

Soccer Coaches Holiday Coaching Booklet

**Sessions and Activities
from Across the World**

Compiled by Bobby Puppione -- @bobbypup

About the Booklet

This book contains sessions and activities from soccer coaches and trainers from across the world. 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 we tell our players, "Every day is another day to get better." Same goes with coaching. Let's keep making players better together!

Happy Holidays!

- Bobby Puppione -- @bobbypup

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Passing Awareness Warm-Up

Area: 60x40 divided into 6 grids

3 Players per group (1 ball)

Start 1:

- Players pass the ball in sequence, moving around the grid and using one touch i.e. red, to yellow, yellow to blue, blue to red.

Start 2:

- Same as 1, now groups A and D work together, as well as B and E, and C and F.
- One ball per group, using two grids and passing and moving

Start 3:

- As in 1 and 2, now groups A, B, and D work together, as do E, F, and C.
- One ball per group, working on an 'L shape'.

Coaching Points:

- Good movement
- Type and weight of pass
- Communication is vital

Progression:

Add a defender

Zac Crawford -- @zaccraw4d

Technical Director, Alabama Soccer Association

Topic: Passing Warm-up - Teaching Peeling off Movements

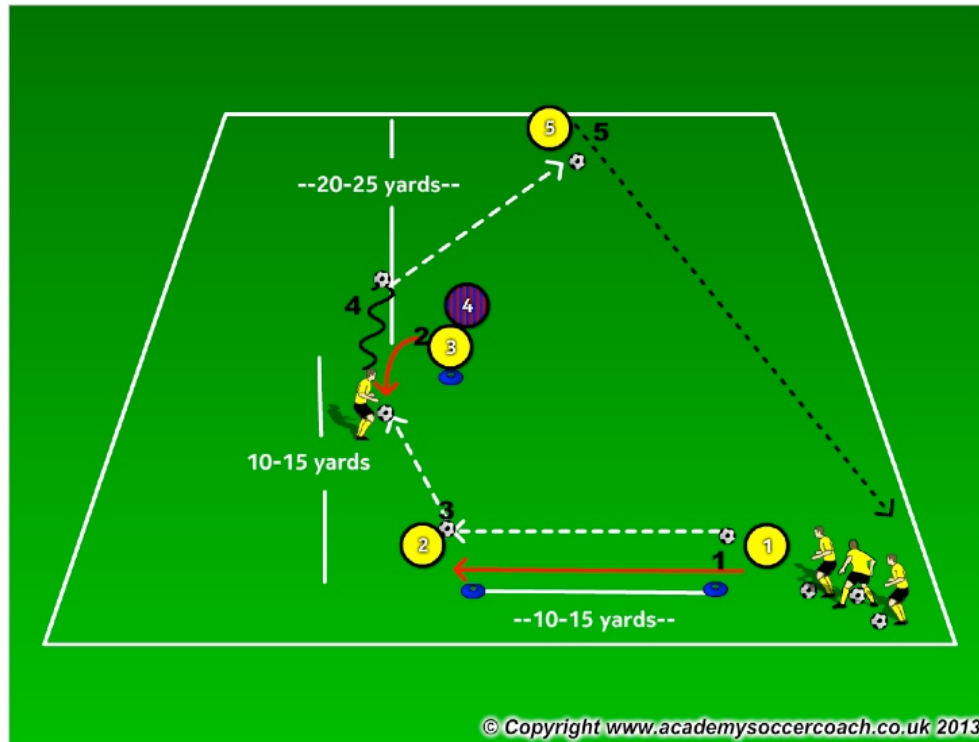
ALABAMA ODP- WARM-UP ACTIVITY- TEACHING PEELING OFF MOVEMENTS- Z. CRAWFORD

OBJECTIVE- TEACH our players how to peel off opponents in a way that keeps both options (pass to feet or pass to space) open until the marking defender reacts. In other words, ***our players first need to learn how to make space for themselves so they can receive the ball while facing up field.***

The preferred peeling off movement to make space for themselves is shown in diagram 3 below. The marked attacker moves laterally and opens his body to a side-on posture. From this side-on position, he can see the ball, the defender, and the space behind the defender. If the defender does not follow him, the ball can be played to his feet (Diagram 1). If defender follows him, the ball can be played into space behind defender (Diagram 2).

As emphasized earlier in the Alabama Coaches Overview, ODP sessions have to be efficient. That means utilizing the warm up to ingrain good habits and address the Key Learning Objectives in addition to technical preparation.

DIAGRAM 1



ORGANIZATION

Groups of 6-7 players (starting positions designated as circles with # inside)

(1) Player 1 starts with the ball and passes (white dashed line) to Player 2 and takes 2's place (red line).

(2) As the ball travels to 2, Player 3 peels off (red curved line) Defender 4 to either side.

Defender 4 is instructed to be passive defender, but must do either one of the following: Defender 4 stays put or follows Player 3.

(3) If defender stays put, then Player 2 passes to Player 3's feet as he is now in a "sideways on" position. Player 3 will then take a positive first touch around/ or dribble (4) by the defender and pass (white dashed line) to Player 5 and takes his place. (5) Player 5 will speed dribble back to the starting position (black dashed line).

Player 2, after making the pass, will now become Defender 4.

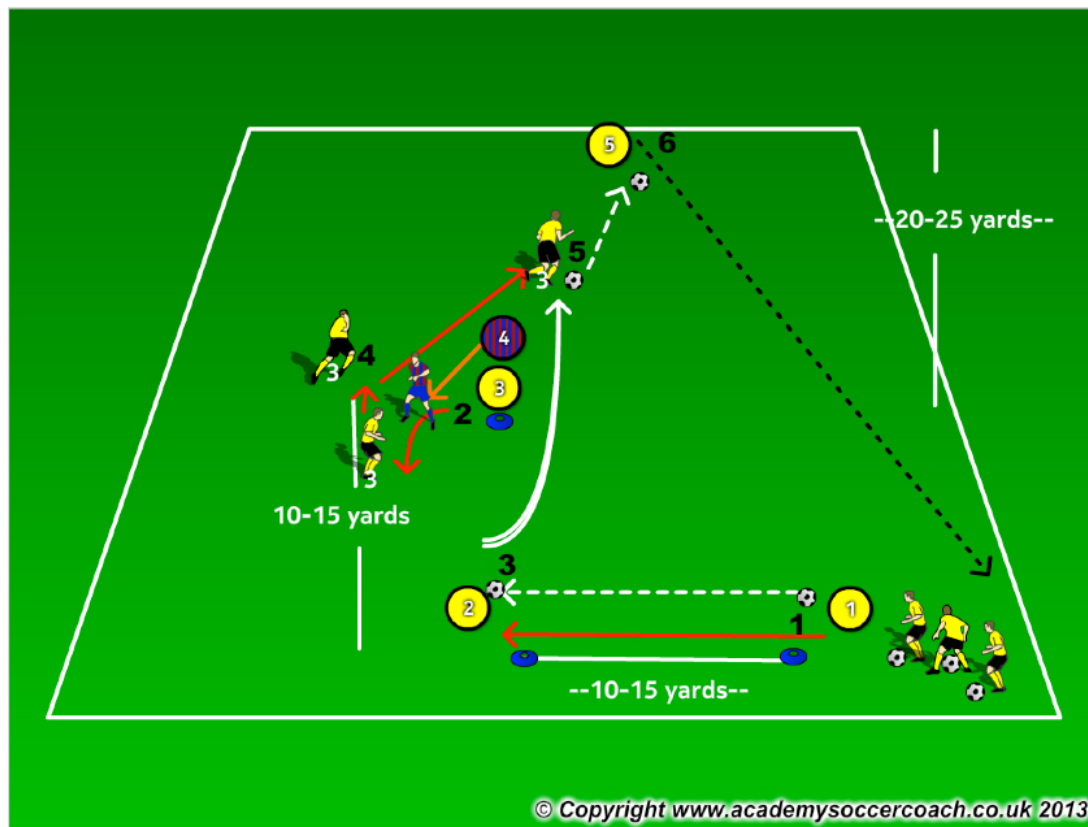
Defender 4 becomes Player 3.

DIAGRAM 2

SAME ACTIVITY AS ABOVE, EXCEPT NOW THE DEFENDER FOLLOWS.

(1) Player 1 starts with the ball and passes (white dashed line) to Player 2 and takes 2's place (red line).

(2) As the ball travels to 2, Player 3 peels off (red curved line) Defender 4 to either side.



Defender 4 is instructed to be passive defender, but must do either one of the following:
Defender 4 stays put or follows Player 3.

(3) In this example, Defender 4 follows Player 3, then Player 2 passes into space behind defender.

(4) Player 3 then runs behind Defender 4 on to receive and (5) pass (white dashed line) to Player 5 and takes his place. (6) Player 5 will speed dribble back to the starting position (black dashed line).

Player 2, after making the pass, will now become Defender 4. Defender 4 becomes Player 3.

VARIATION- provide the Defender 4 a third option- follow Player 3 after the ball is played to his feet by Player 2. In



other words, if Defender 4 follows with a late run, the Player 3 can play the ball BACK to Player 2 for wall-pass behind the Defender 4.

(1) Player 1 starts with the ball on opposite side from original activity and passes (white dashed line) to Player 2 and takes 2's place (red line). (2) As the ball travels to 2, Player 3 peels off at an angle (red curved line) so that the pass is not intercepted by Defender 4. Defender 4 can now follow Player 3 late.

(3) If defender follows late, then Player 2 passes to space behind Defender.

(4) Player 3 runs at an angle to meet ball.

(5) Player 4 receives and passes to Player 5 and takes his place. (6) Player 5 will speed dribble back to the starting position (black dashed line).

Louis Lancaster -- @LouisLancs

Coach and 1 of 16 to be the first to achieve the "Elite Coaching License"

Topic: Playing out of the Back

PLAYING OUT FROM THE BACK



Structure:

-Set up the area as above.

Process:

- Players stay in their zone (2v2).
- The idea is the defenders get the ball and use the goal keeper to create an overload 3v2.
- Then 3 of them can either play it in to the striker or the striker can drop in to the channel unopposed.
- They then compete 2v2 for goal.
- Process continues.

Tips:

- Dispersal
- Movement in order to create space for one self and others..
- Make sure any progressions suit the needs of the players.



Structure:

-Set up the area as above and you may even want to vary the size to suit the needs of the players.

Process:

- The greens attack the yellows playing normal 11v11 rules.
- Whoever takes the shot at goal drops out the practice and returns to the half way line.
- The goal keeper then distributes another ball for the yellows to play out.

Progressions:

- Vary the amount of players that drop out and it is up to the defenders to recognise the situation.



Structure:

-Set up the area as above.

Process:

- Yellows are trying to play out from the back and get the ball to the red target player on the edge of the centre circle.
- The reds are marking the yellows man for man.
- As soon as the yellows hit the red target player they then cross the line and start the red attack towards goal.
- As the red player starts the attack another red player drops out the practice becoming the new target player.

Progressions:

- Use a back 3
- Add more players
- Create over or underloads.

Training session created by

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Jed Davies -- @TPiMBW

Assistant Manager and Head of Analysis for OUAFC Centaurs

Topic:

Two small-sided pressing games to encourage high pressure and set triggers

SSG 1

This small-sided game looks to encourage players to apply high pressure and prevent the opposition any space to pick out a controlled long pass. The concept of applying high pressure to prevent a long forward controlled pass fits in nicely with the idea of pressing high for the first four-six seconds while the rest of your team falls back into their defensive block.

In the example given below there are two teams. The goalkeeper for each team must stand at the opposite end of the field to normal and look to catch the long controlled pass that should float into his 6 yard box to collect. For every time you manage to pass the ball into your goalkeeper's hands, you get a goal. The rules of the game can be adapted to meet whatever pressing objective you wish to meet that exists within your playing philosophy.

If your playing philosophy is: "upon losing the ball, your team should drop into their medium block as soon as possible", then the players must understand that the nearest few players must look to prevent the forward pass whilst your team is unorganised, before falling back themselves. If the sentence above fits within your game plan, then you can introduce rules such as "the opposition has four seconds to play a long ball and during this time, you must block off all controlled passes forward before dropping off to the agreed line of engagement" (the line of engagement may be ten yards inside the opposition half or as part of a low block inside your own half) - there are hundreds of rule-alterations that can be made to bring out different objectives in this game, but the starting point is generally as the game details below. Once the goalkeeper collects the ball in his hands, he must look to play out to the opponent who has found most space - leading to the team intelligently setting traps - anticipating the pass before applying pressure.

The pressing team is given simple instructions that fit within the wider-parameters of pressing during a full-sized game: 1. don't let them turn when they have their back to you, 2. stop crossing coming in and 3. don't give them space to find control.



SSG2

This pressing game brings about many facets of the 'high pressure, lots of possession' style of play. The first thing to do is to select two captains who know the names of all the players on the field and to then divide the teams up into two equal teams (outfield).

The rules are simple and govern the objectives of the game as a result. Once a team makes ten passes of the ball, the captain of that team can call out one of the opposition who must leave the field of play until his team has made contact with the ball (contact not control) - this same rule continues onto the 20th pass and 30th pass and so on. This rule alone forces those without the ball to apply lots of high pressure and those with the ball to try and get lots of passes in with clever movement to create space.

The winner is the team that scores more goals over a set period of time (long enough for a team to get tired). Therefore, when you've won possession you have a choice to make do you (a) counter attack to take advantage of winning the ball up high or to take advantage of a unorganised opposition OR do you (b) look to retain possession and build and probe (to rest with the ball).

The rules of this game can be altered to meet your own individual objectives within a set playing philosophy. New rules and conditions can be bought in after time to encourage the defending team to drop after a set period of time and not be penalised - to allow the team to act on set triggers you wish to practice as well; alternatively, you can change the rules of the game so that the team that has the ball 'steals' an opponent rather than sends him off the field of play - but understand that this method is more complex than the default method shown in the diagram below.





BEAST MODE SOCCER

ELITE 1 ON 1 TRAINING

BMS 1v1 4v3 1v2 Playing Through the Midfield

Organization: Three grids. 10x20. 20x20. 10x20.

Grid 1: 1 red player, 1 blue player. Grid 2: 3 red players, 3 blue players, 1 yellow neutral player. Grid 3: 1 red player, 1 blue player

The 4 players in the end grids start off with two touches. The players in the midfield have unlimited touches. The yellow player (usually your attacking or holding midfielder) has one touch

Activity: Possession. Playing the ball forward and backwards.

Coach starts with the ball and serves it to one of the two end grids on the end. Whichever player gets to the ball first has one touch to play it to one of their players in the middle grid. The midfield has to string 5 passes together, including AT LEAST one pass to the neutral player who always has one touch, before they can pass it on to their player in the other end zone. That player has to play a one touch pass back into the midfield.

Possession changes when it is won back by the opposing team, or the ball goes out of bounds.

Progression 1: The end zoners who initially play the ball in can now become support player for the midfielders to play back to. They are still on one touch, but it gives the midfield an outlet if needed

Coaching Points: Players in the two end zones have one touch.

- Communication is key to make the one touch pass successful.
- When the midfielders play to the end zone they should immediately look to open space to receive a ball straight back from the end zoners.
- Yellow player is always on the possession team. I usually have a center mid play this possession who I want to see release the ball sooner, or have their vision improve. Reiterate to this player that they are key, as the play will always go through them in this game. They need to know where the ball is coming from, and who they are playing the ball to, effectively, try to think two steps ahead.
- Always look to have an open lane between yourself and the ball. Depending on the progression, it will always be 4v3 in the midfield, so keep moving effectively.
- Accuracy and speed of passing
- Make smart decisions!



BMS Play Through The Midfield Part 2

Organization:

The same numbers as in the previous drill, but the field is now extended, and include goalkeepers. The 'endzoners' are now forwards if their team has the ball, defenders if they do not have possession.

The yellow player is no longer restricted to one touch, but cannot leave the shaded area.

Activity:

The ball must be played through midfield, and the yellow player has to have at least one touch of the ball. The midfielders must play 5 passes before looking to release their forward. When the forward is released they should be encouraged to beat the defender and shoot early. The defender should be encouraged to pressure early, and show the player to their weaker side if possible.

If the team scores, they retain possession of the ball from the keeper.

Progression 1:

Three passes instead of five in the midfield. When the ball is passed into the final third that midfielder can enter the attacking third to create a 2v1 situation. All the other players must remain in their zones.

Progression 2:

No numerical passing restrictions. When the ball is passed into the final third the midfielder that passed the ball as can enter the attacking third, and the neutral yellow player also joins to create a 3v1 situation. All the other players must remain in their zones.

Coaching Points:

- Support play
- Shape in midfield- Make sure the player on the ball has options. If not, MOVE! Make the numerical advantage count
- Accuracy and speed of passing- Play the pass that you would like to receive
- Quality finishing
- Make good decisions
- React quickly to transition
- Yellow player should always look to play quick passes. Be the difference. Encourage this player to look for passes that split defenders.





Midfield Rotation and Dispersal

Category: Functional: Midfielder

Skill: U18 | Start Time: 29-Jul-2013 10:30h

Pro-Club: York City FC
Tony Mee, Rotherham, United Kingdom

Screen 1 (30 mins)

Session Organisation

As shown, 5v5 in the box with 4 neutrals.

Objective

To retain possession using team mates and neutrals

To create space for others to play in

How to Play

Outside players (neutrals) on 2 touch

Both teams *must* keep at least 1 player in each triangle

The Reds in possession combine to play the ball into another area (as shown)

The player who passes the ball out *must* leave that area and can be replaced by another player (he doesn't have to follow his pass - he may leave for any other triangle) but he *must* be replaced

The player receiving in a 1v1 can pass out first time but *must* still leave his area and be replaced

If a pass is played to a neutral the player stays in the same triangle - the ball is played back into the triangle it came from

Progressions

Allow players to run/dribble the ball to another area

Allow 1 neutral to neutral pass



Screen 2 (30 mins)

Session Organisation

Practice is designed to work with midfield players

Mannequins in the shaded section

How to Play

The defenders (yellow) must press to try & win the ball

Each Red player must touch the ball before passing into the 2 central midfield players

Midfield players must pass into the opposite end

Coaching Points

Middle 2 make circular runs behind and between the mannequins

Arrive in space at pace on the half turn

Realistic movement to support the pass when the ball is in the end zones

Progression

Middle players must combine before playing forward

Add a 2nd defender in the end zones

Add a defender in the middle zone



Screen 3 (30 mins)

As shown. Red defenders start with the ball. Objective for the reds is to score a goal. Objective for the yellows is to win the ball back and feed into the forward players to shoot in to the empty goal. Players play in the areas shown, with the exception of a neutral zone between the red defence and midfield.

How to Play

Red defenders move the ball into a midfield player drops into the neutral zone. If the pass doesn't come straight away the midfield player should rotate out and be replaced. The yellow defenders cannot follow into the neutral zone. Reds should play forward and then support the attack.

Progressions/Adaptations

1 player can move up or back to create overloads.

If the deep midfield player can't play forward they can "set" a defender to play long into the attackers.

Remove all restrictions.

Progress to a SSG.





Transition from Midfield to Attack

Category: Tactical: Penetration
Skill: U18

Pro-Club: York City FC
Tony Mee, Rotherham, United Kingdom

Warm-Up - 4v4 + 2 Target Men (20mins)

Warm - Up (Dynamic Stretches then into drill)

Organization

Area to suite age and ability (25x25)

4v4 + two target men

Play starts from one target man to red team, who try and play into opposite target man

Transition into opposite square to keep the ball and so on

When opposite team win possession, they keep it between target men

Progressions

Limit touches

Limit target man touches to ensure quick transition

Must get number of passes before transitioning

Coaching points

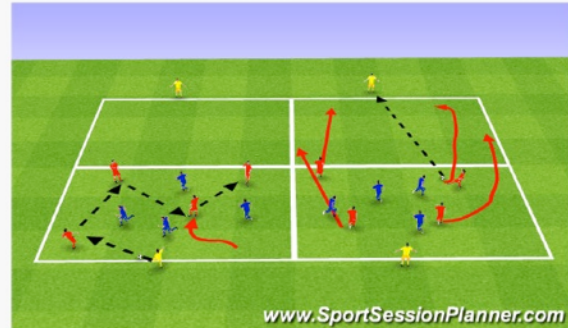
Excellent technique of passing and receiving

Play under pressure

Once forward pass is on - PLAY IT!

Quick transition, then quality to retain possession - Timing of pass and approaches

Angles of approach on transition - Left and right and deeper option



Tactical Progression - Transitioning from defending to attacking (20mins)

Progression from warm up

Organization

Area of same size as warm up

Now remove target men and play 4v3 in one area and one

member of defending team in opposite area

Once numbers down team wins the ball, they transition to their target player to create a numbers up

Progressions

Play 4v2

Limit touches

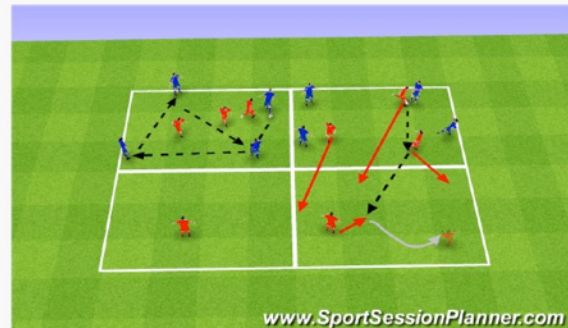
Award goals for every transition/every transition when keeping the ball for 3 passes

Coaching Points

Excellent passing and receiving

Speed of transition when regaining possession - Weight of pass, speed and angles of approach to keep the ball

Keeping the ball under pressure - Shielding if you have to.



Game type scenario - Transition to 5v2 to goal (25 mins)

Game type scenario

Organization

Half pitch - 2 squares 15x15 on either side

4v3 inside each square

Once numbers down team win the ball, they play it to one of the forward players and 2 players exit the square to transition into attack

Then 5v2 to goal

Once shot is taken on goal - Square #2 plays and so on

Change players, as necessary

Progressions

Add in 1 or more defenders

3rd attacker transitions from square and runs from deeper

Coaching points

Excellent technique of long and short passes - Balls into strikers feet

Speed of approach from midfield - Fast to Slow - Create angles of approach and drop off to support

No long passing once ball is with forward - Build up for effort on goal

** Finish with 8v8 game - Emphasis on balls into strikers feet and transition from midfield to attack.





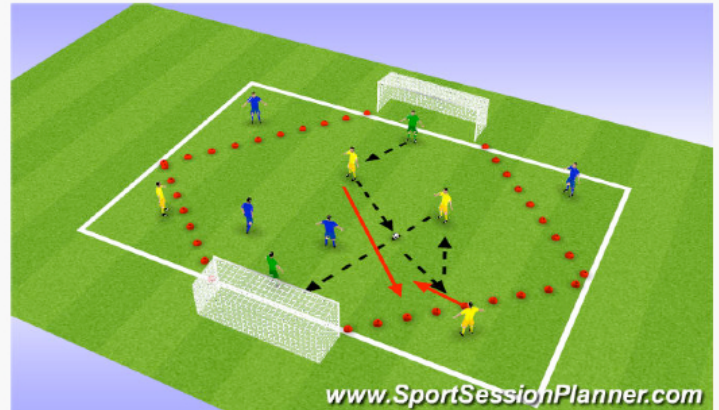
2+2 v 2+2 Small-Sided Game

Category: Small-Sided Games
Difficulty: Difficult

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

Screen 1

Exercise: Field is set up with 2 goals and diagonal cones created a diamond shape. 2 v 2 in the diamond workspace with 2 additional players for each team who are on the offensive sides of their team's goals. These players are allowed only one touch in these channels. The game begins as 2v2. If the player needs help they can play either of the 2 offensive neutrals but when they do must, they must exit the field and replace that neutral player. The neutral player then plays 1 or 2 touch into the other player in the diamond before joining that player. When a goal is scored, the two players whose team is scored upon switch with the two neutrals. The team who scores stays and receives the next ball from their goalkeeper. The game is restarted quickly and is free flowing.



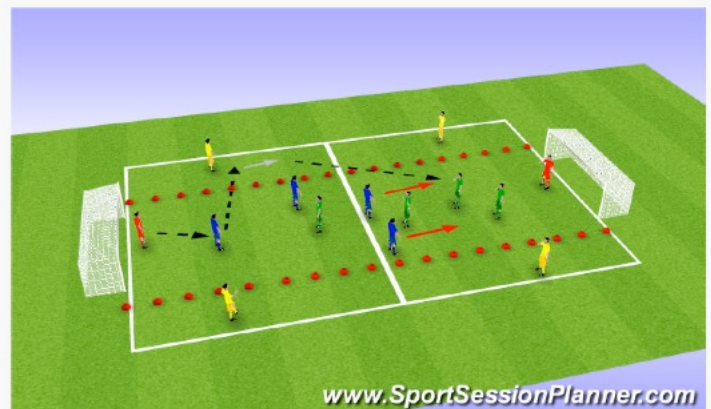
4v4 with 4 Neutrals Small-Sided Game

Category: Small-Sided Games
Difficulty: Moderate

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

Screen 1

Exercise: 4v4 with 4 neutral players and 2 keepers. The 4 neutral players must play inside the coned channels. 4v4 is played in the coned grid area. In order to go to goal, the ball must be played to a neutral player in the channel in order to be able to go to goal. Balls can be either crossed into the box or possession kept. Begin exercise with no opposition in the channels but that could be added to progress exercise. If a team scores, the neutral teams joins the exercise and the team that is scored upon becomes the neutrals in the channel. Played is restarted from a ball played by the goalkeeper of the team who just scored to that team. Neutral touches can be limited in the channels.





Team A

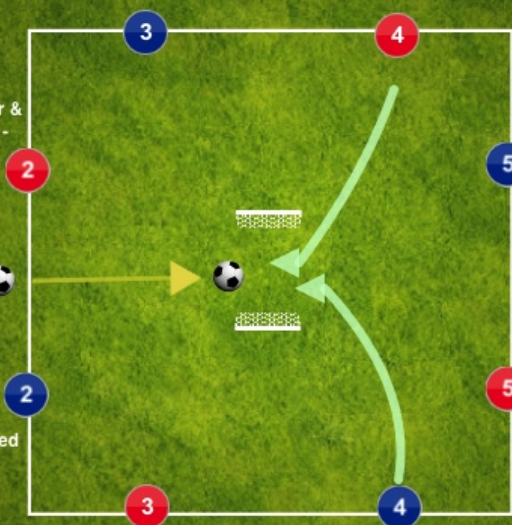
Global Coach

PROGRESSIONS

1. Must make a wall pass with team mate on outside before scoring
2. Coach calls more then one number e.g. "2&3" (2v2)
3. Team mate on outside that is used for wall pass can enter to support & create an overload (2v1/3v2 etc)
4. Min. of 3 passes before scoring - can use outside team

1. Players are given a number & stand around outside of area - players stand in alternate color/team

2. Coach off to the side with footballs - as coach calls number (4 shown) ball is played into area at random



3. Players react to number that is called & race to win possession. Player can score in any goal at any time

5. Once play has ended either with goal or ball lost out, players return quickly to positions ready for next number to be called out & ball

4. Remaining players on outside must follow game & help to keep the ball in play & active

Individual & Small Group Attacking Battle: 1v1-3v3 + overloads


= Reaction & Anticipation - Get to the ball quickly & secure possession

= Secure possession with 1st touch & use of body to shield & deceive

= Dribbling & Skill move executions: timing when? how? where? FINISH!!


Team B



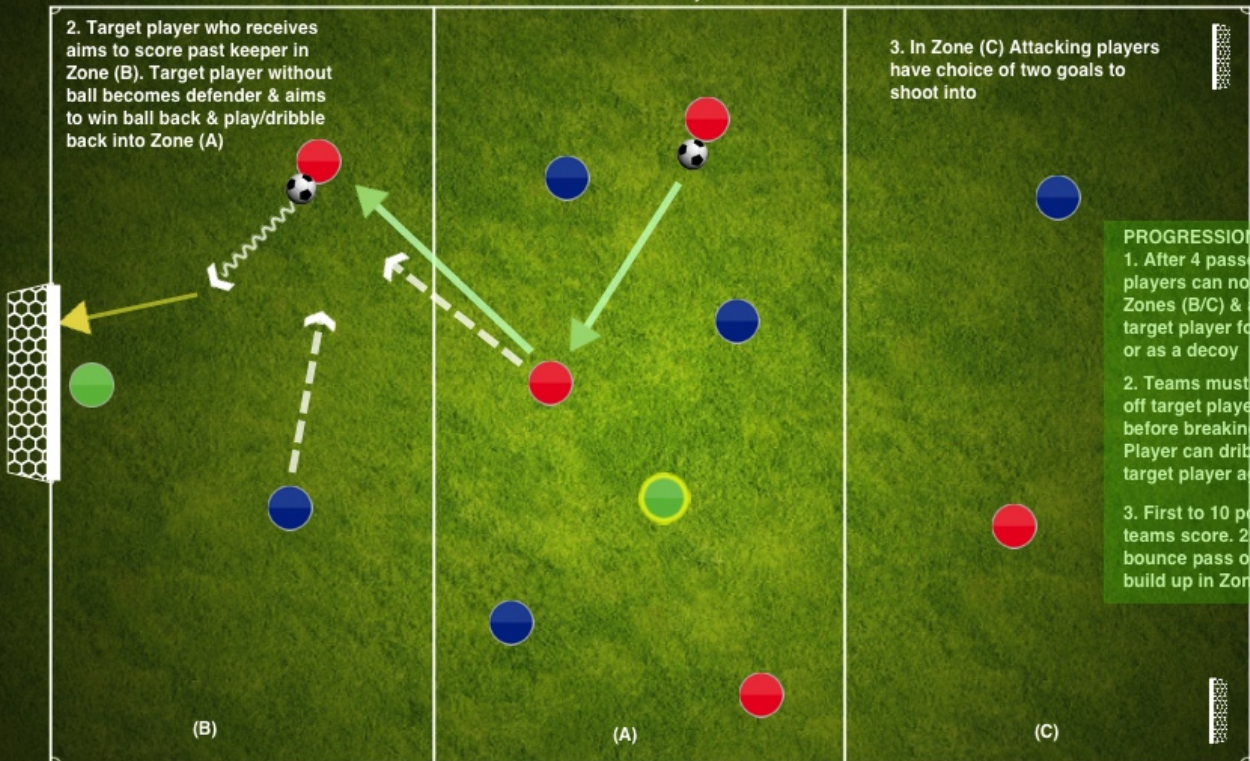


Team A

1. Zone (A) Teams play 3v3+1 keep ball. After 4 passes teams aim to play pass into their target player in Zones (B/C). Pass must be supported to create 2v1 breakaway!!



2. Target player who receives aims to score past keeper in Zone (B). Target player without ball becomes defender & aims to win ball back & play/dribble back into Zone (A)



3. In Zone (C) Attacking players have choice of two goals to shoot into


PROGRESSIONS:

1. After 4 passes in Zone (A) players can now dribble into Zones (B/C) & aim to score. Use target player for combinations or as a decoy
2. Teams must bounce a pass off target player in Zones (B/C) before breaking out to score. Player can dribble in or pass to target player again
3. First to 10 points! 1pt if teams score. 2pts if teams bounce pass off target during build up in Zone (A).

Small Sided Game: 3v3+1 & 2v1 Break Away

- = Retaining & Secure Possession: Patient, Positive & Proactive Build Up Play
- = Combination Play: Timing of link play & movement to release attackers
- = End Product: Break quickly & Be ruthless! Work the defenders & keeper (rotate)

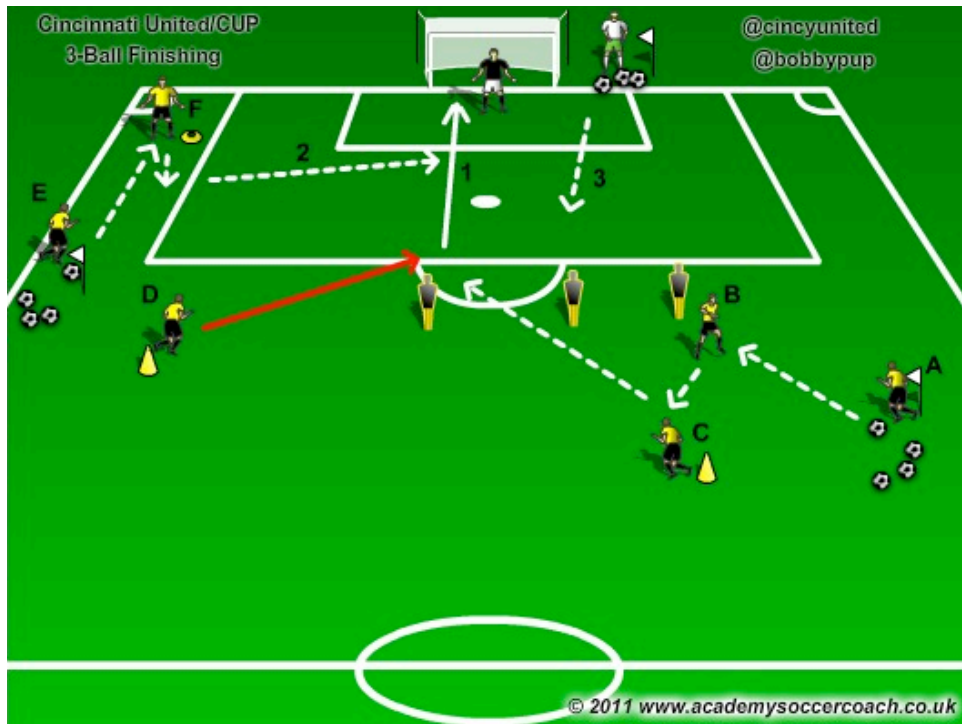
Team B



Bobby Puppione -- @bobbypup

CUP Youth Director of Coaching, Cincinnati United Soccer Club -- @cincyunited

Topic: 3-Ball Crossing and Finishing Activity



Cincinnati United/CUP -- 3-Ball Finishing Drill

Ball #1: Player A plays entry pass in to forward B who uses the dummy as defender. Player B lays off to joining center mid C. Player D makes diagonal run for player C to play a final pass between two central dummies. Player D finishes (line 1) after 1 or 2 touch depending on final pass.

Ball #2: Near the end of ball #1, ball #2 begins from left flank. Player E plays to player F who sets it back for player E to hit first time ball in to the box. Players B and D vary runs and look to finish the cross (dashed line 2).

Ball #3: After ball #2 is finished, the coach in white on the endline plays a ball on the ground to the top of the box for center mid C to join in and finish first time (dashed line 3).

Rotations: A to B, B to C, C to D, D to A. Players E and F rotate with each other. Have extra players at each station.

Progressions:

- Perform from other side.
- Vary the combination for ball #1.
- Vary the services from the flank for ball #2 -- driver, lofted, on ground, near/middle/far
- Add defenders to defend ball #2.
- Vary the services from the coach for ball #3 -- headers, volleys.

Coaching points:

- Technique of pass/receive
- Quality of final pass
- Timing of runs
- Type and quality of crosses
- Quality of runs in box
- Finishing ability - headers, volleys, off the dribble, one timer
- Game like speed -- realistic

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Topic: Attacking and Defending in Numbers Up/Down -- Transitions



Interactive Session Plan ~



Coach Bobby Puppione

Session date April 15, 2013

Team/Age Group 10s/11s

Theme Transition -- attacking and defending in numbers up/down

Time available

Follow me on Twitter: @bobbypup

Follow our club on Twitter: @cincyunited

75-90 minutes



NOTES

Dynamic Warm-up/Stretch; Fun activity: tag, ball steal, nutmeg freeze tag

Technical Work with the Ball -- Passing/Dribbling Pattern (2 balls at a time in 30x30): A dribbles at mannequin defender (1); B checks to combine with A (2); A passes to B (3) and B plays back (4) to A making a run behind the mannequin (5); A passes ball (6) to C and follows; C receives and plays to G (7) and C follows pass; After 1-2 minutes, switch out players E and B with new players;

Progressions: 1) do overlap instead of 1-2 2) A and C perform short-short long before playing G

Coaching Points:

- technique of passing/receiving/dribbling
- body shape when receiving
- using correct foot
- communication
- movement



1v1 Transition to big goals with GKs

- Player dribbles and tries to beat defender to score goal. Defender looks to win ball and counter to the other goal. Once the ball is shot, new attacker from the defender's team enters and goes to goal. Shooter from other team becomes defender.

Progressions/Variations:

1. Must do a move before going to goal
2. Allow rebounds before transition
3. Can use GK

Coaching Points:

- Attacking: Quickly transition and go to goal; use moves/speed to beat defender; quality finish; transition to defend
- Defending: Recovery run; get in between dribbler and goal; force away from goal; win tackle/block shot; counter to attack



2v2/2v1 Transition to big goals with GKs -- "Shooter has to touch"

- Transition on any shot (no rebounds)
- Cannot play back to GK
- When ball is shot, two new players come out with ball to transition.
- The player who shot the ball must touch the goal post of the goal they are attacking before coming back to defend -- creating a 2v1 for new attacking team

Progressions:

1. Allow rebounds before transition
2. Can use GK
3. Progress to 3v3/3v2 transition
4. Two new attackers must overlap to start before going to goal

Coaching Points:

- Attack: Quick transition; go to goal; killer instinct; combination play; quality of finish; movement
- Defending: Delay; take away options; recovery run; make the field small



Play 5v5/6v6 to big goals

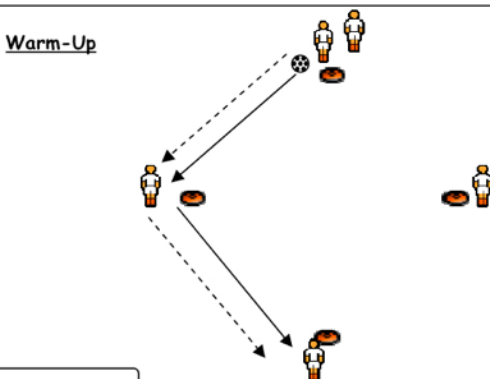
- Observe how the team transitions when the ball is lost/ball is won.

Adrian Parrish -- @as_parrish
 Technical Director, Kentucky Youth Soccer Association
 Topic: Possession, Creating a Rhythm

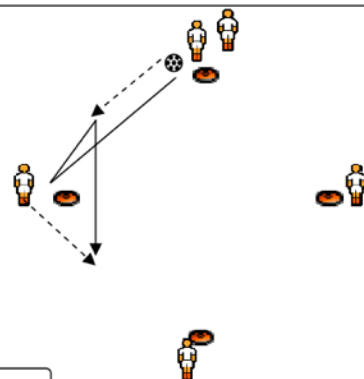
Topic = Possession, Creating a Rhythm
 Coach = Adrian Parrish, KYSA Director of Coaching



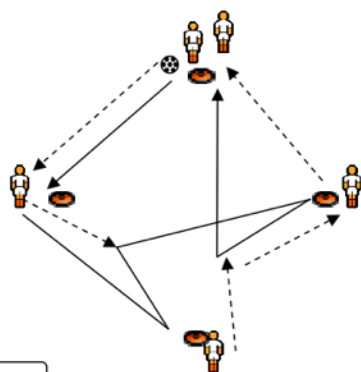
Warm-Up



Pattern #1



Pattern #2



Pattern #3

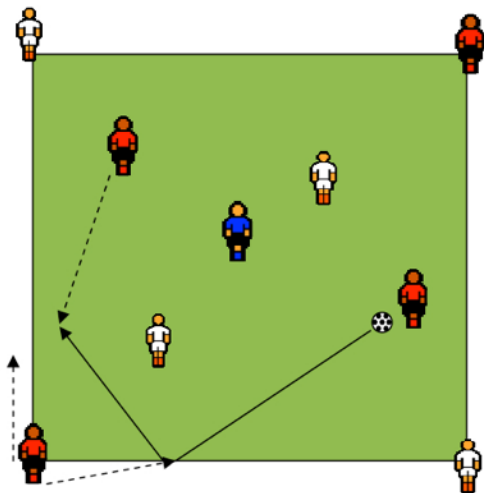
Set a diamond formation in a 15 x 30 area
 Five players in each group
 Players pass and move the ball in the set patterns as shown in the diagrams.

Pass
 Player Movement

Coaching Points

- * Eye contact between passing & receiving player
- * Weight of pass: Which part of the foot should you use?
Which part of the ball do you need to strike?
- * Receiving player opens up their hips. By opening up your hips, what does this inform your team mate that is passing to you?
- * Speed of play, build up to playing one touch when possible.

Small Sided Activity

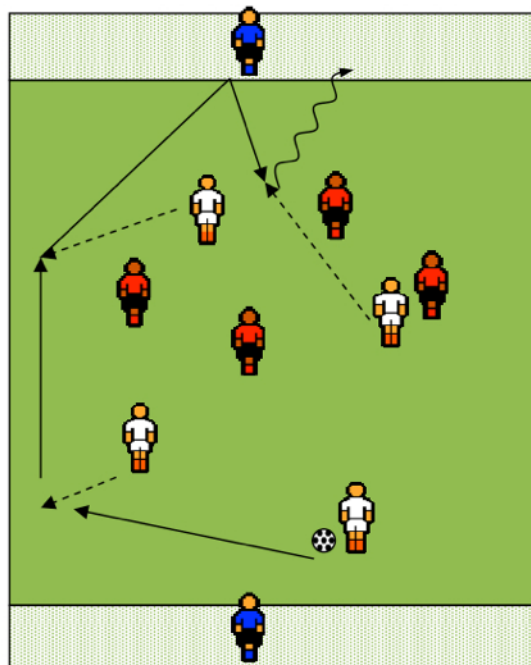


- * Set up an area 15 yards x 12 yards
 - * Play 4 v 4 with one neutral player
 - * Each team places two in the middle and two on the outside of the grid.
 - * Players must stay either on the outside or in the middle but they can move around.
 - * Players on the outside, try to stay in the corners that they are allocated.
 - * Team with the ball keeps possession, team without it must attempt to win it and then keep possession.
 - * Neutral player plays for team in possession
 - * Switch roles after 3 or 4 minutes.
 - * Add competition by seeing if a team can complete 10 or more successive passes.
- Coaching Points
- * Weight of pass
 - * Supporting angles, how do you make the grid as big as possible?
 - * Recognize when can you play quick & when can you slow it down. How do you accomplish this?

Topic = Possession, Creating a Rhythm
 Coach = Adrian Parrish, KYSA Director of Coaching



Expanded Small Sided Activity



- * Set up an area 50 yards x 30 yards
- * Mark out two neutral zones on each end of the grid
- * 4 v 4, with target players placed in each end zone.
- * Target players play different roles for both teams.
- * Only work with one team to create a rhythm in possession
- * Teams keep possession and attempt to play into their attacking target
- * The target player has two touches and plays it back to a player on the attacking team to dribble into the end zone.
- * Once they have dribbled into the zone, a point is scored and possession changes.
- * Teams can keep possession by using their defensive targets
- * Play first team to five wins
- * The target players for the team that you are coaching should be the GK and Strikers in your final game.

Coaching Points

- * Pass Selection
- * Receiving - How do you know which way to play?
- * Supporting angles and runs
- * Patterns of Play - How do you know which pass to make?

7 v 7 Game



- * 7 v 7 Game
- * One team plays in a 1-3-2-1 Formation
- * One team plays in a 1-2-3-1 Formation
- * Normal Soccer Rules
- * Allow the players to play, observe for pictures that have been painted throughout the session

- * Cool Down
- * In pairs players lightly pass and move the ball around
- * Remove the ball and do stretching in pairs.

Jamie Edwards -- @SoccerResource
 Creator of Players Eye/Coach at New York Red Bulls Academy
 Topic: Defending 1v1



a Pro-Club: Red Bulls New York Academy

Session: Defending 1v1
 Jamie Edwards, New York, United States of America

Warm-up



Organization

- Groups of 4 or 5.

Instructions

- Player 1 dribbles out and gets closed down by Player 2.
- Player 2 gets in a defending position and jockey's Player 1 back to the half way line.
- Player 1 moves the ball to side to side making the defender twist and stay in a side on position

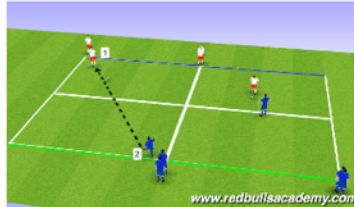
Coaching Points

- Close down quickly
- Angle of approach to make play predictable
- Slow down as you approach the attacker
- Bend the knees stay sideways on to the ball
- Prepare for next action
- delay or tackle

Progressions

- move the ball further to the side

Main Theme (Part 1)



Organization

- Groups of 4 or 5.

Instructions

- Player 2 (defender) plays the ball to Player 1 across the area.
- Defender closes the ball down and tries to win the ball from Player 1.
- If the defender wins the ball in the second box, the defender gets 2 points.
- If the defender wins the ball in the first box, the defender gets 1 point.
- The defender gets 3 points if they win the ball and stop the ball on or past the blue line.
- The objective for the attacking player is to stop the ball on the green line to get 2 points.
- Players switch sides after each turn.

Coaching Points

- Close down quickly
- Angle of approach to make play predictable
- Slow down as you approach the attacker
- Bend the knees stay sideways on to the ball
- Prepare for next action
- delay or tackle

Progressions

- Play to goal.

Main Theme (Part 2)



Organization

- 2 even groups.

Instructions

- Player 1 starts with the ball and dribbles out to attack the defender and tries to score.
- Player 2 defends Player 1 and tries to win the ball.
- If the defender kicks the ball out of play then it's game over.
- Attacking team get a point if they score and the defending team get a point if they kick the ball out of play.
- After each turn, both players rejoin their team.
- Each defender has 2 goes.
- Keep the score of each team and make it a competition.
- Let the defending team attack after 2 goes and focus on getting defending points.

Coaching Points

- Close down quickly
- Angle of approach to make play predictable
- Slow down as you approach the attacker
- Bend the knees stay sideways on to the ball
- Prepare for next action
- delay or tackle

Progressions

- Attack and then defend on next turn.

Main Theme (Part 3)



Organization

- 1 group.
- 2 or 3 GK's.

Instructions

- Player 1 starts with the ball and attacks the defender (Player 2) and the goal.
- Player 1 will defend the next player in line after their go at attacking.
- The player defending will retrieve the ball and join the end of the line.
- The focus is on how quickly the attacker can transition to defend.

Coaching Points

- Close down quickly
- Angle of approach to make play predictable
- Slow down as you approach the attacker
- Bend the knees stay sideways on to the ball
- Prepare for next action
- delay or tackle

Progressions

- 1v1 then 2v1.

Conditioned Game



Organization

- 5 x 5

Instructions

- Pair players up so they have to mark each other throughout the game.
- Objective is to stop your partner scoring.
- You can only win the ball from your partner.

Coaching Points

- Distance from attacker.
- Body position when defending.
- Tracking partner back.

Matt Mueller -- @mjmueller0303

St. Louis Scott Gallagher Girls Youth Director U11-U12

Topic: Passing Patterns - Flank 1 and 2



Flank Setup

By: Matt Mueller - St. Louis Scott Gallagher Soccer Club

Setup

Players: 6

Balls: 2-4

Cones: 4 big cones, 4 disc cones

Time: 20-25 minutes (Progressions can be 2 minutes; repeat and coach until perfected)

Coaching Points

Communication: Give an instruction for every pass made; Clear and loud

Technique: Focus on the quality of pass; soft on layoff and firm on pass

Movement: Work on the timing of the show to the ball; Active and on toes

Back Foot: Open hips and receiver uses the back foot for good body shape to field; The disc cones serve as a sideline on both sides to make the players work on getting wide and opening hips

Progression #1

#2 makes contact with #3 and checks off towards #1

#1 passes to #2 who lays ball off one touch back to #1

#2 decides to move to the right or the left

#1 takes a touch and then plays a pass to the backfoot of #2 who has now opened hips to field

#2 takes a touch and then explodes with the ball into space and goes to end of next line

#1 goes on the back of #3 and exercise repeats going the other direction



Flank Setup

By: Matt Mueller - St. Louis Scott Gallagher Soccer Club

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Movement: Work on the timing of the show to the ball; Active and on toes

Back Foot: Open hips and receiver uses the back foot for good body shape to field; The disc cones serve as a sideline on both sides to make the players work on getting wide and opening hips

Progression #2

#2 makes contact with #3 and checks off towards #1

#1 passes to #2 who lays ball off one touch back to #1

#2 decides to move to the right or the left

#1 takes a touch and then plays a pass to the backfoot of #2 who has now opened hips to field

#2 takes a touch and then plays a give and go with #3

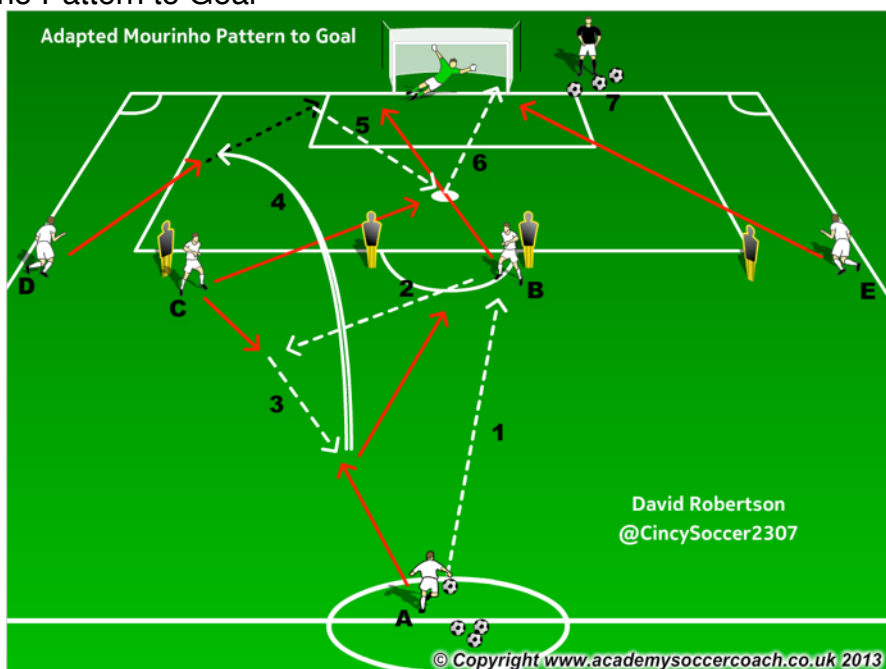
#2 takes a touch and then explodes with the ball into space and goes to end of next line

#1 goes on the back of #3 and exercise repeats going the other direction

David Robertson -- @cincysoccer2307

Staff Coach, Cincinnati United Soccer Club/CUP -- @cincyunited

Topic: Adapted Mourinho Pattern to Goal



Adapted Mourinho Pattern to Goal
Cincinnati United Premier
David Robertson @CincySoccer2307

Theme: Passing pattern to create goalscoring opportunities

A plays a ball into B (1), then moves to support C
As the ball is travelling to B, C moves to show underneath
B lays the ball off to C (2), B then pulls away around the other side of their defender
C lays the ball to A (3), then C begins to move across the backline
A plays a ball with texture between the defenders, into the run of D (4)
D takes a positive touch inside towards the near post, before picking out a runner for a finish (5)
Coach plays a ball in (7) to player who did not finish

Off Ball Runs (Once ball played to D):

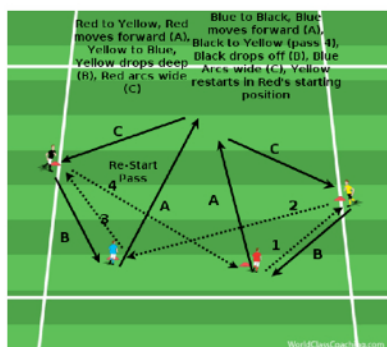
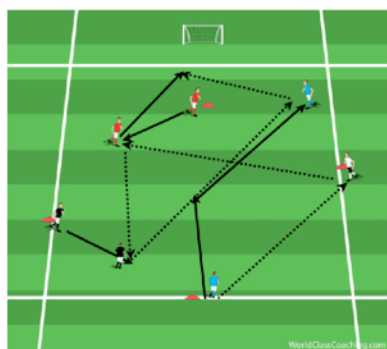
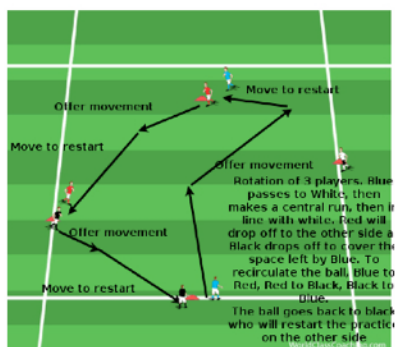
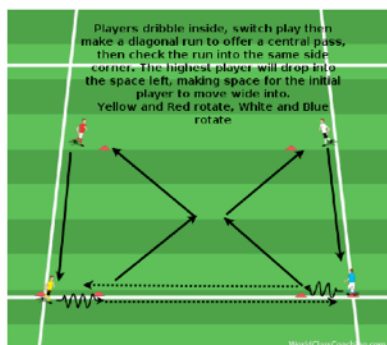
C - Across back line, then in towards penalty spot
B - Diagonal run to near post, across the keeper
E - Back post
A - Edge of the box

Coaching Points:

- Weight & Texture of the pass
- Recognizing cues for movement
- Body Shape
- Timing of runs
- Head up and hips turned before D delivers final ball
- Speed of Play to unlock defenses

Many adaptations can be made to this pattern, changing runs, adding in multiple balls, served from various angles, etc.

Training Session for Positional Rotation



Coaching Points for All Positional Rotations:

- Leave central space free to rotate through and control the space. Deepest players move forward to open up new spaces
- Communication between players
- Watch the movements of each other
- Accuracy of pass (which foot, to play with 1 or 2 touches)
- Timing of release (Hold/Dribble until support is in position)
- Speed of movement into spaces
- Angle of body shape to receive/pass on the run
- Change line on each pass (Horizontal+Vertical)

Progressions/Variations for each Rotation

- Build from ball retention and movement patterns into 3 rotations before a new attacking movement
- 1st time combinations to speed up the attack
- Use Mannequins/Poles to show positions between opponents to move into to move more spaces
- Find creative ideas based on controlling and moving through the vacant central space

Advice for coaches looking for players rotate positions

- Always maintain defensive balance, especially in transitions
- In a 4 player rotation, there are 5 spaces dependant on the position of the 4 players. Move into the space to start the movement of space and therefore opponents
- Change of Speed in the attacking combinations

Image 1 – 'Slants' or 'Vertical/Parallel' Rotation

Used by; WF/WAM and CF on same side (4-2-2-2/4-4-2)

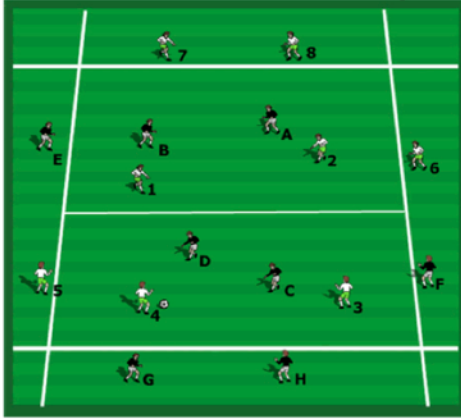
Image 2 – 'Central' or 'Diamond' Rotation

Used by; DM, 2CM's, & AM/False 9 / WF, CF & AM(4-3-3)

Image 4 – 'Triangular' or 'Zonal' Rotation

2WF, CM, AM/False 9 / FB, 2WF, False 9/AM

Dynamic Possession Game: Movement AWAY from the ball



a) Players must pass the ball to their target players to score. To score again they have to work the ball back into their own half of the field to be able to return.

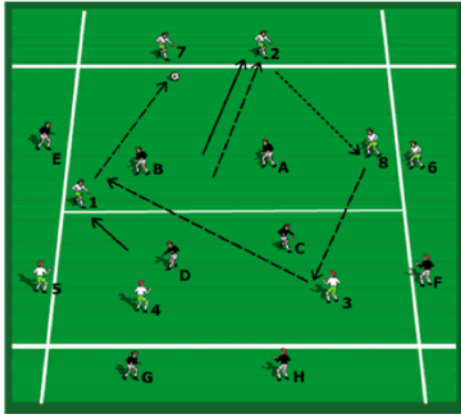
b) Target players have two touches as do side players.

2. Coaching Points

a) Creating Space by running off the ball to receive or to help a teammate receive.

b) Quality of passing: long and short to targets and to teammates.

c) Support play: working angles and distances incorporating switching play using the side players.



d) Receiving and Turning in tight situations and dribbling in 1 v 1 situations.

e) Quick decision-making is required in this session because the numbers are small, the area tight and the transitions rapid.

1. Here is an example of the transition and movement off the ball to make it happen.

2. (2) passes to target player (8) who brings the ball back into the playing area.

3. (3) Makes a run into the other half of the

field on the blind side of (C) to receive the next pass. They need to get the ball into that half to be able to score.

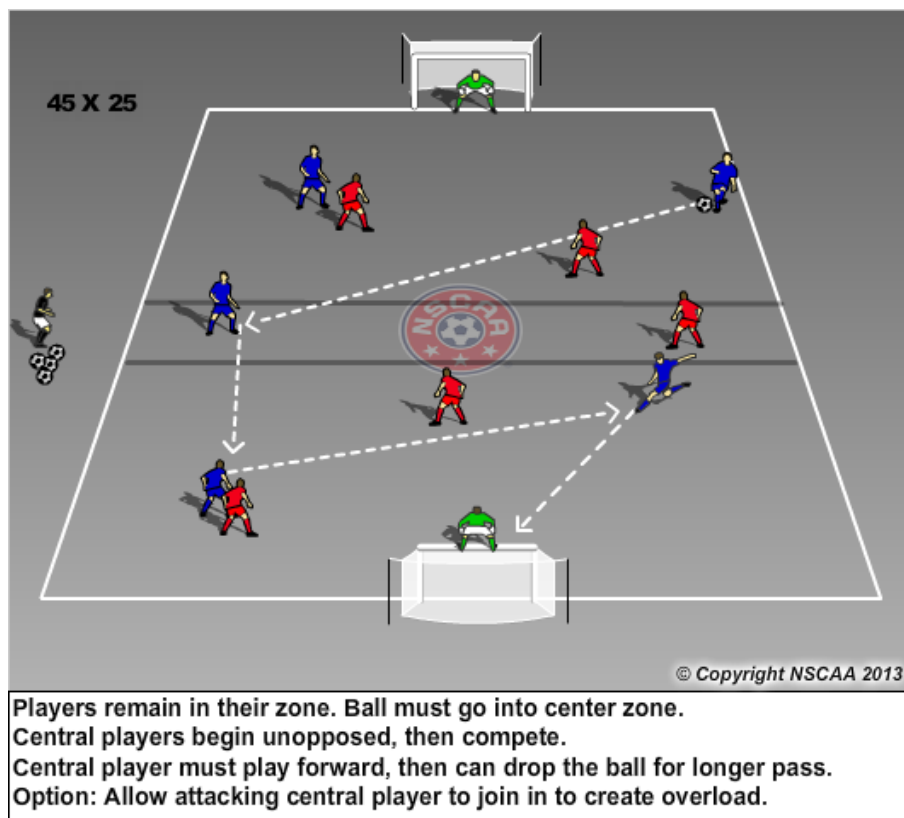
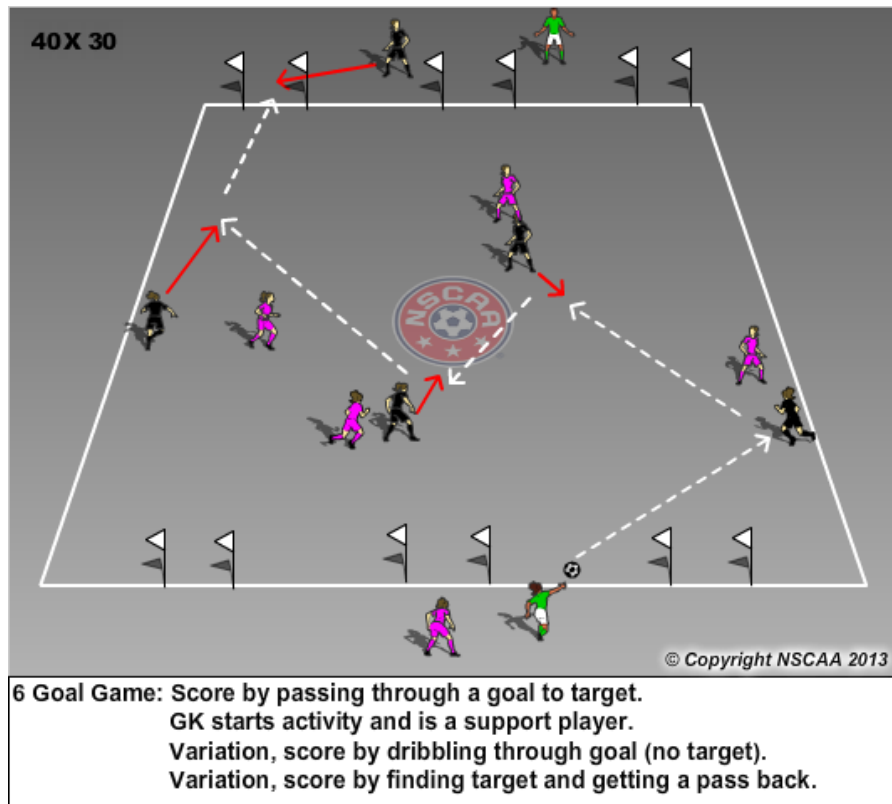
4. (1) Makes a forward run into space to receive the next pass off (3) and passes to target player (7) who can start the play again.

5. (1) switches with (7) and becomes a target player for the next phase of play.

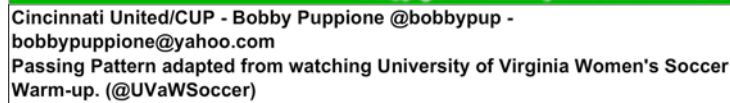
6. Observe the Attacking Team - Recognize their movement off the ball for example to work the ball into their own half see if the players make runs early in there as soon as the ball is at a target, some should support short and some long.

7. Observe the Defending Team - see if they are sucked to the ball or they recognize runs off the ball and track players making runs away from the ball into the other half. To lessen the workload and keep everyone involved have players switch with targets and outside side players when they pass to them.

FINISHED WITH A FULL SIZE GAME EMPHASIZING MOVEMENT AWAY FROM THE BALL TO SPREAD THE FIELD.



CUP Youth Director of Coaching, Cincinnati United Soccer Club -- @cincyunited
Topic: Virginia Passing Pattern (Developed by University of Virginia Women)



Description:

- 6 players, 4 cones, 1 ball, gates are 25-30 yards apart (distance can vary)
- A plays (#1 white dash line) to B. B plays the ball (#2) back to A who is joining the play. A plays (#3) to C while B overlaps (#4 red line). C. C lays off (#5) to B. B plays (#6) to D who created space to receive pass in middle. Sequence now repeats with other side. D plays (#7) to E. E plays (#8) to D who is joining the play. D plays (#9) to F while E overlaps (#10 red line). F. F lays off (#11) to E. E plays in to the middle to B who starts the sequence on the opposite side.
- Rotation: A goes to where C was in gate. C goes to where B was. B goes to middle. D goes to where F was in gate. F goes to where E was. E goes to middle.
- Be sure to work both sides of gate.

Progression:

- Part 1 (right side or picture): Starts the same but adds a middle combination. A plays (#1 white dash line) to B. B plays the ball (#2) back to A who is joining the play. A plays (#3) to C while B overlaps (#4 red line). C. C lays off (#5) to B. B plays (#6) to D who created space to receive pass in middle. D lays (#8) to B who joined in middle (orange line #7). B plays (#9) ball to E for sequence to repeat again at other gate. All players rotate the same as before.

- Part 2: vary the distance
- Part 3: Make passes #1, #6, and #7 be flighted/driven balls
- Part 4: add a passive defender in middle to combine around

Coaching Points:

- quality of passing/receiving -- weight of pass, correct foot, lay offs
- timing of runs
- performing at game speed
- distance and angles of support
- creating space to receive pass in middle and ends
- communication

Bobby Puppione -- @bobbypup

CUP Youth Director of Coaching, Cincinnati United Soccer Club -- @cincyunited

Topic: Juventus FC Warm-Up (As seen prior to a Summer 2013 Match)



Interactive Session Plan™



Coach Juventus FC Coaching Staff

Session date July 31, 2013

Team/Age Group Adults/First Team

Theme

This was the warm-up performed by Juventus FC prior to their match against Everton in San Francisco, CA for the International Champions Cup. The players began with a dynamic warm-up on their own. Between each activity below, the starters performed build-up and dynamic work w/ the staff. GKs were separate until end.

Time available

25-30 Minutes



NOTES

NOTE: NOT MY OR MY CLUB'S SESSION - WARM-UP OBSERVED AT THE MATCH FROM THE STANDS

Prior to this, the players performed a dynamic warm-up on their own. In a 25 x 25 box, two teams of 5 passed the ball around at a jogging pace.

Progressions:

1. 2 touch passing - must pass to other team
2. 2 touch passing - after passing, you must close down the player you passed to.
3. Passing Pattern in a 10x10 box. See example to right. Play diagonally(1), then pass forward (2-3), play diagonally (4-5), pass forward (6-7). Always follow pass. One touch. The sequence repeated and players performed this at a sharper pace than the previous progressions.

After this, the players did some more dynamic work with the staff.

The players played 5v5 possession in the same 25 x 25 box.

Progressions:

1. 1 touch passing
2. 2 touch passing

Rounds were very short but intense. No tackling.

After this, the players did some more dynamic work with the staff.

NOTE: NOT MY OR MY CLUB'S SESSION -- WARM-UP OBSERVED AT THE MATCH FROM THE STANDS

The players performed a circle passing drill with one ball. The circle was small.

Progressions:

1. Play to teammate and then close them down (1). Teammate passes to another player (2) and closes down (3). Sequence repeats. One touch.
2. Play to teammate and close them down (1). Teammate receiving now plays a 1-2 with a nearby player in the circle to beat the player that was closing them down (2-3-4). Sequence repeats with a pass and closing down (5-6). One touch.

Very sharp.

After this, the players did some more dynamic work with the staff.

NOTE: NOT MY OR MY CLUB'S SESSION -- WARM-UP OBSERVED AT THE MATCH FROM THE STANDS

The players split up in two groups and the goalkeepers were not added in to the warm-up.

Forwards/Midfielders:

- Simple finishing drill for repetition. Finishes centrally from about 20-25 yards out.

Defenders/Midfielders:

- Long and driven ball across the width of the pitch.

The players finished warm-up and headed in to the locker rooms 15 minutes prior to first kick.

NOTE: NOT MY OR MY CLUB'S SESSION -- WARM-UP OBSERVED AT THE MATCH FROM THE STANDS

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with others. Be sure to follow all of the
contributors from this book.**

Happy Holidays and Best Wishes in 2014!

