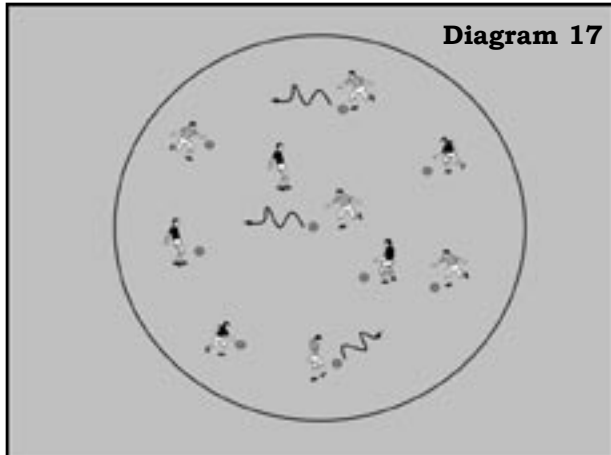


Real Madrid

This article was contributed by Miles Glynn, assistant DOC for Indiana State Youth Soccer and FC Pride coach. He, along with Indiana coaches Pete Kapsalis, Mike Sanich, Todd Murphy and Brent Paulson had the unique experience of observing Real Madrid train at the National Federation's Training Center in suburban Madrid. The players took the field at 11:00am minus Raul, Salgado and Casillas, who each had International duty the night before. Otherwise, the squad was intact with Zidane, Beckham and Roberto Carlos leading the array of world class stars. Manager Carlos Quiroz led the session. SESSION PROVIDED BY www.worldclasscoaching.com



Warm-Up

The players loosen up by dribbling inside the center circle. Each player:

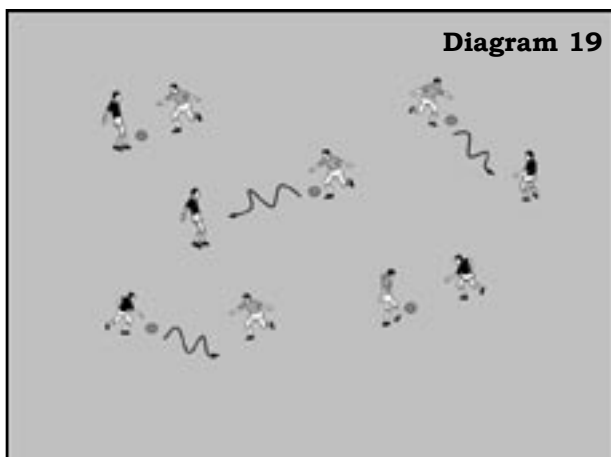
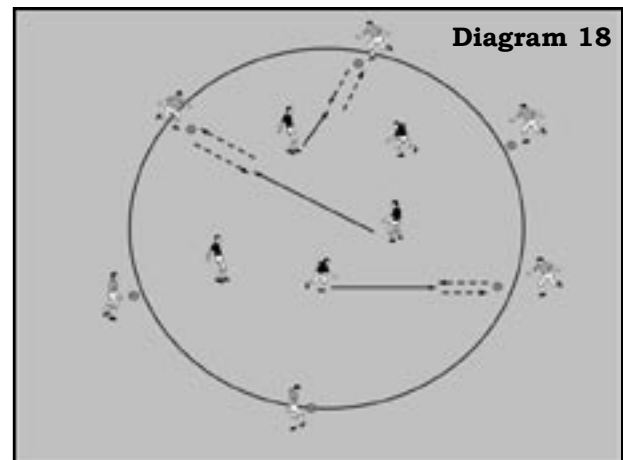
- Rolls the ball on the ground with alternating hands, standing upright and bending over with each roll
- Tosses the ball over their head from behind their backs and catches it in front while on a jog
- Lifts the ball off the ground in different ways and controls it with various surfaces, all while moving
- Progresses to a short game of marbles in which they tried to knock each other's ball out of the circle by using their own ball

Continuation

Players stand around the center circle with a ball each, the middle players checked to the servers, and:

- Play a one-touch pass on the ground back from the server, while performing high knees and butt kicks in between checks to the ball
- Control tossed balls and returning it to the server in two touches
- Check toward, then allow the ball to run between their legs, then turn to control it quickly before returning the pass
- Check to a ball which is tossed over their head, then return it

Before receiving a tossed ball, the players look over their shoulder to see their surroundings before dealing with the ball.



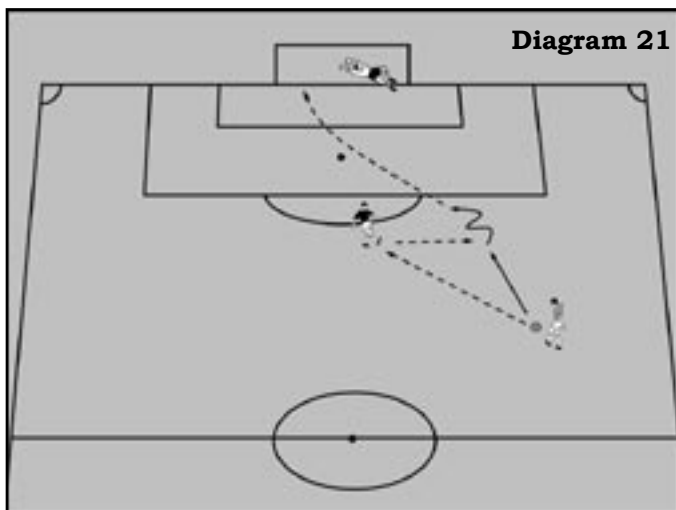
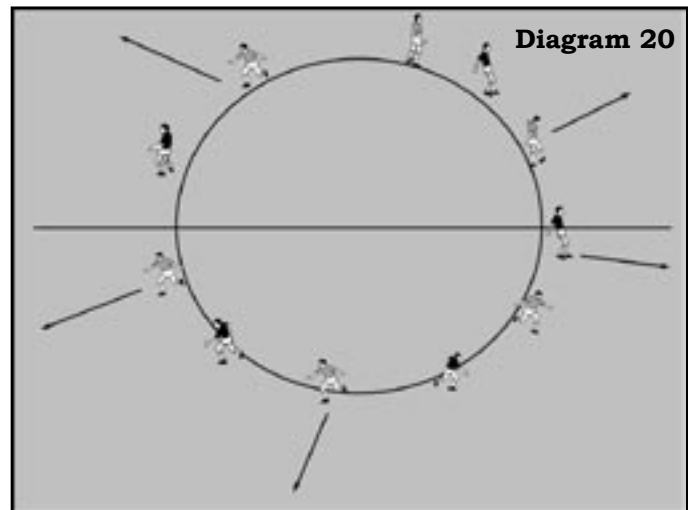
1 v 1

In pairs, and in open space, one player shields to keep possession for a time determined by the coach. They then do some dribbling, performing moves to reach the other side of their defender and switch roles with a change of possession. During this time the coach hands out pinnies so that teams are ready for the rest of the session.

Real Madrid

Dynamic Stretching

With the balls set aside, all the players are positioned around the outside of the center circle facing outward. On the coach's command, they sprint away from the circle for 15-20 yards and perform a dynamic stretch at their own pace on their way back to the circle. This is repeated for several minutes.

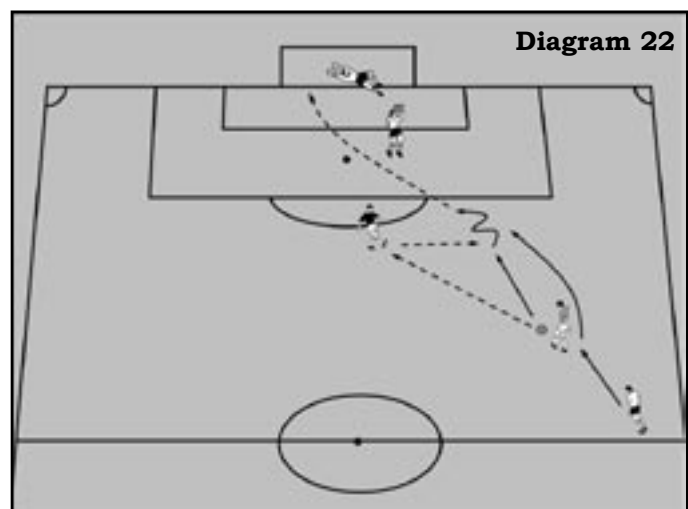


First Activity

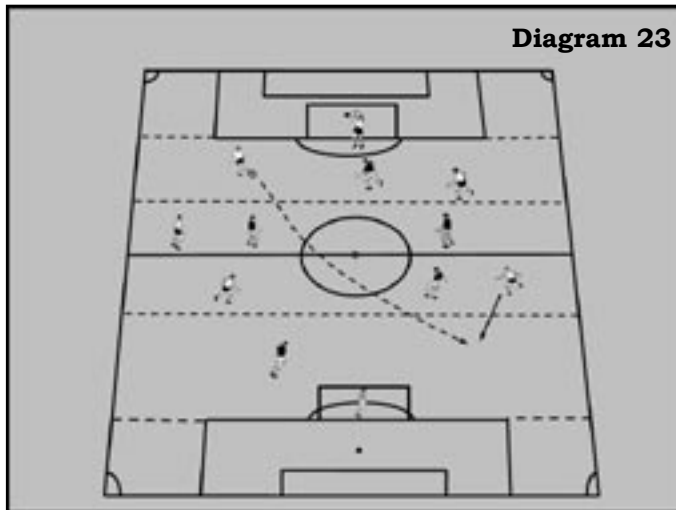
Play 1 v 1 with the goalkeeper to goal. Starting wide out, and about 35-yards from goal, the player receives a 'give-and-go' from Coach Quiroz and proceeds toward the goal to finish. The skill level is high and they usually make Sanchez, Spain's No.2 goalkeeper, look foolish with their pace and placement.

Progression

After several minutes, a pressuring defender is added who starts about eight yards behind. In goal now stood two goalkeepers, one about 6-8 yards from his goal line, and one just a couple of yards off the line. A couple of times Zidane holds the ball up just so he could beat all three players. If the player beats the first goalkeeper, he then has to shoot to beat the second goalkeeper.



Real Madrid



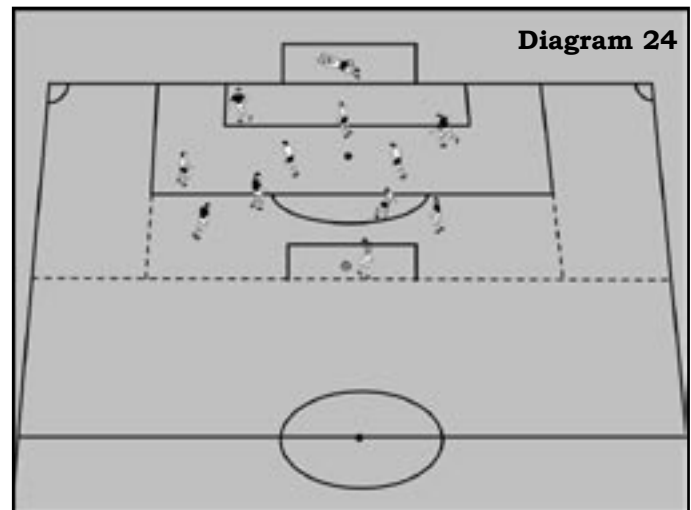
Second Activity

Play 5 v 5 to goals set on the 18-yard lines. The focus is on possessing the ball in the defensive or middle third and releasing a player on the far weak side of the area (switching play). This is Beckham's forte and he sends ball after ball, floated, driven and skimming diagonally into the runners' path with precision. Coach Quiroz stops play several times to highlight the necessity to get numbers around the ball and to clear space for the weak side run to be made.

Final Activity

Play 5 v 5 to goal with the goals on the goal line and just outside the top of the "D". Because the goals are just 25 yards apart, the players enjoy a lively game in which they are always well within shooting range. Beckham and Zidane are on opposing sides and are the natural catalysts in the game, with Zidane again finding impossible angles and working through tight spaces, and Beckham sending scorching shots into the upper 90's, seemingly at will.

The game begins with unlimited touches and ends with a one-touch restriction.



To solve the problem of congestion in the middle of such a confined space, Quiroz makes three points:

- 1) He asks the players to receive the ball in a position that allows them to lay one-touch passes to various options.
- 2) He asks that the ball is driven across the face of the goal.
- 3) He asks that the ball is played early toward the attacking end line and is then cut back for attacking runs.

Warm Down

The players jog for several minutes and then perform a static stretching routine in unison to end the session.