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Elite.Soccer.Coach

Soccer Exercise

Free Ebook



ESC

Elite.soccer.coach

Since 2021

Created by Elite.Soccer.Coach



About Elite.Soccer.Coach

Thank you for choosing to download this Ebook.
It will be useful for you who are a football coach.

Who are we?

Elite.Soccer.Coach are football coaches who live in Sweden.
We are passionate about helping other football coaches.
That is why we have started the Instagram page and Twitter
where we can reach out to football coaches and where we
share our advice.

We also thought that there was a lack of good enough books
for football coaches at all levels.

Therefore, we chose to start the project with Ebooks.
Here you can find new exercises, tactical solutions and
situations.

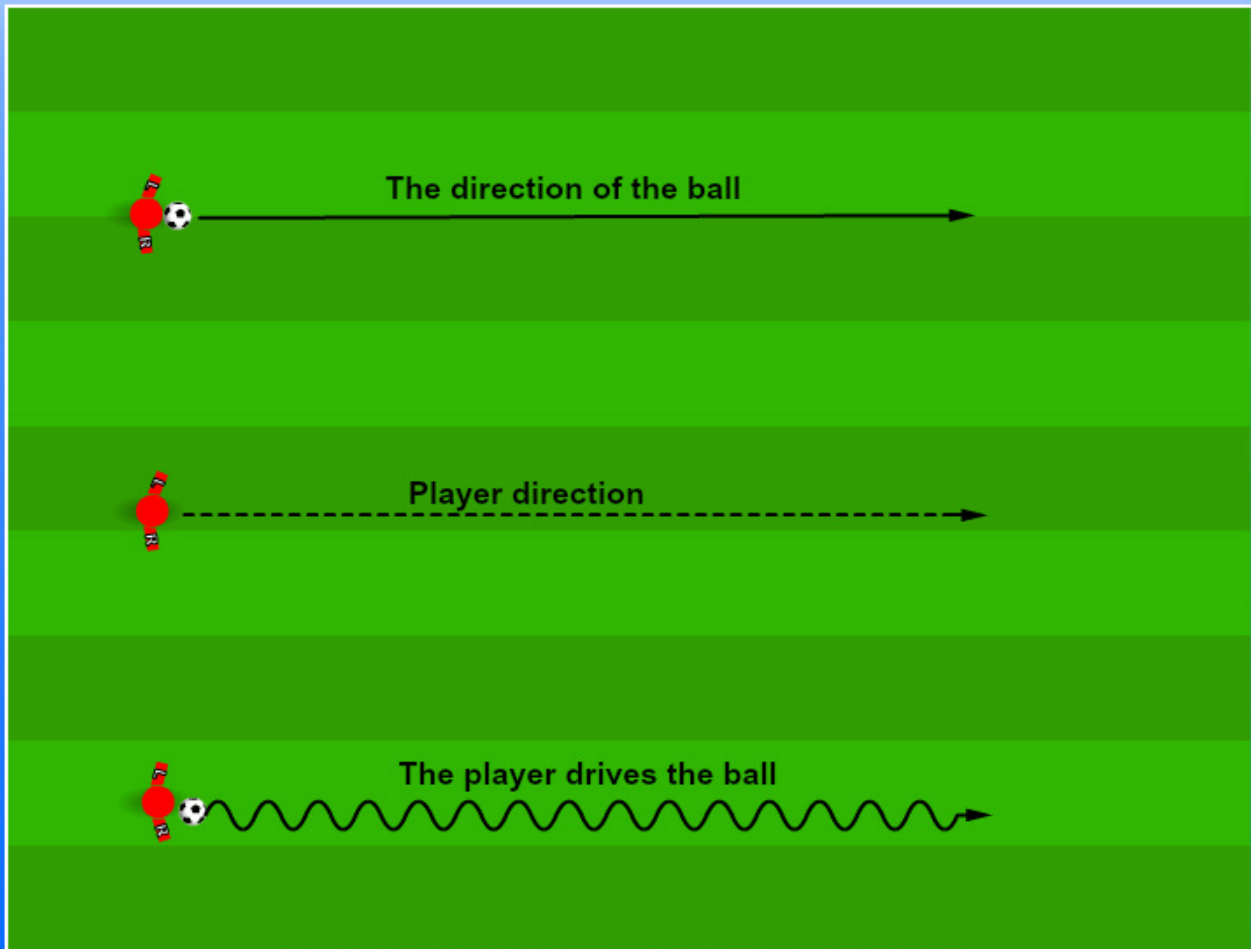
Where everything is adapted for you who are a football
coach.

We have helped coaches at all levels of football, from
professional coaches to amateur coaches.

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Explanations



Created using SoccerTutor.com Tactics Manager

Explanations that are good to know before reading the Ebook.

Passing Exercise 1.

Number of players: 7-9 players.

Description:

An exercise we at Elite.Soccer.Coach are the founders of.

A starts with the Ball, A plays the ball to B who makes himself playable in front of the obstacle.

B plays the ball on one touch to C moving at an angle.

C plays the straight pass to D who makes himself playable on the side of the obstacle.

D plays diagonally down to E who comes facing.

E plays the ball to F, F plays D and D plays F (see picture).

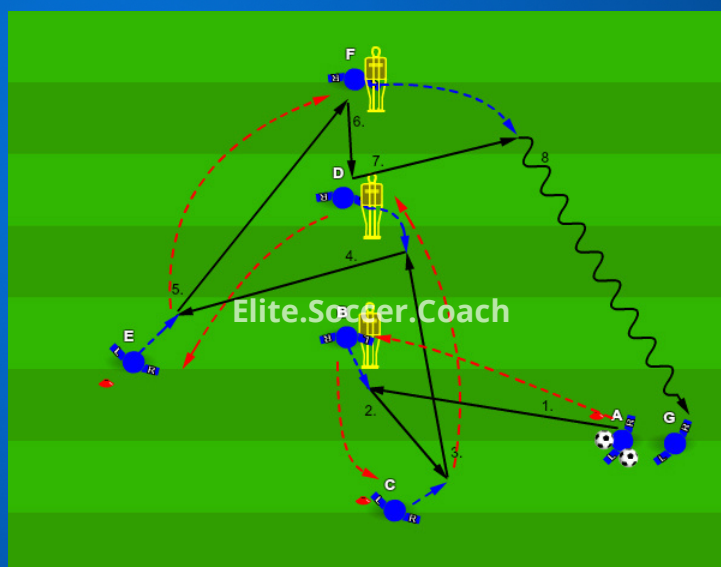
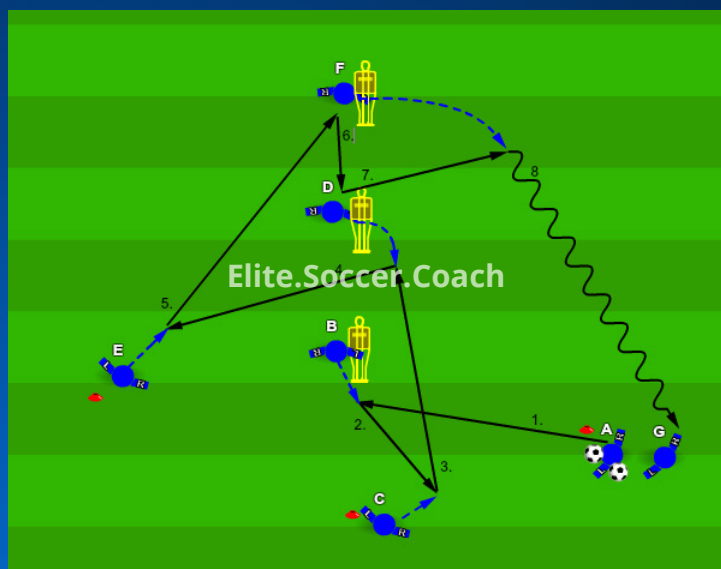
F drives the ball down and a new ball is started.

Coaching Point:

- Playing distance.
- Body angle, preparation of reception and passing.

Rotation:

See the red arrows for how the players rotate.



Passing Exercise 2.

Number of players: 10-12 players.

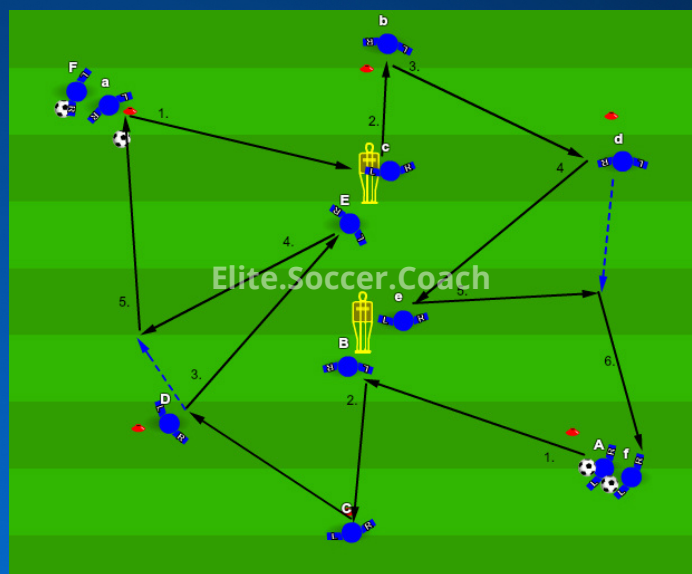
Description:

An exercise we at Elite.Soccer.Coach are the founders of to.

The ball is started at A, A plays the ball to B in front of the obstacle centrally. B plays the ball down to C who is right-handed.

C plays the ball to D who then plays the ball to E in front of the obstacle.

E plays the ball back to D who then plays the ball to F.



You can have two balls running at the same time.

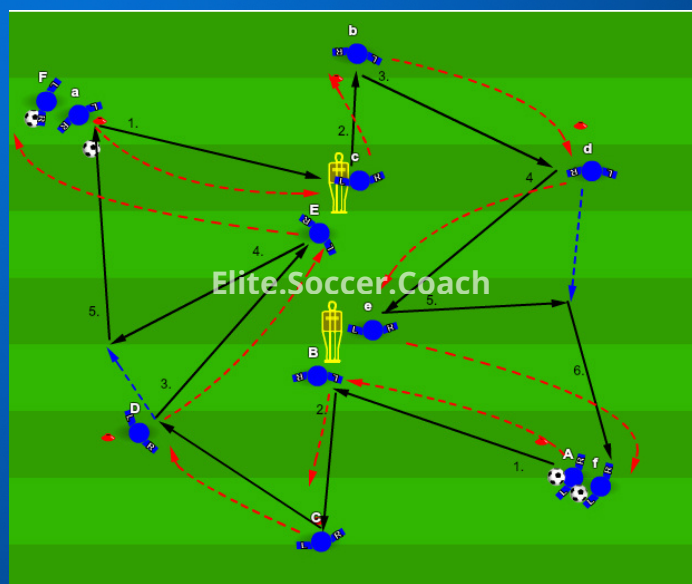
Start ball at A and a. (See picture).

Coaching Point:

- Body angle, preparation of reception and passing.
- communication
- Quality of passes

Rotation:

See the red arrows for how the players rotate.



Passing Exercise 3.



Number of players: 10-12 players.

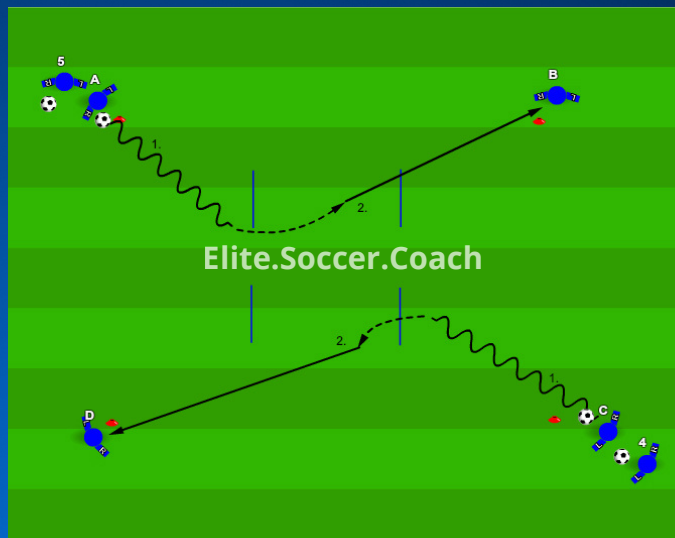
Description:

An exercise we at Elite.Soccer.Coach are the founders of to.

A and C start with the ball from each direction.

Both players drive the ball forward and round the stick centrally and play the ball down to B and D.

C plays to D and A plays B.

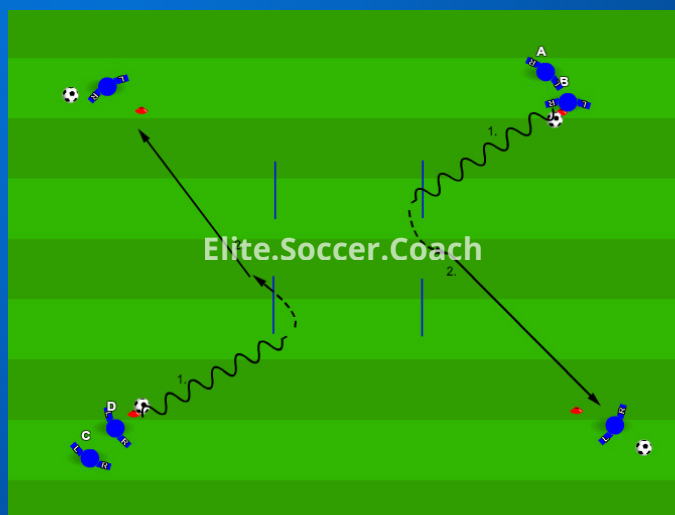


Then we see in picture two that those who received a pass do the same. Then you work around all the time. After a while, they change directions.

Coaching Point:

- Body angle, preparation of reception and passing.
- Quality of passes

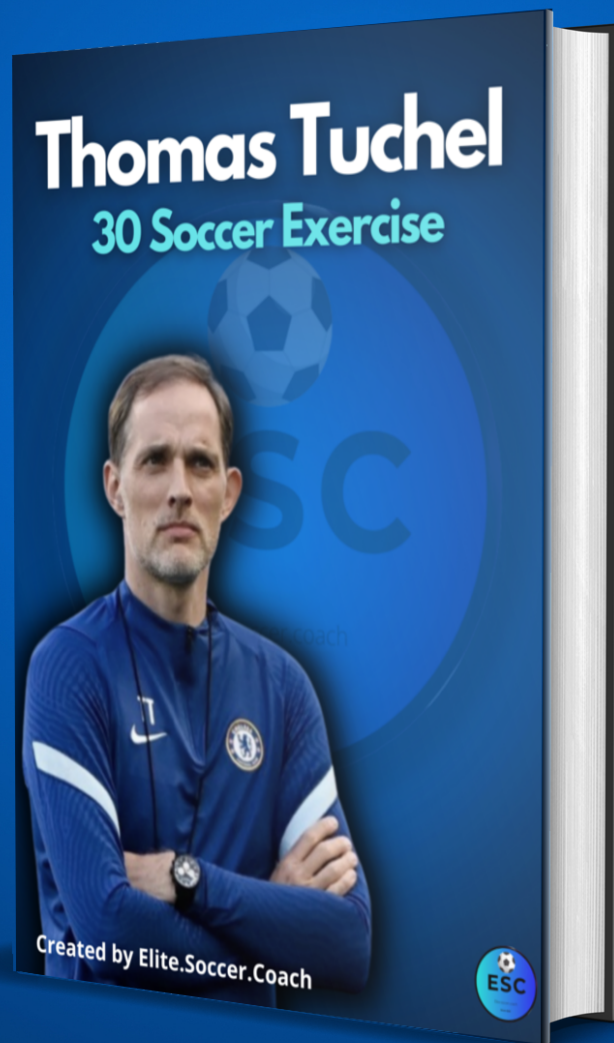
Rotation: Rotate in the direction you pass the ball



Thomas Tuchel

30 Soccer Exercise

In the coming pages, you will take part in 3 exercises out of these 30 that are included in this eBook.



1. Passing Exercises- Thomas Tuchel

Number of players: At least 8.

Area: You can vary this on what you think fits well for your team, but the important thing is that there is a good distance between the passes.

Description:

As we see in the picture, A starts with the ball, plays the ball to B, B plays back to, B enters centrally between the obstacles and is passed by A.

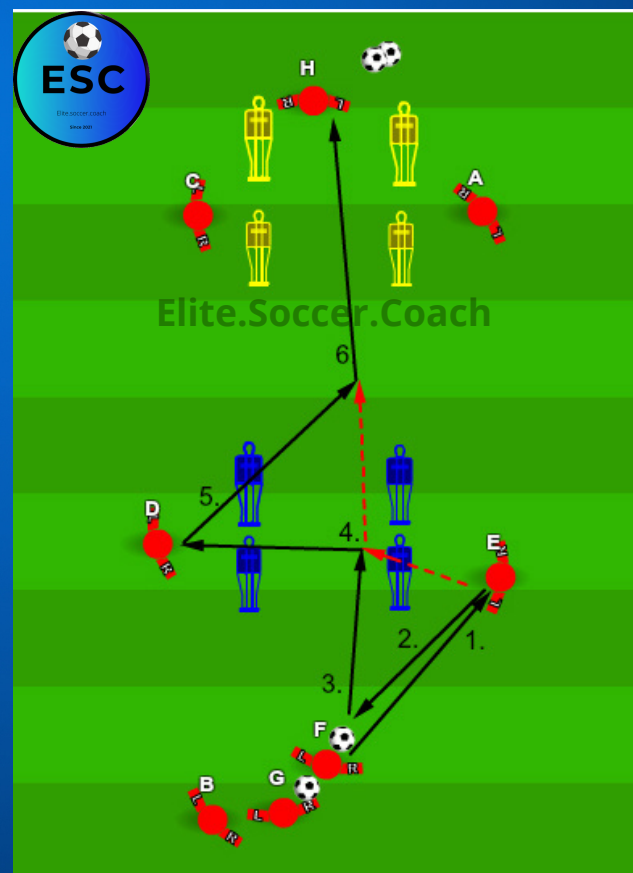
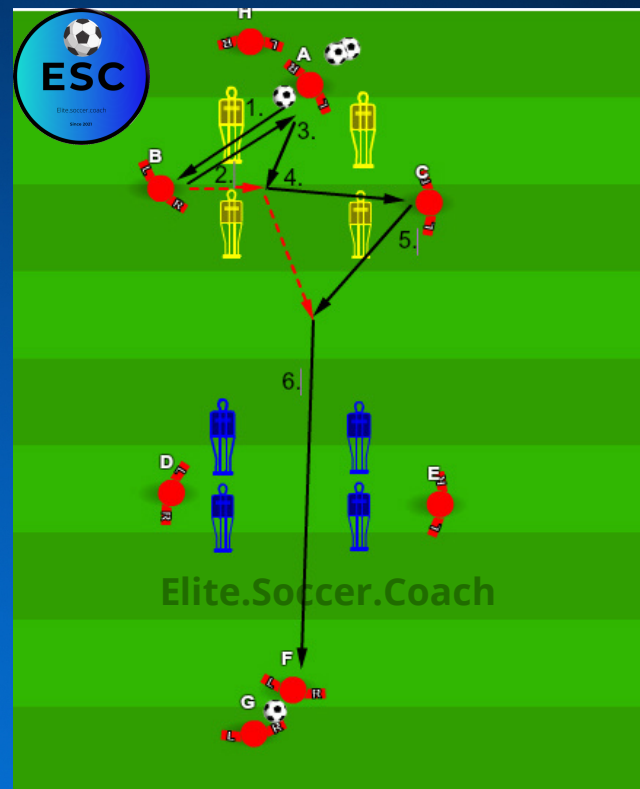
B plays the ball on to C who plays past his obstacle forward and B is the one who meets. B player then the straight ball to F.

Then F starts the ball and you play in the following way from the direction previously explained.

Rotates that A takes C's place, C takes B's place and B stands in the opposite direction behind G (see second picture).

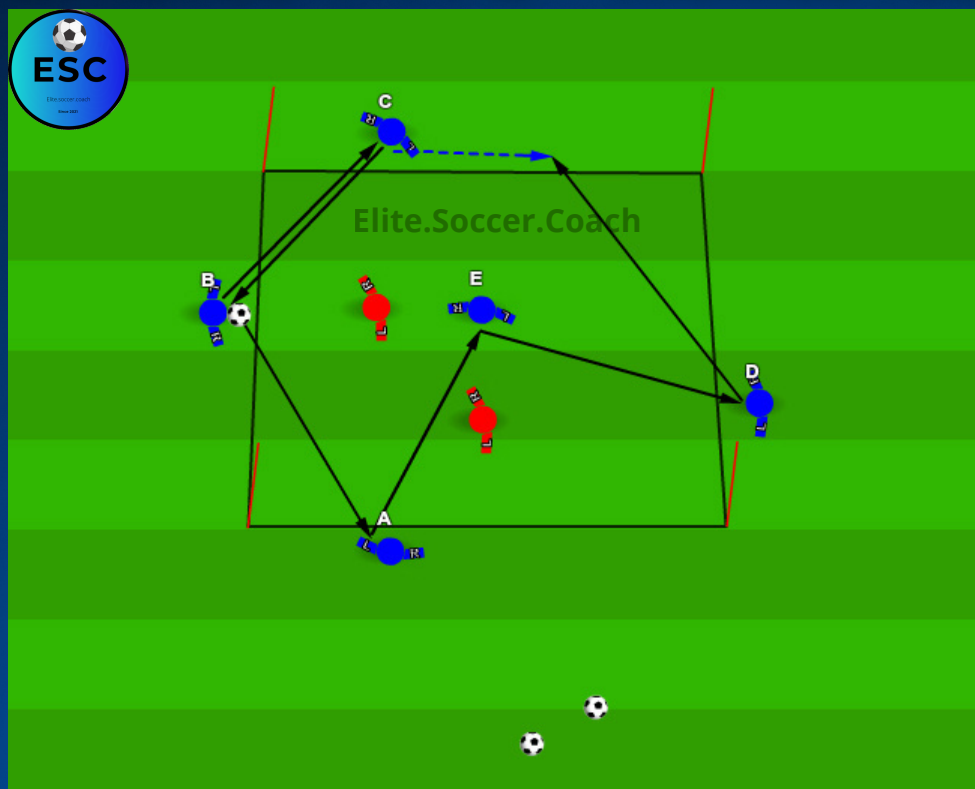
Coaching Point:

- New position after passing.
- Always work with angles both of posture and in the game.



Animated Video: <https://youtu.be/xP9IJ38ZVM4>

2. Rondo 4+1 v 2 - Thomas Tuchel



Number of players: 7 Players

Area Size: 10x10 - But adapt the area to the quality of your players.

Description: In this rondon, you play 4 that only get on the line or outside the square, then that team also has a player who can only move inside the square. These five players must keep the ball within the team for as long as possible. The two defenders in the middle will try to win the ball and get it out of the square.

Should one of the players who is to retain possession of the ball lose the ball, that player exchanges with the one who breaks in the defending team.

Coaching Point:

- Playability.
- Communication.
- Passing quality.



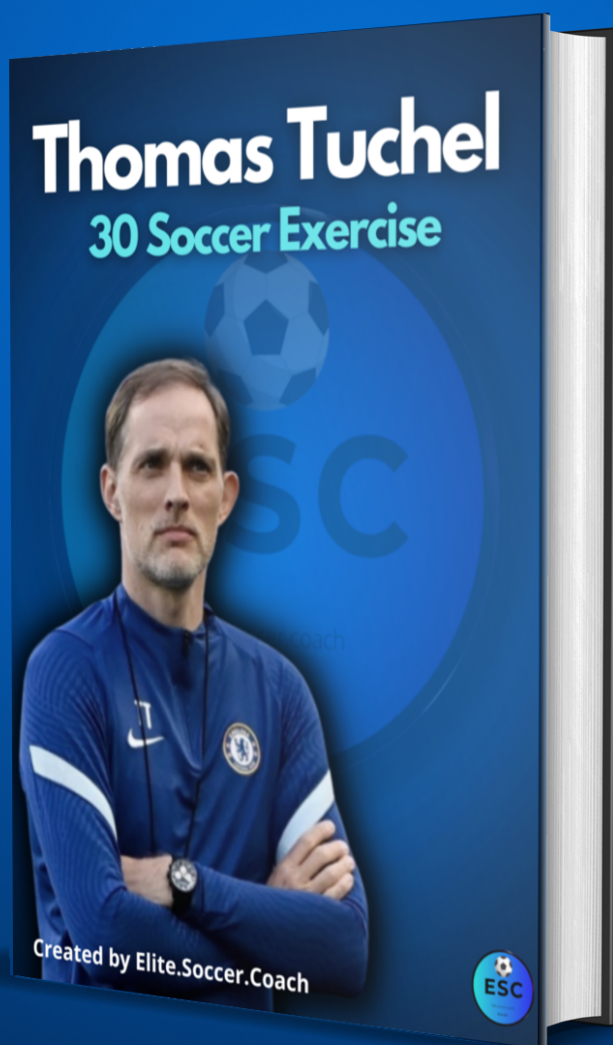
Animated Video: <https://youtu.be/MWWgxvINS6A>

To take part in all 30 exercises from this Ebook, click on this link here.

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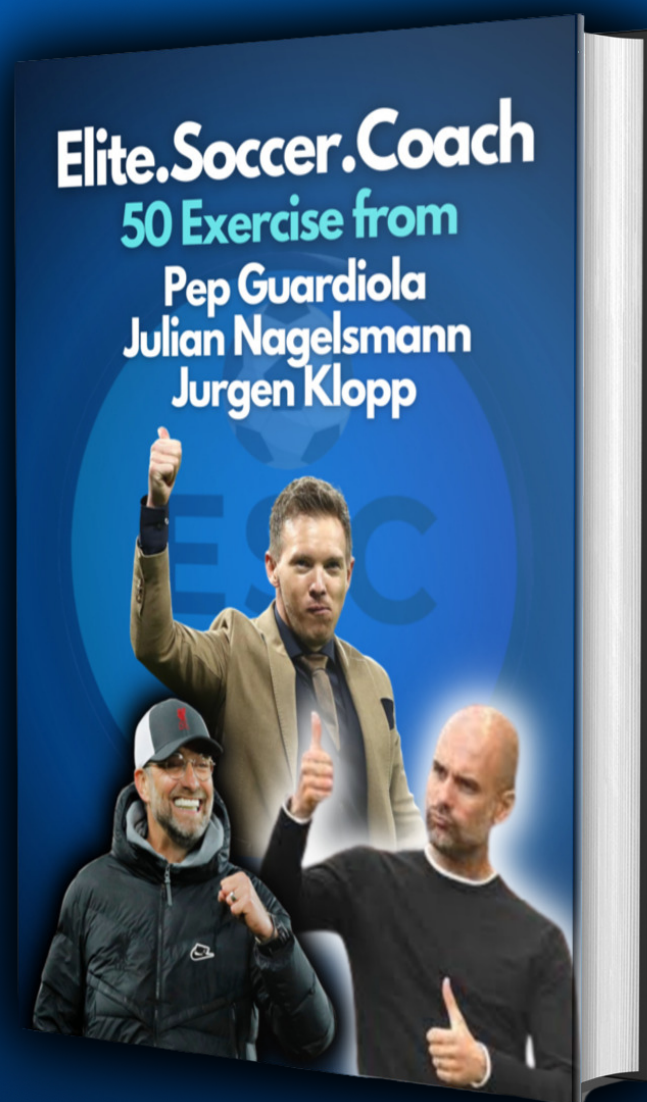
Click here on this link.



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50 Exercise

In the coming pages, you will take part in
3 exercises out of these 50 that are included
in this E-book



1. Passing Exercises- Pep Guardiola

Number of players: At least 10.

Area: You can vary this on what you think fits well for your team, but the important thing is that there is a good distance between the passes.

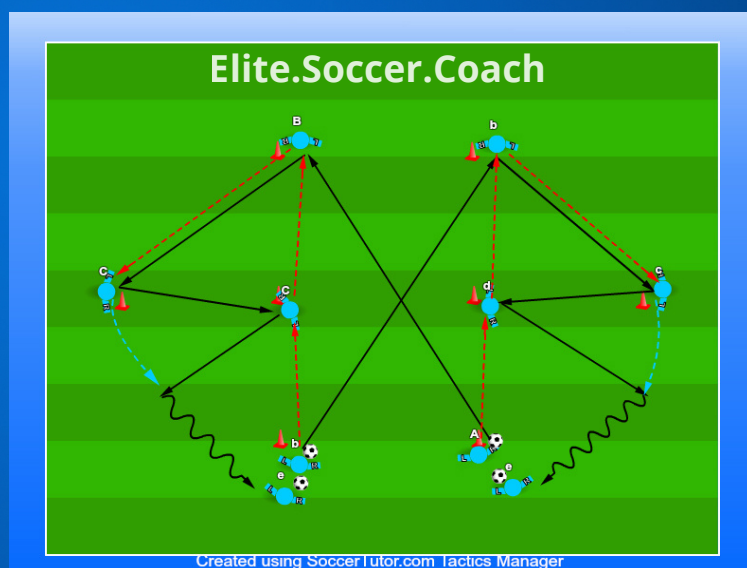
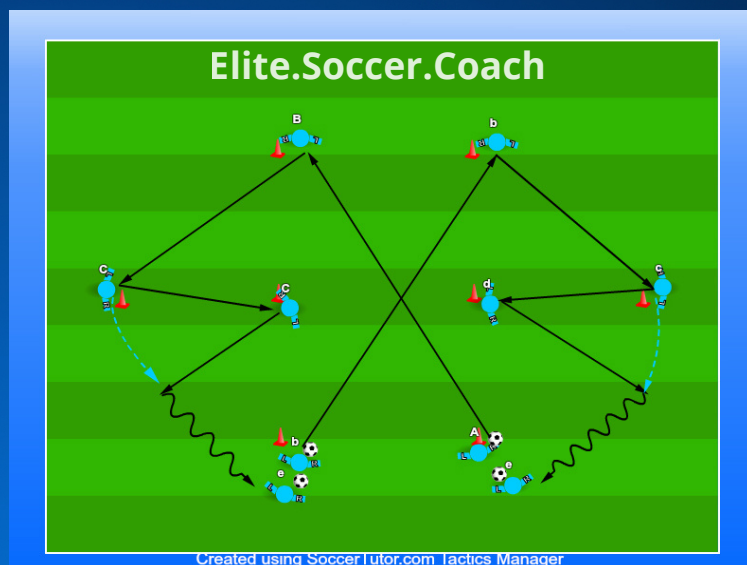
Description:

Both A and a start at the same time, play diagonally to B, B takes the ball with him and plays to C who on a touch wall plays with D, Then C drives the ball in and stands last in the line on that side.

See the red lines how to rotate after the hit pass.

Coaching Point:

- Work clearly with the angles in both the body and the passes, play on the best foot and deliver the passes with quality.



2. Possession Rondos- Julian Nagelsmann



Number of players: 16 - 18 players.

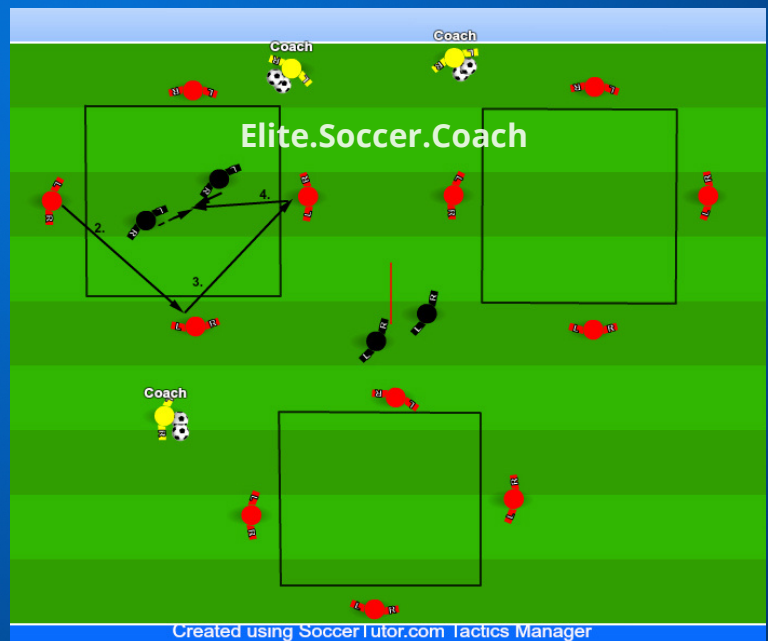
Description: As you can see in the picture, three different squares are displayed with players around who will keep the ball within the team. You have a team that is the team that will hunt.

There you have a cone / stick in the middle that you start from and where the changes take place.

You also have a coach with balls per square.

As we see in the pictures, the coach starts playing a ball in the left square, two players run in and have to break / conquer the ball.

If these two players succeed in doing so, they take the maximum run to the other two players who do not chase in their team and switch with them.



3. Possession play 6v4 + GK.- Jurgen klopp

Number of players: 10 + GK

Description: This is an exercise that Klopp used with Dortmund, how he wanted to work in the press.

You set up a back line at the height of the cones that you set up on the side.

They also set up the offensive line-up.

The coach has balls in the middle and it is the coach who starts the game.

Klopp used to thump balls behind the back line, the back line must fall off and be turned upside down. When the back line wins, you should play out of the press and try to score in the small goals.

This means that the offensive yellow players must be intense in their pressure and not allow the defenders to play out of the press. If the offensive players win the ball, you should try to score a goal in the big goal as quickly as possible.

Coaching Point:

- Get up quickly in the press, the opponent is wrong, move over properly and do not let him turn up.
- If you win the ball, then it is the fastest way to the goal.

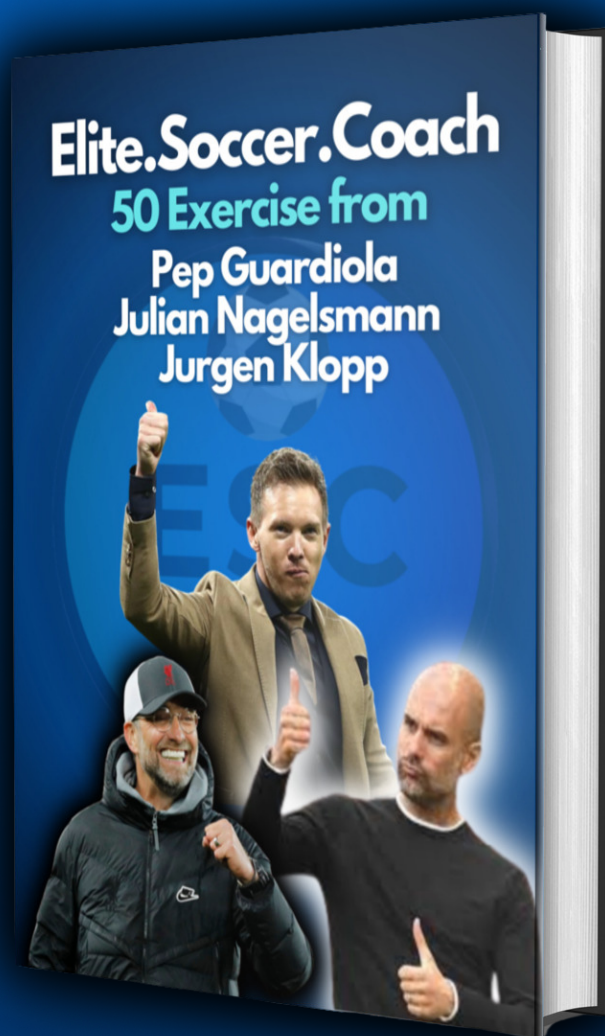


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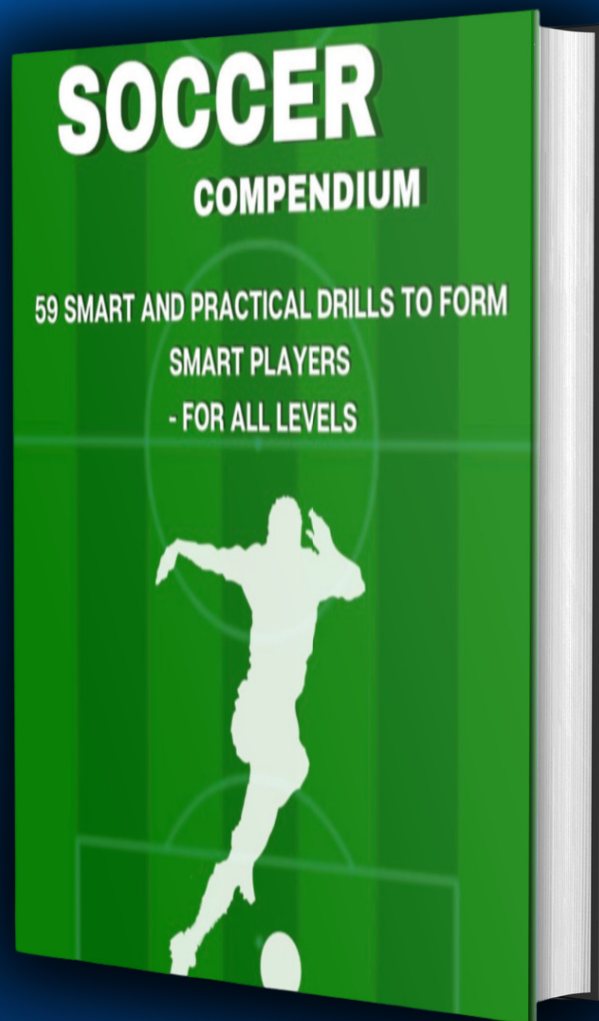
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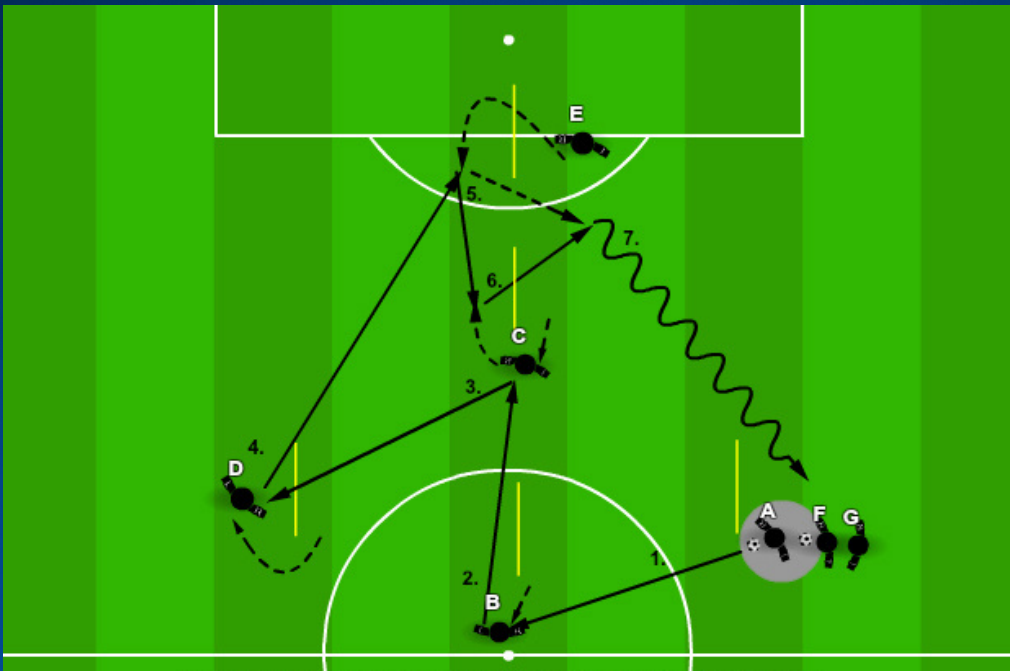


Soccer Compendium

59 soccer Exercise

In the coming pages, you will take part in 3 exercises out of these 59 that are included in this eBook.





What: Build up play.

Why: Practice keeping the ball within the team in control, make quick decisions.

How: Playability, Right body angle when receiving, Passing quality, and good playing distance.

Quantity: Max 8pcs. player, Min 6 pcs. player.

Instructions:

Ball is started at A, B makes himself playable and angles the body so he can quickly take the pass from A on sheep strikes.

B then plays the ball to C who has made himself playable centrally in the pitch.

D moves out of the cone and gets the pass from C.

When D has the ball, E makes himself playable and D passes E.

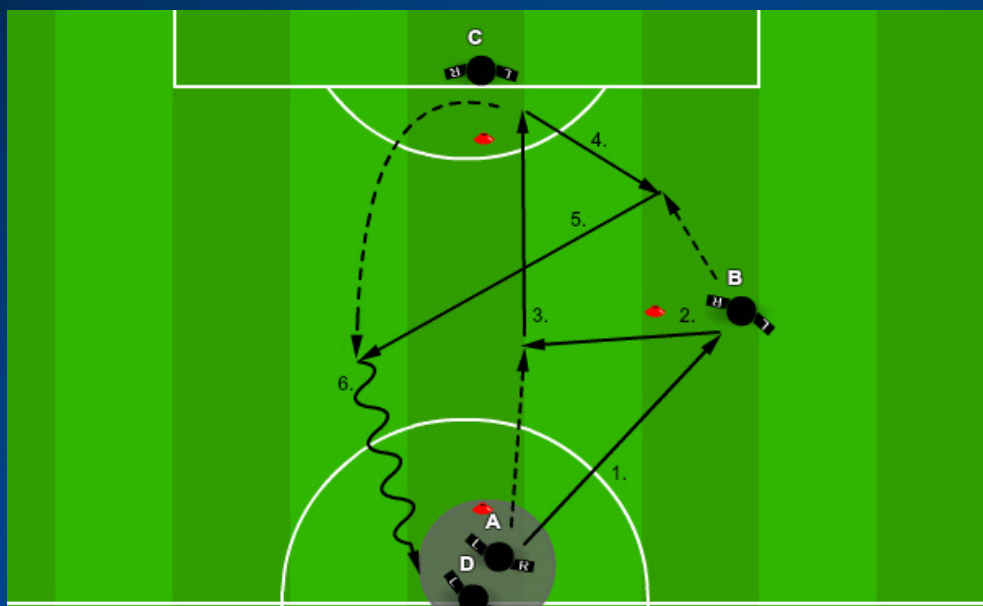
When E has the ball, C has made himself playable again and E and C wall pass with each other.

Then E drives the ball in at a high pace.

The players then rotate left turns.

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Passing drill 2



What: Build up play

Why: Practice keeping the ball within the team in control, developing the passing game.

How: Play the ball with good passing quality, be clear about getting out at angles to make yourself playable.

Quantity: Max 5 pcs. player, Min 4.

Instructions:

Ball is started by A who is in the gray circle, A plays the ball to B who has made himself playable, A makes himself playable in the corner, get rebounds from B-

A plays the ball to C, when C is the ball carrier, B makes himself playable and gets the replay.

B then plays the ball in depth to C who meets the ball and drives the ball in with speed but under control.

Then you start the exercise again.

The players rotate where they hit the pass.



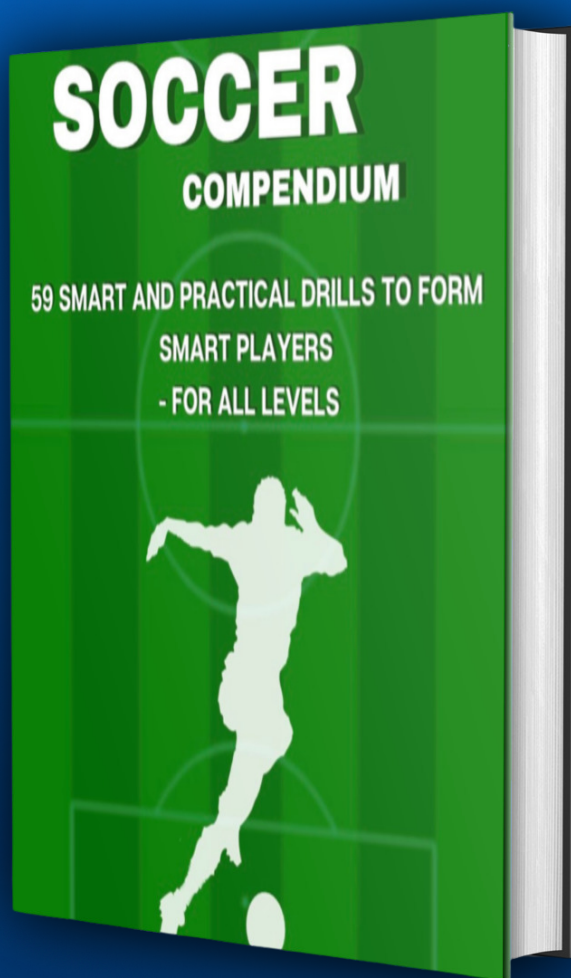
If the team succeeds in scoring a goal, you change places with the team from which you won the ball.

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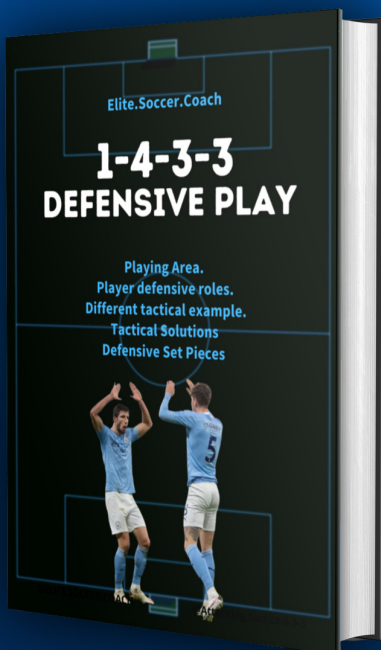


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