

50+ PROFESSIONAL COACHING SESSIONS



 THE
FOOTBALL
COACH

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THEFOOTBALLCOACH

A fantastic coaching resource for any coach at any level, this bank of session has been put together with sessions from clubs all over the world, including some of Europe's and North America's most famous football clubs. The detail included should provide any coach with the opportunity to deliver these sessions with confidence.

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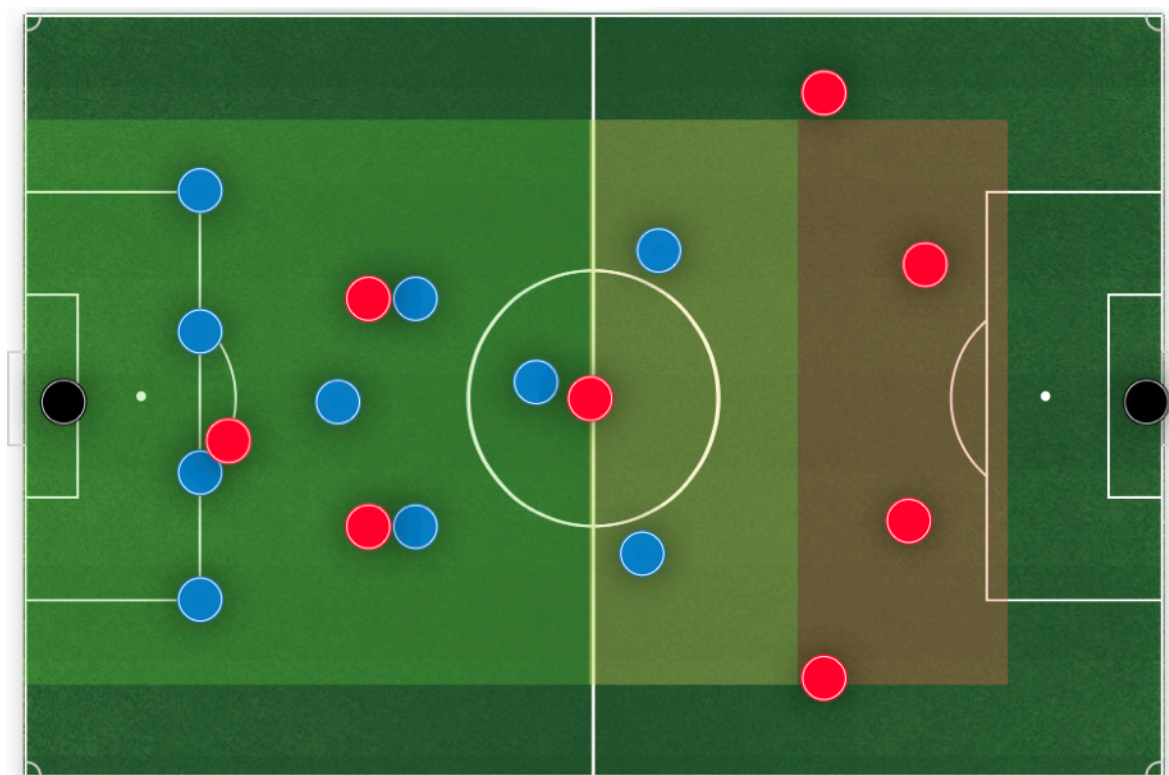
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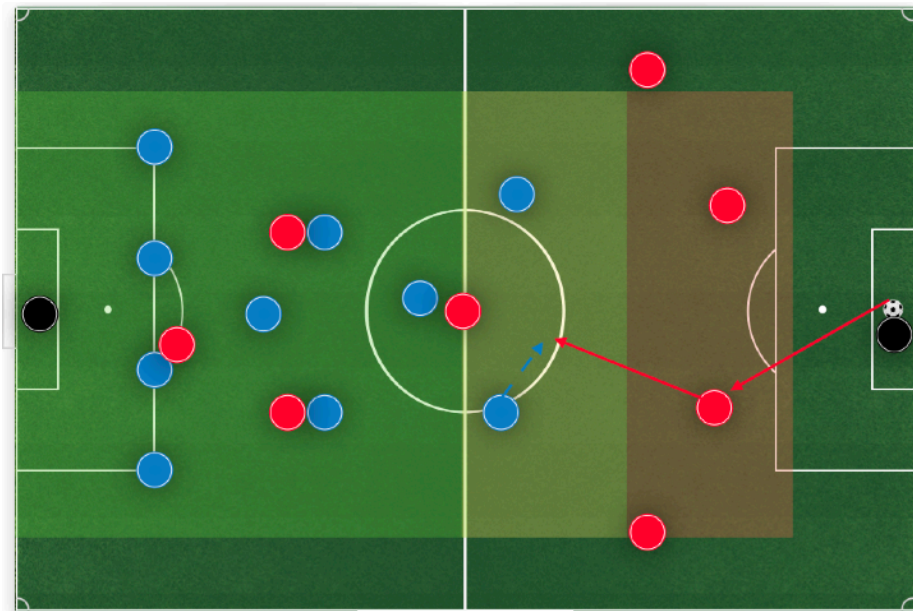
Counter-Attacking Practice

“Can we demonstrate the ability to transition quickly”



Session 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 blues block of 8, playing an 8v8 the reds look to play through the blues and score. If the blues win possession, they look to find the two blues in the unopposed zone, the two blues break out quickly against the two reds, where a maximum of 2 more reds can recover and a maximum of 2 blues can break out, creating the potential for a 4v4 break away game if the blues regain possession of the ball. Space-wise, this is a large practice taking place over a much larger space the usual

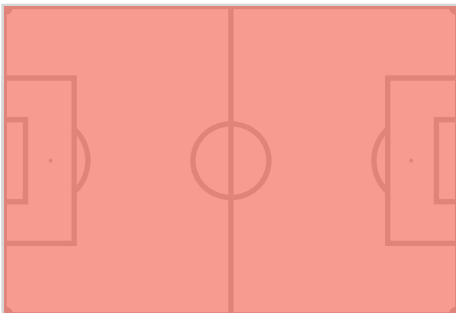


Coaching Detail:

- Can we encourage players to play forward quickly, looking to play through the overload we have?
- Can we break quickly, when we win the ball in transition? Can we look to drive and attack players in 1v1 situations?

Progression:

- Remove the yellow space to open this up into a large sided practice.
- Manipulate formation to suit the game model of the coach, this can be performed with, or against, any formation.

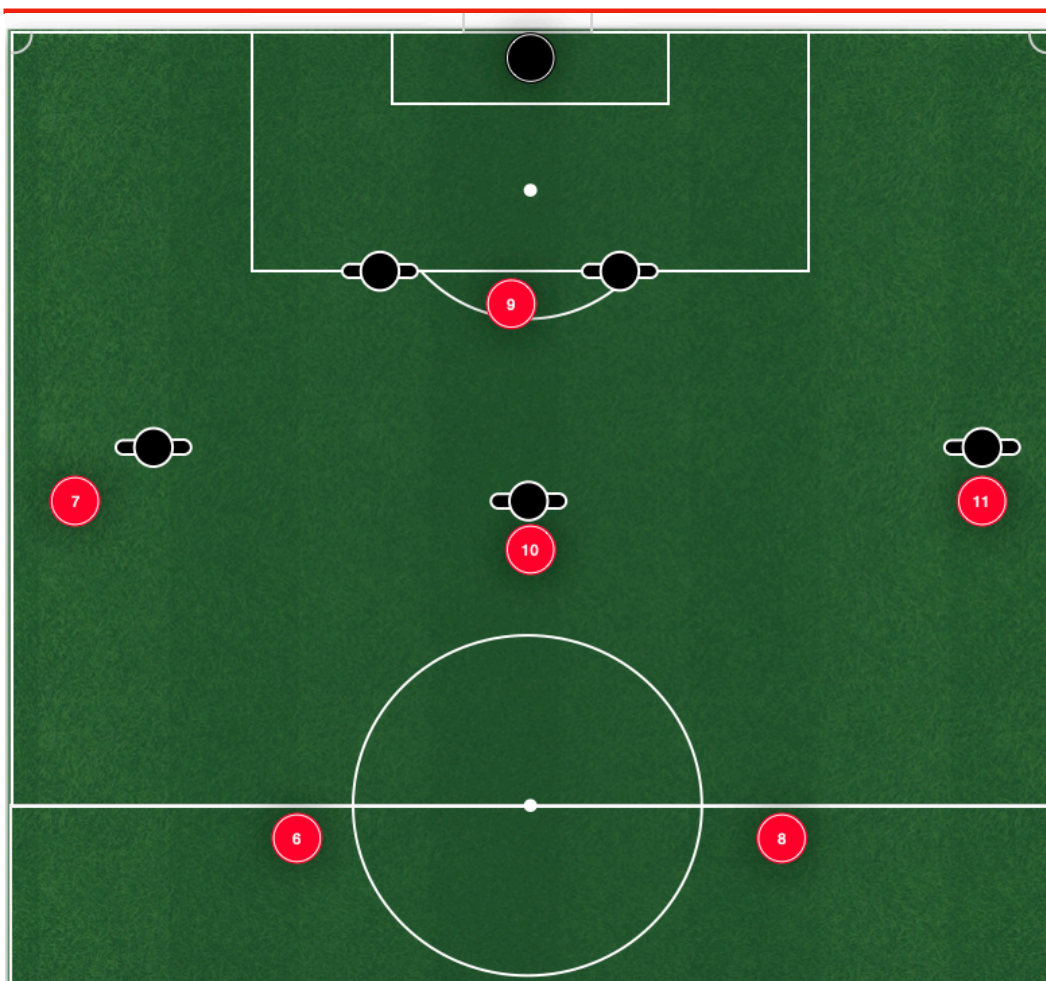


WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	7	49 MINS

GOALS	SPACE	PLAYERS
2	FULL PITCH	20+

Attacking Combinations

“Purposeful practice developing patterns against the opponent”



Session Detail:

The session is an easy way to show, practice and deliver combinations that are specific to the opponent you are playing, or the shape you are using. The session here will demonstrate how we are able to open space behind the opponent within a 1-4-3-3. It will specifically look at the movement of the 9,10 and wide players to open space for crosses.

Combination 1:

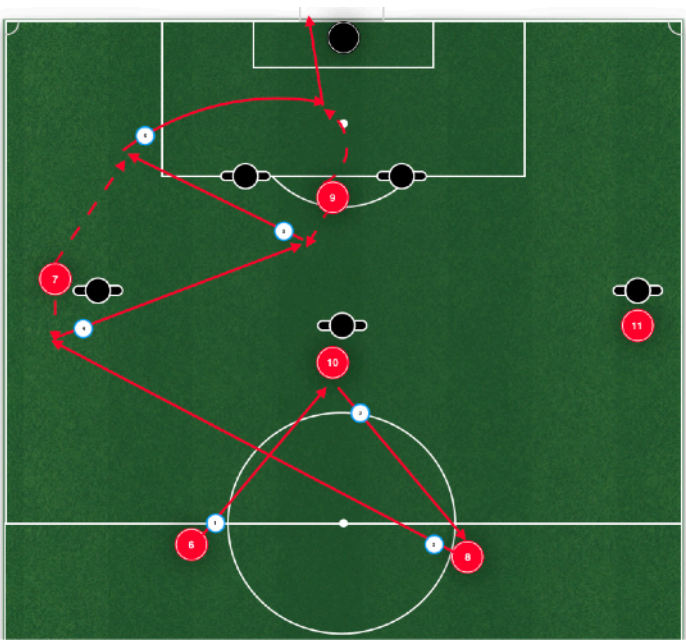
6 Passing to 10, who Sets 8, who hits the ball wide to the 7, who then sets the ball to the 9, who flicks the ball into the channel, where the 7 crosses for the 9 10 and 11.

Combination 2:

6 passes to 7, who comes short to receive the pass and flicks the ball around the corner into the 9, who then sets the ball back to the 10, before sliding it in behind, for the 11 to cross.

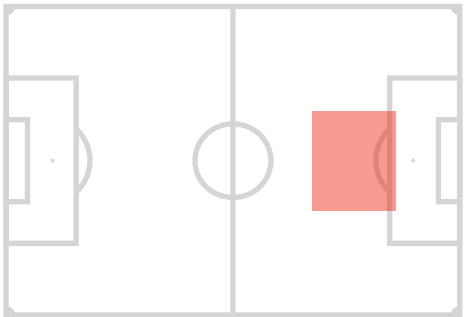
Combination 3:

The 6 passes to the 8, as this happens, the 10 spins in behind, whilst the 9 comes short. As this happens, can the 7 look to go in-behind the opponents full-back? The 7 then receives, to get a cross into the box.



Coaching Detail:

- Can players receive possession in space, making realistic movements away from the mannequins to receive?
- Can we focus on the small detail in our passes, such as the weight and accuracy of the pass?
- Understand how different types of passes need different weight

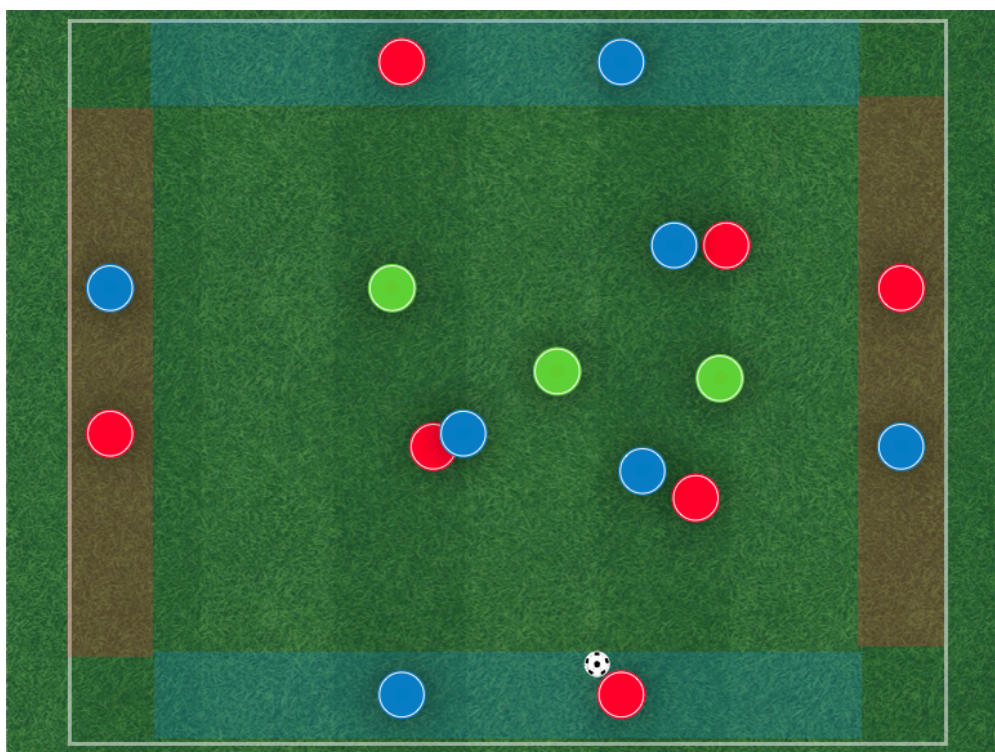


WORKING	RECOVERY	BLOCKS	TOTAL
WORKING	RECOVERY	BLOCKS	BLOCKS

GOALS	SPACE	PLAYERS
WORKING	RECOVERY	BLOCKS

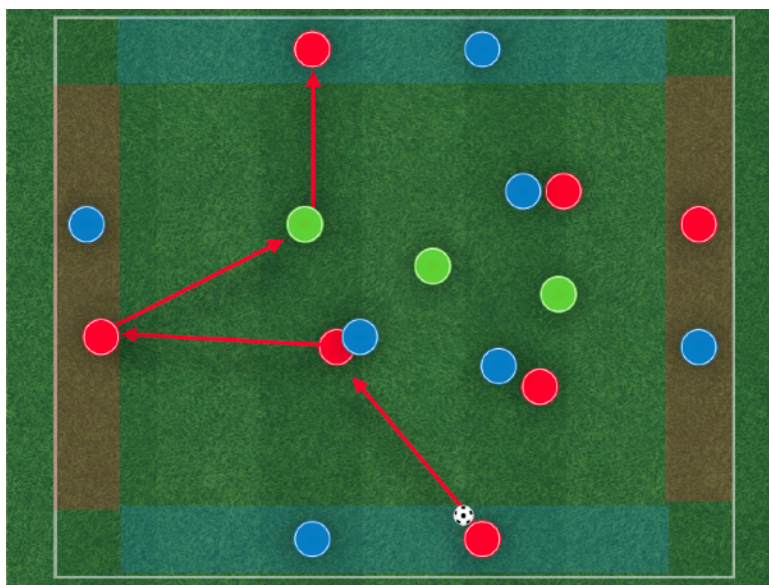
Playing Purposefully With Pressure

This is a fantastic way of exposing players to pressure within a rondo



Session 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, it will replicate the game situations they will face. The reds look to keep possession of the ball with a 4v4 on the outside and a 3v3+3 in the central area. This means no matter who is in possession of the ball, there should always been an overload of 3. However, there still should be a substantial challenge in possession because of the compactness of the practice.

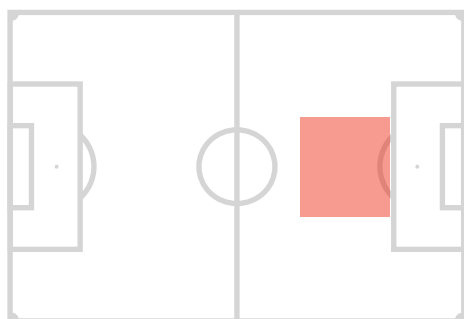


Coaching Detail:

- Can players look to receive with an open body position? This way they can play in multiple directions with confidence.
- Can we pass with disguise, to prevent the opponent being able to effectively press the passes we play?

Progression:

- Create counter-pressing behaviours by allowing the outside players, who are out of possession, to press. This will overload the team in possession and create a bigger challenge. This will depend on what the coach is looking to get from the practice.

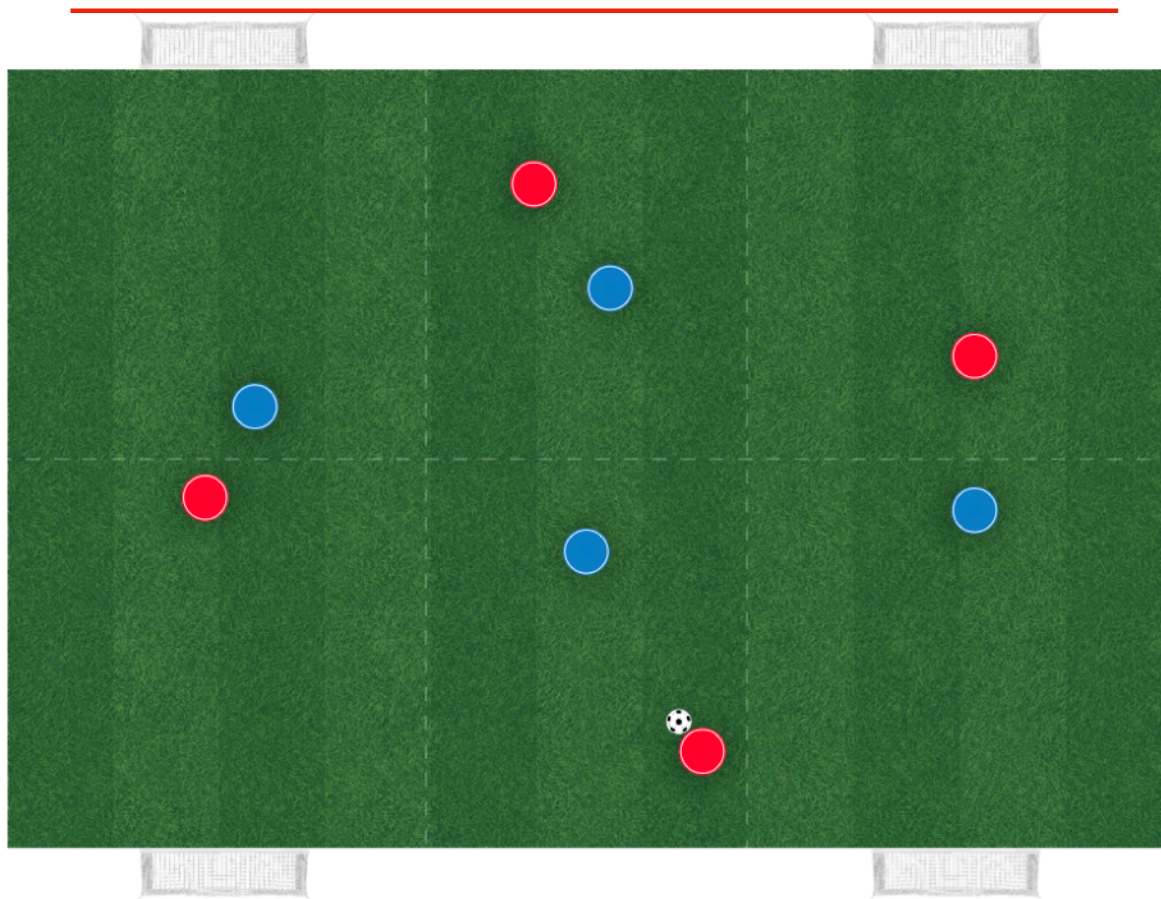


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
0	30X30	17+

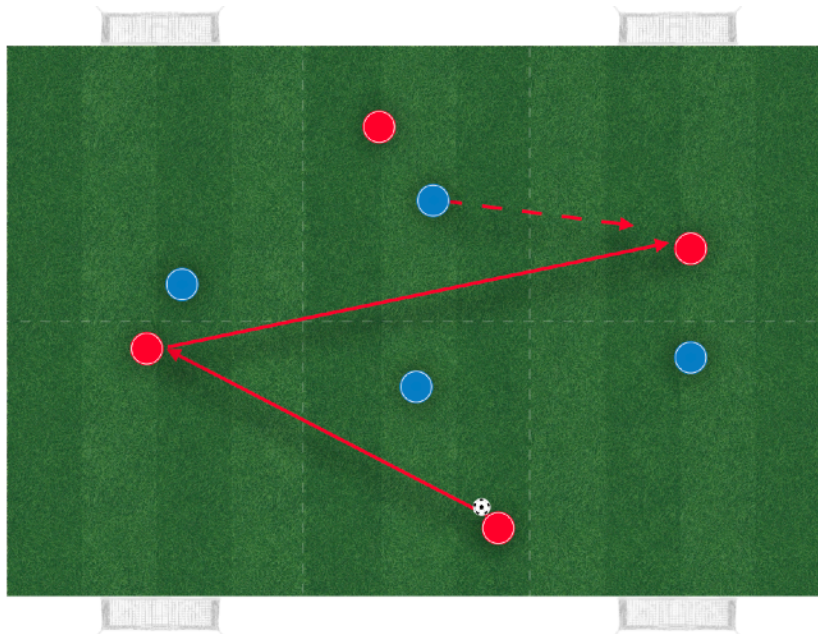
4v4 Staying On The Ball

"A Session Built Around Staying On The Ball Under Pressure"



Session Detail:

The practice is a very effective way to create players who are comfortable playing with and without an overload. Although the practice is a straight forward 4v4, the location of the goals and the shape of the practice will stretch teams out of possession and force them to concede space. This will hopefully provide opportunity for our players to isolate the opposition and create overloads in these areas. The pitch is split into three sections, which hopefully encourage the use of space.

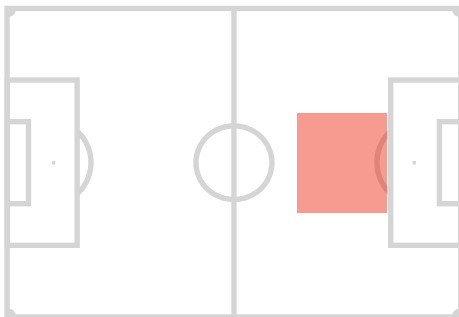


Coaching Detail:

- Can players receive with a body position that allows for the body to be open to play? Allowing them to switch play and force the opponent's pressure.
- Ensure out of possession there is pressure on the ball.

Progression:

- Manipulate the numbers to create a natural overload out of possession, challenge the team in possession to still dominate
- Enforce that, in possession, teams have at least one player in each lane, the pitch can then be increased to four lanes later on.

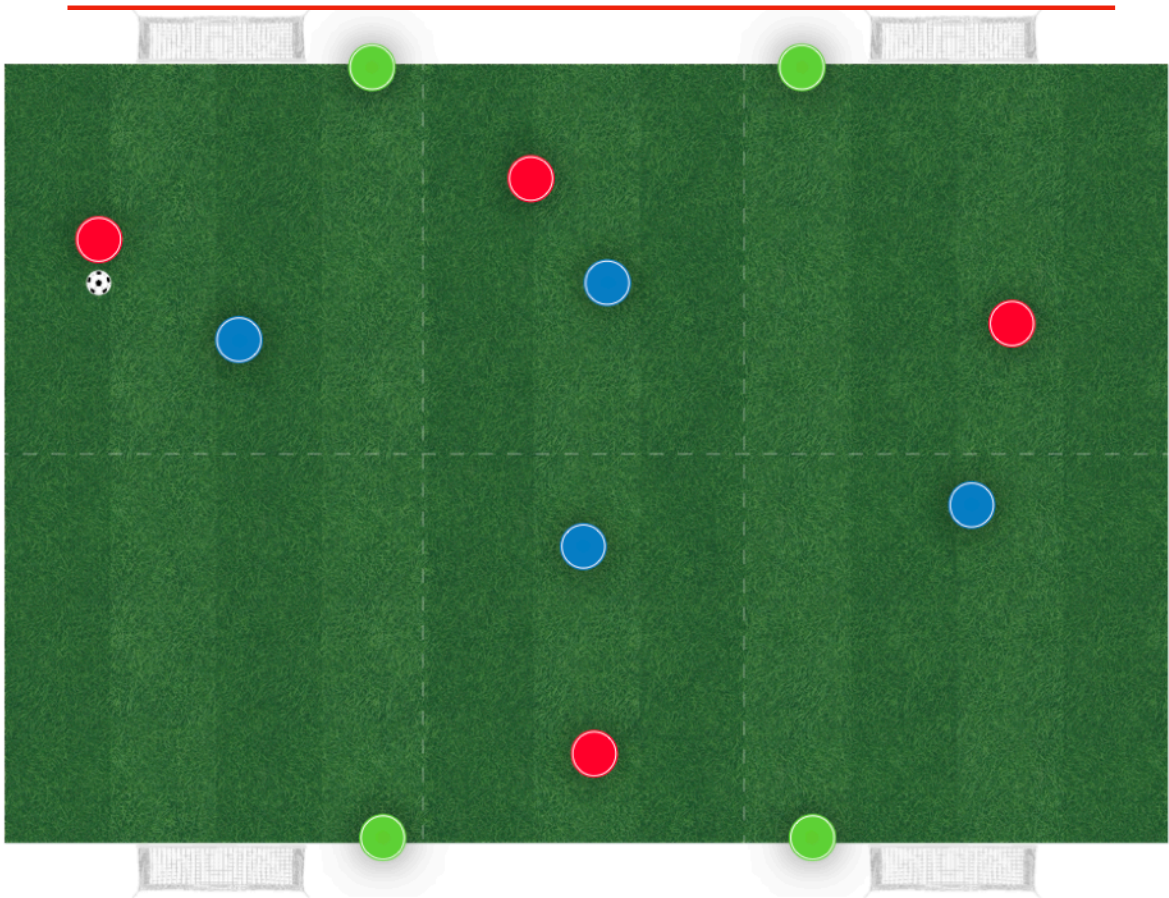


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	20 MINS

GOALS	SPACE	PLAYERS
4	20X30	8+

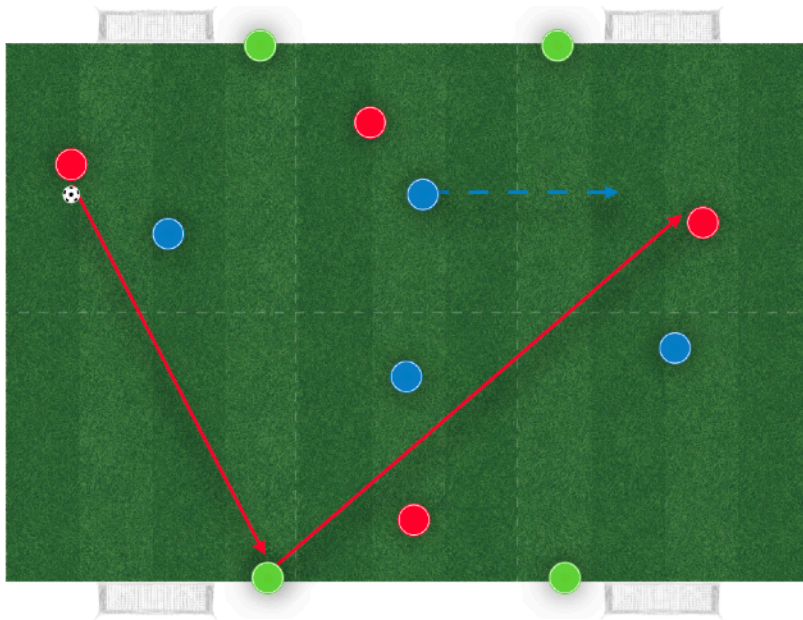
4v4+4 Staying On The Ball

“Learning To Stay On The Ball Using The Overload”



Session Detail:

This session is an adapted version of the previous session. The practice has the same 4v4 in the central area, within the same 20x30 yard space. However, this practice has four players located on the outside of the practice between the goals. This means in possession, the player should always have an option beyond and behind the ball. This should challenge the players without the ball to try and defend the goals with their shape of four.

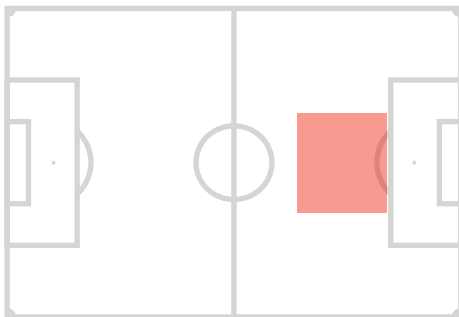


Coaching Detail:

- Can we play through the lines and into the attacking players on the outside of the practice, as the image shows?
- Out of possession, when the ball goes wide, can we cut the green players out and jump across to lock play into the wide area?

Progression:

- Limit the outside players to 2, this should make the practice more challenging in possession.
- Split the outside players as two reds and two blues, allowing the outside players to step in and counter-press.

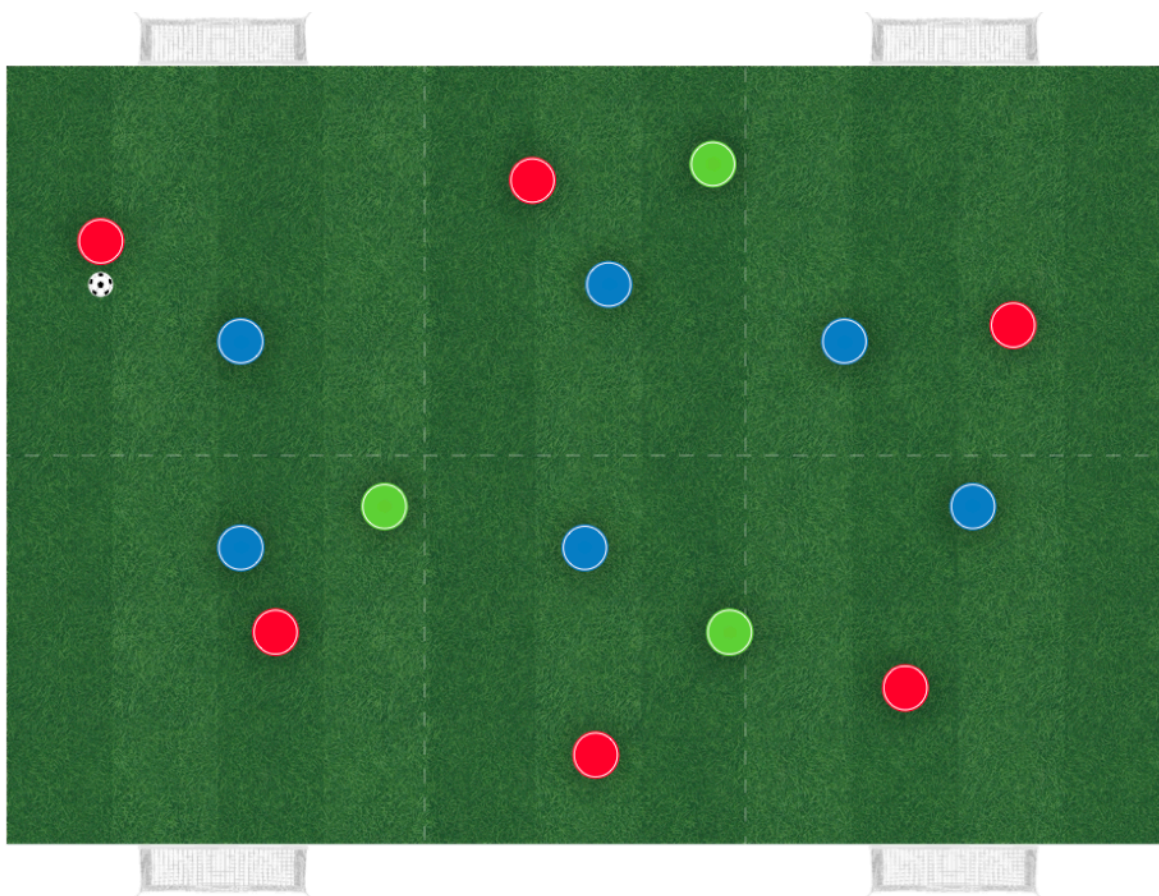


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	

GOALS	SPACE	PLAYERS
4	20X30	12+

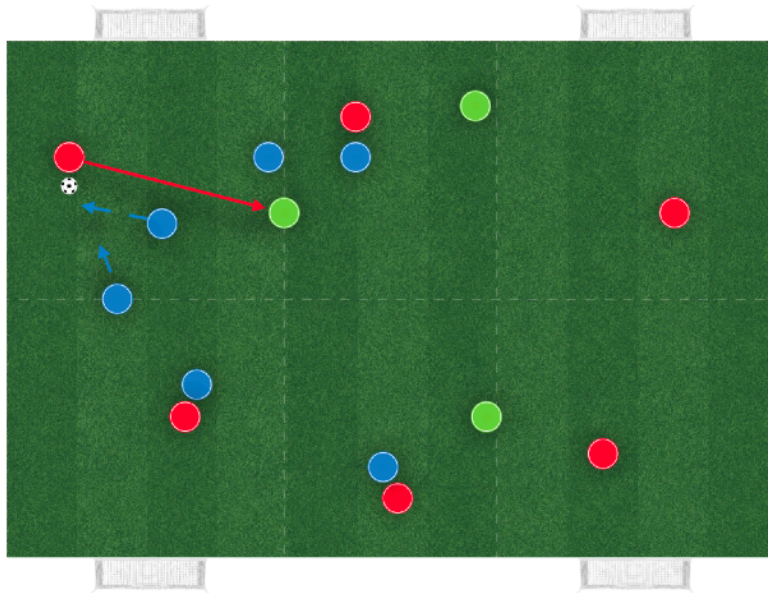
6v6+3 Overload Session

“Continuing To Dominate Space Under Pressure From The Opponent”



Session Detail:

This session is a 6v6+3 that plays within the same 20x30 yard space as the previous sessions. It does however carry some challenges that the other practices do not include. Within this practice, the overload is 9v6, but the area is so compact that players will struggle to find space. Can we encourage them to move the ball quickly and try to play between players, with open body positions to open the space and score?

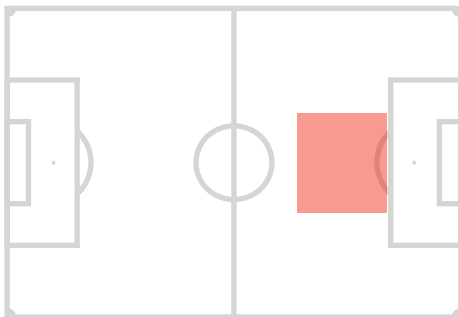


Coaching Detail:

- The above image shows how the green looks to play on the shoulder of the blue and receive the ball across their body, to break the opponent's pressure
- Dominate the space and make life difficult for the side out of possession

Progression:

- Increase the width of the practice, to increase the success rate.
- Limit the depth of the session, to limit the success rate
- Limit the amount of touches in possession.

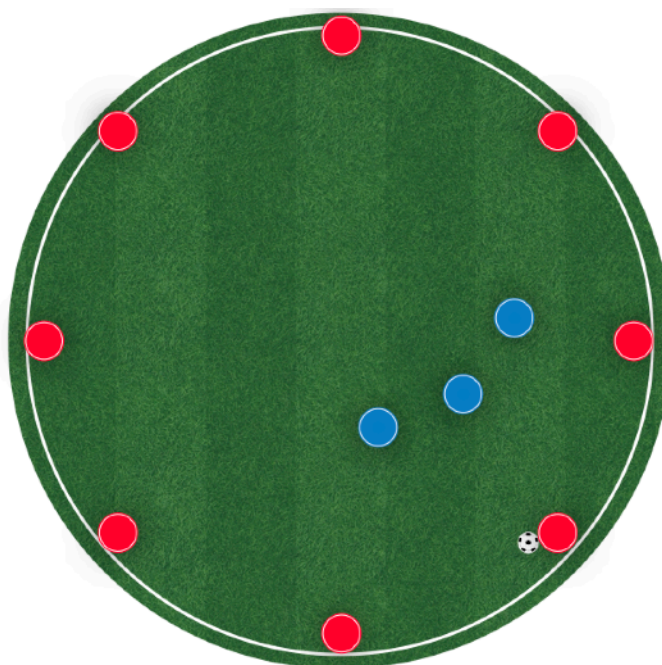


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	20 MINS

GOALS	SPACE	PLAYERS
4	20X30	15+

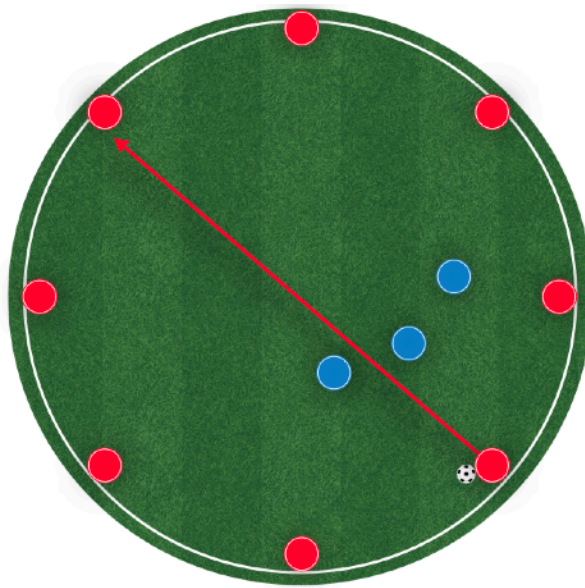
LOSC Centre Circle Rondo

“Great Team Bonding Rondo For Large Groups”



Session 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. They try and force the reds into playing a specific area, 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 1:4. It is also important that the social aspect of the practice is not forgotten. Players will enjoy the chase from their team-mates as they look to win possession.

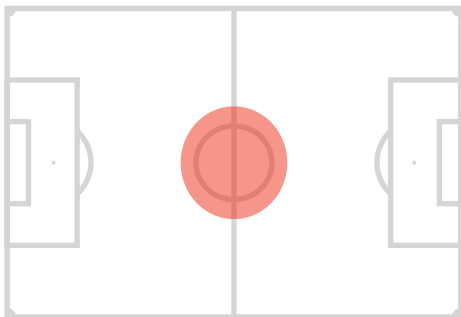


Coaching Detail:

- Can the pressing three force the ball into an area, so that the ball is locked into one area to prevent the reds switching the play?
- When in possession, are we able to use disguise to manipulate the opponent and unlock the space behind the press? This will be important if we are to play through pressure.

Progression:

- Limit the space, to increase the technical demands of the session
- Increase the middle number to a four to allow for more structured and strategic pressing

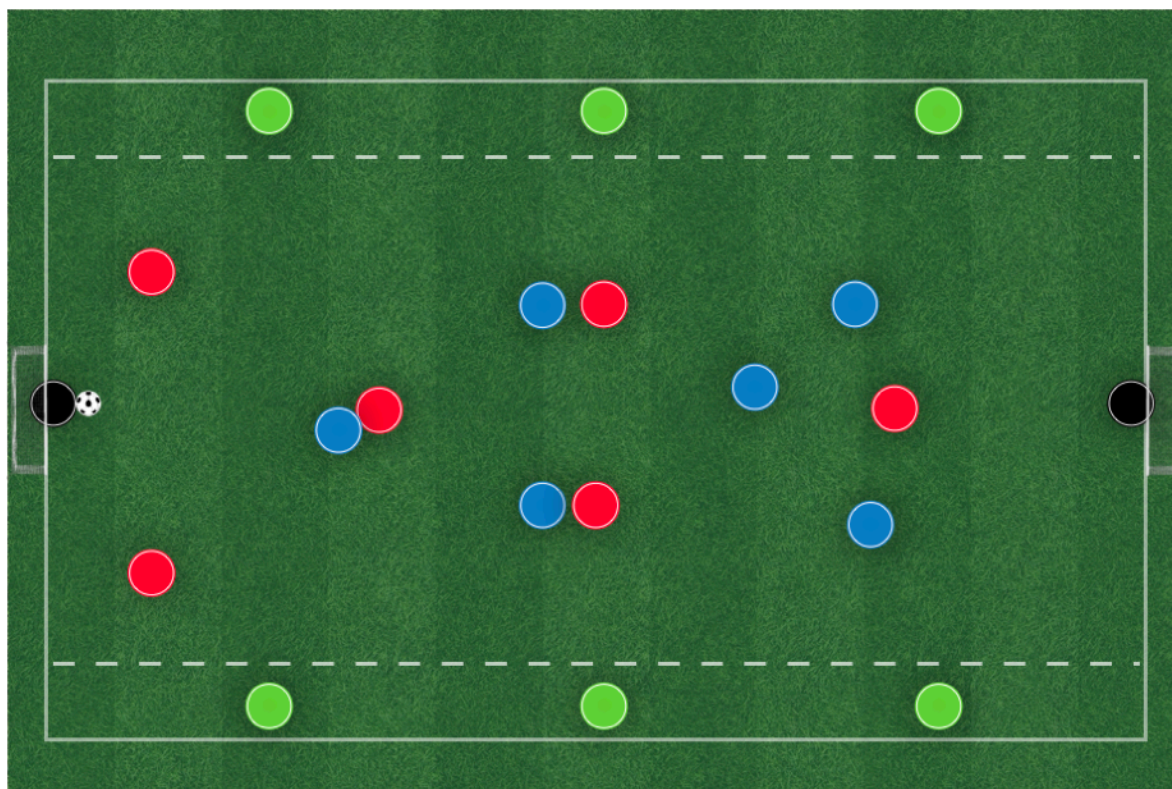


WORKING	RECOVERY	BLOCKS	TOTAL
60 SECS	60 SECS	7	14 MINS

GOALS	SPACE	PLAYERS
4	CENTRE-CIRCLE	11+

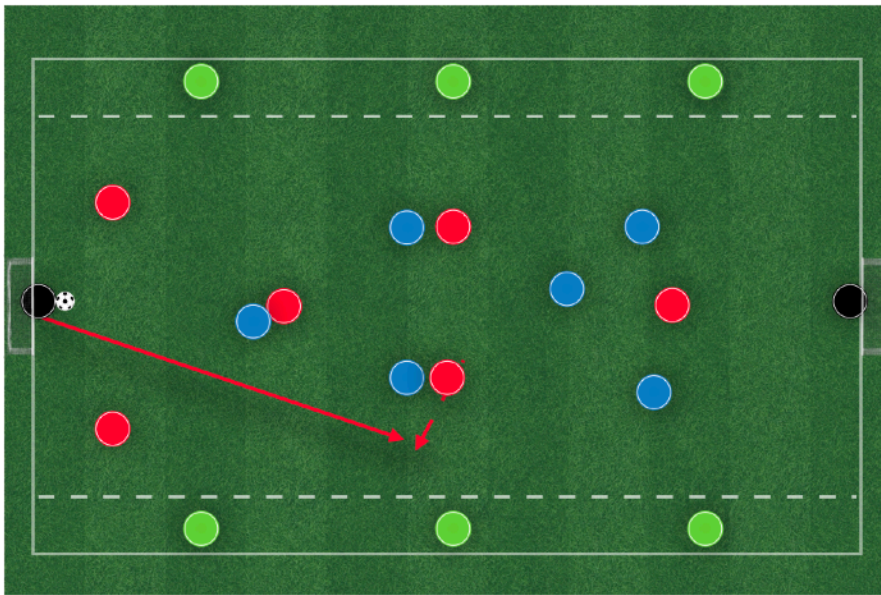
Brightons 6v6+6 Combination Game

“Develop Combinations With Wide Players And Overloads”



Session Detail:

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 the attacking players. Each green wide player represents a different type of player, a defensive option or a lateral option to pass the ball wide, or even a player in the attacking half that can be an option in behind. The players should find that the central space is quite narrow, and using the wide players can add to the width of the practice.

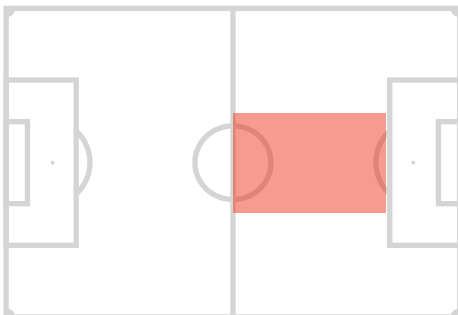


Coaching Detail:

- Receiving within narrow spaces is a challenge, when can players turn? When do they need to use bounce passes to open up space on the next playing line. Up, back and throughs are some of the most successful ways of playing through narrow spaces.

Progression:

- Increase or decrease the width of the practice dependent on the success and the intended outcome.
- Limit outside players to one touch to increase the speed of play and the decision making of passing players.

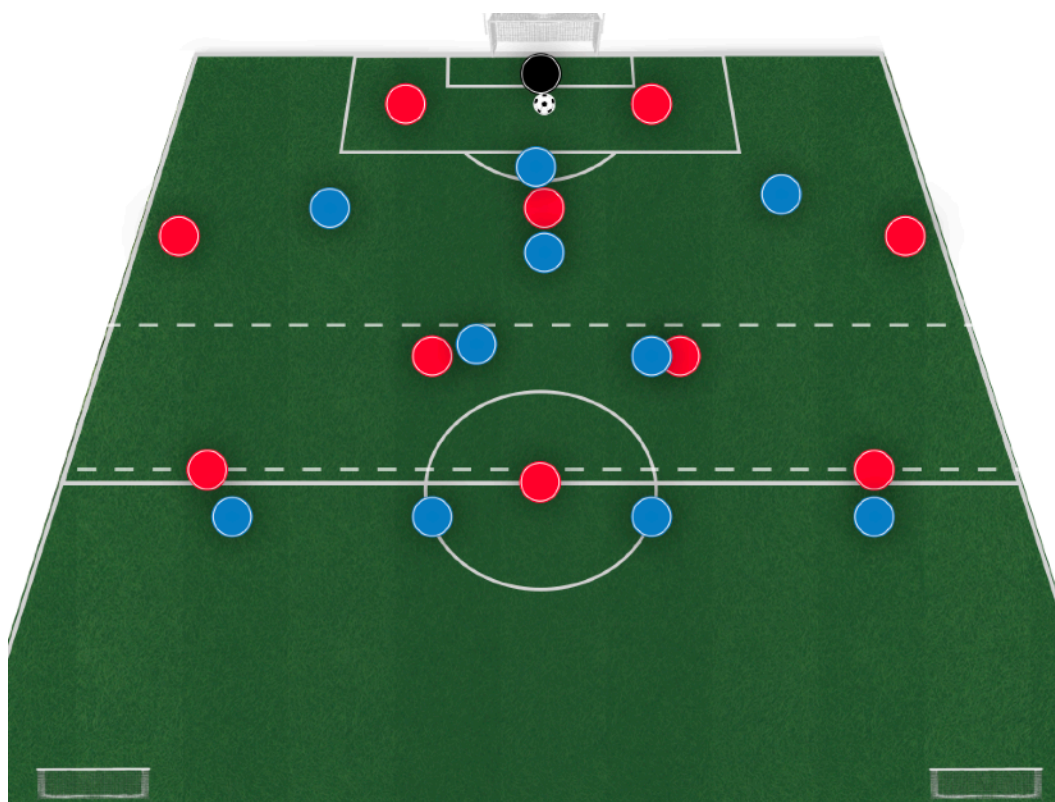


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
2	25X40	18

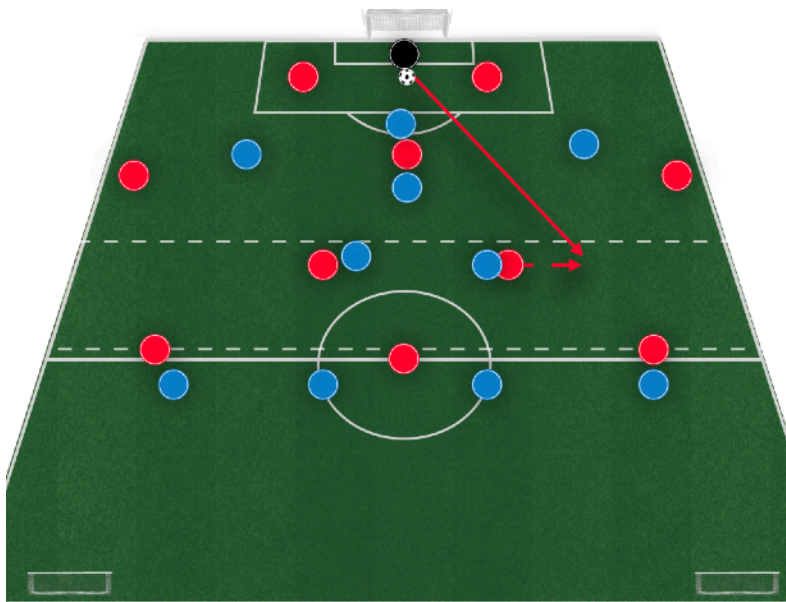
Playing Through The Top Of The Diamond

“Playing Out From The Back Using A Midfield Diamond”



Session Detail:

As the session shows, this LOSC practice is an 11v11 practice, where the players look to play through the opponent using a midfield diamond. The challenge with the diamond is trying to play onto different lines further up the pitch. In this example we will look to play in to the two players playing on the second line. The practice is split in to three areas, the back four and the midfield three play in the top zone. Whilst the two midfield player pair up two v two in the middle zone. Once the reds play through the blues, can they score in the two end goals.

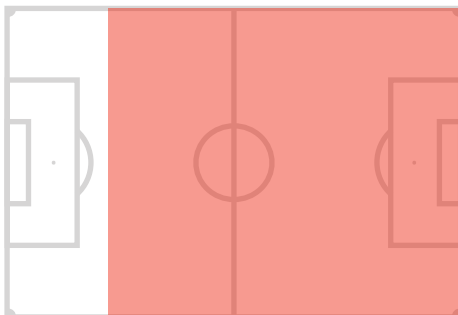


Coaching Detail:

- Can the goalkeeper look to be positive and play forward early
- Can the central players start narrow, to then move in to the space left between wide player and full-back
- Can our attacking players stay high, to open space in the central area

Progression:

- Remove the lines to open the practice up and see if the coaches moments still exist
- Can we make this practice more specific to you, can you change the formation to suit you and your opponent.

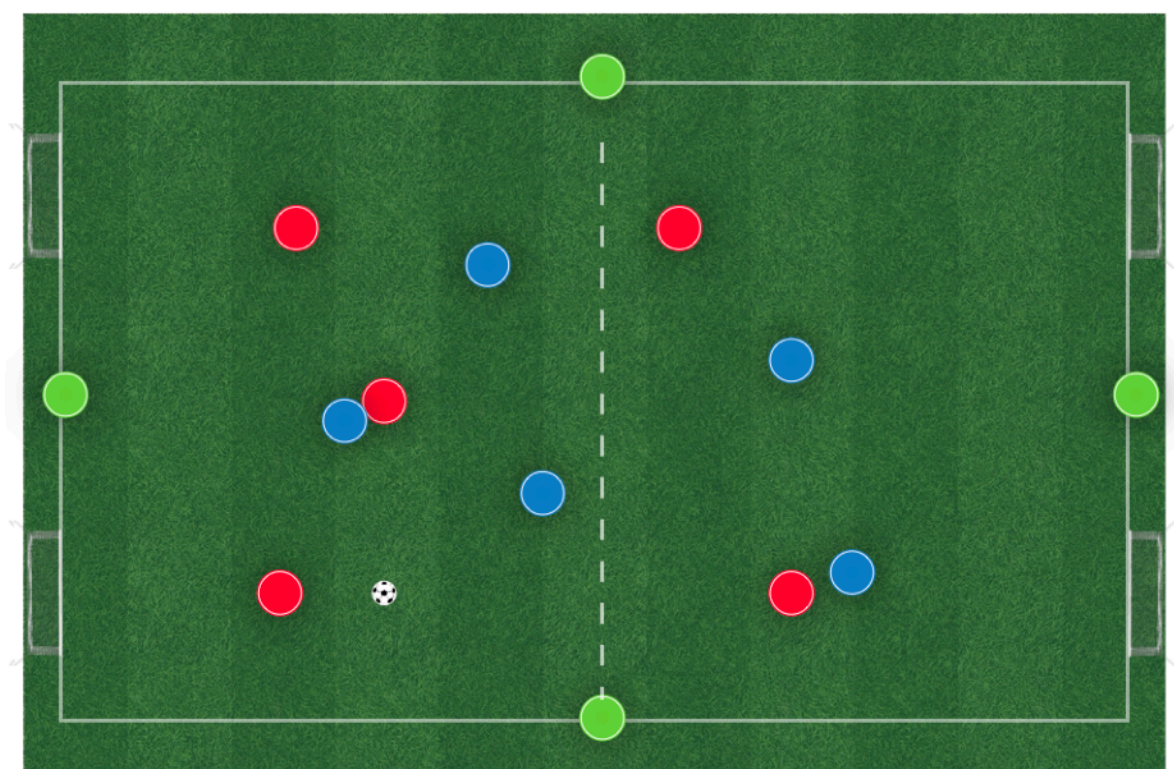


WORKING	RECOVERY	BLOCKS	TOTAL
480 SECS	60 SECS	5	45 MINS

GOALS	SPACE	PLAYERS
3	2/3 PITCH	

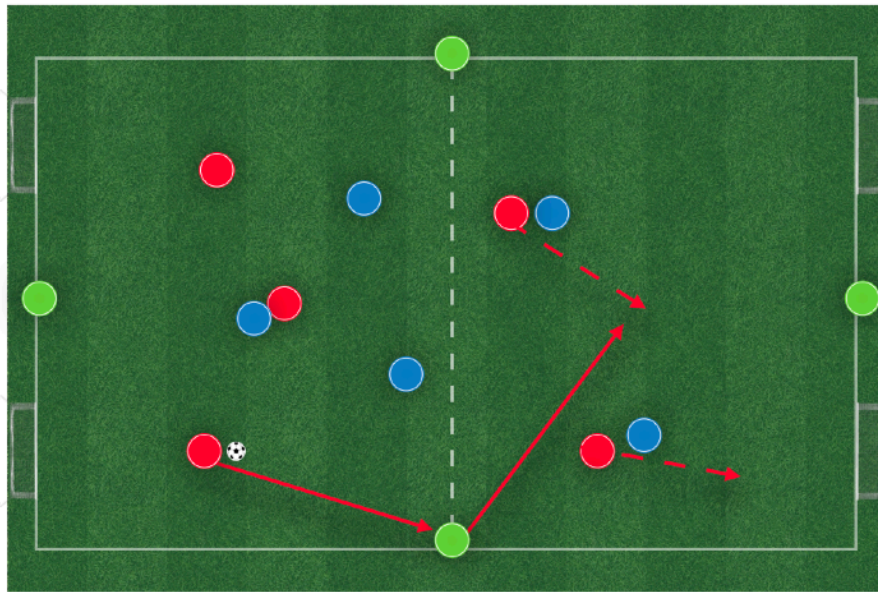
A South Coast Build-Up Game!

“Combine In The Defensive Half To Score”



Session Detail:

This is a session that develops build-up play from the defensive half, in a realistic and challenging situation. The outside players are fixed creating a permanent goalkeeper and full-backs fixing. Inside the practice each team has a 5v5, this represents two centre-backs, a deep lying midfield player and then a six and an eight. The challenge in possession is to combine within the shape, to unlock space further up the pitch. The idea of the practice is to move the ball as quickly as possible from the defensive half to the attacking half. Out of possession, how do our players look to force the ball wide and **LOCK** the ball out there.

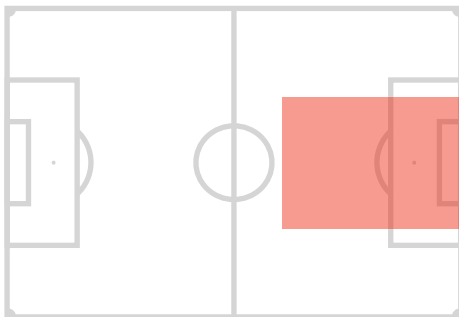


Coaching Detail:

- As the image shows here, once we are through the defensive build-up, can we make movements to receive between the opponent.
- During build-up play, can the wide players move to ensure they're able to receive possession between the lines

Progression:

- use the half way line to split the players and provide more space if the practice become too difficult
- Limit the touches of the outside players so that the central players need to support play quicker when the ball goes wide

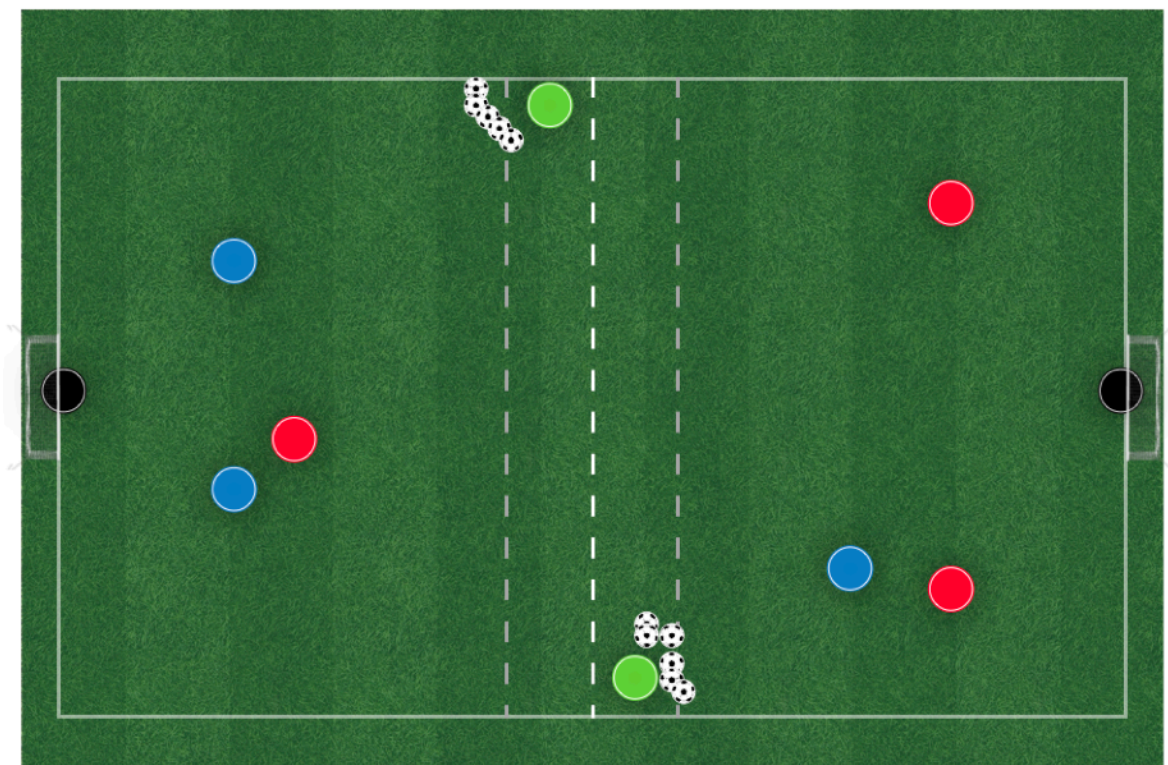


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	30 MINS

GOALS	SPACE	PLAYERS
4	25X35 PITCH	14

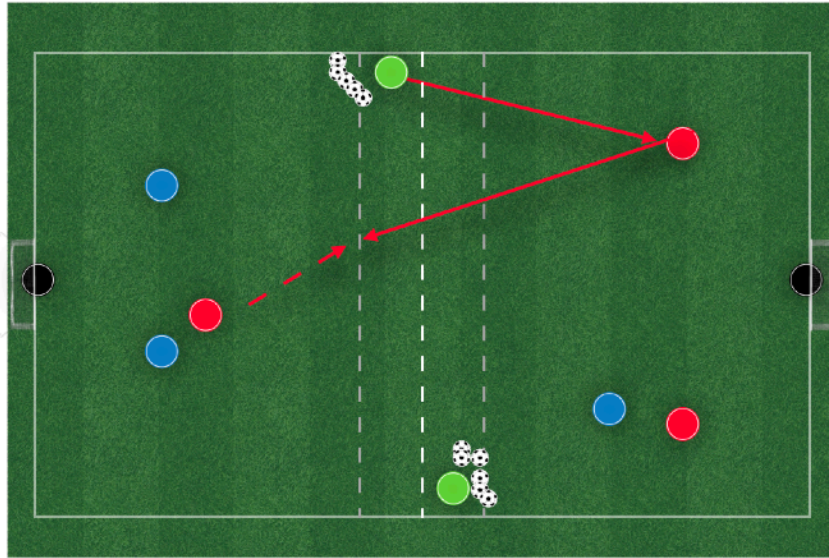
Leicester's Varied Finishing Game

“Finishing Situations When Overloaded By The Opponent”



Session Detail:

This is a high intensity and highly enjoyable 2v2 finishing practice. The coaches play from the central area in to one of the attackers. Once they receive possession they have a choice. Do they hold on to possession and look to turn and shoot, even though they are being overloaded 1v2. Or do they look to play in one of their team mates by holding up the ball. This way it will become a 2v2, but will leave them to be suspect to the counter-attack if they're not successful in finishing or keeping the ball away from the opponent.

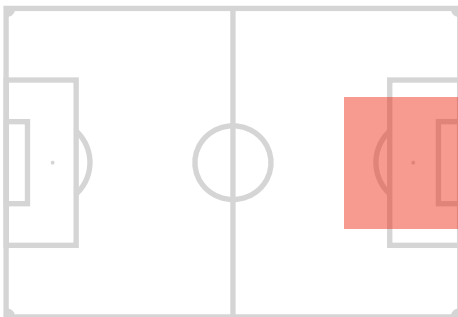


Coaching Detail:

- Back to goal skill set, can you turn and shoot? Or can you stay on the ball and bring team-mates in to the game
- Are you able to dominate 1v1 moments against opponents, creating enough space to create a shot on goal

Progression:

- if defensive team win possession, allow them to play in tot he other half.
- Allow the game to go live as a 3v3 as soon as the ball is received by a player.

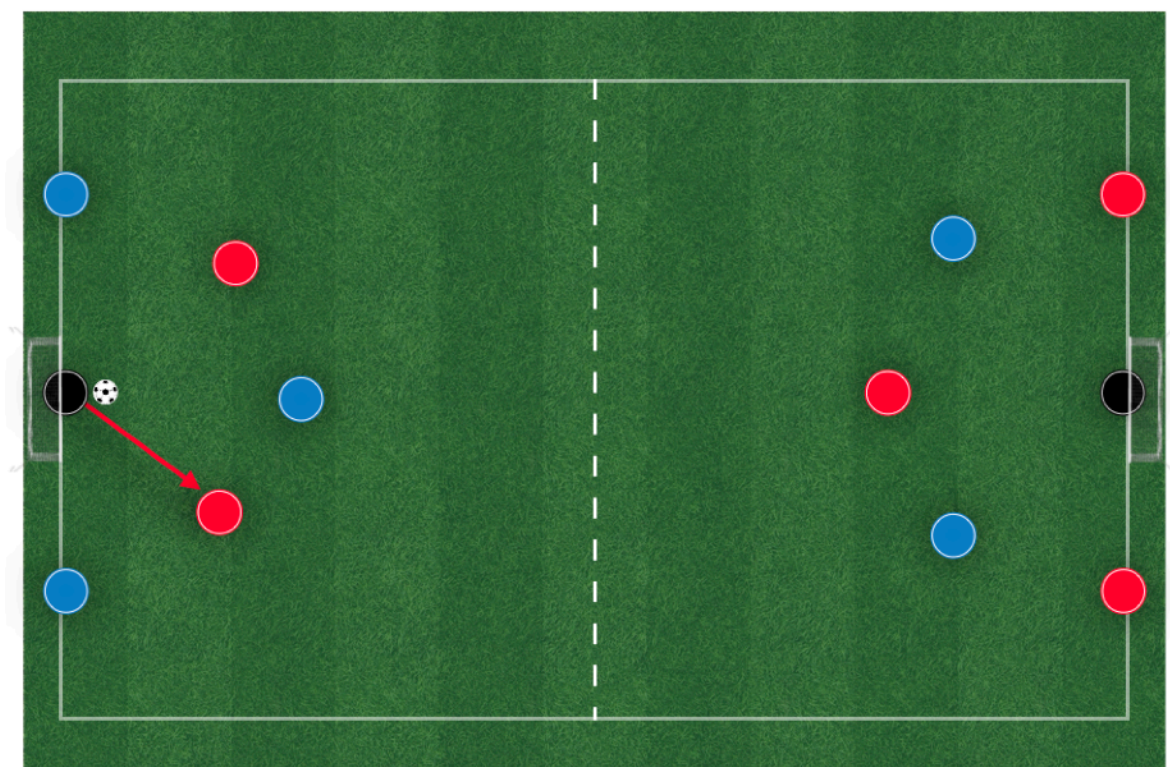


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
2	25X35 PITCH	10

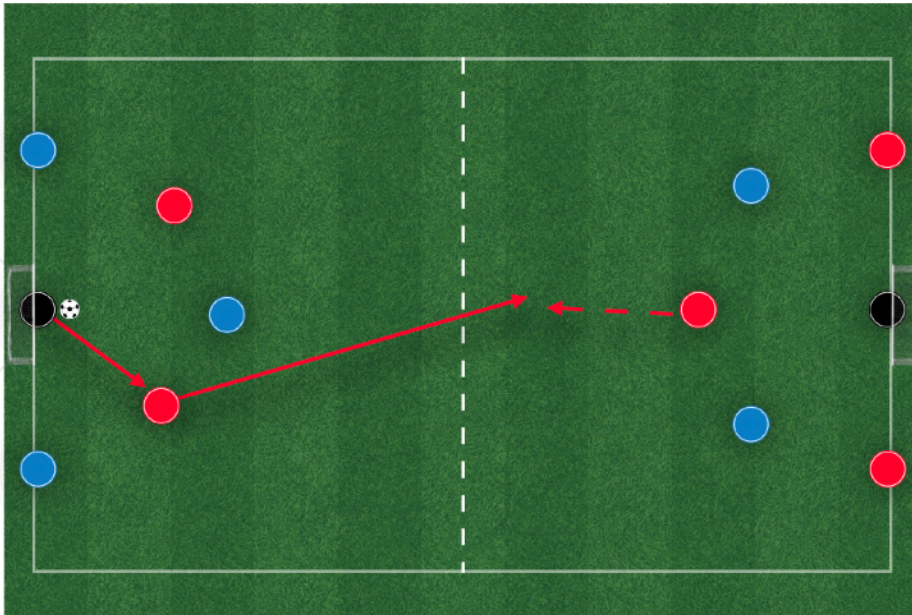
Arsenal's Finishing Combinations

“Finishing Overloaded In A Tight Space”



Session Detail:

This is a very simple session set up with in a 30x20 area. The practice is split in to half and sees 3v3 in the central area, with each team underloaded 2-1 in the attacking half, and overloaded 2v1 in the defensive half. The outside players support the attacking half, but must stay on the outside of the practice. This can be a difficult task for players to master, but in possession they have an overload of 6v3 if they effectively use all the players and space available. We are looking to create an attacker who can effectively use possession of the ball quickly to score. Scan, receive and execute is the approach we want.

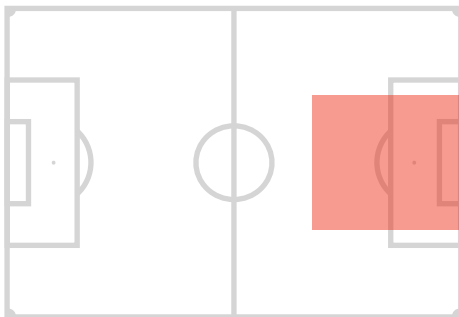


Coaching Detail:

- Striker - Receiving with back to goal, can you turn and shoot if there is space, if there is no space can you bring team mates in to the game.
- Defensive players - Can they take up positions that protect transition and support the overloaded attacker in possession

Progression:

- Add wide players to the practice, these will be outside players that can support possession of the ball
- Allow a defensive player to travel in to the attacking half to create a 2v2 and leave their team mate 1v1

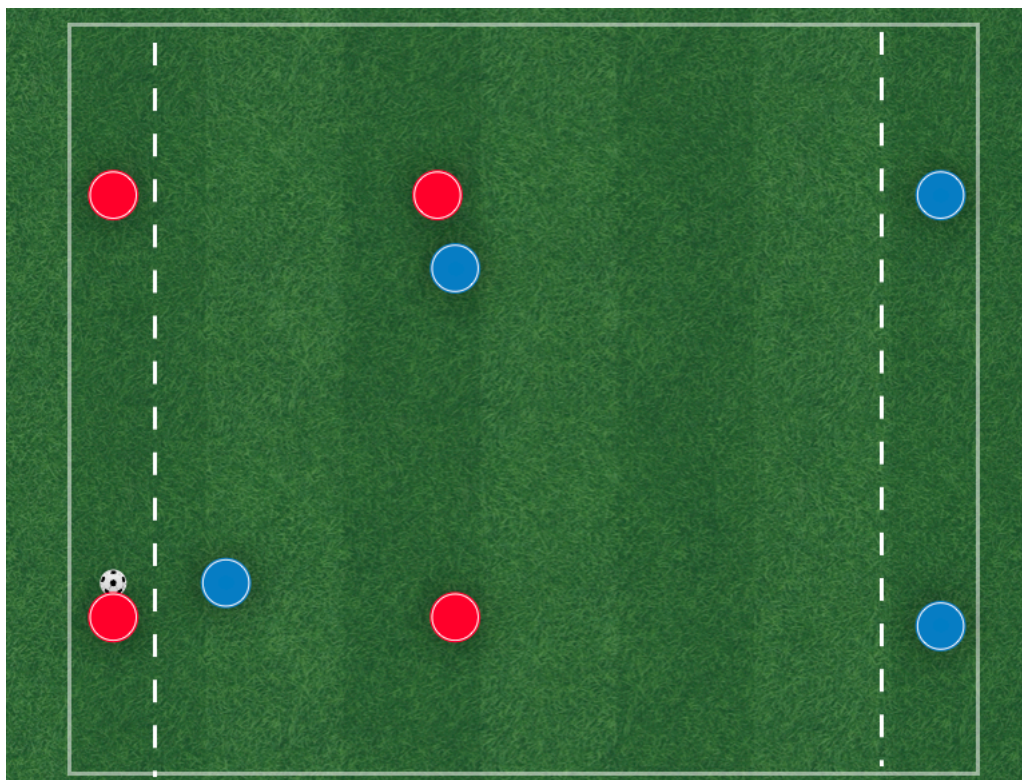


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	30 SECS	5	22.5 MINS

GOALS	SPACE	PLAYERS
2	20X30 PITCH	12

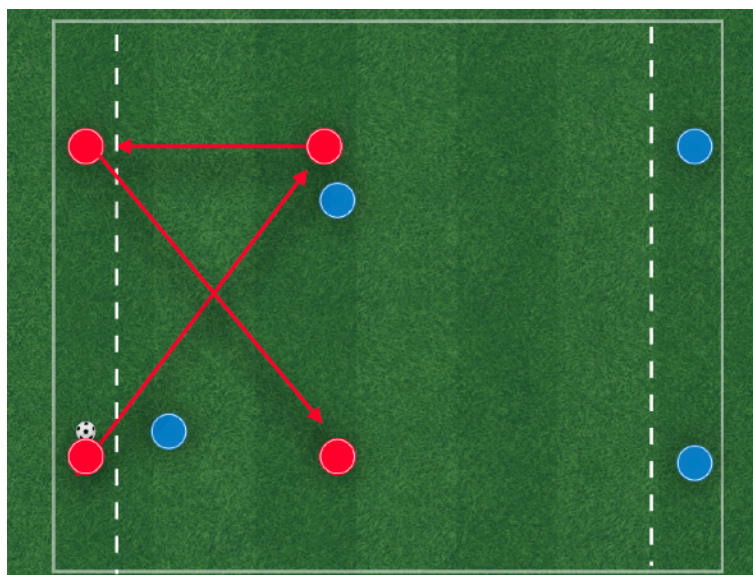
Retaining Possession - Spurs

“An Effective Practice To Develop Players Who Can Stay On The Ball”



Session Detail:

This is a very simple to deliver 4v4, we look to lock two players in to each end. Then challenge the team out of possession to win possession back. This has importance because the position of two players is fixed, meaning that the players out of possession can try and lock play in to specific areas. It also means that in possession our players need to work harder to create little bits of space to receive. In transition, when the ball is lost, the outside players switch. So for example if the reds give way possession the inside players switch with the outside players.

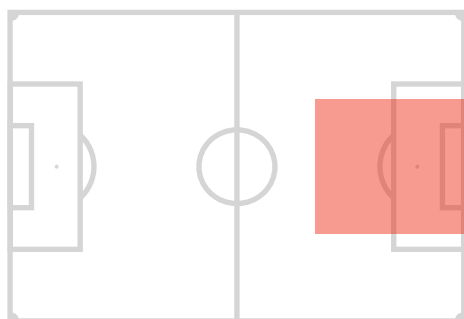


Coaching Detail:

- Receiving player - open body up to face the game to allow for passes on more lines, making it hard for the opponent to press
- Pressing Player - Use body position to show the opponent away from their team mates and towards the wide areas of the pitch.

Progression:

- Switch one red with one blue so there is the possibility of switching play
- Limit the touches of the outside player, this will mean that the inside players will need to work harder to support

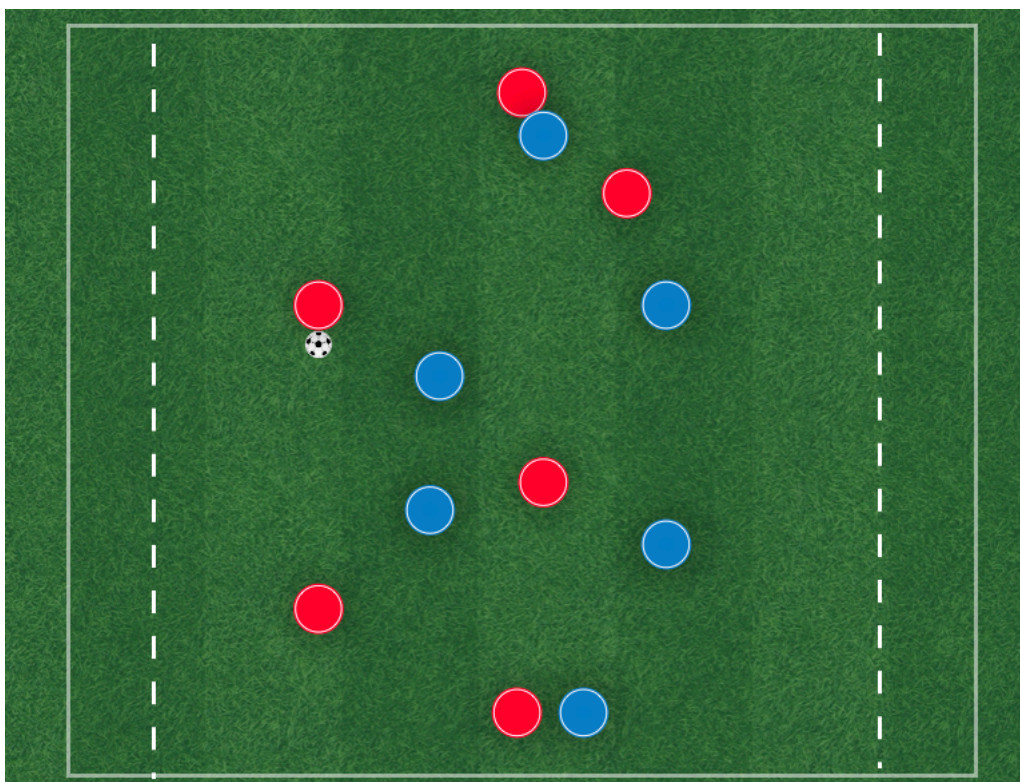


WORKING	RECOVERY	BLOCKS	TOTAL
120 SECS	60 SECS	10	30 MINS

GOALS	SPACE	PLAYERS
0	20X20	8

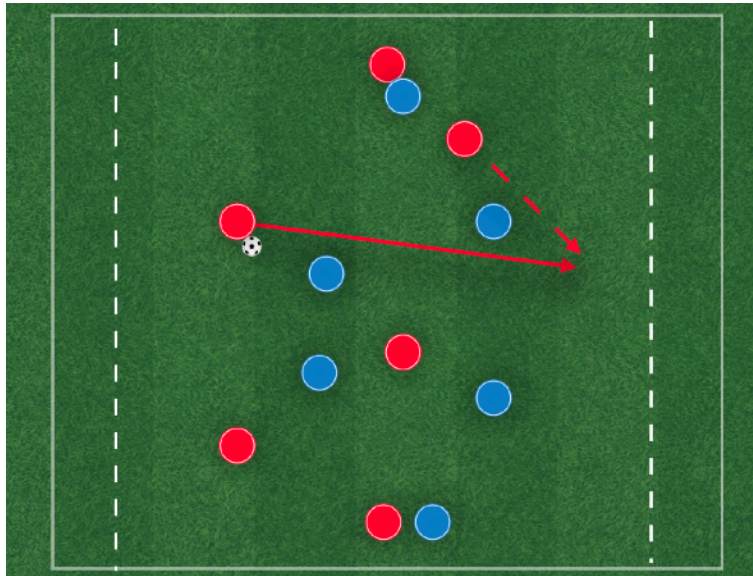
Chelsea's Unlocking Space Practice

“Looking To Expose The Space Behind The Opponent”



Session Detail:

This practice sees a 6v6 take place within the central area, at both ends of the practice there are two 5 yard lanes, this is almost like a smaller American football pitch. The teams look to keep possession within the central area, and when the opportunity arises, can they thread the ball in to the end zone for a runner to run on to and receive behind the opponents shape. To keep the opponent high, a simple rule can be used. If the team out of possession win possession back, and can drive in to the end zone within 3 seconds, they also score a point. This will encourage a high pressing mentality.

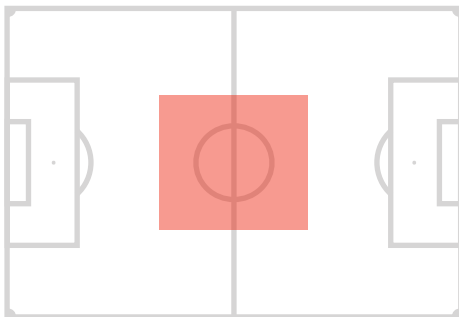


Coaching Detail:

- Receiving player - Don't make runs to receive possession, make runs to invade space, regardless of the outcome, it will stretch the game
- Passing Player - Can they disguise the outcome of their pass to prevent the opponent covering the line of the run

Progression:

- Increase the size of the end zone to increase the success of the practice
- Create a neutral player to allow overloads in possession, this might make the task more difficult

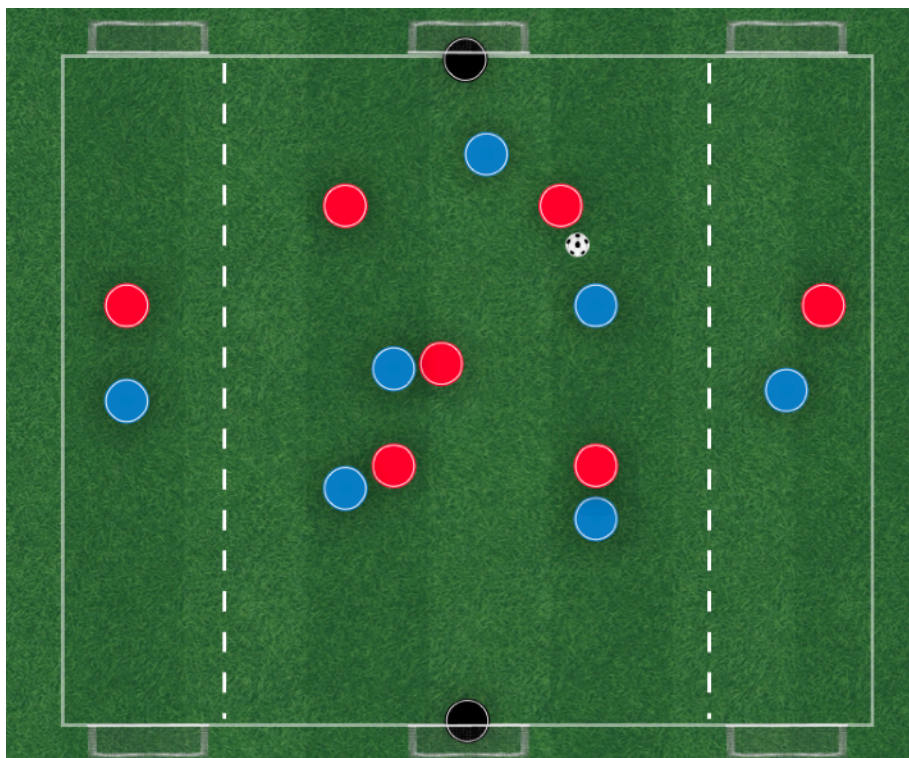


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	20 MINS

GOALS	SPACE	PLAYERS
0	40X20	12

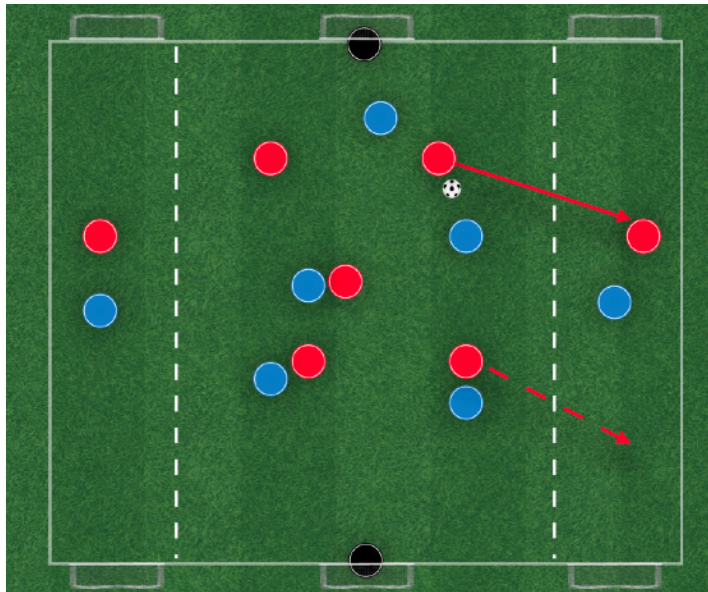
Liverpool's 1V1 Crossing Game

“Looking To Expose The Space Behind The Opponent”



Session Detail:

This session involves six goals, and a 5v5 in the central area, with a 1v1 in each of the wide areas (16 Players in total). The game sees a 5v5 take place with the simple intention of scoring, if the ball goes wide, the 1v1 is fixed, and the wide player is looking to create a crossing moment if the opportunity arises. Because the pressure on the wide player will likely be quite imminent, we will see cross from multiple angles and situations. The practice can be manipulated by using the wide goals, this can be done by allowing the wide player to score in small wide goals if they win the 1v1, these goals should be worth less than the central goals.

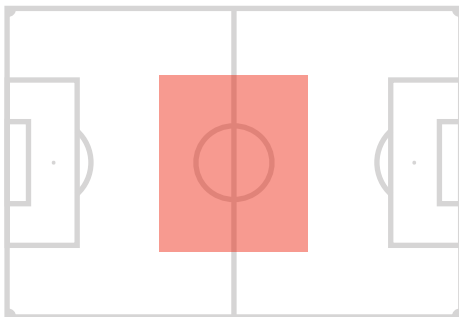


Coaching Detail:

- Movement will be key, can our players make movements from in to out when the session progresses.
- Can attacking players play high to allow as much space in the session as possible

Progression:

- Allow attacking players to run in to the wide area as the image shows to create a 2v1
- Once a goal has been scored, allow the team who have scored to grab a ball and go 1v1 in the wide area to try and double up their goal.

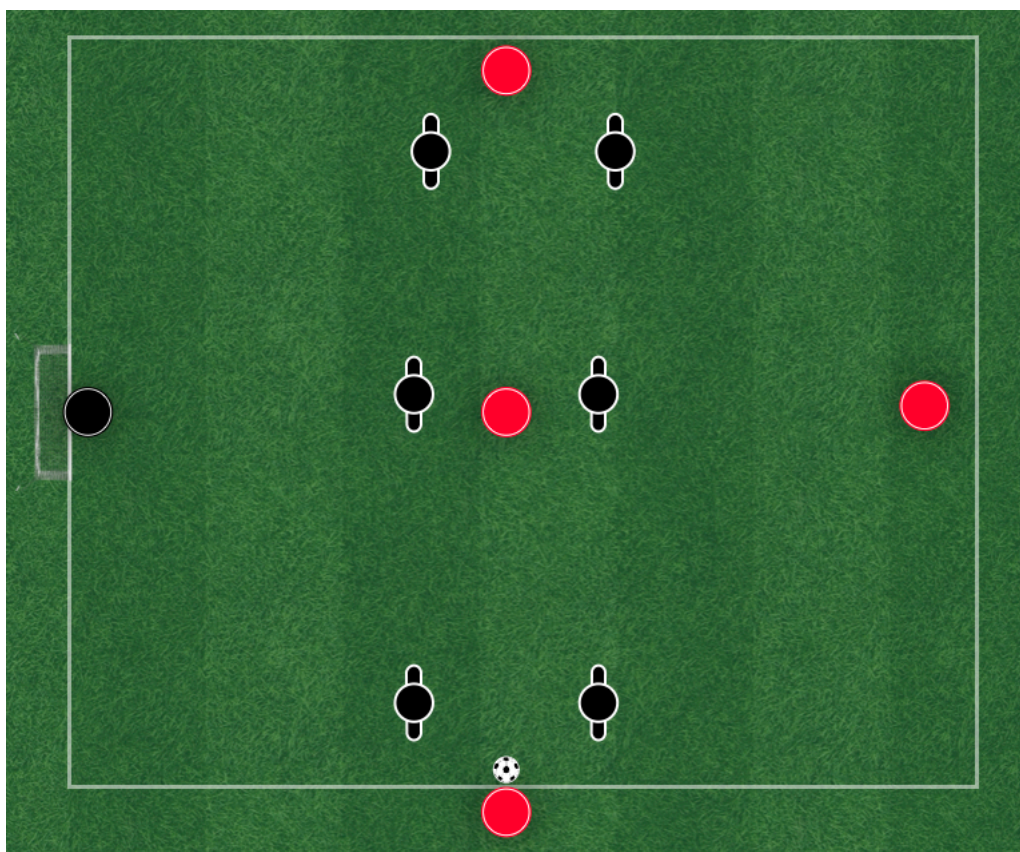


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
6	40X20	16

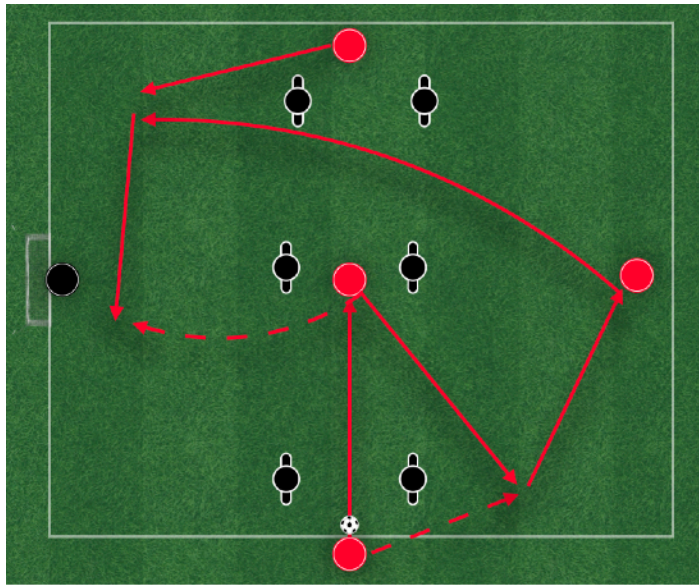
Everton's Wide Player Combination

“A Central Combination To Unlock The Opposite Wide Player”



Session Detail:

This is a simple combination session to allow the release of the wide player on the opposite side, these rotations can be manipulated to suit different technical or tactical needs. Within this combination the first player will combine with central player in a 1-2 around the mannequin. The ball is then played to the deeper player who slides in the extra wide player. The wide player then crosses the ball for the first two players to run on to this, suits a 1-4-3-3 formation.

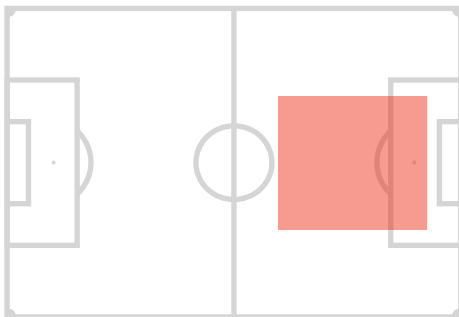


Coaching Detail:

- Making movements away from the mannequin will be key, push of the mannequin and look to create a little bit of space to receive possession.
- When playing the threaded pass, try to find the space behind

Progression:

- Change the rotation to suit your tactical needs if you don't play a 1-4-3-3, or reframe the session as two strikers, midfield player and a wide player within a 1-4-2-2. Whatever you do, make sure it is specific and valuable to your game mode

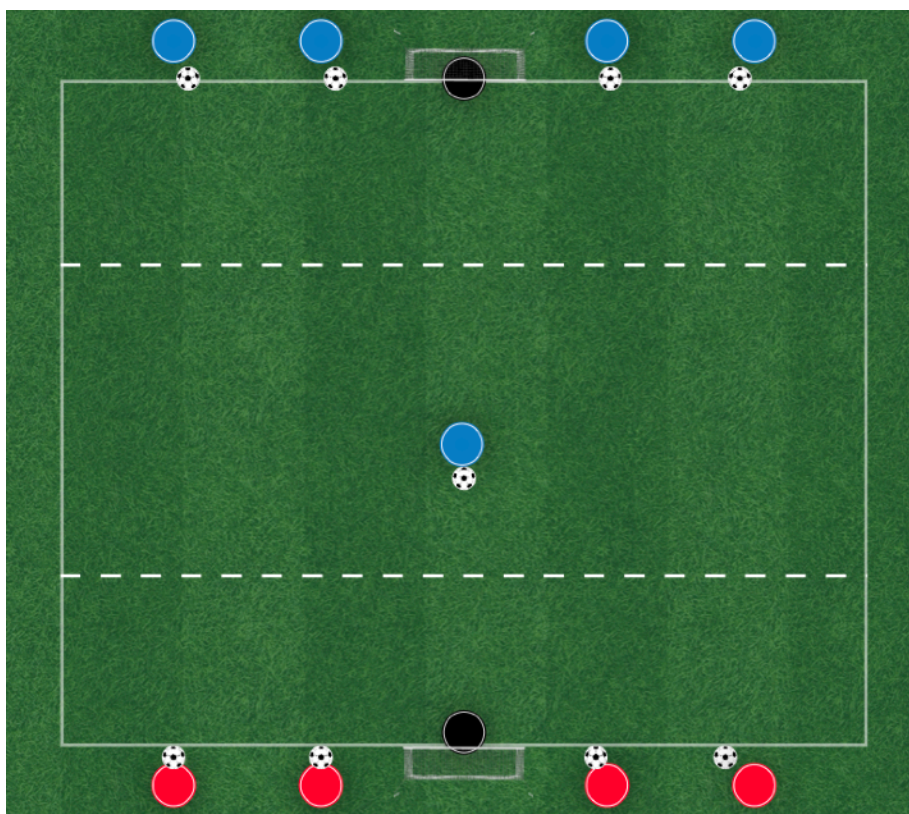


WORKING	RECOVERY	BLOCKS	TOTAL
60 SECS	30 SECS	10	15 MINS

GOALS	SPACE	PLAYERS
1	40X20	12

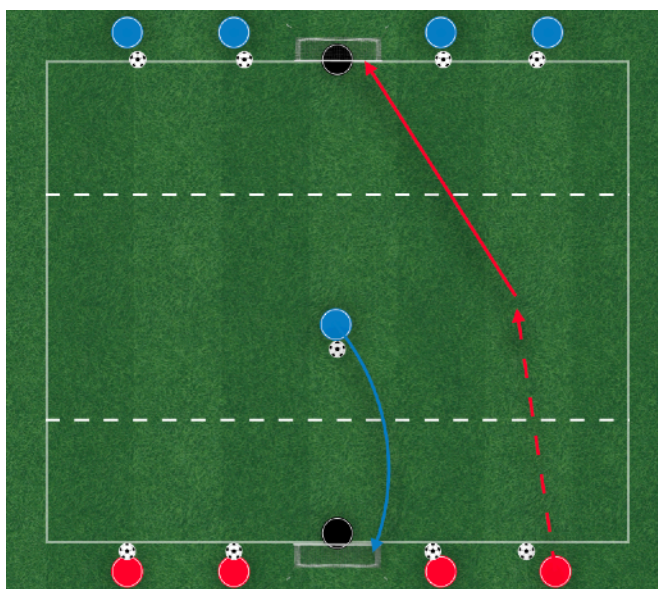
East Coast Overloads

“An Attacking Overload Game, With Constant Goal Scoring Chances”



Session Detail:

This is a difficult task to explain, but a simple task to enjoy. The first blue takes a touch and finishes against the goalkeeper. Once this moment has ended. Two reds break out creating a 2v1, one carries a ball out. They then attack the opposite end. Once this moment ends, two more blues break out (one with a ball) this now creates a 2v3. This cycle continues until the practice comes to a natural end or the session runs out of players. It is important to ensure the practice remains fluid, if the goalkeeper catches a shot, allow them to feed the ball in to the joining players

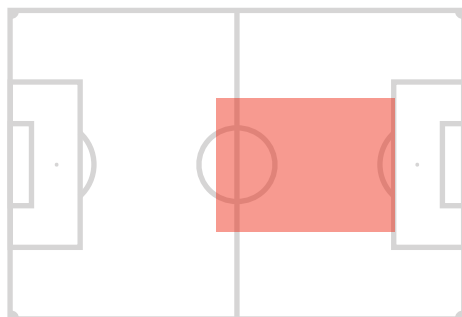


Coaching Detail:

- Ensure players out of possession show the player outside and refuse to allow the player in possession to come inside and shoot
- When attacking, can players look to run at players directly and force their body position open so they can be beat on both sides

Progression:

- Manipulate the size of the practice to change the physical challenge to players, increasing the size will increase the physical demands on players.
- Limit the practice to one player at a time , so 1v0, then 1v1, 2v1 etc.

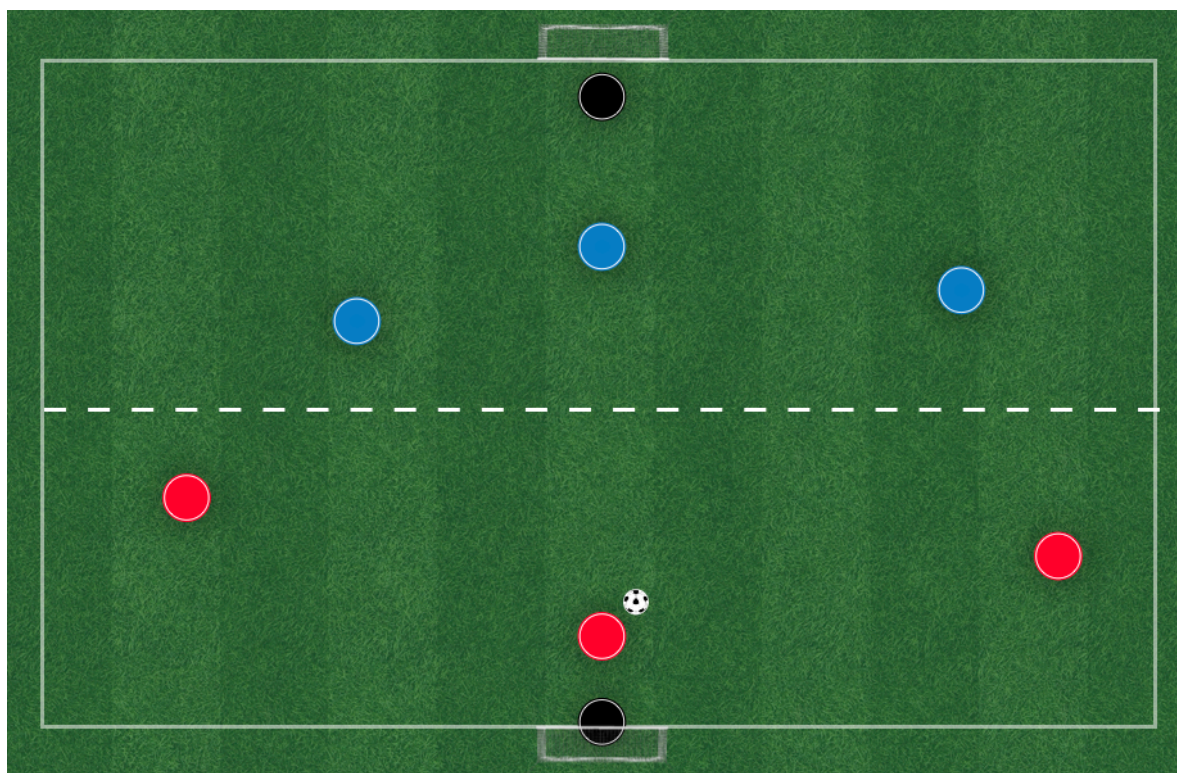


WORKING	RECOVERY	BLOCKS	TOTAL
TILL FINISH	60 SECS	X	25 MINS

GOALS	SPACE	PLAYERS
2	40X20	10+

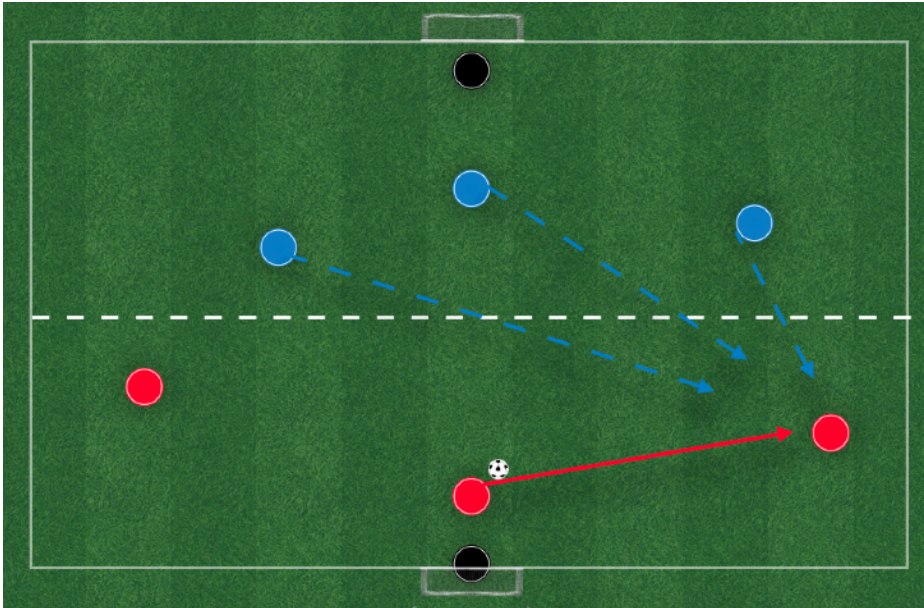
German Academy 3V3'S

“Dominating The 3V3 Moment To Attack The Opponent”



Session Detail:

This is a simple practice for player development, the players play 3v3+2 GK's. The idea of the practice is very simple, to dominate the space and look to score in a compact area where teams are matched man to man. Can we challenge the individuals to try and create overloads within sections of the practice, this will involve numerically dominating the space to isolate opponent players in 2v1's or 3v2's. It is important that this is played in a space of around 30x25 yard, this will allow an element of compactness, but still enough width to stretch the game and isolate the wide players.

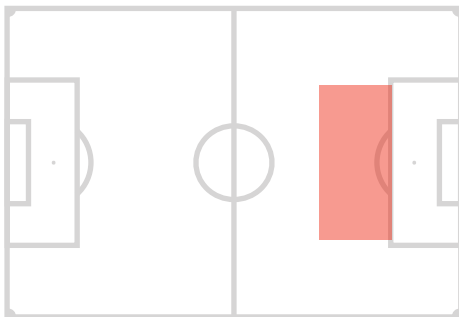


Coaching Detail:

- Out of possession, the image demonstrates how the play can be isolated by forcing the ball in to the wide player and then apply pressure, locking the player wide.
- In possession look to create lines of possession and switch play.

Progression:

- Lock players in to specific spaces to bring structure to the session and width to the practice.
- Open up the practice to a 4v4 to allow for more overloads, greater lines of possession.

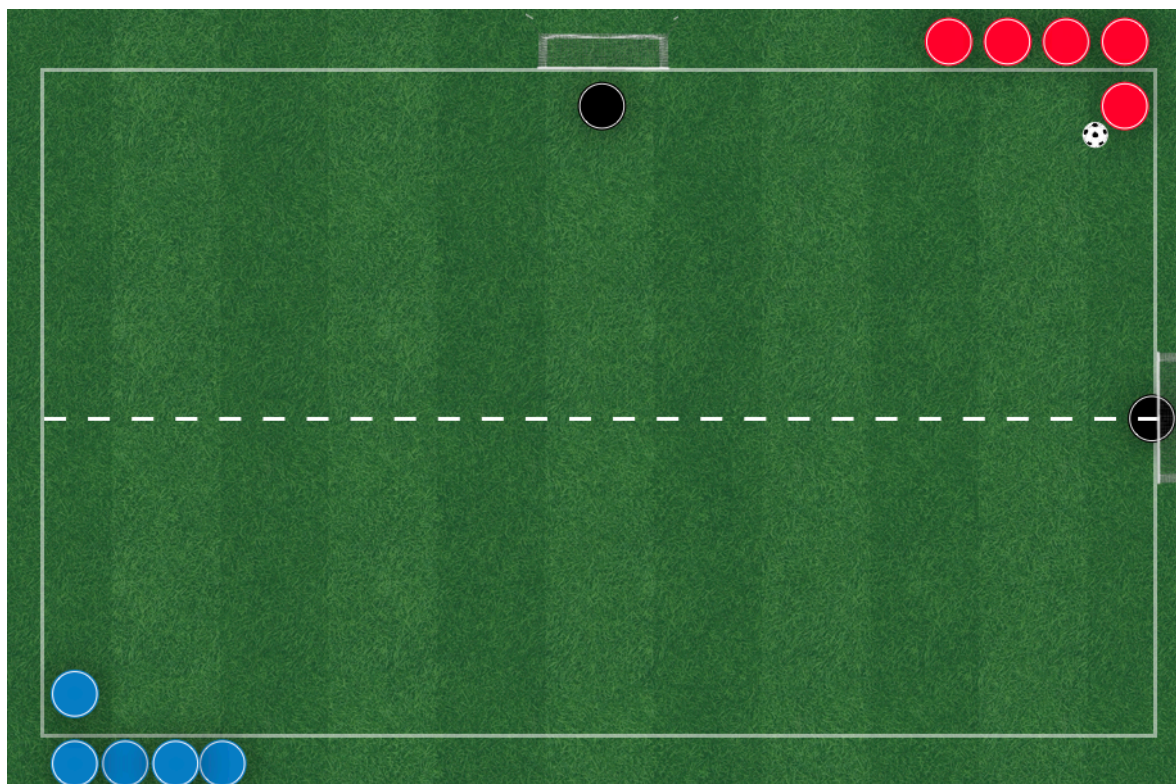


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	6	24 MINS

GOALS	SPACE	PLAYERS
2	30X25	8

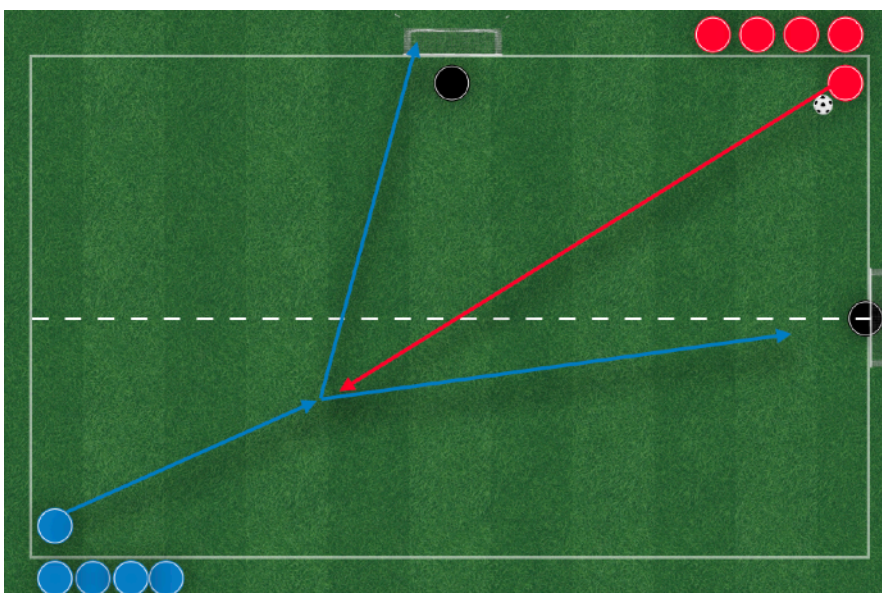
Newcastle's 1V1 Defending

"A Great Session To Show Players How To Show Them Outside"



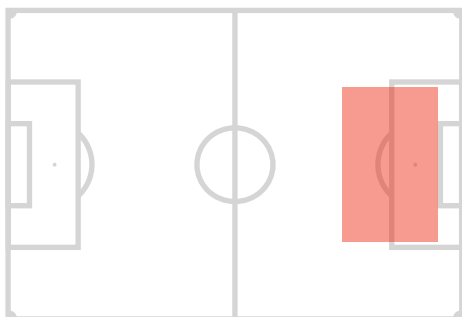
Session Detail:

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. It is important to recognise that this practice will require repetition to develop the technique of 1v1 defending.



- Angle of attack, what angle does the defender take to show the attacker away from goal without losing the 1v1 battle.
- When attacking 1v1, can the defender try to square the opponent up so they're body position is unable to dictate the movement of the ball

- This can be progressed into a 2v1 attacking overload or underlay.
- Open up the practice to a 4v4 to allow for more overloads, greater lines of possession.



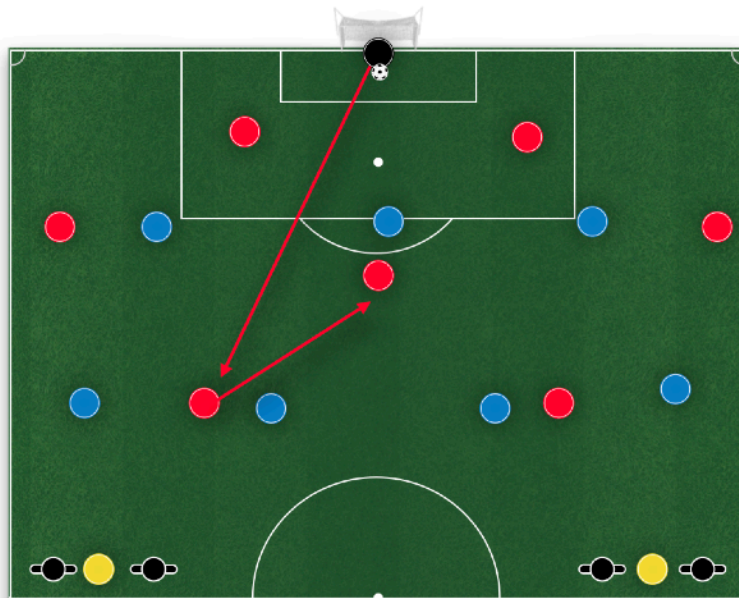
WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
2	25X15	6+

“Demonstrating The Ability To Build-Up Through A 1-4-3-3



ACADEMY SESSIONS

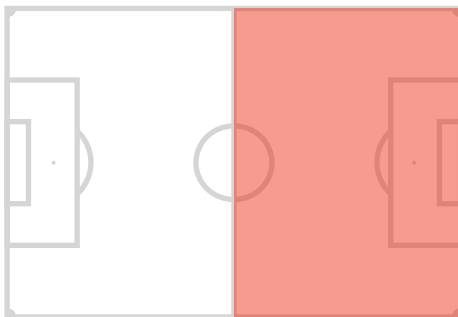


Coaching Detail:

- In the image, we can see the pass in to the higher line, this will create space for us to play, but will also allow us to combine higher up the pitch that provides less risk and more opportunity for success.
- Once we've played higher, is the up, back and through an option.

Progression:

- This can be progressed in to an 11v11 practice, over a 2/3 pitch and see if players are able to attack the opponents goal. This will include combining build-up play with attacking play.

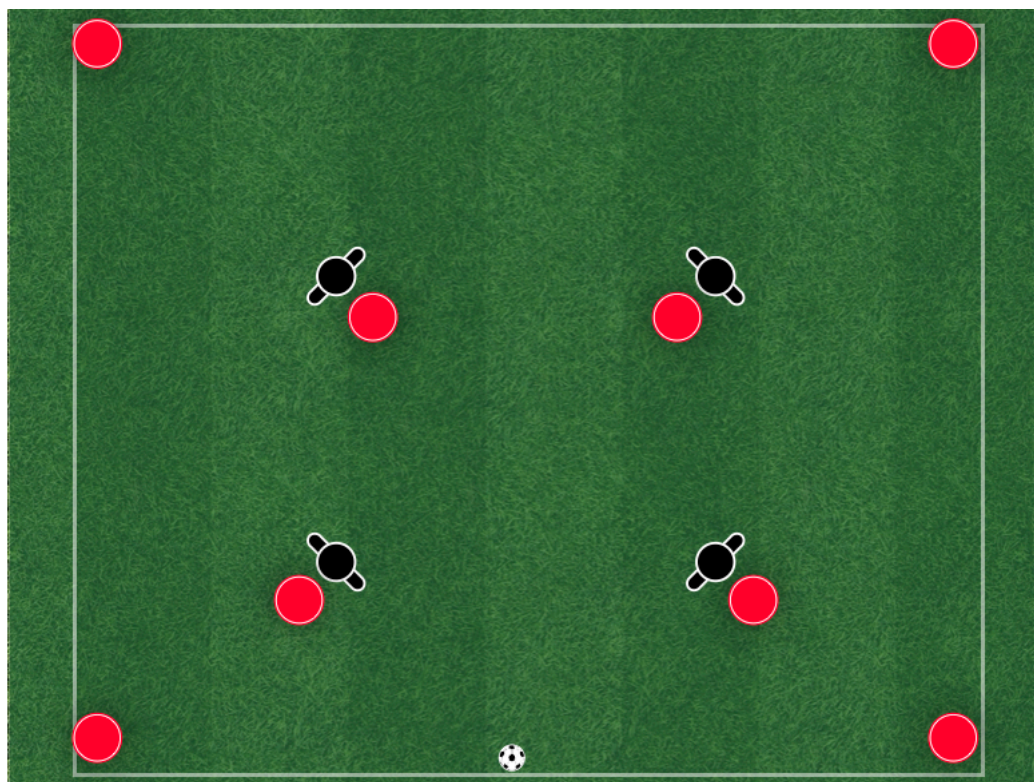


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	

GOALS	SPACE	PLAYERS
1	HALF	17+

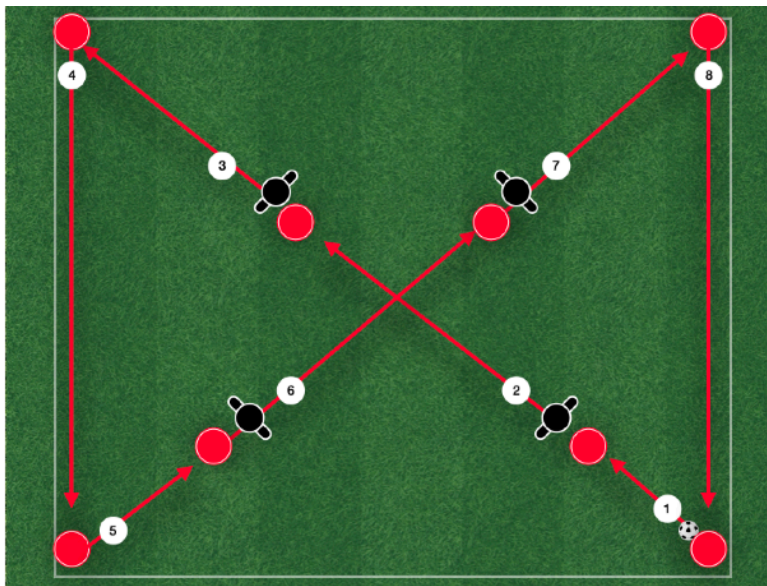
Welsh Warm-Up Drill

“An Effective Way To Warm-Up When Playing A 1-4-3-3”



Session Detail:

This is a practice that can be used within training or as a warm-up, it is a simple passing practice that see's the 1-4-3-3 formation used to practice combinations. The practice is simple the ball moves from the bottom corners through the middle and around. There should be at least two Balls live in the practice at anytime. This means that players get repetition and chance to move. This allows for technical development whilst a physical warm-up also exists. It is important to vary the rotations to suit the needs of your formation and game model.

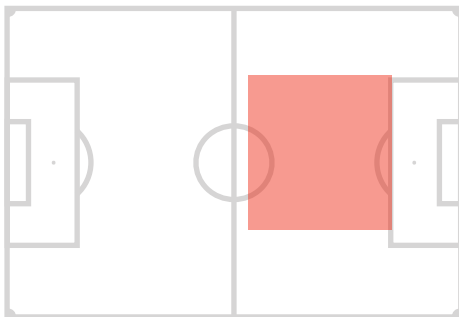


Coaching Detail:

- Ensure the central players don't receive with the same body position. For example if the first player receives with the body facing left, the next player should receive with the body facing right.
- Passing around the shape should see the pass behind the mannequin

Progression:

- This can be progressed in to an 11v11 practice, over a 2/3 pitch and see if players are able to attack the opponents goal. This will include combining build-up play with attacking play.

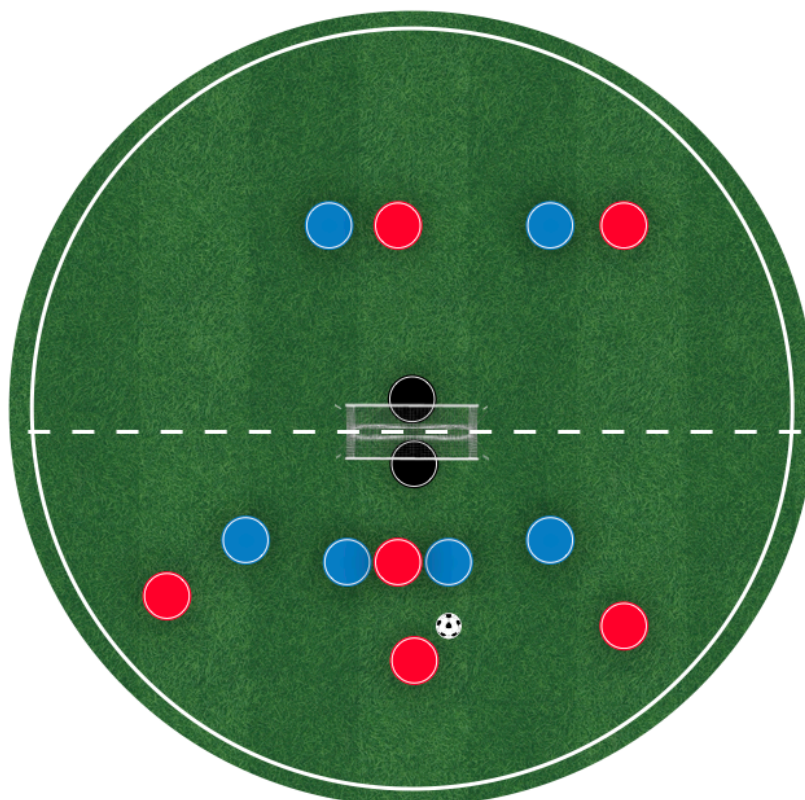


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	20 MINS

GOALS	SPACE	PLAYERS
0	25X25	10+

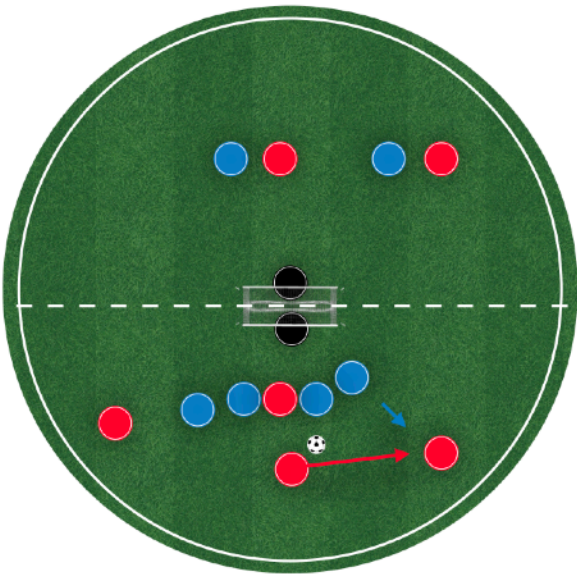
Back To Back Goal Game

“Switch Play To Open The Opponent And Score”



Session Detail:

A very unusual shaped practice, with a 40 yard circle (40 yards diameter), 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. This means which ever side has the ball should be a 4v4.

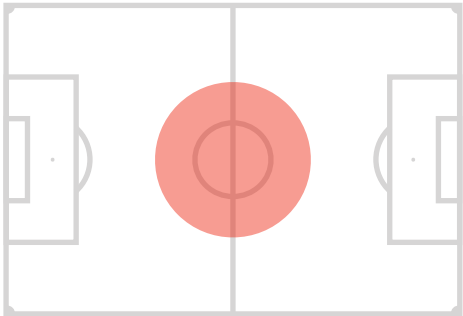


Coaching Detail:

- 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
- Are individuals able to play through the space between the opponents players

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

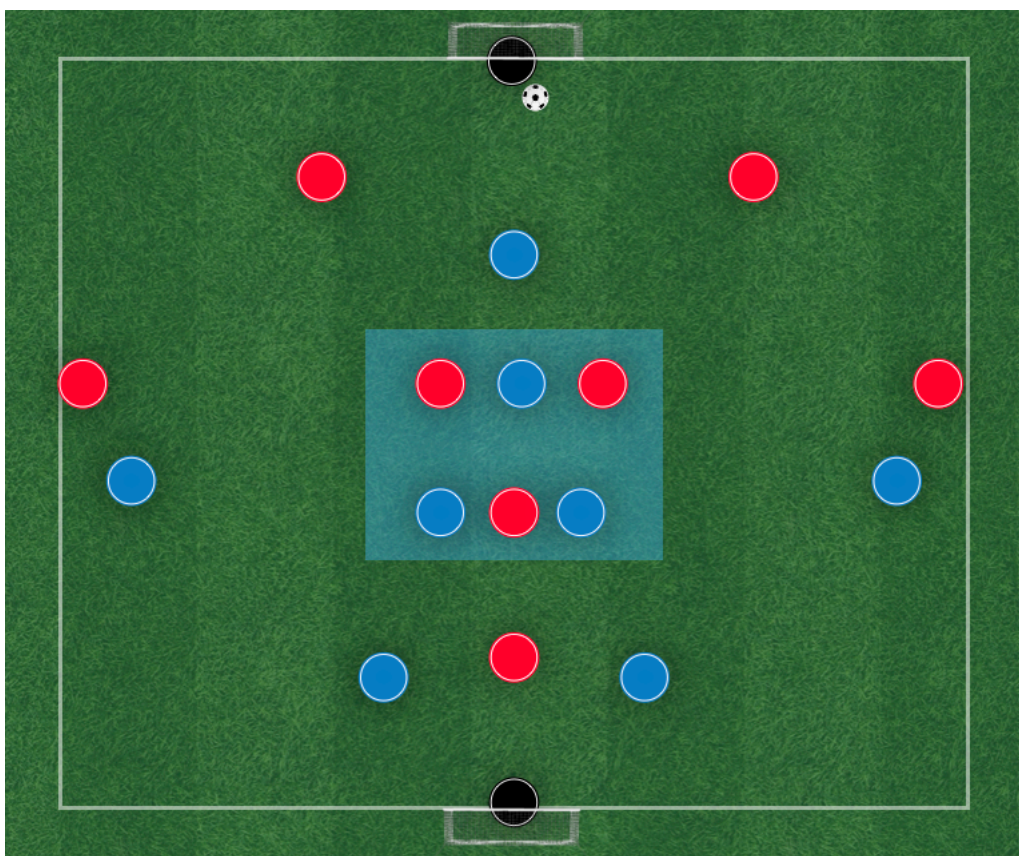


WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	5	35 MINS

GOALS	SPACE	PLAYERS
2	40 DIAMETER	12

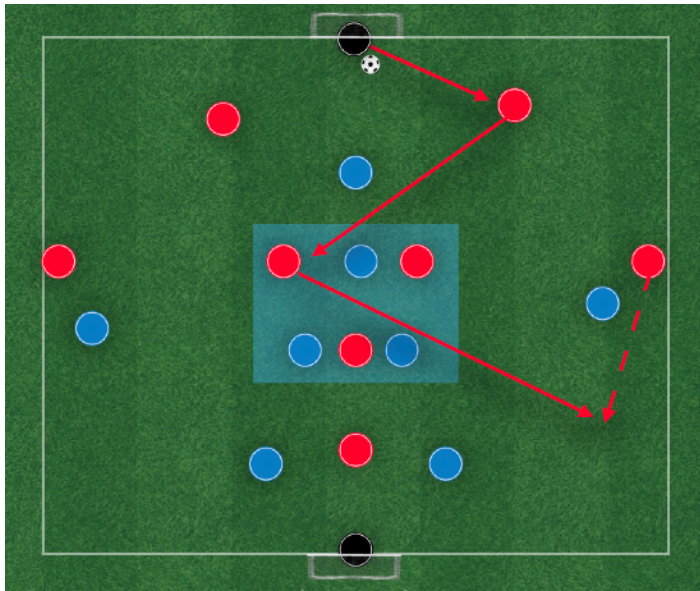
Playing Through A Midfield Three

“Developing An Understanding Of How To Play Through A Midfield Three”



Session Detail:

A great session to develop an understanding in players of how to play within a midfield three, the session involving 18 players is perfect for developing the rotation within the central area whilst play occurs within a 5v5 on the outside. It is Important that we as coaches reward players when they're able to combine within the central area to play in to the final third. However we must be aware that playing through the central area is not the only way we can create success when in possession. Often when playing central, wide space will become the better option.

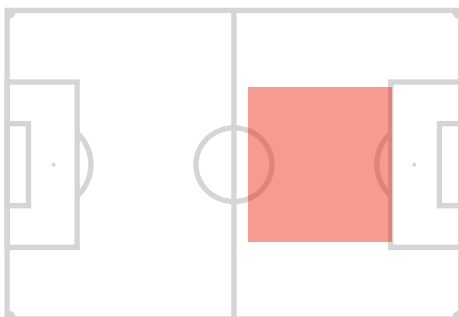


Coaching Detail:

- 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 midfield player 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

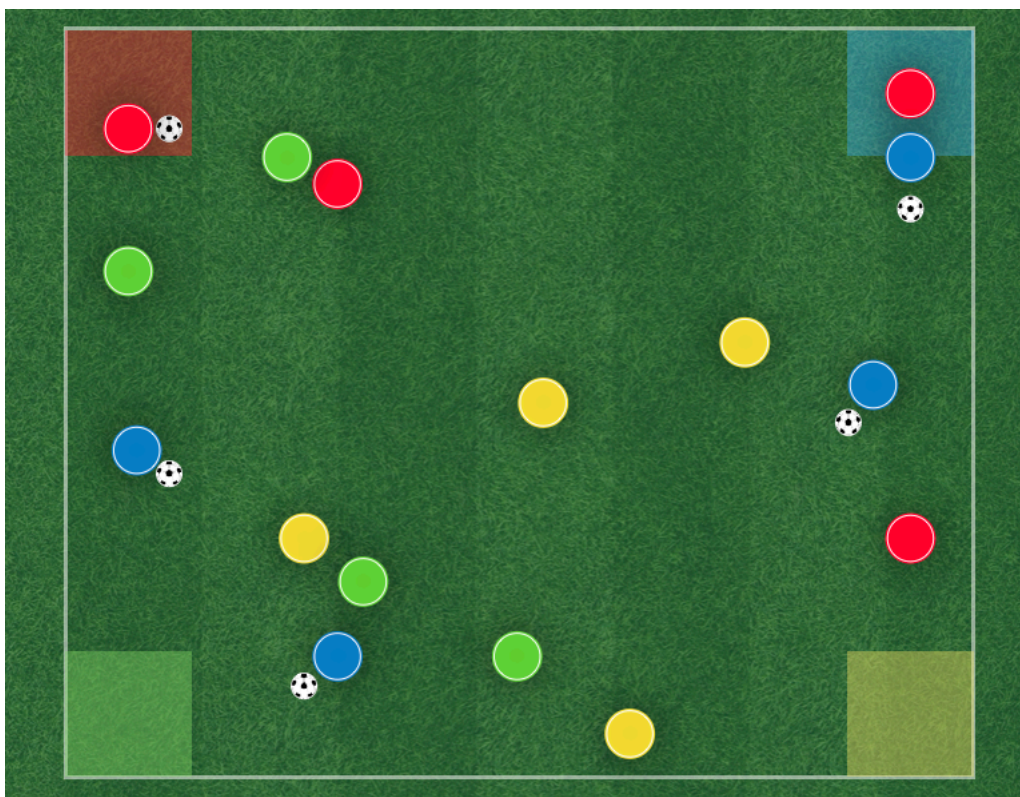


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	6	36 MINS

GOALS	SPACE	PLAYERS
2	40X40	

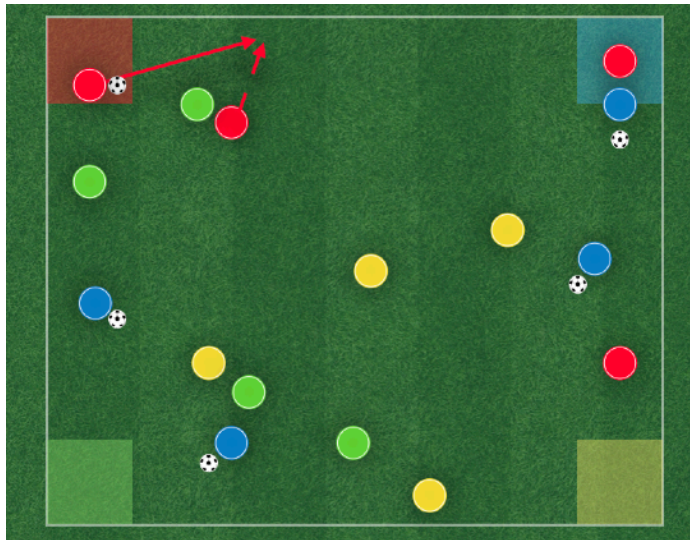
Switching To Create Space

“Creating Players Who Can Create Space Within Organized Chaos”



Session Detail:

The session may look very complex from the outset but it is in far from complex. Within the practice we have four teams, each of four players. Two teams have a ball (at different points of the progressions this will change). In the example we show here it is very simple, the reds and blues look to keep possession and make passes in the four corner zones, each time a pass is made in the corner, a point is scored. If the opponent wins possession they can keep the ball and look to score points themselves. Each team add their points up at the end.

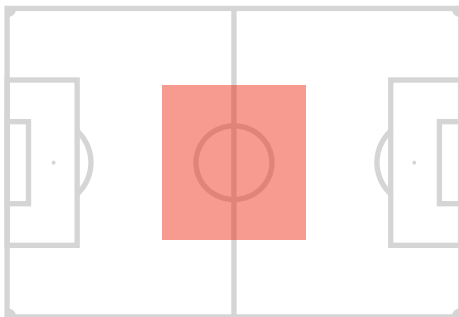


Coaching Detail:

- Can individuals create space to receive from their team-mate.
- Can individuals create space to stay on the ball in 1v1 situations.
- Out of possession can we suffocate the possession of the ball and prevent the team in possession to be able to travel from corner to corner.

Progression:

- One team get a ball each to score individual points that are then added.
- One team get a ball between them and score points when they pass the ball to a player who travels in to the end zone.
- The practice can be regressed to a three team game if the challenge is too much for the players involved.

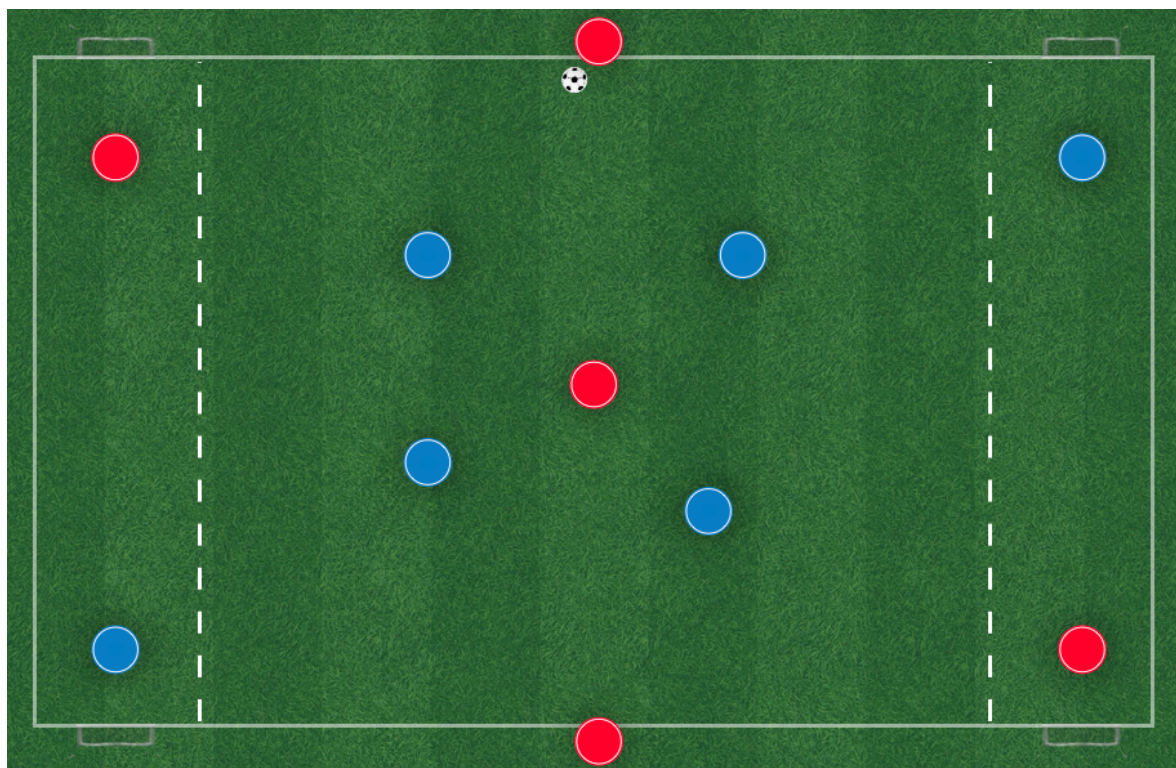


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	6	36 MINS

GOALS	SPACE	PLAYERS
0	40X40	16

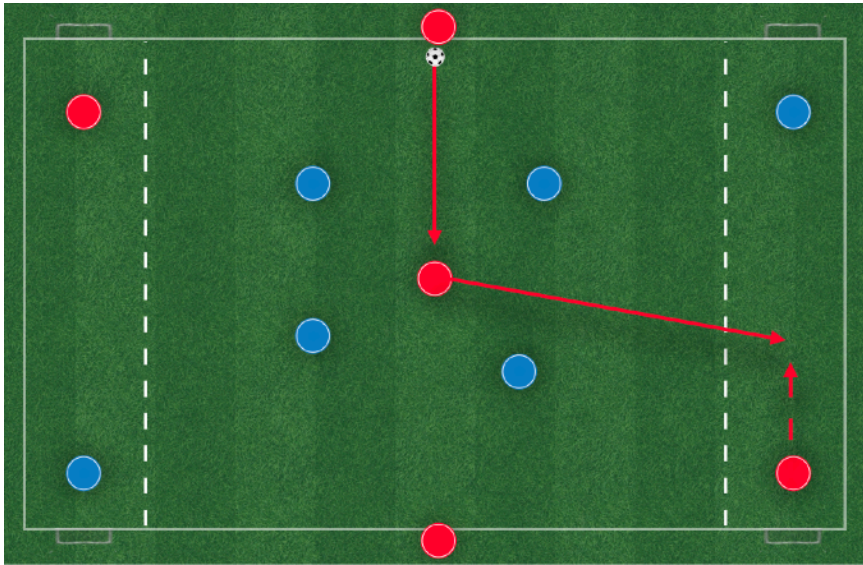
Switch Play To Dominate The 1V1 Moment

“Can We Dominate The Opponent To Create An Opportunity To Score”



Session Detail:

This is 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 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. It is important that the central players move quickly to try and create angles to receive possession. Once the ball goes wide can it be a quick and dynamic 1v1 against the opponent.

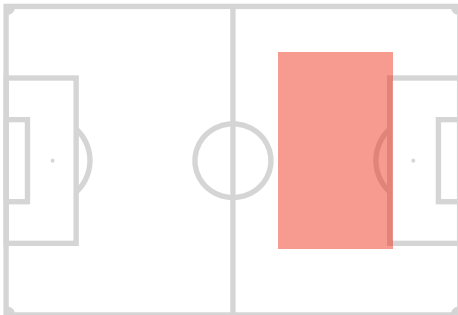


Coaching Detail:

- 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:

- Allow the reds to play wide once they've made two or three passes.
- Allow the reds to use the outside players in possession in order to create an overload of 5v4 in possession.
- Allow the greens to transition out in to the 1v1 when they win the ball back from the reds.

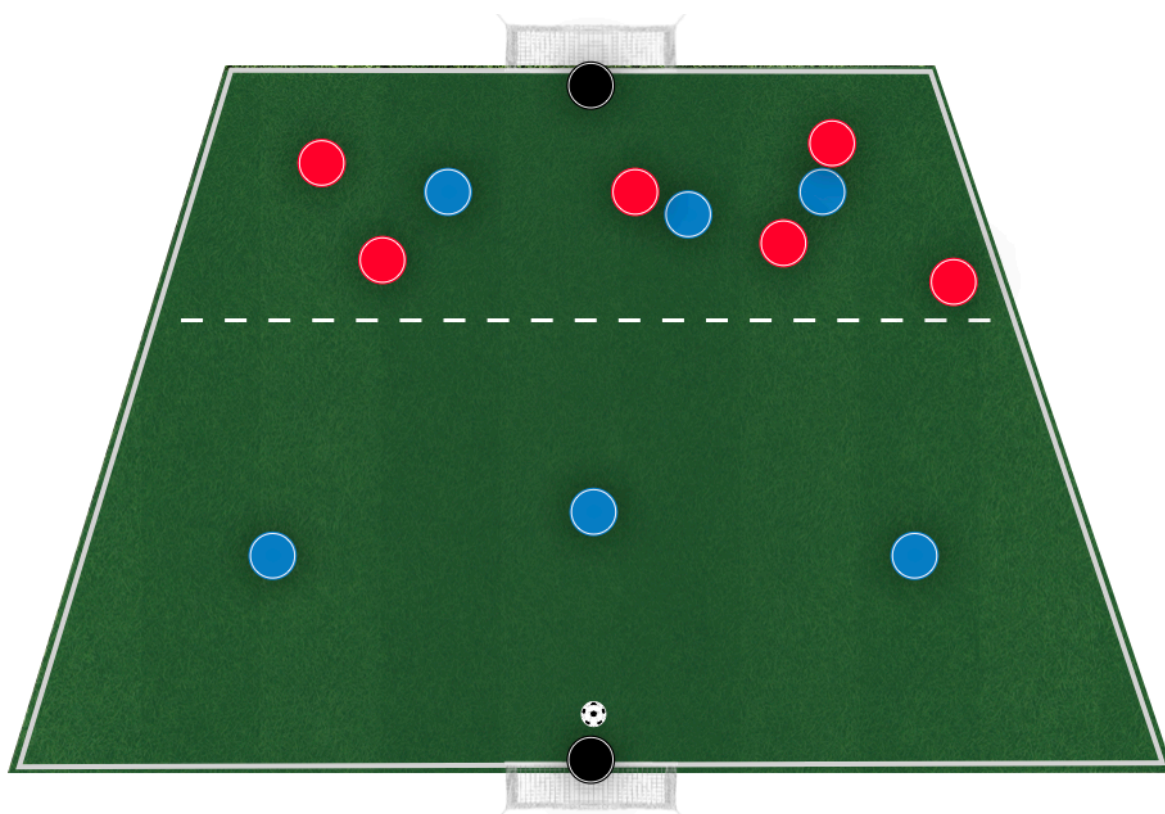


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	6	30 MINS

GOALS	SPACE	PLAYERS
2	35X20	11

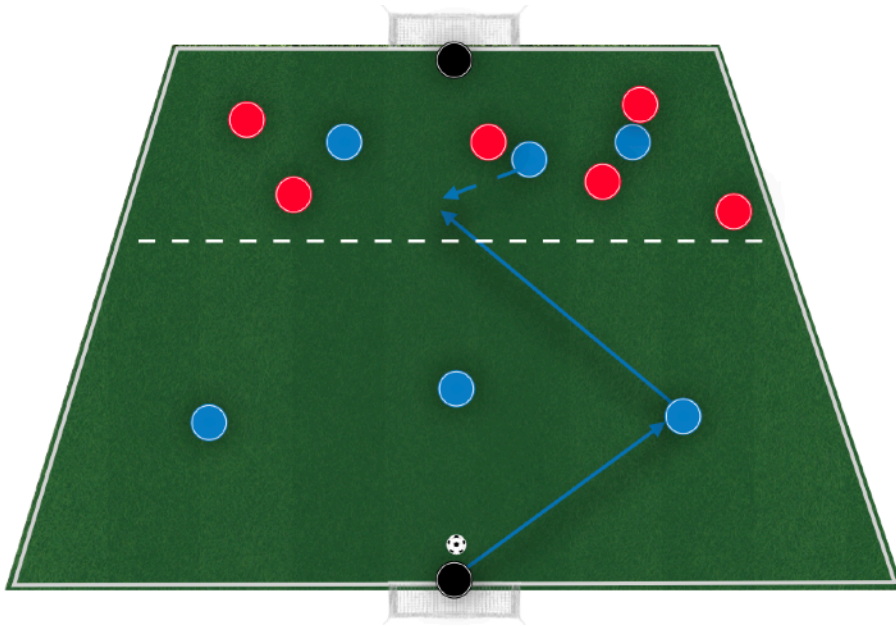
Unlock The Block - Queens Park

“Creating A Practice That Allows Us To Unlock The Opponent”



Session Detail:

In late 2018 we observed this session, it was a fantastically delivered session by a lead psychologist who wanted to provide players with the opportunity to be creative around an opponents defensive block, with creative freedom. Every time the ball leaves the practice, a new ball is played in. Coaching these types of practices can be difficult, the session doesn't need an over subscribed coaching methodology. But an individual who is willing to allow constant repetition. It is important that the reds do get to break out if required, but encourage the reds to enjoy the defensive block and the rewards of preventing the opponent.

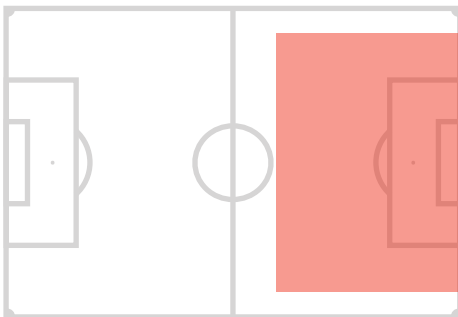


Coaching Detail:

- Encourage players to be creative in 1v1 situations both in and out of possession
- Can we remember how to use the lanes of possession in order to manipulate spaces between opposition players and lines.

Progression:

- Manipulate the space of the practice, to either increase or decrease the challenge for the players.
- Change the numerical setup within the practice to change the challenge to the players
- Move the 25 yard line forward to create more space.

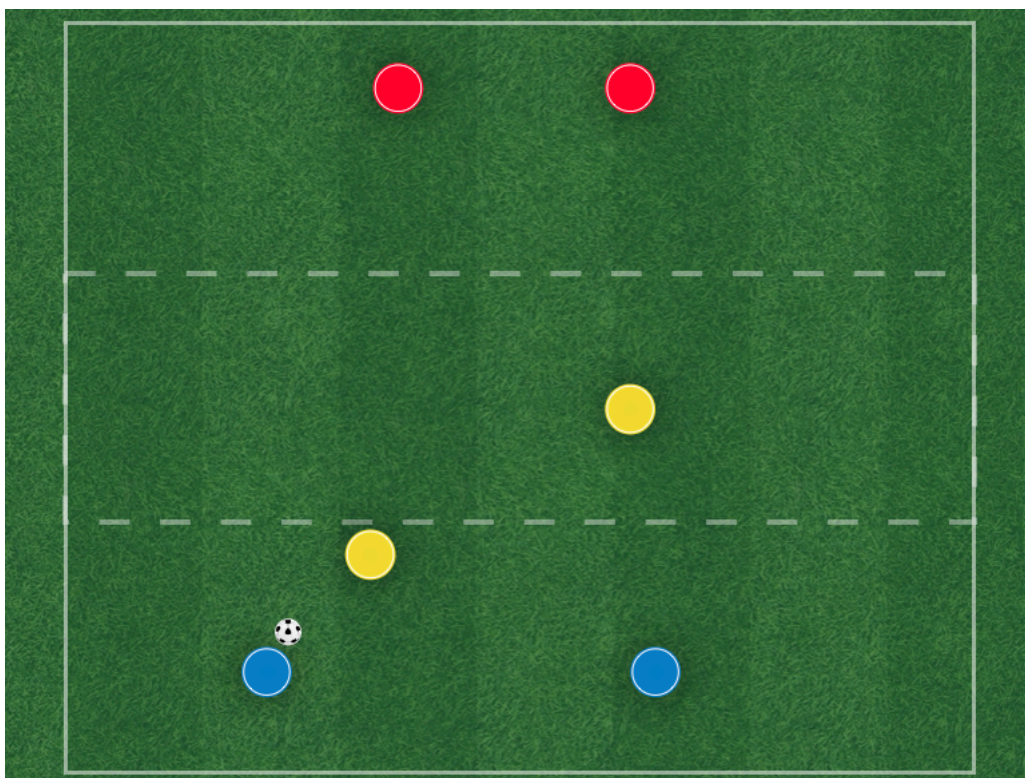


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	6	

GOALS	SPACE	PLAYERS
2	WIDTH +45	14

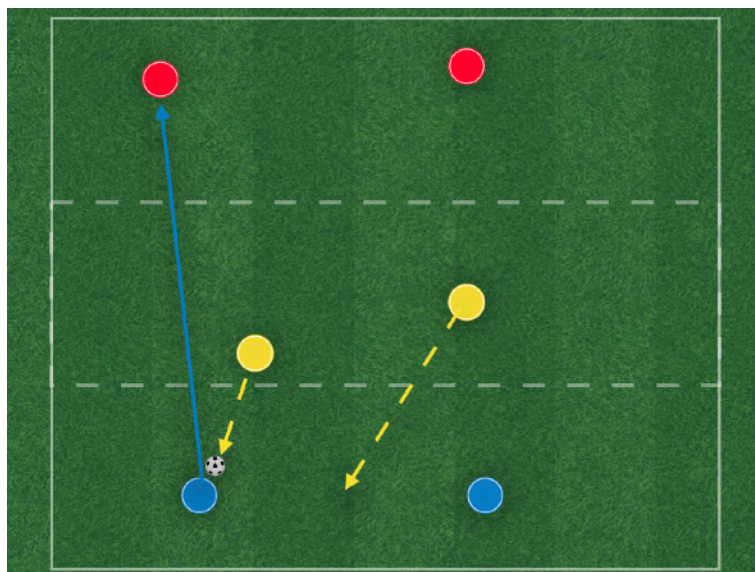
Three Pair Rondo - Fca

“Developing Defensive Principles Within Young Players”



Session Detail:

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. For example if the blues are in possession, one player can break into the attacking half and apply pressure, however the second player can't. This means that we are naturally creating space between the pressing players, how the players then deal with this challenge is an import factor to us. Do we have the balance and cover that we need to be successful without the ball?

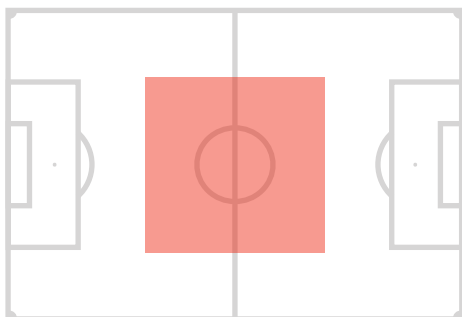


Coaching Detail:

- 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 allow the session to suit a different training day. E.g. increased running or reduced space.
- Allow both players to cross the line when pressing, this will increase the pressure and the opportunity to play beyond the opponent.

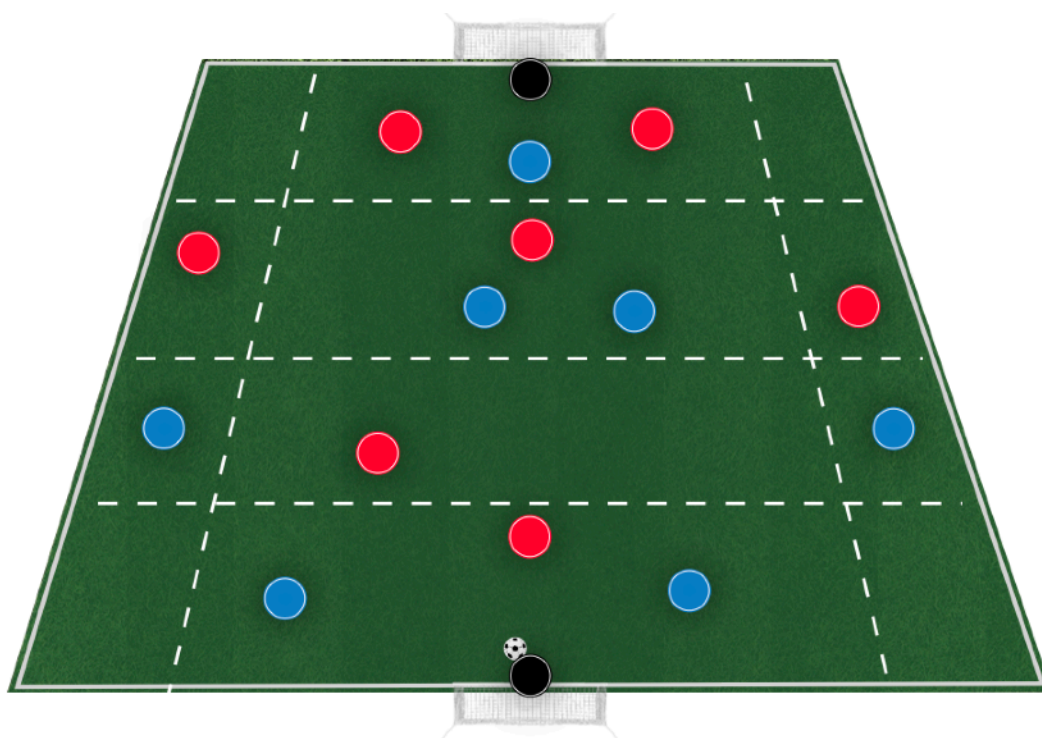


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	6	36 MINS

GOALS	SPACE	PLAYERS
0	30X20	6

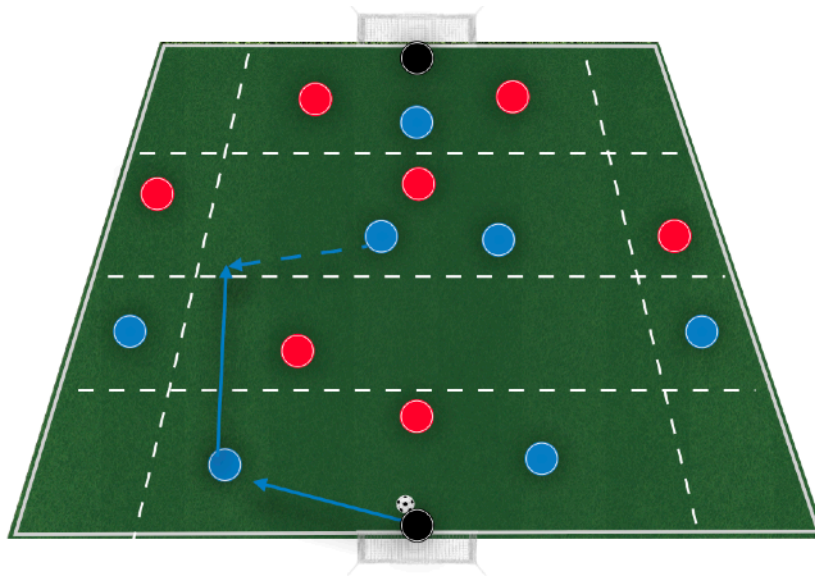
Bayern's Grid Combination

“Understanding The Importance Of Positional Play To Exploit The Opponent”



Session Detail:

An easy to use session built around attacking combinations. The goalkeeper looks to play in to an overloaded situation of 2v1. Once the keeper has played in to the overloaded 2v1, they now must look to move the ball forward, recognising where and how we might create overload opportunities. In this example we can see the 2v2 in the central area, as well as the 1v1 in the wide area. Players are able to move zones when running with the ball or moving to crease space. Can we challenge our players to make combinations using the space to exploit the opponent. It is important within this practice to encourage players to recognise their position and how this effects the players around them.

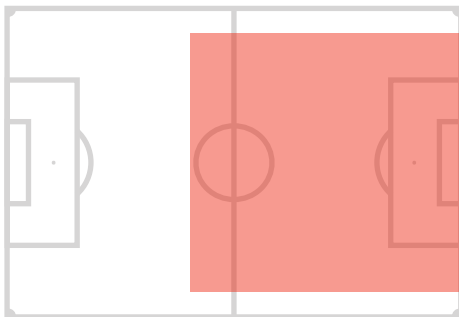


Coaching Detail:

- 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 touches for each player in different space to try and encourage types of play that you want to see from your players.
- It can also be important to change the structure of each area, this might force players to behave differently in each area.

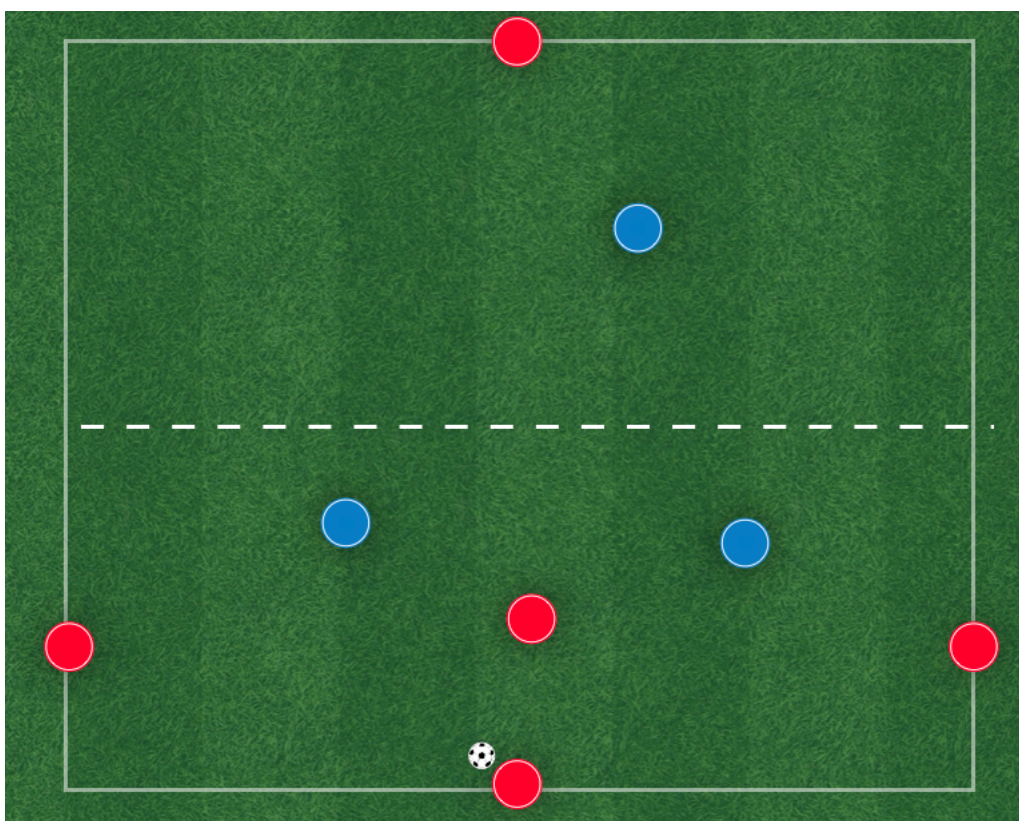


WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	7	

GOALS	SPACE	PLAYERS
2	50X30	18

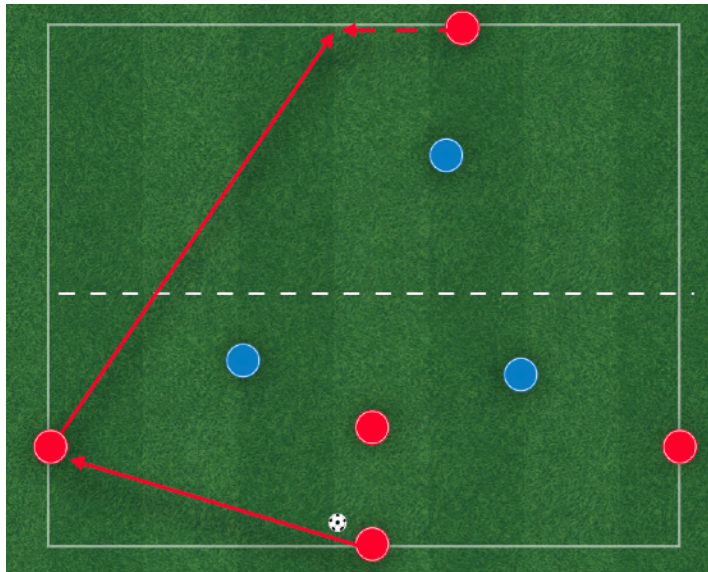
Playing Through The Central Player

“Manipulating The Opponent To Play Through The Central Player”



Session Detail:

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. The position of the wide player will naturally put pressure on the opponent, if they can create angles to receive the opponent shouldn't be able to block all the passing lanes.

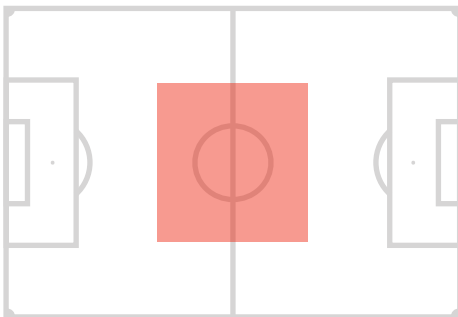


Coaching Detail:

- 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 compromising the teams shape.

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.

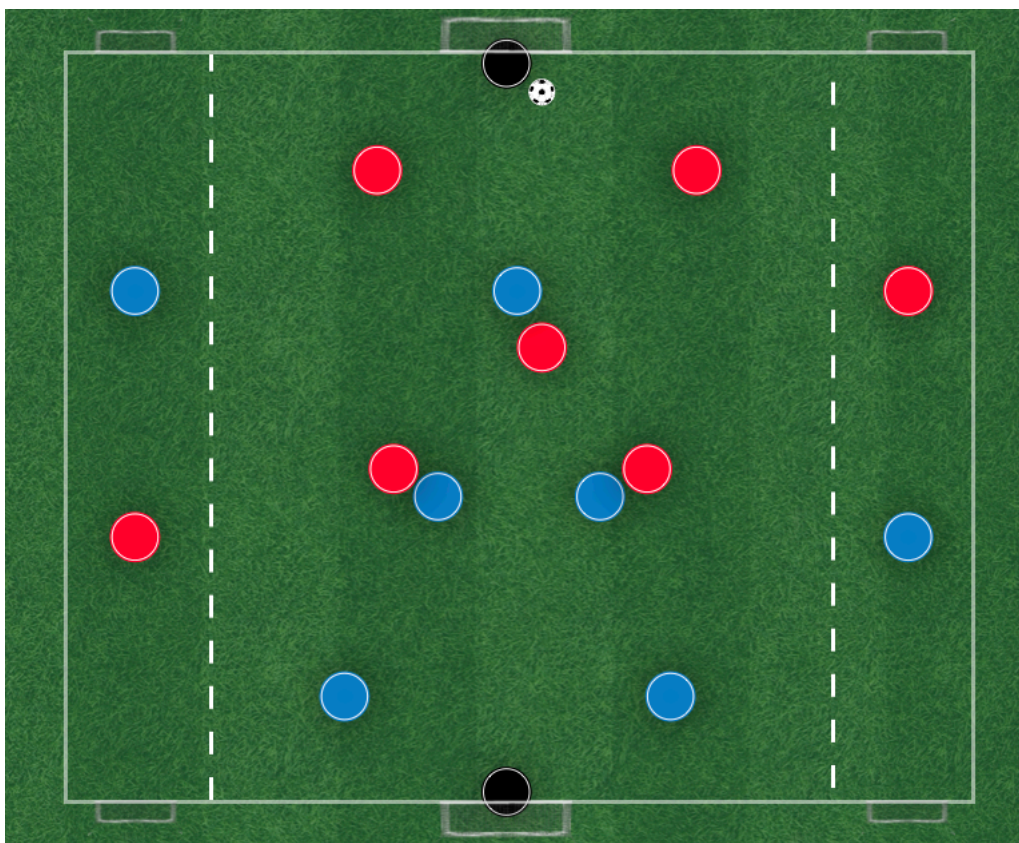


WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	7	42 MINS

GOALS	SPACE	PLAYERS
2	50X30	16

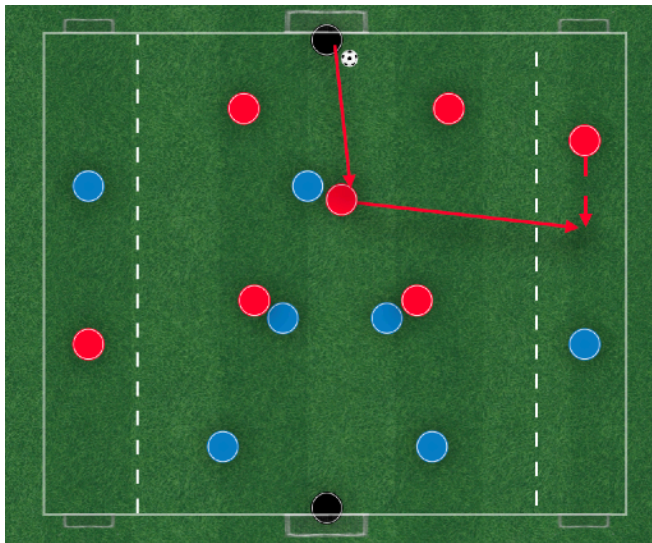
Crossing From Varied Angles

“Creating The Opportunity For Players To Thread Passes And Crosses”



Session Detail:

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 players can chose to score in the wide goals, or the central goals at any point. However we are looking to create threaded passes and crosses from wide areas, in order to do this we have conditioned the scoring in a way that will encourage this. Central goals are worth five, whilst wide goals are worth one. This should manipulate our practice to help deliver our outcomes.

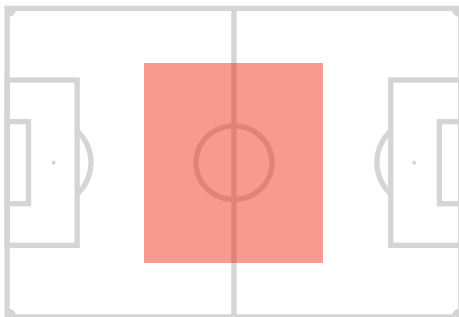


Coaching Detail:

- 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 opportunities
- Can we finish first time, it will likely be compact and overloaded penalty areas, so lets be quick and dynamic in front of goal

Progression:

- Remove the wide goals so players have to attack centrally
- Manipulate the point scoring system to ensure players are challenged to behave in a way that is inline with your individual coaching needs.

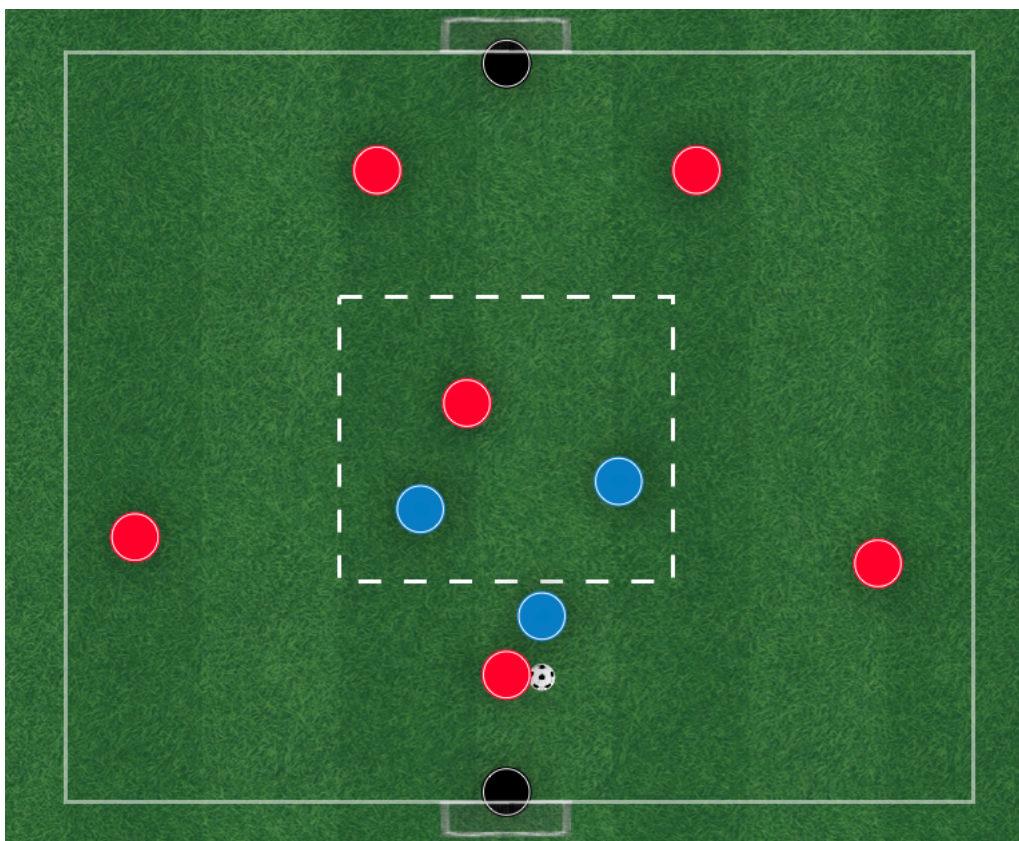


WORKING	RECOVERY	BLOCKS	TOTAL
480 SECS	60 SECS	5	45 MINS

GOALS	SPACE	PLAYERS
2	35X45	16

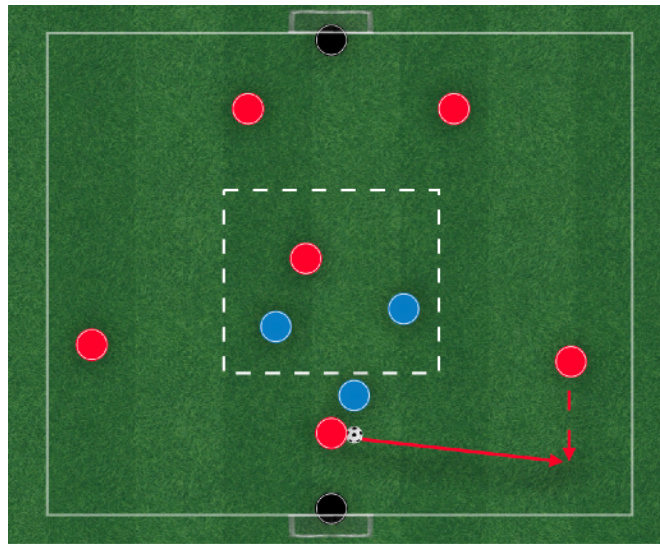
A Scouse Way Of Playing Through Pressure

“Developing Players Who Are Confident Playing Through The Opponents Press”



Session Detail:

This is an easy practice to facilitate that offers a 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

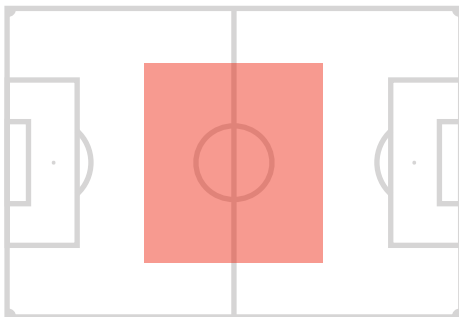


Coaching Detail:

- Encourage red players to rotate to ensure that the blues are stretched in their effort to defend the central zone
- Encourage players to attempt to play no touch turns. e.g. can they receive the ball centrally and beat the opponent without taking a touch.

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
- The central space could become a strip of the entire pitch width depending on the required outcome

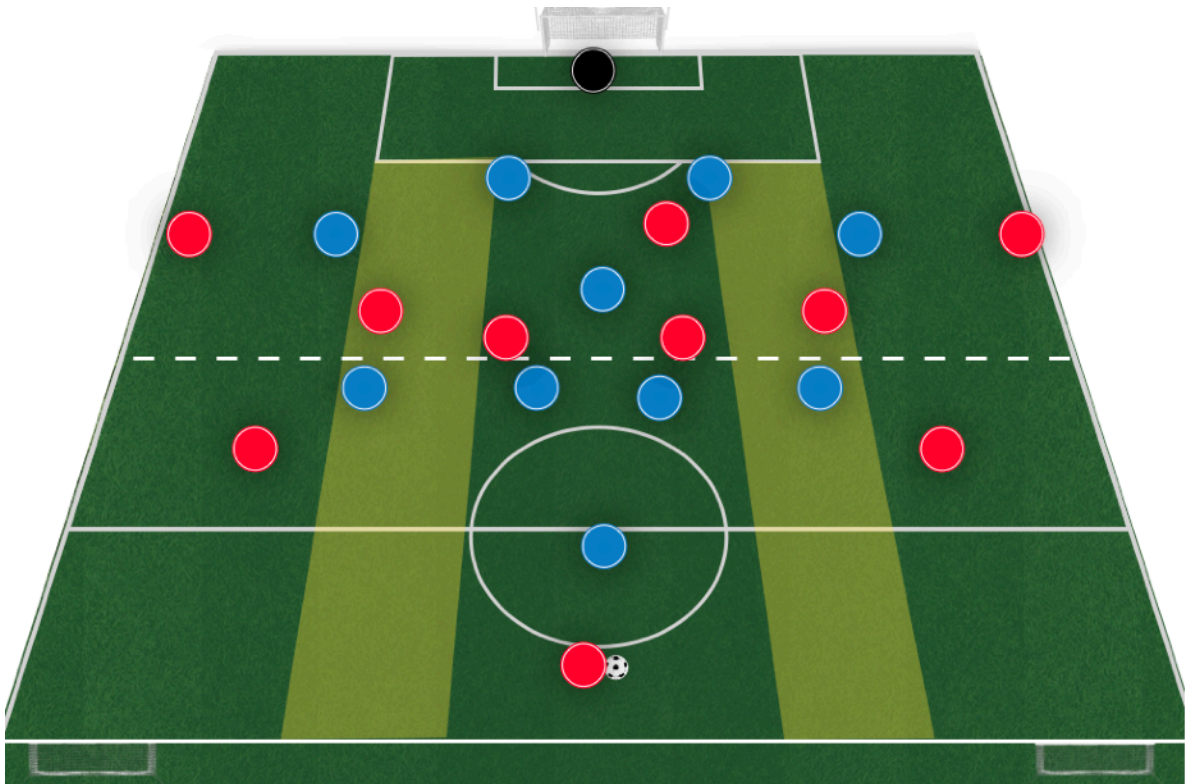


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	36 MINS

GOALS	SPACE	PLAYERS
2	35X45	

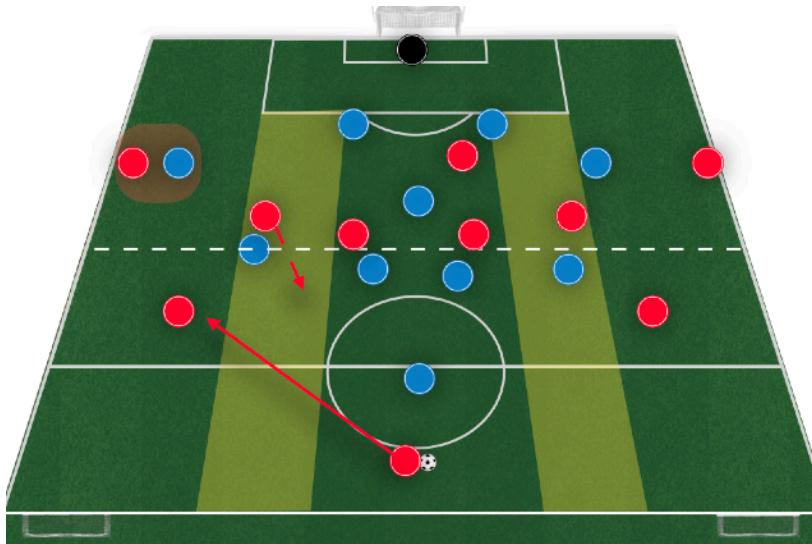
Using The Half-Space The City Way

“Using The Half Space Can Pin The Opponent And Create Attacking Opportunities”



Session Detail:

The Session is a much more tactical session that would likely be delivered to players of 13+ playing 11v11 football. It would also lean towards the more elite players. The session is a 10v11 session, using 2/3rd of a pitch. The reds who are in possession have a simple task, they're looking to break down the blues, but we are looking to use the half-space to try and isolate opponent players and allow us to create overloads and opportunities to create 1v1 situations. It is important that our players are also aware of the importance of width, and the need to cover all five lanes in possession.

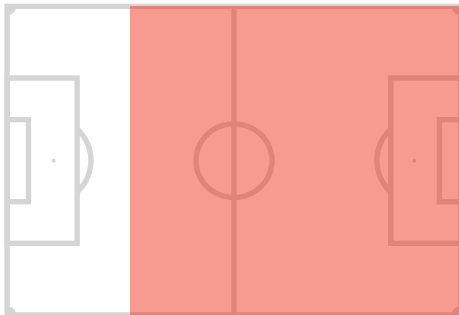


Coaching Detail:

- Can players recognise how to stay inside 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 far 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

Progression:

- Remove the half space markers to ensure the players still recognise the space when the flat disks are removed. It can still be a reference point to our coaching.

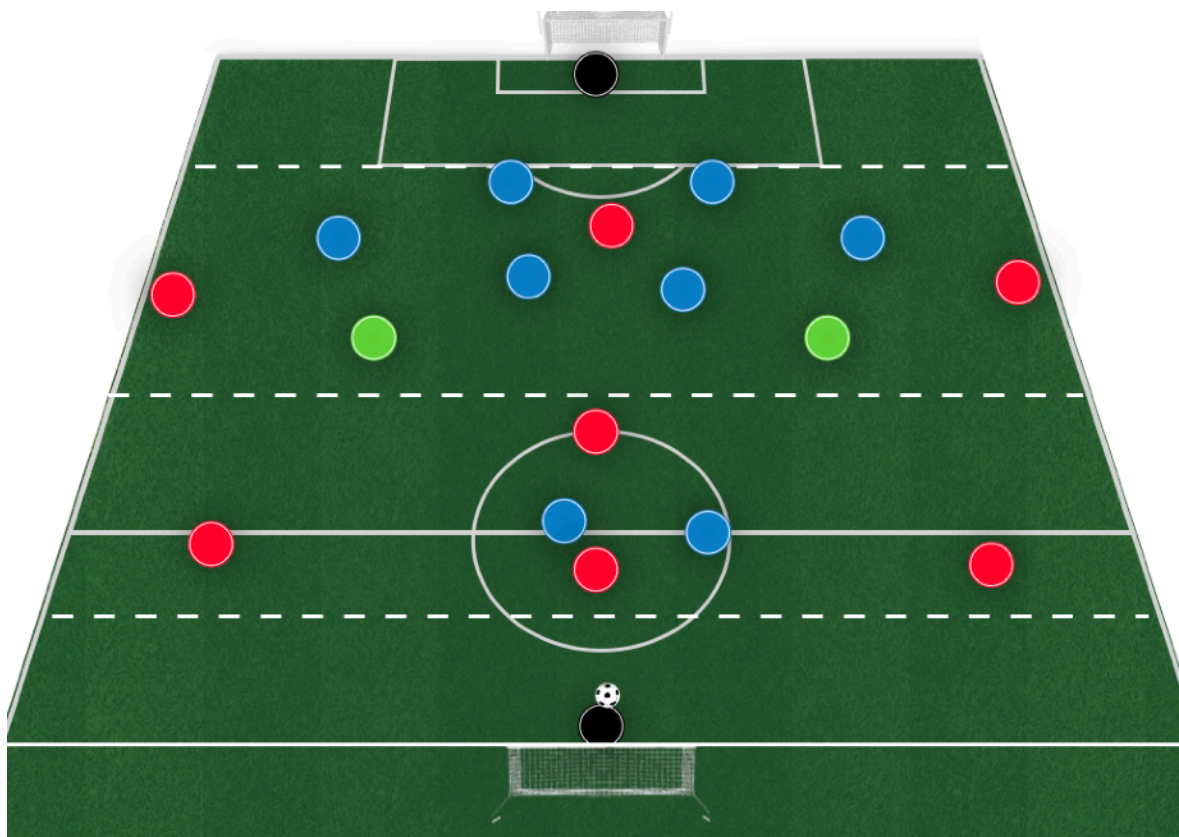


WORKING	RECOVERY	BLOCKS	TOTAL
480 SECS	60 SECS	5	45 MINS

GOALS	SPACE	PLAYERS
3	HALF+15	9+ GK'S

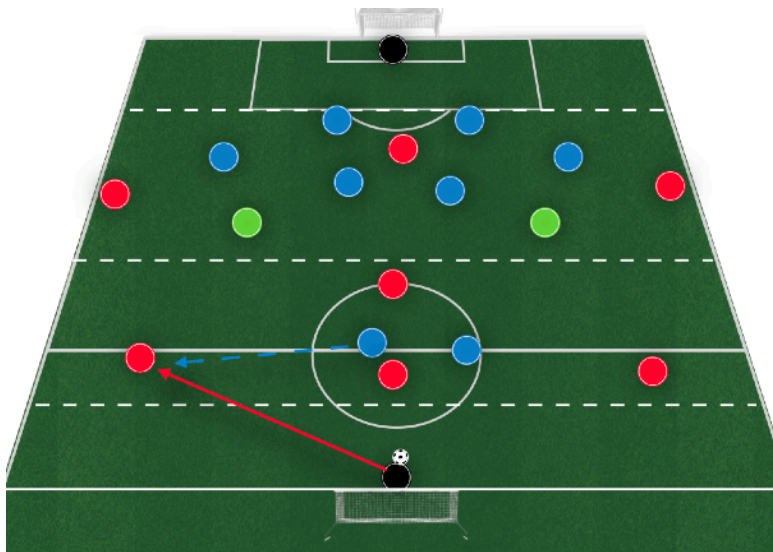
Overloading & Counter-Attacking

“Creating Overloads To Attack, But Creating Players Who Are Aware Of The Break”



Session 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. However this will be a more dynamic and counter-attacking like break from the opponent.

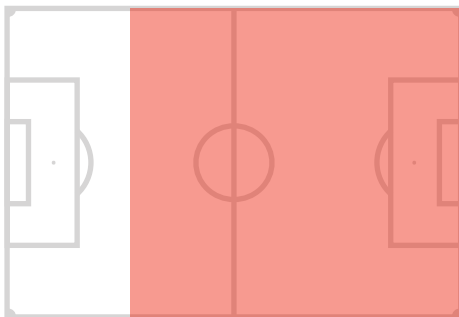


Coaching Detail:

- Which player is willing to run in behind, If we are going to stretch the opponent we need to stretch the game as far as we can
- Which players are going to try and open up space centrally in the central area. With that central space, who is willing to go and receive it.

Progression:

- Remove the deepest lines, to create 2 halves, this will make the more 'game-like'.
- Manipulate numbers to ensure the practice has more space, this might involve removing players to create more space for the practice

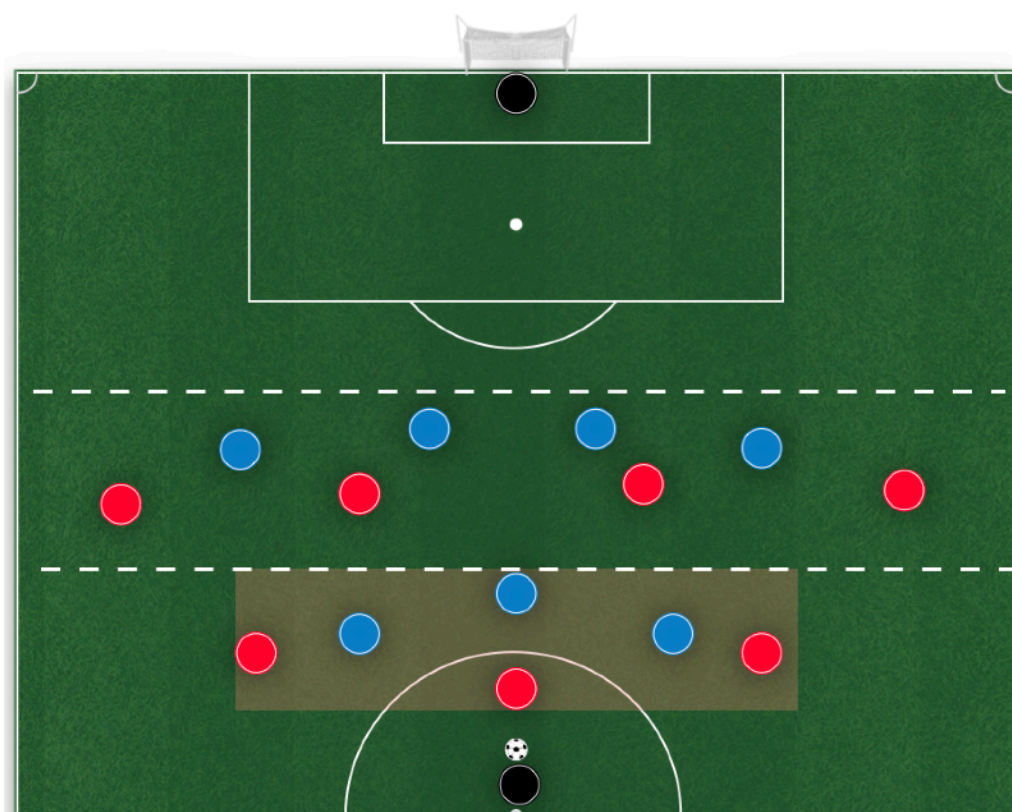


WORKING	RECOVERY	BLOCKS	TOTAL
480 SECS	60 SECS	5	45 MINS

GOALS	SPACE	PLAYERS
2	HALF+10	18

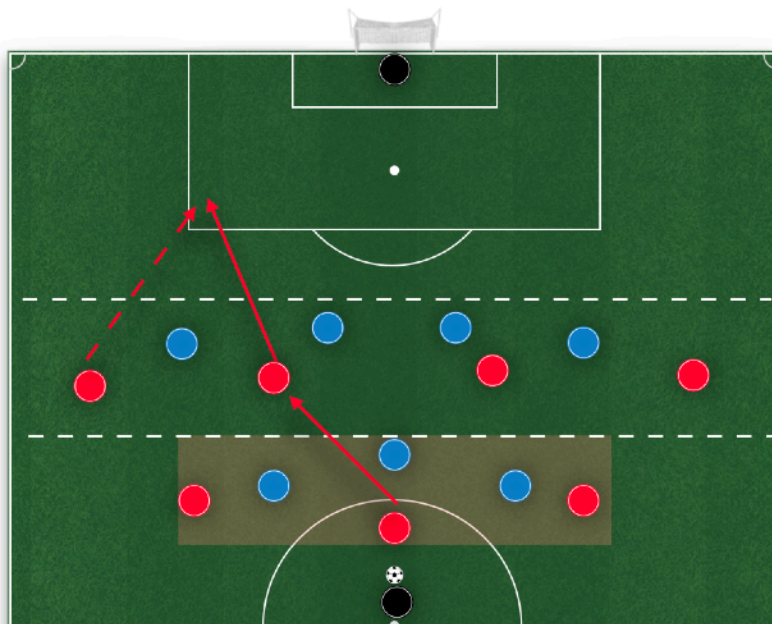
Playing In The Space Left Behind

“Using The Space Behind To Aid The Attack”



Session 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. Once a period of time has been completed, it is possible to switch the blues and reds to ensure that both sides get the opportunity to attack and defend.

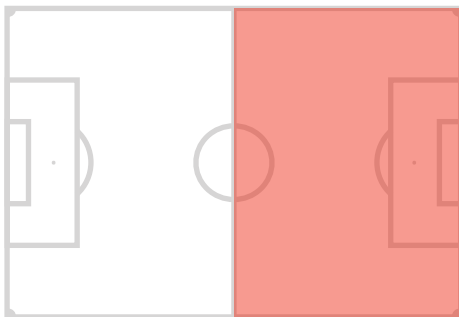


Coaching Detail:

- 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

Progression:

- Adjust the defensive line to manipulate the challenge, the higher the line the easier to find the space
- Narrowing the width, will make it harder for the team in possession to find gaps between the lines.

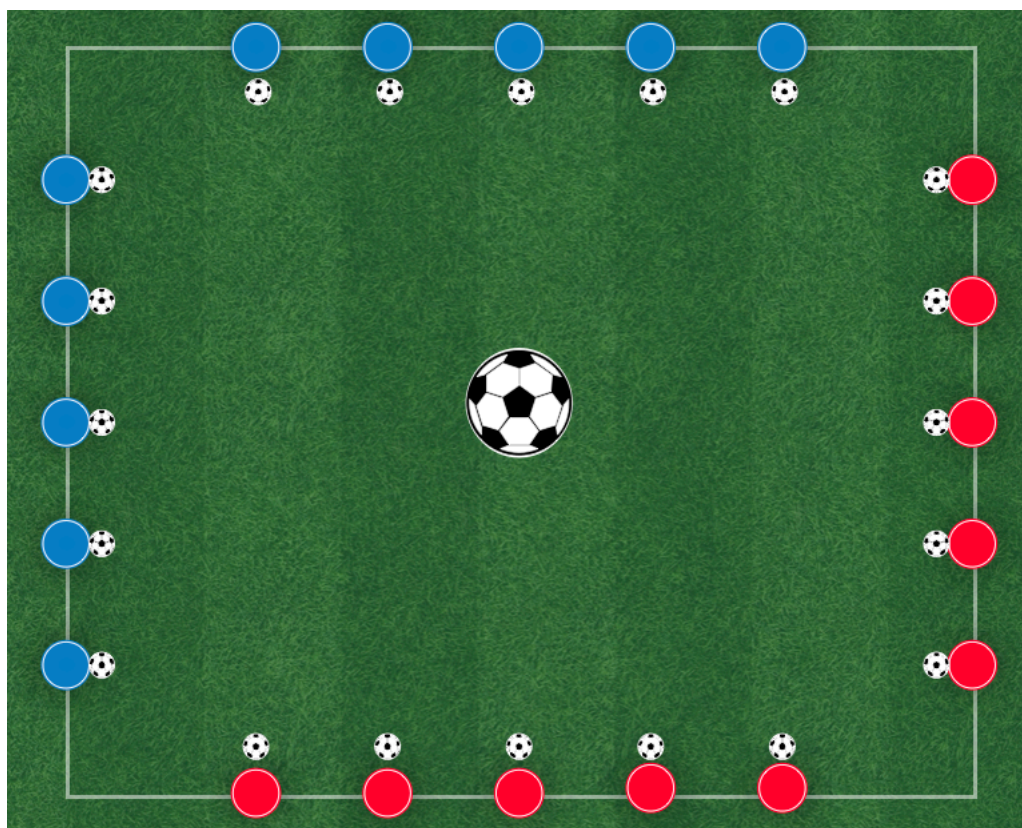


WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
1	HALF	

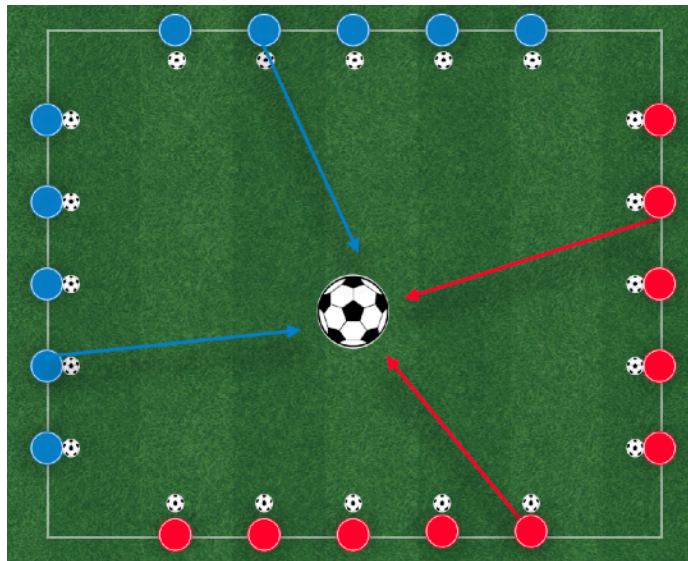
Throwing To Success

“A Session Built To Develop Core Strength And Throw-Inn Quality”



Session Detail:

This session is 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. Teams score by knocking the ball off the pitch with their throw-inn, or example if it leaves the pitch by the blurs, the reds score a point.

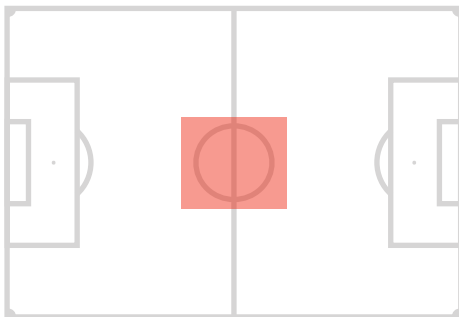


Coaching Detail:

- Players can be thrown out of the game (made to watch until the ball leaves) if the throw-in is a foul throw. This will force players to throw legitimately
- Can players use their core to try and push the throw through.
- Encourage quality over quantity, get the technique correct, plant feet and look to engage long muscles in the action.

Progression:

- Create an exaggerated element of competition, this will drive the competitive elements within the players.
- As players grow physically, increase the size of the practice, this will naturally force players to throw the ball further and challenge their technique when throwing longer.

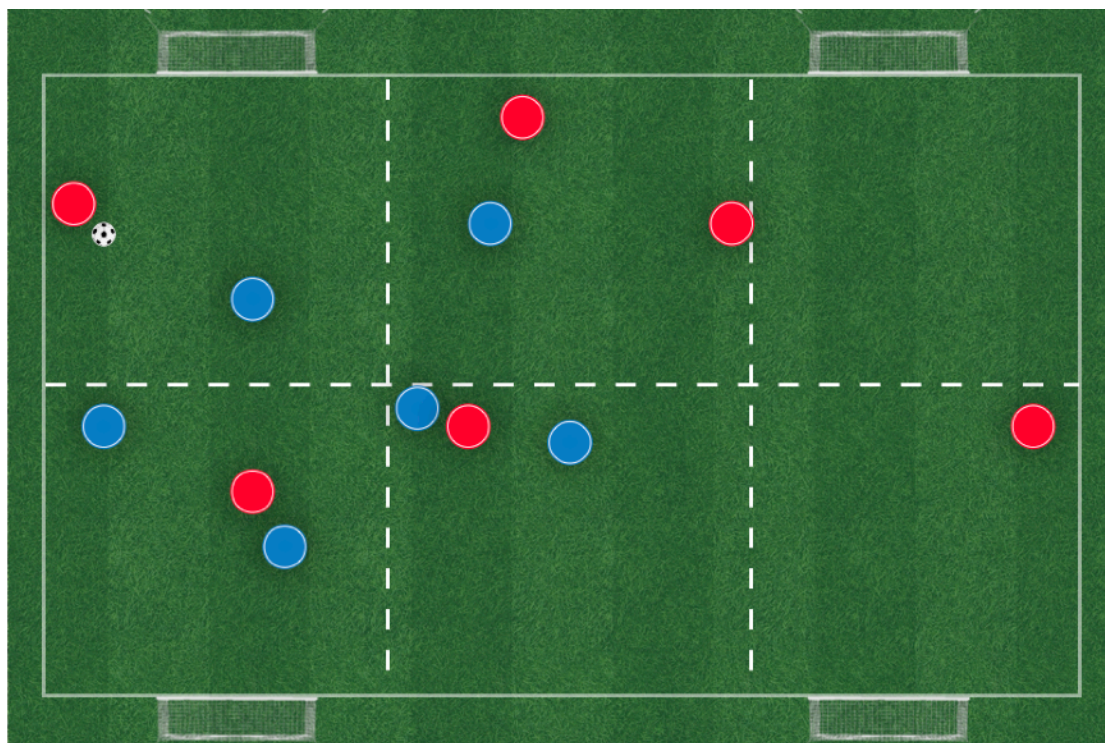


WORKING	RECOVERY	BLOCKS	TOTAL
120 SECS	60 SECS	5	

GOALS	SPACE	PLAYERS
0	30X30+	4+

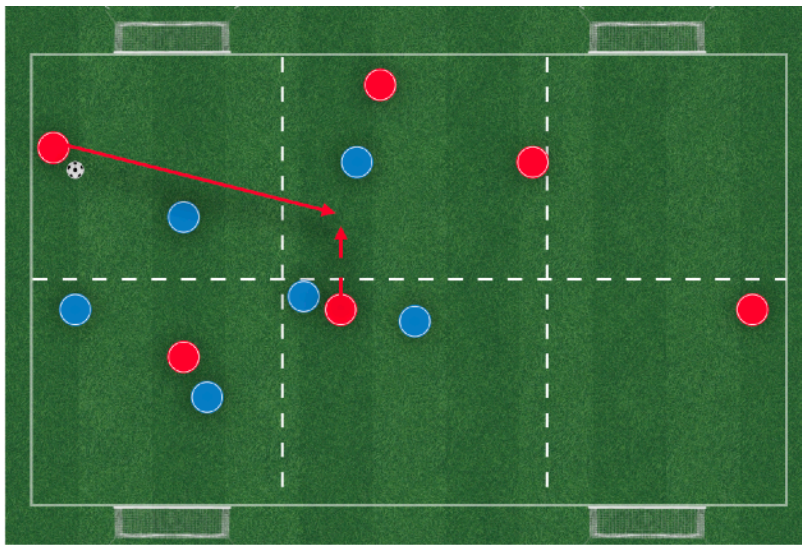
Defending Compact - Deportivo

“Develop A Defensive Unit Able To Defend Compactly Against Any Opponent”



Session 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. It is important that players understand why we are looking to compact the game, and how this can be done. If one player fails to do their job it can open up the space on the far side for the opponent to exploit.

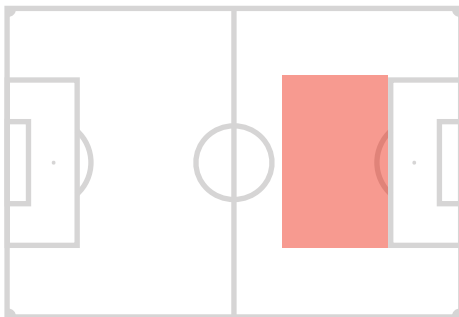


Coaching Detail:

- Work on the body angle of players when forcing the opponent wide
- Ensure players receive possession across the body so they can play both ways, this will mean it isn't easy to defend out of possession and challenge our players
- Ensure that there is pressure on the ball, this will stop the longer pass
- Ensure that the furthest lane is left open and passing lanes are covered

Progression:

- To progress this extend the width, this will naturally make it difficult for players to defend against.
- Increase the lanes in to 4 to challenge the team even more with their pressure on the ball.

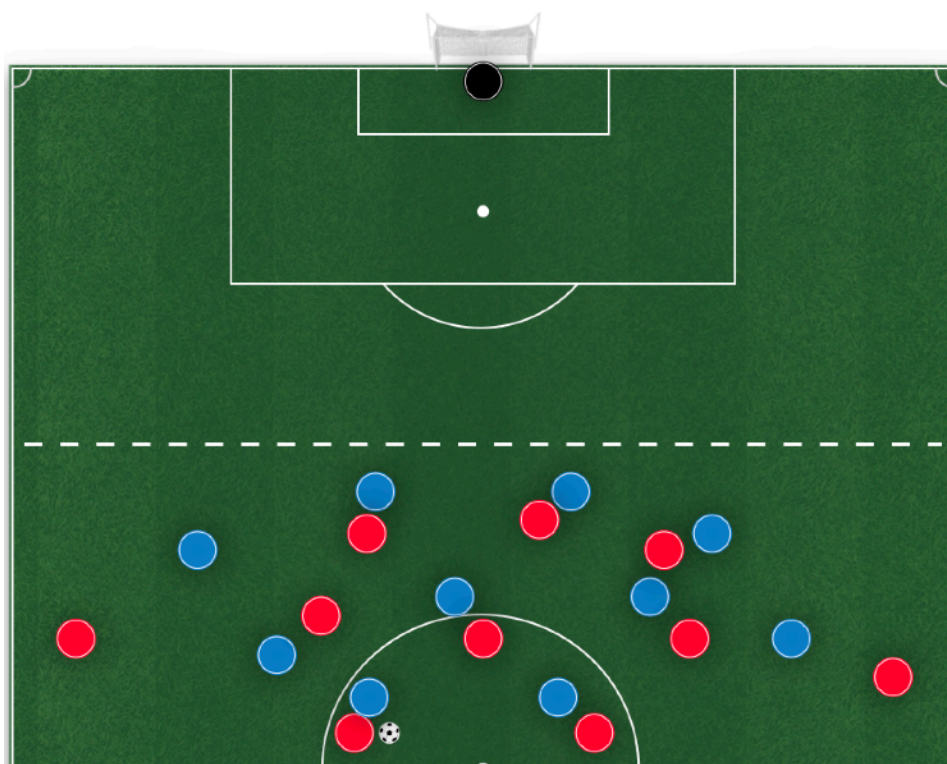


WORKING	RECOVERY	BLOCKS	TOTAL
210 SECS	60 SECS	6	27 MINS

GOALS	SPACE	PLAYERS
4	45X20	12

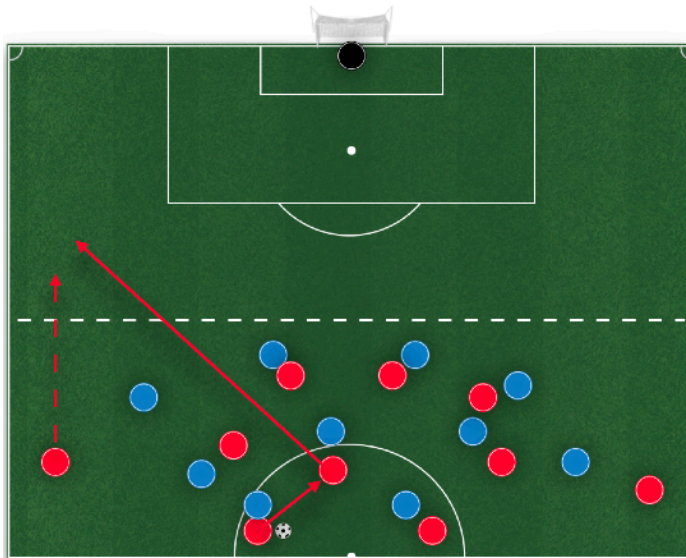
Playing With A High Line

“Understand The Session Sides Like Liverpool Have Used To Stay High And Defend High”



Session Detail:

This session is very simple, it's 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 into 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. It is really important that the gaps between the lines when out of possession are compact, limiting the opportunity for players to play within the shape.

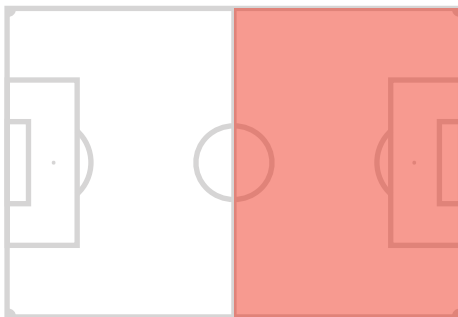


Coaching Detail:

- 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.

Progression:

- Manipulate the defensive line to keep the challenge varied so they do not become too comfortable with the challenge
- Increase the pitch size to a full pitch to expose players to realistic distances both in and out of possession

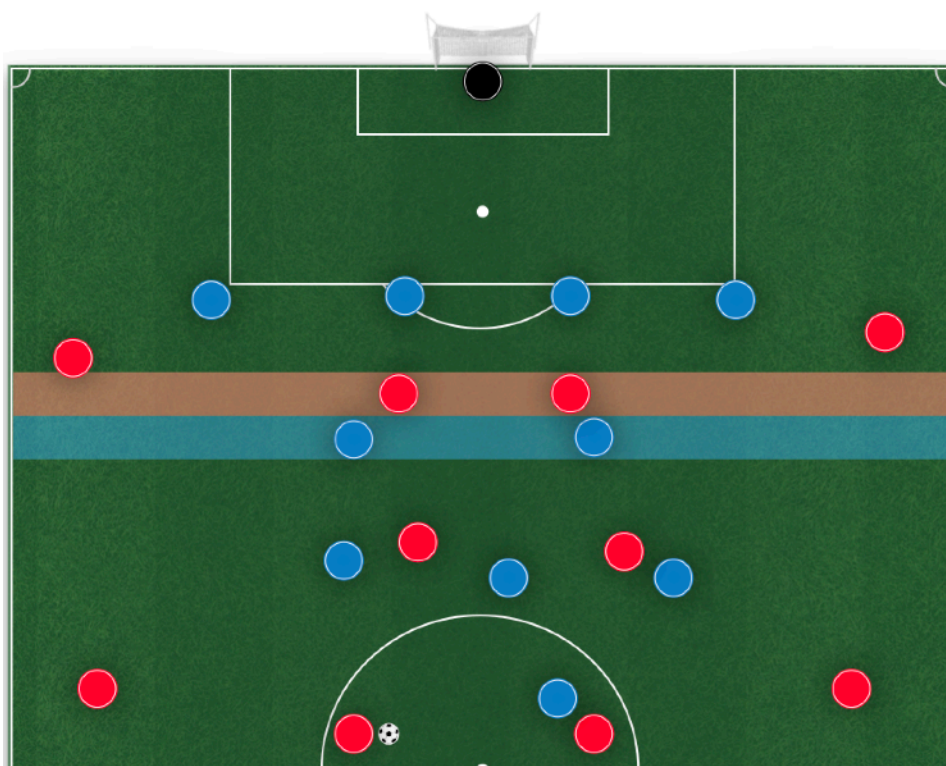


WORKING	RECOVERY	BLOCKS	TOTAL
420 SECS	60 SECS	5	40 MINS

GOALS	SPACE	PLAYERS
2	HALF	

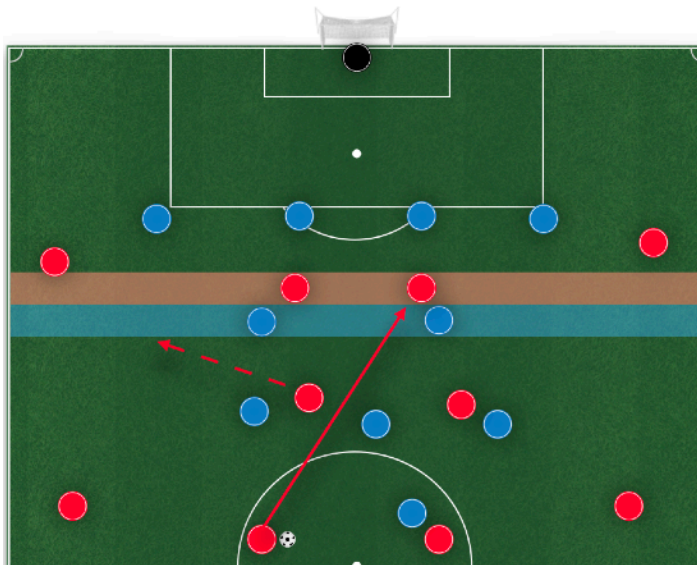
Playing Between The Opponents Lines

“Using This City Session To Understand How To Receive Between The Lines”



Session 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. It is important that the reds are comfortable keeping their shape and dominating the space when they're in possession.

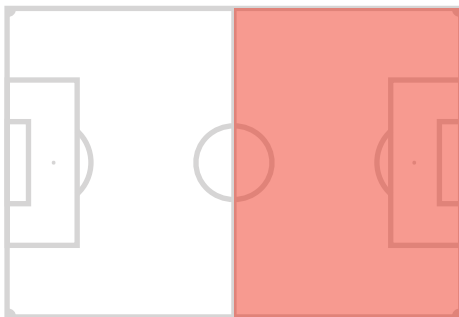


Coaching Detail:

- 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, slide and protect the goal, but also prevent the opponent receiving the ball between lines and keeping play infant

Progression:

- 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
- Remove the grids on the pitch to see if the principles are transferable, or if the zone is the reference for the players.

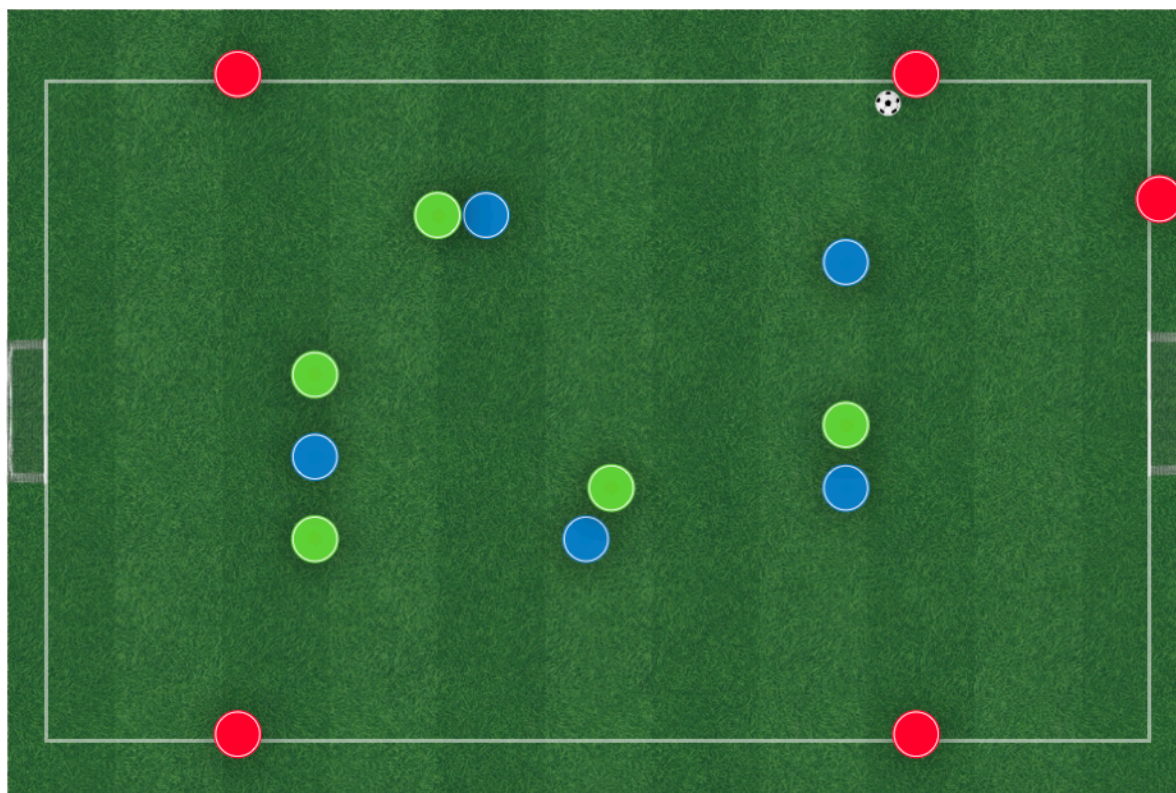


WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	30 MINS

GOALS	SPACE	PLAYERS
2	HALF	21

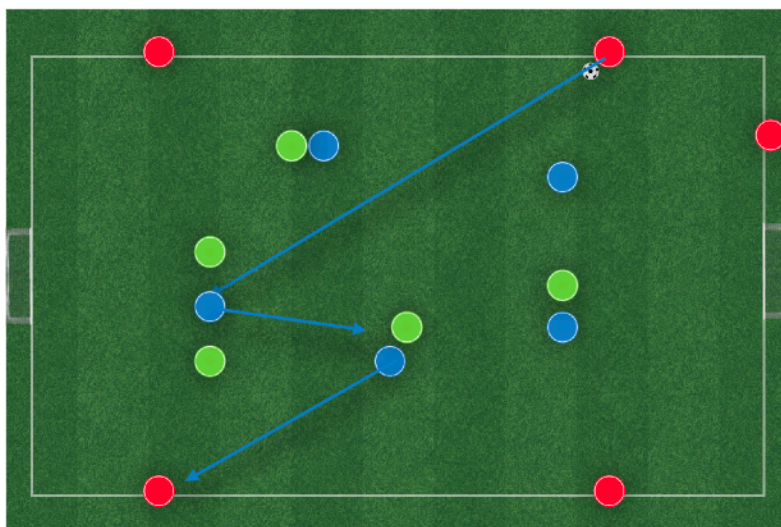
Possession V Penetration

“This Is A Unique Dutch Possession Practice, Demonstrating Dynamic Attacking Behaviours”



Session Detail:

This session is a very effective way to developing possession with a consequence. The central players play 5v5 whilst the reds keep possession on the outside with the team who have the ball, at the point the reds+ (lets say blues) keep possession in a 10v5. However if the greens win possession back they look to score quickly, counter-attacking and dominating the opponent when underloaded 5v10. If the greens can't score within the first six seconds, they look to keep the ball with the reds. This means they can only score points when they're winning possession back, and are quick with the ball.

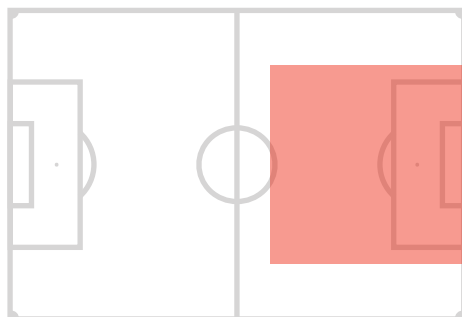


Coaching Detail:

- Be ruthless, if attacking players get the chance to score, can they look to finish quickly. Not looking to keep possession!
- Are our players conscious of the game situation, are they Able to react to the situation around them, and realise when to attack and when to keep possession.

Progression:

- Add goalkeepers to the session and allow whichever team is in possession to shoot at their own choice.
- Limit the outside players to one or two touch
- Only allow first time finishes.
- Move goals to all four sides of the practice.

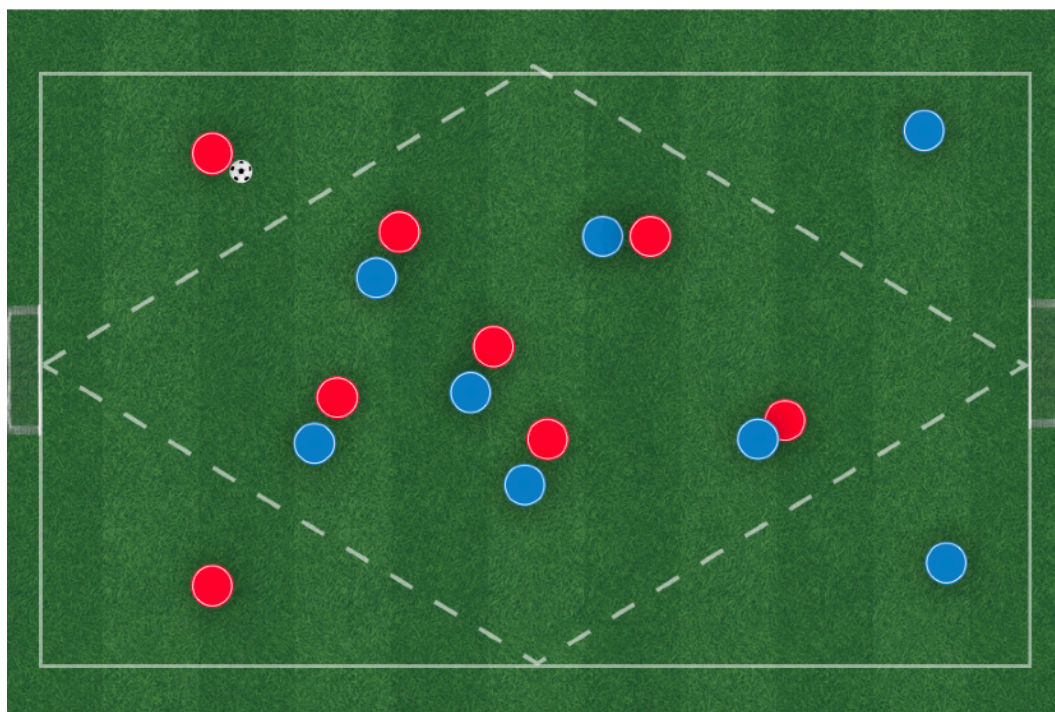


WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	5	35 MINS

GOALS	SPACE	PLAYERS
2	45X25	18

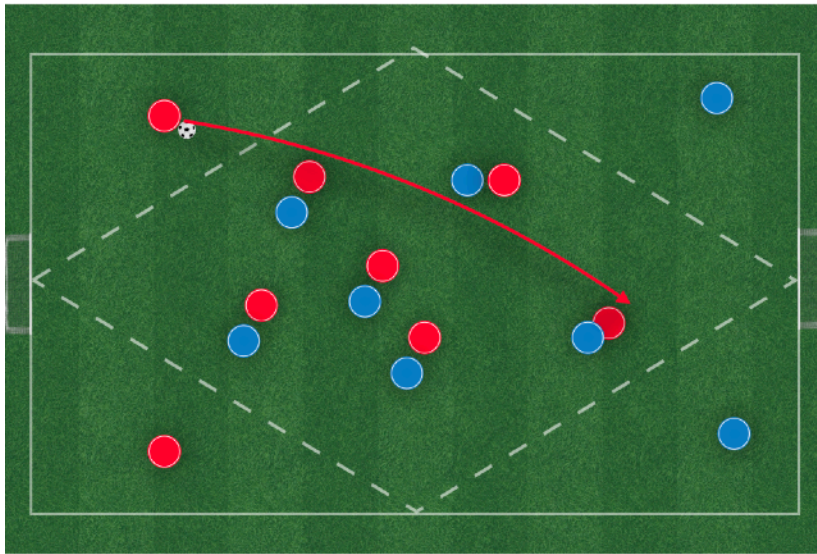
Breaking Through The Diamond

“A Special Italian Session Used To Exploit The Space In And Around The Diamond”



Session 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 receive 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.

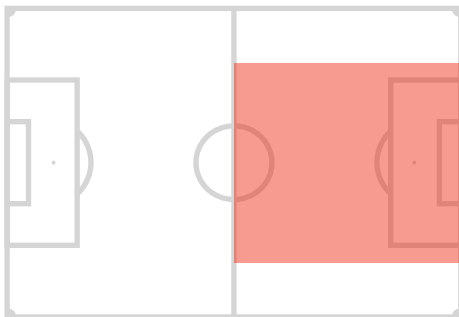


Coaching Detail:

- Can players play forward early.
- Can players run forward and apply pressure to the 2 isolated defenders.
- Can the outside players offer angles to receive possession and support the players in possession
- Be ruthless and look to score when the opportunity arises.

Progression:

- Change the shape of the diamond to increase the challenge to the players
- Change the number of players inside the diamond
- Exclude the penalty area from the diamond shape

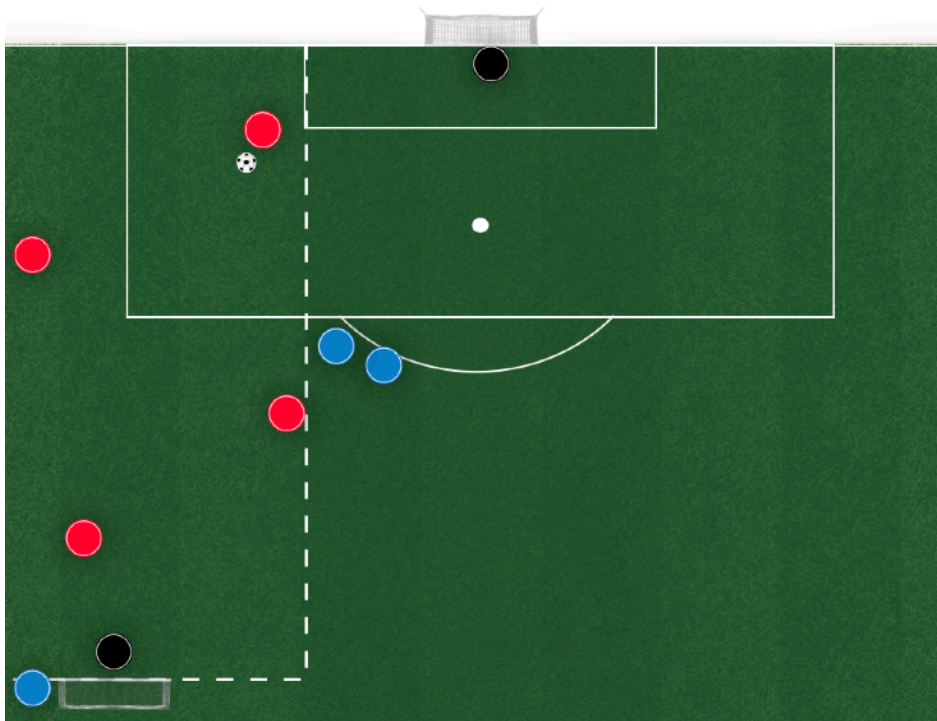


WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	5	35 MINS

GOALS	SPACE	PLAYERS
2	50X35	

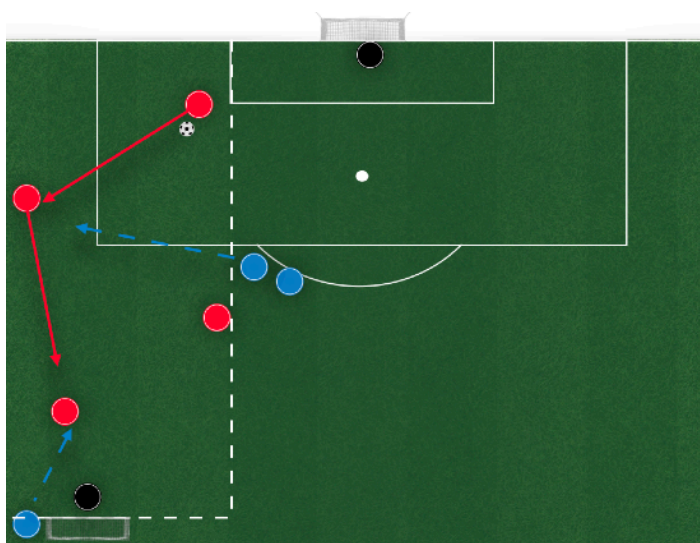
Atletico - Wide Players Micro-Session

“A Micro-Session To Train The Wide Players Combinations And Defensive Roles”



Session Detail:

This is a unique session delivered in Spain to players to train the combination of wide players, and the defensive responsibility of those who are out of possession. The goalkeeper plays the first pass to the red centre back. As the centre back receives possession, the first defender is allowed out to press. The first defender looks to show the ball wide and into the centre-back. Once the next player touches the ball, the second defender is allowed out to press creating a 4v2, this means in possession we have an overload to exploit, but out of possession we are challenged to defend overloaded. However players can use the touchline for support.

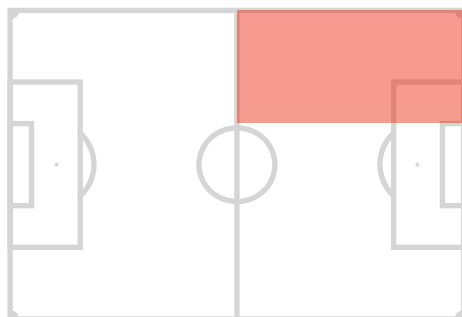


Coaching Detail:

- In possession, can we receive with an open body position to try and square the defender up and allow passes on multiple lines.
- Out of possession, are our players brave enough to get to the ball early and look to win possession, but be clever enough to block passing lanes.
- The role of the second defender might be dictated by the movement of the first, can out players recognise and understand this.

Progression:

- Change the space to influence the challenge of the practice
- Increase the space and quantity of players to include more units in the practice
- Allow this to open up into a larger sided game.



WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	20 MINS

GOALS	SPACE	PLAYERS
2	20X40	10+

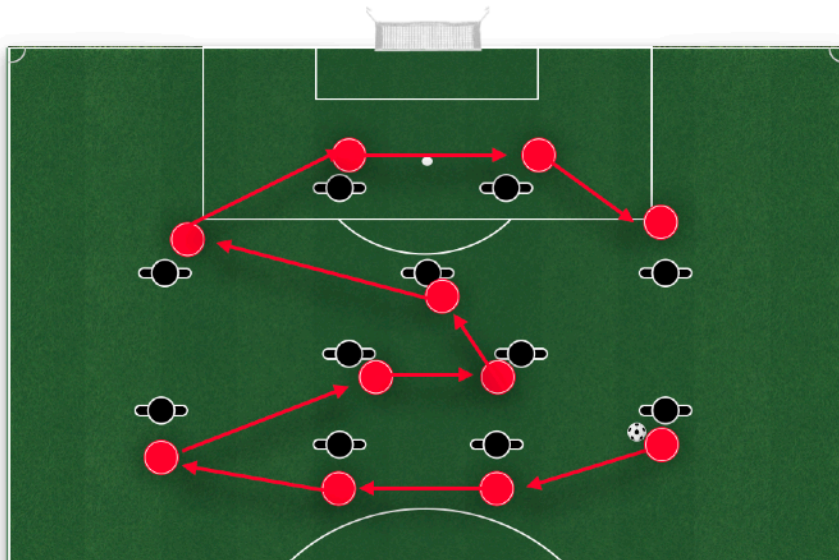
Swansea/Wales - 1-4-3-3 Passing Practice

“A Simple Way To Play Through A 1-4-3-3 Through A Passing Practice”



Session 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 that there are multiple balls involved with the practice. This will increase the intensity and the mental challenge applied to the players, demanding more focus on what is happening around them.

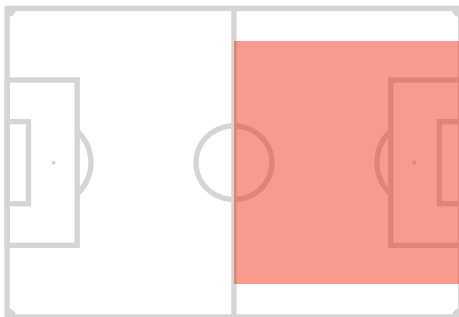


Coaching Detail:

- Passing practices can be very slow and meaningless at times, it's important that we drive the intensity of the movement of the players from the mannequins.
- Passes should be hit with a realistic and meaningful weight of pass.
- Communication is still important within passing practices, encourage team-mates to communicate, support and engage with the task.

Progression:

- Change the shape to suit your needs, what formation do you need this practice to work within.
- Give players to play with freedom e.g. they can pass anywhere.
- Allow for movement from mannequin to mannequin with passes.

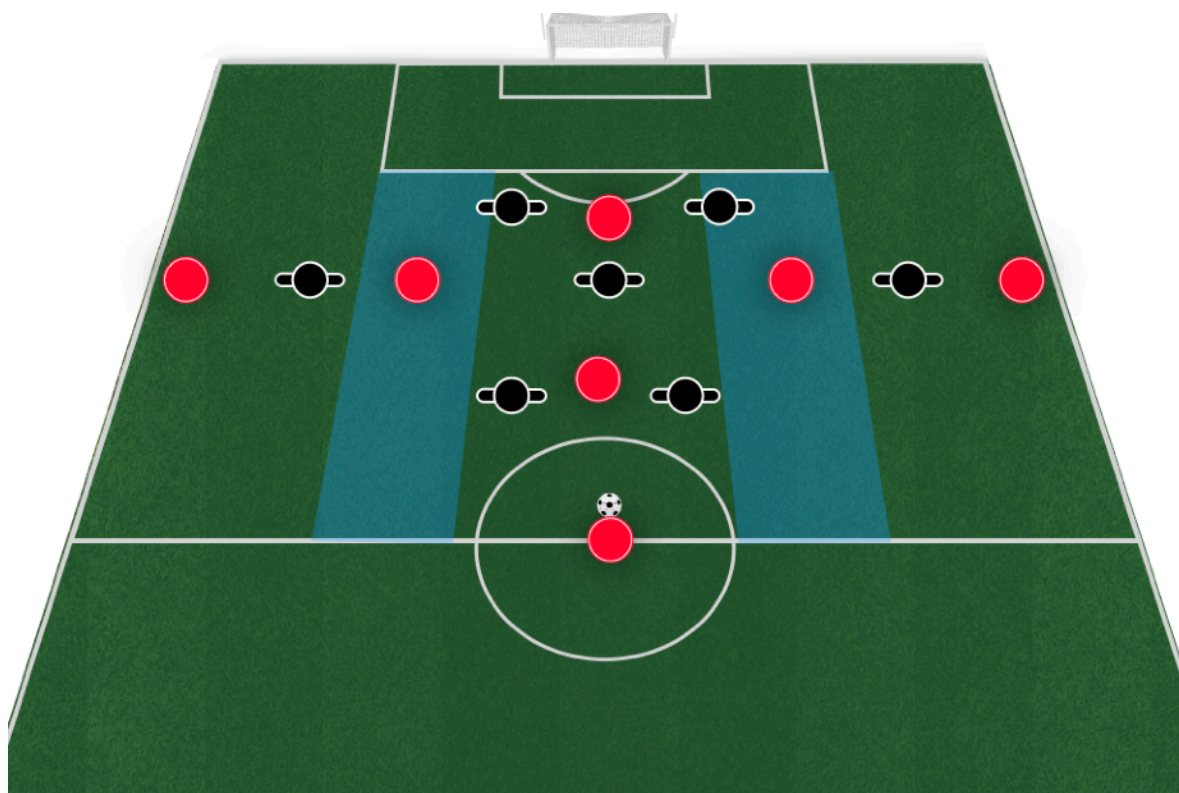


WORKING	RECOVERY	BLOCKS	TOTAL
90 SECS	60 SECS	6	15 MINS

GOALS	SPACE	PLAYERS
0	HALF PITCH	

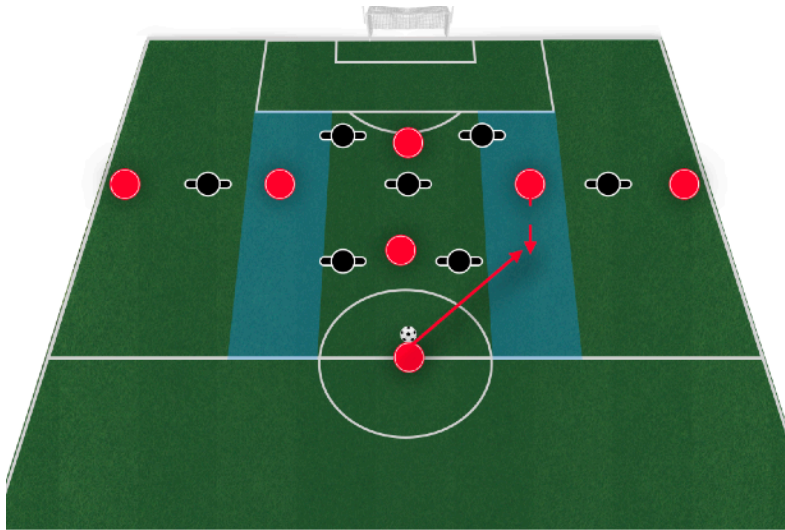
MCFC - Playing Through The Half-Space

“Share The Power Of The Half-Space With Players Through A Simple To Deliver Practice.”



Session Detail:

This is a commonly used session to develop attacking positional play, and show players the benefits of using the half-space. The practice is simple, players look to play unopposed through the 1-4-3-3 shape, whilst two players look to hold their position within the two blue lanes. This will share with players the value of positional superiority. It will also demonstrate how attacking players can play in the wide areas, whilst the opponents full-backs are forced to make a decision between pushing wide and dealing with the wide player, or coming inside to deal with the 10.

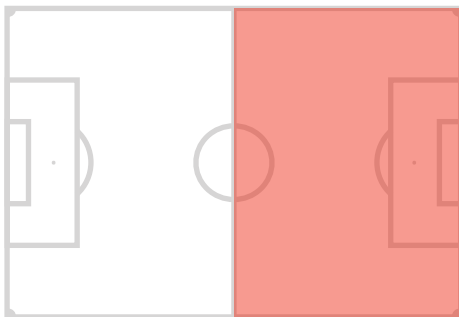


Coaching Detail:

- Different movements are possible from the 10 inside the half-space. The player can make movement towards the ball to see if space opens up behind.
- The player can also look to push as high as possible to see if the opponent is able to deal with the movement being held. If the ball finds the feet of the 10, can they look to pin the opponent and use the space behind

Progression:

- Add a defensive line to add some opposition to the practice, this will increase the challenge
- It is then possible to add a defensive line in to make the practice more challenging.
- Limiting player to one or two touches will also do this.

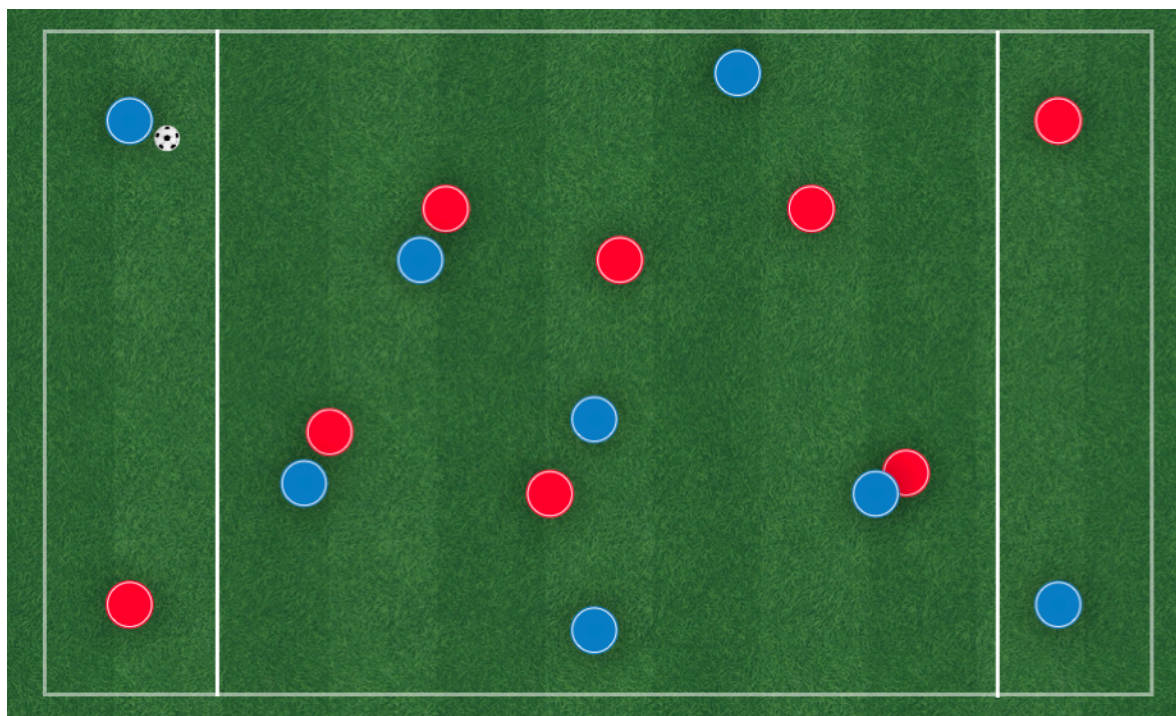


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	6	24 MINS

GOALS	SPACE	PLAYERS
1	HALF PITCH	7+

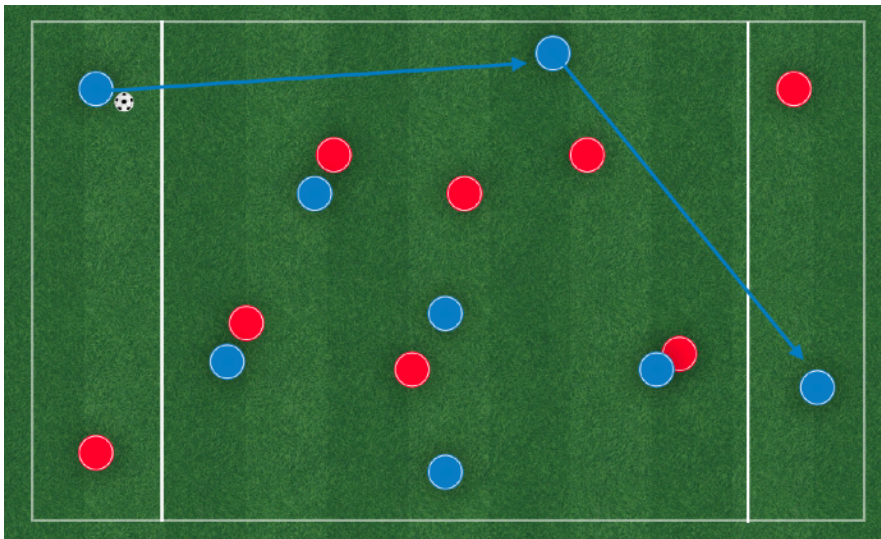
Playing Through Congested Spaces

“How To Develop Players Who Are Comfortable Playing Through Congested Areas.”



Session Detail:

This session is a method of developing players who are comfortable playing under pressure in compact areas. Within the central area there is a 6v6. Whilst there is a 1v1 on each side, a team score a point each time a ball is transferred from one side to the other. The players will be challenged to play under pressure and likely need to take less touches in order to move the ball quickly. The practice takes place in a 30x30 yard space with two 5 yard wide areas at the end of each practice. It is important that players apply pressure with an intensity out of possession.

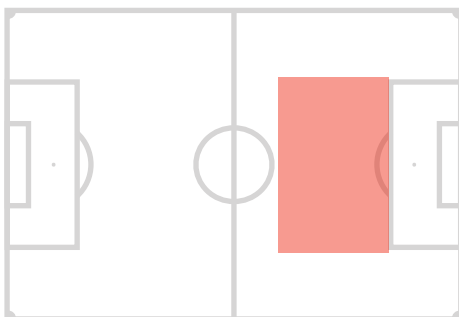


Coaching Detail:

- Can our players look to maximize the space within the practice, pulling out wide like the image shows, will allow enough space for the player to receive and play forward without being pressed.
- Out of possession can we ensure the players are willing to press hard and suffocate play. Out of possession we shouldn't see gaps between players, it should only be the furthest player that is left spare.

Progression:

- Allow the outside players to press each other. This will mean players on the outside will be under more pressure.
- Limit the central players to two touches.
- Reduce the space in the central area.

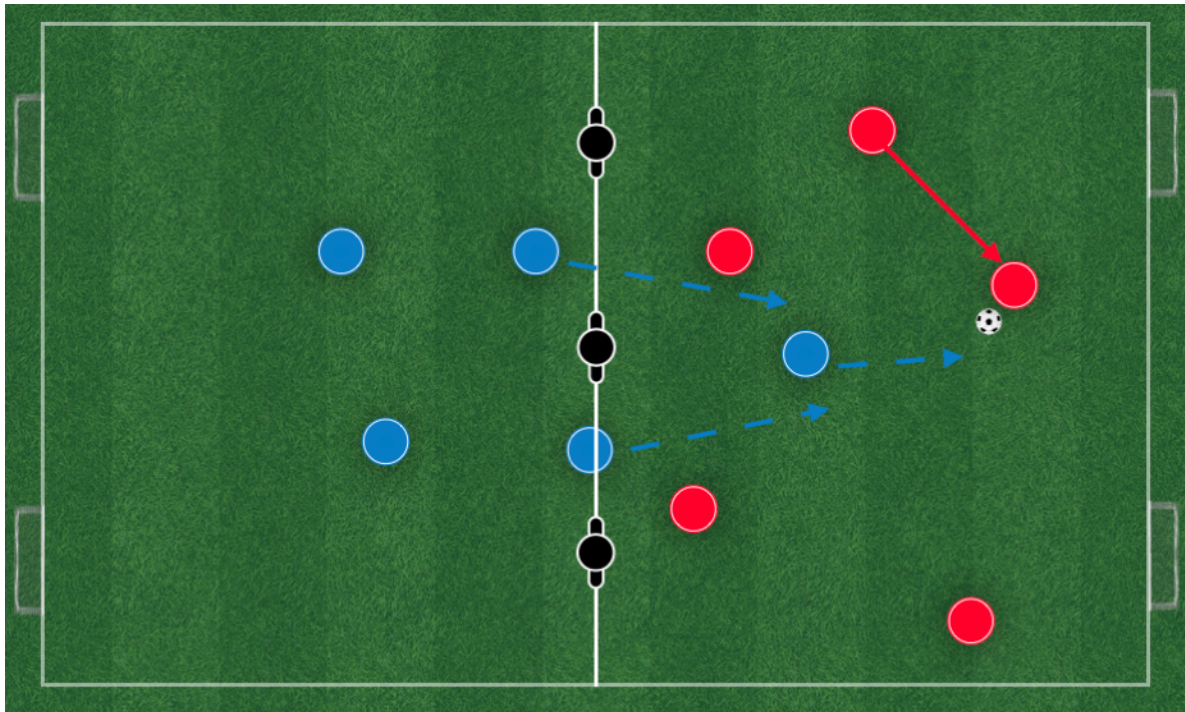


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	6	24 MINS

GOALS	SPACE	PLAYERS
0	30 X 30	16+

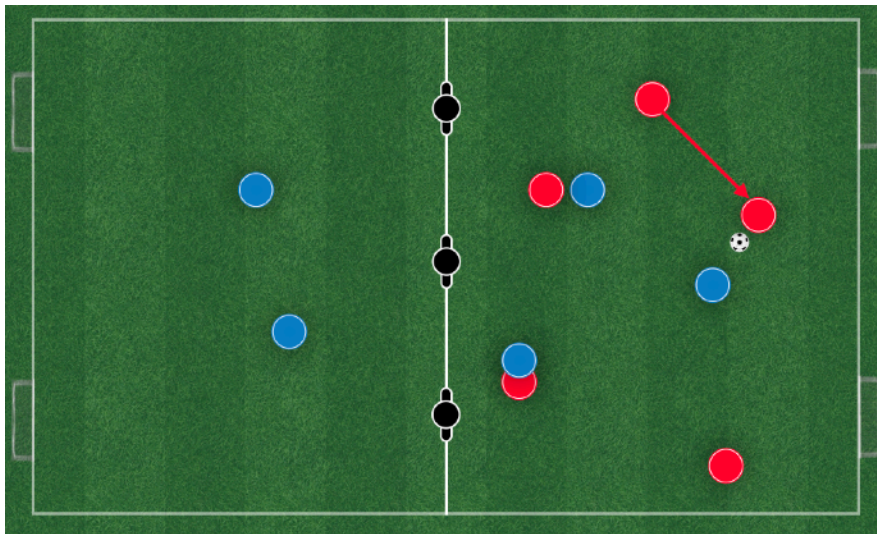
Developing High Pressing Behaviors

“A Great Session To Help Develop High Pressing Behaviors In Players.”



Session Detail:

A session that provides a great opportunity to develop high pressing within players. The session sees a 5v5 take place with a half-way line through the middle. As the reds receive possession the blues can press with three players and look to apply pressure, win the ball and score. However the reds are looking to break-out of that half and attack the opponents two players left in the other half. Depending on how the session goes, it might be decided to require the team in possession to make a minimum amount of passes in order to break-out. The space is 25x18 yard space

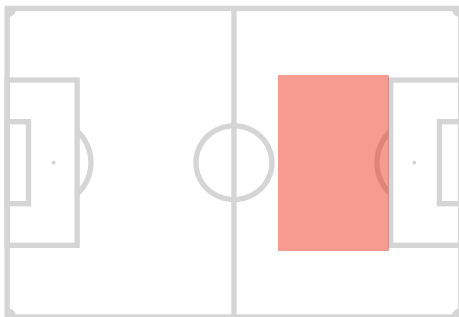


Coaching Detail:

- Can we look to show the player in possession away from the central area and in to the wide area, by doing this we are cutting out the supporting players and creating a more numerically even moment,
- Can we ensure there is an intensity and a level of aggression towards out pressing, this intensity should also be driven by players and coaches.

Progression:

- Allow the pressing side to decide how many players they press with, try and understand their decision and their mentality, if they decide less, why aren't they confident to press? What is missing?
- Increase the length of the practice to stretch the players.

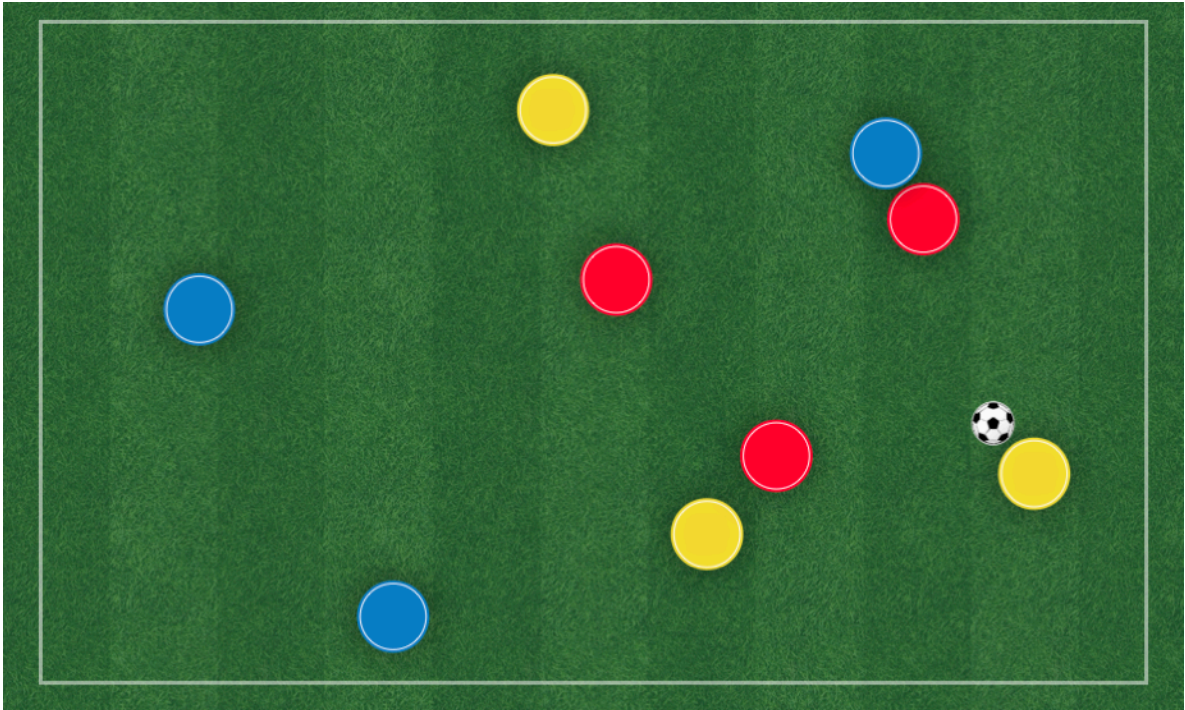


WORKING	RECOVERY	BLOCKS	TOTAL
120 SECS	60 SECS	6	18 MINS

GOALS	SPACE	PLAYERS
4	25X18	10+

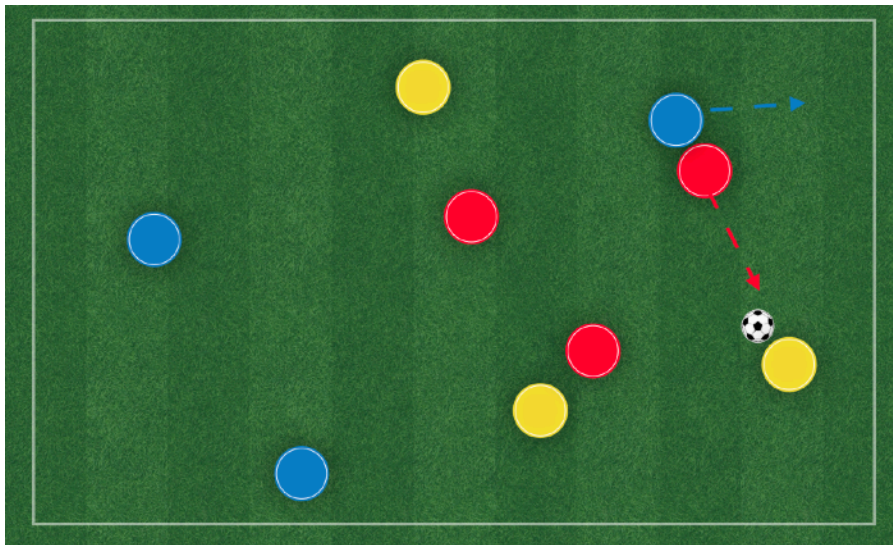
Trio Counter-Pressing

“A Liverpool Built Counter-Pressing Session For Players Of Any Age Or Ability”



Session Detail:

This practice is very simple to deliver but requires a constant coach to constantly encourage players to assert these behaviors. One team has possession whilst another team look to press them, the third team support the team in possession to create an overload of 6v3, however when possession is lost the side who gave possession away must counter-press instantly to win possession back. This doesn't only train the physical and tactical behavior of counter pressing but it develops the mentality and the behaviors required to be successful at delivering a counter-pressing approach.

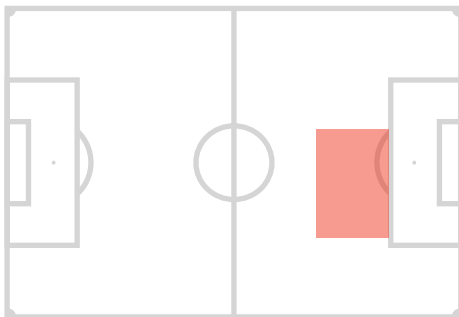


Coaching Detail:

- Counter-pressing must be instant, it cannot have a delayed reaction
- Can players look to apply pressure around the ball instantly
- Can we block passing lanes and prevent the opponent playing out
- Understand that if we counter-press we are looking to have a quick effect and spaces behind must be covered or the player in possession can hurt us.

Progression:

- Open up in to a larger sided game and less if the behaviors are the same
- However, minimum progressions are needed as this tight and challenging 3v3v3 rondo will consistently check and train the behaviors

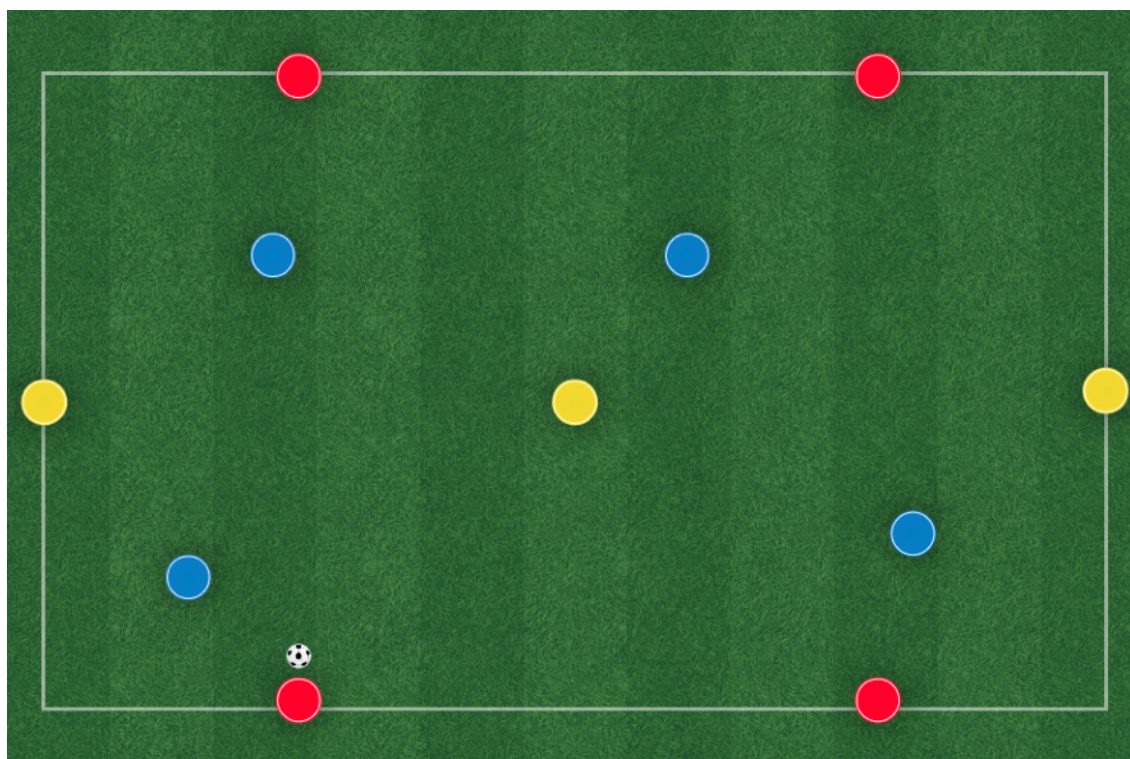


WORKING	RECOVERY	BLOCKS	TOTAL
120 SECS	60 SECS	6	18 MINS

GOALS	SPACE	PLAYERS
0	12X12	9

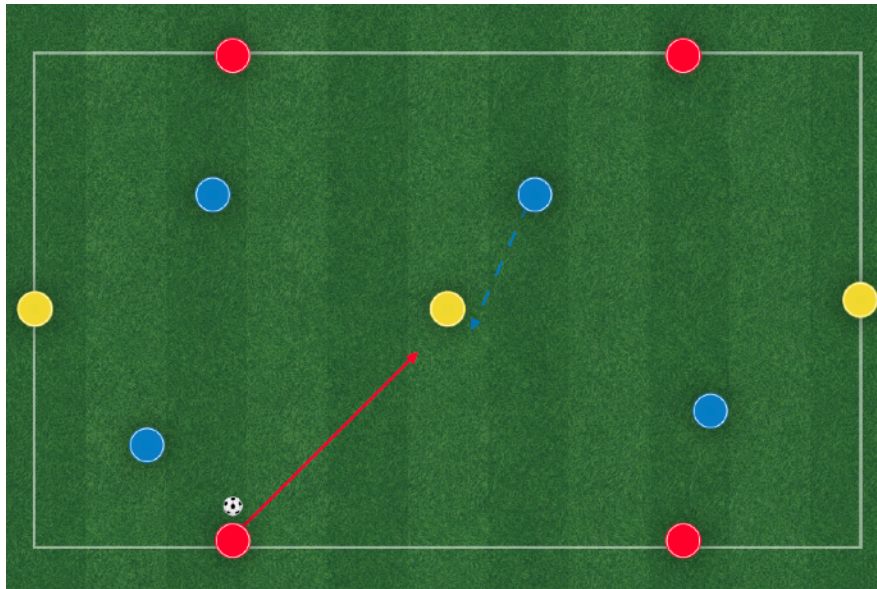
Counter-Pressing 4v4+3

“A German Counter-Pressing Session Designed To Deliver High-Intensity Pressing”



Session Detail:

This is a simple 4v4+3 practice where the side on the outside look to keep the ball with the three neutral players (yellows) the position of the yellows never moves. However if the reds lose possession of the ball they must instantly transition inside and look to hunt for the ball as the blues transition to the outside of the practice and look to keep hold of the ball, this see's a straight forward switch between the blues and reds when a transition occurs. This is a very popular session that can be used in multiple different pitch sizes to keep challenging the players with different distances and angles. It is important to remember that the

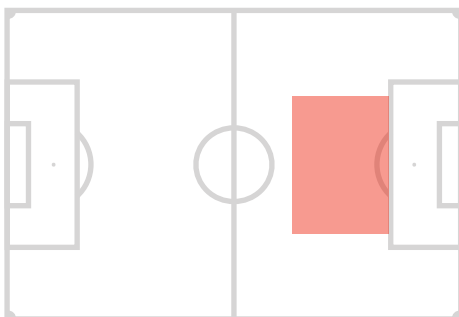


Coaching Detail:

- Counter-pressing must be a behavior, it must be intrinsic from the player, effectively they must believe in wanting to win the ball. To create this we must constantly be driving players to want to win the ball high, early and with a level of aggression.
- During the transition, the reaction must have a level of understanding and intensity, isolate players and win possession

Progression:

- Open the length of the practice to encourage vertical passing through the heart of the practice
- Increase the width of the practice and see less success in the transition but it might increase the demands and the realism in the practice.

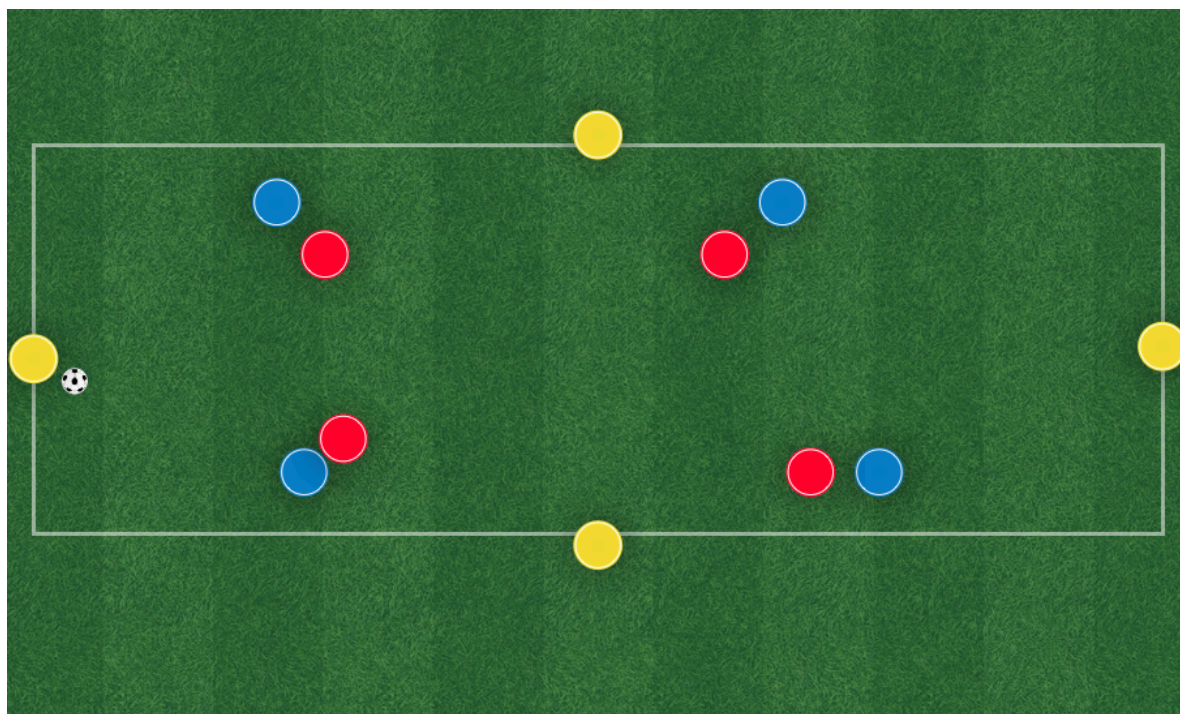


WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	6	24 MINS

GOALS	SPACE	PLAYERS
0	22X18	

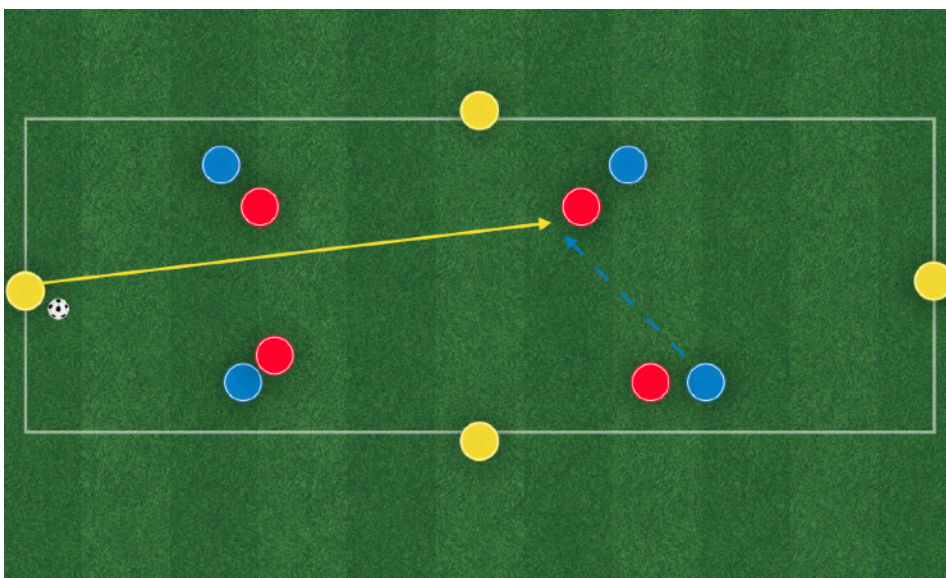
German Vertical Rondo

“A Superb German Counter-Pressing Rondo Practice To Develop Effectiveness In Transition”



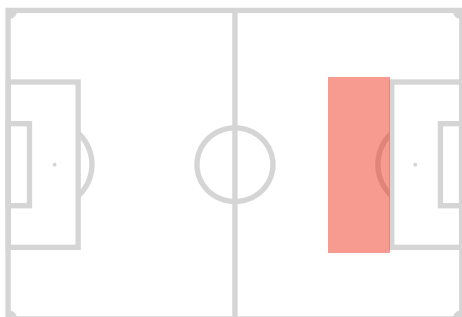
Session Detail:

This is very similar to other 4v4v4 transition practices and shouldn't be very difficult to deliver for any level of football coaching. The difference to this 4v4v4, is that although the game is simple 4 neutral players and the team that loses possession transitions in the central area. The focus is now on combining vertically to open space higher up the practice. This is where in possession we now are looking to see vertical runs, as-well as up, back and through passes as a method of preventing the transition and exposing the opponent. This session has been used to success within German football to develop some of the most aggressive and assertive transition sides in Europe.



- This is a highly transitional practice within a very narrow and restricted space. It is important that we can create dominance on a vertical line to open the space up behind the opponent and play through them. The up, back and through is a combination that can open this space and create chaos within the opponents shape.
- When receiving players might be forced to play the way they are facing for the majority of time. However when possible are they able to turn and play through the opponent to the opposite end.

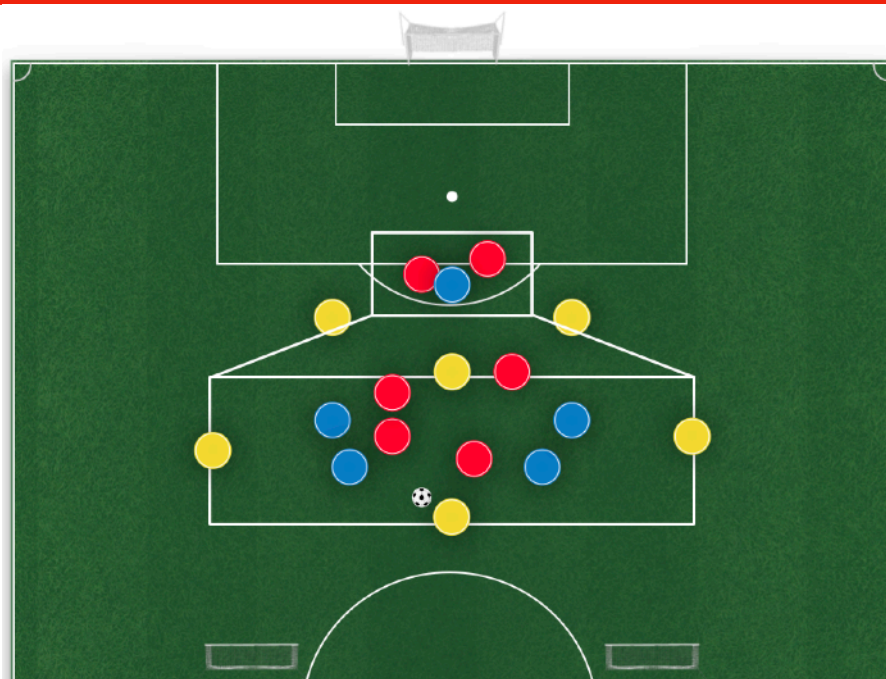
- To regress this practice, open the width slightly to encourage success, before closing it back to its original space.



GOALS	SPACE	PLAYERS
0	10X25	

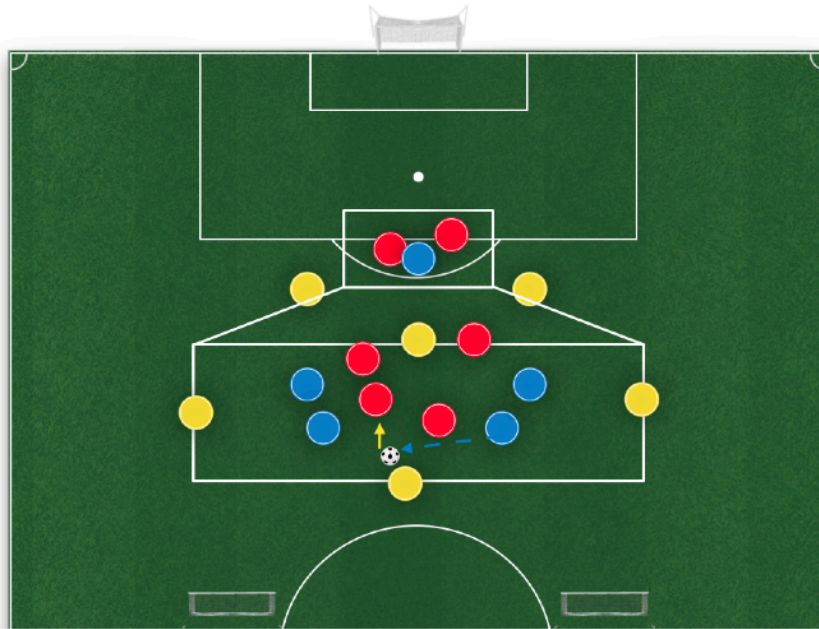
German Vertical Rondo Progression

“A Superb German Counter-Pressing Rondo Practice To Develop Effectiveness In Transition”



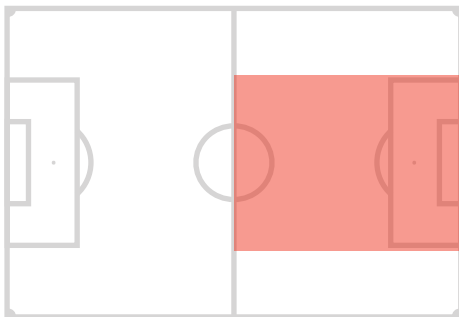
Session Detail:

The vertical rondo has now progressed into a 17 player practice where the players are challenged to play through the 4v4v4, before playing in to the end player who try to combine quickly in the 3v2 before finishing. If the team out of possession wins possession back their challenge in the transition is to play through vertical lines quickly to finish in the two end goals situated near the half-way line. The challenge within the transitional focus, is to try and regain the ball and play through vertical lines quickly, regardless of the end you are attacking. The compact practice will limit opportunity to be successful on the ball. Players of lesser ability will also look to switch wide and find the spare player, within this practice we are challenging players to play vertically through the lines.



Coaching Detail:

- Can players play into the striker early, using disguised passes to hide the intention of the pass
- When winning possession back, it is important we play quickly, but it must not be chaotic and offer possession back to the opponent, where we might be even more at risk than the first moment.
- When our defenders are defending challenge their thought process, what are we aiming to do? Defend the Goal? If so why aren't we showing the opponent wide and away from goal?
- Attacking requires bravery, when the attackers receive ready to run in-behind, make sure they are equipped to dominate and run centrally.

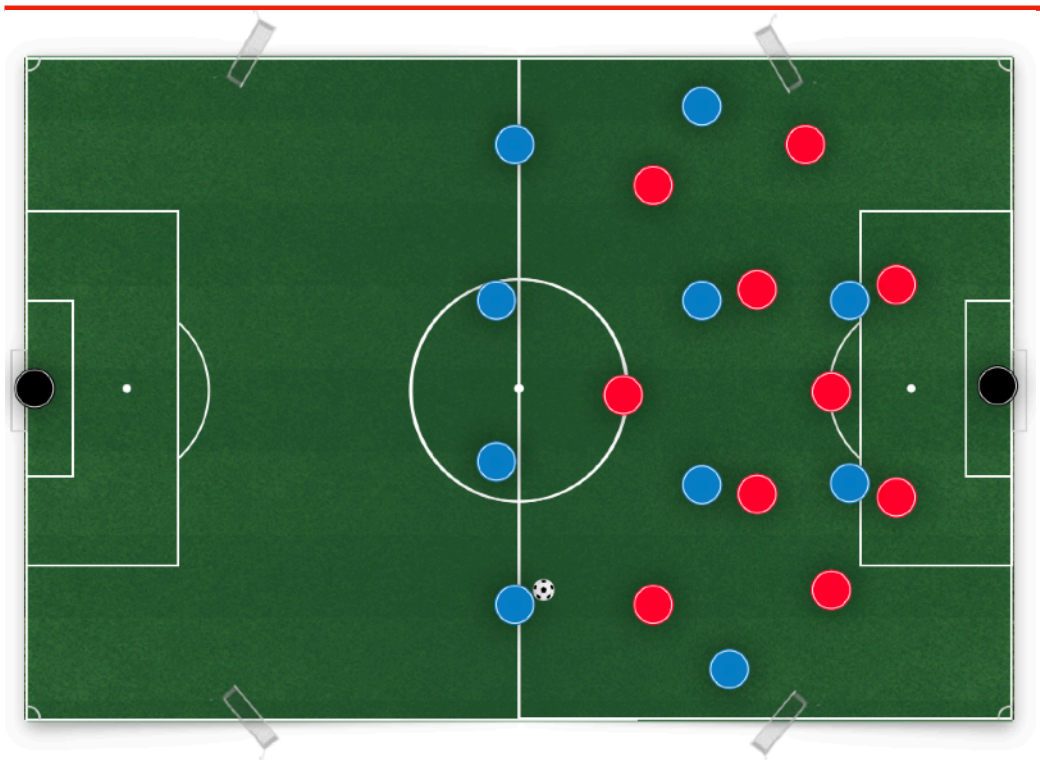


WORKING	RECOVERY	BLOCKS	TOTAL
420 SECS	60 SECS	5	40 MINS

GOALS	SPACE	PLAYERS
3	HAL7	12

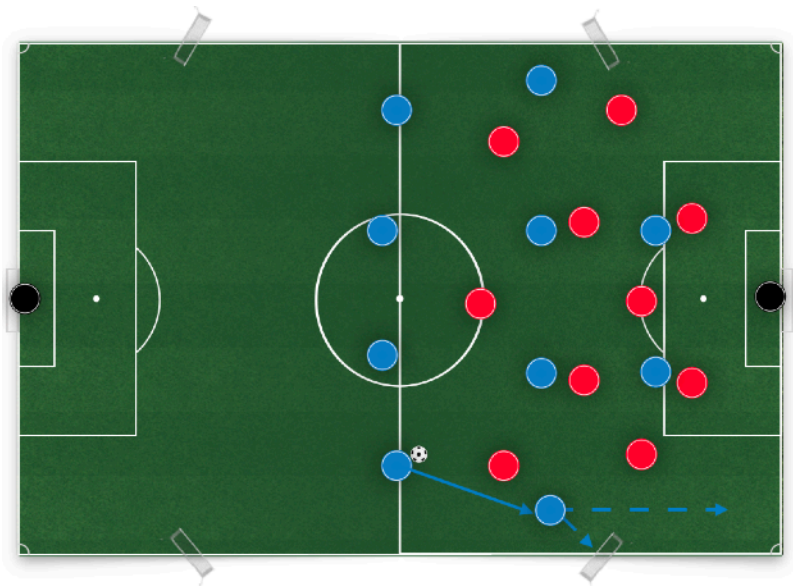
Upgrading the Crossing Opportunity

“An Easy To Use Session To Upgrade Crosses Into More Dangerous Sessions.”



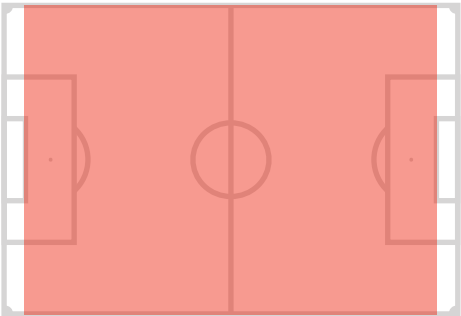
Session Detail:

This is a great session to develop players capable of ‘upgrading’ their crossing opportunities. The blues attack the reds in an 11v11 in a normal format. However, there are three different ways of scoring. The first is a normal goal with no constraints. The second is to score in the wide goals, and these are worth five points. However, we know that crosses lead to more goals when they’re deeper than the mini goals, so we will encourage players to be brave and cross from deeper areas and value goals from the upgrade zone at 5 goals. This really encourages our players to drive past the wide goals and towards the touchline before crossing in to the box.



Coaching Detail:

- Most goals are scored within the golden-zone, that area between the posts in-front of the goal. The method of scoring in these zones requires us to move the ball deeper in to the ‘upgrade’ zone in order to facilitate this.
- Once the crossing situations have been created, first time finishes are our method of finishing quickly and effectively, limiting the opponents opportunity to defend against us.
- Understanding when to use the wide goals is key within this practice, if we are playing in to an overloaded area, do our players use the wide goals to score 2 points, and accept that the upgrade is too difficult. However, can they switch out to the opposite side in order to open up space that could lead us to create a goal worth 5 points instead of two,

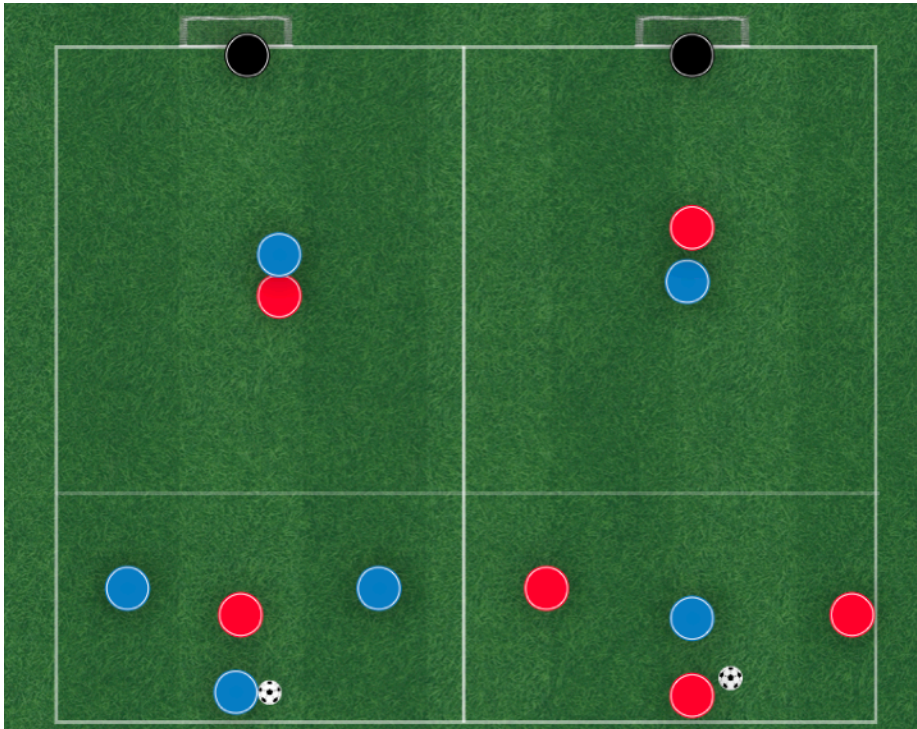


WORKING	RECOVERY	BLOCKS	TOTAL
600 SECS	60 SECS	4	44 MINS

GOALS	SPACE	PLAYERS
3	HALF	12

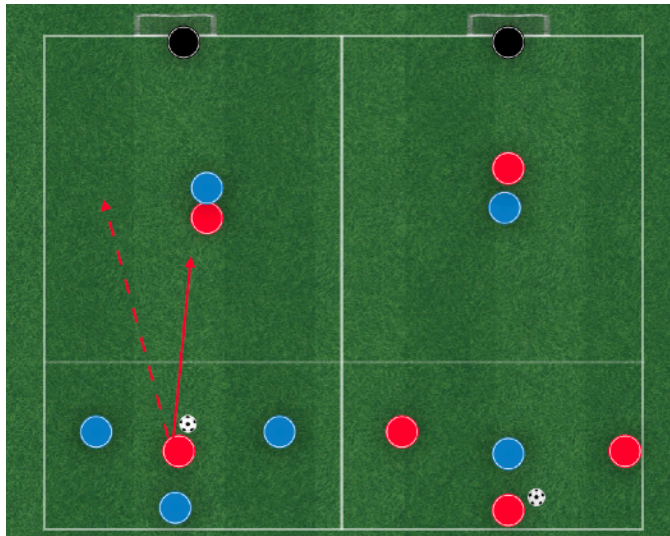
Breaking in-Behind With Power and Purpose

“Counter-Attacking With A Purpose To Attack The Space Behind The Opponent Quickly”



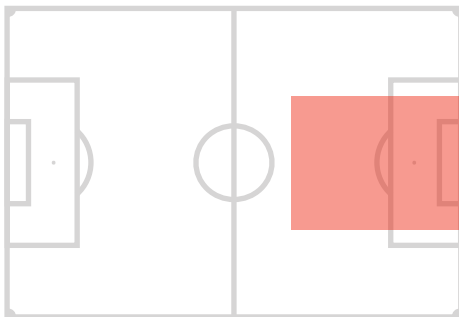
Session Detail:

This is a counter-attacking session involving 12 players, 6 in each practice. The first part of the practice involves a 3v1, with a 1v1 in the attacking half. The 3v1, see's the blues look to keep the ball in a rondo like practice from the red. Once the red regains possession, he or she looks to play quickly in to their team mate in the opposite half. The opposite half has a 1v1, but if the red is quick they can make their run beyond their team-mate and create a 2v1 and score quickly under pressure. This practice requires high-intensity running, bravery in possession and a willingness to run vertically in-behind the opponent.



Coaching Detail:

- Vertical passes are key to opening and playing within space behind the opponent, vertical passes allow for quick counter-attacking and make life difficult for the opponent to defend against us.
- It is important that when regain possession of the ball that the first pass is with pace and power into the feet of the striker to allow the counter-attack to have a base to which to play from
- When finishing in 2v1 situations, can we look to go across the goalkeeper to allow the follow up player to attack the back post and score tap-in's that have been parried across the box.
- The blues must still recover to prevent the counter-attack, if they're able to recover quickly.



WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	4	20 MINS

GOALS	SPACE	PLAYERS
2	25X30	12