

ACADEMY COACHING SESSIONS



**50 Sessions Designed By English Academy
Coaches Working In Premier League
Academies**

Passing and Moving V1

Developing Passing Patterns within a Small Practice

Setup

The session is an easy way to practice specific combination play with the outside player, passing inside and receiving a bounce pass and then play out to the green outside player who sets the middle player to play in to the outside, two balls can be played at the same time to create a flowing end to end practice

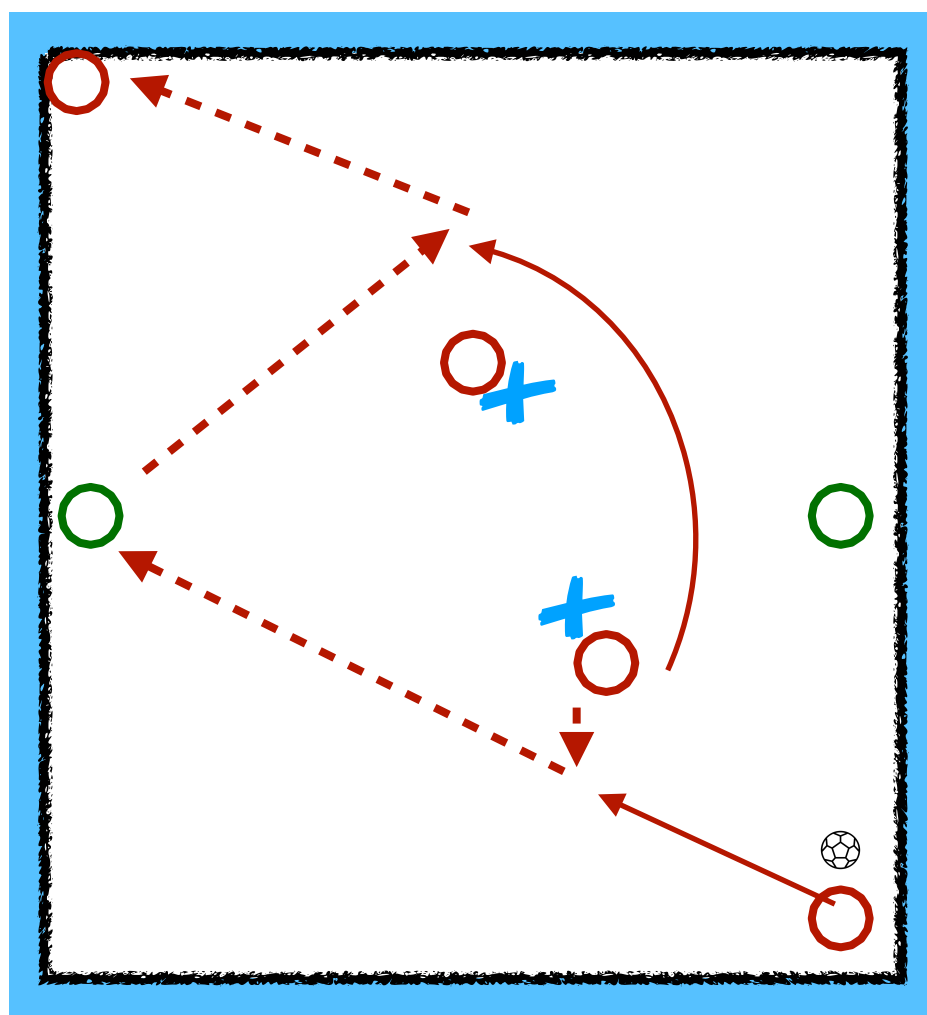
Coaching Detail

- Ensure players make clear changes between speed, light jog in to a change of speed to receive the ball
- First time passing, can players play their pass with their first touch
- Weight of pass, make a relevant passing weight to ensure the next player is able to make a decision with their first touch
-

Progression

- Remove bounce pass and allow second player to turn and play out wide before spinning to receive the next pass

“Rewarding Hard Work”



Players 10	Space 25x25	Goals 0
Work 240	Rest 60	Blocks 5
Total 25 Mins		

Combination Play 6v6+6

Develop Combination Play Within A Compact Area

Setup

This session involves a 6v6 in central areas with 6 outside players, players look to move the ball quickly within the central space and use the outside players to support play. The idea of this practice is to develop patterns of combination play within playing units. The session takes place in a 30x40 space with a 24 yard central space with 3 yard channels on each channel;

Coaching Detail

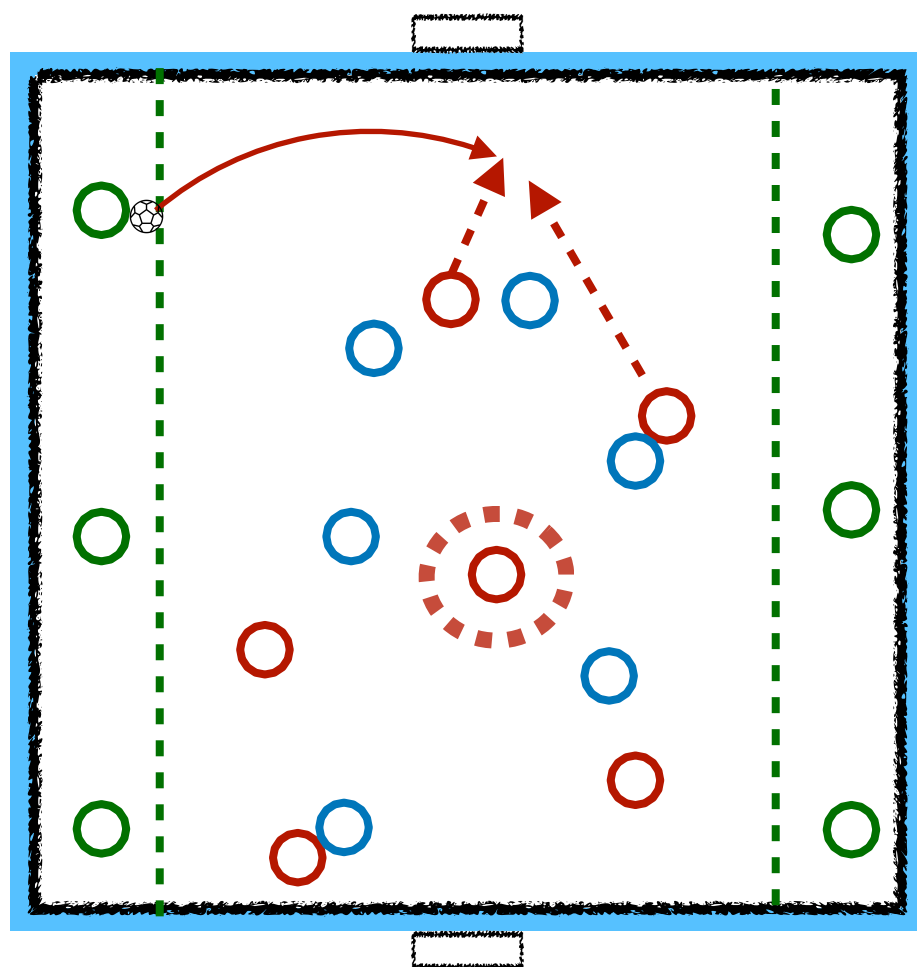
- Challenge central players to receive between the lines, challenge central players to receive on one line and play to a green on a more attacking lines
- Challenge attacking players to stay away from the attacking third and then penetrate the attacking third with pace

Progression

- Move two of the outside players in to central areas to act as natural players in central areas



“Combine To Play Forward”



Players 18	Space 30x40	Goals 2
Work 300	Rest 60	Blocks 7
Total 42 Mins		

Playing Out Through The Box

“Demonstrate an understanding of how to use the box to play through the opponents shape”

Coaching Detail

- Session is setup 7v7 within a space just over one half of a pitch relevant to the players age and ability, the players then play out from the top of the practice using the penalty area to attack pressure from the opponent and trying to find the central spare player, or playing longer in tot the attacking player if required, the players should be encouraged to try and play through the opponent using one of the 3 midfield players before finding one of the two attacking players.

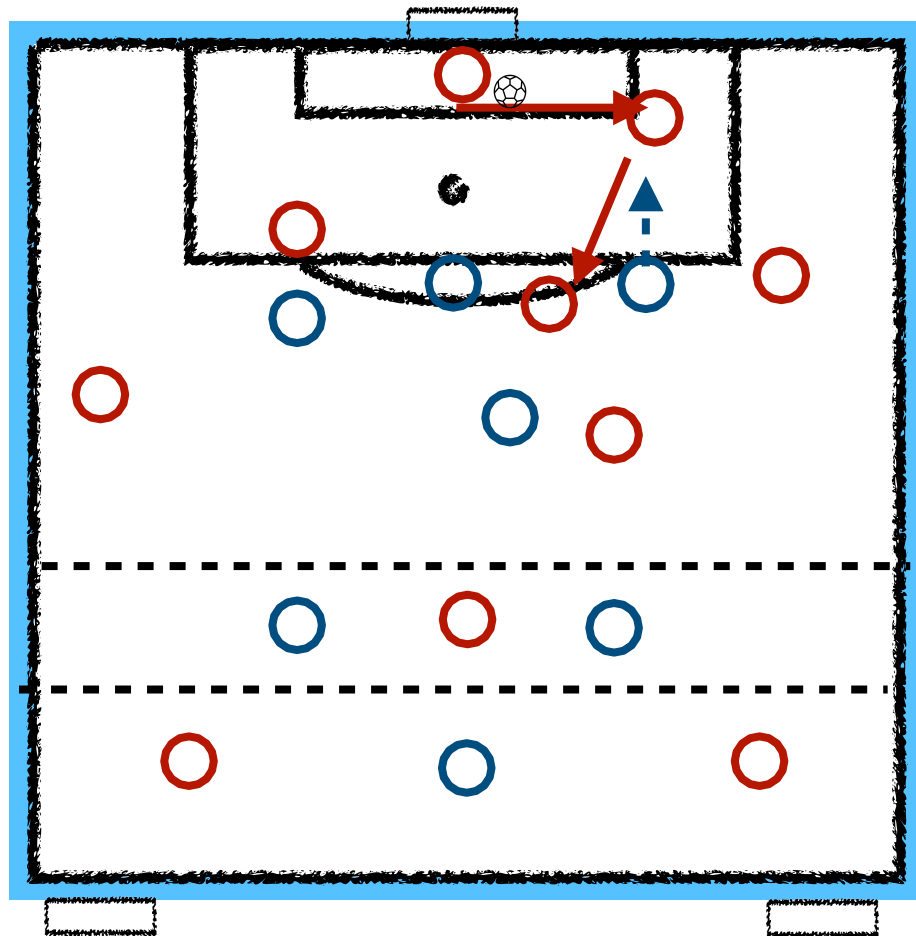
Coaching Detail

- Challenge the players receiving from the goalkeeper to pass once the opponent has moved and the picture ahead has changed
- Challenge midfield players to move away from the ball to try to pull apart the opponents midfield and give them space to receive between the lines of the opponent

Progressions

- Remove central zone and make a SSG
- Add a central line to put the first midfield line in a fixed zone

“New Idea From New Laws”



Players 17	Space 50x60	Goals 3	
Work 420	Rest 60	Blocks 5	Total 40 Mins



Playing out from The Back

Develop Combination Play Within A Compact Area

Setup

This session involves 14 players and is played within a 30 yard wide area with 40 yards long, which leaves two halves that are 20 yards deep, the play is 2v3 and 3v2 in each half, which can be manipulated in order to effect the outcome and the challenge, the 4 outside players keep the possession practice moving, but once a team has played from one end to the other they can look to score in either of the wide goals

Coaching Detail

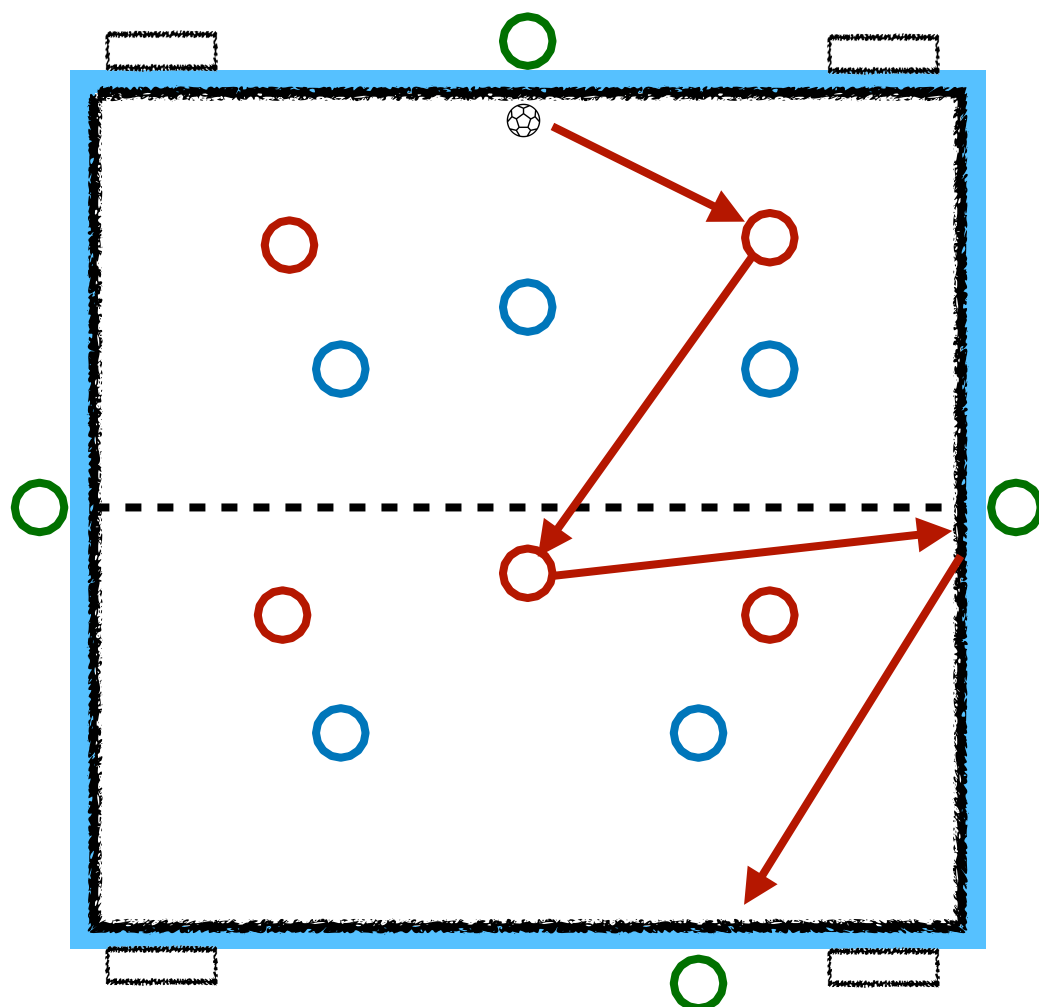
- Challenge players to play bounce passes first time, with a strong technique allowing their team mates to receive passes that enable them to play with their first touch
- Play between lines, can players punch passes between opposition lines

Progression

- Manipulate the overloads to play different scenarios i.e a 3v2 or a 2v2 at one end and a 3v3 at the other end.



“Combine To Play Forward”



Players 14	Space 30x40	Goals 4
Work 240	Rest 60	Blocks 7
Total 35 Mins		

Mixed Range Finishing

“Practice Finishing Under Varied Pressure”

Setup

This session requires 8 players including 2 goalkeepers, two coaches stand in central areas and feed balls in to either end where the team look to play in to the attacking half where they are overloaded 2v1, the striker either looks to turn and shoot under pressure or set a team mate in the central zone who can strike the ball and look to score in the goal

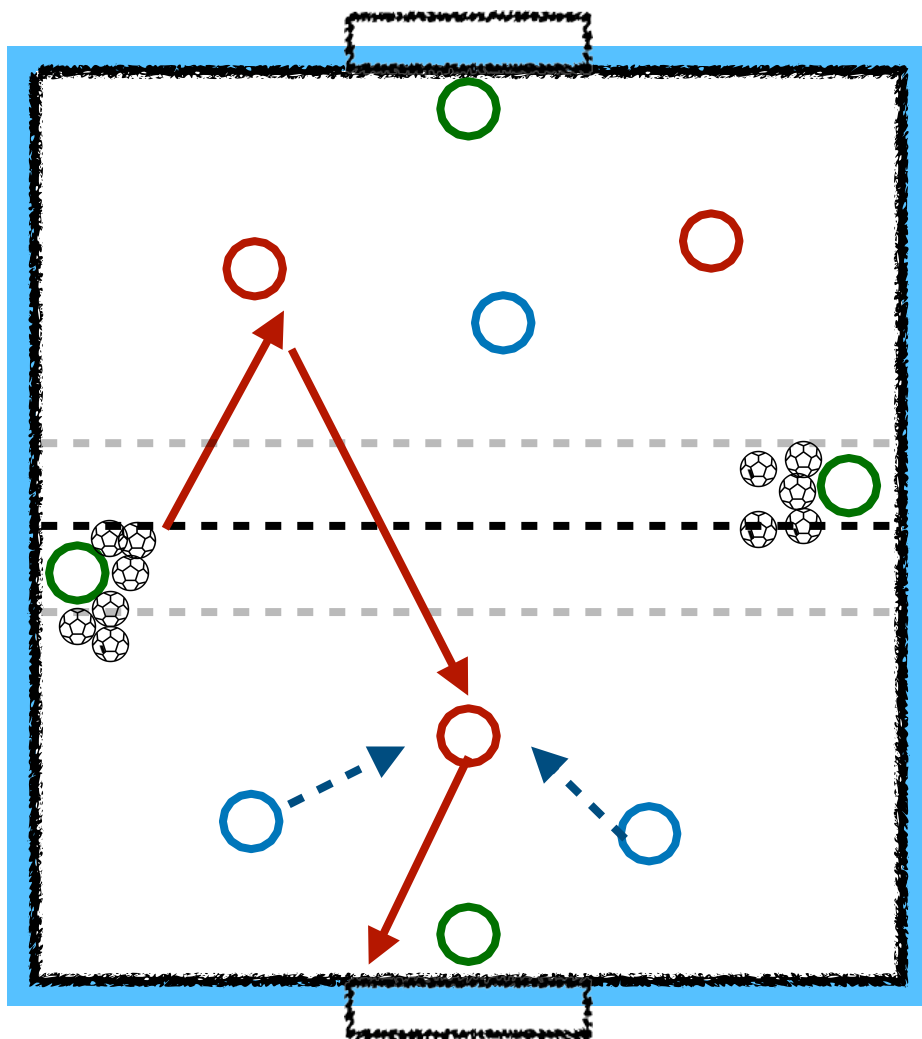
Coaching Detail

- Can players in the attacking half concentrate on receiving the ball in a position that allows them to turn and shoot away from the opponent
- Can the passer play a pass that allows his/her team mate to shoot on first site and not have to bring the ball under control with their first touch

Progression

- Manipulate the overloads, create 2v2 or 3v2 if required
- This practice can also be run as two separate games

“Combine To Play Forward”



Players 8	Space 30x40	Goals 2
Work 300	Rest 60	Blocks 7
Total 42 Mins		

Finishing Combinations

Develop Combination Play Within A Compact Area In To A Finish

Setup

This is a very simple session set up with in a 30x30 area, split in to two equal halves, with 7v7 in total numbers including 2 GK's, the setup is very simple 2 end players, 1 attacker, 2 defenders, 1 Gk and 1 wide player. The idea of the practice is to move the ball in to the attacking half and score as quickly as possible by either being direct and finishing first time or combining with the outside players or setting the ball back to a team mate to score

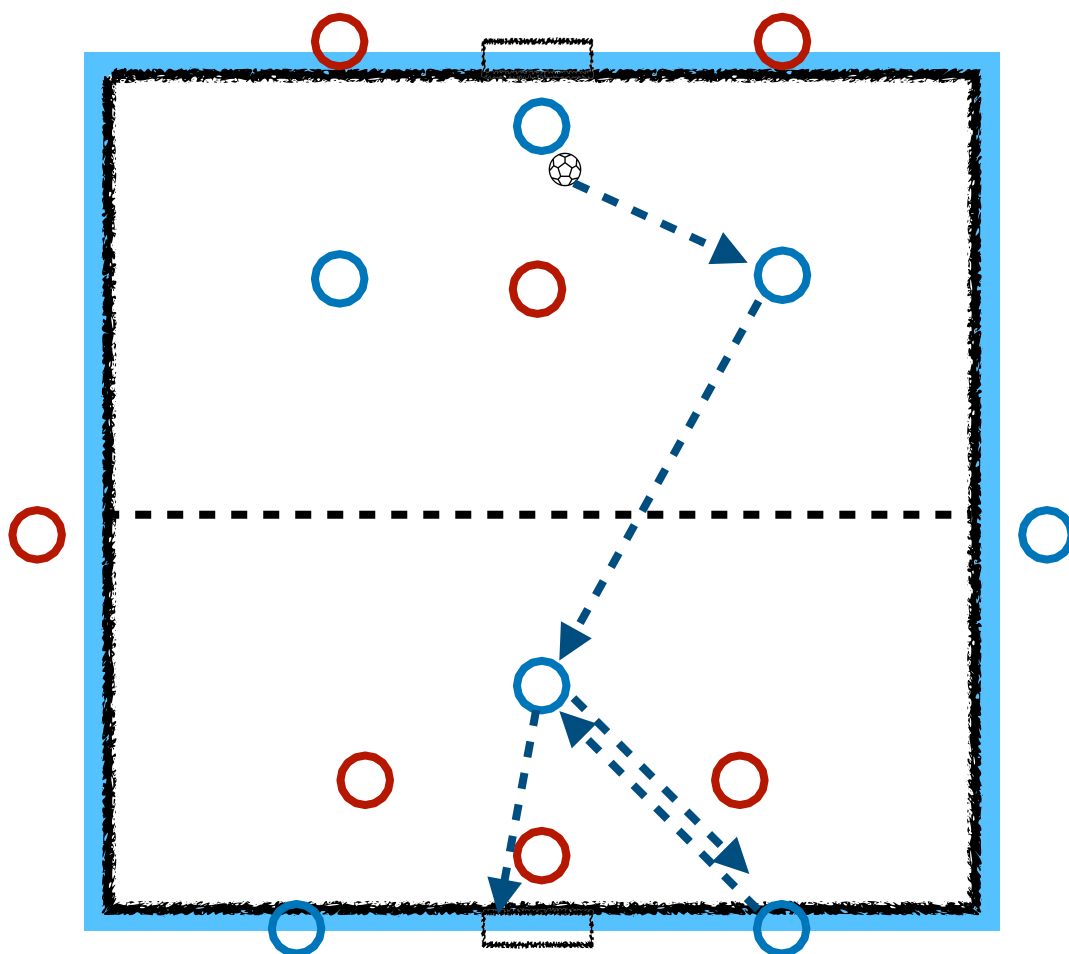
Coaching Detail

- Challenge Attacking players to make efficient decisions in possession, when to try and turn and shoot and when to finish first time

Progression

- Create a wider area to challenge the team out of possession
- Allow the attacking team to move zones and create overloads in the attacking half.
- Allow Wide players inside to create 2v2

“Finish Under Pressure”



Players 14	Space 30x30	Goals 14
Work 240	Rest 30	Blocks 6
Total 29 Mins		



2v2 Retention Practice

Develop Players Capable Of Receiving And Retaining

Setup

This is a very simple 4v4 practice where 2 players work physically in the central area using their outside players to maintain an overload and keep possession, this practice involves a transitional moment when the reds win possession and players are challenged to work for large periods before switching with the outside players to ensure there is a consistent work to rest ration

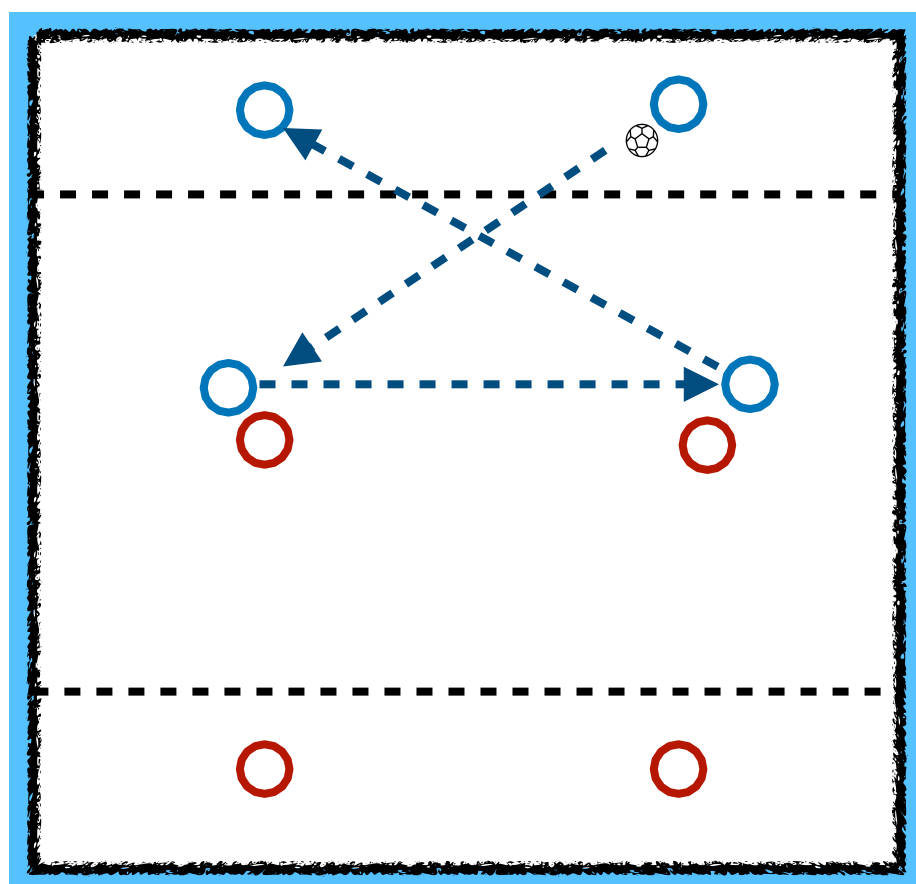
Coaching Detail

- Challenge central players to make movements of the shoulder of the opposition and create passing angles
- Ensure the players work physically hard during the working periods to gain a physical stimulus

Progression

- Create a longer practice to include more high speed running
- Allow the defensive team to overload with outside players stepping in to the practice to defend against the 4

“Finish Under Pressure”



Playing Behind The Opposition

Create The Opportunity For Players To Thread Passes In Behind

Setup

A Very effective session that will allow players to demonstrate their understanding of how to play passes through the opponent and how to make runs behind the opposition back line, the shape of the practice is a 40 yard long practice with 25 yards of width with 2 5 yard areas leaving a 30 yard central area. The teams then play 6v6 within the central area.

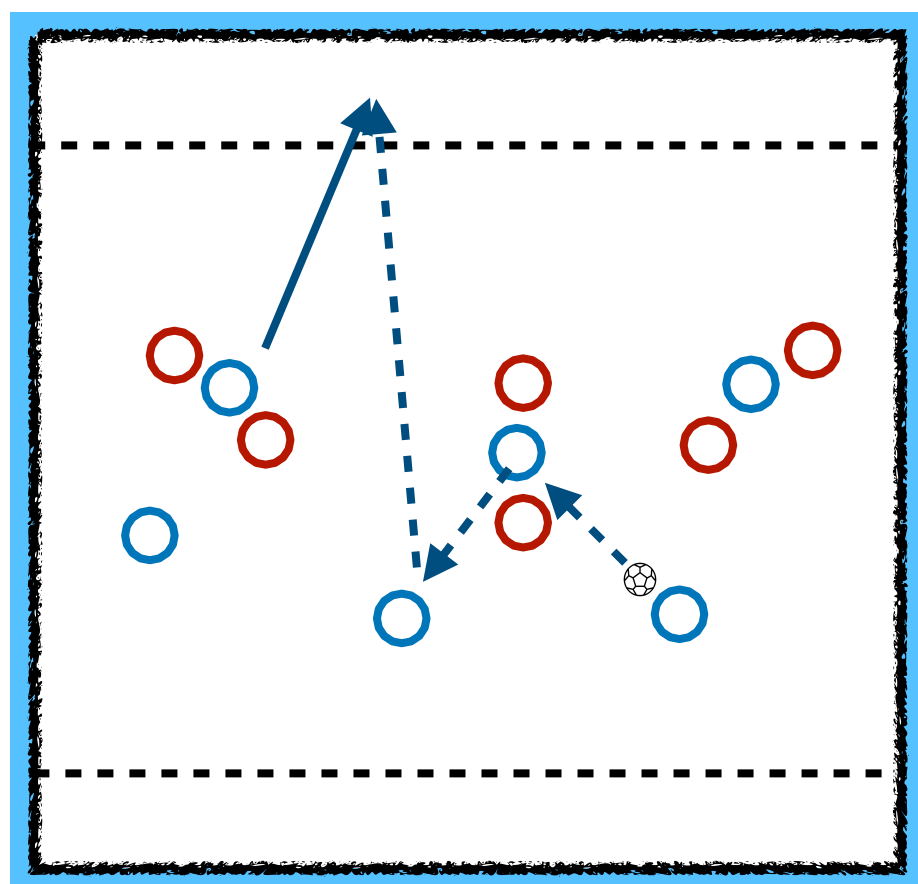
Coaching Detail

- Encourage players to make runs across the opponent, avoid running in straight lines, these runs are easily trackable and visible to the opponent.
- Develop an understanding of the weight required to play a pass in to the space behind the opponent, punching passes will allow a high speed pass with a quick change in pace to allow it to blowup and be received

Progression

- Manipulate space to manipulate the challenge for the opponent
- Manipulate the playing numbers to create a different challenge

“Develop The Killer Pass”



Crossing From Varied Angles

Create The Opportunity For Players To Thread Passes In Behind

Setup

A very well used session to develop an understanding of how to use the wide players in attack, the session is setup with 5v5 in the central area with GK's, with 1v1 in each wide area, the game takes place, and a goal scored in the central zone scores 1 goal, using a wide player and scoring is 5 and the wide player winning the 1v1 and then finishing in the wide goal is 3 points, encouraging the use of wide players to dominate the game, but also encouraging the wide player to dominate the 1v1

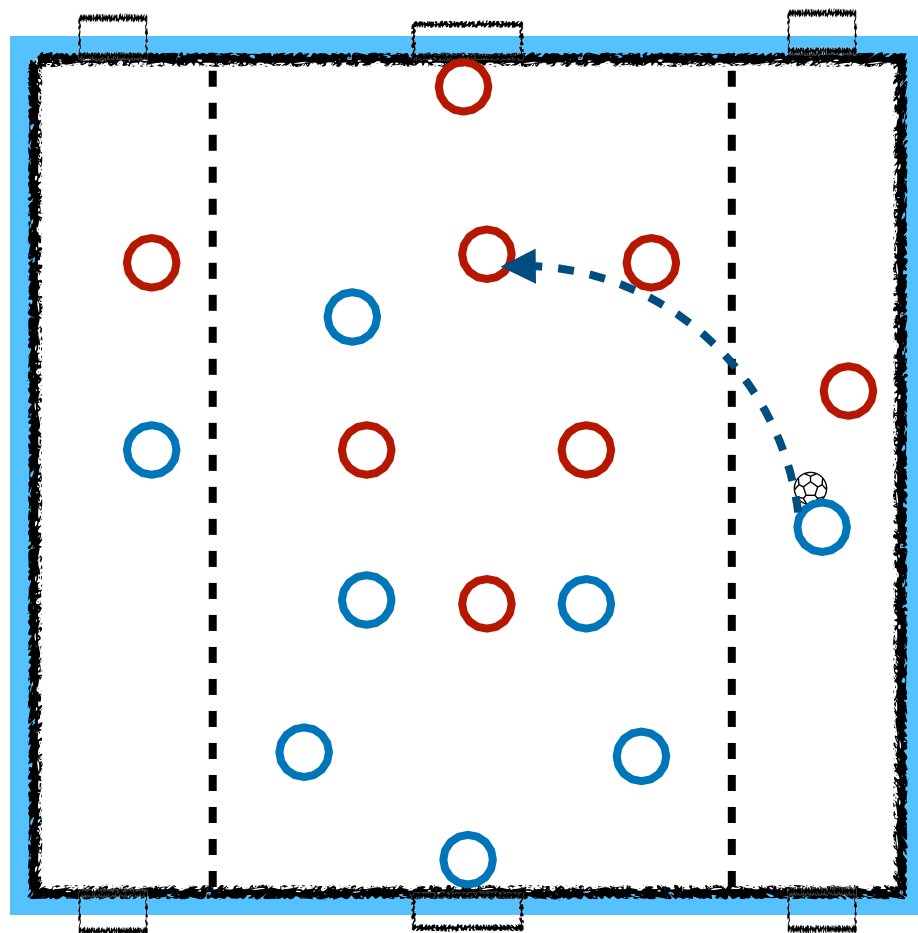
Coaching Detail

- Encourage the wide player to make decision dependent on the picture they see, do they need to pass inside and work in behind the opponent, or can they cross in tot he box and create a goal scoring opportunity

Progression

- Make wide areas unopposed to ensure there is crossing quality
- Manipulate the point scoring system to ensure you can have an influence in the players outcomes.

“Using Wide Players to Finish ”



Players 16	Space 35x45	Goals 6
Work 480	Rest 60	Blocks 5
Total 45 Mins		



3 Team Grid Game

“Develop Players Confident In Splitting the Opponents Lines”

Setup

This is a slightly more complex passing practice that involves the use of a longer pass, a set and a controlled weighted pass. The practice starts by the first player setting the ball for the long pass, which is then set first time, to a team mate who threads a pass for a runner to run on to and pass in to the far end where this is set for another green to run on to and pass the ball to the opposite green, who sets it to the next green, who plays the ball through to the blue who passes it back to the start

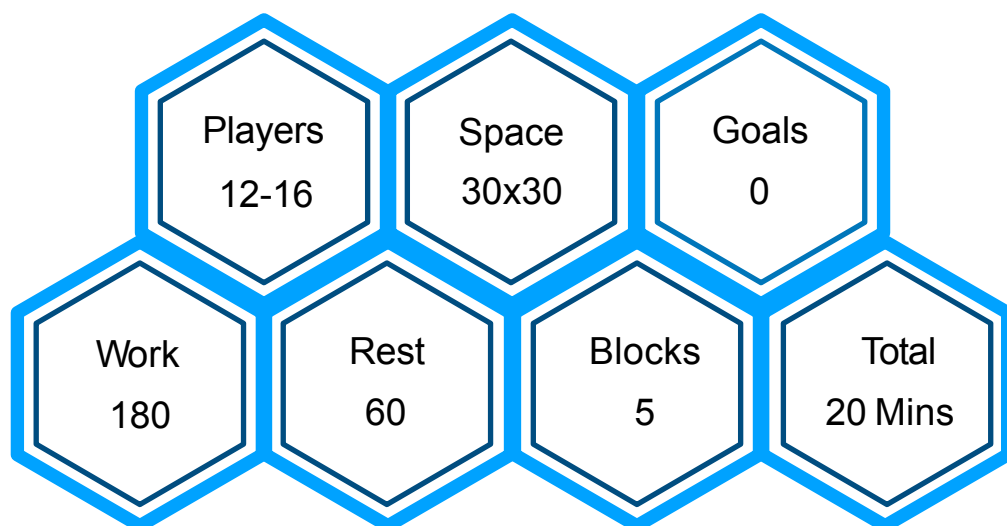
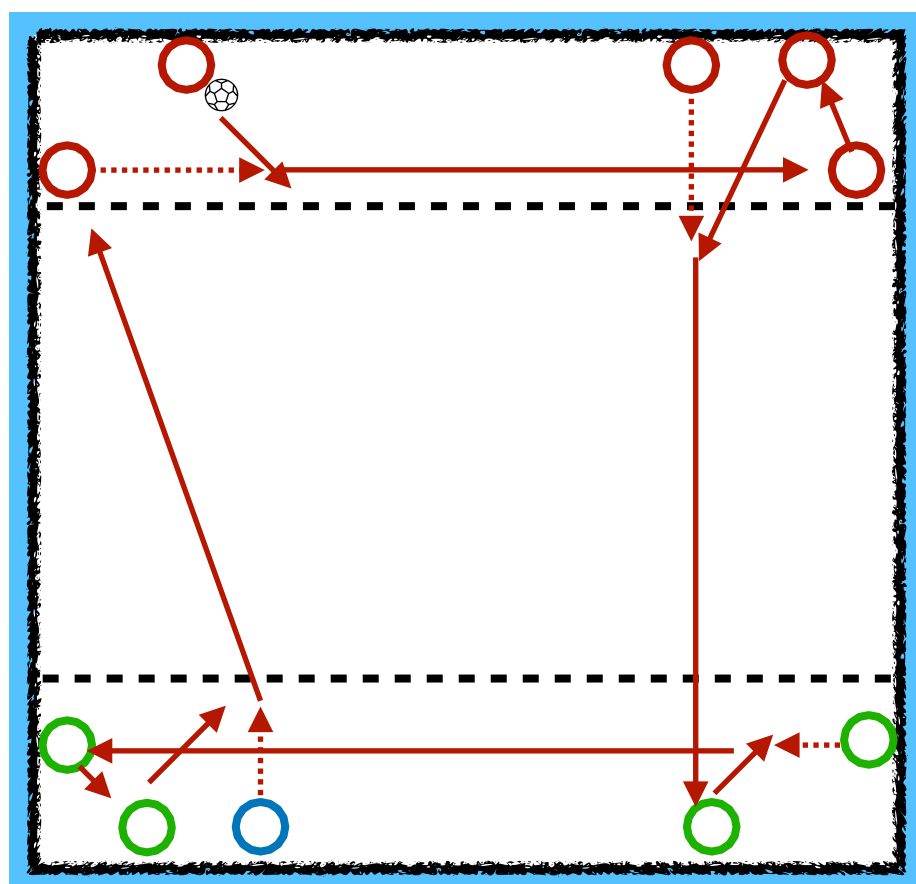
Coaching Detail

- Can players practice reverse passes, where they look down the line at a straight pass, and then reversing the ball across the body to a team mate in space
- Can we look to control the weight of the pass when setting the ball to a team mate

Progression

- You can manipulate the rotation to maybe have specific players who play in the same unit to combine and move the ball to the next zone

“Value The Forward Pass”



Diamond Possession Game

“Develop Players Confident Enough To Pass Forward”

Setup

This session is build around the combination within a 4v4 with 4 support players in the 4 corners of the pitch, the space is quite compact, playing within a 25x25 yard space, with the 4 corners coned of to make a tighter central space.

Outside players are restricted to one touch to encourage the central players to make instinctive runs in behind the opponent. The outside players touched can be manipulated to ensure the outcomes are consistent with what the coach requires

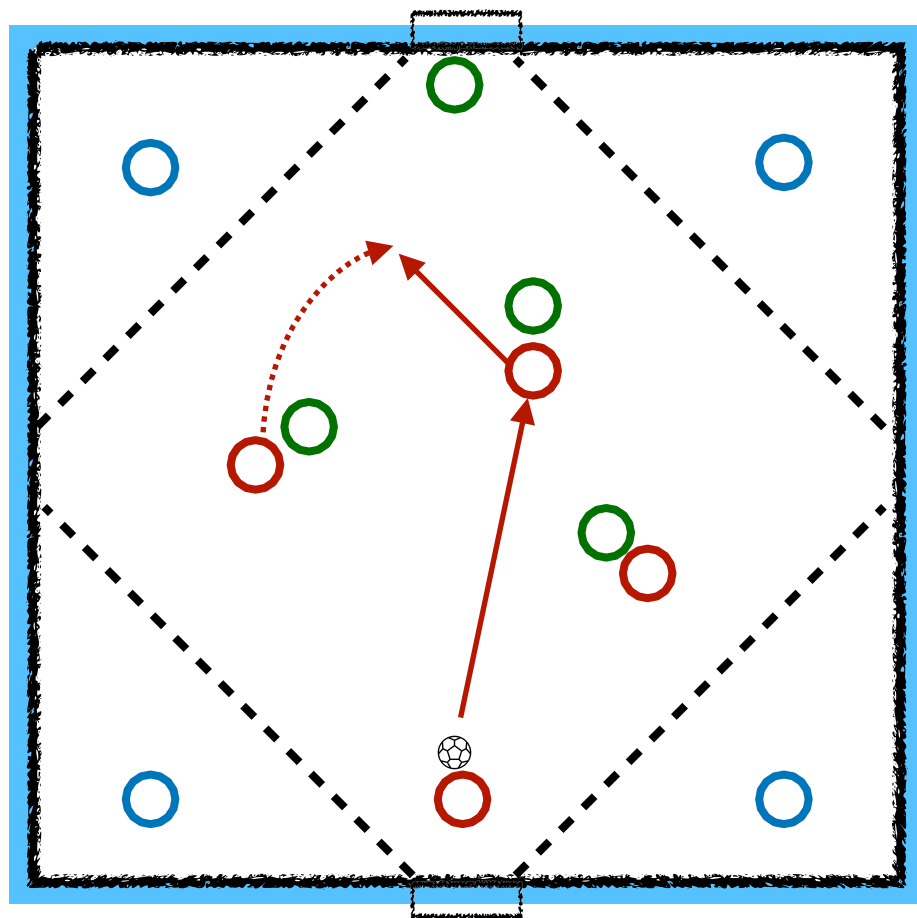
Coaching Detail

- Encourage central player to break the box, can they play passes wide and then turn with pace to run in behind the opponent, this pass and move philosophy will be key within this small training game.

Progression

- Manipulate the outside players available touches
- Increase the length of practice to ensure physical returns.

“Play Through The Opponent”



Players 12-14	Space 25x25	Goals 2
Work 300	Rest 60	Blocks 5
Total 30 Mins		



Crossing And Finishing

“Finishing First Time From A Realistic Cross”

Setup

The setup to this practice is very simple it takes place in around one penalty area with the ball starting on the right hand side, where a bounce pass occurs between player 1 and 2 before player 1 receives possession as number 3 before playing out to number 4 who slips the ball down the channel for number 5 to cross, the cross is then met by a run by number 2 who completes the action of number 6 completing the practice. Players then follow their pass to ensure the practice continues and the challenge changes

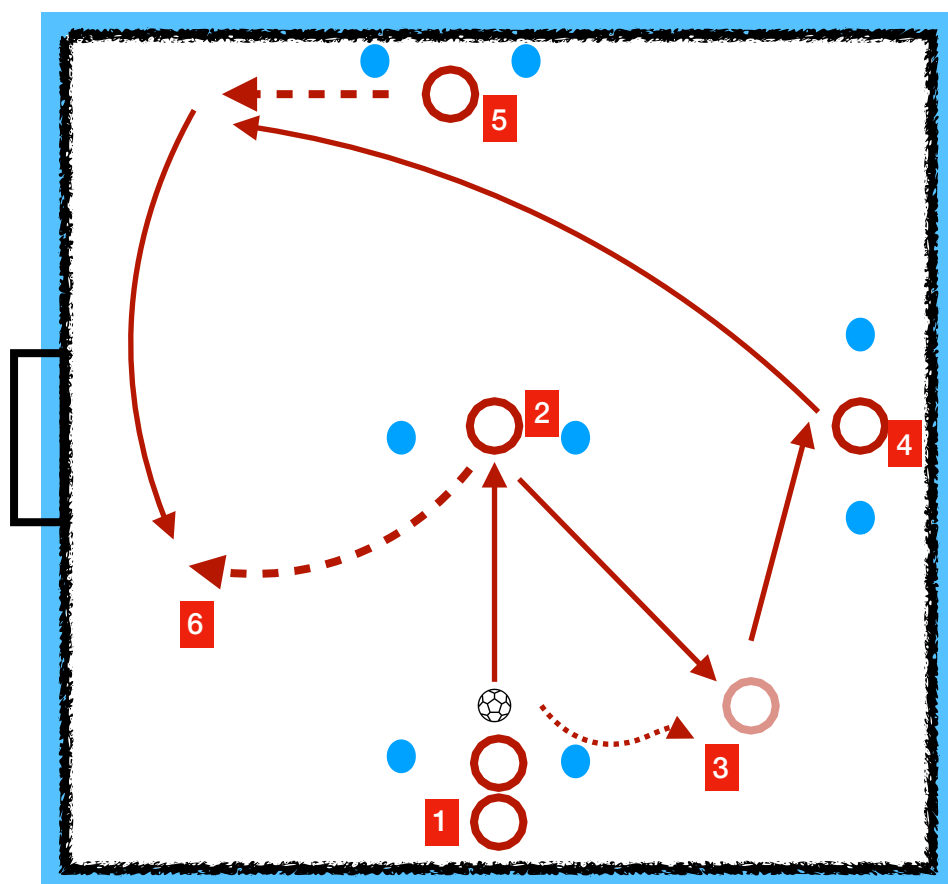
Coaching Detail

- Can players making runs in to the box, time their runs to ensure they break in to the box with speed as the ball leaves the wide players foot
- Ensure the passing is with realism and the passes are firmly struck to ensure realism.

Progression

- To ensure that the patterns are realistic, the movements should only be changed to suit your specific style of play

“First Time Finishes Are KEY”



Players 8	Space 30x45	Goals 1
Work 240	Rest 30	Blocks 7
Total 31.5 Mins		



Defending When Overloaded

“A Moment of the Game With So much Importance, Yet Little Focus”

Setup

An easy to use adapted 1v1 session to create situations where we can defend overloaded, the session is very simple it starts with the central blue, taking a touch and shooting, as he does this the two reds break out to create a 1v2, when this practice breaks down, the 2 blues break out to create a 2v3, and then more reds break out to create 3v4, so the defending team are always overloaded. The lines on the practice are for the reference of both players, trying to delay the opponent and keep them high and away from the goal

Coaching Detail

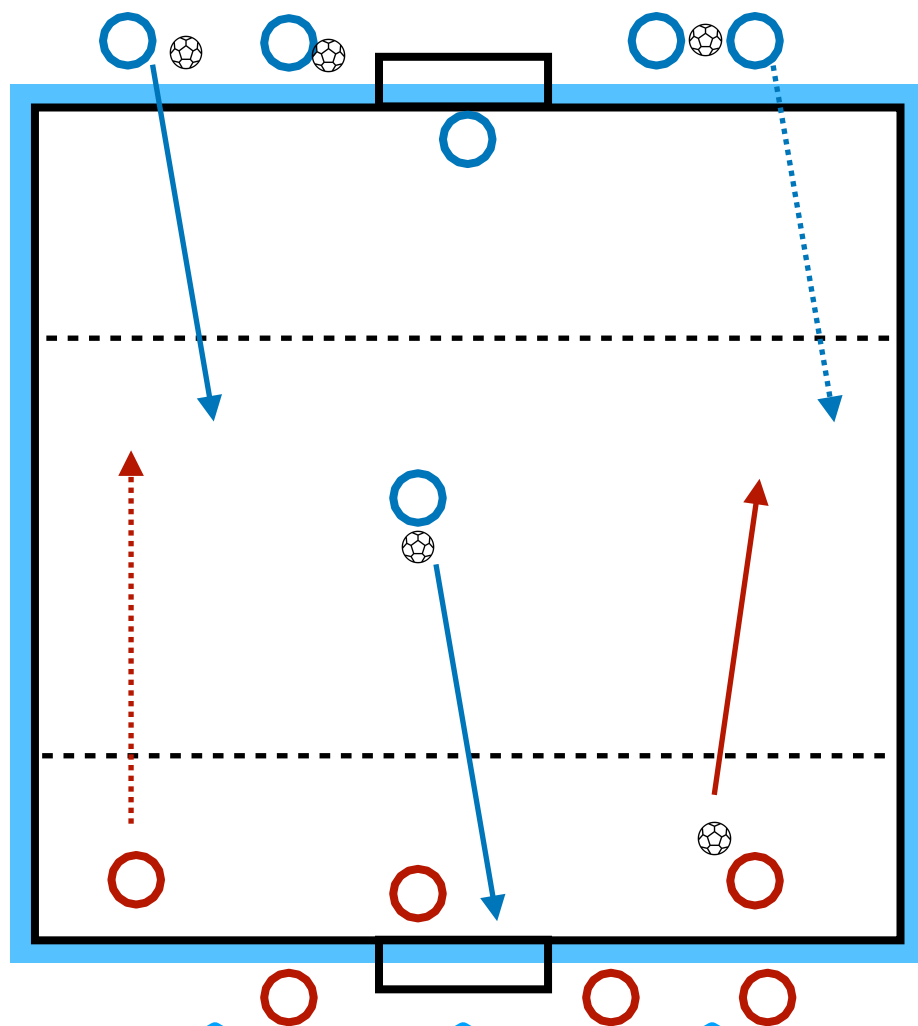
- Encourage players to force the players in to the widest areas, then use their body position to cut show the opponent in to the wide area and prevent them using their team mate

Progression

- Manipulate the numbers to create more realistic situations such as 2v4 break aways.



“Defend The Goal At All Costs”



Players 14	Space 40x30	Goals 2	
Work 180	Rest 60	Blocks 7	Total 28 Mins

3v3 High Pressing Session

“Pressing High Within A Highly Transitional Pressing Practice”

Setup

A Very easy to use session for developing the pressing behaviors we aspire to see in our players. The practice involves 3v3's with a consistent transition where the reds break out and then the blues transition out of the top end and press as high as they can to try and win possession, and score in one of the three attacking goals at the top end of the practice, the area is 30 yards Wide and 25 yards long allowing width but limiting depth within the practice.

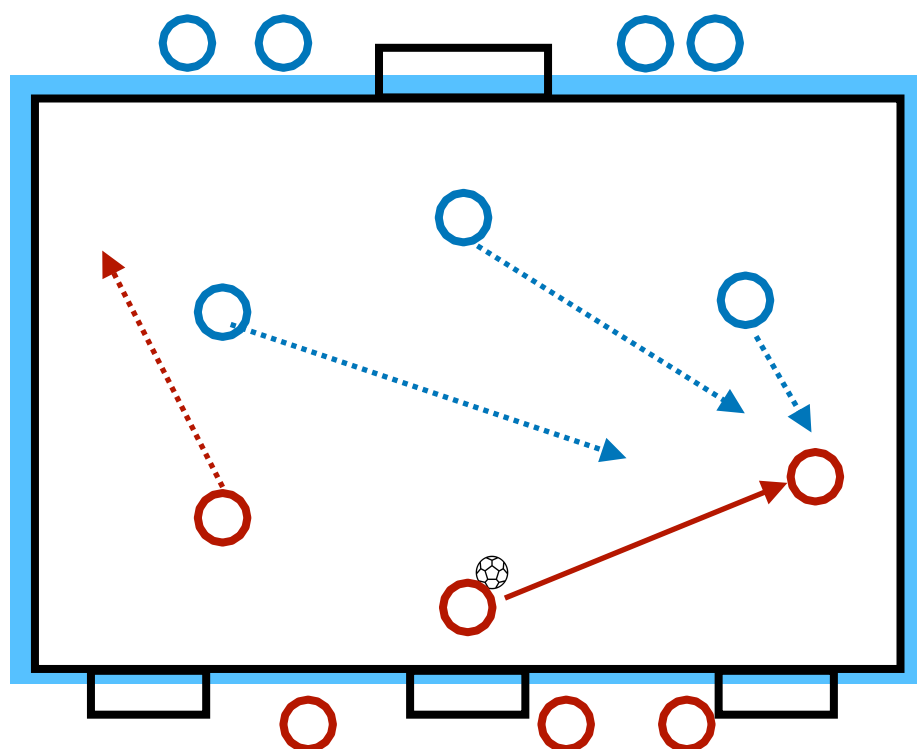
Coaching Detail

- Can the first player apply pressure to the ball and force the opponent in to one area of the pitch, can the play be kept wide and then the secondary player provide pressure blocking the passing lane

Progression

- Create the session as a 4v4 to challenge the players to work in units they may be common with in game situations.

“Pressing Is Not An Option It Is A Behavior”



Players 14	Space 30x25	Goals 4
Work 240	Rest 60	Blocks 5
Total 25 Mins		



1v1 Defending - Keep Play Outside

“ A Very Simple Practice to Rewards Players For showing Players Outside And Away From Goal”

Setup

This practice is a simple way to demonstrate the skills needed to defend in 1v1 situations, it takes place within a 25x15 yard space, the outside red players plays a pass in to the blue who drives in to the space and looks to attack the goal to the right but can try and beat the opponent on the inside, the reward is for the defender to show the opponent down the line and keep the attacker away from the centre of the pitch where we are most vulnerable to be attacked and more likely to concede

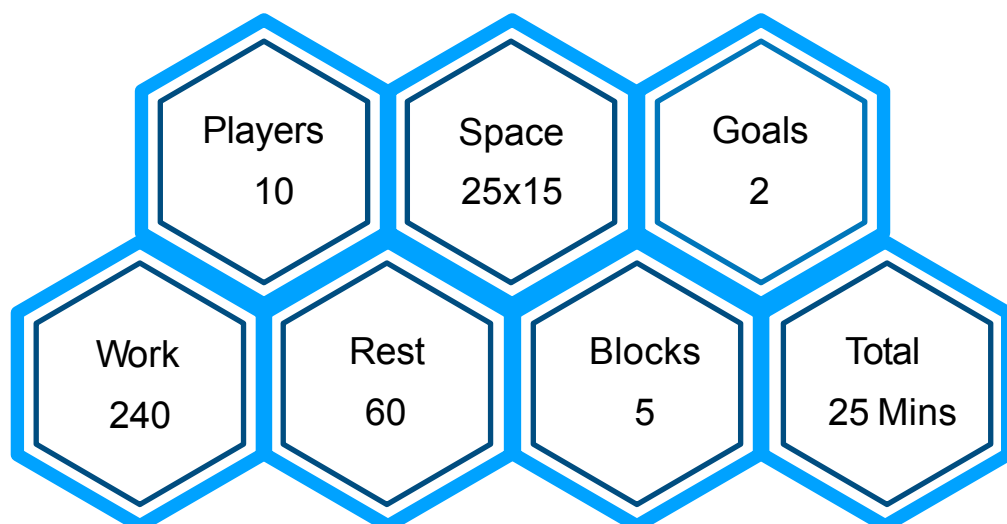
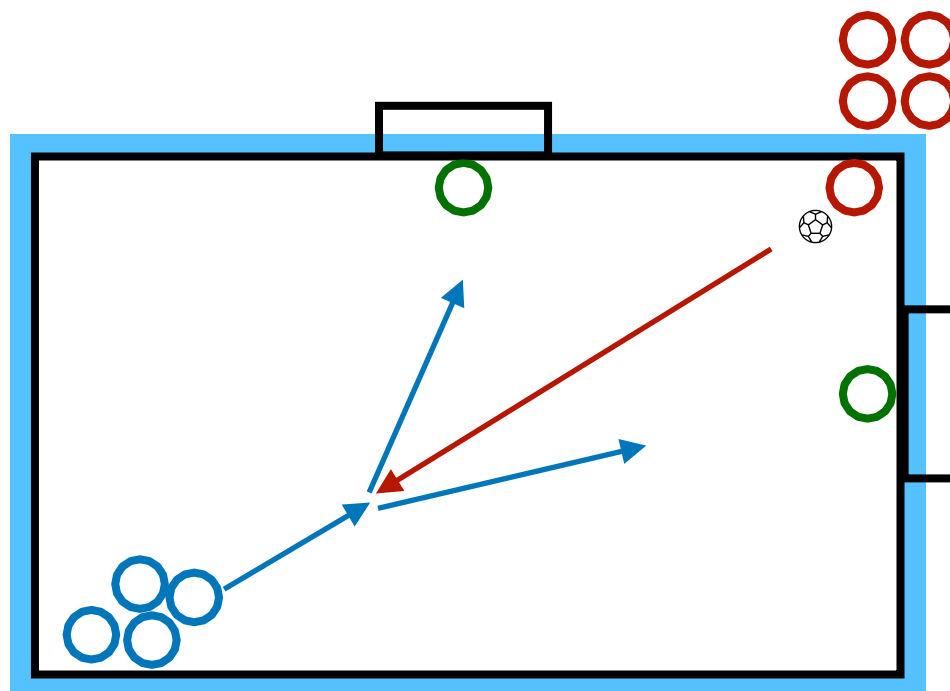
Coaching Detail

- Encourage the centre back to move quickly towards the defender, slowing as he arrives, giving him enough time slow his body down and show the opponent to the wide area and then use the touchline as the second defender

Progression

- Create a 2v1 situation where the defense needs to defend overloaded by the opponent
- Switch the practice around so that the defenders are now working on the other foot, which negates any left or right foot bias.

TEMPLATE



Playing Out / In To Wide Areas

“Playing out From The Back Is Only Useful Is The Strategy Allows you To Enter The Final Third In a Position of Strength”

Setup

Playing out from the back is a key element of this session looking to use the box to attract pressure from pressing players and then find the spare player to find a way out, the movement from the 3 just outside the box is key In creating passing opportunities to play forward, 8v8+2 outside player session is played in one half of a relevant sized pitch with the reds setup within a 4-3-3 formation with the number 9 missing

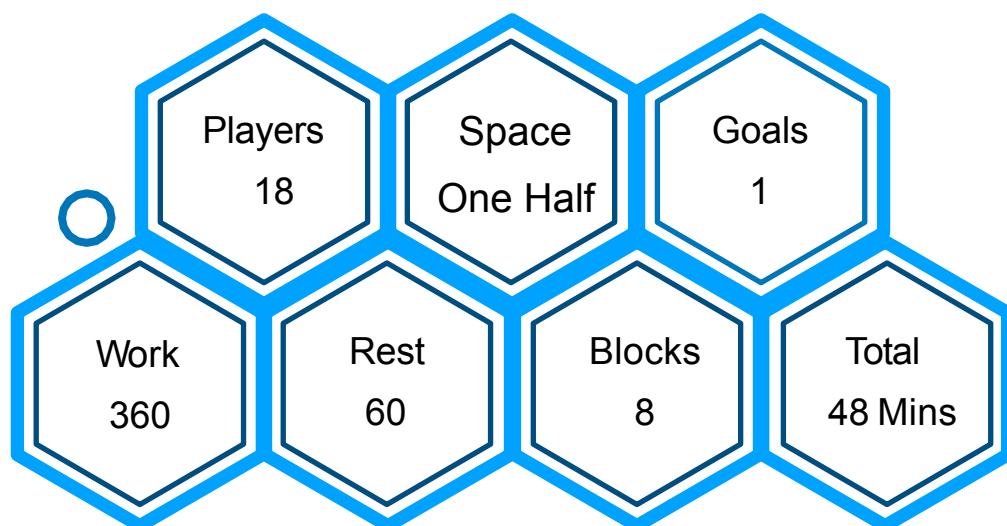
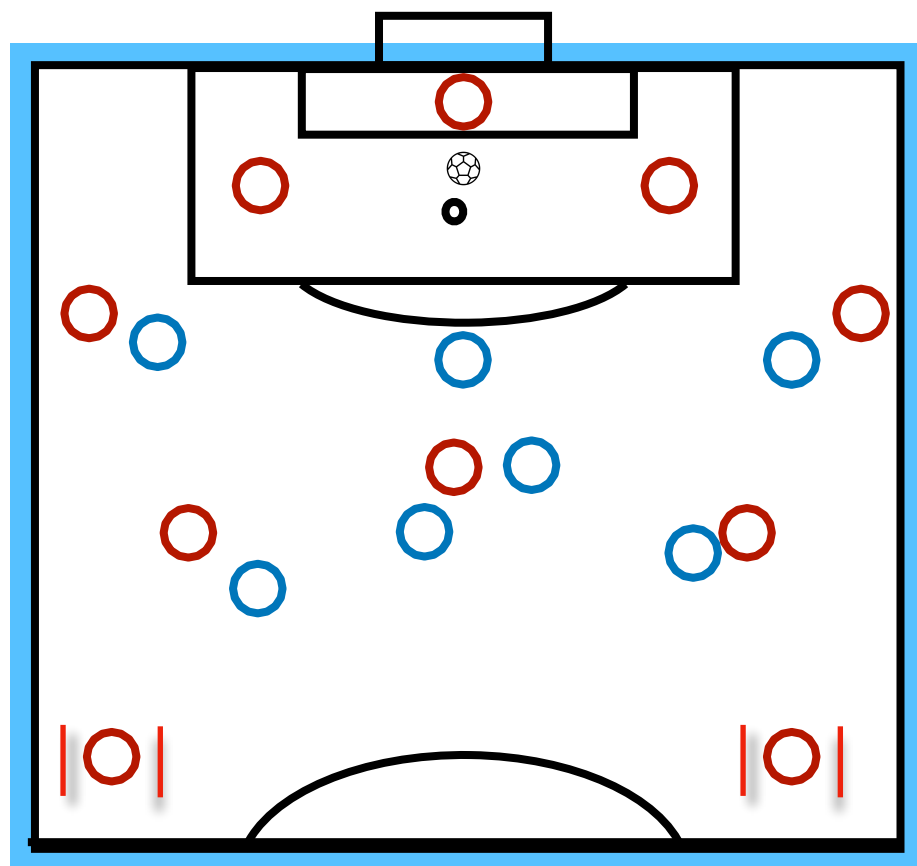
Coaching Detail

- Ensure players optimize the penalty box to create the time on the ball to gain possession of the ball
- Once the ball is in play the movement is key off the ball to ensure that the ball can move to the next line and move through the opponent

Progression

- In order to progress this session the 9 can be added to create an 11v11 situation
- The use of a smaller penalty box can also try and encourage quicker decision making

“Movement Is Key”



Swansea City Passing Practice

“Playing Through a System, Develop an Understanding”

Setup

A Very commonly used first team training exercise from Swansea City / Also used by The Wales national Team in previous years, The passing sequence starts with the bottom to players and they then pass simultaneously in to the midfield players who pass it on to the next player and then to the end player before the ball is then passed down the line to the opposite starting players and the practice starts again with players following their pass each time

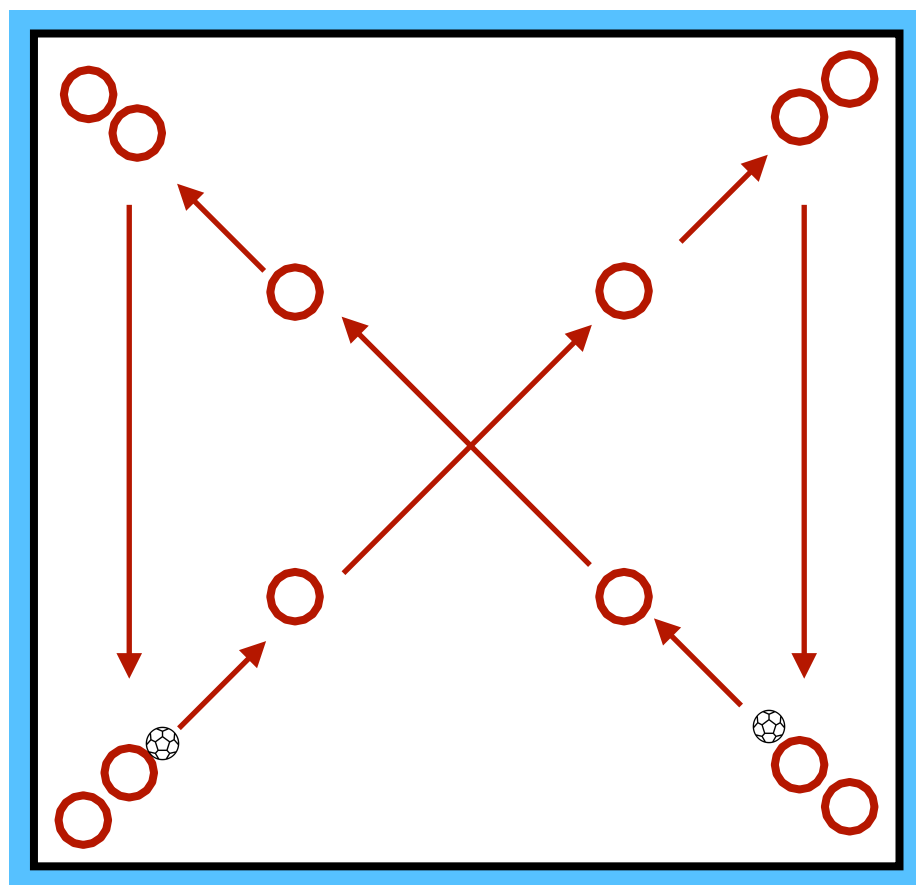
Coaching Detail

- Ensure that players are opening up in the opposite direction so if the first player peels left to receive, the next player must do the other way to make sure we are always receiving with an open body

Progression

- A simple progression to this is to make the first player pass to the second midfield player who is setup as the second midfield player, who bounces the pass back to the first midfield player, before going long to the outside player.

“Train The Way You Play”



	Players 12	Space 30x30	Goals 0
	Work 180	Rest 60	Blocks 5
			Total 20 Mins



Back To Back Goal Game

“Switch Play To Play Through And Finish”

Setup

A very unusual shaped practice, within a 40 yard diameter circle, play is 4v4 on one Half with a 1v1 on the other side, the team in possession will look to play through the opponent and score, if the team out of possession win possession back they will look to transfer the ball to the other half and finish, whilst this occurs 3 team mates will trade sides to ensure that the practice still exists in a 4v4 on one side and a 1v1 on the other side as the practice requires.

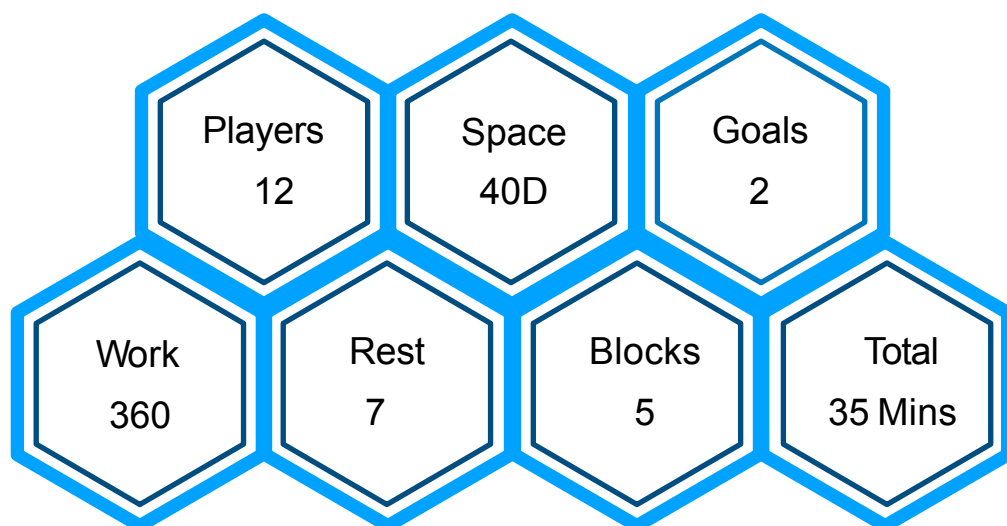
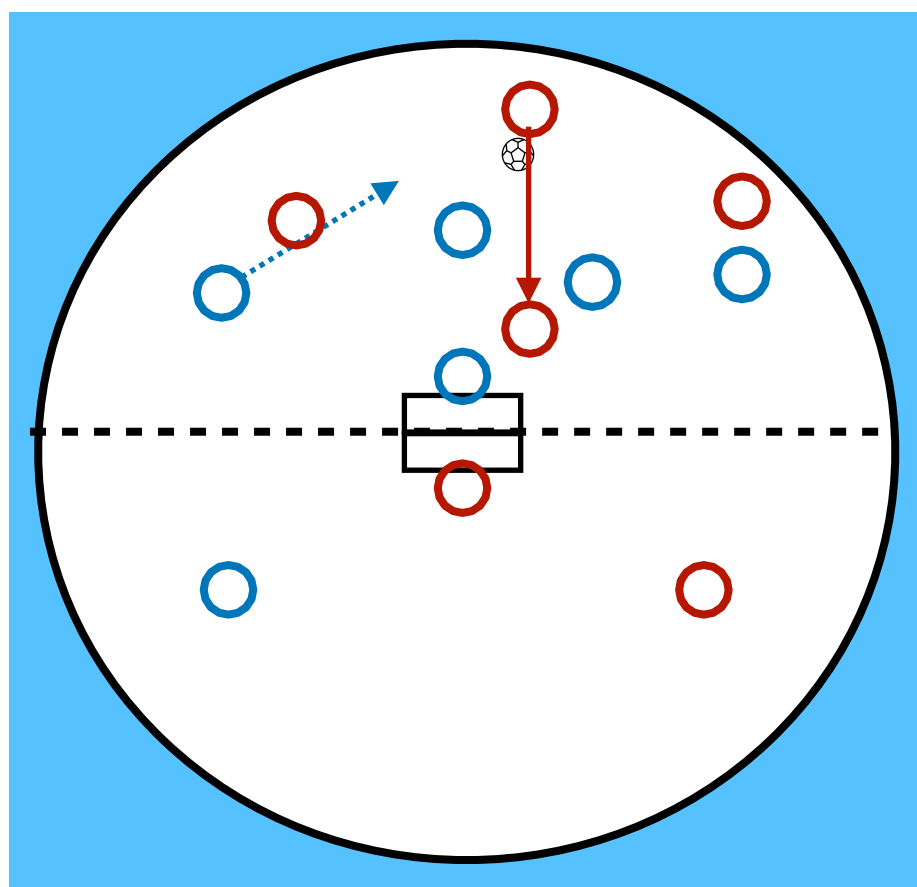
Coaching Detail

- Can players play in to attacking players to finish, quickly. Can they use the unusual space and understand the importance of moving the ball quickly

Progression

- Allow the practice to develop as a 3v3 on one side and 2v2 on the side
- Make goalkeepers neutral so that practice is fluid and either team can score in either side

“Switch Play To Play Through”



Playing Through A Midfield 3

“Develop an understanding of how to play within a midfield 3”

Setup

A Great session to develop an understanding in players of how to play within a midfield 3, the session involving 18 players in perfect for developing the rotation within the central area whilst play occurs within a 5v5 on the outside, reward goals in which midfield players are able to combine centrally and then play in to the attacking players. Session occurs within a 40x40 area.

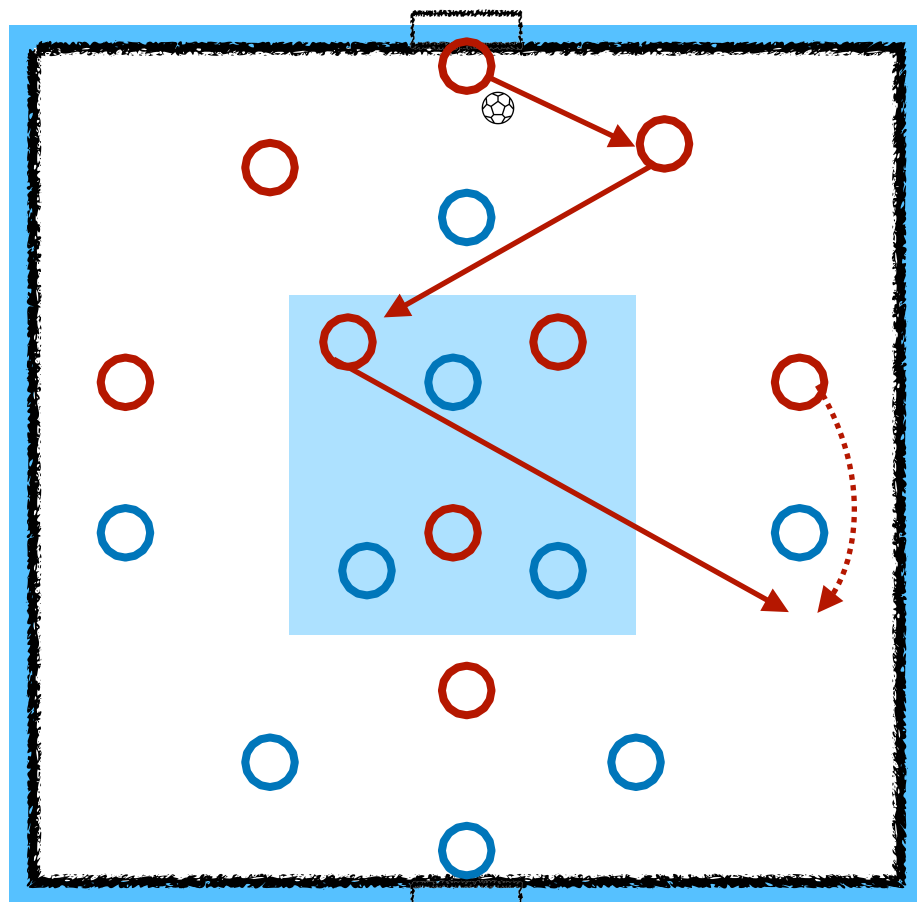
Coaching Detail

- Encourage simple rotations to create space in central areas, can the 10 (highest midfield player) drop deep to receive in space, bounce a pass to a deeper midfield player before receiving in behind
- Can the centre back find the furthest wide midfielder so the pass is diagonal before sliding a pass in behind the opponents wide player (As shown)

Progression

- Manipulate the box size to challenge midfield players.
- Manipulate the rules as to allowing players leave the central area to join the attack

“Rotate To Move The Opponent”



Attacking In The Final Third

“Penetrating in the Final Third”

Setup

- Set Up;
- 70/80 x 50 yard area – 8v8 -
- 16 players
- 1-2-3-2 = orange (coaching team)
- 1-3-3-1 = (opposing team)

START POSITION?: (if needed)
 Player in middle of pitch (black) tries to play into striker

PRACTICE 2: - Set Up;

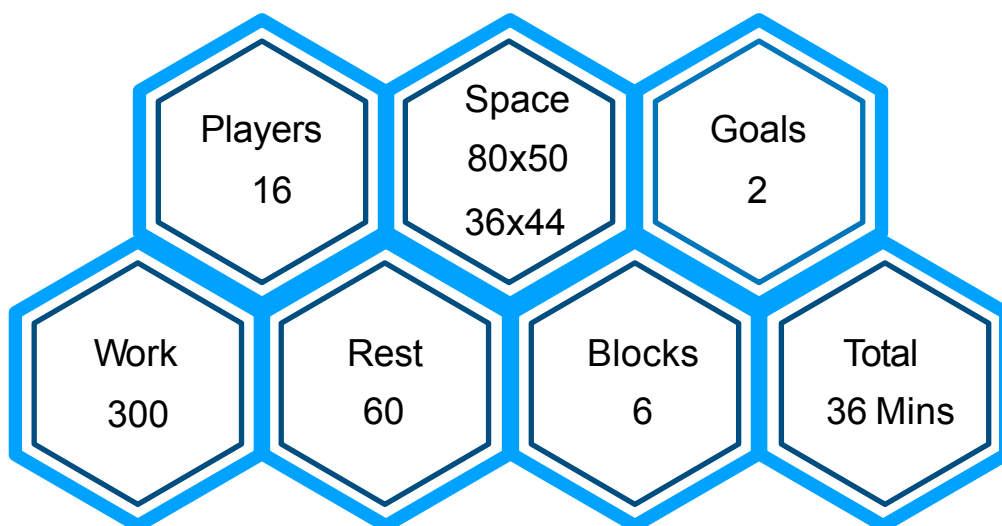
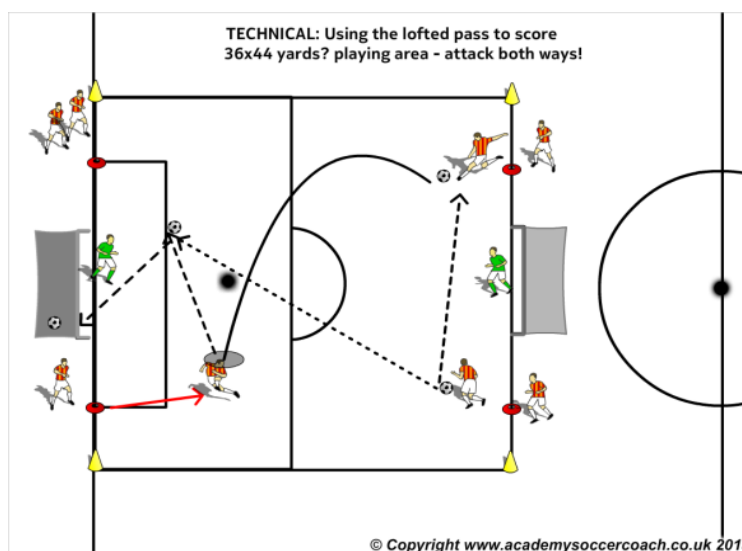
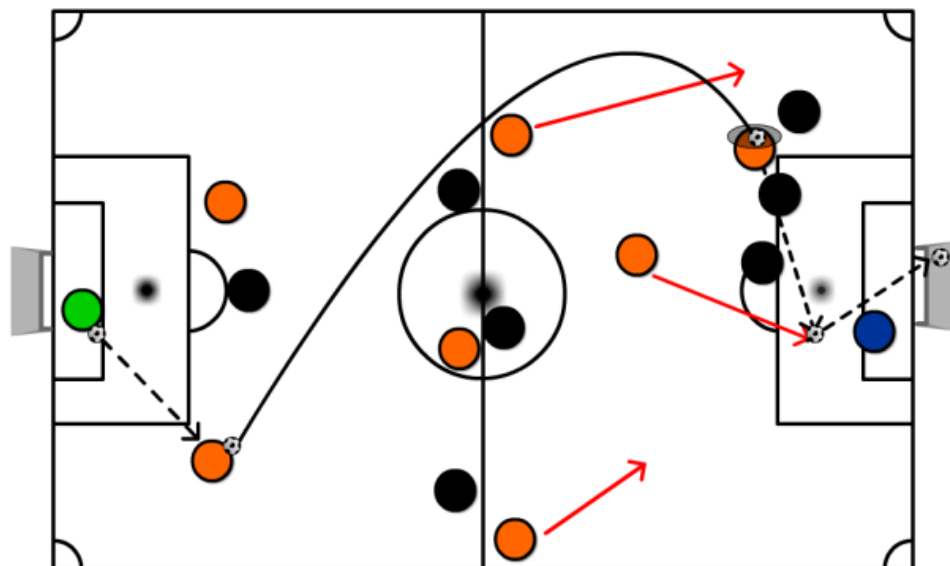
36 x 44 yard area – 16 players
 (Details below)

3 players involved to start
 1st player passes across, 2nd player sets himself for the long ball delivered into 3rd player.
 3rd player tries to head ball down whilst 2nd player is moving towards the ball when in the air. 2nd player takes one touch then tries to finish into the GK bottom right corner (As illustrated on diagram). Practice re-starts from the other side.

Coaches can add in defenders as well as various rules/conditions.

Progression

- 1. Creating space – individual and team dispersal
- 2. First touch – touch direction to set up for long ball
- 3. Other players movement i.e. ST/CMs to drag defenders away to make the space available
- 4. Timed reaction of supporting players when / where to attack the space in ball relation
- 5. The correct contact on ball for touch and the selection of shot – shoot across GK



Switching to Create Space

“Develop an understanding of how to play within a midfield 3”

Setup

A Great session to develop an understanding in players of how to play within a midfield 3, the session involving 18 players in perfect for developing the rotation within the central area whilst play occurs within a 5v5 on the outside, reward goals in which midfield players are able to combine centrally and then play in to the attacking players. Session occurs within a 40x40 area.

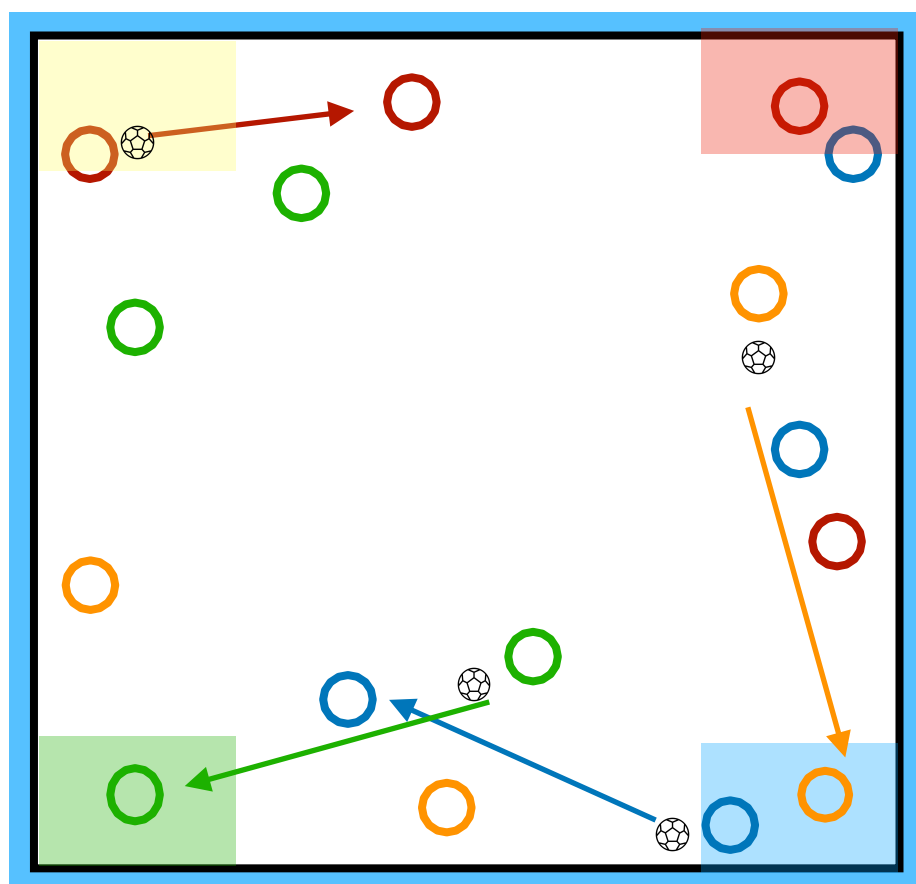
Coaching Detail

- Encourage simple rotations to create space in central areas, can the 10 (highest midfield player) drop deep to receive in space, bounce a pass to a deeper midfield player before receiving in behind
- Can the centre back find the furthest wide midfielder so the pass is diagonal before sliding a pass in behind the opponents wide player (As shown)

Progression

- Manipulate the box size to challenge midfield players.
- Manipulate the rules as to allowing players leave the central area to join the attack

“Rotate To Move The Opponent”



Players 18	Space 40x40	Goals 2
Work 300	Rest 60	Blocks 6
Total 36 Mins		



Switching Play To Dominate 1v1

“Demonstrate the skill set to switch play, then dominate the opponent”

Setup

A very easy to use session with a 1v1 in each wide areas with a goal at each end to allow for the 1v1 to have an outcome, a rondo occurs within the central area, and players can only use the 1v1 when play has switched from one side of the practice to the other in total the practice is a 5v6 overload, the space is key 21 yards wide 15 deep, with 2 7 yard wide areas to set apart on each side.

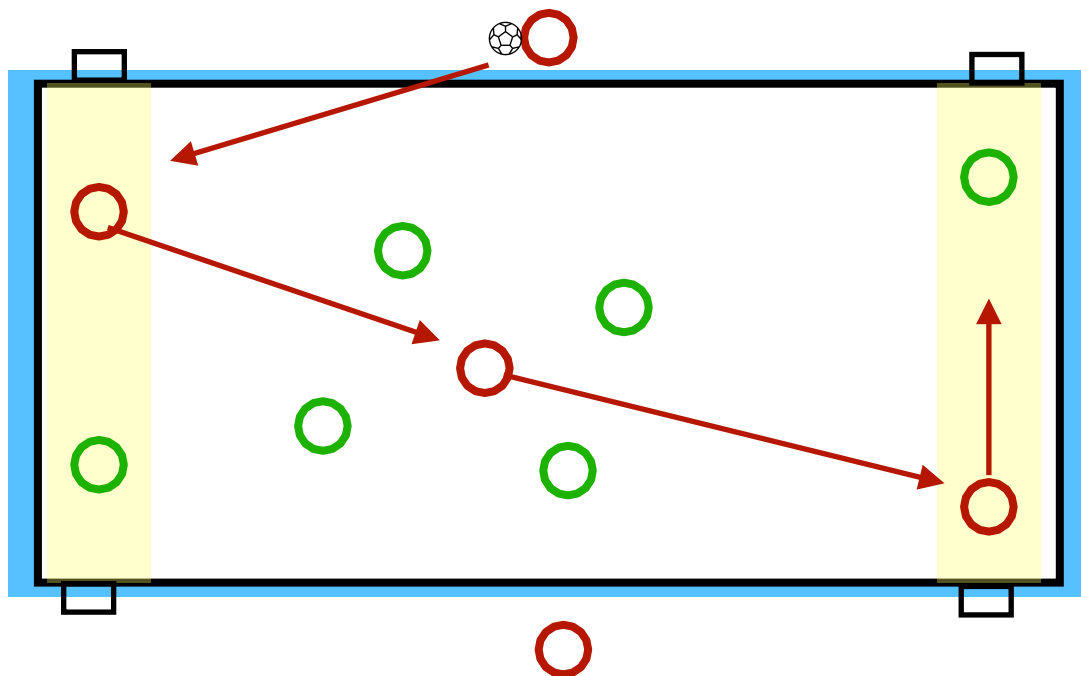
Coaching Detail

- Encourage movement of the ball to ensure the ball is moved from team mate to team mate playing through opponent lines
- Can central players look to create angles to ensure passes are never received on a straight line, and that angles are consistently created

Progression

- Manipulate the size to adjust the challenge
- Manipulate the practice by simplifying it and taking the 1v1 away and adding 2 outside players

“Switching to Play Through The Strong Side”



Players 11	Space 35x15	Goals 2
Work 300	Rest 60	Blocks 6
Total 36 Mins		



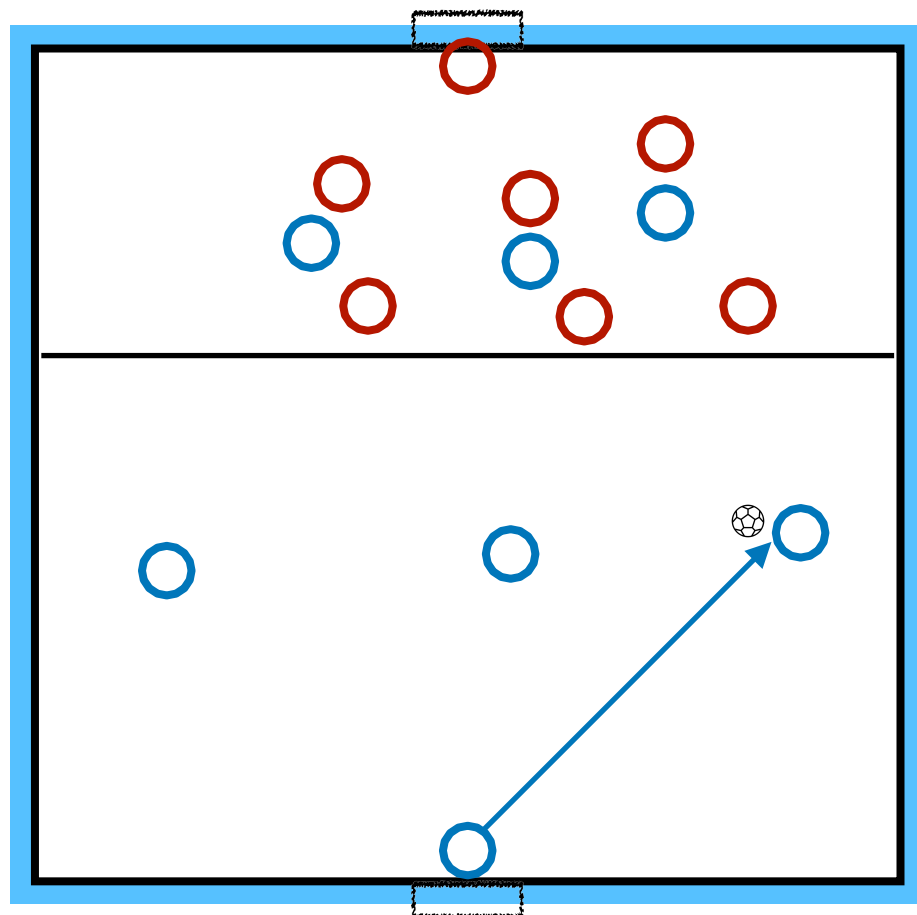
Unlock The Block

“Develop the Creativity and Patience to unlock the Block”

Setup

A session observed in late 2018, delivered by psychologists with the intention of creating creative minded players who are brave enough within their environment to find ways to break the opponents block. The session takes place within a 40x40 space with a line 25 yards deep, then forcing the team out of possession to drop behind the retreat line to create a deep block and defend from this point

“Rotate To Move The Opponent”



Coaching Detail

- Encourage players to be creative in 1v1 situations both in and out of possession
- Can the team in possession use all 5 lanes of the pitch to ensure that the team out of possession finds it difficult to defend and 1v1 situations are created.

Progression

- Manipulate the defensive line to effect the amount of space the attacking team has
- Reward the team out of possession when they are able to counter-attack



3 Pair Rondo

“ A Session Built and Pressing And Covering ”

Setup

A Session first viewed with first team players one early 2019, the session teaches players how to press and how to cover the first player, this is key information to give to the first and second defender when defending, the first player can join the end grid i.e. one green can join the blues, the second green is challenged to block the passing lane and cover his team mate, if the greens win possession, the team who give the ball away rotate

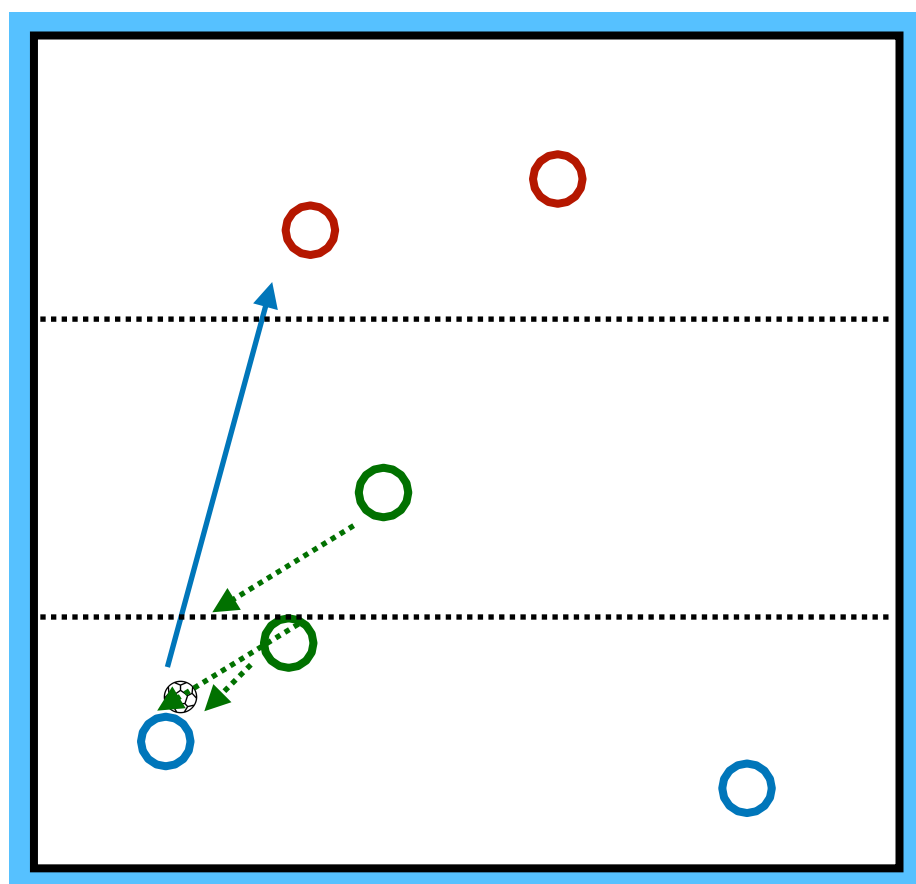
Coaching Detail

- Encourage the first player to press the ball and force it wide to make the second defenders job easier
- Forcing play wide is a key element of defending and this must be enforced within the session

Progression

- This session can be performed with 3 groups of 3.
- The session space can be changed to work more accurately with each training day

“Cover and Balance Are Key To Defending”



5v2 Competitive Rondo

“ A Session Built On Hard Work and Communication ”

Setup

This was observed at the Beckham Academy, the session is low in technical and tactical detail and higher in competitive and social elements, this involves 4 squares and a 5v2 in each square, the team in possession must look to make 4 passes before they can move square, it is the first team to complete a 4 string pass before returning to their original square. The winners are the first team back

Coaching Detail

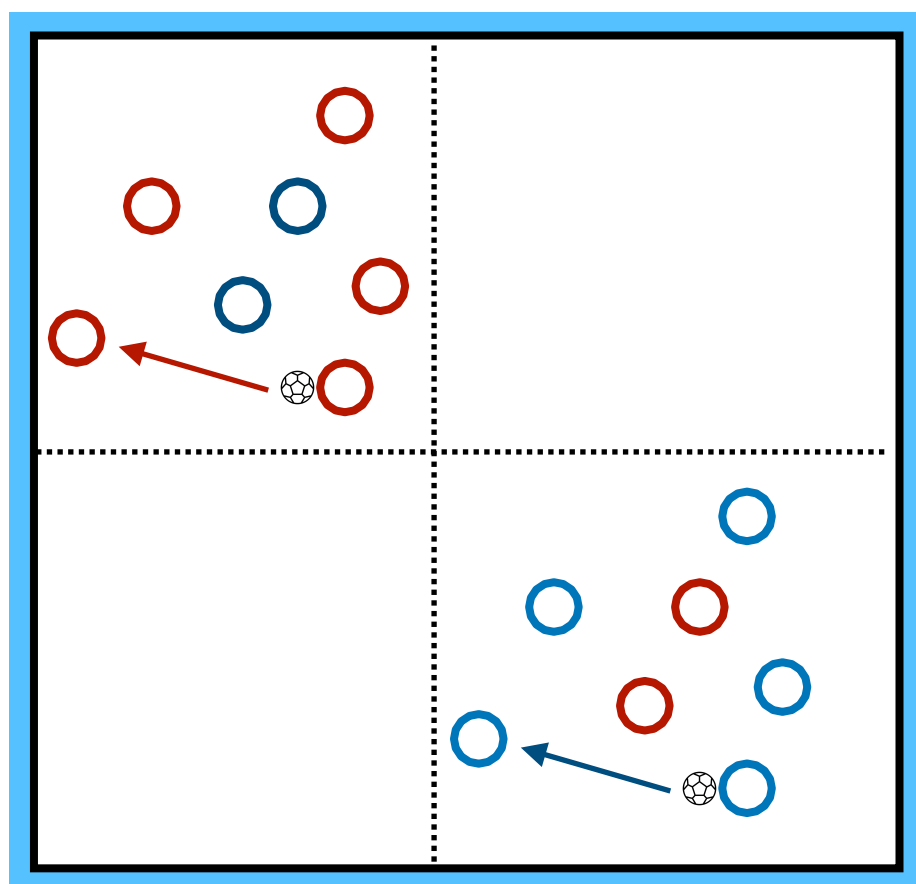
- Coaches should not feel to much pressure to coach during this session
- The coach should be seen as the safe keeper of the environment for this session and enforce the complete and hard working environment

Progression

- To progress this the numbers can be manipulated to create 6v3 etc
- The players out of possession can also be forced to change 1 player each time to add a further social element



“Encourage Competence Under Competition ”



8v8 Grid Combinations

“Play Through the Grids To Open The Opponent”

Setup

An easy to use session built around attacking combinations. The goalkeeper looks to play in to an overloaded situation of 2v1 before looking to play in to either the central two grids that are 2v2 or the wide area that is 1v1 before playing in to the final zone, where the team in possession is overloaded 2v1, however once the 9 has touched the ball, the team in possession can support the attacking player and create the attacking overload.

Coaching Detail

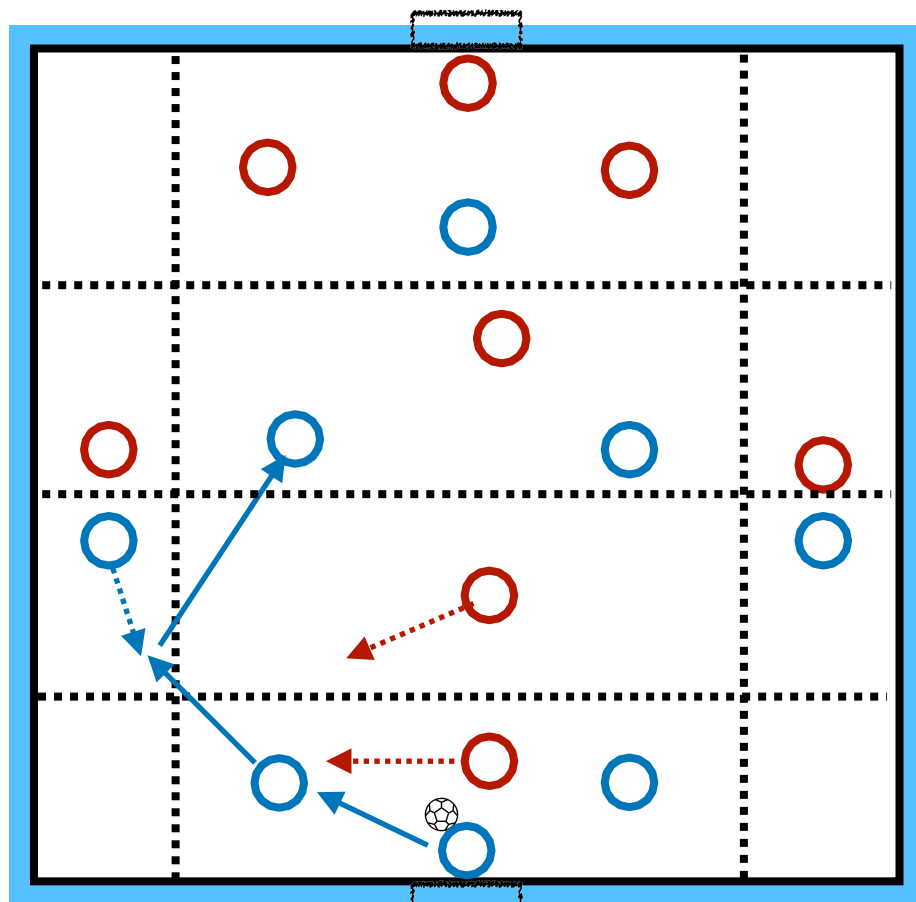
- Develop players capable of understanding how to create movements to receive possession of the ball
- Can the individual time their movement to get in behind the opponent or move the opponent to allow a team mate to penetrate the opponent

Progression

- Manipulate the requirements in each grid, this can force players to play specific ways
- Changes the size of each grid.



“Combine Quickly To Create Space”



Players 16	Space 50x30	Goals 2
Work 360	Rest 60	Blocks 6
Total 42 Mins		

Playing Through The Middle Man

“Manipulate the opponent to play through them”

Setup

A Very well used rondo to develop positional understanding for wide players and how their position changes, as the ball moves. The practice takes places with a 4v2 with a 1v1 in the other half, the team in possession must make 4 passes to be able to switch the ball in to the other half where the 3 attacking players move to create a 4v2 in the other half. The only other way the team can switch the ball is if the central player can turn and play through

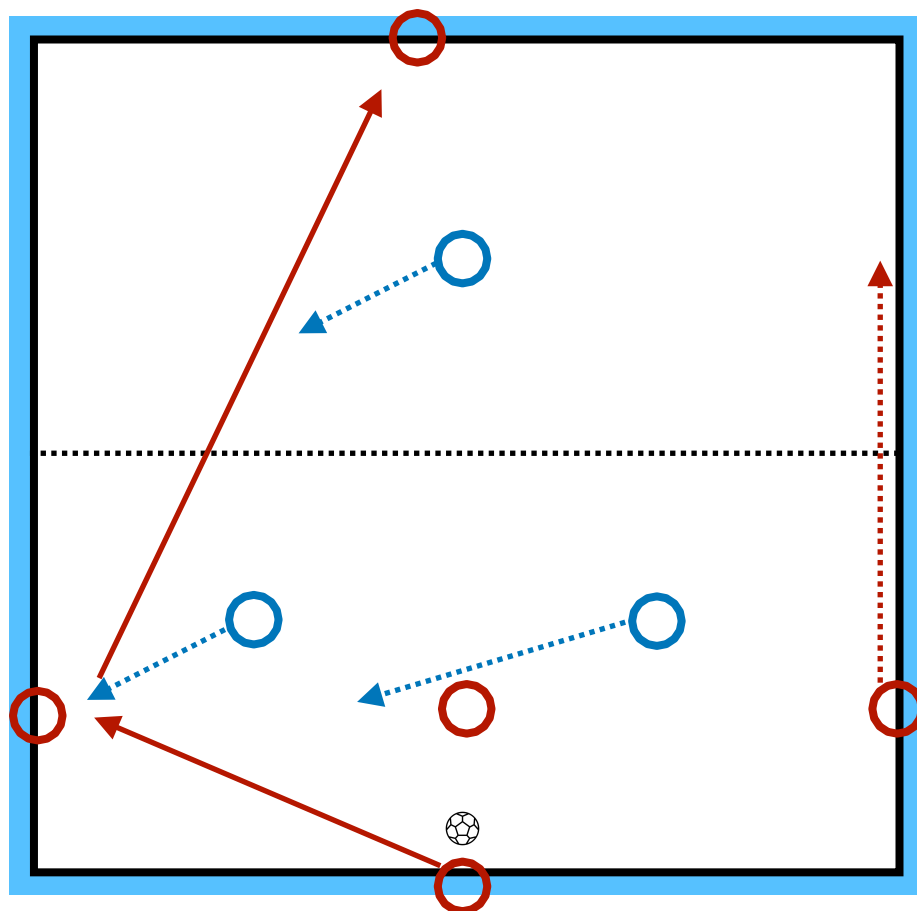
Coaching Detail

- Develop an understanding of the wide players movement, and what is needed to create space and manipulate the opponents position. To allow us to play through central areas.
- Challenge the central player to hold their position and not consistently come short for possession of the ball

Progression

- To progress this session, add an additional defender to increase the challenge.
- Manipulate the space to ensure the challenge is high for the players in possession

“Receive Between The Lines To Play Forward”



Players 8	Space 25x20	Goals 0
Work 240	Rest 60	Blocks 6
Total 30 Mins		



Crossing From Varied Angles

Create The Opportunity For Players To Thread Passes In Behind

Setup

A very well used session to develop an understanding of how to use the wide players in attack, the session is setup with 5v5 in the central area with GK's, with 1v1 in each wide area, the game takes place, and a goal scored in the central zone scores 1 goal, using a wide player and scoring is 5 and the wide player winning the 1v1 and then finishing in the wide goal is 3 points, encouraging the use of wide players to dominate the game, but also encouraging the wide player to dominate the 1v1

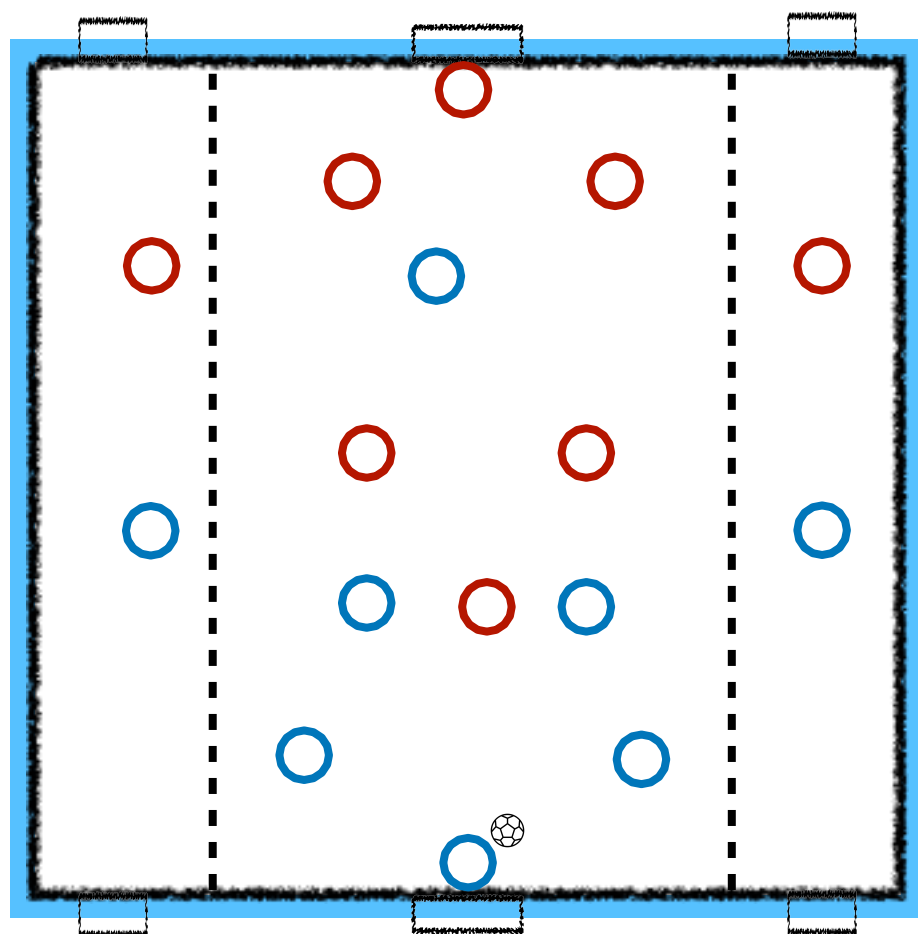
Coaching Detail

- Encourage the wide player to make decision dependent on the picture they see, do they need to pass inside and work in behind the opponent, or can they cross in to the box and create a goal scoring opportunity

Progression

- Make wide areas unopposed to ensure there is crossing quality
- Manipulate the point scoring system to ensure you can have an influence in the players outcomes.

“Using Wide Players to Finish”



Playing Through Pressure

Looking to Play Through The Opponents Press With Confidence

Setup

This is an easy practice to facilitate that offers great opportunity to players to learn the movements required to defend and press in a 3, as well as understand the movements required to play in behind the opponent. The challenge for the team out of possession is to steal possession of the ball and break out in to the small goals on the outside of the practice and score. The session takes place in a 25 yard square, with a 10 yard central square within that practice, both teams must have 1 player in the central zone

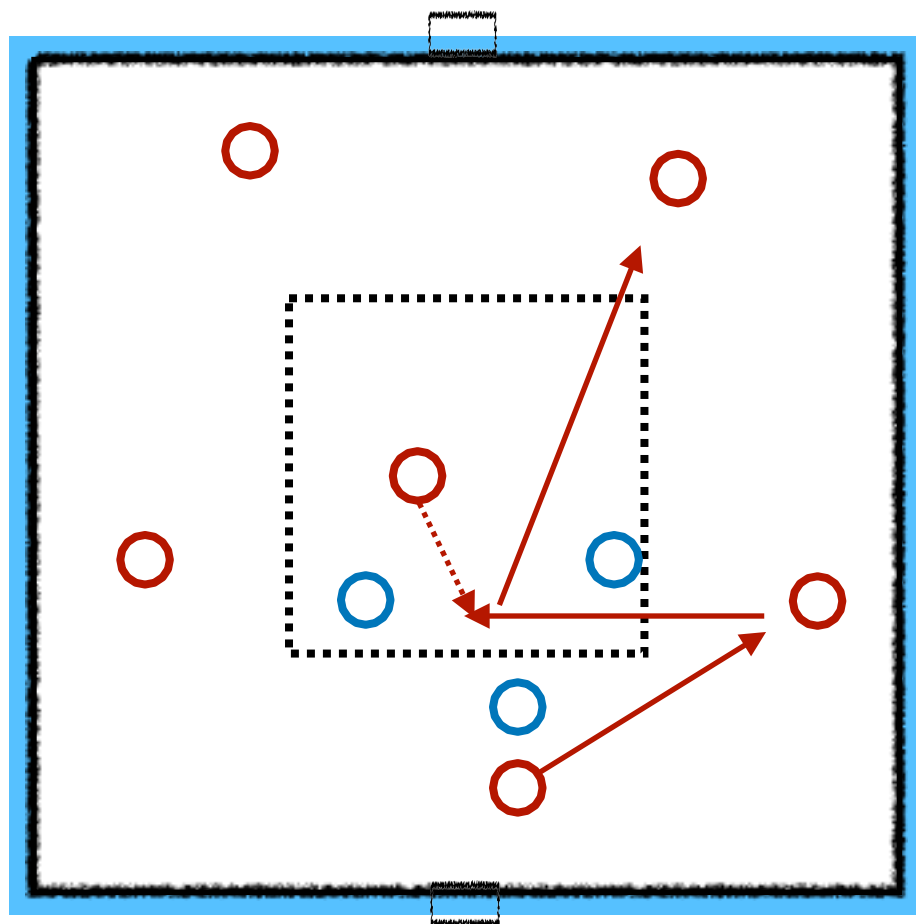
Coaching Detail

- Encourage red players to rotate to ensure that the blues are stretched in their effort to defend the central zone

Progression

- To progress this session manipulate the central players to ensure that the challenge is consistent with both the team in and out of possession

“Using Space To Stretch The Opponent ”



Using The Half Space To Play Through

“Using the Half Space Can Pin The Opponent and Create Wide Overloads”

Coaching Detail

- The Session is a more tactical delivery to players of most likely 13+ Ages, this session looks at using the half space shown in the yellow strip, to pin the full back inside, with the wide player in the wide channel and the full back in the half space, this overload forces the opponent to leave the outside channel for the wide player to attack, if they chose to mark the wide player, this will open space to play inside the opponent, practice takes place within a relevant half + 15 yards

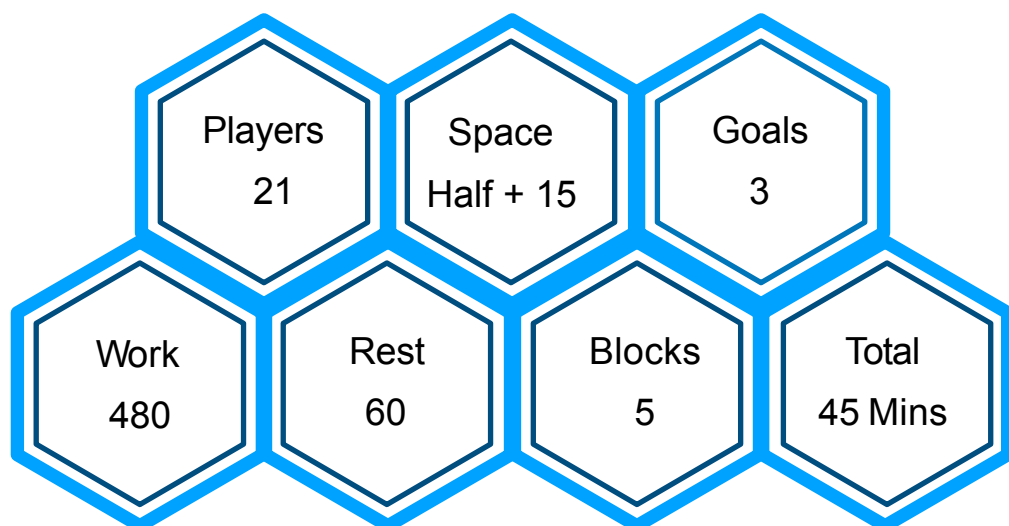
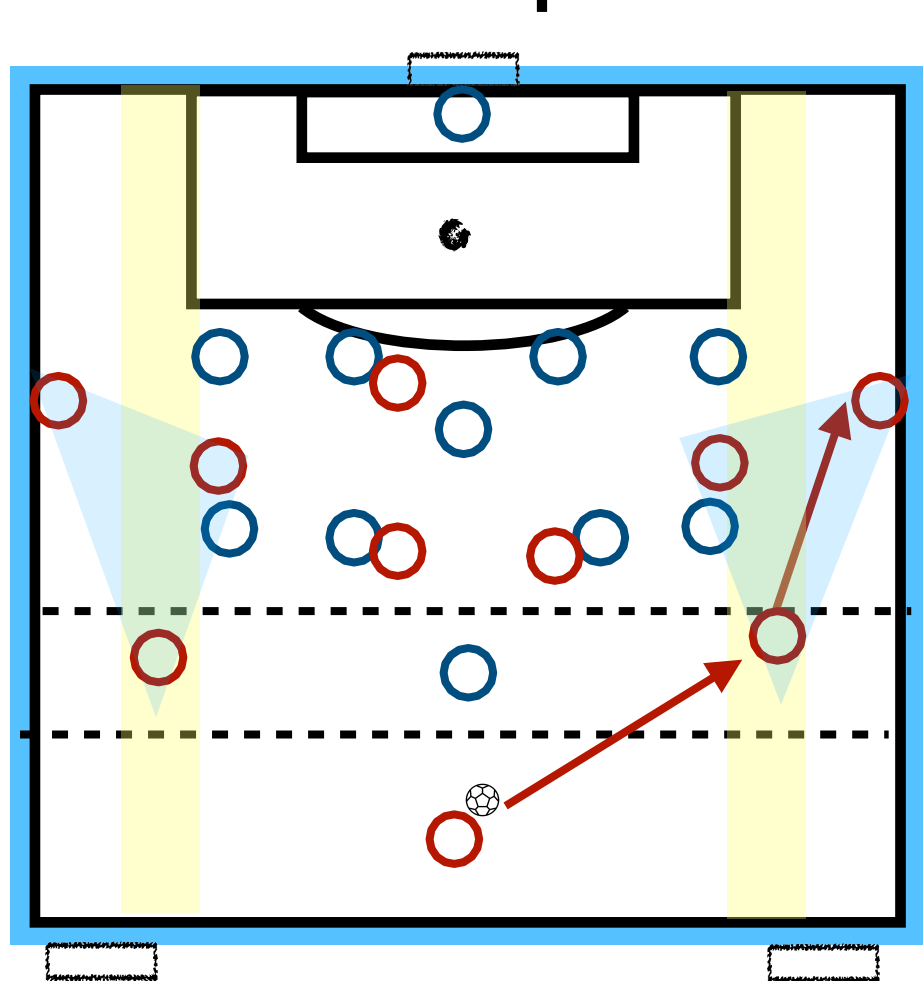
Coaching Detail

- Can players recognize how to stay inside of the half space to force the full back to stay narrow
- Can the wide player go as wide as possible to ensure that the opponents line is stretched as possible
- Can the full back sit inside the half space to create the triangle in the wide area + offer defensive balance if the opponent regains possession

Progressions

- Remove the half space markers to ensure the players still recognize the space when the flat disks are removed

“Pin The Opponent To Create Space”



Overloading Practice

“Using the Space Behind to Aid the Attack”

Coaching Detail

- This session is an easy way to practice attacking and defending with and without overloads.
- The reds look to play out against a fairly simple overload, of 4v1, before entering in to the compact second half, this is a 6v3 but with the 3 natural players create a 6v5. The players look to exploit the space behind, left by the attacking zone line. Once the game breaks down the opponent have the same opportunity to break in the same way.

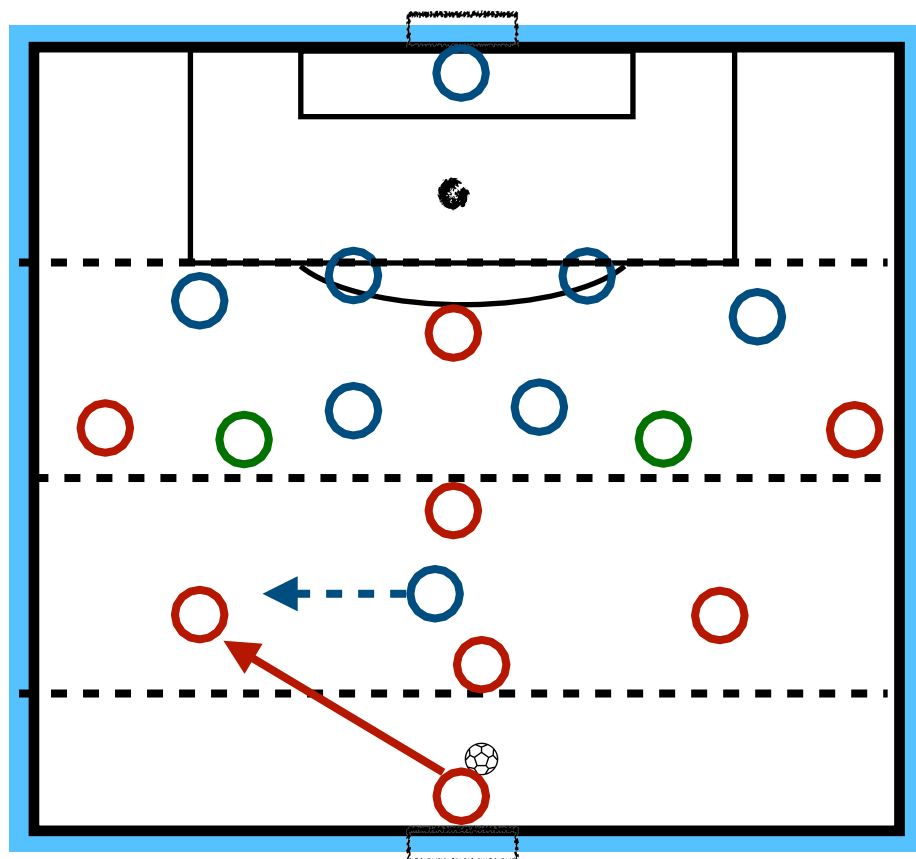
Coaching Detail

- Can players recognize how to stay inside of the half space to force the full back to stay narrow
- Can the wide player go as wide as possible to ensure that the opponents line is stretched as possible
- Can the team in possession move the ball to the opponents weak side to exploit a numerical advantage.

Progressions

- Remove the deepest lines, to create 2 halves.
- Manipulate numbers to ensure the practice has more space

“Pin The Opponent To Create Space”



Players 18	Space Half	Goals 2	
Work 480	Rest 60	Blocks 5	Total 45 Mins

Playing In The Space Left Behind

“Using the Space Behind to Aid the Attack”

Coaching Detail

- This session is great for practicing that killer pass or finding that threaded ball that can make the difference when looking to play through the opponent. It has the coach play in to a 3v3 where they then look to play in to a 4v4, once in the 4v4 the defensive team are forced to defend with a very high line, encouraging a threaded pass in behind, once a ball is threaded in behind, the attacking team can look to run on to these balls so that the attacking team can look to score

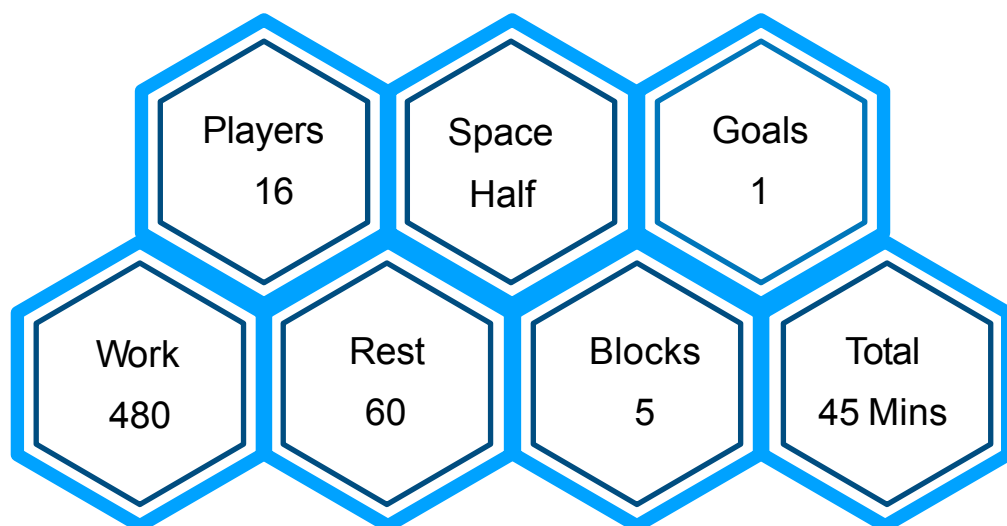
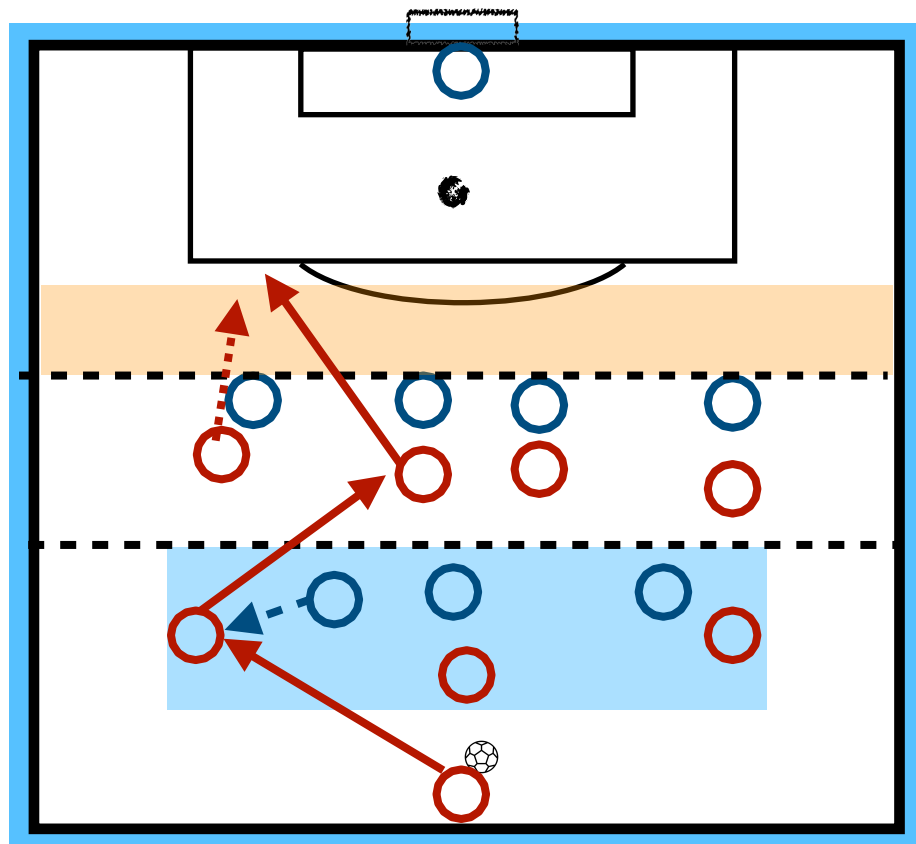
Coaching Detail

- Can players make double movements to exploit the space behind
- When receiving can we receive on the half turn to ensure that players can see the space behind the opponent
- When playing through the opponent can we ensure straight passes are for diagonal runs and diagonal balls are for straight runs

Progressions

- Adjust the defensive line to manipulate the challenge
- Narrow width to increase the challenge.

“Thread Passes to Break The Opponent Down”



Throwing To Success

“A Session Built Around Throw Ins

Coaching Detail

- This session a unique session built around creating core power and throw inn power.
- The outside of the session is surrounded by players with balls, in the middle of the session is a gym ball, or a light weight large ball that can be moved when hit by a football, the players then continue to throw the ball (in a footballing way) at the central ball trying to knock it out of the square on the opponents side, this will then end the game when it goes out. This creates core power in players and practices a very rarely trained element of the game.

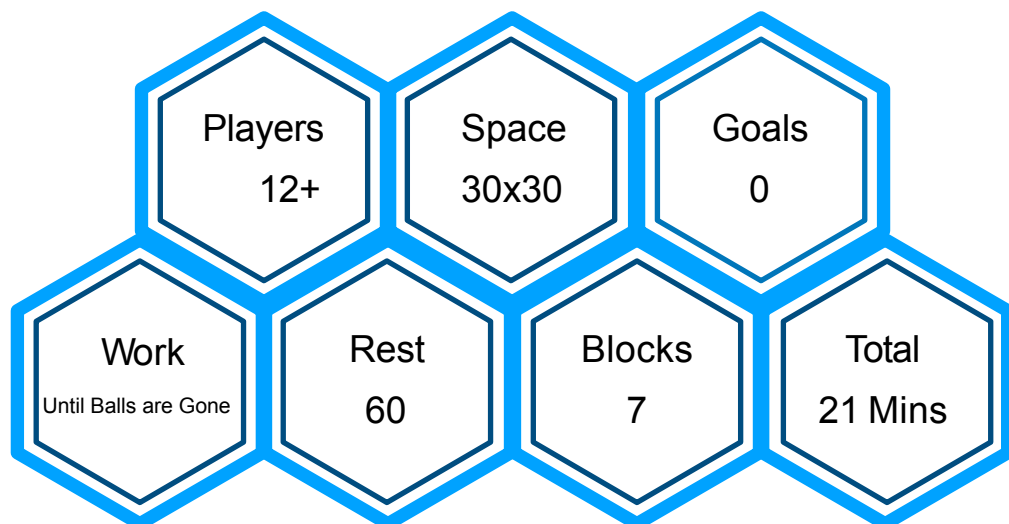
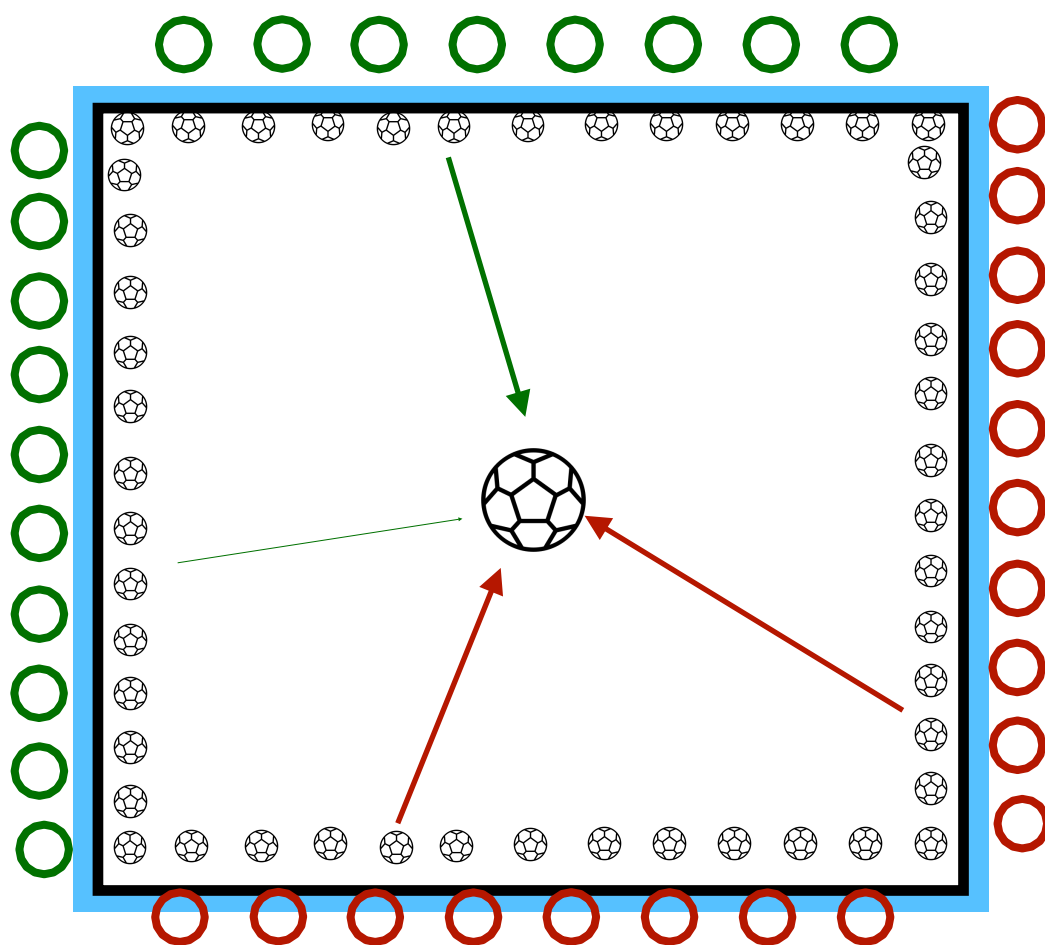
Coaching Detail

- Can players transfer their body weight from their back foot to their front foot
- Can players keep both feet on the ground when making the throw
- Can we focus on technique and not force from the arms

Progressions

- Make the practice competitive.
- Make adjustments to the size of the practice

“Create Power With The Body”



Defending Compact

“Develop a Defensive Unit Able To Defend Compactly”

Coaching Detail

- This session focuses on the out of possession element of the game, the 6 grids represent different lanes within the field of play, the challenge for the team out of possession is to ensure that every player is in the closes two lanes. Leaving the furthest lane open and the furthest player free, but ensuring the overload occurs within the first two zones. The practice takes place within a 45 yard wide practice with 20 yards deep meaning each square is 15x10.

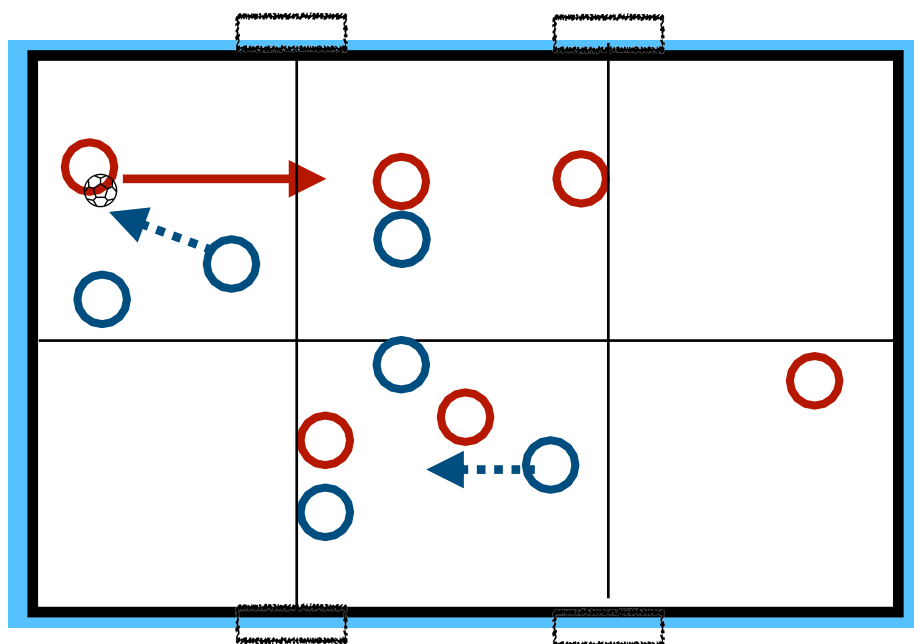
Coaching Detail

- Work on the body angle of players when receiving possession
- Ensure players receive possession across the body so they can play both ways
- Ensure that their is pressure on the ball
- Ensure that the furthest lane is left open and passing lanes are covered

Progressions

- To progress this extend the width
- Increase the lanes in to 4 to challenge the team even more with their pressure on the ball

“Denny The Space and Close Down The Opportunity”



Players 12	Space 45x20	Goals 4
Work 210	Rest 30	Blocks 5
Total 20 Mins		

Playing With A High Line

“How Can You Defend With Space Left Behind”

Coaching Detail

- This sessions is very simple, its an effective way to learn how to play behind the opponent, whilst also training our players to learn to defend high, the red team look to try and find space to play through the blues and pass in to the space, timing their runs to stay onside, whilst the team out of possession look to hold a good line and prevent the opponent penetrating the space behind, the defensive unit must know when to drop and protect the space behind and when to stay high and force the opponent offside

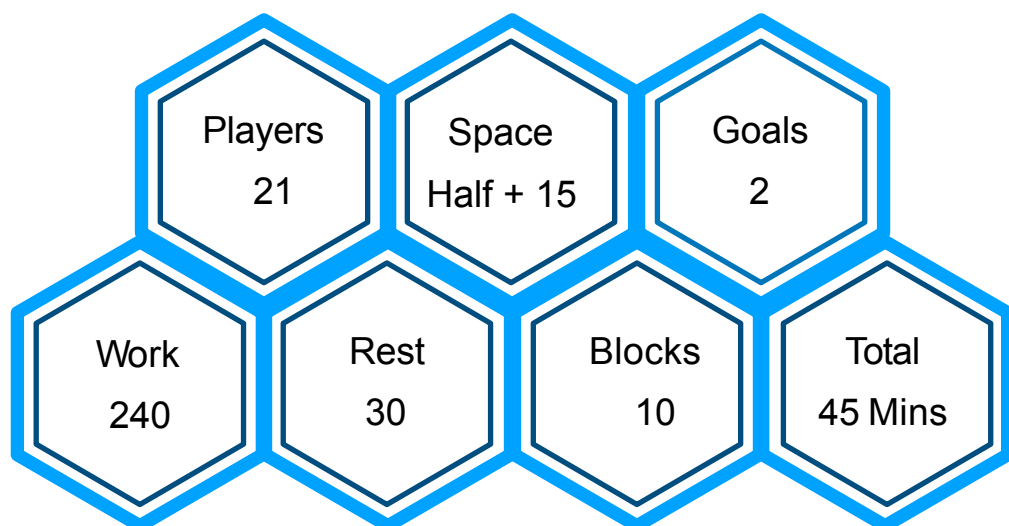
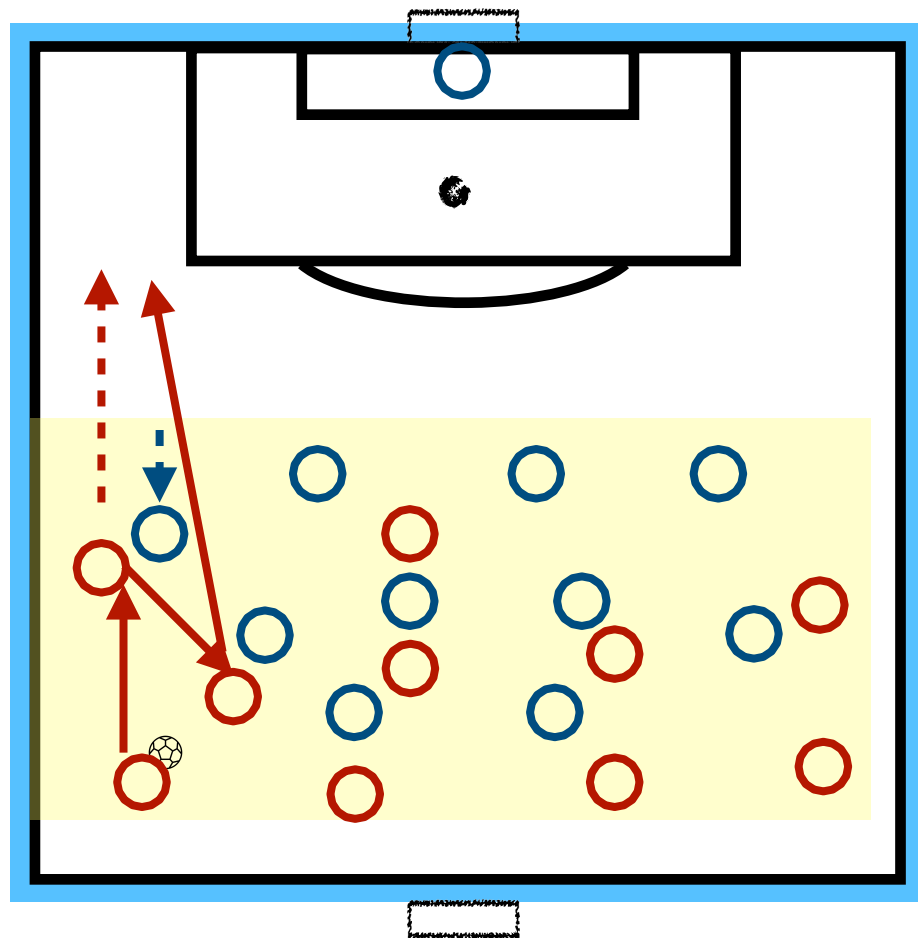
Coaching Detail

- Can individuals make movements away from goal to pull a defender away from their unit and allow them to leave space to run in behind the back 4
- When out of possession can the blues communicate effectively to pass players and on and be comfortable with the ball in front of them and the space behind

Progressions

- Manipulate the defensive line to keep the challenge varied so they do not become to comfortable with the challenge.

“Penetrate The Space Behind”



Playing Between The Opponents Lines

“Can You Receive Between The Opponents Lines?”

Coaching Detail

- This session is a great way to get players aware of what is happening behind them, once the players behind the two blues receive possession can they look to turn with the ball and attack behind creating a 4v4. This will make players aware of their role with and with out the ball. The practice takes place with 21 players and takes place within one half of the pitch, If the blues win possession back they must look to transition out quickly and score in the bottom goal transitioning as quickly as they can.

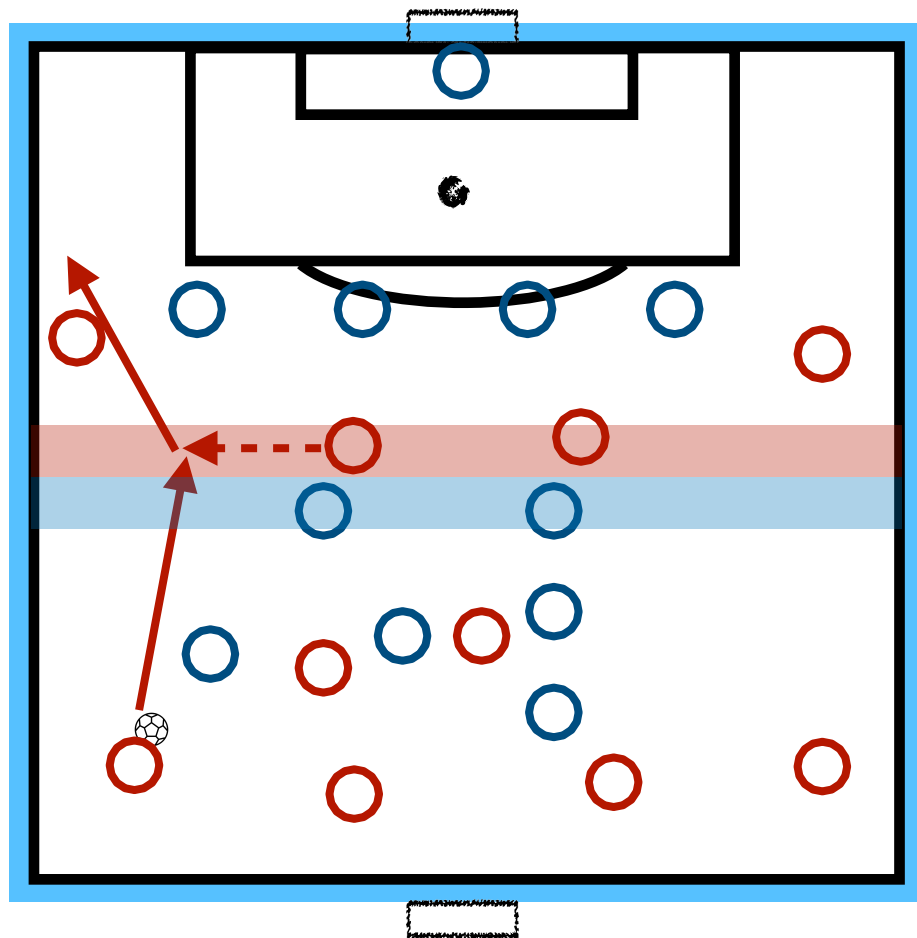
Coaching Detail

- Can individual players within the midfield line, making sharp movements of the shoulder of the opponent making it very difficult to defend against
- Can the team out of possession look to protect space and slide and protect the goal, but also prevent the opponent receiving the ball between lines and keeping play infant

Progressions

- Adapt the area for the two midfield lines to play in to influence the difficulty of the challenge for either the team in possession or out of possession

“Movement Can Create holes In The Opponent”



Players 21	Space Half	Goals 2	
Work 240	Rest 30	Blocks 10	Total 45 Mins



Large Number Rondo

“Can We Use The Overloads Available To Score”

Coaching Detail

- This session is a very effective way to developing the finishing phase of the game whilst having clear position specific elements to it, the 5v5 in central areas is joined by the 6 outside players, which allows these players to work in rotation to ensure that the physical loading of the players isn't too high. It is important to ensure that the central players work hard to defend, in the space that should 45 yards long and 30 yards wide in space

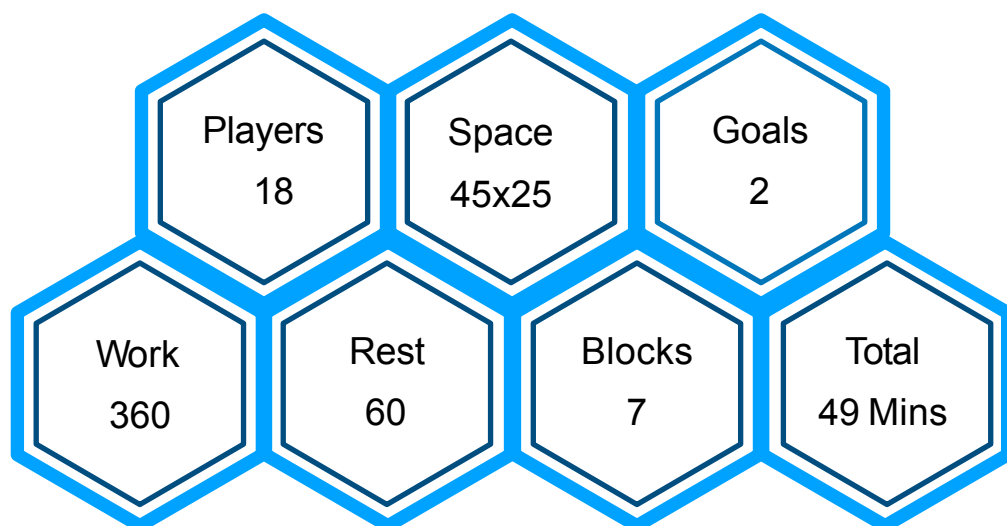
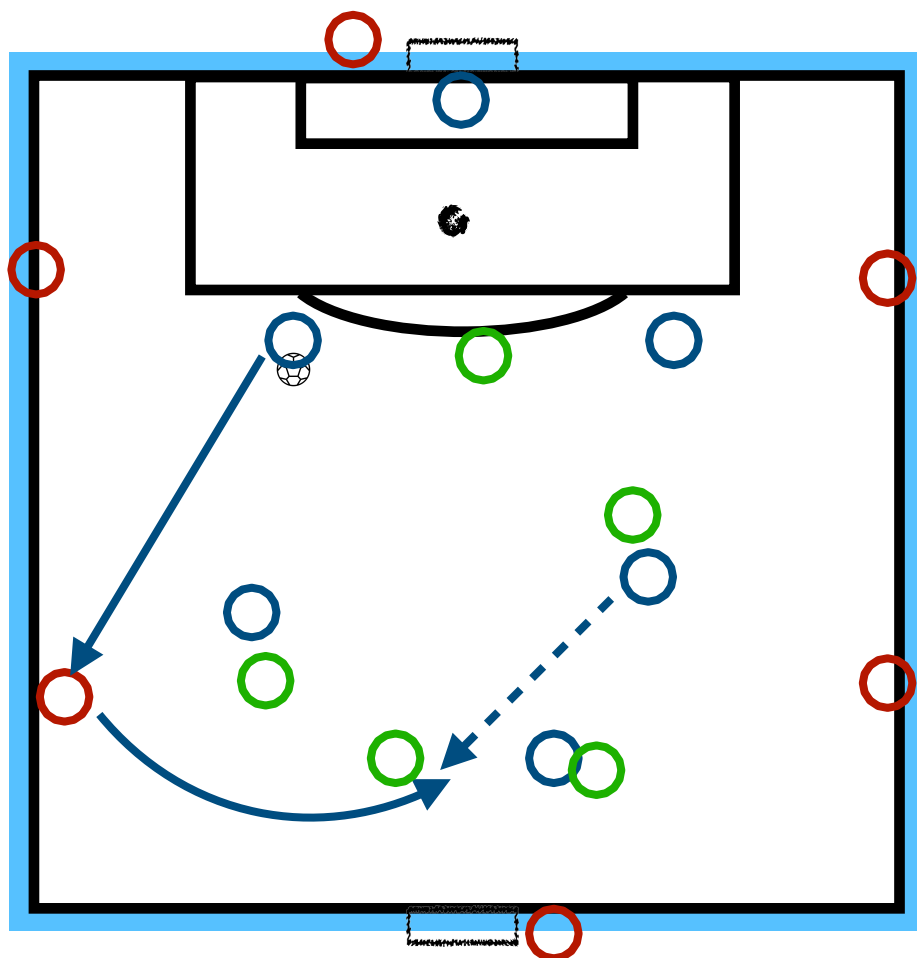
Coaching Detail

- Can players take up positions that do not block passing lanes, to often in a rondo will a central player perform the role of an outside player, this needs to be eradicated to ensure that space is used well
- Can outside players play quickly to ensure the ball is moved in to the space behind the opponent quickly

Progressions

- To progress this use the half way line as a way of splitting the teams and limiting the space behind, for example a 3v2 in each half will increase the combination play but limit the opportunity to play behind the opponent

“Using Numbers To Dominate The Opponent”



Counter Attacking Practice

“Can We Dominate the Opponent Quickly When Regaining The Ball

Coaching Detail

- This session is a great way to practice a variety of moments of the game, the idea of this practice is to encourage the reds to play within the first half of the pitch against the greens block of 8, playing and 8v8, the reds look to play through the greens and score, but if the greens win possession they look to find the two greens in the unopposed zone, the two greens break out quickly against the two reds where a maximum of 2 more reds can recover and a maximum of 2 greens can break out creating the potential for a 4v4 run away game if the greens regain possession of the ball, space wise this is a large practice taking place over a much larger space the usual

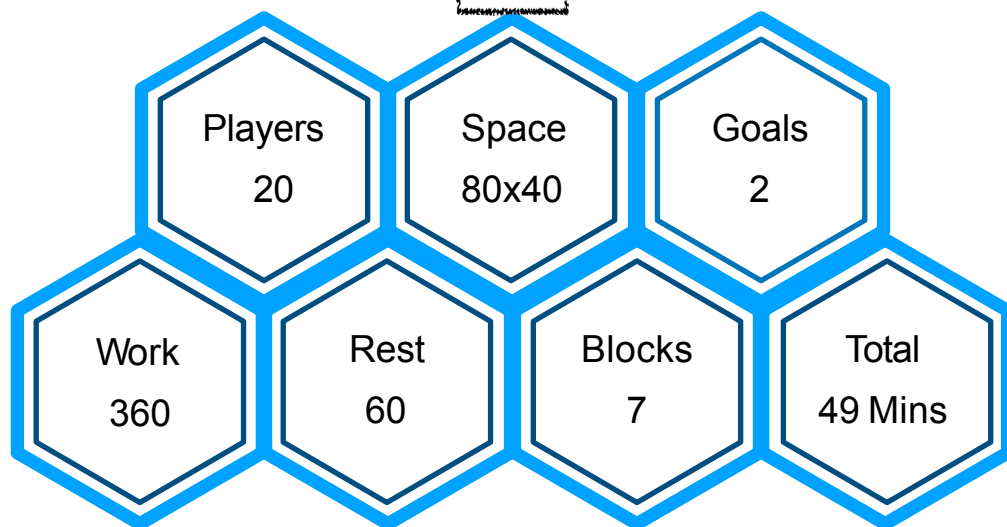
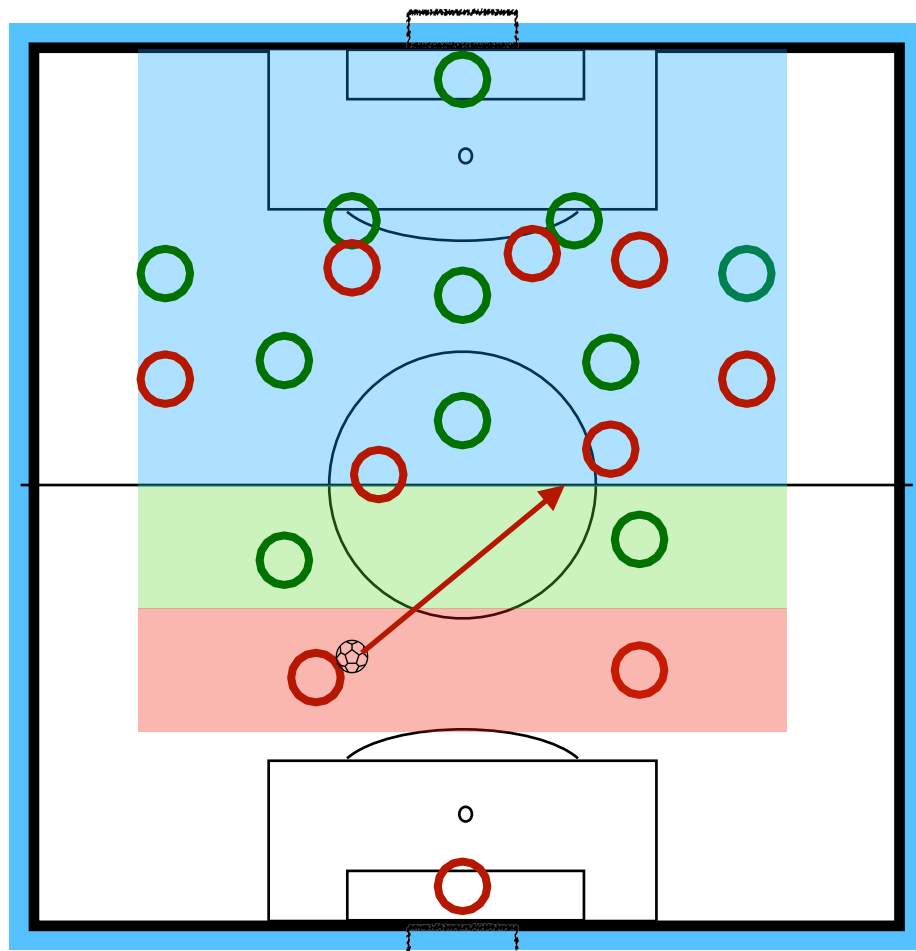
Coaching Detail

- Can players play forward early
- Can players run forward and apply pressure to the 2 isolated defenders

Progressions

- Manipulate the space of the 2 unopposed zones
- Create a 4-3-3 by moving 3's in to the zone

“Break Out Quickly To Score”



Attacking Combinations

“Combining With Patterns, To Get In Behind The Opponent”

Coaching Detail

- This session is an attacking combination session

Combination 1

6 Passing to 10, who Sets 8, Who hits the ball wide, to the 7, who then sets the ball to the 9 who flicks the ball in to the channel, where the 7 crosses for the 9 10 and 11.

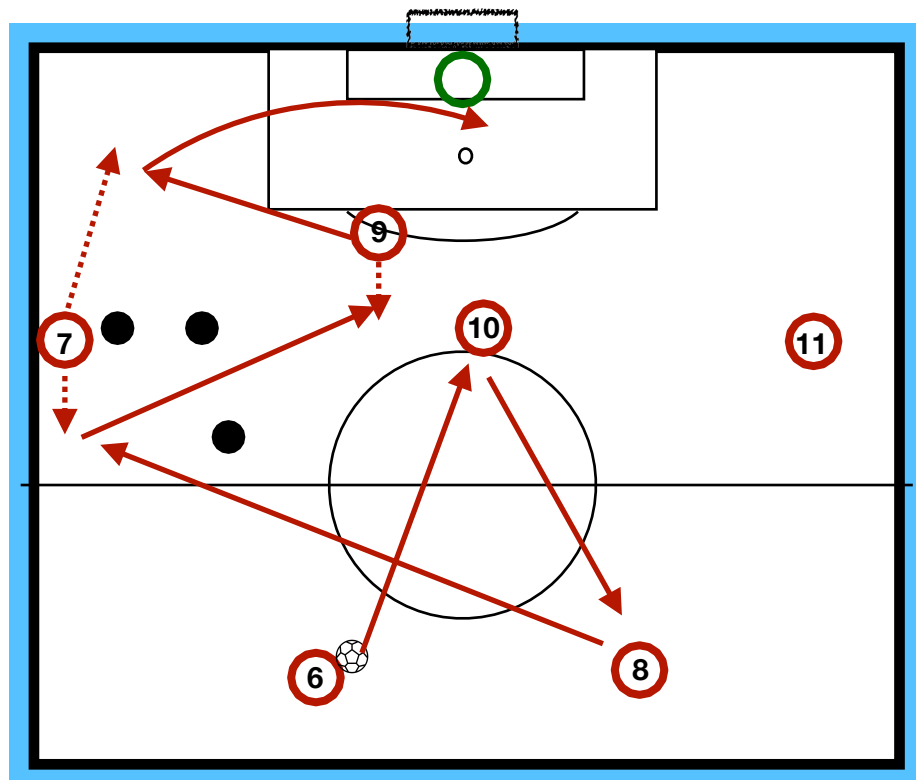
Combination 2

6 passes 7 who comes short to receive the pass, who flicks the ball round the corner in to the 10, who then sees the 7 run down the line and receives behind for the 9, 10 and 11 to receive.

Combination 3

6 passes in to 8, as the ball travels the 9 runs down the line towards the ball and the 10 spins in behind, as this happens the 7 runs behind the full back and the 9 flicks the ball in to the channel for it to be crossed for the 9, 10 and 11 to receive

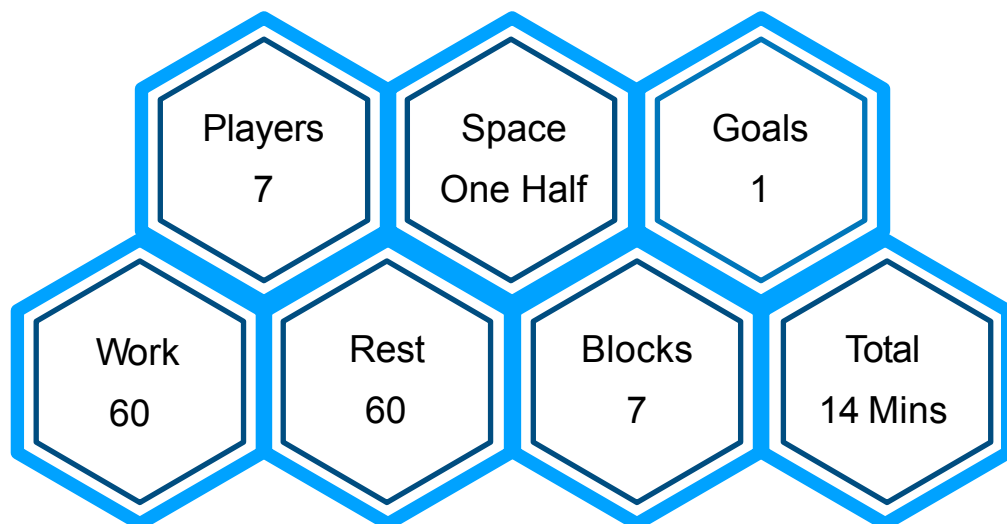
“Recognise and Understand The Patterns”



● Mannequin

Coaching Detail

- Can players receive aware of the space they are in.
- Can we focus on the quality of the passes in to feet
- Focus on the weight of passes In behind



Break Out Through The Diamond

“Can We use The Diamond To Dominate The Pitch”

Coaching Detail

- The diamond practice is a very good way to develop combination play within all three thirds of the pitch, the diamond shape creates a compact central area to play with width naturally provided by the unopposed players on the outside of the diamond, The central players are challenged to combine or dominate 1v1 situations to either score straight away or use the wide players to then receiver cut backs and crosses as a way of creating goal scoring opportunities. Players should still be encouraged and rewarded for playing through central areas and not using the wide players, but this will be difficult and players will tend to need to use the width to create opportunities

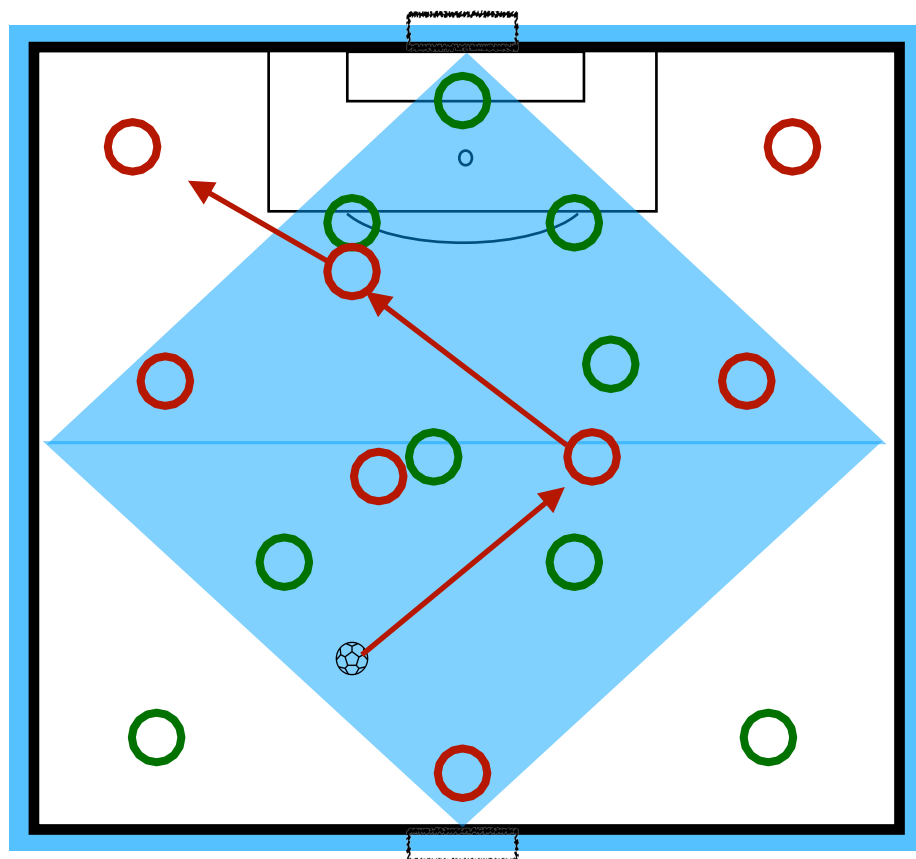
Coaching Detail

- Can players play forward early
- Can players run forward and apply pressure to the 2 isolated defenders

Progressions

- Move the angle of the wide player
- Make the wide players opposed

“Break Out Quickly To Score”



Wide Combinations

“Can We Play Through The Opponent”

Coaching Detail

- This Session focuses on playing out from the back with limited pressure from the opponent, as the diagram explains the goalkeeper will play in to the 4, who then looks to play in to the 2, as the ball travels to the 2, the first green player, makes a move towards number 2, who opens up and has two options, they can play down the line to the 7 or inside to the 10, as this happens the second green can step up and press, if this happens the 7 should look to either bounce the ball in to the 2, and then in to the 10, or the 7 can look to flick the ball inside to the 10 who can then finish 1v1 against the green goalkeeper

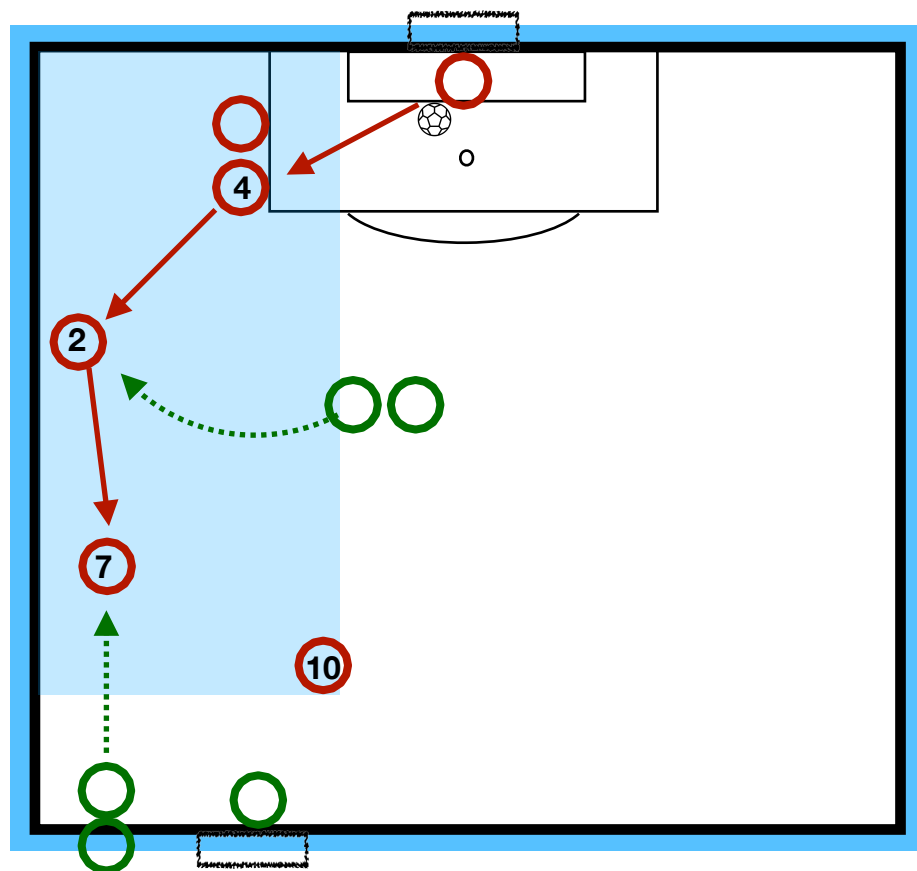
Coaching Detail

- Ensure angles are realistic to receive
- Ensure the pass has a weight on it that allows them to receive or play first time.
- Timing of the pass is key to force the breaking of the press

Progressions

- Move the Angle of the Green press
- Can the goalkeeper vary the delivery options

“Understand The Patterns to Success”



One and Two Touch Finishing

“Develop The Ruthless One Touch Finishing Required”

Coaching Detail

- This finishing practice involves 12 players within a 30 x 30 yard space. The 4 central players look to receive from the outside and keep working to receive balls from different outside players until there are no balls remaining, the practice can become competitive, tallying the total amount of goals scored, this will encourage players to move the ball quickly finishing first time to ensure they can move on to the next goal, challenge the outside players to vary the pace on the ball and the location of the pass to make the challenge realistic to players

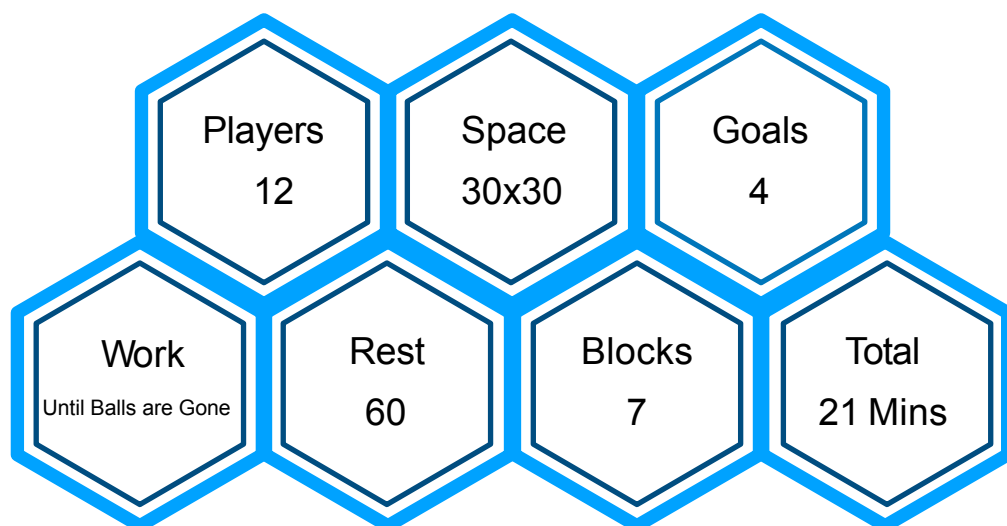
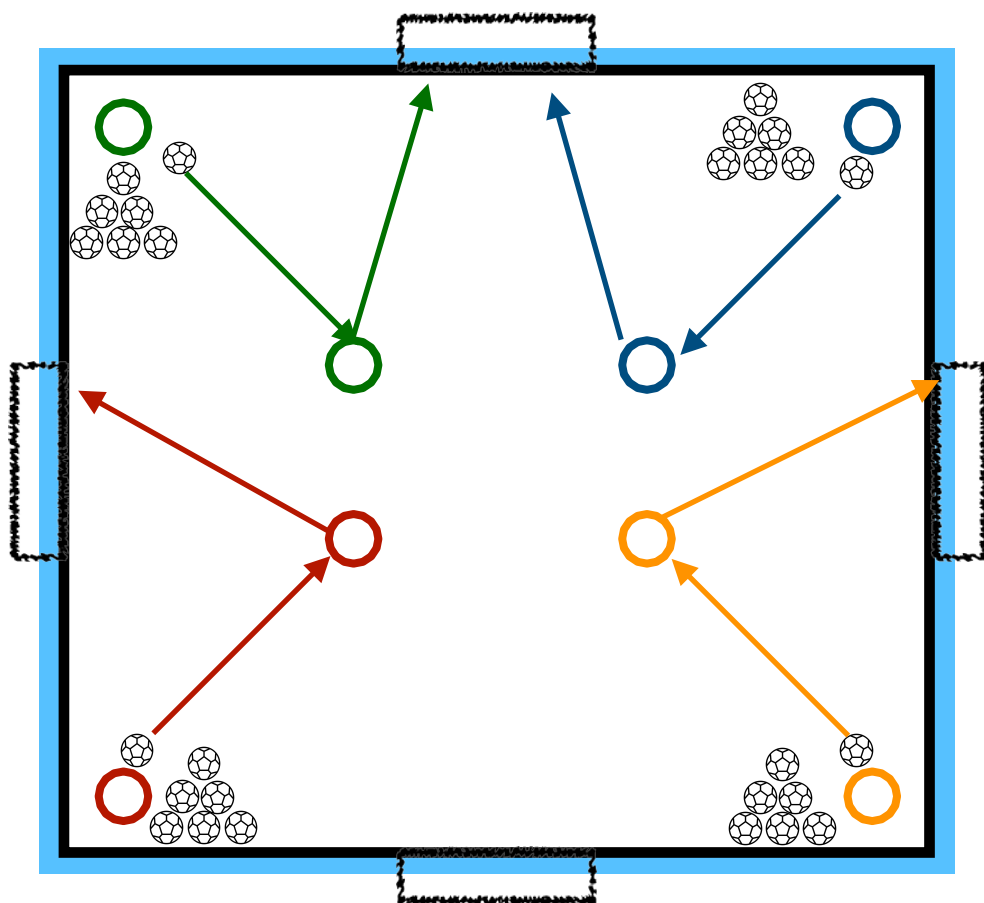
Coaching Detail

- Can the attacking player attack the ball so they can finish with their body attacking the ball
- Can we ensure players lock their ankle to create a more consistent and penetrable strike of the ball

Progressions

- Make the practice competitive.
- Make adjustments to the size of the goals or the target for the player finishing.

“Angle The Body To Finish With Power”



Physical Loading Rondo

“Consistent Change Of Direction Within A Rondo”

“Move, Move, Move”

Coaching Detail

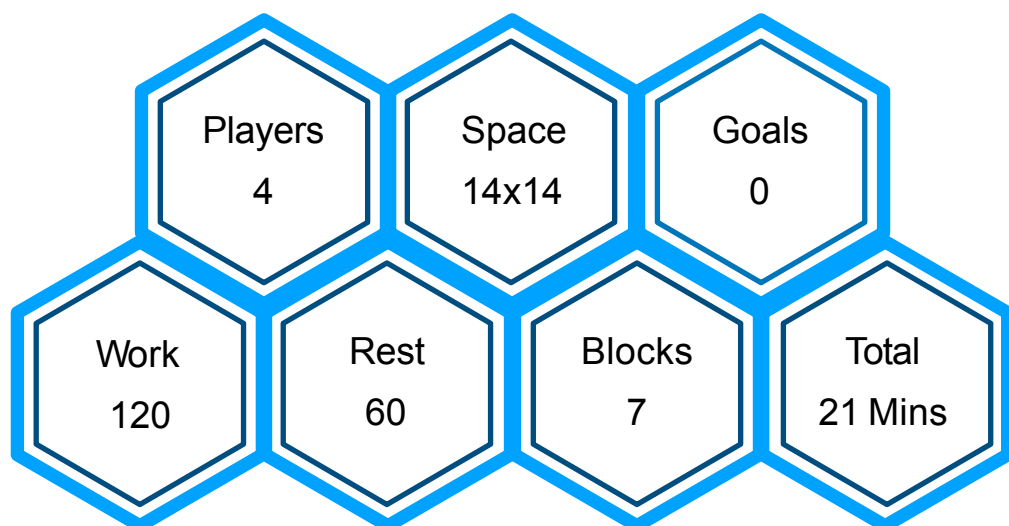
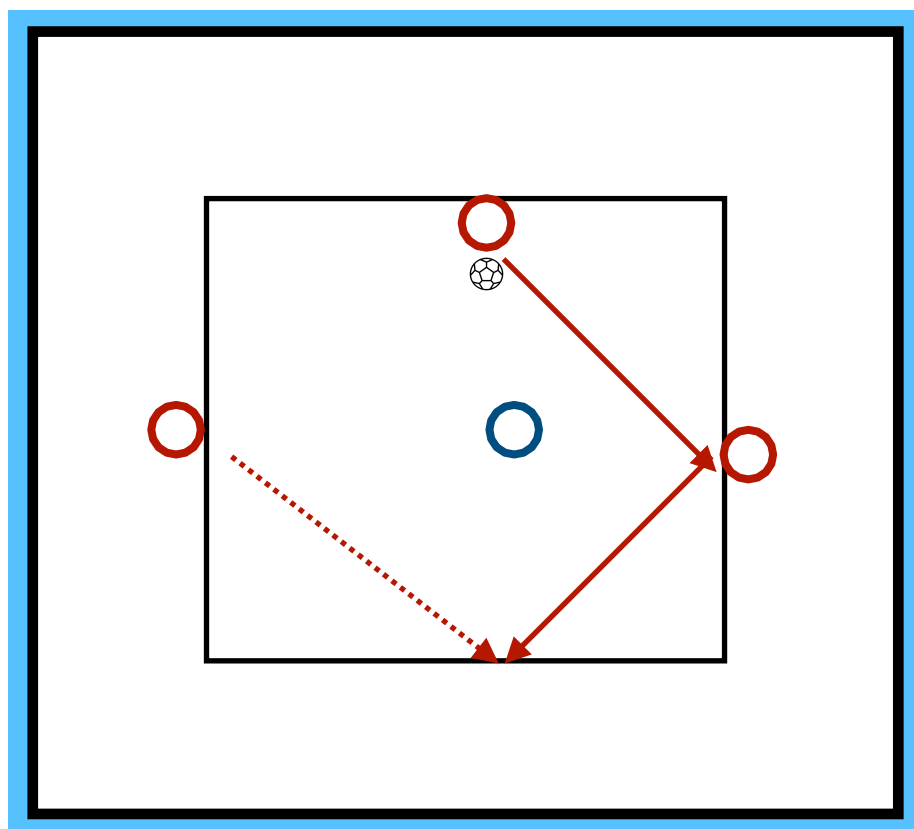
- This is a very easy to use rondo, delivered when viewed by the clubs strength and conditioning staff, the session involves a box with only 3 outside players, every time a pass is played the player needs to move to ensure they can receive possession. Although to start with it is not a requirement, the players will quickly see in order to create opportunities to maintain the ball you must move constantly

Coaching Detail

- Can the player in possession pass the ball to his team mate with a pace that allows them to play with their first touch
- Can the movement be of a high intensity, ensuring the session contains high intensity running
- When receiving can the player ensure they can play a pass with their next touch

Progressions

- When a player plays a pass they must move to the vacant area of the side



Possession Under Pressure

“Can We Stay On The Ball Under Pressure”

Coaching Detail

- This session is an effective way to encourage players to stay on the ball and enjoy possession of the ball even under intense pressure from the opposition, the pressure is from multiple angles, so this makes it increasingly realistic as this will replicate the game situations they will face. The reds play 7 (3+4) V 7 (3+4) The inside players look to move the ball quickly, using the outside players who are under pressure to aid ball retention and stay on the ball for as long as possible, The Practice takes place in a 30x30 yard with each lane being 5 yards in width. This means the central area is 25x20 where the 3v3+1 will take place

Coaching Detail

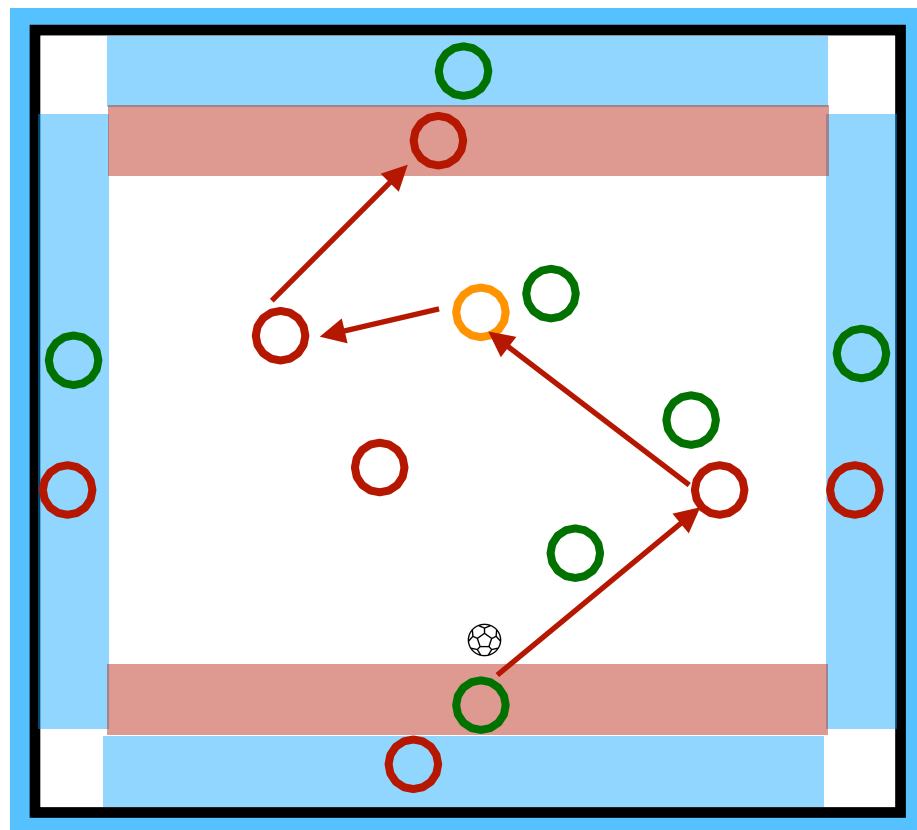
- Can players scan and be aware of the space they are in
- Can players pass and move to manipulate the opponent and keep the practice moving

Progressions

- Open up the end zone so it is a 1v1



“Move The Ball, Find Space”



4-3-3 Passing Practice

“Develop An Understanding of The Patterns Within a 4-3-3”

Coaching Detail

- This is a very easy to work passing practice where the team set up with 2 back fours facing each other with a midfield 3 inside, the passing practice goes across the back four before going in to the midfield and then in to the other back 4, players stay in their own position and see for themselves the angles and the distances of the passes they will receive for themselves. It is important for their to be more than 1 ball involved in the passing practice

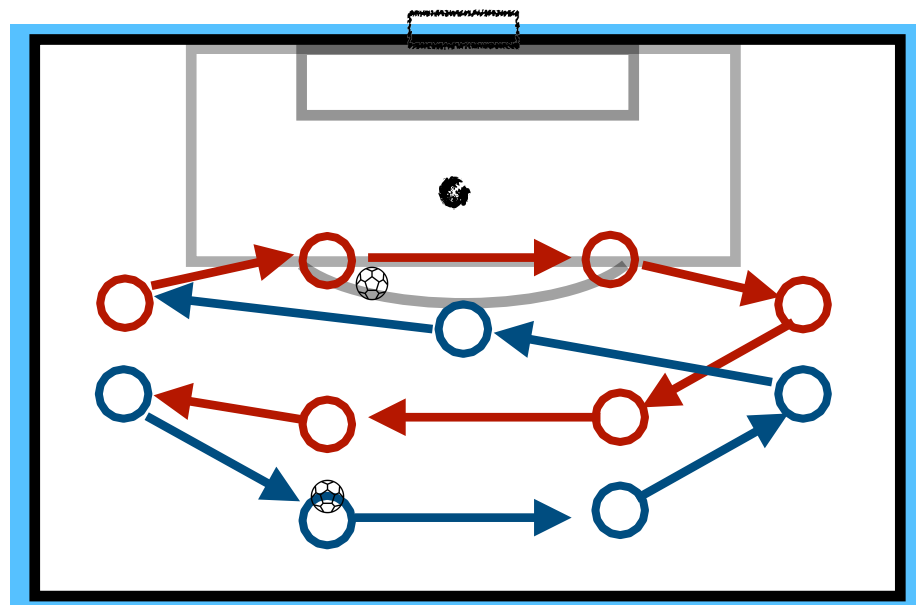
Coaching Detail


- Work on the body angle of players when receiving possession
- Ensure players receive possession across the body so they can play both ways
- Ensure the width of the pass is realistic to game situations
- Ensure that the movement between positions is sharp and the overall standard of the practice is high

Progressions

- To progress this remove the restrictions around where the ball can be passed and open the practice up so players can receive from any player at any time

“Using an Unopposed Practice For Positional Understanding”



Players 11	Space Realistic	Goals 0
Work 210	Rest 30	Blocks 5
Total 20  Mins		



4v4 Staying On The Ball

“A Session built Around Staying On The Ball Under Pressure”

Coaching Detail

- This session is a very good way to create players who are comfortable playing with overloads, although the practice is a straight 4v4 the idea is to isolate individuals and create overloads to aid ball retention and switch out to the other side, the width of the practice will encourage players to use the space in order to dominate the space the 30 yard wide area with 20 yards of depth means that players must scan in order to find the lateral space

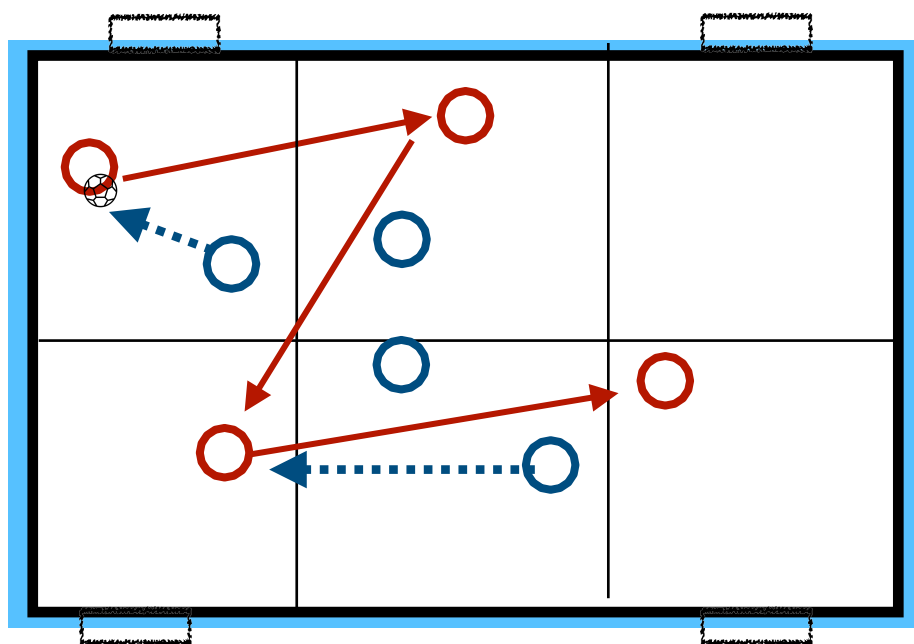
Coaching Detail

- Work on the body angle of players when receiving possession
- Ensure players receive possession across the body so they can play both ways
- Ensure that there is pressure on the ball
- Ensure all lanes are used when in possession of the ball

Progressions

- To progress this create and overload against the team in possession
- Increase the lanes in to 4 to challenge the team even more with their pressure on the ball

“Denny The Space and Close Down The Opportunity”



4v4+4 Staying On The Ball

“A Session built Around Staying On The Ball Under Pressure”

Coaching Detail

- This session is a very good way to create players who are comfortable playing with overloads, although the practice is a straight 4v4 the idea is to isolate individuals and create overloads to aid ball retention and switch out to the other side, the width of the practice will encourage players to use the space in order to dominate the space the 30 yard wide area with 20 yards of depth means that players must scan in order to find the lateral space

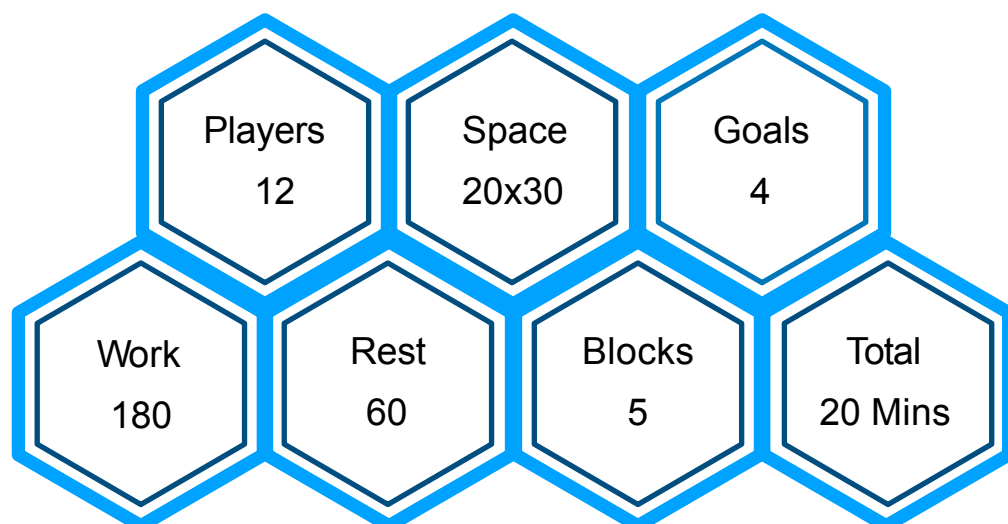
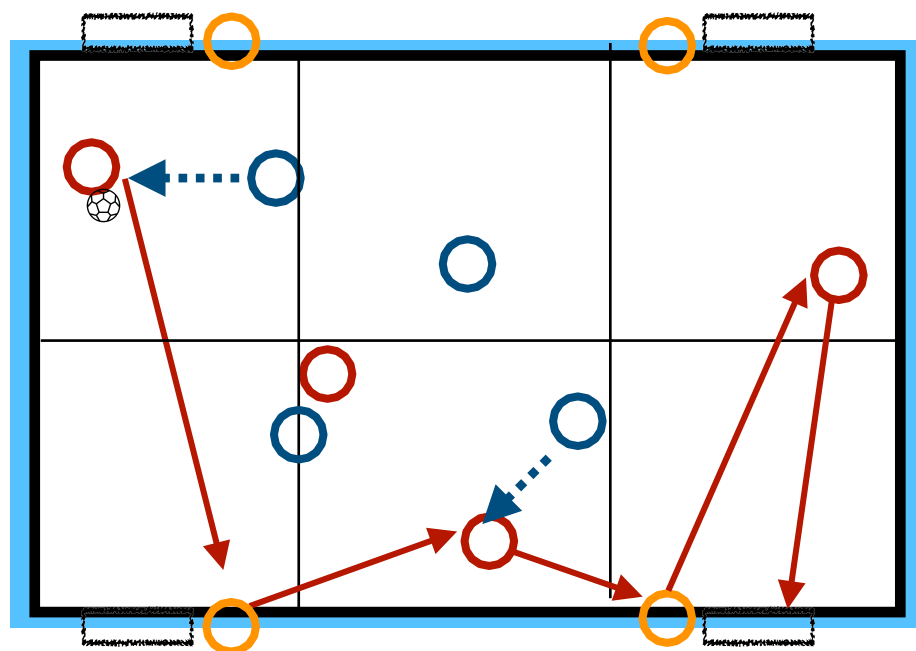
Coaching Detail

- Work on the body angle of players when receiving possession
- Ensure players receive possession across the body so they can play both ways
- Ensure that there is pressure on the ball
- Ensure all lanes are used when in possession of the ball

Progressions

- To progress this create and overload against the team in possession
- Increase the lanes in to 4 to challenge the team even more with their pressure on the ball

“Denny The Space and Close Down The Opportunity”



6v6+3 Rondo Session

“Develop an understanding of Using the Overload”

Coaching Detail

The session sees 6 play 6 with 3 floating players, these 3 players are challenged to stay central and act as the midfield 3, that often play in the middle three channels of the pitch, by doing this it creates a central overload for the team in possession. Up back and through patterns should start to be established and short movements off the ball will allow the team in possession to remain successful and stay in possession. Out of possession the team who lose the ball should look to instantly counter-press and look to win the ball back as early as possible

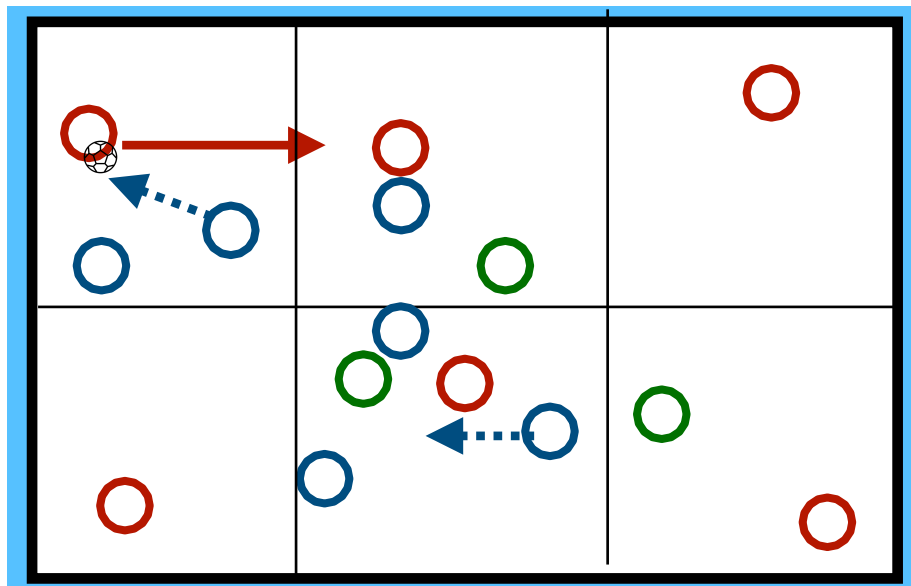
Coaching Detail

- Work on the body angle of players when receiving possession
- Ensure the overload is using every zone to stretch the 6 out of possession

Progressions

- Manipulate space to ensure that the challenge remains consistent

“Dominate The Space to Dominate The Opponent”



LOSC Centre Circle Rondo

“Great Team Bonding Rondo For Large Groups”

Coaching Detail

- This rondo takes place within the centre circle of the available training facility, the central players will work as a 3. The central players are challenged to work as midfield three and try and force the reds in to playing a specific areas then forcing the ball from the opponent with intense pressure, each three should work in the central zone for around 60 seconds before switching with three outside players to ensure a work to rest ratio of around 1- to -4

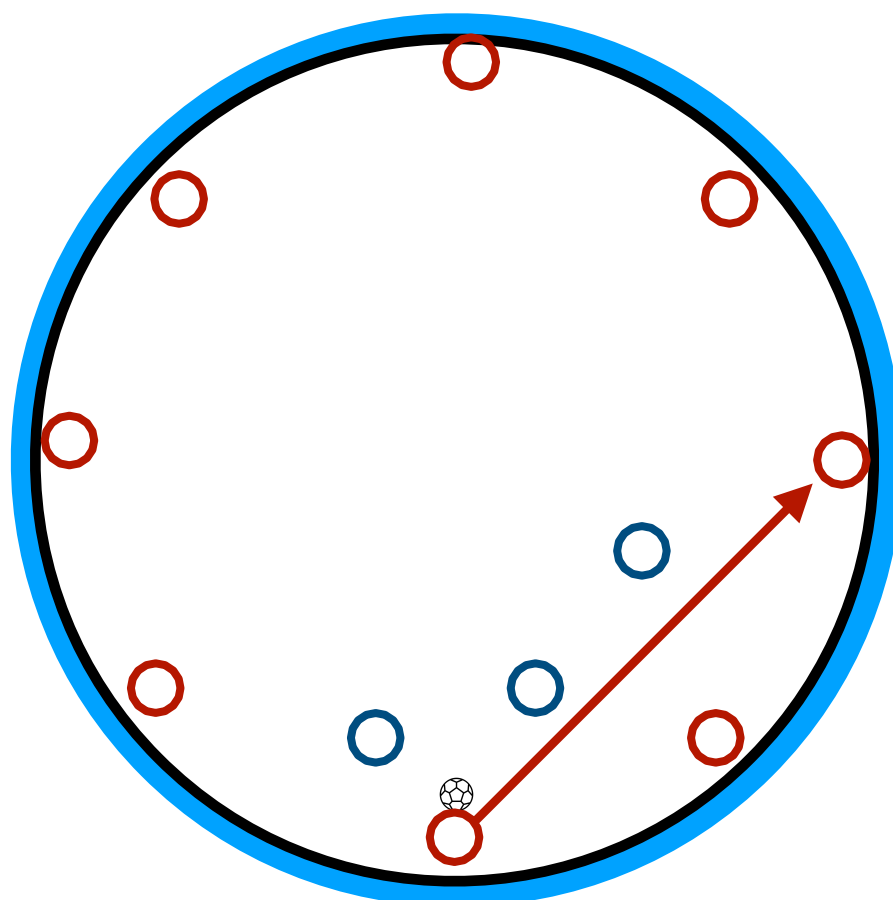
Coaching Detail

- Work on the body angle of players when receiving possession
- Ensure players receive possession across the body so they can play both ways
- Ensure the width of the pass is realistic to game situations
- Ensure that the movement between positions is sharp and the overall standard of the practice is high

Progressions

- Increase the amount of defenders in the central zone
- Add a red in to the centre of the practice

“Move the Ball Quickly To Break The pressure”



**LILLE
LOSC**



Players 11+	Space Centre Circle	Goals 0
Work 210	Rest 30	Blocks 5
Total 20Mins		