

Interactive Session Plan TM

Coach David Robertson

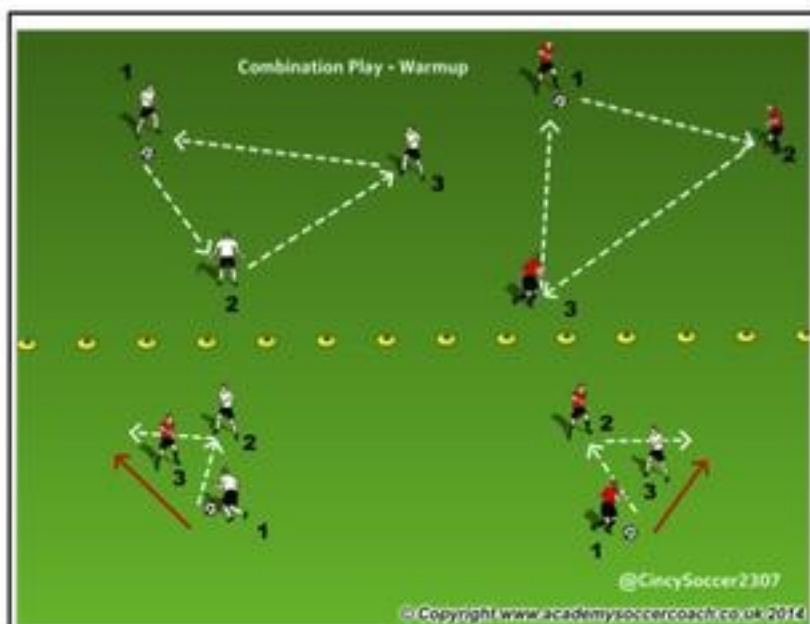
Team/Age Group U11s

Session date 12 Aug 2014

Theme Combination Play

Time available

90 Minutes



NOTES

Team organized into Groups of 3
Number players 1 through 3
Players pass and move until coach calls out number 1, 2, or 3.
That player must go and defend the other group's player on the ball

Example:

Coach calls number 3
3 goes to defend 1 & 2 in opposite group
1 & 2 must combine to get behind 3

Focus: How to combine? When to play the pass? Distance & Angles?

High Tempo Combination Activity

Player A plays the ball to player B and passively defends
Player B takes their 1st touch directly at player A, then combines with player C
Player B takes touch through Blue gate, then passes the ball to player D

Cycle then repeats with player B passively defending player D

Coaching Points:

- Tempo
- First touch at defender
- Surface used for pass & into player C's front foot for combination

Practical Application Activity

1v1 to Targets in a 10x15 area

Player can make the decision of whether to dribble 1v1 and fake the combination or to combine with the wide neutral player.

Play into a target and take their spot

Heavy emphasis on tempo and when to make the decision of going 1v1 vs. combining

Combination Activity to Goal

5x5 Grid where player A plays a combination w/ Player B while player C defends
If player C wins the ball that rep is over, next one begins

Once the combination happens player D checks hard to receive a ball from player A
Player E sprints to defend player D

Player A & D play 2v1 to goal, a shot must occur within 5-8 seconds depending on players level & ability.

End with 6v6/7v7 depending on numbers



CINCINNATI UNITED | BRINGING THE BEST TOGETHER



Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

Session date 3 Sep 2014

Theme Speed of Play

Time available

90 Minutes



NOTES

4v0/4v1

Begin in 4v0 - Focus on receiving across body, and quick ball movement
Receiving angles & off the ball movement (drop to cones & opposite side always moving)

Progress to 4v1

- Begin w/ passive defender, 1 minute in, simply blocking off passing lane, force attackers heads to be up
- Defender becomes live. Can only get out by either winning ball 3x OR calling out player 1x for receiving on the wrong foot (make them pay attention), not playing in 2 touch, etc

5v2 Grid Transition

5 Attackers begin v 2 defenders (Holding Bibs in hand).

Attackers goal is to get 5 passes in a row then immediately transition to other grid. Play offside for high level teams.

If a defender wins the ball, they drop their bib and become an attacker. A new defender sprints on from sideline, grabs bib and defends. Player who made the mistake leaves the grid and joins the entry line.

If the ball gets kicked out, defender closest to the attacker transitions to offense.

Over the River

3 Teams of 5

5v2 in one zone with remaining 3 in middle 1/3.

Attacking team looks to get 5 passes then play ball to other attacking team (Red). If defending team wins it, they send to the other attacking team and switch places with the team who lost the ball.

Constant transition, create a points system, make it competitive. If too easy for attackers add 3rd defender after 3 passes.

Scrimmage



Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

Session date 20/8/2014

Theme

Defending Principles in Pairs

Time available

90 Minutes



NOTES

1v1 Shadow Defending

Player A serves to Player B then sprints to defend
- Focus on good approach/angle of arrival
Player B dribbles towards end line
Player A works on jockeying with B, and forcing one direction

No active defending yet

When get to end line switch roles
- Progress to live defending, dribble over end line to score

2v1/2v2 w/ 2 Balls to End zone

Each attacker has a ball
Defenders defend against 2 attacks per round
First attack involves player A going 2v1 to end zone, as soon as they succeed/fail they turn and connect with player B to go 2v2 to end zone

Switch after 2 attacks

2v1/2v2 w/ 2 Balls to Goal

Progression on previous activity

Each attacker has a ball
Defenders defend against 2 attacks per round
First attack involves player A going 2v1 to goal (get shot off ASAP), as soon as they succeed/fail they turn and connect with player B to go 2v2 to goal.

Switch after 2 attacks

7v7/8v8 Free Play

Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

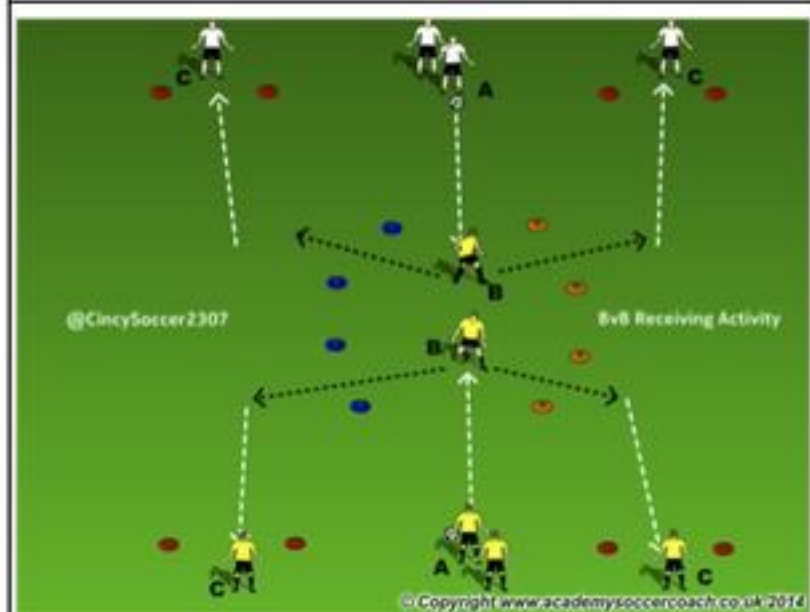
Session date 9 Sep 2014

Theme

Receiving into Passing

Time available

90 Minutes



NOTES

4v0/4v1

Begin in 4v0 - Focus on receiving across body, and quick ball movement
Receiving angles & off the ball movement (drop to cones & opposite side always moving)

Progress to 4v1

- Begin w/ passive defender, 1 minute in, simply blocking off passing lane, force attackers heads to be up
- Defender becomes live. Can only get out by either winning ball 3x OR calling out player 1x for receiving on the wrong foot (make them pay attention), not playing in 2 touch, etc

Line A plays the ball to player B
Player B can use any surface to go through either gate (Blue or Orange)
Once through the gate, quickly play the ball to player C
Line C goes to the back of Line A

Progression:

- Player A calls out a color for B to go through (Blue or Orange)
- Player A gives a simple math problem ($2+1 = ??$) even answers go through Blue gate, odd through Orange gate
- Player A yells out a type of food, things good for you go through Blue gate, bad for you through Orange gate.
- Lots of variations - be creative, make it fun

A, B, C & D play on the outside of the grid which is split into two zones.

To begin defenders (1 & 2) can not leave their zone.

Whenever A, B, C or D is in possession of the ball, their supporting players must show and provide options to the Left, Right & where a split could occur.

1 & 2 shadow defend for 60-90 seconds taking away a passing lane. A-D must move the entire length of their sideline to provide quick supporting angles.

Progress the activity to allow defenders 1 & 2 to go anywhere in the grid (no zone restriction). The split becomes "on" more often now.

Scrimmage

Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

Session date 13 Aug 2014

Theme

Passing & Receiving Session

Time available

90 Minutes



NOTES

Warmup: Passing & Receiving at Speed. Work on both Left & Right sides

Begin with Left Side of Picture:

Red player dribbles at speed down Right side, passes through gate to White player, their first touch must take them through the gate on right (can work on different ways to receive/angles)

White player dribbles @ speed, while Red player backpedals back to their line (make it a race)

Right Side:

Same as left except when Red player passes through the gate they must run around the triangle and try to catch the white player before they get to the other triangle.

4v4 + 1 To Targets:

4v4 inside the grid, plus a neutral (N). Goal of game is to keep possession and find target when available.

Target can move along end line; can introduce touch restriction if needed/desired

Play into target and retain possession = 1 point

Complete 5 passes in a row + find target and retain possession = 3 points

2v2 + 1 To Targets

White plays North/South, team in bibs play East/West

Ex:

Player A plays in to Target B, who must play across to Target C.

Target C then enters the grid (player A slides to B's spot, B slides to C's spot)

Make sure it is played at a high tempo, can give varying points for # of passes, as well as playing into targets

6v6/7v7/8v8

Free Play @ End - Focus on receiving angles etc

Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

Session date 08/27/2014

Theme

Passing Receiving & Possession

Time available

90 Minutes



NOTES

4v0/4v1

Begin in 4v0 - Focus on receiving across body, and quick ball movement
Receiving angles & off the ball movement (drop to cones & opposite side always moving)

Progress to 4v1

- Begin w/ passive defender, 1 minute in, simply blocking off passing lane, force attackers heads to be up
- Defender becomes live. Can only get out by either winning ball 3x OR calling out player 1x for receiving on the wrong foot (make them pay attention)

5 Pattern

Begin with players beginning centrally, check shoulder, receive side on to front foot, move the ball quickly. Visual & verbally demand the ball

Progress to movement to opposite cones as ball is travelling, check shoulders, receive on correct foot, constant movement

Introduce multiple balls so activity is quick w/ no standing around. Players follow their pass (always begin in middle) and final player dribbles back at speed to beginning of the line.

5v5 + 2 (Adjust based on numbers)

5v5 + 2 to big goals.

Put 2-3 cones down at middle to indicate half way line

Teams look to go to goal, entire team must be across half way line in order to score, if you catch the other team with someone not in defensive half when scoring it is worth two.

Emphasize receiving to go forward, and learning to play in two speeds. When is it on to counter? When is it on to slow it down and possess?

6v6 - Adjust based on numbers



Interactive Session Plan TM

Coach David Robertson

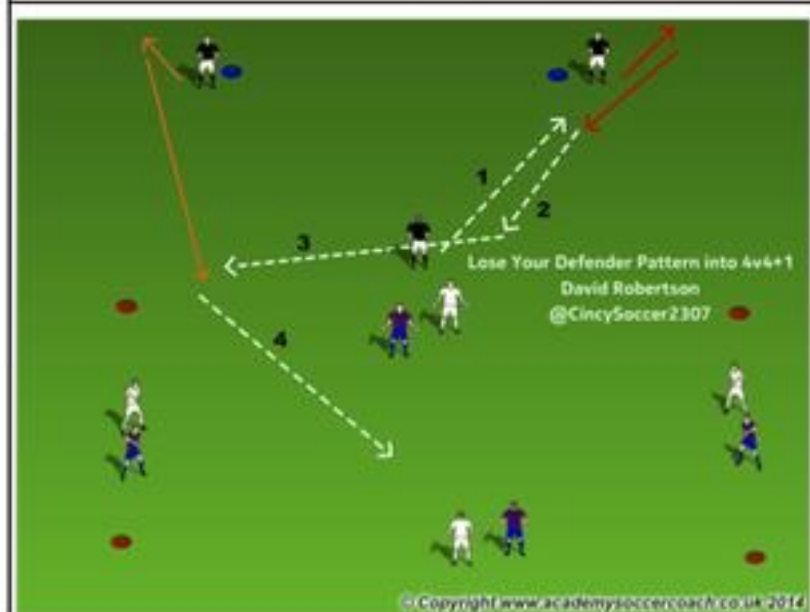
Team/Age Group U11s

Session date 16 Sep 2014

Theme Losing your Mark

Time available

90 Minutes



NOTES

Juggling within 7v7 Grid

5 Mins - Tennis Ball

5 Mins - Size 4

Record high scores, feet only (can keep going with other body parts). Track week to week progress.

Lose your Defender - Pattern Play

Player B drifts away (slow speed) to take defender with, then sprints back towards A
Player A plays to B then demands the ball back (open hips up so can play in one touch)

As ball is laid back player C drifts away to lose defender then sprints forward into space

Player A plays a pass into C's run - Do activity going both directions to work both feet
C runs at speed to back of A's line - Players rotate

Important Points:

- 2 Speed to lose defender
- Weight of Pass & Angle of Support

Pattern Play into 4v4 + 1

Same pattern as above, except final player dribbles into grid and plays as the +1.

Keep players in set positions (maintain shape and talk about shifting as a unit as pattern play is happening).

Work with Liz (GK) on simple instructions (step, slide, drop) etc

When ball goes out, +1 starts the pattern again w/ new ball

Scrimmage



CINCINNATI UNITED | BRINGING THE BEST TOGETHER



Interactive Session Plan TM

Coach David Robertson

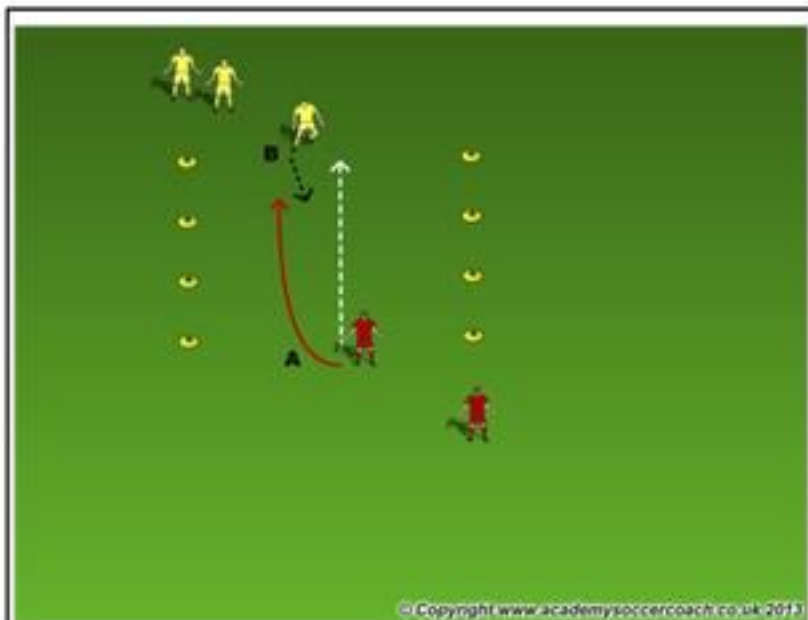
Team/Age Group U11s

Session date 19 Aug 2014

Theme Individual Defending

Time available

5:00-6:30 PM



NOTES

1v1 (Dribble over lines to score)

Player A plays to B, B tries to dribble over end line

Coaching Points:

- Angle of Approach
- Quick arrival, slow approach
- How to force/where to force

Progression: Player B checks half way into grid, receives then turns and runs at own end line, A must sprint to get behind and defend.

1v1 (Score on Pugg Goals)

Player A plays ball to Player B

Player B tries to score in the goal diagonal from their starting position

Player A looks to force B away from their goal, know when to keep the player in front and when to win the ball.

Make it a team competition

1v1 (To Big Goal/Counter Goals)

Player A serves to B

B looks to attack the big goal

A approaches at an angle to force away from goal

If A wins the ball, they look to score on counter goals

Make it a competition w/ consequences

Small sided match



CINCINNATI UNITED | BRINGING THE BEST TOGETHER



Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

Session date 10 Sep 2014

Theme Finishing

Time available

90 Minutes



NOTES

Warmup

Players work w/ line opposite, ball played out, take a touch, light strike into keeper
After striking dynamic stretching to the back of the opposite line

Buildup to striking for power w/ laces, including on the turn (run out to yellow cones, receive on the turn and strike between the cones on target)

- Hammer home good technique for ball striking - do not allow lazy reps

First to 10 Finishing Activity

Player A strikes the ball on opponents goal, then immediately gets in goal

Player B takes a prep touch (when player A strikes the ball), then takes a shot, and immediately gets in goal. Constant work

First to 10 - Celebrate Goals!

Work on L/R foot, bouncing balls, volleys, striking off a pass, etc

2 Ball Pattern to Goal

Player A dribbles at defender, goes around and finishes (1)
Immediately recycles run around yellow cone to get in (2)

Once A goes around defender;

Player B dribbles at defender and slips pass to C then overlaps (3)

Player C dribbles inside (4) then plays ball into overlapping player B (5)

C then sprints to get into the box (6)

Player B gets endline and plays ball back for finish (7)

Scrimmage



CINCINNATI UNITED | BRINGING THE BEST TOGETHER



Interactive Session Plan TM

Coach David Robertson

Team/Age Group U11s

Session date 26 Aug 2014

Theme Ball Striking

Time available

90 Minutes



NOTES

Warmup: Ball Striking Fitness

Player B lines up at midfield (player A about 10 yards in front of them)

Player A passes the ball to player B then runs around them

Player B lofts the ball towards the orange line of cones (edge of 18)

Player A must get to the ball before it reaches the 18 then dribble back at pace

Switch after set number of reps/time

Box To Box Ball Striking Station

Groups of 3 in each box, 2 players in between each box (one works with each box).

White team's center mid lays the ball into the box, who lay the ball back to be served into the red box.

The Red team's players have 1 touch to play an accurate ball to their center mid (checking) to get a point. Then repeat (center mid passes to team for service)

Depending on teams success/level add a passive defender into each grid to press the receiving player

"Horseshoes" Station

One team mate in each grid.

Red team serve to each other and have 1 touch to settle the ball as close to cone as possible
Competition between teams

Work on striking balls from stationary, off a pass, and bouncing balls.

6v6/7v7/8v8 Station

Depending on numbers play even sided competitive training match.

Split into zones, goals increase from further away zones

Interactive Session Plan TM

Coach David Robertson

Team/Age Group U16s

Session date

Theme

Relationship between 9 & 10

Players arrive 15 minutes early to do dynamic warm-up before session begins

Time available

90 Minutes



NOTES

Warmup: Pattern to Goal

A plays a ball into B (1), then moves to support C

As the ball is travelling to B, C moves to show underneath

B lays the ball off to C (2), B then pulls away around the other side of their defender

C lays the ball to A (3), then C begins to move across the backline

A plays a ball with texture between the defenders, into the run of D (4)

D takes a positive touch inside towards the near post, before picking out a runner for a finish (5)

Coach plays a ball in (7) to player who did not finish

Stage 1:

2 Players on each sideline, 4 defenders inside grid with players 9 & 10.

Red aims to keep possession and circulate the ball quickly. Points are scored when the ball can be played into the 9, laid off to 10, and the point of attack switched.

If a turnover occurs, white looks to keep the ball as long as they can, one player from the each wide sideline can come in to create a 4v4 (include elements of becoming compact on defense w/ 9 & 10 dictating where play goes).

Play for time or points depending on fitness needs

Goalkeepers: Do technical GK work on own or with keeper coach during this activity

Stage 2: Final Third Attacking Focusing on 9 & 10

Players look to get 4 passes in a row inside yellow grid

Option 1A: After four passes player A finds 9 who comes off his line to show feet, and lays to 10 for a finish

Option 1B: After four passes player B finds 2 (or 3) who dribble inside at speed, 9 drags his defender away and looks to get in box. 2 (or 3) slips ball to overlapping player B who dribbles end line and crosses for a finish

If white win ball, look to dribble out of yellow grid for a point.

Training Match:

11v11 (Bring in standout U-13/14 players to allow for 11v11 play)

Starting lineup on 1 team in 4-2-3-1 formation. Work with 9 & 10 on their tactical responsibilities and combination play.

To Work on end of half toughness:

Have two 10 minute halves. During one half the starting XI is up 1-0 and must maintain lead, during second period starting XI is down 1-0.

1st Half Goal: Maintain win, how do we adapt tactically?

2nd Half Goal: Must at least get a tie out of match, how do we adapt?

Interactive Session Plan TM

Coach David Robertson

Team/Age Group U16s

Session date

Theme

Midfield Defending with focus on Positions 6 & 8

Time available

Players arrive 15 minutes early to do dynamic warm-up before session begins

90 Minutes



NOTES

Warmup: Positional Work & Cues for 6 & 8

White team works the ball around the backs/GK and midfield.
Coach works with midfield 3, with focus on 6 & 8 in regards to shape.

Have cones setup for "home", where they go when ball is played wide, forward & negative. Begin w/ slow tempo, then quickly build up to game speed. Do not allow white team to score by crossing midfield within red cones.

Stage 1: Midfield Defending

Divide grid into 3 zones. Two teams of 4 occupy the top & bottom zones, with the midfield 3 of 6, 8 & 10 in the middle zone.

Group in white must play the ball around in order to move the red midfield, and play a ball across to the other white team for a point. Red must simply intercept the ball for a point.

Make it competitive (first to 5), really focus on quick in sync movements and active communication.

Goalkeepers: Technical work during this activity

Stage 2: Midfield Defending w/ Goals

Coach works with midfield 3, focusing on 6 & 8.

White team looks to attack and go to big goal - always start with the ball

Red team is looking to defend the goal, deny penetration, and turn the ball over. Once they have won the ball they score by finding the target in any of the three gates. Once a target is found, the front player in each gate sprints into play to replicate other teams backs getting forward

How can we slot game down when numbers down?

Training Match:

11v11 (Bring in standout U-13/14 players to allow for 11v11 play)

Starting lineup on 1 team in 4-2-3-1 formation. Work with 6 & 8 on their tactical responsibilities, especially defensive off the ball movement (move with the play).

To Work on end of half toughness:

Have two 10 minute halves. During one half the starting XI is up 1-0 and must maintain lead, during second period starting XI is down 1-0.

1st Half Goal: Maintain win, how do we adapt tactically?

2nd Half Goal: Must at least get a tie out of match, how do we adapt?

Interactive Session Plan TM

Coach David Robertson

Team/Age Group U14s

Session date 13 Aug 2013

Theme

Ball Striking over Distance

Time available

5:00-6:30 PM



NOTES

A lays the ball to B
B serves over distance to C
C plays into D's feet
D lays off to C
C serves back to other grid

After each serve players switch positions (A & B switch and C & D switch)

Work on variety of serving; from layoffs, dead ball, after prep touch, etc

- Correct technique
- Get in line of flight of ball to receive

1v1 Striking to Goal

Player A takes a touch then strikes on B's Goal
As soon as shot is taken, A retreats to their goal
Once B's GK makes save/concedes a goal player at front of Line B takes a touch & strikes ball
Once shot player B retreats to goal

Repeat

First to 10 goals wins, punishment for losing teams (10 pushups)

4v2 w/ Transition

Four play against two inside one grid
After 3 passes in a row, the White team must serve in the air to the Black team
Repeat

If the defending team intercepts the ball, they switch the ball to the other side, then take the spot of that team, who transitions to defense

Continuous play, points awarded for successful switches, as well as winning the ball defensively

- Quality of service
- Quality of layoff (not square - at an angle)
- Get in line of flight to receive

7v7 OR 8v8 (Number Dependent)

1/2 Field
Free Play
Match Like

20 minutes



CINCINNATI UNITED | BRINGING THE BEST TOGETHER



Interactive Session Plan TM

Coach David Robertson

Team/Age Group U14s

Session date 15 Aug 2013

Theme Heading / Heading off Services

Time available

6.30-8:00 PM



NOTES

Warmup:
Head - Throw - Catch

2 Step Maximum with the ball
6v6/Whatever numbers allow

Must score w/ head

Team A serves ball in air to Team B
Team B tries to head the ball back to Team A (as far as possible)
Team C tries to intercept in the air and head the ball back over Team B

Continuous Play for 3-4 minutes then swap team central

Coaching Points;

- Get in line of flight
- Body Shape/Position
- Eyes open, hit with forehead, generate power from legs & core

Heading off of Wide Services

Coach plays ball into Center Mid (1)
Player passes to wide player in channel (2)
Wide player takes a good prep touch and serves a ball into box (3)
Players making run heads to finish (4)

Coach the timing of runs, how to get on the end of a flighted ball

Four Corner Finishing Game

3 teams of 4
Each team gets 90 seconds to score as many goals as possible

Goals from run of play = 1
Goals played into a neutral then scored off a headed service = 3



David Robertson - @CincySoccer2307
Cincinnati United Premier - @cincyunited

Setup:
2 Goals
2 Zones
3 Lines of players (B & C attacking, D Defending)

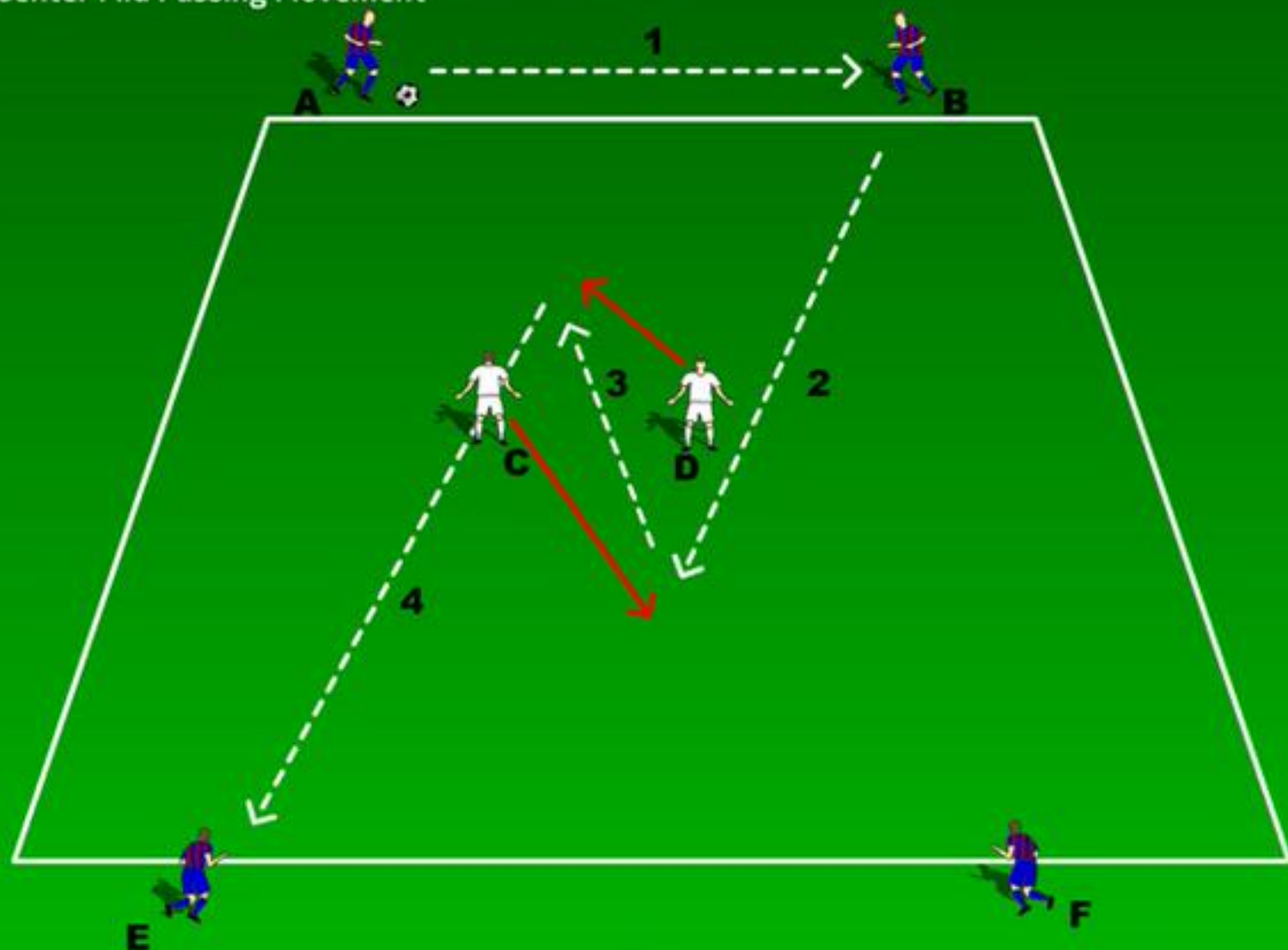
2v1/1v2/2v2 Transition Activity:

Activity always begins with the ball in goalkeeper (A)'s hands.
B & C pop off their cones and create good angles to receive.
A distributes the ball to B or C (1), who must play the ball to their partner before advancing into next area (2) (can remove that restriction)
D immediately goes to press in opponents half
B & C look to combine to score (3, 4, 5)
IF D wins the ball at any point (or GK saves the shot), they go 1v2 to goal until a goal is scored or ball goes out of bounds
As soon as a goal is scored or ball goes out, next player in line D dribbles onto pitch at speed to create a 2v2 (6)

Coaching Points:

- Receiving angles (how can we go forward quickly?)
- First touch (across body, forward touch)
- Speed & Tempo
- Attacking in a 1v2 scenario when presented (get to goal)
- Dealing with transition (attacking & defending)

Center Mid Passing Movement



© Copyright www.academyfootballcoach.co.uk 2013

Player Movement (Center Mids) - Possession

Cincinnati United Premier

David Robertson

Theme: Off ball movement to enhance ball movement with 2 central midfielders

Pattern:

A passes to B

As player A opens up to pass, player C checks high, D shows underneath

B passes to C

C lays the ball off to D

D plays to E

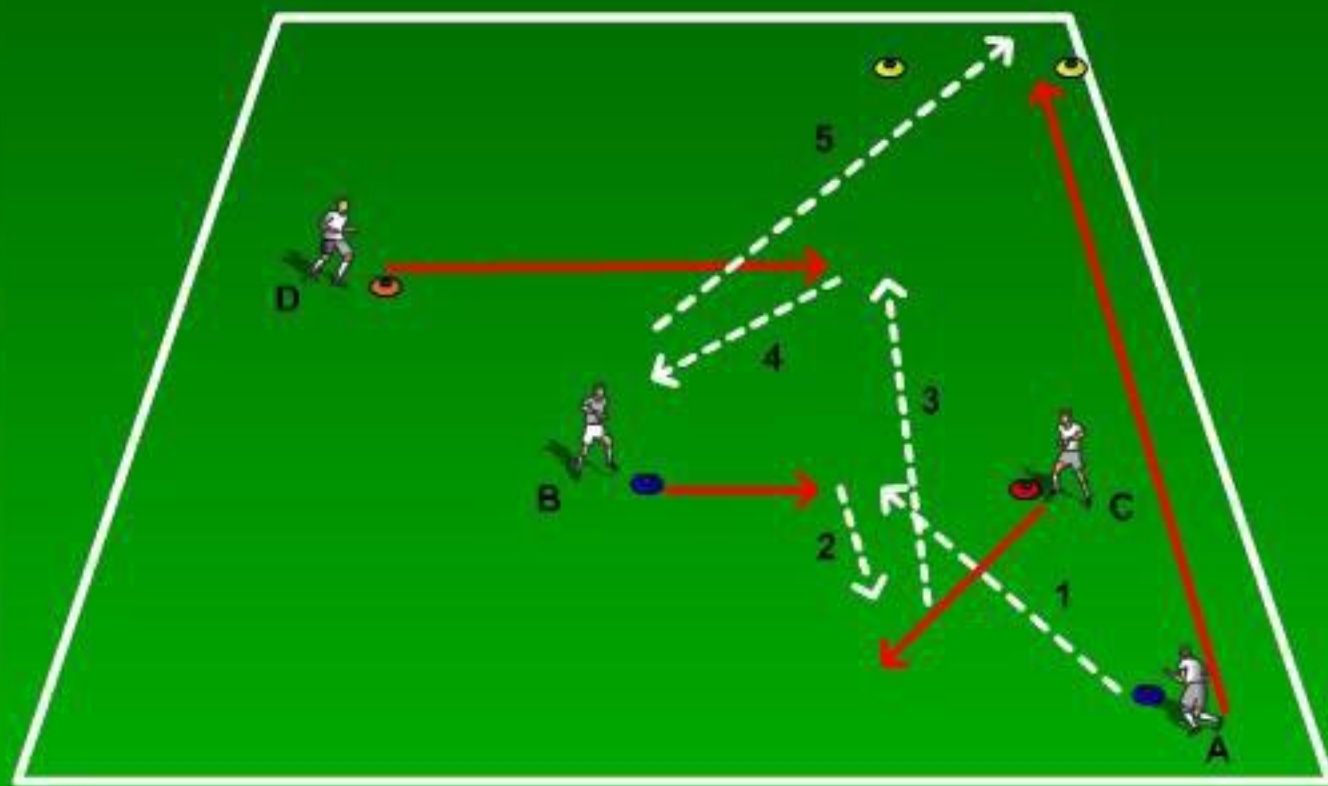
Repeat going out the other way

****Go for 1 minute, then switch central players**

Points to Emphasize:

- Weight of the pass
- When/how to show
- Receiving Angle
- Reduce touches
- Create space to receive

Robertson Pattern 1



© 2011 www.academyfootballcoach.co.uk

Cincinnati United Premier

David Robertson

Passing Pattern Encouraging Off the Ball Movement

B opens up by checking away from cone

A passes to B

As A is passing to B, C moves to show underneath B

B lays the ball off to C, and spins out

As B is laying the ball off to C, D shows in the gap

C plays the ball to D, while A makes a run wide towards the Yellow Gate

D lays the ball off to B who is opened up to receive

B finds A who is running to the Yellow Gate with a through ball

Points of Emphasis:

- Timing of movement, not too early/late
- Weight of the pass
- Playing to the correct foot
- How to spin to create space
- Stepping into the pass

Adapted Mourinho Pattern to Goal

David Robertson
@CincySoccer2307

© Copyright www.academyfootballcoach.co.uk 2013

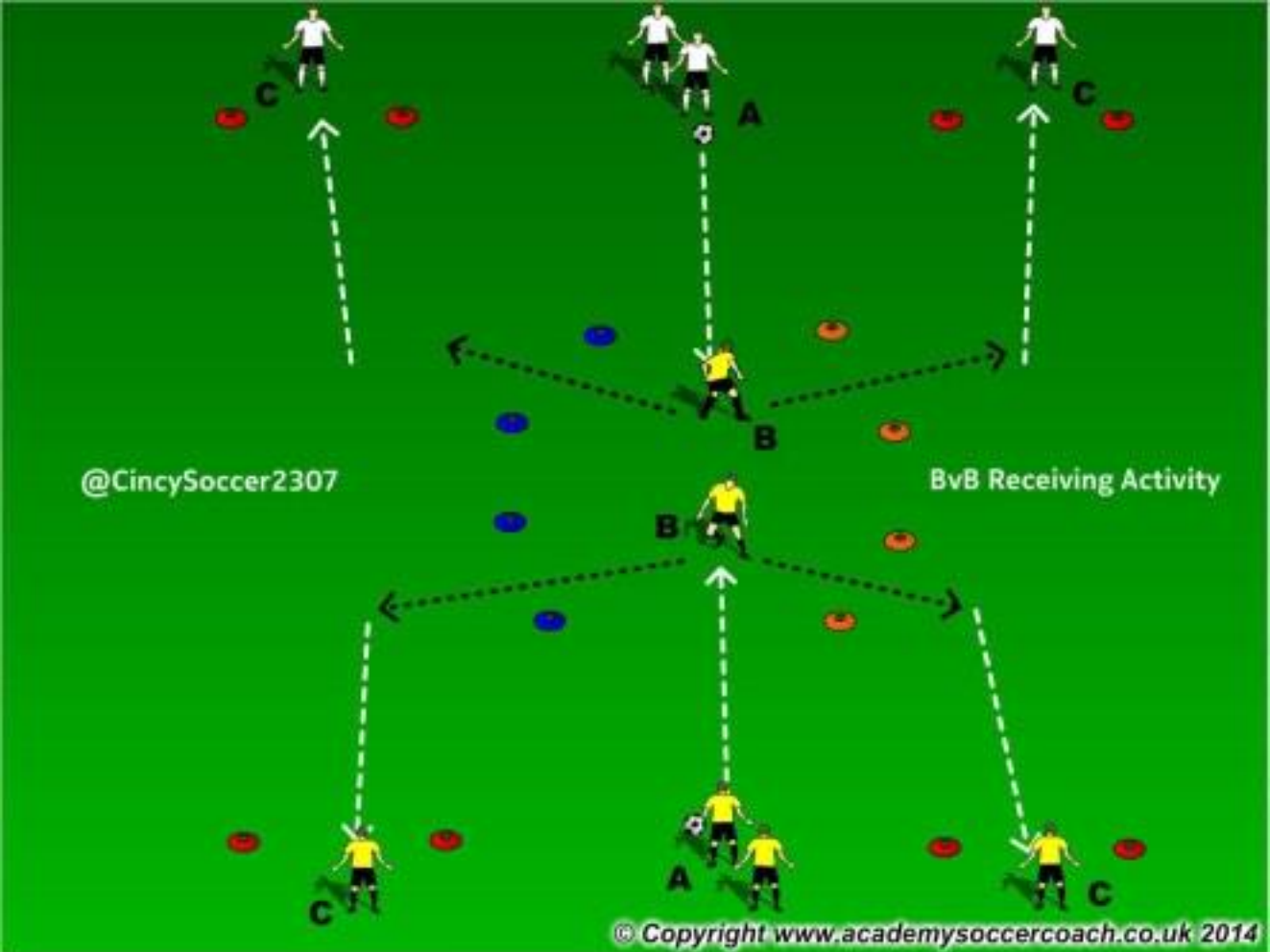
**Adapted Mourinho Pattern to Goal
Cincinnati United Premier
David Robertson @CincySoccer2307**

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

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

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

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



David Robertson (@CincySoccer2307)
Cincinnati United Soccer Club (@CincyUnited)

Receiving Activity to create a thinking player

****Please note this is an activity observed during the Borussia Dortmund coaching clinic for Cincinnati United Soccer Club in Summer 2014.**

Setup:

- 2 activities running at the same time
- 2 Red Gates
- 2 Gates (2 different colors for receivers)

Line A plays the ball to player B

Player B can use any surface to go through either gate (Blue or Orange)

Once through the gate, quickly play the ball to player C

Line C goes to the back of Line A

Progression:

- Player A calls out a color for B to go through (Blue or Orange)
- Player A gives a simple math problem ($2+1 = ??$) even answers go through Blue gate, odd through Orange gate
- Player A yells out a type of food, things good for you go through Blue gate, bad for you through Orange gate.
- Lots of variations - be creative, make it fun

Technical Progression:

Player A sprints to defend player B after passing, who must take their 1st touch through either of the gates based on defenders angle of approach

Coaching Points:

- High Tempo
- Demand technical sharpness from players
- Create a thinking player (don't tell them how to receive.. challenge them)
- Make them solve a problem as the ball is travelling
- Create a competition between the two teams, who gets the most answers right in 1 minute, etc. Be creative

All players follow their pass



"Dempsey Boxes"

David Robertson - @CincySoccer2307

Setup two boxes (8x8) on the edge of the 18'

Players A, B & C begin with balls

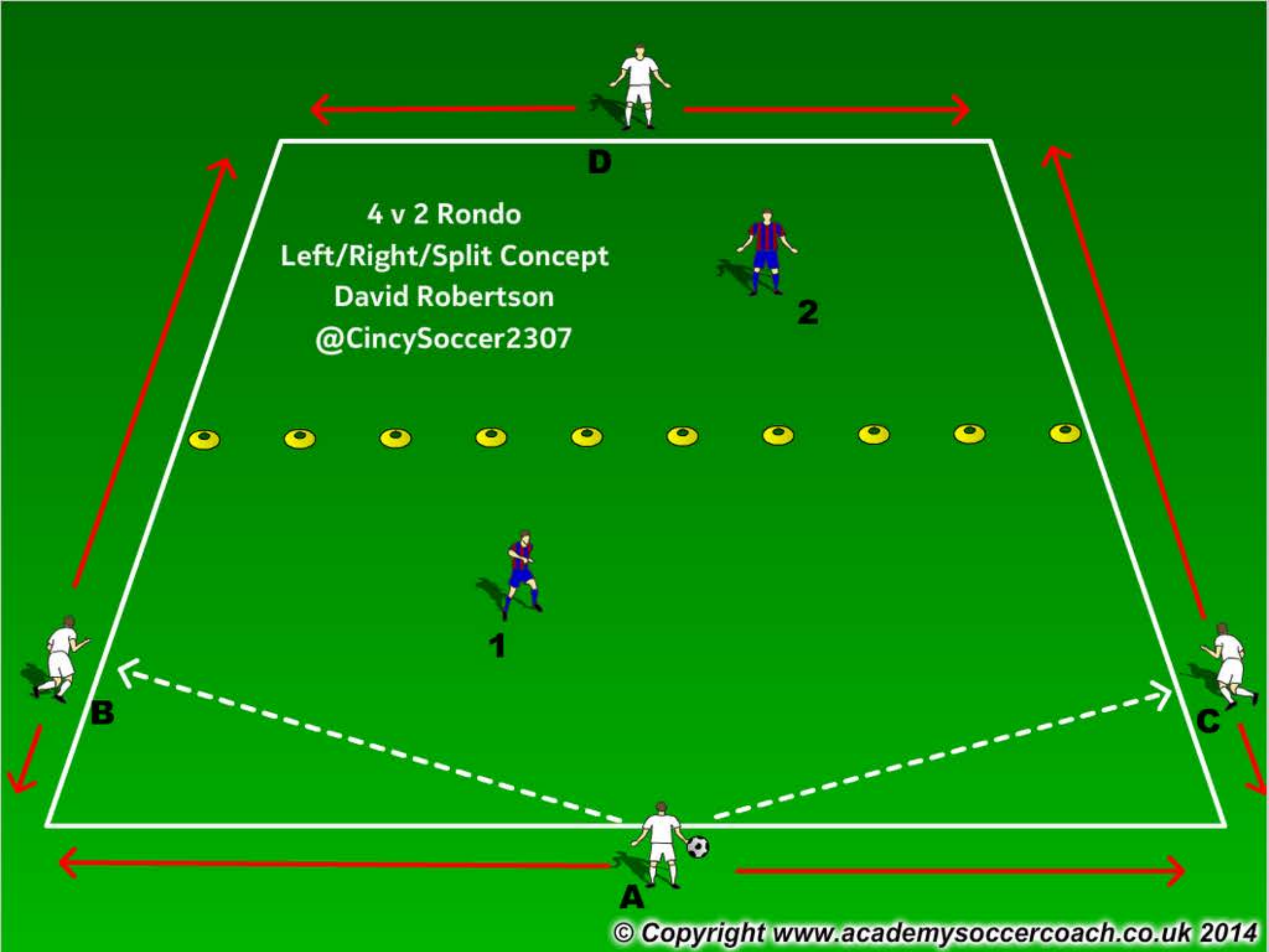
(1) Player A plays the ball into D, who takes a touch (must stay inside the box) and finishes on frame

(2) Player B plays the ball into E, who does the same as D

Players A, B, D & E drop off to edge of 18' as

(3) C plays a 1-2 with F, first touch takes them through the gate and then a cross into the box for a finish

Keep groups in their area, then rotate areas every 7 minutes. Rotate within groups (E takes B's spot, B goes to back of line) (C takes F's spot, F goes to back of line)



David Robertson (@CincySoccer2307)
Cincinnati United Premier (@CincyUnited)

4v2 Rondo to Introduce Left/Right/Split Possession Concept:

A, B, C & D play on the outside of the grid which is split into two zones.
To begin defenders (1 & 2) can not leave their zone

Whenever A, B, C or D is in possession of the ball, their supporting players must show and provide options to the Left, Right & where a split could occur.

1 & 2 shadow defend for 60-90 seconds taking away a passing lane. A-D must move the entire length of their sideline to provide quick supporting angles.

Progress the activity to allow defenders 1 & 2 to go anywhere in the grid (no zone restriction). The split becomes "on" more often now.

Coaching Points:

- Supporting Angles (Do not "hide" behind defender)
- Play front foot
- First touch must be tight/close control
- Get an early tempo
- Encourage players to "coach" each other - constant chatter
- Left/Right/Split must always be provided



"Pattern Play To Goal - Adapted Mourinho Y"

David Robertson
Cincinnati United Premier

Guide:

Red Lines = Runs

Dotted lines = Pass/Shot

A passes to B then opens up to face C

B receives side on, and lays ball off to C - after pass, spin off and drift to back post

C lays the ball back to A (As pass is in motion, D begins their run), then makes a run to the penalty spot

A plays a ball splitting the Left Defender & Left Center Back (Represented by mannequins) to D

D chooses whether to serve early to B (back post run) OR slot the ball back to C at Penalty Spot

B/D Finishes with a shot on target

Adaptations:

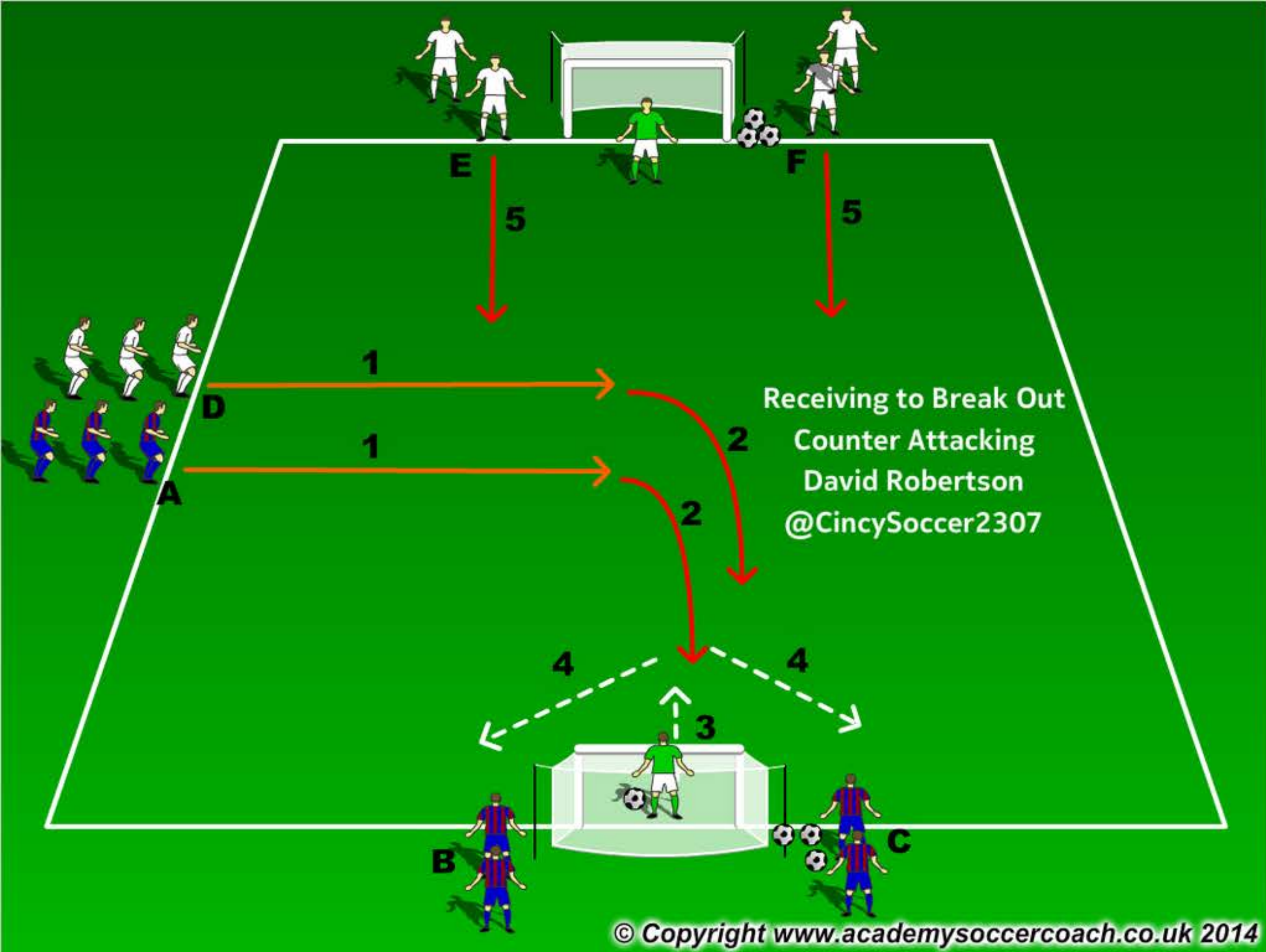
Use mannequins to mirror back 4 (if none available, use real defenders/cones)

Pattern can be mirrored on the right side of the field, switch sides every time.

Link play between A/B/C can be altered

Coaching Points:

- Flat Runs vs. Bent Runs
- Timing of the pass
- Receiving Angles
- Weight/Spin of the ball



Receiving to Break Out David Robertson - @CincySoccer2307

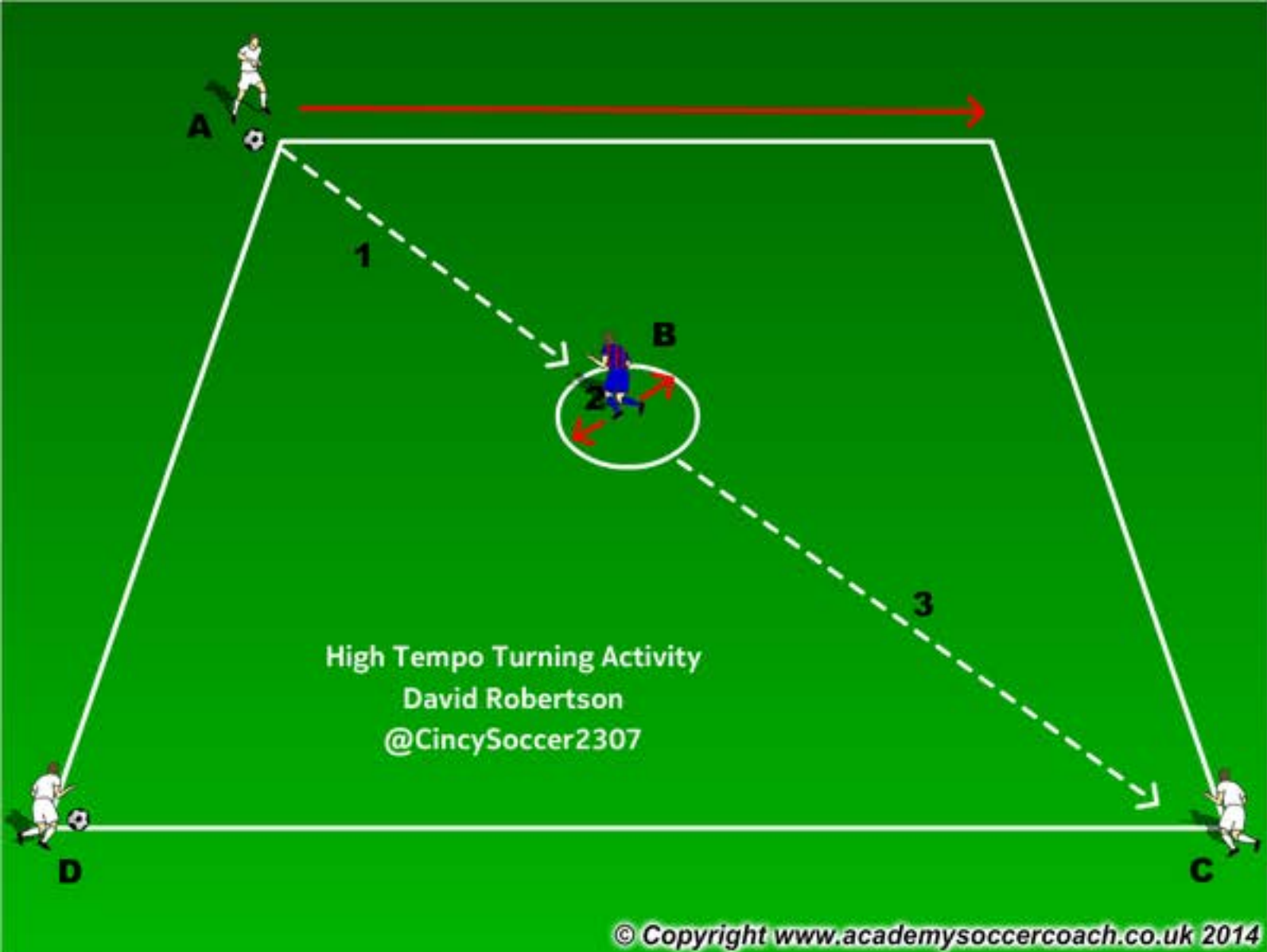
Setup:
2 Goals
2 Teams
Balls at each goal

Instructions:

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

Coaching Notes:

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



High Tempo Turning Activity:

Setup: 3 players on corners of a 10x10 Grid. One player in the middle. Central player works for 60-90 seconds depending on objective.

Various turns worked on include but not limited to;

- Across body
- Inside of foot
- Outside of foot
- Cruyff
- Let roll across body (side on)
- Drag across body
- Pullback

B creates some opposite motion before every pass in order to create space

(1) A plays the ball into B (B must demand the ball) - then immediately moves to the "open corner"

(2) B turns using assigned turn

(3) B plays the ball into C, then immediately checks away before showing to D. D then repeats and moves to open corner

Coaching Points;

- Weight of pass must be correct
- Opposite motion by central player to create time/space
- Correct angle when receiving (don't check square)
- Correct application of technique for turn being worked on
- Taking looks over shoulders
- Verbally asking for the ball as well as physically showing where they want it



Switching the Point of Attack w/ Pressure

Cincinnati United Premier

David Robertson

Theme: Building on Switching Point of Attack w/ no pressure activity

Instructions:

6 v 4 + 4 (Targets)

Player B creates space to receive from A

B (Under Pressure) looks to retain possession and switch point as quickly as possible

B passes to C

C passes to D

Repeat

****When 4 (Black uniforms) win the ball, they look to retain possession for as many passes as possible (each pass = 1 pushup for White Uniform team) to encourage quickly winning the ball back.**

Emphasis:

6 (White Uniform) look to switch point (2 balls available, only 1 in play at a time).

- Emphasize keeping the ball, recognizing when the switch is on and when to keep it
- Creating Space
- Tempo
- Early communication
- Head on a swivel
- Play simple



Switching the Point of Attack

Cincinnati United Premier
David Robertson

Theme: Under no defensive pressure, getting used to creating space to receive, looking to switch point, and then get another ball. Multiple balls in play

Setup: Adjust based on player age/ability. 6 Grids w/ Targets, 6 players in middle

Instructions:

Player B creates space to receive ball from Player A

(1) Player B receives the ball from Player A

(2) Player B plays the ball to C

Player B then looks to receive the ball from another player, repeat

Multiple balls are active at a time, can use another team mate to retain possession/complete switch

5v2 Constant Transition

@CincySoccer2307



© Copyright www.academysoccercoach.co.uk 2014

David Robertson (@CincySoccer2307)
Cincinnati United Soccer Club (@CincyUnited)

5v2 Transition Activity:

5 (Attacking) Players play in a grid split into two equal halves vs 2 (Defending) players. Extra players off to side at mid line (if more than 3 waiting create 2 sets of the activity)

The attacking players look to get 5 passes in a row before switching play into the other grid. Activity then continues in that grid.

Defending players (holding bibs), simply need to touch the ball in order to become an attacking player.

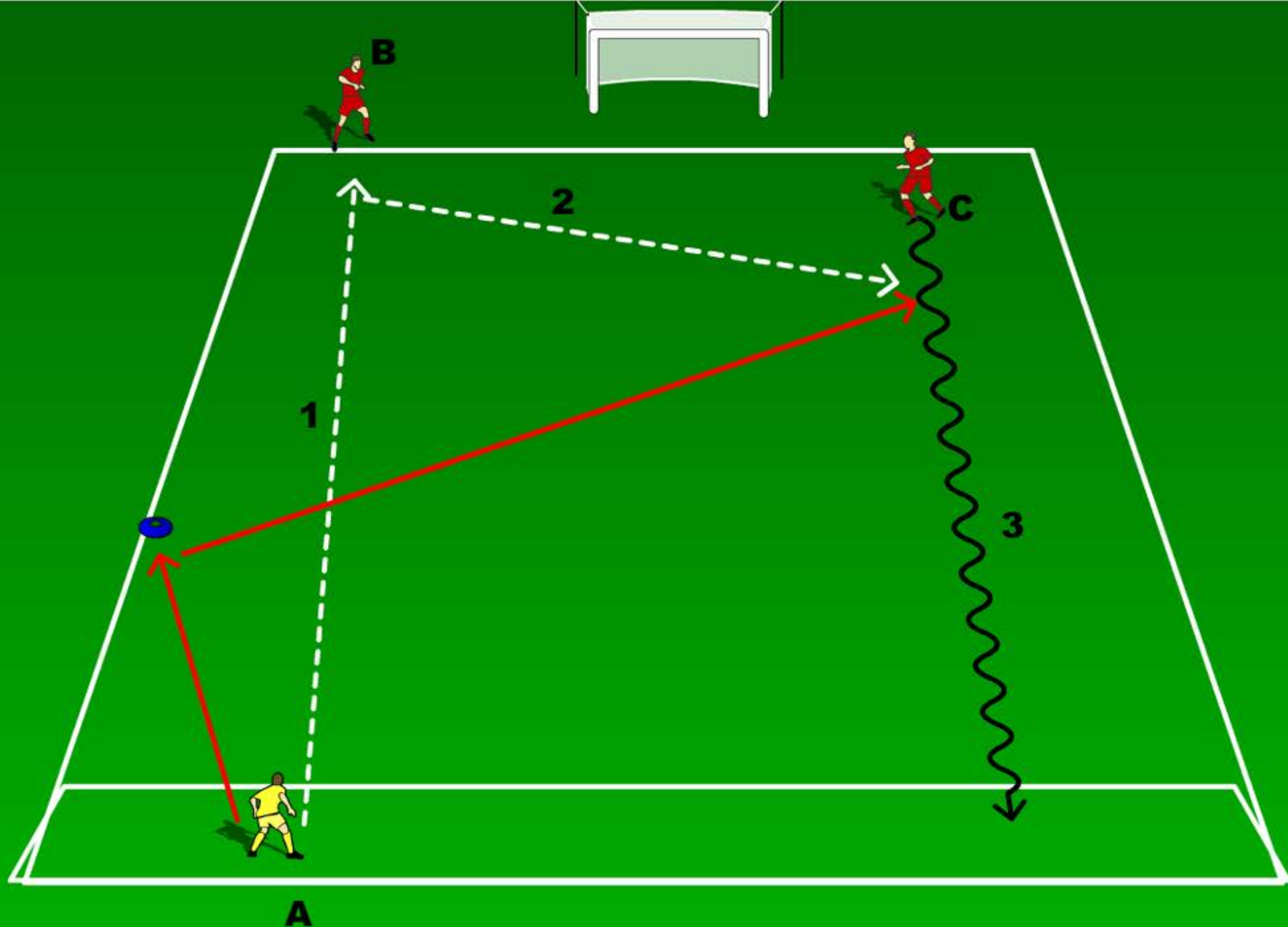
- When a defender transitions to attack they drop their bib
- Player who gave away possession leaves the grid and goes to the back of the line
- New defender sprints on and picks up bib before defending

Progressions:

- Put offside into effect when switching grids
- Must play a textured ball
- Player & ball cannot pass through the same gate (off the ball runs)

Coaching Points:

- Supporting angles
- Quick ball movement
- Taking looks
- Immediate transition from defending to attacking (ball retention)



© Copyright www.academyfootballcoach.co.uk 2013

Cincinnati United Premier
David Robertson
1v1 Defending:

Player A passes the ball to player B (1)
As ball is travelling player A touches up to Blue cone and sprints to defend C
Player B lays the ball to player C (2)
Player C goes 1v1 and looks to dribble into endzone

If player A wins ball, they immediately look to finish on goal

Key Coaching Points:

Player A - Fast arrival, slow approach (slow down on Player C's 1st touch)
Correct body shape - when to be touch tight?
How to get across players on the dribble
Punish poor first touches/bouncing balls