoulder this time * X1 plays down the side for X3 to play forward 	<ul style="list-style-type: none"> * repeat from both ends of the area * rotate all players in each of these drills 	<ul style="list-style-type: none"> * Quality of passes and set-up – accuracy and weight * Create Space * Movement by X4 – sideways on – observe * Support position of X3 * Quality /selection of 1st touch

Shooting/Attacking Play

Technique

- Non- Kicking foot beside the ball
- Strike ball on the laces
- Knee over the ball
- Shoulder over the ball
- Head over the ball
- Keep the head steady
- Point your toe where you want the ball to go

Considerations

- Striking a moving ball
- Approaching the ball from an angle
- Aiming across the goal to the far post
- Correct body shape to strike
- Sweeping the ball into the goal
- Accuracy before power
- Strike at earliest opportunity

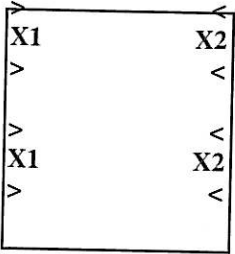
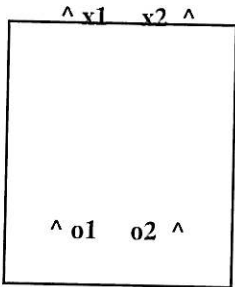
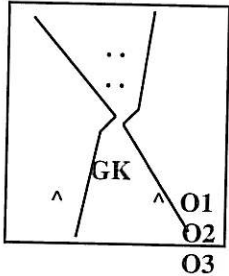
Other Related Topics

- Finishing
- Decision making – type of finish – side foot, lob, power strike, beat the keeper
- One on One's

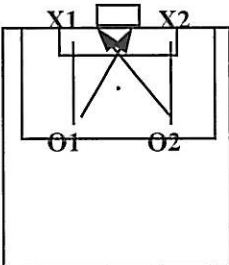
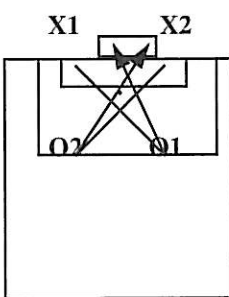
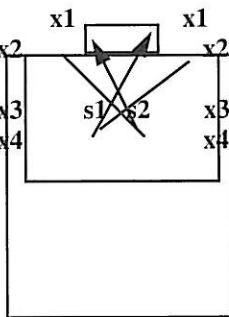
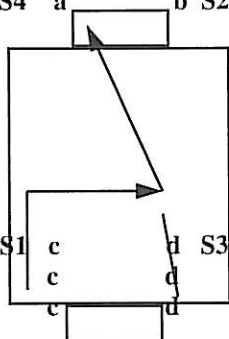
Attacking Play

- Combinations
- Attacking runs – key areas
- Working in pairs – roles of each attacker
- Movement off the ball
- Creating Space
- Greediness – the hunger to score a goal
- Using your body – pinning defenders
- Taking players on

Shooting

<u>Organisation</u>	<u>Instruction</u>	<u>Progression</u>	<u>Key Factors</u>
<div style="border: 1px solid black; padding: 5px; margin: 5px;"> X1 x2 X1 x2 X1 x2 X1 x2 </div>	<ul style="list-style-type: none"> * X1 stands – x2 kneels only 3 ft away * x2 rolls ball to X1 * X1 strikes ball back to x2 who stops and rolls quickly to X1's opposite foot * Try to work partner hard and fast 	<ul style="list-style-type: none"> * X1 and x2 reverse roles * Limit time and count number of strikes * Compare scores on each foot – try to better each time * Increase distance between players to 5 ft 	<ul style="list-style-type: none"> * Up on your toes and quick steps between strikes * Knee over the ball – Toe pointed down * Strike on the laces – Follow through to target * accuracy before power
	<ul style="list-style-type: none"> * X1 shoots at X2's goal * X2 tries to save and then shoots back at X1 * Goals only count if below knee height * Goalkeepers may not use hands 	<ul style="list-style-type: none"> * Players roll ball to the side and try to strike to opposite corner of goal * Limit to two touches * Alternate feet * X1's roll ball for X2's to hit back at them – swap 	<ul style="list-style-type: none"> * Knee, shoulder, head over the ball. Non kicking foot beside the ball. * Approach from an angle * Shoot low and to the corners * Look at goalkeepers positioning before you shoot
	<ul style="list-style-type: none"> * x1 rolls ball to the side and shoots at opposite end goal * o1 and o2 try to save not using hands and then shoot back at x's goal * First team to five goals wins 	<ul style="list-style-type: none"> * Limit to two touches per player * Partners must play one two before shooting * limit to three touches per team with the set-up * Allow goalkeepers to use hands and increase distance and goal size 	<ul style="list-style-type: none"> * quality of technique – test the goalkeepers * work on angles for lay-off's in the one-two * work as a team, catch opponents off guard with quick returns * keep accuracy as power increases with distance
<div style="margin-bottom: 5px;">X3</div> <div style="margin-bottom: 5px;">X2</div> <div style="margin-bottom: 5px;">X1 ^ ^</div> <div style="text-align: center; margin-bottom: 5px;">GK</div>  <div style="text-align: right; margin-top: 5px;">O1 O2 O3</div>	<ul style="list-style-type: none"> * X1 and O1 dribble ball to centre square * Players use move and take ball to the right * Players shoot and try to beat goalkeepers * Players join end of opposing teams line 	<ul style="list-style-type: none"> * Players have to use different fake/move each time * Make players take ball to left as well as right * Bring in passive then active defenders * play ball in from opposite corner then players attack the goals 	<ul style="list-style-type: none"> * Concentrate on the shot after the move * Keep head up and decide early what you will do * Attack with pace and purpose * Work on both feet and taking the ball both ways past the defenders

Shooting

Organisation	Instruction	Progression	Key Factors
	<ul style="list-style-type: none"> * Four lines of players with equal numbers * X1's pass ball to O1's who shoot first time at the goal * Players swap lines * X2's then serve to O2 who shoots and drill continues in sequence 	<ul style="list-style-type: none"> * make players swap sides * Players throw balls in for volleys * Players chip ball in for partners to control and shoot * Bring in a goalkeeper and /or passive defenders 	<ul style="list-style-type: none"> * quality of service into strikers * angle of approach to the ball * aim for opposite corners * follow through and react for rebounds * look at GK's positioning
	<ul style="list-style-type: none"> * Four lines of players with equal numbers * X1's pass ball to O1's who shoot first time at the goal * Players swap lines * X2's then serve to O2 who shoots and drill continues in sequence 	<ul style="list-style-type: none"> * players swap sides * Players throw balls in for volleys then chip ball in to control and shoot * Vary servers position – put them wider for full on crosses * Bring in a goalkeeper and /or defenders 	<ul style="list-style-type: none"> * serves or crosses must be at good pace to hit * make an early decision on the strike depending on the service * control out of feet to set up strike * shoot low and across the goalkeeper
	<ul style="list-style-type: none"> * even number of players at every station * Server x1 on the left passes to s2 who shoots first time * Server x1 on right passes to s1 who shoots first time * Continue serves to same strikers with servers x2 thru x4 * Two goals positioned 	<ul style="list-style-type: none"> * every player to play in each position * condition strikers to shoot with nearest foot/ weaker foot * condition strikers to use furthest foot and allow ball to come across the body * make servers throw-in balls * add a goalkeeper 	<ul style="list-style-type: none"> * Strike with laces – watch ball onto foot * Curve approach to the ball * angle yourself to goal – sweep ball into net * quick feet – adjust to flight of serve * aim across the goal * look at goalkeepers positioning * Keep drill at fast pace
	<ul style="list-style-type: none"> * S1 dribbles forward – passes square for d who supports and shoots first time – swap ends and positions * S2 then serves for a * S3 for c * S4 for b and repeat 	<ul style="list-style-type: none"> * Players change from servers to strikers * widen or lengthen grid to stretch players more * bring in goalkeepers * time/touch conditions on goals 	<ul style="list-style-type: none"> * time and angle of strikers run * good body shape to shoot * quality and varied services * key areas to shoot at * communication between servers and shooters

Dribbling

Feeling comfortable using all parts of the feet/ keep your head up

- Sole of the feet
- Laces
- Inside of the foot
- Outside of the foot
- Manipulate the ball to do what you want it to do – Coerver Skills
- Don't look down at the ball – know where it is by touch

Close control

- Not too close to the body
- Ball always in stride length
- Shield ball from opponents

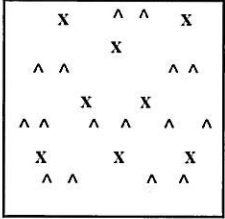
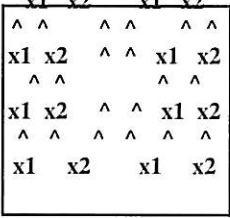
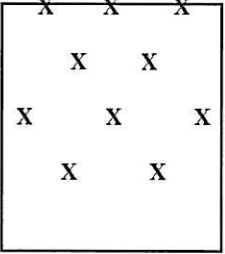
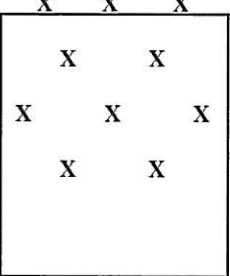
Change of pace/ Change of Direction

- Slowly into defenders
- Explode away
- Use of body swerve
- Create space and attack it
- Be able to go in different directions
- Comfortable with both feet

The ability to feint and dummy

- Use of moves – Matthews, Maradona, scissors, shuffle, Ronaldo etc.
 - Time and space to use move
 - Distance between you and defender
 - Use of body to emphasise fake/dummy
-
- **Decision Making – when and where to dribble**
 - **Having an end product – Shoot or Pass after the dribble**
 - **Attacking Mentality – take Players on**

Dribbling Games

<u>Dribbling</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none"> * Players dribble in and around 20x 20 grid * On 'go' x's dribble through as many gates ^ ^ as they can until coach shouts stop 	<ul style="list-style-type: none"> * limit time and try to beat last score * x's have to stop ball between gate and change direction * x's use gates as defenders and use fakes/moves to beat them 	<ul style="list-style-type: none"> * keep head up * use different parts of the feet * Quick change of direction * decision making- if player is already at gate – find another open quickly
<u>Pass and Dribble</u> 	<ul style="list-style-type: none"> * Players dribble and pass in pairs in and around 20x 20 grid * on 'go' players have to see how many passes through gates they can make in a minute 	<ul style="list-style-type: none"> * award points for pass through each gate * minus a point if players hit markers on pass * limit time and try to beat previous score 	<ul style="list-style-type: none"> * keep head up * use different parts of the feet * Quick change of direction * decision making- if player is already at gate – find another open quickly
<u>Dribbling Traffic Lights</u> 	<ul style="list-style-type: none"> * each player has a ball * all dribble ball and listen for commands * Green light – fast * Amber Light – slow * Red Light – stop * if player jumps red light – coach police chase and tap them 	<ul style="list-style-type: none"> * players who get caught by police have to perform task <ul style="list-style-type: none"> - ten toe taps - ten juggles - five headers * condition dribbling skill * bring in fakes/moves * let players be police 	<ul style="list-style-type: none"> * keep head up – find spaces * change pace and direction with commands * use skill to avoid police * keep close control so you don't have to foil police * use different parts of the feet to dribble
<u>Dribbling Stuck in the Mud</u> 	<ul style="list-style-type: none"> * players dribble ball in 20 x 20 grid * two players O have to come in and try to kick players (X) balls out of the grid * if players ball goes out – they retrieve ball and come to middle of grid – open legs wide and place ball overhead * x's dribble through players legs to release them 	<ul style="list-style-type: none"> * restrict time of play * condition dribbling skill * make players who are stuck perform a task before coming back into grid <ul style="list-style-type: none"> - ten toe taps - five juggles * award points for players who are not stuck at the end 	<ul style="list-style-type: none"> * use different dribbling skills as you would in a game situation * fetch ball quickly if out and get friends to unstick you * avoid players kicking you out – shield the ball * only two players at a time kicking balls out of grid

Ball Control

- Be up on toes ready to control ball at all times
- Judge height and pace of ball and get into line to control
- Select controlling surface early
- Offer controlling surface
- Relax on controlling touch
- Be aware of position ready to make next move
- Take controlling surface away
- Make next play

- **Foot control**

Do not trap under the foot

Use laces or inside of the foot

Control in front away from the body ready to play

Play with opposite foot to increase speed of play

- **Thigh Control**

Make sure muscle is relaxed

Stay in line with ball in case of miss-control

Drop knee away to play from feet

Try to control across your body and shield from opponent

- **Chest Control**

Arms out for balance and protection

Lean back then drop chest away on touch

Control with muscle of chest

Take ball across the body to opposite foot or thigh

- **Head Control**

Take sting out of the ball

Relax neck into shoulders

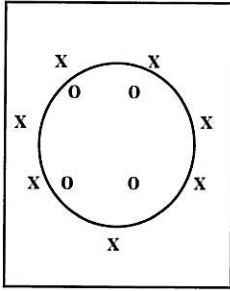
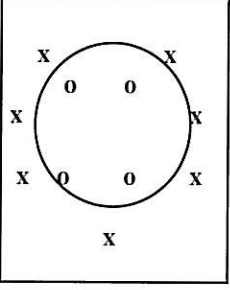
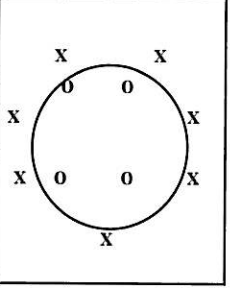
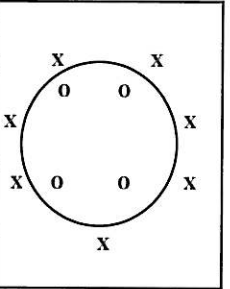
Use forehead – parallel to the ground

Try to control into stride

Other related topics

- Importance of the 1st touch
- Ball Juggling
- Volleying
- Decision-making: control is the means to an end - Dribble, Pass, Shoot

Ball Control

<u>Feet Only</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none"> * two thirds of all players on outside of circle – one third inside * O's run to player on outside who serves ball in the air for O to control with feet * O controls passes back and then overlaps x and repeats 	<ul style="list-style-type: none"> * rotate so all players go in middle * condition controlling touches – control with one foot play with the other * players must volley 1st time back to outside * control with one foot – volley with the other - add a defender 	<ul style="list-style-type: none"> * quick runs into players slow down on arrival * be up on toes, adjust to height and weight of serve * relax on controlling touch * control out of your stride and play back quickly * don't go round in a circle - overlap then move across circle – look up as you run
<u>Thigh Control</u> 	<ul style="list-style-type: none"> * same format as above * players must take controlling touch with thigh and play back to partners be fore overlapping and finding new server * how many can player do in a minute? 	<ul style="list-style-type: none"> * rotate so all players go in middle * condition controlling touches – control with one thigh play with the opposite foot * players must control with thigh then volley back to the outside * add a defender 	<ul style="list-style-type: none"> * offer thigh and as ball touches drop away to land ball at your feet * try to control across your body to play earlier * as body tires during the minute try to keep mind focused * thigh muscle stays relaxed to control each time
<u>Chest Control</u> 	<ul style="list-style-type: none"> * same format as above * players must take controlling touch with chest and play back to partners be fore overlapping and finding new server * how many can player do in a minute? * chest then volleys 	<ul style="list-style-type: none"> * rotate all players through * condition passing/ volleying foot * chest then head back to partners – must attack ball at pace for this * bring in a defender to put pressure on one of the tasks – passive 	<ul style="list-style-type: none"> * all above points – when controlling with chest lean back and drop chest away as you control – get arms out for balance and protection * be aware of defenders positioning and your own space to control the ball – use your body to shield and control into space * keep work rate going
<u>Head control</u> 	<ul style="list-style-type: none"> * continue format – resting players for two minutes working them for one * Players control with head to feet, then play pass * control with head to volleyed pass 	<ul style="list-style-type: none"> * controlled header – straight back to outside players * control with head then pass with header * bring in passive defender on controlling drills 	<ul style="list-style-type: none"> * approach slightly slower * tilt head back and relax neck into shoulders to control * on headed passes – bullet ball back to partners * replace overlaps on outside with turns/ spins at any time during these drills

Ball Control

<u>Feet Only</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px;"> X1 x2 x3 </div>	<ul style="list-style-type: none"> * Three players per 20 x 10 ft grids * X1's have ball – they serve ball into x2's feet on x2's shout * X2 controls under slight pressure from X3 – tries to get half turn and then plays back to X1 * repeat 10 times 	<ul style="list-style-type: none"> * rotate so all players control, serve and pressure * condition controlling touches – control with one foot play with the other * vary height and pace of serve in * after one round each get servers to play in from feet 	<ul style="list-style-type: none"> * maximise your space to receive the ball * create space away from defender and demand service with verbal or physical communication * control sideways on – keep your body between defender and the ball * always look to turn defender but play back to X1 accurately
<u>Thigh, Chest, Head</u> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> X1 x2 x3 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> X1 x2 x3 </div>	<ul style="list-style-type: none"> * exactly the same scenario as above but serves are aimed at thigh, chest then head * players should rotate every position after each set of ten serves * if players are taking it easy increase defenders privileges to full tackling 	<ul style="list-style-type: none"> * try to condition players to controlling to side: <ul style="list-style-type: none"> - left thigh to right foot - left pectoral etc. * test players with variety of serves – looped, flat – hard, soft * if players are of sufficient quality allow chipped services 	<ul style="list-style-type: none"> * players must get used to feeling defender and pushing away to get space to control * always get sideways on if possible and try to role defender * be aware of distance between you and server and you and defender * keep focus as legs and mind get heavy
<u>Control and Shoot</u> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> s1 a1 d1 s2 a2 d2 s3 a3 d3 s4 a4 d4 s5 a5 d5 s6 a6 d6 </div> <div style="margin-top: 10px;"> </div>	<ul style="list-style-type: none"> * same shape as above each group numbered with a server (s) – an attacker (a) and defender (d) * Now players are encouraged to turn and attack and score * players keep count of number of successes points for goals and defenders and saves * two attackers A, take turns in receiving serves from 1-7 on outside of area * players have to control and shoot to score past GK * rotate all players 	<ul style="list-style-type: none"> * all players to participate in each role * five shot attempts each then bring in a GK * allow server to receive passes back and play through balls for attackers * join two groups together for two on twos * coach calls numbers for servers to play ball in * limit number of touches for attackers * bring in passive then active defenders * allow chipped serves 	<ul style="list-style-type: none"> * encourage players to practise same technique as above – now with an end result * composure in front of goal after control to beat defender * use server with pass back and spin defender * communication when you want passes and where * put into practise all of the above skills learned * choice of finish after control is vital * be aware of surroundings GK's position, defender's position – your space/time

Running with the Ball

Running with the Ball is something many players will do in a game and is not to be confused with dribbling a ball – there are certain key differences between the two skills and when coaching players these differences need to be highlighted. Some of the Key Factors when running with the ball are:

- Players should use their peripheral vision – look ahead
- Strike the ball with the laces or instep
- Kick the ball a little distance in front and out of your stride
- Try to attack the space ahead of you as quickly as possible
- As with Dribbling – Running with the Ball is only the means to an end – remain composed to pass, cross, dribble or shoot

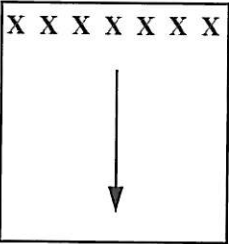
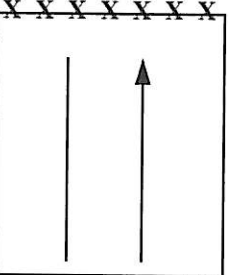
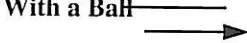
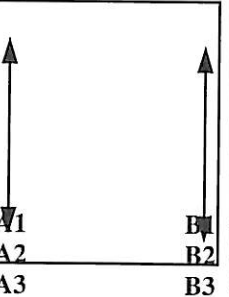
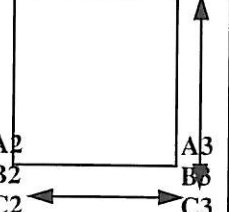
Decision Making

All of these factors come into deciding whether or not to run with the ball

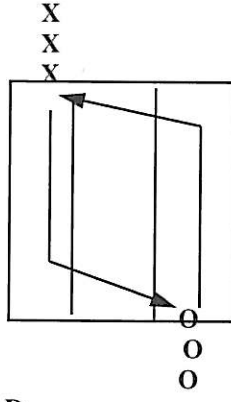
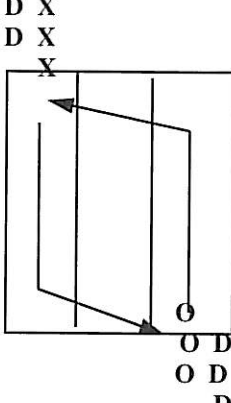
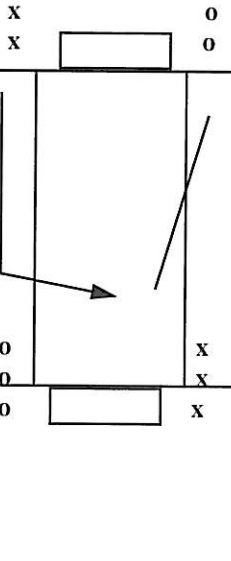
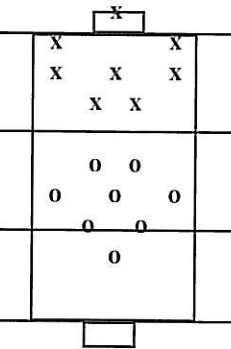
- **Have you got space in front of your opponent to run at them**
- **Is there space beyond your opponent to run into**
- **How quickly do you need to cover the distance**
- **How much space is available**

To run as fast as they can with the ball players should use the instep or laces rather than the inside of the foot as this maintains your natural running stride pattern. Players should always be looking up and know their surroundings on the field but especially when running with the ball to avoid dangerous collisions.

Running with the Ball

Unopposed Practise	Instruction	Progression	Key Factors
	<ul style="list-style-type: none"> * all players with a ball standing at one end of 30 yard grid square * Players have to run with the ball to opposite end of grid * return to same end on coaches command 	<ul style="list-style-type: none"> * condition to left foot only, right, alternate, then laces only * try to do in minimum of four – maximum of six touches in each direction * give time limits 	<ul style="list-style-type: none"> * Good 1st touch out of feet * keep head up * use laces/instep * cover ground quickly and as straight as possible * keep ball out of feet but still under control
<p><u>Competition</u></p>  <p>SPRINT With a Ball</p> 	<ul style="list-style-type: none"> * all players with a ball standing at one end of 30 yard grid square * players leave ball there and stand at opposite end * on 'go' players run to far end – turn with ball and run with it back to start – stop ball on the line * coach kicks two balls out – repeat exercise 	<ul style="list-style-type: none"> * players have to compete to run with ball back * whoever stops ball on the line stays in –if players don't get to ball first they must tackle * condition to left foot only, right, alternate * limit number of touches allowed to complete a round 	<ul style="list-style-type: none"> * react to 'go' quickly * sprint to balls and be aware of opponents when turning * use good technique when running with the ball back * must stop ball on the line to show it is under control * fair play should be encouraged under competition
<p><u>Relays</u></p> 	<ul style="list-style-type: none"> * two teams of equal numbers * split teams with half numbers at each end of a 40 yard grid * A1 at top end begins running with the ball down to A1 at bottom – A1 runs up to A2 etc – keep going until back in starting position 	<ul style="list-style-type: none"> * race teams against each other * use more teams if involving large numbers * condition striking foot left, right, alternate 	<ul style="list-style-type: none"> * Good 1st touch out of feet * keep head up * use laces/instep * cover ground quickly and as straight as possible * must take minimum of three touches – can only pass to next player from 10 ft * must maintain control
<p><u>Relays</u></p> 	<ul style="list-style-type: none"> * 4 teams with players numbered in sequence * Each number 1 has a ball and stands with #5 in first corner of half field * 1 runs ball to 2 – 2 to 3 and so on – each round players will be in next corner * repeat until back to starting positions 	<ul style="list-style-type: none"> * 1st team back in starting positions wins * repeat race with conditions for each leg i.e. 1st leg of the race left foot only * teams should where different colour bibs 	<ul style="list-style-type: none"> * technical skills as above * do not run onto the field - no cutting corners * minimum of four touches between corners * do not kick any other teams ball * #5 must stop ball in corner to show it is under control

Running with the Ball

 <p>D</p>	<p><u>Instruction</u></p> <ul style="list-style-type: none"> * split players into two groups 40 yards apart * X runs with ball 30 yards then plays pass square for O * O takes touch out of feet and runs before passing to X 	<p><u>Progression</u></p> <ul style="list-style-type: none"> * condition to left foot only, right, alternate, then laces only * try to do in minimum of four – maximum of six touches in each direction * limit time to complete 	<p><u>Key Factors</u></p> <ul style="list-style-type: none"> * Good 1st touch out of feet * keep head up * use laces/instep * cover ground quickly and as straight as possible * look up and make quality pass to next player
 <p>O D O D D</p>	<ul style="list-style-type: none"> * exactly the same drill as above but now with defenders * once runner takes 1st touch then defender tries to put pressure on that player and challenge for ball * award points for defenders if they clear ball out of grids 	<ul style="list-style-type: none"> * condition to left foot only, right, alternate, then laces only * try to do in minimum of four – maximum of six touches in each direction * limit time to complete 	<ul style="list-style-type: none"> * even more important to take a good 1st touch out of feet * keep head up * use laces/instep * cover ground quickly and as straight as possible * look up and make quality pass to next player * don't panic with defender
 <p>x o x o o x o x</p>	<ul style="list-style-type: none"> * same principles as above and over 40 yard dimension – now with end product * x runs with ball down line and then delivers cross for o who makes supporting run * o finishes cross into goal – players stay at this end – next x and o go in opposite direction 	<ul style="list-style-type: none"> * players should alternate from crosser to finisher * use left and right sides for running and crossing * introduce defenders for each players as in drill two * increase supporting runners to two * add in a goalkeeper 	<ul style="list-style-type: none"> * players should continue techniques as above and now concentrate on delivering a good cross after their hard work * work on running with the ball style rather than finishing or support runs but success breeds confidence, so aid if needed * players should be looking at support runners position as they attack flanks * look up before crossing
	<ul style="list-style-type: none"> * 4v4 6v6 or 8v8 * normal scrimmage with wide zones where players can not be challenged 	<ul style="list-style-type: none"> * introduce thirds of the field if necessary and make players advance only by running with the ball * take away zones and neutral wide areas 	<ul style="list-style-type: none"> * players should make use of wide zones to run into space and hurt opposition * when games are introduced players should be reminded of the need to still be technically sound



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HERE'S YOUR ONLY CHANCE

THE ONLY PROFESSIONAL SOCCER ACADEMY LINKED TO AN EPL CLUB ANYWHERE
IN NORTH AMERICA IS BACK IN OMAHA FOR A SECOND YEAR

OPEN TO BOYS AND GIRLS AGED U8 – U18

COME AND SEE WHAT THE BUZZ IS ABOUT

TRYOUTS ARE OVER TWO WEEKS AND WILL BE HELD AT THE MILLARD SOCCER CENTER

OPEN TO ALL PLAYERS ACROSS THE MIDWEST - ALL PLAYERS MUST TRYOUT

\$10 FEE - EVERYONE RECEIVES A FULHAM ACADEMY T-SHIRT

ONLY 16 PLACES OFFERED PER AGE GROUP – PER GENDER

SUCCESSFUL TRIALISTS WILL BE OFFERED THE CHANCE TO GET 20 WEEKS OF
PROFESSIONAL TRAINING, A PLAYERS LOG BOOK & POSSIBLE UNIVERSITY
SCHOLARSHIPS OR PROFESSIONAL TRIALS AND CONTRACTS IN THE UK

IN OUR FIRST SEASON WE SENT A PLAYER BACK TO THE UK FOR A SIX-WEEK
PROFESSIONAL TRIAL & THEY WILL PLAY IN 8 PROFESSIONAL GAMES!!! – ONE
AGAINST INTERNATIONAL OPPOSITION

ONLY FOR THE SERIOUS SOCCER PLAYER

IT IS THE MOST VALUE – THE MOST UNIQUE TRAINING - THE MOST ENTERTAINING
AND THE VERY BEST SOCCER ACADEMY FOR YOU !...

TO FIND OUT MORE

VISIT WWW.SCOREUKSOCCER.COM & WWW.FULHAMFC.COM

OR TELEPHONE: 402 504 1718 – OR 884 5309 – OR 301 5277

TRAINING BEGINS SEPTEMBER 2004 – GET PRACTICING

THE FULHAM ACADEMY – BEWARE OF WEAK IMITATIONS!!!

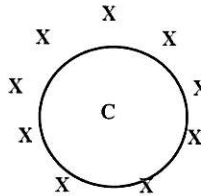
Heading

- Be up on toes ready for header
- Judge height and pace of ball
- Move into line with ball
- Try to head at highest point
- Use arms to protect yourself
- Use the Forehead
- Keep eyes open and mouth shut
- Direct header to target

Topics to cover

- Defending Heading
- Attacking Heading
- Challenging for headers
- Directional Heading
- Finishing Headers from crosses
- Decision Making – when to challenge – which header to use

Heading

<u>Head or Catch ? Game</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none"> * Coach (C) stands in the centre of a circle of players with a ball in hands * Coach throws the ball to each player in turn and shouts head or catch as they throw the ball * Players have to do the opposite of the coaches instruction 	<ul style="list-style-type: none"> * If players head when coach shouts head or catch when coach shouts catch they sit down * Last player standing wins * Speed up throws – do same player two or three times in a row * Delay the calls 	<ul style="list-style-type: none"> * Fun game – all about quick reactions – using the mind * Make sure players don't cheat by not doing either the head or catch – or pretending they did not hear properly * keep throws and calls the same for everybody – make it harder in later stages of the game
<u>Challenging for Headers From behind</u>	<ul style="list-style-type: none"> * Groups of three * X1 has ball in hands serves it above X2's head – X3 has to run and meet the ball and head back to X1 * Repeat ten times and rotate players positions 	<ul style="list-style-type: none"> * X2 should be static at first and just be awkward for X3 to climb above – increase the activeness of X2 depending on ability * Vary height and strength of serves in * Increase distances and bring in chip delivery 	<ul style="list-style-type: none"> * Keep your eye on the ball * Be aware of X2's position * Attack at pace and jump on one foot – use arms to protect and spring your self * try to gain advantage over X2 fairly using your body * Concentrate on getting a good header back to X1
<u>Challenging for Headers From in front</u>	<ul style="list-style-type: none"> * Exactly the same format as above and same principles * Now X3 tries to get in front of X2 and head back to X1 * Repeat ten times and rotate positions 	<ul style="list-style-type: none"> * X2 passive at first * X2 should become increasingly more active until fully challenging for the ball * Vary height, speed, distance of serve as above 	<ul style="list-style-type: none"> * As above with X3 now attacking the ball as late as possible to surprise X2 and get in front of them – time the run * header must be quality after working hard to get there * use arms for protection * All points as above
<u>Challenging for Headers From the side</u>	<ul style="list-style-type: none"> * Same format as in the last two drills * Serves are now slightly to the side of X2 * X3 comes in from the side and is then pressured side by side with X2 to get the header back to X1 * ten times and rotate 	<ul style="list-style-type: none"> * With all these drills try to build up to realistic game situations if ability levels allow * Full throws in – set piece deliveries etc. can all be introduced once timing and technique are at sufficient skill levels 	<ul style="list-style-type: none"> * Players must want to win the header and display courage to go in hard to win the ball * the importance of timing the challenge and using your arms and upper body to protect yourself are paramount to success when challenging for headers

Defending

- Deny time and space for opponents
- Pressure first touch
- Close down space quickly
- Jockey opponents
- Force player wide – away from goal
- Tackle opponent correctly
- Start the attack

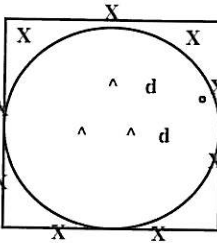
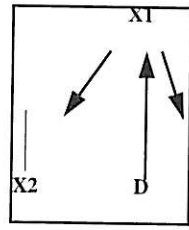
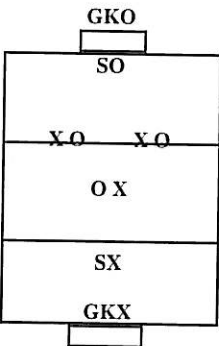
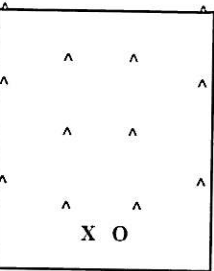
Topics to cover

- Role of first defender
- Role of Covering Defender
- Role of the Balance Defender
- Defending as a Unit
- Defending from the front
- Tackling
- The Slide Tackle
- Defensive Heading
- Playing in a back four
- Playing in a back three

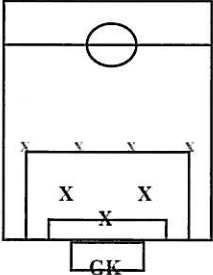
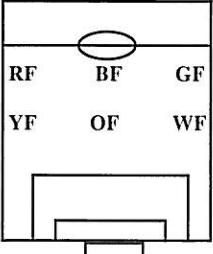
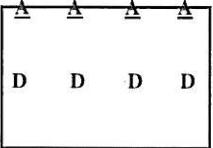
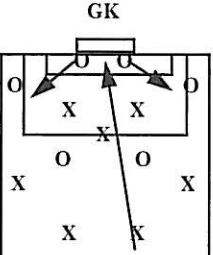
Decision Making

- When to mark – when to drop off
- Showing a player inside – outside
- When to commit to a challenge
- Playing the offside trap

Defending

<u>Blocking & Positioning</u>	<u>Instructions</u>	<u>Progression</u>	<u>Key Factors</u>
	<ul style="list-style-type: none"> * 10 yard centre circle with all players around the outside except for two defenders (d) * 3 central cones in a triangle indicating three goals * players on the outside try to score through any of the goals 	<ul style="list-style-type: none"> * Defenders have to stop ball going through the goals without using their hands * increase or decrease the goal size if certain players are struggling * limit players on the outside to two touch * rotate defenders every three minutes 	<ul style="list-style-type: none"> * Communication – between the two defenders * Decision making – close down passes or guard goal * Positioning – minimise the running by covering space cleverly * although a defending drill players on the outside should be passing quickly and taking lots of shots
<p><u>Decision Making</u></p> 	<ul style="list-style-type: none"> * Defender D starts with a pass to X1 * X1 and X2 have to attack and get the ball over the end line * X2 starts beside D but becomes active after the first pass * offside is in play * 5 V 5 incl. GK'S 	<ul style="list-style-type: none"> * rotate positions after five attempts * introduce a small goal for D to defend against * increase goal size and add a Goalkeeper * limit attackers time to score 	<ul style="list-style-type: none"> * Decision Making – can defender win the ball off of X1's first touch? - if not how close to defend-cover? * Stay on your feet – don't dive in * keep play in front of you * try to make attackers play predictable * man to man marking -
<p><u>Marking and Sweeping</u></p> 	<ul style="list-style-type: none"> * 1 sweeper (S) in each end zone – three players each playing man for man in the centre zone * Players in centre zone have to beat their marker and they can then go unopposed up against sweeper and GK 	<ul style="list-style-type: none"> * No other player except for the one with the ball may go into end zones * GK's must start every attack – supply of balls in each goal * allow the sweeper to advance if they win the ball back in the later stages of this game 	<ul style="list-style-type: none"> * be tight and frustrating * sweeper should be mirroring the play in front of them in the end zone and ready for the break at all times * GK and sweeper should be communicating to the players in front of them * encourage inventive midfield play–i.e dribbling
<p><u>Directing players Inside and Outside</u></p> 	<ul style="list-style-type: none"> * two lines of players side by side * the players have to run to each marker in a zig zag formation over 40yds * before they get to each marker the coach will shout inside or outside 	<ul style="list-style-type: none"> * players treat each marker as an opponent and have to direct that player inside or outside as the coach requests * as first pair reach second marker – next players can begin * after completing players join end of line 	<ul style="list-style-type: none"> * quick sharp running to close down the space * curve your run to the marker appropriately * form good, angled, low positions when you reach the markers * react quickly to each command and return fast

Defending

<p>The example shows a back three with a sweeper – in later stages add in the midfield four.</p> <p><u>COMMUNICATING/ TEAM SHAPE</u></p> 	<p><u>Instructions</u></p> <ul style="list-style-type: none"> * Start with your usual defensive formation and the GK * Coach begins by shouting commands up–push up–drop–drop back, left, right etc. * players have to take up realistic positions on the field to your commands 	<p><u>Progression</u></p> <ul style="list-style-type: none"> * Get your full back, centre back, sweeper to take over the shouting * bring in rest of defensive players – defending midfielders wing backs etc. * add commands like down – where they drop to the floor or head where all players jump for a header etc. 	<p><u>Key Factors</u></p> <ul style="list-style-type: none"> * The importance of this drill is to establish commands that all the team recognises and can follow – as well as finding out who is the best communicator in defence * players must react quickly and coach them into good positions * defence must work together as a unit
<p><u>Team shape</u></p>  <p>The example shows a back four – in the later stages add the midfield four as well.</p>	<ul style="list-style-type: none"> * position six different coloured flags across half a field as shown * start with your normal defensive formation * coach shouts out a colour flag and players form the shape they would in a game if the ball was at that flag 	<ul style="list-style-type: none"> * as players become used to taking up the correct defensive positions – change the flags positions * get a defender to shout the colour of flag where the ball is supposed to be * introduce your midfielders ahead of the defenders 	<ul style="list-style-type: none"> * players must react to the call quickly and get in position early * make sure adequate balance and cover is there at all times * players should after a while need little coaching * all players should be communicating as they play and should be telling each other where to be
<p><u>Pressuring the Ball</u></p>  <p>20 x 30 yard grid</p>	<ul style="list-style-type: none"> * very simply the attackers (A) pass the ball side to side * the defenders (D) have to communicate between them who is to pressurise the ball * 7 v 7 on full half field 	<ul style="list-style-type: none"> * attackers do not come forward at first - rotate every position * once communication and closing down is fluid add a goal behind defenders and let attackers move freely 	<ul style="list-style-type: none"> * communication is vital -all defenders talk constantly * nearest player pressures the ball * other defenders provide balance and cover as instructed * do not tackle just keep play in front of you and as predictable as you can
<p><u>Defending From the Front</u></p>  <p>The example shows four defenders and two defensive midfielders O against four midfielders and three attackers X</p>	<ul style="list-style-type: none"> * Midfielder X shoots at goal – GK plays out to defending team O – who try to pass out through to halfway line goals * X's have to win ball back and attack the goal with the GK * rotate players in and out of each positions 	<ul style="list-style-type: none"> * condition the game as you need to – encouraging the fact you are trying to win the ball high up the field and restrict the O team playing out - limit players touches on the ball or condition O team to making at least five passes before scoring at centre etc. 	<ul style="list-style-type: none"> * anticipate the short throw out from the goalkeeper * split the defenders– give the keeper a dilemma * close down the receiving player quickly and force into playing where you want them too * attackers should work as a unit – pushing up together squeezing the play and forcing defensive errors