



Staff Training
(Friday, July 29, 2016)



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INTRODUCTION

Coaches,

Thank you for attending our latest staff training evening at Piedmont High School (Witter Field), with practical demonstrations from our 24-7 staff at Montclair and Piedmont Soccer Club.

We would also like to thank our clinicians, who will be demonstrating/providing session plans for U10, U12 as well as our game management segment.

Ali Feasey and **Marcus Watson** will be demonstrating a U10 attacking session and U12 defending session respectively, before playing in conditioned games against **Mark Savvides** and **Corey O'Neill**, who have provided session plans and will be focusing on themes that will compliment the aims and objectives of the opposing team.

Ray Head and **Mark Nutter** will be providing a practical demonstration on game management in an 11v11 situation, including pre match, half time and post game team talks.

The aim of these clinics is to assist all of our 24-7 coaches in their personal growth as coaches, by observing, asking questions and providing/receiving constructive feedback from our peers.

We have a fantastic staff of coaches at 24-7 and we want to give everyone the best opportunity to continue their own development in house and in turn provide even higher quality sessions to the players they work with.

Enjoy the night and do not hesitate to reach out to us with any areas you would like us to cover at future clinics.

Dan Chubbock
(Piedmont SC, DOC)

Rob Busa
(Montclair SC, DOC)

Staff Training Itinerary (July 29, 2016)

6:00 - 6:15pm: Introduction (Rob Busa and Dan Chubbock)

- Overview of key objectives for the evening:
 - How we expect 24/7 practices to be structured
 - Covering key coaching points
 - How to keep a session flowing
 - For example only moving a few discs etc and not freezing too often.
 - Systems of Play
 - Game Day Management - Pre Game, Half Time and Full Time procedures
 - Player Roles

6:15 - 7:00pm: 7v7 (U9 - U10) Opposing Themes

ALI FEASEY - ATTACKING IN THE FINAL THIRD: FINISHING MARK SAVVIDES - DEFENDING: PRESSURE, COVER, BALANCE (PART ONE AND TWO)

- Aims and objectives for attacking theme (5 mins)
 - What are the main coaching points we will be looking for?
- Technical attacking based session (AF) (25 mins)
 - Warm up (Stage I), Stage II, Stage III and/or Conditioned Game
 - Swift flow and logical progression
 - Help players identify visual cues and session objectives
- Coaching in the game (15 mins)
 - Opposing themes play 9v9
 - Coaches to make two/three stoppages each based on session theme
 - Can also be coaching in the flow
 - Add conditions (triggers) after five minutes in order to bring out stoppages if needed

7:00 - 7:10pm Debrief and Break (Rob Busa and Dan Chubbock)

- Interview questions/summary from RB and DC, as well as questions from the group
- Discussion of what went well and what didn't
 - Any areas of focus, which didn't come out.
 - Future objectives

7:10 - 8:00pm: 9v9 (U11 - U12) Opposing Themes

MARCUS WATSON - DEFENDING: PRESSING IN THE FINAL THIRD

COREY O'NEILL - ATTACKING: PLAYING OUT FROM THE BACK

- Aims and objectives for defensive theme (5 mins)
 - Session content (tactical/technical element)
 - Expectations from the players
- Technical/Tactical defensive based session (MW) (25 mins)
 - Stage II and Stage III
- Coaching in the game (20 mins)
 - Opposing themes play 9v9
 - Coaches to make two/three stoppages based on session theme
 - Can also be coaching in the flow
 - If needed, add conditions (triggers) after five minutes in order to bring out themes/stoppages
 - How can we manipulate the game to get the scenarios we want?

8:00 - 8:10pm Debrief and Break

(Rob Busa and Dan Chubbock)

- Interview from RB and DC, as well as questions from the group
- Discussion of what went well and what didn't

8:10 - 8:50pm: 11v11 (U13 - U19) Game-day Coaching

(Ray Head and Mark Nutter)

- **PRE-GAME TEAM TALK. COACHES TO INTRODUCE THEIR SYSTEMS AND OBJECTIVES FOR THE GAME (6-8 MINS EACH)**
 - **MARK NUTTER**
 - SET UP IN A 1-4-4-2
 - **ATTACKING: FLANK PLAY (FOCUS ON #2, #3, #7, #11)**
 - **RAY HEAD**
 - SET UP IN A 1-4-3-3
 - **DEFENDING: ROLES AND RESPONSIBILITIES OF #6, #7, #11**
- Overview of main reasons for playing this system (and one limitation of it).
- Player responsibilities, in possession, out of possession and in transition
- All player roles and responsibilities can be found here...
 - www.24-7uksocceracademy.com/company/about-us/way-of-playing/item/83-individual-player-s-role-responsibility-and-key-skills
- Teams will play 2x10 minute halves, with half time team talk from both coaches to counter opposition weaknesses, and/or maximize own team's strengths (25 min)
 - Address strengths and weaknesses of own team and opposition
 - Give players chance to make observations
 - Address other players in addition to the listed numbers

8:50 - 9:00pm: Summary

(Rob Busa and Dan Chubbock)

- Discussion of session content/coaching style
- Questions from staff
- Feedback for next staff training clinic

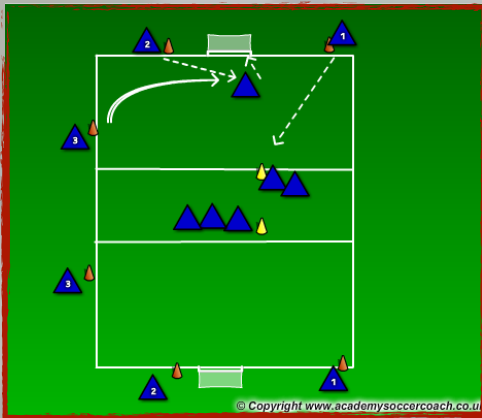
Theme/Objectives: ATTACKING IN THE FINAL THIRD: FINISHING

- Understand and master basic shooting technique.
- Understand different types of finishing/shooting depending on where you are in the final third.

Age:

Mesocycle:

Microcycle:



Duration: 20

Intensity: med

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- 50x30 area with two goals, a finishing circuit, two cones inside of each goal for accuracy
- Players set up on cones, 6 as feeders, 6 a shooters.
- 1) Ball is played in, touch to make space and shoot.
- 2) Close range first time shot.
- 3) A ball is crossed in, and the player should be looking to guide the ball in the goal.
- Once done next player goes, Do this twice and then swap with feeders.

Coaching Points

- 1) Keep the distance, look up and make space to shoot (Awareness)
- 2) Attack the ball with open body position (Shooting technique)
- 3) Be patient, time your run, disguise with the run. Accuracy over power on the finish. (Decision making)

Progression(s)

- Introduce GK's and Defenders.
- 1 point if you hit the target, 2 if you score and 3 if you do the correct shot.



Duration: 20

Intensity: High

Intervals: 4

Work:Rest: 4:1

Organisation/Explanation:

- 50x30 field size, including 2 goals, a middle third and also red cones are the offside line.
- Always starts from the GK.
- 2 defenders v 2 attackers in each zone with two support/neutral players in the centre zone (8/6)
- Defenders or GK play into support/neutral players, then one player will play into the 10 or the 9 in the attacking third and make a 3v2, look to combine before shooting.

Coaching Points

- Create space to shoot. - Awareness
- GK position, (Head up)
- Follow the shot
- Shooting technique and type of shot.

Progression(s)

- Can we play into the 9, if so, they have two touch to shoot.



Duration: 25

Intensity: high

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- VISUAL CUES:
- When on a shot on goal a player has to frame the goal, ready for any saves from the GK to follow up on.
- When the ball is moving into the 7, 9 or 11 there should be supporting runs off the ball, either in behind or overlaps ready for a cross into the box, also timed run from 9/11/7
- To create space for a shot; judge the defenders body position whether to cut in or go wide, also GK position and whether its our preferred foot.

Coaching Points

- Awareness
- Shooting technique
- decision making
- GK Position
- Follow up on shots
- Angles and distance

Progression(s)

Notes:

15 minutes at the beginning for a specific warm up focusing on the basic technique of shooting. Breaking down the technique to the players.

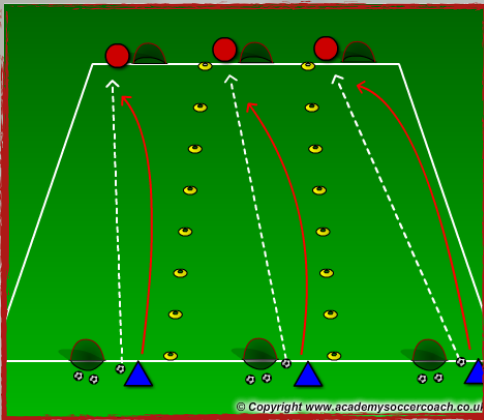
Theme/Objectives:

DEFENDING: PRESSURE, COVER, BALANCE (PART ONE)

Age: U9-U10

Mesocycle:

Microcycle:



Duration: 15 mins

Intensity: Med/High

Intervals: 3

Work:Rest: 3:2

Organisation/Explanation:

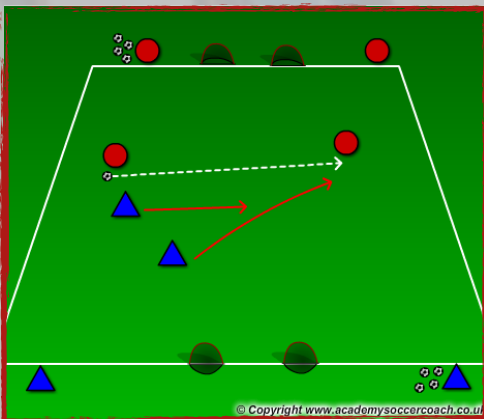
- 1v1 passive defending. (15x10)
- Defender plays the ball to the attacker who then has to deny them scoring in their pug goal.
- Defenders cannot tackle and instead must jockey, keep the ball ahead of them and show them away from goal.
- Defenders are allowed to block attempted shots on goal.

Coaching Points

- (Pace, Position, Patience)
- Make play predictable
- Cues and triggers to win the ball (hesitation, head down, back to goal, bouncing ball, heavy touch)

Progression(s)

- Progress to 2v2
- Allow defenders to win the ball.



Duration: 25 mins

Intensity: Med/High

Intervals: 5

Work:Rest: 3:2

Organisation/Explanation:

- 2v2 flying changes (20x15)
- If the ball goes over the red end line, new reds come in. If the ball goes over the blue goal line, new blues come in. Kick ins from the side.
- Defenders look to work as a unit and force opposition players away from goal.
- Offside applies.

Coaching Points

- Coaching points made in previous stage.
- Sliding and screening.

Progression(s)

- Progress to 3v3



Duration: 25 mins

Intensity: Medium

Intervals: 5

Work:Rest: 4:1

Organisation/Explanation:

- Use one half of a 7v7 field.
- Play starts from blue goalkeeper who have a 6v5 overload to win the ball back and score in any of the 3 pug goals.
- Defending team look to be patient and win the ball back when the situation arises.
- Red team look to score in the big goal.
- Every time the ball goes out, play restarts with the blue goalkeeper who plays to the red defender.

Coaching Points

- Application of all of the above

Progression(s)

- Adjust overload depending on success.

Notes:

- Stage 4 = SSG.

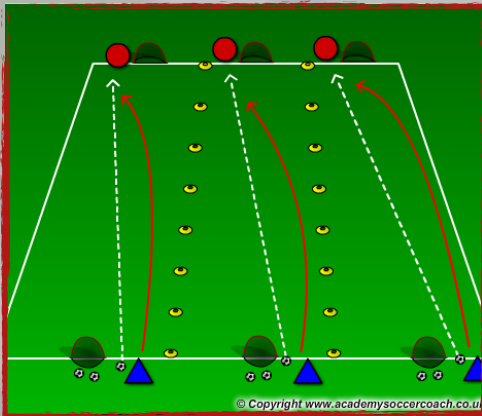
Theme/Objectives:

DEFENDING: PRESSURE, COVER, BALANCE (PART ONE)

Age: U9-U10

Mesocycle:

Microcycle:



Duration: 15 mins Intensity: Med/High Intervals: 3 Work:Rest: 3:2

Organisation/Explanation:

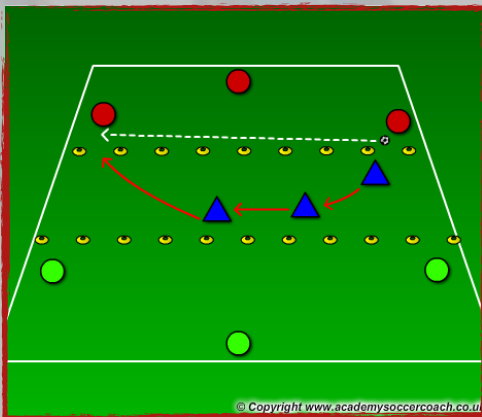
- 1v1 passive defending. (15x10)
- Defender plays the ball to the attacker who then has to deny them scoring in their pug goal.
- Defenders cannot tackle and instead must jockey, keep the ball ahead of them and show them away from goal.
- Defenders are allowed to block attempted shots on goal.

Coaching Points

- (Pace, Position, Patience)
- Make play predictable
- Cues and triggers to win the ball (hesitation, head down, back to goal, bouncing ball, heavy touch)

Progression(s)

- Progress to 2v2
- Allow defenders to win the ball.



Duration: 25 mins Intensity: Medium Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

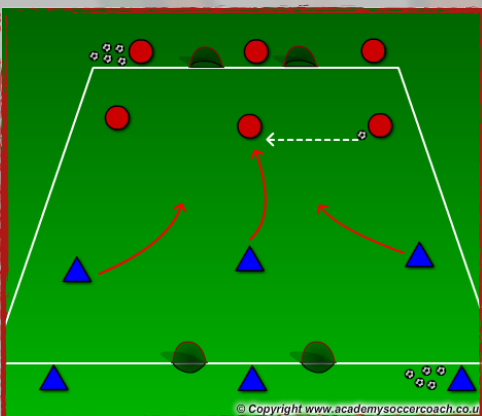
- (30x25) 3 teams of 3 organised as shown.
- Two end teams look to play through the defensive team in the middle.
- Defending team in the middle look to work as a unit to deny the ball going through to the other side.
- Teams must stay in their designated zone.

Coaching Points

- Coaching points made in previous stage.
- Sliding and screening.
- Force in/out

Progression(s)

- Allow one defender to go in and press the ball.



Duration: 25 mins Intensity: Medium Intervals: 5 Work:Rest: 3:2

Organisation/Explanation:

- 3v3 flying changes (30x25)
- If the ball goes over the red end line, new reds come in. If the ball goes over the blue end line, new blues come in. Kick ins from the side.
- Defenders look to work as a unit and force opposition either inside or out.
- Offside applies.

Coaching Points

- Application of all of the above

Progression(s)

- Allow 4v3 against the defenders if they are having a lot of success.

Notes:

- Stage 4 = SSG.

Theme/Objectives: DEFENDING: PRESSING IN THE FINAL THIRD

Pressing in the final 1/3, trying to force play into middle areas. Coaching those visual cues/triggers, to try and win the ball in the attacking 1/3 using #6, #7, #10, #11, #9 to create scoring opportunities.

Age: U12

Mesocycle: Fall

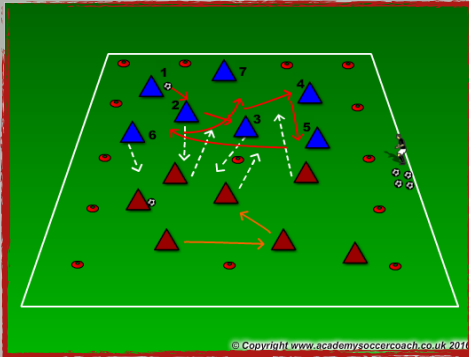
Microcycle:

Duration: 20

Intensity: Low

Intervals: 4

Work:Rest: 3:2



Organisation/Explanation:

- 2 30x20 grids back to back.
- 2 teams, both teams numbered 1-7
- Passing and moving in number order.
- Coach will call 3 numbers those players for both teams leave grid.
- the press the look to win ball in other grid.
- when numbers have been called, both teams play whoever they want to, looking to possess ball.

Coaching Points

- Communication of 1st defender & supporting players.
- Pace, position, angle of approach. (Curve runs)
- Force play into support, make play predictable.
- Stagger the support so defenders have depth and cannot be split.
- Defend as ball is traveling.

Progression(s)

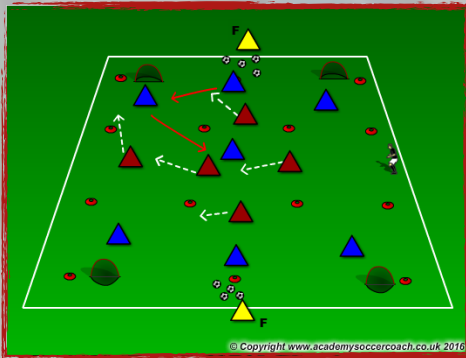
- Both teams have a ball.
- Using whole grid, teams have to keep their ball and look to win other ball inside a minute.

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



Organisation/Explanation:

- 3 grid game 24x10 each grid, 4 pugs goals two at either end.
- Blue team trying to possess and play forward through middle grid to score point.
- Feeders (F) start game alternately to increase tempo.
- Blue players have to keep ball on floor.
- Blues have to stay in area they start.
- If Red team press and win, they break into end grid and try and score at either goal, this will always be a 4v3.

Coaching Points

- Defend as ball travels.
- Communication from 1st defender & supporting players.
- Cut line and force into middle in wide areas.
- Visual cues to go and press as a team. (Bad touch, square balls, player facing own goal, ball in air, bouncing balls)

Progression(s)

- Allow longer passes from Blues.
- Blue players can leave starting grid,

Duration: 25

Intensity: Medium

Intervals: 5

Work:Rest: 4:1



Organisation/Explanation:

- 7v6 in favor of Blue.
- Blues set up with (1-3-2-1)
- Red Defenders set up #4, #6, #7, #9 #10, #11 in (1-4-1)
- Balls start with Blue GK, Blues try to play out and go to pug goals.
- Reds look to win ball and go to goal.
- Reds should be looking to play positively if they win ball.
- Looking to create shooting opportunities.

Coaching Points

- Compact, sliding together.
- #9 cuts off half the field forcing ball forward.
- #6 screens forward passes, into blue center forward.
- Distance between groups, press together as a team. #4 should be touch tight to center forward.
- First Defender cut off line, force play into middle.
- Look for triggers/cues.

Progression(s)

- Progression will be 9v9 game.
- Play first to 3 goals.

Notes:

- Finish with a 9v9 game.

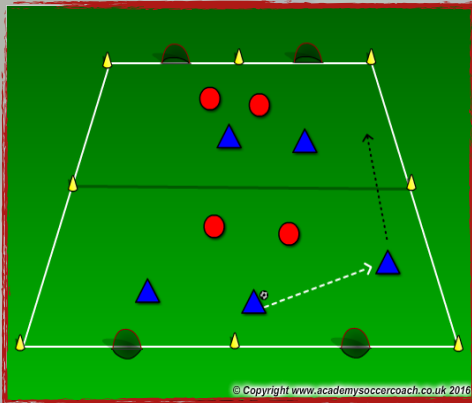
Theme/Objectives: ATTACKING: PLAYING OUT OF THE BACK (AND THROUGH THE THIRDS)

To Transition the ball from the goalkeeper through the playing thirds within game limitations. Use of triggers to view in drills are then performed in a game scenario.

Age: U11-12

Mesocycle:

Microcycle:



Duration: 15 Mins

Intensity: Medium

Intervals: 2

Work:Rest: 4:1

Organisation/Explanation:

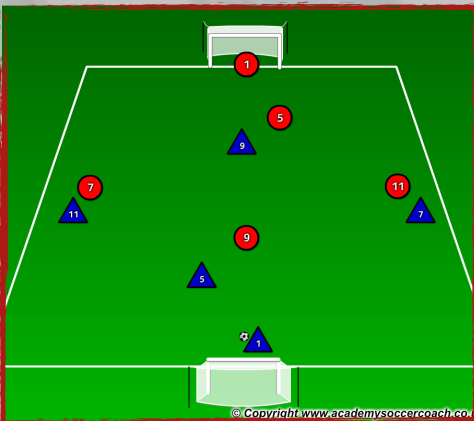
- Grid: 30*30. 9 Players. 4 Goals. Server plays the ball from the top.
- Changing the point of play from one area to the next with a penetrating run/pass as we try to play out from the back.

Coaching Points

- Body position, close control of the incoming pass.
- Lock the ankle when passing the ball.
- Movement of support players.

Progression(s)

- Increase the number of defenders & shorten the size of the field.



Duration: 25 Mins

Intensity: Medium

Intervals: 2

Work:Rest: 4:1

Organisation/Explanation:

- Grid: 40*30. 10 players. 2 Goals with the ball beginning with the blue team's goalkeeper.
- A 5v5 game with the goal to transition the play from one side to the end to open the play out to the wings

Coaching Points

- Body position of the receiving player.
- Moving the ball create penetration in the next third.

Progression(s)

- Over load on attacking wingers. Expand to a full size.



Duration: 25 Mins

Intensity: High

Intervals: 2

Work:Rest: 4:1

Organisation/Explanation:

- Grid: 9v9 Full SSG field. Teams in a 1-3-3-2 formation.
- Ball begins with the blue goalkeeper, trying to play into our defensive line-up 2,5,3.
- Defensive players to create areas to penetrate first line of pressure.
- 6,7,11 to move off at an angle to receive and play forward.

Coaching Points

- Create the angle to receive to go forward.
- Linking of Defense line and midfield line to move the ball.
- Communicate within unit

Progression(s)

- Time limit to move the ball forward.
- Touch restriction on players.

Notes:

- Triggers to use when playing from the back: Defenders is when the ball is at the GK. Midfielders to move off the defenders in possession.
- Visual cues: Defender Position, Positive first touch control, Movement off the opposition midfielder to create space.

1-4-3-3 With An Emphasis on The Defensive Roles of the #6, #7 and #11 (RAY HEAD)

Wingers (#7 & #11):

Attacking

- To provide wide outlets in flank positions usually in the middle and attacking third of the field.
- Create crossing positions alone or in combination with others
- To deliver accurate and timely crosses from flank positions
- Contribute to attacking play in central positions with and without the ball
- To move into goal scoring positions when not involved in play
- To score goals

Defending

- To recover, react and act as a first defensive barrier in wide areas
- To assist other defenders in flank positions as appropriate
- Move to a more central covering position when the ball is on the opposite flank

Defensive Midfielder (#6):

Attacking

- To provide and present the back players with passing options
- To support back players by moving opponents away from areas through which they may run with the ball
- Retain possession and provide penetrative passes for players moving into goal scoring or goal creating positions
- (To move into goalscoring positions as frequently as possible with a view to striking at goal)
- Support forward players on receiving the ball

Defending

- Support forward players when defending direct opponent attacks through midfield areas by marking, pressing, intercepting and challenging for the ball
- When passes are made beyond the midfield to goal, recover, track, and assist or replace defenders in their defending duties when necessary

1-4-4-2 With An Emphasis on Attacking Flank Play (and the roles of the #2, #3, #7, #11) (MARK NUTTER)

Full Backs (#2 & #3):

Attacking

- Provide a wide passing outlet for the goalkeeper and other players usually in the defending and midfield areas of the field.
- Progress possession creatively in the flank areas in all phases of the field.
- Create crossing positions alone or in combination with others.
- To deliver accurate and timely crosses from flank positions.

Defending

- Control and defend the space between him and the CD's and GK to reduce the chances of penetration by the opponents.
- Combine and cooperate with fellow defenders to maintain a defensive security and structure of defending play in wide areas.
- To move to a more central position when the ball is on the opposite flank.
- Support and cover the central defender when the ball is on the opposite side of the pitch.
- To act as the last line of defense in the flank position.
- To prevent crosses by the opposition.
- Organize and direct fellow defenders as necessary
- Organize/direct/assist the winger in his defensive duties.

Wingers (#7 & #11):

Attacking

- To provide wide outlets in flank positions usually in the middle and attacking third of the field.
- Create crossing positions alone or in combination with others
- To deliver accurate and timely crosses from flank positions
- Contribute to attacking play in central positions with and without the ball
- To move into goal scoring positions when not involved in play
- To score goals

Defending

- To recover, react and act as a first defensive barrier in wide areas
- To assist other defenders in flank positions as appropriate
- Move to a more central covering position when the ball is on the opposite flank

Coach Name:

Club/Age:

Season/Date:

Evaluator:

Topic:

Planning & Preparation

Communication Skills

Knowledge & Understanding (coaching content)

Coaching Behaviours (verbal/non-verbal) / (guide/comment/command)

1	5
2	6
3	7
4	8

Interventions (stop vs flow) (duration) (content)

Space for video link

STAGE I

STAGE II:

STAGE III:

STAGE IV:

Effectiveness (player response):

Stage I & II

insert text

Stage III & IV

insert text

Summary

What went well with the training session?

What improvements would you make to the training session?

How do you think the players responded?