

THREE DIMENSIONAL SOCCER TRAINING



Robert Podeyn

Three-Dimensional Soccer Training

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About the Author



Robert Podeyn began as a soccer player in New York playing club soccer for Kings Park Soccer Club and Cow Harbor Soccer Club. He then played for LIU- C.W. Post College and helped them advance to the NCAA Division II Quarterfinals in 1987, earning All-Conference and Honorable Mention All-American Honors. That same year he found himself playing his fourth year of semi-professional soccer in the now defunct American Soccer League where he set a professional record of 973 shutout minutes en-route to a US Open Finals appearance by his team, the Long Island Stars, against the heavily favored Brooklyn Cosmos. An 18 save performance was not enough as his team lost a 1-0 decision in double overtime, but it did earn him team and league MVP Honors. His professional career ended in 1990 after seven seasons, three team MVP's and two league MVP's.

As a coach, he began with the very club he started with as a player, Kings Park Soccer Club, in 1982. He continued coaching youth, junior high school and high school soccer in New York until he was married and moved to Florida in 1990. He became the head girl's varsity soccer coach at Osceola High School in 1990 and quickly helped that team rise from 3 wins to 17 wins in three years and a #8 ranking in the Class AAAA State Rankings. He moved to the boys program and helped them establish their first winning record in 1996 and a brief State Ranking at #10 in late December 1995. His high school coaching record stands at 126-71-14. He then moved to the college coaching ranks in 2003 and has worked there ever since. In 2003, he began his collegiate coaching career at William Woods University and re-built that program into one of the top offensive programs in the country with 183 goals scored in 57 games. He then moved on to Northwood University in Texas and took them from a program on the brink of extinction to a team threatening to enter the NAIA Top 25 and known for its offensive abilities scoring 147 goals in just 55 games. Northwood set numerous records for wins (13), consecutive wins (9), shutouts (9), consecutive shutouts (7), and consecutive games played without being shutout (21). From Northwood University in Texas he moved into the NCAA Division II ranks and Southwest Baptist University in Missouri where he is again re-building another program into a competitive power. His current collegiate record stands at 66-65-13, but his conference record is an impressive 38-27-6.

Coach Podeyn advanced through the USSF Licenses beginning in 1992 with the 'F' License Course. He has taken every course and currently holds his USSF National 'A' License, having never failed any course or any portion of any course. He has also

taken NSCAA Courses from State Diploma through to the National Goalkeeping Diploma and the National Youth Diploma, all earned with Distinction. He has ventured overseas to complete every level of the English Football Association Courses from Team Leaders Badge through to the Coaching License and UEFA Coaching Certificate and UEFA 'B' License. He has also earned his Advanced Tactics Diploma through the KNVB and attended the basic instructional courses of the KNVB TC3 Coaching Course. He has traveled to Brazil where he observed and participated in sessions with the CBF and CAM, been to Italy where he worked with famed Italian development coach and national youth director at Fiorentina, Professor Vincenzo Vergine. His other experiences include working with Dutch Clubs AFC Ajax and Vitesse Arnhem, both of the Dutch Eredivisie. He has written over a dozen articles and published three books and eight journals on his experiences coaching on this planet.

Thank You

As always, without the support and trust of my players I wouldn't be the coach that I am. They believe in me and my unique way of doing things. I believe in them and their devotion to the game of soccer. Equally as important is the love and support I receive from my family. They have endured so much through my love and passion for this game. The endless hours I've spent and will spend on soccer fields around the world to learn as much as I can, the uprooting of my family to follow better and brighter opportunities in this gypsy-like profession, and the many hours spent on the phone or in front of a computer writing or recruiting. They believe in me and it is with their love and support that I keep pushing myself to be better.

In addition to my family and the many players who have played for me, I must recognize a few others who have guided me lately and helped in my growth as a professional coach.

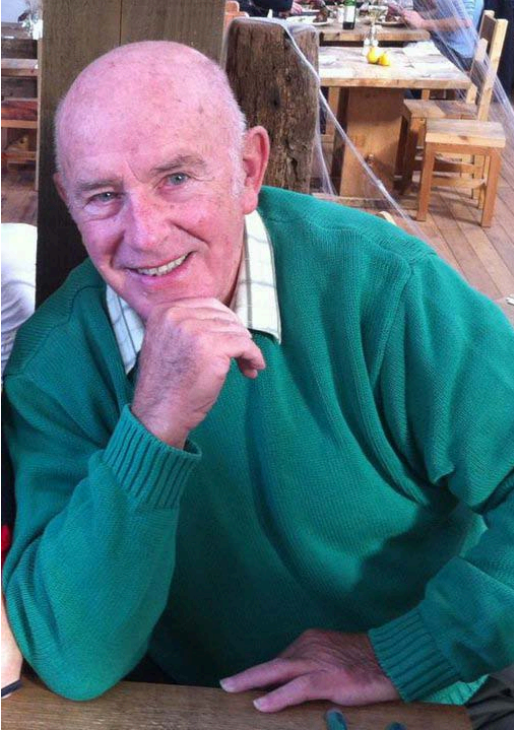
- 1) **Mike Saif-** You've allowed me to continue to express myself through another passion I have; writing. Thank you for believing in me and allowing me to continue to express myself.
- 2) **Dr. Tom Fleck-** He was a legend in this game and has mentored many. He was one of the best educators I have ever had the privilege to learn from when I was on the FYSA State Staff many years ago. There will never be another like him.
- 3) **Joe Piacentino-** He is the first one I recognized as a 'COACH'. He is passionate and has an insane drive that keeps Kings Park alive and kicking. I doubt I would be where I am if it wasn't for him pushing me to give back to the kids in KPSC. Sorry for the golf flags on your front lawn at 3am. It was all in fun!
- 4) **Tom Nally-** I never would have made it out of high school without Mr. Nally. He did coach soccer, but it was his laid back and calming approach to teaching that put me in the classroom and then on the soccer field as a coach for the first time.
- 5) **Professor Vincenzo Vergine-** I was overwhelmed by the sheer volume of information you presented to us in just 7 days. I expected to learn about soccer and development and learned more about the science of coaching. I absorbed the information you presented to us, but didn't realize how much I identified with it until I was reviewing and re-tooling this book. As you said, "Coaching is not just about art, it is also about science." I believe you and understand where you are going.
- 6) **Terry Mowle-** I should probably put him in every book as his hands and mind have guided me more than any other. I haven't seen you in more than 10 years, but your presence is still with me and your influence is stronger more today than it ever has been. Who would have thought an act of kindness on your part being rudely rejected by Osceola Youth Soccer would

have blossomed into the friendship we shared and the knowledge you gave me. I've learned so much from you but, more importantly, you helped me to think about the game and to never stop wanting to learn.

I know there are many others, and I apologize for not recognizing everyone. I felt it was important to mention these few at this particular time in my life. Others have been significant in my professional growth. For those not listed, you are remembered and respected and I value the contributions you have made in my life as a professional. To the coaches out there reading this book; thank you for the opportunity to share my thoughts and passions with you. I hope this book helps you in some way to grow and develop your soccer intelligence. Remember, always look for opportunities to learn and improve. Good luck in your pursuit of your passion as a soccer coach.

Tribute to Terry Mowle

I have had the honor and privilege of working with and being educated by some well-respected and highly successful professional coaches. They range from professional college coaches such as Anson Dorrance, Todd Bramble, Bill Barker and Bob Winch to professional coaches at the highest levels of the game such as Tony DiCicco, Dan Gaspar, Lambert Jager, Rob McDonald, Wim Suurbier and Professor Vincenzo Vergine. None have had the impact of Terry Mowle.



I met Terry in 1991 when I was figuring out what coaching was. I had been coaching for 7 years and had just been married and moved from New York to Florida. My wife and I found ourselves in the Kissimmee-St. Cloud Tourist Area and I was teaching English and coaching girls high school soccer at the local high school. A contact I had roped me into doing a summer soccer camp at the local YMCA. Later that week I attended Osceola Youth Soccer's Board Meeting as I was just getting involved in soccer in the community. At this meeting an older gentleman in his 50's stood up to address the board and offer his services. He referred to the camp I had been working and said he could help the club by instructing their coaches and running camps. He was a Full Badge Coach from England and worked

for the Football Association there and had just bought a vacation home in Kissimmee. The board dismissed him in a not-so-polite way and he took his wife and started to leave. Something made me get up and intercept him in the hallway on the way out and we formed a relationship that has been the most meaningful in my 29 years of coaching. It began with simple discussions about the game and evolved into me taking every level of the FA Coaching Courses from the Team Leaders Badge to the Preliminary Badge in 1996 and the UEFA Coaching Certificate in 1997. Aside from the courses I have enjoyed, he has been a personal mentor of mine for more than 19 years and has helped to guide me in many ways. He challenged me to think more about the game when I thought I was, and for this I am eternally grateful.

Terry served on the English Football Association Staff for more than 30 years and built a reputation of respect and trust. He was one of only five coaches during his day entrusted with the task of evaluating and assessing academies and clubs. He was also responsible for all of the coaching courses offered in the County of Essex for more than 20 years. Many former professionals have benefitted from his knowledge, including former England Technical Director Howard Wilkinson and

former England great Kevin Keegan. His services included being on the coaching staff of West Ham United for more than 15 years. He had no desire to be a manager at the professional level as his passion was more in education than advancement.

Terry passed away suddenly in the early morning hours on Thursday, March 24, 2011. It was a shock to many as he was not ill nor did he have any symptoms. He was in his 70's, but in great health and spirits still focused on the game he loved and had given so much to. He was a loving husband to Jean, his wife of more than 51 years, and wonderful father to his sons Steven and Martin. His contributions are still recognized today and his dream lives in the hearts and minds of many, mine included. I am proud to have called this man my friend for so many years. His influence on me can be seen in this book and his spirit continues to live and breathe in me today.

You were a special individual who took a chance on a young American kid back in 1991 and I am better for it both personally and professionally. You will be missed. Goodbye, Dear Friend.

INTRODUCTION

The art of coaching has become more of a battle to learn and continue learning as the game and the players change and evolve. We as coaches are continually looking for the next best thing. We are constantly looking for new training elements that will make us better coaches and make our players better. The most popular methods have always been copied from the Dutch and Brazilians. Other strong influences include England, Germany, Spain, Italy and even Mexico. We have always struggled to find our identity and have been quick to adapt to others methods. To appreciate the philosophy being presented in this book, you must first ask yourself a series of questions to get a clear understanding of where soccer is on all levels in this country. Recognizing this will help to understand the philosophy being presented and help you to adjust to a more detailed presentation of player development with your teams and players. Not addressing these questions and issues will only result in you adapting to another style without understanding the purpose. It is important that you always understand why you do something so that

you can properly and clearly explain yourself on all levels to your players, parents, and colleagues.



1) What is the current state of our Men's National Team? Can we compete and honestly challenge the top teams in the world at the highest levels of competition?

2010 was a great year for soccer with the World Cup being played and being witness to the best soccer on the game's largest stage. If you are a soccer fan you are enjoying each game and studying the ins and outs of how each team plays and how they've prepared for the opponent they are playing. You can see their preparation in how they play and how they approach the game. If you are lucky enough to read the comments of the coaches and players prior to the games, then you can start to gain an insight into their philosophy as a team, as a country, and as the coach responsible for a nation.

Being an American who has had the privilege of studying and working with professional coaches in different countries, I was looking forward to our first game against England. Through 90 minutes we saw our Men's National Team out-possessed and outplayed by an England Team that played at less than their best. We continued our run of early mistakes by conceding a goal less than five minutes into the game, then trying to battle back only to find a goal through a miscue by the England Goalkeeper. We were badly outshot and gave away too many chances, symptoms that have existed long-before Bob Bradley took to reigns. I have always

been critical of our National Teams and have a very strong opinion of why we cannot consistently compete at the highest levels. If you watched and studied the game we played against England you began to see the areas of our game that break down the most. We cannot hide the fact that our technique and our technical preparation are not on the same level as the best teams in the world. We consistently miss simple passes to feet that result in slowing down our speed of play or, even worse, losing possession and conceding a dangerous chance on our goal, the latter being how Stephen Gerrard scored against us in that first game. The next time you watch our Men's National Team play keep score of how many passes we make that are either off the mark or are behind their intended target. Make sure you do the same for the opponent they are playing. You will find there is a 6 to 1 spread or more between the opponent and the Men's National Team. It will be this dramatic a difference. You may not think this is a widespread issue, that players such as Landon Donovan, Clint Dempsey, Michael Bradley, etc. aren't suffering the same breakdowns. The truth is that because this is a widespread issue these players game is affected as they must alter or slow down their abilities to play at speed both technically and tactically. We have definitely progressed in our development and improved our performances and over competitive abilities, but we are still miles away from the best. All of our Men's National Teams have the same basic genetic make-up; a few players that are exceptional and can match the play of the best players in the world, and the rest of the pool that have moments where they can maintain an adequate level of play. This is a harsh reality, but it is where we are as a country and we cannot discount the results. Results don't lie. We are the largest country in the world when it comes to the number of registered coaches and paid coaches. We are the largest country in the world when it comes to registered players ages 6-19. We have now had a professional league for almost 16 years in the MLS, and the USL has been around for more than 30 years in some form or another. How many World Cups have we won at any level on the men's side? **Zero.** How many international competitions have we won at any level on the men's side? **Zero.** How many Olympic Competitions have we won on the men's side? **Zero.** I am as much of a fan of the US Men's National Team as anyone, but I am also very aware of the numbers. We have started to qualify more, which is definitely encouraging, but we still struggle against countries that are significantly less in size and resources. Realistically, we will never beat the likes of Brazil, Germany, England, Holland, Italy, Spain, etc. in an event like the World Cup. I know the argument coming is that we beat Spain in the Confederations Cup in 2009, but if you remember, we started the tournament losing the first two games and played most of the tournament playing against teams that did not field their top players.

2) The Women's National Team has won 2 World Cups and several major titles. Why are they more successful? Are they slipping?

We have excelled at the women's game because we are more committed to athletics for females more than most countries in the world. A country such as Holland has 8 teams in their entire country playing at the adult levels. We have also relied more on our athleticism and our natural abilities than on technique and player

development. The women's team is still a dominant force in the world, but the gap has definitely closed in the last 3-4 years. Teams we used to destroy by 8-10 goals are now playing us to within 2-3 goals. Teams we used to beat soundly by 3-4 goals we now find ourselves in a battle with. A startling example is that for the first time in the history of our Women's National Teams we failed to qualify for a World Cup. Our Under 17 Women's National Team was eliminated from the World Cup by Costa Rica and Mexico. We were rated as the #1 Team in the world, but we failed to qualify for the first time to countries that outworked and outperformed us. This is the first time this has happened, but it is a warning of what will be.

What has changed? We can't honestly think that Costa Rica has a better women's program than us? No, they don't. In another meeting we would probably beat them soundly. That is not the point. What we are seeing is that the gap is closing. The teams we used to dominate 8-0 or worse, we now find ourselves struggling against. Countries such as Germany have even jumped ahead of us at times. Our next threat, though, won't be from Germany or Brazil, it will probably come from Korea, Ghana, Sweden and Norway. They have begun to invest significant resources into the development of the women's game. We will find ourselves looking up to these teams in the short term. We are still the strongest country in the world, but times will change in the next 8-10 years if something doesn't change.

3) We have millions of registered youth soccer players in this country. In fact, we have more kids playing soccer than all of the other sports combined. What is the problem with youth soccer that we haven't seen the benefits in our National Teams?

Yes, we have millions of registered youth soccer players in this country. In addition, for every registered youth player there are another 3 that are not registered and are playing in renegade or ethnic leagues. The main problem is organization and structure. We have a National Organization that has no authority over the state associations. In turn, the state associations have no authority over the clubs. Clubs are free to decide what plan they will follow to develop their players. They are free to hire a Coaching Director who is not certified through any US approved affiliate and he/she can choose to determine how the players are trained and developed. There is a Technical Director for the USYSA who has absolutely no authority or control to effect change beyond their organization. We have a Technical Director for the NSCAA who also has absolutely no authority or control to effect change beyond their organization. US Soccer also just hired their first Technical Director, Claudio Reyna, who has no authority or control to effect change beyond their organization. What this means is that the clubs, as long as they follow a basic set of administrative rules regarding youth soccer, are free to decide who can coach their teams, what curriculum they want to follow, and how they are supervised. This would not be allowed in any other country in the world, but it is the structure that is in place in the United States. Claudio Reyna, the newly appointed National Technical Director of US Soccer, began his appointment by analyzing the current state of youth soccer in this country. His findings were what many of us have been saying for years; we

need to have a National Curriculum that gives structure and supports youth soccer development in this country. If you look at most of the soccer powers in the world they have a national curriculum and all ages and clubs are required to follow this curriculum until players reach the age of 16 years. This is what countries like Holland, Spain, England, Italy, and Brazil do. The development of youth soccer is driven by their national organizations. Each club has a Technical Director that is responsible for administering this national curriculum. They answer to the National Organization, but also work for the club and its coaches. The coaches must all be certified to coach at certain levels and must meet monthly with the club's Technical Director to review player development and how they have implemented the national curriculum. Everything is overseen by their national organization. Nothing is left to chance. The structure is their strength and their success proves it.

4) *What is the state of coaching in this country?*

We have national coaching schools sponsored by the National Soccer Coaches Association of America (NSCAA) and by US Soccer (USSF). Licenses are administered by every state association and supervised by each State Director of Coaching. There is a consistent structure that is approved by FIFA that says what should be taught at each level in the coaching courses. There are basic courses to the most advanced levels. Every year, thousands of coaches take courses at all the levels with a basic plan to improve their level as a coach. It is a sound plan that has been in effect for more than 20 years and has even been copied by such countries as Brazil as they are now just administering their own version of coaching education. So where are the problems? The first is the most obvious; our country is so large and so vast that it becomes very difficult to maintain consistency. You see this in the level of play across the country. We have pockets where youth soccer is very strong and very organized. Then we have pockets where youth soccer is scarcely found. For a country that is so large it is very difficult for qualified coaches to be found in every area. This means we end up with well-intended individuals who have very little to no experience in the game teaching soccer to our youth.

Another challenge is built on the same concept already mentioned above. Our country is so large and vast that there is no control, no supervision, and it becomes the responsibility of the clubs to determine what is needed and what is appropriate. We have little to no input from any national organization to develop a consistent plan for development that must be followed by each club and state association. What we end up with is a system that is run by the clubs with little supervision from any national association. The clubs are left with a board and a Director of Coaching who make the determination as to what is best for their players. These people are usually very qualified and experienced coaches, but are often not from the USA and tend to implement their plans of development based upon their experiences in their country. This might seem like a good setup, but my experience has led me to cities where there is a club with a Director who is English, another who is Scottish, another who is Middle Eastern, and yet another who is Eastern European. This represents four different approaches to development in the same city with little to

no consistency between the approaches. What is worse, youth soccer has become more about the business of youth soccer than the development of youth soccer. The price to play at the competitive levels of soccer in this country has more than quadrupled in the last 10 years. In the Dallas Metroplex area alone, the price to play in some clubs exceeds \$4,000 per year, and this does not include the cost of travel for tournaments or regional and national league competitions. The marketing for these clubs is that these players will win soccer scholarships at top NCAA Division I or Division II schools. By the time a player completes their youth playing career they would have paid more than the value of one year of a college education (in excess of \$30,000). Since the average soccer scholarship is Approximately \$8,000 per year, this means that this player and their parents are pre-paying the value of their scholarship. This is the marketing tool that most clubs use to attract players.

Where we break down with our coaches is on the technical side of player development. Coaches want to rush through the technique and get into the tactical game as soon as possible. We even see this at the younger ages where coaches focus more on players getting wide and deep than on touch and control. I see this trend across the country as well on youth and high school fields everywhere. The trend is that we want to rush through a proper warm-up that prepares players and get to the good stuff; the tactical part of the game. Let's play small-sided soccer or even get to the game itself. I also hear that same statement from every coach, "Okay, that's good enough. Let's move on." The problem is that technique must be **PERFECT** and can never be **GOOD ENOUGH!** We can get immediate short-term results by focusing on tactics. It is an instant reward for the coaches and the clubs. If a coach or club want to focus on developing the whole player and focusing on technique first, then they will sacrifice wins in the beginning. This is unpopular, especially for an American culture who bases success on winning at all costs. Parents become impatient. Players become impatient. They look for the greener grass and the club where they can win now. This is the problem that permeates youth soccer across our country and has infected our abilities to properly develop players to be technically proficient at all levels. We see the results of this at the National Team levels. This translates into relying more on athleticism than on natural talent and development. This is why we have excelled in the women's game, our natural athleticism.

How can we change this? One of the philosophies I have found in my travels to many countries that has been very successful is something I have molded in my own style of coaching. It is not a new concept that I have created, but one that is very evident in player development in countries across the world. It is the concept that every aspect of your training must tie in your immediate philosophy for the team and its objectives in the game. I call this concept 3-Dimensional Training. When we train and develop players we tend to look at one or two dimensions of the game. 3-Dimensional Training means that you are incorporating every aspect of the game into every drill or exercise you perform. This is different than the concept promoted by US Soccer called Economical Training. Economical Training is where you incorporate more than one theme or concept into your sessions (i.e. you are focusing on 1st touch receiving, but it also allows you to work on proper passing to

make sure passes are weighted properly). 3-Dimensional Training is where you focus on every aspect of the game while also focusing on your philosophy and the approach you want to take in every game. I've heard skeptics tell me that you can't do that, but I have shown them through either training or discussion that it is and we have not evolved to this level of coaching. It is very easy to think of a passing drill to work on passing. You can also include movement or mimic passing exercises in small-sided games. This is what I call one-dimensional thinking and works on only a small aspect of the player in their passing game. The next level of thinking is to build in roles and responsibilities of the players in their positions on the field. This might be to simulate patterns or to focus on possession patterns. This is the next level of thinking and is what I call two-dimensional thinking. It begins to get the players thinking about the game on another level, but still hasn't challenged them to reach your actual philosophy for the team. 3-Dimensional Training means you focus on your objectives for the team down to the smallest details and drills. For example, if your purpose is to play into a central option such as the central forward, then your passes need to be accurate and targeted. Therefore, your exercises for passing need to work on passing the ball to your partner, but to the correct foot (i.e. right to right or left to left). Your progression may include playing 5v2, but you would need a central option to play into and your emphasis would be to play through the central option when possible. Tie this in directly with your game and make sure the players understand why they must do this. This will begin to challenge them tactically and help them to start reading the game above a simple passing drill.

In order to incorporate a training philosophy such as 3-Dimensional Training, you must have four elements included in your approach to training (Progressive Training, Specified Training, Positional Training, and Systems of Play).

- 1. Progressive Training-** You must have the ability to connect your training goals into every aspect of your training. If your focus in the game is to play into a central target and you accomplish this with short succinct passes, then your session at its very core must include every aspect of this. This means your warm-up must begin to emphasize your approach, and it must continue through every exercise and drill. Your instruction must be very focused and detailed towards your philosophy in the game. It is not enough to just pass the ball, you must structure your session so that you are emphasizing your approach in the game. This does not mean that you have to change your drills, you just need to make sure your focus is structured so that the information you are providing to the players always ties in your objectives on a larger scale. Paint the picture clearly at each stage and be sure to relate what you are doing as much as possible to the game itself.
- 2. Specified Training-** Exercises and drills need to be very specific. They must connect with your philosophy but, more importantly, they must link together naturally so that there is a consistent flow in your session. If you begin with a simple passing exercise emphasizing to the players to pass the ball from right foot to right foot at a distance of 6-8 yards, then your next progression

needs to build on this keeping the same thought process. It may be that your next step is to build to 5v2 in a 20x30 yard grid using a central option. Your passes in this grid need to be targeted (i.e. to the right or left foot), but they must also be crisp passes that are 6-8 yards on average. Maybe you had the players in the first passing drill work on checking away 2-3 steps before coming back to receive the ball. You might incorporate this into the small-sided game by working with the central player to check at angles to receive the ball while also opening the longer pass forward. This all would begin to tie in your philosophy that you are looking to play into your central options when they are available. You must emphasize this philosophy even at the very basic level of just passing the ball to a partner. Players will get it and begin to understand the game on a different level.

3. **Positional Training-** It is important as you advance through your session that you structure your exercises to relate to how you play. For example, if you were playing 7v7 and wanted to play a 4-4-2 system, then you wouldn't play in a 3-1-3 formation as this simulates a 4-3-3. Breaking it down even further, go back to that basic passing drill of two and a ball passing and moving. I would have attacking players and central midfield players work on checking away then back to the ball, but I would include having them receive and turn quickly as if to prepare to take on an opponent or to look for that important central option. With the defenders I would work with them on turning the ball with the outside of their foot, but I would make sure that the players are taking that look over their shoulders to scout for pressure from an opponent. When you build this into 5v2 it becomes easy to blend in positional requirements as you are actually playing a 1-3-1v2. Emphasize how the wide players would represent wide attackers or wide defenders supporting the middle player. The player on the opposite side represents the central target you want to find. The middle player represents the central midfielder and your playmaker. You can also build in defensive responsibilities when the two defenders win the ball. When they win the ball have them try to dribble out. The five possession players must come in and pressure the players away from the line and win the ball back as quickly as they can, then re-gain their shape in possession (width and depth). You can also work with the two defenders by having them try to force the ball to one end of the grid and looking to win it on that end and dribble out of that end. This would represent the opponent being closer to their goal, which is where you would want to win the ball back.
4. **Systems of Play-** You always want to paint the big picture at every level of your session. Be sensitive to how you want to play when constructing your sessions. I believe that a session is something you take time and care in constructing. I have the luxury of coaching in college and being able to determine long before the season begins how I want to play. Most college programs, especially the ones that are very successful, know what system and the philosophy they will use to approach every game. I always plan out my pre-season training sessions 1-2 months in advance of my season. This usually represents all of the fitness sessions, classroom sessions, positional

training sessions, and team training sessions. All combined there are more than 50 sessions I plan long before the first player steps on campus. I know where the team will be when they step on campus and I know where I need them to be by the time we begin our season in September. From there it's just a matter of covering everything I want or need to cover before we begin our season. This is where I sit down and map everything out right down to the last exercise we will do before the start of the season. Some people would find this too structured for them. It works for me and it always focuses on how we play and the system we will follow. The philosophy is intertwined with every session and every exercise. You need to make sure that you tie in your system from the beginning. Don't wait to teach how you want to play until right before you play, that will leave gaps and create opportunities for your opponent. Weave it in with your sessions from the beginning. Don't be afraid to tell the players that this is how we are going to play. It will help alleviate anxiety sometimes, especially for older and more talented players. As a warning, though, colleges have the luxury of determining what system they want to play before they step onto the field. Youth and high school coaches don't really have that luxury. Your system needs to be based on the personnel that you have. If you can recruit for the system you want to play, then this will obviously be an advantage for you. Never force a system into a team. The team needs to fit the system.

There are several things to consider when deciding how to make your training more specific. There are the obvious criteria as far as age, skill level, the attributes of the players you have, competitive level, time of year or at what point in the season are you in, and gender. There are three criteria that really need to be looked at before beginning:

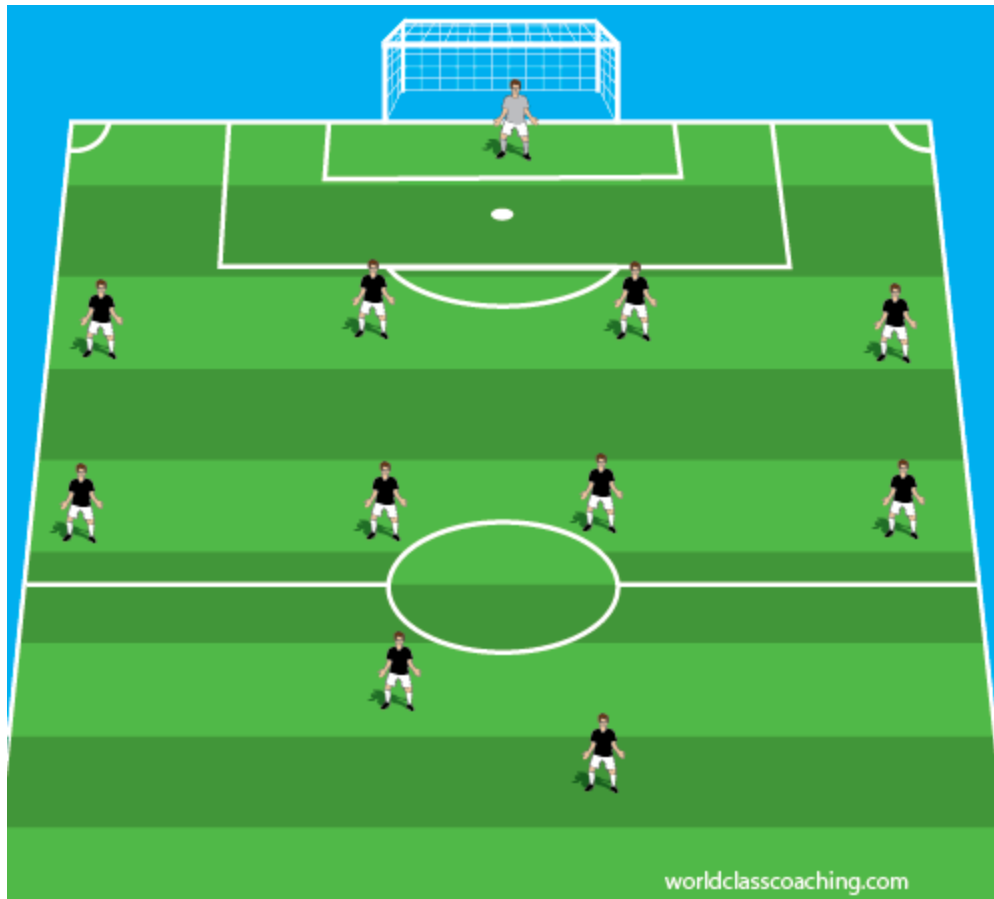
- 1) What is your philosophy as a coach? This needs to be very specific. Most people will look at this and think that this is basic stuff, and this is not so. You have to understand several aspects of the game specific to your own thoughts. How do you want to attack? How do you want to defend? Do you want to play into certain options during the game (i.e. central forward or out wide)? Do you want to possess through quick 1-2 touch play with possession being kept at feet? Do you want to get the ball wide quickly and look to serve the ball into the box? Do you want to possess the ball side-to-side waiting for a numerical advantage? How do you want to defend? Will you drop everyone behind the ball and then defend? Will you look to get immediate pressure on the ball and close down spaces and options? Will you look to force them into certain spaces to make their attack predictable? These all need to be understood in order to be very clear when training, the foundation of 3-Dimensional Training.
- 2) Once you have your philosophy, how do you plan to implement it on the field? Will you look to play direct? Indirect? Will you look to play passively, or aggressively? Will you want your team to play in zones (i.e. 3rds of the field)? Will you vary your approach in different areas of the field?

- Understanding your philosophy is the first step, but you need to take it further by understanding how this will be implemented on the field. This is an important second step that most coaches never explore. Most coaches are wrapped up in their philosophy and never analyze the next step of how to implement it.
- 3) The third step is to look at the long-term. Anyone can plan a good session and implement it. The art of coaching is being able to look at a season before it is played and understanding what needs to be taught over the course of the season. The next step is being able to plan everything so that you are teaching what needs to be taught over the course of the entire season. The real challenge will be to stay the course. In other words, every season will have its ups and downs. Can you maintain focus and keep to your philosophy. This will be a real challenge as there are always doubters and there will always be temptations.

Now that you have a general understanding of what is needed to train on a higher level, the 3-Dimensional Way, you need to apply all of this to the system you will play.

This book will focus on 3-Dimensional Training and the incorporation of training sessions for different formations. It will focus on four general formations (1-4-4-2, 1-4-3-3, 1-3-5-2, and 1-4-2-3-1). There are many variations of these systems, but I will use only one structure for each system. They are meant to help you think on a different level and to help you examine your training to see how it fits within this type of model. You may play one of the systems above in a different way, and I hope that you are able to use the examples in each to help you with your philosophy and approach with your teams. It will help you to think and develop teams the 3-Dimensional Way!

1-4-4-2 FORMATION



Introduction (1-4-4-2)

The 1-4-4-2 is one of the oldest and most widely used formations. More teams used this formation in the 2010 World Cup than any other formation. It is known for its safety by keeping as many as 8 players behind the ball in defense, but also generates an attack using 6 players. It offers excellent coverage of the field with four players in defense, four players spread across the midfield, and two players in attack. It is a system that is easy to learn, easy to teach and easy to train.

Famed England Coach Jack Busby originally created the system in the early 1960's. He felt that the game had not evolved in the last 50 years and he was commissioned by the English Football Association to put together a team and a plan to win the World Cup on England soil in 1966. He began by analyzing what he felt were the weaknesses in the current game. Most teams were playing the same system and there was very little variety in how anyone was playing. The old system called for more man-to-man marking and involved a system where teams played with as many as 5 players forward and 5 players back. They were divided into 2 basic layers on the field, the first with five players in a row (right wing, right inside, center, left inside, left wing). The second layer varied between either two central midfielders and three defenders, or five defenders. His first thought was that any system needed to be sound defensively. He had to figure that other countries would also be looking to change, but that the majority of the teams would maintain status quo. He decided that four in the back would provide strong enough coverage against any other system, that each defender spread across the field could cover an area approximately 20 yards wide by 40 yards in length. He applied the same principle to the midfield and felt that this was an area of the field that had been neglected in the past. His philosophy was one that if you could control the middle of the field, then you could win the games and dominate your opponent. In turn, each midfield player spread across the field could cover the same 20-yard wide by 40 yard in length area. This left two players forward. His decision was that the forwards should work in an area of less than 20 yards from one another. It would be important to keep them central as they needed to be able to combine with one another. This would help them to create chances on goal. He also started looking at certain attributes for the players. Forwards needed to be strong in the air since most of the deliveries from midfield would be through serves. The system was viewed as being somewhat rigid as players maintained their spaces on the field, and the favorites at the 1966 World Cup didn't take it seriously. They would soon learn their mistake as England won the World Cup in convincing fashion as they were crowned World Champions.

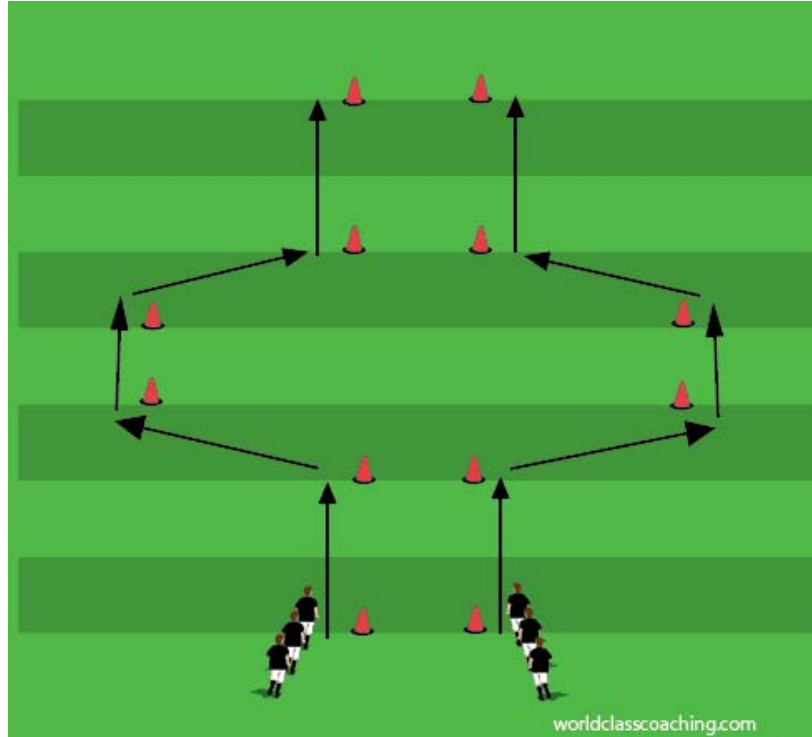
England's gamble changed the complexion of world soccer forever as tactics and system's of play became more important. The advantage of the 1-4-4-2 is that it maintains its shape and keeps stability in the run of play. You will always have four defenders to protect the goal. You will always have a second layer of four midfielders to push the ball wide. You have two attackers that look to remain central and are trained to be strong in the air. It is a basic system that has

maintained its popularity more than 50 years later. In the United States, this system is played by more youth teams, more high schools, and more colleges than any other system. In addition, it is played in more countries than any other system, simply because it is the safest system to play and the easiest to learn and teach. If we use the basic concepts of the 1-4-4-2 System, the philosophy is to possess the ball wide and have the two central attackers play closely together. Possession is quick with 1-2 touches between players, especially with the central players, then playing to wide players who are skilled at 1v1 play and serving the ball into the penalty area. A secondary plan is to play the ball diagonally from one wide space behind the defense while the wide midfielder on the opposite side or an attacker makes a diagonal run into the space to receive the ball and attack the goal. Your focus needs to be on teaching the technical skills necessary, while also driving home the tactical plans in attack and defense.

This section will cover training sessions and exercises that focus on preparing players and teams to play the 1-4-4-2. The emphasis for you, the coach, shouldn't be on the drills in this book. For that matter, you should never look at a drills book to pick up new drills. Your focus should be on what elements you need to bring out in each exercise or session that makes it specific to your philosophy. The following will highlight five complete training sessions from start to finish. Each session will focus on the 1-4-4-2 System while training the 3-Dimensional Way. Each session will be loaded with coaching points (CP) in order to emphasize what needs to be taught when but, more importantly, how and why.

Training Session 1 (1-4-4-2)

- 1) **Dynamic Warm-up-** The exercise is set up using 12 cones. The first two cones are set up 5 yards apart. The next two cones are in line with the first two and are ten yards away. The next two cones are five yards ahead and ten yards out. The next two cones are five yards in front. The next two cones are ten yards in and five yards forward. The last two cones are ten yards forward. Refer to the diagram to understand the proper setup of the cones.



The drill begins with the first player in each line jogging to the first cone. Once they reach the first cone they shuffle side-to-side out to the next cone. The second player in line begins when the first player reaches the first cone. Once the first player shuffles to the first outside cone, then the player jogs forward to the next cone. Once they reach that cone they shuffle back inside to the next cone. After reaching that cone the players jog forward to the last cone. Players switch lines each time. Follow the pattern listed below:

- Jog the straight runs and Shuffle the diagonal lines
- High Knees the straight runs and Shuffle the diagonal lines
- Heels up the straight runs and Karaoke the diagonal lines
- Right Knee Thrust the straight runs and Karaoke the diagonal lines
- Left Knee Thrust the straight runs and Karaoke the diagonal lines
- Jog the straight runs and jog backwards the diagonal lines
- 75% run the straight lines, the cut on the cone and sprint 100% on the diagonal lines

- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

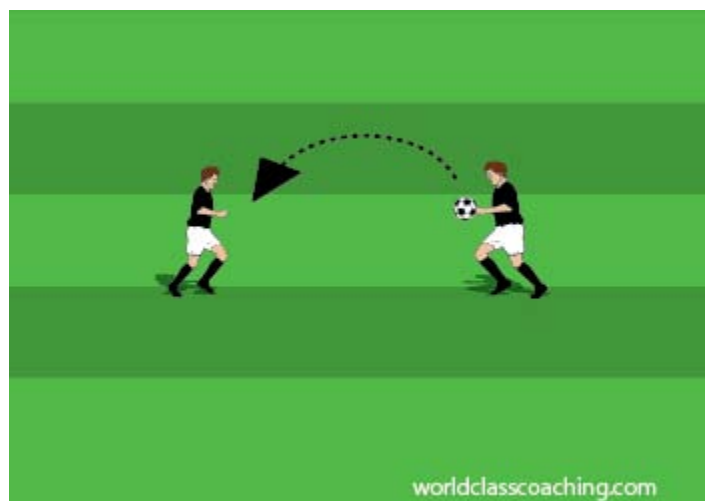
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands

- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

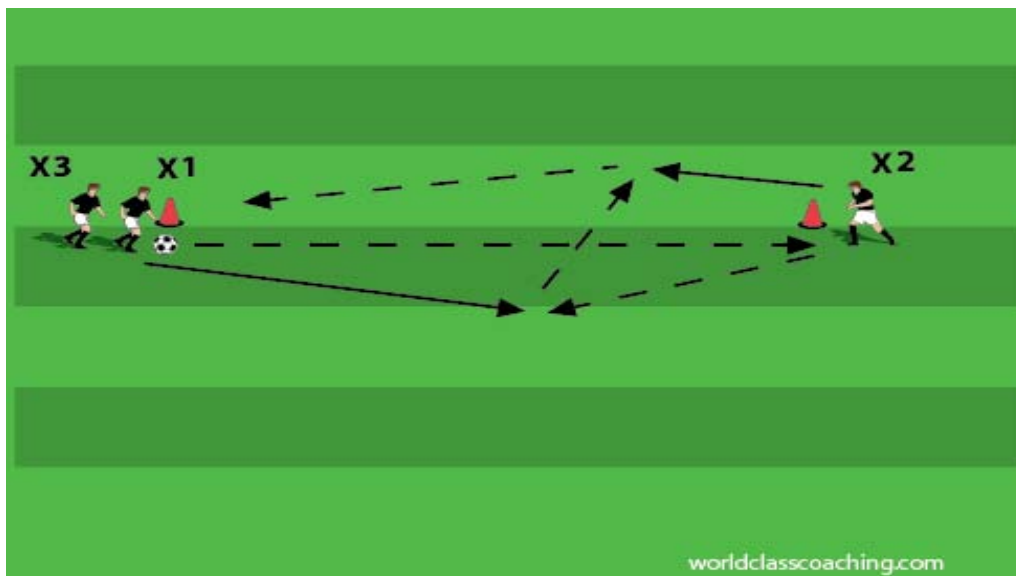
CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.

CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward t the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** The drill begins with player X1 passing the ball to player X2. X1 runs towards X2 and to the right side. Player X2 receives the ball and passes to player X1 on the right, then runs forward to the opposite side. Player X1 receives and 1-touch passes back to player X2, then runs to the cone where player X2 started. Player X2 receives the ball, then passes to player X3. The drill is continuous.



CP: I am a believer that we don't train players to be good technically on all levels in our country. Technique is divided into three parts; preparation, skill, and speed. They also must follow each other in order. In other words, you cannot have good technical skill without good technical preparation and, therefore, you cannot play at speed without these. The first thing is to focus on preparation. Make sure the player is prepared to receive the ball. This means on the balls of their feet, hips facing either towards the target or in towards the playing area so they are open to the play, their head is up and on a swivel surveying the environment, and their body is not straight and stiff.

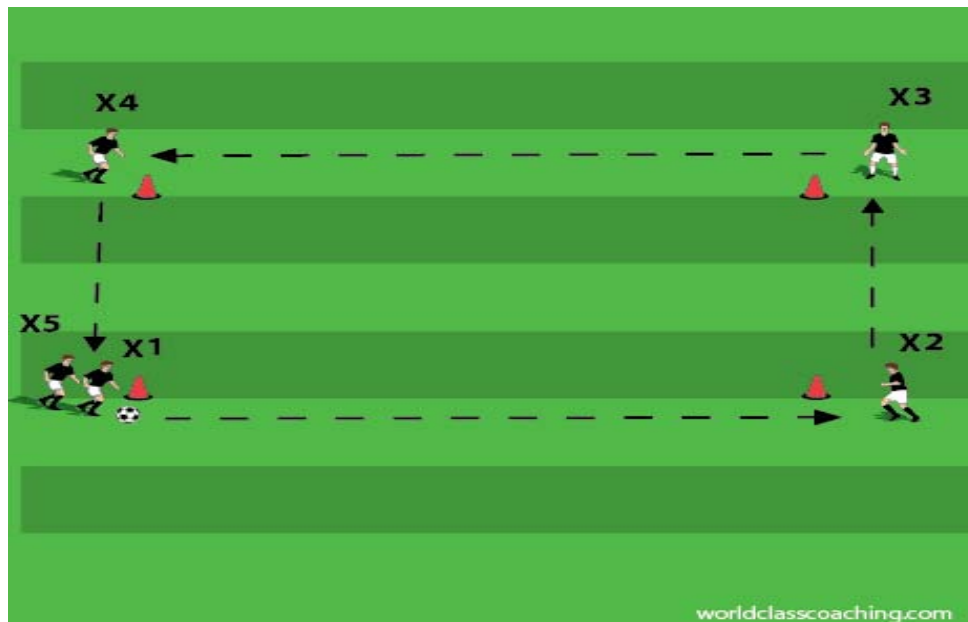
CP: Once you are satisfied with a player's preparation, then look at how they receive the ball. This includes their first touch; where does their first touch go? Does it set up for their next touch, especially if it is a pass? Do they step into their first touch so they are guiding the touch? Is the first touch an appropriate strength (i.e. too soft and stays in their feet, or too strong and exposes possession)? First touch is a key and needs to be addressed at all levels. Technique must be perfect and can never be 'good enough'.

CP: Look at how the player touches the ball? Is it with an appropriate surface (i.e. inside of the foot, laces, outside of the foot, toe, heel, etc.)? Focus on good technical skill throughout at every level of training.

CP: If everything is strong throughout, then is the player looking for opportunities to play 1-touch? If they play 2-touch, is the player quick and clean with their touches? Is their head up to read changes in the dynamics of the game? These are all areas you need to look for in this simple passing exercise.

CP: Make sure players explode to the next space to either support the player receiving the ball to encourage quicker possession, or to open up the space for others to run into. Don't let players just jog through the exercise.

- 5) **Technical Passing-** The drill is a progression of the above drill, except they work with another line. Players make a rectangle and work around the outside of the rectangle as quickly and as effectively as they can. The drill begins with player X1 passing to player X2, then following the pass. Player X2 receives the ball, opens up, then passes to player X3 and follows. Player X3 receives the ball, opens up, then passes to player X4 and follows. Player X4 receives the ball, opens up, then passes to player X5 and follows. The drill is continuous. Be sure to switch the direction of the drill to work on both the right and left foot.



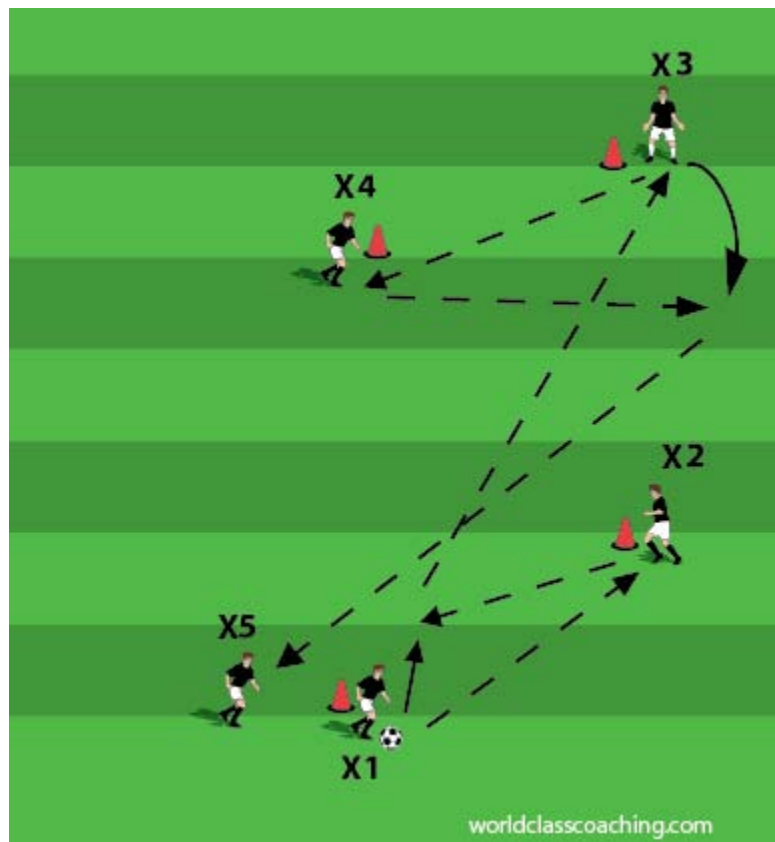
CP: Look at all of the coaching points from the previous passing drill and be sure to incorporate those.

CP: It will be important that players learn to open their bodies as the ball is being received. Can they keep their hips facing inside towards the field of play and open their hips to the next target as the ball is being received? If they can do this, can they progress the drill to 1-touch play accurately? Make sure players stay on the balls of their feet and are surveying their surroundings.

CP: Have the players work on checking away and back to receive the ball, but don't check down the line. They need to work timing and accuracy with the pass so that they can work on becoming faster technically.

CP: Accuracy is very important, even on small scales. Players should recognize which foot the player they are passing to wants the ball on. Also, if a player checks away, then they need to check in a way that tells the passing player which foot they want the ball on. For example, if a player checks away, then turns left to come back and receive the ball. This tells me that they want the ball on their right foot because this is the foot that is opening up to me.

- 6) **Pattern Passing-** The whole idea of pattern passing is to simulate positioning and passing patterns found in the game in that formation. This pattern focuses on the interaction of the midfielders and defenders in a crossing passing pattern. The drill begins with player X1 passing to player X2. Player X2 receives and passes back to player X1. Player X1 receives and passes long to player X3 at the outside midfield position. Player X3 receives the ball and passes to player X4 at central midfield, then opens up wide to support the ball. Player X4 receives the ball and passes back out wide to player X3. Player X3 receives the ball then passes long to player X5 back at the beginning of the drill. Players rotate in number order (1-2-3-4-5).



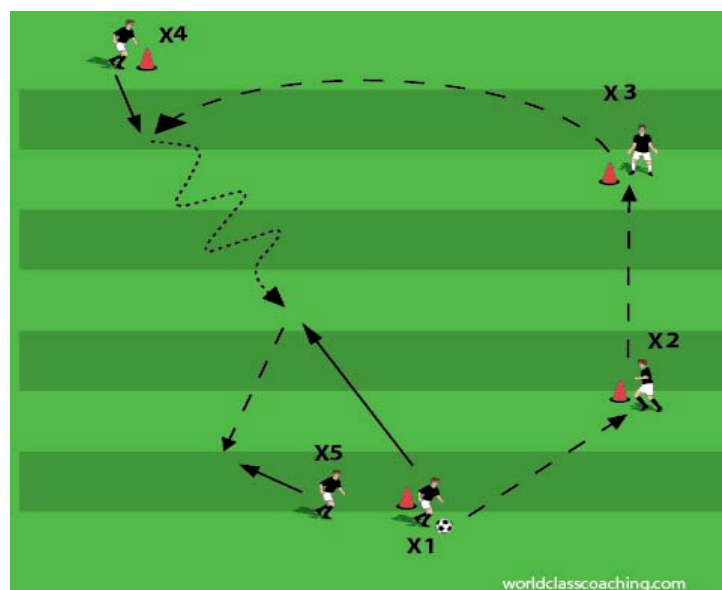
The pattern above works on players looking to create combinations and looking to play forward into the feet of the outside midfield players. The second combination (between player X3 and X4) works on developing give-and-go combinations. These are all important components when playing a 1-4-4-2 formation. Players need to follow after all of the patterns are completed and the ball is passed back to player X5.

CP: Patterns are where you begin to introduce a system at a basic level. You began with a dynamic warm-up mimicking the runs made in the system. You then worked with technical passing to get players more confident with the ball. You also used passing patterns that included combinations and play consistent with the 1-4-4-2 system. Now you start with patterns to replicate player positioning on the field. The first pattern works with a central and outside defender and a central and outside midfielder. Make sure every player goes through the patterns, regardless of their positioning. It is very important in any system that players have an understanding of all the roles and responsibilities for every position.

CP: Focus on the three technical elements of preparation, skill, and speed as previously outlined in the coaching points. Players need to be encouraged to play the ball as quickly as possible, but they need to be very accurate as the success of any system depends upon the consistency and accuracy of the players within that system.

CP: Encourage players to play at game speed and to mimic the game when they play. Train like you play.

- 7) **Pattern Passing-** The second pattern focuses on a more traditional pattern within the 1-4-4-2. The pattern begins with player X1 passing the ball to player X2, but holds their position. Player X2 receives, opens up, and passes to player X3 and follows the pass. Player X3 receives the ball, opens up and drives a long pass to the opposite side to player X4 (opposite side forward). The pass needs to be more of a driven serve. Player X3 follows the pass. Player X4 receives and controls the ball, then dribbles towards player X1. Player X1 comes out to defend player X4. Player X5 opens up to support player X4. Player X4 passes to player X5, then follows to the start of the drill. Player X1 advances to player X2's starting cone. Drill is continuous.



***CP:** The importance of patterns is that they need to be done at game speed. Players need to pass the ball with an appropriate amount of pace, and then need to follow as quickly as they can to the next point.*

***CP:** No pattern will be successful if the technique is not correct. Demand that the technique is perfect at all three levels. Players need to be prepared to receive the ball. Players need to receive the ball while opening to the next option. Players need to play the ball as quickly as possible so they are working on team speed.*

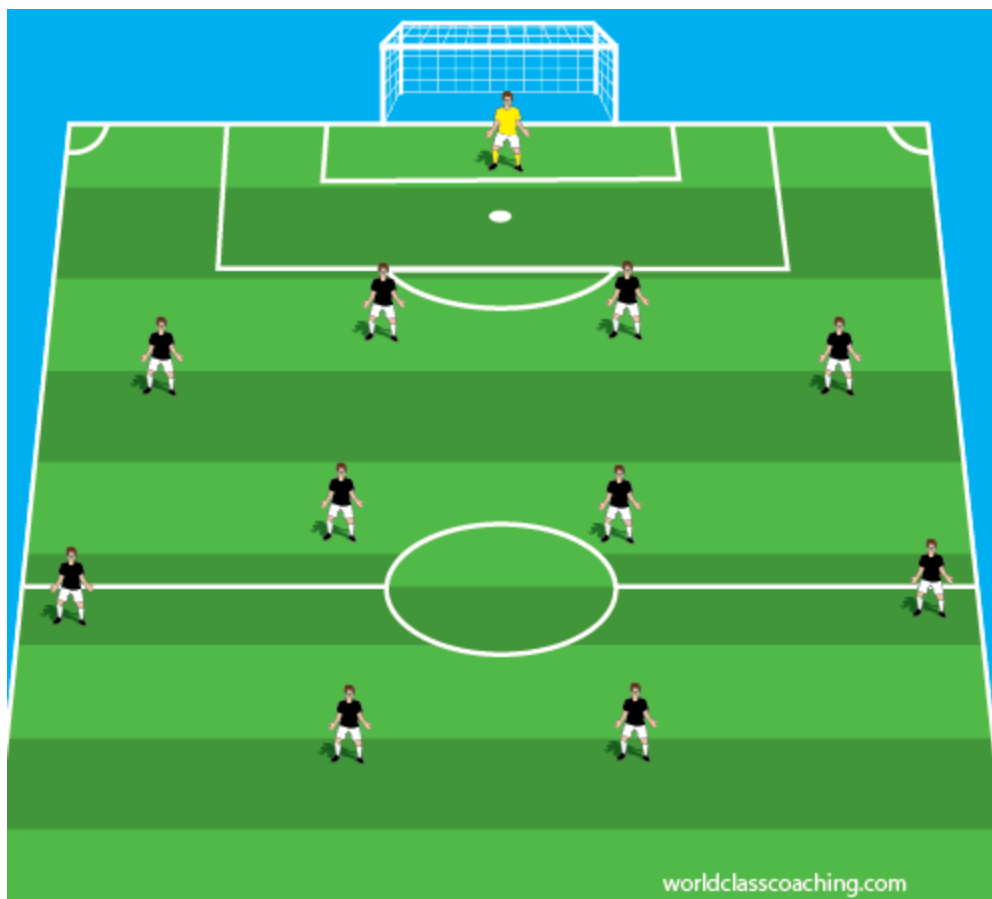
***CP:** Encourage volume when players train. There is never a substitute for good communication in any team. Encourage team communication as much as possible.*

- 8) **Shadow Play (11v.0 Through 11v.0)**- This is your opportunity to now work with the team on the shape of the 1-4-4-2 system. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

***CP:** Have the players work with the patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.*

- 9) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



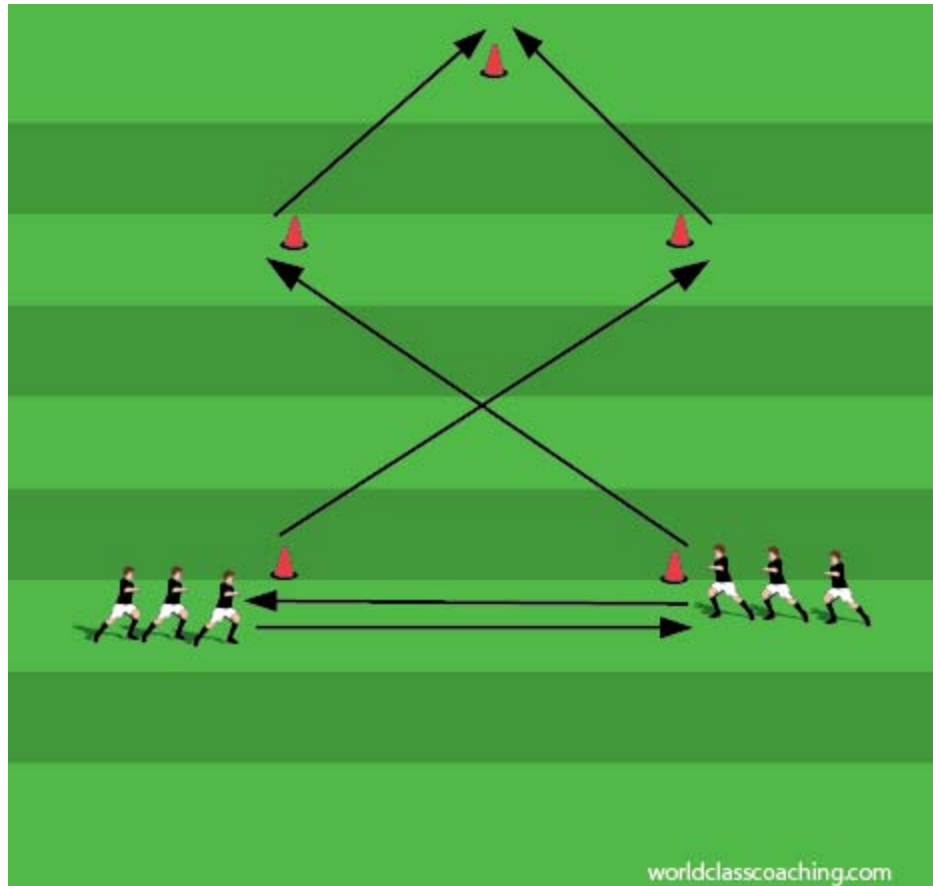
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 2 (1-4-4-2)

- 1) **Dynamic Warm-up-** The exercise is set up using 5 cones. Four cones are used to create a 15 yard by 15 yard box. The fifth cone is on the opposite side of the grid and 10 yards away.



The players are divided into two equal groups with each group lined up on one of the cones facing towards each other. Players begin by working towards each other to the opposite cone, then turning and going diagonally inside of the grid to the opposite cone, and finishing by turning on that cone and working towards the single cone that is 10 yards away. Players return to their starting cone to begin again. Players follow the pattern below:

- Jog the straight runs and Shuffle the diagonal lines
- High Knees the straight runs and Shuffle the diagonal lines
- Heels up the straight runs and Karaoke the diagonal lines
- Right Knee Thrust the straight runs and Karaoke the diagonal lines
- Left Knee Thrust the straight runs and Karaoke the diagonal lines
- Jog the straight runs and jog backwards the diagonal lines
- 75% run the straight lines, the cut on the cone and sprint 100% on the diagonal lines

- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

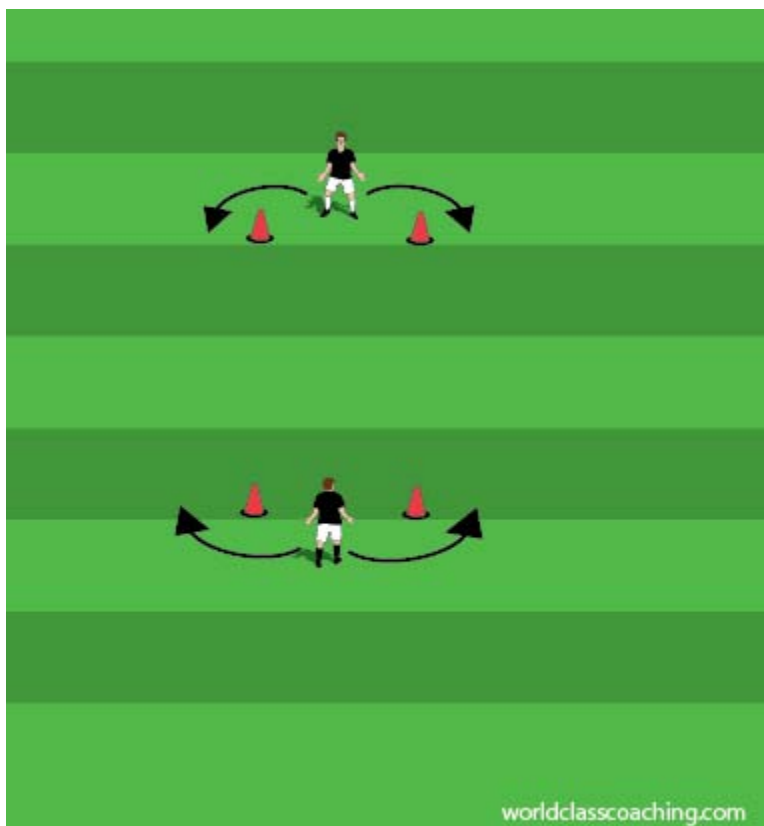
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work around each cone side-to-side as they perform the exercises.



The drill begins with the first player running to the side around the first cone and their partner tossing the ball to their partner. Once they touch the ball back to their partner they run to the opposite cone to receive the ball again. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.*

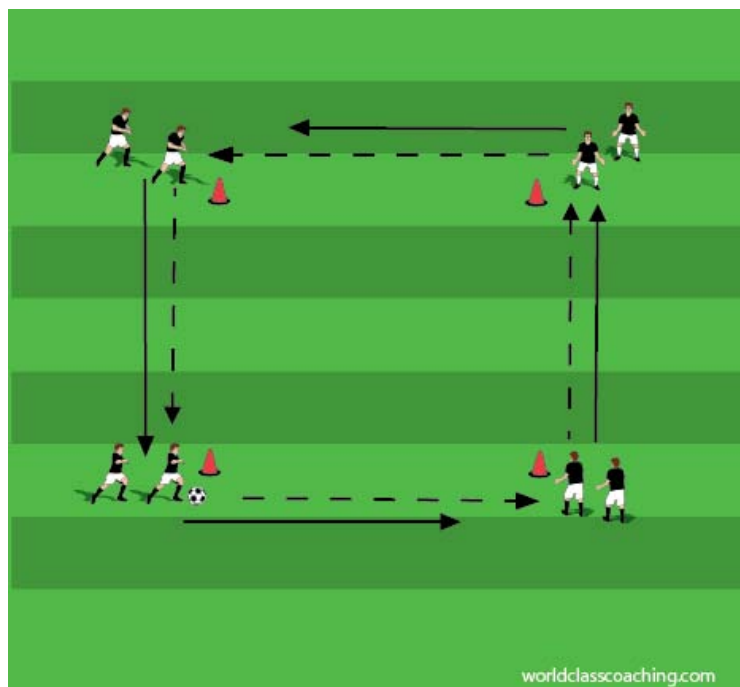
***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward t the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

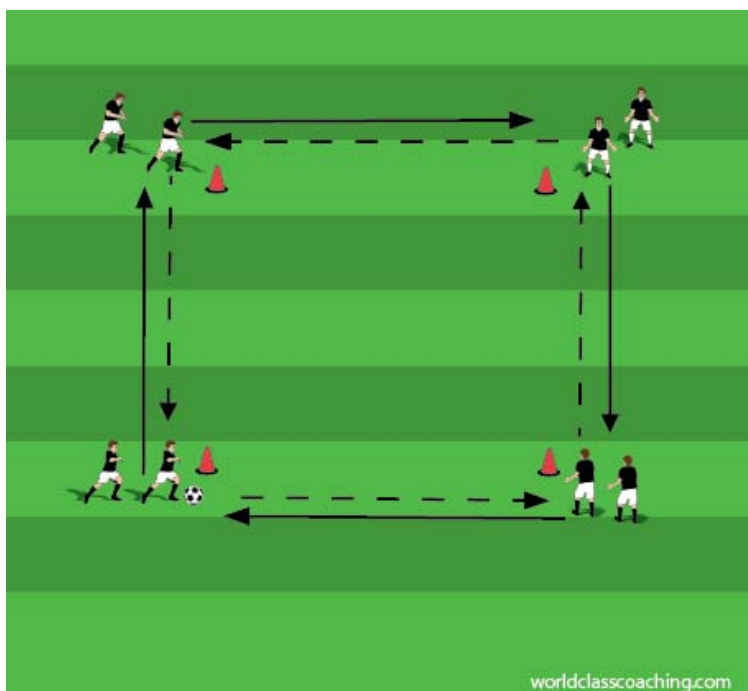
***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The advantage of this drill is that it uses the same 15 yard by 15 yard grid that you used in the warm-up. You may need a second or third grid, depending upon the size of the squad you have. Position 2 players on each cone of the grid. Begin by using one ball, but you can integrate a second ball after the drill has shown to be successful (1-2 minutes). The drill begins with player X1 passing the ball to player X2 and following their pass. Player X2 receives the ball, opens up to the next cone and passes the ball to player X3. Player X2 follows their pass. Player X3 receives the ball, opens up to the next cone and passes the ball to player X4. The drill works continuously around the outside of the grid. Add a second

ball in on the opposite corner and encourage the players to play the ball faster.



- 5) **Technical Passing-** The drill progresses to where the players pass the same way, but rotate the opposite way. So, instead of following their pass they rotate away from their pass.



CP: You are building in your approach to teaching the 1-4-4-2 system the way YOU want to play it. Make sure the players are focused on all aspects of their technique as there is no substitute for proper technique.

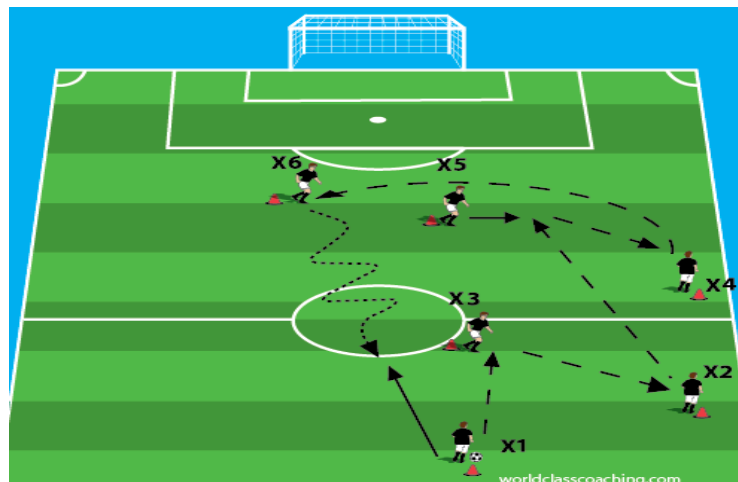
CP: Begin by emphasizing their preparation; that players are on the balls of their feet, their knees are bent, their body weight is centered and forward, and their head is up surveying the area around them and aware of where the ball is coming from. Their hips should not directly face the target, but should be facing in towards the center of the grid. This is the easiest aspect of technique that can be corrected and the area that is almost always overlooked when developing players.

CP: Next look at their technique; is their first touch guiding the ball towards their next option? Make sure they are opening their hips to the option as they are realizing possession. They should be receiving with a soft touch and not a firm touch. Their head should remain up as much as possible (encourage this) so they are aware of any changes to the environment. They should keep their weight forward moving into the pass so that they have a properly weighted pass (good or appropriate pace on the ball).

CP: Make sure players are being efficient in their touches before you start putting the added pressure of speed into the environment. Speed is essential to success, but you cannot play at speed without proper preparation or skill. Add speed only when they are successful.

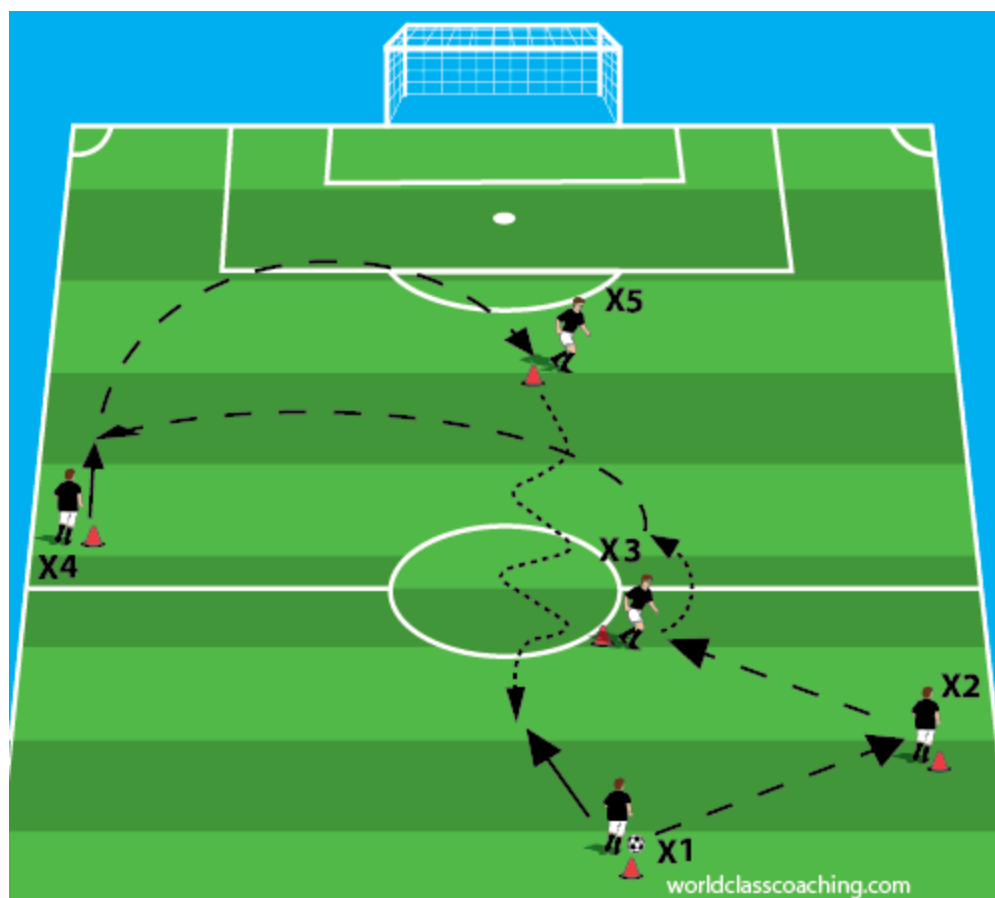
CP: Condition players to explode to the next cone, whether it be following their pass or moving away from the pass. Game conditions dictate that players should move at game speed in passing drills.

- 6) **Pattern Passing-** Patterns are about getting players used to the system you are introducing. This being your second session introducing the system it is important that your patterns take place on the field in their intended positions on the field. This will help them in their understanding of how you want them to perform on the field. The drill begins with player X1 (a central defender) passing the ball to player X3 (a central midfielder). Player X3 receives the ball and passes to player X2 (an outside defender on that same side), then follows their pass. Player X2 receives the ball and passes to player X5 (the forward on the same side), then follows their pass to that spot. Player X5 receives the ball and passes to player X4 (the outside midfielder on that side), then follows their pass to that spot. Player X4 receives the ball and serves the ball to player X6 (the opposite side forward), then follows their pass to that spot. Player X6 receives the ball and begins dribbling toward the starting player (X1). Player X1 comes half way towards player X6 and defends him 1v1 passively, then takes position where player X3 started. Player X6 dribbles to the start of the drill. The drill is continuous.



CP: Pattern Passing is all about positioning and understanding player roles on the field. Make sure players are sharp technically and perform every task at game speed. This is where everything needs to be clean and accurate, but also must include technical speed. Encourage players to challenge themselves to play faster. The faster they can play with accuracy in these situations, then the more effective they will be when you add elements of pressure and opposition.

- 7) **Pattern Passing-** This pattern builds off of the shape used in the previous pattern. It is important to show players that there are options in every situation as they are the ones that have to solve problems as they encounter them on the field. The more options you introduce to them the better equipped they will be to handle problems as they arise. This pattern begins with player X1 (central defender) passing the ball to player X2 (the outside defender on the same side). Player X2 receives the ball and passes to player X3 (the central midfielder on the same side), then follows the pass. Player X3 receives the ball, turns up field, then drives a long pass to player X4 (the opposite side outside midfielder), then follows to that spot. Player X4 receives the ball and serves the ball to player X5 (the opposite side forward) and follows their pass. Player X5 receives the ball and dribbles towards the starting spot of the drill. Player X1 meets them half way and defends 1v1 passively. Player X1 takes player X2's spot and player X5 dribbles to the start of the drill.

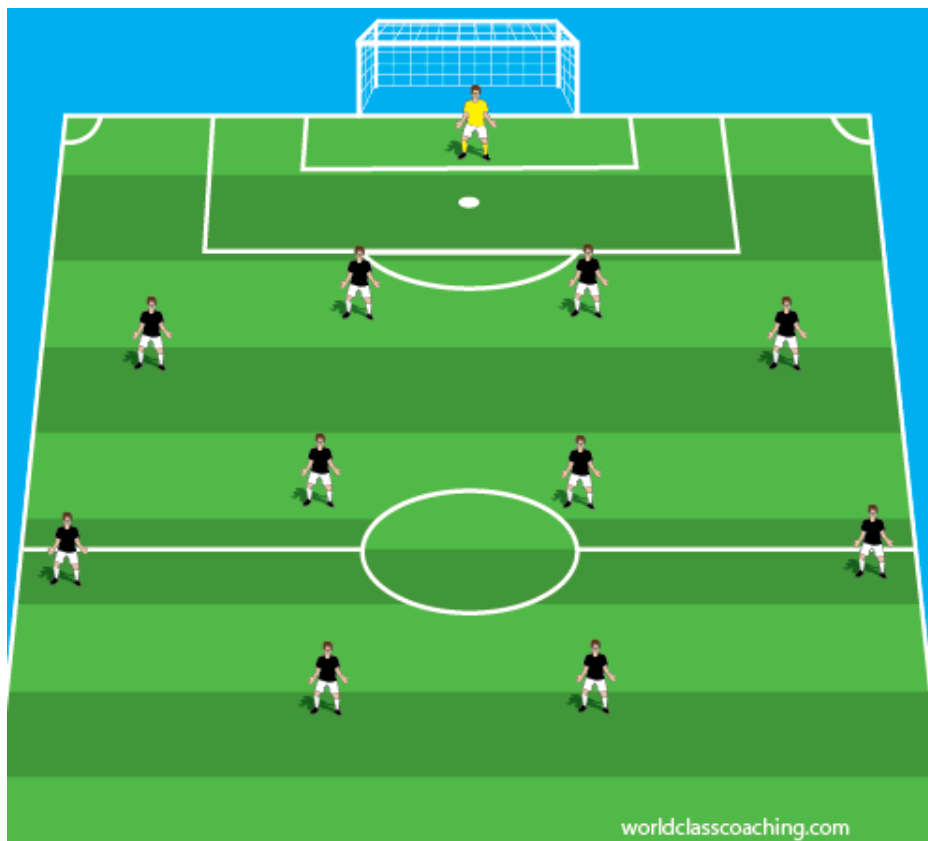


- 8) **Shadow Play (11v.0 Through 11v.0)**- This is your opportunity to now work with the team on the shape of the 1-4-4-2 system. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

***CP:** Have the players work with the patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.*

- 9) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Continue working on implementing your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



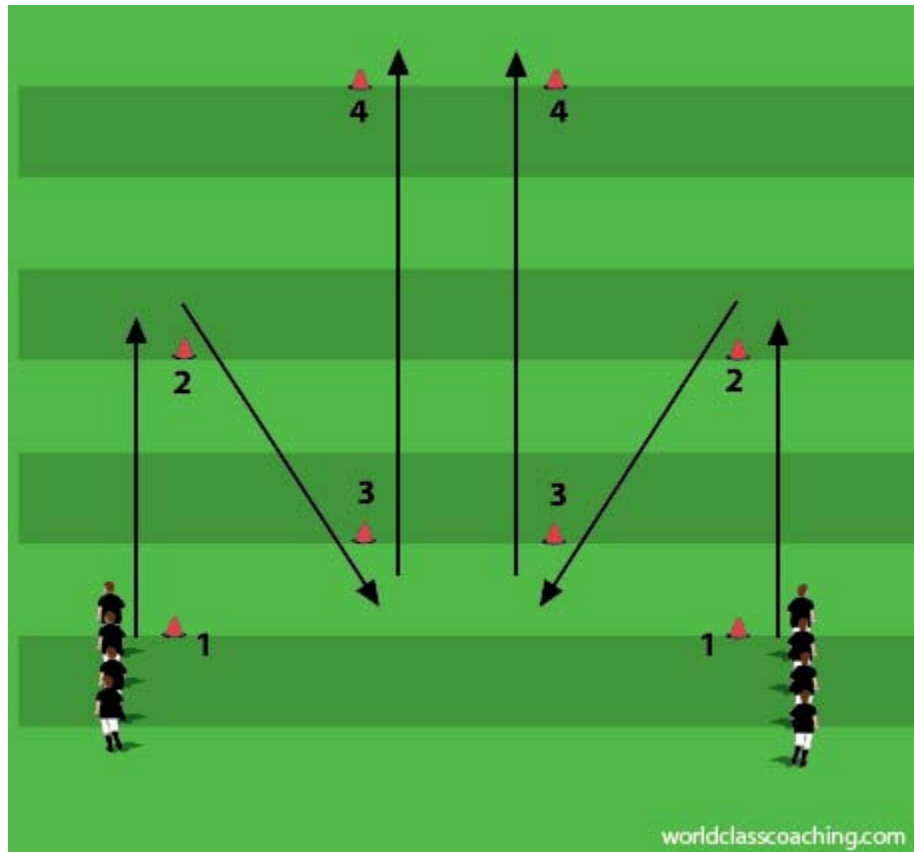
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 3 (1-4-4-2)

- 1) **Dynamic Warm-up-** The exercise is set up using 8 cones. The cones are set so that there is a mirror image of the same right next to it (refer to diagram). Place the first cone down with the second cone 15 yards away. From the first cone walk five yards towards the second cone, then in 10 yards and place the third cone down. From the third cone walk straight ahead staying parallel to the line of cones one and two 25 yards and place the final cone down. The other four cones are set the same way making sure that there is 10 yards between the two lines.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working past the second cone, then turning and working in past the third cone. Players then turn and work past the fourth cone and switch lines when they return. Players follow the pattern below:

- Jog the straight runs and Shuffle the diagonal lines
- High Knees the straight runs and Shuffle the diagonal lines
- Heels up the straight runs and Karaoke the diagonal lines
- Right Knee Thrust the straight runs and Karaoke the diagonal lines
- Left Knee Thrust the straight runs and Karaoke the diagonal lines

- Jog the straight runs and jog backwards the diagonal lines
- 75% run the straight lines, the cut on the cone and sprint 100% on the diagonal lines
- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

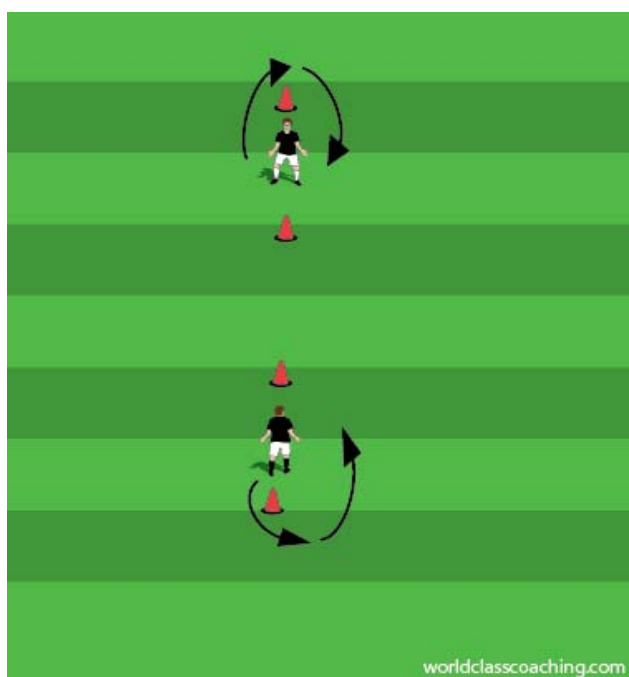
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work back around the cone then forward towards the front cone.



The drill begins with the first player running around the back cone and then forward towards their partner who tosses them the ball. Once they touch the ball back to their partner they run to the back cone again. The drill is continuous. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

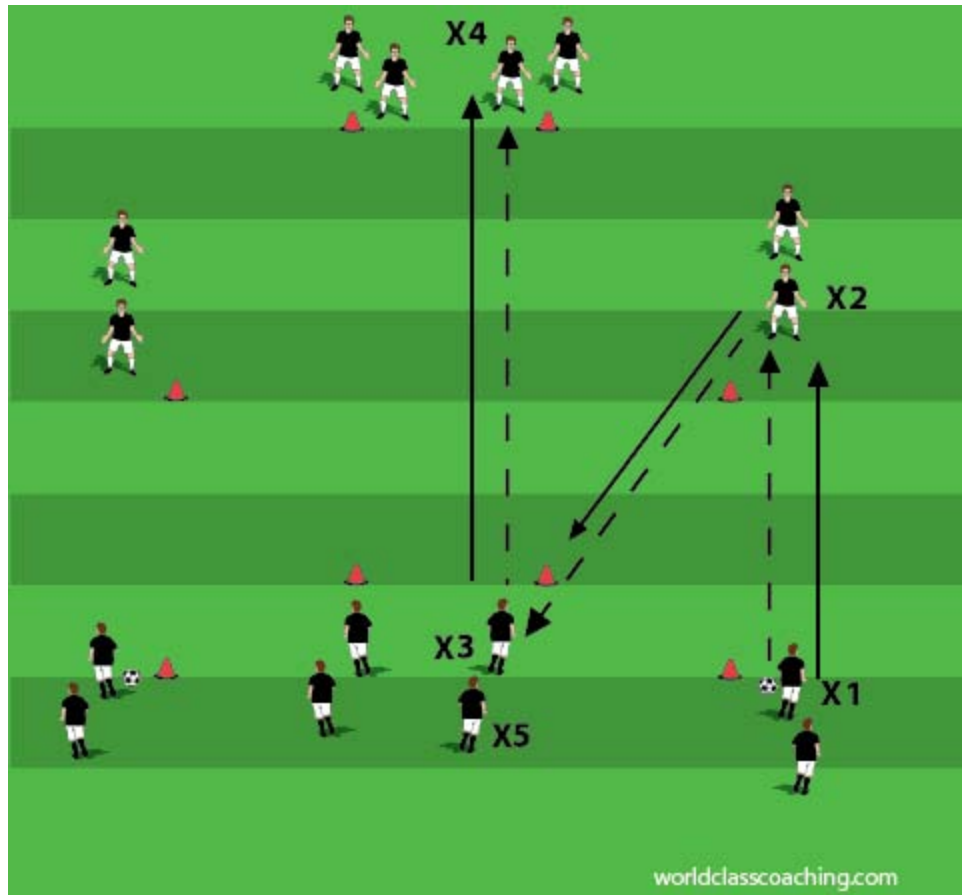
CP: *Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.*

CP: *It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

CP: *Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

CP: *Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** This drill uses the same setup as the dynamic warm-up. The cone positioning is exactly the same and players are positioned on each cone. The drill starts with player X1 passing the ball to player X2, then following their pass. Player X2 receives the ball and passes to player X3, then follows their pass. Player X3 receives the ball and passes to player X4, then follows their pass. Player X4 receives the ball and passes to player X5, then follows. The drill is continuous throughout the pattern.



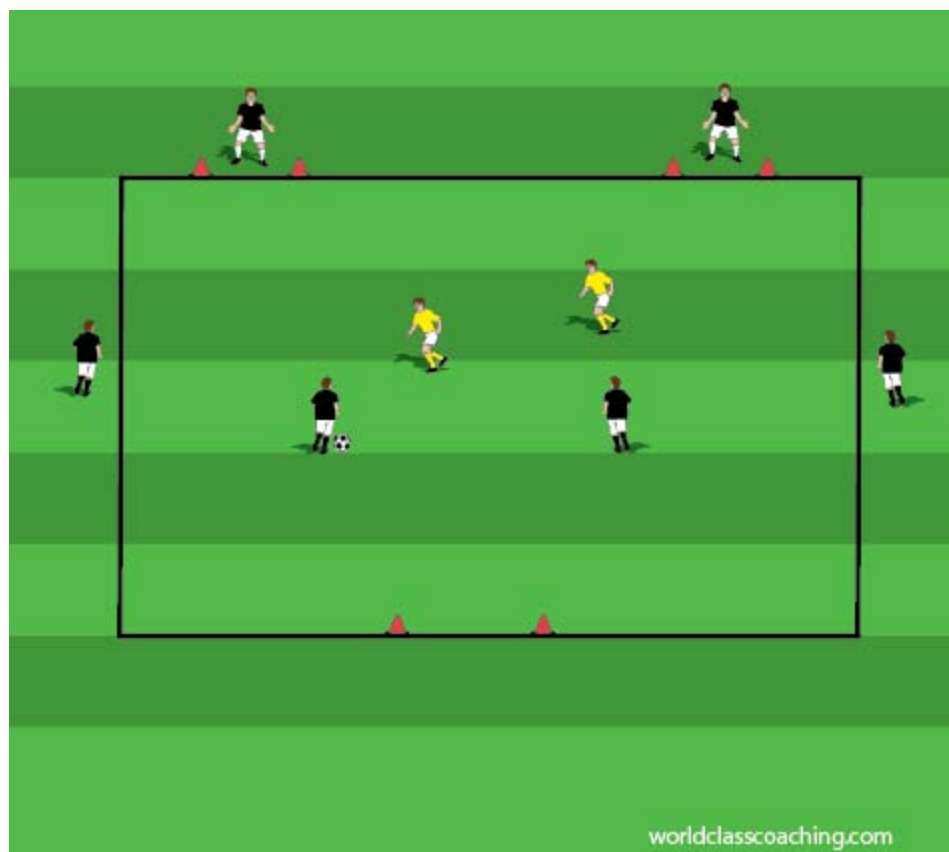
CP: This is a great drill to focus on technical passing and the elements of technique. Begin by making sure players are opening their hips to the next option as they are realizing possession. Be sure they are ready to receive the ball, that they are on their toes and their body weight is forward.

CP: Build on the technical preparation by next focusing on the player's skill. Begin by having the players use two touches; one to receive and one to pass. As they become proficient in their skill build them to one-touch passing. On the receiving touch make sure players have a push touch towards their next target. This way their receiving touch sets up their pass and increases their speed of play. Make sure players pass the ball with the fattest part of the side of their foot and that their toes are point up to create the large surface. Watch to make sure players follow through with their passes.

CP: The exciting part of coaching is when you see everything clean and rhythmic in their technical passing. It's as if the players are into a natural rhythm with the exercise. This is where you encourage speed. Have players focus on player the ball effectively and cleanly, bt to play the ball as quickly as they can. Be sure to emphasize that they should not sacrifice quality to play the ball faster. They need accuracy and effectiveness along with speed and should sacrifice anything to try to play faster.

- 5) **6v.2 with Patterns-** This drill takes place in a 25 yard by 40 yard grid. On one long end of the grid there are two small goals with a Target Player standing behind each small goal. On the other long end there is also a small goal with no Target Player. Inside the grid there are two attacking players and two defending players. Outside each side of the short end of the grid is a supporting attacking player. The Target Players only play with the attacking players and not the defenders making it 6 attackers against 2 defenders. The

Target Players and the supporting attacking players cannot enter the playing area. This makes it 2v.2 inside the grid. The objective of the drill is for the attacking players to keep possession of the ball and to work it from one Target Player to the other without losing possession. If the defenders win possession, then they look to score in the opposite side small goal.



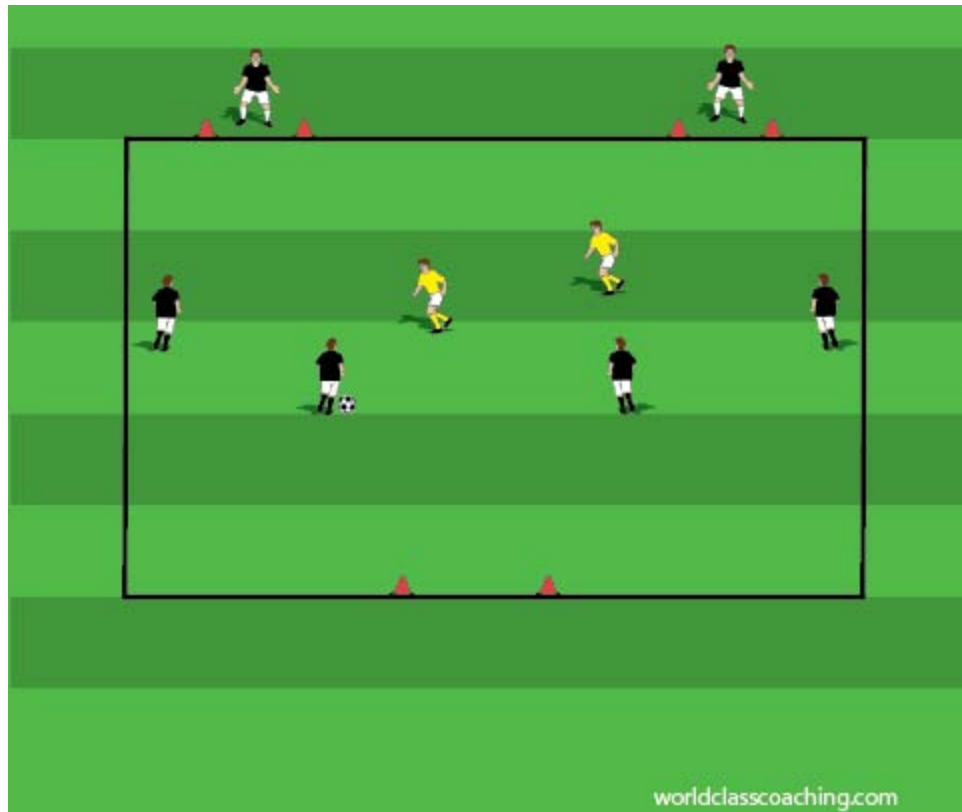
CP: You can definitely see the shape of the 1-4-4-2 in this drill. Make sure to identify this with the players. The more they see how everything ties together the faster they will become thinking players independently, a very important trait as you cannot be on the field with them when they are playing in a game.

CP: Condition the players to use the patterns from the previous drills. You can easily see how the combinations can be made. This is why you are having them build possession from one Target on one side of the grid to the other Target on the other side of the same grid.

CP: It is no longer that you expect proper technique here, you need to DEMAND IT! The only way any system will work is if players remain focused. It is easy for players to get caught up in the big picture of the system and forget the details of what it takes to be successful and win.

CP: The attacking players will think they are supposed to play the ball into the Target Players as their first option. You need to have them begin with their first option being to protect possession. They cannot be successful if they are giving the ball away with the slightest pressure. Condition the attacking team to protect the ball and to play into the Targets when they are open and it is available. **Don't Force it!**

- 6) **6v.2 with Patterns (Inside)**- This is the same as the previous drill, except you move the two supporting attacking players inside the grid. This will give the added pressure of restricting the space the attackers have.



***CP:** Moving the players from the wings inside will add pressure as the space is now restricted. Make sure the players remain calm under pressure and stick with the first option of protecting possession. Don't give it away under the slightest pressure and don't force the play.*

***CP:** There should be success early and often. Can the players now play at speed? Encourage them to play the ball faster while still protecting possession.*

***CP:** Recognize success and reward them for it. This will re-enforce how you want to play and help the players buy in to what you are doing.*

- 7) **Small-Sided Games (5v.5)**- Small-sided games are a great teacher of the game. It is a valuable tool that we have copied from the Dutch and their training methods, but have further expanded upon them to fit our needs. Small-sided games are a great way to introduce and to teach systems of play. The first two training sessions were about building the foundation of the system and to take the opportunity to introduce your philosophy in attack and defense. Now you begin to expand upon the 1-4-4-2 system by putting players in a smaller version of the system and allowing them to learn through the run of play. The first stage is to begin at the 5v.5 level. Begin with one defender, three midfielders, and one attacking player (1-3-1 formation with large goals and goalkeepers). I would also have the team they are facing in

the same formation to start, but as you progress through the season be sure to change the opposing formation to help players cope with different systems.



CP: Remain on the side and coach the players from the sideline, as you would do during the game. When things are breaking down, then stop it and fix it.

CP: Encourage players to look for the same patterns they used in the drills and the 6v.2 exercise. Motivate them to play the ball quickly.

CP: The hardest part of implementing the small-sided games and progressing from the first two sessions is that players now have to think and move independently. This can be a difficult and frustrating process for you and for them. Be patient with them and be sure to point out the options they have, especially when they break down or aren't sure what to do. **Coach From the Game!**

- 8) **Small-Sided Games (8v.8)**- I prefer to start in 5v.5 because there are three layers in the formation and there is depth in each layer. Some would argue 4v.4, and I like using this as well, but I believe for introducing and teaching formations at its foundation the best place to begin is at 5v.5. The next progression would be to 8v.8 as it builds on the three layers (defense, midfield, and attack) and expands upon the depth at each layer (right, central, left). The formation is set up with two attackers, three midfielders,

and three defenders. As with 5v.5 there are large goals and goalkeepers involved in the play.



CP: As they progress from 5v.5 to 8v.8 they should start becoming more comfortable with the formation. Your role will be to adjust and help them to see their options, more importantly, you now need to start building in your attacking and defensive philosophies more clearly. For example, with possession where do you want them to look first? If the first option is not available, then what should be second? If the second option is not available, then what is third? Give them three options to go through so you start encouraging them to read the game and play to the best option.

CP: As they start looking for the options be sure to clarify for them that the first option may not always be the best option. What if the second option is in position to attack 1v.1, but the first option has three defenders around them even though they are open. Make sure they understand that they need to think and be creative. The last thing you want is for your players to become robots.

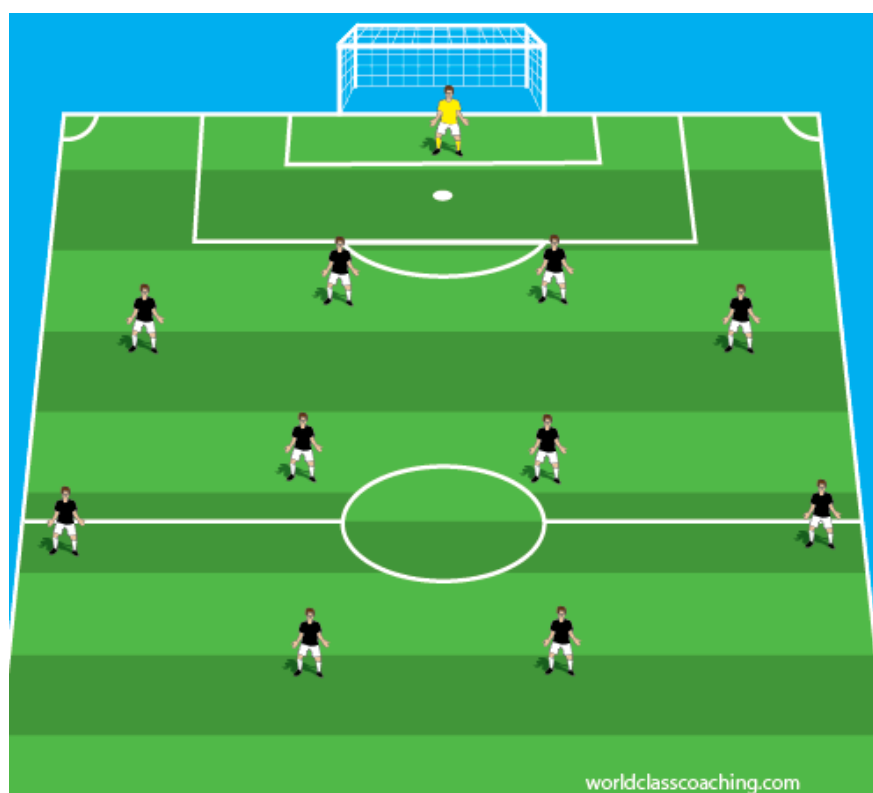
11) Shadow Play (11v.0 Through 11v.0)- You have actually introduced a lot in this session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and

switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

CP: Be very involved in working with the players to help them see the same pictures from 5v.5 and 8v.8. Do not take long here in Shadow Play as it is important to get them back to playing as quickly as possible. I always find it helpful to bring them into Shadow Play to re-emphasize the system and how I want them to play in the larger game. No more than 10 minutes is needed here.

CP: Encourage combinations and players moving in unison. This means that as the ball naturally moves to the left that the outside defender behind the ball is stepping to support the ball and the weak side defender is dropping in to protect the middle and maintain shape in the system.

12) 11v.11 Scrimmage- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Continue working on implementing your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



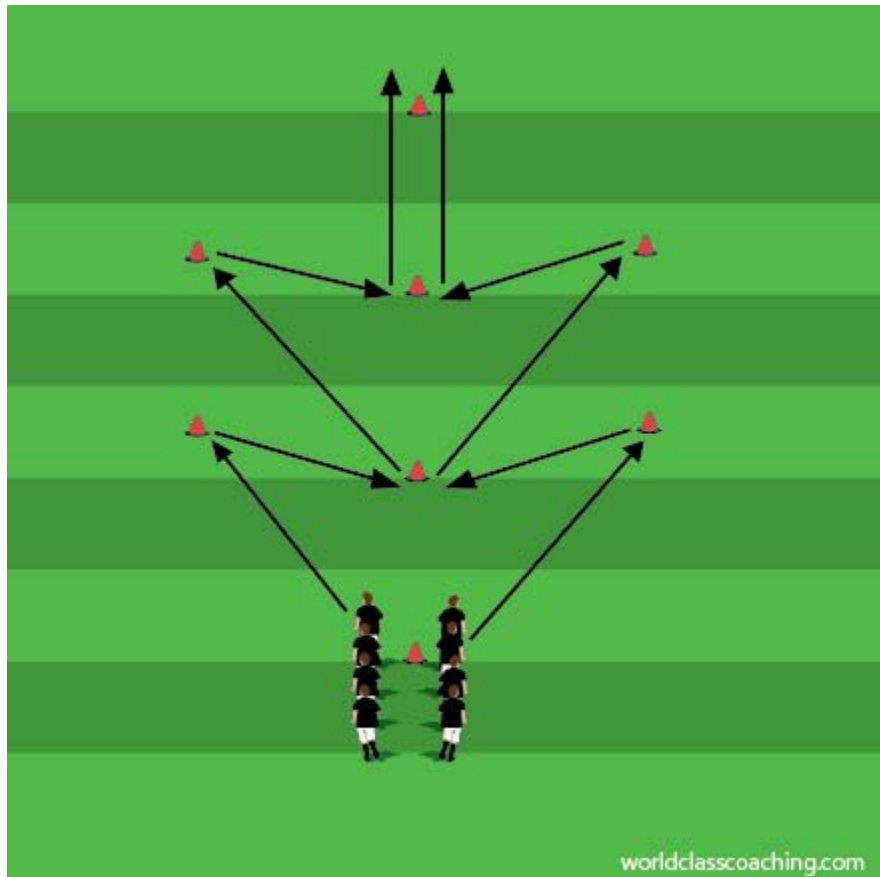
13) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 4 (1-4-4-2)

- 1) **Dynamic Warm-up-** The exercise is set up using 8 cones. Four cones are set in a line, each separated by 10 yards, for a total of 30 yards. At the second cone walk straight 3 yards, then out to the side 10 yards and place a cone down. Do the same to the opposite side. Go to the third cone and do the same.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working out wide before working in towards the middle cone. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- Jog the straight runs and Shuffle the diagonal lines
- High Knees the straight runs and Shuffle the diagonal lines
- Heels up the straight runs and Karaoke the diagonal lines
- Right Knee Thrust the straight runs and Karaoke the diagonal lines
- Left Knee Thrust the straight runs and Karaoke the diagonal lines
- Jog the straight runs and jog backwards the diagonal lines
- 75% run the straight lines, the cut on the cone and sprint 100% on the diagonal lines

- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

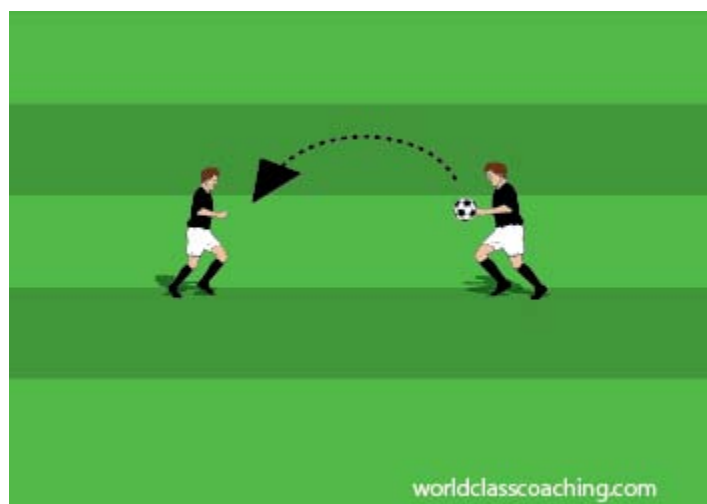
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands

- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

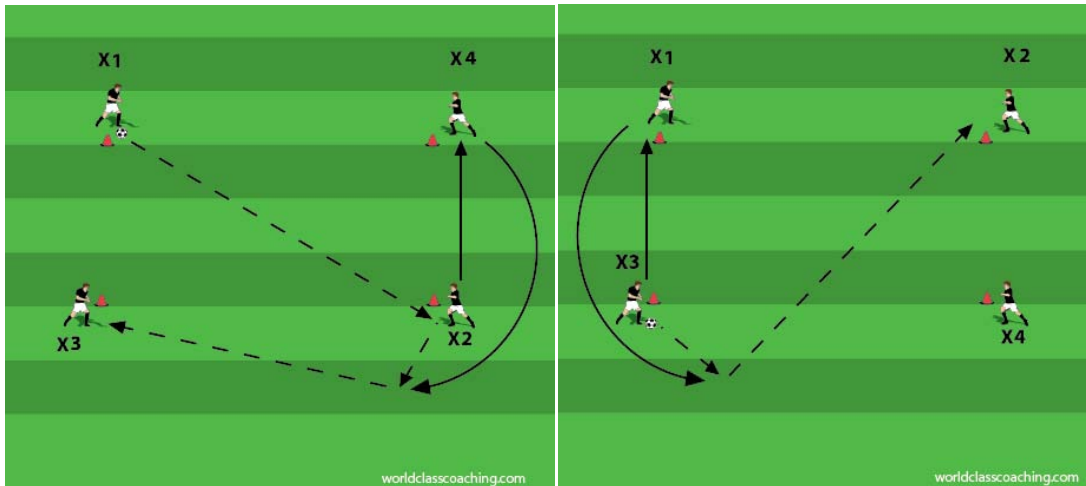
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The drill is set up with four cones to create a 10 yard by 20 yard grid. Each cone has a player on it with one player having the ball. The drill begins with player X1 passing the ball diagonally across the grid to player X2. As the pass is being made player X4 makes an overlapping run of player X2. Player X2 receives the ball and passes to the space in front of player X4. Player X2 then switches positions and runs to the starting point of player X4. Player X4 receives the ball and passes to player X3. As the pass is being made to player X3 player X1 makes an overlapping run of player X3. Player X3 receives and passes the ball to the space in front of player X1, then switches positions and runs to player X1's spot. Player X1 receives the ball and passes diagonally across the grid to player X2. The drill is continuous. The first diagram shows the first part of the drill up to and including the first overlap. The second part of the drill is reflected in the second diagram.



First Diagram

Second Diagram

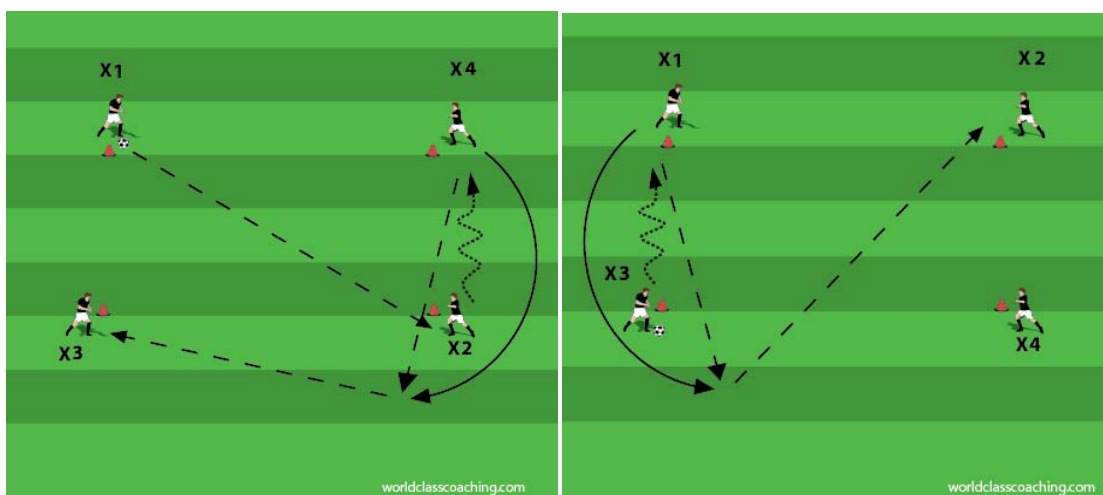
CP: This drill focuses on a more advanced technical activity; overlapping runs. This is a basic function, but players need to work on the timing of their runs, the timing of their passes, making sure their passes are weighted (proper touch and strength), and that their movements are coordinated. These are complex actions and movements that need to be worked on.

CP: Players should learn to read actions within the drill so they know when to distribute and when to move. Communication needs to be very active so that players can increase their technical speed within the drill.

CP: Have the players work on faking a pass to another target before distributing for the overlap. Condition them to fake so that they are being creative and deceptive and their actions would be more effective in the game.

CP: Player movements and actions should always be game-like. Don't let players just go through the motions in their actions. Make sure they are making the most of their movements so that it always resembles the game.

- 5) **Technical Passing-** This drill is a progression of the first technical passing drill, only the player with possession dribbles in towards the other player and fakes a takeover before passing the ball to the overlapping player. Make sure players complete their runs and don't distribute too early. This is important for the overlap to be effective as the overlapping player needs to have room after the overlap to read the play before making their pass. The drill is continuous. The first diagram shows the first part of the drill up to and including the first overlap. The second part of the drill is reflected in the second diagram.



First Diagram

Second Diagram

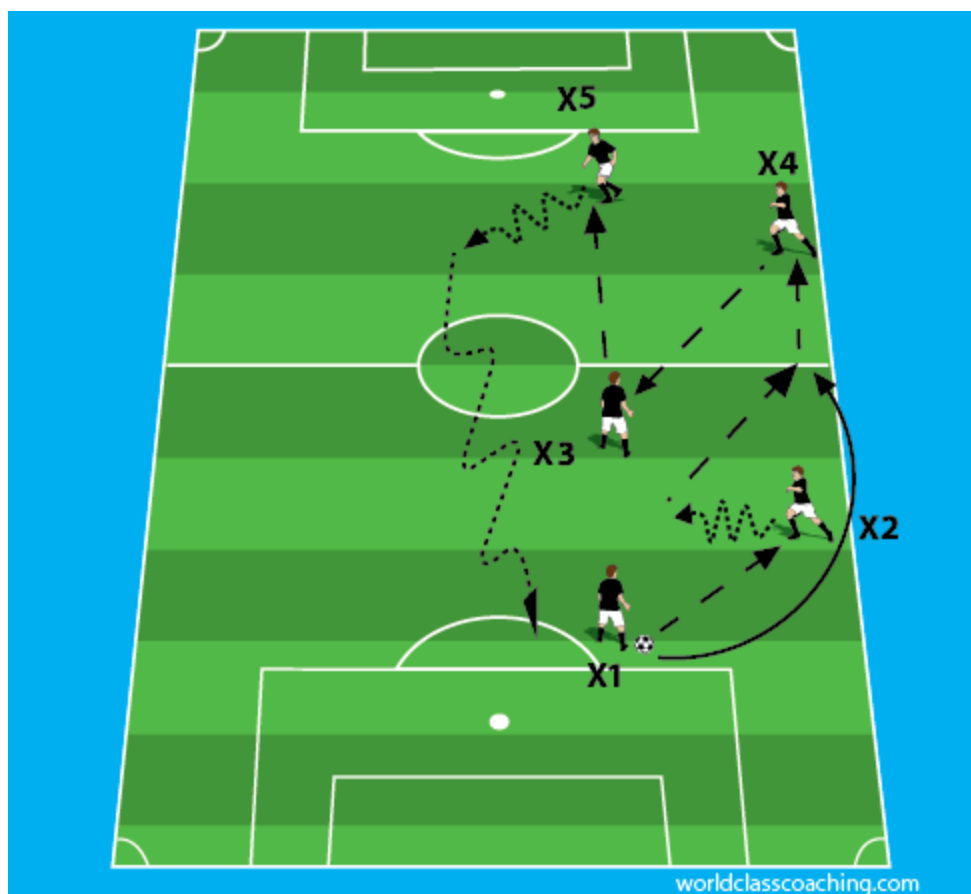
CP: This drill focuses on a more advanced technical activity; overlapping runs. This is a basic function, but players need to work on the timing of their runs, the timing of their passes, making sure their passes are weighted (proper touch and strength), and that their movements are coordinated. These are complex actions and movements that need to be worked on.

CP: Players should learn to read actions within the drill so they know when to distribute and when to move. Communication needs to be very active so that players can increase their technical speed within the drill.

CP: Have the players work on faking a pass or fake keeping possession before distributing for the overlap. Condition them to fake so that they are being creative and deceptive and their actions would be more effective in the game.

CP: Player movements and actions should always be game-like. Don't let players just go through the motions in their actions. Make sure they are making the most of their movements so that it always resembles the game.

- 6) **Pattern Passing-** We build on the technical passing by putting the players in positions and implementing patterns. This pattern involves the central defender beginning with possession (player X1) passing the ball to the wide defender (player X2), then overlapping them. The wide defender dribbles inside to create space for the overlap and passes the ball to the overlapping central defender (player X1). Player X1 receives and passes the ball to the wide midfielder (player X4), then takes the place of player X2. The outside midfielder (player X4) receives the ball and passes to the central midfielder (player X3), then follows the pass. Player X2 delays and then takes the place of player X4. The central midfielder (player X3) receives the ball and passes the ball to the forward (player X5), then follows their pass. The forward (player X5) receives the ball and dribbles to the beginning where the drill began. The next player in line begins the drill again. The drill is continuous.



CP: Patterns are very important for painting the picture of where you want players and what their roles are. This pattern focuses on building what you worked on in the Technical Passing drills, Overlapping Runs to create space. There are many elements to focus on within this exercise, but be careful not to overload the players with too much information at once. Start with one correction and build from there.

CP: Make sure players are timing their runs and passes. Everything must be coordinated within the drill, as it is with any system you play. Players should learn to read when to run and when to delay. Teach them the visual cues in the game (i.e. the first touch of the receiving player, movement of other players off of the ball, read the space as it opens, etc.).

CP: Communication is very important. Players should learn both verbal and non-verbal communication. The verbal is obvious. The non-verbal includes where the first touch of the receiving player goes, eye contact, hand signals, etc. Players need to learn about one another as they play to understand how to be more effective and to play faster.

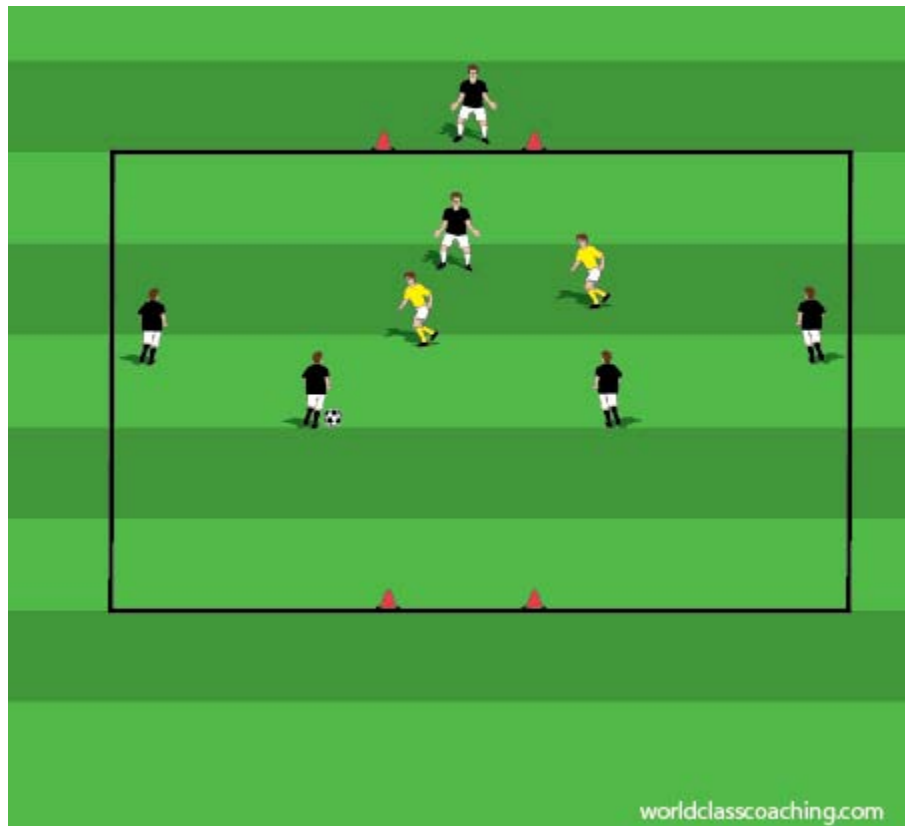
CP: Play needs to be game-like. Passes need to be quality and runs need to be quick. Players should treat the drill as if it were the game. Play at game speed.

- 7) **Pattern Passing-** The setup for this pattern is the same as the previous pattern. It uses the same players in the same positions. The focus is the same as you are getting players used to overlapping runs to get into the attack. The drill begins with the central defender (player X1) passing the ball to the outside defender (player X2), then making an overlapping run. The wide defender receives the pass and passes to the central midfielder (player

A diagram of a soccer field with five players labeled X1, X2, X3, X4, and X5. Player X1 is at the bottom center, near the goal. Player X2 is on the right side, near the goal. Player X3 is in the center, near the circle. Player X4 is on the right side, near the top. Player X5 is at the top center, near the goal. Arrows indicate movement: a dashed arrow from X1 to X3, a dashed arrow from X3 to X5, a dashed arrow from X5 to X4, a dashed arrow from X4 to X3, a dashed arrow from X3 to X2, a dashed arrow from X2 to X1, a solid arrow from X1 to X2, a solid arrow from X2 to X3, a solid arrow from X3 to X4, a solid arrow from X4 to X5, and a solid arrow from X5 to X3. A solid arrow also points from X3 to X1.

CP: *Play needs to be game-like. Passes need to be quality and runs need to be quick. Players should treat the drill as if it were the game. Play at game speed.*

- 8) **6v.2 with Patterns-** This drill is similar to the one used in the previous session. The grid is set up in a 25 yard long by 40 yard wide area. There is one small goal at each end of the 40 yard wide part of the grid. One of the small goals has a Target Player behind it and plays with the attacking team. The other small goal is open. There are 5 attacking players inside the grid with one attacker and four midfielders. They play against 2 defenders. The attackers can only score off of an overlap or a faked overlap then playing into the Target Player behind the small goal. The defenders try to win the ball and score into the open small goal.



CP: Make sure the players remain calm under pressure and stick with the first option of protecting possession. Don't give it away under the slightest pressure and don't force the play.

CP: There should be success early and often. Can the players now play at speed? Encourage them to play the ball faster while still protecting possession.

CP: Make sure the defenders stay aggressive and look to pressure high. It won't do any good if the defenders hang back as there won't be enough space for the overlap. If this begins to happen, then place two cones at an imaginary midfield and use offsides in the drill. This will encourage the defenders to step up.

CP: Recognize success and reward them for it. This will re-enforce how you want to play and help the players buy in to what you are doing.

- 9) **Small-Sided Games (8v.8)-** The next progression would be to 8v.8 as it builds on the three layers (defense, midfield, and attack) and expands upon the depth at each layer (right, central, left). The formation is set up with two

attackers, three midfielders, and three defenders. There are two full-sized goals and goalkeepers in the drill. Put the same condition in this drill in that teams cannot score unless it is from an overlap or faked overlap.



CP: Encourage communication. Players need to learn how to read each other so they know when to overlap and when not to overlap. Be active early on in stopping the play and pointing out opportunities to overlap and the visual cues they need to recognize.

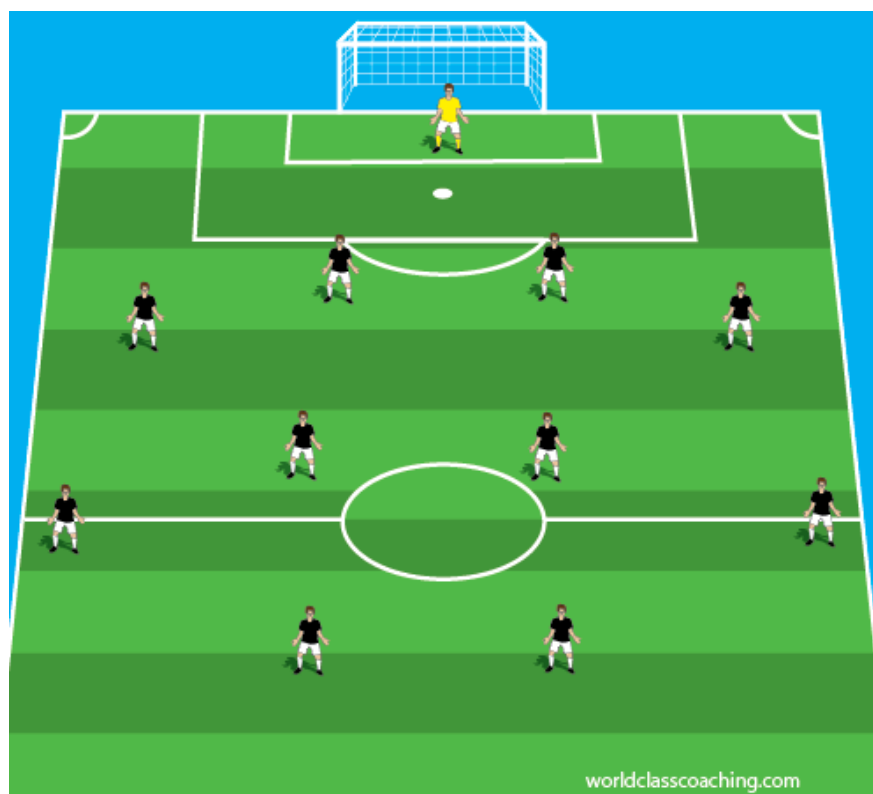
CP: Encourage ball movement. Players need to move the ball quickly and effectively. Don't abandon your purpose in possession just to get overlaps. Make sure they understand that the overlap is a tool to play effectively into your options. Keep them focused on their first option and playing into that option when it is open.

CP: Continue to build your attacking and defensive philosophies through small-sided play.

10) Shadow Play (11v.0 Through 11v.0)- You have actually introduced a lot in the last two sessions and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations

and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

- 11) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Continue working on implementing your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



- 12) **Cooldown**- Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

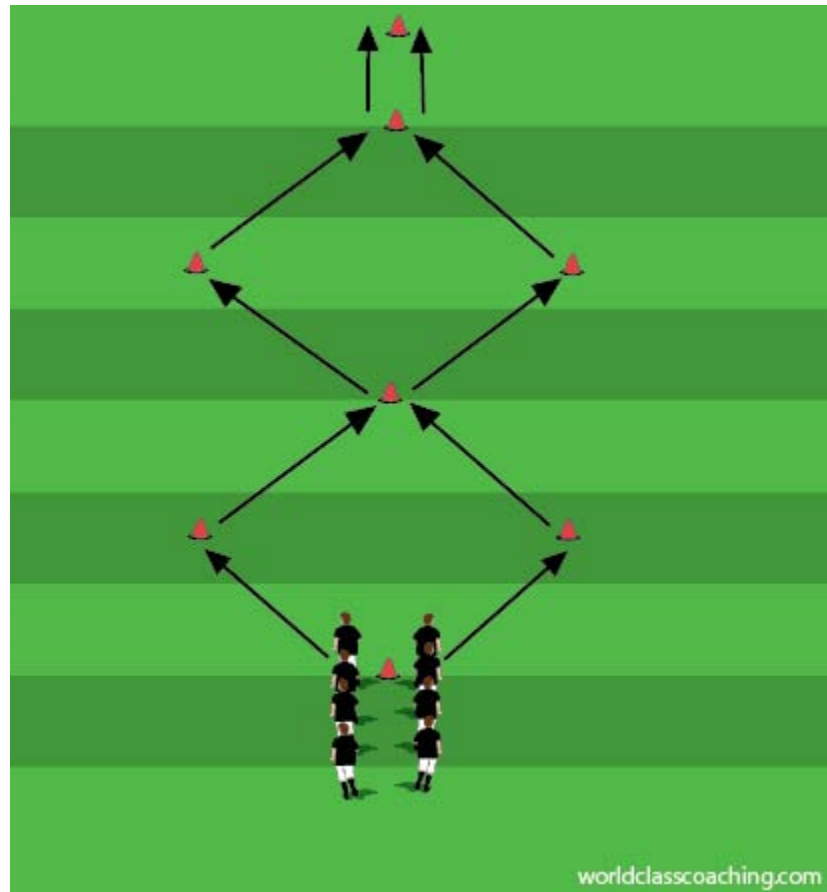
- Jog up to the 18-yard box

- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 5 (1-4-4-2)

- 1) **Dynamic Warm-up-** The exercise is set up using 8 cones. Three cones are set in a line separated by 20 yards each. A fourth cone is set 5 yards after the last cone in the line. From the first cone walk out 10 yards and then 10 yards out to the right and place one cone down. Do the same to the left and place a cone down. Move to the second cone and walk towards the third cone 10 yards and then out to the right and place one cone down. Do the same to the left and place a cone down.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working out wide before working in towards the middle cone. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to the cone, then cut and continue to the inside cone
- Heels up to the cone, then cut and continue to the inside cone
- Right Knee Thrust to the cone, then cut and continue to the inside cone
- Left Knee Thrust to the cone, then cut and continue to the inside cone

- Jog to the cone, then cut and continue to the inside cone
- 75% run to the cone, then cut and continue to the inside cone
- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

***CP:** Be sure that the players work to the cones and don't round their runs.*

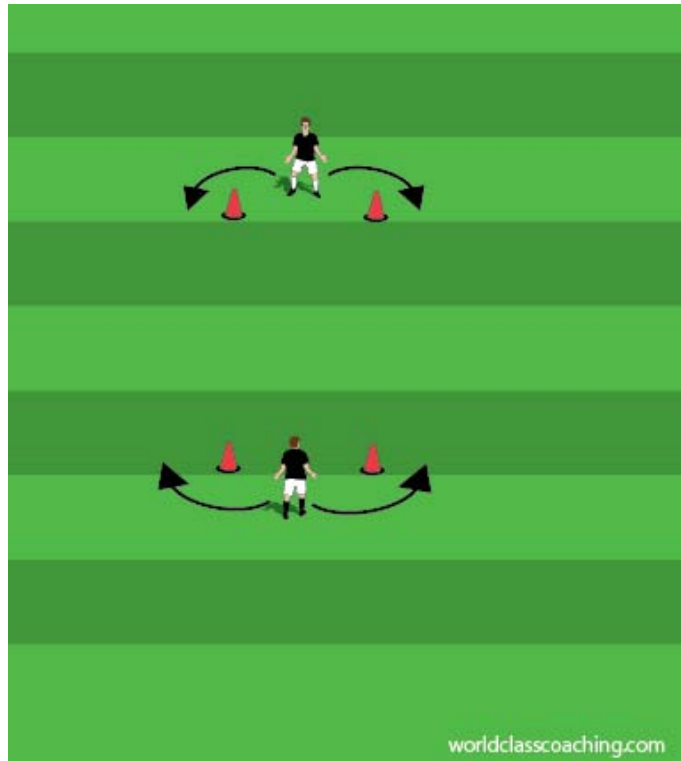
***CP:** The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.*

***CP:** Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.*

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

***CP:** This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.*

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work around each cone side-to-side as they perform the exercises.



The drill begins with the first player running to the side around the first cone and their partner tossing the ball to their partner. Once they touch the ball back to their partner they run to the opposite cone to receive the ball again. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

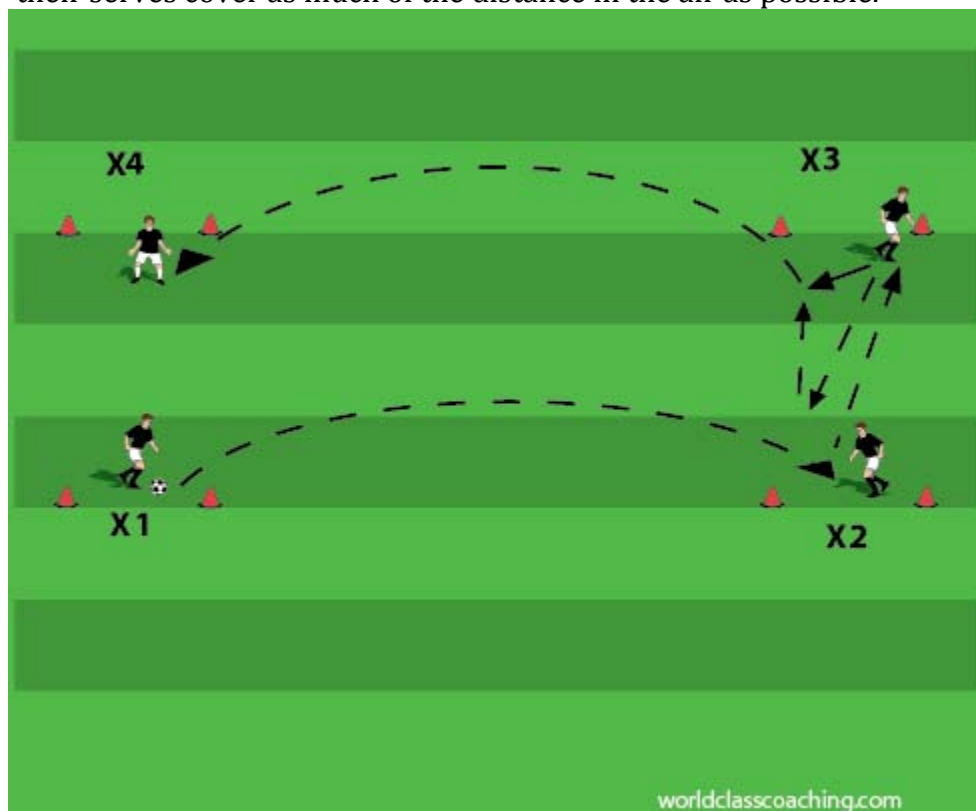
CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.

CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** The drill is set up using 8 cones. Create two 10 yard by 20 yard grids and have them separated by 40 yards (you can vary the large space depending upon the skill level of the players). Two players are in each grid. In the first grid player X1 begins with the ball and serves it in the air to player X2 in the opposite grid. Player X2 settles and controls the ball as quickly as possible and then passes it to player X3 in their own grid. Player X3 receives and passes back to player X1 and stays back behind the ball. Player X1 receives and passes the ball in front of player X3 who steps up and serves the ball into the air to player X4 in the opposite grid. The drill is continuous back and forth. Players serving across the space work on the accuracy of their serve to the player in the opposite grid while making sure their serves cover as much of the distance in the air as possible.



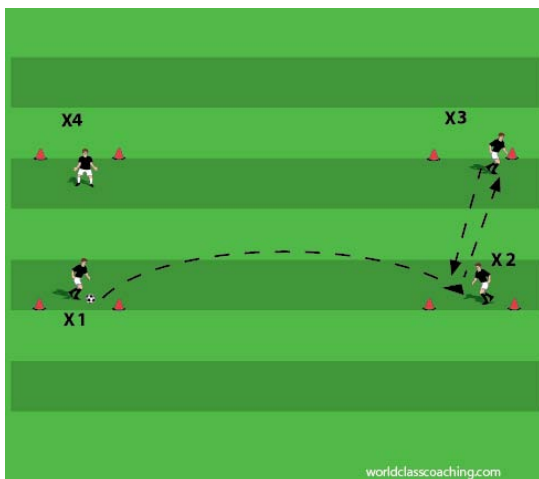
CP: This drill works on driving the ball over long distances either for passing or for delivering serves. It is a very important skill that is needed to play any system, but especially the 1-4-4-2 formation. Serves are a dangerous part of the attacking game and one of the most important attacking components of the 1-4-4-2 formation.

CP: Begin by focusing on the technique of driving the ball over distance to a target. Make sure players are striking the ball properly and are following through with their strike. Players need to keep their heads up and strike through the center of the ball in order to have the accuracy they need.

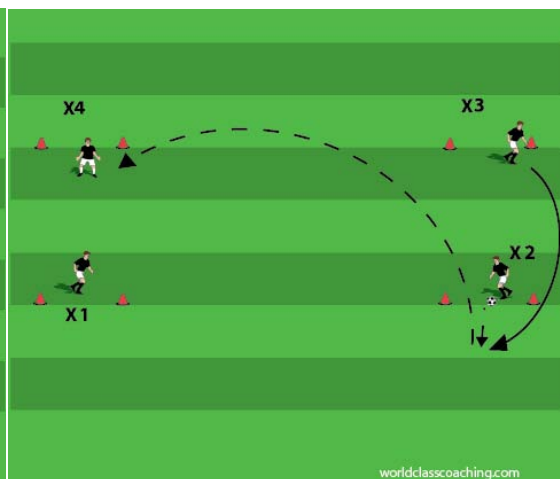
CP: The player should begin striking the ball keeping their front shoulder down, but opening it up as they come through the strike. This will help to elevate the ball as they follow through. In addition, the delivery won't bow too much in the air and will have more accuracy as they strike through the ball.

CP: Work with players on their touch as they deliver the ball. Too strong and the ball will carry too far. Too soft and it will not reach their intended target. Keeping their shoulder down throughout the delivery will not result in enough lift of the ball and run the risk of it being intercepted in a game. Having the shoulder open too early or completely will result in a lofted delivery that takes too long to reach its target or could be subjected more to the elements (wind, rain, etc.).

- 5) **Technical Passing-** This is a progression of the previous drill and builds off of a skill introduced in the last session. The drill begins with player X1 serving the ball in the air to player X2 in the opposite grid. Player X2 receives the ball and passes to player X3 in their same grid. Player X3 receives and passes it back to player X2, then makes an overlapping run on player X2. Player X2 receives the ball and allows player X3 to make the overlap before passing the ball to the space in front of them. Player X3 receives the pass and serves the ball in the air to the opposite grid to player X4. The drill is continuous.



First Diagram

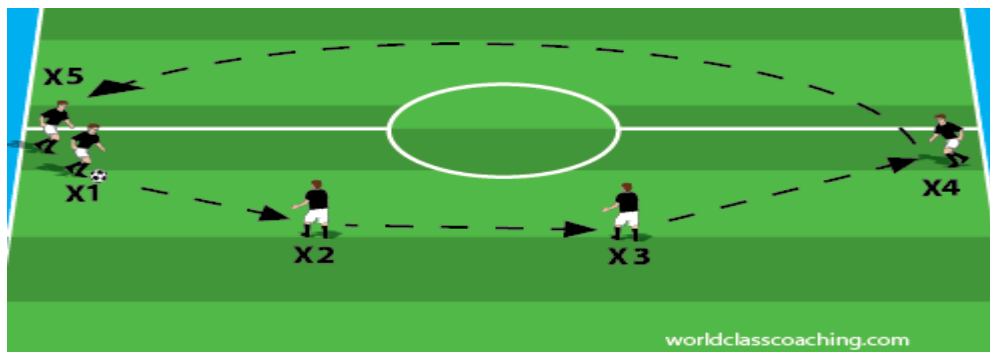


Second Diagram

CP: Build off of the previous drill and the previous session. Make sure they are being technically accurate in what they do.

CP: Re-emphasize to the players that they need to time their runs and passes. Encourage them to play at game speed with every touch and every action.

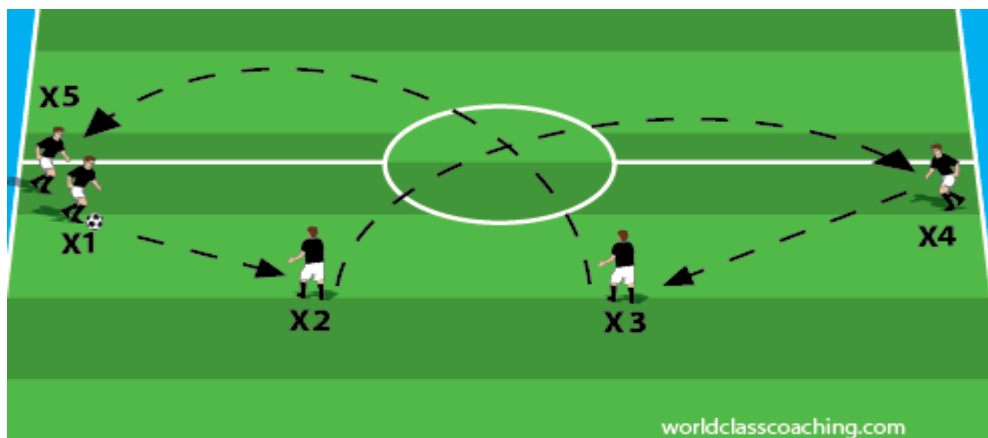
- 6) **Positional Pattern Passing-** This positional passing pattern focuses on the midfield, but it could easily be incorporated and used with the defenders. Line up four midfield players across the midfield in their positions. Have a fifth player waiting with the outside left midfielder who will start the drill with the ball. Player X1 begins the drill by passing the ball to the central midfielder (player X2), then following their pass. Player X2 receives the pass, opens up and passes to the opposite side central midfielder (player X3), then follows their pass. Player X3 receives the pass, opens up and passes to the outside right midfielder (player X4), then follows their pass. Player X4 receives the pass and serves it back across the field to player X5 at the start of the drill, then follows the pass to the opposite side of the field. Drill is continuous.



CP: Have the players begin by focusing on being accurate and technically perfect. As they progress through the drill 2-3 times. Start putting pressure on them to play more quickly. You should build so that the drill is played at their maximum speed and you should expect it to be technically perfect as they build speed into the drill.

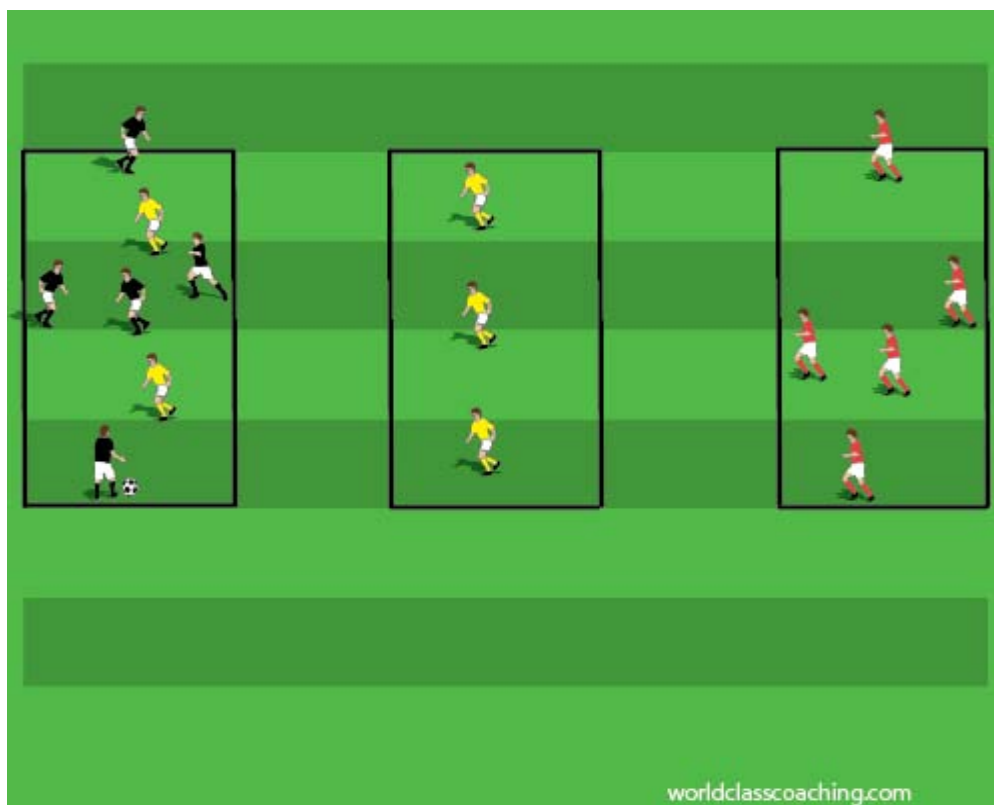
CP: If they make a mistake or they are not technically accurate, then don't accept it. Start over and have them begin again by focusing on playing accurately first and building speed in after they are technically accurate. Remember, technique must be perfect and can never be good enough.

- 7) **Positional Pattern Passing-** This is a progression of the previous positional passing drill. It begins the same way with player X1 passing the ball to player X2 and following their pass. Player X2 receives the ball and passes to player X4 at the outside midfield position, then follows their pass. Player X4 receives the ball and passes to player X3 at the inside midfield position and follows their pass. Player X3 receives the ball and passes back outside to the starting point to player X5. The drill is continuous.



CP: GAME SPEED! The emphasis has to be on playing cleanly and accurately, but definitely on playing at speed with accuracy. Make sure the players understand that you demand this. Recognize when they do things well.

- 8) **Small-Sided Games-** There are three separate grids of 20 yards by 30 yards each separated by 10 yards. There are three equal teams of five players with each grid starting out with one team in it. The team in the middle grid starts with the soccer ball. The drill begins with the middle team passing the ball into one of the other grids to the other team. The middle team then sends two players in to defend and try to win the ball back. If the defending team wins the ball back, then they try to pass the ball to their players in the middle who would then turn and play the ball into the opposite grid. The middle team then takes the far grid and the team that lost possession must take the middle grid and send two players into the opposite grid to defend and try to win the ball back. The team with possession looks to complete five (5) consecutive passes. Once they have completed five passes they look for the first opportunity to play the ball into the opposite side grid over the middle grid. If they are able to bypass the defenders in the middle grid and play it in the opposite grid, then the same team in the middle still defends and sends 2 other players in the opposite grid to defend. If the middle defenders intercept the ball, then they can turn and play it into the opposite grid and they switch with the other team. The drill should move very quickly and is continuous.



CP: This is a great small-sided game that most players love. You will find that it encourages players to play the ball very quickly. What you need to watch for is making sure players protect the ball as much as possible. It will be very easy in this game for players to give possession away. Encourage them to protect the ball as much as possible.

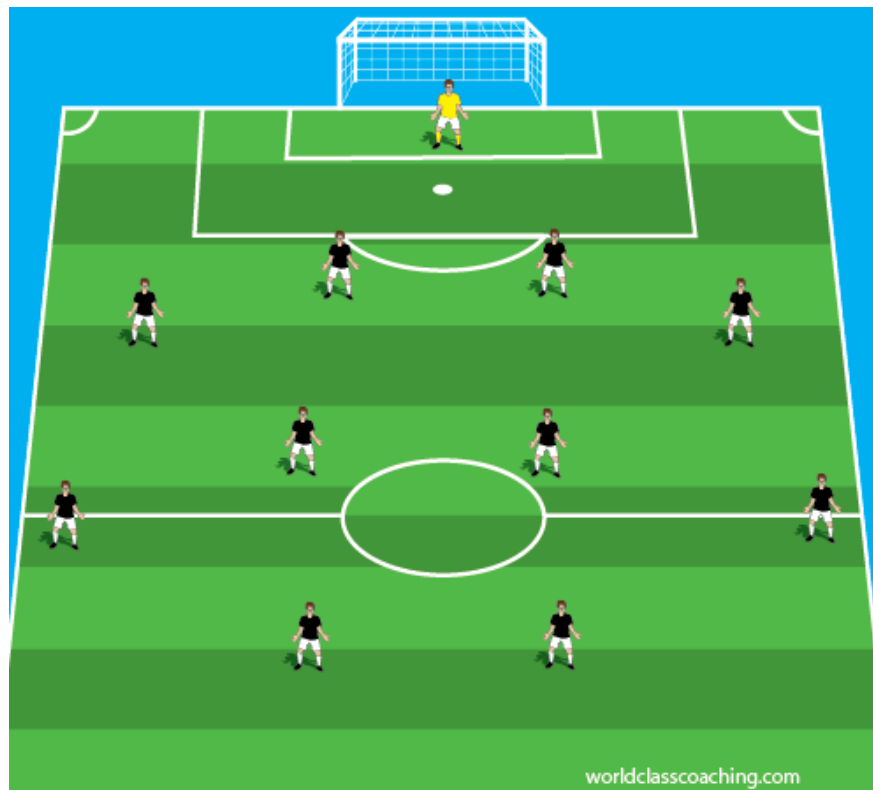
CP: Encourage players to work on patterns and to incorporate the techniques used in the drills from training sessions. Players need to recognize the opportunities when to combine and when to overlap.

CP: Communication needs to be at a premium. Players need to read the game and to take advantage of opportunities to play the ball quickly. Players need to recognize when to go forward and when to protect the ball.

- 9) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in the last two sessions and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing.

Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

- 10) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Continue working on implementing your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



- 11) **Cooldown**- Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line

- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Conclusion (1-4-4-2)

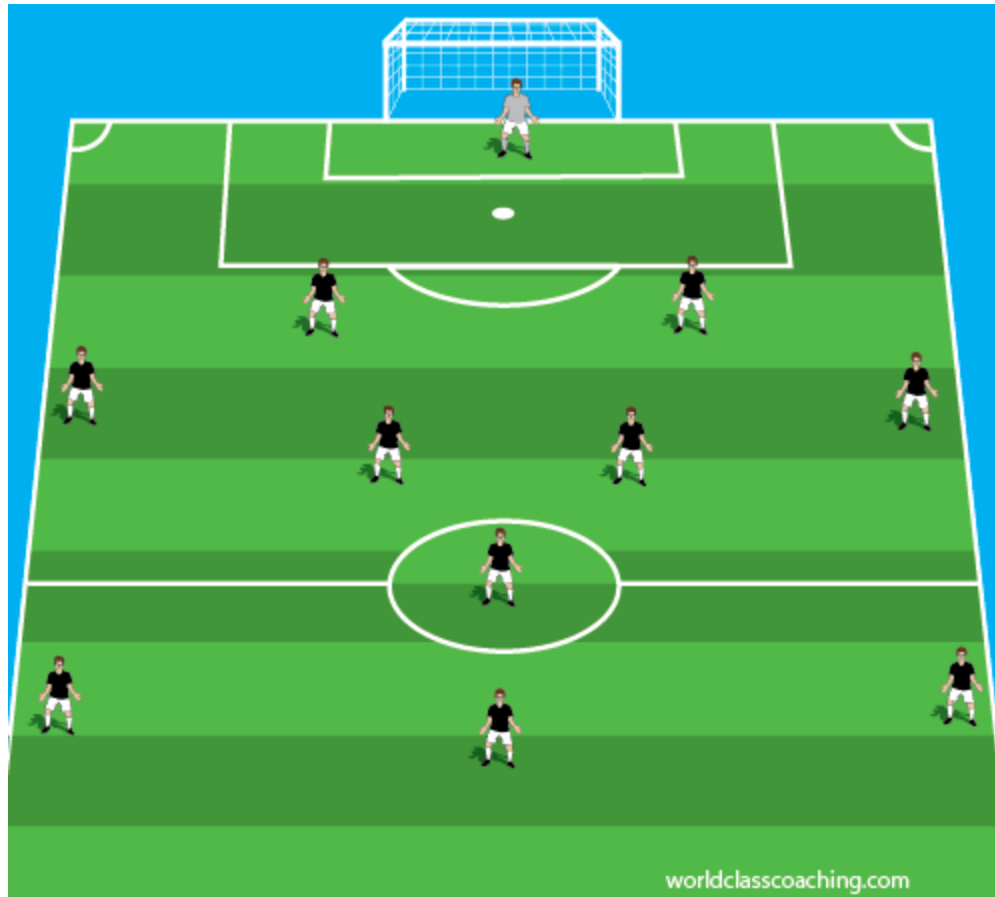
We have just gone through the 1-4-4-2 formation and incorporated the concept of 3-Dimensional Training within all of the sessions. First and foremost, we always focus on technique as the foundation of any training we do. More than half of the Coaching Points made are related to some aspect of technique. As explained in the sessions, technique is broken into three aspects: Preparation, Skill, and Speed. They also build in order. This means you need to have good preparation for you to have proper skill. You need to have good preparation and proper skill in order to be able to play at speed. This needs to be constantly emphasized no matter what level you coach at. Make sure the players understand this as well. Secondly, players need to have the appropriate fitness for what is needed. The more advanced player you train you will then need to build in positional fitness. Wing players have a different fitness need than central midfielders. This needs to be addressed in training just as technique is. Tactics are always a big part of the game, but takes on more importance at the older ages (14 and above). This needs to be present in the training you do and be appropriate at the age level you are training. The final pillar of the game is psychological. This is for you to figure out as different players react to different styles and feedback. Some players need the arm around the shoulder and constant encouragement. Other players need the foot up the rear. Some need to be challenged. Then there are players that need all of these at different times and it needs to be gauged by the intensity of what you are teaching. This is a delicate balance.

Now we move on to the elements that make it 3-Dimensional Training. The first is Progressive Training. You will see this from the very first training session. You will see where you are encouraged to introduce your philosophy of attacking and defending. It also builds to include where we start building in how we want to possess the ball; the options we want to play into. It continues with patterns and direct connections to the system that is being played (1-4-4-2). On a more complex level you also see where the session begins at a simple level and builds to a more complex level with everything covering the system being played. The focus remains on all aspects of the game (technique, tactics, physiology, and psychology), but everything builds together. The second is Specified Training. This blends with what is covered in Progressive Training, except that you need to have them focused on specific details in each drill and session. For example, it is equally important to have players pass to the correct foot than just to pass back and forth with their partner. Accuracy is an important component of technique. Another example would be a player checking for the ball. If they turn to their left and come back for the ball, then they want the ball on their right foot. If they turn to their right, then they want the ball on their left foot. Players need to read this in the game and meet the demands of this in every exercise. As you build through training the 1-4-4-2, then you start building in Specified Training into your philosophy. Overlapping, for example, may be a major component of your attacking philosophy. How this is done, where this is done, and when this is done should be brought out in training and it should all focus on the way you want to play. This is Specified Training. The third is Positional

Training. This will be basic at the younger ages and more advanced at the older ages. At the younger ages you would focus more on basic roles and movements of players within the system. You would be more concerned with building individual skills, but making sure players understand the roles and responsibilities of the positions within the system you are playing. This would include distribution patterns and movement patterns. Players would become familiar with most or all of the positions and their roles and responsibilities. As they become older players would now settle in on one or two positions and would start to focus on the intricacies of that or those positions. They would experience more positional pattern training and specific positional training, something done at the adult, amateur, and professional levels. This would even include developing fitness by position. Players at the older ages have different fitness demands. As they get older they need to have this incorporated into their training so that you are maximizing their growth and development as a player. The final and fourth one is Systems of Play. It is important that the development of a player, even at the younger ages, introduces them to Systems of Play. As the player advances in their training this should be incorporated in every drill and exercise. If you are going to do a passing drill, then mimic the way you want them to play in the exercise. This can simply be to replicate the types of passes they would make in a game to reproducing patterns and positions within the exercise. You can see in all of the sessions of the 1-4-4-2 how these four aspects are present.

The question now is where to go from here. You have five sessions mapped out for you to introduce and to begin building your team into playing the 1-4-4-2 formation. All of the sessions are designed using the 3-Dimensional Training Concept, as long as you implement them this way. The sessions build from basic to focusing on more complex training of the 1-4-4-2 System and the demands of the system. They include what are known as the four pillars of the game (Technique, Tactics, Physiology, and Psychology). They also include the four elements of 3-Dimensional Training (Progressive, Specific, Positional, and Systems). You now need to read where your team is and focus on developing areas that are weak within your team. If this is finishing, then incorporate it within all aspects as mentioned above. Work on finishing within the system and build with it. Make sure every aspect of what you want to build on is covered. As the season progresses you should begin to introduce training that starts to focus on positions and roles of players within the 1-4-4-2 system. You have seen some of this in the sessions shown here, but it needs to be more specific and more complex to cover the demands of the game. Continue to work on and expand your training including the 3-Dimensional Training Concept as it applies to the 1-4-4-2 Formation.

1-4-3-3 FORMATION



Introduction (1-4-3-3)

As early as 1964 the late Rinus Michels, famous Dutch Coach, was devising his master plan for unseating the English and their new form of dominance in world soccer. He had spent the better part of three years studying and watching the English develop a system that dominated the world at the 1966 World Cup. The system he created became the foundation of what became known as 'Total Football'. It created the illusion that players did not hold their positions, instead they intermingled on the field and filled openings created by other players moving. It was a fluid and creative style that made it difficult to mark and defend as it created numerical advantages in almost every aspect of the game and in every part of the field.

Coach Michels looked long and hard at the English 1-4-4-2 system and found it to be very defensive-minded. Its strength relied on its ability to always keep 8 players behind the ball in defense. More importantly, it dominated the middle of the field with four midfield players, thus controlling the flow of the game. It had a purpose in attack, something no other system had ever done before. His first task was to break down their midfield play to negate their possession advantage in midfield. Coach Michels felt that if you controlled the midfield, more importantly the central part of the midfield, you controlled the game and would win most of the time. If the English were to have two central midfielders, then any system he created must have a numerical advantage (three or more). He also realized that the English system was flat and rigid. The system had four defenders across (flat four) and had the same in the midfield (flat four). All of the passes were flat and straight either forward, level or back. There was no creative flow to their game and no use of angles in possession. The Dutch being very creative and having an artistic nature must also play a brand of football that had those same elements. He decided then that the midfield must have three players in the middle, but must have some depth and shape and not be flat, thus creating the concept of the triangle midfield. The next challenge he had was dealing with the spaces wide. The English like to play wide and down the line for serves into the box. Having three central midfielders and no outside midfield players leaves them weak out wide. In looking at world soccer all teams attacked with two or less forwards and having four defenders staying back was a misuse of resources, or so he felt. He began to look at a brand new concept in soccer; one that involved the defenders going forward on the wings. It would be safe as long as three defenders remained back to defend the two attackers. He came up with the idea that on the ball side the wide defender could go up to become the outside midfielder. On defense they could simply pressure the opponents and keep tight shape behind one another to control and isolate the player with the ball. His final plan was to develop an attack that would break down four defenders. He had three attackers now, something no other country had ever dared to attempt. It wasn't just that he would have three attackers going against four defenders as the defense would still have a numerical advantage. It was how he organized it that made his approach so dangerous. He kept the central attacker central and the wide

attackers wide. By doing this it always created a situation where at least two of the attackers would be 1v1. Now they just had to find those numerical advantages and attack them.

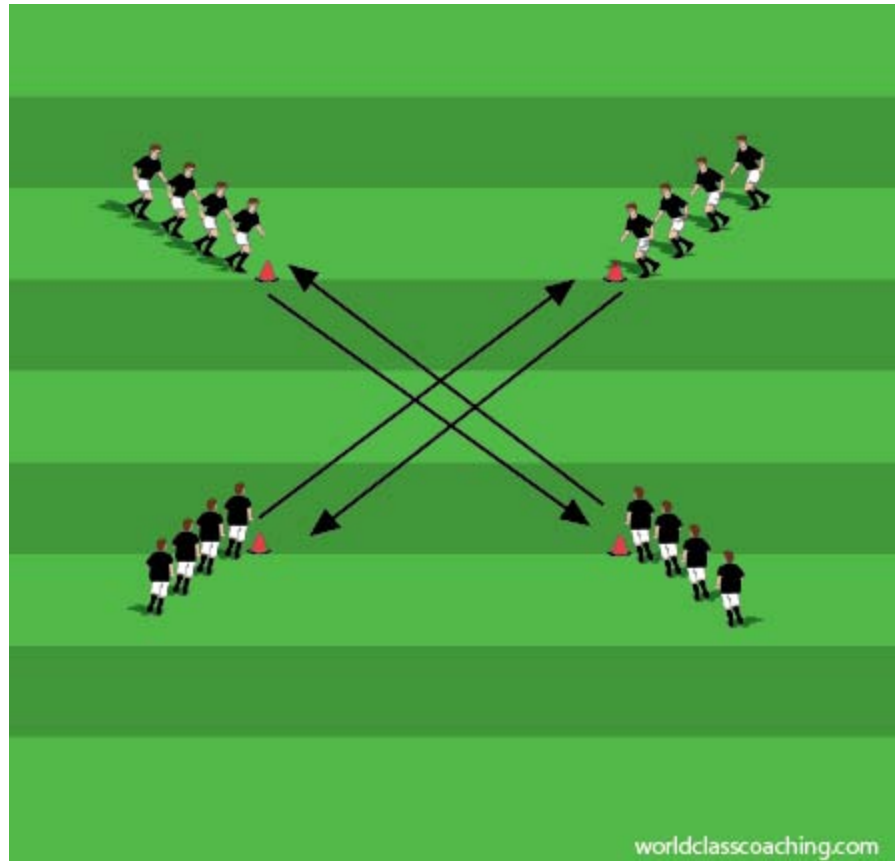
This is how his philosophy began and the results are still seen in the game today. The 2010 World Cup was won by Spain playing the same 1-4-3-3 system. Who did they beat? They beat Holland who also played the same 1-4-3-3 system. The difference is that countries have adapted and mimicked what the Dutch have done and even created a spin-off formation from this; the 1-4-2-3-1 formation. The Dutch Teams of the 1970's and 1980's dominated football at the world and club levels. It is impressive to think a country the size of Holland and a small club like AFC Ajax has produced so many results that cannot be equaled by most countries and clubs. It was a system born out of necessity to beat another system that was dominating world soccer, and it is a system that is still dominant and very effective at all levels.

The 1-4-3-3 System is widely used in the world today. It is the foundation of youth teachings in Holland, and it has become the foundation and approach to training and youth development in Brazil. Since women's soccer hit the world stage more than 20 years ago, no women's team has won a world cup with a formation other than the 1-4-3-3. This system has become the foundation for women's soccer in the USA and in the world. More women's teams at the youth, college and professional level play this system than all of the other systems combined.

This section will cover training sessions and exercises that focus on preparing players and teams to play the 1-4-3-3 System. The emphasis for you, the coach, shouldn't be on the drills in this book. For that matter, you should never look at a drills book to pick up new drills. Your focus should be on what elements you need to bring out in each exercise or session that makes it specific to your philosophy. The following will highlight five complete training sessions from start to finish. Each session will focus on the 1-4-3-3 System while training the 3-Dimensional Way. Each session will be loaded with coaching points (CP) in order to emphasize what needs to be taught when but, more importantly, how and why.

Training Session 1 (1-4-3-3)

- 1) **Dynamic Warm-up-** The exercise is set up using four cones to create a 15 yard by 15 yard grid.



The players are divided into four equal groups and line up on each corner cone facing in towards the middle of the grid. Players work from their corner cone to the opposite corner cone. Follow the pattern listed below:

- Jog across to the opposite cone being aware of the other players doing the same at the same time.
- High Knees to the opposite cone being aware of the other players doing the same at the same time.
- Heels up to the opposite cone being aware of the other players doing the same at the same time.
- Right Knee Thrust to the opposite cone being aware of the other players doing the same at the same time.
- Left Knee Thrust to the opposite cone being aware of the other players doing the same at the same time.

- Carioca facing right to the middle and then switching to face left the second half being aware of the other players doing the same at the same time.
- Shuffle facing one way and then switching to face the other direction the second half of the run being aware of the other players doing the same at the same time.
- Backwards to the middle and then turn and jog the second half of the run being aware of the other players doing the same at the same time.
- 75% run for the entire length being aware of the other players doing the same at the same time.
- 100% sprint the entire run being aware of the other players doing the same at the same time.

CP: Be sure that the players work to the cones and maintain awareness of players coming at them from the sides.

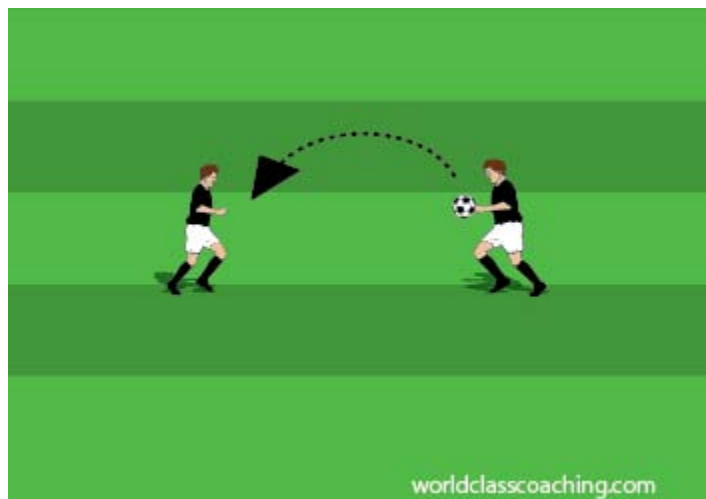
CP: The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.

CP: Players need to keep their runs as straight as possible and not bend their runs or slow down as they approach the middle. They need to be reading the environment as they are running and before they reach the middle.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward t the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

4) Technical Passing- Players stand 5-6 yards apart bouncing on their toes and staying alert in the drill. One player begins with the ball on their right foot and passes the ball to their partner's right foot. The receiving player uses one touch to control the ball and a second touch to pass the ball back to their partner's right foot. The drill is continuous for 1-2 minutes. Players follow the pattern below working on each one for 1-2 minutes before moving on to the next pattern:

- Right Foot to Right Foot using one touch to control and one touch to pass back.
- Left Foot to Left Foot using one touch to control and one touch to pass back.
- Right Foot to receive and Left Foot to pass back.
- Left Foot to receive and Right Foot to pass back.
- One-Touch Right Foot to Right Foot.

- One-Touch Left Foot to Left Foot.



***CP:** It is important that players remain on their toes and prepared to receive the ball. This way they can adjust to any changes in the flight of the ball.*

***CP:** Players need to be focused on their first touch so that it is cleared out of their feet and they can quickly step into the ball and make a crisp pass back to their partner.*

***CP:** The passes need to be crisp, but not overly strong. The players should be able to get into a rhythm with the passes so that they can gain confidence in their touches.*

***CP:** Be sure to spend an equal amount of time with both feet to develop their weaker leg. They need to be comfortable in game situations making passes with their weaker foot. The only way this can happen is with an equal emphasis on their weaker foot.*

CP:** The whole concept of this system is that you play quick and crisp short passes to feet and are very accurate when doing so. This is why you must focus on the accuracy of the technique. Otherwise, the system will break down later on. Remember, **TECHNIQUE MUST BE PERFECT!

5) Technical Passing- This is the same as above, except players are now 10-12 yards apart and need to focus on stronger and more accurate passes over a longer distance. One player begins with the ball on their right foot and passes the ball to their partner's right foot. The receiving player uses one touch to control the ball and a second touch to pass the ball back to their partner's right foot. The drill is continuous for 1-2 minutes. Players follow the pattern below working on each one for 1-2 minutes before moving on to the next pattern:

- Right Foot to Right Foot using one touch to control and one touch to pass back.
- Left Foot to Left Foot using one touch to control and one touch to pass back.

- Right Foot to receive and Left Foot to pass back.
- Left Foot to receive and Right Foot to pass back.
- One-Touch Right Foot to Right Foot.
- One-Touch Left Foot to Left Foot.

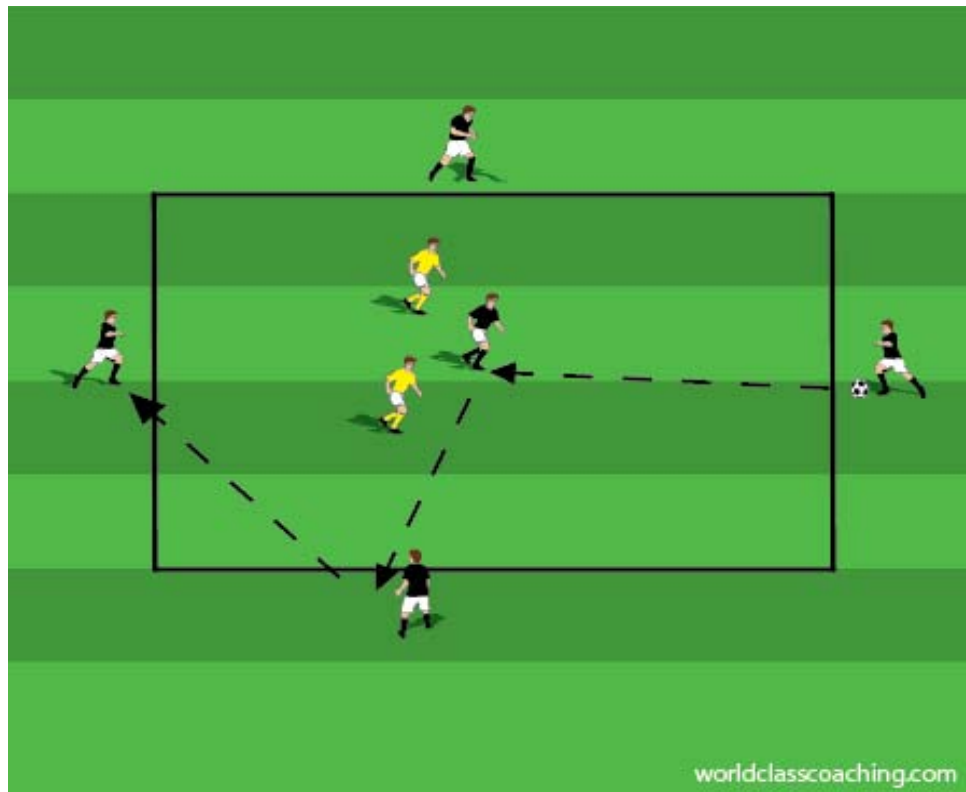
CP: Build off of the previous drill. Make sure they are being technically accurate in what they do.

CP: It is now important that the passes are much stronger and more properly weighted. Focus on the technique of how to pass the ball. Make sure the foot strikes through the center of the ball and that the toes are point up towards the clouds. If the toes are down, then the ball goes up. If the toes are up, then the ball stays down.

CP: Make sure players are controlling their body weight and are not falling back when they are trying to receive the ball. They need to be able to receive with one touch and quickly step into the ball for their second touch. If they are flat-footed or are falling back, then their speed will be very slow.

CP: Players now need to be more focused on their first touch so that it is not too strong and does not come across their body. The ball needs to stay right in front of them within 1-2 feet so that they can read the environment and make their pass within 1-2 seconds of receiving the ball.

- 6) **Small-Sided Game-** Four cones are used to create a 20 yard by 30 yard grid. The play is 5v.2 with a player on the outside of each line and one player inside the grid with two defenders (as shown in the diagram). The objective is for the possession team to play the ball from one player on one line to the player on the line opposite them. Build the concept to where the possession team is looking to play the ball from one end line to the other end line.



CP: Make sure players understand that they need to look for options in possession. Their first look should be the player on the opposite line. Their second look should be the player in the middle of the grid. Their third look should be to supporting players wide. Emphasize to the players that they must always protect the ball and to not give up possession so easily.

CP: You need to build off of what you focused on in the technical passing. Players should be accurate in their passes and should look for the correct foot to pass the ball to. Their pass should set up the next move or pass for the next player.

CP: Players on the outside need to move and shift as they would on the field in the larger game. Encourage them to move to support the ball.

CP: Give the defenders an option when they win possession. They should look to dribble out of the grid while the outside players are allowed to enter the grid to win the ball back and prevent the defenders from dribbling out. Keep score in the game by saying the possession team gets 1 point for 10 consecutive passes or a pass directly to the first option. The defenders get 2 points for dribbling out of the grid. This should raise the work rate in the grid.

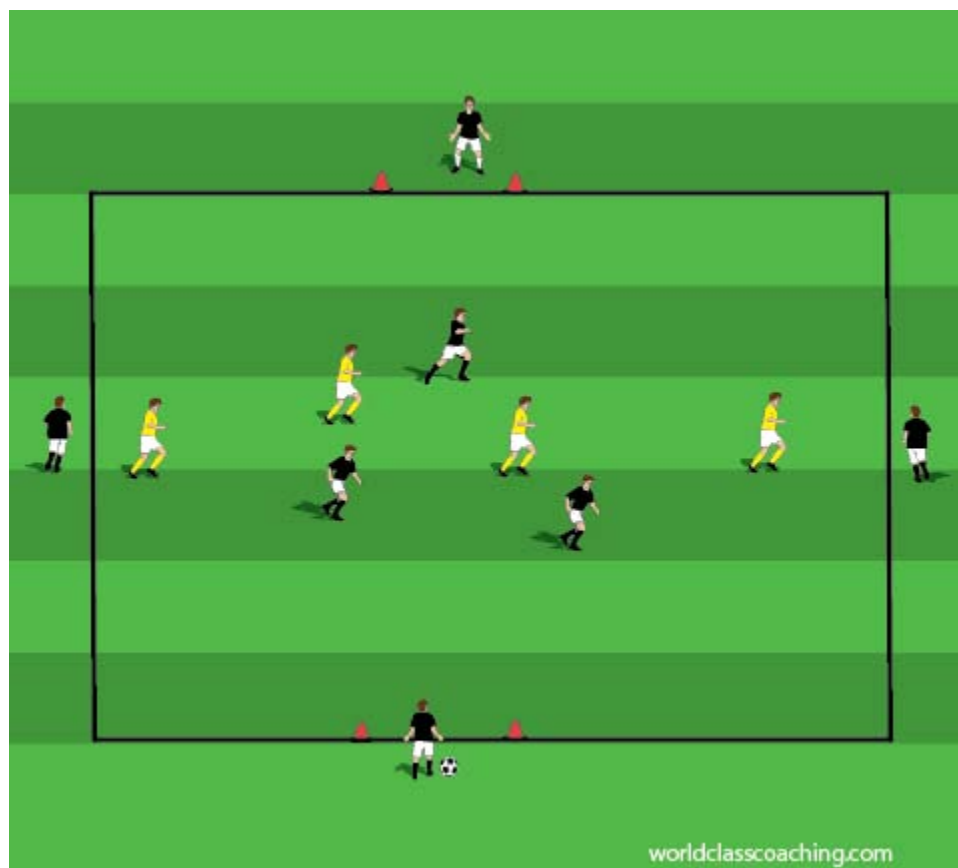
- 7) **Small-Sided Game-** This is the same as above, except move the outside players inside and play the same way.

CP: Players should be quicker in possession and should work faster technical preparation.

CP: Players need to be very accurate in possession when passing and should be very focused on where to direct their first touch when receiving the ball.

CP: Quick ball movement needs to be focused on. Be sure players are thinking faster, recognizing their options faster, and moving more quickly off of the ball.

- 8) **Positional Training (Triangle Midfield)-** Set up a grid that is 44 yards wide and 30 yards long. At each 44 yard end of the grid create a goal with cones that is 6-8 yards wide (depending upon the skill level of the players). Have a target player stand behind each cone goal and can work within the width of the cone goal. Have an attacking player on the outside of each 30 yard sideline that works with the triangle midfielders only. Inside the grid have three players working centrally as the triangle midfield and four players as defenders spread in a line across the 44 yard width of the grid. Have the ball start with one target player looking to play into the triangle midfield. The objective is for the triangle midfield to possess the ball from one target to the other target player. They need to maintain their shape (in this case one attacking and two defending). Once the ball is played into the opposite target player the triangle needs to quickly re-adjust to that shape on the opposite side. This requires a lot of fitness and demands the triangle midfield be moving and working all of the time. If the defenders win the ball, then they also look to play into the target players back and forth as well. The triangle midfield in defending must look to force the ball wide and deny any opportunity for the defenders to pass the ball inside. The pressure from the triangle on the ball needs to be very tight to deny any type of pass inside so that they can pass the ball to the target player.



CP: This exercise builds off of everything that has been focused on since the beginning of the session. The drill involves a series of very short and very accurate passes. Make sure players are passing the ball to the correct foot.

CP: All players should be thinking about possession in their options. The first option for the middle players is to get the ball into the target player as quickly as possible.

CP: The main purpose is to protect the ball. Don't give up possession too easily. Look for your options in possession, but protect the ball at all costs.

CP: Players should be continually moving in the exercise at all times. The drill is continuous and always changing. Players need to keep moving and changing with the exercise.

CP: Players need to make checking runs and look to receive the ball. Defensive midfielders should be playing 1-2 touch.

CP: It is important as the ball is played from one target player to another that the triangle changes its shape so that they are prepared to receive and move the ball as quickly as possible.

- 9) **Positional Training (Training 3 Forwards)**- This exercise takes place in one-third of the field and uses one large goal. Use six small cones to create three small goals that are each three yards wide. Have one small goal out on the far right side about 35 yards from goal, have another on the far left side about 35 yards from goal, and have a third in the middle about 35 yards from goal. The game is a 3v.3v.3 game. To explain further, three players are in black, three players are in yellow and three players are in red. The three yellow players begin by defending the goal. The three black players begin by

attacking the goal. The three red players are positioned behind the small goals (one behind each). The attackers begin with the ball and try to score. If they do, then the red player central takes another ball behind them and passes back in to black to continue attacking. If the black players get into trouble, then they can pass the ball to one of the red players through the goal to help keep possession. The key is accuracy as the ball must be passed through to cones to the player. If the yellow team wins the ball, then they try to pass the ball to one of the red players through the cone goal. If they are able, then the red players step into the drill and become the attacking team. The black team then becomes the defending team, and the yellow team quickly takes position behind one of the cone goals. If the attacking team tries to pass the ball through the cone goal to a supporting player, but is unable to, then the teams switch as explained before. The drill is fast and continuous.



CP: Players should be quicker in possession and should work faster on technical preparation.

CP: This game breaks down to the very core elements of soccer (1v.1). Encourage players to be aggressive and to take on the defender 1v.1 and look to go to goal.

CP: Players need to be very quick and decisive when attacking 1v.1. They should always attack at speed and should look to turn the defender inside out. Attackers need to face the defender in order to control them. The minute they turn away from the goal the defender is in control and they should look to distribute and move to an open position.

CP: Players off of the ball need to open the space by either getting wide or making runs to open the space for the player attacking with the ball. Encourage players to move and get into open spaces.

CP: This is your opportunity to build that goal-scoring mentality. You want attackers who will take a defender on and look to score. Encourage the player with the ball to go at the defender and to take the shot as soon as it is open. Encourage a quick release on their shot.

CP: Defensively, encourage the players to stay compact and to not give up space behind them. Make sure they close the spaces between them so that they cannot get beat on a through ball.

CP: The best defenses are loud defenses. Encourage them to talk and be very loud to distract and disrupt the flow of the attacking team.

10)Shadow Play (11v.0 Through 11v.0)- You have actually introduced a lot in this first session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

CP: *It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

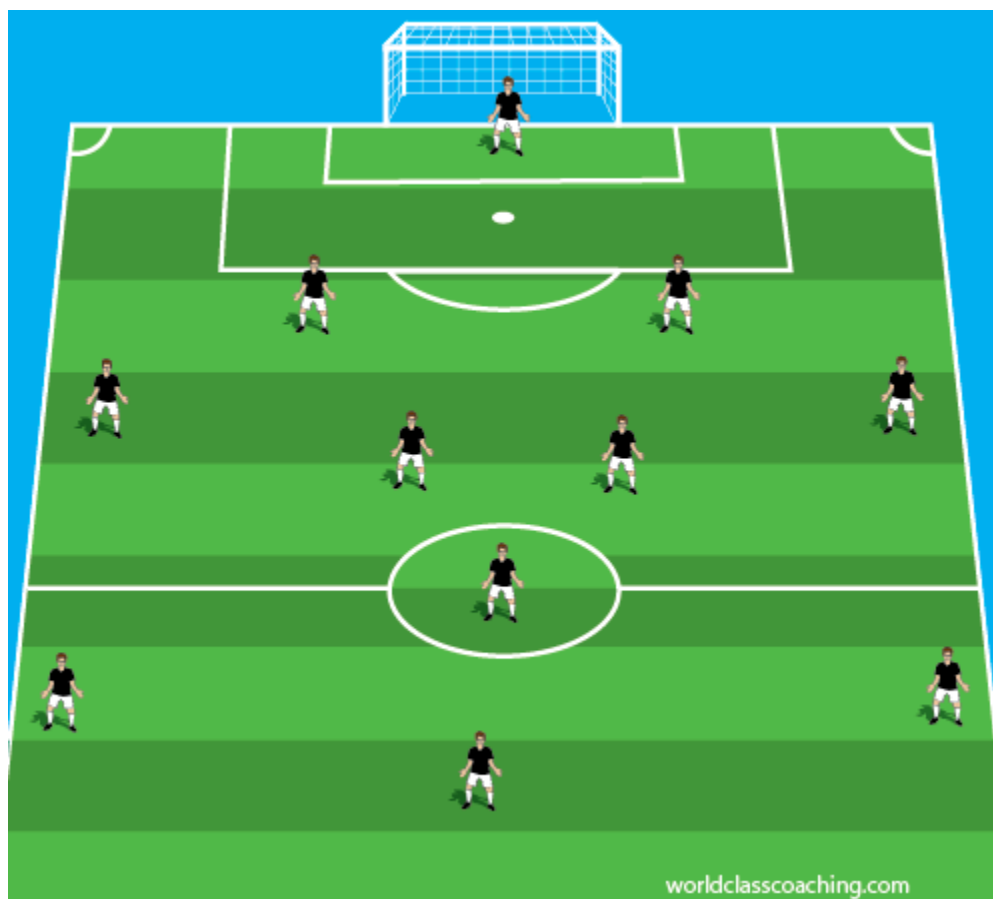
CP: *Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

CP: *Encourage combinations and quick play in their possession.*

CP: *You worked with the midfielders and attackers in positional play. Make sure that the midfielders are maintaining their shape and the attackers are being aggressive in the final third.*

CP: *Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

11)Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



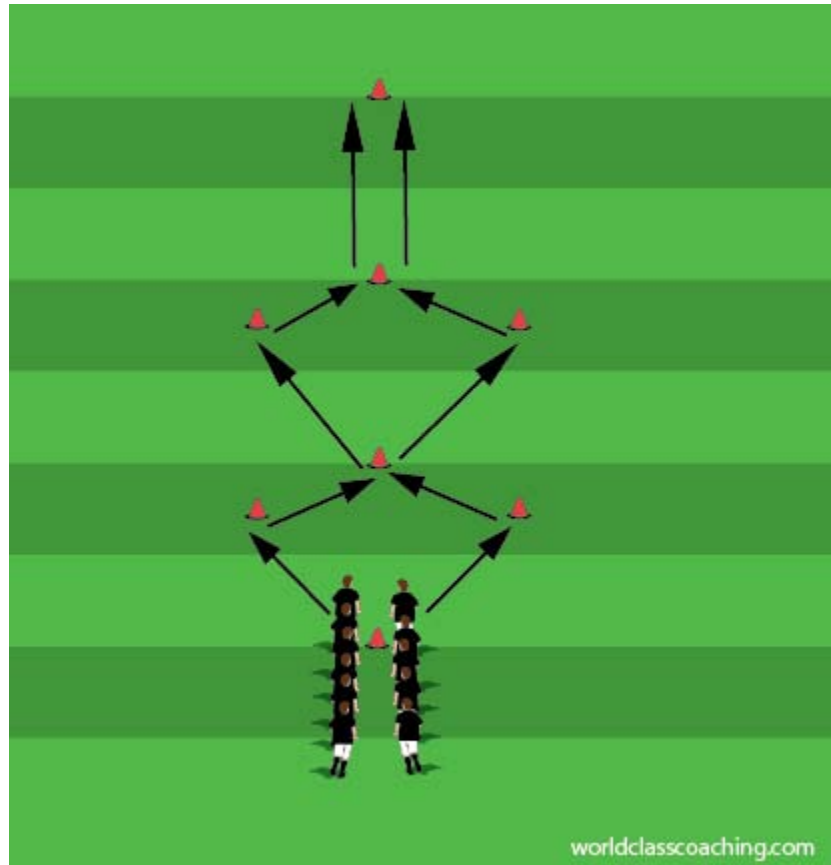
11)**Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 2 (1-4-3-3)

- 1) **Dynamic Warm-up-** The exercise is set up using eight cones. From the start cone place a second cone in line with the start cone 10 yards away. Continue in a line another 10 yards and place a third cone, and a final 10 yards and put the fourth cones down. From the start cone walk out in a line towards the second cone 7 yards. From that spot walk out to the side 10 yards each side and place a cone down. From the second cone walk out 7 yards and do the same.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working out wide before working in towards the middle cone. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to the cone, then cut and continue to the inside cone
- Heels up to the cone, then cut and continue to the inside cone
- Right Knee Thrust to the cone, then cut and continue to the inside cone
- Left Knee Thrust to the cone, then cut and continue to the inside cone
- Jog to the cone, then cut and continue to the inside cone

- 75% run to the cone, then cut and continue to the inside cone
- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

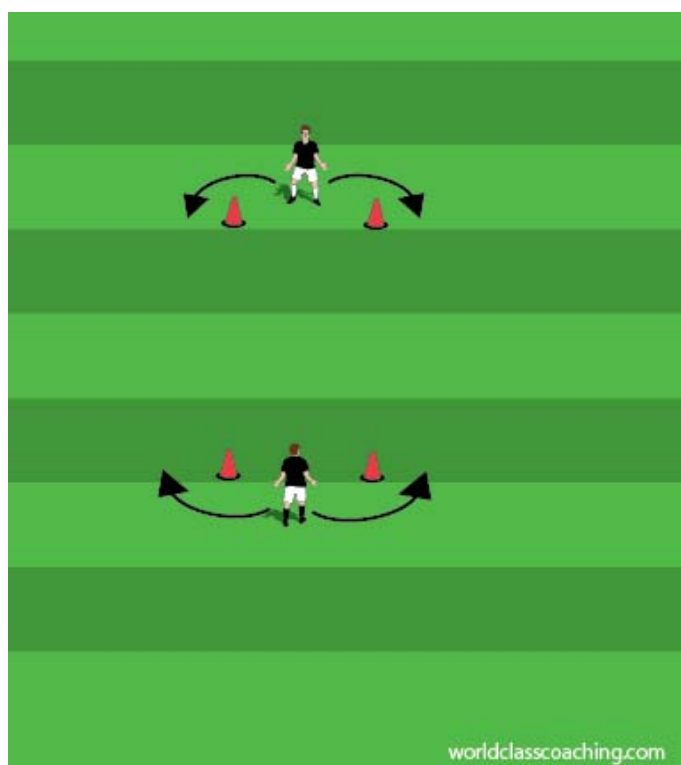
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work around each cone side-to-side as they perform the exercises.



The drill begins with the first player running to the side around the first cone and their partner tossing the ball to their partner. Once they touch the ball back to their partner they run to the opposite cone to receive the ball again. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.

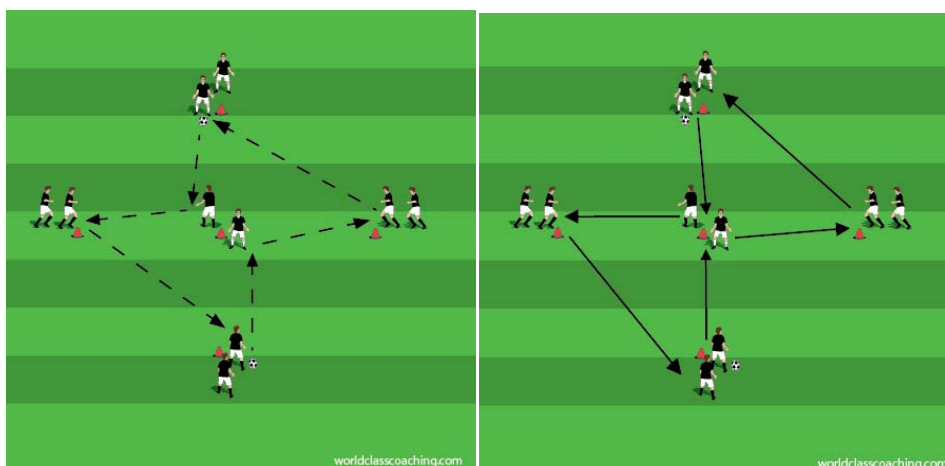
CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** The drill is set up using five cones. From the first cone walk 15 yards ahead and place the second cone. From that cone walk out to each side 15 yards and place a cone down. From the middle cone again walk 15 yards ahead so that it is in a direct line with the first cone and place the final cone down. Have two players at each cone on the outside and two players on the middle cone. The first player in opposite sides each has a ball to start the drill. The drill begins with each player with the ball passing to the middle player and following their pass. Each middle player receives the ball and passes to the player out wide to their left, then following their pass. The player receiving the ball controls and passes the ball to the opposite outside player and follows their pass. The drill is continuous.

- 5) **Technical Passing-** Same as above, except have players change directions and work the ball the opposite way.



Passing Pattern

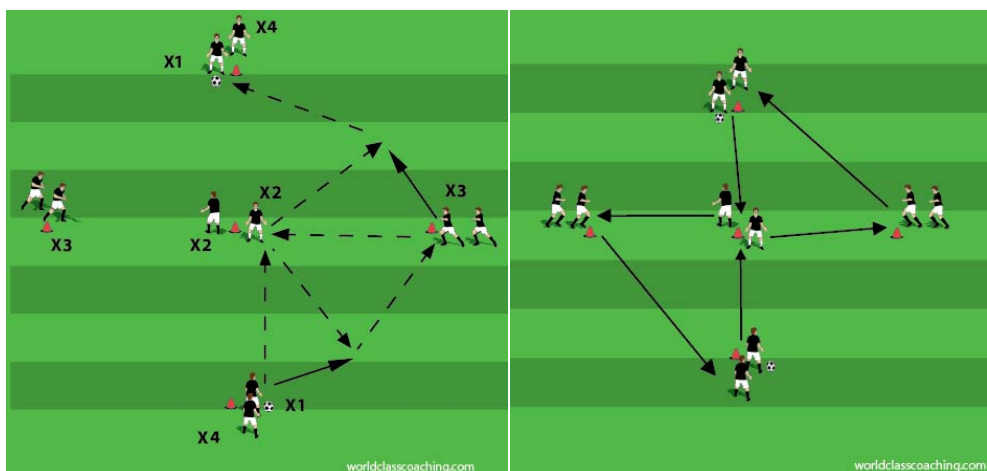
Running Pattern

CP: The pattern in this drill focuses on player positions. The pattern above works on the central defender passing forward to a central midfielder, then out wide to a supporting defender or wing player. The ball is then played forward to a central attacker. It is important to communicate how even in a simple technical passing drill it simulates your system of play.

CP: Make sure players pass the ball accurately and with the proper strength. Emphasize that everything they do needs to be at game speed.

CP: Runs and movements in the drill need to be game-like. For example, incorporate checking runs to come back and receive the ball. Players should also time their runs so that they fill the space as it opens up.

- 6) **Technical Passing-** The drill setup is the exact same as above, except the pattern changes. The player with the ball (Player X1) passes to the middle player (X2). Player X2 receives the ball and passes it back to Player X1. Player X1 receives the ball and passes out wide right to Player X3, then follows to the middle. Player X3 receives the ball and passes to Player X2 in the middle. Player X2 receives the ball and passes back out wide and in front of Player X3, then follows to the spot out wide. Player X3 receives the ball and passes to Player X4 and follows their pass. The drill is continuous.



Passing Pattern

Running Pattern

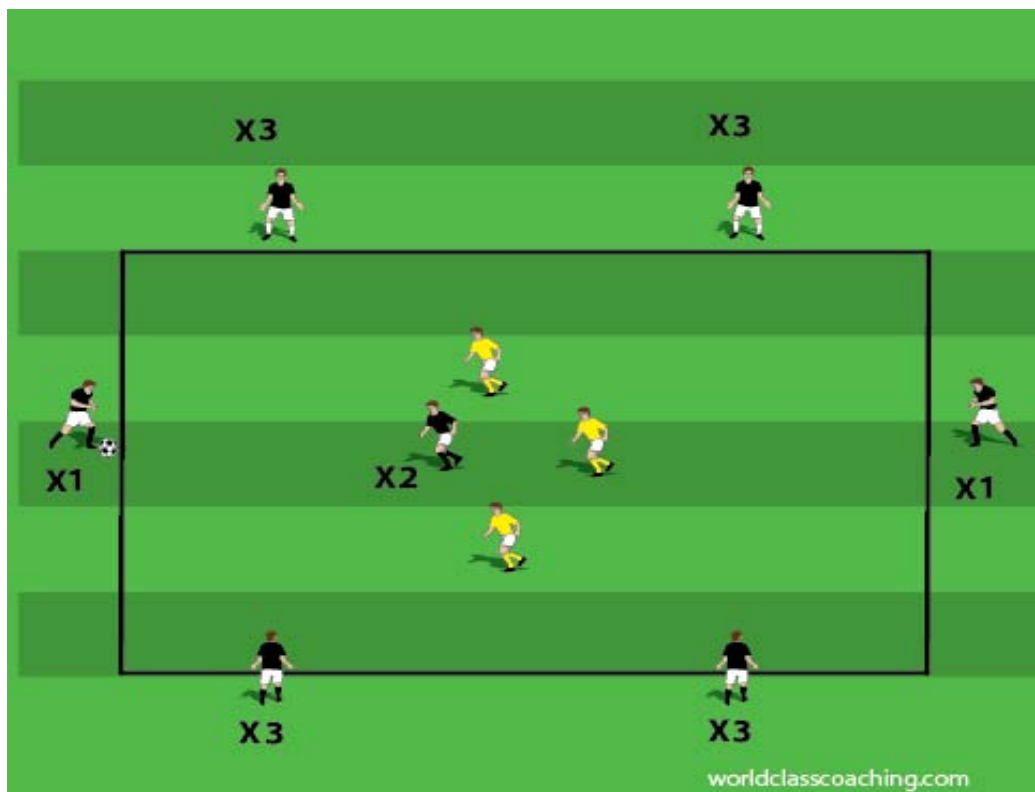
- 7) **Technical Passing-** Same as above, except have players change directions and work the ball the opposite way.

CP: Build off of the previous drill and the previous session. Make sure they are being technically accurate in what they do.

CP: Re-emphasize to the players that they need to time their runs and passes. Encourage them to play at game speed with every touch and every action.

CP: Encourage players to build the drill to accurate one-touch passing. The drill needs to build in technical speed on all levels.

- 8) **Small-Sided Game (7v.3)-** The game takes place in a 30 yard wide by 40 yard long rectangle (make it larger to accommodate the skill level or to further challenge the players). Seven players work on possessing the ball against three defenders. Six of the possessing players are positioned outside of the grid and the three defenders and one possessing player are inside (as shown in the diagram below). The objective is for Player X1 to try and get the ball to Player X1 on the opposite side. The drill works from left to right and then right to left. The first option in possession, no matter which possessing player has the ball, is to pass to Player X1. If Player X1 is not open, then Player X2 is the next option. If neither of those two options are available, then the play is to either of the Player X3's.



CP: Build off of the previous drills and encourage the players to incorporate the patterns used earlier. Make sure they are being technically accurate in what they do.

CP: Play needs to be at game speed! Emphasize this as being important

CP: Players need to communicate and look for their options as explained in the beginning of this drill.

CP: Play is directional (left to right). Make sure players look to play quickly, but their first priority should be to protect the ball.

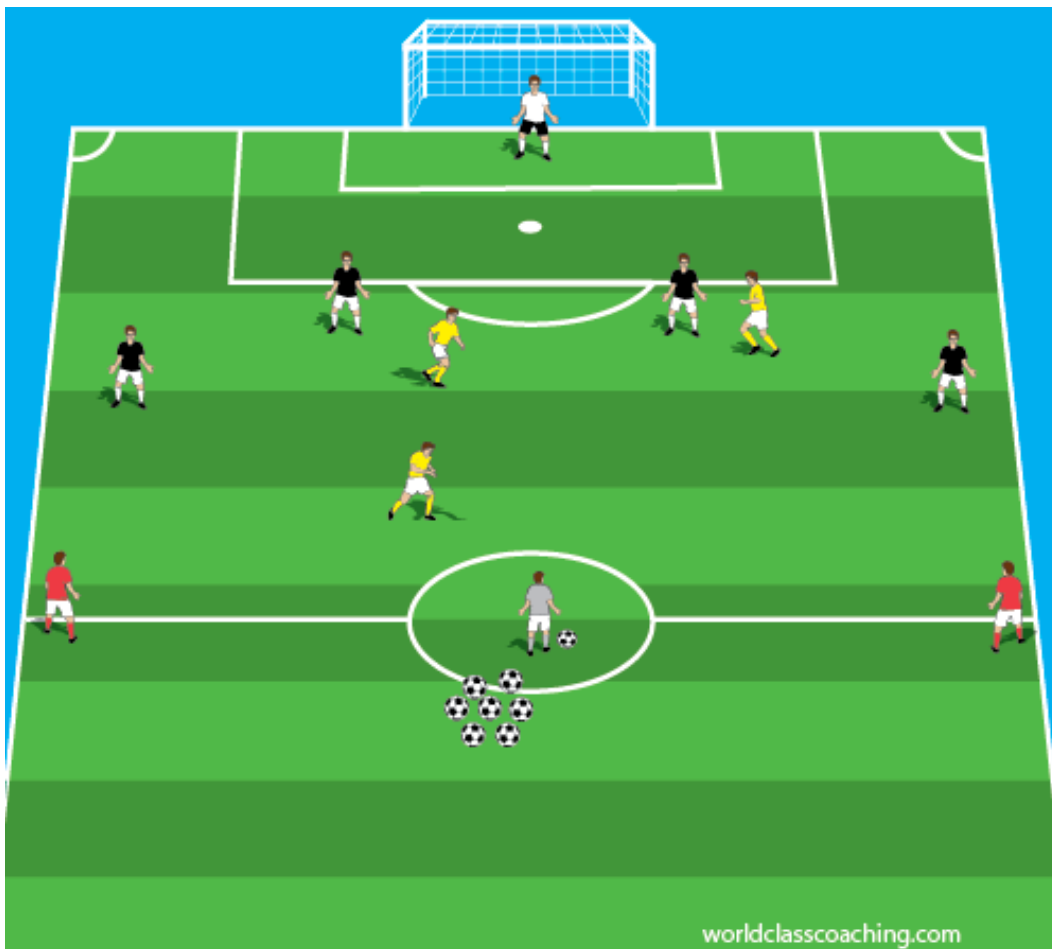
- 9) **Positional Training (Training the Defenders)**- This exercise works on two aspects; the ability of the defense to build up possession from their defensive half of the field with pressure and To quickly organize and get their shape to deny opportunities at goal when the opponent has possession in the defending half of the field. The drill takes place in one-half of the field and is set up with a GK in goal, 4 defenders, 3 opposing players, 2 neutrals, and the coach. To start the drill, have the ball begin with the GK and have them pass it out to one of the defenders. The objective is to maintain possession and to play it to either the coach's feet or to the neutral players positioned as shown in the diagram below. If the defenders lose possession, then they should quickly organize and try to first deny an opportunity at goal and to win the ball back as quickly as possible. The neutrals play on whichever team has possession.



It is important to emphasize in this drill where you want the ball to go. In the 1-4-3-3 system it depends on your approach top to bottom. Do you stay focused on

playing into the central option first, or do you look for safety anticipating loss of possession and play it wide? My focus has always been to stay consistent by training the players at every point on the field to pass to the central option first when it is available. If it is not, then we go to the wide players. The key that is sometimes difficult for players to grasp is the concept that their first priority is to always protect the ball. The last place you want to make a mistake is in your own half of the field.

10) Positional Training (Training the Defenders)- The progression is very simple, have the ball start with the coach and he/she passes the ball into the attacking team to begin the drill. This will shift the focus to defending and organization first, then to possession and build-up once they win possession. The concepts are the same as before, but the drill takes on a completely different look and function by shifting the starting point of the ball.



CP: Work with the defenders on their shape and spacing. In this type of defense (the Shifting Back Four Defense), spacing is very important. It is also critical that as they shift the weak side defender becomes the sweeper and eyes and ears of the defense. If you are unfamiliar with this type of defense you can check out one of my other books (Coaching the Dutch 4-3-3) available through World Class Coaching.

CP: Good defenses tend to be very loud. Encourage volume in their communication as they shift and move.

CP: When in possession you want them to play forward as quickly as possible. You do not want one of your defenders to be in a position where they can be isolated. Condition your defense to look for forward options as quickly as possible to reduce the risk of losing possession and a quick counter-attack on your goal.

CP: Defending 101 is the same no matter what system or style you play. When the ball approaches and enters your 18-yard box you better start marking the opponent man-to-man. Anything less and you will be digging the ball out of your own net.

CP: Another 101 philosophy is a simple concept that players sometimes don't grasp unless you continue to drill it into them. When there is pressure on the ball you hold or step. When the opponent has space with the ball and no immediate pressure you drop. This means your defense needs to be very focused and always reading the game. The minute there is pressure on the ball they need to stop dropping back and start holding. As the pressure starts to force the player back, then the defense needs to start stepping. If the player now moving backwards passes the ball to another player, then the defense needs to read this and stop advancing and get into a recovery position (side on). If the player receiving starts to advance forward or it is obvious they will try to play the ball behind the defense, then the defense has to read this quickly and drop immediately.

CP: It is important that you continue to build in your philosophy in attacking and defending so the players know and understand it. The more consistent you are in bringing this message to them the more complete your team will become.

CP: As always, never let players get away with improper, poor or lazy technique. It is important to have a strong foundation and, if you stress the importance of technique from start to finish, the players will respond by paying closer attention to the smaller details.

12) Shadow Play (11v.0 Through 11v.0)- You have actually introduced a lot in the first two sessions and are beginning to build the foundations for playing the 1-4-3-3 system. It is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. You focused a lot on patterns within the system and it is important that you have the players replicate these patterns in shadow play to understand how they are effective in game play. If they use it here, then they will use it in the game. Make sure their possession, movements and the patterns are realistic as they continue to maintain possession. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

CP: It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.

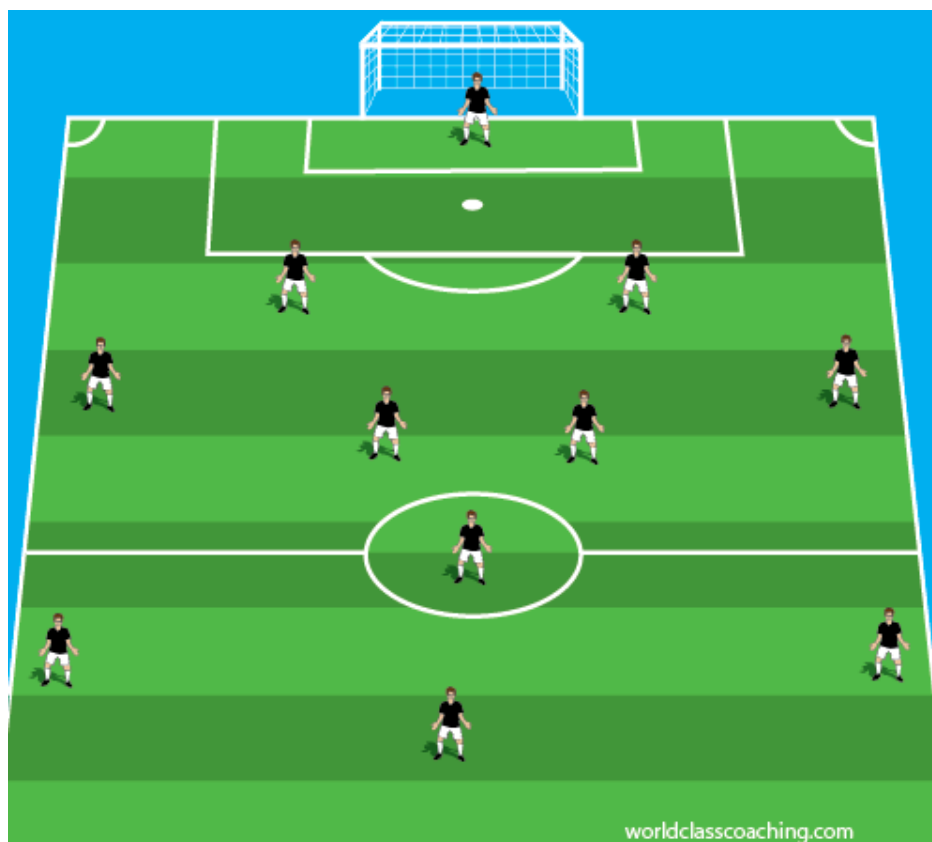
CP: Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.

CP: Encourage combinations and quick play in their possession.

CP: You worked with the defenders in positional play both in possession and out of possession. Make sure that they are maintaining their shape and are supporting the ball.

CP: Encourage constant communication in possession and in recovery coming back to retrieve another ball.

13) 11v.11 Scrimmage- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



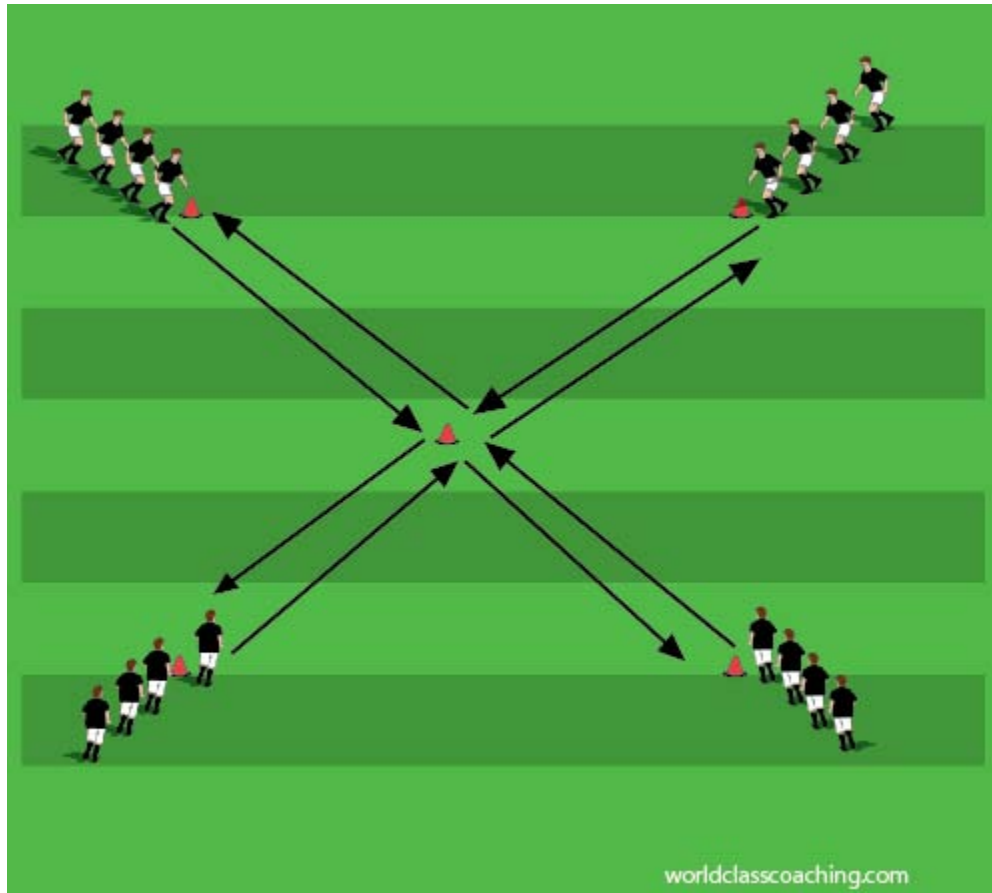
12) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 3 (1-4-3-3)

- 1) **Dynamic Warm-up-** The exercise is set up using four cones to create a 15 yard by 15 yard grid and a fifth cone in the exact middle of the grid.



The players are divided into four equal groups and line up on each corner cone facing in towards the middle of the grid. Players work from their corner cone to the middle cone, then to the cone to their right. Follow the pattern listed below:

- Jog to the middle cone and then turn to the right and jog to the corner cone.
- High Knees to the middle cone and then turn to the right and same to the corner cone.
- Heels up to the middle cone and then turn to the right and same to the corner cone.
- Right Knee Thrust to the middle cone and then turn to the right and same to the corner cone.
- Left Knee Thrust to the middle cone and then turn to the right and same to the corner cone.
- Carioca to the middle cone and then turn to the right and same to the corner cone.

- Shuffle facing one way to the middle cone and then turn to the right and same to the corner cone.
- Backwards to the middle and then turn to the right and same to the corner cone.
- 75% run to the middle cone and then turn right and same to the corner cone.
- 100% sprint to the middle cone and then turn right and same to the corner cone.

CP: Be sure that the players work to the cones and maintain awareness of players coming at them from the sides.

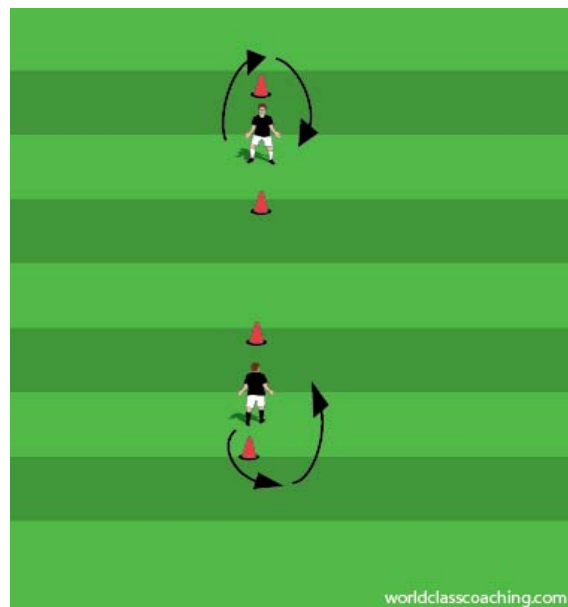
CP: The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.

CP: Players need to keep their runs as straight as possible and not bend their runs or slow down as they approach the middle. They need to be reading the environment as they are running and before they reach the middle.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work back around the cone then forward towards the front cone.



The drill begins with the first player running around the back cone and then forward towards their partner who tosses them the ball. Once they touch the ball back to their partner they run to the back cone again. The drill is continuous. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

CP: *Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.*

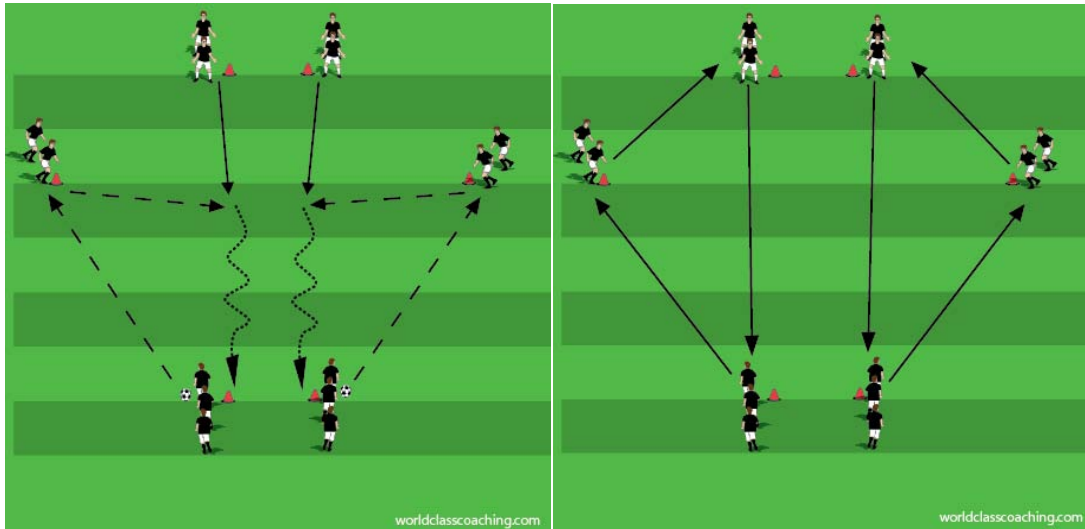
CP: *It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

CP: *Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

CP: *Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** Place two cones down separated by five yards. From the first cone walk in a line straight ahead for 15 yards and place another cone down. Walk five yards to the side and place another cone down so that it is in line with the other cone fifteen yards away. From the start cone walk straight ahead towards the second cone for fifteen yards, then walk out to the right ten yards and place a cone down. Do the same to the other cone, but walk out to the left ten yards and place the final cone down. Your setup should resemble the diagram below. Line up to three players on each cone with the ball beginning at each start cone. The player with the ball begins the drill by passing the ball wide and forward to the next player, then follows their pass. They receive the ball and pass to the space in front of the forward

player who checks and comes into the space to gain possession. The passing player follows to the end of that line. The receiving player dribbles back to the beginning of the drill. Be sure to incorporate players checking into the drill and build towards one-touch play. One side works on their right foot and the other their left foot. Be sure to switch the lines so that players have an opportunity to work on both legs.



Passing Pattern

Running Pattern

CP: It is important that you begin your emphasis on proper technique. This should include all three aspects of technique. You should begin with preparation, then move on to skill, and finally to speed.

CP: To focus on preparation you need to make sure players are on the balls of their feet and hips open to the middle of the grid.

CP: To focus on skill players need to control their first touch in the direction of their next pass. For the proper passing technique the player needs to make sure their toes are up and they strike through the middle of the ball.

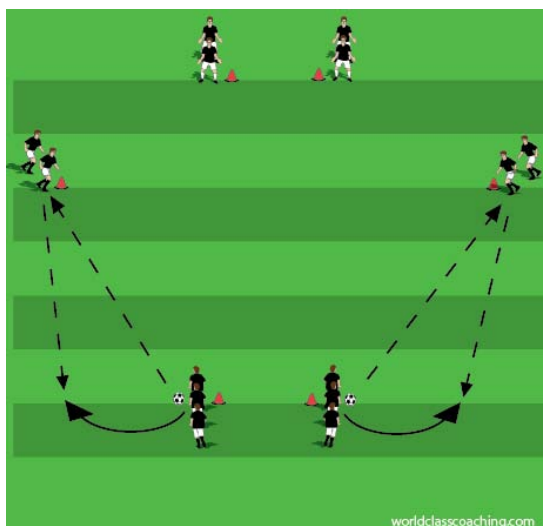
CP: Encourage the players to build the exercise to all one touch once they have the confidence in their skill and preparation.

CP: Accuracy in passing is very important. Players should be expected to pass the ball in this drill to a certain leg every time.

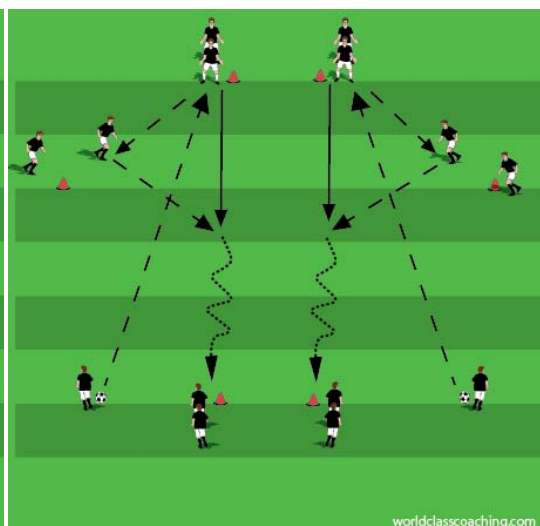
CP: Players need to check to make the drill realistic for the game. It is important that they check correctly as the trailing leg is the one the ball should be passed to.

- 5) **Technical Passing-** This passing drill is a progression of the first one. The pattern changes to place more emphasis on combinations and quick possession play to feet. The drill begins with the first player passing the ball to the same player wide and forward, then checks behind the ball for support. The receiving player immediately passes the ball back to the first player, then moves forward towards the third player. The first player receives the ball back and makes a longer pass to the third player, then follows to the end of the second line. The third player receives the ball and initiates a give-and-go with the now supporting second player, then dribbles

to the starting cone. Players rotate the same as before. Be sure to switch the lines so that players have an opportunity to work on both legs.



Passing Pattern (Part I)



Passing Pattern (Part II)

CP: Players need to focus on quick one-touch play. You use the first stage of the drill to build their confidence in preparation and skill. The progression needs to be about focusing on accuracy in technique and technical speed. It is not enough that the passes be accurate, they need to be done quickly.

CP: Demand that the player's movements are quick and deliberate. It is important that the players conduct the drill at game speed.

- 6) **Positional Training (Triangle Midfield Defending)**- The drill takes place over half of the field and the play is 6v.7 with 2 neutral players and a large goal and a goalkeeper. The six players attacking the goal have three forwards and three midfielders in the shape of a triangle. The two neutral players are positioned at midfield, one on the outside right and the other on the outside left. The team defending the goal has four defenders and three midfielders; one left, one right and one central. The central midfielder's responsibility is to stay inside the middle of the triangle at all times. The six attacking players try to score on the goal. The defending team when they gain possession score by passing the ball to the central midfielder inside the middle of the triangle and back out again.



CP: The purpose of this drill is to train the triangle midfield and their responsibilities in defending. They must always be focused on denying the space in the central part of the midfield. The vulnerability of this system is through this middle space. If you have a strong triangle midfield that defends well and denies the space through the middle of the triangle, then this is a very difficult system to break down and beat.

CP: It is important that the triangle midfield always keeps a tip on the ball. This means that there is always a player in front of the ball blocking access to the space inside the middle of the triangle. This is a key point that must be taught.

- 7) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in the first two sessions and are beginning to build the foundations for playing the 1-4-3-3 system. It is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. You focused a lot on patterns within the system and it is important that you have the players replicate these

patterns in shadow play to understand how they are effective in game play. If they use it here, then they will use it in the game. Make sure their possession, movements and the patterns are realistic as they continue to maintain possession. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

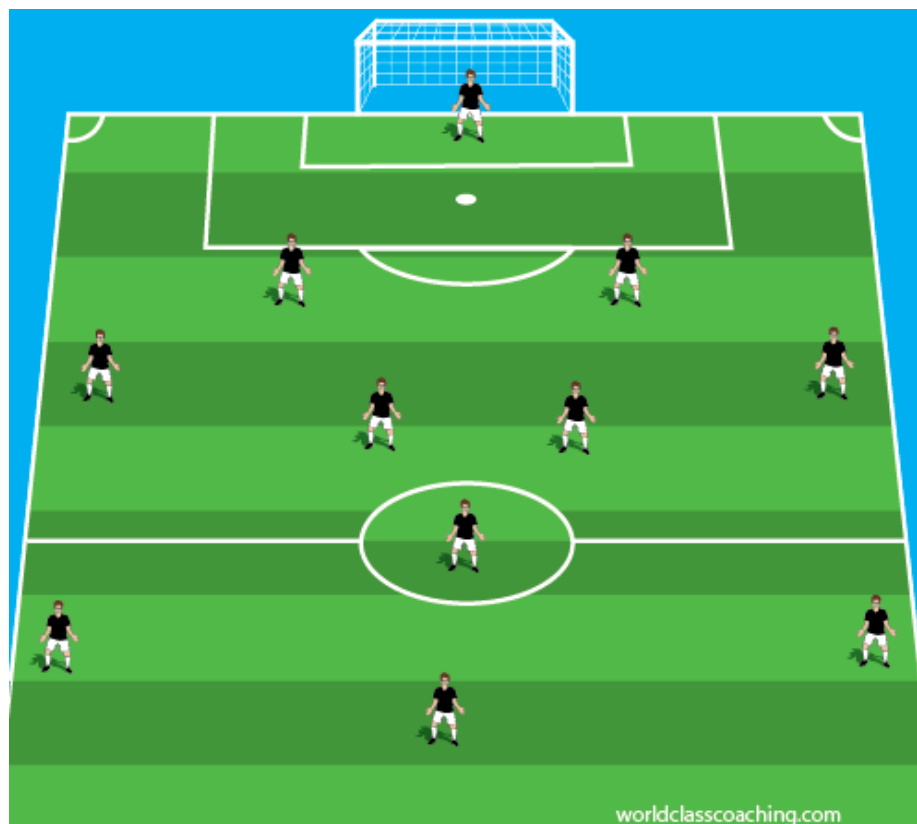
***CP:** Have the players work with the patterns they just used in technical passing. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

***CP:** Encourage combinations and quick play in their possession.*

***CP:** You worked with the defenders in positional play both in possession and out of possession. Make sure that they are maintaining their shape and are supporting the ball.*

***CP:** Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

- 8) **11v.11 Scrimmage-** Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



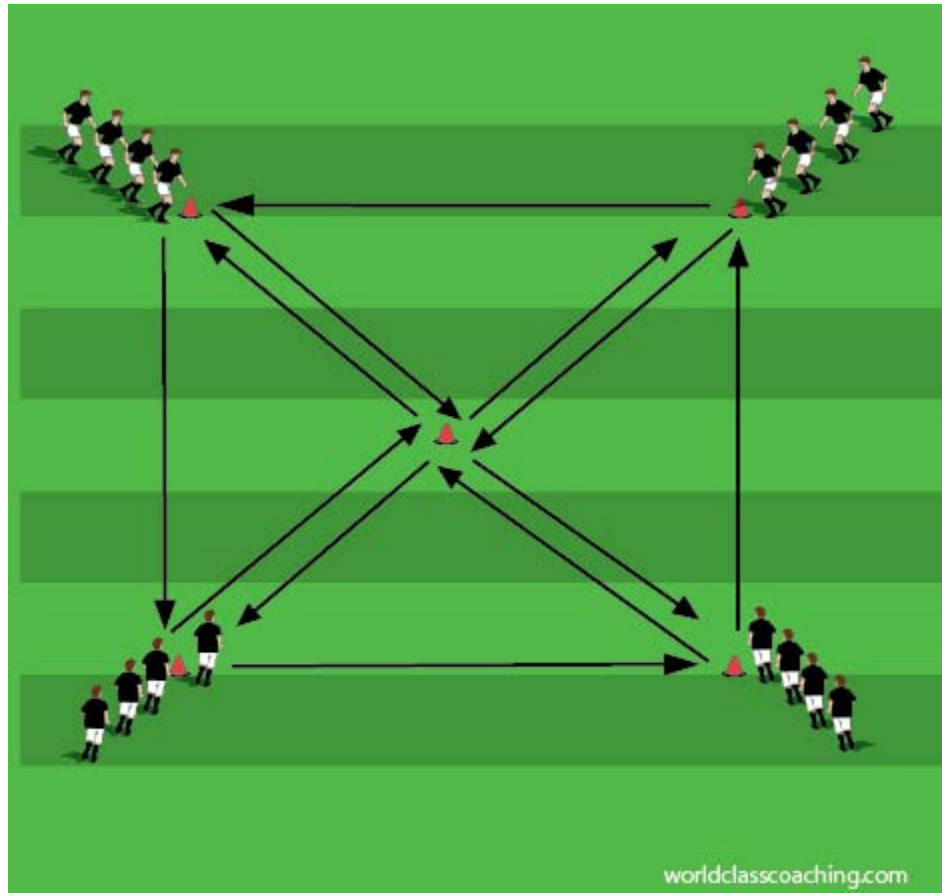
9) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 4 (1-4-3-3)

- 1) **Dynamic Warm-up-** The exercise is set up using four cones to create a 15 yard by 15 yard grid and a fifth cone in the exact middle of the grid.



The warm-up begins with the first player in each line working to their right. Once they reach the right cone, then they turn to their left and work towards the middle cone. After they reach the middle cone they turn to their left again and work back towards their original starting cone. Follow the pattern listed below:

- Jog to the right cone and then turn to the left and jog to the middle cone. Once they reach the middle cone, turn left and jog back to their original starting cone.
- High Knees to the right cone and then turn to the left and high knees to the middle cone. Once they reach the middle cone, turn left and high knees back to their original starting cone.
- Heels up to the right cone and then turn to the left and heels up to the middle cone. Once they reach the middle cone, turn left and heel up back to their original starting cone.

- Right Knee Thrust to the right cone and then turn to the left and right knee thrust to the middle cone. Once they reach the middle cone, turn left and right knee thrust back to their original starting cone.
- Left Knee Thrust to the right cone and then turn to the left and left knee thrust to the middle cone. Once they reach the middle cone, turn left and left knee thrust back to their original starting cone.
- Carioca to the right cone and then turn to the left and carioca to the middle cone. Once they reach the middle cone, turn left and carioca back to their original starting cone.
- Shuffle facing one way to the right cone and then turn to the left and shuffle facing the other way to the middle cone. Once they reach the middle cone switch directions again and shuffle back to their original starting cone.
- Backwards to the right cone and then turn left and jog forwards to the middle cone. Once they reach the middle cone, turn left and backwards to their original starting cone.
- 75% run to the right cone and then turn left and 75% run to the middle cone. Once they reach the middle cone, turn left and 75% run back to their original starting cone.
- 100% sprint to the right cone and then turn left and 100% sprint to the middle cone. Once they reach the middle cone, turn left and 100% sprint back to their original starting cone.

***CP:** Be sure that the players work to the cones and maintain awareness of players coming at them from the sides.*

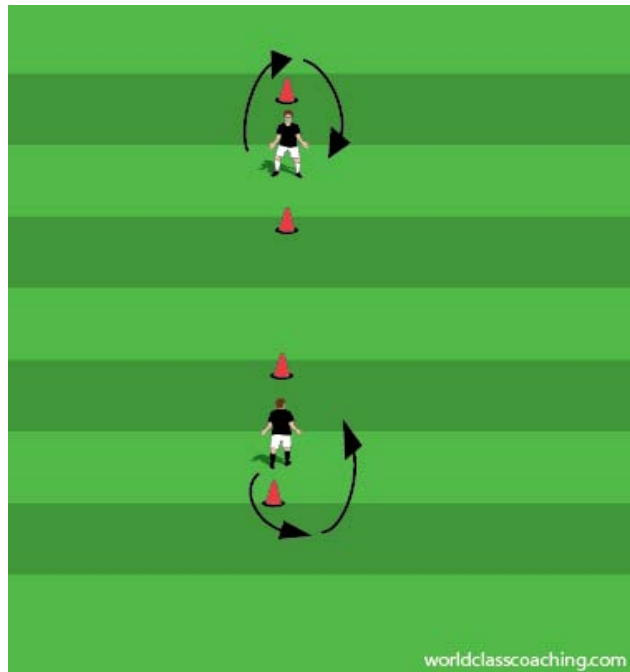
***CP:** The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.*

***CP:** Players need to keep their runs as straight as possible and not bend their runs or slow down as they approach the middle. They need to be reading the environment as they are running and before they reach the middle.*

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

***CP:** This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.*

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work back around the cone then forward towards the front cone.



The drill begins with the first player running around the back cone and then forward towards their partner who tosses them the ball. Once they touch the ball back to their partner they run to the back cone again. The drill is continuous. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

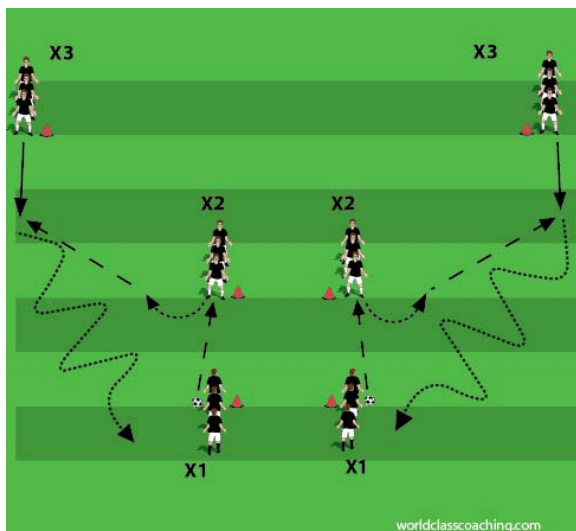
CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.

CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

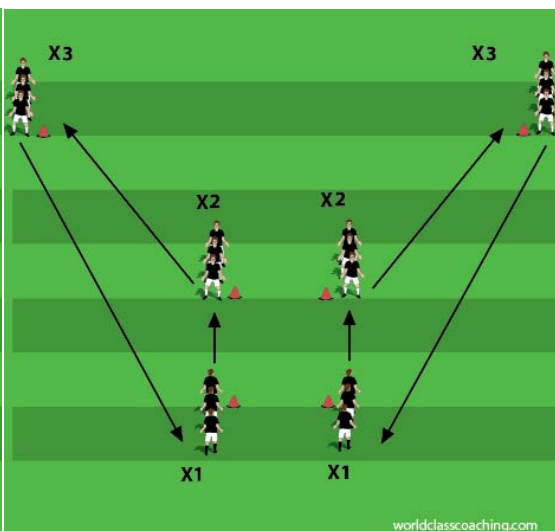
CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** This drill is known by the Dutch as the 'Dutch Wine Glass' because of its shape. Two cones are set 5 yards apart as you will be creating a right and left mirror of the drill. Walk ten yards straight ahead and place down two cones that are five yards apart and directly in line with the other cones. You should now have a rectangle that is 5 yards by 10 yards. From one cone walk out 15 yards and to the outside another 10 yards and place a cone down. Do the same with the other cone and make sure it resembles the diagram below. Divide up the players so that you have up to three players on each of the six cones (up to 18 players). The drill begins with each player X1 passing the ball to player X2 and following to the end of their line. Player X2 receives the ball, turns outside and passes the ball out wide to player X3 and follows to the end of their line. Player X3 receives the ball on the run and dribbles to the original start cone. The drill is continuous. Be sure to have the players switch lines after 5-6 minutes so that they are working on both legs equally.



Passing Pattern



Running Pattern

CP: Players need to focus on quick touches. To do this, players need to be prepared to receive and prepared to move to the next space and into the next move.

CP: The first player passing the ball needs to give a crisp pass into the feet of the receiving player. They need this to be at game speed and they must delay their run to the next line to allow the player time to receive and turn. The delay should be no more than 1 second, enough time for the space to open up.

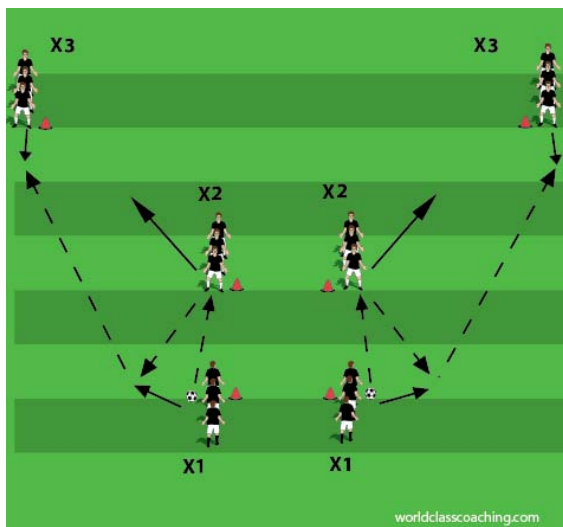
CP: The receiving player has different ways they can turn outside (outside of the foot, inside of the opposite foot, cruyff turn). The turn needs to be deliberate and the ball kept in tight to the body.

CP: The outside player needs to check away before advancing to take possession of the ball on the run. The player should be at close to full speed when they receive the ball. The pass from the inside player needs to be well-in-front of the outside receiving player so that they must maintain their speed.

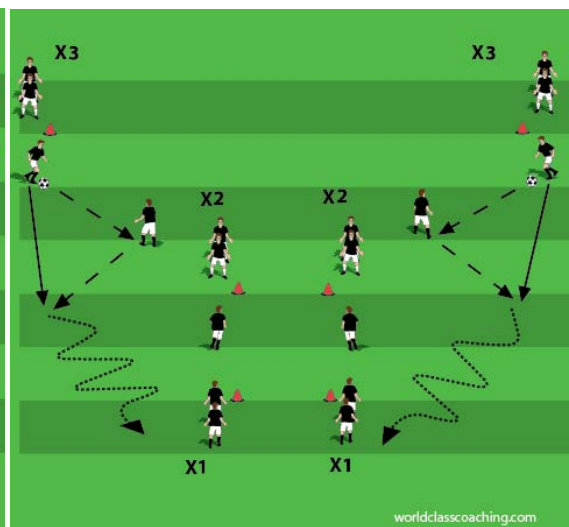
CP: The inside player after making the pass outside needs to make their run to the outside line as quickly as possible to fill the space being vacated by the outside player advancing to control the ball.

CP: Demand that the player's movements are quick and deliberate. It is important that the players conduct the drill at game speed.

- 5) **Technical Passing-** This is a progression of the previous drill, except there is a change in the pattern. The drill begins with player X1 passing the ball to player X2, but remaining behind the ball to support player X2. Player X2 receives the ball and immediately passes it back to player X1, then turns to support player X3. Player X1 receives the ball and makes a long pass to player X3. Player X3 receives the ball and performs a give-and-go pass with player X2 who is supporting them inside. Player X3 receives the ball back on the give-and-go and dribbles to the starting cone. Players rotate as before. Be sure to have the players switch lines after 5-6 minutes so that they are working on both legs equally.



Passing Pattern- Part I

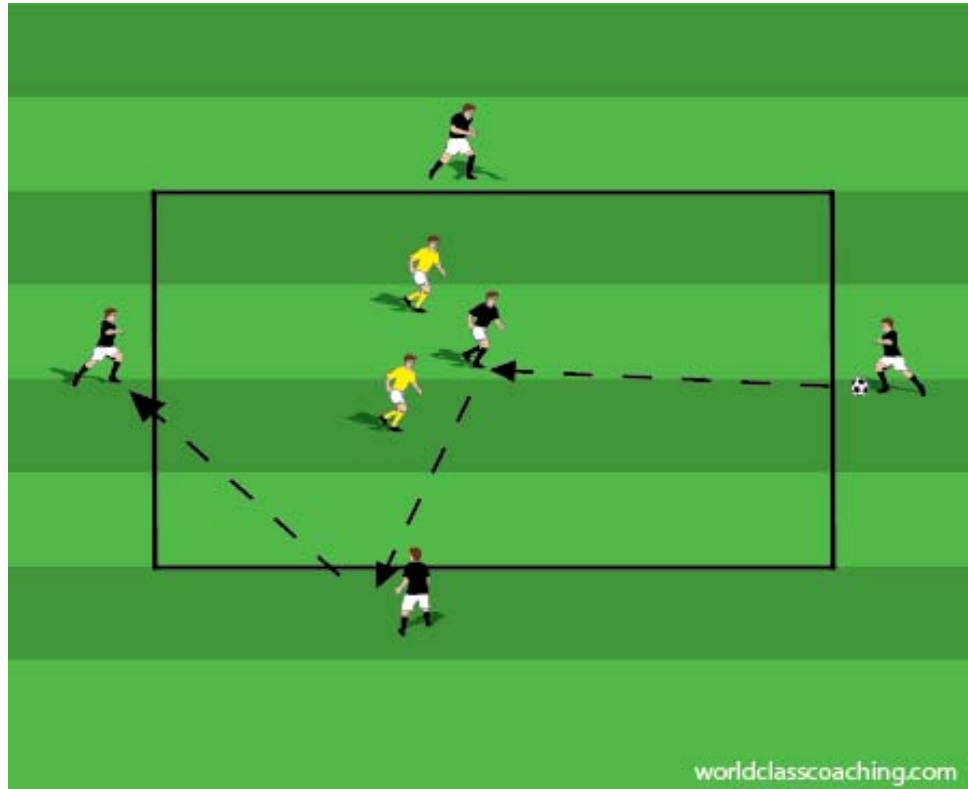


Passing Pattern- Part II

CP: Game Speed! Players need to be performing in this drill at game speed. They are building up to playing and this is where they learn and develop within the system they are playing. Their technique needs to be sharp and focused. Their preparation must be perfect. This means the player is on the balls of their feet and react at game speed as the play develops.

CP: Everything in this drill needs to build to one-touch play. Players need to move more quickly to get into position for one-touch play. Technique needs to be executed properly for there to be effective play.

- 6) **Small-Sided Game-** Four cones are used to create a 20 yard by 30 yard grid. The play is 5v.2 with a player on the outside of each line and one player inside the grid with two defenders (as shown in the diagram). The objective is for the possession team to play the ball from one player on one line to the player on the line opposite them. Build the concept to where the possession team is looking to play the ball from one end line to the other end line.



CP: Make sure players understand that they need to look for options in possession. Their first look should be the player on the opposite line. Their second look should be the player in the middle of the grid. Their third look should be to supporting players wide. Emphasize to the players that they must always protect the ball and to not give up possession so easily.

CP: You need to build off of what you focused on in the technical passing. Players should be accurate in their passes and should look for the correct foot to pass the ball to. Their pass should set up the next move or pass for the next player.

CP: Players on the outside need to move and shift as they would on the field in the larger game. Encourage them to move to support the ball.

CP: Give the defenders an option when they win possession. They should look to dribble out of the grid while the outside players are allowed to enter the grid to win the ball back and prevent the defenders from dribbling out. Keep score in the game by saying the possession team gets 1 point for 10 consecutive passes or a pass directly to the first option. The defenders get 2 points for dribbling out of the grid. This should raise the work rate in the grid.

- 7) **Positional Training (Combination Play)**- The drill takes place in one half of the field. The drill begins with 6 players and a goalkeeper defending the goal. They play with four defenders and two defensive central midfielders that start inside the triangle midfield of the attacking team. The attacking team has eight players with three of them as forwards, the triangle midfield and two supporting wing defenders. The coach stands on the other side of the center circle with the soccer balls to start the drill. The coach has the players go through several options and combinations, as explained after the diagram.



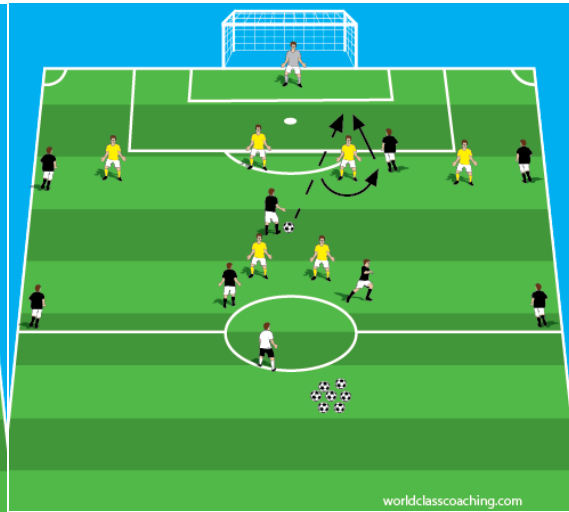
There are more than 20 different options that you can work on and train from this basic setup. It is important to only introduce 4-5 in a session and to work on and incorporate ones you've done in future sessions. Once you start introducing the options ask the players to start solving situations on their own. You will find that they start recognizing options before you introduce them.

- **Option #1**- The coach begins the option by passing the ball to one of the defensive central midfielders in the triangle midfielder. The defensive midfielder receives the ball/turns and passes the ball to the feet of the center forward who checks to the side to receive the ball. The attacking central midfielder supports at an angle towards the weak side. The center forward receives and one-touch passes to the supporting attacking central midfielder then turns and begins to make a run towards goal. The attacking central

midfielder immediately passes the ball into the space in front of the central forward for them to shoot at goal.

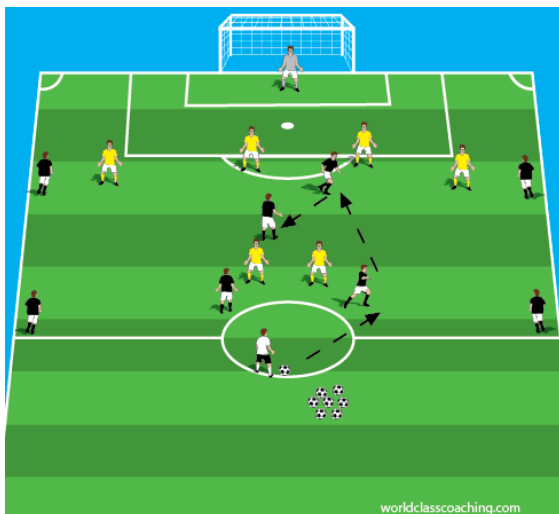


Combination Pattern #1 (Part I)

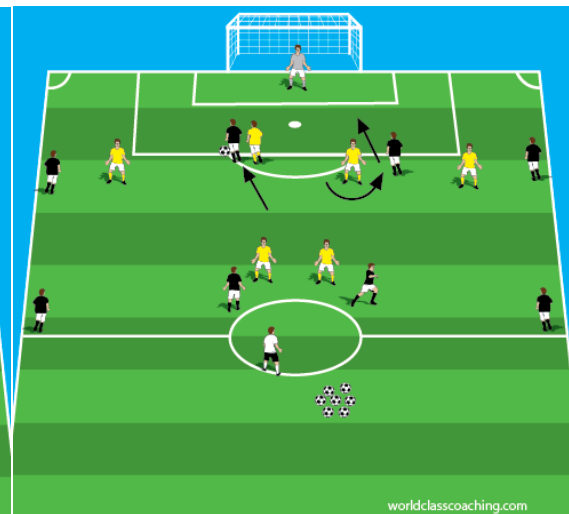


Combination Pattern #1 (Part II)

- **Option #2-** The second option starts the same as the first. The coach begins the option by passing the ball to one of the defensive central midfielders in the triangle midfielder. The defensive midfielder receives the ball/turns and passes the ball to the feet of the center forward who checks to the side to receive the ball. The attacking central midfielder supports at an angle towards the weak side. The center forward receives and one-touch passes to the supporting attacking central midfielder then turns and begins to make a run towards goal. The attacking central midfielder receives and immediately attacks the goal at an angle slightly away from the center forward.

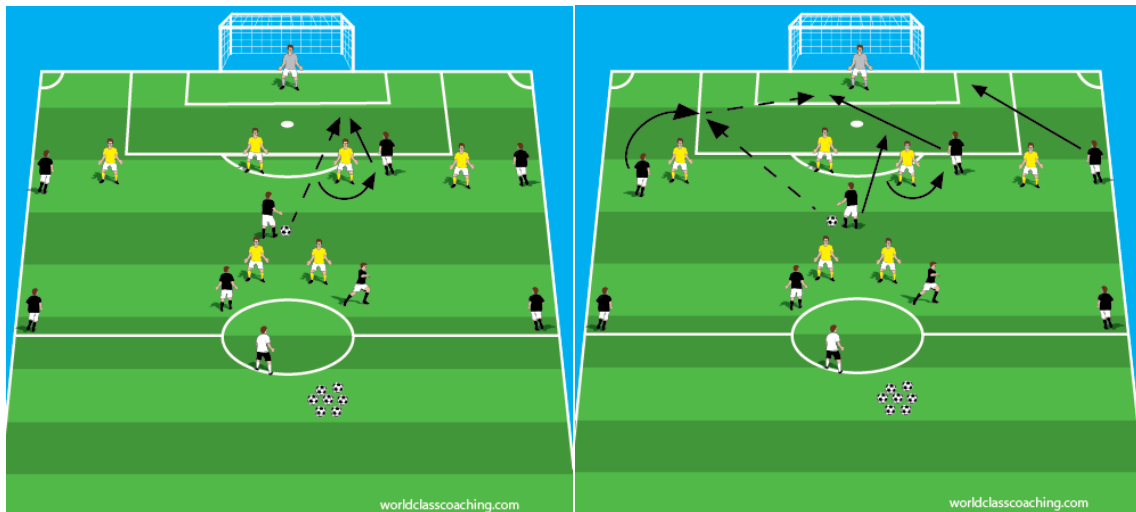


Combination Pattern #2 (Part I)



Combination Pattern #2 (Part II)

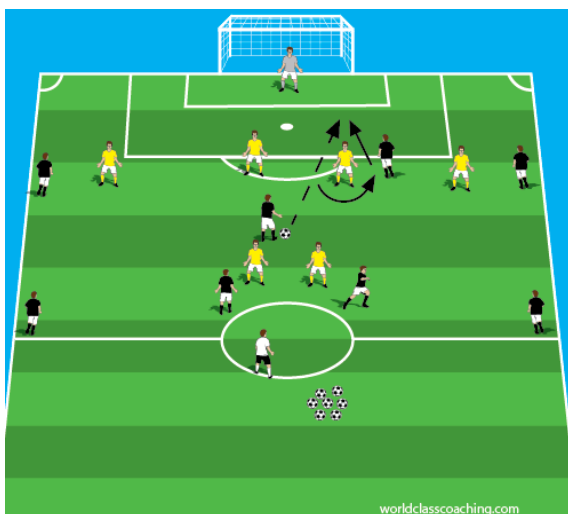
- **Option #3-** The third option starts the same as the first two. The coach begins the option by passing the ball to one of the defensive central midfielders in the triangle midfielder. The defensive midfielder receives the ball/turns and passes the ball to the feet of the center forward who checks to the side to receive the ball. The attacking central midfielder supports at an angle towards the weak side. The center forward receives and one-touch passes to the supporting attacking central midfielder then turns and begins to make a run towards goal. The attacking central midfielder receives the ball and immediately plays a through-ball out wide for the wing attacker. The wing attacker receives and serves the ball into the area for the attacking players framing the box.



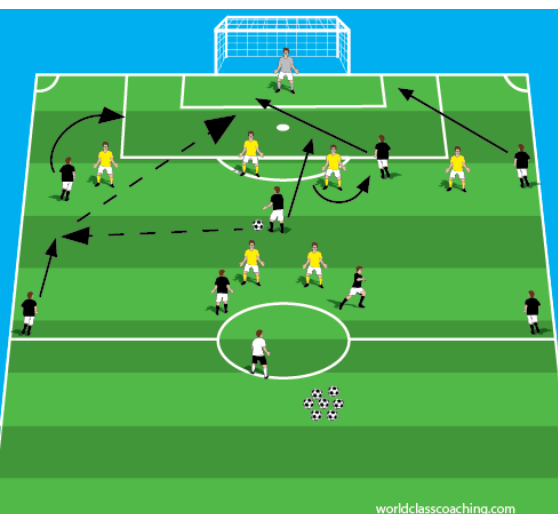
Combination Pattern #3 (Part I)

Combination Pattern #3 (Part II)

- **Option #4-** The fourth option starts the same as the first three. The coach begins the option by passing the ball to one of the defensive central midfielders in the triangle midfielder. The defensive midfielder receives the ball/turns and passes the ball to the feet of the center forward who checks to the side to receive the ball. The attacking central midfielder supports at an angle towards the weak side. The center forward receives and one-touch passes to the supporting attacking central midfielder then turns and begins to make a run towards goal. The attacking central midfielder receives the ball and immediately passes it wide to the supporting wing defender. The wing defender receives and serves the ball into the 18 yard box for the attacking players who are framing the box.



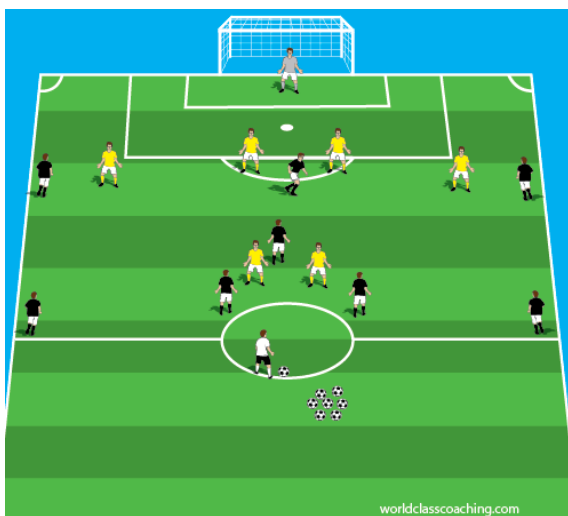
Combination Pattern #4 (Part I)



Combination Pattern #4 (Part II)

There are many more options you can train or create from the start of this same pattern. It is important to have the players solve some on their own. It is always suggested that you finish the last 10-15 minutes in this drill with having the players use the best option, even if it is one that has yet to be taught. See what they come up with.

Before getting into some of the *Coaching Points*, it is important to focus on the aspect of **'Framing the Box'**. You must demand that with every run and every option the players frame the box so that your team is dangerous every time they attack the goal. This must be ingrained in your players so that it becomes second nature.



Framing the Box (Part I)



Framing the Box (Part II)

The above example shows how a team frames the box if the ball is about to be served in from the left wing player. In every case, the center forward crashes the near post (inside the 6 yard box), the attacking central midfielder is around the penalty spot and follows anything in towards goal, the weak side wing player covers

back post, the defensive central midfielder covers the top of the 18 yard box supporting ball side, the weak side defensive central midfielder covers the middle behind the other defensive midfielder, and the wing defender ball side pushes up to support the ball. This should give you the full picture of how the attack should be mapped out and how the attack needs to Frame the Box.

***CP:** Make sure the players frame the box every time! This is important or a system that is designed to create many attacking opportunities will struggle to score.*

***CP:** Technique! Technique! Technique! Let's start with Preparation: Players need to be ready to receive and need to anticipate their next move. Skill: Players need to have the correct receiving first touch in order to set up a solid second touch. This is very important for the success of the patterns. Speed: You now need to emphasize speed. Players need to be able to do all of these things quickly. The defensive central midfielder has maybe 2 seconds maximum to receive and pass the ball to the center forward before the passing lane is cut off by the defending midfield player.*

***CP:** This is difficult to pound into players, but they need to play their fastest in the final third of the field. They don't have time to slow down and read things as it gives the defenders too much time to set up and organize. Play quickly and make sure players understand their options from start to finish.*

***CP:** There are ONLY three ways to attack in the run of play no matter what people tell you. The first is to attack behind the defense. If you can get the ball played behind the defense in the gap between the defenders and the goalkeeper this is where you will have your most success. The second is to go up top and win the ball through serves and flighted balls. You need players that are strong in the air to be successful here. The third is to cut the ball back to players supporting behind the ball. This would be to supporting players at the top of the 18 yard box to 30 yards away who are usually coming from midfield positions.*

***CP:** Players need to be quick and decisive in their moves and decisions. Freeze and point out the options to them (1st here. 2nd here. 3rd here.) so that they know where you want them to go. Their decisions should be dictated by what the game gives them.*

- 8) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this session with the patterns and combinations. Make sure the players are using Shadow Play to bring them out. It is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. You focused a lot on patterns within the system and it is important that you have the players replicate these patterns in shadow play to understand how they are effective in game play. If they use it here, then they will use it in the game. Make sure their possession, movements and the patterns are realistic as they continue to maintain possession. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

CP: It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.

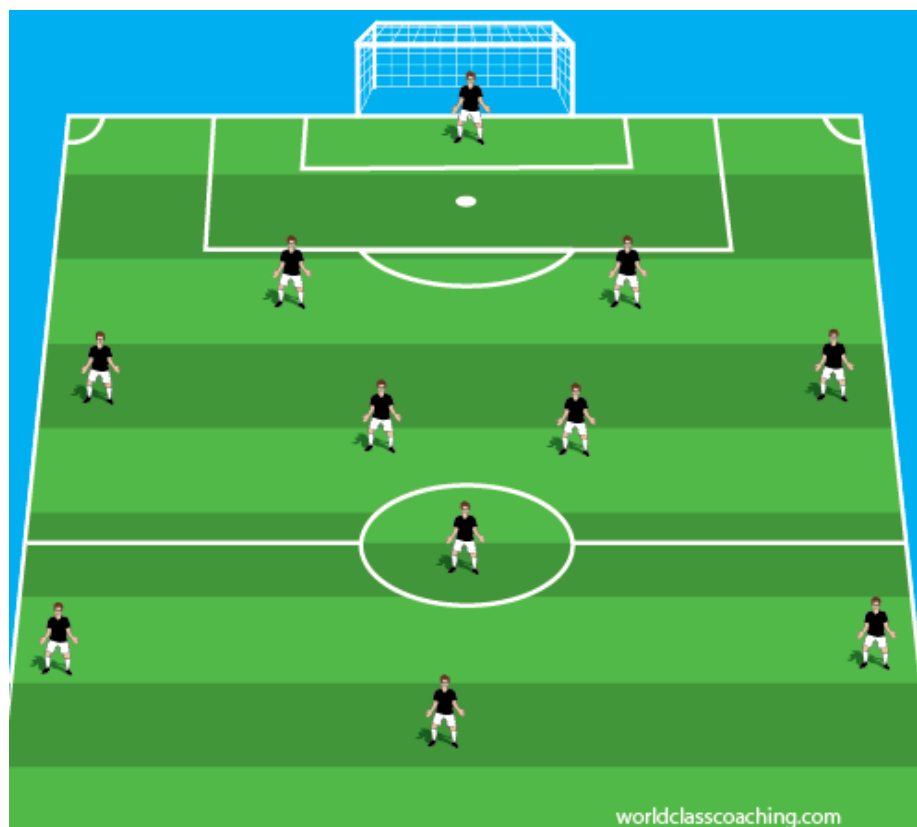
CP: Have the players work with the patterns they just used in technical passing. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.

CP: Encourage combinations and quick play in their possession.

CP: You worked with the defenders in positional play both in possession and out of possession. Make sure that they are maintaining their shape and are supporting the ball.

CP: Encourage constant communication in possession and in recovery coming back to retrieve another ball.

- 9) **11v.11 Scrimmage-** Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



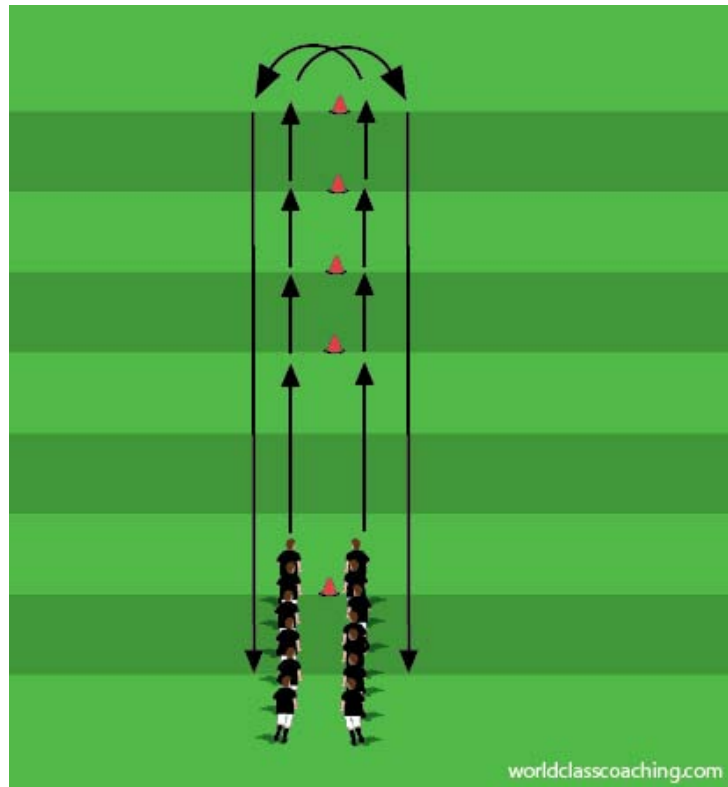
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 5 (1-4-3-3)

- 1) **Dynamic Warm-up-** The drill is set up using 5 cones set up in a line. After placing the first cone down walk 15 yards straight ahead and place the second cone down. Staying in a line place each of the next three cones down separating them by 5 yards each. There should be a line of cones stretching 30 yards from the first cone to the last cone.



The warm-up begins with the first person in each line working forward towards the second cone. Players begin at a slow pace and separate each other by 1-2 seconds. Once they reach the second cone they increase speed slightly. Players do the same at the third and fourth cones. Once they reach the last cone they slow down to a slow jog and turn to jog around the other side and take up position on the opposite line. Lines switch with each run. Follow the pattern listed below:

- Slow jog to the first cone and then increase speed slightly as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow High Knees to the first cone and then increase the speed of the High Knees as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Heels up to the first cone and then increase the speed of the Heels up as you pass each cone. After the last cone turn and jog

around the outside of the opposite line. Players switch lines each time.

- Slow Right Knee Thrust to the first cone and then increase the speed of the knee thrust as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Left Knee Thrust to the first cone and then increase the speed of the knee thrust as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Carioca facing in to the first cone and then increase the speed of the carioca as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Carioca facing out to the first cone and then increase the speed of the carioca as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Shuffle facing in to the first cone and then increase the speed of the shuffle as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Shuffle facing out to the first cone and then increase the speed of the shuffle as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Backwards jog to the first cone and then increase the speed of the backward jog as you pass each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- Slow Backwards jog to the first cone and then quickly turn and jog as you pass the second cone. Turn backwards again as you pass the third cone and a quick turn and jog as you pass the fourth cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- 60% to 90% run through the cones increasing speed by 10% as you pass by each cone. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.
- 100% sprint through the entire line. After the last cone turn and jog around the outside of the opposite line. Players switch lines each time.

CP: Be sure that players work at controlling and varying their speed as they pass each cone. There should be a definite change of speed as they work through the cones.

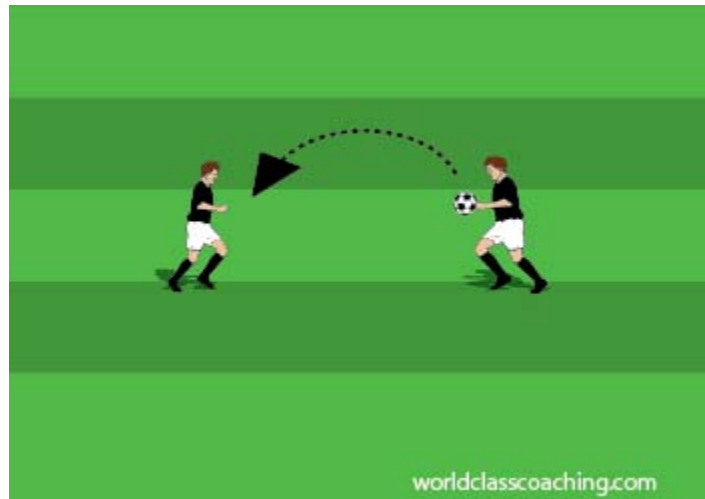
CP: Players need to be aware of the other line as they work through to the end of the drill. Once they reach the end the lines cross and switch lines. This should be done in an alternating fashion like a zipper.

CP: Players need to explode into the change of speed. You should see a defined change of speed from one cone to the next.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands

- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

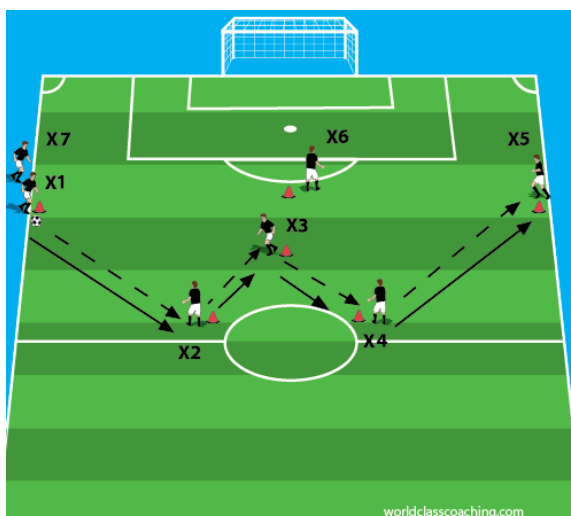
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

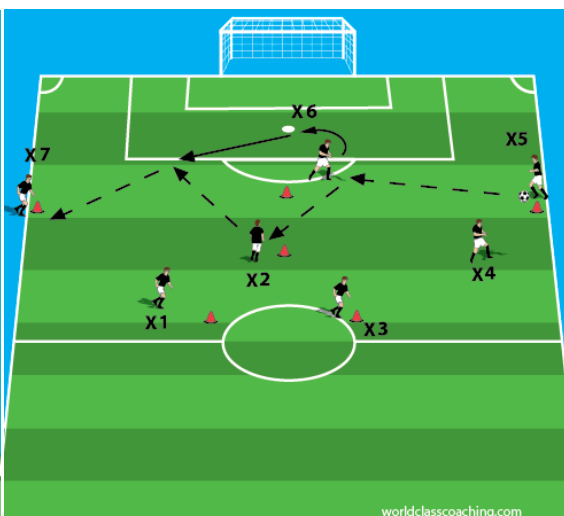
***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** This drill is a technical passing drill that gives shape to the 1-4-3-3 system. It takes place in one-half of the field and uses six cones to set up. The first cone is set up 25 yards from goal in the middle of the field. Two separate cones are placed out wide 25-30 yards from the end line on each side (one on the right side and the other on the left side). From the middle cone walk 15 yards up-field staying in the middle of the field and place a cone down. Walk another 10 yards and the out to the right 10 yards and place a cone down. Go back to the middle and walk out 10 yards to the left and place the final cone down (refer to the diagram below to make sure you have the right set-up). The drill begins with player X1 passing the ball to player X2, then following the pass. Player X2 receives the ball and passes to player X3, then follows their pass. Player X3 receives the ball and passes to player X4, then follows their pass. Player X4 receives the ball and passes to player X5, then follows their pass. Player X5 receives the ball and passes to player X6 who checks to receive, then follows their pass. Player X6 receives and deflects the pass to player X2 after they have switched positions, then turns and makes a run to receive the ball back. Player X2 receives the ball and passes back to player X6. Player X6 receives the ball and passes to player X7 at the beginning of the drill. The drill is continuous. Make sure you reverse the direction of the drill after 5-6 minutes of success.



Technical Passing Pattern (Part I)



Technical Passing Pattern (Part II)

CP: This technical passing now becomes very specific as it places players on the field in positions for the system. This should help them to get a comfort level for roles, movement and pass distribution.

CP: Begin to build on a technical level within the drill then start focusing on the tactical aspects. On the technical side make sure players are checking and moving in sync with the ball movement.

CP: Players need to prepare to receive by swinging their hips around to open up to the next pass before the ball arrives. If possible, they should attempt one-touch passes. It is very important, though, that the passes are crisp and very accurate. This system lives or dies on the accuracy of its play.

CP: Ask 'Can players add some creativity?' This can be done by hip and shoulder fakes as they are about to realize possession.

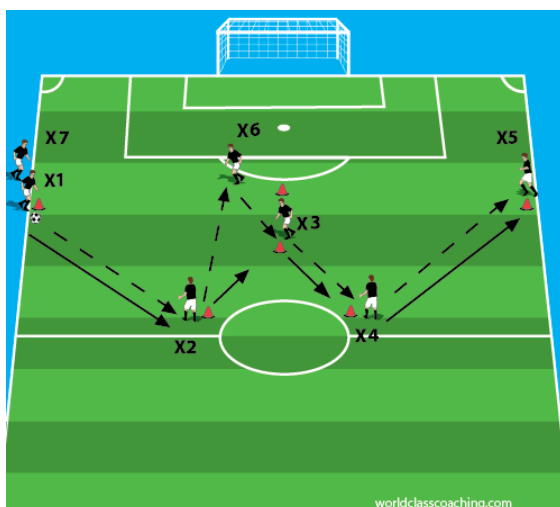
CP: Players need to check the correct way and the passes need to be played to the correct foot. This needs to be done at the correct time as well. It is all about timing and speed.

CP: Once the pass is made the player needs to read the environment in the drill to see if they should follow the pass immediately, or should they delay until the space opens up. They have to start reading the tactical clues in the game and this is a good place to start building this skill.

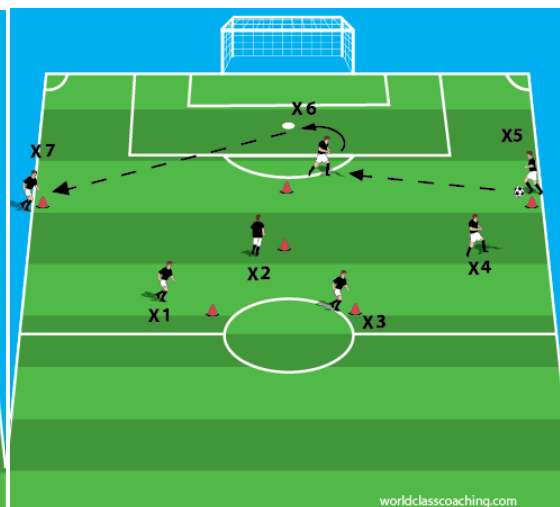
CP: Nothing makes a drill or play sharper and more effective than communication. Players need to be vocal and demand the ball when they want it. In addition, players need to instruct the player passing the ball so that they have clear signals of where the ball should be played.

CP: **GAME SPEED!** Demand play to be at game speed within the drill. Even ask them to play faster than game speed and see what type of reaction you get.

- 5) **Technical Passing-** The set-up is exactly the same as the previous technical passing drill, only the pattern changes. The drill begins the same way with player X1 passing the ball to player X2 and following their pass. Player X2 receives the ball and passes to player X6 who checks to the side to receive the ball. Player X2 holds their position for a few seconds before following to player X3's spot. Player X6 receives the ball and passes to player X3. Player X3 receives and turns and then passes the ball to player X4 and follows their pass. Player X4 receives the ball and passes to player X5 and follows their pass. Player X5 receives the ball and passes to player X6 who checks back to the ball and then follows their pass. Player X6 receives the ball and turns and passes to player X7 at the beginning of the drill. Player X6 follows their pass.



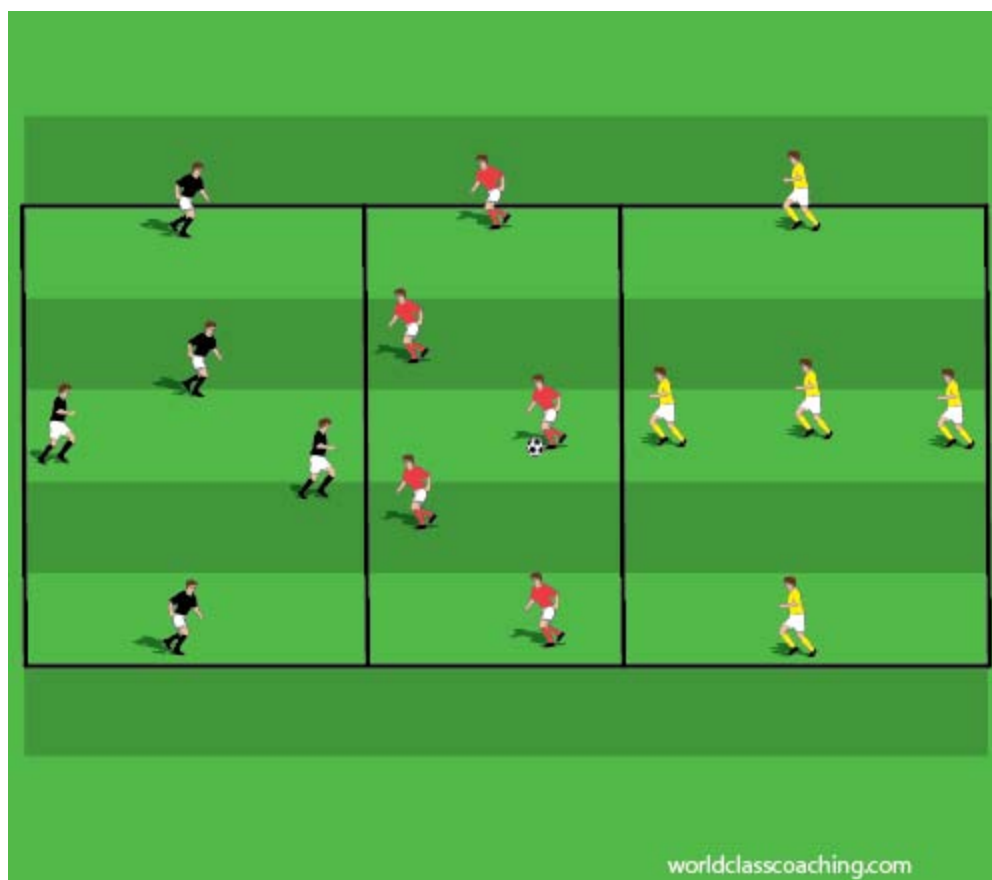
Technical Passing Pattern #2 (Part I)



Technical Passing Pattern #2 (Part II)

CP: The same CP's from above should be used, but the emphasis now as you've progressed through to the second pattern should be on **SPEED**. Encourage players to play accurately, efficiently and with as much speed as they can while maintaining control.

- 6) **Small-Sided Game (3-Zone Game)**- You begin by making one large grid that is 20 yards wide by 40 yards long. On each end of the grid make two separate grids that are 15 yards by 20 yards. This should leave a smaller grid in the middle that is 10 yards wide by 20 yards long (as shown in the diagram below). The drill begins with 3 teams of five, one each in one of the three grids. The team in the middle has the ball and begins by passing into one of the two end grids. Once they pass it in they send two players in to defend and try to win the ball back. The team that receives the ball must keep possession and attempt to complete 5 passes in a row. If they do, then they look to pass the ball through the middle grid to the team on the opposite side of the long grid. If the defenders in the middle intercept the ball or if the defenders inside their grid win the ball and are able to play the ball out and into the opposite grid, then the team that lost the ball becomes the defending team and they switch places. The game is very fast and involves players playing under constant pressure at all times. Can they protect possession? Can they move it away from pressure? Can they find the right opening to play the ball through the middle to the opposite side? The coach should stand at one of the sides of the middle grid with many soccer balls. When a ball is played out or is deflected out of play, then the coach restarts the drill by playing another ball in. The drill is continuous.



CP: This is a very fast-moving game and requires players to be focused at all times. Remind them that their first priority is to protect the ball. It is very easy for players to feel the pressure and to give it away. Condition them to be patient and to read the environment.

CP: Players need to be prepared to receive the ball and, more importantly prepared to maintain possession of the ball. This means that they need to continue to survey the environment as it will always be changing.

CP: Players need to maintain their shape and spacing in order to keep possession. In addition, they also must be moving and shifting to support the ball.

CP: Players need to make sure that they keep the ball moving away from pressure so that they don't get trapped or isolated. This is where technical speed is important. Make sure players understand that speed is only needed in certain situations. Speed for speed isn't going to effectively help you keep possession. This will only result in the defenders sitting back and waiting instead of chasing the ball.

CP: Always have a goal of a certain number of passes (usually 3-5) before asking the team with possession to switch. I always tell the team in possession to keep the ball until there is an obvious opening to play the ball through the middle and into the opposite grid.

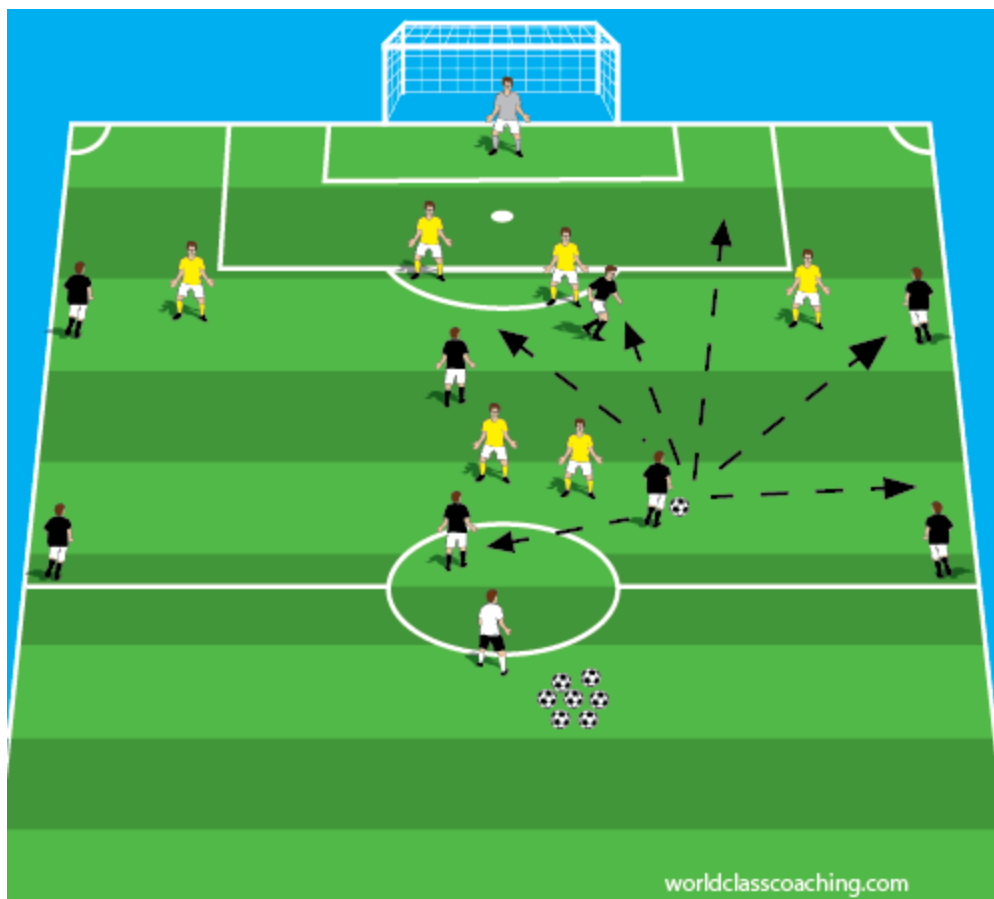
CP: Another important aspect is if the possessing team loses possession. In that moment they need to get pressure in front of the ball to prevent them from playing the ball to their supporting players in the middle grid. This will work on their team transition speed. How quickly can they get possession and mark up?

7) Positional Training (Combination Play)- The drill takes place in one half of the field. The drill begins with 6 players and a goalkeeper defending the goal. They play with four defenders and two defensive central midfielders that

start inside the triangle midfield of the attacking team. The attacking team has eight players with three of them as forwards, the triangle midfield and two supporting wing defenders. The coach stands on the other side of the center circle with the soccer balls to start the drill. The coach has the players go through several options and combinations, as explained after the diagram.



There are more than 20 different options that you can work on and train from this basic setup. In session #4 you introduced 4 different options. This is where you will build on that and introduce another 2 or 3 options while going over the options previously introduced. It is important to review the ones you have already done so that players keep it fresh and can start to read the different patterns. You will find that they start recognizing options before you introduce them. The first thing you want to cover are the different options the player has with the ball in attack. They have several options and they must be highlighted so that players don't become robotic in their movements and actions. Make sure they understand that they are to create when they have the ball.



The diagram above shows the different options the defensive central midfielder has when in possession. This shows six passing options and should be demonstrated at the beginning of this session so that players start to understand the flexibility. Some of you may want to do this before the first time you introduce combination play, but I prefer to do this before the second. My reasoning is that the first time I need to build in the structure to show them certain options that will be successful. Once I've done this, then I show them the flexibility and options so they start to understand the flexibility of the drill and how they control the creativity. From here you can introduce a couple of more options, but then condition the players to solve problems on their own. They may even create something that you did not think of that is very attractive and rewarding. Give them ownership and they'll love it!

- 8) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this session with the patterns and combinations. Make sure the players are using Shadow Play to bring them out. It is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they

work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. You focused a lot on patterns within the system and it is important that you have the players replicate these patterns in shadow play to understand how they are effective in game play. If they use it here, then they will use it in the game. Make sure their possession, movements and the patterns are realistic as they continue to maintain possession. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

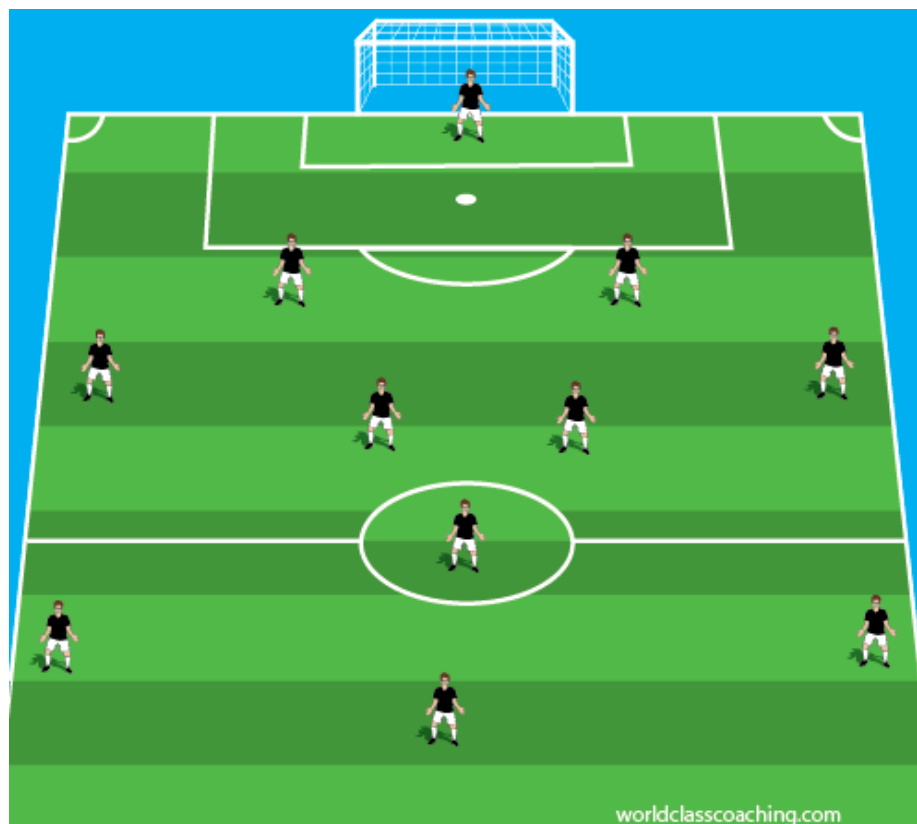
***CP:** Have the players work with the patterns they just used in technical passing. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

***CP:** Encourage combinations and quick play in their possession.*

***CP:** You worked with the defenders in positional play both in possession and out of possession. Make sure that they are maintaining their shape and are supporting the ball.*

***CP:** Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

- 9) **11v.11 Scrimmage-** Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Conclusion (1-4-3-3)

After going through a 3-Dimensional Training Philosophy for the 1-4-3-3, it is important to explain that every system, especially the 1-4-3-3, has different shapes and structures. This section went over one specific structure and how it implemented this philosophy. You may play your 1-4-3-3 differently, but the concept of training within this philosophy does not change.

It begins with Progressive Training. In reviewing the 1-4-3-3 sessions, it began with a more basic approach to build an understanding of the system. An example of this is how basic the technical passing seemed to be in the first session versus what was done later on in sessions four and five. The first session is basic to build an understanding of how accurate and technical players need to be within this system. There is no margin for error and, therefore, players need to be more focused on their technique and accurate with their passes. The technical passing sessions in later sessions begin to mimic the system and positions within the system. You transition from simple to complex on every level and in every phase of training. You will also see that the first session begins with the basics of teaching positional roles and responsibilities, such as the Triangle Midfield and the three forwards. As you look at the sessions you will see that they progress to a more advanced structure that includes midfield combinations and attacking options in possession. These are all examples of how the concept of Progressive Training is followed. You must have a plan that is more than what you plan on teaching this week based upon what you saw in the match Saturday. This is not enough. You must have a long term vision of what the players need and how to move forward teaching this from simple to complex exercises and drills. This is Progressive Training.

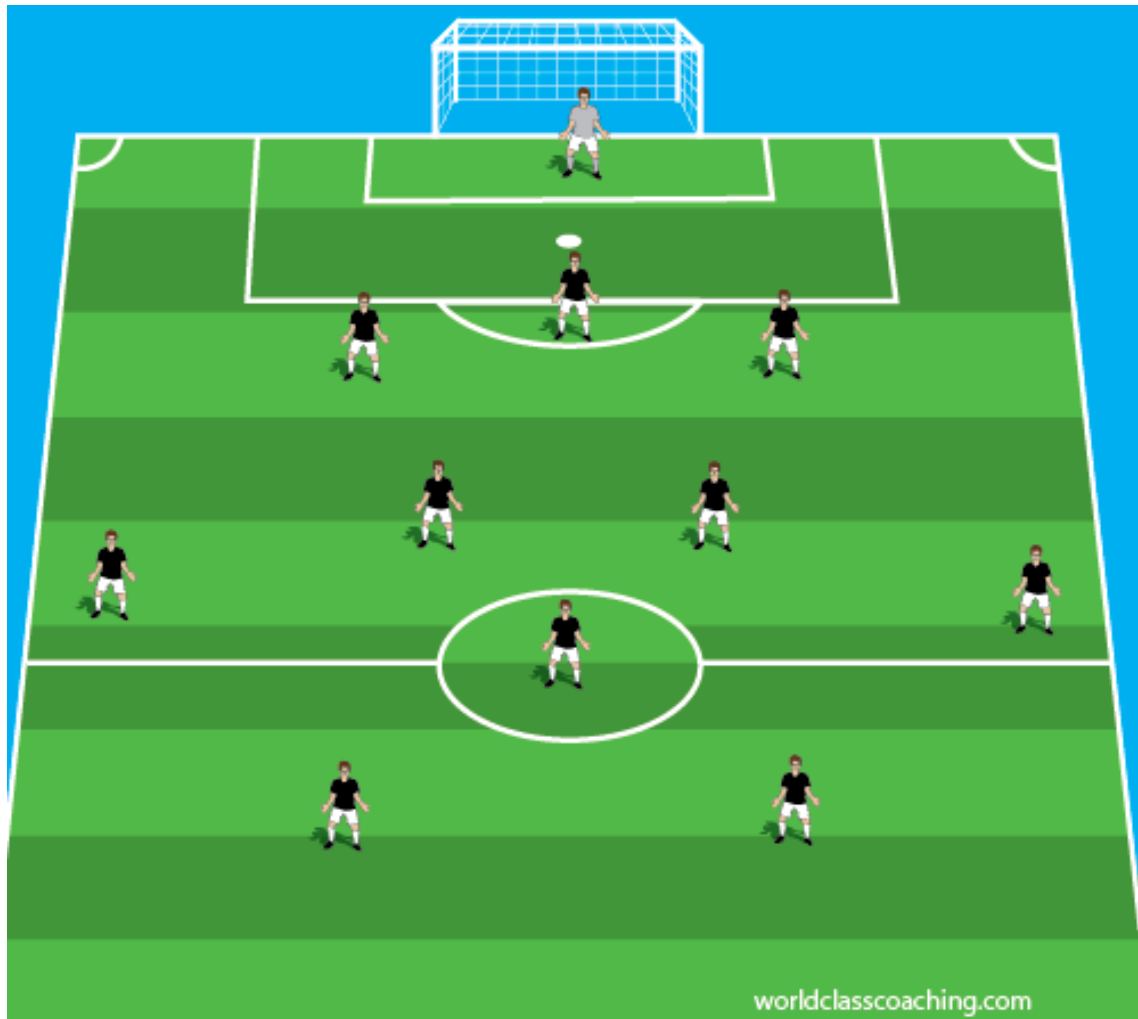
The next element is Specified Training. The Coaching Points that are made within each session are always very specific to the exercise and to the system you are training. It is important that you make your points very specifically and at the appropriate times. They must always relate to how you want to play and what you are trying to accomplish. Being specific as a coach is very difficult to do, especially if you feel you have been in the past. You will find that by studying the game and looking at the points mentioned and the overall 3-Dimensional Training Philosophy that there is another level you can drill down to in order to be more specific. It is not enough to specify that you want players to check to create space. You must emphasize how they are to check, how they show for the ball, at what point in the exercise and which moment they need to check, and incorporating all of the technical components in order to make it effective and to build speed into the movement. In addition, we haven't even grasped the tactical implications of checking to create space, to open options, to draw in defenders, to take advantage of numbers in attacking areas of the field, and so on. Being very specific in what you do, what you say, and how and when you say it is an important component of 3-Dimensional Training, especially when training any system.

The third element is Positional Training. As mentioned in the previous section every position has its own demands regarding technique, tactical awareness, psychologically and even in regards to fitness. Yet when we train players we train them in one group; soccer players. Sometimes we separate the goalkeepers and train their needs separately as we understand that they have separate needs also. Their technique, tactical awareness, psychological and most definitely fitness are very different from field players. Many coaches have begun to understand this and have separated them to work with specialists. What about wing attackers or wing fullbacks? Do they have the same needs as central midfielders? Is their fitness the same? Do we demand more from them as far as their creativity? Do we expect wing attackers to be stronger 1v1 players? Would their needs be different in the system you play? For example, in a 1-4-4-2 aren't the needs of the two strikers different than the needs of three strikers in a 1-4-3-3? Some coaches don't have the luxury of picking their players and must tailor their teams based upon the strengths and weaknesses of the players. Wouldn't the fitness demands and runs be different for two attackers versus three? Of course they would. This doesn't mean that we have to have specialists for every position, this is not the point. What it does mean is that we have to become more complete in our training and development of players young and old. Training is the same way. You should be able to observe a training session and be able to figure out in a general form what system the team plays. You should be able to observe a team training for 10-20 minutes and, by the exercises they are doing, be able to determine the system they are playing. It should be almost like a blueprint. Coaching at the college level now for several years, I have had the opportunity to have observe a number of training sessions for older teams (14-18 year olds). Less than a third of these teams had a focus to their training and performed just drills to improve an aspect of passing, finishing, or touch. Most of these were high-level teams in markets such as Texas, Florida, Georgia, Oklahoma, and California. Players need training that is specific to their needs based upon the position they play. It is important for players to develop entirely. We are developing good players, but we fall short very quickly on the world's largest stages because of this.

The final element is System. Everything must build to the system you want to play. It is amazing how everything links together and it seems as if there is a natural flow to things. This is the same for 3-Dimensional Training. Everything flows to the system you want to play. Don't just pass the ball to pass the ball in a drill, focus on how you want them to pass in the game. Focus on the accuracy and types of passes they should be making. If they will be making short, quick passes to feet, then this should be what you work on in technical passing. If you will look for long passes from the middle to the outside, then build this into your technical passing and, of course, into your positional training. Everything connects together and should build towards the system you want to play. This should even happen with younger players. Give them the experience and focus of learning how to play the game while still building the fun and passion for the game in training. If they play 8v8, then build how you train them to the system you want them to play. If it is a 1-3-2-3 to mimic the 1-4-3-3 because you want to prepare them for this as they get older, then

this is what you should do. If it is to play a 1-3-3-2 to mimic the 1-4-4-2, then do that. Everything builds together. Look at how we began the 1-4-3-3 by starting simple, but introducing positions and responsibilities. As we progressed everything took on the shape of the system, from the technical passing to positional training to shadow play to scrimmages. Players were immersed in the system so that with every activity and every detail they were learning and developing within the 1-4-3-3 System. This is 3-Dimensional Training focusing on System Training.

1-3-5-2 FORMATION



Introduction (1-3-5-2)

As with all formations, the 1-3-5-2 was created to combat the effectiveness of the English 1-4-4-2 and the Dutch 1-4-3-3. The Italians had adapted the 1-4-4-2 to a very defensive system that became known as Catenaccio and was dominating football at the World Level. The Germans also adapted a version of the 1-4-4-2 to a very disciplined and controlling system that along with the Italians became the dominant force in World Football. The game had become a very defensive and stagnant game that relied on defense rather than offense.

In the early 1970's, Carlos Salvador Bilardo, the famed coach from Argentina, began experimenting with a system that was more of an offensive approach. He began working the system with Deportivo Cali and Lorenzo before attracting the attention of the Colombian National Team. Unfortunately, Colombia failed to qualify for the World Cup in 1982 and Bilardo was fired. He re-joined the club ranks in Argentina assuming the reigns of Estudiantes and again began to implement a system that was based more on its attacking principles than on defending. He was quickly recognized for his success at Estudiantes and was hired as the Coach for Argentina in 1983. In learning from his mistakes with the Colombian National Team he realized he needed a certain kind of player. Defensive football required disciplined players who would rarely take risks. He needed players that would be aggressive and would be risk takers. He already had one of the most prolific attacking players in Diego Maradona, but Diego had failed to deliver in 1982 when they lost in the second round of the World Cup to Italy and arch-rival Brazil. Argentina set out to find someone that could re-shape their national game and build Diego into a star. Bilardo was chosen for his philosophy shift of playing attacking football. He began the slow process of re-shaping the team and in building them into a more attack-minded team. Early results weren't inspiring as the team failed to achieve success in Copa America, but the signs were there. They entered 1986 as one of the four favorites to win the World Cup. They did not disappoint as they delivered in fine fashion defeating the pre-tournament favorites Germany, 1-0, in the Finals. Diego was recognized as the FIFA Player of the Year and was crowned with the Golden Boot Award for being the top goal-scorer in the competition. Argentina went through the 1986 World Cup averaging almost 2 goals per game, the first time in 3 World Cups that a Champion had an average that high. They also defeated one of the world powers of the defensive approach to football and re-established an attacking brand of football not seen since the early 1970's when Holland introduced the 1-4-3-3. Their dominance continued through the rest of the 1980's as they remained the #1 ranked team in the world. In 1990, Argentina entered the World Cup as pre-tournament favorites and breezed through the Group Stages. In the finals they once again encountered a defensive-minded German side focused more on denying Argentina than on attacking them. The Germans were outplayed and dominated, but a late penalty gave the Germans their revenge victory and the World Cup Championship. Argentina failed to repeat and Bilardo left the National Team.

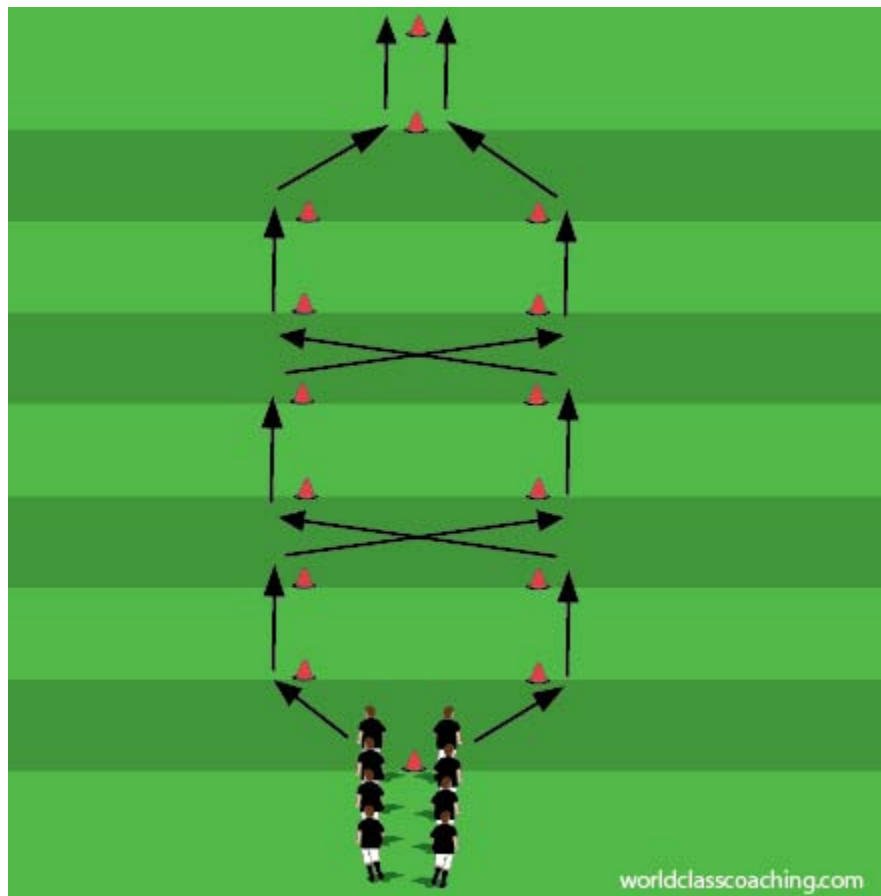
Bilardo learned from the approach of famed Dutch Coach Rinus Michels and from England Legend Jack Busby. He looked at the state of football and how teams were playing. Teams had reverted back into a defensive shell playing mainly a 1-4-4-2 system. The Dutch had success when they shifted their approach to a more attack-minded one and shocked everyone with their dominance and aggressiveness in the 1-4-3-3 system. He decided he had to devise a way to break down both systems while being creative and attack-minded. He began by looking at the defense and felt that since most teams played with 2 forwards he could shut them down with a zonal three. He began by deciding on 3 defenders in the back. He further explored how the Dutch dominated the game by focusing on the central midfield. He needed to have a plan to combat this and felt he had to have three central midfielders to do this. It wasn't enough, though, to stop their midfield. He had to find a way to break them down and felt that five in the midfield would pressure them. In addition, the Dutch approach had always been to attack. Having five midfielders would force their wing forwards to drop back and be more concerned with defending than attacking. This left just two forwards to attack, but his main attack he figured would come from the midfield. This was a concept that helped a player like Diego Maradona flourish into one of the greatest players in the history of the game.

The 1-3-5-2 is a very popular formation that is widely used throughout Argentina and even in Brazil. It is a system that has a substantial presence in the USA in youth and amateur football. It is a system that has great benefits and requires the right players in the right positions. You must have a central midfielder who is very attack-minded. Not everyone can be a Diego Maradona, but the formation does require someone with excellent mobility and great vision. The outside midfielders need to be very quick with strong individual skills and capable of breaking their opponent down 1v1. You need two forwards who can combine with one another, are strong in the air, and capable of creating chances at goal. The defenders must have speed, skill, and be able to be physical and aggressive. It is a position-driven system and you should not play this if you do not have the players with the qualities necessary to play it.

This section will cover training sessions and exercises that focus on preparing players and teams to play the 1-3-5-2 System. The emphasis for you, the coach, shouldn't be on the drills in this book. For that matter, you should never look at a drills book to pick up new drills. Your focus should be on what elements you need to bring out in each exercise or session that makes it specific to your philosophy. The following will highlight five complete training sessions from start to finish. Each session will focus on the 1-3-5-2 System while training the 3-Dimensional Way. Each session will be loaded with coaching points (CP) in order to emphasize what needs to be taught when but, more importantly, how and why.

Training Session 1 (1-3-5-2)

- 1) **Dynamic Warm-up-** The drill is set up with 16 cones in a 10 yard wide by 40 yard long area. From the first cone walk out five yards, then make a small box that is 10 yards wide by 5 yards long. After the box is made walk five yards out from the middle of one of the long ends another five yards and make another box that is 10 yards wide by 5 yards long. Do this a third time and make sure that the boxes are exactly in line with one another. From the middle of one of the long ends of the last box walk five yards out and place a cone. Walk another five yards and place the final cone down. It should look like the diagram below.



The players are divided into two equal groups with each group lined up facing forward. Players begin by working out wide then working forward. Once they reach the next forward cone they work diagonally across to the opposite cone. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to diagonally, then jog the straight sections
- Heels up diagonally, then jog the straight sections
- Right Knee Thrust diagonally, then jog the straight sections

- Left Knee Thrust diagonally, then jog the straight sections
- Carioca diagonally, then jog the straight sections
- Jog the diagonals and straight sections
- 75% run
- 100% run on all lines

CP: Be sure that the players work to the cones and don't round their runs.

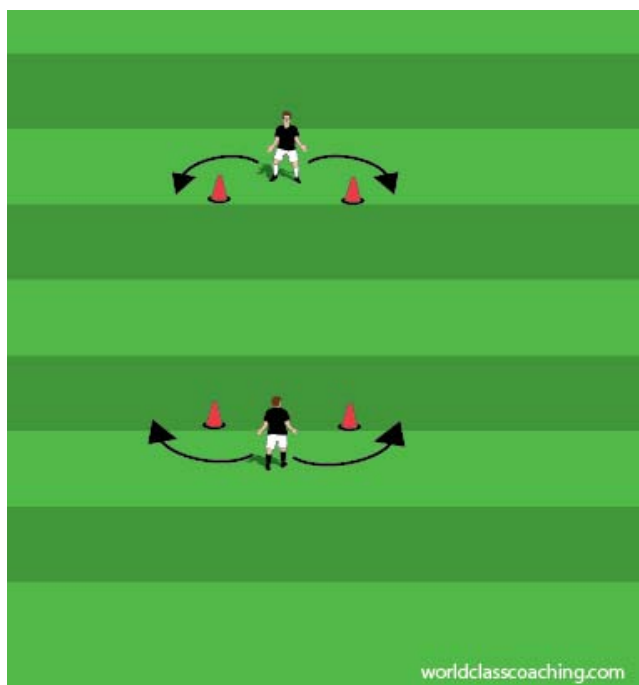
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work around each cone side-to-side as they perform the exercises.



The drill begins with the first player running to the side around the first cone and their partner tossing the ball to their partner. Once they touch the ball back to their partner they run to the opposite cone to receive the ball again. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.

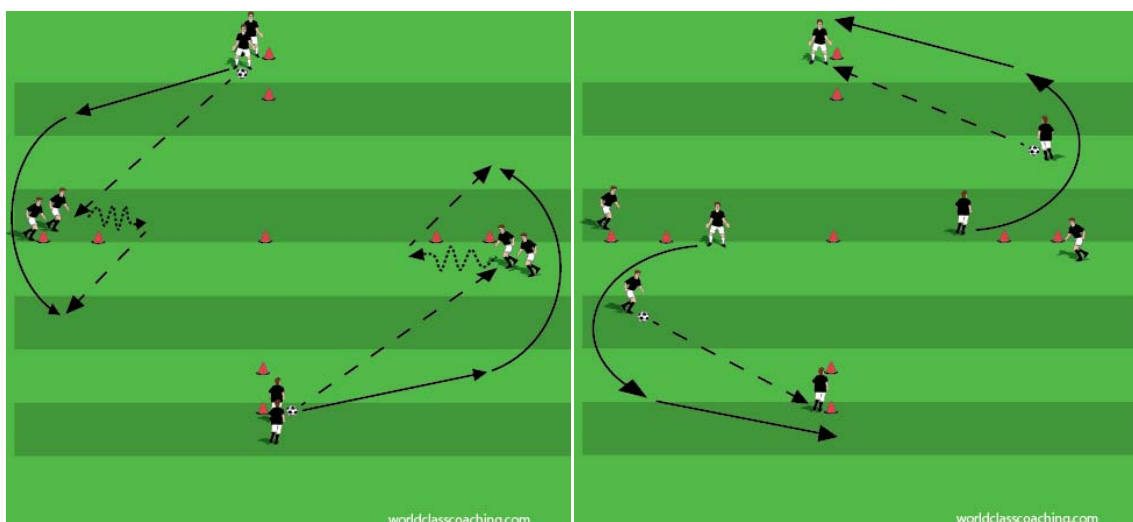
CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** This drill focuses on developing the skill of overlapping. You set up the drill creating a diamond with nine different cones. Place a cone down and walk 15 yards and place another cone down. Continue walking straight for another 15 yards and place a cone down. Go back to the middle cone and walk to the right 15 yards and place a cone down. Go back to the middle cone and walk to the left 15 yards and place another cone down. Go back to each outside cone and walk towards the middle 4 yards and place a cone down. It should look like the diagram below. The drill should use 8 players, so set up a second diamond for another 8 players. Have two players positioned on each of the outside cones. Two balls are used and are positioned across from one another in the grid. The drill begins with the player with the ball passing to the waiting player to their right, then making

an overlapping run. The receiving player controls the ball and dribbles in towards the cone four yards away. They look to time the run of the overlapping player with their pass back to the player. Once the overlapping player comes around them, they pass the ball into their path. The overlapping player receives the ball and passes it to the waiting player in the next line. The overlapping player then goes to the end of the line they just overlapped. The player who made the pass then makes a run behind the overlapping player and then overlaps the next player receiving the ball. The drill is continuous. Make sure you reverse the direction of the drill after 5-6 minutes of success.



CP: The drill works on timing. Players need to time their runs and passes with the overlaps.

CP: Encourage players to build the drill to accurate passing. The drill needs to build in technical speed on all levels.

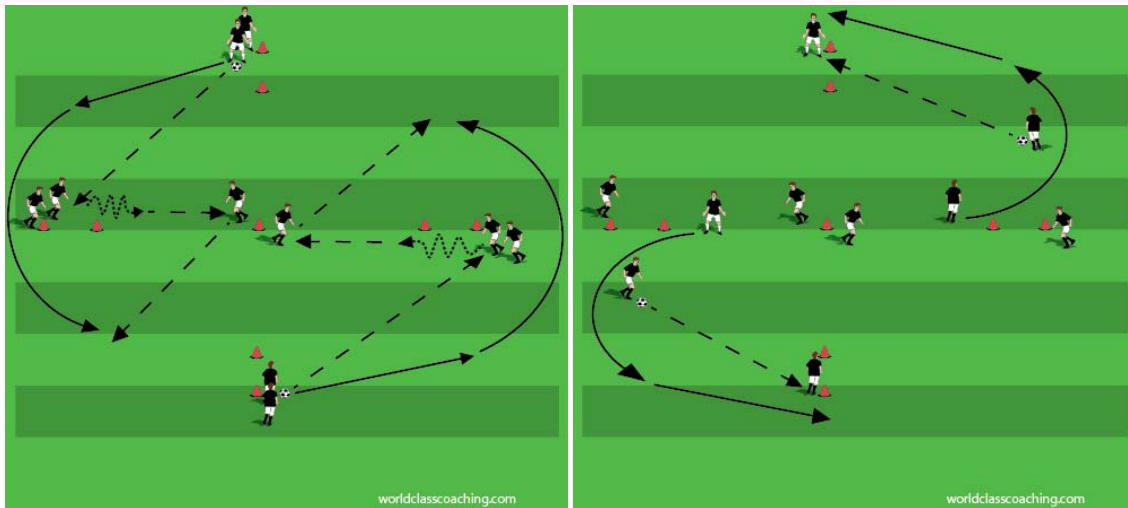
CP: Players need to perform the drill at game speed. The drill is meant to simulate game actions and it's important that players focus on playing it at speed.

CP: Communication is the key. Players need to read each other and communicate with one another throughout the drill.

CP: Play is continuous and two soccer balls are working at the same time, so players need to be focused all of the time.

- 5) **Technical Passing-** This drill is a progression from the one above, except two players are positioned in the middle on the central cone. The purpose of the drill is the same, except the middle player is incorporated to create combinations in the overlap. The drill begins with the player with the ball passing the ball forward to the player on the right, then making an overlapping run. The receiving player starts to dribble in towards the cone while the player is overlapping. The central player checks away and then back to receive a pass from the player dribbling in. The checking player receives and one-touch passes the ball back outside into the space in front of the overlapping player. The central players for this progression stay central for the entire drill. The player who dribbled in and made the pass makes an

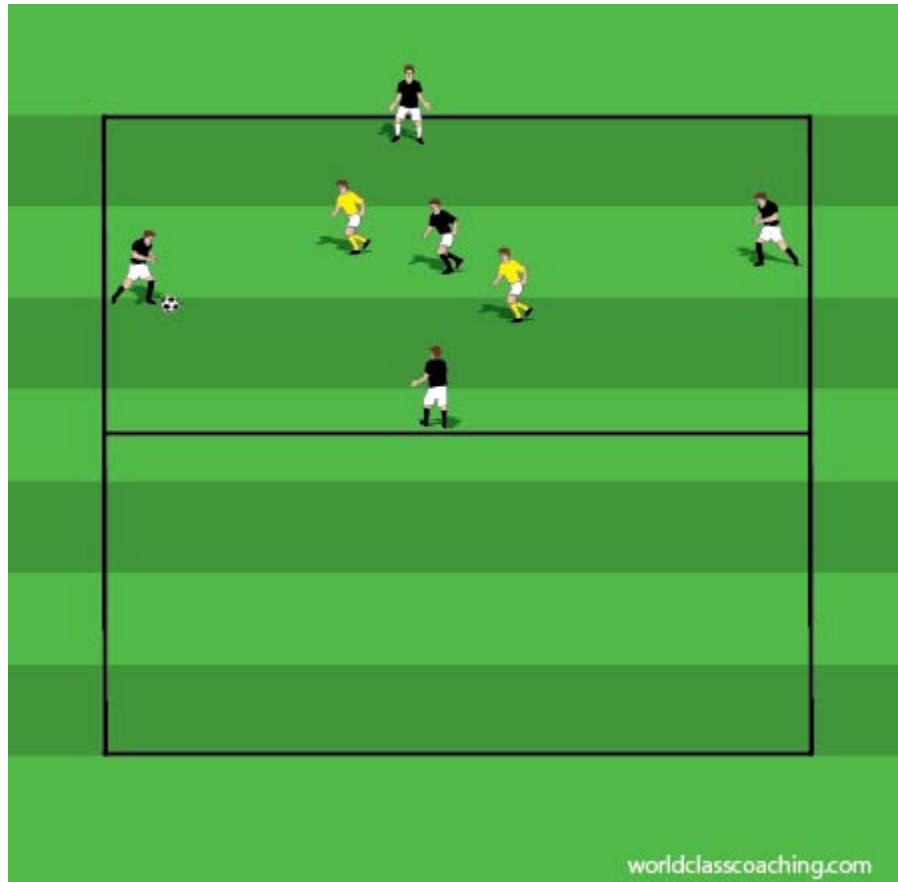
overlap of the next player. The overlapping player after passing the ball on takes position back at the cone they overlapped. The drill is continuous. Make sure you reverse the direction of the drill after 5-6 minutes of success.



CP: Timing is even more important now since you are incorporating combinations to achieve the overlap. Be sure players read each other. It is important that the receiving player is alert and reading the run of the overlapping player so they can time their pass into the central player. The central player needs to read the run of the overlapping player so they can time their pass into space. The player who initially receives the ball also needs to read when they should begin their overlapping run so that they don't affect the overlap of the first player. Timing is critical in this drill.

CP: Technique must be perfect. The pass must be properly weighted and the receiving touch should set up their next movement. The central player needs to time when to check, but must have their hips facing into space so that they are prepared for a one-touch pass on the ground and into the space of the overlapping player.

- 6) **Small-Sided Game (5v.2 Transition Game)**- Set up one large grid that is 25 yards wide by 40 yards long. Divide the grid into two equal halves of 20 yards by 25 yards. The possessing team keeps control of the ball and on the coaches signal they look to overlap the ball and quickly get into the other grid. Once in the other grid the possessing team gets their shape as quickly as possible. If the defenders win the ball they try to get into the opposite grid and keep possession. The possessing team looks to win it back and get back into the other grid. The game is continuous and should be played at game speed. This is a great game to emphasize ball speed and transitional speed. For more advanced teams or older players play with three defenders instead of two. This will increase the difficulty and, hopefully, increase ball speed.



CP: Begin with technical corrections. No drill that is meant to mimic the game can be successful without proper technique. This begins with an emphasis on proper passes. Passes need to be weighted properly. They need to be accurate in their delivery. This means that the pass is played to the proper foot. Players need to be prepared to receive the ball so that they can play at speed. Make sure players have their hips open and are on the balls of their feet and ready to receive the ball. Players need to be surveying the environment so that if and when the ball is delivered they know where their options are and how quickly they need to play the ball.

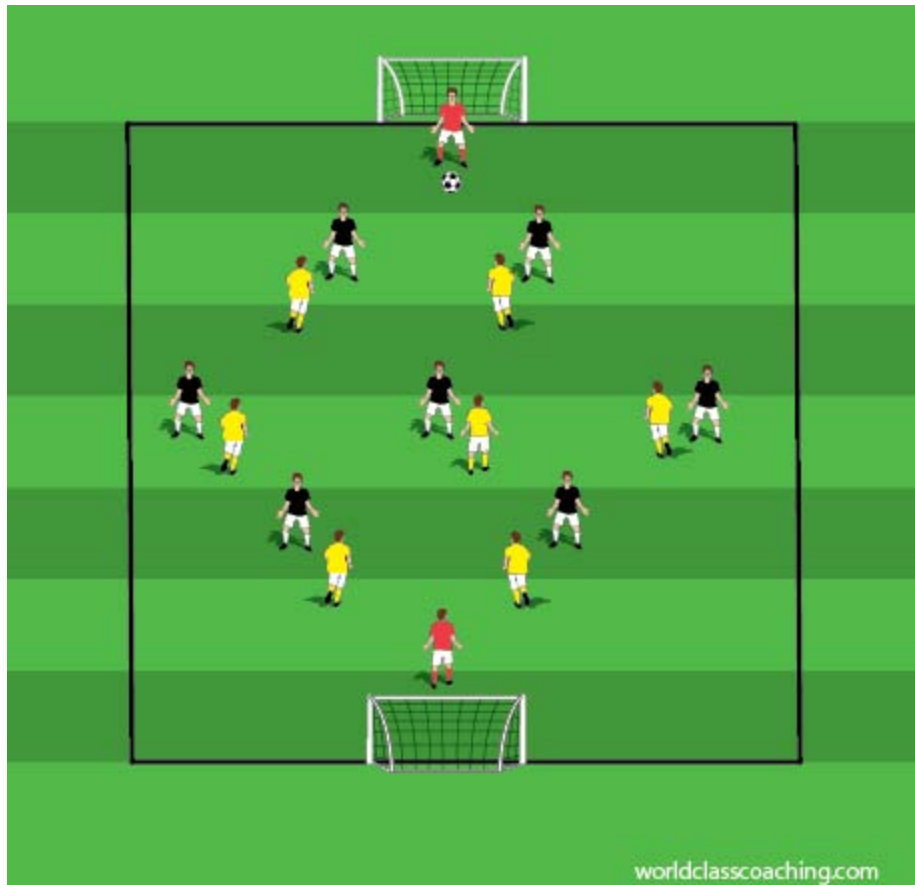
CP: Ball speed is very important, as is awareness of the environment. Players need to understand their options so that they don't force the ball back into pressure. If a player passes the ball back into pressure make sure to stop the play and point out the options. In most cases, a player passes the ball back into pressure because they have not opened their hips and prepared to receive the ball.

CP: Communication is very important. Players need to talk with one another and help to direct the flow of possession.

CP: Once the switch is called by the coach players need to move as fast and as effectively as possible into that next grid. The player nearest the ball needs to call for the overlap and complete the run as quickly as possible. They need to look to receive the ball and get into the next grid as fast as possible without jeopardizing possession. Players need to move into position and to get in their team shape as fast as possible. This is transition speed and is very effective at training players to move and think more quickly.

- 7) **Small-Sided Game (7v.7 or a 2-3-2 v. 2-3-2)**- You can adjust the size of the grid to fit the needs of your team. I typically use a grid size of approximately 50 yards wide by 60 yards long. Each team defends a full-sized goal and has a goalkeeper. Teams set up using two defenders, three midfielders spread across the width of the grid and two attacking players. The emphasis should

be on players from the midfield and defense looking for opportunities to overlap and get into the attack. Point out opportunities for this during the early parts of the game.



CP: You can definitely see the shape of the 1-3-5-2 in this drill. Make sure to identify this with the players. The more they see how everything ties together the faster they will become thinking players independently, a very important trait as you cannot be on the field with them when they are playing in a game.

CP: Condition the players to use the overlapping patterns from the previous drills. You can easily see how the combinations can be made.

CP: It is no longer that you expect proper technique here, you need to DEMAND IT! The only way any system will work is if players remain focused. It is easy for players to get caught up in the big picture of the system and forget the details of what it takes to be successful and win.

CP: You need to emphasize what your philosophy is in attacking play and defending play. Do you want the ball played directly into the forward options? Do you want the ball played wide and to have overlaps come from the defenders behind while the outside midfielders dribble inside? Do you want to control the ball in the back and build up indirectly? This is where you start to emphasize how you want to play. The same goes for defending. Do you want immediate pressure and the players to step up and mark? Do you want them to drop and condense and get numbers behind the ball? Do you play zonally or man-to-man or both? Where?

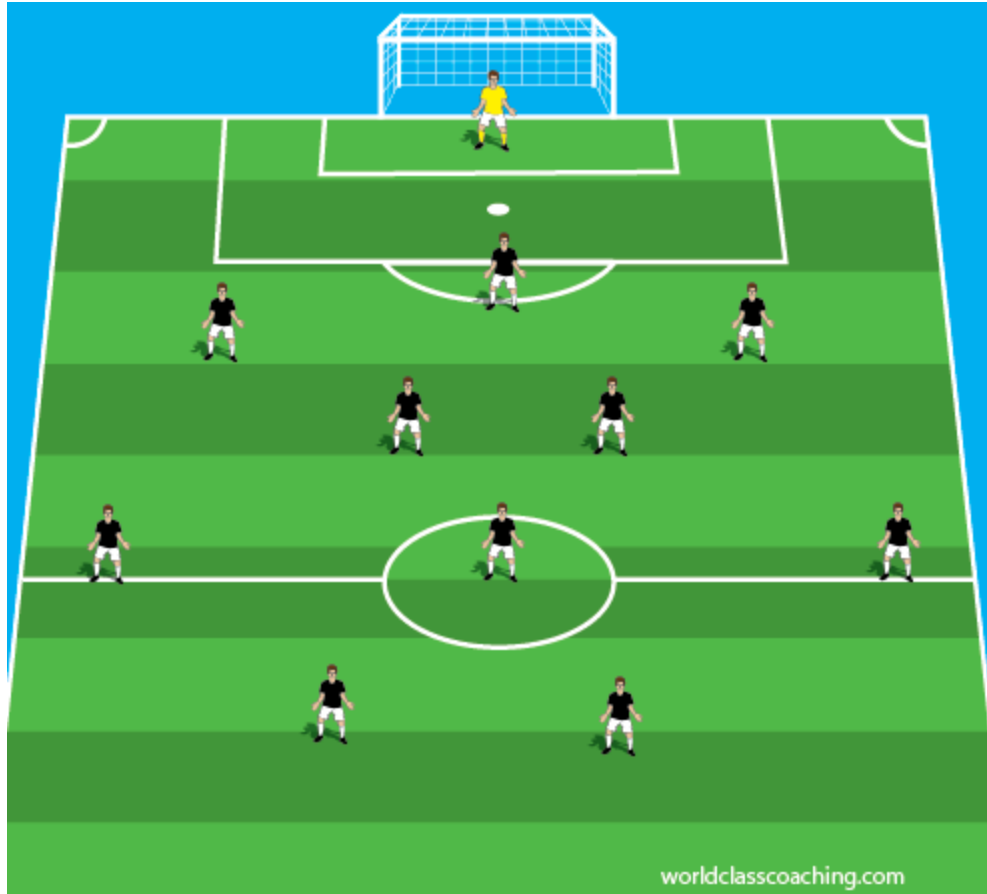
CP: Remind the players that when they have possession they need to protect the ball. Don't give it away too easily. Play the ball into options away from pressure. **Don't Force it!**

- 8) **Shadow Play (11v.0 Through 11v.0)**- This is your opportunity to now work with the team on the shape of the 1-3-5-2 system. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

***CP:** Have the players work with the overlapping patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.*

- 9) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves. This is only their first session learning and playing the 1-3-5-2 formation. Be involved early on in the scrimmage working with players on where they are and where they need to be. This is your opportunity to make sure players are learning the formation from the start.



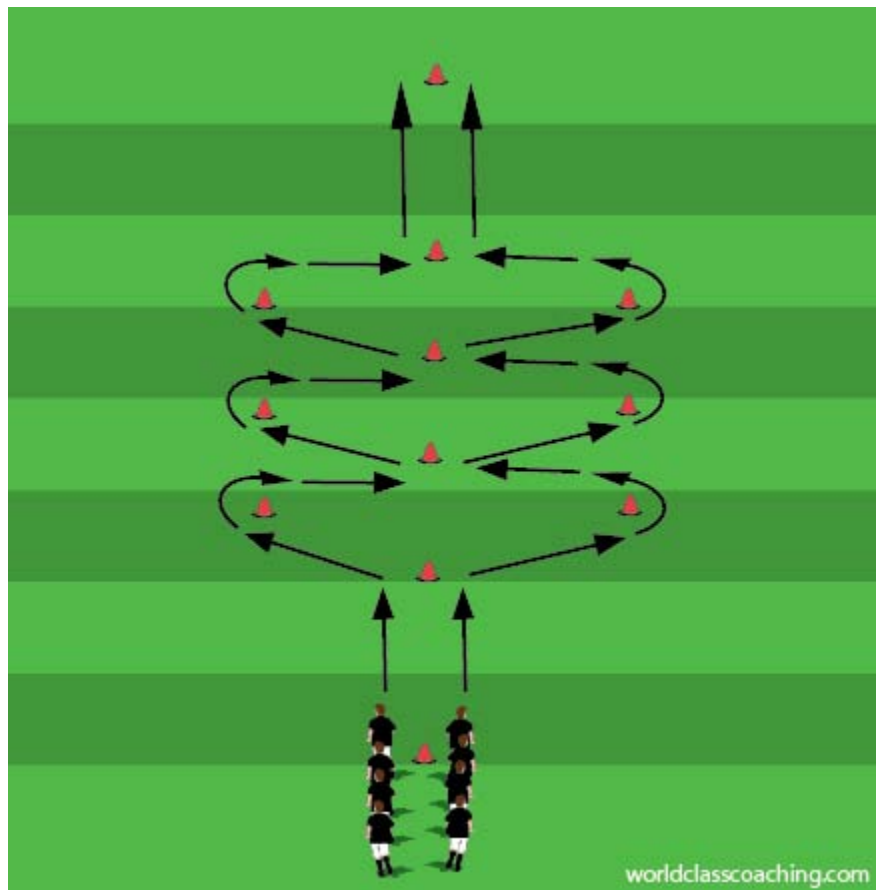
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 2 (1-3-5-2)

- 1) **Dynamic Warm-up-** The cone is set up using 12 cones and covers an area that is approximately 35 yards long and 20 yards wide. After placing the first cone down walk 10 yards forward and place a second cone down. Continue walking in a line straight ahead five yards and place another cone down. Continue another 5 yards and place a cone down. Walk another five yards and place a cone down. Walk ten yards and place the final cone in a line down. You should now have six cones laid in a row with the middle cones separated by five yards and ten yards between each end cone. Go to the second cone and walk halfway to the third cone (2 and ½ yards), then out to the right ten yards and place a cone down. Go back to the middle spot again and walk to the left ten yards and place a cone down. Do this two more times between each cone in the middle so that it looks like the diagram below.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working forward towards the second cone before working out wide. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to the cone, then cut and continue to the inside cone

- Heels up to the cone, then cut and continue to the inside cone
- Right Knee Thrust to the cone, then cut and continue to the inside cone
- Left Knee Thrust to the cone, then cut and continue to the inside cone
- Jog to the cone, then cut and continue to the inside cone
- 75% run to the cone, then cut and continue to the inside cone
- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

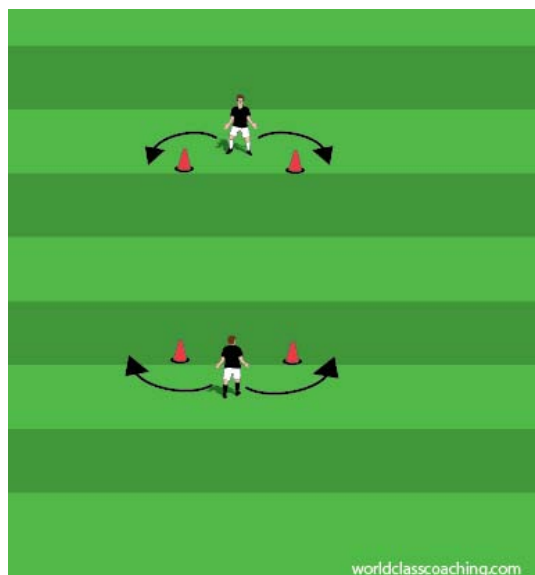
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work around each cone side-to-side as they perform the exercises.



The drill begins with the first player running to the side around the first cone and their partner tossing the ball to their partner. Once they touch the ball back to their partner they run to the opposite cone to receive the ball again. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.

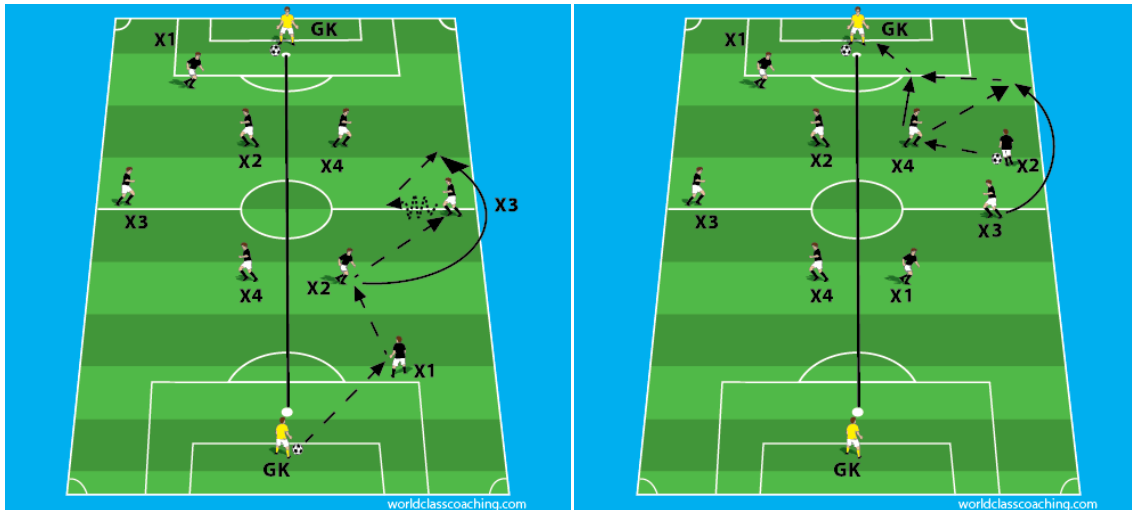
CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward t the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** The drill builds off of what was covered in the previous session (overlapping), but in more of a team environment. There are two different lines working on the drill, one on one half of the field and the other on the other half of the field. Both lines flow into one another and are continuous. The drill begins with player X1 receiving the ball from the goalkeeper. Player X1 receives and passes the ball to player X2, then follows their pass. Player X2 receives the ball and passes to player X3 outside, then makes an overlapping run of player X3. Player X3 receives the ball and begins to dribble inside, then makes the pass out wide for player X2 who is overlapping. Player X3 then makes a run behind player X2 and starts to overlap player X4. Player X2 receives the ball and passes to player X4 forward and inside. Player X2 takes position where player X3 was. Player X4

receives the ball and passes it back out wide for the overlapping player X3. Player X4 then turns inside and begins to make a forward run. Player X3 receives the ball and passes it in front of player X4, then takes their spot. Player X4 receives the ball and passes it to the goalkeeper, then switches to the other side at the beginning of the line. The drill is continuous.



CP: The drill works on timing. Players need to time their runs and passes with the overlaps.

CP: Encourage players to build the drill to accurate passing. The drill needs to build in technical speed on all levels.

CP: Players need to perform the drill at game speed. The drill is meant to simulate game actions and it's important that players focus on playing it at speed.

CP: Communication is the key. Players need to read each other and communicate with one another throughout the drill.

CP: Play is continuous and two soccer balls are working at the same time, so players need to be focused all of the time.

CP: It is important to start showing players how everything ties into the game. This technical passing drill simulates player positions within the 1-3-5-2 System. Be sure to paint the picture for the players by explaining the positions and how the overlaps are used and its effectiveness in the game.

5) **Technical Passing-** The drill is the same as above, except player X4 finishes by shooting at goal instead of passing into the goalkeeper. Be sure each goal has extra soccer balls in case shots are missed or goals are scored. The drill needs to remain as continuous as possible. The coaching points and diagrams are the same used in the previous drill. Refer to these for examples and points to use.

6) **Positional Training (Midfielders)-** Create a box that extends 15 yards from each side of the midfield line and uses the entire width of the field. Play inside the box is five midfielder players against 4 defending players. The five midfielder players are set up with three across and two behind. The defenders are set up in a flat four midfield. On each end line set up a small cone goal that is ten yards wide and in the middle. Have a target player stand inside

and behind each cone goal. These target players are neutral and play with the team that has possession. On each outside line set up a cone goal in the middle that is also ten yards wide with a target player inside and behind. These target players play on the five midfield team only. The objective is for the five midfielders to keep possession and to work the ball from target to target in the middle. They can use the outside targets to maintain possession. If the defenders win possession they are allowed to use the middle targets as well and try to keep possession also.



CP: The purpose of a five midfield system is to shut down the 1-4-3-3. You can adjust the defenders inside to simulate this by placing three players central and removing the fourth defender. Allow them to use the target players wide also.

CP: Make sure that the players protect the ball as much as possible. It is a system that is designed to dominate possession in the midfield. Make sure that the five midfielders work together to protect the ball. The three midfielders across need to keep their shape as much as possible. The two defensive midfielders need to read the movements of the three forward players. If the outside players have possession and begin to make runs inside, then the defensive midfielders need to read this as an opportunity to overlap the player. Be sure that this is an emphasis of the drill since you have used this in your technical passing.

CP: Communication and timing are very important elements. Make sure players are focused and working together.

- 7) **Positional Training (Forwards)**- This exercise takes place in one third of the field and uses one full-sized goal with a goalkeeper. There are two cone gates, one on the right side and one on the left side, about 35 yards from goal. A player stands between each of the cone goals and supports the team with possession. Three defenders protect the goal and are attacked by two forwards and one attacking midfielder. The forwards work on different runs, but must stay within 15-20 yards of each other at all times. The attacking central midfielder begins with possession and looks to play the ball into the feet of the forwards or into space behind the defenders for the forwards to run on to. You can also work with the defenders on their shape and staying organized. You may want to begin the exercise back an additional 15-20 yards and have the attacking midfielder running forward with the ball. This way the defenders and forwards aren't just standing and shifting side-to-side, they must work while retreating towards goal. You may also want to add a fourth defender to simulate attacking a 1-4-4-2 or any system with 4 defenders.



CP: It is important that players focus on the three stages of technique early on in this exercise. They must check appropriately for the ball to receive it. They must be looking to turn and attack the defenders and not play with their back to goal. They must be on the balls of their feet ready to explode behind the defense. It is important that they are prepared to be attacking players and not just forwards. Anyone can be a forward. Not everyone can be an attacker.

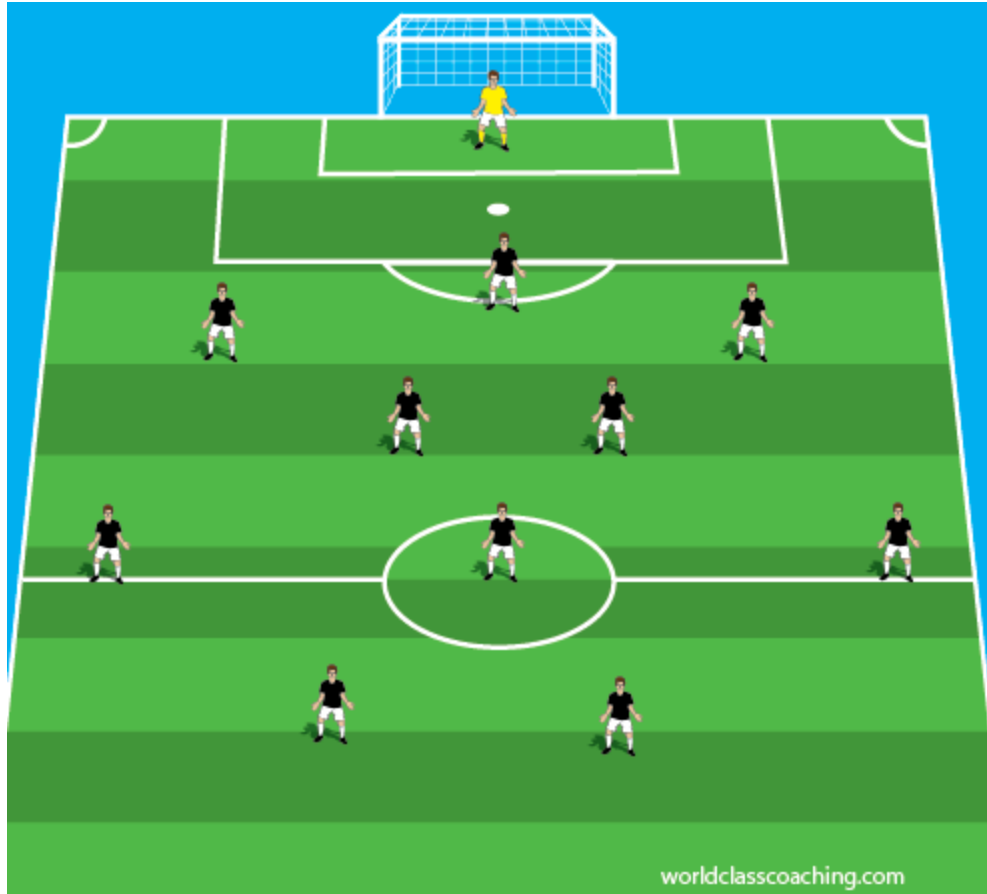
CP: Emphasize faster play in the attacking third. Players should not get there and then figure out what to do. Train them to look for options as they are moving forward. They should have at least three and should select the best one. You don't want them to get there and slow the attack down so they can figure out what to do. This is a tactical problem. Force them to think earlier.

- 8) **Shadow Play (11v.0 Through 11v.0)**- You need to continue to work with your team on the 1-3-5-2 system. You have started to lay the foundation, but now you need to start making the players responsible for knowing their positions. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

***CP:** Have the players work with the overlapping patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.*

- 9) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves. You are now two sessions in to learning and playing the 1-3-5-2 formation. Be involved early on in the scrimmage working with players on where they are and where they need to be. This is your opportunity to make sure players are learning the formation from the start.



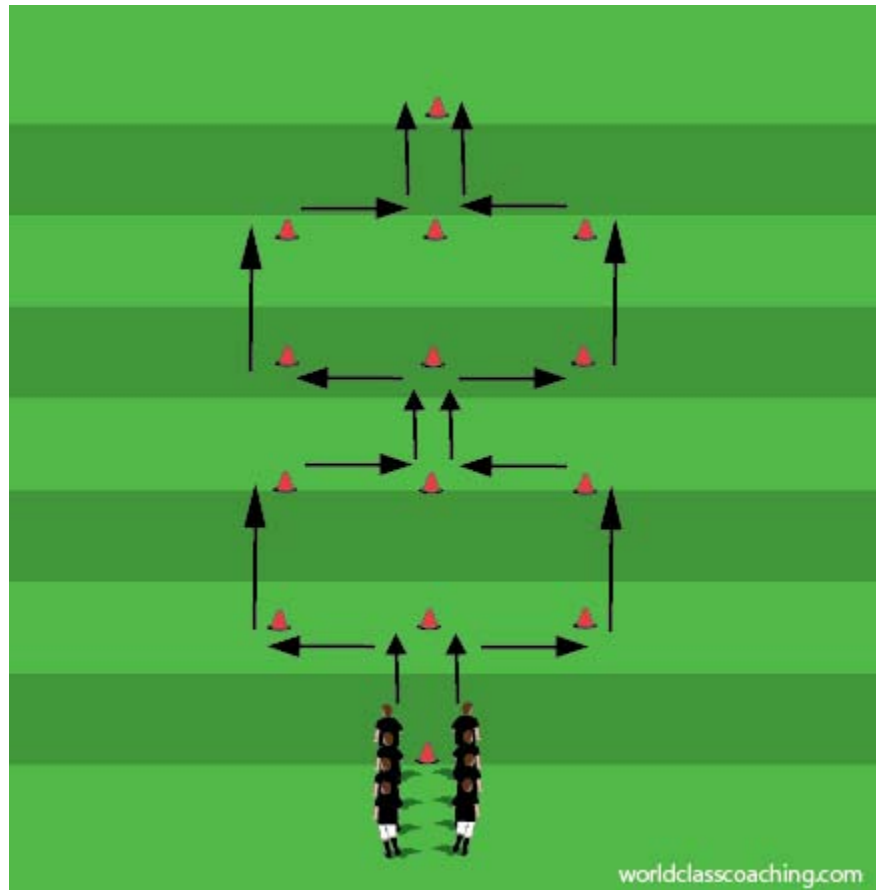
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 3 (1-3-5-2)

- 1) **Dynamic Warm-up-** The drill is set up using 13 cones and covers an area that is 25 yards long by 10 yards wide. Begin by creating a line of cones that is 25 yards long and placing a cone every five yards. At the second, third, fourth and fifth cones walk out five yards each side and place a cone down. It should look like the diagram below.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working forward towards the second cone before working out wide. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to the forward cone, then cut and continue to the outside and working the line before cutting back inside
- Heels up to the forward cone, then cut and continue to the outside and working the line before cutting back inside
- Right Knee Thrust to the forward cone, then cut and continue to the outside and working the line before cutting back inside
- Left Knee Thrust to the forward cone, then cut and continue to the outside and working the line before cutting back inside

- Jog to the forward cone, then cut and continue to the outside and working the line before cutting back inside
- 75% run to the forward cone, then cut and continue to the outside and working the line before cutting back inside
- 100% run to the forward cone, then cut and continue to the outside and working the line before cutting back inside

CP: Be sure that the players work to the cones and don't round their runs.

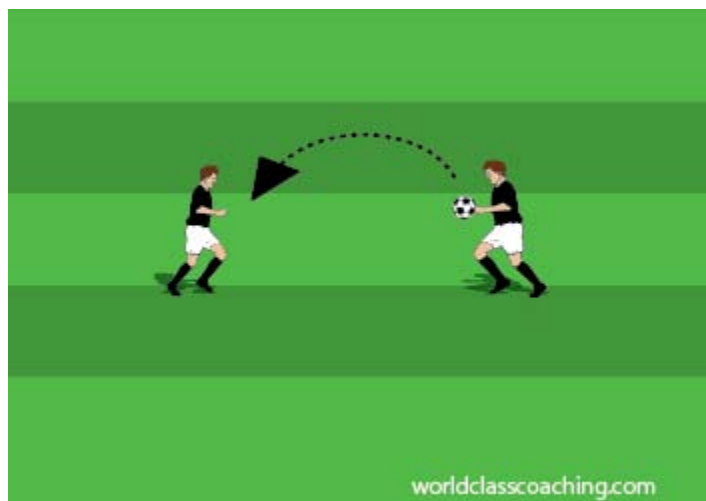
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands

- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

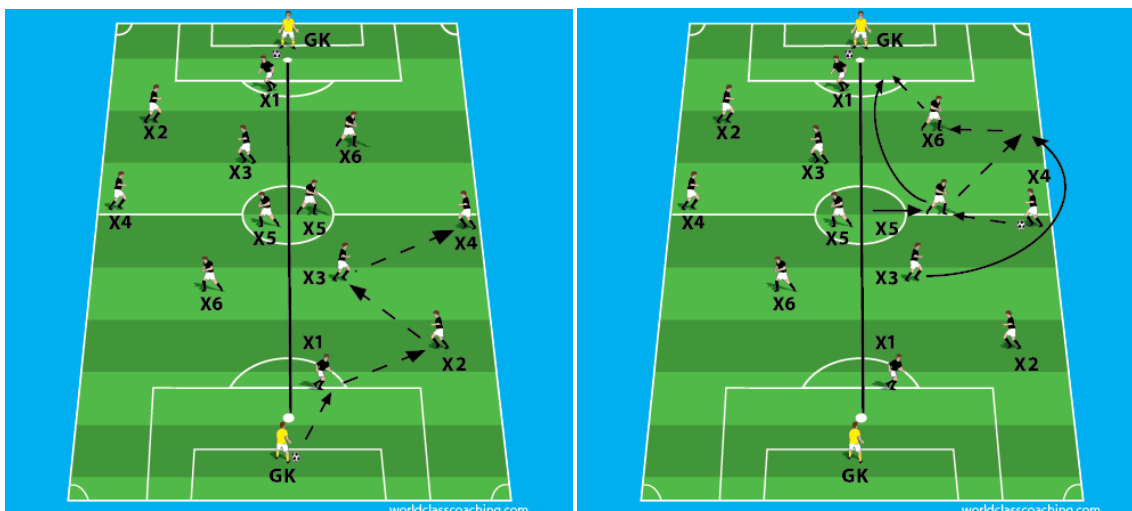
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward t the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The drill continues to build off of what was previously covered in the last two sessions. There are two different lines working on the drill, one on one half of the field and the other on the other half of the field. Both lines flow into one another and are continuous. The drill begins with player X1 receiving the ball from the goalkeeper. Player X1 receives and passes the ball to player X2, then follows their pass. Player X2 receives the ball and passes to player X3, then follows their pass. Player X3 receives the ball and passes out wide to player X4, then makes an overlapping run. Player X5 makes a checking run in towards the ball as player X4 receives the ball. Player X4 passes the ball to player X5, then follows their pass. Player X5 receives the ball and passes it wide to the overlapping player X3. Player X3 receives the ball and passes in to player X6. Player X5 times their run after the pass out wide and makes a penetrating run towards goal. Player X6 receives the ball and passes it in front of player X5, then switches sides. Player X5 receives the ball and passes it to the goalkeeper, then takes player X6's spot. The drill is continuous.



CP: The drill works on timing. Players need to time their runs and passes with the overlaps.

CP: Encourage players to build the drill to accurate passing. The drill needs to build in technical speed on all levels.

CP: Players need to perform the drill at game speed. The drill is meant to simulate game actions and it's important that players focus on playing it at speed.

CP: Communication is the key. Players need to read each other and communicate with one another throughout the drill.

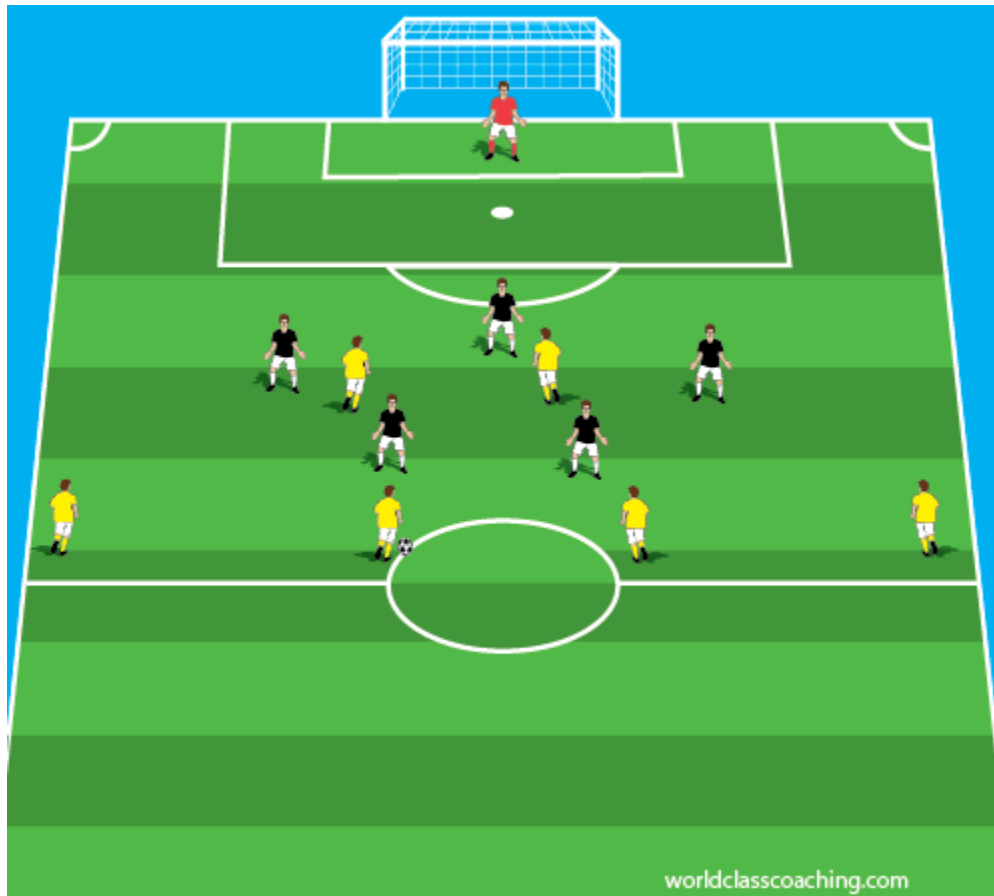
CP: Play is continuous and two soccer balls are working at the same time, so players need to be focused all of the time.

CP: It is important to start showing players how everything ties into the game. This technical passing drill simulates player positions within the 1-3-5-2 System. Be sure to paint the picture for the players by explaining the positions and how the overlaps are used and its effectiveness in the game.

5) **Technical Passing-** The drill is the same as above, except player X5 finishes by shooting at goal instead of passing into the goalkeeper. Be sure each goal has extra soccer balls in case shots are missed or goals are scored. The drill needs to remain as continuous as possible. The coaching points and diagrams are the same used in the previous drill. Refer to these for examples and points to use.

6) **Positional Training (Defenders)-** This exercise takes place in one half of the field and uses one full-sized goal with a goalkeeper. The attacking team has four midfielders and two attacking players and the defending team has three defenders and two defending central midfield players. The six attacking players work on trying to penetrate and break down the defenders. The defenders work on keeping shape in the back and using the two defensive midfielders to pressure and keep the ball wide and out of the middle. In addition, the defensive central midfielders look to mark man-to-man when the ball is inside of 30 yards from goal. Work with the three defenders to play zonal and to keep the spaces between them small. When the ball is played wide and they are inside of 30 yards, then the weak side defender must be aware of the player behind them and may have to mark

when the ball is served in. Condition to defensive unit to step up quickly when the ball is cleared from the area.



CP: Focus on the defenders staying close together and not getting caught up into the runs of the attacking players. Make sure they cannot get beat and a ball played behind them. Encourage the ball wide, but deny the ball central.

CP: The two defensive central midfielders must be aggressive at keeping the ball wide and then protecting the middle when the ball goes wide. The weak side midfielder should look to mark man-to-man when the ball is wide and a serve is about to be delivered.

CP: The defending team should work and coordinate together. When the ball is cleared the entire team should step together. When there is no pressure on the ball the team should drop together. When there is pressure on the ball the team should hold and close the gaps making the only options wide.

CP: Good defenses are loud. Encourage your defense to be very vocal and very loud. It should start from the goalkeeper. The goalkeeper should be directing the defense and be very loud. The defensive unit should in turn be very vocal and directing and commanding each other.

- 7) **Positional Training (Midfield Defending)**- Create a box that extends 15 yards from each side of the midfield line and uses the entire width of the field. Play inside the box is five midfield players against 5 defending players. The five defending midfield players are set up with three across and two behind. The opposing team is set up with a flat four midfield and one attacker forward. On the end line being defended by the five midfield players

are two small cone goals with target players inside of each. The small cone goals are set up with one outside on the right and the other outside on the left. Another cone goal is set up on the opposite line in the middle, also with a target player. These target players are neutral and play with the team that has possession. The objective is for the five midfielders to win possession and to work the ball from target to target. When they don't have possession the midfield must try to force the ball inside and away from the two small cone goals. Once they win it they look to play the ball into the central option. You can change this to reflect two small cone goals outside if your focus is going to be to play the ball wide as your first option.



CP: When defending in the five midfield system you are trying to get the opponent to play inside through the middle. Work with your outside midfielders on forcing the player out wide with the ball inside. The central midfielder and defensive central midfielders should be very aware of players in the middle looking for combinations through the middle and back out wide to beat your pressure. This is where you must work with them to mark and pressure more tightly.

CP: The defense should be very patient and composed. Don't jump into the play, but be ready to challenge the ball quickly. Most attacking players are looking for defenders to be careless and to over commit. Work with your defenders to be very protective of the space behind and to step and pressure the minute the ball is played centrally.

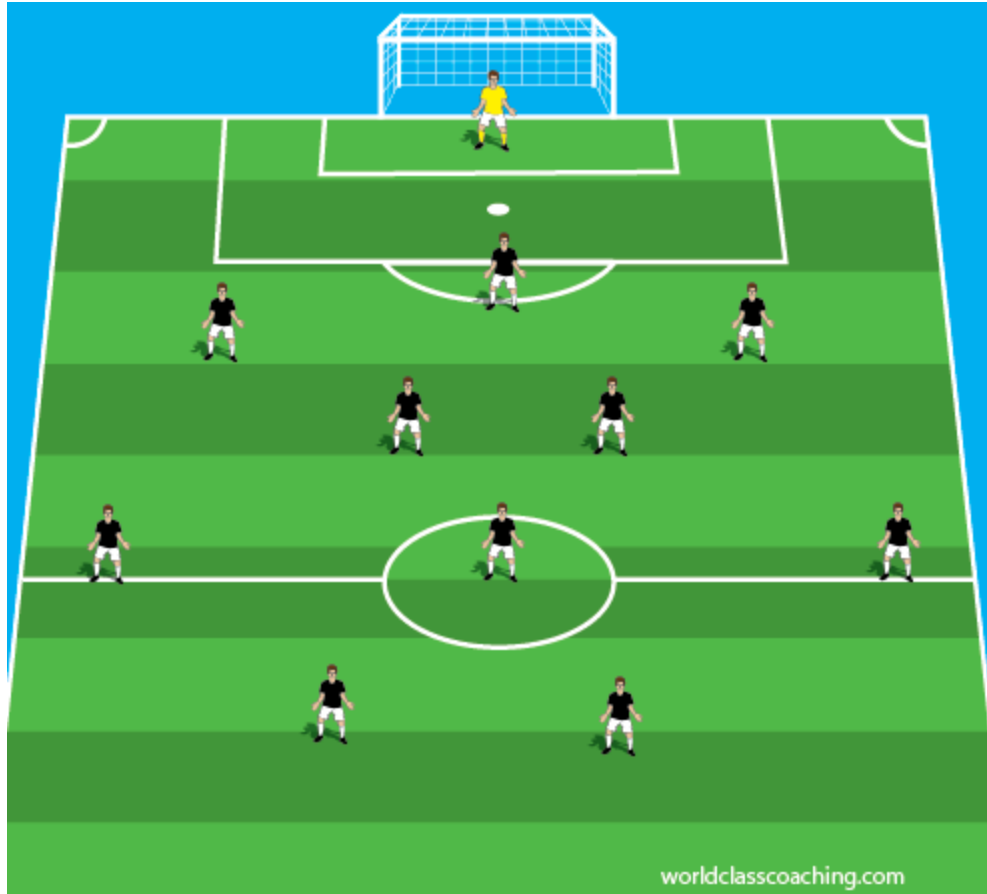
CP: It is important that most of the defending in the 1-3-5-2 system happen in the midfield. It should be very difficult for the opponent to get through the midfield and it should frustrate them when they try. Most teams will resort to a dump and chase game. The back three defenders should be read this and be prepared.

- 8) **Shadow Play (11v.0 Through 11v.0)**- You need to continue to work with your team on the 1-3-5-2 system. You have started to lay the foundation, but now you need to start making the players responsible for knowing their positions. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses their own ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

***CP:** Have the players work with the overlapping patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.*

- 9) **11v.11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves. You are now two sessions in to learning and playing the 1-3-5-2 formation. Be involved early on in the scrimmage working with players on where they are and where they need to be. This is your opportunity to make sure players are learning the formation from the start.



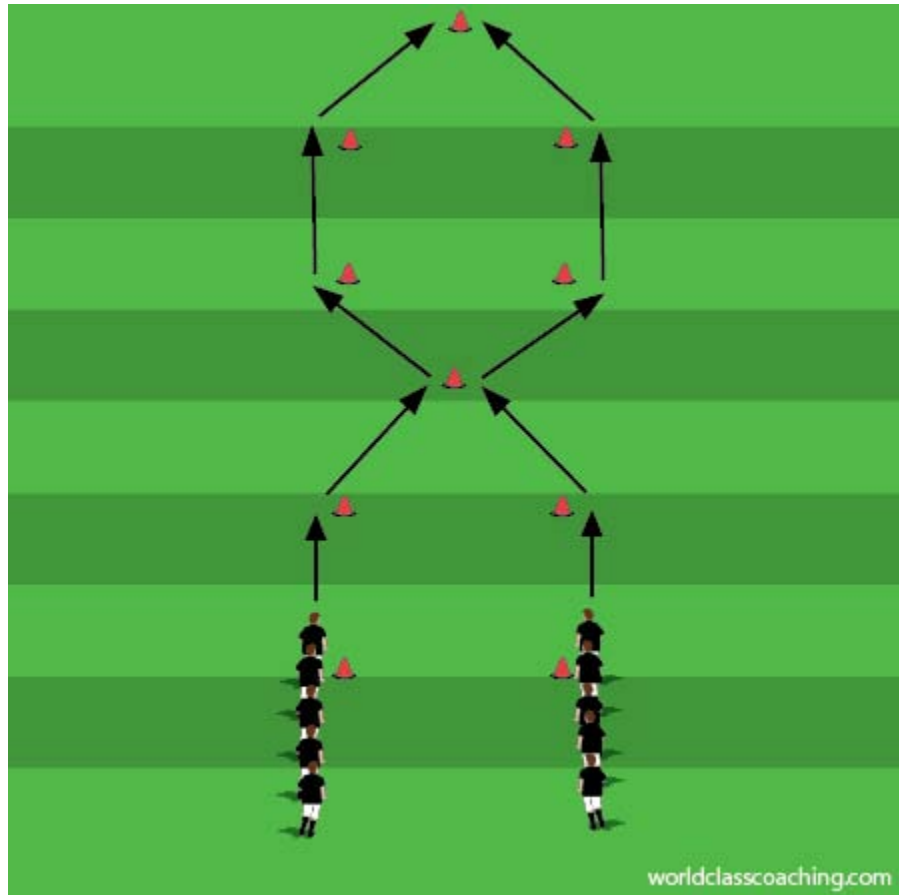
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 4 (1-3-5-2)

- 1) **Dynamic Warm-up-** The drill takes ten cones to set up and covers an area that is 10 yards wide and 25 yards long. Begin by creating a 5 yard by 5 yard box. From the middle of the end line of that box walk 5 yards and place another cone down. Continue another five yards and create another box that is 5 yards by 5 yards. From the middle of the end line of that second box walk five yards straight ahead and place the final cone down. It should resemble the diagram below.



The players are divided into two equal groups with each group lined up facing forward towards the second cone. Players begin by working straight ahead before working in towards the middle cone. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to the cone, then cut and continue to the inside cone
- Heels up to the cone, then cut and continue to the inside cone
- Right Knee Thrust to the cone, then cut and continue to the inside cone
- Left Knee Thrust to the cone, then cut and continue to the inside cone

- Jog to the cone, then cut and continue to the inside cone
- 75% run to the cone, then cut and continue to the inside cone
- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

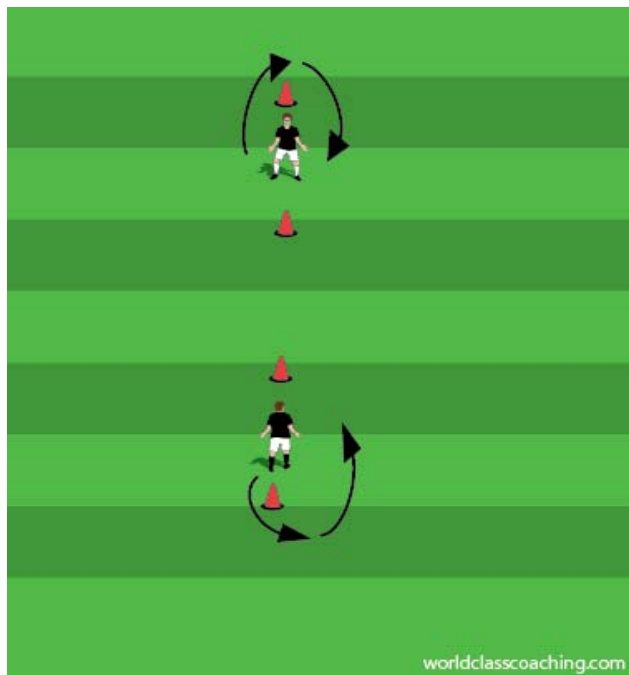
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work back around the cone then forward towards the front cone.



The drill begins with the first player running around the back cone and then forward towards their partner who tosses them the ball. Once they touch the ball back to their partner they run to the back cone again. The drill is continuous. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

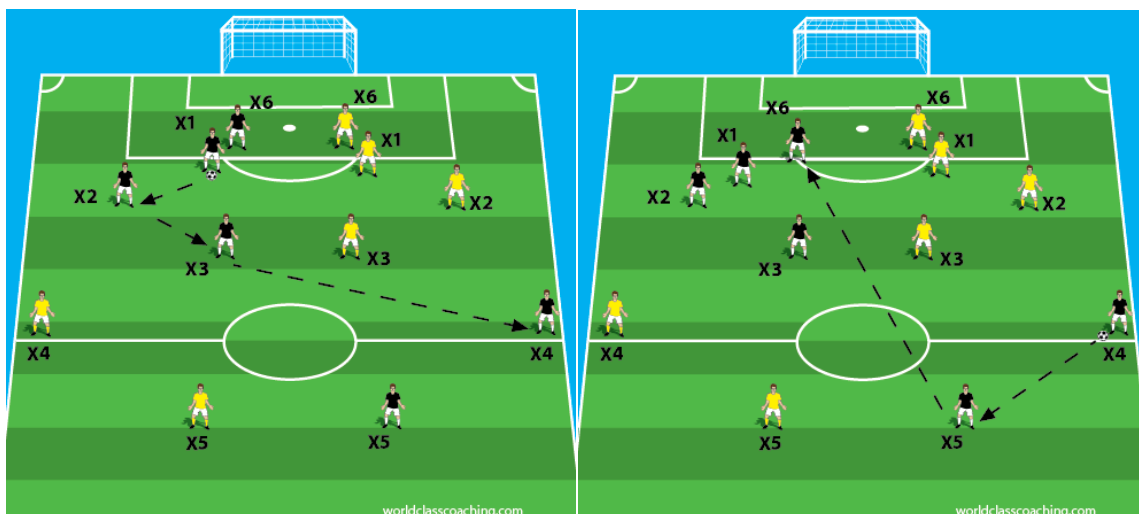
CP: *Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.*

CP: *It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

CP: *Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

CP: *Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The drill takes place over two-thirds of the field and has two groups working simultaneously. The exercise begins with player X1 passing the ball to player X2, then following their pass. Player X2 receives the ball and passes inside and forward to player X3, then follows the pass. Player X3 receives the ball then switches the field by passing out wide to the opposite side to player X4, then follows the pass. Player X4 receives the ball and passes to player X5, then follows their pass. Player X5 receives the ball and passes to player X6 back to the beginning of the drill, then follows their pass. The drill is continuous.

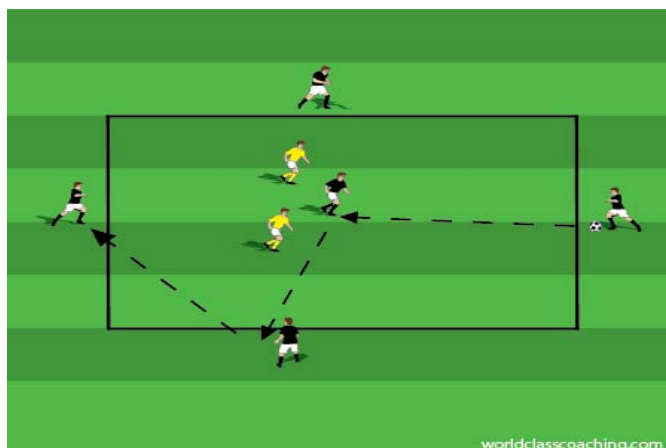


CP: The drill starts to lay out all of the positions in the 1-3-5-2 system. Players, now in their fourth session of learning the system, should have a good understanding of the system and positioning. The Incorporation of a technical passing exercise that focuses on player positioning is the next step in player understanding and development.

CP: Be sure that the players are performing the drill while incorporating proper technique. They need to be properly prepared to receive the ball and need to use an appropriate touch to receive. The key is to make sure the technique is perfect so that the players can play at speed. Emphasize team speed!

CP: Players need to move quickly when following their passes as speed should quickly become the focus. Players need to be very accurate in their passing. If they are not, make them re-start and continue that way until their accuracy improves. If it does not, then consider breaking the drill down to a basic form to improve technique.

- 5) **Small-Sided Game (5v.2)**- Four cones are used to create a 20 yard by 30 yard grid. The play is 5v.2 with a player on the outside of each line and one player inside the grid with two defenders (as shown in the diagram). The objective is for the possession team to play the ball from one player on one line to the player on the line opposite them. Build the concept to where the possession team is looking to play the ball from one end line to the other end line.



CP: Make sure players understand that they need to look for options in possession. Their first look should be the player on the opposite line. Their second look should be the player in the middle of the grid. Their third look should be to supporting players wide. Emphasize to the players that they must always protect the ball and to not give up possession so easily.

CP: You need to build off of what you focused on in the technical passing. Players should be accurate in their passes and should look for the correct foot to pass the ball to. Their pass should set up the next move or pass for the next player.

CP: Players on the outside need to move and shift as they would on the field in the larger game. Encourage them to move to support the ball.

CP: Give the defenders an option when they win possession. They should look to dribble out of the grid while the outside players are allowed to enter the grid to win the ball back and prevent the defenders from dribbling out. Keep score in the game by saying the possession team gets 1 point for 10 consecutive passes or a pass directly to the first option. The defenders get 2 points for dribbling out of the grid. This should raise the work rate in the grid.

6) Small-Sided Game (5v.2)- Same as above, except move all of the players inside the grid.

CP: The emphasis is definitely on speed. Players need to work on faster ball speed and quicker decisions. Ball movement is a key in this progression.

CP: As always, technique and technical preparation must be perfect.

CP: Continue to emphasize playing into an option. More importantly, play into the best option.

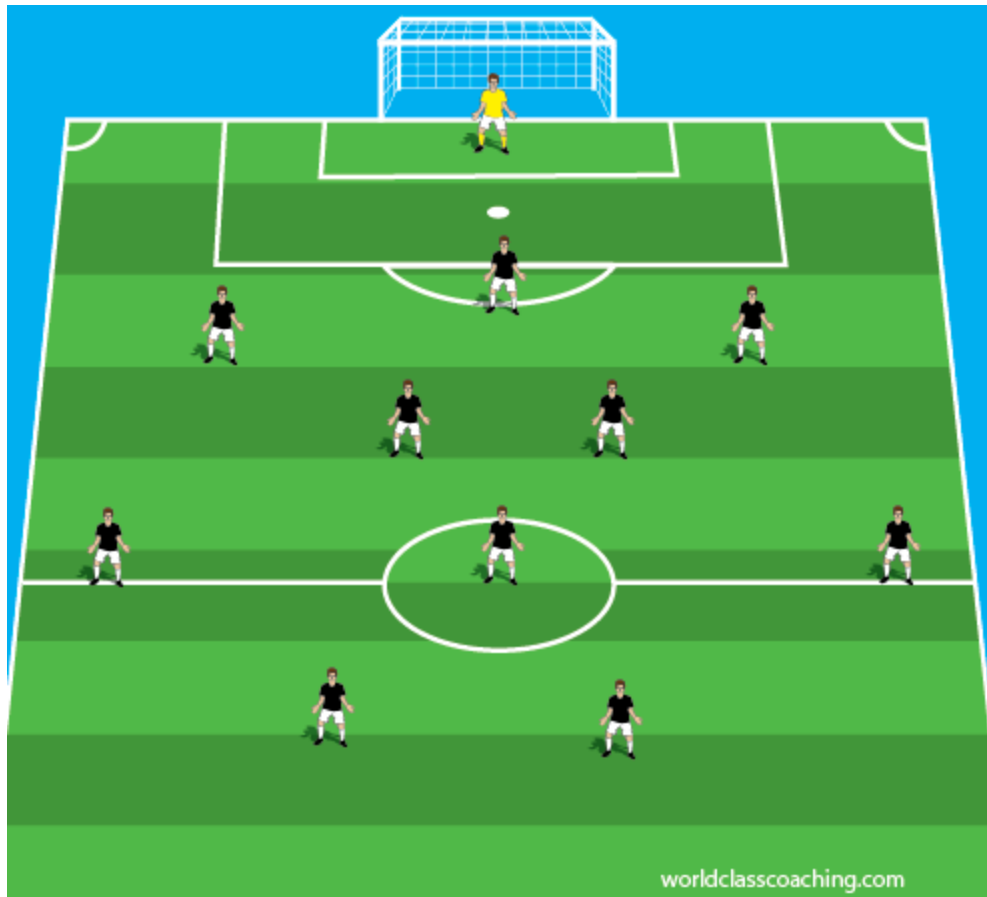
7) Shadow Play (11v.0 Through 11v.0)- You need to continue to work with your team on the 1-3-5-2 system. Your team should have a solid foundation of the 1-3-5-2 system, but they need as much time as they can get working in the big game. Give them more time working in Shadow Play and in Scrimmage Time.

CP: It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.

CP: Have the players work with the overlapping patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.

8) 11v11 Scrimmage- Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves. You are now two sessions in to learning and playing the

1-3-5-2 formation. Be involved early on in the scrimmage working with players on where they are and where they need to be. This is your opportunity to make sure players are learning the formation from the start.



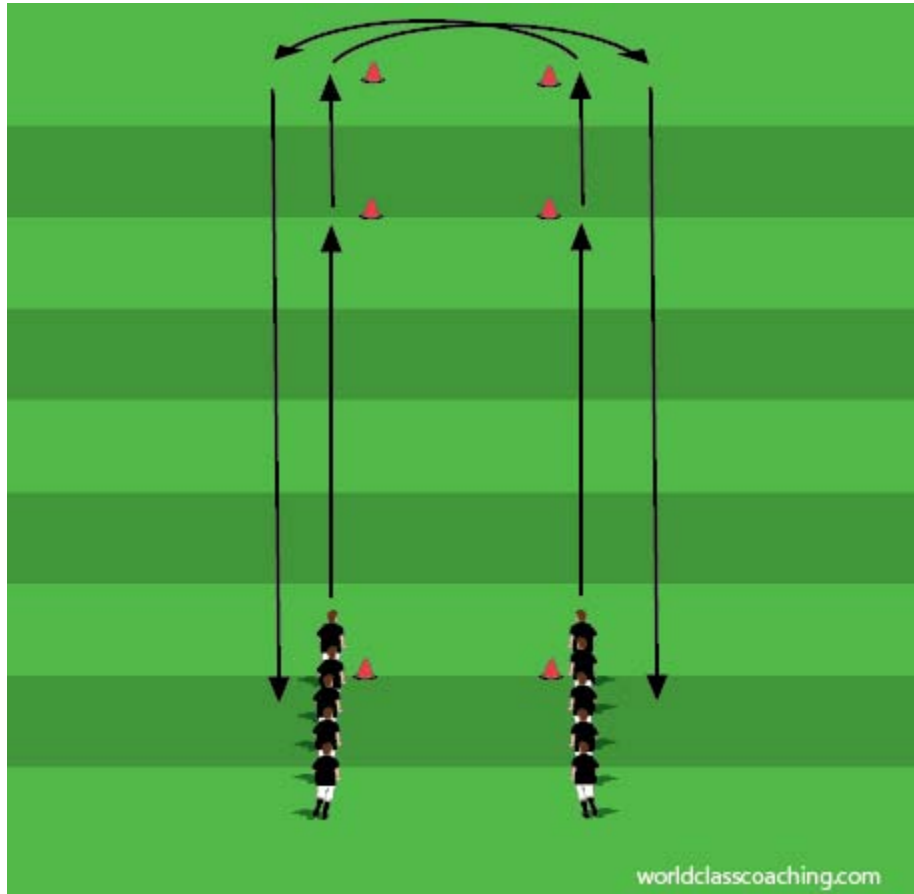
9) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 5 (1-3-5-2)

- 1) **Dynamic Warm-up-** The drill is set up using 6 cones and covers an area that is five yards wide and twenty-five yards long. Begin by creating a grid that is 5 yards wide and 20 yards long followed by a box that is 5 yards by 5 yards. The grid should look like the diagram below.



The warm-up begins with the first person in each line working forward towards the second cone. Once the players reach the second cone they jog out past the third cone. Once they reach the last cone they slow down to a slow jog and turn to jog around the other side and take up position on the opposite line. Lines switch with each run. Follow the pattern listed below:

- Slow jog to the second cone and then jog out to the third cone.
- Slow High Knees to the second cone and then jog out to the third cone.
- Slow Heels up to the second cone and then jog out to the third cone.
- Slow Right Knee Thrust to the second cone and then jog out to the third cone.
- Left Knee Thrust to the second cone and then jog out to the third cone.

- Slow Carioca facing in to the second cone and then jog out to the third cone.
- Slow Carioca facing out to the second cone and then jog out to the third cone.
- Slow Shuffle facing in to the second cone and then jog out to the third cone.
- Slow Shuffle facing out to the second cone and then jog out to the third cone.
- Slow Backwards jog to the second cone and then jog out to the third cone.
- Slow Backwards jog to the second cone and then jog out to the third cone.
- 75% run to the second cone and then jog out to the third cone.
- 100% sprint to the second cone and then jog out to the third cone.

CP: Be sure that the players work to the cones and maintain awareness of players coming at them from the sides as they finish each run. The end of the run should be a zipper as players alternate as they go through.

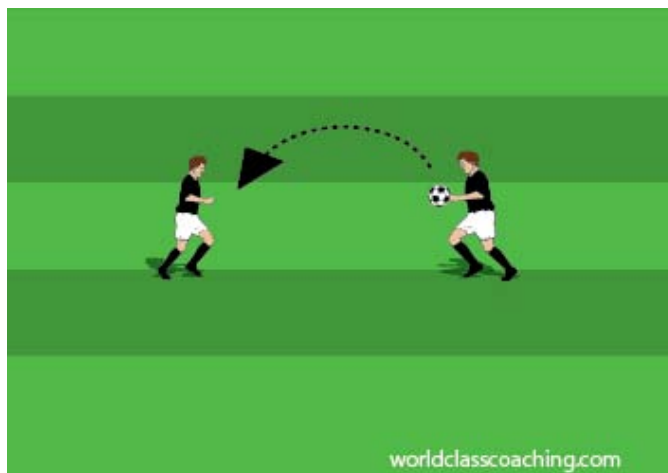
CP: The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.

CP: Players need to focus on increasing their speed so they can learn how to change gears in warm-up and, ultimately, in the games.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

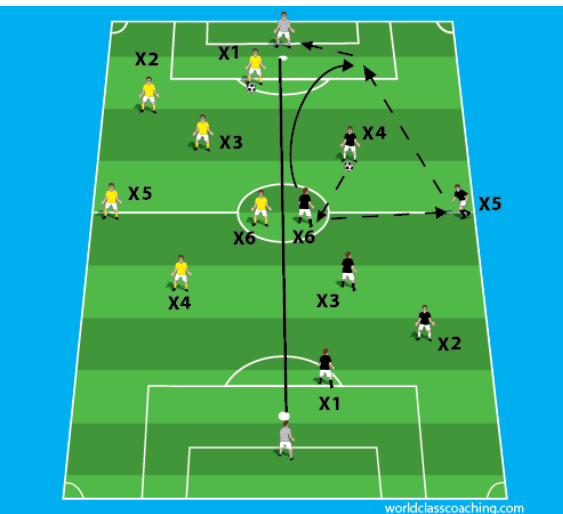
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The technical passing has progressed since the first session to include positional awareness. This session continues that trend by placing the players on the field for this technical passing drill. There are two equal lines work simultaneously from one goal to the other. The drill begins with player X1 passing the ball to player X2, then following the pass. Player X2 receives the ball and passes it forward and inside to player X3, the following. Player X3 receives and passes long and forward to player X4, then following. Player X4 receives and then passes back and inside to player X6, then following. Player X6 receives and passes out wide to player X5, then delays making a forward run. Once player X5 receives the ball, then player X6 makes a forward run behind player X4. Player X5 receives the ball and passes it into the space in front of player X6, then follows to player X6's spot. Player X6 receives the ball and passes it to the goalkeeper, then takes up space on the opposite line.



CP: Technique must be perfect. Make sure players are prepared to receive the ball. They need to be on the balls of their feet and have their hips facing towards the ball AND towards the next target.

CP: It is important that players stay focused at all times in the drill. They need to communicate as they are going through the exercise so they get used to the patterns very quickly.

CP: Players need to be playing at maximum team speed. Ball speed, thinking speed and technical speed are a key in this exercise and will benefit team play later on.

CP: Players need to move quickly as if there is pressure and they need to open space fast. Once the players pass the ball they need to move at speed to the next destination.

- 5) **Technical Passing-** The drill is the same as above, except player X6 finishes by shooting at goal instead of passing into the goalkeeper. Be sure each goal has extra soccer balls in case shots are missed or goals are scored. The drill needs to remain as continuous as possible. The coaching points and diagrams are the same used in the previous drill. Refer to these for examples and points to use.
- 6) **Small-Sided Game (2-3-2 v. 2-3-2 w/ Large Goals and GK's)-** The grid size will vary depending upon the skill level and age of the players. As a general rule, the grid should be 75 yards long by 50 yards wide.



CP: You can definitely see the shape of the 1-3-5-2 in this drill. Make sure to identify this with the players. The more they see how everything ties together the faster they will become thinking players independently, a very important trait as you cannot be on the field with them when they are playing in a game.

CP: Condition the players to use the overlapping patterns from the previous drills. You can easily see how the combinations can be made.

CP: It is no longer that you expect proper technique here, you need to DEMAND IT! The only way any system will work is if players remain focused. It is easy for players to get caught up in the big picture of the system and forget the details of what it takes to be successful and win.

CP: You need to emphasize what your philosophy is in attacking play and defending play. Do you want the ball played directly into the forward options? Do you want the ball played wide and to have overlaps come from the defenders behind while the outside midfielders dribble inside? Do you want to control the ball in the back and build up indirectly? This is where you start to emphasize how you want to play. The same goes for defending. Do you want immediate pressure and the players to step up and mark? Do you want them to drop and condense and get numbers behind the ball? Do you play zonally or man-to-man or both? Where?

CP: Remind the players that when they have possession they need to protect the ball. Don't give it away too easily. Play the ball into options away from pressure. **Don't Force it!**

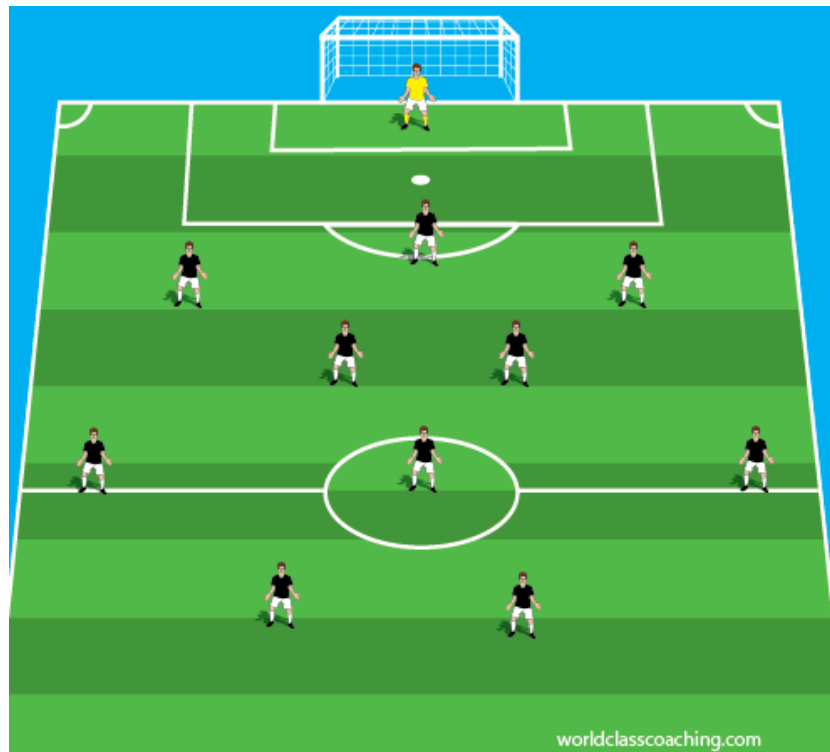
- 7) **Shadow Play (11v.0 Through 11v.0)**- You need to continue to work with your team on the 1-3-5-2 system. Your team should have a solid foundation of the 1-3-5-2 system, but they need as much time as they can get working in

the big game. Give them more time working in Shadow Play and in Scrimmage Time.

CP: It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.

CP: Have the players work with the overlapping patterns they just used in training. Give them other patterns so that they must adjust and possess the ball in a certain way. Encourage combinations and quick play in their possession.

- 8) **11v11 Scrimmage-** Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves. You are now two sessions in to learning and playing the 1-3-5-2 formation. Be involved early on in the scrimmage working with players on where they are and where they need to be. This is your opportunity to make sure players are learning the formation from the start.



9) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Conclusion (1-3-5-2)

After going through a 3-Dimensional Training Philosophy for the 1-3-5-2, it is important to explain that every system, especially the 1-3-5-2, has different shapes and structures. This section went over one specific structure and how it implemented this philosophy. You may play your 1-3-5-2 differently, but the concept of training within this philosophy does not change.

It begins with Progressive Training. In reviewing the 1-3-5-2 sessions, it began with a more basic approach to build an understanding of the system. An example of this is how basic the technical passing seemed to be in the first session versus what was done later on in sessions four and five. The first session is basic to build an understanding of how accurate and technical players need to be within this system. There is no margin for error and, therefore, players need to be more focused on their technique and accurate with their passes. The technical passing sessions in later sessions begin to mimic the system and positions within the system. You transition from simple to complex on every level and in every phase of training. You will also see that the first session begins with the basics of teaching positional roles and responsibilities, such as the Triangle Midfield and the three forwards. As you look at the sessions you will see that they progress to a more advanced structure that includes midfield combinations and attacking options in possession. These are all examples of how the concept of Progressive Training is followed. You must have a plan that is more than what you plan on teaching this week based upon what you saw in the match Saturday. This is not enough. You must have a long term vision of what the players need and how to move forward teaching this from simple to complex exercises and drills. This is Progressive Training.

The next element is Specified Training. The Coaching Points that are made within each session are always very specific to the exercise and to the system you are training. It is important that you make your points very specifically and at the appropriate times. They must always relate to how you want to play and what you are trying to accomplish. Being specific as a coach is very difficult to do, especially if you feel you have been in the past. You will find that by studying the game and looking at the points mentioned and the overall 3-Dimensional Training Philosophy that there is another level you can drill down to in order to be more specific. It is not enough to specify that you want players to check to create space. You must emphasize how they are to check, how they show for the ball, at what point in the exercise and which moment they need to check, and incorporating all of the technical components in order to make it effective and to build speed into the movement. In addition, we haven't even grasped the tactical implications of checking to create space, to open options, to draw in defenders, to take advantage of numbers in attacking areas of the field, and so on. Being very specific in what you do, what you say, and how and when you say it is an important component of 3-Dimensional Training, especially when training any system.

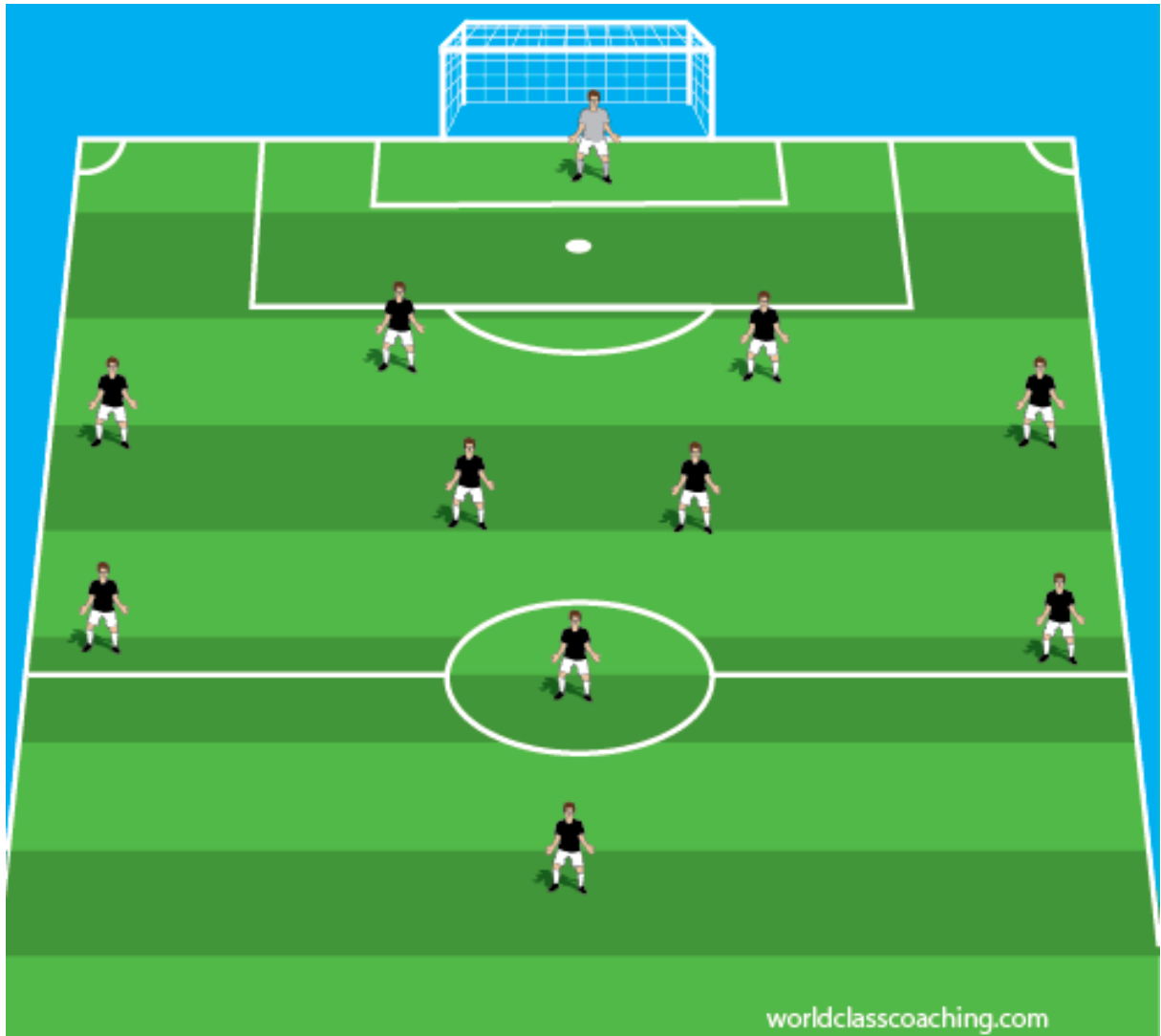
The third element is Positional Training. As mentioned in the previous section every position has its own demands regarding technique, tactical awareness, psychologically and even in regards to fitness. Yet when we train players we train them in one group; soccer players. Sometimes we separate the goalkeepers and train their needs separately as we understand that they have separate needs also. Their technique, tactical awareness, psychological and most definitely fitness are very different from field players. Many coaches have begun to understand this and have separated them to work with specialists. What about wing attackers or wing fullbacks? Do they have the same needs as central midfielders? Is their fitness the same? Do we demand more from them as far as their creativity?

Do we expect wing midfield players to be stronger 1v1 players? Would their needs be different in the system you play? For example, in a 1-4-4-2 aren't the needs of the two strikers different than the needs of two strikers in a 1-3-5-2? Some coaches don't have the luxury of picking their players and must tailor their teams based upon the strengths and weaknesses of the players. Wouldn't the fitness demands and runs be different for two attackers versus three? Of course they would. This doesn't mean that we have to have specialists for every position, this is not the point. What it does mean is that we have to become more complete in our training and development of players young and old. Training is the same way. You should be able to observe a training session and be able to figure out in a general form what system the team plays. You should be able to observe a team training for 10-20 minutes and, by the exercises they are doing, be able to determine the system they are playing. It should be almost like a blueprint. Coaching at the college level now for several years, I have had the opportunity to have observe a number of training sessions for older teams (14-18 year olds). Less than a third of these teams had a focus to their training and performed just drills to improve an aspect of passing, finishing, or touch. Most of these were high-level teams in markets such as Texas, Florida, Georgia, Oklahoma, and California. Players need training that is specific to their needs based upon the position they play. It is important for players to develop entirely. We are developing good players, but we fall short very quickly on the world's largest stages because of this.

The final element is System. Everything must build to the system you want to play. It is amazing how everything links together and it seems as if there is a natural flow to things. This is the same for 3-Dimensional Training. Everything flows to the system you want to play. Don't just pass the ball to pass the ball in a drill, focus on how you want them to pass in the game. Focus on the accuracy and types of passes they should be making. If they will be making short, quick passes to feet, then this should be what you work on in technical passing. If you will look for long passes from the middle to the outside, then build this into your technical passing and, of course, into your positional training. Everything connects together and should build towards the system you want to play. This should even happen with younger players. Give them the experience and focus of learning how to play the game while still building the fun and passion for the game in training. If they play 8v.8, then build how you train them to the system you want them to play. If it is a 1-2-3-2 to

mimic the 1-3-5-2 because you want to prepare them for this as they get older, then this is what you should do. If it is to play a 1-3-3-2 to mimic the 1-4-4-2, then do that. Everything builds together. Look at how we began the 1-3-5-2 by starting simple, but introducing positions and responsibilities. As we progressed everything took on the shape of the system, from the technical passing to positional training to shadow play to scrimmages. Players were immersed in the system so that with every activity and every detail they were learning and developing within the 1-3-5-2 System. This is 3-Dimensional Training focusing on System Training.

1-4-2-3-1 FORMATION



Introduction (1-4-2-3-1)

History shows us that when one formation is created that dominates the world stage and gains popularity that there is someone, a coach, behind the scenes devising a way to break it down and defeat it. The 1-4-4-2 is arguably the formation of the 1960's and its popularity carried through the 1970's and into the early 1980's. It was more defensive and was a safe formation designed to minimize risk and space in the defensive third. It still has this same approach and is widely used today by teams more concerned with the opponent and defending than on attacking football. The formation that was created to break this formation down and defeat it was the 1-4-3-3. It was successful in changing the landscape of football and is still widely considered to be the formation of choice for those wanting to play an attacking brand of football. It is very popular in the women's game in some form, especially in the college and professional ranks.

So what has been devised to break down the 1-4-3-3? The 1-3-5-2 was created to combat it, but its success still hasn't been seen in world football. The Brazilians have had success with it, but it isn't their formation of choice and they have yet to win a major title playing it. In the late 1990's, the 1-4-2-3-1 formation started to be seen on the world stage. It was first mistaken as a 1-4-3-3 as it is very similar, but it reacted differently in defense and was clear in the play of the French side that won the World Cup in 1998. Not much was said about the formation or its success in determining a World Cup Championship for France, but it was certain that the French used a version of this in the 1998 World Cup Final. It didn't gain popularity, though, as most coaches saw it as the 1-4-3-3 until it started re-surfacing in Spain and Germany with significant success. In the 2010 World Cup we see the Spaniards shift between playing the 1-4-3-3 and the 1-4-2-3-1, depending upon what personnel were on the field. In the German team, Ozil played the perfect Attacking Central Midfielder, or withdrawn Striker, giving the likes of England fits in their dominating 4-1 win over them in the World Cup. Germany opened the eyes of many on the world stage as they were more known as a defensive minded and opportunistic side that were very structured and mechanical. The 1-4-2-3-1 is a free-flowing and creative system that showed they could change their entire philosophy. Spain had an easier transition to the 1-4-2-3-1 system as they were playing the 1-4-3-3. Their adjustments saw them control possession and dominate most of their opponents in the 2010 World Cup as they won their first Championship.

So who created the 1-4-2-3-1 formation? Was it the French in the 1990's? Was it Germany in the early 2000's, or does it go back farther? Very little is officially known about this system. We actually see evidence of this system in Asia as far back as the 1950's and 1960's. Unfortunately, coaches are only recognized for their successes on the world stage rather than on their inventiveness, so we will never know who actually created it. What is certain is that it is very popular now and can be seen throughout Asia and in different parts of Europe, namely Germany, Italy, Spain and Holland. South Americans have also adapted to versions of it in Brazil and

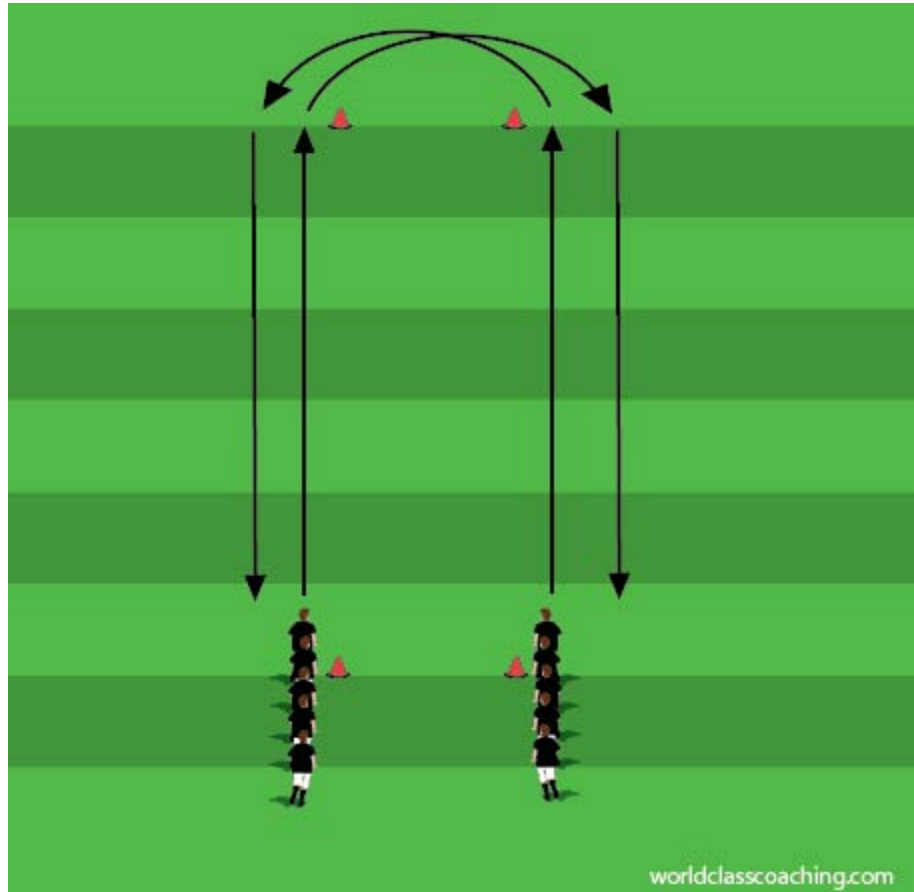
Argentina. You see its fingerprints in many of the top club teams in the world and are now seeing it trickle up to many of the national teams. Originally thought to be a fad, its popularity puts it as one of the five most popular formations in the world today, behind 1-4-4-2, the 1-4-3-3, the 1-3-5-2 and 1-3-4-3.

So how is it trained? What makes it different? This section will focus on how it's trained. It will be very similar to how the 1-4-3-3 is trained. The subtle differences are found in the outside midfield players. These players are back to defend and to pressure the opponent inside. They are also a big part of the attacking concept and work on a lot of runs inside to create overlapping opportunities. They also look to make diagonal runs from the weak side and from the outside in looking to get behind the defense. It requires consistent timing and focus, as does any formation you train and play. It requires an attacking central midfielder who is creative and actively involved, such as a Mesut Ozil or Lionel Messi, who look to be around the ball as much as possible. It is very position-specific and you must have the players to fit the system.

This section will cover training sessions and exercises that focus on preparing players and teams to play the 1-4-2-3-1 System. The emphasis for you, the coach, shouldn't be on the drills in this book. For that matter, you should never look at a drills book to pick up new drills. Your focus should be on what elements you need to bring out in each exercise or session that makes it specific to your philosophy. The following will highlight five complete training sessions from start to finish. Each session will focus on the 1-4-2-3-1 System while training the 3-Dimensional Way. Each session will be loaded with coaching points (CP) in order to emphasize what needs to be taught when but, more importantly, how and why.

Training Session 1 (1-4-2-3-1)

- 1) **Dynamic Warm-up-** The drill is set up using 4 cones and covers an area that is five yards wide and 20 yards long. Set two cones 5 yards apart. From each cone walk forward 20 yards and place a cone down. These two cones should also be five yards apart and should look like the diagram below.



The warm-up begins with the first person in each line working forward towards the second cone. Once they reach the last cone they slow down to a slow jog and turn to jog around the other side and take up position on the opposite line. Lines switch with each run. Follow the pattern listed below:

- Slow jog to the second cone.
- Slow High Knees to the second cone.
- Slow Heels up to the second cone.
- Slow Right Knee Thrust to the second cone.
- Left Knee Thrust to the second cone.
- Slow Carioca facing in to the second cone.
- Slow Carioca facing out to the second cone.
- Slow Shuffle facing in to the second cone.

- Slow Shuffle facing out to the second cone.
- Slow Backwards jog to the second cone.
- Slow Backwards jog to the second cone.
- 75% run to the second cone.
- 100% sprint to the second cone.

CP: Be sure that the players work to the cones and maintain awareness of players coming at them from the sides as they finish each run. The end of the run should be a zipper as players alternate as they go through.

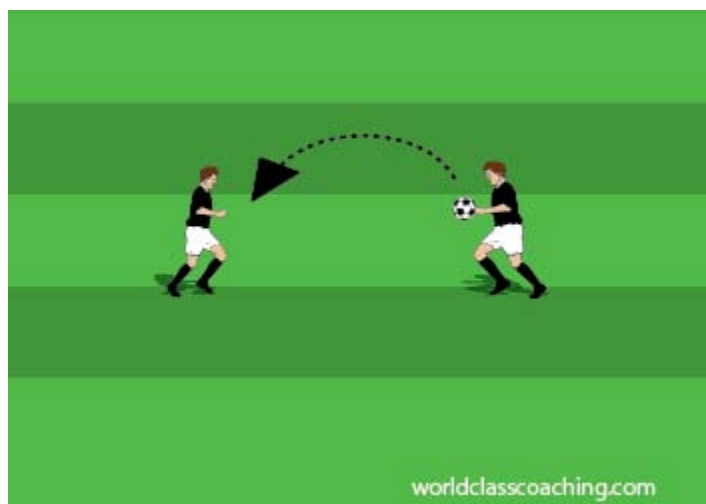
CP: The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.

CP: Players need to focus on increasing their speed so they can learn how to change gears in warm-up and, ultimately, in the games.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands

- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

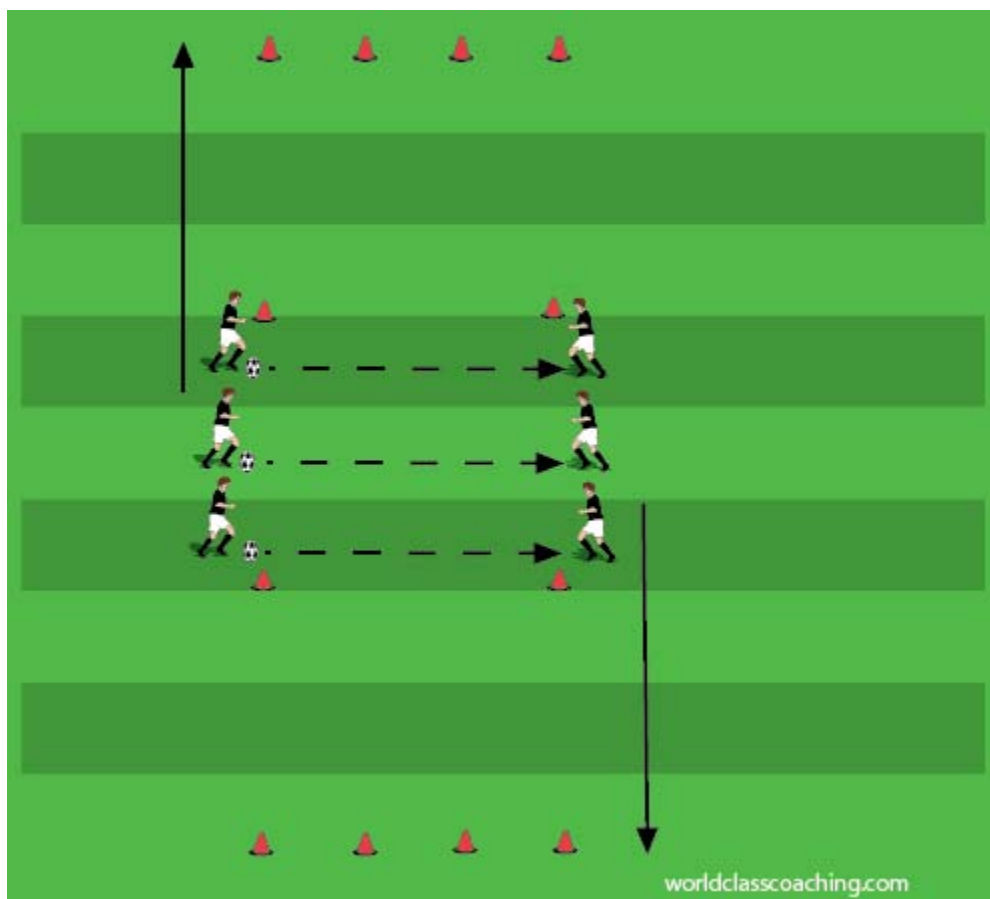
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The drill is set up creating a rectangle that is 10 yards wide and 40 yards long. Create a middle grid that is 10 yards wide by 20 yards long so that the grid extends another 20 yards in length on each side. Players are paired up and stand across from one another 10 yards apart with one player having a soccer ball. The drill begins with the players passing the ball back and forth. Condition the players to use two-touch as much as possible with one to receive and the second to pass the ball. Progress the drill to one-touch play, but only if the ball they receive can be passed back quickly and effectively with a one-touch. Don't force it! On the coaches command, players on the left of the grid sprint past the line of cones on their left while the players on the right also sprint to the line of cones to their left. The coach can vary the commands that they give so that players sprint to a different line each time. The coach can also vary the drill by having the players shuffle back to their starting position. The drill can be varied further by changing the exercises that the players do returning from the runs out wide. Make sure you vary the distances of the passes and to switch feet so that players are working part of the time with their right foot and part of the time with their left foot.



CP: Every system demands a different kind of fitness and the 1-4-2-3-1 is no different. Players need to be fit and ready to explode into space. It is important that this be emphasized early as part of your expectations.

CP: Players must be prepared to receive the ball. This means they are on the balls of their feet with their head up and shoulders slightly forward. Be sure when they receive the ball that the player does not open up their hips as this exposes the ball later on to the defender and will usually result in a poor first touch that runs off the foot and to the side.

CP: Toes up when they receive and pass the ball. You want the ball remaining on the surface at all times. This requires perfect technique, something you must have to play at speed later on.

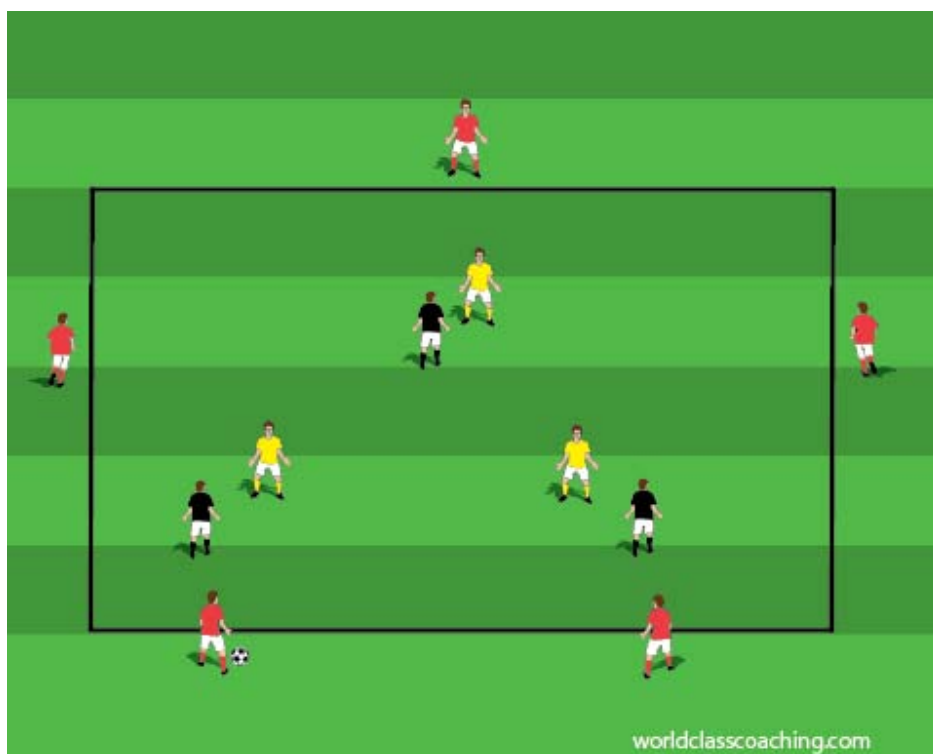
CP: Shoulders forward and follow-through. Players must keep their shoulders forward during the pass and need to follow through on their passes like a pendulum. These sound like basic skills, and they are, but coaching at all levels of soccer has shown me we are not doing this well enough at any level.

CP: Have the players focus on getting into a rhythm when they are passing the ball. It should be receive with a 1 second pause and pass. The ball should take no more than 1-2 seconds to cover the distance between them, so emphasize crisp or weighted passes. A favorite expression I always use is 'PING IT'.

CP: Players must react quickly on your command. Once you call for them to run, they need to react as quickly as possible. Demand this and it will help to improve and train their reaction time.

- 5) **Technical Passing-** This is the same as above, except the coach numbers the passing pairs and calls them out randomly. Once the pair is called they run out to the side the coach has designated and back again quickly to begin passing back and forth. The drill is continuous.

- 6) **Small-Sided Game (3 v. 3 With 5 Targets)**- The drill takes place in a grid that is 30 yards long by 40 yards wide. On end has a target player in the middle of the line and the other end line has two target players, one on the right side and one on the left side. There are also two target players on the outside lines, one on each line. Play inside the grid is 3v3 and the team with possession uses the target players to keep possession. It is important that the shape of the players inside the grid remain with one forward and two back. The grid is directional as the two target players represent the back part of the grid and the one target player represents the forward part of the grid. Players look to work the ball from the back target to the forward target.



CP: Stress the shape of the players. This is where you are beginning to teach the system. If you look at the diagram above and include the target players in the shape you will see the 2-3-1 with 2 supporting players behind. Be sure to explain to the players how it connects to the system.

CP: Technique is always the priority when you are beginning to teach any system. Players need to be prepared to receive the ball. This includes having their hips open to the ball and field of play. They need to have a good receiving touch and a good distributing touch.

CP: Emphasize communication and make sure players are communicating and moving within the drill.

CP: Technical Speed also becomes important as the drill starts to move forward. Emphasize quick ball movement, but start to limit touches and demand faster play.

CP: Try to put players in the grid in positions they would normally play. For example, the central midfielder should be a player you are expecting to play there. Give them the experience early on of the demands of the position.

CP: Players will begin by thinking they are rigid and can't move from their position on the field. Make sure players understand that the strength of this system is that positions are flexible and that players should be comfortable interchanging and switching.

- 7) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this first session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

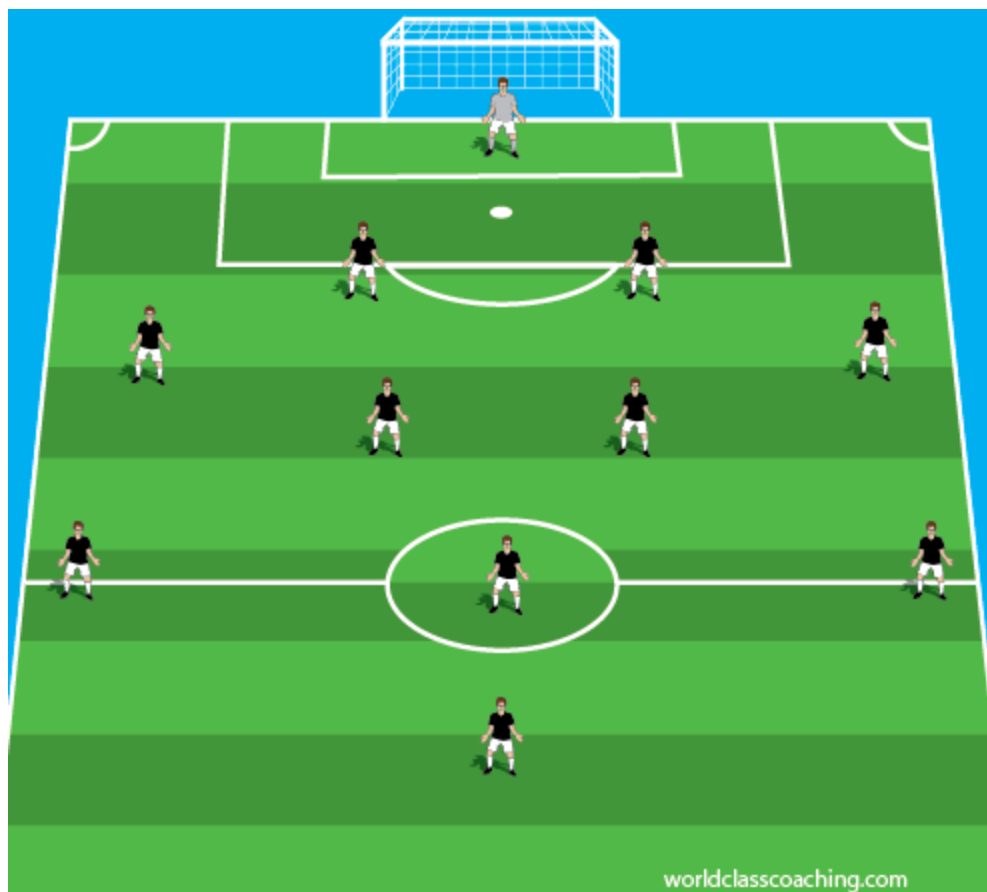
***CP:** Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

***CP:** Encourage combinations and quick play in their possession.*

***CP:** You worked with the midfielders and attackers in positional play. Make sure that the midfielders are maintaining their shape and the attackers are being aggressive in the final third.*

***CP:** Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

- 8) **11v11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



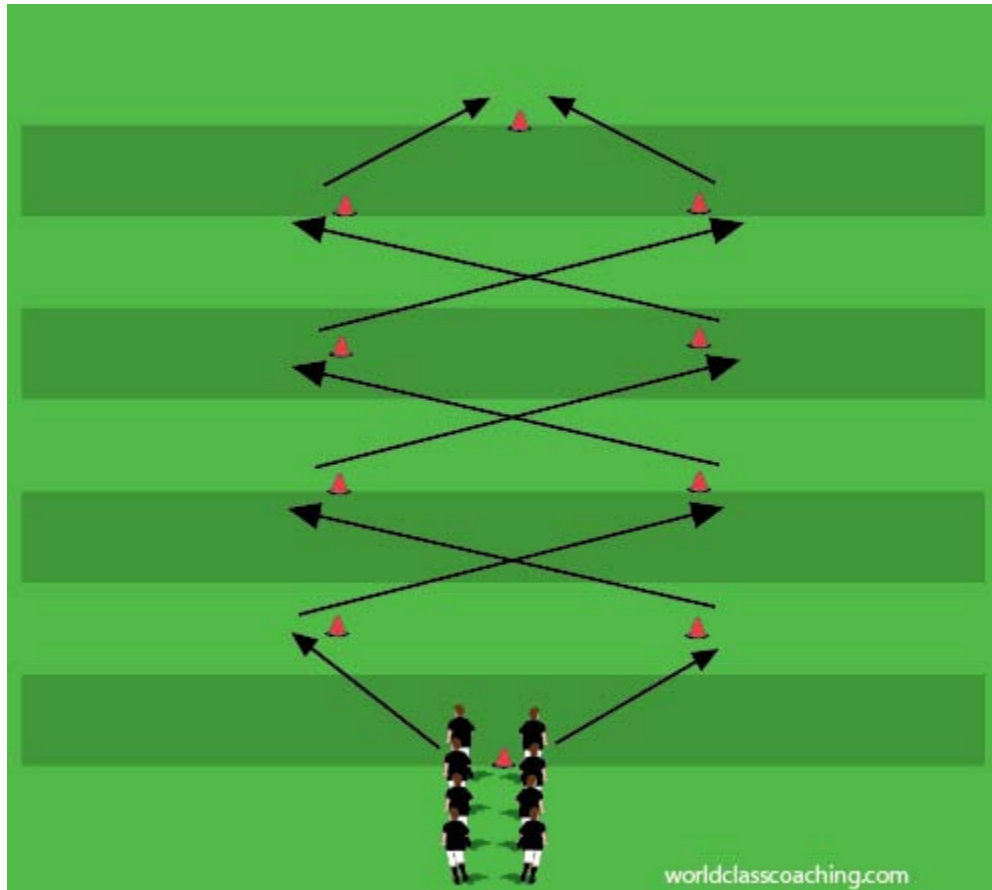
9) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 2 (1-4-2-3-1)

- 1) **Dynamic Warm-up-** The drill is set up using ten cones and an area that is ten yards wide and twenty-five yards long. Begin by placing two cones 25 yards apart. From one cone walk towards the second cone five yards and then out to the right five yards and place a cone down. Do the same to the left side. Continue forward another five yards and do the same. Walk another five yards ahead and do the same. Walk a final five yards and do the same. It should look like the diagram below.



The team is divided into two equal groups with one line on one side of the first cone and the second line on the other side, as shown. The lines work out to the outside cones and then across to the other outside cone. Lines should switch and interchange as they move like a zipper. Follow the pattern as shown in the diagram above. Players follow the pattern below:

- High Knees to the cone, then cut and continue to the opposite cone
- Heels up to the cone, then cut and continue to the opposite cone
- Right Knee Thrust to the cone, then cut and continue to the opposite cone

- Left Knee Thrust to the cone, then cut and continue to the opposite cone
- Jog to the cone, then cut and continue to the opposite cone
- 75% run to the cone, then cut and continue to the opposite cone
- 100% run on all lines. Be sure to cut and slash on the cones. Don't round the corners

CP: Be sure that the players work to the cones and don't round their runs.

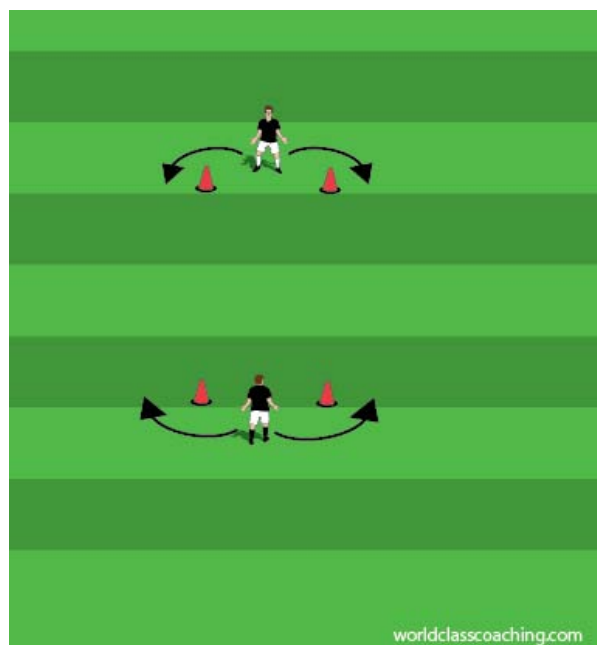
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work around each cone side-to-side as they perform the exercises.



The drill begins with the first player running to the side around the first cone and their partner tossing the ball to their partner. Once they touch the ball back to their partner they run to the opposite cone to receive the ball again. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

CP: Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.

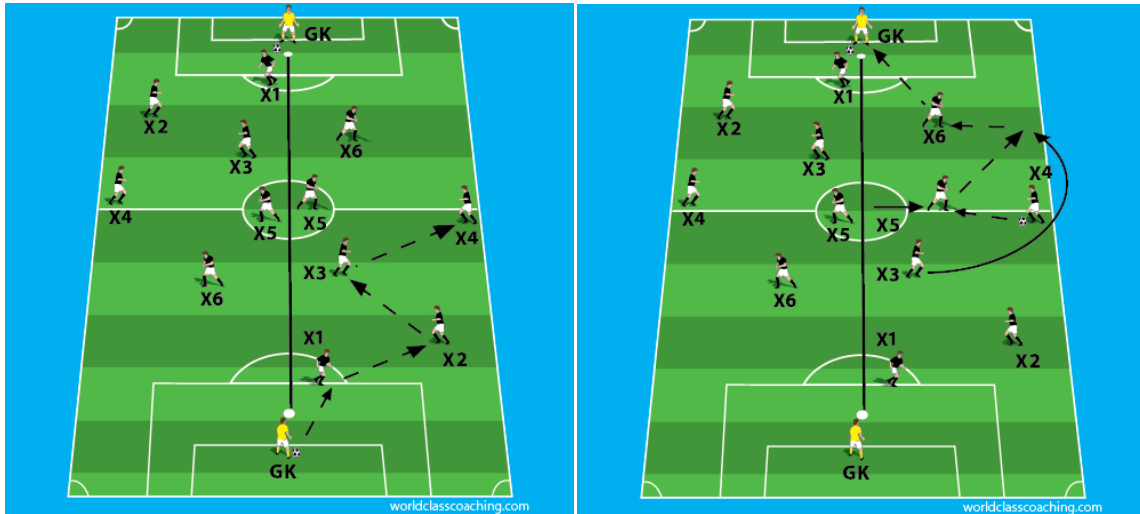
CP: It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.

CP: Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.

CP: Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.

- 4) **Technical Passing-** There are two different lines working on the drill, one on one half of the field and the other on the other half of the field. Both lines flow into one another and are continuous. The drill begins with player X1 receiving the ball from the goalkeeper. Player X1 receives and passes the ball to player X2, then follows their pass. Player X2 receives the ball and passes to player X3, then follows their pass. Player X3 receives the ball and passes out wide to player X4, then makes an overlapping run. Player X5 makes a checking run in towards the ball as player X4 receives the ball. Player X4 passes the ball to player X5, then follows their pass. Player X5 receives the ball and passes it wide to the overlapping player X3. Player X3 receives the ball and passes in to player X6. Player X6 receives the ball and passes it to

the goalkeeper, then takes position on the opposite line. The drill is continuous.



CP: The drill works on timing. Players need to time their runs and passes with the overlaps.

CP: Encourage players to build the drill to accurate passing. The drill needs to build in technical speed on all levels.

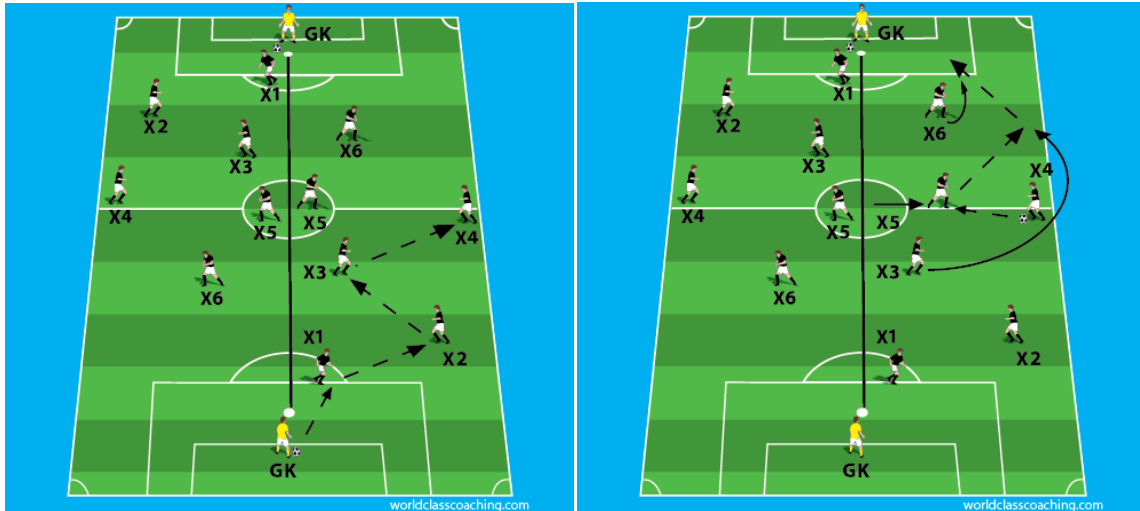
CP: Players need to perform the drill at game speed. The drill is meant to simulate game actions and it's important that players focus on playing it at speed.

CP: Communication is the key. Players need to read each other and communicate with one another throughout the drill.

CP: Play is continuous and two soccer balls are working at the same time, so players need to be focused all of the time.

CP: It is important to start showing players how everything ties into the game. This technical passing drill simulates player positions within the 1-4-2-3-1 System. Be sure to paint the picture for the players by explaining the positions and how the overlaps are used and its effectiveness in the game.

- 5) **Technical Passing-** There are two different lines working on the drill, one on one half of the field and the other on the other half of the field. Both lines flow into one another and are continuous. The drill begins with player X1 receiving the ball from the goalkeeper. Player X1 receives and passes the ball to player X2, then follows their pass. Player X2 receives the ball and passes to player X3, then follows their pass. Player X3 receives the ball and passes out wide to player X4, then makes an overlapping run. Player X5 makes a checking run in towards the ball as player X4 receives the ball. Player X4 passes the ball to player X5, then follows their pass. Player X5 receives the ball and passes it wide to the overlapping player X3. Player X3 receives the ball and passes in to player X6. Player X6 dummies receiving the ball and turns to attack the goal. Player X6 looks to finish the shot at goal, then switches to the opposite line. The drill is continuous. The coaching points and diagrams are the same used in the previous drill. Refer to these for examples and points to use.



- 6) **Positional Training (Training the MF- Attacking and Defending)**- Create a box that extends 15 yards from each side of the midfield line and uses the entire width of the field. Play inside the box is five midfield players against 5 defending players. The five defending midfield players are set up with three across and two behind. The opposing team is set up with a flat four midfield and one attacker forward. On the end line being defended by the five midfield players are two small cone goals with target players inside of each. The small cone goals are set up with one outside on the right and the other outside on the left. Another cone goal is set up on the opposite line in the middle, also with a target player. These target players are neutral and play with the team that has possession. The objective is for the five midfielders to win possession and to work the ball from target to target. When they don't have possession the midfield must try to force the ball inside and away from the two small cone goals. Once they win it they look to play the ball into the central option. You can change this to reflect two small cone goals outside if your focus is going to be to play the ball wide as your first option.



CP: When defending in the five midfield system you are trying to get the opponent to play inside through the middle. Work with your outside midfielders on forcing the player out wide with the ball inside. The central midfielder and defensive central midfielders should be very aware of players in the middle looking for combinations through the middle and back out wide to beat your pressure. This is where you must work with them to mark and pressure more tightly.

CP: The defense should be very patient and composed. Don't jump into the play, but be ready to challenge the ball quickly. Most attacking players are looking for defenders to be careless and to over commit. Work with your defenders to be very protective of the space behind and to step and pressure the minute the ball is played centrally.

CP: It is important that most of the defending in the 1-4-2-3-1 system happens in the midfield. It should be very difficult for the opponent to get through the midfield and it should frustrate them when they try. Most teams will resort to a dump and chase game. The back three defenders should be read this and be prepared.

- 7) **Positional Training (Training the Defense)**- This drill uses one third of the field and is expanded for the second step to using almost half of the field. Begin the drill by setting up the four defenders in their position 30-40 yards out from goal. Have four attacking players with the ball attack the goal and try to beat the defenders. Once the defenders have experienced success and are organized add in two additional attackers to play as forwards while the other four attackers act as midfield players. Work on the defensive shape and the three principles of defending:

- When there is pressure on the ball the defense holds

- When there is no pressure on the ball the defense drops to a certain point and then makes their final stand there (usually 25 yards from goal).
- When there is pressure and the ball is being forced back, then the defense steps quickly.



CP: It is important that the defense is always communicating and that the GK is always giving them instructions on their positioning. Communication and organization is the single-most important element when building your defense.

CP: Be sure that your defense is organized and protects the space behind them. It is important that you drill into them the three defensive principles from above; when to hold, when to step, and when to drop. Great defenses never let teams get behind them. Protect that space first!

CP: The defense needs to choose the right moment when to get pressure on the ball. You would like this to come from the midfielders so that the defense is organizing behind them, but this won't always be the case. Be sure the defense shifts to protect from overlaps and diagonal runs behind them. Make sure they don't get caught flat.

CP: Start early building the philosophy into them that when possession is won and the ball is played forward that they step forward with the team. Don't let them delay in this as this will create gaps in your team between the defense and midfield where teams can attack and break you down.

CP: Have players give responsibilities to one another as the drill is flowing and running. They should call and point to who they are marking and not leave it up to chance. Players should get into the habit of pointing to players and asking who has that one.

- 8) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this first session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

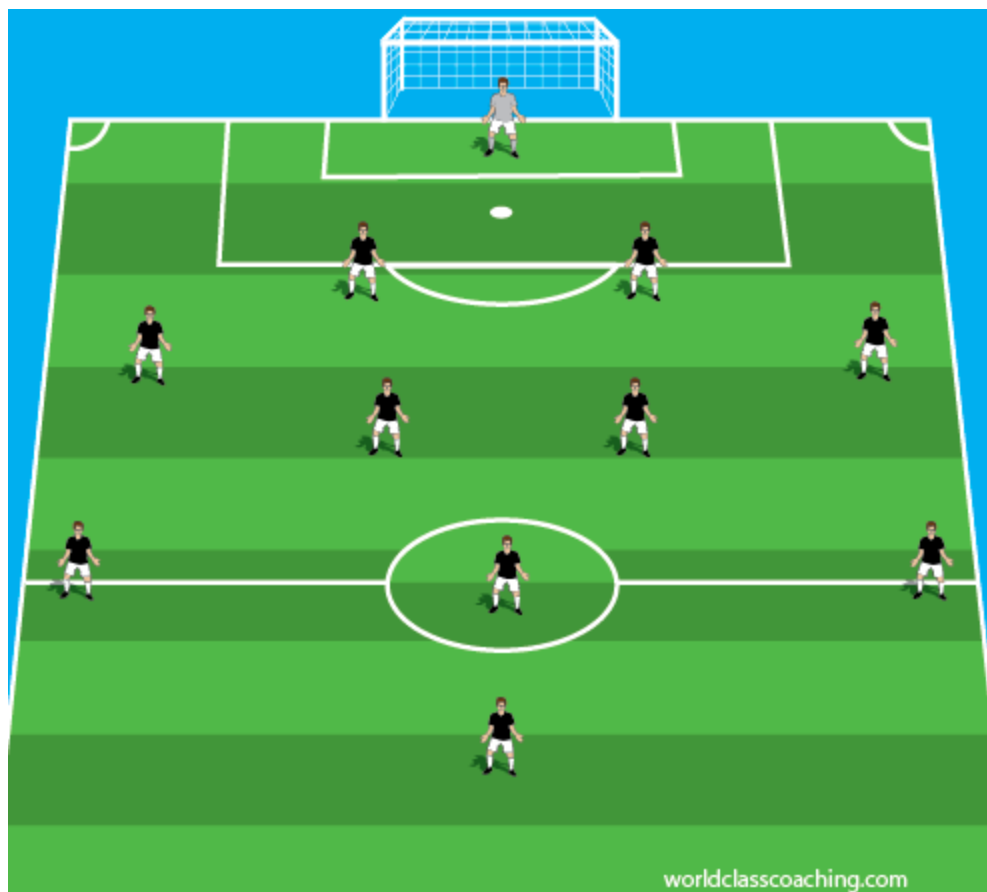
***CP:** Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

***CP:** Encourage combinations and quick play in their possession.*

***CP:** You worked with the midfielders and attackers in positional play. Make sure that the midfielders are maintaining their shape and the attackers are being aggressive in the final third.*

***CP:** Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

- 9) **11v11 Scrimmage**- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



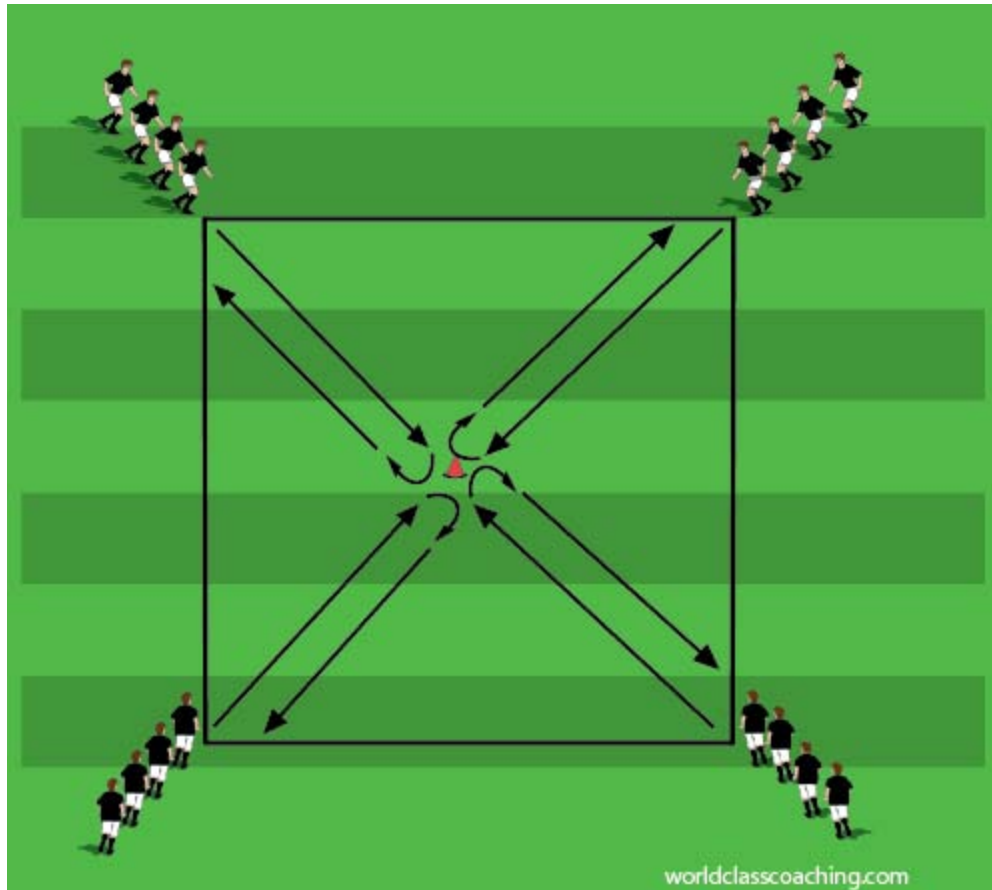
10) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 3 (1-4-2-3-1)

- 1) **Dynamic Warm-up-** The drill is set up using five cones in a 20 yard by 20 yard grid with a cone in the middle. See diagram below for example of how the grid is set up.



The drill begins with the first player in each line working towards the middle cone. Once they reach the middle cone they turn around and work back towards their own line. The next player should begin with the first player is half the distance to the middle cone. The drill is continuous through the pattern below.

- Jog to the middle cone and then back out again
- High Knees to the middle cone and then back out again
- Heels up to the middle cone and then back out again
- Right Knee Thrust to the middle cone and then back out again
- Left Knee Thrust to the middle cone and then back out again
- Carioca facing right to the middle and then switching to face left the second half back to their starting cone
- Shuffle facing one way and then switching to face the other direction the second half of the run back to their starting cone

- Backwards to the middle and then jog back to their starting cone
- 75% run to the middle and back out to their starting cone
- 100% sprint to the middle and then back out to their starting cone

CP: Be sure that the players work to the cones and maintain awareness of players coming at them from the sides.

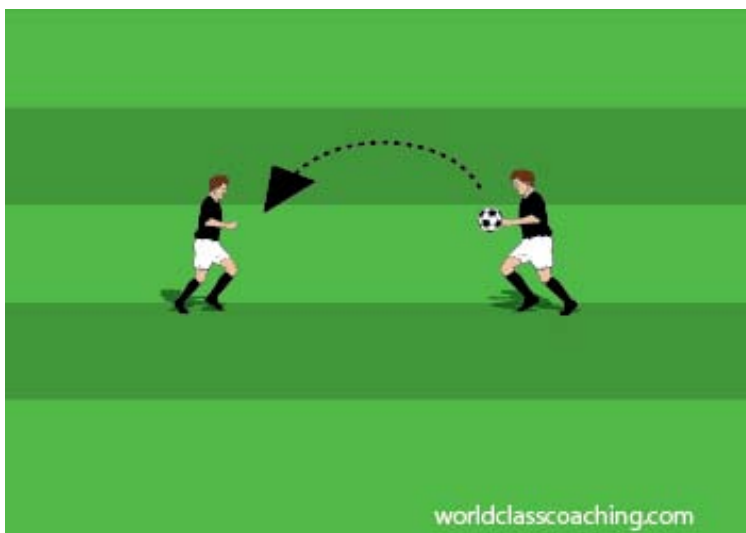
CP: The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.

CP: Players need to keep their runs as straight as possible and not bend their runs or slow down as they approach the middle. They need to be reading the environment as they are running and before they reach the middle.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands

- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

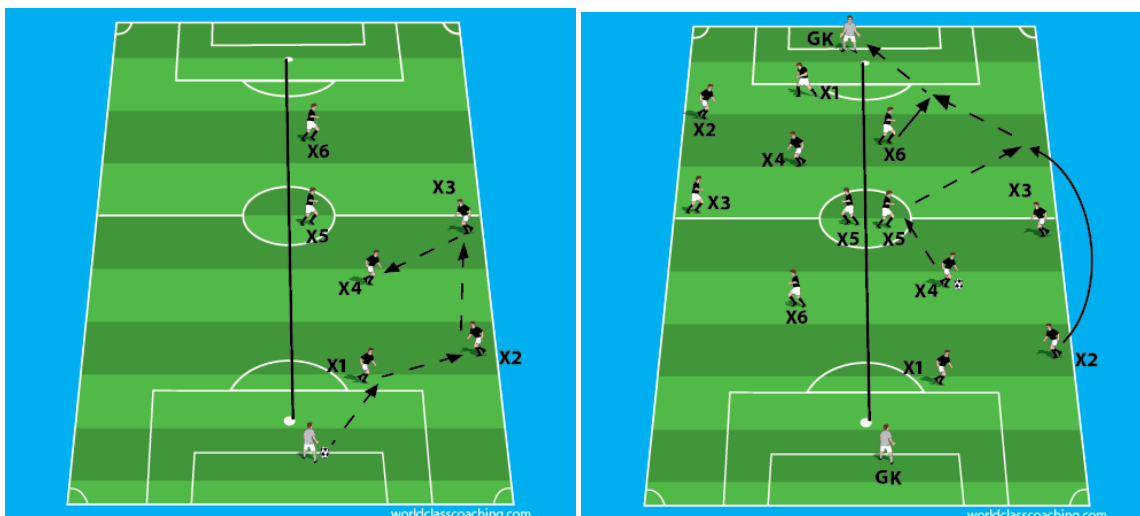
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The drill uses the entire field and has one line working up and down one side of the field and the other line working up and down the other side of the field. The drill begins with the goalkeeper passing the ball to player X1. Player X1 receives and passes the ball to player X2, then follows their pass. Player X2 receives and passes forward to player X3, then delays for 1-2 seconds before making an overlapping run of player X3. Player X3 receives and passes back and inside to player X4, then follows their pass. Player X4 receives and passes to player X5 forward and inside, then follows their pass. Player X5 receives and passes back outside to an overlapping player X2, then follows to player X6's spot. Player X2 receives and passes to player X6, then takes the spot of player X3. Player X6 receives and passes the ball to the other goalkeeper, then follows to the starting spot of player X1 on the opposite line. The drill is continuous.



CP: The drill works on timing. Players need to time their runs and passes with the overlaps.

CP: Encourage players to build the drill to accurate passing. The drill needs to build in technical speed on all levels.

CP: Players need to perform the drill at game speed. The drill is meant to simulate game actions and it's important that players focus on playing it at speed.

CP: Communication is the key. Players need to read each other and communicate with one another throughout the drill.

CP: Play is continuous and two soccer balls are working at the same time, so players need to be focused all of the time.

CP: It is important to start showing players how everything ties into the game. This technical passing drill simulates player positions within the 1-4-2-3-1 System. Be sure to paint the picture for the players by explaining the positions and how the overlaps are used and its effectiveness in the game.

- 5) **Technical Passing-** The drill is exactly the same as the previous technical passing drill, except player X6 after receiving the ball shoots at goal. Refer to the coaching points above as they will be the same for the progression.
- 6) **Positional Training (MF Defending)-** Set up a grid that extends 20 yards from each side of midfield and uses the entire width of the field. The grid should be approximately 40 yards long and 70 yards wide. Set up the five midfielders in their position, as shown below, with three across and two defensive central midfielders. Have them begin by playing against four midfielders across and one forward inside the triangle of the midfielders. Progress by adding a second forward in the middle. Work with the midfielders on pressuring the ball inside to win and go forward. The objective will be for either team to score by possessing the ball over the line forward of them. You can add conditions, such as the player cannot dribble over the line, instead they must receive a pass from another player for them to leave the grid. You can require a combination from a middle player before you can score. It depends upon what you want the focus to be when they win possession.



CP: It is important that during this session you focus with the midfield on how to defend. They should look to push the ball inside and apply pressure through double-teams and eliminating options.

CP: The defensive central midfielders must be very aware of the positioning of the forwards as they are defending. As the ball is pushed inside they must look to mark and to double the ball while also eliminating passing lanes to the forwards.

CP: Good defenses are aggressive and deliberate in their actions. Great defenses are also loud. Emphasize strong communication with your players when they are defending.

CP: A common trick used to beat pressure in the midfield is the overlap. Work with the players on how to break this up. The player pressuring should see the overlap coming and be able to pressure the ball away from it. Remember, force the ball inside towards your central midfielders to win and attack.

- 7) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this first session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If

you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

***CP:** It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

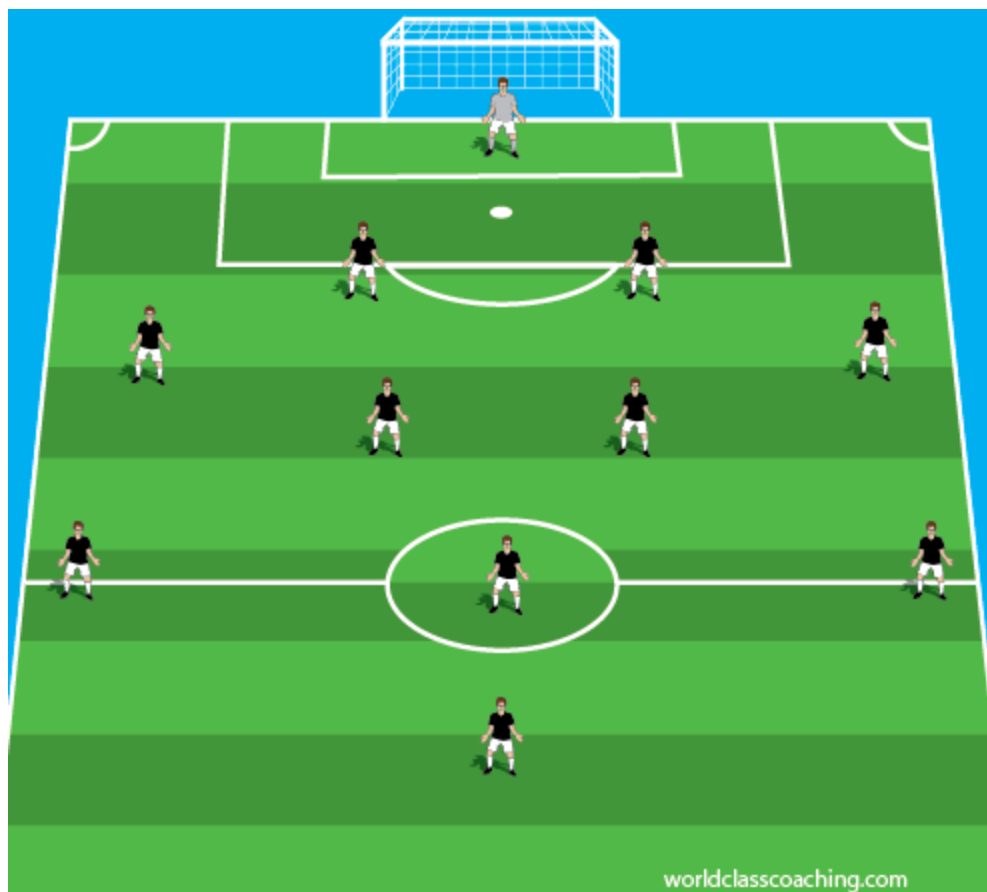
***CP:** Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

***CP:** Encourage combinations and quick play in their possession.*

***CP:** You worked with the midfielders and attackers in positional play. Make sure that the midfielders are maintaining their shape and the attackers are being aggressive in the final third.*

***CP:** Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

- 8) **11v11 Scrimmage-** Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



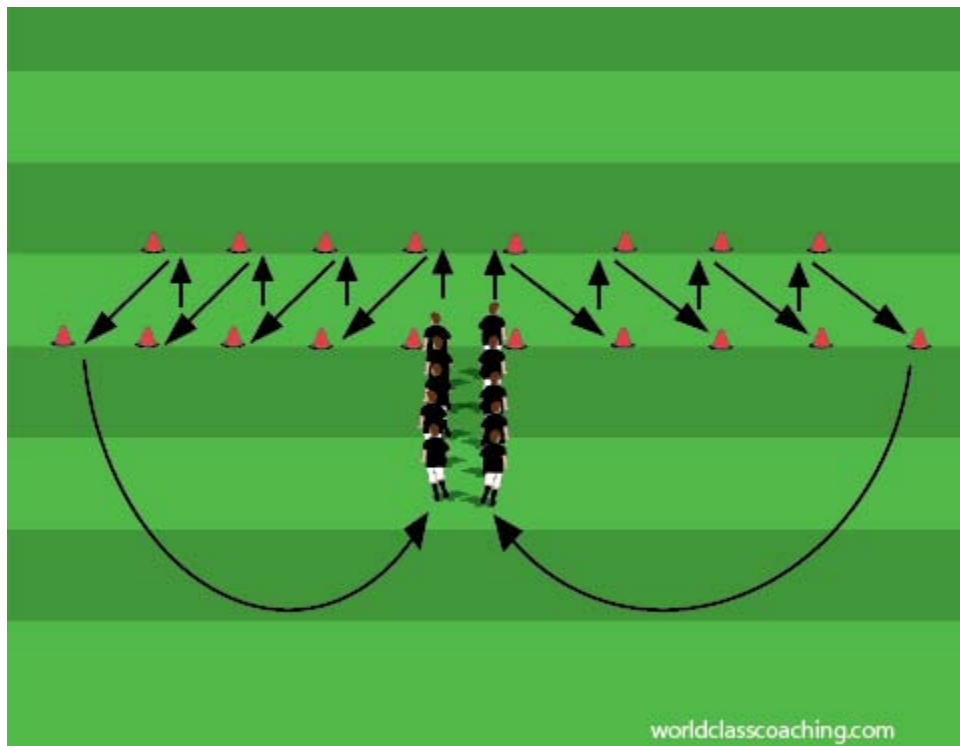
9) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 4 (1-4-2-3-1)

- 1) **Dynamic Warm-up-** The drill is set up using 18 cones and covers an area that is five yards wide and forty-five yards wide. This is the most difficult to explain, and it is recommended that you refer to the diagram below. Place two cones down that are separated by 5 yards. Continuing out to the side of each cone 5 yards place another cone down. Continue this three more times in each direction, as shown below. From the two middle cones, walk 5 yards straight ahead and place a cone down for each. Walk out to the side again 5 yards and place another cone down. Repeat this two more times in each direction so that your drill looks like the diagram below.



Players form two lines on the two middle cones and work through the cones following the pattern above. When one player reaches the forward cone, then the next player begins so that all players are working through the drill at the same time. The drill is continuous through the pattern below.

- Jog to the forward cone and then back up diagonally to the next back cone
- High Knees to the forward cone and then back up diagonally to the next back cone
- Heels up to the forward cone and then back up diagonally to the next back cone
- Right Knee Thrust to the forward cone and then back up diagonally to the next back cone

- Left Knee Thrust to the forward cone and then back up diagonally to the next back cone
- Carioca facing right to the forward cone and then back up diagonally to the next back cone
- Shuffle facing one way to the forward cone and then switch facing the other way to the back cone. Continue alternating through the pattern
- 75% run to the forward cone and then back up diagonally to the next back cone
- 100% sprint to the forward cone and then back up diagonally to the next back cone

CP: Be sure that the players work to the cones and don't round their runs.

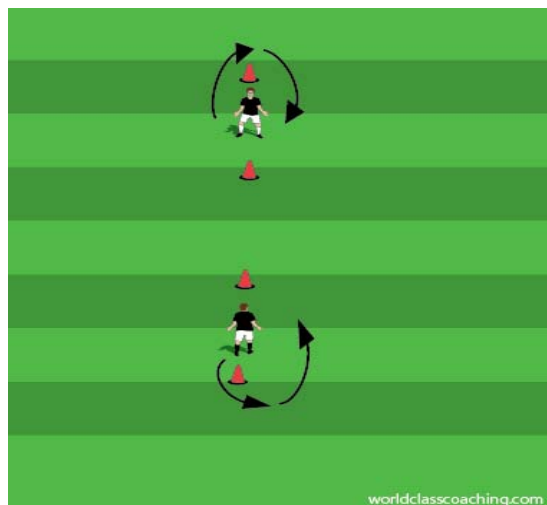
CP: The design of this dynamic warm-up is to get players used to the types of runs and possession patterns within this system. Make sure players understand that there is a purpose to everything in the session. There is nothing random about any aspect of any drill.

CP: Players should work on making their runs so that they cut and slash. When they approach a cone have them work on making their runs deceptive by holding a straight line until the last possible moment before cutting into the next running line.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises. Each player stands between two cones that are separated by three yards. Players work back around the cone then forward towards the front cone.



The drill begins with the first player running around the back cone and then forward towards their partner who tosses them the ball. Once they touch the ball back to their partner they run to the back cone again. The drill is continuous. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

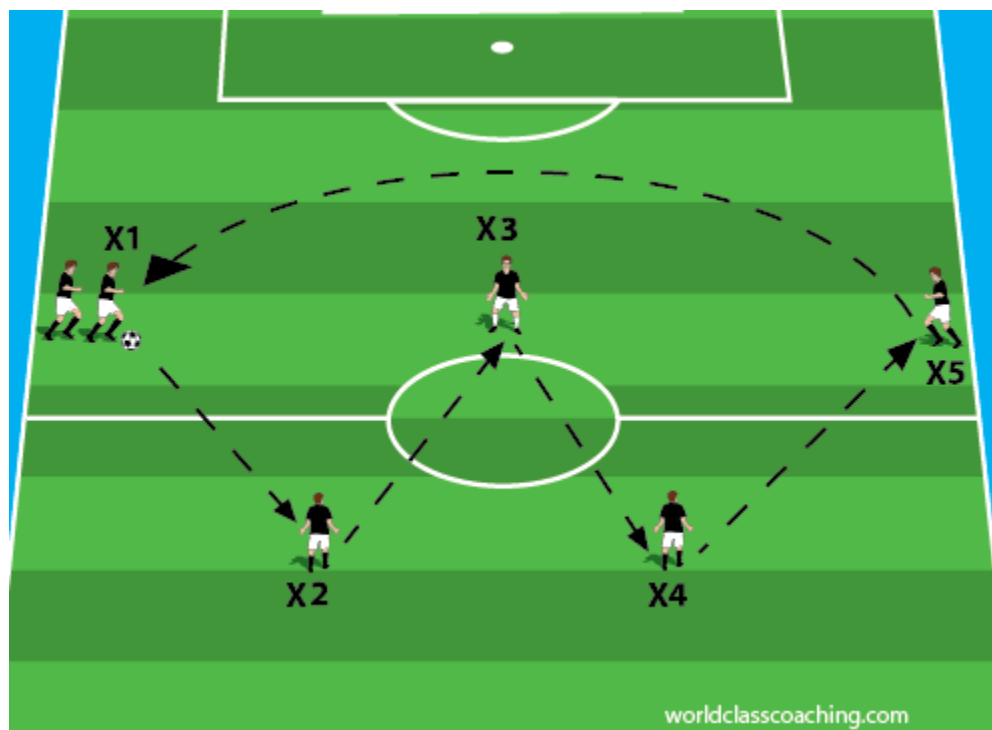
CP: *Players need to be on the balls their feet and prepared to receive the ball that is delivered to them. Players need to be quick running around the cones, then getting themselves set to receive the ball. This is a big aspect of technique; making sure players get adjusted quickly and on the balls of their feet prepared to receive the ball.*

CP: *It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

CP: *Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward t the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

CP: *Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** The drill is run across the width of the field and places the five midfielders in their positions. The area is approximately 40 yards long and 70 yards wide. Players are set up in position and work through the pattern shown. The drill begins with player X1 passing the ball to player X2, then following their pass. Player X2 receives and passes to player X3, then follows their pass. Player X3 receives and passes to player X4, then follows their pass. Player X4 receives and passes to player X5, then follows their pass. Player X5 receives and switches the ball to the other side back to the beginning of the drill, the follows their pass. The drill is continuous. Be sure to switch directions and have the players work the ball in the opposite direction.

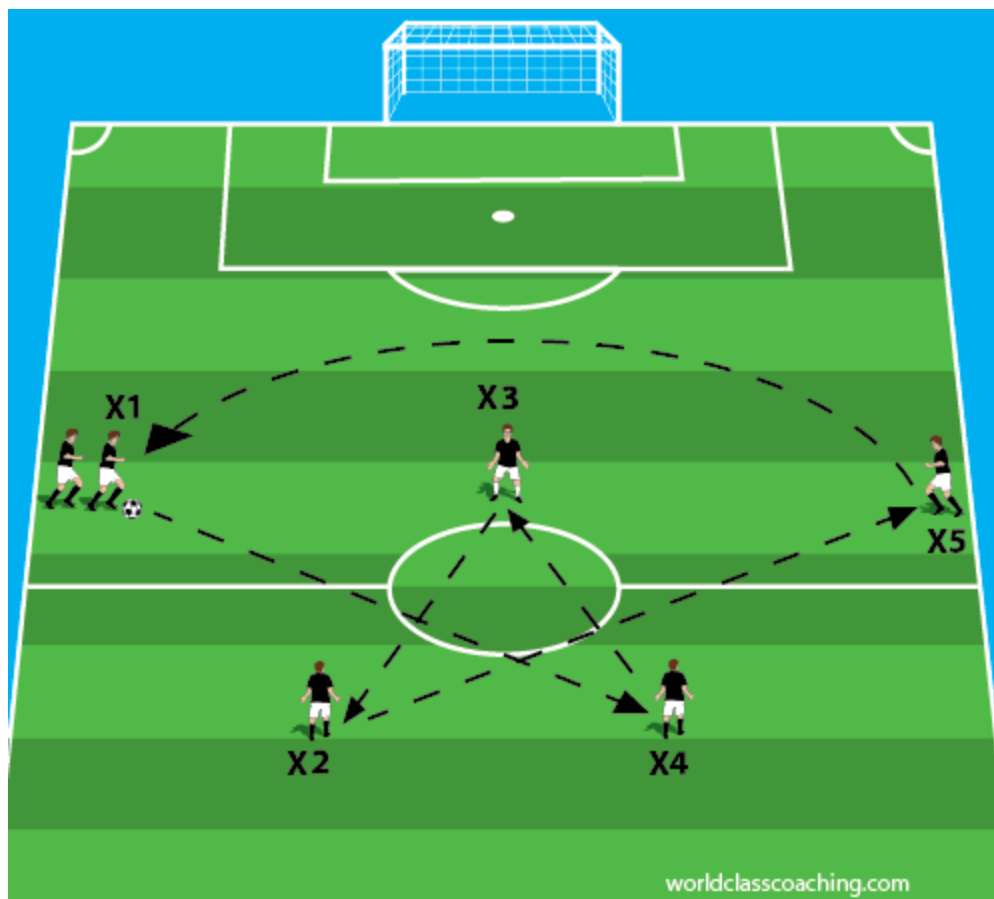


CP: This passing drill is about players learning positions and ball movement within their formation. Start out by encouraging accuracy and quality in the passes. It is important that the passes are quality from the start.

CP: Technique and Technical Preparation are a key in the early stages of this drill. Your goal is to build to one-touch, but players must be focused and preparing to pass and receive the ball. Make sure players have their hips open to the next pass and are on the balls of their feet at all times.

CP: Players need to move and react at game speed. Once the accuracy and quality are there, then start putting the pressure on demanding more ball speed. You want the ball to be moved quickly and, if possible, by one-touch passing.

- 5) **Technical Passing-** The set up is exactly the same as above, except the pattern has changed. Player X1 begins by passing the ball to player X4, then following their pass. Player X4 receives and passes to player X3, then follows their pass. Player X3 receives and passes to player X2, the follows their pass. Player X2 receives and passes to player X5, the follows their pass. Player X5 receives and switches the ball to the other side back to the beginning of the drill, the follows their pass. The drill is continuous. Be sure to switch directions and have the players work the ball in the opposite direction.



CP: The coaching points are going to be identical from the last drill. The exception is that since the pattern has changed make sure players stay focused and work on building their speed as they progress through the drill.

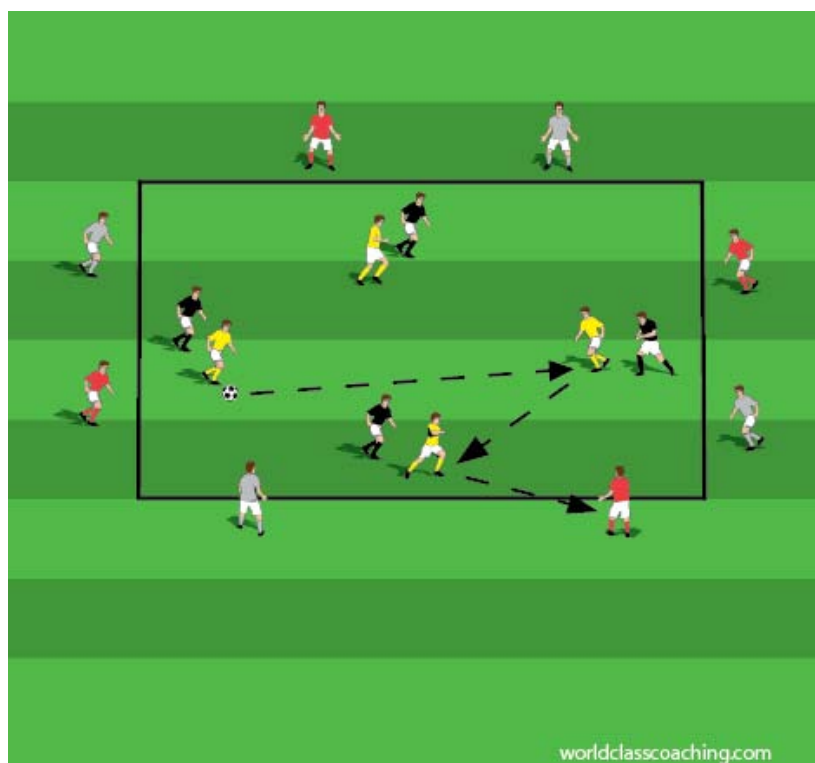
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CP: Players need to move and react at game speed. Once the accuracy and quality are there, then start putting the pressure on demanding more ball speed. You want the ball to be moved quickly and, if possible, by one-touch passing.

- 6) **Small-Sided Game (Transitional Ball Speed Game)-** This is a unique game that works on ball speed and the ability of players to reason and think in pressure situations. Set up a 20 yard by 30 yard grid and divide the team into four equal teams. You may have to vary the size of the grid to accommodate players that are more advanced or less advanced. If you have 16 players, then you will have four red players, four yellow players, four blue players and four green players, or whatever training vest colors you have. Place two of the teams inside the grid and two positioned around the outside of the grid. For the purposes of explanation, we will say that the red and

green teams are inside and the blue and yellow teams are outside. The red team and yellow teams work together and can use each other to keep possession. The green team and blue teams also work together and can use each other to keep possession. The objective is for the teams in the middle to keep possession and complete a certain number of consecutive passes. If they use the players on the outside to keep possession, then those passes don't count as part of their five. Once a team has completed five consecutive passes, then they try to get all of their players out of the grid and all of the players in their supporting color in. This is done by one player inside passing to one of the supporting players on the outside, then switching places. The objective is to get all of the players inside out and all of the supporting players in as quickly as possible. If the team is in the process of switching the players out and lose possession, then once they win possession back they look to finish getting the rest of the other players switched.



CP: This is a great game for players to learn how to play quickly, especially in transition. Two teams work together with one team outside and one inside. When the inside team gets their 5 passes, then a player on the inside looks to pass the ball to a player on the outside and switch with them. Players need to react quickly and recognize where players on the outside are. This is a way for players to train to be more tactically aware.

CP: Players need to be moving at all times to support the ball. Encourage and even demand quick ball movement.

CP: Communication must be loud and constant or ball movement will be ineffective. Encourage and demand communication from all players.

CP: Protect the Ball! Players must keep possession and not give it away under pressure.

- 7) **Small-Sided Game (7v.7)**- Have each team play a 1-3-1-2-1 to continue working on the system. The grid size should depend upon the skill level and age of the players. The three defenders should work on shifting from side-to-side and keeping shape. The wing defenders need to look to get forward ball side and become outside midfielders when their team is in possession. The defensive midfielder should work on staying behind the two attacking central midfielders and supporting the defense. The two attacking central midfielders should look to combine with the central forward, perform overlapping runs, and get involved in the attack. The central forward should always be available to receive the ball at feet and to combine with the attacking central midfielders.



CP: Now is your chance to work on team shape and organization in attack and defense. Be sure players are moving and combining with one another. In this system players cannot run away from the player with the ball. Make sure players are checking back and moving from side to side to support the ball.

CP: As a team defending, it is important to keep shape and to deny the space behind. Players should work to get back behind the ball as quickly as possible while the closest player applies pressure to the ball to slow the attack of the opposition.

CP: The midfield needs to be very active in supporting and combining with the forwards. They need to support the defenders when they have possession and to look for quick combinations to beat pressure.

- 8) **Small-Sided Game (8v.8)**- This builds from the previous small-sided game, except that you add one additional midfielder into the game. The system now becomes a 1-3-1-3-1. The objectives and roles of the players are the same, except now there are three midfielders and they act as attackers that are withdrawn. Refer to the diagram below.



CP: Refer to the coaching points for the previous small-sided game, but amend that you want the withdrawn forwards to look for combinations getting forward.

CP: Make sure the players are keeping their shape and not over-working or over-committing. Players have roles and responsibilities. Make sure everyone is doing what they are supposed to.

- 9) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this first session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns

just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

CP: *It is very easy for players to not play at their maximum effort in shadow play. The conditions you place within the exercise determine the effort the players give. For example, begin the drill allowing players to proceed at their own pace. Progress to where each team has 10 seconds to possess the ball from their own goalkeeper and finish on the opposite goal. Add in that they have 10 seconds to return to their original spot before receiving the next ball from the goalkeeper. The addition of pressure will increase the work rate and intensity of the players.*

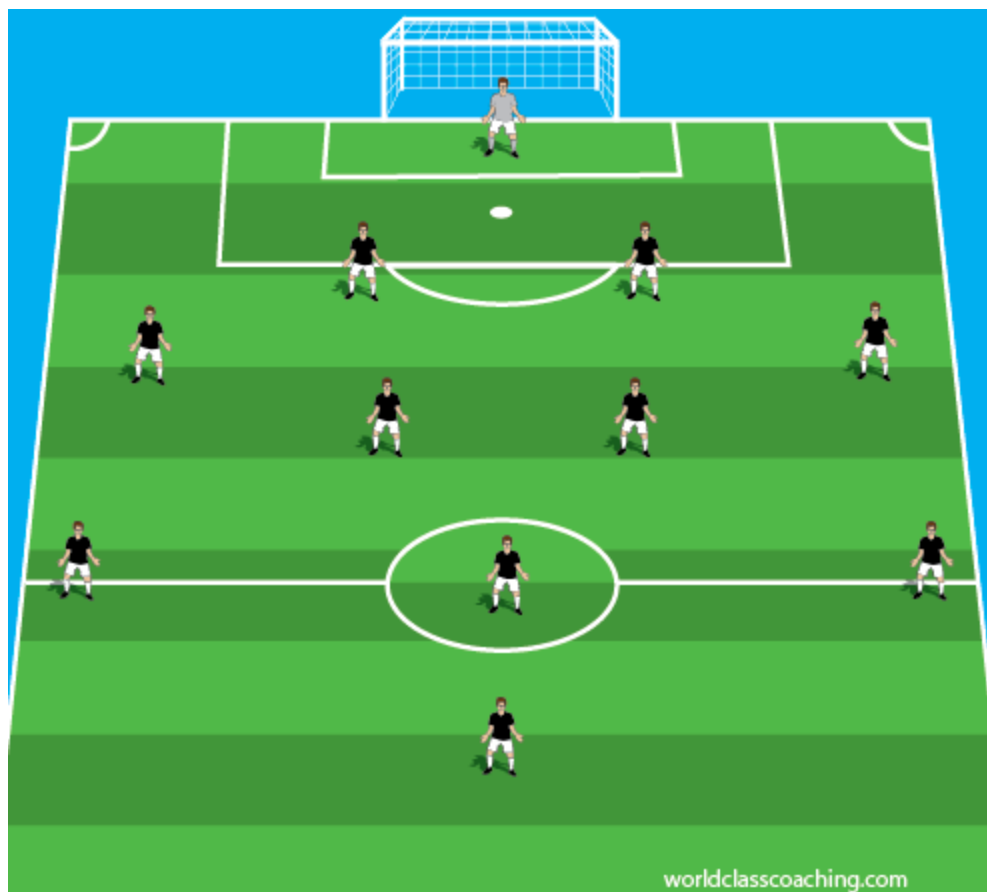
CP: *Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.*

CP: *Encourage combinations and quick play in their possession.*

CP: *You worked with the midfielders and attackers in positional play. Make sure that the midfielders are maintaining their shape and the attackers are being aggressive in the final third.*

CP: *Encourage constant communication in possession and in recovery coming back to retrieve another ball.*

10) 11v11 Scrimmage- Always end your session with at least 20 minutes of 11v11 scrimmaging. Encourage teams to use patterns and begin implementing your attacking and defensive philosophies. This is your opportunity to control possession and implement how you want the team to play. Begin to implement your attacking and defensive philosophies and demand that they build this into their play. Recognize when players do what you want them to do as a team. It is important to paint the picture for them, but even more important for them to recognize when they have painted the picture themselves.



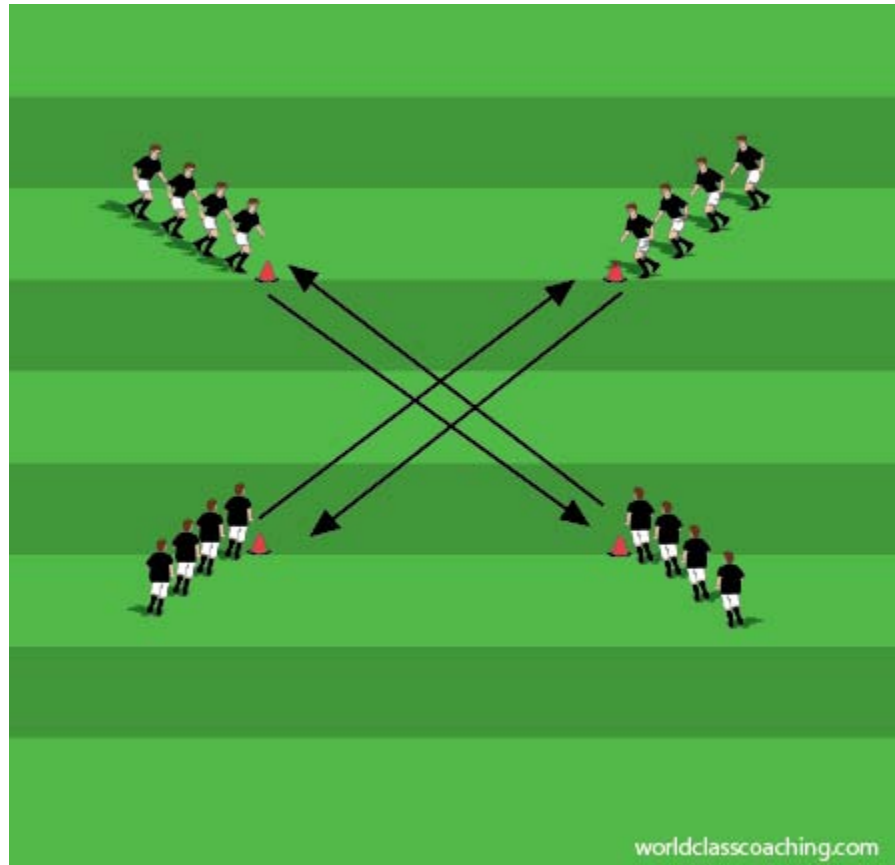
11) **Cooldown-** Players line up on the end line and jog to the 18-yard line. The players follow the pattern 3 times each below as part of their cooldown. Have player perform 3 jumping jacks after they return to the end line each time:

- Jog up to the 18-yard box
- Open the Gates halfway coming back, then close the gates the second half
- Static Stretch for 1-2 Minutes
- High Knees halfway and Heel Kicks the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes
- Shuffle Side-to-Side facing right, then switch facing left the second half
- Jog back to end line
- Static Stretch for 1-2 Minutes

END OF SESSION

Training Session 5 (1-4-2-3-1)

- 1) **Dynamic Warm-up-** The exercise is set up using four cones to create a 15 yard by 15 yard grid.



The players are divided into four equal groups and line up on each corner cone facing in towards the middle of the grid. Players work from their corner cone to the opposite corner cone. Follow the pattern listed below:

- Jog across to the opposite cone being aware of the other players doing the same at the same time.
- High Knees to the opposite cone being aware of the other players doing the same at the same time.
- Heels up to the opposite cone being aware of the other players doing the same at the same time.
- Right Knee Thrust to the opposite cone being aware of the other players doing the same at the same time.
- Left Knee Thrust to the opposite cone being aware of the other players doing the same at the same time.

- Carioca facing right to the middle and then switching to face left the second half being aware of the other players doing the same at the same time.
- Shuffle facing one way and then switching to face the other direction the second half of the run being aware of the other players doing the same at the same time.
- Backwards to the middle and then turn and jog the second half of the run being aware of the other players doing the same at the same time.
- 75% run for the entire length being aware of the other players doing the same at the same time.
- 100% sprint the entire run being aware of the other players doing the same at the same time.

CP: Be sure that the players work to the cones and maintain awareness of players coming at them from the sides.

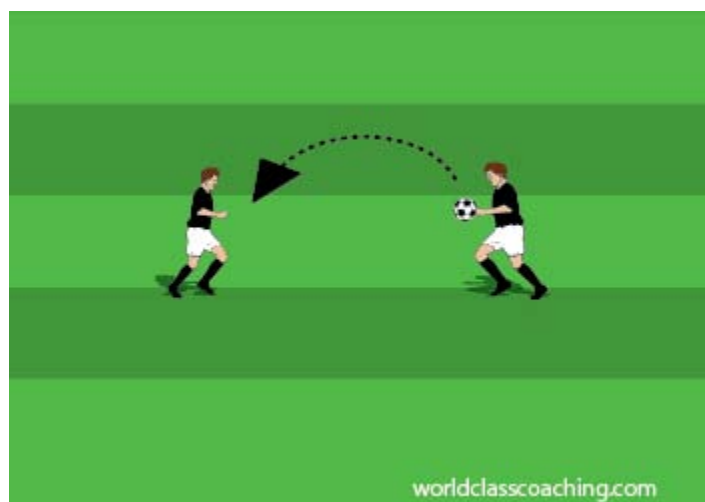
CP: The design of this dynamic warm-up is to get players used to pressure and being aware of players making runs around them. It is meant to warm them up mentally as well as physically.

CP: Players need to keep their runs as straight as possible and not bend their runs or slow down as they approach the middle. They need to be reading the environment as they are running and before they reach the middle.

2) **Static Stretching-** Follow the dynamic warm-up with light static stretching.

CP: This is more for the comfort of the players than actual need or purpose. I have found that 1-2 minutes of static stretching after the dynamic warm-up helps players mentally prepare for the session. It also gives them that 1-2 minutes of quick social time to help with bonding and chemistry, something essential with female teams.

3) **Daily Exercises-** Using two and a ball, players work on completing a set of exercises. Players face each other and are separated by five yards in order to perform the exercises.



The drill begins with the player with the ball tossing the ball to their partner. Perform each progression 10 times, then switch so that the partner can get their touches in as well. Follow the pattern below:

- 10 Touches Inside of the Right Foot and back to hands
- 10 Touches Inside of the Left Foot and back to hands
- 10 Touches with the Right Laces and back to hands
- 10 Touches with the Left Laces and back to the hands
- 10 Touches with the Right Thigh to the Right Laces and back to hands
- 10 Touches with the Left Thigh to the Left Laces and back to hands
- 10 Touches with the Chest to the Right Laces and back to hands
- 10 Touches with the Chest to the Left Laces and back to hands
- 10 Attacking Headers back to hands
- 10 Defensive Headers over partner's head
- 1-2 Minutes of Passing Right Foot to Right Foot (2-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (2-Touch)
- 1-2 Minutes of Passing Right Foot to Right Foot (1-Touch)
- 1-2 Minutes of Passing Left Foot to Left Foot (1-Touch)

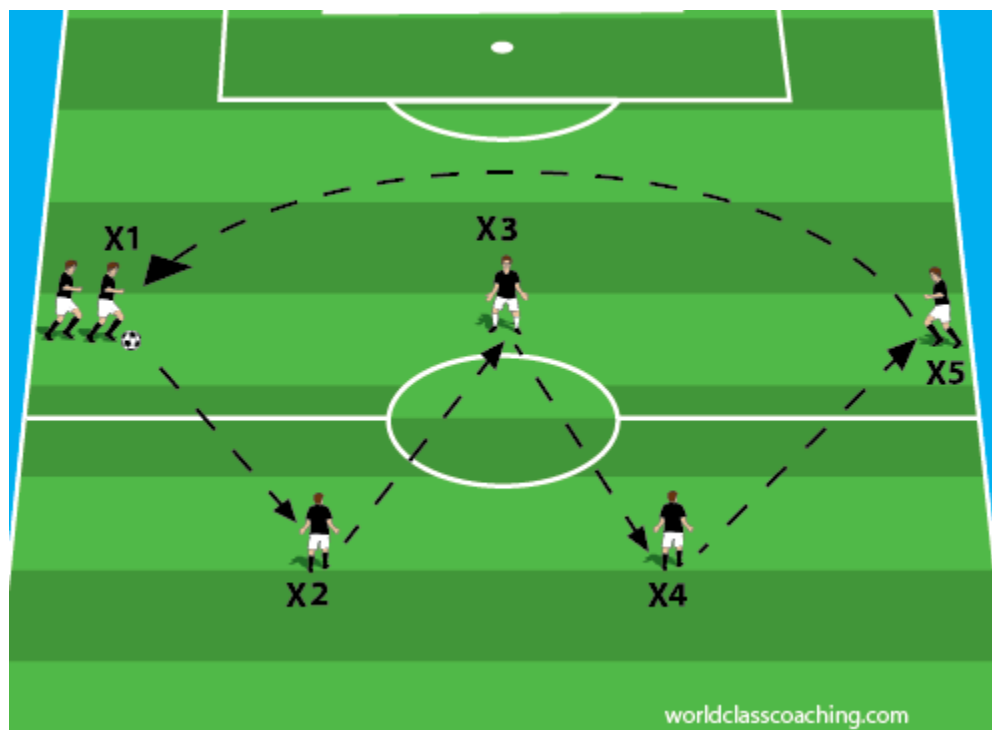
***CP:** Players need to be on the balls their feet and prepared to receive the ball that is delivered to them.*

***CP:** It is important that you have players work on their focus during this stage. Don't let them get into a routine of just tossing and hitting the ball back or you will end up with poor technique when you need it. Have players focused on the ball. I always instruct players to catch the ball with their eyes so they get used to focusing on the ball and making sure that the ball hits the part of the foot they want it to.*

***CP:** Players should step into their touches. If they are on the balls of their feet, then they should be able to step forward to the ball keeping their chest over the ball for a good/firm touch back to their partner's hands.*

***CP:** Watch for players and how they use their arms. They should have their arms apart and out to their sides to help for balance as they come forward to strike the ball. Conditioning them to have their arms out will also prepare them for dealing with close pressure when they get into the game.*

- 4) **Technical Passing-** This is a repeat of a drill from the previous session, but necessary in order to prepare the team for playing the system. The drill is run across the width of the field and places the five midfielders in their positions. The area is approximately 40 yards long and 70 yards wide. Players are set up in position and work through the pattern shown. The drill begins with player X1 passing the ball to player X2, then following their pass. Player X2 receives and passes to player X3, then follows their pass. Player X3 receives and passes to player X4, then follows their pass. Player X4 receives and passes to player X5, then follows their pass. Player X5 receives and switches the ball to the other side back to the beginning of the drill, then follows their pass. The drill is continuous. Be sure to switch directions and have the players work the ball in the opposite direction.

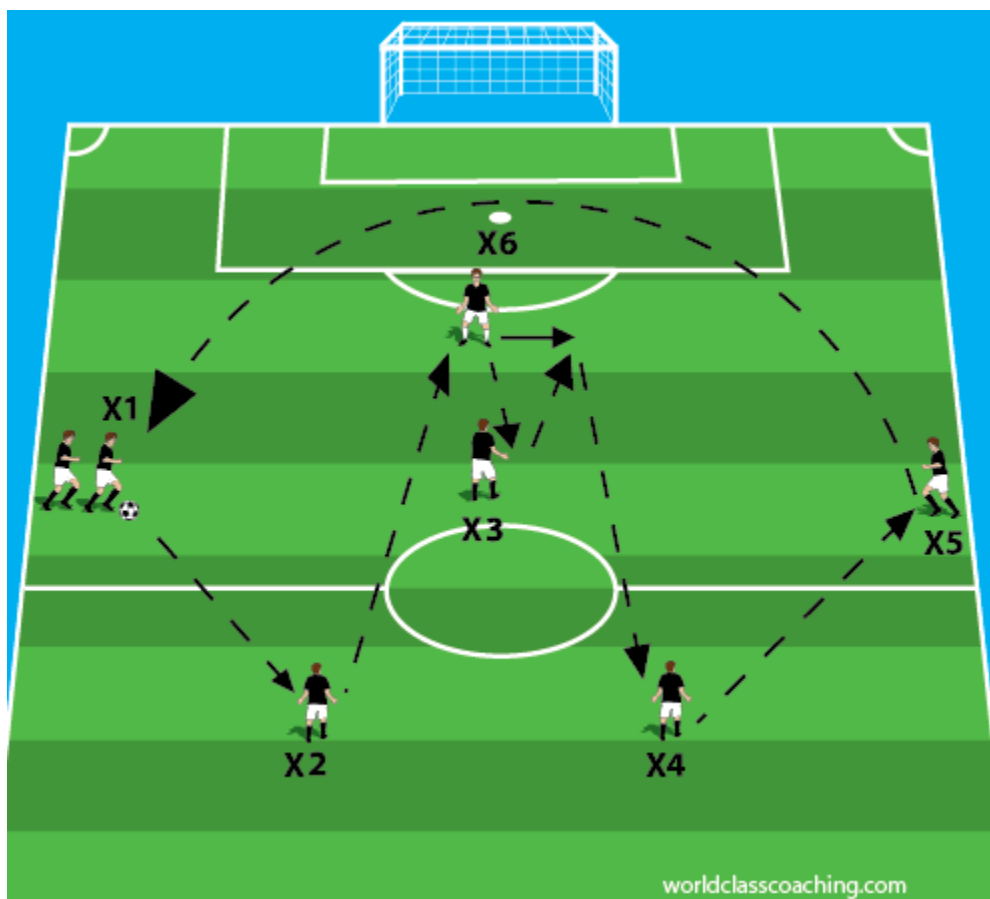


CP: This passing drill is about players learning positions and ball movement within their formation. Start out by encouraging accuracy and quality in the passes. It is important that the passes are quality from the start.

CP: Technique and Technical Preparation are a key in the early stages of this drill. Your goal is to build to one-touch, but players must be focused and preparing to pass and receive the ball. Make sure players have their hips open to the next pass and are on the balls of their feet at all times.

CP: Players need to move and react at game speed. Once the accuracy and quality are there, then start putting the pressure on demanding more ball speed. You want the ball to be moved quickly and, if possible, by one-touch passing.

- 5) **Technical Passing-** This is a progression of the previous drill and builds off of the previous patterns used. The drill begins with player X1 passing the ball to player X2, then following their pass. Player X2 receives the ball and passes forward to player X6, the follows their pass. Player X6 receives and passes to player X3, then supports a few yards in the opposite direction. Player X3 receives and passes back to and in front of player X6, then follows their pass. Player X6 receives and passes to player X4, then follows their pass. Player X4 receives and passes to player X5, then follows their pass.



CP: Use the same coaching points as before, except focus on quick ball movement and being accurate in the combinations.

- 6) **Small-Sided Game (7v.7)**- Have each team play a 1-3-1-2-1 to continue working on the system. The grid size should depend upon the skill level and age of the players. The three defenders should work on shifting from side-to-side and keeping shape. The wing defenders need to look to get forward ball side and become outside midfielders when their team is in possession. The defensive midfielder should work on staying behind the two attacking central midfielders and supporting the defense. The two attacking central midfielders should look to combine with the central forward, perform overlapping runs, and get involved in the attack. The central forward should always be available to receive the ball at feet and to combine with the attacking central midfielders.



***CP:** Now is your chance to work on team shape and organization in attack and defense. Be sure players are moving and combining with one another. In this system players cannot run away from the player with the ball. Make sure players are checking back and moving from side to side to support the ball.*

***CP:** As a team defending, it is important to keep shape and to deny the space behind. Players should work to get back behind the ball as quickly as possible while the closest player applies pressure to the ball to slow the attack of the opposition.*

***CP:** The midfield needs to be very active in supporting and combining with the forwards. They need to support the defenders when they have possession and to look for quick combinations to beat pressure.*

- 7) **Small-Sided Game (8v.8)**- This builds from the previous small-sided game, except that you add one additional midfielder into the game. The system now becomes a 1-3-1-3-1. The objectives and roles of the players are the same, except now there are three midfielders and they act as attackers that are withdrawn. Refer to the diagram below.



CP: Refer to the coaching points for the previous small-sided game, but amend that you want the withdrawn forwards to look for combinations getting forward.

CP: Make sure the players are keeping their shape and not over-working or over-committing. Players have roles and responsibilities. Make sure everyone is doing what they are supposed to.

- 8) **Shadow Play (11v.0 Through 11v.0)**- You have actually introduced a lot in this first session and it is important that you start seeing your players thinking about the system and implementing it on the field. Have the ball start with each goalkeeper and have them distribute the ball out to one of the defenders to start the build-up. Each team possesses the ball through the other team and finishes with a shot on the other goal. Make sure players maintain the shape you want them to within the system as they work on possessing the ball to the opposite goal for a shot. Encourage combinations and switching the play as they build-up. Make sure it is realistic as they continue to maintain possession. Be sure the players work on the patterns just used in training. Use the entire field with 22 players for this exercise. If you don't have 22 players, then have 11 players on one side and the remaining players on the other side working to accomplish the same thing. Be sure to rotate the players so that every player has the chance to be in the side with 11 players.

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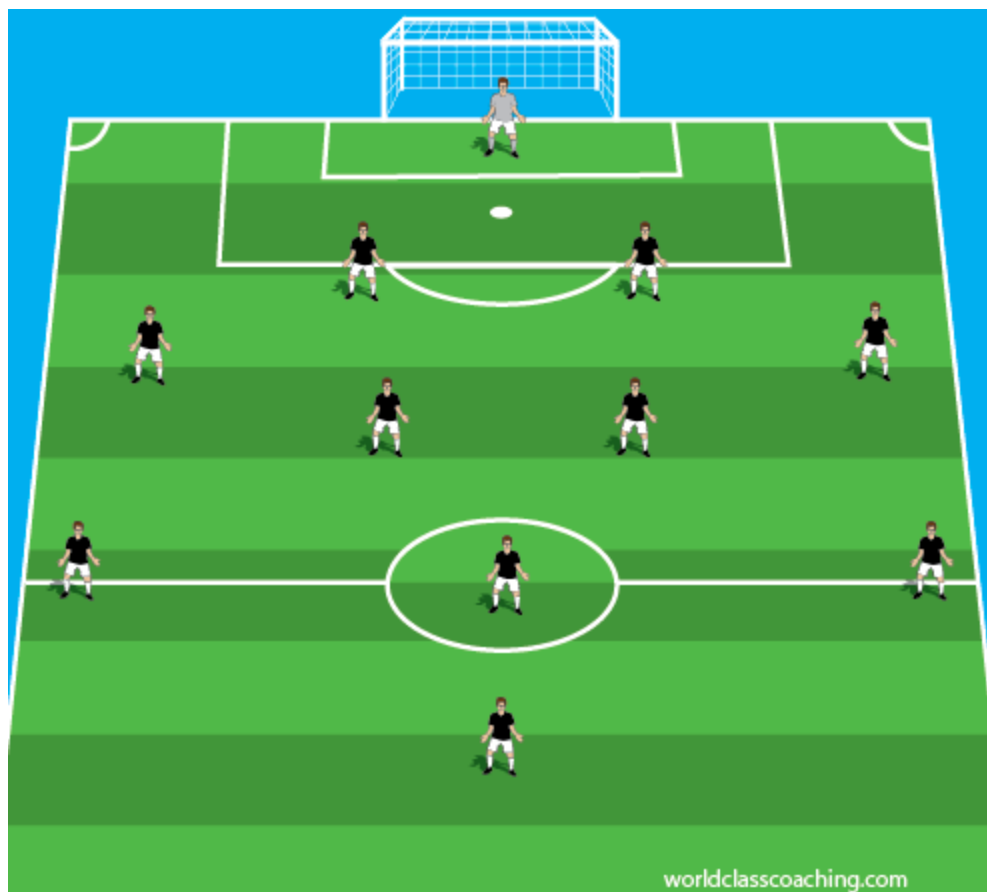
CP: Have the players work with the patterns they just used in the small-sided games. Give them other patterns so that they must adjust and possess the ball in a certain way. Remember, your objective is to play into certain options. Encourage them to do so from the beginning of Shadow Play.

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CP: You worked with the midfielders and attackers in positional play. Make sure that the midfielders are maintaining their shape and the attackers are being aggressive in the final third.

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END OF SESSION

Conclusion (1-4-2-3-1)

The 1-4-2-3-1 formation combines the philosophy of other formations in that overlaps and forward runs can come from the wingbacks and the defensive midfielders. You can certainly vary how you want the midfielders, forwards or defenders to play, depending upon your philosophy. That's what makes coaching fun, the ability to add your personal approaches through your philosophy. The importance with what you have just read is that it incorporate the 3-Dimensional Training Philosophy within your approach to training and teaching.

It begins with Progressive Training. In reviewing the 1-4-2-3-1 sessions, it began with a basic approach designed to lay the foundation for teaching the system. Everything in the first couple of sessions started out basic and built through the first session. It incorporated techniques that would be needed later on, such as overlapping, but it started on a basic level. It continued to be developed throughout the next four sessions in a more advanced format. It is important that as a coach technique is constantly and consistently focused on. The strength of any system is based upon how technically strong the players are. Continue to focus on technique and demand that it be perfect, no matter the age or skill level of the players. As you progress through each session the technical passing and positional passing start to mimic the game and system and how it's played. You then start to focus on positions and the roles of the players within those positions. The triangle in this system is more flexible than the 1-4-3-3 and the roles and responsibilities are similar, but different. They need to be taught within the system and through small-sided games and scrimmages. It begins with basic technical passing and advances to more complex technical passing and patterns that mimic the system. This is done in a progressive way from the start of the first session to the fifth session to teach the responsibilities of the positions. These are all examples of Progressive Training and one of the core philosophies in 3-Dimensional Training. You must have a long term vision of what players need and how to move forward teaching this from simple to complex exercises and drills. Everything and every exercise must tie in to how you play and the system you will be playing. This is Progressive Training.

The next element is Specified Training. This involves you as the coach being very specific in the points you give. In addition, they must be content specific to the system you are playing and how it ties into the drill you are running. Everything must tie together. As a coach you probably feel as if you have been specific in your points. You may have for the drill you are doing, but it didn't encompass the system or even how that particular drill connects to how you want to play. Being specific as a coach is very difficult to do, especially if you feel you have been in the past. Study the coaching points made for each drill within each session and see how they all tie together for the system you are teaching. These are the points you need to make and the approach you must have to truly coach using the 3-Dimensional Training Philosophy. This is an important component of the 3-Dimensional Training Philosophy.

The third element is Positional Training. As mentioned in the previous section every position has its own demands regarding technique, tactical awareness, psychologically and even in regards to fitness. Yet when we train players we train them in one group; soccer players. Sometimes we separate the goalkeepers and train their needs separately as we understand that they have separate needs also. Their technique, tactical awareness, psychological and most definitely fitness are very different from field players. Many coaches have begun to understand this and have separated them to work with specialists. What about wing attackers or wing fullbacks? Do they have the same needs as central midfielders? Is their fitness the same? Do we demand more from them as far as their creativity? Do we expect wing attackers to be stronger 1v1 players? Would their needs be different in the system you play? For example, in a 1-4-4-2 aren't the needs of the two strikers different than the needs of three strikers in a 1-4-3-3? Some coaches don't have the luxury of picking their players and must tailor their teams based upon the strengths and weaknesses of the players. Wouldn't the fitness demands and runs be different for two attackers versus three? Of course they would. This doesn't mean that we have to have specialists for every position, this is not the point. What it does mean is that we have to become more complete in our training and development of players young and old. Training is the same way. You should be able to observe a training session and be able to figure out in a general form what system the team plays. You should be able to observe a team training for 10-20 minutes and, by the exercises they are doing, be able to determine the system they are playing. It should be almost like a blueprint. Coaching at the college level now for several years, I have had the opportunity to have observe a number of training sessions for older teams (14-18 year olds). Less than a third of these teams had a focus to their training and performed just drills to improve an aspect of passing, finishing, or touch. Most of these were high-level teams in markets such as Texas, Florida, Georgia, Oklahoma, and California. Players need training that is specific to their needs based upon the position they play. It is important for players to develop entirely. We are developing good players, but we fall short very quickly on the world's largest stages because of this.

The final element is System. Everything must build to the system you want to play. It is amazing how everything links together and it seems as if there is a natural flow to things. This is the same for 3-Dimensional Training. Everything flows to the system you want to play. Don't just pass the ball to pass the ball in a drill, focus on how you want them to pass in the game. Focus on the accuracy and types of passes they should be making. If they will be making short, quick passes to feet, then this should be what you work on in technical passing. If you will look for long passes from the middle to the outside, then build this into your technical passing and, of course, into your positional training. Everything connects together and should build towards the system you want to play. This should even happen with younger players. Give them the experience and focus of learning how to play the game while still building the fun and passion for the game in training. If they play 8v8, then build how you train them to the system you want them to play. If it is a 1-3-2-3 to mimic the 1-4-3-3 because you want to prepare them for this as they get older, then

this is what you should do. If it is to play a 1-3-3-2 to mimic the 1-4-4-2, then do that. If it is the 1-4-2-3-1, then you would play a 1-3-1-3-1. Everything builds together. Look at how we began the 1-4-3-3 by starting simple, but introducing positions and responsibilities. As we progressed everything took on the shape of the system, from the technical passing to positional training to shadow play to scrimmages. Players were immersed in the system so that with every activity and every detail they were learning and developing within the 1-4-2-3-1 System. This is 3-Dimensional Training focusing on System Training.

Wrap-up (3-Dimensional Training Philosophy)

3-Dimensional Training is about being specific and comprehensive in every aspect of your coaching. I train players at the college level and have focused my training philosophy using this approach the last 15 years. I have refined and perfected it the last 7-8 years to have a clearer understanding of my philosophy and approach. The argument could be made that this system can't be used with youth-aged players, especially ones at the very young ages. This is not correct, it is just a matter of proper planning and structure with the sessions you put together.

5/6 Year Olds- The focus at this age is on building their love and passion for the game, they have to want to play and be excited about the game. These, though, have nothing to do with training and development. The trick at this age is to create an organized and structured environment where the players are learning and having fun in an environment that doesn't appear to be structured or organized. This sounds strange and contradictory, but it takes a certain art to do this. How do you create an organized environment that looks like it is not structured? Players at 5 and 6 want to run and play in a positive and supportive environment. So how do you implement 3-Dimensional Training at this age? It is more of what is focused on and how it is delivered.

- **Progressive Training-** Players will start out with simple exercises and drills learning how to run with the ball. Competitions and games will be included to give them a sense of spatial awareness. These are the basics of sessions and don't begin to address how to train players at this age in a 3-Dimensional way. Sessions have to build from very simple to more involved. You might start out with having players run with the ball from one point to another point. You might progress to where players have to shift from point to point and side to side. This might build to where players have an objective of moving to different points quickly and stopping the ball on command. The structure needs to start from simple and progress to more involved.
- **Specified Training-** The focus is on players running and having fun, but the coaching points still need to be there. You might begin with helping them understand space and time. Spatial awareness is a big part of the development of players at this age. You would also begin to interject subtle technical corrections to help them run with the ball faster. This is where you

start by emphasizing striking the ball with the laces. You would also do this when players are striking the ball to shoot at goal. You may also begin to build basic Coerver moves that are simple. You might start with stopping the ball by placing your foot on top of the ball. You would progress this by teaching them to stop the ball and then pulling it back (i.e. the drag back). This would be starting to teach basic moves to beat players. Your points need to balance with the progression of your sessions. You don't want to overwhelm players with coaching points at this age at the beginning of the sessions. You want to balance them and make them more 'fun points'. For example, 'You could be faster if you hit the ball with this part of the foot. Like this'. Players at this age don't want to be told what to do, they want to run around and have fun. Your points need to be instructional and relative to the progression of your session, but they need to keep the fun in the game for them.

- **Positional-** Players at this age usually play magnet soccer, and you won't be able to correct this initially. Players will surround the ball and will kick at it until the ball pops free and one player starts to run and kick it. You need to start building an understanding of the game by explaining the three areas of the field. The first area is defense. The second area is midfield. The third area is forward. Teach them that there are three zones on the field and it will build into later understanding positions and roles. As you progress in your teaching, players will begin to learn how to defend, how to pass, and how to shoot. This is a slow process that is built over the course of the season. In a progressive sense, you won't start teaching positions in the first training session, but would rather start to introduce the three zones as you get into the season. Your Positional Training needs to be on an elementary level.
- **System-** Most qualified coaches would argue that we don't teach systems to players that are 5 and 6 years old. I disagree. We can at a basic level. After all, don't we tell them we play with 5 on the field? We also start by trying to organize them by putting 1 or 2 players in the back and the same in the other zones on the field. Teaching a system at a basic level is simply defining this through your training. You play with 5 players, then help them to understand the placement of the five players and why they are positioned on the field. Teaching a system isn't about playing a 2-1-2 and teaching this because when they get older you want to play a 1-4-3-3 or a 1-4-2-3-1. Players at this age should learn all aspects of the game, including positions and the areas on the field.

7-9 Year Olds- This is a fun age as players at this age begin to understand structure more and can be exposed to basic tactics and systems. This is also a very critical age where you start to build a strong technical foundation. The philosophy of technique must be perfect must come out here. Technique is a huge focus of the development at these ages. It is important at this age that your focus be on development and not on competition. I have seen too many coaches that take kids at this age and start

pushing them too hard to win and produce. They then have tryouts and cut kids for better athletes in order to be more competitive and win games and tournaments. Then we wonder why kids are burning out and walking away from the game at 13 and 14 years old. This is the wrong approach. Players still need to have fun, but the environment needs to have more structure and the coaching points need to be more specific and more technical in nature.

- **Progressive-** The simple to complex progression of teaching players at this age level will be more dramatic. You will pick up with where you left off in teaching them the areas of the field and build them into more structure and positions and shape within an 8v.8 environment. It is the most extreme change of development that players will go through and it must be dealt with on a very simple level. Don't over jargon your sessions and be sure to keep the environment fun. Kids at this age love to play and want to play. Don't put the pressure on them to win and produce or you will start to make the environment unfriendly and too serious. Your environment will be very technical, but you will need to build in basic tactical aspects such as positions and formations. This needs to be part of your training.
- **Specified-** Focus your coaching points on technique. Make sure players learn the proper method of striking a ball when shooting, passing a ball over short distances, and passing a ball over long distances. You will also begin to implement Coerver Moves and having players work on learning and mastering at least three different moves so that they are capable of beating any player. You cannot go back and improve on a player's technique once they reach a certain age. This is a critical age in developing the player's technical game. You will need to start being more specific, but you must also be careful not to bury a player in copaching points to where they aren't enjoying the session.
- **Positional-** Players will start to learn and understand the different positions in the game. Players step up from playing 5v.5 to 8v.8 and, in some areas, are even attempting to play 11v.11 at ages 8 and 9. Although I am not in favor of this, it is important that as you build your sessions you start to incorporate an understanding of positions within your drills. It is also important that players learn as many of these positions as possible so that they become more complete players as they get older.
- **System-** It is fun to watch players learning a system at the very roots of their development. I always enjoy this process of taking them from 5v.5 to 8v.8 and then to 11v.11. You can see the dramatic growth of the player as they go through the process. Players need to have this built into every aspect, including passing drills, small-sided games, positional and pattern passing, and so on. This is an age where you can really focus on player development as they begin to grow and evolve in the game. I caution you to remember, though, they are only 7-9 year old kids and want approval from their coaches

and parents as they are learning and playing. They don't want the pressure of winning from the people they are looking up to the most. Keep it fun and keep the pressure off as much as possible.

10-12 Year Olds- Everyone has evolved to playing 11v.11 by the age of 12. There are still some areas where the players are still playing 8v.8 on smaller goals, and I applaud those that are. Unfortunately, we see too many clubs rushing into 11v.11 at this age, an important one as it is the final stage of technical development. Make sure you stress the importance of proper technique as players are playing and training. Players are maturing more in the game and will start to gain exposure into the tactical side of the game, but your focus still needs to be on technique. Remember, ***Technique Must Be Perfect and Can Never Be Good Enough!*** If there is one point that should be stressed in 3-Dimensional Training it is that one. Players at the 10-12 ages must be reminded that technique is the most important part of the game. I also like to use this age to build a lot of 1v.1 training so players become stronger at possessing and beating an opponent. Your teaching will start to include more tactical training and how players create space.

- **Progressive-** At this age you will start by emphasizing technique while also building in tactical instruction. Players will start to learn how to create space in width and depth in attack while also learning how to defend by restricting space. Players will also have technical passing that is more designed to resemble their system and how they play. This will also give them more of a sense of positional awareness and responsibilities. Players will learn the value of team and how to move and react together as a team in attack and defense. It is a fun age in the development of the player. Coaches at this age level have a great responsibility in that they must make sure the technique is correct, but will also be responsible for building the tactical game of the player as players are starting to become more aware. In my opinion, this is one of the most important times in the total development of the player.
- **Specified-** Your comments need to be specific and appropriate during all of the exercises. Players must start to understand how everything ties together from the warm-up to the cooldown in a session. Instruction must be specific to the player's technical needs and must remain a focus in your points. Players must also start to receive very appropriate and specific feedback as the sessions progress and tactics are implemented. It is also an interesting time as players are at different ages of growth. Some players could be four to six inches taller than others because of their individual growth pattern. Some players will have natural speed and others will be awkward and have basic to moderate speed, again because of genetic make-up or their individual growth pattern. This is still an important age where you want to focus on the development of the player. You will start to be more competitive by playing leagues and attending tournaments, but it is important as a coach to keep it all about development and not results.

Otherwise, in 1-2 years you will start losing players who feel pressured and burned out.

- **Positional-** Players will learn all of the positions, but they will start specializing in certain positions at this age. Players will quickly figure out that they are better at attacking or defending and that they prefer playing in certain positions. It is important that your sessions and drills start to include specifics of positional roles and responsibilities in your training. In addition, players need to understand the technical demands of each position and the discipline of the position they are playing. Simple passing drills should resemble the formation they are playing and players should start to get an understanding of their roles within a position and how they tie into the formation with the other players. It is your responsibility as the coach to build positional training into every aspect of your sessions.
- **System-** Players will begin to understand the importance of systems at this age. They must begin to formulate an understanding of what direct and indirect play means, what it means to mark or to play zonal in defending, what it means to play high or low as a defense. All of this and more must be included in your development at this age. Remember, though, it **IS** about development and not winning. Keep your perspective and refrain from pressuring players to win games and tournaments. If it happens, then praise them and support them. If it doesn't praise and support the work that they have done. Focus on how they have developed and grown as individuals and as a team and not on the results. This is a concept that is especially difficult for parents to understand, but one that is critical for you to properly develop players.

13/14 Year Olds- The technical foundation of the player is already built by this age. In rare cases, you can improve the technique of a player at or after this age, but their development is sorely lacking compared to players that have followed this tract. Your impact on improving technique at this age is typically no more than 10%. This does not mean that because you don't have as much of an impact here that you can move on to tactics. You need to remember that their technical game can also break down if it is neglected. This is the biggest problem in our game in this country. Most coaches get to this age and beyond and focus more on tactics, speed and strength thinking that they must focus on tactics and that their technique is **GOOD ENOUGH**. This more than anything else in this country is what frustrates me the most. We start to neglect technique and players start to degrade technically. We still need to have a strong focus on technique as players continue to advance and develop.

- **Progressive-** You will now start to build in a more competitive environment as players start to see competition on the state, national and international level. Players need to continue focusing on maintaining and polishing their technique while also learning more advanced team tactics and systems. Everything needs to continue to build, as shown in the sessions in this book.

because they want to win championships. This might be your motivation, but not theirs. They want to play because they love to play the game and love being out there with their friends. If you keep this in mind when you are in the actual training environment, then you will have a better response in training and more success as a coach in developing players and having successful teams. Good luck in your quest to develop and produce strong technical and competitive players using the 3-Dimensional Training Model.

It is important that you have a vision as a coach and be able to see where the team is and where you want them to be at the end of the season. Plan what you need to cover during that time in order to reach the objectives you have set.

- **Specified-** Your instruction must still focus on technique, but you must also be very aware of their tactical development and to tie in the tactical game as you progress through each session. It will be important that you paint the picture for the players by pointing out how a technical passing drill relates to the bigger game. Your points need to be timely and specific to the needs of each player within the system they play.
- **Positional-** Players will start to become position-specific as they focus on only one or two positions. Make sure you start giving the points to the players to help them with their choices, but to also help build their development. Your points are important and should be made throughout the session and not just in scrimmages.
- **System-** Players have now been playing on the larger field and playing 11v.11 for more than 1-2 years now (in some cases longer). You now need to start looking at training a system and all of its responsibilities based upon the players and their strengths and weaknesses. Some coaches at this stage have already been recruiting players for the system they know and are comfortable with. Either way, players need to learn all of the aspects of the system you have implemented and all of the roles and responsibilities of that system.

15-18 Year Olds- This is where strength training, speed training and positional fitness training start to be implemented. Players have developed their game, have chosen where they like to play and are strongest on the field, and they have been playing within a system for at least 2-3 years. These ages are about refining their game, building their strength, fitness and speed, and learning other systems for their strengths and weaknesses. In some countries, this is where professionals are first trained before they start playing at the top levels. They often are trained in minor league environments or on reserve teams by top level professional coaches whose sole responsibility is to turn young players into professionals. It is about playing more effectively, with strength and with speed. All of the points shown in the sessions in this book would reflect more of this age group and above (adult and college).

Training is about development. The environment you create is important and the planning you put into that environment is just as important. As a coach, you need to have a vision of player development and see the bigger picture for the level and age of players you are coaching. This includes understanding what needs to be trained over the course of the season. You must also be very patient in your approach and understand that the kids playing for you do so because they love the game and not

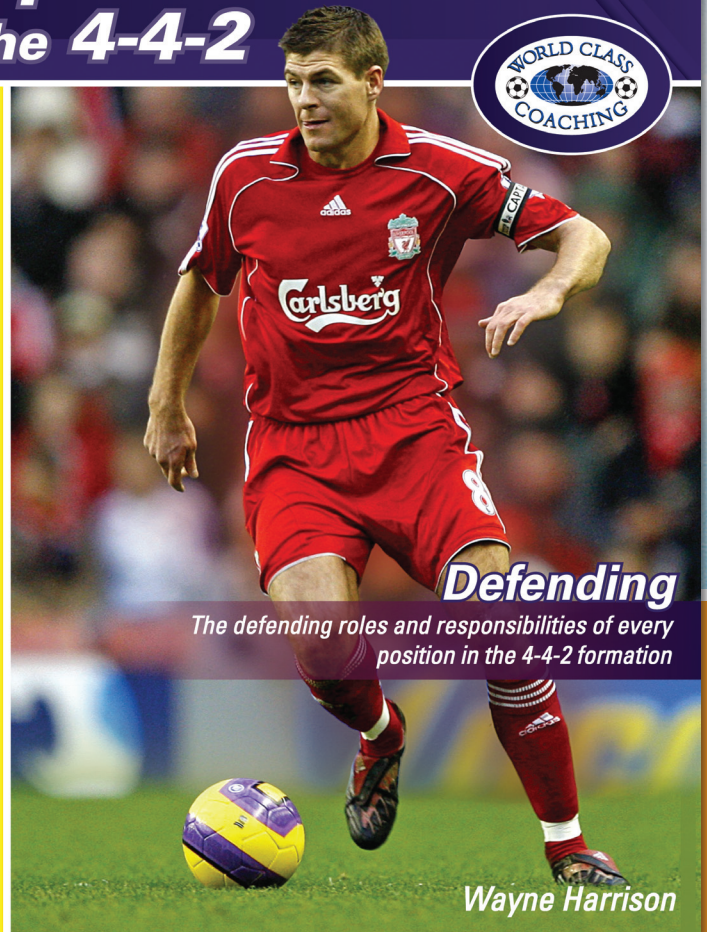
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