

CUP/Cincinnati United - @cincyunited

Bobby Puppione - @bobbypup

Girls Director of Coaching

One of my favorite rondos (not mine).

You can adjust the numbers. Black numbers are not position numbers but this can/is functional.



5v2 plus 1 Rondo - Switch play
in two 10x10 squares

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5v2 plus 1 Rondo - Switching Play - in two 10x10 squares

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

Directions:

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

Progressions:

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

Coaching Points:

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



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Combinations/Switch Play

Directions: A passes (#1) to B. B passes (#2) to C. As C passes (#3) to D, B runs in support (#4) to receive layoff (#5) from D. E starts their run (#6) to receive a diagonal pass (#7) from B. E lays the ball off (#8) to F. F completes some technical dribbling thru cones (#9) and then passes (#10) to G. G dribbles back to the start. Everyone moves up one letter.

Progressions:

- Complete from the other side.
- Take away F and G and add a goal for E to finish on.
- Add forwards to get in the box to score on a cross from E.
- Add different technical dribbling for F and G.
- Add different combinations between B, C, and D before playing E in to space.

Coaching Points:

- quality of passing/receiving/dribbling
- timing of runs
- performing at game speed
- distance and angles of support
- creating space off mannequins/defenders to receive the pass
- communication
- taking looks/scanning the field prior to receiving/playing
- quality of crossing/finishing

Bayern Munich Possessional Game
15 long x 12 wide



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Bayern Munich Possessional Game/Rondo

***This is an activity I saw on a YouTube post from a Bayern Munich training session in Doha. The exact dimensions/rules may be different as I didn't have all the details. It came from this video, about 4 minutes 30 seconds in:
<https://www.youtube.com/watch?v=-EcROUWyh60>

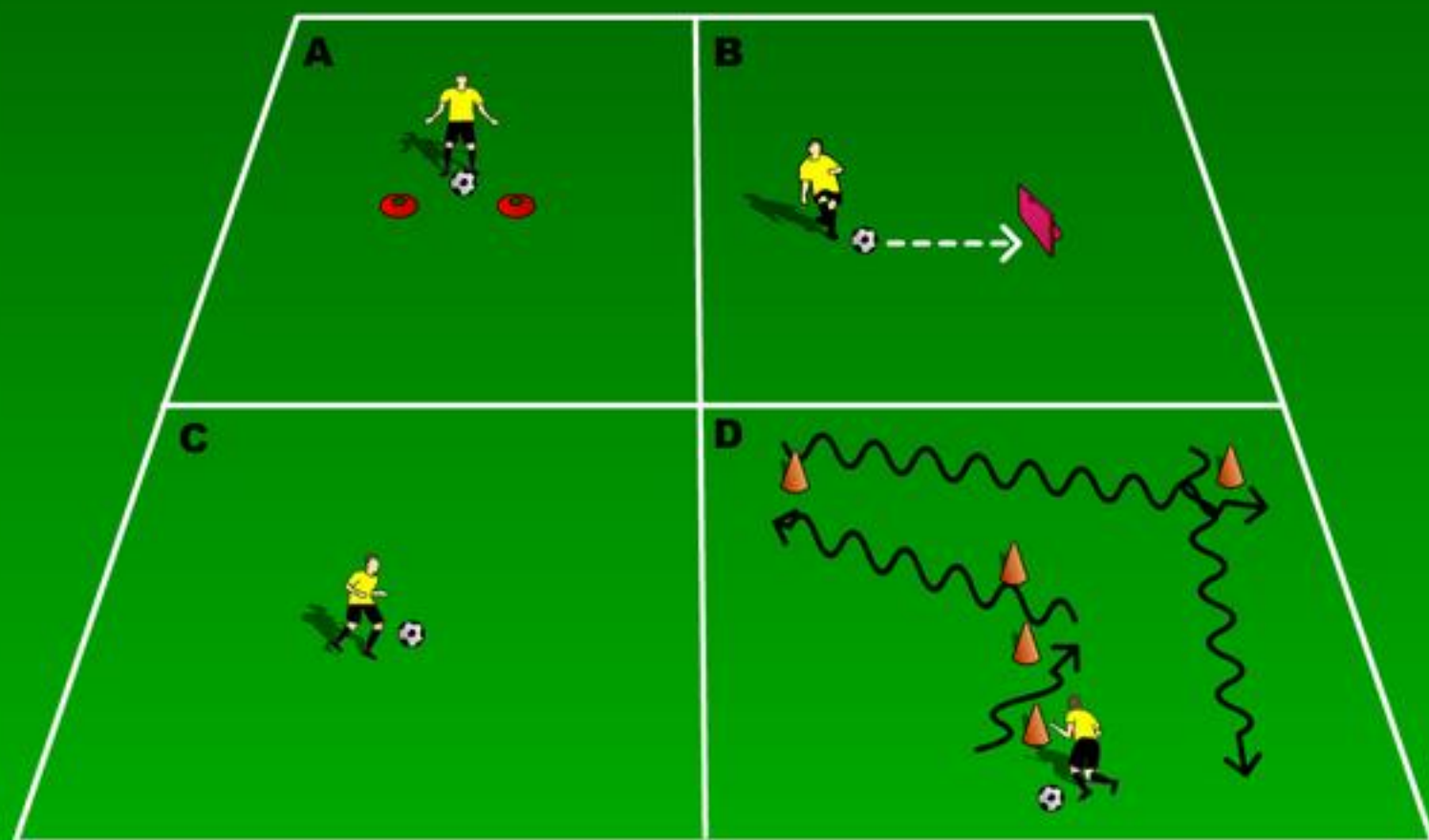
Description: The black team of 4 looks to maintain possession away from the white team using the 3 yellows and 4 black players (dimensions may vary). If the team of 4 in the middle, in this case the white team, wins the ball, they transition to the outside edge and the black team comes inside.

Progressions/Ideas:

- Complete a certain number of passes for a point.
- Limit the touch count for outside 4 players or 3 yellow players.
- Point for connecting all edges.
- Point for splitting players.
- Adjust number of players or grid size.

Coaching Points:

- Quality of passing/receiving
- Angles of support
- Combination play
- Pace/tempo of the play
- Body shape when receiving/playing
- Creativity
- Communication
- Staying compact defensively
- Transition



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At Home and Rainy Day Skill Work

A: @beastmodesoccer 2 cone drill work. Examples: L's, V's, inside-outside touches. Be sure to YouTube "beastmodesoccer" for examples.

B: 2 touch passing/1 touch passing/ball striking against a wall or kick back. Practice receiving with all surfaces, touching around a cone, and playing with both feet.

C: Free juggle. Try with regular ball, small ball, tennis ball. Be creative and try different pick-ups, surfaces, etc.

D: Fast footwork/speed dribble in/out of cones. Make different courses and work on using both feet and different surfaces for dribbling.

Progressions:

Try different variations with each activity.

Coaching Points:

- Challenge yourself to do more.
- Use both feet.
- Perform at game speed.
- Try with tennis ball/small ball.
- Be creative.
- Don't be afraid to make mistakes or try new things.

2v2 Transition with GKs
"Shooter has to touch"



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

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

Progressions:

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

Coaching Points:

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



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3rd Man Running Passing Pattern

25-30 yard length/10-12 yard width

Switch players in middle and outside every 60-90 seconds.

Variation 1 (On Left):

- A plays to B, B lays off backwards to C who is showing underneath.
- A overlaps B and times run to receive final ball from C.
- A dribbles to opposite line.
- Pattern continues from other side.

Variation 2 (In Middle):

- A plays to B, B lays off backwards to C who is showing underneath.
- A overlaps B. C plays final ball to D.
- D lays off for player A. Player A dribbles to opposite line.
- Pattern continues from other side.

Variation 3 (On Right):

- A plays to B, B lays off backwards to C who is showing underneath.
- A overlaps B. C plays final ball to D.
- D lays off for player A. Player A combines with showing player E to 1-2 around player D.
- Player A dribbles to opposite line.
- Pattern continues from other side.

Coaching Points:

- Technique of passing/receiving
- Weight of pass
- Movement/timing of runs
- Angles of support
- Perform at game speed
- Communication

Cincinnati United / CUP Youth - Pre Season Circuit



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Cincinnati United / CUP Youth - Pre Season Circuit

Directions: 4 different grids with a different technical or small sided game in each. Remain in each grid for 4 minutes. Rotate clockwise after every 4 minutes.

A: 2v2 Soccer Tennis. Depending on level of play, allow certain number of touches or bounces. Adjust accordingly.

B: 2v2 Line Soccer. Play 2v2 line soccer with teams scoring by dribbling over the opponent's endline under control.

C: 3v1 keepaway in small grid. Play 2 touch. If defender touches it, replace with player who made mistake. Progression 1: 2-touch/1-touch -- can always play 1-touch but when someone takes 2-touch, the next pass must be 1-touch. Progression 2: All 1-touch.

D: Dribbling/Juggling. Players perform a dribbling skill for 30 seconds and then juggle the ball for 30 seconds. Repeat every minute until the 4 minutes in the grid is done. Example: Minute 1 - foundation move and feet juggle. Minute 2 - "L" move and head juggle. Minute 3 - "V" move and short/short/long juggle. Minute 4 - "Toe touches w/180 turn" and anything juggle.

Coaching points for all grids:

- proper technique of passing/receiving/dribbling/juggling
- dribbling moves/turns/fakes
- creativity
- movement
- passion for playing/fun



Regular



Progression

Distance between gates: 25-30 yards

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Passing Pattern adapted from watching University of Virginia Women's Soccer Warm-up. (@UVaWSoccer)

Notes: I received permission to write it up - thanks coach Steve Swanson. I didn't get to see the entire warm-up so it may be missing some of the variations. The University of Virginia Women's team is fun to watch. Pattern looks confusing but it has many variations and is easy to pick up. Ask if questions.

Description:

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

- Rotation: A goes to where C was in gate. C goes to where B was. B goes to middle. D goes to where F was in gate. F goes to where E was. E goes to middle.

- Be sure to work both sides of gate.

Progression:

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

- Part 2: vary the distance

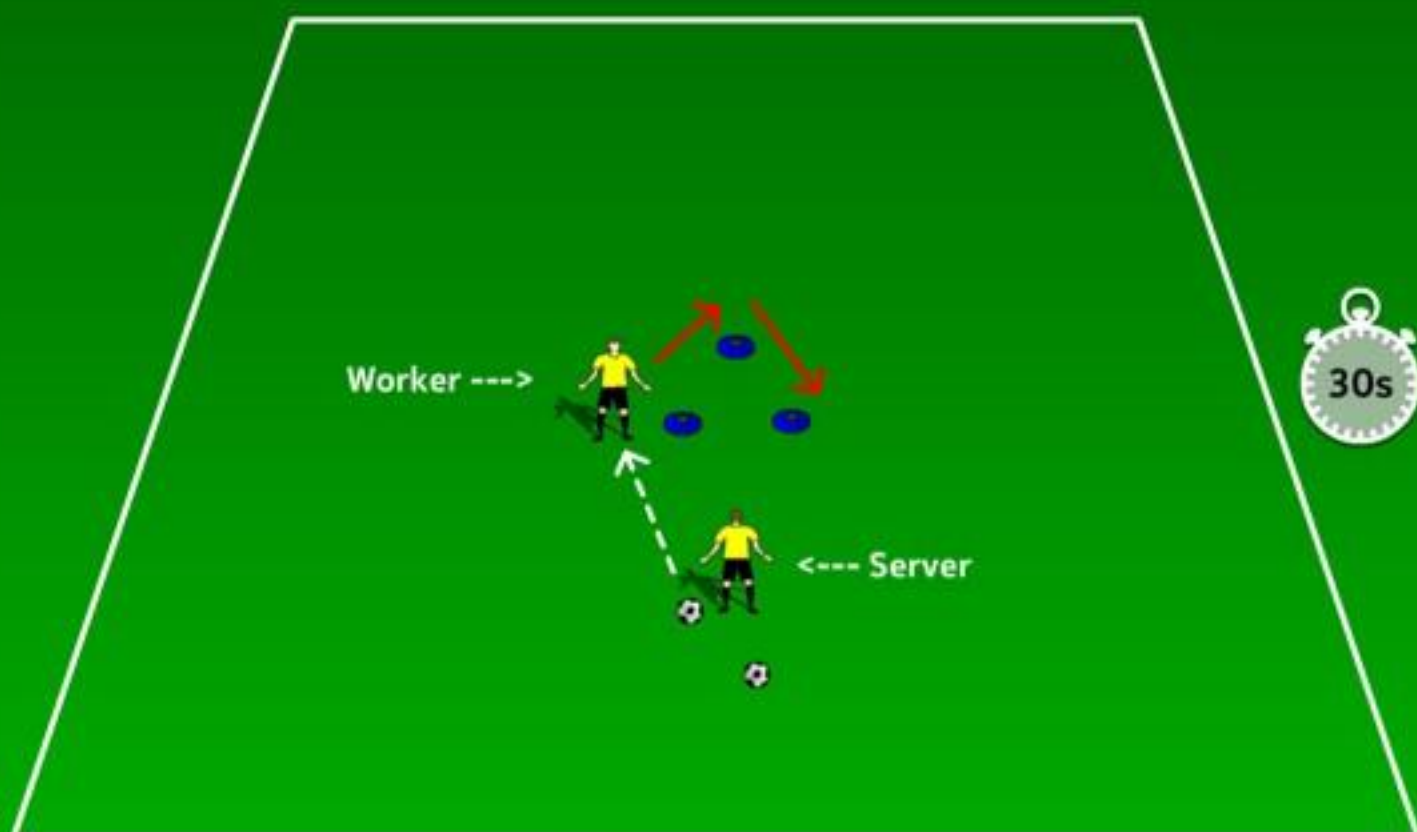
- Part 3: Make passes #1, #6, and #7 be flighted/driven balls

- Part 4: add a passive defender in middle to combine around

Coaching Points:

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

Cincinnati United / CUP Youth -- Technical Triangle



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Cincinnati United / CUP Youth -- Technical Triangle

- Groups of two -- one worker and one server on a triangle cone with sides of 1 yard in length on each.
- The worker checks from the top cone to one side of the triangle and the server passes a ball.
- The worker performs a skill with the ball and then backpedals to the top and then checks to the other side of the triangle to repeat the skill on the other side
- This continues for 30 seconds. The players change places after every 30 seconds.

Technical Work:

- 2 touch: receive inside right, pass inside right; switch on other side
- 2 touch: receive inside left, pass inside right; switch on other side
- 2 touch: receive outside right, pass inside right; switch on other side
- 1 touch passing: pass inside right; switch to left foot on other side
- inside of foot volleys: volley inside right; switch to left foot on other side
- instep volleys: instep volley right; switch to left instep volley on other side

Progressions:

- Add any technical combination
- Increase worker time for more fitness
- Add a second server to decrease work load for recovery

Coaching Points:

- Quality of passing/receiving
- Volleying technique
- Footwork backwards, forwards, and laterally
- Agility/balance
- Speed



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Dribble and 1-2 Passing Pattern – size of grid depends on age

Description:

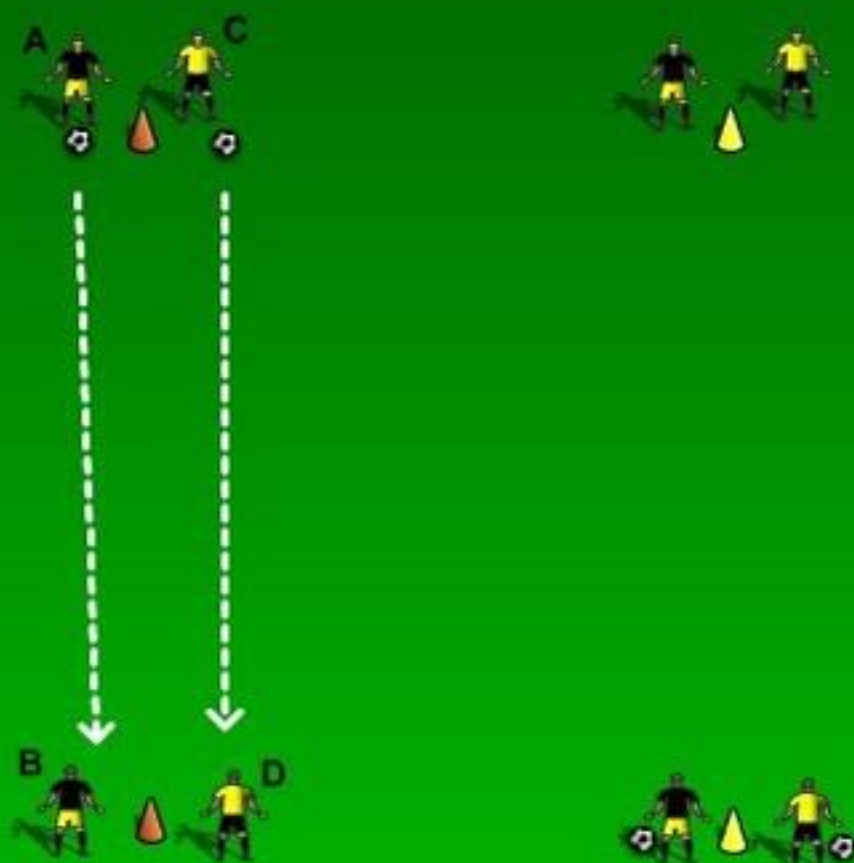
1. A dribbles at mannequin defender and does a move to the left.
 2. A plays a pass to B.
 3. C dribbles at mannequin defender.
 4. A moves to support player B for a 1-2.
 - 5/6. B plays a 1-2 with A.
 7. B dribbles back to line.
- A goes to B's line. B goes to A's line.

Progression:

- #1: Perform in the other direction -- to the right.
- #2: Have a player start at the first mannequin and receive a pass, turn out, and pass to B to then perform a 1-2.

Coaching Points:

- technique of passing/receiving/dribbling
- body shape when receiving
- commit defender for 1-2
- movement/timing
- playing to correct foot
- communication



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Cincinnati United/CUP - DOC Bobby Puppione**Horseshoes**

25-35 yard length

- Player A chips ball in the air to his partner, player B. Player B has one touch to control the ball as close to the cone as possible.
- Player C chips ball to his partner, player D. Player D also has one touch to get the ball as close to the cone as possible.
- Whichever team is closer, gets the point.
- Repeat with players B and D now serving.

Rules:

- Ball must be controlled out of the air with one touch only
- Ball cannot hit the ground first
- First team to 3 points wins

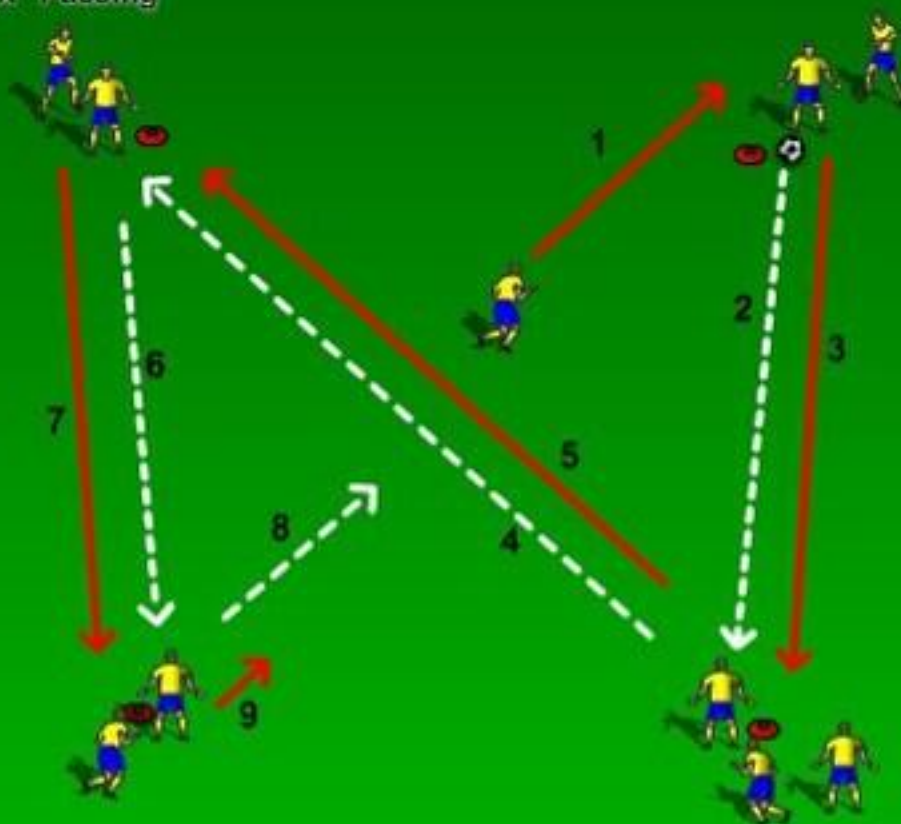
Progressions/Variations:

- Vary distance
- Use opposite/weak foot to chip/drive the ball
- Only control with certain body part

Coaching points:

- Technique of driving/chipping the ball
- Controlling the ball out of the air/first touch
- Competition
- Fun

Juventus "X" Passing



10x10 Grid

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Juventus "X" Passing -- 10x10 square

- Play diagonal pass and follow (1), then pass forward and follow (2-3), play diagonally and follow (4-5), pass forward and follow (6-7). The sequence repeated and players performed this at a sharper pace than the previous progressions. One touch.

Coaching Points:

- technique of passing/receiving
- body shape
- movement
- quick passess
- play to and play with correct foot



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 3 Ball Finishing Pattern -- 4-3-3 -- (using # system of players)

Description:

Ball 1:

- #6 starts sequence by playing to #10 (pass A).
- #10 receives and plays checking #11 (pass B).
- #11 lays off to #10 (pass C) and then spins and runs behind the defender to received final pass back from #10 (D).
- #9 and #7 make runs in to box to finish cross (pass E) from #11 on goal (shot F).

Ball 2:

- The player (#9 or #7) who doesn't finish the cross from #11 checks back past the penalty spot and receives pass G from Coach 1. Player receives, turns, and finishes.

Ball 3:

- Player #8 makes run to top of the box and finishes a one time shot (pass H) from Coach 2.

Progressions:

- Complete sequence from the other side starting with #6, #8, and #7.
- Get outside backs #5 and #2 involved by overlapping to receive the final pass D and then cross it in to box (pass E).
- Use #9 to combine with #10 or #8 to play final pass in to #7 or #11.
- Change starting position of ball 1, 2, 3.
- Add defenders.

Coaching Points:

- technique of passing/receiving
- quality of final pass
- timing of runs/combination
- type and quality of crosses
- quality and timing of runs in box
- finishing ability: headers, volleys, off the turn, one timer
- perform at game speed - make as realistic as possible

Questions? Please email: bobbypuppione@yahoo.com

**Soccer Ball/Tennis Ball
2 Ball Shot Stop/Reaction Activity**



Ball 1



8x8 Grid

GK

Ball 2

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Soccer Ball/Tennis Ball - 2 Ball Shot Stop/Reaction Activity

Description:

Server drives a ball (Ball #1) in to the hands of the goalkeeper. As the goalkeeper makes the save, the coach calls out a cone color. The goalkeeper reacts quickly by moving to the cone, touching with their hand, and then returning to the middle. Upon returning, the goalkeeper should be turned to face ball #2 server. Server of ball #2 has a tennis ball and throws a ball hard to have the goalkeeper make a save. Repeat and switch goalkeepers after "X" amount of repetitions.

Progressions:

1. Use only tennis balls.
2. Use only soccer balls.
3. GK starts on the ground and has to get up quick before saving ball #1.
4. GK reacts to cone color but goes to the opposite color of what is called.
5. Adapt it on your own.

Coaching Points:

- Get set for shot/save
- Good catching technique / clean saves
- Quick feet
- Focus on the ball
- Reaction/Quick thinking



Cincinnati United/CUP -- 3-Ball Finishing Drill

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

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

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

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

Progressions:

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

Coaching points:

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



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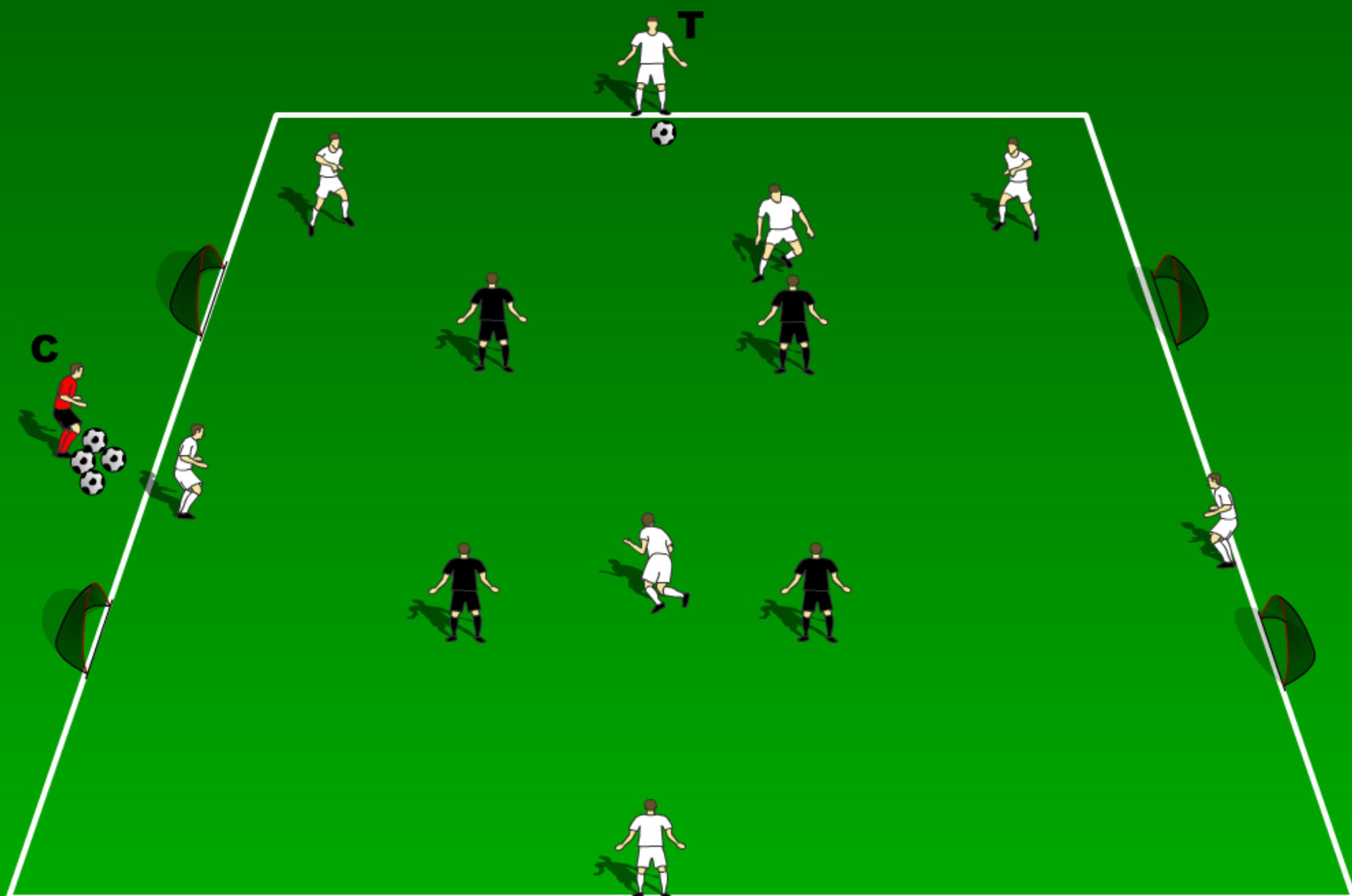
4v4 Plus GKs (4 bumpers) Cuthroat/Dynasty

Directions:

Play 4v4 plus goalkeepers to big goals with a third team serving as neutrals on outside. Field is 25 yards long and 20 yards wide (adjust width if need be). Teams look to score on big goal. If they score, they get the ball out of that net, turn, and attack the other goal. The team that gets scored on immediately gets off (becomes neutrals) and team that was neutrals comes on. It is a transition so no stopping the game - can you score and then get a new ball and quickly score again. Neutrals can be used but only have one touch. Keep score. If no one has scored after 90-12 seconds, team that was on the longest gets off.

Coaching Points:

- **COMPETE**
- Body prepared to finish
- Be confident
- Attack the goal
- Choose the correct finishing surface
- Technique of finish
- Technique of cross
- Timing of runs
- Transition



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8v4 Possessional Target Game/Counter Pugg Goals

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8v4 Possessional Target Game/Counter Pugg Goals

40x25 yard area

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

Progressions:

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

Coaching Points:

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



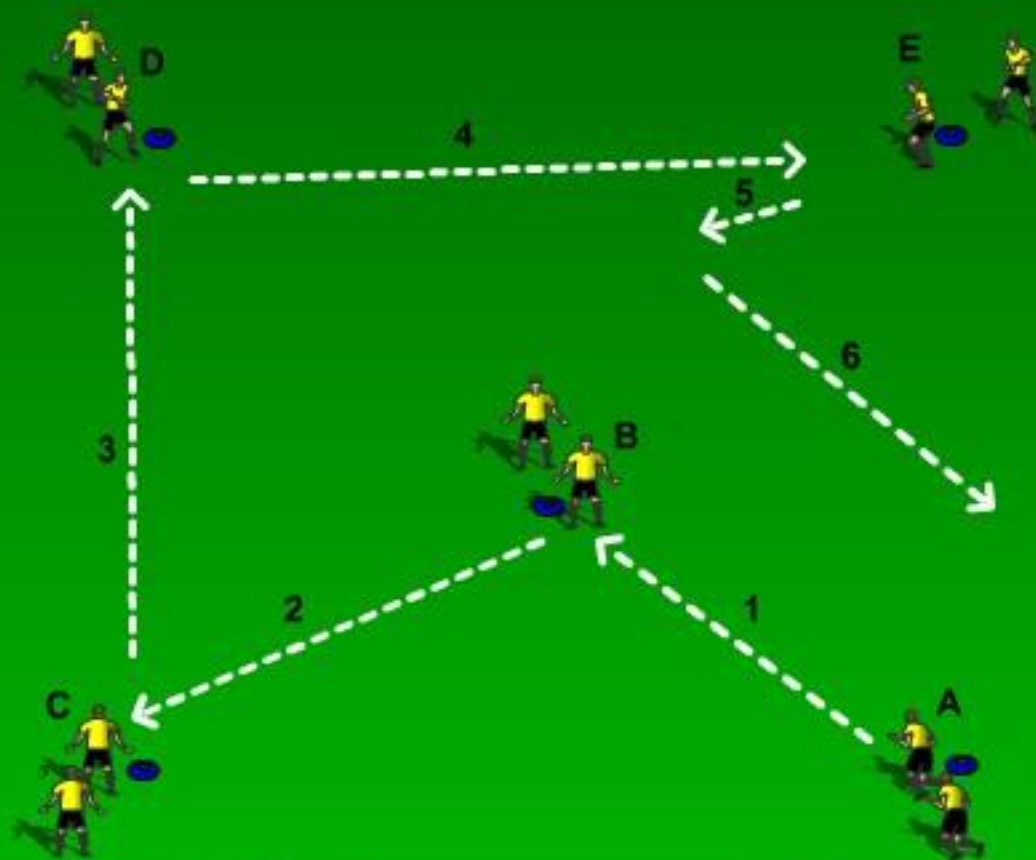
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10v6 Possessional Game

6 white, 6 black, 4 permanent red neutral players (3 center mids & target).

25/30 by 15/18 grid.

Numbers are position numbers.



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 Passing Pattern -- 20x20 grid (or can vary)

Description:

1. A plays to B.
 2. B plays to C.
 3. C plays to D.
 4. D plays to E who is checking to D.
 5. E lays off to D who has joined after his pass.
 6. D plays final ball to E who has opened up and moved to receive final ball.
- Players follow their pass.

Progression:

- #1: Perform in the other direction.
- #2: B and C play short short long before playing to D.
- #3: D lays back to C and C plays diagonal ball to E. D moves to receive layoff from E.

Coaching Points:

- technique of passing receiving
- body shape when receiving
- movement/timing
- weight of layoffs/pass
- playing to correct foot
- communication



Pattern Play to Goal

Player Position #s in white

Sequence/pattern order #s in black

Ball 1: Pattern

Ball 2: Combination play for extra players to finish from top of box.

Coaching Points:

- Technical passing/receiving/crossing/finishing
- Game speed
- Movement
- Timing of runs
- Communication



Cincinnati United/CUP - DOC Bobby Puppione
 Switching the ball/3v2 to goal
 Half of field
 Work both left and right flanks

- Play 3v1 in a 10x10 box on one flank (1). After 3 passes, find a center mid (A) to receive pass 2.
- Center mid A plays a long switch to wide player B on opposite flank.
- Wide player B attacks the goal 3v2 with forward C and attacking center mid D.
- Play in width of the penalty box.
- If defenders (in white) win the ball, they play the ball to the coach in the middle.

Coaching Points:

- Play out of pressure
- Good driven ball to change point of attack
- Attacking the new space at speed
- Dynamic runs of forward and midfielder
- Combination between players
- Finishing



Box Organization and Crossing/Finishing

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Girls Director of Coaching - CUP

Directions: The coach (C) plays a ball in to the attacking team red. Red looks to score in 3 passes or less. Once the ball is scored, missed, saved, or played outside of the 18, then a ball from player 1 (Yellow) is served in from the right flank. Once the ball is scored, missed, saved, or played outside of the 18, then a new ball from the Coach (C) is passed in to red. Once the ball is scored, missed, saved, or played outside of the 18, then a new ball from player 2 comes in. This sequence repeats with a ball from player 1-2-3-4 and then a ball from the coach in between each outside player, until the balls run out or until the team has cycled through each outside player 3-4 times. The red team is allowed to use the outside yellow players to keep possession, serve crosses, or hit shots. The outside yellow players are able to keep balls alive by saving them and playing them back in play before cleared away.

Progressions:

- add more numbers in the box
- allow a yellow player to join in after a combination play with the attacking team in the box
- play "make it, take it"

Coaching Points:

- passing/receiving technique
- taking players on in the box
- crossing/finishing technique
- HUNGRY to score
- movement off the ball in the box
- follow shots and crosses
- keep the play/ball alive
- combination play

Distance: 5 -7 yards



Note: Not my activity. Seen it from others
but I like this one for young players.

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Sideways 1v1

Description:

There are 2 cones about 5-7 yards apart with an imaginary line between them. The player with the ball dribbles sideways and tries to beat the defender to either the left or right cone. The defender is not allowed to touch or steal the ball but instead is supposed to beat the dribbler to the cone and put their foot next to it - passive defender/no tackling. The dribbler should use fakes, feints, turns, moves, changes of speed to beat the defender. The game is continuous with a point given to the attacker for each time they beat the defender to the left or right cone. Switch roles after 30 seconds.

Progression:

Make it two gates at the end and the dribbler has to get through the gate. If he/she does, players return to the middle and go again. Switch roles after 30 seconds.

Attacker - Coaching Points:

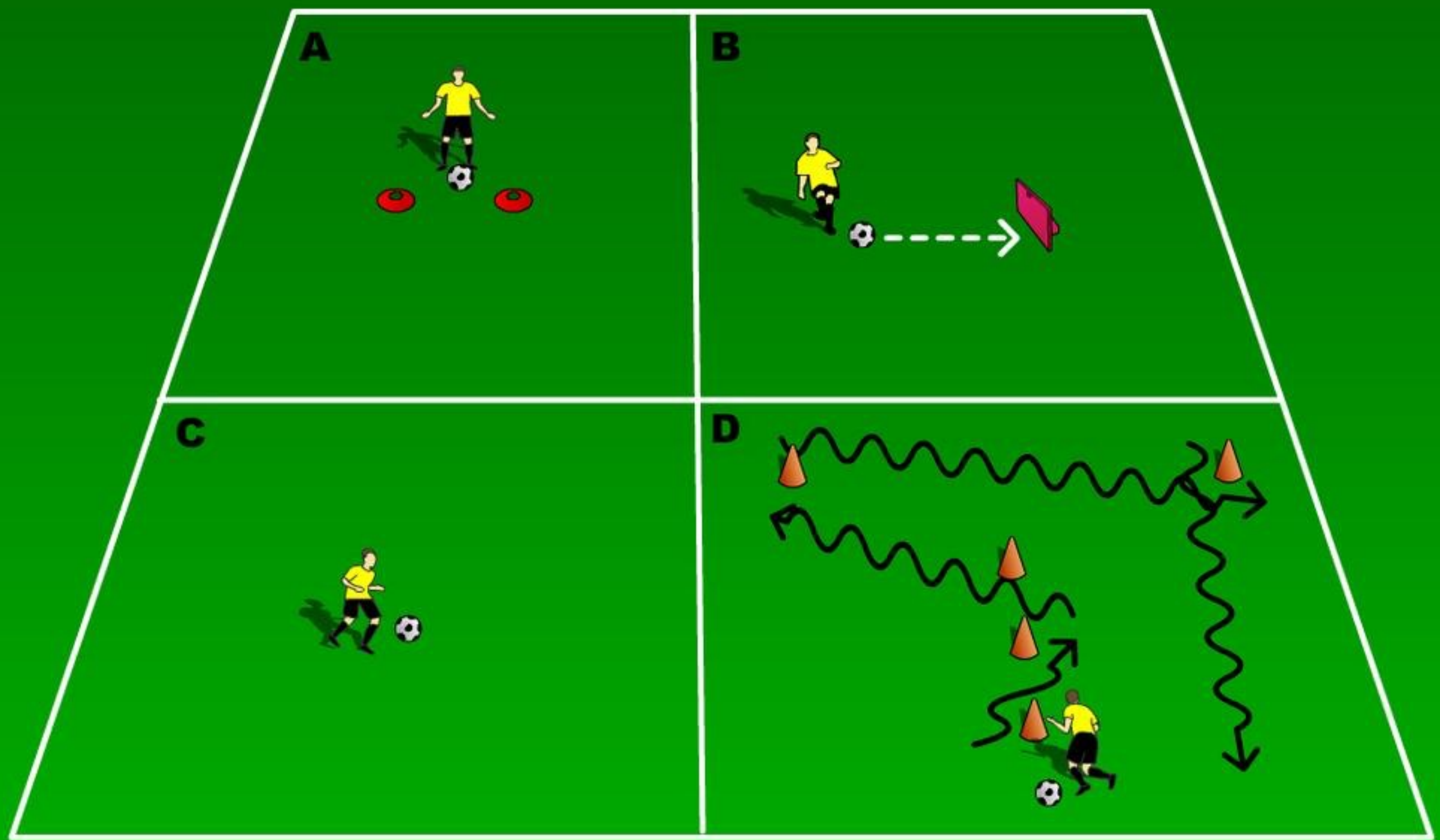
- Be confident with the ball -- try new things
- Use moves, turns, fakes, feints, changes of speed/direction
- Use both feet
- Once you get the defender off balance, get to the cone
- Keep going
- Don't be afraid to make a mistake

Defender - Coaching Points:

- Footwork
- Watching ball vs watching player
- On toes
- First few steps/quickness

Notes:

Great game for youth/juniors players to encourage moves, fakes, feints, turns, changes of speed/direction in an activity where the defender can't steal it. Boosts confidence with the ball, good fitness with the ball, and lots of touches. Not my activity but one I have seen and liked doing with our younger players.



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At Home and Rainy Day Skill Work

A: @beastmodesoccer 2 cone drill work. Examples: L's, V's, inside-outside touches. Be sure to YouTube "beastmodesoccer" for examples.

B: 2 touch passing/1 touch passing/ball striking against a wall or kick back. Practice receiving with all surfaces, touching around a cone, and playing with both feet.

C: Free juggle. Try with regular ball, small ball, tennis ball. Be creative and try different pick-ups, surfaces, etc.

D: Fast footwork/speed dribble in/out of cones. Make different courses and work on using both feet and different surfaces for dribbling.

Progressions:

Try different variations with each activity.

Coaching Points:

- Challenge yourself to do more.
- Use both feet.
- Perform at game speed.
- Try with tennis ball/small ball.
- Be creative.
- Don't be afraid to make mistakes or try new things.

Passing Patterns with a 3rd man running - link play



Bobby Puppione -- @cincyunited
CUP/Cincinnati United - @cincyunited

Adapted from a video seen on @keepitonthedeck

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Passing Pattern with a 3rd man running - link play

Grid size is 25x25 but may vary

***Pattern shown from a video seen @keepitonthedeck

Directions:

A passes to B (1) and B lays it off (2) for A to join in and play a one time pass (3) to D. D lays it back (4) B who has joined in the from the first combination. B lays it (5) to a checking player C who is moving to combine. Player D releases and player C plays a final pass (6) to his the 3rd man running (player D). Everyone moves up one phase: A to B, B to C, C to D, D to A.

Progressions:

- Perform from the the other side
- Add a goal/gk at the end for D to finish against after receiving the final pass.
- Change the combinations at each cone.

Coaching Points:

- quality of passing/receiving
- movement
- timing
- proper angle of support
- communication
- speed of the combination



Interactive Session Plan ~



Coach Bobby Puppione

Session date April 15, 2013

Team/Age Group 10s/11s

Theme

Transition -- attacking and defending in numbers up/down

Time available

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75-90 minutes



NOTES

Dynamic Warm-up/Stretch; Fun activity: tag, ball steal, nutmeg freeze tag
Technical Work with the Ball -- Passing/Dribbling Pattern (2 balls at a time in 30x30):
A dribbles at mannequin defender (1); B checks to combine with A (2); A plays to B (3) and B plays back (4) to A making a run behind the mannequin (5); A plays ball (6) to C and follows; C receives and plays to G (7) and C follows pass; After 1-2 minutes, switch out players E and B with new players;
Progressions: 1) do overlap instead of 1-2 2) A and C perform short-short long before playing G

Coaching Points:

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

1v1 Transition to big goals with GKs

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

Progressions/Variations:

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

Coaching Points:

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

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

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

Progressions:

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

Coaching Points:

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

Play 5v5/6v6 to big goals

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



Interactive Session Plan



Coach **Bobby Puppione, Youth Dir. of Coaching**

Session date **Fall 2013**

Team/Age Group **Youth Team**

Theme

- Whole-Part-Whole session -- start with open play, technical work in the middle, finish with open play
- Warm-up: 5v2 and dynamic jog/stretch activities
- Follow us on Twitter: @cincyunited @bobbypup

Time available

75-90 Minutes

NOTES

- Play 6v6
- Coach in the game

Mourinho "Y" Pattern: A plays to B (1). B turns and plays to C (2). C receives and dribbles at the mannequin and performs a move (3). All players follow pass.

Progression:

1. A and B play a short short long to play the ball to C.
2. B and C perform a 1-2/wall-pass.

Coaching Points:

- technique of passing/receiving/dribbling/turning
- play correct foot/receive correct foot
- angles of support
- checking and timing of runs
- work both sides
- communication

A: Soccer Tennis -- 3v3 -- adjust size, numbers, and rules based on age.

B: 3v1 Over the River Game: Yellow team receives ball from coach and one player from the black team goes over to win the ball back. The player in black tries to play the ball back to his/her teammates on the other side. One from yellow goes over to win it as the player in black that was defending rejoins teammates. Progression: Limit touches; Add players.

Coaching Points:

- technique of passing/receiving
- angles of support
- receiving with correct foot/playing correct foot
- transition
- keep the ball moving
- communication

- Play 6v6
- Coach in the game



Topic: Back 4 Defending Session

Bobby Puppione

- FIFA 11+ Warm-up
- Performance Work — footwork, agility, changes of direction
- Goalkeepers train separately with GK coach until Activities 3 and 4

Activity 1:

- White team tries to play ball across the grid to other white team while black shifts defensively to prevent a penetrating pass. Rotate middle team after 60-90 seconds.
- Focus on the shifting of the middle four players.

Progression:

1. Add a 4th team
2. Add a transitional aspect



Activity 2:

- Play 6v6 to 6 small goals
- Teams defend 3 goals and attack 3 goals
- Set-up in a 4-2 formation for each team.
- Play 5 minute games.

Progression:

1. Add a neutral player to make defending tougher.
2. Make the game full width



Activity 3:

- Play 8v6 plus GK to a big goal/ 3 counter goals
- Black team defends as a back 6 and looks to score in small goals.
- White team looks to score in big goal.

Progression:

- Can add target players instead of small goals
- Add black target players to connect with before scoring in small goals.



Final Game:

- Play 9v9 or 11v11
- Observe how team defends in the final third

Coaching Points:

- communication
- pressure/cover/balance
- compactness
- role of the goalkeeper
- wide backs - prevent crosses, move centrally to support center backs
- center backs - give cover/support, box organization/marking, passing on players
- what to do once we have won it — counter/transition
- blocking shots
- tackling/ball winning