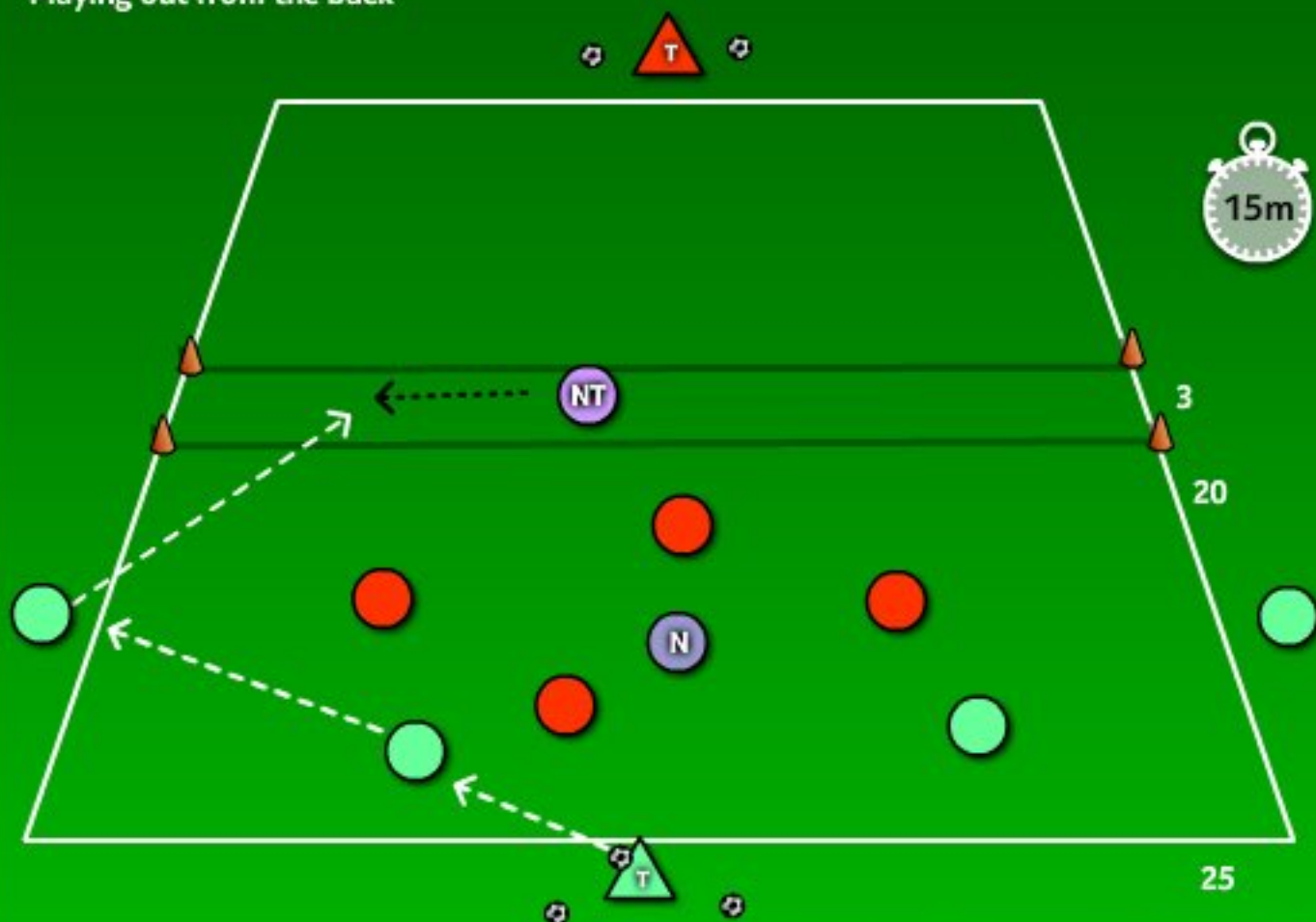


Playing out from the back



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Playing out from the back;

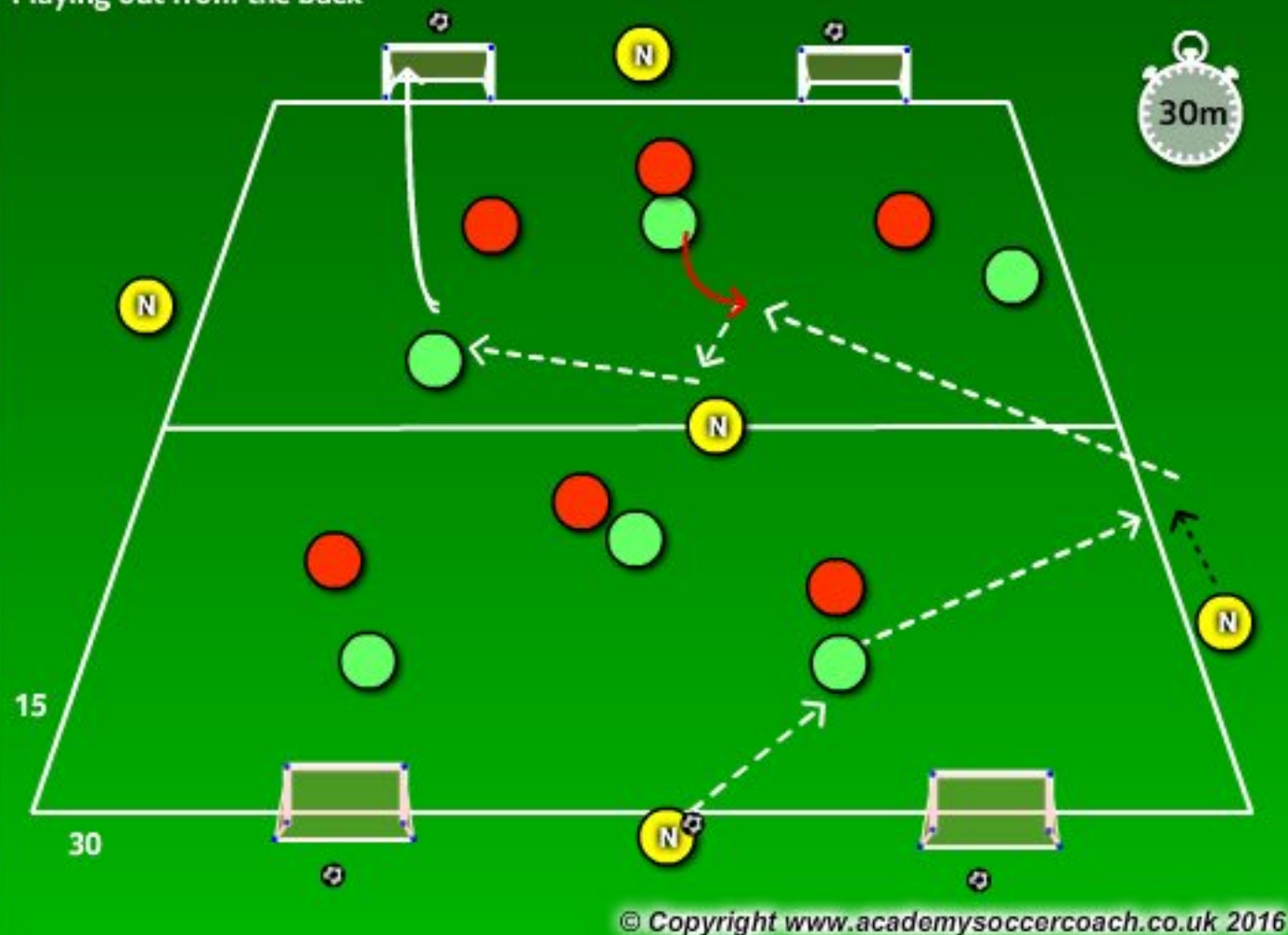
Area/setup;

- Split in to halves with channel through the middle.
- Target players at either side of the practice with a Neutral player in one zone and a neutral Target payer in the middle channel.
- The idea. One team starts with the ball and plays with 2 wide players and 2 in the middle with the Neutral player against 4 defenders. The 6 players look to play out from the T player in to the pruple Neutral Target player.
- If they manage to do this the NT player plays back in to the greens and repeat going back to the original T player until the reds win the ball.
- When the red win the ball, they switch the play over to there red T player and set up the same way on the opposite side with same principles.

Keys;

- Pass accurcay
- Movement
- Decision on ball

Playing out from the back



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Playing out;

Set up as above.

Structure;

- 3 v3 in each half with a Neutral player inside the area and 4 Neutral players located around the area.
- Team in possession play through both halves to score.

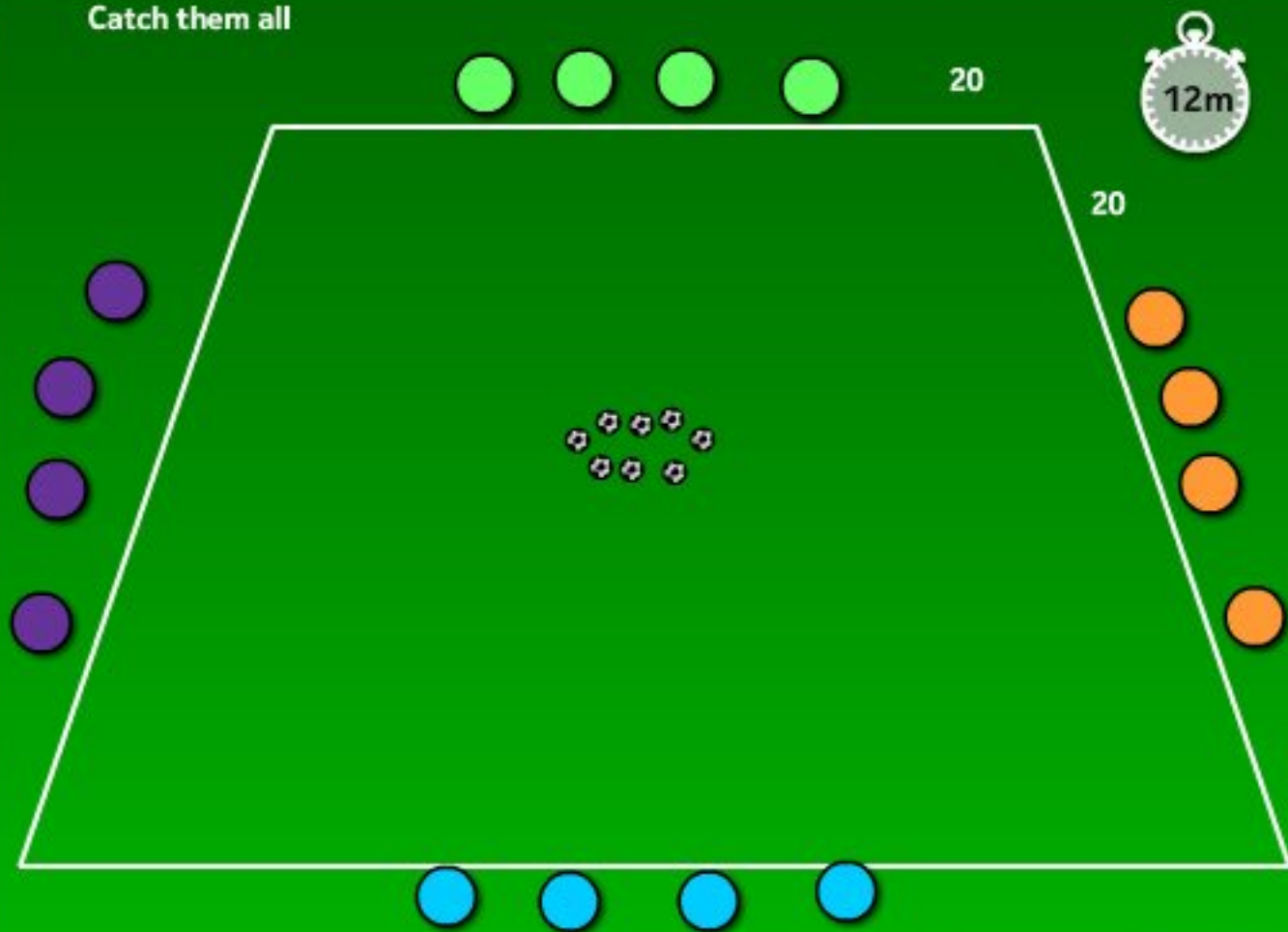
Bonus points;

- If the can use 3 of the neutral players to score.

Keys;

- Spread out when in possession of the ball.
- Supporting angles should be good.
- Communication between the defenders.
- Placement of the passes in front of each other.
- Look up to see if the ball can be dribbled forward.
- Receive with an open body stance.

Catch them all



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Catch them all

Area/setup;

- To suit the age group and ability.
- 3 or 4 even teams
- 6 balls or half of the players.

The game;

- Balls start in the middle of the practice and the players look to compete to be the team with the most footballs at the end of the game.
- The coach decides the time - coach may call after 1/2/3 mins.
- Play 3-4 times add the scores up and the team who has had the most balls throughout the games when the whistle is called wins.

Focus;

- Communication
- Team work
- Shielding skills
- Passing and receiving
- RWB



Cutting in and shooting

Area/setup;

Carousel 1;

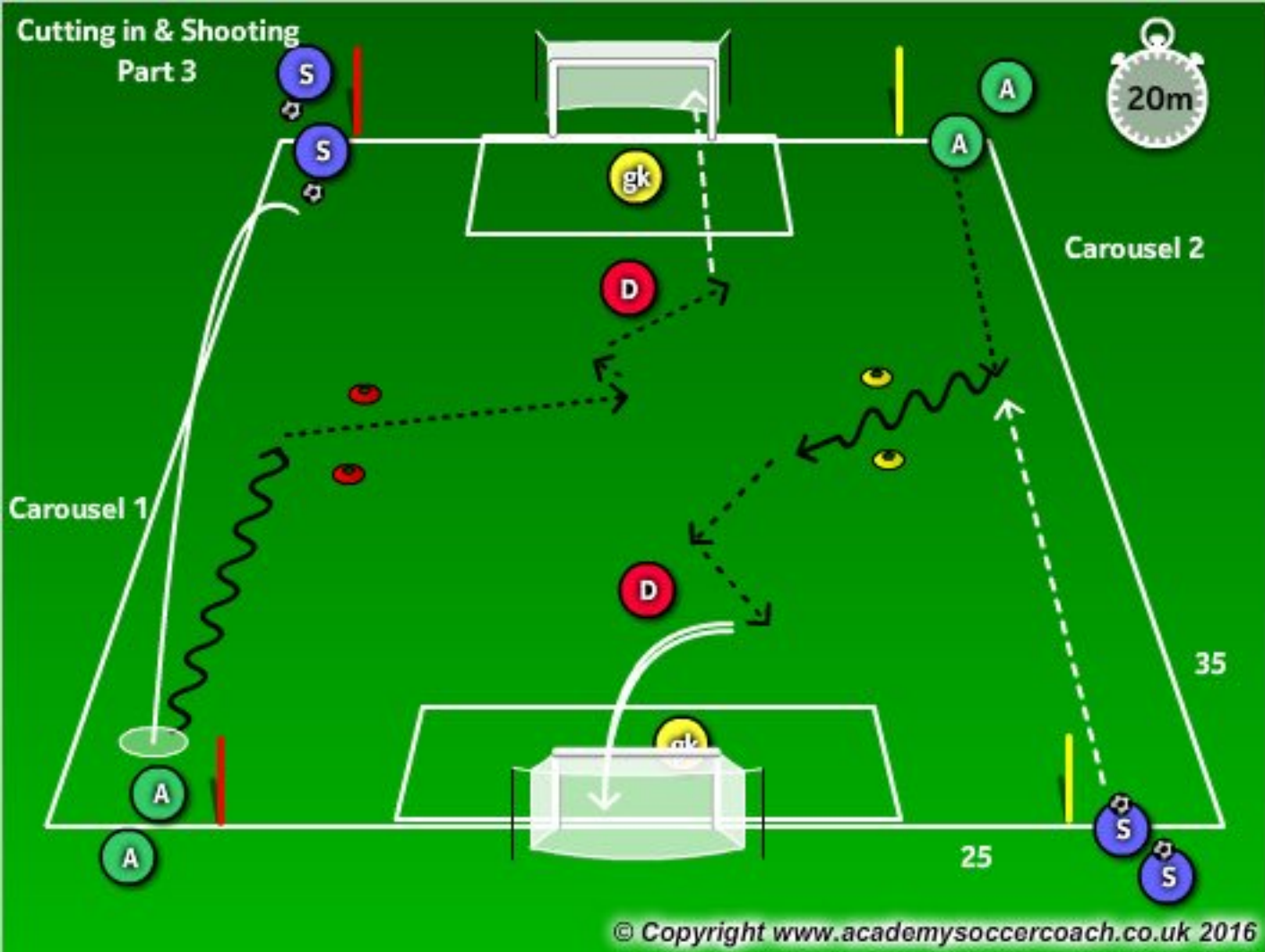
- Server starts in one corner of the practice with the ball and passes a long range pass to the opposite attacker.
- The attacker then controls races forward and then cuts inside through the gates looking to beat the mannequin and shoot on the goal.
- The attacker then becomes the server whilst the server runs to the otherside and joins the attacker que.

Carousel 2;

- Server plays a shorter pass
- the Forward is to time their run so their first touch is through the gate and then beat the mannaeuqin and shoot on goal.

Focus;

- First touch
- Travelling with the ball
- Feints and exaggerated movements
- Finishing skills- using mannequins/defenders as disguise



Cutting in and shooting

Area/setup;

Carousel 1;

- Server starts in one corner of the practice with the ball and passes a long range pass to the opposite attacker.
- The attacker then controls races forward and then cuts inside through the gates looking to beat the defender and shoot on the goal.
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Carousel 2;

- Server plays a shorter pass
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Focus;

- First touch
- Travelling with the ball
- Feints and exaggerated movements
- Finishing skills- using mannequins/defenders as disguise

Defending as a pair in a unit- Part 2



Defending as a pair - in a unit;

Half of a full sized pitch or to suit group

- 2 servers/2 Neutral wide players to play with players in possession attack and defence.
- 4 defenders (back 4) in the half against 3 attackers (front 3).
- Defenders look to protect the box and win the ball to play in to servers for their point.
- Attackers look to combine using wide N players and S players to score on goal.
- Wide players are conditioned to the wide area and play offside rule, and defenders unable to tackle but can block passes crosses from these players.

Coach sound bites;

Defenders;

- Make play predictable
- Support and cover
- Block shots
- Regain the ball
- Be loud

Attackers;

- Shoot early
- Move the ball quickly
- Someone "show" + "someone go"

Defending as a pair Part 1



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Defending as a pair;

Set up area to replicate the 18 yard box - area size dependent on group.

- 2 defenders (4/6 intotal)
- 6 attackers
- 1 defending GK

-Game starts with 2 neytral servers who act as support for players in possesion.

- They vary the delivery into the strikers first playing in to feet then moving to through the ball up into the air from different angles and heights.

- Attackers look to combine with either wide players or servers and score on goals

- Defenders look to break up play and if they win the ball play to the neutral servers - they can also use the Neutral wide players to get it back to server for their point.

- After every 2-3 tries - change pairings so players can rest and observe their peers.

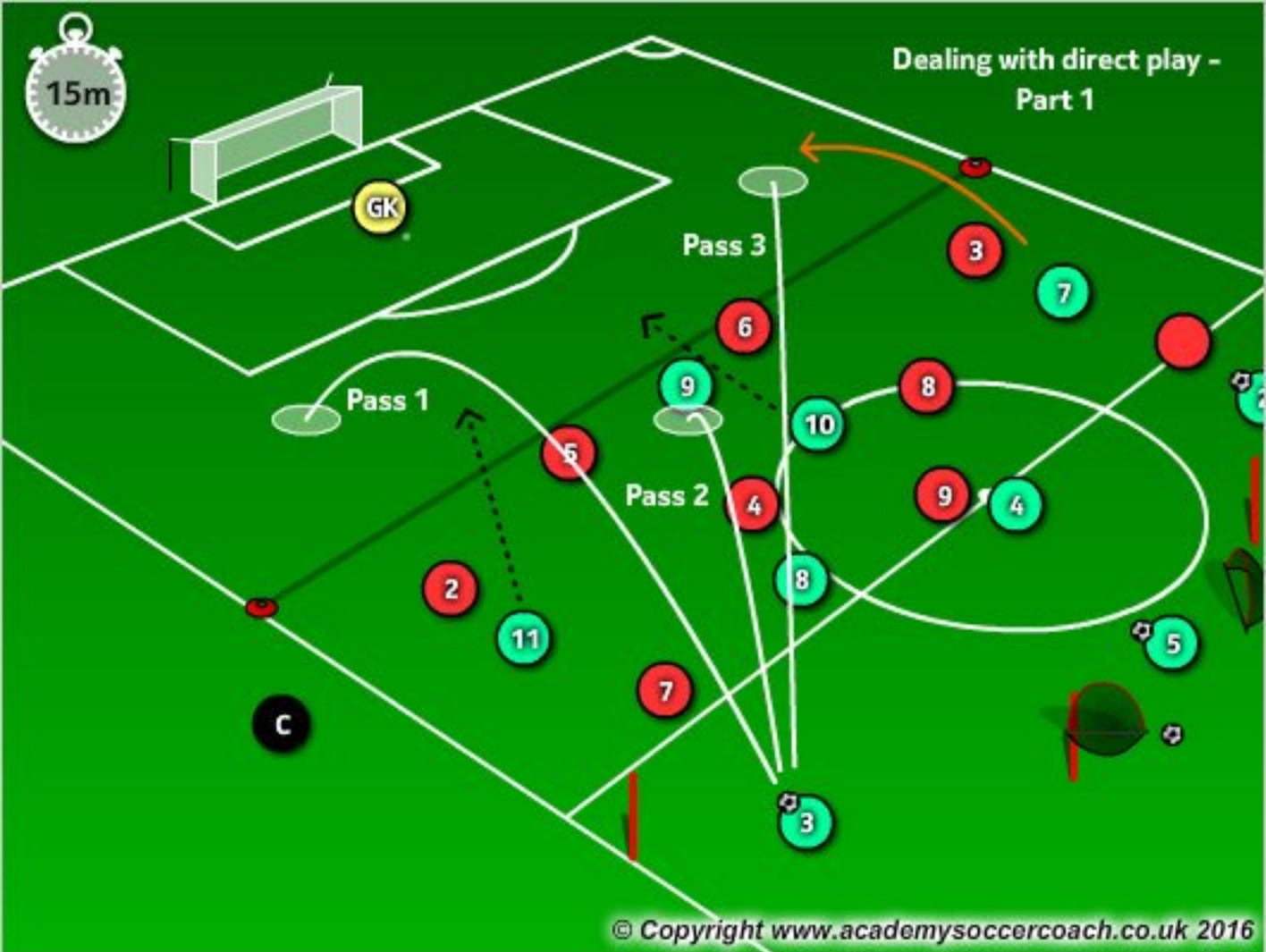
Progress;

- Play as back unit

Coaching points;

Defenders;

- Mark ballside/goalside
- Press the ball or drop and cover
- Half and half - "see the man see the ball"
- Be aggressive and look to win the ball on the front foot to play forward
- Communicate



Dealing with Direct Play;

The idea;

- Playing against a team who are direct from the start or for game management purposes - ie they are desperate and playing direct.

How do you deal with it properly...

The game;

- Blue team start with 3-5-1 formation;
- There 2 fullbacks and 1 centre back starts with a ball each.
- Practice starts with red team compact and pushed up to offside line.
- Coach calls a number of one of the players in a gate that playuer inturn plays 1 of 3 passes;
- 1- long ball in the channel - behind fullback
- 2- direct ball into the number 9
- 3- a long ball in behind opposite fullback - switch or diaganol

Reds;

- 1- How do you react - who goes where and why, the technique of fighting for the ball or dropping off and covering
- 2- GK position - communication, position and authority
- 3- 2nd ball, How you recover and try to win the second ball is key
- 4- if you win the ball can you counter attack quickly and hit your number 9 who shoots passes into pug goals.

Blues;

- Look to score quickly and in direct fashion
- Look to run past and beyond defenders to create final moments

Triggers;

- Ball travelling in the air; who goes to win the ball and why - who is the support and why.
- The second ball who can effect this and how - are others in place to support me.
- If they win the 1st and 2nd ball what then....Problem, fix it.

Team Phrases;

- Drop or
- Fight
- Engage and
- Break Forward



The Idea;

Set up as above

- 2 teams evenly matched with a neutral T (Target) player and a neutral GK.

- One team starts as the team playing out from the back (reds) and the others are looking to win the ball and score on goal.

- The reds are looking to play a one -2-pass with the Target player through the gates - once they do that they then become the attacking team - the blues transition and become the team playing out from the back defending the reds attacks.

- When the play breaks down the blues will then try and play out from the back and remain the team playing out until they successfully play through the gates.

Focus;

1- Fullbacks high and wide

2 - centre backs split (edge of 18 yards/ drop lower to 6 yard box to draw the opposition on if needed)

3- midfield rotation (one drop to edge of 18 yards the other moves on an angle away from ball to receive high.

4- The target player acts as a striker and follows the line of the ball as ball is moving to receive through gates.

5- GK - Play quickly if possible, composure (best option, be available to receive and play both sides at any time, can I play straight in to forward (T player)

Buzz words;

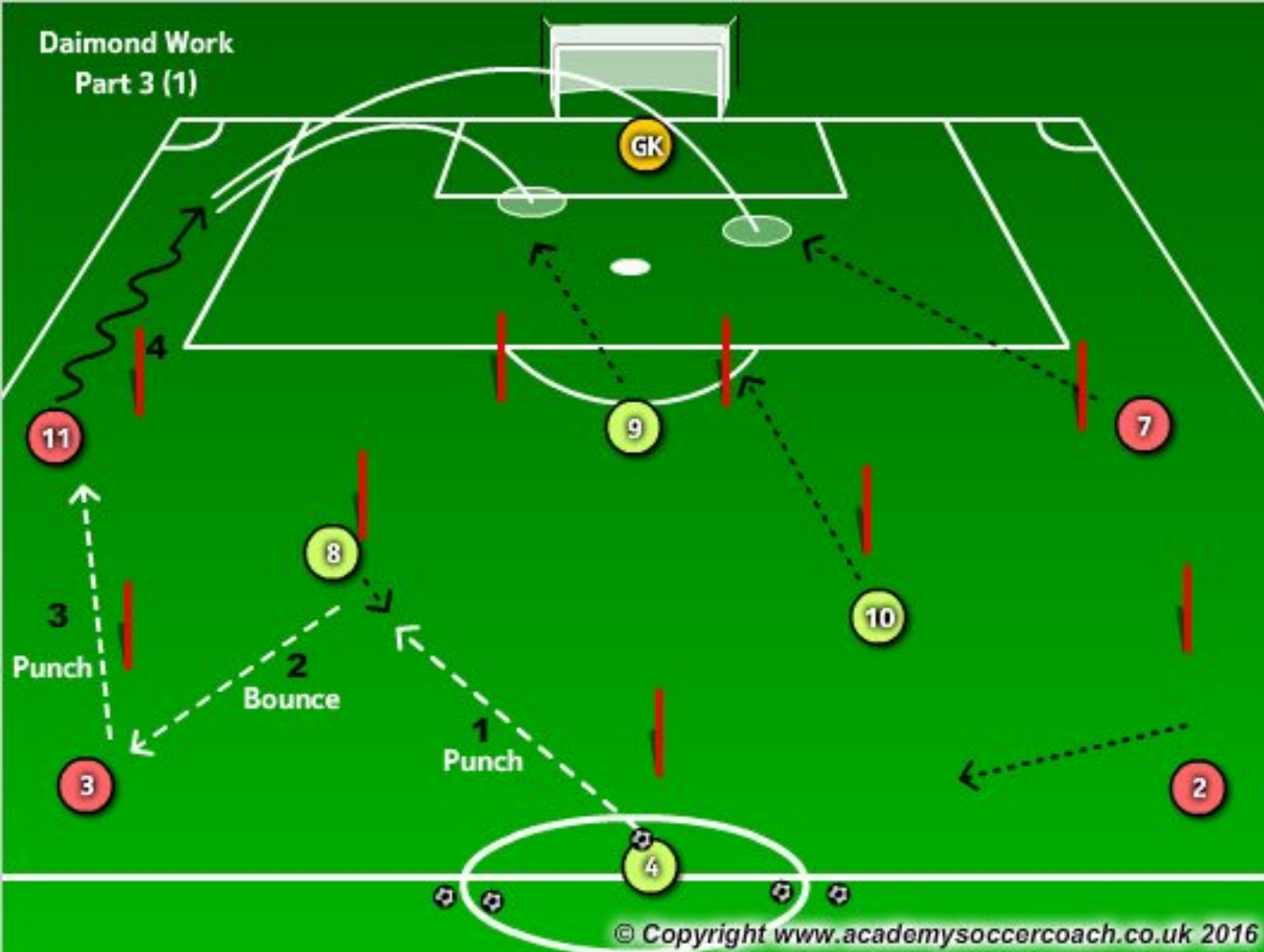
- TRICK

- TRUST

- REACT

- RYTHMN

Daimond Work
Part 3 (1)



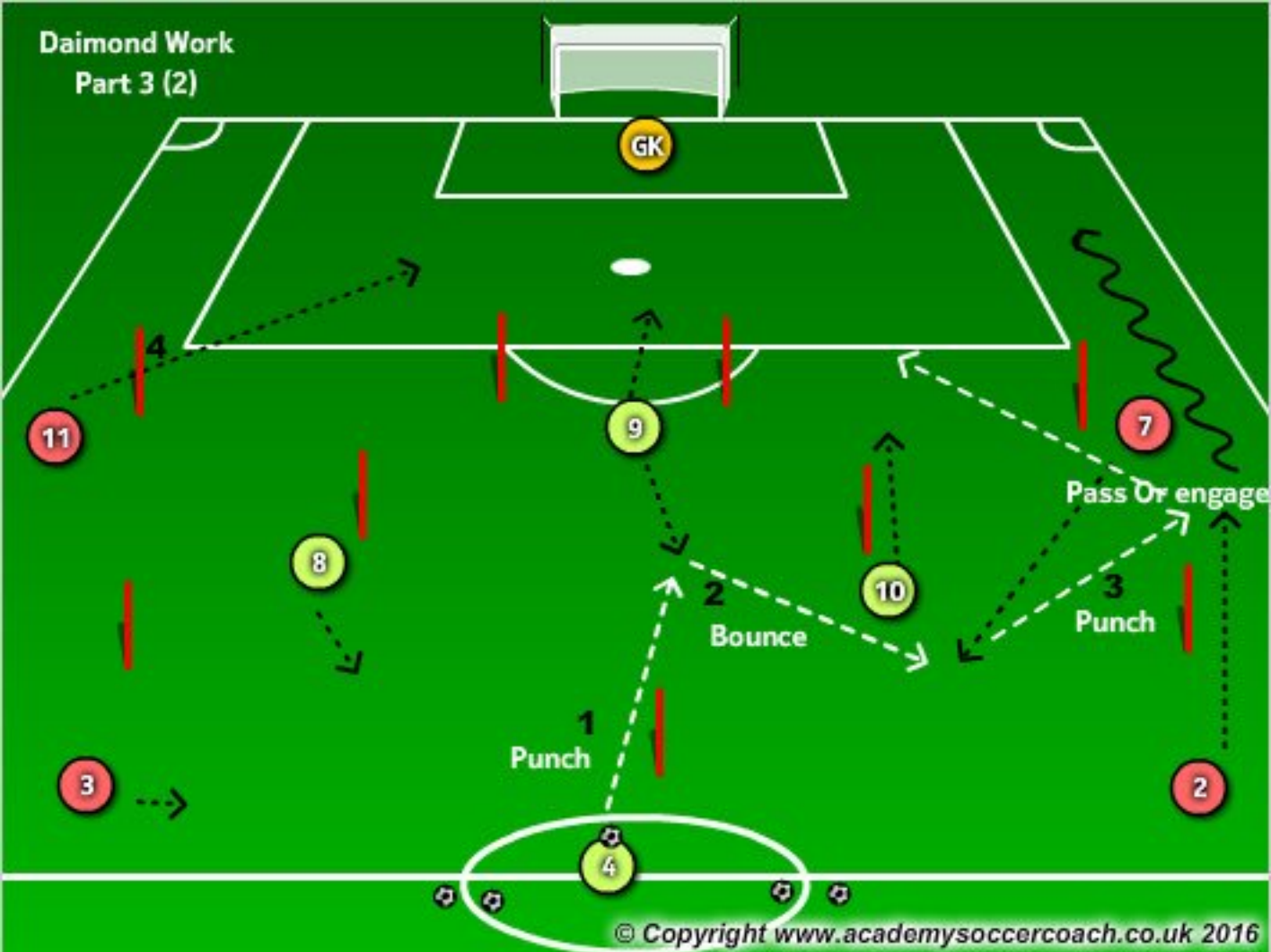
Diamond work
part 3;

- Team sets up in diamond formation
- Ball starts with the 4 platform

Triggers;

- 4s turn
- 8s movement away from pole
- 3 drops to receive
- 11 moves away then to the ball
- 9/10/7 look to break in to the hot spots (front post, centre, backpost)
- Go either side

Daimond Work Part 3 (2)



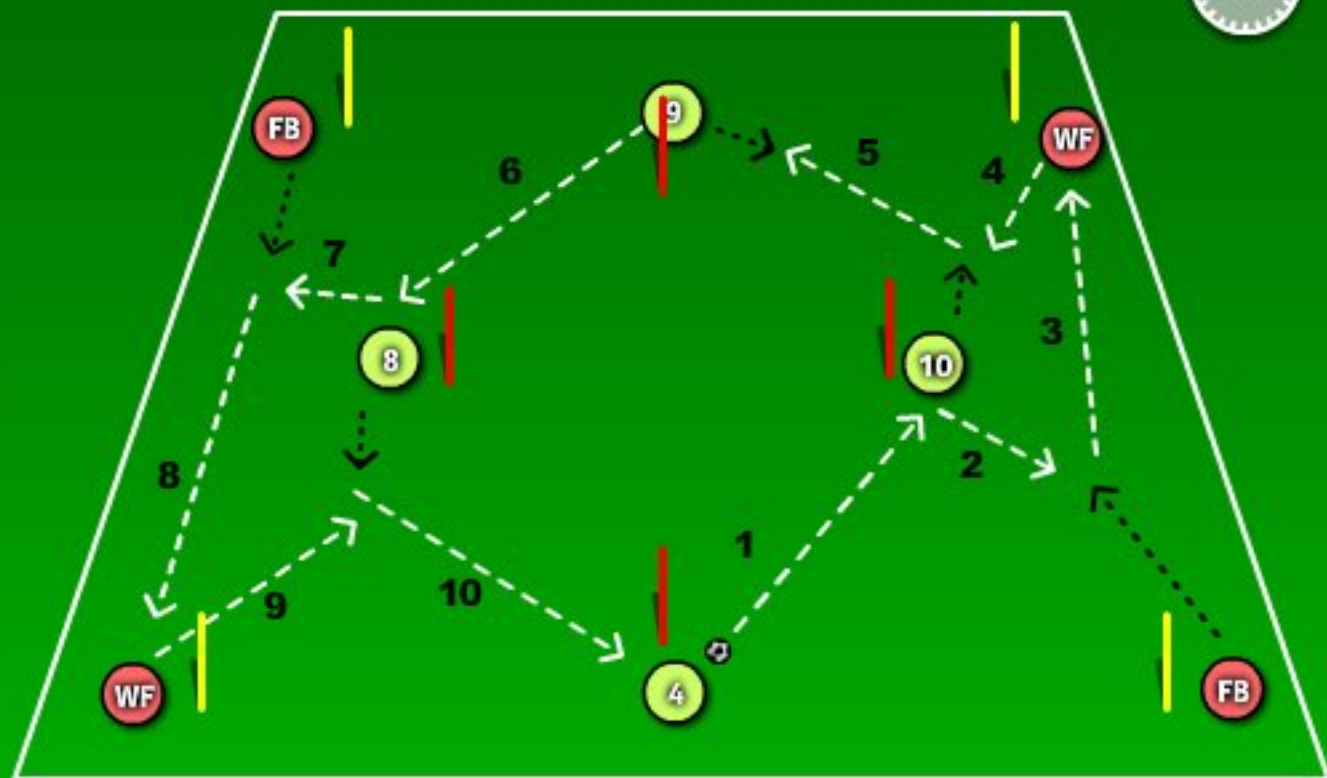
Diamond work part 3;

- Team sets up in diamond formation
- Ball starts with the 4 platform

Triggers;

- 9 drops to receive that triggers 10 to move forward 8 to drop, 11 to move inside, 7 to drop to receive and 2 to drive forward
- Decision on the number 2 wether to drive forward and cross or to play a slip pass to 10/9

Diamond Work Part 2



Martin Lee Herdman

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Diamond Work; Part 2

- Midfield 4 set up in diamond formation
- 2 fullbacks opposite (diagonal) each other
- 2 Wide forwards opposite each other (diagonal)
- The ball starts with the 4 and follows the pattern above

shoot/cross/combine



- Area to suit age/ability
- 2 goals with 2 even teams + a floater
- 2 wide players who play down both sides
- Players are restricted to their area apart from floater

- 2V2 in each area. Play starts with gk who plays to defenders who try to play to wingers. (If attackers win the ball they should try and score) - Or they can shoot from there own area.
- Recognise when to shoot or play to wide players.
- Wingers play into attackers to score.

- Players can play into attackers who can then try and play wide or then drop back into defenders to shoot.



Area - penalty area

- ### Progress;

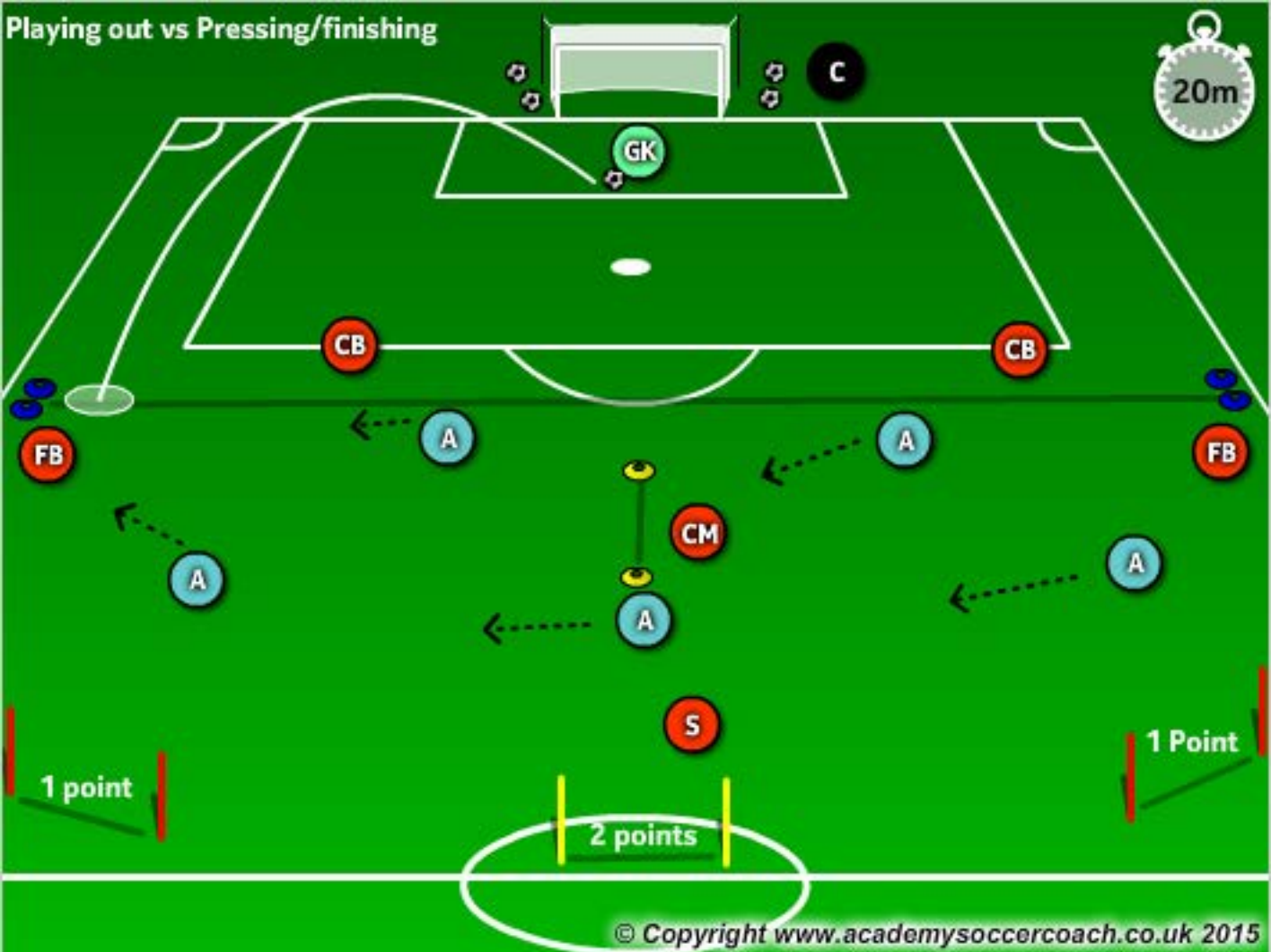
- Coach points;**

- Receive the ball side on

- Forwards;**

- Press as a unit
- Finishing technique
- Pass or shoot
- Rebounds

Playing out vs Pressing/finishing



Playing out vs Pressing/finishing Part 2

Area; Half of pitch or to suit age

Defenders;

- 3 gates just in front of halfway line to attack
- 2 wide gates = 1 point
- Central gate = 2 points
- Defenders look to play out and run through any of the gates
- Additional points if reds can switch play/recieve pass through central gates (yellow)

Attackers;

- Attackers look to press and win the ball from defenders.
- 1 point for goal
- 2 points for goal within 8 seconds
- Bonus point if you win the ball beyond the blue cones and score

Coach points;

Defenders;

- Body position
- Play forward when possible - if not recycle
- Risk or retain
- First touch

Attackers;

- Angle of press
- Play forward
- Pss/RWB/shoot decision
- Finish selection

Strikers Linking Part 1;



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Strikers linking;

Part 1;

Area to suit age and group.

- Area split in 2 with one 5 yard channel through the centre of pitch.
- 1 Gk, 2 defenders and 2 attackers in each area with 2 neutral players in central zone.
- Neutral players start the practice and play to the attackers.
- The attackers are looking to combine and score on goal.
- If defenders win the ball they are to recycle the ball back to the Neutral player for a point.

Progress;

- Neutral player is able to join the attack.
- Remove a football so only one ball playing both ways - same principles
- defenders win the ball and play to a N player the neutral player can then decide which half to play the ball.

Challenges;

- Try to recognise when to show for the ball and when to move away from it.
- Try to recognise when to shoot or pass to someone in a better position.
- Try to recognise which shot selection is best for the situation.
- Try to lose your marker to receive the ball.
- Try to work as a pair and set up opportunities to set the ball and to "play in".

- Defenders;

- Try to recognise when to press and when to drop.
- Try to work as a pair and recognise when to mark ball side and goalside.

Strikers Linking Part 2;



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Strikers linking;

Part 1;

Area to suit age and group.

- Area split in 2 with one 5 yard channel through the centre of pitch.
- 1 Gk, 2 defenders and 2 attackers in each area with 2 neutral players in central zone.
- GKs players start the practice and play to the attackers.
- The attackers are looking to combine and score on goal.
- Neutral players play with team in possession of the ball.

-If defenders win the ball they maintain possession and play the ball to a neutral player and practice continues with that team combining at the other half of the pitch

Challenges;

Attackers;

- Try to recognise when to show for the ball and when to move away from it.
- Try to recognise when to shoot or pass to someone in a better position.
- Try to recognise which shot selection is best for the situation.
- Try to lose your marker to receive the ball.
- Try to work as a pair and set up opportunities to set the ball and to "play in".

Defenders;

- Try to recognise when to press and when to drop.
- Try to work as a pair and recognise when to mark ball side and goalside.

Strikers combining;

- Sutton & Shearer
- Suarez & Sturridge
- Cole & Yorke

What makes these pairings successful?

The Target man



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The Target Man

The scene;

- Area to suit age and ability
- 7V7 Practice - with 2 defenders, 2 mdfielders and 2 strikers each (with one T player off the pitch as support player)

The game;

- The game is set up to help understanding of the target player/hold up player/link player for all players involved.
- The attacking team must play from defense directly in to the Target player before they score.
- The defenders may play in to midfielders who are able to set it back to defenders, but midfielders are unable to play in to strikers directly- only defenders (direct style ball)
- Once the Forward (T) has secured the ball one of the Midfielders can join the attack and score.
- if they score or lose possession the game continues with the other team looking to play in the same format.

Coaching;

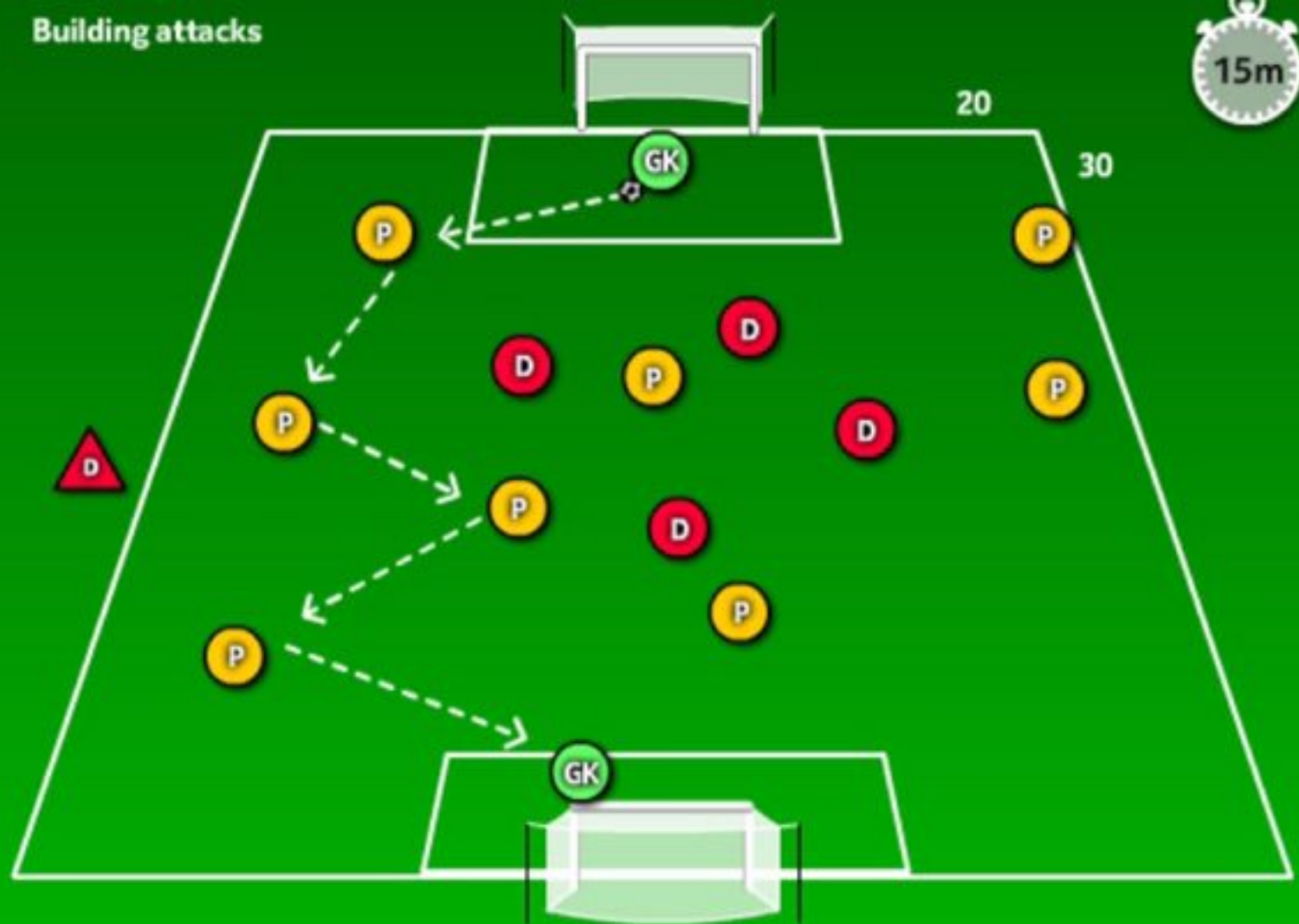
Striker;

- Quality of Ball in to striker (lofted, drilled, feet or space)
- Pinning the centre back (arms up and out, bum backed in, eyes on the ball)
- First touch (cushion touch, away from defender, 1st time set back)
- Finishing technique

Midfielder;

- Timing of run (where and why)
- Support behind or in front Target man (why)

Building attacks



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Building attacks

Clever Possesion;

P= POSSESSION

D= DEFENDERS

Scene;

- Area to suit age + ability
- 2 goals with 2 GKS who play with theam in possesion of the ball.
- 8 possesion players against 4 defending players.
- Posession players look to make 5 passes and continue to keep possession
- Defending players are looking to break up the attack - if they win the ball and achieve 3 passes bonus point.
- If the defenders win the ball 3 times inside 5 mins they are then able to pinch 1 of the attacking players who then picks up a red bib changing the overload to 7v5.

Progress;

- Defenders win the ball they can immediately attack and score for bonus point.

Points

Attackers;

- 1 point = every 5 passes
- 2 points = playing through both GKs within possesion of the ball (directional)

Defenders;

- 1 point = Winning the ball
- 2 points = winning the ball making 3 passes and scoring on any goal.



Fitness;
-Finishing under fatigue

Area/setup;
 - 3/4s of pitch
 - Poles/cones/ footballs
 - Players split into 2 teams - 1 team act as gate players - 1 team working as attackers in fitness circuit
 - Work 3 minutes, 1;30 mins rest. Swap roles - repeat 3 times.
 - Start with 2 players working with the ball in the practice and progress to 3 balls going in each sequence
 - To add intensity have the gate players constantly rotating in clockwise direction.

The practice;
 1- First player passes ball to gate 1 and sprints to blue cone to receive back.
 2- He plays first time pass to gate 2 player and sprints to blue cone to receive ball back,
 3- He runs through gate 3 to gate at opposite side of pitch and plays the ball to gate 4 player running around the outside of gate to blue cone to receive ball back.
 4 - the player plays a ball to gate 6 who plays a first time pass back to him and he pass the ball to gate 5.
 5 - Then looks to sprint through gate 6 going 1v1 with the defender in gate 6 who is looking to win the ball from the cross delivered from gate 5.

Progress;
 - change the direction of practice (start from the opposite side)

#Fitness
#withball



Pre season fitness circuit;

Squad training;

- 14-16 players plus 2 gks
- Players split in to two teams and partner up against a player from opposite team.
- There are 4 main stations x 2 (as shown above)
- Race (race against opponent to opposite end of channel and give to team mate)
- Pass (pass a ball to a striker who is breaking from the box in the middle - then you follow pass and become striker)
- Shoot (score behind shadow line on 1-2 touches - then go off to the next clockwise station to rest pick up another ball and wait until the next striker shoots before you can race down the next channel.)
- Rest (receive the ball and pass or dribble depending which station you are at shown above)

Variations and competition;

- First team to get around 3 times wins.
- First team to 10 goals win (can only shoot outside of "shadow line" 12 yards to score".
- Can score from header/volley = 2 goals inside of shadow line.

Focus;

- Fitness with the ball
- Running with the ball
- Finishing
- Quality passing
- Cardiovascular endurance



Running with the ball with interferences;

Area/setup;

- 50/30 area
- 12-18 players + 2 gks
- 2 normal size goal either end of practice with 2 pug (smaller goals) goals opposite each other central of the pitch.
- The players are split into teams of 4 and compete for goals. They keep score on a whiteboard at the side of the pitch to be recorded after every 4 minutes.
- 1-2 minutes rest and role change.
- There are 2 gates at every corner of the pitch - 1 for defenders (red) 1 for attackers (blue) numbered above 1-4
- There is also a 4vs4 ssg played through the middle of the pitch (yellow vs orange) Normal game rules - aim is to score in pug goal.
- The game is split into 4 minute intervals, and everyone changes roles and also the player they are up against.
- Team with the most goals wins after all teams play each other twice.

The game;

- The attackers play passes with the defender, when they decide to attack the opposite goal they must control the ball, and run around the cone with the ball. This triggers the defender to leave his gate and run around the back of his cone and try to win the ball back as shown in station 1.
- The attackers are looking to score on goal (bigger goals past the GK). If they score 1 point. If attackers miss or gk saves game restarts with defender becoming attacker and vice versa at the empty station at the end they have just attacked.
- If defender wins the ball they are to run the ball through the closest red station for additional point.

Challenges;

- Try to recognise opportunities to RWB (spacial awareness)
- Try to take your first touch to position so tht you can drive on to the second touch.
- Try to travel at speed using the front of the foot to push the ball in the direction you are travelling into.

Progression;

- Players can score in pug goals 1 point (simplify) and 3 goals for scoring in big goal)
- Players in central area can actively look to fairly block (not tackle) in the central game area. (tactics to win game)
- Players can only score in end zones.



Duels;

Area/setup;

- 30/45 split into smaller thirds shown above(organise dimensions to your specific group)
- 12-18 players + a gk
- Split into two teams (above - purple vs yellow)

The game;

- Players are put into pairs and duel up against another pair from the opposite team. The pairs go in to there zones ready for the coach to blow there whistle. The coach may blow his whistle at any time meaning that the players must move to the next zone.
- The pitch is split into 3 zones;
- Zone 1 - this is a 1-1 10/15 area where each pair race into seperate boxes looking to protect and shield the ball from there opposition player. If they are in possession of the ball when the coach blows there whistle one point. As soon as the coach blows there whistle, both pairs leave there balls and race into zone 2. (this is a trigger for the next pairings to enter zone 1)
- Zone 2 - The players look to win possesion of the ball and keep it using the full area shown above - if players complete 6 passes they receive a bonus point. When the coach blows his whitle the team in possession of the ball receivees 1 point. They must then leave there ball and race in to zone 3 (this is the trigger for zone 1 pairings to move in to zone 2)
- The first person from a team is then able to receive a pass from his team mate situated at the corner of the pitch (shown above) and then try to score. If the coach hasnt blown his whistle for the next pair to come on they are able to other team can then try to receive a pass from there team mate.
- As soon as the next pairings break into the zone (after taking both shots or coach whistle) the 2 pairings must leave the pitch behind the goal as quickly as possible - with one odd pairing becoming the servers and the other pairing then joining the original servers for the next duel at the top of the grid - this is also time for rest period with light jog/walk outside the area.
- The practice is continuous with multiple games ongoing (shown above).
- There is a whiteborad next to the goal with pen - the players mark points next to there team accordingly.

The idea;

- To give players an insight into the skills needed to protect the ball and the skills needed to win it back.
- To look at how and when to risk and retain the ball and the tools needed to keep the ball away from opponents.
- To then finally look at the end product - when to shoot and when to pass to someone in better positions.
- To vary the duels so players come up against dfferent opponents with different skillsets.

Challenges;

- Try to use different body parts to protect the ball from opposition players (arms, elbows, legs, behind)
- Try to Recognise when to risk and when to retain (no passing channels - protect // passing channels - is team mate on same wavelength? communicate verbal/non verbal - movement off the ball)
- Can you look to upport from deep so that you have room to drive into with your first touch. (movement away from ball and defender)



Goals;
Finishing ssg;

Area/setup;

- 18 yards box
- 5v5 with 2 gks
- 2 lines running in line with the 6 yards box (shown above)
- First to 15 points or 8 minute games.
- No corners or throw ins.
- Keepers cannot shoot (at first)

The idea;

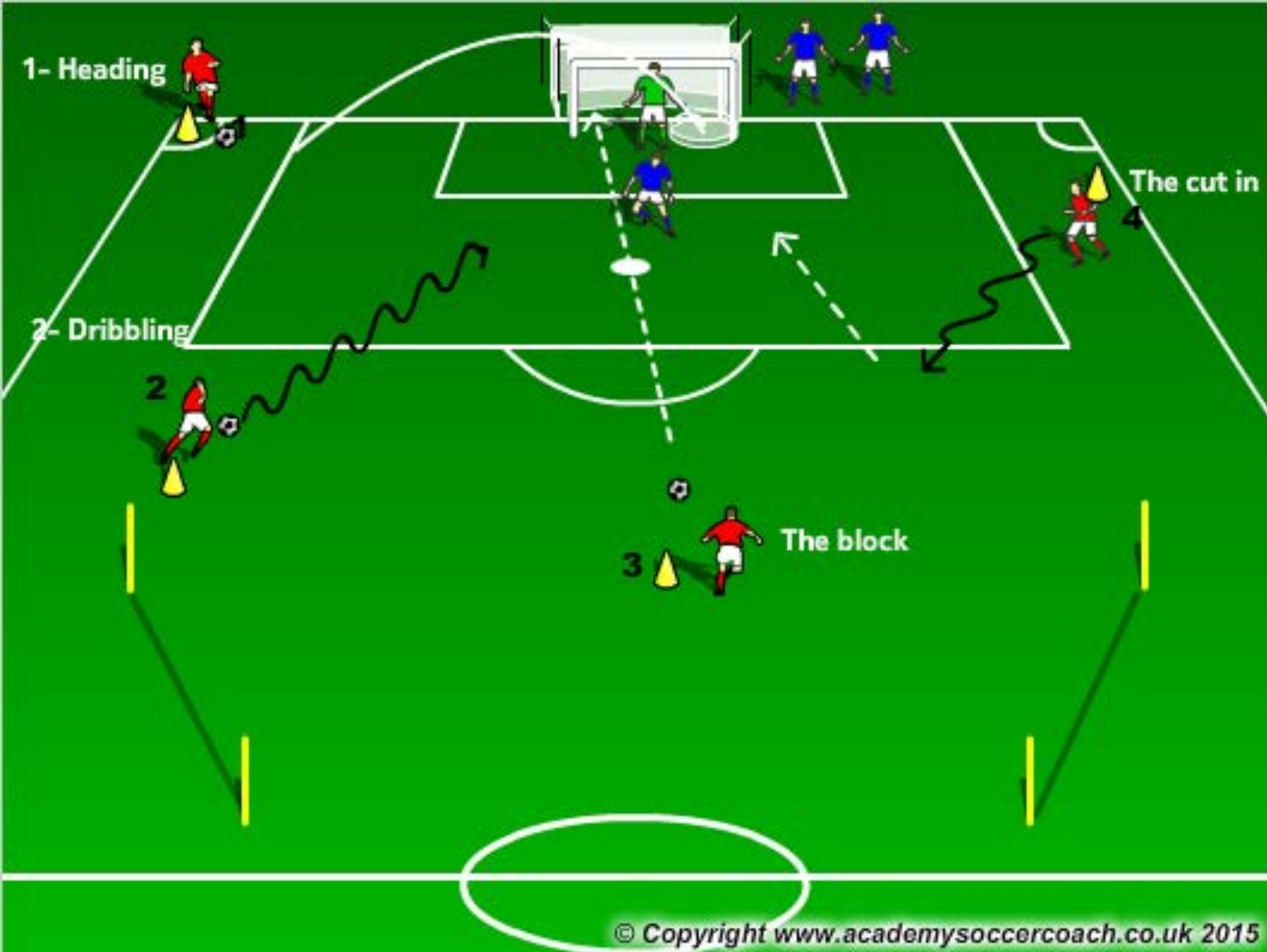
- To give players the opportunity to express themselves.
- To play in tight areas and look a ways to penetrate the opposition with little time on the ball.

Points;

- 1 point for goal
- 2 points for header/volley
- 3 point for overhead kick or goal from cross area.
- Overhead kick wins the game

Challenges;

- Try to recognise opportunities to set the ball for another player.
- Try to recognise opportunitites to play and recieve the ball in wider areas (when to congested, passing/shooting angles cut off, movement away from ball in to space)
- Try to recognise when find to spaces in between players and beyond players.
- Try to recognise when to use different types of finishes to score (high balls - headers/volley // first time finishes - gk/defenders position, can i take a touch? // backheel finishes - when and how- back to goal)

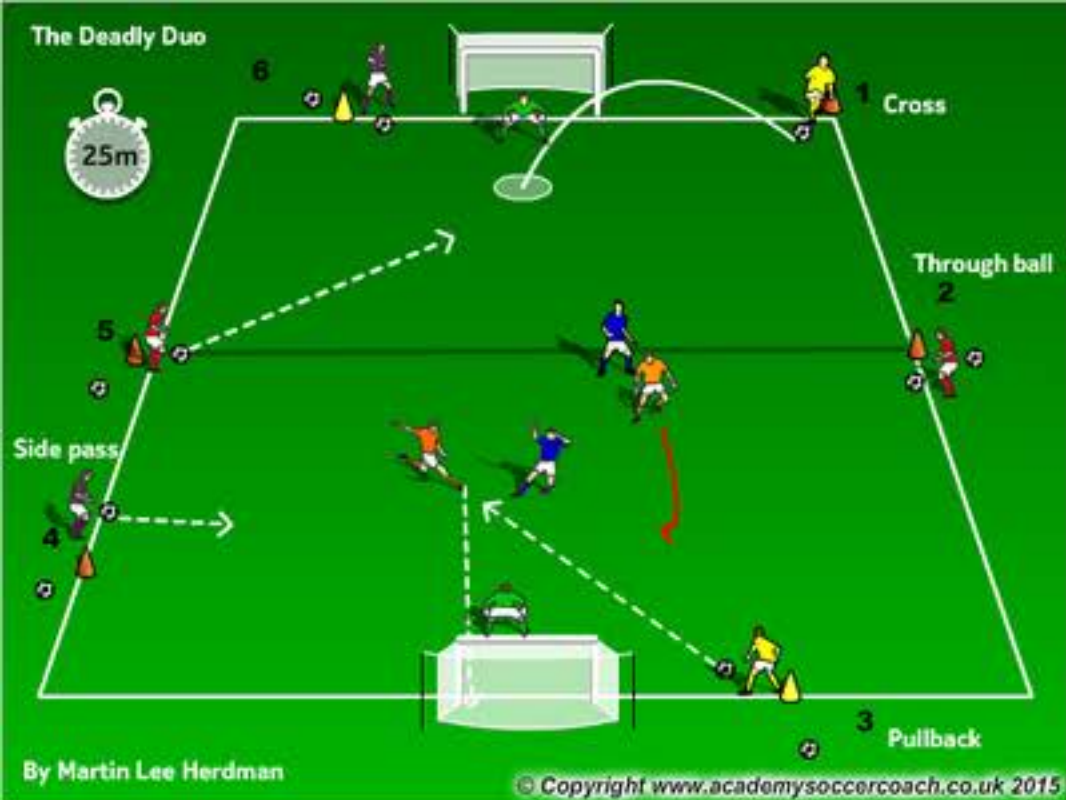


4 zone defending

-Area as above

- Zone 1 - defend a cross - (Judge the flight of ball, angle of approach, type of header, can you get distance of the header away from danger zone)
 - Zone 2 - Defend against a dribbler - (mirror the dribblers feet, try and stay on your feet, use body to get accross the attacker and steal the ball deflect away from goal)
 - Zone 3 - Defend against a long range shot - (Get in line of the ball and try to be brave to dfelect shots away from goal)
 - Zone 4 - Defend against a palyer cutting in who may shoot/dribble.
- (Concentrate, read attackers body language and try to show away from goal, get close enough to effect his decisions but do not make decisions for him by diving in to early.)

- if defender wins the ball he should try to play the ball between the yellow gates for additional points.
- The attackers should wait 3 seconds between each zone.



The deadly duo; Finishing

Area/setup;

- 50/30 area to suit players/age
- 10 outfield players + 2 gks (can vary)
- Players are put into pairs and all rotate roles within the practice
- 2v2 in the area with one team attacking and 1 team defending
- 6 stations around the area
- Station 1 - a crossed ball // Station 2 + 5 are through passes // Station 3 + 6 are cutbacks // station 4 is a side pass.

The game;

- The pairings are taking it in turns to become a deadly duo in football. They are to choose a centre forward pairing in current/past football ie costa/ hazard - messi/neymar etc.
- One pairing will start in the area as strikers and the other will start as defenders. With each individual going to a station outside the area to feed a particular type of ball into one of the strikers.
- The strikers have 30 seconds to get a plan of attack and how they will lose defenders/where to receive passes and score as many goals as possible.
- They must shout the players name they will be receiving the ball from and only one ball is allowed on the pitch at anytime.
- The players either have 2 minutes to score or use all 12 balls from outside players. They can score in either goal and have 8 seconds from receiving the ball to score.
- After every 2 minutes every pairing will change roles - ie oranges and blues (shown above) will swap with 2 pairings on the outside and take up a station each with the next pairings then becoming attack vs defence.
- All pairings get a go at all roles.
- There will be a whiteboard kept at the side of the pitch for scores to be kept on. 1 point goal - 2 point weaker foot - 3 point volley/header.
- Who will be the deadliest duo?

The idea;

- To give players the freedom to work together to create opportunities to score. To learn from there mistakes in a risk free environment and explore what kind of things these duo's do so well. To look at the types of passes played and shot execution needed from the passes played.

The variation;

- Coach changes pairings objectives mid practice - so 2 pairings in 2v2 (middle area) change roles from attack/defence and vice versa and continue.

The challenges;

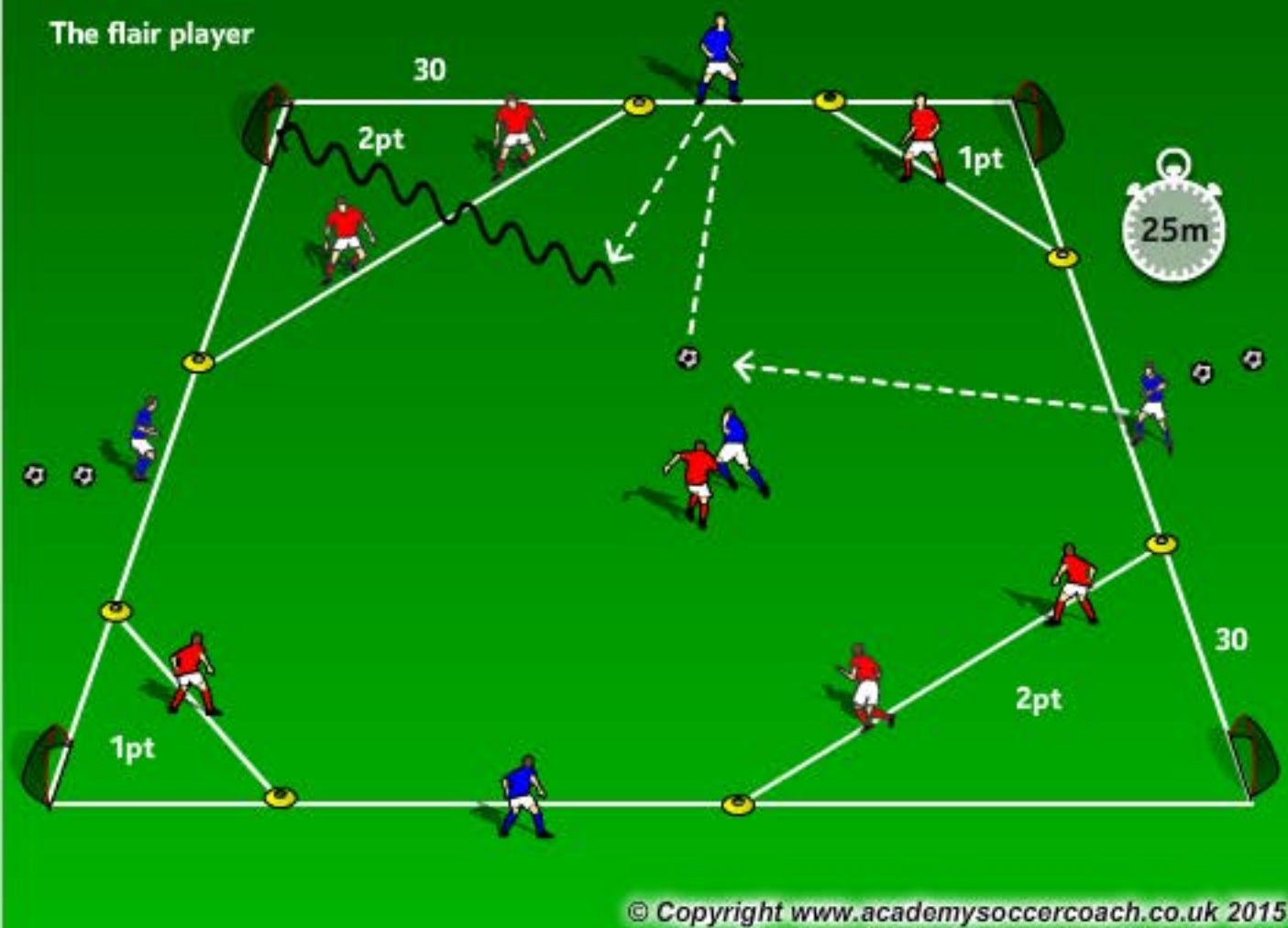
- Try to recognise when to pass and when to shoot early (where is defender, distance, angle, where is my team mate)
- Try to recognise when to strike the ball first time (distance, gks position, body position)
- Try to create space to receive the ball away from the defender (movement in front/behind defenders, support run and 3rd man run)
- Try to recognise where the best place to receive the pass is (where is the biggest space, how close is my support player, communication between duo, if it is tight can i turn out)
- Try to recognise which type of finish to use from different passes (high pass - volley/half volley, header // through pass - poke finish, lob/chip finish // side pass - finesse finish, side of foot, curled shot // pullback - power strike with laces, side foot)

Legend duos;

- Shearer/Sutton
- Sturridge/Suarez
- Cole/Yorke
- Ronaldo/Romario
- Batistuta/Totti

++Ask players to watch there favourite pairings and become them when they next do the practice. Why did they chose them and what makes them great?

The flair player



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The flair player;

Area 30/30

- 5 min games

- 1vs1 in middle area.
- Attackers start (in blue) - defenders (in red).
- Attackers have 4 floating players around the area who the central attacking player can use.
- There are defenders in all 4 corners of the area. In some areas there are 2 defenders (2 points)- and in others 1 (1 point).
- The attacker is looking to evade/lose the central defender who is looking to take the ball from the attacker and then pass back to a support player to restart the practice - if the attacker loses the defender he is looking to break past the defenders who are situated between the cones and then pass/shoot in to the pug goals.
- The defenders are firstly restricted to the white line and can only work sideways - unless the attackers break past them and they are able to track back and try to win back.
- If the attackers break through, they swap with another attacker and they look to repeat and also the defender swap roles with corner defender.

Progressions;

- To make easier - can call for help from support player to make 2vs1 in the middle to give more opportunities to score/break past defenders.
- support players are able to break into defending corners for split passes to score.

Challenge;

- Try to make an early decision of where your first touch is going (away from defender, into space you are moving into, on the back foot turning out)
- Can you try and use skills/techniques to "fool" the defender. (feints, flicks, dummies)
- Can you try recognise when to use support players (to create better angle to receive, to regroup and negotiate decision making)
- Try to use your body to shield the ball when necessary (arms up and across the defender, low centre of gravity ready to turn and move away, back in to the defender)

Defending/Attacking balanced



By Martin Herdman

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Defending/attacking in balance

Area/setup;

- Pitch split into thirds of 15 yds by 25. (area to suit squad/age)
- 6v6 plus gks
- Formation; 1-2-2-2
- The players are restricted to their area
- Players can shoot/score from anywhere in the attacking zone

The idea;

- To give players an understanding of how it feels to be matched up (in balance) against the opposition. To test their decision making in/out of possession of the ball.

Challenge;

Attackers;

- Try to play forward quickly
- Try to create space to receive the ball
- Try to receive the ball so your second touch is playable (pass, shot)
- Try to recognise when to play the ball first time

Defenders'

- Try to recognise when to mark ballside/goalside
- Try to recognise when to "pinch" and when to "stand your ground"
- Try to play with "light feet" - be on your toes and ready to turn at any point.

Variations;

- Players can rotate roles but remain balanced. ie midfielder drive into attack zone - one of the attackers drops in to middle zone.
- Can vary the numbers in areas ie change formations 1-3-2 or 2/3/1 to suit what you want to get out of the session. ie with single forward you may look at hold up play (shielding/turning skills etc)
- Pass and join - players can pass through the thirds and follow their pass and opposition player must follow to keep balanced.

*Session handed to me by 8 year old boy :-> so this is for him with slight variations added at end. *

The Gaffer (Masterminds)
Ferguson vs Mourinho



By Martin Herdman

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Scenario;

- The Gaffer; Manchester Utd (Ferguson) vs Chelsea (Mourinho)
- All players put there name in a hat , the coach picks out 2 random players
- They then play rock/paper/scissors and the winner decide if they want to be Ferguson (Man utd) or Mourinho (chelsea).
- Players get a GK each and also then pick there teams and tell there players which legend ie Drogba for centre forward of chelsea.
- The managers then pick there tactics, formations, captains and timeouts.
- The game is 16 minutes long and starts 0-0.
- Both teams have a timeout each for 1 minute.
- If the game is tied straight to penalties.

Teams;

Man utd;

- Schmeichel, Vidic, Stam, Beckham, Giggs, Scholes, Rooney

Chelsea;

- Cech, Terry, Carvalho, Lampard, Hazard , Drogba, Zola

The idea;

- To try to give players some responsibility and ownership within their team.
- To try to give them an understanding of the tactical side of the game and support their long term learning.

Questions;

- What formation will you play?
- What tactics will you play and why?
- What would mourinho and ferguson do if you go 1-0 or 1 down?

After match questions;

- What went well?
- What would you do differently?
- How did you find the experience?

Variation;

- Managers can become player/manager and play full match making decisions on the field.

****Hand scenario to players a week before the session so they have time to do a little "football homework" and learn about these teams/players.**

**Scenario;
Pressure Cooker (penalties)**



By Martin Lee Herdman

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Scenario; The pressure cooker.

-The world cup final 2018; England vs Germany.

The set up;

- 2 teams of 6 including gk.
- England vs Germany, the teams pick out of the hat who they will be and change roles the next game.
- penalty shootout into 10 minute game then penalty shootout.

The scenario;

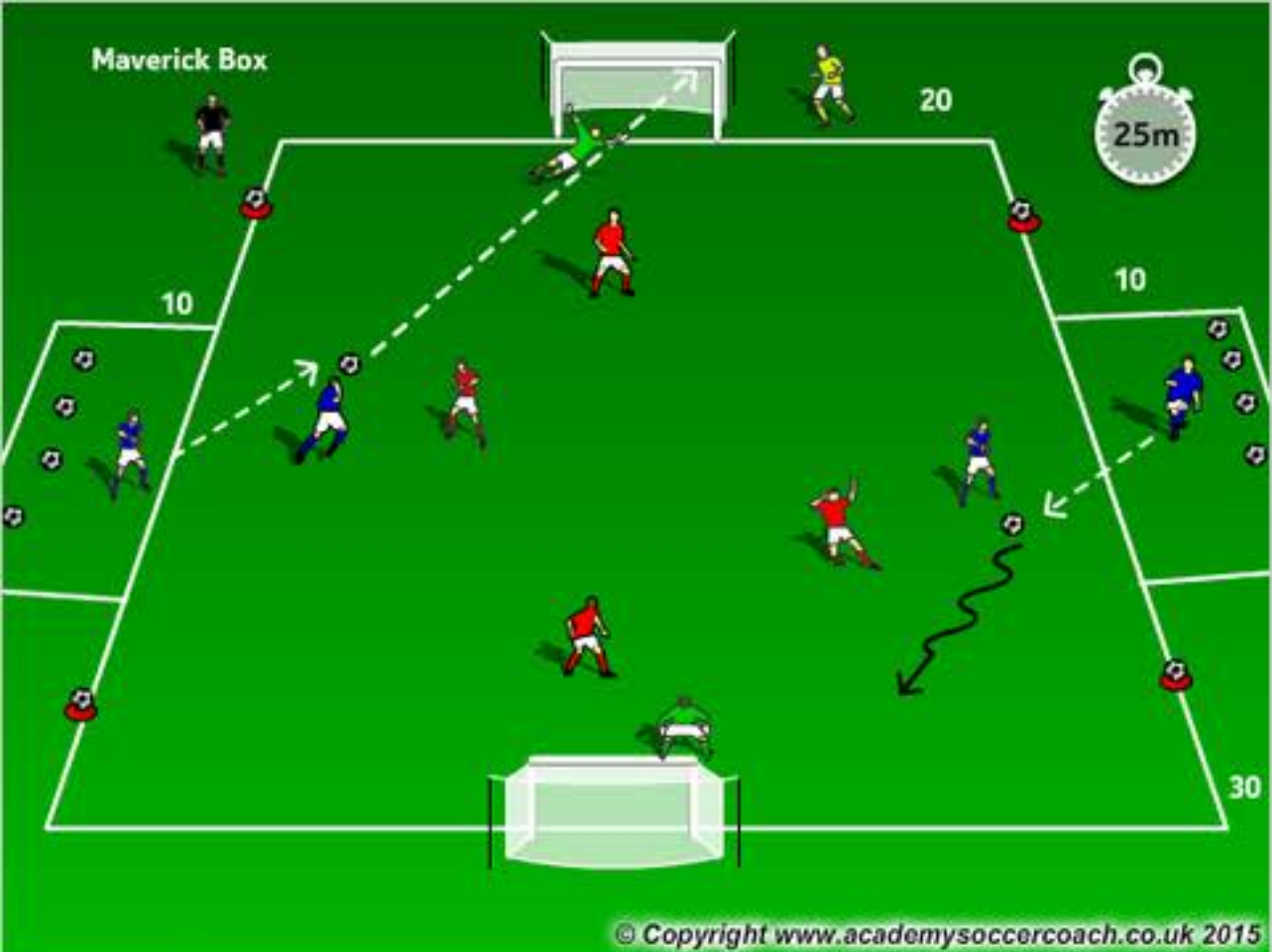
- The game starts with penalties - all 6 players take a penalty including the GK.
- all penalties scored go towards the final score.
- After penalties are taken, the teams set up for a game with all goals in this game added on to the penalty shootout score.
- At the end of the match its back into penalties to set the final score!
- Use a whiteboard to keep score.

The idea;

- To try and replicate the feeling of taking a penalty with a little pressure involved. To add a little bit of fun to it with England vs Germany (arch rivals)
- Can england change their fortunes and beat germany and win the world cup.
- Will Germany preserve there excellent run over england and lift the world cup consecutively.

Questions;

- What tactics will use to try and score your penalties? Will you go the same way twice?
- How will you approach the game if you are behind? Infront?
- What type of penalty will you take? power/accuracy/the penanka



The maverick box;

- Area and size to suit age/players
- There are 2 goals with 4 defenders in the middle and 2 attackers (2 defenders vs 2 attackers in central zone), there are 2 boxes either side of the area where wide players are designated to - the central attackers can use them to support their play. These wide players are limited to 5 seconds on the ball.
- "Maverick" attacking players are encouraged to use skills/abilities/movements to try and score past defenders.
- If defenders win the ball they are to run/pass ball to knock balls off the red cones either side of the practice for 1 point.
- coach keeps score on whiteboard at the side of the pitch - teams swap roles every 5 mins.

Challenges:

Attackers;

- To try and recognise opportunities to use skills to beat a defender (space behind, kind of skill and where will it take me?)
- Try to recognise when you can go it alone and when you may need to lend the ball to a wide player to negotiate decision making - (ie too many defenders/need to catch breath/ switch direction of attack)
- Try to recognise when to shield the ball hold off defenders/draw them in to negotiate decision making (arms up, back in to player, low centre of gravity)
- Try to recognise when to shoot first time and when to take additional touch to create opportunity.

Defenders;

- Recognise when to press and when to drop
- Try to communicate with defenders to create overloads against the attacker
- Try to play the ball early once winning ball back to knock cones off.

The idea;

- To create players that are free from burdens and look to express themselves - the attacking players can work together or individually go it alone.
- They get 2 points if they score individually and 1 point if they use one ball with their partner and score.
- Try to recognise when to play floating player.

Scores;

Reds vs blues - 3 min games rotating roles.

Attackers;

- 1 point for team goal
- 2 points for individual goal

Defenders;

- 1 point for winning the ball and passing and knocking ball off cone.

Progression;

- Add floating player - 3 points for assisting floating player if he scores.
- Rotate teams/players



Defensive Heading - into 1-1 defending

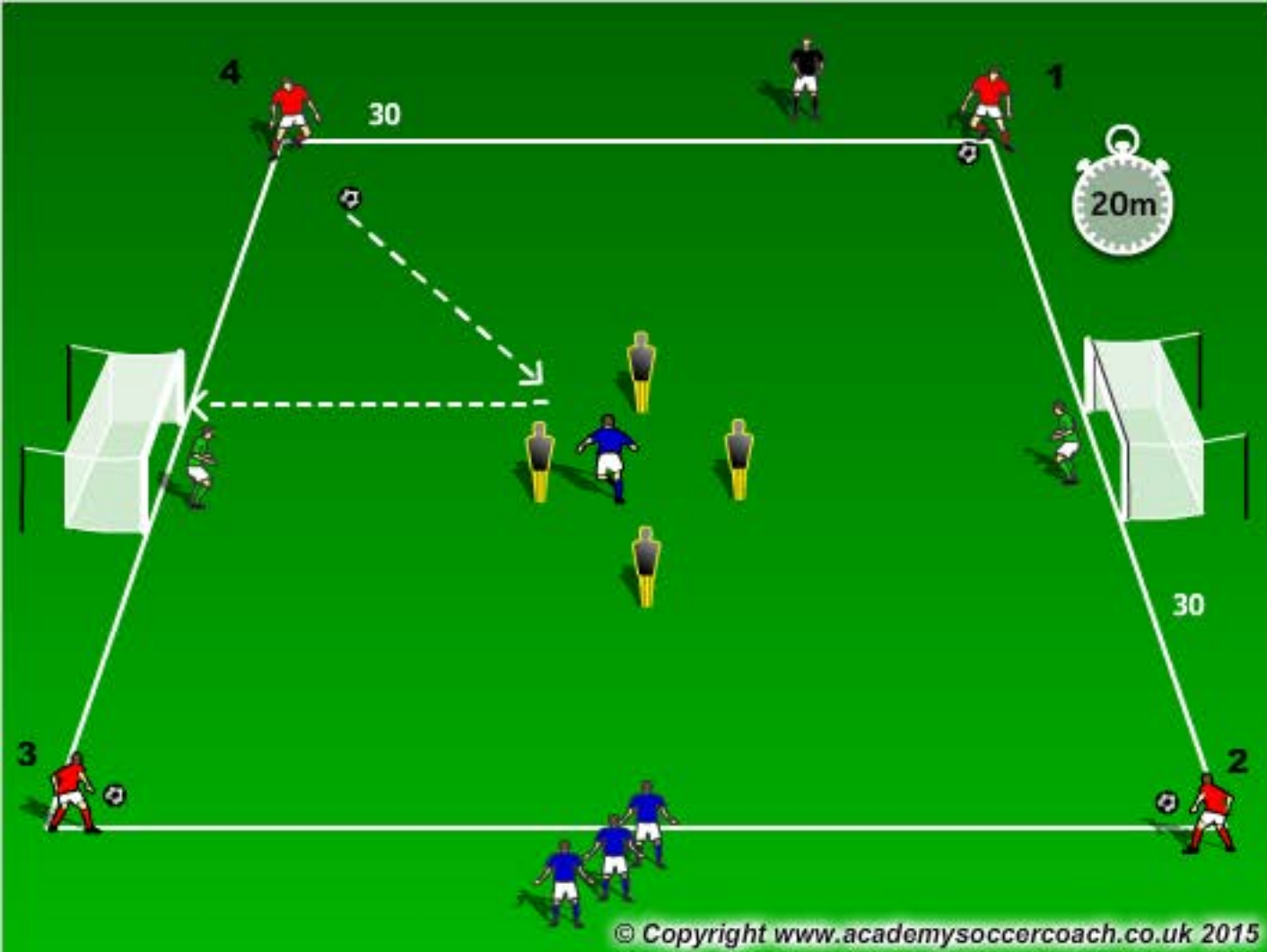
- Area; 18 yard box with 5 pug goals (cones) situated around and just outside the area (shown above)
- 5 minute games
- Points for heading in to certain pug goals - shown above.
- 2 teams of 4v4 plus 1 gk + 2 floaters
- Servers decide the order of delivery to keep defenders on toes.

The idea;

- To work on individual heading looking at clearing out of the area in to the pug goals.
- The four servers (1-4) will serve varied high balls from hands/feet for the defender to head away in to any of the 5 pug goals.
- If the defender misses the pug goal - the floating player (s) (whoever is closest to the ball) are able to collect the ball and try and score at the goal in a 1v1 with the defender who looks to win the ball back and pass in to the net or clear the ball.
- Once the defender has received all four balls he records his score on the whiteboard and joins the back of the queue with a new defender restarting the practice.
- After 5 mins the teams swap roles and keep scores.

Challenges;

- Can you try to judge the flight of the ball and choose the best goal/direction to head the ball.
- Can you try to judge early what part of the head you may use (side, front, backheader - when?)
- Try to move your head/body/feet early to the position to connect with the ball.
- Can you try and react quickly to misplacing the header (move between the line of ball/player and goal, look to engage the attacker and make play predictable)
- Try to control the header - tensing/stiffening the upper body muscles with connection of the ball.



4 Shots - Reactions;

Area; 30/30 with 2 goals either side of the practice.

- Teams split up evenly 4vs4 + 2 neutral gks.
- 4 x5 minute games with both teams playing twice.
- One team will act as servers and the others shooters.
- Play starts with one of the attackers/shooters standing in the middle of the manequins.
- The servers are numbered (1-4) and they decide which order they pass the ball into the striker.
- The servers will serve all 4 balls in any sequence ie number 4 will make a pass once the shooters strikes the ball the next server (2) will pass a ball towards to manequins and the striker must react and score on any of the goals within 3 seconds of touching the ball.
- Once the striker has struck his 4 balls the next striker comes in ready for his 4 balls and the striker joins the back of the queue.
- They play for 5 minutes and record their goals on a whiteboard on the side of the pitch.
- Once the 5 minutes are up the strikers become servers and vice versa.

Challenges;

- Try to recognise when to strike the ball first time and when to take an additional touch (ball speed played, angle of pass in)
- Try to take shots with your weaker foot (extra points for these goals)
- When taking a touch, can you try and make it so you can shoot following this.
- Can you try to recognise what type of shot to take (goalkeepers position, first touch, instep finish, lob (gk off his line), Laces)
- Try to play with "light feet" and "low centre of gravity" - movement skills of feet, head and body.

Points;

- 1 point for goal
- 2 points for "weaker foot" goal
- 3 additional points for scoring 4 in a row.
- 5 added points for "goal of the day" Goalkeepers decide this.

Progression;

- Vary delivery for volleys/headers
- Add defender to the central area.



1VS1 in game situations

- Full size pitch
- 9VS9 with pitch split in to sections.
- Players are restricted to their specific area and matched up against opposition 1v1.
- If players win the ball from opposition they can then pass in to another area to try and score on opposition goal.
- Play starts in central area with blue 4/8 and they look to try and pass/score on goal. They can do this by passing to any of their players in there areas.

Challenges;

Fullbacks;

- Can you try and to play the ball forward (sideon, head up, positive attitude)
- Can you try to recognise when not to play forward and when to pass back to GK (no passing lines available)
- Can you try to play diagonal passes to forward midfield players breaking opposition blocks (pass accuracy, ball speed, movement of striker - is he on same wavelength?)
- Try to recognise when to pinch the ball and when to delay the winger. (ball speed, speed of player, first touch, angle of pass)

Centre Backs;

- Try to recognise when to mark goalside/ballside (where is the ball in relation to the game? positive aggressive attitude to steal the ball, can i intercept to play forward)
- Try to recognise when to drop and when to push up (no pressure - drop / pressure - squeeze up)
- Try to recognise opportunities to play forward and when to drop off and start again.

Wide players;

- can you recognise opportunities to support deep so that your first touch can give you the ability to run/drive at the FB.
- Can you recognise opportunities to play off the shoulder of the FB in behind? (Triggers to receive - head up of FB/CB/MF, your body language to receive pulling off the shoulder pointing and moving with speed)
- Try to recognise when you can turn with the ball or "bounce/set" the ball back to players in better areas. ie lend the ball (1-2s) to receive in advanced positions.

Centre midfield players;

- Try to recognise when to risk and retain the ball
- Try to recognise when to play forward and when to recycle
- Try to recognise when to play on 1-2 touches and when to shield the ball and wait for better passing channels.
- If not in possession recognise when to press the ball (hunt in packs and make play predictable in your favour)

Centre forward;

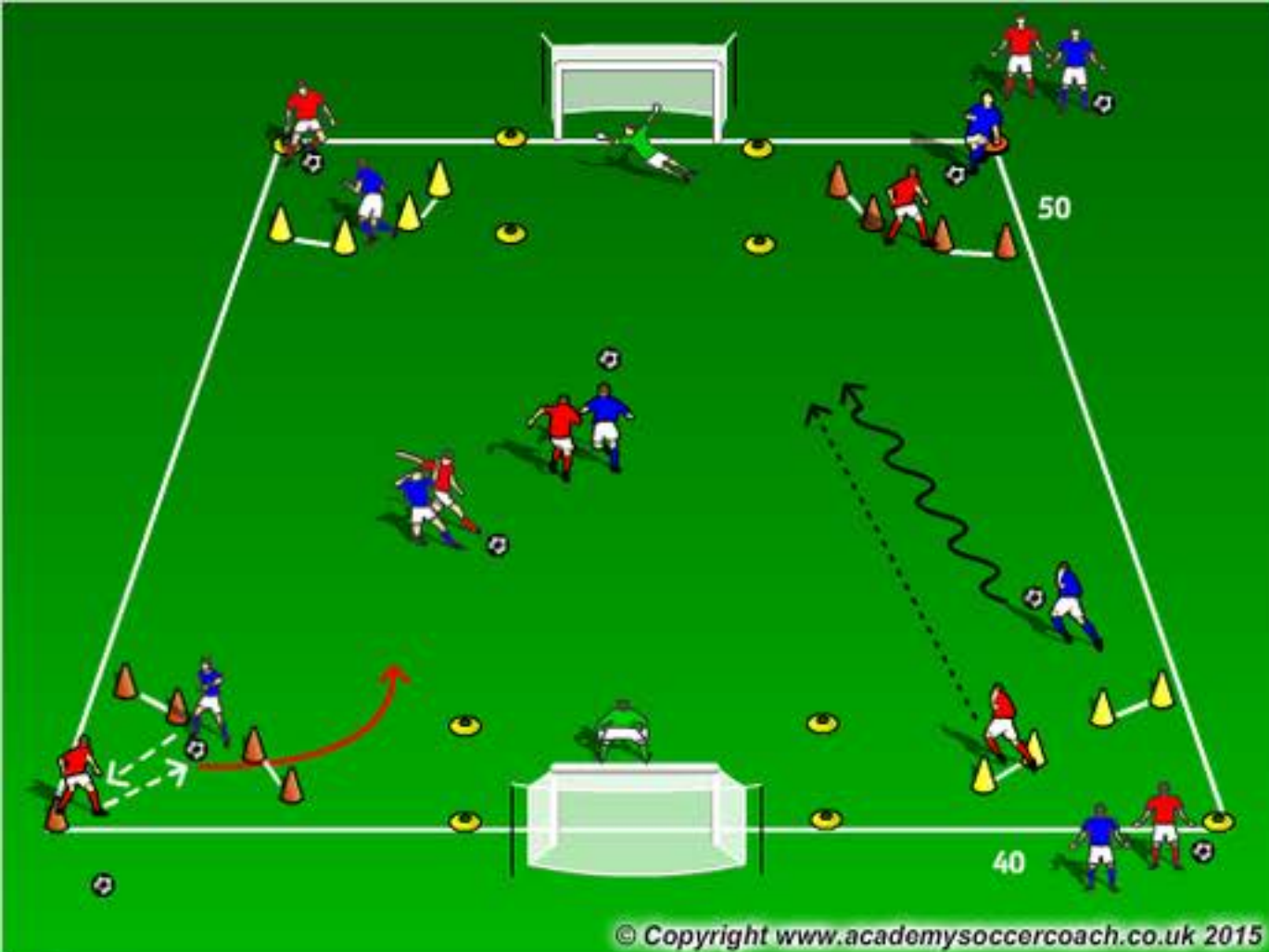
- Can you try and move the defender out of position - (play off his shoulder, double movements to receive)
- Can you try and receive the ball on front foot when defender "locks on" and look to hold up the play or negotiate decisions to then beat the defender if no options available to drop off/play wide.
- Can you recognise opportunities to beat the defender 1-1 and score/shoot on goal as early as possible.

Goalkeeper;

- Recognise opportunities to communicate with players who are not fulfilling their duties.
- Try to recognise opportunities to play out from the back and opportunities to play to the furthest passing channel. ie the no.9

Progressions;

- Play starts with the GK and try to play out to score on opposition goal
- Add target players who can create overloads in favour of attackers/defenders depending on score/outcomes.
- Players can dribble in to different zones or pass and move in to different zones.



Defending - Recovery runs

- Set up;**
- 5 minute games
- Area - 50/40**
- Players pair up 8vs8 (blue vs red) + 2 gks.
 - 2 pairs from each team go to the four corners of the practice.
 - There are two gates 5 yards out at every corner of the practice with a cone in every corner representing where the defender starts.
 - The attackers stands in the middle of the 2 gates and passes are exchanged between the attacker and the defender. The attacker decides when to break out and turns and runs out of either of the gates.
 - The defender is then free to recover and tries to win the ball back.
 - If the attacker scores = 1 point / if the defender stops attacker scoring = 1 point
 - Players swap roles after every transition.
 - After every 5 mins the winner of the duel (most goals/interceptions) goes to whiteboard and marks a point for there team.
 - Rock/paper/scissors for draws to decide winner.

- Defending challenges;**
- Try to recognise where the shortest recovery run is (attackers first touch, interference - where is he heading?)
 - Try to react quickly to the attackers movement out of the cone (can you make up initial ground, triggers to recover - attackers body movements)
 - If you manage to recover can you try to get into good position to intercept or force play away from goal. (Body strength, get in front of the ball and make play predictable, 3 d's delay, deny & destroy)

Attackers;

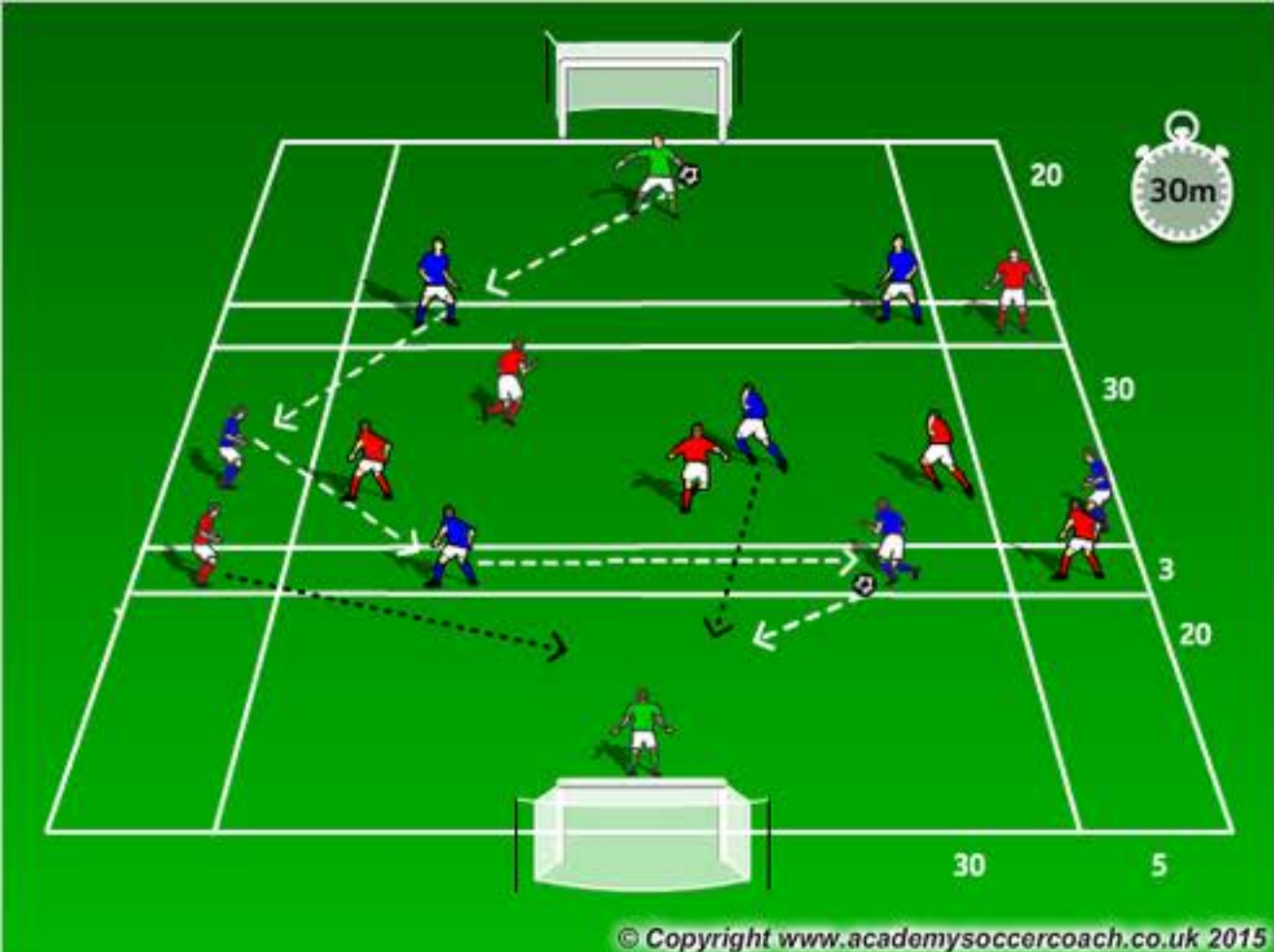
- Can you try to recognise where to travel with the ball - where are other pairings/interference how does this effect my decisions. (head up, scanning, travel at speed, body adjutments as RWB)
- Can you try to score within 12 seconds.

Goalkeepers

- Try to recognise which ball is the most dangerous. (Can the defender get back to delay - if not be prepared to save/come out.)

Progression;

- Change pairings every 5 minutes.
- Add neutral defender in the middle of the area who looks to win the ball from any of the attackers.
- Add 2 defenders



Playing out from the back & transitions of play.

Set up;

Area;

Split up in to thirds 20/30/20 with two 5 yard channels either side and two 3 yard channels so split the thirds.

Teams; 7 vs 7 + 2 GKs.

- Blues start as attackers - 2 defenders in one 3 yard channel (cb) with two players either side in the wide channels (FB) one blue player plays as a central holding midfielder, with 2 attacking midfielders in the furthest 3 yard channel.

- The reds (defenders) have four players in the middle zones who are restricted to this area who try to win the ball back. The 3 other players stay in the small 3/5 square either sides of the central area (shown above).

The practice;

- Play starts with GK who plays out to any of the blues in there restricted areas. The blues are encouraged to connect with atleast 3 passes before scoring. The midfielder player can break through the central area to go 1-1 with the gk.

- The reds (defenders) look to win the ball back intercepting passes through/around them. One of the players can break out of there 3/5 area to try and track/stop the blues midfielder from scoring when the blue play the pass into the scoring zone. If the reds win the ball they are free to score on the opposition goal and all players can move to anywhere until play breaks down.

- If blues score the play restarts with them (GK) and they stay in possession until the reds can stop them from scoring.

- If the reds win the ball, in the next transition the reds start in possession (there GK) and teams swap roles/positions. Again, the red remain in possession of the ball until the blues win/stop them from scoring.

- Challenges for team playing out;

- Can you try to connect with 3 passes (move the opposition around to open passing channels.)

- Can you (gk/cb) recognise when to play longer pass in behind defenders? can this be done straight from gk.

- Can the CM try to recognise when to play first time and when to hold up.

- Try to play the ball within 2 seconds of receiving the ball. (side on, head up, first touch)

- If you lose the ball can you try to regain defensive balance quickly.

Challenges for defenders;

- Can you recognise when to slide and screen forward passes (check shoulder, make play predictable, set traps.)

- If you win the ball - can you quickly score on goal.

Progression;

- Central players can put pressure on to blue restricted players.

- Extra points if they can play in to central attacking player within attacking transition when scoring.



Defending/attacking

Set up;

- Area to suit players/numbers/age
- Area split in to thirds 10/20/10 by 30
- 3 goals either side of the area.
- Wave attacks
- Teams split up into 9v9 plus 2 gks.
- Players pair up and work together to defend and score.
- The attacking pairs from both teams stand behind the goals - while the defending team pairs start either side of the pitch centrally.
- Play starts with one attacking pair (blue) who attack the 3 goals as soon - as they leave there defensive third the 2 oposition defenders are free to try and win the ball back.
- If the attackers score/miss they join the opossite sides que to attack the oposite goals.
- If the defenders win the ball they pass to the attackers GK and go back to there original start position.
- play then restarts with the red attacking pair with same rules applying.
- Gks are to try and save intercept in the defensive zone and also act as T pleyer if defenders win the ball back.

Challenges;

Defenders;

- Try to recognise when to show someone outside/inside. How and why?
- Try to recognise opportunitites to "press and pinch" the ball and when to drop.
- Try to establish a line of enggement, where and why? What effects this?
- Try to communicate with your partner. What can this do to support you both winning the ball back?
- How can the Gk support in defending?

Attackers;

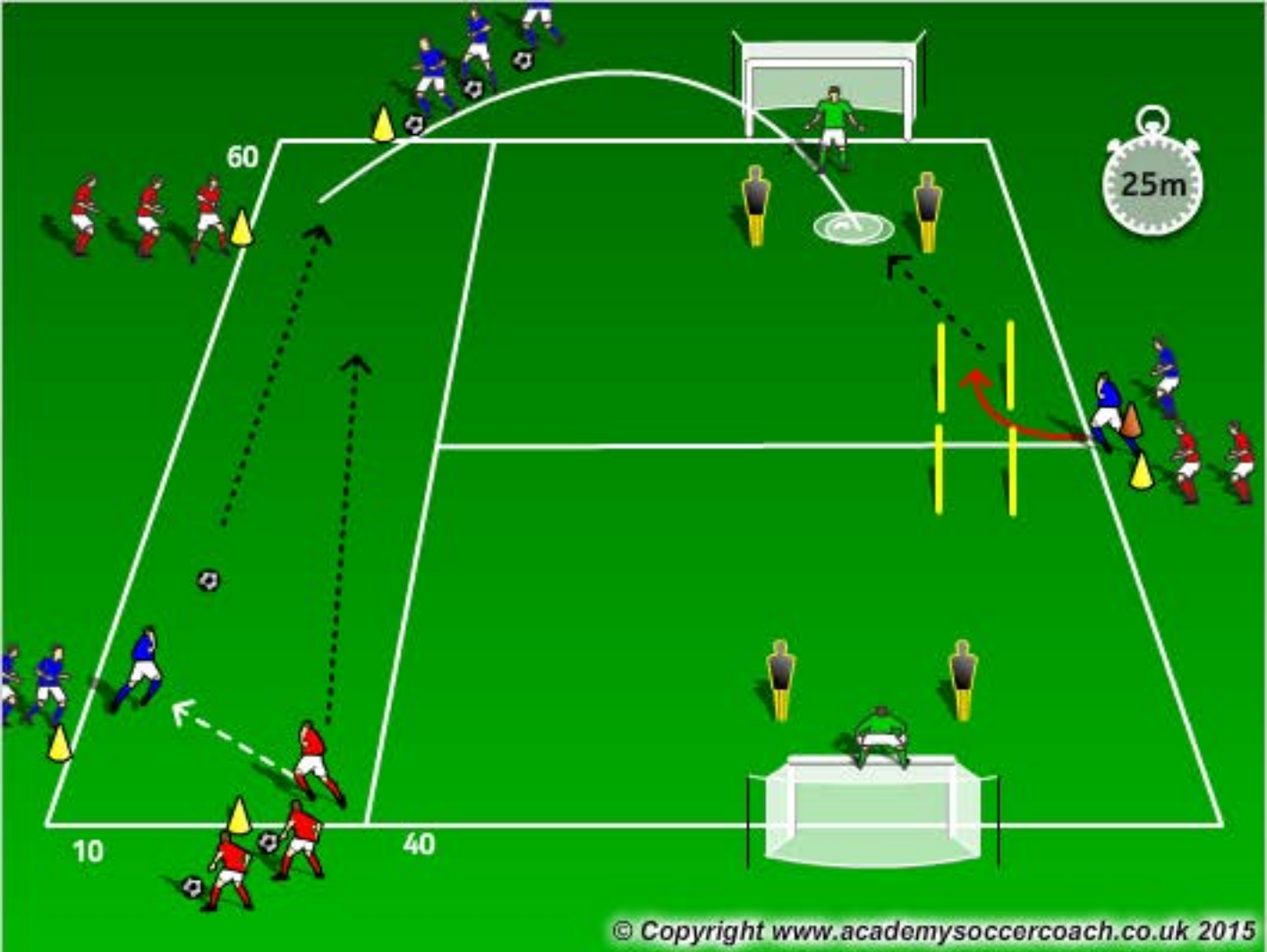
- Try to play forward quickly? RWB or pass?
- Try to be aware of your partners movements? what can he do to help you score?

Progression;

- Allow the defenders to win the ball back and score in attackers goals.
- Vary overloads (if applicable to session)
- Change pairings
- vary angle of attack/defending ie.start lower/higher

Points;

- 1 point for wide goals (recognise purpose of playing wide)
- 2 points for central goals (extra point for scoring centrally - real game)
- 3 points for winning/intercepting ball and scoring in any of opposition goals.



Attacking and defending principles

Setup:

2 teams - 8v8 plus gk

Area - Split in to 3 areas;

- Wing channel - fullback (red) passes to winger (blue) who has slight headstart at the bottom of the channel (shown above) The winger then looks to break down the channel and cross in to the box. As soon as fullback passes the ball to the winger he is free to engage and track back to win the ball.
- 2 split zones - 2 attacking players from both teams who are waiting at half way line for there winger to cross the ball to connect with the ball and score on goal. There are 2 poles to run through/around (arced run) then they are free to score. Once done join there same que and rest until next wave.
- The practice restarts as soon as winger crosses the ball, with the blue fullback then passing to red attacker repeating same principles.
- Players join the back of the que with opportunity for rest.
- To be done at high tempo and as a wave type practice.
- Change roles so all players get opportunity to cross with different feet and also experience recovery runs.

Foucs;

- How is the winger travelling with the ball? (big touches, part of foot used to maximise ball control and speed)
- Final product in to the box? (type of cross - lofted, driven, front/back post)
- The forwards run into the box (timing, body shape adjustment to type of cross, angle of run, type of finish)
- Fullbacks recovery run (shortest distance - angle of run, use of body to win the ball, tackling technique).

Progress;

- Add defenders
- Change overloads/underloads

points;

- Additional points for scoring in time limit.
- Additional point for type of finish (volley/header)
- Additional points for winning the ball back (recovery run)



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Passing

Long passing/short passing - with interference

- Area to suit players/numbers/age (50/50)
- 2 balls
- 3 teams of 4 + 2 Target Gks (who later become active GK)
- 1 ball always used between players situated in the box who look to practice there long passing technique.
- 1 ball for 4v4 Possesional game in the middle - players can use spare players on the outside who are not in possession of a ball.
- GKs start as target players looking to play with team in possession.

Players in the 4 corners - can you play a long pass to a player in 1 of the boxes, try to recognise where and when to do this. If the ball lands in the box - 2 points to that player - if it bounces before landing 1 point. Players also act as bumpers when out of possession to help create overloads for the players playing in the middle.

Players in the middle - can you keep the ball for 5 passes (1 point) using players from your team, gks and also players out of possession of the ball in the corner quadrants.

Challenges;

Long passes;

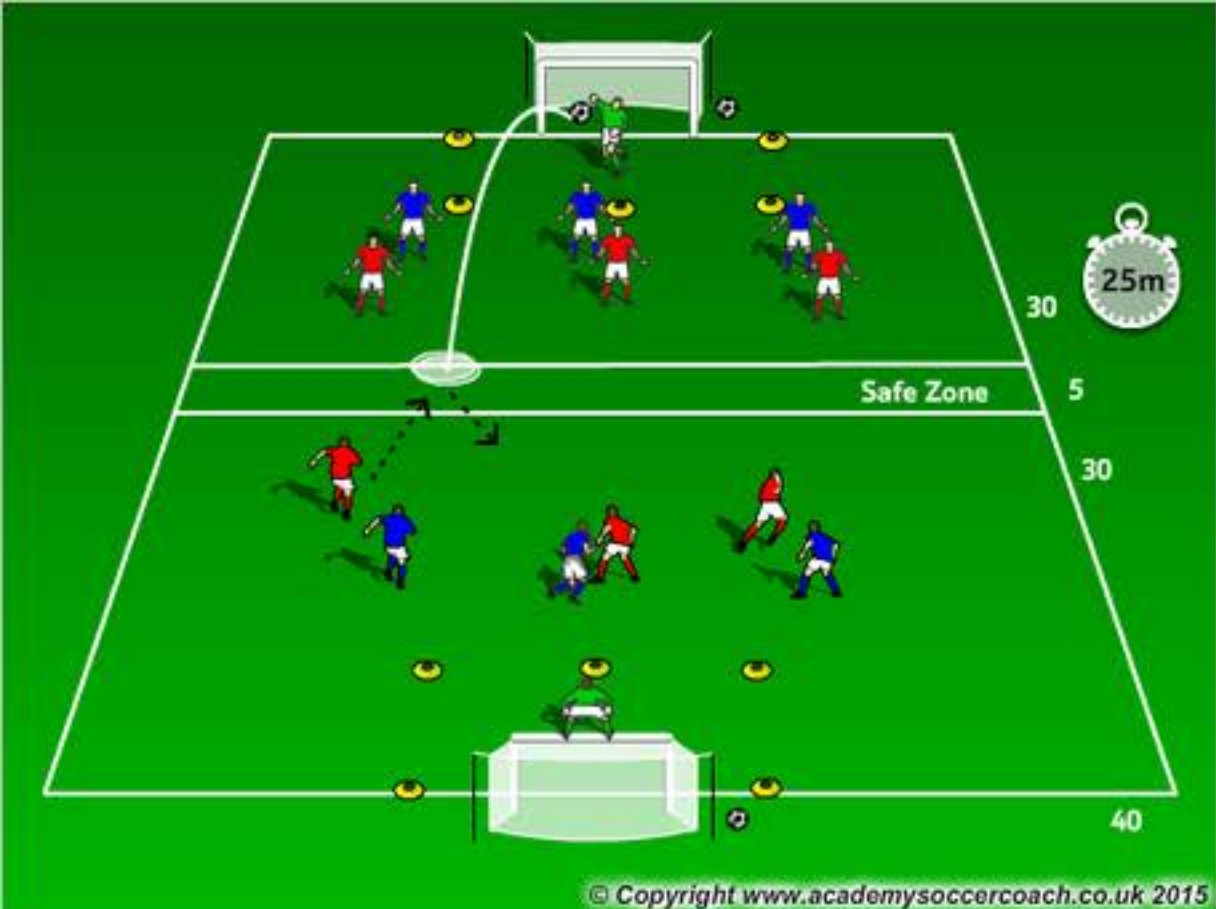
- Recognise opportunities to switch play early (is the player ready to receive, is there interference, can i play first time or do I need to control?)
- Try to control your ball speed - how? (backspin, less power)
- Try to recognise when to loft pass or drive low? when and why? (loft when interference, drive low when gaps)

Possesion players;

- Try to play create space to receive the ball (movement off the ball, third man runs, side on)
- Try to Recognise opportunities to create overloads - where and how?

Progression;

- 1- Add the goals in to the game after 3 passes team score
- 2- 1 ball - if a team scores with a switch in play/long pass from outer player counts as 2 goals.



Defending in balance;

Area size to suit players/numbers.

Setup;

- 6 v 6 with 2 gks
- Teams split up in to 3vs3 in each half.
- Both team are matched up in balance in each half - 3 defenders and 3 attackers and 1 gk each.
- Play starts with the GK who plays the ball into an unopposed attacker who receives in the free zone.
- The attacker is then free to run/pass/dribble/ in to the half he has come from to then start a 3vs3 game.
- The defenders become active as soon as the attackers move out of the safe zone.
- Only 1 attacker is able to drop in to the safe zone and it is there decision who goes in and where.
- If the defenders win the ball they then play to an attacker from the opposite zone who drops in to the safe zone to receive and turn and play.
- Play is continuous.

Challenges;

Defenders;

- Try to recognise when to push up and when to drop off.
- Try to recognise when to provide defensive cover. When might you need to do this?
- Try to recognise when to mark goalside/ballside.
- When you win the ball back what is your strategy to get the ball in to your striker?

Attackers;

- Try to recognise when to drop in to the safe zone and who is in best position to do so.
- Try to recognise opportunities to run with the ball
- Try to play forward quickly - if you cannot play to a player who can

Goalkeeper;

- Try to recognise when to communicate with your defenders - when might you do this?
- Try to be in a position to be able to support defenders when the ball is played past the defensive line - what are the triggers to activate you moving off your line?

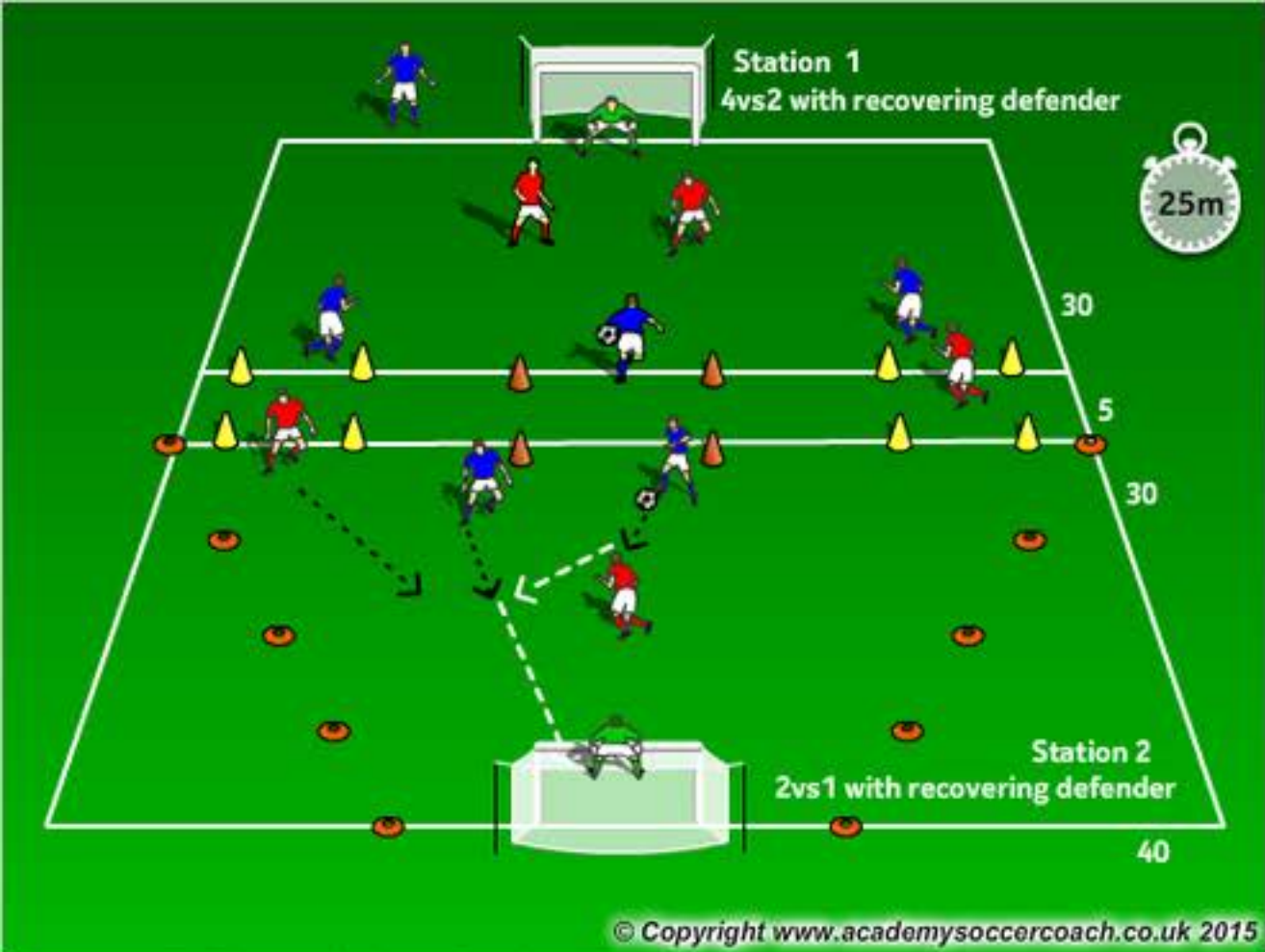
Unit challenges:

Defenders

- Can you keep a clean sheet for 5 minutes
- Can you initiate 3 attacks by winning the ball back/intercepting in the practice

Progression;

- Players are able to "lock on" to attackers and follow in to the safe zone and apply pressure in there
- Completely take out free zone to make 6v6 game.



Counter attacks (varied overloads)

Area;

-To suit players/numbers/age group

Set up & Objectives;

Station 1;

- 3vs2 + attacking Target/support player + 1 recovering defender.
- Start 3vs2 and work Target player & recovering defender in to practice.
- The attackers can arrange there set up ie. all 3 start in one box or they can start in different boxes and also vary where ball starts from.
- They look to attack the goal and core within 10-15 seconds.
- The defenders look to win the ball back completing 3 passes or running the ball in to one of the boxes.
- Introduce Target player for a more direct type of counter attack ie hit the target man and work from there.
- Introduce recovering defender to keep overloads varied.

Station 2;

Area;

- Funnelled diagonally from halfway to 5 yards either side of goal.
- Attackers arrange themselves in boxes
- 2vs1 in favour of attackers with a recovering defender.
- Attackers look to score on goal. They have 10 attempts then they swap roles with defenders.

Challenges;

Attackers;

- Recognise when to "lend" the ball to team mates
- Try to play forward quickly - if you cant play to someone who can
- Try to move to areas that will make it easier for you/team to play forward and adjust body ready to do so - how?

Defenders;

- Try to delay play until defenders recover in balance
- Try to recognise when to press/drop

GK;

- Recognise when to push defense up or drop - why?
- Try to position yourself to be in a good position to clear up through passes

Post questions;

- What went well?
- When did you get the most success?
- What are your strengths at this topic?
- What things can you work on to improve these skills?



Defending with variety

Aim;

2 stations

station 1;

50/15 area split into even thirds.

- Defender starts in zone 2 and looks to win the ball off the attacker who starts at the top of the pitch behind the cones. The higher up the pitch the defender wins the ball the more points he will receive ie 1-3 as shown in diagram above.
- The attacker looks to beat the defender and score on the goal gaining a 3 points every goal scored. If the attacker uses the support player he must deduct 1 point.
- Support player plays outside the channel and must stay onside with defensive line.
- If the defender wins the ball and passes to the support player on the outside he receives 1 additional point.
- GK receives a point per save and looks to roll/throw ball to support player for extra point.
- The game restarts with the next attackers looking to score and the attacker joins the next station ready for 2vs2.

Station 2;

Area - 50/25

- 2 attackers vs 2 defenders + gk and support player.
- Same principle as last practice.
- Defenders defend as pair now and look at solutions and ways to win the ball back effectively.

Progressions;

- Wide players can join in centrally with players.

Challenges;

Defenders;

- Try to prevent your opposition from playing forward
- Try to position yourself to be able to intercept the ball
- Try to recognise when to press and when to drop
- Try to recognise when to block shots and when to go to ground

Goalkeepers;

- Try to recognise when to push out and when to drop back on line
- Try to give clear instructions to defender when overloaded

Attackers;

- Try to play on 1-2 touches
- Try to score/shoot within 12 seconds
- Try to recognise when to run with the ball and when to release



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Protect the cone

Defenders face different opponents at each station looking at changing the overloads to test their defending skills

3 Stations;

Station 1 - 3 attackers vs 1 defender

Station 2 - 2 attackers vs 1 defender

Station 3 - 3 attackers vs 2 defenders.

Aim;

Attackers start with the ball and they look to knock the ball off the cone in the middle. The defender(s) look to protect the cones using different strategies to do so. If they win the ball they must pass out of the square.

Points;

- 1st to 10 wins or 2 minute games - Attackers knock the ball off 10 times - defenders win the ball 10 times.

Challenges;

Defenders;

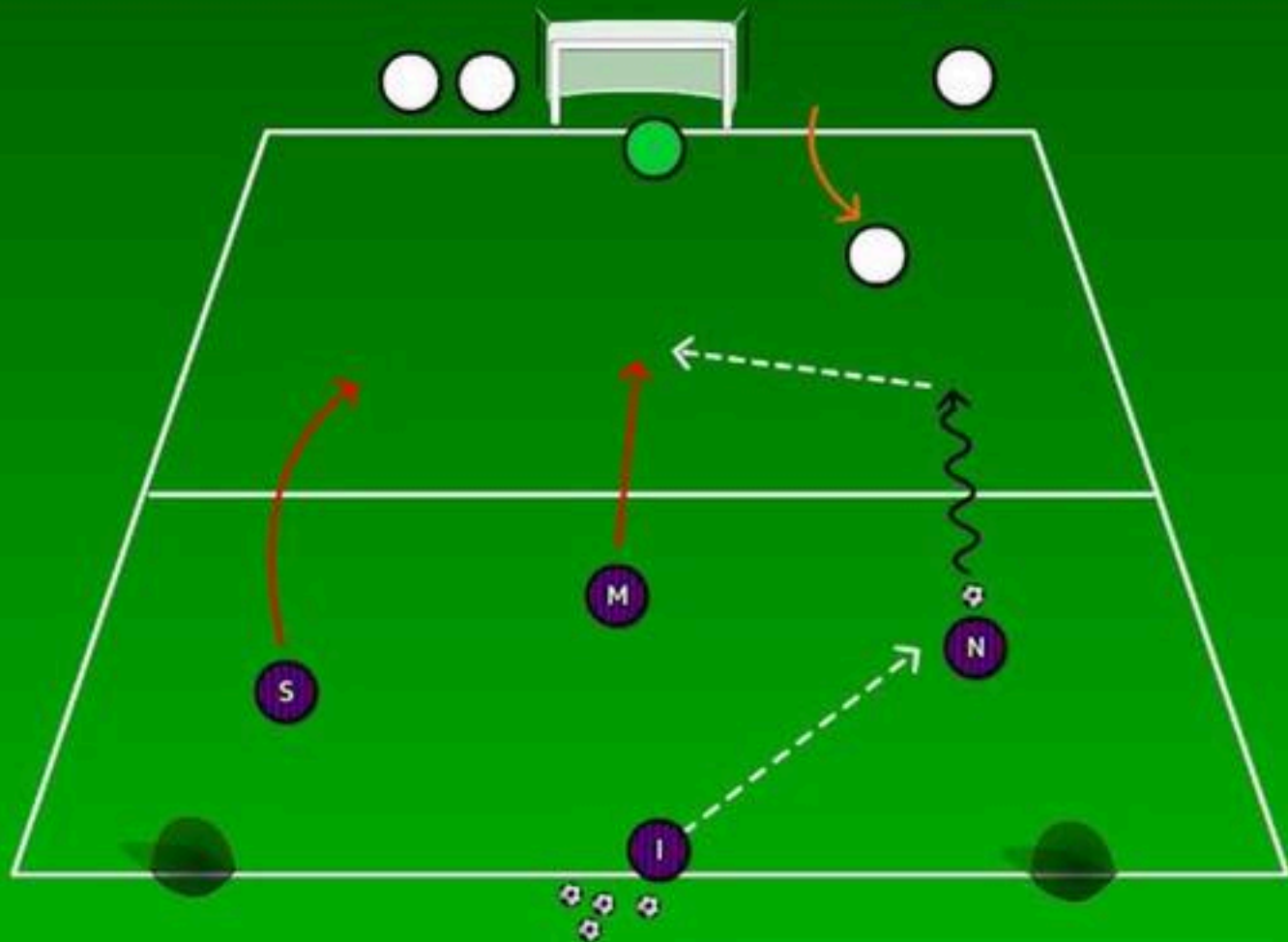
- Recognise when to press the ball and when to protect the cone.
- Interceptions, when and how?
- When to block shots and when to go to ground.
- Body position as the ball travels and angle of approach to opposition.

Attackers

- Recognise when to risk or retain
- Try to play with appropriate Ball speed
- Try to Pass the ball accurately to give the next player the best chance to play quickly.

Progressions;

- Add target players at each station who look to play on the outside so that when the defenders win the ball they can hit the target man for additional point. Attackers then try to stop this pass and play continues.



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BARCA TRIDENT GAME

Set up playing area as diagram.

2 teams + Gk.

Aim of the game is to get to the highest level possible.

Teams have 5 lives each to achieve their goal.

One team starts as Barca(can be any team the players like).

The other starts as defenders(allow players to choose a team).

The Barca players each choose a player from Iniesta, Messi, Neymar and Suarez(Can use Match attax cards to avoid arguing).

Iniesta is 'locked' in their teams half and starts every level by passing to any of their team mates.

The trident receive the ball then attempt to score a goal to complete that level.

Level one - 3 v 0(just gk to beat).

Level two - 3 v 1.

Level three - 3 v 2.

Level four - 3 v 3.

Level five - 3 v 4.

Level six - 2 v 4.

Level seven - 1 v 4.

If the defenders win the ball they can attempt to score in either of the two small goals.

Iniesta can attempt to stop them and save a life.

Defenders are 'locked' in their half until the ball crosses the half way line.

The team that reaches the highest level before losing all five lives wins.

Changes -

If two gks add a big goal instead of the two small goals and have the gk distribute the ball.

Ask players to come up with their own levels.



The Idea;

Set up as above

- 2 teams evenly matched with a neutral T (Target) player and a neutral GK.

- One team starts as the team playing out from the back (reds) and the others are looking to win the ball and score on goal.

- The reds are looking to play a one -2-pass with the Target player through the gates - once they do that they then become the attacking team - the blues transition and become the team playing out from the back defending the reds attacks.

- When the play breaks down the blues will then try and play out from the back and remain the team playing out until they successfully play through the gates.

Focus;

1- Fullbacks high and wide

2 - centre backs split (edge of 18 yards/ drop lower to 6 yard box to draw the opposition on if needed)

3- midfield rotation (one drop to edge of 18 yards the other moves on an angle away from ball to receive high.

4- The target player acts as a striker and follows the line of the ball as ball is moving to receive through gates.

5- GK - Play quickly if possible, composure (best option, be available to receive and play both sides at any time, can I play straight in to forward (T player)

Buzz words;

- TRICK

- TRUST

- REACT

- RYTHMN

Ball Mastery
"Corners"
Part 2



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Ball Mastery

Area as above

- Players split into equal teams and head to a 10/10 grid.
- To start players pass the ball lightly around the area.
- The coach calls a number - that player performs a warm up technique moving clockwise to the next grid. ie young groups, 1 leg hop, older group lunges etc.
- do this until all player have changed grids - keep performing until readily warm.

Progress;

- Make a competition, coach calls number and players sprint to the middle to pinch the ball and try to score on any of the goals/cones around the practice.
- Call multiple numbers
- 1 minute to score, 1st to score achieves a point.
- Go back to their grid and repeat.

Playing out from the back
"Restrictions"



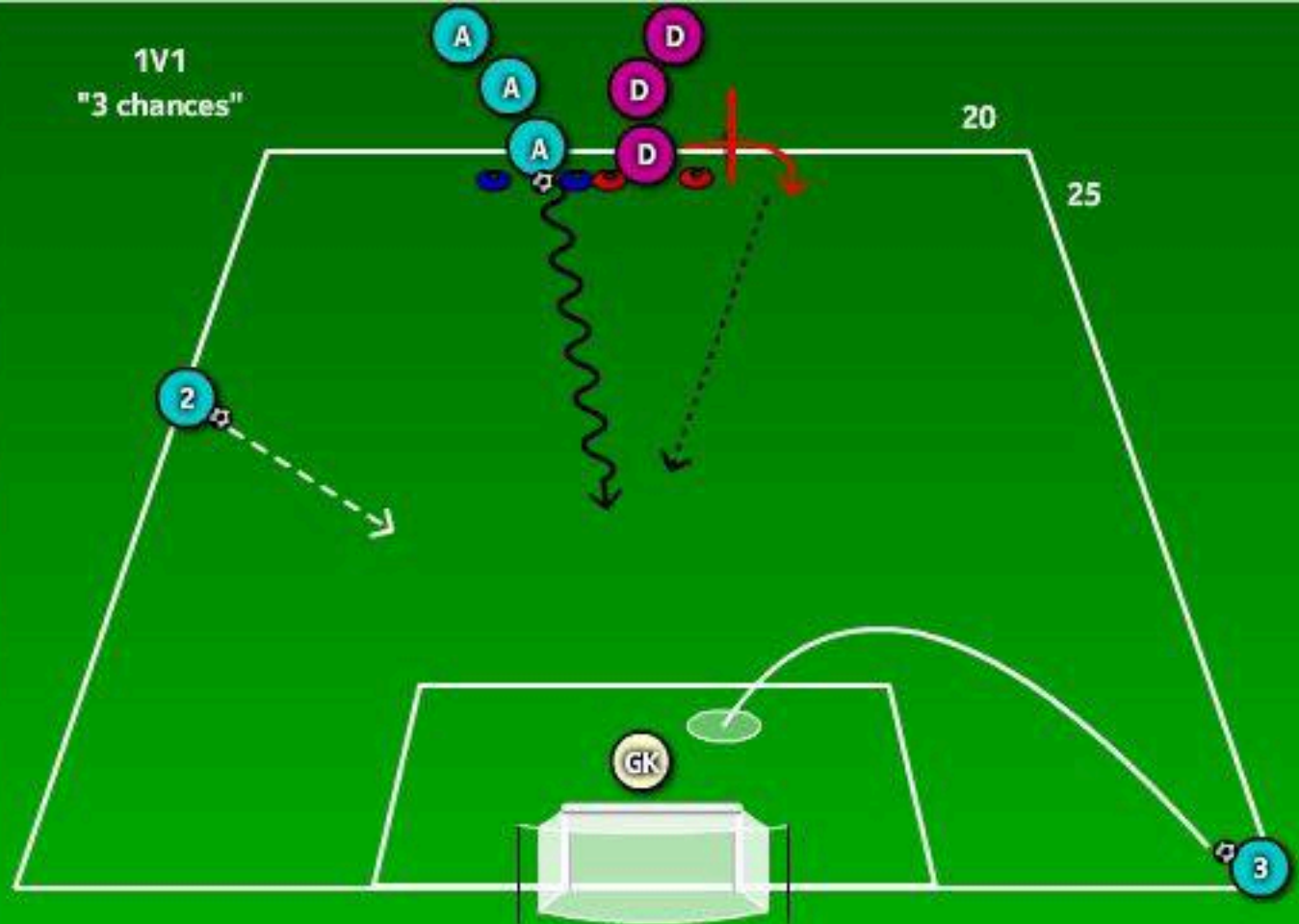
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Idea;

Reds look to play out from the back to score.
Red players are restricted to the zones

Blue players looking to win the ball and score
Blue players free to move in any area.

Bonus point for reds if they play through all zones
Bonus point if they score from a cross/ switch in play.



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1v1 3 Chances

Chance 1;

- Player has a head start on the attacker, as soon as attacker leaves gate the defender runs around pole and chases down the attacker.
- As soon as attacker shoots, is tackled etc player 2 plays a pass into the attacker and looks to score again
- after that ball goes dead player 3 crosses the ball for the attacker to score.

Goals Competition



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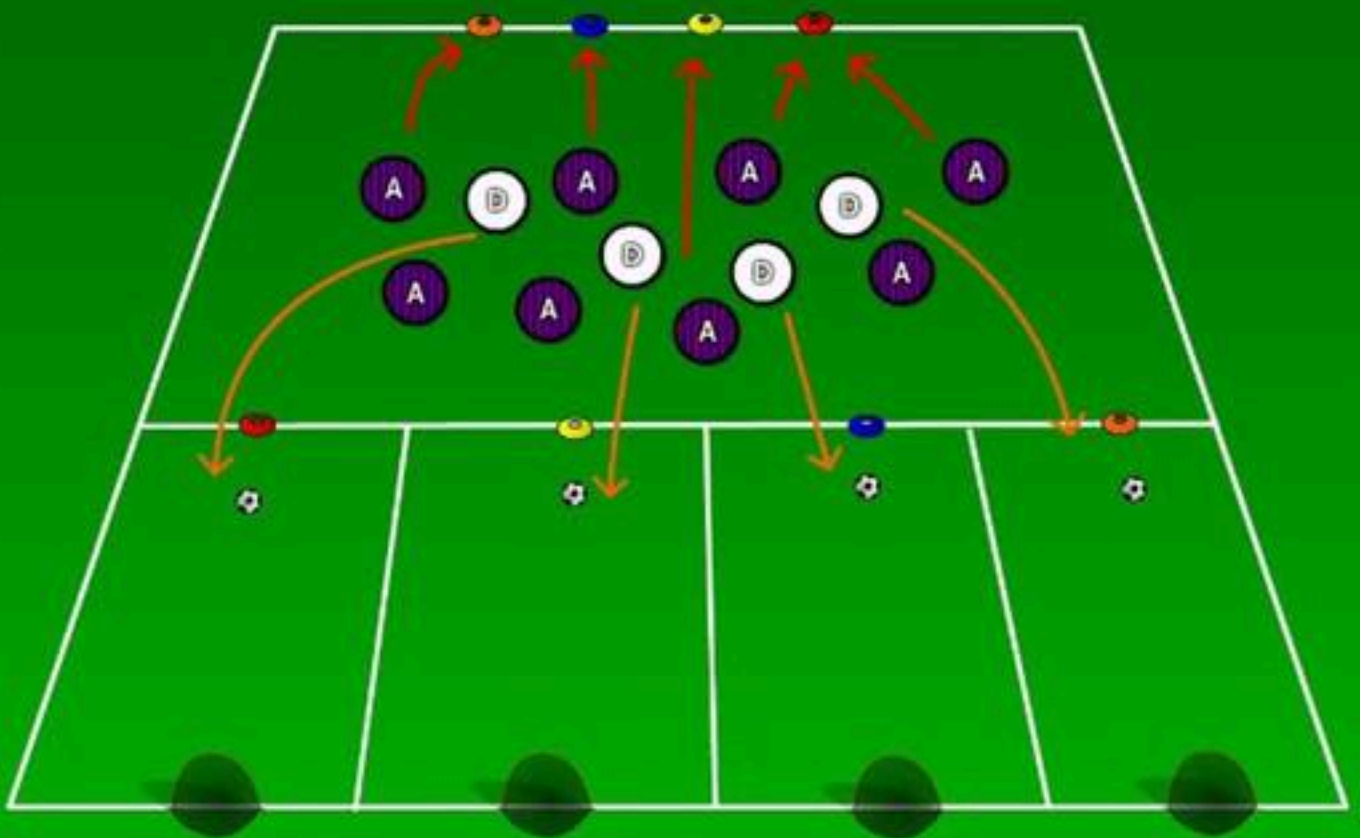
Goalscoring;

Area/setup;

- As above - adjust to suit age/ability
- Area split into thirds with 2 boxes in the middle for 2 separate teams
- Coach calls play and attackers run out of box and look to score on one of the goals before entering the box.
- After they have shot they run back and tag next player - repeat until all footballs are used.

Points;

- 1st team to finish = 2 points
- Each goal = 1 point
- Players number themselves and go in order



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CHAOS ATTACK GAME

Set up as diagram.

4 players start as defenders.

Remaining players are attackers.

Players move around each other performing football related movements.

On coaches call all players move quickly.

Defenders turn and run quickly to a pitch each picking up the colour cone as they go.

Attackers sprint to the colour cones at the top of the playing area, choose one and head back to the pitch which has the same colour cone as the one they chose.

Attackers combine to attempt to score.

Each colour must be chosen.

This will create different challenges for the defenders to face(3v1, 4v1 etc).

To ensure the players move quickly on coaches call start a countdown(30 secs).

Defenders attempt to win the ball and dribble over the endline of their pitch.

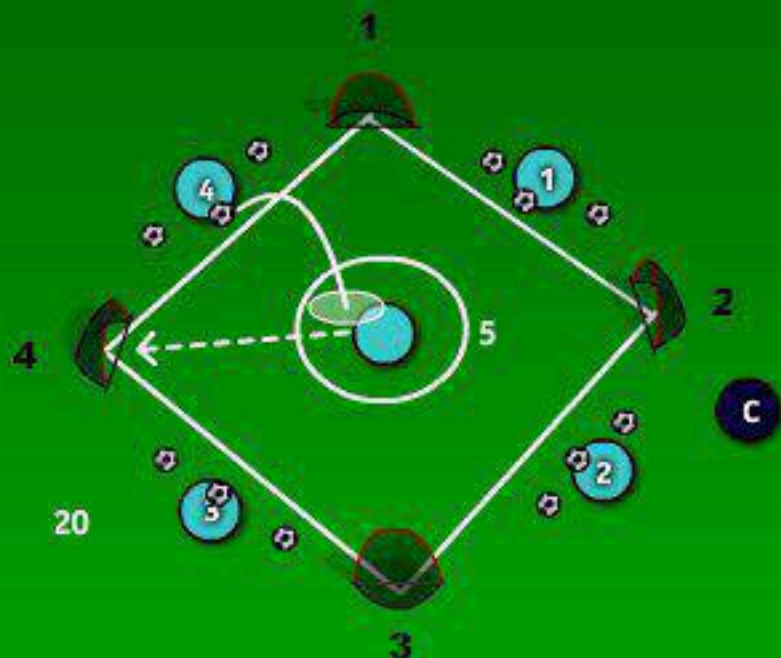
Rotate player roles every few rounds.

Changes -

Add Gks.

Have 50/50 split of attackers and defenders.

Touch & Finish Challenge



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Touch and Finish challenge;

Set up;

- As above, area set up in diamond shape with goals at every point of the diamond.
- Each goal is given a number, with the player to the right of that goal also given that number.
- The Players have 3 balls each and hold the balls in their hands.
- Coach calls out random numbers within a 1 minute time and the servers throw the ball in the air to the central area.
- The central Target player must control the ball and has one bounce to finish in the desired goal.



Cutting in and shooting

Area/setup;

Carousel 1;

- Server starts in one corner of the practice with the ball and passes a long range pass to the opposite attacker.
- The attacker then controls races forward and then cuts inside through the gates looking to shoot on the goal.
- The attacker then becomes the server whilst the server runs to the otherside and joins the attacker que

Carousel 2;

- Server plays a shorter pass
- the Forward is to time their run so their first touch is through the gate and then shoot on goal.



Carousels;

1;

- 2 touch. Players partner up and play there opponent.

- 1 player starts with the ball in their hand and send the ball over to the opposite plater without bouncing. Players then returns on 2 touches. Repeat until player kicks wide, drops ball etc.

- First to 10 poinrs wins.

- Swap opponent.

2;

- 1v1s

- 1 team starts with the ball opposite their oppositions. They pass the ball into the opposition player and immediately closers down.

- The opposition player hen looks to dribbl their ball through either of the side gates.

- Keep score and point for successfully getting running ball through the gate.

- If defenders win the ball they can run through the gate for point.

- Swap every 6 attempts.

3;

2v2 game.

Players in possession look to run and stop the ball on the opposite line. If they do this succesfully they gain and point and can immediately attack the opposite line.

- Defenders look to win the ball and gain possesion to attack the line and gain their point.

4;

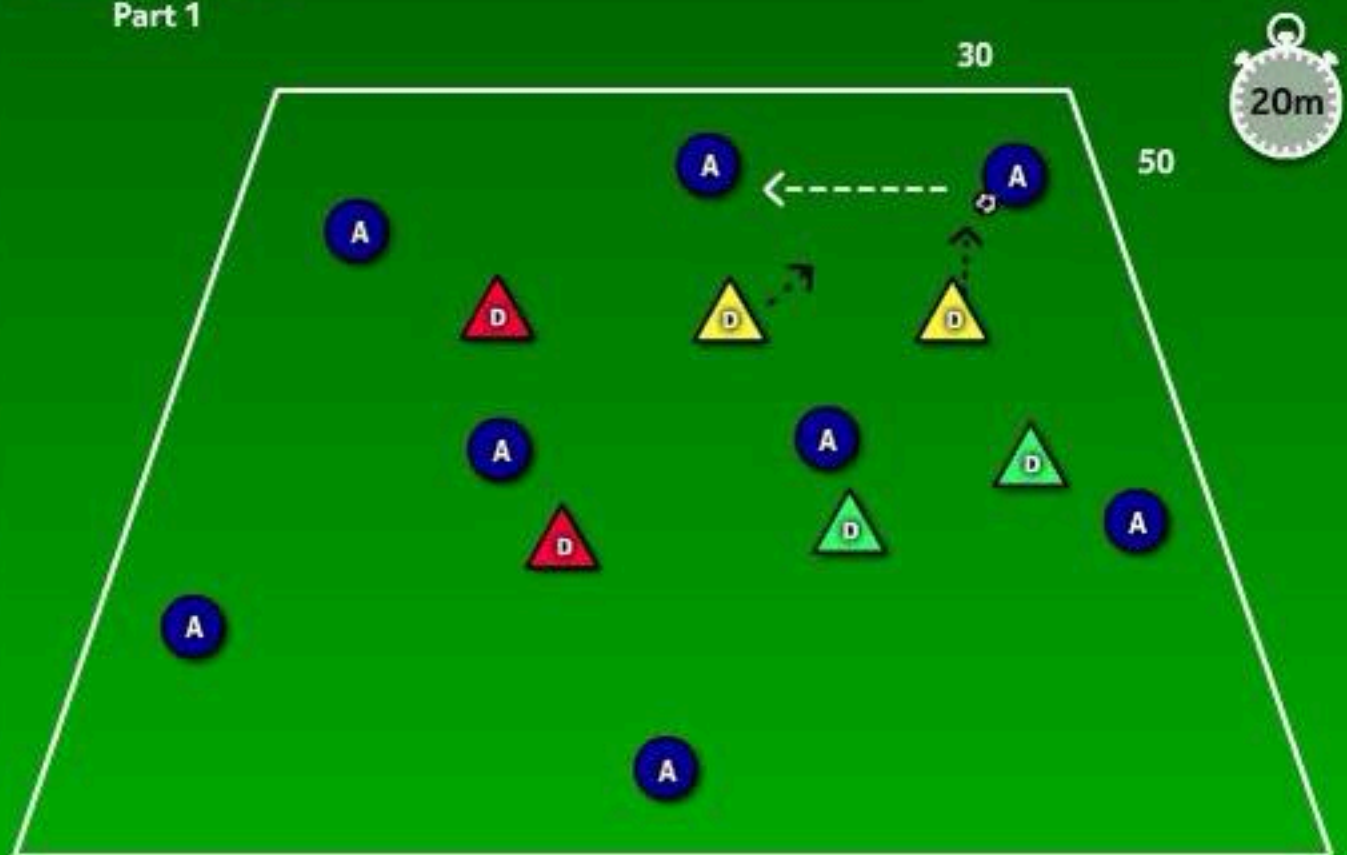
- Shooting

- 1 team acts as defenders and nominate a GK. 1 defender starts on the line.

- The attackers go individually looking to beat the defender and score, the defndr looks close down the attacker and stop the from scoring.

- 6 attempts each then swap roles and collate scores.

Defending in pairs
Part 1



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Defending in pairs;

Defenders pair up and work together as a team.

- Pairs must stay within 10 yards of each other or a point is given to attackers.

Attackers work together to keep possession of the ball

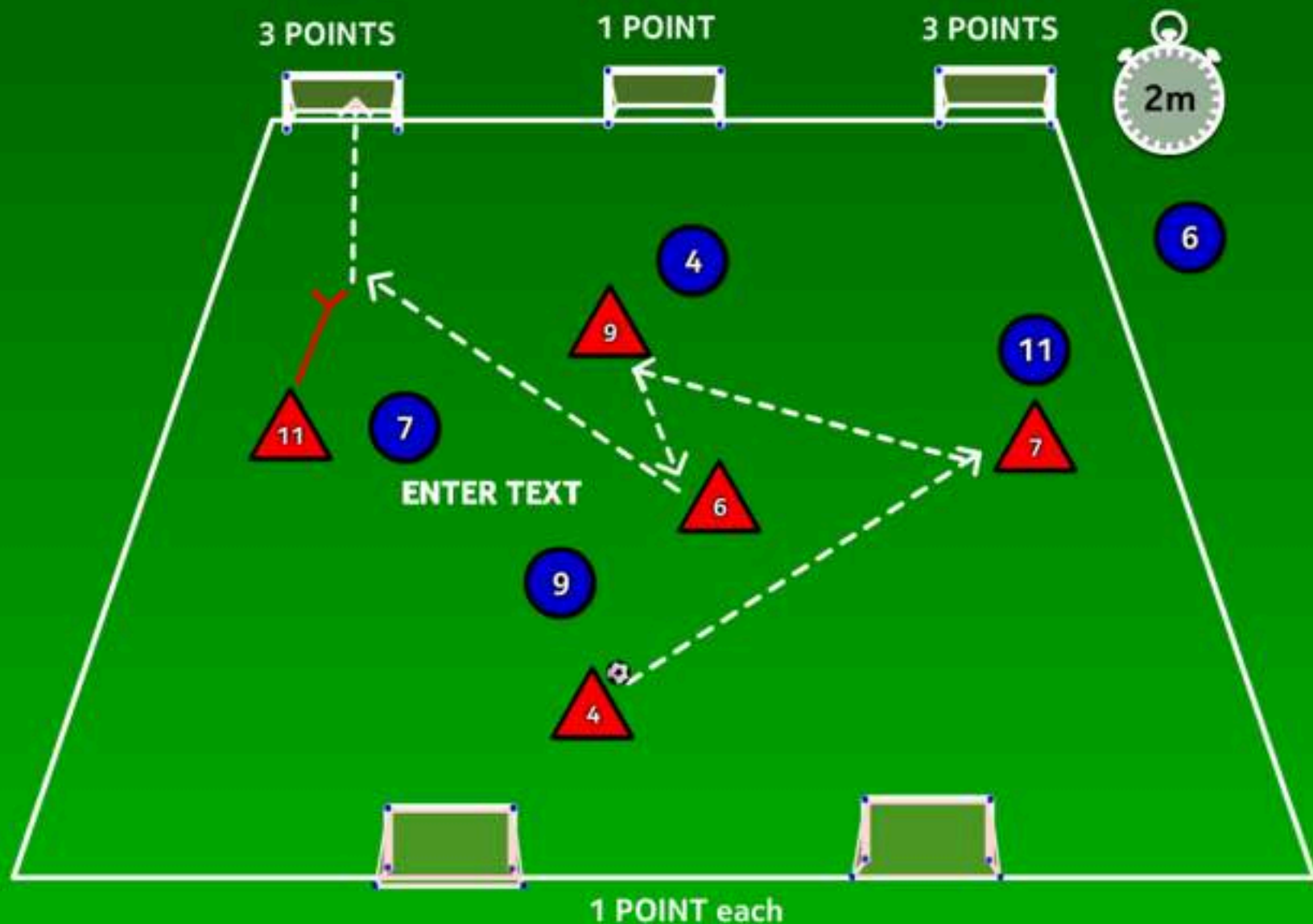
- Attackers achieve 5 passes = 1 point.

Focus;

- Compactness

- Communication

- Recognising when to give initiative to attackers and drop off to regain structure



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Activity: 5v4

Obejective: Training the 6 to connect and build up play.

Number of players: 9 (10)

Interval Time: 2 minutes

of intervals: 6

Recovery Time: 1 minute

Total Duration: 18 minutes

Space: 40 long by 30 wide

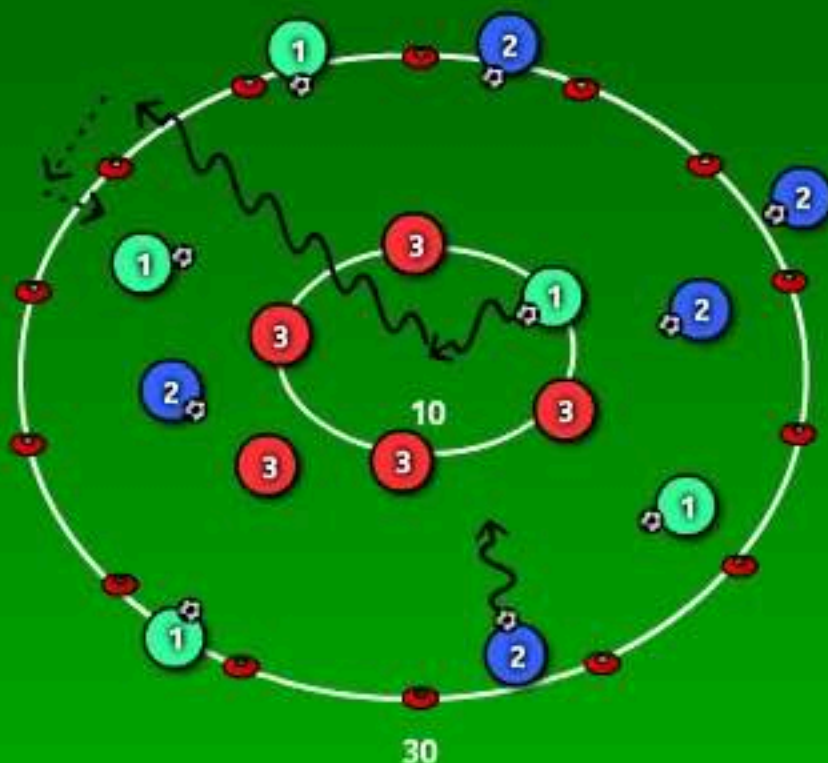
Directions: 5 play against 4. There are three goals for the team with 5 to attack. Goals are worth a specified number of points as shown in the diagram. The coach only informs the team of 5 the point value for each goal. The team of 4 defend and have two counter goals at the end of the playing area.

Progression:

Intervals 1-2-same as above

Intervals 3-4 Add the "6" or central midfielder for the team in blue making the game 5v5.

Intervals 5-6: Change the point values of the three small goals at the ends. Example: Make the central goal worth 3 points, outside goals worth 1. Make the left goal worth 3, central goal worth 2, right goal worth 1.



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RWB practice;

Setup;

- 2 circles as above
- 3 teams

1 team defends the circle whilst the other 2 look to attack the circle and run through without been tackled.

- If attacking players get through they should run through a gate and out another and then repeat.

- Points everytime they get through successfully.

- Defending team are restricted to working around the inner circle apart from 1 player who is able to play on the outside tackling players.

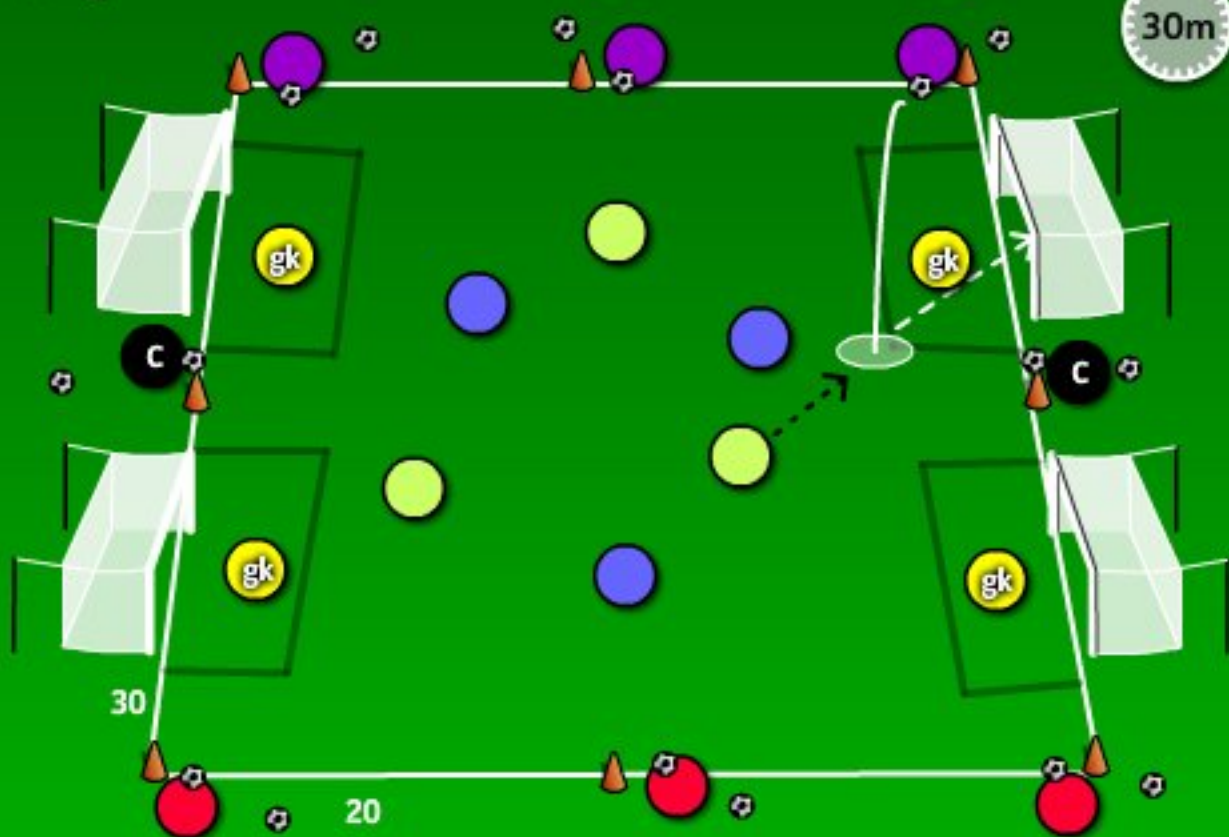
Swap roles and collate points every round.

Progress;

- Defenders can steal the ball and run the ball through gates for 2 bonus points.

- Change overloads on restricted players.

Finishing



@martylee66

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Finishing; Trio's

The area/setup;

- Area to suit age/ability
- 4 goals with 4 gks - or team of players who take turn in goal.
- 8 Cones around the area with teams taking positions around the area with 2 balls each player.
- 2 teams start in the middle and play against each other.
- 3 minute games.
- the coach is to call names of players around the area and they then cross/pass to the nearest player to them.

The idea;

- Players are to play quickly and play as a 3 to score as many goals as possible.
- If the ball goes out of play or goes in the goal coach immediately calls a new name from the outside and the players must react quickly to this new ball coming in
- If the keeper saves the ball 1 point; if the keeper catches he is to throw the ball in to space and the players have 10 seconds to score/shoot on goals.
- More points the more creative they become.
- Each team gets to play each team once and they collate their scores on a whiteboard.

Points;

- 1 point for an assisted pass from the outside - must score that pass.
- 1 point per goal for scoring team
- 2 points for header/volley
- 2 points if every player touches the ball in the build up to the goal
- 3 points for "special goal" - player outline special goals.

Coach points;

- Try to recognise when to shoot first time and when to take a second touch.
- Body position, be in a position to shoot and correct techniques in striking.
- Rebounds, follow in any shot you take and shots of opponents and your team mates.

Progress;

- Type of delivery, vary from ground and air.
- Player lead, players call names to pass.

2v2 battles



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2v2 battles;

Area/setup;

- 5/5 area
- 2 even teams
- 3 minute round x 5
- all players with ball apart from defender
- Yellow cone represents centre of the line for attackers to start practice

The practice;

- A pair of defenders start in the middle of the square, and a pair of attackers from one side attacks this pair looking to get out at the opposite side of the square without been tackled.
- If successful the players joins the back of that que to repeat.
- If the defender wins the ball ball kicks out of square successfully/fairly, the attacker stays in and defends attacks from the other team. The defenders join the back of there que to attack.
- Practice is continuos for 3 mins, players keep indiviudal score (how many times they get from one end to another)

Coaching points;

- Attack with speed
- Low centre of gravity
- Attack defenders back foot
- Disguised actions; feints/dummies
- Movement away from the ball

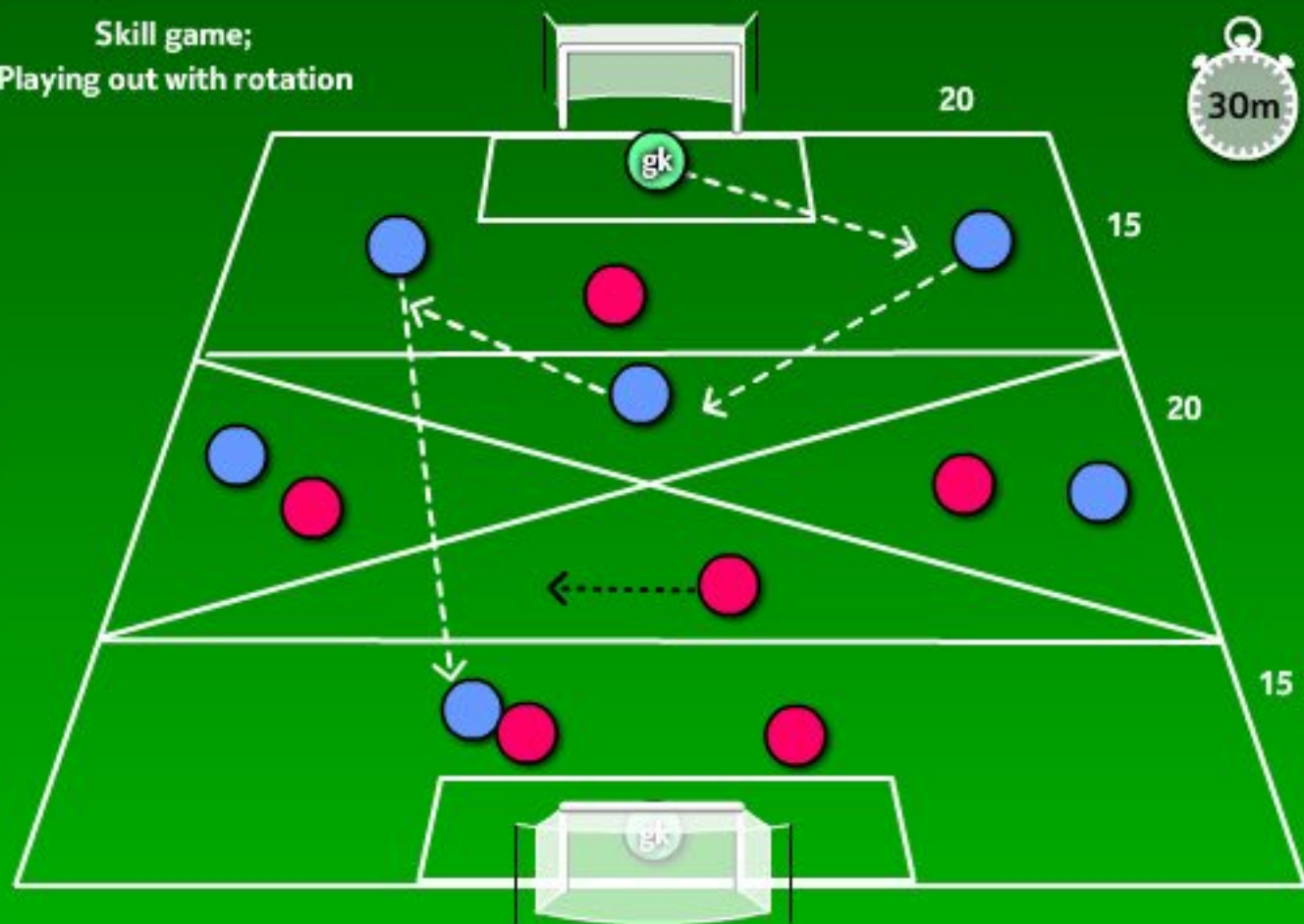
Encourage;

- Try to run to the side of the cone you are most uncoftable with
- Try different skills tricks to beat your man
- Try to recognise when to play with speed and when to slow down

Bonus points;

- Nutmeg
- Super skill (player identify before practice)

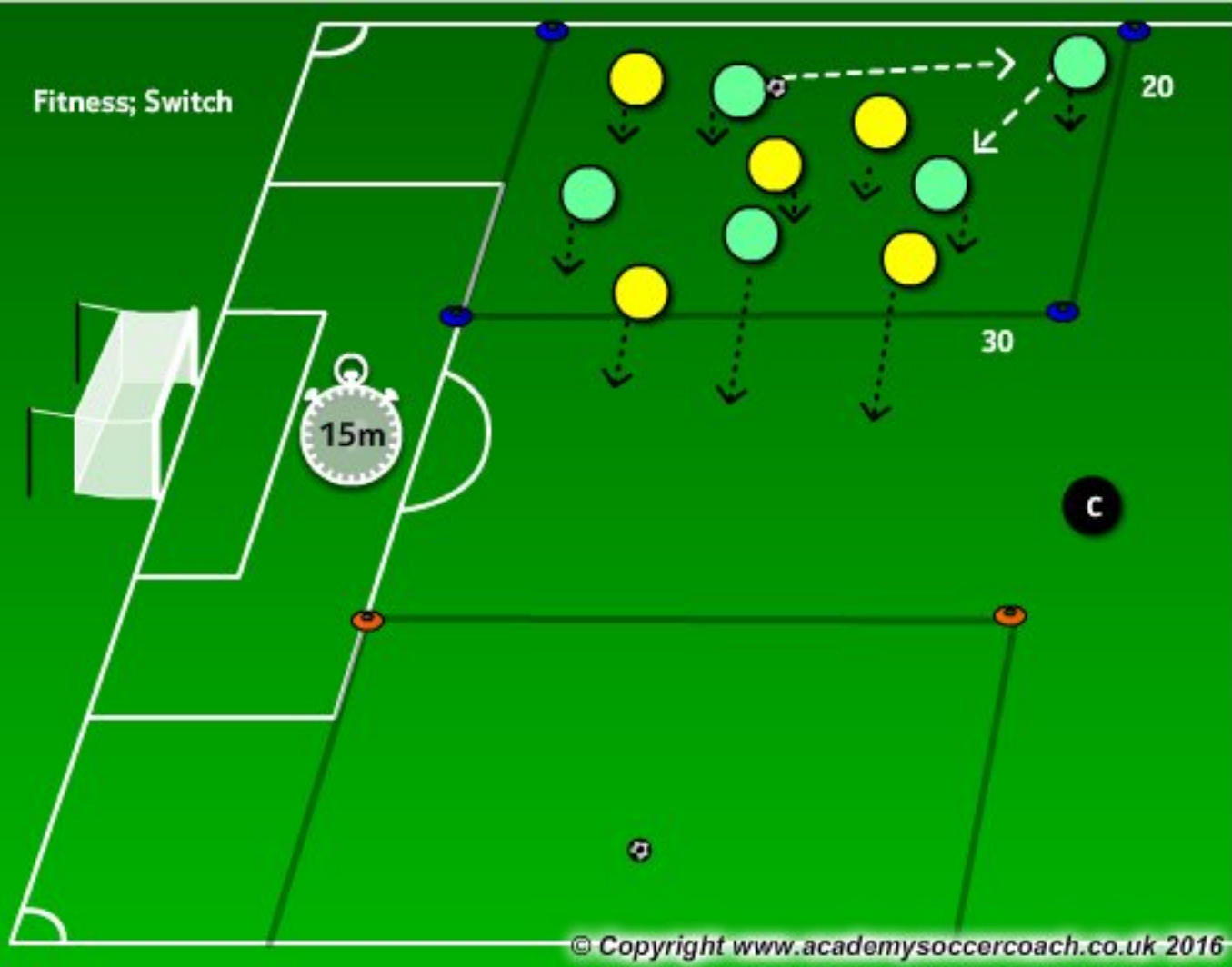
**Skill game;
Playing out with rotation**



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Setup as above

- Players are initially locked in to zones.
- Then able to move in to another triangle after a pass.
- Unlock players



Fitness and possession

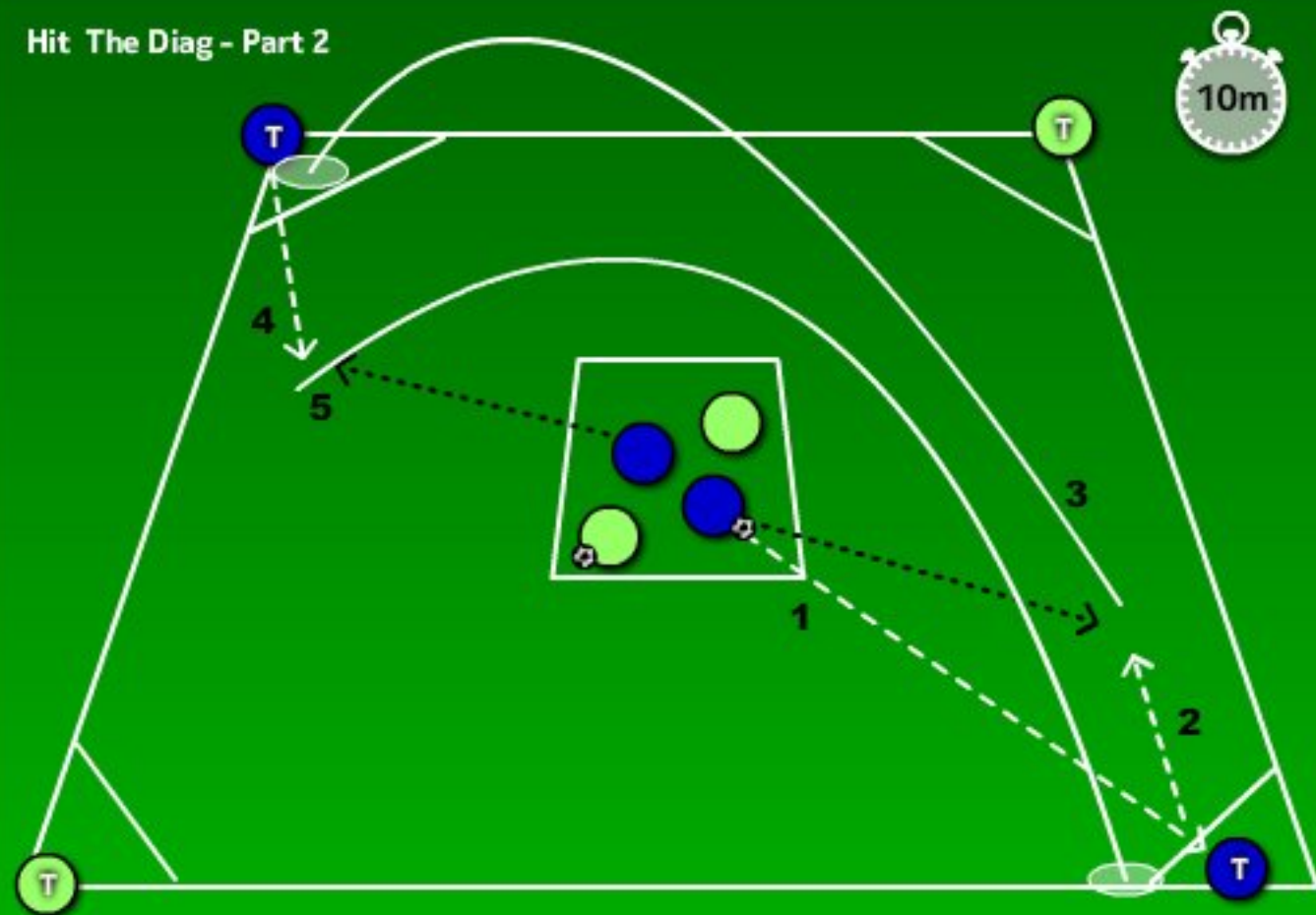
Area/Setup;

- As above
- 3 x 5 minute games
- 2 boxes
- 2 teams play possession and look to get 5 passes for a point and continue
- At any point the coach may shout switch - the players leave the ball and sprint to the other box and repeat.

Progress;

- Players cannot pass until all players from their team are in the the grid.

Hit The Diag - Part 2



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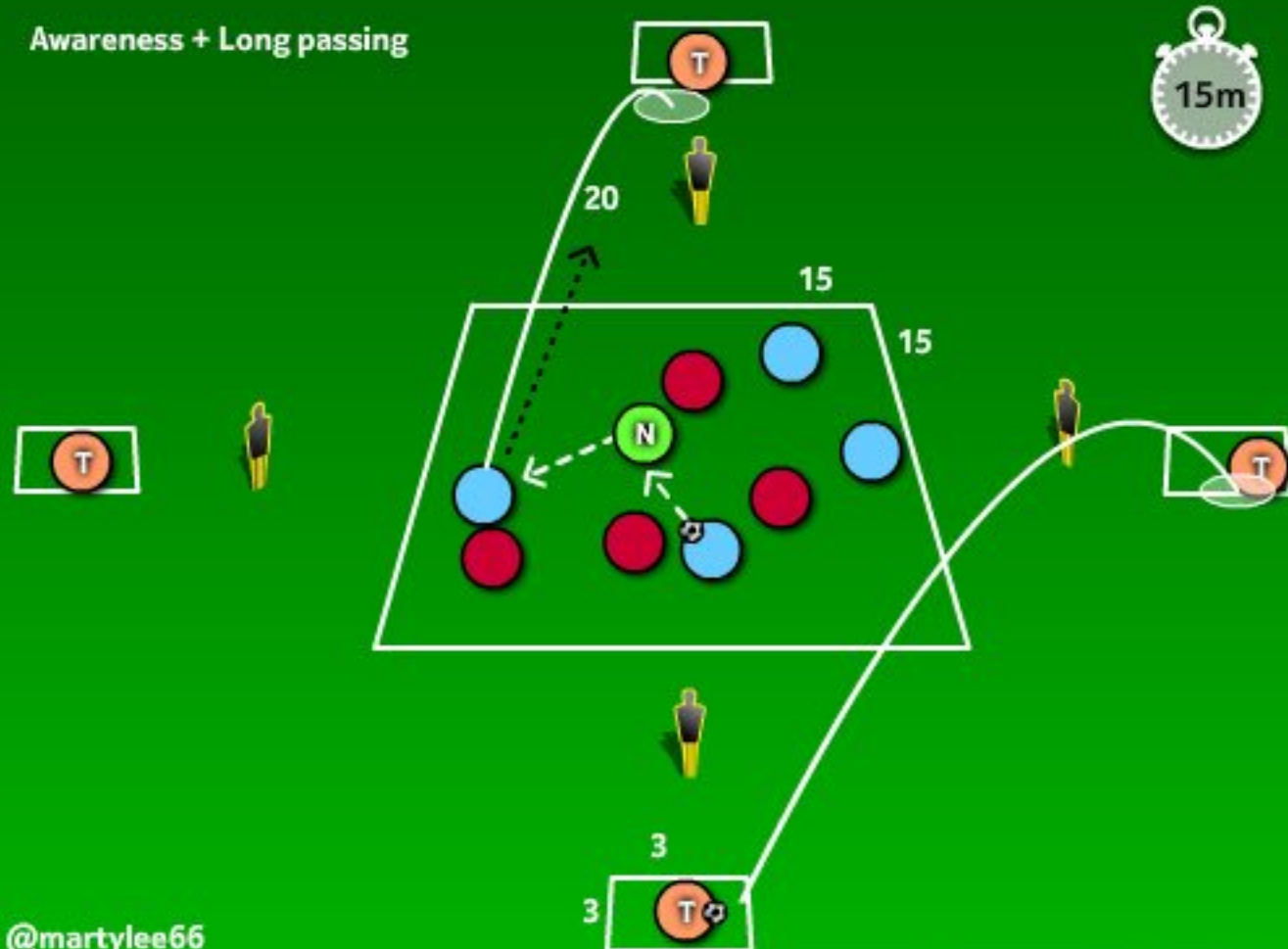
Hit the diag part 2;

- 2 central midfield players from teams in the square
- 4 opposite T players
- 1 ball per team
- Practice starts with Middle player playing a pass out to the the target player the T player bounces a pass on an angle the midfield then looks to hit a diagonol pass accross to opposite T player who bounces pass to the other central player who repeats.
- Player to enter the square again after hitting the pass.

Challenges;

- Try to play side on
- Try to limit your touches when looking to play the diagonol pass -why would this be the case in a game?
- Try to check your shoulder
- Try to use the laces when hitting longer passes - what else can help you when striking the ball? how?
- Try to recognise when

Awareness + Long passing



Possessional practice (Long Passing)

Area/setup;

15/15 grid in the middle of the pitch

- Play 3 minute games
- 4v4 plus N player
- Players looking to keep possession for 3 passes then hit one of the free targets on the outside.
- Target players have a ball on the outside and are transferring the ball honing their long passing skills.
- The central players need to be aware who is available as they are deducted a point if they pass a ball out to a player who is in possession of a ball.
- They are allowed one bounce when passing and should aim to get into the 3/3 Target square.
- The Target player then pass to the posessional team who can drop outside the central grid to receive the ball and repeat the practice.

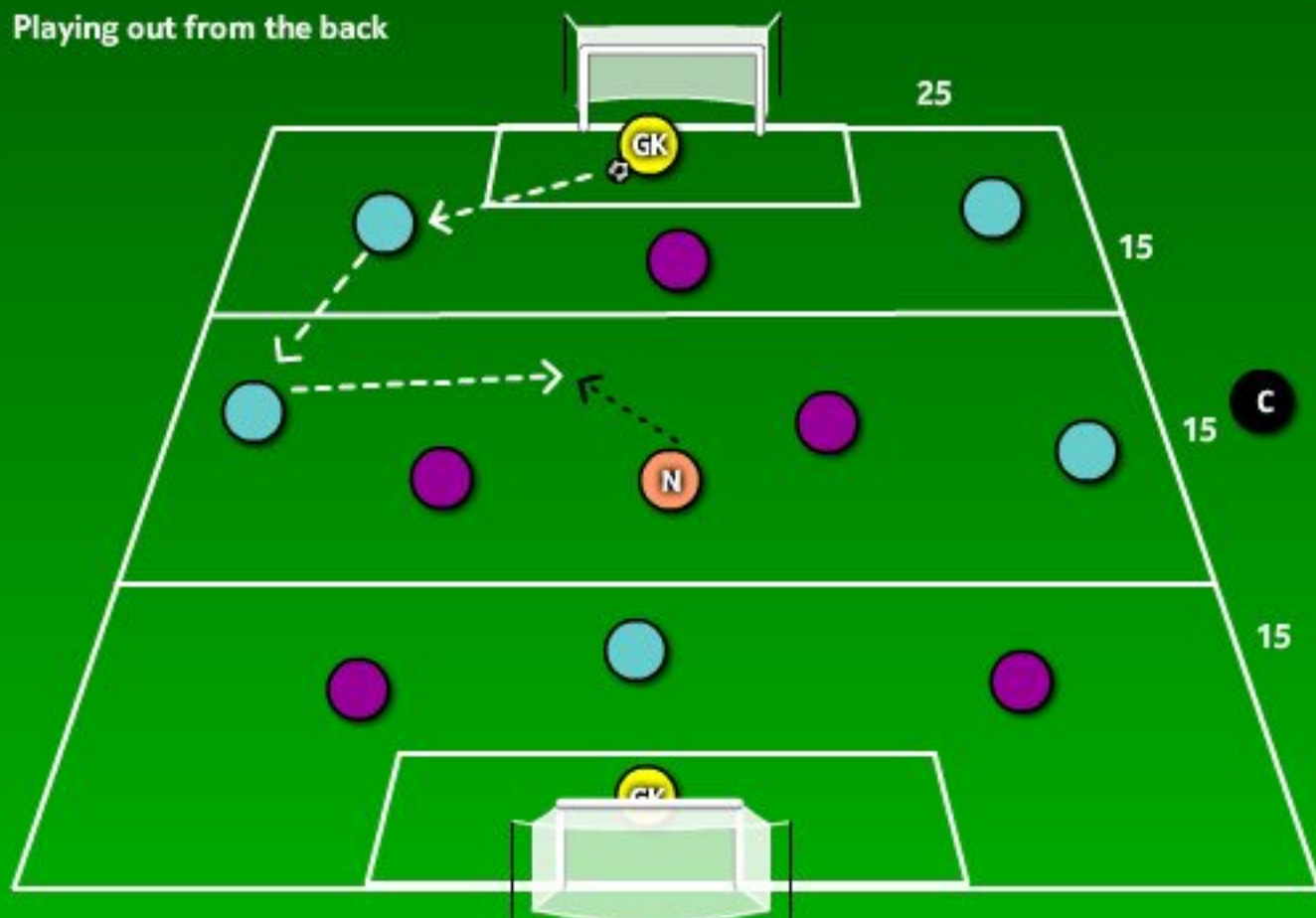
Points;

- 1 point for 3 passes and finding a T player with more than 1 bounce
- 2 points for direct pass in to T players area.

T players points;

- 1 point for Successfully controlling a direct ball in there area
- 1 point for 4 succesfull passes around the outside area.

Playing out from the back



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Playing out from the back;

Area/set up as above.

- 2 teams with 1 neutral player.
- Players are restricted to their zone - and look to play through all 3 zones.

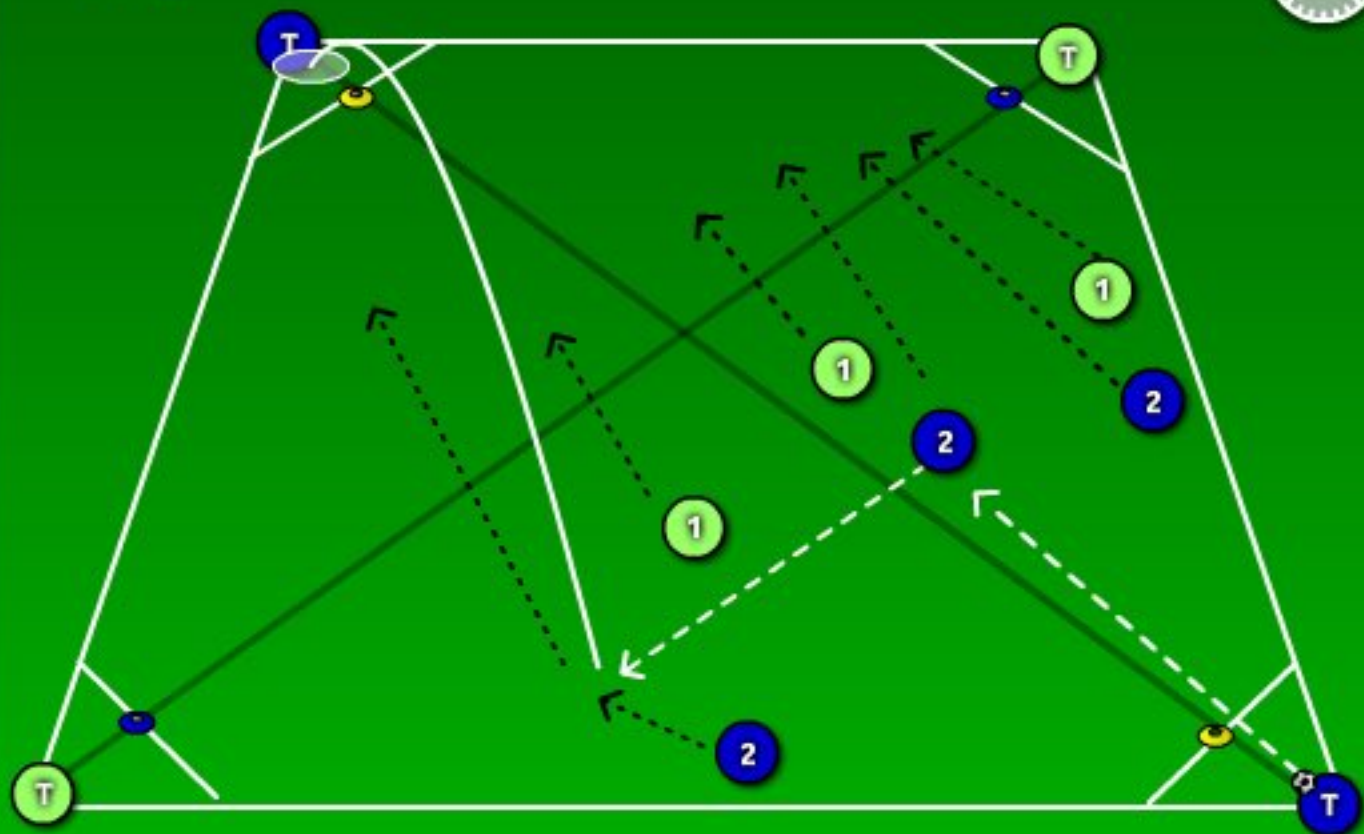
Progress;

- Players can join attacks to create varied overloads/underloads.
- Varied points for different type of goals;
- 3 goals if play through all 3 zones.
- 2 goals for 2 zones
- 1 goal for 1 zone.

Key messages;

- First touch
- Pass accuracy; space or feet
- Movement on and off the ball
- Decision on the ball, pass or RWB.

Hit the diag Part 3



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Hit the diag part 3

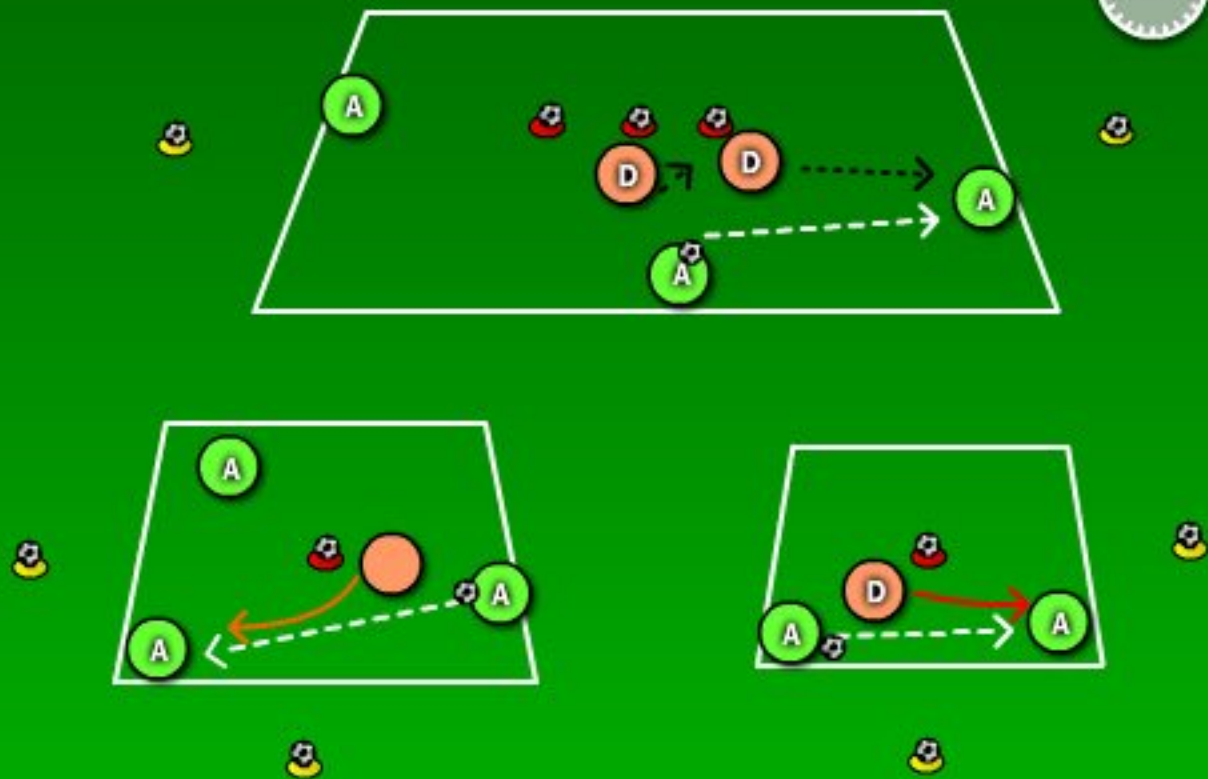
Set up as above;

- Area split in to halves.
- Above - the blues are in possession so they are all in the half where the possession is - they must try to transfer the ball in to the opposite blue player for a point.
- If this is achieved they should all travel accross to this half and repeat.
- If greens win posesion they should immediately hit there greenN T player - all the players then transfer in to this half.
- Play starts with one of the players in the corner areas.
- Play 2v2/3v3 etc in the middle.

Points;

- Evert time the ball is transfered from one half to another.
- Double points if the ball doesnt bounce and lands direct;ly in corner zone.

Defending Stations



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Defending Stations

Area/setup;

- 3 stations as a above.
- Vary overload of attackers/defenders.
- Attackers look to knock ball of cone for point.
- Defenders look to win the ball and pass the ball off cone on the outside

Coaching;

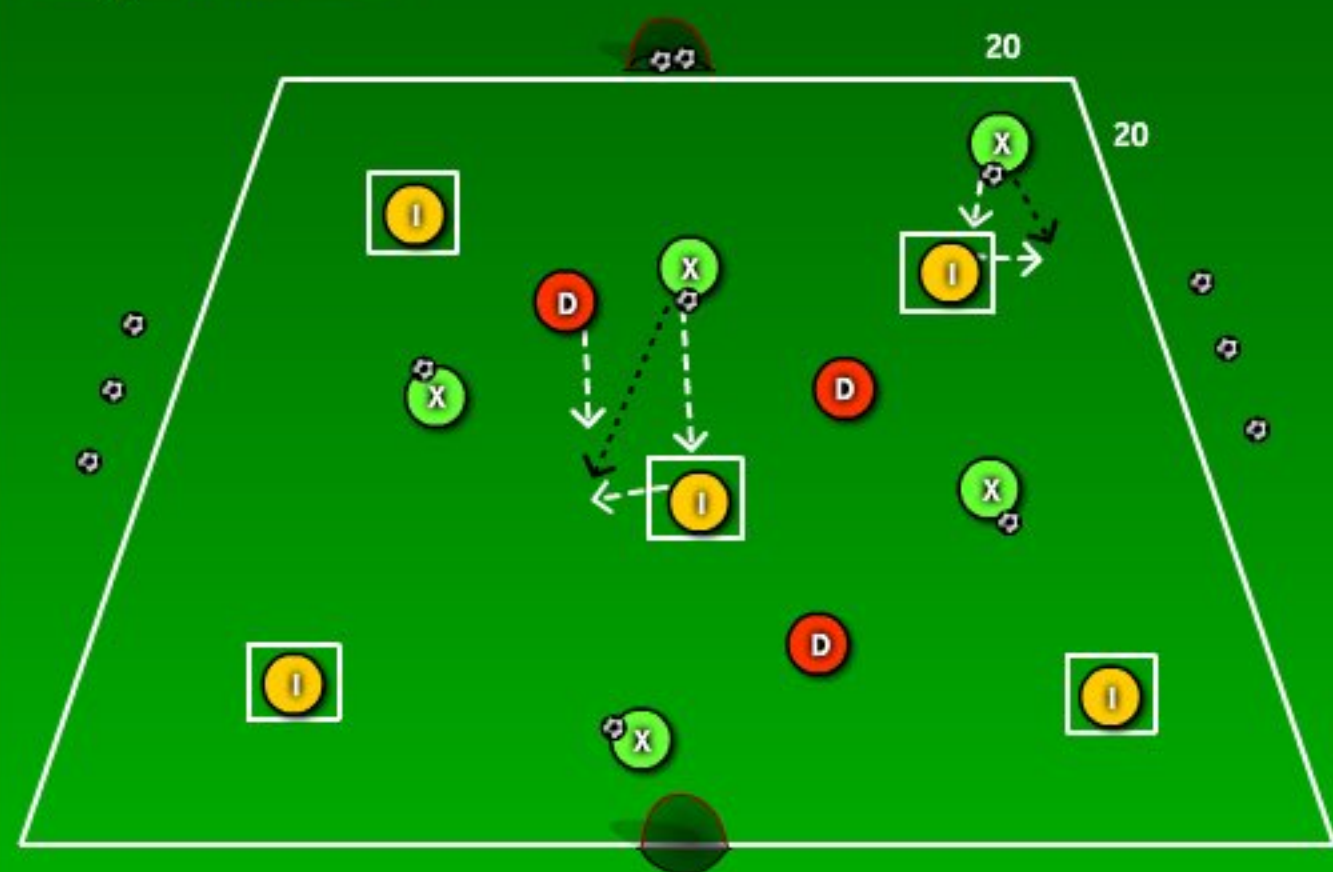
- Closing down technique;
- Tackling technique; block tackle/poke tackle
- Angles - can you position yourself between ball/player and Target



- gk 2 starts practice by distributing a pass to the first player on the cone
- That player moves to the opposite side of the cone to receive facing forward
- They follow the sequence above
- The players must follow the pass and be ready for the next ball to come and follow the sequence
- The sequence ends with a cross and strikers looking to finish.
- One of the strikers moves to start of the practice whilst the crosser moves to that station as a striker
- Repeat

progress;
add defender (s)

Passing and Combinations



Martin Lee Herdman

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Xavi + Iniesta passing combinations

Area;

- As above or suit age/ability of group

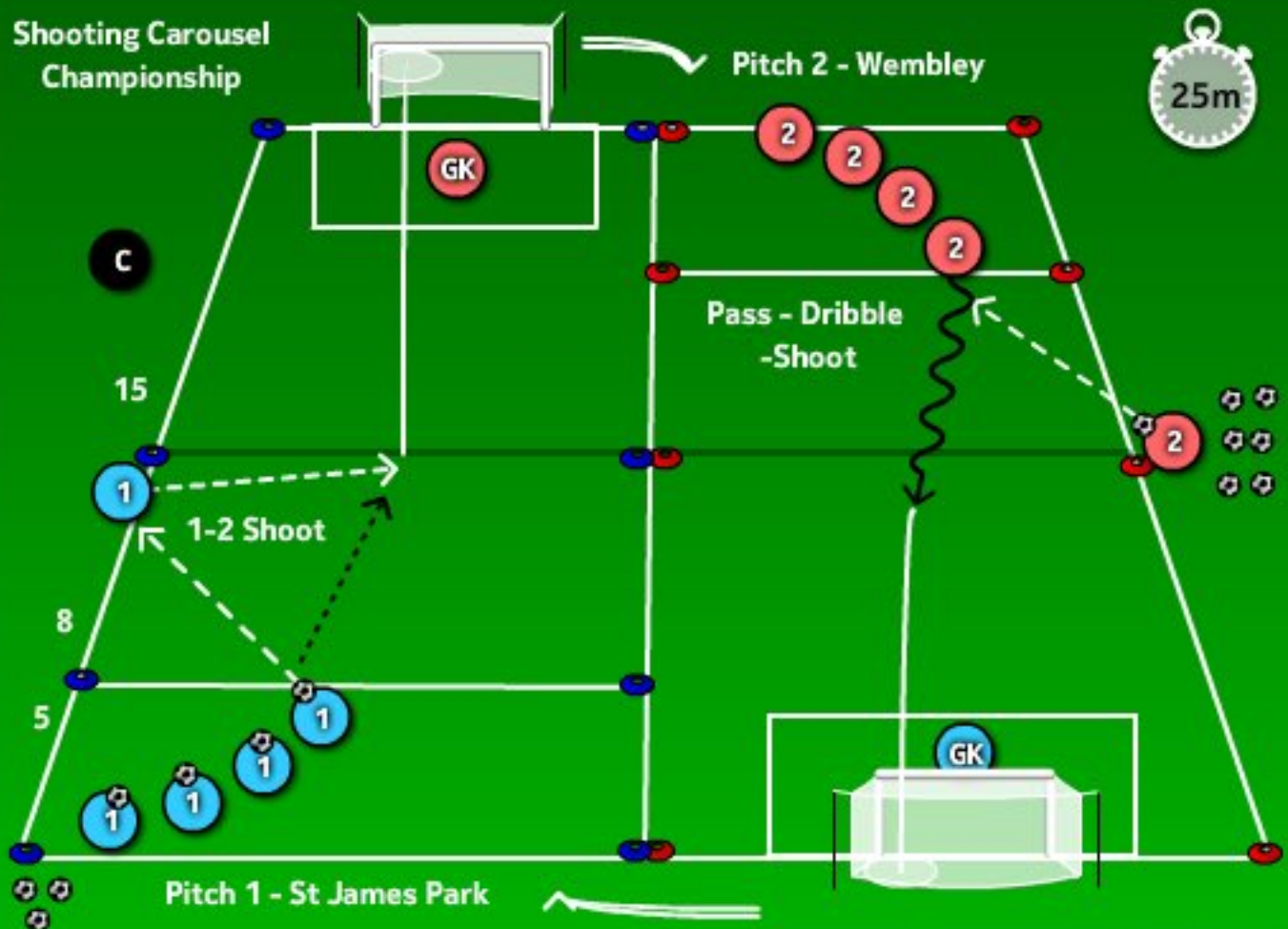
The idea;

- 20/20 Area with 5 small boxes inside with Target (Iniesta) players in them.
- Green players (Xavi) start with a ball each and look to play in to the T player and receive back for a point. T players must play out a different side to of there square when playing it back.
- Defenders are looking to win the ball and shoot pass into one of the goals.
- If attackers lose the ball they then go and get another ball from outside the practice until all balls are used up.
- To progress - players pass in to Target player the get another ball of a different T player.
- Players pass in to T player then exchange places with T player dribbling out and repeating.

Challenges;

- Try to play with head up
- Try to recognise where defenders are - how?
- Try to play on 1-2 touches
- Try to recognise when to play/pass and when to hold/dribble with the ball - when?

Shooting Carousel Championship



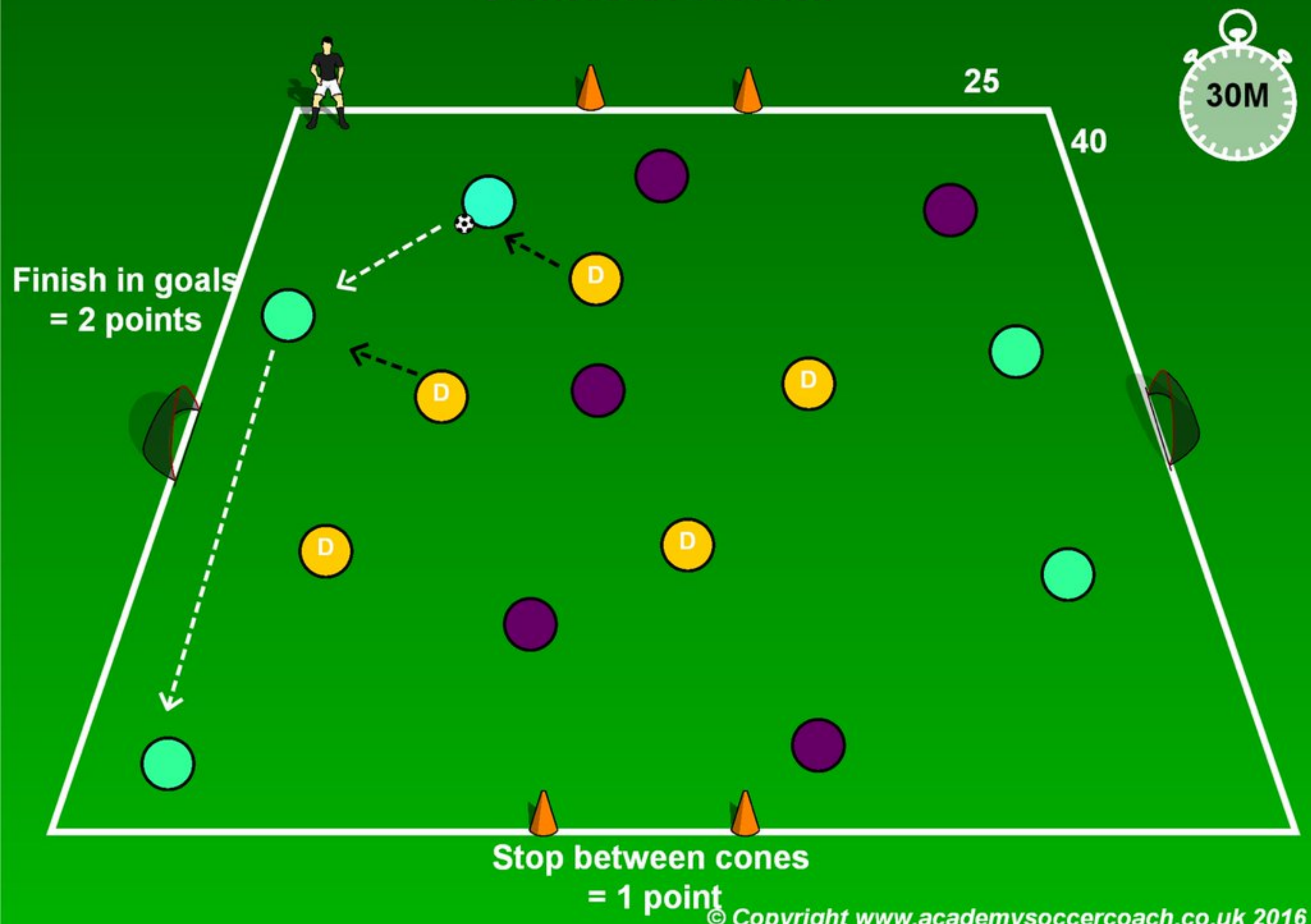
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Shooting Carousel Championship

Area;

- Area split into thirds and halved.
- 2 Teams split evenly
- Both teams choose a GK to face the opposition team in the carousel practice, who tries to keep as many goals out as possible.
- Players have 5 shots each on each carousel then swap places. (10 total)
- The top 2 goalscorers from each team go into a playoff at St.James Park for double points (2 per goal)
- The bottom 2 play at wembley for single points (1 goal)
- Both finals have 5 shots each.
- Most total team goals win in the final championship playoff.

Overloaded Possession



Overloaded possession;

- 1 - 2 teams play against 1 team aiming to achieve 6 passes for a point.
- 2- The other team look to win the ball and score in any of the goals

Play 3 minute games then change team attacking / defending
most points wins

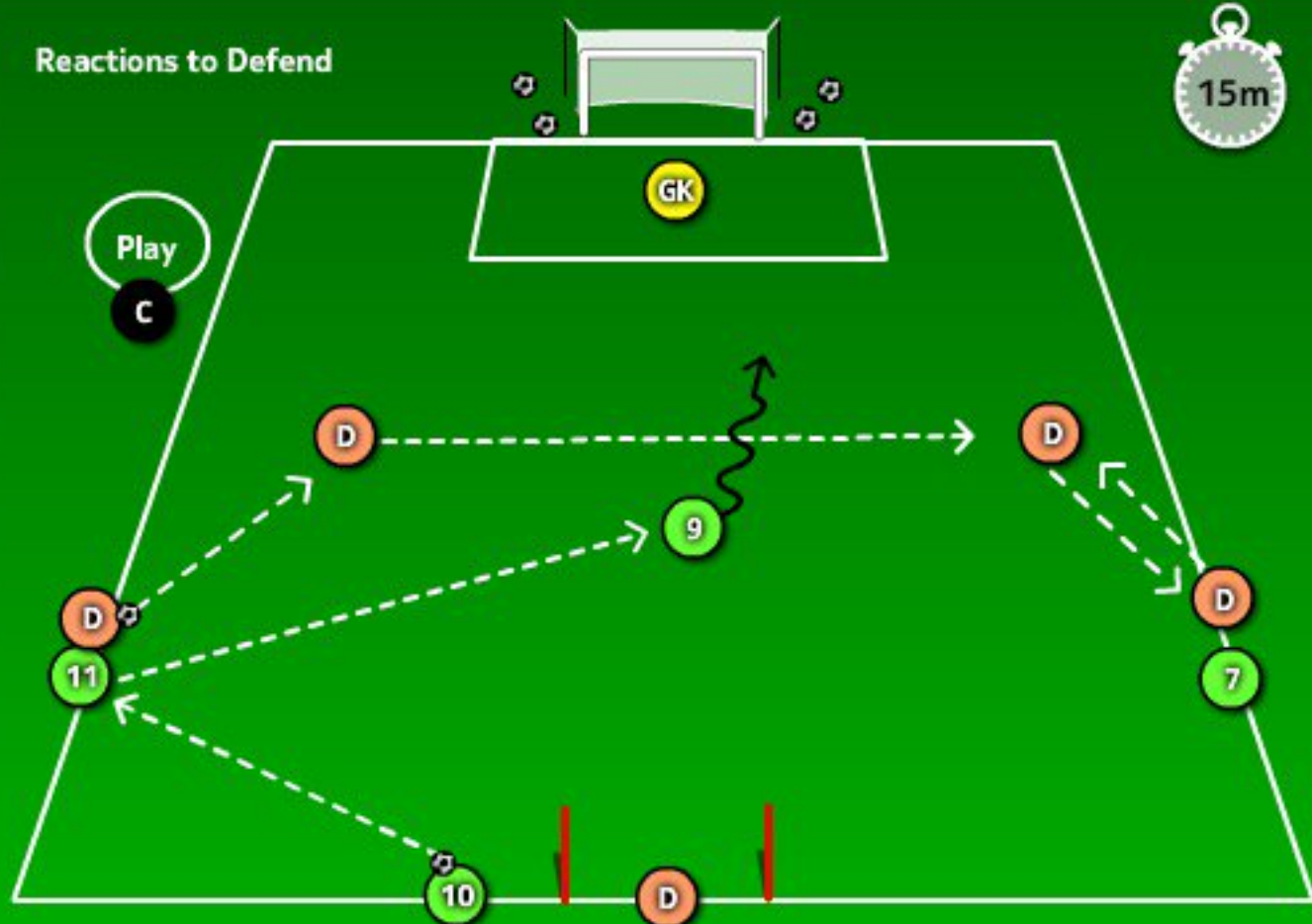
Progress;

- 1- after possession teams make 6 successful passes they can score on goals for BP.
- 2- Quick transitions - you lose the ball you become the defenders

Points;

- 1 - creating space away from the ball
- 2- Receiving skills
- 3- Pass accuracy/weight
- 4 - Creative - foot surface/1-2 touch

Reactions to Defend



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Defending as a 4

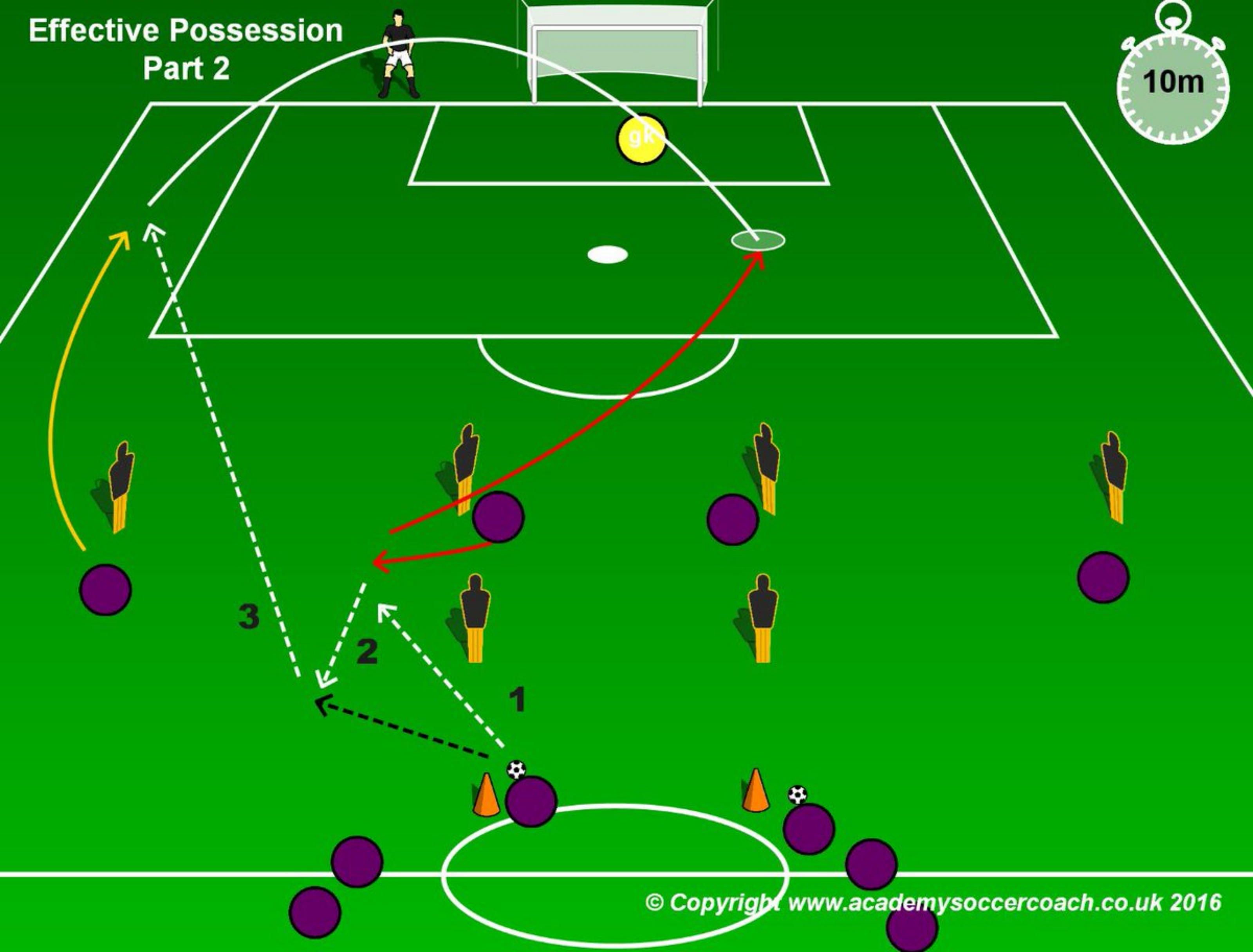
Area/setup;

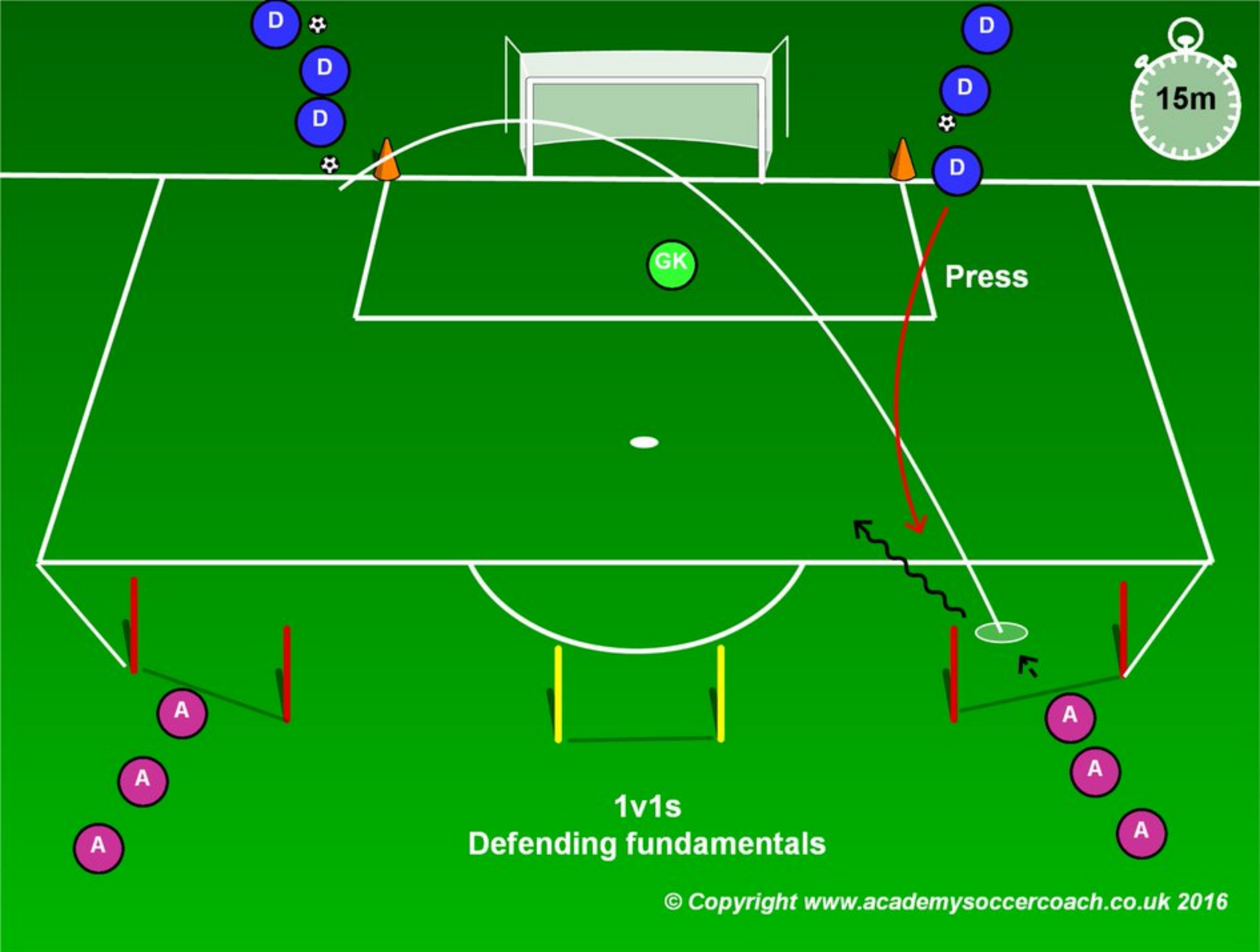
As above

- Back 4 vs front 4 & recovering defender
- Both teams start with a ball passing and moving in their positions
- The coach waits for the correct moment and shouts "play" when this is called the defenders leave their ball and recover quickly with the attacking looking to score on goal.
- If play breaks down or goal is scored the GK immediately plays out to a defender to try and score by running/ passing through the gate at opposite end.

Keys;

- Recovering angles & distances
- nearest man press - second man covers
- Delay of destroy? what effects this?





Defending

The setup;

- area of the box plus 6 yards out
- 3 gates at the attacking end, 2 for attackers wide and one for defenders to win the ball and run through/pass through

The game;

- Defenders start at either side of the goal . A defender plays a ball across to the opposite attacker
- The other defender on the other side of goal can press as soon as ball leaves defenders foot.
- The attackers look to go 1-1 with the defender and can shoot as soon as they enter the box.
- Defenders should win the ball and pass through the gate for their points.
- Repeat with opposite defenders passing
- Attackers have 10 seconds to score.
- Swap roles after 5 minutes and collate scores for winner.

The 6 P's;

- Press; Get to the Player
- Pace; Be quick
- Prepare ; start to slow down and prepare the body
- Postpone; wait for the attacker to make a move
- Pinch; win the ball
- Play; Play forward and start attacks



Defending

The setup;

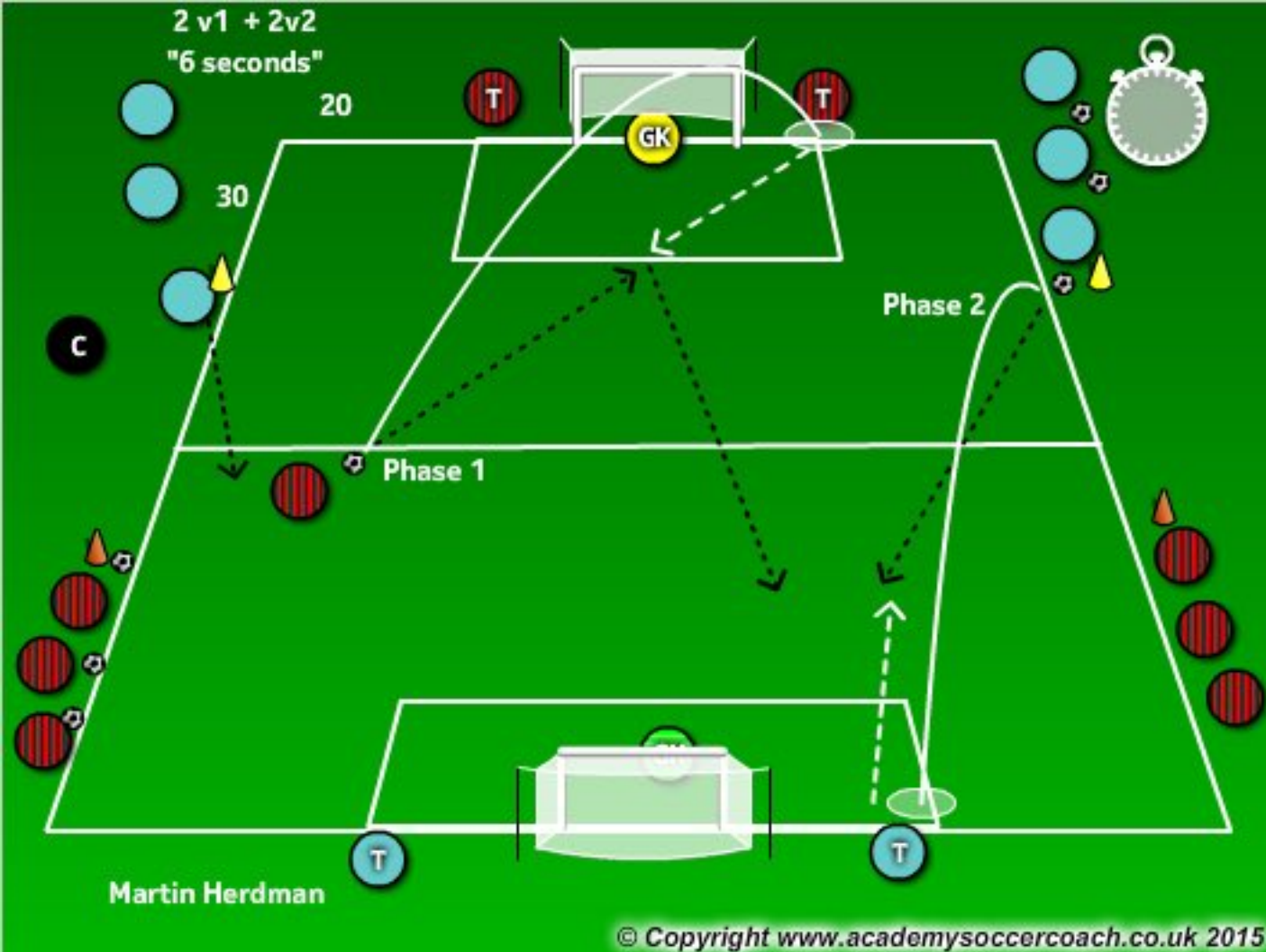
- area of the box plus 6 yards out
- 3 gates at the attacking end, 2 for attackers wide and one for defenders to win the ball and run through/pass through

The game;

- Defenders start at either side of the goal . A defender plays a ball across to the opposite attacker
- The other defender on the other side of goal can press as soon as ball leaves defenders foot.
- The attackers look to go 2v2 with the defender and can shoot as soon as they enter the box.
- Defenders should win the ball and pass through the gate for their points.
- Repeat with opposite defenders passing
- Attackers have 10 seconds to score.
- Swap roles after 5 minutes and collate scores for winner.

The 6 P's Plus 1

- Press; Get to the Player
- Pace; Be quick
- Prepare ; start to slow down and prepare the body
- Postpone; wait for the attacker to make a move
- Provide Cover; Second defender provides cover for pressing defender behind/angled
- Pinch; win the ball
- Play; Play forward and start attacks



Overloads

- Area to suit the group
- Teams split evenly with a GK each.
- One team starts at one side with balls and the opposite side are there for support in defending and attacking.
- Red player travels out of his half and passes long pass to T player, he sets the ball back for the Red player to run/shoot.
- As soon as he shoots/ball goes dead he must turn and defend the same attack from the blues - who go 2v1.
- The blues have 6 seconds to score - or the support defender can come in to try and win the ball back to counter the counter for a bonus point.
- As soon as that ball goes dead the next red player travels out hitting either target player while the blue who originally had the ball tries to defend for 6 seconds.
- Same principles apply throughout each attack has 6 seconds to score and support defenders can join to win the ball back and counter.

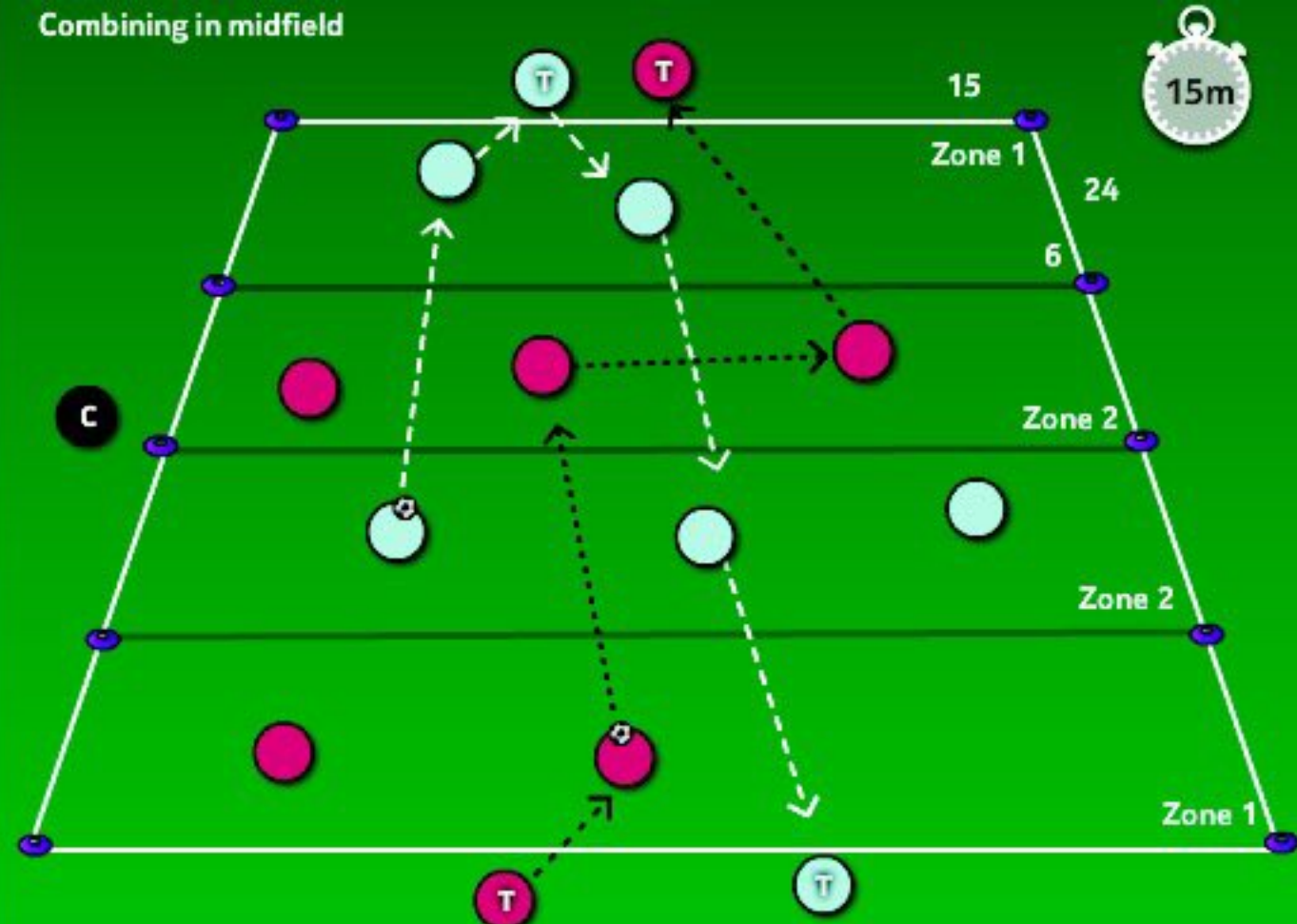
Coaching focus:

- Quality of ball into T players
- Quality of set back (angles/weight)
- Travelling on the ball to counter (direction, speed, awareness)
- Controlling body movements
- Get across defenders when travelling with the ball
- Touch on defenders recovery runs

Variations;

- Start practice 1v1s
- Swap roles constantly. (attackers/support players)
- Change point system

Combining in midfield



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Combining In midfield

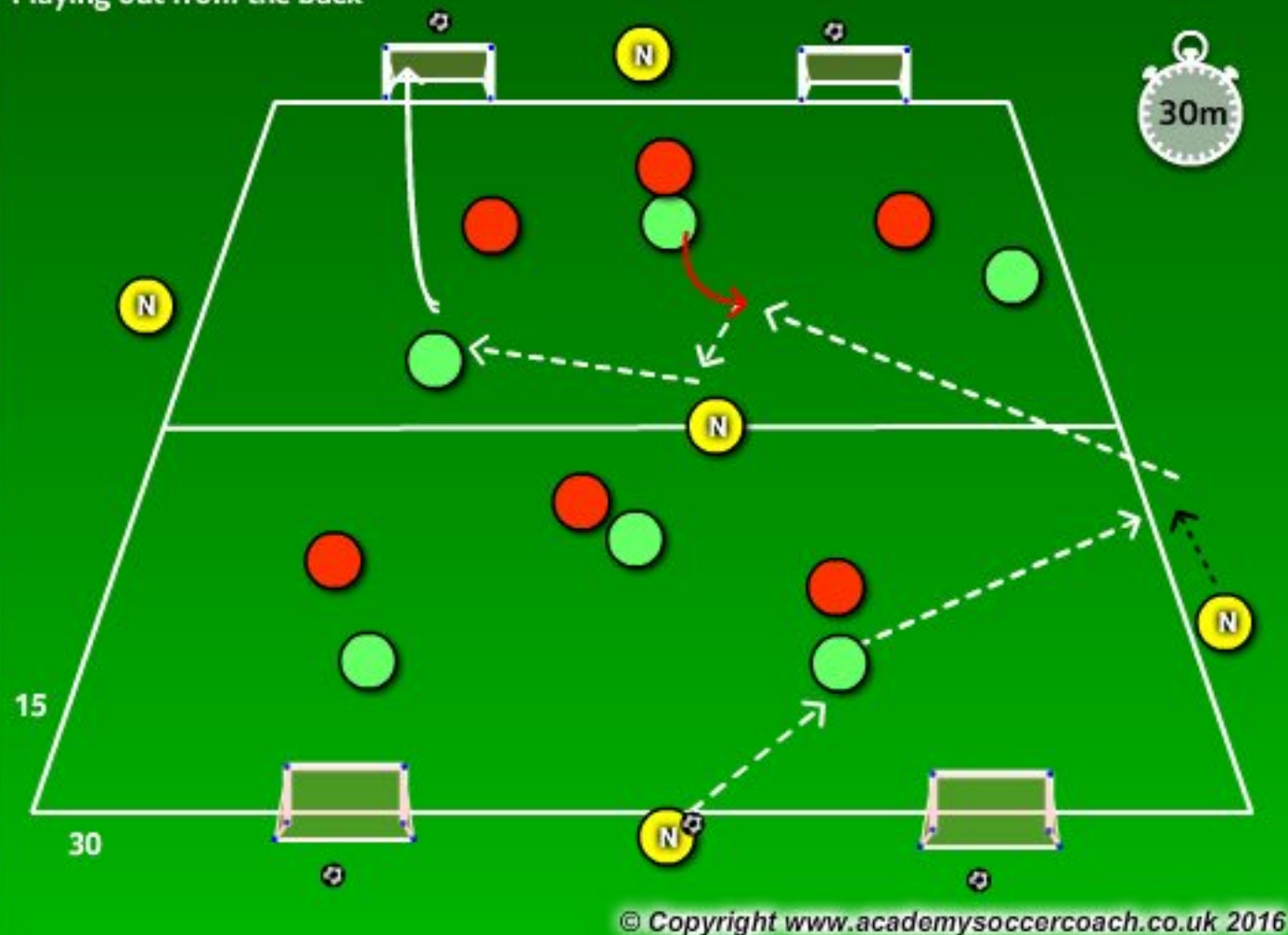
The scene:

- Split players up in to 2 even teams.
- 2 defenders in zone 1 + 3 midfielders each in zone 2 players in alternative grids with 1 Target player from each team at opposite ends.
- Each team starts with 1 ball.
- Players look to play unopposed but with interference through the grids to their T player and keep repeating.
- Players encouraged to play quickly and forward combining where + when possible.

Progress:

- After players have had a good feel of the ball quickly move it in to semi-opposed practice.
- Take one ball out and players are looking to then play to both target players - players are restricted to their zones and looking to intercept and regain possession of the ball.
- Later, let players in the middle play freely between the 2 central zones.
- Opposition T player can drop in to 1 st zone to try and win the ball back - but leaves zone when in possession.

Playing out from the back



Playing out;

Set up as above.

Structure;

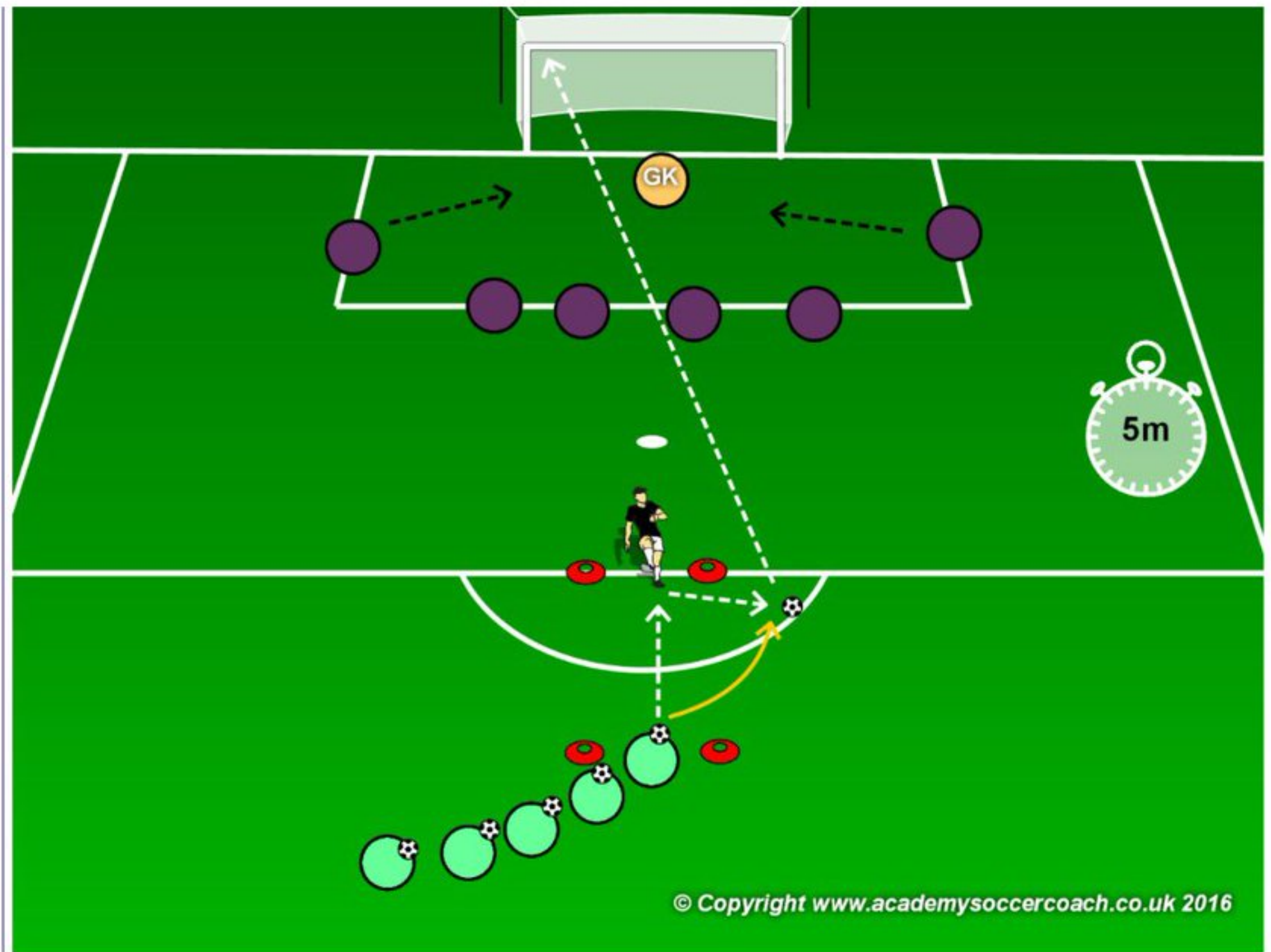
- 3 v3 in each half with a Neutral player inside the area and 4 Neutral players located around the area.
- Team in possession play through both halves to score.

Bonus points;

- If the can use 3 of the neutral players to score.

Keys;

- Spread out when in possession of the ball.
- Supporting angles should be good.
- Communication between the defenders.
- Placement of the passes in front of each other.
- Look up to see if the ball can be dribbled forward.
- Receive with an open body stance.



Notes;

Name: Rebounds

An easy set up practice;

1 neutral goalkeeper and 2 teams split evenly

Both teams takes turns as attackers / rebounders with the coach or neutral player setting the balls left or right for the players to hit first time.

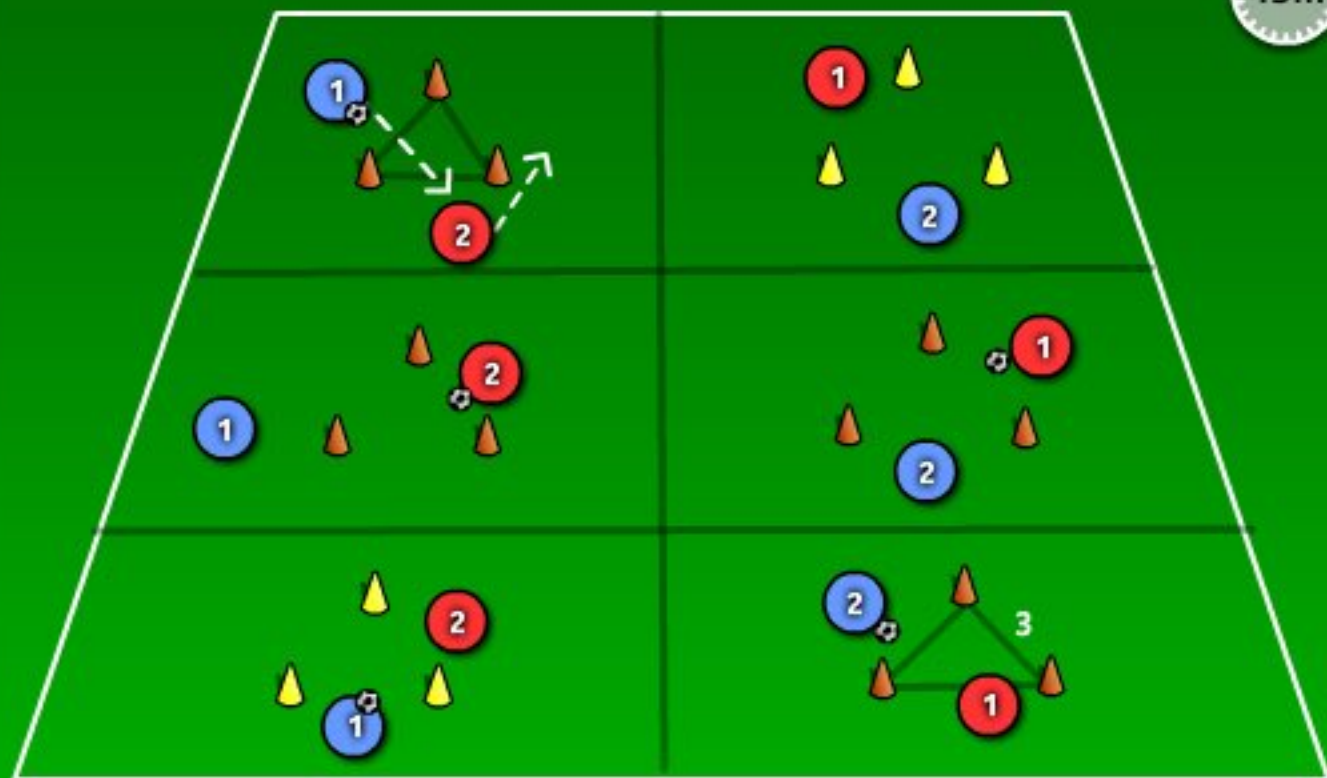
This is a 2 minute game with attackers trying to shoot and score as many as possible in 2 mins.

The defenders look to either block, deflect and follow in rebounds to score on goal.

They are to position themselves on and around the 6 yards box and can only move along that line until the ball is struck.

Swap roles after 2 mins, collate scores and Team with most goals wins the event.

Triangles

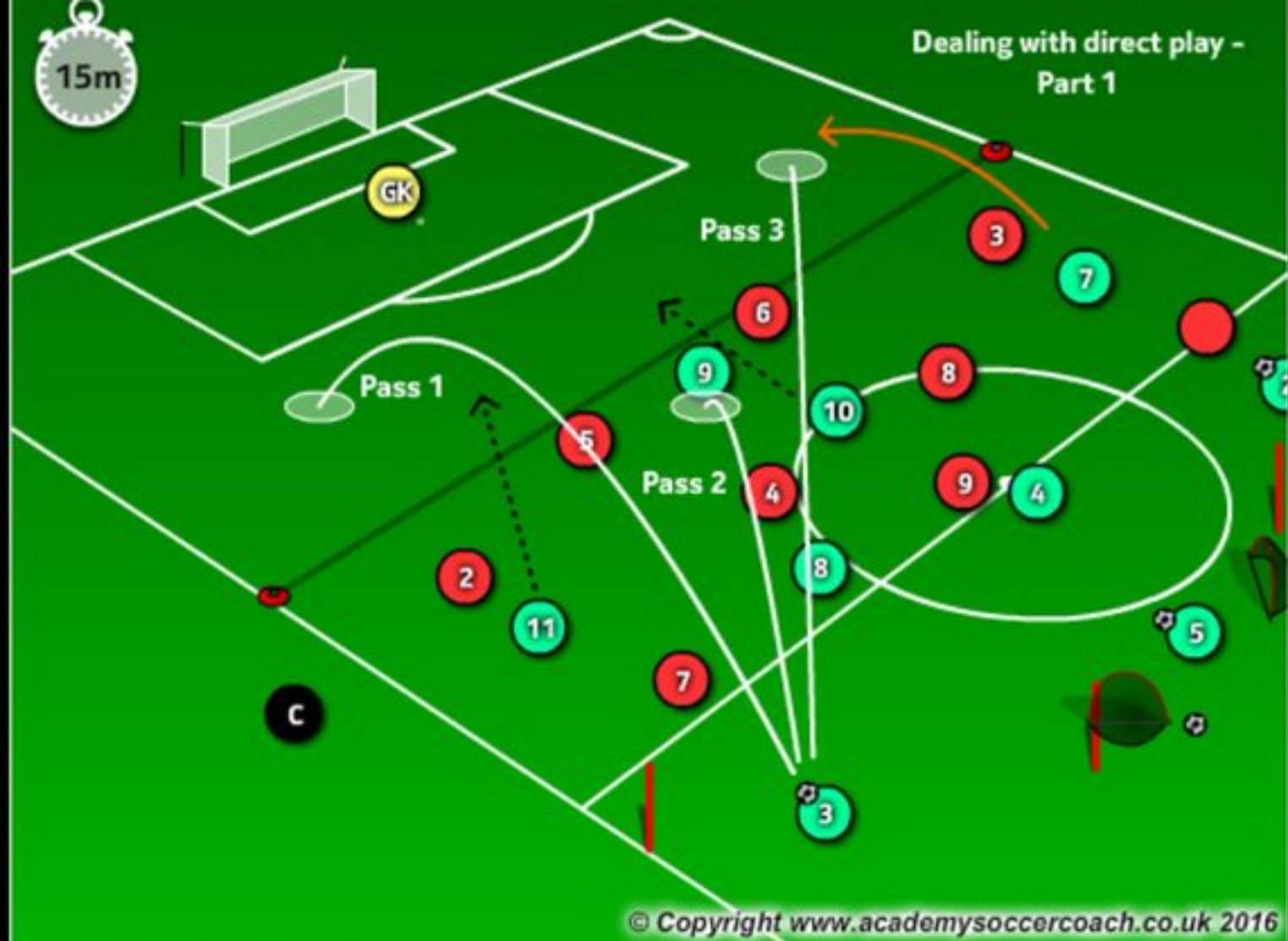


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Players pair up and play against each other.

- Players cannot pass back through the gate they received it from
- Players have 2 touches to manouvre the ball back through another side of the triangle.

- * Make the pass playable for the opposition player
- * Add teams and skeep score to keep competition
- * Each player plays player from opposite team once.



Dealing with Direct Play;

The idea;

- Playing against a team who are direct from the start or for game management purposes - ie they are desperate and playing direct.

How do you deal with it properly...

The game;

- Blue team start with 3-5-1 formation;
- There 2 fullbacks and 1 centre back starts with a ball each.
- Practice starts with red team compact and pushed up to offside line.
- Coach calls a number of one of the players in a gate that playuer inturn plays 1 of 3 passes;
- 1- long ball in the channel - behind fullback
- 2- direct ball into the number 9
- 3- a long ball in behind opposite fullback - switch or diaganol

Reds;

- 1- How do you react - who goes where and why, the technique of fighting for the ball or dropping off and covering
- 2- GK position - communication, position and authority
- 3- 2nd ball, How you recover and try to win the second ball is key
- 4- if you win the ball can you counter attack quickly and hit your number 9 who shoots passes into pug goals.

Blues;

- Look to score quickly and in direct fashion
- Look to run past and beyond defenders to create final moments

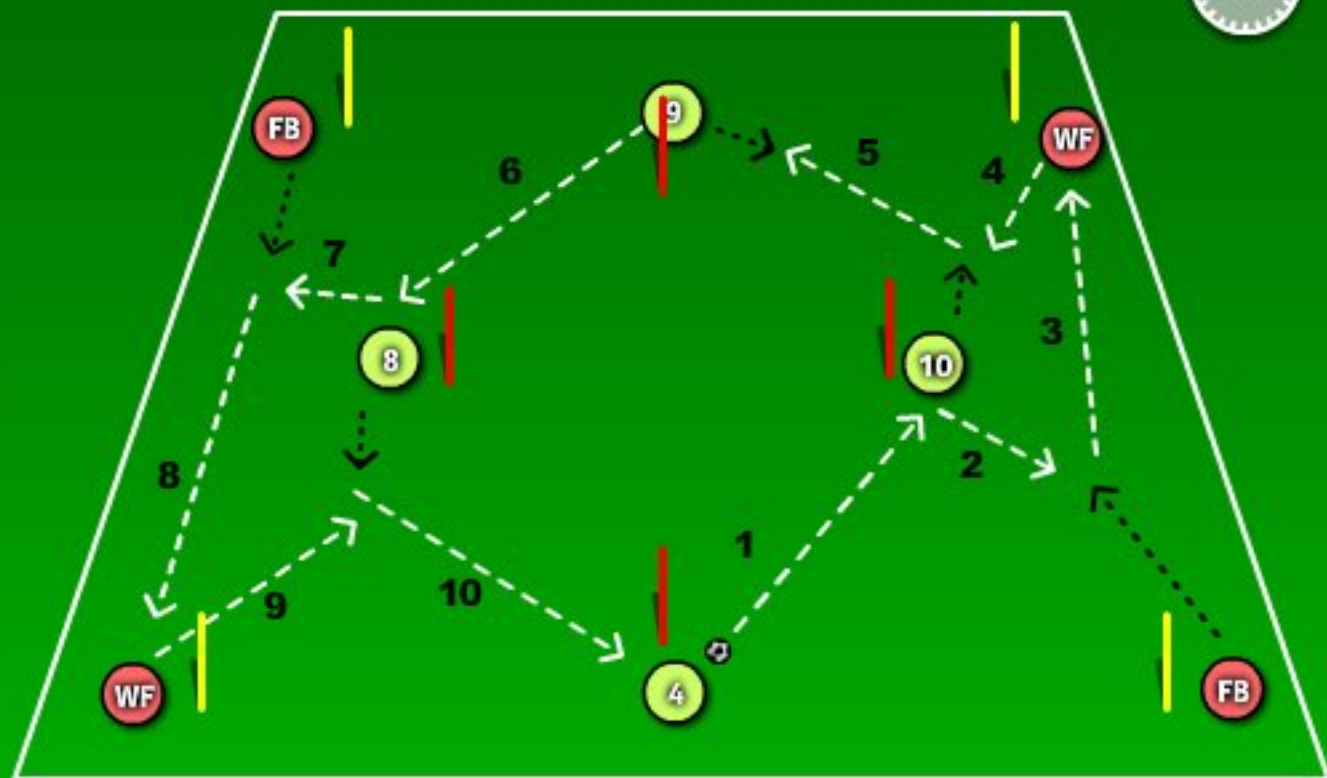
Triggers;

- Ball travelling in the air; who goes to win the ball and why - who is the support and why.
- The second ball who can effect this and how - are others in place to support me.
- If they win the 1st and 2nd ball what then....Problem, fix it.

Team Phrases;

- Drop or
- Fight
- Engage and
- Break Forward

Diamond Work Part 2



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Diamond Work; Part 2

- Midfield 4 set up in diamond formation
- 2 fullbacks opposite (diagonal) each other
- 2 Wide forwards opposite each other (diagonal)
- The ball starts with the 4 and follows the pattern above

Shielding and Protecting Possession



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Shielding & Protecting;

Area/setup;

Area to suit age group and ability.

2-3 minute games.

- 5 ATTACKERS VS 5 DEFENDERS

- 4/5 Support players outside/inside of the area as above.

- Attackers can use support players if they need to.

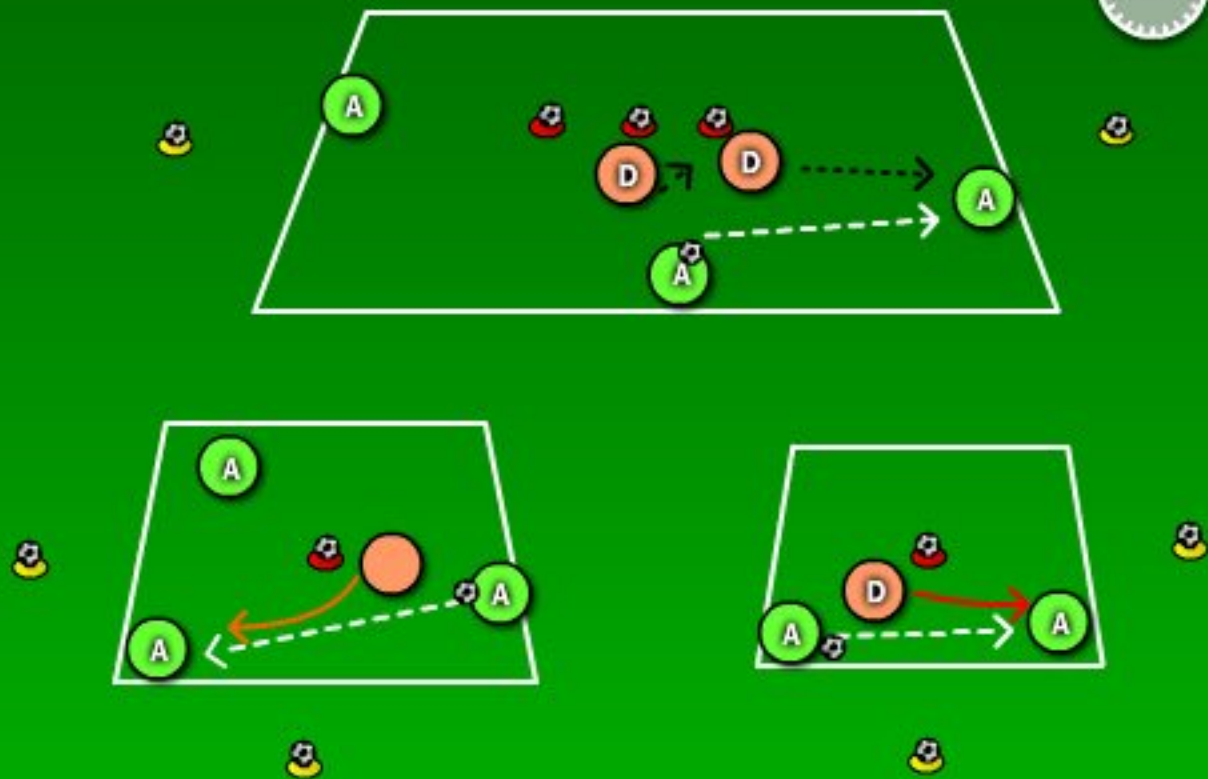
- Attackers look to get into one of the small grids, they then look to hold the ball in there for 2 seconds to receive a point.

- If the defenders win the ball they should pass to their support players for their point.

- Support player then passes back to the attacker to repeat

- You can number players and change numbers every game or randomly in the practice to vary defenders/attacker confrontations.

Defending Stations



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Defending Stations

Area/setup;

- 3 stations as a above.
- Vary overload of attackers/defenders.
- Attackers look to knock ball of cone for point.
- Defenders look to win the ball and pass the ball off cone on the outside

Coaching;

- Closing down technique;
- Tackling technique; block tackle/poke tackle
- Angles - can you position yourself between ball/player and Target

Martin Lee Herdman Session Planner

Session; Counter Attacking (Direct style – 3)

Part 1; Arrival



Part 2 ; Technique



Part 3; Skill- SSG

Additional aspects ;

Explore;
1- what makes an effective direct style counter attack?
2- why are Leicester City successful and who is key to this?
3- If they can't pass what can they do?



Technical Challenges;

1. Receive the ball facing forward - hips open
2. Passing accuracy – in to space or feet
3. First touch – cushioned or in to space
4. Hold up play – back in, hold off
5. Finishing skills

Key Individual Challenges, "TRY TO";

1. Play on 1-2 touches as much as possible
2. Recognise when to run behind defenders and when to show information
3. Recognise when to play first time or when to hold up

Four Corner Focus;

Long passing

Solution box – players spend time in there

Speed

Triggers;

1. "Decision"
2. "Deploy"
3. "Deliver"

Team/Player Mentor;

1. Leicester
2. Mahrez & Vardy



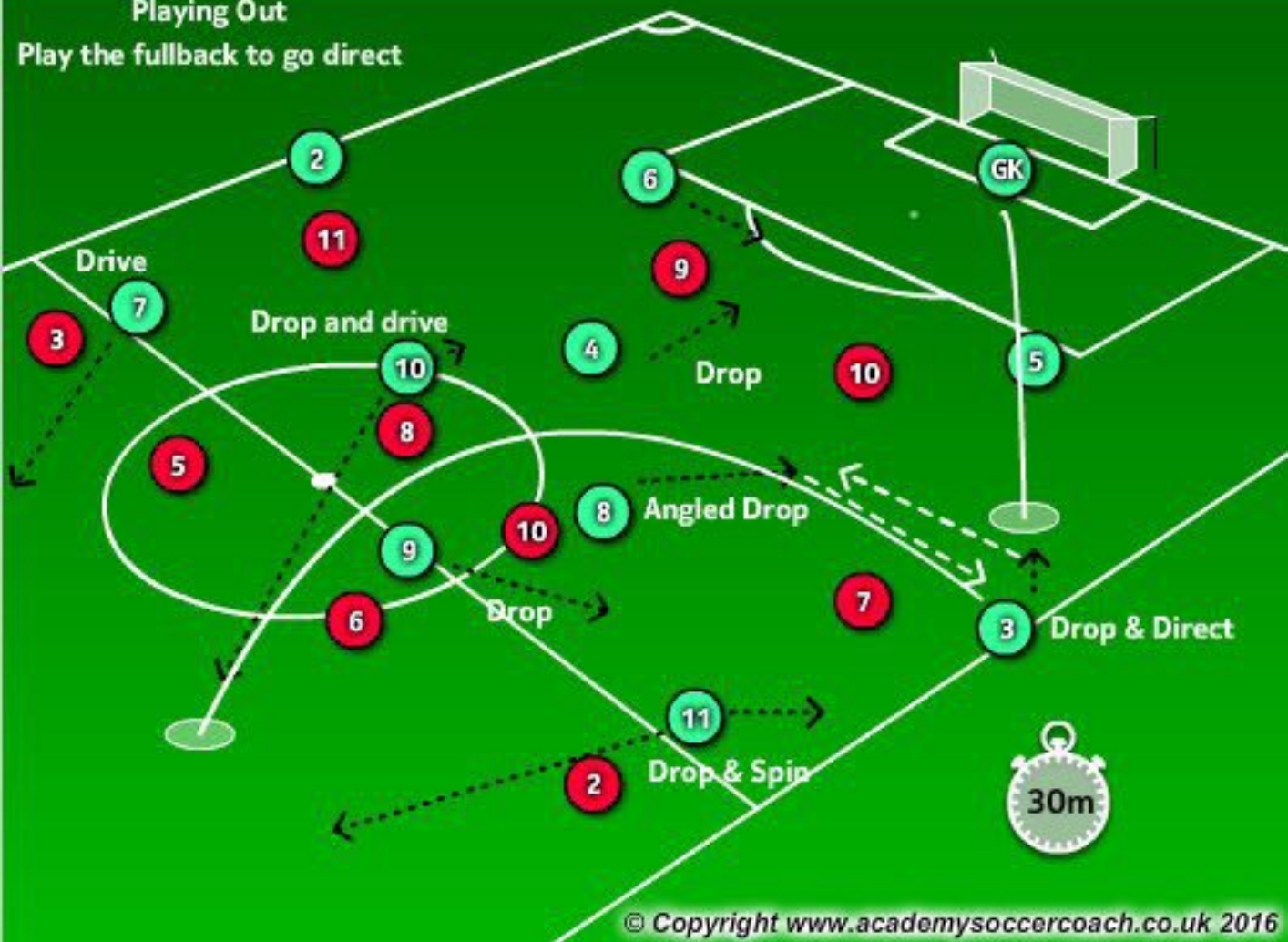
@martylee66

Shooting skill challenge
FUNDamentals



Playing Out

Play the fullback to go direct



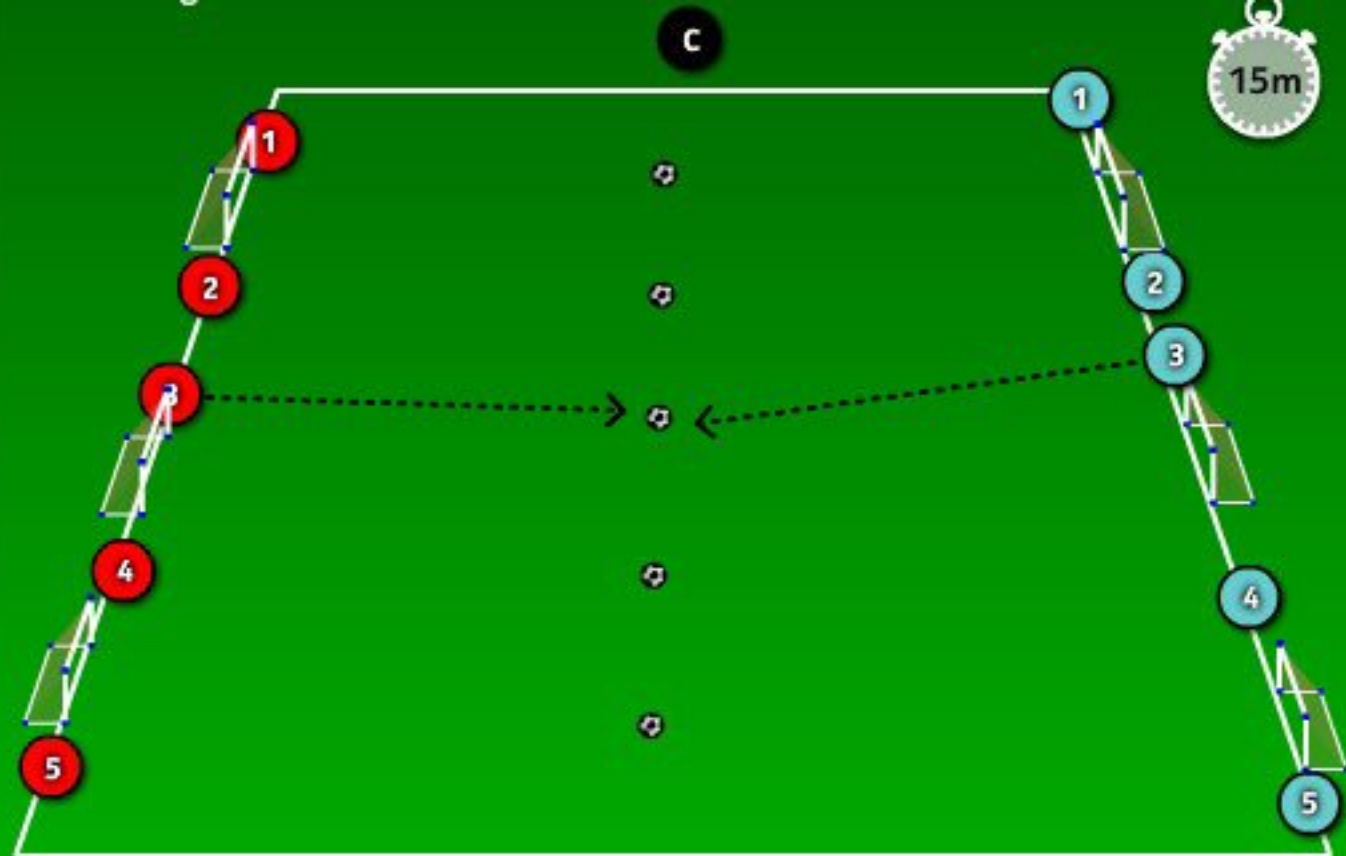
Carousel

2 touch gate passing

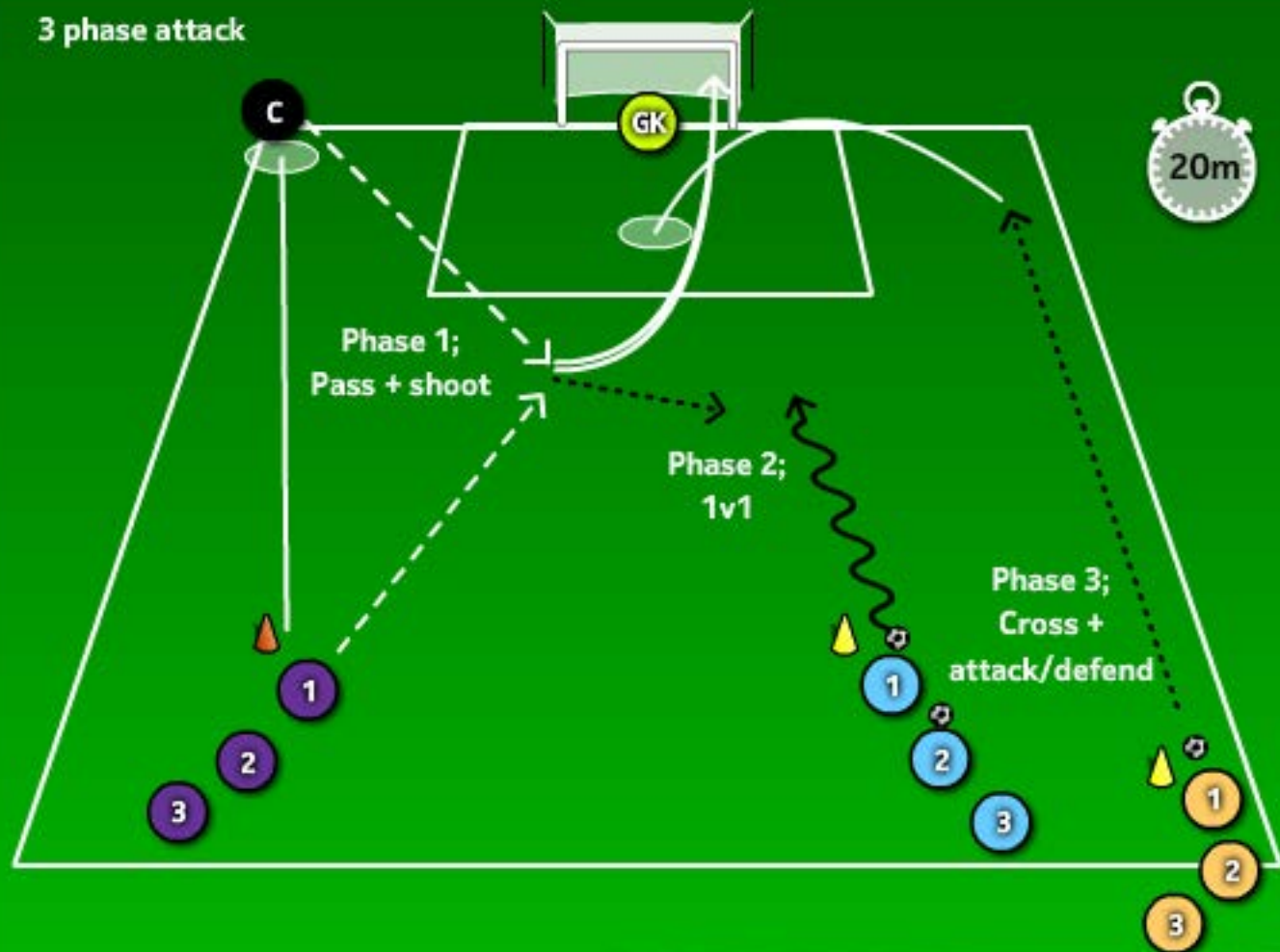
15m



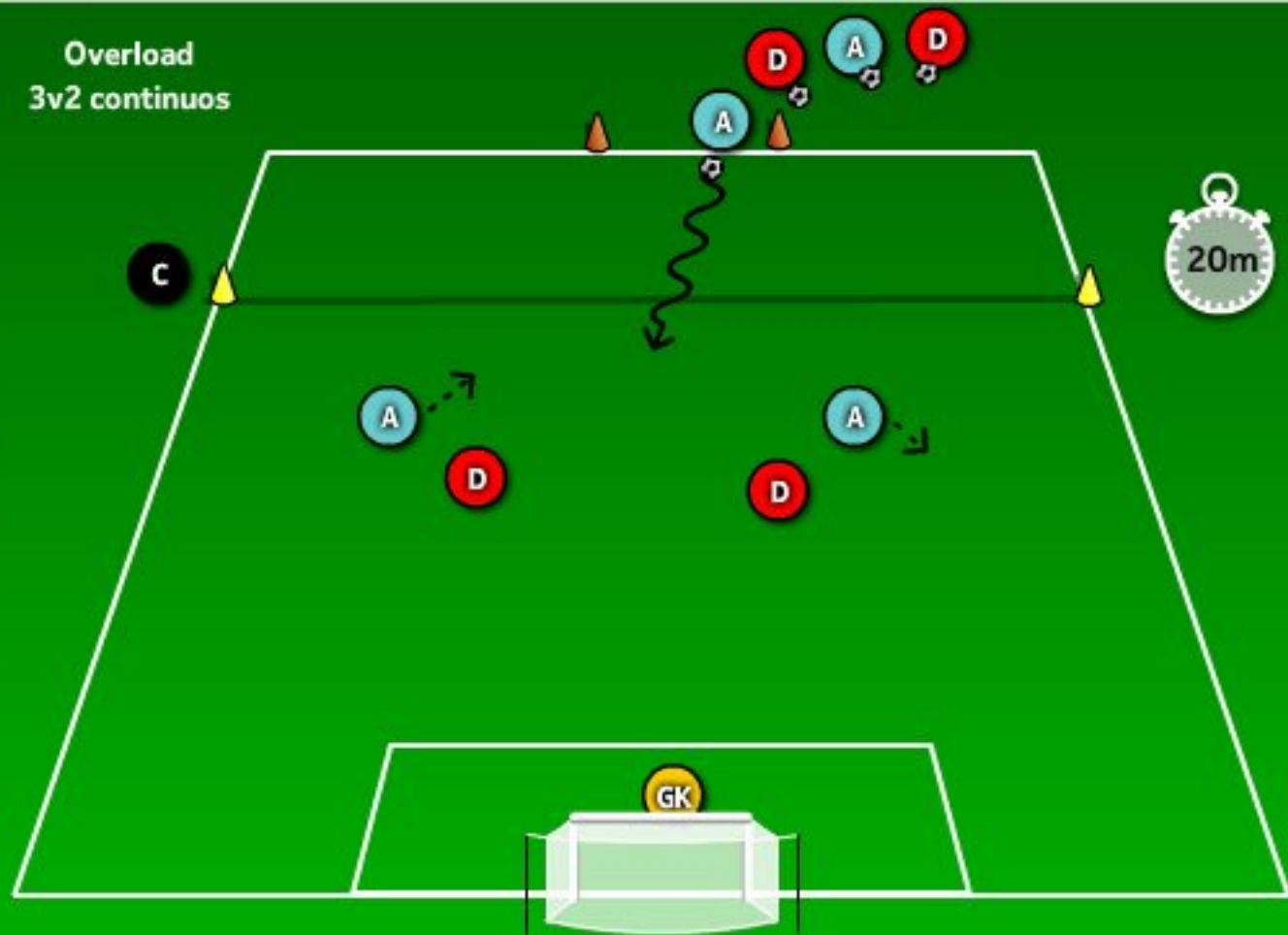
Long passing



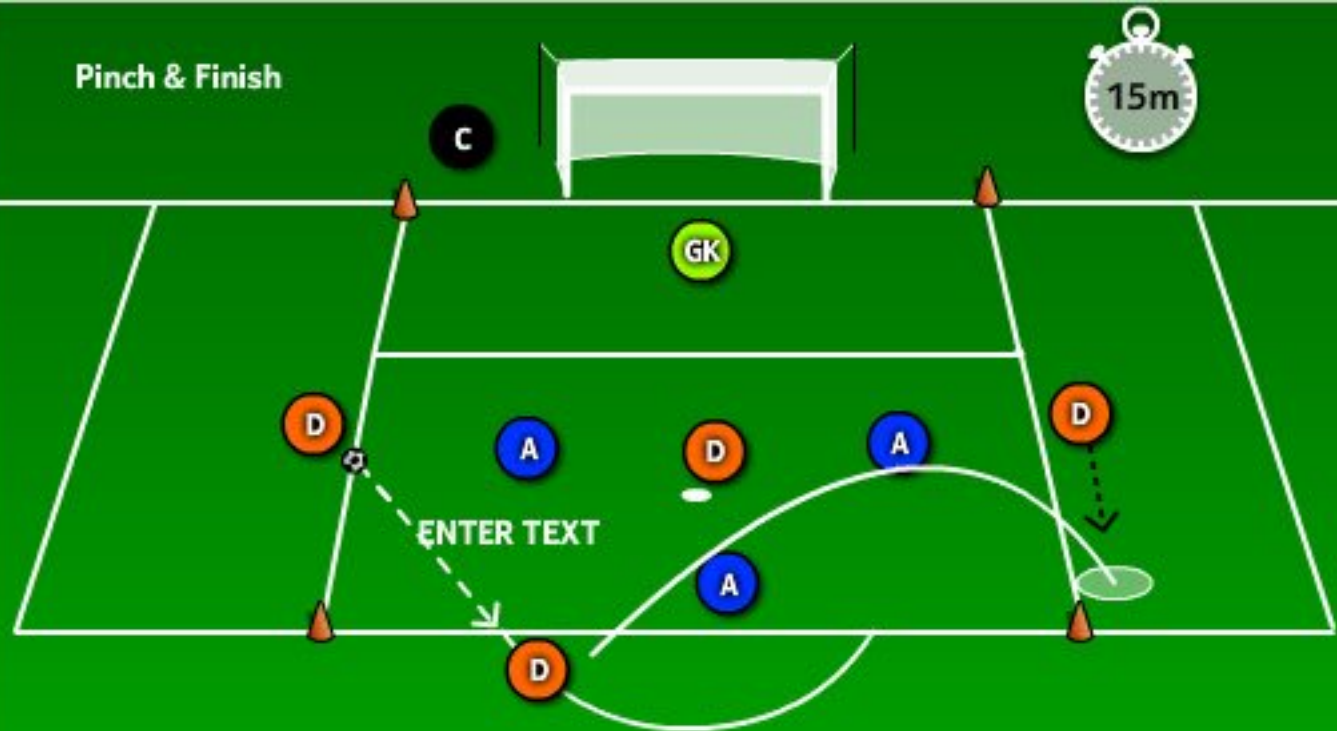
3 phase attack

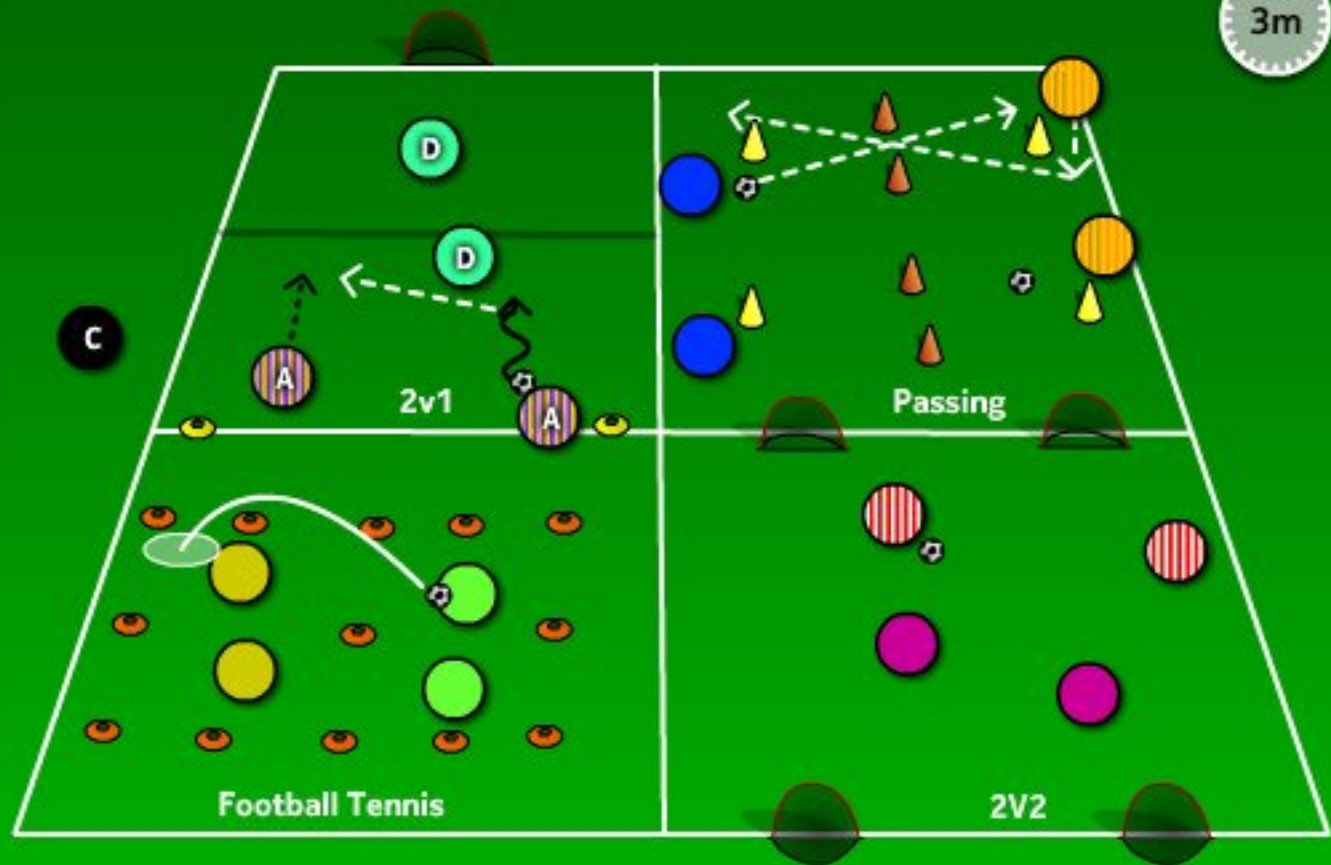


Overload
3v2 continuos



Pinch & Finish





#Individual work

2-Striker,
Pullback Finish

4 - Fullback/
Winger 2v2

1 - Fullback/
Winger 2 v2

3 - Striker/CB/MD.Back to goal finish

Score Zone

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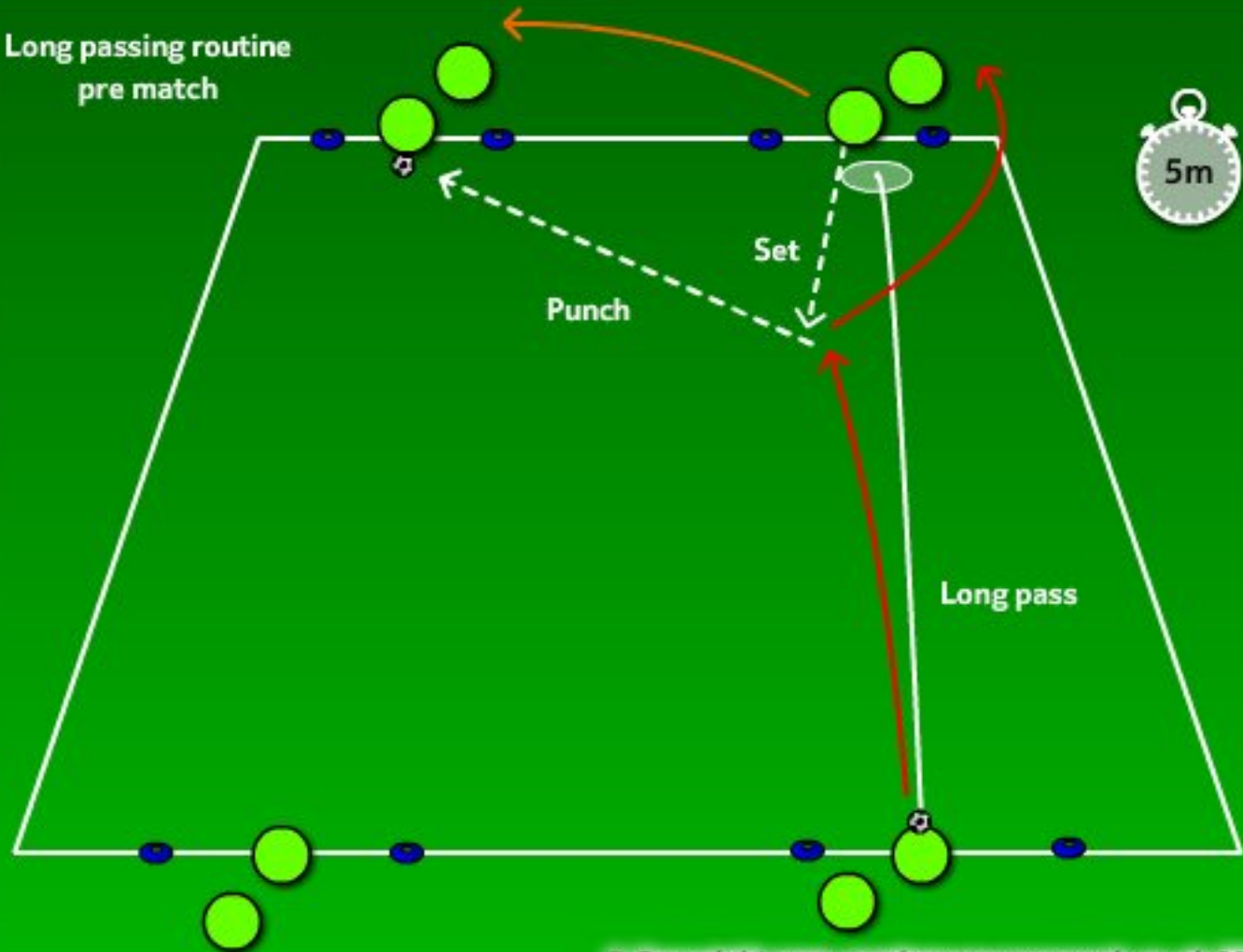
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#Fitness
#Combination playss



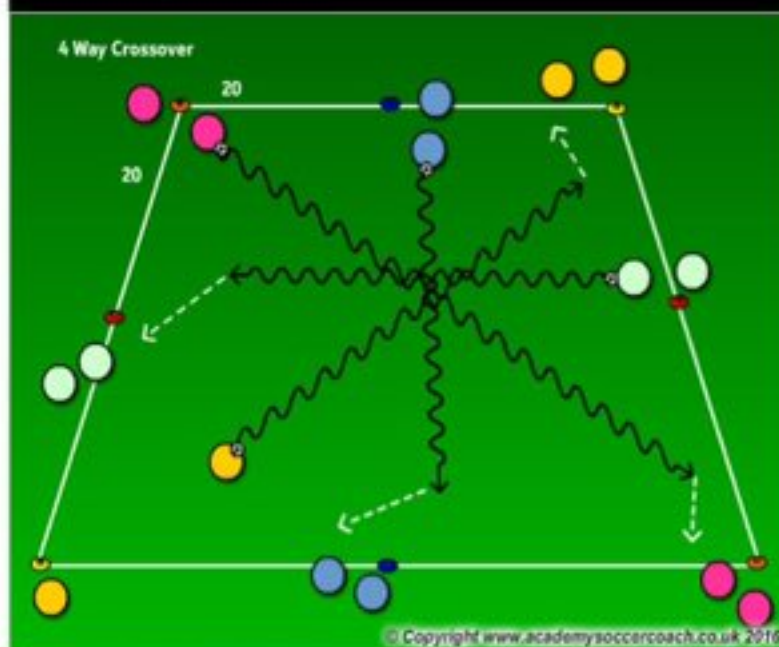
Long passing routine
pre match



Martin Lee Herdman Session Planner

Session; *Counter Attacking (fast break – 1)*

Part 1; Arrival



Part 2 ; Technique



Part 3; Skill



Part 4; SSG



Technical Challenges;

1. Receive the ball facing forward
2. When to take big touches and little touches
3. First touch into space
4. Change speed and direction quickly
5. Finishing on the move

Key Individual Challenges, "TRY TO";

1. Use both feet when RWB
2. Try to support team mates – where & why?
3. recognise when pass and when to RWB

Four Corner Focus;

Running with the ball	Solution box – players spend time in there
Speed	Failure

Triggers;

1. "Recognise"
2. "Race"
3. "Release"

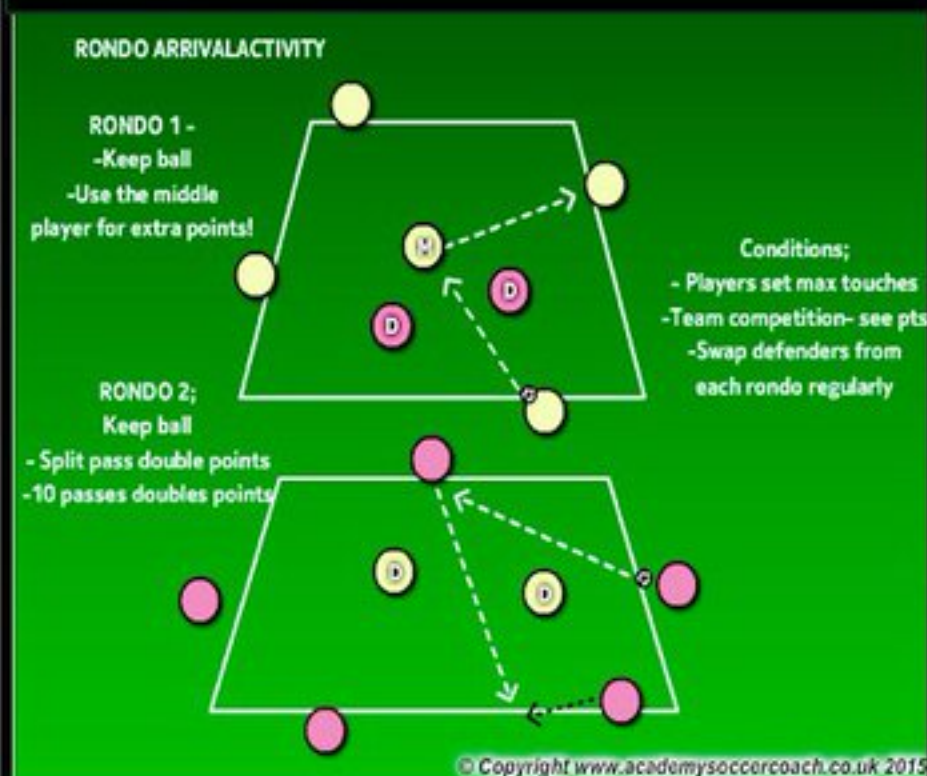
Team/Player Mentor;

1. Real Madrid
2. Ronaldo & Bale

Martin Lee Herdman Session Planner

Session; *Playing out from the back - 1*

Part 1; Arrival



Part 2 ; Technique



Technical Challenges;

1. Movement wide to space
2. First touch
3. Pass accuracy
4. Weight of pass
5. Check shoulder

Key Individual Challenges, "TRY TO";

1. Try to get wide quickly
2. Try to play forward
3. Try to play on 1-2 touches

Part 3; Skill



Part 4; SSG



Four Corner Focus;

Receiving skills

Given varied experience

Turning

Experimenting

Triggers;

1. Wide
2. Options
3. Movement

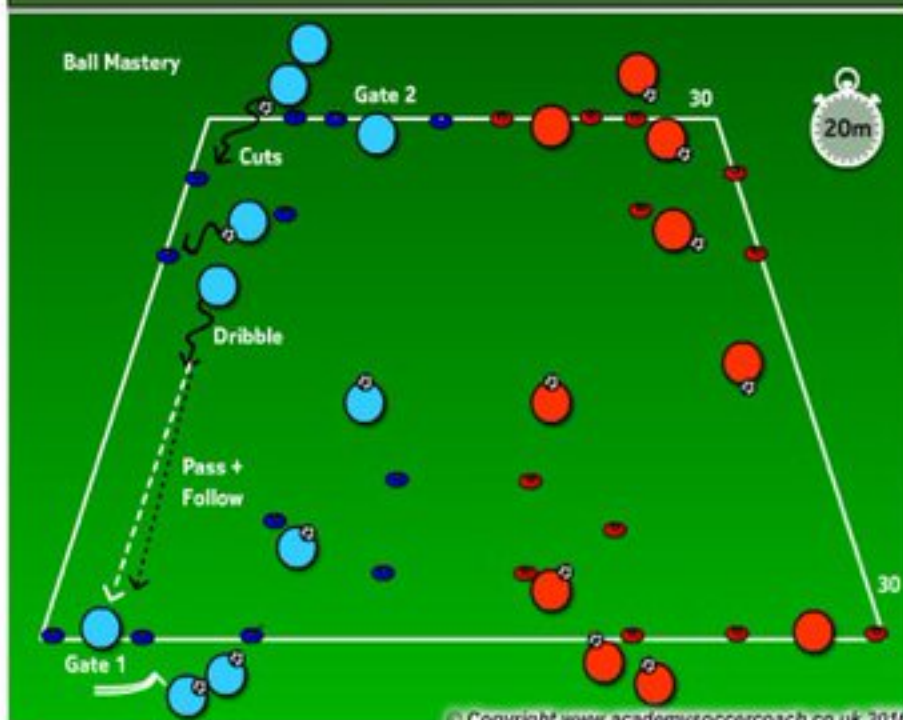


@martylee66

Martin Lee Herdman Session Planner

Session; *Whickham under 16s- forward play*

Part 1; Arrival



Part 2 ; Technique



Part 3; Skill



Part 4; SSG



Technical Challenges;

1. Recognise when to shoot and when to pass
2. Recognise when to support beyond, beside
3. Recognise when to hold the ball up- when?
4. Play side on – forward facing – why?
5. Shoot at the vulnerable part of the goal

Key Individual Challenges, "TRY TO..."

1. Play in between defenders
2. Take shots with both feet
3. Combine with another player to shoot on goal

Four Corner Focus;

Finishing technique

Finish of the day award

Confidence to keep trying

Players "group" to talk about type of finishes

Triggers words;

1. Movement to and from the ball "go or show"
2. Hold the ball up for support "hold up"
3. Shoot when in range "finish"

Team/Player Mentor;

1. Barcelona
2. Suarez, Messi, Neymar

- Team/Player Mentor;**