

COACHING THE GLOBAL GAME

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Winger #7 / #11

Roles and Responsibilities

COACHING SESSIONS & Activities

From Coaches Around the Globe

Developing an Online Learning Network

Aid the Development of Coaches



Dear Readers,

Welcome to our ninth issue of *Coaching the Global Game Magazine*. We hope that you enjoy this issue as much as you enjoyed our previous issues. We have changed the format slightly for this issue so we hope that you find the information useful!

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

We hope you have been eagerly anticipating our eighth (October 2014) edition of the magazine. So please enjoy!

Rahim Mohamed (@rahimzmohamed)

Coaching the Global Game Team

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Developing an Online Learning Network to Assist the Development of Coaches

At Sports Path we recently completed a major research project on how coaches use the web, involving over 1,000 coaches throughout the world

We were interested if they used an Online Learning Network to assist in the development of coaches at their club.

We asked Coaches if and how they had used such a network and the responses were as follows:

Tools used	%
Emails with links to practices or videos	75
Articles for the Club/Association Website	50
Establishing a VLE : Setting up a dedicated space	30
Regular E Mail Newsletter for coaches	25
Coach provides twitter feed	20
Coach provides their own blog	10

Only 10% of the coaches surveyed said that they did not use any aspect of the web to help them on developing coaches at their club

By establishing an Online Learning Network a coach can achieve a dedicated space on the web for their coaches to integrate emails, newsletters, practices, blogs, twitter feeds and links to videos all in one place. So we asked those who had developed an Online Learning Network what were the benefits. They listed the benefits of an Online Learning Network for their clubs as follows:

1. To have a central/integrated space which allows for simple sharing of materials, such as session planners, videos, curriculums, articles, ideas and best practices
2. To help/support the coaches to develop their knowledge and skills as part of a consistent club philosophy
3. To enable/ encourage interaction between coaches
4. To improve the quality and uniformity of coaching, e.g., standardized curriculum, common philosophy, consistent information with material which can be updated simply and regularly
5. To reduce stress and minimize time for coaches to prepare their

training as they access material at a convenient time from all devices

From December 2014 Sports Path will be providing an Online Program to show Coaches and especially Directors of Coaching how to establish an Online Learning Network to support the development of coaches at their club.

The Program will involve a simple 7 Step Approach to explain these web skills to establish a VLE

1. STEP ONE: How to conduct Simple Research
2. STEP TWO: How to develop an Achievable Action Plan
3. STEP THREE: How to Seek and Capture Knowledge on the web most effectively
4. STEP FOUR: How to make Sense of the Knowledge captured
5. STEP FIVE: How to share content
6. STEP SIX: How to evaluate progress
7. STEP SEVEN: How to recognize and reward progress

Sports Path will provide a range of services to help coaches develop these skills including Books, Factsheets, Webinars, Forums and an Online Learning Course

Sports Path can provide this Program FOR FREE for subscribers to 'Coaching the Global Game' if they complete this simple 5 Question Survey [here](#) . (NB The details of individual clubs will never be revealed)

#7/#11 Roles and Responsibilities of a Winger

IN POSSESSION:

- Is positive in possession (receives to play forwards)
- Enjoys attacking players and looks to “Isolate, expose and eliminate defenders”
- Can beat opponents 1v1 or by combining with teammates
- Provides accurate supply to teammates to create goals (cross/pass)
- Gets in positions to score (runs outside to in)
- Rotates and interchanges with FB/ACM/W and CF
- Receives the ball in threatening positions (Beyond/Wide/Inside)
- Makes great decisions when to dribble and run with the ball
 - Great receiving and turning skills
- Explosive acceleration and pace, including ability to decelerate
 - Can finish from range and in the box
 - Press and direct opposition into central areas



OUT OF POSSESSION:

- Understands how to press and defend from the front

About Dan Wright:

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

talented footballers.

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

LEARN TO TRAIN (AGES 9-12)

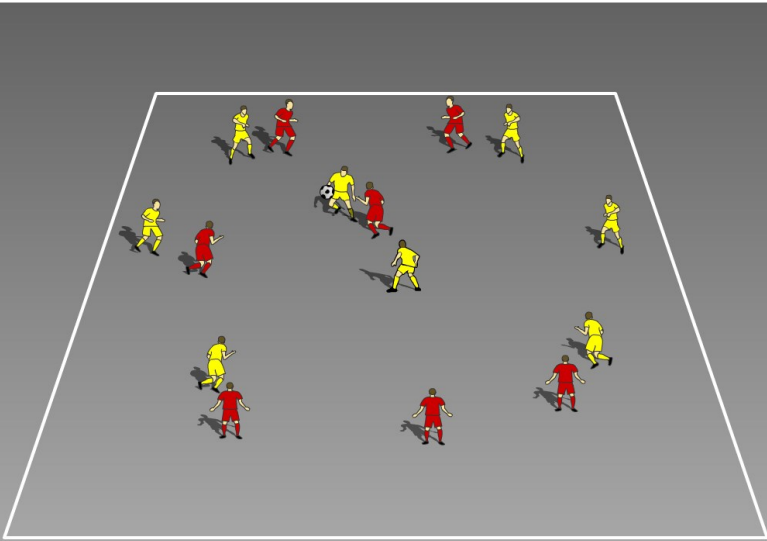
Coach: Mark Cristante

Age Group: U12+

Session: Passing and Receiving

Duration: 60-75 Minutes

Mark has over 11 years of professional coaching experience. He's been a District TD as well as District Head Coach. From 2009-2014, he's worked with Innisfil Soccer Club in a dual role as the Club Head Coach and TD. Mark is now the TD at Barrie Soccer Club. He holds many coaching certifications and diplomas including the USSF 'B' License, NSCAA Director of Coaching as well as the NSCAA Premier Diploma. Mark considers himself a life long learner and a student of the game! Follow him on Twitter: @CoachSkills

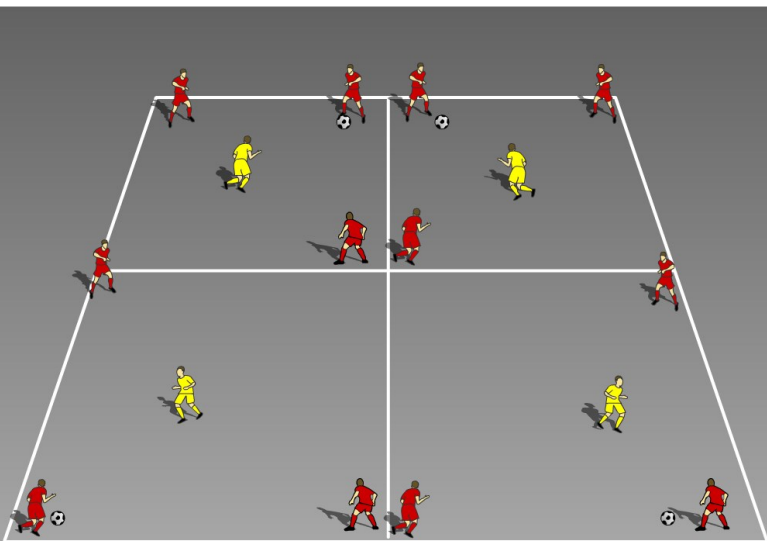


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Handball

Organization:

40x40 area. Create two teams of 4 or 6 players. Players start by throwing and catching only to same team. Coach Demo's Support, Near, Far, Wide, Open Body. Next players play to different colour only, 2 balls at once with the same sequence.



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Passing/Receiving/Support

Organization:

3v1 keep away, players pass and move, support ball.

Progression: 2 Touch; 1 Touch; Left foot, Right foot, Outside of foot

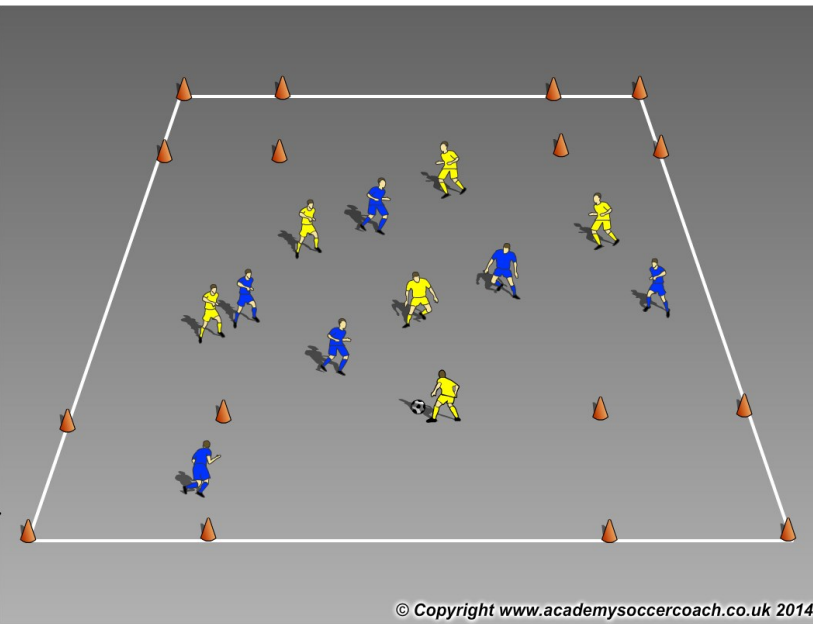
Coaching Points: 1st touch, Accuracy in pass, Glance at target, Part of foot, Part of ball, Timing, Communication, Eye on ball, Attack ball, Weight in pass, Pace of pass, Quick decision

Passing and Moving 6v6 or 8v8

Organization:

Teams score by passing to players who make runs in any safety gate.

Coaching Points: Head up, Eye on ball, Communication, Accuracy in pass, Timing of runs and passes, Switching ball, Movement on and off the ball, Body shape



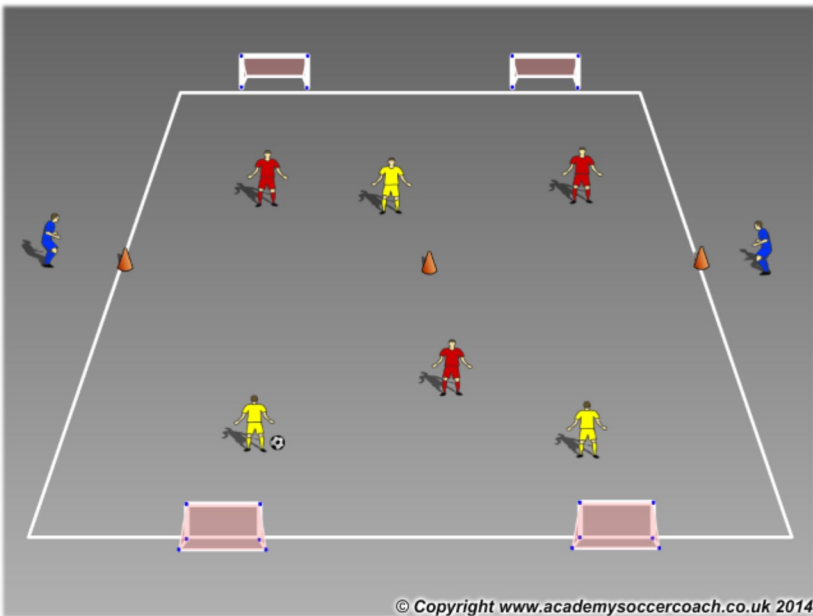
3v3+2

Organization:

Can be used as an attacking or defending game depending on your topic.

Depending on numbers, make two teams of 3 with 2 outside neutral players. Players play 1v2 in each grid. They are not allowed to leave grid, either team can use outside support players who must remain central and play 1 touch to team in possession. Rotate positions so everyone gets a chance to be an attacker. Variations, can be 1 player from defensive team is allowed to join in to make it 2v2.

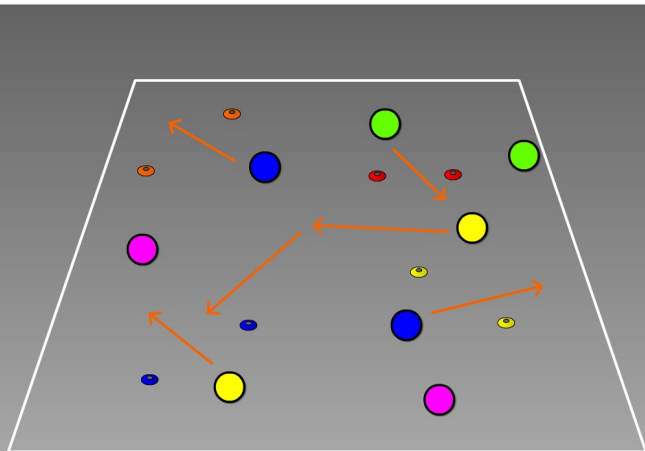
Coaching Points: Players must attack ball, Be alert, React quick, Good 1st touch, Attack players using various moves, Eye on ball, Body behind ball, Don't panic, Play what you see



LEARN TO TRAIN (AGES 9-12)

Coach: Lloyd Owers
Age Group: U9-12
Session: Dribbling
Duration: 60-75 Minutes

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



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Warm Up

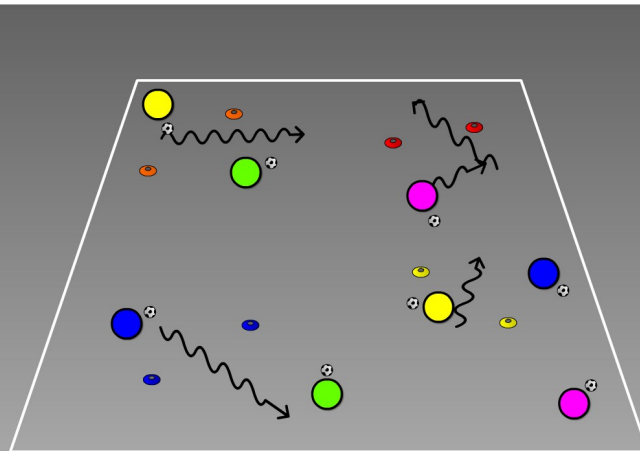
Organization:

Players in teams trying to tag another colour.

Progression: Can only tag if player not looking at you; Players move through the goals (cannot go through their own); Still go through goals but can tag players who enter your colour goal...Can you stop them?

Challenges/Questions:

How could you protect your body? What movements could you do? When could you take a risk and try to get points and when could you defend and stop other teams? In your teams, discuss how you could get points/stop other teams (defenders/attackers?)



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Main

Organization:

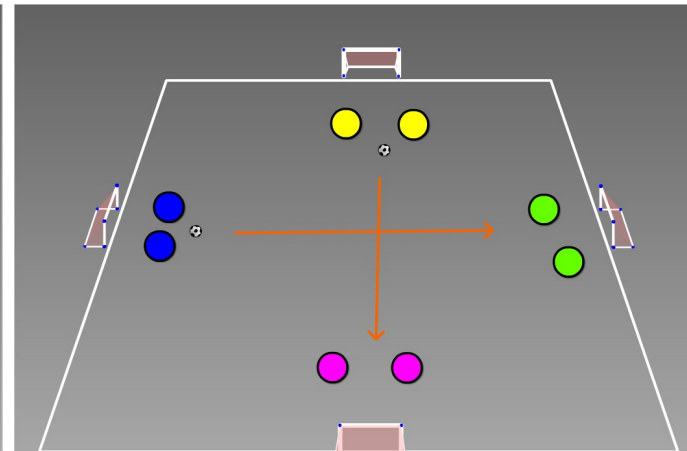
Players still in teams but now have a ball. Try to get through other teams goals.

Progression: Can tag other players dribbling through your goal; Progress to having defenders and attackers for each team (players decide their tactics)

Coaching Points: How to find and create space, How to beat a defender (speed? Skills? Use of other players?)

Challenges/Questions:

When could you be patient and when could you attack? How could you get yourself into a 1v1 situation if you're attacking?



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Game

Organization:

Cross Games—Yellow vs. Pink; Blue vs. Green
 Recap on the session and encourage dribbling/beating players. How could you use the area design to help your team? (spread out? Have positions?) Try to attack quickly (when would you not be able to?)

TRAIN TO TRAIN (AGES 12-16)

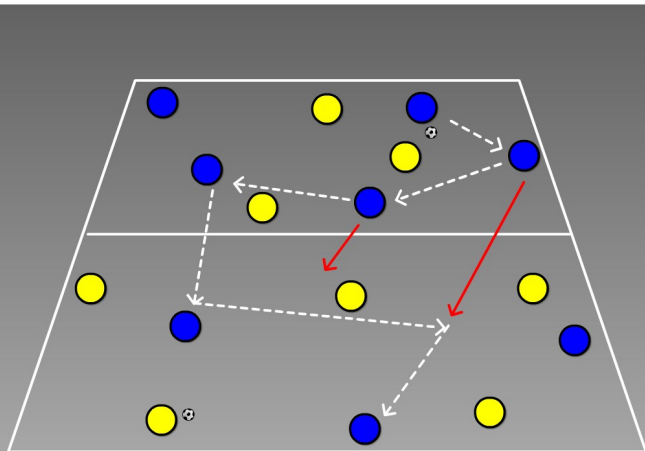
Coach: Stevie Grieve

Age Group: U15+

Session: Strikes & Penetration

Duration: 90 Minutes

Stevie is the Assistant Manager at Garhwal FC in India's Second Division. He is also the Technical Director and Head of Coach Education for Bhaichung Bhutia Football Schools. Stevie spends some of his time as a TV Pundit as well. He currently holds his SFA Children's A License, UEFA B Candidate and has written a number of top selling books. You can follow him on Twitter at: @StevieGrieve



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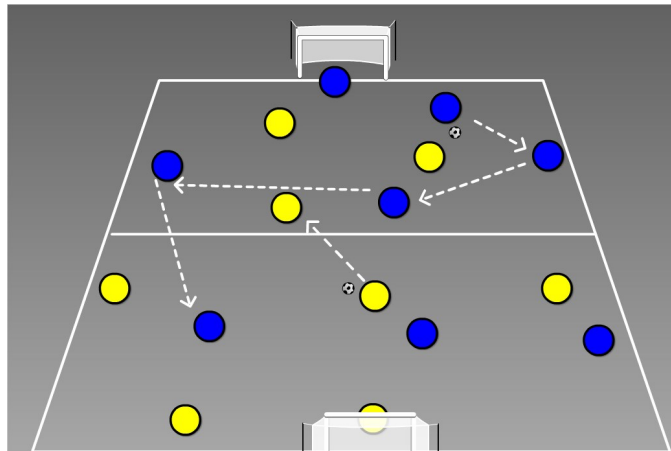
Activity 1 (20 Mins) - Developing Forward Passes

2 Zone Forward Pass Practice.

Make an area 40x30 with 8 players in each 20x30 box. The coach will give a number of passes (ie. 3) before a forward pass must be made into the next box, where 2 players must break forward and move into that zone. They will continue to pass and move up to the # of passes and then re-transfer the ball back and 2 more will support.

Coaching Points:

- Scan the play and be aware of teammates in forward positions
- Time the runs from deep after the forward pass
- Clear passing lanes between you and the ball



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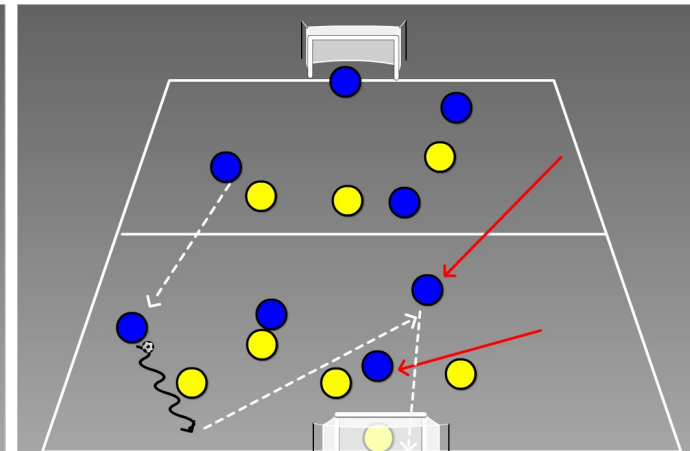
Activity 1 Progression 1—Developing Forward Passes

On the coaches command ("Break") the team will pass forward this time only 1 player breaks forward to make a 4v4 in the zone. We will have 2 games of 4v4 to goal.

If a goal is scored, that team gains a point, then 1 player can run back to help the team defend the other goal to overload 5v4.

Coaching Points:

- Communication before the forward pass
- Fast support and offer passing angle to receive and shoot/assist



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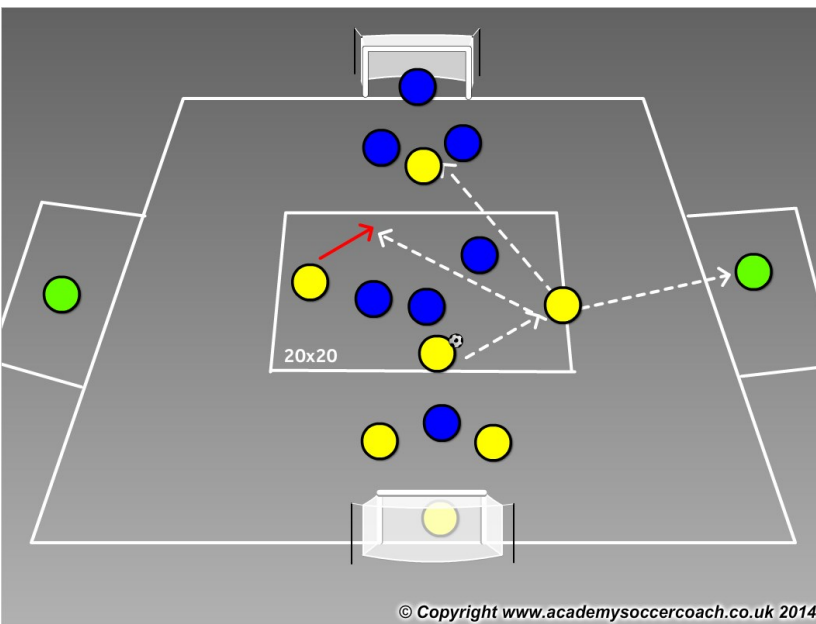
Activity 1 Progression 2—Developing Forward Passes

This time, we have 1 ball, the game will start 5v3 in both boxes. The blues start in possession.

As the ball is played forward when the forward pass is available; 1 or 2 or 3 players can break forward, thinking of the risk of being caught on the counter attack to play either 4v5, 5v5, or 6v5 to score, leaving either 4v3, 3v3 or 3v2 on the other side.

Coaching Points:

- Angle, distance and clear passing lane
- Attacking triangles
- Hit on counter in transition and support from deep!



Activity 2—Penetration and Support in 4-3-3

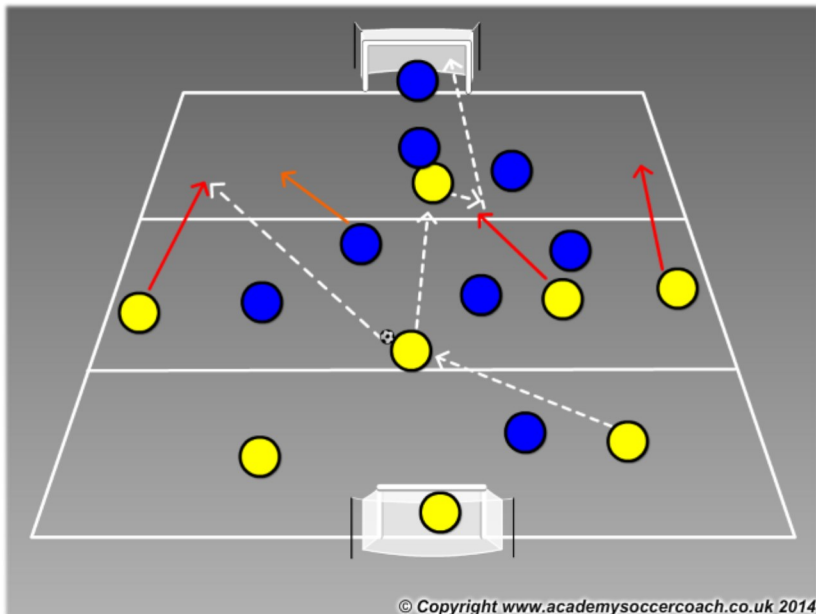
Penetration Box with Wingers—60x60 field (20-20-20)

Organization:

Both teams set up in a 2-3-1 formation with 2 neutral wingers who start from inside the wide box. Inside the central box 20x20 there is a 3v3. After 4 passes, the ball can go wide to a winger. At any time, the 3 can dribble out of the end line or pass into the CF and support. If the blues win possession, they can counter-attack and support with ANY 2 players to make a 3v2.

Coaching Points:

- Always look for the forward pass!
- Communication
- Support run angles
- Timing of run
- When to stop/run



Activity 2 Progression—Penetration and Support in 4-3-3

7v7 Game with 3 zones—2-4-1 v 2-4-1—60x60 field (20-20-20)

Organization:

Players play 4v4 in the middle zone. CF back 2 must stay in respective zones. After every forward pass, 3 of the midfield MUST get into the final 3rd. The back 2 should squeeze up and keep 3 in central zone.

Coaching Points:

- When to play forward to CF
- Space creation in final 3rd
- Passing angles
- When to hold/play 1 touch

Activity 2 Progression 2—Penetration and Support in 4-3-3

7v7 Game with 3 zones—2v4-1 v 2-4-1—60x60 field (20-20-20)

Organization:

Play form Middle to Front via wide players into space of the CF combining.

Coaching Points:

- Space creation in the final 3rd
- Passing angle
- 3rd man runs blindside
- When to hold/play 1 touch
- Squeezing the block up the field with the forward pass
- Pressing in defensive transition to stop penetration from opponent

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Phase of Play—Penetration and Support in 4-3-3

7v7 Game with 3 zones—2-4-1 v 2-4-1—60x60 (20-20-20)

Organization:

Phase of play focusing on penetration opportunities and where the midfield could support to break through midfield and expose the defense, looking to create scoring chances as quickly as possible after the midfield penetration.

Coaching Points:

- Space creation in final 3rd
- Passing angles
- 3rd man runs on blindside
- When to hold/play 1 touch
- Squeezing the block up the field with the forward pass
- Pressing in defensive transition to stop penetration from opponent

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TRAIN TO COMPETE (AGES 16+)

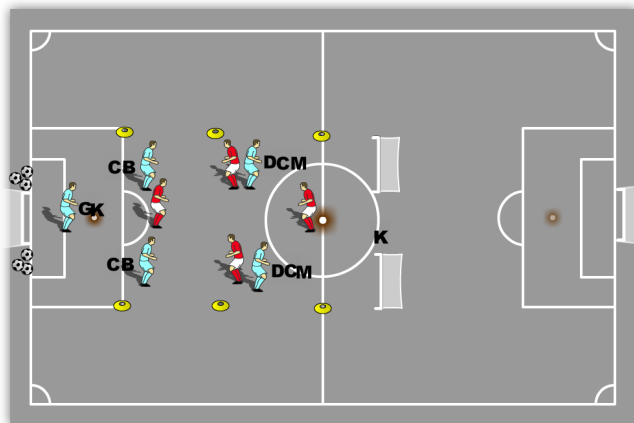
Coach: Jamie Hutchinson

Age Group: U16+

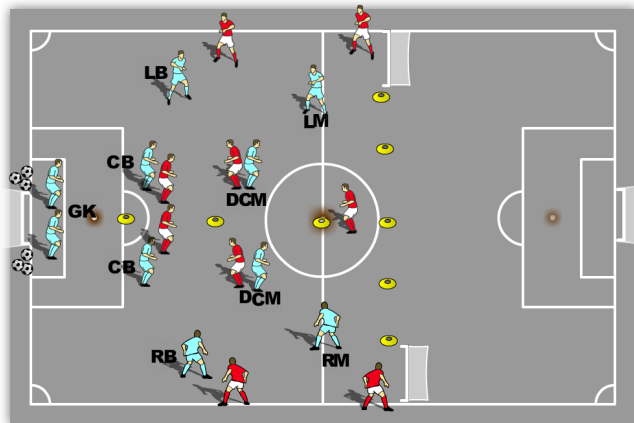
Session: Build Up Play in Defensive Half

Duration: 75-90 Minutes

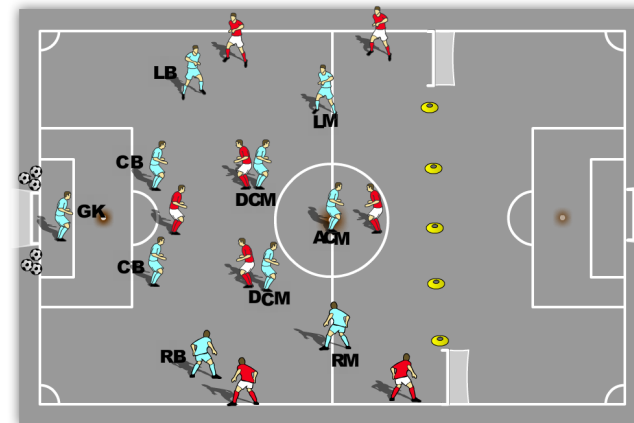
Jamie is currently the Head Coach at Otero Junior College. Previously he served as an assistant men's and women's soccer coach at Salem International University. Jamie is a part of the NSCAA 2013 30 Under 30 and holds a number of coaching licenses from around the world. You can follow him on Twitter at: @JamieHutch86



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Warm Up

10-15 minutes duration, with dynamic stretches mixed in every few minutes. Players work in small groups to get comfortable on the ball. 1 or 2 touch play using both feet. Control and pass with different surfaces of the body and feet.

5v4 Building up in Defensive Half—Central Area

GK plays the ball to either CB's or DCM's who want to build-up into the middle third goals. If the defending team wins possession, they attack the full size goal. Coaches look to develop creating space (horizontal and vertical). Ball control across the body. Passing 1/2 touch, and pass across teammate's body. Decision making of when to pass or dribble?

5v4 Building up in Defensive Half—Wide Area

GK's plays the ball to either CB's or FB's who want to build up into the middle third wide goals. If the defending team wins possession, they attack the full size goal. Coaches look to develop creating space (CB's split, FB's high and wide, DCM's read to check into space around penalty area). Ball control across the body. Passing 1/2 touch, and pass across teammates body. Decision making of when to pass or dribble? (LB and RB looking to overlap or support underneath? LM and RM support out wide or in central areas?)

10v8 Building up in Defensive Half

GK plays the ball to either CB's or FB's who want to build-up into the middle third wide area goals. If the defending team wins possession, they attack the full size goal. Continue to develop overlapping with LB and RB, wall passes with LM and RM and third man run opportunities LB and RB + LM and RM.

11v11 Building-UP and Goal Scoring

Continue to reinforce previous coaching points from exercise 2, 3 and 4. Now develop building-up into the final third with goal scoring opportunities. Decision-making of when to penetrate or continue to build-up with the ball? Looking to switch the ball when opponents have shifted over to the ball side.

Read attacking body language of teammates (turning to face play, checking from defenders, committing to pass, type of pass; how it comes off of teammate's foot)

GOALKEEPERS

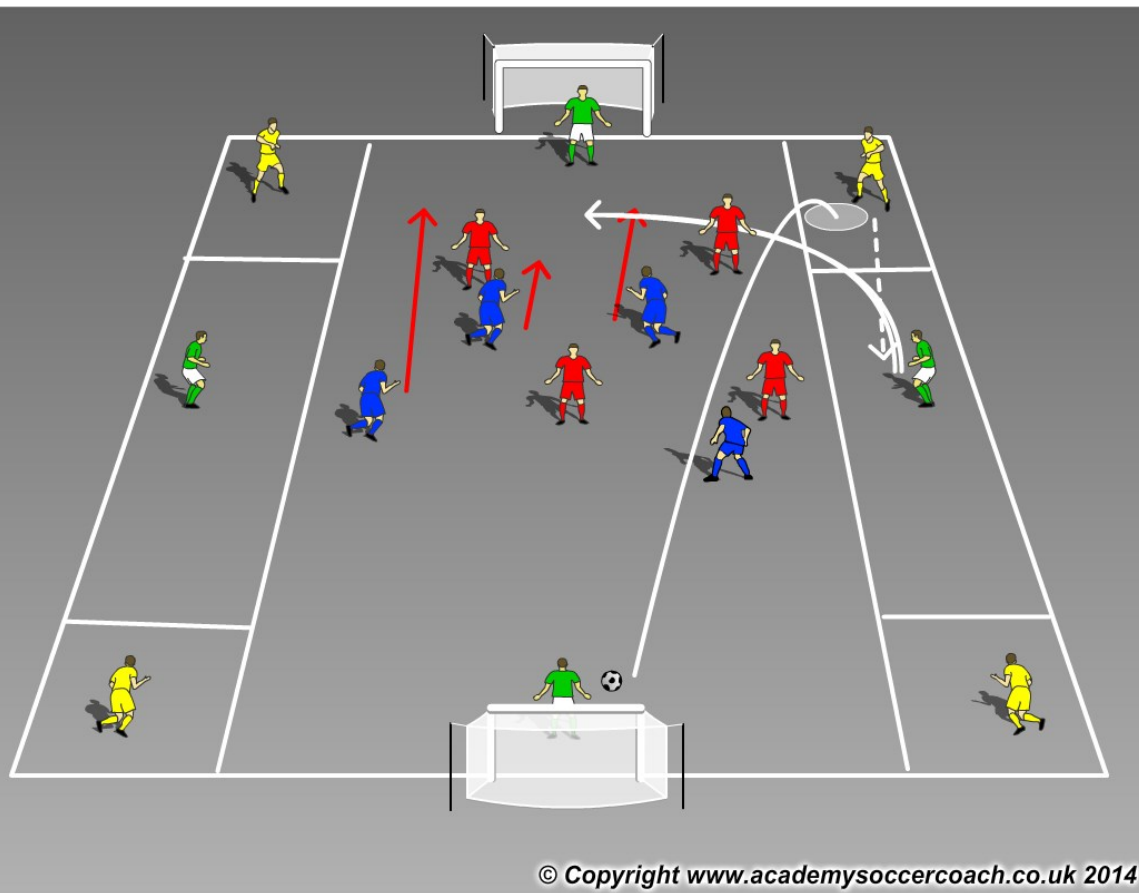
Coach: Rob Parker

Age Group: U12+

Session: 4 Goal Game

Duration: 20-30 Minutes

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



SSG: Combination Pattern with GK Distribution

Organization:

3 teams of 4 and 2 Goalkeepers.

Two channels are outlined along with four boxes that one of the three teams must play in and cannot leave. Those players in the box have a two touch max. Two target servers are stationed between the wide players on each side.

To go to goal, the teams must play into one of the two targets on their offensive side of the field and then make runs for the service which is to be played through the 2nd goal situations to force the keeper to make a decision. Also the keeper can distribute long to the high target players on either side who receive and play ball back to center target player who one touch serves an bending ball for the attacking team.

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Soccer Tactics 2014—What the World Cup Taught Us

Extract from 'Soccer Tactics 2014—What the World Cup Taught Us' CHAPTER 4 - BACK 3s & 5s

The Back Line

It is, often, not particularly easy to pigeon-hole formations that use three centre-backs. We can play the numbers game once again by dwelling on whether we should call systems 3-5-2, 5-3-2 or even, in the case of the Netherlands and Chile, 3-4-3 or 3-4-1-2. In reality the teams we saw at the World Cup will have used back threes, back fives, and situationally (and ironically) even back fours.

Threes, Fours and Fives

Just like teams that play 4-2-3-1, 4-3-3 or any other formation, all teams will set up and interact differently. Chile chose to defend almost purely with a back three (although they played with a back four in a 4-4-2 in their first group game against Australia), whereas Uruguay and Costa Rica were happy deploying a back five. Mexico, on the other hand, saw their back three often morph temporarily into a back four.



Uruguay's 5-3-2 v. Italy

Regardless of team shape and formations, players move and interact based on the position of the ball and the opposition, as well as the immediate danger and the state of the game. It is important to note, as we will see below - with the graphic of the Netherlands against Costa Rica - back lines can shift between three, four and five players. Tactics and formations are situational and will depend on the team's need at a particular time.

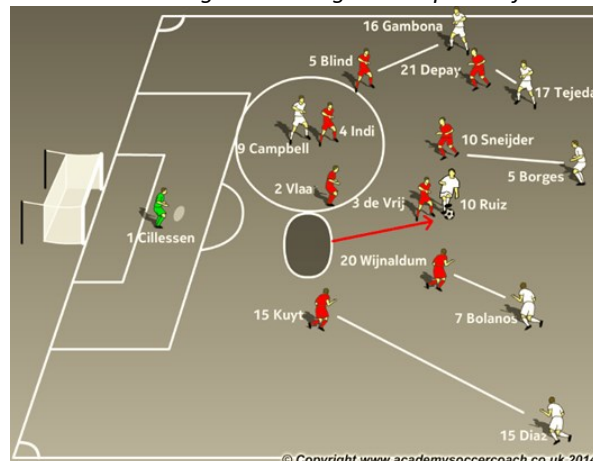
Out of Possession

Playing with three central defenders will predictably make a team quite strong in central areas, but sometimes quite vulnerable in the wider, less occupied zones. In their semi-final clash, Argentina routinely tried to get runners down the sides of the Netherlands' back three, through their attacking trio of Higuaín, Messi and Lavezzi. It is normal when out of possession, therefore, for the team's wing-backs to join their three centre-back colleagues and produce a five-man defence. Teams that set up with three central defenders will often transform their back line into playing with a crescent shape containing either four or five individuals.

In the case of the Netherlands, their numerical superiority in central defensive areas allowed them to press players aggressively in and around their penalty area. They could leave their 'zone' (their line of three) to deal with any danger they saw fit. We often saw Stefan de Vrij, Ron Vlaar or Martins Indi leave their positions to put pressure on a striker or advanced midfield player, without the fear of being exposed, like a centre-back would be when playing in a two-man partnership.

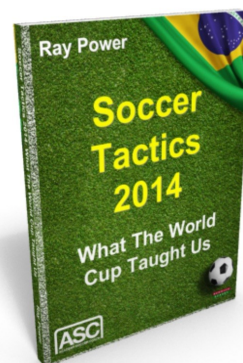
Netherlands Changeable Defensive Line

In the above image we see a great snapshot of a three-man centre-back defence defending using differing shapes. The Dutch back three converted into a back five with wing-backs Dirk Kuyt and Daley Blind dropping into full-back positions. This five changed to a four once de Vrij left his right centre-back position to press Brian Ruiz. Within 30 seconds, the Dutch defended with a back three, five and then a four. Above, de Vrij could leave his other centre-back colleagues to defend 2 v 1 against Joel Campbell, who is temporarily offside. All the other players are marking a space but with designated players to press should they receive the ball.



In Possession

In possession, we often saw teams who play with three centre-backs push home their central numerical advantage in possession by driving with the ball out of defence. Mexican sweeper, Rafael Márquez, captaining the side at his fourth World Cup finals, particularly showed this against hosts Brazil and against Cameroon. Márquez, a good technician as well as defender was comfortable in driving forward in possession, knowing that both his centre-back colleagues, Héctor Moreno and Javier Rodríguez, had secured the space he vacated should a transition occur. The presence of three centre-backs, rather than two, also ensures there are greater numbers centrally should a transition and counter-attack occur. The presence of three centre-backs subsequently allows a team's wing-backs to attack with much more freedom. Chile provided a great example of this in Brazil, where their wing-backs were free to attack aggressively as they saw fit. During their game against the reigning champions, Spain, right wing-back Mauricio Isla came close to scoring following a shot from left wing-back Eugenio Mena – a situation where both wing-backs found themselves in the Spanish box, even with a two-goal lead!



Ray's book is available on amazon and a number of other book sellers. Get your copy today!!

Ray a 31-year old, A Licence football coach, based in Nottingham, England. He is the author of Making the Ball Roll - A Ultimate Guide to Youth Football for the Aspiring Soccer Coach, and of Soccer Tactics 2014 - What the World Cup Taught Us. He is the Academy Manager with full-time under-19 players at Conference / Football League level and a coach education tutor for the FA.

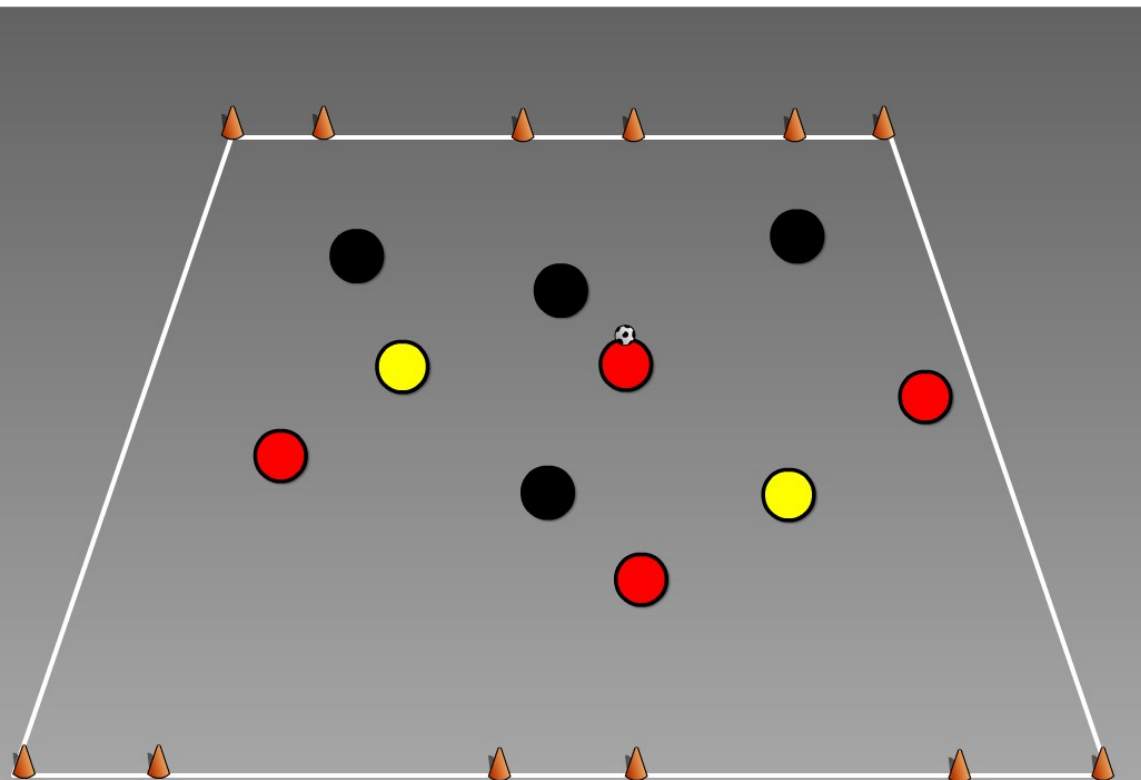
ACTIVITY

Coach: Victor Satei

Session: SSG Activity

Duration: 15-20 Minutes

Victor is the Director of Apex IFC, an international football consultancy firm that focuses on the development of the game from the grassroots level all the way to senior football. Prior to this, Victor spent many years developing one of Canada's leading football organizations. He studied Sport Management at Durham College and currently holds a UEFA 'A' License, a USSF 'Youth' License and has a deep interest in the study of sports psychology. You can follow Victor on Twitter @VictorSatei



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To Dribble or Pass? A SSG Game for Decision Making

Organization:

Create an area suitable for the players you are working with. Create three gates on either end, as shown. Make two teams of four players each, and include two neutral players who assist the team in possession.

Rules and Objectives:

The objective of the game is to dribble through one of the oppositions gates, this is considered a goal. Each player is only allowed 2 touches on the ball, unless they decide to dribble. If the decision is to dribble, the player can use as many touches as he likes however, he is no longer able to pass the ball to a teammate. The same rules apply for neutral players.

Coaching Points:

Remind players that the passing option is always to be considered first in this game, considering there are 2 neutral players the team in possession will always have the 6v4 advantage.

Encourage players to dribble and attack through gates when the opportunity presents itself.

This game is designed to allow players to make decisions based on when to dribble and when to pass, as a coach allow your players to make the decision and help them come up with better solutions if necessary.

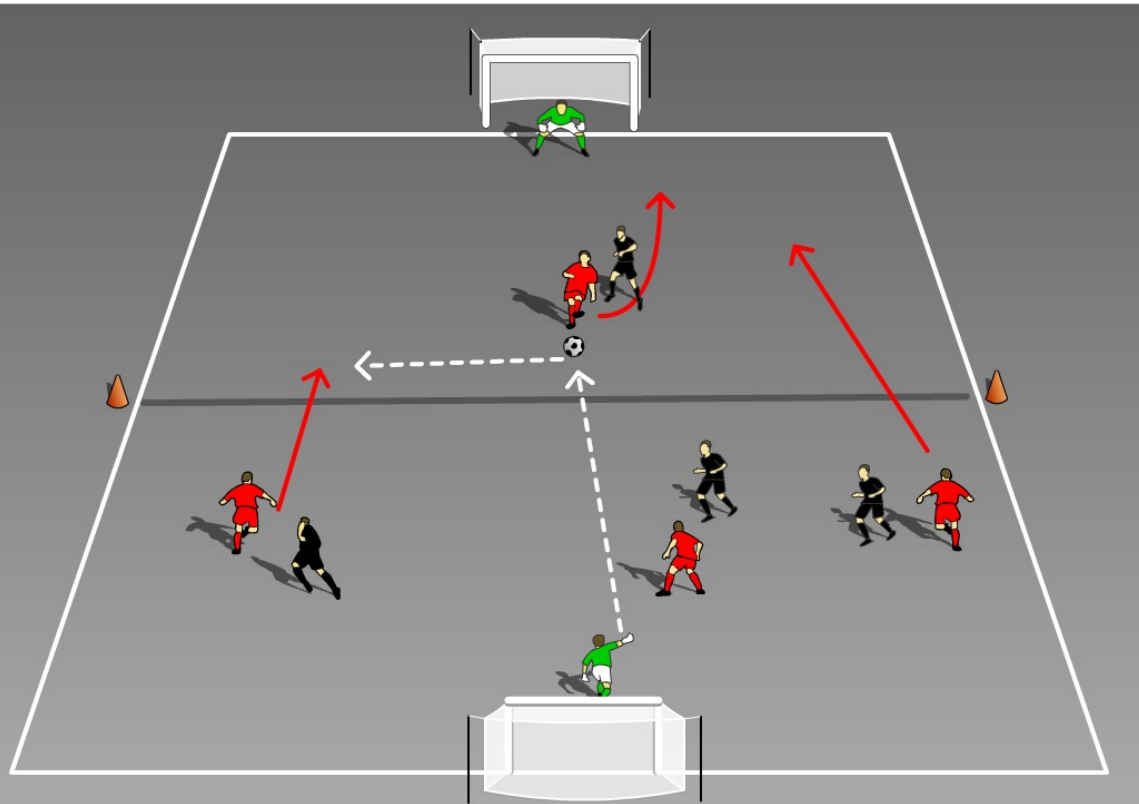
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Victor is the Director of Apex IFC, an international football consultancy firm that focuses on the development of the game from the grassroots level all the way to senior football. Prior to this, Victor spent many years developing one of Canada's leading football organizations. He studied Sport Management at Durham College and currently holds a UEFA 'A' License, a USSF 'Youth' License and has a deep interest in the study of sports psychology. You can follow Victor on Twitter @VictorSatei



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Coaching the Counter Attack 5v5

Organization:

A field suitable for 5v5 and for the players you are working with. A goal on either end. Place cones on either side of the half to show an imaginary halfway line. Create two teams of five players (4 players and a goalkeeper).

Rules and Objectives:

Teams must attack with 3 players, only one player is allowed to stay behind half while his/her team attack the opposition. Each team designates one striker who is allowed to roam around in the oppositions half while the rest of his/her team defends. The objective is for the team that is defending to win the ball and look to attack quickly while the opposition is in numerical inferiority in their defensive half.

Coaching Points:

Once a team wins the ball back in their half, encourage them to get forward quickly, not allowing the defending team to recover. If the option is on, encourage them to play their striker and move off the ball quickly up the pitch. The striker should be encouraged to then play his best option and move off the ball to get into goal scoring areas. The team should always look to attack with 3 players and do so quickly, the point of the counter attack is to catch the opposition while they are low in numbers defensively and most vulnerable.

ACTIVITY

Coach: Victor Satei

Session: SSG Activity

Duration: 15-20 Minutes

Victor is the Director of Apex IFC, an international football consultancy firm that focuses on the development of the game from the grassroots level all the way to senior football. Prior to this, Victor spent many years developing one of Canada's leading football organizations. He studied Sport Management at Durham College and currently holds a UEFA 'A' License, a USSF 'Youth' License and has a deep interest in the study of sports psychology. You can follow Victor on Twitter @VictorSatei



4v4+2 with 2 GK's—Playing Through Central Midfielders

Organization:

Create two teams of four, plus two neutral players (make these your central midfield players) and 2 goalkeepers. Set your pitch to a size that fits your age group. Using cones, plot out your three zones, attacking 1/3, middle 1/3, defensive 1/3. In the midfield 1/3 create a box, this box is where you will ask your two 'neutral' center midfielders to play.

Rules and Objectives:

Played as a regular 4v4 match, however, the team attacking is only allowed to have two 'neutral' center midfielders in the center zone. The team defending can send only one player to defend this zone, therefore allowing a 2v1 advantage to the central midfielders at all times. A goal can only be scored after the ball is played through one/both central midfielders in the center zone, this forces your players to use the central midfielders all the time, that is our focus for this game. The two 'neutral' center midfielders can only use two touch.

Coaching Points:

Ask your players to play into the central midfielders anytime the opportunity arises.

Make sure your two central midfielders continue to rotate while showing for the ball, don't allow them to become static. One shows, if he/she doesn't get the ball have him/her get out and allow the other central midfielder to show.

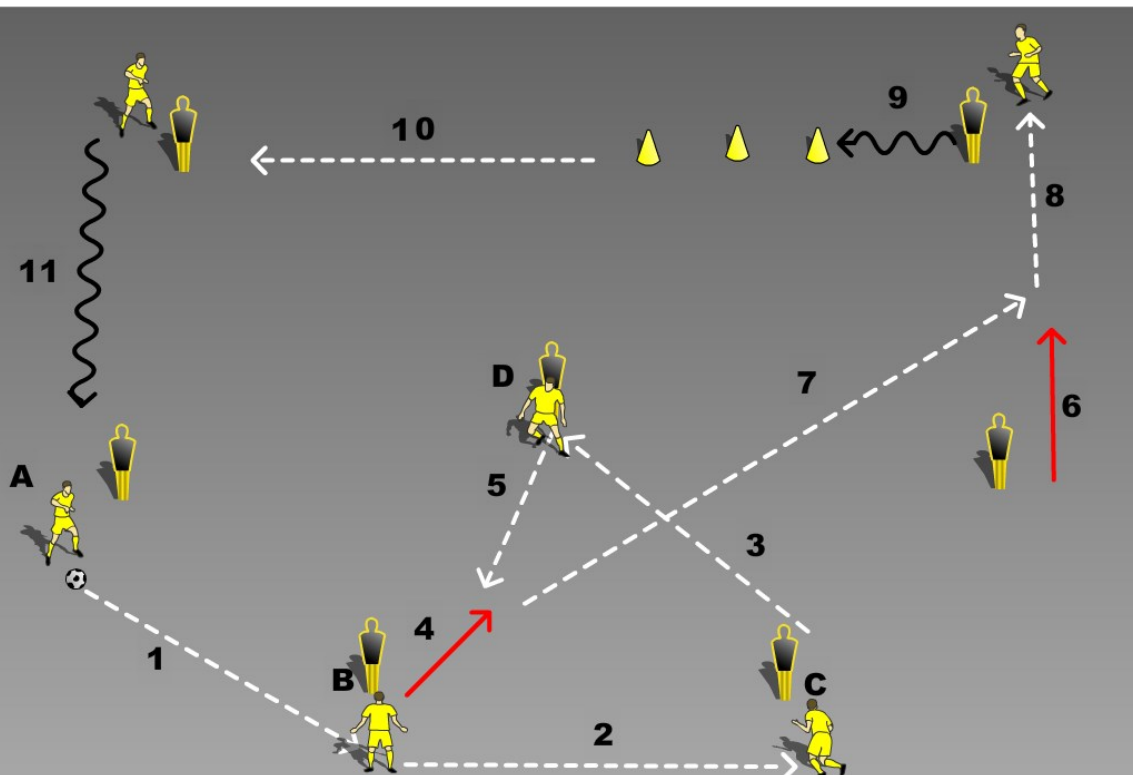
Make sure all players are moving, ask your players to advance quickly once the ball is played into the central midfield zone, ask them to be creative with their movements and not be afraid to get forward. We want our central midfielders to create and focus on executing.

Central midfielders should show in a 'side-on' position so that they don't have their backs to the opposition's goal. Make sure they continuously scan the pitch by moving their heads all the time.

ACTIVITY

Coach: Bobby Puppione
Session: Technical Passing/
Receiving
Duration: 15-20 Minutes

Bobby has been a Director of Coaching with the club since January of 2009 and has worked with many girls and boys teams across CU and CUP. He has won multiple USYS National League titles, numerous state cup titles (girls and boys), a Region II Championship, and his U17 Boys CUP Gold team were 2013 USYS National Finalists. Bobby has also coached multiple state players of the year, all-Americans, and players who have participated in various national camps (US Soccer, US Club id2, National ODP). Recently, his CUP U13 (to be U14) girls team won their second straight State Cup title, won MRL Premier, qualified for the 2014-2015 National League, and finished as Region II finalists. Bobby holds a USSF 'A' License, US National Youth License, NSCAA Premier Diploma, NSCAA National Goalkeeping Diploma and many more. You can follow Bobby on Twitter at: @BobbyPup



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Combination/Switch Play

Organization:

A passes (#1) to B
B passes (#2) to C
As C passes (#3) to D, B runs in support (#4) to receive layoff (#5) from D
E starts their run (#6) to receive a diagonal pass (#7) from B
E lays the ball off (#8) to F
F completes some technical dribbling thru cones (#9) and then passes (#10) to G
G dribbles back to the start—Everyone moves up one letter.

Progressions:

Complete from the other side
Takeaway F and G and add a goal for E to finish on
Add forwards to get in the box to score on a cross from E
Add different technical dribbling for F and G
Add different combinations between B, C and D before playing E into space

Coaching Points:

Quality of pass/receiving/dribbling
Timing of runs
Performing at game speed
Distance and angles of support
Creating space off mannequins/defenders to receive the pass
Communication
Taking looks/scanning the field prior to receiving/playing
Quality of crossing/finishing

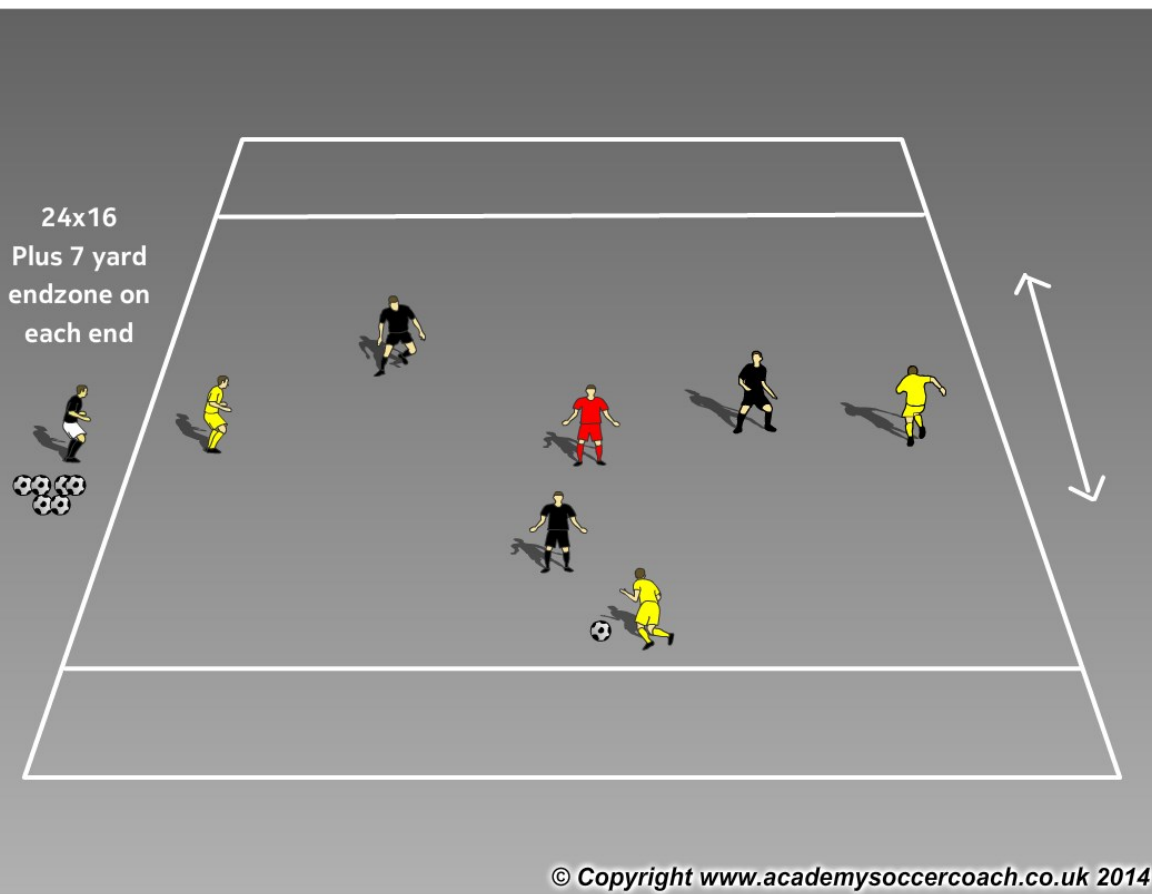
ACTIVITY

Coach: Bobby Puppione

Session: SSG

Duration: 15-20 Minutes

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3v3+1 Endzone Game

Organization:

Teams play 3v3 plus 1 neutral player in a 24x16 size grid (size of grid can vary). Teams score by playing a teammate running in to the end zone. Directional game so each team only goes one way.

Progressions: Can add goals (small or big); Can only score by playing ball over line to teammate; Once you score in one endzone, turn and attack other end line

Coaching Points: Attack—Quality of passing, Quality of receiving, Quality of dribbling, Combination play, Look for overloads, Movement and angles of support, Stretch the field, Runs in behind to endzone, Quality of final pass. Defense—Staying compact, Numbers behind the ball, Take away an option, Pressure-cover-balance, Keep game in front of you, Track runners, Deny service/through balls, Win the ball and quickly counter

ACTIVITY

Coach: Bobby Puppione

Session: Switching the Play and Finishing

Duration: 15-20 Minutes

Bobby has been a Director of Coaching with the club since January of 2009 and has worked with many girls and boys teams across CU and CUP. He has won multiple USYS National League titles, numerous state cup titles (girls and boys), a Region II Championship, and his U17 Boys CUP Gold team were 2013 USYS National Finalists. Bobby has also coached multiple state players of the year, all-Americans, and players who have participated in various national camps (US Soccer, US Club id2, National ODP). Recently, his CUP U13 (to be U14) girls team won their second straight State Cup title, won MRL Premier, qualified for the 2014-2015 National League, and finished as Region II finalists. Bobby holds a USSF 'A' License, US National Youth License, NSCAA Premier Diploma, NSCAA National Goalkeeping Diploma and many more. You can follow Bobby on Twitter at: @BobbyPup

Switching the Ball + 3v2 to Goal

Organization:

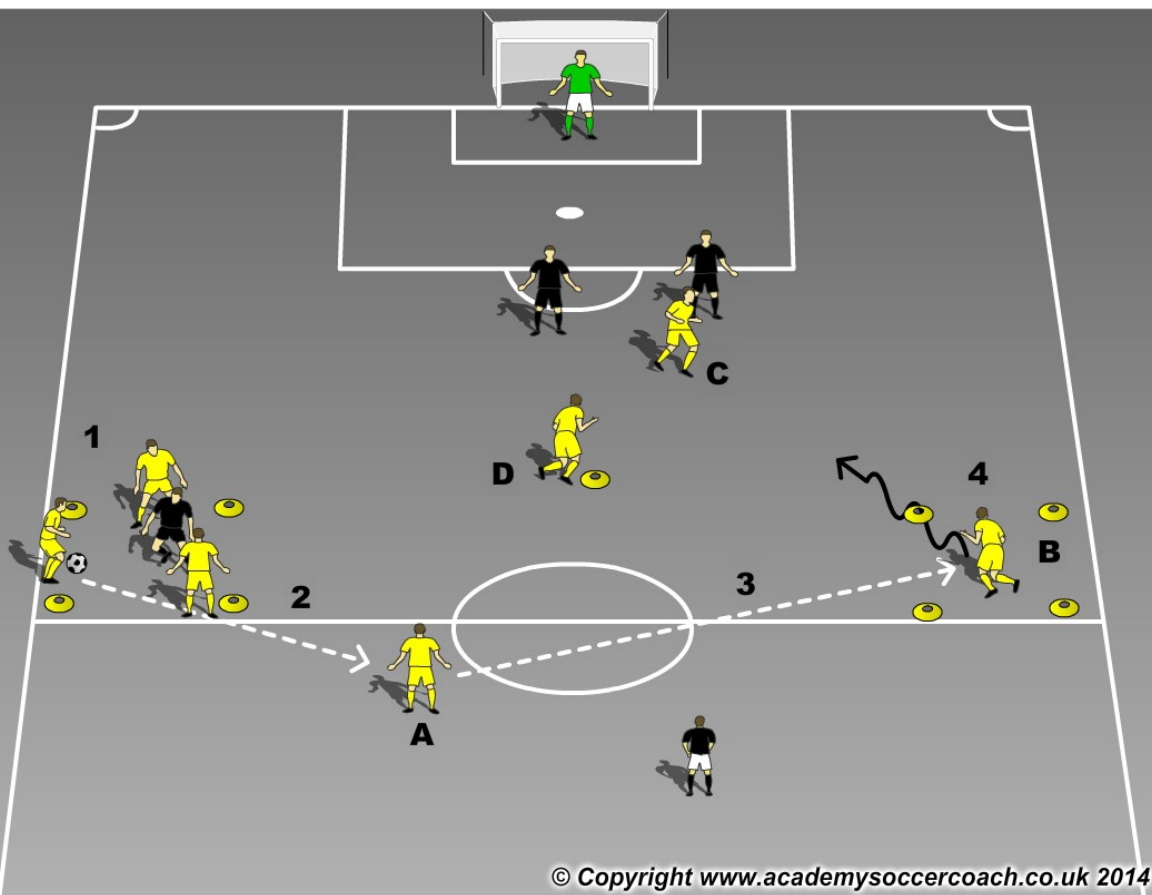
Use a half field, work both left and right flanks.

Play 3v1 in a 10x10 box on one flank (1). After 3 passes, find a center mid (A) to receive and pass (2).

Center mid A plays a long switch to wide player B on opposite flank. Wide player B attacks the goal 3v2 with forward C and attacking center mid D.

Play in width of penalty box. If defenders (black) win the ball, they pass the ball to the coach in the middle.

Coaching Points: Play out of pressure, Good driven ball to change point of attack, Attacking the new space at speed, Dynamic runs of forward and midfielder, Combination between players, Finishing



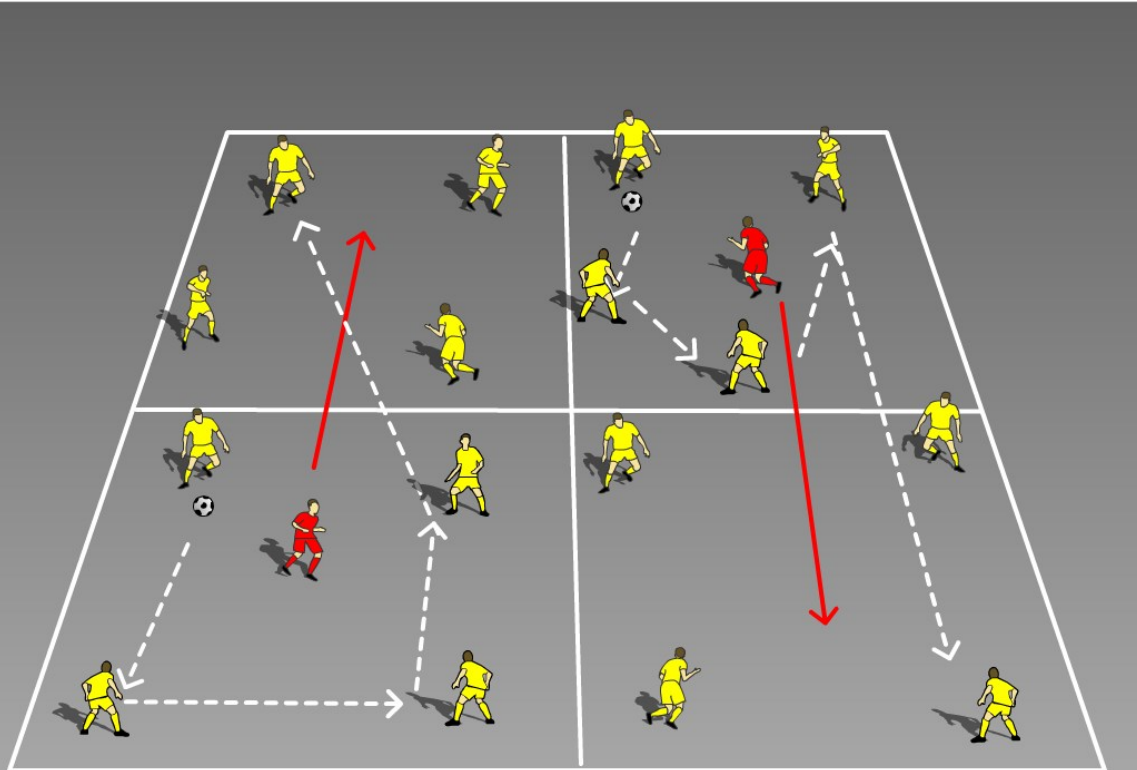
ACTIVITY

Coach: Neil Adair

Session: Possession

Duration: 15-20 Minutes

Neil is currently a First Team coach at Loughgall FC in the Championship 1 in Northern Ireland. Neil holds his UEFA A, B, C licenses and you can follow him on Twitter at: @NeilTriplets



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Possession Activity

20x20

4 Yellows in each box

2 Red defenders

Play 4v1 in the boxes shown. 3 passes and the ball is switched to the opposite box. The Red play moves into the new box and attempts to win the ball in the next 4v1.

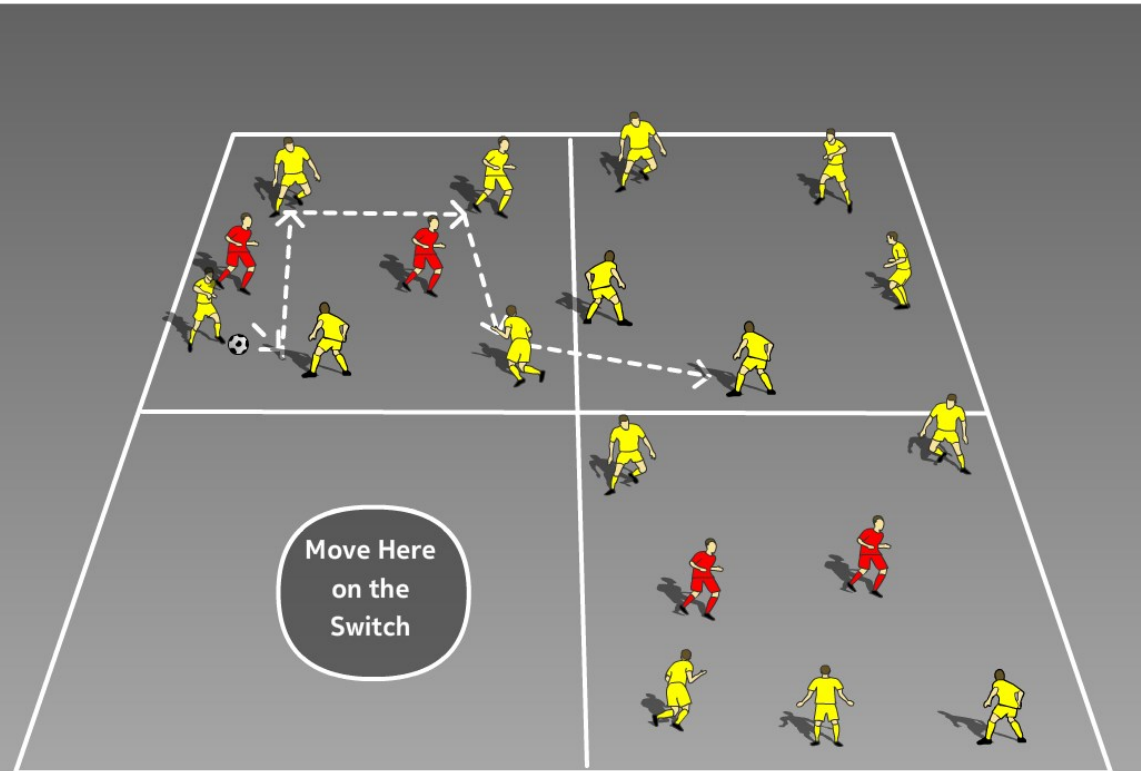
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Possession Activity

20x20

5 Yellows in 3 boxes

2 Red Defenders in 2 boxes, making 2 different 5v2's.

One box is left free. Yellows hit 3 passes, switch to the free yellow side and immediately move to the free box.

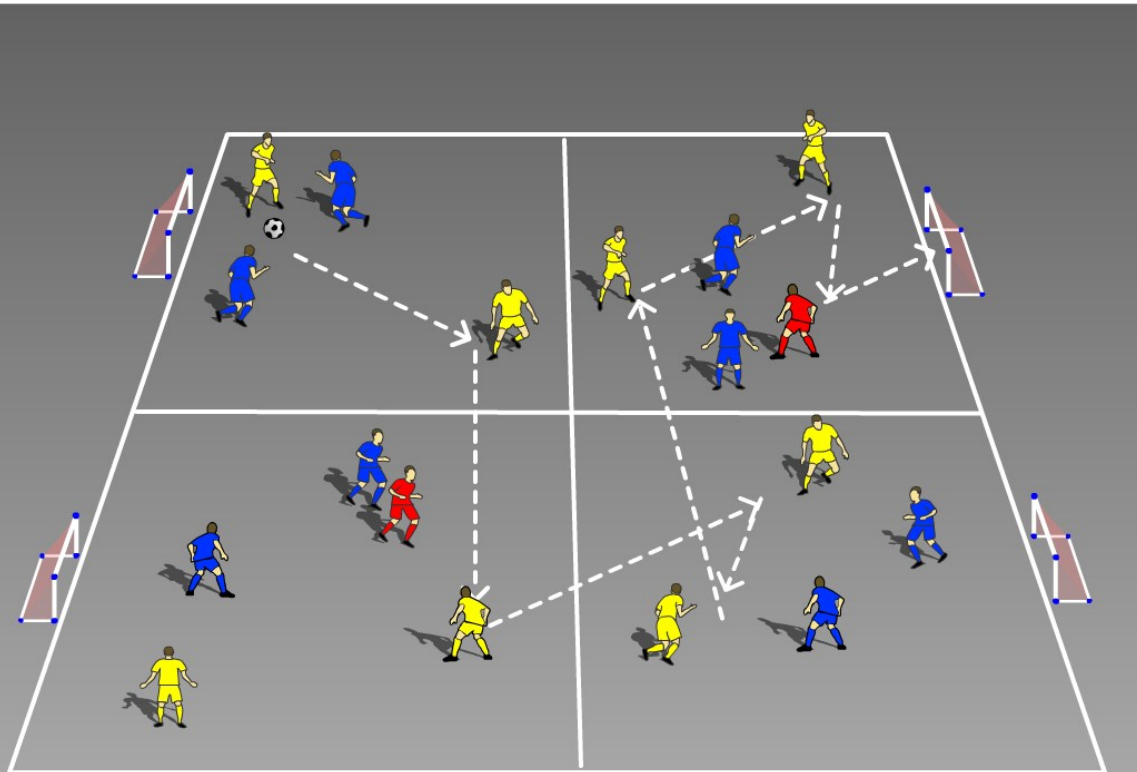
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Possession Activity

20x20 Area

2 Blues and 2 Yellows in each 10x10 area

2 Red Floaters in free movement.

Yellows and Blues must stay in their area, Reds play as bounce players.
Teams attempt to finish in any target goal.



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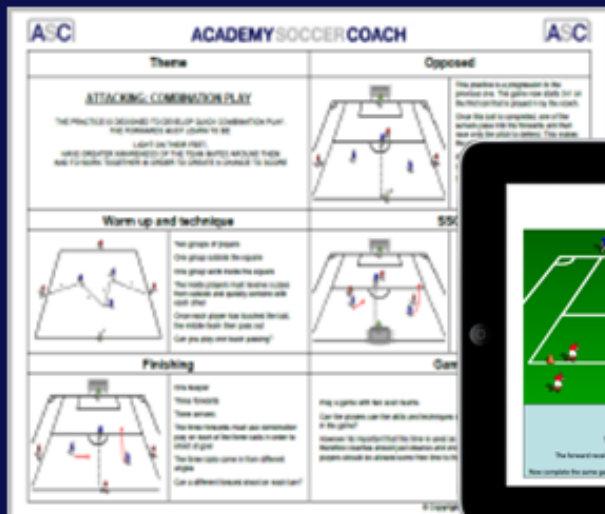
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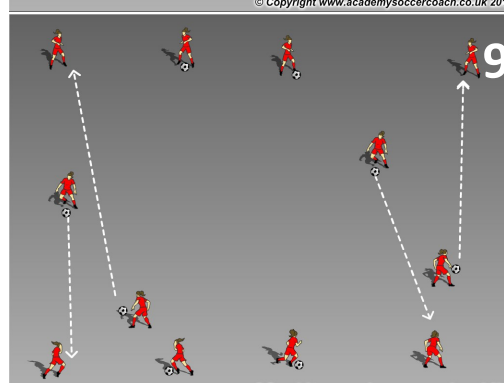
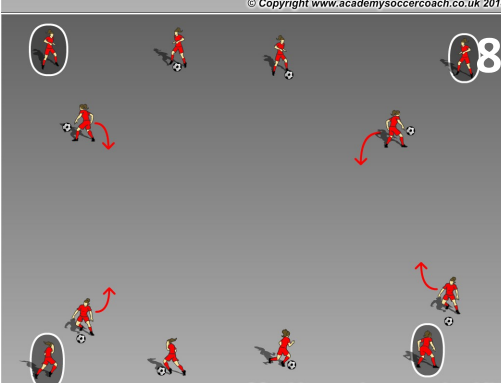
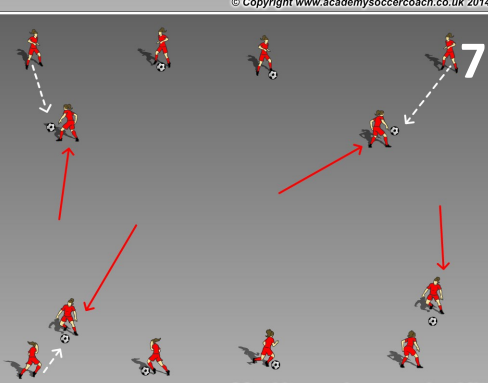
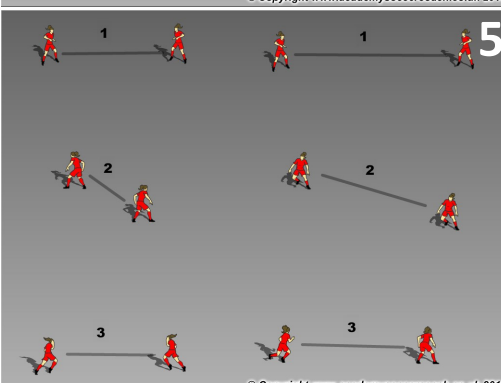
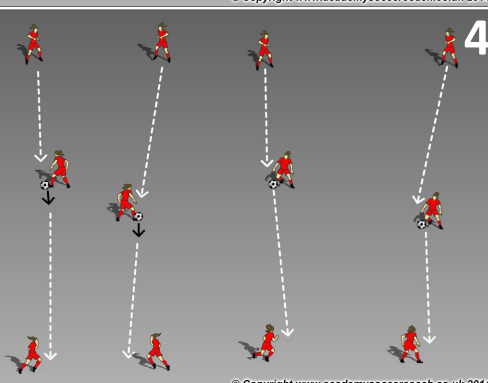
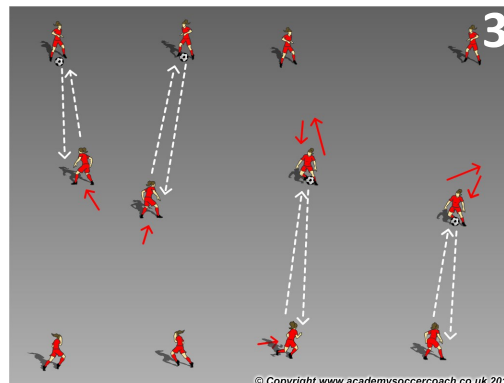
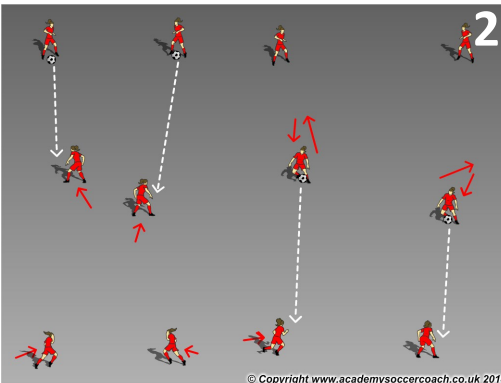
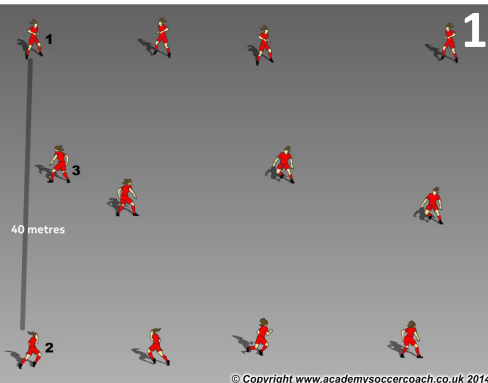
Coach: Keith Scarlett

Age Group: U12+

Session: Technique Training

Duration: 60-90 Minutes

Keith Scarlett is currently an Assistant Women's Coach with Perth Glory FC in Australia. He holds a USSF "A;" AFC "A;" as well as an NSCAA Advanced National, Youth National and Goal-keeper Level I license. Scarlett spent two years as an Assistant Men's Coach for Throttur FC in Iceland and has over 10 years of collegiate coaching experience in the US, as well as 17 years of experience in the club and HS ranks. Having earned two Bachelor of Science degrees (Sports Medicine and Sports Management) and 2 Master's with one being a Master of Science in Sports Psychology, he is currently pursuing his PhD. You can access his personal blog, AN AMERICAN COACH DOWN UNDER at <http://keithscarlett.blogspot.com/> Follow him on Twitter @keithscarlett



Skill Work

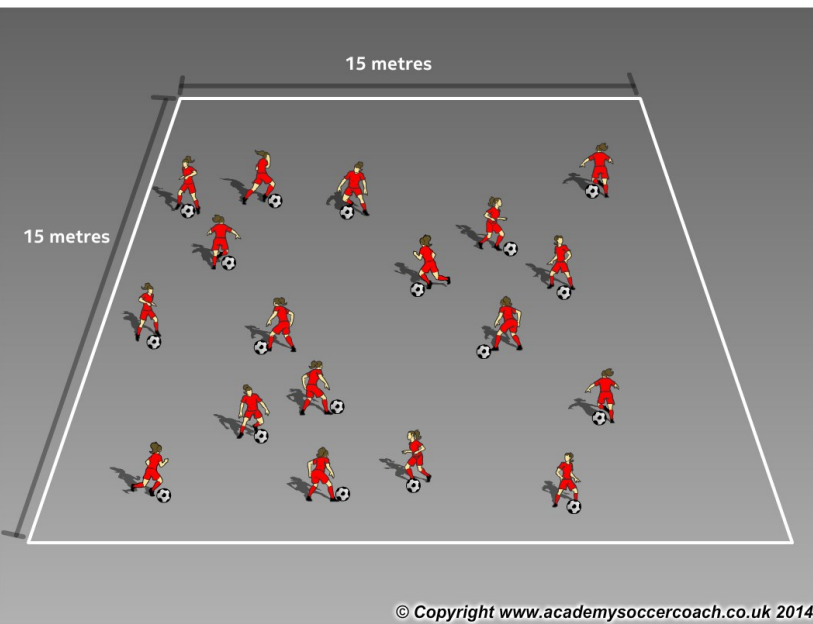
The team breaks into groups of 3's. Two players start 40 meters apart with 3rd player in the middle. The player in the middle is working while the other two are servers. The servers play balls in on the ground for the work to do different moves/turns.

Each player works for 1 minute then switches with one of the servers until all three have been in the middle.

- (1) The middle player plays a one time ball back to the server who played the ball in
- (2) The player takes a touch with the outside of foot, turns and plays a ball into the other server
- (3) Player receives the ball with the inside of the foot, cradling and spinning to face

the opposite direction all in the same motion, then players the ball to the other server

- (4) Whatever they want in the middle
- (5) Progress to partnering up with two groups of 3s—4 servers and two players working. Each player checks for a ball from one of the servers and then turns and plays to the open server who doesn't have a ball or is not preparing to receive one from another player. Each pair works for 1 minute, making sure to check hard to the ball, take a look behind them and then turning and finding the open player.

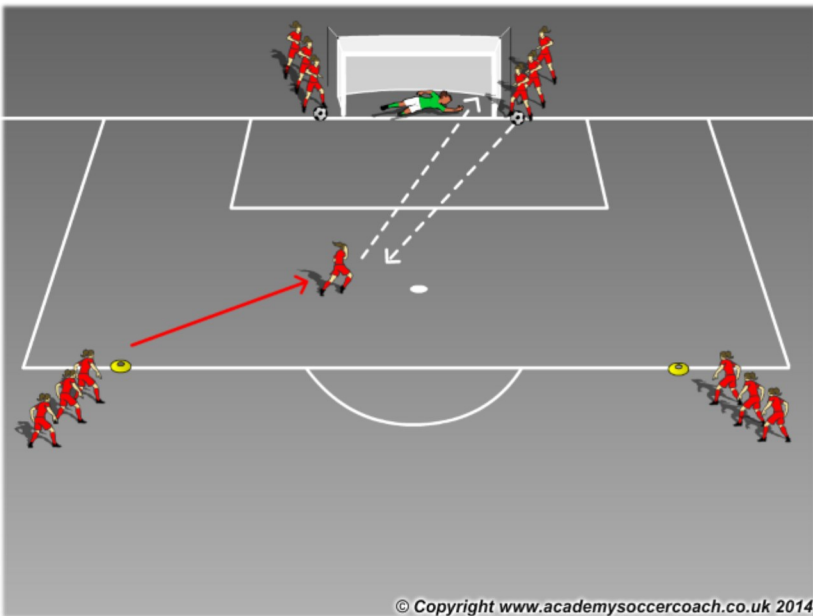


Dribbling

Dribbling in tight spaces—every player gets a ball and dribbles around in a tight space.

The coach says “foundation” (passing the ball between the feet quickly) or “step-ups” (on top of the ball) and they do this at full speed for 10 seconds and dribbling again. The team does this for 8 minutes.

Players should concentrate on making short, accurate movements and touches on the ball.



Shooting

To end practice, the players work on shooting with one server on each post playing a ball across the box to a player running in to finish one touch (around the penalty marker).

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Best Wishes for a Prosperous 2014!

- CTGG Team