



Staff Training - June 20, 2017



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INTRODUCTION

Dear Coaches,

In keeping with the varying format for our on field training, we are going to be running a 'session activity workshop', which will consist of a number of different coaches carrying out one activity of their choice for 15 minutes, rather than complete sessions.

This format, will allow for a greater amount of content to be covered in a short space of time and hopefully give every staff member the opportunity to come away with something new for their coaching repertoire.

Please see below for a rough outline of how the evening will look...

6 - 7pm

- Activity 1 (15 mins - plus 5 min debrief)
- Activity 2 (15 mins - plus 5 min debrief)
- Activity 3 (15 mins - plus 5 min debrief)

7 - 8pm

- Activity 4 (15 mins - plus 5 min debrief)
- Activity 5 (15 mins - plus 5 min debrief)
- Activity 6 (15 mins - plus 5 min debrief)

8 - 9pm

- Activity 7 (15 mins - plus 5 min debrief)
- Activity 8 (15 mins - plus 5 min debrief)
- Activity 9 (15 mins - plus 5 min debrief)

We will also be using AFC Academy players for the sessions, so that coaches can take notes and ask questions to the presenters during each debrief, but please be prepared to participate if asked.

We will be running more field sessions later in the year, so if there is a coaching area/format that you would like to see covered, please let Andy Hulbert know, so that we can continue to improve the quality of 24-7 UK Soccer Academy's product on the field.

ITINERARY

6 - 7pm (AFC Academy 05G - Silver)			
SESSION NUMBER	COACH NAME	ACTIVITY THEME	PAGE
Activity 1 (15 mins)	Todd Sullivan	Integrating GK into the warm Up	4
Activity 2 (15 mins)	Rob Busa	Counter Attacking	5
Activity 3 (15 mins)	Mark Nutter	Back Foot Concepts	6
7 - 8pm (AFC Academy 05B - Prem)			
COACH NAME	COACH NAME	ACTIVITY THEME	PAGE
Activity 4 (15 mins)	Ben Solomon	Positional Rondo	8
Activity 5 (15 mins)	Dan Chubbock	Crossing & Finishing	9
Activity 6 (15 mins)	Corey O' Neill	Pressure - Cover	10
8 - 9pm (AFC Academy 04B - NPL)			
COACH NAME	COACH NAME	ACTIVITY THEME	PAGE
Activity 7 (15 mins)	Brendan McManus	Playing Through Midfield	11
Activity 8 (15 mins)	Gaz Agnew	Attacking Pattern Play (Wide Areas)	12
Activity 9 (15 mins)	Adam Player	Set Pieces (Attacking)	13
Debrief and Feedback	ALL		

Theme/Objectives: Integrating the GK into Warm Ups

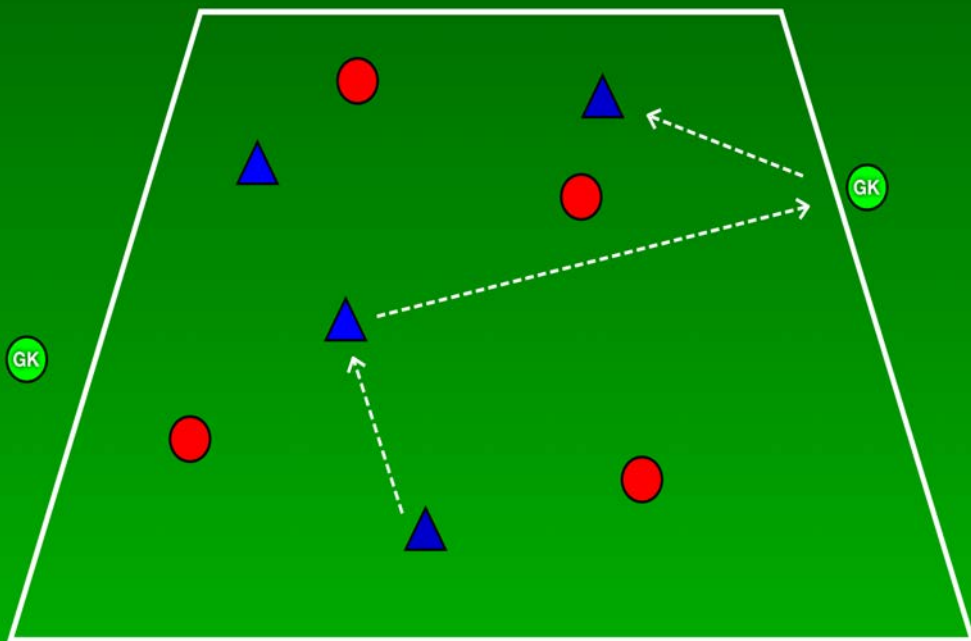
- Players will be able to combine with the GK to keep possession
- Warm the whole team up effectively whilst keeping the GK active and involved
- Players will be able to use the right passing and receiving techniques

Organisation/Explanation:

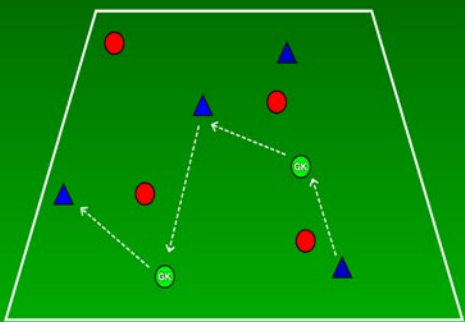
- 25 x 25 yard grid
- 4 v 4 with GK on either side
- The aim is for the attacking (blue) team to play to either GK and receive the ball back.
- If the attacking team use both GKs in one sequence they are awarded two goals
- If the defending team (Reds) win possession they become the attacking team

Progressions:

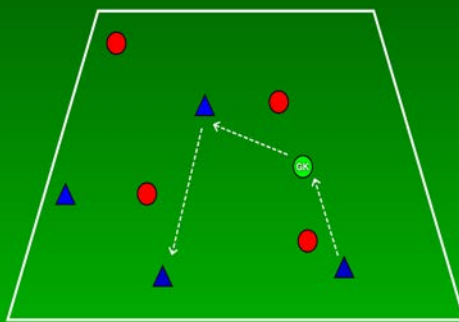
- GK can only use hands
- GK cannot use hands
- Player that passes ball to GK must be different from the receiver
- Ball must be transferred to both GKs



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Coaching Points/Progressions:

- Work with the players to recognize the visual cues and body position of their team mates and how it would dictate the type of delivery they should use
- Ensure the players communicate when looking to play combinations to release players and play to the GK
- Ensure the players provide effective width and depth using appropriate angles
- Work with the GK to ensure good footwork to get into position and quick distribution to find players in space

Notes:

Theme/Objectives: WHAT - Counter attacking activity with number up overloads
 WHY - To be more clinical in the attacking 3rd with a numbers up advantage
 WHO - #10,7&11 (progressing to include the #9)
 WHERE - Attacking 3rd
 WHEN - 'We' win the ball

Organisation/Explanation:

- Figure 1 - Shows field set up and identifies 3v2 picture
- Figure 2 - Shows field set up and identifies the progression to 4v3
- Figure 3 - Shows the full exercise set up for 3v2, when both directions are active

Equipment - Balls, bibs, cones full size goals (x2), pug goals (x2)

Field Set Up - Condensed Attacking 3rd - 36X44 yards

- 3 Attacking players build up transition play (#10,7&11) to goal
- #10 brings the ball into play and also directs it
- As it is a counter attack a quick tempo is required. Add a time incentive to encourage this
- 2 Defenders (#4&5) look to contain, if ball is won they look for target goals which are both a 'forward' and 'longer' pass
- Set up allows for a change in the 'moment of the game' when the ball is lost. Can the attacking team high press for 5-7 seconds to win the ball back while the defending team attempts to transition into attack?

Progression -

- Add an additional attacker (#9) and defender to make a 4v3. This is done to reduce the space and increase options & complexity of the drill

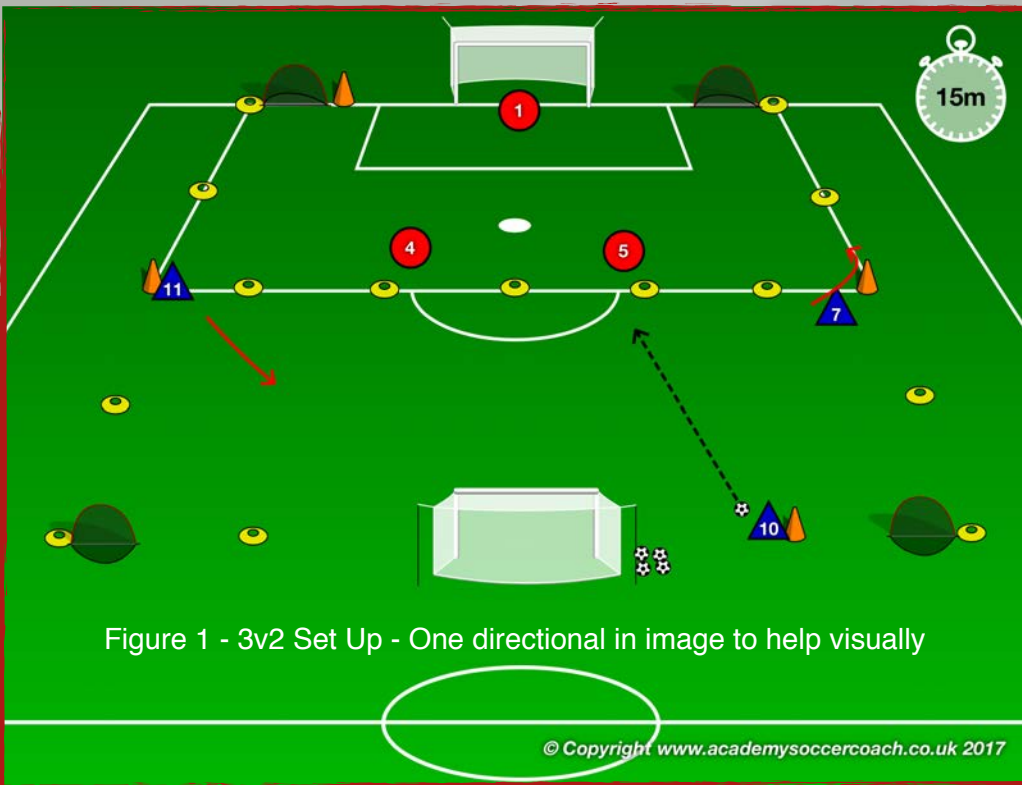


Figure 1 - 3v2 Set Up - One directional in image to help visually

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Figure 2 - Progression to 4v3

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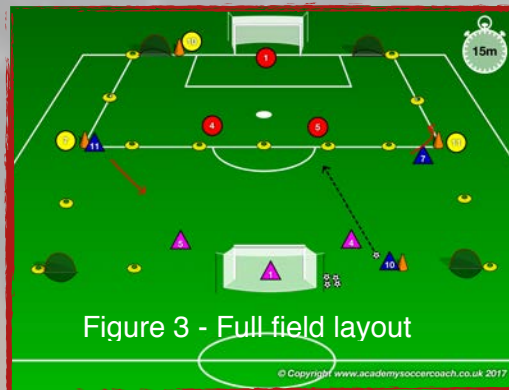


Figure 3 - Full field layout

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Coaching Points/Progressions:

- (1) Decision making on the ball: Positive play - can I play forward? can wide players get behind the defenders? Can I finish?
- (2) Movement and positioning to create space or support
- (3) Utilizing the number up advantage - can I isolate a 2v1 or even a 1v0?

Notes:

This exercise puts emphasis on the 24/7 Way of Playing through 'Creative' 'Attacking Soccer' based upon situation (decision making)

Theme/Objectives:

- Receiving the ball, the importance of understanding and implementing FRONT FOOT/BACK FOOT concepts
- Players working to receive on both feet - 'Front Foot protects, Back Foot turns'

Mark Nutter 6/20/17

Organisation/Explanation:

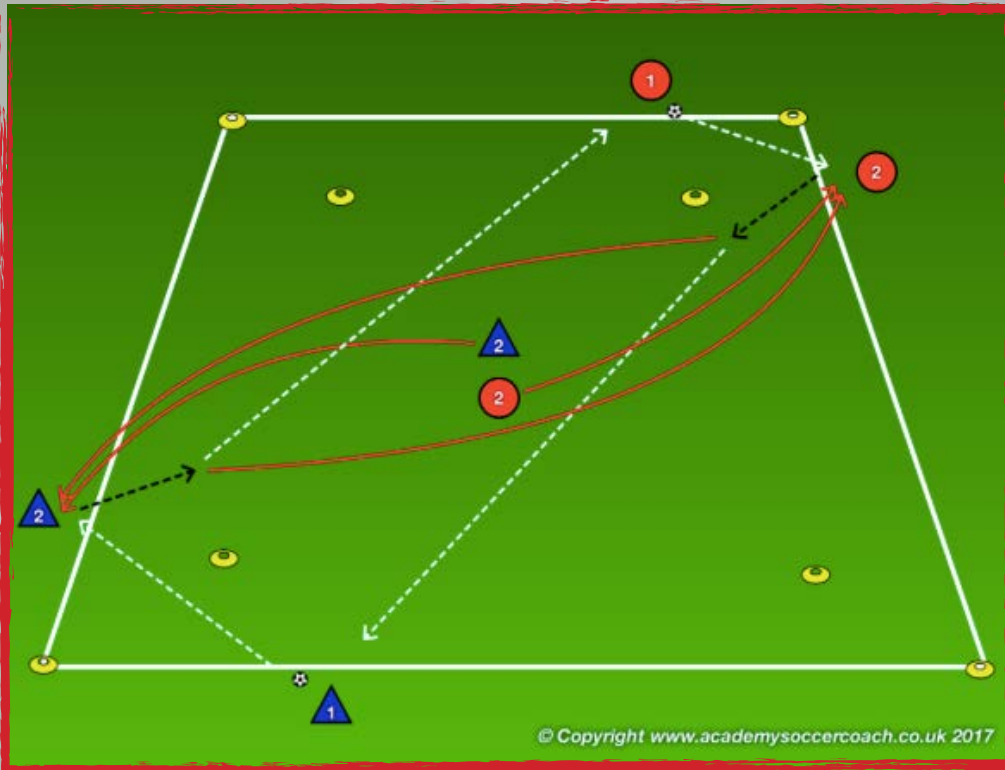
- Area marked out 10 wide by 20 long
- Additional cones placed in the area to make gates for player 1 to pass the ball through
- Player 2 start back to back in the middle of the area.
- To start they spin to their left and head to side of area to receive ball through the cones from 1
- In diagram to left, player 2 receives on their left foot, and then moves into the field where once under control they pass down to opposite player 1, ideally with right foot
- Player 2 then switches position with the other Player 2 and repeats

Progressions

- Switch sides so back foot becomes the right foot
- Force player 1 to control same way as player 2, i.e if back foot is left foot, get player 1 to receive on their left foot and play right foot
- Make competitive, first pair to complete 10 passes each.
- Instead of player 2 passing the ball to opposition 1, they could lead their own player 1 so they can move forward and take the ball and play down to the other end. Player 2 then takes player 1 position at the end

- Can work with 3 players in the same way for both player at end remaining in position, or leading player to move forward. allows exercise to flow and run a little longer as all players are working, no resting players.

- Lead Pass - playing the ball in front of player
- Pass Appreciation - playing the pass to allow player to play quickly - i.e no pressure lead them, pressure then play feet or safe side
- Play Way You Face - When under pressure, do not turn into player, but play, backwards/way you are facing



TERMINOLOGY

- Back Foot - foot furthest away from the ball
- Wide - player gets to the line, making field as big as possible
- Back to Line - Player opens body to create a front foot and back foot, also allowing them to check easier for defender, determining if can receive back foot and turn
- Deep - Player gets closer to the ball increasing the angle (becoming a better option), for player with the ball
- Window - A pass between two opposition players, or in this case two cones - For More See *****

CONCEPTS

The Importance of Receiving Back Foot

- Allows player to see more of the field
- Helps prevent Players turning into players
- Stops players playing Blind, Square and Across their Body - Likely to give ball away by playing this way.
- Make sure players arc their runs and continue to look at the ball, remaining an option all the time

Coaching Points/Progressions:

- The exercise works on both feet and encourages players to pass and receive with non dominant foot just as much
- Either way, end players just focus and they must focus on their PASS APPRECIATION
- Exercise can be worked to receive on FRONT FOOT as well to protect the ball - Players come to meet the ball straight on and protect the ball with foot closest to the ball, shield and play back to 1 - (PLAY THE WAY YOU FACE)

Notes:

Theme/Objectives:

- The importance of implementing and correcting basic concepts during sessions, shown in SSG format
- Do not let bad habits slip into sessions, or allow players to use incorrect technique or concepts in training sessions

Mark Nutter 6/20/17

Organisation/Explanation:

“PRACTICE MAKES PERMANENT”

- Field set up 30 wide by 40 long
- Goals but no areas - allow GK a certain distance out, but width of field
- Cones set up as gates for players to enter the field
- Balls always start in same corner - reduces confusion and players know where to return soccer balls to
- Players rotate their own gates after each play
- Once ball is out, game over

-Start 2 v 2 plus GK as shown with players in position “A” Players play to opposition position “A”

-Progress to 3 v 3 plus GK with position “B” joining the game. Players play to opposition “A” but either side of goal

-Position “C” ball is played to your team, i.e position “C” allowing player to make decision of turning, (Back Foot), or shielding/protecting, (Front Foot)

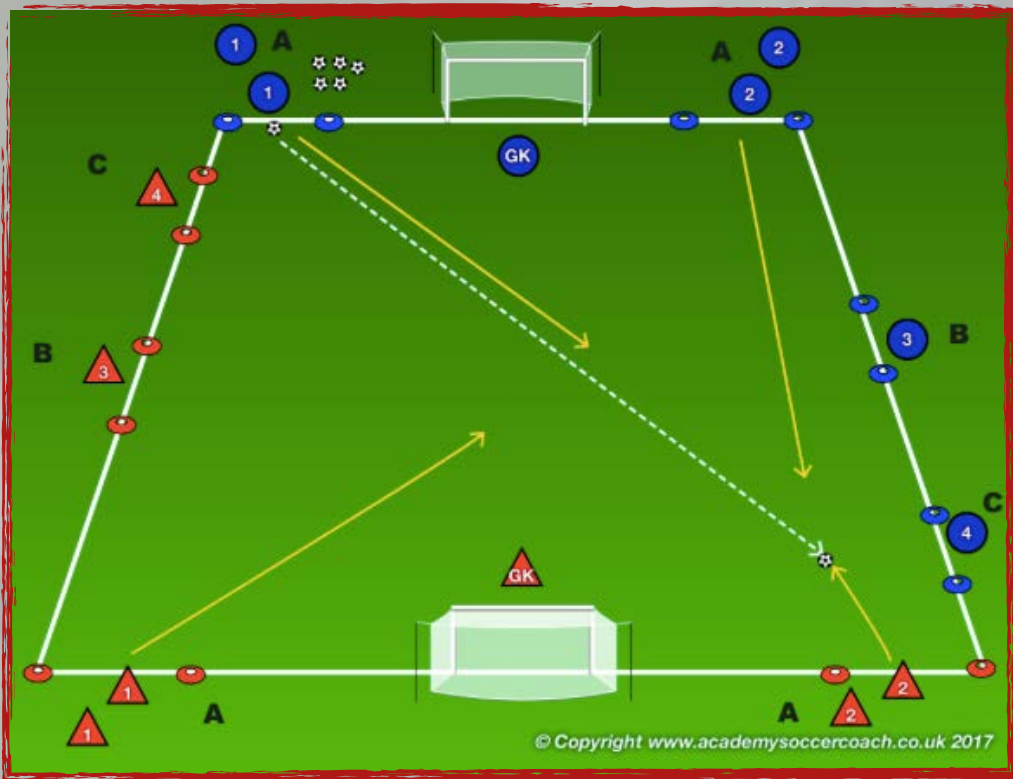
PROGRESSION

-Once team wins back possession, they can play in another player from any of their teams gates. Team who receives first pass, cannot bring in another player until they intern have regained possession after losing the ball

-Change the type of service. Have players throw the ball in, depending on age, or kick from the hands - encourage opposition to attack ball before bouncing

-DO NOT BE AFRAID TO STOP SESSIONS ALL THE TIME EARLY ON - DO NOT ALLOW PLAYERS TO GET AWAY WITH BAD HABITS - As the concepts become ingrained you will stop it less and less

-JUST AS IMPORTANT AS STOPPING THE SESSION, OR TELLING PLAYERS GAME OVER, EVERYONE OUT, NEXT GROUP, MAKE SURE YOU JUMP ON THE GOOD STUFF - THE PRAISE WILL ENCOURAGE CORRECT TECHNIQUE



“PRACTICE MAKES PERMANENT”

As the title suggests, practice makes permanent, so by allowing players to not train in the way you want them to play, they will find it harder to implement in games.

SET TARGETS IN SSG

- Can only score first touch
- Can only score after a window or overlap
- Ball not allowed over head height
- Every player has to touch it

Common Faults

- Not receiving on correct foot, but preferred foot
- Turning into players
- Using the O/S of their foot
- Not getting wide enough
- Not getting deep enough to be the best option or draw the defender to create more space
- Not working hard enough - either to become an option for player with the ball - or as a 1st defender pressure - 4 Ps of defending - important to play hard so as to create a game situation

Coaching Points/Progressions:

-SET STANDARDS - You need to be set up and look the part, have energy and a positive attitude

Praise often, but not false, and do not be afraid to identify errors or incorrect technique - use consequences wisely and collectively not for individuals

-As a coach we educate players in all ways, anything you say will be taken in and stored, so setting standards early is important as contradicting yourself is confusing, don't let them not use the O/S of their foot one week and not the other, not wear shinguards one week, and not the other. All players MUST wear Shinguards, but you get the idea. Finally explain why, don't just say, you cannot do this, or do it this way, explain the benefit, or dangers and pick out examples when you can

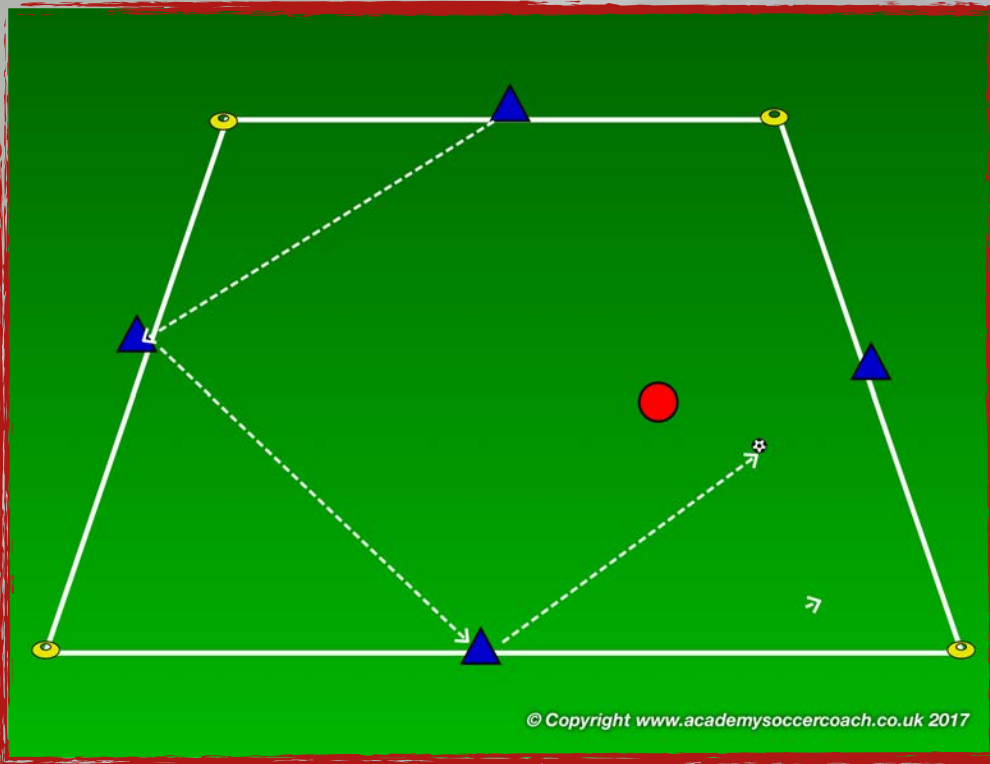
Notes:

As an old school coach, this is how I coach as I like my teams to play how I like to play, or see the game played. I work on these basic concepts from day 1 with a team and bring in more and more conditions as the season goes on, less focus on concepts once they are understood. PLEASE share any ideas as to how you think this could work better, or ideas to add to the SSG part

Theme/Objectives:

- Positional Rondo: A tool for body shape and player efficiency
- To work on making a team offensively more efficient in the defensive and middle thirds of the field

Ben Solomon



Organisation/Explanation:

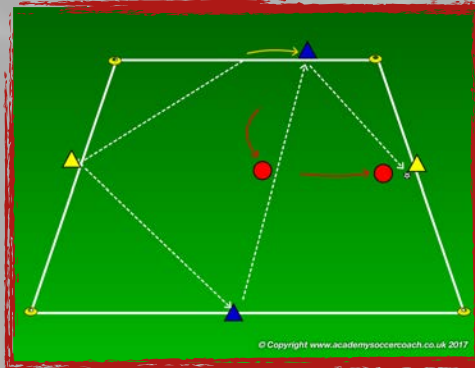
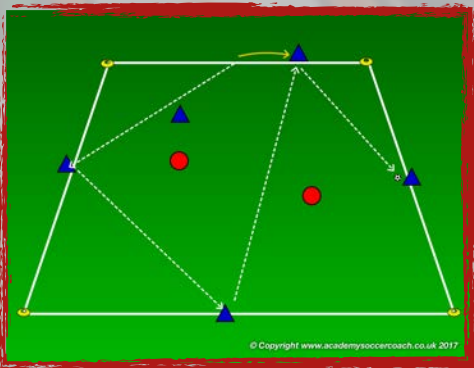
- 10x10/8x8 Grid
- the smaller the grid the harder the outside players need to work
- 4 v 1/4v2/4v1+1
- 4 players on the outside must keep the ball away from defender
- If defender wins ball they will switch out with attacking player
- 6 passes = 1 point

Progression 1

- Add an additional player 4v2 + 1 player that is free to roam inside square
- 1 point for outside pass and 2 points for a split pass
- Split pass is considered a pass that splits both defenders
- Offense must reach 20 points to win round

Progression 2

- 4v2
- North and south players have Blue pennies
- East and west players have yellow pennies
- Defenders have red pennies
- Same rules apply as per progression 1
- If defenders win the ball, they switch out with the color that they won the ball from
- Focus is on defensive mechanics in this format
- When possession is won game does not stop



Coaching Points/Progressions:

- Attacking Principles of Play: Support (depth), Width, Mobility, Penetration (length)
- Take ball on back foot (to see field), if received on back foot pass straight back and then reposition
- Weight of pass
- Head up as ball is received
- Create 'passing lines'
- Pass to a beat
- Break lines of pressure

Notes:

- The intensity of play should come from the coach as the pacemaker
- Keep the points simple and introduce each coaching point based on the level of understanding
- Repetition is needed for teams to master these simple concepts. Note, we are missing one Attacking Principle of Play: Creativity

Theme/Objectives: CROSSING AND FINISHING ACTIVITY (Stage II / III):

- Team will be taught how to get the ball wide in a variety of ways, before attacking crosses into the box from both flanks.
- Players will be coached on their movement in the box (areas to attack and timing of the runs)
- Defending team, will work on counter attacking by hitting target players early after winning possession



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Organisation/Explanation:

- Set up 15x15 grid on halfway line (make closer to goal if area becomes too big)
 - 3v1 in this grid
- One channel on each side of the field (approx 7 yards wide)
 - One wide player in each channel (with supporting #2 and #3 for progression)
- Defending team sets up as a 1-3-2
- Attacking team plays with three kids (#6, #8 and #10) and three forwards (#11, #9 and #7).

PROG 1

- #6 on attacking team (blue) starts with the ball.
- #10, #8 and #6 must possess the ball (can set 3 pass minimum).
- The three mids must look to get the ball to one of the wide forwards, who will then work to deliver a cross.
- Allow #7/#11 to take ball down line to get ball in box (no reds allowed in channel)

PROG 2

- Three mids can also use #9 and work ball wide from there by drawing reds out of position.

PROG 3

- Attacking team can play back to #2 and #3 to maintain possession
- Defending team may press ball in channels with one player
- You may also add a #4 for defending team at this point.

PROG 4

- #2 or #3 may move into attacking third to create a 2v1

RUNS IN BOX (see left images - #9 gives cue)

- #9 front post
- #11 back post
- #10 middle
- #8 penalty spot
- #10 front post
- #8 back post
- #11 middle/penalty spot
- #9 late run middle



Coaching Points/Progressions:

- #7 and #11 must stay wide in order to receive the ball and stretch the opposition back line. Can receive into feet, or split pass between #2/3 and #5
- #9 should stay high in order to provide a target during build up play. Once ball is wide for a crossing opportunity the #9 should move out of #5 field of vision in order to attack cross (visual cues for cross coming in - behind back line, hips, head up).
- #9, #10, #8 and #7/11 should be arriving as ball arrives from cross (see above diagrams for two options for runs into the box)
- If ball comes back out, players should reset and ready for second delivery and/or transition to defense.

Notes:

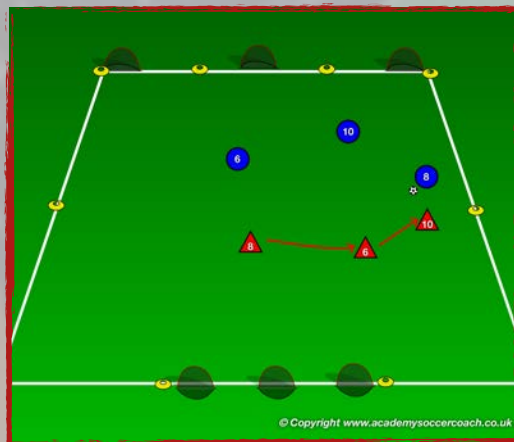
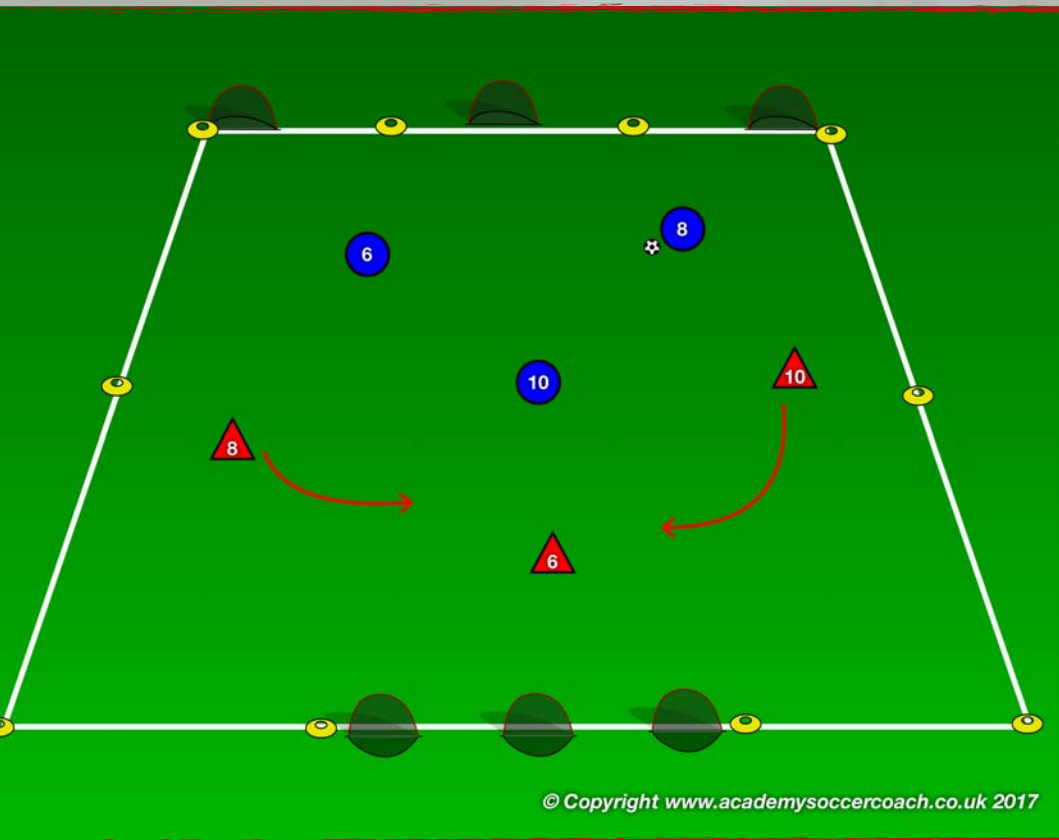
- If not enough numbers for above activity, coach can play the role of #6 (and/or #2 and #3 as support players)
- Ensure a constant supply of balls on halfway line to keep flow of session going.
- If you have enough players, set up with two attacking teams, who rotate.

Theme/Objectives:

-To teach the central midfielders pressure cover and balance when in the middle third of field.

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.
- Midfielders look to work as a unit and force opposition either inside or out.
- One player in each half of the area and one must stay in each area throughout the session.
- Offside rules apply.



Coaching Points/Progressions:

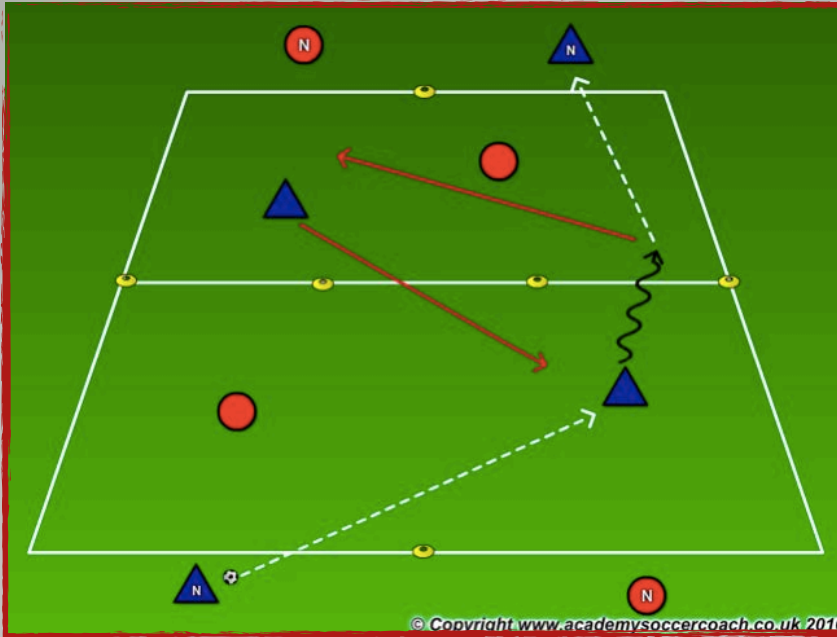
- (Pace, Position, Patience)
- Make play predictable
- Cues and triggers to win the ball (hesitation, head down, back to goal, bouncing ball, heavy touch)

Notes:



Theme/Objectives:

WHAT - Playing Through Midfield WHY Improve players understanding of movement to create space and play forward WHO - #6,8, 10 WHERE - Middle Third WHEN - Building from the back



Organisation/Explanation:

Stage 2

Organization

- 16x16 Area with 4 grids marked out within the area.
- 2 x teams of 4 players with 2 players in middle area and 2 players on opposite end lines.
- Each team has a ball and looks to work ball from end player to opposite end players.
- Players in middle are restricted to one half at one time and are encouraged to stay opposite and diagonal from one another.

Progression

- Once players understand movement in pairs, move to groups of 3.

CP's

- Receive on the half turn
- Recognize when to dribble vs pass
- Move as the ball travels
- Move diagonal/opposite grids to receive and combine
- Play forward whilst seeing both targets

Stage 3

Organization

- 7v7 game
- Fully opposed game with natural transitions
- Game area: Box to box length and width of penalty area split into 3 zones
- Players arranged into game specific positions (1-2-3-1)
- Objective: Attacking team try to score by playing through the midfield zone first
- Once ball enters final third, 2 CM's can join in to create overload.
- Can include wide players (not pictured) or adjust opponents formation for success.

Progression

- Add various triggers/conditions to achieve outcome.

CP's

- Movement and positioning to create space or support
- Angle of approach and triggers for movement
- Passing and receiving techniques to retain possession

Coaching Points/Progressions:

- See above

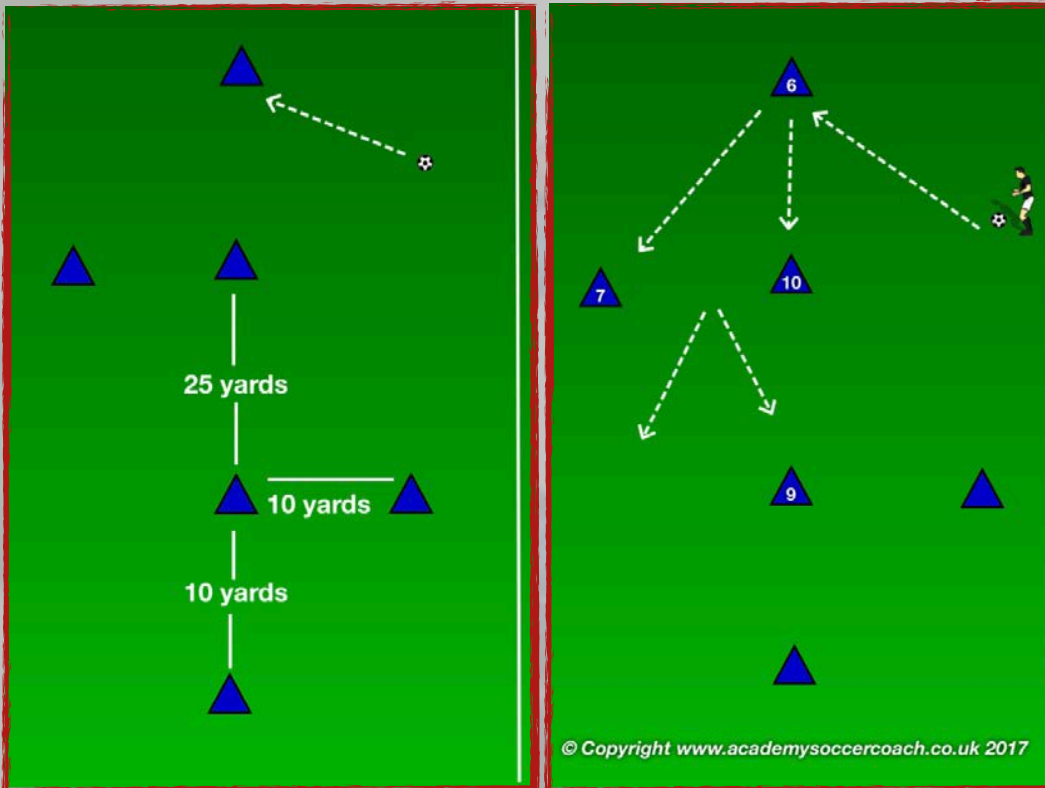
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Theme/Objectives:

- Attacking pattern play in wide areas
- Link up play involving the #6, #10, #9 and #7/#11

Organisation/Explanation:

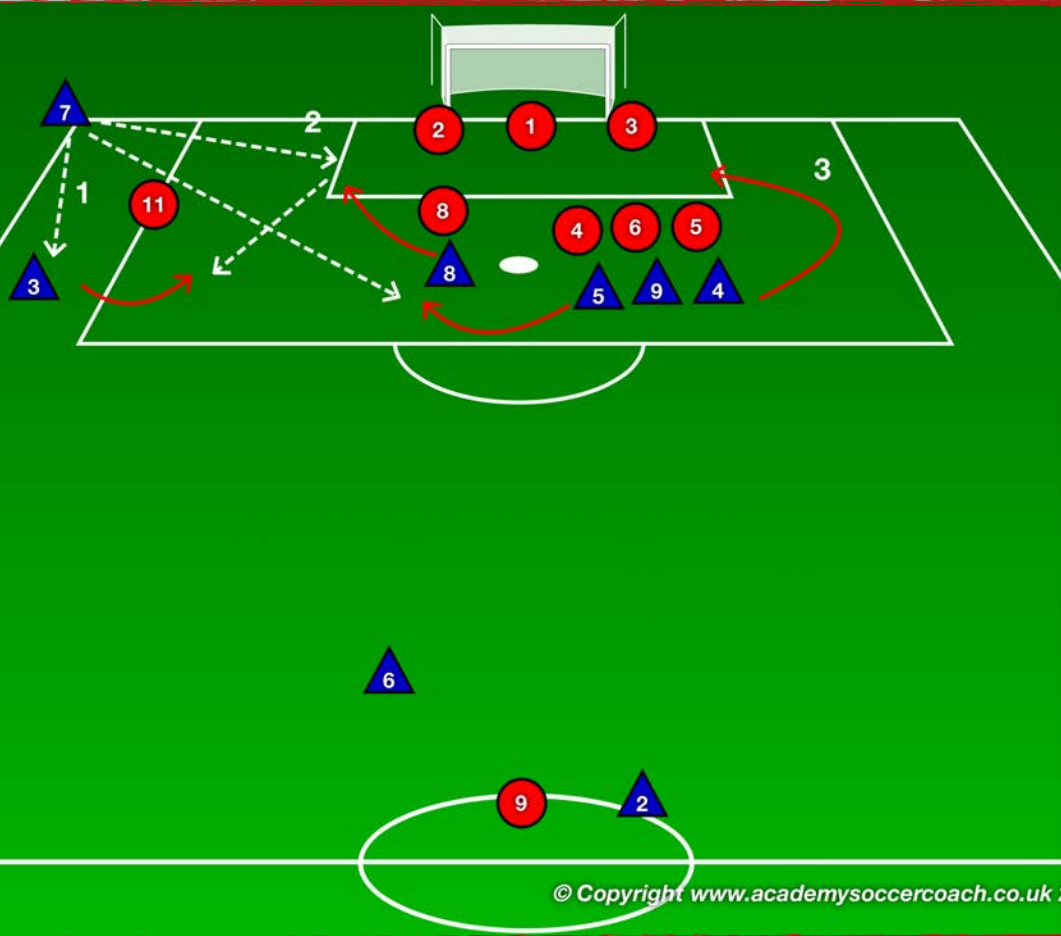
- 2 teams of 7
 - Cones set up for right or left side drill
 - Players all rotate
 - #6 always receives back foot
- Ball into #6 - #10, who sets ball for diagonal to #7.
 - Ball into #6, who plays to #7, into #10 and back out to #7
 - wall pass around cone
 - Ball into #6, to #7, into #10, back to #6 and wide to #7
 - #10 must set and spin for #6 to play split
 - Ball into #6, out to #7, into #9, then in to #10
 - #7 checks inside and plays split to #9
 - #10 spins out and makes diagonal run
 - Ball into #6, out to #7, into #9 and in to #10.
 - #7 comes inside to play to #9
 - #10 makes third man run to receive from #9
 - #7 sets back for #6 to split to #9, who sets #10 for third man run from #7



Coaching Points/Progressions:

- Weight and angle of pass (pass appreciation)
 - High tempo (one, two touch)
 - Create space (#7 should be coming short to go long, stay outside for split passes)
 - Timing of runs (#10 when checking/showing for the ball. #7 and #10 need good timing and change of pace on supporting runs)
- PROGRESSION:
- Build to an 8v6 going to goal (#6 should be starting from halfway line)

Notes:



Organisation/Explanation:

Stage IV

Work on various set piece routines in game situation

Play 7v7 or 8v8

-Corner kicks:

- Option 1 - #7 plays short to 3 to change the angle of delivery. Give targets a chance to create space. (#8 to make run to create space around penalty spot. #6 to hold position on edge of the box.
- Option 2 - #7 plays along byline for #8 to check into and cut back to #3 running into box. #4, 9, 6 peel off towards back post to leave space for #3 to drive inside
- Option 3 - Deep cross to back post for #4. Purposefully deep to change angle of attack.
- Option 4 - Follow process of option 2 but a deeper pass should miss #8 and allow #11 to check for the ball to shoot. If pressured could touch out to #3.

Wide free kicks:

- Option 1 - #11 overlaps #7 and gets cross into box
- Option 2 - #8, 9, 4 make runs into box creating space for #5 to receive on edge of box
- Option 3 - Deep ball into back post. #5 peels off around #3. #4, 9 make runs to penalty spot and back post for header across the box.



Coaching Points/Progressions:

- Type of cross
- Disguise
- Timing/type/angle of runs
- Communication

Notes:

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