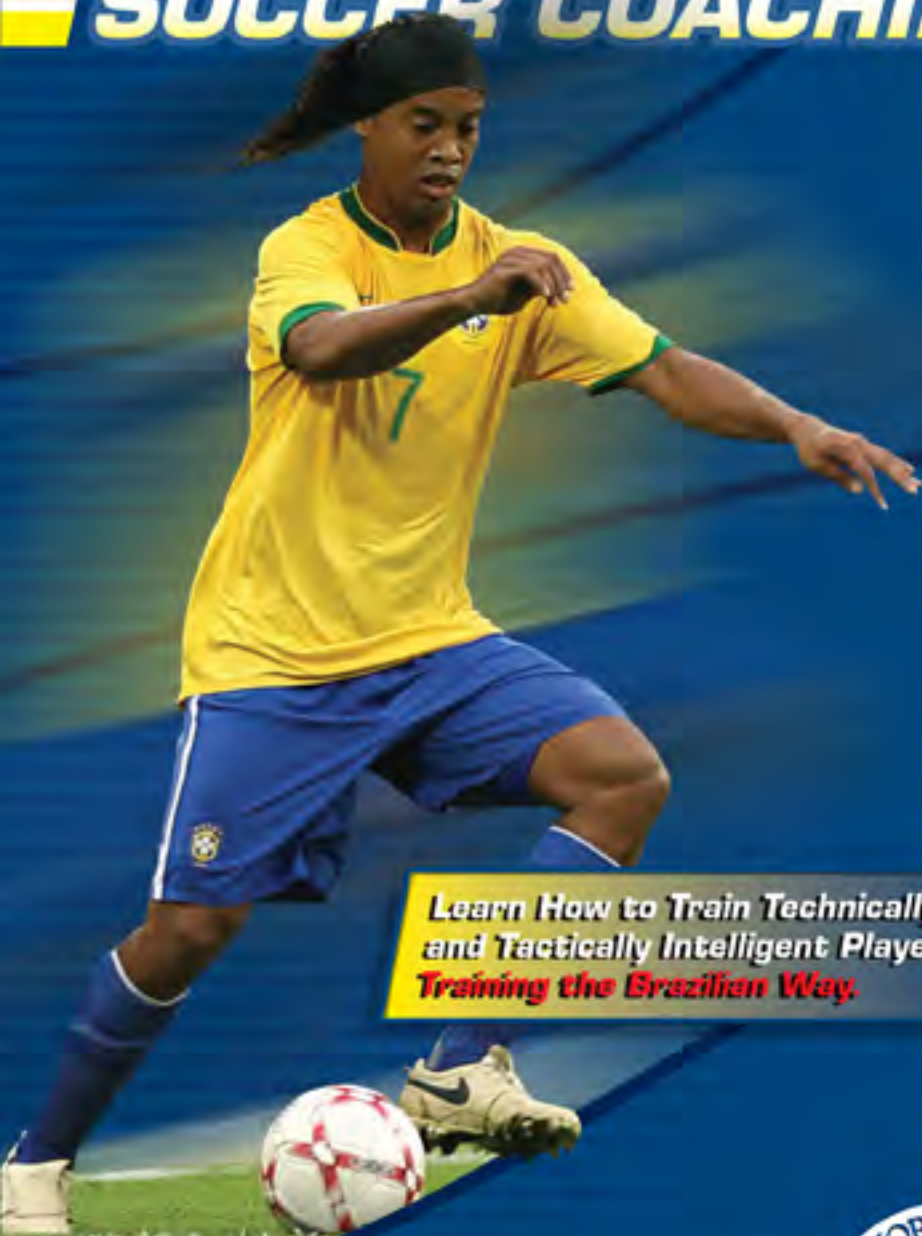


BRAZILIAN SOCCER COACHING



**Learn How to Train Technically Superior
and Tactically Intelligent Players.
*Training the Brazilian Way.***

Mauricio Marques



Brazilian Soccer Coaching Volume II

**Learn how to train technically superior and
tactically creative players the Brazilian way.**

by
Mauricio Marques

Published by
WORLD CLASS COACHING



First published July, 2008 by
WORLD CLASS COACHING 15004 Buena Vista Drive, Leawood, KS
66224 (913) 402-0030

ISBN 978-0-979948-2-1
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Edited by Tom Mura

Cover Design by P2 Creative Solutions



Published by
WORLD CLASS COACHING

Introduction

Team – U18 Clube Atletico Mineiro, Brazil

We have had this group of players training together for 3 years. In Brazil, at this age group we have to provide the fine tuning coaching in order to achieve the main goal of forming quality football players that will be successful in their professional career. It is also time to go deeper into the specialization of the positions.

It is our belief that the difference with Brazilian players is their capacity to beat the opponent in an objective and goal directed way in order to disorganize the defensive system. Therefore, we stimulate flanks, midfielders and attackers to always look for the one on one situation. However, one characteristic of modern youth coaching in Brazil is also to create players capable of transitioning between attack and defense, without losing the offensive characteristic mentioned.

The strategy to do that was to split up the sessions focusing in each sector: four weeks for defense, four weeks for midfield, four weeks for attack and the last two weeks to refine the link between the sectors. However, right in the beginning of that season we had to play an important competition, therefore we had to organize the training program progression in order to achieve the process goals and at the same time make the team competitive to deal with the pressure of the tournament.

Considering this context, we set up the main goals for the following three months:

General:

- 1 – To establish a more committed mentality to optimize the quality of the sessions (mental skills and homework);
- 2 – To use combined training: activities with physical / technical components and technical / tactical components;

Specific:

- 3 – Provide specific position and sector work;
- 4 – Compact group work and system variations (4-4-2 and 5-3-2);
- 5 – Counter attacks;
- 6 – Vary the offensive options to attack through the middle, but also by the flanks to make the team unpredictable.

Nowadays, Brazilian coaches use three main coaching methods:

- Analytic: repetition of a particular skill for technique optimization and correction (usually practiced in warm ups)
- Positional: specific skills often utilized in a position (i.e. crosses by the flanks or target work by the forward)

- Situational: simulation of specific game situations

All these methods have positive and negative aspects. Our challenge is to find the balance according to the session aim. This program has two training sessions planned per week. The third session should be a combination of both according to player's development and assimilation. If a principle is not completely understood by the players, the activities regarding that principle can be repeated in the third training session. We also suggest adjustments to the sequence and duration of each activity according to the profile and individual characteristics of the player's strengths and weaknesses and the competition calendar. I hope you and your players enjoy it.

Week 1

Week 1
Session 1

Main Goal

Individual defense reminder, group defensive principles reminder

Warm-Up

Circuit training with the physical coach: aerobic resistance and coordinative skills. All activities are done with a ball.

1 v 1

One attacker starts the activity at the halfway line going towards the goal. He has to beat two opponents (one in each area) and finish with a shot on goal. If defender steals the ball, he tries to cross his defensive line in possession of the ball, while the attacker will chase him (recover).



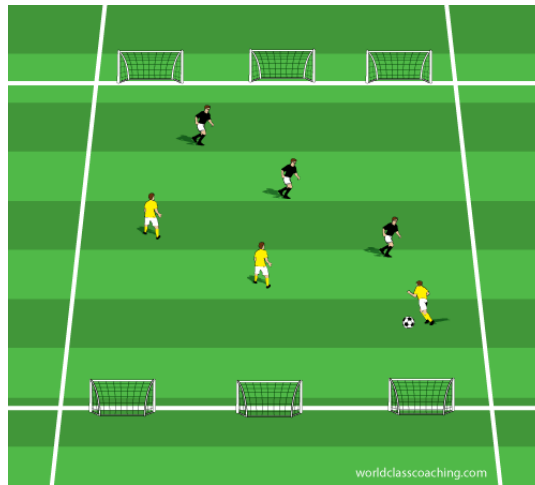
Coaching Points

- Offensive: individual skills, speed, objectiveness,
- Defensive: individual defensive corrections (show the line or induce to the line, delay, do not dive, effective tackle, aggressive but not violent)
- Transition: recover (dropping back when loses the ball)

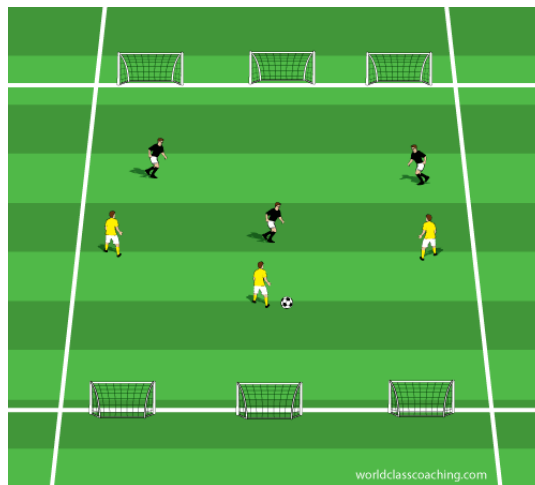
Gap Goals

This is a 3 v 3 game played in an area of approximately 20 x 30 meters. Three mini goals simulate the gaps in the defence. The players in possession of the ball try to find the gap and score in the mini goals. The defensive players try to shut the gaps by creating other defensive lines (diagonal / triangle).

Diagonal



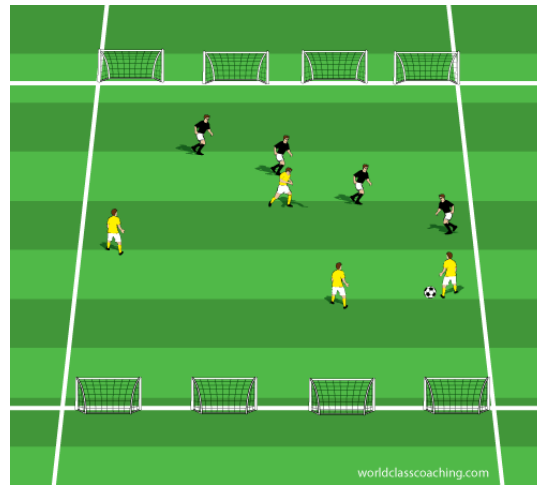
Triangle



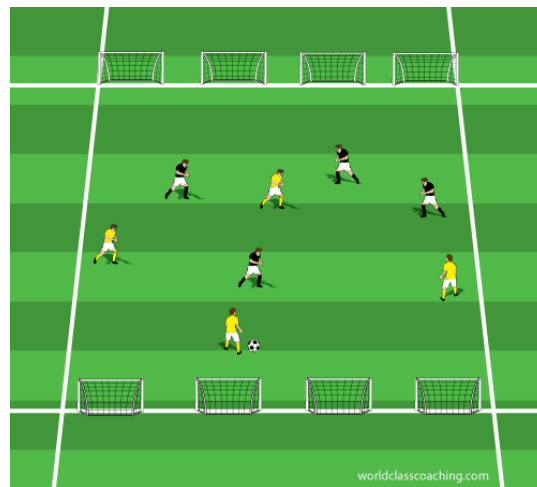
Gap Goals

Same as before but 4 v 4 with four goals.

Diagonal



Triangle

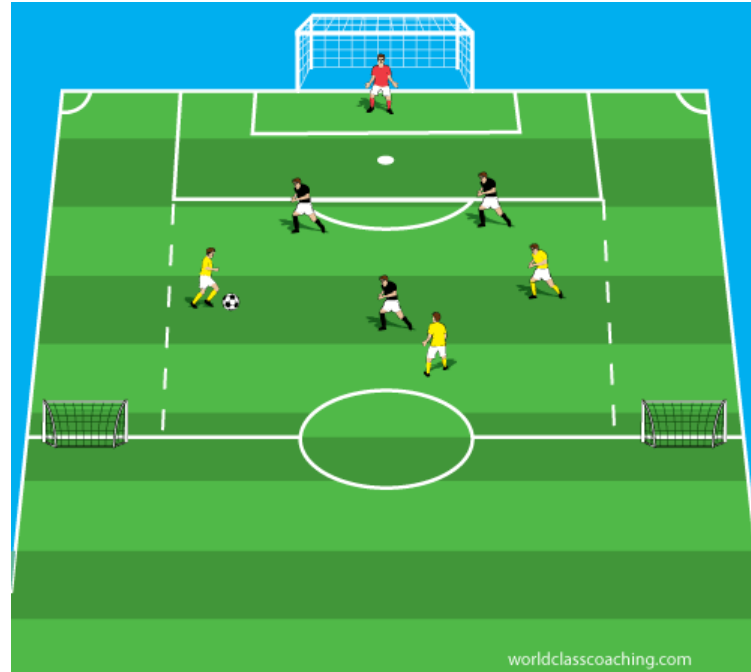


Coaching Points

- Offensive: look for the gap, quality of pass, movements off the ball
- Defensive: shut the gaps, balance, recovery, defensive lines, and communication. Principles of zone marking and mixed defence (individual and zone).

Attack Through the Middle

Playing on half of a field and the width of the goal area. 3 v 3 and then 4 v 4. Attackers score in the regular goal while defenders score in the wide mini goals.



Coaching Points

- Offensive: movements through the middle
- Defensive: do the transition by the flanks and coach will start differentiating player's defensive positions and functions on the 3-5-2 and the 4-4-2.

Cool down

Groups of 3 or 4 players together by position will discuss individual goals for the season while stretching.

Week 1
Session 2

Main Goal

Group defensive principles reminder, cover ok the flanks, develop defenders capacity to build up the game from the back, develop capacity of the attackers to recover and shut the gaps.

Warm-Up

Circuit training with the physical coach: aerobic resistance and coordinative skills. All activities using the ball.

2 v 2

Two attackers start the activity at the halfway line going towards the goal. They have to beat two opponents in each area and finish with a shot on goal. If the defenders steal the ball, they have to cross their defensive line in possession of the ball, while the attackers drop back (recover).



Coaching Points

- Offensive: over laps, crosses, blocks, changes of direction and speed,

- Defensive: communication, balance, support, split defense, blitz (two in one).
- Transition: transition to recover (dropping back when loose the ball).

Progression – 4 v 4

Positional Game for the Full Backs

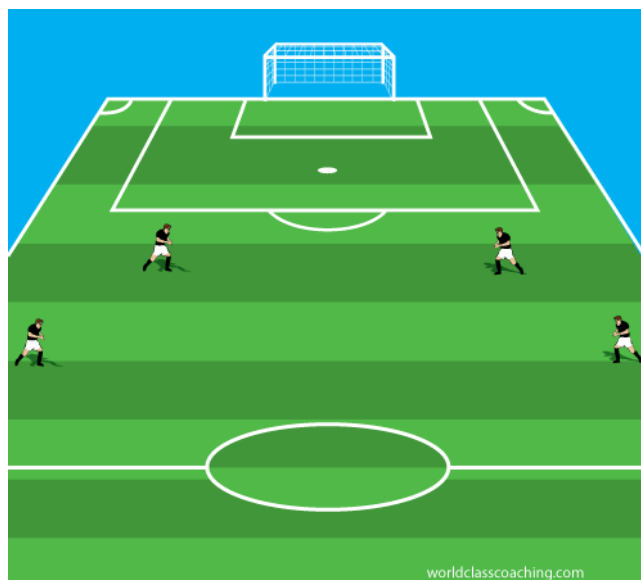
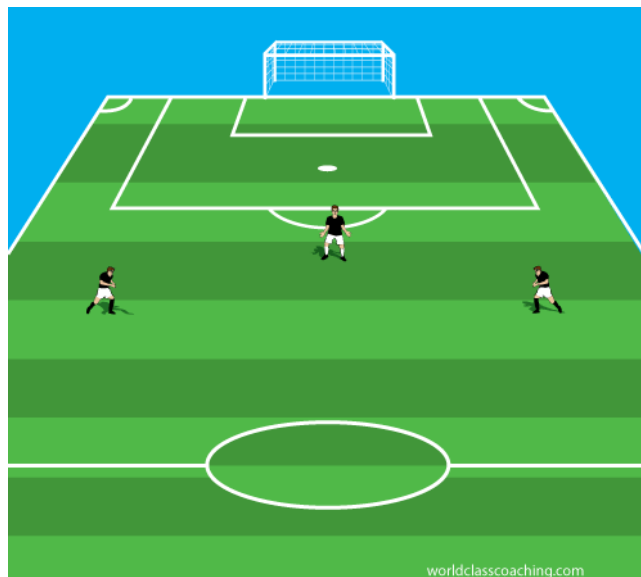
4 v 4 on the half field. Attackers always attack down the flanks to score in one of two goals two goals. Defenders cover the flanks zonally. As the goalkeeper gets the ball defenders go wide or down the middle to score in one of the three mini goals placed at the halfway line.



Coaching Points

- Offensive: attack down the flanks, switch the ball
- Defensive: zone defense; cover the flanks, differentiating player's positions and functions in the 3-5-2 and the 4-4-2, safe and smart offside line.
- Transition: shut the gaps when your team loses the ball, build up from the back.

Positioning of the defenders to build up from the back:



Attacking from the Flanks: 3 + 2 v 3

Three attackers plus two flank players that can only play in the corridors play against three defenders. If the defenders steal the ball they pass it to players at the halfway line and another group of attackers start from the middle. The flank players stay on the same side.



Coaching Points

- Offensive: crosses, positioning inside the goal area, vary attack between middle and flanks
- Defensive: increase the level of difficulty for the defenders, cover the flank, play in numbers disadvantage, avoid crosses, positioning inside the goal area.
- Variation 6 v 4

8 v 8

Played on a reduced field. One team will play with three defenders and the other one with four defenders. The players will decide how many midfielders and attackers.

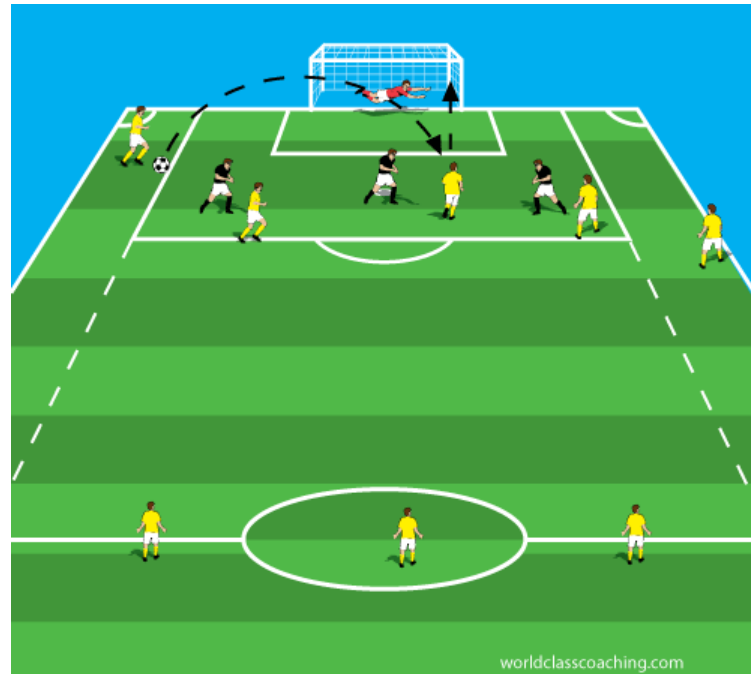
Homework

The players were asked to do a game analysis of a National League game and bring it to the next session.

Week 2

Attacking only from the flanks: 3 + 2 v 3

Three attackers plus two flank players who can only play in the corridors compete against three defenders. Defenders can not go into the corridor. Only attacks from the flanks are allowed. If defenders win the ball they try to pass the ball to the players at the halfway line.



Coaching Points

- Offensive: crosses, positioning inside the goal area.
- Defensive: positioning inside the goal area.
- Variation 6 v 4.

Group Defense for 3 - 5 - 2

6 v 6 (3 full backs + two flanks + 1 defensive midfielder). The goalkeeper starts the game by throwing the ball to the attackers at the halfway line. Attackers will build up the attack trying to vary as much as possible using the flanks and the middle. Defenders work as compact as possible. The aim for the defenders is to regain ball possession and cross halfway line.



Coaching Points

- Offensive – attacking variations
- Defensive – compact defense
- Transition – recover the ball and build up the game, press the ball when it's lost or drop back to $\frac{3}{4}$ field.

Progression

8 v 6 – considering the defence developed well; make it harder by using numbers disadvantage against eight attackers.

Cool Down

15 minutes jogging as a team.

Week 2

Session 2

Main Goals

Heading and group defence in the 4-4-2

Warm-Up

Individual technique in heading

Heading in motion

A goalkeeper and/or a midfielder are placed at halfway line to do long throws or passes to an attacker that is 1 v 1 with a defender. The ball has to be served in a way that the players have to use a header as their first touch. The attacker tries to score and the defender attempts to cross the halfway line with the ball.

This same pattern is also done on the other side of the field.



Attacking Variations - 6 v 6

The attackers vary their approach between the flanks and the center of the field. The goalkeeper starts the activity by throwing the ball to one of the wide attacking midfielders at the halfway line. The midfielder dribbles toward the coach positioned at the line of cones who will indicate whether the attack should be down the flank or up the middle with his arm. If the defenders get the ball they have to keep possession for five passes while the attackers press.

Development

A defender replaces the coach. As soon as the attacker gets the ball he moves toward the defender who shows him to the middle or to the flank. The attacker reads the body position of the defender to know where to go. The aim is to induce the attack to do what the defence wants, setting up traps such as two on one, isolation, etc.

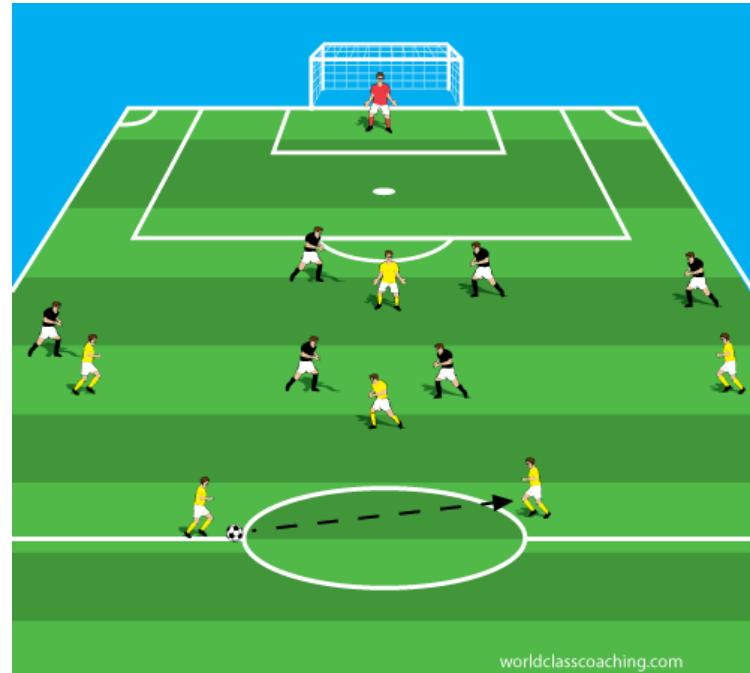


Coaching Points

- Offensive: vary attack between middle and flanks.
- Defensive: induce the attack to use a certain part of the field where the defence is more effective.
- Transition: press when lose the ball; play safe possession when recover the ball.

Group Defense for 4-4-2

6 v 6 (four full backs + two defensive midfielders). The goalkeeper starts the game by throwing the ball to the attackers at the halfway line. The attackers build up the attack trying to vary as much as possible using the flanks and the middle. Defenders will work as compact as possible. The aim for the defenders is to regain ball possession and cross halfway line.



Coaching Points

- Offensive – attacking variations.
- Defensive – compact defense.
- Transition – recover the ball and build up the game, press the ball when lose it or drop back to half $\frac{3}{4}$ field.

Progression

8 v 6 – The defense is challenged by defending eight players with only six.

Full Game

11 v 11 – One team plays 3-5-2 and the other plays 4-4-2.

Cool Down

The cool down is done with the trainer in the pool.

Week 3

Week 3
Session 1

Main Goal

Defensive recover and help

Warm-Up - Chain Tag

The game is played inside the goal area. Whoever the “It” player touches has to hold hands with him. This gradually forms a human chain that chases the others. The chain works as a team to trap players.

3 v 2 + 1

The goalkeeper starts the drill by throwing the ball to three attackers at the half way line. They attack the two defenders in front of them but as soon as they touch the ball a recovery defender placed 15 meters behind them, drops back to help the defense.

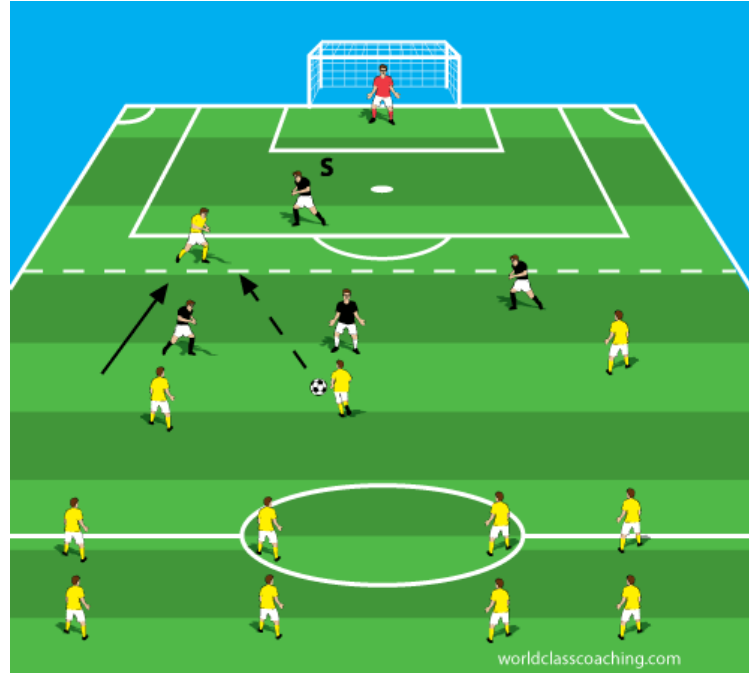


Coaching Points

- Offensive: speed, smart movements to take advantage
- Defensive: communication, delay, who gets who

Sweeper

The goalkeeper starts the drill by throwing the ball to attackers at halfway line. Four attackers take on three defenders and a sweeper. The Sweeper is positioned behind a line of cones. Only one attacker can cross the line at a time. When the attacker gets behind the line of cones, he goes one-on-one against the sweeper. The defenders try to move the ball across the halfway line when they get the ball.



Coaching Points

- Offensive: playing in disadvantage
- Defensive: group defence and cover positioning of the last man

Return of the Defence - 6 v 6

Four defenders and two defensive midfielders play against six attackers. The goalkeeper starts the drill by throwing the ball to the attackers over the halfway line. As a team, the defenders start jogging from the dotted line towards halfway line. As soon as the last defender crosses the halfway line, the attackers speed up and counter attack forcing the defenders to drop back in a quick, organised way; covering the gaps according to the formation of the attack which should vary at each turn (4 - 2, 5 - 1, 3 - 3).



Coaching Points

- Offensive: vary the attack with 1, 2 or 3 deep attackers; through the middle or by the flanks
- Defensive: quick transition, response to attacking format

Full game - 11 v 11

Systematic correction of every defensive position (3-5-2 and 4-4-2).

Cool Down

A ball each, free kick contest. From 30 meters, who can hit the crossbar of the goal.

Week 3
Session 2

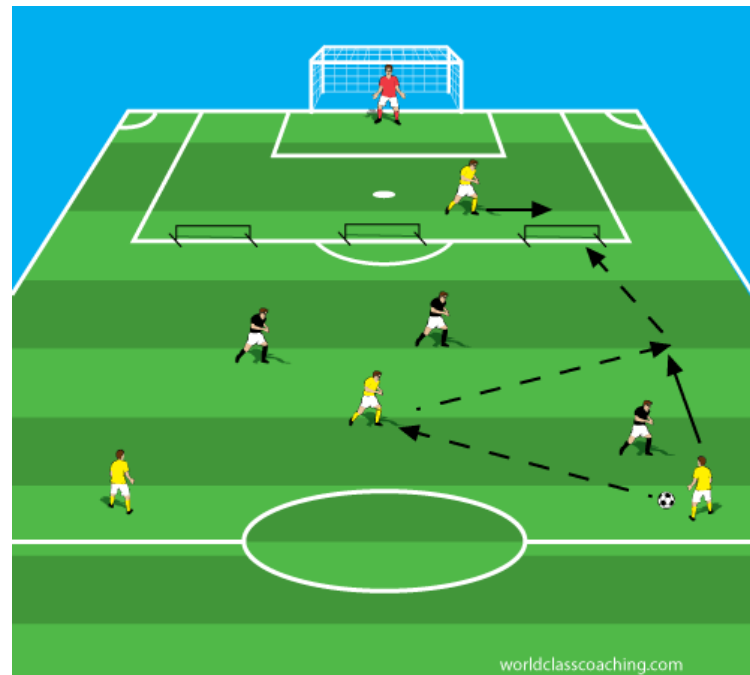
Main Goal

Compact defence and pressure

Gap goals with a forward player – 3 v 3 from goal area to half way. Attackers have to hit the ball to the forward (looking for space behind the mini goals) who has to turn and finish with two touches.. Defenders try to steal the ball and cross the midfield line while all attackers drop back, including the forward, and try to keep them from crossing the line.

Progression

The midfielders run to receive a lay off from the forward and finish.



Coaching Points

- Offensive: attacking through the middle, find the gap, runs and shots from lay offs
- Defensive: shut the gaps, follow the runner
- Transition: regain ball possession and recovery

Compact Squares - 6 v 6

Attack against defense starting from a throw-in. The game is played on half a field split into four squares. The squares should be the reference for the players to position as compact as possible.



Coaching Points

- Offensive: quick switch in the game from one side to the other
- Defensive: be compacted, pressure on the ball, marking from a safe distance players in other squares, induce the line, shut the spaces avoiding long passes and switches

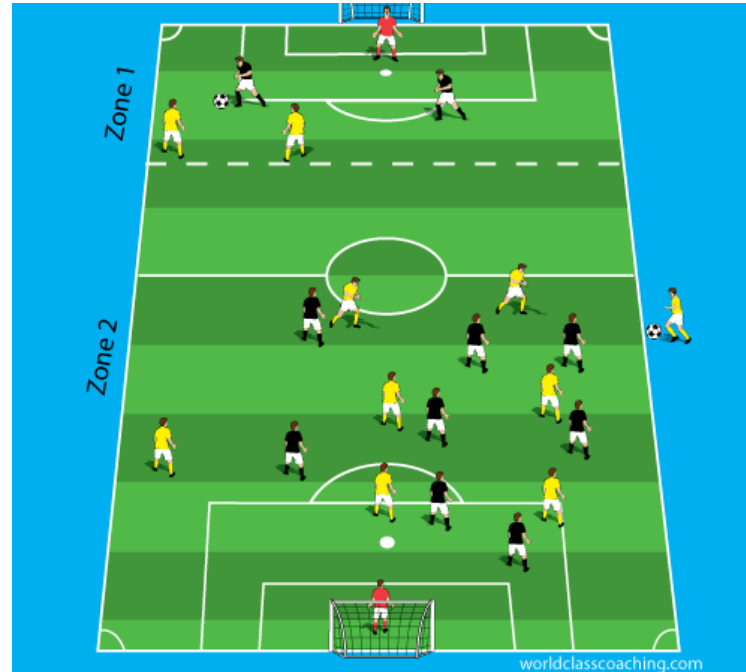
Throw-in Game

In Zone 1, two attackers pressure two defenders and a goalkeeper. Attackers try to steal the ball and finish in the goals. Defenders and goalkeepers have to keep possession for six passes to score a point.

In Zone 2, two teams play 8 v 8. The game starts from a throw-in. The defense plays as compact as possible and try to steal the ball to cross the halfway line.

Development

Just one ball, but still two zones. When the defenders from Zone 2 steal the ball they play a long pass to attackers in Zone 1 who will play 2 v 2 and have five seconds to finish.



Full Game

8 v 8 on $\frac{3}{4}$ of a field. Compact defense.

Cool down

10 minutes interval jogging. Varying the speed of the runs. The whole squad moves as compact as possible. The goalkeeper, captain or fullbacks to call for run variation; practicing communication, timing and synchronization.

Week 4

Week 4

Sessions 1 and 2 (The same session is done both days.)

Main Goal

Defensive format in dead balls

Warm-Up

A ball between two players. The groups pass and move around the field. They start with short passes and progress to longer ones.

Counter Attack from Dead Balls

10 corners and 10 free kicks. The attacking team practice a set routine. As soon as the ball goes out of play, the defensive team goes on a counter attack where they have to cross halfline.

Development

Two attackers and three defenders at halfway line. No matter the outcome of the dead ball, the goalkeeper starts a counter attack that goes down the full field.

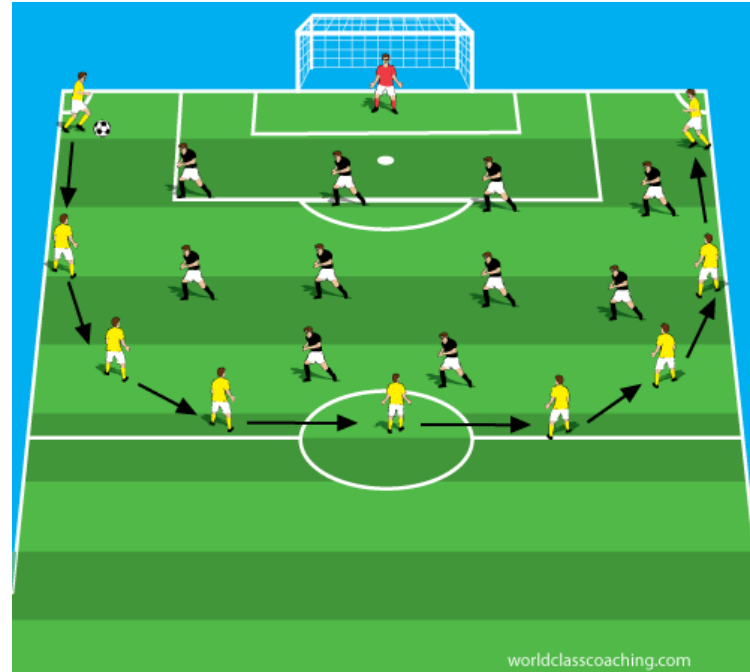


Positional Defense

The ball will be played within players placed in an arch around the field (9 players). As the ball is passed, the defenders move as a team, shutting gaps and pressuring the player on the ball. After the ball goes around twice, they speed up and spread out passing unpredictably between the attackers. The defense marks and covers the spaces and go on a counter attack if they win the ball. Practice defending both formats (3-5-3 and 4-4-2) or the format that will be used in the weekend game.

Development

The attackers can start the attack at any time, without previous notice.



Coaching Points

- Offensive: switch the ball, vary the attacks through the middle and by the flanks.
- Defensive: defensive format.
- Transition: recovery when lose the ball

Full Game

11 v 11 - 5 repetitions for each game situation: defensive throw in, offensive throw in, corner, free kick, cross, etc.

Week 5

Week 5
Session 1

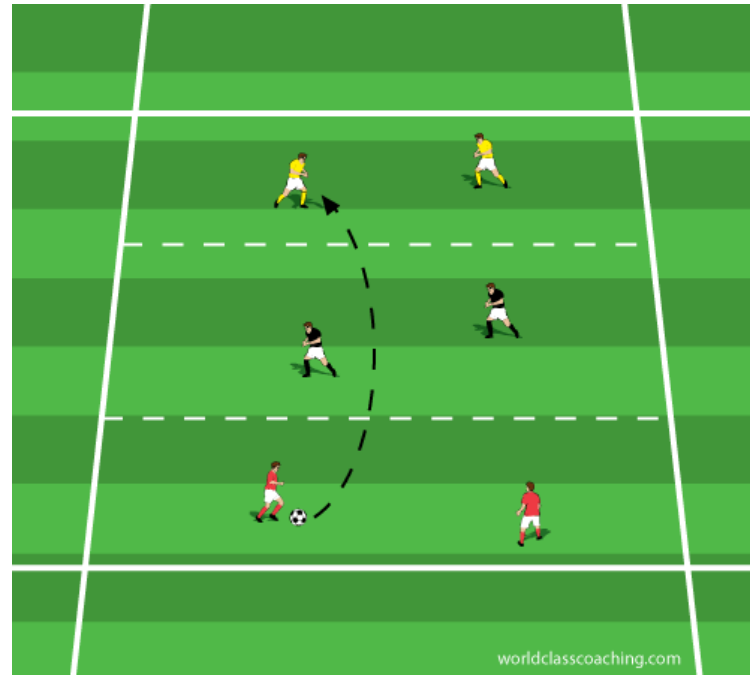
Main Goal

Speed resistance, long passes and counter attacks.

Light warm-up already done with the physical trainer.

Zonal Long Passes

Groups of 6 players in a 15 x 30 meters area with 3 zones and two players in each one. End zone players have to pass the ball in the air to the opposite end zone while the mid zone players will try to intercept it. If the ball is intercepted or goes out of the rectangle (pass accuracy), they swap positions.



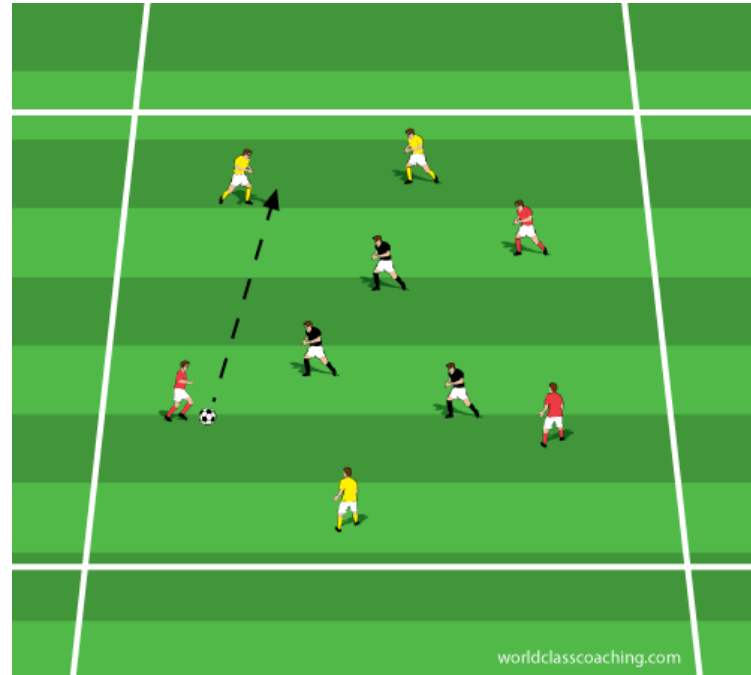
Coaching Points

- Technique refining: vary the passes (in the air, on the ground, one touch, curves, flicks, etc),
- Tactical moves: before making a pass, players in the end zones have to create space using tactical elements such as over laps, crosses, check-ins, etc.

Long Passes

Three teams of 3 players each in a 25 x 25 meters area. Red and Yellow can pass the ball to each other using only long passes of a minimum of 10 meters. If the Dark team gets the ball, whoever lost the ball becomes the defensive team. There is always a 6 v 3 situation.

Play 4 x 5 minutes at a high intensity level with 2 minutes recovery between each period.



Coaching Points

- Offensive: receive the ball in motion, width and depth
- Defensive: shut the lines of pass, play with numbers disadvantage

3 v 4 Counter Attack

Use the whole field to provide for long runs, Three attackers (A) against 4 defenders (D). GK 2 starts the drill by throwing the ball to an attacker who will organize the attack with the other two attackers preferably with long passes. If the 4 defenders intercept the ball, they have 7 passes to finish in goal by a counter attack. After each 3 cycles of attack / defense, attackers and defenders are replaced by another group of players.

Each group of players has to execute at least 3 sets, for example, as a fitness goal.

Development - 5 v 7

Introduce more functional positions to determine offensive and defensive roles, i.e.: defensive and offensive midfielders, flanks, attackers.



Coaching Points

- Offensive: vary the attack (wide or through the middle), use of long passes;
- Defensive: compact recovery and defensive induction (show the line)

- Transition: counter attack in full speed, determine key players in the counter attack

Recovery

Players relaxed at midfield, 5 minutes imagery simulation of offensive and defensive counter attacks.

11 v 11

If you score by a counter attack, you have an extra penalty shot.

Week 5 Session 2

Main Goal

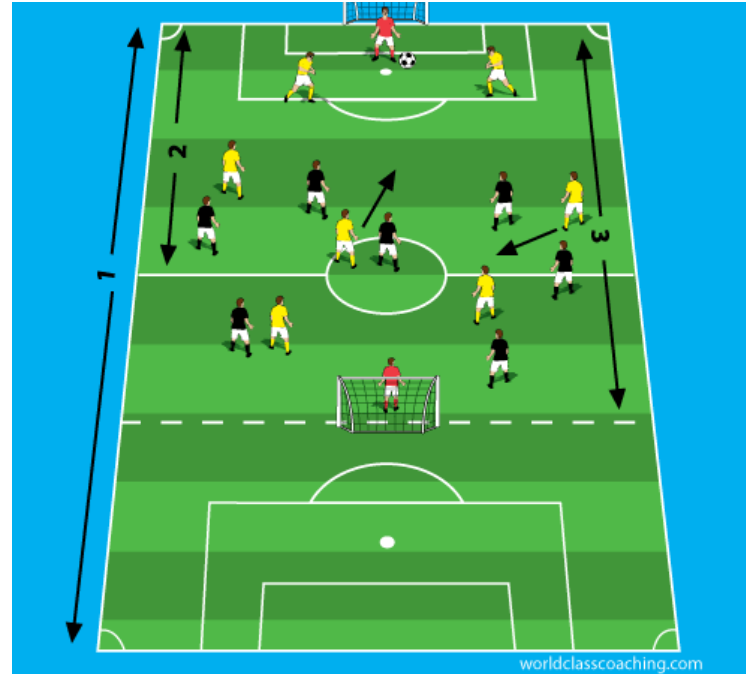
Possession, infiltration, and mobility of midfielders

Warm-Up

15 minutes of American football: progression.

Varying field sizes - 7 v 7

Three different moments of regular game with 10 minutes each: (1) full field - 3 touches; (2) half field – 1 touch; (3) 3/4 field – 2 touches



Coaching Points

- Offensive: mobility, less space - more passes, create options of pass for partner;
- Defensive: shut lines of passes, vary defensive format according to space.

Through the Middle

7 v 7 (4 midfielders and 3 attackers or 5 midfielders and 2 attackers). The field goes from one goal area line to the other. A 12 meters goal is marked t half way with a goal keeper. Players are free to move in both half ways. The aim for both teams is to keep possession for 7 passes and then pass the ball between the goal flags for a partner on their offensive side.

Development

Put goal keepers at the regular goals and after a pass through the middle goal (1 point), attackers can attack regular goal (3 points).



Coaching Points

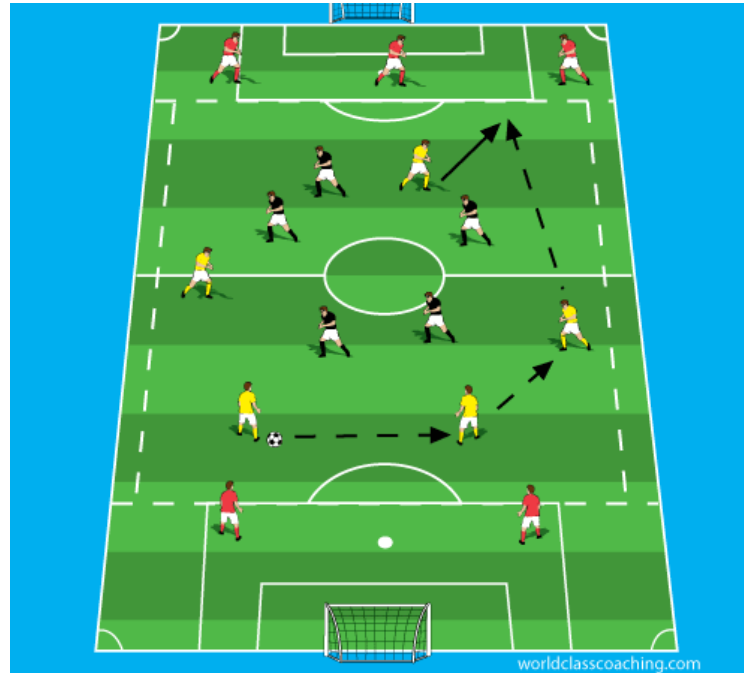
- Offensive: possession, find a gap through the middle
- Defensive: shut the middle

Infiltration

6 v 6 on a field that goes from one goal area line to the other. After keeping possession for 5 passes, the team is allowed to play a through pass to a runner into the goal area, in which only one attacker is allowed to enter. A defender (red player) positioned in the corner can then press the attacker.

Development

A proper defender can follow the attacker that entered the box.



Coaching Points

- Offensive: possession and through balls;
- Defensive: shut the gaps and recovery

Cool Down

Stretching and breathing exercises

Homework

Update personal training diary and discuss it with physical coach during weekend.

Week 6

Week 6
Session 1

Main Aim

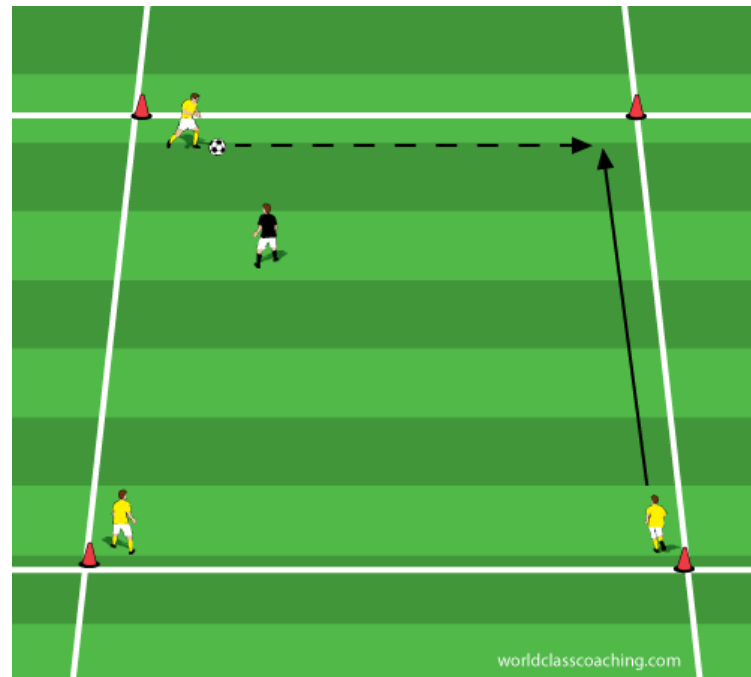
Possession, Creating Passing Lanes

Warm-Up - Square Game

Three passers and a defender in 5 x 5 meters square. After each pass, players have move to another cone creating other lines of passes. Start with 3 touches, then 2 touches and one touch.

Development

Only diagonal runs.



Zonal Possession - 5 v 5

On half of a field, midfielders have to keep possession for 7 passes in Zone 2, then 4 passes in Zone 1 before finishing.

Development- Mini Game

Five passes is one point, goal from Zone 2 is three points, goal from Zone 1 is five points.



Coaching Point

Offensive: possession and patience of midfielders to prepare the attack; long distance finishing.

- Circuit of principles:** 4 v 4. Field split into 3 zones of mini games:
- Zone 1 - Finishing: playing in half field, finish in goal as quick as possible.
 - Zone 2 - Possession: keep possession for as long as possible
 - Zone 3 - Progression: teams will try to progress by passing the ball from the end line to halfway line and vice versa.



Coaching Points

- Emphasize each principle isolated.
- Go through the circuit at least three times

Cool Down

Stretching and ice bath.

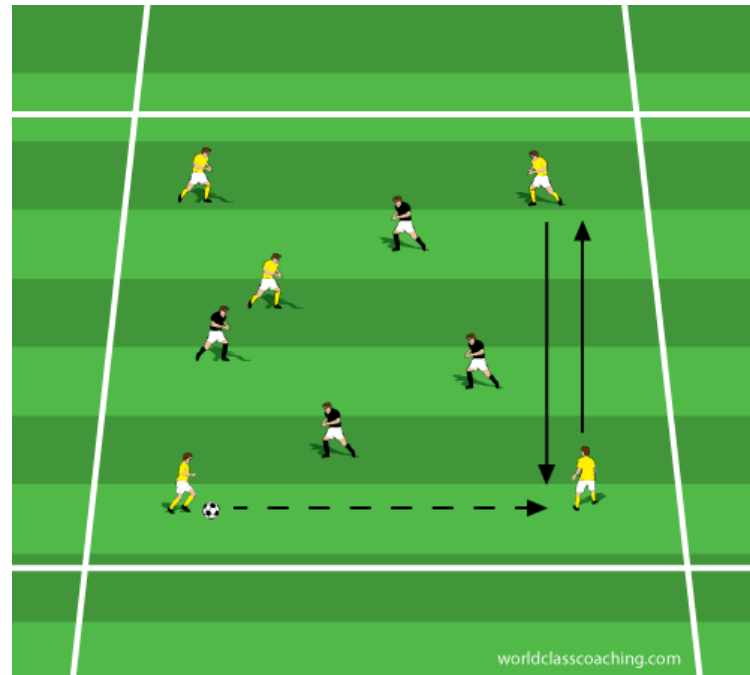
Week 6
Session 2

Main Aim

Possession, Switch the play from one side of the field to the other side.

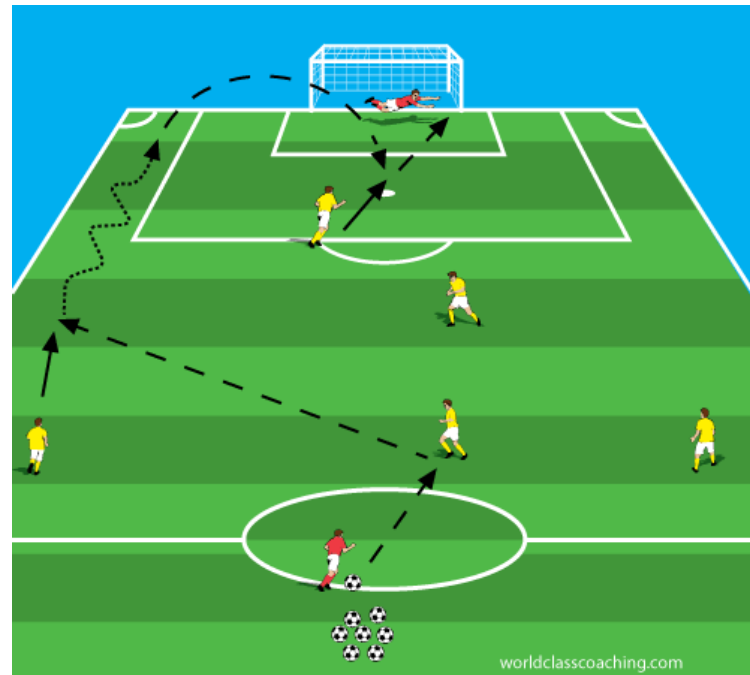
Warm-Up - 5 v 4

Five attackers play against 4 defenders in a 10 x 10 meters square and try to keep possession for 15 passes or more.



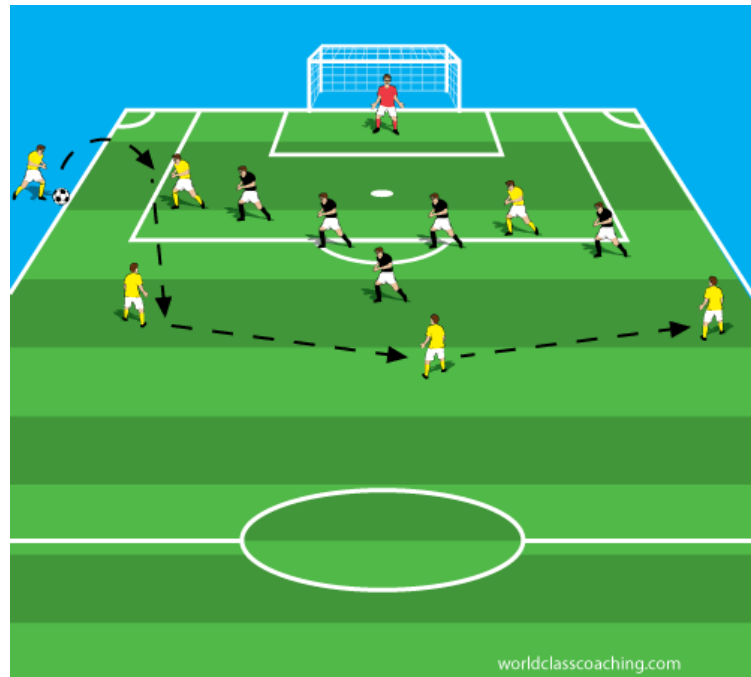
Linear Switch

Central midfielder passes to right midfielder that switches the ball to the left flank who goes down the line to cross. Vary sides and divide passes between balls on the ground and in the air.



Situational Switch

Starting from a throw in, 6 attackers (2 flanks, 2 midfielders and 2 attackers) play against 5 defenders (4 full backs and 1 defensive midfielder) and a goalkeeper. The attackers can only score after the ball is switched from one side to the other.



Full Game

11 v 11. Possession of 10 passes in midfield before every attack.

Cool down

The players spend time in the pool stretching and relaxing.

Week 7

Week 7
Session 1

Main Aim

Offensive and defensive support from midfielders

Warm-Up

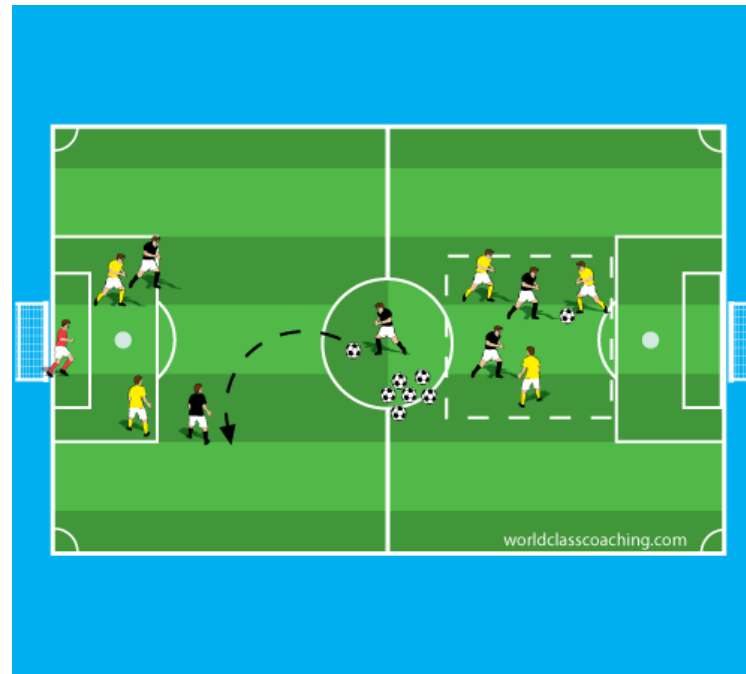
A ball between 2 players, linear passes: 3 meters, 5 meters, 10 meters, 20 meters, 40 meters.

Offensive Support - 6 v 5

Two attackers and 2 defenders close to the goal area. Three midfielders against 3 defenders playing possession mini game in a 20 x 20 meters square placed on the other field. Central midfielder (positioned at half way line) will do a long pass to one of the attackers. Straight away the 6 players in the square and central midfielder go into play. If defenders steal the ball or GK gets it they try to cross a line marked at $\frac{3}{4}$ of the field.

Development

If the defending team wins the ball they try to score field to score in the opposite goal.

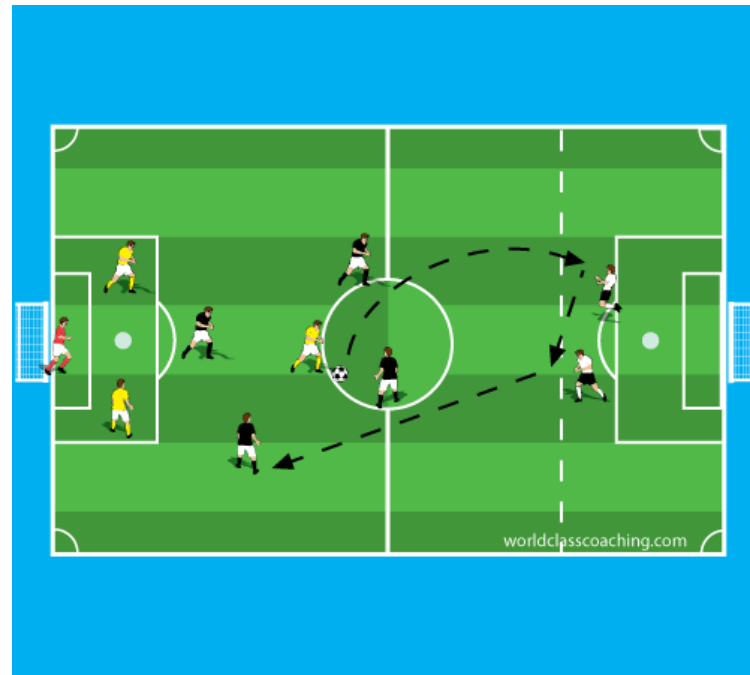


Coaching Points

- Offensive support from midfielders, long passes
- Defensive: defensive support from midfielders, transition to counter attack

Positional long pass

Four attackers play against 3 yellow players. The yellow midfielder plays a long pass to 2 grey defenders positioned at $\frac{3}{4}$ of the field. The first touch of the defender has to be a heading to the second defender who will play a long pass to the dark team to go 4 x 3 against white team.



Coaching Points

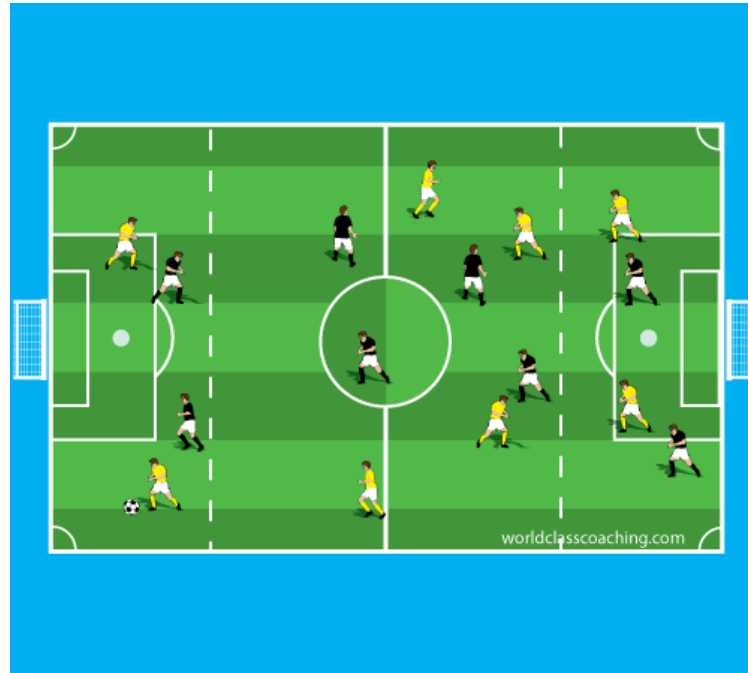
- Practice of long passes for midfielders and defenders
- Practice of defensive intentional heading for defenders

Four Midfielder

Split the field into 3 zones. 2 defenders and 2 attackers in each end zone and 4 midfielders from each team in the middle zone. Only the midfielders can move into their offensive and defensive zones.

Development

- 5 midfielders (as in a 3-5-2)
- Between each transition midfielders have to keep possession for 6 passes



Cool Down

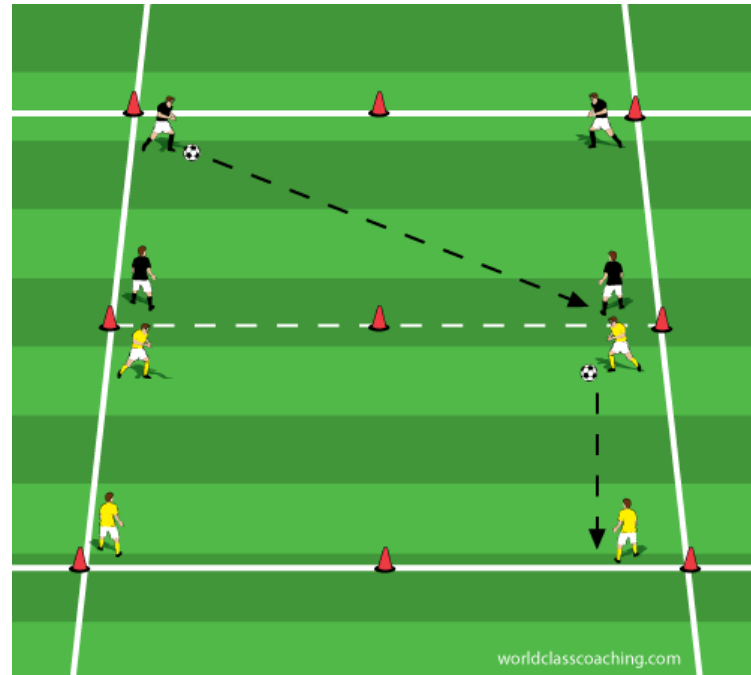
Self massage

Week 7
Session 2

Main aim
Quality of the passes

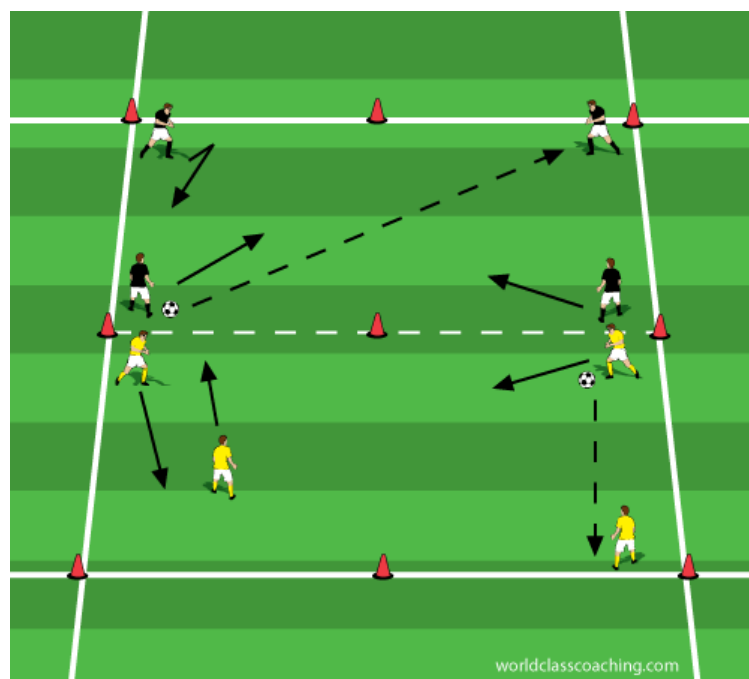
Warm-Up
Aerobic work with physical coach (physical recovery week – inter season)

Static Pass
In a 20 x 20 square, four players placed in the corners. With a maximum of two touches, the square that makes 15 passes first is the winner. Each pass or reception mistake zeros the counting.



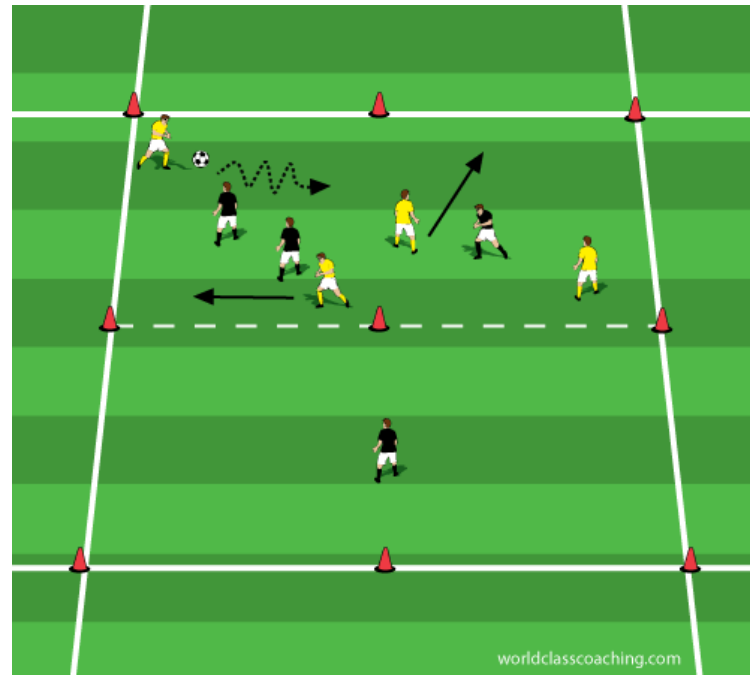
Positional Pass

Same as above but players in motion. Short passes not allowed, only 5 or 10 meters passes.



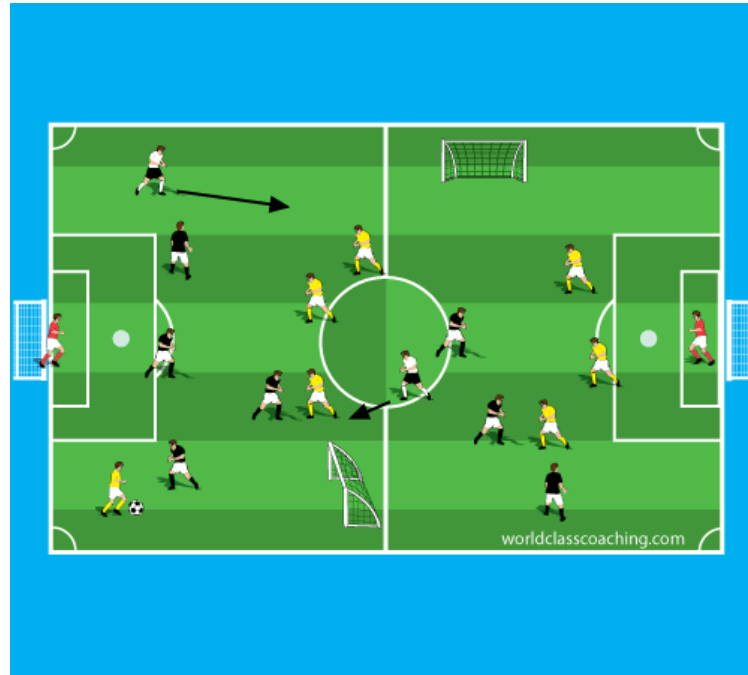
Situational Pass

Light team tries to keep possession for 10 passes in their square while 3 dark players defend. When dark steal the ball they go to their own square playing 4 dark against 3 white defenders.



Mobile Goal - 7 v 7 + 2

Two regular goals and 2 mobile goals on the field. Normal game, 7 v 7, plus 2 spare players that assist the attacking team. During the game the coach will suddenly call which mobile goal becomes the target for the attacking team. They will then try to score in this goal.



Coaching Points

Switch the game, positional adjustment.

Cool Down and Homework

Practice imagery with short and long passes at the end of the session and at home.

Week 8

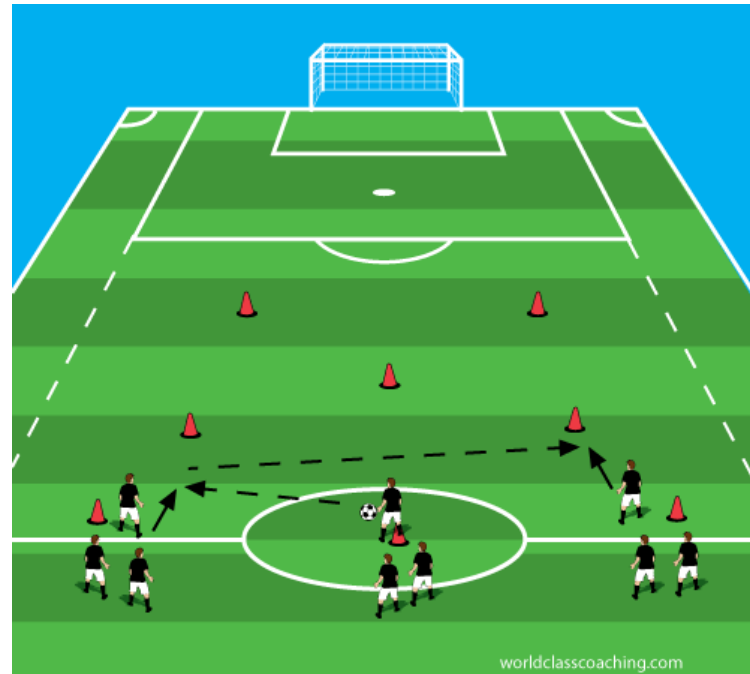
Week 8
Session 15 and 16

Main Aim

Breaking the defense through the middle.

Figure Eight

Three midfielders will none in a figure eight toward the edge of the goal area and finish in the goal. The players start with two touches and then go to one touch. Cones simulate defenders. If the cone is touched the group is replaced.

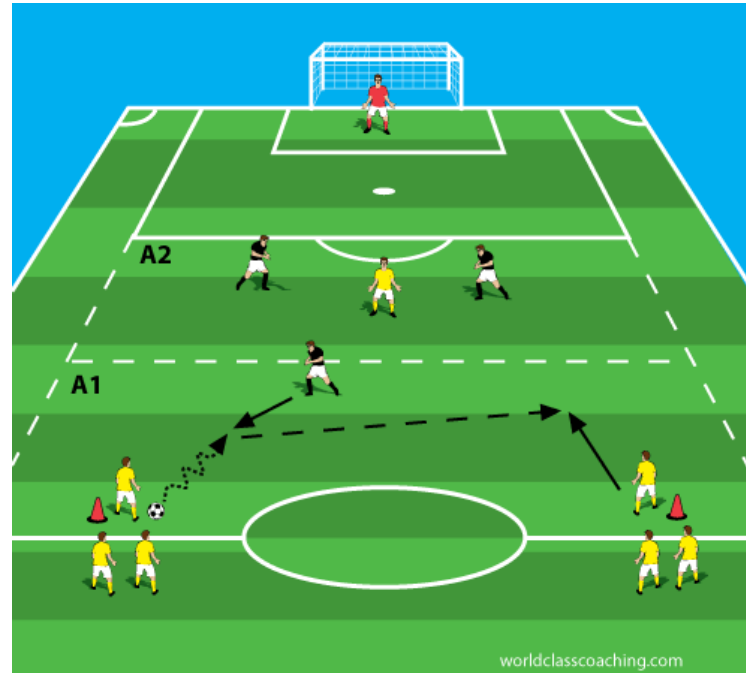


Attacking Corridor - 2 v 1

In Zone A1 two attackers try and move the ball passed one defender and progress to 3 v 2 in zone A2 and then finish in the goal but only from inside the goal area.

Development

Finish in goals from A2 with long distance shot.



Coaching Point

Build up the game from the back

6 v 4 + 2

On half field, limited to the projection of the goal area width two teams play, 6 v 4. When light team gets the ball they get two extra players while dark team loses two players.



Full Game - 11 v 11

Goals through the middle are worth 2 points.

Cool Down

Penalty shoot out.

Week 9

Week 9
Session 1

Main Aim

Attacking down the flanks

Linear Cross

Central midfielder will pass the ball to the flank, who goes down the line to cross to the two attackers.

Development

- Crosses on the ground and in the air
- Insert 2 defenders



Coaching Point

- Timing, pace
- Height and correction of crosses
- Attackers movements

Attack by Crosses - 6 v 5

Game has to be built up in a way that a flank receives the ball or goes into a protected area at the side of the goal area in which he is allowed to prepare and execute the cross with a maximum of two touches. Defenders can not go into this area. Flank players go down the line an cross while two attackers and two midfielders will position themselves to get the cross.

Development

A defender can go into the crossing area.

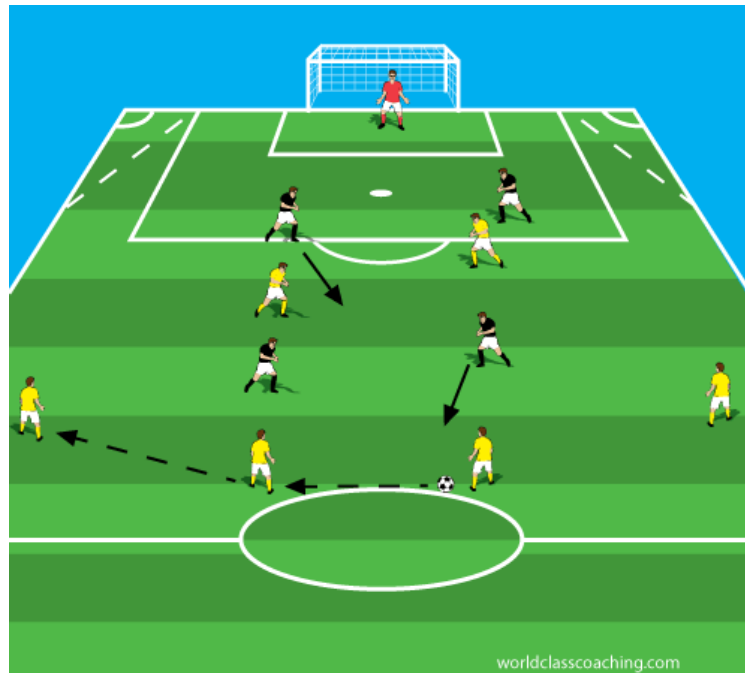


Coaching Points

- Offensive: positioning inside the area, far post, near post, crosses on the ground, crosses to the edge of the goal area for midfielders, parried ball
- Defensive: eye on the ball and on the man, anticipation, communication with goalkeeper

Situational cross: 6 v 4

Midfielders will pass the ball to attract defenders shifting the ball from one side to the other. Attackers also drag defenders. As the flank player gets the ball he has to go to the end line and cross.



Coaching Points

- Create space for the flank by switching the ball
- make defense move to lose balance

Full Game

11 v 11 – Goals by crosses worth 2 points.

Cool Down

Set moves from corners

Week 9
Session 2

Main Aim

Attacking movements off the ball to lose defender

Warm-Up

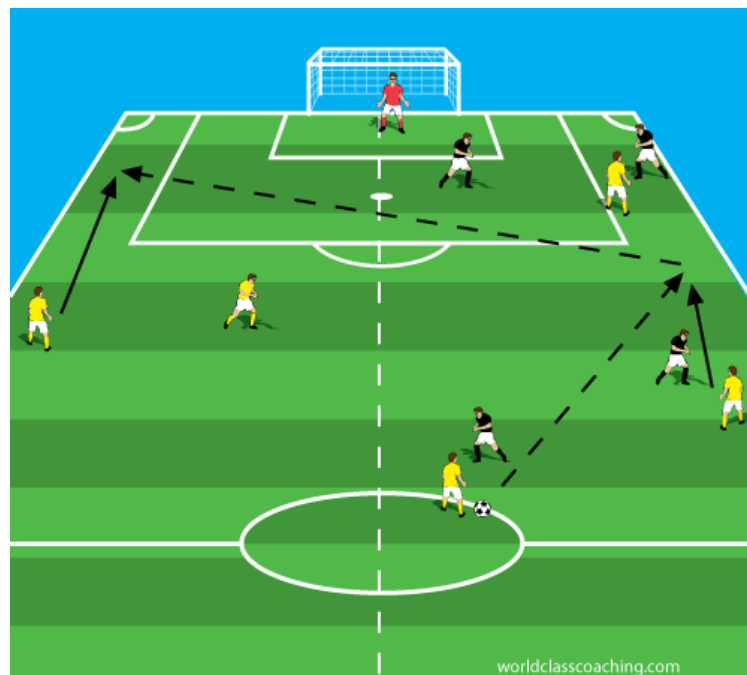
Piggy in the middle

Switch from one flank to the other: 5 v 4

Passive or shadow defense. Ball goes to right flank and all attackers and offensive midfielders will position on the right side of the field. Right flank then makes a quick switch to left flank to go down the line and cross to 2 attackers.

Development

Active defense

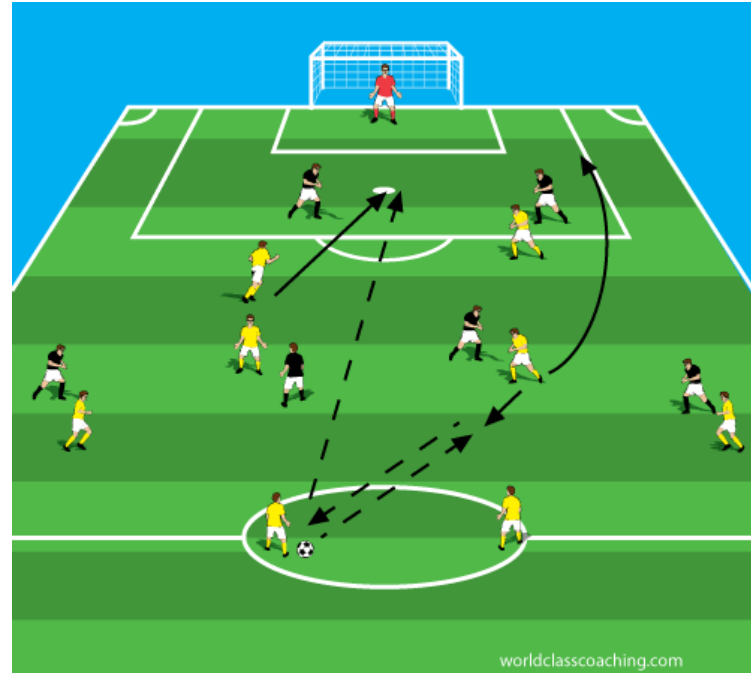


Infiltration: 7 v 5

Attack against passive defense. Ball is passed between midfielders and attackers dragging the defense outside the goal area. With wall passes attackers get a long ball behind the defense through the middle or wide.

Development

Active man-to-man defense to make the attackers work.



Coaching Point

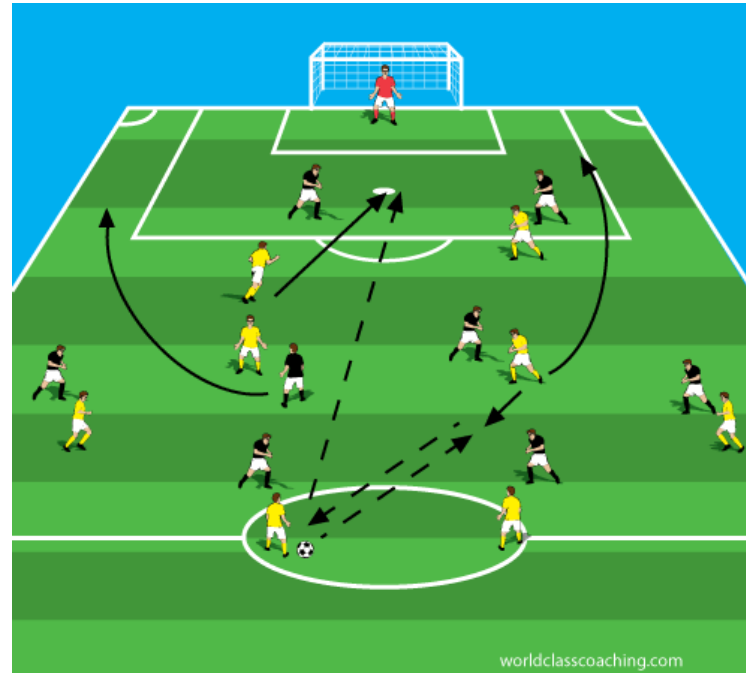
Timing to avoid offside

Man-to-Man - 8 v 8

Defense will mark tight man-to-man. The attackers move ball fast and use deceptive movements to escape from defense and infiltrate the backline.

Development

Defense uses zonal marking



Cool Down

Alternating hot and cold shower.

Week 10

Week 10
Session 1

Main Aim
Finishing

Warm-Up
Tag

Double Finishing

A winger goes down the line and crosses to 2 attackers and an offensive midfielder against 2 defenders. After the cross, the reserve goal keeper assists another player for a direct finishing. Defense has to block crosses and shots.

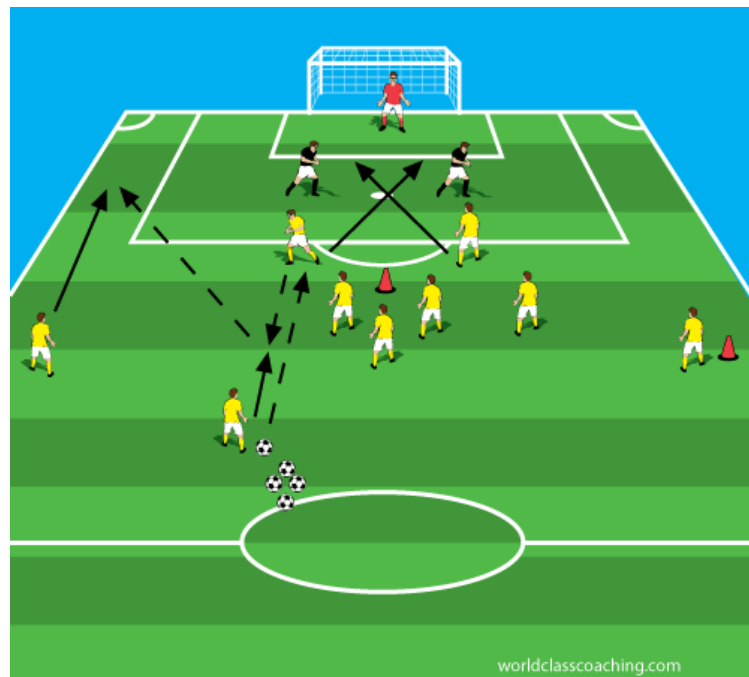
Development

Vary the player taking the second shot: opposite flank, defensive midfielder, etc.



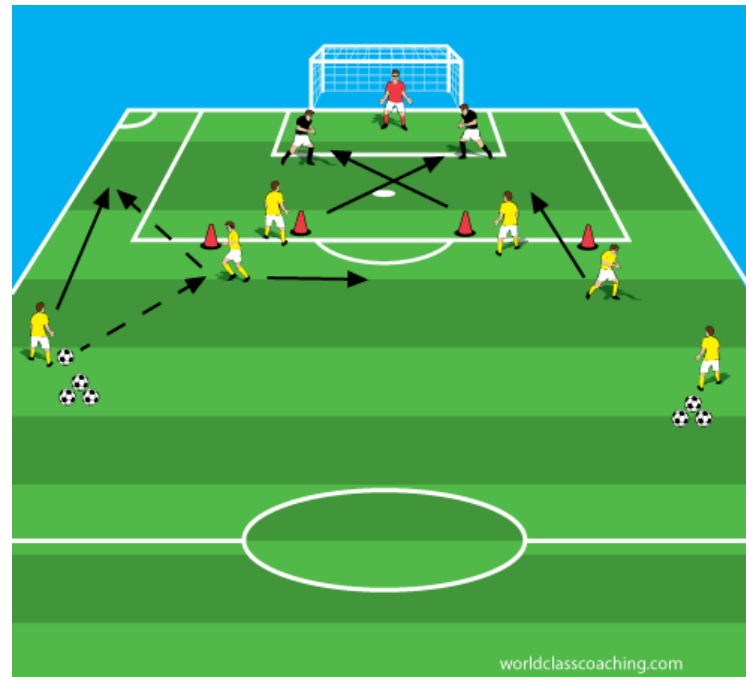
Cross

A central midfielder complete a wall pass with an attacker and passes to flank player who is moving down the line to cross for two attacker against two defenders. The drill needs to be done with an intense speed of play while varying sides.



Cross or Long Distance Shot

The activity starts with flank player who passes the ball to a midfielder. The midfielder can complete a wall pass to flank or assist the attackers a long distance shot. The activity has to be done with an intense speed of play and while varying sides.

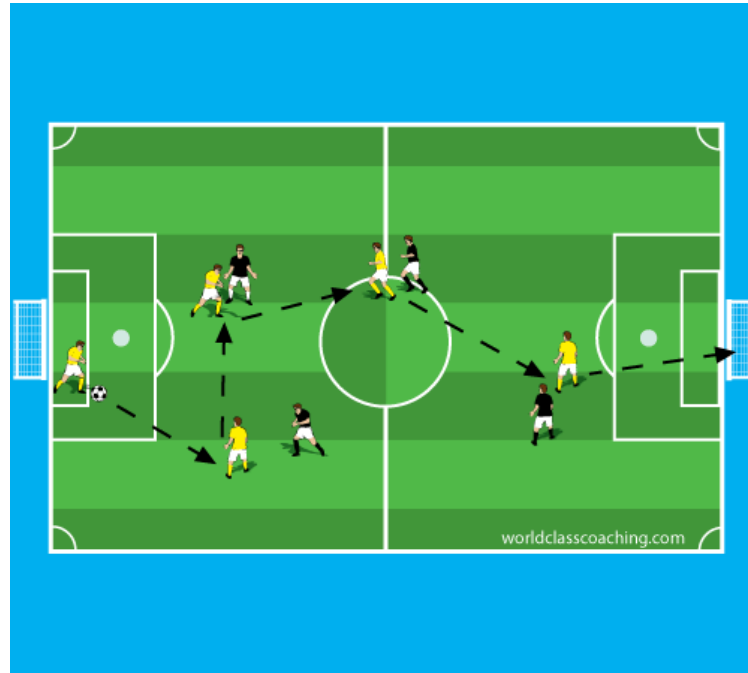


Build Up the Attack

The coach will set up a progression of passes from defense to attack until the finishing, using the attacking formats practiced before. Each sequence is repeated 5 times and then changed. Passive defenders are used. An example of the sequence is shown in the diagram: goalkeeper to right flank, to defender, to central midfielder, long pass to infiltrating attacker.

Development

Make the defenders active.



Coaching Point

Vary the pace of the game, simulate the strengths and weaknesses of the opponent you will play on the weekend. Example: if their defense is weak in the air, use a progression for crosses.

Cool Down

Stretching

Week 10
Session 2

Main Aim

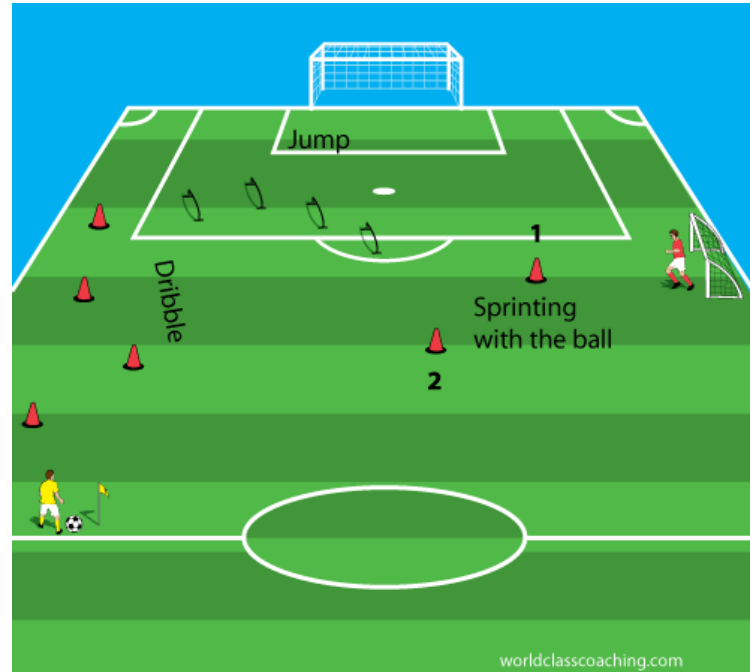
Fine tuning technique of finishing

Warm Up

Coordination circuit with finishing. Player will execute different tasks, finish in mobile goal and finish in normal goal straight away.

Development

Non preferred foot, high shots, shots on the ground, diagonal shots, straight shots, etc.

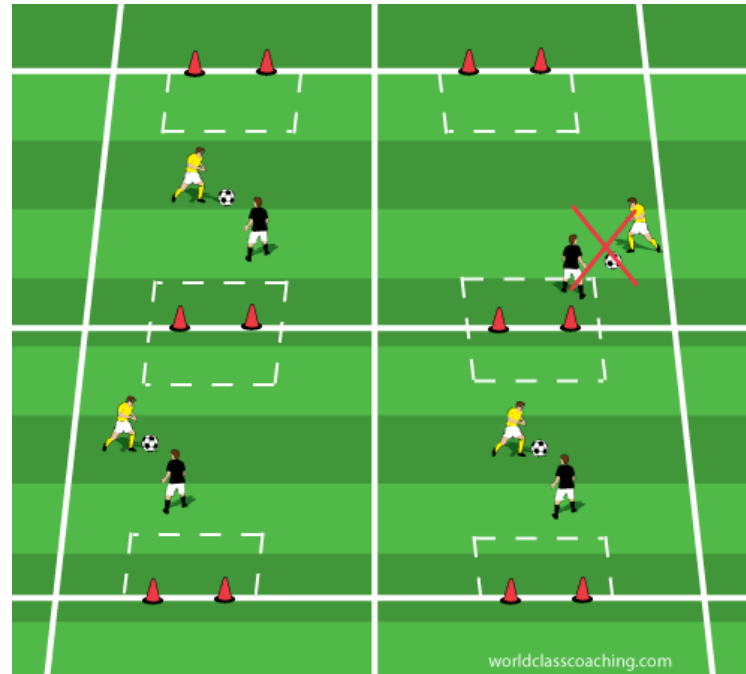


Goal to Goal

In a 20 x 10 meters 1 v 1, beat opponent or find the gap to finish in goal. Players cannot be in the goal area.

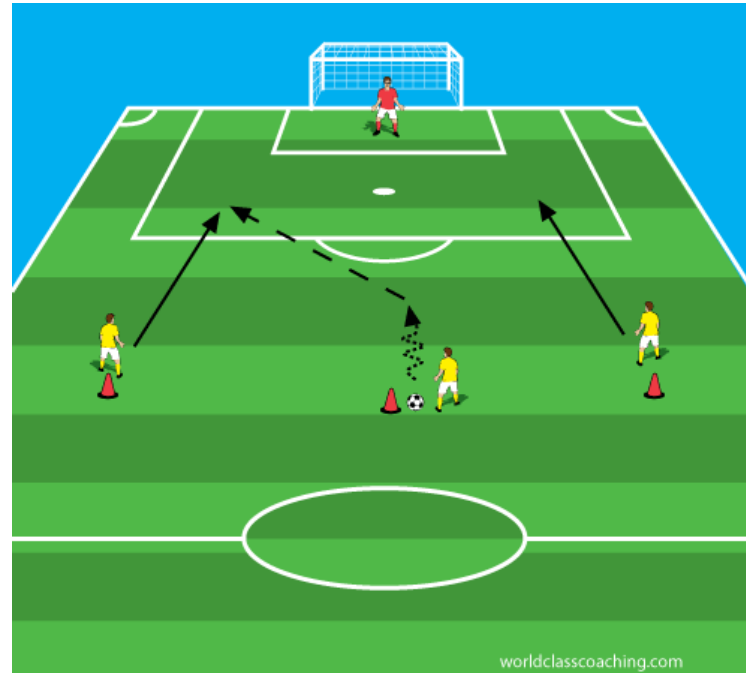
Development

Play 2 v 2



Assistance

3 v GK. Player with the ball will fake the pass to one player and pass to the other player for a direct shot.



6 v 6

Playing on half of the field. One team goes for the regular goal and can only score from outside the goal area while the other one scores in 2 mini goals on the halfway line.



Full game - 11 v 11

Keep statistics on finishing effectiveness for both individuals and teams.

Cool Down

Free kick contest.

Week 11

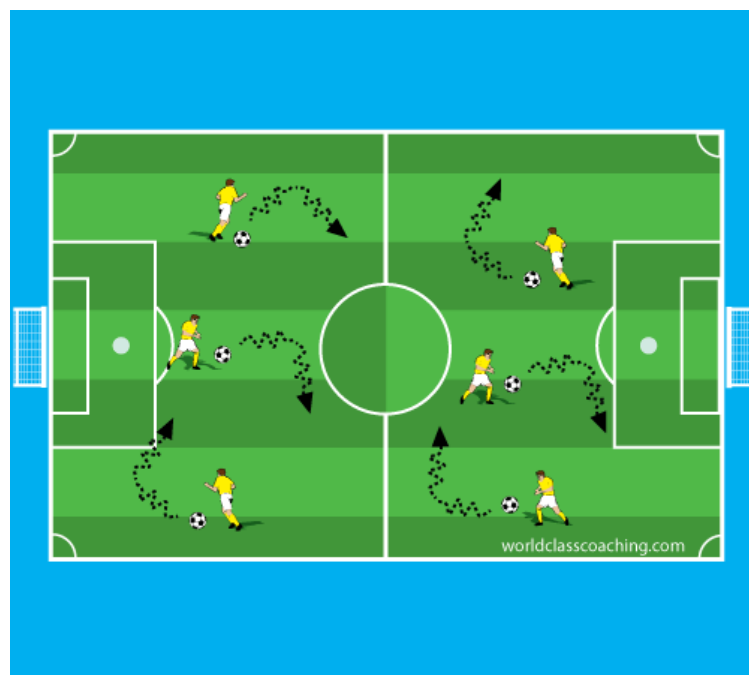
Week 11
Session 1

Main Aim

One on One situations.

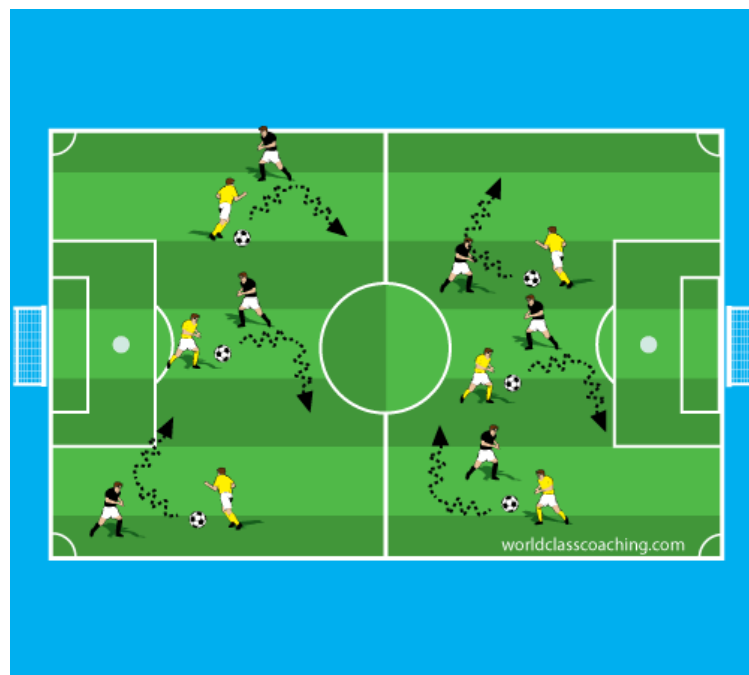
Warm Up

A ball with each player. At coach's whistle players change pace and direction.



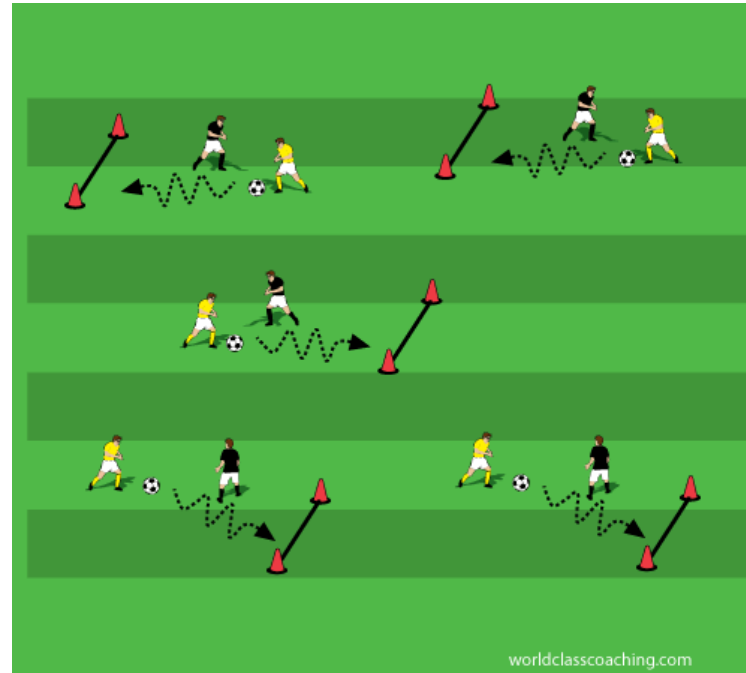
Progression

Same as before, but with a shadow defender. At pace, the defense is passive, when the coach asks to speed up, defense gets tight.



Lateral Line

Attack against defend. One will try to beat the other to cross a lateral line. Whoever crosses the lateral line scores a point.



Coaching Points

Fakes, change of pace, speed, objectiveness, dribble forward, body language.

One on One to Finish

Starting from different points around the goal area, one attacker at a time will go one on one against a defender, beat the defender and finish. Players rotate within the positions from 1 to 7. If defender gets the ball, he has to cross half way line.

Development

Players will do more repetitions at their specific position (right flank on the right, offensive midfielders through the middle).



Numbers Game

Each attacker and defender has a number. The coach calls a number and the attacker will try to beat the defender and finish in the goal, while the defender will try to cross half way line. Both the halfway line and endline can be used

Development

Coach calls 2 players.



Cool Down

Free style contest.

Week 11
Session 2

Main Aim

Turning and Finishing

Warm Up

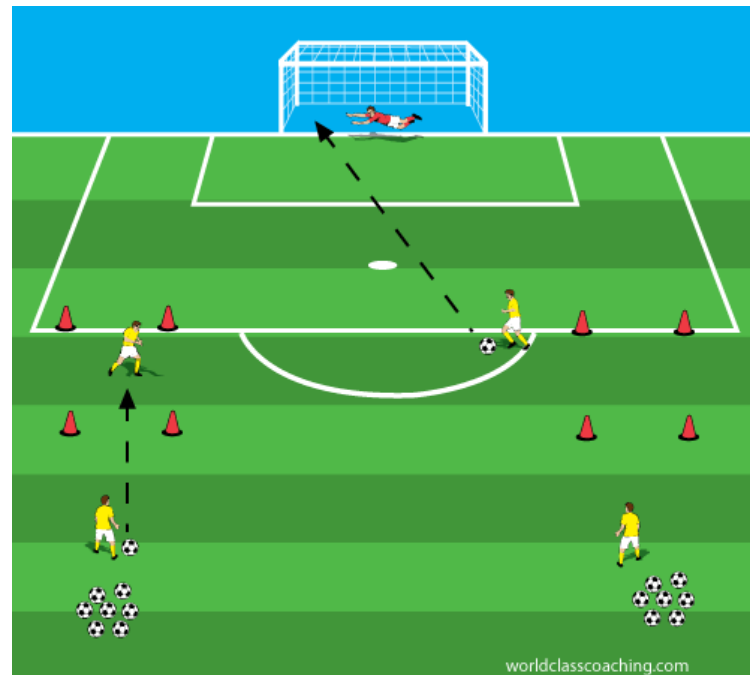
Already done with physical trainer

Turn and Finish

Pass to attacker for him to turn and finish in two touches, varying the sides.

Development

Fake one side and turn to the other.



Coaching Points

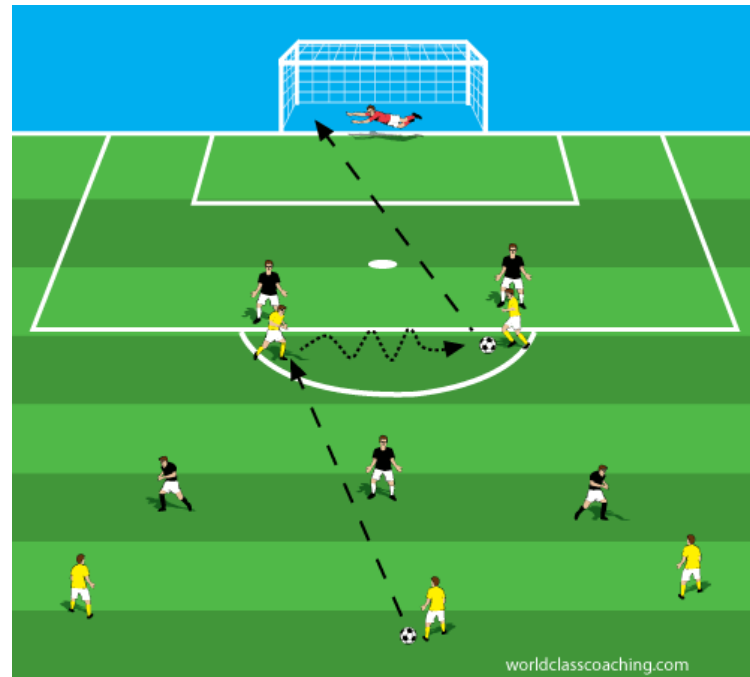
- Balance
- First touch

Turn and Finish with Defenders

Same as above, but with passive defender.

Development

Active defender



5 v 5

3 midfielders + 2 attackers against 5 defenders, playing on a reduced field. Midfielders feed the attackers. If a goal is scored after a turn, it's two points. The Defenders have to steal the ball and cross halfway line to score a point.



Coaching Points

- Offensive: find the gap, movements of the forwards
- Defense: shut the gaps, hold the forward.

Cool Down

Jogging

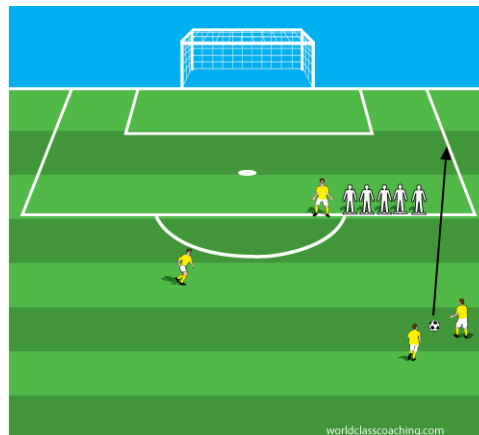
Week 12

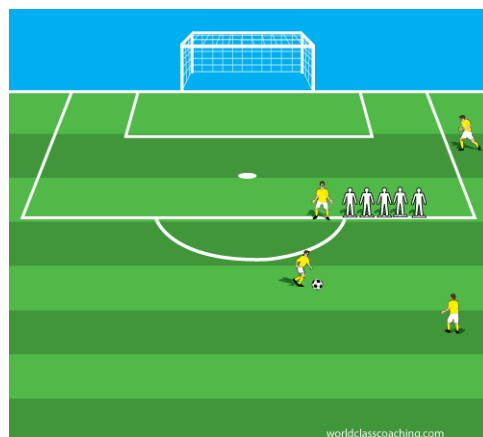
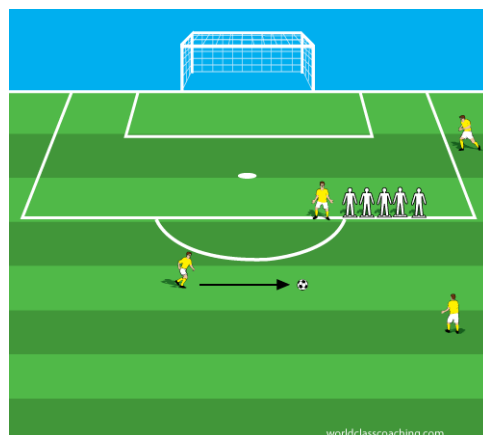
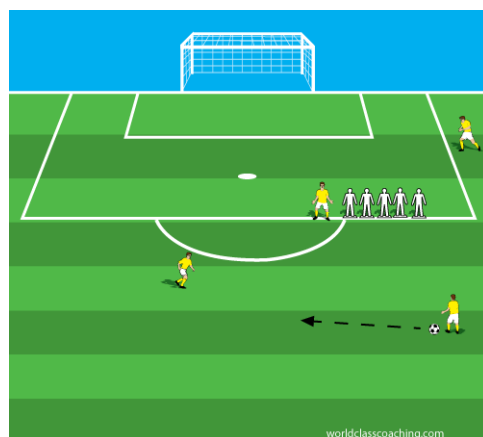
Week 12
Session 1

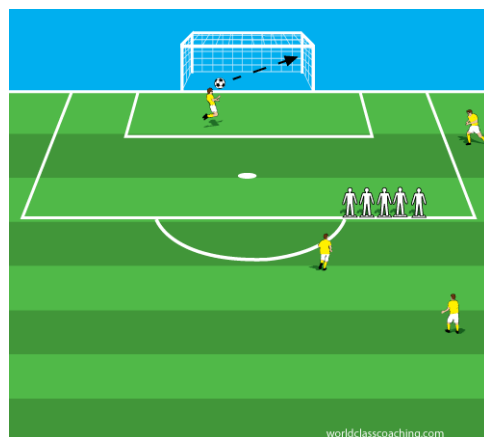
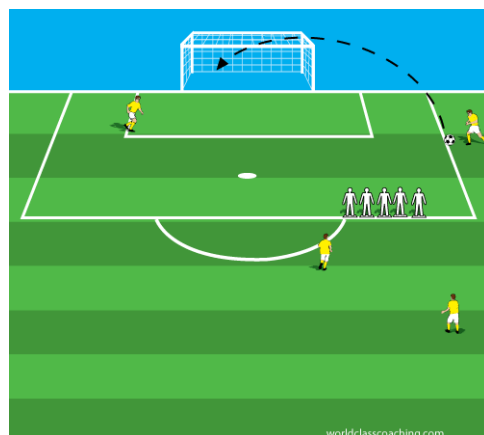
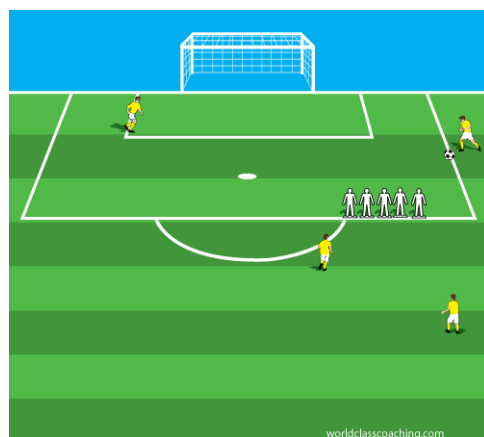
Main Aim
Dead Ball Situations

Warm Up
Done with the physical trainer

Free Kick Set Up
Example: two players on the ball, one player goes down the line, the ball is passed to midfielder who flicks the ball over the wall for the wide player to cross.

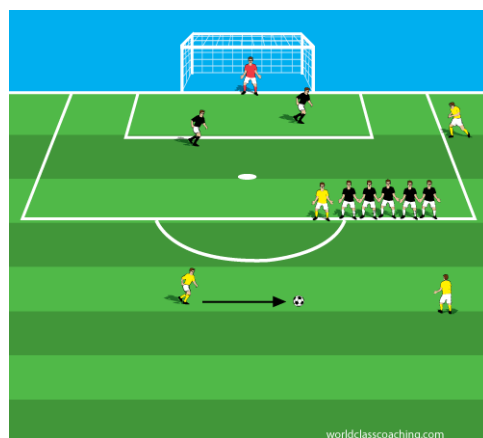
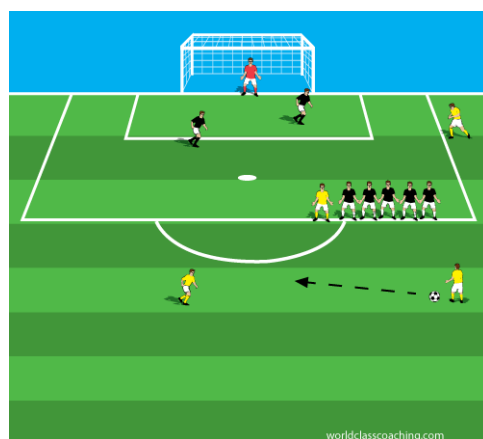
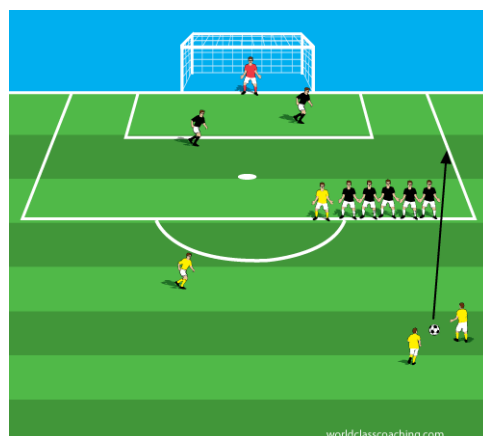


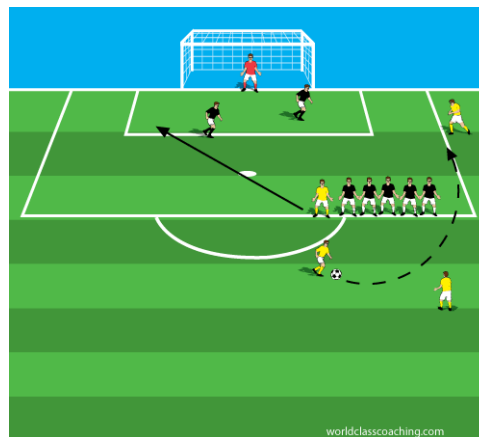


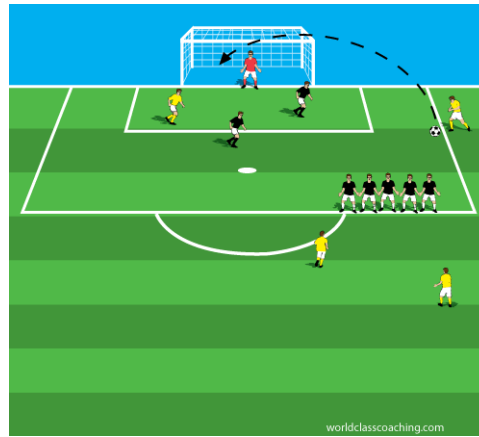


Development

Same as previous, but with defenders.





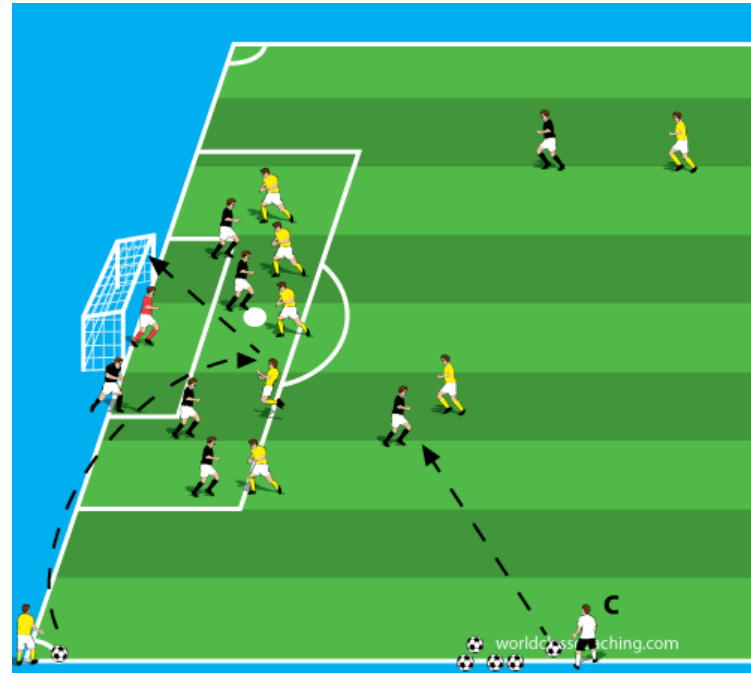


Counter Attack from Dead Balls

After the corner is taken (also with a set move) the coach feeds the defensive midfielder (light) to push the counter attack.

Development

Same thing for free kicks.



Full game

Every dead ball is repeated 3 times.

Cool down

Imagery of set moves.

Week 12
Session 2

Main Aim
Organized attack

German Training

Three teams of five players on a reduced field. The grey team attacks the dark team. If they score, they will attack the light team in the other goal. If the dark team gets the ball, they attack the light team.



Coaching Point
Organise the attack, vary the attack.

Side Attack

A three quarter field divided in half with a left and right side and four goals. Two teams of 8 players play, with 4 players in each side. A maximum of five passes can be done at each side. The sixth pass has to be made to the other side.



Coaching Point

- Vary the attack
- Switch the ball
- Use the width

Full Game

11 v 11. Attacking variations

Cool Down

Stretching

Week 13

Week 13
Sessions 1 and 2

Main Aim
To play as a team

Warm-Up
American football. Move as a team.

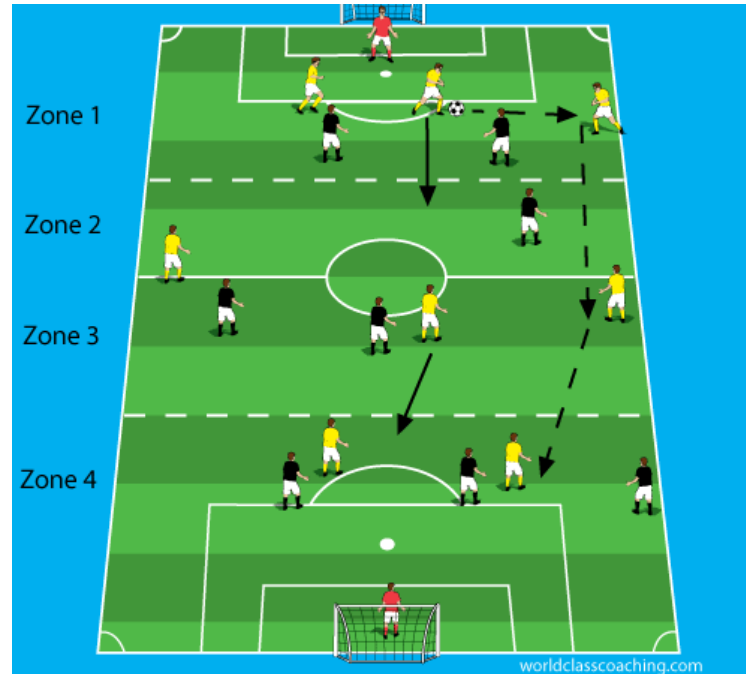
Sectors Game - 11 v 11
Normal game with players allowed to play only in their sector. Only two touches allowed in defense, one touch in midfield and free in attack.

Development
Gradually, the coach allows midfielders to get into the offensive zone.



Progression

Field divided into four zones. Two teams play 9 v 9 with three players in each zone. As the team moves forward or backward there has to be always 3 players in each zone without gaps. Only zone 1 and 4 can be empty. If it happens to have less than 3 players in a zone, it's a free kick.



Coaching Points

- Move as a team
- Communication

Halfway Game

A normal 8 v 8 game. In attack all players have to be over half way. In defense all players have to drop behind half way. If a team takes more than 10 seconds to cross half way line it's a penalty.



Coaching Points

- Move as a team
- Communication

Cool Down

Pool

Week 14

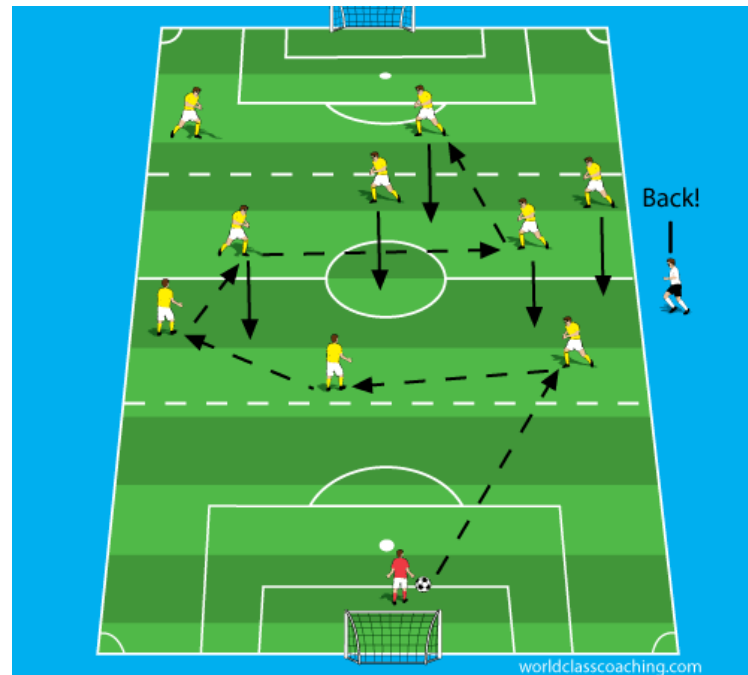
Week 14
Session 1 and 2

Main Aim
Compact the sectors

Positional Group Recovery

The field divided into 4 zones as a reference. The goalkeeper releases the ball and it is passed from defense to attack and the team has to move together. The coach makes a call, as if they had lost possession of the ball. All players have to recover as a team.

Film the team movement, if possible, from a higher level.



Coaching Point

- Coach to correct individual positioning of the players
- Vary defensive attitude: pressure, half pressure, halfway

Situational Group Recovery

11 v 11. The white team attacks as a team. At coach's call another ball is played for the dark team forcing the light team to recover also as a team.

Development

Start the activity from another game situation: free kicks, corners, etc.



Coaching Points

- Positioning
- Speed of recovery.

Full Game - 11 v 11

Divide the field into 4 quarters. The coach establishes a goal for each team. Example: light team will defend at the first two quarters of the field and can only steal the ball if all players are within these quarters. The dark team will use the two intermediate quarters of the field or a more forward positioning.



Coaching Points

- Sweeper, last man
- Pressure on the ball
- Off side, vary the attack
- Infiltration
- Long distance shots

Cool Down

Stretching