

Bohemians Football Club 2012 Guided Discovery Session Planners



To integrate passing and movement in relation to the positional play of the 4-3-3 system

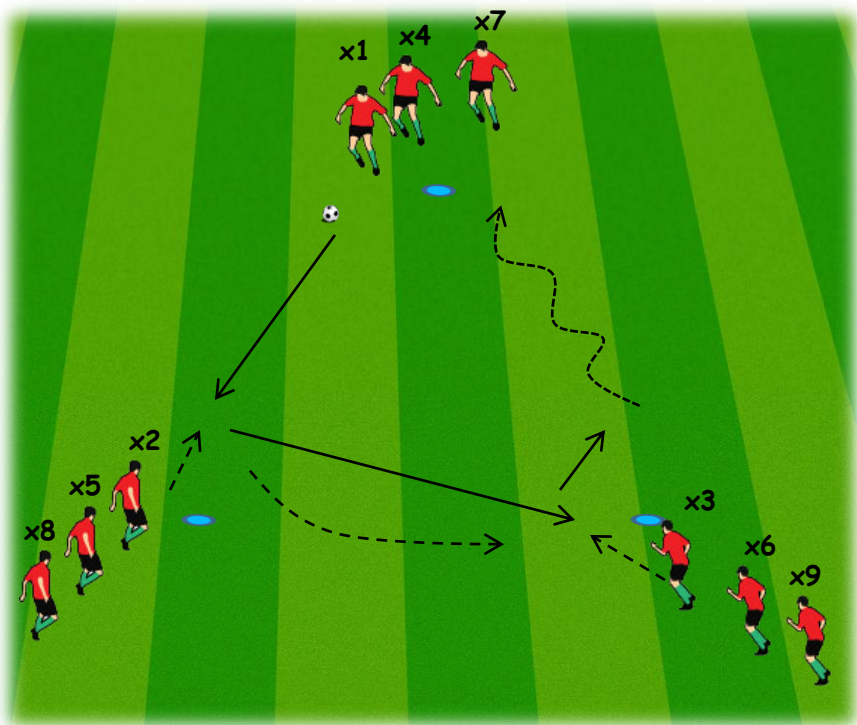
Warm ups

What are the benefits of a warm up?

Performance may be improved, as an appropriate warm up will result in an:

- ✓ Increased speed of contraction and relaxation of warmed muscles
- ✓ Dynamic exercises reduce muscle stiffness
- ✓ Greater economy of movement because of lowered viscous resistance within warmed muscles
- ✓ Facilitated oxygen utilization by warmed muscles because haemoglobin releases oxygen more readily at higher muscle temperatures
- ✓ Facilitated nerve transmission and muscle metabolism at higher temperatures; a specific warm up can
- ✓ facilitate motor unit recruitment required in subsequent all out activity
- ✓ Increased blood flow through active tissues as local vascular beds dilate, increasing metabolism and
- ✓ muscle temperatures
- ✓ Allows the heart rate get to a workable rate for beginning exercise

Diagonal/ bounce pass + dribble



Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system.

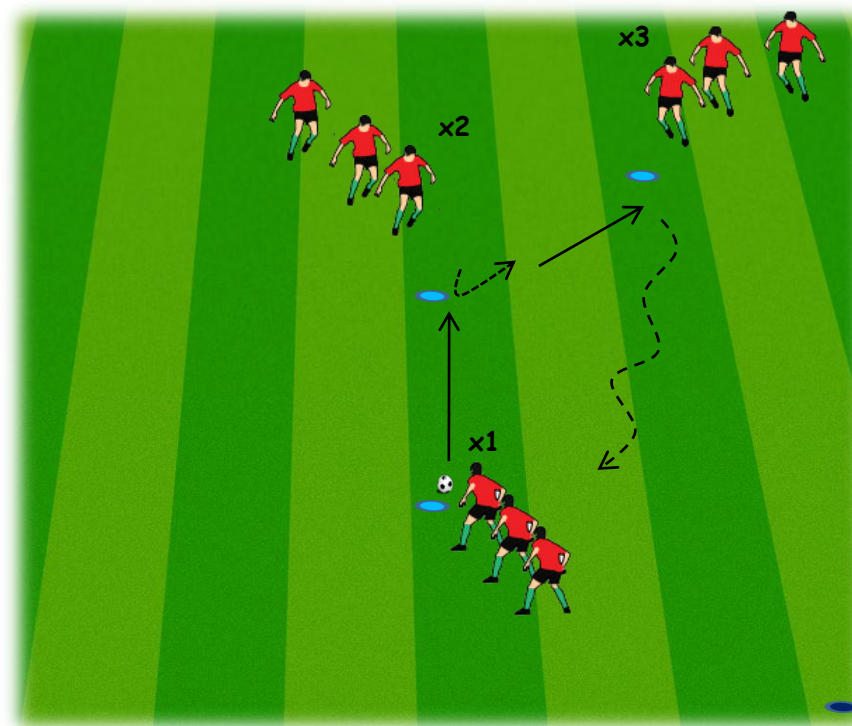
1) x1 passes to x2 who then passes to x3. x3 then dribbles back to the start.

2) x1 passes to x2 who passes to x4. x4 then passes to x3 who passes to x5. x5 passes to x6 and then x6 dribbles.

Key Factors:

- ✓ Speed of pass
- ✓ Direction of pass
- ✓ Angle of pass
- ✓ Eye contact with passer
- ✓ Timing of run
- ✓ 1st touch/control

Pass, half-turn + dribble



Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system.

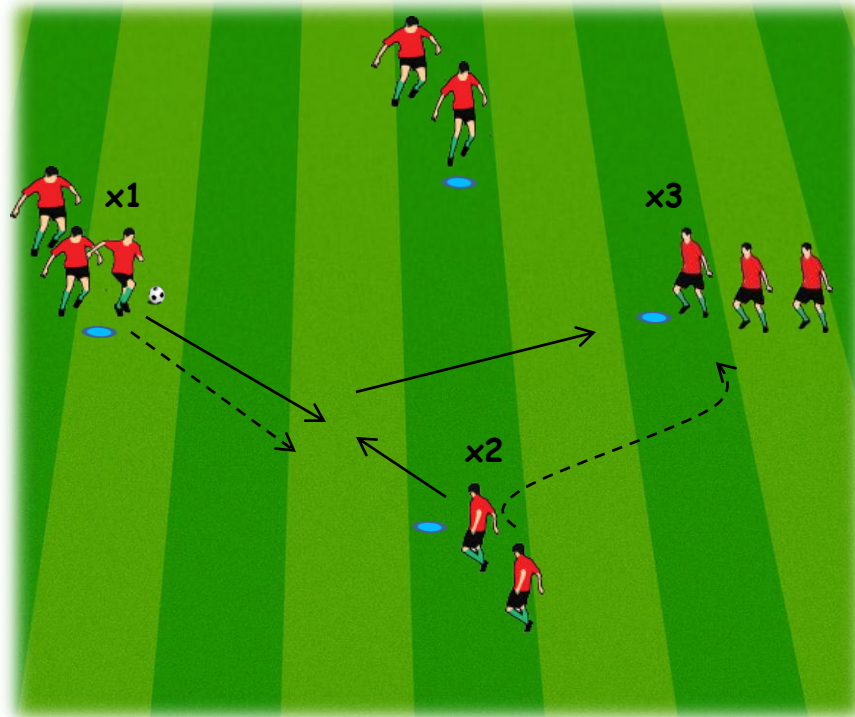
1) x1 passes to x2 who turns and pass to x3, x3 then dribbles back to start position. (Alternate sides)

2) x1 passes to x2 who sets for x1 to play long into x3. X3 then plays a 1-2 with x2 and then dribbles back to start.

Key Factors:

- ✓ Speed of pass
- ✓ Direction of pass
- ✓ Angle of pass
- ✓ Eye contact with passer
- ✓ Timing of run
- ✓ 1st touch/control

Drill 3: Diagonal and vertical passing



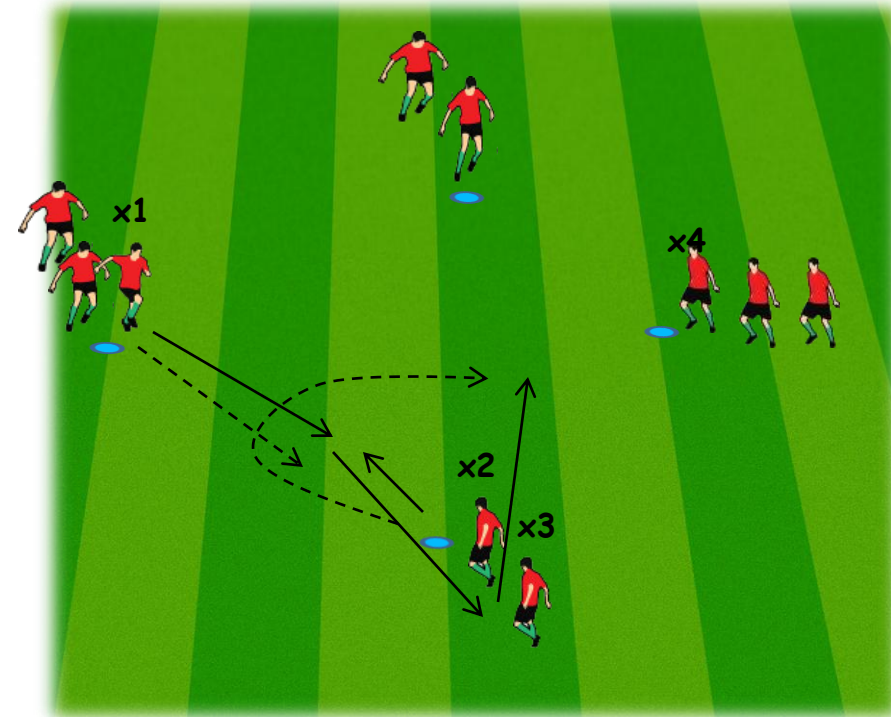
Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system.
x1 plays 1-2 with x2 then forward pass to x3. x2 then sprints to x3 position. x1 stays in x2 position. Repeat both sides.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 4: Diagonal passing with 1-2 and overlap



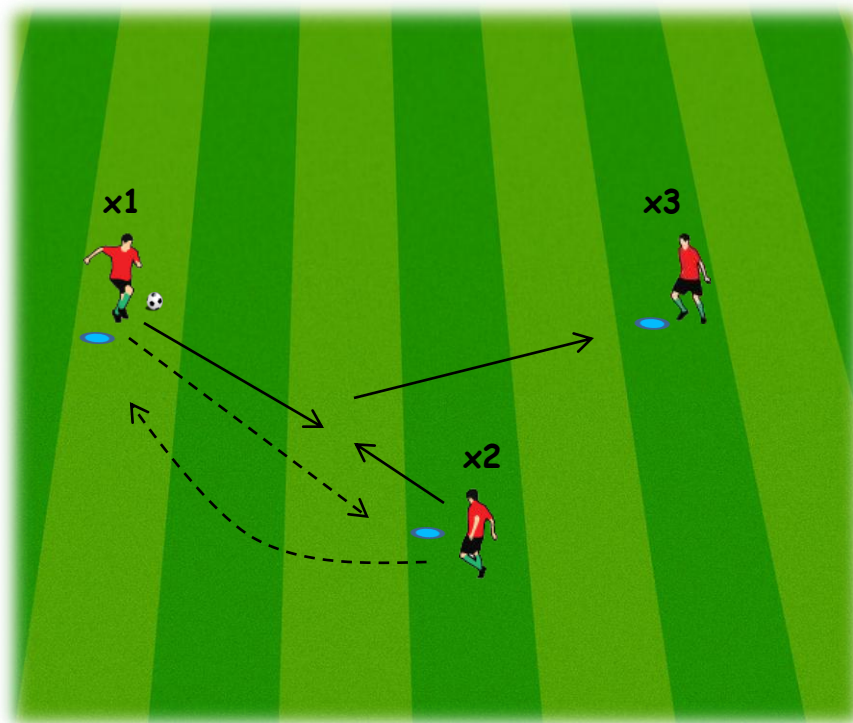
Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system.
x1 plays diagonal pass to x2. x2 passes back to x1 and runs around the back of x1. x1 plays to x3 who plays diagonal pass to x2s run. X2 plays vertical pass to x4. Repeat both ways

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 5: Forward pass + 1-2 in group of 3



Rules / Objectives:

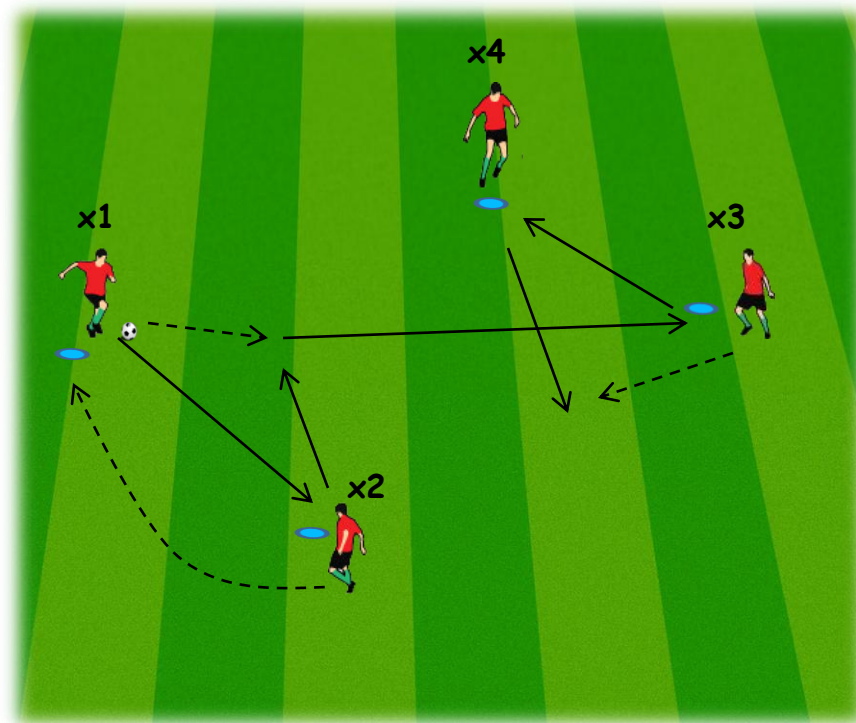
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays 1-2 with x2 then forward pass to x3. x2 then changes position with x1. x3 repeats the sequence with x1.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Concentrate on good preparation touches
- ✓ Eye contact with passer

Drill 6: Forward passing with 1-2



Rules / Objectives:

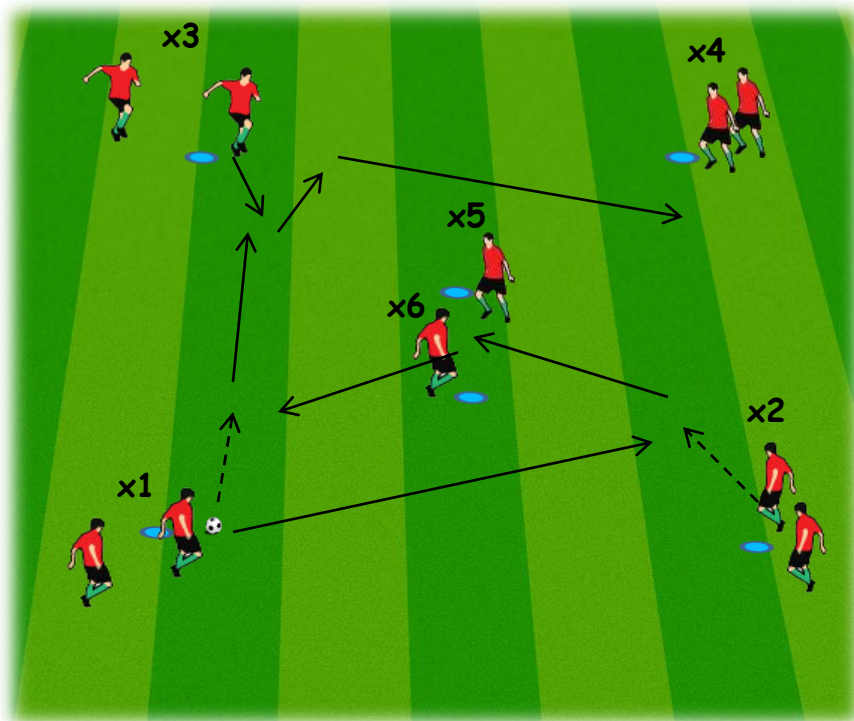
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays 1-2 with x2 who then passes to x3. x1 and x2 swap positions. x3 repeats the sequence with x4.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 7: Diagonal and forward passing with 1-2



Rules / Objectives:

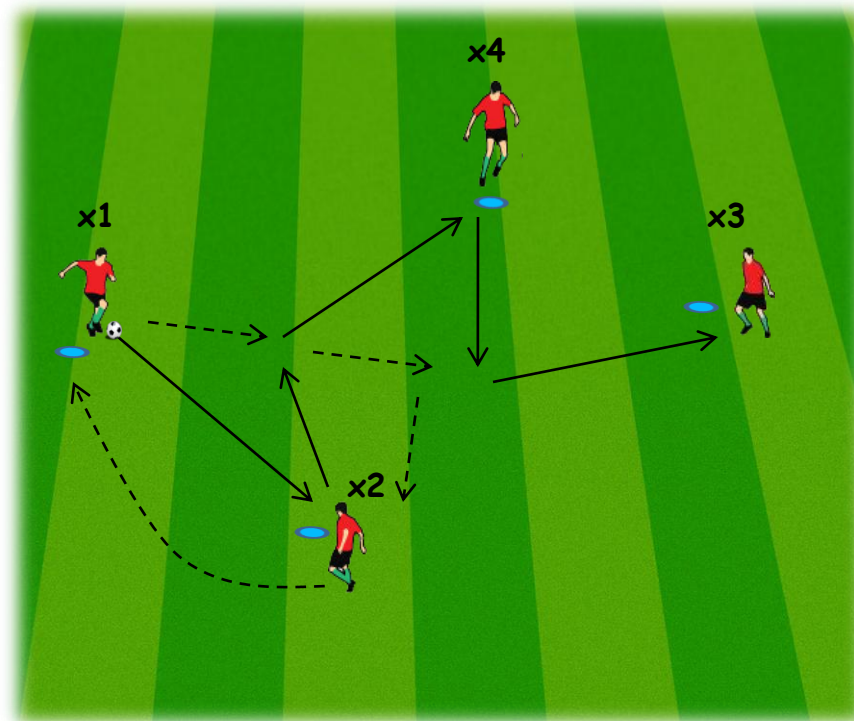
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays diagonal pass to x2. x2 plays pass to x5 who lays it off for x1 who continued his run. x1 plays forward pass to x3. x3 plays a 1-2 with x1 and the sequence continues in the opposite direction. x1 ends up in x3 position and x2 ends up in x4 position. Swap x5 and x6 every 2 minutes. Progress to x2 taking x5 position after pass and x5 playing 1-2 with x3 and finishing up in x4 position.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Concentrate on good preparation touches
- ✓ Eye contact with passer

Drill 8: Double 1-2 with forward pass in a group of 4



Rules / Objectives:

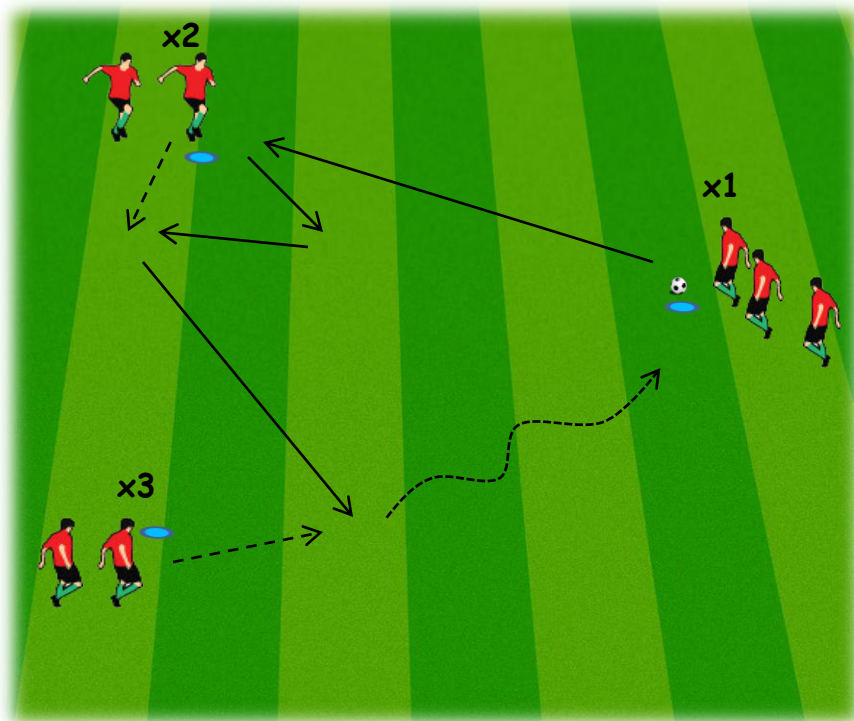
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays 1-2 with x2 and plays a second 1-2 with x4 before passing forward to x3. x1 and x2 change positions. x3 repeats sequence i.e. 1-2 with x4 and x1.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 9: Forward pass with 1-2 and thru pass



Rules / Objectives:

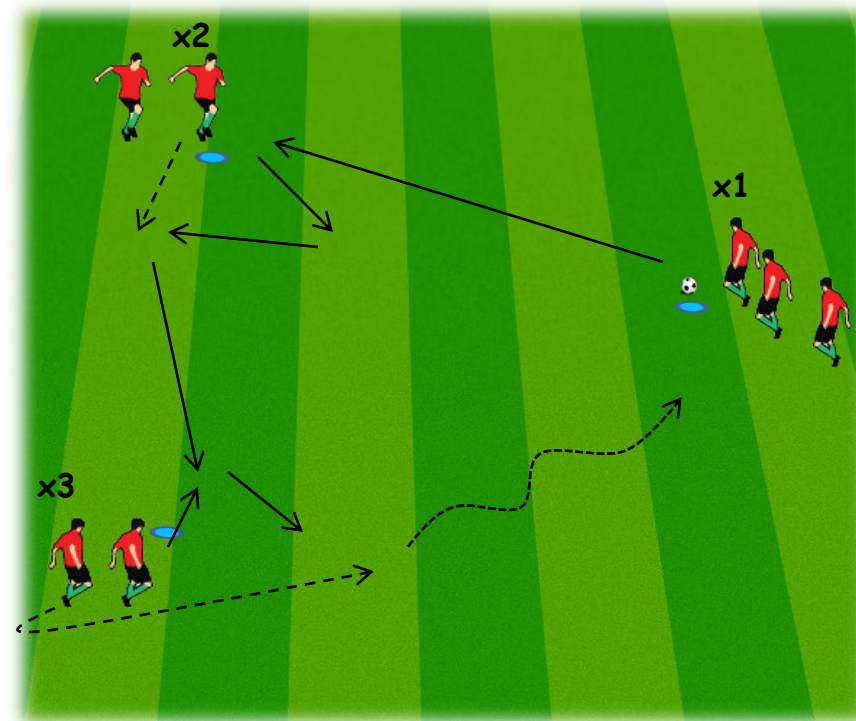
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays a forward pass with x2. x2 plays a quick 1-2 with x1. x1 stays in x2 position. x2 plays a thru pass to x3 who looks to receive the pass on the move and dribble back to x1 position.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Concentrate on good preparation touches
- ✓ Eye contact with passer

Drill 10: Forward pass with a cross over run



Rules / Objectives:

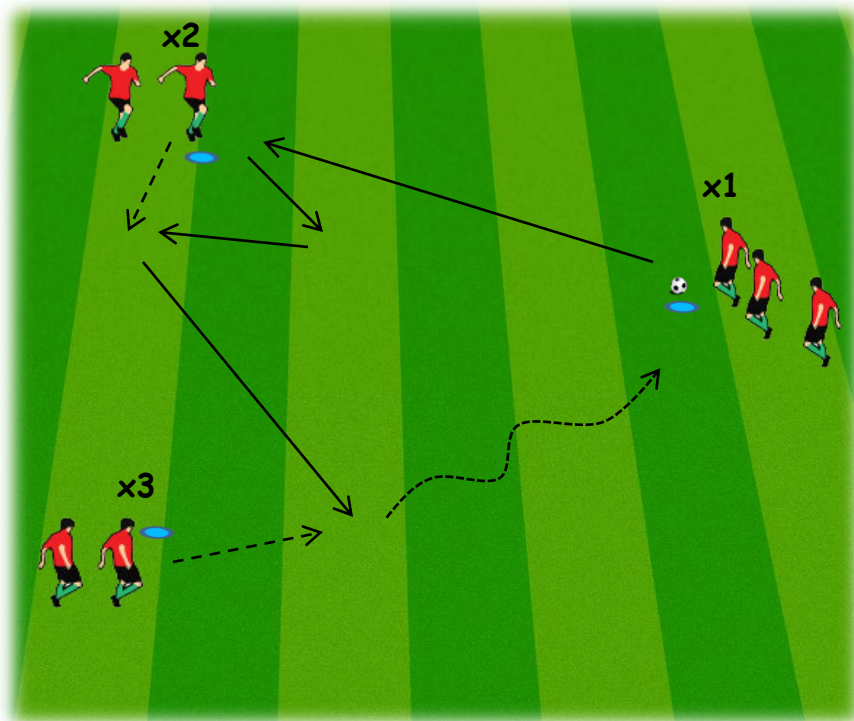
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays a forward pass with x2. x2 plays a quick 1-2 with x1. x1 stays in x2 position. x2 plays a thru pass to x3 who looks to receive the pass on the move.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of 1-2 pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 11: Forward pass with 1-2 and thru pass



Rules / Objectives:

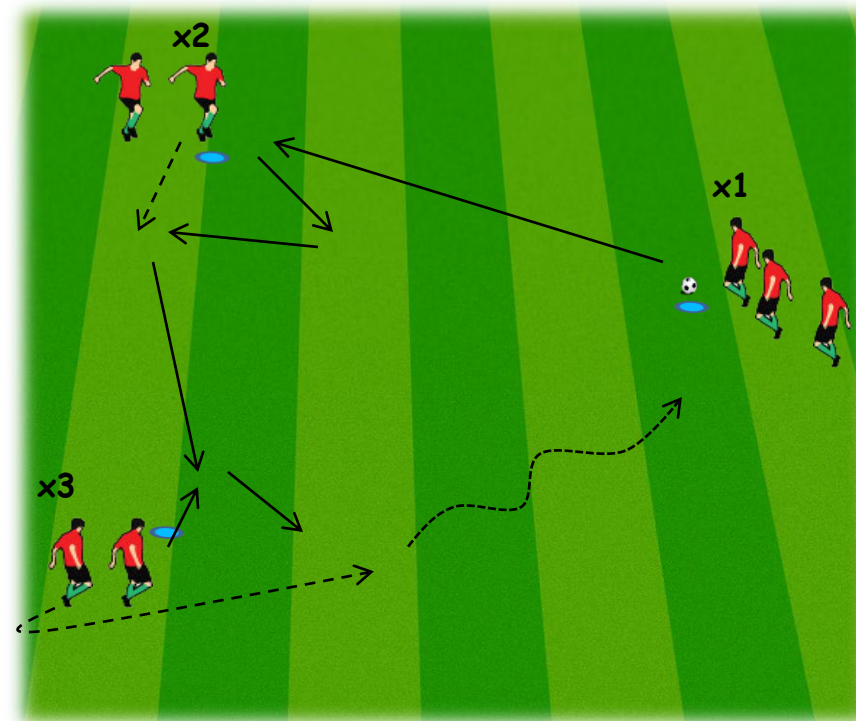
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays a forward pass with x2. x2 plays a quick 1-2 with x1. x1 stays in x2 position. x2 plays a thru pass to x3 who looks to receive the pass on the move and dribble back to x1 position.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Concentrate on good preparation touches
- ✓ Eye contact with passer

Drill 12: Forward pass with a cross over run



Rules / Objectives:

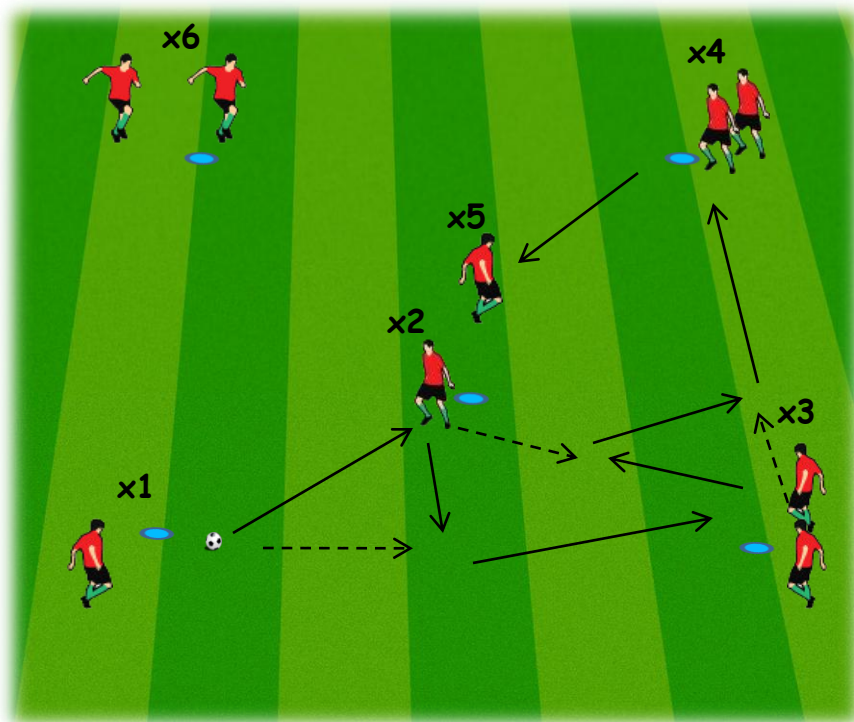
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays a forward pass with x2. x2 plays a quick 1-2 with x1. x1 stays in x2 position. x2 plays a thru pass to x3 who looks to receive the pass on the move.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of 1-2 pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 13: Diagonal and vertical passing with 1-2



Rules / Objectives:

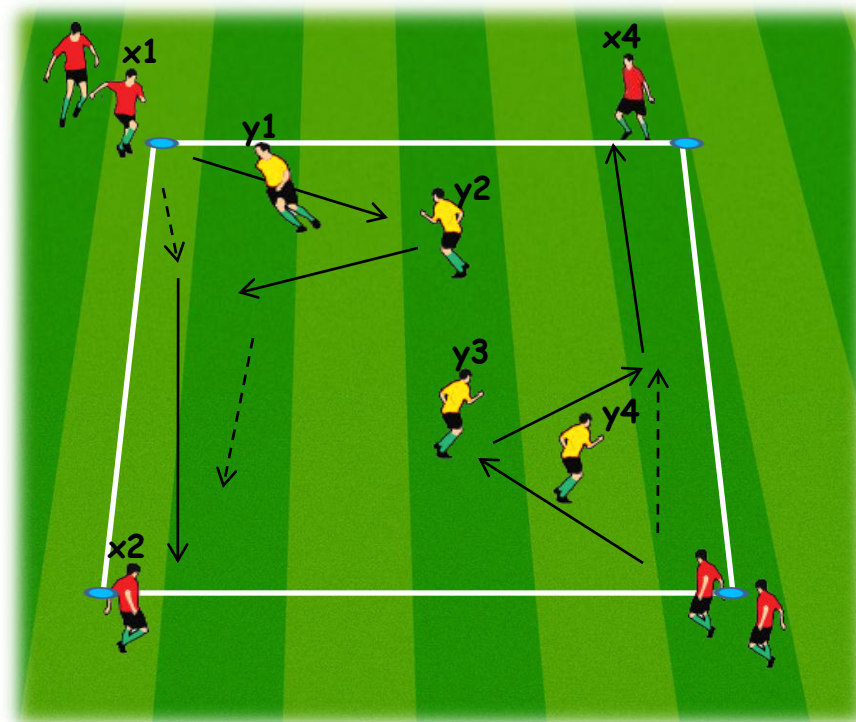
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays 1-2 with x2. x1 passes to x3 and stays in x2 position. x3 plays 1-2 with x2 and passes forward to x4. x2 stays in x3 position. x3 stays in x4 position. Repeat exercise the other direction. Progress to introducing 2 balls starting at x1 and x4 positions.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Concentrate on good preparation touches
- ✓ Eye contact with passer

Drill 14: Continuous 1-2 in a large square



Rules / Objectives:

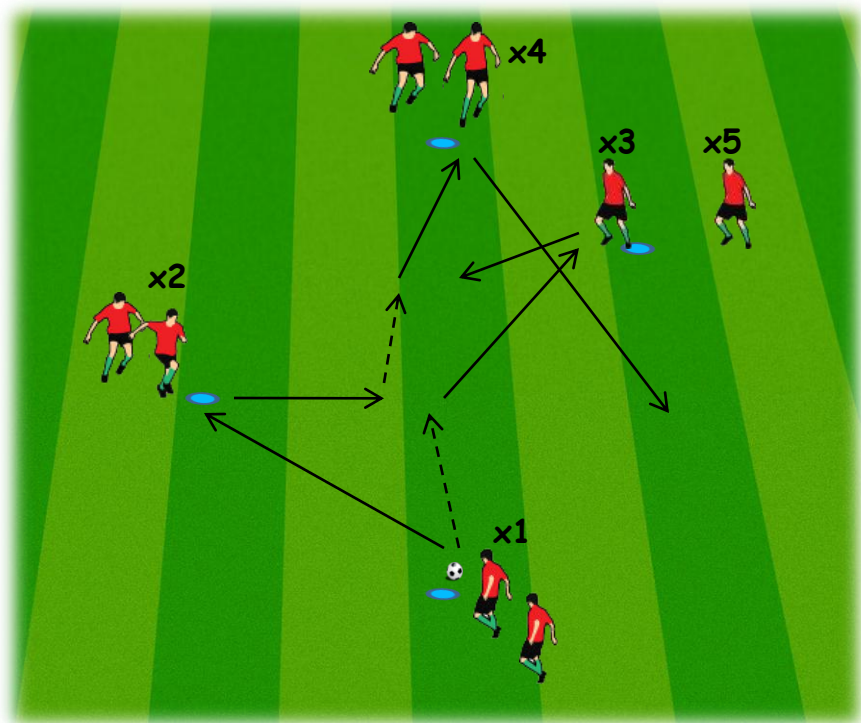
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays 1-2 around y1 with y2 then plays a forward pass into x2. x1 then takes x2's place. x2 now plays 1-2 around y2 with y1 and then plays a forward pass to x3 position. x3 position starts with a ball at the same time and use y3 and y4 for wall passes. The four middle yellow players keep rotating around the grid. Change these yellow players after 4 mins. The red players will also be rotating around the grid.

Key factors in attacking:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of 1-2 pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 15: Quick diagonal passing with 1-2



Rules / Objectives: 4-3-3 positioning:

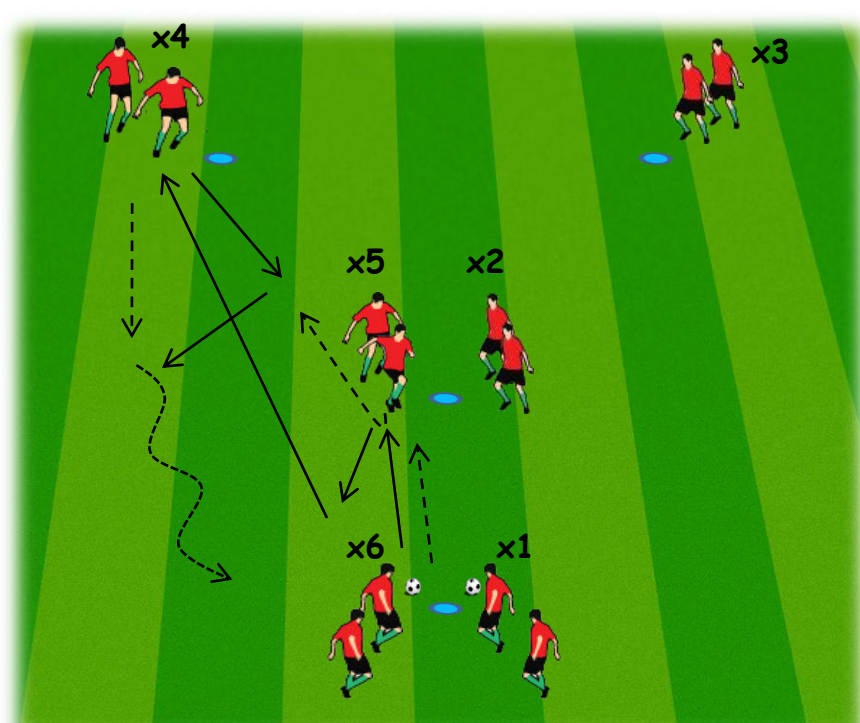
To integrate passing in relation to the positional play of the 4-3-3 system.

x1 plays 1-2 with x2. x1 then passes to x3 who sets back for x2. x2 passes to x4 who plays a thru pass to x5 who dribbles back to start. All players move up one position. X1 to x2, x2 to x3, x3 to x4, x4 to x5 and x5 to start position at x1.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of runs for thru pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 16: Y-drill with 1-2s



Rules / Objectives:

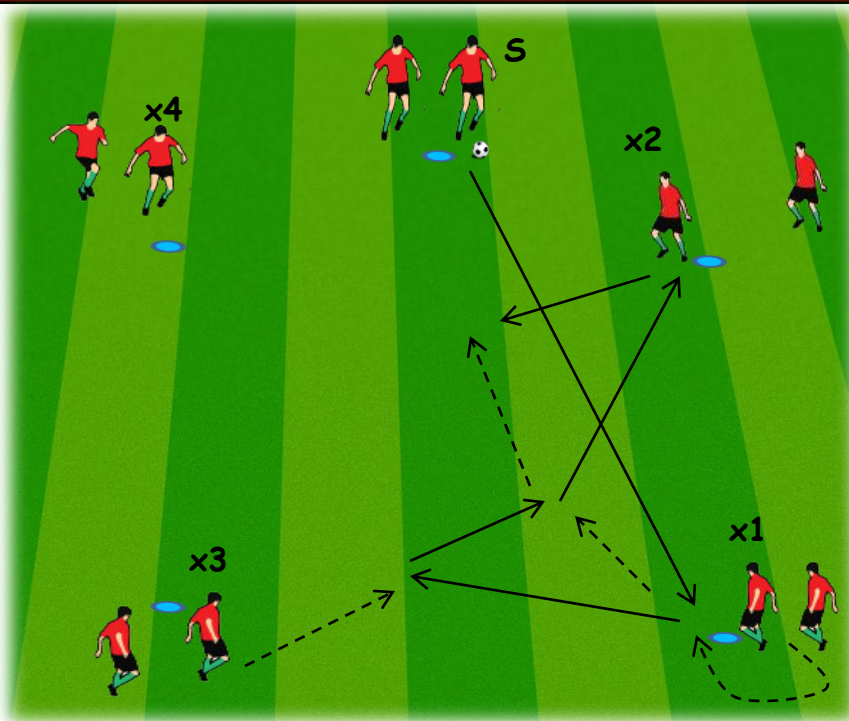
To integrate passing in relation to the positional play of the 4-3-3 system.

x6 plays a 1-2 with x5 and then plays a diagonal pass to x4. x6 stays at x5 position. x4 now plays a 1-2 with x5 (who has spun around) and dribbles back to the start position to continue the exercise on the other side. X5 now stays in x4 position. Both sides go together.

Key factors in attacking:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Use both feet when passing and dribbling
- ✓ Eye contact with passer

Link up play with 1-2s



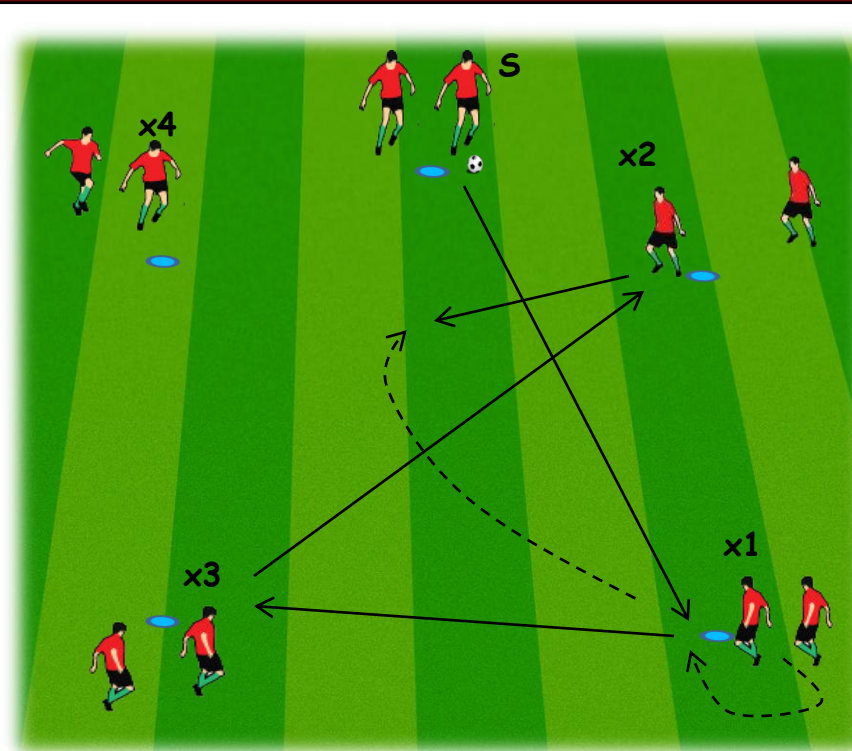
Rules / Objectives:

Link up play to include space-making & switching of play
 Server (S) plays longer pass to x1 (who moves away to show), x1 performs space making skill and plays a short give & go with x3. x1 now looks up and plays a deep give & go with x2. x1 plays back into server, x1 takes place of x2, x2 takes place of S and S takes place of x1.. Repeat other side x3 & x4.

Key Factors:

- ✓ Weight, accuracy & control of passes
- ✓ Variation of space making skills
- ✓ Ability to play 1-2's with inside & outside of both feet.
- ✓ Rotation of players

Drill 16: Y-drill with 1-2s



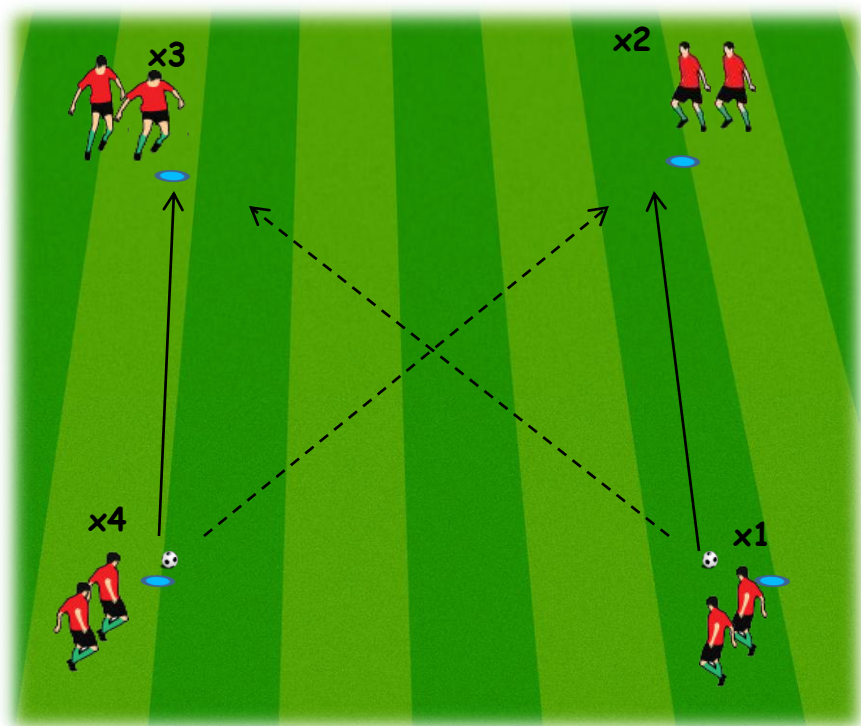
Rules / Objectives:

Link up play to include space-making & switching of play
 Server plays into x1(makes space). X1 then plays into x3 who plays a deep pass into x2. x1 supports x2 and receives a pass into space. Play ball back to server. x1 takes place of x2, x2 takes place of S and S takes place of x1.. Repeat other side x3 & x4.

Key Factors:

- ✓ Weight, accuracy & control of passes
- ✓ Variation of space making skills
- ✓ Ability to play 1-2's with inside & outside of both feet.
- ✓ Rotation of players

Drill 17: Forward pass with a coordination run



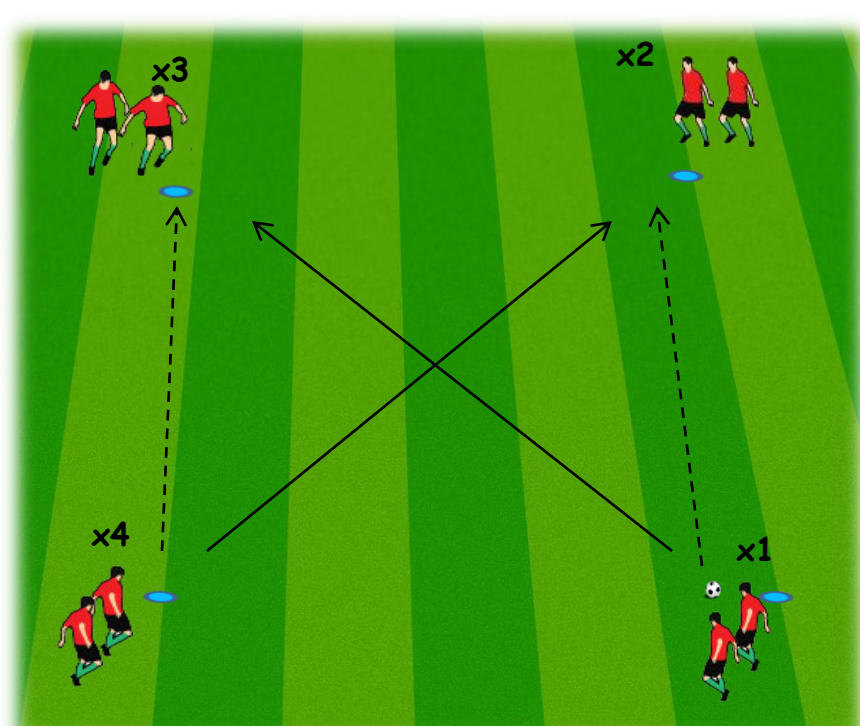
Rules / Objectives:

x1 plays a vertical pass to x2 and starts a diagonal run with any movement (high knee lifts, heel kicks etc.). x2 returns pass and starts diagonal movement to opposite corner. x4 and x5 copy same.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of runs for thru pass
- ✓ Check away from passer to create space
- ✓ Agility, balance and coordination movements across the grid
- ✓ Eye contact with passer

Drill 18: Diagonal pass with a change of pace



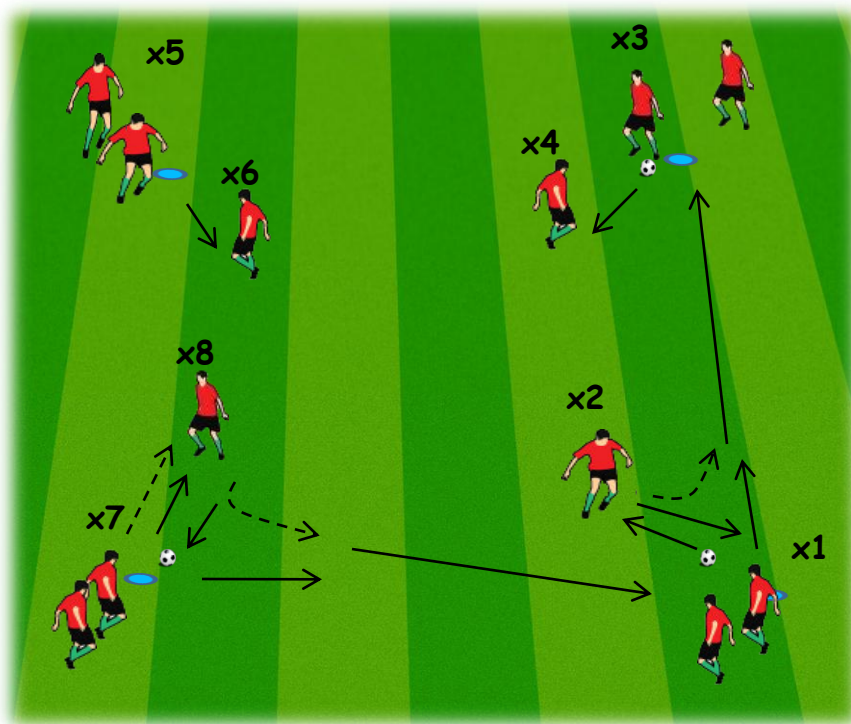
Rules / Objectives:

x1 and x4 play diagonal passes to x2 and x3. After the pass both players make straight sprints to next position. x2 and x3 repeat in opposite direction.

Key factors in attacking:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Change of pace after pass
- ✓ Eye contact with passer

Drill 19: Short diagonal passing



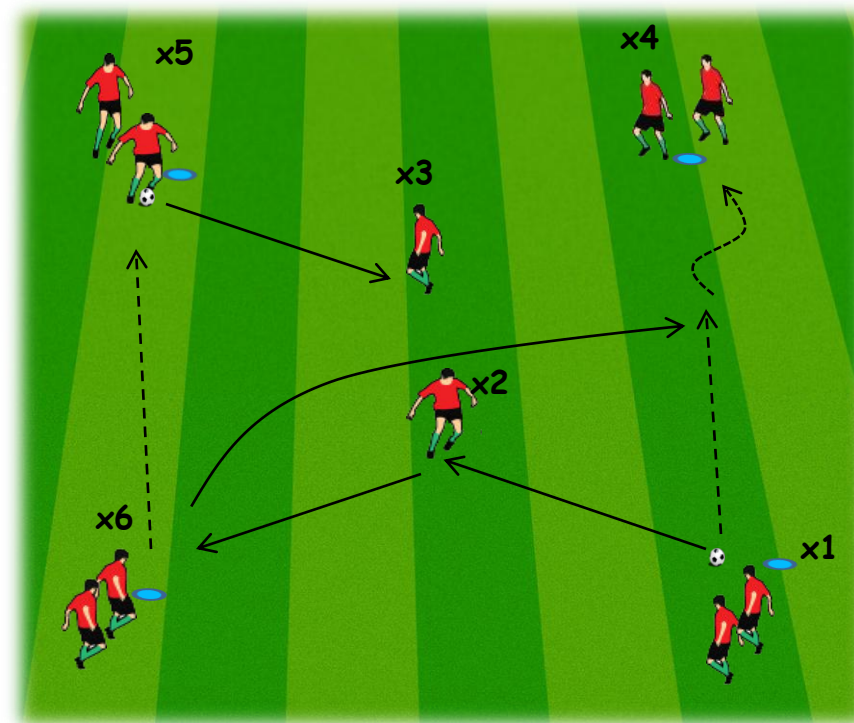
Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system.
 x1 plays a 1-2 with x2 and then plays a short pass in front of x2's run. x1 stays in x2 position. x2 passes into x3 position. Each corner repeats the same movement at the same time. After 3 mins rotate the drill in the opposite direction. Progress to overlaps.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of runs for thru pass
- ✓ Check away from passer to create space
- ✓ Eye contact with passer

Drill 20: Diagonal and thru passes



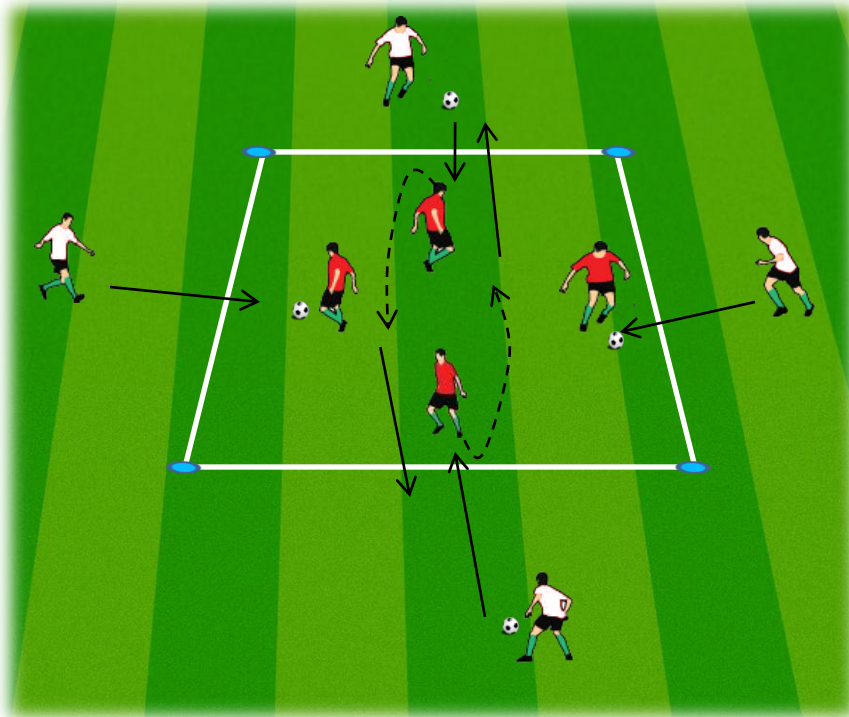
Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system.
 x1 plays a diagonal pass to x2 who turns and passes to x6. x6 plays a thru pass to x1 who dribbles into x4 position. x6 finishes up in x5 position. x5 repeats drill in opposite direction. Ask players to avoid balls clashing in centre of grid. Rotate x2 and x3 every 3-4 mins. Progress to x1 taking x2's place and x2 spinning away for thru pass.

Key factors in attacking:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Change of pace after pass
- ✓ Eye contact with passer

Drill 21: Passing and turning with the ball



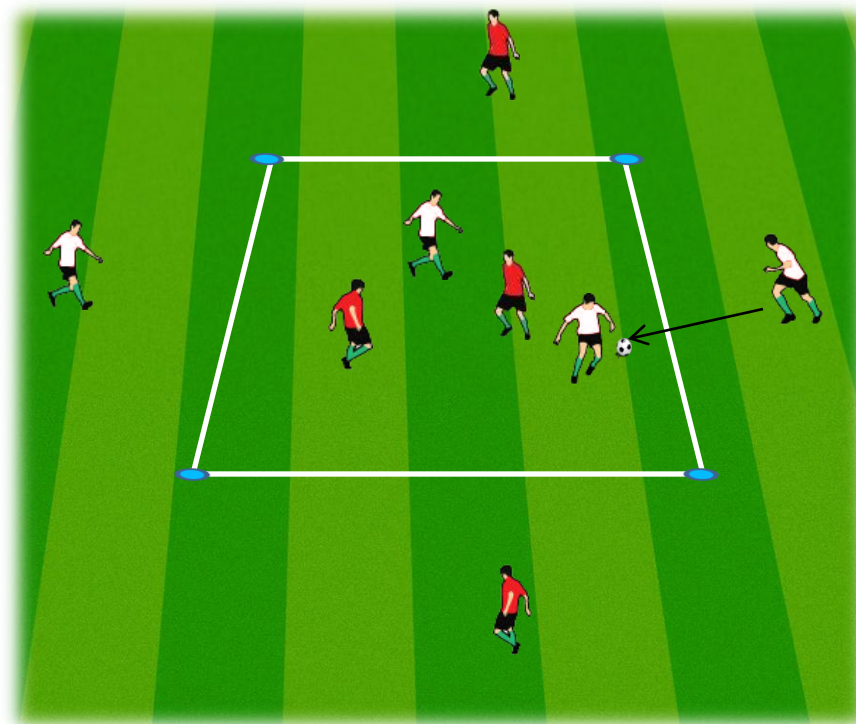
Rules / Objectives:

White players pass balls into red players who turn and go in the opposite direction and finish with a pass back out of the grid. Rotate teams every 4 mins.

Key factors:

- ✓ Pace, weight and accuracy of pass
- ✓ Body position prior to receiving pass
- ✓ Check away from passer to create space
- ✓ Spatial awareness
- ✓ Eye contact with passer

Drill 22: 2 v 2 game



Rules / Objectives:

Play 2 v 2 inside grid using the outside players to keep possession. Progress to players from inside changing places with outside players after pass.

Key factors in attacking:

- ✓ Pace, weight and accuracy of pass
- ✓ Timing of pass
- ✓ Check away from passer to create space
- ✓ Change of pace after pass
- ✓ Spatial awareness
- ✓ Eye contact with passer

Functional Games

Functional training is defined as any type of exercise that has a direct relationship to the activities we perform at the club. In relation to soccer, functional training is designed to best simulate situations and challenges that will be faced during a game. Functional soccer training can have an emphasis on both physical training as well as the technical and tactical demands of the game.

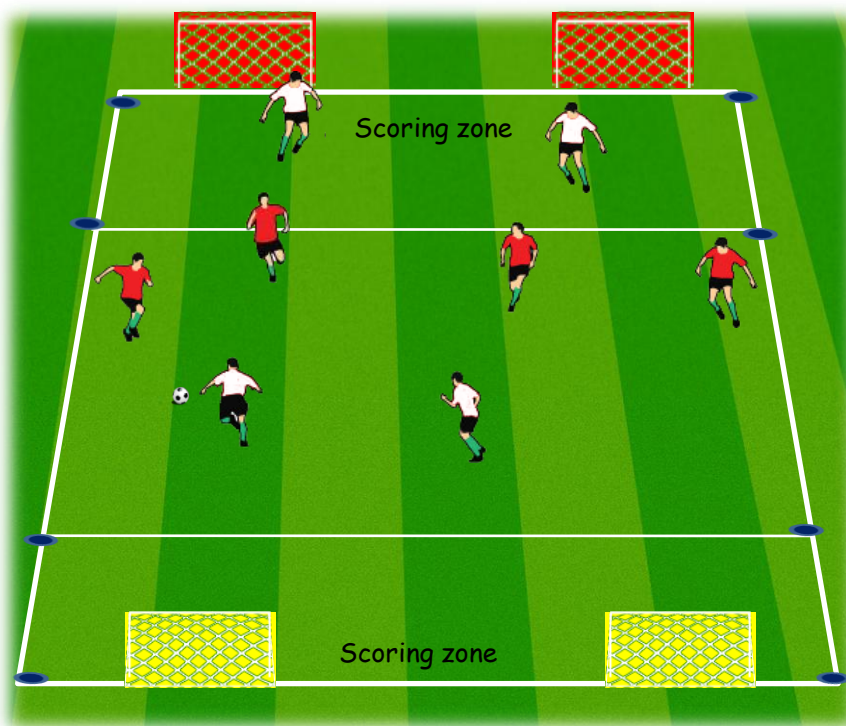
Technical and Tactical

Technical skills can be practiced functionally by adding defensive pressure, cover, support or scoring scenarios to simulate a live game. Tactical aspects of the game can be simulated using quarter, half or full field, and rehearsing specific group movement that is required during game play. An example of a tactical functional training topic is simulating the full backs joining the attack

Physical

Physical functional training for soccer simulates the actual game play. Stamina and fast recovery time are required because a soccer game cannot be replicated with a 90-minute jog. Muscle groups used in the jumping, running and kicking motion should be trained functionally both to increase performance and avoid injury.

Drill 2: 4 v 2 both directions



Rules / Objectives:

4 v 2 in each direction. Red team has 8-10 attacks and then teams rotate positions. Red team tries to score with thru passes into scoring zone and finish on 1 touch. Two white defenders on each side need to try and stop the red team from scoring. If the white team wins the ball they look to play a vertical pass to opposite white players where they finish on the either goal.

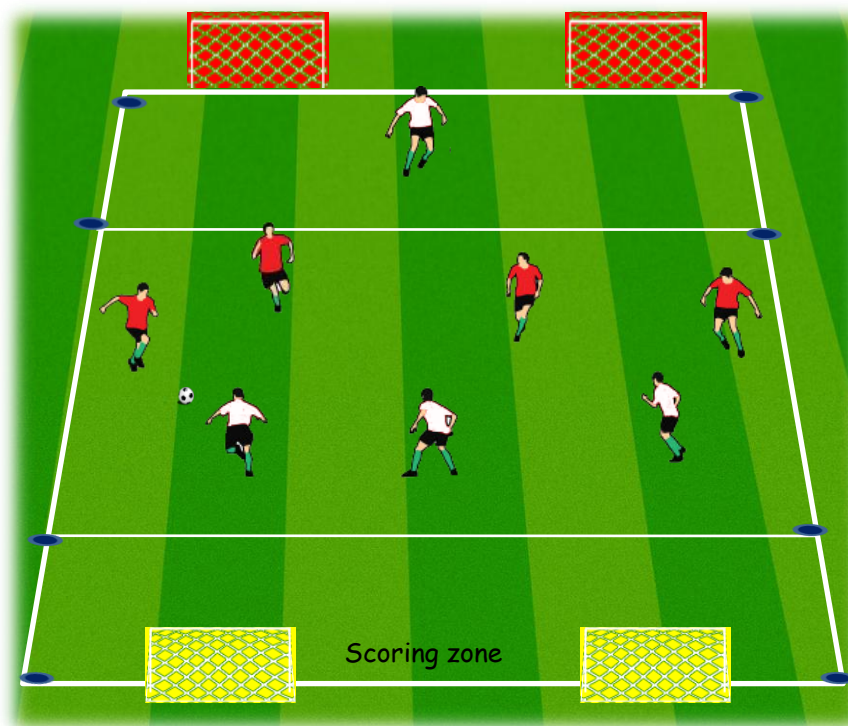
Key Factors Attacking:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 3: 4 v 3 both directions



Rules / Objectives:

4 v 3 and 4 v 3 both directions. Reds attack 3 white players and look to score with thru passes and then dribbling on both goals. If white team wins possession they look to pass to opposite white player who finishes under pressure from the recovering red players. Reds then start the attack in the opposite direction and two white defenders join the single defender.

Key Factors Attacking:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 1: 4 v 2 + 2 recovering defenders



Rules / Objectives:

4 v 2 (4 v 4) with two recovering white defenders. Red team has 8-10 attacks then switch roles with whites. If white teams win possession then they try and counter attack. Start second attack from opposite end.

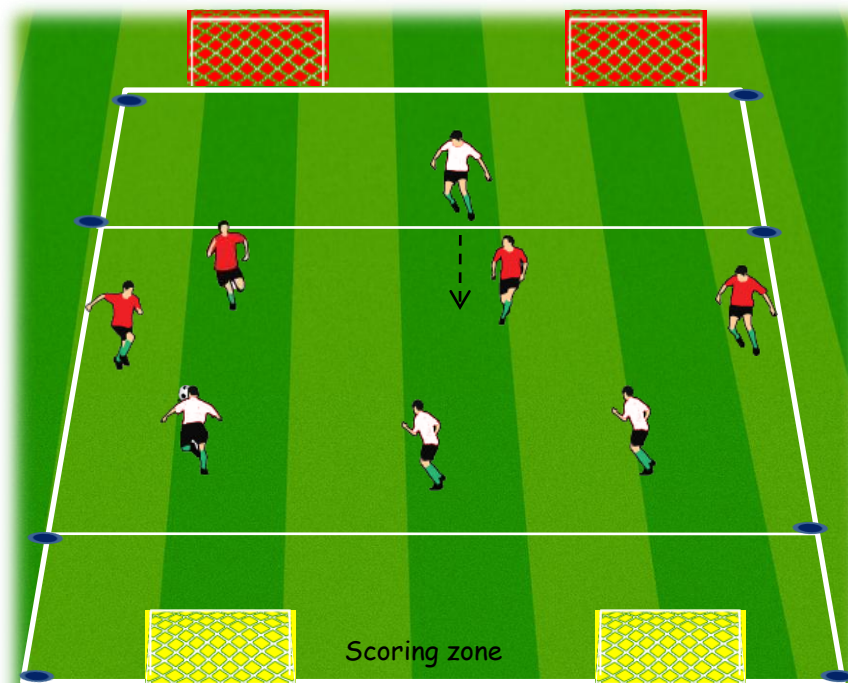
Key Factors:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance, recovery runs

Drill 2: 4 v 3 + 1 recovering defender



Rules / Objectives:

4 v 3 (4 v 4) with one recovering defender. Red team has 8-10 attacks then switch roles with whites. If white teams win possession then they try and counter attack. Start second attack from opposite end.

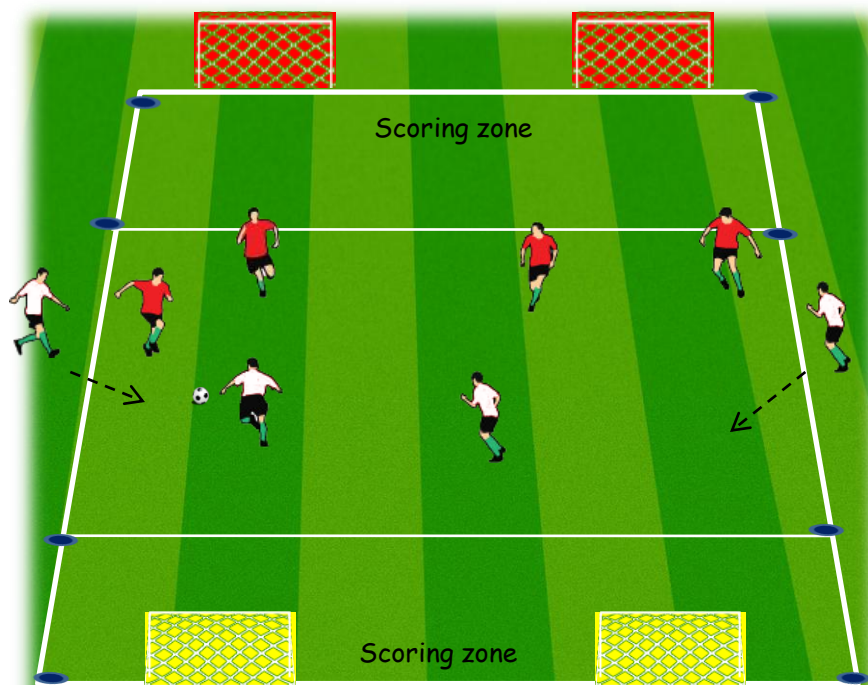
Key Factors Attackers:

- ✓ Forward diagonal and vertical passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 1: 4 v 2 + 2 recovering side defenders



Rules / Objectives:

4 v 2 (4 v 4) with two recovering side white defenders. Red team has 8-10 attacks then switch roles with whites. If white teams win possession then they try and counter attack. Start second attack from opposite end.

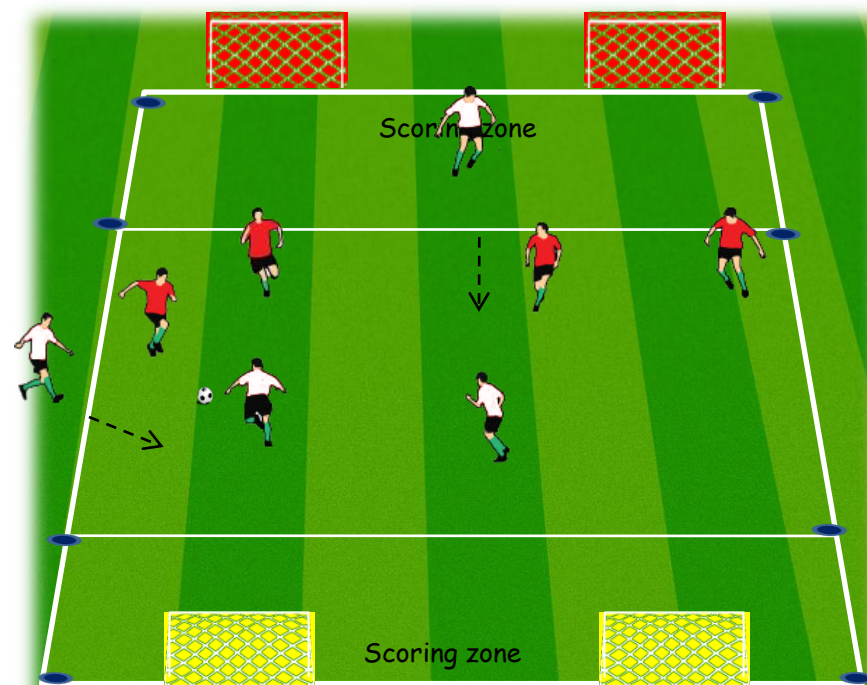
Key Factors:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance, recovery runs

Drill 2: 4 v 2 + 1 side + 1 recovery defender



Rules / Objectives:

4 v 2 + 2 recovering defenders. Play for 30sec then allow defenders to recover defensively. The two initial defenders should look to delay the attackers as long as possible.

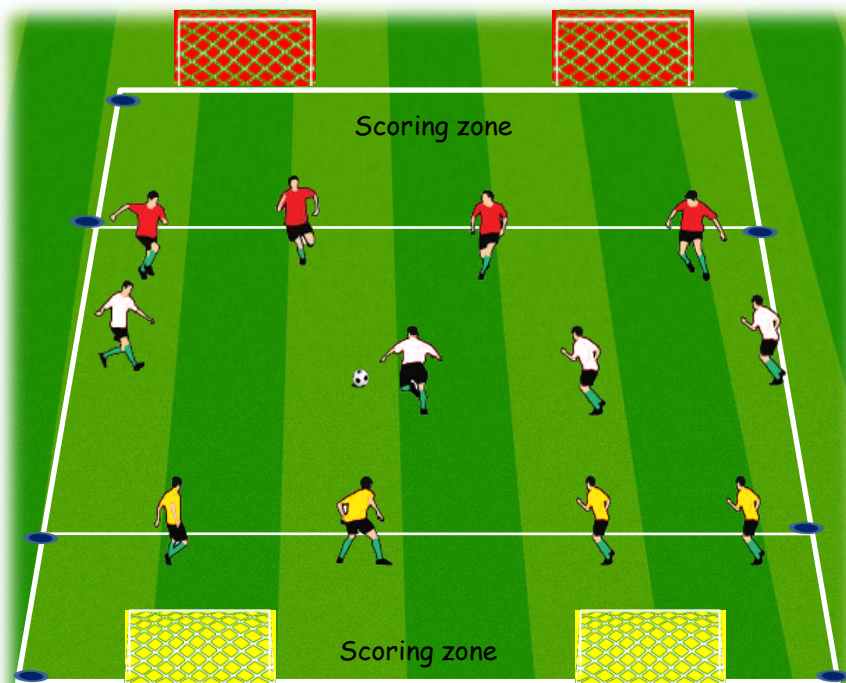
Key Factors Attackers:

- ✓ Forward, diagonal, bounce and vertical passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance, recovery runs

Drill 1: 4 v 4 v 4



Rules / Objectives:

Four white players attack red team and try and score with quick combination plays. If red team win possession they now attack the yellow team in opposite direction. The white team now become defenders. Repeat both directions

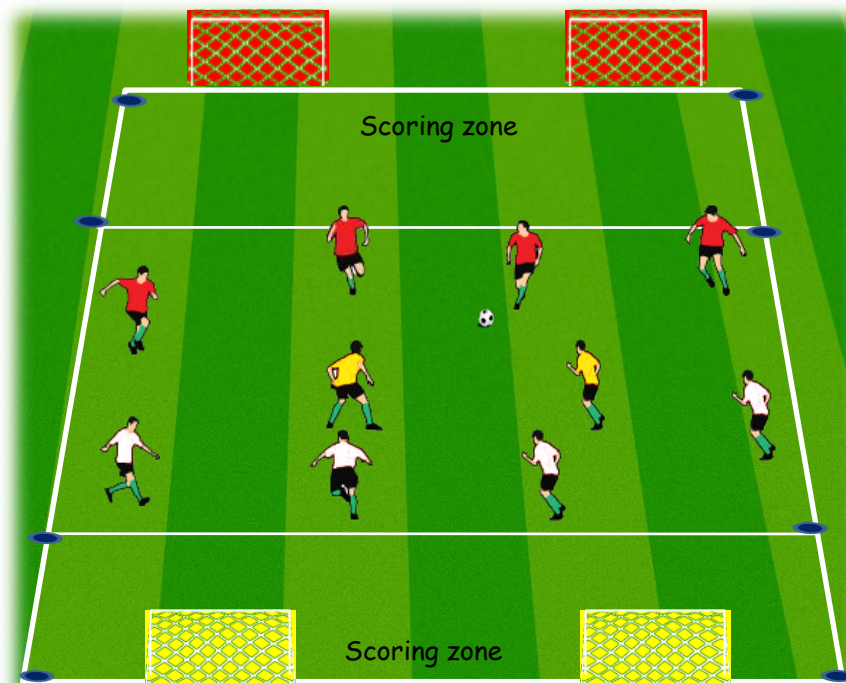
Key factors attacking:

- ✓ Vertical, diagonal, bounce passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key factors defending:

- ✓ Pressure, cover, support, balance, recovery runs

Drill 2: 6 v 4 both directions



Rules / Objectives:

6 v 4 both directions with two yellow attackers playing both directions. Encourage quick combination play in attack and compactness in defence.

Key factors attacking:

- ✓ Forward, diagonal, bounce and vertical passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key factors defending:

- ✓ Pressure, cover, support, balance, recovery runs

Drill 5: 4 v 4 + 2 multi directional game



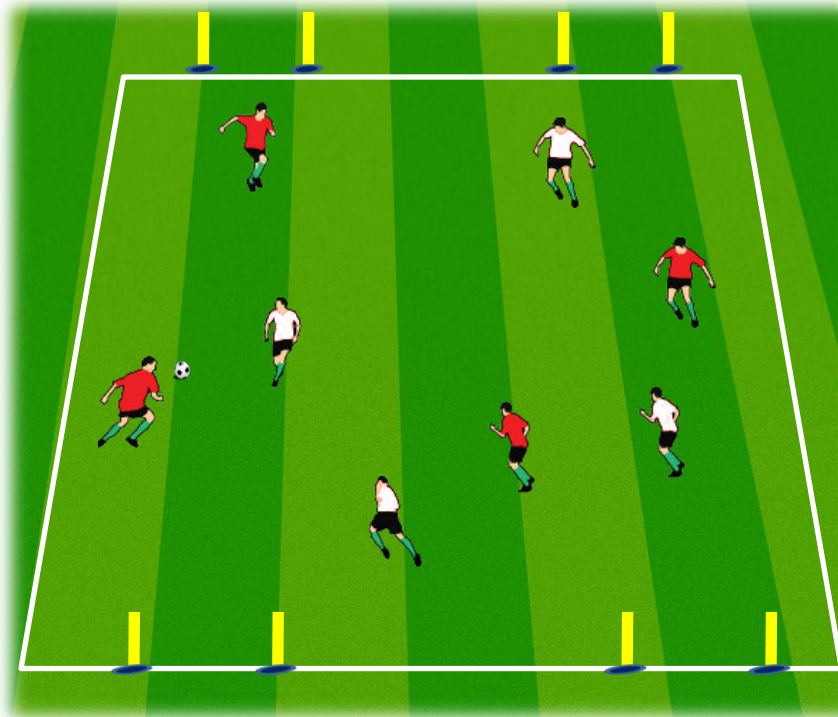
Rules / Objectives:

Multi Directional game. 4v4 with 2 neutral players which makes it 6v4 when is possession. Reds aim to score in the yellow goals whites aim to score in the blue goals. 30 x 30 grid.

Key Factors:

- ✓ Making use of extra players
- ✓ Creating passing options
- ✓ Creating scoring opportunities
- ✓ Keeping good possession
- ✓ Forward Passing / Receive on half-turn
- ✓ Good decision making from players in possession

Drill 6: Throw, head, catch



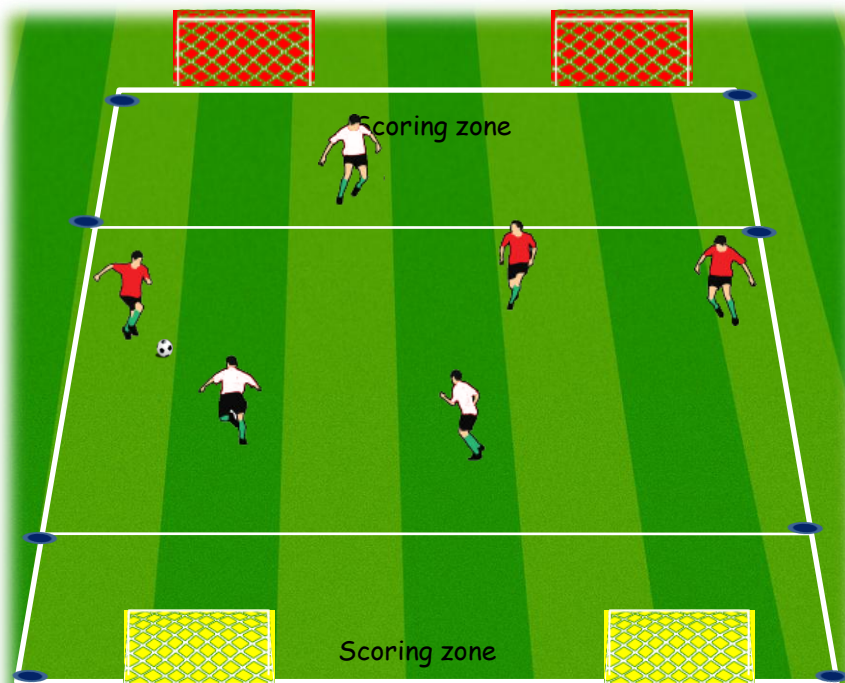
Rules / Objectives:

Multi Directional game. 4v4 throw, head and catch game. Goals can only be scored by headers or volleys. Look for good movement on and off the ball.

Key Factors:

- ✓ Look at support play for the player on the ball
- ✓ Creating scoring opportunities with quick combinations
- ✓ Eye on the ball and contact on the forehead
- ✓ Heading techniques

Drill 2: 3 v 2 both directions



Rules / Objectives:

3 v 2 in each direction. Red team has 8-10 attacks and then teams rotate positions. Red team tries to score with thru passes into scoring zone and finish on 1 touch. Two white defenders need to try and stop the red team from scoring. If the white team wins the ball they look to play a vertical pass to opposite white player where he finishes on the either goal. One of the two white defenders joins up with the single defender for the start of next attack.

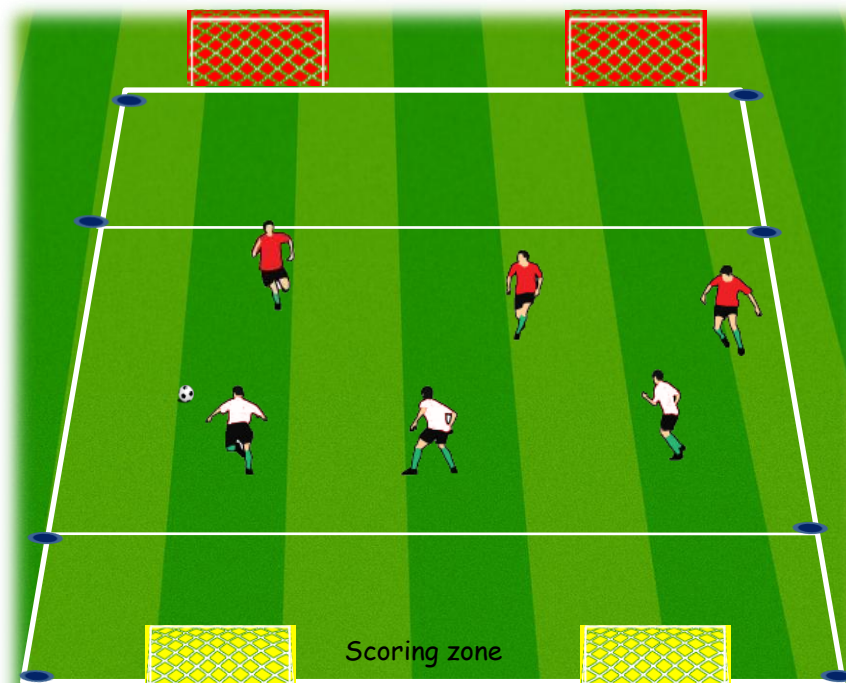
Key Factors Attacking:

- ✓Vertical, diagonal, bounce and long passing
- ✓Getting players to receive on the half turn
- ✓Creating angles and triangles
- ✓Player rotation and positional play

Key Factors Defending:

- ✓Pressure, cover, support, balance

Drill 3: 3 v 3



Rules / Objectives:

3 v 3. Reds attack 3 white players and look to score with thru passes and then dribbling on both goals. If white team wins possession they look to start their own attacks. Look for transition play in attack and defence.

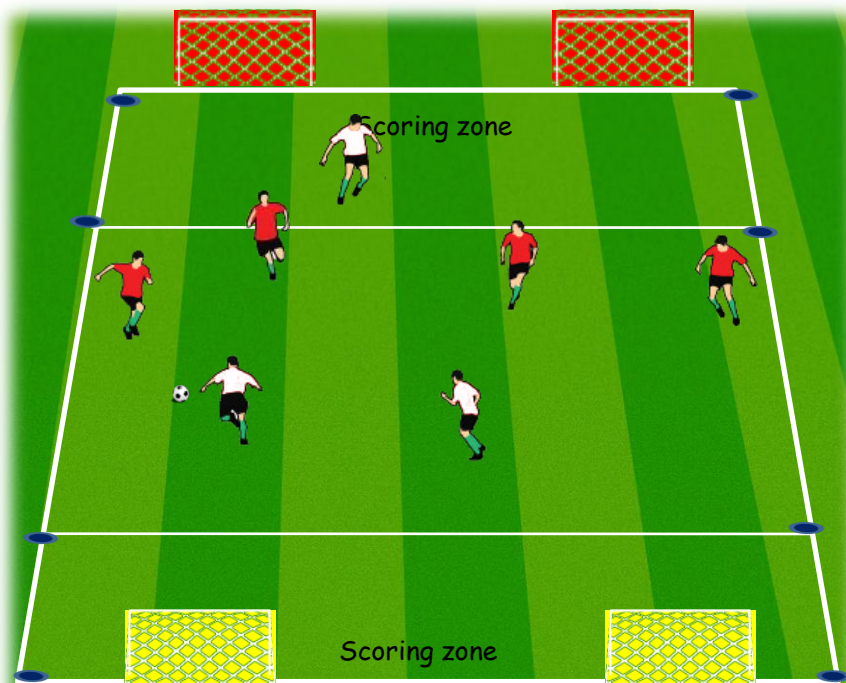
Key Factors Attacking:

- ✓Vertical, and diagonal passing
- ✓Getting players to receive on the half turn
- ✓Creating angles and triangles
- ✓Player rotation and positional play

Key Factors Defending:

- ✓Pressure, cover, support, balance

Drill 2: 3 v 2 both directions



Rules / Objectives:

3 v 2 in each direction. Red team has 8-10 attacks and then teams rotate positions. Red team tries to score with thru passes into scoring zone and finish on 1 touch. Two white defenders need to try and stop the red team from scoring. If the white team wins the ball they look to play a vertical pass to opposite white player where he finishes on the either goal. One of the two white defenders joins up with the single defender for the start of next attack.

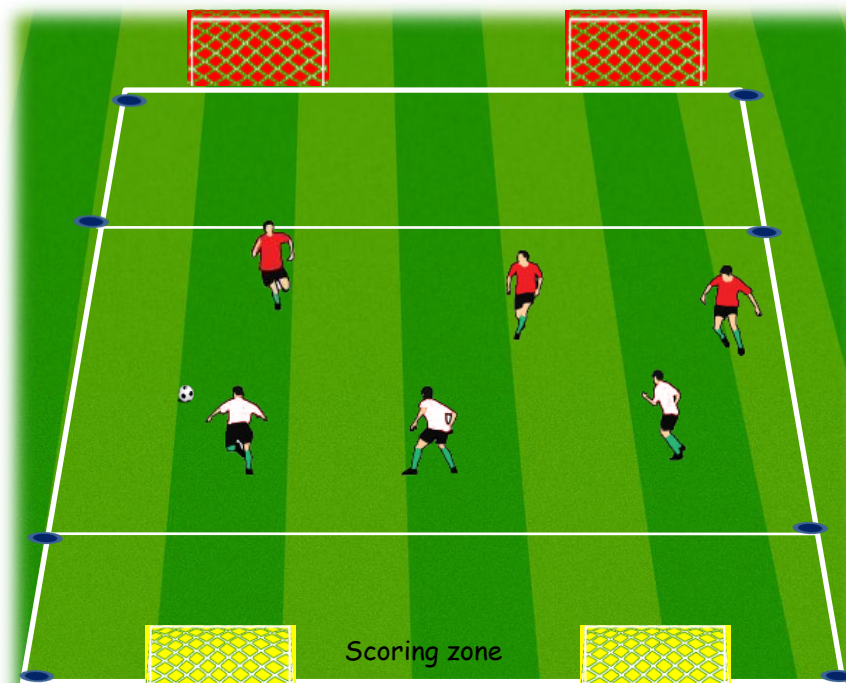
Key Factors Attacking:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 3: 3 v 3



Rules / Objectives:

3 v 3. Reds attack 3 white players and look to score with thru passes and then dribbling on both goals. If white team wins possession they look to start their own attacks. Look for transition play in attack and defence.

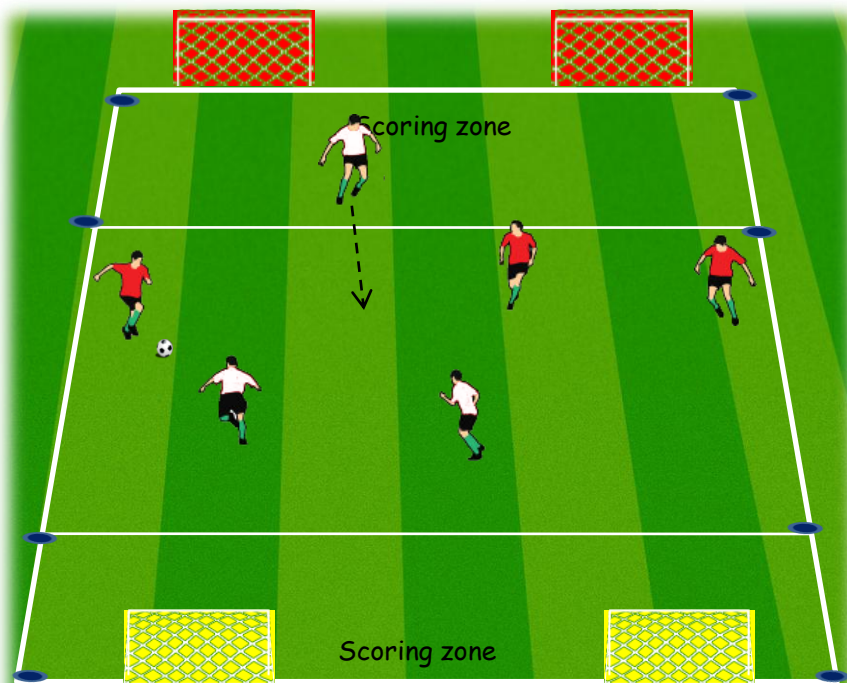
Key Factors Attacking:

- ✓ Vertical, and diagonal passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 2: 3 v 2 + 1 recovering defender



Rules / Objectives:

Red team attacks the two white defenders with one recovering white defender joining in after 8-10 seconds. The two white defenders need to be patient and if they cannot win possession hold up the reds attack until recovering defender helps out.

Key Factors Attacking:

- ✓ Vertical, diagonal, bounce passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play
- ✓ Spatial awareness

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 3: 3 v 3 v 3



Rules / Objectives:

Three white players attack red team and try and score with quick combination plays. If red team win possession they now attack the yellow team in opposite direction. The white team now become defenders. Repeat both directions.

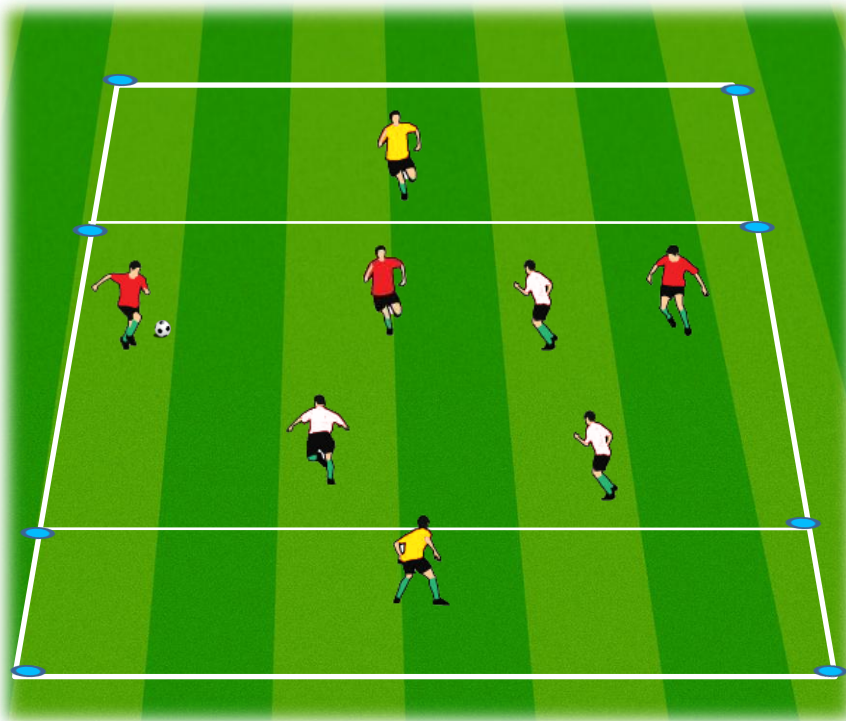
Key Factors Attacking:

- ✓ Vertical, and diagonal passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation and positional play
- ✓ Spatial awareness

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 1: 3 v 3 + 2 neutral



Rules / Objectives:

3v3+2 possession game using 2 neutral players to overload the game. Look for good movement on and off the ball to maintain possession.

Key Factors:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 2: 3 v 3 + 4 neutral



Rules / Objectives:

3v3+4 possession game using 4 neutral players to overload the game. Look for good movement on and off the ball to maintain possession. Progress to using two x1 yellows as target men to run the ball over the end line and the two x2 wide players to build up play.

Key Factors:

- ✓ Vertical, diagonal, bounce and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 1: 3 v 3 + 2 possession to goal



Rules / Objectives:

3v3 in the playing area, 2 players for each team on the outside. The purpose of the game is to score by playing a wall pass with a player on the outside. Once a player has scored he must change direction and aim to play to the outside player at the opposite end. Outside players can not play direct to each other.

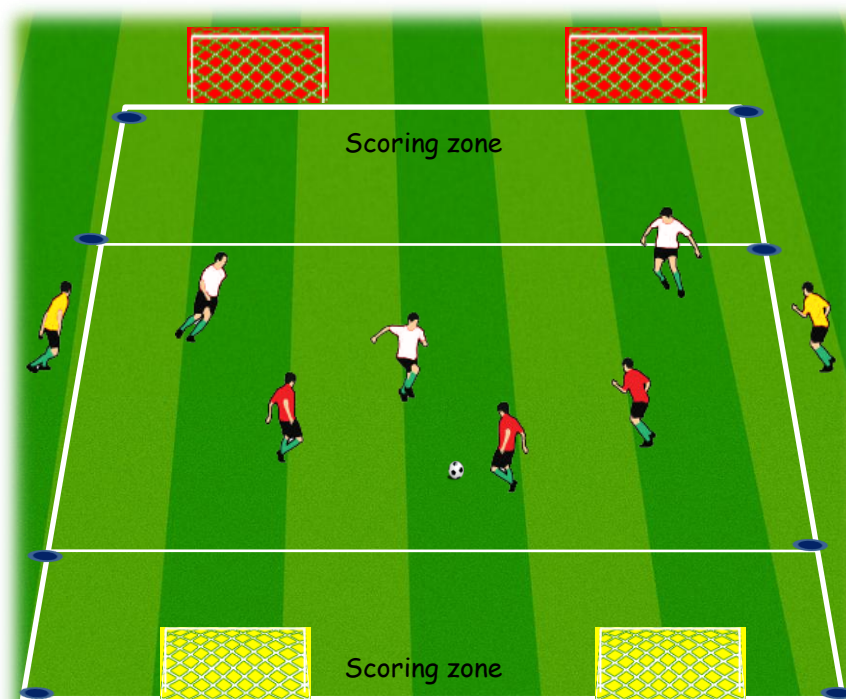
Key Factors:

- ✓ Forward Passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation

Key Factors Defending:

- ✓ Pressure, cover, support

Drill 2: 3 v 3 + 2 thru pass



Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system and look at the 3 defenders positional defending. 3v3+2 (5 v 3) in the playing area. The purpose of the game is to score in each scoring zone by playing thru passes and finishing with one touch on either of the goals.

Key Factors Attackers:

- ✓ Forward, diagonal and vertical passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation

Key Factors Defending:

- ✓ Pressure, cover, support, balance

Drill 1: 4 v 4 + 2 neutrals (change of attack)



Rules / Objectives:

The red team in possession try to shift the play to the other grid using the two outside neutral players. The neutral players shift with the pass help keep possession. Quick changes of direction and creative play are encouraged.

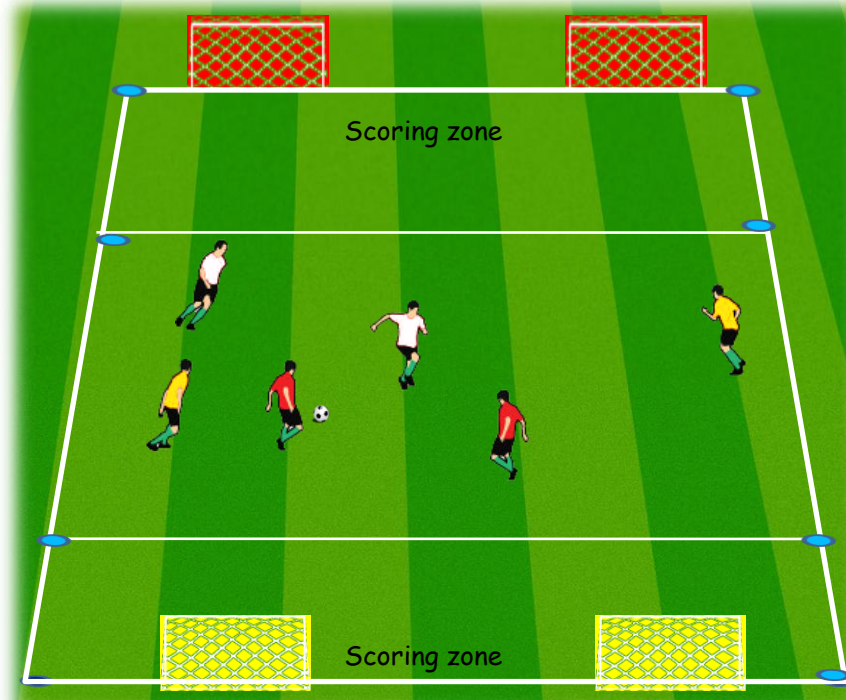
Key Factors in Attacking:

- ✓ Vertical, diagonal, bounce, disguise and long passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles inside and outside grids
- ✓ Spatial awareness

Key Factors Defending:

- ✓ Pressure, cover, support

Drill 2: 4 v 2 with teams of two



Rules / Objectives:

Four attackers keep the ball away from two defenders. Whatever team loses possession of the ball become the defending team. Keep possession first and then progress to try and score with thru passes to end zone.

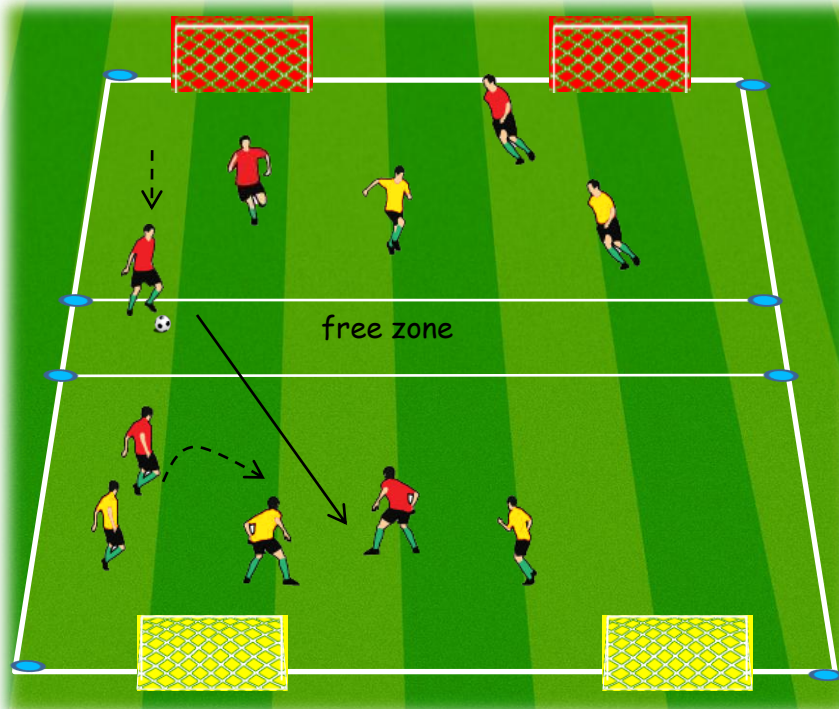
Key Factors in Attacking:

- ✓ Creating and exploiting space
- ✓ Weight, accuracy of pass
- ✓ Creating angles and triangles
- ✓ Timing of runs

Key Factors Defending:

- ✓ Pressure, cover, support

Drill 1: 3 v 2 v 2 v 3



Rules / Objectives:

Build up in relation to the 4-3-3 scheme. 3 v 2 in each zone. Red team looking to build up from area and release one of their players into free zone. Strikers look to go away to show or show to go away creating the necessary space needed. Progress into other players joining in the attacking phase and then the entire team enters the attacking zone which if they lose the ball will need to make recovery runs.

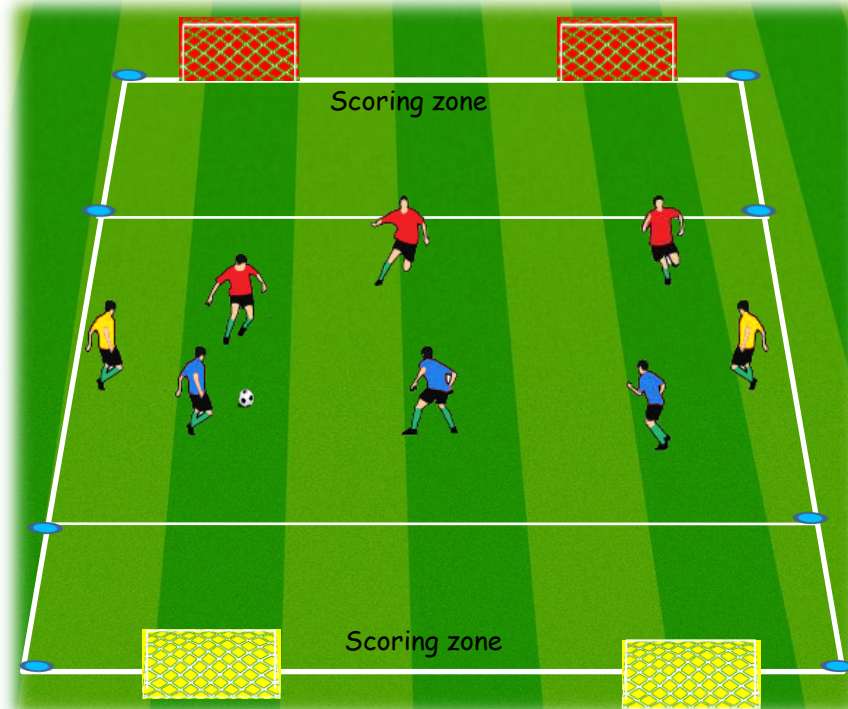
Key factors in attacking:

- ✓ Diagonal, vertical and bounced passes
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and spaces
- ✓ Combination plays between the 3 forwards

Key factors in attacking:

- ✓ Pressure, cover, support and balance

Drill 2: 5 v 3 both directions



Rules / Objectives:

Concentrating on the 3 MF players and 3 strikers positional defending in the 4-3-3. When attacking it becomes 5 v 3 overload. Look to score with good attacking combination plays by thru passes into end zones or by running across goal lines.

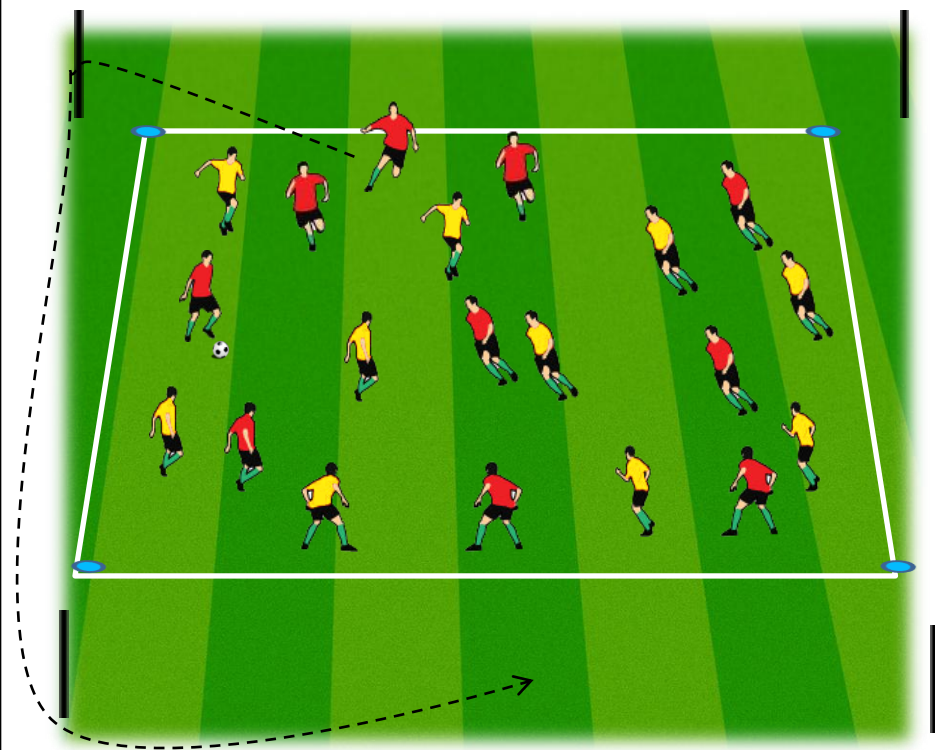
Key factors in attacking:

- ✓ Diagonal, vertical and bounced passes
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and spaces
- ✓ Combination plays between 5 attackers

Key factors in attacking:

- ✓ Pressure, cover, support and balance
- ✓ Body positioning
- ✓ Communication

Drill 1: 10 v 10 with overload created



Rules / Objectives:

10v10 in 30x50 playing area, each player is given a number. Coach calls 4 numbers from one team (e.g blue 1,2,3,4), those players have to leave the pitch and sprint around a pole on the outside leaving a 10v6 in the area until the 4 players return. Keep possession in 10v10 situation but change the tempo and make the most of the 10v6 situation.

Key Factors:

- ✓ Keeping Possession / Patience
- ✓ Change of tempo
- ✓ Attacking options (think counter attack)
- ✓ Decision Making

Drill 2: 8 v 8 + 2 FB



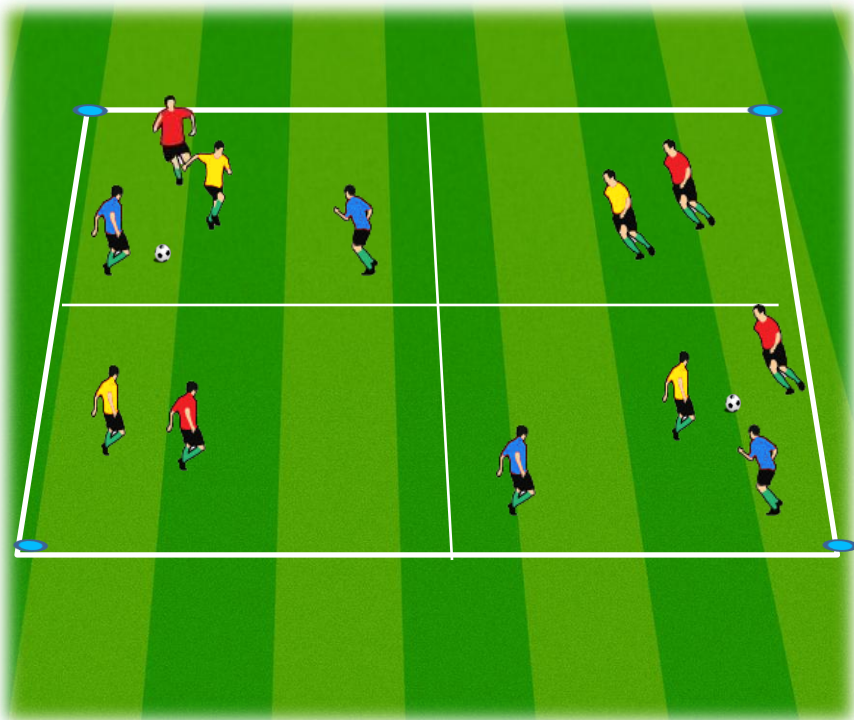
Rules / Objectives:

To integrate passing and movement and build up play in relation to the positional play of the 4-3-3 system
8v8 in playing area with 1 neutral player (full back) on each side. Any of the 3 goals can be scored in. Encourage players to switch the play by using the neutral players (full backs) to create goal scoring opportunities.

Key Factors:

- ✓ Switching the play (When & when not to)
- ✓ Use of full backs
- ✓ Creating attacking options
- ✓ Decision Making

Drill 1: Protecting the ball



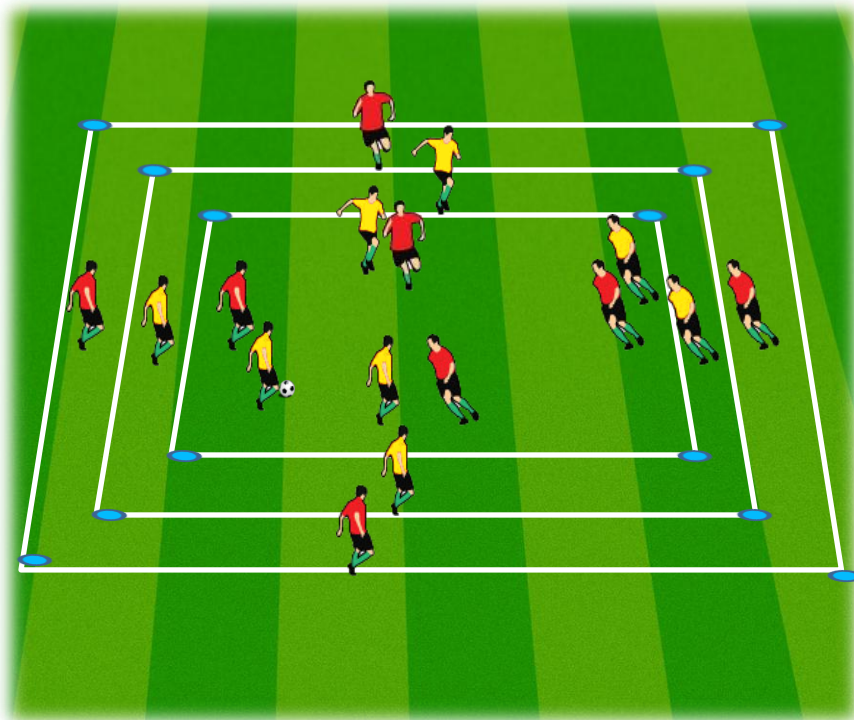
Rules / Objectives:

The playing area is split into 4 grids, with a 1v1 in each of them. 2 neutral players (in two grids) can join the 1v1 to make a 3v1 and at least 5 passes has to be made, after the 5th pass the ball gets transferred to a different grid where the player must protect the ball until the 2 neutrals join him.

Key Factors:

- ✓Protecting/shielding the ball
- ✓Strength on the ball
- ✓Creating angles/options
- ✓Quality passing & possession

Drill 2: 4 v 4 possession



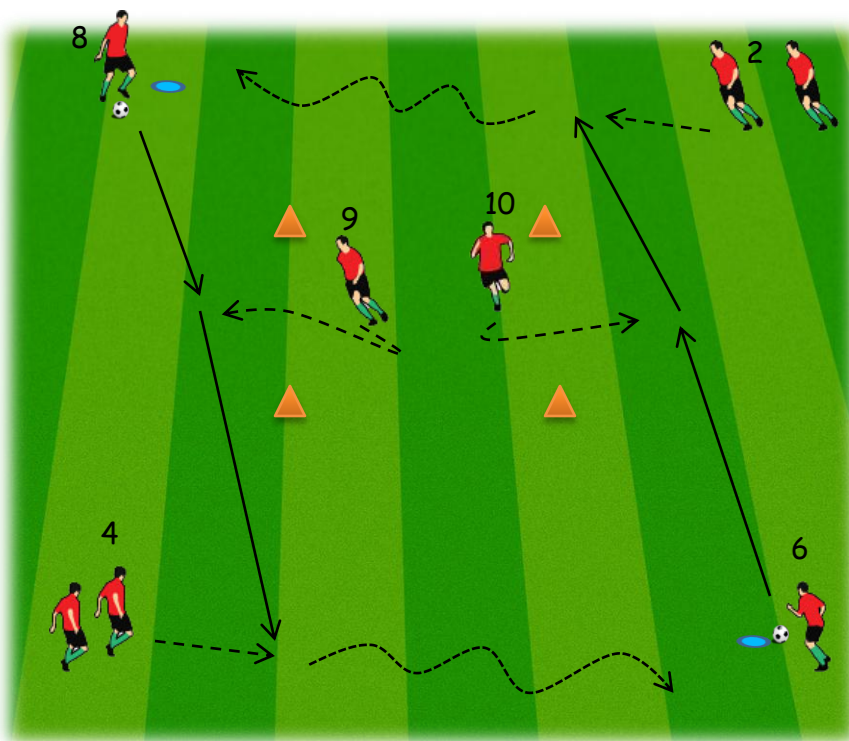
Rules / Objectives:

4v4 in main playing area keeping possession. A point is scored by playing a wall pass with one of the outside men in the same colour. The Yellow players on the outside can be pressed from behind and the red players can be pressed from the front, then eventually swap zones so that the yellows are being pressed from the front etc.

Key Factors:

- ✓Creating angles / Passing options
- ✓Angle of pass
- ✓Decision making
- ✓Patience in possession

Drill 1: Protecting the ball



Rules / Objectives:

Creating space to receive the ball. 10/9 makes movement amongst mannequins to get free and receive the ball from 8 and 6. He then gets on the half turn and plays it into the path of 2 and 8 who dribbles and joins the back of the queue. Repeat down both sides. All players follow their pass.

Variation: 9/10 sets the midfielder to play a long diagonal ball into path of full backs.

(Numbers depend on system played)

Key Factors:

- ✓ Movement to create space
- ✓ Getting on half turn
- ✓ Weight of pass
- ✓ 1st touch / Control

Drill 2: 4 v 4 possession



Rules / Objectives:

8v8. The hole playing area is gridded. Players must not pass to a player in the same channel as them (horizontally or vertically, see diagram: = good pass, bad pass).

Key Factors:

- ✓ Correct lines of pass
- ✓ No straight / square passes
- ✓ Movement to create good angles to receive the ball
- ✓ Choice of pass (to feet or space)

Drill 1: 4 v 4 + 2 WM attacking combinations



Rules / Objectives:

4v4 in playing area with 2 unopposed wide men. Encourage creative attacking play in central areas and involve wide men to create an overload and to get crosses in. Work on positional play in relation to 4-3-3 system.

Key Factors:

- ✓ Forward passing
- ✓ Rotation of midfield 3 (Related to 4-3-3)
- ✓ Creating passing options/angles
- ✓ Creativity
- ✓ Crossing & Finishing

Drill 2: 6 v 5 + 2 WM attacking combinations



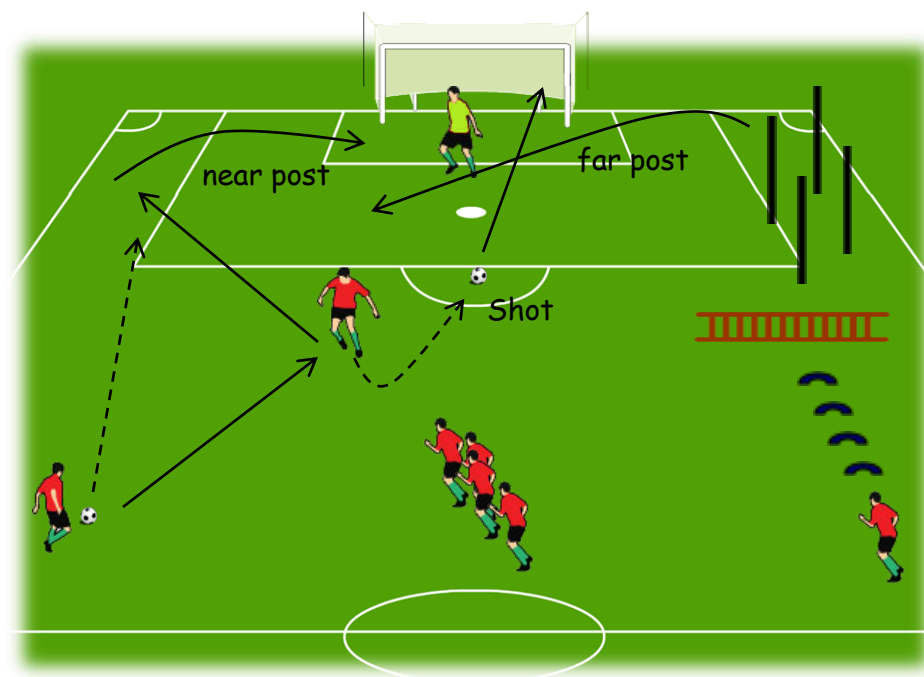
Rules / Objectives:

6 v 5 in playing area with 2 unopposed wide men. Encourage creative attacking play in central areas and involve wide men to create an overload and to get crosses in. Work on positional play in relation to 4-3-3 system.

Key Factors:

- ✓ Forward passing
- ✓ Rotation of midfield 3 (Related to 4-3-3)
- ✓ Creating passing options/angles
- ✓ Creativity
- ✓ Crossing & Finishing

Drill 1: Striker movement



Rules / Objectives:

Multi purpose function/drill. 1st FB plays to CF who sets him for a long run & cross to near post. 2nd Striker turns and takes a long shot. 3rd Striker times his run for a far post cross for the other full back who jumps over hurdles, goes thru the ladder and in and out of the poles.

Key Factors:

- ✓ Intense but quality work (Physical & technical)
- ✓ Timing of runs & deliveries
- ✓ Crossing & finishing

Drill 2: Awareness crossing



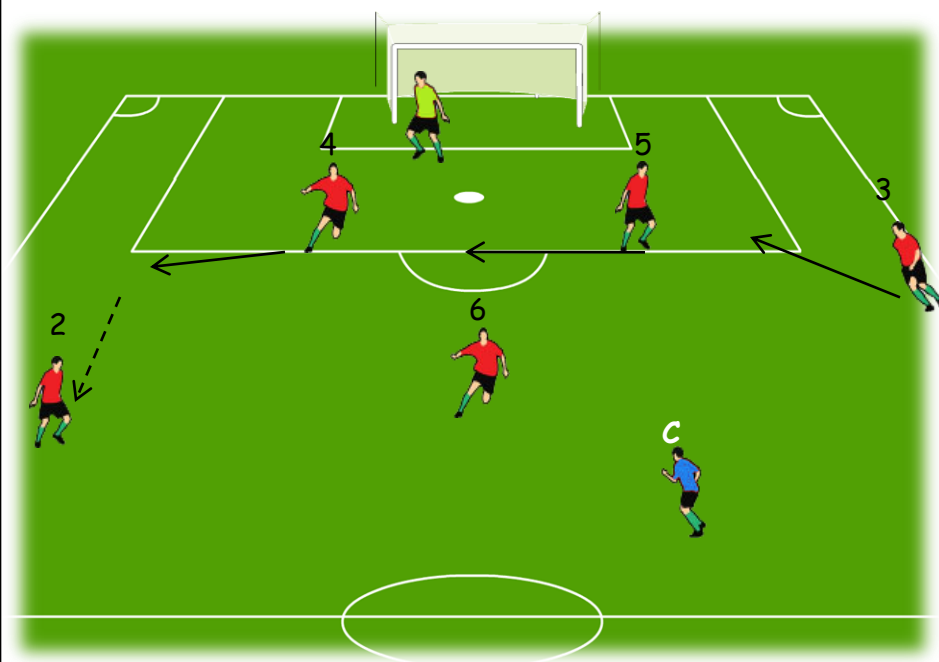
Rules / Objectives:

Four crossers positioned out wide, each given a number(1-4). Players make the box 1 at a time, and are also given a number therefore they know what angle they are receiving the cross from.

Key Factors:

- ✓ Timing of run
- ✓ Quality of cross
- ✓ Finishing / Eye on the ball

Playing out from the back v 2 strikers



Rules / Objectives:

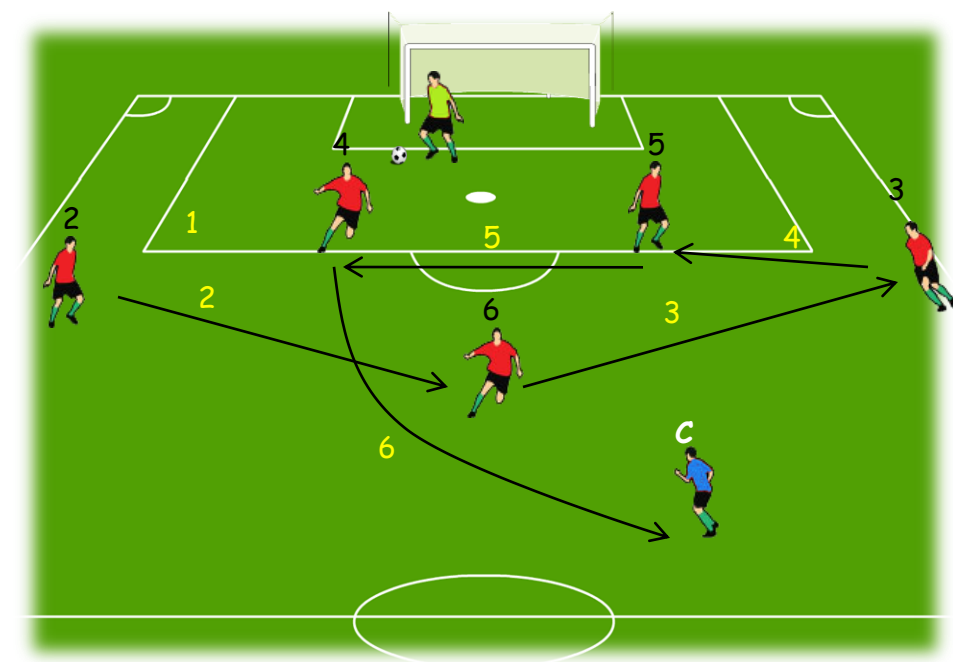
1) 'Playing out from the back' function. Coach clips ball into GK whilst players are compact. 2) Players then spread out into shape where fbs go forward creating 3 players at the back and after the GK plays to full back they make 5 passes before hitting diagonal to coach. Work in relation to 4-3-3 or 4-4(diamond)-2

Key Factors:

- ✓ Shape - Ready to play and get out
- ✓ CH's split, opposite FB comes back
- ✓ Passing options (in relation to shape)
- ✓ Quality of pass (speed, weight)
- ✓ High tempo, full width of pitch



Playing out from the back v 1 striker



Rules / Objectives:

1) 'Playing out from the back' function. Coach clips ball into GK whilst players are compact. 2) Players then spread out into shape and after the GK plays to full back they make 5 passes before hitting long diagonal to coach. Work in relation to 4-3-3 or 4-4(diamond)-2

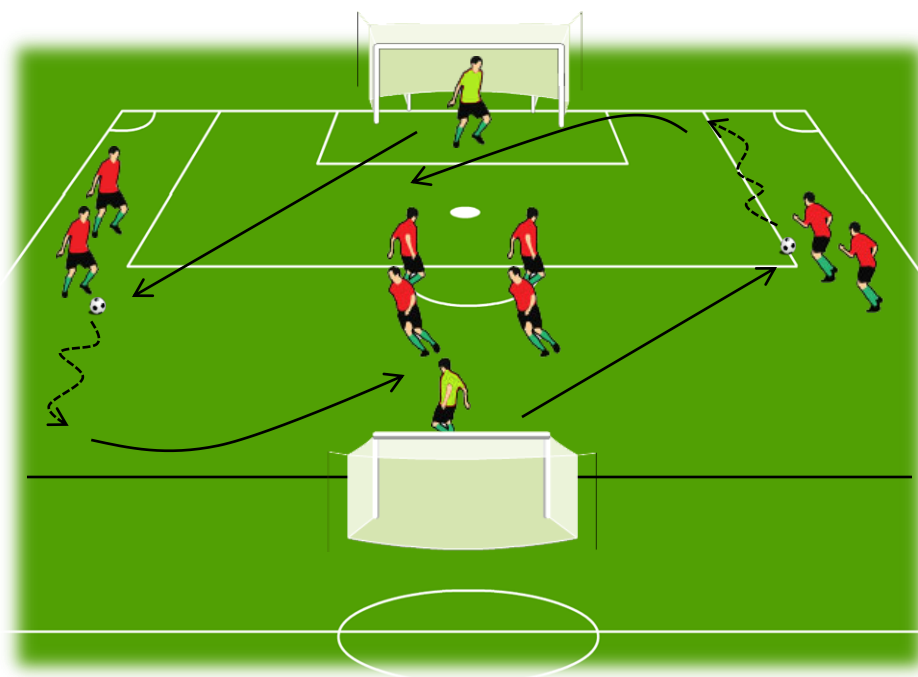
(Add any of your progressions/variations)

Key Factors:

- ✓ Shape - Ready to play and get out
- ✓ CH's split, FB high & wide
- ✓ Passing options (in relation to shape)
- ✓ Quality of pass (speed, weight)
- ✓ High tempo, full width of pitch



Crossing and finishing



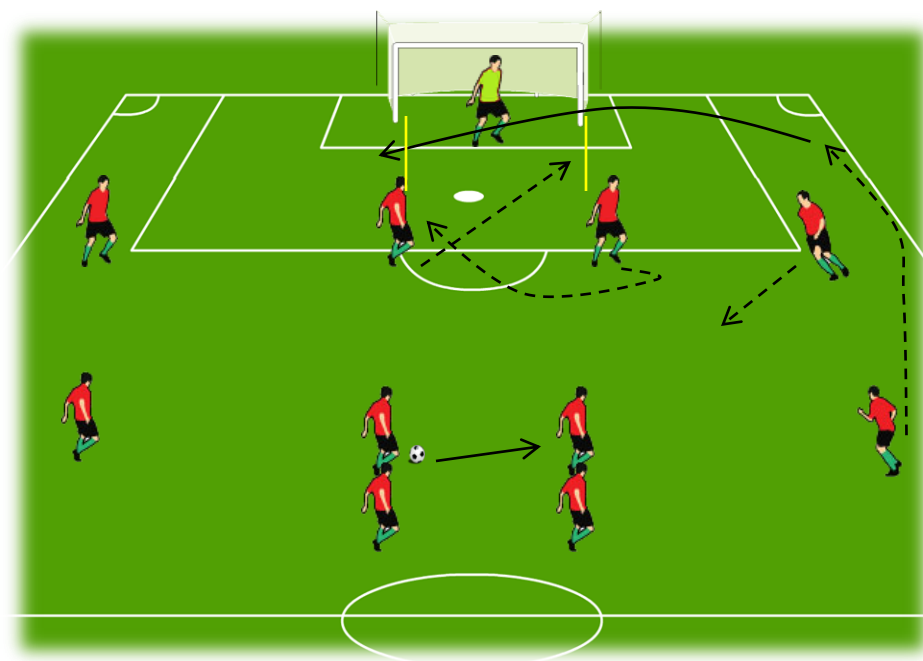
Rules / Objectives:

Crossing & finishing drill. GK plays out to wide man who gets the ball down the line delivers a cross for 2 front men. Working down both sides of the pitch. Progress by giving wide men variations of movement (i.e overlaps, out of feet and cross, get to touch line).

Key Factors:

- ✓First touch of wide men
- ✓Quality & type of delivery
- ✓Movement of front men
- ✓Finishing

Crossing from full backs/ wide men



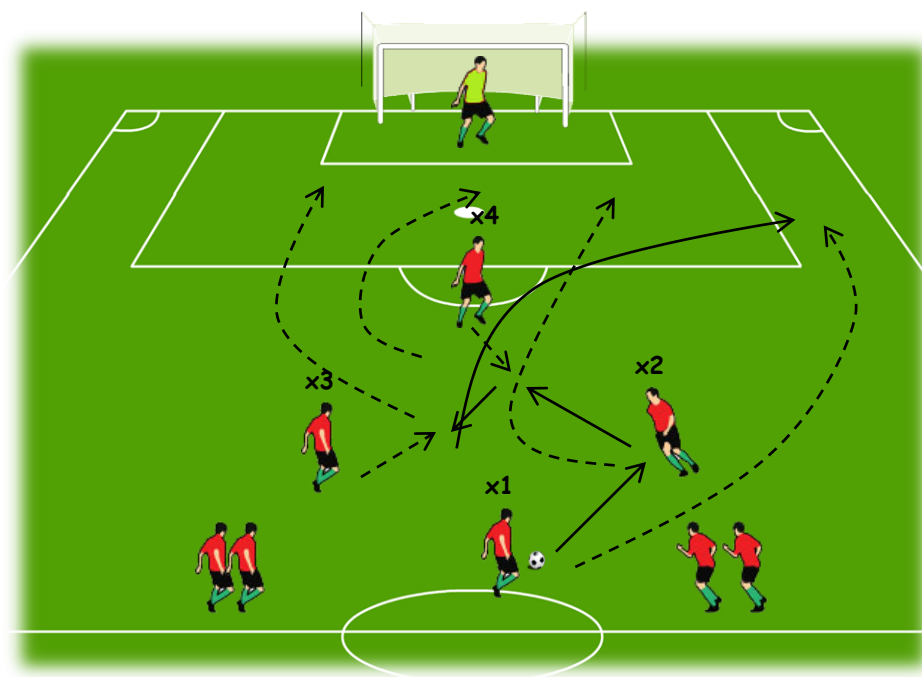
Rules / Objectives:

Crossing & finishing drill. 2 CB or 2 MF players play over the top for FB. Work down both sides and rotate the full back and wide men every 3 crosses. Progress by giving wide men variations of movement (i.e overlaps, out of feet and cross, get to touch line, play of front man get into back post for crosses on opposite side).

Key Factors:

- ✓First touch of wide men
- ✓Timing of run of wide man/ full back
- ✓Quality & type of delivery
- ✓Movement of front men
- ✓Finishing

Finishing after interchange in MF



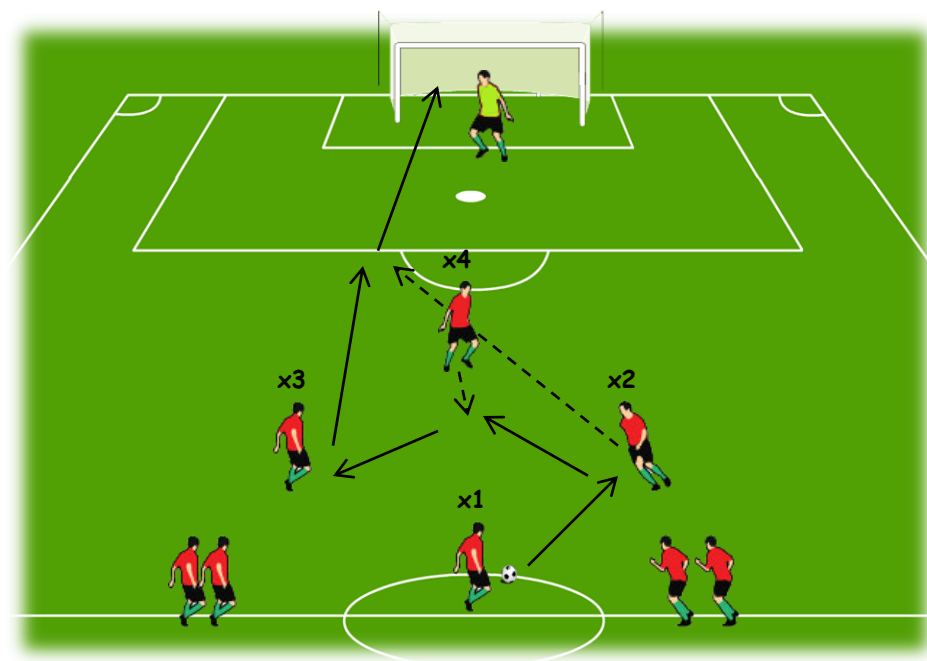
Rules / Objectives:

Crossing & finishing drill. Passing and moving interchange to create an overlap for player x1. to cross for x2, x3, x4 who make runs into the box and look to frame the goal.

Key Factors:

- ✓First touch of wide men
- ✓Quality & type of delivery
- ✓Movement of front men
- ✓Finishing

Shooting from a diagonal run + straight pass



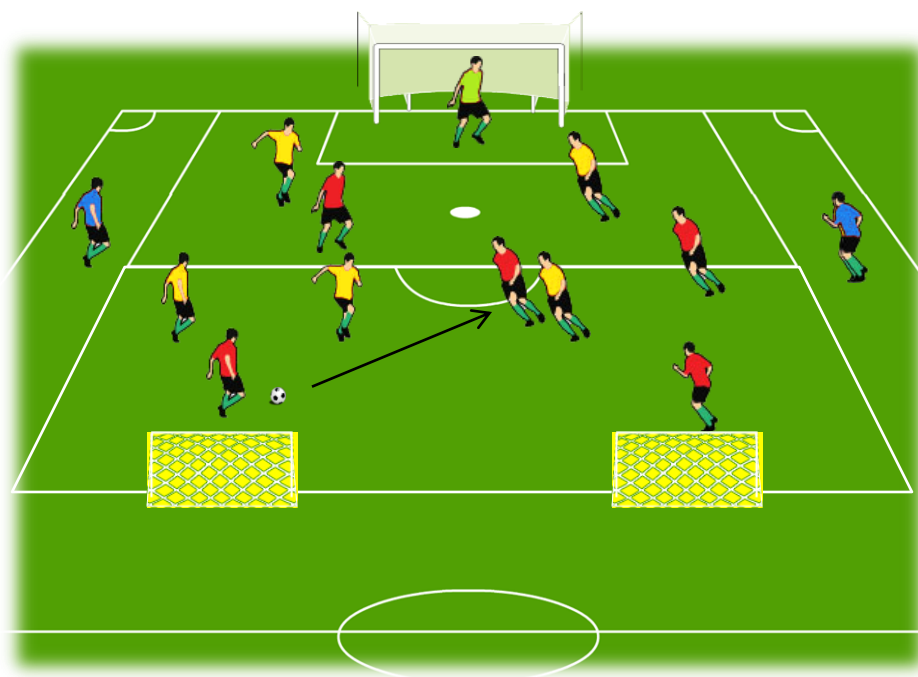
Rules / Objectives:

Working in groups of four x1, x2, x3, x4 look for quick passing and movements to set up a scoring chance with a straight pass. All players follow up the shots. Rotate positions every attempt.

Key Factors:

- ✓First touch thru player
- ✓Timing of run
- ✓Quality of shot
- ✓Movement of all players
- ✓Finishing

Integrating play around the box with full back support



Rules / Objectives:

5v5 in main playing area with 2 unopposed neutral full backs in outside channels. Teams can score by playing to wide men for crosses or from combination play thru the middle. One team scores on normal goal the other on any of the two goals.

Key Factors:

- ✓ Forward runs
- ✓ Timing of runs
- ✓ Creating space for others to exploit
- ✓ Forward passes
- ✓ Quality passing & control

Integrating play in midfield area with full back support



Rules / Objectives:

5v5 in main playing area with 2 unopposed neutral full backs in outside channels. Teams can only score by playing someone in to get the ball **under control** in the end zone. Players can not dribble in themselves, or arrive before the ball (offside rule applies).

Key Factors:

- ✓ Forward runs
- ✓ Timing of runs
- ✓ Creating space for others to exploit
- ✓ Forward passes
- ✓ Quality passing & control

Integrating play around the box with full back support



Rules / Objectives:

30x10 area divided in 3 zones. 2v1 in each zone, attacking plays can go into any zone as long as there is no more than 2 players in one zone at any time. Defenders must stay in their zones. The target is to play through all the zones and work from end to end keeping the ball.

Key Factors:

- Rotation of players
- Quality passing & possession
- Concentration

Integrating play in midfield area with full back support



Rules / Objectives:

3 teams of 4 all playing at once. 2 teams keep possession making and 8v4. The team defending is determined by who gives the ball away.

Key Factors:

- ✓ Quality passing & possession
- ✓ Making use of extra players



Rules / Objectives:

Coach to improve decision making. 3v3 in a 20x20 area with one player playing for the team in possession. Players must focus on using the points shown in the key factors to successfully keep possession. If a player loses possession despite having the chance to demonstrate one of these factors, he will be substituted.

Key Factors:

- ✓Shielding the ball
- ✓Don't force the play
- ✓First touch
- ✓Creating space



Rules / Objectives:

The pitch is split into 2 playing areas with 4 attacking players in each box. Start with 4v2 in box A, where the players have to make 5 passes before transferring the ball to box B. As the ball is transferred the 2 new defenders who were waiting in the rest zone enter box B. After 5 passes switch again.

Key Factors:

- ✓Creating angles / Passing options
- ✓Quality Passing and control
- ✓Keeping the ball



Rules / Objectives:

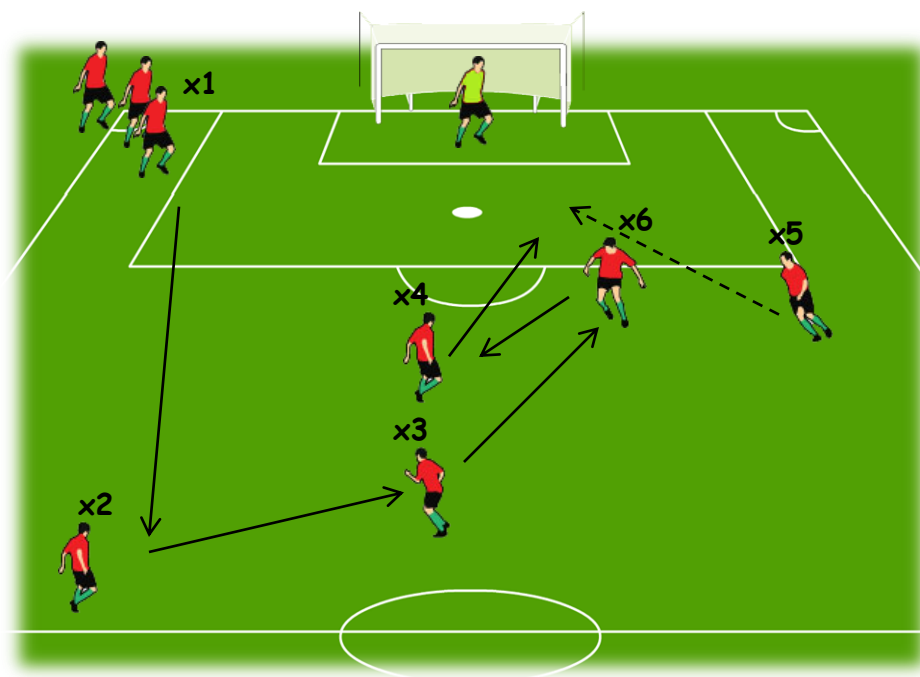
6v6 in the middle zone of the pitch. After a team has made 2 passes they look to play a ball into the final third for an attacking player to get onto. The player has a maximum of 2 touches to score.

Progression: Same rules apply but this time 2 attackers and one defender make the final third but the attackers can only score with a 1 touch finish.

Key Factors:

- ✓ Forward Passing
- ✓ Timing of runs

Wide men diagonal runs into space for shots on goal



Rules / Objectives:

Passing & movement to give a variety of players goal scoring opportunities.

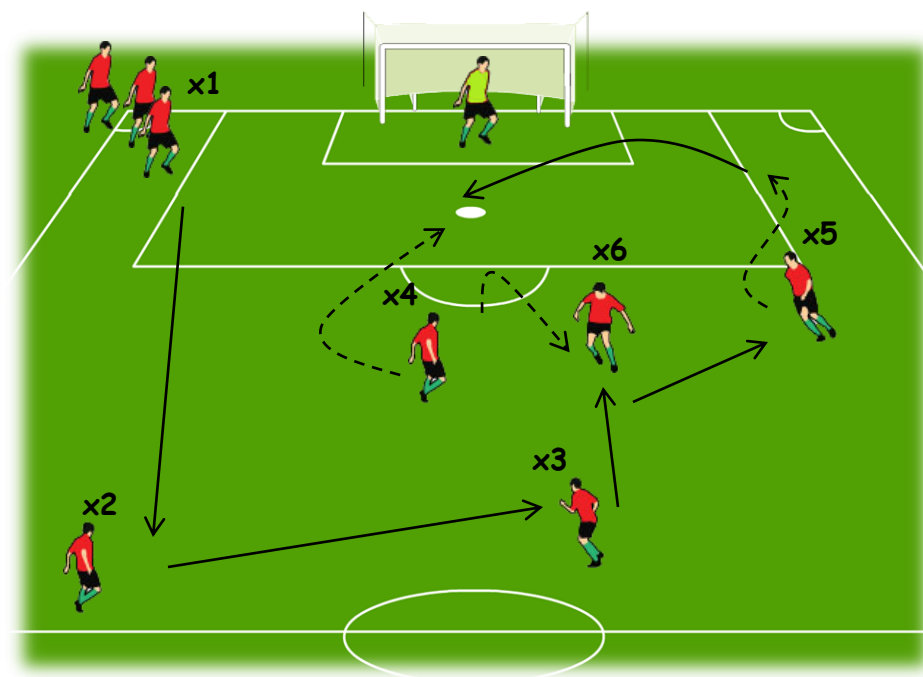
i) Getting wide players free

X1 plays to x2 who moves away then shows. X2 opens out and plays to x3 who plays a long pass into x6. x6 sets x4. X5 exploits the space left by x6 and receives a pass from x4. x5 dribbles through gates or strikes at goal.

(All players follow their pass and keep rotating)

Variation (ii): next drill

Releasing midfield players for scoring



Rules / Objectives:

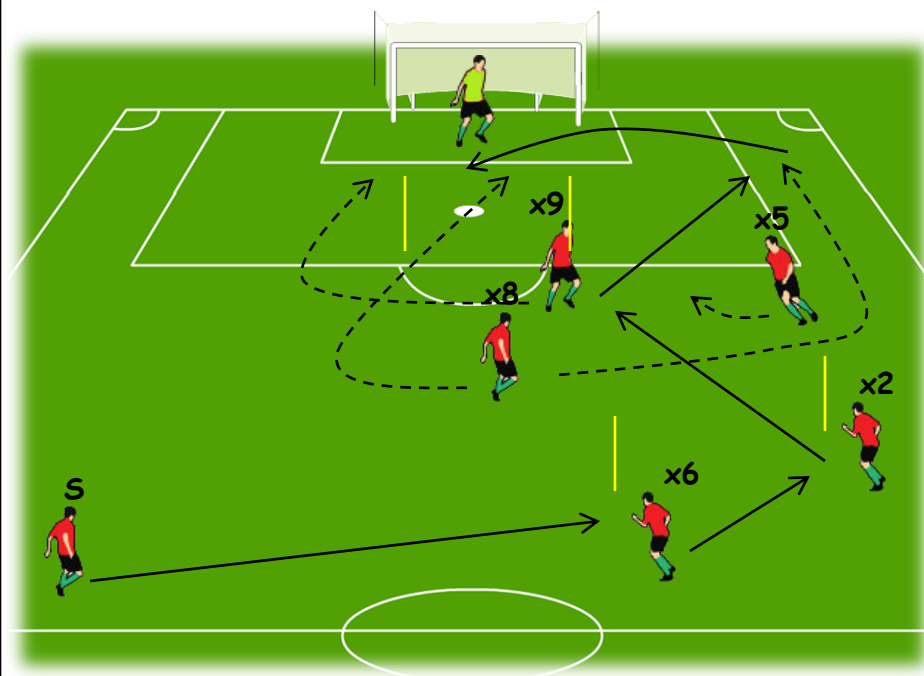
Variation (ii): **To get midfield players free**

X1 passes to x2 who opens out and passes to x3. x6 comes short and receives a long forward pass from x3. x6 then passes out wide to x5. x4 exploits the space left by x6 and x5 puts him through on goal.

Key Factors:

- ✓ Create space for yourself
- ✓ Weight & accuracy of passes
- ✓ When to pass to feet and when to play into space
- ✓ Timing and angles of run

Combination play to release attacking MF to cross



Rules / Objectives:

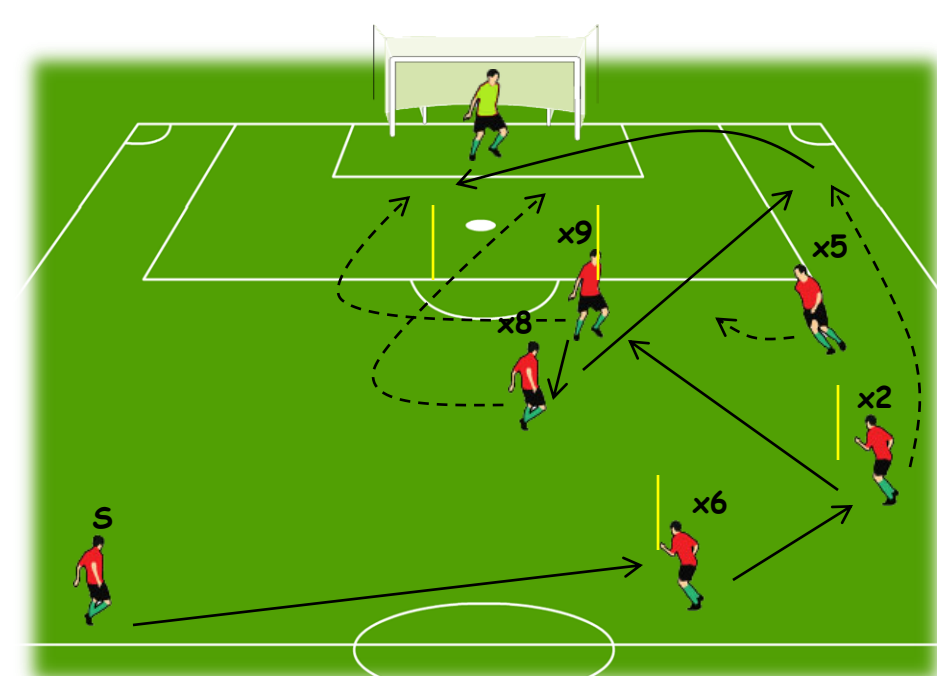
Passing, Movement & Receiving

Server plays ball into x6 who opens his body up and plays out to x2. x2 plays long into x9 who plays a pass around the corner into the path of x8 on an overlap (while x5 checks inside) who delivers a cross. X8, x5 & x9 both make the box. All players check away before showing for the ball. Yellow poles are imitating markers.

Key Factors:

- ✓ Movement away from player / off ball
- ✓ Weight of pass
- ✓ 1st touch / control
- ✓ Getting on the half turn
- ✓ Timing of runs
- ✓ Finishing

Combination play to release full back'



Rules / Objectives:

Passing, Movement & Receiving

Server plays ball into x6 who opens his body up and plays out to x2. x2 plays long into x9 who sets for x8. x8 plays into the path of the advancing full back (while x5 checks inside) who delivers a cross. X8, x5 & x9 both make the box. All players check away before showing for the ball. Yellow poles are imitating markers.

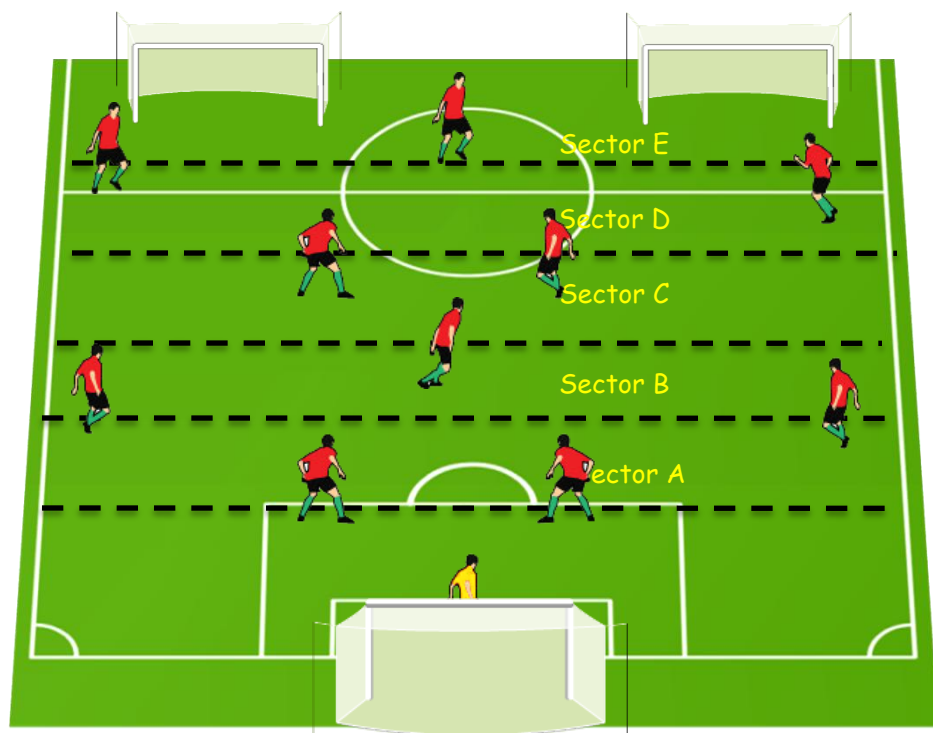
Key Factors:

- ✓ Movement away from player / off ball
- ✓ Weight of pass
- ✓ 1st touch / control
- ✓ Getting on the half turn
- ✓ Timing of runs
- ✓ Finishing

Phases of Play

Attacking and Defending Phases of Play are more realistic soccer practices designed to simulate a specific sections of play within a real football match in the attacking phase. Here we train units and whole team understanding of the principles of play and tactical understanding. Usually this form of training takes place over 2/3rds of a full size football pitch and focuses on a specific aspect of play (attacking down the flanks, counter-attacking, etc). The team being worked with can be overloaded (e.g. 9vs8, 8vs7) and conditions placed on the other team to further create a good learning environment. Various start positions can also be employed to create the game scenario desired.

Drill 1: Build up schemes 4-3-3



Rules / Objectives:

To integrate passing in relation to the positional play of the 4-3-3 system in the building up phase.

1. To move the ball to the sector above i.e. A to B, B to C etc. using diagonal and vertical passes.
2. To move the ball to the sector two above i.e. A to C, C to E using diagonal, vertical and bounce passes.
3. After all passes players are encouraged to step up in support of teammates keeping in mind the triangles and chains.

Key Factors:

- ✓ Forward diagonal and vertical passing
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and triangles
- ✓ Player rotation thru the MF three

Drill 2: Playing out from the back



Rules / Objectives:

Build up in relation to the 4-3-3 scheme. 4 v 3 in each zone. Red team looking to build up from area and release one of their players into free zone. Strikers look to go away to show or show to go away creating the necessary space needed. Progress into other players joining in the attacking phase.

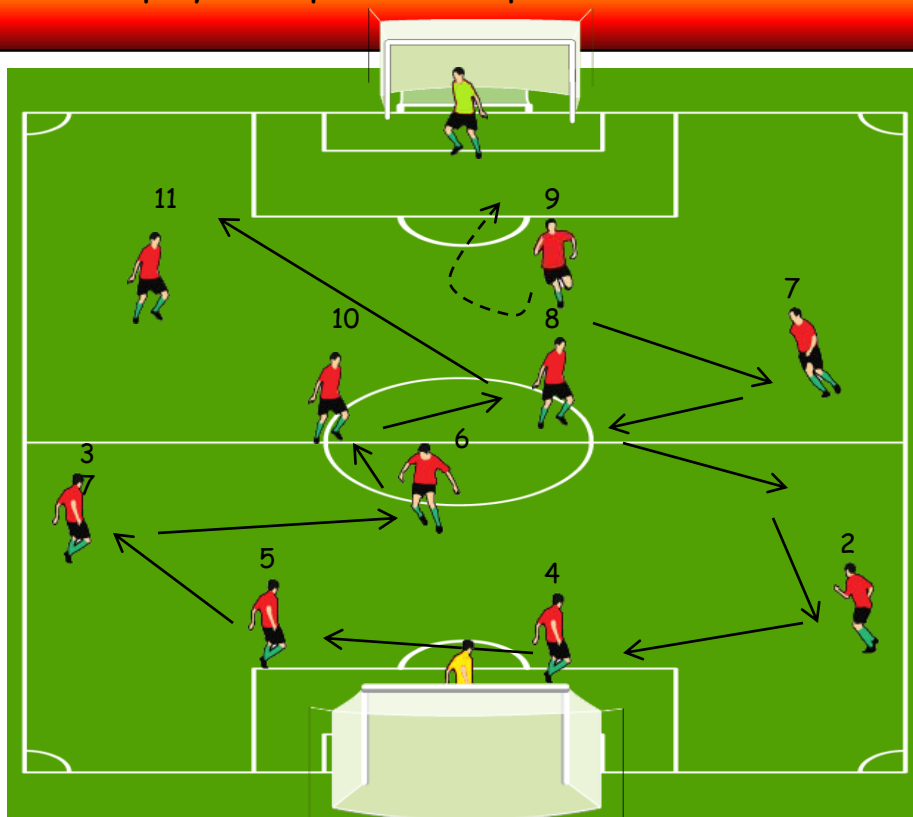
Key factors in attacking:

- ✓ Diagonal, vertical and bounced passes
- ✓ Getting players to receive on the half turn
- ✓ Creating angles and spaces
- ✓ Combination plays between the 3 forwards

Key factors in defending:

- ✓ Pressure, cover, support and balance
- ✓ Body positioning
- ✓ Communication

Shadow play to improve link up



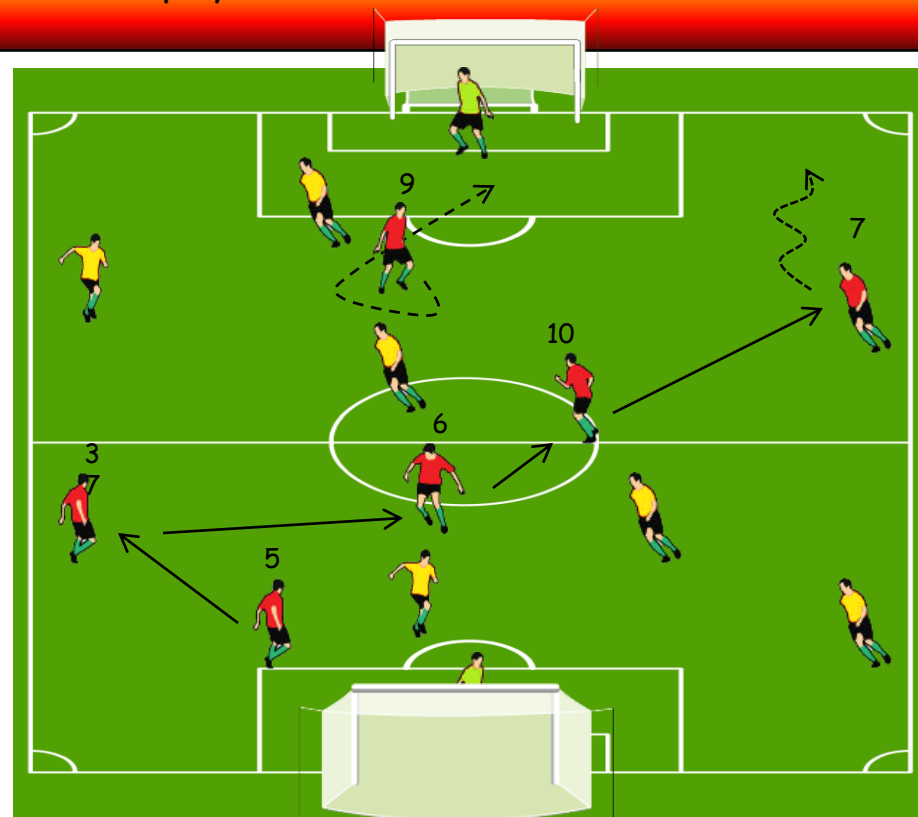
Rules / Objectives:

Shadow play to include link up play, switching of play & space making in a 4-3-3.
 Start with 9 playing out to seven, give and go with 8 then play into 2. Play through 4 and 5 to get to 3 and then plays into 6. 6 plays into 10 who sets 8 to play out to 11.
 Back into 9 or attack on goal.
 Lots of variations.

Key Factors:

- ✓ Weight, accuracy & control of passes
- ✓ Variation of space making skills
- ✓ Ability to play 1-2's with inside & outside of both feet.
- ✓ Rotation of players

Shadow play for movement



Rules / Objectives:

Figure of 8 practice playing to our numbers in the system. 2 balls at once, down same side of the pitch. Play from 5 to 3, through 6 and 10 and finish with the wide man 7 delivering for front man 9.
 Progressions:

1. As above but when 10 receives the ball he now passes to 9, who then sets to 7.
2. When 6 receives ball, he plays to 9 who sets up 10 to play wide for 7 to cross into box for 9 & 10.

Key Factors:

- ✓ Correct distances relevant to shape and pitch size
- ✓ Weight of pass
- ✓ Quality of first touch
- ✓ Early movement / sideways on to receive

Drill 1



Midfield offensive and defensive transition play



Rules / Objectives:

Coach to improve defensive & offensive transition play. The playing area is split into 2 halves with 3v2 in each half. The 3 attackers aim to score against the 2 defenders, when they score all 3 players must quickly retreat to the centre circle as shown. Now the 2 players that were originally defending have to get the ball into their 3 attacking plays in the opposite half who must score against the 2 defenders.

Key Factors:

- ✓ Quick retreat & re-organisation
- ✓ Understanding of roles in transition period

Drill 1: 4 v 4 + 2 WM attacking combinations



Drill 2: 6 v 5 + 2 WM attacking combinations

Rules / Objectives:

Quick play in and around the box.
5 attackers play against the back 4 in the area shown. The tight area encourages quick play in and around the penalty area.

Key Factors:

- ✓1 touch / High tempo
- ✓Movement / Creating space
- ✓Link up play (Overlaps, Jacks, takes etc)
- ✓Creating chances to score