

Victor Soccer Club

“Coaching Possession – Based Soccer”

Useful Training Blocks That Will Provide Coaches with the Necessary Resources
to Build a Solid Foundation to a Successful Style of Play.

Keep It.

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A Message from the Director of Coaching

Possession is the Word - Keep it!!

Help Make Possession a Club Identity

Have you ever left a soccer field after coaching a game in which the opponent had large chunks of possession and said to yourself, "wow, I wish our team could keep the ball like that?" I've experienced that coaching moment numerous times during my 25 year coaching career. Trust me, those kinds of teams have put in countless hours of work in order to create this sort of "playing style."

Well, ready or not, it's time for the Victor Soccer Club to make an earnest effort at trying to play the way the rest of the world plays, possession soccer. I realize that this is a big task to take on with some obstacles that you may not have control over. However, I honestly feel that if we don't make this effort, we are doing our players a huge injustice at one of the most critical times in their development stages as up and coming soccer players. Each year, I travel all over the USA watching club teams play and the most obvious change that I have seen over the past 10 – 15 years in this country is that the best teams and the best players all play possession soccer. It's everywhere, at all age levels.

Our ultimate goal is to have all of our teams play with the same system and style of play, and to have a clear-cut team identity engrained in them from day one. The goal is to be like minded, thinking and moving as "one" as opposed to eleven individuals on the field. In order to do this, we as coaches must be willing to change and grow alongside the players as we adopt this "possession philosophy" as coaches. It will take some work, but I am prepared to help anyone who clearly wants to learn.

One of the biggest obstacles with creating a clear "style of play" is a lack of consistent training with exercises that carry over to "the game of soccer" itself. Exercises that replicate situations that occur during a game. A common mistake coaches make is to jump all over the place with new drills and exercises on a regular basis which quite frankly creates a problem with "training carry over" to the game field. I have always been convinced that players are a product of their environment.


In the packet I have put together, you won't find 100 crazy, complex exercises to choose from. Instead, you will find **just a few** exercises that have been proven to be successful in teaching possession soccer by some of the top clubs throughout the USA and world. **In my opinion, less is more.** Figure out your core exercises to teach the basic fundamentals and team style of play. Work them over and over and over again. Demand perfection and execution in training. Once it becomes clear on a consistent basis that they have mastered it individually and collectively, you can add layers of complexity. Until then, stick to the same things and over time you will see the results pay off.

A good coaching philosophy to adhere to is one used by Claudia Reyna, Director of Soccer Operations for New York City FC: **learn to play first, then learn to win later.** Coaches should encourage the youngest players to string passes together and heap praise upon them when they are able to keep possession. Remember, for youth soccer players scoring goals isn't always the answer.

Playing possession soccer will pay off in the long run, even if it doesn't get results at the youngest levels. When players reach advanced or higher levels, the direct, long-ball approach will, to a certain extent, become ineffective. To a well-coached team, it's a predictable strategy and a particularly futile one when the team no longer has a size advantage.

I hope you will embrace the coaching challenge I am proposing. There will certainly be moments that will challenge your coaching patience and coaching knowledge in order to get to where we would like to be as a club. I completely understand this and will help you in any way I can. However, just like you want your own players to grow, I want you as coaches to grow as well. If this happens, it's a win - win situation for everyone. Trust me, we can do this.

Shawn Griffin



Director of Coaching
Victor Soccer Club

“Do Less Not More”

Are you one of those coaches that has made the mistake of trying a bunch of different drills with your teams for practice but for some reason there is little or no carry over when it comes to actually playing a real game? If so, welcome to the team as I too have made this mistake, numerous times!

By doing this, it creates no continuity in your training or no “learning transfer”. Which means:

1. Your players aren't getting a simple digestible message (the philosophy).
2. Your players can't achieve a level of mastery in the skills associated with a particular activity.
3. And you, the coach, aren't achieving a level of mastery with a particular activity (execution).

The key is coming up with a small set of core activities that properly support the type of soccer you want to play – and consequently, the type of player you want to develop.....and sticking with these activities!

How small is this set?

Well, I don't have a “set” number but if I did it would consist of the following:

- a few technical drills that reinforce the **FUNDAMENTALS of passing and receiving**
- a few drills on how you're going to **build from the back**
- a few drills on **how you're going to attack**
- And you **hammer these over and over and over again in all your sessions**, until your players demonstrate consistent execution during match play.

That can take months to years, depending on the level of the roster, the level of the coach, and if you've chosen your activities wisely. Trust me, stick with the process and your team will reap the benefits.

Player Development over Winning?

This topic is a catch 22 in the sense that development and winning should go hand in hand and **CAN** go hand in hand.

If we are truly dedicated to developing our players, then it's not about winning or losing, it's about how you play the game. Although we are obviously not FC Barcelona, I still believe we can learn mini lessons from them in the way they approach the teaching and coaching methodology with their youth teams. Not only does winning playing ugly go uncelebrated, but it is not tolerated in the FC Barcelona soccer culture, always respecting the club philosophy and style of play. This concept has stuck with me and is a similar philosophy we should strive to implement with our teams. Meaning that playing the right way by monopolizing possession, building out of the back, circulating it with purpose, playing attractive attacking soccer, and working tirelessly to recover possession immediately through choreographed high pressure defending takes priority over winning a game playing ugly, direct soccer.

The bigger picture is clearly player development over results, because there are huge risks when playing out of the back. This is true at any age or level, from youth to professional.

However, our mission should be to develop players in the only way that works to improve their Soccer IQ, through possession soccer.....Players learn how to think and read the game of soccer.

With countless hours of coaching and training, building out of the back becomes second nature. This reduces the "risk" of losing possession in your defensive third and now facilitates creating goal scoring opportunities.

Over time, you will achieve player development without compromising winning.

But.....Don't Ignore Winning, It's Still Important

We all need to have one important forewarning in our minds regarding "development over winning".

Winning matters, and it matters a lot in most of our environments.

FC Barcelona, like other world class academies, can afford to have a philosophy overwhelmingly skewed to the "winning doesn't matter" edge. Why? One enormous reason, their rosters are so stacked with talent, the probability they'll lose on any given day is very low. By contrast, we obviously don't have the luxuries they have but this should never stop us from trying to be the best club WE can be when it comes to teaching our kids how to play the game of soccer.

So it's your job to set and manage expectations. Understand club expectations, parent expectations, and player expectations. And it's your job to judge if, when, and how much you want to compromise the ideology of your possession-based philosophy when facing opponents whose rosters are far better.

But I urge you to be brave! You have to push what you think may be the limit, as that's how growth happens. That's how the next level is reached.

Here's the take away:

Winning will get your players, parents, and club to buy into what you're trying to do. It is the currency that enables you to continue your coaching process with less friction. But remember, as coaches we are dedicated to the mission of developing our players to help each one of them become better soccer players.

It will help you create a righteous cycle, so please don't ignore it.

“One Truth – One Fallacy – One Solution for Coaching Possession Soccer”

*Gary Kleiban – Head Coach for the U16 & U18 LA Galaxy Academy Teams

A Truth

Possession soccer can be successfully taught across all levels of play. The main reason it's rarely seen, is that most coaches have not acquired the expertise to do it.

- First and foremost, a coach must develop a possession-based **PHILOSOPHY** (a vision ... a taste ... a feel for that type of soccer).
- Then he/she must whole-heartedly **COMMIT TO THE PROCESS** of having his/her teams reach it.

If those two requirements aren't met, then chances of it happening are close to zero.

A Fallacy

Something that has been circulated for as long as I can remember:

“We can't play a winning possession-based game, unless we have the technical players first.” And it's generally crap. How ‘technical’ do they have to be?

Yeah ... nobody seems to address that question. Instead, the blanket statement is thrown, everyone nods because there's *a logic* to it; it's taken as truth, and we're all excused.

I'll give you just one answer today:

The amount of space and time a player has, dictates how technical he must be. The more space and time you've got, the lower the requirement on technique.

Right off the bat, this means that the lower the level your team is competing at, the lower the technical requirement on your players. Because intrinsic to the lower levels, is more space and time. And, it is a fact, the more space you have the more time you have and the more time you have almost always means better decisions for the player with the ball.....PERIOD.

Even more important:

Time and space can be manipulated by player decisions. And how is that achieved? Tactically!

A Solution

If you can train your players to create more space and time for themselves and their teammates, you've just lowered the technical requirements.

Coaching baby, that is where real coaching comes into play!

The factor that makes or breaks implementing a successful possession style is chiefly tactical. And I say all this not in theory, but from experience. We've done it across levels of play.

So executing the possession-based game requires proper training. Proper tactical training! It's about teaching decision-making on the field and choreography.

The point here being you do not need master class technical players to successfully implement winning possession-based soccer.

I'll reiterate a comment (partially modified) I made last week:

"Doesn't matter what level the team is. If it's an 'average Joe American' team ... well, you're usually competing against other 'average Joe American' teams. So in time, you should be able to execute."

Passsing & Receiving

- A. Receiving the Ball Across the Body Article
- B. Passing in Pairs
- C. Groups of 4 – Pass – Receive
- D. “S – Pattern” Passing Exercise
- E. Dutch Square Passing Exercise
- F. “Lose Your Man”

Importance of Receiving the Ball Across Your Body

*Parker & Walsh

Soccer coaches often encourage their players receive the ball across their body. Some even demand it. When I was younger, for one, my coach Brian Jaworski told me that if I watched the English Premier League (EPL), I would see that all the best players receive the ball across their body. I do watch the EPL a lot, and I've noticed that just about **everyone receives the ball across their body**, not just the best players. This post will explain a little about why this is such an important part of the game for both players in the center of the field and on the wings.

For players who receive the ball in the center of the field, like **center midfielders**, receiving the ball across your body is crucial for changing the point of attack.

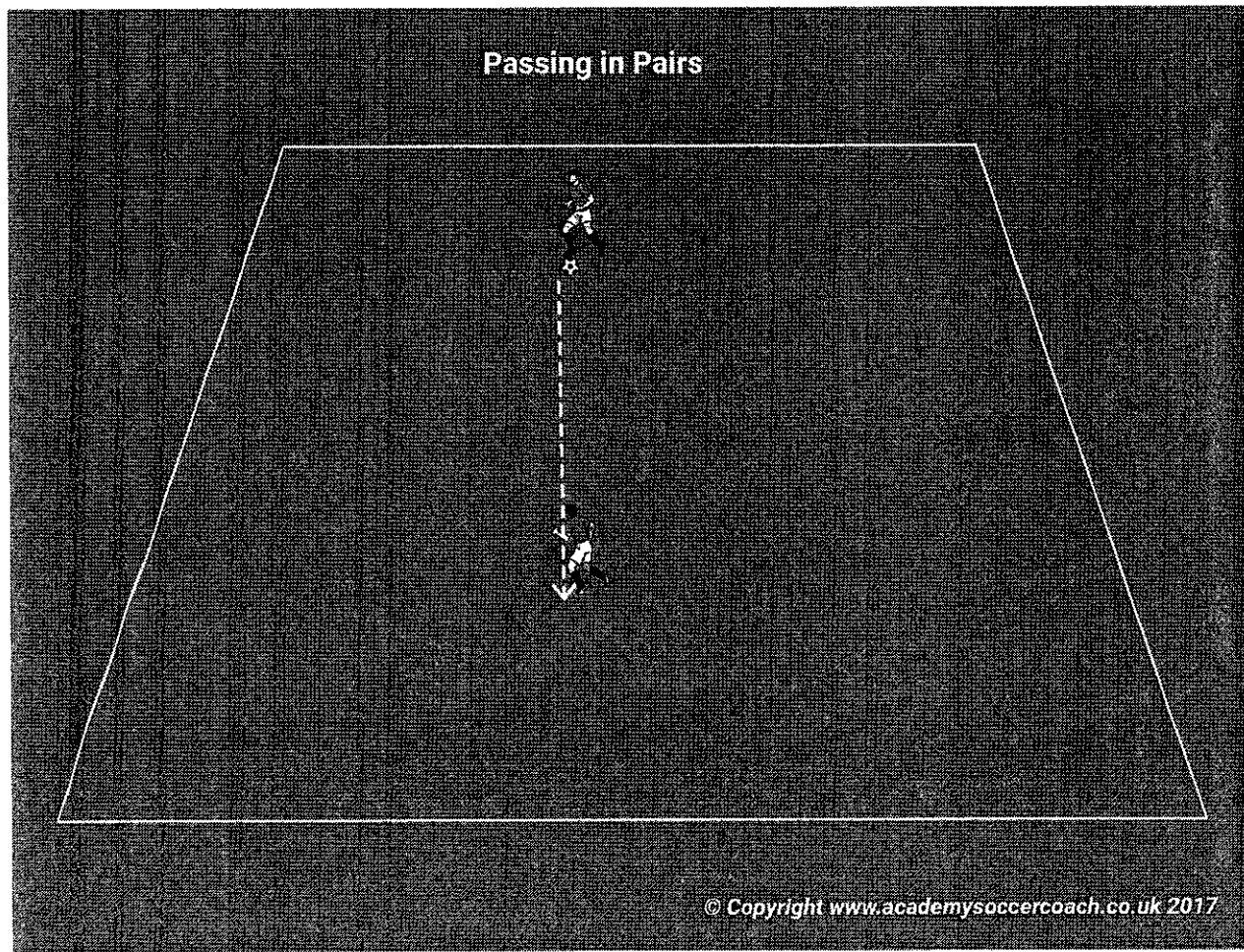
In order to change the point of attack, you must be able to open your hips, allowing the ball to come all the way across your body and enabling you to see the other side of the field. This allows you to switch the ball to the other side of the field before the defense shifts or gives you new options and passing lanes because of the shifting defense. Either way you will be manipulating the defense in your favor.

For players that play on the **outside of the field**, (outside-mids, wingers, or outside backs), receiving the ball across your body keeps you balanced and able to quickly attack the middle of the field.

When players on the outside of the field allow the ball to come across their body, they stay balanced by receiving the ball with the inside of the foot. If you try to trap the ball with the outside of your front foot, however, you will either be reaching for the ball, making you off balance, showing your defender the ball, or both.

When properly receiving the ball across your body on the flanks, you will be able to attack the middle of the field opening up room for overlapping runs. Also, by cutting into the middle of the field, players will get defenders on their back making it difficult for the defensive player to get the ball and get back into a good defensive position.

Hopefully, by attacking the middle, you will be able to come across the field and get a shot off.



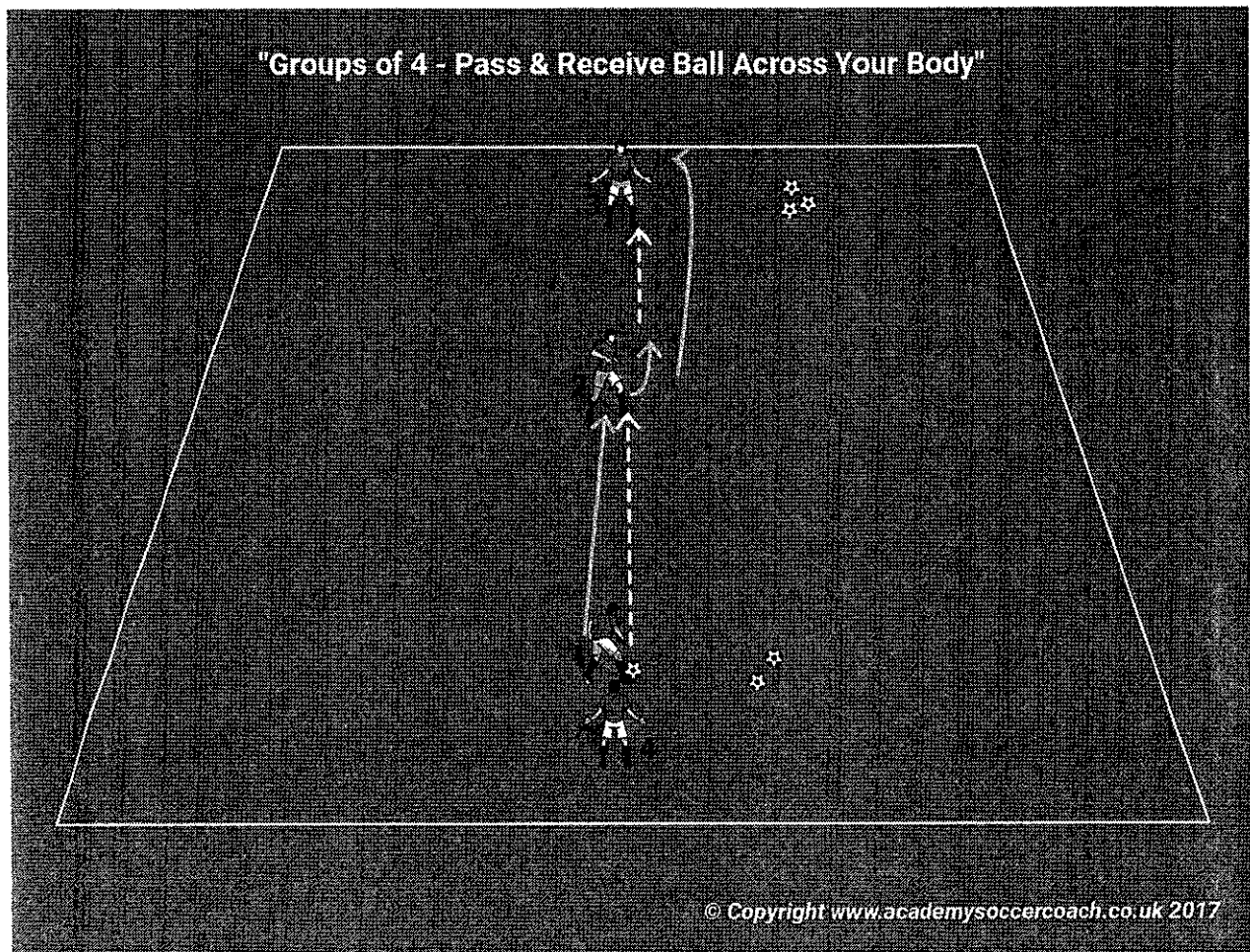
"Passing in Pairs"

"Setup"

2 players with 1 ball across from each other - Distance can vary depending on age and ability level

"Action"

Players pass the ball back and forth focusing on first touch, receiving the ball with the back foot (across their body), check shoulder before receiving the ball. Repeat action over and over.....watch for proper body mechanics. Time - 10 minutes



"Groups of 4 - Pass & Receive Ball Across Your Body"

"Setup"

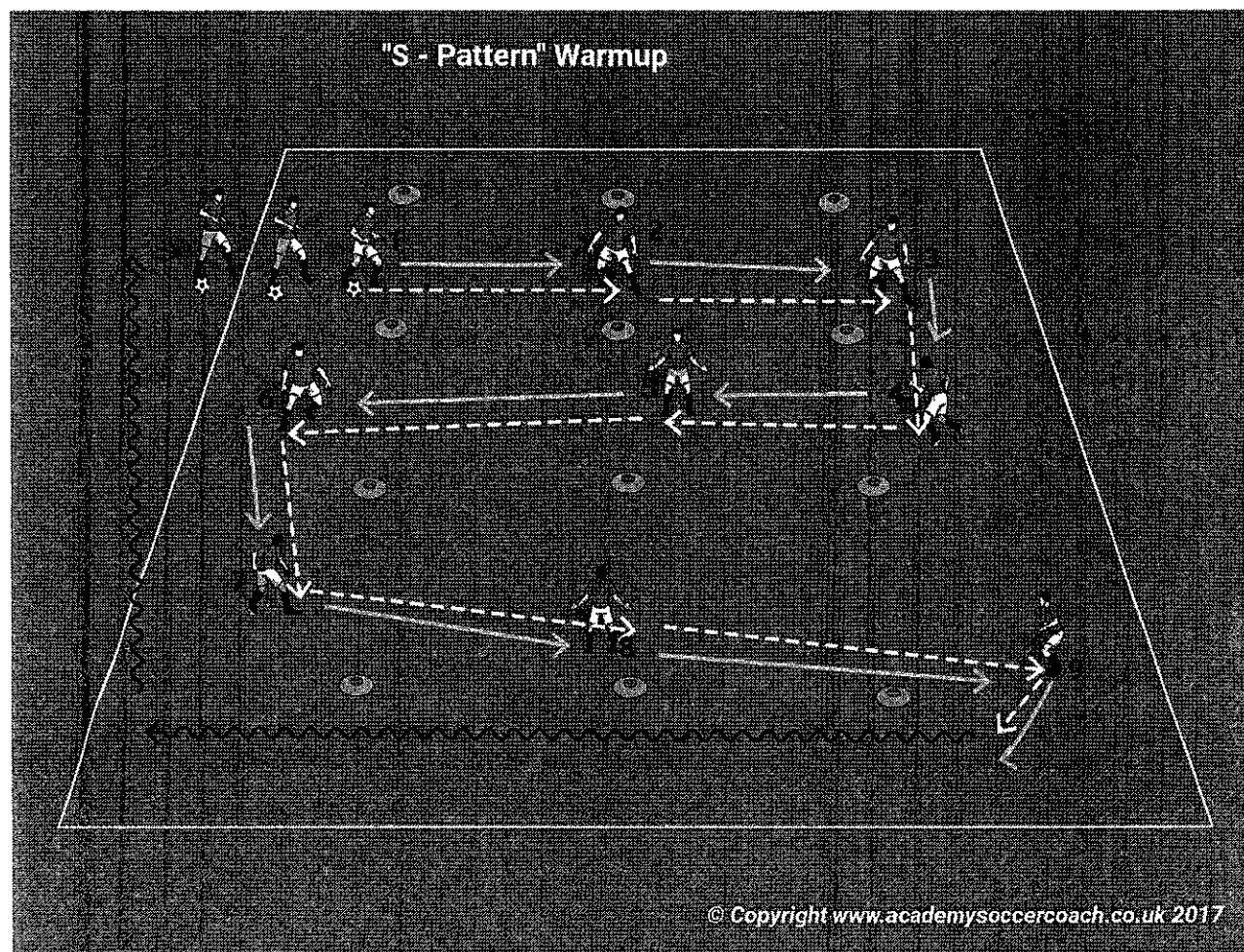
Groups of 4 players - Distance can be determined by the coach - 8 - 10 yards apart recommended.

"Action"

One player starts in the middle of the exercise. Ball starts on the end with 2 players. Player #1 passes ball into player #2 and follows his/her pass. Player #2 receives the ball **ACROSS** his/her body and then plays the ball to player #3 (player #2 follows his/her pass) who is waiting to receive the ball. Pattern continues back and forth with the sole emphasis of **RECEIVING THE BALL ACROSS HIS/HER BODY**.

"Notes"

Numbers can vary but by keeping the group numbers low, this assures more reps for each player. Make sure players are working on both left and right footed passing and receiving



"S-Pattern" Warm up

"Setup"

Create as many channels as needed to place players in between. You can vary the width and length as you feel necessary. Place players inside channels to pass & receive balls.

"Action"

Players will pass the ball to the next player in the order who will receive the ball across his/her body. "Pass - Follow Your Pass" - 2 touch MANDATORY and players MUST receive the ball across their body. Last player in sequence (#9) dribbles full speed/every step is a touch until he/she is back at the end of the line where he/she started. Repeat over and over.

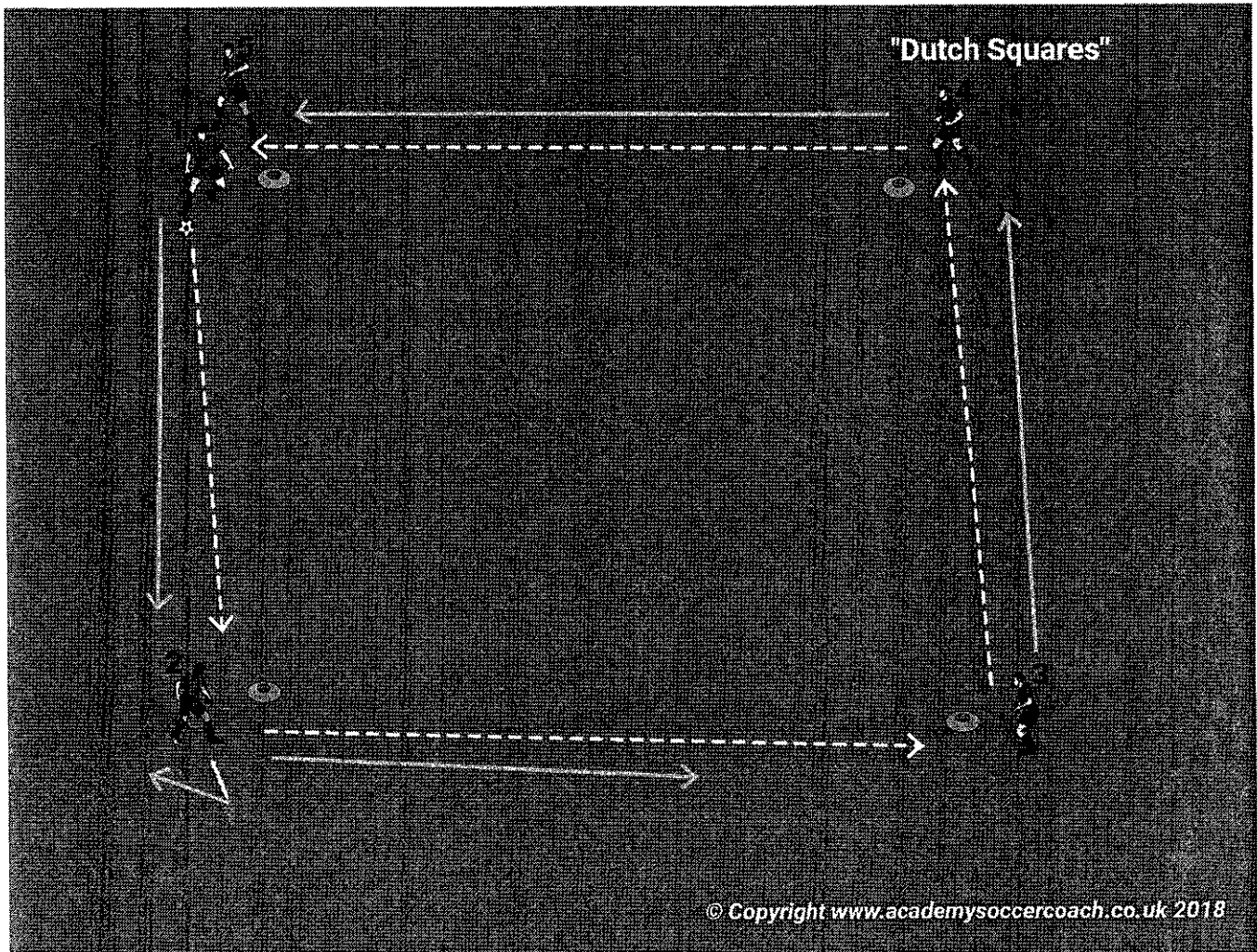
"Notes"

Make sure you change direction of exercise so that players are passing and receiving with both left and right foot. Communicate! Turn! Play Charlie! etc...

Exercise is non-stop. Balls will keep coming at you so you have to be alert and ready....."speed of play".

"Variation"

Same passing pattern as before, however, this time players start in the "middle" of the channel. Passer waits to see which side of the channel the receiving player checks to. Once the receiving player receives the ball, the next person in the order checks to the OPPOSITE side of the channel to receive the ball.....pattern continues. KEY - receive the ball across your body!



"Dutch Squares"

"Set Up"

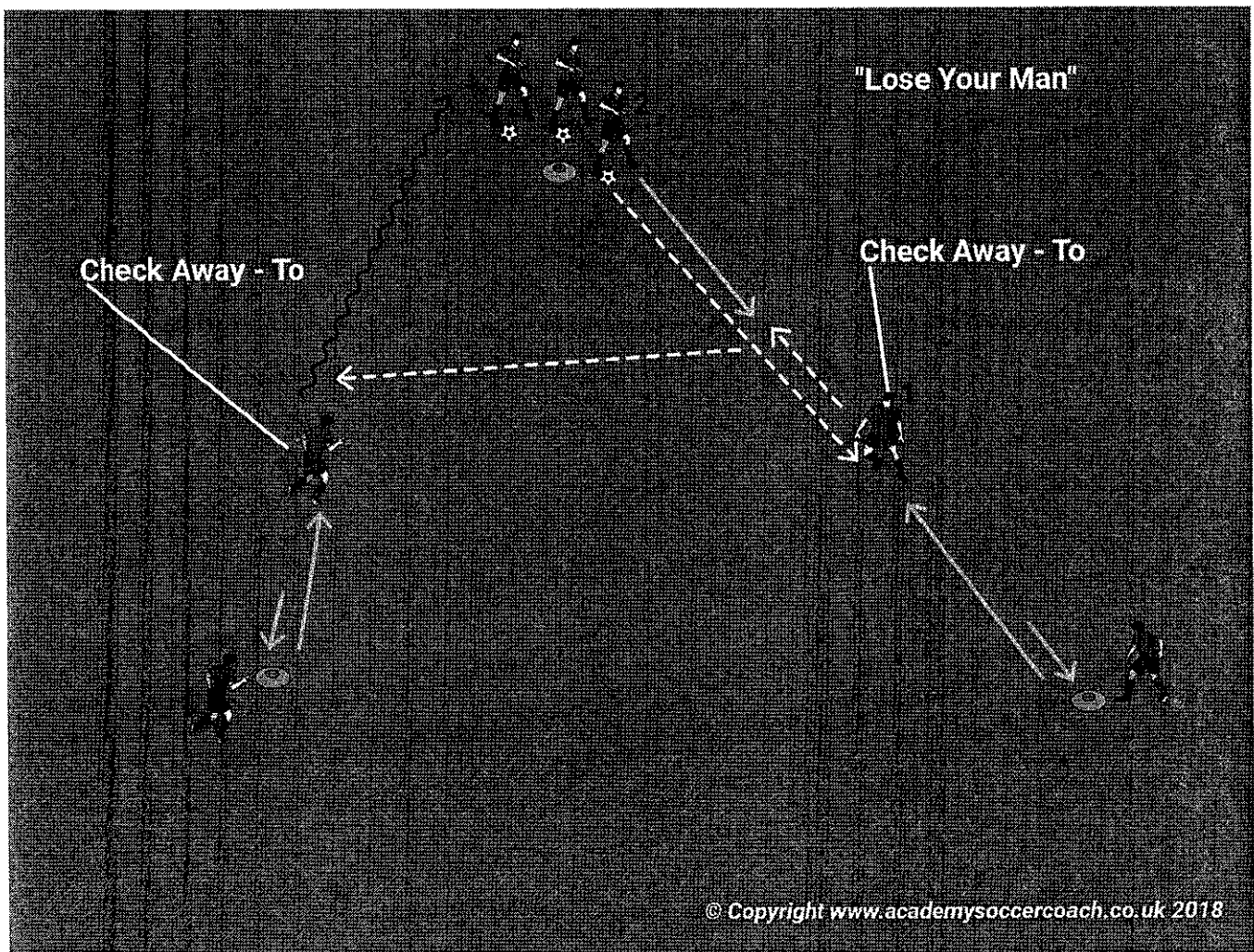
Cones set up 10 -15 yards away from each other in a square shape.

"Action"

Player 1 passes the ball to player 2 and follows his/her pass. Prior to receiving the pass from player 1, player 2 "checks off" of the cone to open his/her hips and create space to receive the ball. All receiving players should be receiving the ball on their back leg "across his/her body". Player 2 then passes to player 3, follows his/her pass and so on.....Great exercise to reinforce passing accuracy and receiving the ball on the players back foot.

"Notes"

Stress importance of receiving the ball across the body
 Be sure to change the direction to work on the left and right foot
 Be sure to remind receiving players to "check off" of the cone and open their body every time
 Be sure to always start the exercise on the corner where there are two players



"Lose Your Man Exercise"

"Set Up"

Create a triangle using three cones Approximately 15 - 20 yards apart

"Action"

Great exercise to teach players how to create space for themselves before receiving the ball

Player #1 checks away from the player with the ball before receiving the pass into space where he/she wants to receive the ball. Player #2 passes the ball to #1's feet, follows his/her pass, and receives the ball back from #1 with a 1 touch or 2 touch pass in order to play a thru ball to #3 across the triangle. Note player #3 also checked away prior to receiving the pass to create space. Upon receiving the ball, player #3 then dribbles to the end of the line where the balls and players are set up.

"Notes"

Timing of runs are important

Change direction of exercise

Change direction of "run" for player receiving ball from the thru ball pass

Rondos

- A. What are Rondos?
- B. Classic Circle Keep Away
- C. 4v0 Rondo
- D. 4v1 Rondo
- E. 3v1 Rondo
- F. Double Rondo
- G. 4V2 Positional Rondo
- H. 7v3 Rondo
- I. 4v4+3 Positional Rondo

What are Rondos?

“Simple Practice games with multiple Benefits”

“Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven’t got the ball, how to play ‘one touch’ soccer, how to counteract the tight marking and how to win the ball back.”

– Johan Cruyff (Legendary player for FC Barcelona and Holland)

Definition of “rondo”: A game where one group of players has the ball while in numerical superiority (3v1, 5v2, 5v5+2 etc ...) over another group of players. The basic objective of the group in numerical superiority is to keep possession of the ball while the objective of the group in numerical inferiority is to win the ball back.

Rondos differ from other possession games in that the rondo is a game where the players occupy a preset space as opposed to a more random space. Positional games are games where players occupy spaces similar to those in the regular game e.g., outside back, center back, center midfield etc. ...

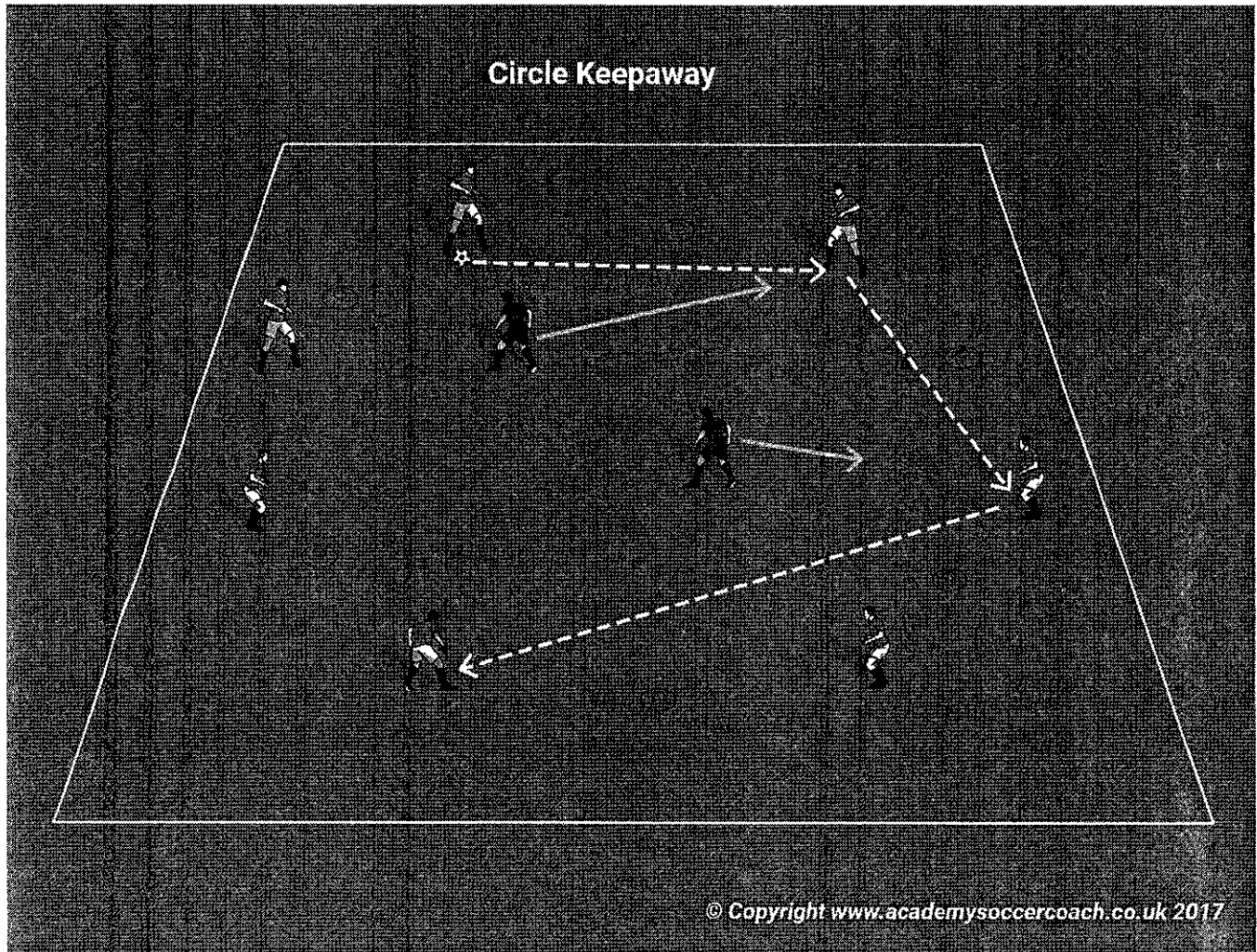
Rondos help develop the following areas:

COGNITIVE. In rondos the player is constantly perceiving and making decisions with respect to his teammates, opponents, position of the ball etc. ... For this reason the capacity to make the correct decisions and the speed of play are improved.

TECHNICAL COORDINATION. Due to the way that the rondo is set up, it is necessary to have control of the physical movements and technical skills with respect to time and space, the game, the ball and opponents.

CREATIVITY AND EXPRESSION. The nature of the rondo, with its limited time and space, forces the players to use various technical and tactical abilities in order to solve constantly changing problems within the game. This helps develop creativity.

COMPETITIVENESS. In the development of the rondo, the player’s competitive nature is improved. Players have to fight to make space, learn how to counteract marking and how to win the ball back. Nobody wants to be the one making the mistake which leads to time in the middle.

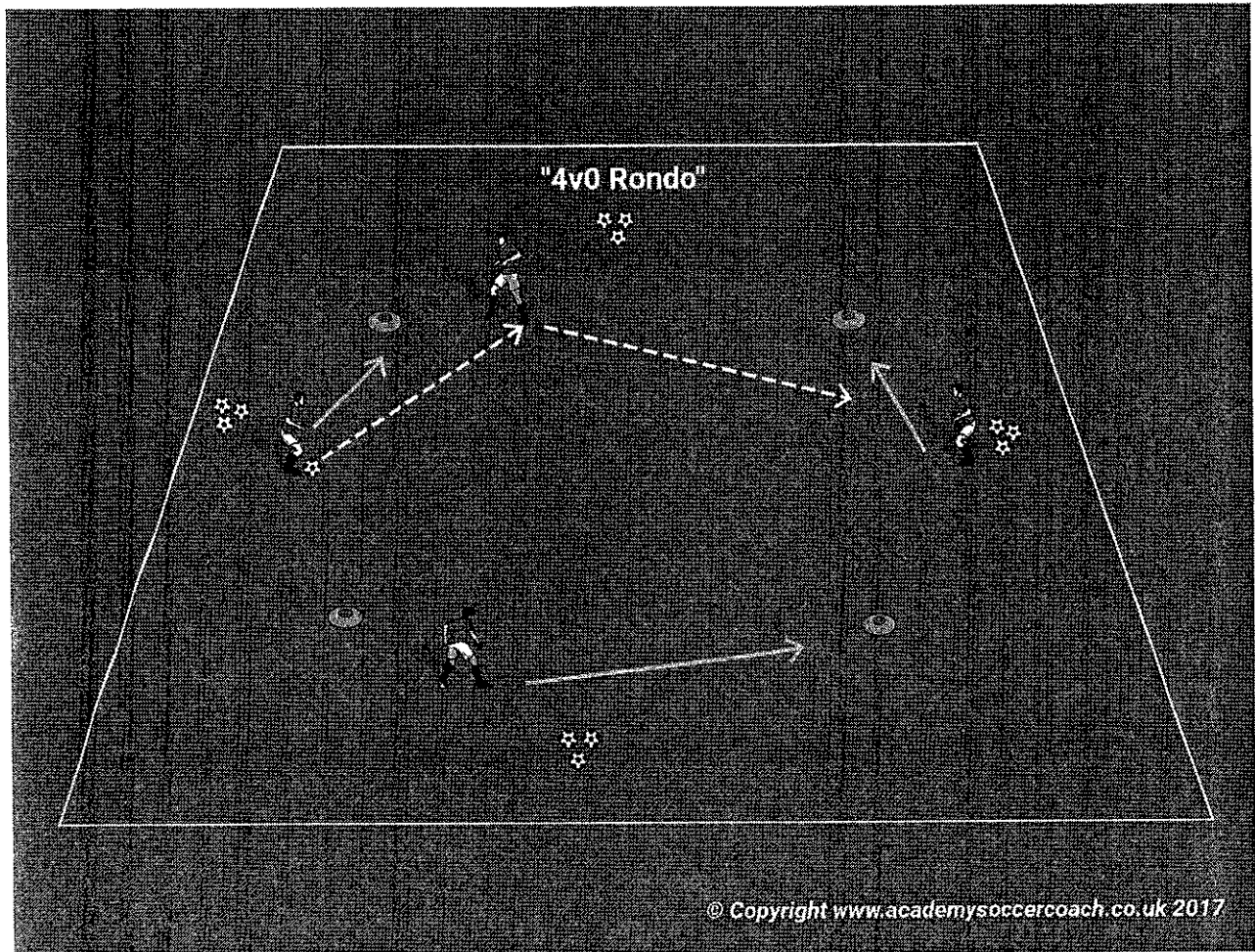


Players gather around the perimeter of the circle - 1 or 2 players in the middle. Roughly an 8 x 8 /10 x 10 area. Variations: 5v1, 7v2, 9v2, entire team vs 2.

Intention of this activity is for a fun warm up that provides many touches, and gets the players thinking one or two moves ahead of the ball.

Keep Away - One touch mandatory - When a defender just touches the ball, swap out with the perimeter player who caused the interception. If the perimeter players string together 8-10 passes (coach can set the number) defenders must stay in an extra round in the middle. If defender gets megged, that defender stays in another round.

While this is a fun activity and should provide smiles and even laughter, coach should ensure that players are giving the activity the respect it deserves.



"4v0 Rondo"

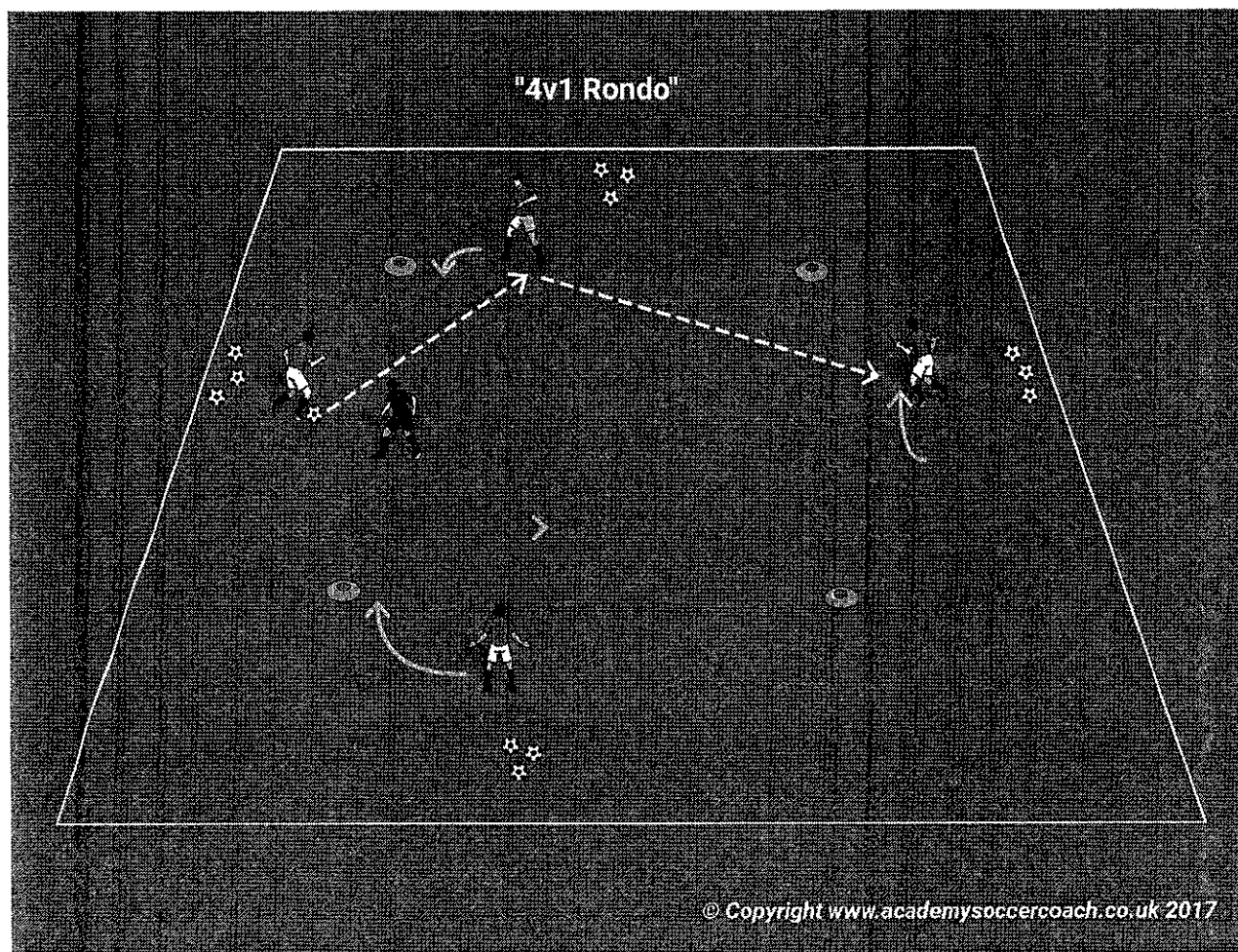
Roughly 8 by 8 meter square
 4 players around perimeter
 Each player restricted to one side of square

"Action"

2-touch MANDATORY! (no other number of touches allowed)
 Offensive players confined to their side of square
 Offensive players can only pass to adjacent side of square (passing across the middle is not allowed)
 Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession
 Offensive players must receive passes across their bodies and with the inside of foot!
 Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
 Speed of play should be maximized
 Defender must go 100% (unless trainer sees fit otherwise).

"Notes"

Continuous action until trainer sees fit to stop play
 Rotate players as appropriate



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"4v1 Rondo"

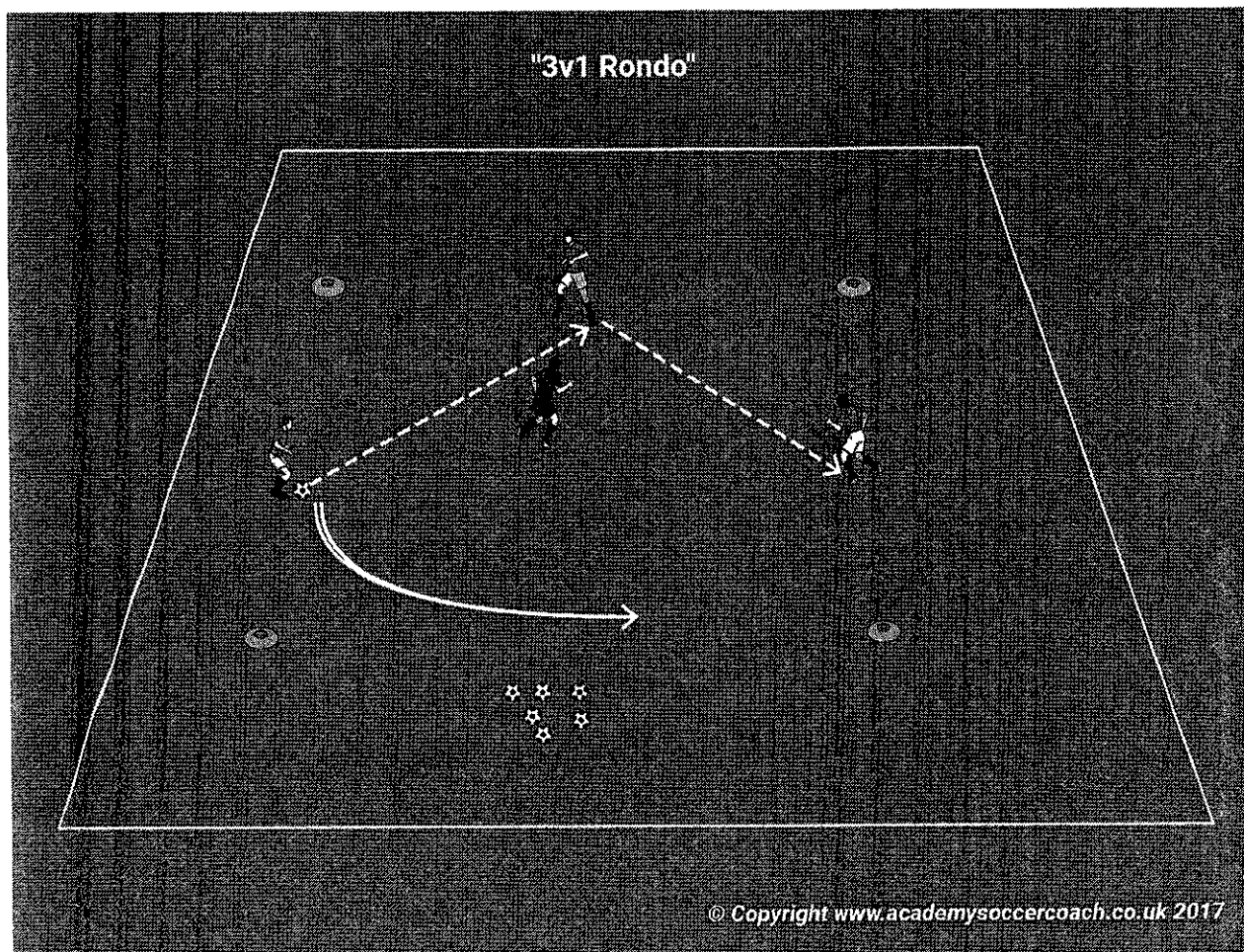
Roughly 8 by 8 meter square
 4 players around perimeter
 Each player restricted to one side of square
 1 in middle

"Action"

2-touch MANDATORY! (no other number of touches allowed)
 Offensive players confined to their side of square
 Offensive players can only pass to adjacent side of square (passing across the middle is not allowed)
 Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession
 Offensive players must receive passes across their bodies and with the inside of foot!
 Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
 Speed of play should be maximized
 Defender must go 100% (unless trainer sees fit otherwise).

"Notes"

Continuous action until trainer sees fit to stop play
 Rotate players as appropriate

**"3v1 Rondo"****"Setup"**

1 square of cones to confine space of action - 8x8, 10x10, Set space depending on ability level for players
 Total of 4 active players (3 v 1), with 1 or 2 inactive.

"Action"

2-touch keep away (1-touch is allowed)

Progression to mandatory 1-touch keepaway

Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player about to be in possession.

During action, whole 'triangle' can rotate. Doesn't have to be static. In fact, the more rotation, the more dynamic, creative off-the-ball movement is occurring.

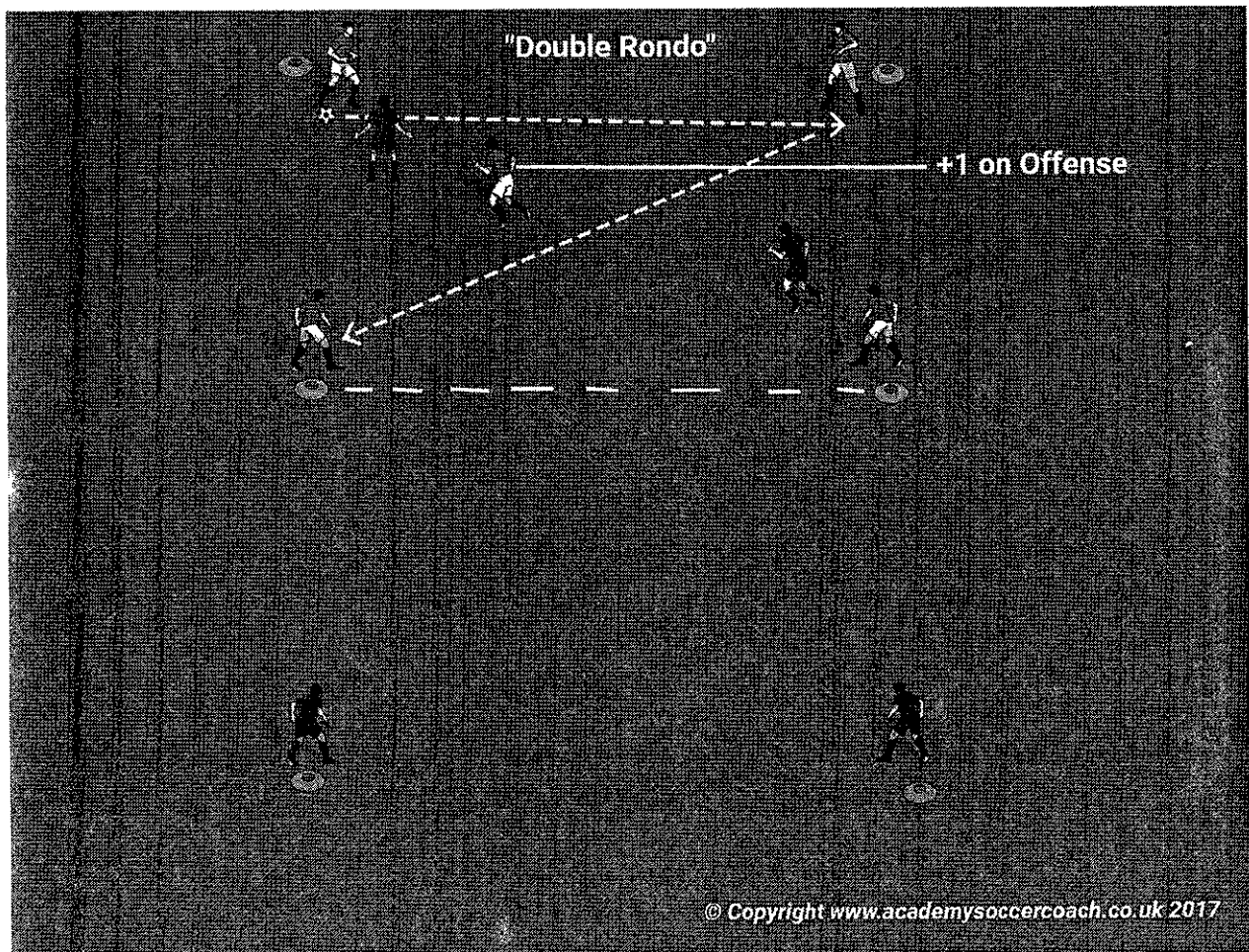
Continue to work offensive players receiving across their bodies when 2-touch

Defender must go 100% (unless trainer sees fit otherwise)

"Notes"

Continuous action until trainer sees fit to stop play

Rotate players as appropriate



"Double Rondo"

"Setup"

2 Adjacent 7×7 Squares
 Total of 9 players
 1 player on each cone (6 total)
 2 defenders, +1 always on offense

"Action"

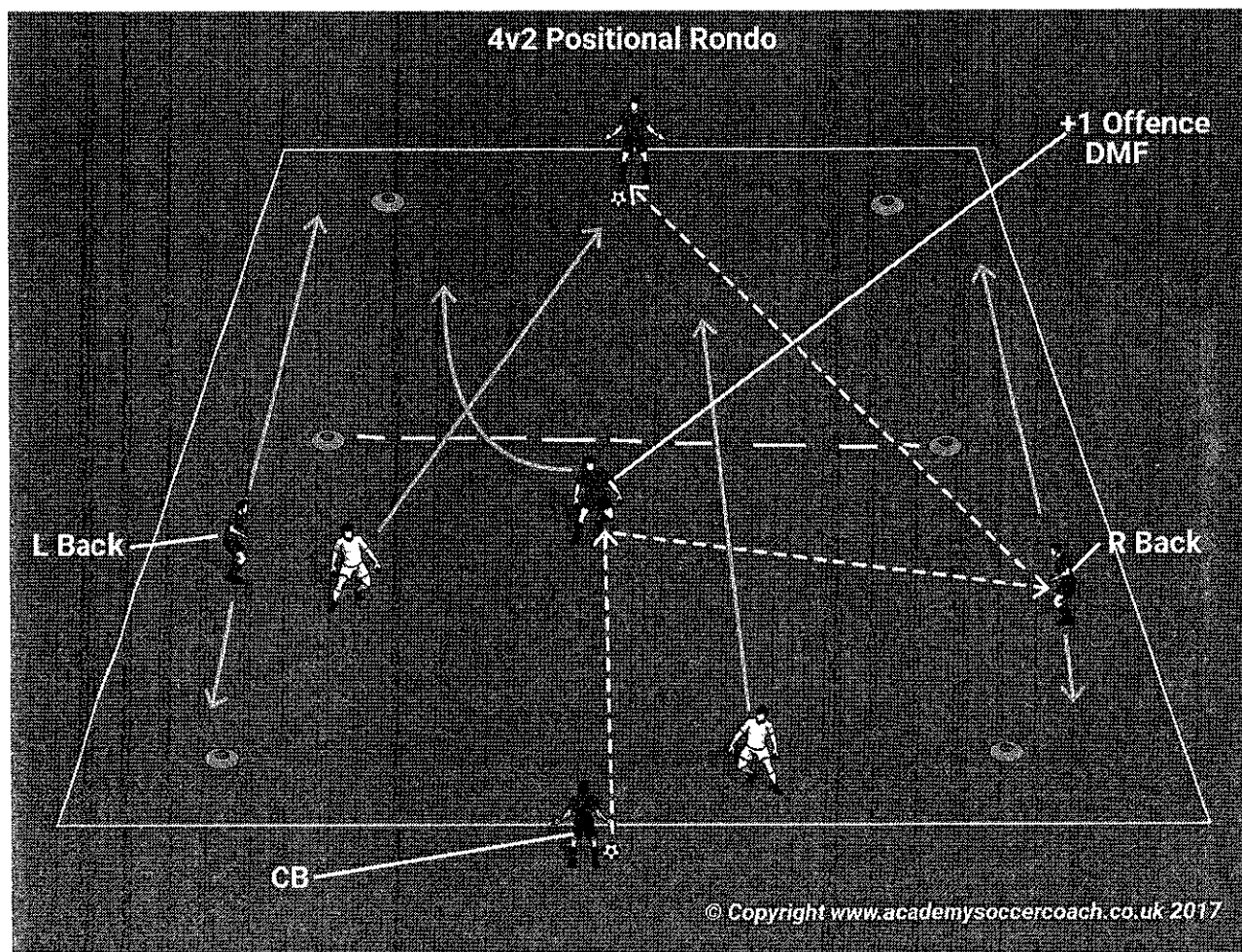
Keepaway in one square at a time ('4 on the cones + 1 in the middle' vs 2 defenders)
 2-touch maximum
 Object for defenders is to get ball to one of the 2 inactive players in adjacent square

"Transition"

When defenders successfully intercept and get ball to adjacent square, they transition to offense by taking up positions at center cones.
 Players who are replaced at center cones, now become defenders in the new square with the action.
 The '+1 player' remains the '+1 player' in the new square.

"Notes"

Continuous action until trainer sees fit to stop play
 Rotate everyone as appropriate



"4V2 Positional Rondo"

"Set Up"

2 adjacent 10x10 squares
 Total of 7 players
 2 defenders, +1 in middle on offense,

"Action"

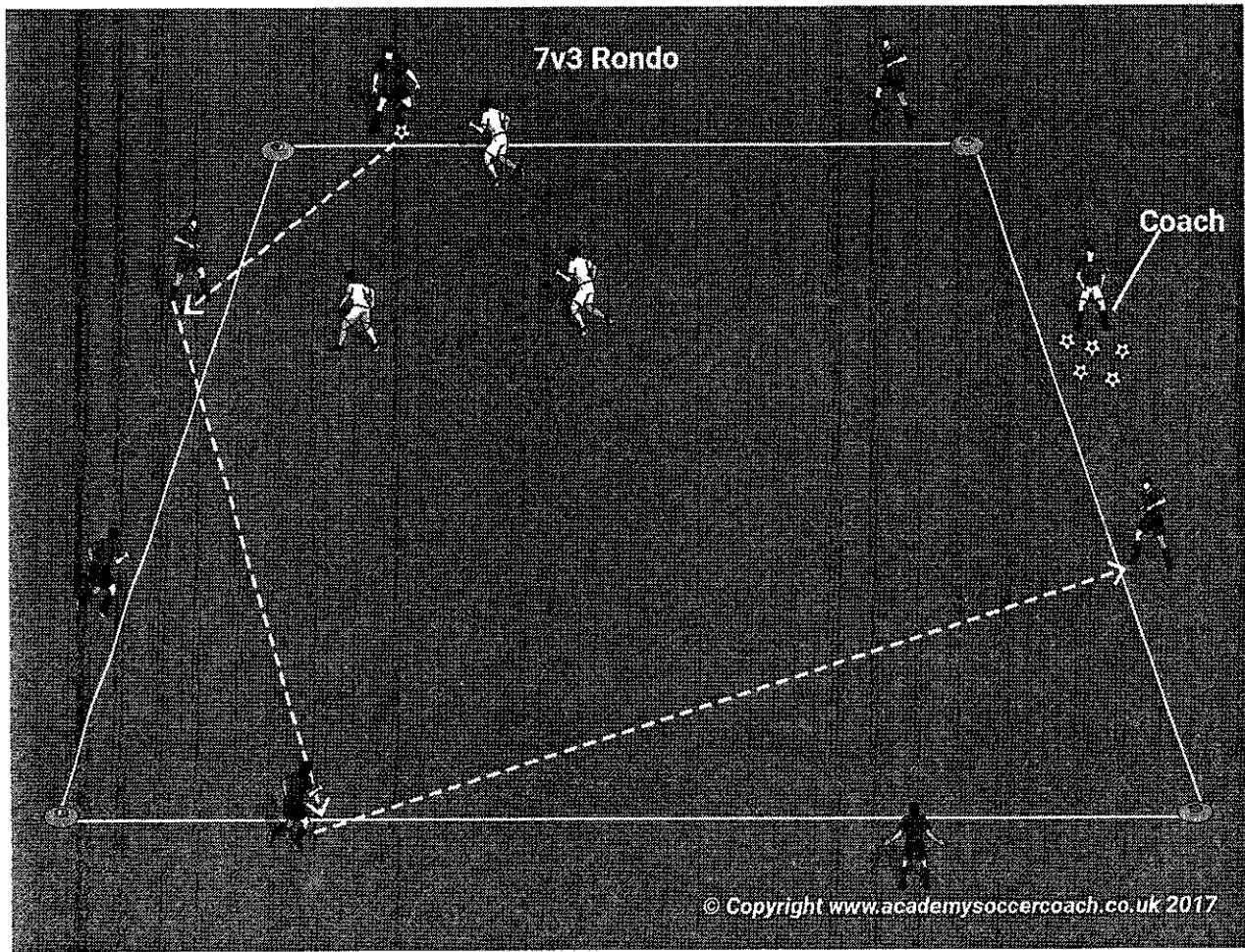
4v2 on one half of the grid by using the +1 offensive player and the 2 wing players. Object is to play out of pressure (2 defenders) and transition the ball from one side of the grid to the other side of the grid while successfully keeping possession.

"Transition"

If the defenders win the ball, play re-starts with the ball from the CB position
 L & R backs are to move up and down the side line supporting play and offering good angles of support
 +1 DMF looks to support play wherever space and angles are available and also looking to turn and switch the play to the other side of the grid.

"Notes"

Continuous play until coach sees fit to stop play
 Rotate players appropriately
 Encourage players to receive ball "across" their body when ever possible



"7v3 Rondo"

"Set Up"

One grid approximately 18x12

Total of 10 players

7 players positioned around the outside of the grid who are constantly moving 2-3 yards to support the ball at all times - limited to 1 touch only. Coach can make modifications (2 touch) if needed for ability levels

3 defenders positioned on the inside of the grid

"Action"

This Rondo can be used to teach possession or defending. If the emphasis is possession, then reinforce the principles that matter - movement off the ball, good supporting angles, communication, change point of attack, 1 or 2 touch play etc... If the Rondo is being used to teach defending, don't let players just "run crazy" at the ball but instead encourage the players to "read the play" and try to anticipate the next pass or direction the ball is being played to.

"Transition"

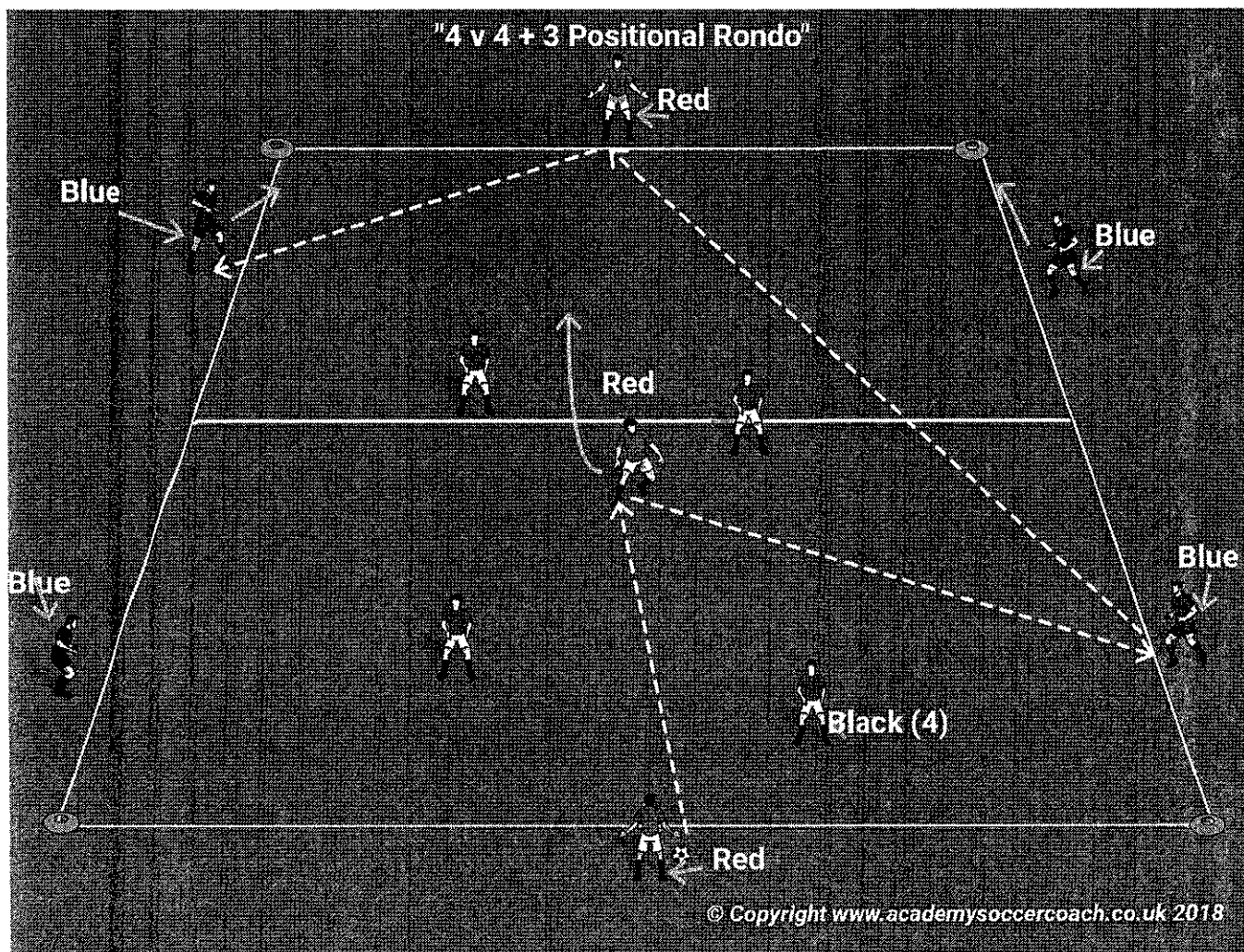
Defenders work to try and win the ball back wherever the ball is played inside the grid

If defenders win the ball, a new ball is put back into play by the coach who is positioned next to the balls on the sideline.

"Notes"

Continuous action until coach see fit to stop play

Rotate players as appropriate



"4 v 4 + 3 Positional Rondo"

"Organization"

Two Teams; Black team (4) starts as defenders and the blue team (4) starts as the wing players, with red supporting as (+)/neutral players for the team in possession. Field size is 15x20 yards, When defenders win the ball you can either have them switch roles or have them defend for a set period of time in order to develop more continuity to the training exercise. Training period should be 30 minutes.

"Coaching Points"

Neutral player in middle of grid but work to provide easy passing options with hips "opened" when receiving ball

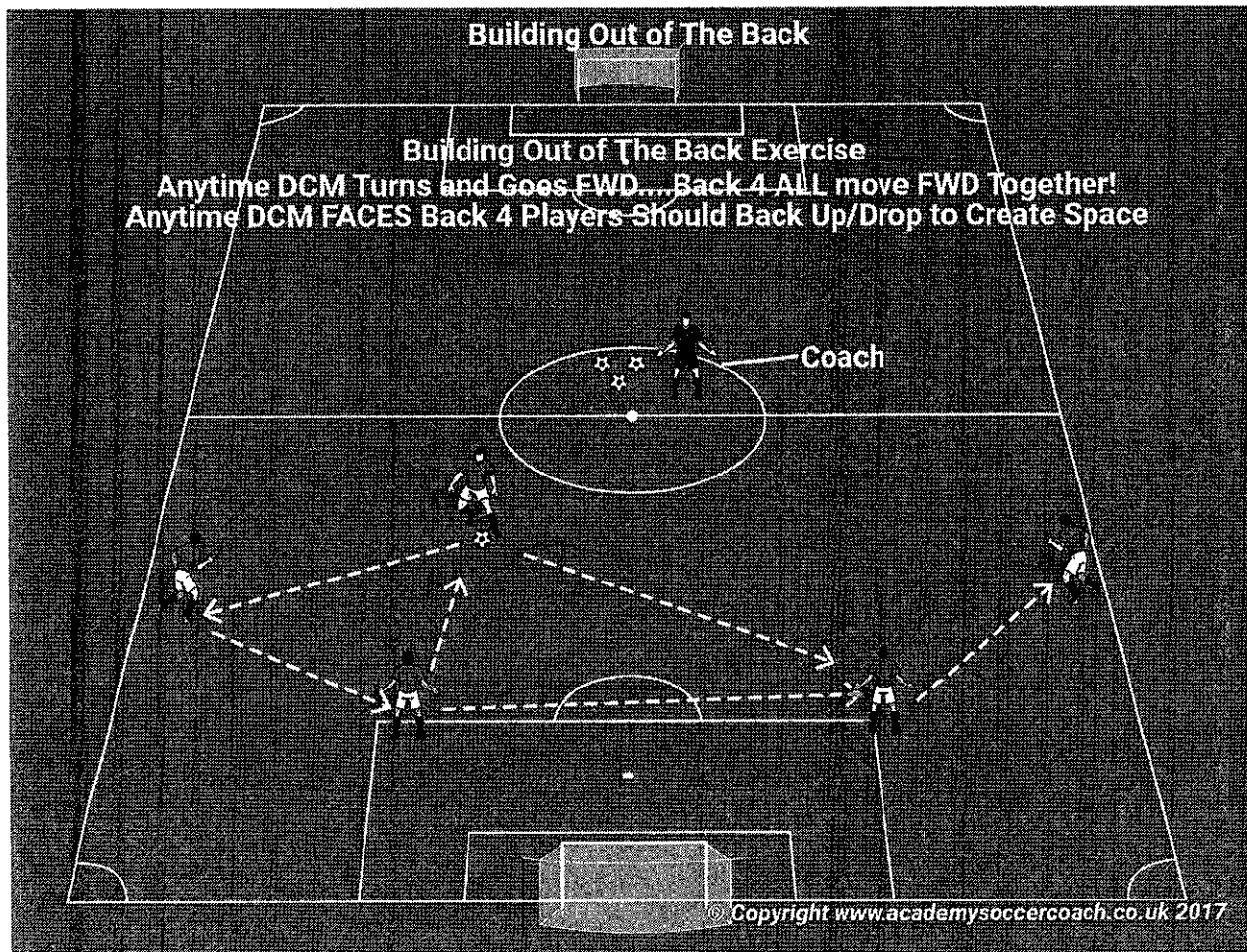
Maximum 2 touches for all players. Depending on level of play, you can adjust the touch restriction as the coach sees fit.

Rotate teams/groups every 3-5 mins

Players on outside should move up and down the grid to provide constant supporting options depending on where the ball is at all times

Building Out Of the Back

- A. Building out of the back exercise (back 5)
- B. Building out of the back when ball is central
- C. Building out of the back when ball is wide left
- D. Building out of the back when ball is wide right
- E. Building out of the back starting shape (goal kicks)



"Building Out of the Back"

"Setup"

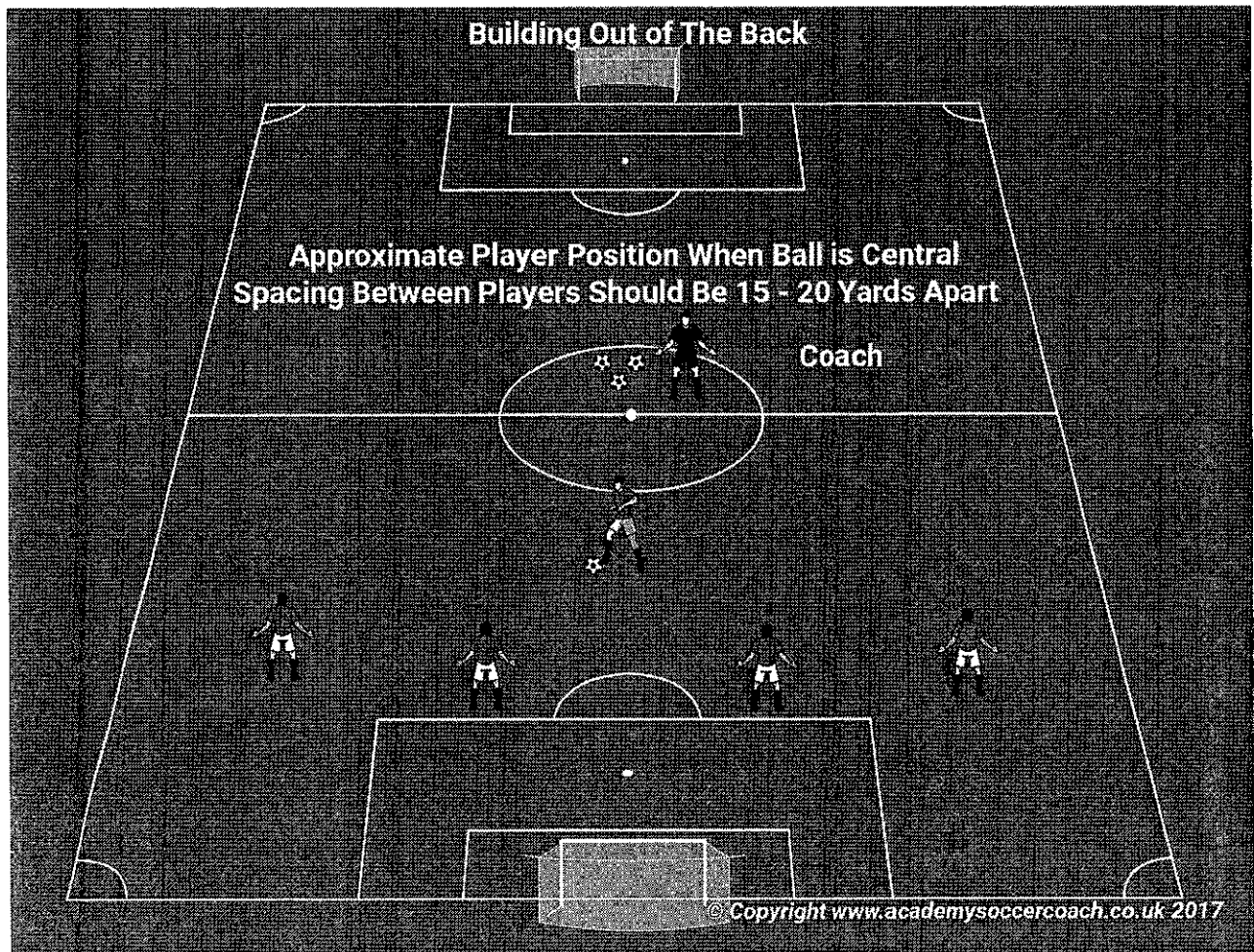
Full width of field
Total of 5 players
Back line of 4 plus the defensive midfielder

"Action"

Swinging the ball side to side, through back four and using the D-mid
Rarely 'skip' a player
Defensive mid always showing himself
When action starts coming to an outside back, that outside back should be moving all the way to the sideline. OB should be receiving on the sideline.
When an outside back, say the RB, is receiving, the LB should be well shifted to the middle. (Good defensive positioning)
When D-mid, or outside backs receive and go forward, all players step forward
When the line is high and D-mid or outside backs face their own goal in possession, the center backs backpedal fast and deep.
When outside back takes throw-in, center back provides super deep option.

"Notes"

Ensure proper spacing at all times.
Ensure proper shifting at all times.
Start slow, so players understand the tactical (space and timing).
When understood, maximize speed of play.
Have players communicating.



"Building Out of the Back"

"Setup"

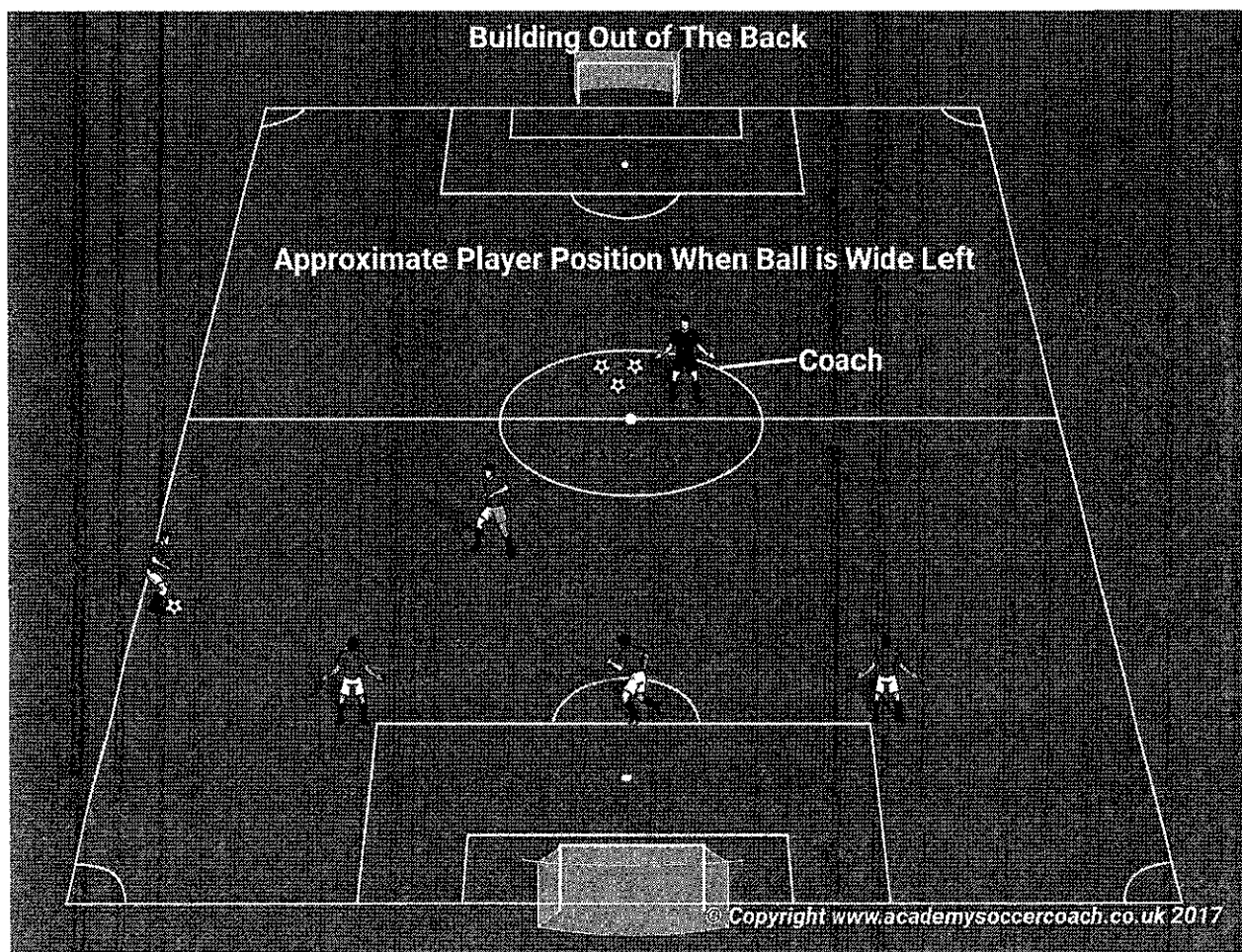
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"Building Out of the Back"

"Setup"

Full width of field

Total of 5 players

Back line of 4 plus the defensive midfielder

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Defensive mid always showing himself

When action starts coming to an outside back, that outside back should be moving all the way to the sideline. OB should be receiving on the sideline.

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"Notes"

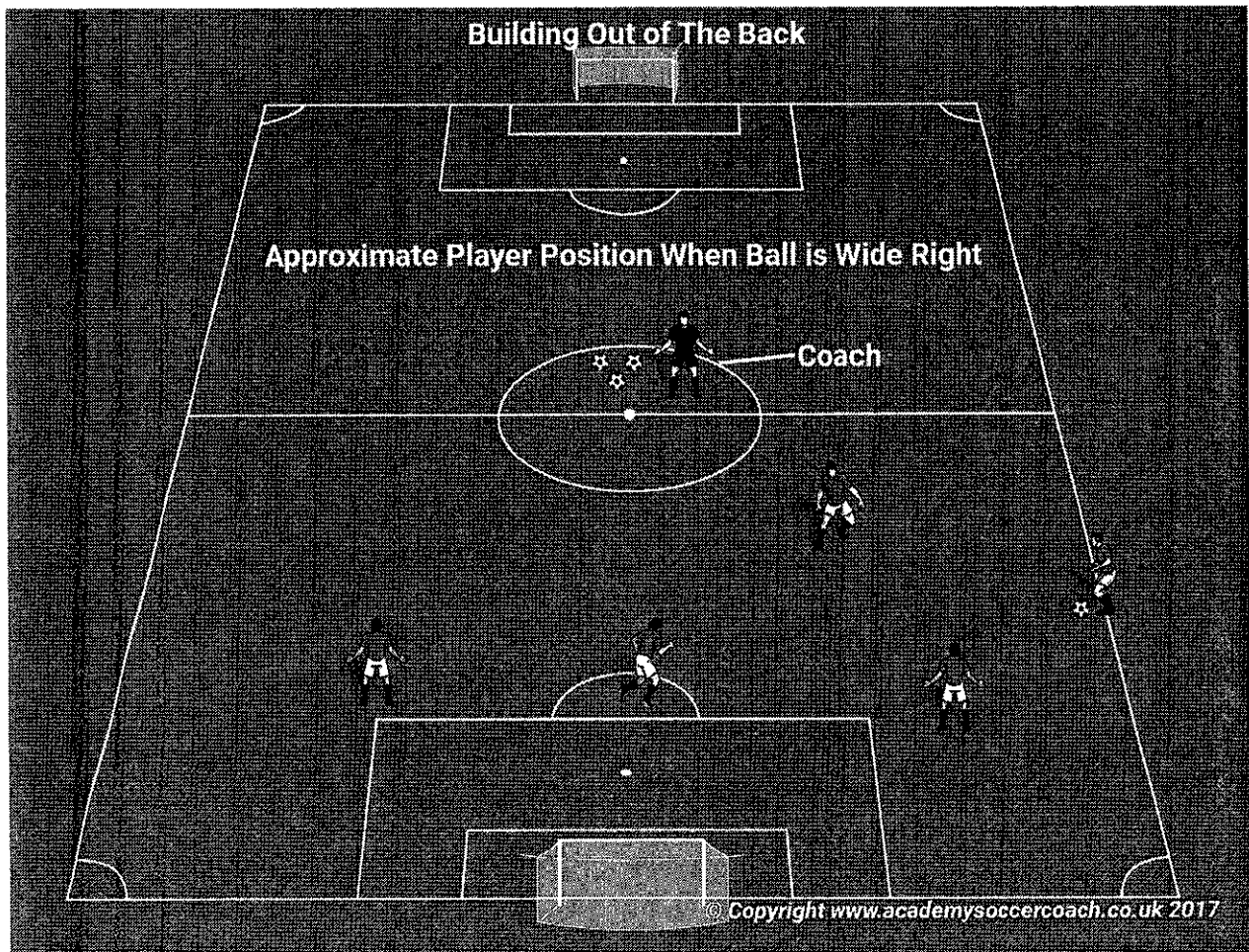
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Start slow, so players understand the tactical (space and timing).

When understood, maximize speed of play.

Have players communicating.



"Building Out of the Back"

"Setup"

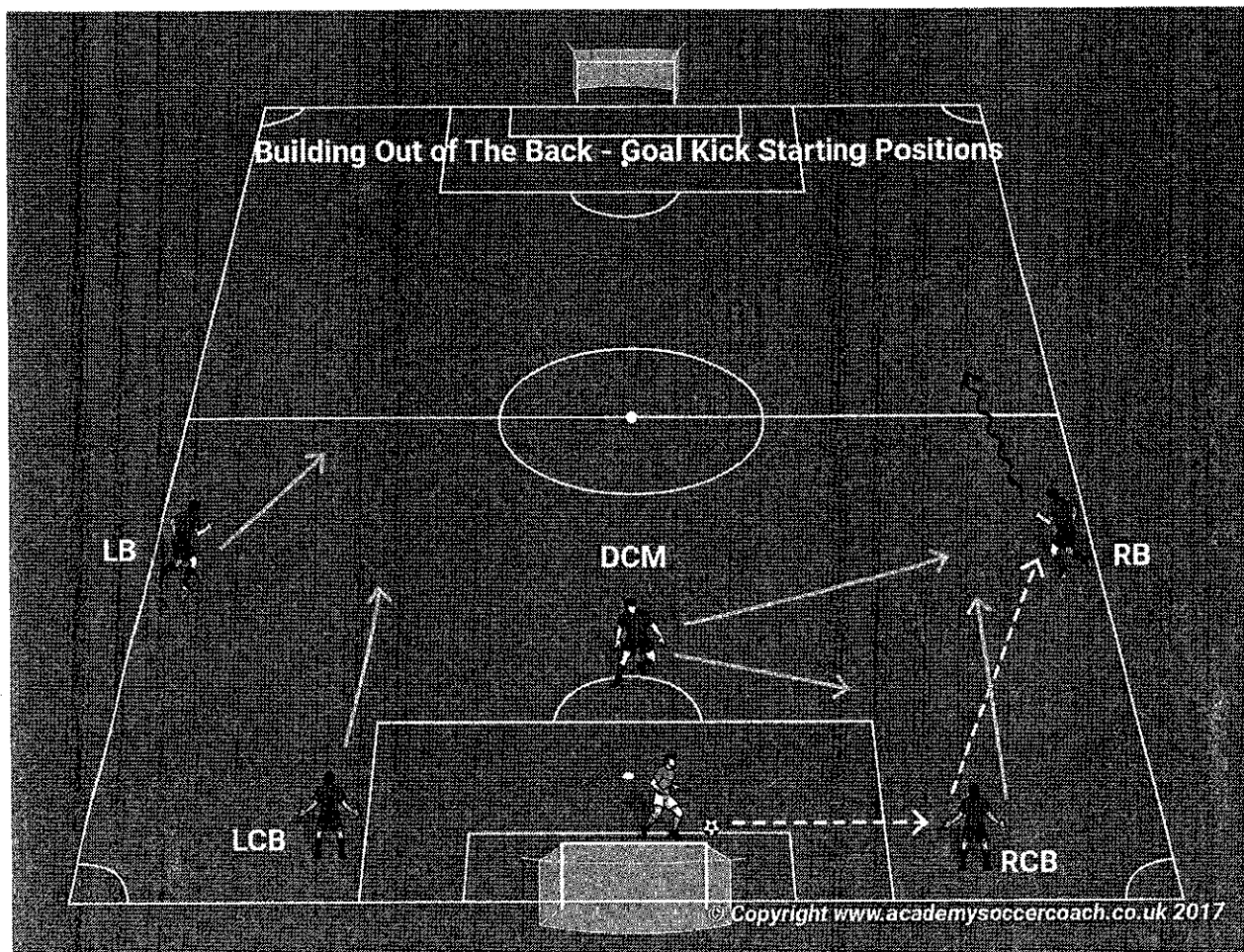
Full width of field
 Total of 5 players
 Back line of 4 plus the defensive midfielder

"Action"

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 Rarely 'skip' a player
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 Have players communicating.



"Building out of the back - Goal Kicks"

"Set Up"

5 Field players, 1 GK (Back 4 + Defensive CMF)

"Action"

Assign players to pre-determined "starting positions" for playing out of the back

Note DCM starting point and role of supporting the ball where ever ball is played

Anytime ball is moved forward by D-Mid or outside backs, entire team moves forward and supports the ball

"Notes"

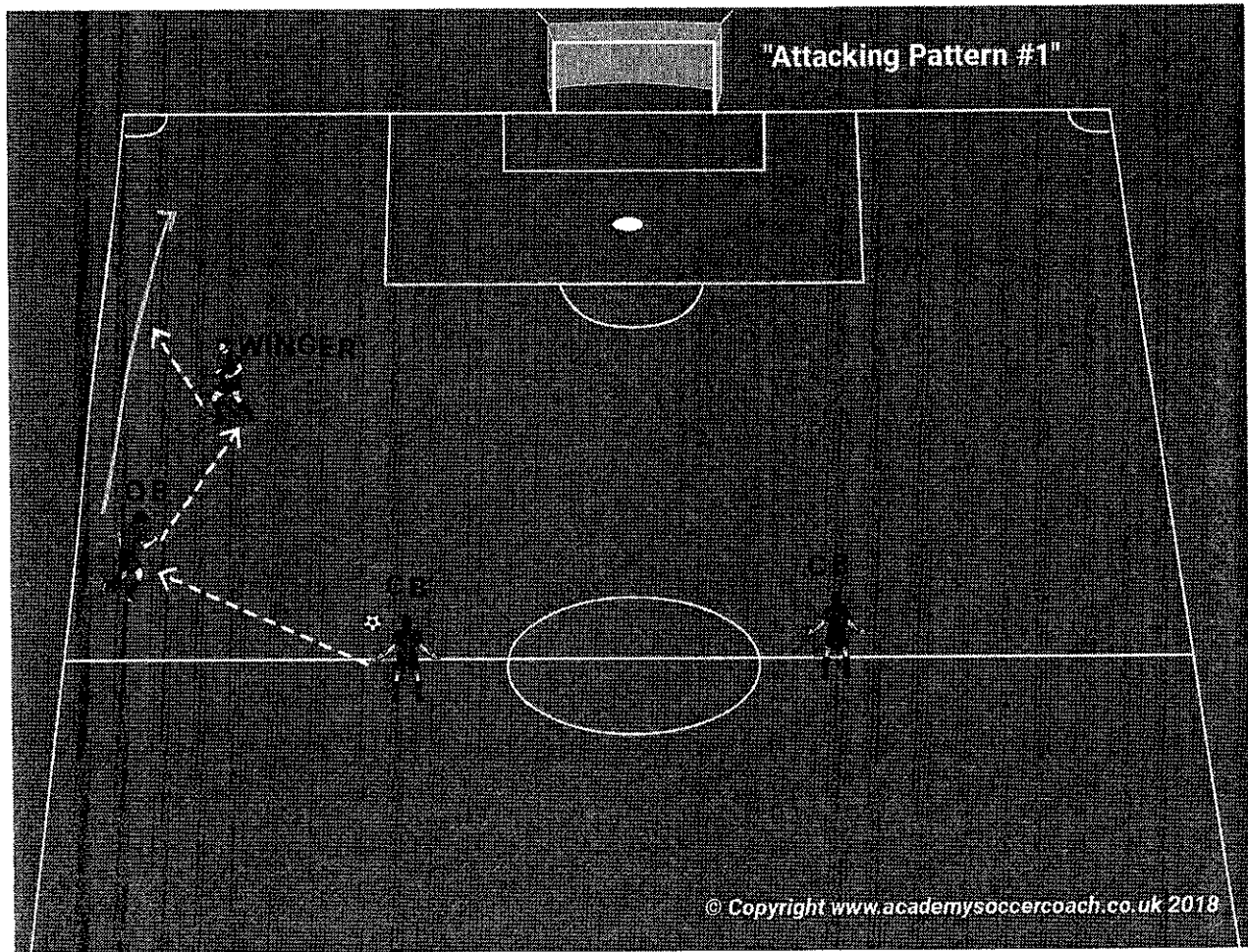
Rehearse over and over and over!

Start slow so players understand roles and responsibilities of positions (spacing and timing)

Be sure to work both sides of the field

Attacking

- A. Attacking pattern #1
- B. Attacking pattern #2
- C. Attacking pattern #3



"Attacking Pattern #1"

Setup

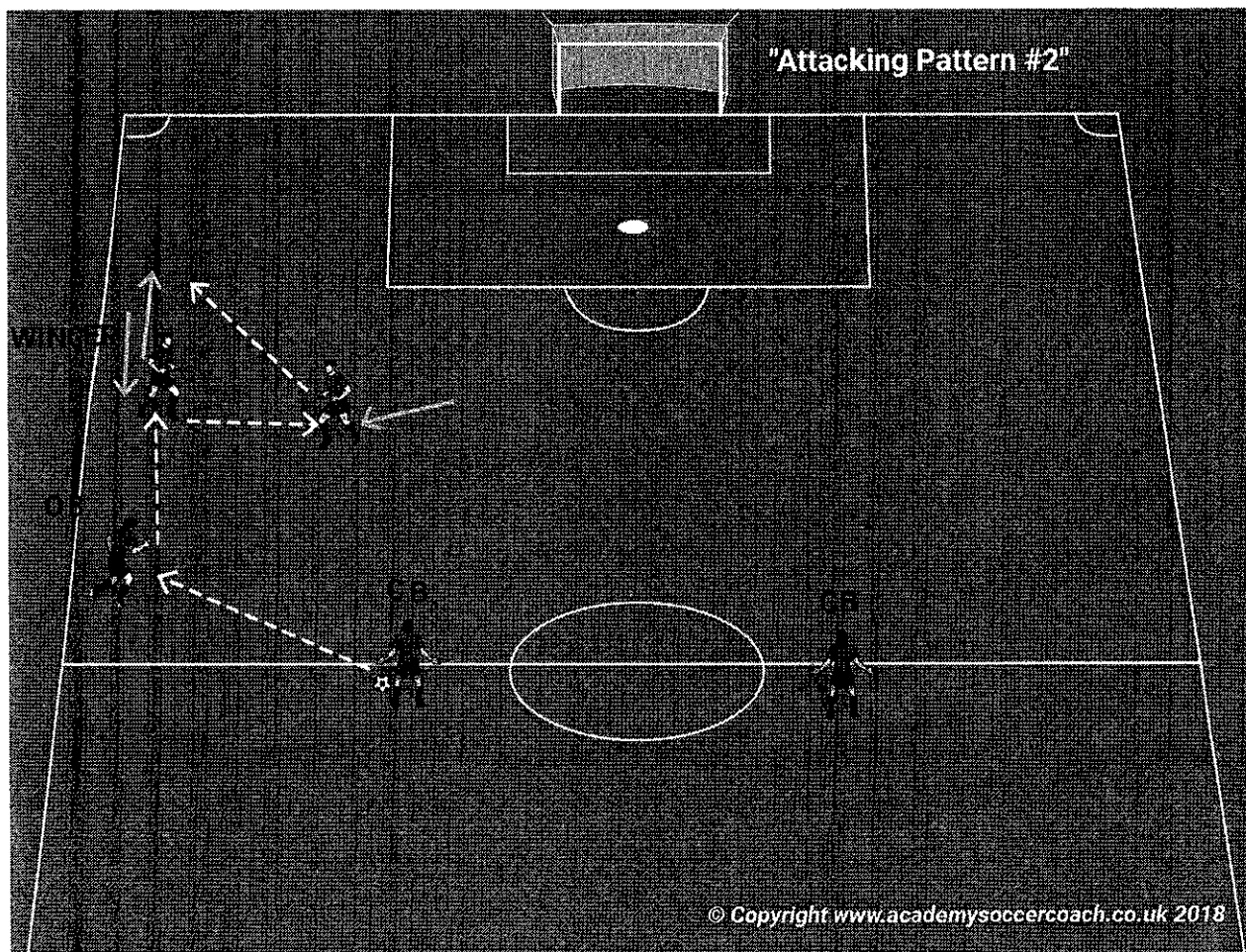
- All 11 field players included

Action

- Ball circulation between back 5 (see playing out of the back activity), ultimately results in either
 - (a) Center back hitting the outside back, or
 - (b) Defensive mid hitting the outside back.
- The winger must read when (a) or (b) is about to happen. That is the cue for the winger to "lose his man" (see losing your man activity).
- Winger loses his man by faking a run away from the ball (ie behind the defense), then turning and checking to the ball. The timing here is critical, as the point is for the winger to receive with space. And we want the outside back to provide the pass ASAP. We're trying to create a 2v1 here, so you can't allow the defense time to shift and get organized.
- Winger receives from outside back.
- Outside makes overlapping run.
- Winger plays outside back.
- Outside back serves to runners in the box.

Notes

- Ensure proper spacing at all times.
- Ensure proper shifting at all times.
- Start slow, so players understand the tactical (space and timing).
- When understood, maximize speed of play.
- Have players communicating.
- Ensure winger losing man properly.
- Work on timing and tight choreography



"Attacking Pattern # 2"

Setup

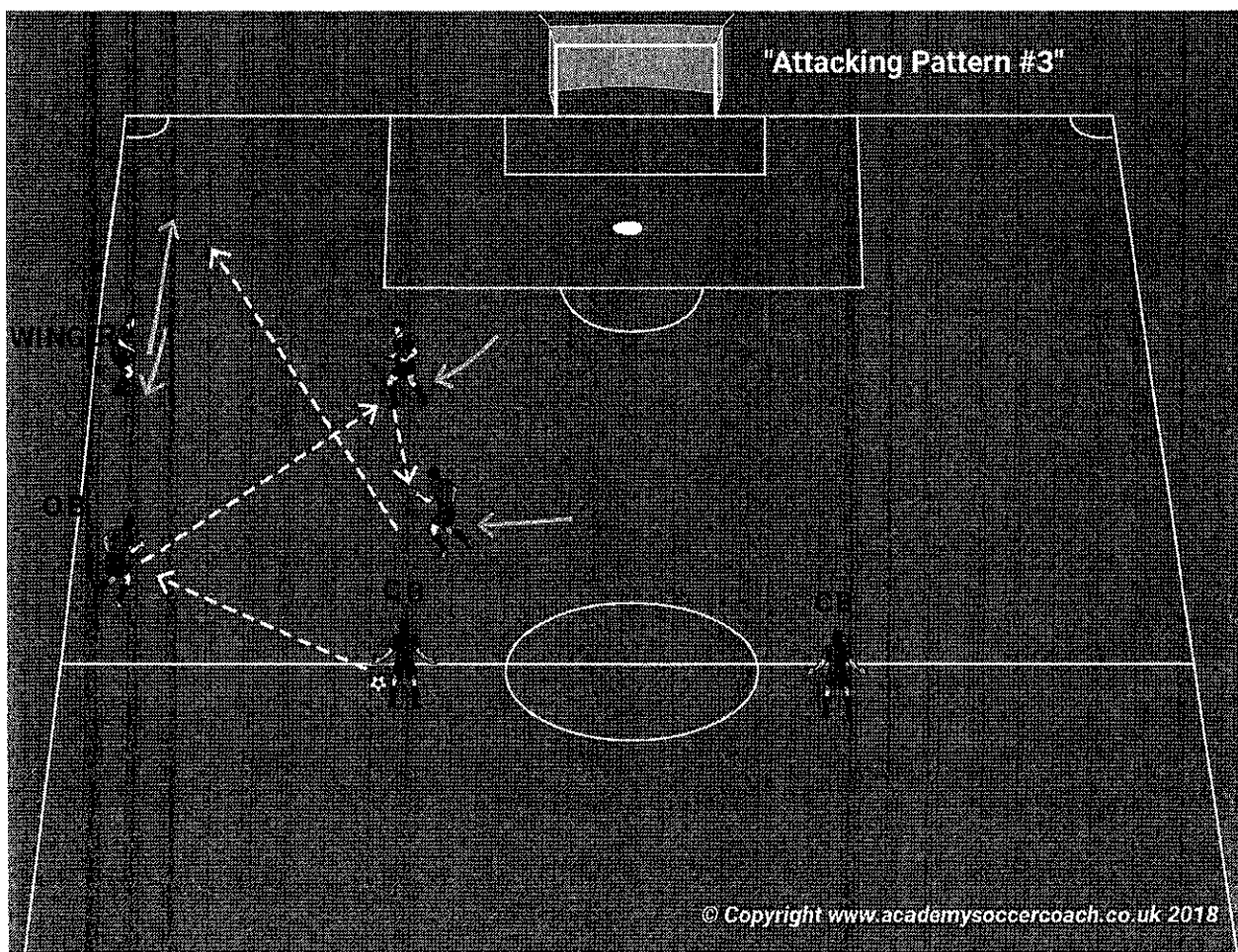
- All 11 field players included

Action

- Ball circulation between back 5 (see playing out of the back activity), ultimately results in either
 - (a) Center back hitting the outside back, or
 - (b) Defensive mid hitting the outside back.
- The winger (the 7 or 11) must read when (a) or (b) is about to happen. That is the cue for the winger to "lose his man" (see losing your man activity). The 7/11 lose their man by faking a run away from the ball (ie behind the defense), then turning and checking to the ball.
- The timing here is critical, as the point is for the 7/11 to receive with some space. And we want the outside back to provide the pass ASAP.
- As the 7/11 is about to receive the ball, the 8 or 10 (depending which side the attack is on) lose their man and come to support.
- The 7/11 plays the 8/10, and makes a run behind the defense.
- The 8/10 plays the 7/11 in behind.
- The 7/11 serves to runners in the box (9 first post, 7 back post, 8/10 to pk spot)

Notes

- Ensure proper spacing at all times.
- Ensure proper shifting at all times.
- Start slow, so players understand the tactical (space and timing).
- When understood, maximize speed of play.
- Have players communicating.
- Ensure winger, the center forward, and the attacking mid losing man properly.
- Work on timing and tight choreography.



"Attacking Pattern # 3"

Setup

- All 11 field players included

Action

- Ball circulation between back 5 (see playing out of the back activity), ultimately results in either
 - (a) Center back hitting the outside back, or
 - (b) Defensive mid hitting the outside back.
 - The winger (the 7 or 11) must read when (a) or (b) is about to happen. That is the cue for the winger to "lose his man" (see losing your man activity).
 - The center forward (the 9) must also read when (a) or (b) is about to happen. That is the cue for the 9 to "lose his man".
- The 7/11 and the 9 lose their man by faking a run away from the ball (ie behind the defense), then turning and checking to the ball.
- The timing here is critical, as the point is for the 9 to receive with space. And we want the outside back to provide the pass ASAP.
- As the 9 is about to receive the ball, the 8 or 10 (depending which side the attack is on) lose their man.
- The 9 plays the 8/10.
- As the 8/10 is about to receive the ball, the 7/11 check as if they want ball at feet, but then make a run in behind the defense (losing his man again).
- The 8/10 plays the 7/11 in behind.
- The 7/11 serves to runners in the box (9 first post, 7 back post, 8/10 to pk spot)

Notes

- Ensure proper spacing at all times.
- Ensure proper shifting at all times.
- Start slow, so players understand the tactical (space and timing).
- When understood, maximize speed of play.
- Have players communicating.

Possession

"Example of a Training Session Structure"

****Start your session with a "Circle Keep Away" as players trickle in for the start of practice***

Exercise 1: Passing in Pairs Exercise (10)

Exercise 2: "S – Pattern" Warm Up Exercise (10)

Exercise 3: "4 v 0 or 4 v 1 Rondo" Exercise (10)

Exercise 4: "4 V 2 Positional Rondo" Exercise (15)

Exercise 5: "Play 6 v 6 or 8 v 8 Scrimmage" (20)

Try to put your team in a formation that will help with "learning transfer" as it applies to the way you just trained and want your team to play.

For example: 9 v 9 - Set your team up in a 3 – 2 – 3 formation. 8 v 8 - Set your team up in a 3-2-1 formation. 7 v 7 – Set your team up in a 2-1-2 formation.

Possession

"Example of a Training Session Structure"

****Start your session with a "Circle Keep Away" as players trickle in for the start of practice***

Exercise 1: "S – Pattern" Warm Up Exercise (10)

Exercise 2: Dutch Squares (10)

Exercise 3: "3 v 1 Rondo" Exercise (15)

Exercise 4: "7 V 3 Positional Rondo" Exercise (15)

Exercise 5: "Play 6 v 6 or 8 v 8 Scrimmage" (20)

Try to put your team in a formation that will help with "learning transfer" as it applies to the way you just trained and want your team to play.

For example: 9 v 9 - Set your team up in a 3 – 2 – 3 formation. 8 v 8 - Set your team up in a 3-2-1 formation. 7 v 7 – Set your team up in a 2-1-2 formation.

Possession

"Example of a Training Session Structure"

****Start your session with a "Circle Keep Away" as players trickle in for the start of practice***

Exercise 1: "Groups of 4 - pass – receive" (10)

Exercise 2: "Lose Your Man" (15)

Exercise 3: "4 v 1 Rondo" Exercise (15)

Exercise 4: "Double Rondo" Exercise (15)

Exercise 5: "Play 6 v 6 or 8 v 8 Scrimmage" (20)

Try to put your team in a formation that will help with "learning transfer" as it applies to the way you just trained and want your team to play.

For example: 9 v 9 - Set your team up in a 3 – 2 – 3 formation. 8 v 8 - Set your team up in a 3-2-1 formation. 7 v 7 – Set your team up in a 2-1-2 formation.