



# ***Spring 2014 Coaches Book***

## ***Sessions and Activities from Across the World — 2nd Edition***

Compiled by Bobby Puppione -- @bobbypup  
April 2014

## About the Booklet

This book contains sessions and activities from soccer coaches and trainers from across the world. It is the second edition of the book. A previous compilation was put together in December 2013. The intent is to compile sessions and activities for coaches to share, adapt, and implement.

I encourage you to follow all of these contributors as they all add value to the game. Thank you to all of these coaches for allowing us to share their sessions and activities.

Thank you to everyone who has encouraged me to continue developing as a coach. Shout out to our club, Cincinnati United Soccer Club/CUP (@cincyunited), and all of our players, trainers, coaches, directors, parents, referees, and volunteers.

A special note goes out to my parents for helping me become a better educator, person, and for leading me down the right path in life. To my brother for his guidance as a coach, pushing me to do more, encouraging me to continue learning, and helping me learn the value of creating a good environment for our players/athletes. And to my sister for reminding me the value of being detail oriented, organized, and staying on task. Love you all!

A quote I use as a reminder (not claiming to be an Arsenal fan - Forza Juve):

“Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure.”

— Arsene Wenger

All the best,

- Bobby Puppione -- @bobbypup

Questions? Email me: [bobbypuppione@yahoo.com](mailto:bobbypuppione@yahoo.com)

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Football Coach at the University of Oxford & Director of Inspire! Football Coaching  
Topic: From Rondo to Context to the Game

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## FROM RONDO TO CONTEXT TO THE GAME

### RONDO

5v2 double-rondo: 3+2 vs. 2. The players must make a minimum of six passes before one of the three red players switch the ball to one of the two waiting reds. Upon switch, the blues take the position of the yellows and the yellows take up the position of the blues. Should the ball be intercepted you can either reset OR have the players holding bibs to change (the one who gave the ball away AND the one who passed the ball to that player must change (but choose one method))

This rondo's focus is on passing in tight congested areas where you have an overload (in this scenario that overload is +3) before transferring the ball across to the opposite flank.

This game assumes knowledge of 1st, 2nd and 3rd line passes but this isn't essential to the objective of this rondo. Rondos are designed for automatism purposes.

**SPACE** - Each square (there are two) should be between 10x10 - 16x16 yards depending on ability and numbers

**COACHING POINTS** - Transition & high intensity (spare balls and feeder on outside to keep flow of rondo at highest tempo possible). On transition players must SPRINT (and if bibs - throw the bibs!) into next position! No delay!

Designed on Tactics Manager 1.9 (Soccertutor)

Kerlon, 2005  
drible da foquinha

Be Creative. Be Daring. Be Different



# FROM RONDO TO CONTEXT TO THE GAME

## CONTEXT

*Bridging the rondo to the game - warm up & understanding*

This SSG has been designed with the focus on transferring the rondo's short snappy first, second and third line passing into a game environment that forces off-ball movement to create space where there is very little (see movement at pass 5/8 in diagram).

The SSG's rules are that you must play a minimum of EIGHT passes in the opposition half before you can shoot. You are allowed to pass the ball back into your own half, but then the pass count returns to ZERO.

Some coaches prefer to promote a point scoring system and avoid such restrictions on shooting - this is fine, you can award additional points (3) for

each goal scored where EIGHT or more passes were made in the opposition half before a shot.

### PITCH SIZE

- 7v7 pitch size 50x30 yards (smaller than the recommended 60x36) to encourage congestion and intelligent movement. (Number of outfield players-1x10 (length), number of outfield players-1x6 (width)). Half pitch = 25 x 30 yards

### COACHING POINTS

- encourage one-tvos "quickly get them in!"
- encourage high pressure without the ball
- enthusiastic promotion of rules
- coach movement to create space (5/8).
- bring about awareness in impact of passes in relation to the positioning of the opposition

Designed on Tactics Manager 1.9 (Soccertutor)



*Kerlon, 2005  
drible da foquinha*



**Be Creative. Be Daring.**

**Be Different**



# FROM RONDO TO CONTEXT TO THE GAME

## THE GAME

*Overload and isolate version one. Non-strict pattern based*

This specific strategy aims to create an isolated 1v1 on the opposite flank to the ball. The idea is to visually split the pitch up with flat cone markers and point out the 9 areas (3x3). This should be done on just over half a full size pitch to best represent the patient building approach in a game.

The blues (defenders) have two wide goals to score into. There is a third central goal, this is for the reds to 'reset' and be relieved of pressure (passing back to the goalkeeper in a game).

The idea is simple, create an overload in areas 4 and 6 (without the defending side knowing the strategy). After you've created your rondo-like shape and have retained comfortable possession, the aim is to drag the opposition across (the purpose of possession is not to move the ball but to move the opposition) and you can do this by playing third line passes ('dangerous passes') that make the defending side 'panic' and shift out of position, the

receiving player can then play the ball straight back knowing he has done his job of pulling a defender across. The one two is a key strategy within this. Once you have matched numbers OR an under load (or simply, if you've pulled the defenders across enough), you should look to get the ball to the opposite flank as quickly as possible for the wingers 1v1 scenario with defender in front. If any trouble arises on the switch, you can go all the way back to 'the keeper' and reset!

Players must be aware that should they go into area 5 and space open up, they should opt for this option over pursuing the switch pass.

Coaches should promote use of area 5 to switch the ball, rather than going back to areas 1-3. This session can be adapted to have a goal and keeper in the position of the safety goal and normal rules apply. It is important that only the attackers know the strategy to test it in its purest form.

Designed on Tactics Manager 1.9 (Soccertutor)



*Kerlon, 2005  
drible da foquinha*



**Be Creative. Be Daring.**

**Be Different**



# FROM RONDO TO CONTEXT TO THE GAME

## IMPLEMENTATION

*From Rondo to SGG to the Game: Implementation*

To implement this exercise into a game you need to install bravery, trust and insight.

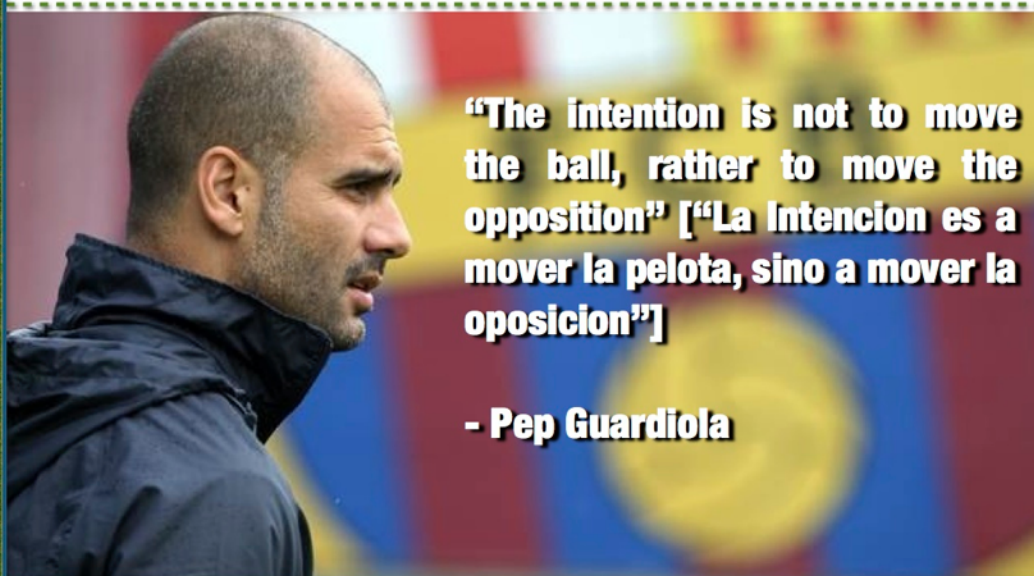
Bravery and trust can be promoted through positively asking questions to reward something someone did well in front of the group: "Dan, that was a fantastic run to receive the ball there - why did you run there? How did it impact the scenario?" (asking high order questions rather than low order one word answer questions). The question installs confidence and trust in what they are doing, promotes bravery of passing in spaces where players don't usually look to AND offers group insight as the players hear why, how and what are good examples of what you are looking for.

Rondo's are fundamentally tools used to promote automatism in players - the action without thought; to just react to patterns in front of them of first, second and third line passing options. It's arguable that for automatism to take place you must make these types of non-directional passing exercises part of EVERY session and

form part of something that the players love and own themselves. Barcelona use rondo's in just under 30% of all contact hours with their academy players from the age of 10-20 (including games). You simply won't achieve results overnight through using rondos in sessions (with the hope that they'll transfer to games).

The SSG however has proved extremely effective for my players at Oxford University over the last few months and the 'Game' related session has formed real clarity in how to attack when not on the counter attack - it is vital that you also promote variations and 'rule breakers' when the decision is right to do so.

In all, the important message is for you to understand that implementation of such a strategy and style is not linear, but cyclical and long term. It took my Oxford University team up to 15 hours of repetition before we saw consistent and purposeful use of the above strategy without real trust, insight and daring.



**"The intention is not to move the ball, rather to move the opposition" ["La Intencion es a mover la pelota, sino a mover la oposicion"]**

**- Pep Guardiola**



*Kerlon, 2005  
drible da foquinha*

**Be Creative. Be Daring.**

**Be Different**

Louis Lancaster -- @LouisLancs  
 Elite Coaching License (Level 5), UEFA A License (Level 4) and still developing; 'Success is a journey, not a destination.' - Robert Schuller  
 Topic: Breaking Lines

training session  
 created by  
 level 5 coach



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## BREAKING LINES



### Structure:

-Set up the area as above, vary the size of the playing area depending on numbers and ability.

### Rules:

- The two whites in the middle try to keep possession of the ball.
- The whites can use the players on the outside.
- Outside players can play off one or two touch if you want.
- If the blues win the ball they keep possession of the ball using the overload.

**Inspired by Bayern Munich  
 last year in the UCL**



### Structure:

-Set up the area as above.

### Rules:

- Set up your team 433, 442, 352 etc.
- Players keep possession of the ball.
- On coaches command they look to break the lines.
- Ask exploratory questions to the players asking how this can be done?
- Once the line is broken the whites look to score.
- The blues defend the goal.
- If the defenders win the ball they must try and hit targets on the half way line. This can be either goals, targets etc.
- This was the numbers I had for the practice. You can obviously add or reduce the number depending on availability.

**To view all Louis sessions visit [www.discountfootballkits.com/louis](http://www.discountfootballkits.com/louis)**



Louis Lancaster -- @LouisLancs  
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 Topic: Direct Play from Midfielders

training session  
 created by  
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## DIRECT PLAY FROM MIDFIELDERS

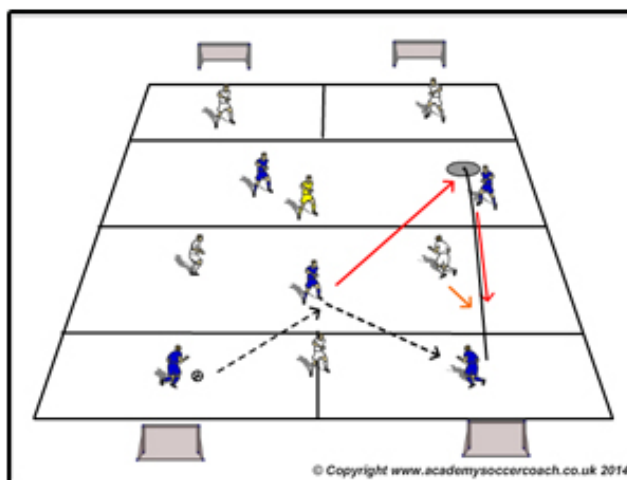


### Structure:

-Set up the area as above. Vary the size depending on age, ability and numbers.

### Rules:

- 2 CB's for each team at one end each in their own box.
- When a CB receives a pass, they must transfer the ball across to the other CB before returning the ball back in to the game.
- 3v3 in the middle with the rule that they can never all be in the same half. Encourage plenty of movement and rotations.
- The 3 in the middle can pass the ball back to the CB's if there is a problem, however once the ball goes the CB remember the rule where they have to pass it across.
- The idea is that a midfield player can break out from the middle and attack a CB 1v1 towards a goal.



### Structure:

-Same as the previous session

### Rules:

- Similar rules as before.
- The defending team have the floater/magic man/extra player.
- When the ball is with the CB's 1 defender is allowed in to press.
- The team in possession must find alternative ways of getting the ball to both CB's.



### YOUTUBE LINKS

<http://goo.gl/CTdEhA>

<http://goo.gl/2IAfVG>



To view all Louis sessions visit [www.discountfootballkits.com/louis](http://www.discountfootballkits.com/louis)



#### Fast Break Tag 1 |

Player 1 sprints down the line of cones. He turns at the third cone and sprints back to the line he started from.

As soon as Player 1 rounds the third cone, Player 2 chases him back toward his line and tries to tackle him before he reaches the end.

Player 2 turns when he rounds the third cone and Player 3 chases him and the sequence continues.

#### Variations:

- Increase the pressure - if the players are tagged they sit down.
- Last team with a player standing wins.



#### Fast Break Tag 2

Same set-up as Fast Break Tag 1 but now Player 1 has a ball and dribbles it down the line of cones.

He passes it to Player 2 once he reaches the third cone.

Player 1 must then sprint around the fourth cone and then chase Player 2 who is dribbling the ball down the line of cones.

Player 2 passes the ball to Player 3 once he reaches the third cone and the pattern continues.

#### Variations:

- Increase the pressure - the player with the ball does a stop-and-go move when he reaches the middle cone.

Zac Crawford -- @zaccraw4d

Technical Director, Alabama Soccer Association

Topic: Flank Play - Improve team's ability to create build up using the wide players



## USSF "D" Lesson Plan

Zac Crawford, Technical Director Alabama Soccer Association

Topic: Flank Play- Improve team's ability to create build up using the wide players.

16 players (14FP/2GK) Focus on playing in the att. third. #7,11,9 (10,8,6,3,2)

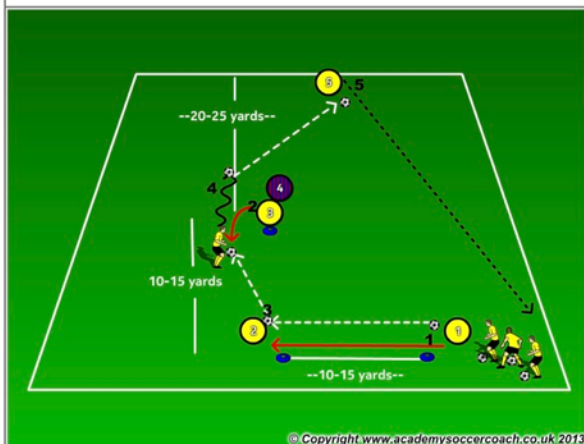
### Activity

Objective- teaching peeling off movement.



### Coaching Points

#### Technical Warm-Up Pattern Play 12 min.



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#### ORGANIZATION

2 Groups of 7-8 players (starting positions designated as circles with # inside)

(1) Player 1 starts with the ball and passes (white dashed line) to Player 2 and takes 2's place (red line).

(2) As the ball travels to 2, Player 3 peels off (red curved line) Defender 4 to either side.

Defender 4 is instructed to be passive defender, but

must do either one of the following: Defender 4 stays put or follows Player 3.

(3) If defender stays put, then Player 2 passes to Player 3's feet as he is now in a "sideways on" position. Player 3 will then take a positive first touch around/ or dribble (4) by the defender and pass (white dashed line) to Player 5 and takes his place. (5) Player 5 will speed dribble back to the starting position (black dashed line).

Player 2, after making the pass, will now become Defender 4.

Defender 4 becomes Player 3.

**DURATION- 12 MIN. INTENSITY: LOW**

#### Small Sided Activity 4 v 3 to 5 v 4 to Large Goal (w 3 counter goals). 12 min.



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#### ORGANIZATION-

60 L X 40-45 yds W (cones shaped to point in towards goal to get att thinking about cutting in).

Defending team (blue) must start above the restraining line (30 yards out) before the start of each exercise. If blue wins the ball, they score in three counter goals, or by playing the ball to Coach. (diagram shows 4 v 3). Coach starts with the ball and yellow team (#10, #11, #9, #7) play to big goal without any restrictions.

The placement of the numbers in this diagram represent starting positions. During play, if the ball goes out of bounds or GK makes a save, Coach restarts with a new ball. Extra Attackers/defenders rest/juggle outside grid and rotate in at interval. They can be used to restart play or as target players for defense. The #3/#2 will train as the #11/#7. After initial success, add #8 and another defender to build to 5 v 4. Make sure that defensive marking/pressure is appropriate to teach the peeling off movement.

**DURATION: 12 MIN INTENSITY: LOW INTERVALS: 2 RATIO: 6:6**

**OBJECTIVE-** TEACH our players how to peel off opponents in a way that keeps both options (pass to feet or pass to space) open until the marking defender reacts. **Players first need to learn how to make space for themselves so they can receive the ball while facing up field.**

The preferred peeling off movement is for the 2<sup>nd</sup> att. to move laterally & open his body to a side-on posture. From this side-on position, he can see the ball, the def., and the space behind the def. If the def. does not follow him, the ball can be played to his front feet. If def. follows him, the ball can be played to his back foot and make a move to find space behind def. and combine.

**Technique-** on toes, hips open, scan the field. Passing- push, bent, and lofted. Dribbling (running w a ball).


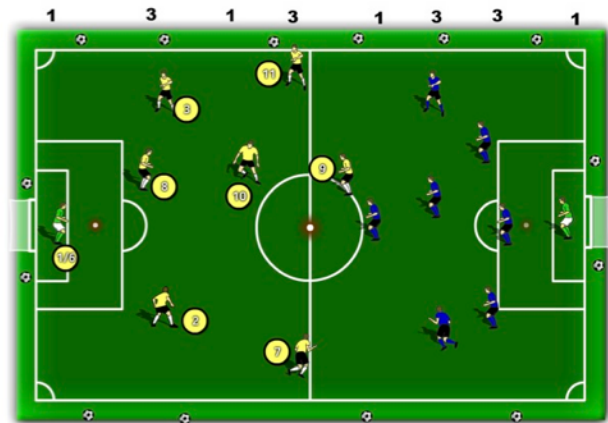
-Teach team shape- #11 & #7 to stay wide in support. #9 must stay high with the back line/last defender (provide depth).

-Teach off the ball movement- (mobility) wing players peel off and become in a "sideways on" position (support). If the def. doesn't follow them, they can check to the ball to keep possession. If the def. follows, the wing should look to move in a position behind the def. & receive a "killer pass."

-Teach on the ball decision making- for the player in possession of the ball, teach him when to keep possession (if the defender has not followed the player peeling off), and when to pass to penetrate (if the defender has followed the attacker on the peeling off movement).

-#8/#10 Change point of att. to relieve pressure based on def. compactness/shape.



<p><b>Expanded Small Sided Activity</b> 8 v 6 to Large Goal w 2 counter goals 16 min.</p>  <p><b>ORGANIZATION</b> Now, 8 v 6. Full width by 60 yards long. Keep restraining line as previous exercise. Rules/objectives are the same as previous exercise, except ball now starts as a throw-in (Coach can also start play from central position). Coach decides which side the ball should be played in from to start each exercise. Use the throw-in as an opportunity to switch the point of attack while also teaching the peeling off movements. Add three more attackers- #3 (left back), #2 (right back), and #6 (def mid). Add another defender to blue team to play 8 v 6. Defenders still start at the restraining line for the beginning of each restart. 2 extra defenders rest beside goal.</p> <p><b>DURATION:</b> 16 MIN <b>INTENSITY:</b> MID <b>INTERVALS:</b> 2 <b>RATIO:</b> 6:2</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>-Teach team shape- #11 and #7 to stay <b>wide</b> in support. The #3 and #2 can now push-up in support of the attack on the width of the field and can discuss overlaps or 1-2s.</li> <li>-Teach off the ball movement- wing players peel off wide but do not drop back. Instead, the outside backs can push forward to support the play from the width. Players on team in possession should continue to learn to read the visual cues of the position of the defense or when the WF has ball and dribbles in to create space for an overlap from an OB, or to make timed runs inside the box.</li> <li>-Teach on the ball decision making- patience versus risk taking. Dribble to possess so that <b>supporting</b> players can make appropriate runs (<b>mobility</b>).</li> </ul>
<p><b>MATCH</b> 8 V 8 to 2 Large Goals- 10 min.</p>  <p><b>ORGANIZATION</b> Full width by 80 yards long. Full rules. Place balls outside edge of field and behind goals. Coach continue to work with yellow team. The #6 has become GK for the att. Team.</p> <p><b>DURATION:</b> 10 MIN <b>INTENSITY:</b> MID <b>INTERVALS:</b> 1 <b>RATIO:</b></p>	<ul style="list-style-type: none"> <li>▪ No restrictions.</li> <li>▪ Look for opportunities teach appropriate decisions in mid/att 1/3s flank play, changing point of attack, combination play, looking for killer pass.</li> <li>▪ Observe game play to see if training session has been successful.</li> </ul>

**Cool Down- Brazilian Jog/Static Stretch- 5 min.**  
Z.Crawford- Flank Play "D" License

Notes:



Coach

David Copeland-Smith

Session date

01/16/2014

Time available

1 Hour



Topic

Creating the Self Reliant Soccer Player

Technical / Tactical ☒

Tactical / Technical ☐



### WARM-UP

Organization	Key Coaching Points
The BMS Warm Up.	Get the the blood pumping!
3x3 Yard Grid.	Prepare for the days session with lots of touches
45 seconds of movement. Players change direction each time they hit a side of the square.	2 minutes with the tennis ball
Repeat four times.	2 minutes with the skills ball
The juggling is also done within the 3x3 yard grid.	2 minutes with the regular size ball
	Record all of the juggling results

### ACTIVITY 1

Organization	Key Coaching Points
Technique Builders. The 2 Cone Drills. 10-12 Drills that teach fast footwork.	Technique has to be clean.
2 cones are placed approximately one yard apart from each other within the players 3x3 yard grid.	Body over the ball, key touches to go slightly forward.
100 touches on each drill, or 2 minutes, whichever comes first.	Start slow, progressively pick the speed up when comfortable with the move.
	When comfortable performing at speed, glance and scan every two seconds.

### ACTIVITY 2

Organization	Key Coaching Points
Progressive First Touch Boxes. 3x3 yard box in pairs.	Technique has to be clean
5 ground touches (inside, outside, hip open, inside roll, outside roll) we use to play the ball into space, followed by progressions that incorporate the movements of the 2 cone drills into 'overload' situations	First touch to go forward
Phase 1- 1st and 2nd touch, beating 1st defender	Mistakes are good, it means you are pushing yourself!
Phase 2- 1st, 2nd, 3rd & 4th touch, beating 1st & 2nd defender	Manipulate the ball at speed.
Phase 3- 1st, 2nd, 3rd, 4th, 5th touch, beating 1st, 2nd & 3rd defender	

### GAME

Organization	Key Coaching Points
The Triangle Game Series.	Game 1.
Players in pairs and turn today's technical development into 1v1 battles.	-Stay light footed and aware.
Game 1. First touch triangles.	-First touch has to be away. Be comfortable no matter what speed it comes at you.
Players both outside triangles, passing the ball to each other. 2 touches, pass has to break two lines but cannot break same line received from, therefore the first touch has to be to the side.	-Watch the body shape of opponent to predict where they will play the ball
Game 2. One player stays inside the triangle and tries to defend. If attacking player breaks two lines with a dribble, they get a point.	-Be deceptive
	Game 2.
	-Over emphasize body fakes
	-Try new moves
	-Shield the ball from the defender when attempting to break lines
	-Defender watch the ball, not the player!





## Counter Attacking From Deep

Category: Tactical: Counter attack  
 Skill: U18 | Start Time: 14-Jan-2014 10:45h

Pro-Club: York City FC  
 Tony Mee, Rotherham, United Kingdom

### Description

Counter Attacking From Deep

### Positional Rondo (30 mins)

**Team Learning Objectives** - practice counter attacking from deep positions

**Session Organisation** - Screen 1 is a positional Rondo used to warm up the players in their natural positions. Score a point every time the MIDDLE player is used to keep possession. Set up another Rondo with right sided players alongside.

**How to Play** - try to play off minimal touches

**Progressions** - allow the MIDDLE player to rotate with either the LM or other CM

**Tech/Tact Focus** - pace and accuracy of pass

**Physical Focus** - warm up, gradually build tempo

**Social Focus** - team/unit cohesion

**Psychological Focus** - prepare for session



### Prog 1 (30 mins)

**Team Learning Objectives** - practice counter attacking from deep positions

**Session Organisation** - area is approx 60x40. 2 attackers v 3 defenders in attacking half, 6 attackers v 3 defenders in defending half initially. Deep attackers can only cross halfway line after the ball is played forward.

**How to Play** - play starts with the GK rolling the ball out to any defender. Defenders should then try to advance into the attacking half as quickly as possible to get strikes on goal.

**Team of 6** restarts and tries to go to goal. Red team drop off to allow the ball to cross the halfway line.

**Progressions** - can the red team play 1 touch to change the tempo of the game?

An extra white player can recover into his own half with the attack.

**Tech/Tact Focus** - pace and accuracy of forward passes.

**Timing, angle & distance of support.**

**Physical Focus** - pace of forward runs. Game realistic tempo throughout.

**Social Focus** - team & unit cohesion.

**Psychological Focus** - attitude to get forward and support quickly.



### Prog 2 (30 mins)

**Team Learning Objectives** - practice counter attacking from deep positions

**Session Organisation** - pitch set up as shown. Play starts with white defender playing long into GK then recovering into defensive position.

**How to Play** - GK should try to distribute quickly and accurately to the red team. Red team has 10 seconds to try and score. When the ball goes into the 40 yard area, 2 reds are allowed to go in and support. If the white team regain possession they should try to score quickly.

**Progressions** - challenge the white team to score within 6 seconds.

**Tech/Tact Focus** - movement ahead of the ball to create opportunities to strike. Defending team to remain compact on transition.

**Physical Focus** - pace of movements. Match tempo.

**Social Focus** - team/unit work.

**Psychological Focus** - quick change of mentality from attack to defence.







## Counter Attacking From Deep

Category: Tactical: Counter attack  
 Skill: U18 | Start Time: 30-Jan-2014 10:30h

Pro-Club: York City FC  
 Tony Mee, Rotherham, United Kingdom

### Warm Up 1 (10 mins)

**Team Learning Objectives** - For the session are how and where to counter attack from deep.

**Session Organisation** - 20x20 passing square with discs placed 2 yards inside each corner.

**How to Play** - simple pass and follow routine, controlling tempo and changes of direction.

**Progressions**

1. No players on the inside
2. One player starts at the disc (green player), when the ball is received in the corner the player plays a wall pass with the player at the disc.

**Tech/Tact Focus** - Fast, accurate passes to the outside of the corners. Receiving on the back foot.

**Physical Focus** - Warming up.

**Social Focus** - Working as a team.

**Psychological Focus** - setting an appropriate standard.



### Warm Up 2 (15 mins)

**Team Learning Objectives** - As previous screen.

**Session Organisation** - As previous screen.

**How to Play** - Apart from the 2 corner players with the ball, everyone else starts inside at the disc. Movement is triggered by rolling the ball then making the pass. The players inside the grid now have to get to receive the ball as before to continue the sequence.

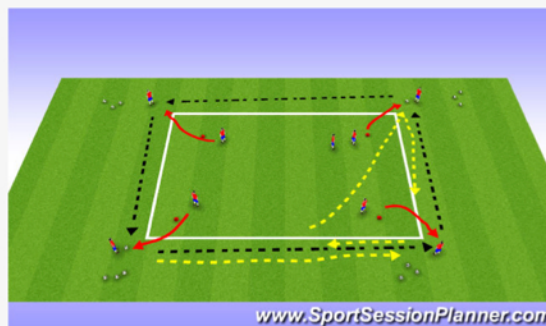
**Progressions** - pass, set & spin (yellow dotted line).

**Tech/Tact Focus** - realistic movement and passes. Open body to receive on back foot.

**Physical Focus** - increased pace and tempo of movement

**Social Focus** - working as a group

**Psychological Focus** - concentration



### Warm Up 3 (20 mins)

**Team Learning Objectives** - as previous

**Session Organisation** - split the area into 4 squares with a defender locked into each. Reds play as per their positions.

**How to Play** - positional rondo. Reds try to keep possession and work the ball from back to front and can use the CM at any time. Once the ball goes into the forwards they can re-circulate. (if we had the keepers at this stage the forwards could go to goal for a finish). If the blues win possession the nearest 2 reds must press to try to win the ball back.

**Progressions** - if the 2 deeper defenders go tight on the CM then the CB can clip the ball into the FWDs.

**Tech/Tact Focus** - as previous with passing & receiving.

**Decision making** on when to play short & when to play long.

**Physical Focus** - game tempo (in restricted area)

**Social Focus** - working in game specific units

**Psychological Focus** - concentration, decision making



## Topic: Counter Attacking from Deep - 2 (continued)

### Counter Attack (45 mins)

**Team Learning Objectives** - as previously stated.

**Session Organisation** - pitch is approx 60x40. 7v7 incl keepers

**How to Play** - 2 nominated strikers (1 per team) have no defensive responsibilities and wait around the half way line. Reds would start with the ball and, when appropriate, try to play into the striker. When the ball is on it's way to the striker, up to 3 blues can drop in to defend. 3 reds can join in to complement the attack. Play to a finish in that half and then reset with the blues gaining possession.

**Progressions** - keep possession after your team scores.

**Tech/Tact Focus** - encourage the forward pass when it is "on". FWD has to decide whether to go it alone or hold the ball up. MF must support quickly. Defenders must recover quickly.

**Physical Focus** - match pace

**Social Focus** - team and unit work

**Psychological Focus** - correct mentality to attack and defend at pace.



### Finishing & Transition (20 mins)

**Team Learning Objectives** - finishing & defending under pressure.

**Session Organisation** - as shown with mini-goals.

**How to Play** - coach feeds the ball in & teams play 2v2 to start (1st ball only). After the first attack, the player who took the shot defends against 2 from the opposite team. Coach feeds the attacking team.

**Progressions** - 3v2

**Tech/Tact Focus** - quick breaks. Transition from attack to defence.

**Physical Focus** - speed of movement

**Social Focus** - fun practice with a purpose

**Psychological Focus** - ruthless mentality to both score and defend

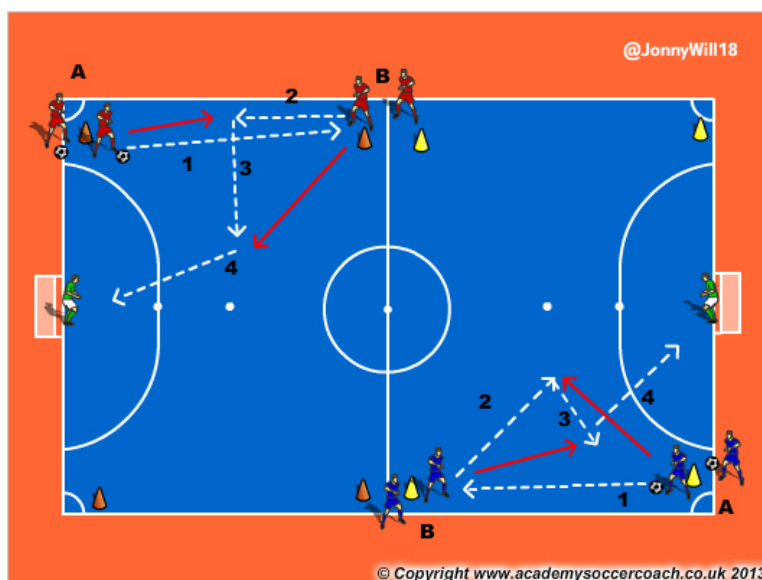




Jon Williams -- @JonnyWill18

Futsal Instructor, Ginga Touch

Topic: Santos Shooting; Playing in to targets (next page);



Futsal shooting activity adapted from Santos FC session.

**Activity:**

This activity works on just the basic mechanics of passing a ball, receiving techniques of the sole, one touch passing, movement off the ball, angled runs, and finishing with a shot/finish on goal. The numbers needed can vary from 4 total working on a side up to about 6 working a side to keep the lines short.

**Organization & Rotation:**

When you run the session, I normally work on one passing sequence first, make sure to work both sides and then change to the second sequence. I added both on here to save some time.

**Passing sequence #1 (Red Team) :** The play starts deep with player A initiating the first pass to player B. Player A will check down the line to look for a quick wall pass. After player B plays the ball back to player A, he/she looks to receive the pass in the middle of the court for a first time shot. When the play is done A rotates to B and B to A. If you do not have a GK, A-B-GK-A.

**Passing sequence #2 (Blue Team):** Player A passes to B who looks to play the ball back to A. This time, A checks centrally and lays the ball off back to the side for B to have a shot from an angle. Rotation is the same as passing sequence one, along with the variable of no full-time GK.

**Adaptions & Progressions:**

2 touch everything but focus on technique of receiving with the sole.

1 touch everything, concentrate on the weight of passing, "setting" the pass, weight of the ball for the final shot.

Striking technique- power vs finesse, especially in futsal.

Checks off the cones to avoid standing and waiting for the ball.

Timing and angle of runs.

**Progressions:**

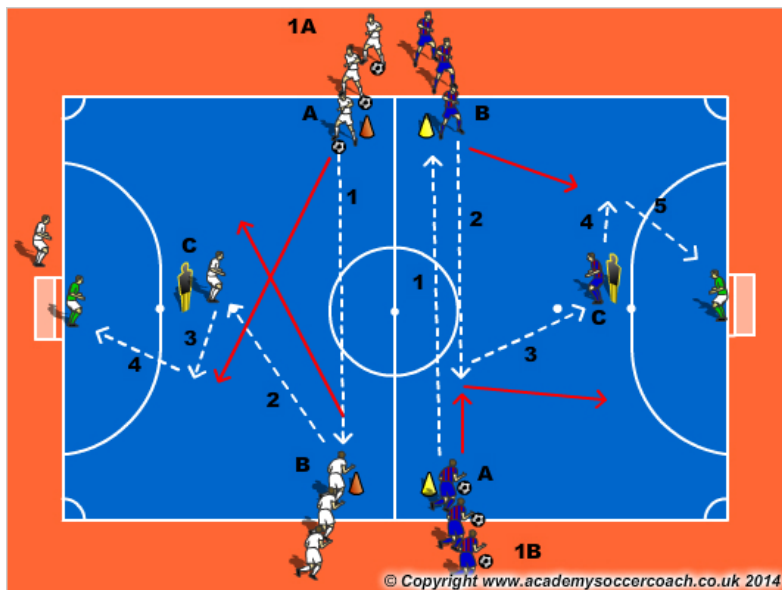
Switch sides after 5-8 minutes and then move on to the next sequence after working both sides.

1 touch everything, speed of play.

Must lay the ball off for the final shot with the sole

Add after the final pass, player A becomes an active defender to add that extra bit of pressure.

Adapt as you see fit!



Futsal session: Playing into a target.

Players: 8-16 + Gk's

Equipment: Cones, balls, and if possible mannequins

Organizatin & Set-up:

Working on target play using width that can be used in a 3-1 or 1-2-1 formation. There are many variations of passing combinations you can do this with this but I just put up two of the simpler ones.

1A.) Player A plays across to B who bumps the ball into the target C. Player A and B make crossing runs and C selects who the player wants to lay the shot off for.

1B.) Player A and B look to make a double pass (1 touch preferably) before A bumps into the target C. This time we have the players make runs from their side and C lays off to who they think is the best option for the shot.

Other combinations:

- 1.) On 1A, player B can take a touch with the sole and scoop the ball to the target
- 2.) Player A can play the ball to B, B then dribbles into the middle leaving space for an overlap. Player A will overlap Player B and look to play into the target.
- 3.) Go one direction but add the bottom point in the 3-1 or 1-2-1 and can work using them to faciliate the ball/support the attack.

Progressions:

Add a defender in the space between A and B creating a 2v1. Can the mids combine and play the target to create a 3v1 and attack quickly?

Add another defender on the target and we have a 3v2 situation. Can we create an overload on the side, how quick can we get the ball to the target. Can the target also move into different positions.

Progression to 3v3.

Coaching points:

Quality of first touch (if taking two touches and for target, SOLE).

Quality of passes and weight of the pass.

Timing of runs, can we get one run earlier than the other.

When adding a defender, decision making.

Target play, movement, when can you turn for a shot, lay off, etc.

Technique is the big theme with this activity.

One touch finishes.

Supporting 2nd runner for a back post tap in.

Adapt as you see fit and enjoy!





### Attacking Rondo

This is a 6v3 rondo using your 6 attacking players and 3 other "defenders". Players play a 6v3 rondo about 20-25 yards from goal. They complete 4 passes and then all players play to goal. Once the rondo is complete, any player can move anywhere. If defenders win the ball at any point, they counter to the goals just past half way line.

#### Coaching Points:

- Use attacking FBs to provide width with DMs sitting deep to cover for them
- Wingers, AM and CF stay inside to be able to combine



## 2v2 Dribbling/Defending Transition Game

Category: Small-Sided Games  
Difficulty: Moderate

Rob Parker, Troy, United States of America  
Individual-Adult Member

### Description

Exercise that incorporates dribbling and taking players as well as defending and closing down space (1st Defender responsibilities) while also working on the transition from offense to defense and vice versa. Can be changed to work on a lot of different technical/tactical aspects.

### Screen 1

Set-up: Two field size depends on age and skill level of your players. Blue cones outline size of field, red cones define a gate. There are four gates, which are between the red and blue cones. Opponents start diagonally from one another. To start, one team is with the ball, the other team is defending.

To start, the attacker with ball must dribble and take on defender, if they cannot attack goal, they can play to teammate that can join on field once pass is made to them. Once that player (attacker) joins, then a second defender can join the group to create a 2v2 situation. When goal is scored only player that remains is the one that scored. If the ball goes out of bounds, then all four players leave field two, game is reset to two new players and the player that starts with the ball is determined by who touch the ball last before it went out of bounds, The other team would start with the ball.



## Small Sided Game with Keepers - Decision making and Organizing their Backs

Category: Small-Sided Games  
Difficulty: Moderate

Rob Parker, Troy, United States of America  
Individual-Adult Member

### Screen 1

**Exercise:** Both players start on the endline opposite of the goal they are playing towards. Each is on opposite sides of the post. Keeper starts with the ball and rolls ball to attacking player (player 1). Once the ball is released, player 1 attacks the ball while player 2 gives chase. Player 1 must avoid leaving until ball leaves keeper's hands to avoid an offside call. The defender (Player 2) attempts to either:

- Win the ball

- Delay attacker and deny penetration

Keeper communicates to organize the back. If attacker scores and/or the ball goes out of bounds, the opposite keeper starts with the ball and two new players start a new rotation. If keeper saves a shot, keeper plays ball to defender who then reverses their role and goes to goal, making the attacker now the defender.

Variations:

- Limit attack to 5 seconds to score

- add multiple players to both the attack and defense to allow more options for goalkeeper to organized pressure cover

- alter the starting position of the defenders so they are in front of the ball rather than giving chase.

Coaching Points:

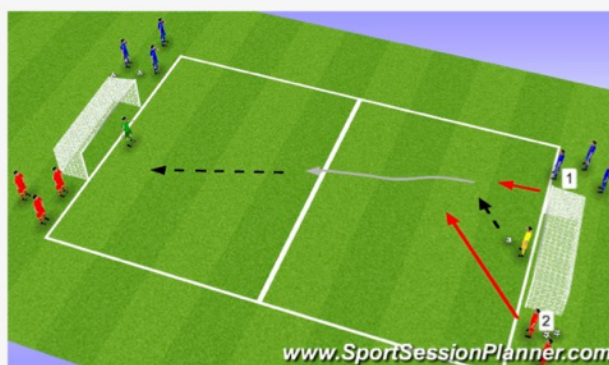
- Communication with defender, advise and command in a loud/assertive voice

- Quick decisions whether to attack the ball or stay back and let defender attempt to win ball

- Angle play - move out early to close space between ball and goal to narrow angles

- Stay low with hands in front of feet

- Decision-Making: make a decision, go for it, learn from the outcome







## CUFC Philosophy - Possession & SSG's

Category: Tactical: Possession  
 Difficulty: Moderate

Jose Manuel Figueira, Auckland, New Zealand  
 Individual-Adult Member

### Activity I: 4v4+1 & Break Away 2v1 (15 mins)

#### Organization

- 30 x 50 area set up as shown
- Smaller 30 x 20 area set up as shown
- 10 Players (4 Attackers, 4 Defenders & 2 Def/Att Players)
- 3-4 Target gates set up as shown (white cones)
- 2 Mini Goals set up as shown
- 1 Ball (additional on outside)

#### Activity

- Players are split into two teams (Yellow vs Red) & compete in a 4v4 possession game inside smaller area. Attacking team can use Support Player (White) to create an overload
- Each team also has one Defender/Target Player standing in the next zone ready to play
- Attacking team aims to dribble or pass through gates to score point. After scoring second point players can break out into the Attacking Zone (see diagram)
- Once entering Attacking Zone the player in possession aims to score in either mini goal, using their team mate if needed to create a 2v1
- Once a goal is scored or attack breaks down the attacker who entered Attacking Zone swaps with team mate & becomes the new defender/attacker

#### Coaching Points

- Possession: Circulation of the ball to stretch & separate the opposition. Exploit the gaps!
- Support: Be in a position to receive the ball to; dribble through gate? and/or keep possession?
- Awareness: Always scan and take snapshots of your space & surroundings. Whats the picture?
- Transition: Attack with purpose & take advantage of overload. Lure in Defender? Use team mate as Decoy? 1v1 attacking strategies?
- Finishing: Be positive & go for goal. Check position of Defender & Goalkeeper. Can you shoot early?

#### Progression

- P - Defender can follow Attacker to create 2v2 in Attacking Zone
- P - Remove Gates. Must play a team mate into Attacking Zone after 4 consecutive passes



### Activity II: Back-to-Back SSG (20 mins)

#### Organization

- 35 x 50 set up as shown
- 12 Players (4 Attackers, 4 Defenders & 2 Goalkeepers)
- 2 Full Size Goals set up as shown (Can use mini goals also with no keepers)
- 1 Ball (additional on outside)

#### Activity

- Teams are organized into a 4v4 mini game with each team having a target player at endline
- Red team aim to score into goal on field A, while Yellow team aim to score into goal on field B
- Players in the 4v4 are free to move anywhere between both field
- Before scoring goal & on the change of possession the Attacking team must play through their target player on the outside (see diagram)
- Target Player only has 1 touch to pass to a team mate who can then score
- If goalkeeper makes a save they play to their team on the opposite field (e.g goalkeeper on field B plays for the Red team so would distribute accordingly)
- If team misplaces pass outside the area, possession begins from the oppositions goalkeeper

#### Coaching Points

- Possession: Circulation of the ball to separate opposition team & exploit gaps that appear
- Transition: Be alert, adjust & have the correct attitude in transition. Whats the situation?
- Connection: Awareness of your space, surroundings & team mates. How can you connect quickly on transition of possession when attacking?
- Finishing: Be direct & dangerous with the ball. Go for goal!

#### Progression

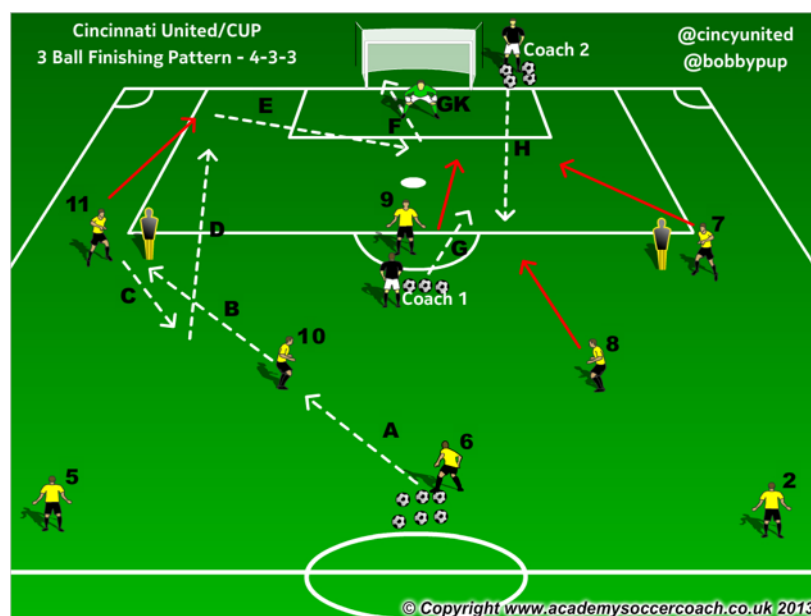
- P - Target Players can now pass or dribble into the area on their touch. If they enter a team mate must take their place
- P - Attacking team have a maximum pass limit before they must shoot (3/4?) this will create more transitions!



Bobby Puppione -- @bobbypup

CUP Youth Director of Coaching, Cincinnati United Soccer Club -- @cincyunited

Topic: 3-Ball Finishing Activity for 4-3-3



Cincinnati United/CUP - @cincyunited  
Bobby Puppione, CUP Youth Director of Coaching - @bobbypup  
3 Ball Finishing Pattern -- 4-3-3 -- (using # system of players)

**Description:**

**Ball 1:**

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

**Ball 2:**

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

**Ball 3:**

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

**Progressions:**

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

**Coaching Points:**

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

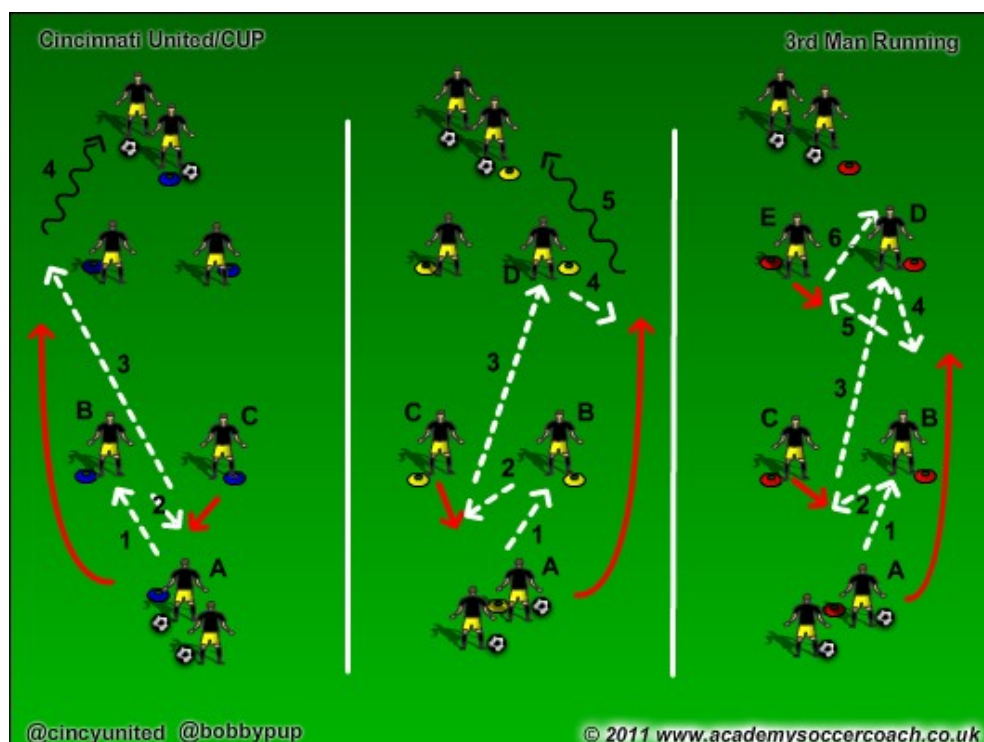
Questions? Please email: bobbypuppione@yahoo.com



Bobby Puppione -- @bobbypup

CUP Youth Director of Coaching, Cincinnati United Soccer Club -- @cincyunited

Topic: 3rd man running passing pattern



Cincinnati United/CUP - DOC Bobby Puppione

3rd Man Running Passing Pattern

25-30 yard length/10-12 yard width

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

Variation 1 (On Left):

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

Variation 2 (In Middle):

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

Variation 3 (On Right):

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

Coaching Points:

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

Michael Litvack -- @MichaelLit1106  
Director of Coaching, Cincinnati United - @cincyunited  
Topic: Technical Work in 3s



Michael Litvack - @MichaelLit1106  
Cincinnati United - @cincyunited  
Technical work in 3s

**Description:** Arrange 2 small cones and 1 big cone in a triangle. Distance between cones can vary based on age and desired fitness. Player A checks (#1) to player B. Player B passes (#2) to player A and player A returns the pass (#3) one touch back to player B. Now, Player A checks (#4) to player C. Player C passes (#5) to player A and player A returns the pass (#6) one touch back to player C. Players switch roles after 30 seconds.

**Progressions:**

1. Players play 2 touch (can vary types of touch and return pass).
2. Use one ball and players receive across their body and play out to player on other side. Repeat.
3. Working player can check in front, turn, and work on flicks/creativity.
4. Balls out of the air (volleys, 2 touch, headers).
5. Double pass with servers.

**Coaching Points:**

- technique of passing/receiving
- performing at game speed
- work rate
- footwork between cones/servers
- timing of runs/type of runs
- communication
- creativity
- let the ball do the work (when appropriate)



Michael Litvack -- @MichaelLit1106

Director of Coaching, Cincinnati United - @cincyunited

Topic: "Slip Ball" Game



Michael Litvack - @MichaelLit1106

Cincinnati United - @cincyunited

"Slip Ball" Small Sided Game

**Description:** 4v4 game to pugg goals on a field that can vary in size depending on age and level of players. Halfway line in middle. Yellow begins with ball in their defensive half. All of white must go in to yellow's defensive half to press/win the ball. Yellow is looking to play a ball ("slip ball") in to their attacking half to a teammate running on to it to score in opposite goal. Yellow cannot dribble in to their attacking half. If the white team wins the ball, they go straight to goal. If they score, it is "make it, take it." White begins with the ball and the activity continues.

**Progressions:**

1. Add bumpers on the side.
2. Add more numbers.
3. Must get in to the other zone on "third man running."
4. Can make the game going to big goals with goalkeepers.
5. When using bumpers, you can get the bumpers in to the game by combining with them to join.

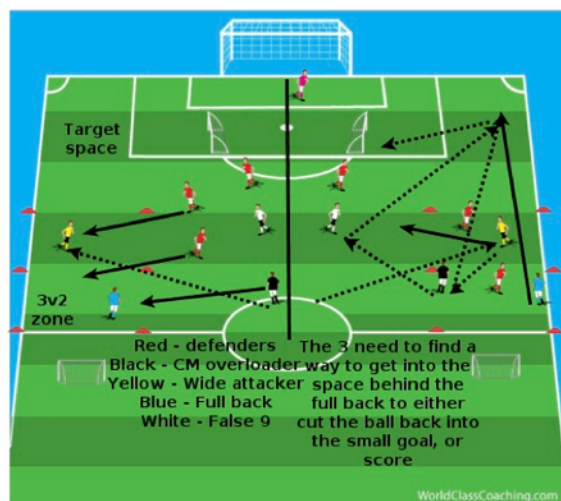
**Coaching Points:**

- technique of passing/receiving
- combination play
- movement off the ball
- final pass (weight/type)
- runs in behind defense
- spatial awareness
- pressing to win the ball back
- communication

**TRAINING SESSION BY STEVIE GRIEVE - @STEVIEGRIEVE – [STEVIEGRIEVE@HOTMAIL.COM](mailto:STEVIEGRIEVE@HOTMAIL.COM)**

**Attacking Specific Zones – How to draw pressure and exploit the pressure behind the full back**

**Session to develop overloads, rotations and 3<sup>rd</sup> man runs from a wide position (3v2/4v3/5v4)**



Set up 2 fields to work as many players as possible, using 3-5 defenders and 4 attackers on each side

The aim is to switch the ball to the wide players, either blue or yellow, and support play to make a 3v2 inside the wide zone. The attack need to get the ball in and out within 5 passes and exploit the space behind the full back who will press the ball.

The ball can go into the corner via the 3 players inside the box, or via the False 9 who can pass into the corner.

The full back can cut back to score into the small target goal, to work on cut back accuracy, or pass into the box for an onrushing attacker to score.

**Coaching Points:**

- Use the pressure to open up space
- Look for 3<sup>rd</sup> man runs
- Movement from the wide attacker (yellow) to move inside to open up overlap space
- Wide midfielder can pass and move inside with False 9
- FB can pass into CM who can release the WM via a direct pass or via False 9
- WM can dribble if FB commits

**Progressions/Variations:**

- Add in an extra pressing CM
- Change from an easy direct pass to WM to a 3v2/5v3 rondo to switch play wide from CM
- Remove the small goal and add stick goals to offer targets for cutback for a finish
- 1<sup>st</sup> time pass into space mandatory



Colin Mullaney -- @CColin15

Cincinnati United Soccer Club, Director of Coaching — @cincyunited

Topic: Speed of Play - Combination Play - Overload to attack

### Cincinnati United Soccer Club Session Plan



**Coach:** Colin Mullaney/Bryan Daniel/Keith McHenry

**Team/Age Group:** U12 Boys Age Group

**Topic:** Speed of Play – Combination Play – Overload to attack

**Date:** 3/26/2014

STAGE AND DIAGRAM	OBJECTIVES	KEY COACHING POINTS
<b>Warm Up:</b> 	<ul style="list-style-type: none"> <li>Player #1 Dribbles at Defender (Player #2) then slips the ball to player #3.</li> <li>Player #3 plays to player #4, gets it back and plays it to player #5.</li> <li>Player #3 then becomes the defender and the activity restarts from that end.</li> <li>Each player will end up in the lines opposite their starting position.</li> </ul>	<ul style="list-style-type: none"> <li>"Commit then slip"</li> <li>Drive at defender</li> <li>Timing of run off ball</li> <li>Timing of ball played</li> <li>Overlapping run?</li> <li>Play Ball in front of runner</li> </ul>
<b>Small Sided:</b> 	<ul style="list-style-type: none"> <li>In a 25X20 yd area</li> <li>Two players run around grid and enter through the far gate (adjust starting point accordingly for added fitness component)</li> <li>One defending player runs in opposite direction through gate.</li> <li>Server plays ball to attacking players who try to score in one of the two gates</li> <li>Progress to 3v2</li> </ul>	<ul style="list-style-type: none"> <li>Drive at defender</li> <li>Creative runs off of ball</li> <li>Time ball played</li> <li>Play ball into path of attacking runner</li> <li>Weight of pass</li> </ul>
<b>Expanded Small Sided:</b> 	<p>Flying changes to two goals: 2v2+1</p> <ul style="list-style-type: none"> <li>In a 30X20 yd area</li> <li>Players play 2v2 using a target player who is in the attacking half</li> <li>Once a team scores or plays ball over endline, they must retreat to midline before defending as two new attackers come onto the field</li> </ul>	<ul style="list-style-type: none"> <li>Drive at defender</li> <li>Take space</li> <li>Make defender commit</li> <li>Recognize early ball opportunity to score</li> <li>Weight of pass</li> <li>Creativity off of ball</li> </ul>
<b>Match: 8v8</b>		



### Interactive Session Plan™



Coach **Bobby Puppione**

Session date **7/24/13**

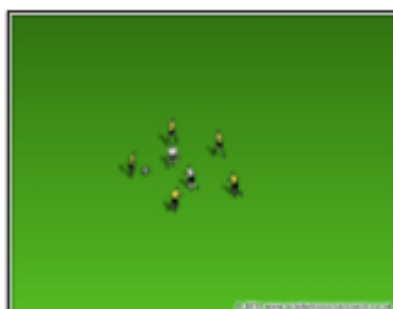
Team/Age Group **U17 Boys Gold**

Theme

Light training session between games at 2013 USYS National Championships. Began with warm-up and finished with cool-down/recovery. DOC Colin Mullaney took the goalkeepers for the first part of the session.

Time available

60 minutes



#### NOTES

5v2:

- 2 touch maximum

- Keep space tight

Progression:

- 1 touch, 2 touch sequence

- 1 touch only

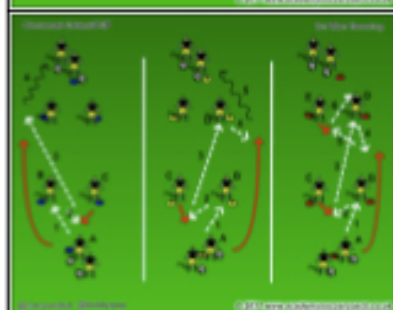
Coaching Points:

- Passing/Receiving

- Angles of support

- Creativity/Deception

- Look for splits



3rd Man Running Passing Pattern

- Follow letter patterns on the diagram

- 3 different variations

- 25-30 yard length, 10-12 yard width

- Rotate players every 60-90 seconds

Coaching Points:

- Technique of Passing/Receiving

- Angles of support

- Movement/Timing of runs

- Perform at game speed

- Weight of pass

- Communication



Switching the Ball/3v2 to goal.

Work both flanks. Width of penalty area for 3v2.

- Play 3v1 in box on one flank. After 3 passes, find center mid A.

- Center mid A switches the ball to wide player B.

- Wide player B attacks the new space with C and D to go 3v2 vs white to goal.

- If defenders win it, play ball to coach in yellow.

Coaching Points:

- Play out of pressure.

- Good driven ball to change point of attack

- Attack new space @ speed

- Dynamic runs of forward and midfielder

- Combination play

- Finishing



Horseshoes

- Teams of 2 with 2 cones, 25-35 yards apart.

- Player A chips the ball to partner B. Partner B has one touch to control it as close to the cone.

- Player C chips the ball to partner D. Partner D has one touch to control it as close to the cone.

- Ball must be touched out of air; cannot hit the ground first. Only allowed one touch.

- Closest to the cone gets the point. Now player C and player D chip the ball to partner.

- 3 points wins.

Coaching Points:

- Technique of chip/driven ball

- Fun

- Controlling ball out of air/1st touch

- Competition



Bobby Puppione -- @bobbypup  
 CUP Youth Director of Coaching, Cincinnati United Soccer Club -- @cincyunited  
 Topic: Whole Part Whole Session



### Interactive Session Plan™



Coach Bobby Puppione, Youth Dir. of Coaching

Session date Fall 2013

Team/Age Group Youth Team

Theme

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

Time available

75-90 Minutes



#### NOTES

- Play 6v6
- Coach in the game



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

Progression:

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

Coaching Points:

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



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

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

Coaching Points:

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

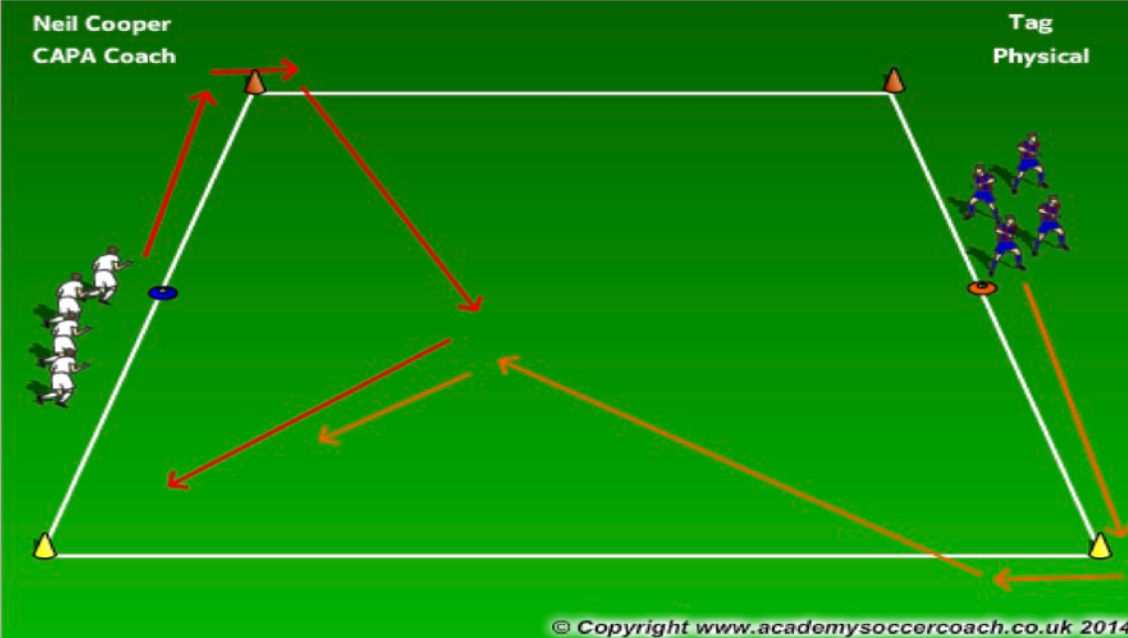


- Play 6v6
- Coach in the game

Neil Cooper -- @NCHammer1980  
Staff Coach at CAPA, Pennsylvania  
Topic: "Gegenpressing"

**Before Session:** Players arrived 5 to 10 minutes before scheduled start time and completed dynamic stretches as a group.

**First activity:**



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Simple game of tag. The first player runs around the cone as shown above. Whites must make it past the yellow cones without being tagged by the blues defender. Each white player has 3 turns then the blues attack.

**Coaching Points:**

- Change direction at speed
- Get low and bend knees during change of direction
- Defenders should get as close to the attacker as possible, as quickly as possible

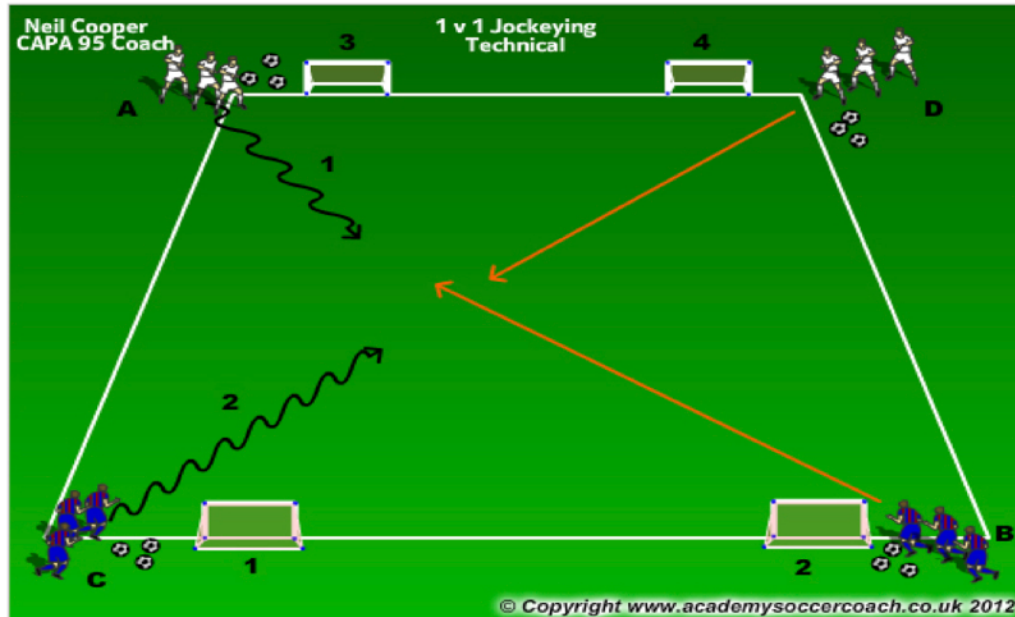
**Progressions:**

- 2v2
- 3v3

Simple tag game for fun start to training session. Players begin going 1v1. 4 players on each team. Instructions for the game are included. Players are working for approximately 10 seconds and then resting for 30.



## Second Activity:



### 1 v 1 Jockeying

Player A begins by dribbling ball out. Player B moves out to shut him down and jockey him down the line towards goal 1. Player A must try and get across the defender and score in goal 2. Player A scores 0 pts for scoring in goal 1, he scores 3 pts for scoring in Goal 2. Defender scores a point for making a successful tackle. As soon as play is done, Player A joins the back of Line D, Player B joins the back of Line C. Line C then dribbles out and does the same thing against D with 3 points for scoring in Goal 4. Keep rotating positions.

After 5 minutes, switch around so D and B are dribbling, C and A are defending.

#### Coaching Points:

- Get out to the ball as quickly as you can but take small steps as you approach the player
- Stay on the balls of your feet and position yourself against the players hip to show him the way you want him to go.
- Watch the ball, not the player and wait for the right time to tackle

#### Progressions:

- Make it a 2 v 1 for the attacking team.
- Make it a 2 v 1 for the defending team (pressure and support positions)
- Make it a 2 v 2

2nd activity worked on putting pressure on the ball and trying to make the attacker's movement predictable. By doing this, when you add extra defenders, they are aware where the attacker is moving towards and can offer support in winning the ball back.

### Third Activity:



#### 4 v 4 + 1 Transition to Goal

Whites and Blues each have 4 players and 1 neutral that plays for team in possession. Team in possession must make 5 passes before playing through for a player on their team to go 1v1 on keeper. If blues win possession, they are then on attack and same rules apply. If ball goes out of play, restart where the ball went out. Team that goes 1v1 with keeper gets possession when game restarts.

#### Coaching Points (Defensive)

- 1st player to pressure must come at angle to cut off one half of the pitch.
- 2nd player providing cover must be close enough that won't allow for a split between them
- 3rd player begins to pressure the ball from the front as 1 and 2 show attacker to certain area of the pitch
- Make play as predictable as possible. Communicate where you want the attacker to go

#### (Attacking)

- Find passing lanes between defenders
- Play quickly away from pressure
- Look for passes "Against the grain" when defenders positioning is wrong

#### Progressions:

- Take out neutral player and just play 4v4
- Allow recovering defender for 1 v 1 with keeper.

Again, activity is explained above. For this activity I stressed the angle with which the first player pressured the ball. If this angle is incorrect, it's very difficult for others to close in and win the ball back. I wanted them to get their angle correct so



that they made play predictable and forced play in a certain direction. This would then allow 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> defenders to step up and close the ball down to win back possession.

This piece is taken from an article on Squawka about Dortmund's pressing of the ball:

"That's the important thing to note about gegenpressing: it's never just one player pressing the man on the ball. Dortmund employ a system that uses every player in the vicinity of the ball (or vicinity that the ball could be going to) to close in and restrict the flow of movement."

(<http://www.squawka.com/news/2013/10/24/talking-tactics-how-dortmund-pressed-arsenal-into-submission/2013102428780>)

That is essentially what I was trying to teach and achieve with this activity.

Attackers were encouraged to pass quickly, away from the pressure without losing possession. This was especially important when they knew that more than 1 or 2 players were stepping up to press the ball.

#### **Fourth Activity**



Just as the picture suggests, this was a 5v5 game without restriction that followed the regular Laws of the Game (with the exception of kick-ins rather than throw-ins). Tried to let the group play as much as possible, only stopping when there were good examples of "gegenpressing" that lead to recovery of the ball and a chance on goal.

Session finished with a light jog and stretch for a cool down.

## FINISHING

Coach: Rahim Mohamed  
Age Group: U10+  
Duration: 12-15 Minutes

*Rahim was recently recognized as one of the NSCAA Top 30 Coaches Under 30. In addition, he has been a part of the Canadian Sport for Life—Canadian Leaders School for 2013. He has a wide range of coaching experience which includes, First Assistant and Recruiting Coordinator for the University at Buffalo, FC London (USL-PDL) Assistant Coach, Fanshawe College Assistant Coach, FC London Academy, North London Soccer Club Director of Junior Programs. He holds an NSCAA Premier Diploma, USSF 'C', US National Youth License. You can follow him on Twitter: @RahimZMohamed*



### 3 Line Finishing - Shot, 1v1, 1v2

#### Organization:

- GK, 3 designated starting points and players split evenly if possible at each starting point
- (1) GK starts by distributing the ball from hands or the ground to the first line (Pink). The Pink player takes a forward touch and looks to finish
  - (2) After shooting Pink players transitions to defend an attacker from the Blue line, creating a 1v1 situation to goal. Blue attacks Pink 1v1 and tries to score
  - (3) Immediately after Blue shoots, or Pink wins the ball, they transition to defending together against the Yellow player who begins to attack. Yellow attacks Blue and Pink in a 1v2 situation.

Rotate one line to the left.

Progressions: We will feature a number of progressions in future editions in this section!

Coaching Points: Try and take a moving forward touch towards the goal when receiving from the GK, incisive attacking at speed when presented with 1v1 and 1v2 situations, Freedom for creativity



*Check back next month for a different variation of this Finishing Activity!*

## SMALL-SIDED GAME (SSG)

Coach: Rahim Mohamed  
Age Group: U12+  
Activity: SSG with Changing Numbers  
Numbers  
Duration: 20 Minutes

*Rahim was recently recognized as one of the NSCAA Top 30 Coaches Under 30. In addition, he has been a part of the Canadian Sport for Life—Canadian Leaders School for 2013. He has a wide range of coaching experience which includes, First Assistant and Recruiting Coordinator for the University at Buffalo, FC London (USL-PDL) Assistant Coach, Fanshawe College Assistant Coach, FC London Academy, North London Soccer Club Director of Junior Programs. He holds an NSCAA Premier Diploma, USSF 'C', US National Youth License. You can follow him on Twitter: @RahimZMohamed*



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### Small Sided Game with Changing Numbers

Objective: Help players recognize cues within the context of a game

#### Organization:

2 Teams of 4+ Players, 2 Goalkeepers, 1 Neutral

Before play begins, the players assign themselves numbers from 1-4. During the course of the play the coach will call out a number, for example "4." Both players with the assigned number must quickly run around one of the four poles on the side of the field before re-entering the field of play.

During the time that the players from both teams are moving around the field, the number situation of the game will change from 4v4 +1 to 3v3+1 and more specifically 4v3 for the attacking team.

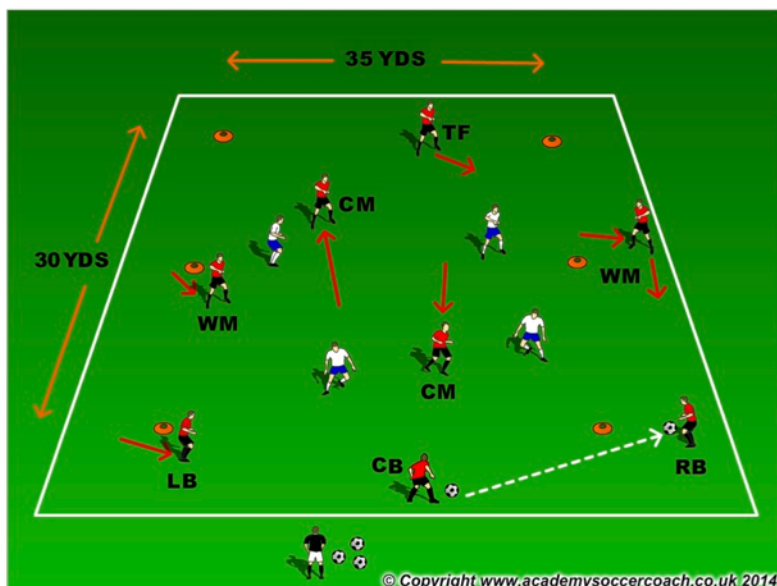
Depending on the players who leave the field this can be an advantageous situation for the team on the ball. In the first diagram we can see the players are setup and playing the game. However, in the second diagram due to the call from the coach the most advanced Blue player and deepest Green player must both leave the field. As a result, the Blue player recognizes this and make a forward movement and receives a pass from a Blue teammate currently in possession of the ball.

Progressions: (1) Call out multiple numbers; (2) Call out a colour and number meaning only one player leaves the field

Coaching Points: Principles of play, Recognition of the changing situation, Players awareness to adapt to the different situations, Incisive attacking if the situation presents itself

*Check back next month for a different Small –Sided Game activity!*





Positional Possession Buildup - Matt Mueller  
 Progression #2: 8v4

#### Set Up

8 players put in specific positions  
 4 defenders put in the middle  
 Cones, Pennies, Balls  
 30yds x 35 yds

#### Directions

- Keep the ball away from the 4 defenders
- Move ball in the square while integrating different patterns including:  
Up, backs  
1,2s  
Overlaps  
Switch the point of attack
- If the 4 defenders win the ball, repress quickly
- Upon winning the ball, quick transition to spread out and keep the ball

#### Emphasis

- Rehearsed pattern of movement when in possession of ball
- Every player has a specific movement for when ball reaches a particular player
- Every player should have at least three options when in possession of the ball
- Every player must communicate and give instruction for every pass made
- Every player must constantly be active and moving into space to be an option
- Upon losing the ball, closest player must close down immediately
- Second closest player must double down and look to win the ball
- Upon winning the ball, get the ball to where there is no pressure

#### Coaching Instructions

- Angles of support
- Check in, check out
- Play to the back foot
- Timing of the run
- Keep good spacing between players
- Eyes up and have two options in your mind before the ball comes to you
- Repress
- Transition to spread out quickly while keeping good shape/distances



Positional Possession Buildup - Matt Mueller  
 Progression #3: 8v4 to Goal with Counter Goals

#### Set Up

8 players put in specific positions  
 4 defenders put in the middle  
 Cones, Pennies, Balls  
 30yds x 35 yds  
 6v6 Goal  
 2 Small Counter Goals

#### Directions

- Keep the ball away from the 4 defenders
- Move ball in the square while integrating different patterns including:  
Up, backs  
1,2s  
Overlaps  
Switch the point of attack
- If 10 consecutive passes are connected, go to goal
- If the 4 defenders win the ball, they try to score on either counter goal
- Upon winning the ball, quick transition to spread out and keep the ball

#### Emphasis

- Rehearsed pattern of movement when in possession of ball
- Every player has a specific movement for when ball reaches a particular player
- Every player should have at least three options when in possession of the ball
- Every player must communicate and give instruction for every pass made
- Every player must constantly be active and moving into space to be an option
- Upon losing the ball, closest player must close down immediately
- Second closest player must double down and look to win the ball
- Upon winning the ball, get the ball to where there is no pressure

#### Coaching Instructions

- Angles of support
- Check in, check out
- Play to the back foot
- Timing of the run
- Keep good spacing between players
- Eyes up and have two options in your mind before the ball comes to you
- Repress quickly so 4 defenders cannot score in counter goals
- Transition to spread out quickly while keeping good shape/distances
- Be patient after 10 passes and look to get to goal but do not force

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contributors from this book.**

**Good luck to all this spring!**





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