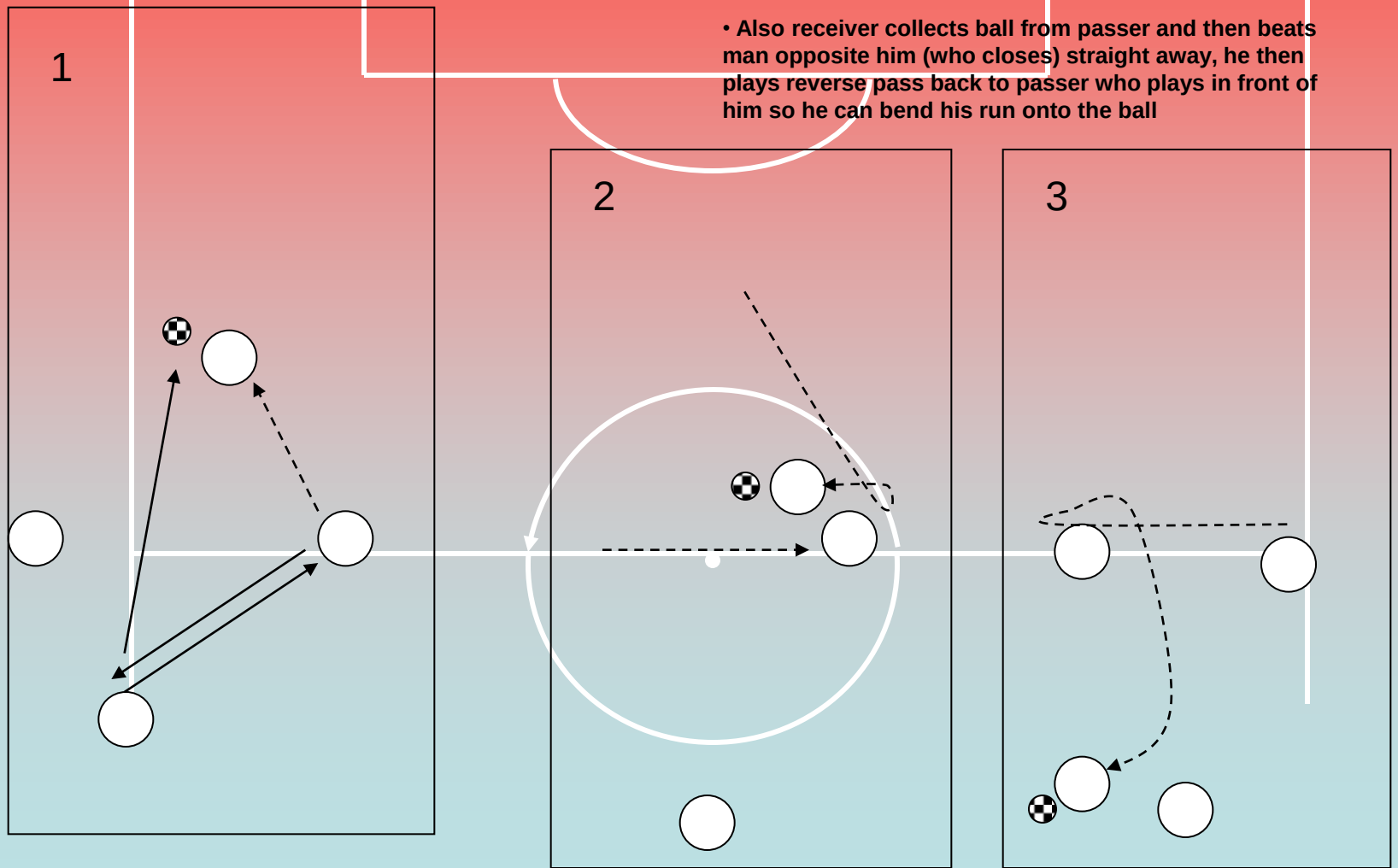
Extension of turning and beating
Warm-up Tue 1.4.08

Movement of the ball

Movement of the player

- Also have receiver using opposite movement to then open out and dribble forward
- Can also progress to play, set, play to opposite man who then plays runner
- Also, firmer pass in so receiver can 'flick' the ball round the corner (Bergkamp) and run onto it
- Also receiver collects ball from passer and then beats man opposite him (who closes) straight away, he then plays reverse pass back to passer who plays in front of him so he can bend his run onto the ball



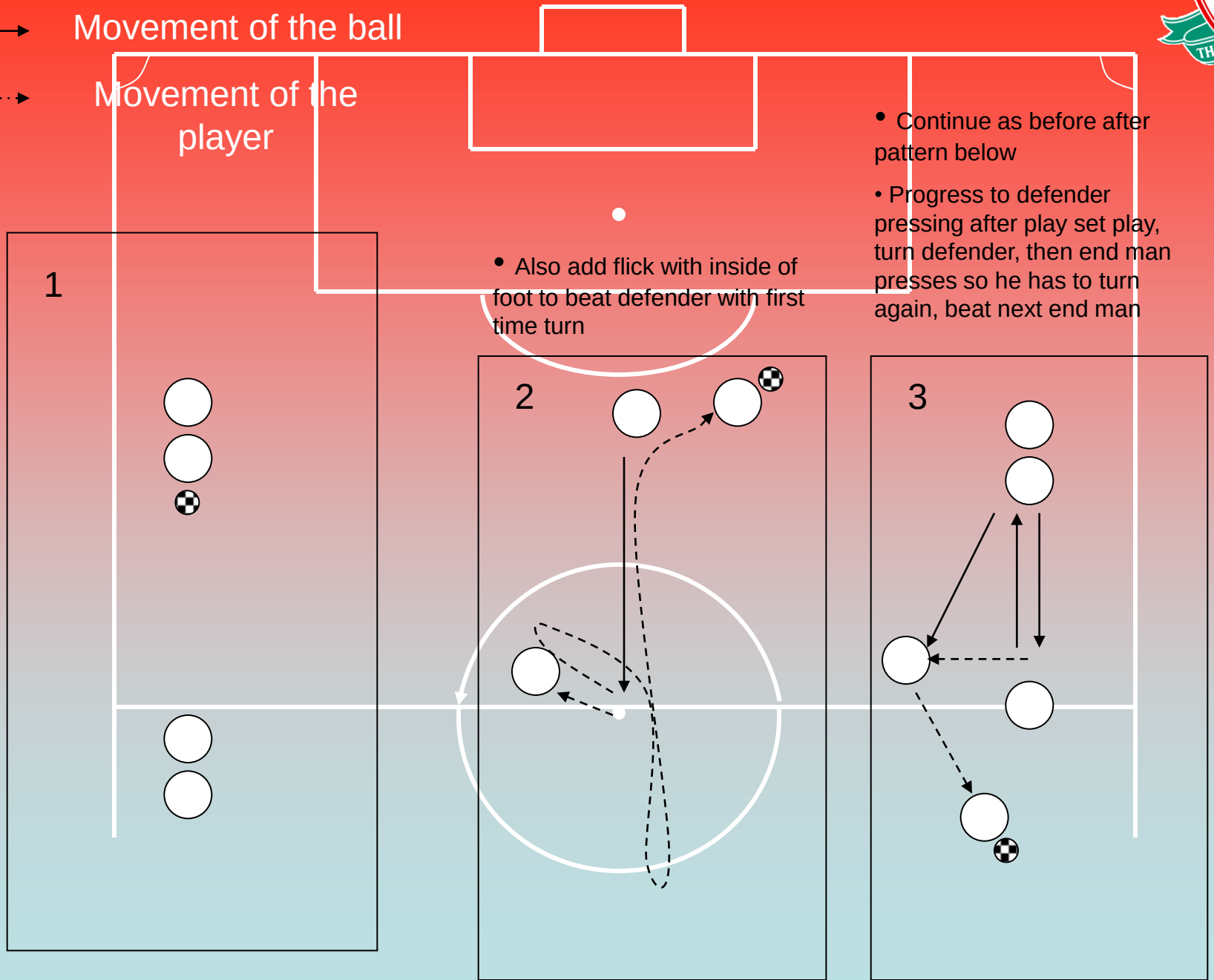
Playing with back to goal Tue 1.4.08

Movement of the ball

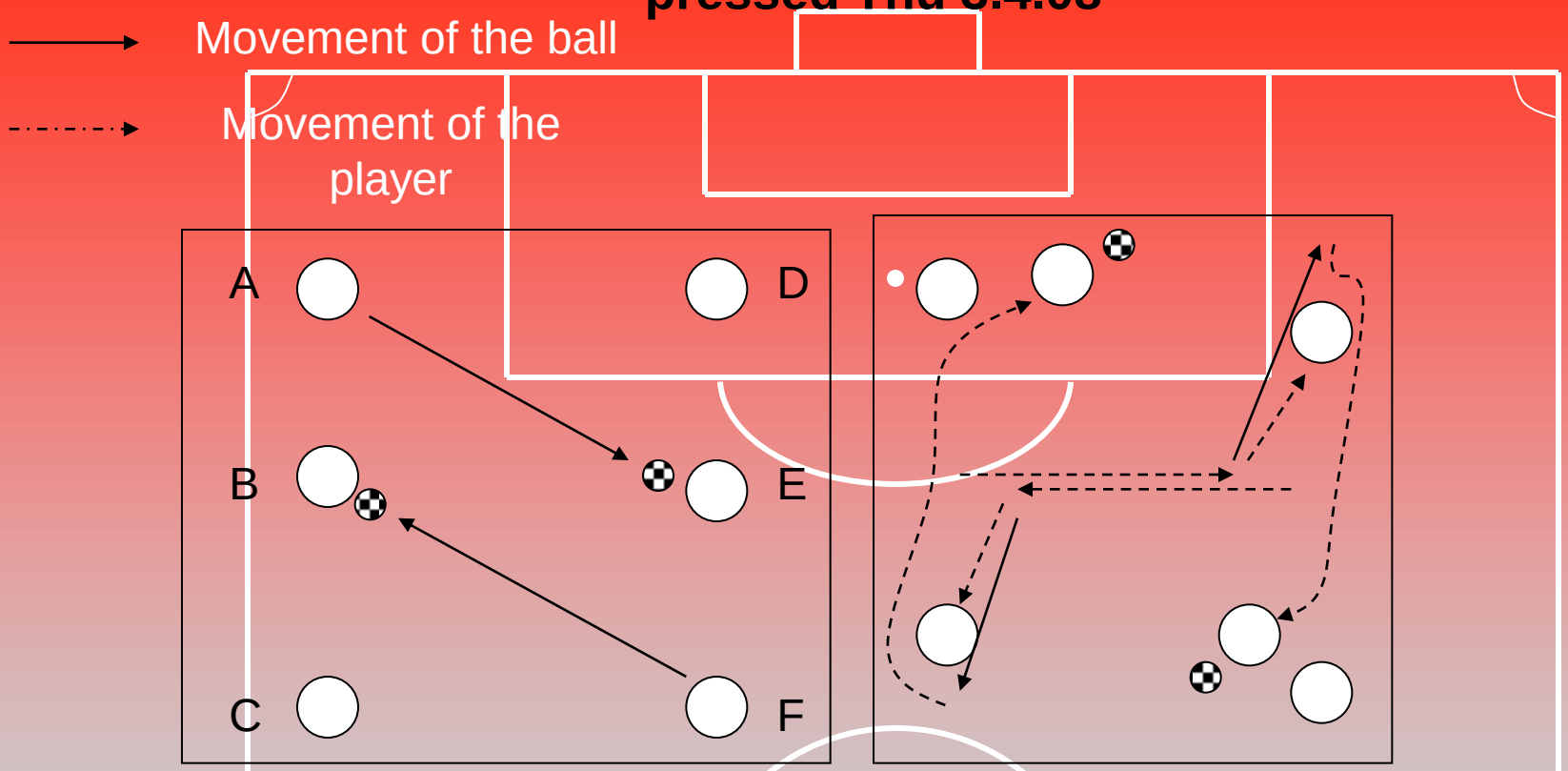
Movement of the player

- Continue as before after pattern below
- Progress to defender pressing after play set play, turn defender, then end man presses so he has to turn again, beat next end man

- Also add flick with inside of foot to beat defender with first time turn



Receiving and beating when being pressed Thu 3.4.08



• A plays to E, who receives and dribbles across the area, E then plays C and presses, C uses a double touch move to beat E and then goes on to beat A in a 1v1 (passive defending)

• Everyone goes at the same time, so as A plays to E, F plays to B and the same pattern is performed in the other direction, two balls used

Key Points

-Defender press quickly

- Draw defender in before using double touch move to beat, take a touch first to allow this to happen

- If defender gets there quickly you may be able to take first touch beyond him – work on this

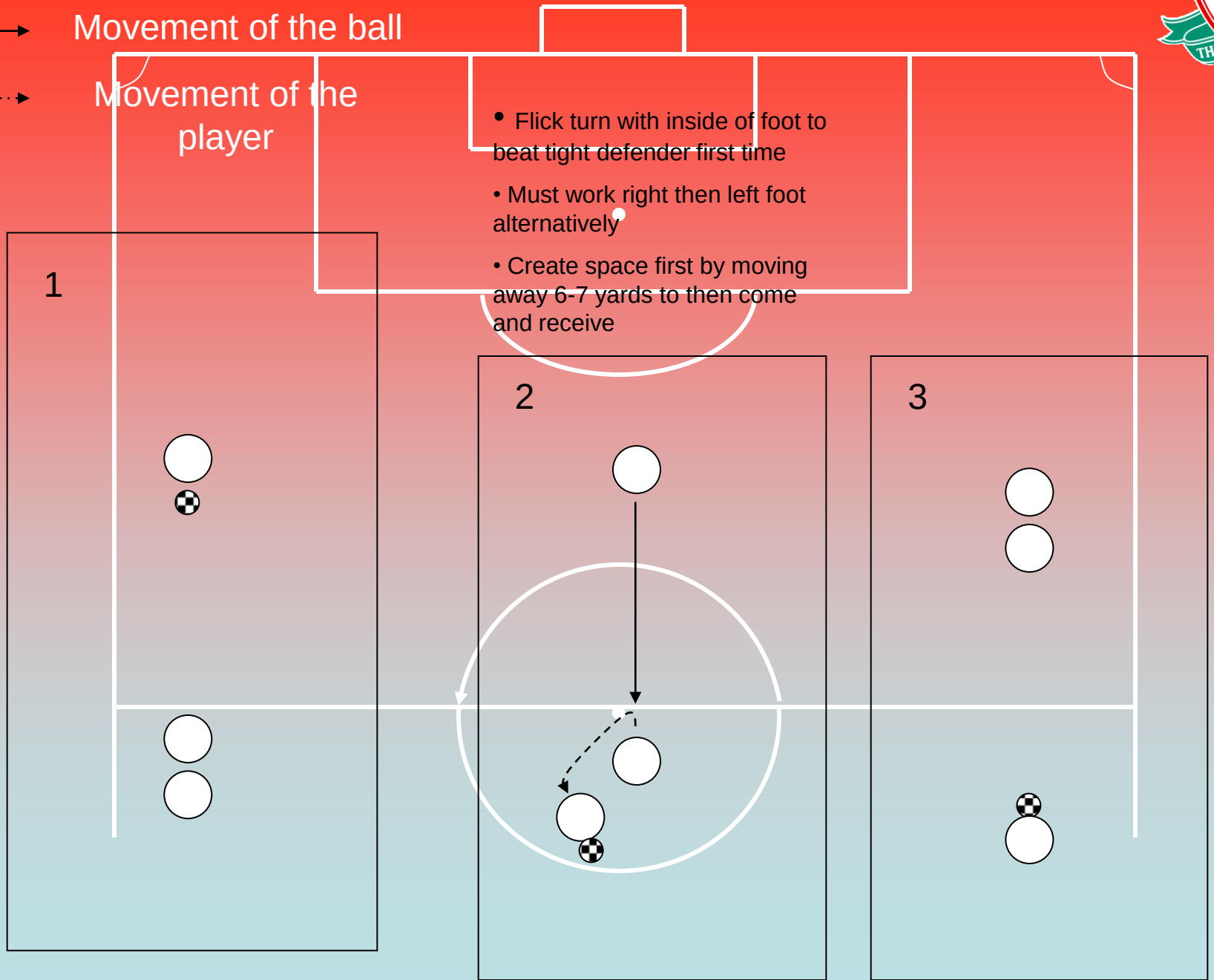
- Make decision based on pressure from defender

Playing with back to goal Thu 3.4.08

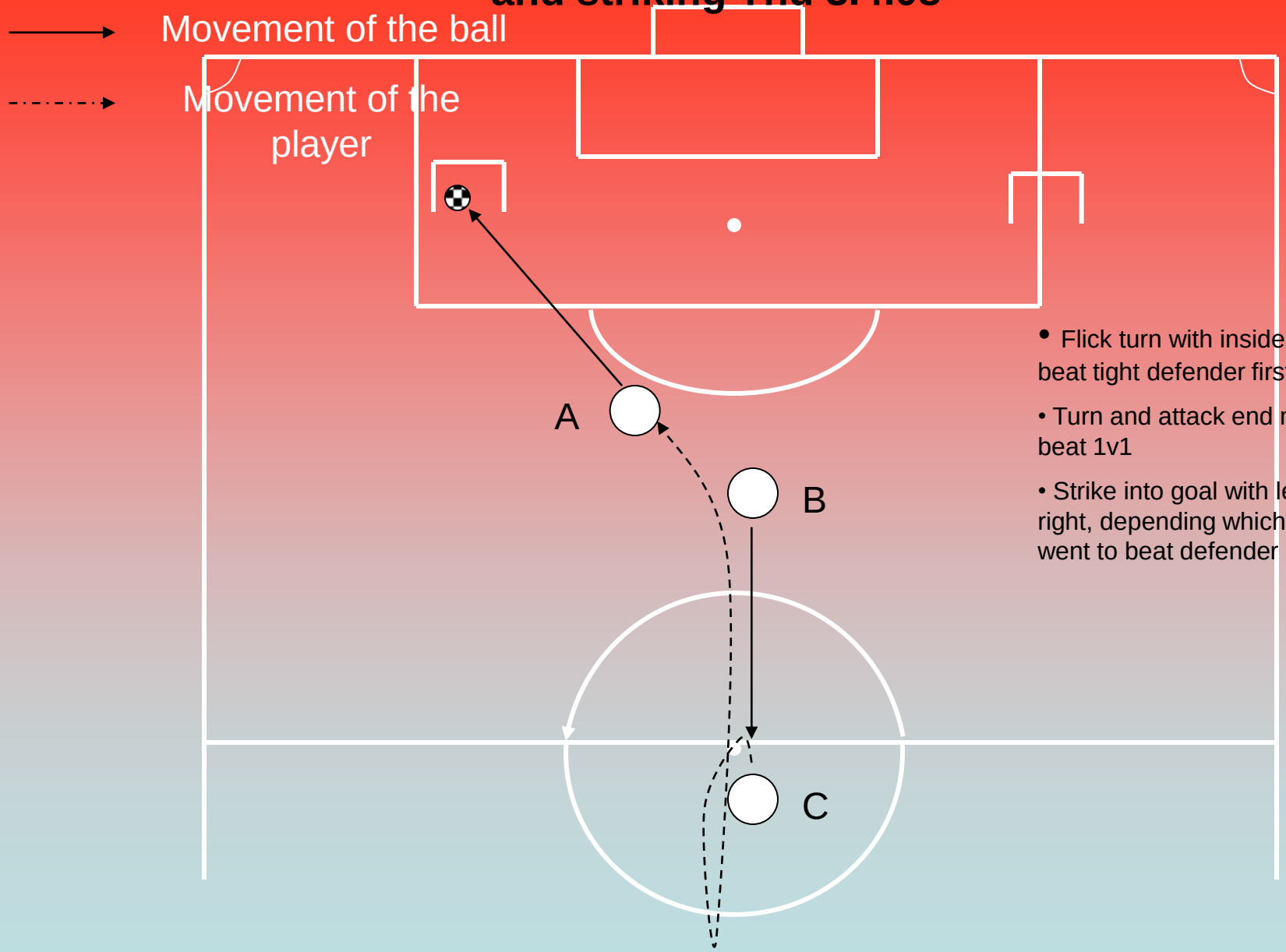
Movement of the ball

Movement of the player

- Flick turn with inside of foot to beat tight defender first time
- Must work right then left foot alternatively
- Create space first by moving away 6-7 yards to then come and receive



Playing with back to goal, beating and striking Thu 3.4.08



- Flick turn with inside of foot to beat tight defender first time
- Turn and attack end man to beat 1v1
- Strike into goal with left or right, depending which way you went to beat defender

General technical practice with pass and set included Thu 17.4.08

Movement of the ball

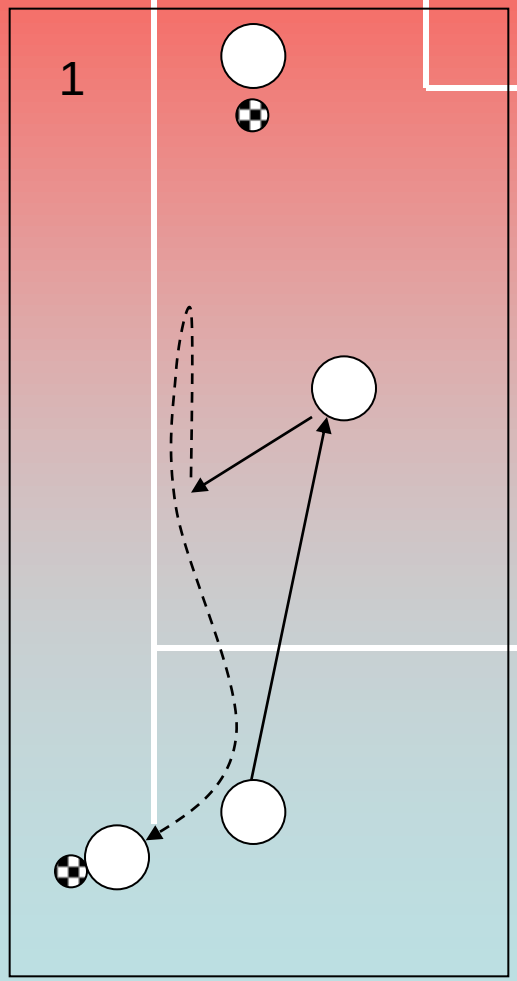
Movement of the player

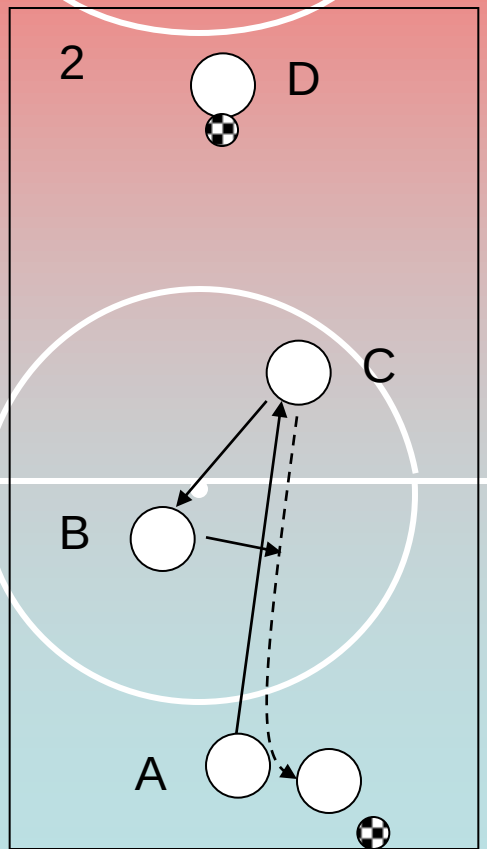
Play, set, receiver dribbles forward, turns, beats passive defender with Maradona. Then other end, def comes in

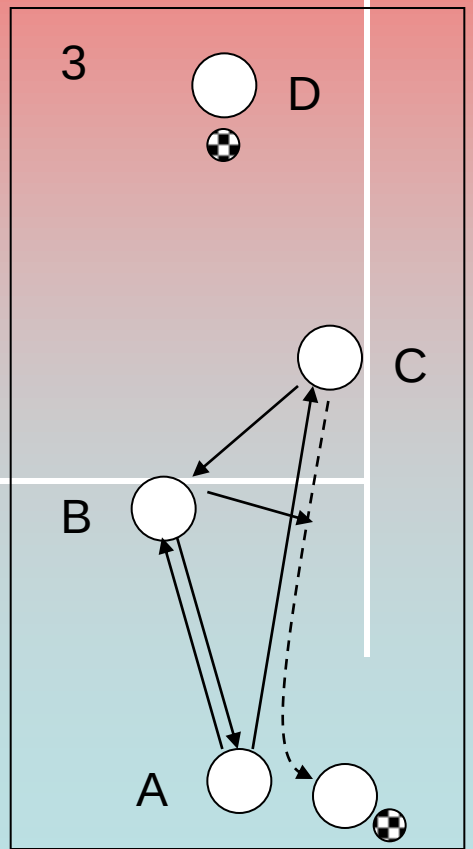
Progression 1 = Same movements but with a small goal at either end, strike at goal once you beat def. Also, drop your shoulder one way to go the other before playing ball in at start

- Progression 2 = C plays 1-2 off B and then attacks A to beat and shoot at goal

- Progression 3 = A plays B who sets A, A plays long to C who plays B 1st time and gets it back, B then attacks and beats A to shoot





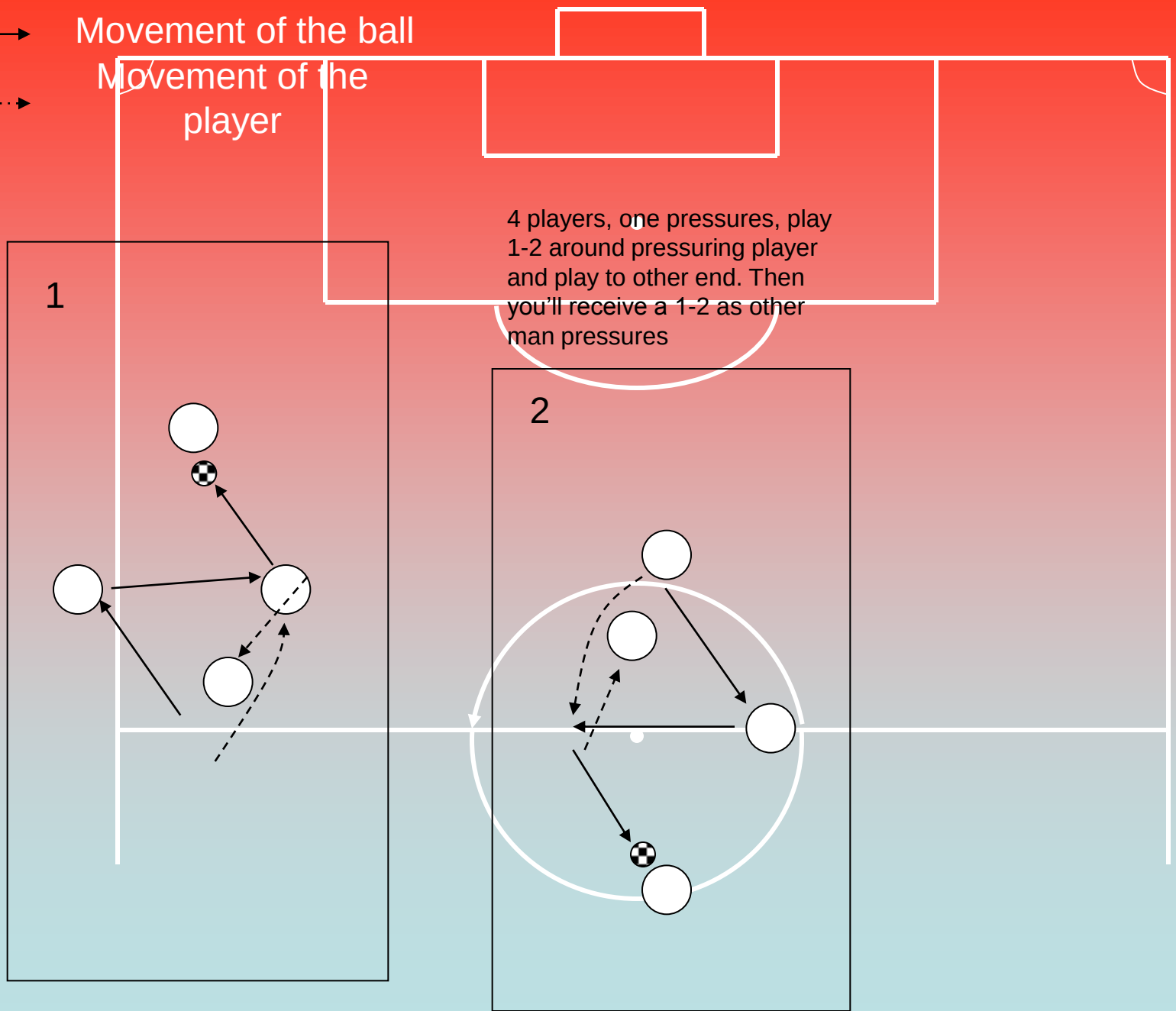


One-two drill

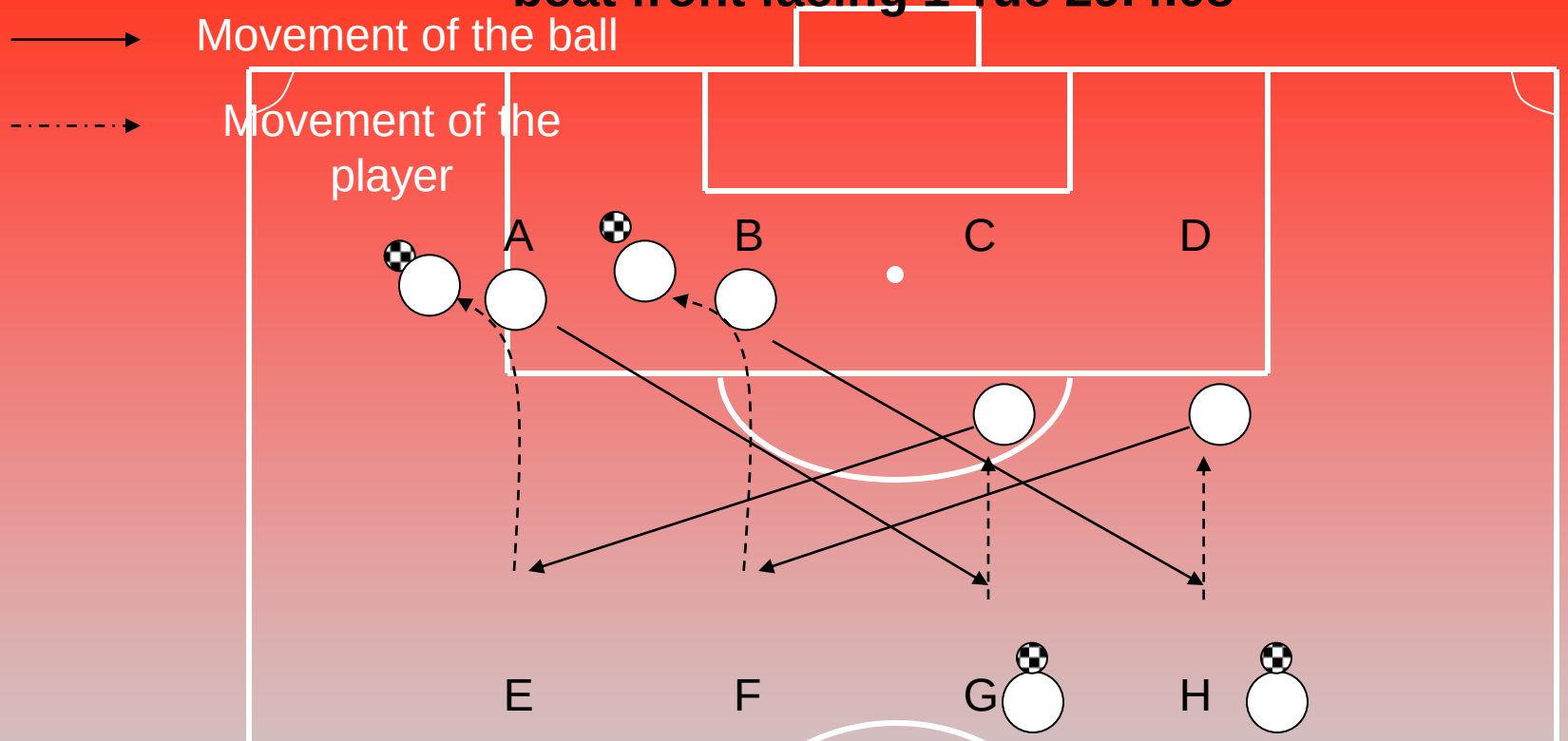
Movement of the ball

Movement of the player

4 players, one pressures, play 1-2 around pressuring player and play to other end. Then you'll receive a 1-2 as other man pressures

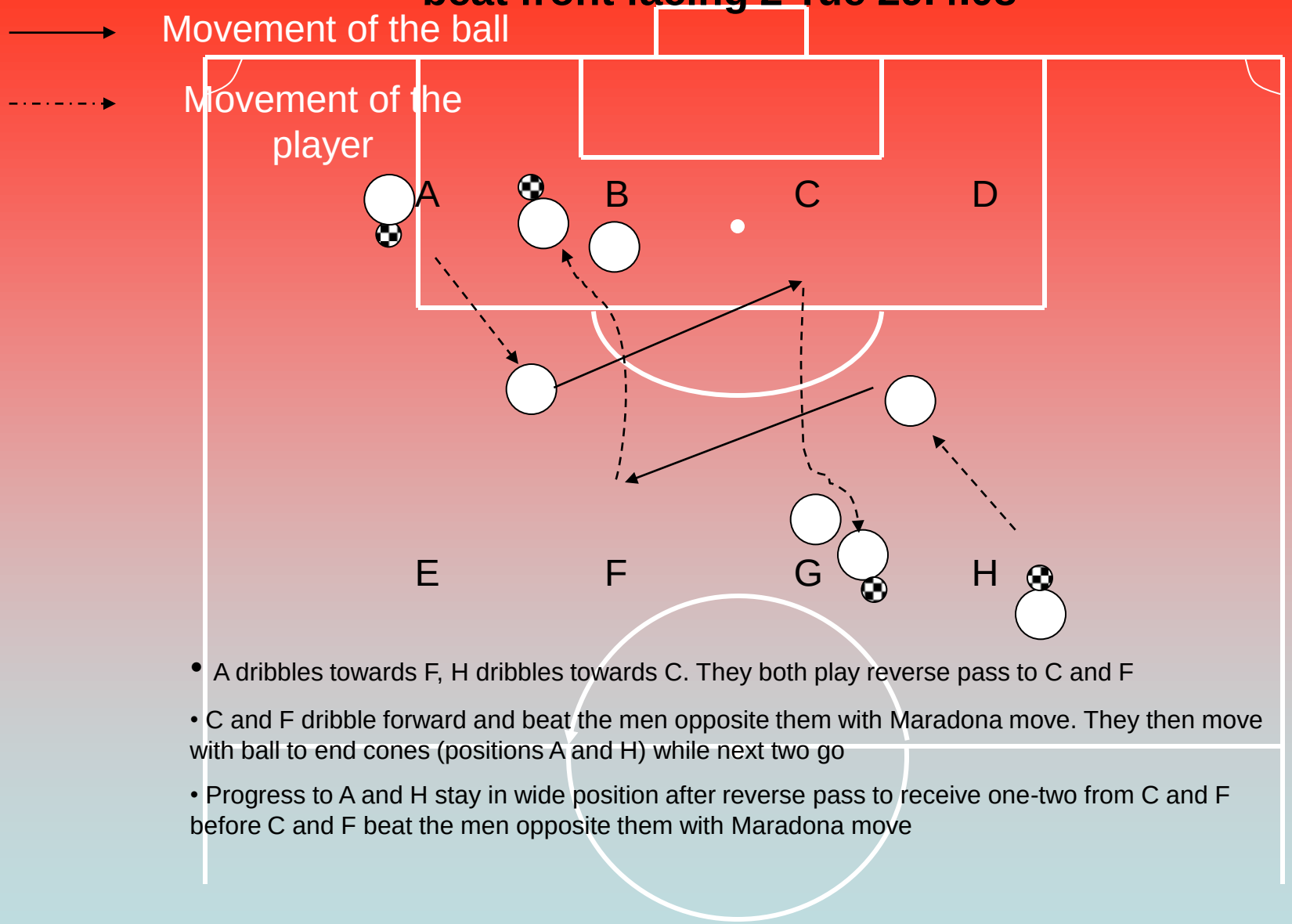


Reverse pass / cross and moves to beat front facing 1 Tue 29.4.08



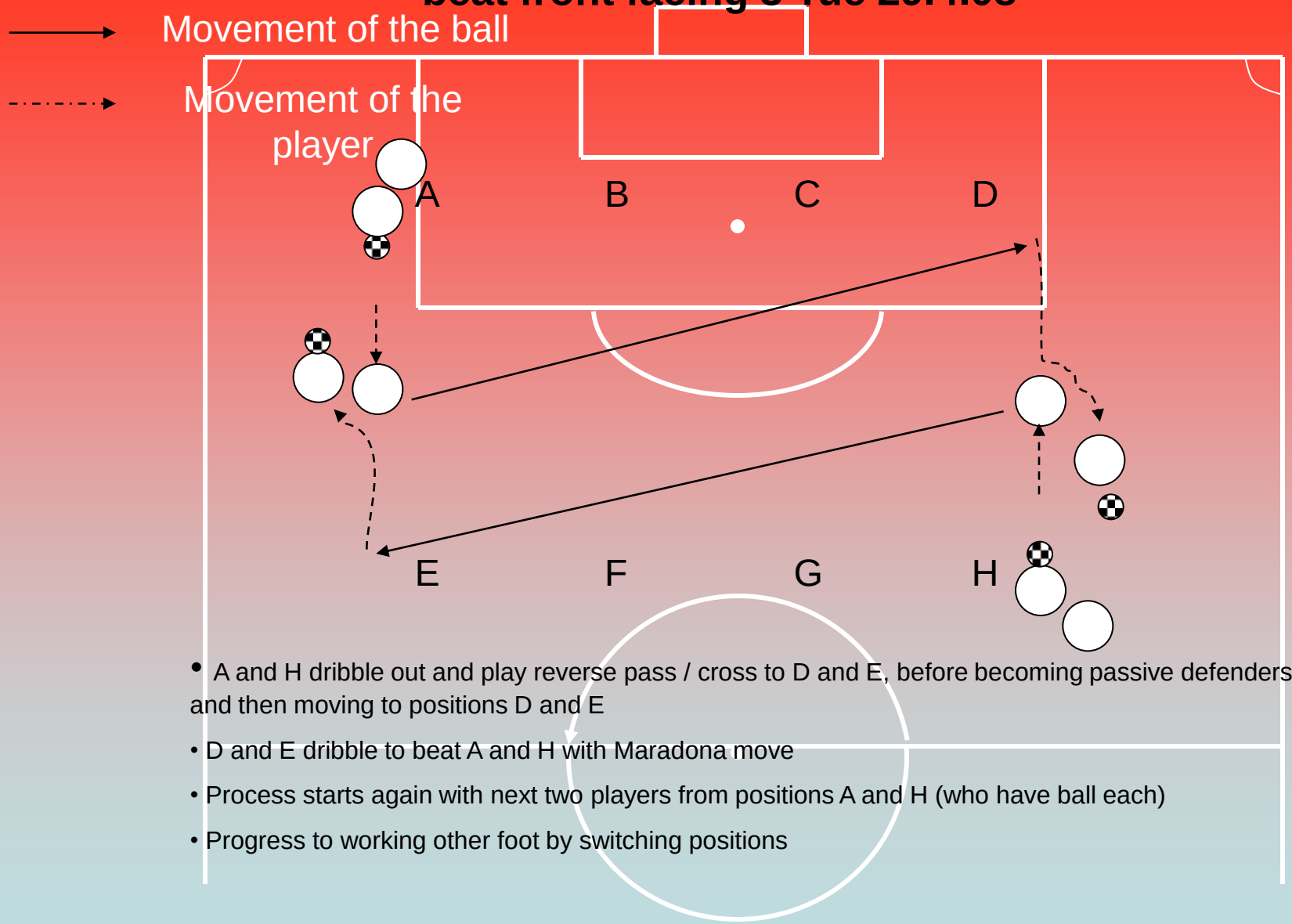
- A and B play to G and H
- G and H dribble out and play reverse pass to E and F, before moving to positions C and D
- E and F dribble and beat A and B with Maradona move
- Two players who were behind G and F with balls now play across to A and B and the process continues in reverse
- Progress to working other foot by switching positions round
- Progress to extending distance so that a lofted ball can be played on reverse pass / cross

Reverse pass / cross and moves to beat front facing 2 Tue 29.4.08



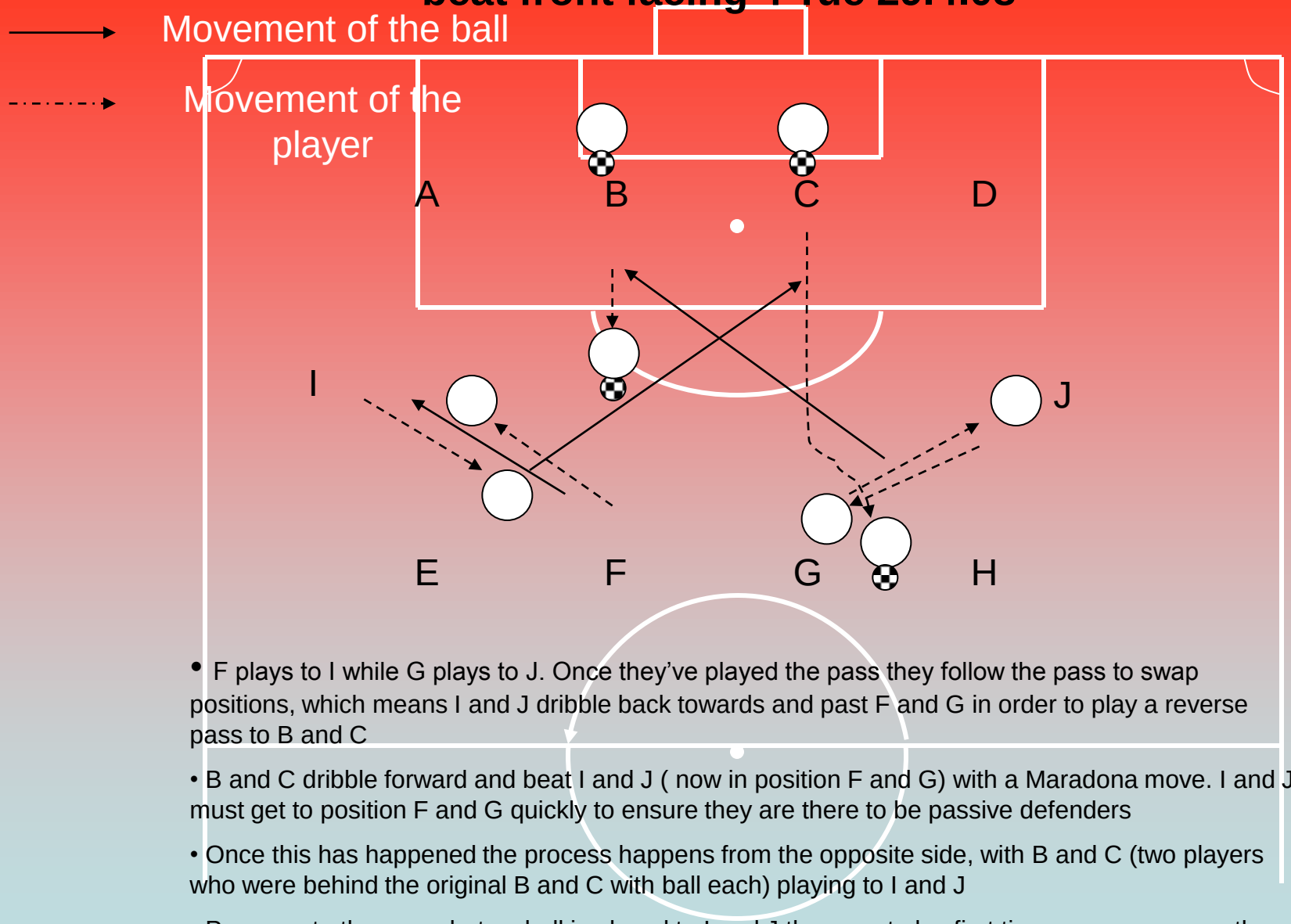
- A dribbles towards F, H dribbles towards C. They both play reverse pass to C and F
- C and F dribble forward and beat the men opposite them with Maradona move. They then move with ball to end cones (positions A and H) while next two go
- Progress to A and H stay in wide position after reverse pass to receive one-two from C and F before C and F beat the men opposite them with Maradona move

Reverse pass / cross and moves to beat front facing 3 Tue 29.4.08



- A and H dribble out and play reverse pass / cross to D and E, before becoming passive defenders and then moving to positions D and E
- D and E dribble to beat A and H with Maradona move
- Process starts again with next two players from positions A and H (who have ball each)
- Progress to working other foot by switching positions

Reverse pass / cross and moves to beat front facing 4 Tue 29.4.08

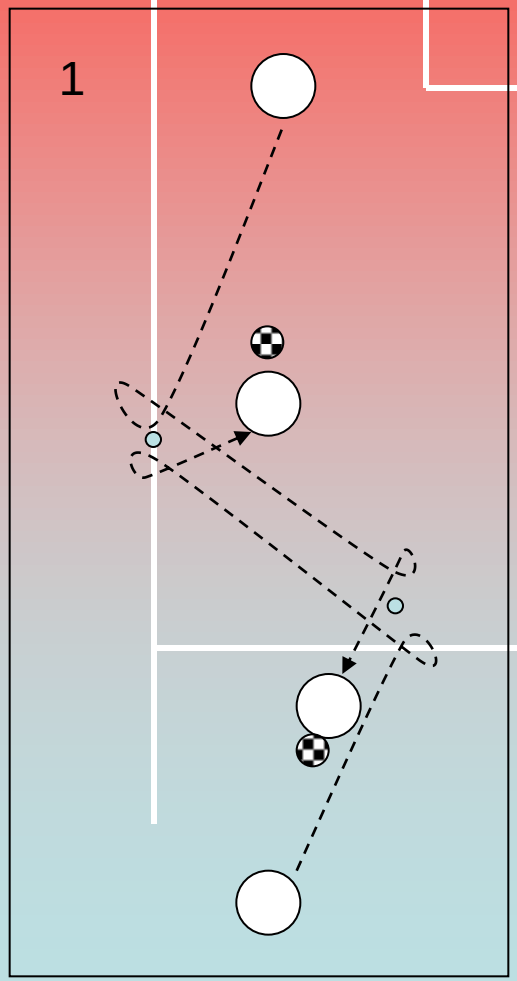


- F plays to I while G plays to J. Once they've played the pass they follow the pass to swap positions, which means I and J dribble back towards and past F and G in order to play a reverse pass to B and C
- B and C dribble forward and beat I and J (now in position F and G) with a Maradona move. I and J must get to position F and G quickly to ensure they are there to be passive defenders
- Once this has happened the process happens from the opposite side, with B and C (two players who were behind the original B and C with ball each) playing to I and J
- Progress to the same but as ball is played to I and J they must play first time reverse pass, rather than dribbling first….I and J then have to switch with F and G (or B and C) quicker and drill becomes faster

Turning warm-up U13 Thu 1.5.08

Movement of the ball

Movement of the player



Players go at same time from either end and do two turns away from each cone. Groups of 4 work best

Different turns can include

-Outside hook

- Inside hook

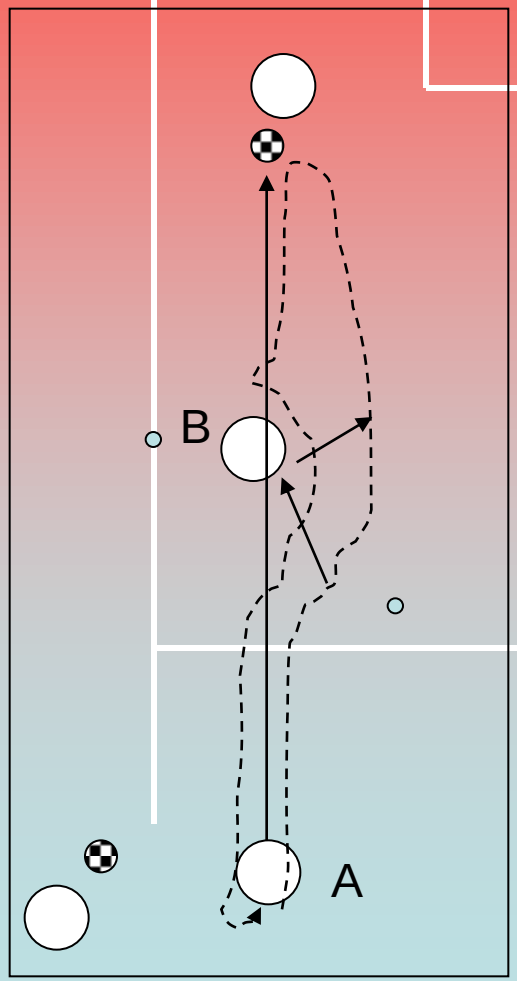
- Inside hook spin with foot on ball

- Drag and flick in opposite direction

General technical warm-up – turns, dribble and one-two – Andy Williams drill

Movement of the ball

Movement of the player



-A starts by making two turns at his end before dribbling the ball towards the middle

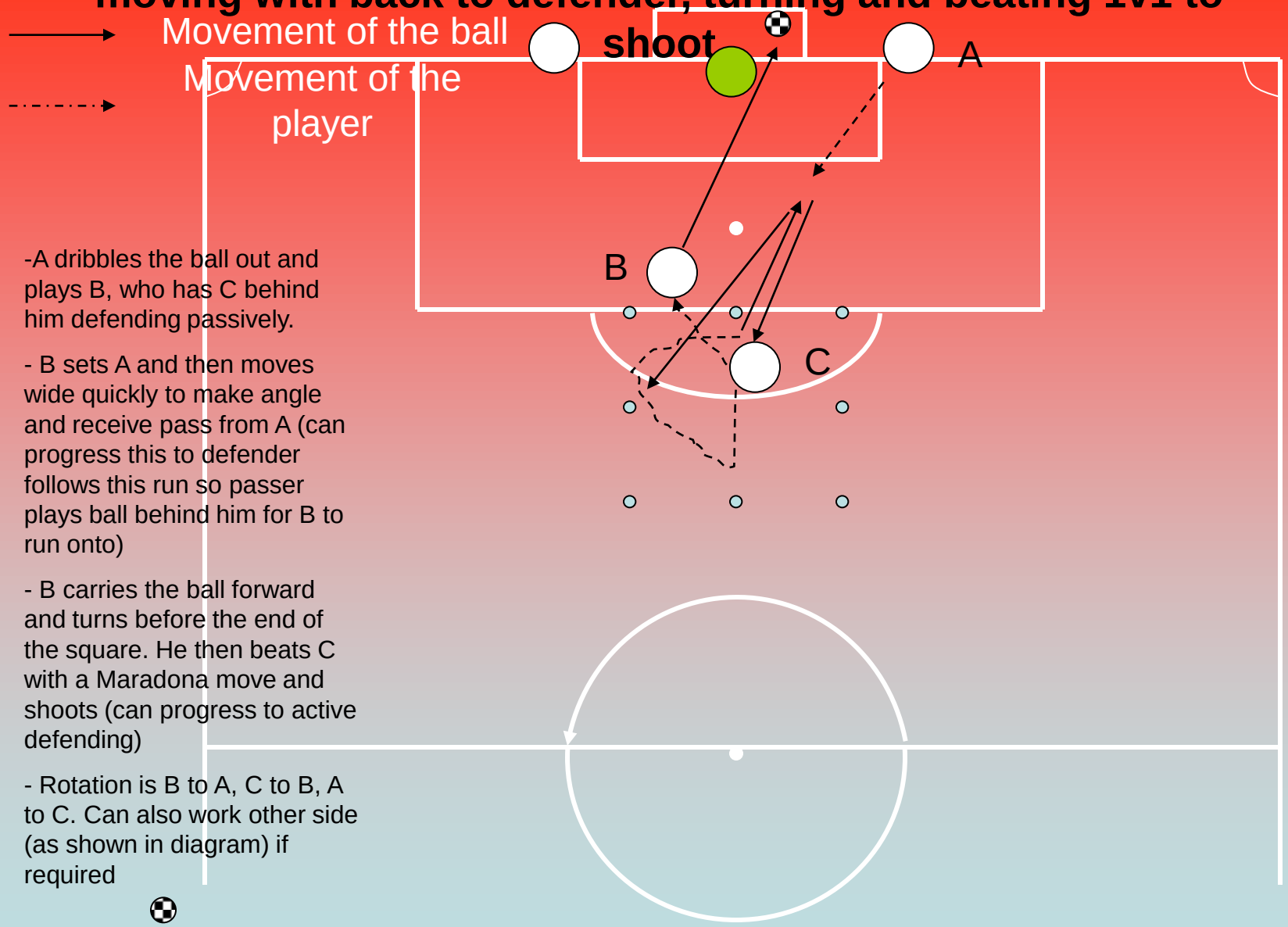
- As A dribbles the ball in, B moves from the opposite end to the nearest cone in order to receive a one-two from A

- A plays one-two off B, dribbles forward and turns

- A then beats B with Maradona move, while B defends passively

- When A gets back to his end he turns again, before playing long pass in to the opposite end, where the process starts again

General technical play to dominate opponent – setting and moving with back to defender, turning and beating 1v1 to shoot



-A dribbles the ball out and plays B, who has C behind him defending passively.

- B sets A and then moves wide quickly to make angle and receive pass from A (can progress this to defender follows this run so passer plays ball behind him for B to run onto)

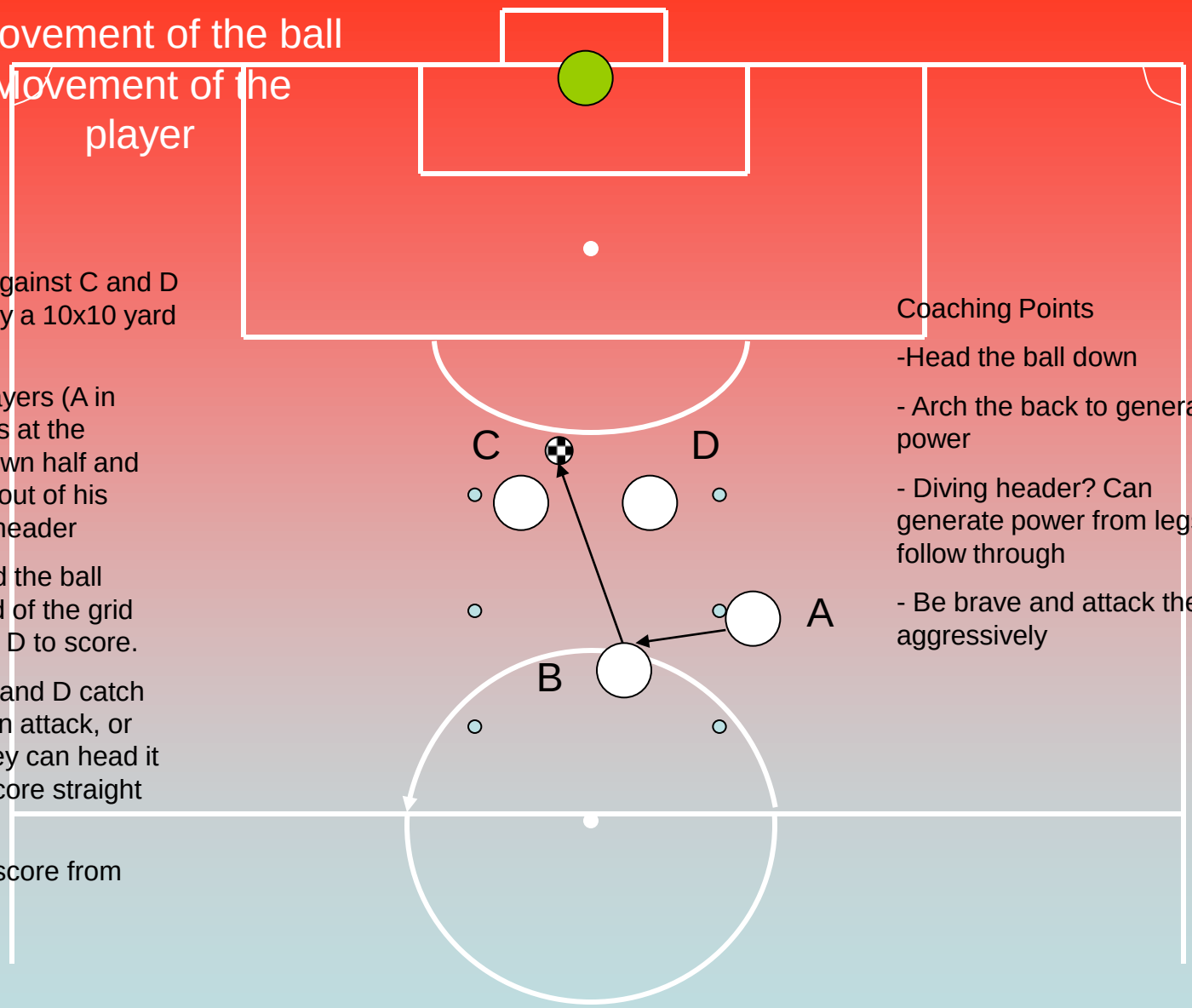
- B carries the ball forward and turns before the end of the square. He then beats C with a Maradona move and shoots (can progress to active defending)

- Rotation is B to A, C to B, A to C. Can also work other side (as shown in diagram) if required

Attacking heading competitive practice

Movement of the ball

Movement of the player



-A and B play against C and D in approximately a 10x10 yard grid

- One of the players (A in diagram) stands at the sideline in his own half and serves the ball out of his hands for B to header

- B tries to head the ball through the end of the grid and past C and D to score.

- As soon as C and D catch the ball they can attack, or alternatively they can head it back to try to score straight away

- You can only score from your own half

Coaching Points

-Head the ball down

- Arch the back to generate power

- Diving header? Can generate power from legs and follow through

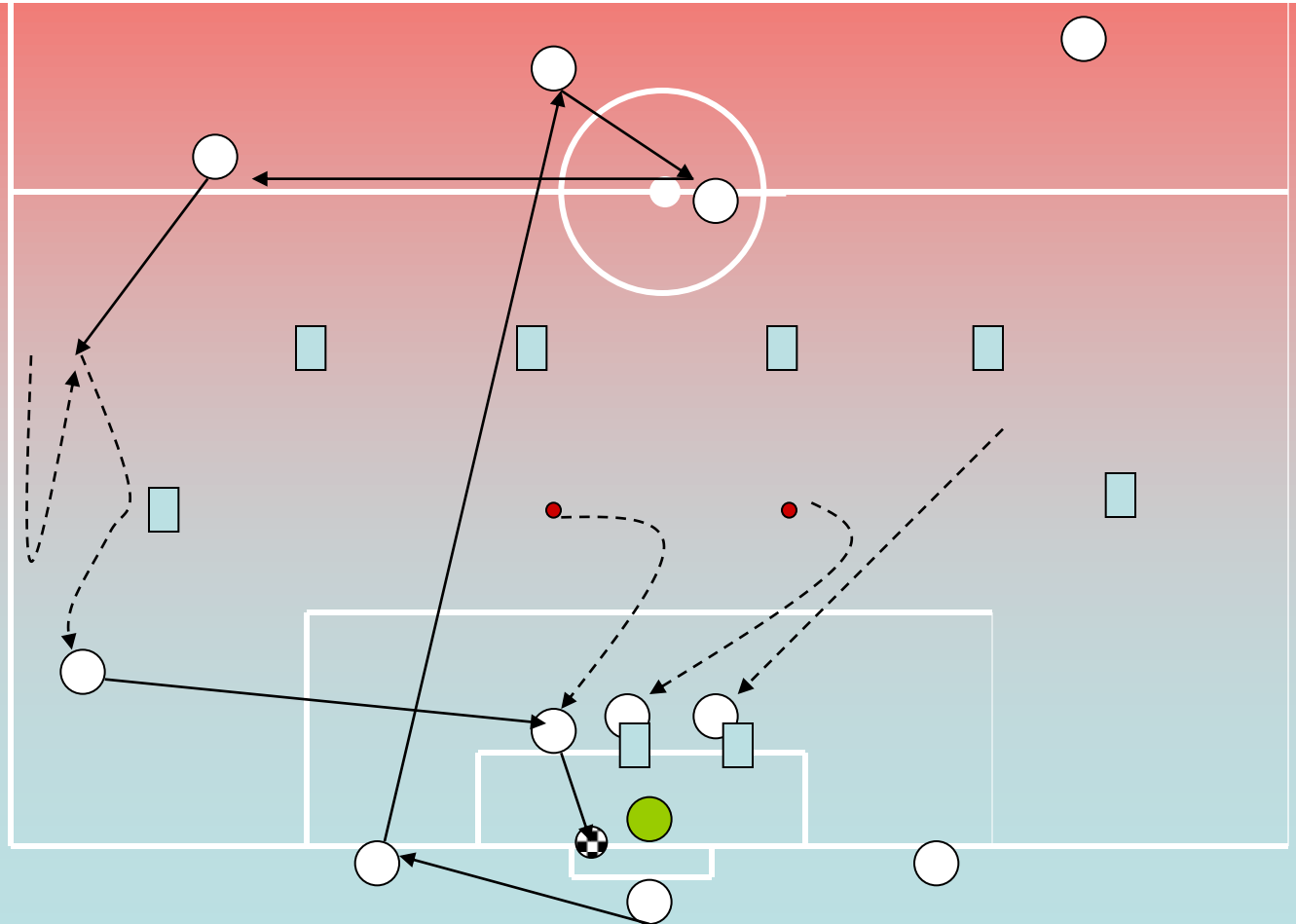
- Be brave and attack the ball aggressively

Paul Buckle pattern of play

working mainly on wide men getting across far defender while timing their run

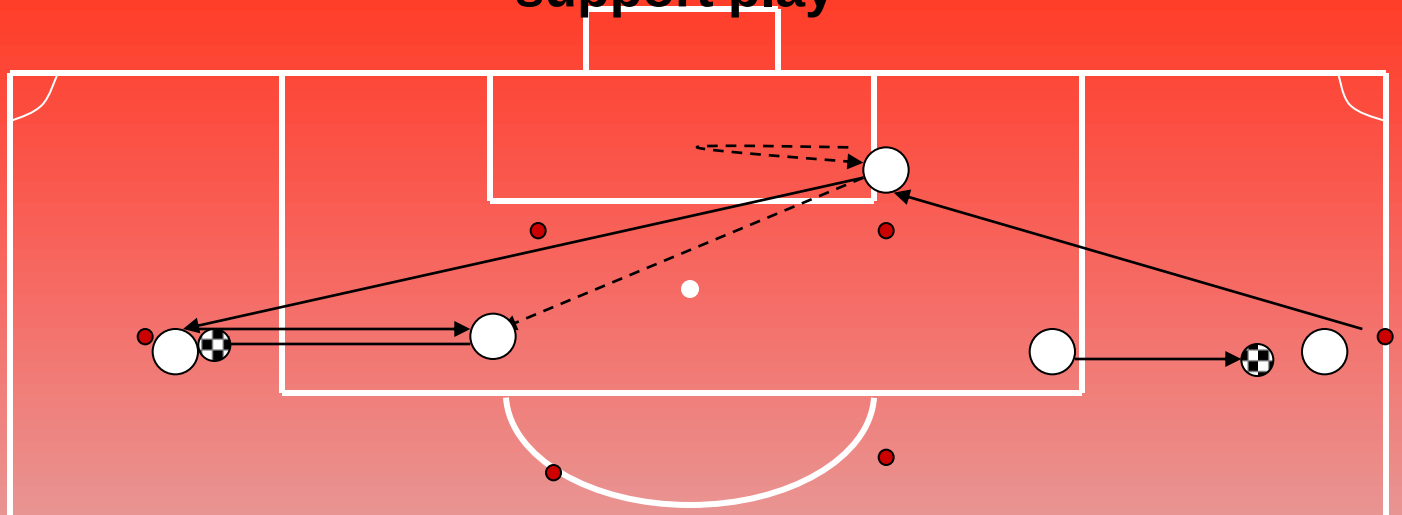
All players play in their positions (can rotate if extra of one position) to work on technical and tactical demands of their role

Points = WM check away to come back and receive, WM just hit an area with the cross, CF and opposite WM get in and across front of mannequins, CM set the other one…realistic movement, FB support WM once it's played, CB's aare looking to drop longer ball in behind midfield line to CF as they would in a game, wm hold your run to see if it develops and then go otherwise when it breaks down we'll get caught on the counter



Andy Williams
U13

Playing forward and support play



-Opposite movement to receive

-Get ball all the way round to play forward

- Get there quickly but don't get too close to end man (time run)

- Progress to opening out, faking pass forward and coming inside to play forward

- Progress to touch inside to play forward

- Progress to switching sides to work other foot

- Progress to initial passer has to make a forward run past the receiver and either get a pass, get the ball of the end man, or recover into receivers positions if he plays into the end, if receiver takes touch inside then make overlap run

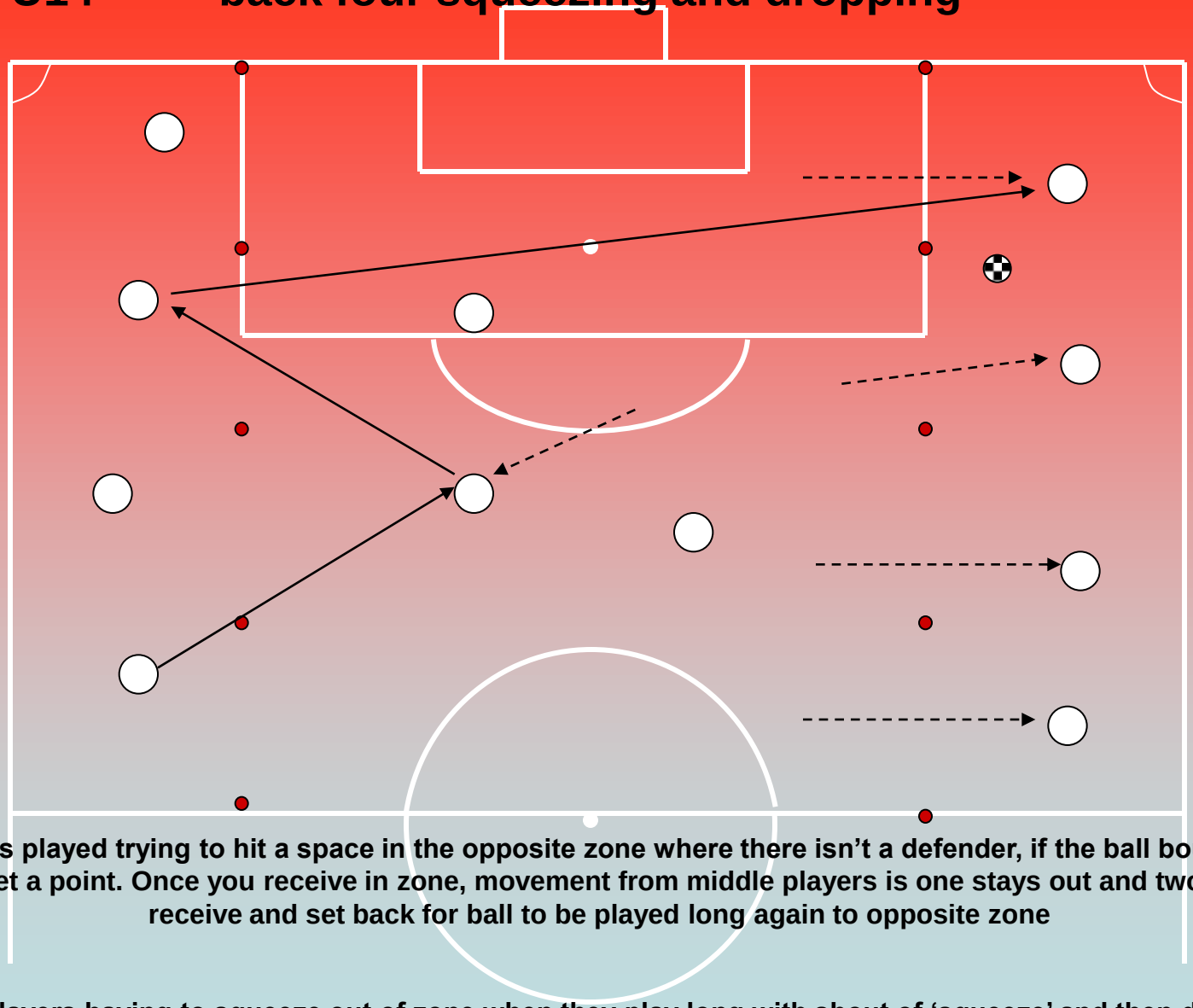
- As shown in diagram, two balls go at the same time, can work two groups, etc.

- Progress to one player going in as defender in a central area, then coming out to pressure, receiver has to make a decision…defender can show outside or inside

- Always follow your pass

Robbie Johnson U14

Long passing / hitting a space and back four squeezing and dropping

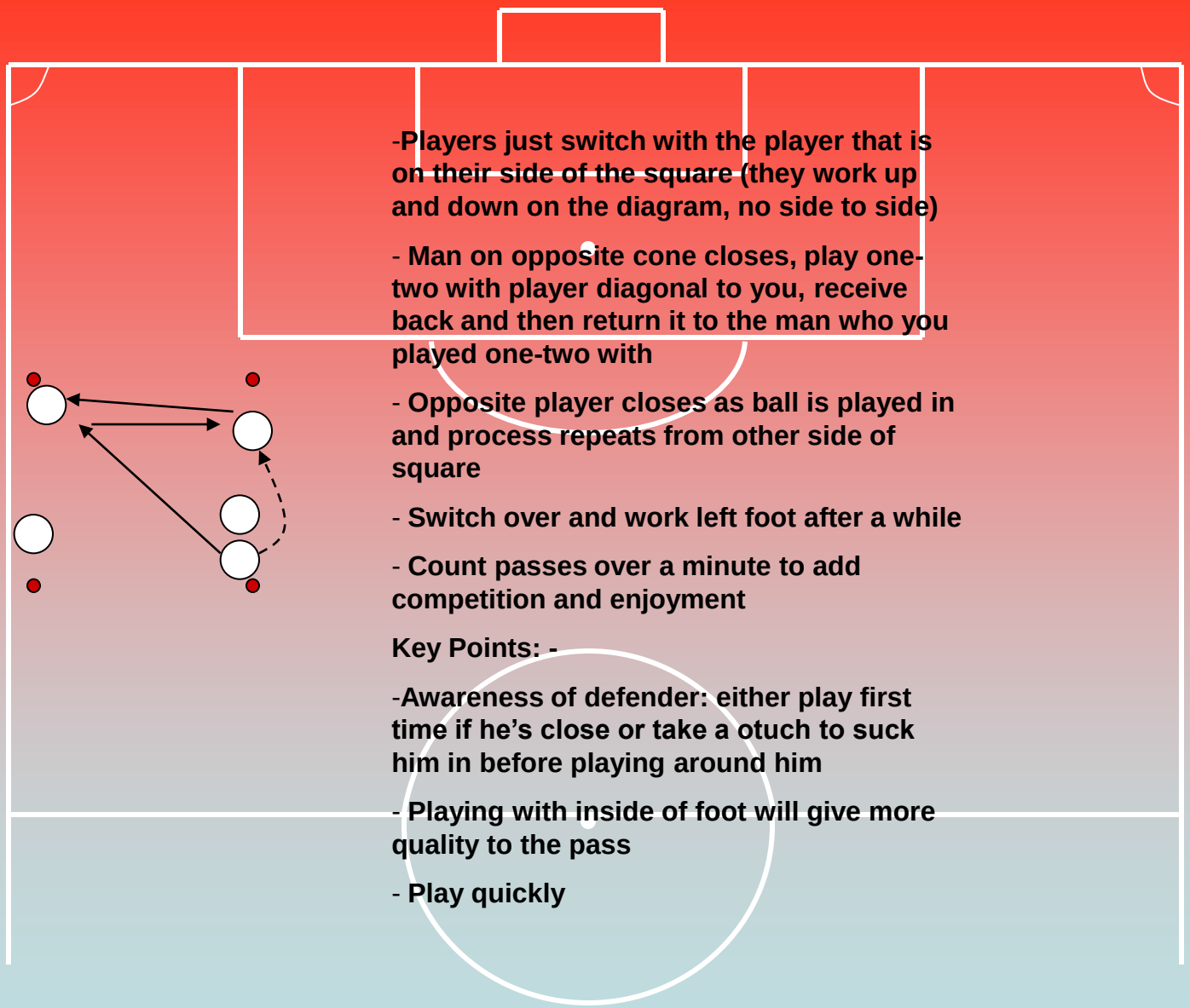


Long pass is played trying to hit a space in the opposite zone where there isn't a defender, if the ball bounces in the zone you get a point. Once you receive in zone, movement from middle players is one stays out and two come in to receive and set back for ball to be played long again to opposite zone

Progress to players having to squeeze out of zone when they play long with shout of 'squeeze' and then drop back in at the right time on shout of 'drop'.

Can also progress to players switching in and out with central players during play

One-two drill



-Players just switch with the player that is on their side of the square (they work up and down on the diagram, no side to side)

- Man on opposite cone closes, play one-two with player diagonal to you, receive back and then return it to the man who you played one-two with

- Opposite player closes as ball is played in and process repeats from other side of square

- Switch over and work left foot after a while

- Count passes over a minute to add competition and enjoyment

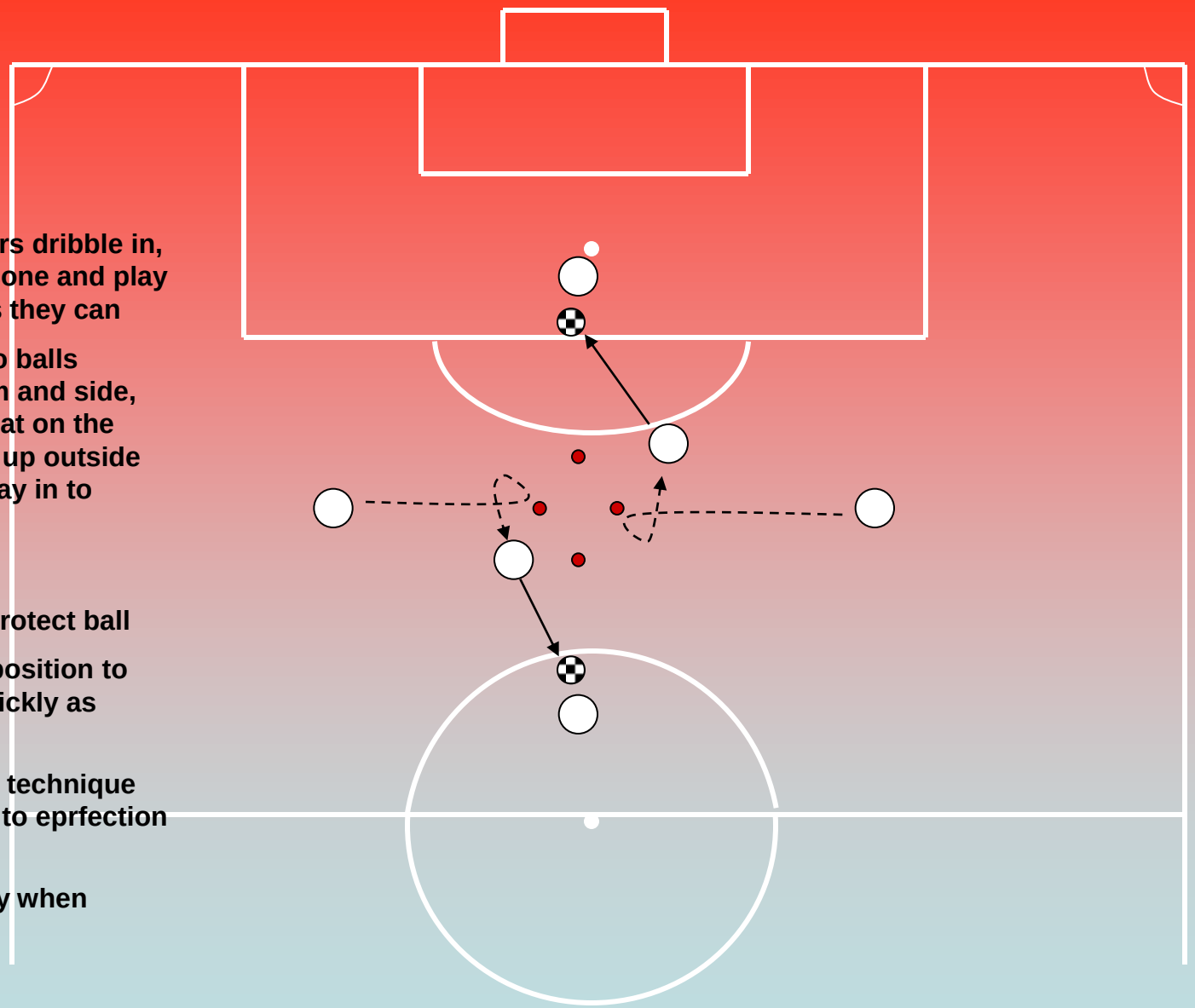
Key Points: -

-Awareness of defender: either play first time if he's close or take a otuch to suck him in before playing around him

- Playing with inside of foot will give more quality to the pass

- Play quickly

Turning and Dribbling Drill



-Two balls, players dribble in, turn away from cone and play out as quickly as they can

- Can progress to balls located at bottom and side, perform a 1v1 beat on the first cone to end up outside side cone and play in to opposite end

Key Points

-Get body in to protect ball

- Get ball into a position to pass it out as quickly as possible

- Concentrate on technique and get as close to eprfection as you can

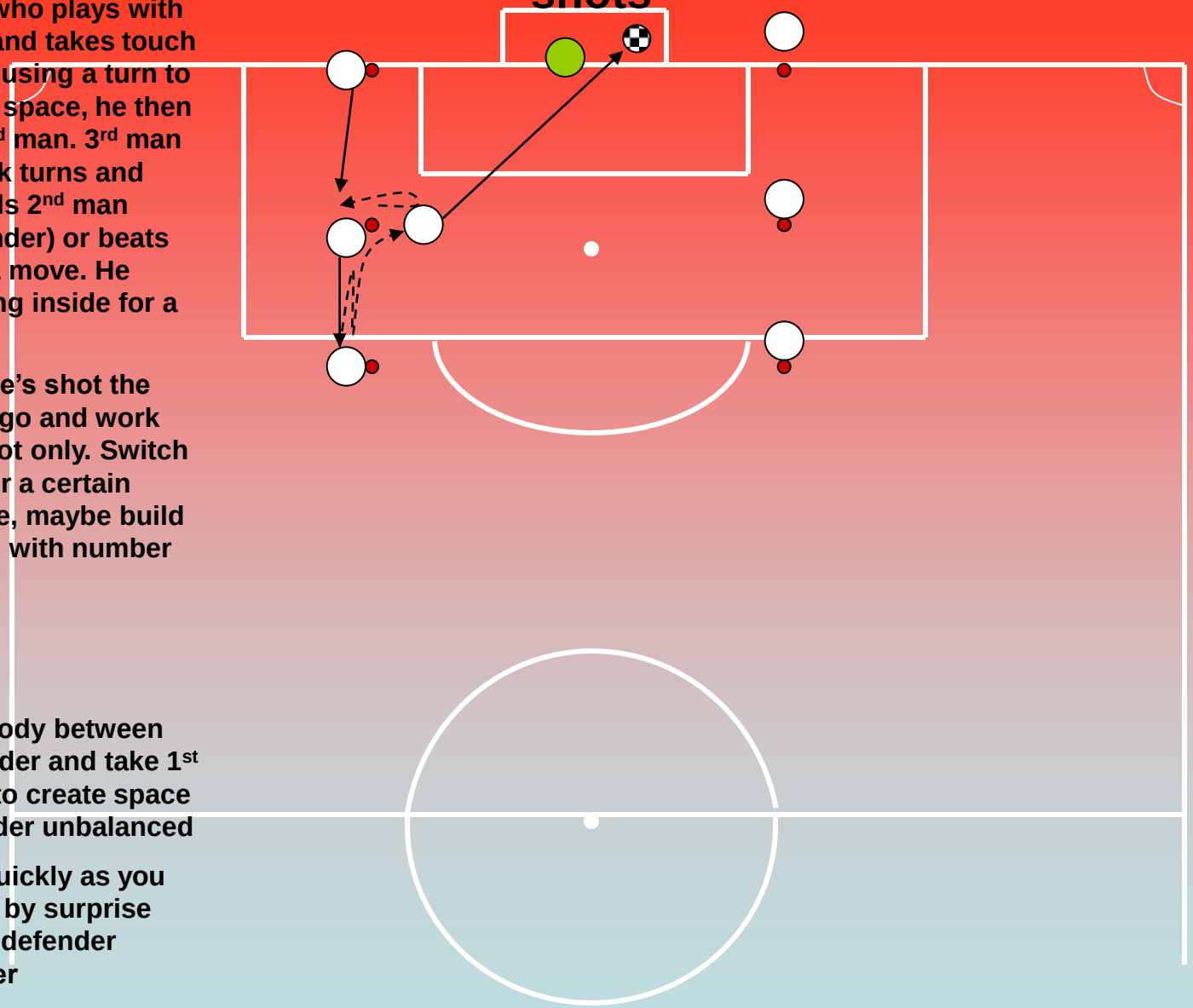
- Accelerate away when appropriate

Technical practice, turns, 1v1 and shots

-Work one side at a time

- 1st man on goal line plays into 2nd man, who plays with back to cone and takes touch to side before using a turn to turn back into space, he then passes into 3rd man. 3rd man does two quick turns and then either rolls 2nd man (passive defender) or beats him with a 1v1 move. He ends up coming inside for a shot at goal.

- As soon as he's shot the opposite side go and work on their left foot only. Switch them over after a certain amount of time, maybe build competition in with number of goals



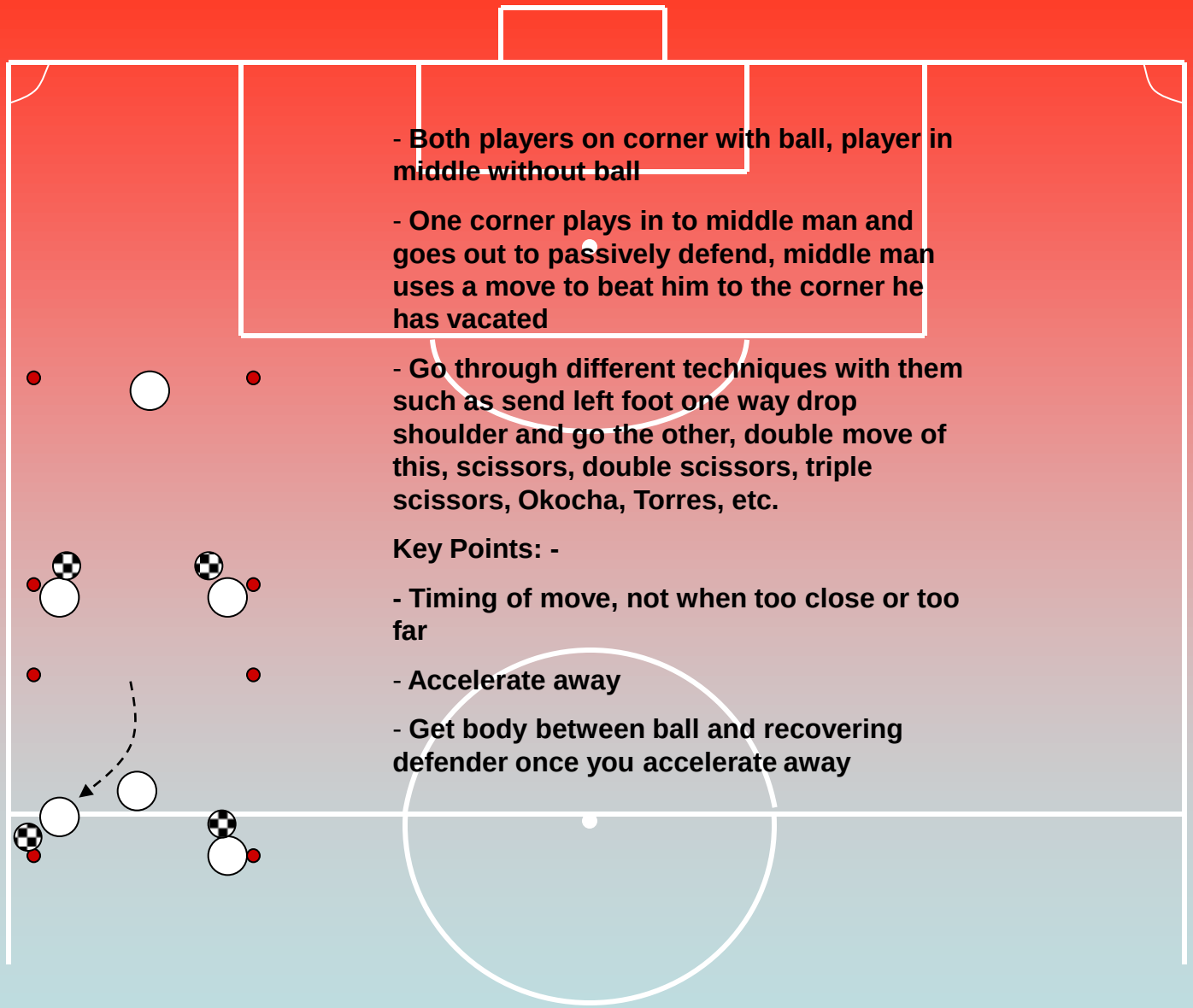
Key Points

-2nd man get body between ball and defender and take 1st touch to side to create space and get defender unbalanced

- Hit shot as quickly as you can to take gk by surprise and to ensure defender doesn't recover

- Ensure correct technique, work at game pace

1v1 Drill



- Both players on corner with ball, player in middle without ball

- One corner plays in to middle man and goes out to passively defend, middle man uses a move to beat him to the corner he has vacated

- Go through different techniques with them such as send left foot one way drop shoulder and go the other, double move of this, scissors, double scissors, triple scissors, Okocha, Torres, etc.

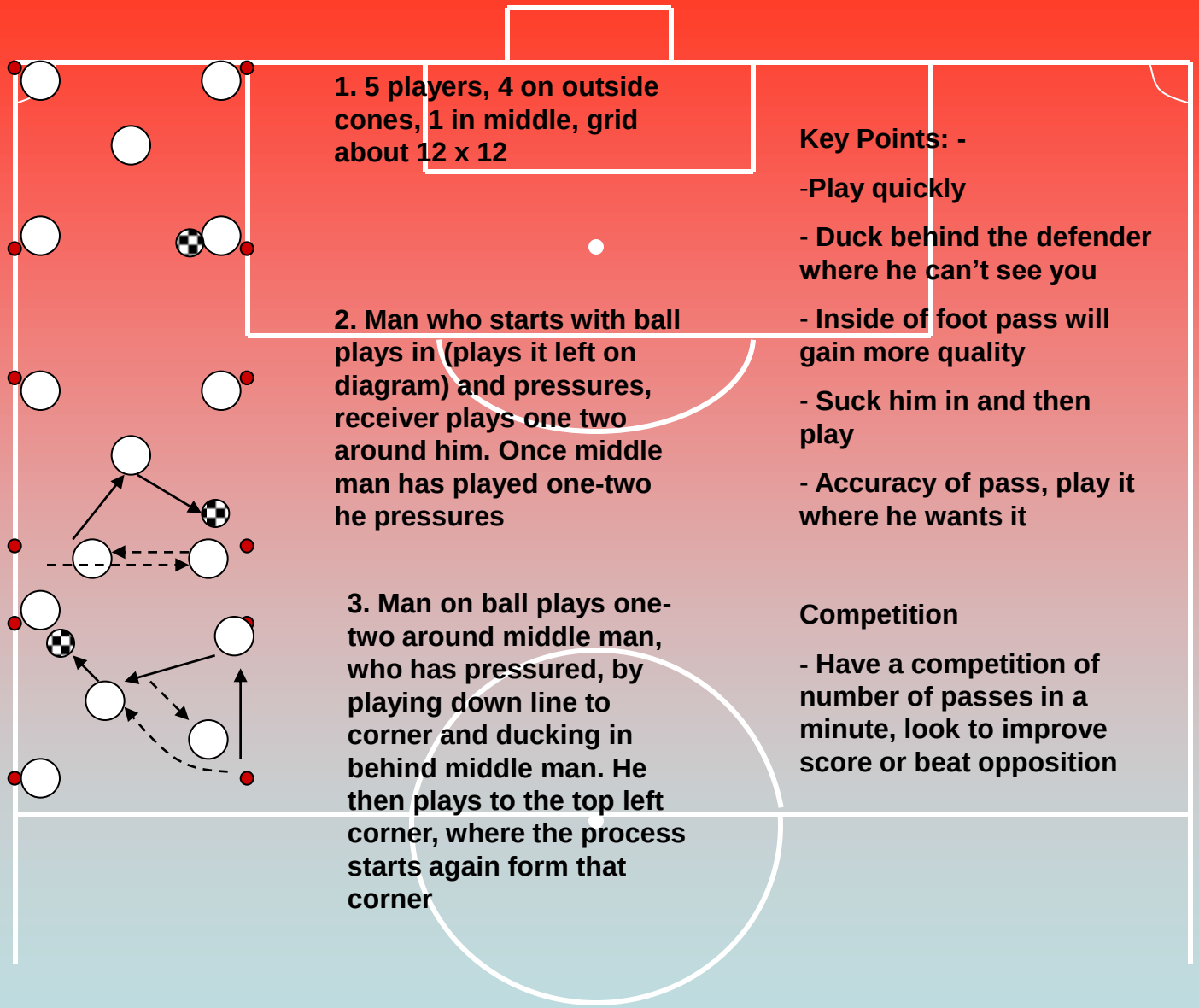
Key Points: -

- Timing of move, not when too close or too far

- Accelerate away

- Get body between ball and recovering defender once you accelerate away

One-two drill (5 players)



1. 5 players, 4 on outside cones, 1 in middle, grid about 12 x 12

2. Man who starts with ball plays in (plays it left on diagram) and pressures, receiver plays one two around him. Once middle man has played one-two he pressures

3. Man on ball plays one-two around middle man, who has pressured, by playing down line to corner and ducking in behind middle man. He then plays to the top left corner, where the process starts again form that corner

Key Points: -

-Play quickly

- Duck behind the defender where he can't see you

- Inside of foot pass will gain more quality

- Suck him in and then play

- Accuracy of pass, play it where he wants it

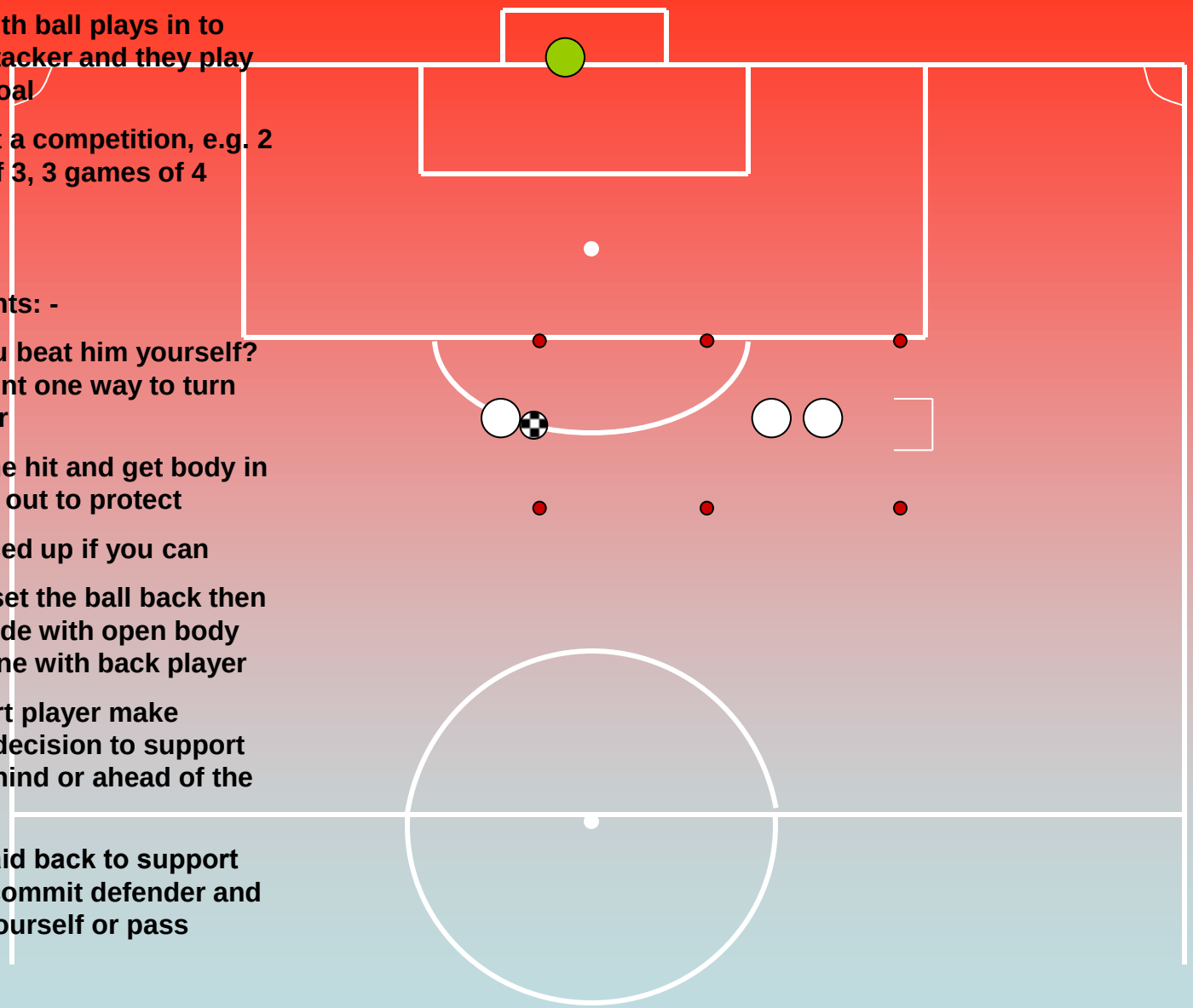
Competition

- Have a competition of number of passes in a minute, look to improve score or beat opposition

2v1 with back to goal

- man with ball plays in to other attacker and they play 2v1 to goal

- make it a competition, e.g. 2 teams of 3, 3 games of 4 minutes



Key Points: -

-Can you beat him yourself? Movement one way to turn the other

- Take the hit and get body in and arm out to protect

- Get faced up if you can

- If you set the ball back then move wide with open body and in line with back player

- Support player make correct decision to support from behind or ahead of the play

- If it’s laid back to support player, commit defender and take it yourself or pass

1v1 with back to defender – receiving and beating under pressure

- man with ball plays in to attacker who beats defender, defender follows and he turns him again, then he beats original passer who defends the line

- progression is for 1st defender to defend actively. Once attacker beats him he breaks the end of the grid, turns and goes to beat him again….original passer can now join in as the one-two man and 4th man defends the line

Key Points: -

- Take defender away to start, get across his eyeline to then come back and receive

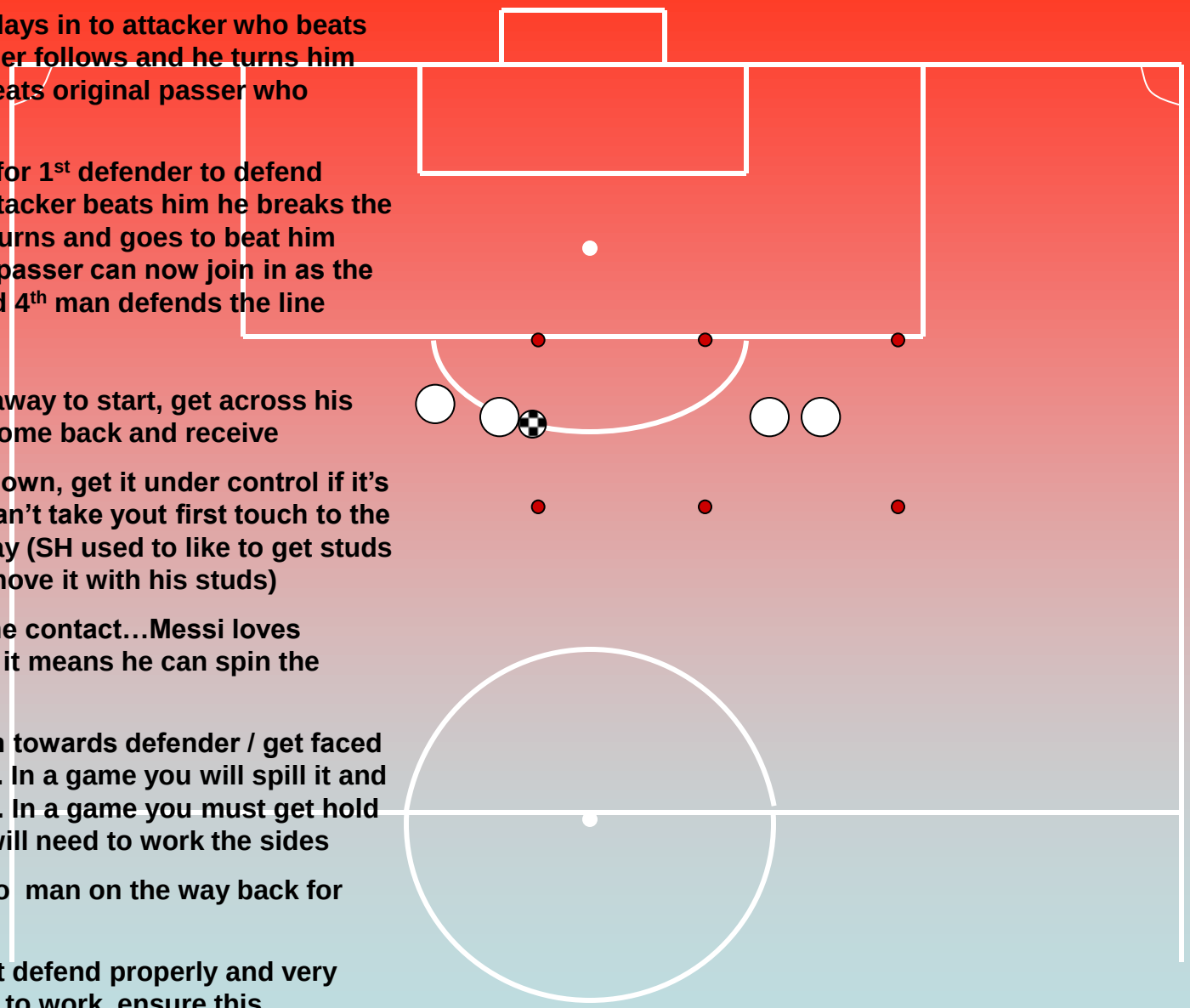
- Force the ball down, get it under control if it's bobbling / you can't take yout first touch to the side straight away (SH used to like to get studs on the ball and move it with his studs)

- Learn to love the contact…Messi loves contact because it means he can spin the defender

- Don't try to turn towards defender / get faced up straight away. In a game you will spill it and they will counter. In a game you must get hold of the ball. You will need to work the sides

- Use the one-two man on the way back for success

- Defenders must defend properly and very tight for practice to work, ensure this



Diamond patterns of play – playing into front man and support

- B checks away to check back and receive from A, A plays B who sets and goes, A plays in to C who plays to D (D has come to support), D plays back to C and then moves away to then check back to receive and start the process again

- Once B has set and then sprinted to support, he msut then recover to switch places with A – once you've ste and gone you switch places with the other person on your side

Key Points: -

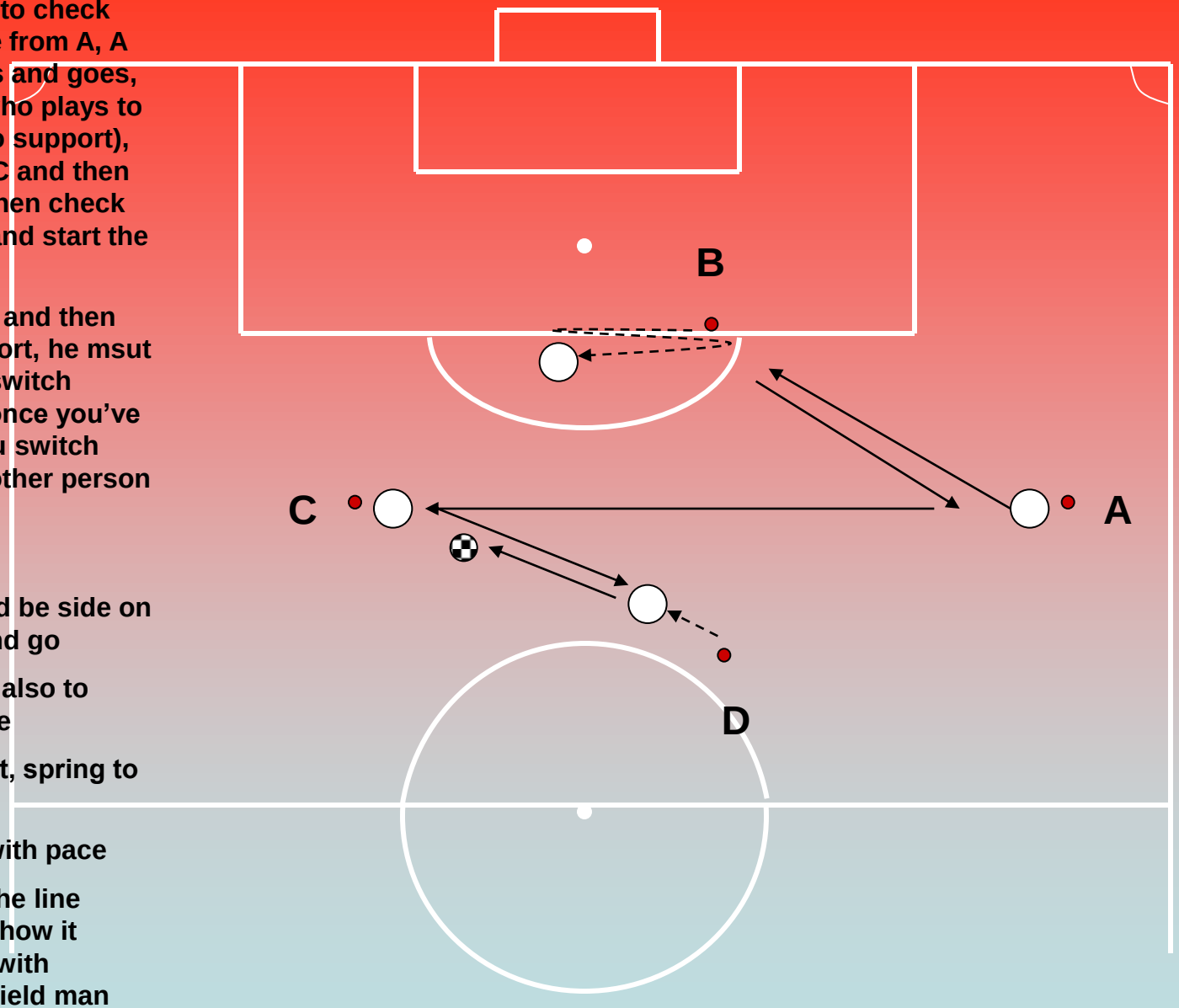
- Check away and be side on to receive, set and go

- CF check away also to come and receive

- Once you've set, spring to support

- Zip the ball in with pace

- Keep working the line quickly, discuss how it applies in game with suppoort of midfield man and creating passing lane by pulling defender out for ball into CF



Diamond game

Key Points

-When back player has it, can CF make run as show in diagram to get on the ball. CB should be bale to play him or WM, depending on position of opposition WM

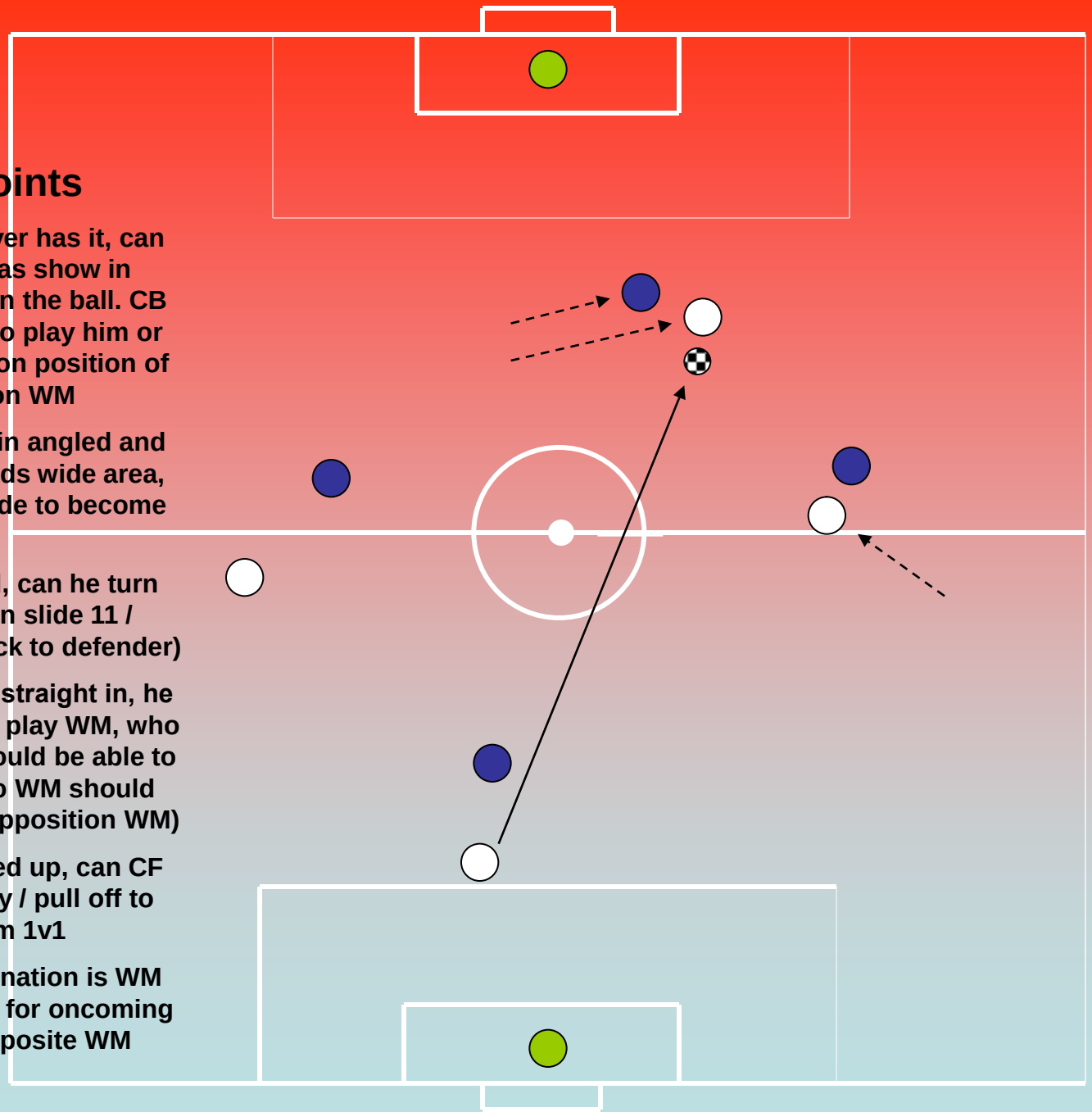
- If ball does go in angled and CF moves towards wide area, can WM run inside to become CF

- If CF gets hold, can he turn defender (as in slide 11 / practices with back to defender)

- If CB can't play straight in, he should be able to play WM, who sets, then CB should be able to play in (ball into WM should have drawn out opposition WM)

- If WM gets faced up, can CF stay out the way / pull off to leave him 1v1

- Another combination is WM into CF who sets for oncoming CB to play opposite WM

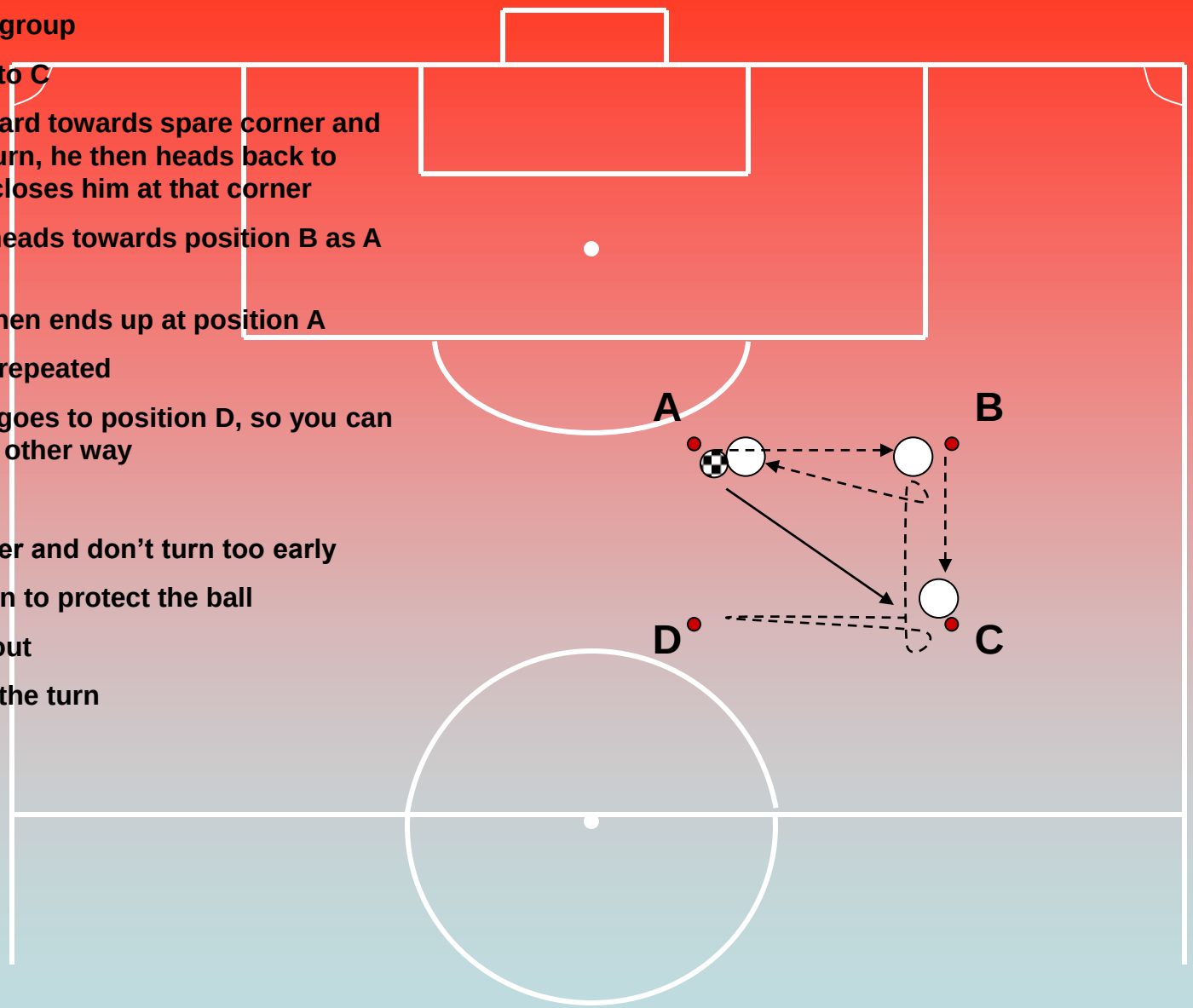


Turning a pressuring player

- 3-4 players per group
- A plays across to C
- C dribbles forward towards spare corner and does a coerver turn, he then heads back to position C as B closes him at that corner
- C turns B and heads towards position B as A closes him
- C turns A and then ends up at position A
- The process is repeated
- Swap round, A goes to position D, so you can work turning the other way

Key Points: -

- Commit defender and don’t turn too early
- Get your body in to protect the ball
- Slow in, quick out
- Head up out of the turn



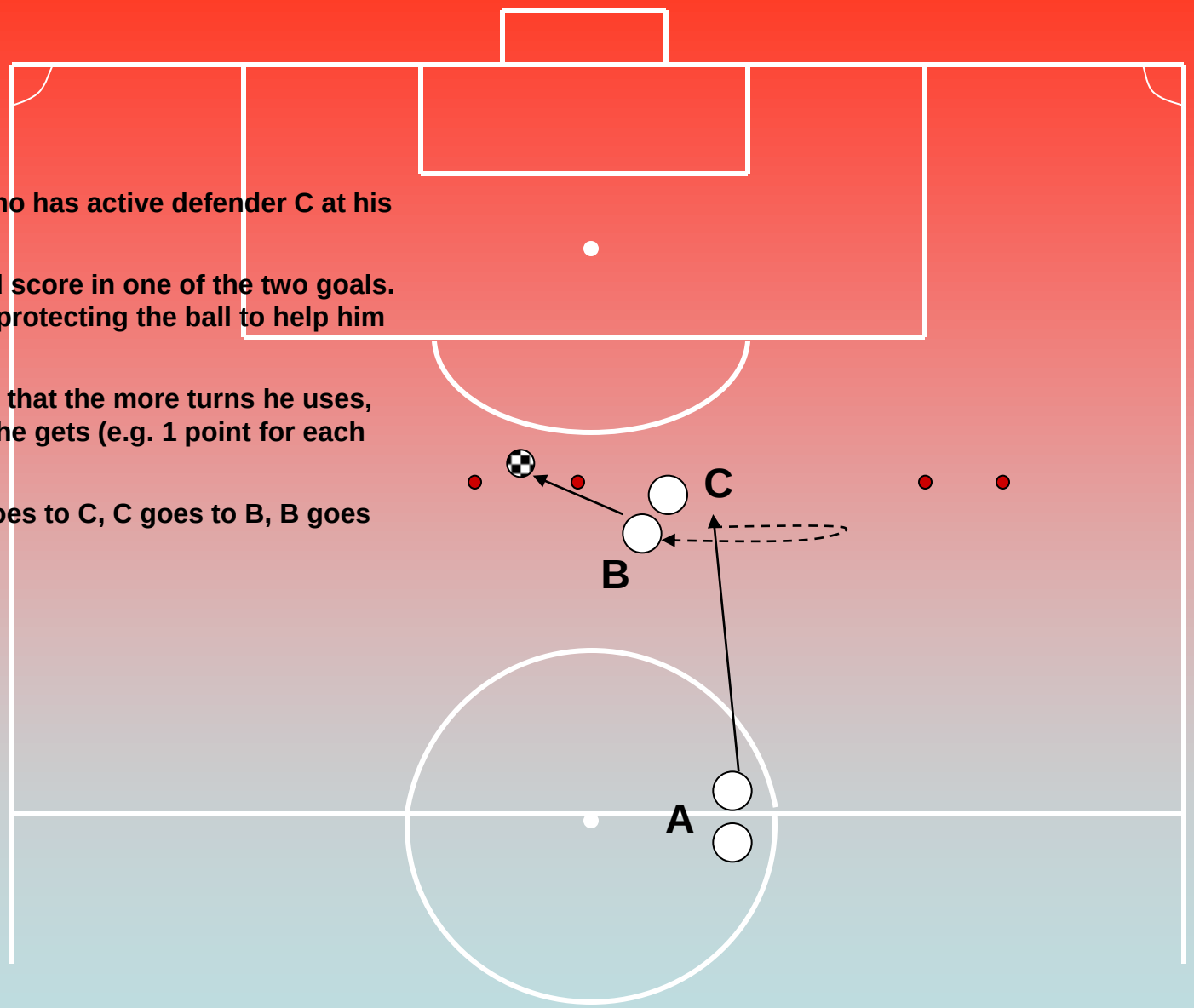
Turning / getting away from man with back to pressure

- A plays to B, who has active defender C at his back

- A has to try and score in one of the two goals. using turns and protecting the ball to help him score

- Possible rule is that the more turns he uses, the more points he gets (e.g. 1 point for each turn)

- Rotation is A goes to C, C goes to B, B goes to A



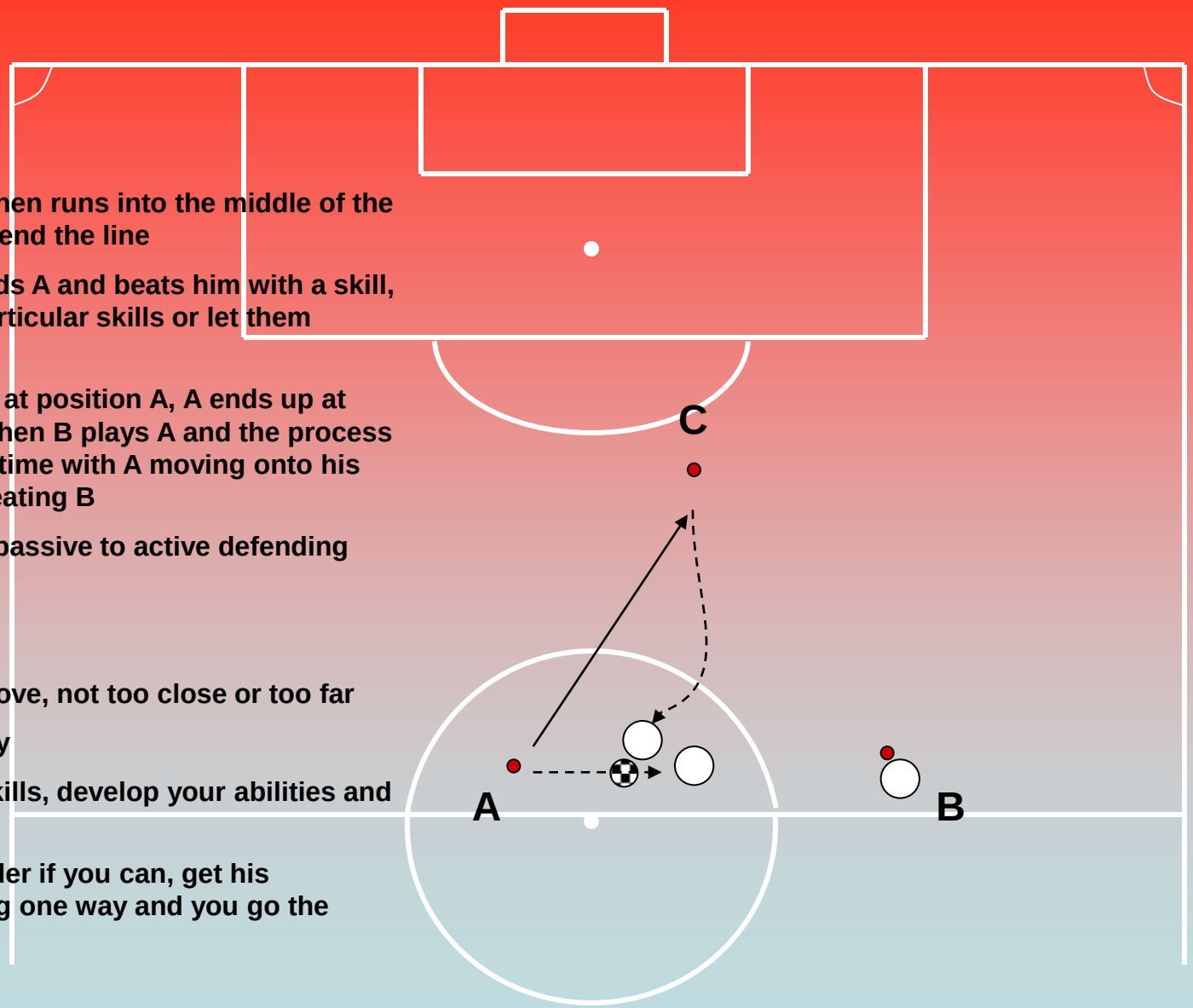
Beating 1v1 forward facing technical practice

- A plays C and then runs into the middle of the two cones to defend the line

- C moves towards A and beats him with a skill, you can work particular skills or let them choose

- C then ends up at position A, A ends up at position C, and then B plays A and the process is repeated, this time with A moving onto his left side when beating B

- Progress from passive to active defending



Key Points: -

-Timing of the move, not too close or too far

- Accelerate away

- Use different skills, develop your abilities and 'tool box'

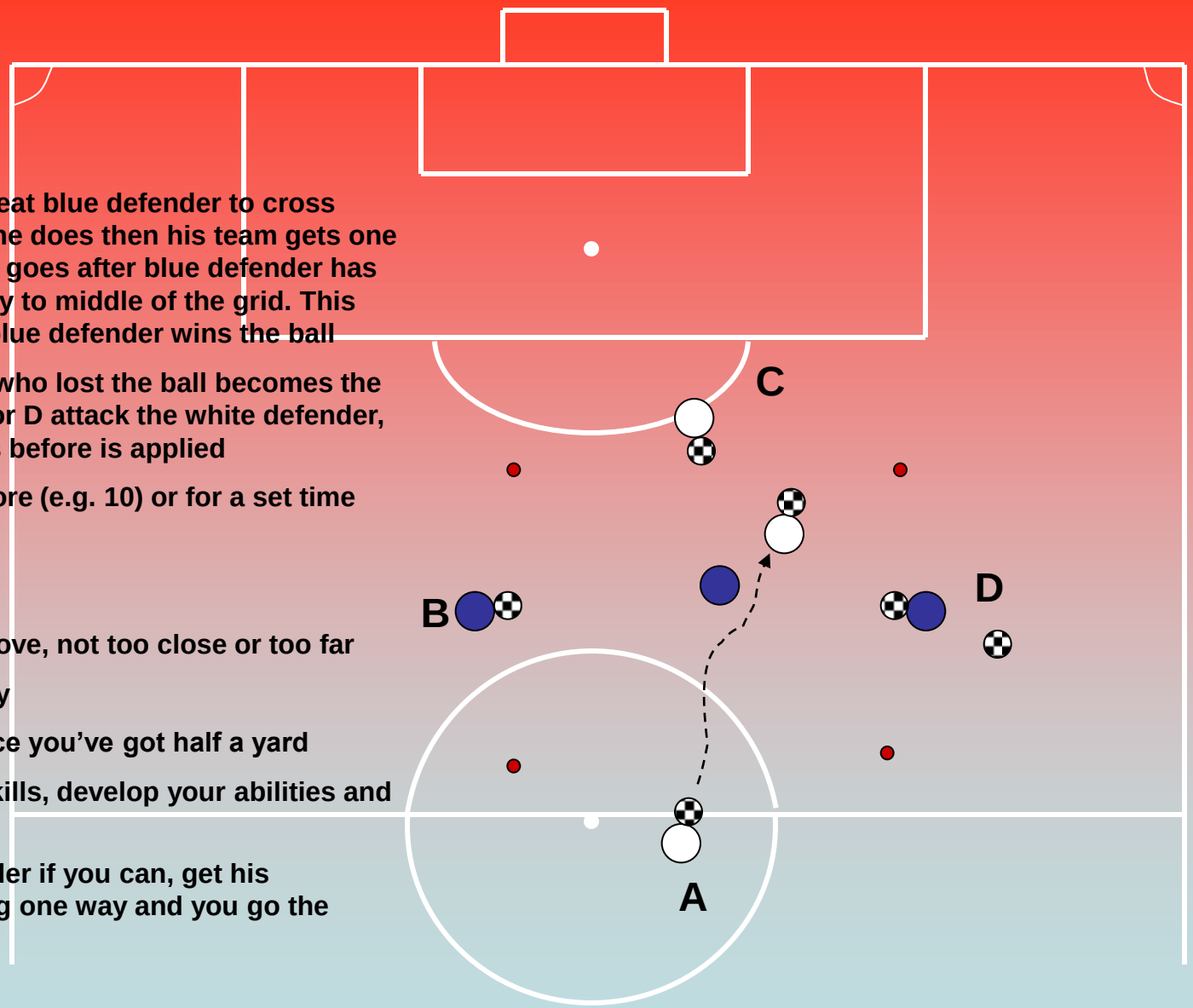
- Shift the defender if you can, get his momentum going one way and you go the other

Beating 1v1 forward facing competitive game

- A attempts to beat blue defender to cross opposite line, if he does then his team gets one point and C then goes after blue defender has recovered quickly to middle of the grid. This continues until blue defender wins the ball

- White attacker who lost the ball becomes the defender and B or D attack the white defender, same process as before is applied

- Play up to a score (e.g. 10) or for a set time



Key Points: -

-Timing of the move, not too close or too far

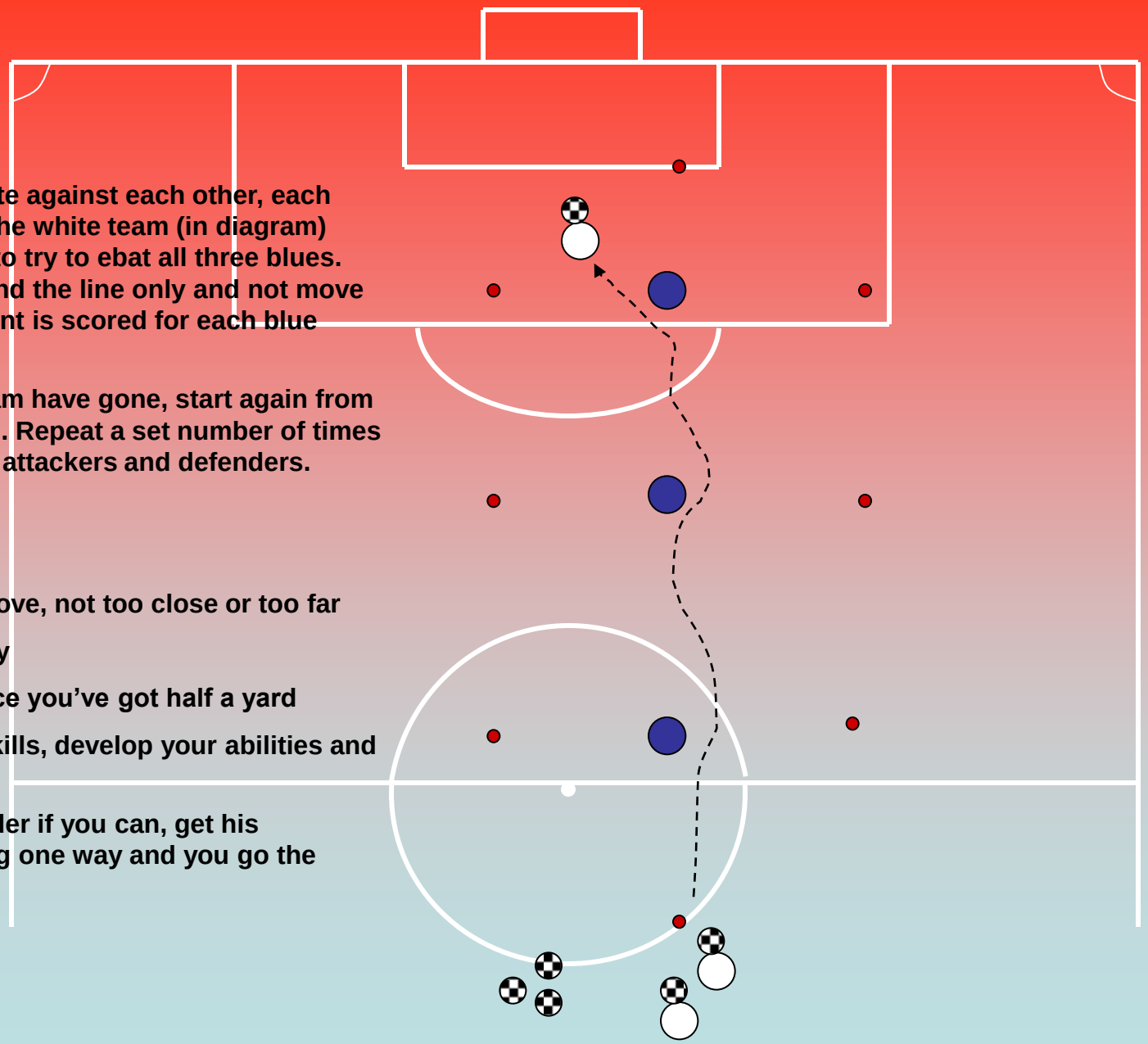
- Accelerate away

- Get body in once you've got half a yard

- Use different skills, develop your abilities and 'tool box'

- Shift the defender if you can, get his momentum going one way and you go the other

Beating 1v1 forward facing Gladiator competitive game



- 2 teams compete against each other, each individual from the white team (in diagram) takes it in turns to try to ebat all three blues. Blues must defend the line only and not move off the line. 1 point is scored for each blue player they beat.

- Once all the team have gone, start again from the opposite end. Repeat a set number of times before changing attackers and defenders.

Key Points: -

-Timing of the move, not too close or too far

- Accelerate away

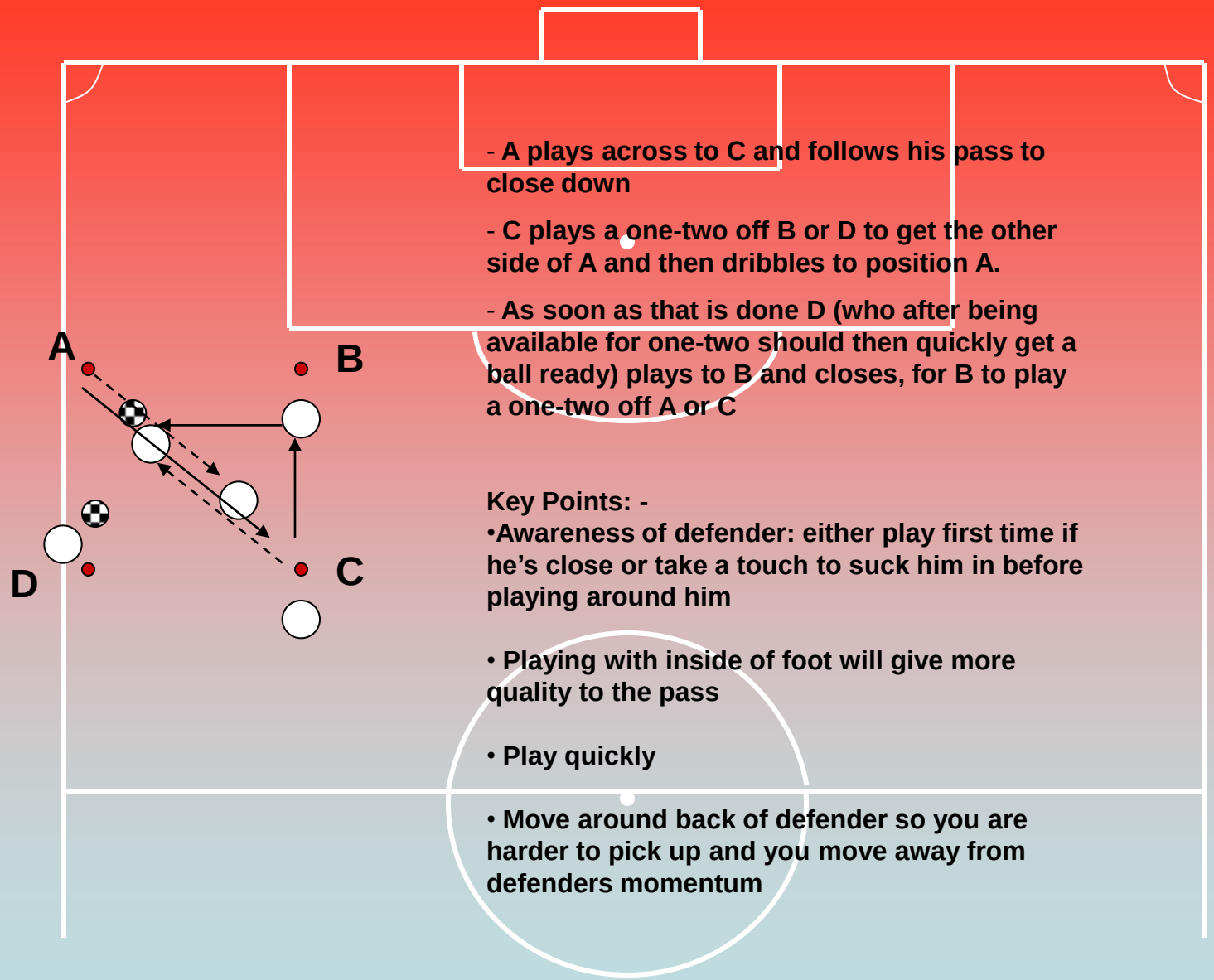
- Get body in once you've got half a yard

- Use different skills, develop your abilities and 'tool box'

- Shift the defender if you can, get his momentum going one way and you go the other

- Enjoy yourself

One-two drill



- A plays across to C and follows his pass to close down

- C plays a one-two off B or D to get the other side of A and then dribbles to position A.

- As soon as that is done D (who after being available for one-two should then quickly get a ball ready) plays to B and closes, for B to play a one-two off A or C

Key Points: -

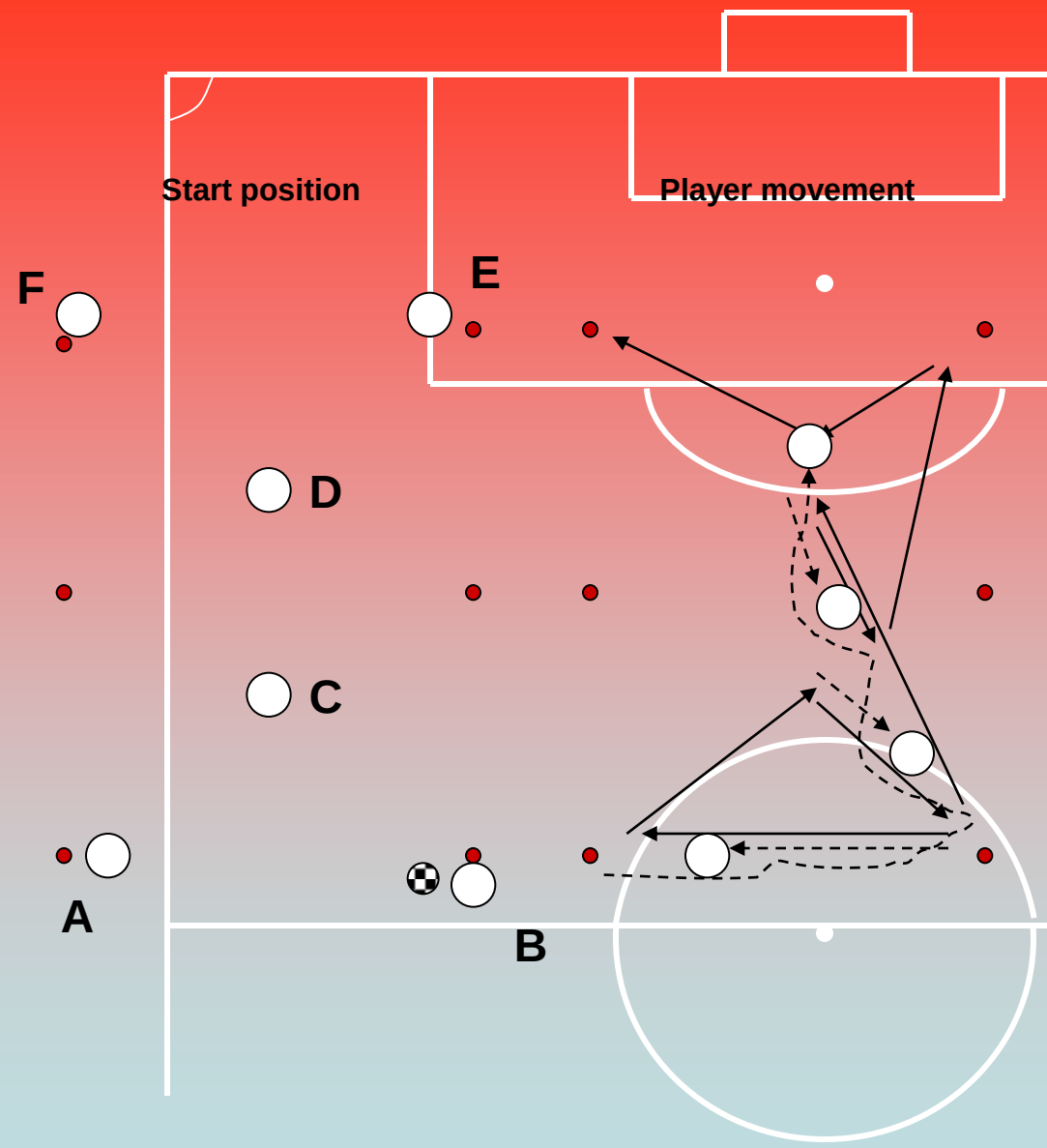
•Awareness of defender: either play first time if he's close or take a touch to suck him in before playing around him

• Playing with inside of foot will give more quality to the pass

• Play quickly

• Move around back of defender so you are harder to pick up and you move away from defenders momentum

One-two drill (advanced) with 6 players



- B plays to A and closes for A to play one two off C and around B
- As soon as he ahs played one-two, C closes A for A to play a one-two off D and around C
- As soon as D has set ball back to A he closes for A to play one-two off E and around D
- A plays into the end man F, where the process starts again
- F plays to E and closes
- Count passes for competition (1 or 2 minutes for example)

Key Points: -

-Awareness of defender: either play first time if he's close or take a otuch to suck him in before playing around him

-Playing with inside of foot will give more quality to the pass

-Play quickly

- Move around back of defender so you are harder to pick up and you move away from defenders momentum

Possession / one-two game

- 3 team of 3 (or of however many), with 2 teams playing versus 1 team until that team get the ball back. Whoever gave the ball away defends

- Possession game where 10 passes = 1 point and a one-two = 2 points

Key Points: -

- Spread out and have link man / men in middle to create space for yourself or for the link man (defender must react in one of these ways)

- Creating space as a team will also create more space behind pressuring defender so we can utilise the one-two

- Draw defender in and once you've passed it move / make a positive run (preferably behind defensive player) to allow possibility of one-two

- Check shoulder (especially link man), know what's around you so you can make an informed decision

- Take 1st touch away from pressure

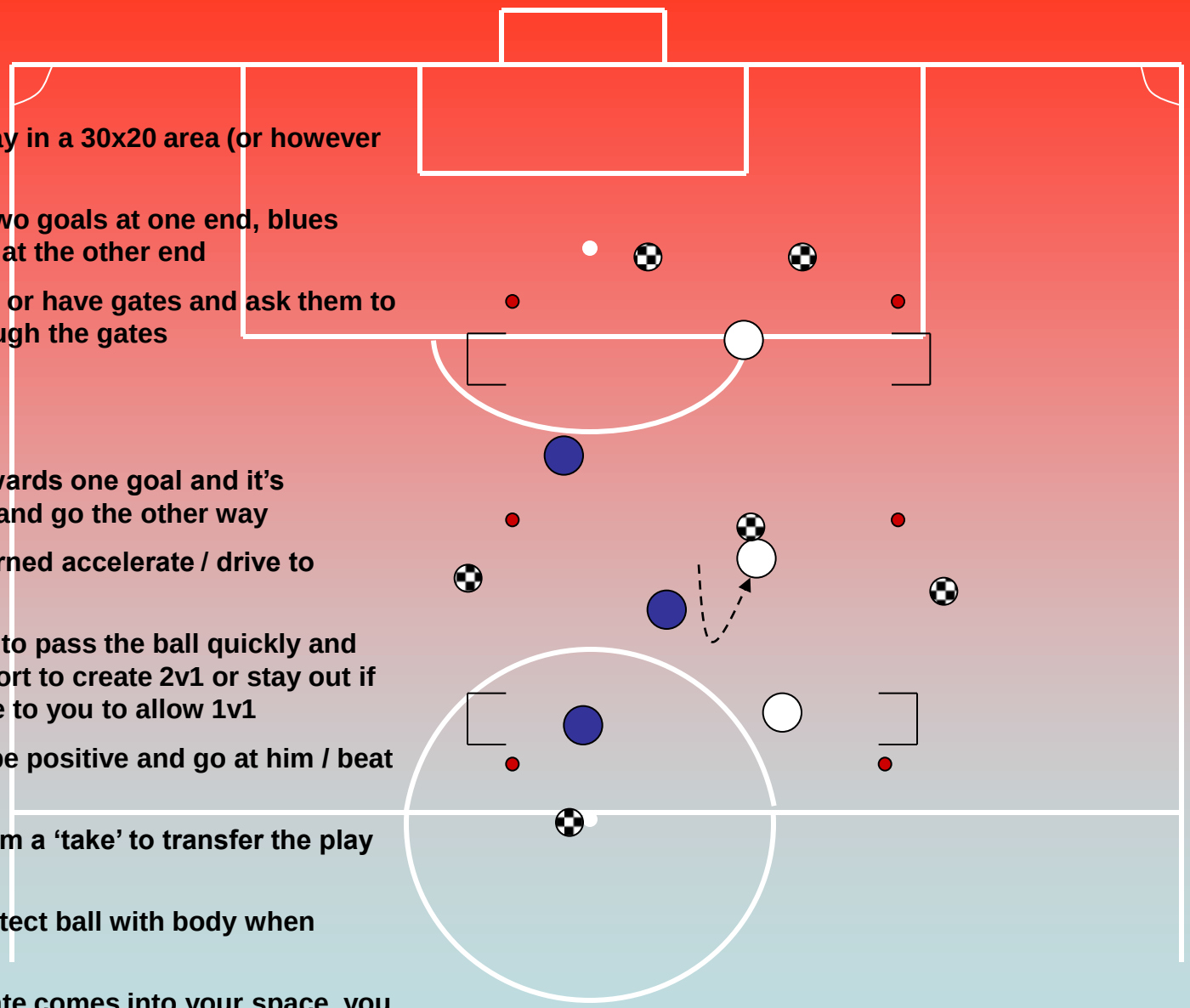
- Commit someone before playing

Turning / switching the play game

- 2 teams of 3 play in a 30x20 area (or however many)

- Whites attack two goals at one end, blues attack two goals at the other end

- Can have goals or have gates and ask them to run the ball through the gates



Key Points: -

- If you move towards one goal and it's congested, turn and go the other way

- Once you've turned accelerate / drive to create a 2v1

- Other option is to pass the ball quickly and then either support to create 2v1 or stay out if defender is close to you to allow 1v1

- If 1v1 can you be positive and go at him / beat him

- Can also perform a 'take' to transfer the play quickly

- Ensure you protect ball with body when turning

- If your team-mate comes into your space, you get out and move into his, interchange

Small sided game (turning / switching play mainly)

- 2 teams of 3 play in a 30x20 area (or however many), with 5 small goals in four corners and centre

- You can score in any goal through various methods (e.g. passing through, dribbling through, etc)

Key Points: -

- Awareness of space, turn / move into space

- Protect ball if you can't pass or run, feel / awareness of defender so you can use trick to get out

- Players support by either moving away to leave 1v1 space or by moving away to then come back and support (opposite movement)…potential for one-two?

- If congested, turn and go the other way

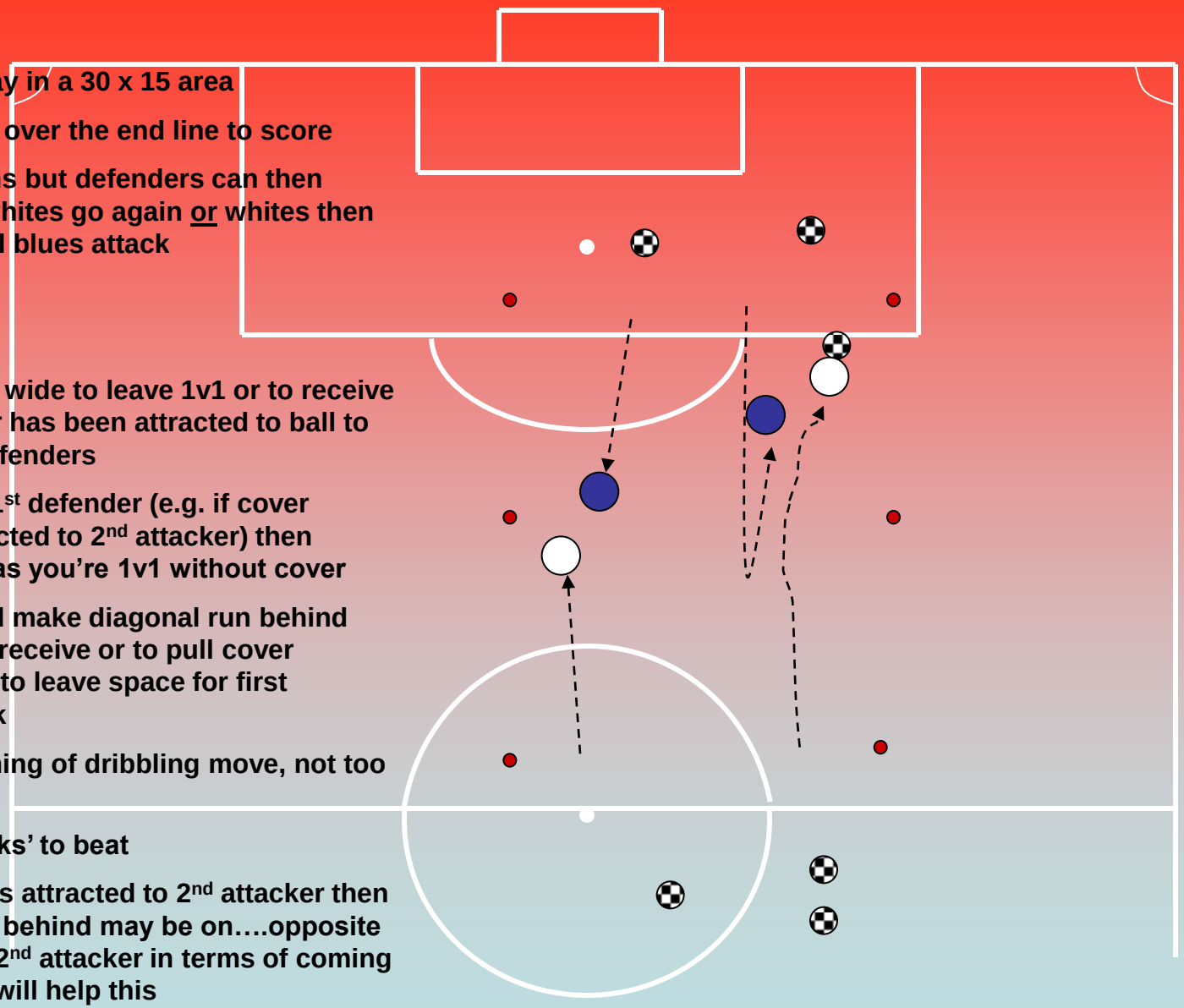
-

Dribbling 2v2 game

- 2 teams of 2 play in a 30 x 15 area

- Dribble the ball over the end line to score

- Different options but defenders can then recover before whites go again <u>or</u> whites then play to blues and blues attack



Key Points: -

- 2nd player stay wide to leave 1v1 or to receive if cover defender has been attracted to ball to create 2v1 for defenders

- If no cover for 1st defender (e.g. if cover defender is attracted to 2nd attacker) then attack defender as you're 1v1 without cover

- 2nd player could make diagonal run behind first defender to receive or to pull cover defender across to leave space for first attacker to attack

- Think about timing of dribbling move, not too close or too far

- Use 'box of tricks' to beat

- If 2nd defender is attracted to 2nd attacker then a through ball in behind may be on….opposite movement from 2nd attacker in terms of coming deep to then go will help this

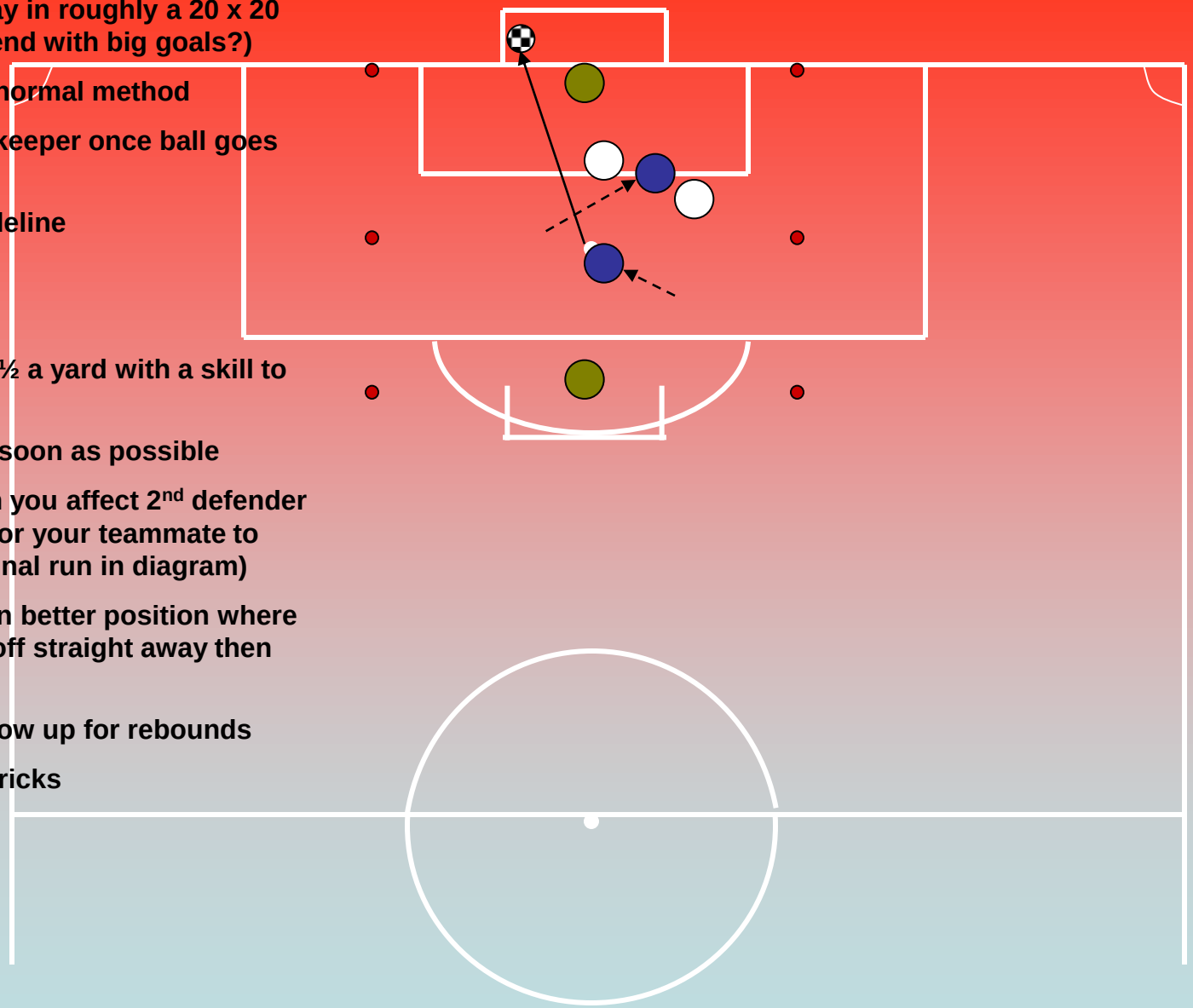
2v2 game including shooting

- 2 teams of 2 play in roughly a 20 x 20 area (maybe extend with big goals?)

- Score through normal method

- Start from goalkeeper once ball goes off end of grid

- Kick in from sideline



Key Points: -

- can you create ½ a yard with a skill to then get shot off

- Get shot off as soon as possible

- 2nd attacker can you affect 2nd defender to create space for your teammate to shoot (e.g. diagonal run in diagram)

- If teammate is in better position where he can get shot off straight away then pass it

- 2nd attacker follow up for rebounds

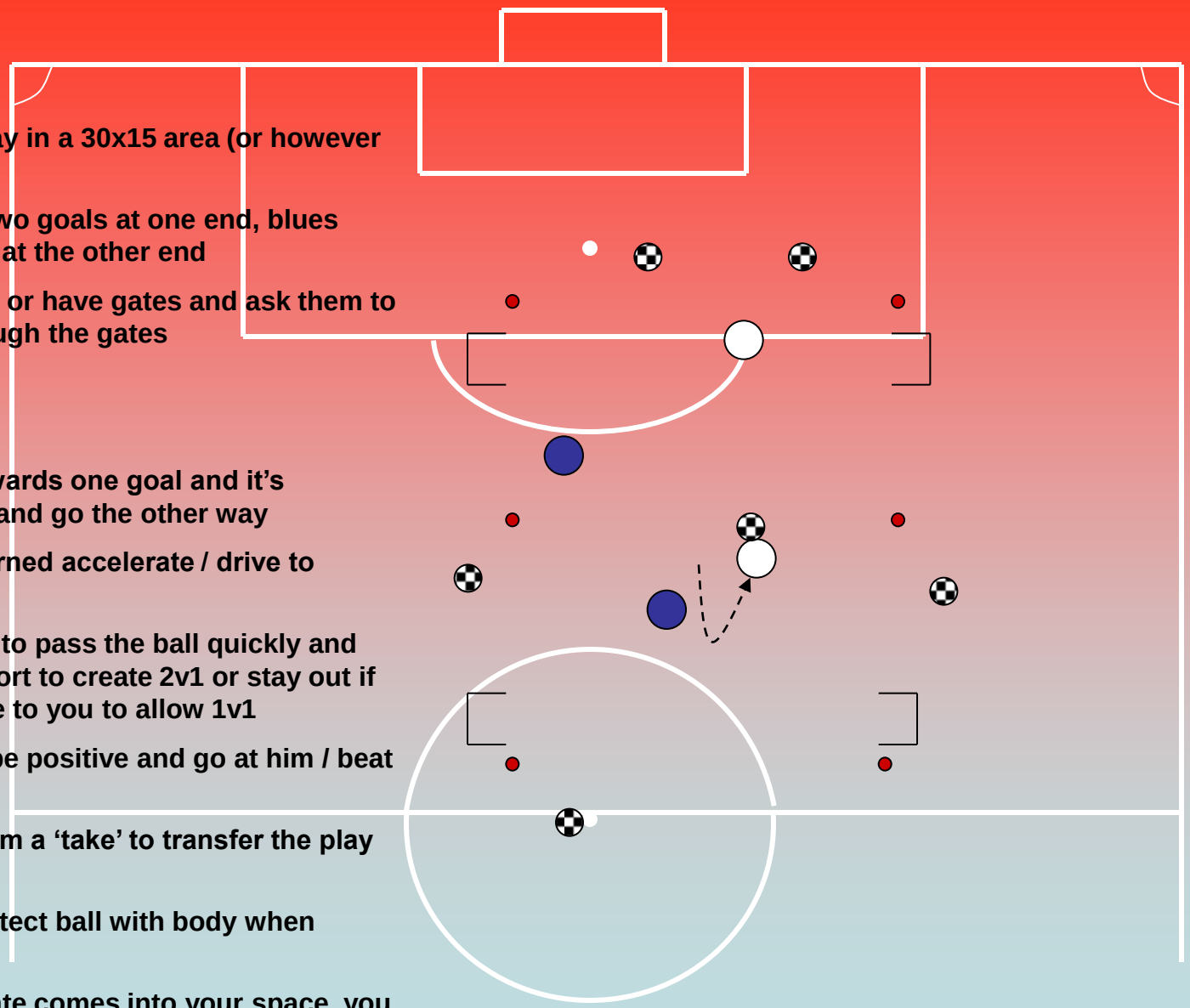
- Use skills and tricks

Turning / switching the play 2v2 game

- 2 teams of 3 play in a 30x15 area (or however many)

- Whites attack two goals at one end, blues attack two goals at the other end

- Can have goals or have gates and ask them to run the ball through the gates



Key Points: -

- If you move towards one goal and it's congested, turn and go the other way

- Once you've turned accelerate / drive to create a 2v1

- Other option is to pass the ball quickly and then either support to create 2v1 or stay out if defender is close to you to allow 1v1

- If 1v1 can you be positive and go at him / beat him

- Can also perform a 'take' to transfer the play quickly

- Ensure you protect ball with body when turning

- If your team-mate comes into your space, you get out and move into his, interchange

Full-Back Overlap Runs / support runs drill

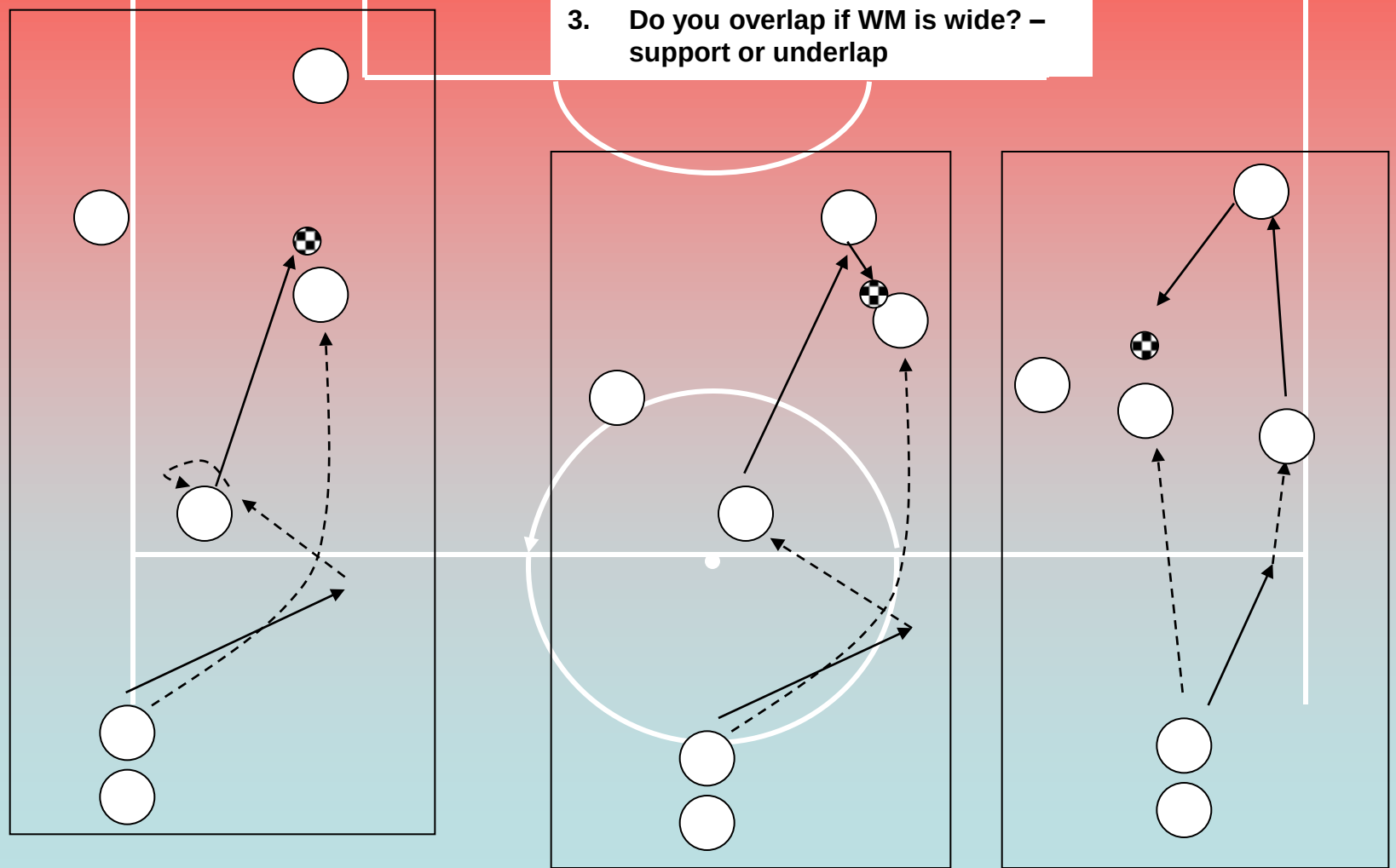
Movement of the ball

Movement of the player

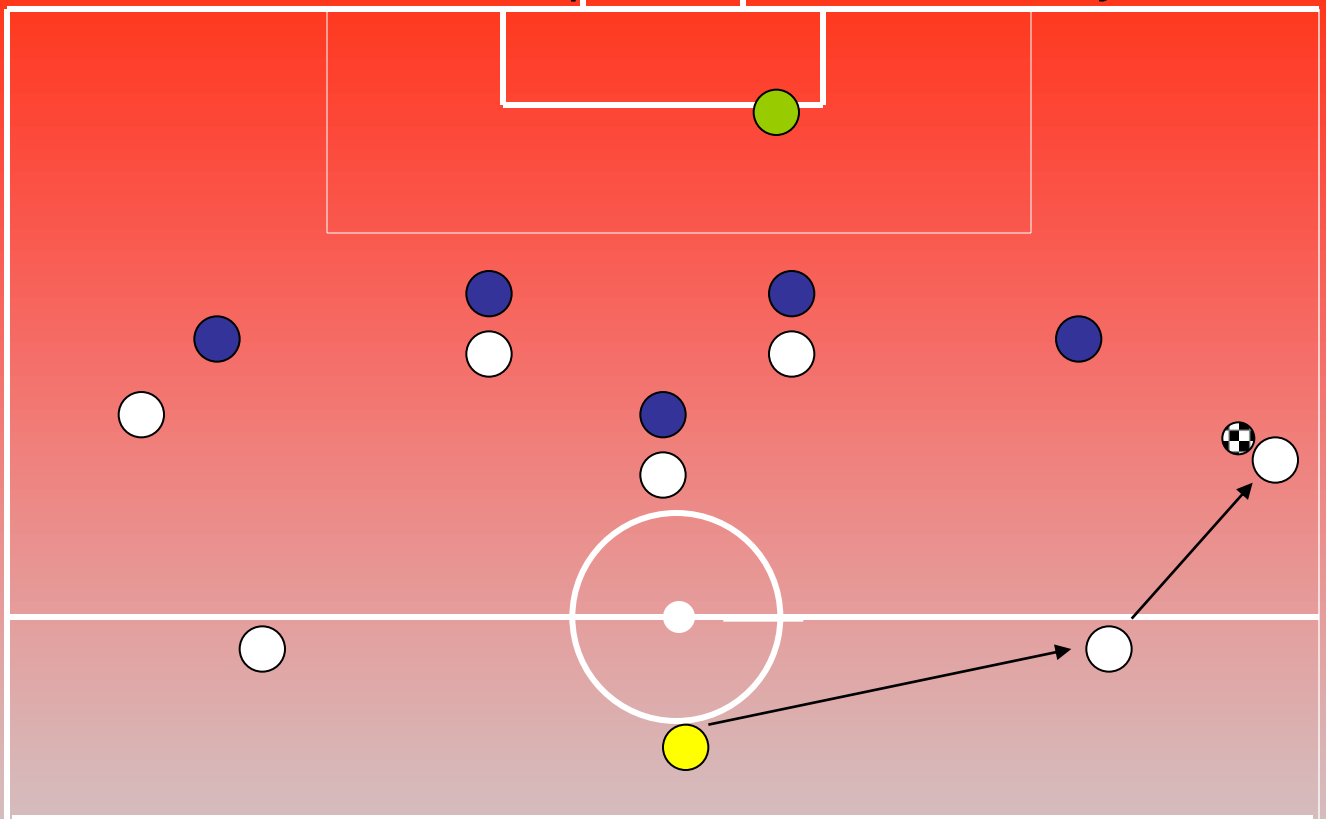
50 X 20 YARD AREA

KEY POINTS

1. **Communicate + get there quick – 'inside'**
2. **Third man run – get the next one**
3. **Do you overlap if WM is wide? – support or underlap**



Full-Back Overlap Runs – Phase of Play 1

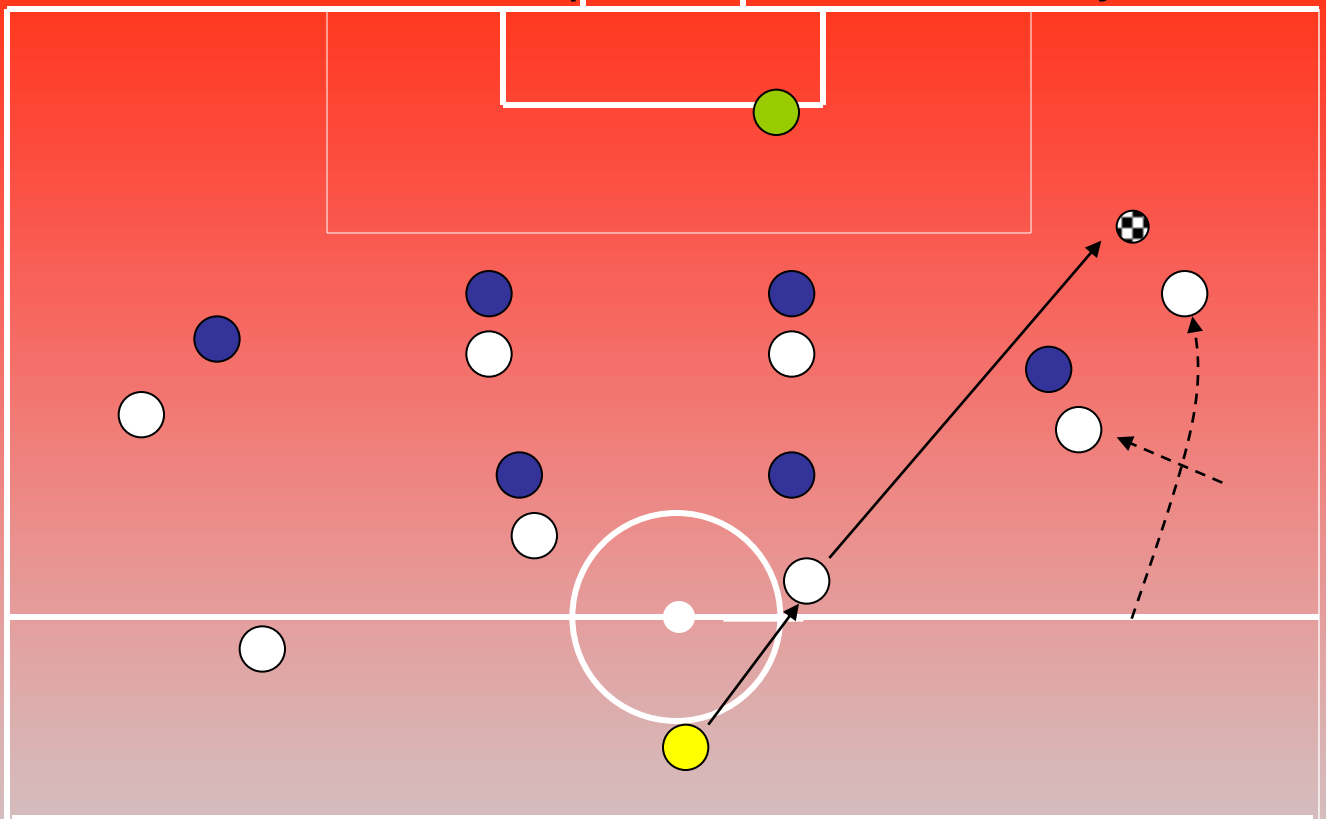


PHASE OF PLAY – Start position = Server plays to FB, FB plays to WM, work alternate sides, if defence win it then hit the server with a long pass

KEY POINTS

4. **Positive straight away – communicate, sprint, opposite FB tuck in**
5. **Ways to get in – CF pull off, CM support and slide, FB may drop off**
6. **Arc run – width, angle and corner flag - timing**

Full-Back Overlap Runs – Phase of Play 2



PHASE OF PLAY – Start position = Server plays to CM, work alternate sides

KEY POINTS

7. **Read play early - when the ball begins to be transferred to your side of the pitch, then start to get forward, if you know it's being transferred away from you, tuck in**
8. **Support from side or go – CM faced up then tell WM 'inside' and overlap, may get diagonal or WM will get on ball**

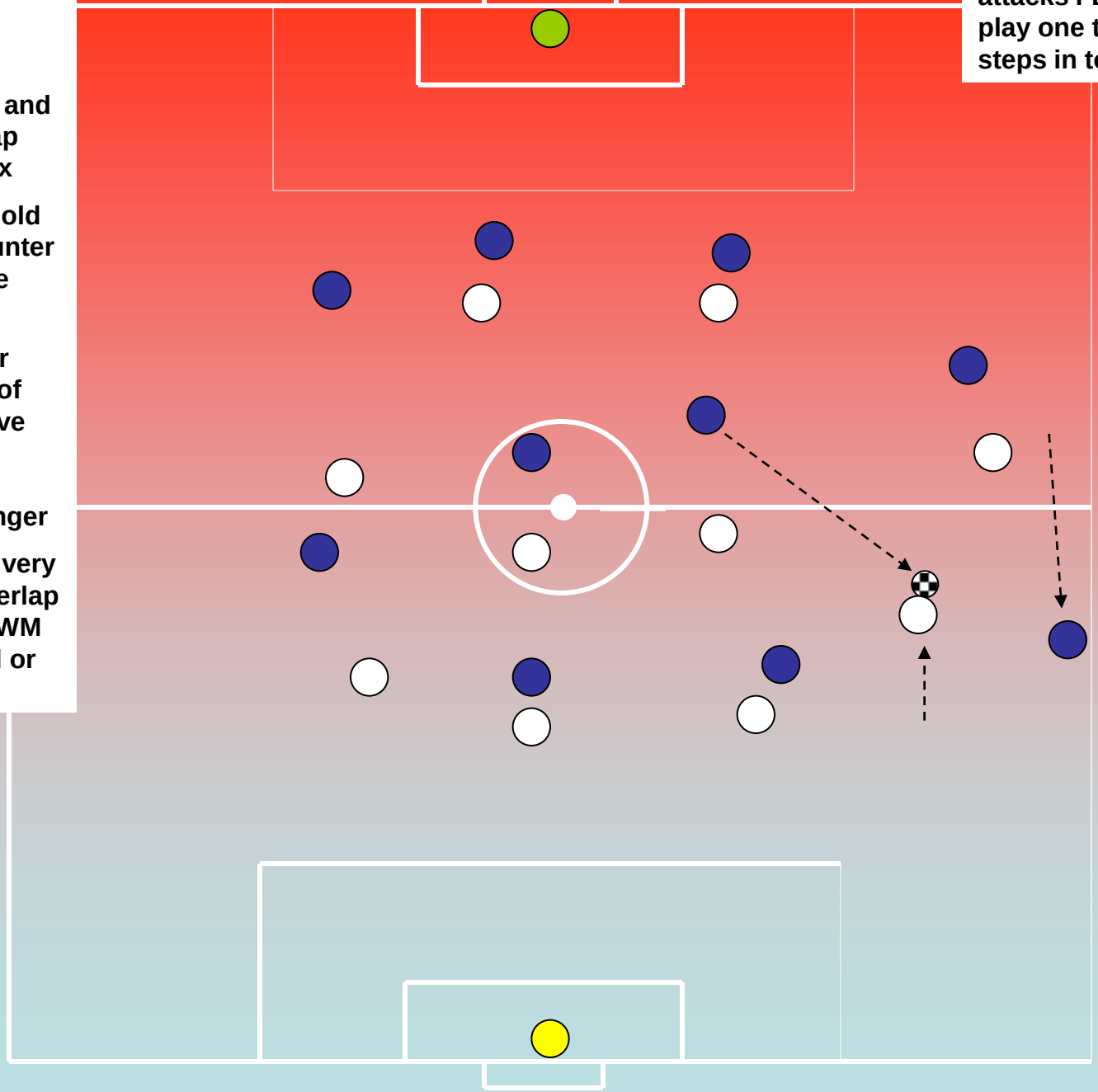
Full-Back Overlap Runs – 11v11

11v11

KEY POINTS

9. **If WM is high and wide, underlap and get in box**
10. **Nearest CM hold – prevent counter and defensive balance**
11. **When on your side and out of back four, have an attacking mentality – become a winger**
12. **If WM comes very deep then overlap and become WM – WM get ball or diagonal**

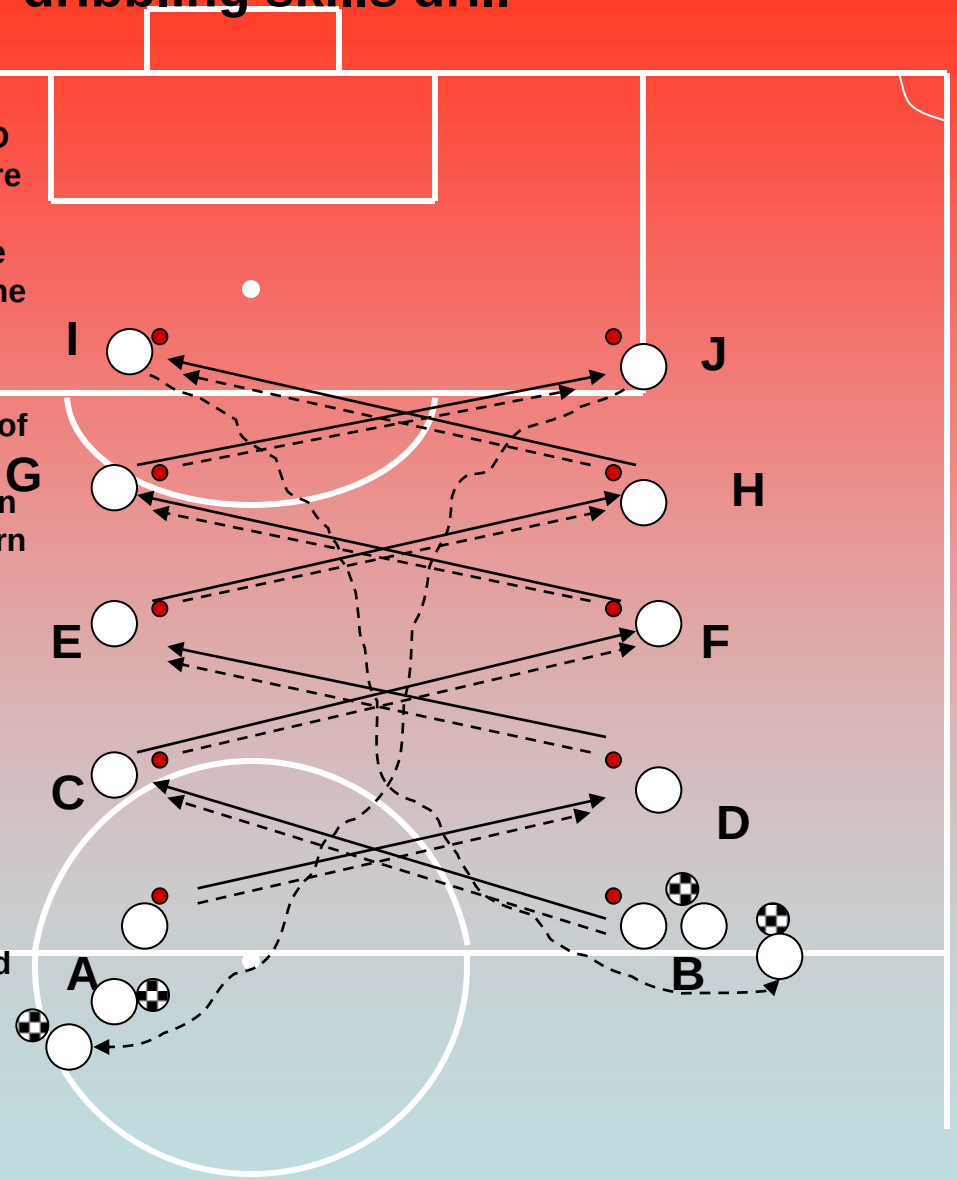
Set-up = Opposition WM attacks FB and goes to play one two with CF, FB steps in to intercept



General technical work: Passing / receiving plus turning and dribbling skills drill

- Players at position A and B start with the balls, they play diagonally to position C and D accordingly and follow their pass, the balls are continually played diagonally down the line until the end players I and J, who then dribble the balls back to the start via the outside or the inside (better for increasing challenge and awareness)

- Can either keep the drill to receive one side of cone and control to the other to play pass, or you can ask players to receive side on to go in the opposite direction before performing a turn and then playing in. You may also add a dribbling move to work ½ a yard at the cone



Key Points: -

- Awareness of what is going on around you
- Accuracy in pass
- Quickness of turns and move if included
- Quick release of pass once ½ yard is created
- Open body to receive…maybe work on protecting with back to cone

General technical work: Passing / receiving plus turning and dribbling skills drill

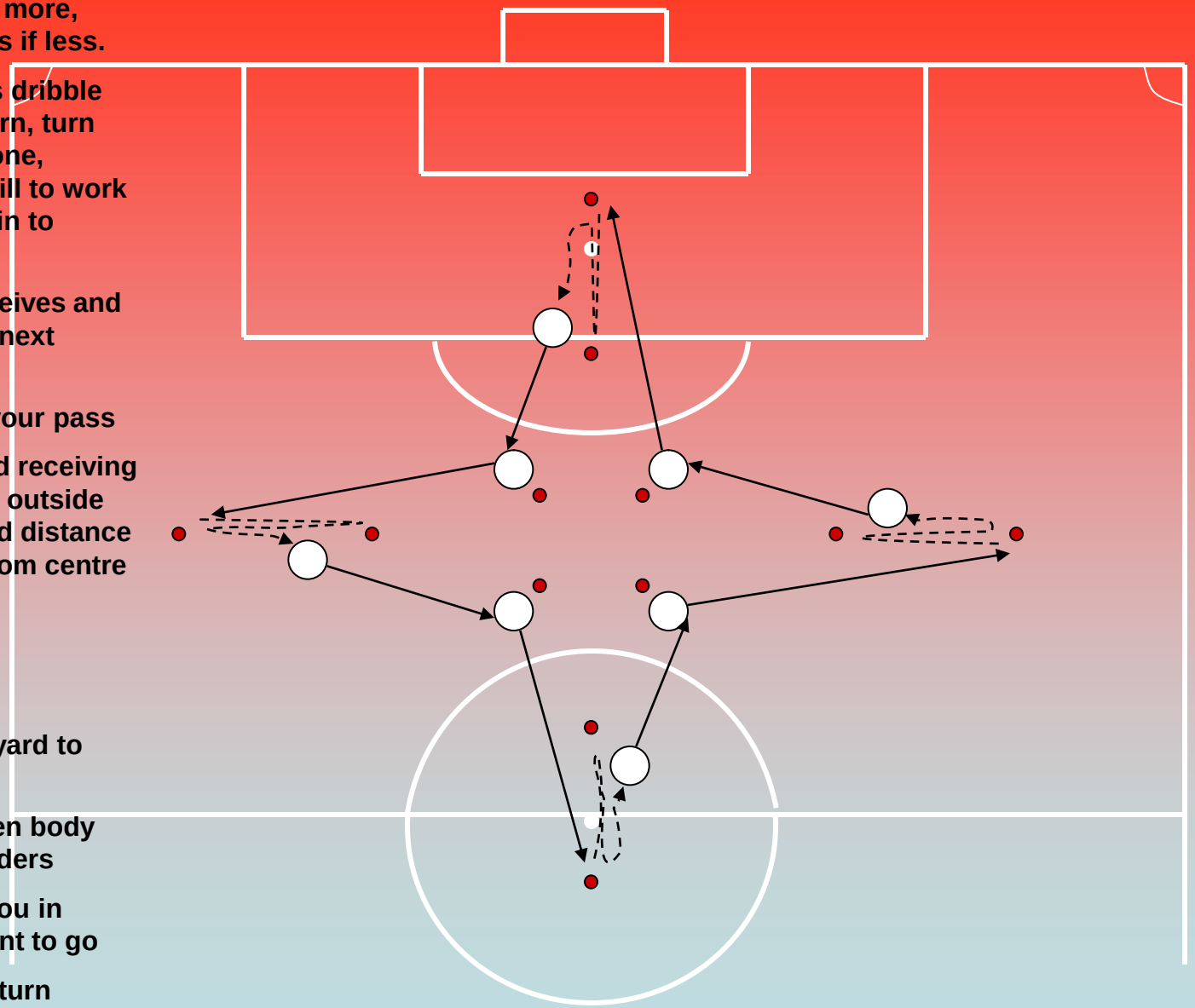
- Outside players have a ball each if 12 or more, maybe three balls if less.

- Outside players dribble towards cone, turn, turn again at initial cone, perform a 1v1 skill to work ½ a yard to play in to middle man

- Middle man receives and plays ball out to next outside player

- Always follow your pass

- For passing and receiving only just remove outside cones and extend distance of inner cones from centre cones



Key Points: -

- Only need a ½ yard to play in

- Middle men open body and check shoulders

- 1st touch take you in direction you want to go

- Head up out of turn

- Zip the pass in

- Communicate

General technical work: Passing / receiving plus turning, dribbling and one-two skills drill

- A and D start with a ball each and both go at the same time

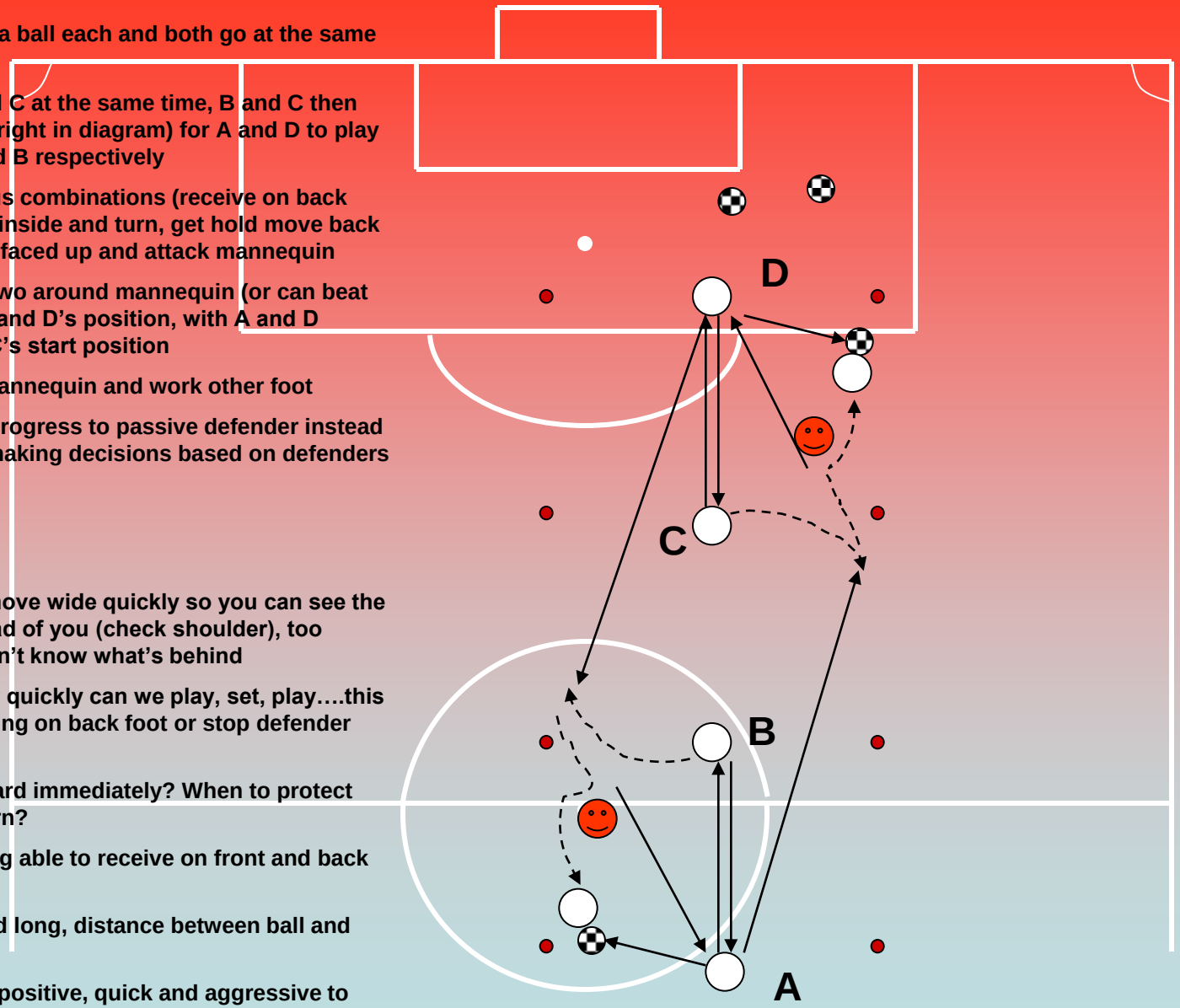
- A and D play B and C at the same time, B and C then set and spin (to the right in diagram) for A and D to play longer pass to C and B respectively

- B and C use various combinations (receive on back foot, get hold move inside and turn, get hold move back and turn, etc) to get faced up and attack mannequin

- B and C play one-two around mannequin (or can beat 1v1) and move to A and D's position, with A and D moving into B and C's start position

- Change sides of mannequin and work other foot

- Could potentially progress to passive defender instead of mannequin and making decisions based on defenders position



Key Points: -

- Once you've set, move wide quickly so you can see the ball and what's ahead of you (check shoulder), too straight and you won't know what's behind

- Zip the ball in, how quickly can we play, set, play….this will also help receiving on back foot or stop defender nicking in front

- When to face forward immediately? When to protect and use a skill to turn?

- Importance of being able to receive on front and back foot with both feet

- Get body in big and long, distance between ball and defender

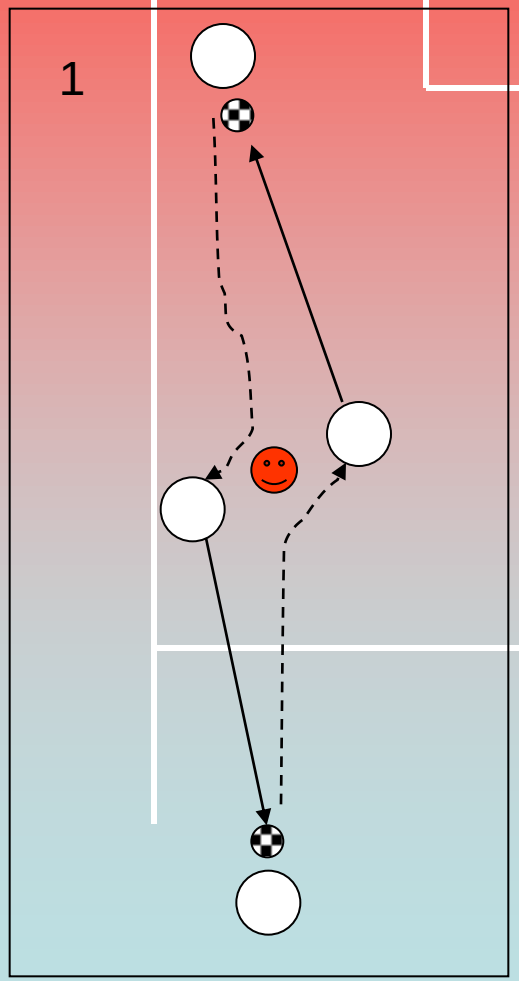
- Once faced up, be positive, quick and aggressive to attack mannequin

- End man be alert for one-two and give a good angle, maybe shorten distance? Opposite movement?

Dribbling warm-up

Movement of the ball

Movement of the player



Players go at same time from either end and perform 1v1 / Maradona moves to beat mannequin. Groups of 4 work best

Can either pass into end or dribble (players on end also with ball for latter)

Different moves can include

- Fake step one way to go the other (outside line of ball)

- Double fake step one way to go the other (outside line of ball)

- Scissors (outside line of ball)

- Double scissors (quick)

- Torres (approach to side)

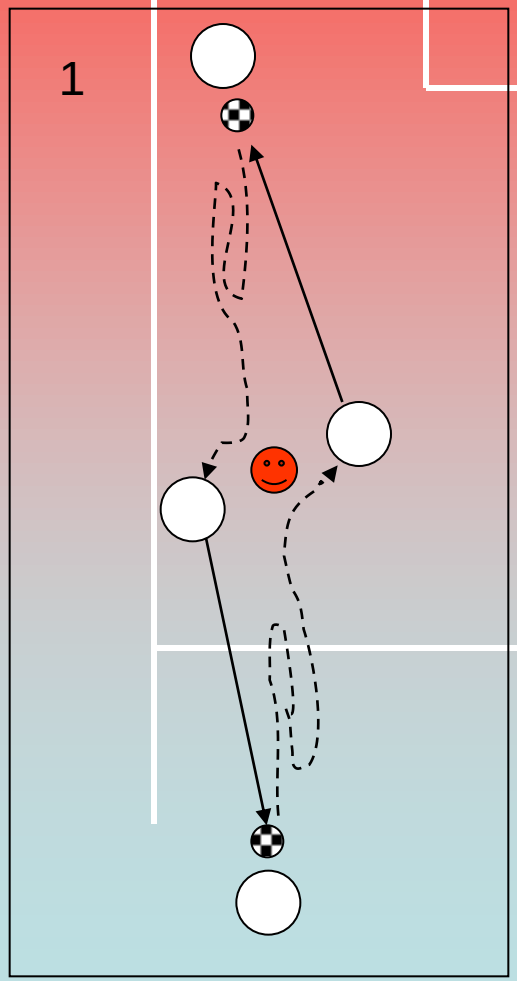
- Okocha (touch with outside of foot after if good)

- Move ball one way with inside to then go outside (weight on front leg)

Turning and Dribbling warm-up

Movement of the ball

Movement of the player



Players go at same time from either end and perform 2 turns, 1 half way to mannequin and 1 close to end cone, before using 1v1 / Maradona moves to beat mannequin. Groups of 4 work best

Can either pass into end or dribble (players on end also with ball for latter)

Different moves can include

- Fake step one way to go the other (outside line of ball)
- Double fake step one way to go the other (outside line of ball)
- Scissors (outside line of ball)
- Double scissors (quick)
- Torres (approach to side)
- Okocha (touch with outside of foot after if good)
- Move ball one way with inside to then go outside (weight on front leg)

Turns can include

-Inside hook

- Inside hook foot on ball
- Outside hook
- Cruyff
- Cruyff (foot on ball)
- Roll over and flick behind
- Drag back
- Roll foot over ball to take in other direction
- Drag and take with outside of foot
- Stop turn (body over ball to protect)

Turning, dribbling and chipping practice

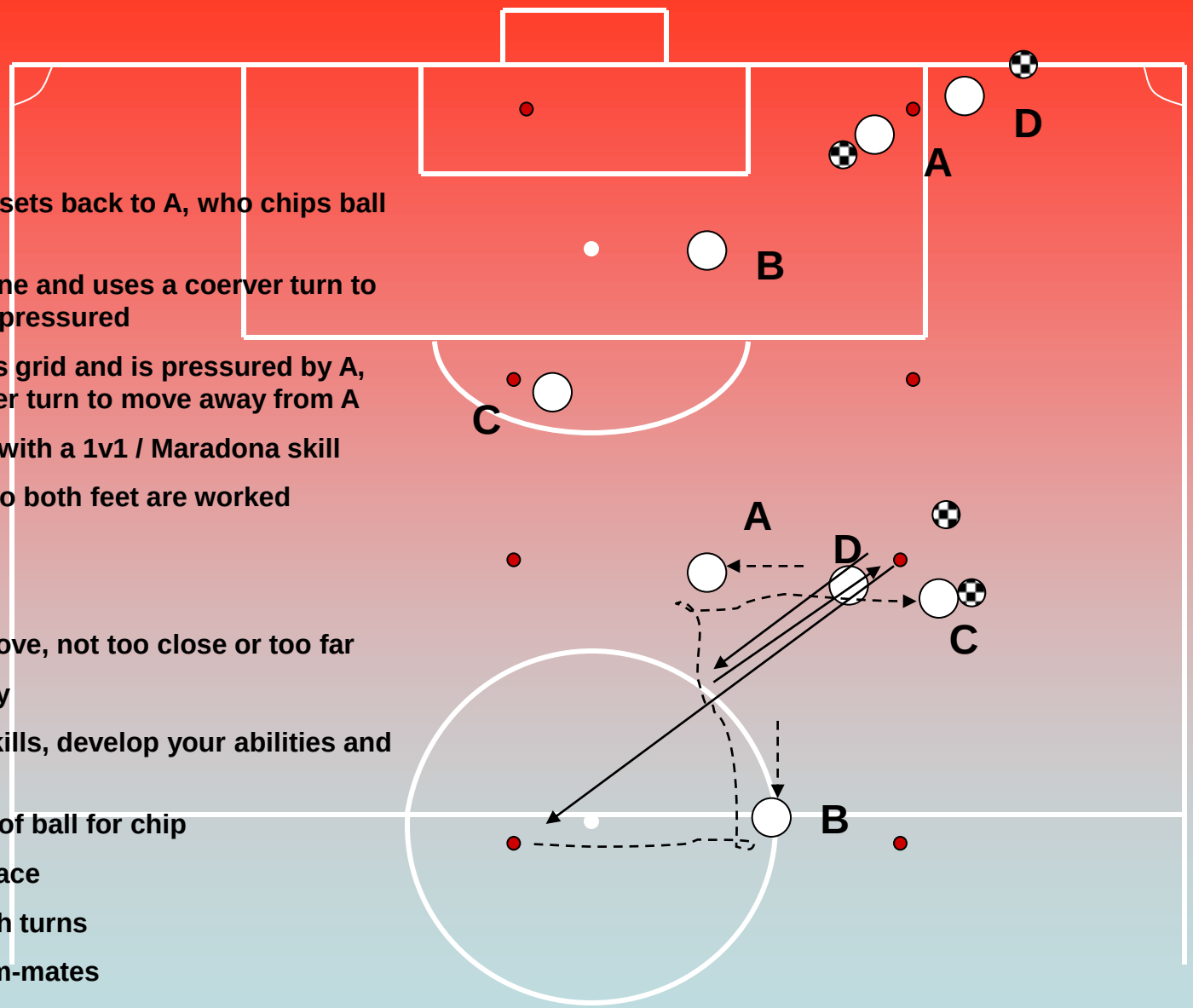
- A plays B, who sets back to A, who chips ball over B to C

- C dribbles up line and uses a coerver turn to beat B, who has pressured

- C moves across grid and is pressured by A, so C uses another turn to move away from A

- C then beats D with a 1v1 / Maradona skill

- Change sides so both feet are worked



Key Points: -

-Timing of the move, not too close or too far

- Accelerate away

- Use different skills, develop your abilities and 'tool box'

- Stab at bottom of ball for chip

- Do it at game pace

- Get body in with turns

- Encourage team-mates

Possession, passing and support 1 touch practice

- 4 outside players keep the ball from inside player

- 1 touch only

- Outside players can't come into grid, inside player can't come out

Key Points: -

-Constant support, keep moving to provide angles for pass

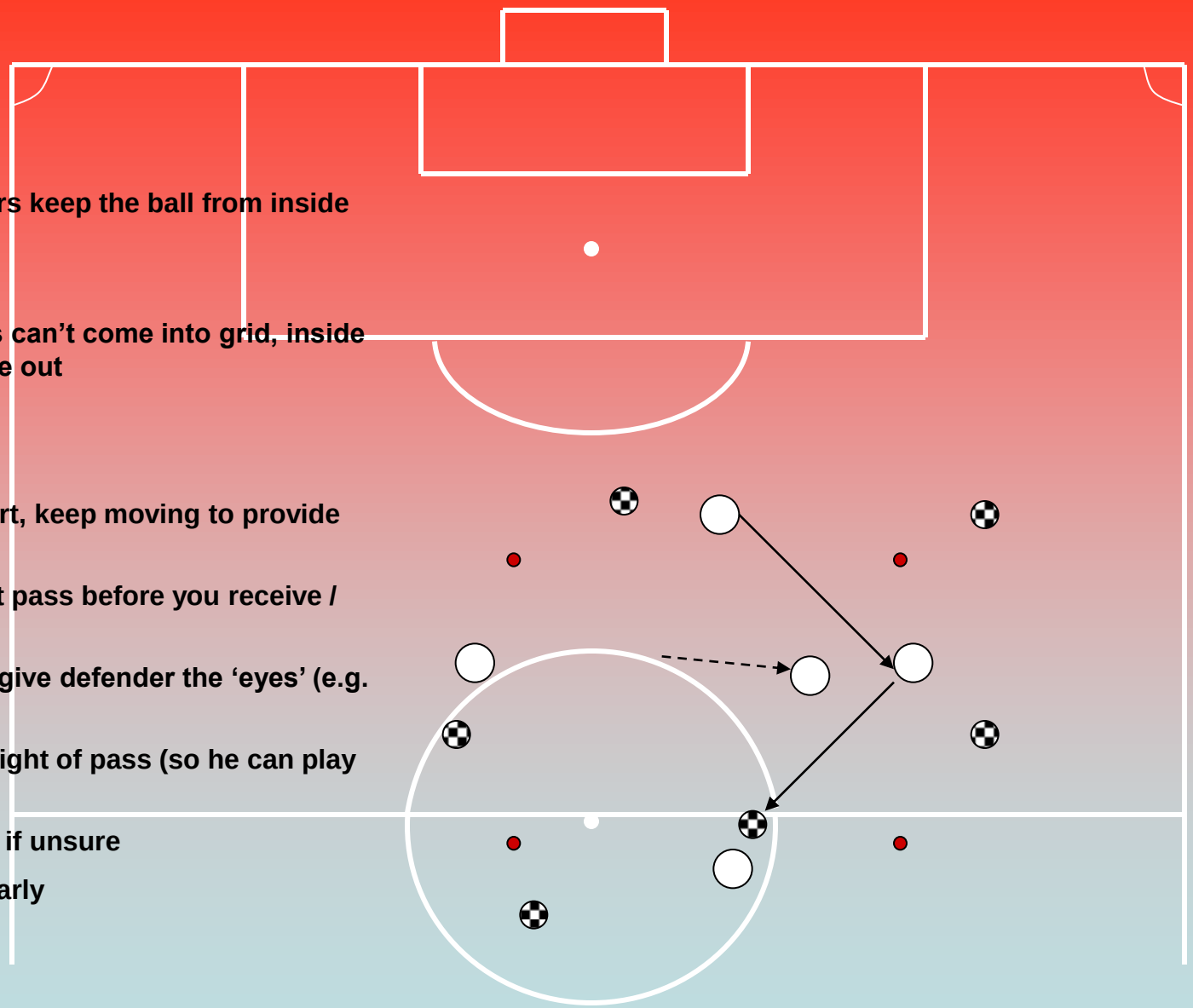
- Know your next pass before you receive / awareness

- Disguise pass, give defender the 'eyes' (e.g. Ronaldinho)

- Think about weight of pass (so he can play the next one)

- Play into space if unsure

- Prepare body early



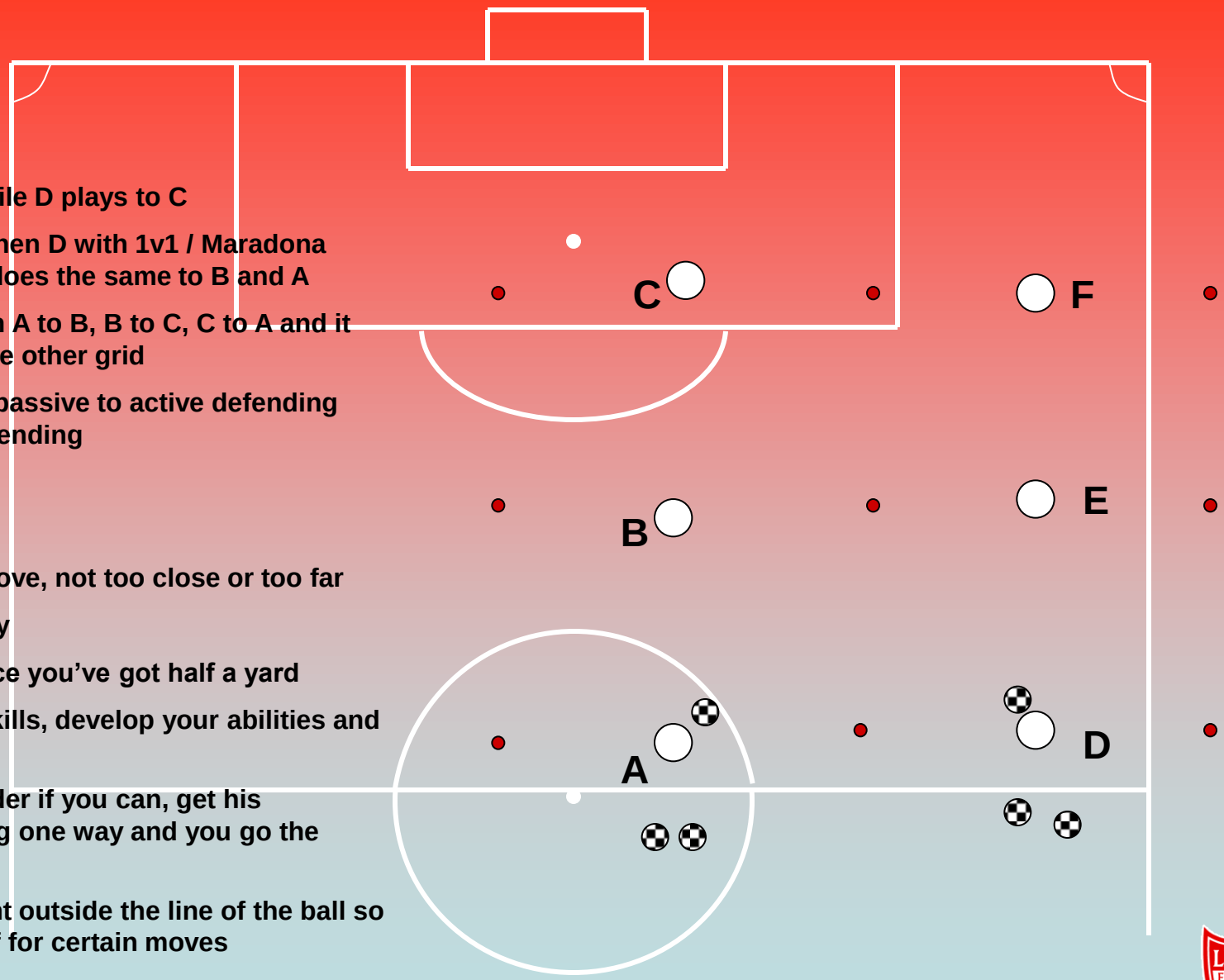
Beating 1v1 forward facing

- A plays to F while D plays to C
- F beats E and then D with 1v1 / Maradona moves, while C does the same to B and A
- Rotation is then A to B, B to C, C to A and it mirrors this in the other grid
- Progress from passive to active defending line to active defending

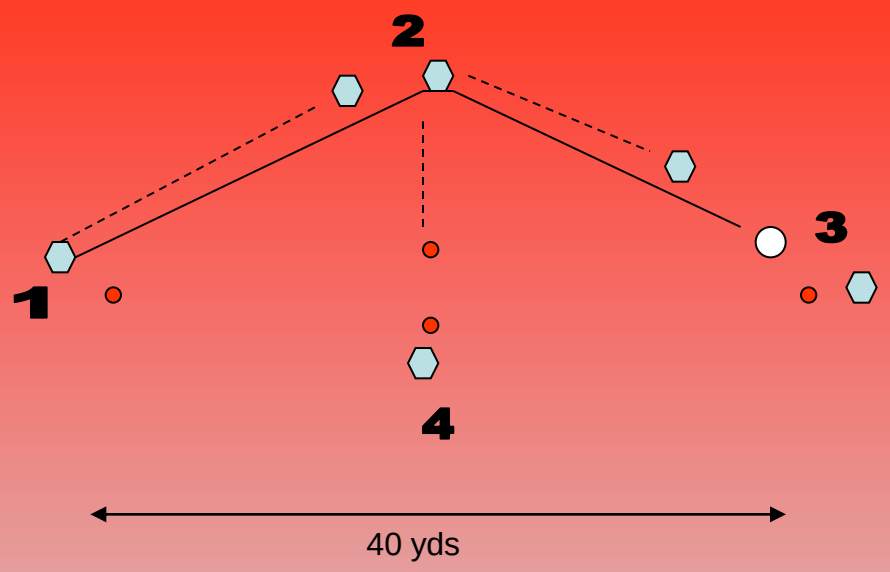
Key Points: -

-Timing of the move, not too close or too far

- Accelerate away
- Get body in once you've got half a yard
- Use different skills, develop your abilities and 'tool box'
- Shift the defender if you can, get his momentum going one way and you go the other
- Get body weight outside the line of the ball so you can drive off for certain moves



General technical work - Transferring play / playing forward



Progressions

2. Receiver sets back to passer, who passes in to the end

Coaching Points

-Get nice and wide to create passing lane
- Set is not a pass, musta llow him to play first time
- Body shape side on, in case you need to open out or protect
- Once you've set, go straight away as forward player needs quick support

3. Receiver takes first touch inside, to play off front foot

Coaching Points

-Ball needs to travel slightly forward and inside defender, about 3-5 yards inside to take him out the game
- Play off outside of foot to develop that pass

Drill 1: Transferring play / playing forward

-1 plays to 2, who opens out and plays to 3. 3 then plays to 4, who opens out and plays back to position number 1.

- 5 to a group, everyone follows their pass.

- Add on a turn or two turns at either end for turning work as well

- Always change direction and work other foot

Coaching Points

-Receive on the back foot….pass needs to be played to back foot of the receiver.

- Open out your body to receive and 1st touch out of feet.

- Make an angle to receive the ball, opposite movement.

- Check your shoulder

- Transfer the ball quickly

4. Slow pass in and a 'sweep' pass is used to add pace

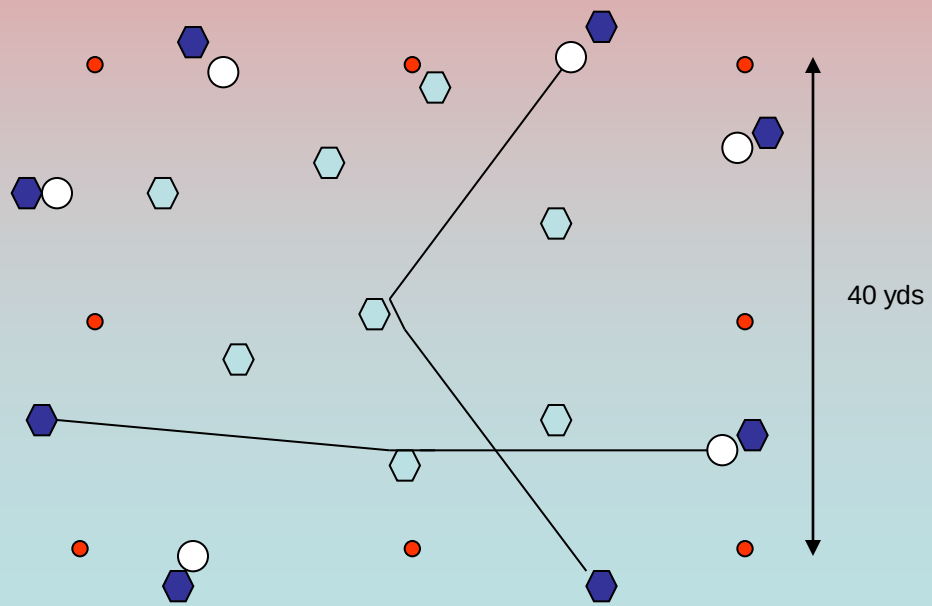
Coaching Points

-If ball is travelling slow and we need to transfer it quickly what do we do?.....add pace with laces

- Get around the ball so you can strike it effectively, move out and then round ball

- Zip the ball with pace, we want to transfer quickly so defender doesn't recover

Transferring play / playing forward



Drill 2: Transferring play / playing forward

-Players on outside with balls, players on inside without.

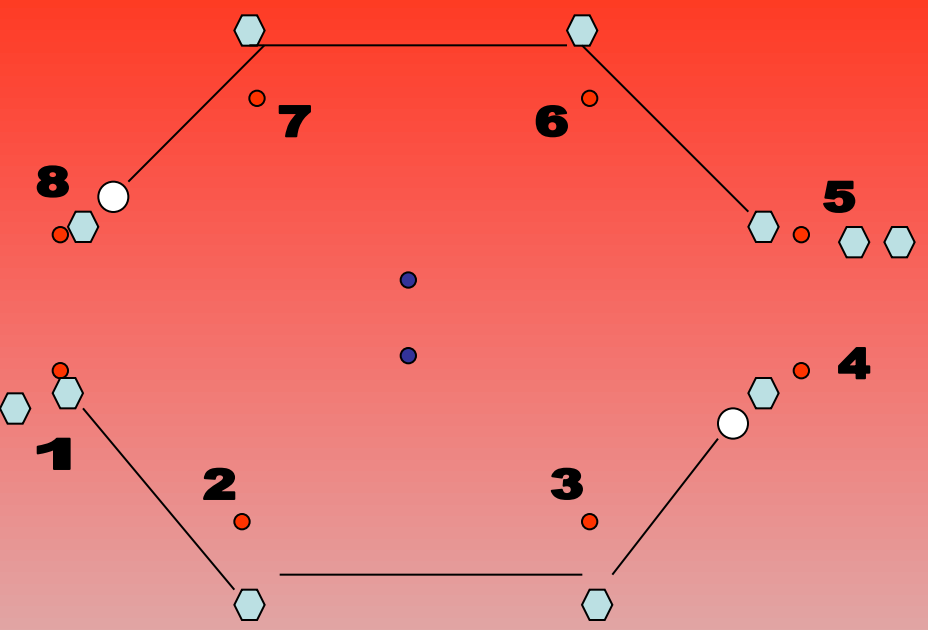
- Players on inside move to receive a pass from an outside player, they then transfer the ball to an outside player on the opposite side of the grid.

Coaching Points

-Guided discovery, let the players do it and use questions to facilitate / empower

- What worked best for you? How can you be better? Tell me about the practice, can you adapt the practice to help your learning?, what do you need to do to transfer the play quickly?

Transferring play in a back four / midfield



Drill 3: Transferring play in a back / midfield four

-Ball is transferred from position 1 to 8 in sequence, before being returned to position 1. Another ball is also started at position 5. Add another ball to add intensity to the practice.

- Everyone follows their pass

Coaching Points

- Receive on the back foot….pass needs to be played to back foot of the receiver.

- Open out your body to receive and 1st touch out of feet. Make an angle to receive the ball, opposite movement.

- Check your shoulder

- Transfer the ball quickly

- Wide player threaten forward to then check and get it to feet

- Centre-backs drop off to receive the ball

- When midfielder is added, use opposite movement to receive

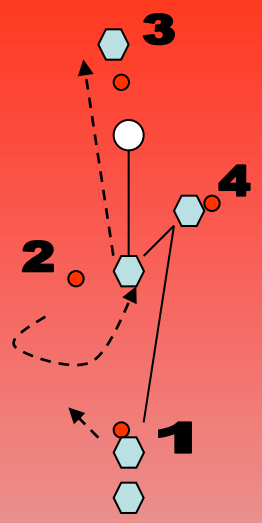
- Midfielder open body in case you can play forward

- Option for centre-back to ‘step in’ and play to CM off outside of foot as pressure us coming from inside (e.g. opposing CF has cut off area between 2 and 3)

Progressions

- Add in a central midfield player (middle cones), the first centre-back to get the ball plays it to the midfielder, who then plays to the second centre-back

Attacking combinations – Melwood Drill



Attacking combinations – play, set, play

- Ball is played from a player at position 1 to the player at position 4, where it is ‘set’ back for the player at position 2 to play the ball out to position 3. This is then reversed, with the palyer at position 3 playing to position 2, who ‘sets’ back to the player at position 4, who then plays out to position 1.

- Golden rule is – if you play in you go in to the nearest cone, if you play out you go out.

Coaching Points

- Opposite movement to receive from both middle men, one long to short, other wide to arc run inside

- Player to receive set should bend run to give better angle for striking ball to end

- Receiver should be side on so he can set, protect, or open out

- ‘Set’ the ball back and take the pace off it…it’s not a pass

- Once you’ve ‘set’, give quick support to end man

- Progress to once you have set, bend run across the line of the next pass and look over shoulder for ball….then golden rule is to recover quickly to get the next one

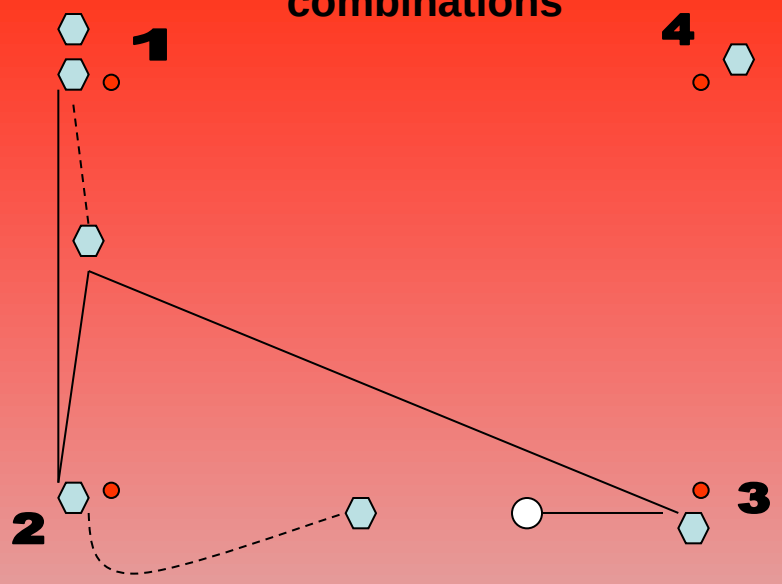
- Quick play

- Communication

Progressions

-Play across to another group located parallel to this group

Passing, setting and support / Attacking combinations



Attacking combinations – play, set, play

- Ball is started at position 1 and played to position 2, who ‘sets’ for player from position 1 to play across to position 3. The player from position 2 makes a run after his ‘set’ to receive a ‘set’ from the player at position 3. He then plays across to position 4 and the process is continued.

- Everyone follows their first pass.

Coaching Points

- Opposite movement to receive

- Quality of pass

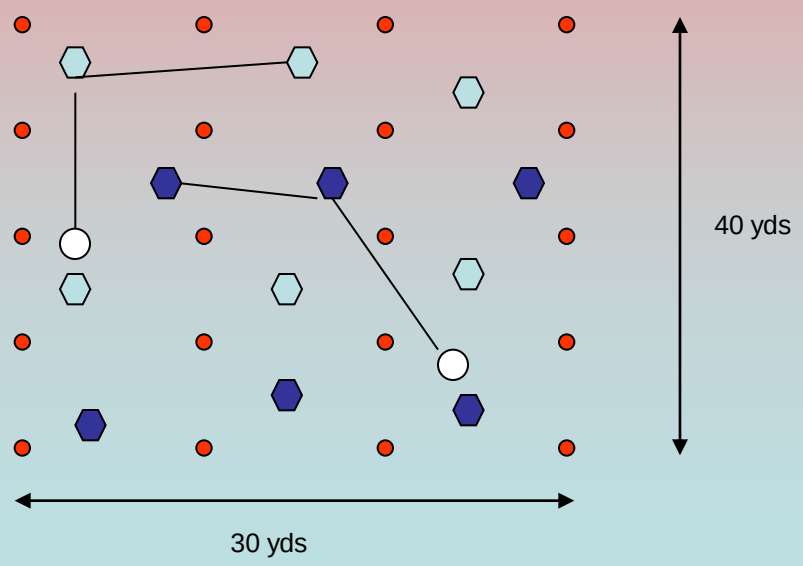
- Move and slide in behind defender once you’ve ‘set’

- Take pace off the ‘set’, it’s not a pass

- Zip the ball in with pace…..play quickly

Playing through the lines

Playing through the lines



Playing through the lines

-Light blues play against dark blues. Object is to eventually become adept at playing the ball ‘through the lines’. For example, dark blues in the diagram have played ‘through the line’ of the three light blue players.

Progressions

- Pass and move in 3’s, 2 touch

- 1 ball per team, everyone touch the ball and then transfer it through to your team-mates. No interceptions or scoring

- 1 ball per team, no interceptions, score through a 1st time pass

- 1 ball per team, interceptions allowed, scoring applies

- 2 balls per team, no interceptions, scoring applies

Coaching Points

-Play through or down the side of the defensive line

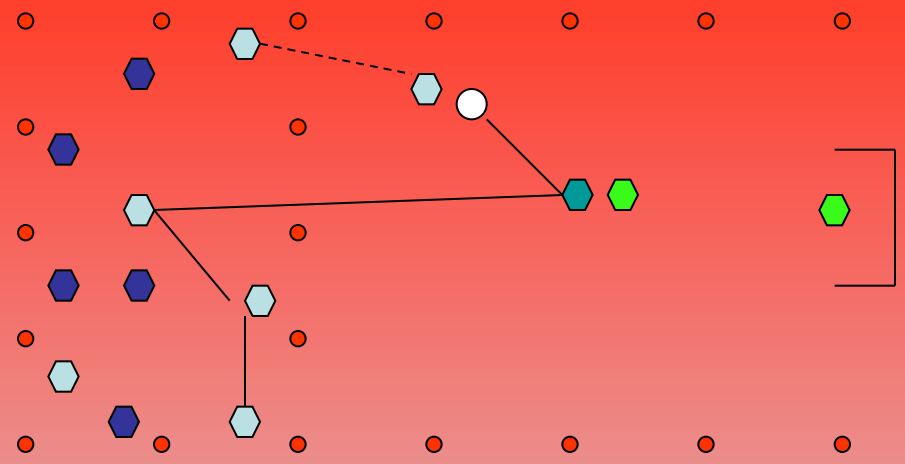
- Be aware of possible pass and prepare your body

- Anticipate receiving, create angles and communicate

- The ‘set’ needs to help him make the pass

- Zip the pass in and disguise it

Support play / creating numbers up with focus on 2v1



Midfield support play

- Play two small-sided teams (around 4v4 to 6v6) in a 40 x 20 to 40 x 30 area, add floaters if you would like to. One attacker and one defender are in the area outside the smaller grid

- The teams must make 2-10 passes (adapt to suit), before playing the ball in to the forward. Once the ball goes in one player from the same team is allowed into the grid to support.

Coaching Points

- Stretch the play to create space and keep possession

- Can we play through or down the sides of the line of defence

- Open out body to play forward

- Support player get there quickly

- Support behind or ahead of the ball

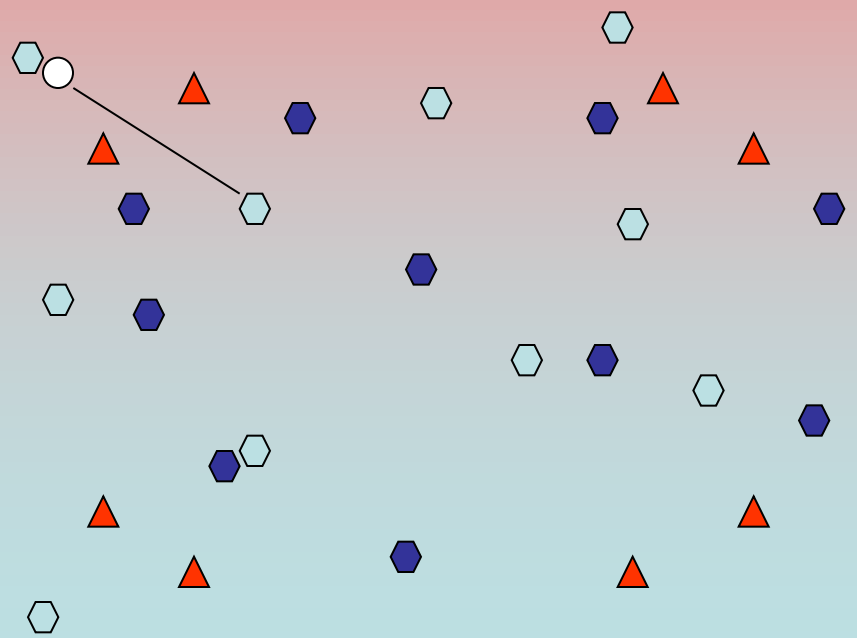
- Forward stretch the play, don’t cut the space off

- Once forward has ‘set’ the ball, move again

- Finish the move quickly

Switching the Play Game

Switching the play



Switching the play

- Play two teams in a suitable area

- Score by passing through one of the four mini-goals

- Can also change to score by dribbling, score in all four goals to win, each time the opposition score they select one player to sit out

Guided Discovery Coaching Points

-Guided discovery, let the players do it and use questions to facilitate / empower

-What worked best for you? How can you be better? Tell me about the practice, can you adapt the practice to help your learning?, what do you need to do to switch the play quickly?

Command / Q and A Coaching Points

-If congested come out the other side through turning and passing or turning and driving yourself

-Spread out so you create space for yourself or the link man

- Options are to play long if we can or through the link player

- Link player provide good angle so you can see ball and play…check shoulder

- As ball is transferred players should start to read switch

Playing with a man sent off / 10v11

11 v 10 Cup Final!

Give the players the following situation and lets work out the answers as we go along: -

Team 1: You are 2-0 down with 30 mins to go of the cup final. The opposition have just had a man sent off. Your objective is to send the game into extra time at least.

Team 2: You are 2-0 up with 30 mins to go of the cup final, but have just had a man sent off. Your objective is to win the game.

See how the game develops and perhaps add other twists (e.g. another player is sent off). Stop the game to discuss.

11 v 10 Cup Final!

- Give the two teams the instructions to the left

- Let them work out how they're going to play and then let them play!

- Stop the game for discussions

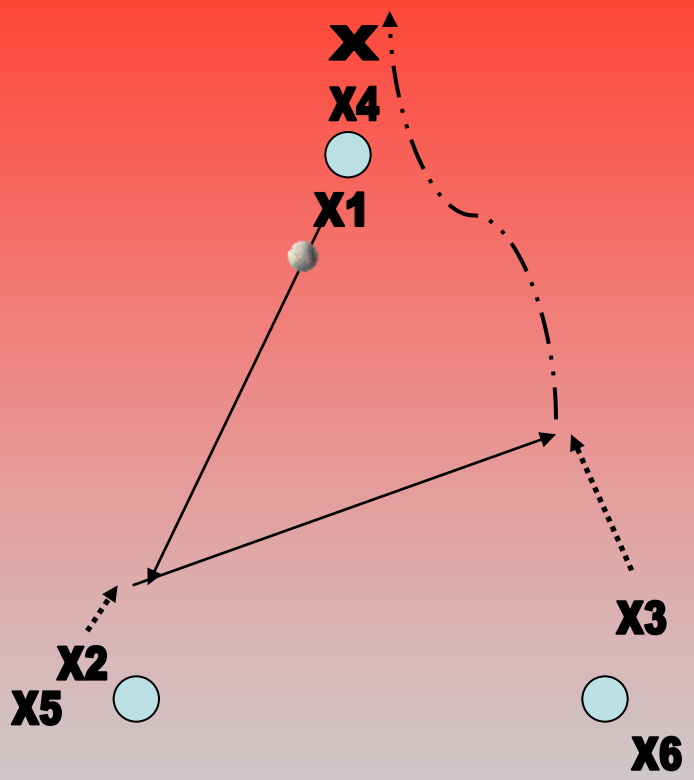
Coaching Points

-Guided discovery, let the players do it and use questions to facilitate / empower

- What worked best for you?, How can you be better?, Tell me about the game, what do you need to do to win the game?, what formation do you want to play and why?, how will you play when you have the ball?, how will you play when defending?, is it working?

Liverpool FC
Under 12’s Coaching sessions

IMPROVING RECEIVING SKILLS, QUICK PASSING, COMMUNICATION AND MOVEMENT OFF THE BALL



PRACTICE 1:

- X2 CHECKS OFF X5 AND RECEIVES PASS OFF X1.
- X1 FOLLOWS HIS PASS
- X2 PLAYS FIRST TIME TO X3
- MOVE ROUND IN A CLOCKWISE DIRECTION AFTER YOU HAVE PLAYED THE BALL.

COACHING POINTS:

- GOOD COMMUNICATION
- X2 PUSHES OFF THE DEFENDER X5 + PLAYS FIRST TIME BALL
- X3 TIMES RUN AND DRIBBLES WITH ACCELERATION
- PLAYERS MUST BE ON THEIR TOES, GET IN LINE WITH THE BALL AND REACT TO THE PASS.

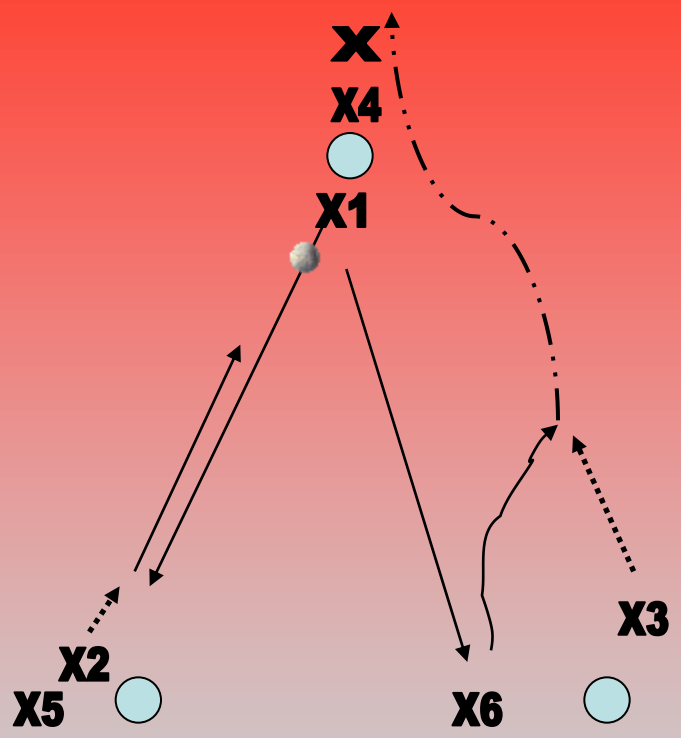
DATE……

VERY IMPORTANT COACHING POINTS WHEN PERFORMING THESE PRACTICES:

1) AWARENESS AND CONCENTRATION OF PLAYERS
2) TAKING THE DEFENDERS AWAY AND CREATING AN EXTRA METRE OF SPACE
3)TIMING OF THE RUNS
4)COMMUNICATION IS ESSENTIAL-ENSURE THAT YOU ARE DIRECT AND CLEAR-USE CORRECT TERMINOLOGY FOR EXAMPLE- “FEET, YES, NOW!”

DATE……

PRACTICE 2:



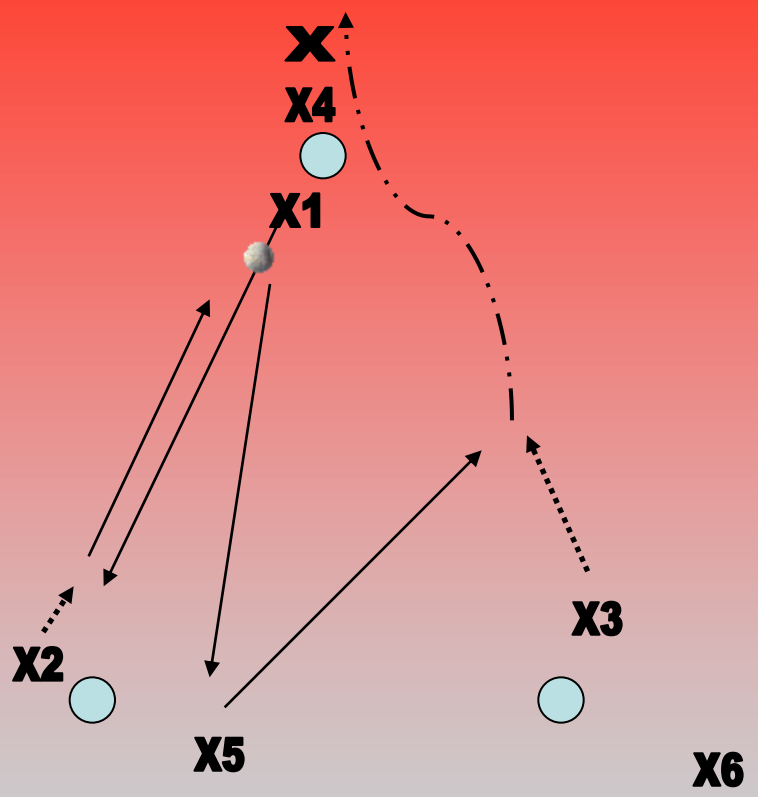
- X2 CHECKS OFF X5 AND RECEIVES PASS OFF X1.
- X1 PLAYS INTO X3
- X2 PLAYS FIRST TIME TO X3
- MOVE ROUND IN A CLOCKWISE DIRECTION AFTER YOU HAVE PLAYED THE BALL.

COACHING POINTS:

- GOOD COMMUNICATION
- X2 PLAYS FIRST TIME BALL
- X3 TIMES RUN AND DRIBBLES WITH ACCELERATION
- PLAYERS MUST BE ON THEIR TOES, GET IN LINE WITH THE BALL AND REACT TO THE PASS.

DATE……

PRACTICE 3:



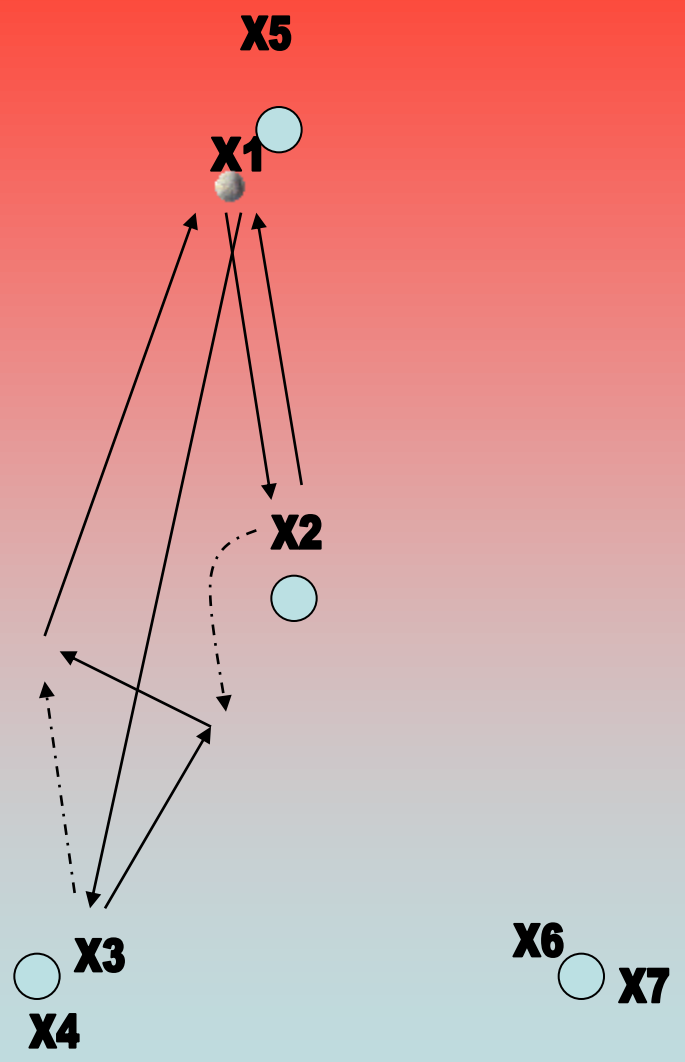
- X2 CHECKS OFF X5 AND RECEIVES PASS OFF X1.
- X1 FOLLOWS HIS PASS
- X2 PLAYS FIRST TIME TO X3
- MOVE ROUND IN A CLOCKWISE DIRECTION AFTER YOU HAVE PLAYED THE BALL.

COACHING POINTS:

- GOOD COMMUNICATION
- X2 PLAYS FIRST TIME BALL
- X3 TIMES RUN AND DRIBBLES WITH ACCELERATION
- PLAYERS MUST BE ON THEIR TOES, GET IN LINE WITH THE BALL AND REACT TO THE PASS.

DATE……

PROGRESSION-PRACTICE 4



- X2 CHECKS OFF
- AND RECEIVES

PASS OFF X1.

- X1 FOLLOWS HIS PASS
- X2 PLAYS FIRST TIME TO X1
- MOVE ROUND IN A CLOCKWISE DIRECTION

AFTER YOU HAVE PLAYED THE BALL.

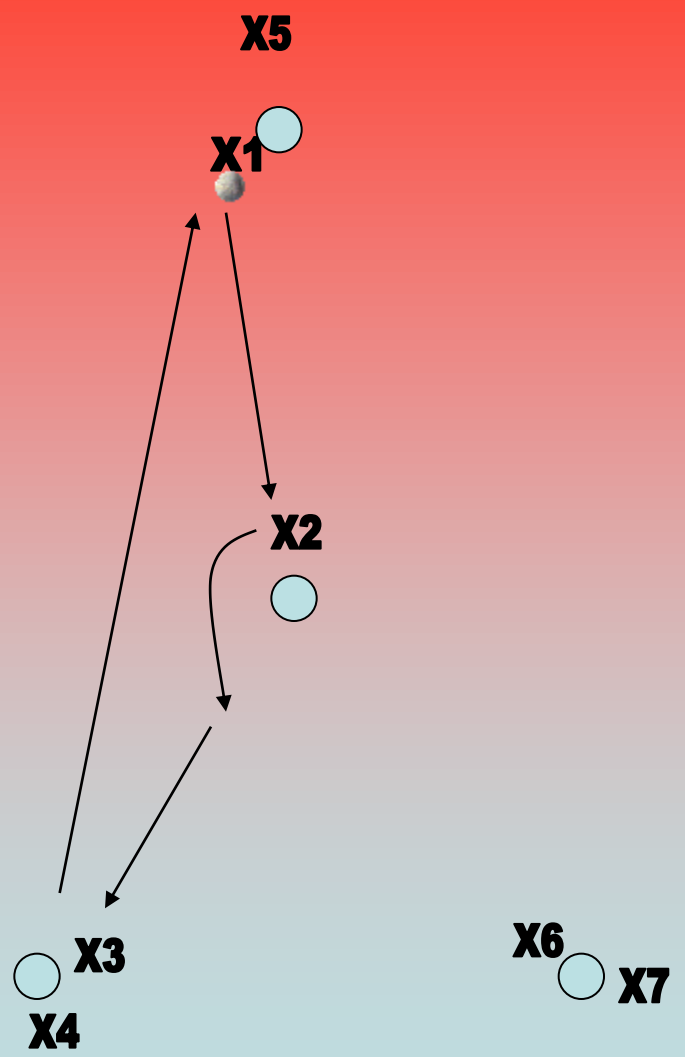
COACHING POINTS:

- GOOD COMMUNICATION
- X2 PLAYS FIRST TIME BALL AND THEN TIMES RUN
- X3 PLAYS SHARP 1-2 AND PLAYS TO X1
- PLAYERS MUST BE ON THEIR TOES, GET IN LINE WITH THE BALL

AND REACT TO THE PASS.

DATE……

PROGRESSION-PRACTICE 5



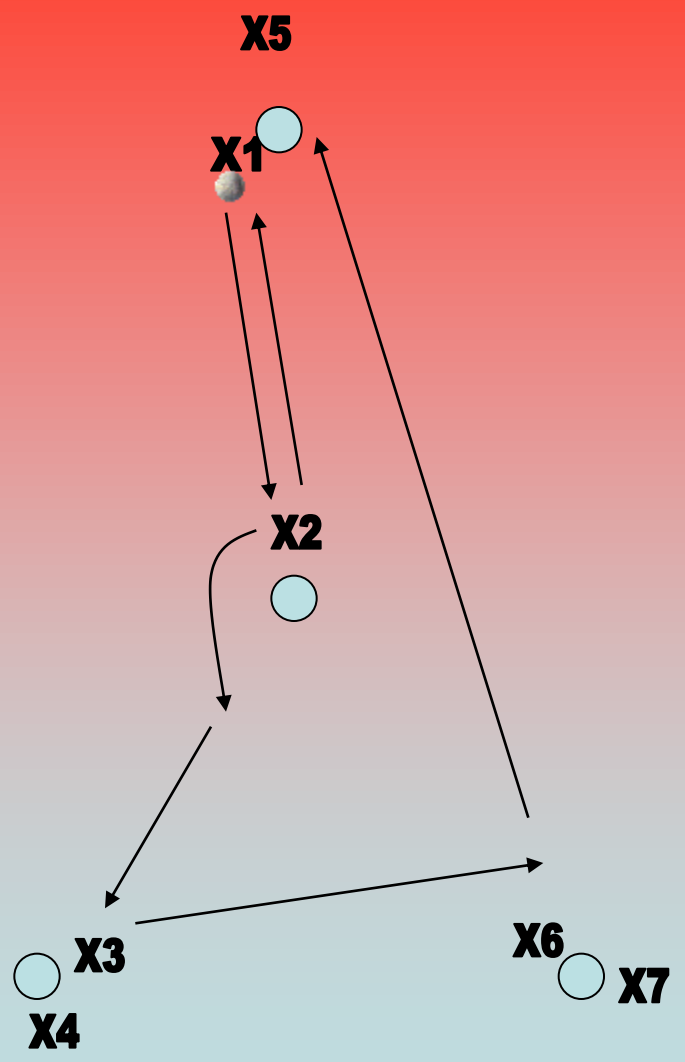
- X2 CHECKS OFF
- AND RECEIVES PASS OFF X1.
- X1 FOLLOWS HIS PASS
- X2 RECEIVES THE BALL ON INSIDE/OUTSIDE OF THE BOOT AND PLAYS INTO X3 WHO PLAYS INTO X5
- MOVE ROUND IN A CLOCKWISE DIRECTION AFTER YOU HAVE PLAYED THE BALL.

COACHING POINTS:

- GOOD COMMUNICATION
- PLAYERS MUST BE ON THEIR TOES, GET IN LINE WITH THE BALL AND REACT TO THE PASS.

DATE……

PROGRESSION-PRACTICE 6



- X2 CHECKS OFF
- AND RECEIVES

PASS OFF X1.

- X1 FOLLOWS HIS PASS
- X2 PLAYS RECEIVES ON INSIDE/ OUTSIDE AND PLAYS TO X3/X6
- X3 PLAYS FIRST TIME BALL IN TO X6 WHO PLAYS TO X5
- MOVE ROUND IN A CLOCKWISE DIRECTION

AFTER YOU HAVE PLAYED THE BALL.

COACHING POINTS:

- GOOD COMMUNICATION
- PLAYERS MUST BE ON THEIR TOES, GET IN LINE WITH THE BALL

AND REACT TO THE PASS.

DATE……

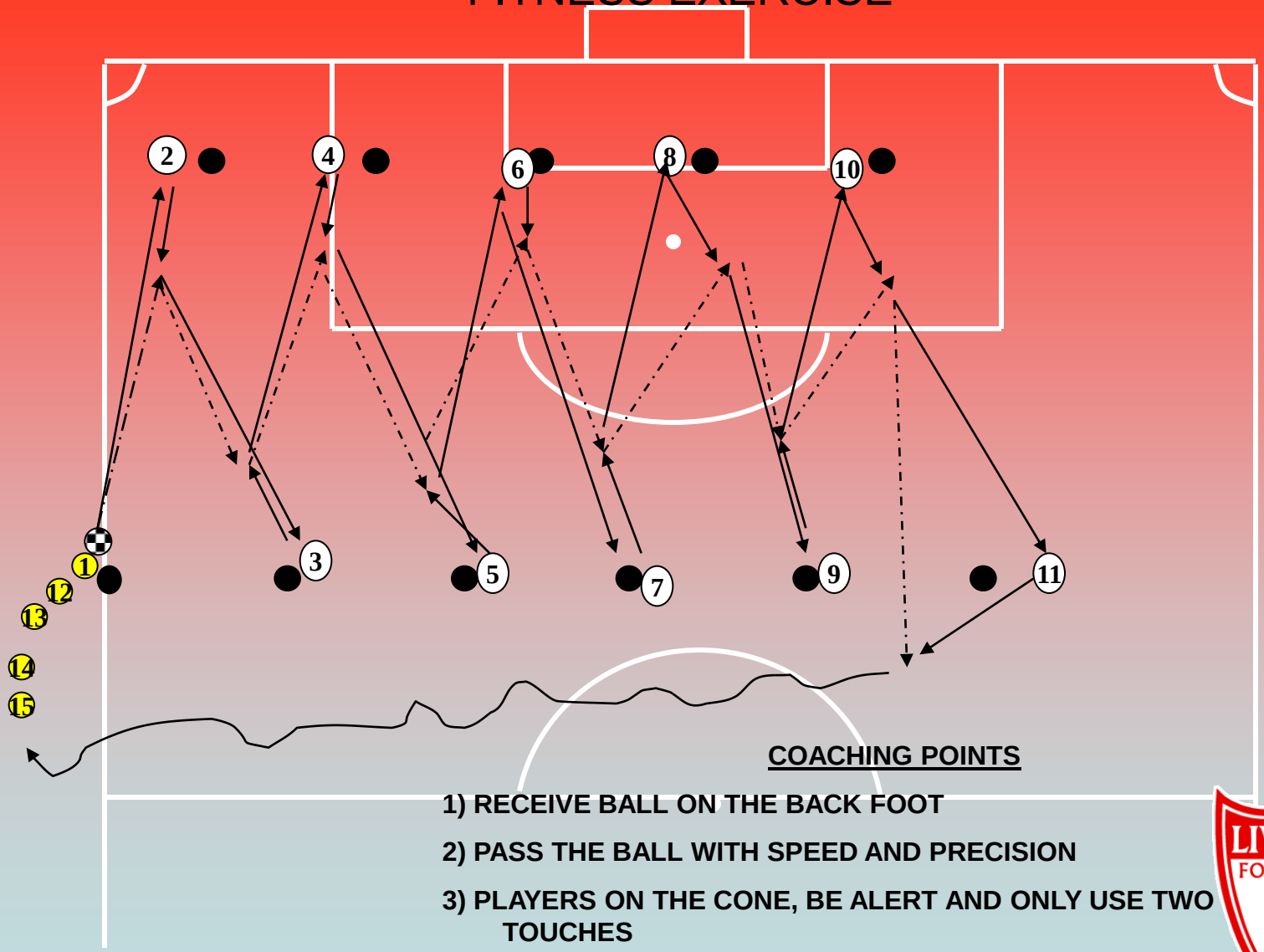
IMPROVING CARDIO-RESPIRATORY FITNESS
ENSURING THAT PLAYERS DEVELOP THIS ASPECT OF FITNESS USING THE BALL

"All fitness exercises must be performed with a ball to replicate movements and physical demands required in the game"

(***Jens Bangsbo-former Juventus fitness coach)***

DATE……

ZIG-ZAG DRILL: CARDIO-RESPIRATORY FITNESS EXERCISE



COACHING POINTS

1) RECEIVE BALL ON THE BACK FOOT

2) PASS THE BALL WITH SPEED AND PRECISION

3) PLAYERS ON THE CONE, BE ALERT AND ONLY USE TWO TOUCHES

4) COMMUNICATE-"FEET,TURN!"

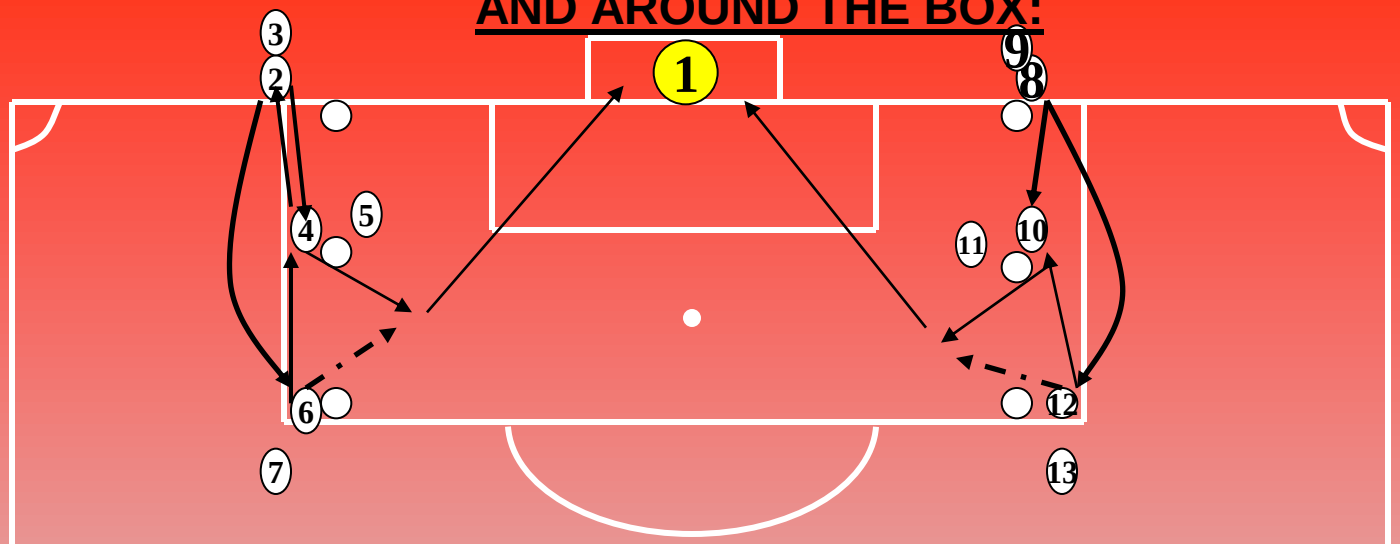
DATE……

VERY IMPORTANT COACHING POINTS

- ✓ A GOOD PRE-SEASON COACHING DRILL TO IMPROVE STAMINA AND CADIO-RESPIRATORY FITNESS LEVELS.
- ✓ IT IS ALWAYS IMPORTANT WHEN IMPROVING FITNESS IN FOOTBALL TO USE A FOOTBALL WHEREVER POSSIBLE.
- ✓ ESSENTIAL TO RELATE EACH EXERCISE TO THE GAME

DATE……

PASSING + FINISHING IN AND AROUND THE BOX:

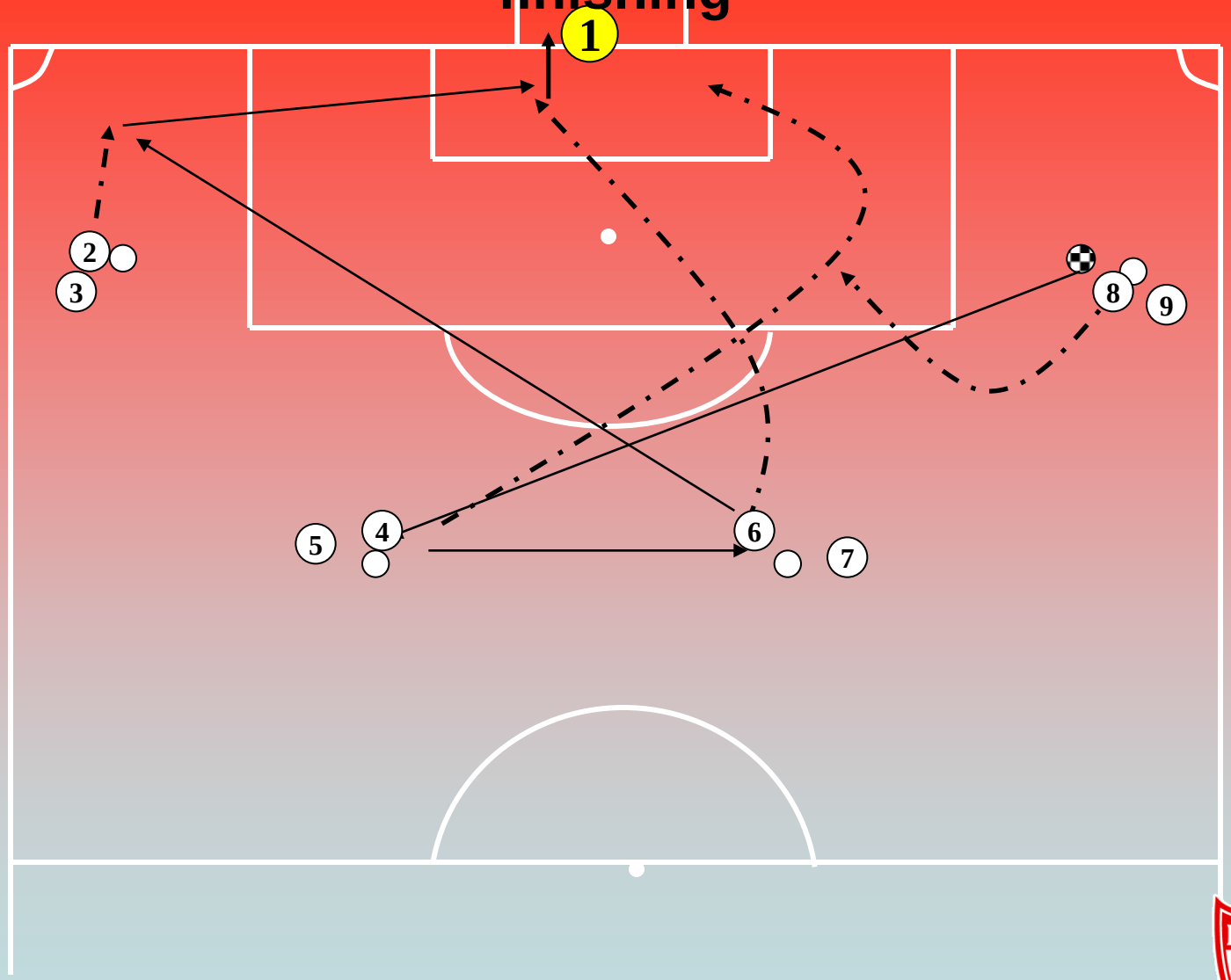


- X2 PLAYS IN TO 4. 4 PLAYS THE BALL BACK WHO THEN PLAYS IN TO 6.
- 6 PLAYS BACK TO 4 WHO SPINS OFF AND PLAYS A FIRST TIME BALL FOR 6 TO RUN ON TO AND SHOOT
- ***VERY IMPORTANT*** THAT 4 TIMES HIS RUN SO THAT HE IS MOVING TOWARDS THE PASS OF 6.

DATE……

DATE……

Crossing and finishing



DATE……

Attacking combinations

✓Coaching points

✓ 4 manakins used on the edge of the 18 yrd box.

✓Coach feeds to left and right side.

✓As soon as the full back receives the ball he plays to wide player who moves off manakin and gets on the line.

✓Attacker moves off manakin to receive the ball.

✓Strikers must zig-zag into the box to nr post,far post and late run into the back of the box.

✓Vary the combinations

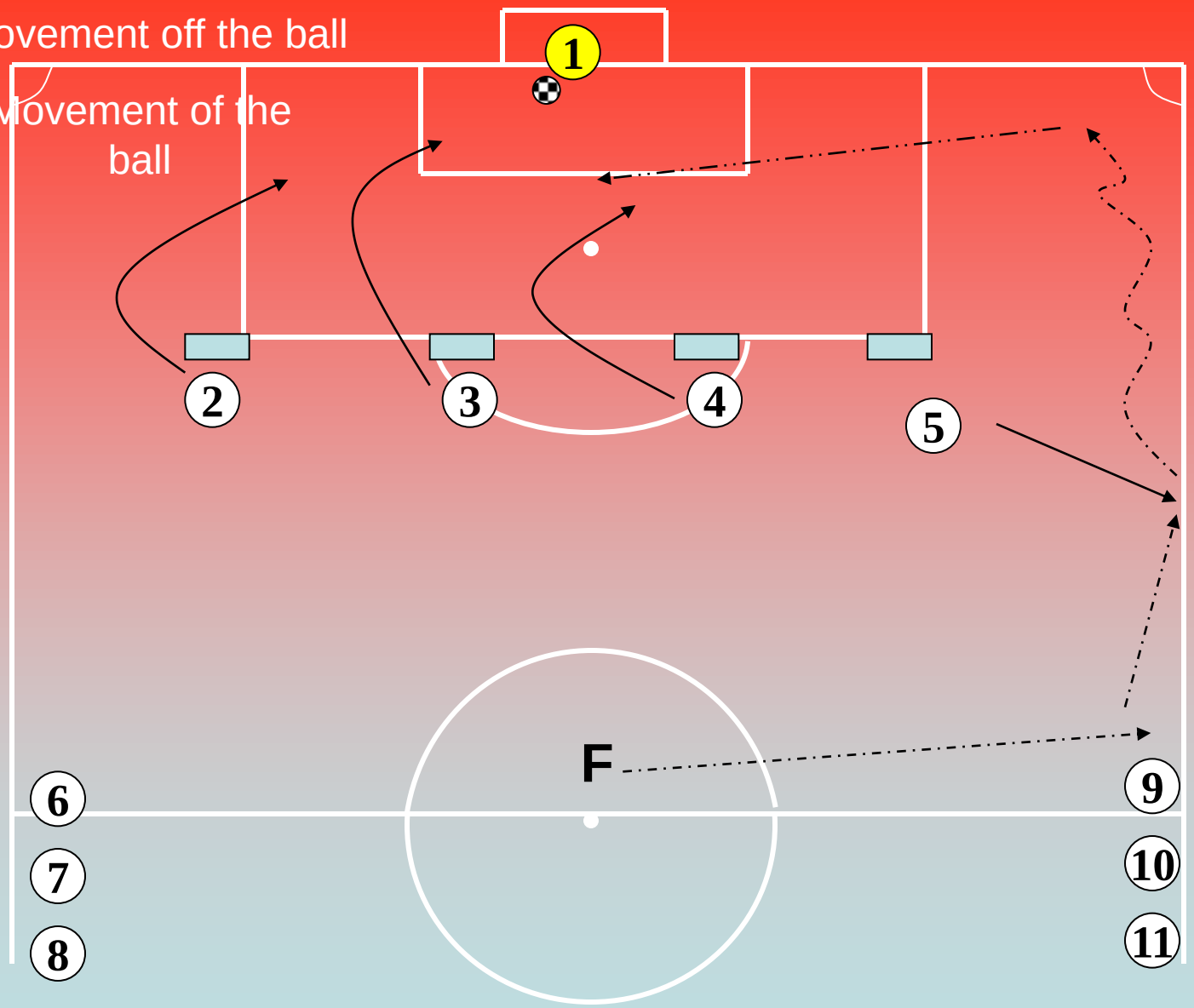
DATE.....

Attacking combinations

manakin

Movement off the ball

Movement of the ball



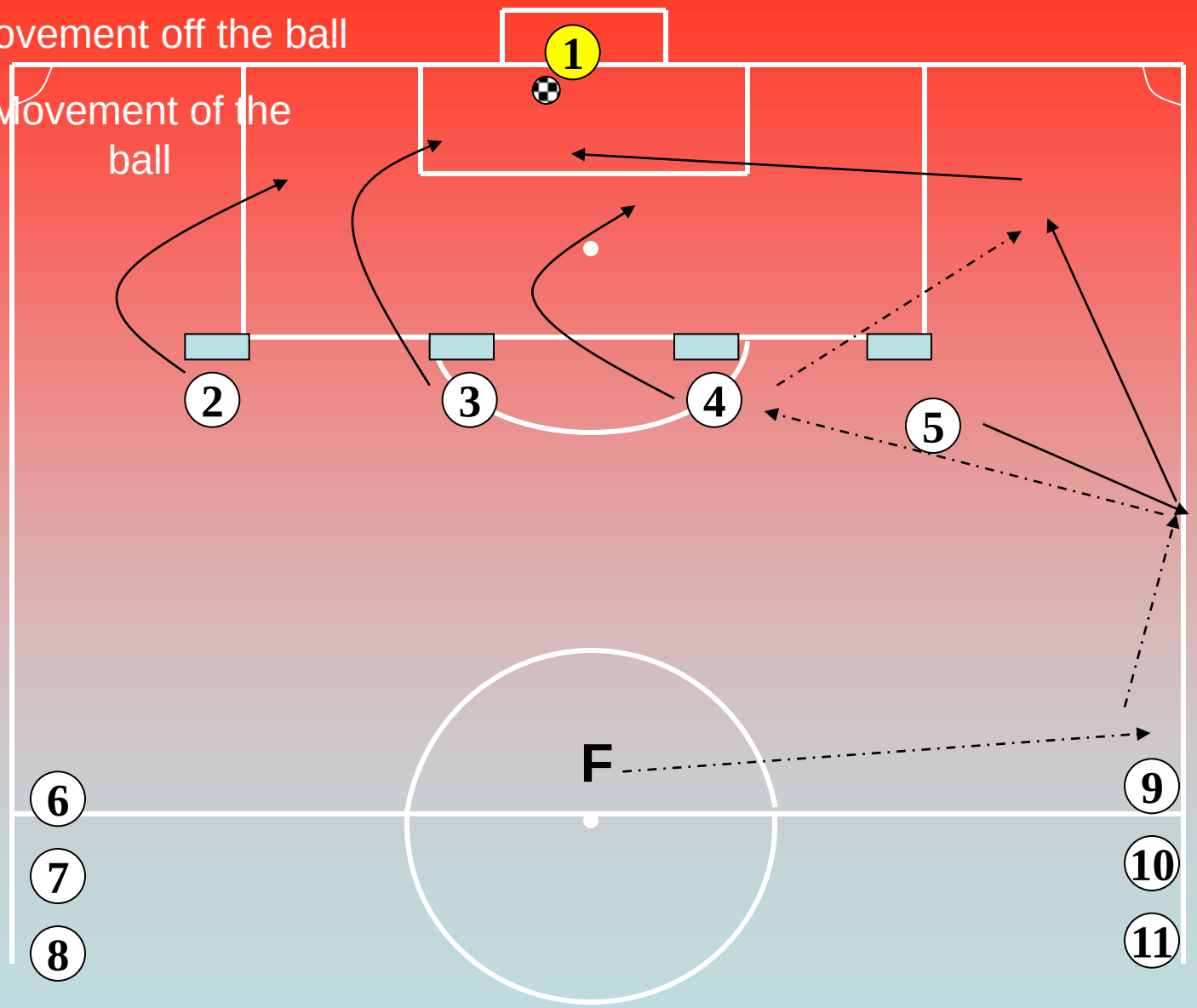
DATE……

Attacking combinations

manakin

Movement off the ball

Movement of the ball



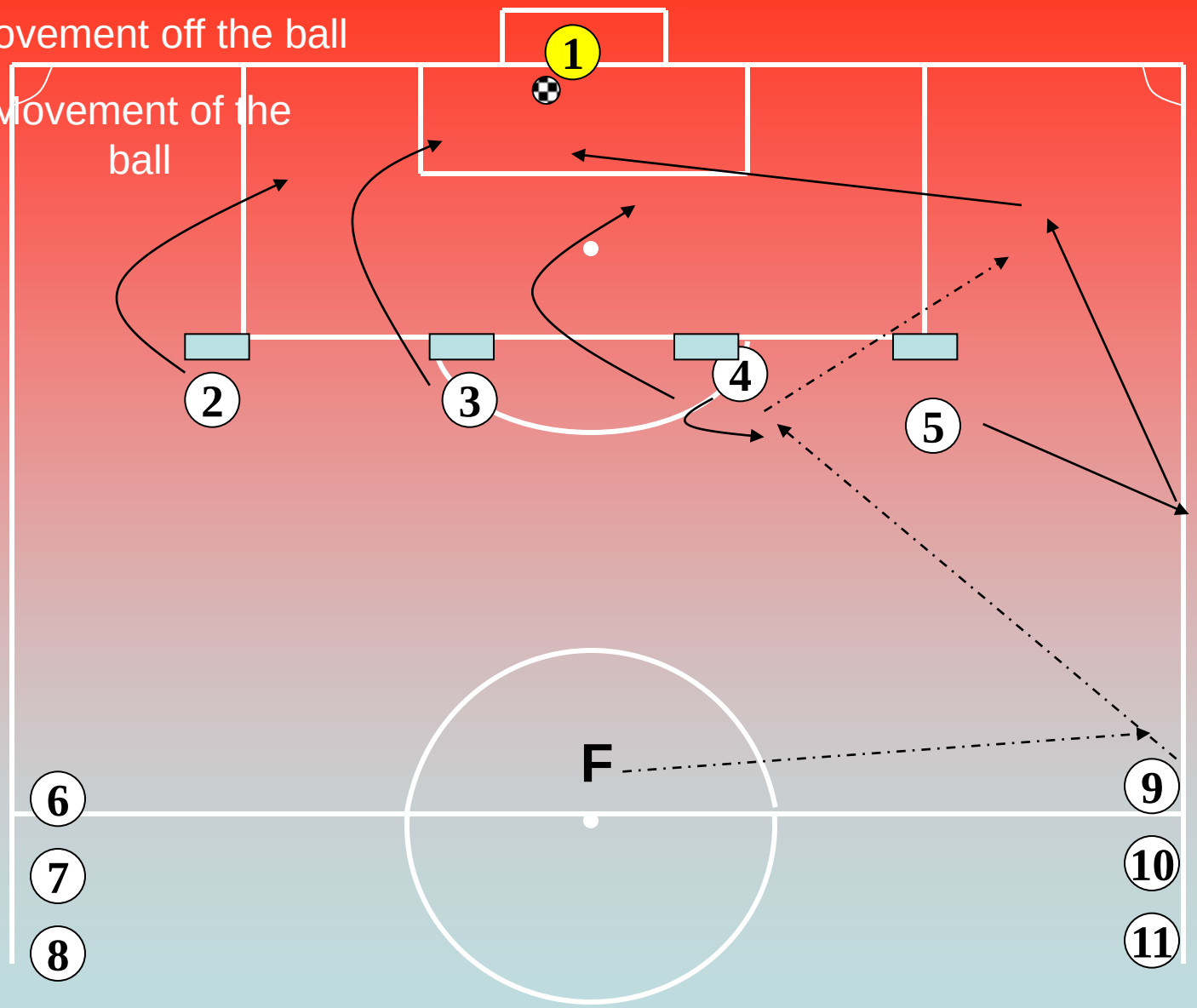
DATE……

Attacking combinations

manakin

Movement off the ball

Movement of the ball

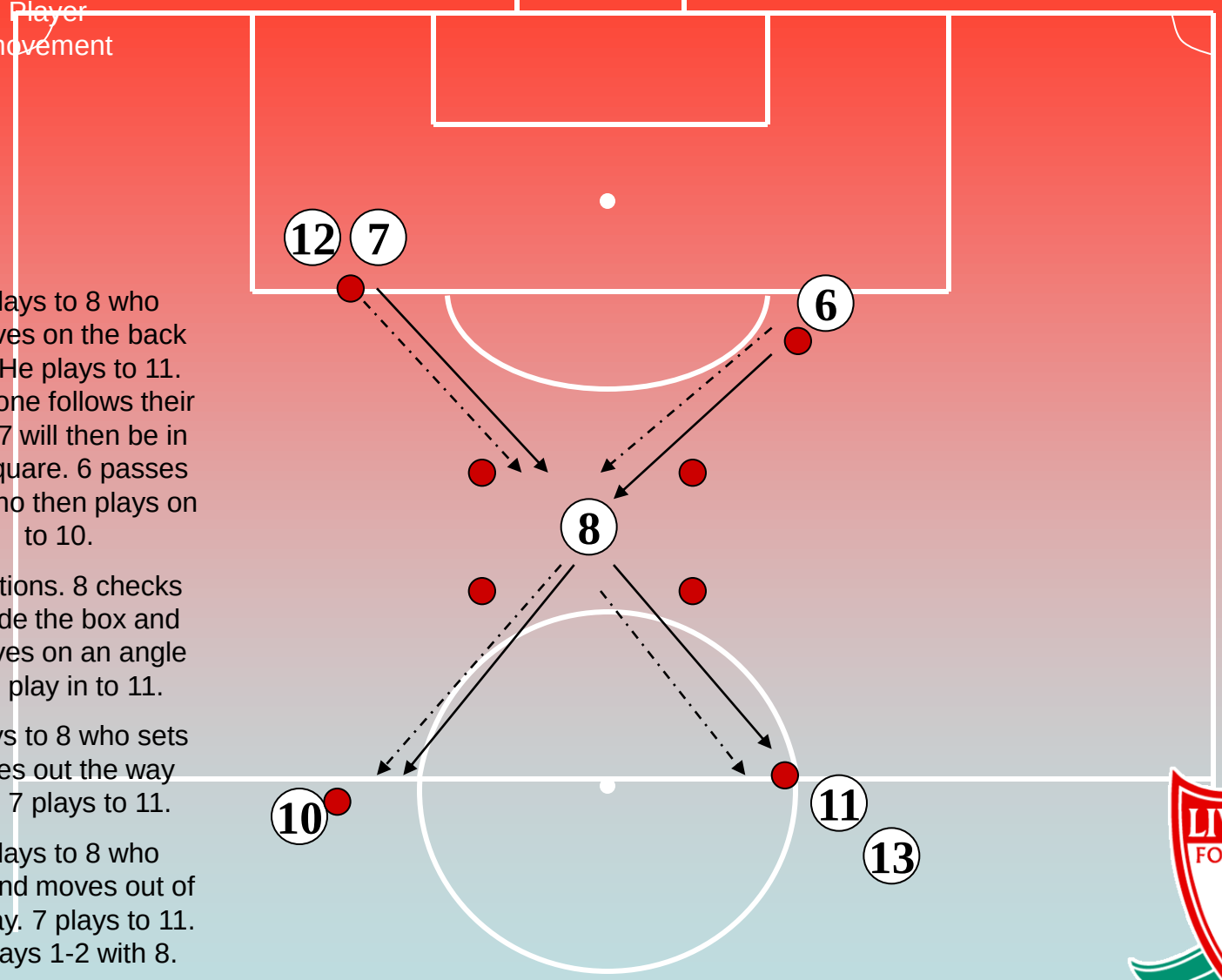


DATE……

Quick movement, awareness receiving skills

Pass of ball

Player movement



1) 7 plays to 8 who receives on the back foot. He plays to 11. Everyone follows their pass.7 will then be in the square. 6 passes to 7 who then plays on to 10.

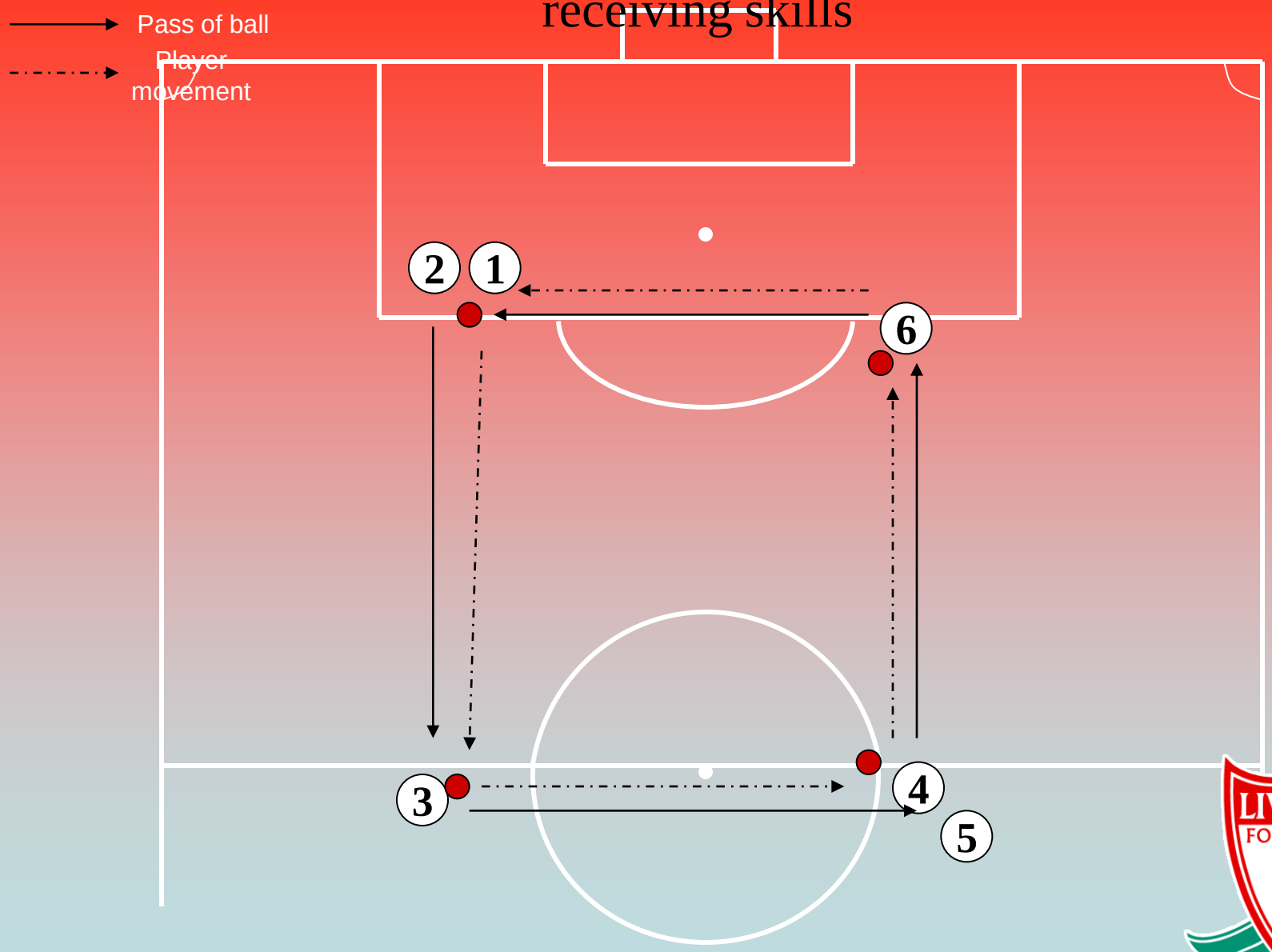
2) Variations. 8 checks outside the box and recieves on an angle and play in to 11.

3) 7 plays to 8 who sets moves out the way and 7 plays to 11.

4) 7 plays to 8 who sets.and moves out of the way. 7 plays to 11. 11 plays 1-2 with 8.

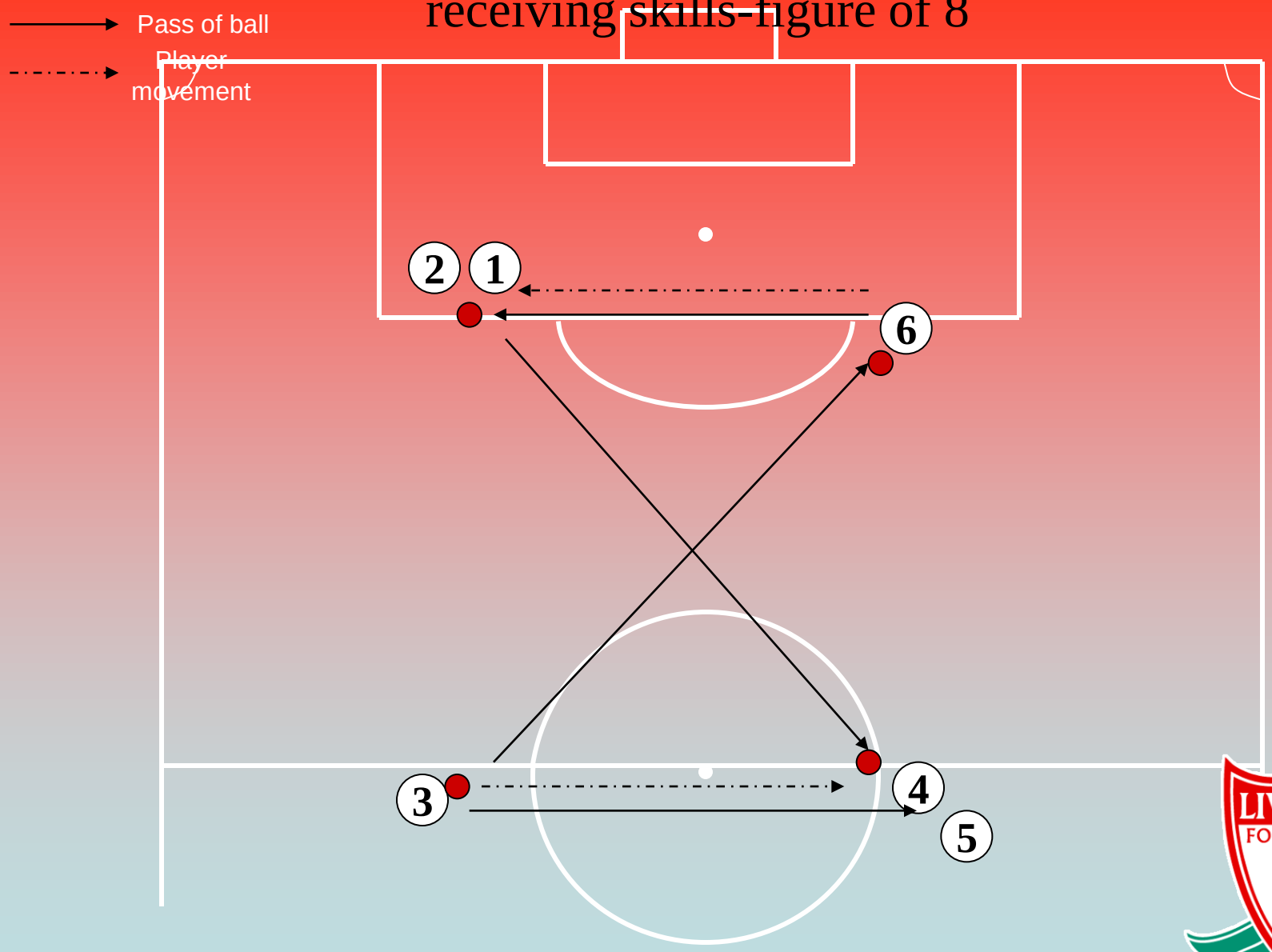
DATE……

Quick movement, awareness receiving skills



DATE……

Quick movement, awareness receiving skills-figure of 8

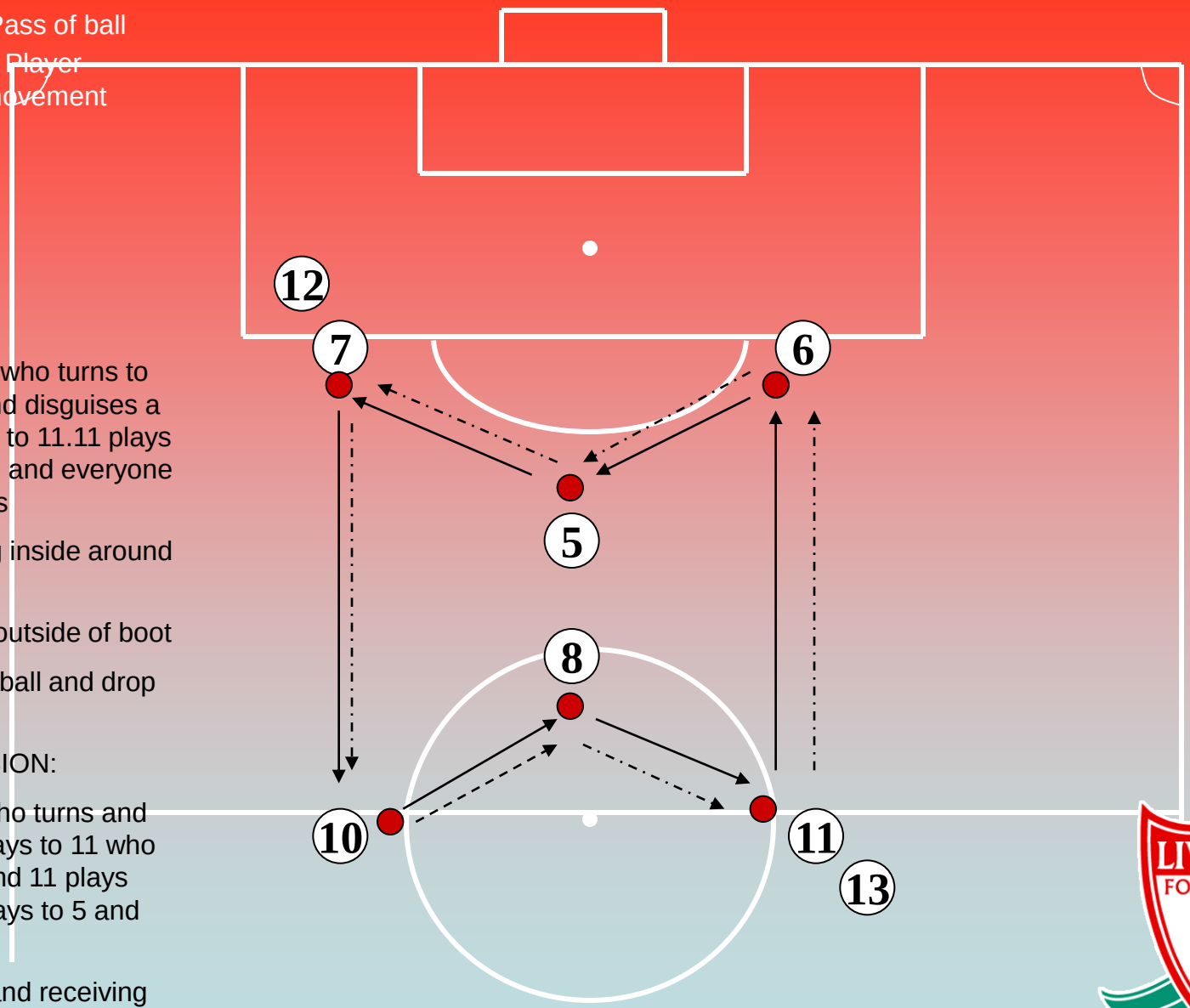


DATE……

Turning with the ball

Pass of ball

Player movement



1)10 plays to 8 who turns to face forward and disguises a reverse pass in to 11.11 plays to front man (6) and everyone follows the pass

2) 8 turns using inside around the corner

3) 8 turns with outside of boot

4)Show for the ball and drop the shoulder.

5) PROGRESSION:

10 plays to 8 who turns and plays to 6. 6 plays to 11 who times his run and 11 plays back. 6 then plays to 5 and follows pass.

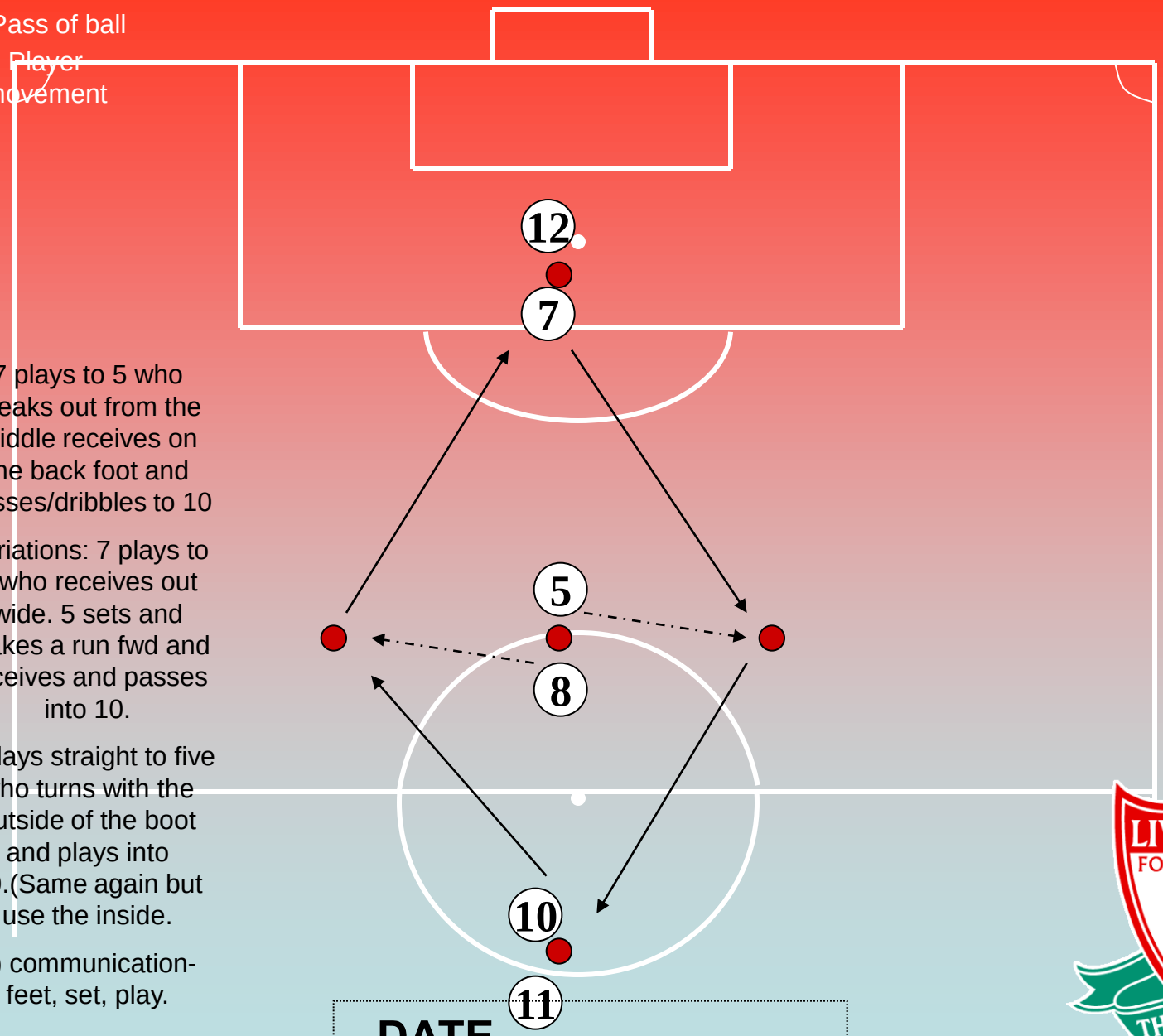
Vary direction and receiving skils

DATE……

Quick play and correct body shape

Pass of ball

Player movement



1) 7 plays to 5 who breaks out from the middle receives on the back foot and passes/dribbles to 10

2) Variations: 7 plays to 5 who receives out wide. 5 sets and makes a run fwd and receives and passes into 10.

3) 7 plays straight to five who turns with the outside of the boot and plays into 10.(Same again but use the inside.

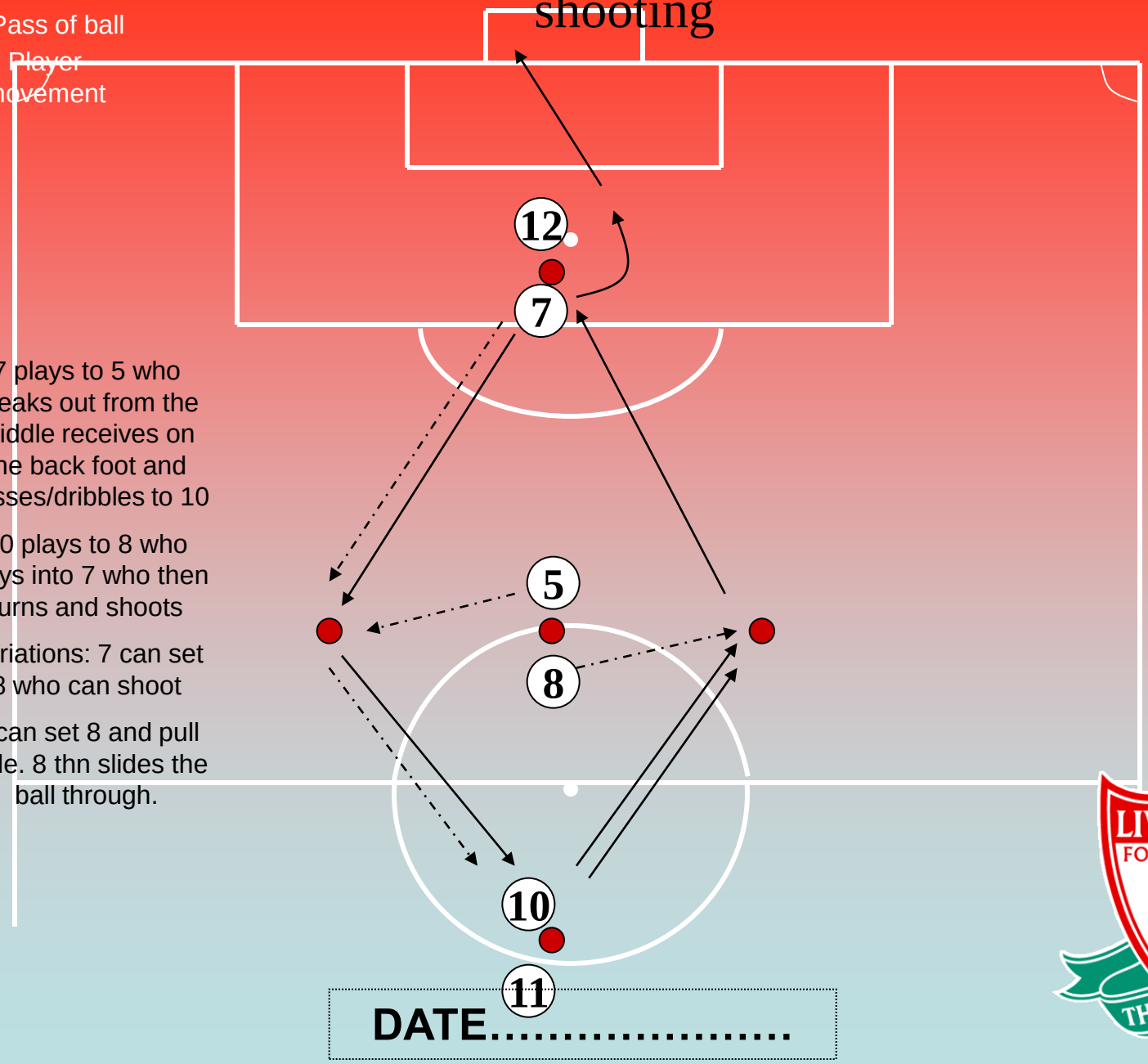
4) 4) communication- feet, set, play.

DATE……

Quick play, correct body shape and shooting

Pass of ball

Player movement



1) 7 plays to 5 who breaks out from the middle receives on the back foot and passes/dribbles to 10

2) 10 plays to 8 who plays into 7 who then turns and shoots

3) Variations: 7 can set 8 who can shoot

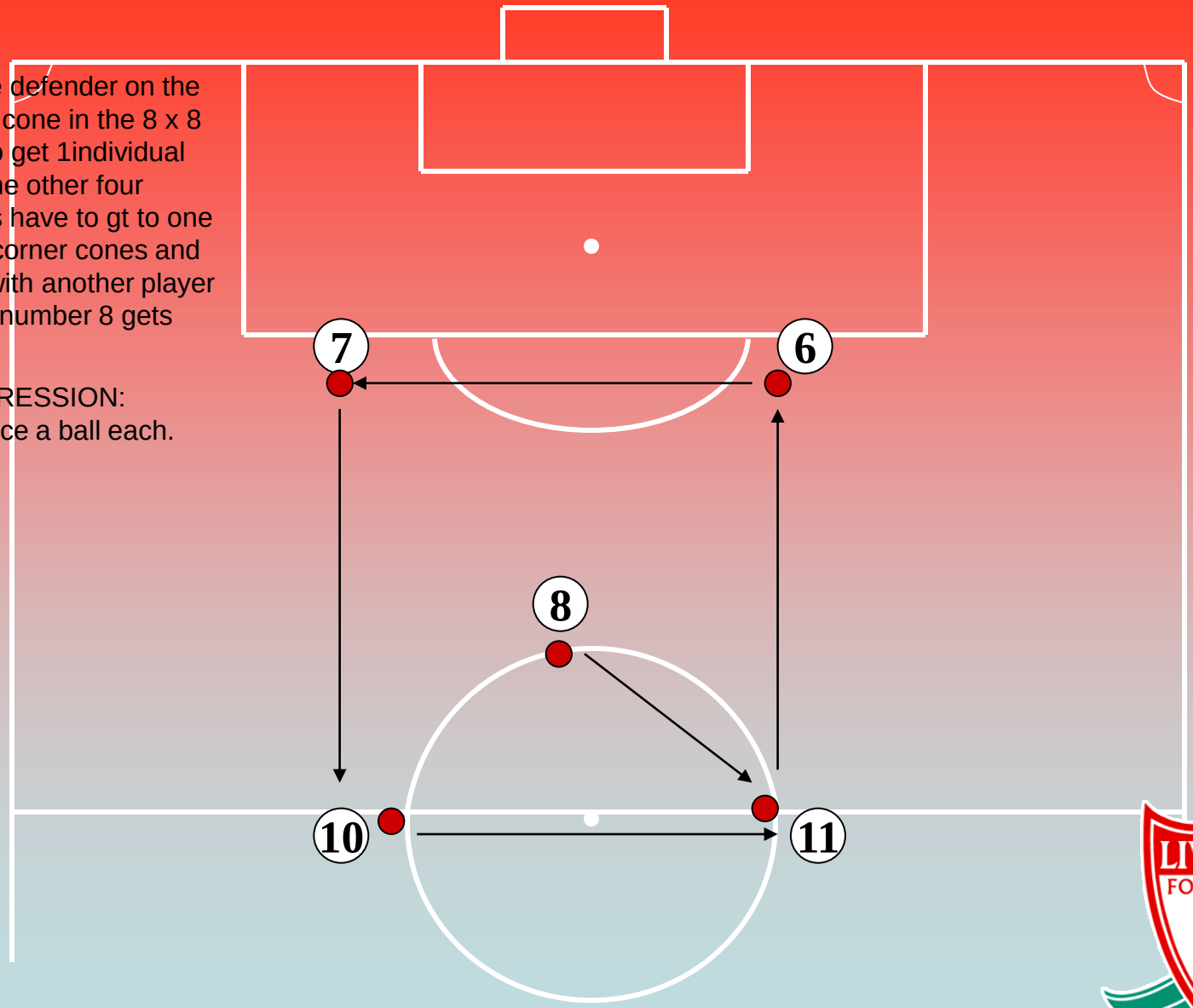
4) 7 can set 8 and pull wide. 8 thn slides the ball through.

DATE……

Awareness, reaction and speed warm-up

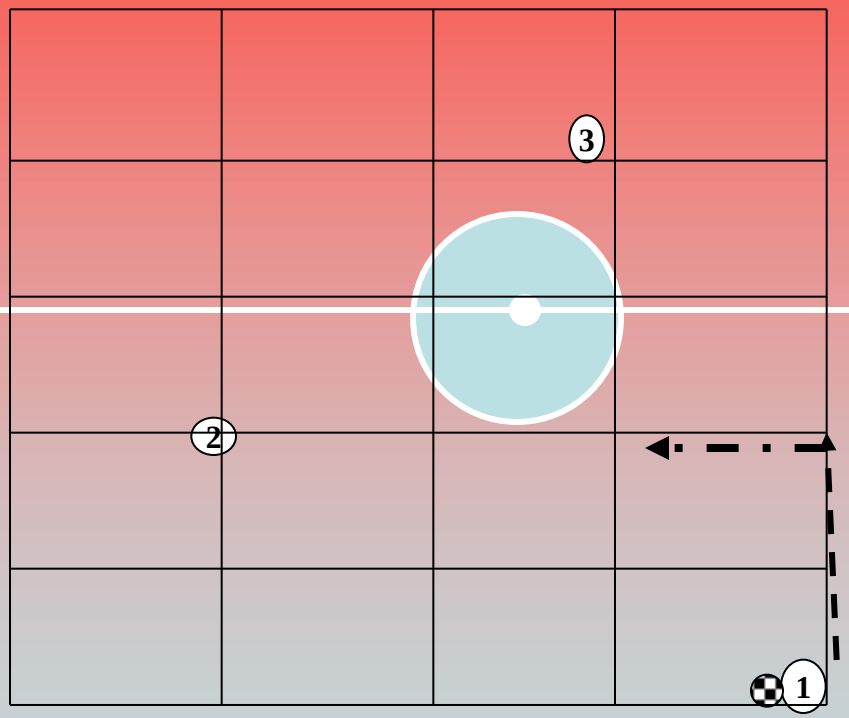
1) 8 is the defender on the middle cone in the 8 x 8 grid. To get 1individual point the other four players have to gt to one of the corner cones and swop with another player before number 8 gets there.

2) PROGRESSION: Introduce a ball each.



DATE……

Train Tracks-warm-up



1)Ball each.

2) Boys dribble the ball from cone to cone on the diagonals.

3) Coach calls diagonal or straight

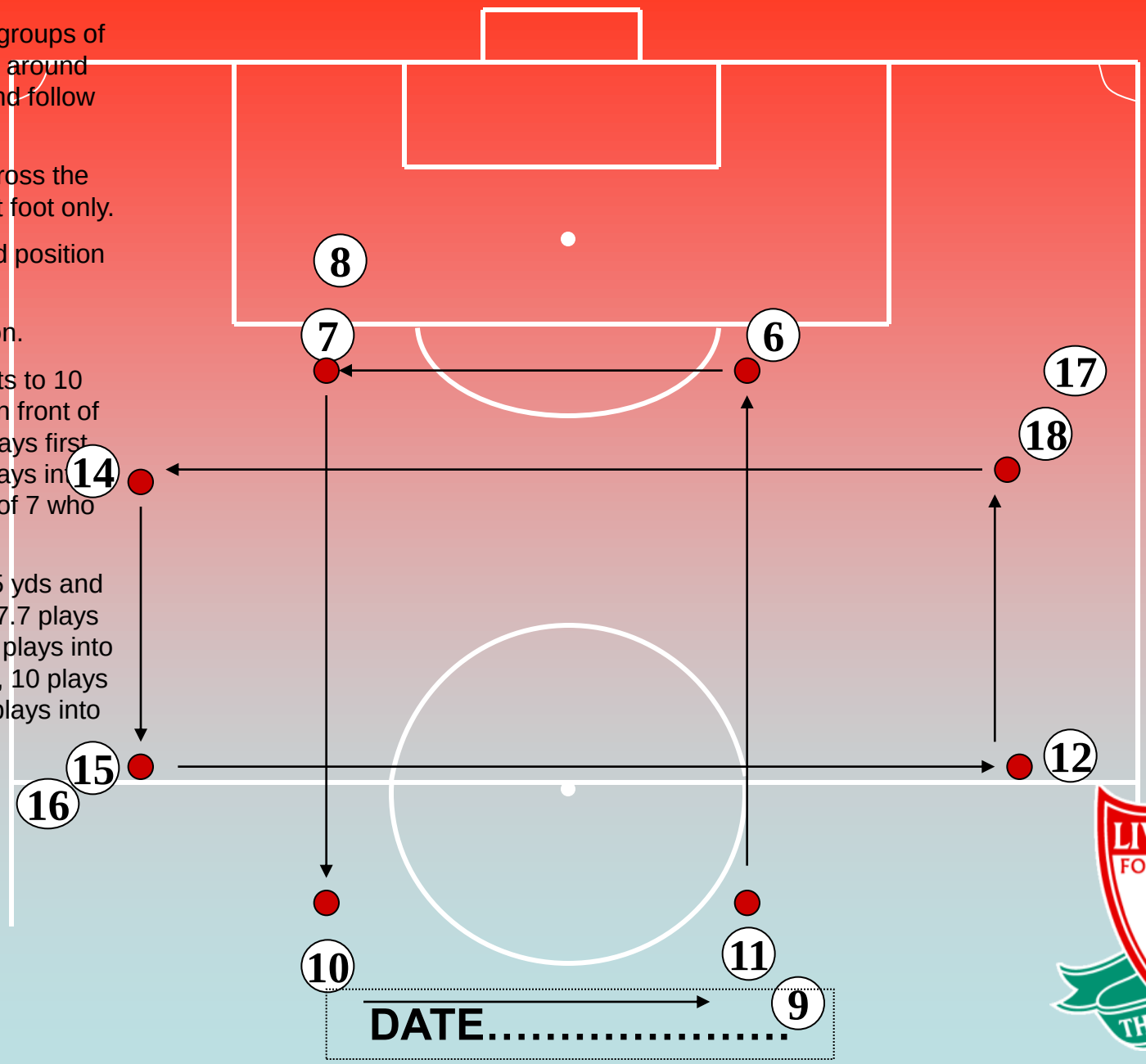
4)Get 1 on 1 in a grid and shield the ball

5) On diagonals step overs

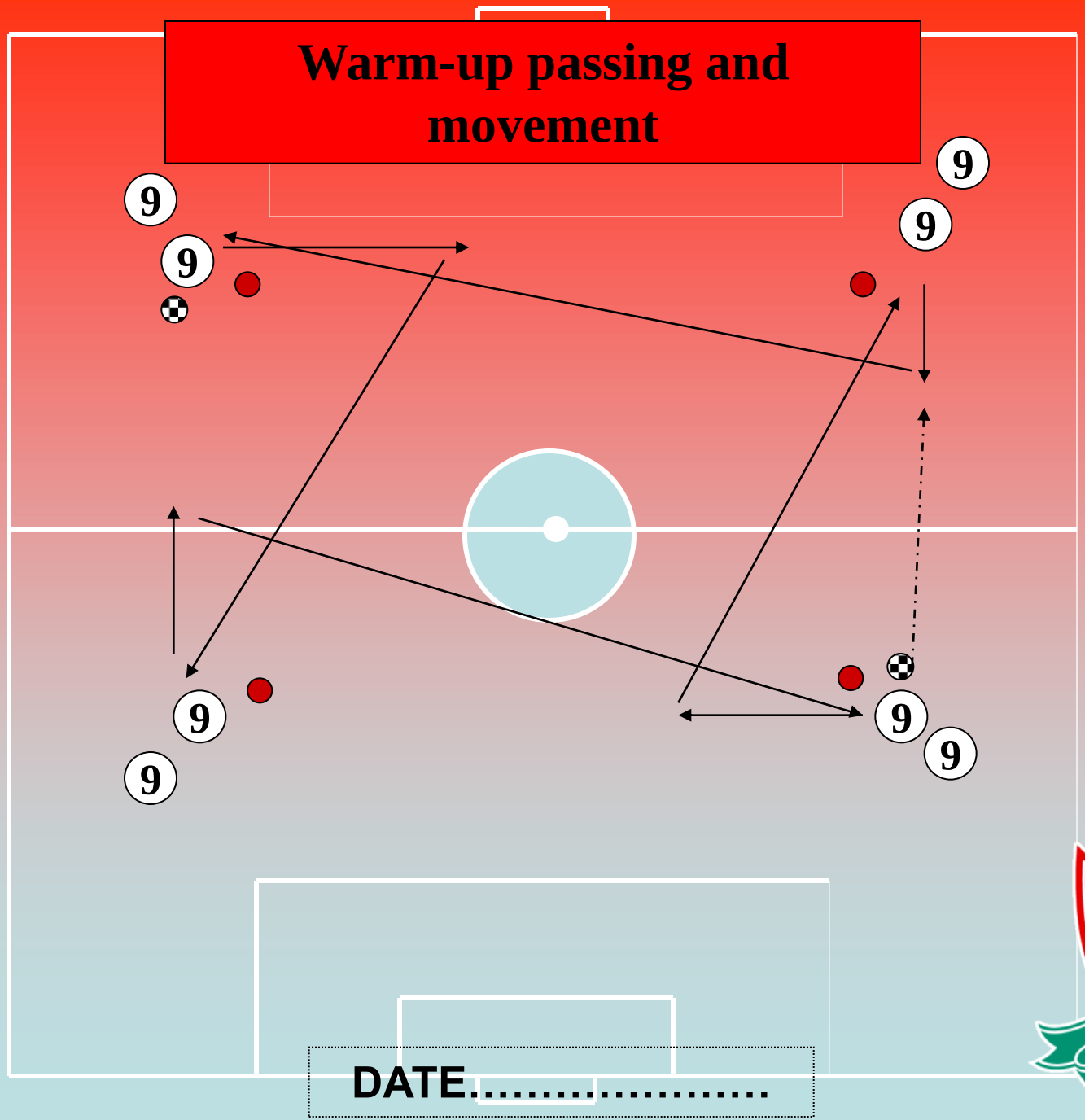
DATE.....

Awareness, reaction and speed warm-up

- In no less than groups of 6 rotate the ball around the rectangle and follow the pass
- Receive ball across the body using right foot only.
- Body shape and position essential
- Change direction.
- Variation: 11 sets to 10 who plays ball in front of him and then plays first time into 6. 6 plays in 6 plays in front of 7 who plays in to 10.
- 11 dribbles for 5 yds and then plays into 7.7 plays 1-2 with 11 and plays into 6. 6 plays to 10, 10 plays back and then plays into 11



Warm-up passing and movement



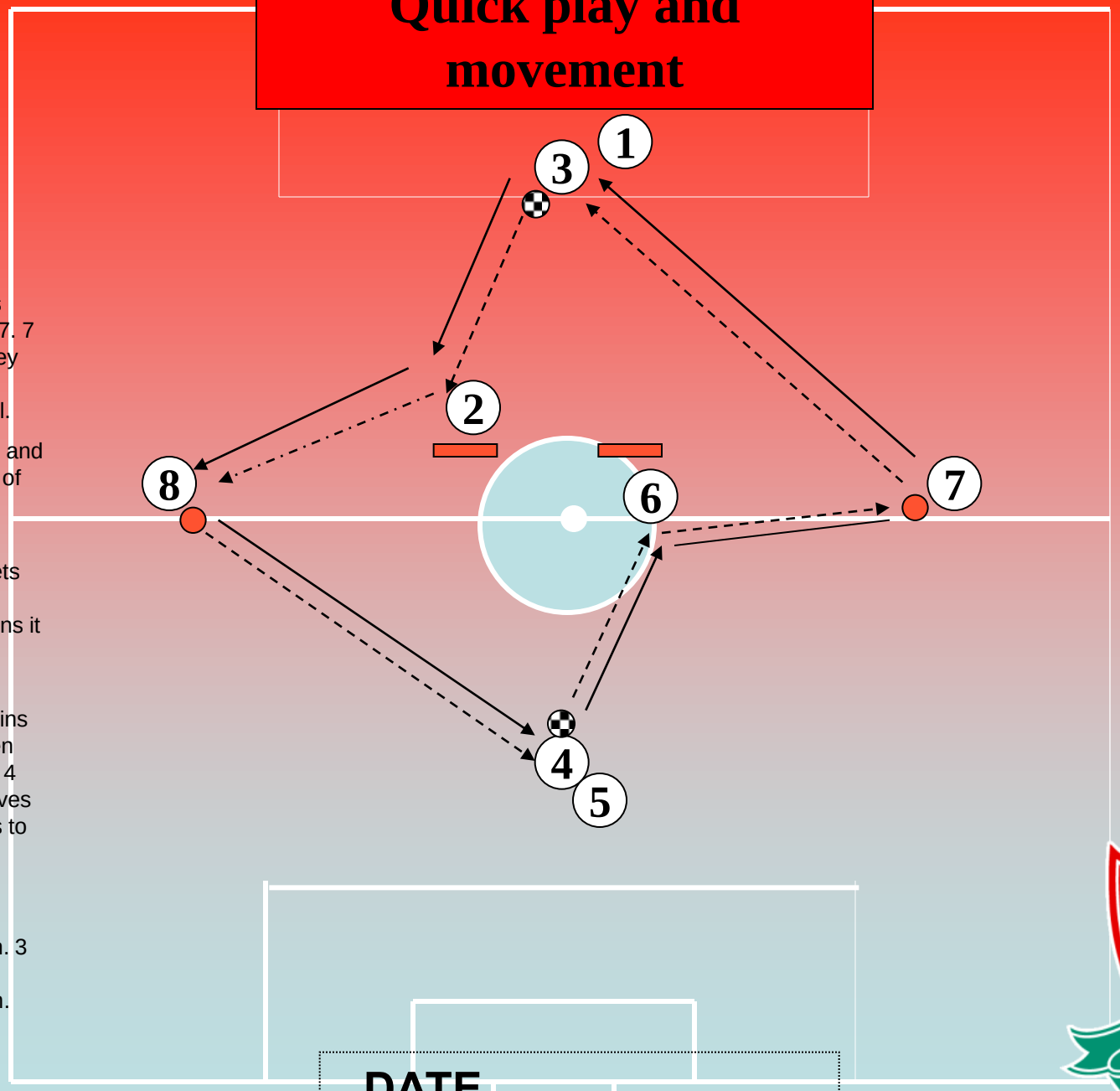
Pass back to pass forward

DATE……

Quick play and movement

Centre back to full back

1) 4 plays to 6 who checks and plays inside swerve to 7. 7 plays to 3 and they all follow pass. 3 continues the drill.
2) Change direction and play with outside of the boot
3) 4 plays to 6 who plays into who sets back and 4 then plays to 7 who runs it in to 3.
4) 4 plays to 6 who plays to 7 and spins off for a 1-2.6 then runs to player 3. 4 moves to 7,7 moves to 6 and 6 moves to 3
5) 4 plays to 6 who sets. 4 chips to 3 over the manakin. 3 plays into 7 who plays back to him. everyone follows their pass.



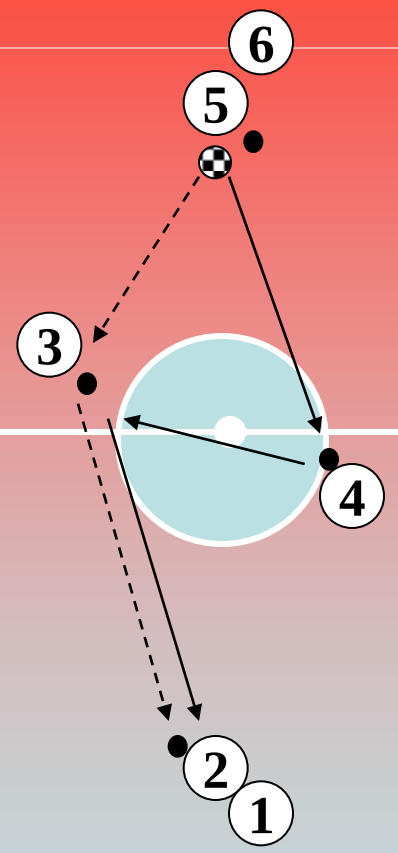
DATE……

Passing and movement drill

1)5 plays to 4 who sets to 3 who plays around the corner to 2.5 then moves to 3. 3 follows his pass to 2.

2) 5 plays to 4 who sets back and plays into 3 who times his run.

3)5 plays into 3 who sets to 4 who plays back in to 4.

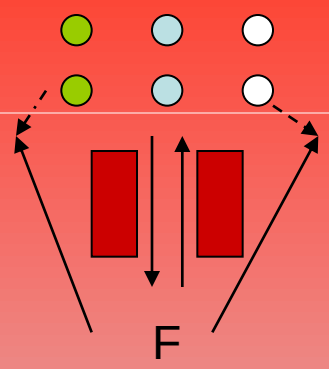


Pass back to pass forward

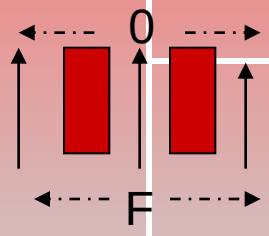
DATE.....

Skills Circuits

•Station 1 -



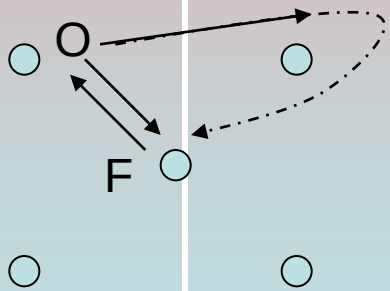
•Station 2 -



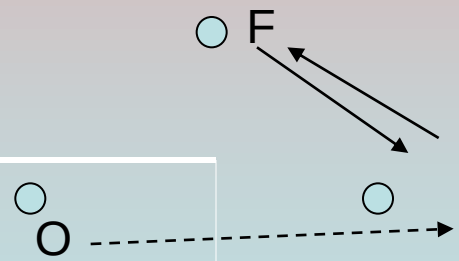
•Station 4 –on one leg balance and volley with inside foot.

Pass back to pass forward

•Station 3 -



•Station 5 -



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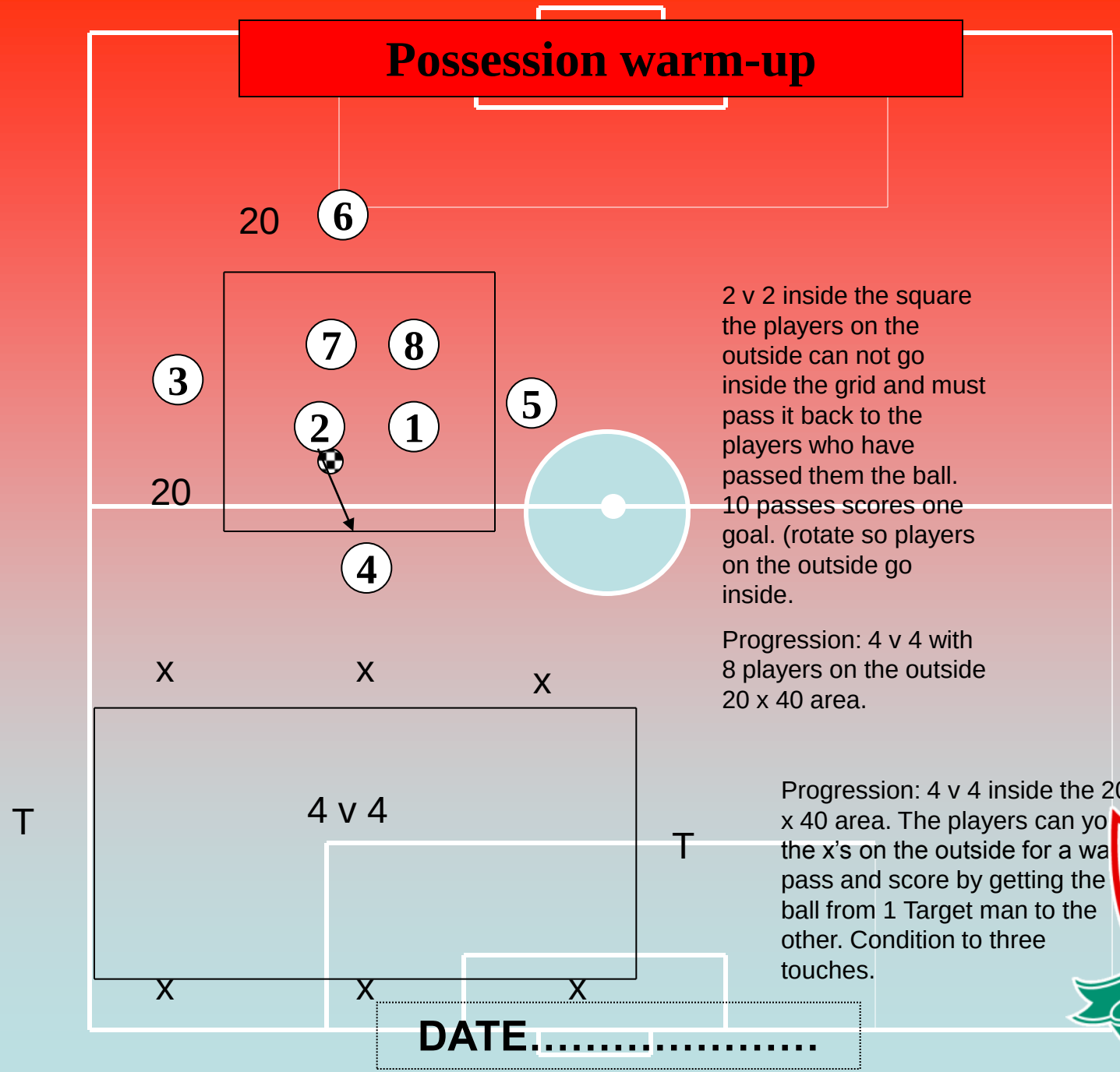
Possession warm-up



2 v 2 inside the square the players on the outside can not go inside the grid and must pass it back to the players who have passed them the ball. 10 passes scores one goal. (rotate so players on the outside go inside.

Progression: 4 v 4 with 8 players on the outside 20 x 40 area.

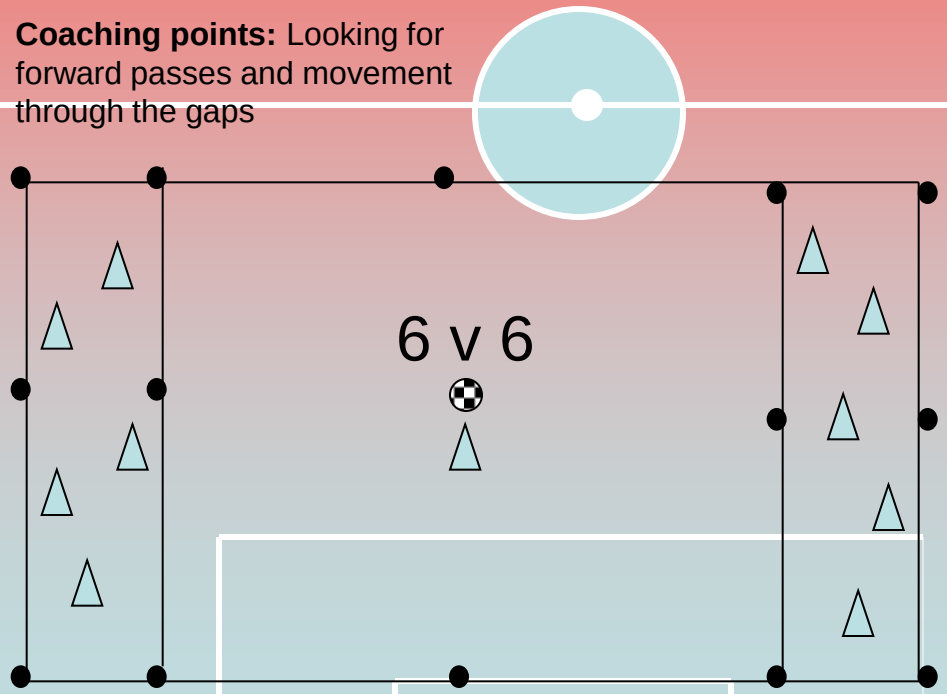
Progression: 4 v 4 inside the 20 x 40 area. The players can yo the x's on the outside for a wa pass and score by getting the ball from 1 Target man to the other. Condition to three touches.

DATE.....

The “Cone Game”

6 v 6- The aim of the game is for the team to knock the cones down in the opponents end-zone and take them back to their end-zone.

Coaching points: Looking for forward passes and movement through the gaps



DATE.....

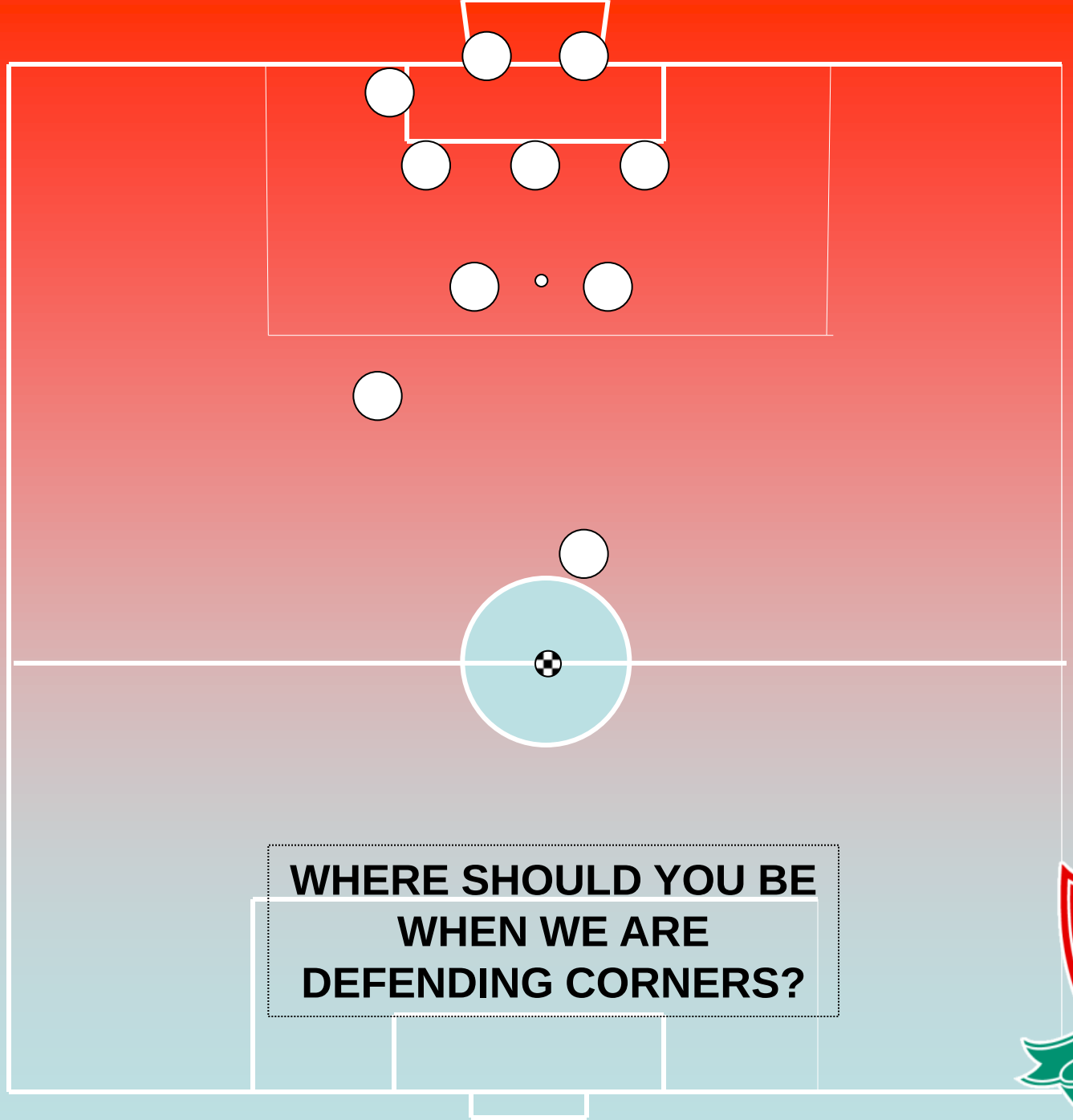
The “Cone Game”

6 v 6

The team can score by passing the ball through the goal to their team-mate. Finish with a challenge-The first team to score through all four goals win

Coaching Points-look to switch play and move across with your team

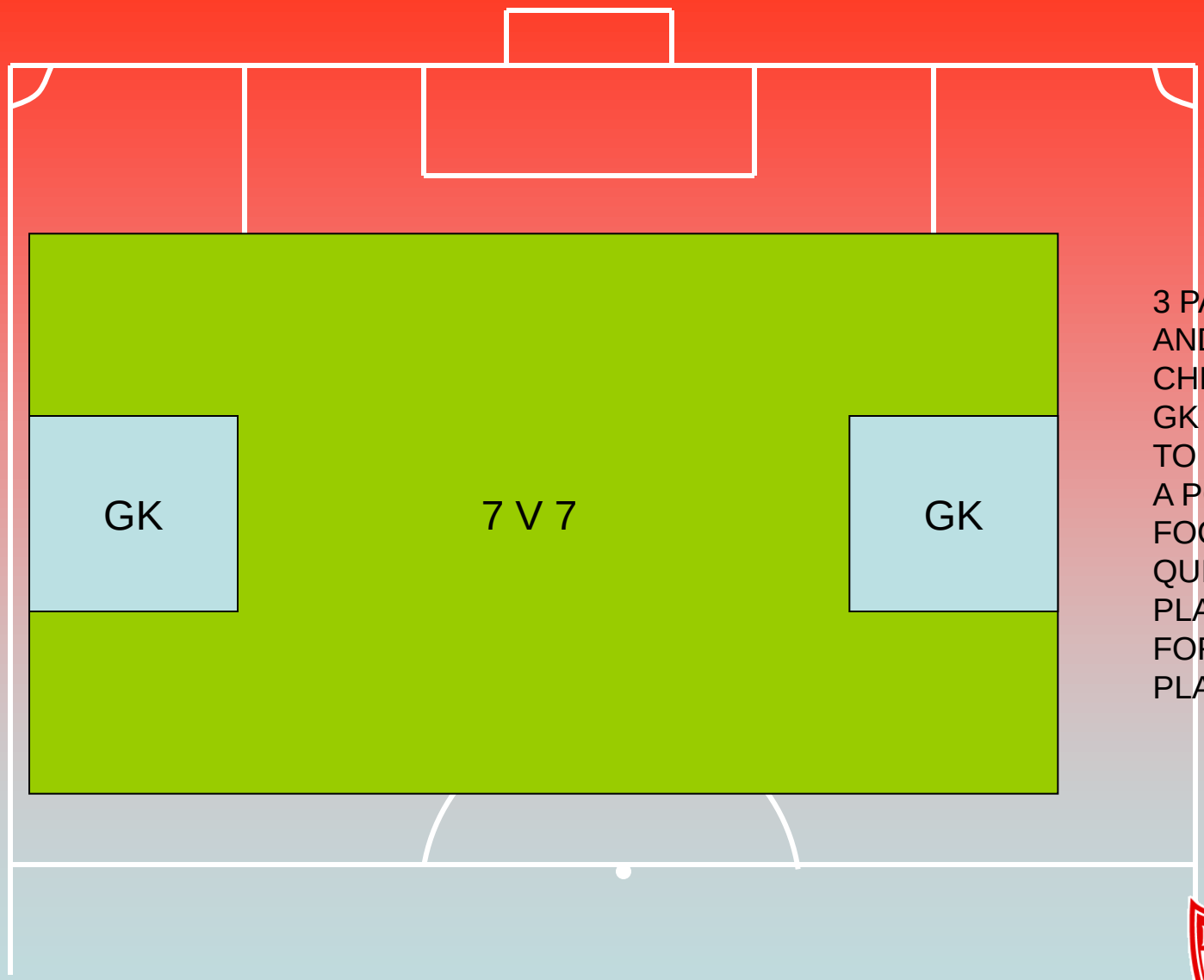
DATE……



WHERE SHOULD YOU BE WHEN WE ARE DEFENDING CORNERS?

LIVERPOOL FOOTBALL CLUB
THE ACADEMY ®

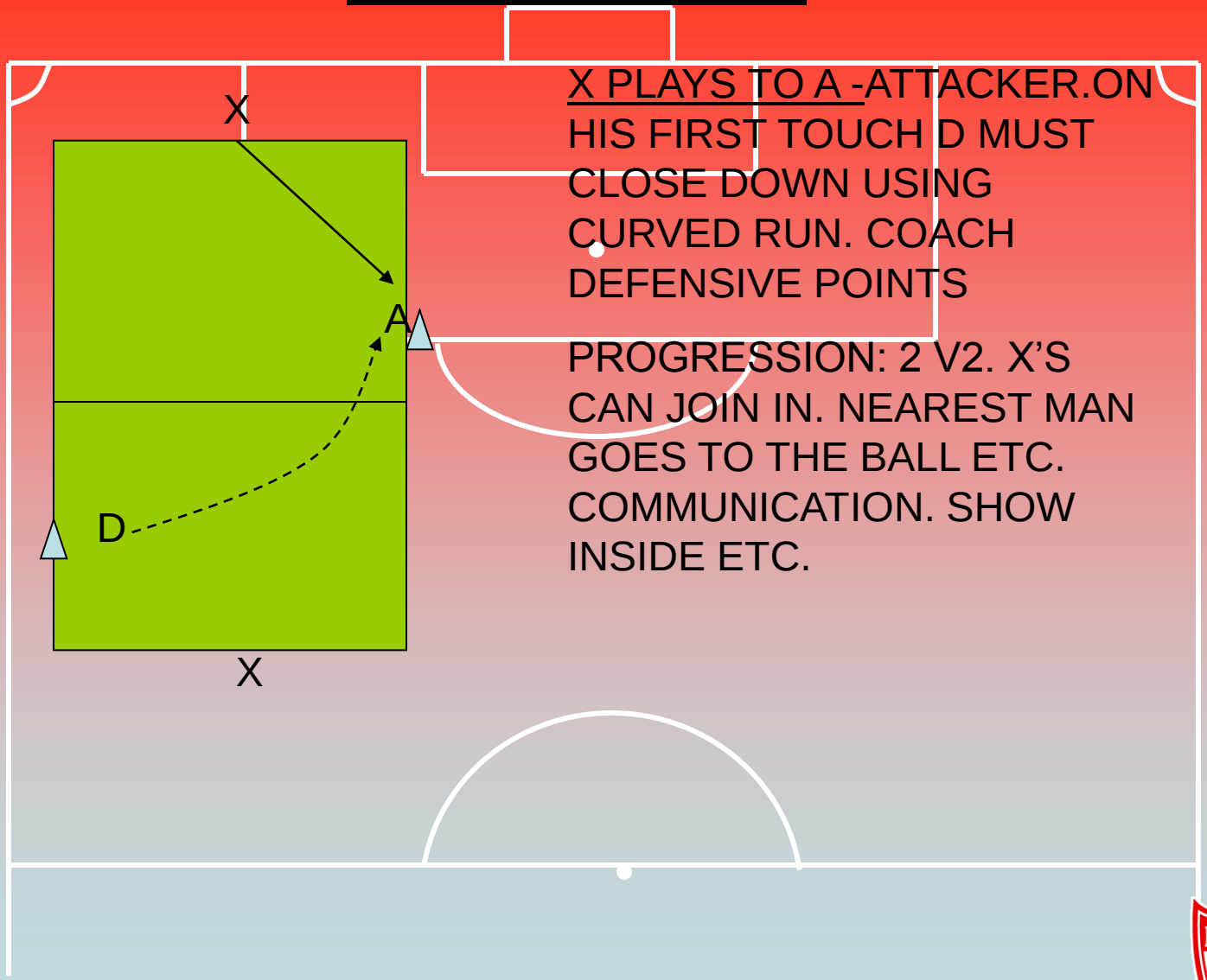
CONDITIONED GAME- FORWARD PLAY



3 PASSES AND THEN CHIP INTO GK HANDS TO SCORE A POINT. FOCUS ON QUICK PLAY AND FORWARD PLAY

DATE……

DEFENDING 1V1 MOVEMENT AND 2V2 SUPPORT AND COVER



X PLAYS TO A -ATTACKER.ON HIS FIRST TOUCH D MUST CLOSE DOWN USING CURVED RUN. COACH DEFENSIVE POINTS

PROGRESSION: 2 V2. X'S CAN JOIN IN. NEAREST MAN GOES TO THE BALL ETC. COMMUNICATION. SHOW INSIDE ETC.

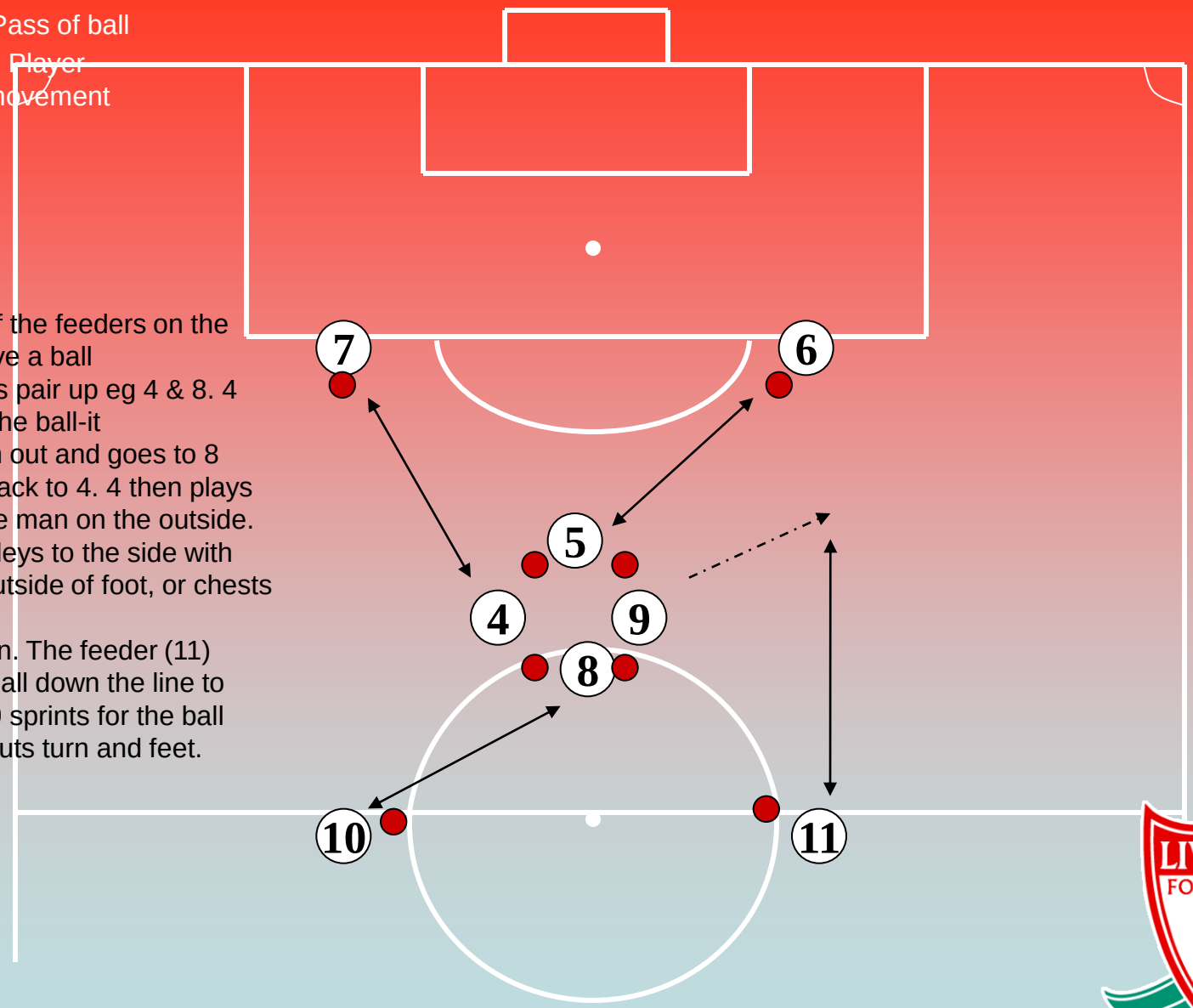
DATE……

Movement from throw-ins

Pass of ball

Player movement

Only two of the feeders on the outside have a ball
The players pair up eg 4 & 8. 4 shows for the ball-it
misses him out and goes to 8 who sets back to 4. 4 then plays into a spare man on the outside.
Prog: 8 volleys to the side with inside or outside of foot, or chests on.
Progression. The feeder (11) throw the ball down the line to their right 9 sprints for the ball and 11 shouts turn and feet.



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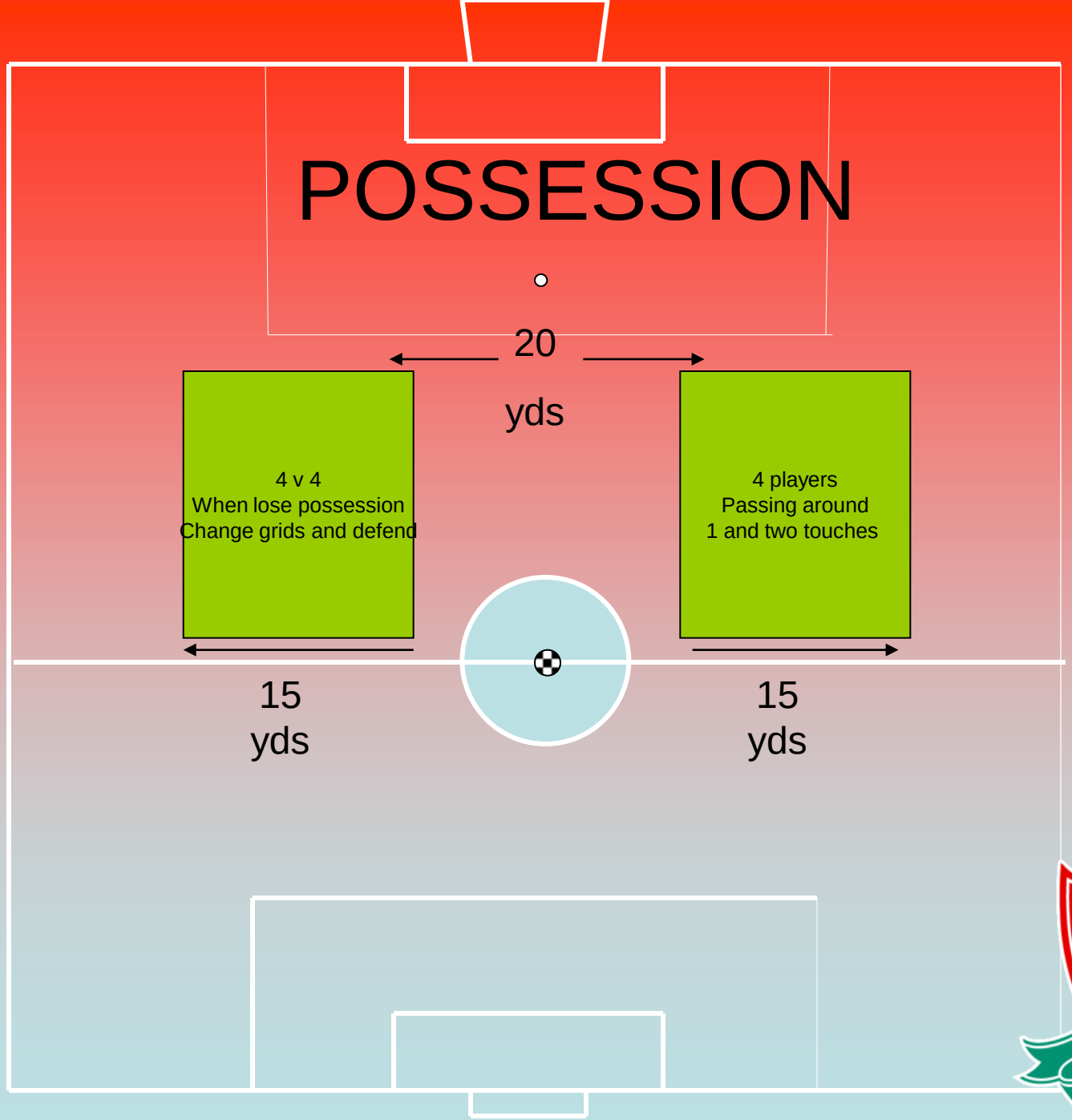
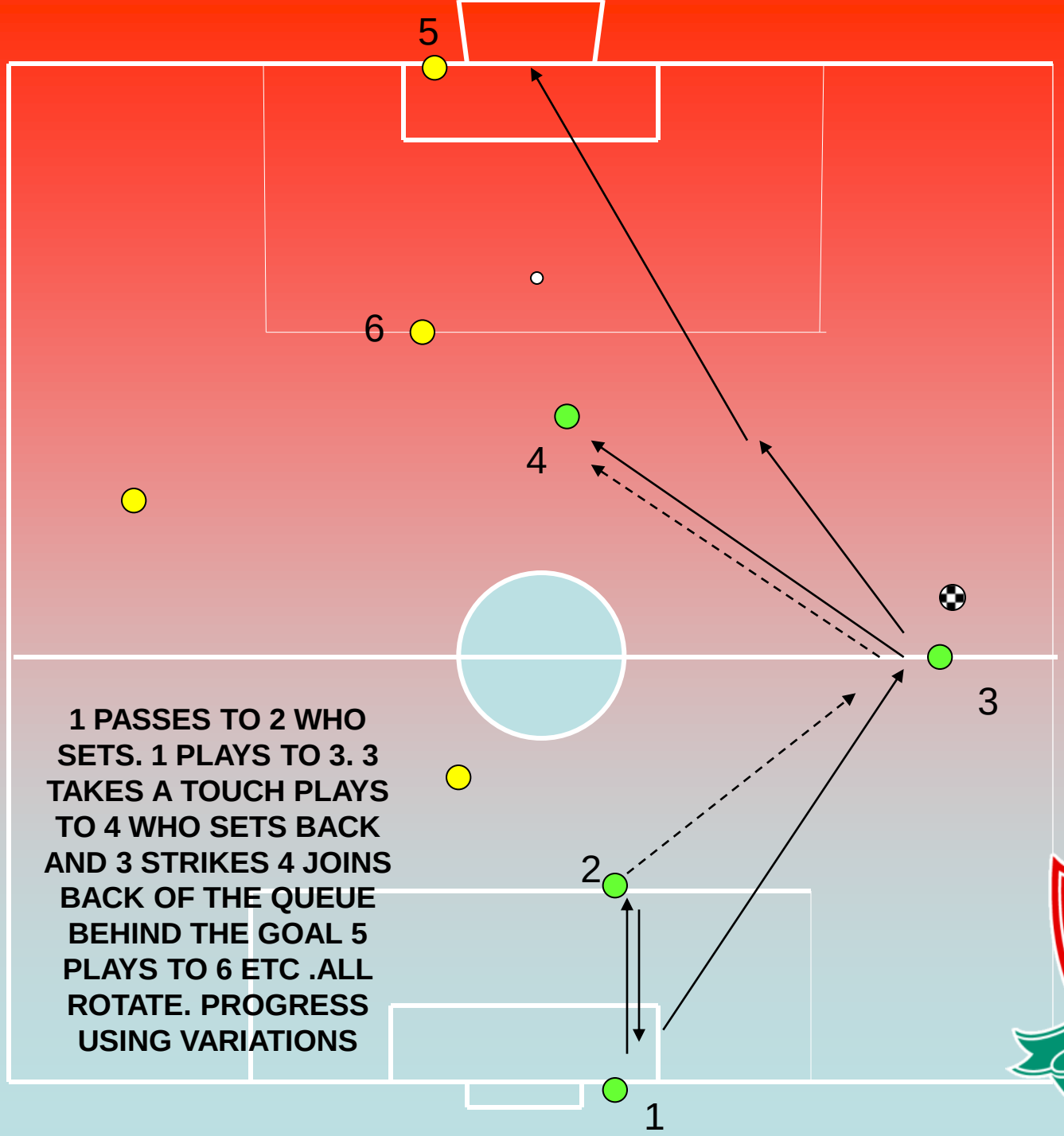
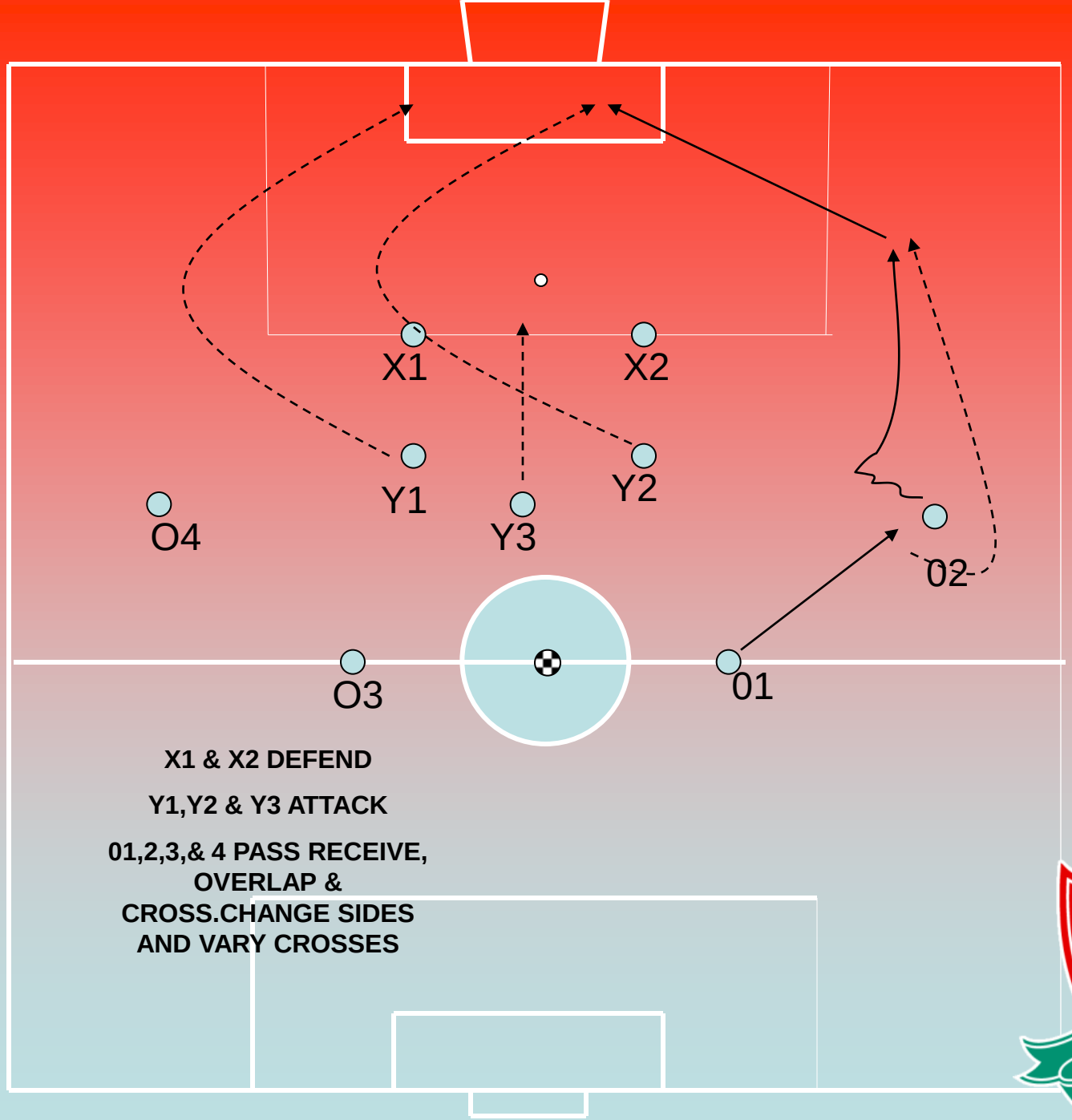
POSSESSION


20
yds
4 v 4
When lose possession
Change grids and defend
4 players
Passing around
1 and two touches
15
yds
15
yds



1 PASSES TO 2 WHO SETS. 1 PLAYS TO 3. 3 TAKES A TOUCH PLAYS TO 4 WHO SETS BACK AND 3 STRIKES 4 JOINS BACK OF THE QUEUE BEHIND THE GOAL 5 PLAYS TO 6 ETC .ALL ROTATE. PROGRESS USING VARIATIONS

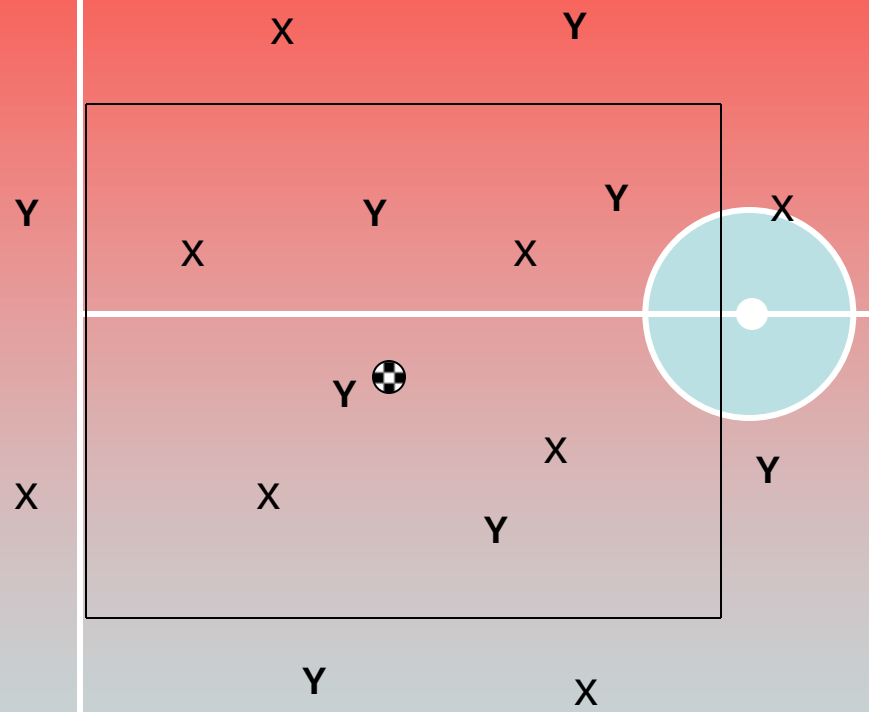


X1 & X2 DEFEND

Y1,Y2 & Y3 ATTACK

01,2,3,& 4 PASS RECEIVE, OVERLAP & CROSS.CHANGE SIDES AND VARY CROSSES

Possession

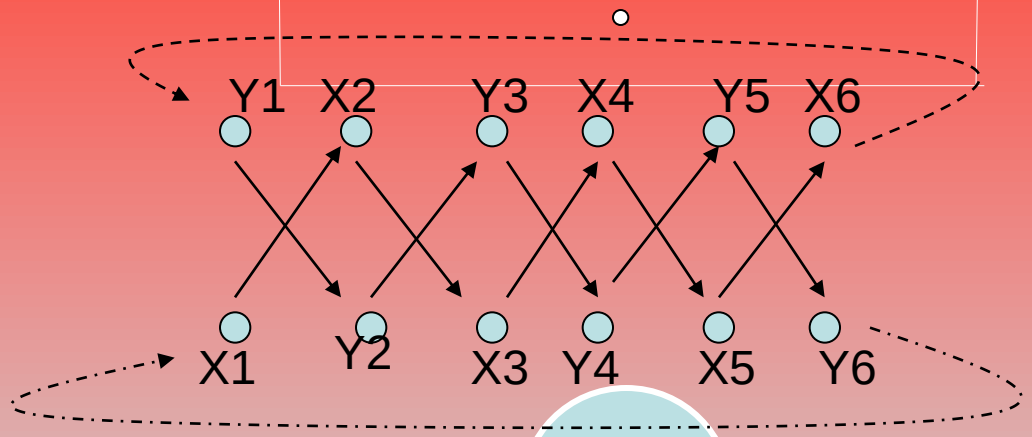


4 v 4 inside the square the players on the outside can not go inside the grid UNLESS THE BALL HAS BEEN PASSED TO THEM. Players on the outside can not pass to each other 10 passes scores one goal.

Start with 30 x 30 and reduce to 20 x 20.

Progression: 4 v 4 inside the 20 x 40 area. The players can yo the x's on the outside for a wa pass and score by getting the ball from 1 Target man to the other. Condition to three touches.

DATE.....



PASS AND MOVE

CARDIOVASCULAR FITNESS SESSION

EACH PLAYER PASSES AND MOVES.DRIBBLES THE BALL BACK AND CONTINUES. VARY PASSING AND RECEIVING.

Possession and turning, etc. generic skills game

- Play 6v6. Following six passes, the team in possession may score in any of the four goals

- Progressions can be score in any goal without conditions, 1 touch finish, etc.

- Another game can be one team keeps possession and has to get ten passes to score, the other team can score in any goal but have two touch and four passes before they can with a one touch finish. Possession team always starts?

Key Points: -

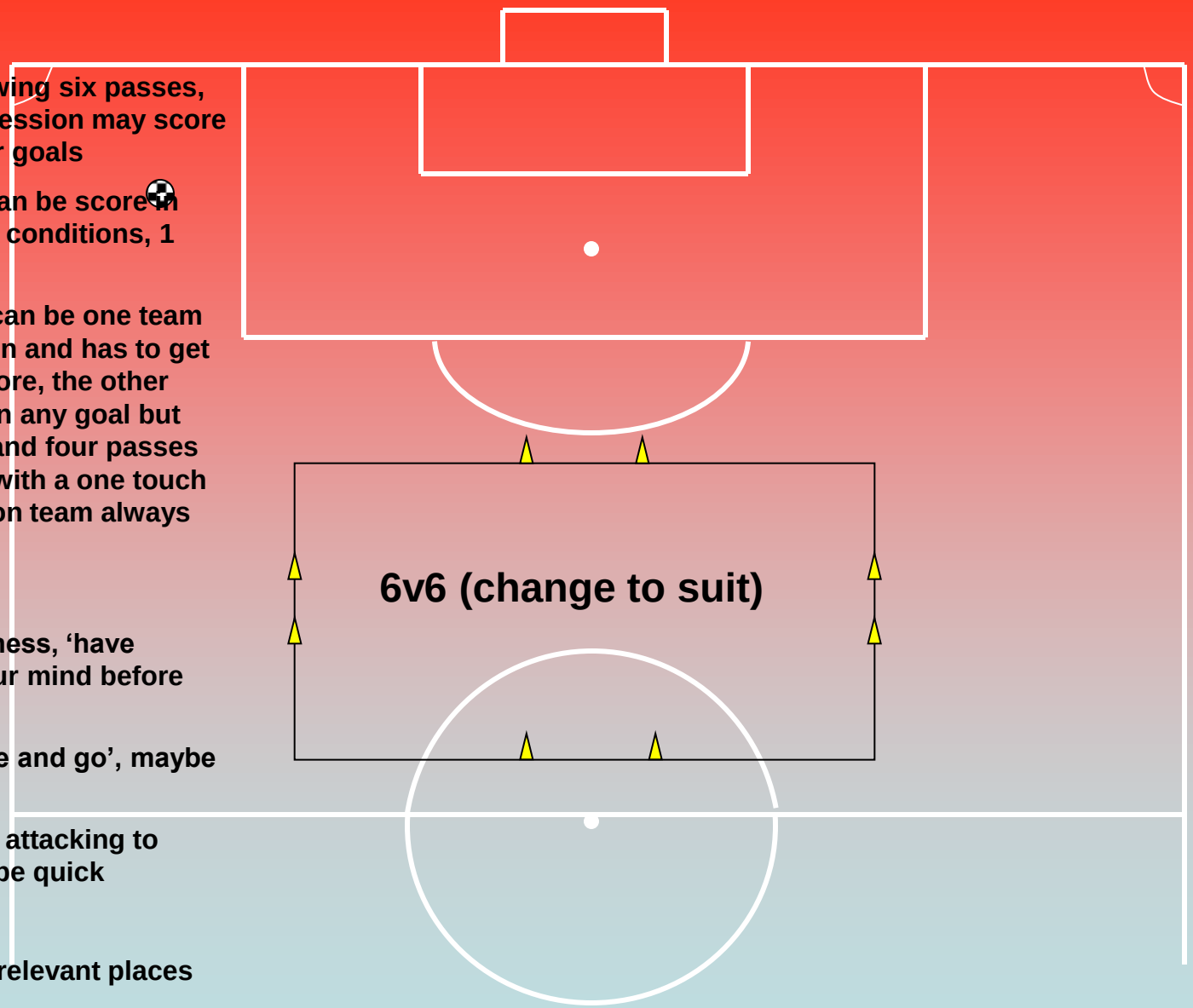
- Passing awareness, ‘have something in your mind before you receive’

- Encourage ‘give and go’, maybe one two?

- Transition from attacking to defending must be quick

- Communicate

- Use skill set in relevant places



1v1 Defending

- Play 2v2 in roughly a 20 x 20 yard area, 2 small goals for attackers to score in, 5 go's and hten swap attackers with defenders

Key Points: -

- 1st man close as quickly as possible, then slow run at end

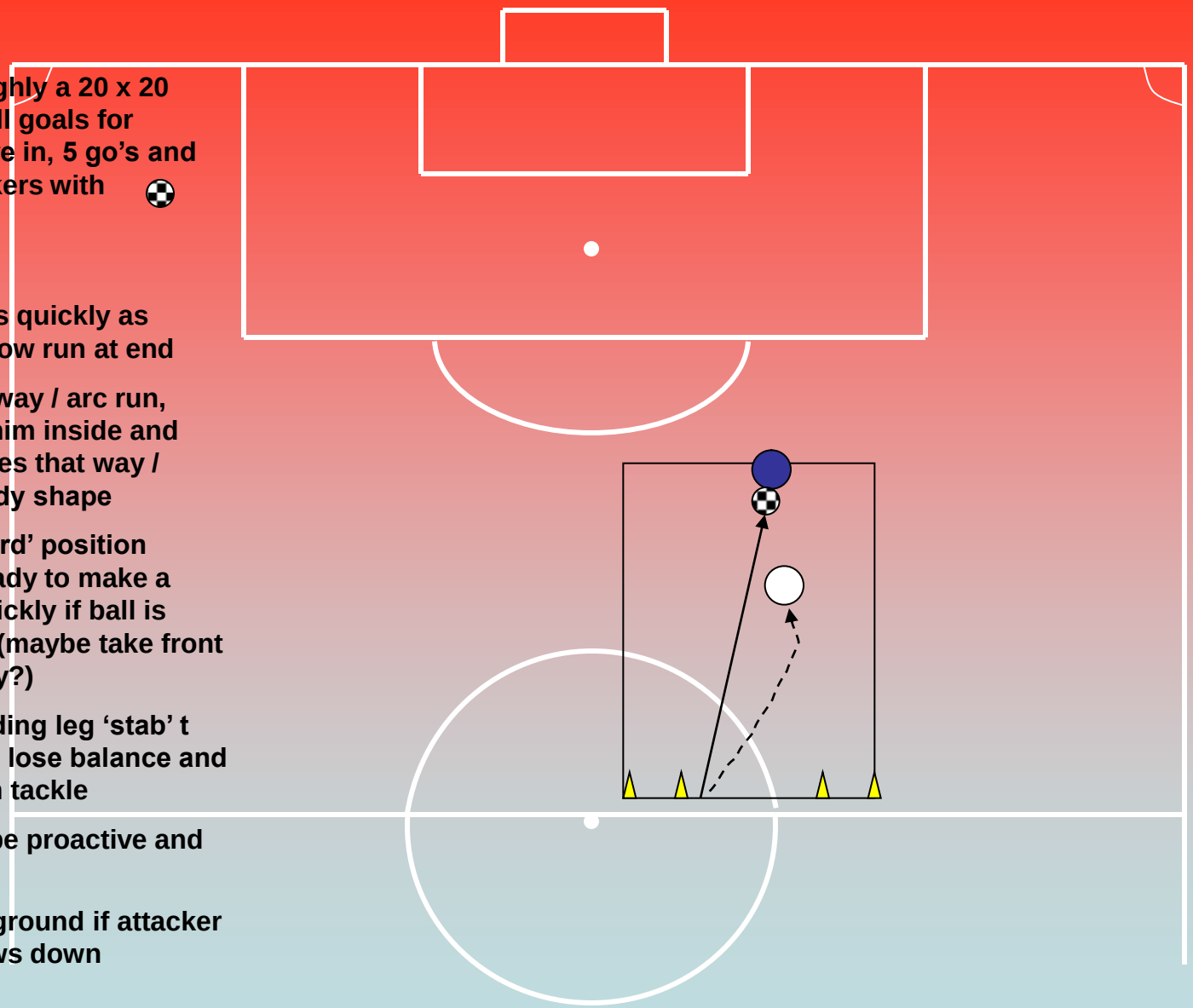
- Show him one way / arc run, generally show him inside and make sure he goes that way / don't change body shape

- Get in 'surf board' position balanced and ready to make a tackle or turn quickly if ball is played past you (maybe take front leg round quickly?)

- Tackle with leading leg 'stab' t ball so you don't lose balance and can recover from tackle

- Fake tackle to be proactive and force a mistake

- Gobble up the ground if attacker is delaying / slows down



2v2 Defending

- Play 2v2 in roughly a 20 x 20 yard area, 2 small goals for attackers to score in, 5 go's and hten swap attackers with defenders

Key Points: -

- 1st man close as quickly as possible

- Show him one way / arc run, generally show him inside

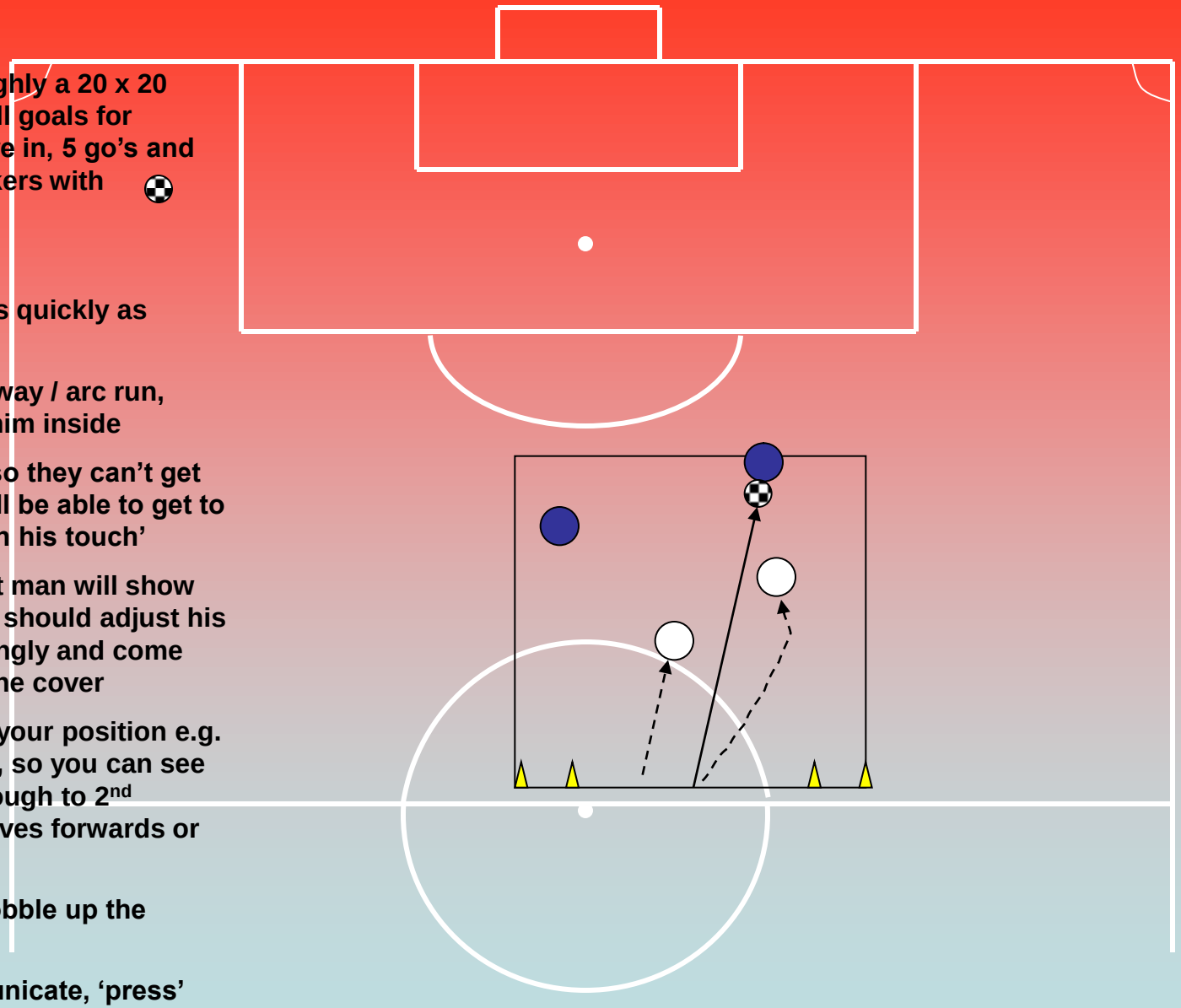
- 2nd man cover so they can't get 'split' and yet still be able to get to other attacker 'on his touch'

- Sometimes first man will show outside, 2nd man should adjust his position accordingly and come over further on the cover

- 2nd man adjust your position e.g. deeper or higher, so you can see and be close enough to 2nd attacker if he moves forwards or backwards

- 1st defender 'gobble up the ground'

- 2nd man communicate, 'press' 'show inside' and encourage 'win it'



3v3 Defending

Play 3v3 in roughly a 30 x 30 yard area, 3 small goals for attackers to score in, 5 go's and then swap attackers with defenders

Key Points: -

- 1st man close as quickly as possible

- Show him one way / arc run, generally show him inside

- 2nd man cover so they can't get 'split' and yet still be able to get to other attacker 'on his touch'

- Sometimes first man will show outside, 2nd man should adjust his position accordingly and come over further on the cover

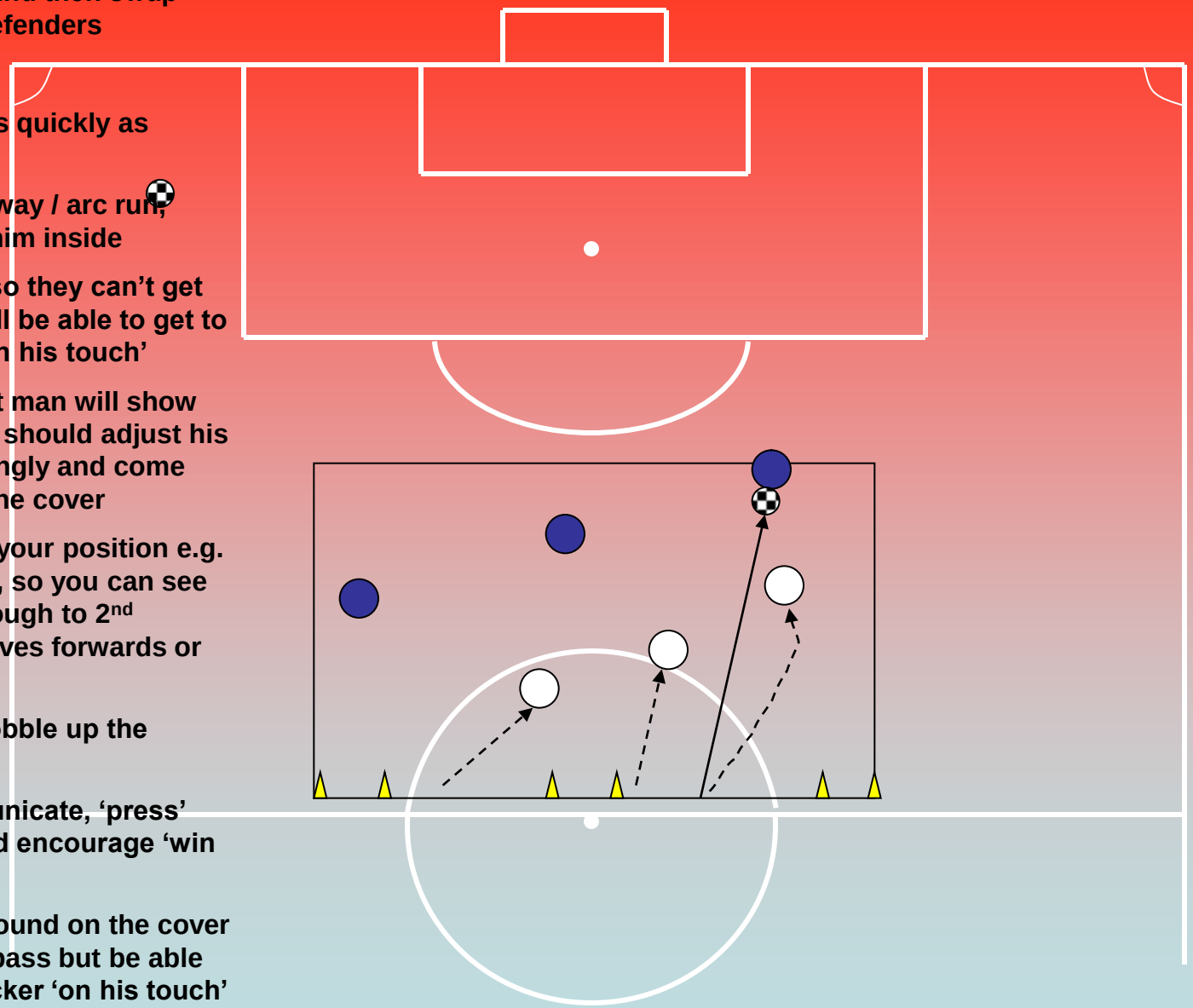
- 2nd man adjust your position e.g. deeper or higher, so you can see and be close enough to 2nd attacker if he moves forwards or backwards

- 1st defender 'gobble up the ground'

- 2nd man communicate, 'press' 'show inside' and encourage 'win it'

- 3rd man come round on the cover to stop forward pass but be able to get to 3rd attacker 'on his touch'

- When ball is with middle attacker shape is a triangle, 1 pressure and 2 tick in

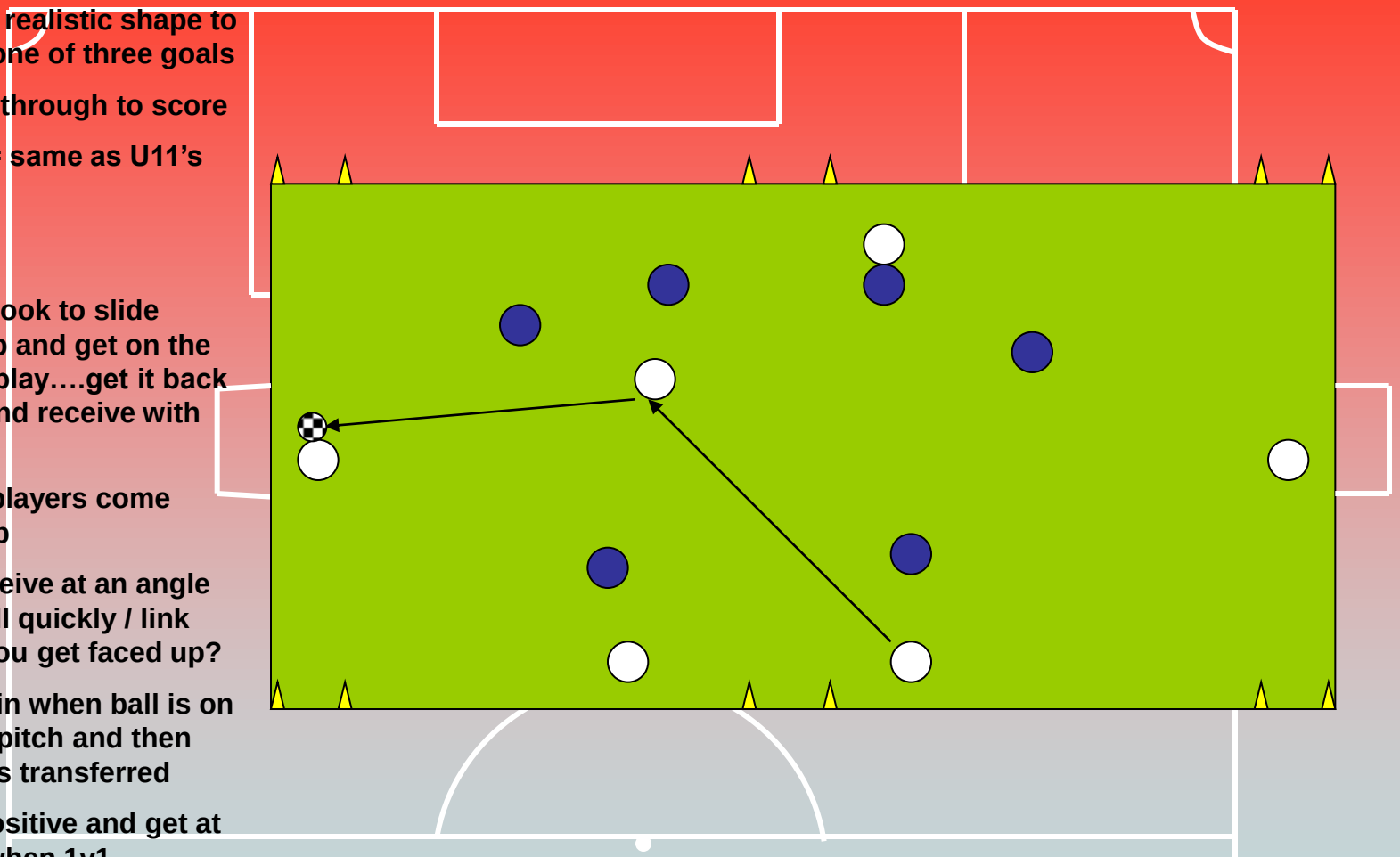


SWITCHING PLAY / ATTACKING SHAPE WORK

- Teams play in a realistic shape to try and score in one of three goals

- Have to dribble through to score

- Width of pitch = same as U11's



Key Points: -

- 2 deep players look to slide across, stay deep and get on the ball / dictate the play….get it back from wide men and receive with open body

- One of the top players come deep, one stay up

- Deep player receive at an angle and move the ball quickly / link the play or can you get faced up?

- Wide men tuck in when ball is on opposite side of pitch and then get wide as ball is transferred

- Wide men be positive and get at their defenders when 1v1, particularly when ball has just been transferred and there's no cover

- If space in front of you then attack it

- Move the ball quickly

POSSESSION

- Play 4v4v4 in a 30x30 to 40x40, one team defend so it's 8 v 4, when the defending team win it they put their hand on the ball and then play, team who gave it away defend

- Can condition the players to having to 'change their touch' as they receive (e.g. don't just control in front of you, change the angle)

- Can also condition to having to change touch and then travel with the ball

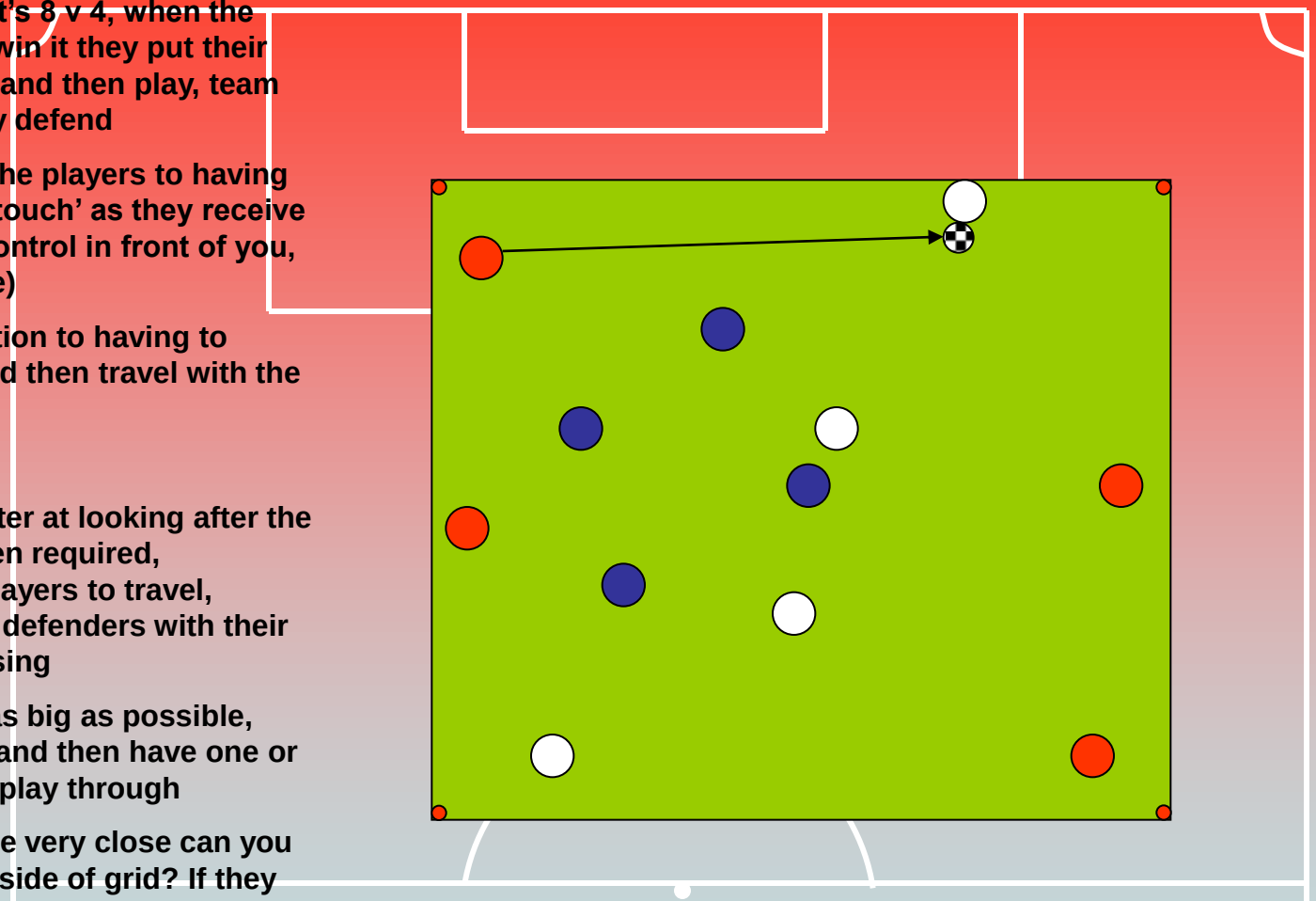
Key Points: -

- Need to get better at looking after the ball yourself when required, encourage the players to travel, protect and beat defenders with their pace before passing

- Make the area as big as possible, right to the line, and then have one or two in middle to play through

- If 4 in middle are very close can you go long to other side of grid? If they are far away then pass it to a closer player to keep ball and to suck them in

-



CONDITIONED GAME- SWITCHING PLAY AND RECEIVING UNDER PRESSURE

- Look to transfer the ball from one corner to the other in aorund a 30x30 to 40x40 yards grid (adapt to suit)

- Outside men can either be changed after a set time period or once the ball is passed out to them, they can come in and passer can go out

Key Points: -

- 2 players need to get as wide as possible and hug touchline, they should either be able to receive and score or create space for middle man to play

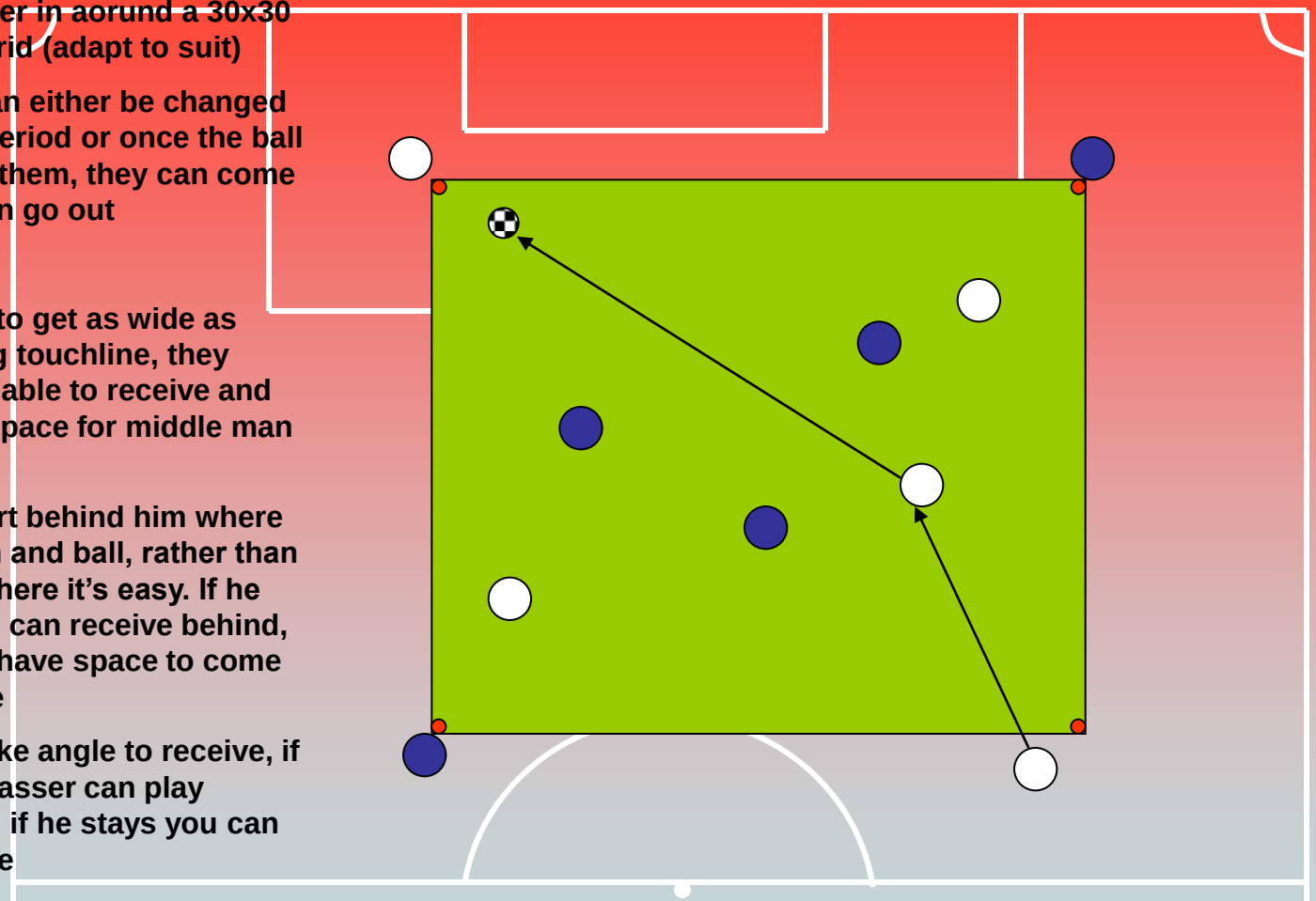
- Middle man start behind him where he can't see man and ball, rather than in front of him where it's easy. If he ball watches you can receive behind, if he comes you have space to come deep and receive

- Middle man make angle to receive, if he comes then passer can play straight through, if he stays you can receive and score

- Check shoulder before receiving

- Turn out and score is first option, others are pass, hold, move into space first time if defender commits

- Wide players work the line to get the ball or to get in behind



CONDITIONED GAME- SWITCHING PLAY

- Normal game with condition that you must play out to both floaters before you can score. Only floaters allowed in the channels

-Floaters have two touches only

- Change floaters at set time intervals

- Progress to taking floaters out and normal game but still encouraging switch of play

Key Points: -

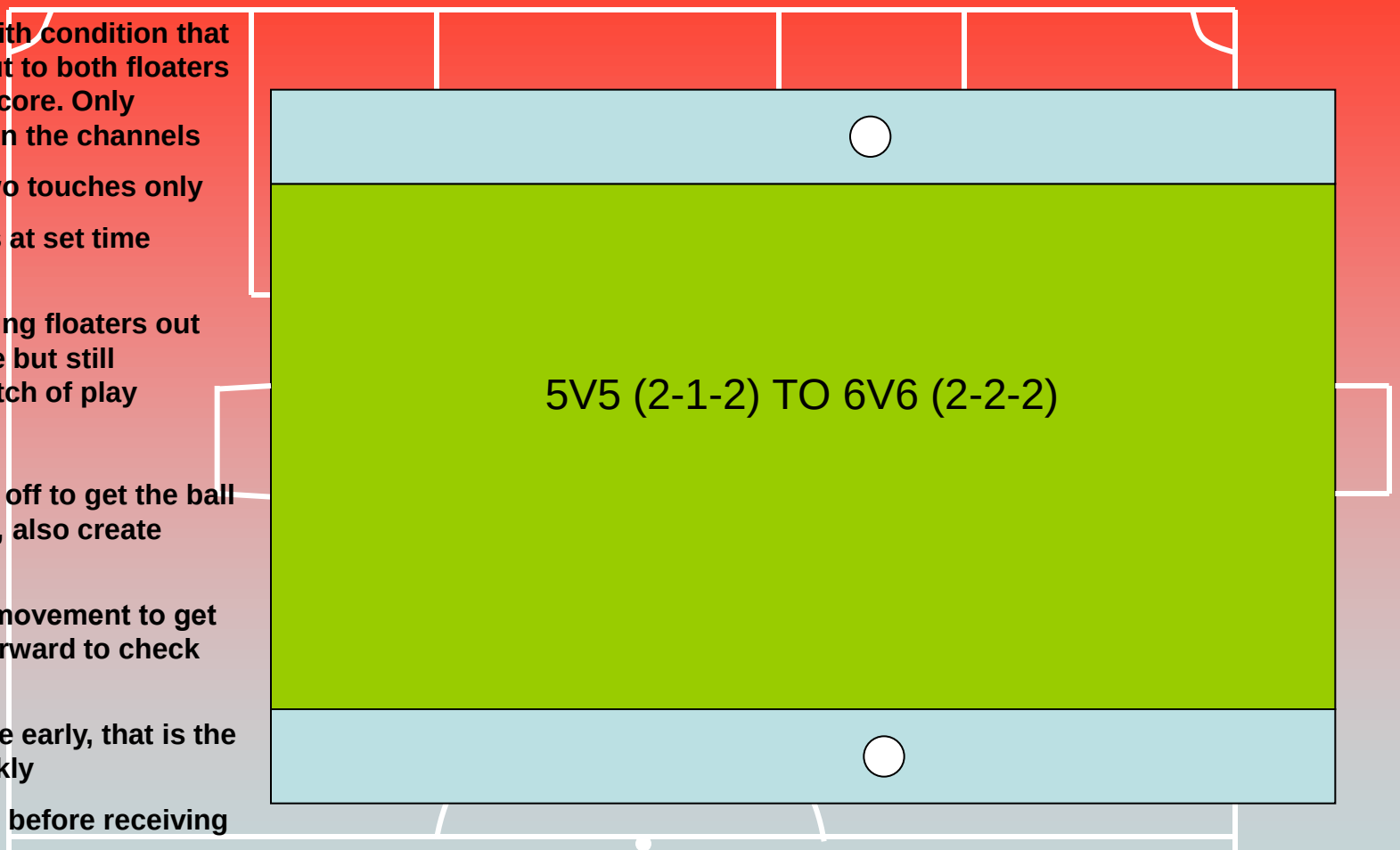
- Defenders drop off to get the ball and transfer play, also create space for CM

- CM's opposite movement to get on the ball, go forward to check back and receive

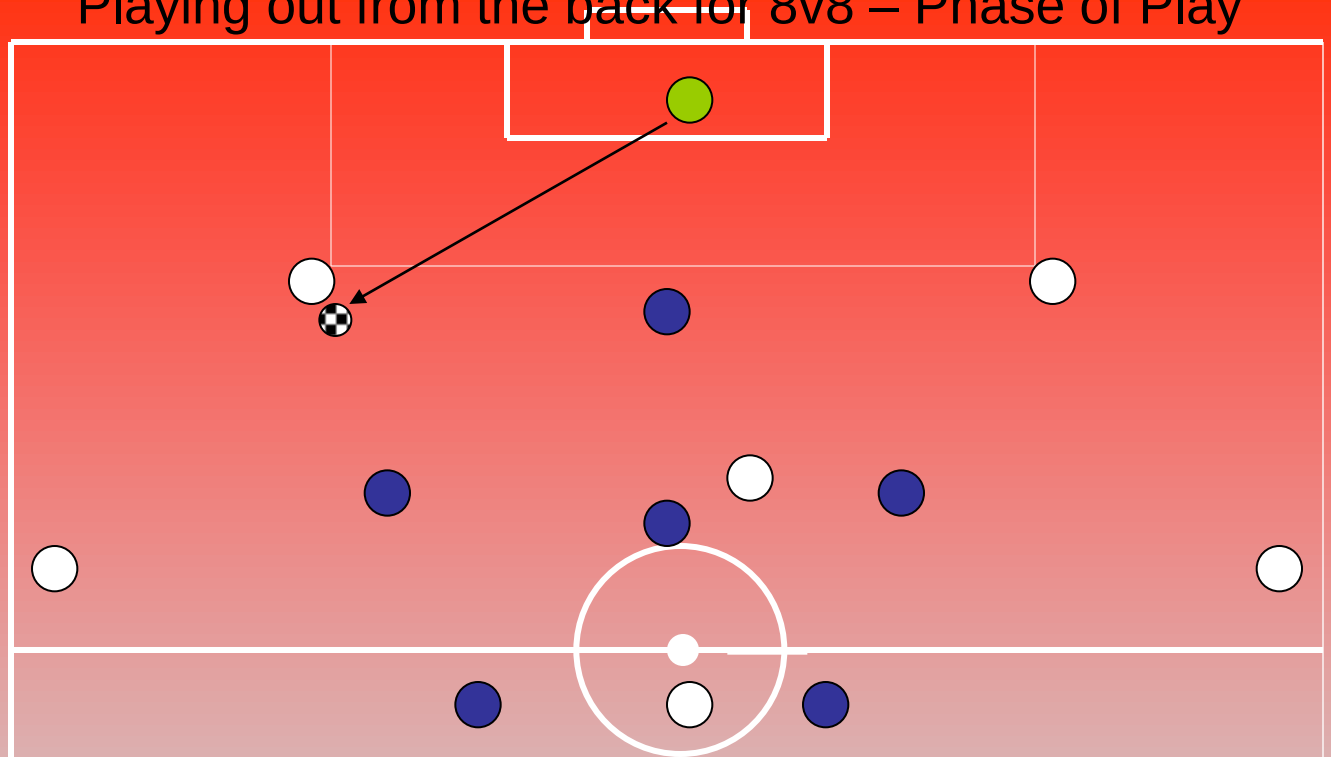
- Get the ball wide early, that is the aim so do it quickly

- Check shoulder before receiving

- CM choose whether to protect with body as you turn out or be faced up, if faced up then may be able to play CF, depends on pressuring defender



Playing out from the back for 8v8 – Phase of Play

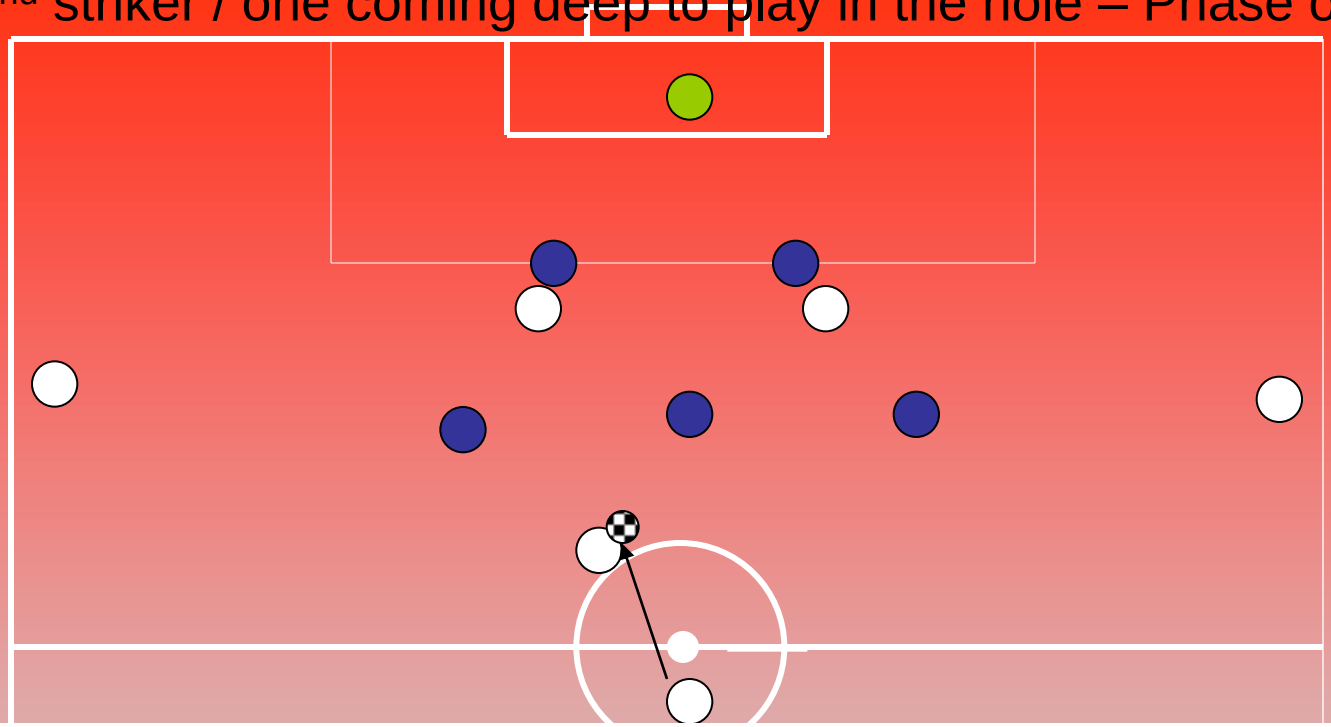


PHASE OF PLAY – Start position = GK starts with ball – 3 small goals are placed slightly beyond this text box for whites to attack

KEY POINTS

- **2 defenders split wide**
- **CM be in a position to receive at an angle while allowing ball into front man, protect with body or open out depending on pressure**
- **WM push on to check back or support CF**
- **CF push on and play on shoulder of defender looking for balls to be slid in either side or over the top**
- **GK distribution = 1st option is CB's, WM's 2nd option if CB's are marked by CF's (go away and check back so GK can 'drop it in' to you, 3rd option is CM if he's free, 4th option is CF's feet with a throw if possible**
- **When CB's have ball, WM push on to check back and receive or face up if possible**
- **If WM comes inside and off line then CM must show so we can switch play or CF show to allow ball in**
- **When receiving from CB's. CM can play 1st time to WM if WM has checked back to give an angle for 1st time pass in or use tough skill (top players only!) of taking 1st touch back and slightly inside to open up the pass forward (or' round the corner')**
- **When CM comes deep at angle and I smarked this allows ball into CF, as soon as that is played CM must then sprint to support**
- **GK act as sweeper, shout for the balla nd get it off back players to switch play**

The 2nd striker / one coming deep to play in the hole – Phase of Play



PHASE OF PLAY – Start position = Coach or white def starts with ball – 3 small goals are placed slightly beyond this text box for blues to attack. Area is ½ pitch width x 60 yards.

KEY POINTS

- **Start real, 2 CF's push away, 2WM get wide and push on, CM come deep at an angle. Defensive team be compact + stop forward one**
- **Can one of the CF's take his man away and then check back into space…..1st thought should be 'can I get turned?' as CM plays it**
- **Once he's turned, the other CF can make a run into the space he's left to leave a 1v1, allowing the deep CF to attack the space**
- **Once he gets turned the wide men can get forward / threaten in behind as he can now play forward**
- **If deep CF is half turned, can he play 'round the corner' with outside of foot….playing to other CF and then following pass to support 2nd CF**
- **Sometimes can we play into 2nd CF who is then 1v1….if 1v1 be positive and has he got a trick to beat defender**
- **If deep CF can't turn, he may have to hold, set and spin out…..one option is to move towards other CF who can then make a move into his space**
- **Two WM must push on to then check back when CM has the ball….can they then get faced up and be positive**