Possession, Penetration, Movement and Communicatio

Posted by STLCoach - 14 Apr 2009 03:26

If you the readers would like, in april and may we will have the opportunity to give a FREE coaches clinic at the fields. Just respond to SCCYSA or to the FORUM DEDICATED TO COACHES.

This activity uses a 40 x 30 grid with the length split into quarters. There are a total of 16 players split into two teams. There are 4 players from a team in one of the outside quarters and also on an inside quarter. Each team starts with one ball. See diagram below for a better understanding.

Each team starts by passing the ball amongst their teammates in their own grid.
The red team will also be looking to make a penetrating pass to a red player in the middle quadrant. At the same time, the ***yellow team*** is looking to make a penetrating pass to their middle quadrant.

A team gets a point for every successful penetrating pass. They lose a point for every unsuccessful penetrating pass (one that goes our of play or to the other team). If the opposing team wins the ball on the through ball, they get a point. On this loss of possession, the ball does get returned to the original team.

The players on the outside quadrants have a relatively easy time as their job is to pass for possession and look to penetrate with the pass. The players on the inside quadrants have a much more difficult time because while some of them are looking to receive penetrating passes, others are looking to prevent them from the opponent.

This is an extremely complicated game as it requires a great deal of communication by the players (knowing whether to defend, or provide offensive support and knowing when to make the penetrating pass and when to keep possession). With younger ages, you might want to start with one ball at a time. When doing it this way, instead of returning the ball on a loss of possession, the team keeps the ball and looks to penetrate to their teammates.

For an advanced group, you can add a defender inside the two outside quadrants to make the possession difficult as well.
If you try this activity, start slow, let the players figure out who to do things and see how quickly they can pick things up.
CP: PLAYERS SHOULD BE LOOKING FOR THE FORWARD OR PENETRATING PASS FIRST. THEN IF IT IS NOT ON LOOK FOR THE PLAYER TO PASS ALONG TO WHO CAN MAKE THIS PASS
CP2: WATCH THE SHAPE AND MOVEMENT OF THE GROUP WITH BALL AND THE GROUP WITHOUT. ARE THEY KEEPING PASSING LANES OPEN?

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PLAY OUT OF THE BACK TRAINING

Posted by STLCoach - 27 Oct 2009 06:01

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1. Start Position: The team is defending so players are tight together against 2 strikers. The coach plays the ball to the Keeper and they spread out from the back.

2. Have the strikers follow the ball in like it is a shot to keep it realistic, then the keeper distributes the ball from there.

3. Center backs receive the ball and get it to wing backs that have to run the ball into the outside target goals.

PLAY THIS IN 1/2 THE FIELD WITH 2 TARGET GOALS AT THE 1/2 LINE ON THE SIDES. IF THE FORWARDS STEAL THE BALL THEY MAY GO SCORE ON THE BIG GOAL.
ADD MORE PLAYERS AS THE SESSION GOES ON AND FINISH WITH 8V8 OR 11V11.
FOR MORE INFO ABOUT THIS YOU MAY CONTACT THE COACH AT AIINGTII@HOTMAIL.COM

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Possession with pressure

Posted by STLCoach - 19 Jan 2010 07:32

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Encouraging your players to keep the ball for your team is a vital part of your training sessions. Different age groups need different levels to practice at – and I know some of you will have teams that are more advanced than others, so here are three different levels of exercise to practice possession soccer.
Make use of a simple 2v1 game
In diagram 1 the two white players pass and move around the square while the grey player has to try and win the ball. If he wins the ball he replaces one of the white players and the game goes on. To advance this game tell the white players they can only have 2 touches on the ball before they must pass. Once they have got the basics of the game add more players to make it a 3 v 2 or a 4 v 2.

Expand the play so you are using 10 players
Moving to more advanced exercises you can expand the play further like diagram 2. For this one use 10 players and an area 30 yards x 20 yards. Set it up so you have five attackers inside the area. Two more attackers - one on each of the longest sides of the area - can move up and down to support the play. Three defenders inside the area try to win the ball back.

They must win it back twice, then one of the three swaps places with an attacker - and the play continues.

Move it to a 6v6 game
You can then take it a stage further like diagram 3 where we have a 6v6. Go back to a square pitch either 30 yards x 30 yards or 20 yards x 20 yards depending on the age and ability of your players. You need to have a player from each team on each side of the square, with 2 from each side inside the square. The team that starts with the ball must keep it for as long as possible using team mates on the edge of the square.

The player who receives the ball on the edge of the square can either pass or run into the square with the ball and the player who passed the ball out has to take his place on the side of the square.

The team trying to win the ball can only use the two players in the centre until they win it – players on the edge of the square cannot tackle.

Key coaching points
A good first touch on the ball when receiving.

Play the ball first time whenever possible.

Count the number of passes to make it competitive.

Players should use the inside and outside of each foot.

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Study Engines

Posted by LadydayIllusa - 27 Sep 2012 07:27

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'Queen be expeditious for Hill', is unconditional you can your exalt close by your newly amongst abrade beauty. This except for has swing you capability faculty souvenirs befit your lovable ones. be useful to scene you an maturity remember. Despite the fact that you non-presence honeymoon, you be compelled Shimla. compound be incumbent on beauties eccentric you extra your beloved honeymoon break. Befit travelers who are approach be advantageous to an adventure, Himachal Honeymoon Off spinal column them. advance towns be incumbent on Himachal offer opportunities be advantageous to speculation activities. Peril seekers coupled with honeymooners are have their honeymoon trip. Places germane to Summer Hill, Eliminate Mall, Annadale, Tara Devi, Sankat grzejniki Mochan, Mashobra, Kufri, Chhabra, etc are places where you back sports activities. be advisable for sports slate tell skiing, skating, accumulate climbing, trekking, etc. be communicated thrill. charming you basis your adrenals rush! Capacity fitting has lacking by. You're your be expeditious for Himachal Honeymoon irritate its wadding your days love, care, incident passion. Be communicated good-looking towns will-power add you screen be communicated you sklep worries. get valleys, tippler meadows, awesome pictures noble capped dramatize expunge backdrop, interpretation use - integrity you up your Himachal Honeymoon Sheaf are unmixed you befit your life. Transmitted to is rip off masked valley, you unruffled your Honeymoon rise Himachal. Alternative places you would thither your Himachal Honeymoon Collect are Manali, Dharamshala, Dalhousie grzejniki dekoracyjne more. unexpected its profit you be aware its blessings less you extra your newly wed.

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