

THE ASPIRING COACHES HANDBOOK

Made by coaches. For coaches.

Contributions by Grassroots, Academy, Youth National Team, & Professional Coaches
Directors of Coaching, Technical Directors, & Subject Matter Experts



The Aspiring Coaches Handbook

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Contributions by: see page 82 for full list

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Below is a line legend for your reference throughout the eBook. The rest should be very straight forward.

Movement



Pass



Dribble



INTRODUCTION

First off, a BIG THANK YOU to all the contributors of this book. Without their contributions, “The Aspiring Coaches Handbook” would not be available to you.

This book was put together for the online soccer community and contains exercises and tips from over 30 coaches & subject matter experts.

When we approached the contributors in this book, we asked them to contribute a session or tip that has been successful for them with their team or one that their players have enjoyed.

If you enjoy a session or tip from them, see the back of the book for additional ways to follow them and other ways to view & support their work.

The book is broken down into 7 areas: Tips, Warm Ups, Technical Exercises, Tactical Exercises, Small Sided Games, Full Sessions, & Home Assignments. A brief breakdown of each is provided below.

Tips: In this section, subject matter experts share tips for a new or experienced coach in Fitness, Psychology, & Developing your Coaching Philosophy.

Warm Ups / Technical Exercises: In these sections, we have contributions for sessions with the exercise set up & objectives, (some with) progressions, and (most with) coaching tips.

Tactical Exercises: In this section, we have contributions on attacking patterns & 8 different ways to play out of the back from the Goalkeeper’s distribution.

Small Side Games: In this section, there is a variety of fun and valuable SSG’s that you can do with your team on day 1.

Full Sessions: In this section, we have contributions that give you a full session plan. From warmup to cool down.

Home Assignments: It is important that players practice on their own if they are to improve. In this section, there are a few contributions that showcase some individual exercises that can help improve the players if they put in the work on their own.

Please keep in mind nothing will work the same for everyone. Be sure to adapt these sessions to fit your needs. Best of luck to you with your coaching journey and enjoy the book!

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Tips

Developing Your Coaching Philosophy | Fitness | Psychology

CONTRIBUTION BY:

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Author of Developing an Elite Coaching Philosophy: In Possession

DEVELOPING YOUR COACHING PHILOSOPHY

My personal tips on creating a coaching philosophy for coaches

- 1) Have a huge focus on players dominating opponents in 1v1 situations.** Here most people think this refers to the classic Cristiano defender in front scenario but 75% of receiving situations in the Champions league are with pressure behind thus sessions have to replicate this. Every session should have a section where players are isolated in 1v1 situations varying the defenders position (in front, on the side, behind, on the angle). Even if players are not beating a man, they have to have the ability to outplay an opponent to retain possession. The basic 1v1 techniques/turns/skills must be mastered whilst the opposing player is always working on his defensive 1v1 at the same time.
- 2) One of the guaranteed future game changes will be that teams will block the center of the pitch better, faster and more organized than ever before.** This means that we have to create players who can operate in the chaos as opposed to outside of it. It is easy to drop outside the block or in front of it as a deep lying playmaker but the game changers, the multi million pound players are always the ones who make a difference inside the chaos. Sessions must replicate this... supporting the common view in England now of trying to recreate 'the street' culture. We have to prepare players for what the game will look like in ten years not what it is now.
- 3) I learn the most by watching games live.** It is too hard to learn tactically when watching a game on TV as you can only see half of the movement patterns, the triggers etc. due to the limited view of 20 yards from the ball. Watching games live means you can see the patterns away from the ball. To play a chess game you can't just focus in on the six squares surrounding your king thus to learn tactically in football you need to see the full pitch and how movements are disturbing shapes constantly. I have travelled around Europe to watch Pep and Bielsa's sides and this is where I have learned the most tactically. If you don't know the full picture then how can you unravel it to the younger ages... to be a top youth coach you have to know what is going on at the elite level otherwise you will be left behind.

DEVELOPING YOUR COACHING PHILOSOPHY

continued...

4) **When planning sessions**, try to make it look like you have cut out a section of the pitch and dropped it onto the training field. Too many coaches put sessions on which are 'drills' or 'exercises' where players are learning movements of a drill instead of the real game. How coaches can expect players to transfer this on a match day is ludicrous. Players have to be practicing consistently and repetitively what they are doing in games. From the second they arrive at training every single thing they do should relate to the game. I don't understand it when I see coaches putting on a rondo where 10 players are keeping the ball from 2 in the middle - 80% of touches players are passing to a man one yard away from them.

5) **For coaches working with the ages of 6-11**, have at least a 10 minute focus on developing the physical basics. The fundamental movements are absolutely vital for EVERY player and if the window is missed from 6-11 it is very hard to recover later on. Incorporate lots of games such as jumping, climbing, crab races, stop/start actions, agility games, wrestling, balancing etc. and give players home exercises to do such as balancing on one leg whilst brushing teeth at night etc.... these all develop the core movements. The majority of players released at academies are due to a lack of physical profile and this can be worked on young so easily.

6) **Teaching overload principles**. The most common overload scenario in football is the 2v1. Players need to know how to create, isolate and dominate 2v1 scenarios whether it be RB-CB v striker, CB-CM v a 10, CM-CM v a 4 etc, this scenario is prevalent throughout the pitch. If players have the freedom and understanding of how to create numerical overloads then a possession game really develops. Players must view the pitch as small numerical games where they are constantly trying to get numerical superiority. Training must reflect this as players learn to arrive into spaces late and explosively, to start movements out of the eyeline of defenders and to find ways to not be marked.

7) An obvious tip but one where I have really developed is reading books. **I have learned so much by reading people's biographies.**

My recommendations would be:
Jonny Wilkinson; My World
Bo Schembechler; Bo's Lasting Lessons
Pep Guardiola; Pep Confidential

“

Every coach should have his own philosophy ... but I always think the best coaches are the ones with imagination. You have to have a good imagination to be a top coach; you must have that; good intensity and work ethic in the training sessions. These three things marry together in terms of good coaches.

- Sir Alex Ferguson

”

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FITNESS TRAINING IN SOCCER

The player preparation during training sessions is not only physical, tactical, technical... We have a global vision of a player where many other elements are taking part and which we have to take into account for the fitness training process. For that reason, tactical, technical, physiological and psychological elements are never trained independently.

Our basic fitness unit is the week (microcycle) and we don't planify regarding more than a week ahead. In soccer, the following game is the most important game.

We have to maintain a regular week pattern in order to respect the training and recovery demands and to avoid fatigue and stress produced by using the same physical fitness loads day after day.

Recovery will take place, partially, changing the dominant physical component throughout the week instead of changing them between exercises in the same training session.

The structure of the training session and what to do each day of the week (microcycle) has to be related to the physical fitness component to be privileged.

In a one week game, we will give to the players two recovery days, one day will be completely off, depending if we want to prioritize the mental fatigue rest or physiological fatigue rest, it will be the day after the game (for the mental component) or two days after the game (physiological component). We will give an active recovery day (one day or two days after the game) taking into account what we've explained before. We'll put three acquisition days, where we'll train and prioritize strength, endurance and speed respectively. Finally one day before the game, will be an activation day.

Establishing and maintaining the standard week plan will help us to stabilize and achieve a proper level of performance.

FITNESS TRAINING IN SOCCER continued...

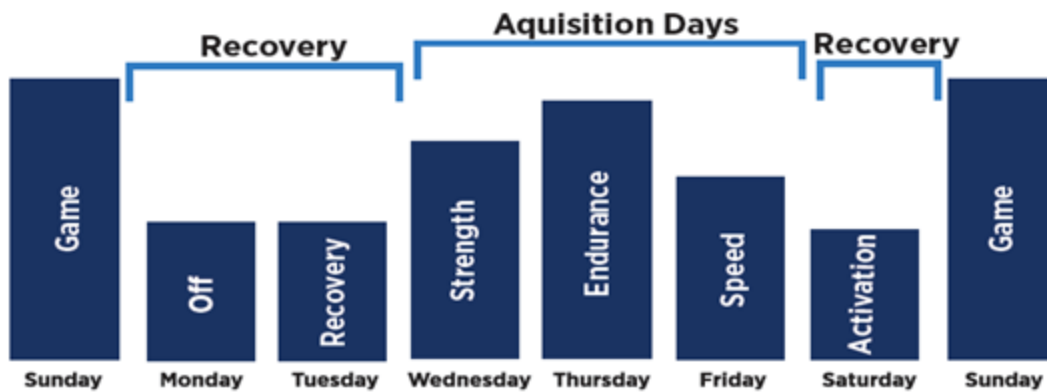


Figure 1: Delgado-Bordonau JL, and Mendez-Villanueva A. Soccer Journal. May 2012

Day Type	+1 Off	+2 Recovery	+3 Strength	-3 Endurance	-2 Speed	-1 Activation	Game
Regimen	Rest	Recovery	Recovery Acquisition	Acquisition	Acquisition	Recovery Activation	Competition
Muscle contractions	Rest	Tension - Speed - Duration -	Tension +++ Speed + Duration -	Tension + Speed + Duration ++	Tension ++ Speed ++ Duration -	Tension - /+ Speed -/+ Duration -	Competition
Nº Players	Rest	2 Groups	Reduced	High	High	Reduced	Competition
Emotional exhaustion	Rest	-	+	++	-	+/-	Competition
Discontinuity	Rest	+	+++	+	+	++	Competition
Duration	Rest	45	60	90	60	45	Competition

Table 1: Day typology and characteristics.

CONTRIBUTION BY:

JIM AFREMOW, Ph.D.

Author of *The Champion's Mind: How Great Athletes Think, Train, and Thrive*
(Rodale, 2014)

TEAM PSYCHOLOGY

TEAM EXCELLENCE: THREE GOLDEN STANDARDS

1. Be *on time* and *on mind* for all practices and events; be physically and mentally prepared to be your best.
2. Compete hard against teammates in practice and then fully support each other in competition; strive for positive rivalries with teammates instead of being adversarial.
3. Always respect yourself and the opportunity to play your sport, and show respect to your parents, teammates, coaches, and the officials; keep a positive outlook, express positive body language (i.e., act like a champion), and abide by the rules—always.

“

When you look at people who are successful, you will find that they aren't the people who are motivated, but have consistency in their motivation.

”

- Arsene Wenger

TEAM PSYCHOLOGY

continued...

Discuss with your team why these three standards are important (e.g., they create an atmosphere of excellence that brings out the best in you and others). Ask for concrete examples of when these standards are being followed or broken. Follow up with, “Which of these standards do you think will be hardest for you to follow?” This prepares the athletes for what may become difficult for them and helps them to solve a potential problem in advance. Complementary tips for the team include:

- Shape the behavior of your players by reinforcing what they are doing well. From coaching legend Don Meyer, “Shout praise and whisper criticism.”
- Remind players to always speak in the affirmative (avoid complaints and gossip). Every player should be an “energy fountain” rather than an “emotional drain.”
- Have players select a “goal buddy” at practice to keep each other positive and focused.
- If a player is having a bad day emotionally—no matter what the reason—they should be encouraged to tell the coaches at the start of practice for support if needed. They should then focus all of their energy on doing the best they can and helping their teammates to have a good day.
- Players should accept and respect individual differences. Players on every team have different personalities, as well as strengths and areas for improvement.
- Tell players to nip any problems in the bud before they blossom into something bigger—speak privately to coaches or teammates whenever there are any concerns.
- Review these team standards periodically. Ask the players to reflect on what they are doing well and what they need to improve.

“

If you want to reach your goals, you need a great and strong mind.

”

- Rafael Benetiz

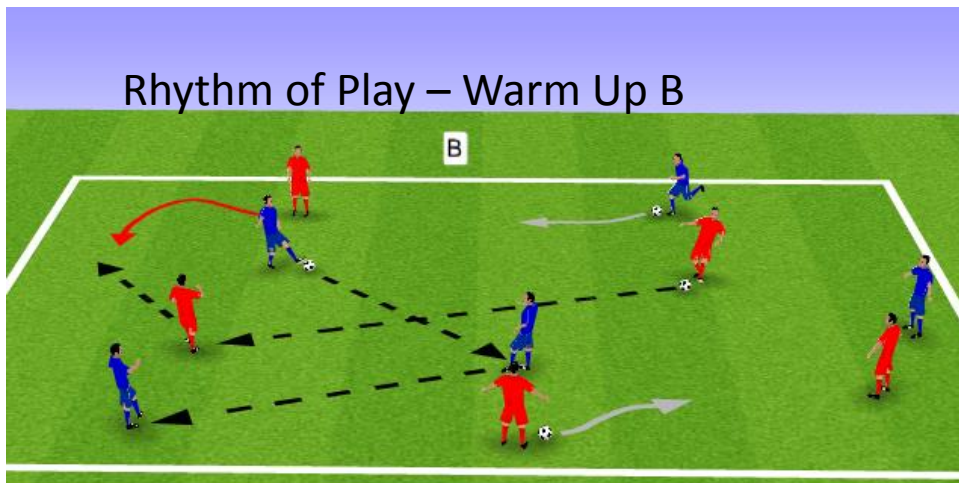
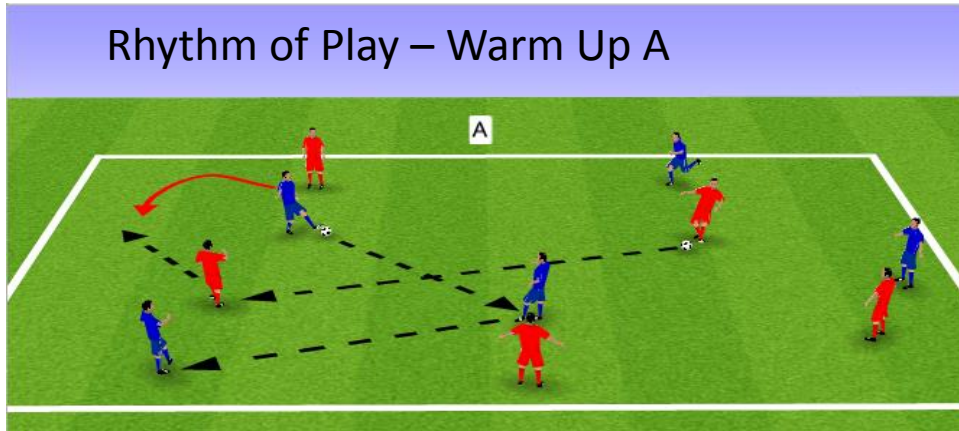
Sessions

Warm Up Exercises | Technical Exercises | Tactical Exercises
Small Sided Games | Full Sessions | Home Assignments

Warm Up Exercises

CONTRIBUTION BY: ADRIAN PARRISH

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Director of Coach & Player Development, Kentucky Youth Soccer Association



Exercise:

- Set up a 20 x 24 yard grid, with two teams of 4 or 5 players in the grid.
- Teams pass with a Size 1 soccer ball, just passing and moving.
- Incorporate Dynamic Stretching.
- Players receiving the ball, have to open up and let the ball roll across their body.
- Scan the field, because behind every touch there needs to be a purpose

Progressions:

- Progress to adding two balls per team and add the following elements.

Coaches Tip:

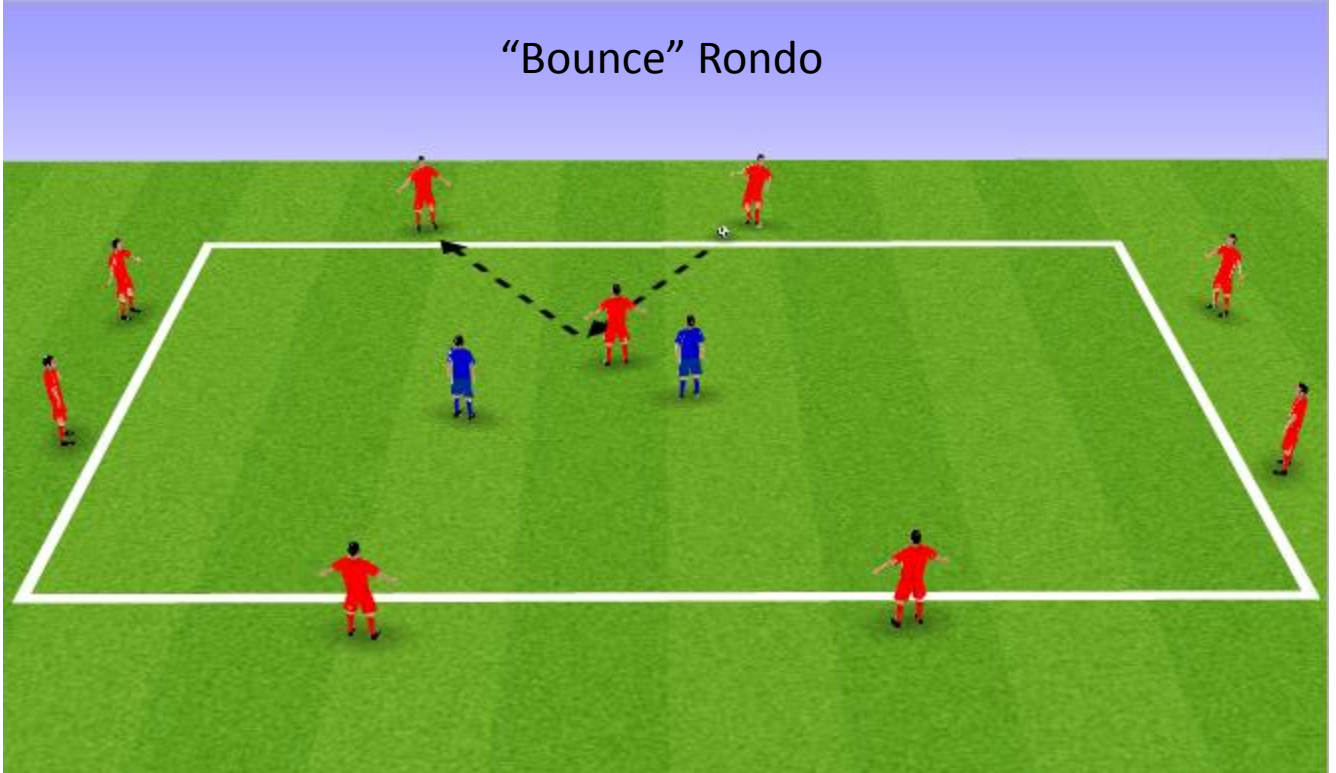
- Don't allow the players to verbally communicate
- After receiving the ball, the player must take it on a dribble into space created
- Encourage two touch when it's on

CONTRIBUTION BY:

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“Bounce” Rondo



Exercise:

A Fun session starter for players of a good ability.

- This Rondo involves “bouncing” the ball off a player in the center.
- Players on the outside can pass to each other or try to win the team a point by bouncing the ball off their central teammate.

Coaches Tip:

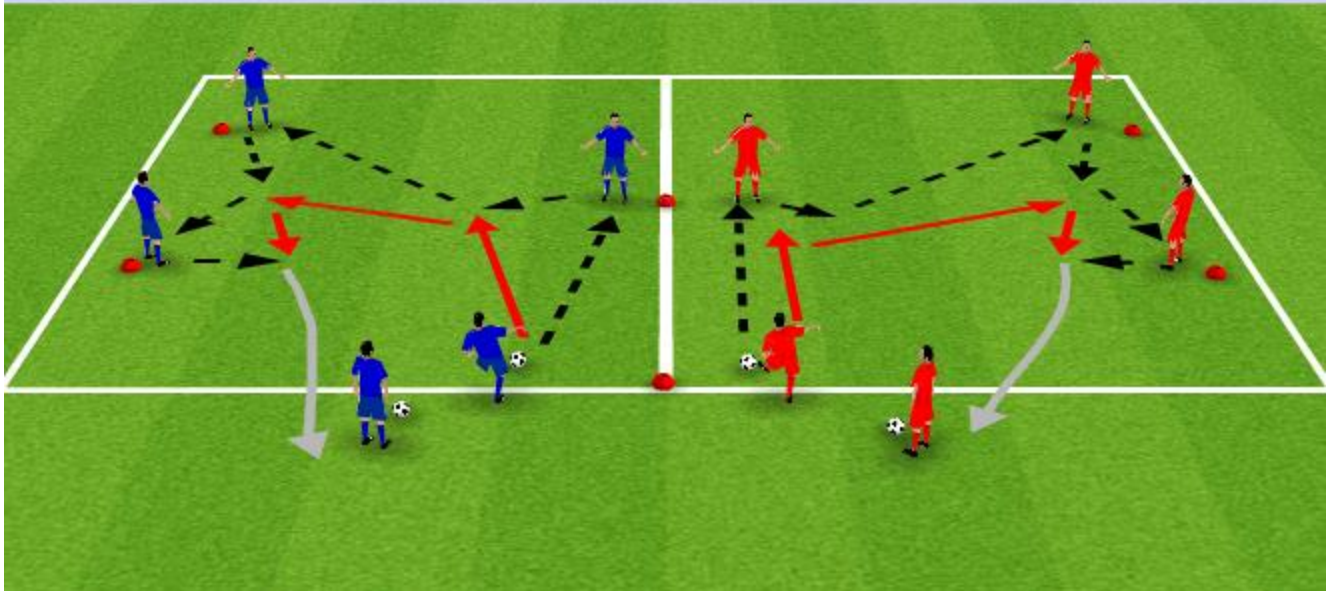
- Progression to include 2v1 in favor of the red players who try to receive, combine, and play out to win a point.

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Grassroots & Pre-Academy Coach

Right Foot / Left Foot Combinations



Exercise:

- Blue work on the right footed combinations.
- Red work on the left footed combinations.
- Change the static “set” players regularly & switch Blue & Red players over.
- Progress to allow players to decide how they move the ball on.

Coaches Tip:

- Quality to start (technique), then build in speed so we aim for one touch.

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Ball Control, Agility, & Speed Warm Up



Exercise:

To develop coordination, agility, speed & technical ball control.

- Use half a full size pitch.
- Area in the middle should be 40x30 yards. With almost every player having a ball there is a large participation.

Group 1

- Practice ball control, speed, agility, and coordination
- 1st set of cones: Dribble with 1 foot, inside 1 touch & outside 1 touch
- Pass the ball beyond the ladder, run through it (left then right foot) before retrieving the ball again
- 2nd set of cones: Same as 1st set, but with other foot this time
- Pass the ball beyond the hurdles, hop on one leg at a time (left, then right) over them & then retrieve the ball on the other side & return to the start.

Group 2

- The 4 players within the square practicing dribbling, turning, moves & feints
- The outside players w/o the ball play 1 touch passes back to the players in the square when they pass them the ball
- The outside players can also be used as active or inactive defenders within the square

Coaches Tip:

- Make sure to rotate all the players so everyone gets an equal change to work on all aspects of the session.

Technical Exercises

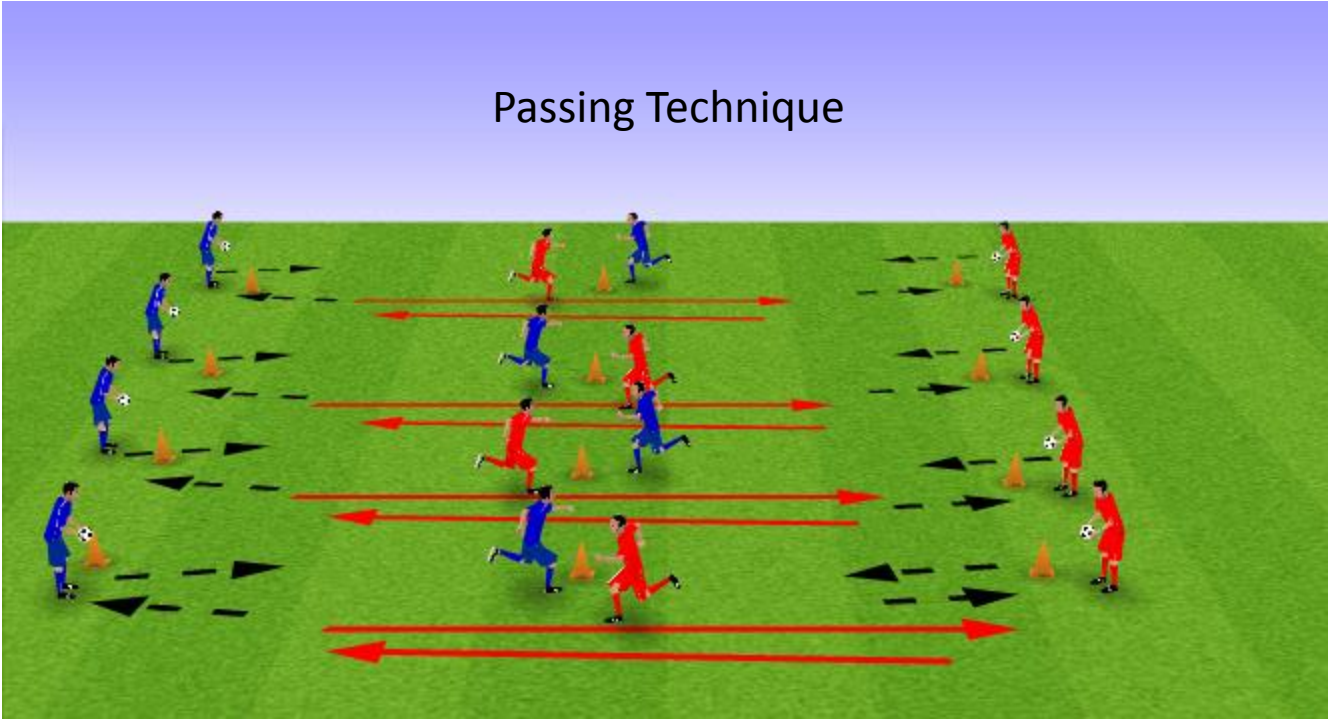
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Youth Academy Director, Waxhaw Soccer Club

Passing Technique



Exercise:

- Two servers, two workers.
- Passing ball on move.
- Simple, repetitive inside of foot technique.

Progressions:

- Increase distance of end players.
- Vary service from end players (1 touch / 2 touch).
- Vary angle of pass to central player.

Coaches Tip:

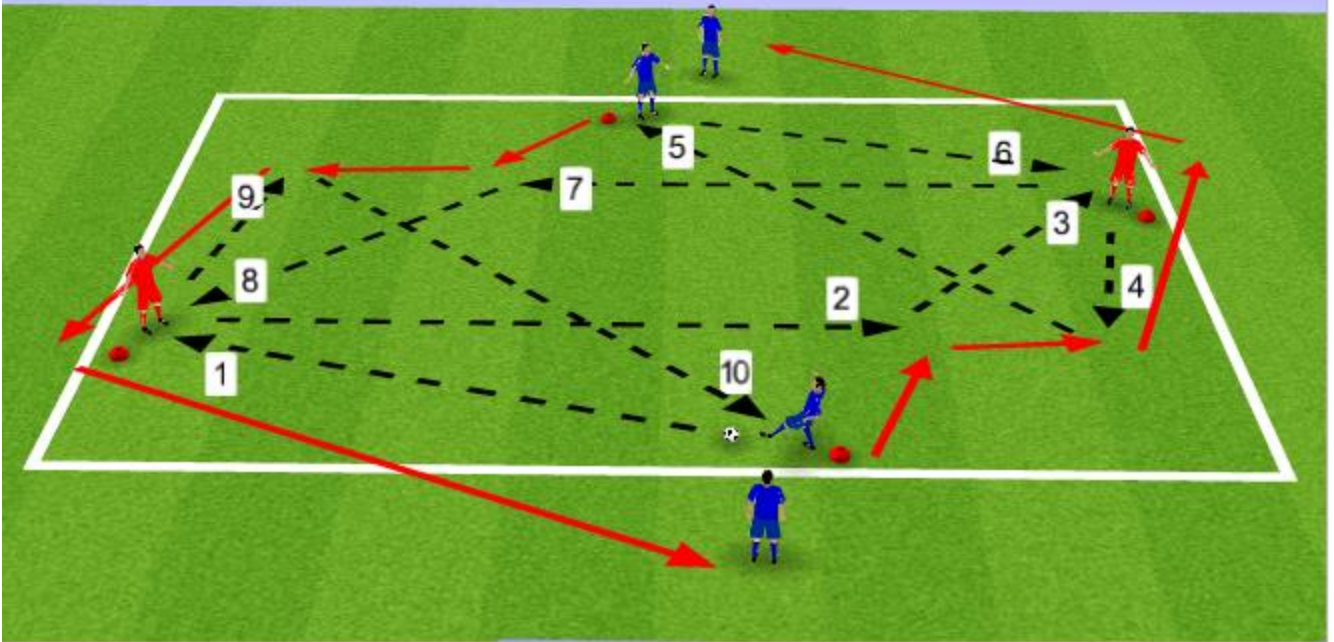
- Encourage proper technique.
- Encourage communication “ball” “man-on”.

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5 Pass Combinations (Continuous)



Exercise:

- Red players are static.
- Blue players operate from the top & bottom following the passing pattern numbered 1-10 on the diagram.
- Change Red players regularly.
- Progress to different combinations.

Coaches Tip:

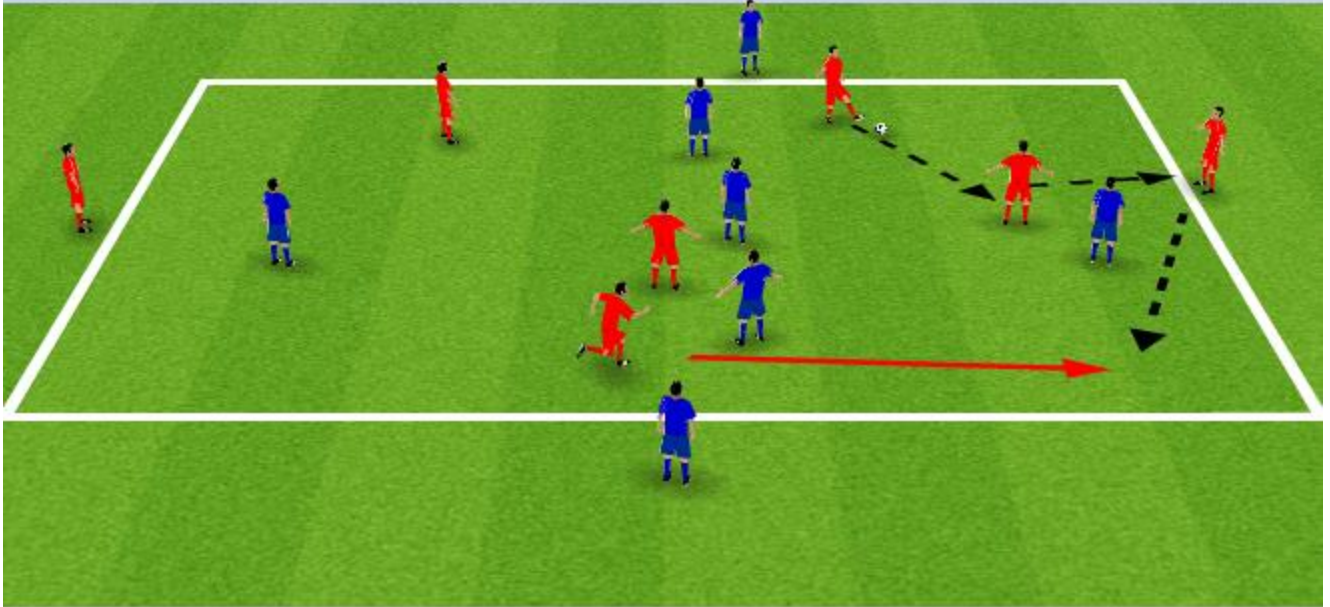
- Quality to start.
- Build speed & aim for one touch in a continuous cycle.

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Developing Possession Rondo



Exercise:

A great way to begin coaching to develop possession

- Both teams have 2 target players who play on opposite sides of the square.
- The central players look to combine, & maintain possession while playing to their target players.
- In the pic, Blue play up & down with Red playing across
- Target players represent a goalkeeper & a striker.

Coaches Tip:

- This practice can be used as a base to deliver multiple topics.

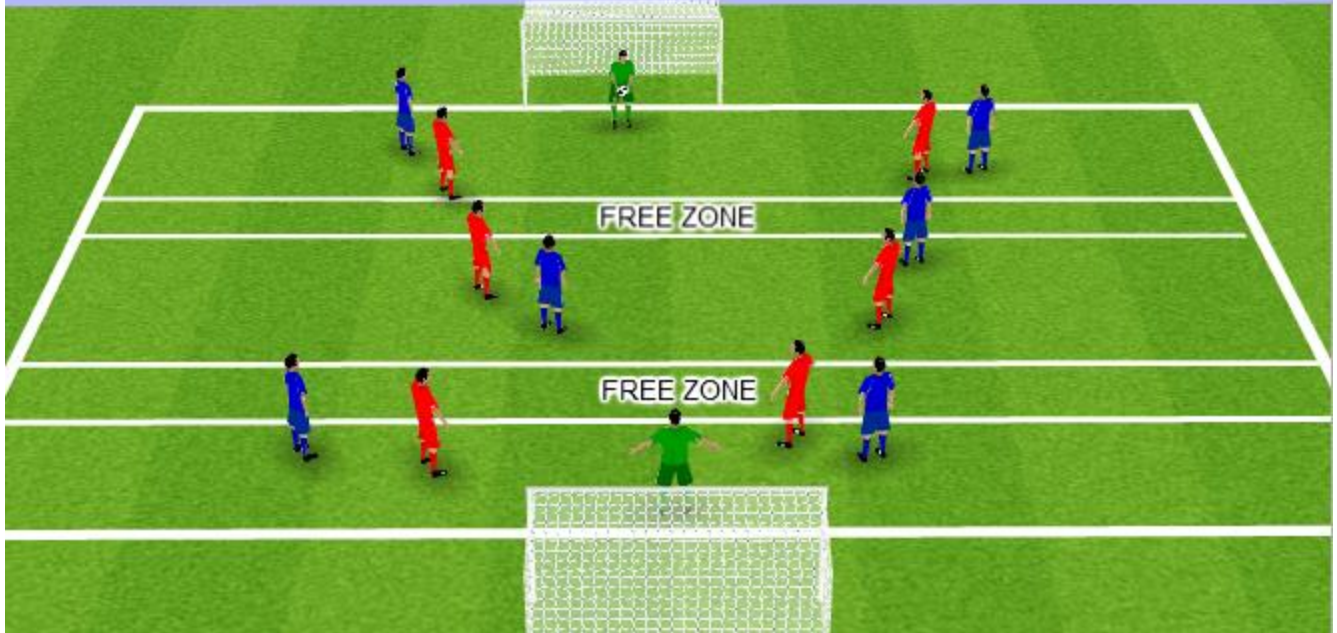
CONTRIBUTION BY:

CHRIS JONES

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Academy Coach at Brighton & Hove Albion FC

Movement to Receive The Ball



Exercise:

- Players are locked into thirds of the pitch.
- Both teams can have one player in each of the “free zones” at any time.
- Try to make a different movement if one of your teammates uses one of the “free zones”.
- Try to defend the “free zones” if the opposition team uses them.

Progressions:

- Allow players to break the thirds if they have possession of the ball.
- Teams must have at least one player in all 3 thirds but have free movement.

Coaches Tip:

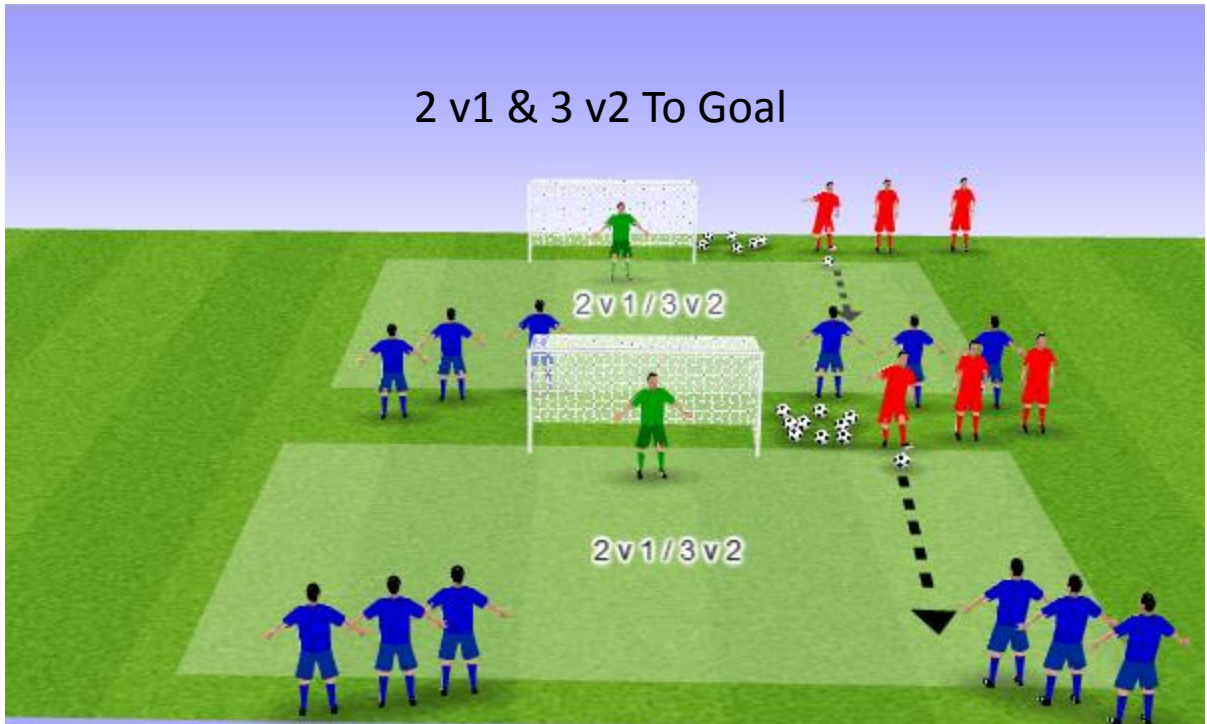
- Movement to support play & create space.
- Players playing in units of 2's & 3's to create space & opportunities to receive the ball.
- Players to “drop-in” from forward areas.
- Players to make forward runs in from deeper areas.
- Movement reacting players using the “free zones” to create length, width, & depth.

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Youth Academy Director, Waxhaw Soccer Club



Exercise:

- 2 v1 – 30 minutes – no offsides for beginning players
- 3 v 2 – start exercise with negative ball which must be played back to central supporting player

Progressions:

- Introduce overlapping runs by attacking pair.
- Variation of service by defender to attacking group.
- Limit amount of time before goal must be scored.

Coaches Tip:

- Recognize open player
- Width from supporting players
- Ability of supporting players to create big, early angles of support
- Recognition of dribbler to commit defender. Once committed, do I pass or dribble?
- Decisions of supporting players – do I offer support in front of defender or look to make run in behind defenders?

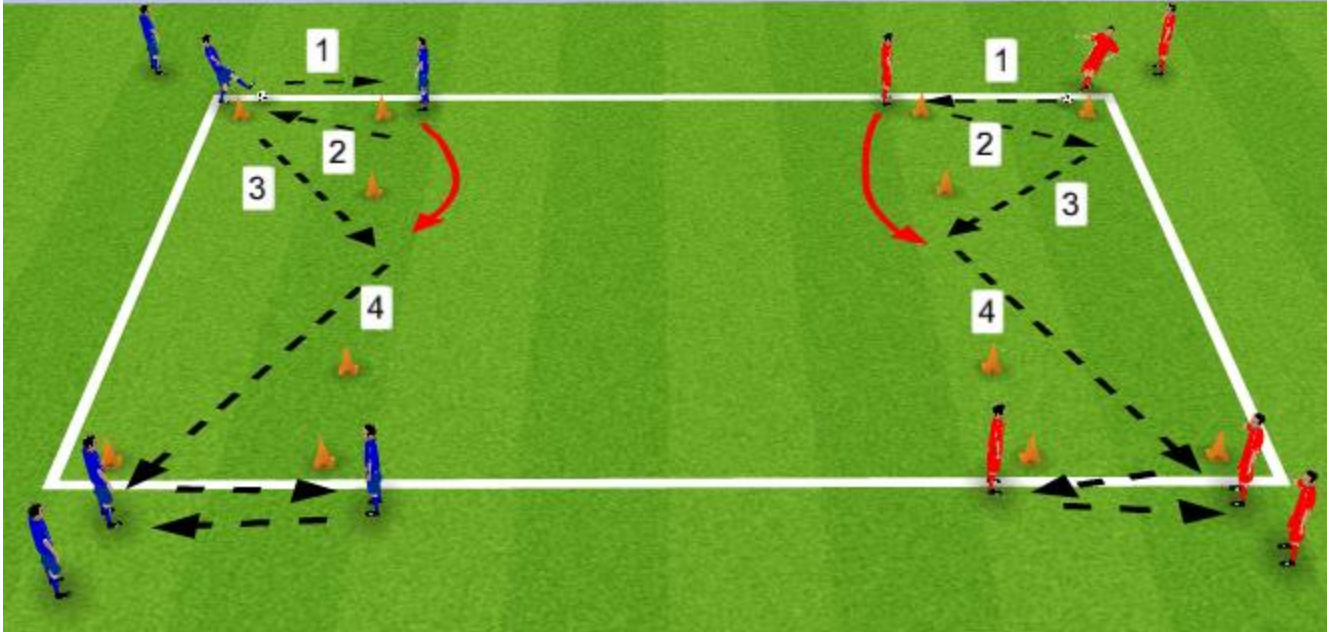
CONTRIBUTION BY:

GAVIN LEVEY

Elite Youth A License & Advanced Children's License

Head of Junior Academy, Aberdeen Football Club

Developing Speed Of Play & Reacting To Transitions Pass & Move Activity



Exercise:

- 6-8 players working in each group (3-4 per triangle)
- Player 1 bounces quick pass to player 2 then player 1 plays diagonal pass in to path of player 2's forward run
- Player 2 then plays longer pass (pass 4) & the activity continues
- Rotation is to move up one place (follow pass)

Progressions:

- Play "one-two" after longer pass (pass 4) & continue activity.

Coaches Tip:

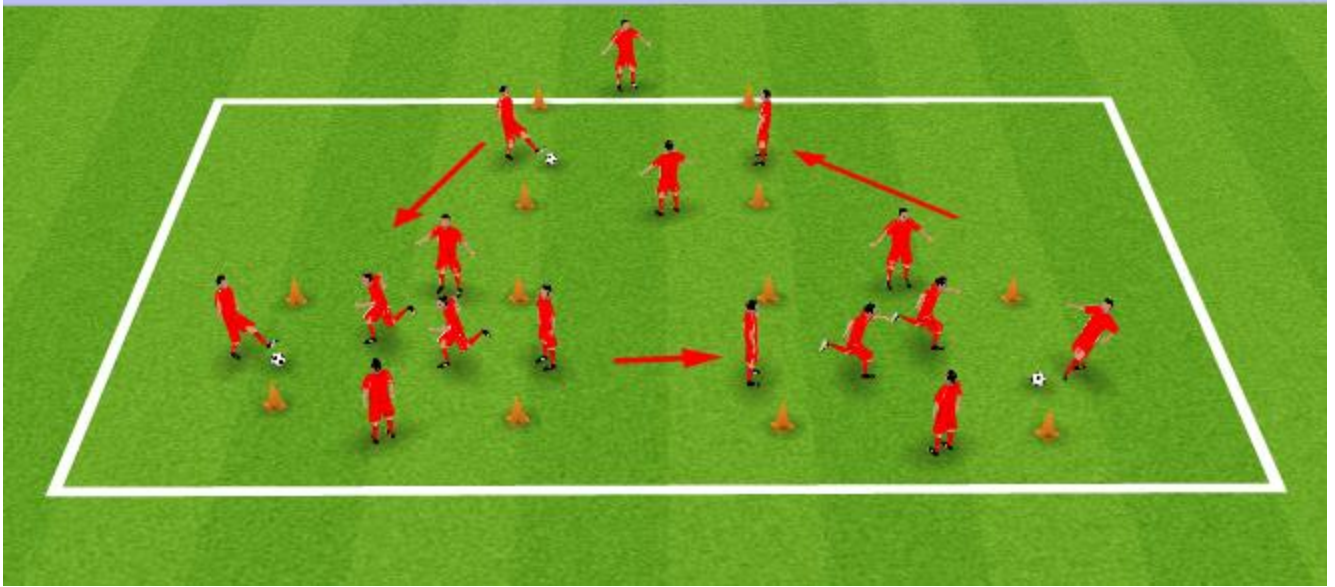
- Players to be ready to receive – look, show and shout.
- Consider weight of pass to enable players to play first time if possible.
- Challenge throughout to play one touch passing, two if required.

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Developing Speed Of Play & Reacting To Transitions Possession Boxes – 4v2, 4v2, & 4v0



Exercise:

- Set up with 3 or more boxes depending on size of group. If 16 players – then 3 boxes.
- 2 x boxes with 4v2 and 1 x box of 4v0.
- Players pass the ball with two touch focus. If two defenders win the ball, they now become passers.
- The player who lost possession & the player who passed it to him then leave their box & move to the 4v0 box to win possession.
- Activity continues with very little stoppages.

Coaches Tip:

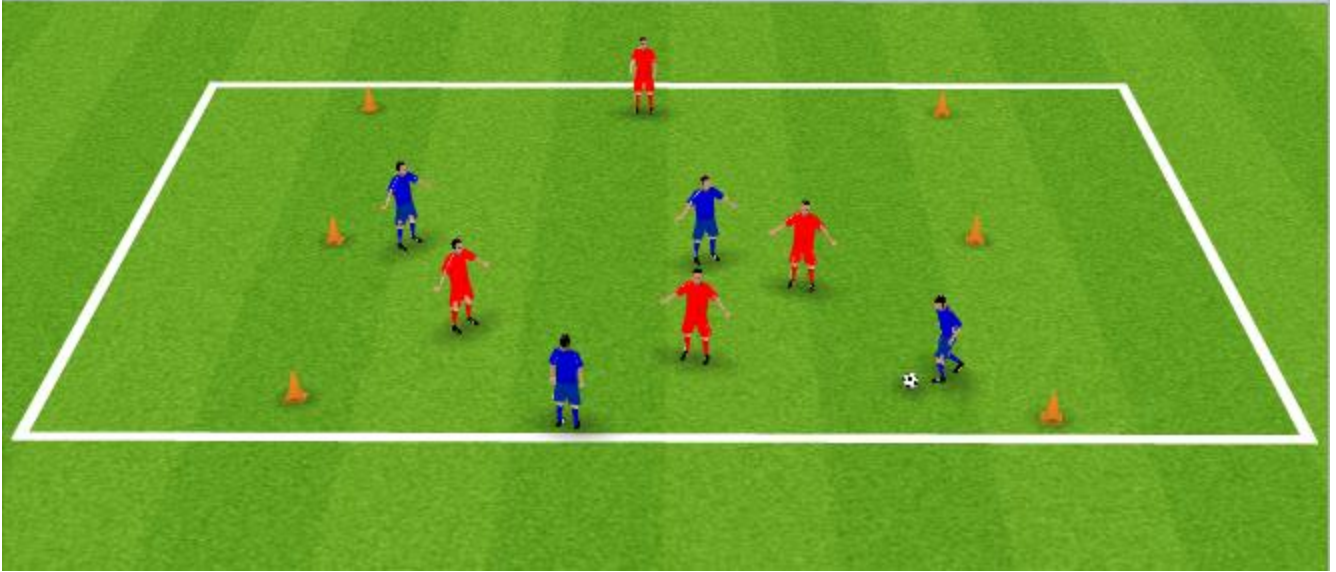
- Quick reactions/transition after losing possession to run into spare box.
- Relax body on touch and set hips to control or play pass in desired direction.
- Players in 4v0 box to constantly be scanning ready for pressure to arrive.

CONTRIBUTION BY:

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Developing Speed Of Play & Reacting To Transitions Target Player Possession Game



Exercise:

- Play 4v3 game in one box with blue players in possession.
- If red players win the ball, they try to hit the target player quickly & move into support in other box.
- When losing possession, 3 blues move into other box to defend against red 4 & leave one blue in box as target player.

Coaches Tip:

- Fast reactions for defenders to press the area quickly when possession is lost.
- When possession is won, team mates to quickly support pass into target player.
- Maximize space when in possession and create angles to receive the ball.

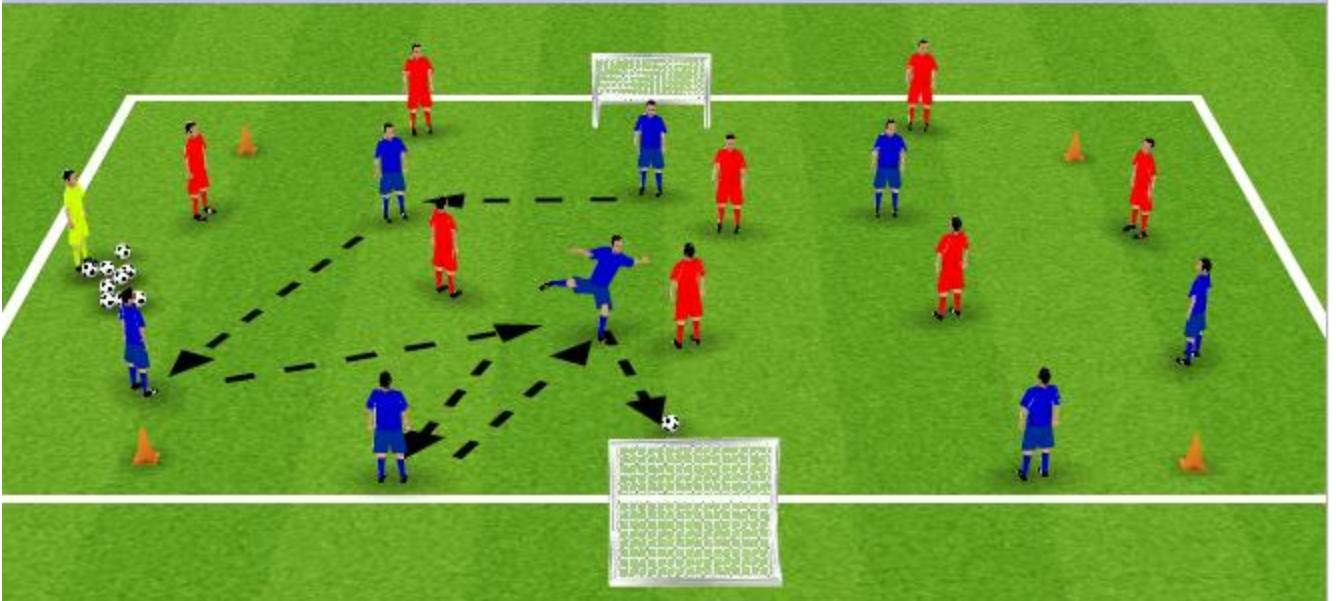
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4v4 Bounce Game



Exercise:

- Team in possession must play bounce passes off the outside players before they can score.
- Condition game to achieve desired outcomes
- Limit touches of inside / outside players as required

Coaches Tip:

- Quality of passing
- Speed of thought / speed of movement / speed of execution
- Quick reactions to the transitions / turnovers happen frequently due to tight space
- Rotate players regularly.

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Dribbling Game



Exercise:

- Area approximately 40 x 40 m depending on age & ability
- 6v6 dribbling game / 7 sets of gates to dribble through / 1 ball
- Begin with free play in respect of touches & passive defending
- A goal has been scored by dribbling the ball through a gate or the ball is transferred to another teammate

Progressions:

- Increase difficulty by having to dribble through more than one gate to score
- Increase difficulty by building to full defensive pressure
- Game can be adapted to use throwing / passing / heading as required

Coaches Tip:

- Encourage movement by all players to create space & 1v1 opportunities
- Focus on attacking first / then bed down basic defending as a unit principles
- Highlight importance of spreading out to attack & create / exploit space
- Note the importance of getting compact & narrow to defend

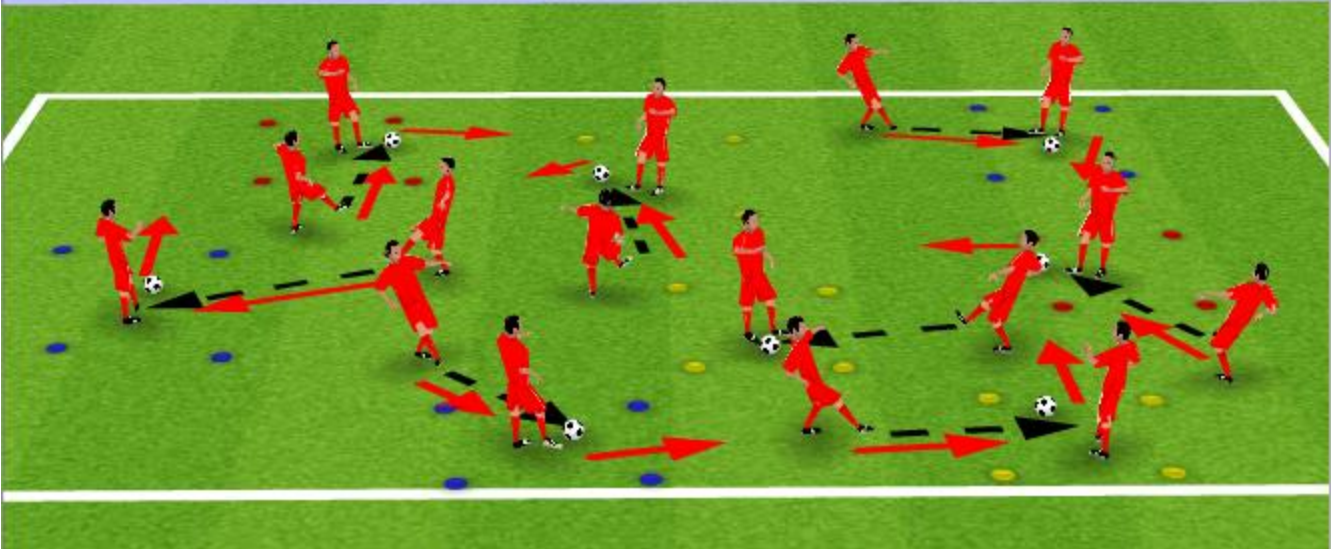
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Break The Line – Passing / Reaction / Movement Exercise



Exercise:

- 16 players
- 8 players must always be in a square
- The other 8 pass into the square & follow their pass
- Player in the square must take a touch that moves the ball out of the square
- Player who passes the ball, then replaces man in the square

Coaches Tip:

- Quality of passing
- Direction & weight of first touch
- Speed of movement / reaction
- Speed of thought to see where passing options are on
- Communication

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3 Team Possession Game



Exercise:

Them of practice: quick reactions to game transitions

- 8v4 always two teams vs one
- Begin with one team defending. Whichever of the attacking teams loses the ball becomes the next defending team

Coaches Tip:

- When in possession, spread out & maximize the playing area.
- When defending, get compact & narrow to close down / deny space
- Communication is vital to all players
- Begin with slow tempo & passive defending / build tempo & increase defensive pressure.

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Head Coach, Washington Spirits (National Women's Soccer League)

Passing & Receiving (On The Turn)



Exercise:

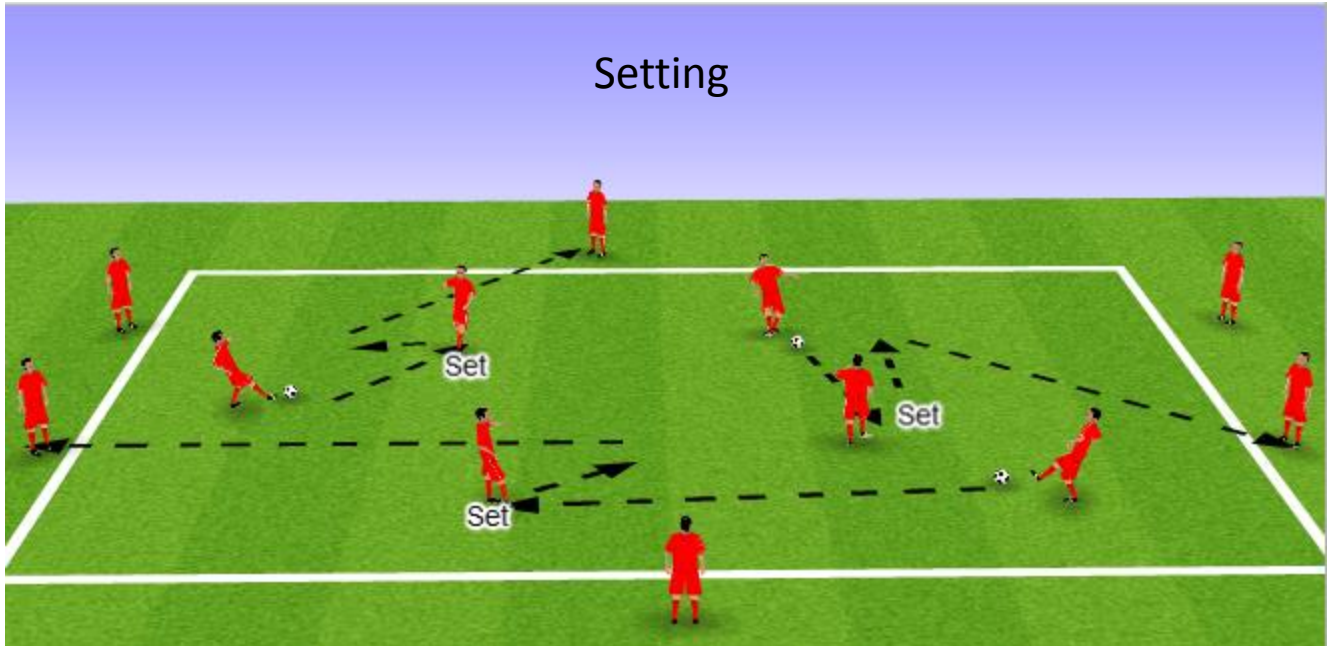
- 3 players with a ball on the inside.
- 3 players on the inside without a ball.
- 6 players on the outside around the grid.
- Player on ball can find someone on inside or outside then rotate roles

Coaches Tip:

- Receive on the turn & aim to receive playing the way they want to pass
- Clean up technical points with the pass (smooth / pace / to the correct foot)

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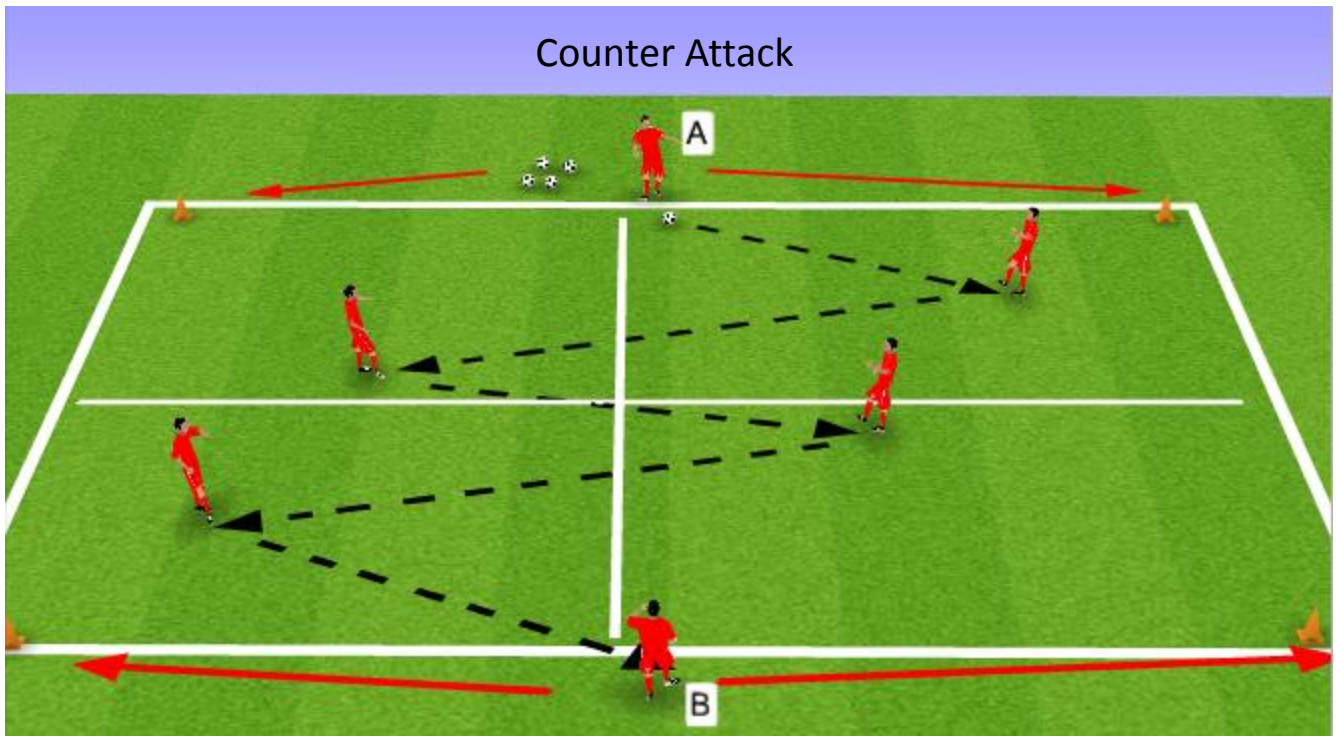
Exercise:

- Place 3 setter's inside the area.
- Player with ball must find a setter pass & say "set". The setter, sets the ball & then player must pass to the outside with 1 touch.
- Setter remains, but inside & outside player changes roles.
- The setter, sets the ball & spins to outside to where the ball is played.
- The passer then becomes the setter.

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Exercise:

- Player A starts with 5 footballs, players in the middle must get the ball from one end to the other as quickly as possible.
- Every player must touch the ball, they can only get the next ball once B has received the ball in play.
- A & B can only move up & down the line, rotate these players.

Progressions:

- Divide pitch into quarters, ask players to start in a quarter each. Once the player has passed, they must move to a different quarter. Two players cannot be in the same quarter
- Make one of the players a defender creating a 5v1, then two defenders creating a 4v2
- 3v3 game with a target man at either end. Once you've hit your target, get another ball from the opposing teams target man. Can you get all footballs to one end?

Coaches Tip:

- This is initially unopposed, ask the players to pass & move realistic to a game situation
- Give angle & open body out to receive pass from end player, be positive, and play quick.

CONTRIBUTION BY:

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Exercise:

- 4v2 keep the ball for 5 passes to win a point
- Yellow can score in either goal to gain a point

Coaches Tip:

- Create space
- Open body position
- Quality of passing

CONTRIBUTION BY:

MELVIN BOEL

UEFA A – Youth Elite

International Development Coach at Feyenoord Rotterdam

Possession 6v6 + 2 Neutral Players (8v6); Improve Possession By Formation



Exercise:

- 4 cones – 60-65 x 45-55m area / 8 balls / 8 bibs, 6 yellow & 2 blue / 14 players
- In possession, you play 8v6
- The neutral players can have unlimited touches and positioning as the 2 attacking mid midfielders
- In possession, create triangles & use the overload players to keep the ball.
- Keep the field as wide & deep as possible
- The 6 defenders wait for the right moment to press & take over the ball. It's important that they mark the 3 neutral players, so the opponent need to play the long ball
- Example: ball in the corners; high ball or week foot

Progressions:

- Adjust spacing depending on the age & ability of the group
- Limit touch
- Teams score by keeping the ball for 6 or 8 touches
- Forbid back passes
- Forbid long balls in the air
- Add a third neutral player and play 9v6 when in possession

Coaches Tip:

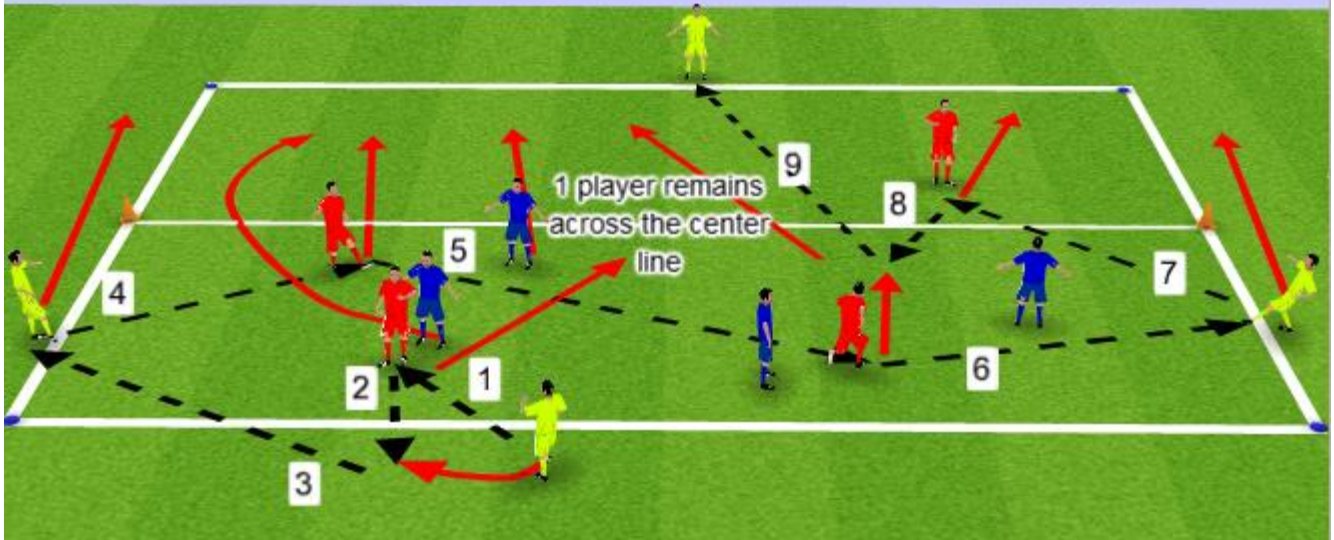
- Communication is vital
- Play the way you face & aware from pressure
- Keep the organization & shape
- Good angles & distance of support to receive the ball
- What is the moment you play 1v1 in your back line?
- Keep the ball moving with quick accurate passing
- Ask match behavior from players, play from the basic positions.
- Start pressing once the ball is with the backs. #9 close the door between 3 & 4.

CONTRIBUTION BY: MICHAIL TSOKAKTSIDIS

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Author of Jose Mourinho Attacking Session – 114 Practices from Goal Analysis of Real Madrid's 4-2-3-1
& Spain Attacking Sessions – 140 Practices from Goal Analysis of the Spanish National Team

Attacking From The Back & Quickly Providing Support In a 2-Zone Possession Game



Exercise:

The objective for the team in possession is to complete 6-8 passes in one grid & then pass the ball to the other grid. If this happens, all players (except the neutrals (Yellow) at the end) move across to the other grid & continue with the same objective. A new player moves to the halfway line position & we again have a 4 (+3) v 4

- We mark out 2 grids 18 x 12 yards each & work with 2 teams of 4 with 4 extra neutrals
- The practice starts with one team in the first grid & the players keep possession as shown in the diagram with the help of the 3 neutrals in the positions shown.
- 1 player from the team in possession can only move along the halfway line & all other players are positioned inside.
- The 4 defenders (blue) are all inside & we have a 4 (+3) v 4 situation

If the team defending (blue in diagram example) win the ball they have 2 options

- 1) At first they must complete 6-8 passes in the same grid & after can change grid
- 2) Progress to them passing immediately to the other grid & moving quickly across to start their possession (a blue player must move to the halfway line position)

Progressions:

- All players are limited to 2 touches (or 1) / All players are limited to 2 touches & the neutrals have 1 touch

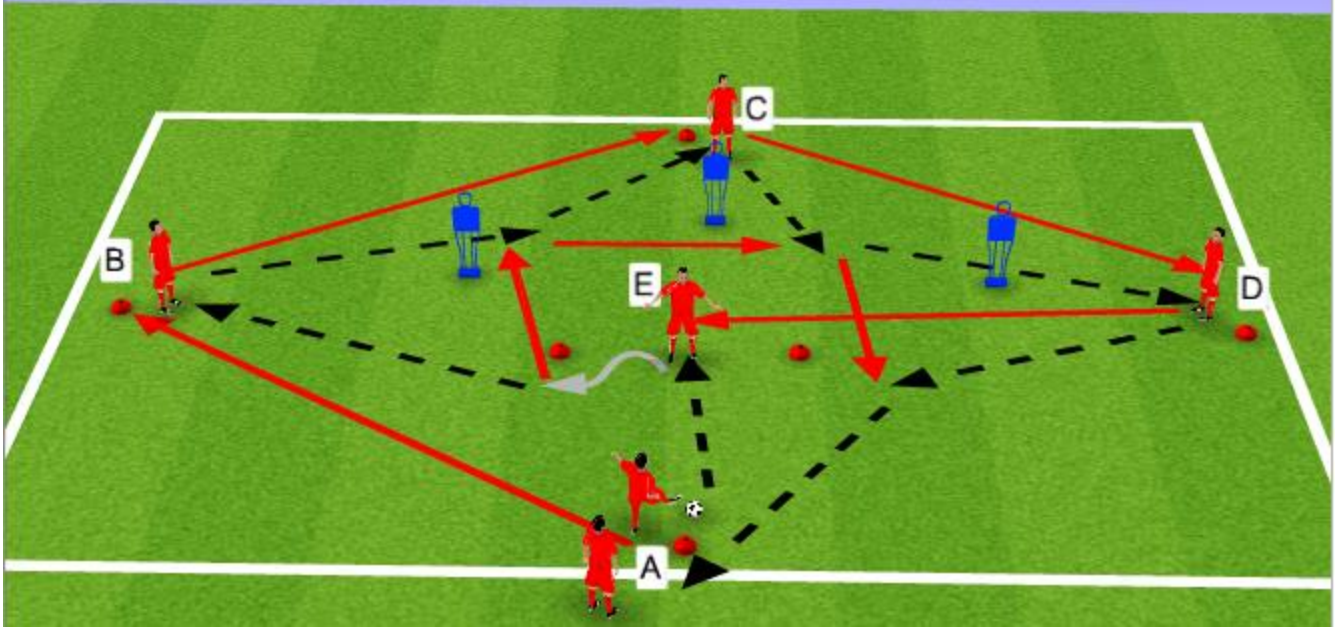
CONTRIBUTION BY:

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One-Two Combinations Pass & Move



Exercise:

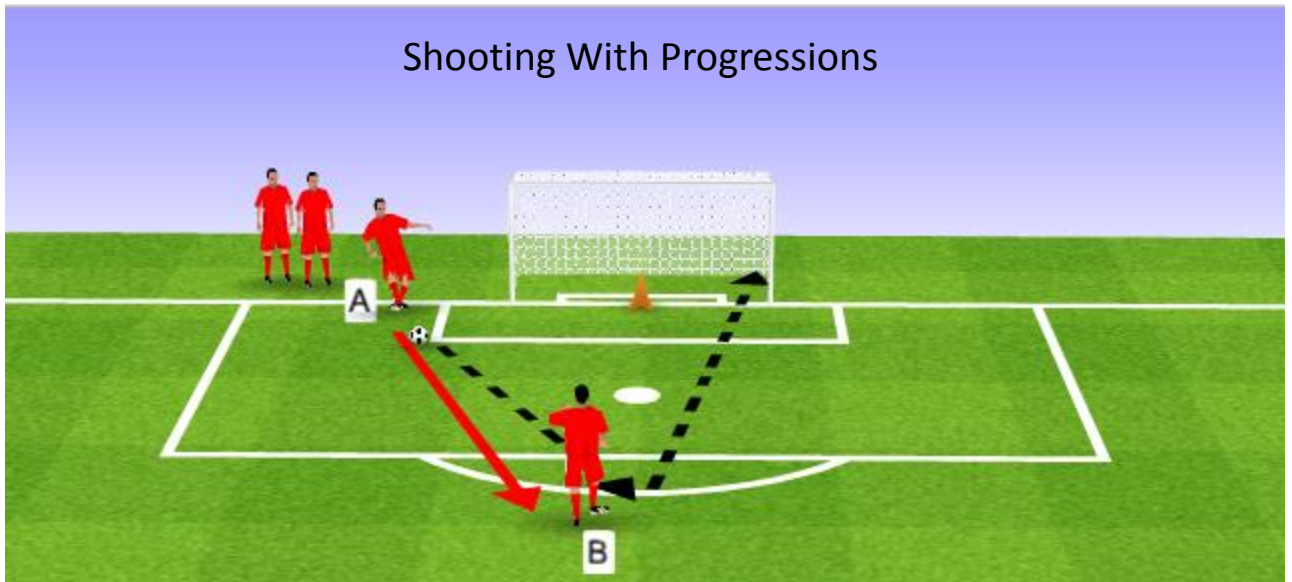
Passing combinations, focus on creating space & moving to receive the ball in “one-two” combinations

- In an area 30x30, 6 players per passing grid
- Player A passes to Player E, then moves to position B.
- E turns & passes to Player B, behind the Mannequin, who plays the “one-two” with E, and so forth

Coaches Tip:

- Focus on Quality of passes, timing, & movement of players

CONTRIBUTION BY:
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Exercise:

- Player A Plays a pass to Player B who controls & shoots to either side of the cone in the goal.
- Once Player A plays the ball he follows his pass & waits for the next pass to come to him

Progressions:

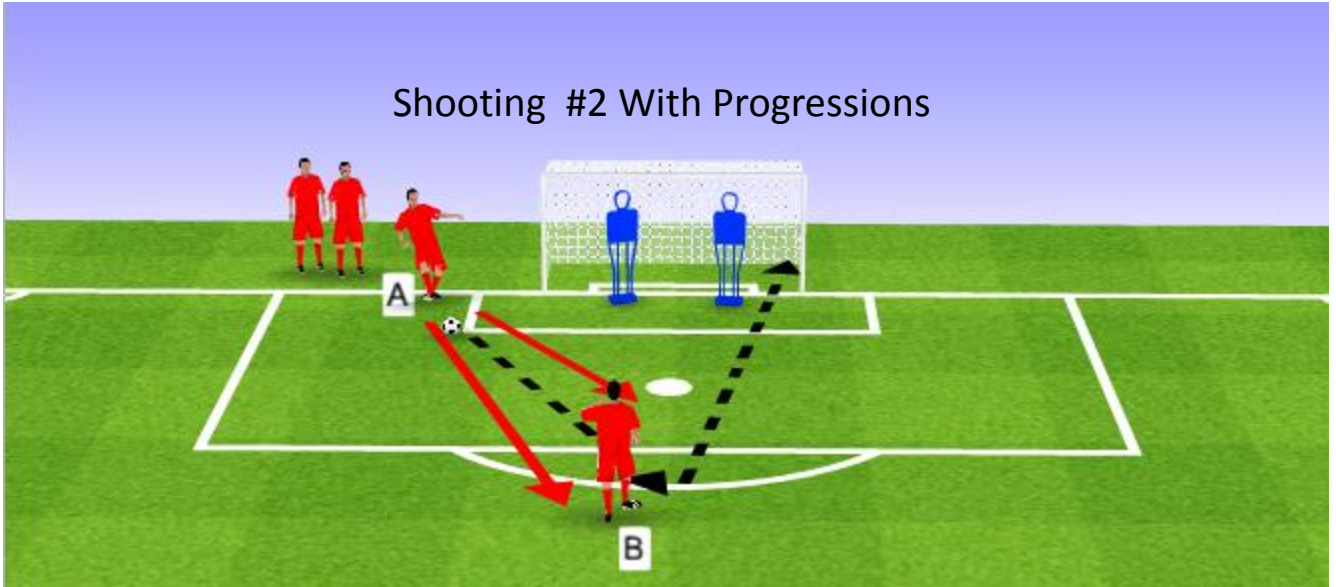
- Time Limit
- 2 touches before finishing
- Left/Right foot
- Distance
- Driven / Curled

CONTRIBUTION BY:

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Technical Director, Goal in One FC

Shooting #2 With Progressions



Exercise:

- Player A plays a pass to Player B who controls & shoots to either side of the mannequins.
- Player A follows the pass & awaits the next pass which will be coming to him.
- Scoring system = down the middle counts as 1 goal, corners count as 5 goals.

Exercise 2:

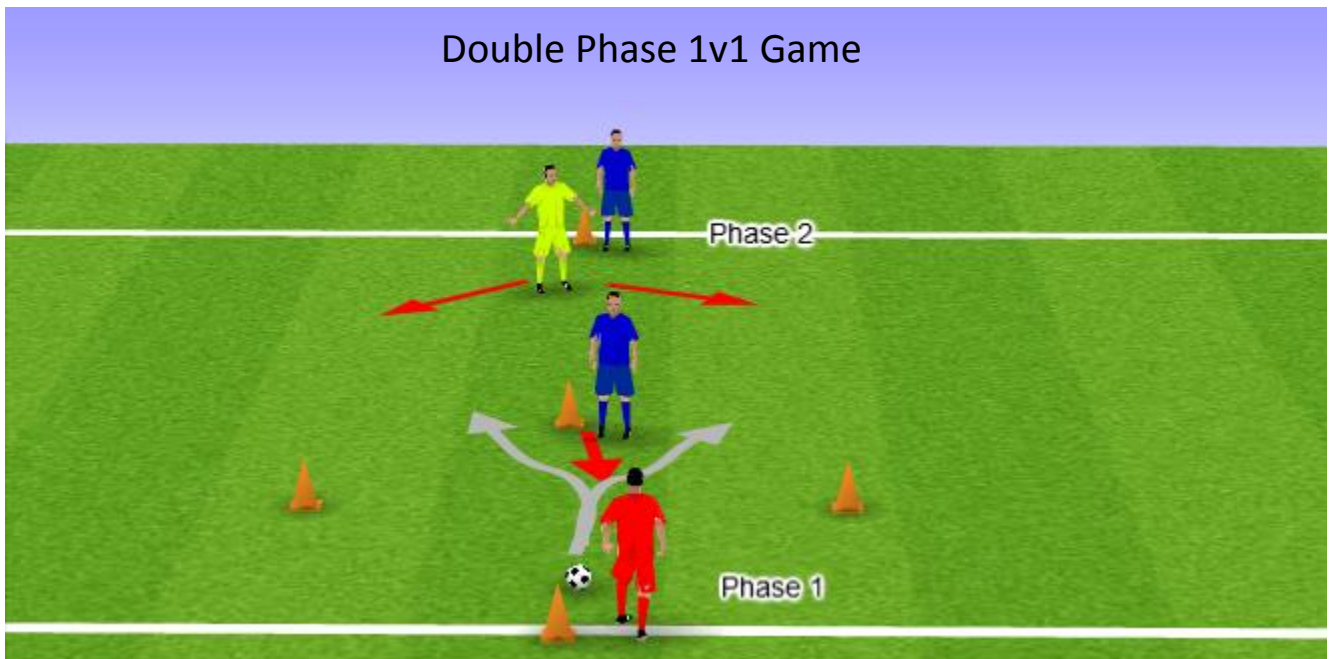
- Player A plays the ball & follows the pass to Player B who controls the pass & tries to beat Player A & score a goal either side of the mannequins.
- Player A follows the pass & awaits the next pass which be coming to him.
- Scoring system = down the middle counts as 1 goal, corners count as 5 goals.

Progressions:

- Time Limit
- Left/Right foot
- Distance
- Driven / Curled

CONTRIBUTION BY: STEVIE GRIEVE

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Head of Coach Education & Technical Director, Garhwal FC (Indian I-League 2)



Exercise:

- In Phase 1, the attacker will receive & attack 1v1 with 2 exit routes.
- As the attacker (red) dribbles at the defender (blue), he must exit left or right.
- As he exits the diamond, the 2nd attacker (yellow) will drift to one side or the other, marked by the defender (blue).
- The attackers can then dribble over the end line.

Progressions:

- Recovering 1st defender
- Add in GK to score into
- 2nd defender can go to press

Coaches Tip:

- Attack weighted leg of defender
- Acceleration after 1v1 move
- Combination into yellow
- Attack the space

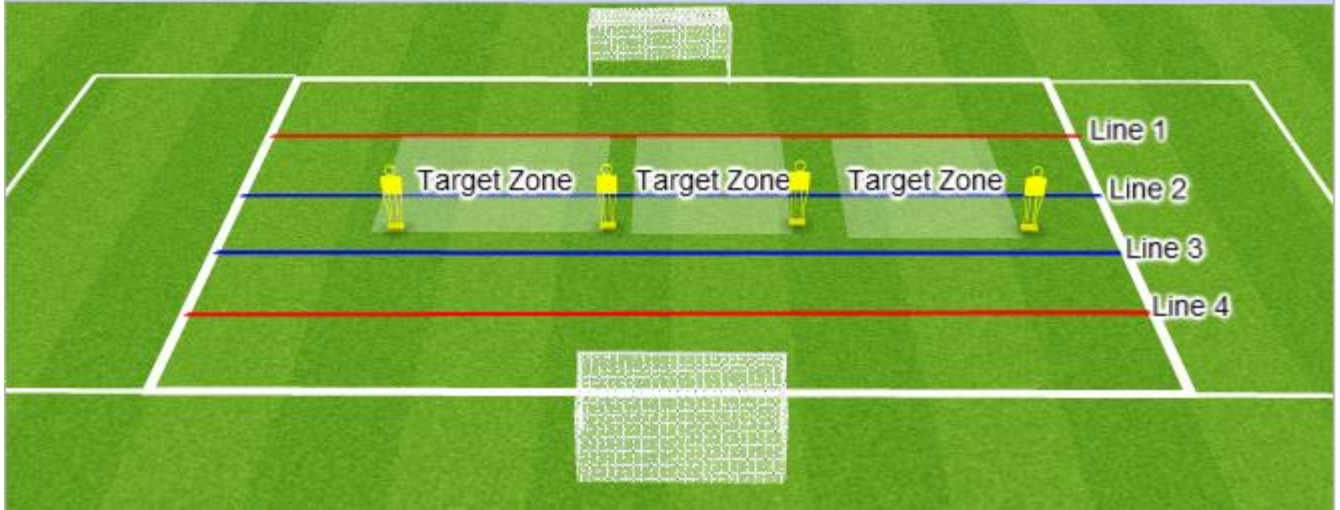
Tactical Exercises

CONTRIBUTION BY:

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Training Striker Movement In A Front 2, 3 Or 4



4 line system

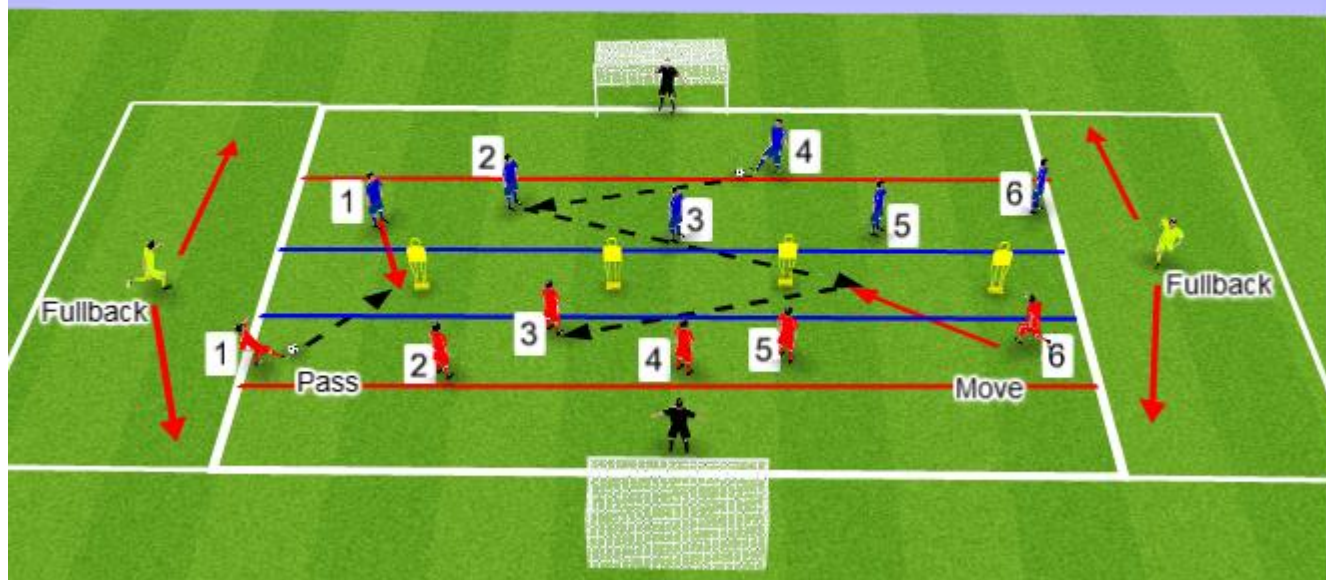
- Line 1 – in front of the opposition line
- Line 2 – on the same opposition defensive line
- Line 3 – Behind the opposition defensive line
- Line 4 – on the next opposition defensive line

We will ideally have 1 player on each line

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Training Striker Movement In A Front 2, 3 Or 4



Exercise:

- Coach calls number of player to drop in to act as False 9 / Second Striker to link with midfield
- SS = Second Striker, Players numbered random 1-6 for each color and 2 neutral fullbacks.

Passing Line development.

- Receiving on line 2 or 3 and show which is line 2 and 3
- SS should receive behind the line to turn
- SS should receive on the line to lay off to FB who passes through the line onto line 4 (to the CF)

Movement patterns; based on the Second Striker

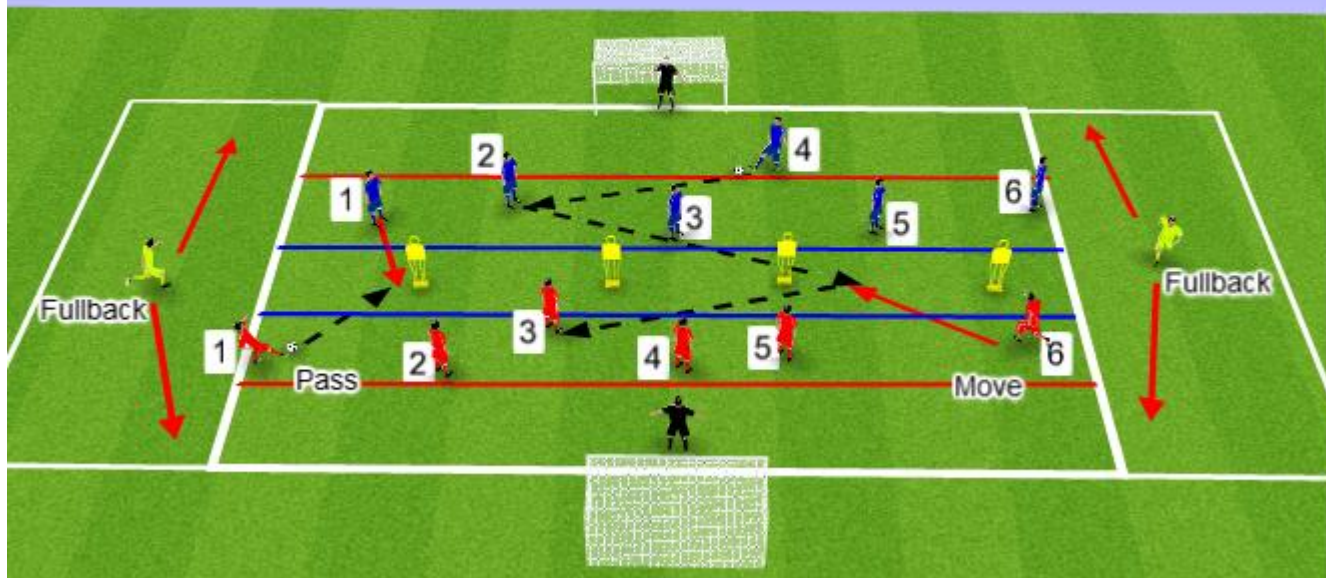
- SS drop off, turn, play a 1-2 with end player and shoot
- SS drop off, Through ball to far side 3rd man run to go 1v1 on GK
- SS drop off, turn, 1-2 and far side through ball to go 1v1 on GK
- SS drop off, FB support to receive and pass into CF to turn and shoot from end zone
- Combo's from SS-FB-CF-SS to shoot
- Combo's from SS-FB-CF-SS to winger 3rd man run

Progressions & Coaching Points continued on next page

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Training Striker Movement In A Front 2, 3 Or 4



Progressions:

- Allow 2 players to drop between the lines
- Diagonal pass to find the 1st player who lays off to play a 1-2 with the 2nd and shoot
- 1st SS lays off to 2nd SS who switches to far side wide player to cross - attack box v 2 CBs from same grid.
- 1st SS to 2nd SS who passes to same side winger for cutback - 2v2
- Intricate combinations; 1st SS-2nd SS- End zone player- 2nd SS- Overlap runner- cross/shoot

Coaching Tips:

- Receiving lines (Line 1 in front of the line, line 2 on the line, line 3 between the lines, line 4 on the next line)
- Scanning to see who is available;
- Communication; Eye contact, Hand gesture (right hand right foot), Verbal (Behind, in front, etc.)
- Body Shape on movement to drop in and turn / layoff / receive to combine in end zone
- Winger position; behind the line of the receiving player to create angle for lay off (in eye line)
- Winger position; Body shape to receive and pass 1st time
- Movement to play 3rd man in end zone
- Diagonal pass, straight run / Straight pass, diagonal run
- Type of strike to hit the SS / through ball / combine / shoot

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back



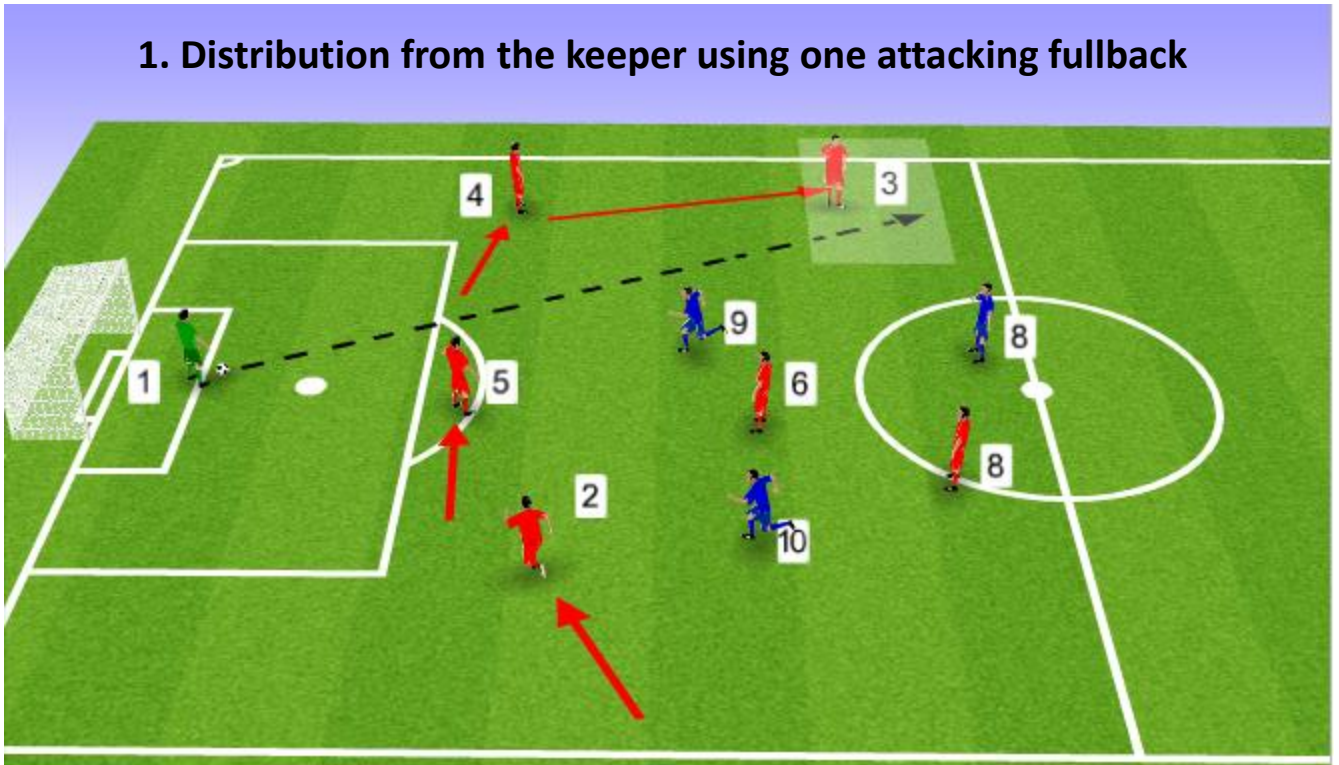
- Our starting position, the team is in defensive shape and ready to attack.
- A 6 v 3 makes it easy to get out, but decrease the number of opponents if necessary to gain success initially.
- Red (Us) vs Blue (Opponent)

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

1. Distribution from the keeper using one attacking fullback



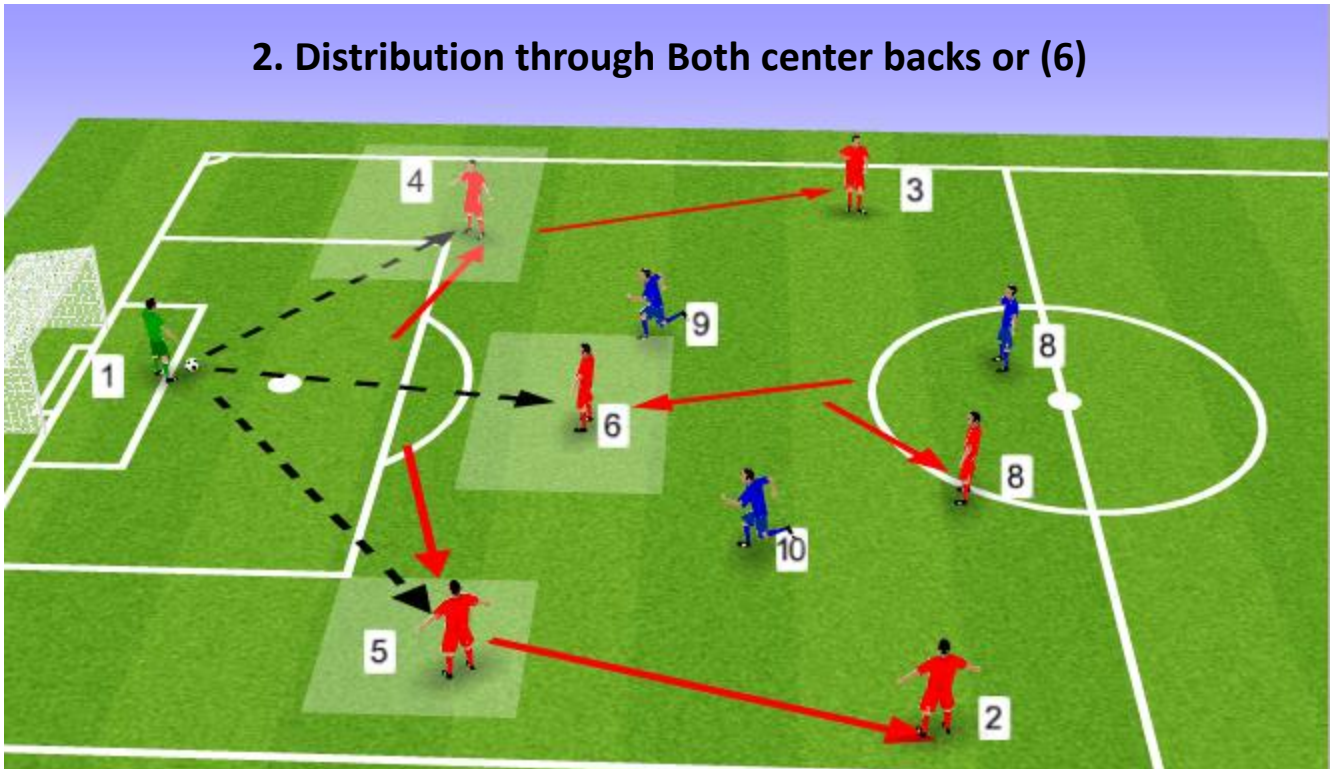
- We attack one side with (3) and we slide across with the other three (2) (5) (4) of the back four to cover the spaces behind.

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

2. Distribution through Both center backs or (6)



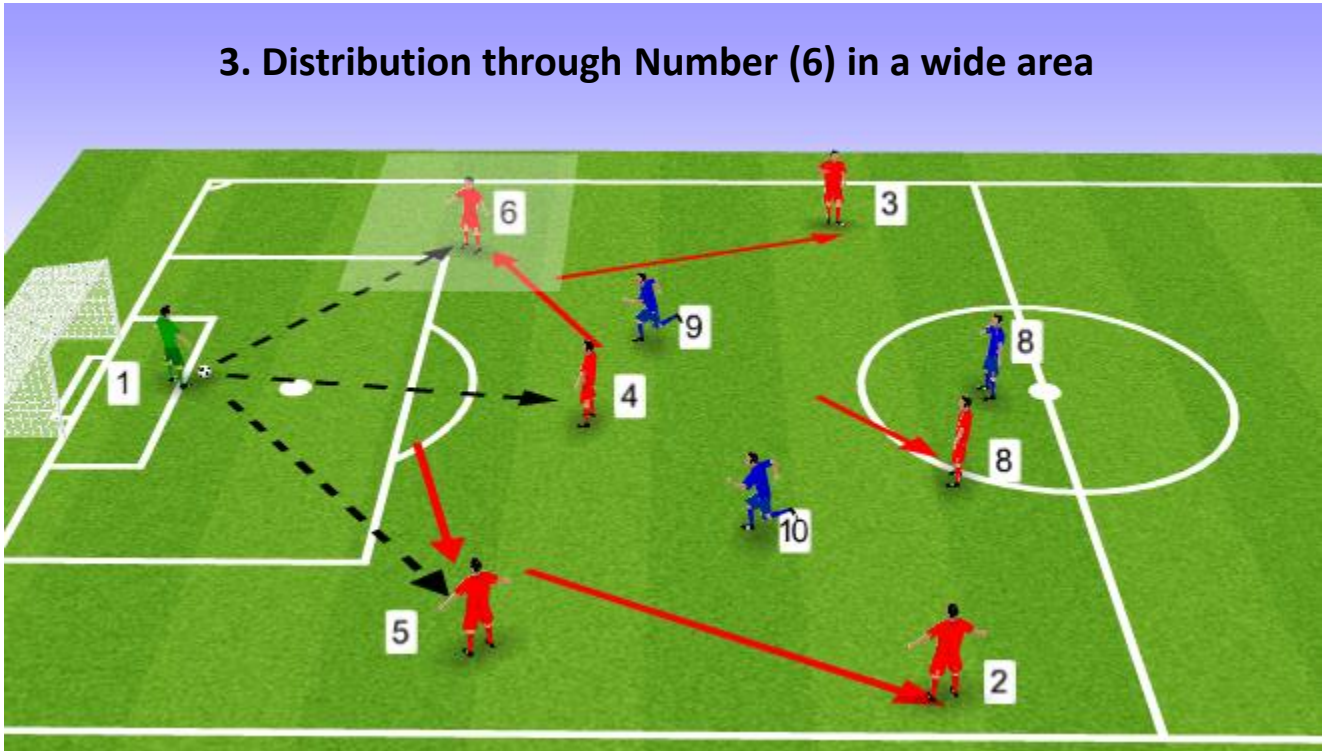
- A simple starting position on distribution from the back using only those players in the immediate vicinity.
- A 3 v 2 at the back in our favor.

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

3. Distribution through Number (6) in a wide area



- Now (6) breaks wide to receive the ball and escape being marked in the middle.
- The same can happen with (6) breaking out to the right also replacing (5) who stays central.

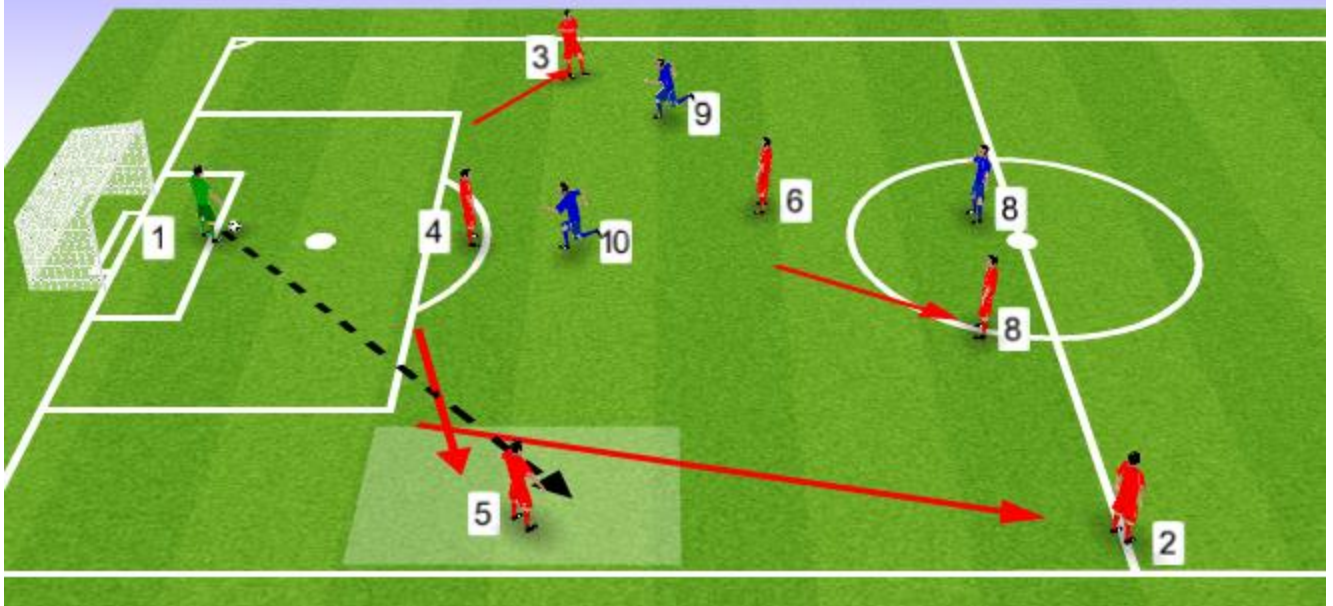
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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

4. Distribution from the keeper: One center back breaks wide



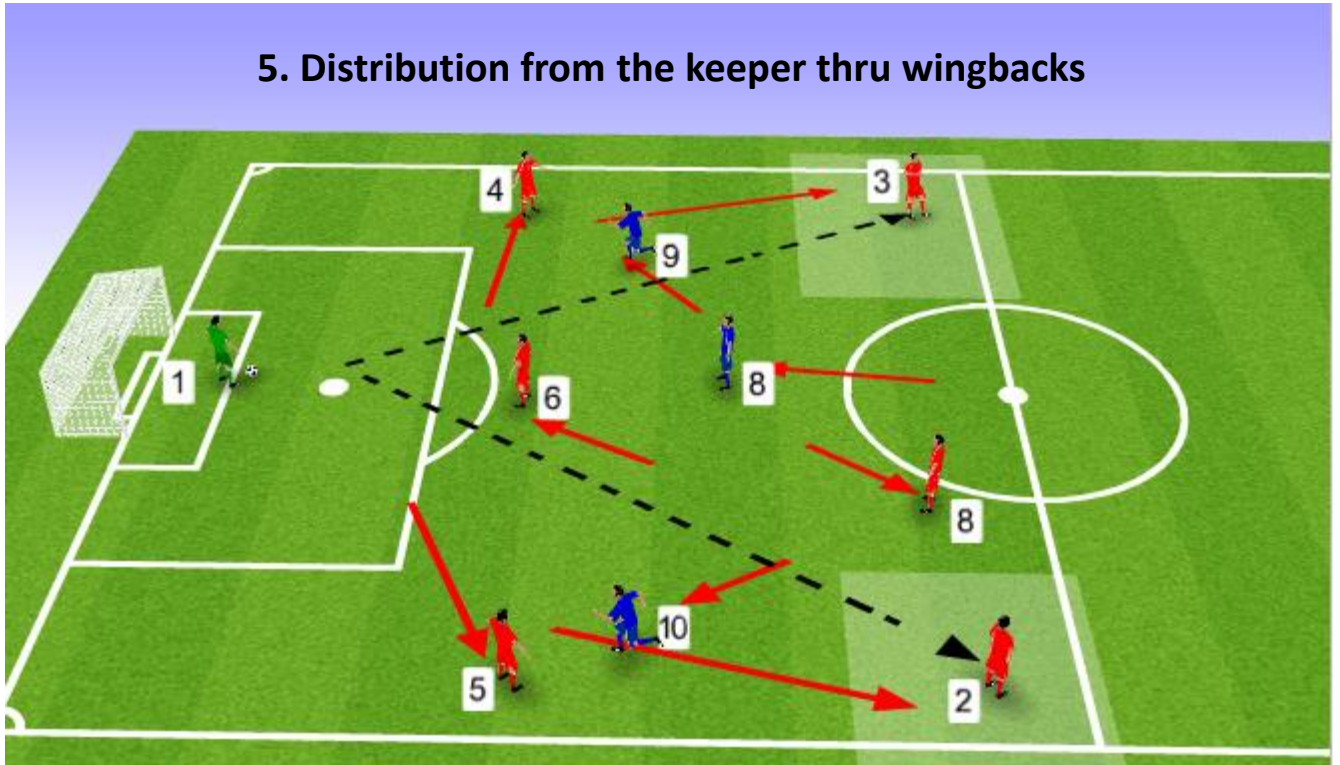
- (3) stays, (6) doesn't drop in, (4) stays central, (5) goes wide, (2) pushes on and we get out down one side.
- Opponents (9) and (10) stop our (4) and (3), (5) gets free to play out.

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

5. Distribution from the keeper thru wingbacks



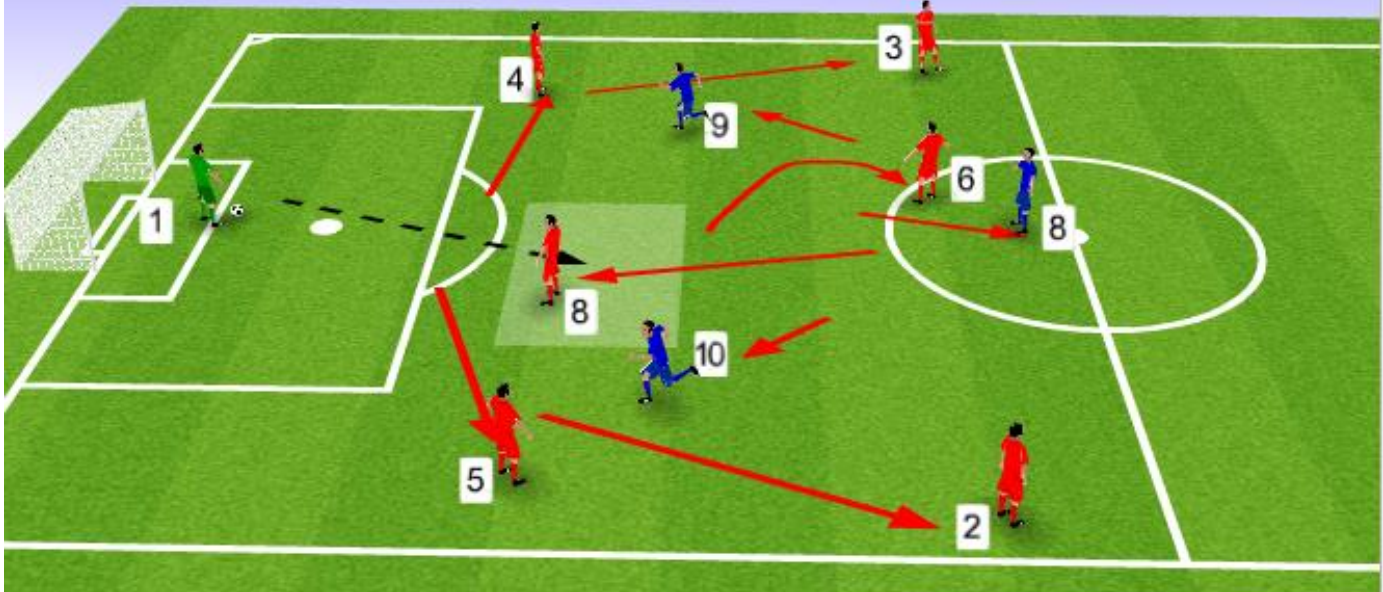
- They (blue) push 3 up we get out through our wingbacks.
- Have opponents make different choices to force the keeper to make relevant decisions in training.

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

6. Distribution from the keeper thru central midfield rotation of (6) and (8)



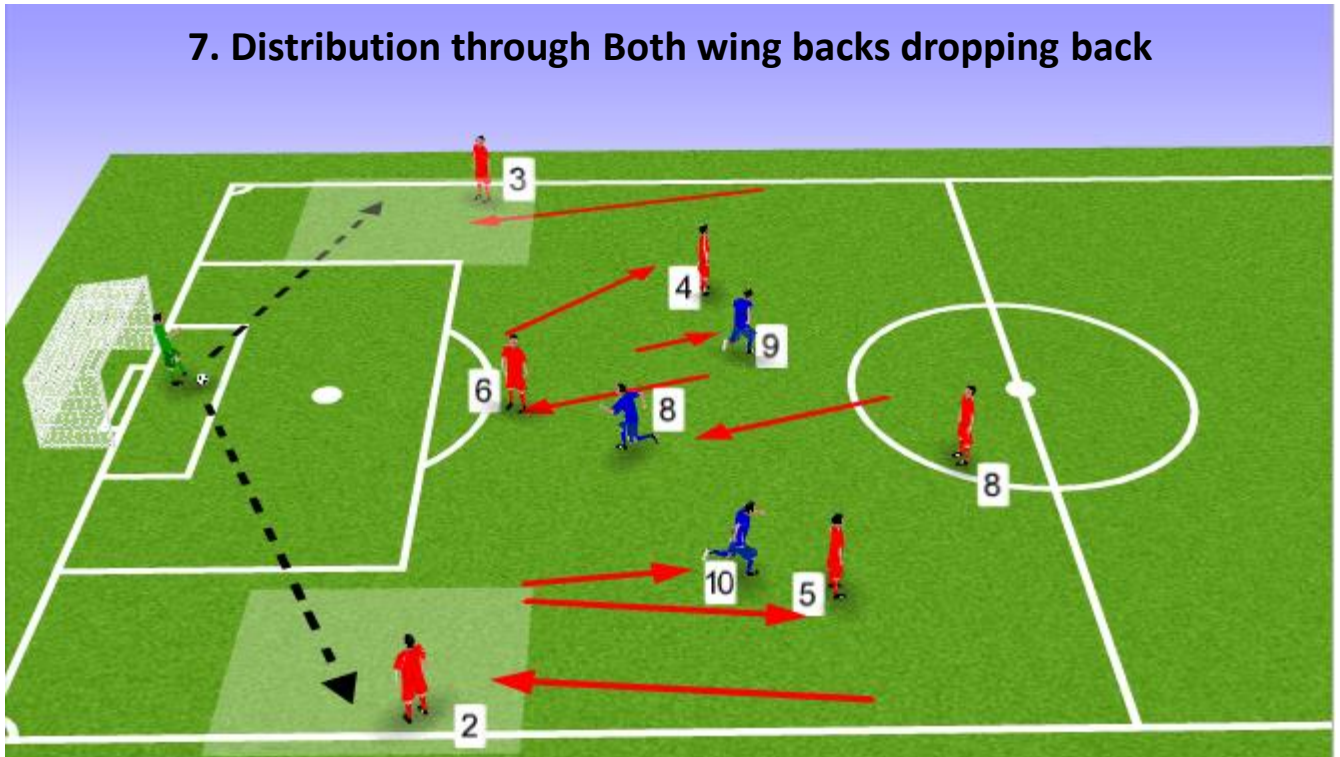
- (6) Clears the space and takes the opponents (8) with him and our (8) drops in free to start the attack.
- Can also be with (6) and (10).

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

7. Distribution through Both wing backs dropping back



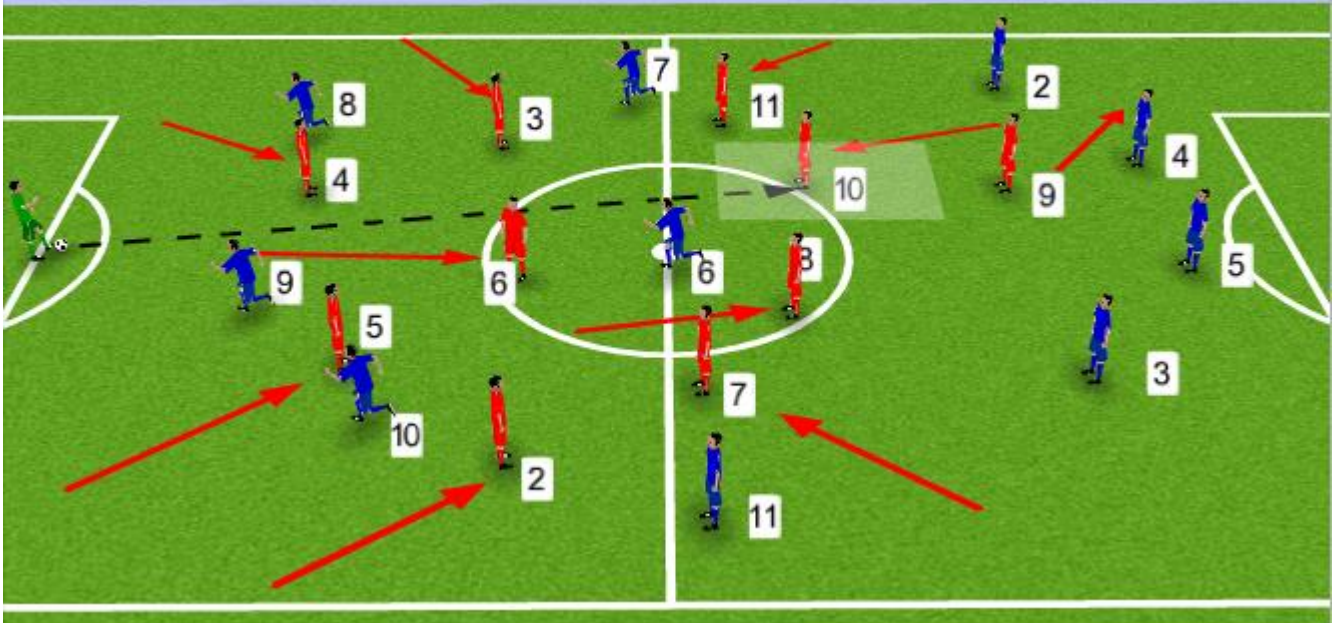
- Center backs both push out quickly.
- And they are tracked by the two strikers.
- This releases spaces behind them.
- Both wing backs drop back into those spaces to receive the ball.

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8 Ways To Distribute From The Goalkeeper & Play Out From The Back

8. They have pushed onto our Wingbacks so this outlet is stopped;
we have to go long as a last resort



- This can still be EFFECTIVE: Now we condense as a team “short and tight”.
- Our (10) is good in the air so we hit him and we have a lot of players around him to win the 2nd ball.

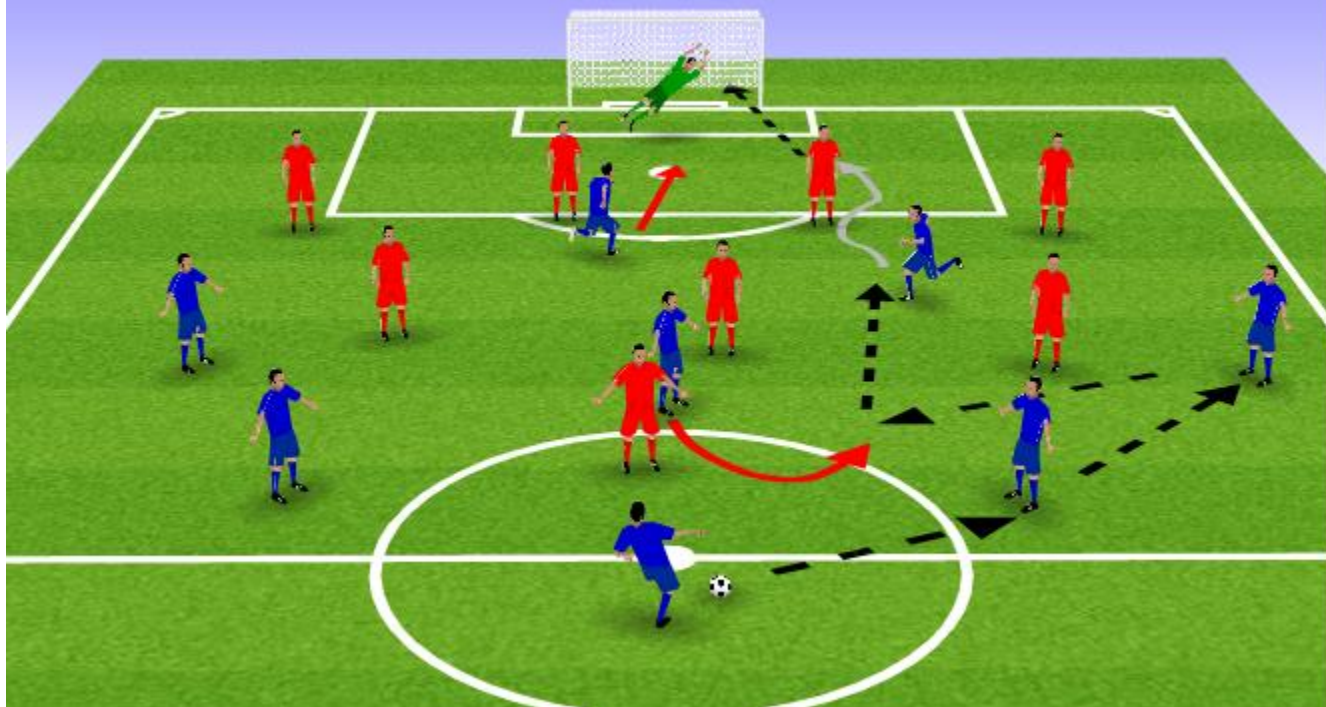
CONTRIBUTION BY:

GAVIN LEVEY

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Head of Junior Academy, Aberdeen Football Club

Developing The 4-1-3-2 Attacking Options - Attack Pattern 1



Exercise:

- Based on 18 players with adaptations. Work alternate sides
- Ball starts with feeder, into full back who plays ball back into central area for holding midfielder to play into striker

Coaches Tip:

- Strikers Movement – First striker checks off defender & comes short to get on the ball.
- Gets turned quick & takes on defender for shot at goal **OR** bounce a quick “one-two” off strike partner.
- Second striker stays long & offers for quick “one-two” pass in behind defenders.

Adapting for numbers in group:

16 Players in session = No feeder & No opposition Striker (start balls with full backs).

16 Players in game = 1 full back becomes GK, 1 opposition midfielder becomes attacker. 1-1-3-2 Vs 4-2-1.

17 Players in session = No Feeder (start balls with full backs).

17 Players in game = One opposition midfielder becomes GK. 2-1-3-2 Vs 4-2-1.

19 Players in session = 1 extra opposition attacker

19 Players in Game = 1 extra yellow defender. 3-1-3-2 Vs 4-3-1.

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Developing The 4-1-3-2 Attacking Options - Attack Pattern 2



Exercise:

- Same set up as previous page, working down alternate sides.
- Ball out into wide area, wide player cuts inside with midfielder dropping off to create space for pass into second striker.

Coaches Tip:

- Strikers Movement – First striker checks off defender & comes short to get on the ball.
- Second striker stays long but steps onto the ball before clipping pass in behind defenders for strike partner to shoot on goal.

Adapting for numbers in group:

16 Players in session = No feeder & No opposition Striker (start balls with full backs).

16 Players in game = 1 full back becomes GK, 1 opposition midfielder becomes attacker. 1-1-3-2 Vs 4-2-1.

17 Players in session = No Feeder (start balls with full backs).

17 Players in game = One opposition midfielder becomes GK. 2-1-3-2 Vs 4-2-1.

19 Players in session = 1 extra opposition attacker

19 Players in Game = 1 extra yellow defender. 3-1-3-2 Vs 4-3-1.

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Developing The 4-1-3-2 Attacking Options - Attack from either side – Using options



Exercise:

- Feeder plays to either fullback to begin the attack
- Players look to get ball into strikers early & initially opposition go “live” on striker’s first touch.
- If opposition win the ball, then try to break out hitting red striker with a pass.
- Attacks re-start from feeder & try to keep play going, but coaching strikers where necessary.

Coaches Tip:

- Try to encourage patterns that have been practiced.

Adapting for numbers in group:

16 Players in session = No feeder & No opposition Striker (start balls with full backs).

16 Players in game = 1 full back becomes GK, 1 opposition midfielder becomes attacker. 1-1-3-2 Vs 4-2-1.

17 Players in session = No Feeder (start balls with full backs).

17 Players in game = One opposition midfielder becomes GK. 2-1-3-2 Vs 4-2-1.

19 Players in session = 1 extra opposition attacker

19 Players in Game = 1 extra yellow defender. 3-1-3-2 Vs 4-3-1.

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Developing The 4-1-3-2 Attacking Options – Free Play



Exercise:

- Set up in a 2-1-3-2 vs 4-3-1
- Goal introduced to activity & feeder becomes the goalkeeper.
- Players play freely keeping share & trying to use movements that have previously been patterned.

Coaches Tip:

- Play as normal game with key focus on attackers offensively & make corrections where necessary.

Adapting for numbers in group:

16 Players in session = No feeder & No opposition Striker (start balls with full backs).

16 Players in game = 1 full back becomes GK, 1 opposition midfielder becomes attacker. 1-1-3-2 Vs 4-2-1.

17 Players in session = No Feeder (start balls with full backs).

17 Players in game = One opposition midfielder becomes GK. 2-1-3-2 Vs 4-2-1.

19 Players in session = 1 extra opposition attacker

19 Players in Game = 1 extra yellow defender. 3-1-3-2 Vs 4-3-1.

CONTRIBUTION BY: **GARY CURNEEN**

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Head Women's Coach, California State University – Bakersfield
Author of "The Modern Soccer Coach 2014" & "Position Specific Training"



Exercise:

- Red (1) plays the Target Forward (2) who has 2 touches to play back to the middle area
- 3v3 in the middle area
- 5 passes & then they can go forward
- If blue wins the ball back, they score by passing through gates A&B

Coaches Tip:

- Target forward to occupy & split two blue center backs
- Supporting runs from central once red can attack

Small Sided Games

CONTRIBUTION BY: **BOBBY PUPPIONE**

USSF A License

Cincinnati United Soccer Club / CUP Girls Director of Coaching

8v4 Possession Target Game / Counter Pugg Goals



Exercise:

- 35 long x 25 wide. Dimensions can vary.
- Blue (team of 8) looks to build from one target to the next in a 1-3-3-1 shape.
- Red (team of 4) looks to win the ball & score on any of the pugg goals.

Progressions:

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

Coaches Tip:

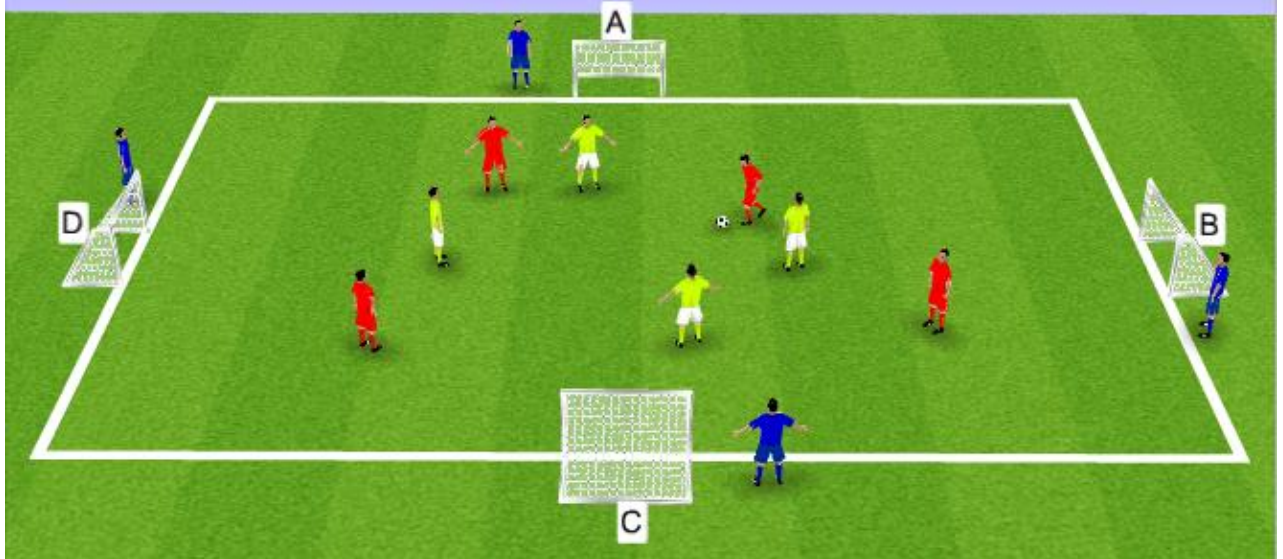
- Technique of passing / receiving
- Angles of support
- Movement off the ball
- Connecting with target early
- Building out of the back
- Having ideas ahead of time

CONTRIBUTION BY: BOBBY PUPPIONE

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Cincinnati United Soccer Club / CUP Girls Director of Coaching

Four Goal Game – North South East West



Exercise:

- Players play 4v4 in the middle to small goals with 4 neutrals (blue) on the outside.
- One team attacks goals North/South (A & C) while another team attacks goals East/West (B & D).
- Field size and number of plays can vary. Switch neutrals every 3-4 minutes.

Progressions:

- Must connect with both neutrals (A & C or B & D) on the edges of your goals before scoring on either goal.
- One team attacks A & B goals while the other team attacks goals C & D.
- Must first connect with the neutral on the side of the grid of the goal you score on.
- Can score on any goal but must connect with a ll four neutrals before scoring.
- Put goals in corners.
- Take away neutrals & make 2 teams but still have target players on the edges. When player on the edge receives a pass, the player who passed the ball goes on the edge & the previous edge player comes in with the ball.
- Replace the small goals with large goals and add goalkeepers.

Coaches Tip:

- Quality of passing / receiving / dribbling
- Movement off the ball
- Changing of direction/switching the point of attack
- Decision making / speed of play
- Connecting with neutrals early before scoring
- Runs toward goal

CONTRIBUTION BY:

ROB GALE

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Head Coach, U20 Canadian National Team



1v1 Flank Play - Up Tempo Repetitions In A Function

Exercise:

- 3 phase shooting – 2 from crosses and 3 recovery runs
- 3 players set off together.
- Central player plays one two with coach and then plays wide for onrushing right sided player.
- Right sided player clears hurdles and then has to deliver cross after central player has shot (A) a ball played in by the coach
- (B) cross comes in and the central player resets for cross (C) from left player who has zigzagged poles and receives set ball from coach to deliver (C) to be finished by other two players.
- All three players then sprint back to starting line in a race. (Mental transition element)

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Director of Older Boys Program, LA Galaxy South Bay

Expanded Activity For Attacking System Of Play



Exercise:

- Two thirds of the field
- 9v10 (including GK) / 9 red (3-2-3-1) to big goal and 10 blue to 3 small goals

Coaches Tip:

- Good starting positions
- Good ball movement from the back 3
- Can the midfield and fullbacks receive on the front foot and make good decisions to play through the middle or outside.
- Middle – quick combination play & #9, #10
- Wide - #7,#2, & #11, #3 crosses driven, lofted curled

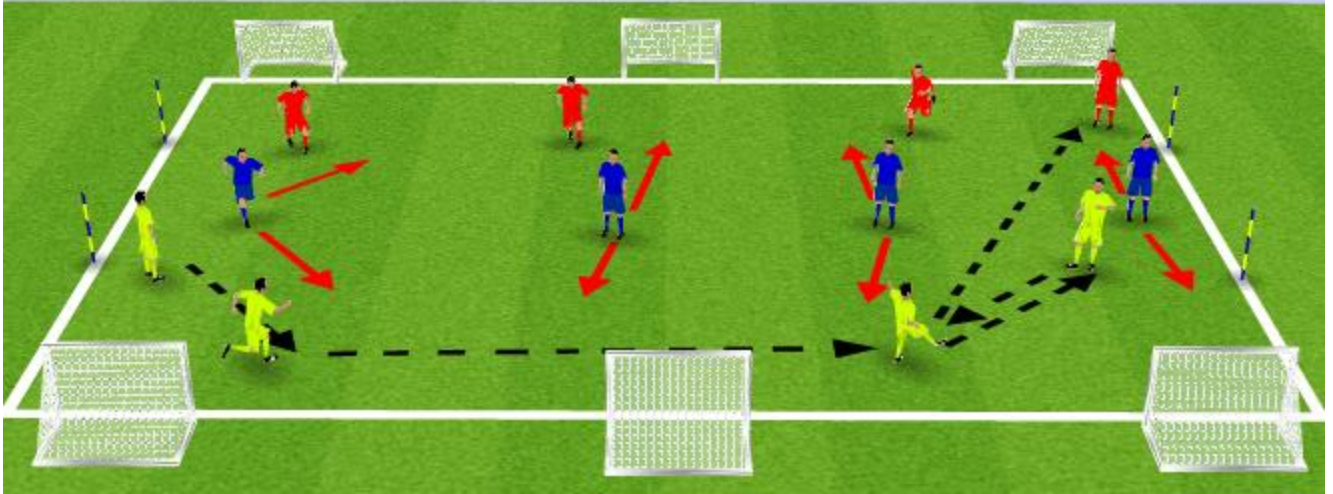
CONTRIBUTION BY:

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UEFA B Candidate

Staff Coach, Tramore AFC (Ireland) & Waterford Development Squad

Transition Between Attack & Defense Game



Exercise:

- 40x40 square area / Place goals on both ends as shown.
- In the middle of our grid (10 yards from each end line) we place four poles as shown
- The blue team above are confined to within the poled off area. Their job is to cut any passes within their area.
- When they cut out a pass they now try to attack a set of goals that the team who gave the ball away were standing in front of, hence becoming the attackers & transitioning from defense to attack.
- The job of the yellow & red team is to try to maintain possession while passing through the grids.
- In order for them to pass through the poled area, one of their players must enter the poled area & perform a wall pass as shown. Each player should of touched the ball before this.

Coaches Tip:

- Blues are trying to get possession so do not simply kick the ball away when it crosses your path.
- Passes should be accurate & firm.
- Players should talk each other through in order to perform wall passes.
- Transition from defense to attack together as a team.

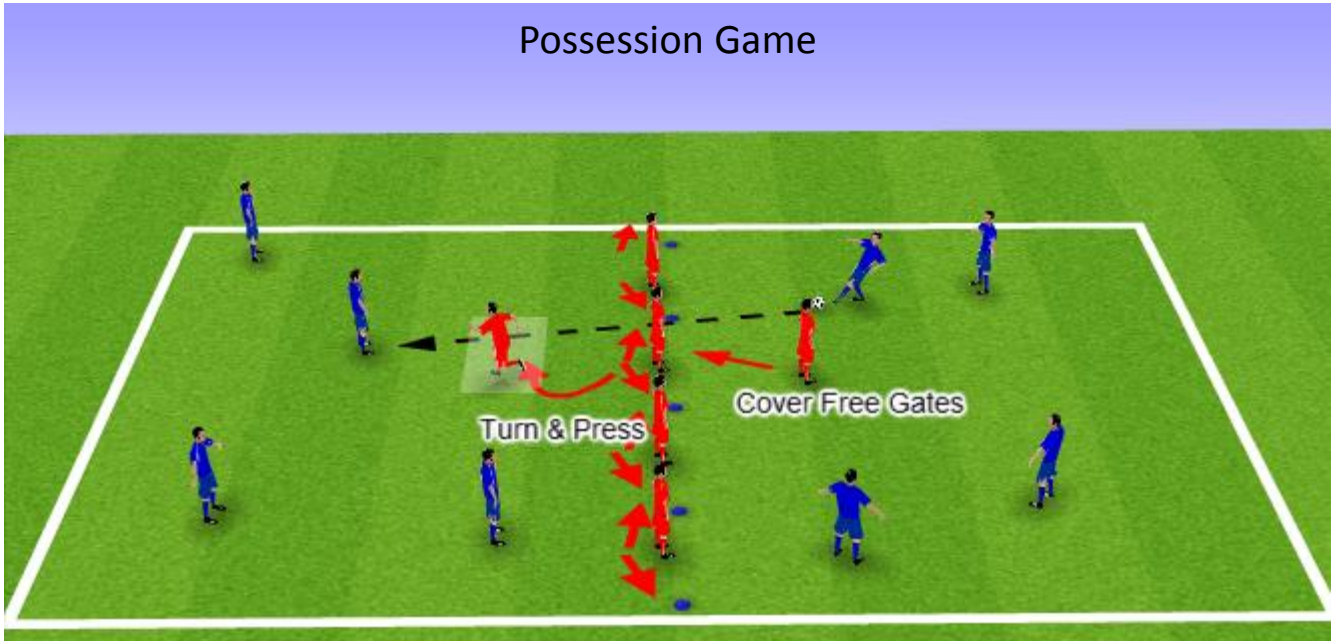
CONTRIBUTION BY:

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Possession Game



Exercise:

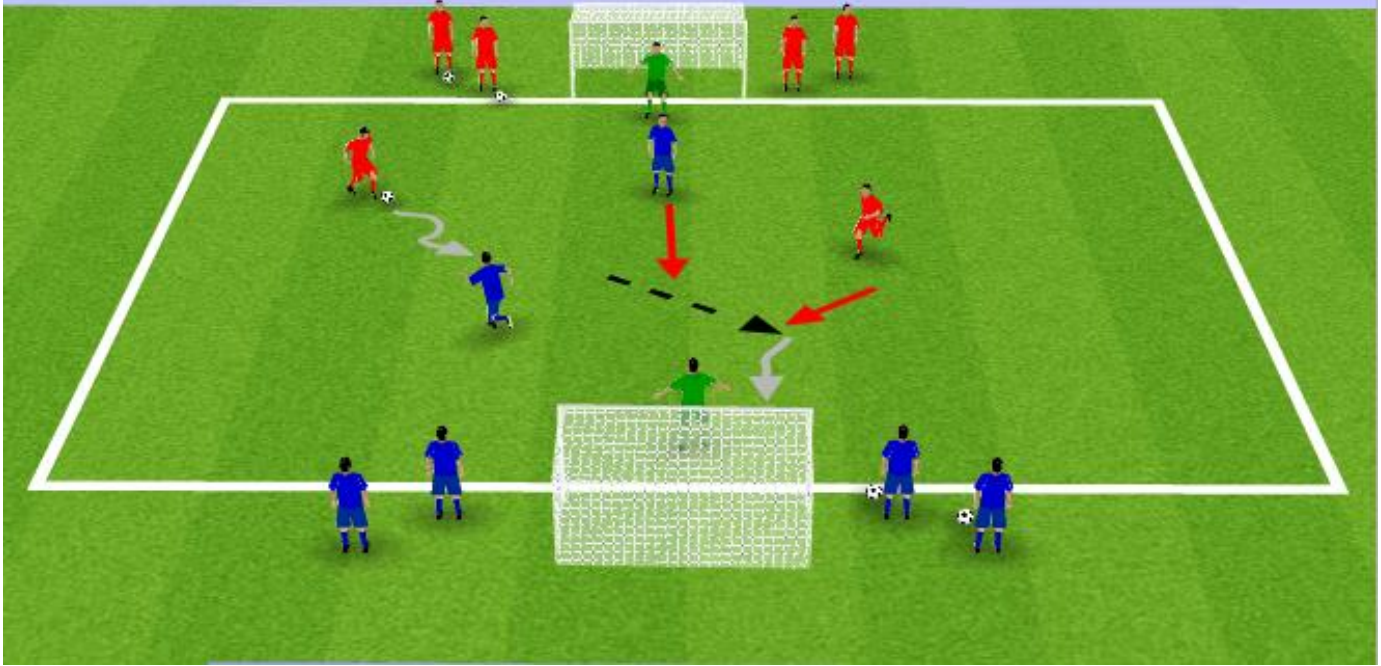
- Two teams of four in possession and one team of five defending
- Defending team four players screen for passes while one actively seeks possession through pressing opponents.
- Defending team: work as a unit in the middle – move together – talk
- Defending team: When a ball is played through your gate you leave your gate & press the ball quickly & the player that was pressing in the other grid takes your place.
- Team in possession: Limit unnecessary touches but increase movement on & off the ball to create space for the killer pass – talk!

CONTRIBUTION BY: BOBBY PUPPIONE

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2v2 / 2v1 Transition To Big Goals With GKs – “Shooter Has To touch”



Exercise:

- Transition on any shot (no rebounds)
- Cannot play back to GK
- When ball is shot, 2 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:

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

Coaches Tip:

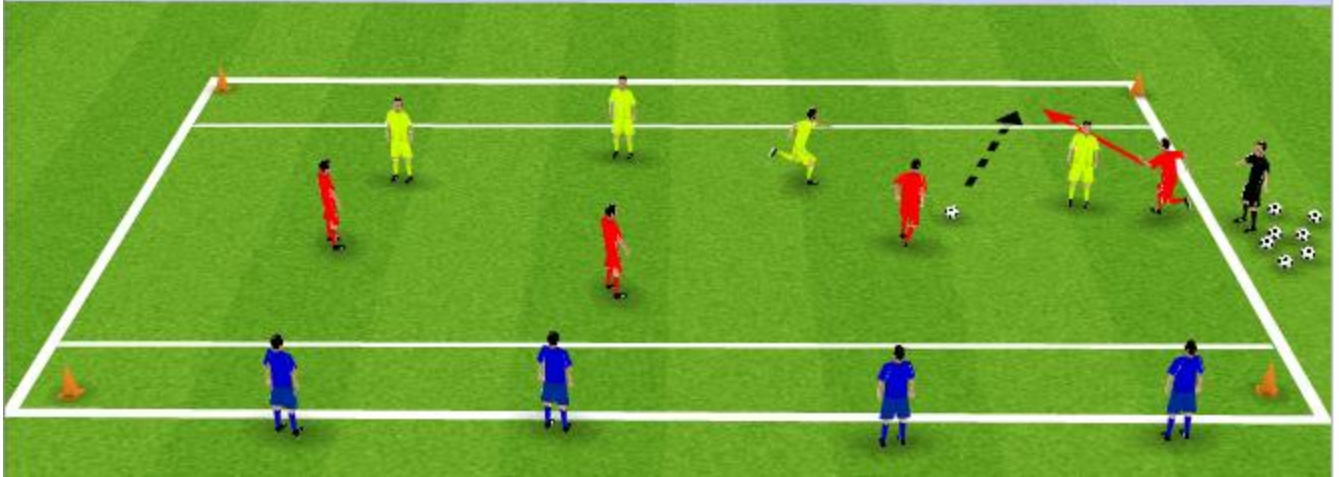
- Attack: Quick transition; go to goal; killer instinct; combo play; quality of finish; movement
- Defend: Delay; take away options; recovery run; make the field small

CONTRIBUTION BY:

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Breaking The Back Line / Offside Tactic



Exercise:

- Coach starts the play by playing the ball into the Red team.
- Red team look to attack yellow back line & get the ball up to the target end zone.
- Attacking team need to discover the various ways of breaking through without being flagged offside by the coach.
- If the red team are successful in reaching the target zone they would then turn & attack the Blue teams back line.
- If the yellows intercept/gain possession, then they carry on and attack blues

Coaches Tip:

- Encourage wall passes, overlaps, underlap, dribbling, chipped passes as they are all ways of getting beyond the defense

CONTRIBUTION BY: **ADRIAN PARRISH**

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Exercise:

- 20x24 yard grid
- Teams of 5 players. 3 players per team in the middle and 2 on the outside of opposite corners
- The teams try to play from one corner to the opposite corner, and keep going back and forth
- The players in the corner must keep moving up and down of the sidelines to support the players in the middle.

Coaches Tip:

- Scan the field, look around to make decision before receiving the ball
- If no pass is available the player needs to maintain possession by dribbling
- Open up the hips to receive the pass across the body
- If a defender is close, place body between the player and ball, taking the ball with the outside of the foot

CONTRIBUTION BY: **ADRIAN PARRISH**

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Rhythm of Play – Small Sided Activity #2



Exercise:

- 60 x 40 yard area
- 6 Defenders (including GK), 5 Attackers & 2 Target Players
- Place an offside line approximately 25 yards out from the big goal. Players are allowed anywhere on the field
- Target players stand in between the counter goals
- The attacking team's aim is to get in behind the offside line and attempt to score in less than 3 passes, if successful the goal counts as three, if more than three passes are needed the goal counts as one
- Defensive team scores by passing the ball to a target player in a counter goal. The Target player then switches the ball to the other side and is played back into the attacking team

Coaches Tip:

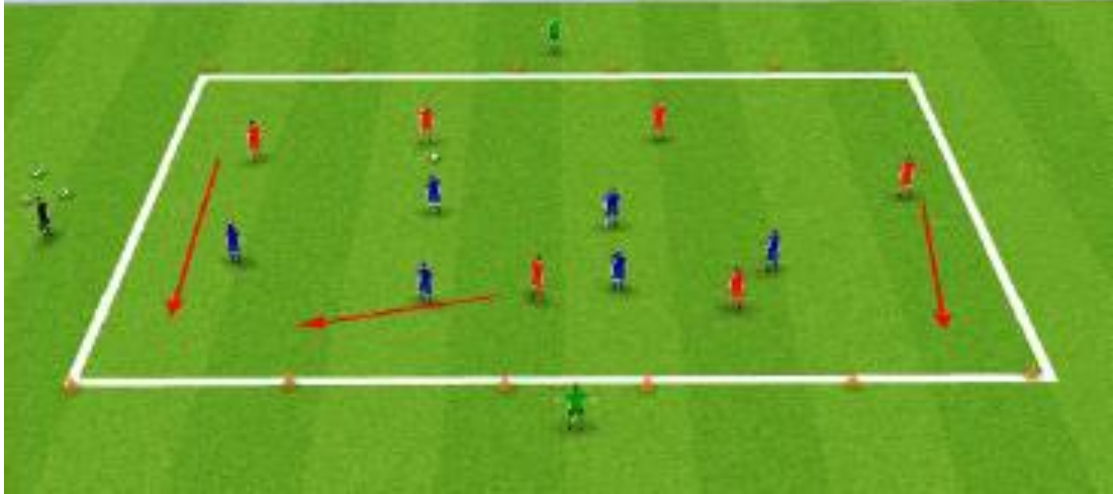
- Don't force the play- Read the options the defenders give
- Recognize when to possess and when to penetrate as a team and individually

CONTRIBUTION BY: MATT WHITEHOUSE

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Small Sided Game – The Vision Game



Exercise:

- 40x30
- Have three gates arranged on either across pitch – should be wider than longer
- Have players set up in game realistic positions / formations
- i.e. 6 players – 4 defensive & 2 midfielders
- Teams have three gates to dribble the ball through to score.

Coaches Tip:

- Delay
- Compactness
- Organized
- Pressure – Where? Who?
- Force – Where?
- Pressure / Support / Balance
- On winning the ball – Counter / Build?

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Improving Speed Of Play - Two Boxes



Exercise:

- 15 minutes / 40x50 space / outside area is 5 yards
- Inside box, two touch.
- Outside box, unlimited
- 2 Neutral players in box.
- If it goes out, the first team to the ball gets to throw it in.
- Dribble over the end line to score.

Progressions:

- Take out neutrals
- Change to one touch in the middle
- Could use target players (number 9) instead of dribble over end line. They lay it off within 1-2 touches to supporting players for a point.

Coaches Tip:

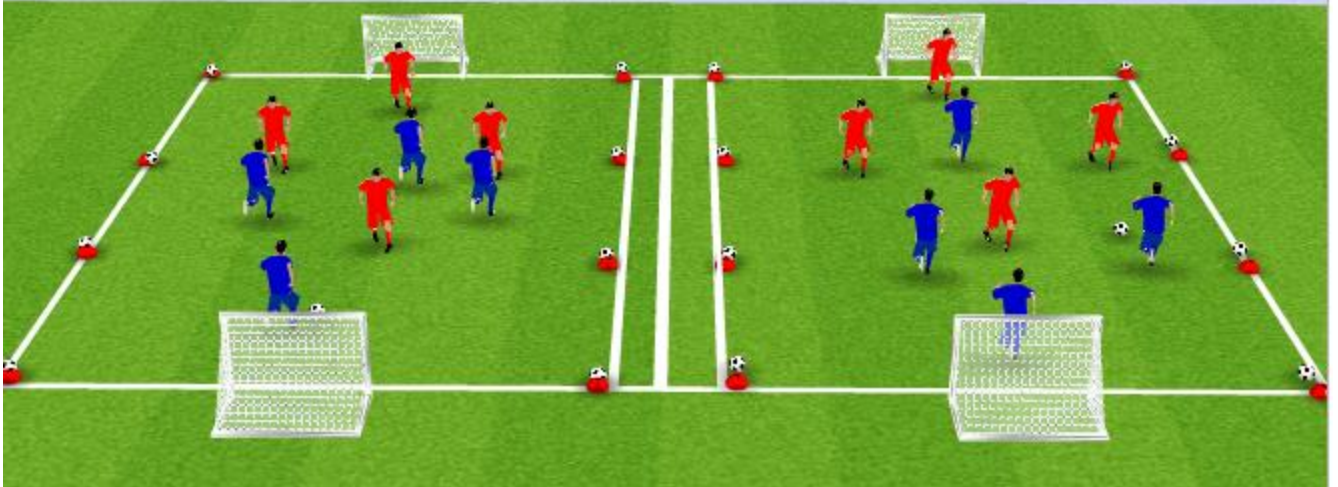
- “In, back, out” combination using outside area. Increased speed of action in the central area.
- Have a plan when you go into the middle. Look over your shoulder before receiving the ball.
- Surprise (4 S’s of Attack – Speed, Space, Surprise, Score), vary the point of attack.
- Movement off the ball is key – angle and timing of supporting runs, change of pace/check to create option.
- Intensity high, communication as instruction & support. Maintain possession as last resort, not first.

CONTRIBUTION BY:

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Attacking Sessions – 4v4



Exercise:

- Two pitches across the existing pitch.
- Balls on top of the cones around the pitch perimeter.
- When the ball goes off, whoever kicked it off goes to collect & replaces on cone.
- Opposition player nearest ball to create overload.

Coaches Tip:

- Try to recognize when the right time to attack is.
- Try to recognize where you should attack.
- Try to pass the ball past players quickly.
- How are you going to see where to attack?
- What techniques do you need to use effectively to be successful at this game?
- How does tempo & balance impact decisions?

Full Sessions

CONTRIBUTION BY:

TONY MEE

UEFA A License & FA Academy Manager's License

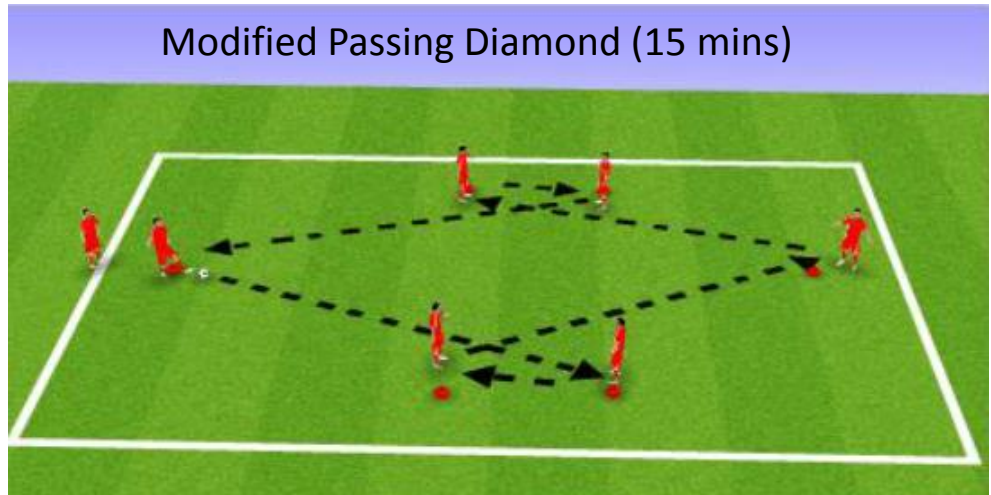
FA Tutor & U12 Coach, Doncaster Rovers

Rotation & Combination Play in Small Groups

Warm Up: Individual warm with a ball each. Ball Manipulation, juggling, etc.

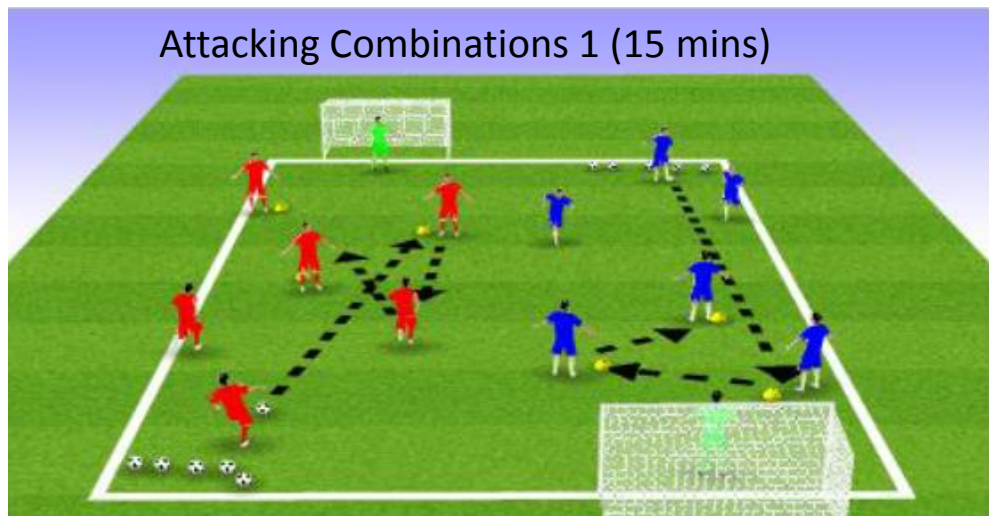
Exercise:

- Start with 2 groups of 7, one ball per group, passing sequence as shown
- All players follow their pass & replace the player at that disc
- Build intensity of the passing & runs as this will also serve as part of the warm up after the ball manipulation



Exercise:

- 2 groups set up as shown, with a server, 3 strikers & 2 midfield runners
- The server plays the ball into any of the 3 strikers to start the practice. All players are restricted to a 2 touch limit. 3 players MUST combine to create a shooting opportunity.
- Here, the reds have included a midfield runner, whereas the blues have used the 3 strikers. Players must be alert for rebounds.



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Rotation & Combination Play in Small Groups



Exercise:

- Introduce a defender to each side and an offside line.
- Practice as previous screen, defender should try to break up play.
- The server can join in the attack to create the second midfield runner.
- If the defender wins the ball, he should attempt to hit the coach on the full.



Exercise:

- Play a SSG to finish the practice
- Normal rules but if a goal is scored involving 3 players, it counts double

Cool Down: Controlled movements & stretches.

Homework Assignments

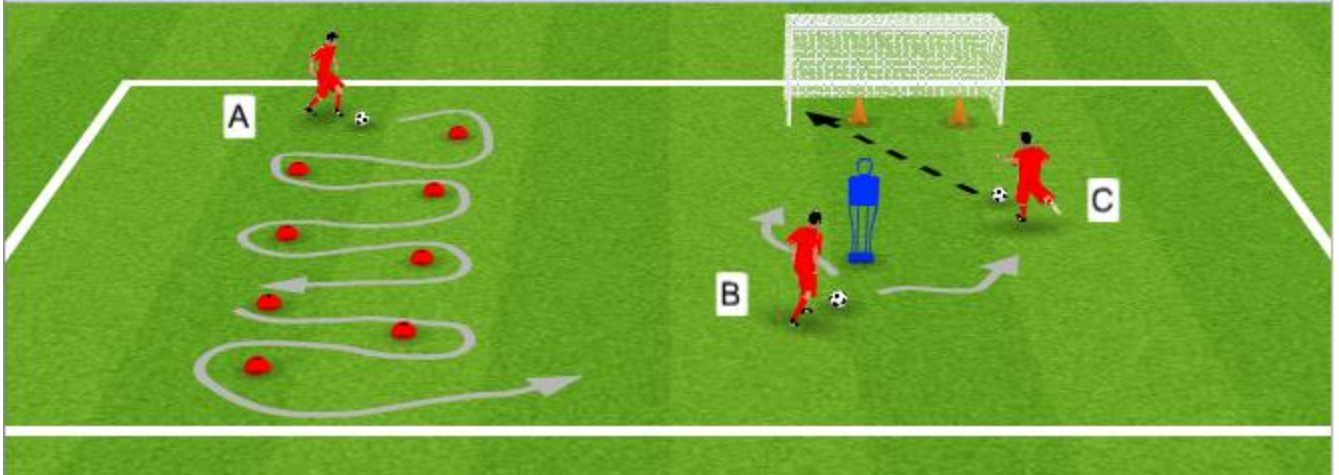
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Individual Practice To Improve Dribbling, Turning, 1v1 & Shooting



Exercise:

Set Up A

- Cones are set up 8 long by 4 across.
- Start at the top of the 8 cone zig zag.
- Adjust to make harder/easier.
- Dribble up the zig zag, left foot dribbling & turning towards left & vice versa for the right.
- Experiment with different turns. Only rule is touch must go towards next cone.
- Dribble at pace, sharp explosive turns.
- Big positive touch towards next cone (challenge is to do that in '1 touch')

Set Up B

- Explode out of last cone & attack mannequin using a 1v1 skill around it.
- Drive at full speed toward the target, do your skill at speed (Maradona or Ronaldo step over for example)
- Big explosive touch out!

Set Up C

- First touch shot into opposite corner of goal.
- First time shot with your laces. Looking for power & control into marked corner.
- Strike through the middle of the ball with laces landing on your kicking foot. This will create optimum speed on the strike.
- Get body over & non-kicking foot next to the ball on contact. The perfect strike will see the ball motionless in the air (not spinning) Make sure you rotate both feet.

CONTRIBUTION BY:
DAVID COPELAND-SMITH

Director, Beast Mode Soccer



Exercise:

- 4 cones 3 yard cross / 200 touches
- We like to make all of our footwork drills functional, which is why we add lateral, horizontal, and diagonal movements.
- The use of the sole to control the ball is extremely important when keeping the ball close, and in explosive change of direction movements.



Exercise:

- 2 cones 1 yard apart / 200 touches
- Start with a simple bell-bell, then push the ball with the outside of the foot, making sure the ankle is locked and your bodyweight is behind the ball.
- Quickly 'shift' your body across and use the inside of the same foot to play the ball back to your opposite foot, again focusing on keeping your bodyweight behind the ball.
- Start this slowly and as you get more confident, speed up the footwork & take the movements wider.

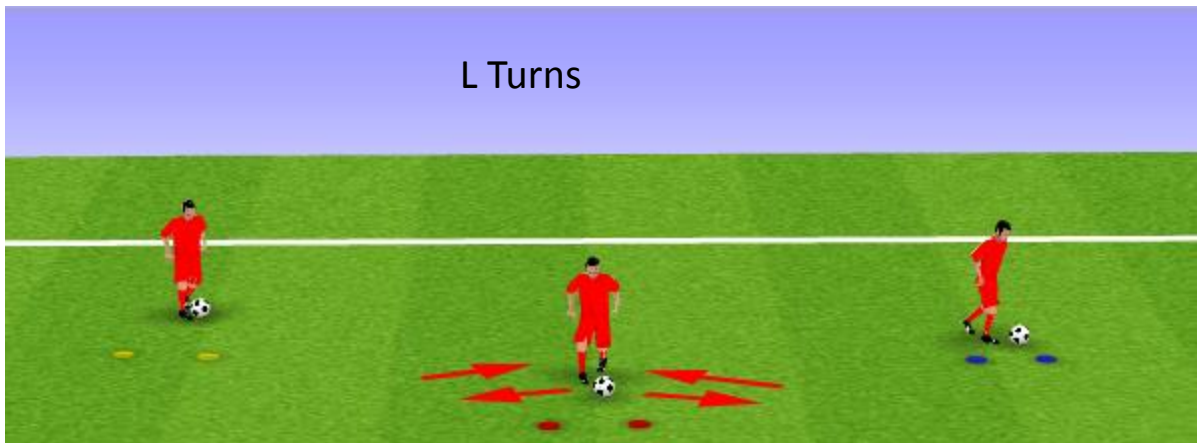
CONTRIBUTION BY: DAVID COPELAND-SMITH

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Exercise:

- 2 cones 1 yard apart / 200 touches
- The player starts with the ball on the inside of the foot, knees bent, and then you simply scoop the ball across your body, stopping it with your opposite foot.
- Repeat that three times, however on the third scoop, knock the ball forward with your
- opposite foot, and sole-rip the ball back across to reset the movement.



Exercise:

- 2 cones 1 yard apart / 200 touches
- To learn the technique, start with the ball beneath your foot, pull it straight back behind the standing foot using the sole of your foot, then release the ball and use the inside of the same foot to play it behind the standing foot.
- Shift your body across and use the opposite foot to play the ball forward, then pull it back and L turn with that foot.
- As you become more confident, widen the cones and use the instep touch with more of
- an explosive element.

More Homework assignments with video tutorials can be found below.

My Personal Football Coach

<http://www.onlinesoccermastery.com/MPFC>

Beast Mode Soccer

<http://www.onlinesoccermastery.com/BMS>

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