

GARY CURNEEN



YOU TUBE



WEBSITE



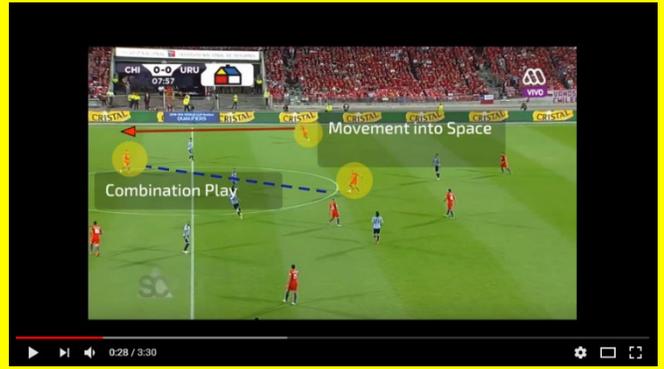
TWITTER



Pressing Workbook



Breaking Lines



Midfield Rotation



GK Distribution



Stop the Counter Attack



3 v 3 Towards Goal



Shooting and 4 v 3



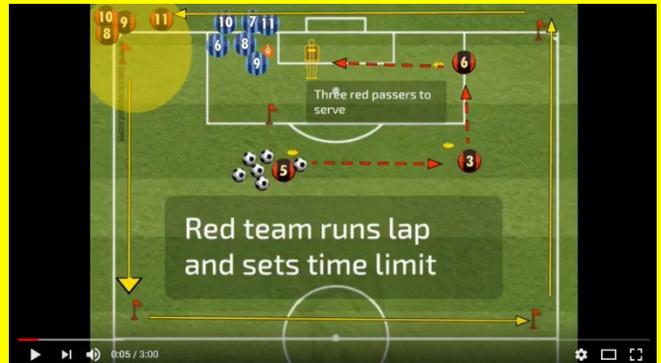
Pre-Season Session



Build Up, Back 3



Fitness and Finishing



4-3-3 Pattern Play



4-3-3 Attacking Patterns



Shooting and Passing



Pass, Cross, Finish



6 v 6 + 6 Game



Possession Game



Shooting Variations



3 v 2 Transition Game



Passing Warm Up



Passing Warm Up



4-3-3 Build Up Rondo



Breakout Rondo



Passing Warm Up



Forwards Defending



4 v 2 Transfer Rondo



4 v 4 Game



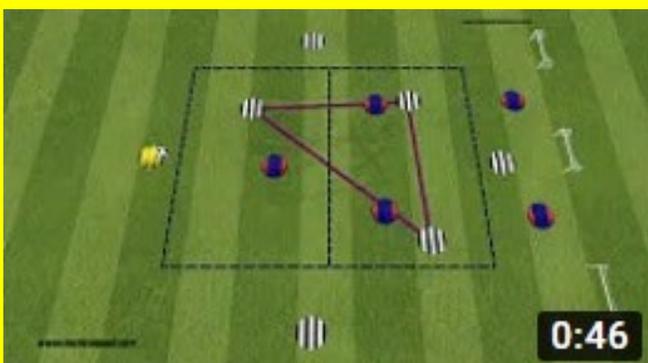
Passing Diamond



Passing Warm Up



Midfield Rotation



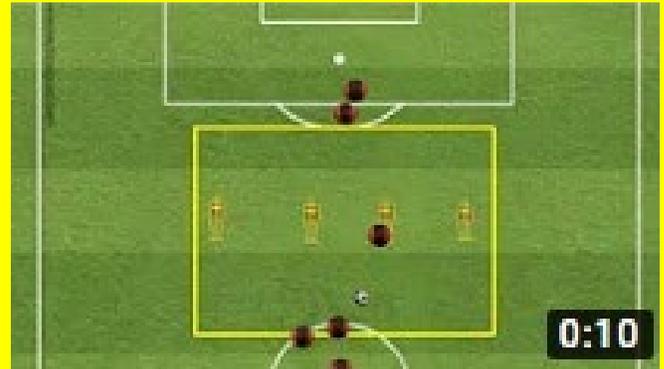
Build Up vs. Press



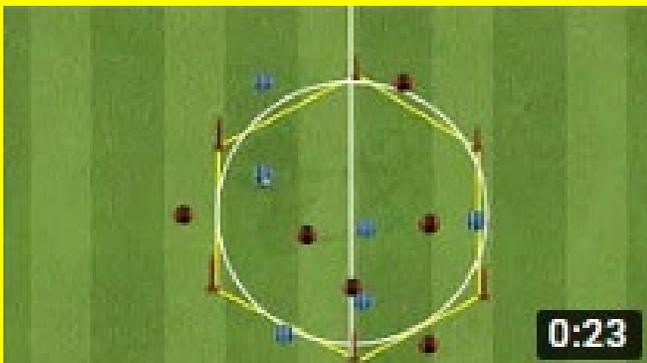
6 v 6 Into 1 v 1



Breaking Lines



Central Midfielders Game



4-4-2 Build Up



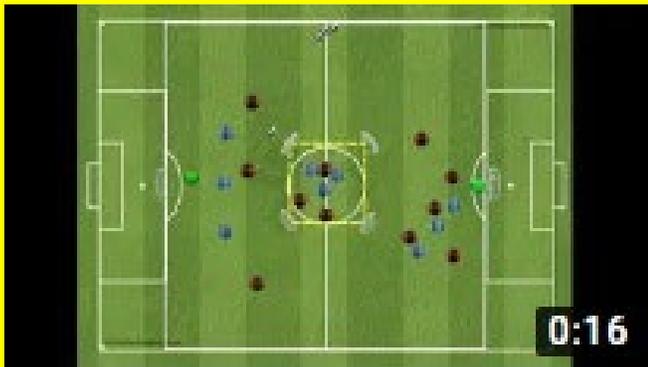
4 v 4 Plus 2 Rondo



8 v 8 Rondo



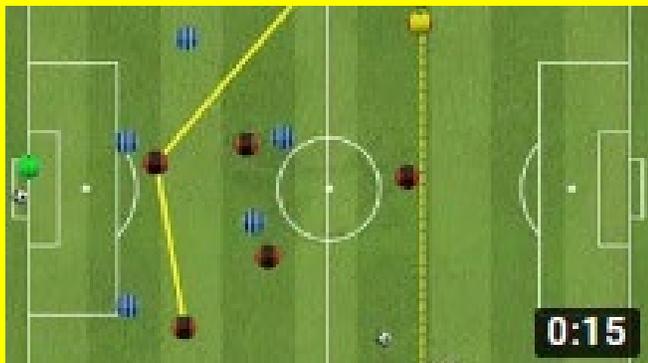
5 v 3 Breakout Rondo



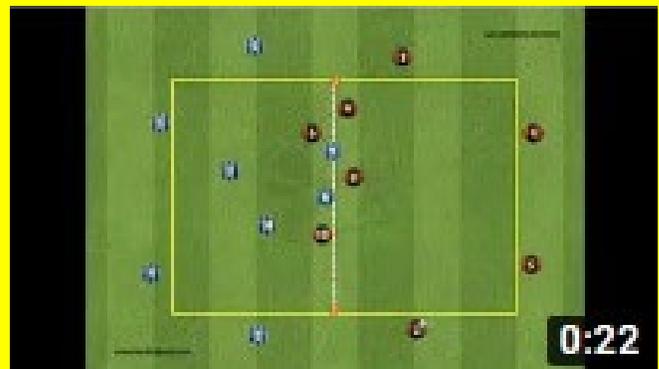
3 v 3 Plus 1 Game



Front 3 in a 4-3-3



4 v 4 Plus 4 Rondo



Overload to Isolate



Passing/Shooting



Shooting Exercise



Goalkeeping Warm Up



9 v 9 Build



Finishing Exercise



6 v 6 Into 1 v 1



Simple 1 v 1 Exercise



3 v 1 Transfer Rondo



Wide Patterns



8 v 8 Counter Attack



1 v 1 Transition



3 v 2 Transition



4 v 4 + 4 Transition



4 v 4 + 3 to Goal



Shooting w/Build Up



Front Three



Transition Warm Up



4 v 4, Back Four



4 v 4 Plus Four



6 v 6 v 6 Rondo



Pre-Game Warm Up



Crossing and Finishing



Passing Warm Up



4 v 2 Multi-Rondo



3 v 3 + 4 Rondo



Defending in 4-4-2



Shooting Warm Up



6 v 2 Rondo



6 v 4 Build Up



3 v 3 Plus Two



Functional Work



Attacking Warm Up



2 v 2 Plus Four



Finishing Warm Up



Y-Shape Passing



Three Ball Competition



4-3-3 Pressing



4 v 4 + 4 Rondo



Passing Exercise



Passing Warm Up



Diamond Passing



David Baird



Counter-Pressing



Guardiola vs. Tuchel



Passing and Shooting



4 v 2 Rondo



Superiority in Attack



Movement in a 4-3-3



Shooting and Finishing



Passing Warm Up



Hexagon Game



8 v 4 Pressing



Tactical Rondo



Passing Warm Up



Functional Warm Up



Transition Exercises



Score More Goals



Defensive Clearances



Passing Warm Up



Long Passes



Giving Feedback



Shooting and Crossing



Triangle Warm Up



Tactical Analysis



8 v 4 Tactical Rondo



4-3-3 Attacking



Change Your 3 v 3 + 3



Passing Warm Up



Possession Warm Up



Analyze Attacking



Attacking Transition



Coaching Wide Rotations



Shooting/Finishing



Technical Warm Up



Handball Warm Up



Pressing Game



Fun Warm Up



How do Players Learn?



4 v 4 Plus 3 Rondo



Aerial Game



6 v 6 Plus 6 Game



Beat the Press Rondo



Training Analysis



Passing Warm Up



4 v 4 Plus 4 Rondo



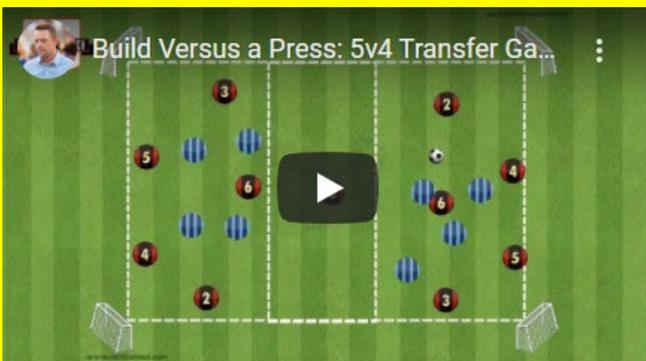
5 v 2 Transfer Rondo



Forward Movement



5 v 4 Transfer Game



Passing Warm Up



Verticality in Possession



10 v 9 Possession



5 v 2 Rondo



10 v 6 Attacking



Session Ideas



7 v 7 Plus Two



5 Ball Shooting



Finishing Exercise



Passing Warm Up



4 v 4 Plus 4 Game



Pressing in a 4-4-2



Passing Warm Up



4 v 4 Plus 5 Rondo



Beating "The Bus"



Passing Warm Up



Pressing in a 4-3-3



Vertical Passing



Rondo to Breakout



Pressing w/Back Three



4 v 2 Transfer Rondo



Finishing Work



Three Ball Finishing



Passing Warm Up



Crossing and Finishing



Finishing Exercises



Front 2 vs. Back 3



Make Rondos Realistic



Passing Warm Up



Finishing Drills



Passing Warm Up



Counter-Pressing



How to Attack



6 v 3 Pentagon Rondo



2 v 2 Plus One Game



Transition Game



1 v 1 Exercise



Attacking Vertically



One Touch Passing



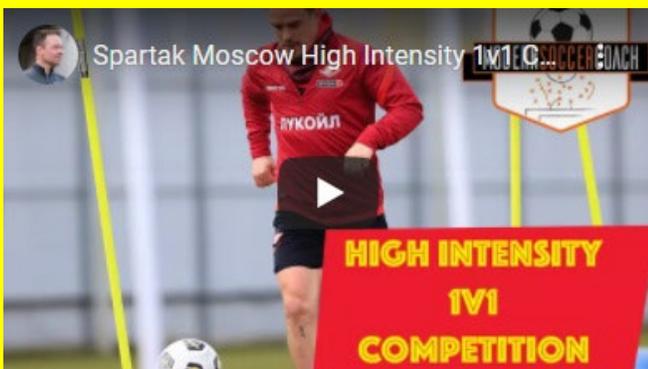
3 v 1 Transfer Rondo



Center Backs



1 v 1 Competition



Tactical Rondo



Passing Warm Up



Diamond Passing



Attacking Patterns



6 v 4 Breakout Rondo



Tactical Rondo



Passing and Shooting



Crossing and Finishing



Speed and Agility



High Tempo Rondo



Training Mentality



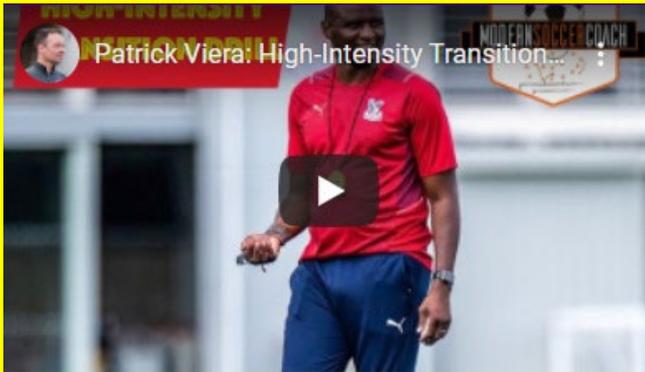
5 v 2 Rondo



Possession Game



Transition Drill



Possession Game



Vertical Passing



4 v 4 Plus Three Game



5 v 5 Plus One Game



Rondo Warm Up



6 v 6 Plus Three Overload



6 v 6 Plus Two



1 v 1 Exercise



Passing Warm Up



Triangle Passing



8 v 8 Pressing Game



Ball Orientated Defending



9 v 9 Plus Two



Passing Warm Up



Shooting Competition



Pressing Exercise



Finishing Exercise



6 v 3 Overload Rondo



4 Goal Game



5 v 5 Plus One Game



5 v 5 Plus 3 Build Up



Technical Warm Up



1 v 1 Defending



3 v 3 Plus 4 Rondo



Technical Warm Up



Defensive Interceptions



Ball Oriented Defending

