

- ✓ Quick switch of play across the back 3 defenders including midfield players



FA LEVEL 4 UEFA 'A' SESSION PLANS & GUIDANCE

Forward from: Jed Starkey UEFA 'A' & Current FA Level 3 Tutor

Thank you for buying this resource provided by a current **UEFA 'A' Licence and FA Licenced Tutor**. I can assure you that the following handbook and CD(r) containing **full colour session plans**, combined with the **Interactive TACBOARD Presentations** and supporting information will definitely develop your knowledge of the coaching process and delivery at Level 4 UEFA 'A' Licence.

The aim of this resource is not designed to contradict what you have developed on any FA course you may have attended or what any other tutor has taught you, but designed to assist your development at club level or prepare you for a future 'A' licence course or refresher maybe.. The resource covers the principles of attack and defence with in depth information and session plans to develop you knowledge on and off the pitch to 'A' Licence standard.

The session plans are comprehensive with information on Technique to Functions, to SSG's on to Phases of Play and then a 11v11 game. The combination play for examples has 8 variations and 18 slides of information. In addition there are also individual functions, phases & 11v11s

There is also a BONUS section with 9 UEFA 'B' Session Plans for those times where you do not have all your players also Speed & Agility and Warm Up sessions

By using the information, **TACBOARD[©]** and session plans provided as a learning tool, you will be able to develop your own ideas and future session plans. The plans provided in this resources show *start points, varied scenarios, progressions, player movement, session developments, who, where and what to coach with suggested coaching points and tips from a current FA Tutor. Please remember that the CD (R) has a massive amount t of information on it so please give it time to load onto your system*

Enjoy the Resource

Jed Starkey - UEFA 'A' Licence & FA Level 3 Licenced Tutor



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UEFA 'A' Session Plans 24 ONWARDS

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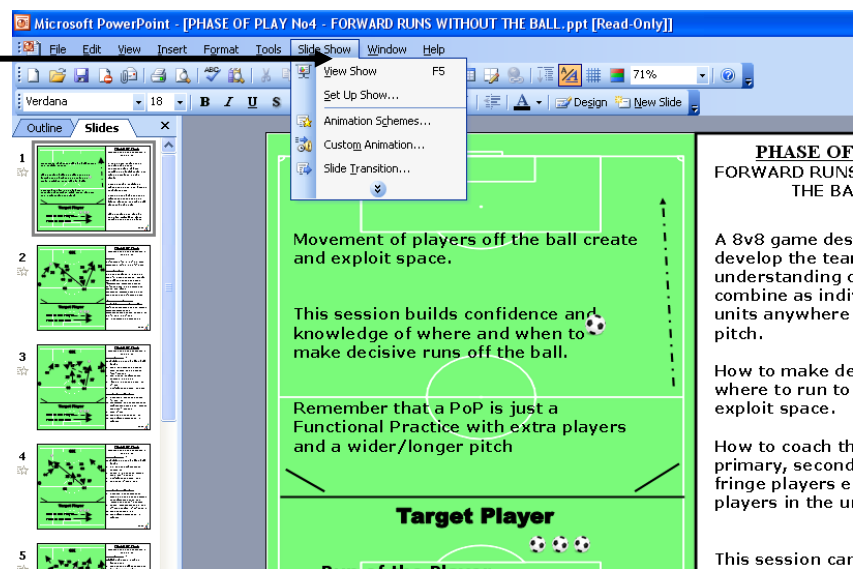
TACBOARD(C) PRESENTATIONS

Each presentation is designed to provide interactive information for you to assess and then use. You can move the players around to suit your session as you see fit.

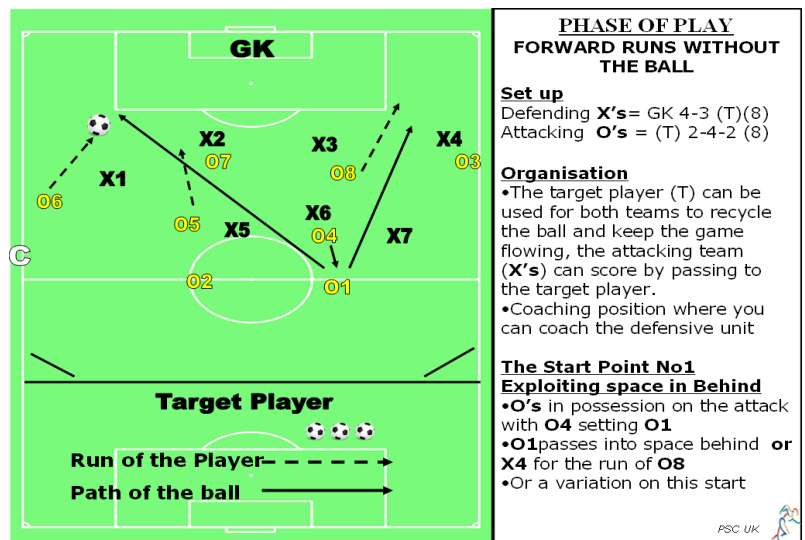
Each presentation shows, set up, player and pass movement, progressions and who, what and where to coach **with specific coaching information on Primary, Secondary and Fringe players**

Procedure for playing presentations;

1. Put the CD in the PC
2. Open PowerPoint Point Software
3. Click slide show
4. Click View Show
5. Let the show role



6. Slides will rotate every time you press the down arrow and will go backwards on the up arrow
7. You can stop the show at any time and go back/forward using your up and down arrows at any time.





KEY PHRASES AT LEVEL 4 UEFA 'A'

PRINCIPALS OF PLAY

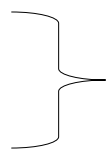
Collective = A group of components/comments/information used to aid attack and defence

Attacking

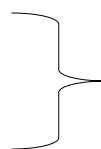
Dispersal – on winning possession obtain width and depth, stretch your opponents and create, maintain and exploit space.

Support – ahead, alongside and behind the ball,

- angles,
- distance,
- timing,
- inter change



fundamentals



key to possession

Penetration – exploit space with good movement with and without the ball, use of possession to an outcome

Flair – individual, be inventive, produce the unexpected, run, change of pace, first touch, dribble, combination

Central Attacking Play

Central Approach Play – Players Movement – Successful teams keep the ball moving. Barcelona completed 900 passes against Real, why??

- ✓ Forwards
- ✓ Positive attacking play
- ✓ Angles, distance, timing
- ✓ Body shape to Receive
- ✓ Feet, body-shape, awareness
- ✓ 1st Touch forward – let the ball run
- ✓ Deceive as you receive
- ✓ Willingness to pass
- ✓ Move the play forward
- ✓ **Pass forward and support**
 - Behind the defence
 - Alongside the defence
 - Into and through the defence



Be a pass receiver

- ✓ Behind the defence
- ✓ Alongside the defence
- ✓ In front of the defence
- ✓ Ahead of the ball (locally)

Defending

When - does defending it commence, transition, handover of possession (the will and team desire to defend)

Where - does defending commence, any area of the pitch (game plan). First aggressive trigger

How - does defending commence (areas and circumstances?).
Triggered by first defender
Ball surrendered
Circumstances of possession lost
Ball intercepted – we recover – urgency
Ball out of play – pressure – outnumbered - withdraw

What - is involved in defending

- ✓ **Depth** – no pressure on the ball reduce space behind to reduce opportunities
- ✓ **Delay** – especially when outnumbered allow team to reshape, reduce time and space
- ✓ **Deny** – opponents space and time to develop play, protection of high priority areas
- ✓ **Compactness** – achieved on a trigger at a given point to stop opponents playing with their heads up, man to man – eliminate key players
- ✓ **Concentration** – a collective of players who can overload the ball
- ✓ **Predictability** – manoeuvre opponents into areas where play becomes predictable, Channel or deflect attacking play, Deflection of opponents attack into well defended or less important areas depending on circumstance
- ✓ **Balance** – must be achieved behind the ball to stop opponents' penetrating, covering spaces critical to your opponents



OTHER KEY PHRASES

Other key phrases that you could master which would impress any assessor, coach or player may be;

Game Planning

1. Tactics/Game Plan

- a. 4-4-2 4-1-4-1 formations for that specific game or your style
- b. Drop deep and soak pressure in the first half and then attack in the second half maybe

2. Strategy – How you wish to play over a season, may be a counter attack team

3. Game Organisation-

- a. Every player knows what their job is on corners for and against
- b. Who takes corners, free kicks and throw in's
- c. Where the keeper will kick goal kicks to

4. Zonal – Marking or attacking through specific areas to create or deny attacking opportunities

5. Patterns of Play – Planned and practiced variations on specific movement of players and the ball at specific times and moments in the game. Players knowing what to do when

In Attack

1. **On the shoulder** of the last defender, stood close to him but not offside
2. **Off the shoulder** (in line with him but not stood next to him maybe at an advantageous position maybe see his shirt number ready to attack the space)
3. **Across the defender** (strong run with blocking arm to block the defenders recovery)
4. **Attitude** (to dribble, score, create space)
5. **Prime Target Area** (the second 6 yard box where the keeper will hesitate to come for crosses)
6. **In the pocket** – (**Zone 14**) the area where the striker drops off the defender towards the ball maybe just in front of the defending edge of the box
7. **End product** – Shot, dribble or cross
8. **Mavericks** – Players who operate in the final third of the pitch with intelligent movement who can create special situations, movement and execution of end products
9. **Pinning the Defender** - Centre forward making sure the defender cannot get around him, sometimes the back to goal striker
10. **Play maker** – **The creative one**
11. **Play Breaker** – **The ball winner**



In Defence

1. **Switch on** (when play changes hands)
2. **On the front foot** (ready to intercept)
3. **Cover and balance** (for units behind the ball)
4. **Check shoulders** (for lateral cover and balance)
5. **Tracking players** (see the player see the ball – the defensive triangle)
6. **Recovery runs** (getting goal side for cover and balance)
7. **Narrow** (towards your own goal)
8. **Attack the ball** (heading)
9. **Press the ball** and force the attacking player to make a decision
10. **Win it IF YOU CAN**
11. Do not dive in
12. Do not give silly fouls away on the edge of our box

Pressure on the Ball

When to Press and When to drop?????

You can only effectively push out from defence if you have effective pressure on the ball. If not the other team will play in behind you and exploit the space you are creating.

The Questions may be;

Q – On game transition can you win the ball immediately?

A – Only if secure and the whole team is active

Q - As a team can you engage the first aggressive trigger from the opposition?

A - Press as a team

Q - If only 1 players can engage

A - Drop and apply the principles of defence

Q – Defend the counter

A – Concede ground and apply the principles of defence



a.

GAME TRANSITION

The 3 Moments in any game which a good coach will consider

Next time you watch any game, do not follow the ball but watch what players/units/team do when play changes from team to team and from attack to defence. If you understand these three moments, you will be able to use terminology in the right context at the right time.

There are basically three moments which happen hundreds of times every game, try and get your analytical coaching mind to consider;

1. What to do when you have the ball? (Create, maintain, exploit etc)
2. What to do when play changes hands? (Switch on Re shape,)
3. What to do when the opposition has the ball? (Press, drop, narrow delay, deny, deflect, dissect, defend etc)

Technical & Skills Practices

At 'A' Licence Level there will be sessions that purely focus on **technique** (The how to sessions) and **skill** (Decision making when and where to). This may be completed in a basics 30x30 box however you can always adapt your knowledge from UEFA 'B' sessions when you have new players or players who are younger and may struggle with the full 'A' Licence 11v11 session.

Functional Practice

A practice situation from a snap shot (picture/scenario) from a live game you are planning in the near future or have played recently and need to work on. The aim is to work with a player or unit on their **roles and responsibilities** in a specific area of the pitch at certain times both in attack and defence. This is where and how you teach the full backs for example how to play full back in both attack and defence.

Small Sided Game (SSG 9v9)

This game is directional similar to level 3 however with more players. An SSG is designed to develop unit and team understanding of the principles of attack & defence and the transitional period mentioned above. Official game rules should apply such as offside to develop timing of runs, and normal throw in's etc.

Phase of Play 8v8 9v8 9v7

This is where the coach really puts all the development aspects previously coached into play with a practice designed to develop unit and team tactical understanding on two thirds of a pitch and full width. This practice rehearses the players in full movement and unit cohesion following the principles of play

11v11 Full Practice Game

Designed as a full practice session and rehearsal for a match situation employing players in their natural position and practicing full tactical analysis and planning match strategy



PASSING PRIORITIES

Many teams work for hours on sessions that do not fully develop players understanding of the variation of passes and the decision making of what type of pass to use when.

Following varying practices you will have coached the individual on his/her role in a specific position, now coach the players on their decision making of where and when to select a certain pass. The following list is a suggested guideline and is **NOT THE LONG BALL GAME!**

Some schools of thought call this the priorities in passing or the passing checklist. If you watch a premier League team when they re gain possession, where do they look to pass first?

1. Into space to exploit the last defender –

- a. When the opposition has pushed high up the field leaving a large space behind the last defender (s)
- b. Not a straight pass but a pass delivered with quality that does not go through to the keeper. (Practiced in a skills or functional practice)
- c. In wide areas to exploit the space left by the opposing full backs who may have pushed on in their attack. (Counter attack weaknesses in their defence)

2. Into feet of the most forward player –

- a. Normally the central striker who is pinning the centre half or dropping off into the pocket to receive (zone 14) which is a favourite play of Wayne Rooney

3. Into wide areas

- a. To exploit space and encourage 1v1 situations
- b. This can be done earlier of course depending on the

4. Through Midfield or Holding up the play

- a. To draw defenders out of position
- b. The back to goal striker
- c. To release players from holding positions
- d. To attack in central areas and overload defenders

5. Switching Play

- a. When you need to change the point of attack
- b. When you have explored all impossibilities in that area
- c. To exploit a weakness in the opposition



MATCH SCENARIOS TO CONSIDER

Have a think about the following scenarios/snap shots and put yourself in the players situation, what would you do next (well that's what you coach him/her on)

Scenario 1 – The Right back has intercepted the ball in his/her middle third just outside his/her own 18 yard box?

Transition – You have re gained possession

What should happen next – Your team starts the sequence following the attacking principles of play and 'creates space as individuals to receive' and 'units/team to create opportunities ahead of the ball'

Players Decision making on Passing Priorities for this scenario;

1. Can he/she pass into the space behind the defenders so that striker or wingers can exploit the space behind the last defenders? The selection of the pass is crucial dependant on what part of the pitch he/she intends to execute the pass. The pass must eliminate the defenders and not go through to the keeper.
2. Ball into feet of the striker dropping into the pocket (known as zone 14) so that support from midfield may provide opportunities to create space by running at, or pass into space behind the last defenders?
3. Ball wide to wingers when option 1 or 2 not on. Create space wide and opportunities to cross the ball behind the line of last defenders.
4. Short pass to midfield so that the receiving player can progress onto the next phase higher up the pitch.
5. Pass laterally (switch play) as there is no player open for the pass, retain possession
6. Pass backwards (switch play) as there are no other options, retain possession.

Note that the current Premier League teams set counter attacking as a priority with long accurate balls over the top or down the side of the last defender. If the ball is not accurate or of high quality then it's the long launch game we all hate.

Notes on Passing Priorities

1. If you coach that when play changes hands (as this is when the other team is at their weakest as they have been on the attack) your players should look to pass forward as quickly as possible, this is a level 4 Session (Counter attacking) This session is coached extensively by Manchester United and Chelsea academies and first team whom all adopt a quick counter attack when play changes hands. It will also have a time restriction for players to regain possession and complete an attack.
2. The players should be coached in a variation of passes in a function such as;
 - a. Ball over the top with back spin into space behind the last defender
 - b. Low swerved pass into the strikers feet on the run in behind last defender
 - c. Low driven ball which travel very quickly to its intended target.
 - d. Short 10-15 yards passes with 1 and 2 touch of high quality.



GOOD SESSION PLANNING AT LEVEL 4 UEFA 'A'

I have assessed many coaches at level 3 whom all forget that the planning stage is fundamental to success. The plans you devise at your club are dependent on availability, age and ability of your players and will be more relaxed where you can develop players and your own skills without pressure of time or assessment. On your assessment you will probably be under more pressure and coach the cohort from your course. Listed below are two variations that will assist you planning

Fail to Plan = Plan to Fail

AT YOUR CLUB

You should use the match analysis skills you have developed over the course of training at UEFA 'A' level to determine what sessions/practices you wish to plan. I would suggest that you do not make every session an FA/UEFA session as this will bore the players with a “*stop stand still*” mentality. Let the game flow and use guided discovery more to engage the players with their understanding in units in real match situations.

Focus on weaknesses and then plan a strategy of sessions such as skill/functional sessions maybe to practice units, then SSG's when numbers/attendance are low and Phases of Play or 11v11 with another age group prior to your next match.

Let the players explore the snap shot scenarios/pictures you set them and see how they come up with answers to the problem. If they cannot come up with an answer, then use you're coaching skills to step in and show them.

ON YOUR ASSESSMENT

Remember that the Assessor will be marking you on a points system....

Your session planning is critical and sets the scene for your assessor. If the session plan looks scruffy, lacks detail and content then this will give the Tutor/Assessor the impression that your planning and preparation is poor, so may the immanent session?

Plan for your assessment as follows;

1. Mark the pitch as per your plan, get rid of all other cones and kit etc so that the area look professional, you look professional too!!
2. Layout of your equipment for the session ready to play
3. Start with a good brief using tactics boards (maybe)
4. Get the players on the pitch and explain the area of play and the objectives for both teams
5. Get them playing ASAP and have some free play.
6. Your start point should develop from free play.
7. Set pictures/scenarios from match situations for players to develop
8. Stand in a GOOD COACHING POSITION where you can step in quickly!! You may be around the play but not in the play as you will get in the way and not see all the pitch!
9. Use the coaching formulae to correct faults but **NOT ALL COMMAND**
10. Coach/effect all players **Primary**, **Secondary** and **Fringe** linking them **THROUGH THE THIRDS** with understanding. But remember that you will have up to 11 players to deal with so be quick, decisive and informative.
11. Plan to have at least 10 minutes FREE PLAY to let the game flow.



CONSIDERATIONS FOR ASSESSMENTS

As a UEFA 'A' Licence and a FA Tutor, I see so many coaches deemed not competent on their final assessment for the same reason. They cannot step in quickly enough and coach in open play when mistakes happen for real both on and off the ball, technically and tactically.

I suggest the following strategy;

1. Clearly explain the scenarios you are going to coach so that all players understand the session and what they are going to achieve.
2. Use tactics boards, or discussion to confirm understanding
3. **Reinforce the subject throughout the session to confirm player understanding!!!**
4. Rehearse and explain your demos so that you can show effective pictures.
5. **Do not watch the ball, observe the whole pitch as many coaches who fail just concentrate on the area of the ball and forget cover and balance for example.**
6. Recreate the picture as effectively as possible as unrealistic pictures will cause unrealistic fault correction.
7. Engage all players and units linking players where possible where possible with prime primary, secondary and fringe players being engaged in the picture you are correcting.
8. DO NOT USE ALL COMMAND STYLE of coaching.
9. When you go to free play, be quick to step in!!!!!! Use a whistle if you are not a loud coach as the fault may be 50 yards away on the other side of the pitch.
10. **Use 'Off side' for realism**



START POINTS Vs FREE PLAY

At levels 3 & 4 it essential that you get the start of the session right so that it builds confidence in your session, organises the players in realistic start positions and then sets the session off on the right pathway to success. The best way to start a practice is with FREE PLAY as this is the most effective and realistic start which I am sure will get you to your topic within a minute or so. Its real so try it!!

If you do have to use a start point it must be a realistic scenario from a real game situation which sets the scene for your topic to be successful. Over the past 15 years assessing coaches, I have observed so many start points either be unrealistic, in the wrong area of the pitch, or most of all too complicated and therefore wastes time and causes problems for the coach even before the session has fully started.

Free Play at the Start of the Session

At the start of a session let the players experience free play so that they can get a feel for the game. I assure you that if you are observant and understand your SESSION AIMS fully, your session will be able to start from free play, let it happen naturally!!

Structured Starts

The session plans and PowerPoint slides provide a variation of structured starts such as 'takes' in midfield for attacking third topics, interceptions which can be used any where, and balls over hit into the keeper for sessions building from the back. You may of course use a variation of starts which you have observed or like such as throw in's free kicks and mistakes by players. These structured starts are real scenarios from game situations;

Regardless of the choice of start for your session you **MUST** consider the following;

1. The start is a controlled play which provides the ball to the team you wish to coach.
2. Keep the start as simplistic as possible to ensure success as some players cannot hit difficult balls to start the game and of course the session will get off on the wrong track, confusing players and frustrating you the coach!
3. Make the structured start point you have chosen as **REALISTIC** as possible;
 - a. Ensure it's in the part of the pitch where you want to start your session from.
 - b. The players **MUST** be in realistic positions and moving as realistic as possible for that picture/scenario/snap shot from a real game which you have chosen for your start point.
 - c. **DO NOT** stack teams and make one team that dominant that the session only flows one way.
 - d. Yes of course put players in realistic positions that they would play in or have ability in that area of the pitch however, ensure that if you working with a wide player to deliver crosses then ensure the fill back can play realistically and defend well. This will challenge the wide player more.



Misplaced Pass



PHASE OF PLAY **Playing Out From the Defending Third**

Set up

Coaches Team O's GK-4-3- 1 (9)
Xs = 3-3-2 (8)

Organisation

- The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the attacking team (O's) can score by passing to the target player or RWTB in the gates

- Coaching position where you can coach the defensive unit to start with

The Start Point No1

- X5 try's to pass to X4 but over hits the pass which goes through to the keeper
- The game starts with the GK having the ball
- Or a variation on this start

Best used for sessions where you play out from the back so that the keeper on the team you are coaching starts the session with the ball

Whatever start point you use, always ensure that players are in realistic positions.

The best way, and of course the way I do it is as follows;

1. Show the teams what I want them to do, what formation etc on a Tactics Board and of course laying the bibs out
2. Let the players to stand in those positions
3. I then put the ball down and set the scene asking players "where they would realistically be if the ball was in play in this position"
4. Players will then normally move to realistic positions themselves



FREE PLAY

Having conducted many Assessments and observed 'A' Licence coaches practicing for assessments, this sadly is the area that most coaches seem to fail on. Yes you can organise a structured start, yes you can show match scenarios so that you can coach however when it goes to '***Free Play***' a high percentage of coaches stand back and think that the session is done and do not diagnose or correct faults.

If you receive a low score on your assessment sheet I can guarantee you will receive it in this area if you do not coach and correct faults in open play. You should ensure the following;

1. When you plan the session, ensure you plan to have A HIGH PERCENTAGE OF TIME in open/free play in all phases. This is where you show your assessor that you can observe, identify, analyse and correct faults anywhere on the pitch with individuals, units of players or the whole team.
2. Ensure that you stand in the area of the pitch (Coaching Position) which affords you the immediate opportunity to step in and coach/correct faults.
3. Ensure that when you step in you may have to coach the '***primary, secondary*** and ***fringe*** players' to ensure success in that intervention.

I have also seen some coaches use free play instead of structured starts which of course is **very very effective** however it is a hard skill to master. Give it a try in your practice at your clubs and see what happens but just remember to;

1. Start in the area of the pitch you wish to use for your topic for example start your free play with a throw in high in the attacking third if you wish to work on finishing.
2. Make sure that after 1 minute that you are 'in to your topic' or you will have to revert to a structured start point!
3. Have at least 2 structured starts up your sleeve.
4. **DO NOT** keep going back to the same start point, it will become very boring!!
5. **Use semi start points or go live touches to avoid going all the way back to the original start point as this will disengage players!!**



6.

WHO, WHAT, WHERE & WHEN TO COACH

At level 4 UEFA 'A' you should develop your ability to organise and set up a session which engages players in a variation of sessions up to 11v11. Within those sessions you will be assessed on your diagnosis and correction of faults not so much on structured starts but more importantly in open play.

Remember that playing **THROUGH THE THIRDS** is a method of ensuring all units understand their roles and responsibilities for each scenario.

On your level 3 Coaching Certificate (UEFA 'B' Part 2) you will have been tutored on diagnosis and correct faults using the coaching formulae.

At this level I would encourage you to continue to use that formulae but with emphasis on three main areas as follows;

Primary players

- This may be the first player you are going to coach. He/she may be the player on the ball who has made the mistake technically or poor/incorrect decision making or the player off the ball who has not moved to assist the run of the ball carrier for example.
- You should **coach fine detail** but more so decision making but not level 3 content UNLESS it is needed to ensure success.
- For example you may coach the striker how to drop into the pocket, to receive and protect the ball until midfield support arrives.
- You may show the wide player which part of the prime target Area to deliver into, what type of cross delivery and when.
- Or maybe how a wide player moves the full back before attacking his weaker side with a dribble or cross etc.

Secondary Players

- May be players around the immediate area of the ball with their movement to create space (dispersal - principles of attack)
- Maybe how the second striker (unit) moves off the shoulder to create space.
- Will encourage the unit of players and LINK players in that respective picture you have created and now trying to coach/correct faults.
- May be other players who are standing still, which engages all players.

Fringe Players

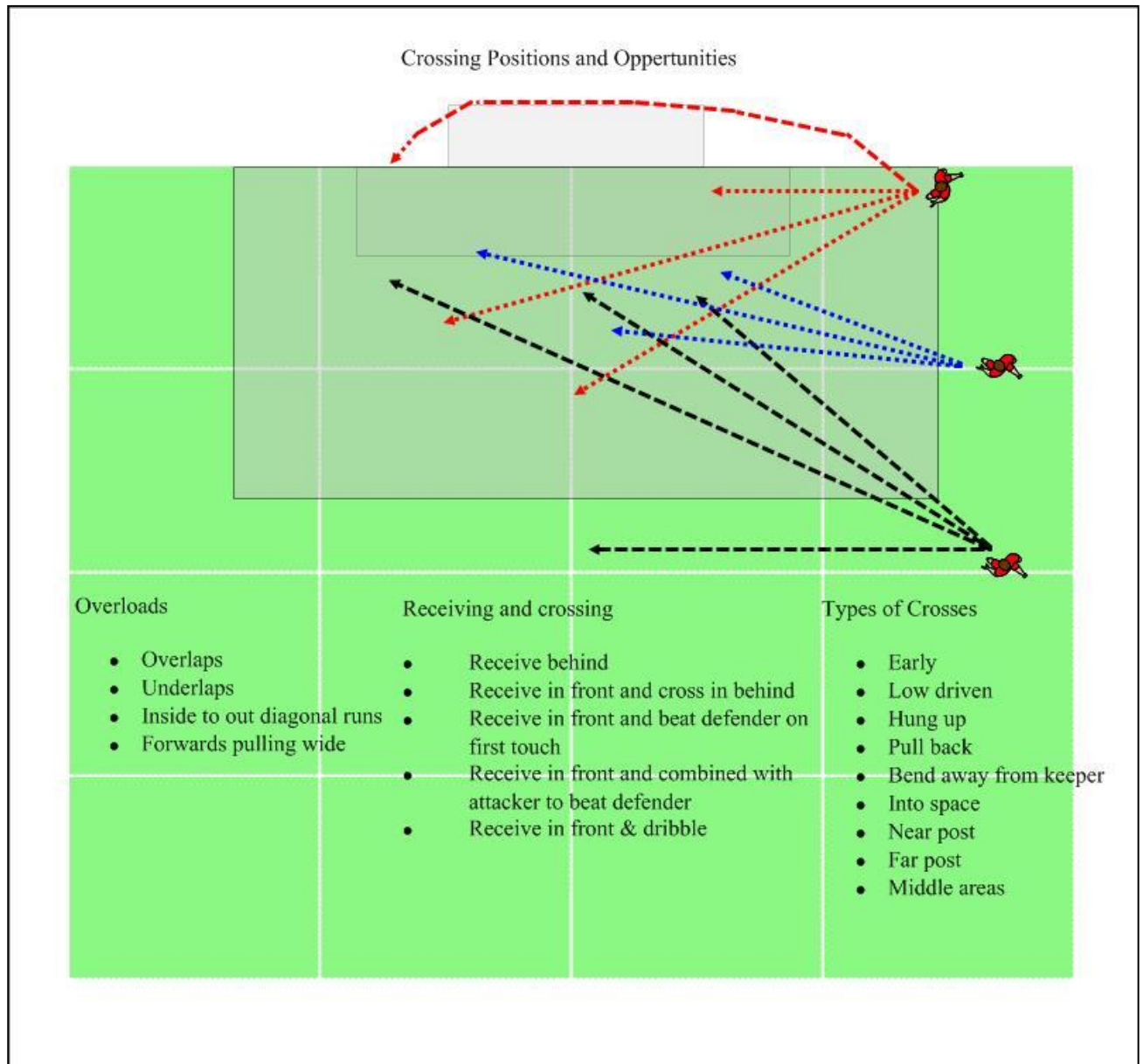
- May be player behind the ball and not directly effecting play such as midfield players on their **Cover & Balance** for example.
- Other players who are in the game but not directly affecting the play

Remember that you MUST affect all players in the session at some stage and DON'T FORGET the GK who is a vital team member



Good Delivery from Wider Areas Encourages Great Finishing!

Analysis's of Effective Crosses





Set Plays

Direct Coach Involvement

So many coaches fail to plan for the moments in a game they can directly influence such as set plays corners and free kicks. You may not be able or have time to rehearse set plays in coaching sessions but should have flair and involvement pre match so that you can directly manage the varying situations for free kicks and corners.

Good planning pre game with descriptive tactics boards and set play sheets will enhance you as a professional coach who knows what they are talking about

Good planning will provide players with the “**who’s doing what where and when**” information that will either produce a high percentage of goals from set plays or reduce the amount of goals you concede.

The set plays provided in this resource are my ideas of the set plays I like to use and of course are level 4 plans. Next game on TV watch what the start points are and how the players know exactly what they are doing (most of the time)

Phrases to consider

Attacking Corners

- Early Organisation
- Start Point (Point A)
- Attack point (Point B)
- Anticipation area (for rebounds or secondary shots)
- Blocker (another player who blocks your marker for marking your run)
- Delivery point (Prime areas)

Defending Corners

- Early Organisation
- Zonal, Semi Zonal, Man for Man Marking (Your choice of tactic)
- Drop zones (second strike areas)

Attacking Free Kicks

- Early Organisation
- Quick play
- Inventiveness
- Accuracy
- Runners
- Deception and Movement

Defending Free Kicks

- Early Organisation
- Build a barrier
- Strength

Notice that the key phrase in all areas is Early **Organisation**



Hydration and High Energy Performance

A lot of information can be found quite easily on the subject of Nutrition, Hydration and Sports performance. I lecture in that specific subject field and assure you that most coaches do not even take the subject into consideration even at UEFA 'A' Level. Ask yourself the question when your players do not play at their optimum performance "when was the last time they ate anything and when and what was their last fluid intake?"

Take time to educate yourself and then your players, you may not be able to manage what they eat but you sure can manage what they drink at your sessions or matches! Consider the following facts;

% Body Weight Lost as Sweat

- 2% = Impaired performance (This is normally after 60 minutes without replenishment or rehydration)
- 4% = Muscle output declines (Later on in games and tournaments where optimum performance is lost)
- 5% = Heat Exhaustion (High humidity or sessions in the sun where players are not used to that condition)
- 7% = Hallucinations (Problem areas where player ignore your instructions or don't seem to understand)
- 10% = Circulatory collapse and heat stroke

Reference: "The Maintenance of Fluid Balance during Exercise", International Journal of Sports Medicine, vol. 15(3), pp. 122-125, 1994

So armed with this information you will now understand how much players sweat in training and how much more in matches and of course in varying climates. You will have to re evaluate the situation where you player is not playing to his/her optimum performance levels and you think it's because they are being lazy or having a bad day, maybe it's your fault for not managing the rehydration issue, maybe not?

Practices or Matches– Normally 60-90 minutes duration

Before–

Vital they players arrive hydrated as they may start immediately.

How can you manage this, well suggestion is that it's a club/team rule that every player has a 1 litre water bottle (marked with their name) which they must bring to training every session. Failing to do so will see them being kit man for that session?

Suggested Source of Fluid – Isotonic Drink/fluid

During -

Especially on hot days or intensive sessions, every player must re hydrate to replace fluid, salt and energy sources so that the body is refuelled ready to go again. Frequent stops for fluid is vital especially when young players are developing muscle growth

Suggested Source of Fluid – Isotonic Dink/fluid

After –

Taking time to ensure players re hydrate following practical sessions is extremely important if you wish tom maintain hydration levels and optimum performance.

Suggested Source of Fluid – Hypertonic Fluid/drink



Which drink is most suitable?

Isotonic - quickly replaces fluids lost by sweating and supplies a boost of carbohydrate. This drink is the choice for most players. Glucose is the body's preferred source of energy therefore it may be appropriate to consume Isotonic drinks where the carbohydrate source is glucose in a concentration of 6% to 8% - e.g. High Five, SiS Go, Boots Isotonic, Lucozade Sport.

Hypertonic - used to supplement daily carbohydrate intake normally after training or matches to top up muscle glycogen stores. Tournaments or Extra Time, high levels of energy are required and Hypertonic drinks can be taken during breaks to meet the energy requirements. If used during exercise Hypertonic drinks need to be used in conjunction with Isotonic drinks to replace fluids.

Want to make your own?

Isotonic - 200ml of orange squash (concentrated orange), 1 litre of water and a pinch of salt (1g). Mix all the ingredients together and keep chilled

Hypertonic - 400ml of orange squash (concentrated orange), 1 litre of water and a pinch of salt (1g). Mix all the ingredients together and keep chilled.

Final Comments

Please do not forget that water will quench thirst and rehydrate but it **will not provide** an energy source to replenish glycogen used in exercise.

Sugary drinks such as fizzy pop and Red Bull will cause more thirst due to the high amount sugar content.

Every player is different so let them choose their own source of hydration energy,

MANAGED BY YOU



Bonus Section on the CD!

UEFA 'B' Session Plans

UEFA 'B' Licence Function Session plans

No1 – Responsibilities of the Wide Player When Forces Inside

No2 – Attacking from Crosses

No3 – Attacking quickly in the final third

UEFA 'B' Licence SSG Session plans

No1 – Mark ready to intercept

No2 – Finishing

No3 – Switching Play

UEFA 'B' Licence Phase of Play Session plans

No1 – Combination play in the final third

No2 – Forward runs with the ball

No3 – Forward runs without the ball



SESSION PLANS


The following session plans are designed for Level 4 (UEFA 'A') and will follow a sequence on the principles of **Attack and Defence** mentioned prior to this section. The aim is that you can take the plan and use it where necessary.


Key

O1 = You will always coach the O's

X2 = Will always be the defending team

T = Target player

Path of the ball (the pass) 

Run of the player without the ball 

Player dribbling with the ball 

UEFA 'A' Licence Set Play Session plans

1. Attacking Corners
2. Defending Corners
3. attacking Free Kicks
4. Defending Free Kicks

UEFA 'A' Licence Function to Phase to 11v11 Game Session plans

1. Forward Runs with the Ball to Create and Exploit Space
2. Combination Play in the Attacking Third
3. Playing Out from the Defensive Third

UEFA 'A' Licence SSG to Phase to 11v11 Game Session plan

1. Defending, Marking, Covering and Tracking

UEFA 'A' Licence 11v11 Game Session plans

1. Runs Off the Ball, Overlapping & Diagonal
2. Three central Defenders Playing Out from the Back
3. The Shadow Striker (Zone 14 player)
4. Defending Ready to Counter Attack
5. Attacks from Wide Areas (6 options)

UEFA 'A' Licence Phase of Play Session plans

1. Playing Out from the Defensive Third
2. Goalkeeping Support Play
3. Back 4 Defenders Dealing with Direct Play
4. GK and Defence on Being More Effective on Dealing with Crosses.

UEFA 'A' Licence Function Session plans

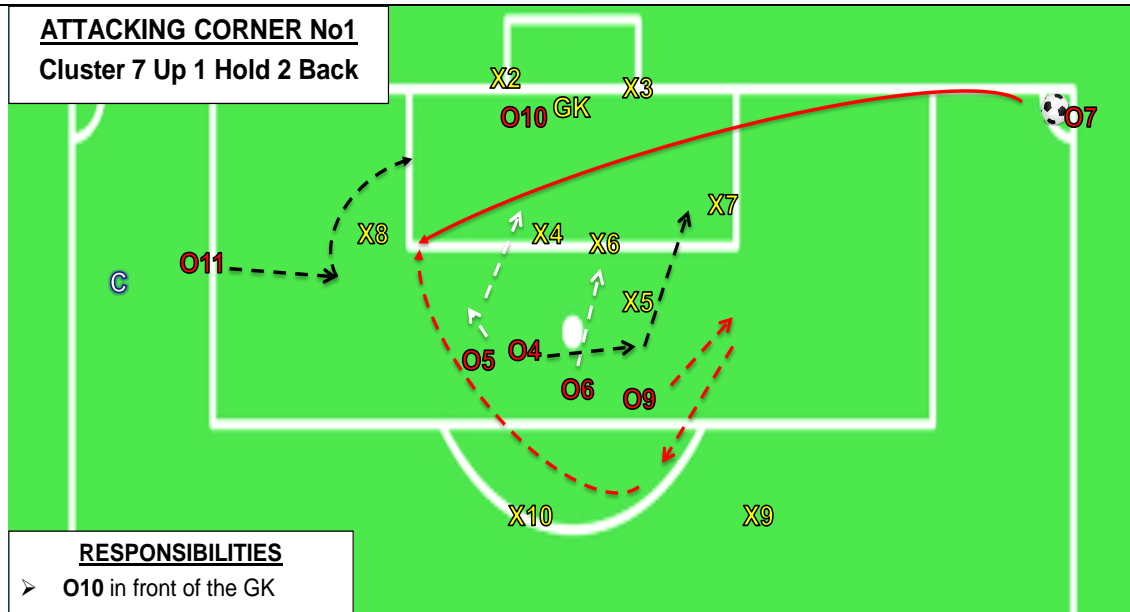
1. Central Defenders Passing to Strikers
2. Midfield Players Support Play and Passing Positively
3. 2 central Defenders How To Defend in Central Areas

25



4 Runners No 1

ATTACKING CORNER No1 Cluster 7 Up 1 Hold 2 Back



RESPONSIBILITIES

- O10 in front of the GK
- O9 starts towards the ball then late reverse run
- O4, O5 & O6 attacks posts with staggered runs

Delivery from O7

- ✓ Second 6 yard box with pace out swinging

Trigger for the delivery

- ✓ Movement from O9

SESSION DEVELOPMENT

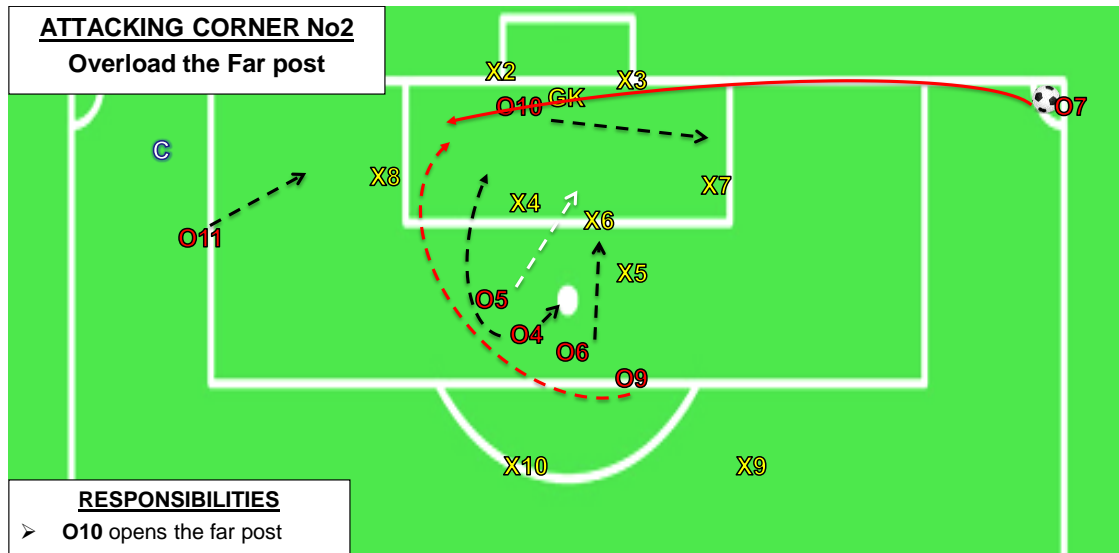
Start as a function with no defenders

Coach the following

- Specific runs
- Timing of movement
- Delivery areas
- End product

4 Runners Overload the Far Post

ATTACKING CORNER No2 Overload the Far post



RESPONSIBILITIES

- O10 opens the far post
- O4 starts towards the ball as the trigger for the delivery
- O5 & O6 attacks posts with staggered runs
- O4 and O9 late far post runs

Delivery from O7

- ✓ High far post delivery

Trigger for the delivery

- ✓ Movement from O4

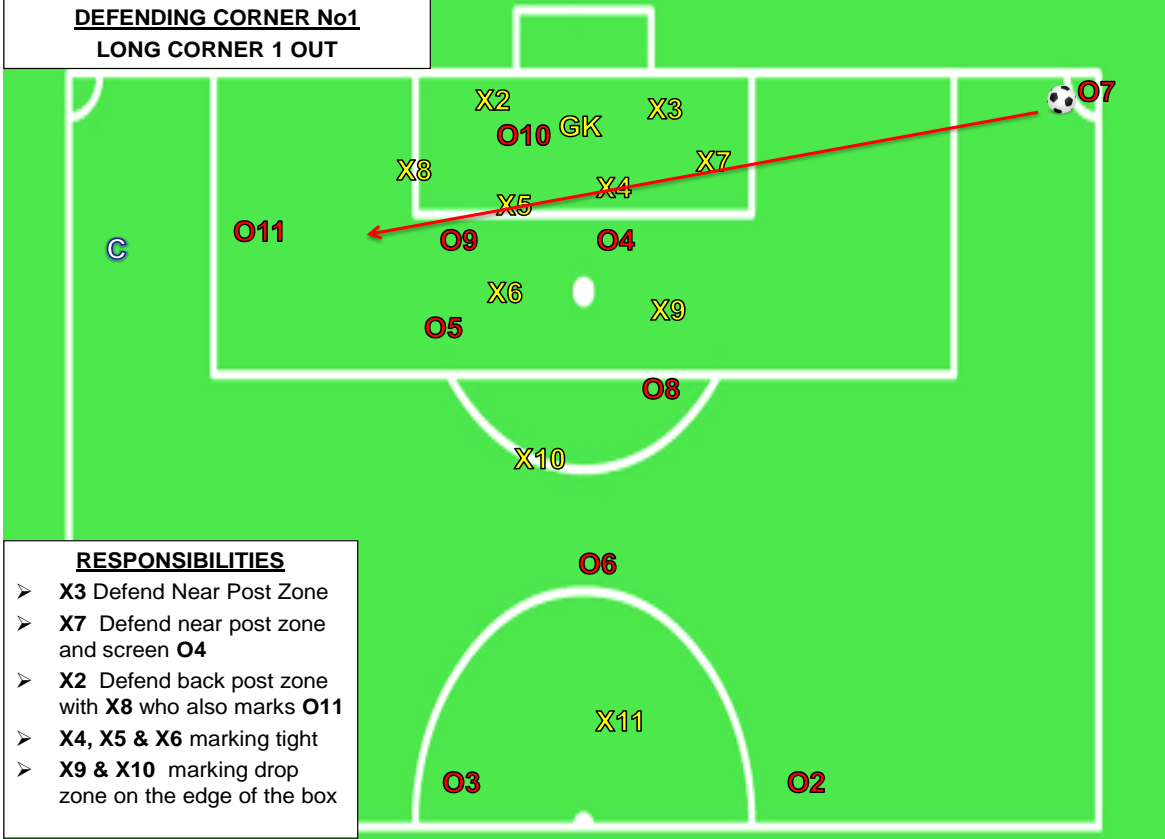
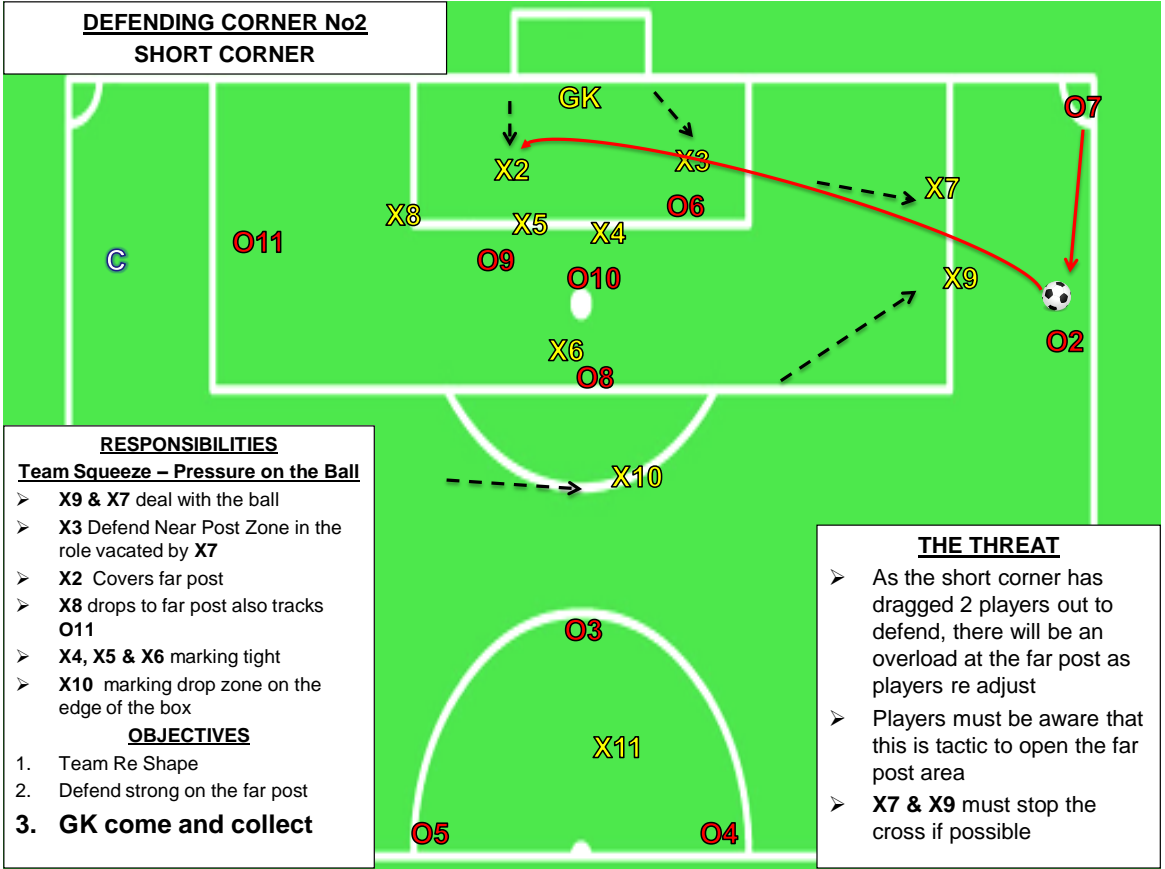
SESSION DEVELOPMENT

Start as a function with no defenders

Coach the following

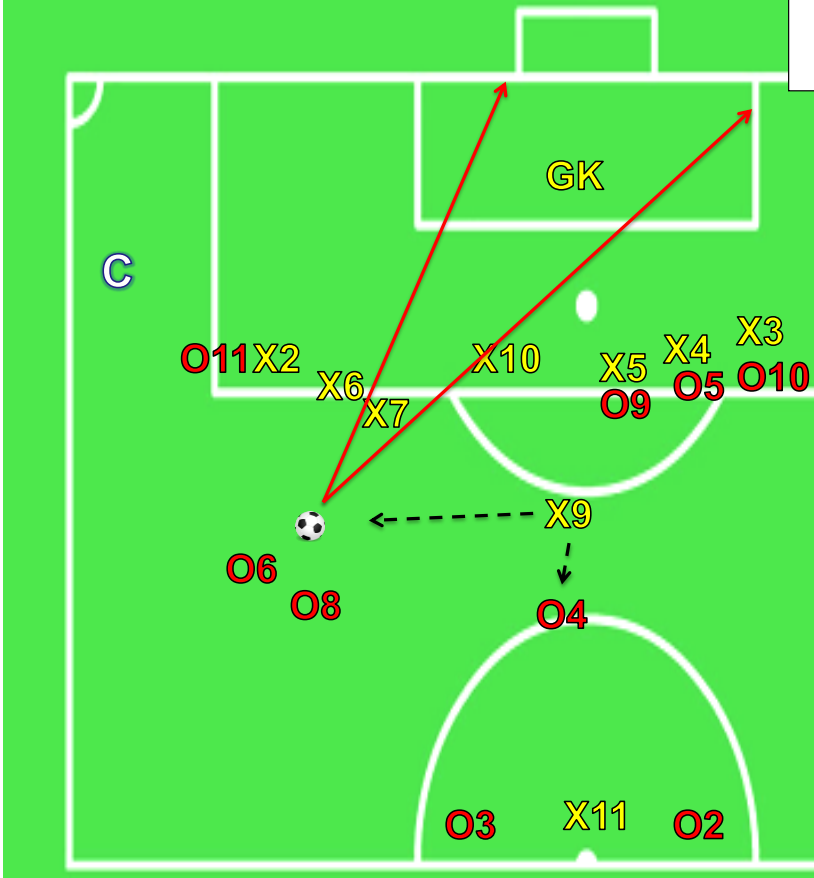
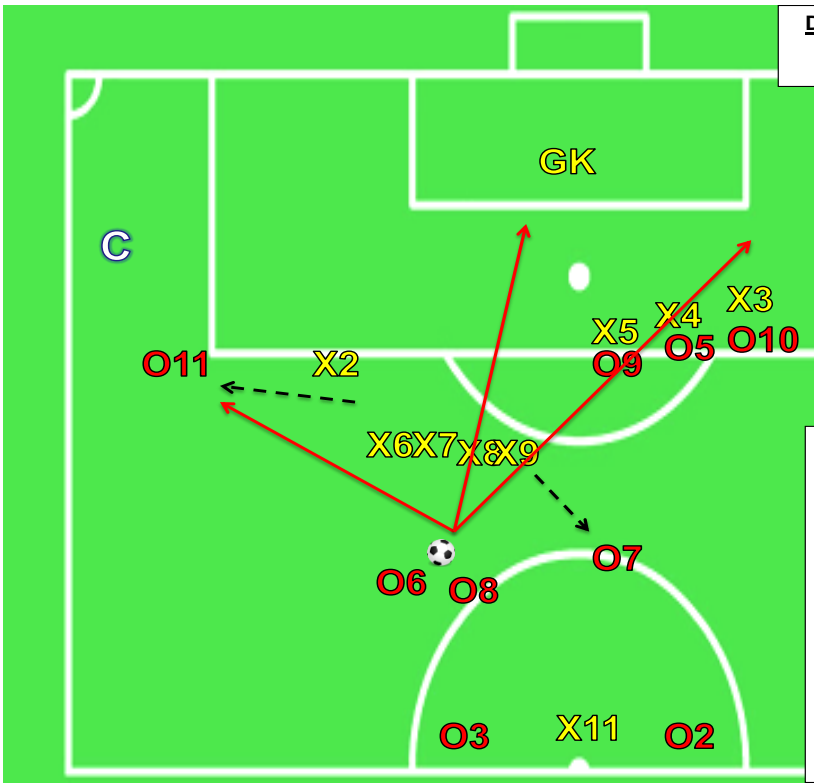
- Specific runs
- Timing of movement
- Delivery areas
- End product



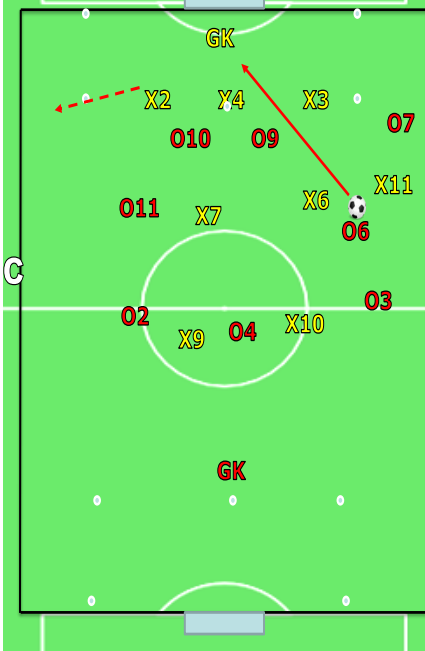
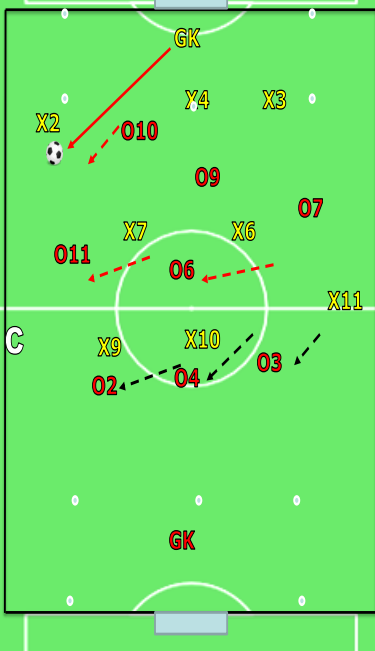
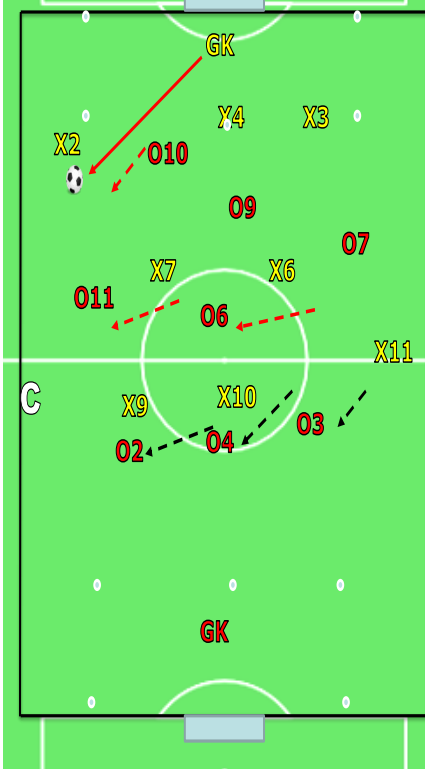
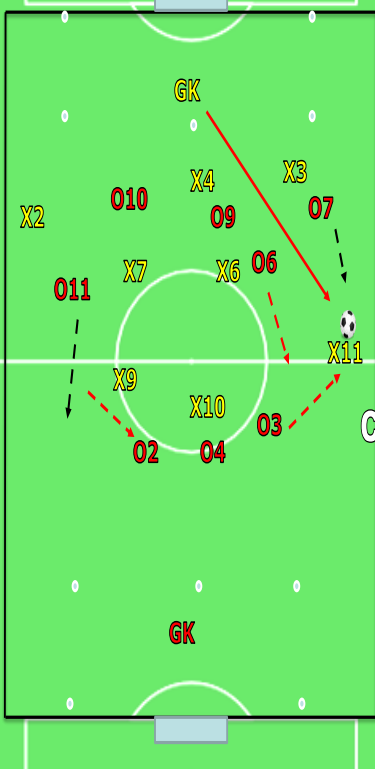
Session Title	UEFA 'A' Licence – Set Plays – Defending Corners	
Key Technical Aspects	Organisation – Start Points, Who's marking Who Marking Players, Zones,	
Session Content	<div><div>DEFENDING CORNER No1 LONG CORNER 1 OUT</div><div>RESPONSIBILITIES<ul style="list-style-type: none">➤ X3 Defend Near Post Zone➤ X7 Defend near post zone and screen O4➤ X2 Defend back post zone with X8 who also marks O11➤ X4, X5 & X6 marking tight➤ X9 & X10 marking drop zone on the edge of the box</div></div>	
	<div><div>DEFENDING CORNER No2 SHORT CORNER</div><div>RESPONSIBILITIES<p>Team Squeeze – Pressure on the Ball</p><ul style="list-style-type: none">➤ X9 & X7 deal with the ball➤ X3 Defend Near Post Zone in the role vacated by X7➤ X2 Covers far post➤ X8 drops to far post also tracks O11➤ X4, X5 & X6 marking tight➤ X10 marking drop zone on the edge of the box<p>OBJECTIVES</p><ol style="list-style-type: none">1. Team Re Shape2. Defend strong on the far post3. GK come and collect</div><div>THE THREAT<ul style="list-style-type: none">➤ As the short corner has dragged 2 players out to defend, there will be an overload at the far post as players re adjust➤ Players must be aware that this is tactic to open the far post area➤ X7 & X9 must stop the cross if possible</div></div>	

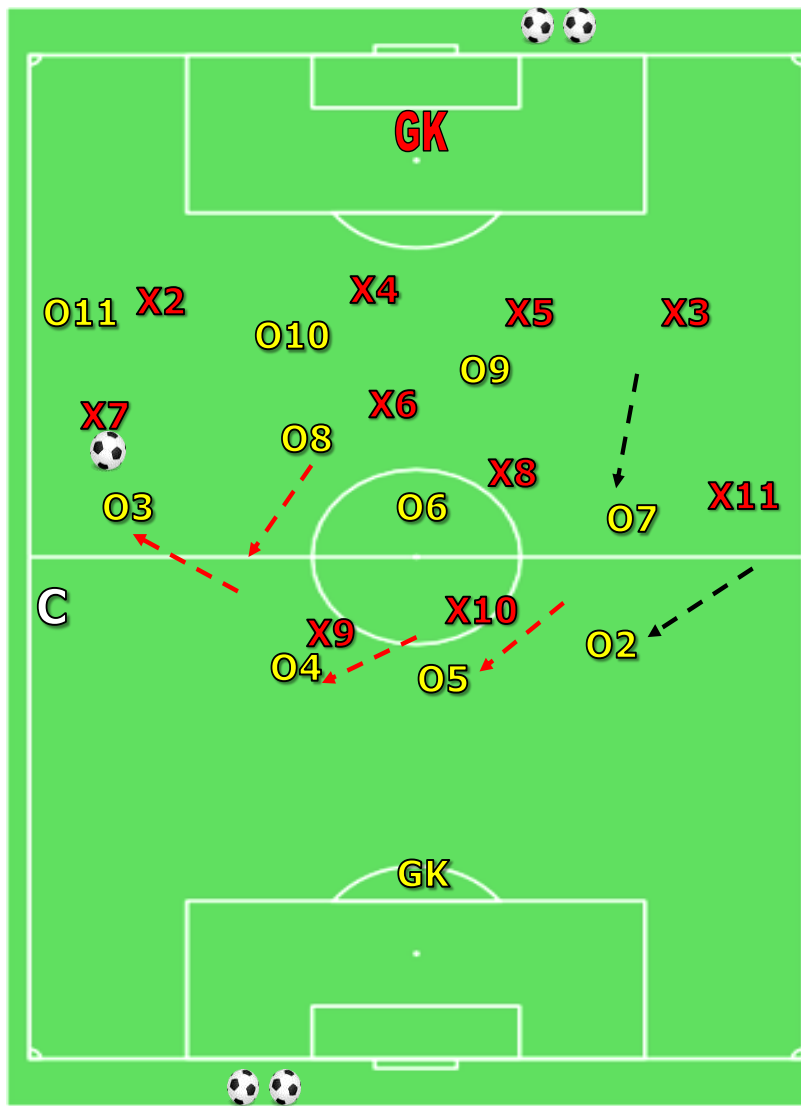
29



Session Title	UEFA 'A' Licence Defending Free Kicks
Key Technical Aspects	Organisation –Who's marking Who – Walls and barriers
	<div><div><p>DEFENDING FREE KICK No1 Main Wall & Second Wall</p><p>RESPONSIBILITIES</p><p>Main Wall 3 Defenders in this wide position</p><p>Second Wall X10 to stand and eliminate the back post shot/cross</p><p>Defenders</p><ul style="list-style-type: none">➤ X3,4,5, & X8 mark man for man in the penalty area.➤ X9 on the edge stopping the shot from O4 and also charges the short pass</div><div><p>DEFENDING FREE KICK No2 Central Areas</p><p>RESPONSIBILITIES</p><p>Main Wall 4 Defenders in this central position</p><p>Defenders</p><ul style="list-style-type: none">➤ X3,4,5, & X10 mark man for man in the penalty area.➤ X9 charger➤ X2 tracks O11</div></div>



Session Title	UEFA 'A' Licence - SSG to Phase to 11v11 Defending Marking & Covering		
Key Aspects	Game Transition, Team Re Shape, Awareness, Decision Making		
	<p>UEFA 'A' LICENCE 9v9 SSG to Phase to 11v11 Defending Marking & Covering</p> <p>9v9 SSG Organisation Set Up</p> <ul style="list-style-type: none">➤ Pitch 70x50 Minimum➤ 9v9 with GK➤ 3-3-2 Formation or your choice➤ Box marked with cones if desired <p>Start Point No1 – Misplaced Pass</p> <ul style="list-style-type: none">➤ O6 hits a pass towards O9 but it goes through to the GK <p>Transition</p> <ul style="list-style-type: none">➤ Xs team now in possession with the GK➤ GK throws the ball to X2 who has the ball right side <p>Point of Focus</p> <ul style="list-style-type: none">➤ Transition – switch on <p>PSC UK</p>		<p>UEFA 'A' LICENCE 9v9 SSG to Phase to 11v11 Defending Marking & Covering</p> <p>SSG Scenario No1 – Transition, Switch on</p> <ul style="list-style-type: none">• All players switch on to change of possession and adopt defensive posture.• Os (Coaches team) cannot put pressure on the ball• Players drop and narrow and attempt to delay the attack <p>Coach the Following</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O11 drops and narrows to engage X2 and delay the attack➤ O6 slides & drops to support O11 and provide cover and balance <p>Secondary Players</p> <ul style="list-style-type: none">➤ O2 marks X9 on his outside shoulders to take away the channel pass from X2➤ O4 Drops and narrow to mark X10➤ O3 tracks the run of X11 <p>Fringe Players</p> <ul style="list-style-type: none">• GK communication• O10 may be able to help <p>PSC UK</p>
	<p>UEFA 'A' LICENCE 9v9 SSG to Phase to 11v11 Defending Marking & Covering</p> <p>SSG Scenario No1 – Transition, Switch on</p> <ul style="list-style-type: none">• All players switch on to change of possession and adopt defensive posture.• Os (Coaches team) cannot put pressure on the ball• Players drop and narrow and attempt to delay the attack <p>Coach the Following</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O11 drops and narrows to engage X2 and delay the attack➤ O6 slides & drops to support O11 and provide cover and balance <p>Secondary Players</p> <ul style="list-style-type: none">➤ O2 marks X9 on his outside shoulders to take away the channel pass from X2➤ O4 Drops and narrow to mark X10➤ O3 tracks the run of X11 <p>Fringe Players</p> <ul style="list-style-type: none">• GK communication• O10 may be able to help <p>PSC UK</p>		<p>UEFA 'A' LICENCE 9v9 SSG to Phase to 11v11 Defending Marking & Covering</p> <p>SSG Scenario No2 – Transition, Switch on</p> <ul style="list-style-type: none">• The GK initiates the attack with a long throw/kick to X11 <p>Coach the Following</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O3 presses the ball and engages X11 and delay the attack showing the line➤ O6 makes a recovery run to support O3 and provide cover and balance➤ O4 marks outside shoulder of X10 to take the channel run away <p>Secondary Players</p> <ul style="list-style-type: none">➤ O2 drops and narrows to provide cover and balance to O4 and O3➤ O11 Drops and narrow to mark provide cover on X9 and support O2 <p>Fringe Players</p> <ul style="list-style-type: none">• GK communication• O9 & O7 may be able to help <p>PSC UK</p>



UEFA 'A' LICENCE

9v9 SSG to Phase to 11v11

Defending Marking & Covering

11v11 Scenario No1 -

Defend the Quick Counter Attack

Coach the Following

Primary Players

- **O3** puts immediate pressure on the ball and delays the attack
- **O8** slides & drops to support **O3** and provide cover and balance in front of central defenders
- **O6** holds / tracks the run of **X8**
- **O4** marks inside shoulder of **X9**
- **O5** holds central position cover and balance

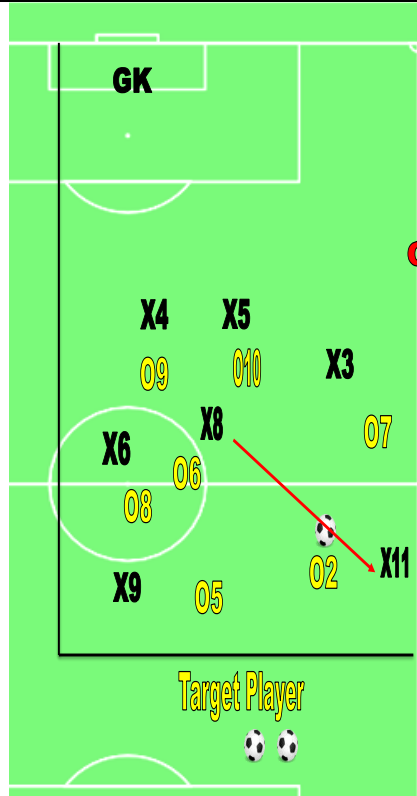
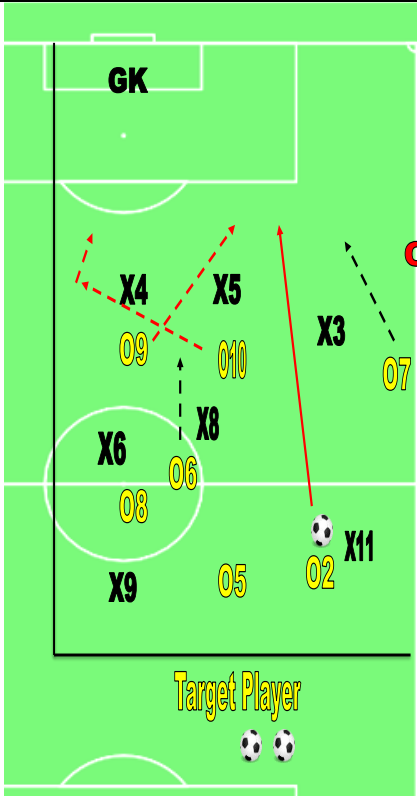
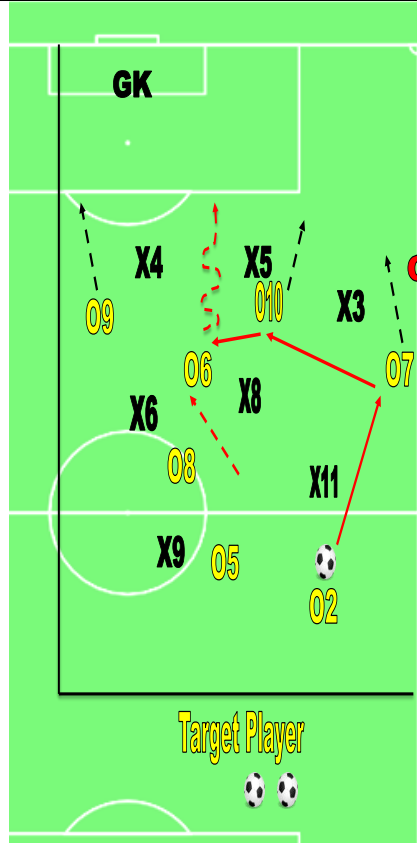

Secondary Players

- **O2** drops/narrows & tracks **X11**
- **O7** recovers to assist
- **GK** communication

Key Coaching Point

Dropping to secondary positions ready to mark and intercept is key



Session Title	UEFA 'A' Licence - Function to Phase to 11v11 Forward Runs Off the Ball to Create & Exploit Space		
Key Aspects	Game Transition, Dispersal, Creative Movement, Intelligent Passing		
	<p>UEFA 'A' LICENCE Function to Phase to 11v11 FORWARD RUNS WITHOUT THE BALL TO EXPLOIT SPACE</p> <p>Function No 1- Set up Defending X's= GK 3-3 -1(8) Attacking O's = 3-4-2 (9)</p> <p>Organisation</p> <ul style="list-style-type: none">➤ The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the attacking team (X's) can score by passing to the target player or RWTB into the target zones➤ Coaching position where you can coach the attacking unit <p>The Start Point No1 Interception X's in possession on the attack with X8 passing to X11 but intercepted by O2</p> <p>PSC UK</p>		
	<p>UEFA 'A' LICENCE Function to Phase to 11v11 FORWARD RUNS WITHOUT THE BALL TO EXPLOIT SPACE</p> <p>Function Scenario No1 - Early ball Exploiting Space behind defenders</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O10 makes a move away to open the channel for O9➤ O9 makes a run in behind X5 across X4➤ O2 passes into space for the run of O9 <p>Secondary Players</p> <ul style="list-style-type: none">➤ O10 then spins in behind X4➤ O7 supporting run wide in behind X3➤ O6 supporting run <p>Fringe Players</p> <ul style="list-style-type: none">➤ O8 holding with cover & balance supported by O2, O5 <p>PSC UK</p>		
	<p>UEFA 'A' LICENCE Function to Phase to 11v11 FORWARD RUNS WITHOUT THE BALL TO EXPLOIT SPACE</p> <p>Function Scenario No2 - Early ball Exploiting Space Through Midfield</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O9 & O10 split X4 & X5➤ O10 shows at the edge of the box to open the channel and pins X5 to receive the pass➤ O6 makes a blind side run from midfield➤ Ball passed through O7 to O10 and then onto the run of O6 <p>Secondary Players</p> <ul style="list-style-type: none">➤ O10 then spins in behind X5➤ O9 in behind X4➤ O7 supporting run in behind X3 <p>Fringe Players</p> <ul style="list-style-type: none">➤ O8 holding with cover & balance supported by O2, O5 <p>PSC UK</p>		

**UEFA 'A' LICENCE****Function to Phase to 11v11
FORWARD RUNS WITHOUT THE
BALL TO EXPLOIT SPACE****Phase of Play - Set up**

Defending **X's** = GK 4-4 -1(10)
Attacking **O's** = 3-4-2 (9)

Phase of Play - Organisation

- The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the attacking team (**X's**) can score by passing to the target player or RWTB into the target zones
- Coaching position where you can coach the attacking unit

The Start Point No1**Interception**

X's in possession on the attack with **X6** passing to **X11** but intercepted by **O2**

PSC UK

**UEFA 'A' LICENCE****Function to Phase to 11v11
FORWARD RUNS WITHOUT THE
BALL TO EXPLOIT SPACE****Phase Scenario No1 -
Early ball Exploiting Space
behind defenders****Primary Players**

- **O10** drops into the pocket (zone 14) to show for **O2**
- **O9** makes a run in behind **X5** across **X4**
- **O2** passes into space for the run of **O9**

Secondary Players

- **O10** then spins in behind **X4**
- **O11**, **O8** & **O7** supporting runs

Fringe Players

- **O6** holding with cover & balance supported by **O2**, **O3** & **O4**

PSC UK

**UEFA 'A' LICENCE****Function to Phase to 11v11
FORWARD RUNS WITHOUT THE
BALL TO EXPLOIT SPACE****Phase Scenario No2 -
Exploiting Space behind full
backs****Coach the Following****Primary Players**

- How **O11** drives inside to move **X2** then drives outside to exploit the space and receive the pass from **O6**

Secondary Players

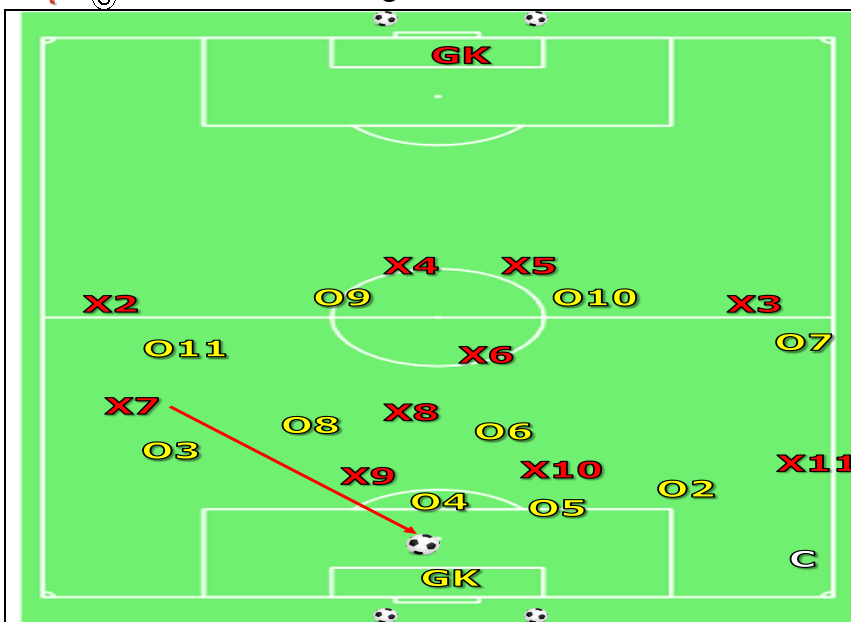
- Striker movement **O9** & **O10** off the shoulder of defenders with maverick and good movement to create space

Fringe Players

- **O6** & **O7** supporting runs
- **O2,3** & **O4** holding with cover & balance

PSC UK





UEFA 'A' LICENCE

Function to Phase to 11v11 FORWARD RUNS WITHOUT THE BALL TO EXPLOIT SPACE

11v11 Organisation

Os 4-4-2 (Coaches Team)
Xs 4-4-2 (Managed Team)

Start Point No1

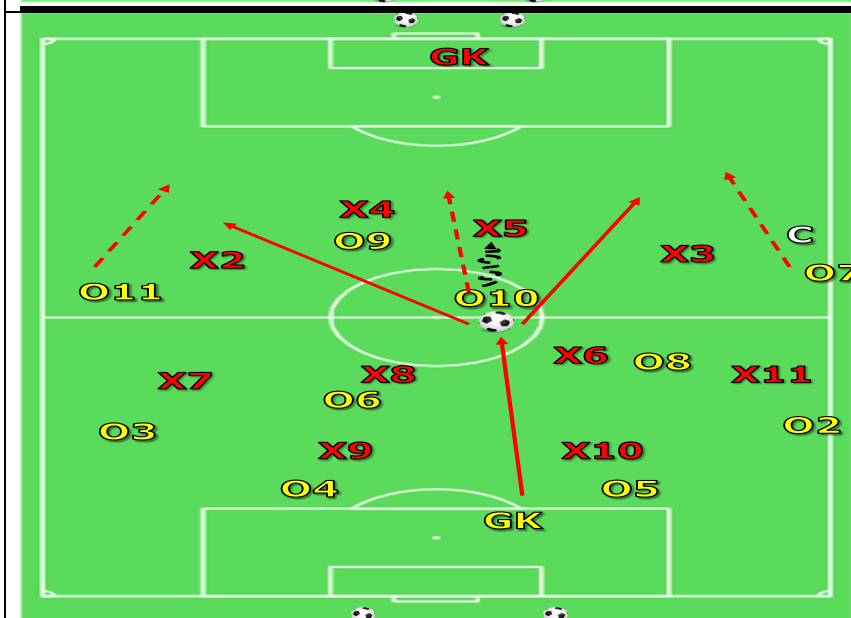
Catch & Counter

- Xs (reds) on the attack
- Os (yellows) Narrow & Compact
- X7 Pressed by O3 to pass
- Over hits the pass towards X9 with the ball going through to the keeper
- Yellow GK now on the ball

Transition

- Os now have the ball
- Dispersal (create and exploit space)

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UEFA 'A' LICENCE

Function to Phase to 11v11 FORWARD RUNS WITHOUT THE BALL TO EXPLOIT SPACE

1v11 Session Development No1 Receive Hold & Link Play Wide

Primary Players

- GK moves to release point on the edge of the penalty area
- O9 stays high but O10 drops into the Pocket to receive & hold

Secondary Players

O11 & O7 move to high positions on the shoulder of the last defenders

Fringe Players

- O6 & O8 supporting positions
- Back 4 defenders move out and support behind the ball

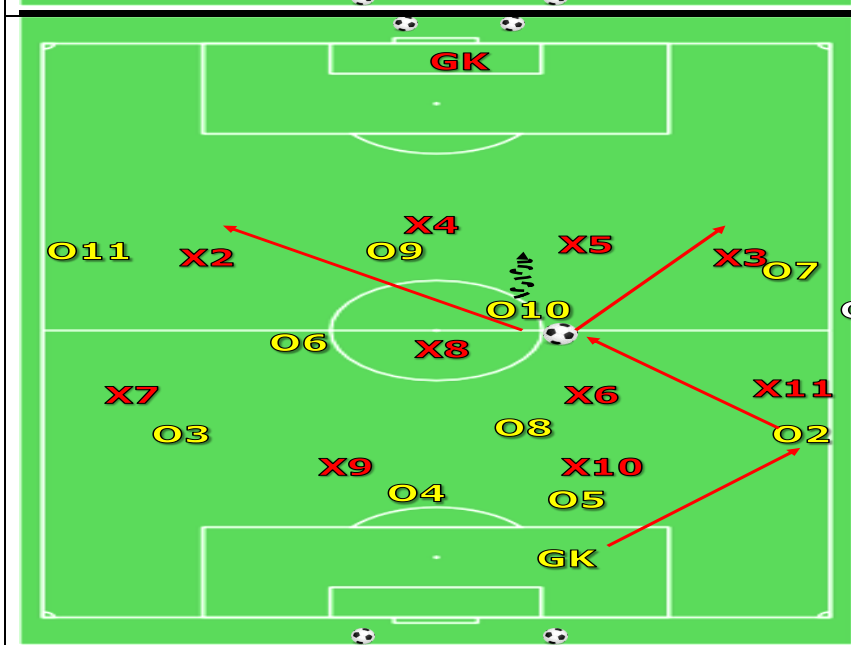
Options for O10

1. Pass forward to feet or space
2. RWTB until engaged then end product

Primary Coaching Points

- ✓ Release from GK
- ✓ Movement of O10
- ✓ Receiving skills O10
- ✓ Movement of attackers to exploit space with end product

PSC UK



UEFA 'A' LICENCE

Function to Phase to 11v11 FORWARD RUNS WITHOUT THE BALL TO EXPLOIT SPACE

Session Development No2 Central Option closed

Primary Players

- O2 creates space to receive
- O8 opens the window for O10
- O9 stays high but O10 drops into the Pocket to receive

Secondary Players

O11 & O7 move to high positions on the shoulder of the last defenders

Fringe Players

- O6 moves to advanced supporting position to support strikers
- Back 4 defenders move out and support behind the ball

Options for O10

1. Pass forward to feet or space
2. RWTB until engaged then end product

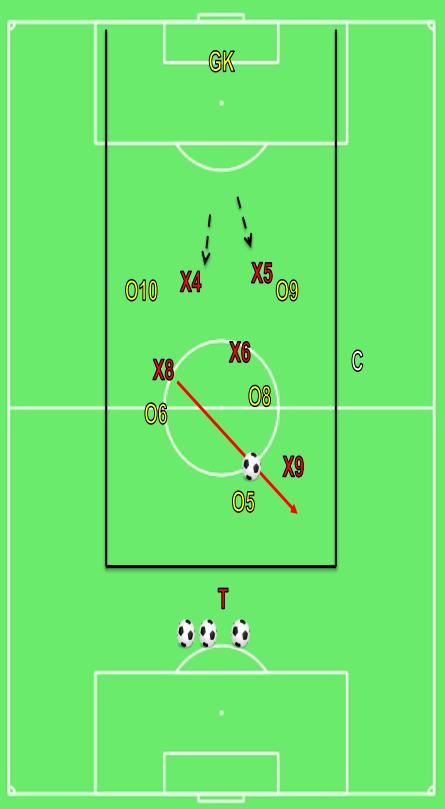
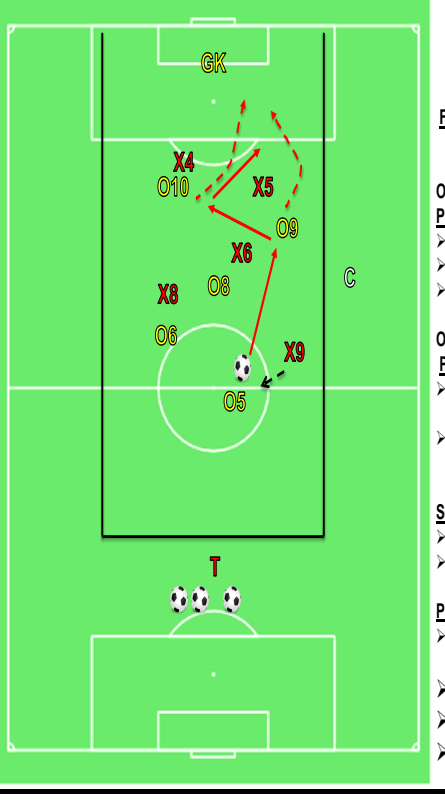
Primary Coaching Points

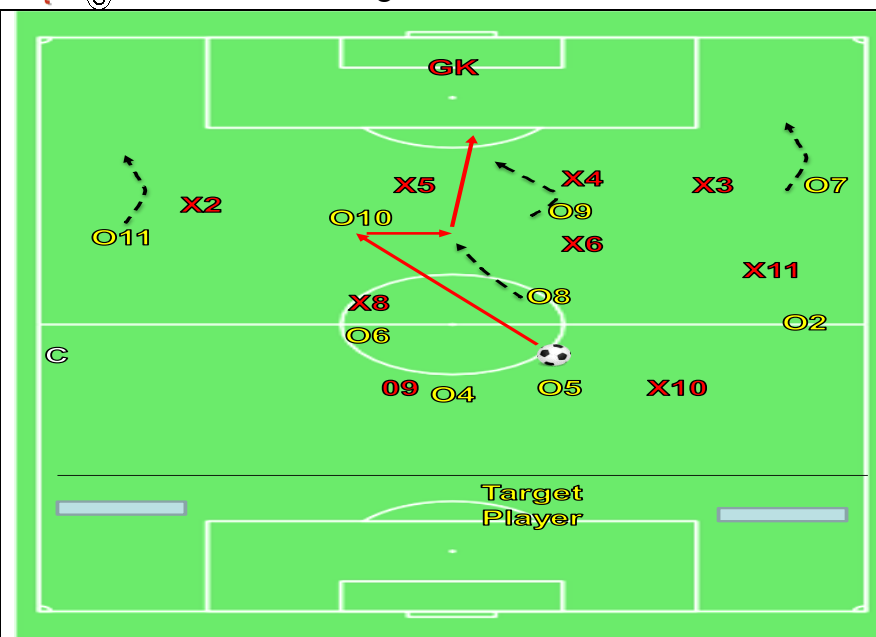
- ✓ Creating space of O2
- ✓ Movement of O10
- ✓ Receiving skills O10
- ✓ Movement of attackers to exploit space with end product

PSC UK





Session Title	UEFA 'A' Licence - Function to Phase to 11v11 Combination Play in the Attacking Third	
Key Aspects	Game Transition, Dispersal, Creative Movement, Intelligent Passing	
	<p>UEFA 'A' Licence Functional to Phase to 11v11 Combination Play</p> <p>Combination Play No1 in Central Areas</p> <p>Function Organisation Os 1-2-2 (Coaches Team) Xs GK 2-2-1 (Managed Team) T = Target Player</p> <p>Scenario Reds are moving out of defence with the ball</p> <p>Start Point No1 X8 tries to pass to X9 but intercepted by O5</p> <p>Transition</p> <ul style="list-style-type: none">➢ O5 now has the ball pressed by X9➢ Dispersal	<p>UEFA 'A' Licence Functional to Phase to 11v11 Combination Play</p> <p>Function Session Development No 1 Combine early to Exploit Space in Behind</p> <p>Primary Players</p> <ul style="list-style-type: none">➢ O10 and O9 create space off the shoulder and in behind exploiting space behind X4 & X5➢ Pass from O5 into space for O10 <p>Secondary Players O6 & O8 move to staggered midfield positions in support</p> <p>Fringe Players O5 cover and balance</p> <p>Options</p> <ul style="list-style-type: none">✓ Strikers movement to exploit space <p>Primary Coaching Point</p> <ul style="list-style-type: none">✓ Quick movement to receive the pass from O5✓ Timing of the run critical✓ End product
		<p>UEFA 'A' Licence Functional to Phase to 11v11 Combination Play</p> <p>Function Session Development No2 Combine on the Edge of the Box</p> <p>Option No1 – Round the Corner Primary Players</p> <ul style="list-style-type: none">➢ O9 receives a ball from O5➢ O9 plays around the corner to O10➢ O10 drives across X4 to score <p>Option No2 Give and Go Primary Players</p> <ul style="list-style-type: none">➢ O9 receives a ball from O5 and plays around the corner to O10➢ O9 then spins in behind X5 for the return pass from O10 <p>Secondary Players</p> <ul style="list-style-type: none">➢ O8 support from midfield➢ O6 holding position <p>Primary Coaching Point</p> <ul style="list-style-type: none">➢ Quick and decisive movement from strikers to exploit space➢ Inventive passing➢ Timing of the runs critical➢ End product



UEFA 'A' Licence Functional to Phase to 11v11 Combination Play

Phase of Play Session Development No1

Start Point

- Yellows 9 outfield players
- Reds = GK + 9 outfield players
- Free play or structured start point of over hit shot towards X10 but the ball is intercepted by O5

Primary Players

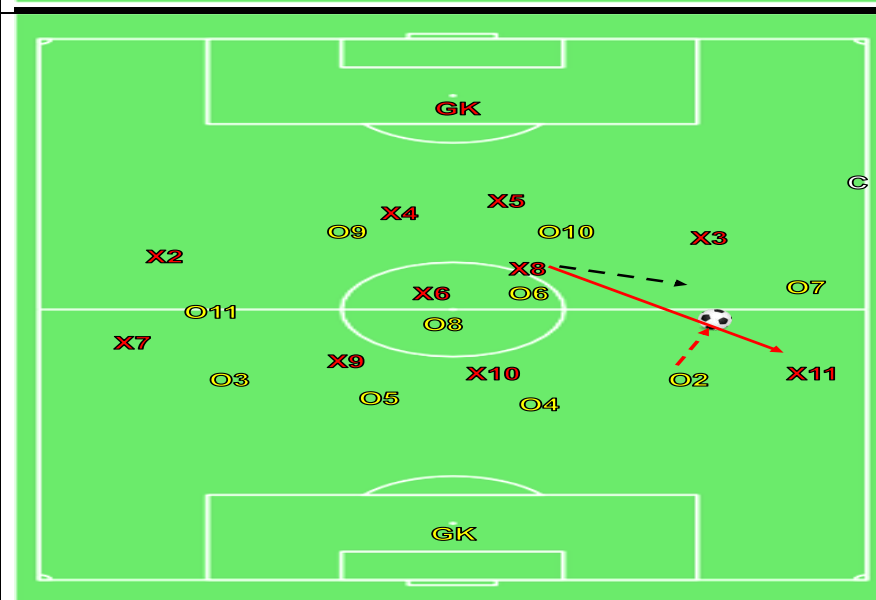
- O5 passes first time to O10 who combines with O8
- Movement of O9, O7 & O11 to exploit space behind defenders
- Passing options from O8

Secondary Players

- O9 spins in behind X4
- O7 drives wide
- O6 Holding role

Primary Coaching Points

- ✓ Quick and decisive passing
- ✓ Movement of O10 to OPEN THE DOOR for O8
- ✓ Timing of the runs critical
- ✓ End product



UEFA 'A' Licence Functional to Phase to 11v11 Combination Play

11v11 Organisation

Os 4-4-2 (Coaches Team)

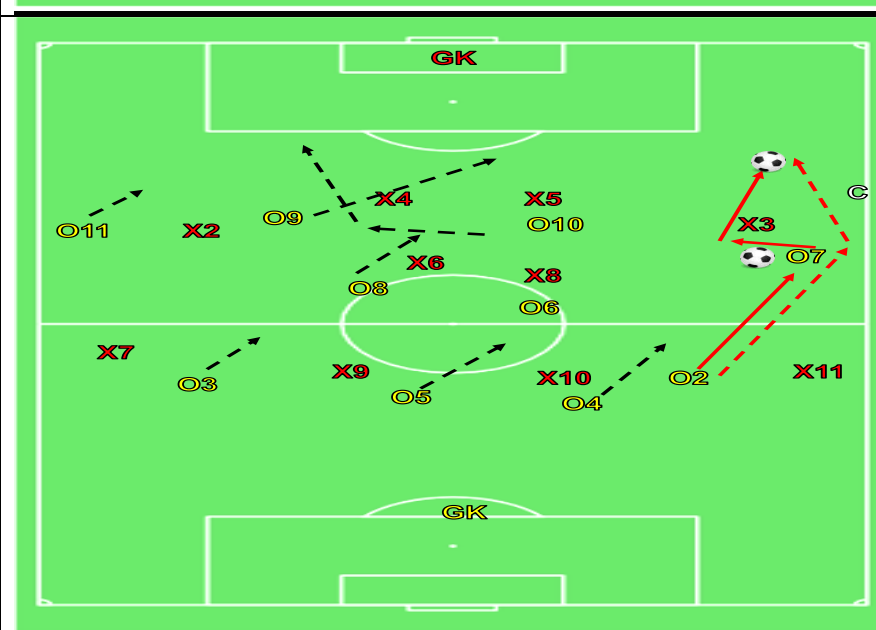
Xs 4-4-2 Defending

Start Point No1

- Xs (reds) on the attack
- Os (yellows) Narrow & Compact
- X8 Pressed by O6 forcing wide
- Ball passed to X11
- Intercepted by O2
- O2 now on the ball

Transition

- ✓ Os now have the ball
- ✓ Dispersal of Os
- ✓ Switch on



UEFA 'A' Licence Functional to Phase to 11v11 Combination Play

Session Development No 1 2v1 Overlap Vs X3

Primary Players

- O2 and O7 combine to overload X3 (2v1) with an overlapping run
- O7 takes X3 on a run inside creating space for O2

Secondary Players

- O10 offers support and pins X5 to open the space
- O9 stays high on the shoulder then completes a cross over with O10

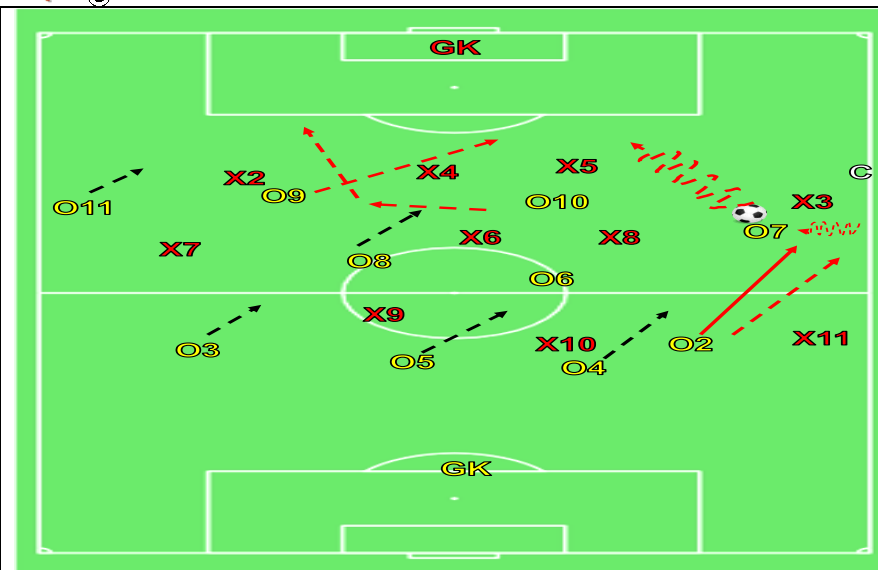
Fringe Players

- O8 support from midfield
- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. Timing of the overlapping run to overload X3 and attack the vacant space
2. End product





**UEFA 'A' Licence
Functional to Phase to 11v11
Combination Play**

Session Development No 2
Wide Player Shown Inside by X3

Situation

X3 shuts off the line from the overlapping run

Primary Players

- O7 receives from O2 with O2 supporting him
- O7 drives inside into the space between X3 and X5
- O10 pins X5 until O7 makes the run towards him

Secondary Players

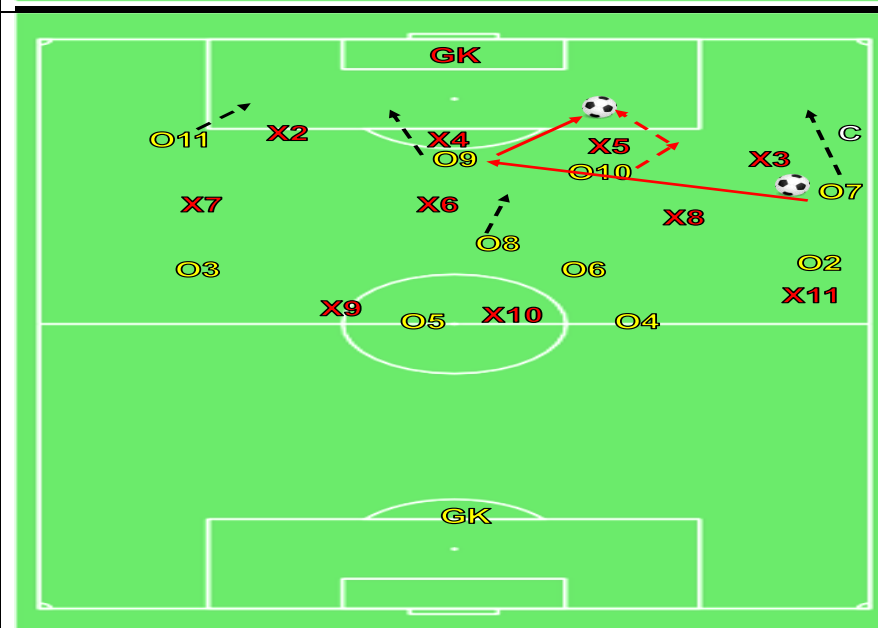
- O9 stays high on the shoulder then completes a cross over with O10

Fringe Players

- O8 support from midfield
- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. The drive inside from O7
2. End product



**UEFA 'A' Licence
Functional to Phase to 11v11
Combination Play**

Session Development No 3
Combination Play (SIDS)

Situation

O7 on the ball wide

Primary Players

- O7 passes to X10 who is pinning X5
- O10 disguises a step over and lets the ball run to O9 this is called a 'SID'
- O10 then spins off behind X5
- O9 plays a 1st time ball behind X5 for the run of X10
- O9 then spins in behind X4

Secondary Players

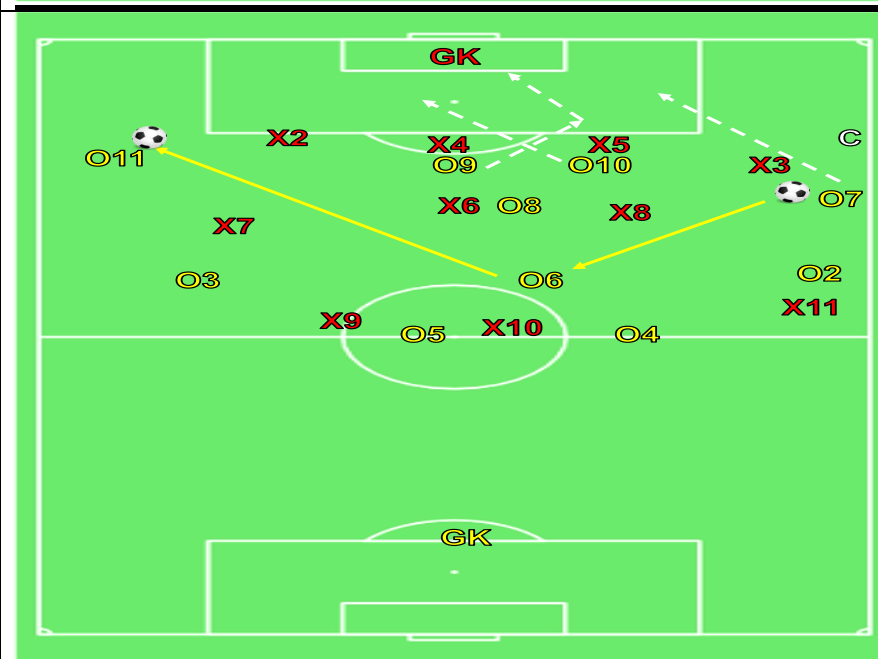
- O11 attack far post
- O8 supporting run

Fringe Players

- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. The disguised step over
2. End product



**UEFA 'A' Licence
Functional to Phase to 11v11
Combination Play**

Session Development No 4
Switch Play to Move Defence

Situation

O7 on the ball wide cant go forward

Primary Players

- O7 passes to X6 who has dropped off his marker X8
- O11 creates space wide ready to receive the pass and attack X2

Secondary Players

- O10 drives to front post area between defenders and across X5 with strong run
- O9 re shapes to far post run
- O8 late supporting run

Fringe Players

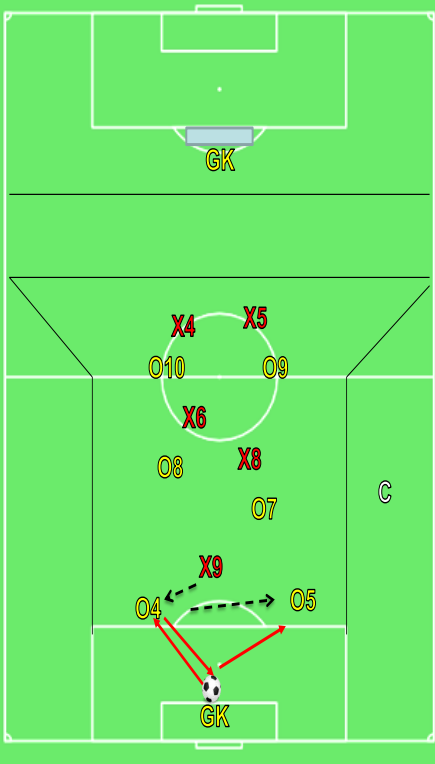
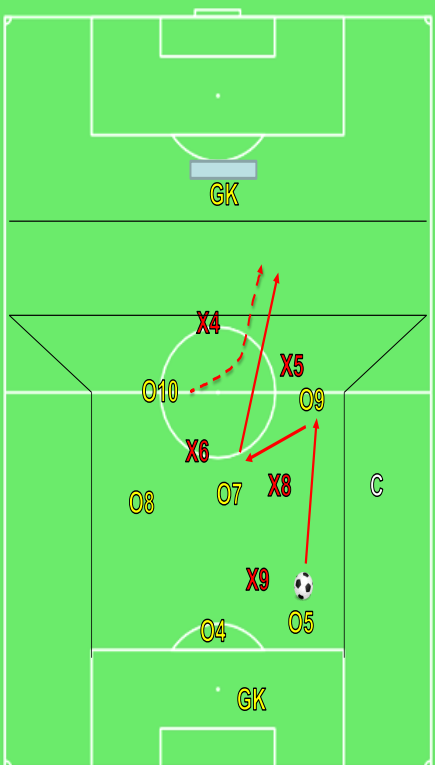
- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. The quick switch of play
2. End product





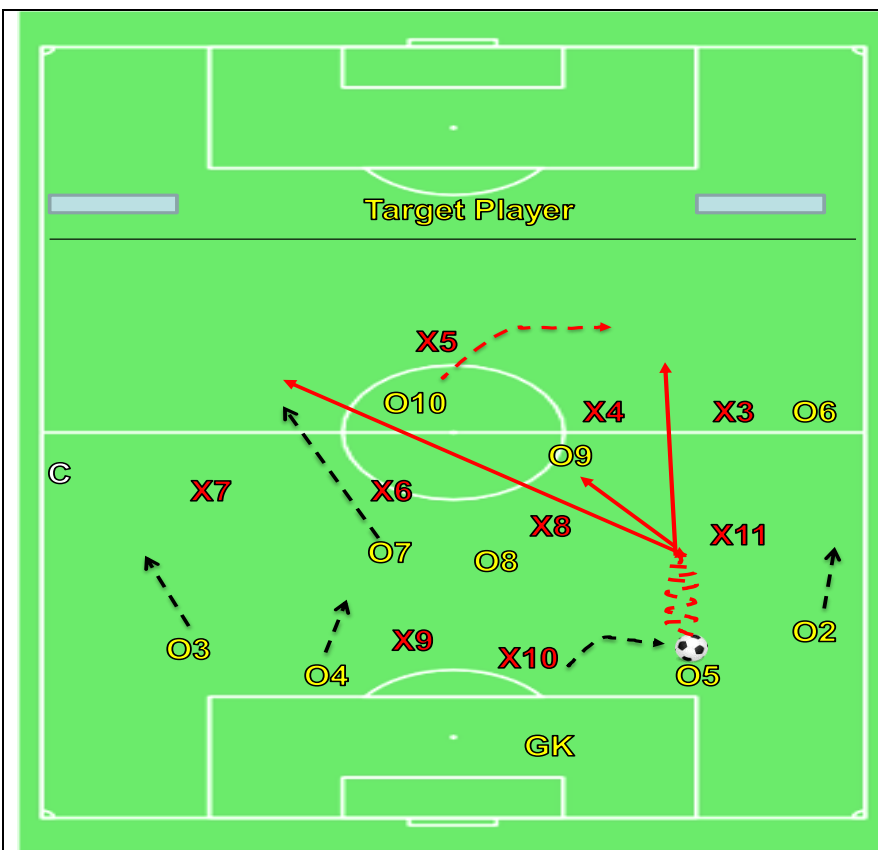
Session Title	UEFA 'A' Licence - Function to Phase to 11v11 Playing Out From the Defending Third	
Key Aspects	Game Transition, Dispersal, Creative Movement, Intelligent Passing	
	<p>UEFA 'A' Licence Functional to Phase to 11v11 Central Defenders Playing out from the Defending Third</p> <p>Function Organisation Os 2-2-2 (Coaches Team) Xs GK- 2-2-1 (Managed Team)</p> <p>Start Point No1</p> <ul style="list-style-type: none">➤ Yellow GK passes to O4➤ O4 presses by X9➤ O4 passes back to GK who then releases O5 <p>Transition</p> <ul style="list-style-type: none">➤ O5 now have the ball➤ Dispersal	<p>UEFA 'A' Licence Functional to Phase to 11v11 Central Defenders Playing out from the Defending Third</p> <p>Function Session Development No 1 Cross Over with Pass into space behind last defender</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O9 & O10 complete a cross over with O10 exploiting space behind X5➤ Pass from O5 into space for O10 <p>Secondary Players</p> <ul style="list-style-type: none">➤ O7 & O8 move to staggered midfield positions in support <p>Fringe Players</p> <ul style="list-style-type: none">➤ O4 and GK cover and balance <p>Options</p> <ul style="list-style-type: none">✓ GK moves to the edge of the box and releases to O5 or O4 in space✓ Work variations on passing to strikers <p>Primary Coaching Point Quick movement to receive the pass from the GK and execute a quality pass to the strikers run.</p>
		<p>UEFA 'A' Licence Functional to Phase to 11v11 Central Defenders Playing out from the Defending Third</p> <p>Function Session Development No 2 Drag and Drop</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O9 & O10 complete a cross over with O10 exploiting space behind X5➤ Pass from O5 into space for O10 <p>Secondary Players</p> <ul style="list-style-type: none">➤ O7 & O8 move to staggered midfield positions in support <p>Fringe Players</p> <ul style="list-style-type: none">➤ O4 and GK cover and balance <p>Options</p> <ul style="list-style-type: none">➤ GK moves to the edge of the box and releases to O5 or O4 in space <p>Primary Coaching Point Quick movement to receive the pass from the GK and execute a quality pass to the strikers run.</p>



1. Transition, play changed hands
2. Yellows quick to move to attacking options and create space ready to receive the ball
3. Quick movement to receive the pass from the GK



- ✓ Dispersal on transition
- ✓ High start position of the **GK**
- ✓ **O5** Movement to receive on the edge of the box
- ✓ Movement of **O10** to loose **X5**
- ✓ Support
- ✓ Cover and balance



UEFA 'A' Licence
Functional to Phase to 11v11
 Central Defenders Playing out from
 the Defending Third

Phase of Play Session Development No3

Primary Coaching Points

1. **O5** Movement practiced in the previous **Function** stages of the session who RWTB until engaged by **X11** or **X8**
2. 3 Options from **O5** following the passing priorities
 1. Ball into space for **O10**
 2. Ball to the feet of **O9**
 3. Switch play for the run of **O7**

Fine Detail to coach

- ✓ Dispersal of the whole team
- ✓ Movement ahead of the ball from **O10** and **O9**
- ✓ Travel with the ball from **O5**
- ✓ Support play from **O8** & **O7**
- ✓ Cover and balance behind the ball
- ✓ **End product**



UEFA 'A' Licence
Functional to Phase to 11v11
 Central Defenders Playing out from
 the Defending Third

11v11

Ball with the GK

Primary Coaching Points

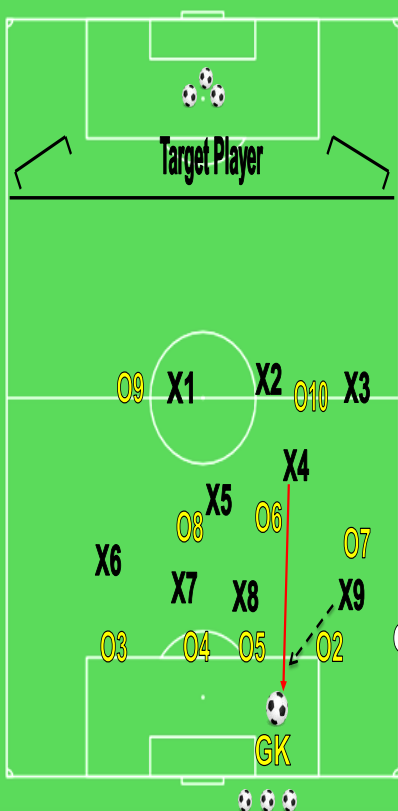
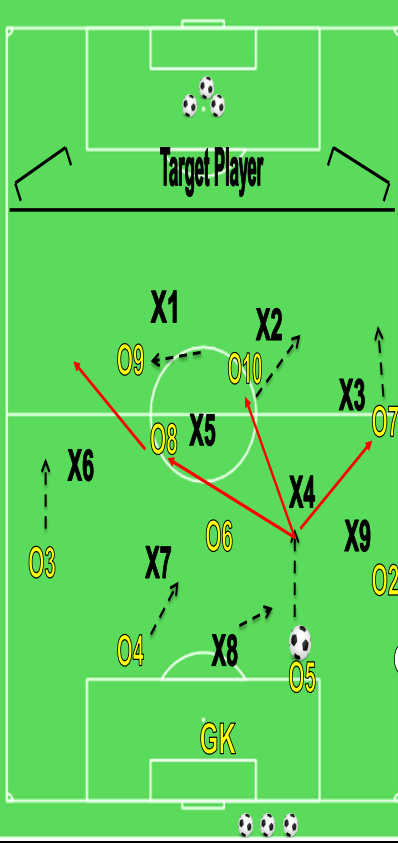
1. **Team** Movement practiced in the previous **Function** and **Phase** stages of the session to create options
2. GK initiates the attack from the edge of his own 18 yard area

Fine Detail to coach (Build the Picture and link units)

- ✓ Dispersal of the whole team
- ✓ Movement ahead of the ball from **O10** and **O9**
- ✓ Decision making from **O4**
- ✓ Support play from **O8** & **O8**
- ✓ Cover and balance behind the ball
- ✓ **End product**





Session Title	UEFA 'A' Licence - Phase of Play Playing Out From the Defending Third
Key Aspects	Game Transition, Dispersal, Creative Movement, Intelligent Passing
	<p>UEFA 'A' Licence Phase of Play Playing Out From the Defending Third</p> <p><u>Set up</u> Coaches Team O's GK-4-3-2 (10) Xs = 3-4-2 (9)</p> <p><u>Organisation</u> The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the attacking team (O's) can score by passing to the target player or RWTB in the gates</p> <p>Coaching position where you can coach the defensive unit to start with</p> <p><u>The Start Point No1</u></p> <ul style="list-style-type: none"> ➤ X4 try's to pass to X9 but over hits the pass which goes through to the keeper ➤ The game starts with the GK having the ball ➤ Or a variation on this start <p><small>PSC UK</small></p>
	<p>UEFA 'A' Licence Phase of Play Playing Out From the Defending Third</p> <p><u>Scenario No2 – GK to CH</u></p> <ul style="list-style-type: none"> ➤ When the GK has the ball, the whole team creates space ready to receive high and wide ➤ O5 on the ball pressed by X8 <p><u>Coach the Following</u></p> <p><u>Primary Players</u></p> <ul style="list-style-type: none"> ➤ O5 RWTB until engaged by X4 ➤ O5 now has 3 options ➤ Pass to O10 in the pocket ➤ Pass to O7 wide right ➤ Pass to O8 switching play <p><u>Secondary Players</u></p> <ul style="list-style-type: none"> ➤ O6 supports in midfield (Holding) <p><u>Fringe Players</u></p> <ul style="list-style-type: none"> ➤ O2 & O3 push high and wide ➤ O4 narrows to support the run of O5 <p><small>PSC UK</small></p>
	<p>UEFA 'A' Licence Phase of Play Playing Out From the Defending Third</p> <p><u>Scenario No3 – Switching Play</u></p> <ul style="list-style-type: none"> ➤ O2 on the ball pressed by X9 <p><u>Coach the Following</u></p> <p><u>Primary Players</u></p> <ul style="list-style-type: none"> ➤ O5 O4 & O3 drop off to create space for the switch of play <p><u>Secondary Players</u></p> <ul style="list-style-type: none"> ➤ O8 supports in midfield ➤ O6 holding position <p><u>Fringe Players</u></p> <ul style="list-style-type: none"> ➤ O9 & O10 create intelligent movement ahead of the ball as options for outlets after the switch of play. <p><small>PSC UK</small></p>

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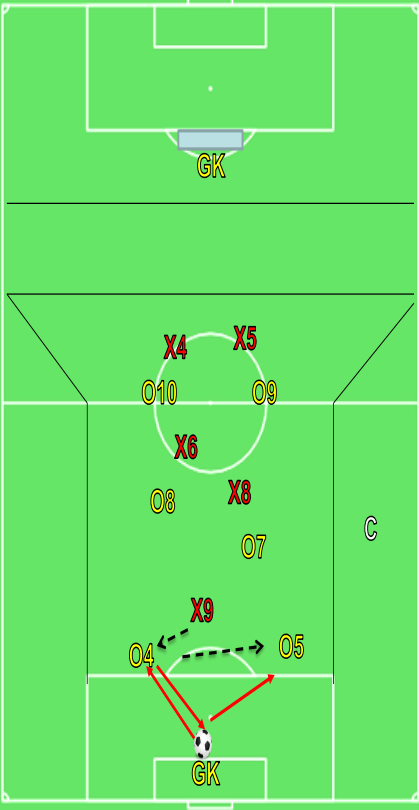
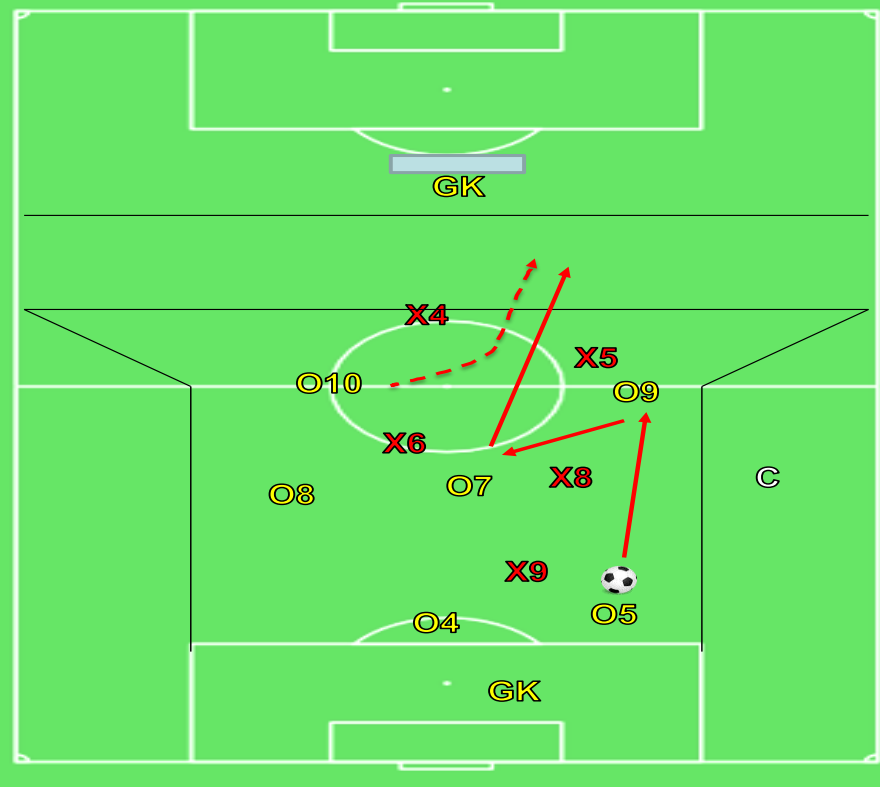
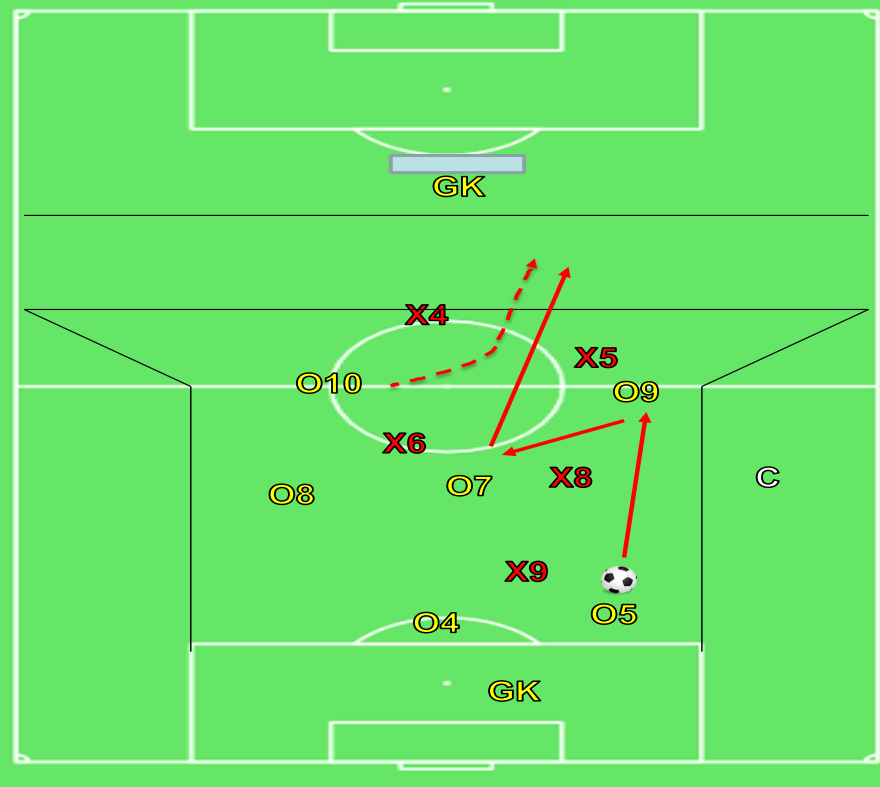


Session Title	UEFA 'A' Phase of Play - GK & Defenders Dealing With Direct Play		
Key Aspects	Game Transition, Decision Making, Communication, Defending Principles		
			UEFA 'A' LICENCE Phase of Play Dealing With Direct Play
			A Practice designed to coach a back 4 how to deal with long balls in behind them (The Long Ball Game or Direct Play)
			Set Up ➤ 2/3 of a pitch
			Coaches team ➤ Os (yellows) ➤ 10 players GK-4-4-1
			Managed Team ➤ Xs (Reds) ➤ 8 players 3-3-2 ➤ AR = Asst Ref
Start Point No1 – Reds Drop to Receive ➤ X7 Pressed by O11 passes back to X2 ➤ Xs push forwards towards half way line ➤ Objective – Reds defend and get the ball to O9 to score			Key Ball Travel ———→ Player Travel - - - -→
			UEFA 'A' LICENCE Phase of Play Dealing With Direct Play
			Scenario No1 Ball played 1 st time by X2 pressed by O9
			Primary Players ➤ O4 & O5 drop and narrow on the trigger from X2 and mark X10 and X9 ➤ GK to make decision to take the ball ?
			Secondary Players ➤ O2 & O3 drop and narrow to support
			Fringe Players ➤ O6 tracks X8 ➤ O8 tracks X6
Primary Coaching Points 1. Players react to pressure on the ball and the trigger by X2 2. O4 & O5 track and mark strikers runs 3. Timing and decision making – defend –hold –offside –GK deal			Key Ball Travel ———→ Player Travel - - - -→
			UEFA 'A' LICENCE Phase of Play Dealing With Direct Play
			Scenario No2 Lateral Movement ball in behind O3
			Primary Players ➤ O5 drops to deal with the pass from X3 to X10 in the channel ➤ X2 drops and narrows to cover O5 ➤ O4 slides to cover and tracks X8
			Secondary Players ➤ O3 drops and narrows to support O4
			Fringe Players ➤ O7 tracks X6 ➤ O8 tracks X8
Primary Coaching Points 1. Players react to pressure on the ball and the trigger by X3 2. O5 deal with the ball if he can defend it 3. Timing and decision making – defend –hold –offside			Key Ball Travel ———→ Player Travel - - - -→



Session Title	UEFA 'A' Phase of Play - GK & Defenders Dealing Crosses
Key Aspects	Game Transition, Decision Making, Organisation, Defending Principles
	<p>UEFA 'A' Licence Phase of Play GK & Defenders Dealing With Crosses</p> <p>Phase Organisation Os GK 4-3-1 (9) (Coaches Team) Xs 3-4-2 (Managed Team)</p> <p>Start Point No1 <ul style="list-style-type: none"> Os (yellows) pushing out of defence in possession O6 passes to O11 Intercepted by X2 </p> <p>Transition <ul style="list-style-type: none"> X2 now has the ball Dispersal </p>
	<p>UEFA 'A' Licence Phase of Play GK & Defenders Dealing With Crosses</p> <p>Phase Session Development No 1 Early Ball in Behind</p> <p>Primary Players <ul style="list-style-type: none"> GK in a high starting position maybe to intercept the ball X3 press the ball stop the cross </p> <p>Secondary Players (Pressure on the ball) <ul style="list-style-type: none"> O5 & O4 drop and narrow ready for the cross- Defend it O2 drop to cover far post tracks X11 </p> <p>Fringe Players <ul style="list-style-type: none"> O6 assist O3 O8 screen in front of defenders </p> <p>Primary Coaching Point Quick movement to RE SHAPE on transition ready to mark to intercept and then deal with any crosses that me be delivered from wide areas. Strong defending!!</p>
	<p>UEFA 'A' Licence Phase of Play GK & Defenders Dealing With Crosses</p> <p>Phase Session Development No 2 Low drive to the near post</p> <p>Primary Players <ul style="list-style-type: none"> GK in a strong position ready to come and catch the ball X3 press the ball stop the cross </p> <p>Secondary Players (Pressure on the ball) <ul style="list-style-type: none"> O5 & O4 drop and narrow ready for the cross- Defend it O2 drop to cover far post tracks X11 </p> <p>Fringe Players <ul style="list-style-type: none"> O6 assist O3 O8 screen in front of defenders </p> <p>Primary Coaching Point Quick movement to RE SHAPE on transition ready to mark to intercept and then deal with any crosses that me be delivered from wide areas. Strong defending!!</p>



Session Title	UEFA 'A' Function - Defenders Distribution to Strikers	
Key Aspects	Game Transition, Decision Making, Passing Priorities	
	<p>UEFA 'A' Licence 11 v 11 Functional or Skill Practice</p> <p>Central Defenders Passing to Strikers</p> <p>Organisation Os 2-2-2 (Coaches Team)</p> <p>Xs GK-2-2-1 (Managed Team)</p> <p>Start Point No1</p> <ul style="list-style-type: none">➤ Yellow GK passes to O4➤ O4 presses by X9➤ O4 passes back to GK who then releases O5 <p>Transition</p> <ul style="list-style-type: none">➤ O5 now have the ball➤ Dispersal	
	<p>UEFA 'A' Licence 11 v 11 Functional or Skill Practice</p> <p>Central Defenders Passing to Strikers</p> <p>Session Development No 1 Cross Over with Pass into space behind last defender</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O9 & O10 complete a cross over with O10 exploiting space behind X5➤ Pass from O5 into space for O10 <p>Secondary Players O7 & O8 move to staggered midfield positions in support</p> <p>Fringe Players O4 and GK cover and balance</p> <p>Options</p> <ul style="list-style-type: none">✓ GK moves to the edge of the box and releases to O5 or O4 in space✓ Work variations on passing to strikers <p>Primary Coaching Point</p> <ul style="list-style-type: none">✓ Quick movement to receive the pass from the GK and execute a quality pass to the strikers run.	
	<p>UEFA 'A' Licence 11 v 11 Functional or Skill Practice</p> <p>Central Defenders Passing to Strikers</p> <p>Session Development No 2 Drag and Drop</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O9 & O10 complete a cross over with O10 exploiting space behind X5➤ Pass from O5 into space for O10 <p>Secondary Players O7 & O8 move to staggered midfield positions in support</p> <p>Fringe Players O4 and GK cover and balance</p> <p>Options</p> <ul style="list-style-type: none">✓ GK moves to the edge of the box and releases to O6 or O4 in space <p>Primary Coaching Point</p> <ul style="list-style-type: none">✓ Quick movement to receive the pass from the GK and execute a quality pass to the strikers run.	





UEFA 'A' LICENCE
Functional Practice
Central Midfield Players

Practice No2
Rotation in Midfield

Primary Players

- **O8** shows for the pass from **O5** Holds and protects the ball.
- **O8** sets **O6** who dropped to support behind the ball
- **O8** then spins to support the strikers
- **O6** receives the pass and then passes into the run of **O9** in the channel and then rotates to the holding role to support the movement of **O8**

Secondary Players

- Movement of Strikers

Fringe Players

- Support and balance behind the ball



UEFA 'A' LICENCE
Functional Practice
Central Midfield Players

Practice No3
Third Man Running

Primary Players

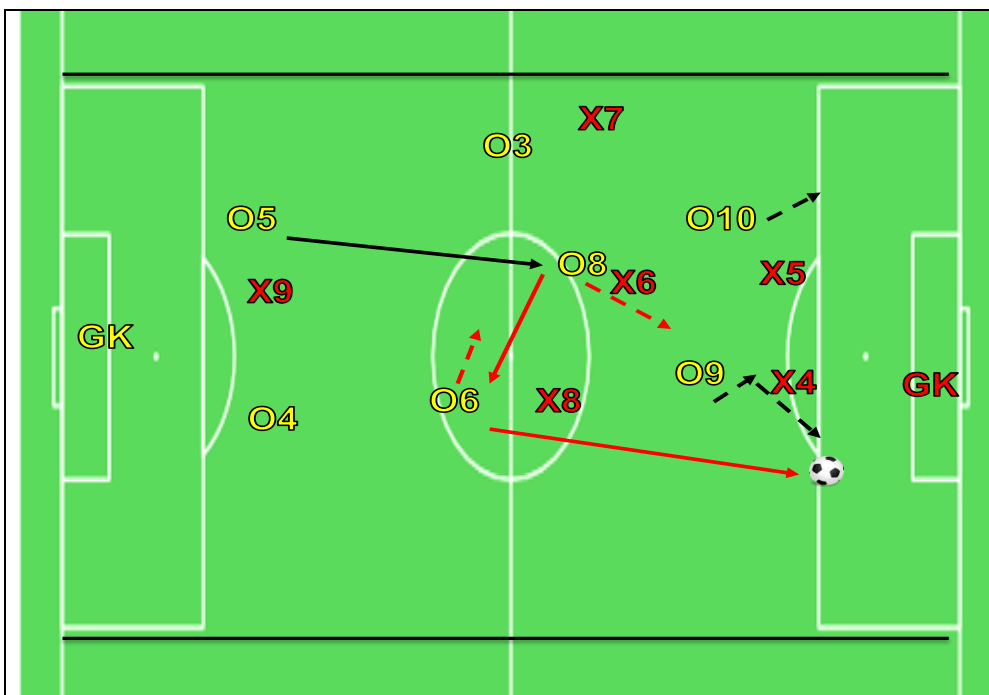
- **O9** shows for the pass from **O4** splitting the 2 central defenders
- **O9** sets **O6** who dropped to support behind the ball
- **O8** then spins to run into space between central defenders
- **O6** passes to **O8** on the move (3rd Runner)

Secondary Players

- Movement of Strikers

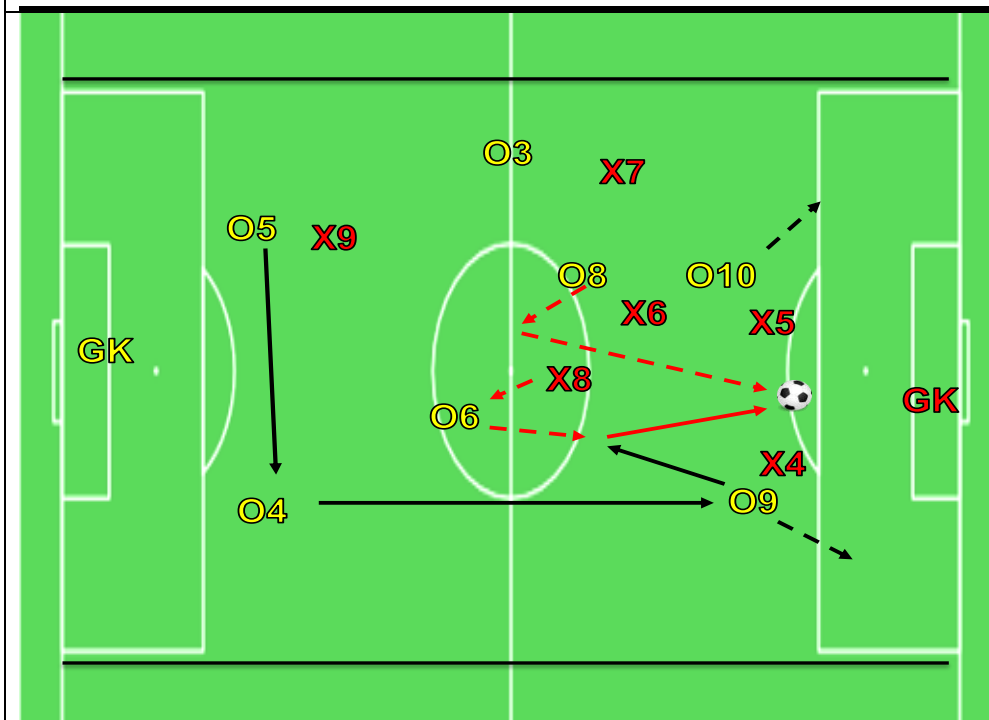
Fringe Players

- Support and balance behind the ball



Primary Coaching Points

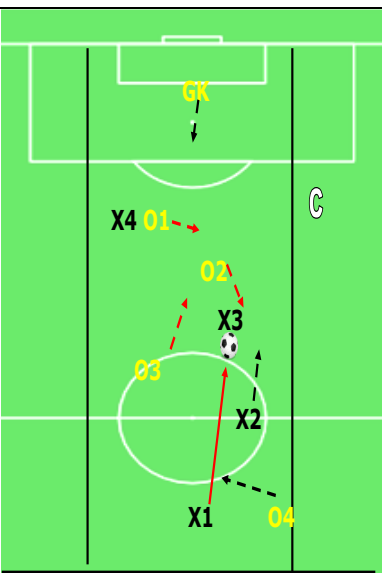
1. Movement to create space and receive in midfield
2. Supporting runs ahead and behind the ball
3. Decisive passing
4. Comfortable rotation of positions in midfield



Primary Coaching Points

1. Movement to create space and receive in midfield
2. Supporting runs ahead and behind the ball
3. Decisive timing and passing
4. Awareness of the space to exploit with a 3rd runner



Session Title	UEFA 'A' Function - 2 Central Defenders How to Defend Correctly	
Key Aspects	Decision Making, Support Play & Communication	
 <p>Target Player</p> <p>Path of the player</p> <p>Path of the ball</p>	<p>FUNCTION TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS</p> <p><u>Set up</u></p> <p>Defending Os GK- 2 - 2 - T (=5)</p> <p>Attacking Xs T - 2 - 2 (=5)</p> <p><u>Organisation</u></p> <ul style="list-style-type: none"> ➤ The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the defending team can score by passing to the target player. ➤ Area coned off to work on central areas. ➤ Set up in middle third ➤ Coaching position where you can coach the defensive unit ➤ Use offside for realism <p><u>The Start Point No1</u></p> <ul style="list-style-type: none"> ➤ O3 try's to pass to O4 but X1 intercepts. ➤ X1 immediately try's to pass in behind advancing defenders ➤ Or a variation on this start <p>PSC UK</p>	<p>FUNCTION TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS</p> <p><u>Scenario No1</u> Ball over the top to Exploit Space</p> <ul style="list-style-type: none"> ➤ X1 executes pass over the top of O1 as quickly as possible away from the GK into space. ➤ All X's push for attack <p><u>Coach the Following</u></p> <p>Primary Players</p> <ol style="list-style-type: none"> 1. O1 & O2 squeeze until play changes hands 2. On execution of the pass from X1, then O1 & O2 drop and narrow towards goal O1 attempts to head clear, or tackle/pass out of defence 3. Timing/teamwork for offside runs 4. Good communication between O1 & O2 and the GK. <p>Secondary Players</p> <ol style="list-style-type: none"> 1. O3 recover to support 2. O4 pressure the pass 3. Can the GK come for the ball? <p>PSC UK</p>
 <p>Target Player</p> <p>Path of the player</p> <p>Path of the ball</p>	<p>FUNCTION TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS</p> <p><u>Scenario No2</u> Ball into Strikers feet X3</p> <ul style="list-style-type: none"> ➤ Same start point as scenario No1 ➤ X1 executes pass into feet of X3 as possible ➤ All X's push for attack <p><u>Coach the Following</u></p> <p>Primary Player</p> <ul style="list-style-type: none"> ➤ O2 presses on the outside shoulder to eliminate the run outside ➤ O1 adjusts cover and balance to support O2 but tracks X4 ➤ Communication and timing vital. <p>Secondary Players</p> <ul style="list-style-type: none"> ➤ O3 moves to a supporting position ➤ O4 pressures the pass <p>Fringe Player</p> <ul style="list-style-type: none"> ✓ Can the GK help? <p>PSC UK</p>	<p>FUNCTION TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS</p> <p><u>Scenario/Picture No3</u> Striker pulls wide off the shoulder</p> <ul style="list-style-type: none"> ➤ Same start point as scenario No1 but higher in the attacking 1/3 ➤ X1 executes pass into feet of X2 as possible ➤ X2 passes to X4 who has dropped off to receive and drag O1. <p><u>Coach the Following</u></p> <p>Primary Player</p> <ol style="list-style-type: none"> 1. O1 presses the ball outside. 2. O2 adjusts cover and balance to support O1 but tracks X3 3. Communication and timing vital. <p>Secondary Player</p> <ul style="list-style-type: none"> ➤ O3 tracks X2 <p>Fringe Player</p> <ol style="list-style-type: none"> 1. O4 pressures the pass 2. Can the GK help? <p>PSC UK</p>



Session Title	UEFA 'A' 11v11 - Intelligent Runs off the Ball
Key Aspects	Dispersal, Decision Making, Support Play & Timing of Runs
	<p>UEFA 'A' Licence Information Handbook 11 v 11 Runs Off the Ball</p> <p>Organisation Os 4-4-2 (Coaches Team) Xs 4-4-2 Defending</p> <p>Start Point No1 > Xs (reds) on the attack > Os (yellows) Narrow & Compact > X8 Pressed by O6 forcing wide > Ball passed to X11 > Intercepted by O2 > O2 now on the ball</p> <p>Transition ✓ Os now have the ball ✓ Dispersal</p>
	<p>UEFA 'A' Licence Information Handbook 11 v 11 Runs Off the Ball</p> <p>Session Development No 1 2v1 Overlap Vs X3</p> <p>Primary Players O2 and O7 combine to overload X3 (2v1) with an overlapping run</p> <p>Secondary Players > O10 offers support and pins X5</p> <p>Options 1. 2v1 Overlap against X3 2. Bounce pass off O10 in behind X3</p> <p>Fringe Players > O9 & O11 Move high on the shoulders of the defenders > O8 support from midfield > O6 holding role > Defenders move out & support</p> <p>Primary Coaching Point 1. Timing of the overlapping run to overload X3 and attack the vacant space 2. End product</p>
	<p>UEFA 'A' Licence Information Handbook 11 v 11 Runs Off the Ball</p> <p>Session Development No2 End Product</p> <p>Primary Players O10 & O9 Combine to complete a cross over to attack near and far posts</p> <p>Secondary Players > O11 attacks the far post</p> <p>Fringe Players > O7 & O8 supporting runs from deep > O6 holding role > Defenders move out & support</p> <p>Primary Coaching Point 1. Fine detail of the cross and timing of the movement to attack the ball 2. End product 3. Supporting runs 4. Lock the box</p>



**UEFA 'A' Licence
Information Handbook
11 v 11 Runs Off the Ball**

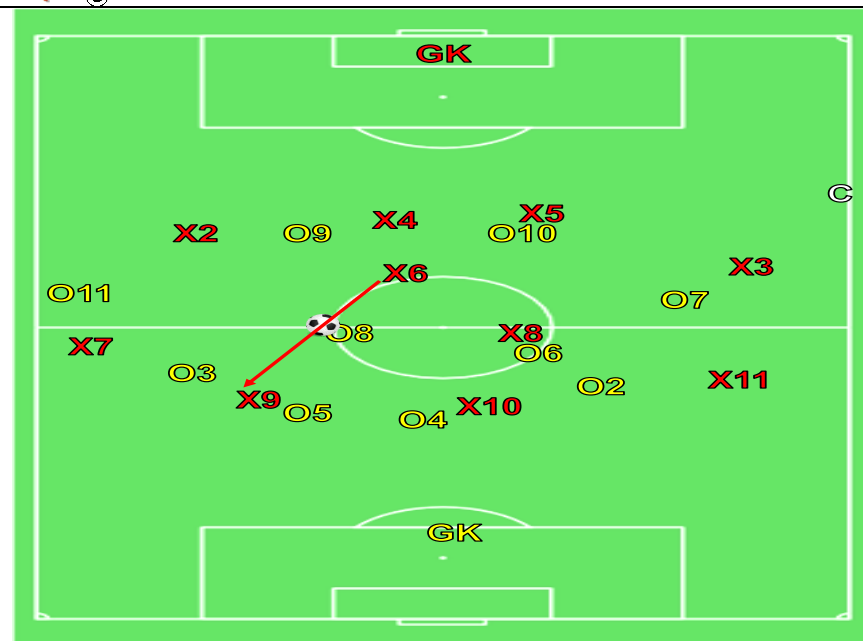
**Session Development No3
Runs From Deep Positions**

Start Point

- X6 in possession
- Misplaced pass to X9 run
- O8 intercepts
- Ball now with O8

Transition

- Dispersal
- Create and exploit



**UEFA 'A' Licence
Information Handbook
11 v 11 Runs Off the Ball**

**Session Development No3
Runs From Deep Positions**

Primary Players

- O11 Holds and drags X2 towards him, creating for O3
- O3 runs from deep exploiting the space behind X2

Secondary Players

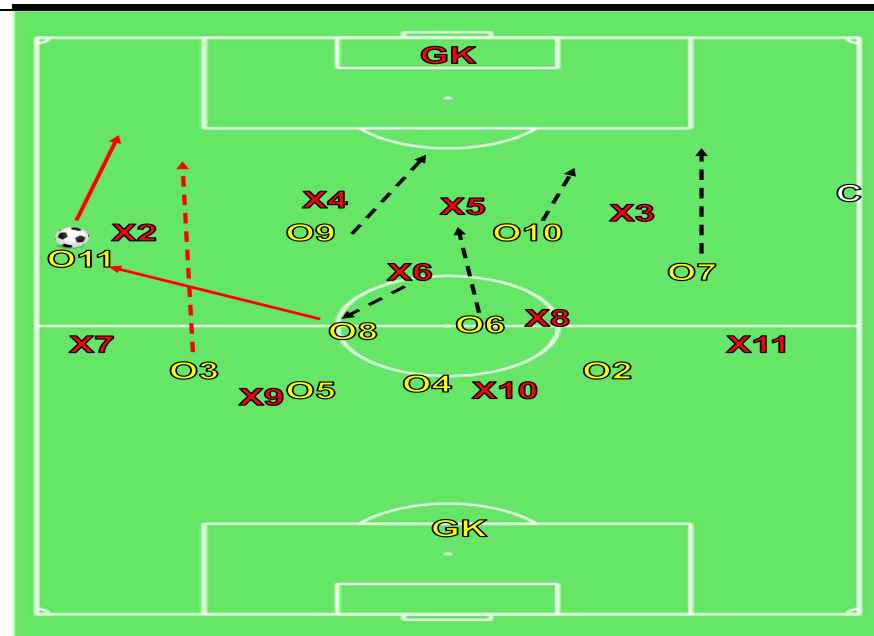
- O9 & O10 movement to attack the incoming cross

Fringe Players

- O7 supporting run wide
- O6 supporting run from deep
- O8 Holding role
- Defenders move out & support

Primary Coaching Point

1. The hold from O11
2. Timing of the run from O3
3. End product
4. **Lock the box**



**UEFA 'A' Licence
Information Handbook
11 v 11 Runs Off the Ball**

**Session Development No 4
Early Runs From Wide Positions
Start –No3 – O8 Intercepts**

Primary Players

- O11 pulls off the shoulder of X2 ready to exploit him
- Movement of O9 & O10 to open the channel ball option
- Quick and decisive pass from O8 behind X2
- Quick movement from O11

Secondary Players

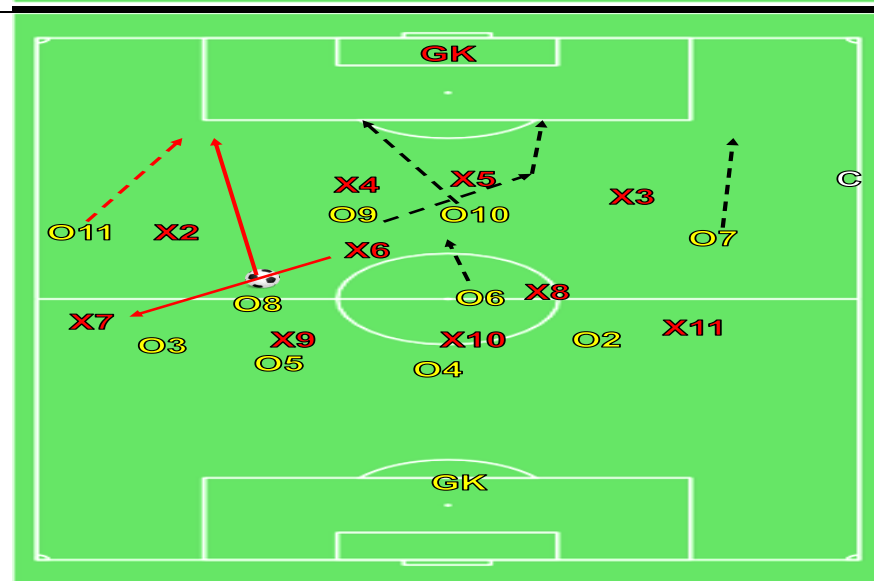
- O9 & O10 movement to attack the incoming cross

Fringe Players

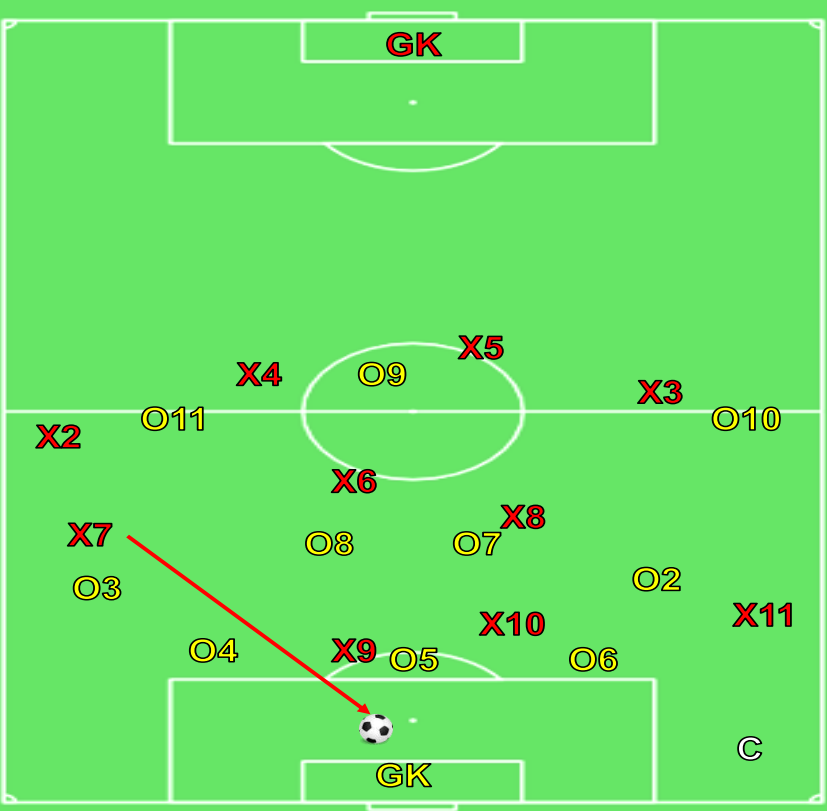
- O7 supporting run wide
- O6 supporting run from deep
- O8 Holding role
- Defenders move out & support

Primary Coaching Point

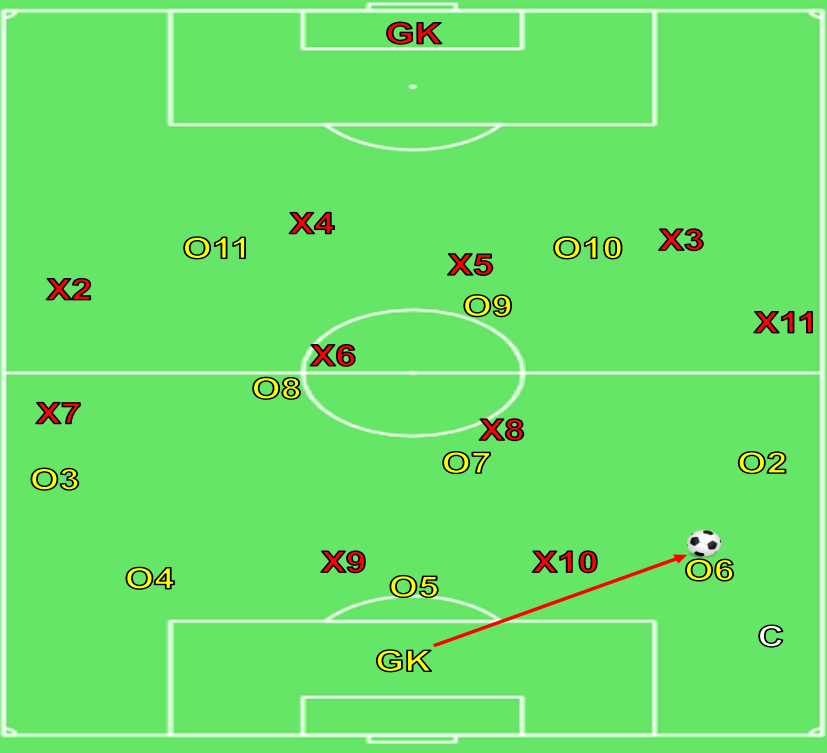
1. The pass from O8
2. Timing of the run from O11
3. End product
4. **Lock the box**



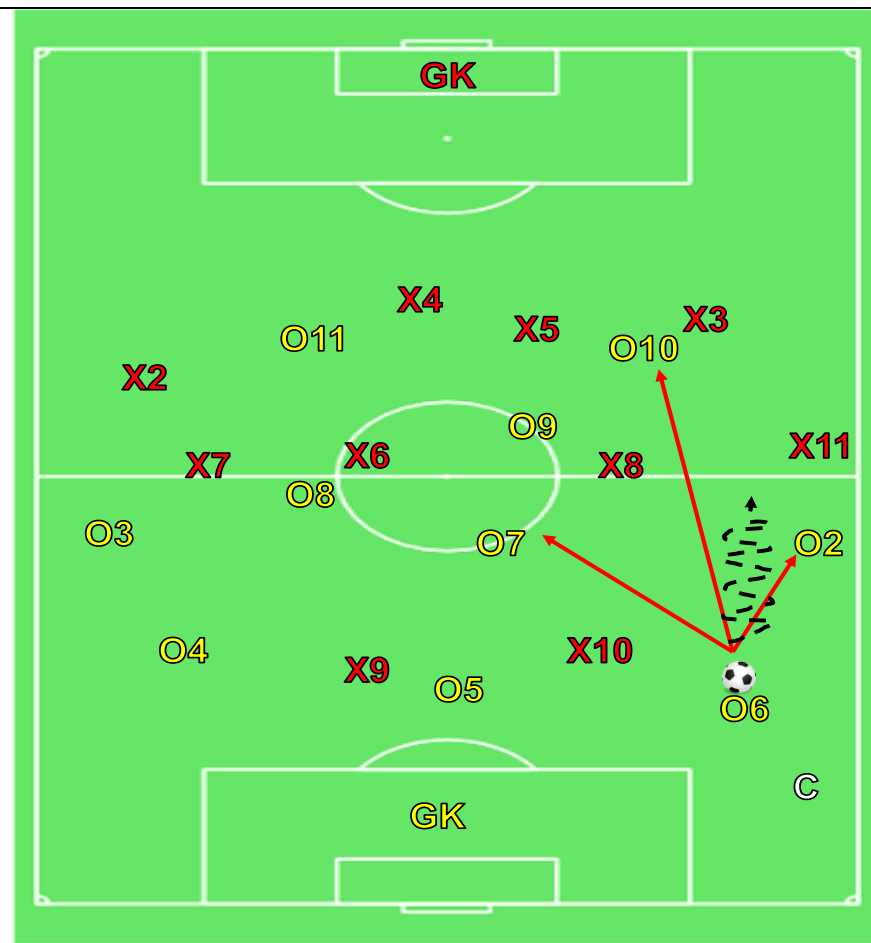


Session Title	UEFA 'A' 11v11 - Three Central Defenders Playing Out from the Back
Key Aspects	Dispersal, Decision Making, Support Play & Passing Priorities
	
<p>UEFA 'A' Licence 11 v 11 Three Central Defenders Playing Out from the Back</p> <p>Organisation</p> <ul style="list-style-type: none">➤ Os 3-4-3 (Coaches Team) with a holding midfield player➤ Xs 4-4-2 (Managed Team) <p>Start Point No1</p> <ul style="list-style-type: none">➤ Xs (reds) on the attack➤ Os (yellows) Narrow & Compact➤ X7 Pressed by O3 to pass➤ Over hits the pass towards X9 with the ball going through to the keeper➤ Yellow GK now on the ball <p>Transition</p> <ul style="list-style-type: none">➤ Os now have the ball➤ Dispersal	

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<p>UEFA 'A' Licence 11 v 11 Three Central Defenders Playing Out from the Back</p> <p>Session Development No 1 Team Dispersal on Control of the Ball</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O4 & O6 move to high and wide positions ready to receive <p>Secondary Players</p> <ul style="list-style-type: none">➤ O2 & O3 move to high wide positions creating space➤ O7 & O8 move to staggered midfield positions <p>Fringe Players</p> <ul style="list-style-type: none">➤ O10 & O11 Move high on the shoulders of the defenders➤ O9 in the pocket (Zone 14) <p>Options</p> <p>GK moves to the edge of the box and releases to O6 or O4 an space</p> <p>Primary Coaching Point</p> <ul style="list-style-type: none">✓ GK quick movement to end of box to create platform for movement of back three defenders	

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**UEFA 'A' Licence 11 v 11
Three Central Defenders
Playing Out from the Back**

Session Development No 2

O6 on the Ball

Primary Players

- O10 moves to a position high on the shoulder of the last defender ready to receive from O6

Secondary Players

- O7 moves into midfield to offer support and possibly switch play or RWTB
- O2 Drops wide to affect X11

Fringe Players

- O4 & O5 move out of defence ensuring cover and balance

Options

1. Pass forward
2. RWTB

Primary Coaching Points

- ✓ Decision making from O6
- ✓ Movement ahead of the ball to create to receive the pass from O6



**UEFA 'A' Licence 11 v 11
Three Central Defenders
Playing Out from the Back**

Session Development No 3

O5 on the ball working
Through Midfield

Primary Players

- O7 drops into a deep position to receive from O5 who is being pressed
- O8 & O9 move wide to create space in midfield for O7 to RWTB

Secondary Players

O10 & O11 move to high positions on the shoulder of the last defender

Fringe Players

- O2 & O3 high supporting positions
- O6 & O4 close the door cover and balance

Options

1. Pass forward
2. RWTB until engaged then end product

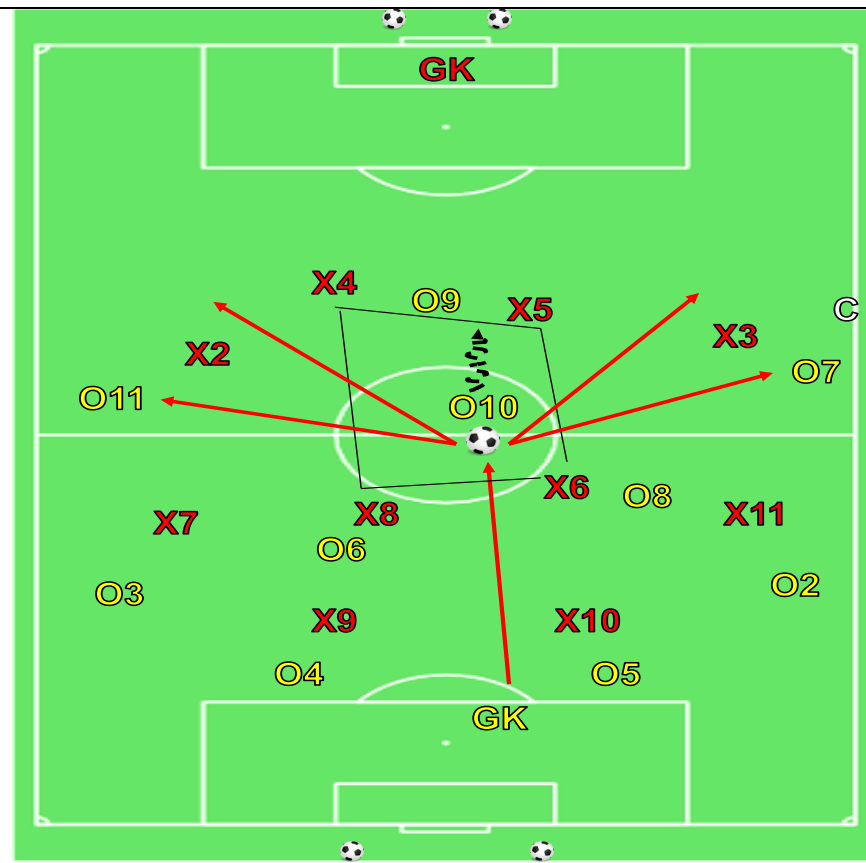
Primary Coaching Points

- ✓ Decision making from O7
- ✓ Movement ahead of the ball to create to receive the pass from O5





Session Title	UEFA 'A' 11v11 - The Shadow Striker	
Key Aspects	Movement to Receive, Decision Making, Passing Priorities & End Product	
<div data-bbox="135 280 997 1086"> <h3 style="text-align: center;"><u>Areas to Consider</u></h3> <p><u>Collectives</u></p> <ul style="list-style-type: none"> ✓ Ball with our GK ✓ Ball with our midfield players ✓ Ball with our wide players ✓ Ball with our Centre Forward <p><u>Key Factors</u></p> <ul style="list-style-type: none"> ✓ Positioning of Shadow Striker ✓ Goalkeeper Catch and Counter Fast and flat at the shadow striker ✓ Receiving Skills ✓ Release Skills ✓ Movement to interchange ✓ Link to others ✓ Dribble and Drive Pick up the pieces <p><u>Associated Factors</u></p> <ol style="list-style-type: none"> 1. Midfield open the windows of opportunity, movement 2. away/towards to open windows 3. Shadow Striker Play 4. On receiving turn run with it or release </div>		<div data-bbox="1029 257 1524 896"> <p>UEFA 'A' Licence 11 v 11 The Shadow Striker</p> <p><u>Practice Priorities</u></p> <ol style="list-style-type: none"> 1. Team Dispersal 2. Unit dispersal and position (shape) 3. GK Scan & decision making 4. GK delivery and support 5. Receiving skills 6. Decision making of player in possession 7. Movement, rotation of players 8. Link play or combination play in the final third 9. End product </div>
<div data-bbox="135 1153 997 2027"> </div>		<div data-bbox="1029 1153 1524 1960"> <p>UEFA 'A' Licence 11 v 11 The Shadow Striker</p> <p><u>Organisation</u></p> <p>Os 4-4-2 (Coaches Team) Xs 4-4-2 (Managed Team)</p> <p><u>Start Point No1</u> <u>Catch & Counter</u></p> <ul style="list-style-type: none"> • Xs (reds) on the attack • Os (yellows) Narrow & Compact • X7 Pressed by O3 to pass • Over hits the pass towards X9 with the ball going through to the keeper • Yellow GK now on the ball <p><u>Transition</u></p> <ul style="list-style-type: none"> ➢ Os now have the ball ➢ Dispersal (create and exploit space) </div>



UEFA 'A' Licence 11 v 11 The Shadow Striker

Session Development No1 Receive Hold & Link Play Wide

Primary Players

- GK moves to release point on the edge of the penalty area
- O9 stays high but O10 drops into the Pocket to receive hold & turn

Secondary Players

- O11 & O7 move to high positions on the shoulder of the last defenders

Fringe Players

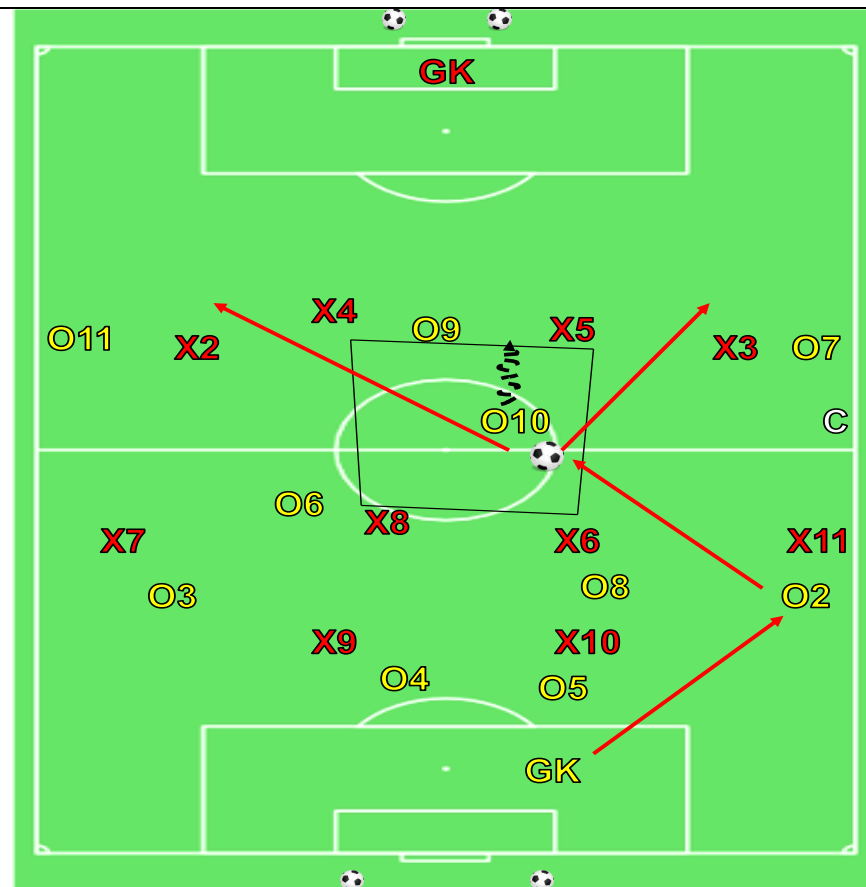
- O6 & O8 high supporting positions
- Back 4 defenders move out and support behind the ball

Options for O10

1. Pass forward to feet or space
2. RWTB until engaged then end product

Primary Coaching Points

- ✓ Release from GK
- ✓ Movement of O10
- ✓ Receiving skills O10
- ✓ Movement of attackers to exploit space with end product



UEFA 'A' Licence 11 v 11 The Shadow Striker

Session Development No2 Central Option closed

Primary Players

- O2 creates space to receive
- O8 drops to open the window for O10
- O9 stays high but O10 drops into the Pocket to receive hold & turn

Secondary Players

- O11 & O7 move to high positions on the shoulder of the last defenders

Fringe Players

- O6 moves to advanced supporting position to support strikers
- Back 4 defenders move out and support behind the ball

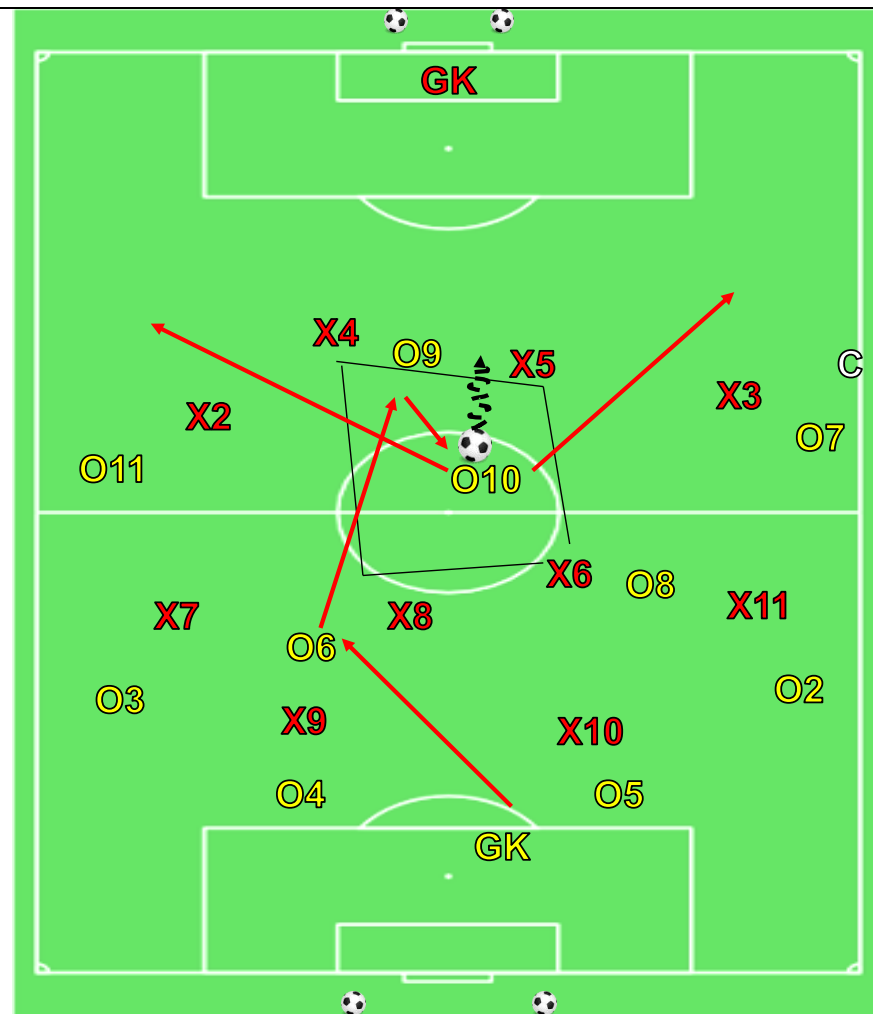
Options for O10

1. Pass forward to feet or space
2. RWTB until engaged then end product

Primary Coaching Points

- ✓ Creating space of O2
- ✓ Movement of O10
- ✓ Receiving skills O10
- ✓ Movement of attackers to exploit space with end product





UEFA 'A' Licence 11 v 11 The Shadow Striker

Session Development No3 Combination Play

Primary Players

- **O6** creates space in midfield to receive from **GK**
- **O9** stays high to receive from **O6**
- **O10** drops into the Pocket to receive and link play

Secondary Players

O11 & O7 move to high positions on the shoulder of the last defenders

Fringe Players

- **O8** high supporting position
- **O6** holding position
- Back 4 defenders move out and support behind the ball

Options for O10

1. Pass forward to feet or space
2. RWTB until engaged then end product

Primary Coaching Points

- ✓ Movement of **O6**
- ✓ Receiving & holding skills **O9**

UEFA 'A' Licence 11 v 11
Defending Ready to Counter
Attack Quickly

Session Development No1
Exploit Space Early

Scenario
 Xs will drop and narrow on game transition so its imperative that Os counter Quickly

Primary Players (O9 & O10)

- **O10** Drops into the pocket as an option (Zone 14)
- **O9** Exploits the Space behind **X5**
- **O10** Makes and runs blind side
- **O2** Passes into space

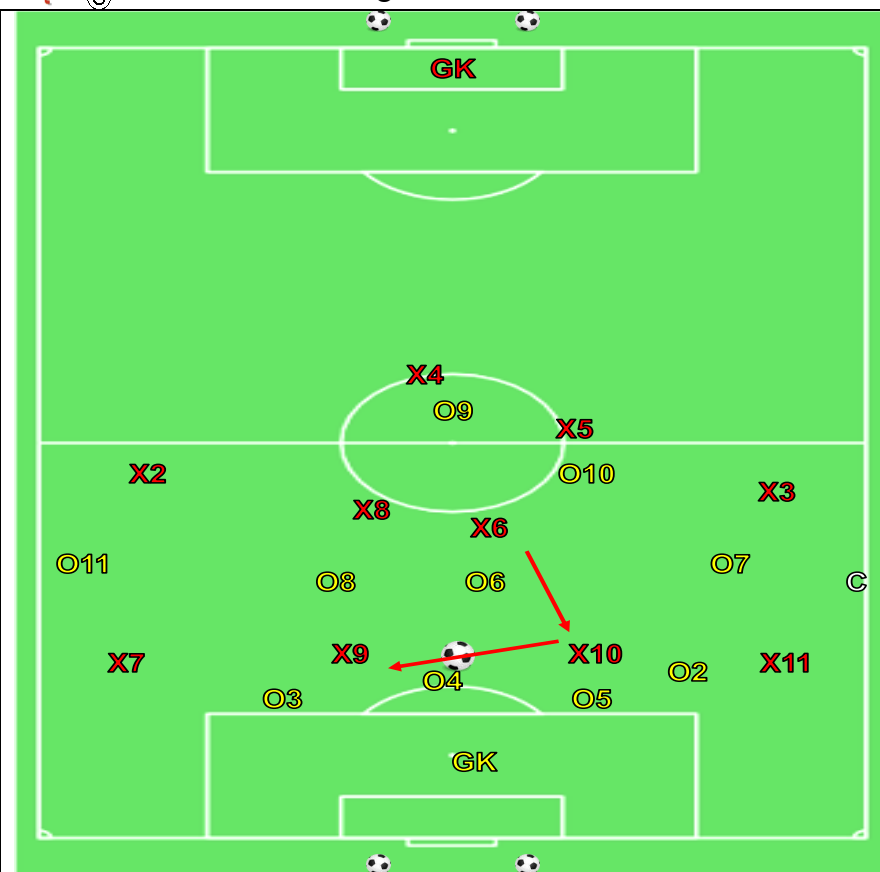
Secondary Players

- **O11 & O7** move to high positions on the shoulder of the last defenders and attack space in wide areas

Fringe Players

- **O8** high supporting position
- **O6** Holding role
- Back 4 defenders move out and support behind the ball

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**UEFA 'A' Licence 11 v 11
Defending Ready to Counter
Attack Quickly**

Session Development No2

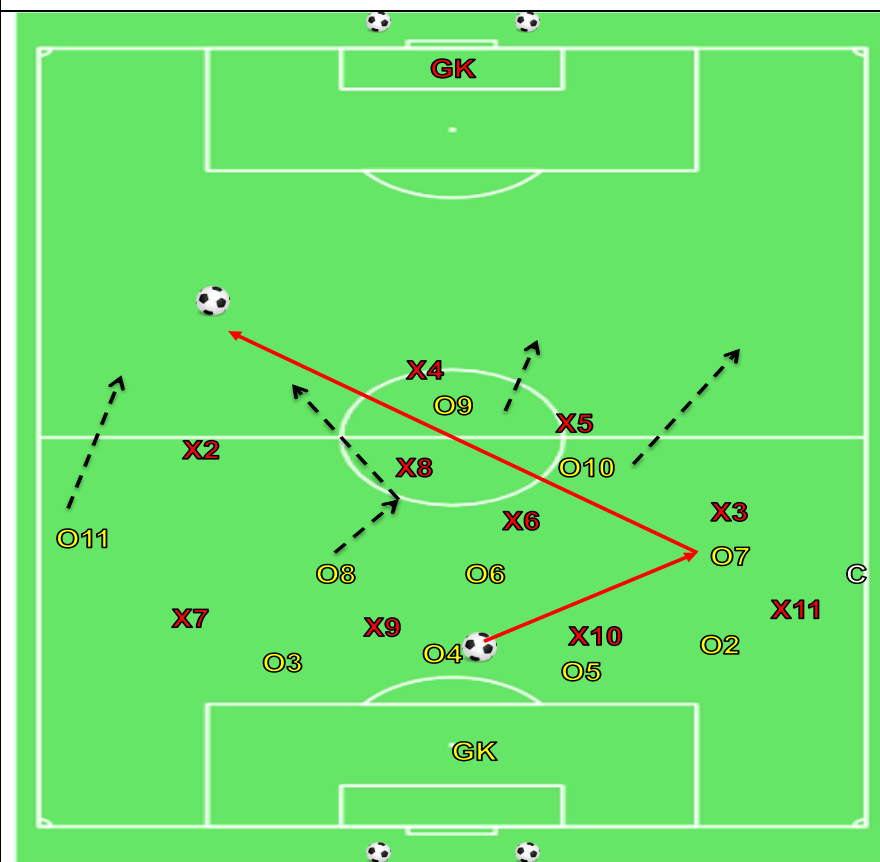
Exploit Space Early by
Switching Play

Scenario

1. Xs on the attack
2. **X6** passes to **X10** who is marked tight by **O5**
3. **X10** passes round the corner to **X9**
4. **O4** intercepts on the edge of the box and moves forward

Transition

X5 are high in the attacking third with space in behind



**UEFA 'A' Licence 11 v 11
Defending Ready to Counter
Attack Quickly**

Session Development No3

Exploit Space Early by
Switching Play

Primary Players (O9 & O10)

- Both strikers show to take defenders away to one side of the pitch suggesting counter attack right side
- **O8 & O11** make decisive runs in behind **X2**
- **O7** plays reverse diagonal pass to exploit space behind **X2**

Secondary Players

- **O8** supports the attack from deep position

Fringe Players

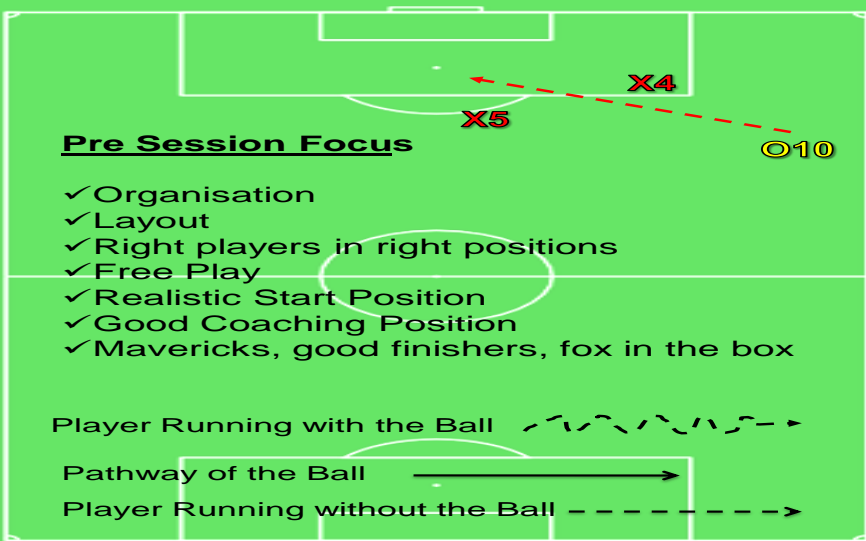
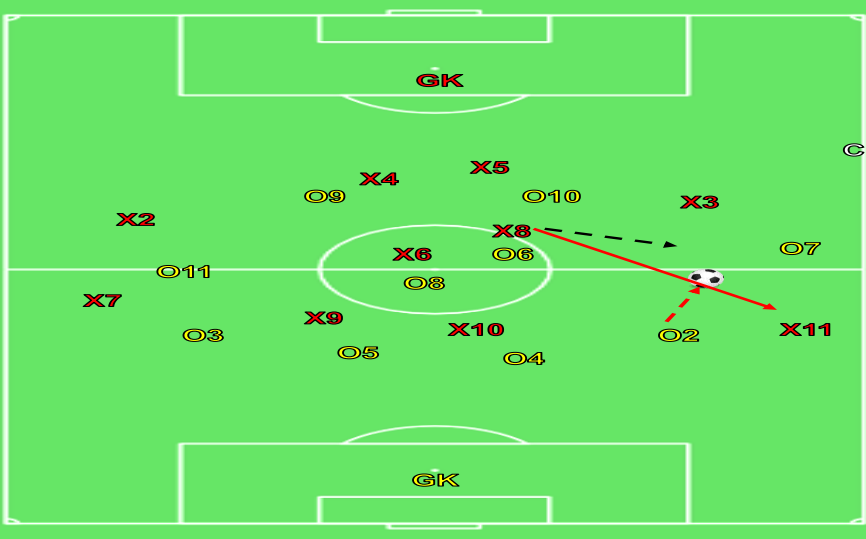
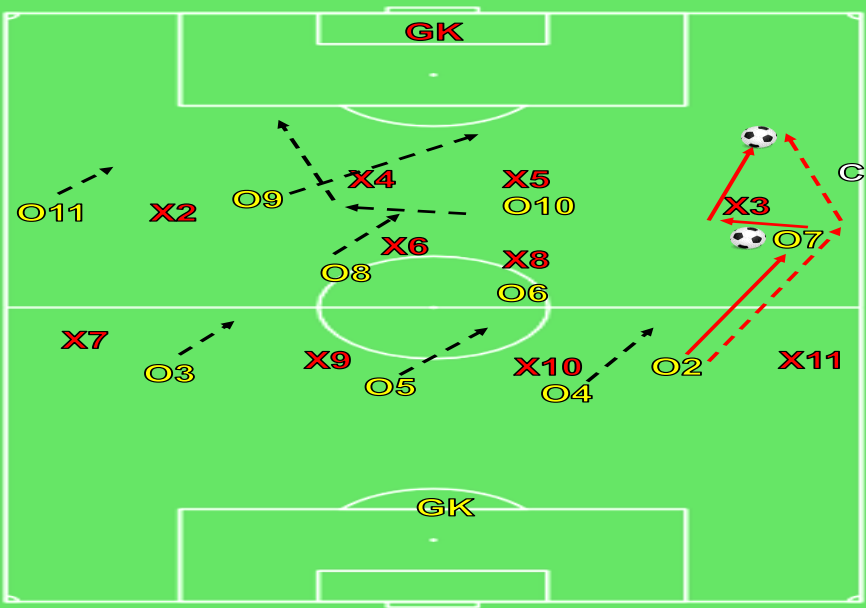
- Back 4 defenders move out and support behind the ball

Coaching Points

- ✓ Disguised runs away from one side of the pitch to open the other side
- ✓ Speed of movement and passing





Session Title	UEFA 'A' 11v11 - Building Attacks from Wide Areas		
Key Aspects	Approach Play, Passing Priorities, Good Delivery with End Product		
		<p>UEFA 'A' Licence 11 v 11 Attacks From Wide Areas</p> <div>Intelligent Movement and Combination Play in the Middle and Attacking Third</div> <div>Designed to promote decisive and deceptive movement to create and exploit space.</div>	
		<p>UEFA 'A' Licence 11 v 11 Attacks From Wide Areas</p> <p>Organisation Os 4-4-2 (Coaches Team) Xs 4-4-2 Defending</p> <p>Start Point No1</p> <ul style="list-style-type: none">➤ Xs (reds) on the attack➤ Os (yellows) Narrow & Compact➤ X8 Pressed by O6 forcing wide➤ Ball passed to X11➤ Intercepted by O2➤ O2 now on the ball <p>Transition</p> <ul style="list-style-type: none">✓ Os now have the ball✓ Dispersal of Os✓ Switch on	
		<p>UEFA 'A' Licence 11 v 11 Attacks From Wide Areas</p> <p>Session Development No 1 2v1 Overlap Vs X3</p> <p>Primary Players</p> <ul style="list-style-type: none">➤ O2 and O7 combine to overload X3 (2v1) with an overlapping run➤ O7 takes X3 on a run inside creating space for O2 <p>Secondary Players</p> <ul style="list-style-type: none">➤ O10 offers support and pins X5 to open the space➤ O9 stays high on the shoulder then completes a cross over with O10 <p>Fringe Players</p> <ul style="list-style-type: none">➤ O8 support from midfield➤ O6 holding role➤ Defenders move out & support <p>Primary Coaching Point</p> <ol style="list-style-type: none">1. Timing of the overlapping run to overload X3 and attack the vacant space2. End product	



UEFA 'A' Licence

11 v 11

Attacks From Wide Areas

Session Development No 2

Wide Player Shown Inside by X3

Situation

X3 shuts off the line from the overlapping run

Primary Players

- O7 receives from O2 with O2 supporting him
- O7 drives inside into the space between X3 and X5
- O10 pins X5 until O7 makes the run towards him

Secondary Players

- O9 stays high on the shoulder then completes a cross over with O10

Fringe Players

- O8 support from midfield
- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. The drive inside from O7
2. End product

UEFA 'A' Licence

11 v 11

Attacks From Wide Areas

Session Development No 3

Combination Play (SIDS)

Situation

O7 on the ball wide

Primary Players

- O7 passes to X10 who is pinning X5
- O10 disguises a step over and lets the ball run to O9 this is called a 'SID'
- O10 then spins off behind X5
- O9 plays a 1st time ball behind X5 for the run of X10
- O9 then spins in behind X4

Secondary Players

- O11 attack far post
- O8 supporting run

Fringe Players

- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. The disguised step over
2. End product



UEFA 'A' Licence

11 v 11

Attacks From Wide Areas

Session Development No4 Switch Play to Move Defence

Situation

O7 on the ball wide cant go forward

Primary Players

- O7 passes to X6 who has dropped off his marker 8
- O11 creates space wide ready to receive the pass and attack X2

Secondary Players

- O10 drives to front post area between defenders and across X5 with strong run
- O9 re shapes to far post run
- O8 late supporting run

Fringe Players

- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. The quick switch of play
2. End product

UEFA 'A' Licence

11 v 11

Attacks From Wide Areas

Session Development No5 Runs From Deep Positions

Primary Players

- O11 Holds and drags X2 towards him, creating for O3
- O3 runs from deep exploiting the space behind X2

Secondary Players

- O9 & O10 movement to attack the incoming cross

Fringe Players

- O7 supporting run wide
- O6 supporting run from deep
- O8 Holding role
- Defenders move out & support

Primary Coaching Point

1. The hold from O11
2. Timing of the run from O3
3. End product
4. **Lock the box**



Session Title	UEFA 'A' Skills Practices – Defending Set Plays
Key Aspects	Organisation, Roles and Responsibilities

Ensure players understand their position, role and responsibilities

- ✓ Where Position of players, body shape in relation where the ball is
- ✓ How To attack and dominate key areas of responsibility
- ✓ Why To dominate the key areas in the prime target area
- ✓ Role Thorough understanding of their responsibilities

Collectives

- ✓ PTA Responsibilities
- ✓ Overload back post
- ✓ Near Post Flick
- ✓ Counter Attack

Considerations

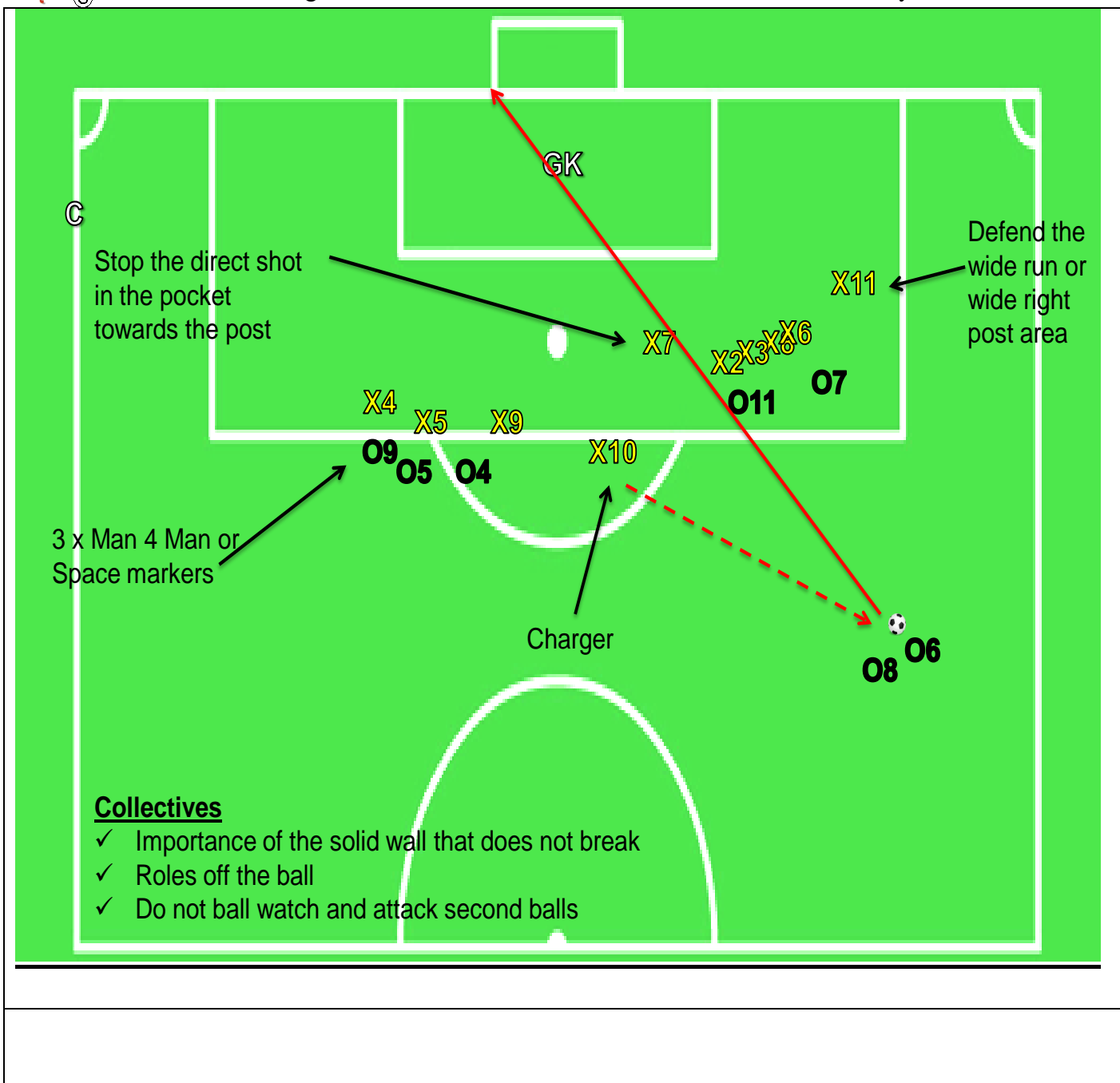
- Type of Delivery Position of the ball
- In swinger Angle to the goal
- Outswinger Distance
- Straight
- Attack the ball & Secondary Defenders
- Clearance and Push
- Counter Attack Security
- (Cover and Balance)
- Adjustment of feet and body easier

Advantages

- ✓ Compactness of key and critical areas
- ✓ Organisation and space no obvious space AND Reduces reactive movement
- ✓ Allows players to react to the ball and not movement WITH composure is more likely
- ✓ Defenders more time to see the ball when wide of centre and possible re adjustment on secondary positions

Possibilities for your team

- ✓ Counter attack from Gk possession
- ✓ Apply all of the considerations and Mental Qualities to achieve the advantages of Zonal Defensive Play





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REMEMBER

Primary

Secondary

Fringe

Fine Detail

Sound Tactical Decisions

Good Coaching Process