

TRANSITIONAL FINISHING PRACTICES

THEFOOTBALLCOACH

A Practical and theoretical demonstration
of how transitional complexity can improve finishing
practices and provide players with a greater level of
training that provides more realistic situations

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THEFOOTBALLCOACH



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The author

THEFOOTBALLCOACH

Since 2012 TheFootballCoach has created some of Europe's most popular coaching resources ranging from tactical analysis of some of football's most popular coaches, to academy training sessions fresh from the curriculums and training plans of professional clubs.

Throughout all of our coaching books we've tried to provide you with an angle in to the professional game, sharing the philosophies and methodologies to coaches and clubs worldwide. We've also tried to ensure that our books are unique, offering insightful information around topics that are relevant to coaches of all ages, experiences and levels.

Our experiences as a team have left us in a great position to share information, coaching experience across many of Europe's most elite leagues, and fortunate enough to work in some of the opportunity to work with some of Europe's greatest clubs has exposed us to some of Europe's greatest coaches, and these experiences have helped shape the books and the session within them.



Welcome

Welcome to transitional finishing practices, the latest in our long line of coaching specific Ebooks. This eBook is specifically going to look at the phase of the game. Through the next few chapter we will look to provide a twist to the way you may currently perform finishing practices, provide some rationale as to why we do practices this way, and provide you with a bank of matching sessions to try within your own coaching.

Our performance as players, coaches or teams is often defined by two moments, the moments where we defend our goal, and the moment where we attack the opponents goal. Often in games it is the team who perform best in the two boxes, that wins. Which is why in football there is only ever one statistic that matters at the end, how many goals have each team scored.

As simplistic as a statement as the previous is, it sits true within our game, the process and formation etc, may help us get in to these positions, but our performance in front of those two white poles, 8ft apart from each other, will often define our success.

Now knowing this, we must understand the importance of finding the best solution to train these moments, are the traditional unopposed finishing sessions the real specific training situations that are going to support our players development and improve our teams efficiency?

This is the million dollar question often asked within the professional game! "How can we be more effective in front of goal?". Are our traditional finishing practices not exposing our attacking players to the scenarios and situations that they might find themselves in within the game situations, do the practices we deliver ask every technical and tactical situation of them that we do within our games?

Why Transitional Finishing Practices ?

With the above in mind it is where we will first look to introduce this books unusual title 'Transitional Finishing Practices', what does this mean? And how does it work?

A lot of what we do within TheFootballCoach is evidence based, although we aren't in the camp that everything must be evidence based, we do believe we should be able to support the rationale behind our sessions with evidence, and so we will provide this evidence to support this type of practice.

Why Are Transitions Important?

From research in to the modern game we know that most goals are scored within 3.89 passes in the Champions League last season, with the champions have just over 2.5 passes in the average goal scored, this shows how quick in possession teams are, and how quickly a game can switch from defence to offence and visa-visa.

This quickly changing game requires players who are capable of really performing quickly under pressure, we also know that this is further supported in the Premier League where 36% of goals are scored from 'Fast Attacks' directly from transitions, so from this we can see how important the offensive transition is for our players, they must be capable of performing a defensive action, and then very quickly capable of performing a 'Important' offensive action.

Is It Only The Attacking Transition That Is Important?

One thing this book will look to continue to drive home is the importance of both the offensive and defensive transition within the attackers game. We are currently seeing an increase in the importance of the game 'Out of Possession' which is supported by a drop of 13.% in goals scored in international tournaments since 2012.

This means that attacking players are now provided with more defensive responsibility than what was expected 8 years ago.

The number 7,9 and 11 are now often required to be the catalyst in the attacking press and act as the first line of defence and the last line of offence, with

coaches providing more and more scrutiny on attacking players willingness and ability to defend from the front.

So when devising session plans it is important in our opinion that we are able to train both attacking moments after the attacking transition, how can our players attack, just after a defensive action. Are they physically able to perform two explosive bouts of exercise with out becoming physically drained? Can they emotionally deal with the stress of defensive structure, whilst looking to pick gaps and find spaces in-between defensive lines? What about in reverse, can our players perform an attacking action with confidence, with out worrying about the outcome of the attacking action, transition instantly in to a defensive one? This in our opinion will be some of the key attributes for attacking players to be able to develop within our practice.

However it is still important that we do not forget the foundations of an attacking player. The finishing technique, the timing and angle of the run and all of those attacking attributes, this is why a varying range of finishing practices are still required, just this book will specifically look at how we develop those transitional qualities in to realistic and meaningful finishing practices.

Variety Is Key

Why is variety key? Variety is key in everything we do from nutrition, to coaching styles, to communication styles and session style is no different. It keeps our players on their toes as to how the session will be delivered, but also provide variety to their working day, and help prevent the stale like nature that often can occur within football clubs because of the repetition.

Finishing practices that are unopposed and very 'Drill' like will offer players the opportunity to work repetitively at a specific situation, this might be working on a technique or a specific moment, such as finishing across the keeper from a tight angle etc.

However it is not just repetition that is trained here, some players will gain in confidence from routinely scoring, routinely hitting the back of the net. For these players, unopposed practice will provide a significantly important role.

Unopposed practice also helps us dramatically in the professional game with managing player work loads physically and mentally.

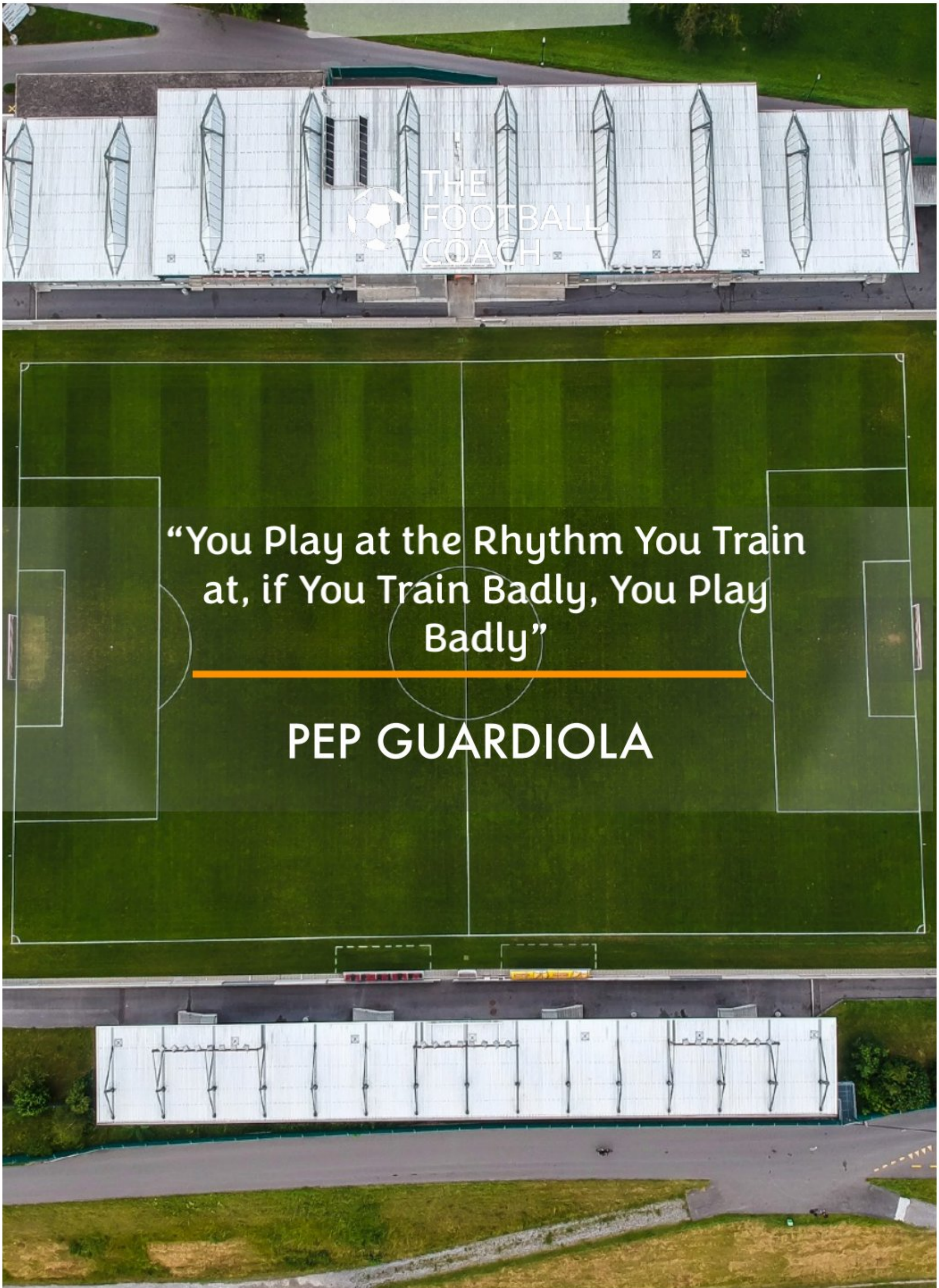
During the English Football League season players often perform 8 games in 24-28 days, this means recovery is key in almost every session. Performing unopposed drills allows coaches to limit the distance players are covering, the intensity that they are working at, but also the amount of recovery they have in-between sets. But our players still get the opportunity to perform the action that we need to train, in these moments the game will provide the majority of our 'opposed' practices.

However it is important to remember during the busy periods, and periods where fatigue begins to become a controlling factor, that players psychological recovery is key. We know from science that players recovery can take between 48-72 hours in most players, meaning we are participating in acquisition based training before full recovery.

This has also got to be remembered for the psychological elements too, pushing players through high cognitive loading during a busy period of games (e.g. transitional practices) maybe counter productive adding stress to the emotional and cognitive elements of performance that do not need this load.

Training games such as 3v3 or 4v4 will also provide a lot of opportunity for attacking players to finish within 'Real' or more natural situations. Even the most efficient transitional finishing practices, will only be able to recreate the specifics of a game to a degree. There is no replacement for playing, and we should never try to replace this.

But there are also drawbacks to performing 3v3 and 4v4 practices as we know these can be very taxing on the body, and usually exist on high acquisition days within the training week due to the changes of direction, the intensity and the volume of load put on the players. So even though we know their importance, we also know they can only exist within a part of our program, and variety will be key in supporting them.



THE
FOOTBALL
COACH

“You Play at the Rhythm You Train
at, if You Train Badly, You Play
Badly”

PEP GUARDIOLA

CREATING PRACTICES

When creating practices, as a coach you must have considered a 1000 different things, we have all been in that moment as a coach. How fresh are the players, what do the players need, what I do I want from the players, what space do we have, what time do we have and there are a million different considerations.

The best coaches we have been lucky enough to work with have a decisive manor in creating session where they are able to see past the confusion and the complications and deliver a practice, specific for the players in-front of them.

However it is our job within this book to try and provide some clarity to what we take in to consideration when creating a session for players to compete in. For example with finishing sessions, what do we want to create, do we want to create easy, high confidence opportunities for our attacking players. Or do we want to create meaningful practices that are based on evidence, that will help recreate moments to the best of our ability for our players to compete within.

When creating a session for attacking players to look to create finishing opportunities it is important to first understand what you want the players to achieve, and this will be different based on age group, gender, ability and period of the season.

YOUTH FOOTBALL

For example youth players will naturally need a more rounded and less specific style of practice, they will need to be exposed to lots of opportunity to finish in all types of situations and angles to ensure that they receive a very rounded learning experience. They will still need specific support, maybe with a type of finish they have found difficult in games, e.g. if a player is struggling to finish in 1v1 situations, let's try and create some practices for this player to try and develop this.

With these young players it is also beneficial to the teenage brain if we share the reasoning for the session, if the session is built around a specific player, for their needs, tell them and embrace them in to the learning process.

For the more general sessions, why not also include players in the learning process and provide them with links to the professional game that help them see the link between 'Themselves' the youth player and the 'Professional' the player they idolise or at least recognise.

Within youth sport recovery and periodization will generally play less of a role than in senior sport (Generally) however finishing sessions can still be adapted to ensure that they cater for the periodization that occurs within youth sport. For example those coaches that use a model of Tactical Periodization or some form of lateral periodization.

Many find that they can fit transitional finishing practices in to their 'Strength Day' (The day of Small Sided Games) and more traditional blocked practices in to their aerobic acquisition days. As well as being able to fit smaller practices in to recovery days.



COMPETITIVE ENVIRONMENT

Within senior football (Or competitive football) the rationale behind session design can be very different to that of the youth game. This is because within the competitive footballing environment we have changed focus towards results, and results are as previously mentioned, usually based around our performance in both boxes, so analysing and understanding our performance in the opponents box has become even more important.

The first thing we need to understand when creating practices is our game model, and specifically what do our goals look like? As coaches we must look at our own model and ask ourselves; What do our goals look like? And you maybe sat there thinking “Our goals look very different?” And you maybe correct as football is a very fluid and unpredictable sport.

However because we as coaches should have a playing model, we should have a type of goal that is created because of that, for example if you are Manchester City and you constantly look to keep possession and use the half-spaces, you can expect that a lot of the opportunities will be created by low crosses in behind the opponent, so when we are training it is important that our centre forwards get the opportunity to train the behaviour and our midfield players get the opportunity to practice these types of crosses in training, as it is the moments they are more likely to see in games.

Within the senior/competitive game the opponent will also provide ideas as to how you setup your finishing practices, the opponent plays a key role as their tactical setup might lead you as a coach to look to exploit them in a specific way. For example if you are playing against a team who press high and look to suffocate you with long periods of possession. You might find yourself playing on the counter-attack to tactically exploit the opponent, in these situations coaches may find themselves developing counter-attacking practices that look more like the scenario that will be faced at the weekend.

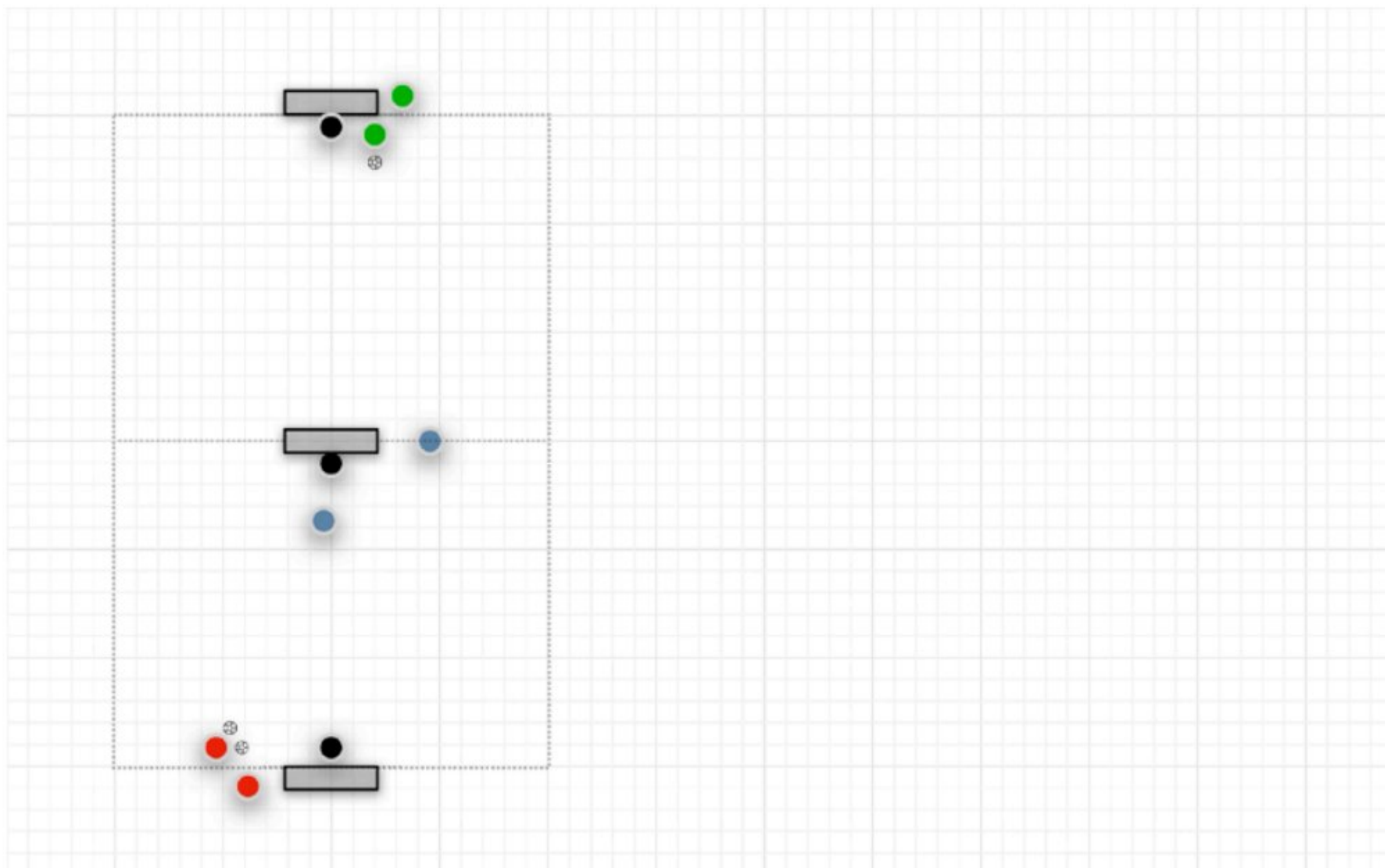
In these moments the training is specific to the tactical situation but does not deviate from the coaches principles, but does create a level of confidence in players as they’ve seen the video footage of the opponent, they’ve seen a replica of the opponent on the grass, and have also experienced exploiting the opponent in

replicated situations. This will help players begin to believe that the plan they're devising will be successful.

Player recovery also plays a huge role within the competitive games programme as previously mentioned, players who are within 48 hours of a game are very unlikely to be competing within a highly end-to-end high transition format game due to the physical and cognitive load that is applied to the player. So coaches within the elite game will look to provide the session when the player is at the optimal moment to receive these sessions.

Individual player needs also play a key role in session design within the elite game, finishing practices can be very specific to players, and including players feedback in to this process will help you engage players and understand their needs. Although we can't 100% go by what they feel they need, we can use the democratic approach to include them, show value in them and help them buy in to the process of helping themselves.

This player engagement will create cohesive relationships between players and coaches and help provide a culture that is focused on improving and dedicated to the small improvements required.



CREATING THE SESSION

When creating this Ebook we took a huge bank of information onboard first to try and understand how we could ensure these sessions were as specific and detailed as possible. How could we ensure that coaches were able to receive the most accurate and beneficial information, from a mixture of experiences and a mixture of evidential support too.

Within our evidential support we will try and pull together statistics and trends from the modern game, and see if these statistics can help us understand what areas teams are exploring and how we are able to learn from these moments, and from these moments look to build sessions that can support our players ability to perform the tasks required.

We know in the last five to seven years we have began to see a drop in the amount of goals scored within the professional game. This has occurred within international football especially with major European tournaments seeing a drop of 13.5% from 2012 to 2016.

Now the difficult part is working out why. Now many coaches will look to point out the drop in counter attacking goals, in 2012 many of the goals scored, were scored via counter-attacking moments. In 2016 the number had dramatically dropped. It wasn't that teams decided not to counter-attack, but teams began to tactically evolve against the counter-attack.

As teams like Leicester City became so effective on the counter-attack, other teams started to sit deeper, creating 'Low-Block' like formations, which teams could not overload on the counter-attack, the kind of shape associated to Atletico Madrid in the media.

Teams have also been looking to find a tactical response to teams looking to exploit 'Zone 14', the small zone in front of the penalty box that became such a hot bed for number 10's to exploit. As time has developed teams have used two

central midfield players (Sometimes called a screen) to block the centre off the pitch.



With the above messages combined, we now can see some of the reasons that we have seen a temporary drop in goals scored, we have however seen a large increase in the goals scored from 'Crosses and cutbacks' with 42% of goals in Euro 2016 coming from those situations. This supports a previous claim that teams are blocking central areas, with teams now looking to get the ball wide before penetrating the box.

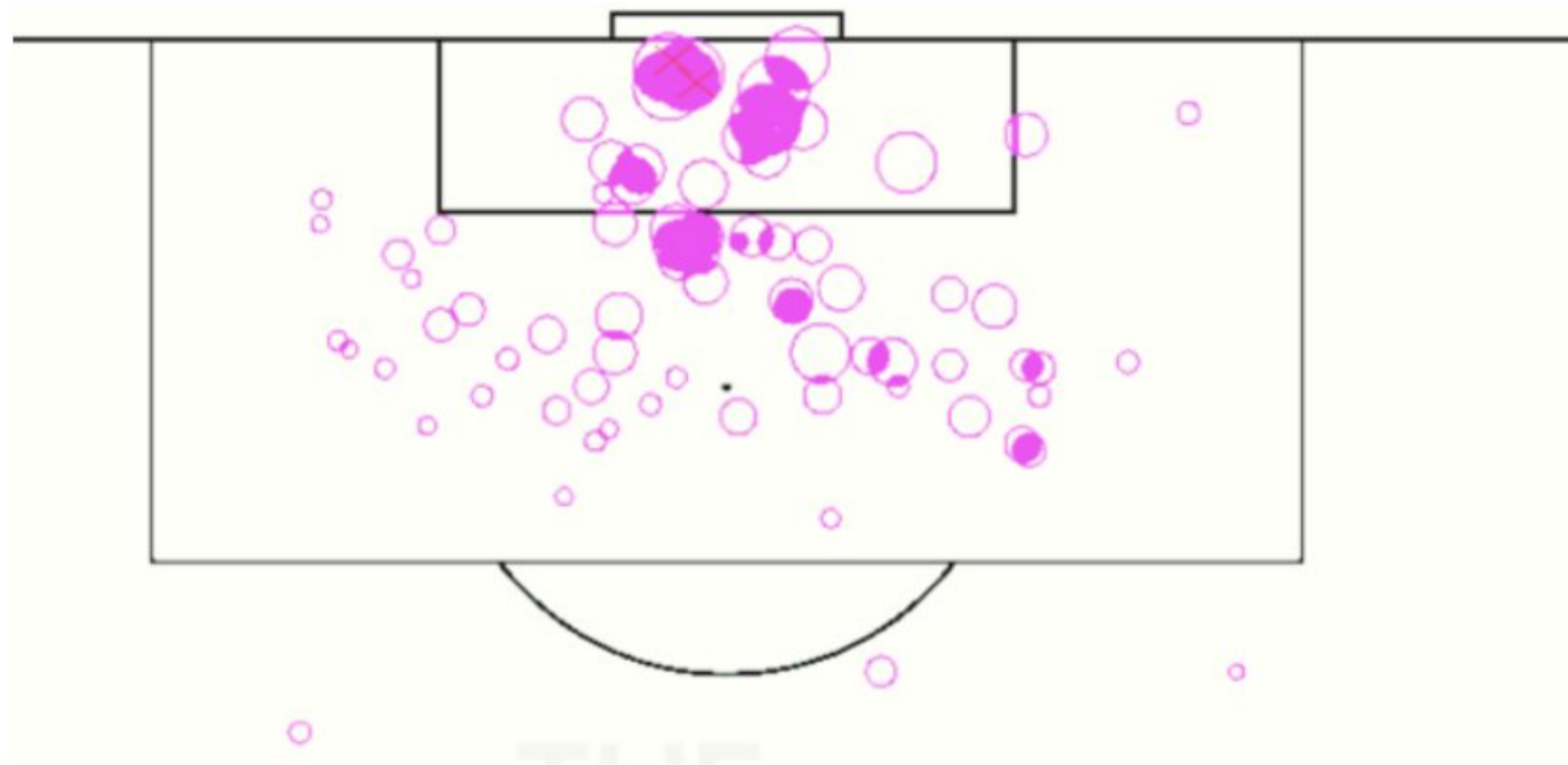
What Does This Mean For Practice?

This has very simple consequences for practice, if we know that tactically teams are looking to move more players in to central areas, and are looking to block central spaces to prevent our teams playing through their lines, we may need to pass the ball in to the wide areas in order to exploit the crossing situations that may occur, with this in mind we will need to adapt our coaching sessions to

ensure that our players are receiving the ball in these wide areas, with a compact central area to find when crossing.

As previously mentioned the closer the practice can relate to the game the better opportunity we have for transferability from training to games. Premier league statistics show that in the previous premier league season (2018/19) teams scored with an average of 3.89 passes in possession before scoring, and the average time in possession before scoring was 12.50 Seconds.

Although this is seemingly longer in possession than historically, it still shows



how quickly our attacking players must act in order to exploit the opponent, leading us back to the title of the book, and the importance of acting quickly in the transition.

Jurgen Klopp's Liverpool showed a noteworthy statistic, scoring with an average of 2.51 passes in a lead up to a goal, showing how dominant they are in becoming defensively organised following an attacking transition. Within 7.81 Seconds Liverpool scored following the regain of possession

This provides interesting feedback to our sessions design, with the Champions League winners showing how effective they can be by reacting quickly the attacking transition, our practices may need to match their best practice, ensure our own sessions are very quick, small time in possession, quick passes and an importance on playing forward early and quickly.

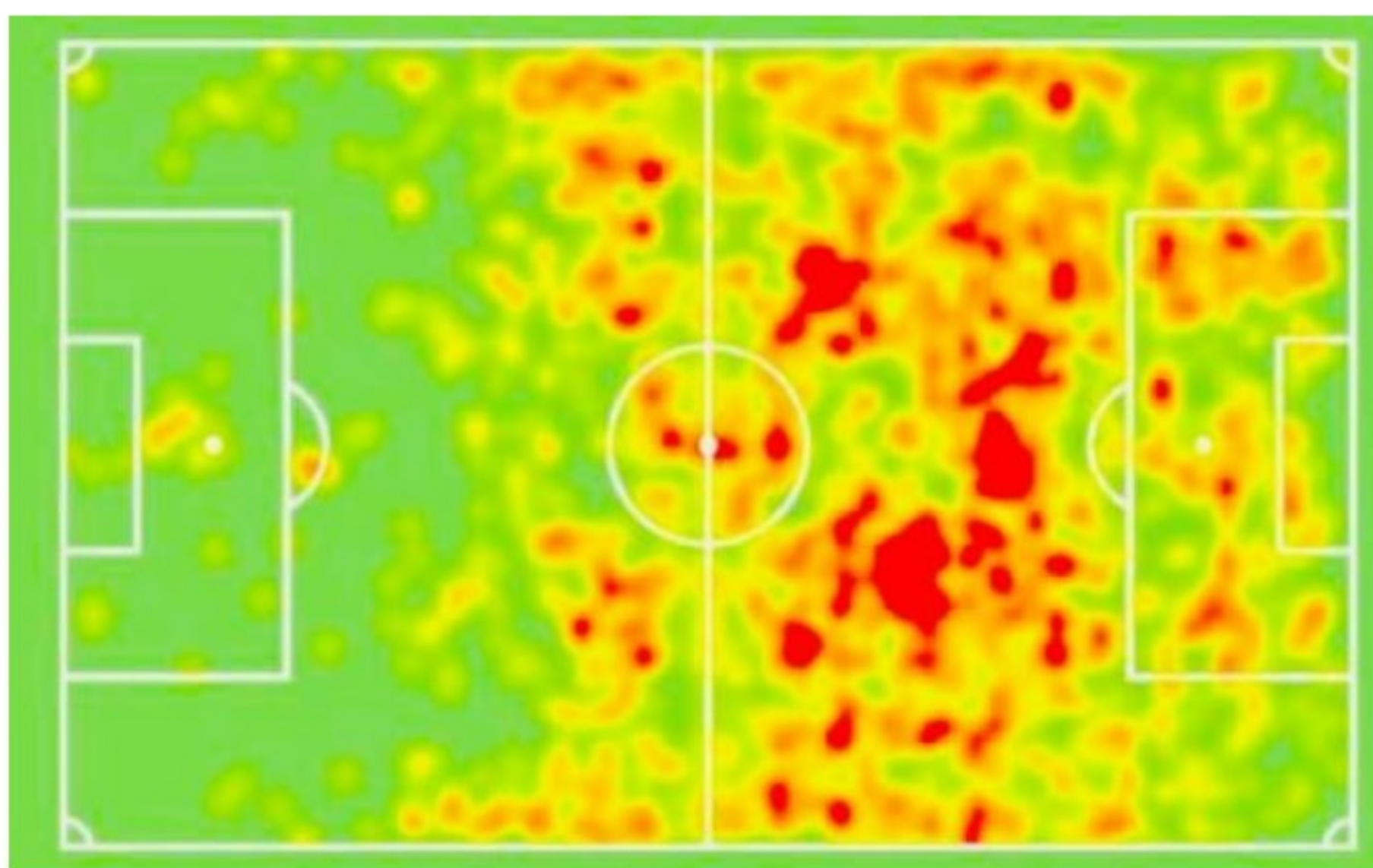
The need for quick attacking practices is further supported by Opta's claim that 36% of all EPL goals so far this season have been scored by fast attacks, although it can be a difficult stat to record, it does again support the need to ensure that our practices have tempo, intensity and purpose.

THE ATTACKER

Through out the start of this book it is clear we focused on the assist area, and where goals are being created (Later in this book we will look more specifically at a Manchester City Case Study). However, what we haven't focused on is the finisher, what are the properties of an attacker who is successful at the highest level.

What are the properties of an effective finisher? And has the expectations of the attacker changed? Are we asking different questions of our attacking players today, then we were 10 years ago. Has the changing game resulted in a changing and adapted set off practices for our players to learn in.

Over the last ten years we have seen more expectation on strikers or attacking players performing actions out of possession, that are not traditionally associated with attacking players. For example the above heat map shows how a players



movement is recorded intervals of time spent in a specific area, this is actually the heat map of Liverpool's number nine, Roberto Firmino, however looking at the location, we can see it is not what the eye might expect from a traditional number nine. With this in mind we must be capable of critiquing our own playing philosophy and understanding where we might expect to find our number 9 and what positions and opportunities we expect them to find themselves in. The Firmino example is not, however the position you will find every striker in, we still see a lot of strikers who will look to penetrate the box as often as possible and score the majority of their goals within a real close proximity of the goal.

These more traditional number 9's will often like to receive the ball in behind the opponent and look to make more direct runs towards the goal. The above xG map will show the goals of Jamie Vardy since his breakthrough season in the premier league, in this map we can see that almost every goal he has scored has been within the penalty area, the darker circles (more expected goals) are within the area considered by some coaches as the POMO, the position of maximum opportunity.

STATISTICS AND STRIKERS

Over the last ten years we have all seen substantial changes in the way that analysis and statistics have influenced our game, we are now more aware than ever on how a player has performed in terms of hard numbers, these numbers might be distance covered, or areas covered (Such as Firmino head map). But we have also seen statistics such as the traditional 'Shots on target', become more complexed.

These more complexed statistics have begun to arrive such as those Expected Goals stats that have been previously mentioned. How do these advanced analytics influence our game, and more importantly for us, can these statistics influence our ability to improve our training for our players?

Although we are going to provide a really simplistic overview of Expected Goals (xG), it is a statistic that can provide some support to the coaching process.

Expected goals really try to provide statistical support to what team are more likely to score the most goals in such game, this traditionally has been used gamblers in their predictions. However predicting goals isn't that simple, and with only 2.73 goals on average scored in the Premier League, the figures aren't large enough to be anything more than random, meaning the predictions would be very unhelpful to gamblers and coaches alike.

Therefore analysts looked at a data set that was much larger, perhaps the amount of shots per games which in the Premier League averages 25.7 (a substantial figure compared to 2.73). However there is one large difficulty here, every Goal is worth the same, if it is a goal, it is a goal!.

However this is not the same with shots, a shot from the halfway line, is a lot less valuable, than a shot from the 6 yard box, but how are we able to prove this. This is where the creation of Expected Goal or xG was created.

We know that in the Premier League, 9.7% of shots were converted in total, but what expected goals looked to create was a set of data that showed how much this number can range, dependent on where the shot is taken from.

The easiest way to work out a goal value is penalties (as these are all taken from the same place, under the same conditions) 347 penalties were scored out of 443, with a conversion of 78.3%, meaning the expected goal value for penalties is xG 0.783.

This then links well to Optas' 'Big Chance' stat we have all seen many times, these chances that occur usually within one on one or very close opportunities. Last season 6,213 of those chances occurred, with 2,579 finding the back of the net meaning, 38.7% of those chances are scored, again this means the xG value would be 0.387.

For chances inside the box that were not big chances, the number looks very different. 22,822 of those chances occurred, with only 1,587 finding the back of the net, this expected goal value sits much lower down with a score of 0.070.

The positives of these figures for coaching are limited, but can provide us with some support. Although the above model shows a very simplistic approach, and some more advanced models will use the type of finish, area of assist, type of assist etc (and much more effective). It does begin to provide us with an evidence based approach to knowing where our attackers are most likely to score in open play.

As the above heat map shows, we can begin to understand the areas where statistically we have the best opportunity to score, this can then have implications for us as coaches, if these areas are the most likely areas of scoring, do we focus more time in these areas to improve our efficiency?

Although this simplistic approach might not show a huge amount of the data available on xG and other statistics measures, it does begin to show numbers can influence our practice. As we can clearly see where players are most likely to



score and compare this to the time we spend in each zone. For example how many of our sessions involve finishing around the edge of the area, when we know within the professional game when the xG value is around 0.036.

THE ATTACKER WITHOUT THE BALL

From the above section we can clearly see that the role of the attacker or striker has been a changing role with and without the ball, but more than ever the role of the striker with out the ball has changed in the last 10 years.

Strikers are now often seen as the catalyst and the instigators in defensive shapes in many different situations.

When defending in a block, some attacking units now replicate the defensive shape of defensive units with well positioned, shifting attacking lines that prevent the opponent playing through the lines. This role is seen as pivotal in some systems (Klopp's Liverpool).

Other coaches in Europes have used their attacking players to apply pressure to teams who look to build up through their defensive third, for example Bielsa's teams who've used high pressing forwards to apply pressure to the defensive line and look to force transitions from the opponent to start counter-attacking moments.

As we can see from the above the attacker is now expected to cover more distance in defensive roles than ever before, this expectation will put a greater demand on the physical performance of the attacker but also move the attacker from the traditional attacking location, this can have implications for attacking shapes. This can also bring a lack of familiarity to offensive patterns as the nine may find themselves in different locations.

In conclusion we should really begin to understand the role of the nine, what specifics you as a coach demand from your 9 and how his or her role may need to be carried out in order for your team to be effective.



PEP GUARDIOLA

MANCHESTER CITY
CASE STUDY

MANCHESTER-CITY CASE STUDY

During the next chapter of this Ebook we are going to try and explore a Case-Study of a professional club, specifically Manchester City. What we are going to attempt to do is create an understanding of the basic philosophy, the intent both in and out of possession, use analysis and data to support our beliefs and understand the players available at our disposal in order to create some very specific and effective training sessions.

Firstly we must understand the playing philosophy of the coach we are looking to understand. In this case it is Pep Guardiola. Guardiola has a very attacking philosophy built around the ball “I like the ball, I love the ball” he once commented when asked about his philosophy.

In essence the philosophy looks to dominate the ball, stay in possession of the ball but always look to dominate the space and dominate the opponent. Guardiola has also shown the ability to be adaptable to the players at his disposal.

Guardiola has generally used a 1-4-3-3 formation with his teams. However like with most teams the tactical fluidity means that their starting formation doesn't look anything like the tactical animations that exist within the real game moments. When in possession Guardiola's Manchester City often look to take up a 1-2-3-5 formation.

Generally this can be split in to a 5-5 formation where 5 players look to get head of the ball and attack, this is something that Guardiola has developed over time with Manchester City. He has spoken openly about becoming a coach that looks to use less midfield players and more attacking players (Except when playing away in Europe).

However another reason for the 5-5 tactic maybe to prevent the opponent counter-attacking against his team. In order to perform this he decided to invert his full-backs, this tactical ploy means the two centre backs sit deep in the

defensive line, while the full backs join a single midfield player to create a second defensive line of 3.

This second line in possession is capable of supporting play behind the attack, whilst they can also defend for second balls against a direct attack. But even more common is the inverted full-backs ability to match runners who look to break beyond city, and commit fouls higher up the field of play to prevent dangerous counter attacking moments.

Positional play also plays a key role within Guardiola's philosophy with his use of 'Juego de Posicion', this system does make life much easier for us as coaches when designing practices, as there is a natural element of predictability because of the tactical rules in possession.

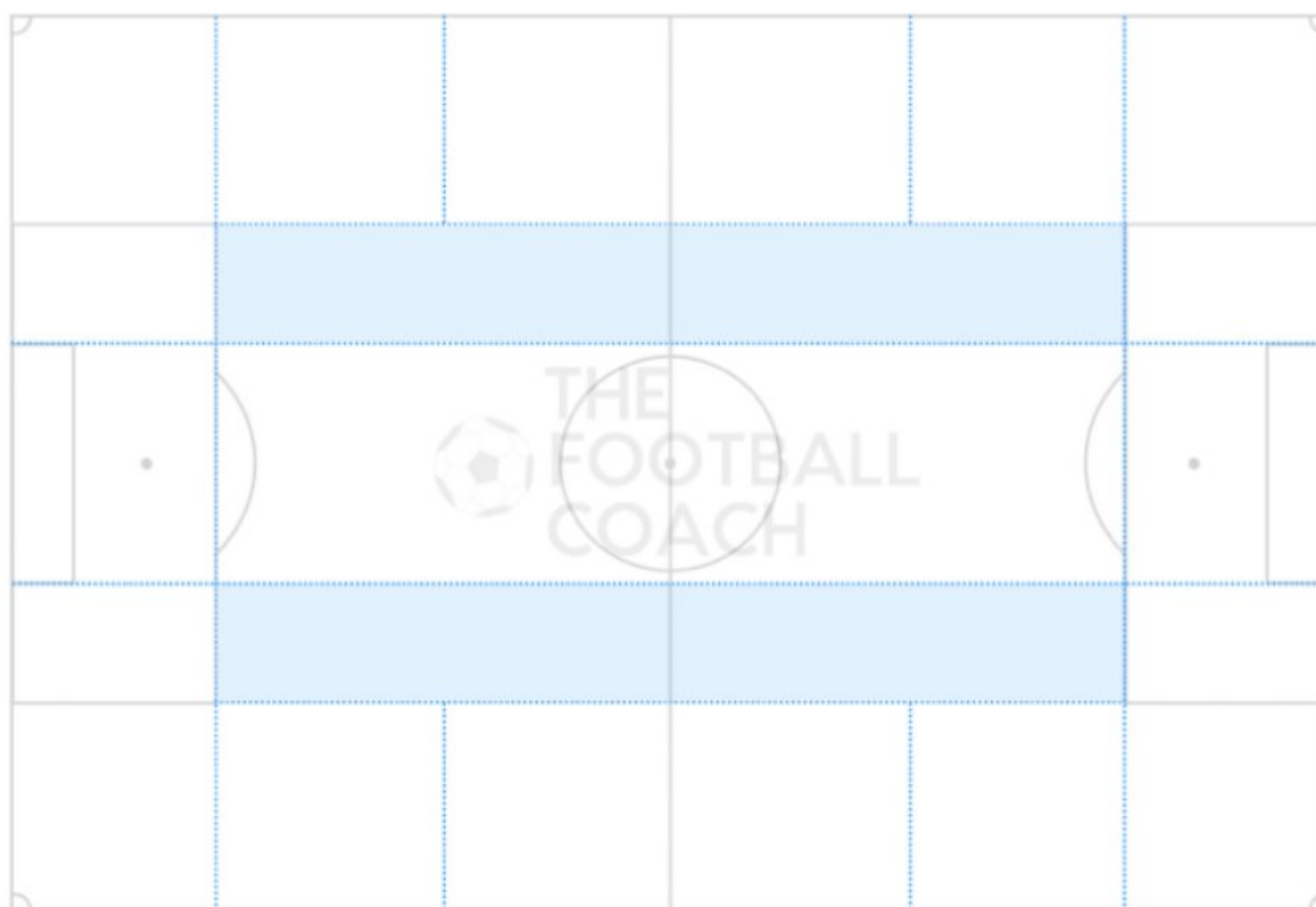


THE
FOOTBALL
COACH

"TO SCORE A GOAL
YOU NEED THE BALL.
SO AS MUCH AS YOU
HAVE IT AND YOUR
PERCENTAGE IS
HIGHER, YOU HAVE
MORE CHANCES TO
SCORE A GOAL. I
WANT TO SEE MY
TEAM TRY TO PLAY
OFFENSIVELY, THAT IS
PRINCIPLE NUMBER
ONE."

PEP GUARDIOLA

Guardiola's very complex system, has some very simple basic principles. When in possession never can there be more than one player in the same line, in order to achieve this the full-backs tuck inside, allowing the wingers to spread



high and wide stretching the opponent. In order to relay this information Guardiola uses the above pitch map that details the positional zones, in order to dominate the space and the opponent.

One of the key tactical measures in creating success against the opponents shape, is Guardiola's use of the half space (The blue strip on the diagram), Pep looks to fix players in to these zones meaning the opposition full-back will play against a wide player in the outside zone and a player in the half-space, this is where Manchester City will look to create a lot of their crossing a cut back situations.

The cutback and crosses are also caused by Silva and De Bruyne being allowed to play higher up the pitch because of the inverted full backs behind them. The space they left allows them to create space to feed balls in behind for the wide player to cross, or for themselves to cross. Naturally because of Manchester City's 5 and 5.

Now we have basic understanding of Guardiola's playing style (For more see our Guardiola Ebook). We can start to understand that the half space and the wide area is likely where we will find our assist opportunities, however our assumption alone can at times be dangerous, and supporting our beliefs with evidence is key.

The below diagram shows the location of all Manchester City's assists so far this season, as you can see there are some links between what we thought we knew and what the data shows us.

27 of the assists are from the central zone, however we can see a high quantity from the half space, the zone where the assists are marked in black, we can link this to our tactical analysis, that these assists are likely crosses that go behind the defensive unit.



The second bit of information we can take from this is the assists close to the goal line, 9 assists occurred from the six yard box or deeper, these are likely associated with the wide players willingness to stay wide and the use of the half space allowing the player to play a straight pass in behind for the wide player to make and out to in run to then play cross the box.

However it is important to also notice that 27 of the assists come from a central area. This is no surprise as this is the area that gets attacked the most,

naturally because the goal is central. But there are other reasons, Manchester City's spacial dominance stretches the opponents shape, opening spaces within the defensive line, allowing passes to be slipped through to the attacking players playing high on the opponents defensive shape.

As the below map shows Manchester City to date had scored 56 goals from open play (not including set-plays) Interestingly we can see that 47 of those opportunities were taken inside the box meaning near 84% of the goals are scored within the box. This provides some clear support for our sessions requiring the finish to occur within the box.



Further to this we can see the average distance is around 7 yards for a goal to be scored. This gives us more information for our practice design. Interestingly we can also see the amount of touches the goal scorer has taken per goal. Within the six yard box 80% were finished with one touch, whilst 100% were finished with two or less touches.

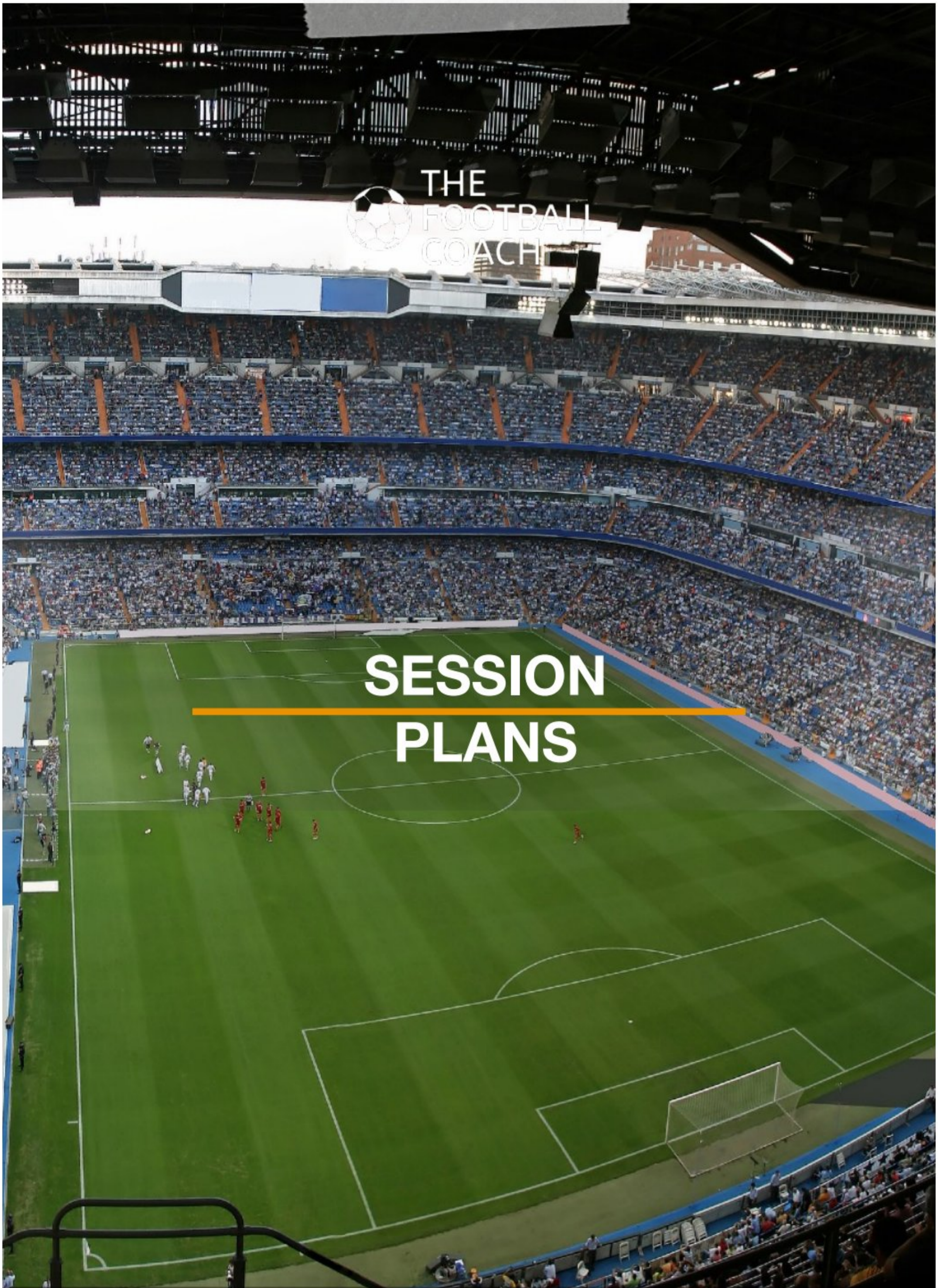
More importantly there are clear trends in the behaviors of goal scorers in this team 79% of all goals scored from open play were two or less touches. With 55% of them being finished first time, this rises to 65% when we look to only include

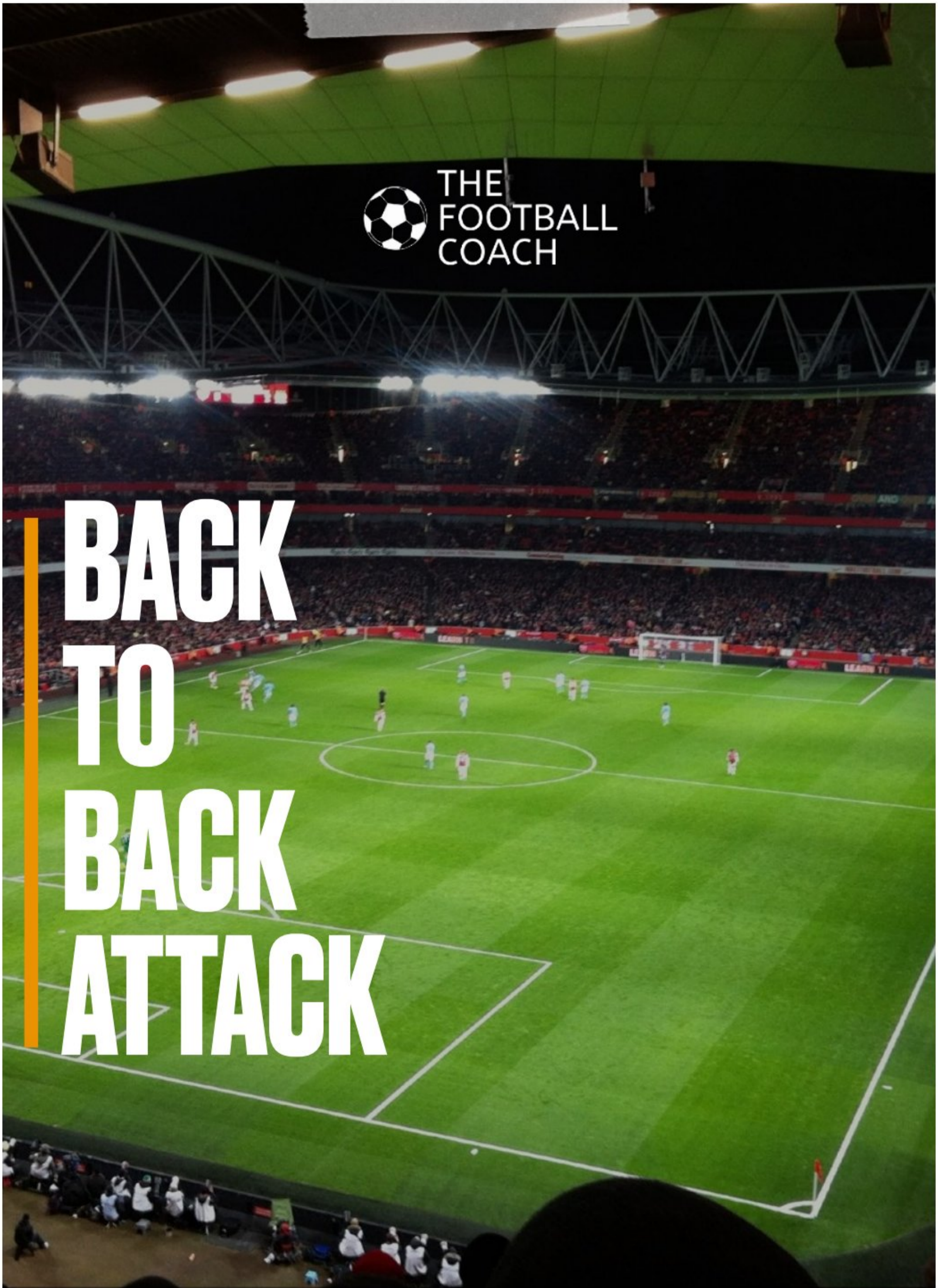
the goals from within the penalty box. In conclusion of this case-study we can see that the use of our eyes, our opinions and analysis can come together to create relevant information to support the design of practices, clearly we can see here that the behaviors of the players suggest that the assists and the passes where the goal will come from will usually be in either the half space, or threaded from the edge of the box.

We can also see how the attacker will usually need to finish first time to be effective, but at times can take two touches. This leads us to believe that if you take more that two touches inside the penalty box, you re unlikely to score (based on this case study).

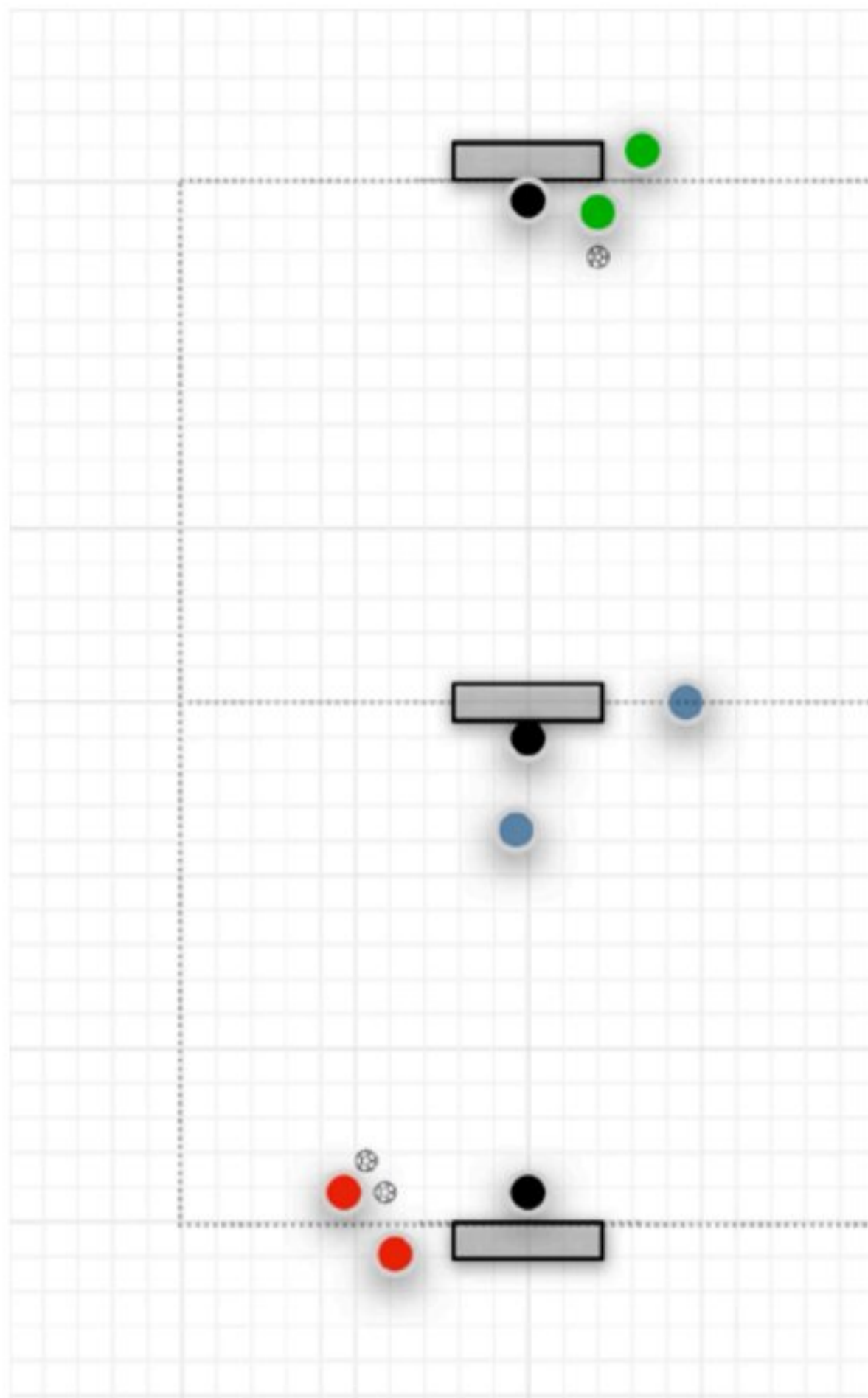
The key part for this case study now is how this information leads to the creation of more in depth sessions, that show a clear resemblance and relevance to the teams tactical behavior.







BACK TO BACK ATTACK



Session Overview

This is a very effective way to produce players tactically aware of the transition, whilst incorporating a high quantity of high intensity running that can provide players with opportunities to reach near maximal speeds, with quick decelerations. The session also provides opportunity to finish under pressure, and under physical duress.

Players	12
Footballs	6
Space	40x40 Yards
Goals	4
Time	26 Mins

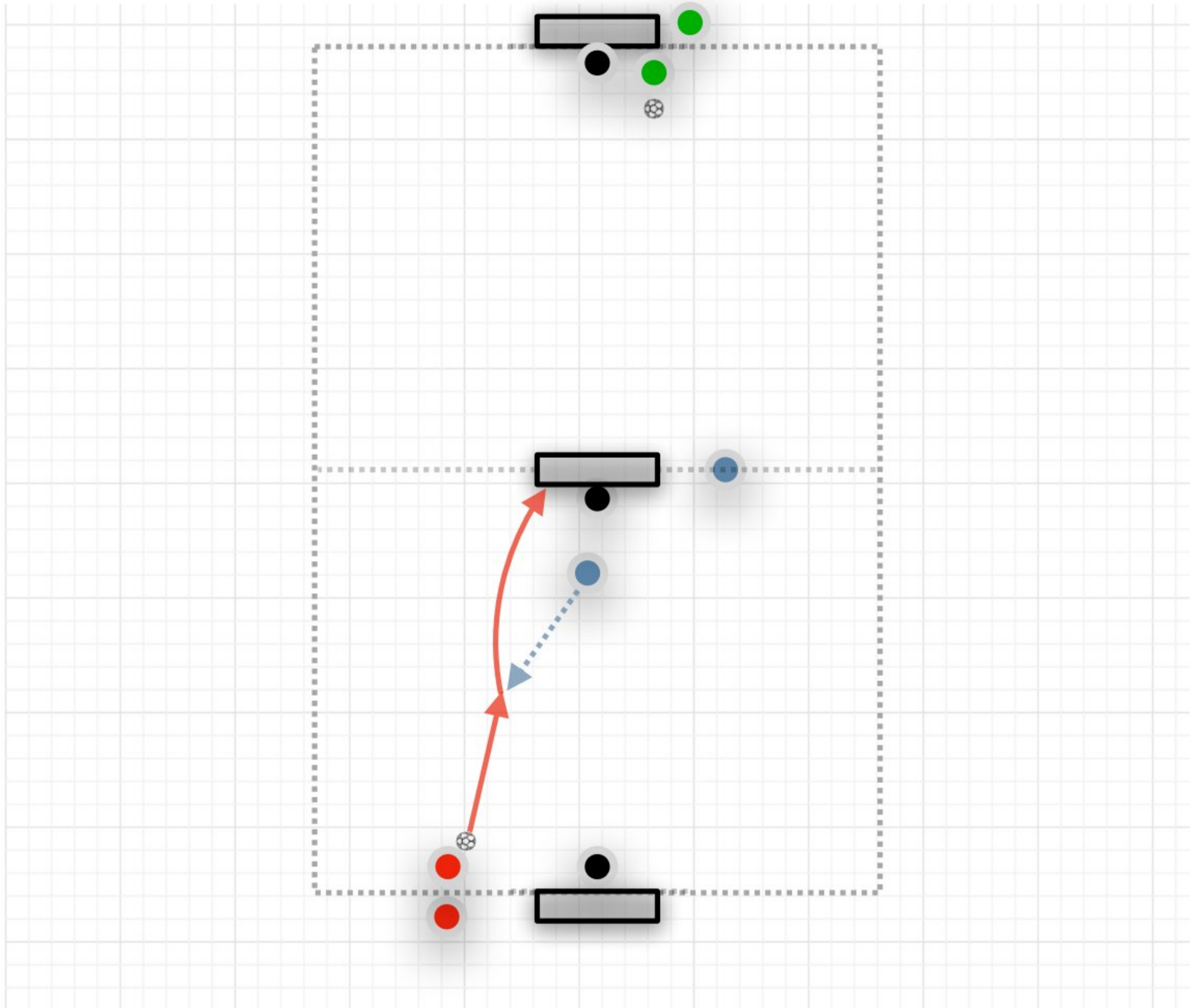
Session Requirements

The session is very simple the practice is setup with 2 20x20 spaces with a goal at each end, the two middle goals are back to back. The red attacks the blue in a 1v1 situation. Once this finishes the red races out to defend against the green player. Creating a 1v1 here, where the red has transitioned from attack to defense. At this point the blue makes his/her way to the red queue before, once the green has finished his/her 1v1, they break out and defend against the red, where this session continues to move

forward in a carousel like practice, with the blue line disappearing once it has performed the first action.

BACK TO BACK ATTACK

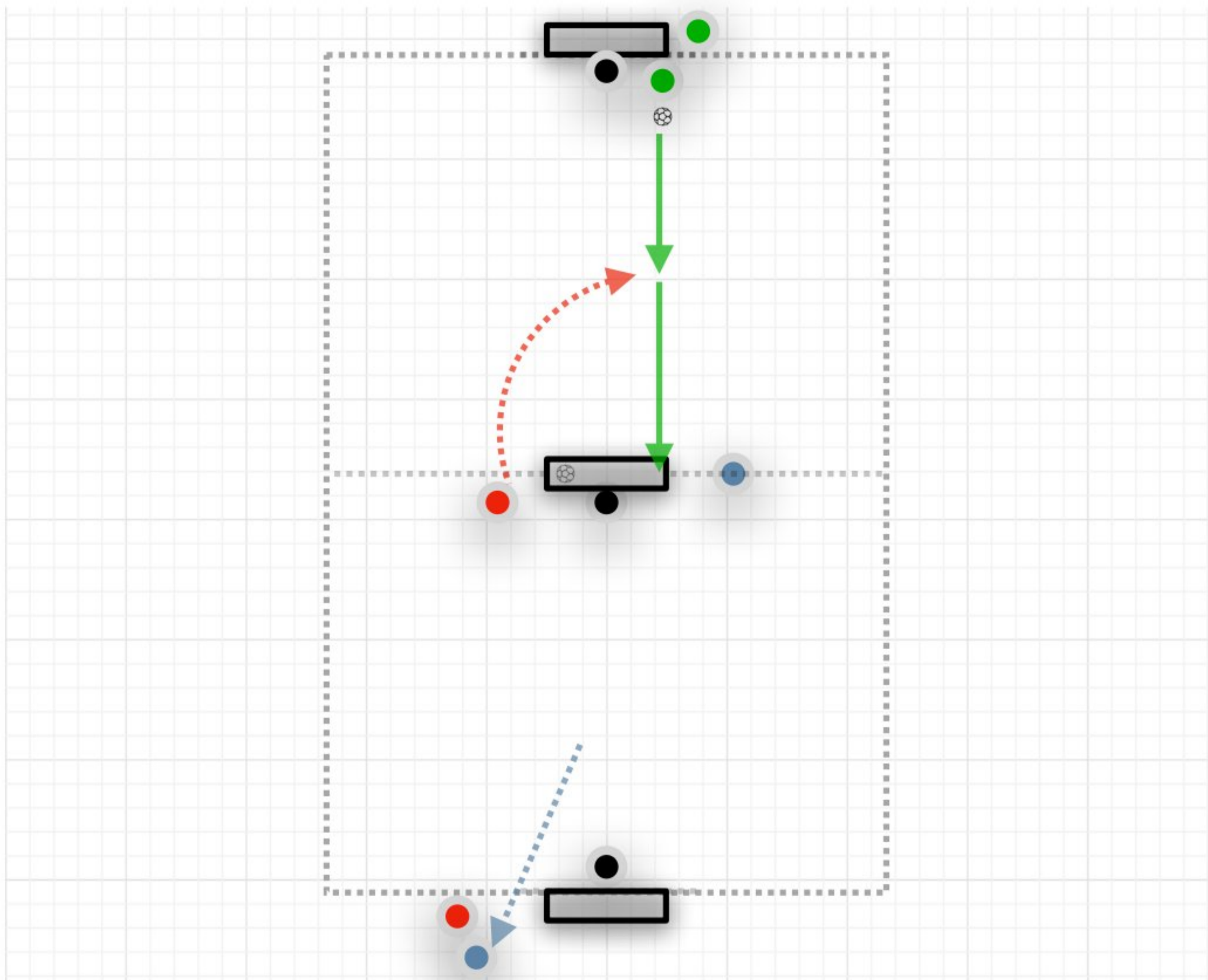
As we can see here in the first part of the session the red is engaging from an angle, looking to go 1v1 against the blue. In this moment can the red look to isolate the blue in the most central zone possible. By attacking centrally both sides of the goal are opened up to create a more central goalkeeping position and a defender that has to open his/her hips up meaning they can now be exposed on both sides.



When finishing the attacker can use the defender's body to prevent the goalkeeper keeping eye contact with the ball. As the goalkeeper crouches down to see through the defender, the goalkeeper naturally loses power and the opportunity for the attacking team increases.

BACK TO BACK ATTACK

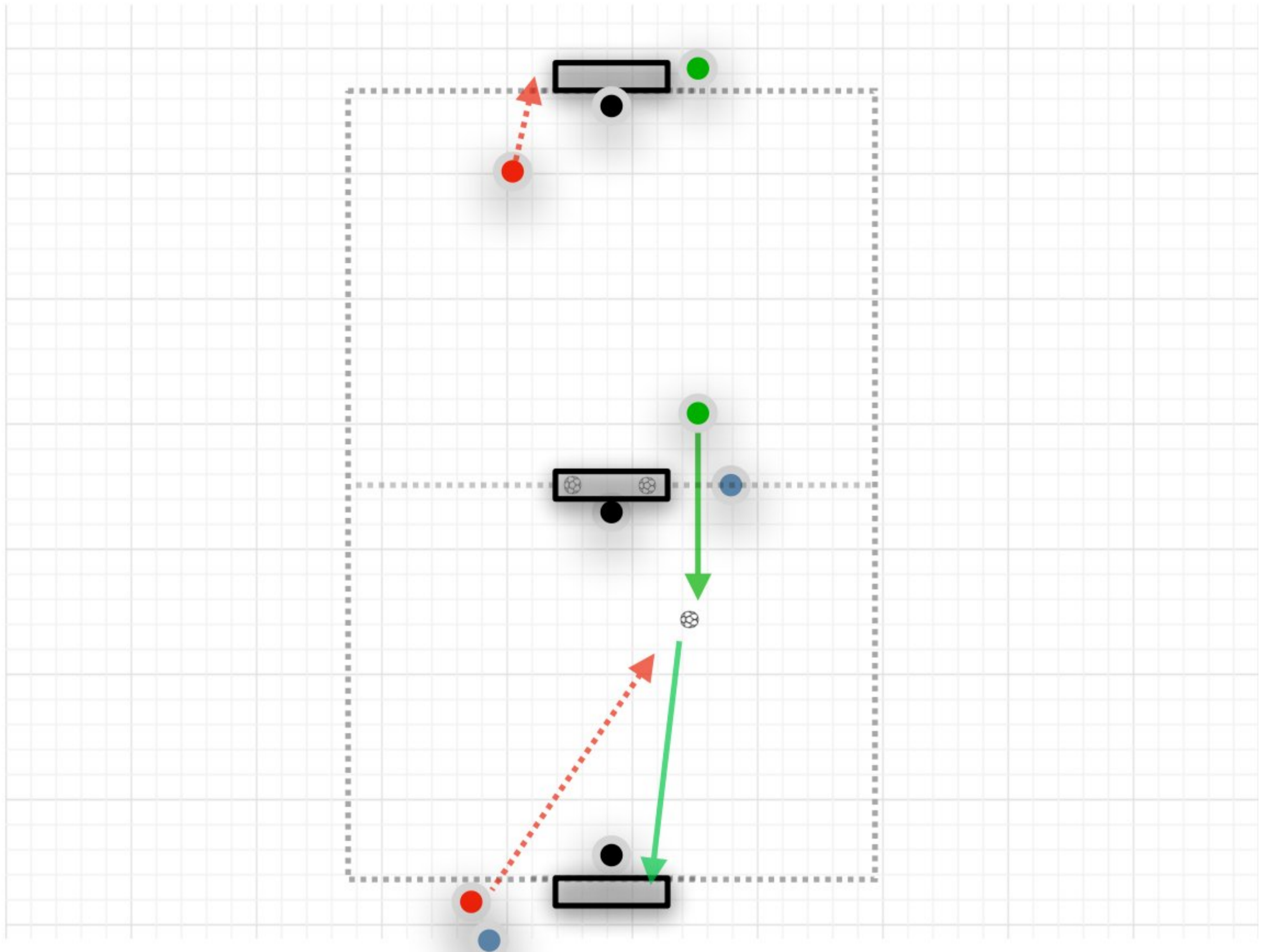
As the second part of this session shows, once the ball has gone in to the back of the net (or naturally ended) the blue walks of where recovery begins, the red makes a quick run out to the next zone where he/she defend against the green, the green will again look to attack with pace and look to dominate the red who maybe exposed if they are not effective in the transition.



The red should look to travel as quickly as possible towards the green, this does not just mean speed of feet, but speed of mind, how quickly can our players react to the transition. Once engaging the payer the red needs to force the attacker away from goal, forcing the 1v1 to occur in the widest area before slowing the attack and nullifying the threat

BACK TO BACK ATTACK

As the session reaches its third and final moment, the green will now attack for the second straight go, with the red dropping of below. Can we now ensure the green continues to attack with an emphasis on attacking centrally can we as attacking players look to square up the red defender by turning them back towards their own goal.



For the defenders it is very much the opposite. Can you look to run out to the opponent quickly to keep them away from goal, before adjusting your body to show them towards the touchline before engaging with them and ensuring they are locked in to the wide area. Keeping attacking players in the wide area is key in this practice. Exposing defenders in central areas is key for the attacking players.

BACK TO BACK ATTACK

Session Coaching Points:

- Encourage and Reward Hard Work
- Players Must be as quick mentally as possible
- Look to force players away from goal with good positioning of hips and shoulders
- In possession look to run centrally, try and create a poor body position from the opponent, can you force them to cross their feet and lose their balance
- Can we look to use the defender as a Shield between the goalkeeper and the ball.

COACHES INFLUENCE

This session can be used to help deliver the physical principles of high intensity running as previously mentioned.

But coaches also need to ensure that the group culture is one that rewards hard work, If it is the coach who is constantly reminding players of the transition, then the practices aren't working! As we won't be able to remind the players of the transitions in the game moments. We must ensure that the behaviors becoming intrinsic and that our players are capable of recognizing the transition based on their own neural pathways and not ours.

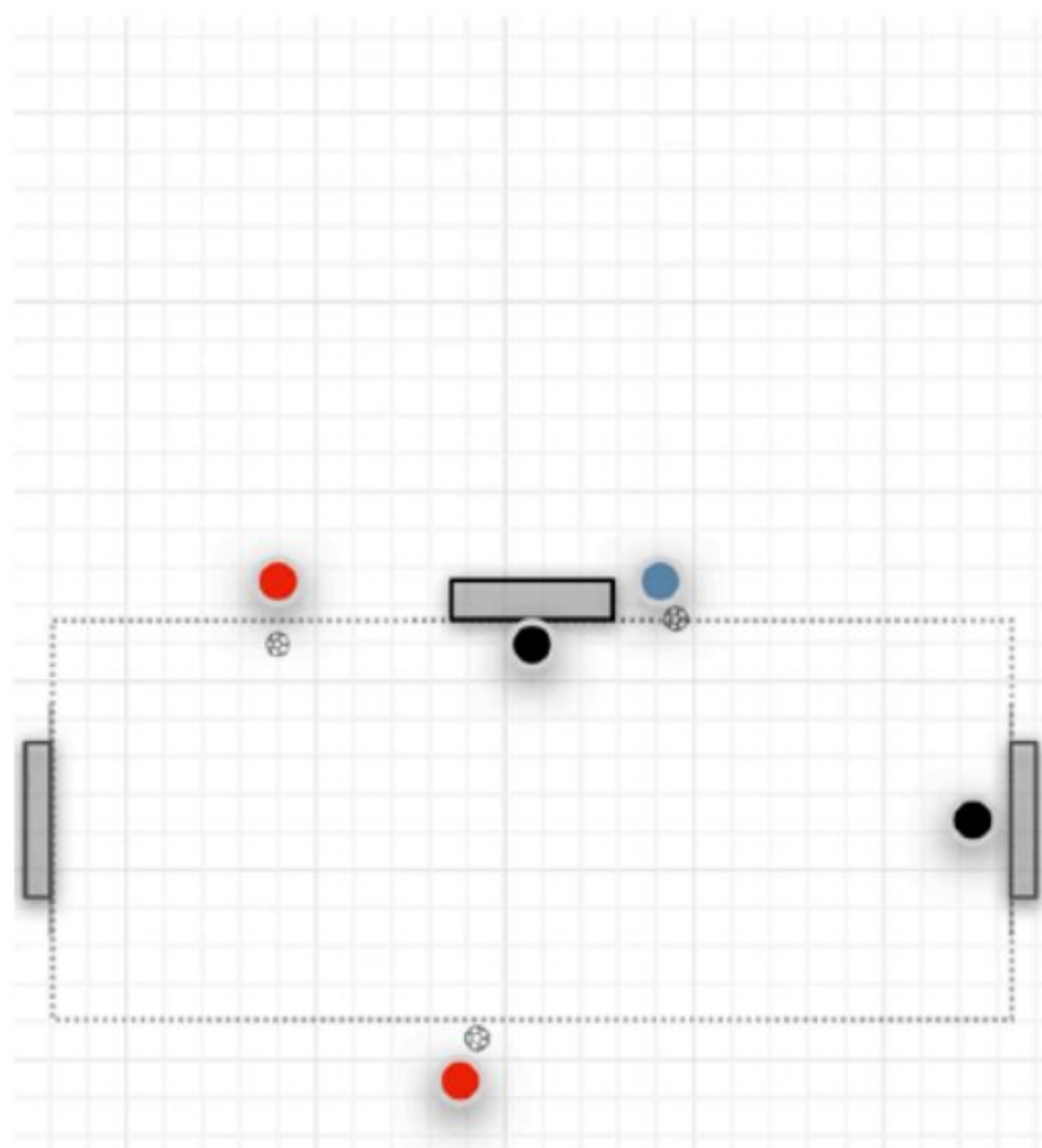
How we do this maybe with brave coaching, willing to sit quiet and spot the errors, learn from the errors, and keep moving forward



THE
FOOTBALL
COACH

QUICK FIRE TRANSITIONAL FINISHING

QUICK FIRE TRANSITIONAL FINISHING



Session Overview

This is a very easy to deliver session for coaches, this session is a great way to deliver repetitive finishing moments with a cognitive transitional moment to defend against, whilst limiting the physical returns from players.

Quite a simple setup see's the red on the bottom of the session take a shot at the central Goalkeeper, before receiving a ball from the red team mate, where the red will look to shoot and score. Following this moment, the blue will break out to the goal on the right hand side, before the red that has taken two shots looks to defend the goal to his or her right.

This will require a fairly small space to limit the physical returns, however this can be adapted to become a greater physical challenge by extending the space if that is what the coach desires within the physical returns.

Session Requirements

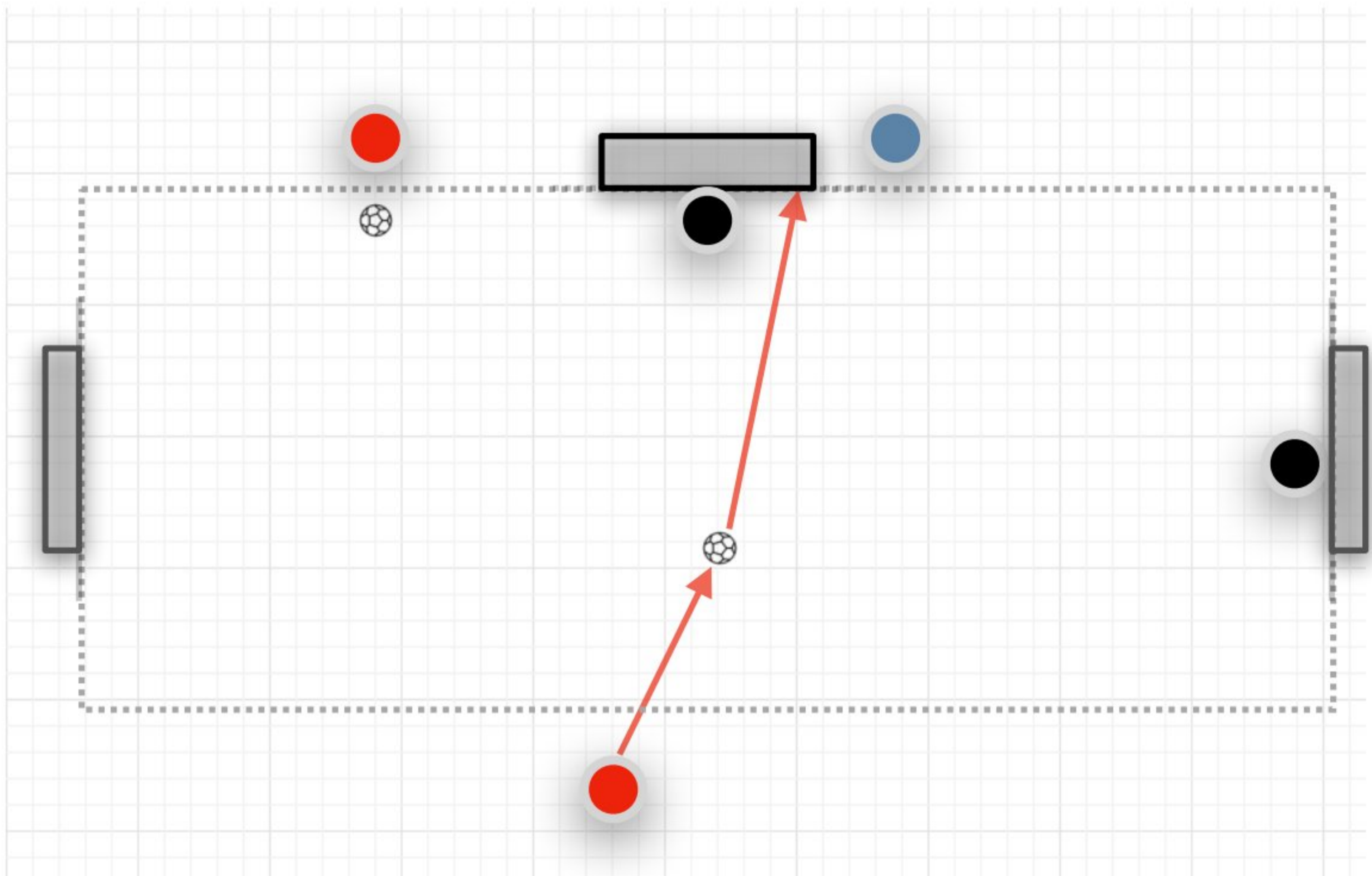
Players	5
Footballs	6
Space	20x20 Yards
Goals	2
Time	20 Mins

The session requirements are very simple they require a central attacking figure who will shoot from a central position, before reacting to receive a cutback from a team mate and then looking to finish first time within a close proximity to the goal. From here we will then see the blue break out towards the goal on the right hand side, can our player who has just scored react quickly to try and defend 1v1 against the blue, looking to prevent the blue getting out of the wide channel and attempting

to force the blue to stay in the wide area, this will then complete the cycle of the session.

QUICK FIRE TRANSITIONAL FINISHING

The first part of this practice provides the most simple task for the attacking player, the player simply needs to move forward with the ball and finish, there is no pressure in this moment from an opponent other than the GK, and the first moment is complete. Although through out this book we may look to move the attacker in to more realistic situations it is important the attacking player starts here so they are able to receive a cut back and able to have an influence in the defensive moment.



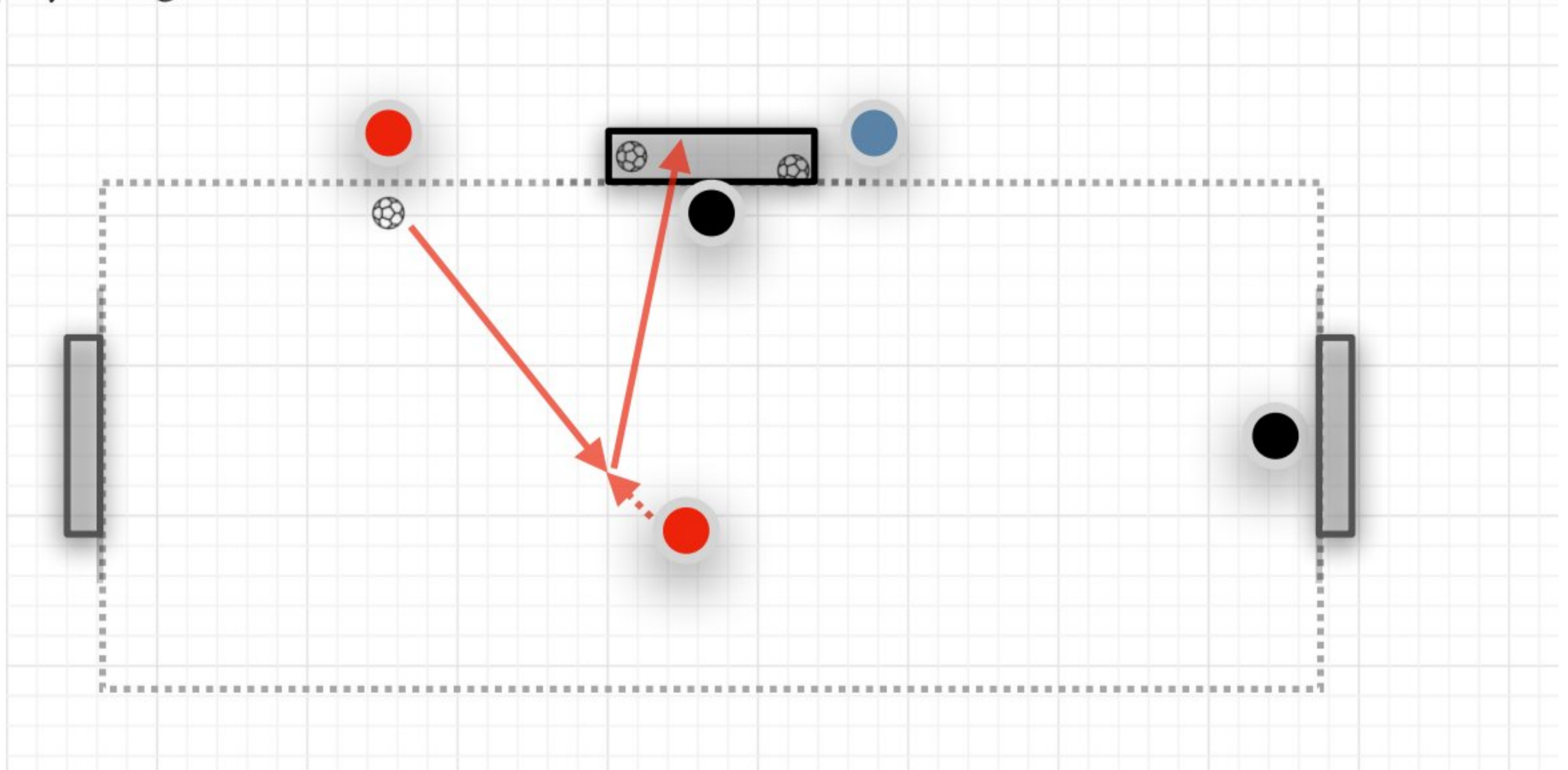
The detail is however very important in these moments, can our attacking player look to stay central within the goal, this will force the goalkeeper to show both sides of the goal, keep eye contact with the GK, make a late decision based on the movement of the GK, e.g. If the goalkeeper goes down early can you take advantage of this.

Further to this can the attacking player focus on making the task simple, taking great reward from hitting the back of the net on a consistent basis.

QUICK FIRE TRANSITIONAL FINISHING

Session Overview

As the second part of this session develops the player on the outside now looks to perform a cut back from near the touchline back to the attacking player to the position they are in, this will usually be around 10 yards from goal. The important coaching detail here is that the cutback should be firm to prevent the opponent stepping out and dealing with it, but also forcing the goalkeeper to stay on his/her line giving the attacking player a greater chance to be effective.

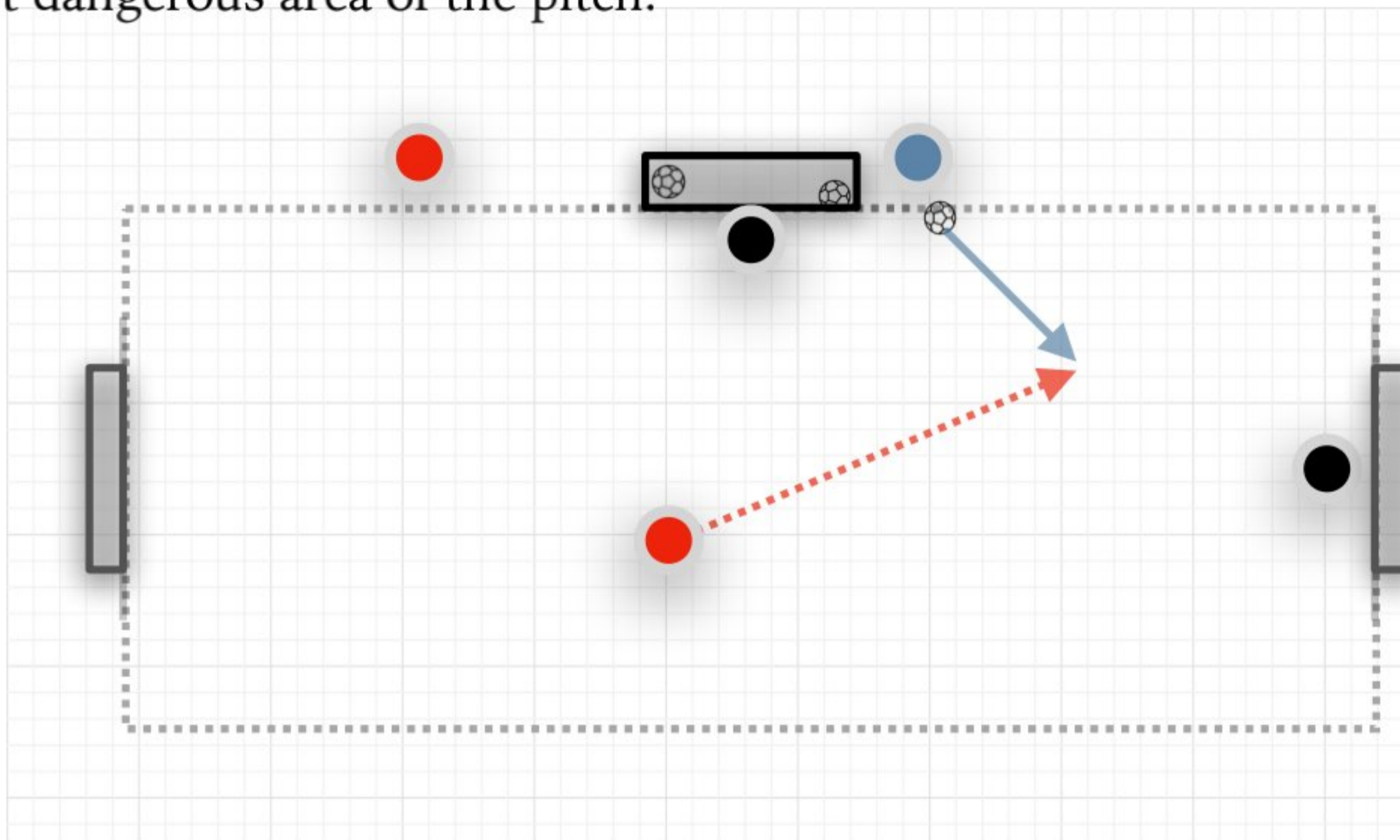


Once the cutback has been performed and this should be in front of the attacker so they have chance to step on to the ball instead of waiting for the ball to arrive at their feet, giving the attacker more chance to keep the ball down. The attack should look to strike the ball back across goal in the direction the ball has come from, as this technically will be easier as the weight of the pass can be used to simplify the technique. Keeping a strongly locked ankle will also ensure contact is strong increasing the chance of the attacking player being successful in this moment.

QUICK FIRE TRANSITIONAL FINISHING

Session Overview

The final part of this session will see the red attacker need to react quickly in the transitional moments of the game in order to try and support his/her team defensively. The Blue should look to transition out as soon as the previous moment has concluded either as a save/miss/goal. Instantly we are looking for the attacking player to try and make a recovery run that is outside of the goal post, this way the attacker is forced away, and prevents the attacker making a run between the posts and in to the most dangerous area of the pitch.



Once the red has got in to a position to influence the blue, the body position should look to be side on, this will allow the red to now travel laterally with the defender. At this point can the red delay the blue and nullify the speed of the blue, whilst denying the blue of the central space.

Once the red is able to do this can the red get tight to the blue, keeping them away from the central area and making contact with the opponent if needed to ensure they are able to either force the opponent to make a poor decision from a wide area. Or we are able to step in and win possession.

QUICK FIRE TRANSITIONAL FINISHING

Session Coaching Points:

- Encourage placement and power in 1v1 situations
- Encourage late decisions to allow goalkeeper to sell their decision
- Technically ensure the ankle is firmly locked when striking the ball
- On cutbacks going back across the goalkeeper provides a more simple technique
- When defending the transition - can we delay the opponent, keep them out of the penalty area and deflect them in to the wide area to nullify the attacking threat
- Making contact with the opponent is often a trait left out of modern day defending but this can be important when looking to prevent the opponent exposing us 1v1.

COACHES INFLUENCE

This session can be worked effectively by coaches in order to offer a recovery to some players due to the low physical demands and opportunity for high recovery when performed with a larger group. This can also be used to offer some high speed running opportunities to players if the wide goal is extended in distance to ensure players can reach maximal speeds in this action.

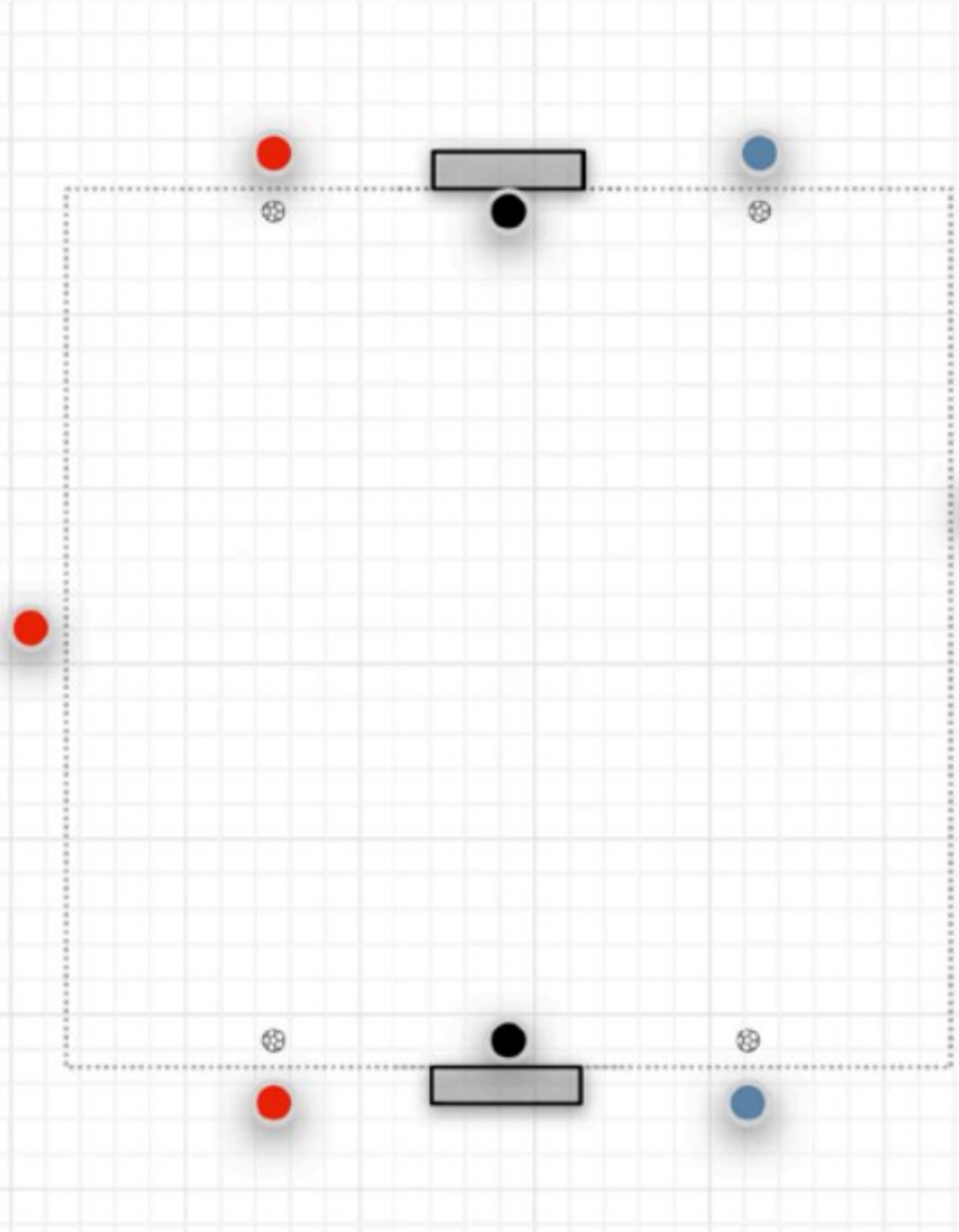
However for coaches it does offer an opportunity to work more intensely with specific players, looking to challenge techniques in the finishing moments as well as decision making and thought processes in front of goal, during these types of practices coaches can have a greater level of influence on the individual during these moments.



THE
FOOTBALL
COACH

BOXED TRANSITIONS

BOXED TRANSITIONS



Session Overview

This is a session that will stress the cognitive ability of some players due to the complexity in the decision making task. The practice is very simple, the blue breaks out to attack the goal, whilst the red come out to make this a 1v1. Once this has broken down the red goes back to the same position, and the blue defends against the other blue from the top of the practice.

This will naturally come to an end, as it does the red will break out from the bottom and defend against the blue from the middle of the practice, once this breaks down the red will defend the bottom goal against the red from the top.

This session will provide a more central 1v1 attacking moment for players to defend and attack with and this can be manipulated so that the practice can become more complex or simplified if required

Session Requirements

Players	8
Footballs	6
Space	40x25 Yards
Goals	2
Time	24 Mins

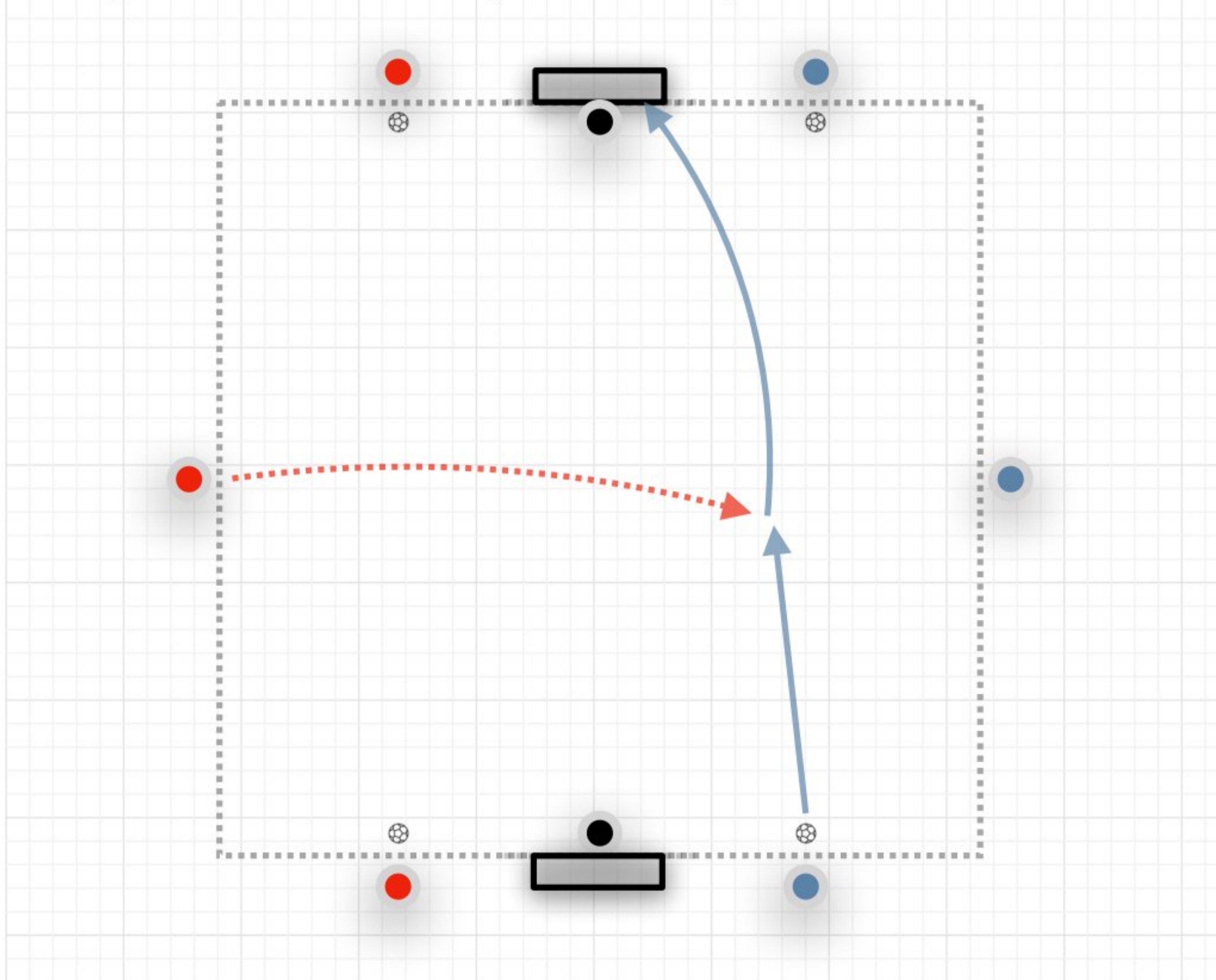
The requirements for this session are very simple a large 40x25 yard space with 2 relevant goals. You'll need a minimum of 8 players but ideally more than 12 players to offer some recovery to working players, and you'll need at least 6 footballs to keep the fluidity of the session. As mentioned in the overview, the first blue players will attack the opposite coloured player before going in to a 1v1 against the player opposite them. In this practice can we focus on being 1v1 dominant , attacking the centre of the pitch to isolate the defender and goalkeeper and performing these actions at high speed to

encounter realistic counter-attacking moments.

BOXED TRANSITIONS

Session Overview

As the diagram shows, the first part of the session is very simple, the blue from the bottom of the practice looks to drive towards the opposite goal and score, the player will have to defend 1v1 against the red applying pressure from the side. In these moments can we look to try and encourage the Attacker to be positive and quick, this will allow

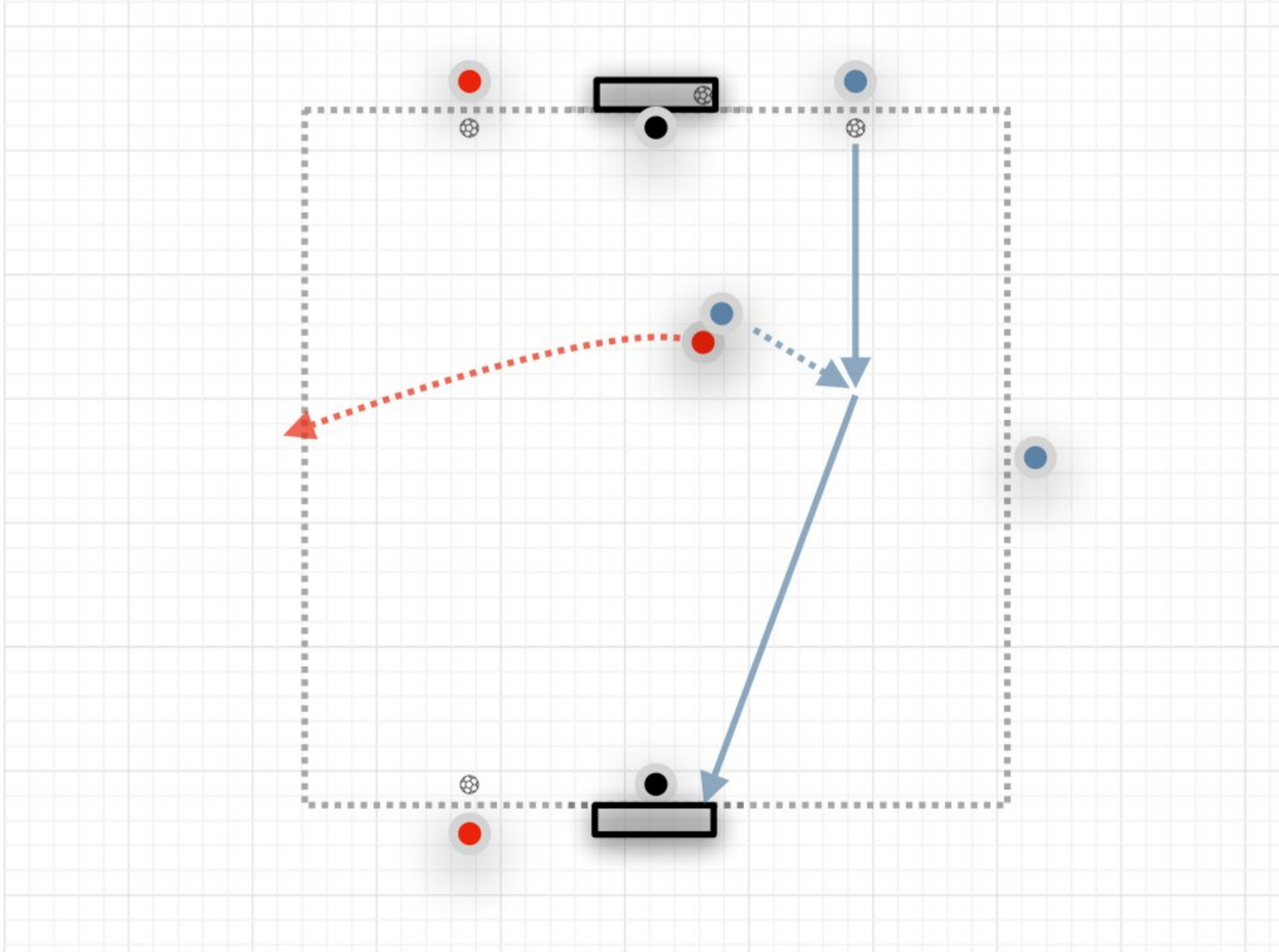


Them to stay in a central area, the more central the area the more isolated we can make the opponents Goalkeeper, it will also prevent the defender forcing us in to the wide area, and will stop the delay tactic that the defending team will look to apply. Once we are in front of goal look to force the keeper in to selling an early decision before making strong contact and placing the ball in to one of the corners.

BOXED TRANSITIONS

Session Overview

Once the first attack has occurred, the red's role is done within this and the blue who has just attacked will now defend instantly against the opponent in blue from the top, this time can the new attacking player look to drive past the defender quickly before they are able to react to the defensive transition, this is our greatest opportunity to attack.

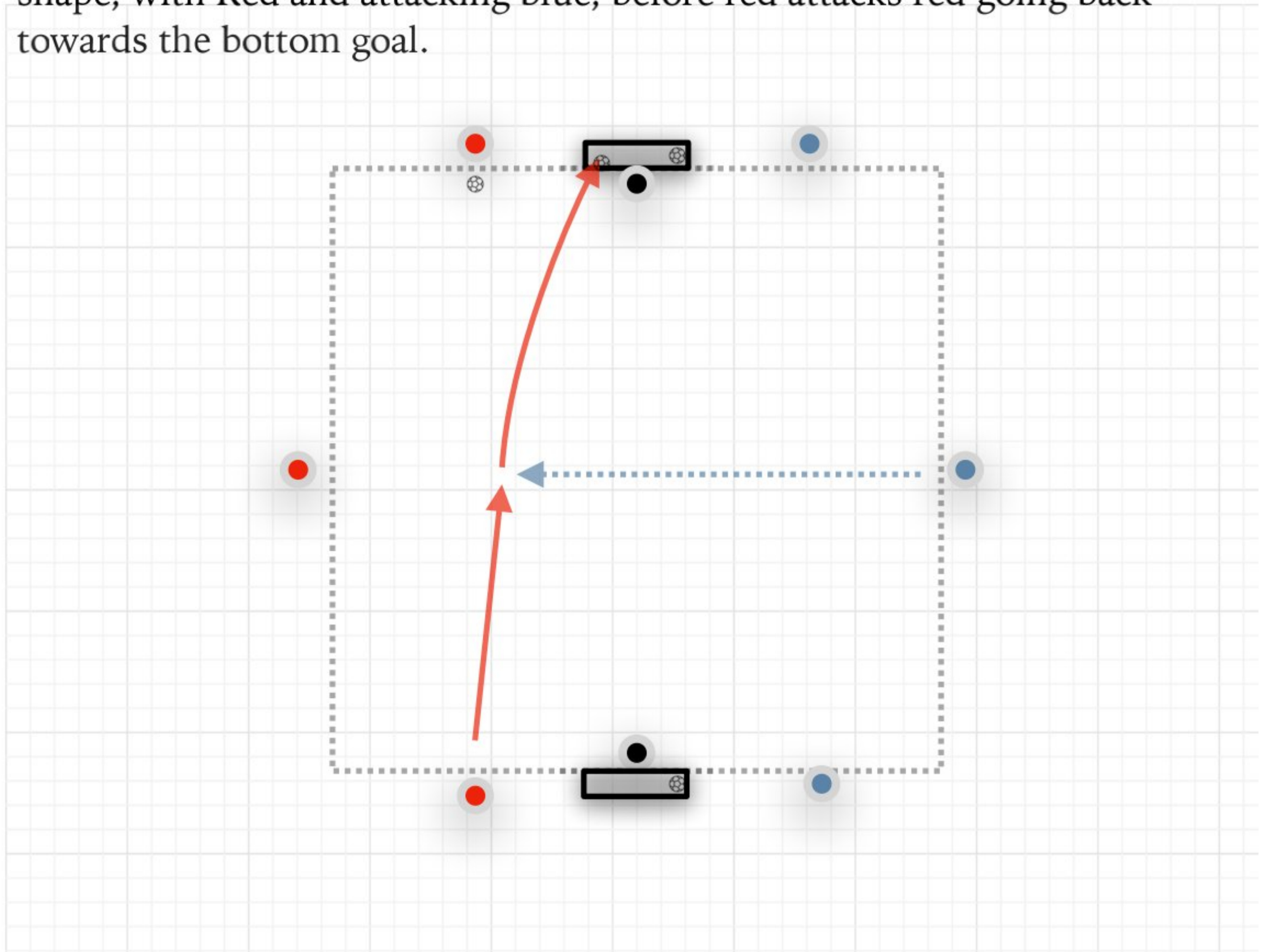


For the attacking player who is now transitioning in to the defensive role, they have an opportunity to defend high up the pitch and prevent the attacker getting close to the goal, but can also prevent the attacker building up speed by defending high and looking to engage early with the attacker. However this does pose a risk, as being beaten 1v1 this far away from goal will make the attackers job very easy. This means it is important the defender uses body positioning well to defend 1v1

BOXED TRANSITIONS

Session Overview

During the final phase of this practice the red from the bottom of the practice will break out and attack the top goal, this will now be the same rotation as in the previous diagram, but from the opposite side of the shape, with Red and attacking blue, before red attacks red going back towards the bottom goal.



One thing to keep in mind during this practice is the role the central player plays in making this a realistic challenge, the central player must be quick to attack, quick to adjust his or her body angle to make sure they aren't beat on the inside and their body positioning shows the attacker away from goal and in to the wide channel where the attacker is likely to have the smallest influence on the attacking moments.

BOXED TRANSITIONS

Session Coaching Points:

- Encourage attackers to travel with pace to attack the central lane of the pitch
- Encourage attackers to travel quickly to allow them to get their body between the ball and the defender
- Demand intensity from the middle players who act as defenders to create realistic and demanding environment
- Encourage players to make late decisions based on the movement of the goalkeepers to make simple finishing decisions
- Focus on engaging the opponent high up the pitch when defending following the transition
- Focus on delaying the opponent and deflecting them in to the wide area where they are able to have the smallest influence in the attack moments.

COACHES INFLUENCE

This session provides coaches with an opportunity to expose players to a large increase in cognitive demand, the session can be manipulated by asking players to return to the station to their right after completing their task to increase the cognitive demand also.

Physically players against will reach near maximal speed if the space is correct for the players you have, allowing them to attack and defend at speeds they are likely to experience in game situations. Coaches should look to drive a minikin work ethic from players but should try and allow players themselves to drive the decision making process.



THE
FOOTBALL
COACH

MANNEQUIN TRANSITION GAME

MANNEQUIN TRANSITION GAME



Players	4
Footballs	6
Space	Penalty Box
Goals	2
Time	30 Mins

Session Requirements

The requirements of this session are very simple meaning it can be delivered with a very limited space, as the session occurs within just the penalty area. The sessions also only requires around 4 players, so this session can be delivered on recovery days or with select players away from the main group to allow for the development of finishing skills or physical development.

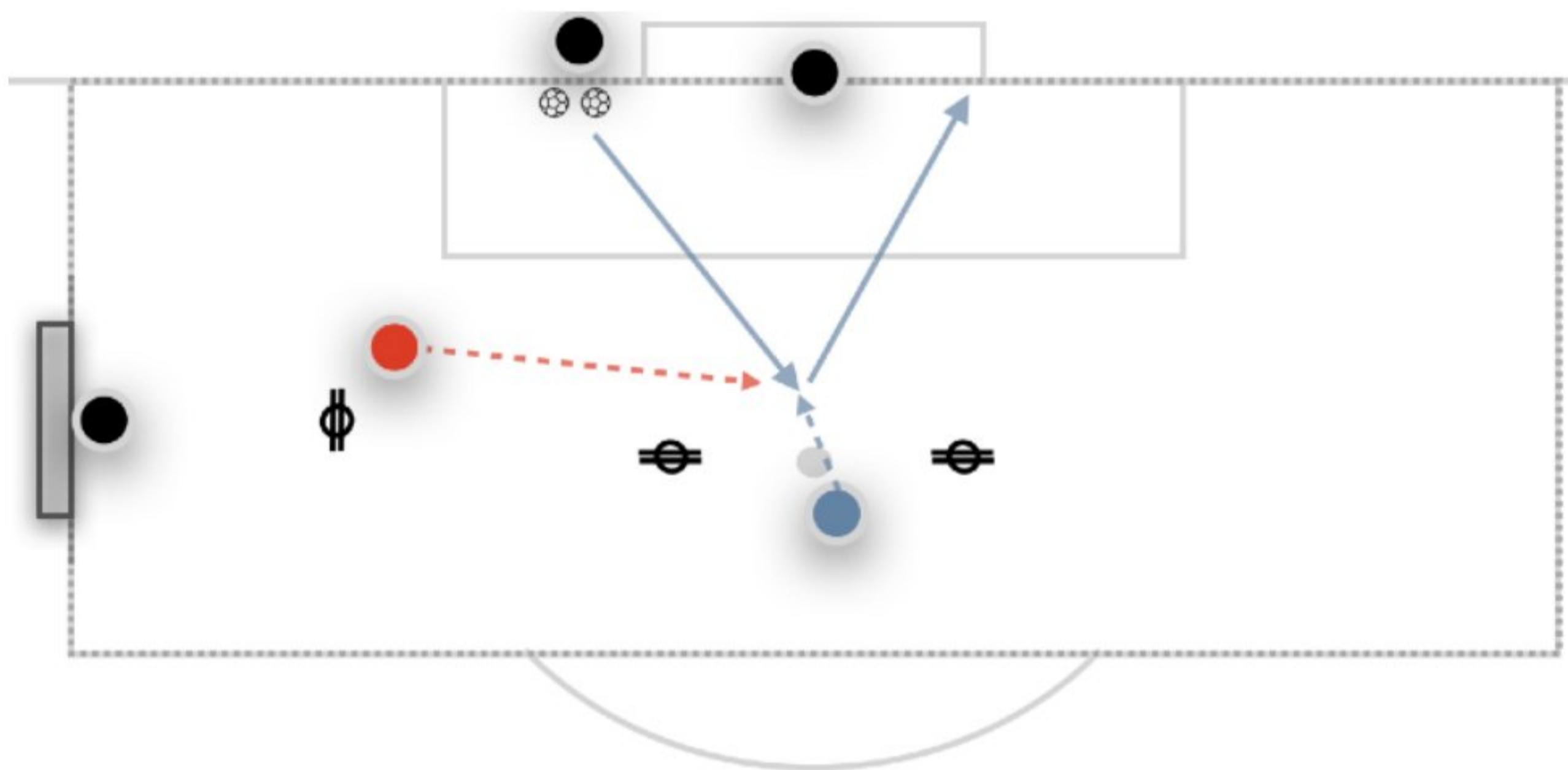
The session also works within a tactical frame of using the half space to receive possession and turn so this can interwoven in to tactical delivery, to help players replicate the positions they're likely to find themselves in.

MANNEQUIN TRANSITIONAL GAME

Session Overview

As the attacker finishes, the coach will play a cutback to the outside of the area to the blue player, the coach should look to play it close to the mannequin so that the blue is forced to take a touch either between the mannequins or around the mannequins. As this happens the red must look to transition across the box and look to prevent the opponent from taking a shot, it is important that the coach times it to make sure that if efficient the blue has the chance to score, but if a poor decision is made then the red has the opportunity to step in and win possession.

The red needs to make a quick recovery line, taking an angle that allows him/her to get inline and block a shot if required or step in and win



possession. The challenge for the defending player is to be as quick as possible, but slow as you reach the attacker to make sure you are able to match the movement of the attacker. If the player approaches with too much pace, the attacker will be able to turn, and with too much pace the defender won't be able to change direction with the attacker. The priority must always be to prevent a goal, at all costs can the transitioning player get his/her body in the way of the shot.

MANNEQUIN TRANSITIONAL GAME

Session Coaching Points:

- Encourage the outside player to play a diagonal pass in to a straight movement from the striker (diagonal/Straight).
- Can the attacker develop the ability to receive on both feet, both inside and outside.
- Once the attacker has received can the attacker keep the ball within a touch of their feet, this will allow them to finish with their next touch (This is important in tight spaces)
- When the player makes the run across to defend against the blue, can the now defending player ensure they take in to account the line of the ball in order to influence the line of their recovery run
- Can the defender look to delay the attacker to prevent a goal scoring opportunity.

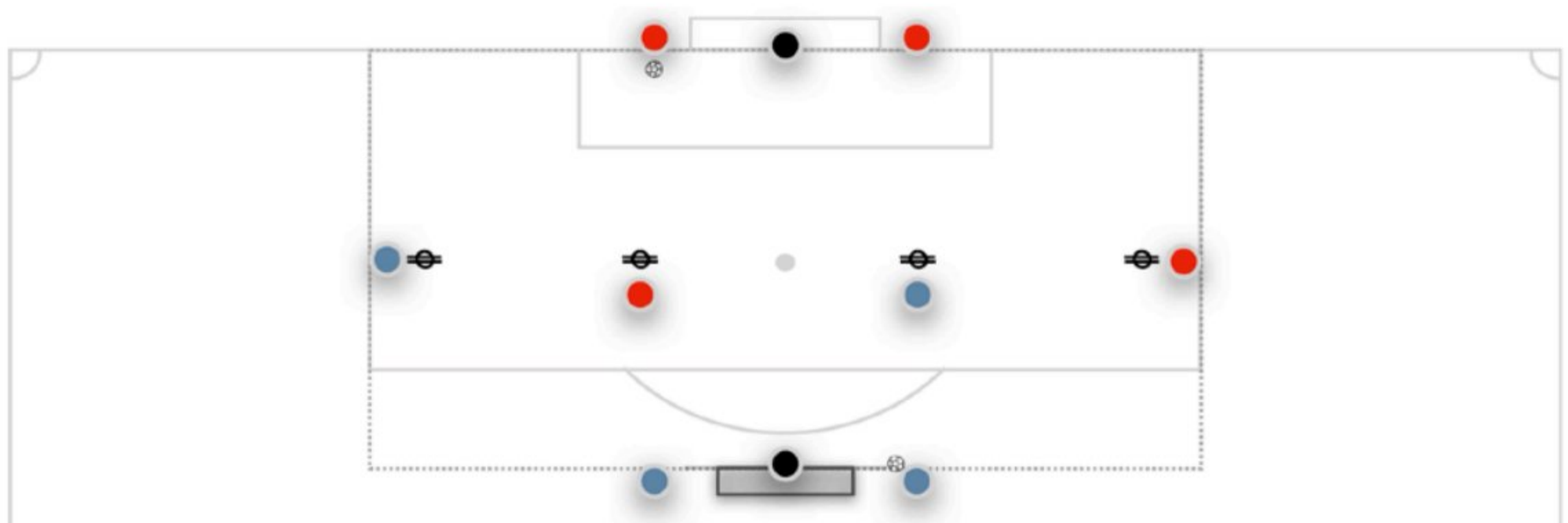
COACHES INFLUENCE

This session gives every coach a great opportunity to have a large influence on their players. The session is perfect in size and numbers to have realistic influences on individuals, as well as meaningful conversations.

When delivering this session it is important to handpick the players to ensure that you're able to have the greatest influence on those around you, sharing the information with players and working specifically and small technical and tactical details will be important. This will give you opportunity to work through the decision making process when receiving the pass, as well as the decision making process of how to press the ball as it travels across the box. Hopefully providing us as coaches with better prepared defenders in the emergency defending phase of the game.



TRANSITION THROUGH THE HALF SPACE



Session Overview

This session often provides a lot of enjoyment to players due to its continual goal to goal action and their opportunity to play competitively within 1v1 moments. The outside player will feed the ball in to the wide player, where the wide player will take a touch and deliver a cross to the team mate attacking the box, once this breaks down the ball is fed from the opposite end, to the opposite wide player and the practice goes the other way with reversed roles for the attacker and defender

Session Requirements

Players	8
Footballs	6
Space	24 Yards + PB Width
Goals	2
Time	28 Mins

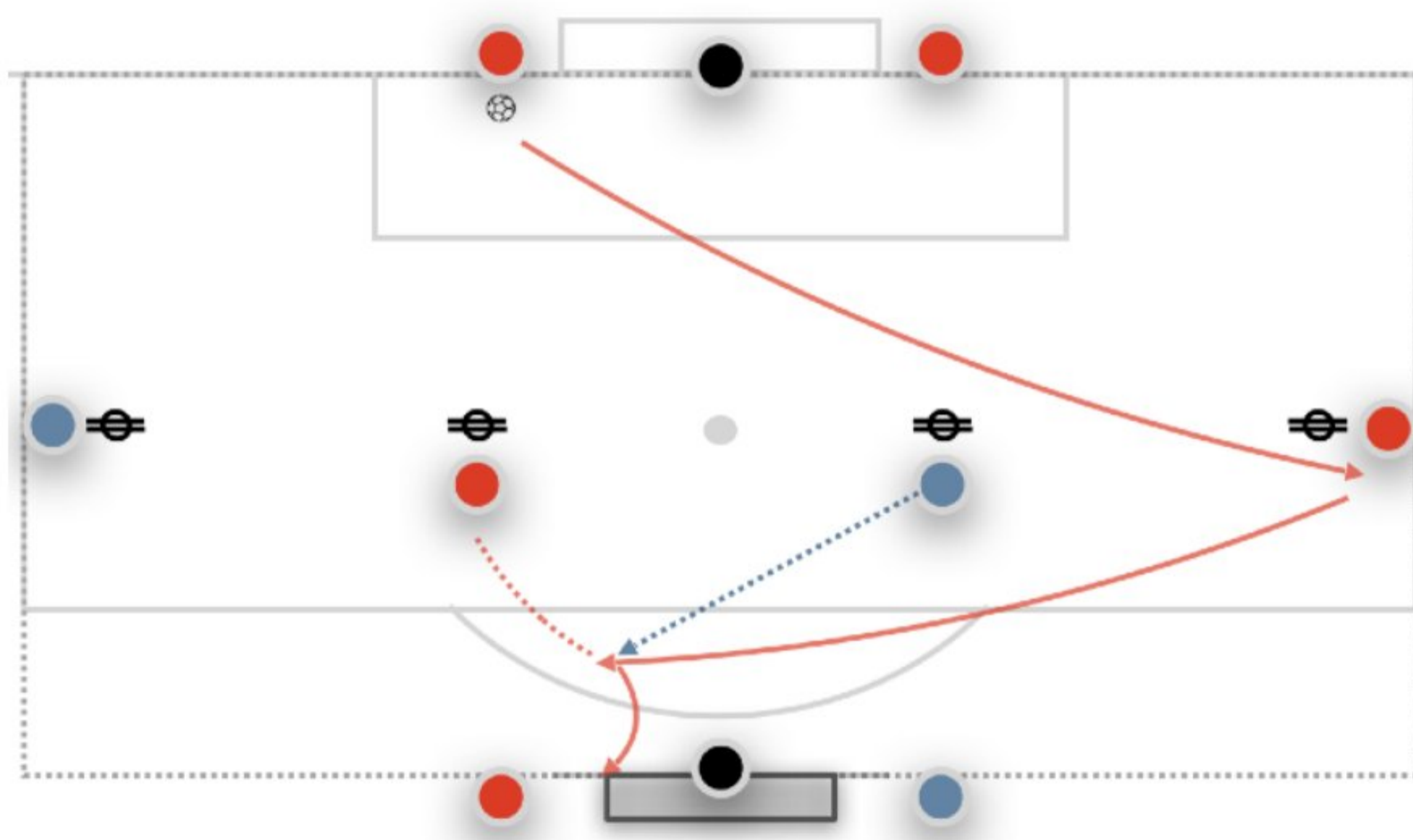
The requirements for this session are fairly simple, the only challenge for coaches maybe the acquisition of mannequins, but these can be very easily replaced by cones, or even recovering players to add an extra challenge. Other than this the session takes place is a penalty box wide pitch with 24 yards of length.

The session is very simple as explained above, can we as coaches challenge the quality of the cross, can players look to find the channel left between the defender and the goalkeeper with pace, the pace will be the deciding factor that force the goalkeeper to stay back in between the posts and not travel out to influence the ball.

TRANSITION THROUGH THE HALF SPACE

Session Overview

As the first diagram here shows the first pass is a diagonal pass across the pitch, can we develop a driving technique where the player punches across the ball, to keep the ball low with a spin that moves the ball away from the central players and between the two mannequins for the outside player to receive, lets really focus on the player keeping the ball below the mannequin, but driven with pace to prevent the pass being cut out. Once the ball has gone wide the expectation should be high on the wide players ability to receive the ball across the body, but with the first touch looking to be able to leave the ball in a position that allows any decision with the



second touch. e.g. if the first touch is correct and the ball is taken out of the feet and no longer bouncing, the player can decide to either cross with the second touch or run with the ball dependent on the situation. When it comes to the cross can we encourage a low driven cross with the inside of the laces, that creates a whip like technique and spin, ensuring the ball swings away from the goalkeeper and towards the attacking player, this should also cut out the defender who will have to defend the ball by attacking his/her own goal that risks causing an own goal.

TRANSITION THROUGH THE HALF SPACE

Session Coaching Points:

- Encourage players to focus on challenging their ball striking technique, can they drive passes across the practice (This requires a coach who is acceptant that balls will go astray)
- Encourage crosses with pace that is above the normal amount, focusing again on challenging the players technique, strong technique allows increases in power (Challenge this notion)
- When the attacker is making movements can we ensure its not a straight run, back post to front post? Etc
- When the attacker is striking cutbacks, if the technique is hard encourage a locked ankle and driving the ball back towards the front post, an easier technique than opening the ankle up to aim at the furthest post (Back post)

COACHES INFLUENCE

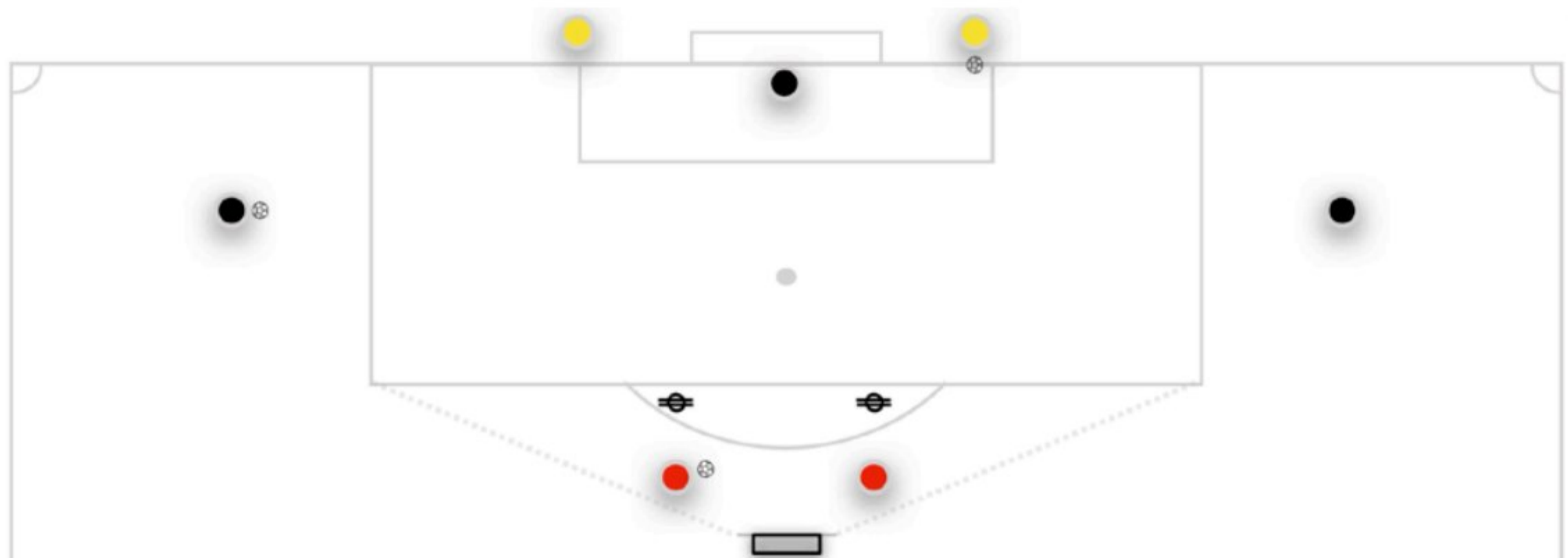
The Coach can adapt this session to the requirement of the players, for example the two central players can work in isolation to work on the strength element of performance as it is high in change of direction. The session can provide coaches with a chance to really work on technique with individual players, looking at the technique of crossing, the technique of receiving as well as finishing. Working closely with position specific players in these moments can be key in developing the skills to be successful. This session can also be used as a substitute to the main session and overseen by goalkeeping staff as a means to keep players engaged with low physical output, something that can have significant importance within the professional game



THE
FOOTBALL
COACH

DEFEND THE COUNTERED CROSS

DEFEND THE COUNTERED CROSS



Session Overview

This session replicated the unique situation than commonly occurs within attacking sides, overloading the penalty area for a cross from the wide area, before needing to defend on the break against a quick and effective counter-attacking team.

Within this practice the two reds combine around the mannequin, before one shoots from inside the penalty area. Both players then make runs in to the box for a wide player to set a cross in to the box. Once this has broken down the Yellows counter-attack out and attack the furthest goal.

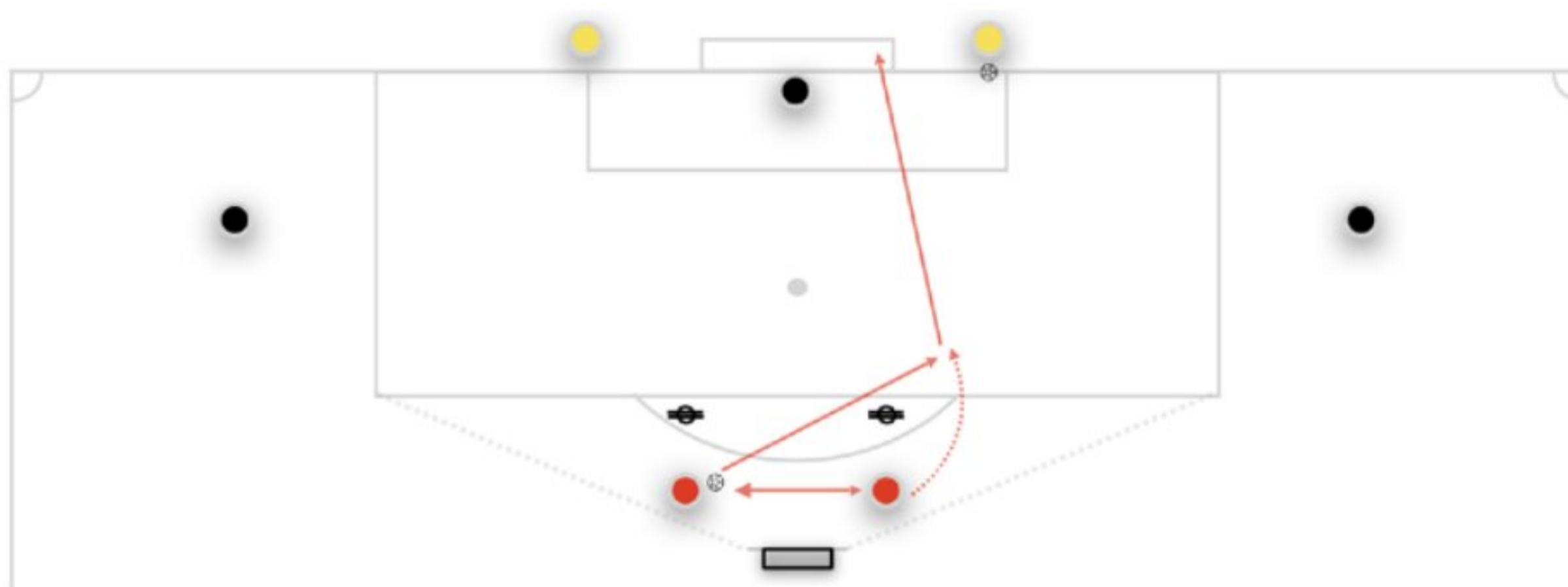
Session Requirements		
Players	8	<p>This session can be performed in a space just larger than a full size penalty area. With a goal at each end and mannequins set as if they were part of a midfield screen.</p> <p>As explained above we are looking to recreate a common moment performed by counter-attacking teams, a moment that poses optimal threat to our defensive shape, this is the moment where the opponent will look to break centrally from a corner, can our two attacking players transition quickly and look to delay the counter-attack or at worst push the counter attack in to the wide area to prevent it occurring in a central area that has the highest threat.</p>
Footballs	3	
Space	35x35 Yards	
Goals	2	
Time	26 Mins	

DEFEND THE COUNTERED CROSS

Session Overview

The first part of the session is a very simple piece of combination play, that should resemble our playing style, where the striker receives ball to finish first or second time inside the box on a realistic angle, on a pass that has been played between the two centre backs.

Once the ball has been threaded can the centre forward look to isolate the goalkeeper and finish, with precision and power making the Goalkeepers role difficult.



Can the second striker make sure they follow the ball in at the back post to make sure that if the ball is hit across the goalkeeper and the goalkeeper makes a save, we are able to score via the rebound that may occur because of the goalkeeper save.

For a coach this does offer some opportunity to adapt this session to make it more specific to your playing style. If you want to focus on scoring from cut backs, then the first part can involve a combination, that sees the ball moved wide before a cross is delivered and finished.

Or if shots from around the area are more common within the game model than the coach might adapt this to involve a shot from in from of the opponents defensive unit not beyond it.

DEFEND THE COUNTERED CROSS

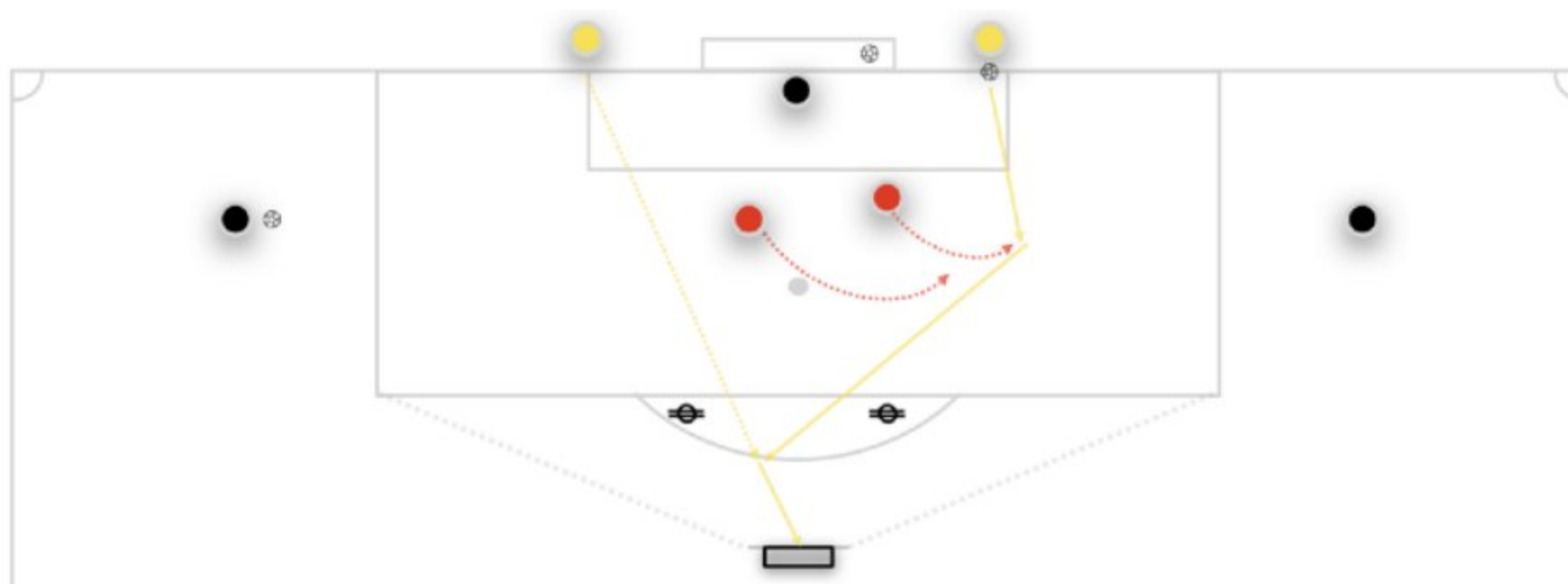
Session Overview

The final part of this session involves the attackers transitioning to a defensive role instantly after the attacking moment breaks down, at this time it maybe due to a goalkeeper making a save and countering or a turn over directly from the cross.

Once the ball has broken the most important detail is the speed of thought, how quickly can the attackers change their focus from in possession to out of possession. The quicker this occurs intrinsically in the mind of the player the better opportunity the player will have to engage the ball carrier and look to delay the opponent to prevent the counter-attack. This has less risks if a foul is made, as well as less risks in terms of conceding goals.

Now dependent on the philosophy of the coach, this counter-pressing function can be used for two different methods. It is either a challenge to the players to win possession to act as the catalyst to win the ball back and attack. Or this can be used to prevent the opponent creating a counter-attack or entering their build up play.

However the role of the the second defender will be key here, dropping deeper than the first defender, to ensure that if the first defender loses the 1v1, there is not space in behind the defender, this will prevent the attacker from breaking in to space and creating a deadly counter attack.



DEFEND THE COUNTERED CROSS NAME

Session Coaching Points:

- Quick Combination Play, ball must move quickly
- Ball striking - Using the inside of the laces to provide power and accuracy
- Short backswing can help delay the goalkeepers reaction time from a tight angle in 1v1 moments
- When attacking from crosses can you run across the defenders eye line to go from out of view to in view with no opportunity to defend against it
- When making contact and finishing, using the sole of the foot to push the ball towards goal
- When finishing with the ball close to the feet, can the inside of the foot be used to encourage the body weight to sit over the ball and keep the ball low

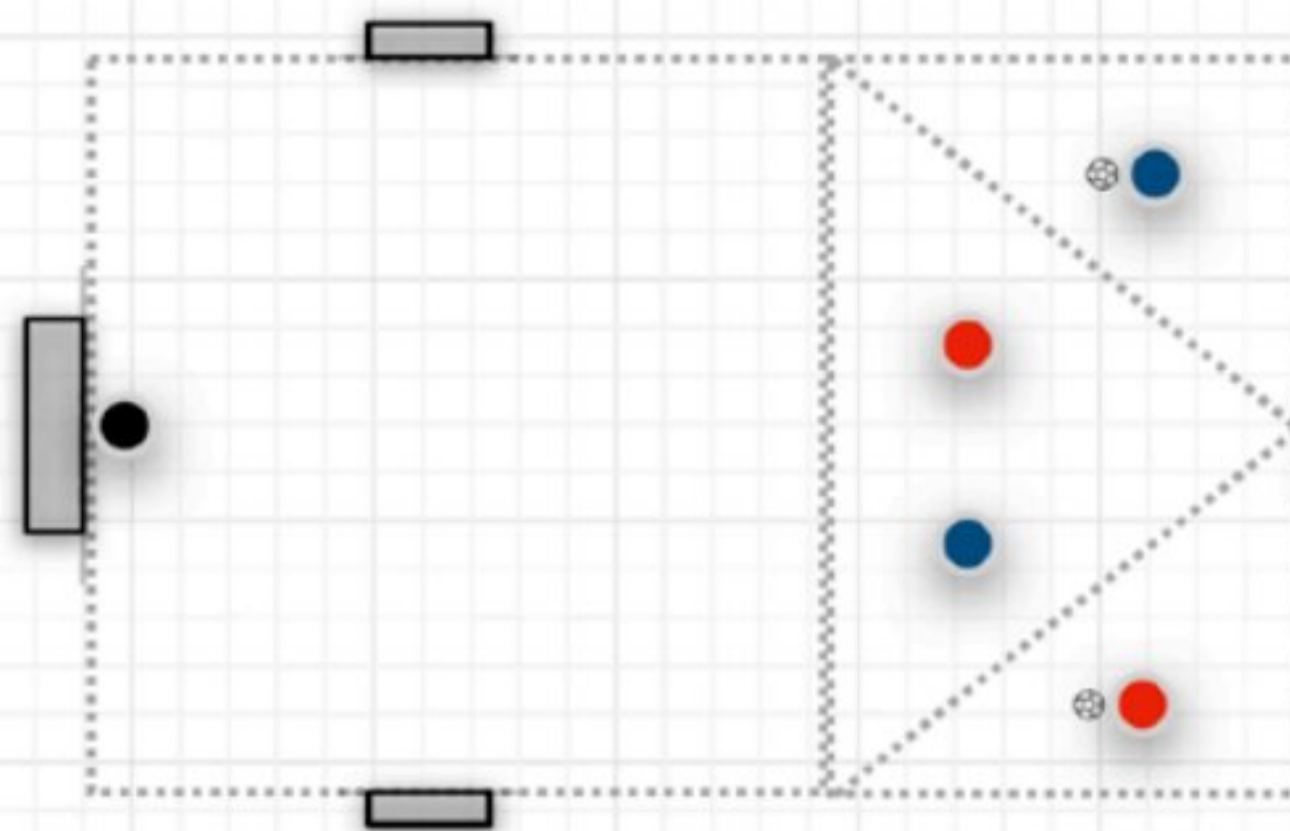
COACHES INFLUENCE

This session has been very popular within counter-attacking styles of play and coaches who demand a high intensity style out of possession. The template of the session will allow you as a coach to work on the finer detail, the combination play is a moment that can negatively or positively influence the session if the players do not apply enough intensity to these moments.

Even though there is no opposition to the combination play the players must play quickly on limited touches to ensure the session links to the research we've previously spoken about. Sharing with players the facts and figures that guide our practice design will help include the players and provide them with a greater level of autonomy, that in the long run can be conducive to learning



KNOW YOUR ENEMY



Session Overview

This session starts with a simple pass from the coach between the red and blue who go 1v1 and try to score, once this 1v1 breaks down the two players must both instantly become defenders and defend against the opposing color that will look to attack one of the two wide goals.

This practice is a competitive game of 2v2 where the scores are recorded between the success of each pair

Session Requirements		
Players	7	<p>This session is a very competitive player lead activity. The natural competitive 2v2 nature will make this highly physical and highly combative for players to cope with. Managing the physical and emotional workload for players here will be key. Players who mentally struggle with the competitive and physical nature may need a scaffolded approach during this to ensure they are able to discover their own coping mechanisms through out. One thing a coach may adjust during this session is the location of the wide goals, changing the angle will change the outcome, with the current location this practice requires dribblers. If the goals are put on an angle, the practice will become a finishing one.</p>
Footballs	3	
Space	20x20 Yards	
Goals	3	
Time	28 Mins	

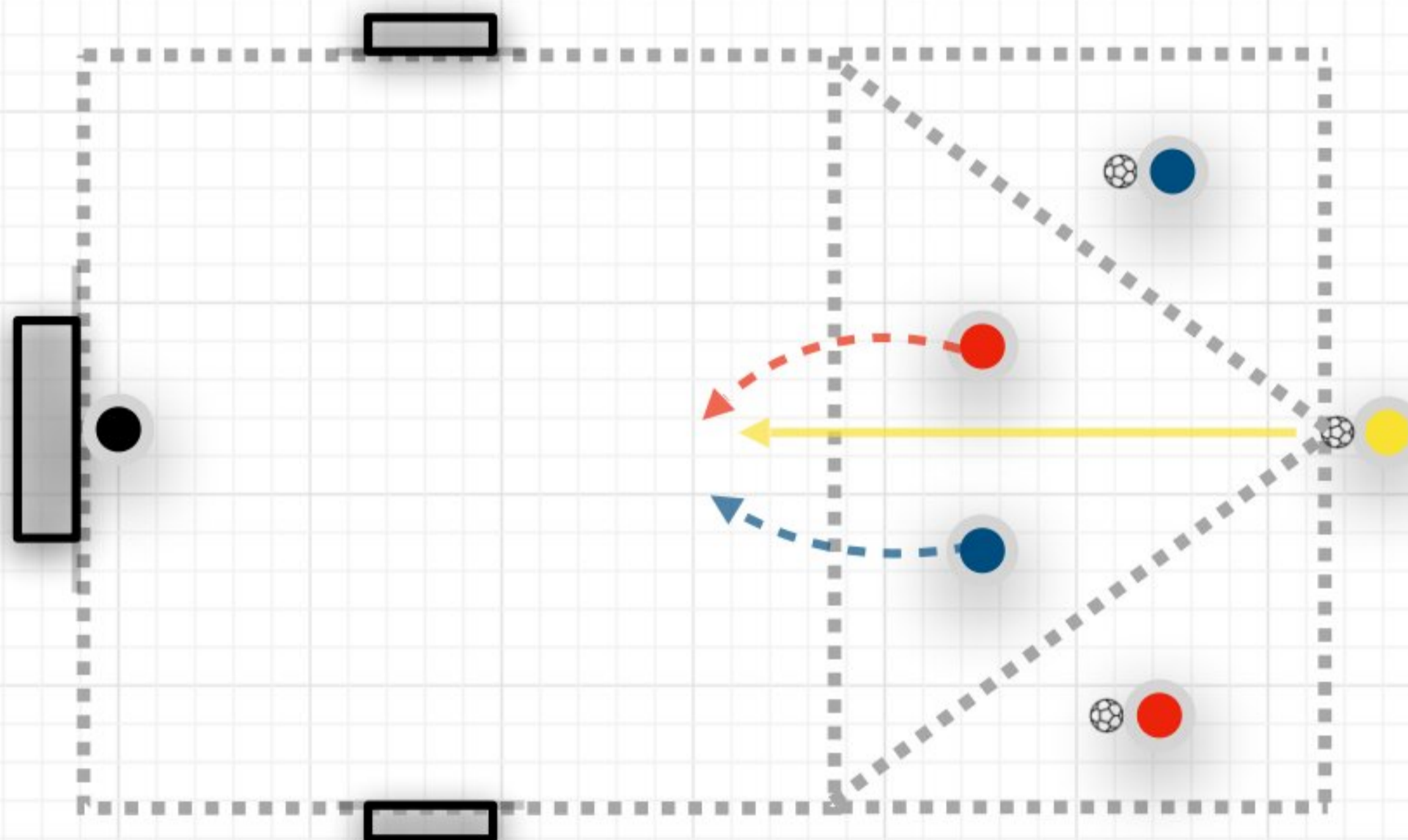
the wide goals, changing the angle will change the outcome, with the current location this practice requires dribblers. If the goals are put on an angle, the practice will become a finishing one.

KNOW YOUR ENEMY

Session Overview

The first part of the session just sees a coach play a pass in to the zone for players to attack, now this can be done in a few different ways.

- 1.) Coach plays to either play and alternates teams each time
- 2.) Coach plays in to the middle and lets players fight it out
- 3.) A Third team (yellows) play the pass in and act as a recovery team so every team has a recovery period



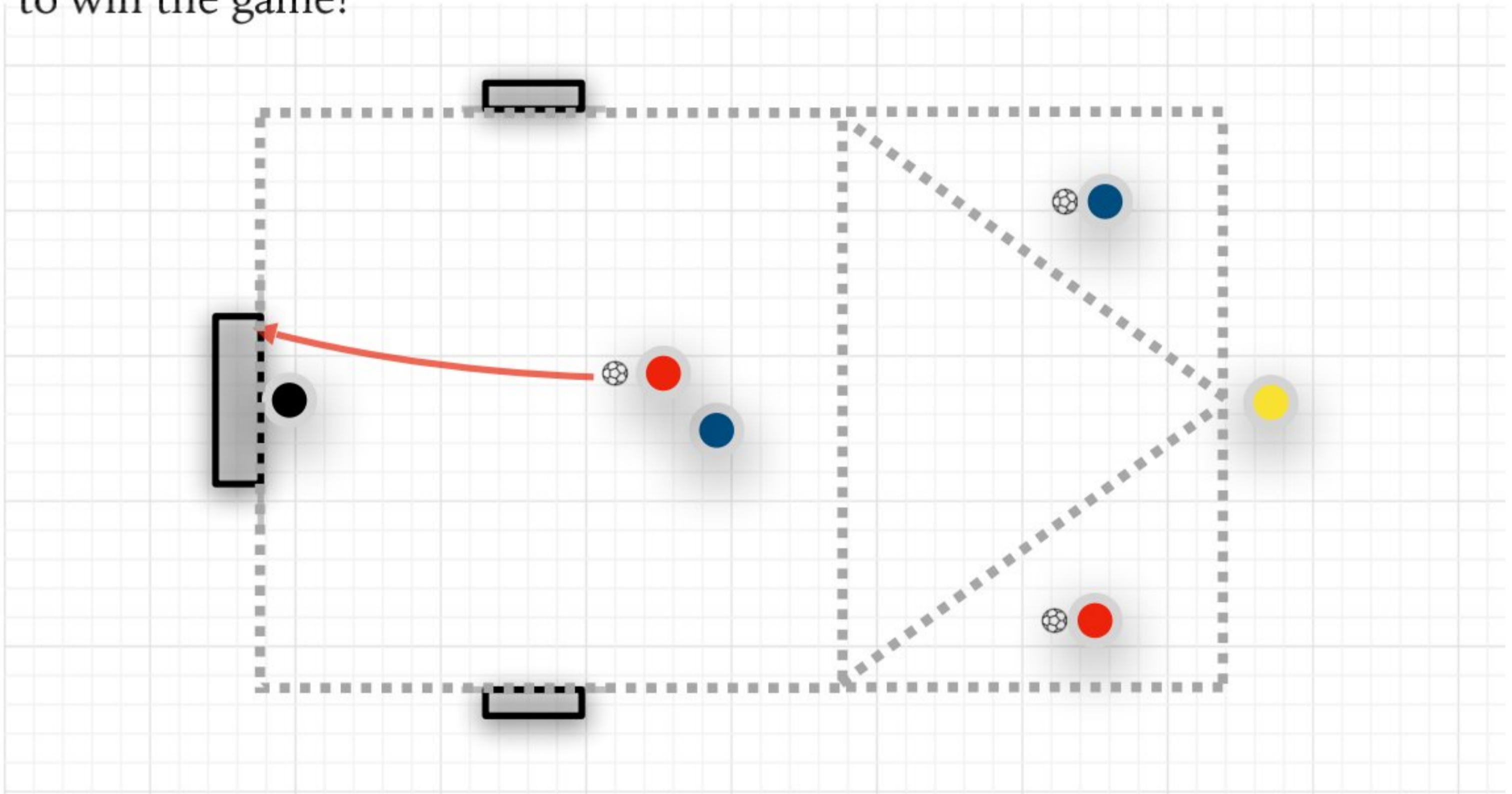
Which ever method is used, the outcomes won't change within the session. Once the ball has been played through the players to need to show a competitive and physical approach to attacking and defending, the practice needs to be fluid, once a player has possession they need to travel forward and attack the opponent not turn back and look for time, if this occurs then the coach should end that part of the practice.

The idea is for direct and ruthless attacking looking to dominate the 1v1 both as a defender and as an attacker.

KNOW YOUR ENEMY

Session Overview

It is important not to forge the reason we are performing this session, the idea is finishing! So when coaching this element of the game lets encourage a ruthless nature in front of the goal, once the opponent has been beat and you have space to shoot, take the shot, try to avoid the training ground 1v1 where players look to cut back and constantly beat a friend, this has to be a ruthless and competitive game where the centre forward uses a 1v1 as a means to beat the defender and score as a means to win the game!



When attacking within the 1v1 lets encourage players to drive centrally through the practice using pace and power to get in front of the opponent creating a 1v1 with the goalkeeper and forcing the defender out of the practice.

Once in front of goal lets continue to encourage the use of the upper inside of the foot to strike the ball with pace and power that part of the foot also opens up both sides of the goal as it can be both dragged across the goalkeeper or smashed the other way with pace and power and can offer varied height to the finish

KNOW YOUR ENEMY

Session Coaching Points:

- Encourage a physical environment where players are combative and willing to fight for the opportunity to win the ball and score
- Can we challenge the attacking skill sets of our players when forced to face up the defender 1v1
- Technically how strong are our ball carriers? Are they able to use their arms and hips to shut the opponent away from the ball
- Out of possession are our players able to deflect the opponent in to the wide area
- Do not forget the emphasis of delay, we must be able to slow the attacking player down in order to give ourselves a chance to defend in the 1v1 moments
- Role of the GK significantly important

COACHES INFLUENCE

As a coach this session does provide less opportunity for us to have an active presence, there is a time and a place to allow player lead activities where the players are responsible for driving the overall standard and ensuring there is quality both in and out of possession. This session is one of those, the players must buy in to the practice and this will test the player coach relationship.

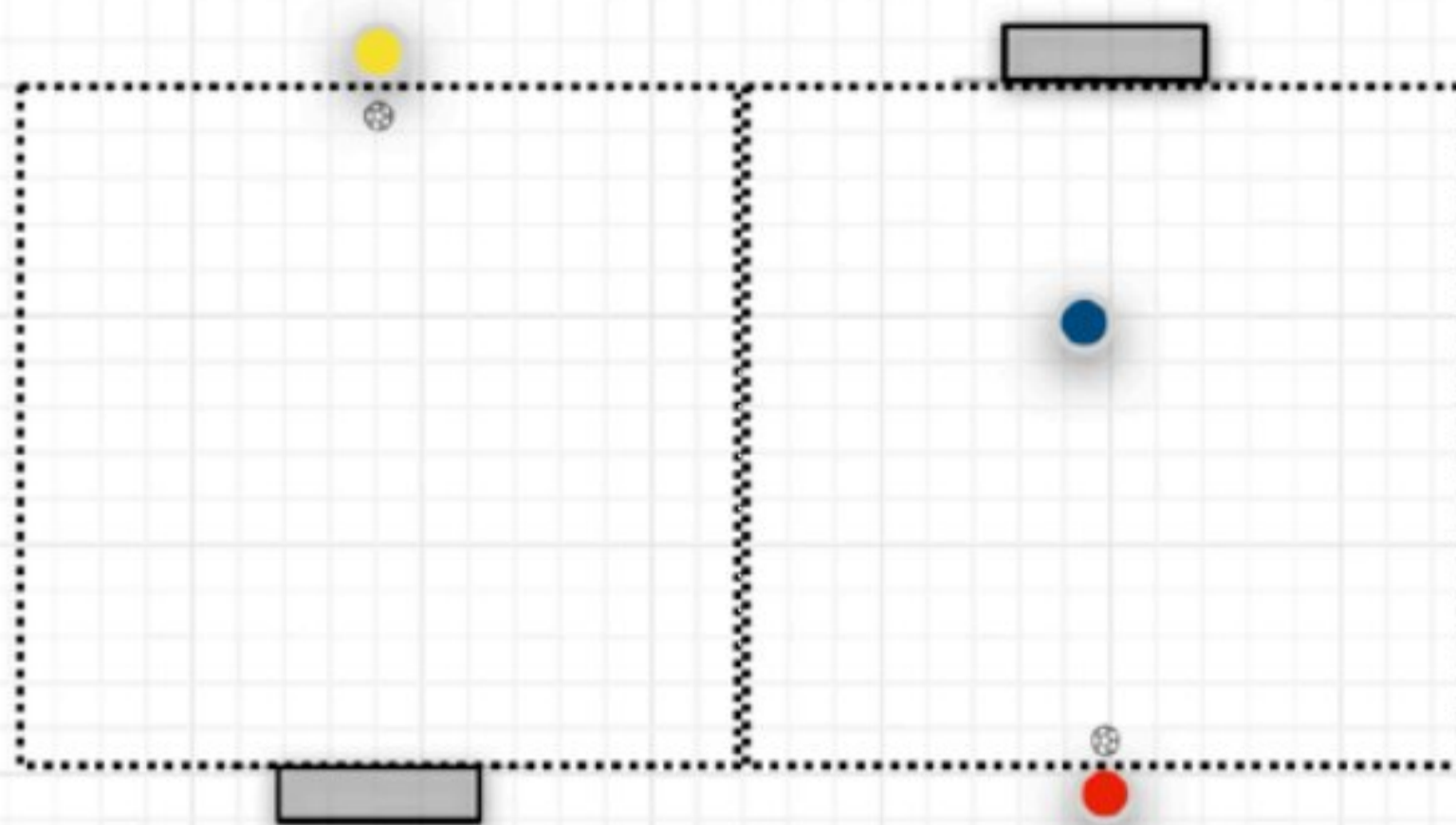
In order to modify this session coaches must be flexible in the size of the practice dependent on the required physical returns. If the coach wants a more physical and higher intensity session, the practice can be extended to ensure players have a greater opportunity to reach top speeds making the attacking and defending moments much more realistic. We all know as coaches it is much easier to defend against a player who can't reach top speed because of the space compared to a realistic situation with optimal speeds included.



THE
FOOTBALL
COACH

DUAL BOX DEFENDING

DUAL BOX DEFENDING



Session Overview

This is really easy to setup micro session, the micro session is popular within professional football, as it only requires key players or units but not entire groups. The session is a very simple 1v1 where the attackers moves from this moment in to a defensive role in a replicated 1v1 on the other wide.

Session Requirements		
Players	5	<p>This session sets up a very easy micro session for players to compete in whilst a larger session takes place, the micro session format does provide a good opportunity to work with individual players, this can be a technical or tactical focus but the relationship between coaches and players will be important here. Especially as these players are likely players who have been left out of match day squads and the psychological element of performance must be managed as much as the technical and tactical side of performance. This definitely provides one of the biggest challenges a coach will encounter.</p>
Footballs	3	
Space	20x20 Yards	
Goals	2	
Time	20 Mins	

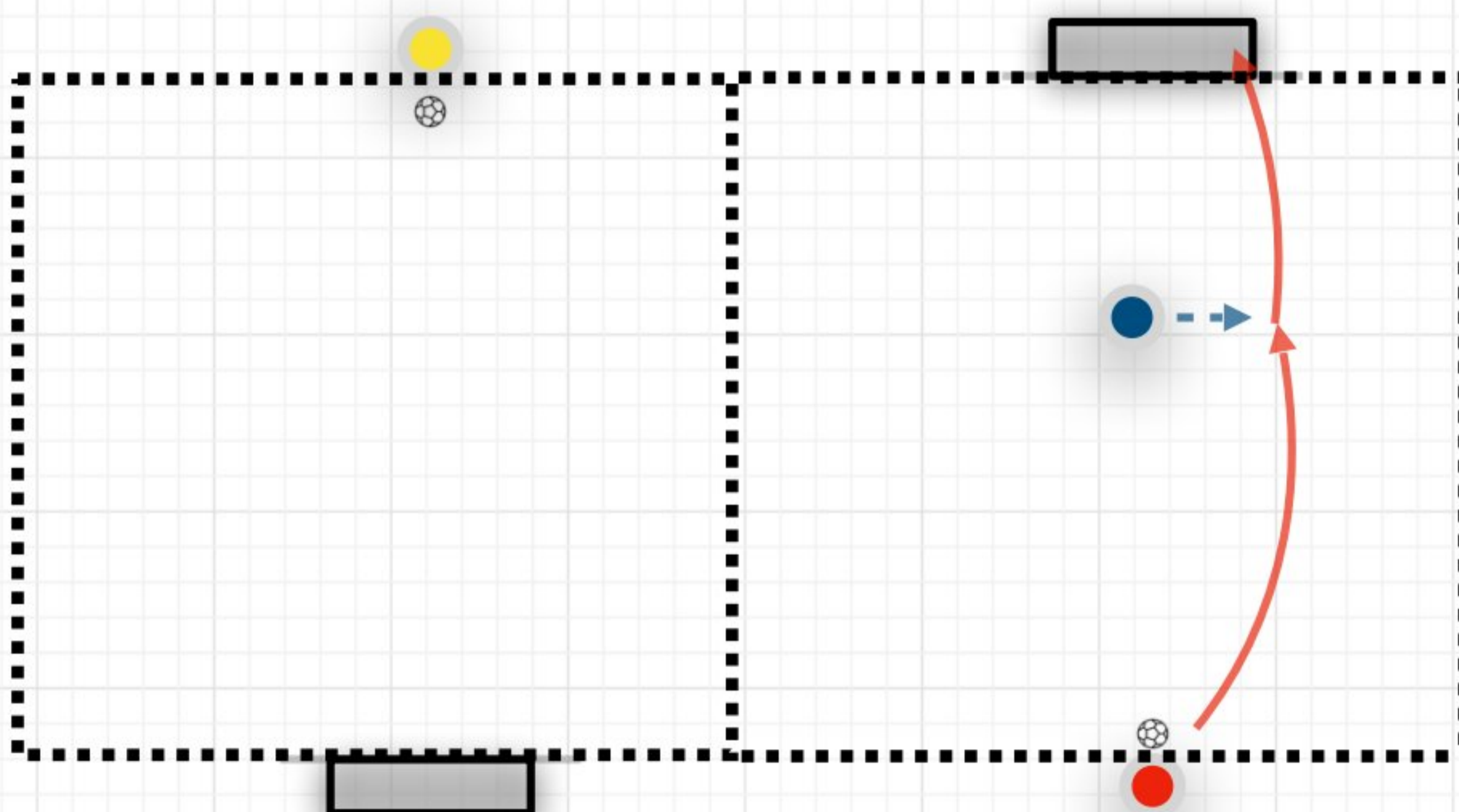
DUAL BOX DEFENDING

Session Overview

The first part of the session is very simple, the red drives in to a 1v1 against the blue, in these moments can the red attack with pace, looking to attack centrally looking to force the defender to become flat footed and force the defender to become exposed in this 1v1 moment. The speed will be a key element in making the task difficult for the defender as the actions will occur at a much quicker pace, meaning much less times to make decisions.

Once the attacker has created half a yard to have a finishing opportunity the attacker must look to take it, this set of practices look to create.

This session is manipulated greatly by the type of goal and the choice to use goalkeepers or not, a smaller goal will force the attacker to take more information on from the surrounding area and configure the cognitive ability to finish in a changed goal. The use of a standard goal and goalkeeper may offer attackers the opportunity to finish using the motor pathways that have been refrained over their careers to date with the levels of repetition that have occurred.

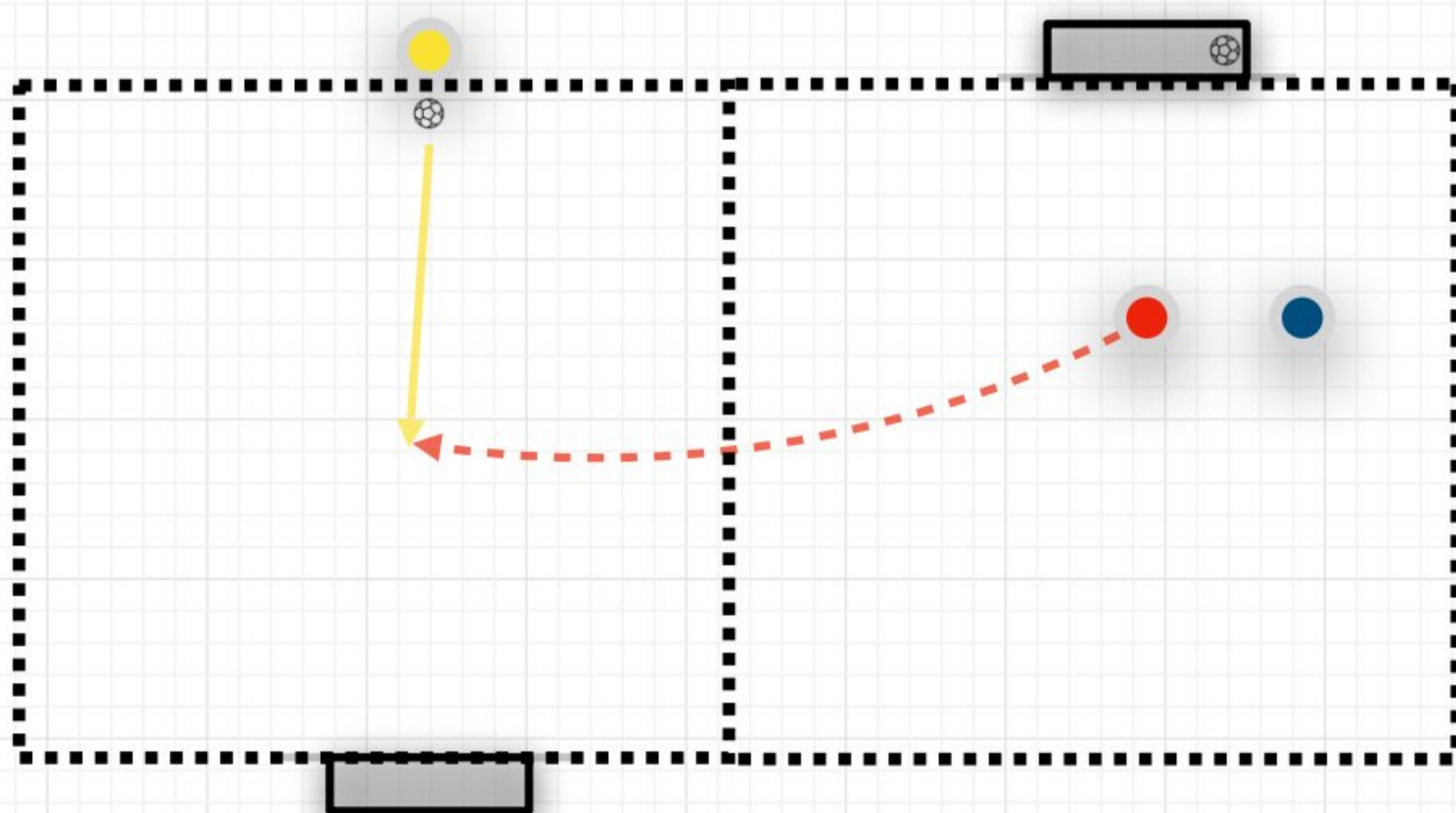


DUAL BOX DEFENDING

Session Overview

Once the first part of the session has broken down, the attacker would have either scored or lost possession of the ball, as soon as this occurs the coach will allow the yellow to break out of the central area and attack the second goal.

The attacker must be quick and must be direct, don't allow the red back in to the practice, ensure they travel across the zone as quickly as possible, the recovery run should take an angle that takes the quickest route across to where the opponent is traveling not where the opponent is. This will



prevent the opponent ending up behind the attacker and will allow them to get between the player and the goal.

Once the defender gets across the simple principles of defending will be the same. Can the opponent delay the opponents attack towards the goal, once they are able to do that, can they deflect them away from the central area.

Denying the central space is key to defending in all areas of the the pitch regardless if it is the attacking third, middle third or even the defensive third.

DUAL BOX DEFENDING

Session Coaching Points:

- Recovery runs will be tested here, can the transitioning defender make the run on an angle between the goal and player, engaging the attacker as high as possible, where he or she is able to get between the ball and the goal.
- Finishing in a half step. When a player shifts the ball to the left or right can they finish with limited back lift during the shift, not after this shift, this is difficult to put in to words, but can you finish when the ball is half a way through the shift.
- During the transition can we ensure the player reaches maximal speed and decelerated effectively.
- The second attacker has to be ruthless in these attacking moments, can they be direct and finish with a strike across the goalkeeper when possible

COACHES INFLUENCE

Can the coach ensure the intensity and recovery is managed, this session will only take 1 minute to complete but must be meaningful a 1:1 work to rest ratio will allow for adequate recovery. The 1:1 will mean the the recovery allows for enough time to ensure the intensity remains high through out the activity.

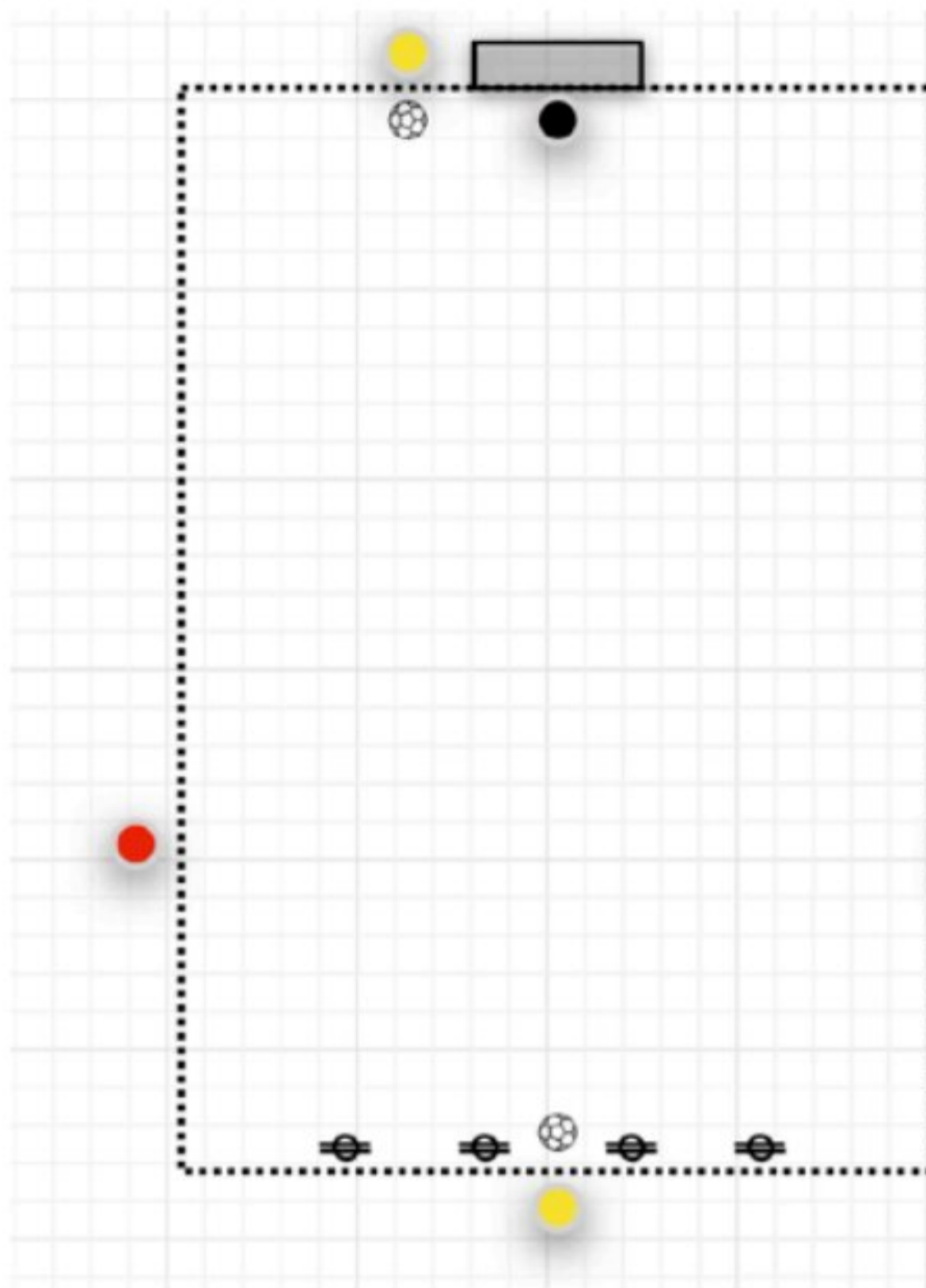
Coaches can look to be vocal and drive the standard of the practice, the long recovery periods will also allow for the opportunity to work with individuals. Working with individuals with their individual development is key here, so selecting the right players in to the practice is important as these smaller session should link to their individual learning plans and own personal development.



THE
FOOTBALL
COACH

FOLLOW WITH PRESSURE 2V2

FOLLOW WITH PRESSURE 2V2



Session Overview

This session involves a challenging 1v1 where both players are traveling towards their own goal, before the reds look to finish before having to defend against the yellow in a 1v1. This 1v1 is however different as the yellow doesn't have a goal to attack and must look to drive out with the ball between the mannequins scoring 2 points if they can get through the central gate

Players	4
Footballs	3
Space	30x20 Yards
Goals	1
Time	20 Mins

Session Requirements

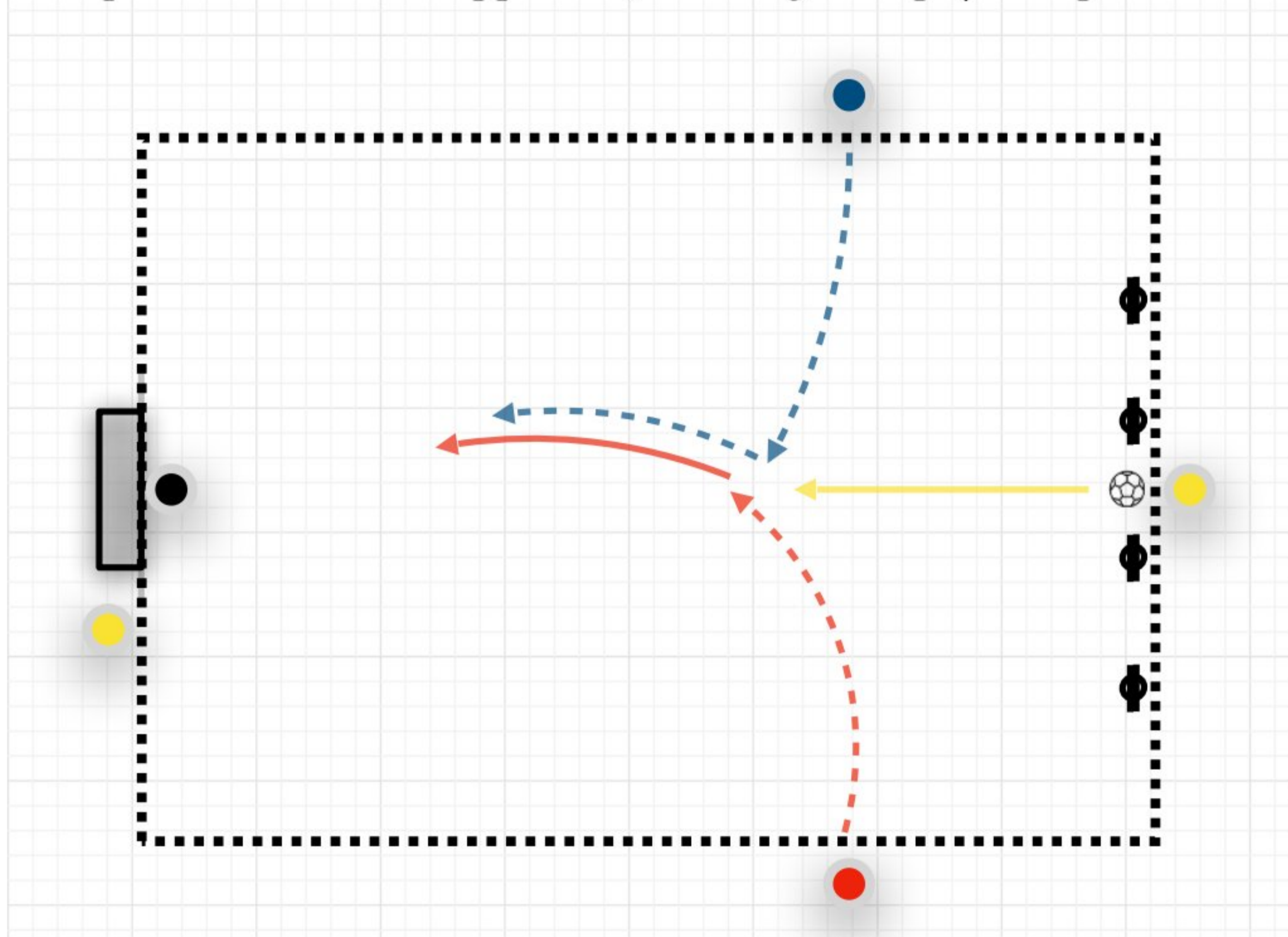
This session is very different to most attacking practices. In here the attacker first attacks the central goal with pressure from behind, how does the attacker look to finish when the pressure is coming from behind, the attacker needs to travel at pace and make decision in limited time and this will provide challenges. Once this attacking phase has ended, the attacker naturally then defends against the yellow, this will occur at pace because the practice doesn't end with a goal but a yellow

needing to travel with pace and penetrate the central area behind the red. This poses a different challenge.

FOLLOW WITH PRESSURE 2V2

Session Overview

As this first diagram shows here (turned 90 Degrees) shows the coach feeding the ball in to the red who must look to drive centrally, now has to defend pressure of his or her shoulder from the blue and finish under realistic pressure from the opponent, this might be physical pressure on



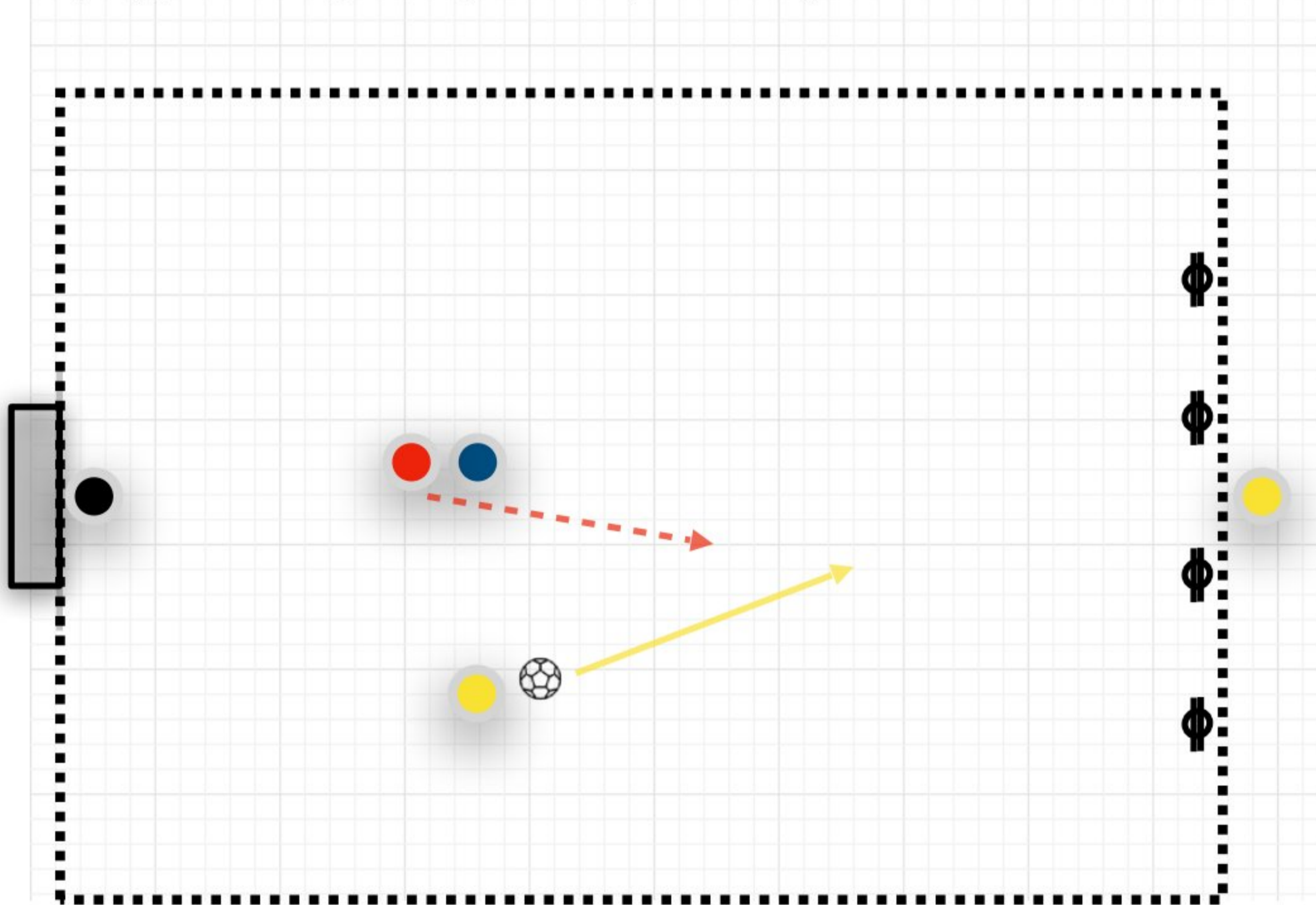
the shoulder of the attacker. The attacker must have a real awareness of the situation around them, where is the goalkeeper, what is the location of the goalkeeper, what type of finish is required etc. These decisions will be very important in the finishing phase.

The attacker needs to try and ensure that the finish is from the most central area as possible this way the goalkeeper is forced to stay central offering both sides to the attacker to finish in.

FOLLOW WITH PRESSURE 2V2

Session Overview

Now the red has finished his/her attacker moment, the defending starts instantly, the use of gates instead of goals actually makes the practice more realistic as this breakaway situation will not see the opponent slow down as they approach a goal 30yds away, but they will see the attacker drive



out of the practice. This means the transitioning attacker will need to make the perfect recovery run because the distance between the yellow and the goal will narrow quickly because of the naturally quicker tempo to the practice.

Once the yellow has broken the coaches should drive the player to make a deliberate and selfish run through the central gate. Whilst the expectation is that the red looks to make contact body to body with the attacker before trying to win the ball back, if they cant win the ball back can they look to force the opponent through the wider space denying the opponent the central space, the most dangerous space on the pitch.

FOLLOW WITH PRESSURE 2V2

Session Coaching Points:

- Attacking with pace is significantly important, can the attacker look to move the ball out of his/her feet early to ensure that the pace is still maintainable, however if the touches are too big the player can lose control of the ball
- When in 1v1 moments against the goalkeeper can the player maintain pace with the head still raised to see the goalkeepers positioning and decision making to allow him/her to make a finishing decision based on their movement
- On the recovery run, how quickly can both players reach maximal speed, maximal speed will be very important when recovering in behind the attacker.

COACHES INFLUENCE

This session won't provide much opportunity for coaches to perform traditional stop and start coaching methods, this is going to be an intense, short and sharp session where players are being constantly challenged to work at near maximal bursts for short periods of time.

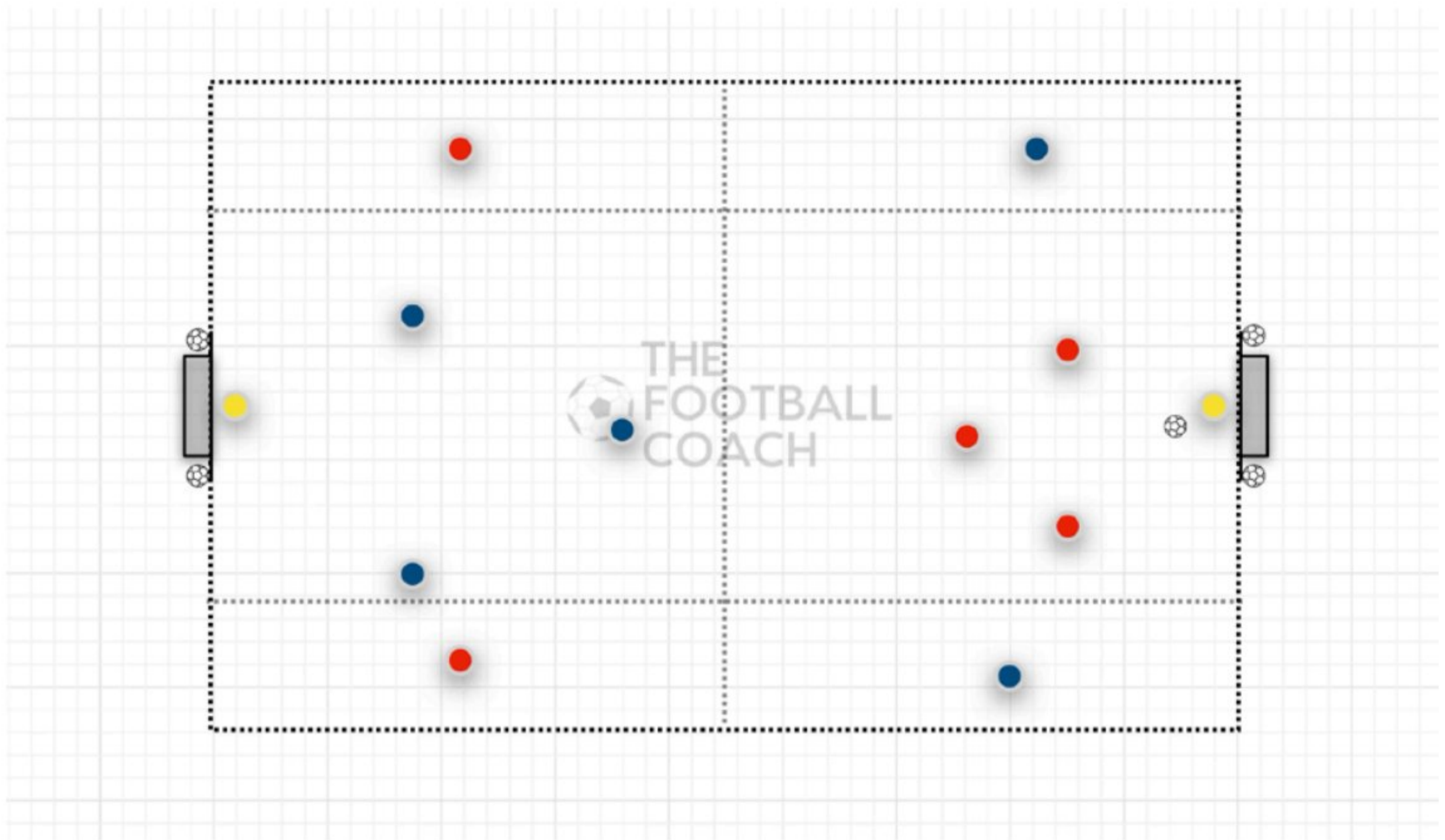
Stopping the session will naturally destroy that intensity that is created but the recovery time does give the coach opportunity to speak to players whilst they're recovering. However as coaches we must also be mindful that these players are also recovering and taking on board information is naturally difficult because of the level of fatigue they're feeling.



THE
FOOTBALL
COACH

TRANSITIONAL FINISHING GAME

TRANSITIONAL FINISHING GAME



Session Requirements

Players	12
Footballs	3
Space	40x40 Yards
Goals	2
Time	20 Mins

This session is a simple crossing and finishing practice with a transitional element to attack and defend. The reds look to play wide where they then look to send two players forward to attack the box and then the cross comes from the wide area.

Then once the attack breaks down and the blues play the ball wide before the practice switches ends, the reds recover quickly to defend the box whilst two blues flood forward to try and attack at the far end. With the opposite wide player coming in from the opposite side to make it a 3 player attack in the box.

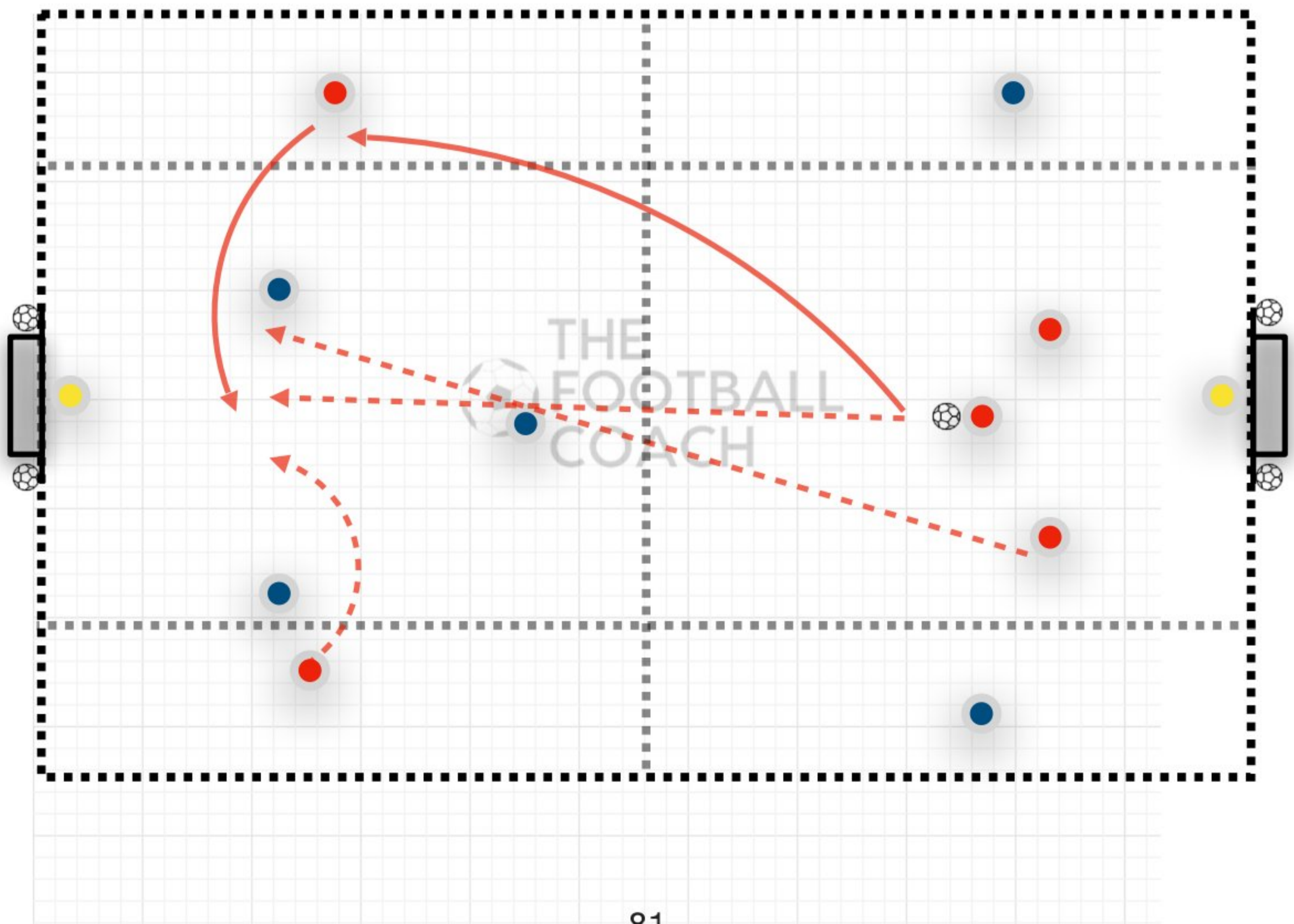
TRANSITIONAL FINISHING GAME

Session Overview

As the first diagram shows the ball starts in the red half and is switched wide to the wide player (Once the ball goes wide the expectation is on the blue wide player in that same zone to recover and apply pressure to the wide player). Whilst this occurs the two attackers travel across the half way line and penetrate the box, where the wide players looks to deliver a cross.

When the cross is delivered the expectation is on the three defenders to work as a triangle to defend the box with a man in the front zone, the back zone and one in the central zone slightly ahead to ensure more than one defensive line is being defended.

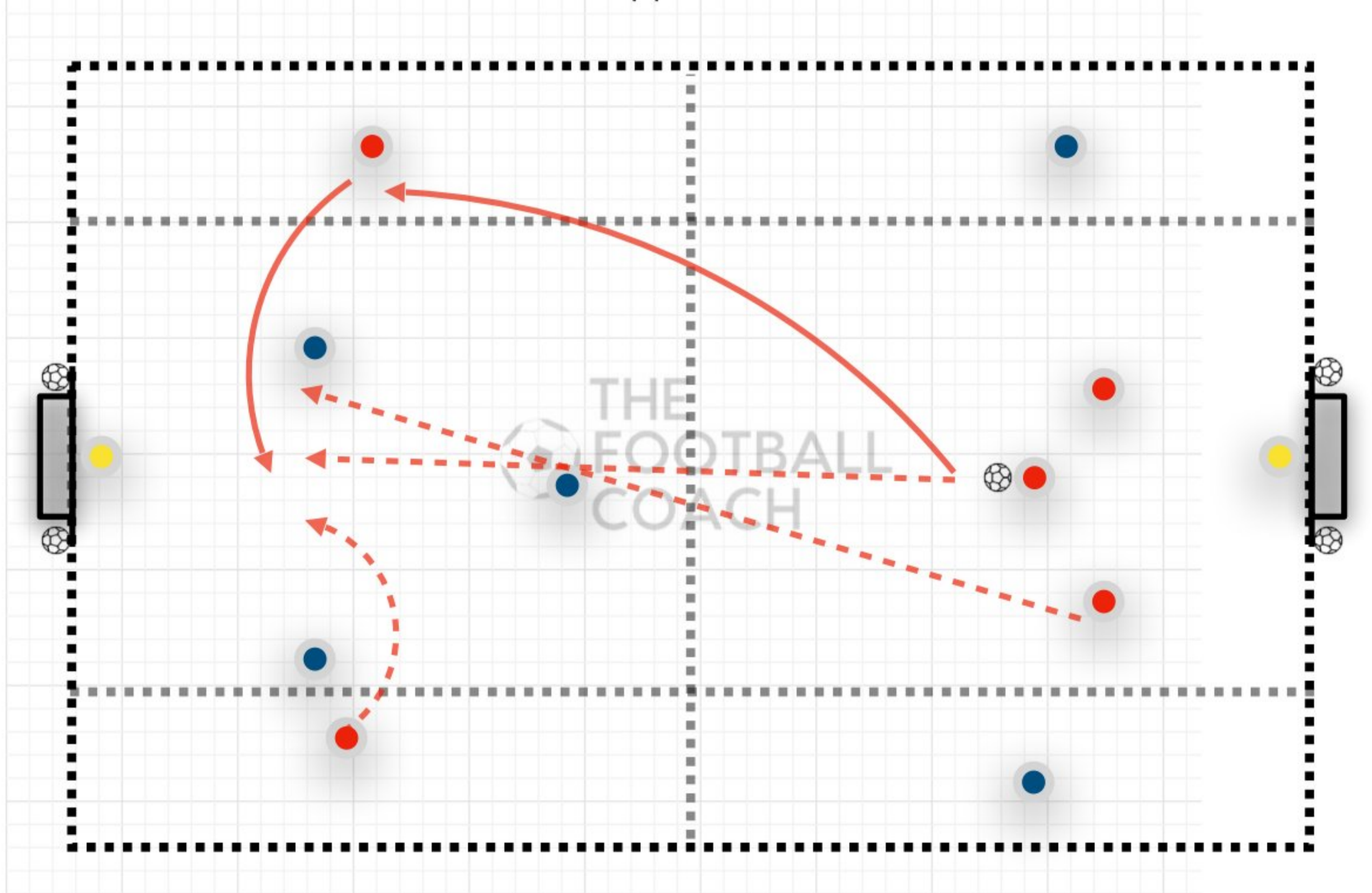
The session also includes a lot of high speed running, with the distance between the two goals being 40yards and the practice being end to end, the physical excursion will be very high within this session.



TRANSITIONAL FINISHING GAME

Session Overview

As you can see in the second diagram there are some moments now that will need to be specific to the coaches game model. Within this we are going to use our own tactical model, the challenge for the opposite winger all be to make the run across the opposite full back as late as possible and arrive late to finish when the ball leaks across the box and to the back post, the run will be late and across the opponent to ensure the run is not tracked



and to ensure there is still space between the opponents defensive shape.

The central players are now challenged to avoid making straight runs, the player who starts attacking the near post should avoid continuing in a straight line, this is to avoid being easily defended against as a defender can keep tracks on straight runs much easier than runs that go across multiple defenders and require a defender to pass players on, this is where problems are created when defending against strikers when defending crosses.

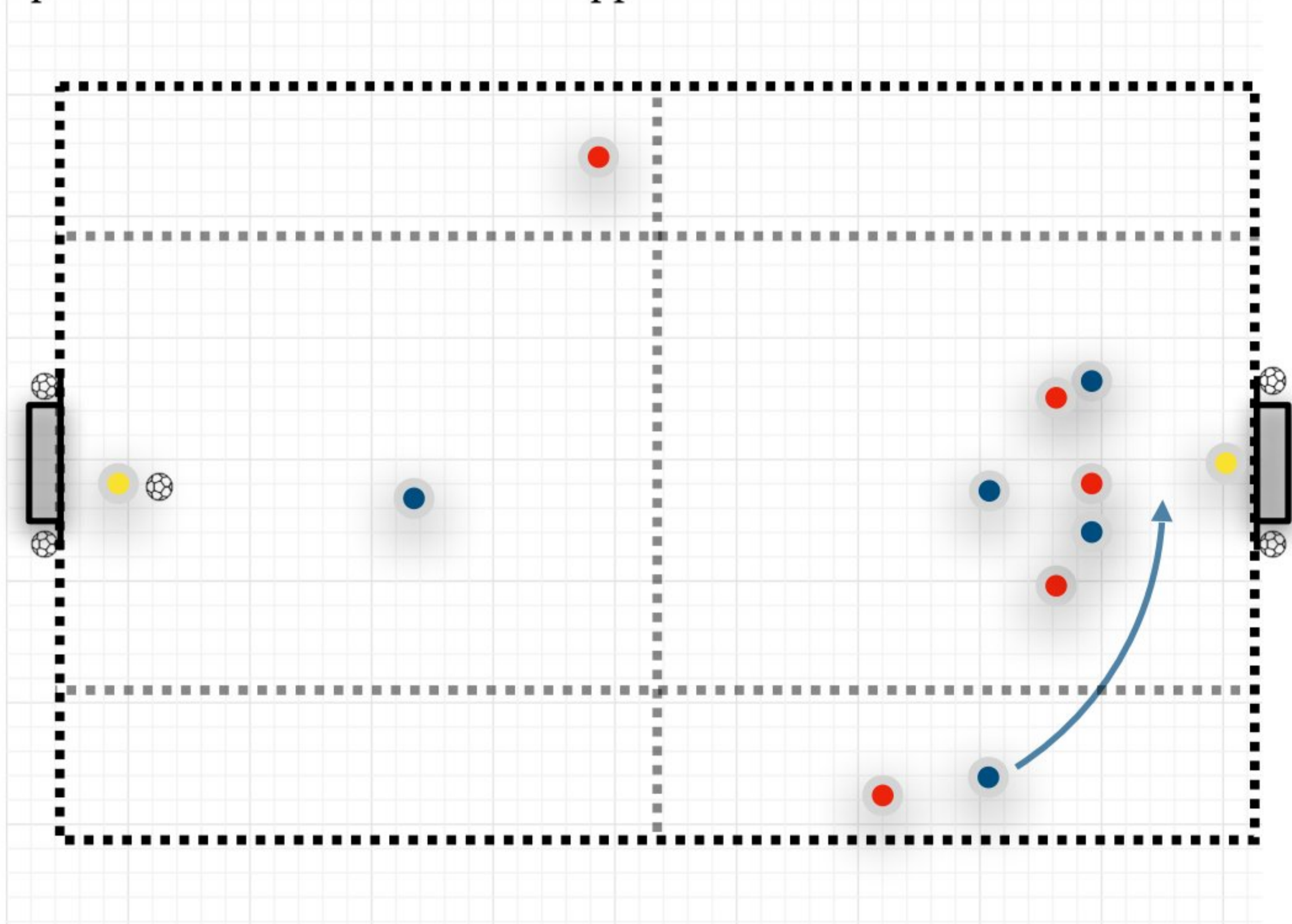
TRANSITIONAL FINISHING GAME

Session Overview

The final diagram shows the final part of the practice. Here the blues have broken down the right side and the blue wide player has held off the red opponent to deliver in to the box.

At this point the reds need to recover in to a shape that defends the key areas front back and middle. The communication element here is key for coaches to install in players, they must be able to self organize in the moments of chaos, only by proving them with chaos is the only way in which players will be able to learn how to perform in these moments.

For the attackers they must be able to hurt the opponent in their moments of chaos. Chaos is an opportunity for a team to expose the opponent and by making aggressive dynamic runs through the defensive shape the attackers can hurt the opponent.



TRANSITIONAL FINISHING GAME

Session Coaching Points:

- The key information here for attackers is in the type of delivery of their run, can they make a run across defenders who've adjusted their body line. This way when defenders scan they see the attacker at one point, then when they make a second scan, the attacker has gone, this is how attacking players find space.
- The second is on the type of cross, can the crosser not just hit 'Good' areas, but actually take in information based on the runs, the players, the space and the situation.
- When the ball comes across the box can attackers use a change of pace to create space of the back of the defenders, that tiny bit of space is key to making contact with the ball behind the defensive unit.

COACHES INFLUENCE

This session is probably the most physical session that players will encounter in this ebook, the session has repeated high intensity runs at a near sub maximal effort. The challenge for coaches is to encourage the physical work within the group and make sure that players are not only working to reach fatigued levels but to actually learn to make decisions and perform technical actions when they're fatigued.

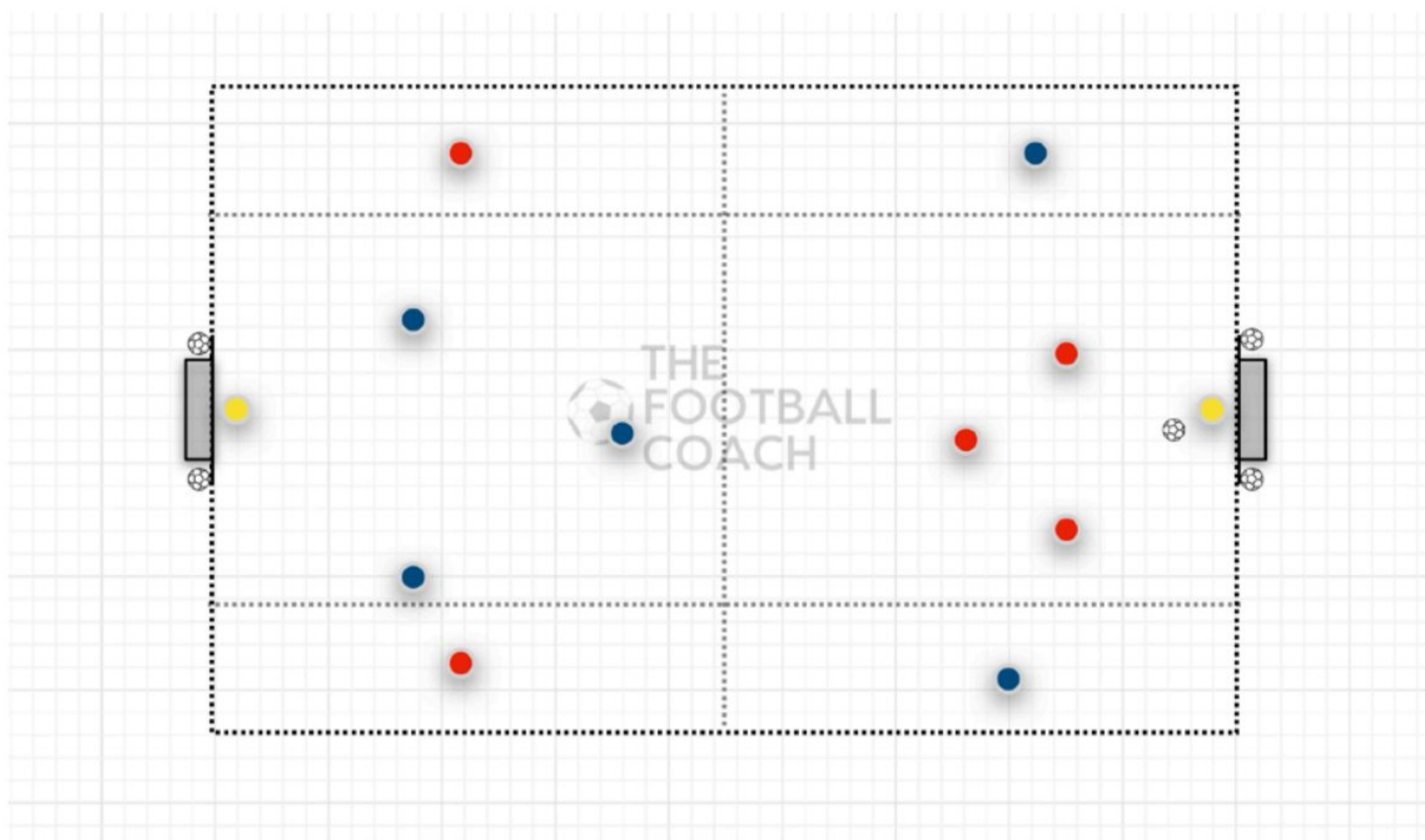
Fatigue provides a completely different challenge to playing, playing with fatigue in the mind and the legs makes simple decisions more complex decisions.

Coaches need to manage the technical detail during the recovery time between sessions, not during the practice.



FINISHING AND RECOVERING CAROUSEL

FINISHING AND RECOVERING CAROUSEL



Session Requirements

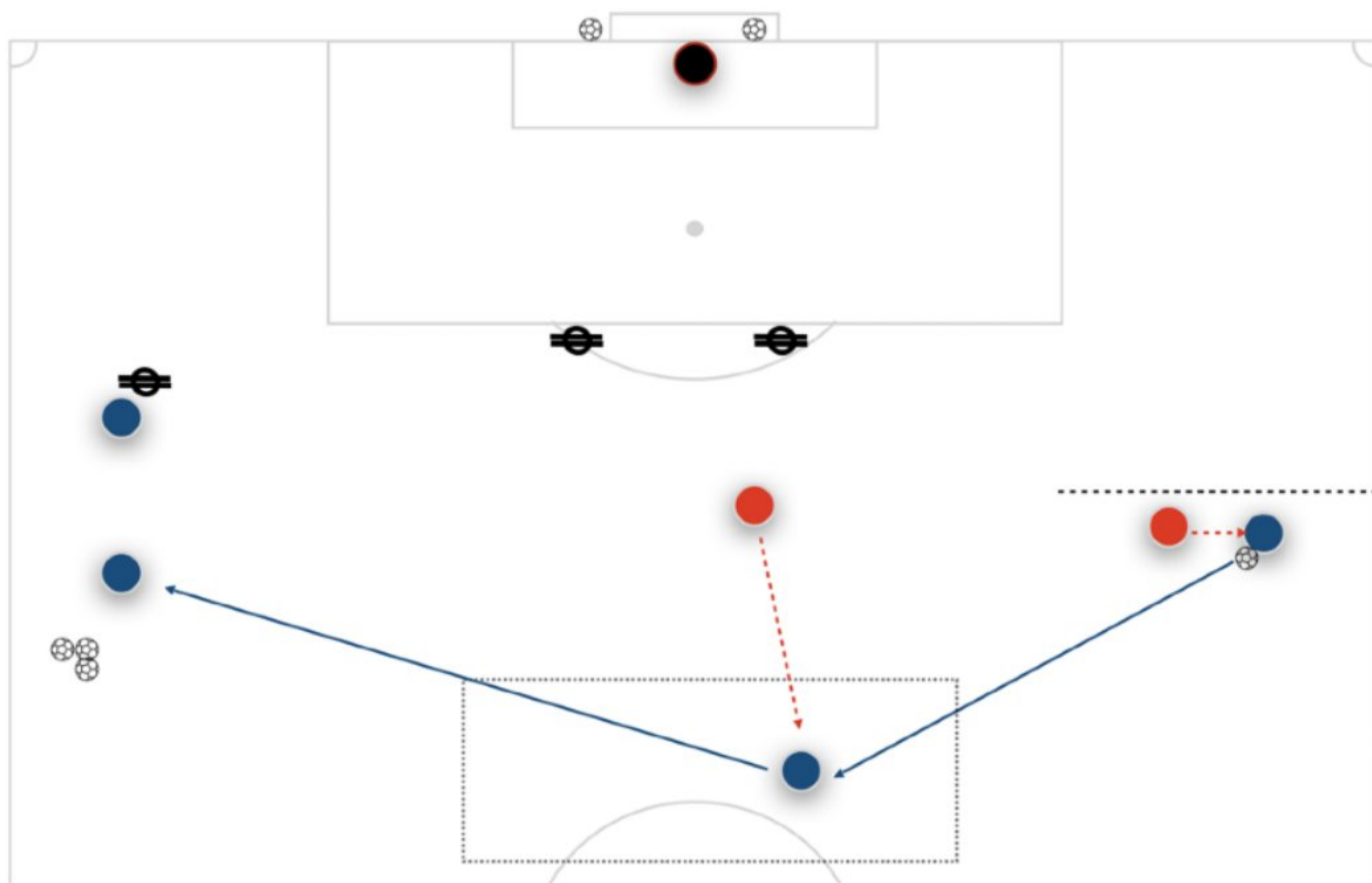
Players	7
Footballs	3
Space	1 Half
Goals	1
Time	40 Mins

This session will really challenge the players on a cognitive level. The session is naturally complex, so players need to focus on more than just a directional practice. It provides constant decision making moments for the players. The session very simply requires one half of a pitch and 1 goal. The ball starts on the left where they combine to a cross, the keeper then transitions out wide, where the centre forward presses up until the dotted line, before the ball is switched centrally where the next centre forward applies pressure. Before the ball is played wide and the practice begins again.

FINISHING AND RECOVERING CAROUSEL

Session Overview

The final part of the practice is as simple the other two parts of the carousel. Once the blue has crossed the black line he or she has one simple role, and this is to play the ball in to the square just outside the half way line, once this has happened the blue who receives possession must switch possession back to its starting point. However the second striker will now be recovering back in to midfield to apply pressure to the



blue, the reds challenge is to travel across as quickly as possible and look to prevent the blue from switching play, which would destroy the practice, which is the key objective for the red team.

The blue must look to keep the body position open allowing the ball to travel across his or her body, this will make the technique quicker and more effective increasing the speed of the ball.

FINISHING AND RECOVERING CAROUSEL

Session Coaching Points:

- Combination play in the wide area is still important, how do the players combine with what combination, how important is the weight of pass when playing in behind the opponent.
- Cross has to be low and hard across the box for an easy finish, the higher the cross the more chance of the goalkeeper influencing the action
- Once the recovery run needs to be performed can it be in a quick straight line to cut out the space.
- Receiving the ball across the body will allow the switch of play to happen more efficiently
- Longer passes must still be driven, encourage a brave technique with the instep of the foot

COACHES INFLUENCE

This session is not as physical as other sessions and could be performed on a recovery day or match day -1 with no concerns about overloading players before a game

The coach can support players with ball striking techniques and support the adapting technique in these situations, the carousel does ensure that the practice is fluid, and the fluidity should be allowed to continue to ensure the practice isn't continuously stop start.

The coach should also look to work on the angle of the recovery run as a matter of urgency as this is one of the key areas players struggle with when tasked with recovery runs. When making a recovery run you need to run in a straight line inside the opponent, this is very different to chasing the opponent.



1V1 FINISHING DUALS

1V1 FINISHING DUALS



Session Requirements

Players	8
Footballs	3
Space	20x30 Yards
Goals	2
Time	30 Mins

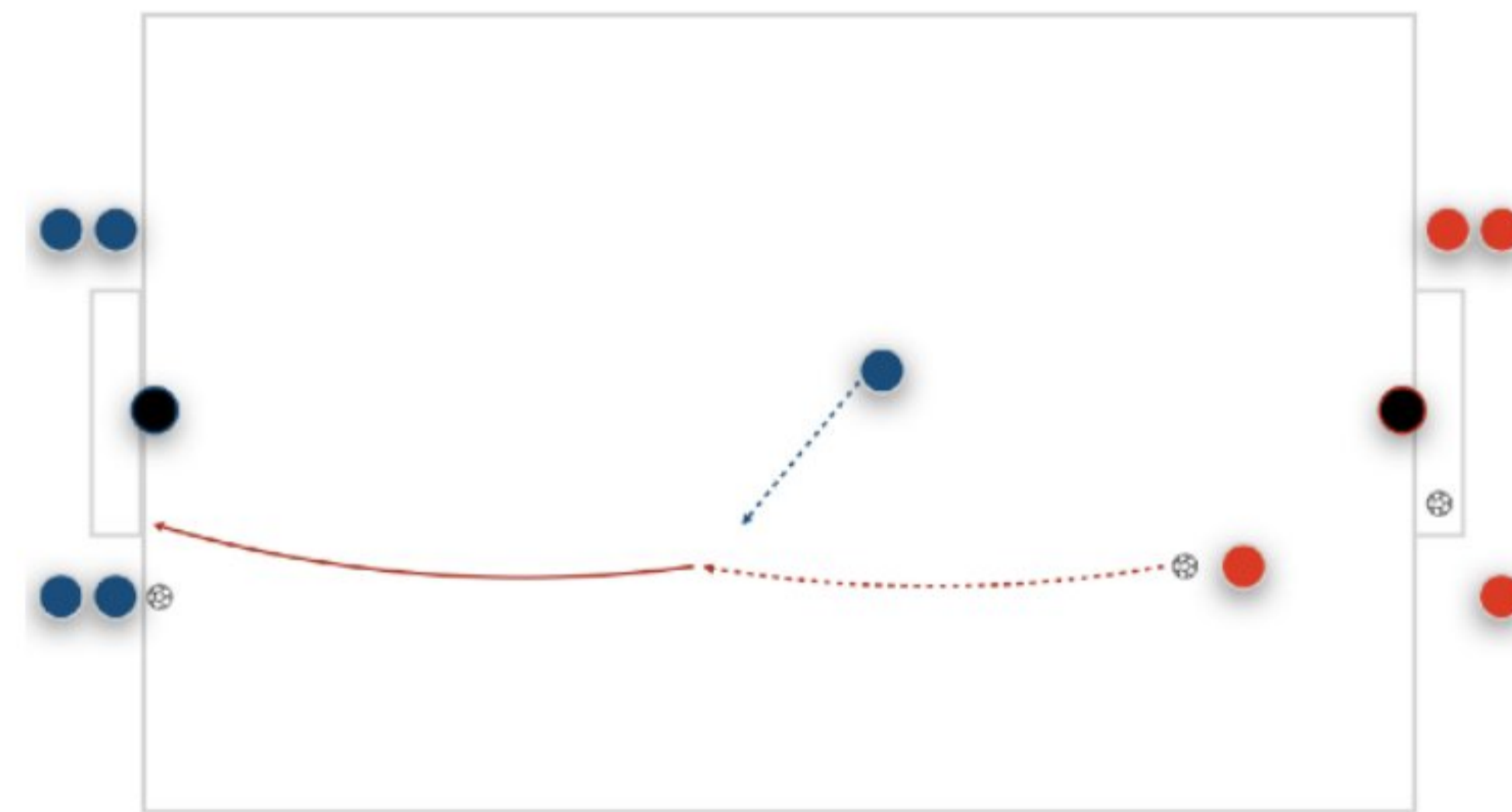
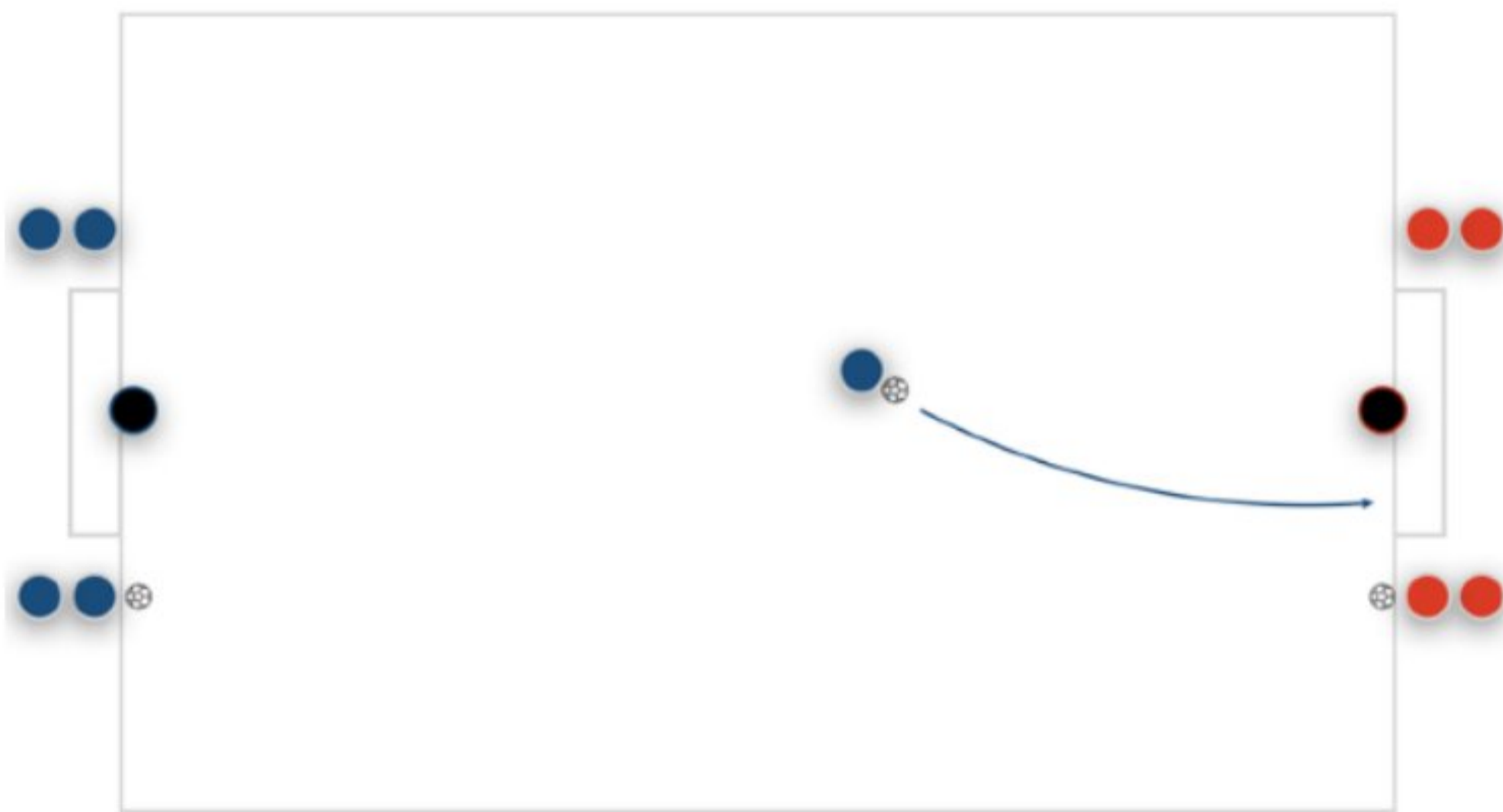
The session is really simple for players to understand and simple for coaches to be able to implement and perform with players. It is quite simply a 1v1 constantly involving the ball carrier becoming the defender. The session starts with the blue player having an unopposed shot on goal against the red GK, which is followed immediately by the red breaking out to perform a 1v1 against the blue and this cycle continues until all players have been used. This can be manipulated to 2v1's etc if required.

1V1 FINISHING DUALS

Session Overview

The first part of the session sees an unopposed shot on goal from the blue. This part of the practice is very simple, the blue touches the ball out of his or her feet and strikes the ball towards goal.

The second part of the session sees the red break out to encounter a



1v1 again the blue. At this point the blue looks to deflect the red away from goal and in to the wide area. Whilst the red focuses on being direct and isolating the blue in a central 1v1 position. This way the blue will struggle to defend side on with a good body position and will likely be exposed.

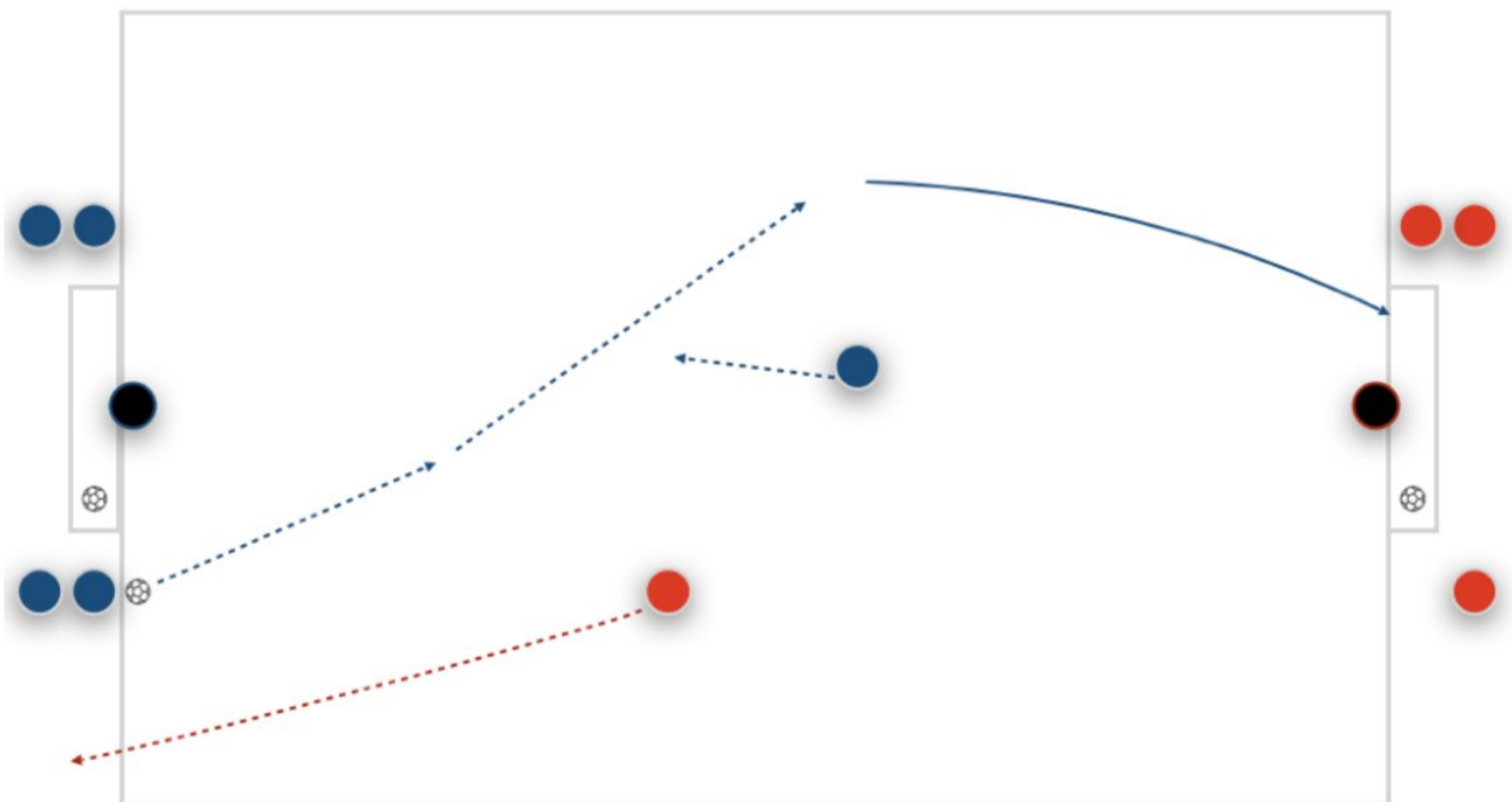
1V1 FINISHING DUALS

Session Overview

The final part of the session is where the real transition now occurs, the red now leaves the pitch having defended and attacked, the red now rejoins the back of the blue queue. Whilst the blue now defends against a fellow blue.

This is how the session will now continue with the attacking players continuing his or her role before instantly transitioning to become a defender and then joining the opposite end to the practice they joined.

The key principles for players are to attack in a central position where they can expose the opponent, look to travel with pace to influence the decision making of the opponent and be ruthless when getting half an opportunity in front of goal.



1V1 FINISHING DUALS

Session Coaching Points:

- Isolate the opponent look to run centrally, look to force the defender on to the back foot
- Use pace in the 1v1 moment, pace can scare the opponent don't be afraid to travel with pace and expose their flat and still body position.
- When transitioning look to engage the attacker as high up the field of play as possible this will prevent the player reaching high speeds
- Creativity is key, when you are in the 1v1 moment ensure you are creative and really try to beat the opponent with something unique.

COACHES INFLUENCE

This session might not be highly complexed but it is a game that players will enjoy playing, sometimes the more autonomous practices provide the greatest opportunity for learning. Players will naturally enjoy this because of its high intensity and 1v1 opportunities, but as coaches it is still our job to ensure that the players are aware of the key details and how these can be delivered to help improve their attacking ability and the teams effectiveness.



THE
FOOTBALL
COACH

OVERLOADING DUALS GAME

OVERLOADING DUALS GAME



Session Requirements

Players	10
Footballs	3
Space	20x30 Yards
Goals	2
Time	30 Mins

The session is a simple practice for players to experience both defending underloaded and attacking with overloads. The transitional moments mean players are always engaged in all moments of the game.

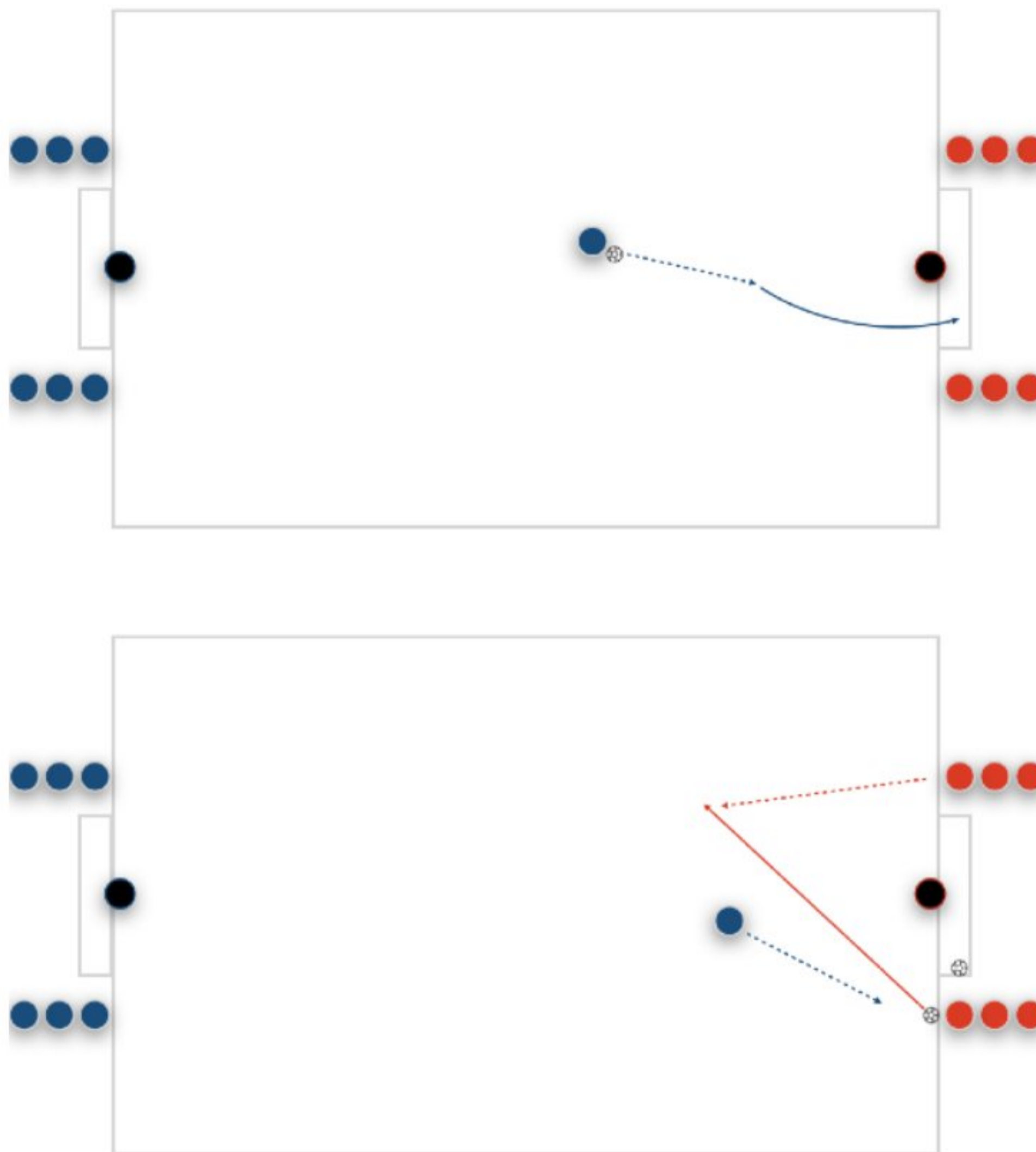
The setup is very simple, the session occurs within a 20x30 yard space with the goals at either end, the practice starts with the blue finishing unopposed before two reds break out to create a 2v1, which is then followed by two reds to create a 2v3. This continues until all

the available players are used up, or the space becomes too compact.

OVERLOADING DUALS GAME

Session Overview

The first two parts of the session pose very simple tasks for the players to complete. The first is for the blue, who is unopposed to take a touch out of his or her feet, and then strike the ball against the red goalkeeper. Once this moment has finished, the two reds beside the goal instantly break out to create a 2v1 against the blue.



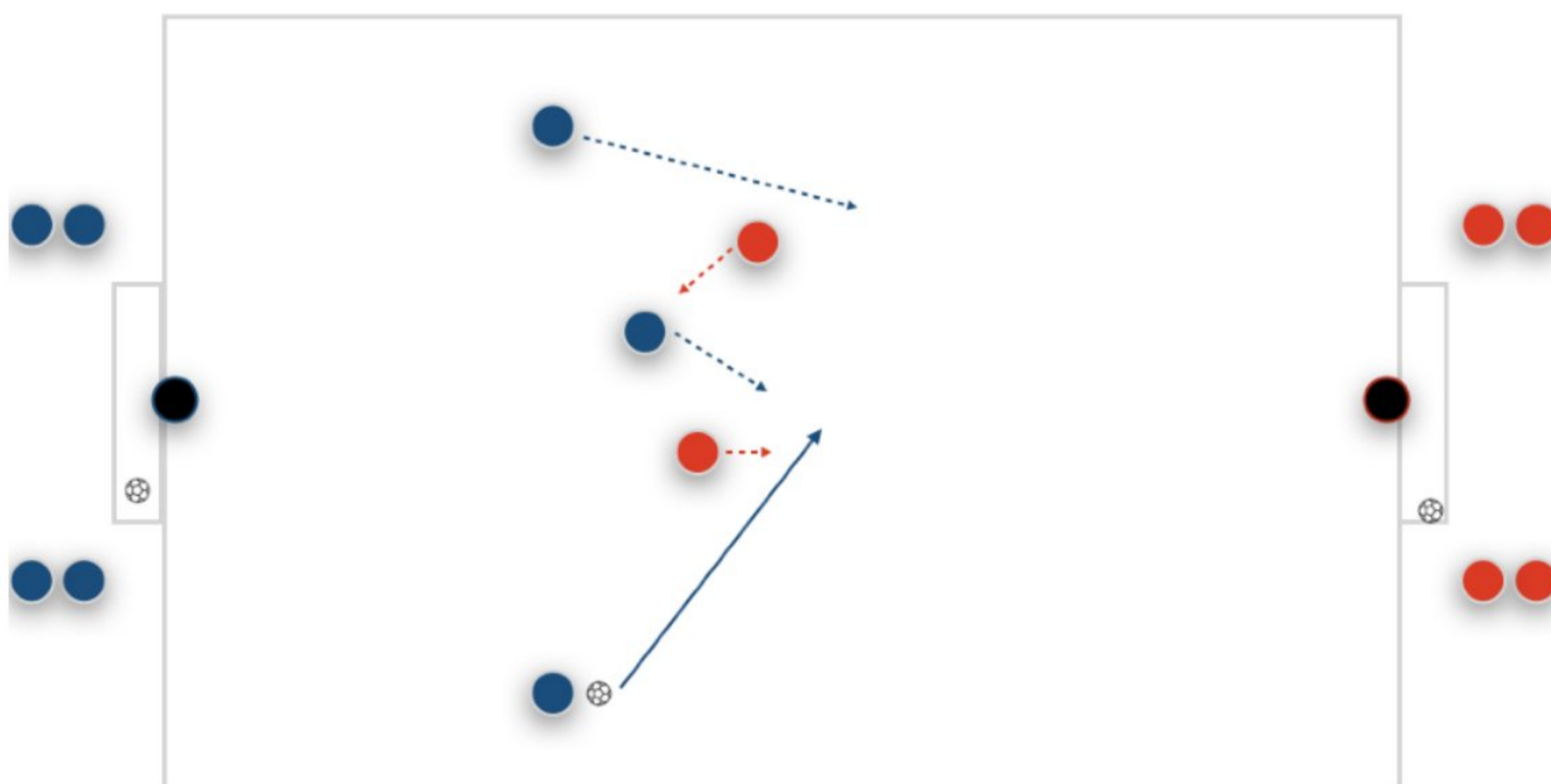
The blue is now challenged to defend overloaded, the transition will involve a decision that will be key to the players learning, when defending overloaded, can you press the ball (if this is the decision the player must win the ball) if not (Most Common 90% of the time) The player will need to learn and protect the goal defending the central space.

OVERLOADING DUALS GAME

Session Overview

As we can see in the second part of the session the reds how now lost possession of the ball and are now being overloaded by the opponent in what is now a 2v3 situation for the reds. Can the blue attacking three look to stretch the two reds so they're unable to defend all three channels, then travel with pace and power to force the defenders forcing back towards their own goal with space between their defensive lines.

The blues should look to dominate 2v1 situations when attacking with



overloads, and look to expose the opponent with passes in to the space behind them when the opposition stay high and try to prevent the space behind being exposed.

For the defensive side the strategy must be to protect the central space and leave the furthest player, taking an angled body position that forces the attacker to travel in to the channel, when the channel is occupied the two can slide over and block the channel and leave the widest player, destroying the overload that was created by the attacking team.

OVERLOADING DUALS GAME

Session Coaching Points:

- Attacking with overloads, can we ensure that our players are looking to stretch the opponent defensive shape by occupying different lanes and forcing the defensive shape to have increased spaces between them.
- When attacking can our players focus on the decision making element, when do our players look to dominate 1v1's and 2v1 moments, and when do they look to play passes in behind the opponents space
- When defending how can our players force the opponent in to the wide area
- Once play is in the wide area, can the defensive unit lock the opponent in to the wide area using the touchline as an additional defender.

COACHES INFLUENCE

This session is simple in structure, it allows players to play and experiment in a constantly changing environment, players are playing overloaded, then underloaded and the change and variety.

The coach can't be overly involved during the practice as this will be very lead by players. However the coach can take time and analyze the situation and support the players.

One of the key elements for a coach here will be to drive

- Body position and how players adjust their feet (Ensuring they don't cross)
- Ensure the distances between players don't become too large



ZONED FINISHING PRACTICE



Players	10
Footballs	3
Space	20x35 Yards
Goals	2
Time	30 Mins

Session Requirements

The Zoned Finishing Practice poses one of the more complex decision making sessions, the session will challenge players cognitively and the at time chaos can be off putting for coaches, but the chaos is where the learning occurs for players.

Quite simply, the reds and the blues play 2v2 in the furthest of the 3 zones, once they reach an amount of passes, the play goes central where the team in possession look to score in the goals next to the zone the ball has come from.

Once this breaks down both zones shift to the zone to the right and the practice starts again, this time with the left and central zone occupied.

ZONED FINISHING PRACTICE

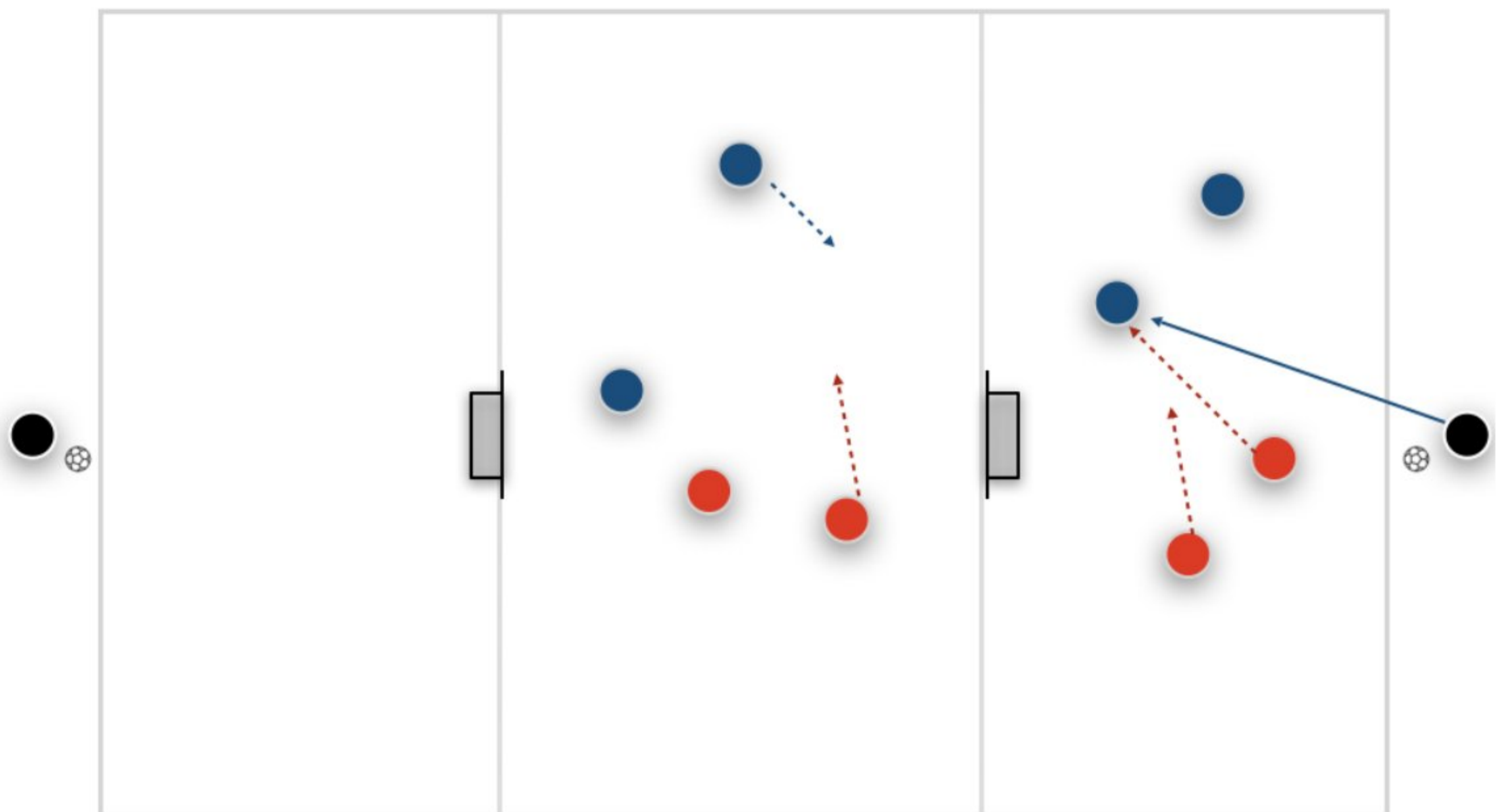
Session Overview

As the first image shows the coach plays in to one of the teams, in this image the ball is played in to the blues who look to combine and make a combination of at least three passes before moving in to the next zone.

This rule is flexible and can be adapted dependent on the skill level of the players, the space the coach has used for the practice and the desired outcome of the coach.

The combination play can be the difficult moment within this practice because the 2v2 challenge can be very difficult for players to find a way out. However this can be adapted in a few different way

- 1.) Creating an overload by allowing a neutral play to join in the practice to create a 3v2 in possession.
- 2.) Allow the coach on the outside of the practice to act as a bounce pass and create a static 3v2 in possession.



ZONED FINISHING PRACTICE

Session Overview

As the second image shows, the ball has now been moved in to the middle zone, at this point now the idea is for the blues to score as quickly as possible and in as few passes as possible.

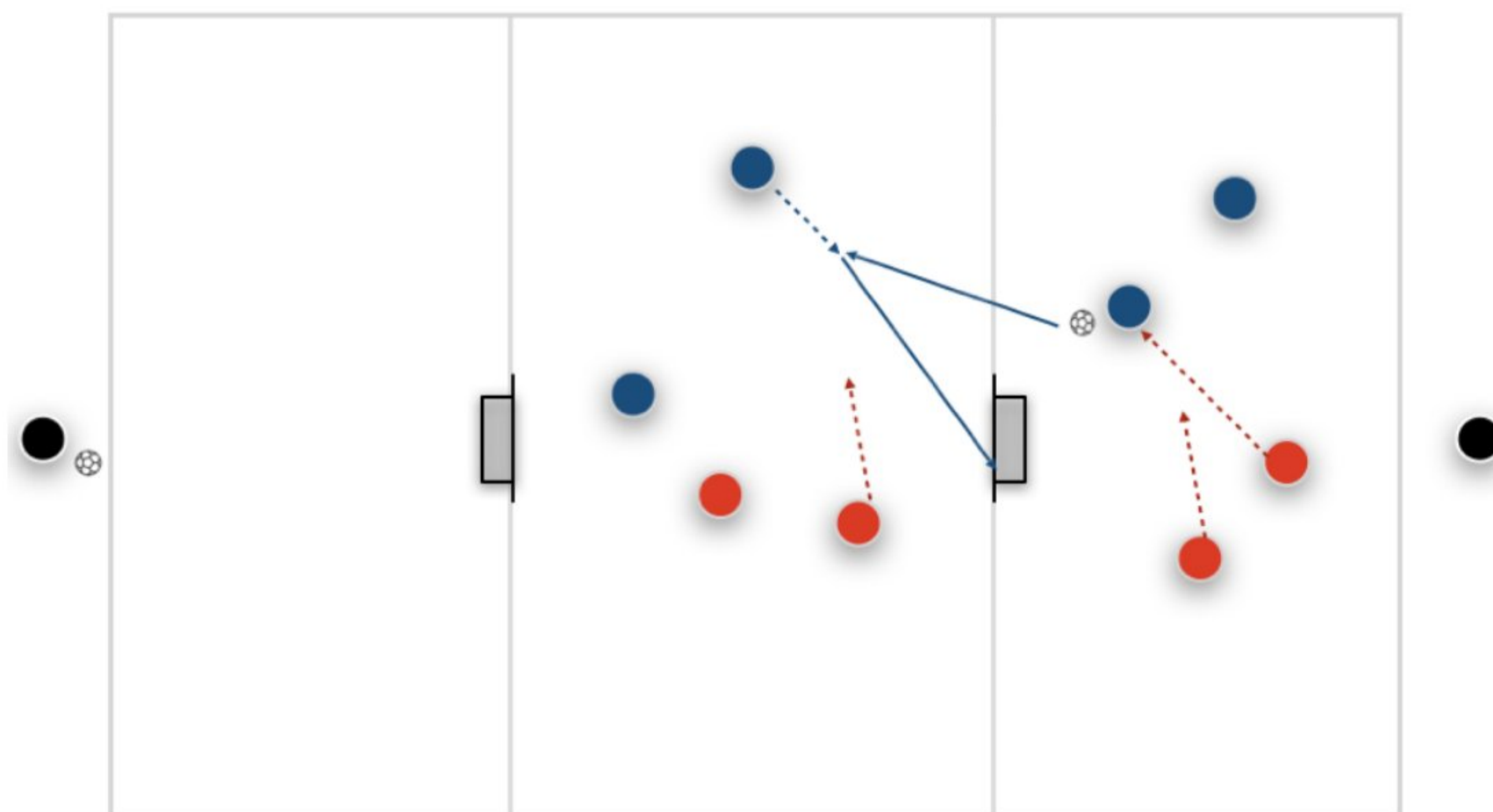
This should be a quick practice that moves quickly from side to side with an urgency on looking to exploit the opponents shape and being quick in the transition, the practice will naturally break down often.

This session can be adapted to make the central area easier for players to have success if the practice has too much failure.

1.) The central zone can have 4 goals instead of two split to make it more difficult for the central players to defend the space

2.) The overload can be created by keeping an additional central player in the middle zone so whenever possession is played inside, the practice becomes 3v2

3.) The central players in possession can finish in either goal so the central zone is end to end.



OVERLOADING DUALS GAME

Session Coaching Points:

- Quick finishing is required within the practice due to limited time, can we encourage players to finish first time
- Quick movements when receiving in the middle zone, can our players make double movements that are explosive to create space and allow the attacker to finish first time.
- Within the combination play can we encourage our players to play first and second time to move the ball quickly and control the space
- When passes aren't on can we encourage are players to dominate 1v1's and drive in to space.
-

COACHES INFLUENCE

This session can be very complex at times, the coach needs to remain a calm and relaxed figure during the complexity of this.

Can we ensure that players are motivated to communicate and encourage best practice within the session, happy to encourage team mates in to space and ensure the practice is successful and that others have the opportunity to learn within it

It is also important that within a complex session the coach has flexibility to adapt if the session isn't working

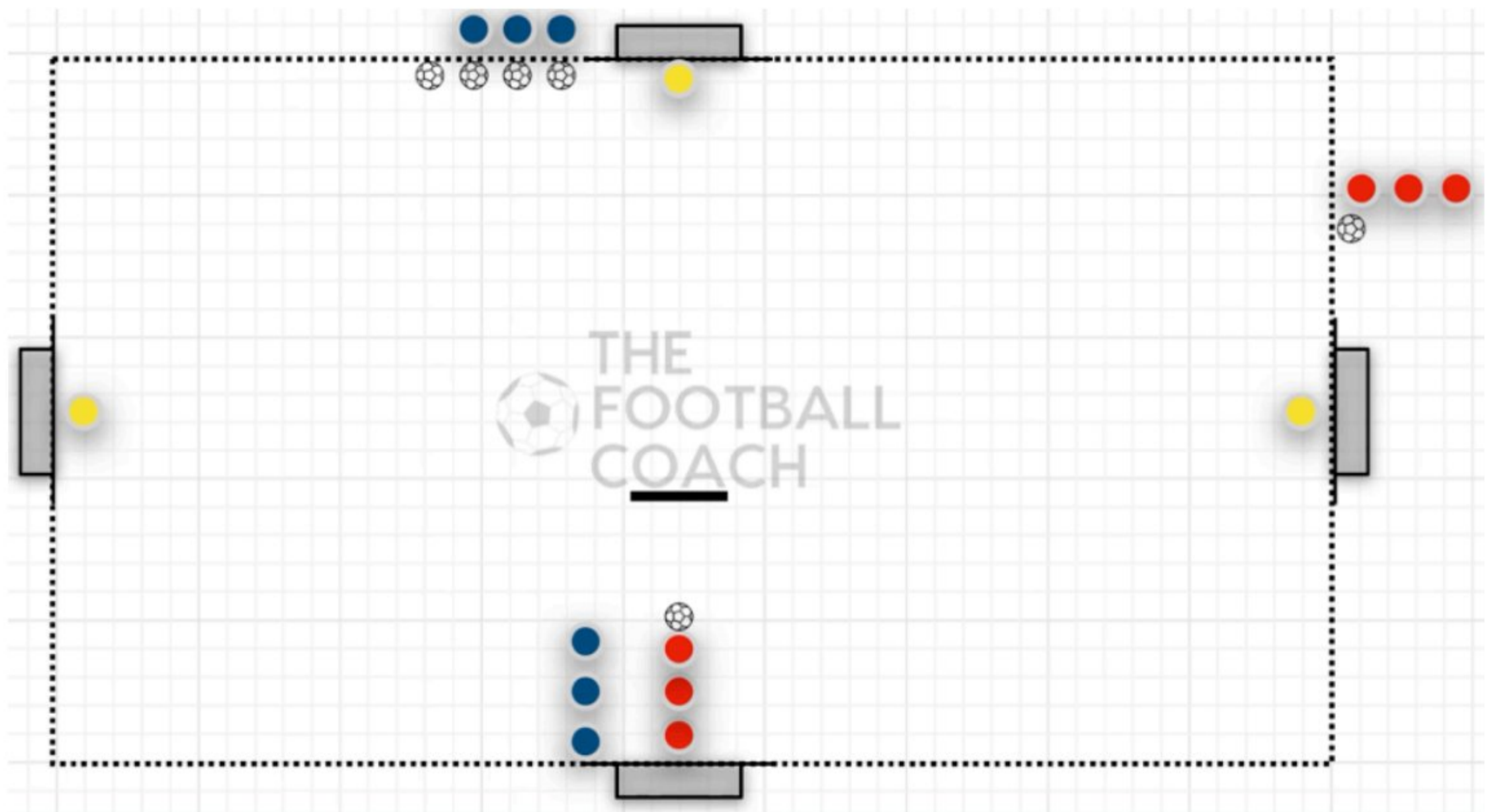


THE
FOOTBALL
COACH

3 GOAL TRANSITION GAME



3 GOAL TRANSITION GAME



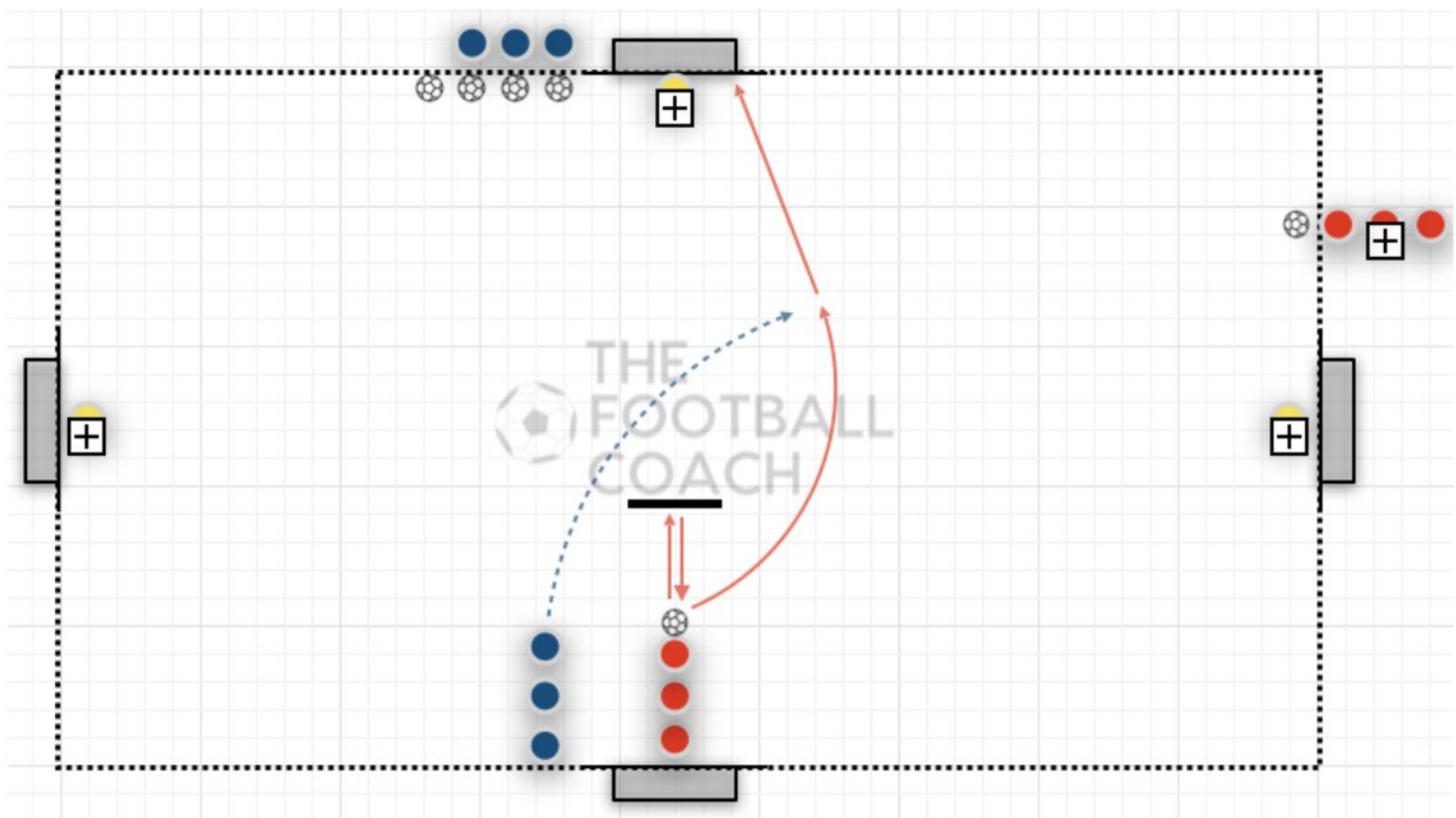
Session Requirements

Players	6
Footballs	3
Space	20x30 Yards
Goals	3
Time	30 Mins

The three goal transition game involves two different transitional moments and three goal scoring opportunities for three different players. The first player uses the bounce board (if you have one available, if you haven't use a player to perform a 1-2) then the player takes a touch trying to stay fairly central before finishing, the players then defends 1v1 against a blue who breaks out and attack the goal to the right.

Once this breaks down the blue becomes a defender in a 1v1 moment against the red who breaks out and attacks the left goal.

3 GOAL TRANSITION GAME



Session Overview

The first part is very simple the red bounces the ball in to the bounce board and then takes a touch towards goal.

Once this happens the blue instantly becomes a defender and looks to apply pressure so the red finishes in a realistic situation. The pressure blue applies will be realistic like in the cast study previously mentioned.

The Player under pressure looks to stay central whilst maintaining the ball between the red and the goal, keeping the blue out of touch before finishing.

- Can the attacker finish with precision using the inside foot.
- Can the attacker disguise the finish so the goalkeeper can't pick up on the body language of the opponent.
- Can the player still find power within the technique, placement is important but our players should be comfortable striking the ball routinely with significant force within the technique.

3 GOAL TRANSITION GAME

Session Overview

During the second part of the session, the second blue breaks out from the side of the practice, and drives against the red, but the blue from the first part stays involved to create a 2v1 again the blue. The red must look to delay the opponent and protect the central space, excepting that he or she won't be able to influence both players and needs to defend the central space and try and isolate one of the player with the ball in the wide area.

This part of the session can be quick and the players must react very quickly to the transition to ensure that they're effective in creating space in possession or defending out of possession. Ensure that the communication is strong between the defensive players and the goalkeeper in these moments.

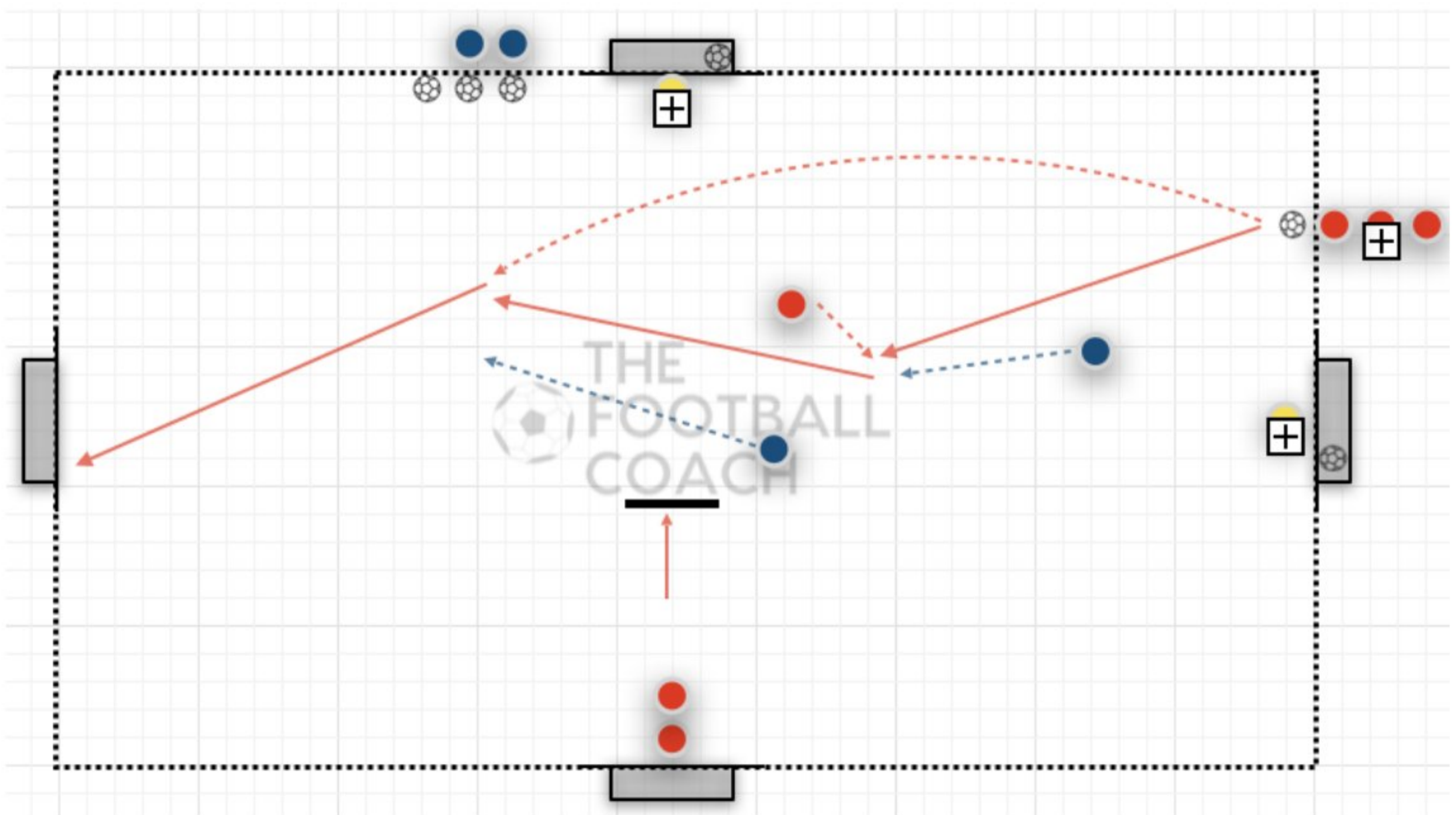


3 GOAL TRANSITION GAME

Session Overview

The final part sees a second red break out of the right hand side and attack down the right hand side, this now creates a 2v2 in the practice where the reds can now look to exploit the space left by the blues because of the disorganization and chaos that occurs within the transitional moments. The red will need to be direct and ruthless to exploit this. In order to do this the reds must be quick in possession of the ball and make direct runs towards the opponent goal.

Out of possession the blues have a challenge to become organized and compact behind the ball, after being stretched in possession. The recovery runs will need to be direct in order to protect the space in front of the goal.



3 GOAL TRANSITION GAME

Session Coaching Points:

- React quickly within the offensive transitions in order to be effective at playing through the opponent
- React quickly in the defensive transition, get organized behind the ball and protect the goal
- Communicate with goalkeeper to be organized and aware of the run of the opponent behind
- Timing of passes, when to play in to the space behind for the strike partner to run on to,
- Ball striking, the attacker needs to focus on striking the ball across the goalkeeper so there's an opportunity for the strike partner to follow in.

COACHES INFLUENCE

The transitional finishing game will provide a lot of opportunity for players to finish in high pressure situations, and we as coaches need to ensure these high pressure situations occur within our practices.

It is also important that the situations are realistic e.g. they resemble the pressure and the environment that will challenge our players to better.

If the practice becomes too easy or too difficult the challenge should be adapted to suit the players.

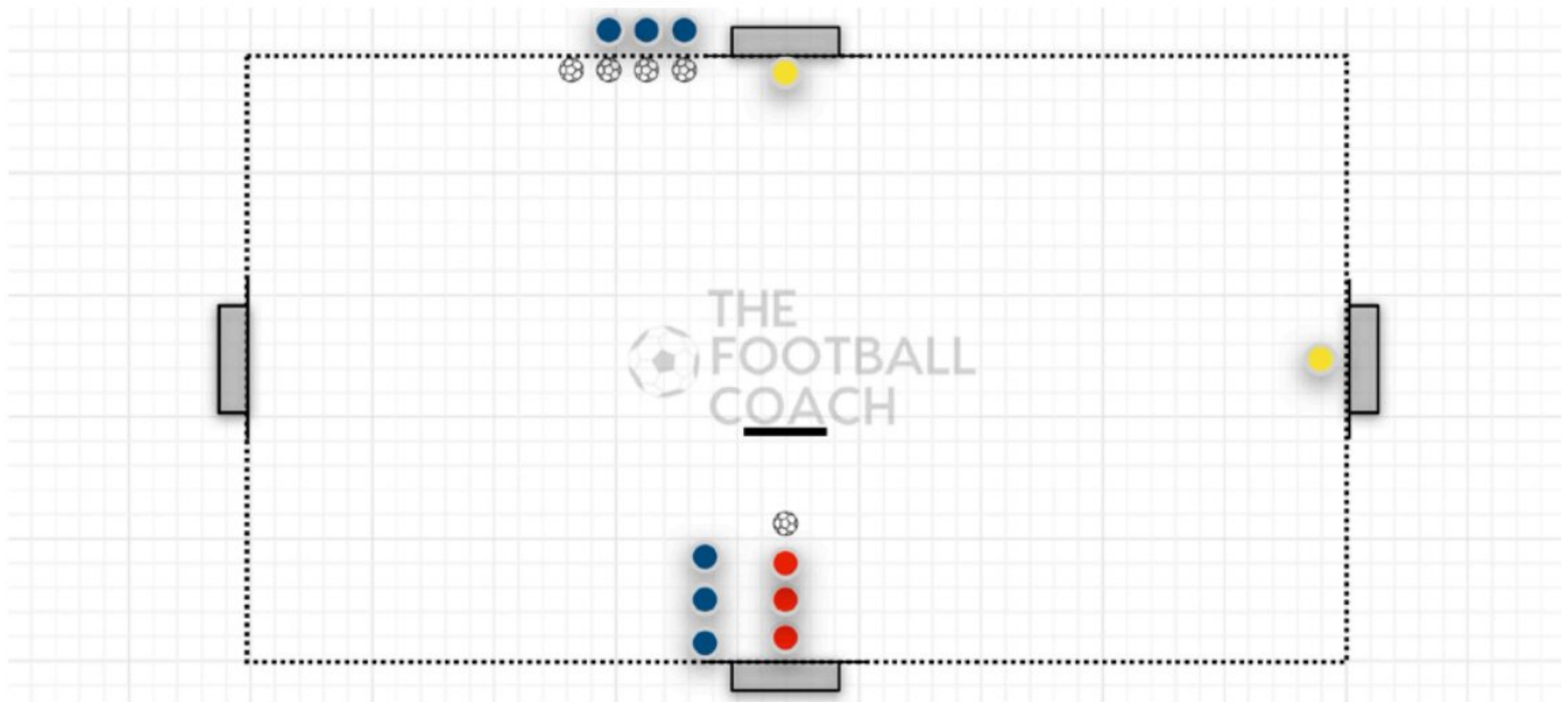


THE
FOOTBALL
COACH

2

GOAL TRANSITION GAME (ADAPTED)

2 GOAL TRANSITION GAME



Players	6
Footballs	3
Space	20x30 Yards
Goals	2
Time	30 Mins

Session Requirements

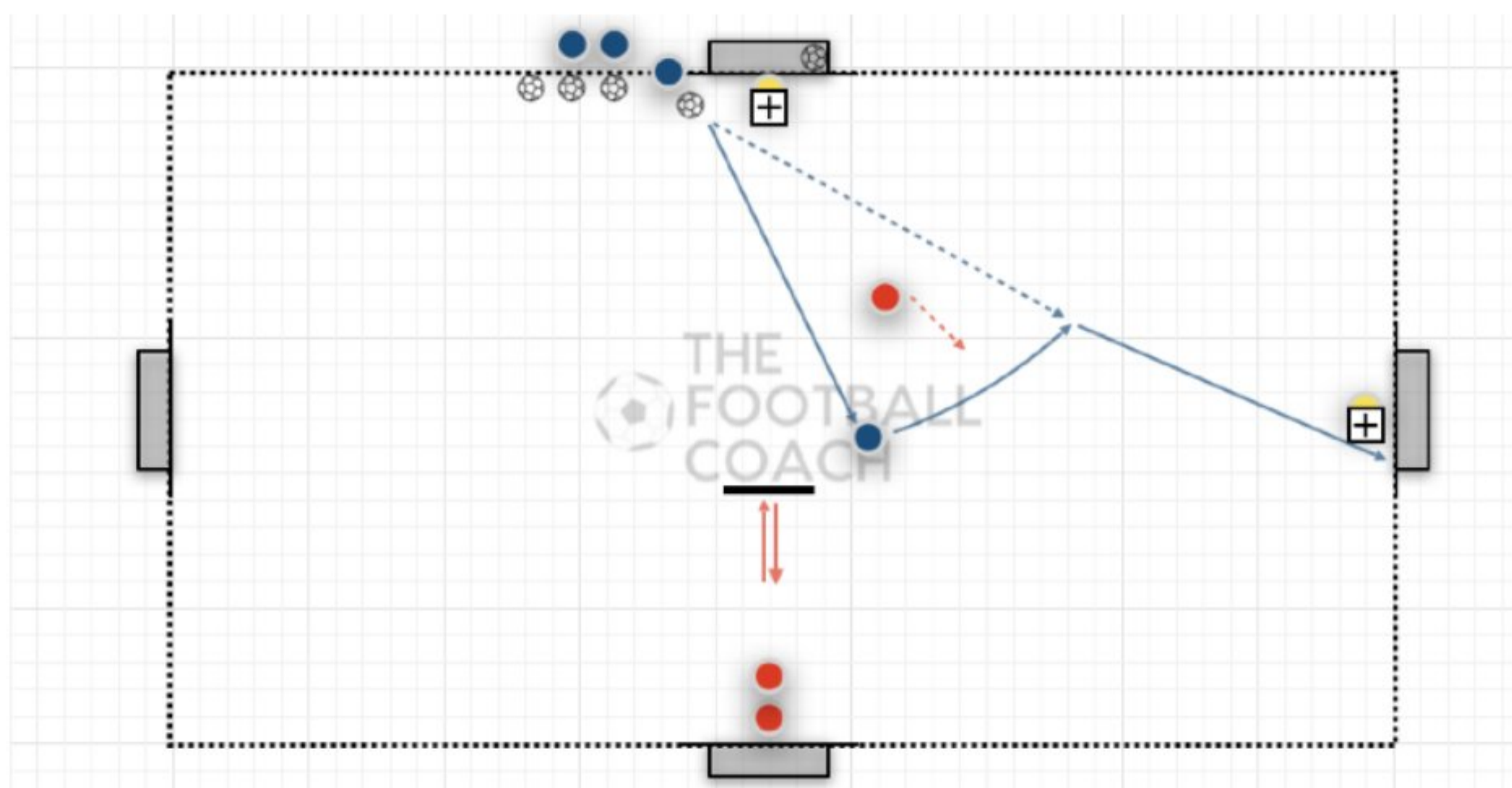
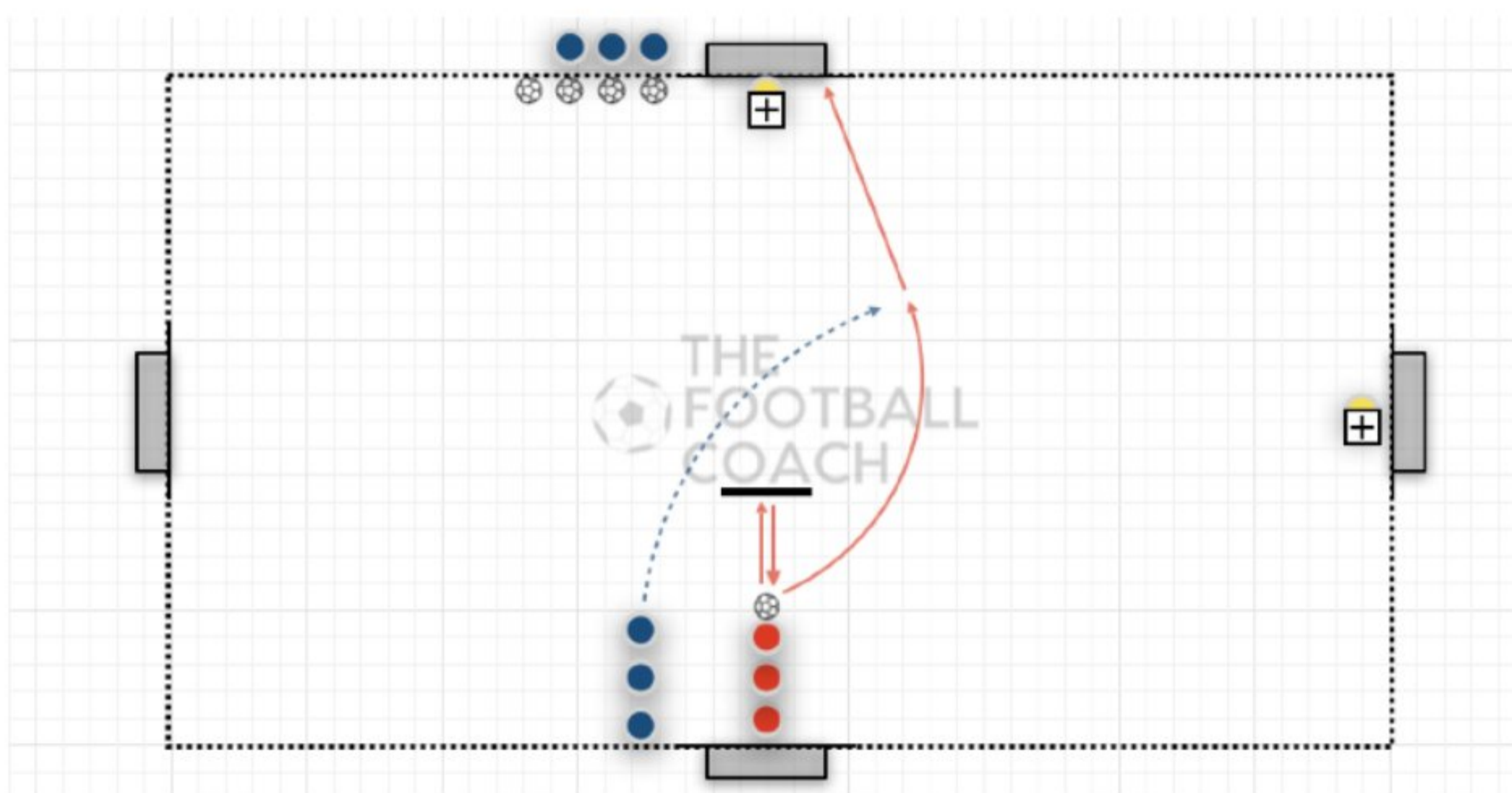
This is an adapted version of the 3 Goal transition game.

The coaching information is identical in that this session involves the same two parts, but not the third section. In this the red bounces a 1-2 of the bounce board before taking a shot under pressure from the blue, before this blue counter attacks with the support of the blue on the outside to create a 2v1, where they look to attack the right hand side goal.

2 GOAL TRANSITION GAME

Session Overview

The session is shown below with the red receiving the wall pass to create an opportunity on goal, whilst the blue looks to press from the outside on the reds left shoulder. Once this has finished the second blue breaks out from behind the central goal to attack to the right hand side. The overload occurs here and the red looks to defend the central goal, can we encourage the same principles of delay and deflect. Protecting the central space.



2 GOAL TRANSITION GAME

Session Coaching Points:

- React quickly within the offensive transitions in order to be effective at playing through the opponent
- React quickly in the defensive transition, get organized behind the ball and protect the goal
- Communicate with goalkeeper to be organized and aware of the run of the opponent behind
- Timing of passes, when to play in to the space behind for the strike partner to run on to,
- Ball striking, the attacker needs to focus on striking the ball across the goalkeeper so there's an opportunity for the strike partner to follow in.

COACHES INFLUENCE

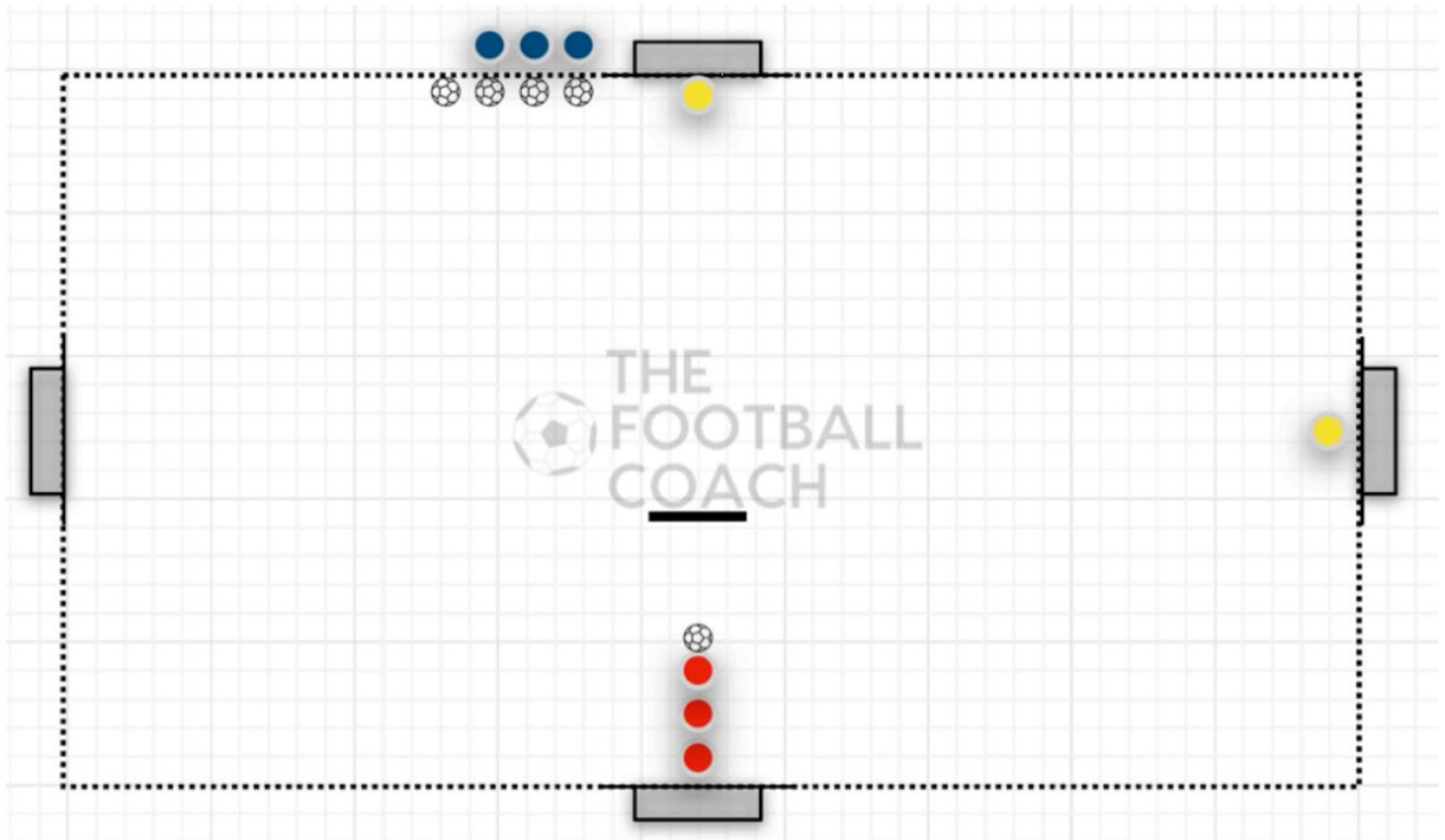
The transitional finishing game will provide a lot of opportunity for players to finish in high pressure situations, and we as coaches need to ensure these high pressure situations occur within our practices.

It is also important that the situations are realistic e.g. they resemble the pressure and the environment that will challenge our players to better.

If the practice becomes too easy or too difficult the challenge should be adapted to suit the players.



MULTI FINISH GAME



Players	6
Footballs	3
Space	20x30 Yards
Goals	2
Time	30 Mins

Session Requirements

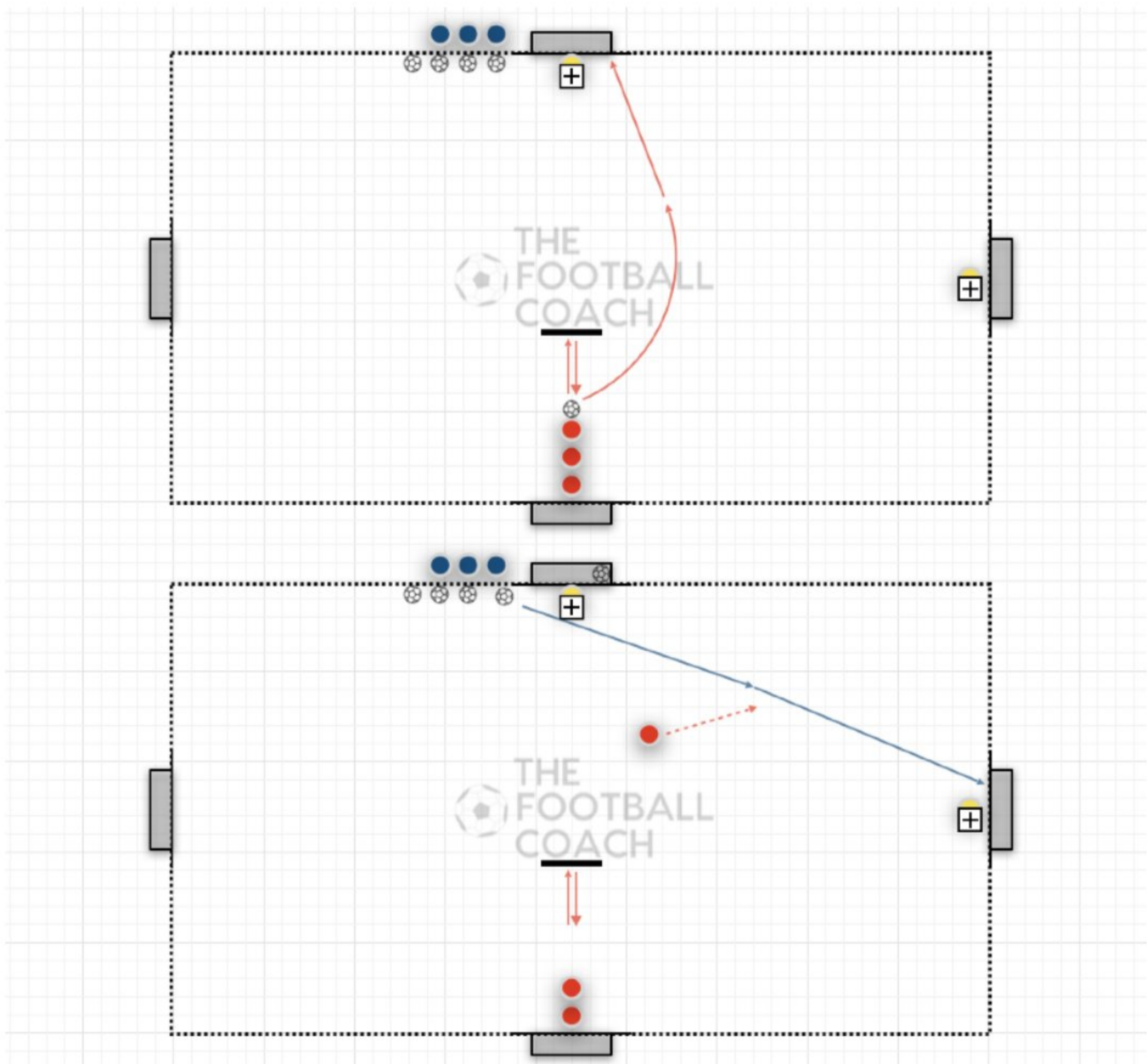
This is another adapted version of the previous session with the only difference being the start of the session that now involves an unopposed finishing opportunity before the game switches out to the right hand side of the practice in a 1v1 situation.

The coaching information should remain the same as the other sessions and can be as simple to coach as the other two practices.

MULTI FINISH GAME

Session Overview

The session is shown below with the red receiving the wall pass to create an opportunity on goal, whilst the blue looks to press from the outside on the reds left shoulder. Once this has finished the second blue breaks out from behind the central goal to attack to the right hand side. The overload occurs here and the red looks to defend the central space goal, can we encourage the same principles of delay and deflect. Protecting the central space.



MULTI FINISH GAME

Session Coaching Points:

- React quickly within the offensive transitions in order to be effective at playing through the opponent
- React quickly in the defensive transition, get organized behind the ball and protect the goal
- Communicate with goalkeeper to be organized and aware of the run of the opponent behind
- Timing of passes, when to play in to the space behind for the strike partner to run on to,
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COACHES INFLUENCE

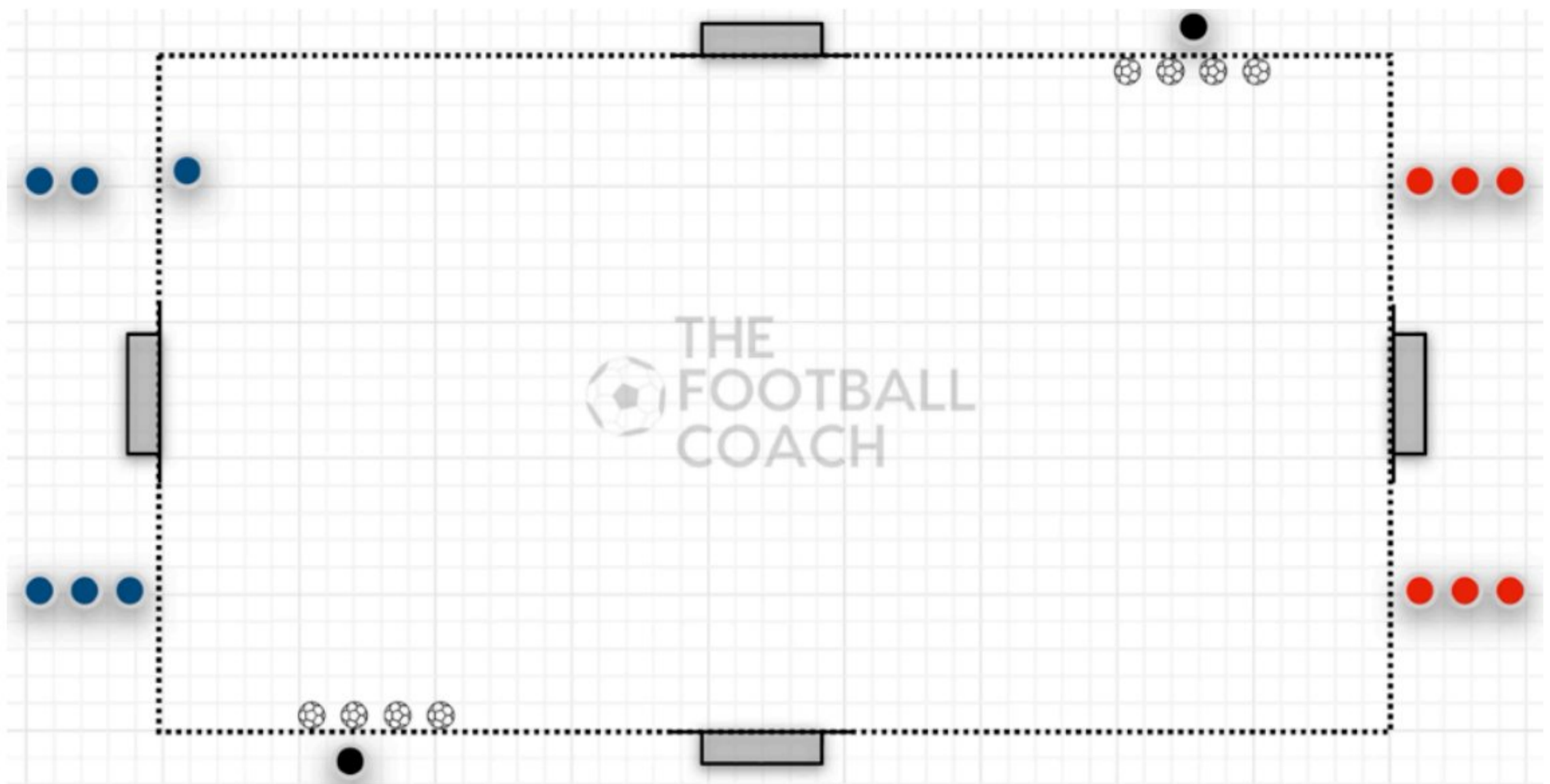
The transitional finishing game will provide a lot of opportunity for players to finish in high pressure situations, and we as coaches need to ensure these high pressure situations occur within our practices.

It is also important that the situations are realistic e.g. they resemble the pressure and the environment that will challenge our players to better.

If the practice becomes too easy or too difficult the challenge should be adapted to suit the players.



BREAK AWAY IN TO SPACE



Session Requirements

Players	6
Footballs	3
Space	20x30 Yards
Goals	4
Time	30 Mins

This session is a very simple practice that can provide a lot of exposure to 1v1 and 2v1 moments in the game. The practice starts very simply with a 1v1 where players run towards the ball to create a state of chaos where both players start in an element of chaos.

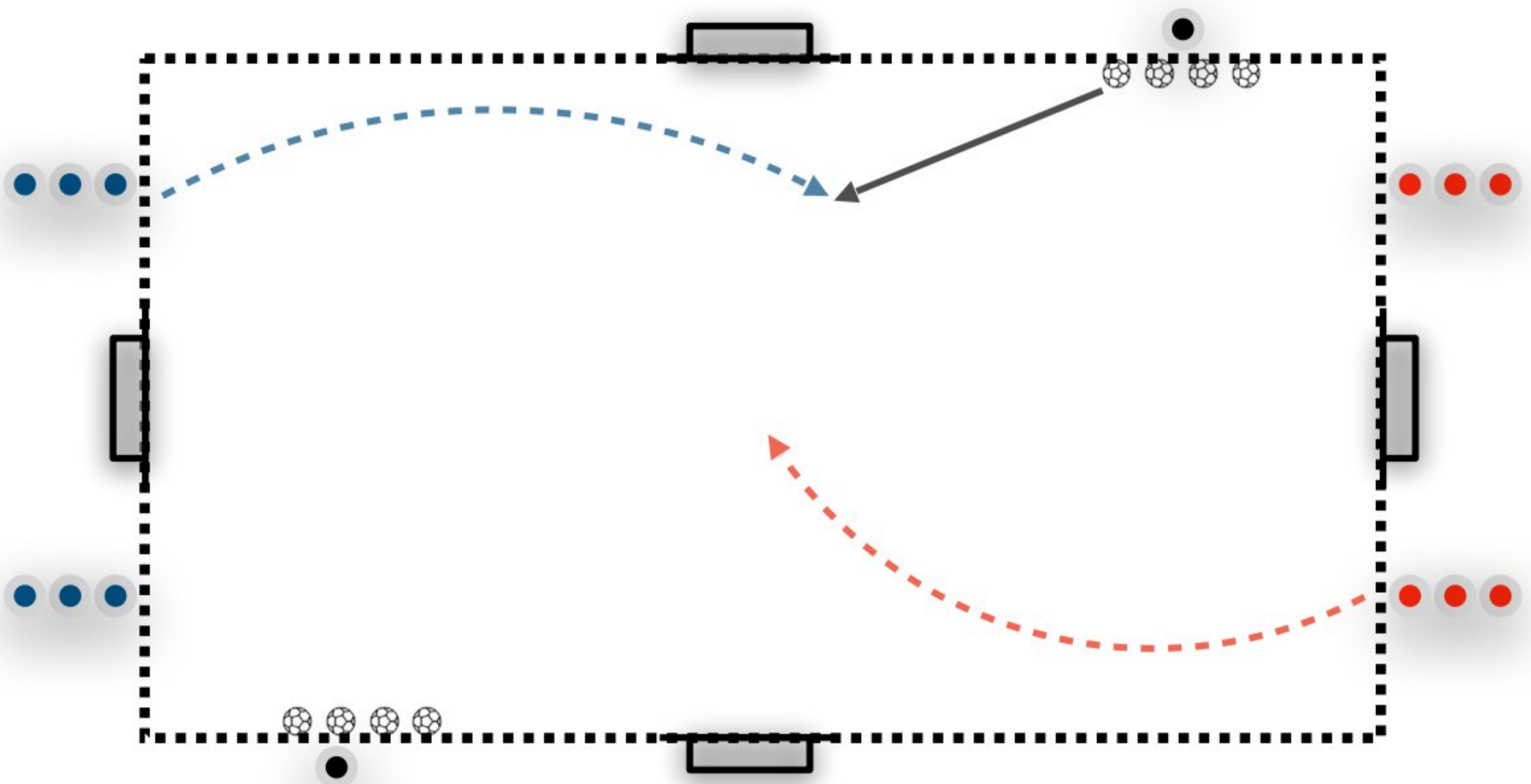
Which player is able to organize themselves in these moments will likely be the most successful. Once the attacking 1v1 has occurred, the blue from the top will break out and create a 2v1 where the red will defend the right goal

BREAK AWAY IN TO SPACE

Session Overview

The first part of the session here, shows the blue and the red move across the session towards the centre of the practice. The coach roles a fairly central ball where the players have to organize themselves this moment will provide chaos in which players will be challenged to organize themselves. The side who are quickest to organize in the transition are the team who will have the most success in these moments.

- Can we assure that players react quickly and take up a central space in the first part
- When defending can the central player get side on and look to force the opponent in to one area of the pitch, if a player is central they can go both way and cause more damage, forcing them in to a wider area limits their attacking opportunity.
- When attacking can we ensure our players attack centrally looking to make the defender, create a flat body position and limit the defensive capabilities.



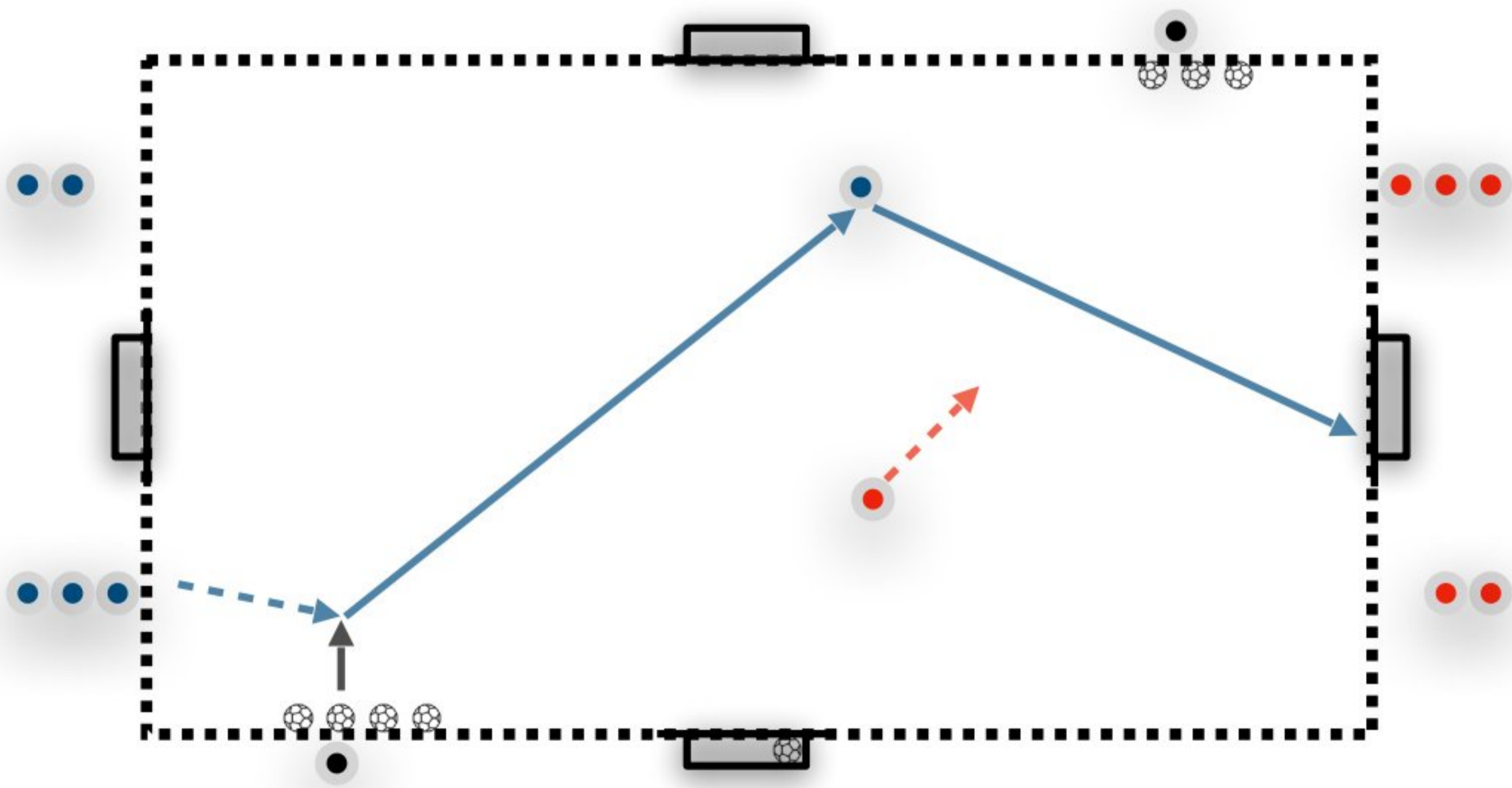
BREAK AWAY IN TO SPACE

Session Overview

During the second part of the session the blue breaks out from the right hand side of the practice. The red now needs to start to drop and protect the space behind.

The danger for the defender now is there is space behind that can be exposed behind the last line. The defenders body position is so key in defending these overloaded moments.

- Side on body position
- Drop slowly and be aware of the space behind
- In Possession be dynamic and quick, look to attack the space behind the opponents defensive shape
- When to finish? Early - take the opportunity as soon as half a yard is created



BREAK AWAY IN TO SPACE

Session Coaching Points:

- Be dynamic when receiving possession, take the first touch out of your feet and look to take your touches towards the space, preferably the central space
- 1v1 skillset will be tested within players, can we encourage players to face up opponents and look to beat them using the skillset and creativity our environments should encourage.
- Finish with pace, again trying to use the upper instep to find placement and power
- Limit backlit to add disguise to the finish.

COACHES INFLUENCE

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It is also important that the situations are realistic e.g. they resemble the pressure and the environment that will challenge our players to better.

If the practice becomes too easy or too difficult the challenge should be adapted to suit the players.

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