

Fall 2014 Coaches Book

**SESSIONS AND ACTIVITIES FROM
ACROSS THE WORLD - 3RD EDITION**



Compiled by Bobby Puppione -- @bobbypup

About the Booklet

This book contains sessions and activities from soccer coaches and trainers from across the world. It is the third edition of the book. Previous compilations were put together in December 2013 and April 2014. The intent is to compile sessions and activities for coaches to share, adapt, and implement.

I encourage you to follow all of these contributors as they all add value to the game. Thank you to all of these coaches for allowing us to share their sessions and activities.

Thank you to everyone who has encouraged me to continue developing as a coach. Shout out to our club, Cincinnati United Soccer Club/CUP (@cincyunited), and all of our players, trainers, coaches, directors, parents, referees, and volunteers.

As always, special thank you to my family and friends for always inspiring me.

All the best,

- Bobby Puppione -- @bobbypup

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Kentucky Youth Soccer Association
Coach Education Lesson Plan

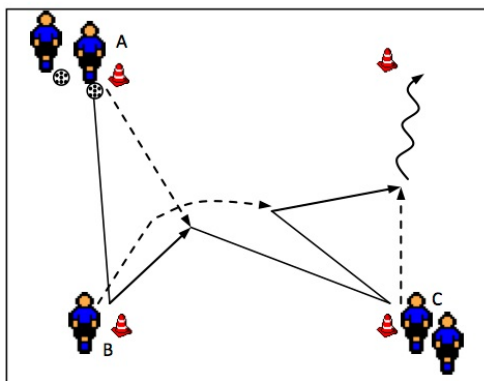


Topic : Functional Training for Wide Players

Coach : Adrian Parrish

Training Objectives: To help the wide players #7 (RW), #11 (LW), #2 (RB), #3 (LB) to recognize when and why to create and exploit the width in the attacking half.

Warm Up



Duration: 12-15 Mins **Activity Intensity:** Low
Repetitions: 15 **Recovery Time:** 2 minutes

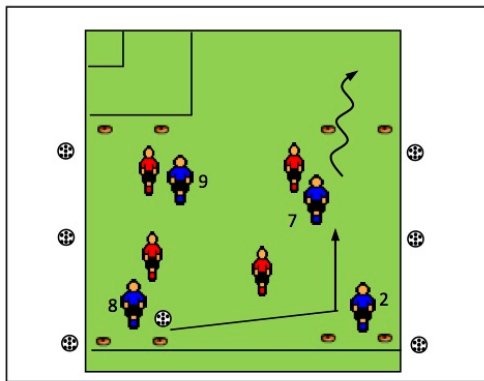
Organization

- * 15 x 15 yard grid with 5-6 players
- * A passes to B. B plays it back at an angle into the grid to player A
- * A passes the ball to player C, as player B overlaps player A
- * Player A moves to player B spot. C plays a give & go with player B
- * Player B moves to player C spot. C dribbles to the cone and start
- * Activity continues

Coaching Points

- * Pace of Pass, Lead players into the pass
- * Timing of Runs
- * Communication – Eye Contact

Small Sided Activity



Duration: 20 Mins **Activity Intensity:** Medium
Repetitions: 15-20 **Recovery Time:** 2-3 minutes

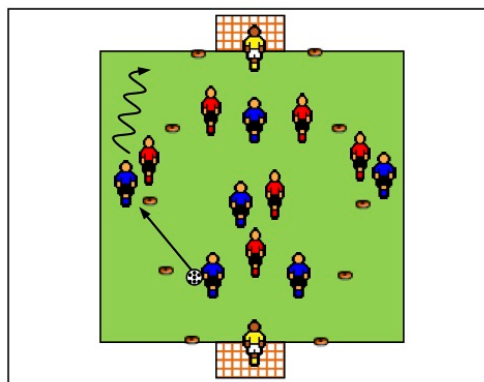
Organization

- * Place 2 small goals just over the halfway line and 2 before the 18 yard box
- * Play 4v4, working with the 2(RB), 7(RW), 9(CF), 8(CM)
- * Opposition has a LB, CB, CM & LM
- * Teams score by dribbling through the goals
- * Work on both sides of the field

Coaching Points

- * Patterns of play, including overlaps, under-laps, wall passes
- * Checking Away, Checking To
- * Create Numbers up Situations

Expanded Small Sided Activity



Duration: 25-30 Mins **Activity Intensity:** Medium-High
Repetitions: 8-10 **Recovery Time:** 2-3 minutes

Organization

- * 7v7 on a 60 x 40
- * Place two arced channels on each side, with no restrictions in the channels
- * Play teams in a 2-3-1
- * Goals scored from an assist in a wide area equal 2 points
- * Goals scored from an assist in a central area equal 1 points

Coaching Points

- * Team Shape- Width
- * Look to create 1v1 or numbers up situations
- * Service and choice of cross.



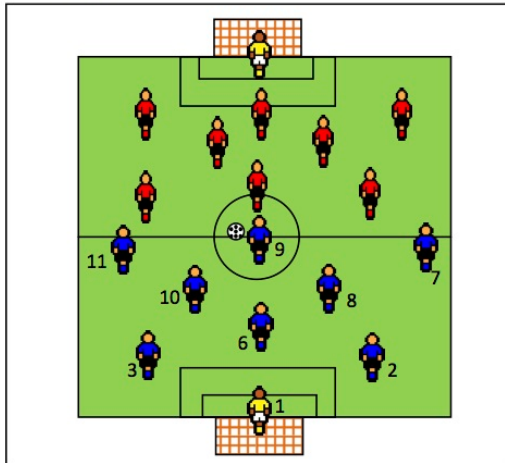
Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic : Functional Training for Wide Players

Coach : Adrian Parrish

Game



Duration: 20 Mins

Activity Intensity: High

Repetitions: 1

Recovery Time: 2-3 minutes

Organization

* 9v9, one team plays in a 2-3-3. Another team plays in a 3-2-3

* Field is a 90 x 45

* Look for coaching patterns and instruct using the Coaches Tool Box when the team fails to create an attacking opportunity on a flank.

Cool Down

* Players light jogging & stretching

* Juggling



Skill Practice & SSG - Transition Games

Category: Tactical: Counter attack
Difficulty: Moderate

Jose Manuel Figueira, Auckland, New Zealand
Individual-Adult Member

Part I

Organisation

- 25 x 25 area setup as shown
- 10 Players (6 Attackers & 4 Defenders)
- 1 Ball (additional on outside)

Activity

- Attacking team place 4 players around the outside of the area, with 2 attacking team mates on inside
- Defending team place 4 players who work on the inside of area
- Attackers aim to circulate & keep possession of the ball. Can play to any teammate (outside/inside) & play on two touch maximum
- Defenders aim to win possession of the ball & complete 4 passes to score point (4v2)
- If inside 2 defenders win the ball (red) they aim to play outside teammates - activity repeats
- After set time rotate Attackers & Defenders

Coaching Points

- **CONNECTION:** Defending team move as a unit & stay together
- **COMPACT:** deny spaces between players/unit & penetrating passes
- **ANTICIPATE:** direct the attackers possession & try to set traps to win the ball
- **TRANSITION:** reaction upon winning the ball - separate, spread & connect passes quickly!

Progressions

- P - Attacking team score point by connecting 10 consecutive passes (encourages defenders to press)
- P - Defenders play one touch maximum upon winning possession



Part II

Organisation

- 25 x 25 area setup as shown
- 10 Players (6 Attackers & 4 Defenders)
- 4 mini goals set up as shown
- 1 Ball (additional on outside)

Activity

- Activity functions as per Part I
- When Defenders win the ball they are now aiming to score in mini goals
- If inside 2 defenders win the ball (red) they aim to play outside teammates - activity repeats
- After set time rotate Attackers & Defenders

Coaching Points

- **CONNECTION:** Defending team move as a unit & stay together
- **COMPACT:** deny spaces between players/unit & penetrating passes
- **ANTICIPATE:** direct the attackers possession & try to set traps to win the ball
- **TRANSITION:** reaction upon winning the ball - separate, spread & connect passes quickly!

Progressions

- P - Attackers can now send in another defender on transition - creating 4v3 in the middle
- P - Assign specific goals for Defender (yellow) to score in
- P - On transition Attackers send in 2 players - creating 4v4 possession game. 4 Passes before scoring



Part III

Organisation

- 25 x 25 area setup as shown
- 12 Players (6 Attackers, 4 Defenders & 2 Goalkeepers)
- 2 full size goals set up as shown
- 1 Ball (additional on outside)

Activity

- Activity functions as per Part II
- When Defenders win the ball they are now aiming to score into goals past goalkeepers
- If inside 2 defenders win the ball (red) they aim to play outside teammates - activity repeats
- After set time rotate Attackers & Defenders

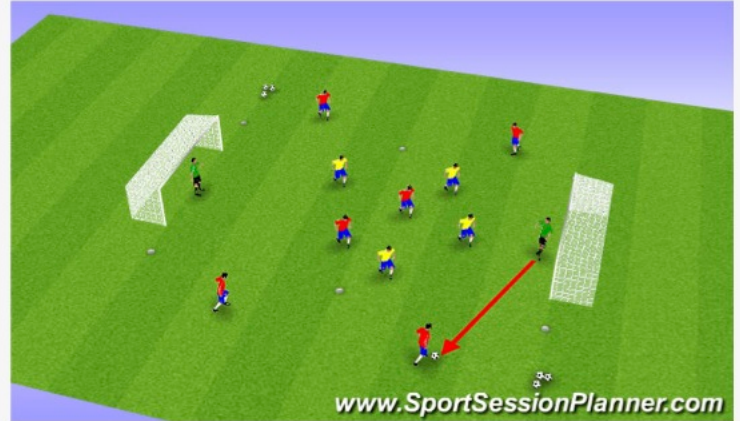
Coaching Points

- **CONNECTION:** Defending team move as a unit & stay together
- **COMPACT:** deny spaces between players/unit & penetrating passes
- **ANTICIPATE:** direct the attackers possession & try to set traps to win the ball
- **TRANSITION:** reaction upon winning the ball - separate, spread & connect passes quickly!
- **FINISHING:** awareness of variation of finishing techniques in front of goal under pressure

Progressions

P - Defenders (yellow) must 1-touch finish

P - On transition Attackers send in 2 players - creating 4v4 possession game. 1st goal wins. Losers become new defenders in the middle





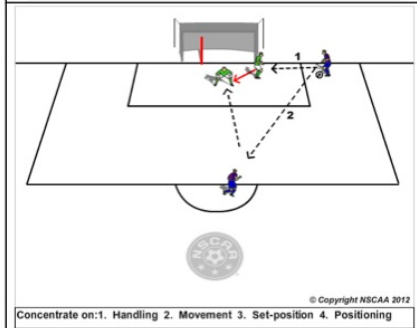
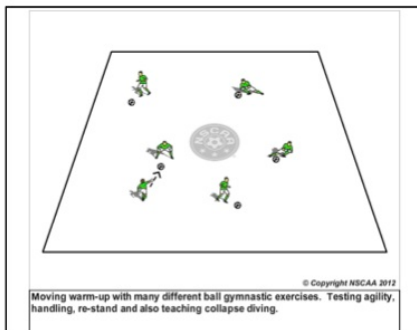
Soccer Champions Coaches' Clinics



Interactive Session Plan™

Coach Session date Team/Age Group

Theme Time available



NOTES

Warm-up 1 is moving with the ball while demonstrating the 4 basic handling position for keepers: 1. Basket Catch; 2. Contour Catch; 3. Side-Contour Catch; 4. High-Contour Catch. Also coach the "set-position"
 Add in agility exercises to test agility but also to teach the re-stand technique and also to teach proper collapse Dive technique
 Challenge the goalkeepers with some footwork basic: mini-shuffle; cross-over step; drop step; side-on run.
 Partner handling exercises: slam basket; shot hop basket; box to contour or basket catch; side-lye and catch with side contour; side-lye up and save.

Exercise #1 - Handling Challenge from different angles
 1. Start with ball near end line. GK makes save and then repositions and makes save from a ball out front
 2. Expand so that shots are taken from tight angle or played back to striker towards the top of the 18 to come in an finish

Exercise #2
 Collapse dive catch - shuffle to center disk, save back to bar. Extend range and create a cross over to shuffle and then back to save. Foot or hand serve.
 Keys:
 1. Shuffle or cross-over shuffle footwork to be used
 2. Recover at a slight angle away from the goal line
 3. Use side-contour catching with a collapse dive
 4. If can't catch parry wide to safety
 5. Rebounds are live

Exercise #3
 Complicate the environment so that the keeper must change positions, get set to handle different type of shoots. Back to goal striker can turn and shoot or lay-off for 1 time shot or lay-off for dribble and shot.
 Coach - handling - technical decision and ability; set-position; basic positioning (covered in depth next session) and collapse dive saves - either catching using the side-contour or parrying or tipping away from danger.
 Review and cool down
 Questions: Tony DiCicco - www.goalkeeper.com - SoccerPlus Goalkeeper School

Zac Crawford — @zac Crawford
 Technical Director, Alabama Soccer Association
 Topic: Individual Attacking - Dribbling to Beat an Opponent



Alabama Soccer Association Elite Player Development

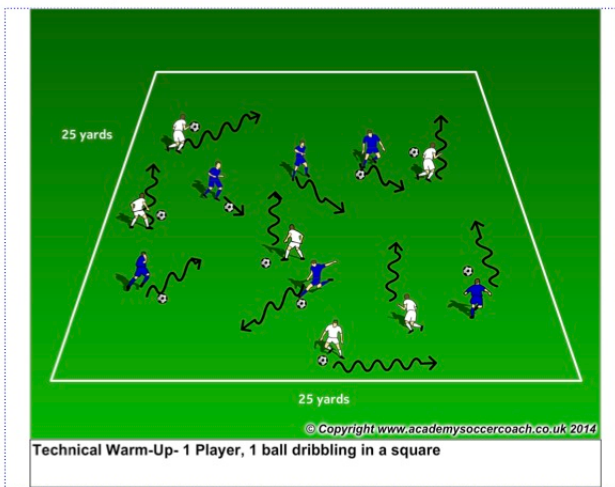
Technical Director- Zac Crawford
zac@alsoccer.org



Session# Topic Date Location

Training Components	Training Objectives
Technical	Dribbling (knees bent, leaning slightly forward, head up, small touches) to beat an opponent w Moves/Feigns
Tactical/Principles of Play	Penetration (play with head up, find space to go to goal)
Physical	Agility, Balance, Coordination
Psychological	Responsibility, Honest, Respect, & Competition
Goalkeeping	Getting Set, Basic Handling- low contour, contour, Basic Distribution- bowl, baseball throw

Technical Warm-up



Duration Intensity Intervals Work/Rest

Organization

Groups of 8-12 players each w a ball & 1-2 coaches per group. 25X25 yard square. Perform dynamic stretching at first 2 intervals. Teach BALANCE exercises. Juggle at 3rd interval. At last 2 intervals, use guided discovery to teach important techniques of dribbling. Teach first, check for understanding second.

Coaching Points

Demo proper dribbling techn- knees bent, leaning forward, small touches, HEAD UP. Identify key players to demo. Each coach should teach individual moves to beat an opponent. Be prepared to teach the feigns listed and teach your own moves. Matthews, Scissors, Rummenigge/stomp the bug, etc.

Goalkeeping



Duration Intensity Intervals Work/Rest

Organization

1st interval- teach "getting set"
 2nd interval- teach bowling distribution and low contour.
 3rd interval- teach baseball distribution and contour catch.
 Getting Set- on toes, knees bent, hands in front, use feet to get body behind the ball, call "KEEPER"

Coaching Points

Bowl- get low and release ball onto the ground
 Low contour- get body behind the ball, prepare hands to receive ball, place ball "in the bank" to keep it safe
 Baseball throw- short arm motion w follow thru
 Contour catch- prepare hands in shape of ball, cushion ball to body, put it in "the bank"



Session# **1** Topic **Individual Attacking- Dribbling to Beat an Opponent.** Date **8/24** Location **Tuscaloosa, AL**

Activity **1 v 1 Ladder** Duration **20** Intensity **Med** Intervals **9** Work/Rest **1:1**



Organization 2 players start in the middle of two gates (about 2 yards wide) that are 10-15 yards apart from each other with one foot on the ball. When Coach says "Go", players try to win the ball & dribble thru their gates for a point. There are 4 total goals. Players must keep track of their own points. After 1 minute, player w the most points wins. Winner moves up, & loser moves down the ladder. If it's tied, play R, P, S. Coaches- record the final position as a method of player ranking.

Coaching Points Keep close control of ball & use various moves to get away from def. Players MUST keep hips facing the opponent/goals to encourage dribbling instead of shielding. Try the moves that were previously learned. At 4th interval, change point system. Goals are now worth 3 points, and trying any move previously taught is worth 1 point. Move does not have to be successful- encourage taking risks.

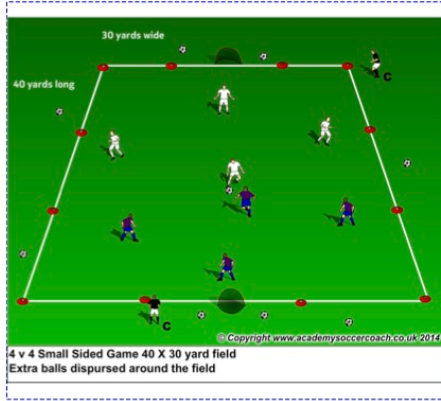
Activity **1 v 1 Continuous** Duration **20** Intensity **Med** Intervals **5** Work/Rest **3:1**



Organization 1 v 1 Continuous in 30 X 30 yd grid w group of 8-10 players- 4 v 4 or 5 v 5 Balls placed in center, w/ 4 different 1v1 targets- large goal, 2 small goals, 3 pole or large cone goals (must dribble thru) & a line. Whites attack and try to score by shooting, dribbling or running w/ ball against blue def. If def win ball, they can dribble or pass ball back. Att must return to center & attack a different zone each time. Switch roles after 3 minutes or until balls are exhausted

Coaching Points Coaches try to keep balls in play by returning them to the center. Players must keep track of their own points. Make it a competition. Keep head up and choose the open goal to PENETRATE by either shooting, dribbling, or passing. Guide players to use previously learned moves to beat an opponent.

Final Stage- Small Sided Games 3v3-5v5



Duration **~15**

*Be energized, ensure game flow.
Have extra balls ready.
Teach! Use player names.
Reinforce/Reward early CPs Be concise.*

ORG: No GKs, Triangle/Diamond Shape

Coaches can play with player to demo/ encourage risk taking/creativity



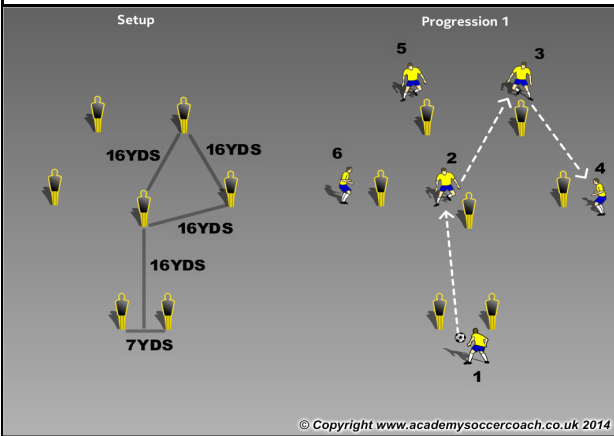
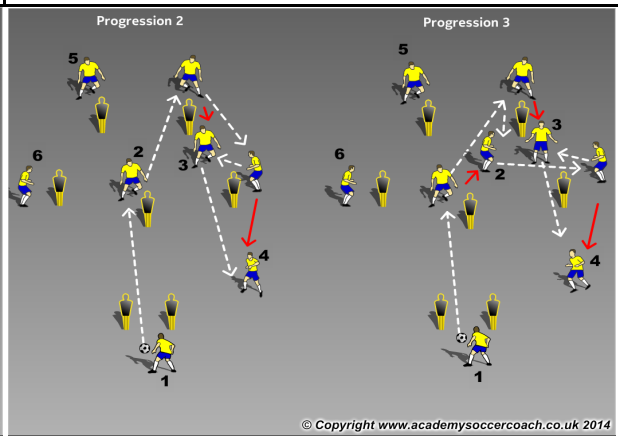
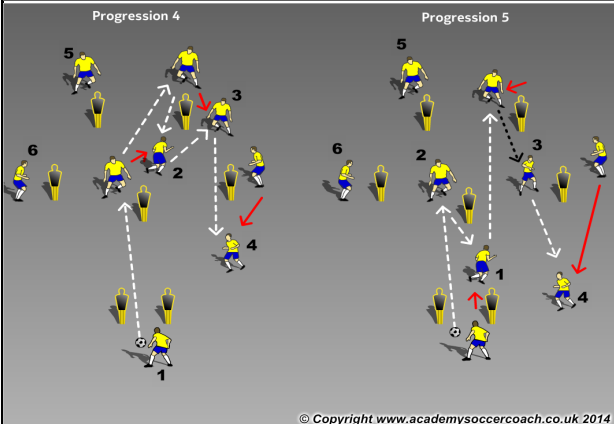
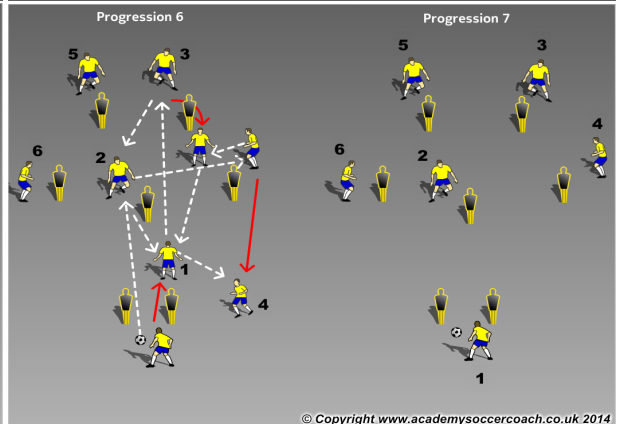
State Director's Juggle Club Rules

- Each player gets 3 tries, and the top two scores are combined for the final score.
 - Must be seen by a coach.
 - Must start with feet.
 - Can use other body parts, but only feet touches count.
 - No bounces between juggles.
- Bronze Juggle Club**- 30 juggles- Name on ASA Website
- Silver Juggle Club**- 50 juggles- State Director's Juggle Club Bag Tag
- Gold Juggle Club**- 100 juggles- State Director's Juggle Club T-Shirt

Notes (evaluate players, coach, session)

Record Juggle Scores

Finish with asking players to join Juggle Club

 <p style="text-align: center;">Attacking</p> 	Technical	General	Extensive
Type: Unopposed		Y Passing	
Description: Passing and combinations working on angles of support and core movements. Preferably 1 touch but can play 2 touch.			
Focus: Core movement, Angles of support Work To Rest Ratio: 2 minutes : 1 minute		Time: 25 minutes Space: 35yds x 35yds Players: 14 per setup Equipment: Green Cones,	
Progressions			
Set Up 1. Arsenal Turn, Back Foot: X1 - X2 - Arsenal Turn - X3 - X4		2. Arsenal Turn, Back Foot, Up, Back: X1 - X2 - Arsenal Turn - X3 - X4 - X3 - X4 3. Arsenal Turn, Up, Back, Up, Back: X1 - X2 - Arsenal Turn - X3 - X2 - X4 - X3 - X4	
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4. Arsenal Turn, 1,2, Slip: X1 - X2 - Arsenal Turn - X3 - X2 - X3 - X4 5. Up, Back, Big Touch, Slip: X1 - X2 - X1 - X3 - Big Touch and Dribble - X4		6. Up, Back Combination, Flick: X1 - X2 - X1 - X3 - X2 - X4 - X3 - X1 - Flick - X4 7. Players Choose Any Option	
Coaching Points/Notes:			
Speed of Play: Sharp, quick passing, play to correct foot, On your toes and ready to play, Quality layoffs Communication: Give an instruction for every pass, Call for ball, Bounce Angles of Support: Check out 1 step before player receives ball, Check shoulders before asking for ball, Time runs Rotation: Move to next spot after last pass, Work up one side and then work up next side			



Interactive Session Plan™

Coach

Session date

Team/Age Group

Theme

Time available



NOTES

Warm-up
 With a squad of 20 break the players into 2 groups of 5 players (Keep 1 GK in outside group on each team). Rotate groups after each 2 minute game. Progress to 1 touch
 The coach starts the game by playing the ball into a group of 5. They must try and pass in to their 5 teammates. Only passes that are below knee height and are kept inside the receiving groups zone will be counted.
 Coaching Points:
 Move the ball quickly side to side to pull defenders apart
 Weight and accuracy of pass is crucial. Disguise intentions and do not telegraph passes.
 Receivers must move to keep channels open and be ready to control the pass



6-goal game (1-5-1-2 vs 1-3-2-3)
 9v9 (8 outfield players plus 1 GK) play in an 70x44 area. Each team has one sub to freely rotate in to maintain game intensity (20 players in total).
 GKs must protect both small goals on their end line. Each team attacks one set of end goals (3 points) and both teams can attack the wide mini goals (1 point). Game can be setup to mimic formations. 4x4min games with 1 minute review between each.
 Coaching Points:
 Look to play forward first
 Maintain possession and switch play from side-to-side to attack wide goals and create holes in the defensive shape to play through.
 Encourage 1 and 2 touch play and appropriate angles of support/combination



8+2 vs 10 (5-1-2 + 2 GKs vs 4-3-3) on an 80x55 field
 One team play 8+2 GKs try and maintain possession and score by dribbling the ball through the poled gates on the wings. Opposition 10 players try to win the ball and attack either of the goals.
 Coaching Points:
 Team attacking goals to try and play forward as quickly as possible.
 Weight and accuracy of pass as well as timing of attacking runs
 Team attacking the gates try to switch the ball quickly if one gate gets cut-off
 Range, weight and accuracy of passes is important to try and find open wide players or 2v1s wide
 Always use GK to maintain possession



11v11 (full field split into longitudinal 3rds (Right-Centre-Left))
 Each team will be setup in a relevant formation (you vs opposition)
 Progressions:
 1) Team must possess the ball through either the right or the left 3rd before they can score
 2) Team must possess the ball through all 3 thirds before they can score
 3) Award a goal to any team who can possess from side-to-side (R-C-L-C-R)

Wayne Harrison

Owner: "Soccer Awareness Elite Academy" and DOC "Total Futbol Academy"

wayneharrison9 on twitter

Coaching Clinic: Teaching Body Position; Angles of Support; Creating Space; Improving and Speeding up Decision making

Awareness (look and think) training in three's: Good for ALL Age Groups

A simple exercise teaching **BODY POSITION** and **PASSING** and **SUPPORT** and it help players to develop **CONFIDENCE** and **COMPOSURE** on the ball.

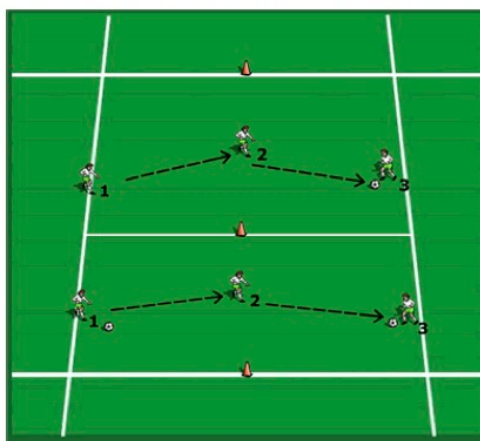
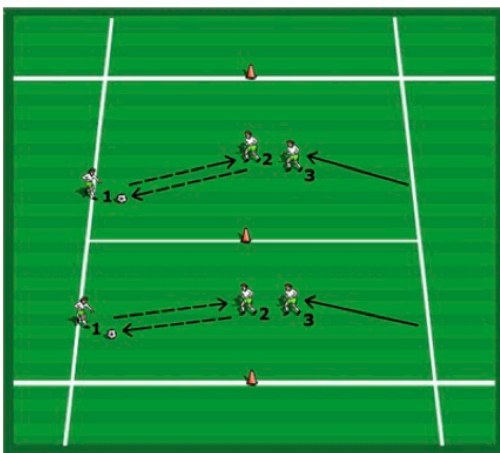
Development can be monitored and progression can be clearly judged and the coach can move the players onto the next level when they recognize the time is right. I have carefully developed the levels of progression of these sessions to ensure each level is addressed at the correct time.

1 PASSES TO 2

2 PASSES TO 3

TESTING PLAYERS AWARENESS

The opposite outside player from the ball can decide to **close down** the middle player or **stay away**. If they close down then the middle player must pass the ball back to the player who passed it to them.



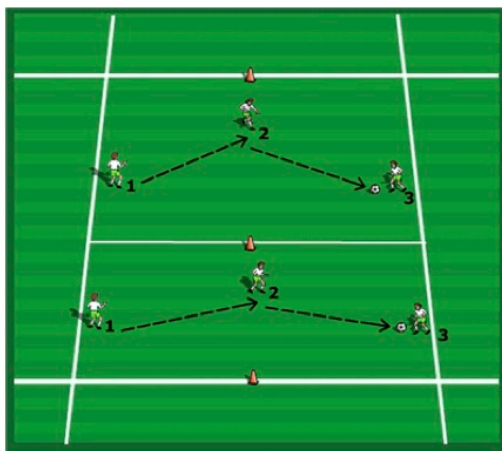
If they stay in position then the middle player passes the ball to them. This highlights if the player has **looked to see** where the other

player is before receiving the pass. Put a passive defender in with the middle player to show how they run them off to check and lose them.

Coaching Points

1. Look over shoulder before receiving (where you are passing to).
2. Body Stance – half turned (can see behind).
3. Support at an angle.
4. Save a touch – let weight of ball determine this- let it run across the body and move one touch.

KEEP THE CLOSING DOWN OR NOT CONDITION THROUGHOUT THE SESSION.

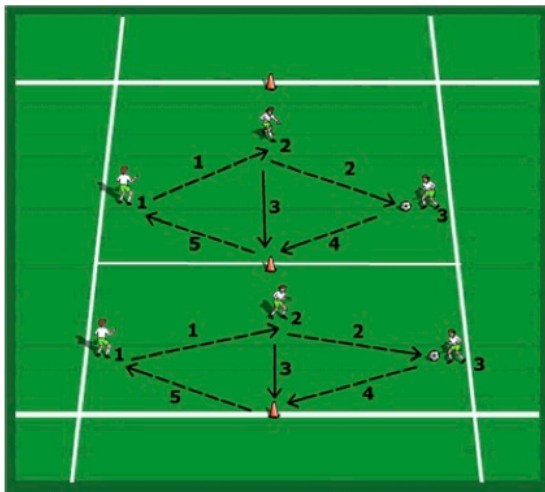


5. **Develop** - Opposite player stays or closes the middle player down.
6. If closed down, middle player passes back to same.
7. If not closed the middle player turns and passes to opposite player.

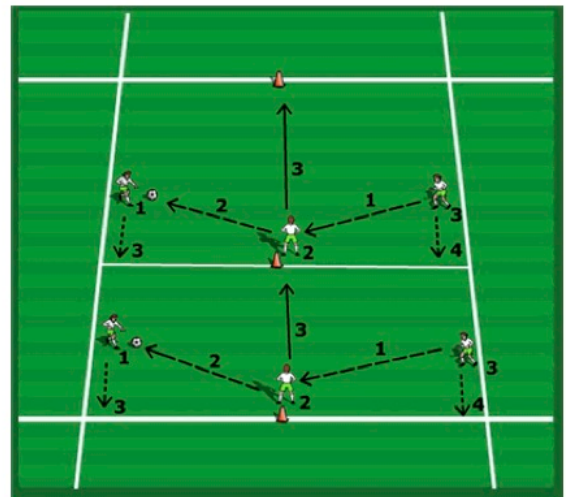
Go through each **progression** in the order it is presented here, do one at a time and have each player practice it in the middle at every stage of the progressions.

1. Begin by passing the ball from (1) to (2) to (3) and back. (2) **Receives and turns** and passes. Passing must be sharp and accurate, one or two touch.
2. You can receive with the **furthest** foot away from the passer and pass it with the **nearest** foot, or save a touch and move it one touch with the inside of the nearest foot or the outside of the furthest foot. Let the weight of the pass determine this, let it run across your body and move it **one** touch.
3. The player in the middle must **open** their body stance up by going **side on** so they can see what is behind them and it makes it easier to receive and pass the ball on.

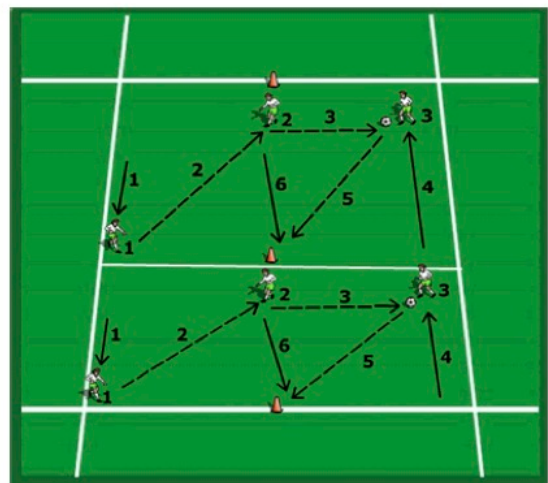
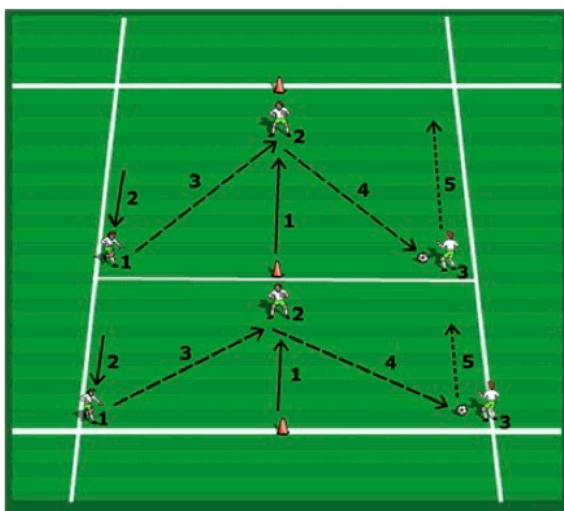
4. **Look over the shoulder** to see what's behind **EVERY TIME**, do this **before** receiving the ball not after. Position in the middle **off at an angle** to receive, this makes a **triangular** support position and opens up the field of vision. Once the ball has been passed on the middle player moves to the **other side** off at an angle again (can use cones to run to both sides). This forces the players to receive and pass with both feet.

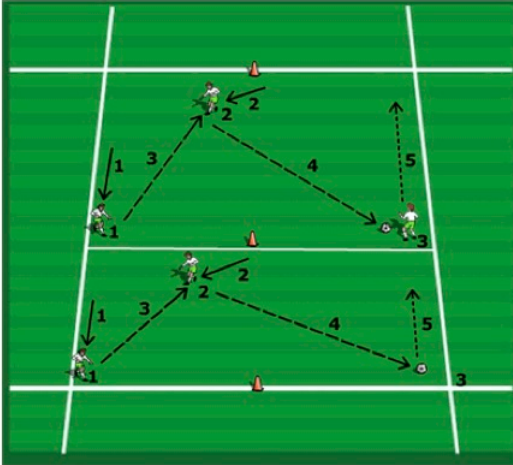


5. Now working on the **movement** of the **outside player** to create a bigger angle

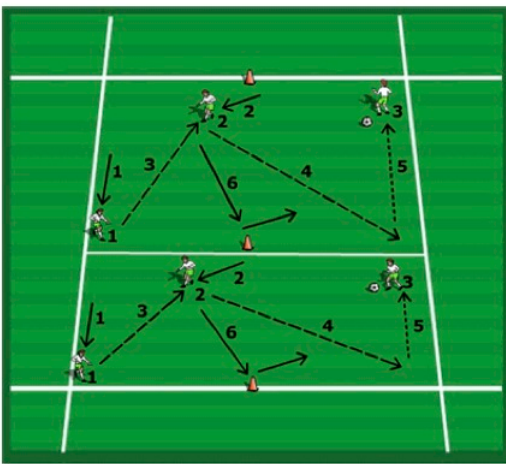


- to pass and receive the ball. Above (2) passes to (1) who moves the ball into space with a **good first** touch to then pass the ball back with a second touch.
6. The movement is shown below. Likewise (3) receives and moves the ball off at an angle and the cycle continues.



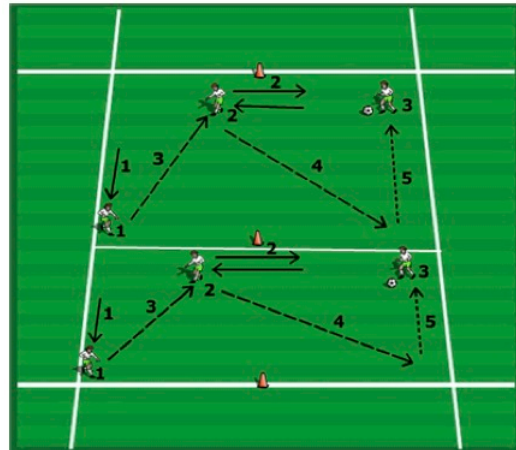


7. Working on the middle player again, if they are marked in a game look to **come short** to receive the pass to get away from the defender.



8. Moving **short** to receive the pass; in a game it is getting away from the defender to receive in space with time on the ball. Keep the angle wide so you can still receive the pass side on, if you move short but more central you will receive the ball more with your back to the play with less room to work the ball in.

9. Develop by the middle player **moving away** from the ball to take a defender



away from the space and then **checking back** to receive the pass in time and space.

10. With these movements the passer must be aware of the receiver's movements to get the **timing of the pass** right. The receiver must be aware of how quickly the passer has control of the ball and is ready to pass it to get the **timing of the run** right (therefore always looking).

11. These movements in a game are dictated by how much **time on the ball** the passer has, if **no time** then coming short to receive the first pass, if **time** on the ball then the receiver can run a defender off the check and receive to feet.

12. The middle player receives the ball and passes into **space** to move the outside player. Previously it was a pass to feet and the outside player moved the ball.

13. Receive and "spin away" outside turn in the middle.

14. Use two players in the middle with 2 balls going at the same time.

15. Make it a 1 v 1 passing; receiving and turning competition with a target at each end in a 10 x 10 grid. A goal for every time you get it to the opposite target, first to 5 goals.

Great for teaching awareness and decision making (Skill) and of course the Technical development of receiving and turning and movement off the ball



Coaching Academy

Name: Ian Barker

Topic: Passing and Receiving

Coaching Methodology

Technical Progressive

Tactical Progressive

Functional Training

Phase Play

Shadow Play

Warm-Up Exercise



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Organization / Instructions

3 grids of 10x12 yards.
 4 players with two balls.
 Keep the balls moving, after passing move on a line other than the line of the ball.
 Keep hips and shoulders open to the field.
 Play the ball to feet, play the ball to space, play the ball short to encourage teammate to move toward the ball.
 Pass must have weight and accuracy. Strike through the center of the ball to keep the ball on the ground.

Main Theme Exercise 1



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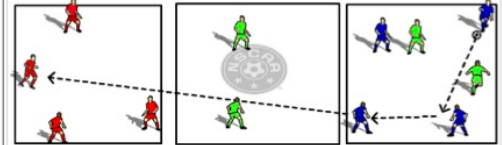
Organization Exercise 1

Play 2 sets of 4v2. 10x12 yard grids.
 Split pass is optimum, but maintaining possession by using support options left and right is critical. As the ball moves roles change, in possession, support left/right or the split pass. Play 5 passes or a split for a point.

Organization Exercise 2

2 teams in possession and 1 defending team.
 Team of 4 in possession look to switch ball to other team of 4 in far grid. If the ball is turned over play restarts with team of 4 at far end and defending team switches out. Passes may know be lofted, driven, chipped or played hard along the ground.

Main Theme Exercise 2



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Coaching Points: (Include Visual Cues)

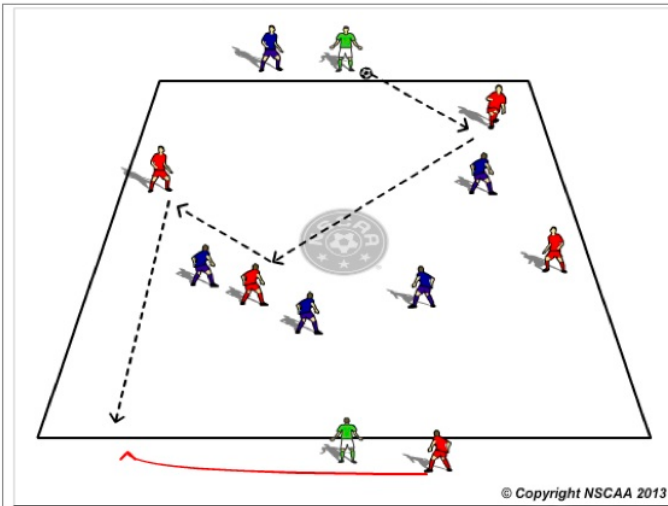
Body shape in advance of receiving. Take a look in advance of receiving to the far grid and as expansively as possible.
 Find space within the grid to be able to effectively maintain possession and or pass the ball long.
 As the ball is moving adjust position to maintain a 4v2 advantage.
 Be sure with the short and long passes to maintain possession in the immediate space and not have ball cut out on the switch of play.



Coaching Academy

Main Theme Exercise 3

Organization



Grid 25x40.

4v4 with each team having a GK for support and a target player.

Team in possession can drop the ball to their keeper to keep the ball and ultimately find a pass to the target. Target players may move left and right.

-Hit target to score.

OR

-Hit target who must connect one pass back in the space to a teammate. (this gets more movement off the ball from both teams).

After a score the ball resets with the other team.

Coaching Points

Stay open to the play and open to the options of dropping the ball or playing forward.

Have a look forward in advance of receiving. Be willing to play the way you are facing and then support that pass.

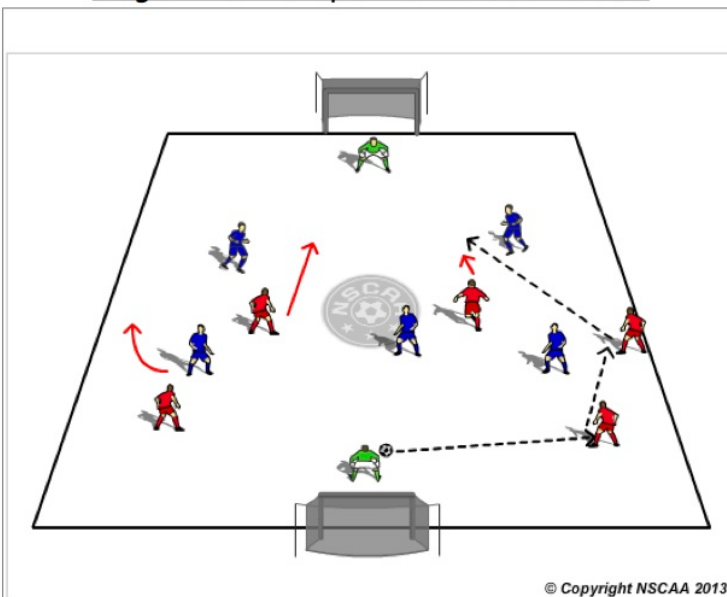
Hit target to feet or hit a space on the end line that the target can move to.

Passes that are bent or elevated may come into play. A pass firmly on the ground can be made with the side foot hitting through the center of the ball.

To bend to ball requires hitting off center and on the side. Raising the ball means hitting the ball below the center.

Diagram Team Shape - Provide Field Dimensions

Organization



In the final 6v6 played in a 40x60 yard field give each team a shape.

Here 3-2 (red) versus 2-1-2 (blue).

Have the keeper restart from hands or feet. Option is to have throw ins kicked into play to have the ball on the ground more.

Condition of asking defending team to drop off on a GK restart also allows the ball to begin at feet.

Ultimately remove conditions.

Throughout the activity maintain the emphasis on the topic....in this case passing and receiving.

Tony DiCicco — @tonysocc

Founder/Technical Director of SoccerPlus

Topic: Training the GK to recognize and resolve flank attacks near or in the penalty area

Title: Training the Keeper to Recognize and Resolve Flank Attacks Near or in the Penalty Area

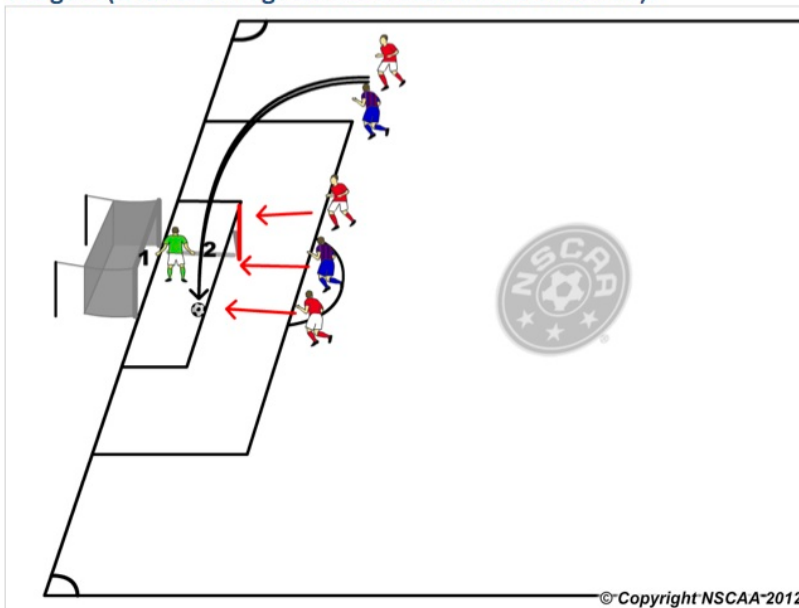
Tony DiCicco

Need: ½ field; 16 field players and 2 goalkeepers; cones, bibs and balls

We all coach our goalkeepers to deal with crossed balls from different wide areas but do we break down certain tactical situations and name them so that our keepers can recognize and then know the 1st, 2nd and 3rd best option for the first attacker and the attacking team. Obviously, the earlier they read the play and can anticipate the next play, the more successful they will be.

I have identified two tactical flank attack situations for the goalkeeper to recognize and the position themselves and organize the defending team so that they can resolve the attack successfully.

1. *2-goal situation*. This is when the attacking team has a 1v1 situation on the flank close to the edge of the 18 yard box and most often, somewhere 12-25 yards from goal. When the defender prevents the 1st attacker from getting inside the penalty area but cannot prevent the serve, we have a bending ball behind the defense (often on the ground) situation which I call *2-goal Situation*. Everyone, attackers and defenders are making vertical runs to the space in front of the goal (a lot of own goals are scored in this situation).

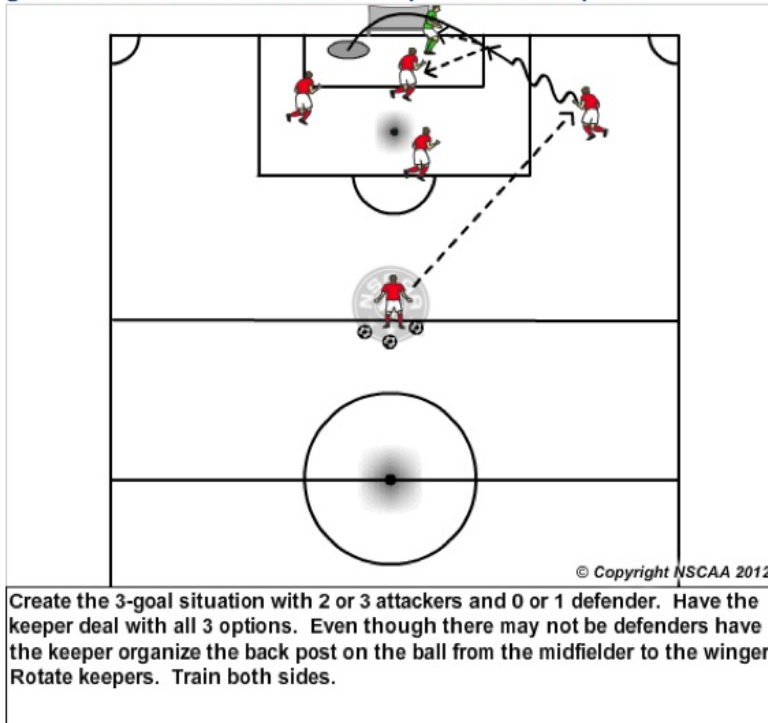


2 - Goal Situation: This is when the 1st attacker can not turn the corner to get into the penalty area and bends in a dangerous serve across the 6 yard line. The first goal is always the main goal. The 2nd goal is the space in front the near post in which a keeper tries to win the ball.

- a. The keeper in this situation positions themselves square to the play and inside their front post 2-3 yards depending on where the ball is. The keeper should have already organized their back post, "Joe...BACK POST" (use a name, organize when the ball is moving and cannot be played and be specific) and returned to watch the ball and pick up the intent of the 1st attacker.
- b. The 1st goal is always the main goal and goals suffered there are clearly the keeper's responsibility. The 2nd goal is the space in front of the goal from 3-6 yards. Covering

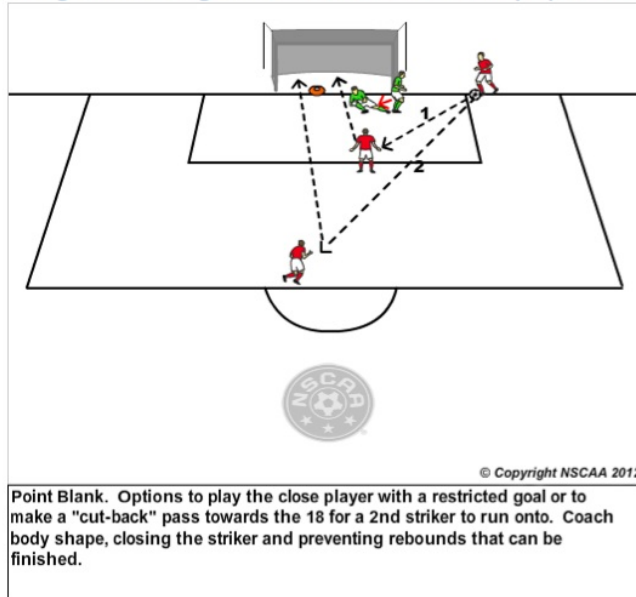
and winning balls in this space is “big time” and clearly delineates levels of goalkeepers. Of course, the keeper also has to be ready for a point blank shot from close range.

2. *3-goal situation.* In this situation, the 1st attacker has beaten the outside defender and is attacking the goal line and the front post. The keeper moves to a position just outside the front post (heels even with the front post) and shoulders square to the ball and now has to cover goal #1 which is the main goal; goal #2 which is the pass across the face of the goal (2-6 yards) and goal #3 which is the delicate chip to the back post.



- a. There are still point blank shots depending on where the ball is played from the flank and the keeper must again organize the back post by taking a quick look seeing the player in the best recovering position and using their name get them to cover the back post and prevent simple nod in head goals or touch in goals such as the one Alex

Morgan scored against France in the 2012 Olympic Games (USA 4-France 2).

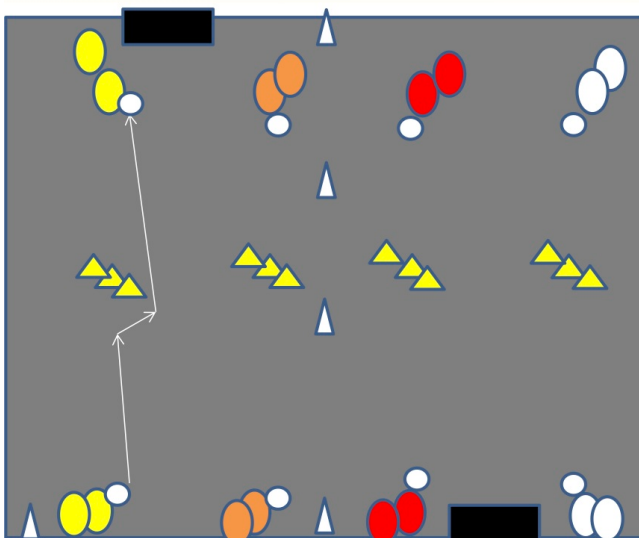


A great finishing game with all kind of flank service is this 8v8 (4v4) team game to train your keepers.



These are two flank tactical situations when identified and trained will help the goalkeeper recognize the situation, take up proper positioning, know how to organize the defense and also have a good idea of what the best options are for the attacking team so they can anticipate and hopefully make the play.

Warm Up; 1v1 Infront



Warm Up – Dribble, fake, exit

Place 3 cones in a direction to show the defenders body shape – the coach can be the guide as the defender to show forcing 1 way but attacker exits away to the opposite side.

Dribble to cones, 1v1 move & exit, move to opposite side and repeat

Coaching Points

Attack the front cone (leading leg)

Fake to go left then attack right

Use 3 different 1v1 infront moves

(Shoulder

Drop/Stepover/Inside+outside foot shuffle (reverse elastico)

Exit with ball protected

Left arm up when exiting right

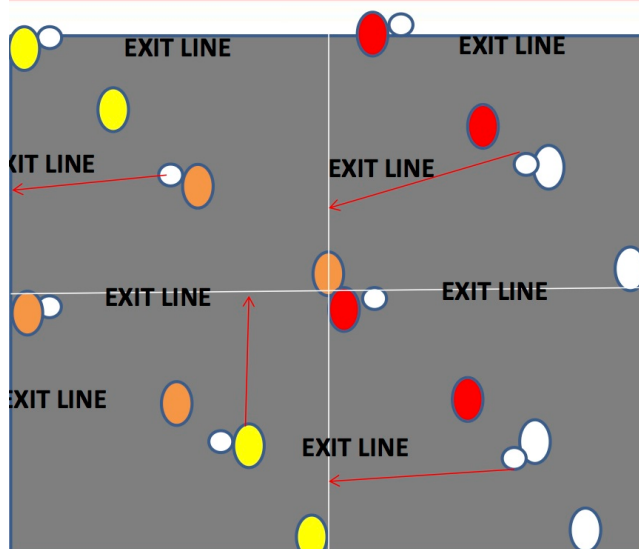
Fast acceleration

Progressions/Variations;

After 1v1 move, exit and pass (1v1 to strike)

1v1 Race with opposite side (Speed)

Activity 1; 1v1 Infront – 2 exits



1v1 Play- Dribble, fake, exit

Pass across and play 1v1 with exits to both sides/ The attacker should use one of the 3 moves practiced to unbalance the defender and attack the exit at pace. 1 point per exit.

Change sides after each turn.

Coaching Points

Attack the front cone (leading leg)

Fake to go left then attack right

Use 3 different 1v1 infront moves

(Shoulder

Drop/Stepover/Inside+outside foot shuffle (reverse elastico)

Exit with ball protected

Left arm up when exiting right

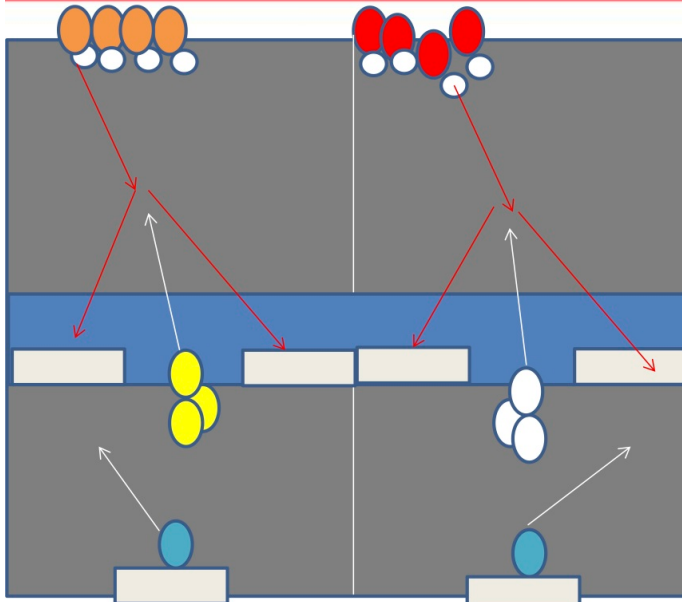
Fast acceleration

Keep the ball moving!

Progressions/Variations;

1v1 tournament – groups of 4. The player with most points wins the group, then change 1st and 2nd places

Activity 2; 1v1 Infront – 2 exits



Progressions/Variations; Team Tournament
Individual points tournament
Best defender – incentive to defend realistically

1v1 with exits – speed game

Defence start behind the goals. When the attacker takes a touch forward, the defender can sprint out and press. The attacker must enter the end zone before scoring.

Once the attack is over, the next attack v defence will start.

High tempo, 2 mins per group max.

Progress to exit then 2nd 1v1 to score.

Coaching Points

Attack the defender directly

Take the ball away from the side the defender forces you

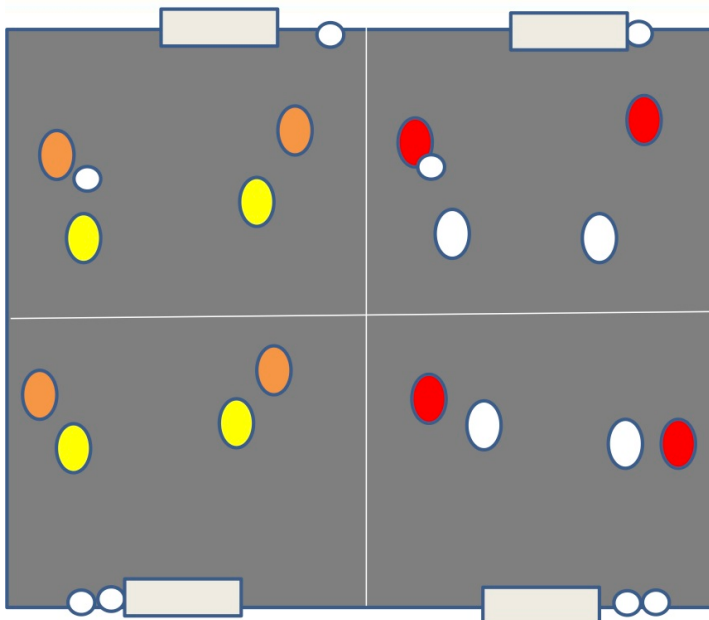
When defender has all weight on one leg, attack the other side quickly

Speed to exit

Protect the ball

Accuracy in finish

SSG; 2v2 zone elimination Game



Progressions/Variations;
Team tournament – 3 minute games
Winners are the team with the most goals

2v2 Elimination Game

2v2 in each half. If you pass forward or back, it stays 2v2. If you dribble past your opponent, you can move forward to create a 3v2 to score – this will encourage dribbling in risky scenarios and help support positioning in deep areas

Rotate positions every 3 minutes

Coaching Points

Is it better to pass and support?

Is it better to pass forward and give a 1v1 to an effective dribbler to score?

Is it worth the risk to dribble from deep and attack 3v2 to goal?

Positioning in transition

Pressure from behind, in front – how can you create space to receive?

Louis Lancaster — @LouisLancs
Elite Coaching License (Level 5), UEFA A License; Watford U16s Coach
Topic: Playing out from the back

training session
created by
level 5 coach



in association with

discountfootballkits.com
the UK's leading branded teamwear specialist

PLAYING OUT FROM THE BACK



Structure:

- To keep it as realistic as possible use half the pitch.
- Good ball supply.

Rules:

- The game can start with a goal kick, coach sending it in to any white player or the blues attacking the goal.
- I would mix up the starting mechanism to keep players guessing.
- The whites have to dribble the ball past the half way line.
- On each phase the coach sends different numbers of blues.
- The whites may play out against 3 blues one minute then 6 the next.
- If the blues win the ball they can go for goal.
- When the ball is dead the blues retreat to the halfway line.

Progressions

- Get the blues to press/drop/man to man
- Change formations
- Change formations



Structure:

- To keep it as realistic as possible use half the pitch.
- Good ball supply.

Rules:

- Similar to the previous game.
- The whites are in place to try and play out from the back.
- The white will try to play out against the yellows, pinks and blues one team at a time.
- Notice the yellow, pink and blues have different numbers of players which the whites have to notice.
- In the diagram the whites are playing out against the blues.
- The two teams that are resting (pinks and yellows) can rest wherever they wish.
- The idea behind this is that they can effect play immediately when it is their turn.

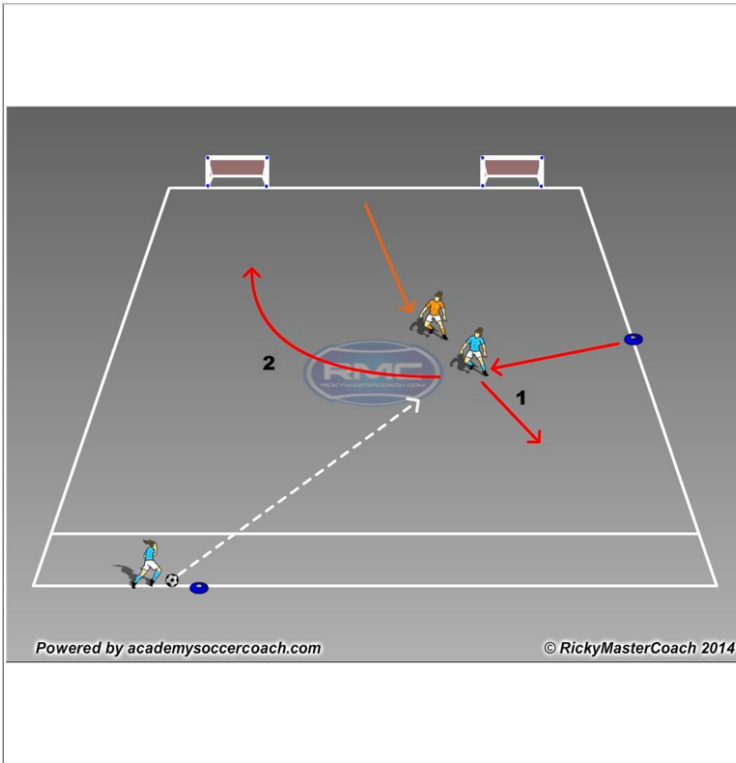
Progressions:

- Get pinks to press, yellows to drop and blues to do what they want.

To view all Louis sessions visit www.discountfootballkits.com/louis



RICKYMASTERCOACH.COM SESSION PLANNER

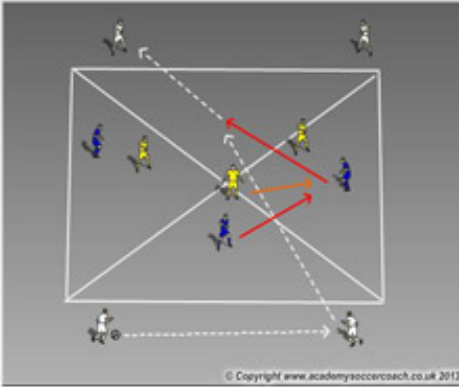


TITLE:	1V1 TO TWO SMALL GOALS
ZONE:	1
LEARNING OBJECTIVES:	<p>Teach players to receive the ball under pressure</p> <p>Teach players to be aware of the space around them</p> <p>Team Players to understand their choices when placed under pressure</p>
SESSION OUTLINE:	<p>The blue checks in from the side of the field. The orange players provides pressure as soon as the ball is passed. The blue player can score in either goal, if the orange player wins the ball they can dribble into the end zone to score a goal. NOTE - Progression: the blue who passed the ball can join the game if they receive a pass from their blue teammate to create a 2v1 situation.</p>
COACHING POINTS:	<p>The player should always look to get their body in between the defender and ball.</p> <p>The player should be "peeking" (looking over shoulder).</p> <p>The first choice (1) control the ball away from pressure.</p> <p>The second choice (2) control the ball into space.</p> <p>The player should always arrive sideways on for balance and control.</p>

TIME:	2 Minute Games	SIZE:	15 x 20	INTENSITY:	Maximum - 100%	FOCUS:	Attacking-Technical/Tactical
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SESSION REVIEW NOTES:

MIDFIELD MOVEMENT



Structure:
 -Set up the area as above keeping varying the distances depending on ability.

Process:
 -The whites pass the ball between them and then lend it into the team in possession.
 -The team in possession try and work the ball end to end.

Challenges:
 -Try and find an area all to yourself.
 -Try not to spend more than 3 seconds in the same zone.
 -Can you clear space for others?
 -Can you swap with someone to cause the defenders problems?



Structure:
 -Set up the area as above.

Process:
 -Players can go anywhere they like.
 -Normal game rules apply.

Challenges:
 -Try and find a zone to yourself.
 -Identify when to play wide and when to cut through the middle.

Point Scoring System:
 -If a player is in the same area for 3 seconds the other team get a goal.
 -If you score from a sequence of play where a wide player rotates with a central player, 2 goals.
 -Literally decide on whatever you want to do as long as you justify it.



Structure:
 -Set up the area as above .

Process:
 -11v11 game with the box in the middle.
 -It is important that you explain to players that they are playing in a non pressured environment and they are free to do what ever movements they want.

Conditions I used:
 It doesn't matter who does go where but I need 3 boxes at least filled when in possession.
 -When you release the ball from the box you must move out of that box otherwise the opposition get a goal.
 -I also gave extra goals for double or triple rotations.

Michael Litvack — @MichaelLit1106

Director of Coaching, Cincinnati United - @cincyunited

Topic: 6v4 Transition



6v4 Transition:

This session is built for middle three to attack with front three. It is also a multi functional session if you wanted to train the Back 4 as well.

1: Play begins with the coach playing a ball into the 3 yellow neutrals (your three in the middle) who attack with white to form a 6v4 overload. Offsides is called and scores are kept. If the attacking team scores or the defending team wins possession they have a free out to the yellow neutrals. Who then attack with blue, going the opposite direction.

Coach can begin play if ball goes out of play to back 4.

Variations:

Can add pressing with front three. Take away the option to play free out of the back

Rotate players around



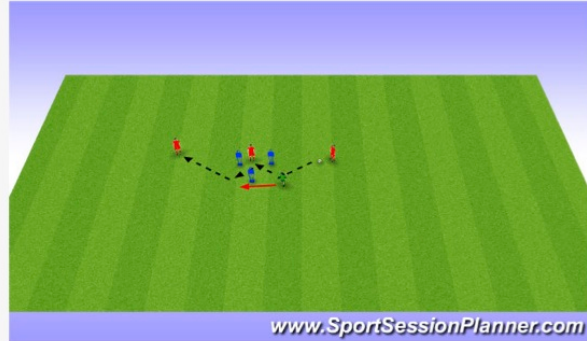
@Goaliecoach00 - Goalkeeper Foot Distribution Session

Category: Goalkeeping: Distribution
Difficulty: Moderate

Rob Parker, Troy, United States of America
Individual-Adult Member

Warm-up (10 mins)

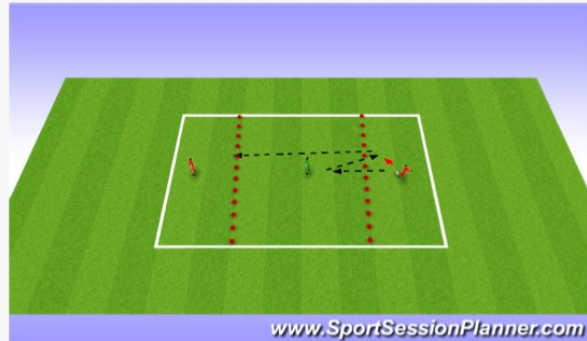
Exercise: Server plays ball into keeper who combines with central server and plays longer ball to server on other side of grid. Drill is repeated in other direction.



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Screen 2 (10 mins)

Exercise: Goalkeeper with ball in one of conmed areas plays to server in center. Server in center lays ball back off to the side of the keeper. Keeper serves long ball into opposite box for other keeper, who repeats same exercise. Continue till the ball either goes out of bounds, bad first touch or ball does not make it into other box in air. Award a point and continue



www.SportSessionPlanner.com

Screen 3 (20 mins)

Setup: four servers stationed in the corners of half a field. Two goalkeepers in the center of the workspace with one gate between them.

Exercise: Keeper checks to passer, Server plays long ball to keeper. Keeper receives the ball and turns, dribbles thru gate and them plays long ball to target on other side. Repeat.



www.SportSessionPlanner.com

Screen 4 (20 mins)

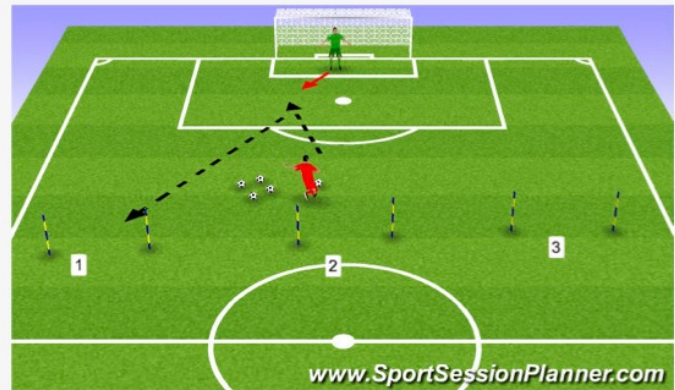
Set-up: Goalmouth and 20 yards beyond the 18 yard box. Full width of the field

Exercise: Server backpasses ball to keeper who has to control it with one touch and pass it back towards one of the three stick goals outlined in the diagram above.

Variation: When server plays the ball, they tell the keeper which stick goal to play to.

Add attacking player to make runs

Add defending player to pressure attacker



Screen 5 (20 mins)

Set-up: Half of the field; 2 coaching stick goals at half field about 10-15 yards apart on either side of the center circle, Server, Goalkeeper and 2 target players

Exercise: Server back passes back to keeper, keeper receives ball with a 2 touch maximum and plays to one of the target players. Target player passes back to keeper one touch and keeper serves ball in air to one of the stick gates positioned at midfield.

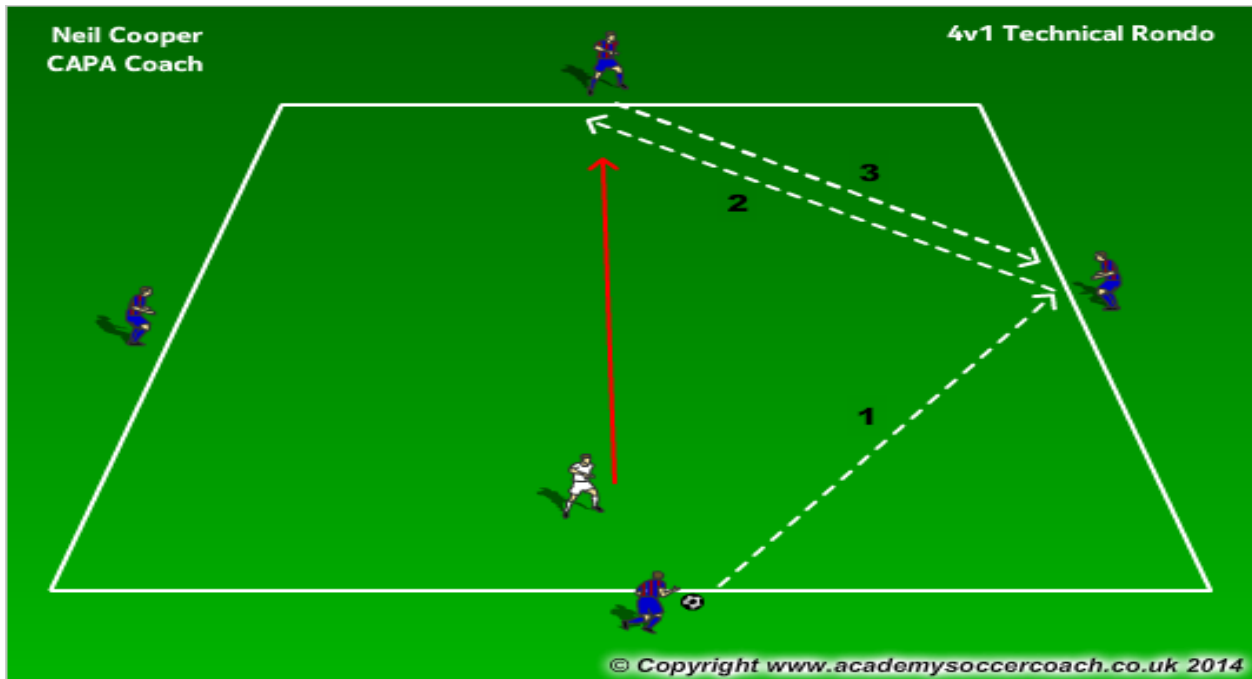
Variation:

-Keeper receives ball from server and passes to one of target player and receives ball back, then passes to other target and receives ball and then serves to gate.

-Once target player passes ball to keeper, they then pressure server to play long ball under pressure



Neil Cooper — @NCHammer1980
Staff Coach at CASA, Pennsylvania
Topic: Changes in Tempo



4v1 Technical Rondo

Rondo is used to teach players good habits in possession and repeat those movements. Players set up in a regular 4v1 rondo. Players pass the ball around trying to keep the ball away from the player in the middle. Must follow rules of the game:

- Players can only play back to the same player with a 1 touch pass (3)
- If players take more than 1 touch, they must take 1st touch with back foot

Players can only get out of the middle by:

- Noticing that players broke 1 of the 2 rules above
- They intercept or win a tackle and retain possession of the ball (touching it out doesn't count).

If a player breaks a rule, they should continue as normal. It is down to the defender to call the mistake so they can get out the middle.



Attacking Rondo

This is a 6v3 rondo using your 6 attacking players and 3 other "defenders". Players play a 6v3 rondo about 20-25 yards from goal. They complete 4 passes and then all players play to goal. Once the rondo is complete, any player can move anywhere. If defenders win the ball at any point, they counter to the goals just past half way line.

Coaching Points:

- Use attacking FBs to provide width with DMs sitting deep to cover for them
- Wingers, AM and CF stay inside to be able to combine



Speed of Play Game

Coach starts with a supply of balls. Stripes attack the goal and plays in whatever formation coach wishes to work on (2-3-1 in this example). Defenders set up in their formation (4-2-1 in this example). Coach chooses a team to pass to. Here he plays to stripes. Stripes then have 20 seconds to create goalscoring opportunity. Whites defend and look to win the ball. If they can, they have a maximum of 10 touches to score in the target goals. All 10 can be taken by 1 player or they can pass counting the touches as they go.

If coach plays to whites, the game is reversed (they have 20 seconds to play to targets. Stripes win and play to goal in under 10 touches).

Coaching Points:

- Make decisions, and pass the ball quickly, looking to combine with players around you.
- When not in possession, pressure the ball as quickly as possible
- Transition at speed, looking to take advantage of players who may be out of position
- Be positive in possession. Look to pass accurately but play as quickly as possible.

Progressions:

- Add 2 more players for Stripes (attacking FBs)
- Allow more/less time or more/fewer touches for counter team



One Touch Multiple Goal Game

Whites play against Blues. Teams can be between 4 v 4 and 8 v 8 depending on field size. Whites play to 2 small goals and Blues to the opposite end. Teams must score with a 1 touch finish. If the pass before is a one touch pass before the one touch finish, it is worth 2. If pass before that is one touch, goal is worth 3 etc etc.

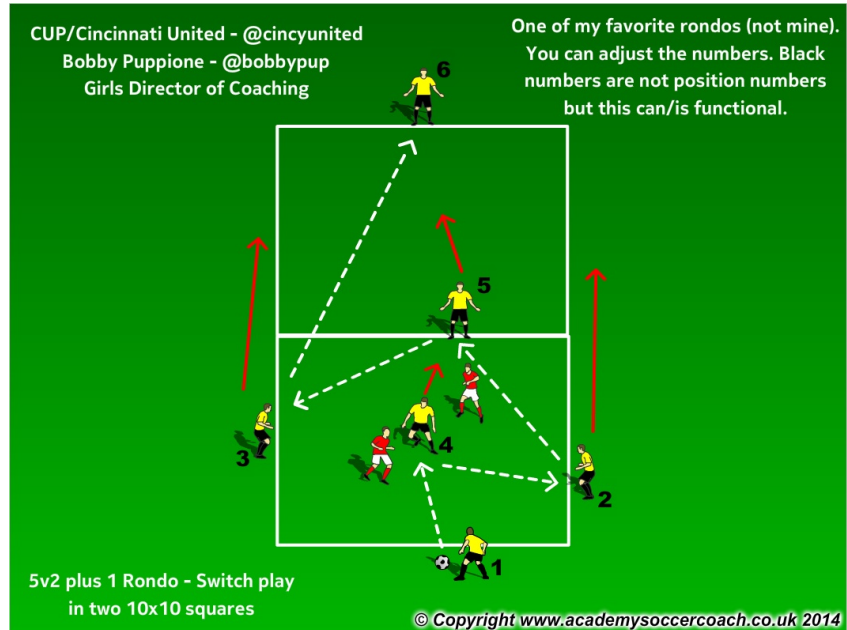
Coaching Points:

- If you can play with one touch, do it. Don't waste multiple goal chances by taking unnecessary touches
- Play to goal with speed
- Play in triangles around pressure
- Movement off the ball creates 3rd man runners to receive penetrating passes to goal

Progressions:

- Add goalkeepers so they play to large goals rather than small ones
- Scoring with one touch Volley is worth 3 on top of any pass goals
- Add neutrals to create overload for attacking team

Bobby Puppione — @bobbypup
 CUP Girls Director of Coaching,
 Cincinnati United Soccer Club
 @cincyunited
 Topic: 5v2 plus 1 Rondo



CUP/Cincinnati United - @cincyunited
 Bobby Puppione - @bobbypup
 Girls Director of Coaching
 5v2 plus 1 Rondo - Switching Play - in two 10x10 squares

***Please note: Not my rondo/activity but one I like and have adapted/used with our teams. Players enjoy it!

Directions:

The 5 yellow players play against the 2 Red players, trying to complete 4 passes before switching/transferring the ball over to player #6. Upon transfer, players 2 and 3 move to support 6. Player 5 turns and now becomes the central player in the new grid, and player 4 now becomes the middle player on the central line between the two grids. The 2 Red defenders also transfer over. The 5v2 now continues in the new box, with the yellow team looking to complete 4 passes before switching/transferring the ball to player 1. If the defenders win the ball, the ball returns to yellow and play starts again. After "x" amount of time, adjust positions and defenders.

Progressions:

- Add more defenders.
- Target on other end can only play in one touch on the switching ball.
- Limit touches of players.
- Incentives for defenders upon winning the ball (counter small goals/target/maintain possession/dribble out of grid).
- Adjust grid size.
- Adapt with your own progressions.

Coaching Points:

- Technical passing/receiving
- Angles of support
- Movement to support the ball
- Body shape when receiving
- Tempo
- Speed of play
- Quick/short passing/combinations
- Ideas before receiving
- Quality of switch pass
- ***Can also coach defensive pressure/forcing
- Communication

Gary Curneen — @garycurneen
 Head Women's Soccer Coach, California State University Bakersfield
 Topic: Playing off target forward



Interactive Session Plan™

Coach CSUB Women's Soccer

Session date Wed, Oct 22, 2014

Team/Age Group

Theme

Playing Off Target Forward
 Service into and supporting runs off

Time available

7.30am



NOTES

Two Teams - Pattern Play
 Center mid gets in box with target forward to finish from cross

When one team goes, other recovers
 Follow your pass as the

Coaching Points:
 Movement off the cones - when ball moves, you move



3v2 Playing Off Target

A dribbles in, plays Target Forward (C) and both A & B support to create a 3v2 towards the bottom goal
 8 seconds to score so it doesn't turn into a possession exercise

After attack, A and B recover at bottom goal - D and E now do the same with Target Forward F
 Target forward and defenders always stay



Attacking & Build Up Off Target Forward

Yellow (1) plays Target Forward (2) who has 2 touches to play back into middle area

3v3 in middle area - 5 passes and then they can go forward
 If blue win ball back they score by passing through gates A&B

Coaching Points
 Target forward to occupy and split two blue center backs
 Supporting runs from central once yellow can attack



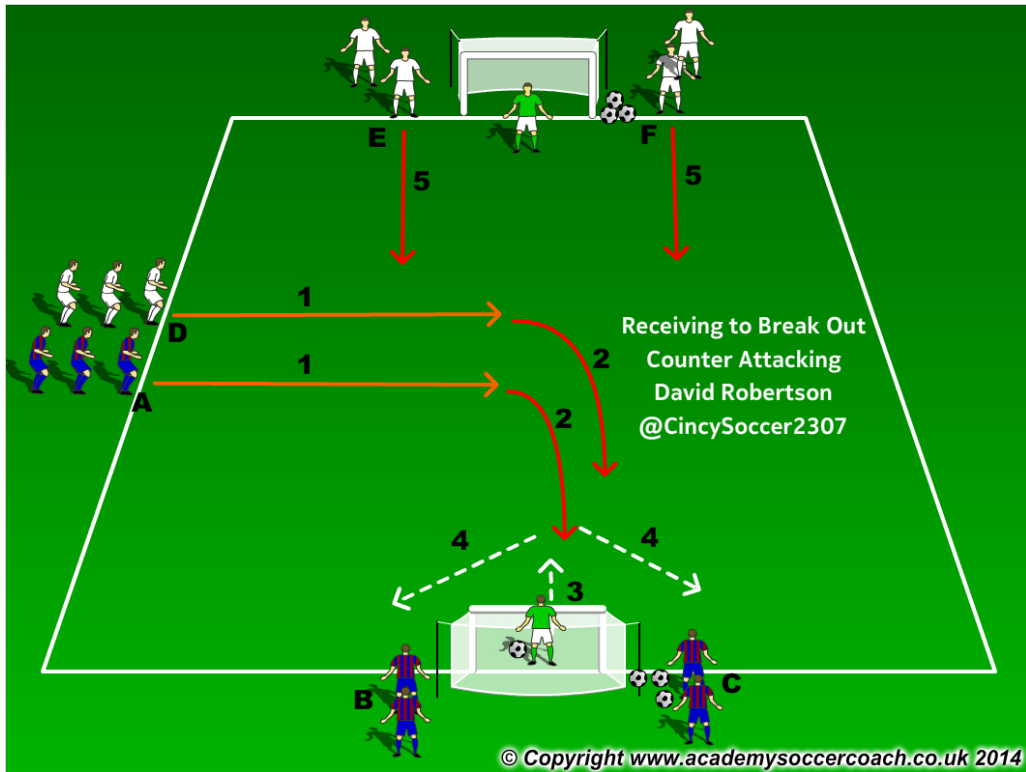
Targets - End Zone Game

1 Target v 1 defender in end zones
 6v6 in middle

To Score - Team in possession must have 5 passes in middle before playing forward to target player

2 players can support Target and create a 3v1 towards goal
 8 seconds to score once the Target receives the ball

David Robertson — @cincysoccer2307
CUP Staff Coach @cincyunited
Topic: Receiving to break out



Receiving to Break Out David Robertson - @CincySoccer2307

Setup:
2 Goals
2 Teams
Balls at each goal

Instructions:

- **Both GK must have a ball at their feet/in hands every time activity restarts**
- (1) Player A & D jog out together across grid
- (2) Coach yells out trigger word for one team (can be teams bib colors, etc)
- (3) That Player (A in this example) checks back to GK
 - **Player D can attempt to win the ball and finish**
- (4) Player A must lay the ball off to B or C to attack
- (5) As the layoff happens, players E & F sprint on to press the play

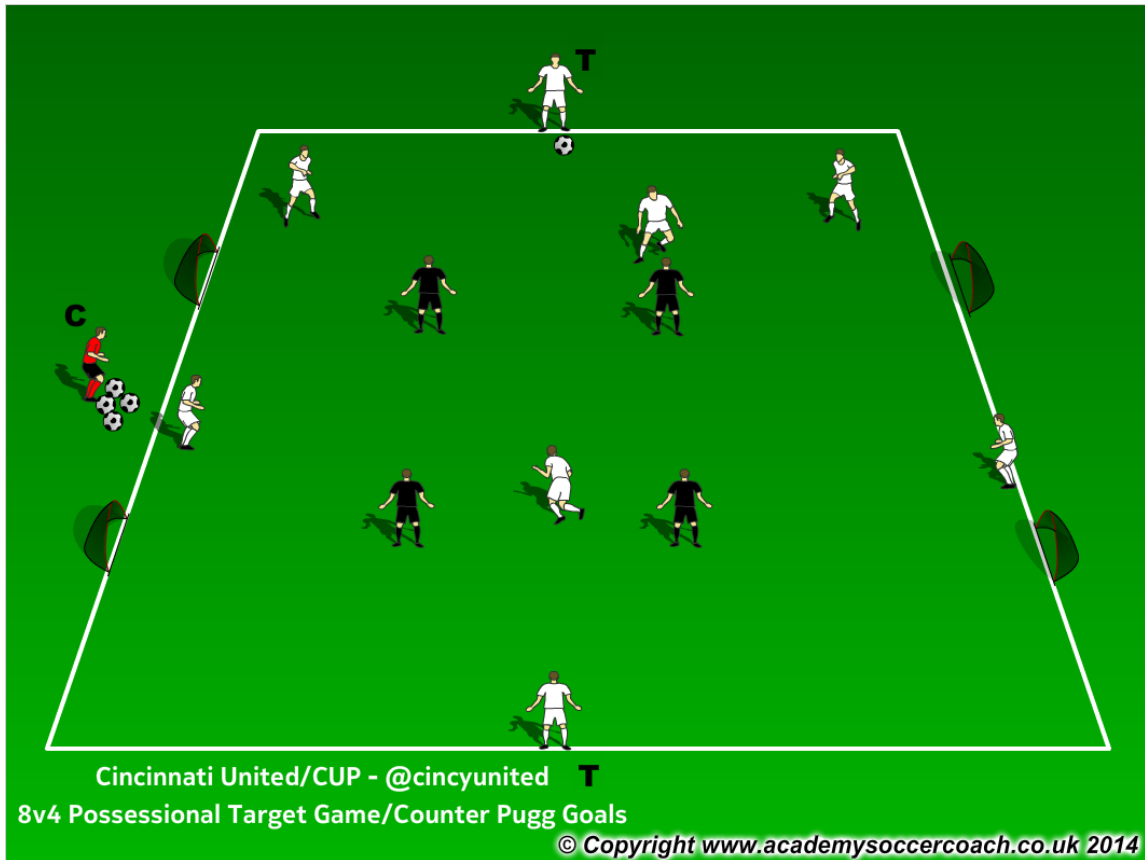
Coaching Notes:

- 1. For young/lower level players can allow A to initially receive not allowing D to win ball - make sure to allow this later on though
- 2. Can incorporate a time limit (ie. must score within 10 seconds)
- 3. Work on losing your mark (change of pace) when checking back
- 4. Different textured balls for layoff (4) - can we not always play negative?
- 5. Emphasize tempo & speed of play, remember working on breaking out/counter attacking
- 6. Play to score - first to 5 etc

Bobby Puppione — @bobbypup

CUP Girls Director of Coaching, Cincinnati United Soccer Club @cincyunited

Topic: 8v4 Possessional Target Game/Counter Goals



Cincinnati United/CUP

8v4 Possessional Target Game/Counter Pugg Goals

40x25 yard area

Directions: White (team of 8) looks to build from one target to the next in 1-3-3-1 shape. The black team (team of 4) looks to win the ball and score on any of the pugg goals.

Progressions:

- Make numbers even
- Limit touches
- Must connect all players before hitting target

Coaching Points:

- Technique of passing/receiving
- Angles of support
- Movement off the ball
- Connecting with target early
- Building out of back
- Having ideas ahead of time

Jonathan Williams — @ JonnyWill18
 Boys Director of Coaching at AFC Lightning in Atlanta, GA
 Topic: Transition



Transition session- Miguel Cardoso transition rondo

Time: 15 minutes (3 x 5 mins)
 Players: 9-18
 Box size: 10x10 but adjust to level.
 Equipment: 12+ cones, 3 different colors, and multiple balls to keep the game at a high pace.

Set-up & Organization:
 Slight twist on the normal Rondo that is seen. 4x2 with 3 different teams, 2 teams on the outside and one in the middle. Depending on the level, 1 or 2 touch max for the outside. If one of the players in the middle wins the ball, they must dribble out of the box to "escape" and switch with the team who lost the ball. The only team to press the middle players is the team who lost the ball.

If the team who lost the ball deny the team that is in from getting out of the square they play on as normal. Also make sure you switch for bad passes, too many touches, etc as normal Rondo rules apply still.

Progressions:
 -Touch limit
 -After passing must move to a new space for attackers.
 - Players in the middle don't need to leave the space, just play to the helping team and keep the game flowing.
 -Defenders must make one pass before exiting square.

Coaching Points:
 -The mental switch going from offense to defense or the defenders to offense and trying to get out of the square.
 -Awareness of space both attacking and defending
 -All the technical points for the outside players on passing, receiving, and moving.
 -Defending in pairs, making play predictable.

Adapt, share, and enjoy!



Transition session- Line transition game

Time: 15-20 (3 x 5 mins or 3 x 6 mins)
 Players: 9-18
 Field size: 40 x 20 (adjustable)
 Equipment: Cones, plenty of balls to keep game high pace, 3 different colors.

Set-up & Organization:
 Continuing the theme from the warm-up, a simple line transition game to work on the teamwork aspects of attacking and defending along with those moments of transition, especially the mental quickness to switch between attack/defense. Two teams start playing trying to stop the ball on the line on the opposing side. When one team does this (White team above), they would then look to switch the attack to the other side.

At this point, the team who was scored on would go out and the new team (Red) would come in. A very high paced game with a lot of thinking elements involved, keeping the game at short bursts will help the level stay high.

Progressions:
 -Touch limit
 -Can use outside players as "bumpers" (touch limit for them)
 -Play for score, losing teams have consequence.
 - If players are having trouble with spacing, add zones where only a certain number of players can be in (2 people per zone if it is four zones for example)

Coaching Points:
 -Passing combinations and movements
 -Recognizing the space, especially at the moment of transition attack, closing the space and getting into defensive shape in the transition to defense moment.
 -New team coming in, can they deny the space quickly and cover the danger?
 Who is the initial presser?
 -Can you mix playing styles? Short and sharp or a more direct style to a target?

Adapt, share, and enjoy!



Transition session- 3 Team transition game

Time: 20 minutes (3 x 6 minutes)
 Players: 10-20 (2 GK added)
 Field Size: Half field, 18 extended, adjustable
 Equipment: Cones, two goals, plenty of balls

Set-up & Organization:
 Keeping with the theme of three teams, two are playing while one is awaiting the transition moment. White is attacking the blue goal, if white scores, they simply get the ball and attack Red's end. Red's can enter once they arrive at the halfway point (yellow cones). If the Blue team can steal the ball and get the ball past the yellow cone line, Red steps up and play continues. White would then go behind the opposing goal and await the next transition moment.

This game is normally very high paced so again, breaking it down in time will help it flow better and keep the play at a high standard. If players are shooting straight after they cross the transition line, you can add they must make a pass. You can also add where if they shoot but DO NOT score, they still have the transition moment to avoid too much wait time.

Progressions:
 -Touch limit
 -Transition at any point the ball is out of play.
 -Must get shot off within a certain number of passes (5 passes for example)
 -Keep score and add extra incentive

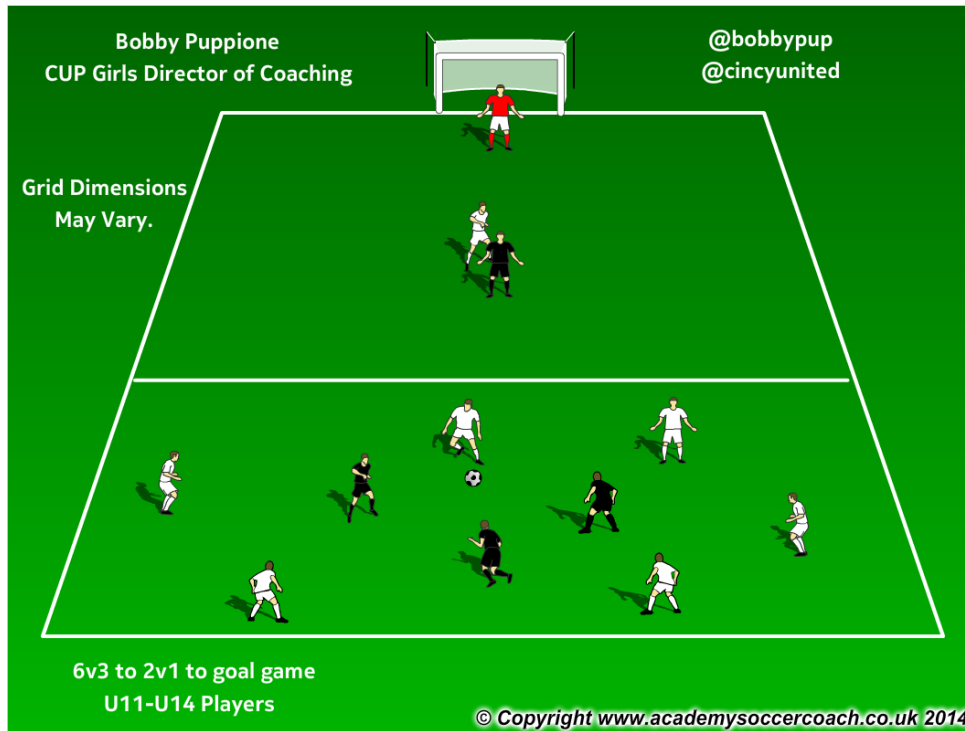
Coaching Points:
 -Attacking within a shape, defensive shape
 -When you win the ball as a defender, can you make that first pass/dribble to break pressure and counter?
 -As an attacker, when you lose the ball, can you quickly close down and deny the initial pass forward? Do the other players recognize the loss of possession and get into shape?
 -Competitive nature of players, who are shirking, who are thriving, who are rallying the team, organizing, leadership.

Adapt share and enjoy!!!

Bobby Puppione — @bobbypup

CUP Girls Director of Coaching, Cincinnati United Soccer Club @cincyunited

Topic: 6v3 to 2v1 to goal game



Bobby Puppione - @bobbypup
CUP Girls Director of Coaching - @cincyunited
6v3 to 2v1 to goal game

Directions:

White team of 6 plays keep away from the black team in a box. When the black team of 3 wins the ball, they play an entry pass in to white team's target player. Any black team player is allowed to join in to make it 2v1 to goal. Play restarts with 6v3 possession.

Progressions:

1. White team gets 1 point for every "X" number of passes.
2. Allow a defender to track back to make 2v2 to goal upon transition.
3. Allow 2 attackers and 2 defenders to go to goal/defend goal upon transition.
4. Adjust the possession numbers to make the game easier/tougher.
5. Limit the number of touches for possession team.
6. Make it even numbers in the possession grid. And add a second goal on other side of the possession grid. Game is now directional. After "X" number of passes, team plays an entry pass and goes to goal.

Coaching Points:

- quality of passing/receiving/finishing
- speed of play/tempo in possession
- look to connect with target immediately (if on) upon winning the ball
- support the ball/movement/angle of support
- press to win the ball back immediately after losing possession.
- deny penetration
- transition upon winning/losing the ball

Michael Litvack — @MichaelLit1106

Director of Coaching, Cincinnati United - @cincyunited

Topic: 1 vs 2; 2 vs 1



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1 vs 2 Game-

Set up: field size can be varied for purpose of the coach and what he wants to get out of it. Game times 2:30 seconds and switch roles.

Two blue defenders play a ball out to one black attacker. The one attacker has to small goals to score at. The two defenders have two counter goals to score on.

Two pts for 1 attacker

One pt for 2 defenders

Progressions:

set a time limit for the two defenders to counter- 6 seconds



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2v1 Game:Dribble-Pass Game- Game length 3 mins and Swith Roles

Set up is any size you feel will help your team-

Game is 2v1- 2 attackers play against 1 defender. Attackers goals only count when scored in final 3rd The one defender can counter and score on either counter goal and that counts for 2 pts

Progressions:

the 2 can only score if both players are in the final 3rd
time limit on the 2 players- have to score in 6 seconds etc

Thank you for downloading the book and for sharing with others. Be sure to follow all of the contributors from this book.

Good luck to all!

