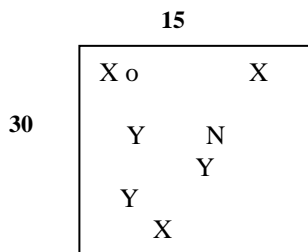


Training The Playmaker

Warm Up (Unrestricted)

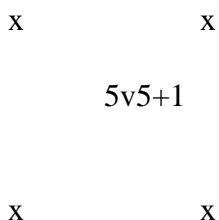
3v3+1 Neutral player Area 30x20. (Stretching)



1. Looking for playmakers to receive ball at correct time.
2. Looking for playmaker to be finding space for himself.
3. Looking for playmaker to have good first touch and vision.

Restricted

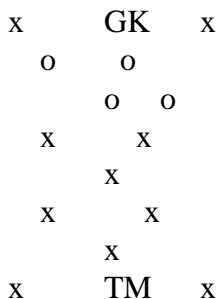
5v5+1 Neutral player. Directional to 2 lines Area 40x30



1. Looking for playmaker to play longer ball.
2. Working ball in combination plays.
3. Timing of runs with and without ball.

To One Goal

6v4 Directional



1. Finding spare man
2. Changing point of attack
3. Good angles and distance of support

11 v11 to 2 Goals

1. Looking for playmaker to suck players in and by pass them with pass.
2. Looking for playmaker to do lots of talking.

Summary

The playmaker is a player that should have a very good understanding of the game, has good technical ability and tactical awareness. They do a lot of running during the game, so endurance is a must. The playmaker will mostly play in the middle of the field so having 2 good feet to pass the ball is a plus.

Mike Smith
OYSA Recreation Head Coach

