

# *the soccer coaches*

*a magazine for grass roots coaches*



*a high quality  
Journal  
helping all coaches  
improve  
all players with a range  
of detailed drills,  
practices & advice!*

***Issue 1***  
***Spring 07***

***the soccer coaches***  ***com***



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Hello and welcome to this, the inaugural coaching journal from the **soccercoaches.com**.

Throughout recent times we have spoken to many like minded coaches and discussed the needs of a modern day coach. Everyone agreed there was a need for a resource containing practices, drills, sessions and new ideas.

This first edition will begin to introduce the quality and calibre of session that we as coaches believe we require. In each edition we will try to include sessions and practices that will be applicable to all levels of coaches and more importantly age range of players.

This first journal is in e-magazine format. Following on from this, the magazine will be issued 4 times per year in glossy journal format.

You can subscribe to the journal using the form in the back of this journal or by logging on to **www.thesoccercoaches.com**. We would also welcome your feedback and opinions on the content of this journal and your thoughts on future editions. Please e-mail us at **journal@thesoccercoaches.com**.

We would like to take this opportunity to thank; all sponsors and contributors to this journal.

I hope you find this first free edition of the journal useful and informative, if you would like a printed version please see the subscription form at the back of the journal.

We look forward to many more issues to come.

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## **Next Edition Summer 07**

to include, goal keeping, skill games for 5-8 year olds, playing out from the back (possession in own half), counter attacking, the facts and the sessions, favourite practices of a guest coach and many more sessions.

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## 2 session description

Throughout the course of the year we aim to cover a wide range of sessions for all abilities and levels of football. The sessions will be designed to show basic organisation, key teaching points and then additional detailed points for more advanced players.

Sessions will also be in a variety of formats from unopposed practices to full 11 v 11 shape games. Below we will begin to understand the description of terms used when planning sessions.

### ***Un-opposed Practice***

Aimed at developing basic technique and understanding in a controlled environment without opposition. These practices are to enable repetition and begin a solid learning of a technique. It is important to make sure practice happens at speed as technique becomes more comfortable.

### ***Grid Practice***

A natural progression from an unopposed practice, in a controlled area there will now be opposition whether it be 3 v 1 and 4 v 2 or bigger numbers 7 v 5, 9 v 6. Grid practices allow the transition of technique into a decision making environment.

### ***Functional Practice***

A more isolated area of the pitch. This could be working with a small component of the team/unit. It can be either positional or pitch related. In these practices there is a specific outcome or target to be achieved, by developing the roles and responsibilities within the team.

### ***Phase of Play***

This takes place in a full pitch width and at least half a pitch in length. Allowing a more realistic outlook of the game you can now begin to build team shape and understanding into the group. There is a specific outcome for one team and can be played with even numbers or with a numerical advantage to achieve the purpose. Targets, goals or servers can be used to aid practice.

### ***Small Sided Game***

A game of 4 v 4, 6 v 6 up to 9 v 9, where a specific theme is coached. The pitch must be appropriate to the number of players. Players will react realistically to the situations in the game. In this instance a start position may be used to achieve the desired outcome.

### ***Zonal Practice***

A zonal Practice can be used to develop position specific roles and techniques within the team. In certain instances players must stay in a designated area to achieve the sessions outcomes. This will be linked to certain units within the team.

### ***Conditioned Game***

This can be used to highlight a specific technique or decision within the game. Players may be on two touch to encourage moving ball quickly or ball must be played of a certain player for the practice to become alive. These practices allow a pre chosen element of the game to develop within the session.

### ***Position specific***

This can be unopposed, semi opposed or fully opposed. The session will relate only to one position within the team, highlighting the technical and tactical needs of that position.

### ***Pattern of Play***

Pattern of play is a squad practice that allows all players to learn in a realistic situation to the positions they play. All movements and attacks must be realistic to the game, with the shape and balance away from the ball as important as the work on the ball.



players



path of  
player



path of  
ball



path of  
dribble



cone



ball



disc



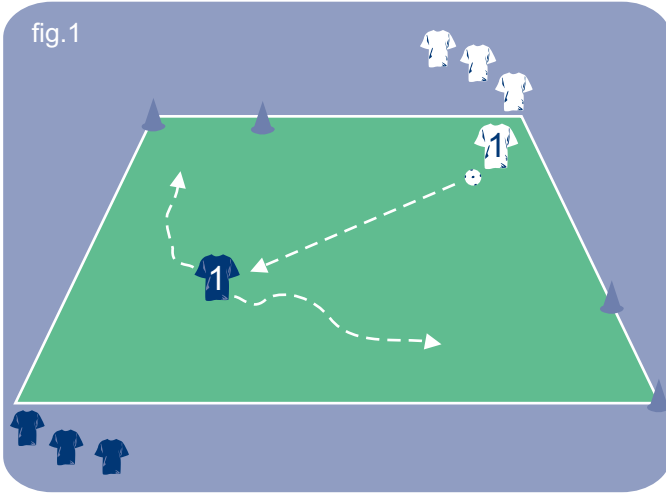
mannequin



pole



fig.1



## Running with the ball, dribbling/turning and screening

**Grid Size:** 7/10 x 7/10 yards.

Any number of players.

### Organisation.

Players split into two teams on opposite corners of the square. There are two goals as shown, White 1 plays to Blue 1 and follows pass to defend. Blue 1 scores by running with the ball through either one of the goals.

### Key Points.

Be positive, attack one of the goals early  
Decision, depending on defending can you run directly through goal, dribble to beat defender or protect ball using body.  
When protecting ball try and work ball towards one goal but using body to screen turn away towards opposite goal.  
Accelerate through goal.

## Passing and receiving

**Grid Size:** 10 x 10 yards

### Organisation.

Players form 4 lines as shown in diagram.

1. Pass and follow to join opposite line.
2. Pass and back peddle to back of own line.
3. Pass and join line to your side.
4. Pass and join line diagonally.
5. Pass Diagonal and join line in front of you.

**Grid Size:** 10 x 10

### Technical Detail:

Quality of pass, lock ankle to get ball across the ground quickly.  
Receive tight, relax ankle to keep ball close to you.  
Add movements in as you transfer between lines. Stride out, Side stepping, Burst of speed, Hip twisting and Skipping.

fig.2

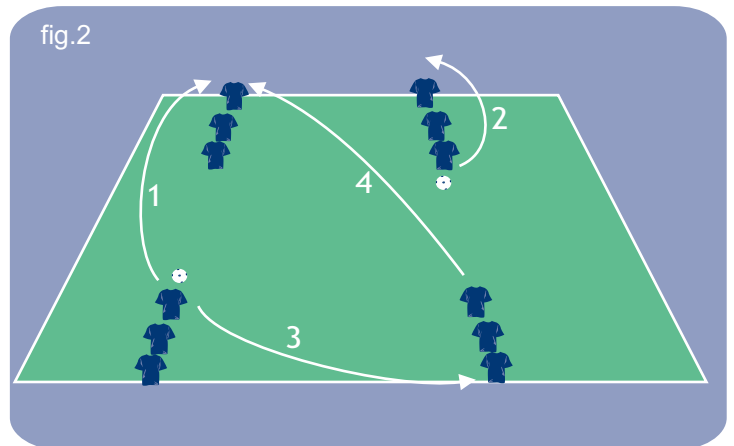
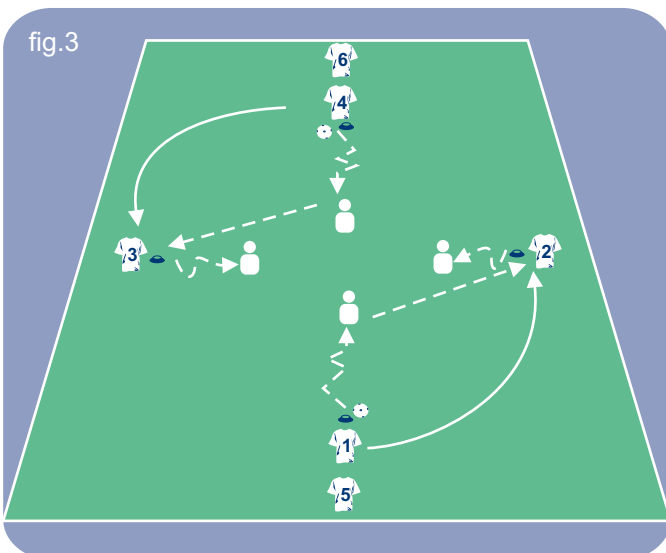


fig.3



## Front foot passing

**Grid Size.** 20 x 20 yards (starting disc 10 yards away from mannequin.

### Organisation.

White 1 and white 4 start with a ball each, both players start at the same time, dribble into mannequin and play a front foot pass to the right, follow pass and join back of queue, receiving player repeats.

### Key Points:

Timing of when to pass/commit defender  
Quality and technique of pass.  
Receiving techniques.  
Dribbling techniques.  
Disguise on pass.

### Technical Detail:

Technique of pass: contact lace part of boot with firm ankle, contact middle/centre of ball.  
Disguise: body, eyes, trick.

### Progression:

All players now join the queue in the opposite direction they pass (as if to threaten a give and go).



## warm ups technical games

### Various Receiving/passing.

**Grid Size:** 10 x 10 yards

#### Organisation

Place a server at each end with a ball, each with 2 players in the middle working both ways. On the coaches command the players run out to server to play the ball then change ends and work with opposite server. After 30/45 seconds rotate servers and middle players.

1. Ball on floor, plays back to server in 1 touch.
2. Ball on floor, play back in 2 touches.

#### Balls in Servers Hands.

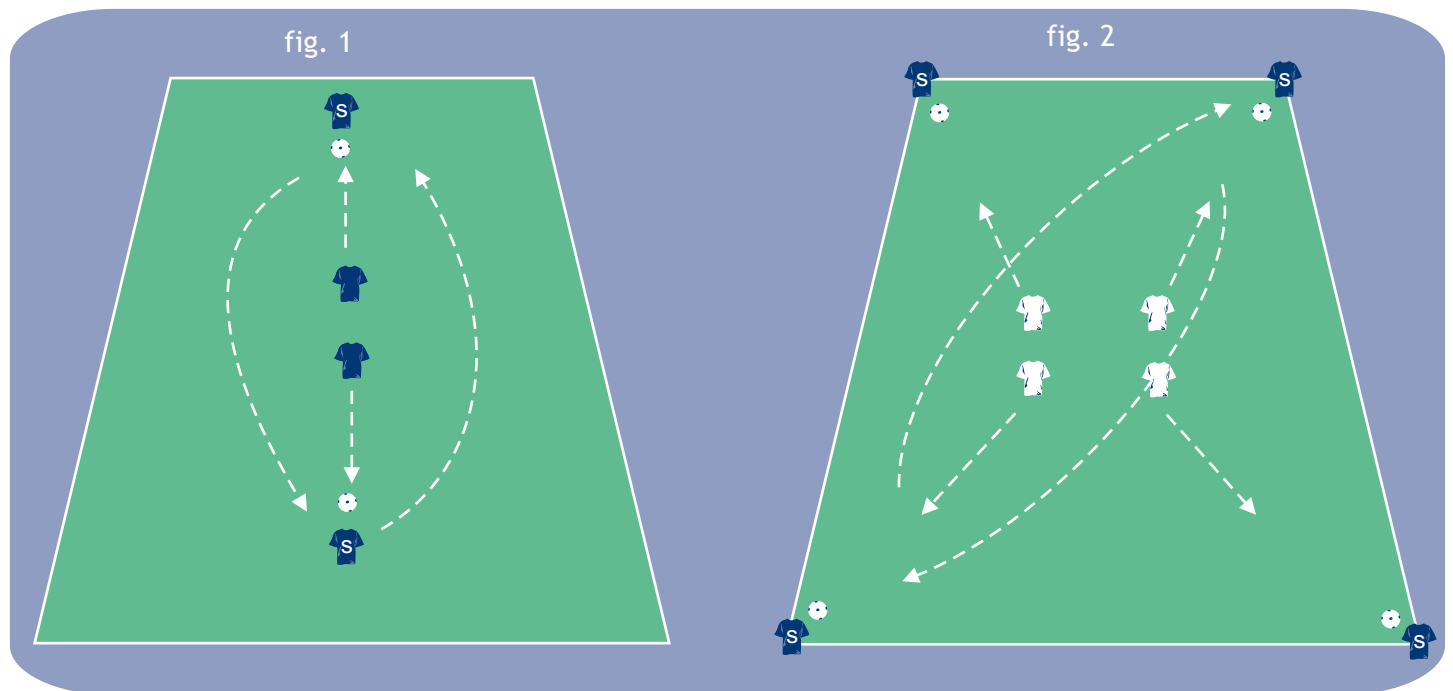
3. Low Volley.
4. Higher Volley.
5. Thigh Volley.
6. Chest Volley.
7. Head Low.
8. Head High.

**Fig 1.**

Receive ball from 1 server and deliver it to the opposite server. Then go back to the first server again to repeat action. Both players work at the same time.

**Fig 2.**

Join with another line to make 4 servers and 4 players in the middle. Receive ball from server and now work to the server on the diagonal.



players



path of  
player



path of  
ball



path of  
dribble



cone



ball



disc



mannequin



pole

# quick feet quick reaction practices

Agility. Balance, Co-Ordination



If equipment shown is not available please use cones/discs.

## Practice 1.

### Organisation

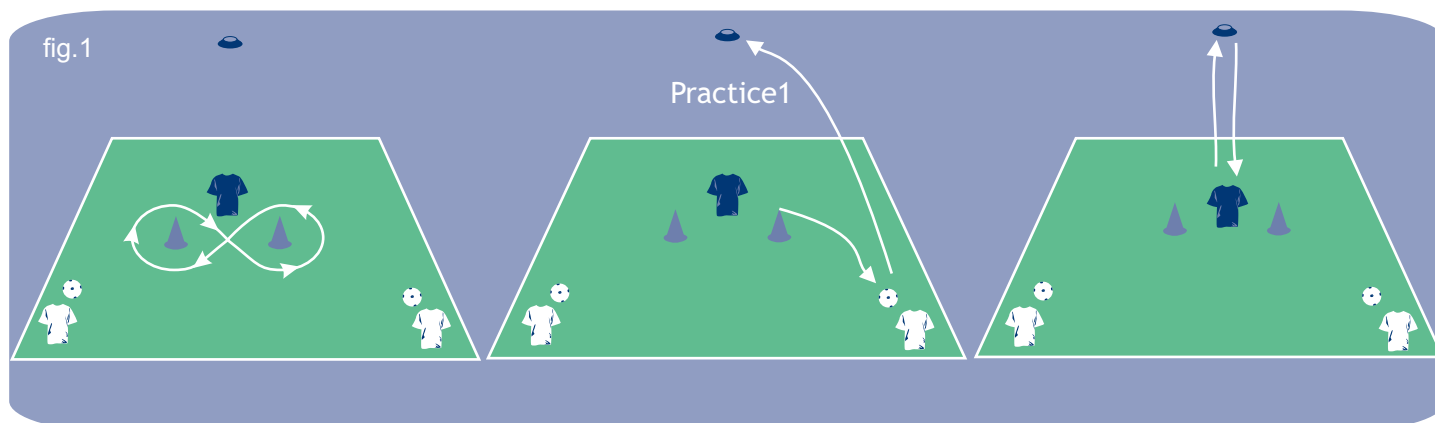
Place cones 1 metre apart with 2 servers placed 2 metres in front of these cones (as fig.1). Each server has a ball in their hands. Player 1 works quickly in figure of 8 movement around 2 cones (short sharp side steps). Either server bounces a ball, this is the signal for the player working to step out and touch the ball, he then back peddles and receives a volley off that server before returning to figure of 8 movement. Work for 30/45 seconds.

### Key Points

Speed and quality of footwork.  
Keep eyes up to increase reaction time.  
Fast out to the ball.  
Quality of volley.

### Progressions.

- If server 1 bounces the ball then player must get ball off opposite server.
- Vary the types of returning surface, thigh, chest, head.
- On call of "drop" player who is working turns and sprints 10 metres to line then back to cones.



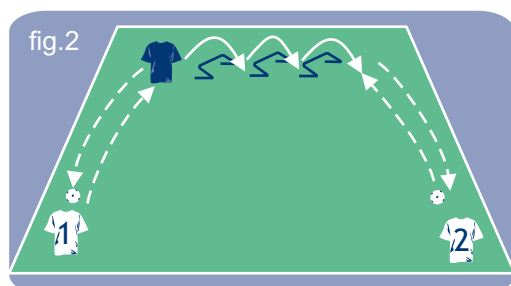
## Practice 2.

### Organisation:

3 hurdles placed in a line with 2 servers at each end and 2 metres away. Blue player receives volley off white 1 and then moves laterally over the hurdles to receive a ball off white 2. Quality of footwork - player must volley then change feet before going over hurdles. Make sure after moving right, player volleys with right foot then after moving left volleys with left foot.

### Progression:

- Volley opposite ball as you come over hurdle.
- Vary types of returning surface.
- On call of "drop" turn and sprint 10 metres to line then back in.



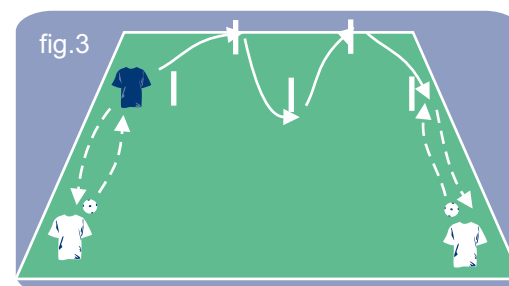
## Practice 3.

### Organisation:

Place poles in a W shape with each pole being approximately 1 metre apart. Set up as previous practice. This time the movements are forwards and backwards. Player always faces server and works quickly around poles. As he approaches each server he receives a volley before repeating the process the opposite way.

### Progression:

- Work ball on floor to include a pass or vary the returning surface.
- Player faces to the side and works laterally around poles.





**Grid Size:** 20 x 15 yards

**Organisation:**

White 1 passes to white 2, white 2 to white 3, white 3 to white 4, white 4 to white 5 and repeat. All players follow pass to next station.

**Key Points:**

Punched pass, fast across grass.

Safe side pass (foot furthest from mannequin).

Movement to receive: double run/go to show (away from the ball to check back and receive).

Trigger and timing of movement: example, White 4 creates space by moving away as the ball is travelling from white 2 to white 3, support to receive the ball when white 3 lifts head.

Receiving quality/type: receive half turned.

Receiving early/late.

fig.1

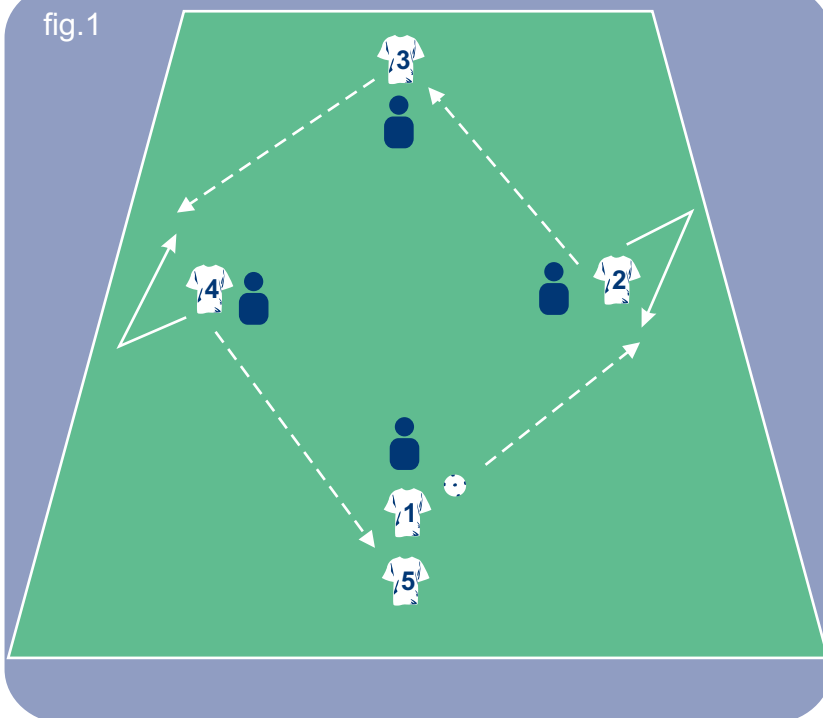
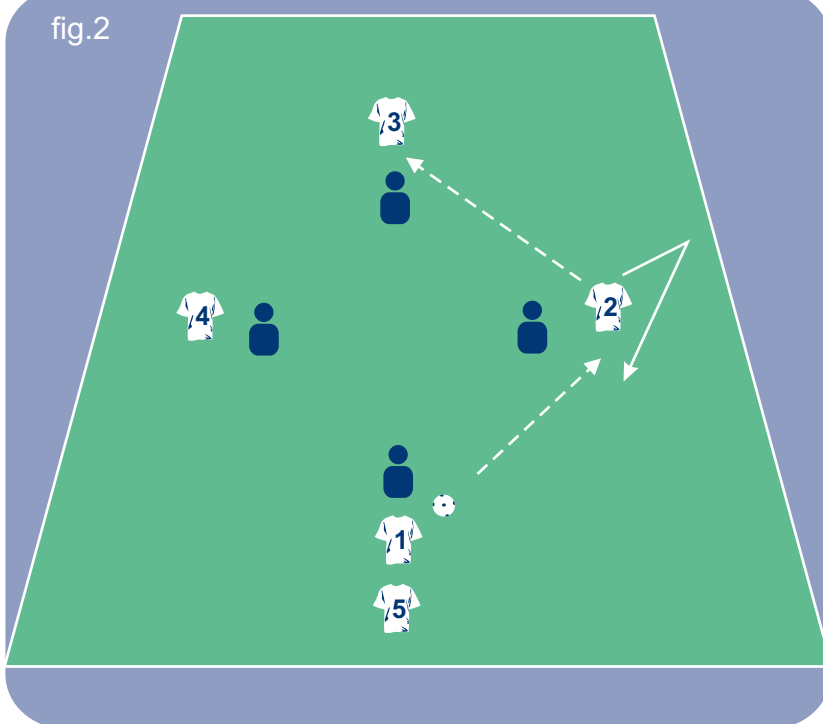


fig.2



**Progression 1:**

Pass is now played into space in front of receiver (receive on back foot to encourage forward player quicker).

**Technical Detail:**

Receiving tips:

**A** Receive on the **angle**.

**B** **Body** shape open on half turn, open hips and shoulders.

**C** **Check** shoulder/whats behind you?  
Turn with your **Head, Hips, Feet**.



players



path of  
player



path of  
ball



path of  
dribble



cone



ball



disc



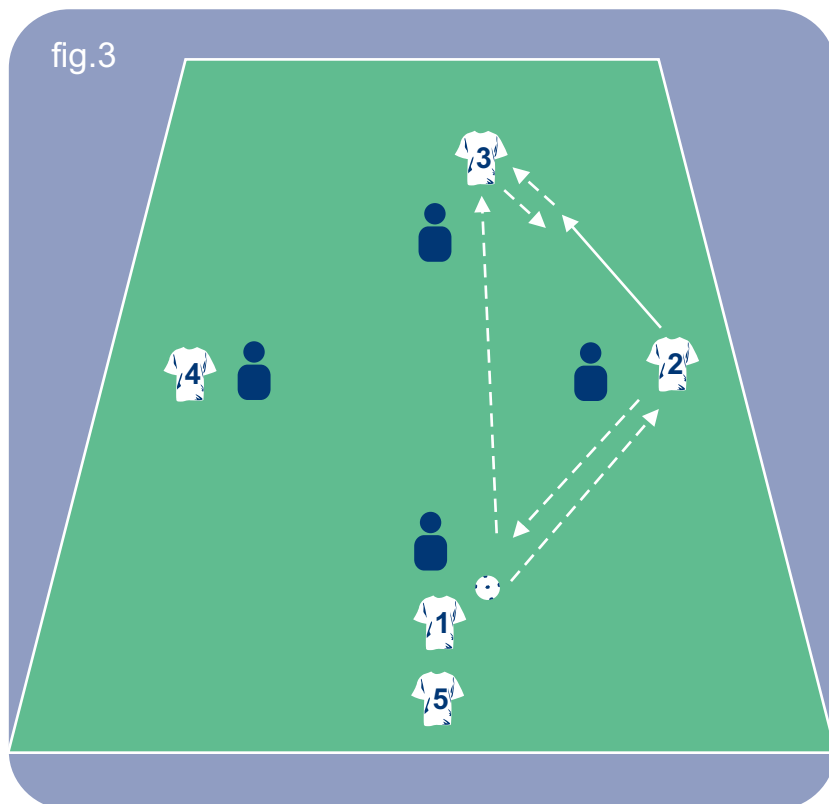
mannequin



pole



fig.3



**Grid Size:** 20 x 15 yards

**Organisation:**

White 1 passes to white 2, white 2 sets back to white 1, white 1 plays firm pass into white 3, white 2 supports white 3 and receives a short pass before returning the ball back to white 3. White 3 repeats practice using white 4.

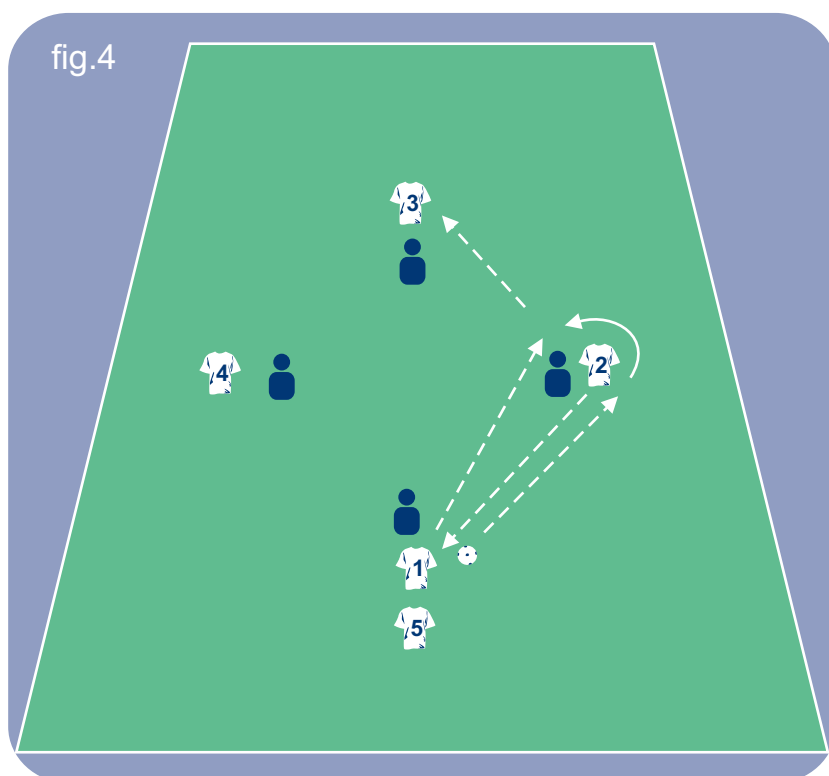
**Key Points:**

Punched pass (fast across grass).  
Receive early.  
Soft set (to encourage first time passing).  
Driven pass (with laces).  
Timing of movement, white 2 supports late on white 3's receiving.

**Technical Detail:**

Movement to receive short pass, take the weight off the setting up pass to allow white 1 to play first time. White 2 supports late and fast. All players move anti-clockwise 1 mannequin.

fig.4



**Organisation:**

White 1 passes to white 2, white 2 sets back to white 1 and spins behind mannequin to receive return pass from white 1 who plays into the space for white 2 to receive. White 2 passes to white 3 who continues practice with white 4. All players follow pass.

**Key Points:**

Punched pass (fast across grass).  
Soft set (to encourage first time passing).  
Quality of pass into space (measured weighted pass in channel in front of receiver).

**Technical Detail:**

Movement to receive in behind: after set white 2 moves towards ball first to encourage defender out of space, this in turn will create more room to spin and receive behind.



## possession game

### grid practice

#### Basic Possession:

Grid size: 30 x 15

#### Organisation:

10 Players (7 vs 3). Blues are the attacking team and must retain possession against the white defending team.

Whites must keep one defender in each half at all times.

fig.2

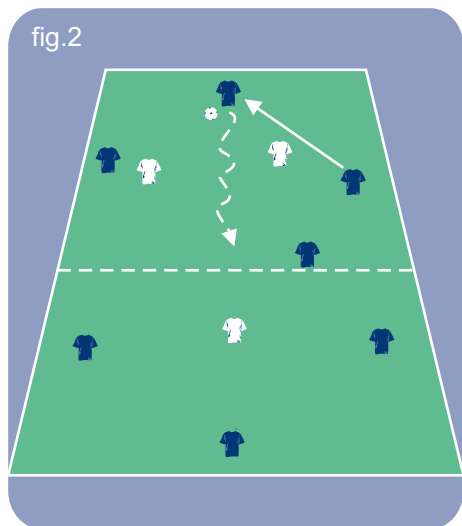
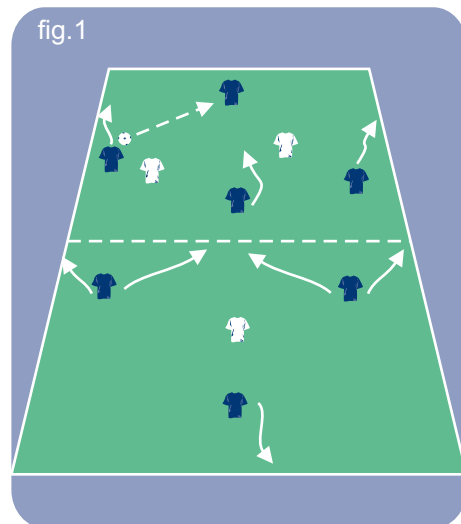


fig.1



#### Key Points:

- Open pitch out, support wide and long.
- Move ball quickly.
- Play simple.
- Awareness, where is the support. Short or long.
- When the space opens up can you run ball and combine off other players (fig 2).
- When player runs with ball fill spaces left behind.
- Support. Always one long option. Support tight between pressing defenders.

## 3 team finishing

### conditioned game



Grid Size: 40 x 30 yards (dependant on age and number of players)

#### Organisation:

3 teams of equal numbers, 2 teams playing, 1 team around the edge of the pitch.

#### Conditions of game:

2 goals to win, winning team stays on.

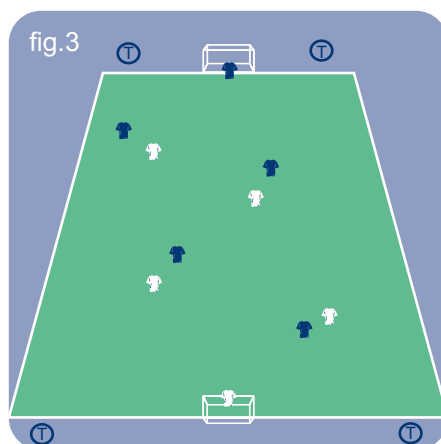
1, 2 or 3 touch limit.

All players must be in the opposition half to score.

Can only score if ball comes back off the target player.

Only score off a 1 touch finish.

fig.3



#### Key Points:

- Tempo and speed of game must be high.
- Speed of pass, movement and thought.
- Outside players be alert.
- Take shooting opportunities where possible.
- If you can't shoot can you give it to someone that can.



players



path of  
player

path of  
ball



path of  
dribble



cone



ball



disc



mannequin



pole

**Grid Size:** 20 x 20/ 30 x 30 yards depending on age and numbers.

### Organisation

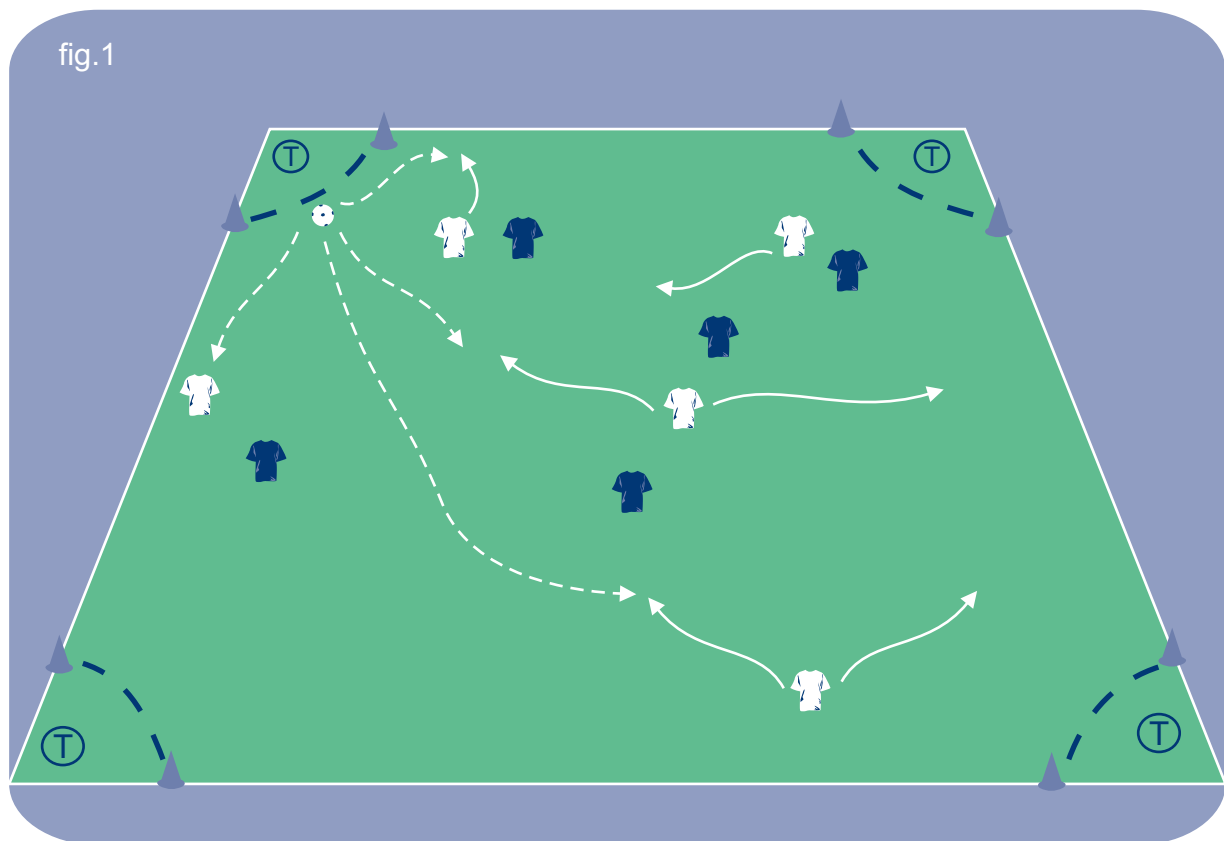
Players 12 (4 v 4 plus 4 target players).

14 (5 v 5 plus 4 target players).

Any odd numbers add a floater playing for team in possession; this is also useful for younger players and will aid success.

Two teams of equal numbers (use floater if needed) play in the pitch.

4 target players occupy corner zones. Team in possession must retain the ball with a point scored each time they get the ball into a target player.



### Key Points:

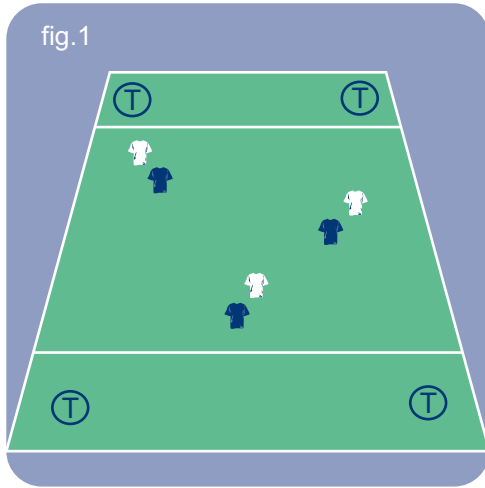
- Create Space. Keep pitch wide and long. Be especially aware of this when you initially win back possession.
- Pass preference, can you play forward, if not retain possession.
- Receiving. Try and get turned to play forward (Check shoulder).
- Awareness, if defenders push in then look to play in spaces behind or around them.
- When the space opens up can you run with the ball and combine off other players.
- Support. When and where. Between players angled support, support for longer passes.

### Progressions:

- The player who plays ball into target player cannot receive it directly back, so play ball into target player and then leave the space for team-mate.
- Ball cannot go back to the same server straight away.
- Target player to recognize space. If defenders have pushed in can he play longer or diagonal to relieve the pressure.
- Target players must step outside of corner area to receive ball then drop back in once re-delivered ball.



fig.1



### Conditioned game

**Grid Size:** 25 x 20 yards (or appropriate for age)

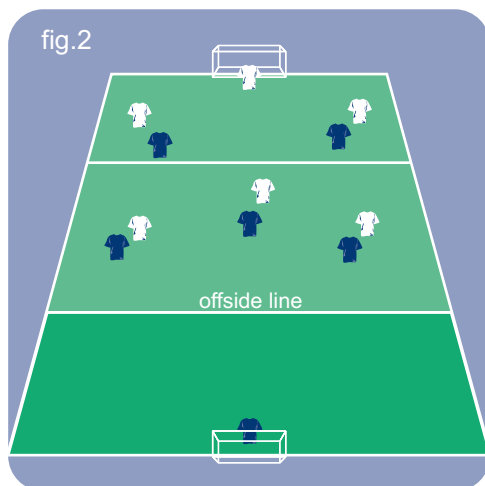
### Organisation:

White Vs Blue, the objective is to transfer the ball to player T to score, T player plays square to fellow T player before playing back into team in possession who in turn look to transfer and score at the opposite end.

### Key Points:

Retain possession, be patient when not in a position to attack quickly.  
 Play forward when possible, tempo and speed of attack.  
 Un-balanced opposition (commit defenders, clever runs off back of defenders) to gain overloads.  
 2 v 1's.  
 Dribbling techniques.  
 End product.

fig.2



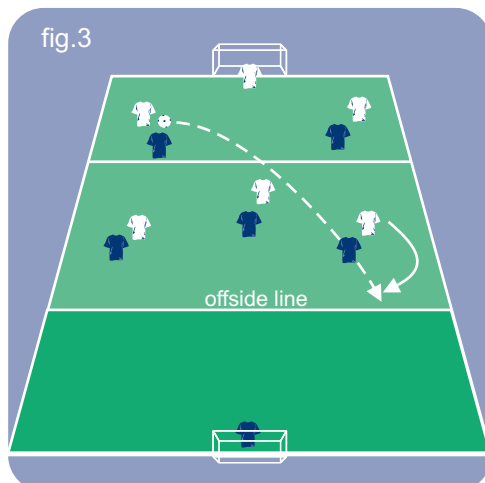
### Clever play in the final 1/3 Conditioned game with G.K's.

**Grid Size:** 45 (3 x 15 zones) x 25 yards.

### Organisation:

Play starts with GK. who plays out into whites, whites and blues can only play in defensive and mid 1/3's of the pitch.  
 Whites must look to play team mate into final 1/3 (ball arrives man arrives) for a 1 on 1 with GK.  
 If blues win possession they attack the white goal  
 When whites break out into final 3rd all players transfer into the opposite 2/3 of the pitch with the blues now trying to break out and whites trying to score in the blue goal.

fig.3



### Key Points:

Retain possession.  
 Identify opportunities to penetrate to gain entry into the final 3rd.  
 Clever runs and timing of movements.  
 Combination and link up play.  
 End product.

### Progression(s):

Players can run ball into final 1/3 themselves.  
 Allow a recovery defender.  
 Allow 2 attacking players to enter final 1/3.



players

path of  
playerpath of  
ballpath of  
dribble

cone



ball



disc



mannequin

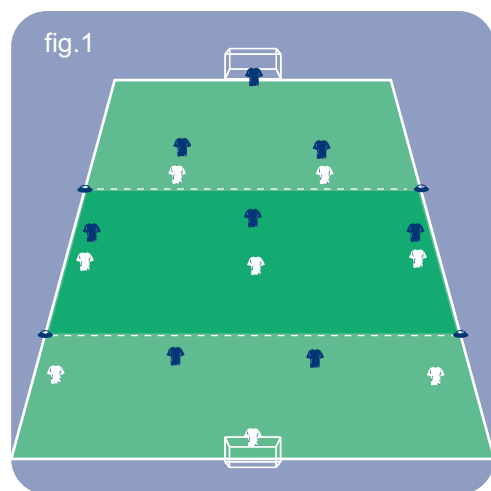


pole

### Zonal Practice

Forward play by gaining advantage through overloads.  
Number of players 16 to include 2 GK's.

Pitch size 50/60 x 30/40 yards (depending on age of players).



### Organisation:

The pitch is coned into thirds with players initially only allowed in their own zone.

Players will find this difficult and the game will break down frequently.

After a period of play you can then introduce a series of ways of overloading areas to gain an advantage.

### Progression 1

When defenders or GK has the ball you can now allow one midfield player to come into the defensive third to receive the ball. This will create a 3 v 2 and should allow players to build up a way to get into the mid third with good possession.

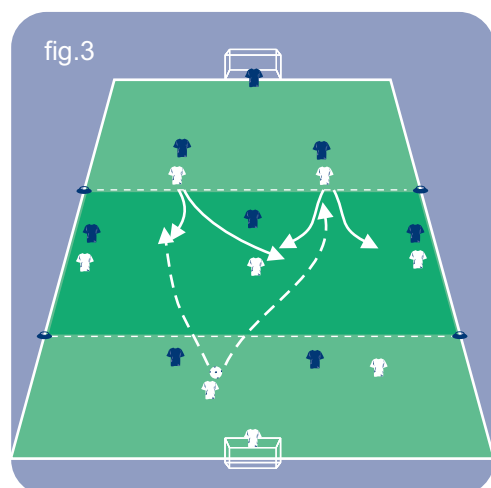
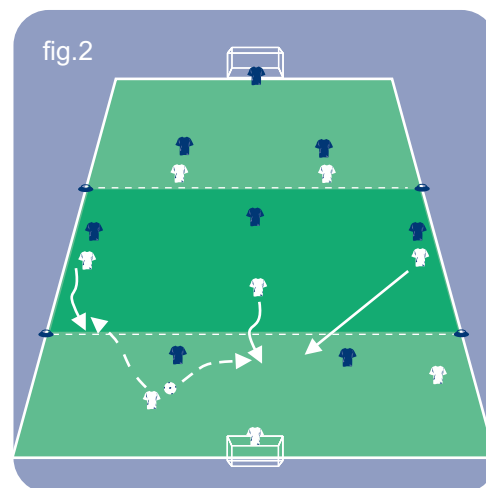
At this stage do not let defenders track the runs into other thirds.

### Key Points:

Timing of support (late and angled).

Receiving, body shape half turned to improve awareness

Pass preference, forward passes to penetrate or passes to keep possession.



### Progression 2

Now allow one of the front players to play in the mid zone to receive the ball in between midfield players. The front player should always try and get turned to play forward. If the front player gets marked by a mid field player then this should free up another player to have good possession.

### Key Points:

When and where to support (spaces between defenders).

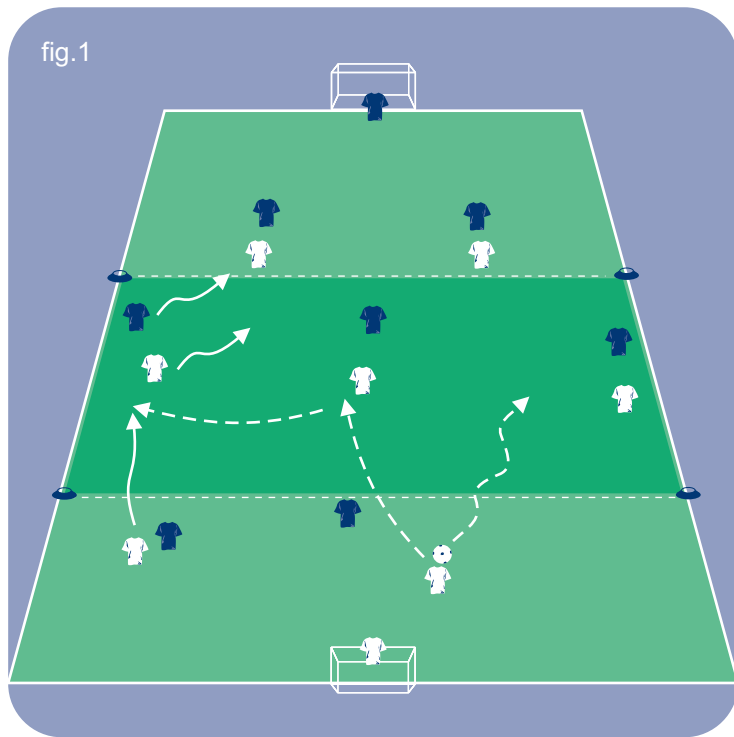
Angled support to improve awareness.

Receiving where and how (where is space/Danger).

Combining, clever play and Finishing.



fig.1



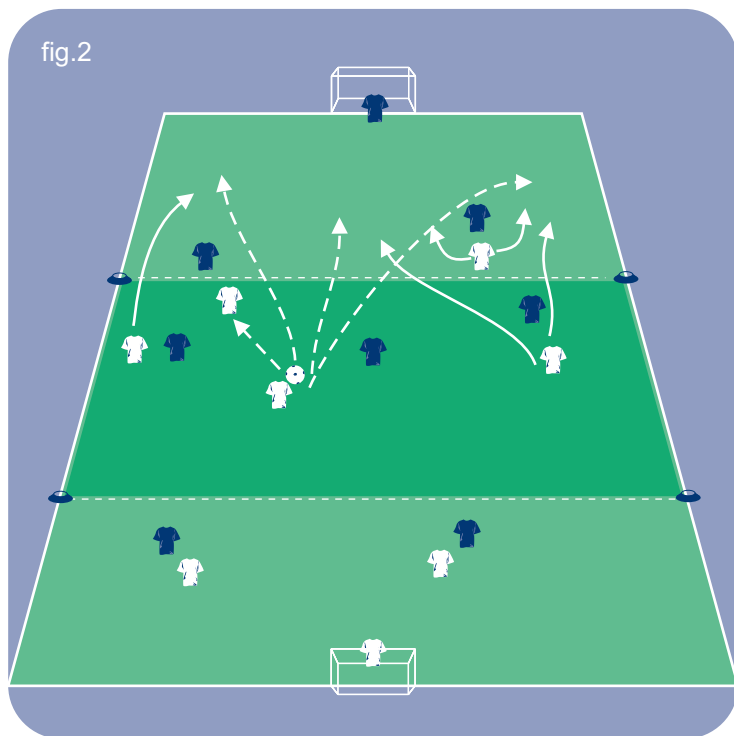
### Progression 3:

When team has good possession in mid third yet can't always play forward, allow a defender to step in to receive the ball or run from the back third with the ball. This will allow defenders with the ball the opportunity to exploit space or bounce a ball off a midfield player to free either him or the opposite defender.

### Key Points:

Recognising time and space to break out.  
Reaction of other players to free up space.  
Pass preference on receiving ball.

fig.2



### Progression 4:

Once you have allowed a front player to come out of the end zone it is important you get midfield players beyond the front men into the final third. So now allow a midfield runner to break into areas of space to receive the ball from midfield players and defenders.

### Key Points:

Timing of movement to avoid being marked.  
Can you penetrate to get in on goal or to create chances for others.  
Pass preference look to play forward passes to destroy defending.



players

path of  
playerpath of  
ballpath of  
dribble

cone



ball



disc



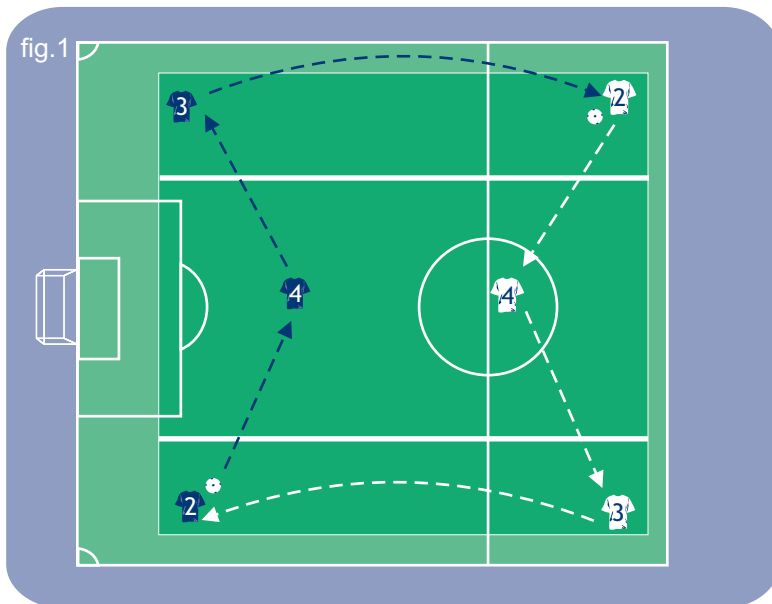
mannequin



pole

# full backs distribution

## un-opposed position specific



**Pitch size:** dependant upon age group.

### Organisation:

Minimum 6 players. Ready supply of balls, 2 balls working at once.

White 2 plays into white 4, who in turn plays into white 3. White 3 lofts a pass into Blue 2 down the line. Make sure you work both sides.

### key Points:

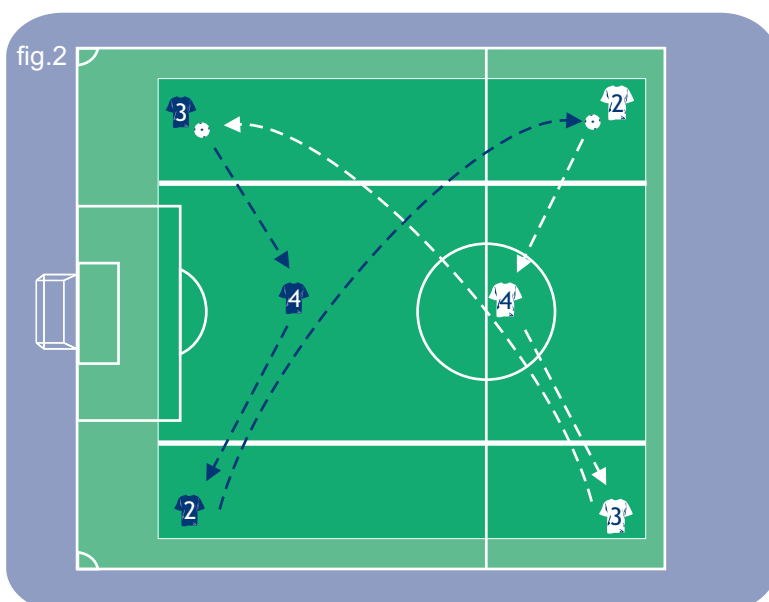
#### Passing:

- Angled approach placing non kicking foot slightly behind ball.
- Head steady with weight back for height, weight forward to drive the ball low.
- Contact mid to bottom of ball to get ball in air, mid to top to keep ball low.
- Follow through towards target.

#### Receiving:

- Decision based on speed and height of the ball.
- Select and relax surface.
- Secure and set ball.

**Progression 1 (fig 1).** As above except now drive the ball at speed slightly off ground to get ball there quickly (aim to hit player without a bounce or with one bounce just short of target).

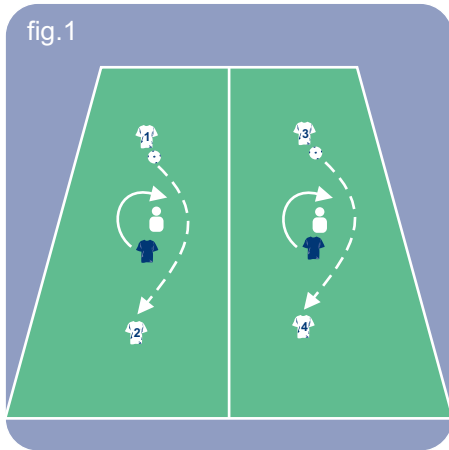


**Progression 2 (fig 2).** Balls must start on the same side of the pitch. White 2 plays into white 4 who sets white 3 who receives and lofts a diagonal pass into Blue 3. Blue 3 plays into blue 4 who sets blue 2 to continue the drill.

**Progression 4 (fig 2).** As above now driven diagonal pass.



fig.1



**Grid Size:** 10 x 20 yards each grid

**Organisation:**

White 1 starts with ball in hand, half volleys or throws ball over mannequin and blue defender to white 2 (white 2 must receive the ball without use of hands before serving it back). Blue recovers goal side of mannequin as quickly as possible. (White 3 & white 4 to do the same).

**Key Points:**

Always be goal side of the mannequin in relation to the ball.  
Reaction and speed of foot work patterns to get goal side  
Distances from mannequin (arm length away).  
Body Shape.

**Progression 1:**

As above, this time whites now choose to play long over mannequin or try and hit mannequin with a half volley. If player try's to hit mannequin blue must try and step in front either block or intercept.

**Technical Detail:**

Decision - Can I step in? if not stay goal side.

Read the server for clues - eyes, body shape, kicking foot.

Technique - get arm and hips across front of mannequin to intercept/block.

fig.2

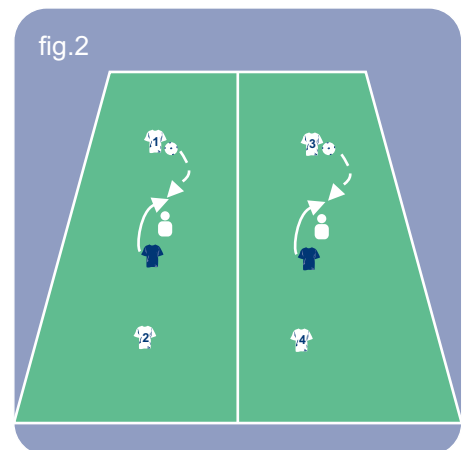
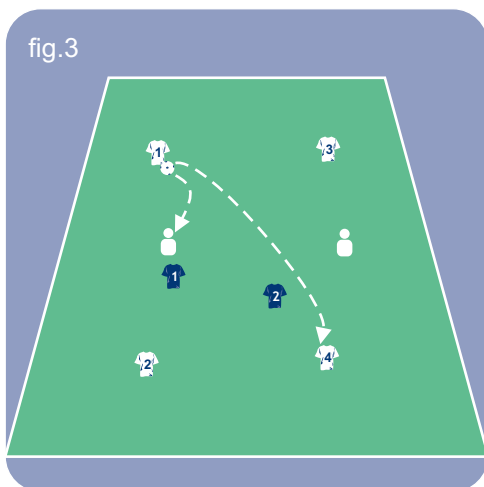


fig.3



**Grid Size:** 25 x 20 yards

**Progression 2:**

Whites start with ball in hand, the box has now been opened up with 4 whites playing against 2 blues. The same rules apply however whites can now transfer ball side ways and in between blues.

**Key points and Technical Detail:**

Mark correct shoulder, goal side.

Adjust early when ball moves sideways (e.g. from white 1 to white 2).  
Furthest blue from ball to offer support and balance so ball can not be played in between/behind.

Decision to step in-front, block/intercept or prevent player from turning.

**Progression 3:**

Same rules, whites now play with feet.



players



path of player



path of ball



path of dribble



cone



ball



disc



mannequin



pole

# back four defending

## phase of play

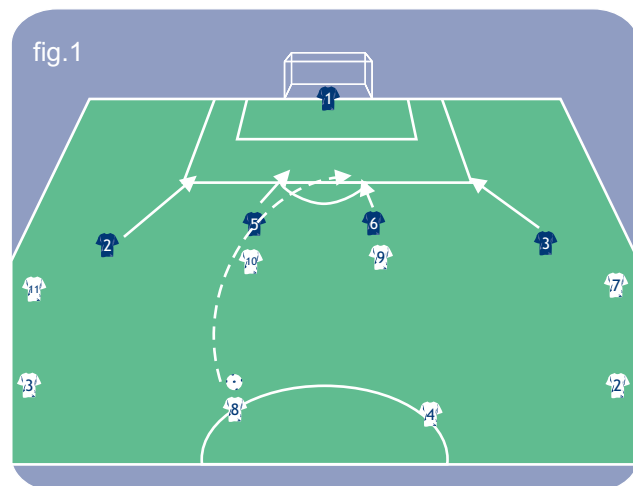


15

**Grid Size:** Half Pitch.  
4 Defenders Vs 8 Attackers.

### Organisation:

8 whites play against a back 4 in blue, in the initial practice only allow white 7, 9, 10 and 11 to attack the back 4. White 2, 4, 8 and 3 can act as supporting players on 2 touch.

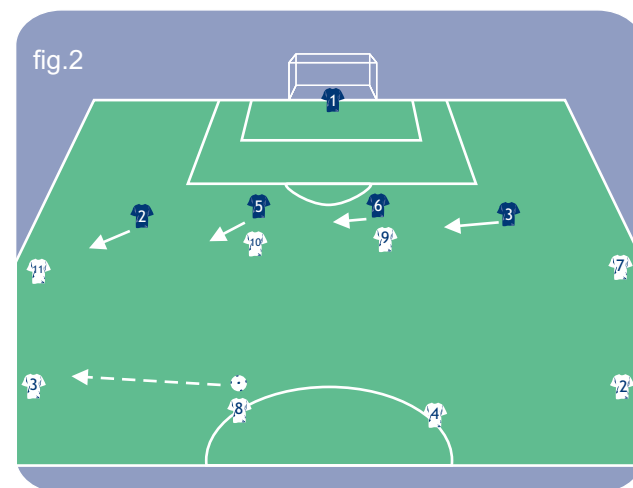


**Fig 1:**

White 8 starts with the ball and plays a high ball above blue 5 or 6. Start positions of back four in relation to the ball (hold line). When player 8 shapes to play the ball forward back four drop out together.

### Key Points:

- Compactness, make sure all players get. narrow until blue 5 or 6 have dealt with the ball.
- Decision, type of clearance or deal with the ball.
- Angle and distance of covering players.
- Body Shape so as to see threat from other attacking players.
- Communication.

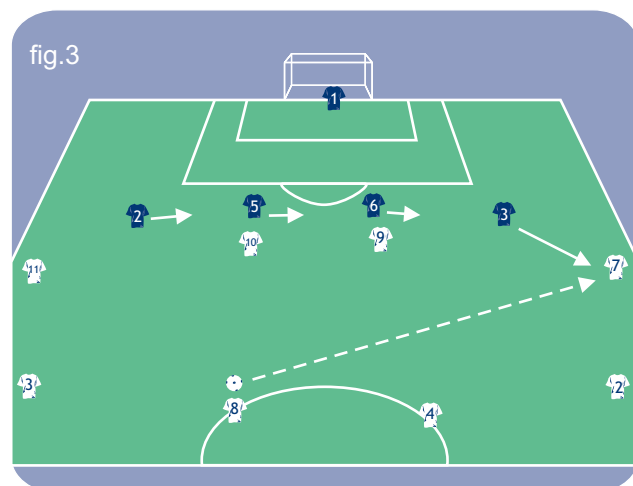


**Fig 2:**

White 8 starts with the ball and plays a square pass to white 3. As ball is moving Blue 2, 4, 6 and 3 slide across the pitch (lateral movement) but still do not get tight with players. As ball gets played sideways can the back four step up the pitch until ball reaches white 3. Then hold the line.

### Key Points:

- Decision, delay pressure. Distances from players.
- Angles and Distances of supporting players, must be goal side and on the side of the ball.
- Body Shape to see ball and player you are marking.
- Reactions as ball moves.



**Fig 3:**

White 8 starts with ball and plays a long pass into white 7. Blue 3 must now apply pressure as the ball arrives while blues 2, 5 and 6 slide across (lateral movement).

### Key Points:

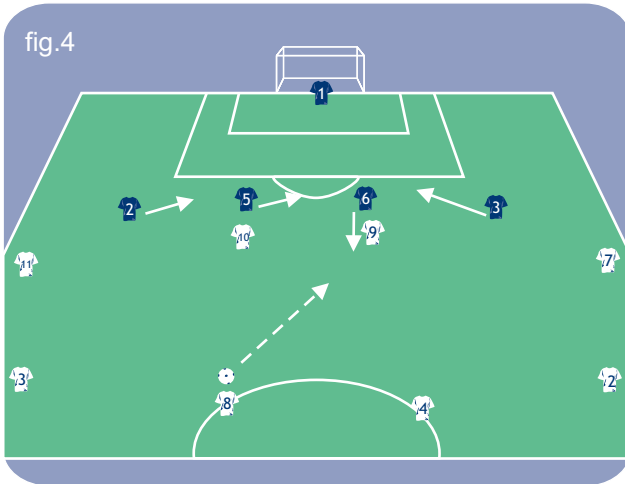
- Decision, pressure man with the ball or intercept pass. Depending on distances and weight on pass.
- Angle and distance of support, players must react off decision of first defender.
- Mark goal side and on the side of the ball.
- Body shape to see movements of other players.



# back four defending

## phase of play

fig.4



Fig's 4 and 5:

The ball now gets played from white 8 ,short into the space in front of white 9. Blue 6 must now push in short with white 9, with all other blue players getting narrow behind the ball. This should prevent the ball being played through central areas, any passes going sideways or backwards will be due to successful defending.

### Key Points:

- Timing of central defender pressing white centre forward.
- Decision, intercept or stop player turning.
- Angles and distance of supporting players.

fig.5

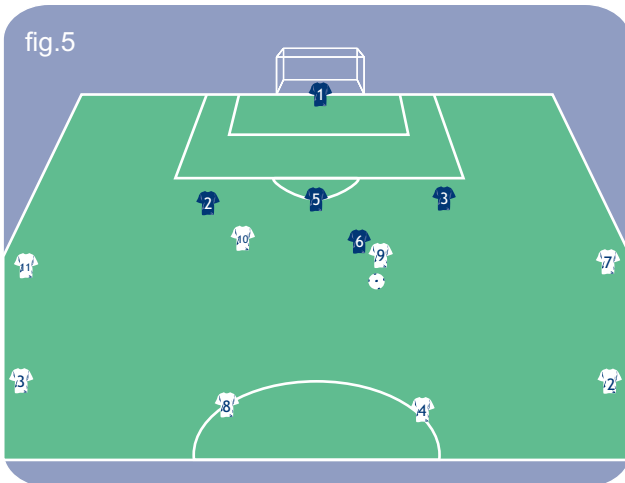


Fig 5:

Displays the defensive shape after the defenders movement.

fig.6

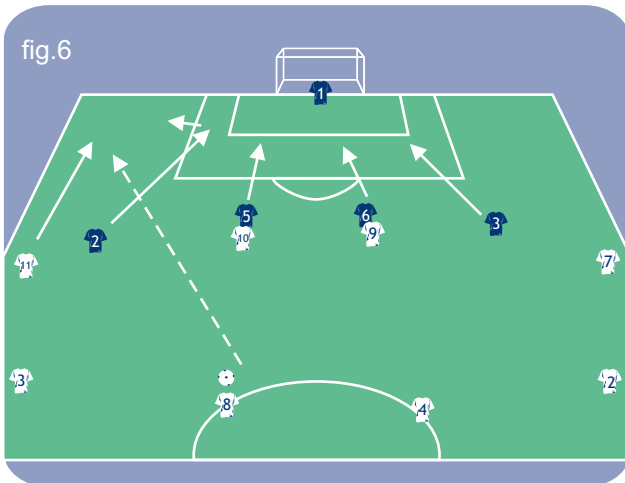


Fig 6:

White 8 now plays a pass in behind blue 2 for white 11 to attack. Blue 2 cannot pressure ball so recovers towards his own goal to get into line with the cross. If white 11 does not play the cross, blue 2 can get out to try and stop cross. Other defenders recover towards goal and mark players as the cross comes in.

### Key points:

- Can full backs stop cross? if not, recover towards goal.
- supporting positions of other defenders.
- Body Shape to see attacking players.
- Marking of players as the cross comes in.



players

path of  
playerpath of  
ballpath of  
dribble

cone



ball



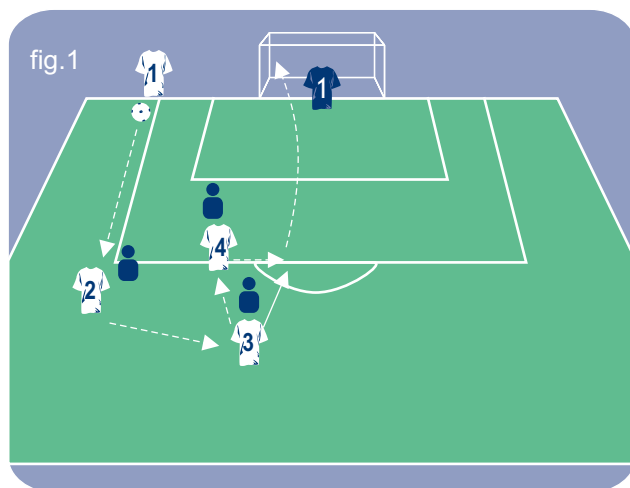
disc



mannequin



pole



**Grid Size:** Around penalty area.

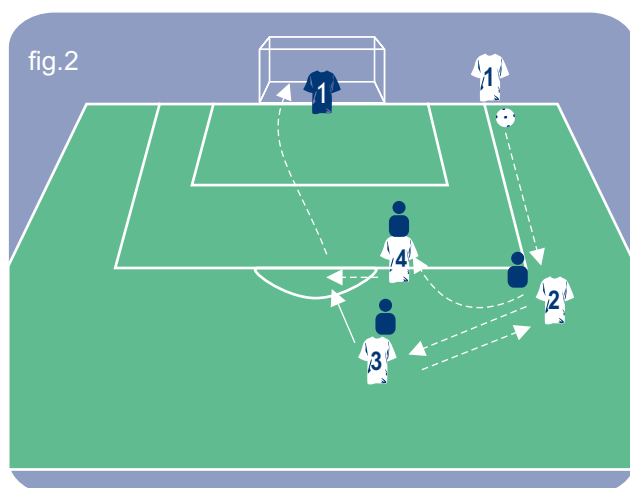
**Organisation:**

White 1 plays to white 2, white 2 receives away from mannequin and plays white 3, white 3 receives on half turn and plays into white 4, white 4 sets square to white 3, white 3 shoots at goal. All players pass and move to next station.

Practice works both sides; starts left side and once everyone has had a shot work from the opposite side.

**Key Points:**

Quality of Pass. driven over distance, soft over shorter passes.  
Quality of receiving techniques.  
Quality of Set.  
Technique of shot.



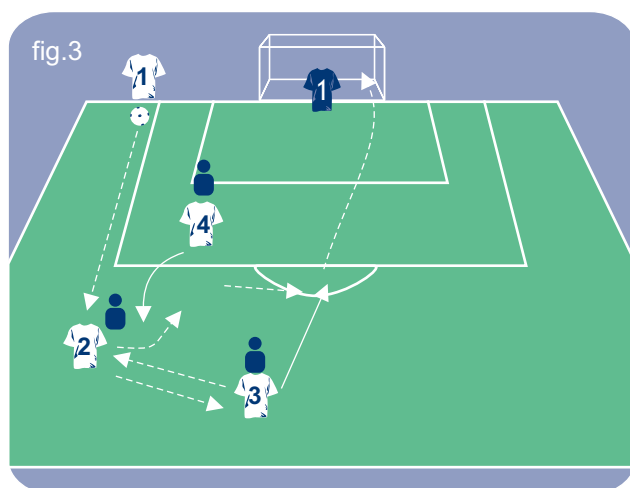
**Progression 1:**

White 1 plays to white 2, white receives away from mannequin and plays white 3, white 3 bounces back to white 2, white 2 plays around the corner to white 4, white 4 sets square to white 3, white 3 shoots at goal.

All players must now perform a movement away from the ball before receiving.

**Technical Detail:**

Trigger and timing of movement away from the ball, as the ball is travelling from white 1 to white 2, white 3 makes short movement away from the ball, as white 2 receives ball and lifts head, white 3 makes movement to receive (movement applies to all players).



**Progression 2:**

White 1 plays to white 2, white 2 receives away from mannequin and plays white 3, white 3 bounces back to white 2, white 2 plays around the corner to white 4, white 4 receives on the half turn (facing the goal) and plays white 3 in off a front foot pass for a shot at goal.

**Technical Detail:**

Receiving front facing.  
Front foot pass with disguise.



players



path of player



path of ball



path of dribble



cone



ball



disc



mannequin



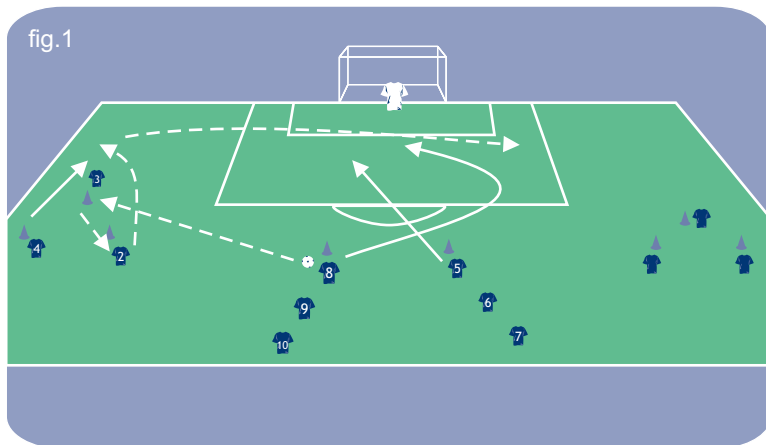
pole



# ***crossing and finishing***

## ***un-opposed practice***

fig.1



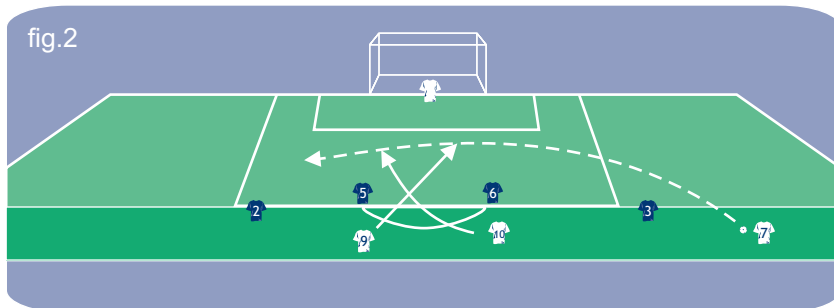
### **Key Points: Cross**

- Quality of driven pass from blue 8 to blue 3 so as not to be intercepted.
- Weight of pass from blue 3 to blue 2 and blue 2 to blue 4.
- Straight approach by blue 4 onto ball to cross.
- Contact on the ball, getting foot around the back of the ball adding pace and swerve (using the in step).

### **Key Points: Movement:**

- Strikers work against the flow of the attack as play is building us.
- Cue for Movement as crosser's head goes down and foot is pulled back.
- 1st Striker pulls away to back half of goal, second striker makes diagonal run to the front post area.
- All players must be brave and committed in an attempt to meet the cross.

fig.2



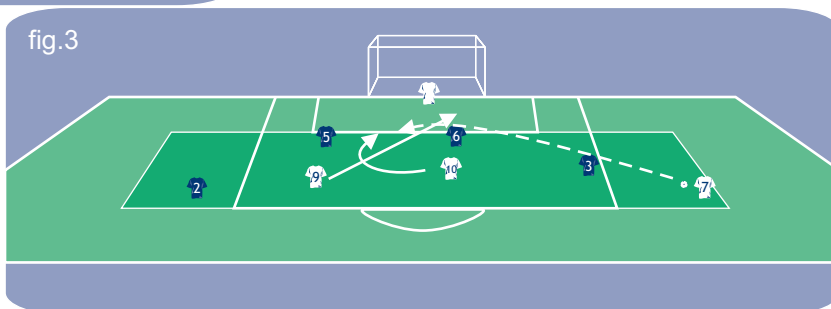
### **Crossing area 1:**

Cross is delivered from a deep position, the ball is played in behind the recovering defenders, in between their start positions and the 6 yard box line.

### **Crossing area 2**

Crosser is now in advance of the penalty area line, and crosses with pace in behind recovering defenders or in the near post area.

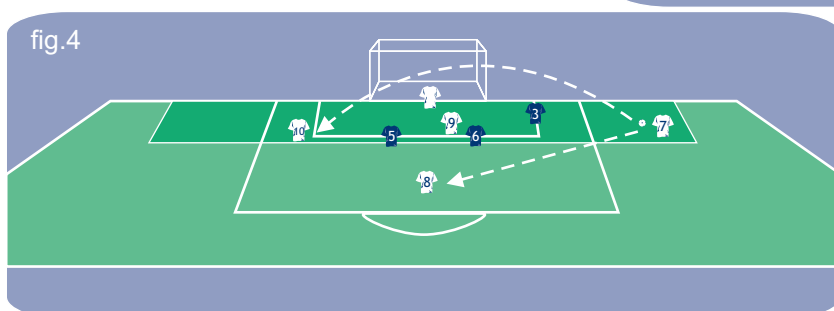
fig.3



### **Crossing area 3**

The cross is now delivered from close to the bye line. The cross now can be either cut back to the general area of the penalty spot or stood up with height to the back half of the goal.

fig.4

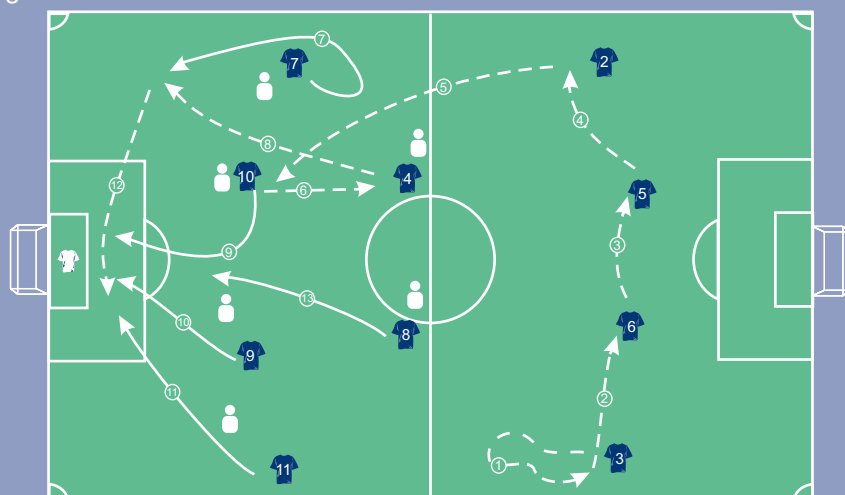


### **Progression.**

Add a 3rd attacking option by including a midfield runner making a late run, delay till the last second to balance off the front man's runs. Allow wide player from opposite side to attack the far post area for over hit/deep cross.

Pattern of play allows all players to learn in a realistic situation to the positions they play. All movements and attacks must be realistic to the game, with the shape and balance away from the ball as important as the work on the ball.

fig.1



### Organisation:

Use full pitch with mannequins to signify opposition back 4 and central midfield players.

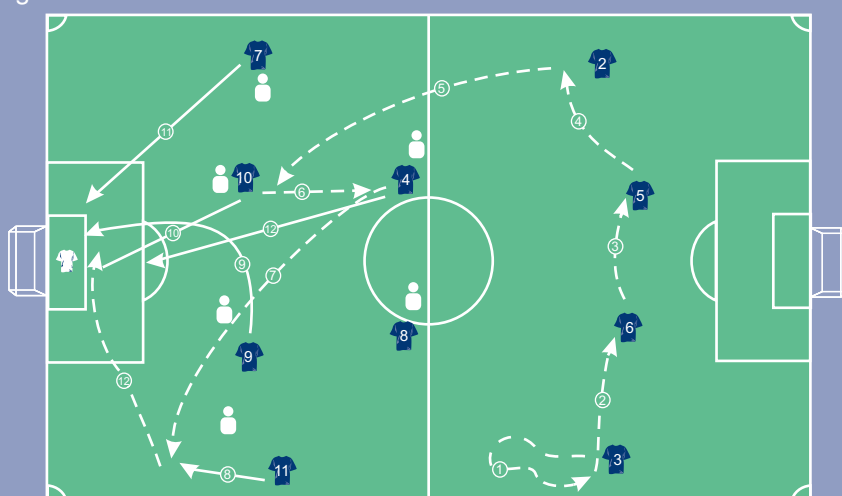
Full back player 3 runs with ball and then turns back out, ball is played across the defensive line to opposite full back player 2. Player 2 plays a fast pass into centre forward player 10. Player 10 sets the ball to midfield player 4, who plays in behind mannequin for player 7 who has spun in behind. Player 7 receives ball and crosses into players 9, 10, 11 who have made attacking movement to get into the penalty area. One midfield player 4 or 8 also gets into the penalty area with the opposite midfield player balancing off accordingly.

Play until ball goes dead, then work the opposite side.

### Tips for Practice.

- make sure practice is conducted at match pace.
- whilst attack is developing allow back players to use a second ball to continue playing the ball side to side (this will ensure all players are involved for the maximum time).

fig.2



### Progression 1:

Initial set up as above, as midfield player 4 receives pass from centre forward 10, he now hits long diagonal to player 11 who has attacked in behind mannequin. Player 11 crosses for players 7, 9 and 10 to attack. As above 1 central midfield player gets into the penalty area with the other balancing off accordingly.



players



path of player



path of ball



path of dribble



cone



ball



disc



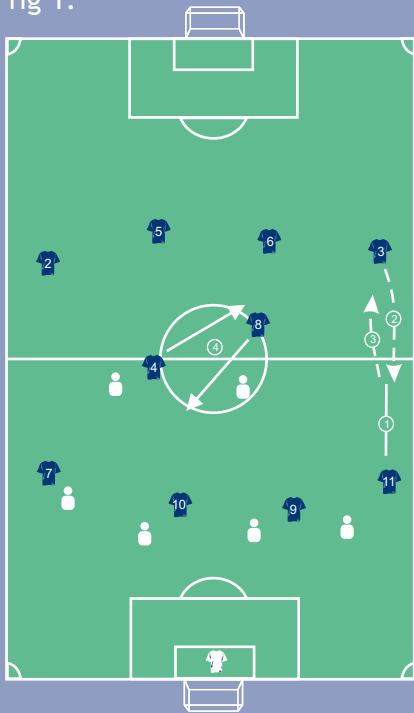
mannequin



pole



fig 1.

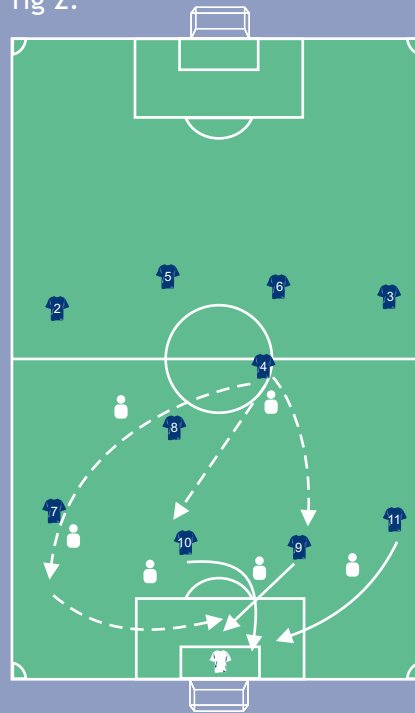


### Progression 2:

After the ball has come across the defensive line, full back 3 plays into wide player 11 who return the ball back to full back 3. As the ball is travelling back to 3 players 8 and 4 rotate positions leaving player 4 in space to receive (fig 1.).

Player 4 can then select a diagonal pass directly into player 7 or combine off players 8, 9 or 10 to get the ball into player 7. Player 7 crosses the ball and players attack accordingly (fig 2.).

fig 2.

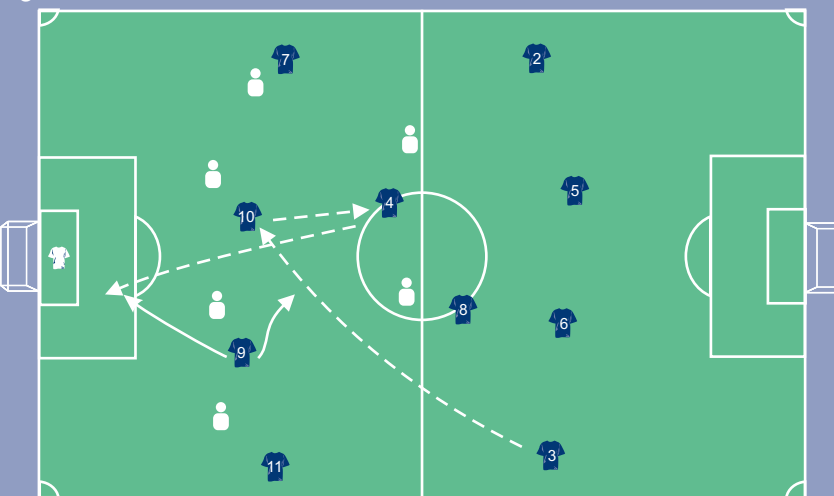


### Progression 3:

Set up as initial practice. As full back 3 receives pass he now plays fast into second striker player 10. player 10 sets ball to player 4 who plays into 7, 9 or 11.

Practice finishes with a chance at goal or when play goes dead.

fig.3



players

path of  
playerpath of  
ballpath of  
dribble

cone



ball



disc



mannequin



pole

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