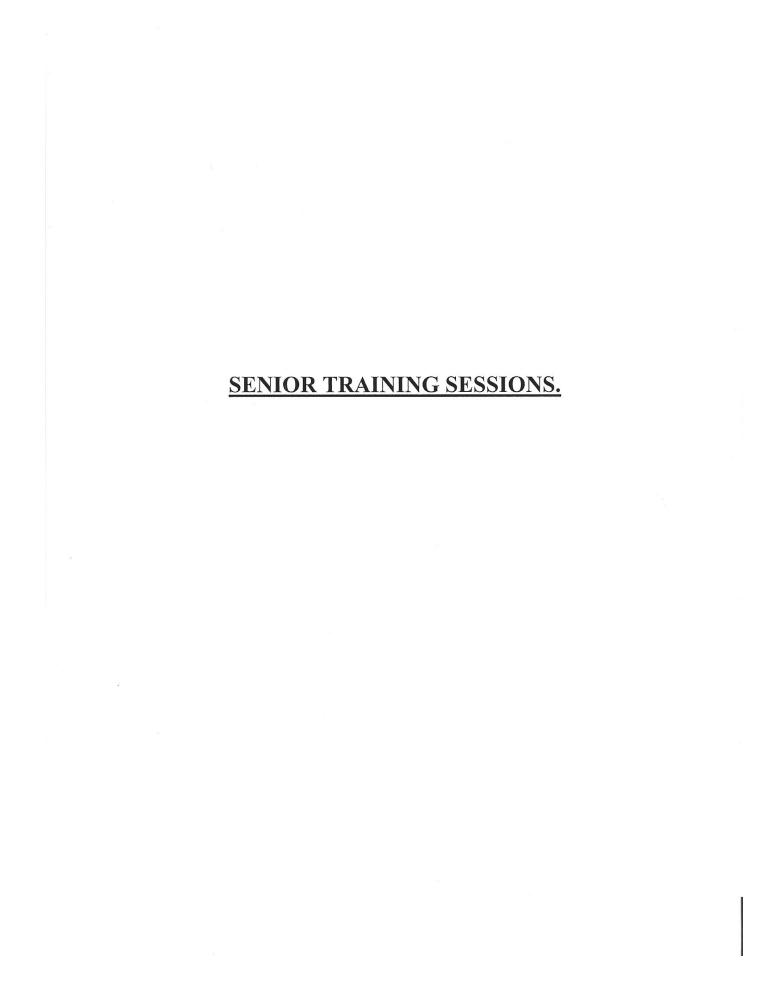
P.S.V. Eindhoven

Senior and Youth Training Sessions

Observations by the Dutch F.A. during Bobby Robson's era



P.S.V. EINDHOVEN – SECOND TEAM TRAINING SESSION. – Session taken by Erwin Koeman.

SESSION - Thursday 12th of November. Session started at 10:30.

20 Players in squad, squad made up of senior youth players, players outside of the first team and players not involved in that night's first team game against Vitesse.

NOTE - This is Erwin Koeman's first year as a coach at P.S.V. He finished his playing career at the end of last season. He has to coach senior players at a Pro-club for one full session, so he can gain his 'A' Coaching License.

WARM-UP - The players jogged around the pitch in a group for 5 minutes, unsupervised.

- Players put into groups of fours.
- The players had to perform set movements for 20 yards and then jog back to the beginning.
- High knees.
- Flick-ups.
- Skipping.
- Side stepping.
- Side stepping with arms moving from sides to above their heads.
- Skipping with arms moving forward.
- Jogging with arms moving forwards / backwards, Karioki,
- Jogging 1/4 pace.

MOBILITY WORK -

- Swinging leg across body in rhythm, then change to other leg,
- Twisting upper body.
- Crossing legs on the spot. (change from one foot in front of the other).
- Kicking legs out on the spot in rhythm.
- Lunges on the spot, in coordination with anus.

The mobility work was followed by stretches.

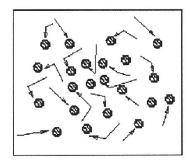
JOGGING / SPRINTING -

Players back into groups of fours, jogging across the width of the pitch. This was followed by ½ pace sprints and also jogging for ten yards and then sprint to the end. (In between each set all the players perform mobility / coordination exercises as above).

This was followed by more stretches.

WARM UP GAME - DODGE - Players must jump up and header an imaginary ball and then move as fast as possible around the small area dodging the other players. Every time the coach give the call, all players must jump up and head the imaginary ball again. This was done for about 10 seconds before a short rest period, the exercise was then repeated.

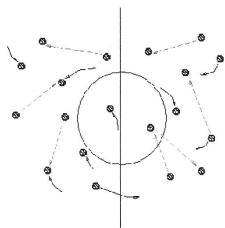
AREA - 30 x 30 Yards



PASSING / BALL FAMILIARITY.

20 players including goalkeepers, 6 balls.

AREA -



FIRST STAGE - Pass and move, one and two touch passing.

<u>**DEVELOPMENT**</u> - Controlling and passing the ball with as many different parts of the body as possible. This includes controlling and passing Arial balls.

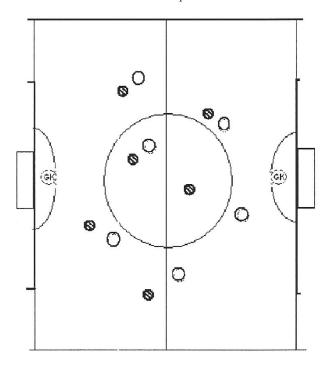
<u>DEVELOPMENT</u> - One touch passing in groups of three's.

COACHING POINT - Once a player has passed the ball, the player must spin-off into a new direction and make a sharp change of pace.

COACHING POINT - The players must 'Awareness'. Before the player receives the ball, he must know where he is going to play his pass. The players always played with an open body.

7 V 7 GAME.

AREA - Middle third of full size pitch.



10 minute games of two touch football.

Three teams of seven players (one team has six players and the assistant coach). The three teams rotate around, two teams play and the third team rests and plays 'keep ball'. There is a large supply of balls in both goals. The games last for ten minutes before the teams change around.

<u>ORGANIZATION</u> - The game always restarts with the goalkeeper in possession of the ball. If a team wins a throw-in, the play re-starts immediately with the goalkeeper building up the play, with him serving the ball from his hands. He must either roll the ball out to the back players or make a long throw out wide to an advance team-mate.

MAJOR COACHING POINT - Both teams must be alert at all times as possession of the ball will change quickly.

COACHING POINTS FOR TEAM IN POSSESSION-

- Players must take up correct body positions to enable themselves to either turn with the ball or set the ball back.
- The team that has won the goalkick (won possession of the ball by gaining a throw-in) must get into a position to receive the ball straight away to counterattack opposition.
- The goalkeepers must look to play direct. The goalkeepers are encouraged to play the ball long and early if the pass is on.
- The players closest to oppositions goal must be ready to receive the ball from the goalkeeper and move and create the space in which to receive the ball.
- If the direct pass from the goalkeeper is not available, play is built up from the back, with the goalkeeper feeding the back players.
- Players are encouraged to make quick-play and shoot early.

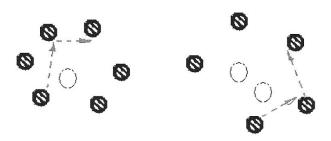
COACHING POINTS FOR TEAM NOT IN POSSESSION OF THE BALL -

- The team not in possession of the ball must be alert and make recovery runs to prevent counter-attacks.
- The players must close down and press the opposition players.

NOTES - The players were not afraid to shoot at goal, players would strike the ball first time, on the ground or on the volley. To create scoring opportunities, the players made quick one two's in and around the penalty area.

<u>DEVELOPMENT</u> - After all the teams play each other, the games are developed to 'free play' with the players having as many touches as they need.

RESTING TEAM - The resting team play one touch 'keep ball' in an area to the side of the pitch. They play 6 v 1, developed to 5 v 2 in a small circle.



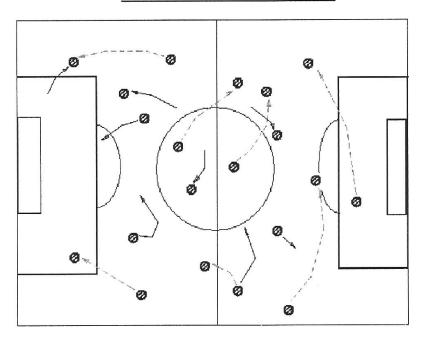
Soon after 12:00noon the first session ended, with the players performing a Warm Down, which included light jogging and stretches. The players then went for lunch at the training ground.

SECOND SESSION.

After lunch the players returned to the training pitch for their second session.

Session started at 1:40pm. Players split into two groups, with the players jogging the width of the pitch performing different body movements this was followed by stretches and more jogging. The warm-up was self supervised by the players.

PASSING AND BALL FAMILIARITY.



Passing and moving in groups of threes on the full size pitch. The players must pass and control the ball using as many different parts of the body as possible. This is a similar practice to the first session in the morning, but the passes the players now make must be over a slightly longer distance than in the first session.

11 v 11 ON A FULL SIZED PITCH.

Both teams played 4-4-2. The goalkeeper was encouraged to play the ball early to either build up the play using the back players or look to play slightly more direct, by throwing the ball long to a wide team-mate.

Both teams retained possession well, and when possession changed hands both teams reacted well. If possession was lost all the players reacted positively and closed down the opposition players sharply. If possession was won, all players moved away from their nearest opponent and made themselves available to receive the ball.

The game was made up of short one-touch passes. The players always received the ball with an open body and played the way they were facing. The ball was circulated around the pitch with no hopeful passes made. There were never any long sweeping cross field passes, the ball would be worked across the pitch with lots of short passes.

The goalkeepers would play in advanced positions and would always be available to receive a pass from his team-mates and rebuild the play from there.

P.S.V EINDHOVEN - FIRST TEAM TRAINING SESSION.

Session taken by Bobby Robson.

SESSION - Friday 13 of November. Session started at 10:30.

Players split into two groups. The 11 players who started the previous nights game versus Vitesse did a light warm down session. The players did light jogging followed by stretches.

The second group, the players who did not start in the previous nights game or who were not in the squad was taken by Bobby Robson.

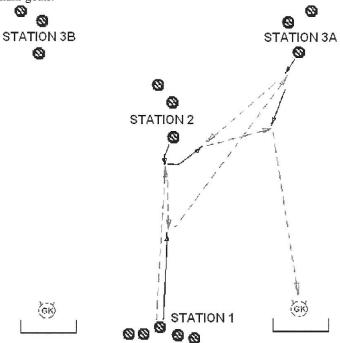
Light warm-up -

- Jogging.
- Stretches'.
- Different jogging movements, i.e. backwards, side stepping.
- Light mobility work / stretching movements.

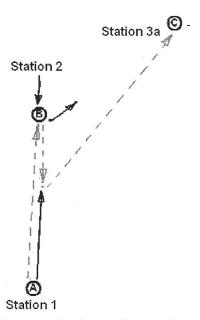
ONE TOUCH - PASS AND ROTATE.

14 players and two goalkeepers. Four Stations. Two mini-goals. Supply of balls.

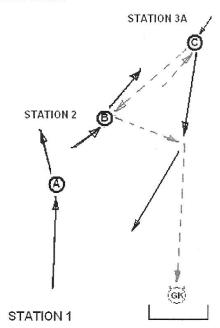
ORGANIZATION - 5 players at station 1. 3 players at station 2. 3 players at station 3a and 3 players at station 3b. Supply of balls at station 1. A goalkeeper at both the mini-goals.



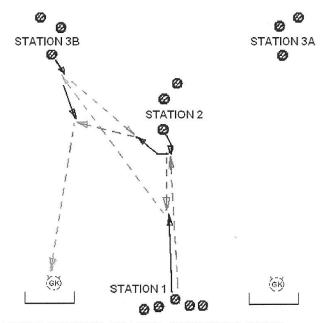
Player (A) passes to (B) and follows his pass. (B) returns the pass to (A) and spins-off to 'station 3a'. Player A plays a slightly longer one touch diagonal pass to player (C).



Player (C) plays a first time 'wall pass' off player (B). finishing with the ball being played into the goalkeeper using the instep of the foot. The players rotate around and move to the next station.



The drill is repeated with the ball being played to station 3b.



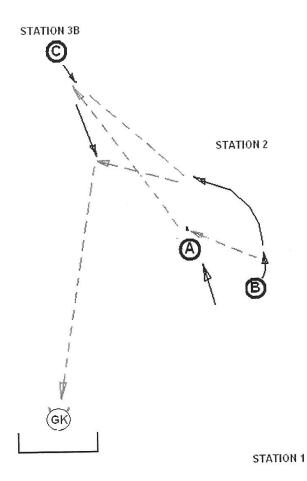
<u>DEVELOPMENT</u> - PLAYER COMMUNICATION.
"COMMUNICATION IN A TEAM IS LIKE HAVING A TWELFTH PLAYER".

Player A must pass to player B as before, but B must now receive the ball half turned instead of playing the ball back to player A. When A passes to B. he must make a forward run to either the left or right of B. A must give a call of "Left" or "Right" to player B. Player B must lay the ball off to the side of the given call. I.e. if A makes a run to B's left he must give a call of "left".



COACHING POINT - Player A must make a very loud call to player B.

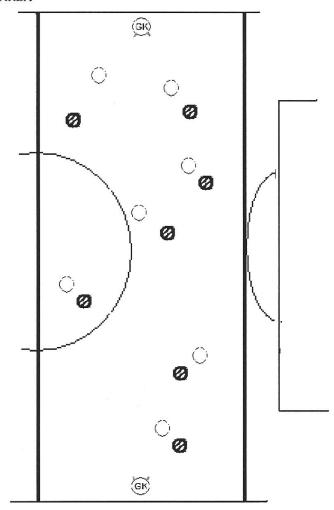
Player (A) pass the ball to (C) at station 3b player (C) plays a 'Wall pass' off player (B) as before. (B) rotates to station 3b and (A) joins station 2.



 $\underline{\bf DEVELOPMENT}$ - Instead of passing the ball to the goalkeeper, the players must now strike the ball at the goal.

7 V 7 PLUS GOALKEEPERS - POSSESSION GAME.

AREA -



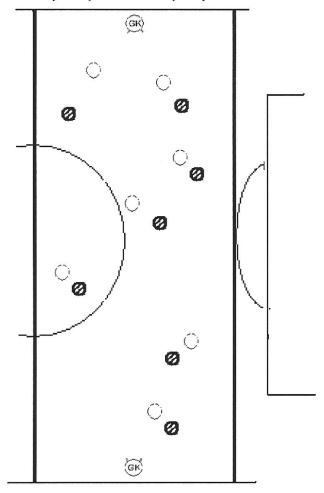
The players were pre-numbered before the session, with the players split into two groups and numbered one to seven. The players numbers were called out randomly, and the players played for two or three minutes. The game did not stop if a goal was scored, the game continued until the set time was up.

2 v 2, 3 v 3 and 4 v 4 plus goalkeepers. Intensive fast work in a short period- The game is mostly 3 v 3 (plus goalkeepers) and developed to 4 v 4 by introducing a fourth player. 1 v 1 is also used which is extremely intensive for the players.

COACHING POINTS - The players must work as a unit. The players must give support in attack and work hard to retain possession when the opposition has the ball.

7 V 7 PLUS GOALKEEPERS GAME.

AREA – The length of the area is the width of a full size pitch, and the width is from the halfway line up to the 'D' of a penalty area.



Teams score by playing the ball to the goalkeeper at the opposite end of the area (a team can pass the ball back to the other goalkeeper to build up the play). The goalkeepers must move along the end lines to be able to receive the ball.

Once a team plays the ball to the goalkeeper at the opposite end, that team retains possession and can try to gain another point by getting the ball down to the other end.

If the opposition win possession of the ball, they must try to get the ball to the goalkeeper at the opposite end to which the other team are trying to pass to.

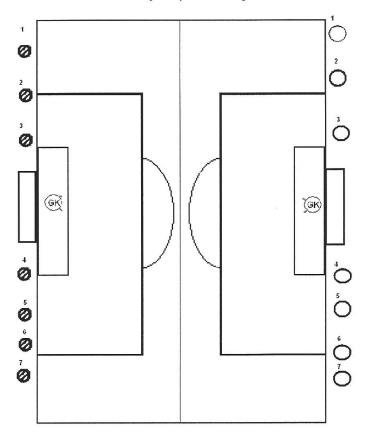
COACHING POINTS – The goalkeepers were encouraged to look for an early long throw to a player once he receives the ball. If the long throw is on, the goalkeeper can even throw the ball directly to the other goalkeeper if that throw is on. This is "GOOD PRACTICE" for the goalkeepers.

COACHING POINTS -

- Players need to have a good touch to receive balls from the goalkeepers while under pressure.
- Both teams must try to keep possession to build a chance to pass to the goalkeepers, be it either a little through ball or a chipped or lofted pass.

NUMBERS GAME.

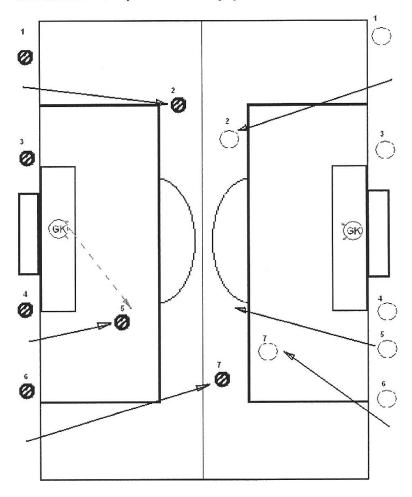
AREA – An area with two penalty areas facing each other.



The players are split into two teams and were each given a number from one - seven, (the players were pre-numbered before the session). The players numbers were called out randomly, and the players played for two or three minutes. The game did not stop if a goal was scored, the game continued until the set time was up.

Games were mostly of 2 v 2 and 3 v 3, plus the goalkeepers. A supply of balls were in each goal so that the goalkeepers could get the ball back into play straight away after a goal was scored or the ball went wide. There was also ball dotted around the side of the pitch to also get the ball back into play quickly.

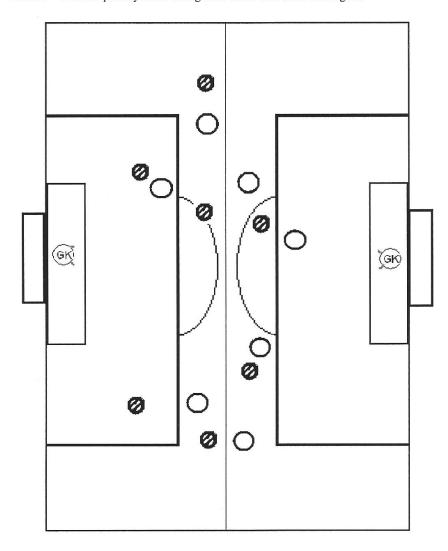
This was intensive fast work in a short period of time. The games were mostly $3 \ v \ 3$ (plus goalkeepers) and developed into $4 \ v \ 4$ by introducing a forth player. $1 \ v \ 1$ is also used which is extremely intensive for the players.



COACHING POINTS – The players had to work as units. The players had to give support in attack and work hard to regain possession when the opposition had the ball.

7 V 7 PLUS GOALKEEPERS GAME.

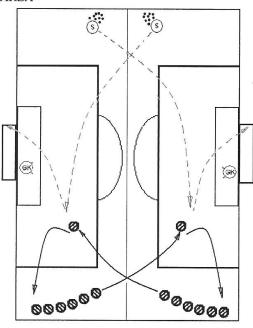
AREA - The two penalty areas facing each other was used once again.



The players are not restricted by their team (11 v 11) positions (i.e. the left back did not have to just stay as a right back). The players had to play everywhere and perform all duties. The players had to work to retain possession, receiving the ball and moving the ball quickly to create goal-scoring chances. The players had to give support in attack by making good runs off the ball. When the opposition had possession of the ball, the players had to work to retain possession of the ball, also getting tight preventing shots at goal.

DEEP CROSSING AND HEADERS.

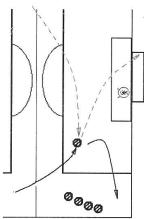
AREA -



ORGANIZATION - Two goalkeepers and two servers, one left footed and one right footed server. The players are in two lines opposite the servers, in either half of the playing area.

The players must start their rim from just outside the penalty area in the other half of the playing area.

The crosses are deep out swinging and hit towards the edge of the far corner of the penalty area.



ORGANIZATION - Once a player attempts to score in one goal, he must join the other line and attempt to score in the other goal from a cross from the other side.

COACHING POINT - The players must sprint toward the penalty area, making a diagonal run towards the penalty area and then adjust and attack the ball whilst on the move.

COACHING POINT - Encourage the players to attack every ball and try to score from every cross.

Mr. Robson encouraged the players to hit the target and score at every attempt - "COME ON, COME ON, YEA, YEA, FINISH". "GOAL, GOAL, YEA, YEA".

Mr. Robson also encourage the players to score from by imagining it is the last minute of game and the player can score the winner –

"THE SCORE IS 0-0, 2 MINUTES TO GO".

"LAST MINUTE GOAL".

"LAST MINUTE WINNER".

"BE THE HERO"'.

WARM DOWN - Light jogging followed by stretches.

NOTE - Session ended at 12:20. The P.S.V. first team usually have a second session after lunch, but due to the amount of games the team was playing at the time (2 a week) with cup games and catch up games, the second session was cancelled.

P.S.V EINDHOVEN - FIRST TEAM TRAINING SESSION.

Session taken by Bobby Robson.

SESSION - Saturday the 14th of November 1998. Session started at 2:50pm.

The session was due to start at 2:30, but started at 2:50 because Mr. Robson had a team talk with the players about the following days game, in the changing area before the session.

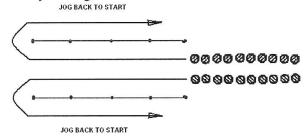
This was the last session for the first team before the Ajax Amsterdam away game the following day.

Players split into two groups, one group were the first team squad that would be travelling to Amsterdam, the other group was the players that would not be travelling.

WARM UP - Light jogging from touch line to touch line. Stretches and rhythm work followed by more light jogging.

COORDINATION WARM-UP AND SPEED WORK - Players in two lines, two players at a time go through set routines, followed by the next two and so on.

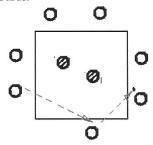
AREA - 20 yards long.



- Skipping.
- Skipping with high knees going across the body.
- Twisting upper body.
- Side stepping.
- Ankle flicks.
- Jog backwards for five yards, sharp turn and sprint to the end.

KEEP BALL.

AREA – 10 x 10 Yards.



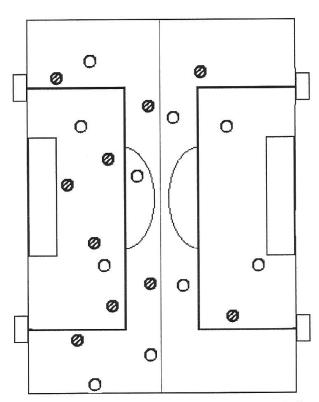
7~v~2 one touch, non-contact keep ball games. The players must stay on the outside of the area, with the two defenders inside the area. The two defenders can only intercept the passes and are not allowed to tackle the players.

<u>DEVELOPMENT</u> - The players must count the passes to see how many passes can be made against the defenders.

<u>**DEVELOPMENT**</u> - The ball must now be played in the air, with the players using as many different parts of the body to pass the ball.

FOUR GOAL GAME - 10 V 10 INCLUDING GOALKEEPERS.

AREA -



Four mini goals (without goalkeepers) are positioned in line with the edge of the penalty areas.

The goalkeepers play outfield with the rest of the players and have to join-in with the build up using their feet.

The game is for the players to pick the correct time to attack and the correct moment to switch play and change the point of attack.

COACHING POINT - Both teams must try to score in the mini-goals, but still keep possession of the ball. If the path to one goal is closed, the players must retain possession of the ball and then try to create another opening by possibly changing the point of the attack.

Mr. Robson also said that "The Brazilians play the four goal game a lot". He also said "English play up one side and keep trying to get through. We (the continental players at P.S.V.) play the ball back and then up the other side, keeping possession of the ball", changing the point of attack.

COACHING POINT - The team in possession must have good shape with plenty of width. The players must always make themselves available to receive the ball.

NOTES - There was never any hopeful passes or thoughtless passes made by the players. There was thinking behind every pass. The players knew when to play a quick one-two, play the ball backwards to keep possession of the ball or when to play a 'killer' through ball to a team mate.

The players generally played one touch passes and quick 'give and goes' when they were in tight areas. If the players did not play first time one touch passes, they received the ball very well. The ball would be received with an open body, with the ball being controlled in just the correct position to enable the player to make the next pass.

Every player created space for himself before he received the ball, this was done by checking away from the ball, making dummy runs or making sharp changes of pace.

When a team switched play and changed the point of the attack, this was achieved by two or even three short passes, rather than one long cross field ball. This was done to make ensure the team retained possession of the ball. I only saw one long cross field ball, in this situation the player who received the ball was unmarked in front of goal.

WARM DOWN – At the end of the practical session the players warmed down by doing light jogging and stretching exercises before a short debrief with the players by Mr. Robson on the pitch away from the ears of the spectators.

This was followed by the team going through some set-pieces with Robson talking and demonstrating through the set-plays.

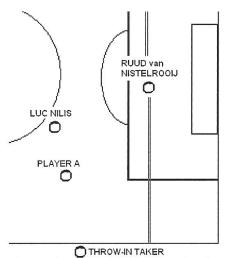
SET-PIECES - THROW-INS.

The session finished with the players going through a set piece for the following days game against Ajax Amsterdam.

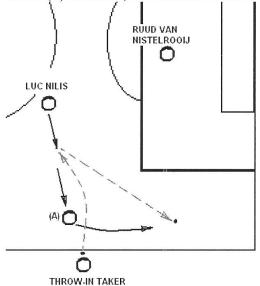
The set piece is to be used when the throw-in is just outside the penalty area and no further than 15 yards away from the penalty area. "If the throw-in is further away than 15 yards from the penalty area, we have other options".

The set piece involves 4 players, including the throw-in taker, and a centre forward who is not directly involved but is extremely important.

Player (A) stands directly in line with the throw taker. Player B (Luc Nilis) is positioned slightly further away. The centre forward (Ruud van Nistelrooij) is positioned well inside the penalty area, forcing the offside line closer towards the oppositions goal line.

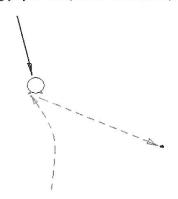


Player (A) runs towards the throw-in taker as if to receive a short throw-in, (A) runs well inside the throw-in takers range of throw (too close) and then spins-off down the touch line towards the oppositions goal. As (A) makes his run towards the throw taker, (B) (Luc Nilis) also makes a run towards the throw taker into the space (B) has left. The throw taker throws the ball into player (B) who plays a one-touch pass in front of (A) to run onto, for him to drive in behind the oppositions back line.



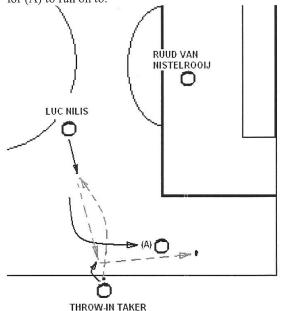
COACHING POINT - Player A) must make a sharp change of pace when he spins-off.

COACHING POINT – Mr. Robson told the players "THE THROW IS IMPORTANT, BUT SO IS THE PASS". The quality of throw to player (B) Luc Nilis is important. The run by Luc Nilis must start far enough away that the ball will arrive at his feet, and the throw must be thrown to his right foot so he can knock the ball through to player (A). The throw must be thrown low, so that the ball arrives at the receiving players feet (almost a foul throw).

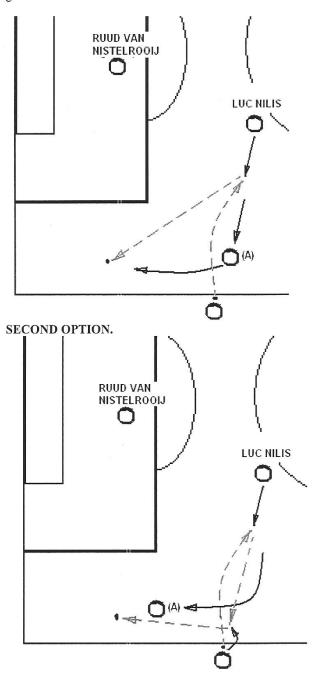


SECOND OPTION.

Mr. Robson told the players "IF THERE IS A PROBLEM, WE HAVE A SECOND OPTION" -. If player (B) Luc Nilis is unable to play the ball through to (A), (B) Luc Nilis can play the ball back to the throw taker, for him to pass the ball down the line for (A) to run on to.



Both versions of the throw was then repeated with the left sided players, attacking the goal to the left.



At 4: 10pm the session ended, at 4:30pm the team bus was leaving for Amsterdam with the first team players. The players were staying in Amsterdam overnight for the following day's game against Ajax, which ended 2-2 with P.S.V. finishing with ten players after the goalkeeper Ronald Waterreus was sent off.

P.S.V. FIRST TEAM TRAINING SESSION.

Thursday 15'h of April 1999.

Session taken by Bobby Robson.

 $10\colon 30$ - $WARM\ UP$ - Players in a large group performing light jogging around the pitch.

10:40 - Warm up continued. PASS AND ROTATE - DRILL.

ORGANIZATION -

Players split into 5 groups.

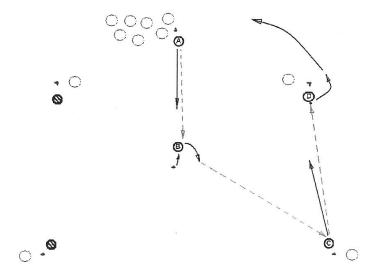
Large group of players and a supply of balls at station 1. One player at station 2.
Two players at station 3 and station 4.
Two players at station 5
Two players at station 6.

	O O STATION 1	
STATION 5		STATION 4
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	STATION 2	

O , STATION 4

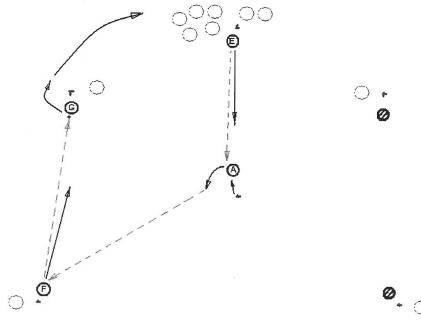
STATION 3

Player (A) passes to player (B), (B) receives the ball half-turned and passes to player (C). (C) plays a one touch pass to player (D). (D) receives the ball half-turned, turning outwards and then runs the ball back to station 1.



All players follow their pass to the next station.

Practice repeated with player (E) passing to player (A). for (A) to receive half turned then pass to player (F) at station 5.

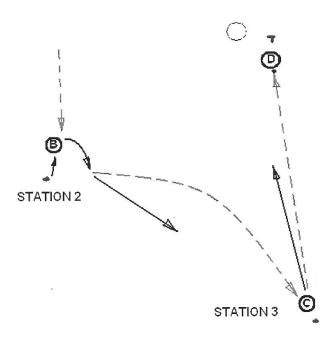


COACHING POINT – The players must go through the drill at a steady pace taking things easily as the drill is still part of the warm-up. Passes must not be made too firmly and the players must only move at a steady pace.

STRETCHES – The players performed stretches on their own for 5 minutes.

<u>**DEVELOPMENT**</u> – The players go through the same passing routine again but the pace of the drill was stepped up a level.

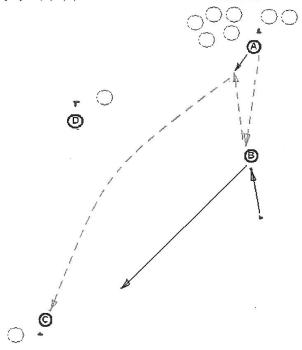
<u>DEVELOPMENT</u> – The pass to stations 3 and 5 must be a chipped / Lofted pass rather than a straight forward pass. The receiving player (player (C) below) must still make a first time pass to the next station (player (D) and follow his pass).



COACHING POINT - The player at station 3 or 5 must still play a first time pass as before to the next station. If the ball he receives is too high to play using his feet, the player can play a headed pass or a volley instead (as on to player (D) as above).

 $\underline{\bf DEVELOPMENT}$ - The pass to the players at stations 3 and 5 must now be a driven pass instead of a lofted pass.

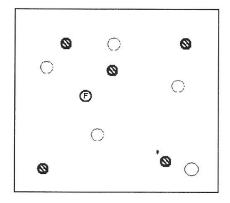
<u>**DEVELOPMENT**</u> – Player (B) must now play a one-two with (A) rather than turn with the ball. (B) must lay the ball off for (A) to play a first time chip the pass to player (C). (B) rotates to the next station as before.



KEEP BALL. 5 v 5 Players, plus 1 floater.

The group of players are split into two groups, with two different games of keepball being played.

AREA - 20 x 20 yards. Supply of ball around grid.



<u>ORGANIZATION POINT</u> – The players work for three minutes and then have a one minute rest, in this one minute coaching points can be put across to the players.

COACHING POINT - As the area is very tight the players must spread out and use the width of the area. Mr. Robson told the players to "Use the width" of the area.

<u>**DEVELOPMENT**</u> - Once a player has the ball under control, the player must try to 'Sell a dummy' to a closing opponent before passing the ball, i.e. - drop a shoulder before passing or feinting to pass.

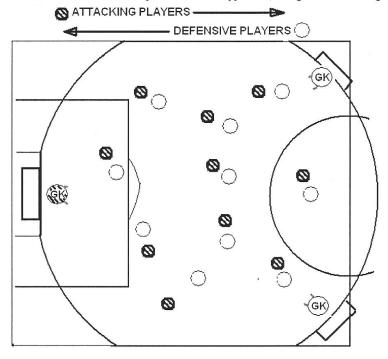
COACHING POINT - Mr. Robson praised creative play such as a 'nutmeg'.

MAIN COACHING POINTS - The players must use the width and praise is given for showing creative play.

'ALERTNESS AND CONCENTRATION GAME'.

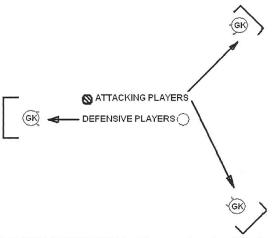
ATTACKING, PRESSING AND SWITCHING PLAY GAME - $10~\rm{V}~10~\rm{PLUS}~3$ GOALKEEPERS.

AREA - Half of a full sized pitch in an oval type area, using three full size goals.



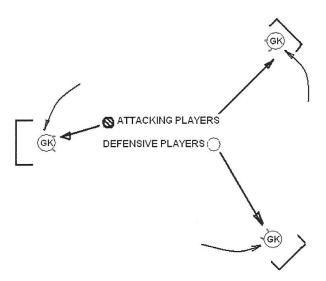
The Attacking Team - is made up of attacking players and has one goalkeeper, them try to attack the other teams two goals and protect their own goal.

Defensive Team - is made up of defensive players and has two goalkeepers protecting two goals and trying to score in the other goal.



<u>ORGANIZATION NOTE</u> - The game is quite difficult to follow in the early stages. The game works on keeping the players alert, sharp and concentrating.

Every time a goal is scored, the goalkeepers must rotate around anti-clockwise to the next goal. The attacking team has to defend a different goal and attack the two other goals.



If another goal is scored, the goalkeepers must rotate around again. The idea of the game rotating around is to keep the players concentrating, alert and thinking. It also keeps the players awareness sharp as the positions taken up by their team-mates are constantly changing.

COACHING POINTS - The players must have awareness, they must know where all the players are positioned and they must be prepared to switch the play to a teammate if necessary.

COACHING POINT - The players must have good movement and always make themselves available for the ball.

COACHING POINT - The players must have good communication.

COACHING POINT - When a goal is scored, the goalkeepers must rotate around quick to the next goal. The goalkeeper who moves to the goal where the last goal was scored restarts the play as soon as he gets there, if his team-mates or opponents are in position or not he has to start quickly, gets a ball out of the net and must build up the play straight away trying to catch out the opposition.

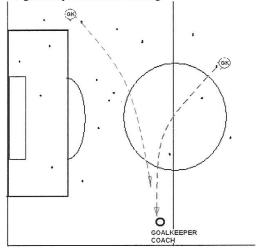
COACHING POINT - The goalkeepers must either roll the ball out short to a team mate or try to throw the ball long to a wide advanced team mate.

COACHING POINT - The players must look to change the point of the attack by switching play.

COACHING POINT - Teams must have a quick change over of roles, once possession of the ball is lost, the players press the opposition and try to win the ball back quickly. If possession is won, the players must react positively and attack.

 $\underline{\text{11:45 - WARM DOWN}}$ - Players in a large group perform a warm down by jogging around the pitch. This is followed by the players performing individual stretches.

At the end of the session all the balls are left out on the field. The goalkeepers work on their ball distribution by throwing or kicking the balls over 40 yards into the bag the goalkeeper coach is holding.



Some of the players stay on the pitch passing the ball in pairs using different surfaces to pass and control the ball. Other players work on ball juggling and another group of players play head tennis in the marked area.

P.S.V. FIRST TEAM TRAINING SESSION.

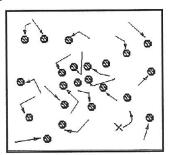
Friday the 10th of April. Session taken by Bobby Robson.

10:30 - WARM UP - Light jogging around the pitch.

STRETCHES - Players perform individual stretches.

10:40 - WARM UP - Continued - 'SIX SECOND TAG'.

AREA - 20 x 20 yards.



One player is a 'tagger', the player has six seconds to 'tag' another player. If the player 'tags' another player the game stops. After a few seconds the person who has been 'tagged' now becomes a 'tagger'. If a 'tagger' does not 'tag' another player within the six seconds, that player then must perform six press-ups. Another player is then randomly selected to become a 'tagger'.

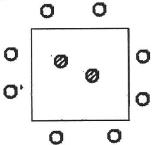
<u>**DEVELOPMENT**</u> - All players and the 'tagger' must move around inside the area bouncing rather than running. The 'tagger' still has six seconds to 'tag' a player.

<u>**DEVELOPMENT**</u> - All players and the 'tagger' must move around inside the area hopping on one leg.

ONE TOUCH KEEP BALL - 8 V 2 DEFENDERS.

The group of players are split into two groups, both groups playing 'Keep ball'.

AREA - 10 x 10 yards.



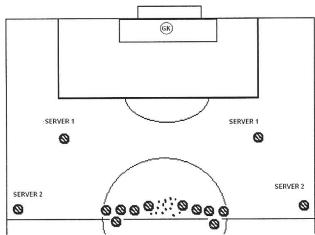
The two defenders must stay inside the area, the 8 players must stay outside the area.

NOTE - After 10 minutes the grid in which the players used was picked up and moved over slightly as the training area was starting to cut up.

CROSSING AND FINISHING.

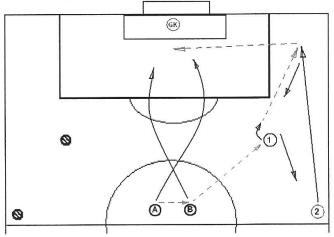
Players split into three groups. Two right sided players (servers) on the right flank, and two left sided players (servers) on the left flank. The rest of the players are placed on the half-way line.

AREA -

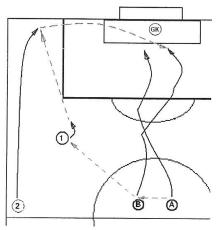


Player (A) Passes to player (B), (B) receives the ball half turned and passes to server 1. Players (A) and (B) make forward rims into the penalty area. As the ball is travelling to server 1, Server 2 makes a forward run.

Server 1 receives the ball half turned and knocks the ball forward for Server 2 to run onto. Server 2 plays a first time driven ball into players (A) and (B), for them to score.



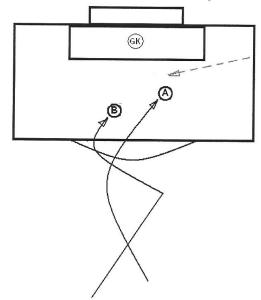
Servers 1 and 2 change places. Players (A) and (B) rejoin the group. The practice is repeated by server 1 and 2 on the left flank.



COACHING POINT - Player (B) must make a sharp half turn and play an early ball into server 1 to keep the ball moving.

COACHING POINT - Server (2) must not be in an advanced position in front of server (1) when the through ball is played. But server (2) must be sharp on to the through ball, attacking the ball and then play an early ball into the two forwards.

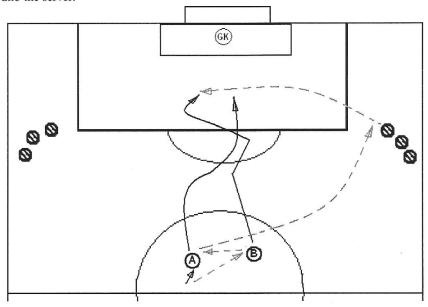
COACHING POINT - The two forwards must make good runs into the penalty area, which means cross-overs, checking away from the ball and then attacking the ball. Not arriving too early thus being in an off-side position.



 $\underline{DEVELOPMENT}$ - The servers must now send in crosses (high balls) into the box for the players to finish.

<u>**DEVELOPMENT**</u> - A third server has now been introduced on both flanks, the servers are now stationary. They receive the ball and knock the ball out of their feet on their first touch, on their second touch they cross the ball into the penalty area.

Player (A) passes to player (B), (B) lays the ball off for (A), (A) plays a lofted ball into the server.



11:40 - WARM DOWN - The players perform some light jogging followed by individual stretching.

The goalkeepers work on their distribution as they did the previous session by throwing the balls into the bag the goalkeeper coach is holding.

P.S.V. EINDHOVEN v NEC - PHILIPS STADION.

Saturday the 16th of April.

This match was played on Saturday evening with a 7:30 kick-off. P.S.V. who were positioned 3rd in the Dutch League behind 2nd placed Vitesse, were playing against a lowly positioned NEC. Feyernoord are the run away leaders, which leaves Vitesse, PSV and Willent II who are in fourth position all battling for the second 'Champions League' place.

PSV - 4-4-1-1.

Waterreus; Lucius, Dirkx, Skerla, Van der Weerden; Rommedahl (86. Gakhokidze), Ooijer, Van der Doelen, Fuchs, Nilis (78. Bruggink) Van Nistelrooy.

NEC - 4-3-3.

Score - 2-0 (1-0).

The match ended with a 2 - 0 victory for PSV. The game was not a great spectacle with the goals coming from a 31st minute Van Nistelrooy penalty, and a 73 minute half volley from outside of the penalty area by Luc Nilis.

POST MATCH PRESS CONFERENCE.

MAIN POINTS -

"Not a great performance by us but we got three point and our place in the league". - Bobby Robson.

"As a coach you like to entertain the public, but tonight's game was a collection of points. You can't always get everything you want out of a game. We played with two hard working midfielders tonight and our passing was sacrificed due to this." - Bobby Robson.

"After our resent poor performances against MVV last week (1 - 1 away) and the cup defeat by Fortuna on Tuesday (1-3), it is hard to rise to superiority". – Bobby Robson.

"Luc Nilis's goal was the perfect shot at the perfect moment". - Bobby Robson. (Nilis's received a cross field pass on the edge of the penalty area, he struck the ball early on the half volley catching the goalkeeper un-sighted. The ball was struck straight at the goalkeeper with his vision blocked by one of his own players).

AFTER PRESS-CONFERENCE QUOTES.

"We did not play very well at all our midfielders were trying to dribble with the ball instead of having as few touches of the ball as possible and keeping the ball moving".

- Bobby Robson.

"Tonight showed that Luc Nilis is very tired. It is coming towards the end of the season and his tiredness is showing. We have to keep him going for the last few games of the season". - Bobby Robson.

"We can and should finish second in the league this season, we just have to keep going". - Bobby Robson.

POINTS OF NOTICE DURING THE MATCH.

Mr. Robson and the P.S.V. supporters were very disappointed during the game when the P.S.V. midfield would be forced to play the ball back to their own goalkeeper. On quite a few occasions when P.S.V. were building up an attack in the NEC half of the pitch- the opposition would press them and force them to play the ball all the way back to the goalkeeper. Mr. Robson was disappointed with the players and voiced his views to the players by getting up from the bench on every occasion. He wanted the ball to be played through to the forward players.

NOTES MADE ON P.S.V. STRIKE FORCE DURING THE GAME.

P.S.V.s strike force is the most prolific in Holland with Van Nistelrooy the countries top scorer scoring his 25th goal of the season. Nilis is the league's second highest scorer, scoring his 19th goal of the season against NEC. Van Nistelrooy is the team's out and out striker with Nilis playing in a withdrawn role behind him.

Nilis picks the ball up deep and supplies the ball for Van Nistelrooy. Nilis creates space by his off the ball runs and his great close control. Nilis is the link up man between the midfield and Van Nistelrooy. Nilis exploits the opposition using his great vision and passing ability.

Van Nistelrooy is a scorer of all types of goals, which include poaching in and around the penalty area, hitting long shots (including a goal scored from the halfway line this season) and also solo runs using close control. He is very mobile for a tall player and also has deceptive pace, as he is very fast and quick on to through balls. Van Nistelrooy leads the line for P.S.V. and often plays beyond the last defender in what is an offside position. He try's to get on the blind side of his marker and moves along the line forcing his marker to keep an eye on his movements. This stops his marker from keeping the ball and his marker in view at the same time. At the right moment Van Nistelrooy will drop in to receive the ball and hopefully gain an extra few yards on his marker.

P.S.V. EINDHOVEN - FIRST TEAM TRAINING SESSION.

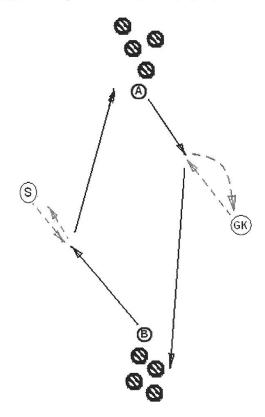
Sunday the 17th of April - Bobby Robson.

10:35 - WARM UP - Players split into two groups. The 11 players who started last night's match against NEC were in one group, they performed light jogging and stretching for about half an hour before finishing for the day.

The players that did not start the game and the players not used went through a training session with Bobby Robson.

Two lines of players. Two server to the sides. One server is the goalkeeper (Patrick Lodewijks), the other server is Bobby Robson's Assistant Ernie Brandis. Both servers have a supply of balls.

Player (A) moves towards the goalkeeper. The goalkeeper passes to player (A), (A) plays a first time ball into the Goalkeepers hands. Player (B) plays a first time return pass back to server 2 (Ernie Brandts). Both players join the back of the other line.



<u>DEVELOPMENT</u> - The goalkeeper throws the ball towards the players, the players have to head the ball back to the goalkeeper. The goalkeeper has the supply of balls to keep the drill moving and not stopping if one of the players over hits the header back to him. The same goes for the other server, if one of the players gives him a poor return pass, he just uses the next ball.

COACHING POINT - The drill is fairly simply but the players must concentrate and show good technique. Mr. Robson constantly told the players "Concentrate – Technique".

STRETCHES - This was followed by stretches.

 $\underline{\mathbf{DEVELOPMENT}}$ - The pass back to the goalkeeper must be a volley or a half-volley.

ORGANIZATION NOTE - If the group becomes unbalanced, with more players at one line than the other, the group must be staggered so both lines have an equal amount of players.

NEXT STAGE - One touch pass and go.

Player (A) passes to player (B), (A) takes a step to the side and back pedals to the back of his line. (B) repeats.



COACHING POINT - The players must keep their eyes on the ball when they are back pedalling.

 $\underline{DEVELOPMENT}$ - The players must receive the ball half turned. Both lines are now slightly further apart

(A) passes to (B), (B) comes towards the ball, receives the ball half turned and passes to player (C), (B) joins the back of the line.

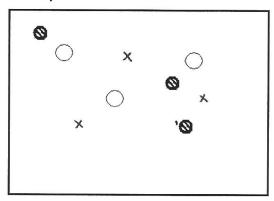


Player (C) passes to player (A), (A) comes towards the ball and receives the ball half turned and passes to player (D). (A) joins the back of the line.



KEEP BALL - 3 V 3 PLUS 3 FLOATERS (6 V 3).

AREA - 20 x 20 yards.



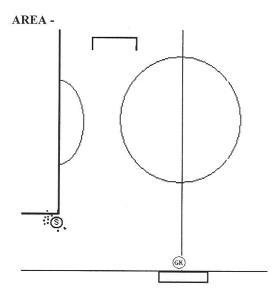
The three floaters play with the team in possession of the ball.

COACHING POINTS -

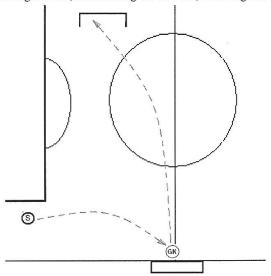
- Quick movement of the ball by the players.
- Awareness and communication.
- Good movement.

GOALKEEPING - RECEIVING CROSSES AND DISTRIBUTION WORK.

As the players were playing the 'Keep ball' game, Patrick Lodewijks the reserve goalkeeper and the goalkeeper coach, Schrijvers went through a crossing drill and distribution work.

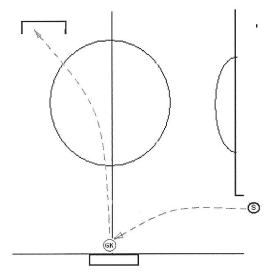


The goalkeeper is positioned in the far side of the goal. The balls are served in from the right. The goalkeeper must catch the ball and play the ball out early, he must play the ball into the portable goal on the far side. The goalkeeper must distribute the ball throwing the ball, then kicking the ball out, throwing the ball, kicking and so on.



The goalkeeper coach has a supply of balls. He has to serve 10 balls into the goalkeeper, he has to see how many balls the goalkeeper can collect and then get into the other goal

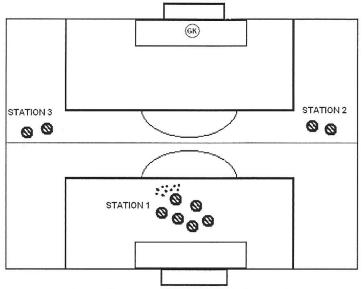
<u>DEVELOPMENT</u> - The practice is repeated with the service from the left.



COACHING POINTS - Goalkeepers distribution. The goalkeeper must distribute the ball as soon as he receives the ball. A good solid catch, gathering the ball well, then moving the forward with the ball and sending the ball directly into the goal.

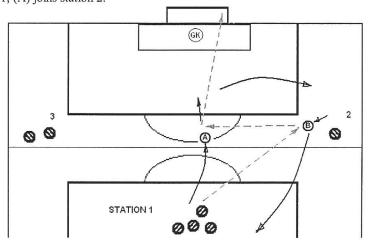
PASSING AND FINISHING.

AREA - The drill is on the area that has two penalty areas facing each other.

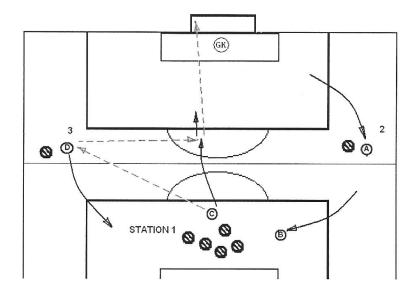


Three stations. Group of players and a supply of balls at station 1. Two players at stations 2 and 3.

Player (A) passes to player (B) and makes a forward run, (B) who acts as a server plays a square pass along the edge of the penalty area for (A) to shoot at the goal. (B) joins station 1, (A) joins station 2.



Player (C) repeats the drill by passing to player (D) and finishing with a shot at goal.



COACHING POINT – Mr. Robson told the servers to "Slide the ball in for the striker.

The ball must be played along the ground for the player to strike the ball. The ball must be played in so the ball can be struck comfortably.

COACHING POINT - Player who shoots at goal must follow-in for rebounds, and not think of rotating to the next station until the ball is in the back of the net or the goalkeeper has fully held the ball.

COACHING POINT - The goalkeeper had to continually work and go for every shoot. His advice to Patrick Lodewijks was "If they miss - you rest". The goalkeeper only got a rest if the striker makes a mess of his shot and did not get his shot anywhere near the goal.

 $\ensuremath{\mathbf{COACHING\ POINT}}$ - Encouragement was given to the players before and after they shoot.

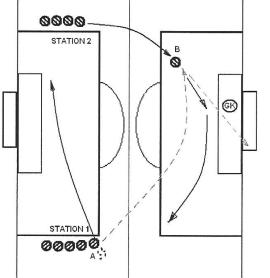
"The goalkeeper might not get a rest this time".

"Class finish".

STATION 1 STATION 1 STATION 1 STATION 1

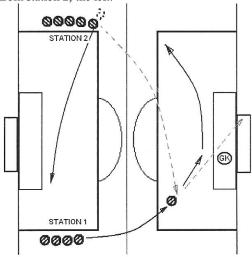
Two stations on either side of the opposite penalty area from the goalkeeper. Supply of balls at station 1.

Player (A) crosses the ball from the right, to deep into the far side of the penalty area for player (B) to run onto and finish.



Player (B) then joins station 1, Player (A) joins 'station 2.

<u>**DEVELOPMENT**</u> - After a short time repeat the Practice with the crosses coming from station 2, the left.



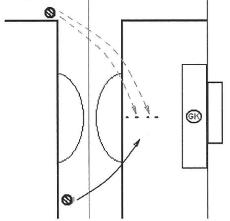
COACHING POINT - The cross must be played into the corner of the far side of the penalty area, even if the cross is an in-swinger or an out-swinger.

COACHING POINT - Players must finish by heading or volleying the ball. The players can also chest trap the ball and then volley the ball.

COACHING POINT - The players who are finishing must attack the ball.

COACHING POINT - The players attacking the ball must time their runs. They must move off slowly and then attack the ball.

<u>DEVELOPMENT</u> - The crosses must now be played into a more central part of the penalty area. rather than the far side of the area. Four cones are placed inside the area to represent where the cross must be aimed for.

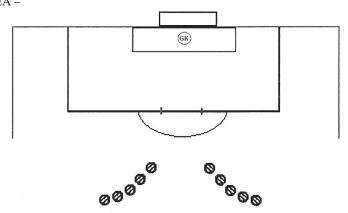


The players attacking the ball now also have a slightly more central starting position than they did previously.

After a short time the crosses must come from the right.

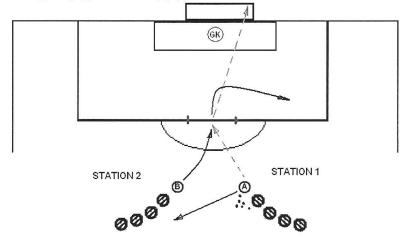
PASSING AND FINISHING.





Two stations with half the group at either station. Supply of balls at one station. Two cones acting as a gate on the edge of the area.

Player (A) passes the ball forward towards the gate, Player (B) moves onto the ball and strikes at goal. (A) joins station 2, (B) joins station 1.

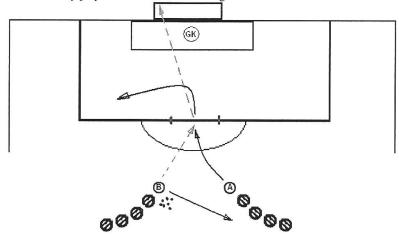


COACHING POINT - The pass must be rolled-in towards the gate.

COACHING POINT - The player striking the ball must make an angled approach to the ball.

COACHING POINT - The player who shots at goal must follow-in for rebounds.

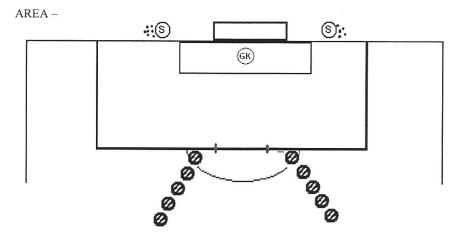
 $\underline{\bf DEVELOPMENT}$ - After every player has shot from the left, the service is then changed so that every player now shots from the right.



HEADING TECHNIQUE.

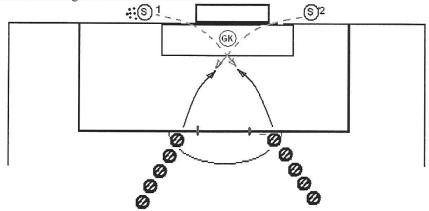
This coaching drill was used purely for perfecting the players technique.

The two stations are now positioned on the edge of the penalty area. Two servers are positioned either side of the goal with a supply of balls.



The two servers must throw the ball-in for the players to header the ball.

Player (A) makes an angled run towards the six yard box, Server 1 throws the ball in for player (A) to header. Player (A) joins the other group. Player (B) repeats the practice heading the ball from server 2.



COACHING POINT - As this is a very simply drill, the whole purpose of the drill is to perfect the players technique. The players must aim for perfect technique - the 'Photo Pose' of scoring a goal. This means arched back, head pulled back, feet apart then body thrown forward attacking the ball.

 $\underline{11:45}$ - WARM \underline{DOWN} - Light jogging around the pitch followed by the players performing individual stretches.

P.S.V. FIRST TEAM TRAINING SESSION.

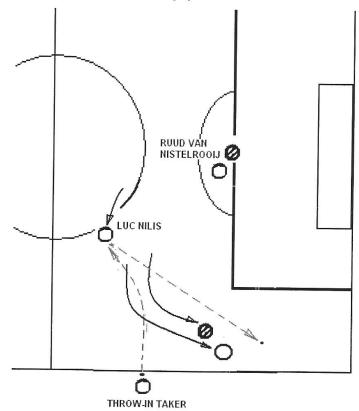
Monday the 18th of April - Session taken by Bobby Robson.

TRAINING SESSION THEME - SHARPNESS WORK.

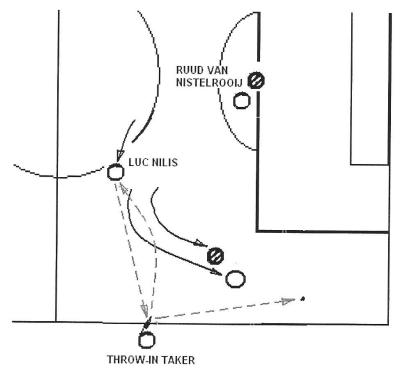
10:30 - GROUP TEAM TALK. - All of the players are grouped together on the pitch. Mr. Robson gave a technical and tactical team talk on last Saturday's match against NEC and also on the following nights game against Vitesse.

MAJOR POINT – The midfield players must play the ball forward even when they are being pressed. During the NEC game they were forced to play the ball back to the goalkeeper far too often. Mr. Robson told the players to feint to play the ball backwards, but instead turn with the ball and play the ball forward, he demonstrated this to the players.

Mr. Robson then went through a throw-in routine with the players. This was the same routine that I saw the players work-on on my last visit to Eindhoven. One player makes a run towards the throw-in taker then bends his run forward. Luc Nilis then moves into the space left by the first player. The ball is then thrown into Luc Nilis, he either plays the ball forward for the first player to run onto.



Or Luc Nilis plays the ball back into the player taking the throw-in, for him to then play the ball down the line for the runner to move onto.



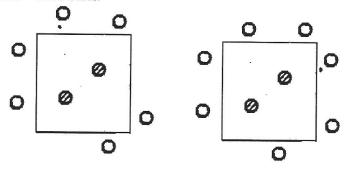
Practice repeated with the players attacking to the right.

10:55 - WARM-UP - Light jogging, side stepping, skipping movements, karioki etc. Followed by individual stretches.

11:05 - ONE TOUCH KEEP BALL.

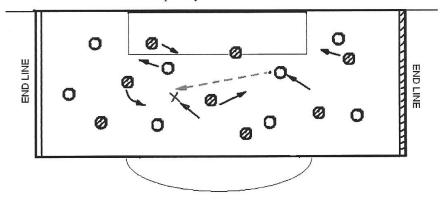
Group split into two groups. 6 v 2 and 7 v 2.

AREA - 10x10 Yards.



11: 15 - LINE FOOTBALL 8 V 8 PLUS ONE FLOATER.

AREA – The area used was on penalty area.



The game is 8 v 8 line football with one 'floater' which was Luc Nilis. He joined which ever team had possession of the ball.

Players must either run the ball across the other team's end line, or pass the ball over the oppositions dead ball line as long as the player is within two yards of the dead ball line when making the pass.

MAJOR POINT OF GAME - The game is played to work on the players sharpness without the players doing too much running. All work was done in a small area, so the players had to work and concentrate on their first touch, player awareness, playing with an open body, one v one duels. Mr. Robson felt Luc Nilis who is a very important player in the team is starting to show tiredness in matches. With a lot of very important games coming up Vitesse away the following night and another game on Friday, he wanted to keep him fresh. In the 8 v 8 line football game, Luc Nilis played as the floater so that he never had to chase around or do any 'Hustling'.

11:40 - WARM DOWN - Light jogging followed by individual stretches.

PENALTY TAKING.

Ruud van Nistelrooy the teams penalty taker was practicing taking penalties against Patrick Lodewijks. Van Nistelrooy's dilemma is that he always puts his penalties to the goalkeepers right side, and he is now worried that goalkeepers are starting to know where he is going to put them. He told Mr. Robson that he feels that he is becoming predictable with his penalties always going to the goalkeepers right. Van Nistelrooy's penalties to the goalkeepers right (van Nistelrooy's top left corner) are superbly taken with the ball always going just inside of the post. During the practice he took some penalties and placed them to the goalkeepers left which were not half as good as his penalties to the goalkeepers right. Mr. Robson told him – "Do not to change your penalty technique. The goalkeepers might know where you are going to put the ball, but the goalkeeper still has to stop the penalty. And the goalkeeper might think 'this is the week the you might put the ball to my left'."