

Training Sessions

Somersall Rangers 10 Week Programme



Back to Basics

Back to Basics Technical Programme for 10 Weeks

Individual Technical Points to be Constantly Reinforced over the 8 weeks in the game related practice

- ✓ Understanding the basic technical drills
- ✓ Reviewing the technical levels within the team
- ✓ Understand the players +ve and -ve including player survey
- ✓ Plan, do, review for the next session planner in 2019
- ✓ Reviewing how we coach? – Command, question and answer, observation and feedback, guided discovery, trial and error.

Programme 1 to 5

Week 1

Hand Ball
Out of Possession - Pressing

Week 2

Hand Ball
Out of Possession – Defending

Week 3

Wimbledon
In Possession – Shooting from Distance

Week 4

Game Related Cards – Countries (Styles of Play)

Week 5

Passing Weight
In Possession – Long Passing

Programme 6 to 10

Week 6

Soccer Nuts
In Possession – Short Passing

Week 7

Hand Ball
Out of Possession - Pressing

Week 8

Bomber
In Possession - Turning

Week 9

Game Related Cards – Countries (Styles of Play and Game Scenarios)

Week 10

Game Related Cards – Individual Skill Cards and Game Scenarios



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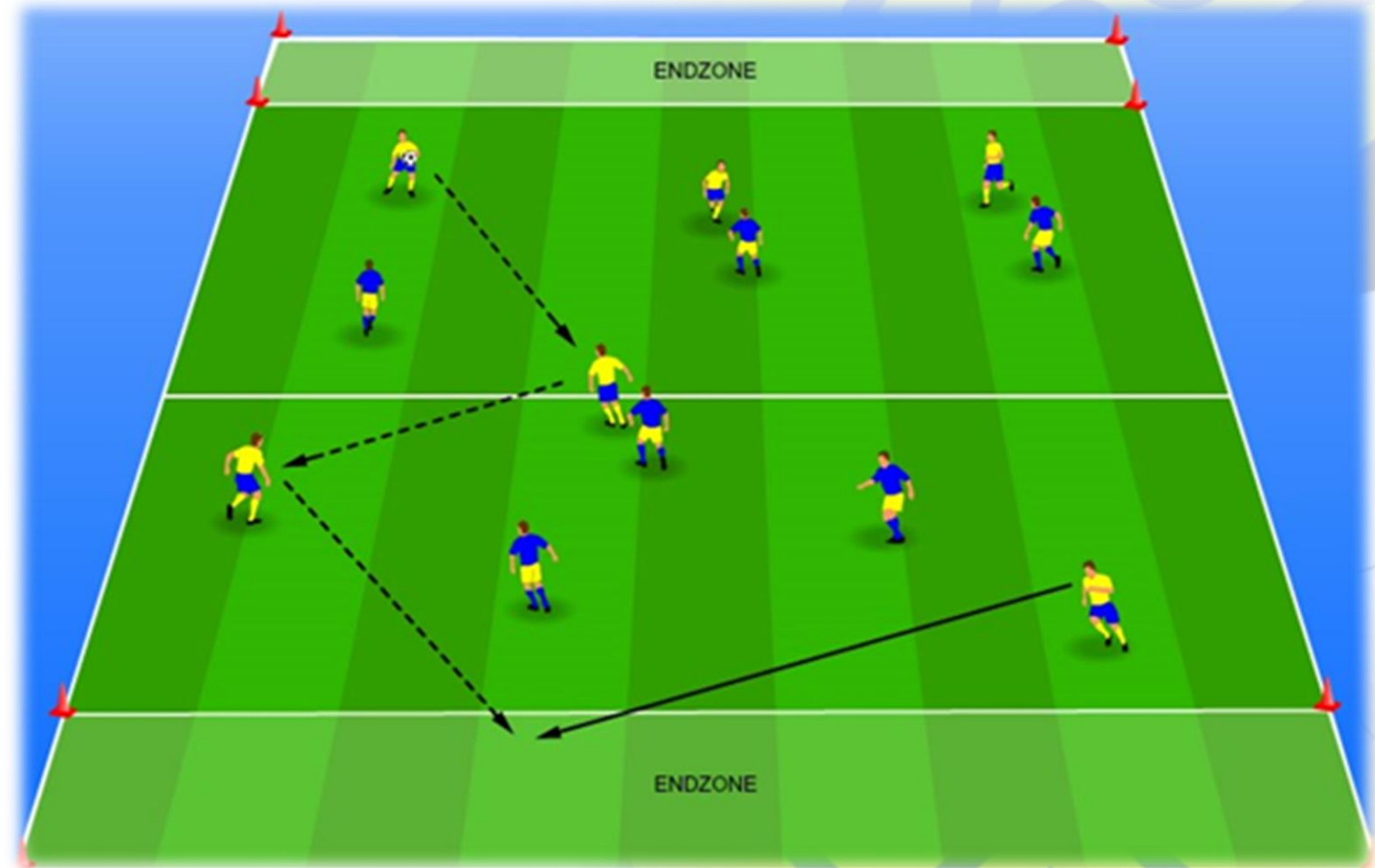
Arrival Session

Hand Ball

- Possession keeping game where all passing is with the hands by throwing and catching.
- Teams score a point for every 10 passes they make without losing the ball.
- The fact that the ball carrier cannot run with the ball in hand means the other players will all need to move a lot to create space.
- The opposition team can intercept the pass or collect loose balls but can't tackle a player with the ball in the hand.

Progression

- End zones brought in and can be multi-directional



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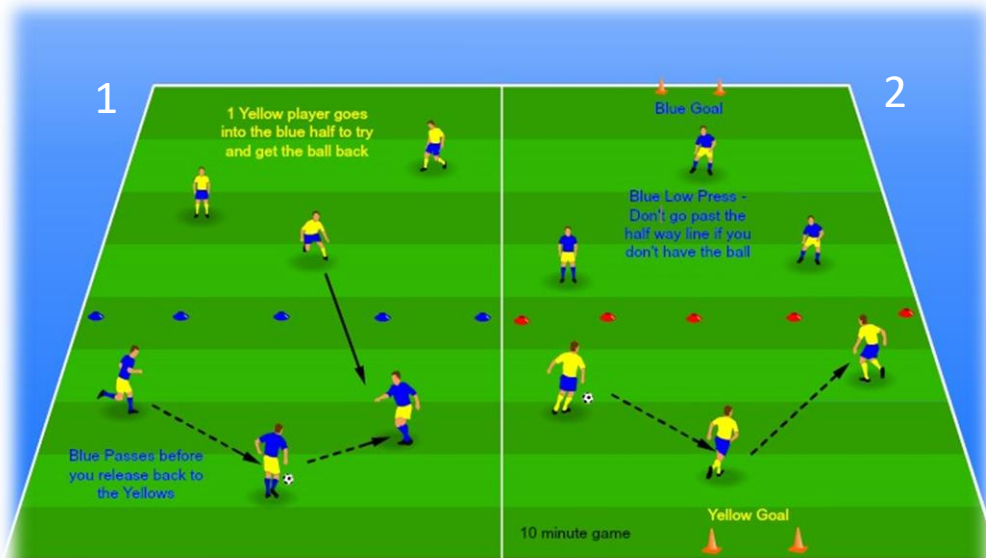
Out of Possession - Pressing

Technical Practice (Constant)

- See information related to out of possession defending

Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Skill Practice (Variable)

- (1) 3 players in each half, blue team put three passes together before passing to the yellow team who do the same.
- Continue, with one of the opposition players coming into the other half to do a high press when the team has the ball.

Points

- ✓ Defenders should work on the angle of approach to try and force the attacker in one direction - acting with caution, before committing to the tackle.
- ✓ Defenders should be prepared to jockey and be patient and if beaten they should try and recover.
- ✓ Defenders should also consider - has the attacker got a weaker side or a stronger foot?

Progression

- Two players from the opposite team at a time go in to press.

Game Related Practice (Random)

- Cones at either end for small goals, using a small area, domes across the half way line. Spare balls at each end. Play various 3 v 3 games

Points

- ✓ Different types of pressing
- ✓ How does that make both sets of players feel?

3 Game Scenarios (Progression)

- (2) Low Press – Blue team not allowed to press in the opposition half.
- (3) 2v2 and 1v1 to show team and individual pressing.
- (4) High Press – Yellow team allowed to press in the opposition half.



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Out of Possession - Defending

Technical Practice (Constant)

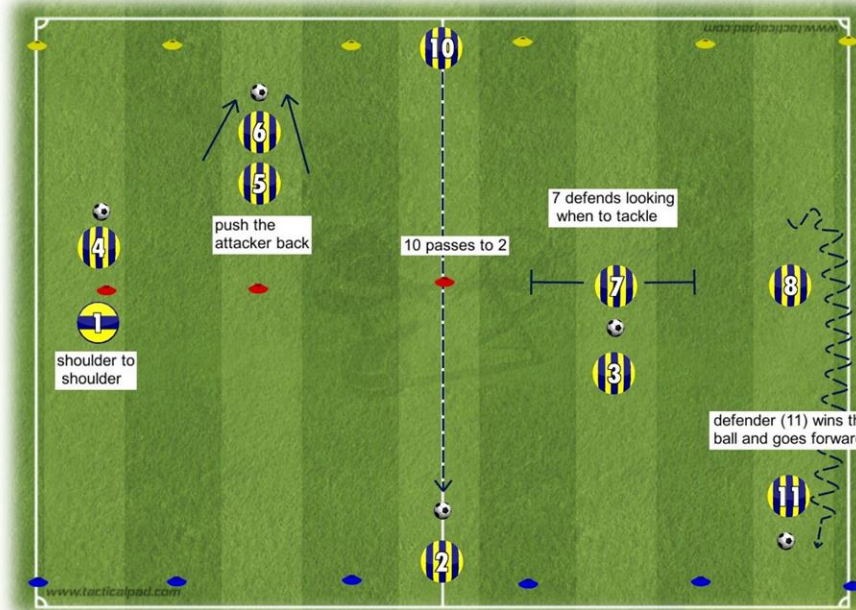
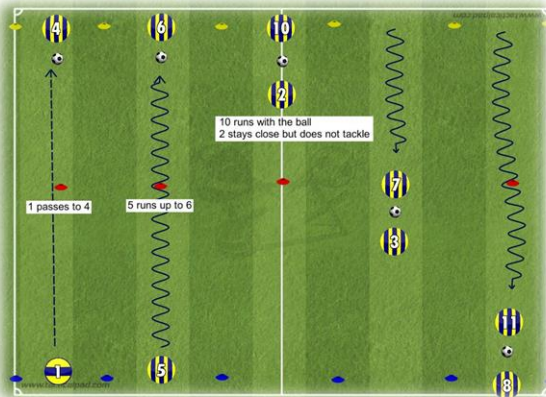
- 1 ball per pair, each player takes it in turn to drive towards the passive defender opposite and reach the other line
- Once they are there drill repeats with now other player becoming the passive defender.

Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards

Progression

- Defender needs to think about body shape/angle/distance away from attacker. can we force them to an area? weaker foot?



Skill Practice (Variable)

- Both players start in the middle, shoulder to shoulder, can we force the attacker (who has the ball) back towards the goal.
- Think about if they start turning how can the defender turn them back.

Points

- ✓ Body position
- ✓ Patience not rushing in
- ✓ Stay on your feet
- ✓ Win the ball cleanly
- ✓ Enthusiastic to go forward

Progression

- Pass to start and then the attacker will attack, once past the halfway line the attacker cannot go back.
- When the attacker is coming at the defender can they look to get the ball and go forward.

Game Related Practice (Random)

- 2 small sided (4v4 and 3v3) games 1 v 1 personal marker, personal competition, stop your player scoring.
- Win the pitch, win the battle, don't let your player score
- Make it as hard as you can to not get beat on the ball
- If you win the ball can we attack and score.
- Stop your player scoring.
- Progress to 3v4 (Lesser number focus on how they can defend).

Key Points

- ✓ Awareness.
- ✓ Be in a position to stop the passes (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Win the ball cleanly.

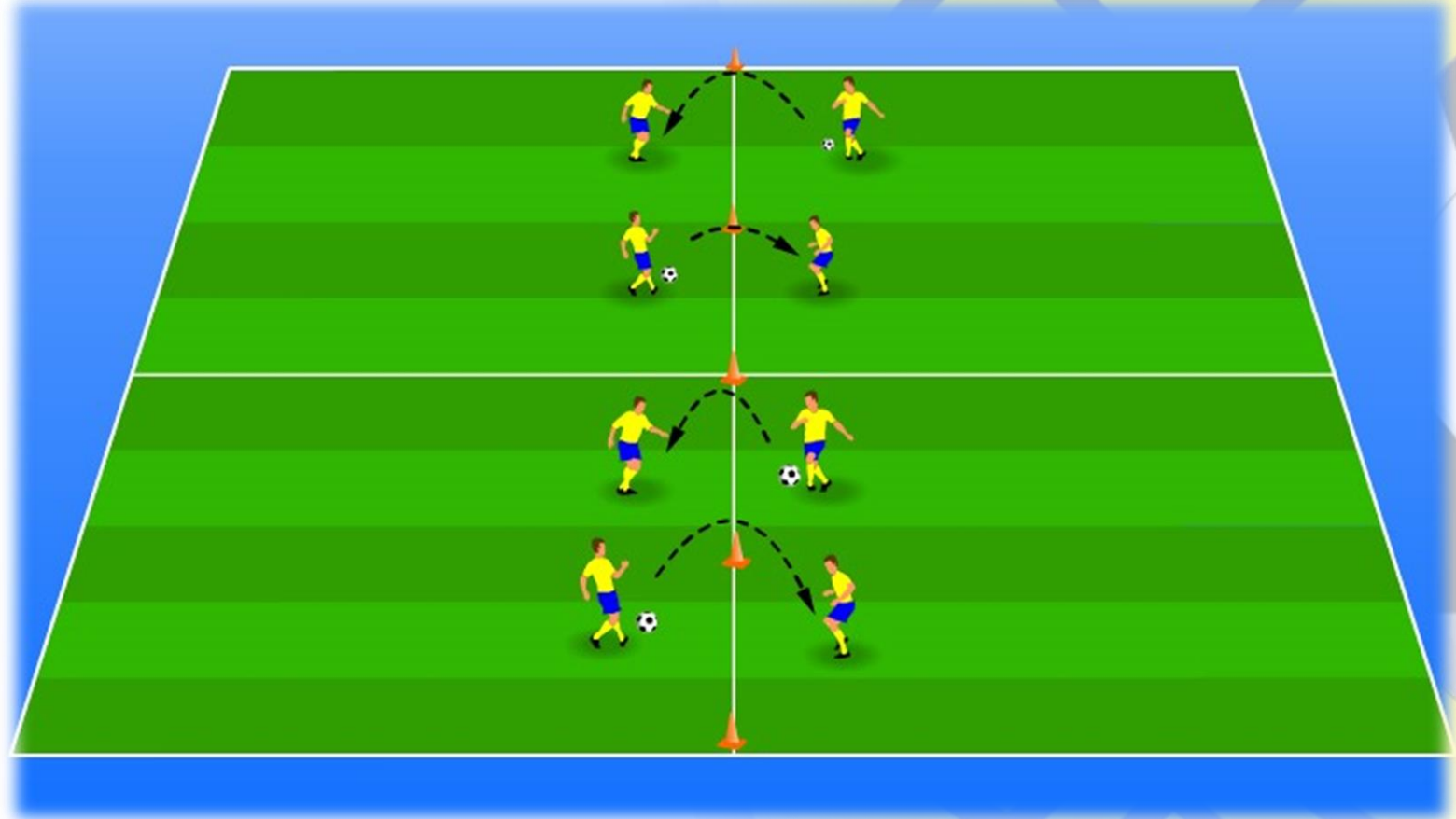


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Arrival Session

Wimbledon

- Marked area appropriate size for age, 6 cones, 1 ball between 2 players
- Using the scoring system from tennis, players pass, volley or head the ball to the opponent's side of the court / area over the net (or coned area).
- Each player is allowed three touches and 2 bounces before knocking the ball over the net.
- Allow more or less touches and bounces
- Increase / decrease the size of the area



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In Possession - Shooting from Distance

Technical Practice (Constant)

- 3 players start and each have 3 attempts at hitting the crossbar.
- Each player recalls how many times he has hit the cross bar. Once he has completed they set the balls for the next 3 players.

Points

- ✓ Shoot with laces
- ✓ Shoot with side of the foot
- ✓ Add swerve
- ✓ High or low shots
- ✓ Chip

Progression

- Person throws the ball in with one bounce
- Person rolls the ball in to the attacker
- Person bounces the ball in to the attacker



Skill Practice (Variable)

- One player at a time, count down by coach for them to dribble and score before its gets to ZERO
- Make sure they either use side foot for accuracy and inside of foot for power, get to the area quickly and set before shooting.

Points

- ✓ Assess where the goalkeeper is
- ✓ Positioned
- ✓ Angle of the shot
- ✓ Foot and body shape
- ✓ Power or accuracy

Progression

- One player at a time, pass to the coach and lay off to the attacker to shoot.

Game Related Practice (Random)

- Goal at either end, pitch coned out in a diamond shape. Spare balls at each end. Play 4v1 (or 4v2 dependant on numbers and standard of players) in each half.
- Gk feeds players who shoot at distance as early as possible.

Points

- ✓ Being aware of the pressure of the challenging player
- ✓ Players need to concentrate
- ✓ Remain composed when striking the ball

Progression

- Before shooting, ball must be passed to target man in opposite half who 'sets ball back' for a long range shot.



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Game Related Scenarios

PLAY FORWARD

Try and move the ball quickly as a team to create chances to pass or run the ball forward.



INVENTIVE ROTATION

Try and swap positions with a teammate in order to receive a pass or create space for a teammate to move into.



COUNTER WITH STYLE

Try to attack quickly when you win the ball back. Try to outnumber the opposition when attacking, but also think about defensive cover.



DEFENSIVE PRESSURE

Try to win the ball back by pressurising the other team when they have the ball in their half.



CREATIVE POSSESSION

Try and get more players around and near to the ball than the other team. This will give you more options to keep possession.



CREATIVE FINISHING

Look at the position of the goalkeeper and try different ways of shooting at goal that might give the goalkeeper a problem. You might try a nutmeg or a chip.



FLAIR AND FLAMBOYANCY

What different moves and skills can you try with the ball that will help you beat an opponent.



DEFENSIVELY ORGANISED

Try to stay close together when defending in order to win the ball back.



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Arrival Session

Passing

- Each player has a ball.
- The players face a line drawn on the pitch a certain distance away and then each one strikes the ball to try to get it to stop as close to the line as possible.
- The closest to the line wins a point
- The game consists of several rounds.



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In Possession - Long passing

Technical Practice (Constant)

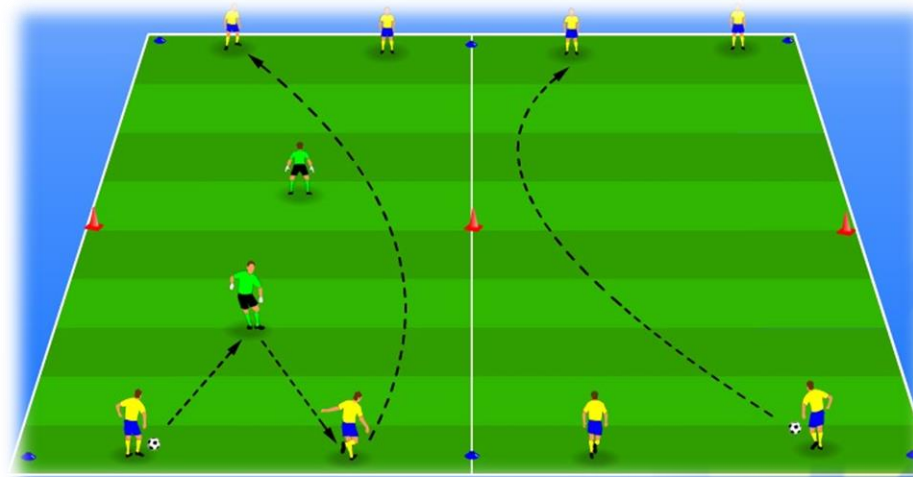
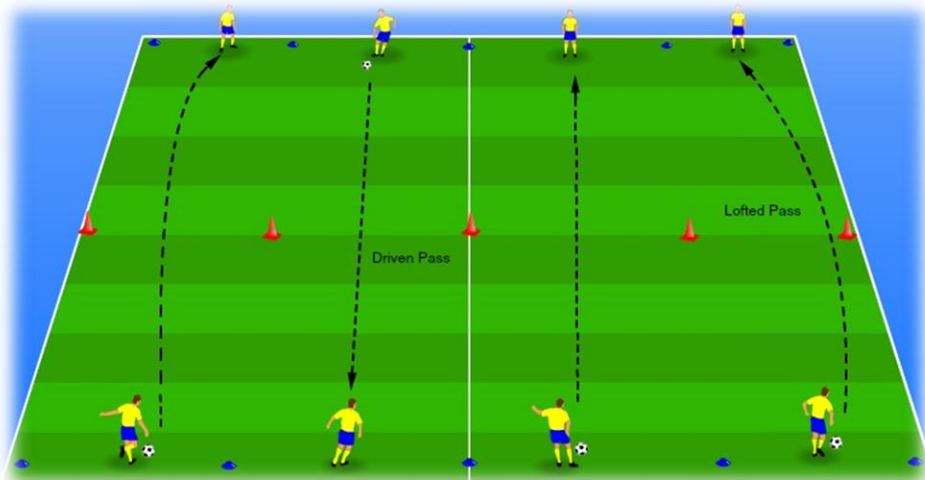
- Players face each other and then make a pass to other end.
- Use different styles or formats - Driven, lofted passes, demo... Challenge

Points

- ✓ Angled approach
- ✓ Lean back slightly
- ✓ Strike with the laces
- ✓ Strike bottom half of the ball and a vertical line that bisects it
- ✓ Firm ankle, extend the kicking foot
- ✓ Sweep through and across the ball
- ✓ Non-kicking foot diagonally behind the ball but not immediately next to it
- ✓ Head steady

Progression

- Can they keep the ball in their area
- Split into 4s



Skill Practice (Variable)

- Put one player in each of the middle two zones.
- The player at the end sidefoots a pass along the ground to the centre of the playing area, where the nearest player returns it on their second touch.
- The player at the end controls it, then hits a lofted pass/driven pass to the far side
- The soccer drill is repeated at the opposite end.

Points

- ✓ Type of pass – driven, lofted
- ✓ Movement with and without the ball
- ✓ Decision making
- ✓ Creating space to receive
- ✓ Ball retention

Progression

- The middle player runs towards the player at the end to exert some pressure after hitting the return pass.
- Lofted pass can also be hit first time.

Game Related Practice (Random)

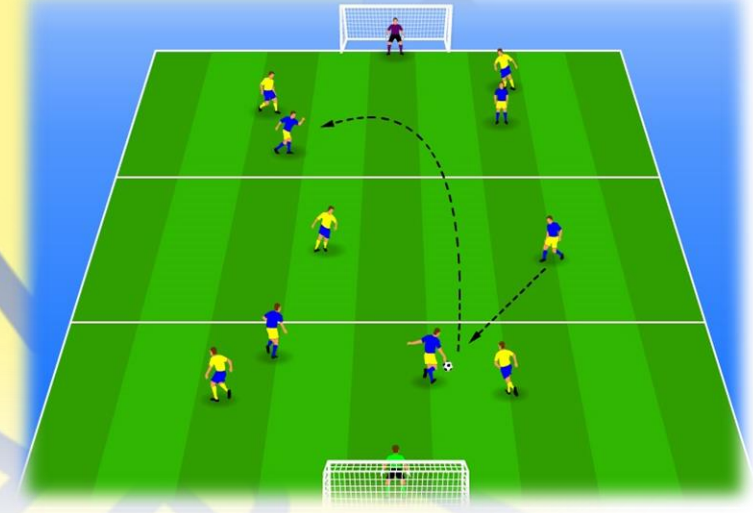
- 2 keepers, 2 floaters who play for any team in possession, 4v4 outfield
- Condition the game so that a pass to the final third can only come from the first third. if ball in middle, it must be passed back.
- Coaching only one team

Points

- ✓ Accuracy of pass
- ✓ Co-ordination
- ✓ Movement
- ✓ Team work
- ✓ Decision making

Progression

- If attacking team scores without using floaters this will be two goals
- Always play out from the keepers



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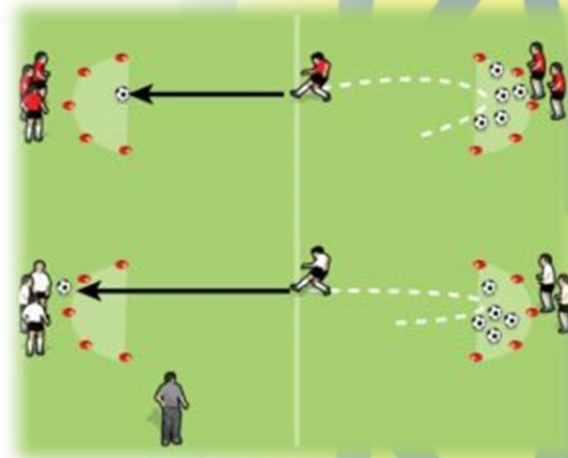
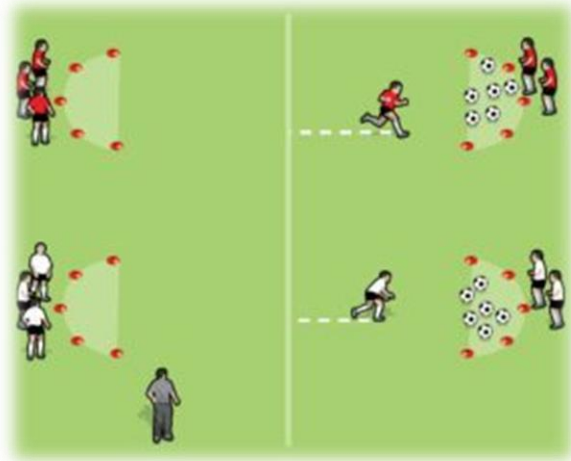
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Arrival Session

Soccer Nuts – Weight of the Pass

- Six balls are stored in one of the semi circles of cones
- The first player starts in the centre between the cones. On your call they sprint to the full nest, steal a nut and run back to the centre where they attempt to pass into the nest opposite.
- The ball must stop within the semi circle to count. Any ball that misses the nest will need to be collected before the next person goes.
- If a player misses the nest they must sprint and collect the ones that got away and place it in the nest. This will cost them vital time.
- Once the first player has tried to steal all of the nuts, the second player comes in and repeats the drill in the opposite direction using only the balls that landed safely in the nest.
- When each player has had their turn, the team with the most nuts in the final nest wins.



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In Possession - Short passing

Technical Practice (Constant)

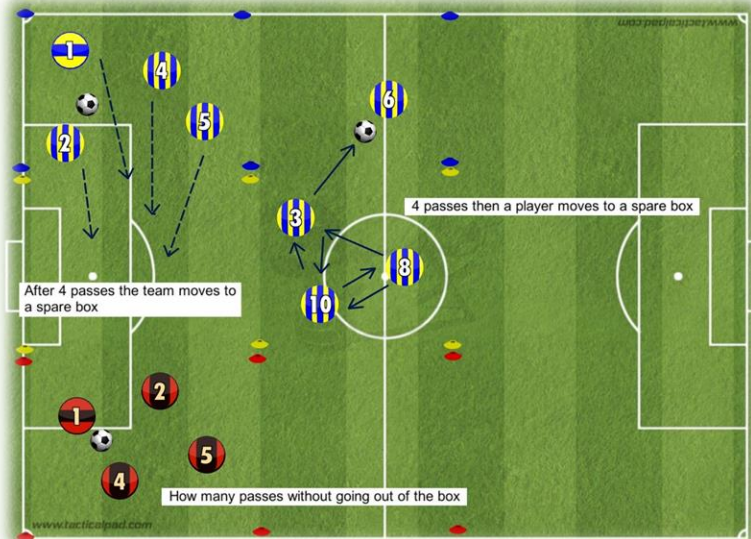
- Set up 6 number squares.
- 3 Teams of 4 in separate squares with a ball each.
- Teams play by passing to each other and keeping it in the box.

Points

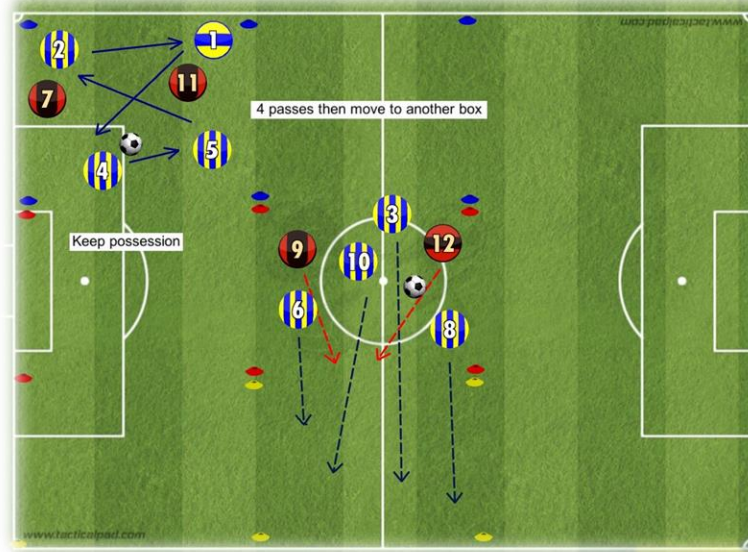
- ✓ Weight of the pass
- ✓ Accuracy
- ✓ Ball control
- ✓ Foot contact inside of the foot and outside.

Progression

- 1 player from each team will make a run into an empty square to receive the ball after four passes
- The team all then move into an empty square.



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Skill Practice (Variable)

- One of the teams is split into two so it becomes 4v2 in a square.
- Keep the ball on the ground
- Stay away from pressure and keep the passes short
- Encourage players to play away from pressure

Points

- ✓ Type of pass – inside, outside, toe poke
- ✓ Movement with and without the ball
- ✓ Decision making
- ✓ Creating space to receive
- ✓ Ball retention

Progression

- After four passes teams can move into an empty square.
- Players must support when switching areas
- Change the teams around

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Game Related Practice (Random)

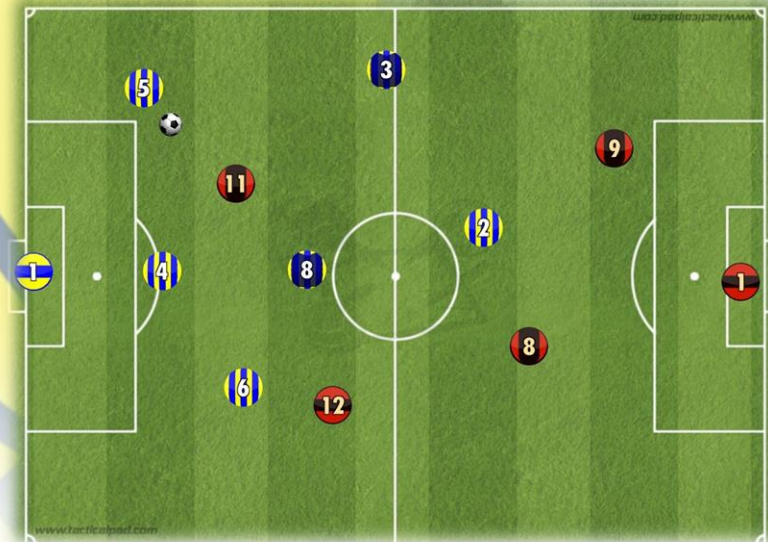
- 2 keepers, 2 floaters who play for any team in possession, 4v4 outfield
- Coaching only one team

Points

- ✓ Overlaps
- ✓ Short bursts
- ✓ Timing of the pass

Progression

- If attacking team scores without using floaters this will be two goals
- Always play out from the keepers

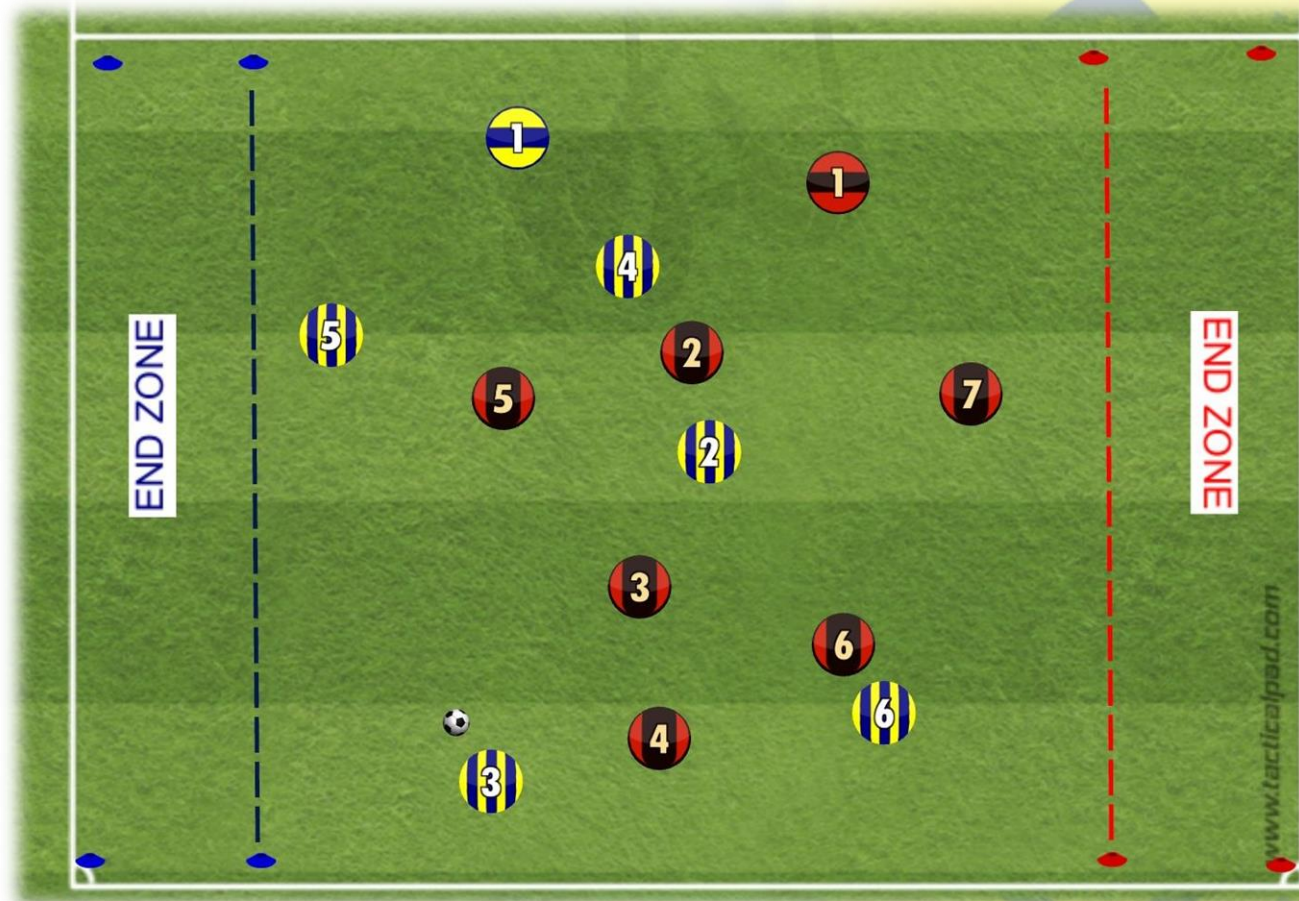


Learning

Arrival Session

Bomber

- Possession keeping game where all passing is with the hands by throwing and catching.
- Teams score a point for every 10 passes they make without losing the ball.
- The fact that the ball carrier cannot run with the ball in hand means the other players will all need to move a lot to create space.
- The opposition team can intercept the pass or collect loose balls but can't tackle a player with the ball in the hand.



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In Possession - Turning

Technical Practice (Constant)

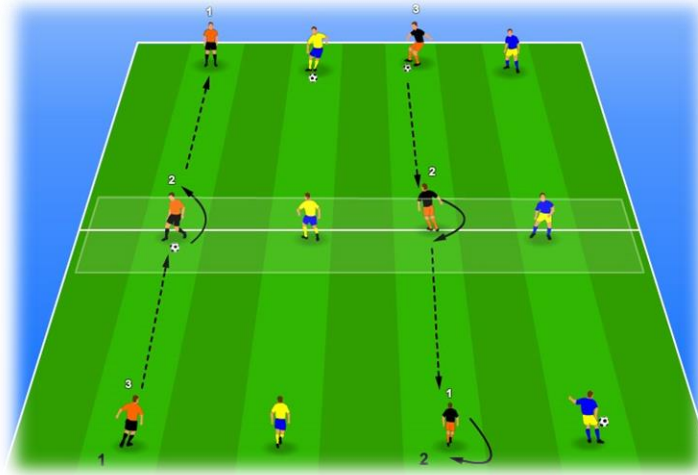
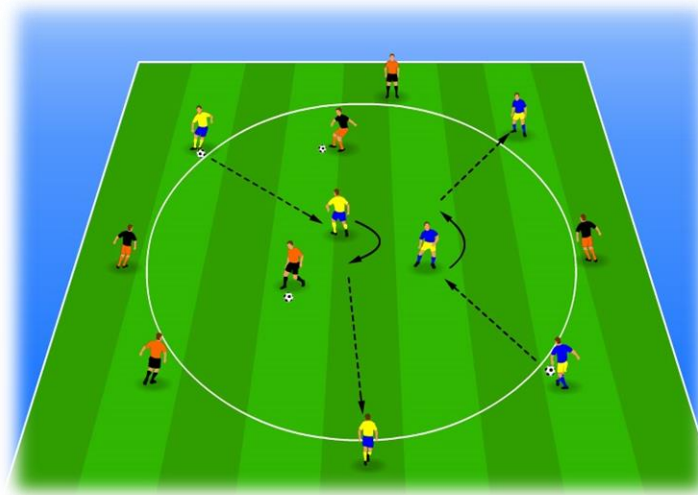
- In an area 20m x 5m player 3 starts the exercise passing to player 2 in the middle, who performs a turn and passes to player 1.
- Point to note, the central player has to practice at turning in both directions.
- Continue the exercise with player 1 as the next starting point. Player roles can be rotated, so all three players have the opportunity to practice turning (see diagram 1).

Points

- ✓ Good passing is still important in this exercise, as is the movement to receive, and the turning technique by the central player.
- ✓ Look for good close control.
- ✓ Central player encouraged to look behind before receiving the ball to encourage awareness – this will become important as the session develops.
- ✓ Disguising the direction of the turn.
- ✓ Maintain a low body position during the turn.

Progression

- Player 3 passes to 2, who turns and passes to player 1. Player 1 now has the option to turn away, practicing varying turns, before turning back (see diagram 2).
- As player 1 works on turning, player 2 and 3 exchange places.
- Key points as above, however need to be aware when to change roles.



Skill Practice (Variable)

- 4 teams of 3 players - two on the outside, one player on the inside of the 5 metre circle.
- A player on the outside passes to a colleague on the inside of the circle, who turns and passes on to the third player. It is up to the central player to move and look for space, showing good touch, and a sharp turn before delivering the ball.

Progression

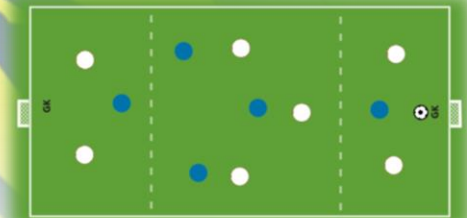
- Introduce movement of the players around the outside (this challenges the awareness of the central players).
- As in the previous practice, the player receiving on the outside can turn away and back again, while the team-mates exchange position.
- As a further challenge coaches can adjust the size of the circle

Game Related Practice (Random)

- 5 members of the blue team, trying to score, face 7 players in white whose role is simply to try and retain possession playing through the zones.
- When playing from the first zone into the central area one member of the team in white is allowed to follow the pass into the middle – but is not permitted to progress any farther.
- The whites target is to play through the zones going forward, and then returning back to the starting point.
- The blue team must attempt to win possession, and if they do they can score in either of the goals guarded by a goalkeeper.
- To progress to a game – the teams play 6 v 6, each team attacking their opponents' goal

Points

- ✓ Good movement, finding space.
- ✓ Players accepting the ball when tightly marked.
- ✓ Decision making when to turn or pass and selection of turn.



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Game Related Individual Skills



Barnes

Try two step overs with same feet



Cahill

Try to force the attacker away from goal



Sheridan

Be creative on the ball and create a goal scoring opportunity



Waddle

Try two step overs with different feet



Terry

Try to force the attacker away from goal



Ronaldino

Be creative on the ball and create a goal scoring opportunity



Modric

Quick passes from defence to form an attack



Coutinho

Can I take a player on using a skill



Bale

Try to beat three players when attacking



Bannan

Try the roulette



Maradona

Try the Maradona turn



Zidane

Try to beat two players when attacking



Lallana



Gascoigne/Lineker

Can you encourage all

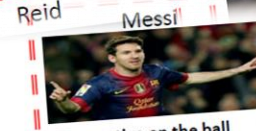


Silva



Neymar

Try to have a shot from outside the penalty area



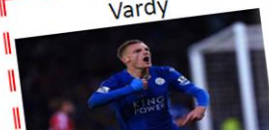
Reid

Be creative on the ball and create a goal scoring opportunity



Walker

Try to travel down the wing with the ball



Vardy

Can you turn a defender and shoot



Butcher

Encourage your player if they make an error



Walker

Try to head the ball clear in defence



Gascoigne

Encourage your team mates



Ronaldo

Try to beat a player at speed using a chop



Robben

Try to Score placing a shot



DiCanio

Show composure when in front of goal



Luiz

Try to receive the ball from the Gk quickly



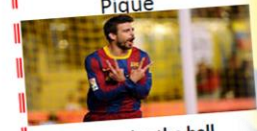
Suarez

Try to Score using a toe poak finish



Hazard

Can I take a player on using a skill



Pique

Try to receive the ball from the Gk quickly



Iniesta

Love the ball



Sterling

Try to travel through the midfield with the ball



Dembélé

Try to dribble and shoot



Rashford

Can I Run at players with pace



Pogba

Try to travel through the midfield with the ball



Lacazette

Try to score from inside the box

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