



Practical

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***SOUTH EAST COACHING
CONFERENCE 2007***



Session Plan

Technical Training - Structured

Organization

- 4 yellow markers set up in a square
- 1 orange marker in the middle and 2 on the outside
- 4 up to 8 players working
- 2 up to 8 balls

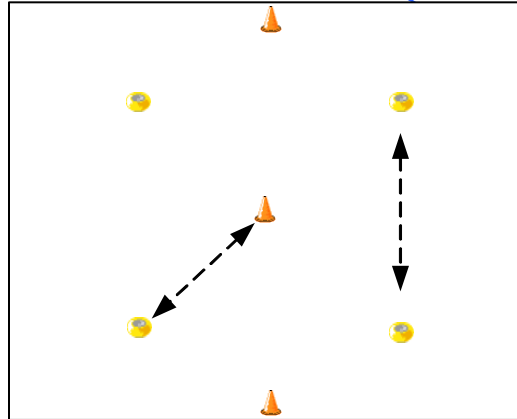
Benefits

- Directional
- Repetition
- Focus

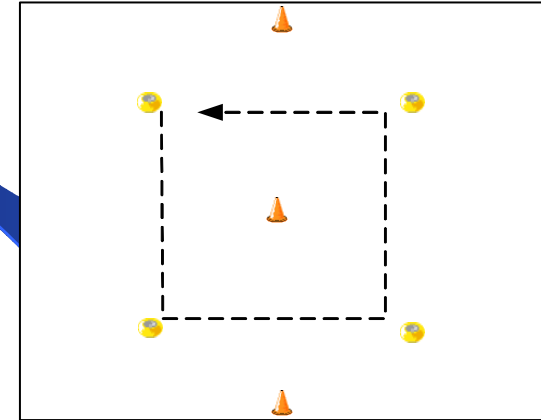
Objectives

- Skill development
- Basic Moves & Turns

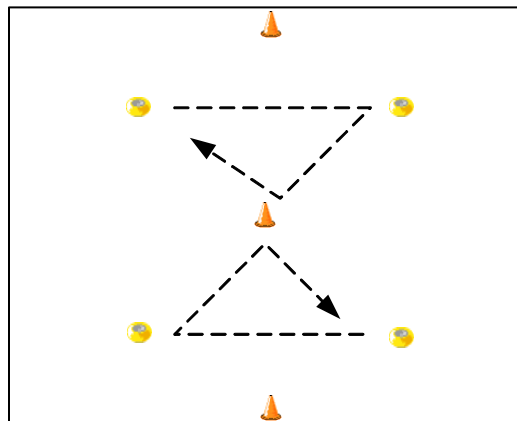
Work up & down – between cones
- towards middle



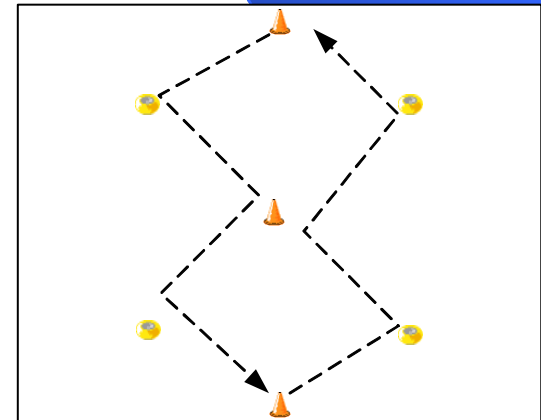
Work in a Square



Work in a Triangle



Work in a Zig-Zag



Session Plan

Organization

- 8 players 4 red 4 blue
- 4 balls travel at the same time
- 4 target players
- 4 players working in the area

To Start

- The blue players pass to a blue player who pass the ball back one touch. Red pass to red. Then Blue receives from red and red from blue etc.

Coaching Points

- Movement
- Accuracy
- Change of direction without the ball

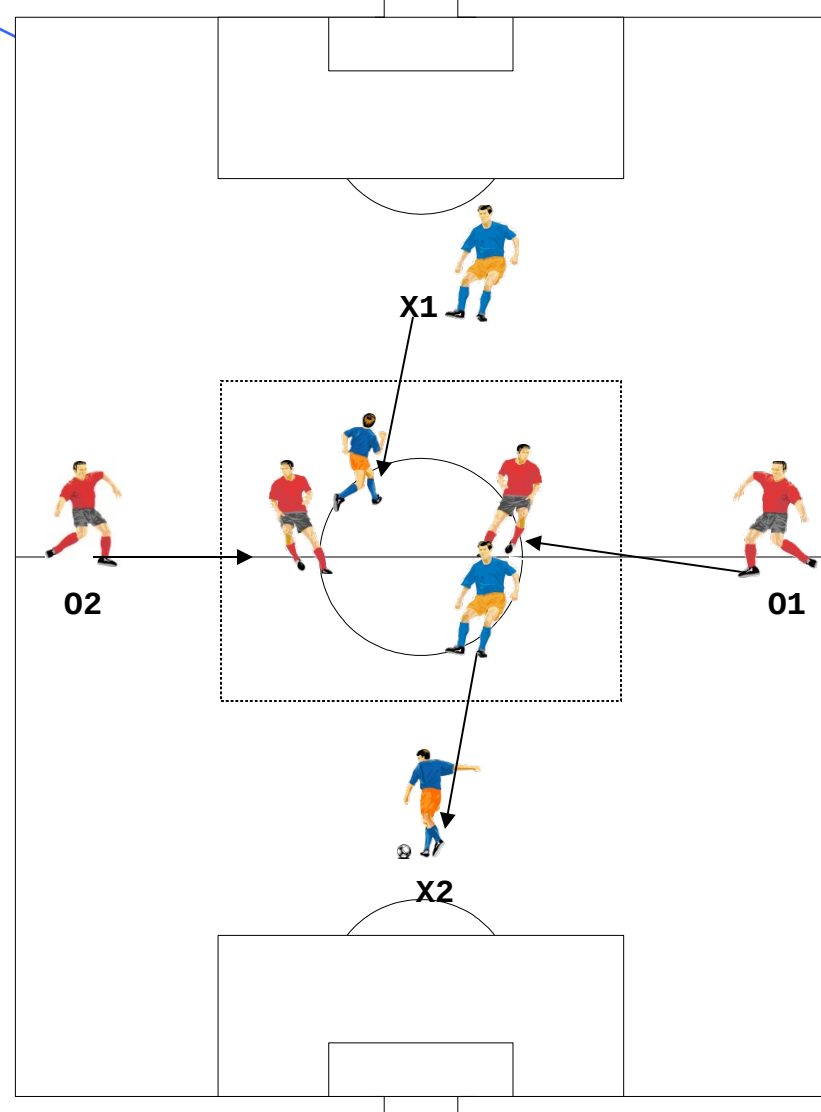
Objectives

- One touch pass back
- Receiving and Turning
- 1v1 skills

Progression

- Players in the middle turn whilst receiving and play to the player on the opposite side of the grid.
- Players receive take the ball across then take the player on in 1v1 on the other side of the grid.

Link up play. Receiving and turning



Session Plan

Organization

- Game 2v2+2+2
- 8 players 4 red 4 blue
- 1 ball
- 4 target players
- 2v2 in the area

To Start

- Team that has the ball tries to keep possession.
- They can link up with the players on the outside
- Players on the outside can play to other player on the outside then back in to the area.

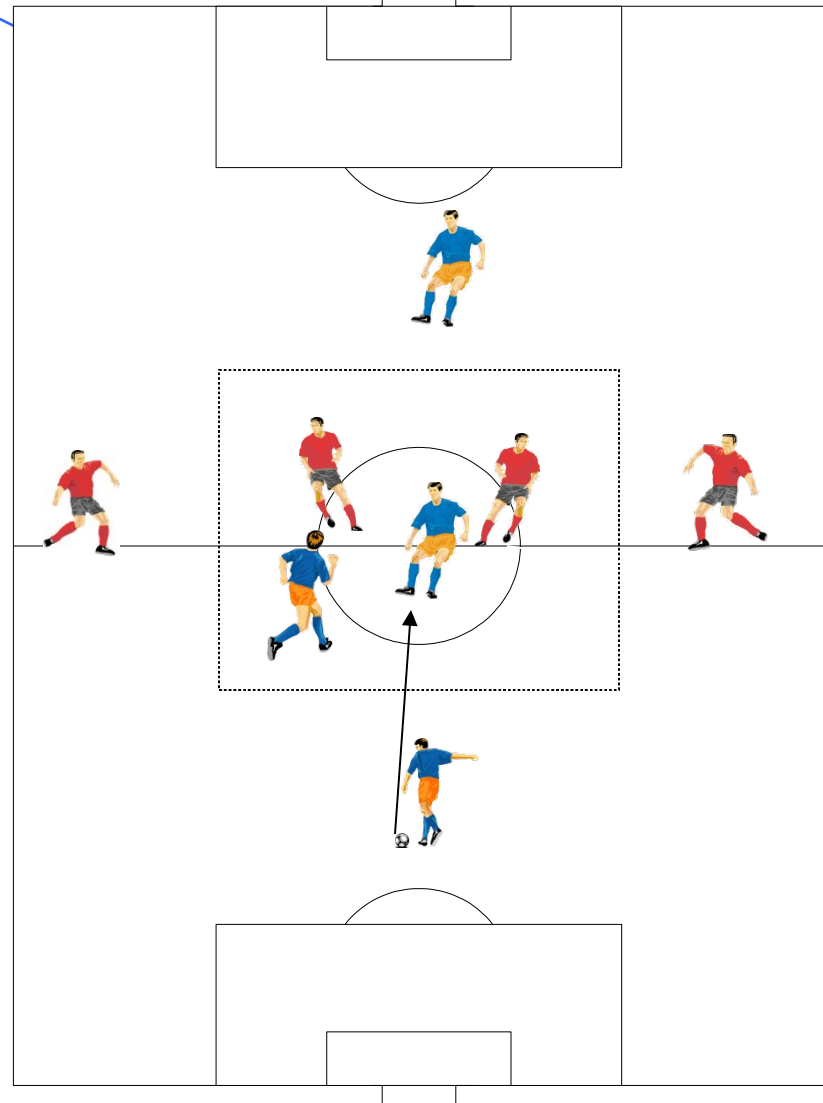
Coaching Points

- Movement
- Quick combination play
- Change of direction with the ball

Objectives

- Decision making
- Be unpredictable. Show the obvious Do the opposite.

Small Sided Game



Session Plan

Technical Training - Small Sided Games

Organization

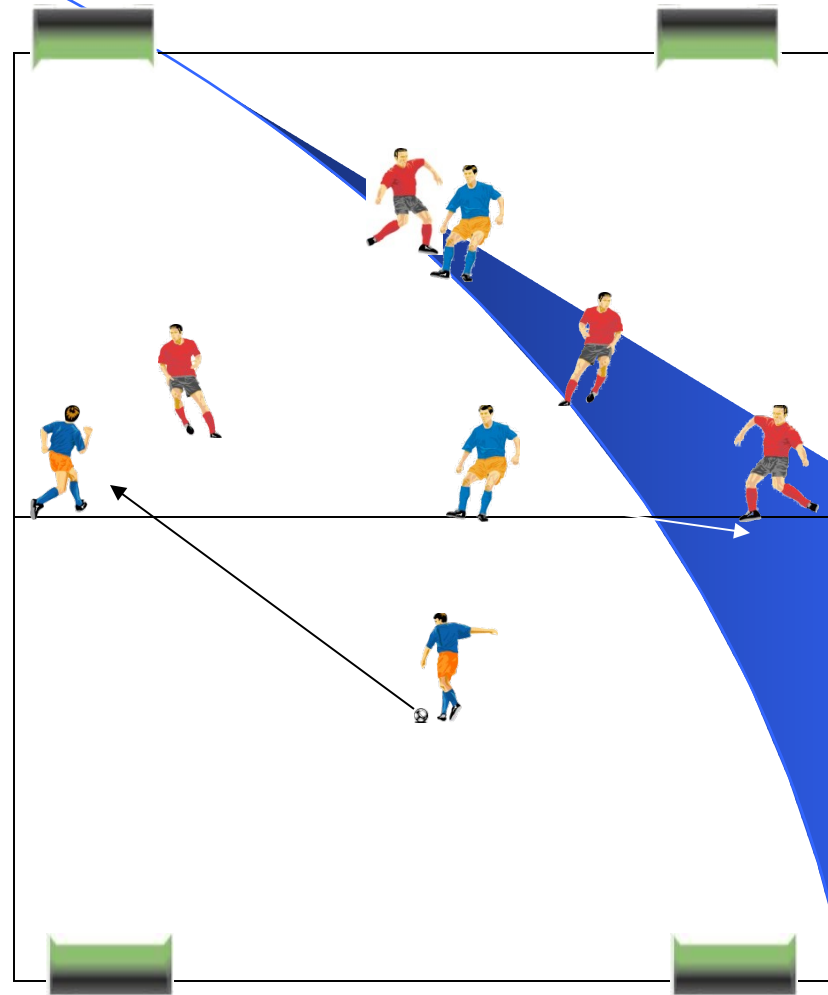
- 4v4 + 4 Small goals.
- Players should use disguise and turns to change the angle of attack and score.

Coaching Points

- Quick combination play
- Change of direction with the ball
- Switching play

Objectives

- Decision making
- Be unpredictable. Show the obvious Do the opposite.
- Be positive on the ball
- Commit opponents then use a turn to change the angle of attack.



Session Plan

Technical Training - Small Sided Games

Organization

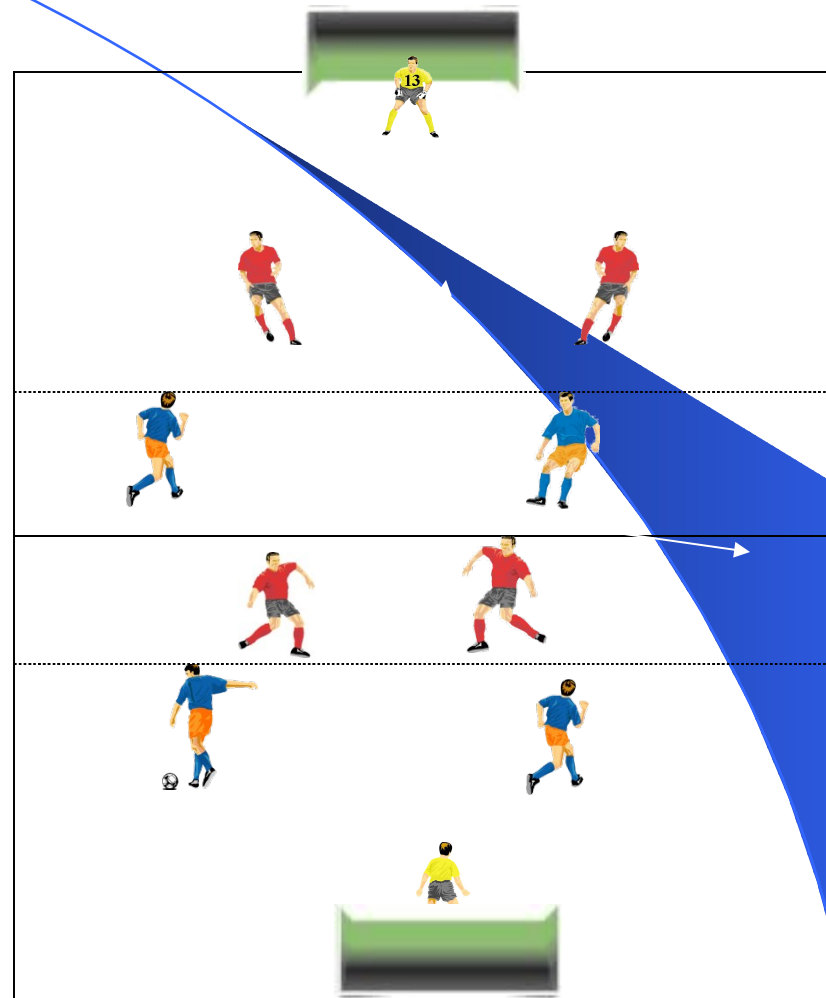
- 1v1 with 8 players+2GK.
- The defending attackers must drop behind the attacking line to block the ball.
- Defenders try to play the ball to attackers.
- Attacker who receives the ball takes the nearest defender on in 1v1

Coaching Points

- Good passes into attackers
- Position of attackers
- Progress into 2v2

Objectives

- Develop positive attitude in 1v1
- Be direct
- Use Disguise & Skill
- Score



Session Plan

Technical Training - Small Sided Games

Organization

- 4v4 + 2GK.
- The defending team must drop behind the attacking line when defending.
- This allows the attacking team to turn and play back and change the angle of attack

Coaching Points

- Quick combination play
- Change of direction with the ball

Objectives

- Decision making
- Be unpredictable. Show the obvious Do the opposite.
- Be positive on the ball

Progression

- 6v6 to 8v8 to 9v9 to 11v11
- Coaching the skill into strategy

