

**PSV EINDHOVEN - YOUTH TEAM**  
**TRAINING SESSIONS.**

**GED SEARSON.**

## **P.S.V EINDHOVEN - SENIOR YOUTH TEAM (A1) TRAINING SESSION.**

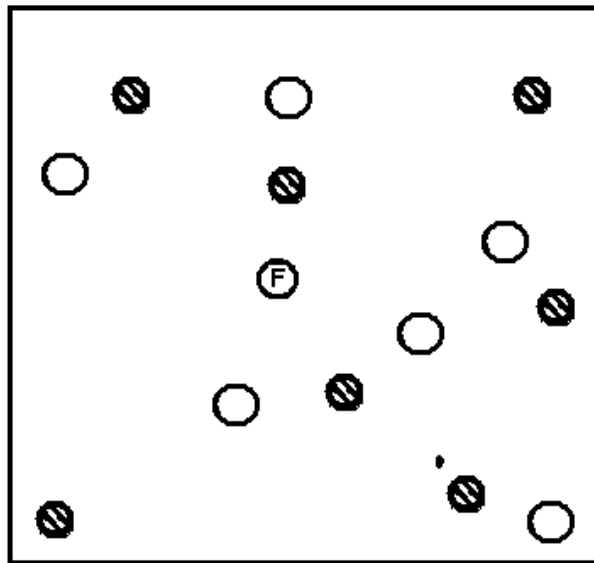
**SESSION - Friday the 13th of November 1998. Session started at 4:00.**

**WARM-UP** - Players jogging across a full-sized pitch from touch-line to touch-line.

The jogging was mixed with the players performing stretching exercises.

### **HAND BALL – ‘KEEP BALL’. - 7 v 7 PLUS ONE FLOATER.**

**AREA** - 15 X 15 yards.



This was a Warm-up game to get the players moving and get the heart rate up.

The players were put into two teams of seven with one 'floater' who played with the team in possession of the ball.

The players were not allowed to run with the ball, but they were allowed to turn around on the spot with the ball.

**COACHING POINTS** - The game was all about retaining possession of the ball, with the players moving the ball quickly and creating good receiving angles, and getting the players into the 'pass and move' action.

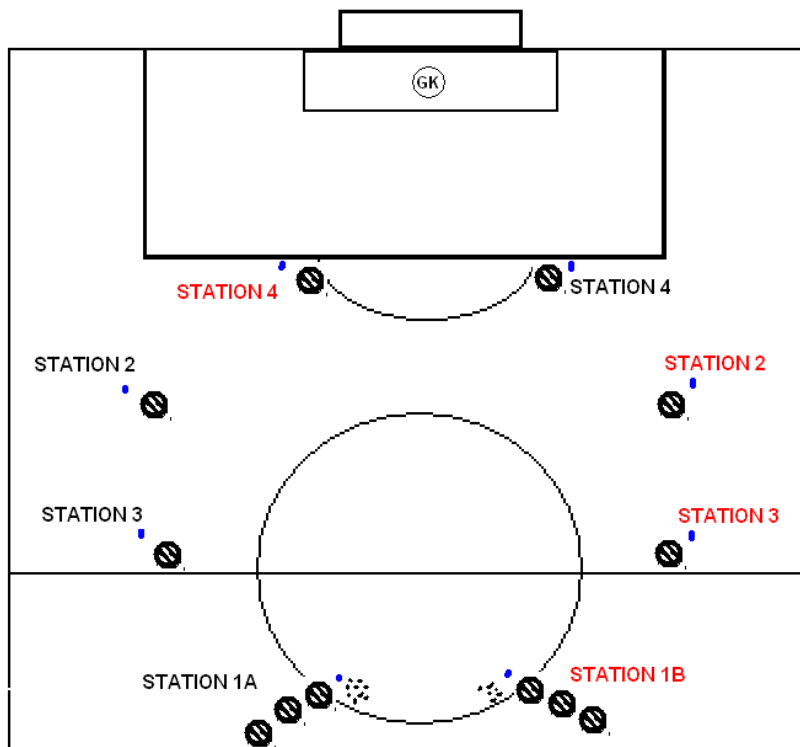
**DEVELOPMENT** - Players were not allowed to dwell on the ball once they had caught the ball, the players had to throw the ball the second they caught the ball, as if they were playing one touch passing football.

**COACHING POINT** - As the players could not catch the ball and turn with the ball, looking for a team-mate to throw the ball to, the players had to have 'awareness'. The players had to receive the ball with an open body, and play the way they were facing. The players had to know where they were going to throw the ball before they received the ball.

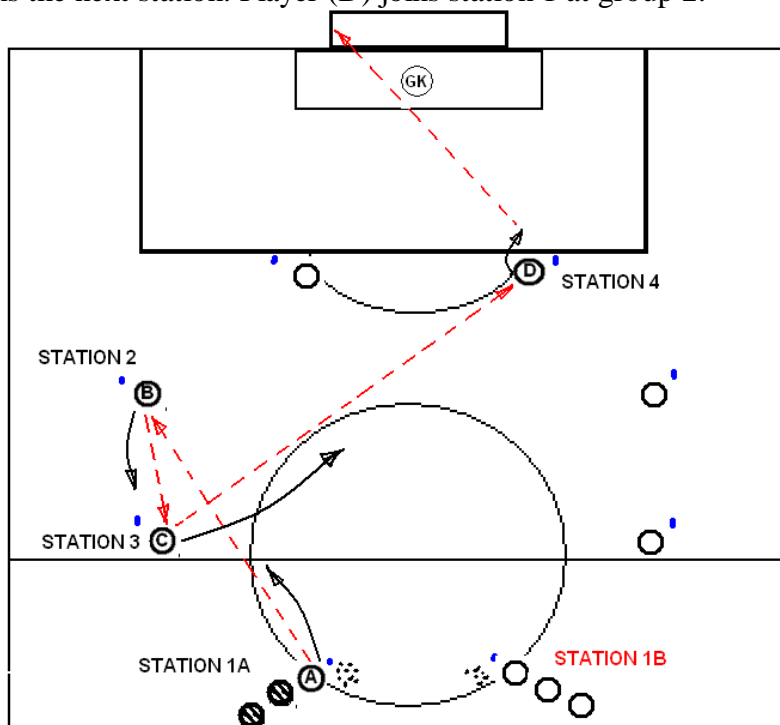
## PASS AND ROTATE - ONE TOUCH PASSING AND FINISHING WITH A SHOT AT GOAL.

8 Stations, One player at all stations and with three players station 1A and station 1B, with a supply of balls at both of these stations.

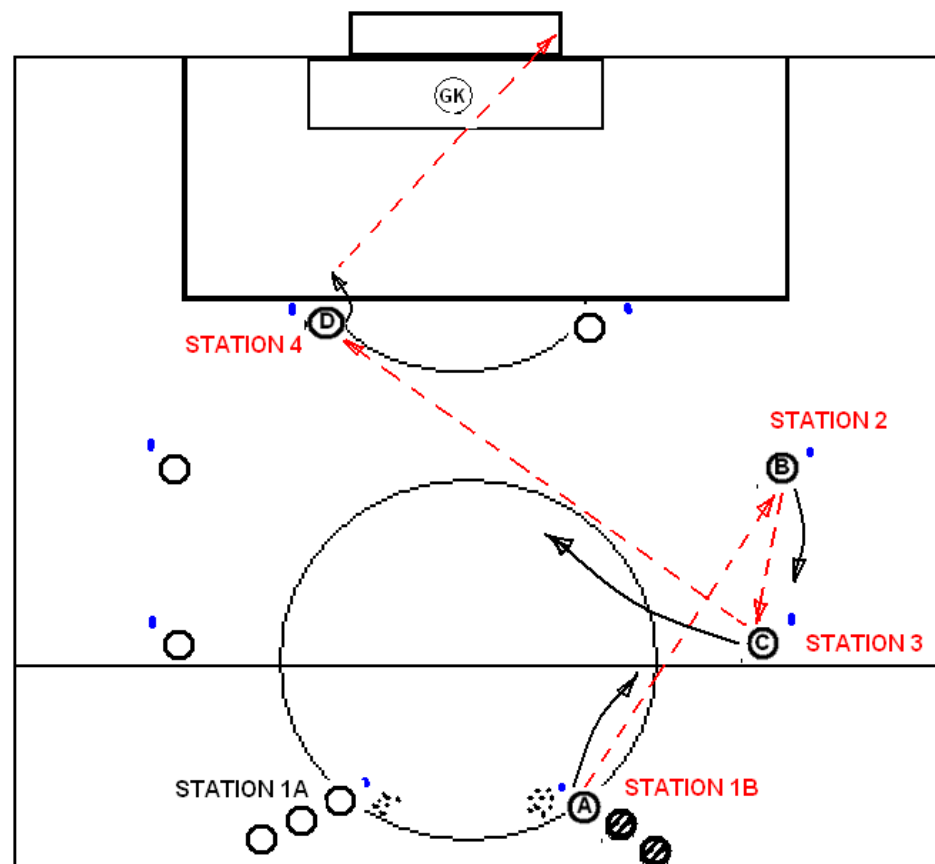
**AREA –**



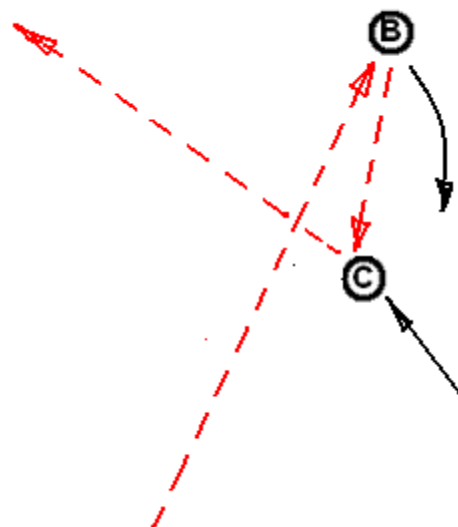
Players (A) at station 1A passes to player (B) at station 2. (B) plays the ball backwards to player (C), player (C) plays a diagonal ball to (D) at station 4. (D) receives the ball half turned and shoots at goal. Every player follows his pass and joins the next station. Player (D) joins station 1 at group 2.



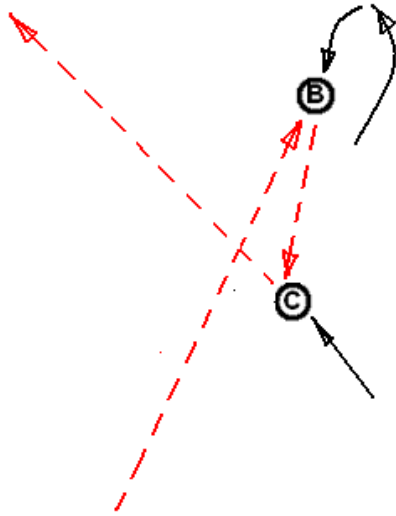
The Practice is repeated from group 1B.



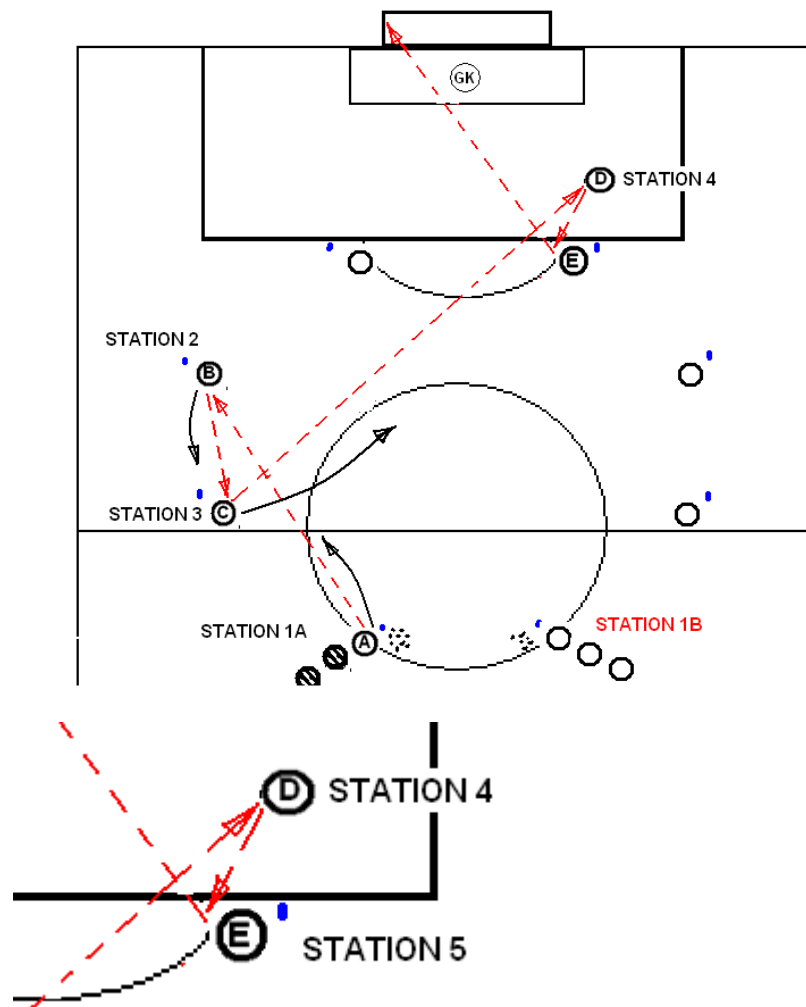
**COACHING POINT** – (B)'s one-touch pass to player (C) must be a light lay-off, so (C) must come to receive the ball and play a first time diagonal pass to player (D).



**DEVELOPMENT** - Player (B) at station 2 must check away before playing the one-touch pass to player (C) at station 3.

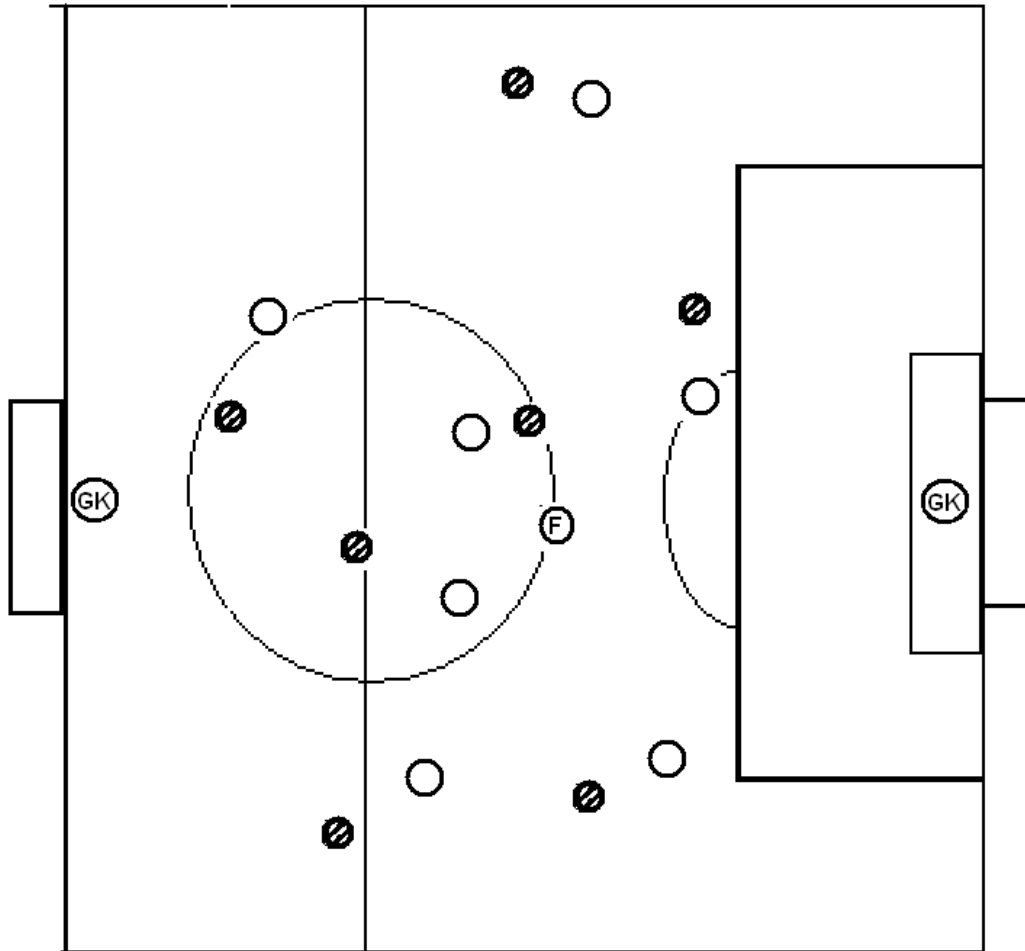


**DEVELOPMENT** - An extra station is added with another player, player (E). Same build up play as before, but (D) must play a one-touch lay-off for (E) to shot at goal. (D) rotates to station 5.



## **7 V 7 PLUS GOALKEEPERS AND ONE FLOATER.**

AREA –



**OBSERVATION NOTES** - Both teams played possession football, build-up from the back and only playing the ball to the correct player at the correct time. All players played 'Thinking football', there was thinking behind every pass, players never played hopeful passes, hoping the ball would get to the receiving player.

The players technique of receiving the ball was most impressive, when every player controlled the ball, the ball was always in the correct position for him to play the next pass. The players always received the ball with an open body, either turning with the ball or play the way they were facing.

Every player was comfortable playing one-touch passes and never needed to have an extra touch if it was not needed.

The goalkeepers distribution was also very important, they would join in the build-up play with the back players, however, they would first look to play the ball early and long if a player was available out wide in an advanced position to counter the opposition. If this option was not available, the goalkeeper would feed the ball to the back players with the ball to ensure possession was retained.

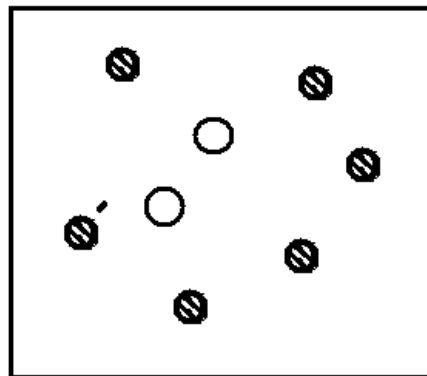
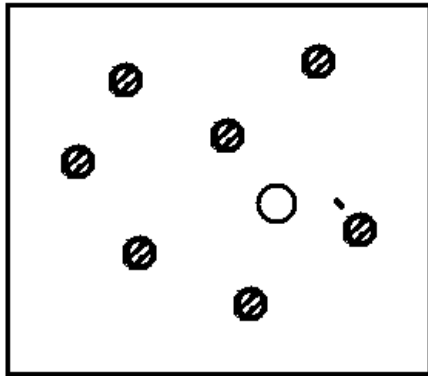
**P.S.V EINDHOVEN - YOUTH TEAM TRAINING SESSIONS AND  
COACHING SYLLABUS.**

**Friday the 10th of November. All age groups start their training session at 5:00.**

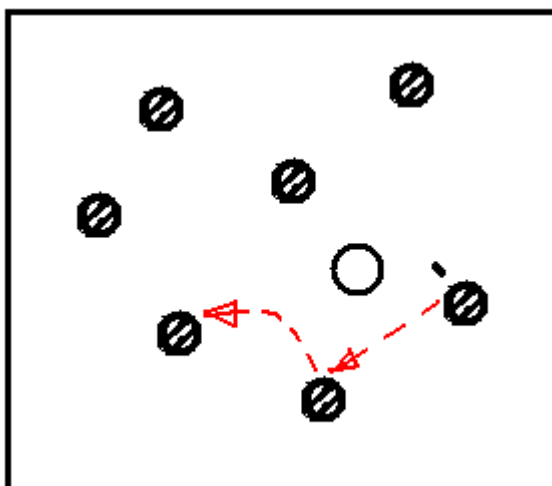
On Friday the 10<sup>th</sup> of November all the youth teams were basically training at the same time on pitches alongside each other, so I wondered around the area watching all of the sessions to get the general idea of what the clubs coaching syllabus was.

All youth teams training sessions had the same syllabus. They all have similar warm-ups, and the main coaching topic at that time was one touch passing, and receiving the ball half turned with pass and rotate drills.

**WARM-UPS.** All sessions start with group warm-ups and stretches. This was followed by hand ball 'keep ball' with different variations. Some age groups did 7 v 1, or 6 v 2.

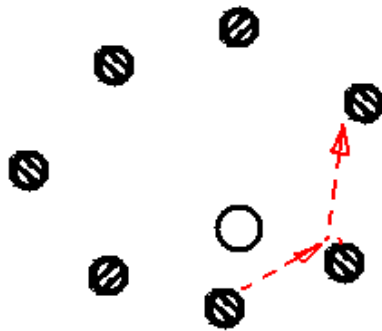


An other variation was 7 v 1 or 12 v 2 'throw catch, throw header', or 'throw header catch' keep away games.

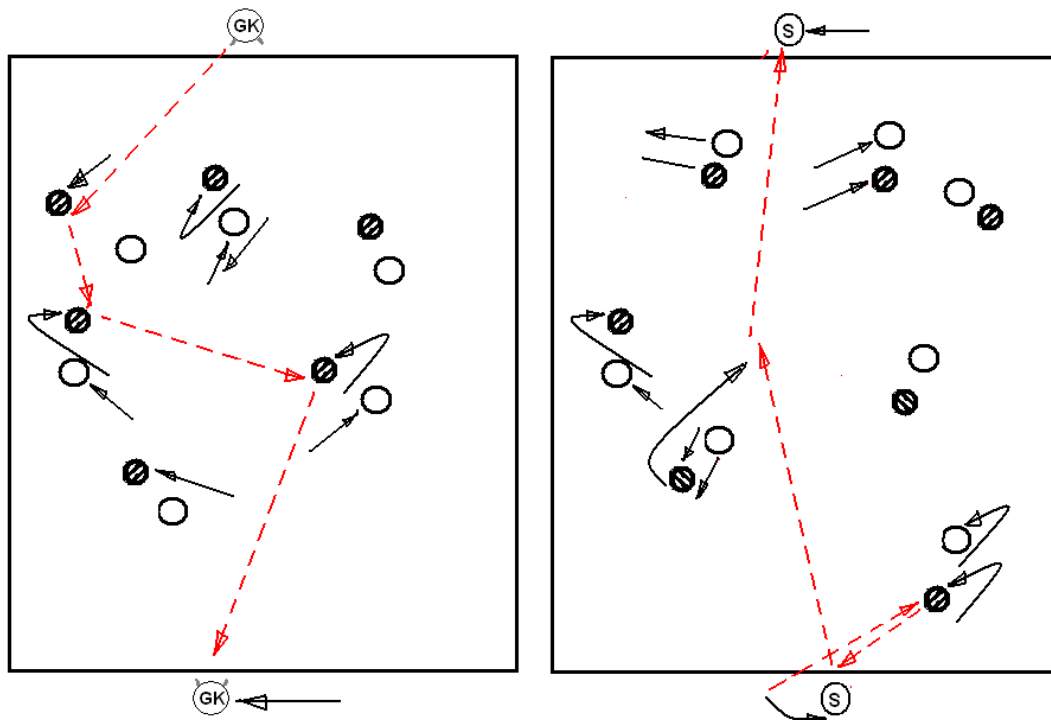


**THROW HEADER CATCH** – This is where the ball must be headed onto the next player after every throw. (A) throws the ball to (B), (B) would have to pass the ball back to (A) or to another player to catch by Heading the ball to them. The opponents must try to intercept these passes with their hands.

This was preceded by 7 v 1 or similar one-touch 'Keep ball' in a circle. All age groups would have their own slight variation of this keep ball theme, most likely with each coach deciding the variation.



This was followed by even numbered 'keep ball' games (7 v 7, 8 v 8) where players had to play the ball to servers / goalkeepers at the ends of the area.



Teams score by getting the ball from one server at one end to the other server at the opposite end.

**COACHING POINT** – Possession of the ball was key. If the ball could not be passed forward, the ball could be played sideways, if the ball could not be played sideways, the ball could be played back, even to the server or the goalkeeper.

**COACHING POINT** – The players movement was excellent, every player was on the move. No player had to battle for a 50/50 ball, all players created space to receive the ball by checking away from the ball and then dropping-in to receive the ball. Or the player checked in towards the ball and then spun-off to receive the through ball.

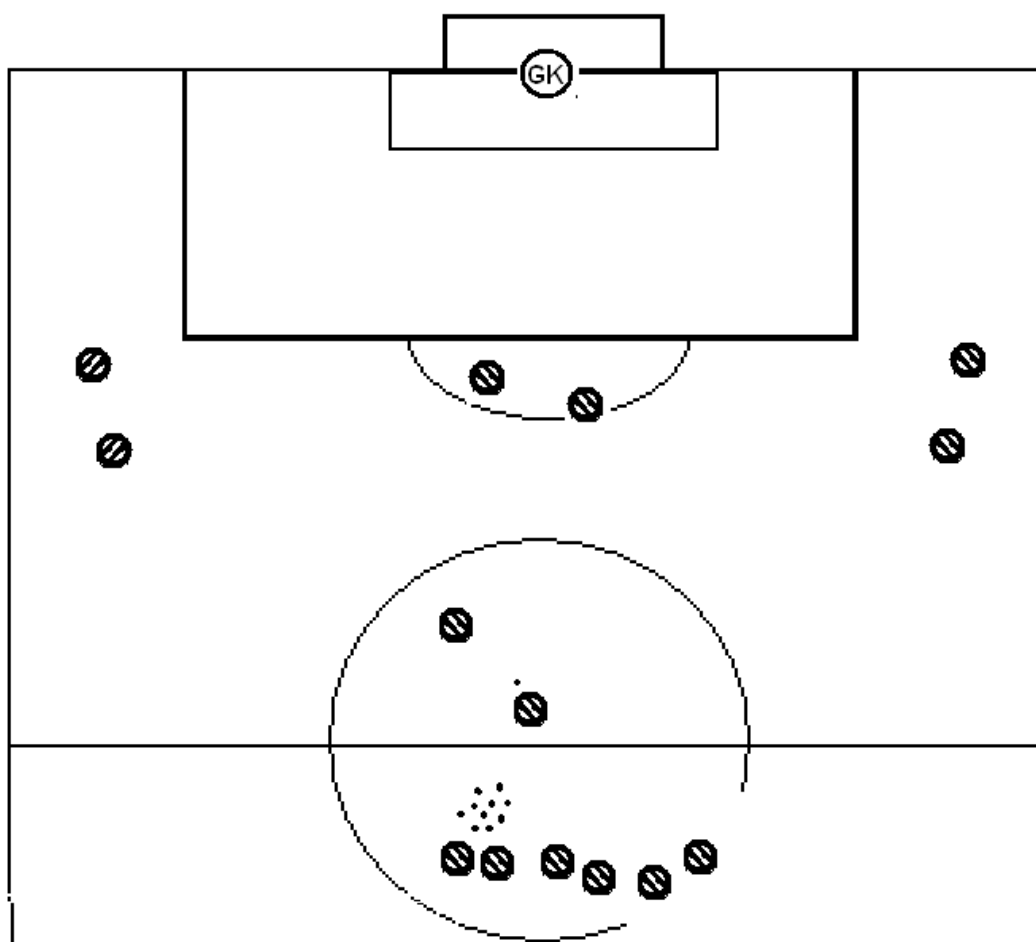


### **PASS AND ROTATE DRILLS.**

Each age group then performed 'Pass and Rotate' drills incorporating crossing or shooting. So all of the following drills had the players working on passing and receiving techniques, and incorporated different types of finishing.

### **CROSSING AND HEADERS WITH ONE TOUCH BUILD-UP.**

**AREA –**



Two left footed players on left flank, and two right footed players on right flank (the age groups wide players).

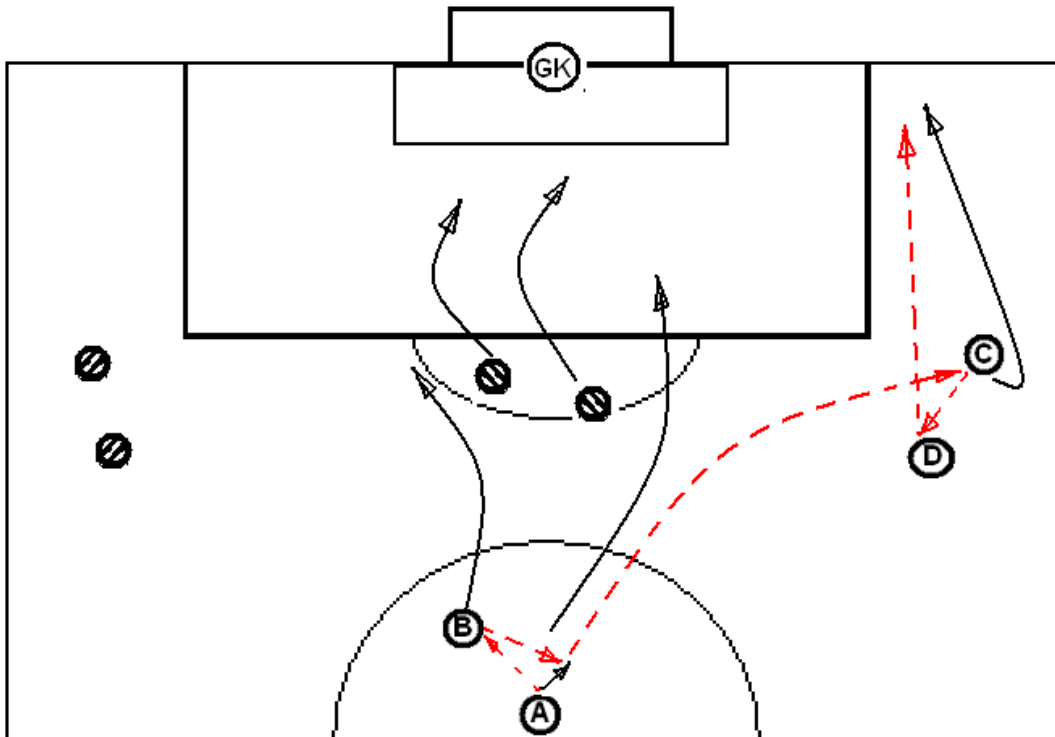
Two forward players positioned on edge of penalty area (the age groups main strikers).

Players in pairs on half-way line.

The pass and rotate drills also works on the teams set-moves to be used by the players during open play during the game.

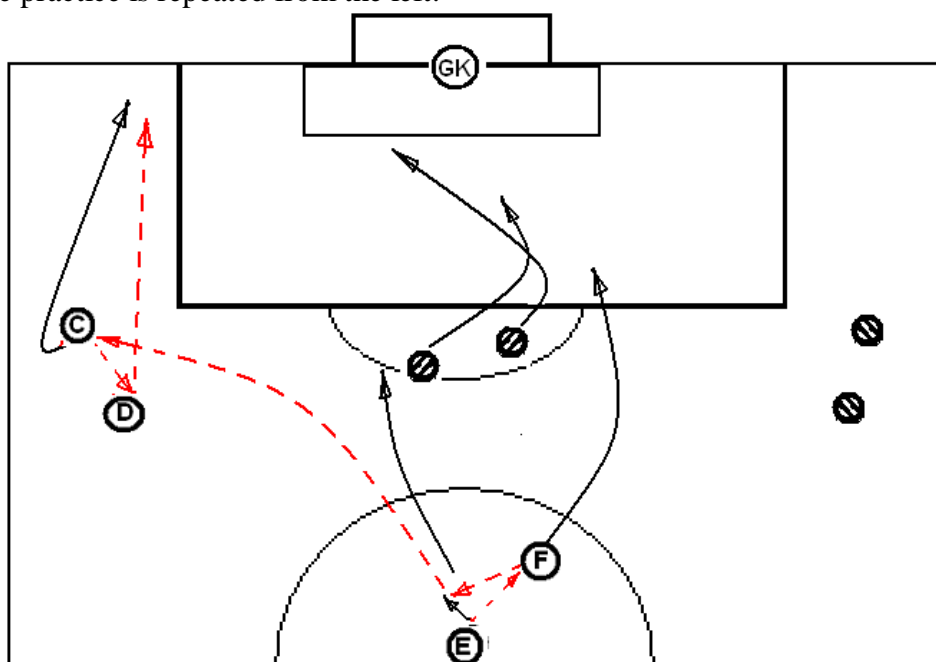
(A) plays a one-two with (B) and hits a one touch lofted pass out to player (C) (the winger). (A) and (B) make forward run towards the edge of the penalty area to support the forwards.

(C) lays the ball back to player (D) and then spins-off on to a through ball and crosses into the penalty area for the advancing players.

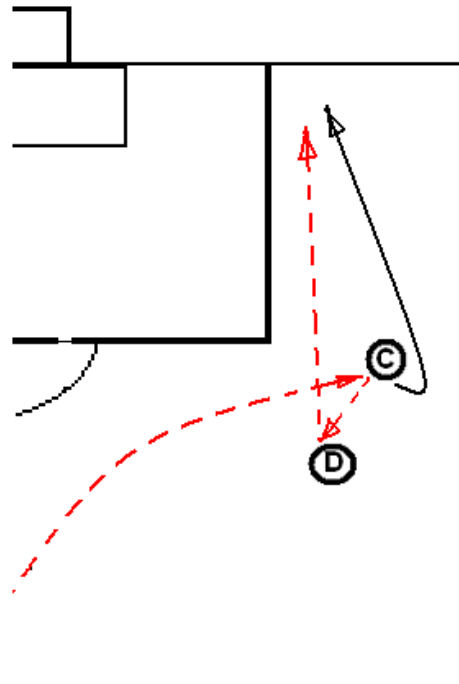


Players (C) and (D) rotate with each other. (A) and (B) jog back to the half-way line where another pair of players are ready to start the practice again.

The practice is repeated from the left.



**COACHING POINT** – Player (C)'s lay-off to (D) must completely take the pace-off the ball, setting the ball back to him easily, allowing him to make that first time through ball for (C) to run onto.



**COACHING POINT** – The two forwards must time their runs correctly, arriving into the box and onto the cross at the right time, not too early to be waiting for the ball, or too late not meeting the ball. The players must check their runs, make cross-overs and angle their runs to run towards the ball to attack the crosses.

**COACHING POINT** – The two supporting midfielders must time their runs to be on the edge of the area when the ball is hit across the penalty area, to pick up any cleared balls by the goalkeepers, or any balls cut back to the edge of the area for them to shoot.

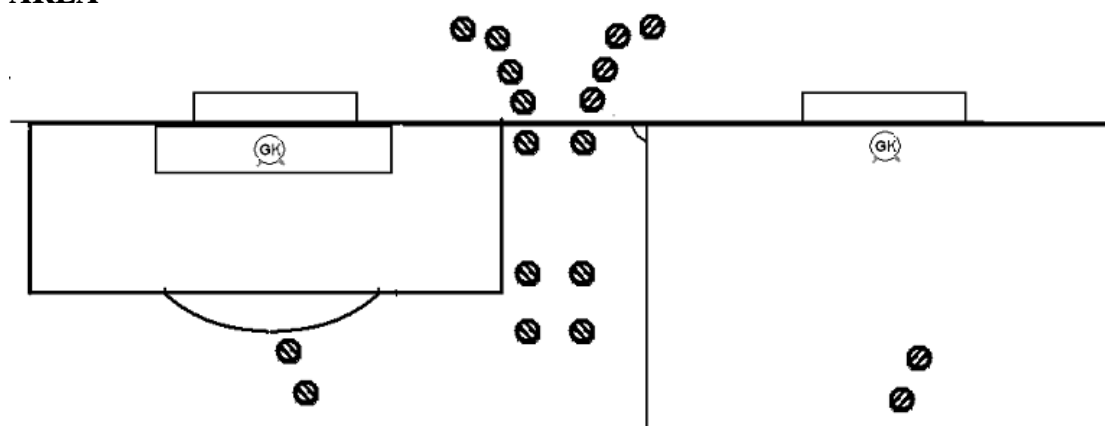
**JUNIOR TEAM'S PASS AND ROTATE - ONE TOUCH PASSING,  
FINISHING WITH A SHOT.**

Two full sized goals, two goalkeepers and two supplies of balls.

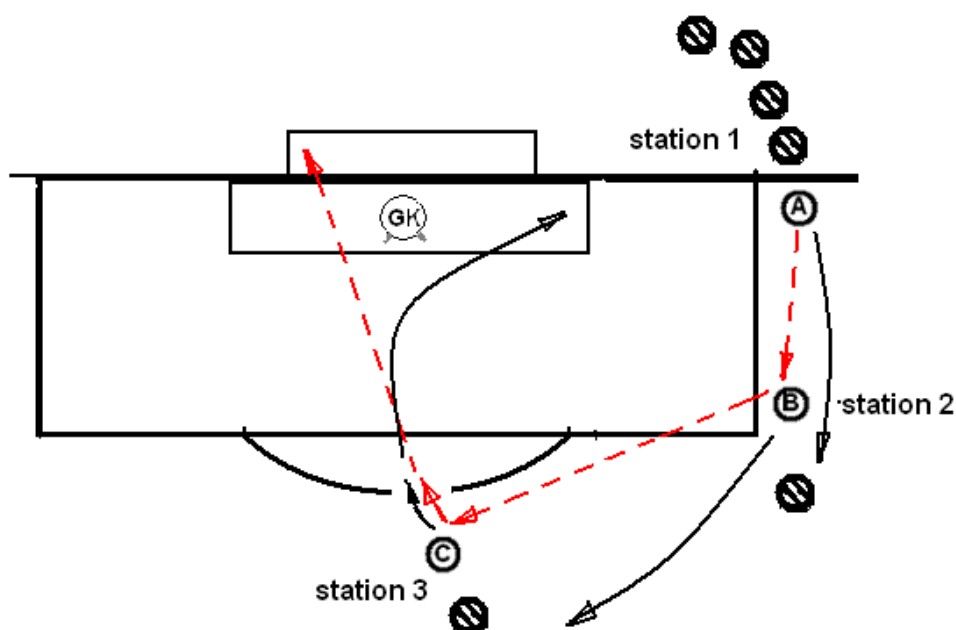
Players split into two groups working on build-up play and finishing, one group working on shooting with the right foot plus build-up play. The other group are doing the same drill working with their left foot.

At both group - Two players at stations 2 and 3 and group of players at station 1.  
Players rotate from station to station.

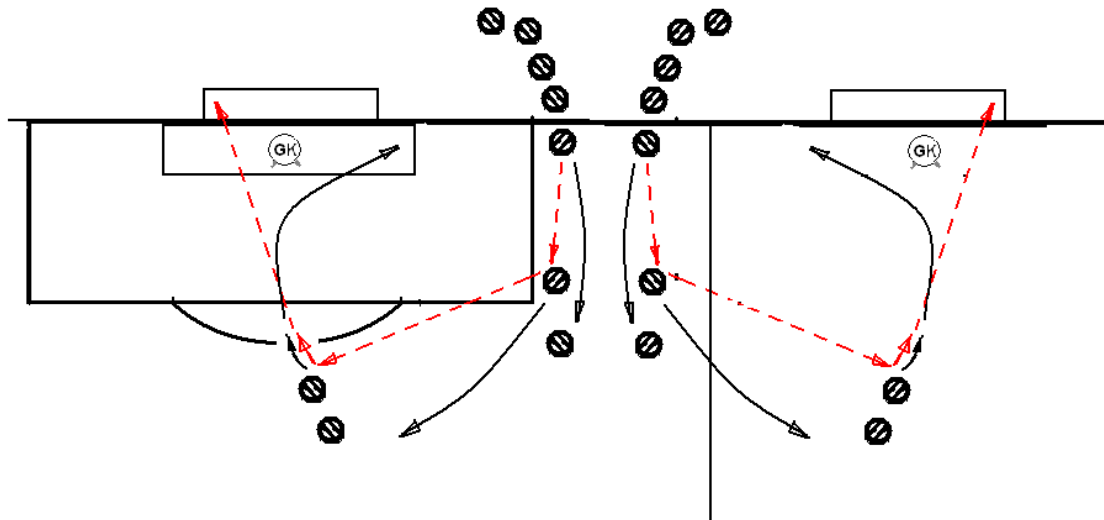
**AREA –**



Player (A) at station 1 passes to (B) at station 2, (B) receives the ball half turned with his left foot and plays a diagonal pass to player (C) and station 3. Player (C) must knock the ball out of his feet on his first touch and shoot at goal using his left foot. Players then rotate to the next station. Player (C) then joins the group of players at 1. The players in both groups work at the same time.



After all the players have rotate around all the stations a few times, the players in both groups change over so the players have to work with their other foot.



**COACHING POINT** - All passes must be accurate and weighted correctly.

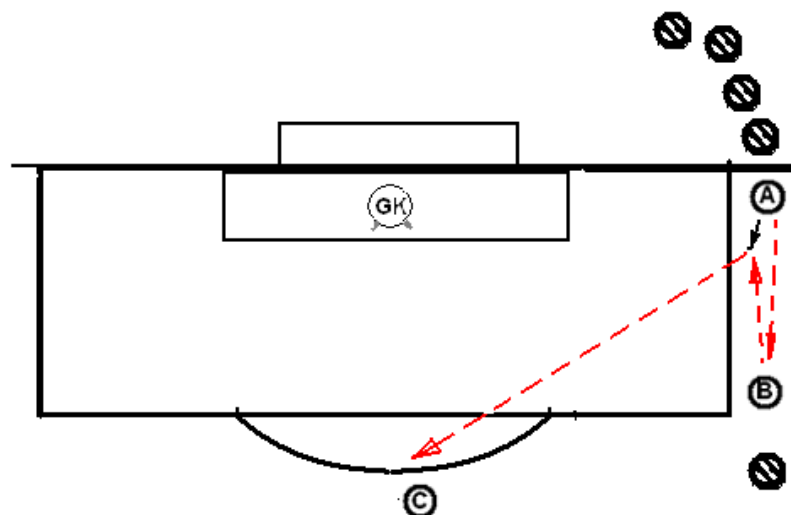
**COACHING POINT** - Player (B) must come and meet the pass from (A) to receive the ball half turned.

**COACHING POINT** - Player (C) must knock the ball well out of his feet and at the correct angle on his first touch. The ball must be knocked towards the goal and so the player can attack the ball when he shoots.

**COACHING POINT** - The shots were placed and not just hit with power, the shots were placed into the bottom corners.

**COACHING POINT** - The players were always alert, once a player had struck a shot, he automatically followed-in for rebounds.

**DEVELOPMENT** – Player (A) must play a one-two with player (B) and then play a diagonal pass to player (C), instead of (B) receiving the ball half turned. The players must rotate stations as before.



**COACHING POINT** – (B)'s return pass to (A) must weighted correctly to force (A) to come and meet the ball.



**COACHES MANNER** - The thing I noticed most about the youth coaches were that they said very little during the training session. When the players were playing their small-sided games and when the players were performing their drills, they never shouted advice to the players. All the coaches stood still and observed what the players were doing. Every now and then the coach would call all the players in, give instructions and information, and then let the players continue.

**All age groups finished the sessions by playing 8 v 8 games using either half or three quarters of a full-sized pitch using portable goals. The size of the pitch depended on the players age.**

## **SATURDAY THE 11th OF NOVEMBER - UNDER 11'S YOUTH TEAM TRAINING SESSION.**

When I arrived at the 'Herdgang' on Saturday morning, the U11's match had been cancelled due to bad weather conditions. They had a training session instead, I missed the beginning of the training session but caught the players when they were playing their 7 v 7 plus goalkeepers game. These players were the youngest players I saw in Eindhoven.

The U11's team played probably the best football of all the youth teams that I saw in Eindhoven. They were also the youngest team I saw and the pitch they played on was badly effected by the weather. Every player's technique was brilliant every player could play the ball on his first touch with an open body or play quick one-two's. Play was always built up from the back, with the players picking the correct moment to play the ball forward. Once the ball was played to a player further forward, he would never be afraid to play the ball backwards to a supporting team-mate if he had no passing option, this was so the team retained possession of the ball. As with the first team and the other youth teams, there was 'Thinking' behind every pass, there was never a hopeful pass. If possession was given away by a sloppy pass, all players would automatically change roles and 'press' the opposition and try to regain possession of the ball

The way every player received every pass was outstanding. No players ever stood and waited for a pass to arrive, players always checked away and then came in to meet the ball. Or the players would drop-in and then spin-off before receiving the ball. Every player knew how to receive the ball and how to create space to receive the ball.

If a player ever got into a situation where he could not pass the ball to a team-mate, the player's technique was great enough for him to screen and shield the ball from his nearest opponent, and then turn the player and either run with the ball or pass to a team-mate.

When a team switched play, it was never a long lofted ball by-passing team-mates, the ball would be switched by making short passes along the pitch, ensuring the team keep possession of the ball.

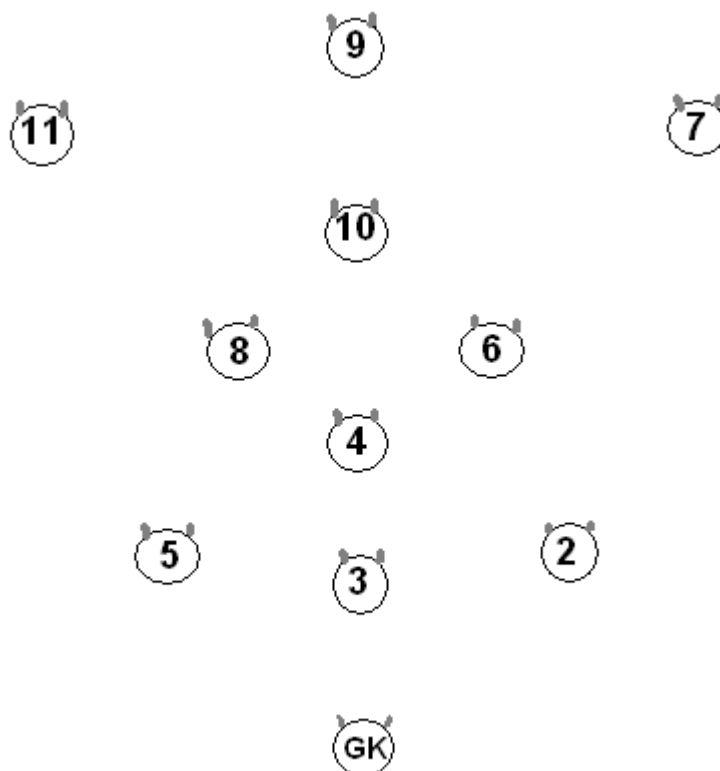
Sometimes a central midfield player would play a very accurate lofted pass to a wide team-mate in an advanced position. The receiving player would automatically play a one-touch give and go with a supporting player, spin-off and then receive a through ball to run onto and cross the ball for the central strikers. But what was amazing was the quality of these crosses, which were deep and hit with power, but inch perfect.

It was a great experience to see this age group play, because all the players had techniques at such a young age that some senior players will never have.

### **P.S.V EINDHOVEN U15'S v P.S.V EINDHOVEN U14'S.**

All youth teams game in Holland are played on Saturday mornings. But on Saturday the 14th of November all league games were cancelled due to waterlogged pitches. P.S.V arranged for their U14's to play their U15's in a friendly game. Both teams had a squad of about 18 players. The match was played in three half hour thirds instead of two halves. The players were rotated around for every third. The players not involved when the game was being played, played 'Keep ball' and also passed the ball around in pairs and groups of three's to keep warm.

### **System of play – 3-4-3.**

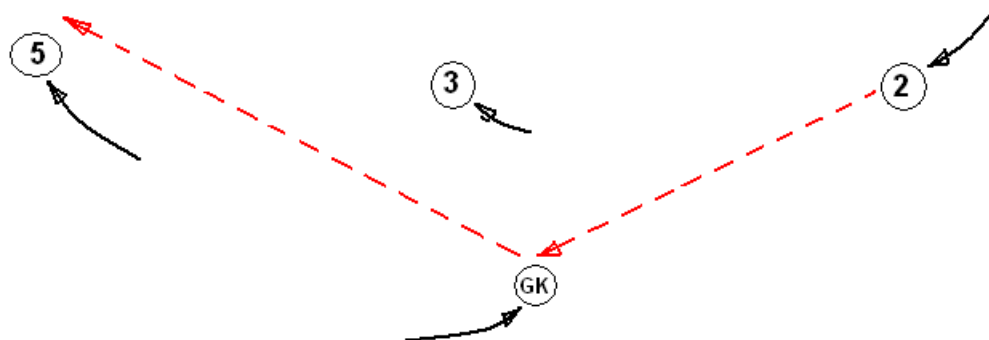


Both teams played the 'numbers' system which is played throughout Holland. Every number on the players back represents a different position with different duties to perform.

All players showed the same passing and control techniques that I had seen during training sessions over the past few days. There was “Thinking” behind every pass, one-touch passes and give and goes. All of the players received the ball with an open body or half-turned. The players of both teams made themselves available to receive the ball, and created space to receive the ball. All players were multi-footed and never had to move the ball on to their stronger foot.



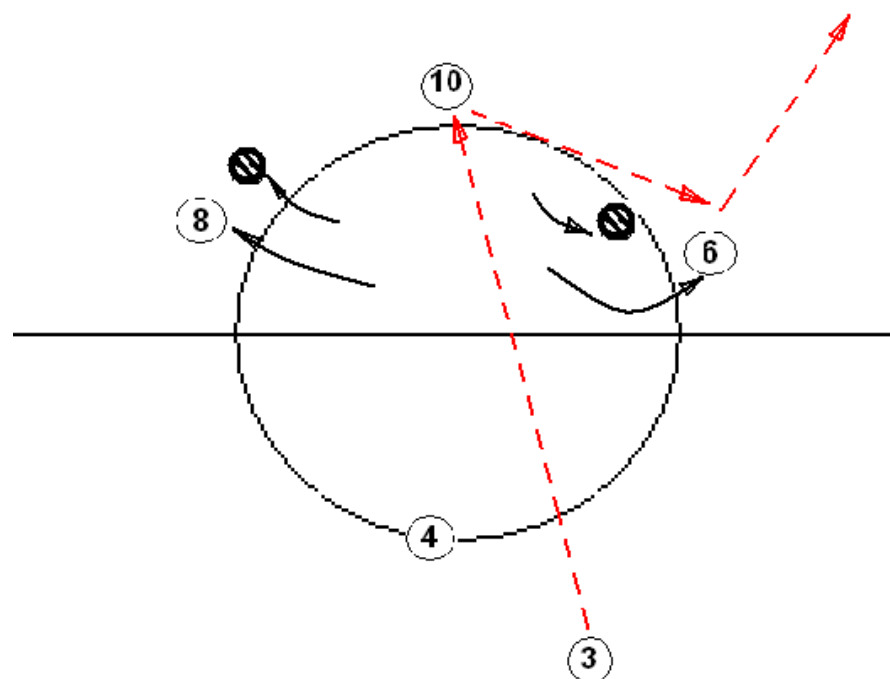
Both teams built-up the play from the back with the goalkeeper feeding the ball to the back players 2, 3 and 5. The goalkeepers are seen as another outfield player, a 'sweeper'.



The goalkeeper and defenders 3 and 4 were always involved in the build up play, and were always available to receive the ball from a team-mate.

When the back players were building up the play, and the ball was being circulated, players 3 and 4 were never by-passed by players 2 and 5. The ball was never switched from flank to flank with a direct pass, the ball was moved around by short passes, so the players made sure possession was retained.

Player 3 the central defender and player 4 were encouraged to play the ball forward by making a slightly deeper pass (still along the ground) to number 10 the withdrawn striker. The space to play the ball through to number 10 was created by the midfield players 6 and 8 making split runs. This pass was always played to player 10's feet so he could then lay the ball off to either players 6 or 8.



Players 9 and 10's rotation was very good. If 9 the central striker dropped in to receive the ball, number 10 the withdrawn striker would automatically rotate positions and push on into the forwards position.

Players were never afraid to play the ball backwards to a supporting team-mate, so the team could retain possession of the ball if there was not a forward passing option.

If possession was lost by a team that was attacking, the team would regain possession of the ball quickly by every player 'pressing' forward onto the opposition. This caused possession changing hands quite a lot during certain periods of the game, but the ball would generally be back in possession with the team that had been on the attack. The players retained possession of the ball better during the training sessions than they did during the match, but this was more likely to be due to the very poor playing conditions.

If a player made a mistake, he was never shouted at by a team-mate, he would be encouraged by his team-mates.

All free kicks and set plays were taken early, often catching the opposition out.

**NOTE** - The two team's coaches were very quiet on the touch-line. They were never screaming out instructions or pacing up and down the touch-line. They would stand still and observe quietly and give the odd instruction to one of the players.

At the end of the game both sets of players performed a warm-down.

**Thursday the 15th of April 1999.**

## **P.S.V - YOUTH TEAM SESSION.**

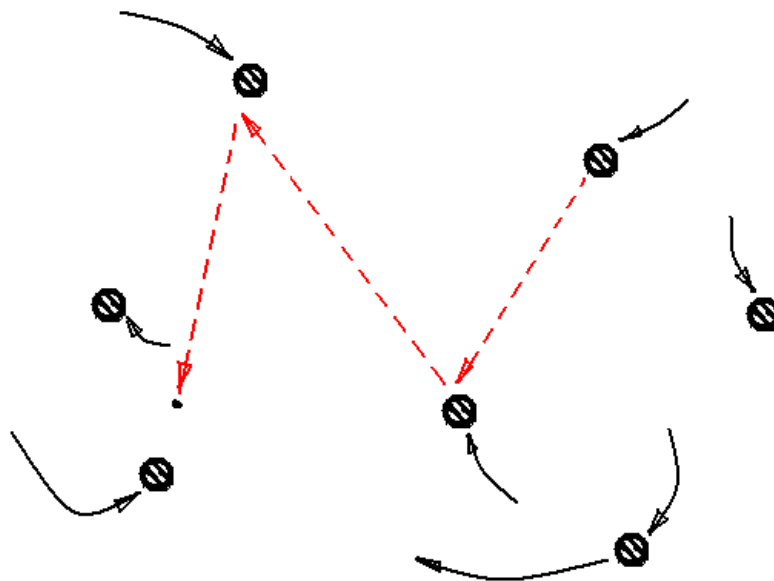
### **U10'S Session -**

One coach with 14 players. Players use size four balls. Session on a dusty grass surface.

**Warm up** - Light jogging and different movements followed by stretches.

### **ONE TOUCH PASS AND MOVE DRILL – PASSING IN NUMBERS.**

The group of players is split into two groups of seven players. The players in both groups are numbered 1 to 7. Player one starts-off with the ball and passes to player 2, player 2 passes to player 3 and so on till number 7 receives the ball, he passes to player 1 to repeat the exercise.



**ORGANIZATION NOTE** - All the players must be constantly on the move.

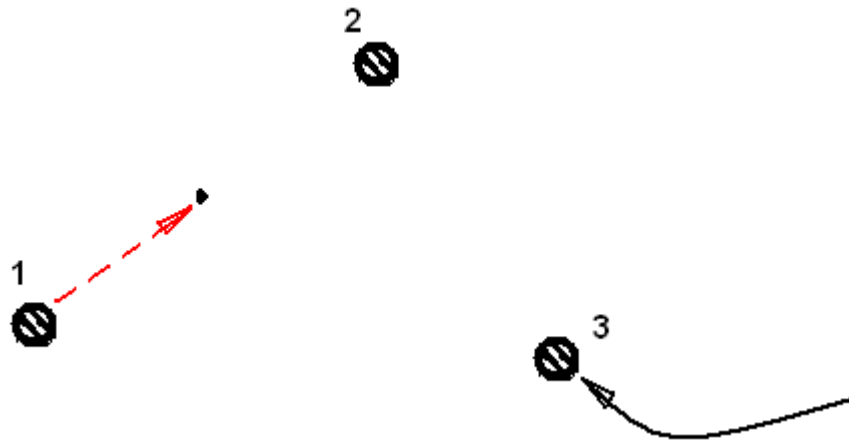
**COACHING POINT** – All passes must be zipped along the ground with players getting over the ball.

**COACHING POINT** - The players must play with an open body and come to meet every pass.

**COACHING POINT** – Players must know their next pass. The players must have 'Awareness', they must know where all the players are positioned, they must know where they are going to pass the ball before they receive the ball.

This is helped by players calling for the ball to the player who is going to pass the ball to them as the ball is travelling to him before he receives the ball. This allows this player to adjust his body position before the ball arrives, to make the next pass.

For example player 3 must call for the ball from player 2 while player 1 has the ball. Player 2 can then adjust his body position to enable himself to play the ball to player 3.



**COACHING POINT** - Before a player calls for the ball, the player must 'show' for the ball and create an angle to receive the ball.

**DEVELOPMENT** - The area in which the players must work in is made tighter for quicker passes, sharper reactions and sharper 'Awareness'.

**DEVELOPMENT** - The area is now opened up so that the players now have to work in a larger area, now hitting slightly longer passes.

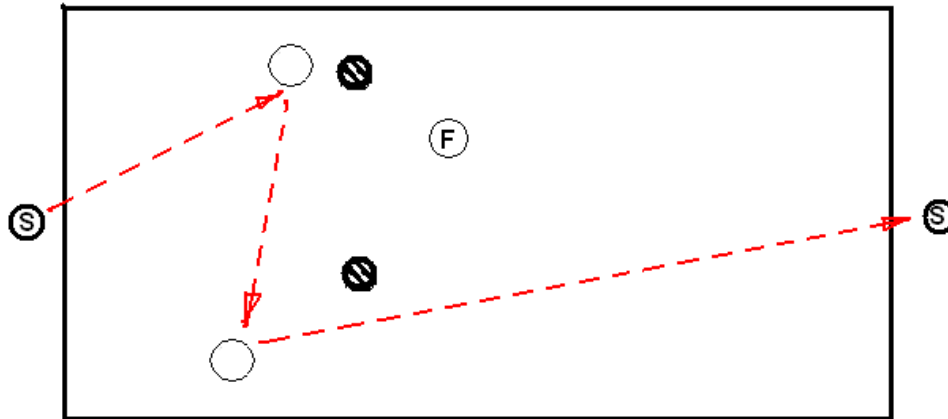
### **KEEP BALL - WITH DIRECTION.**

2 v 2 plus 1 floater, and 2 Servers / Target players.

AREA - 20 x 10 yards.



The players must try to get the ball from one server to the other server / target man without the other team getting the ball. If the other team get the ball they must try to get the ball from one server to the other server, the floater plays on the team in possession of the ball.

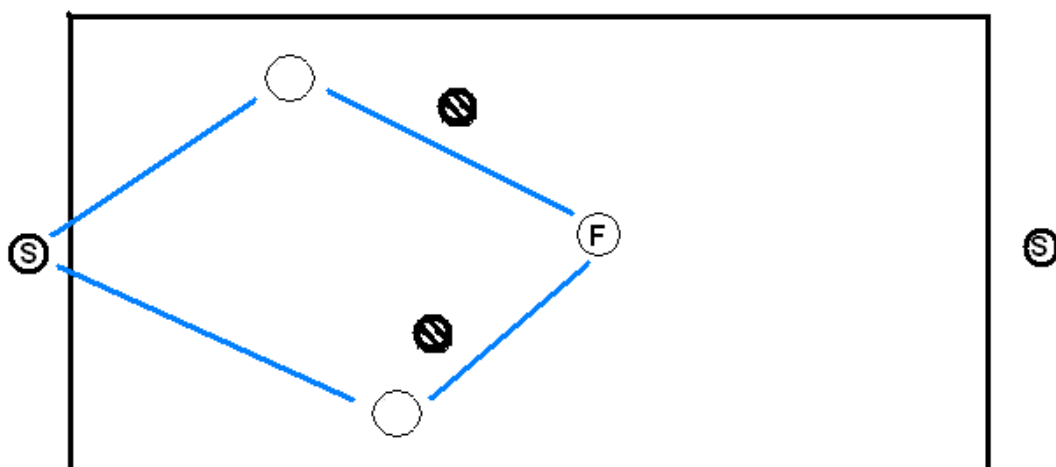


The players must play one-touch passes, two touch passes can only be used if extremely necessary so not letting the game break down. The floater is only allowed to play on touch passes. The servers / target players can play two touch football.

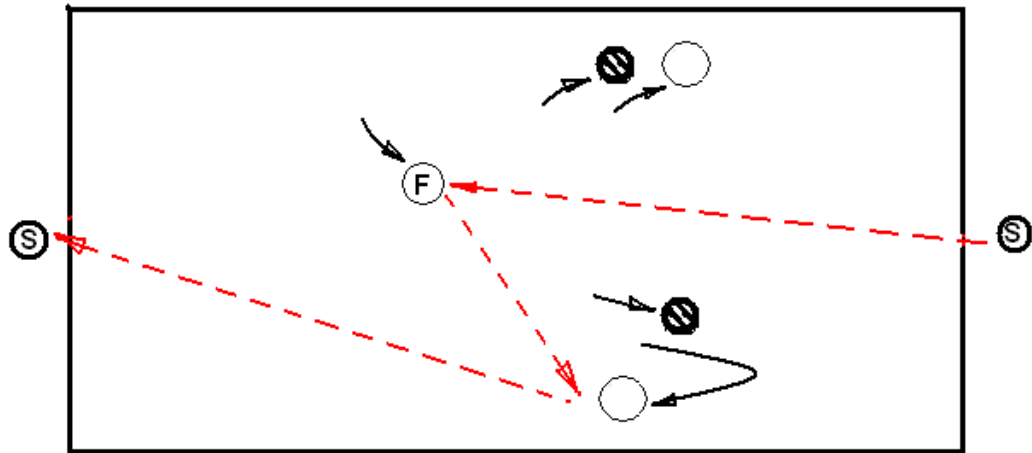
**ORGANIZATION NOTE** - The players must make regular change of roles.

**COACHING POINT** - The players must move the ball as quickly as possible, this is why the players must play one-touch passes, this is to keep the ball moving and the players constantly moving, keeping the picture constantly changing.

**MAJOR COACHING POINT** - The team in possession of the ball must form a diamond shape using the floater and the server who is in possession of the ball, or has just released possession of the ball. Throughout the practice the floater must all stay central playing the way he is facing, forming the top of the diamond.

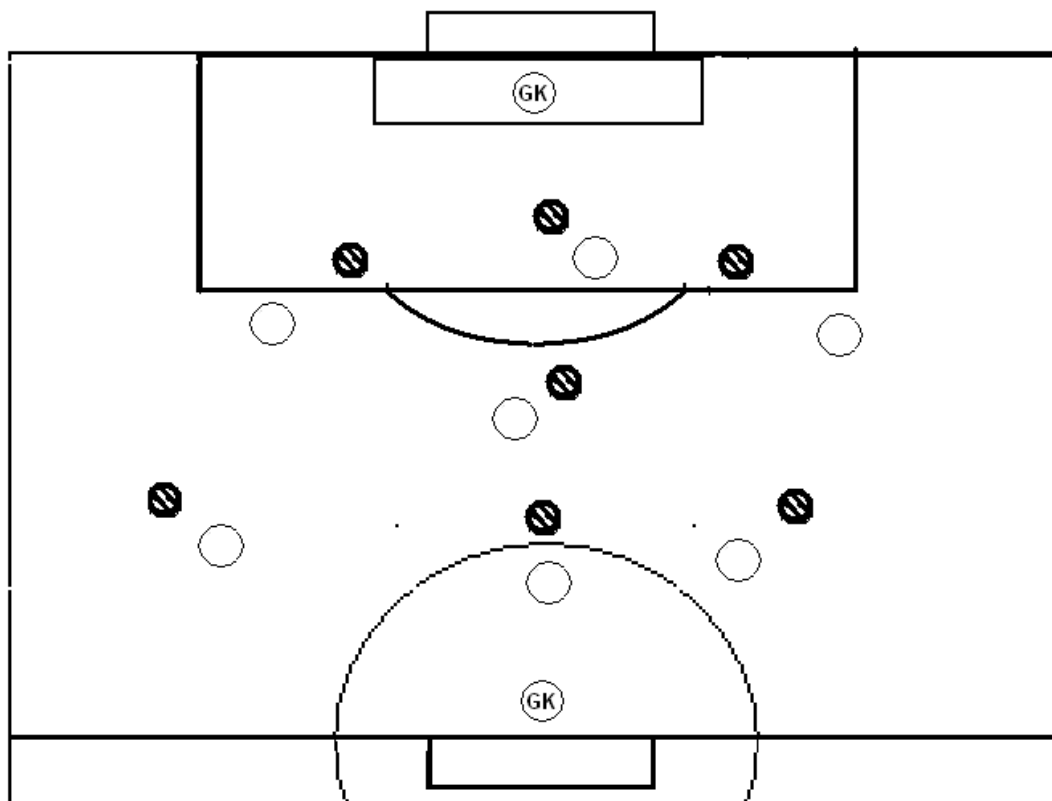


**COACHING POINT** - The floater must play with an open body and play one-touch lay-offs when the ball is played deep to him so that the play can then be played forward to the target man.



### **7 v 7 PLUS GOALKEEPER – MULTI-POSITIONAL GAME.**

AREA – Half of a pitch.



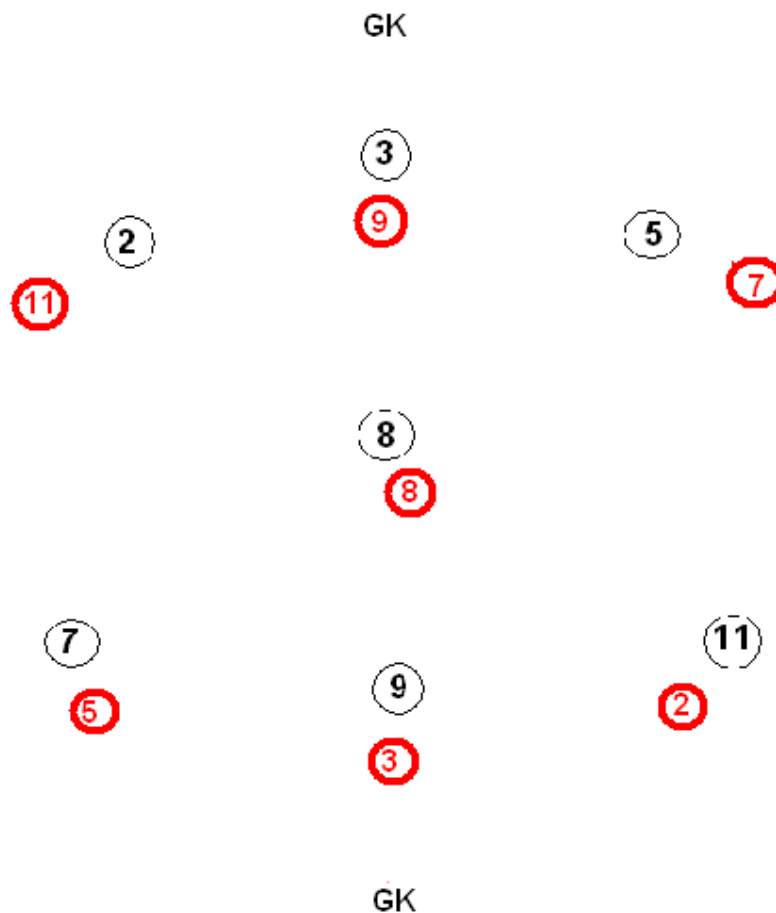
Once a goal is scored the teams change around and attack the other goal. Once you have scored a goal you then have possession of the ball again and attack the other goal. (If a team scores in say goal (A), the player must try to switch around quickly, as the goalkeeper in the goal that they have just scored in will play the ball back out to your team again and try to attack goal (B). The attackers basically become defenders and the defenders are now attackers.

**COACHING POINT** – Counter-attack. Quick change over after scoring a goal and attack the opposition as early as possible to try to catch the opposition out.

**COACHING POINT** - When in possession of the ball and when the opposition have possession of the ball, both teams must press forward. The team not in possession of the ball must push up on to the opposition and try to win the ball as close to the oppositions goal as possible.

### **THE SHAPE ADOPTED BY BOTH TEAMS.**

**3-1-3.**



Formation – Three players at the back.

(3) the central defender picks up the opposition (9) the central striker.

(2) and (5) the full-backs, mark the oppositions (7) and (11) the wide attackers.

(8) the central midfielder player.

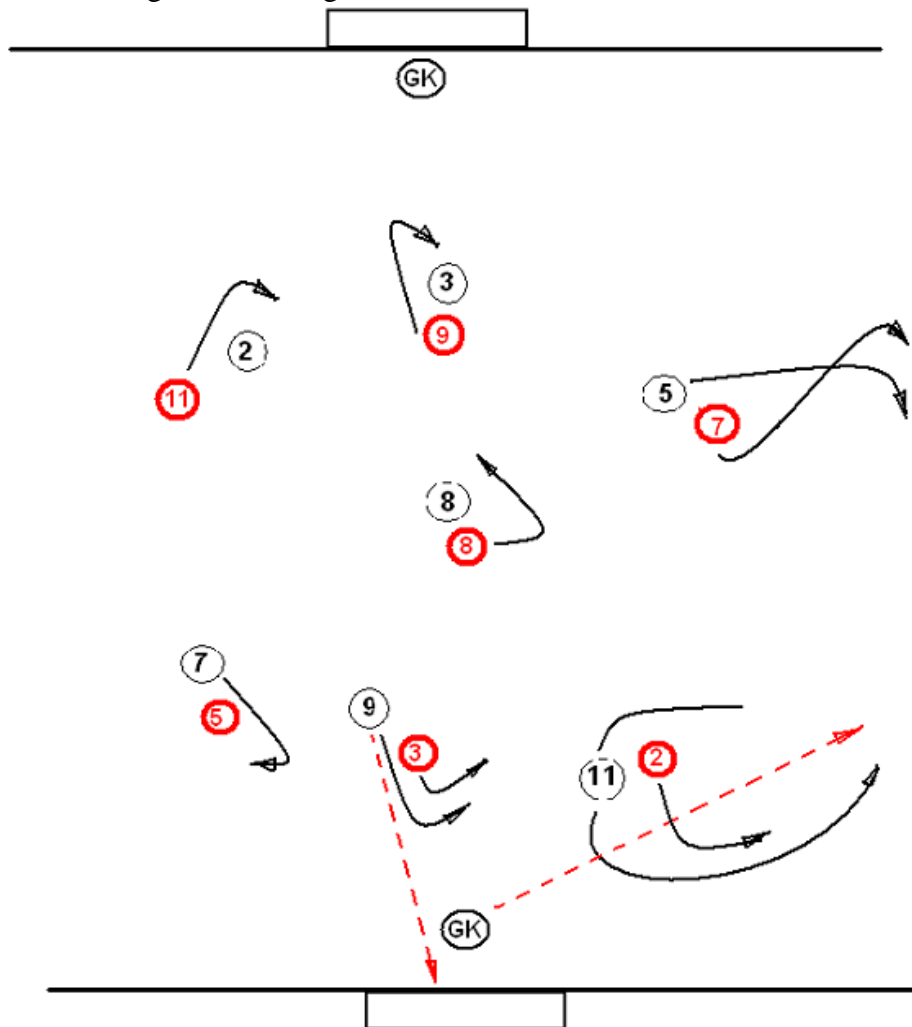
(7) and (11) the wide attackers.

(9) the central striker.

Every time a goal is scored, the teams attack the other goal, thus the players switch with the opposition player, the player that was marking them, is now the player to mark.



Every time a goal is scored the players have to change over roles and duties, the furthest forward player (9) now becomes the last man (3), the last man (3) now becomes the (9), the player who was attacking down the right is now attacking down the left. This goes on throughout the team.



**COACHING POINT** – The players are performing all duties. So the defenders are also practicing as forwards, and the forwards are practicing as defenders, which is ideal training with the

## **PSV EINDHOVEN - FUTEBOL DE SALAO.**

On my second visit to Eindhoven I gave a gift to Remy Reynierse the Head of youth development for his help and time, and also for allowing me the freedom of the youth development training grounds. The gift was a weighted size two 'Futebol de Salao' Brazilian match ball which was just starting to be used in the UK. During an under 10's training session which I witnessed and also a session with slightly older players, the ball was introduced to and used by the P.S.V youth players for parts of the session.

When I had used the ball with youth players in England I have found that the game is played at a slower pace with the ball travelling slower, I found this encourages the players to use more technical skills when on the ball such as beating an opponent using dribbling moves.

The P.S.V players used the 'ball' when playing 'keep ball' games during their sessions, and the players had great difficulty using the ball. At P.S.V players are encouraged to have quick movement of the ball, using 1 touch passing. When the players tried to play one touch passes with the ball, their passes were always under hit with the passes intercepted or with the receiving player being caught in possession of the ball. The players could not adapt to the ball which slowed their natural style of play down, and the players seemed to become frustrated with the ball which was forcing them into errors.

When my youth players have used the ball, I feel that the ball brings more technical ability out of players who have lesser abilities, and highlights the technical ability of good technical players. But when the PSV players used the ball, players who have great technical ability, the ball seemed to be a handicap for them. There could be many reasons why the PSV players found the ball difficult to use. Firstly, this was the first time that the players had come into contact with the ball and it would take them time to adapt to the ball as it would for any player of any nationality. Secondly, the ball they used was the heavier 'match ball' rather than the lighter training ball which could have been a better introduction to the ball.

Thirdly, at PSV I only saw the young youth players only train with size 4 balls which are much larger and easier to train with rather than a smaller Size 1, 2 or 3 ball.

Finally, maybe The ball does not really suit the Dutch style of play full-stop, and do they need to change their style of play? Is the Brazilian style of play just too different from the Dutch style of play which is very very fast and all with one touch passing.

The ball could be helpful when being used by defensive players when working on their build-up play, as their build-up play is slightly slower and needs to be precise.

When I spoke to Remy Reynierse after the players and coaches had worked with the ball he said the coaches found the ball interesting and it could be of some help to them. The coaches said it might be more suitable for their older players and also easier to use on the Astro pitch which is being built at the end of the season, rather than on a bumpy dry surface?

## P.S.V. - YOUTH TEAM TRAINING SESSION.

**UNDER 13's.**

**WARM UP** - Players in a group performing light jogging around the pitch followed by stretches.

### FOUR PLAYER ONE TOUCH PASSING COMBINATIONS AND MOVEMENTS.

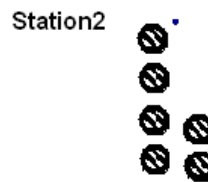
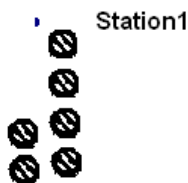
AREA -

• Station3

• Station4

x2

x1



There are four stations, with 6 players at station 1 and 6 players at station 2. There are also 2 players positioned in the middle of the area. These two players act as play makers and are numbered X1 and X2.

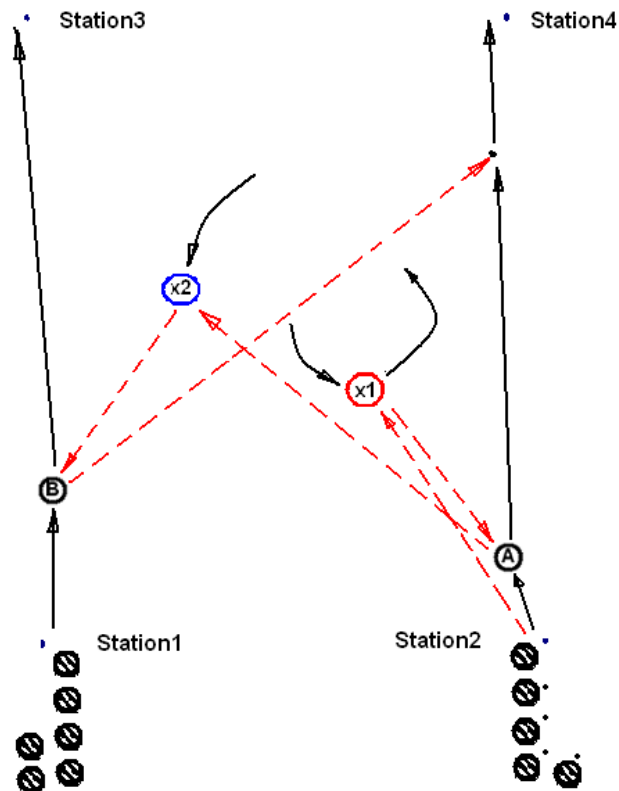
These sets of drills work on 4 players working in one touch passing combinations.

**X1 and X2 are the teams centre-forward (9) and withdrawn striker (10). All age groups generally have 4 players that can play in these two positions. These four players take turns in these roles.**

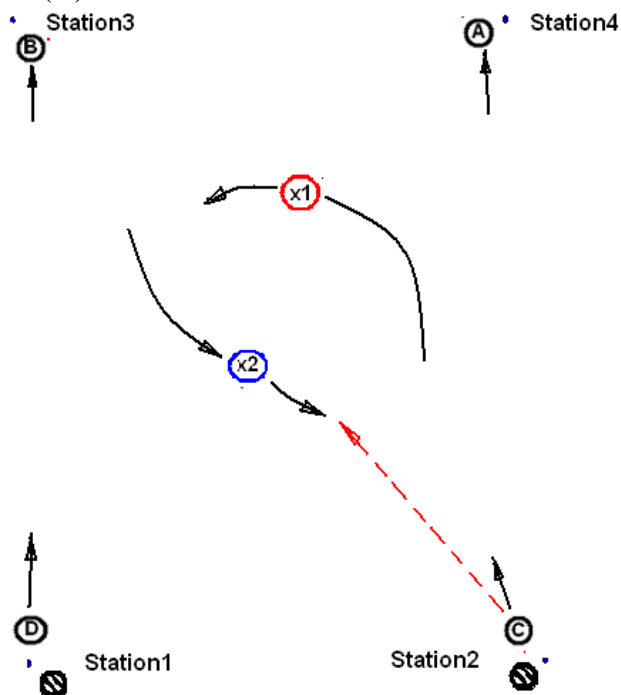
The practices are repeated at one end of the area from stations 1 and 2 with the players moving to stations 3 and 4. Once all players have worked through the area. The practice are repeated

### STAGE ONE -

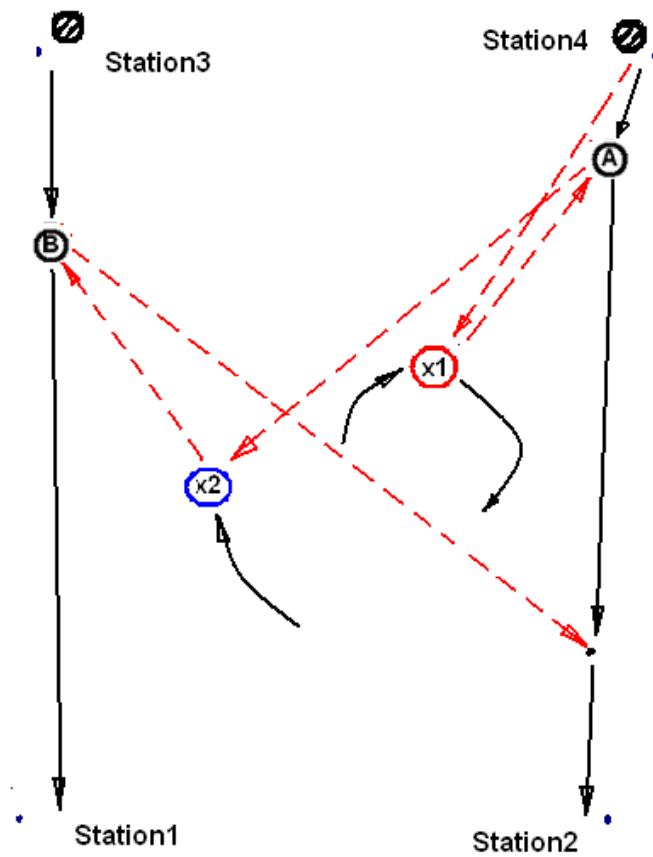
The practice starts from station 2. Player (A) passes to X 1, X 1 comes short to receive the pass and returns the ball to (A) before spinning away, (A) then plays a deeper pass to X2 and then makes a forward run. X2 sets the ball back to (B) and then drops-in, rotating positions with X 1, (B) makes an angled pass for player (A) to run onto.



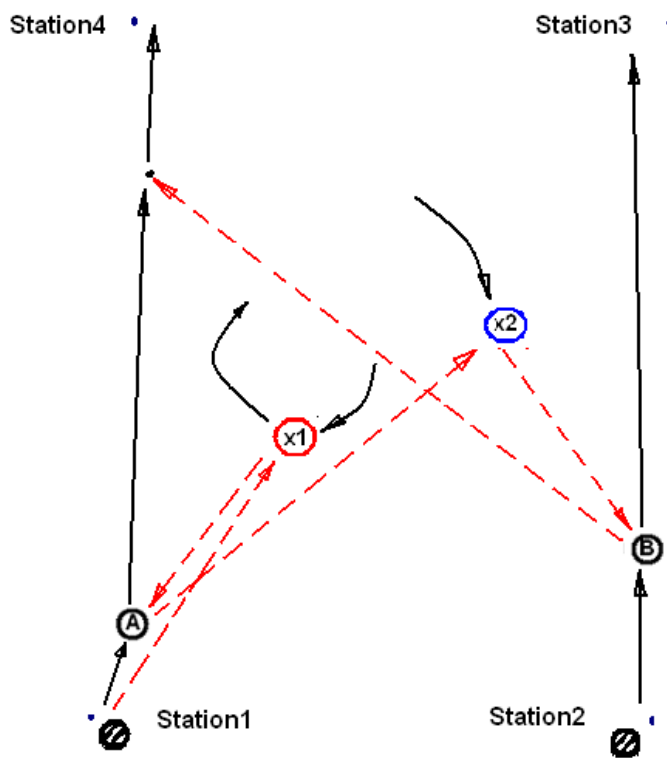
Players (A) and (B) join the two other stations. Players X1 and X2 have rotated around so that X2 now receives the first pass. The drill is then repeated with players (C) and (D).



After all the players at stations 1 and 2 have gone through the drill and are at stations 3 and 4, the drill is repeated, but with the ball starting at station 4.



Once all the players are back at stations 1 and 2, X1 and X2 are replaced by two different players, the drill is then repeated, but with the drill starting at station 1, with the practice then repeated from station 3 afterwards (the other end).



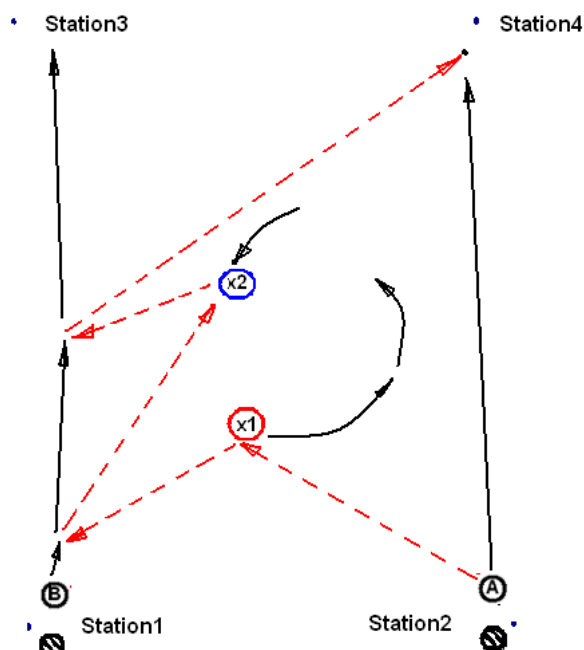
**COACHING POINT** - All players must come towards the ball that they are going to receive.

**COACHING POINT** - The players must play with an open body.

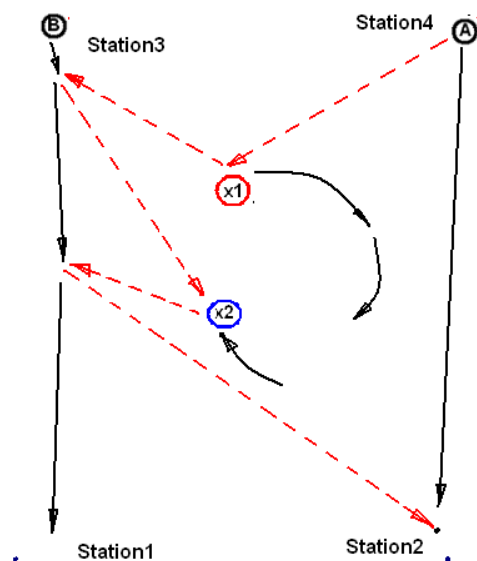
**COACHING POINT** – Speed of practice. Once X1 has played a return pass to player (A), he must spin off and be ready to rotate positions with X2, so they can start the drill again with the next two players as quickly as possible.

**STAGE 2** – X1 and X2 are replaced by two different players again.

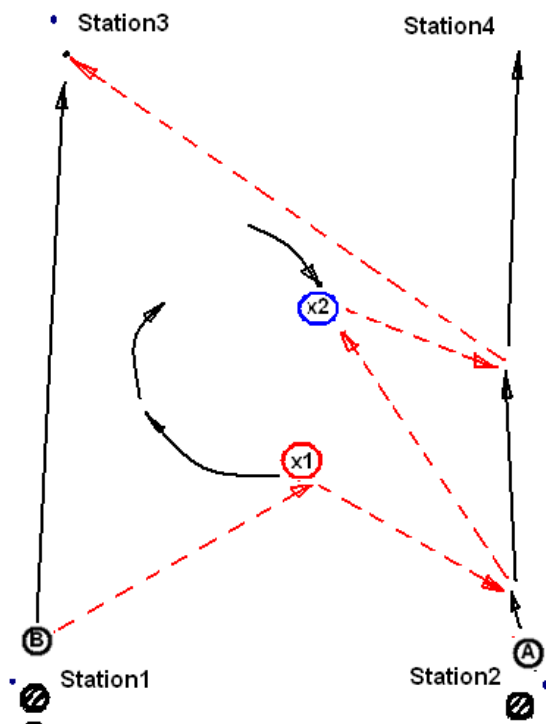
(A) passes to X1 in the centre and (A) makes a forward run. X1 with an open body passes to player (B) before spinning-away, (B) plays a 'wall pass' off X2, X2 rotates with X1. (B) plays an angled pass for player (A) to run onto. The drill is then repeated.



Once all the players are at stations 3 and 4, the drill is repeated again with the players moving back to stations 1 and 2.

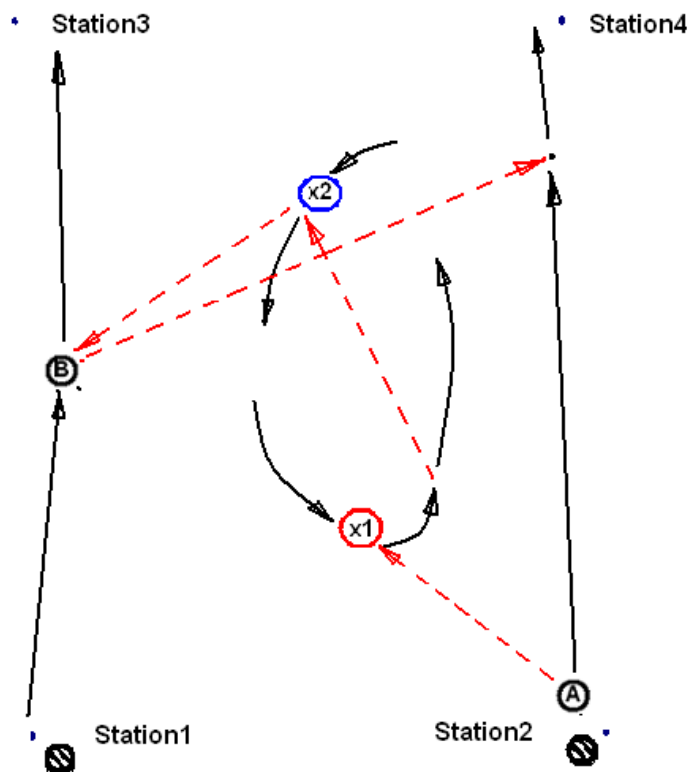


The practice is then repeated from stations 1 and 3.

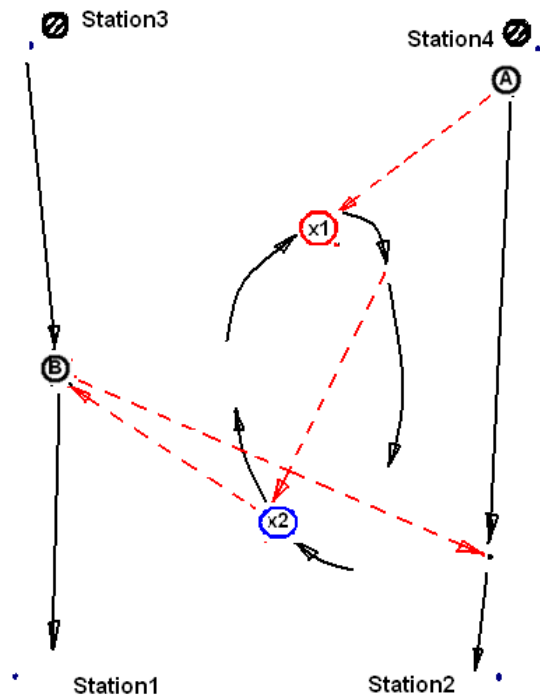


**STAGE 3** - X1 and X2 are replaced by two different players.

Player (A) passes to player X1 and (A) makes a forward run, player (B) also makes a forward run, X1 drops-in and receives the ball half turned and passes to player X2, X1 follows the pass. X2 passes to player (B) and rotates with player X1. (B) plays an angled pass to player (A).



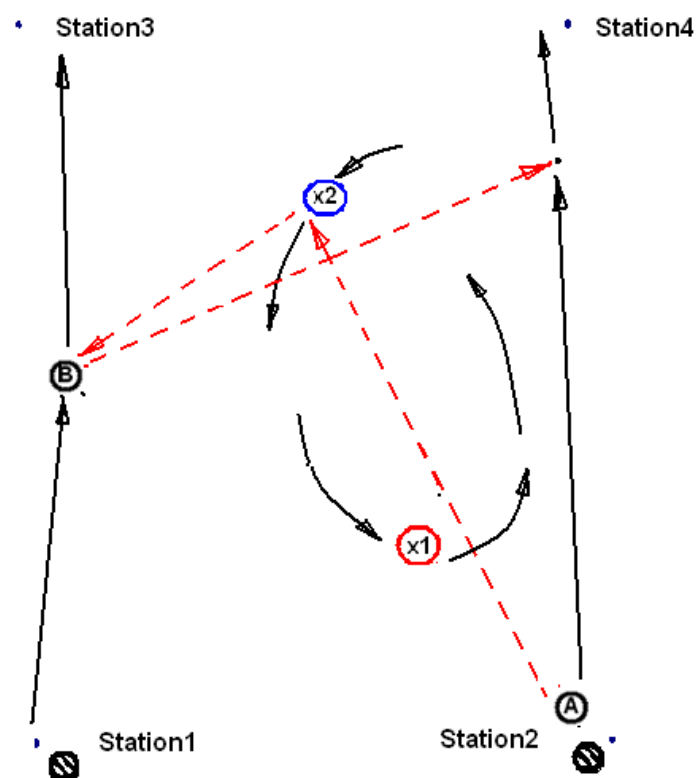
Once all players are at stations 3 and 4, the drill is repeated once again with the players working the ball back to stations 1 and 2. XI and X2 are replaced by two different players and the drill is repeated.



The practice is then also repeated from station 1 and 3.

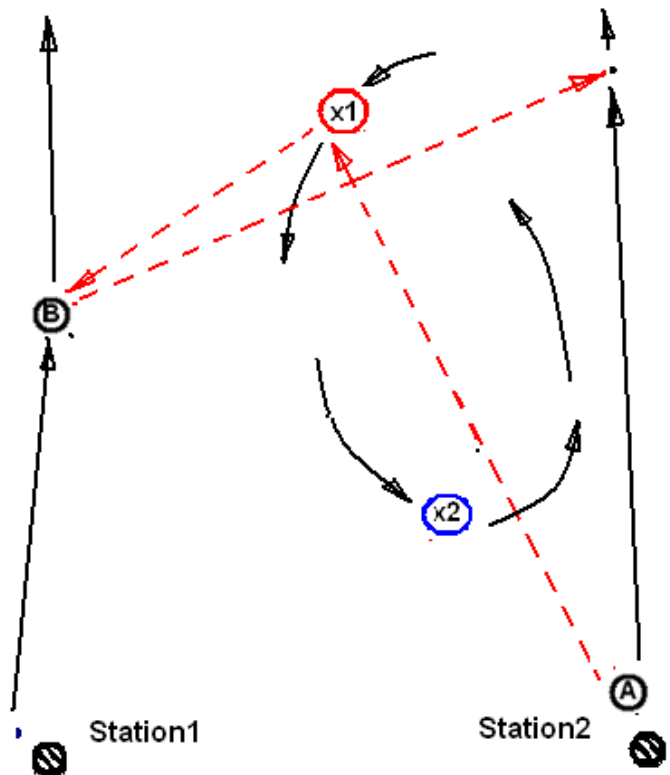
### DEVELOPMENT OF STAGE 3 - XI and X2 are replaced by two different players.

XI calls and shows for the ball. Player (A) misses out X1 and passes the ball to X2, X1 then spins away. Player (A) and (B) both make forward runs. X2 passes to player (B) and then rotates positions with X1, (B) makes an angled pass to player (A).

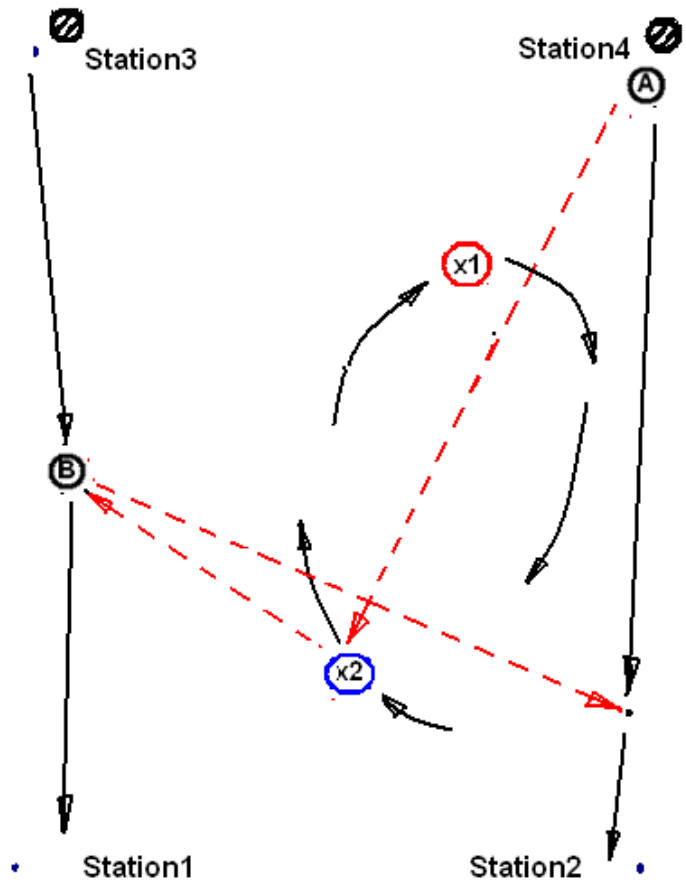




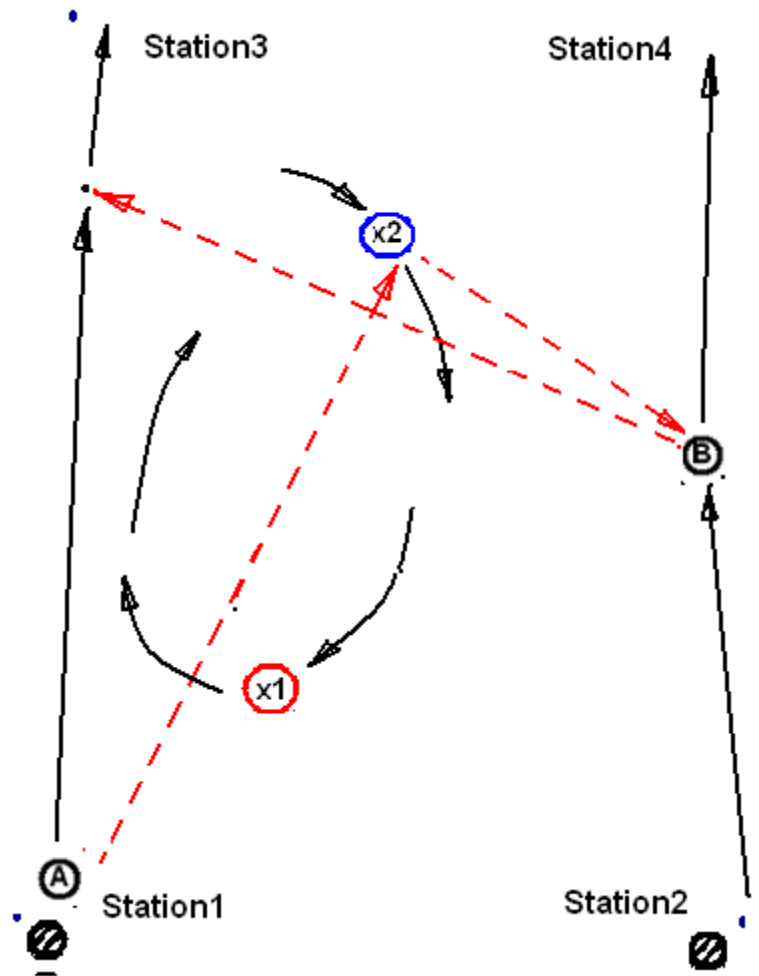
The drill is then repeated again with X2 calling and showing for the ball, he is by-passed and the ball is passed to X1 as before.



X1 and X2 are replaced. The practice is then repeated at station 4.



When all players are back at stations 1 and 2. The practice is then repeated at station 1, and then at station 3.



**MAJOR COACHING POINT** – Players must be alert and fully concentrate, as the movement will be quite hard to follow if not fully understood. The practices are done at high speed, and then repeated quickly with the next player passing the ball in for the practice to be repeated.

**COACHING POINT** – Weight of pass, all passes must be zipped into players. The only time a pass is to be under hit slightly, is when a player is needed to come towards the ball to receive a ball played into him. Playing the ball short will encourage him to come towards the ball.

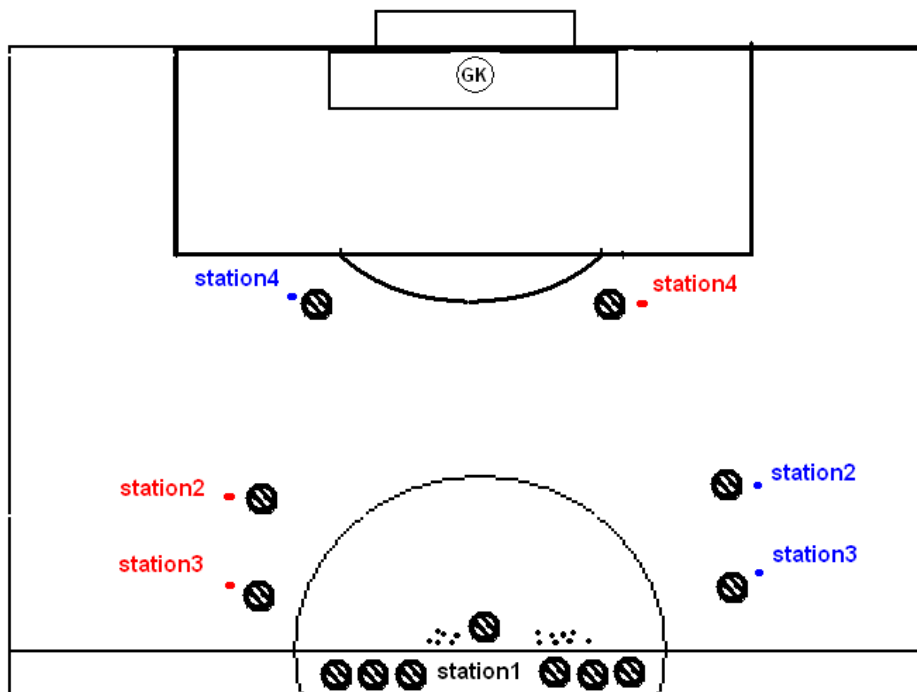
**COACHING POINT** – Timing of runs, if players move too early or too late they will not be in the correct positions to receive the ball. Timing of runs are essential.

**COACHING POINT - COMMUNICATION** – Players must communicate well between each other, calling early so players know exactly where to play the ball before they receive the ball.

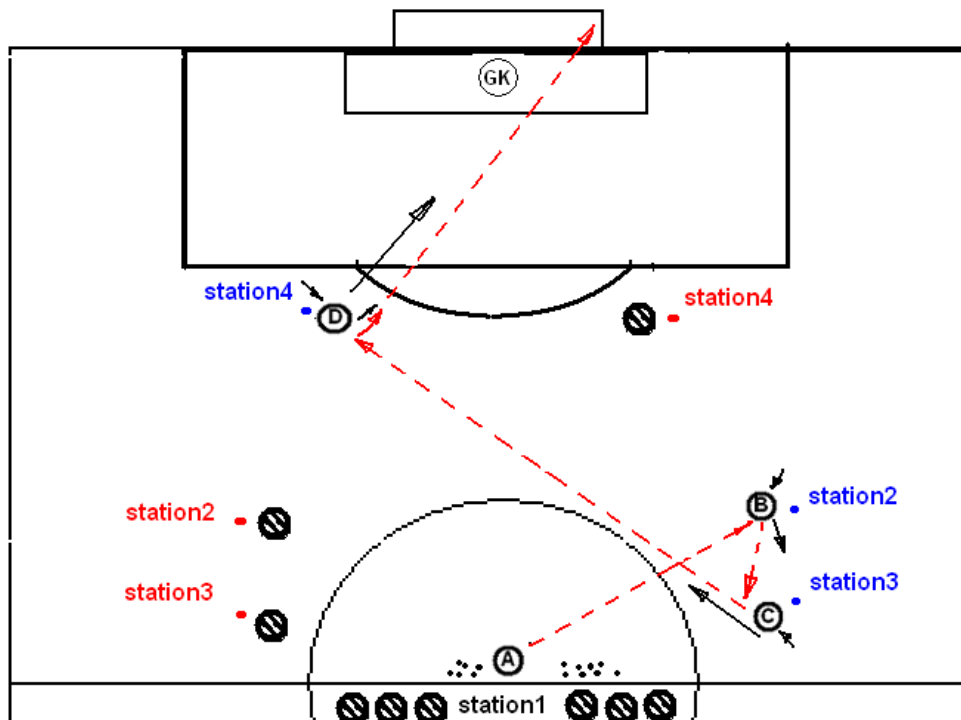
## PASS AND ROTATE DRILL, FINISHING WITH A SHOT ON GOAL.

Seven stations. There is a group of players at station 1 with a supply of balls, there is also one player at all the other stations.

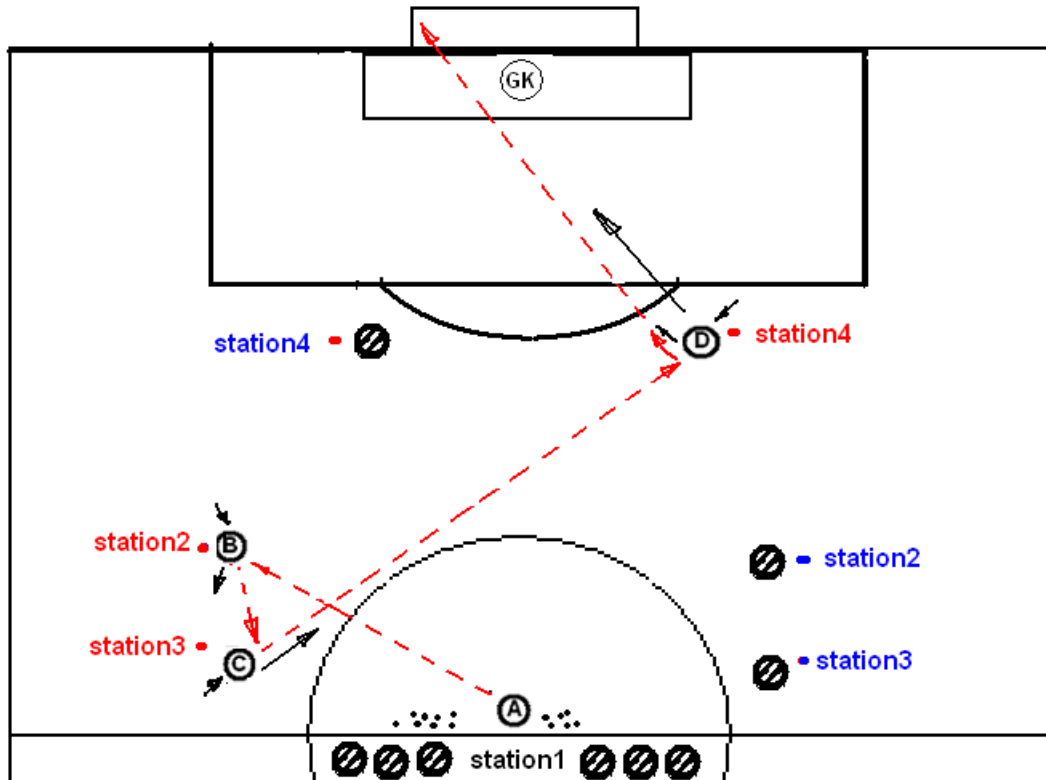
AREA –



Player (A) passes to player (B), (B) plays the ball backwards to player (C), (C) plays a diagonal pass to player (D). (D) receives the ball half turned and then shoots at goal. (D) takes the ball back to station 1. All players follow their passes and rotate to the next station that they have just passed to.



The practice is repeated with the ball travelling down the other side.



**ORGANIZATION POINT** – The player who shoots gets the ball from either the goalkeeper if he made the save or the player scored. If the ball went wide of the goal, the player would still have to go and retrieve the ball and take the ball back to the beginning of the practice, running on the outside of the practice.

**COACHING POINT** - All passes are played first time and zipped along the ground. The quality of every pass must be perfect so that every pass is playable first time.

**COACHING POINT** - All players must play with an open body and be ready to receive the ball, not being flat footed.

**COACHING POINT** - The players at the final station must turn with the ball sharply and shoot early.

### **7 V 7 + GOALKEEPERS GAME.**

The players then played a 7 v 7 plus goalkeepers on half of a full-sized pitch.

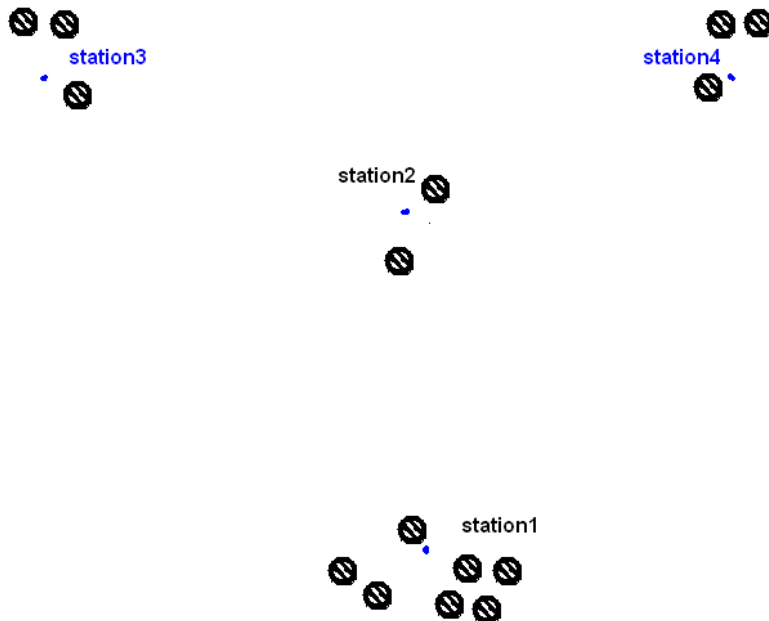
This was followed by a warm down and stretching.

**NOTE** - I did not watch the 7 v 7 game because another age group had started their training session, which I went over to watch.

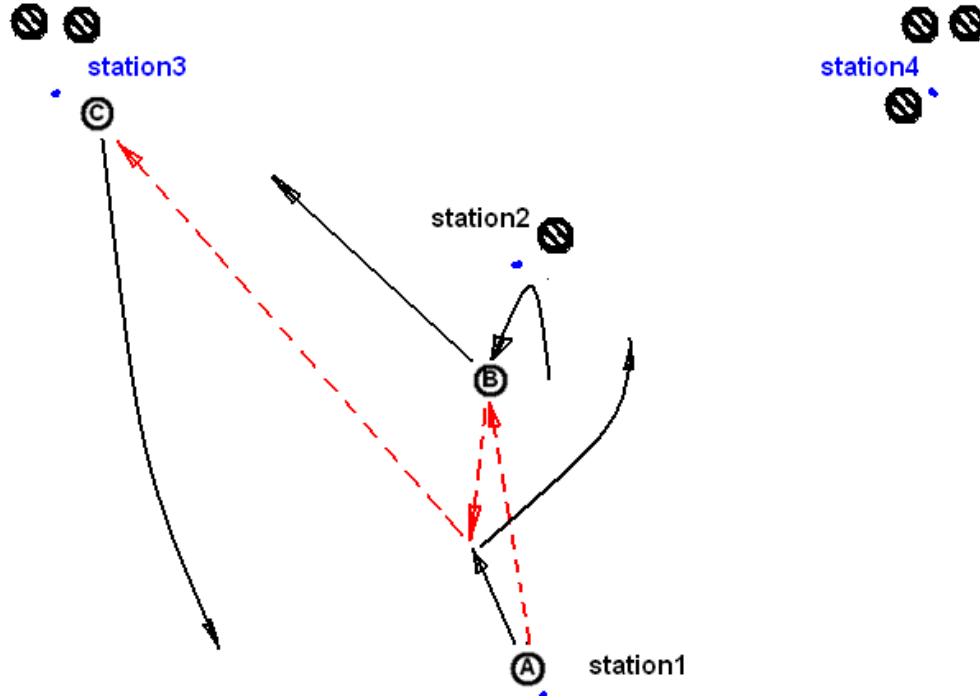
## ONE TOUCH PASS AND ROTATE DRILL.

4 stations. A Group of players at station 1, two players at station 2, and three players at both station 3 and station 4.

AREA -



Player (A) passes to (B) at station 2, (B) lays the ball off to (A). (A) meets the ball and plays the ball to player (C), (C) must run the ball back to station 1.



Player (A) moves to station 2. (B) moves to station 3. The drill is repeated with the ball being worked to station 4.

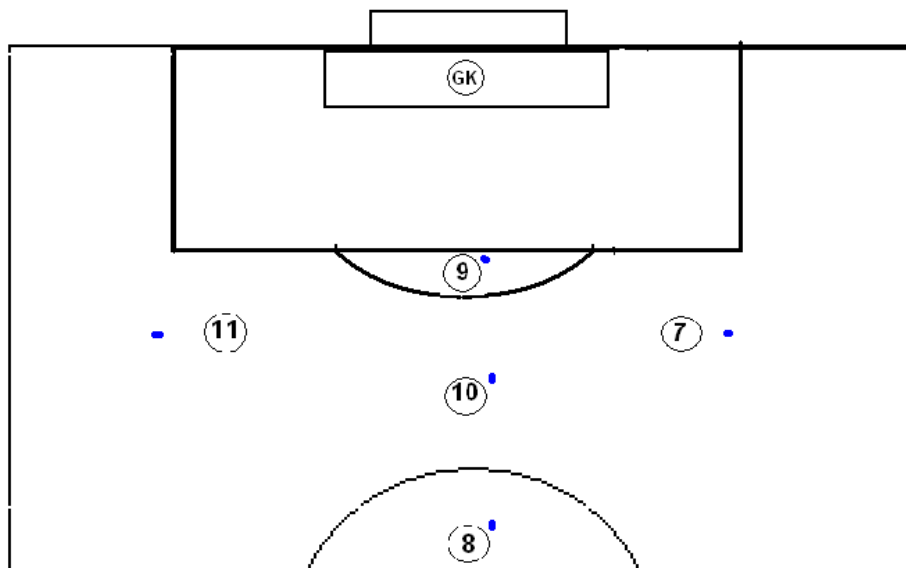
**COACHING POINT** - All passes must be weighted correctly and made playable first time.

**COACHING POINT** - The players must rotate quickly to the next station so not to slow down the drill.

**DEVELOPMENT** - Player (A)'s pass to player (C) at station 3 or 4 must now be a driven pass.

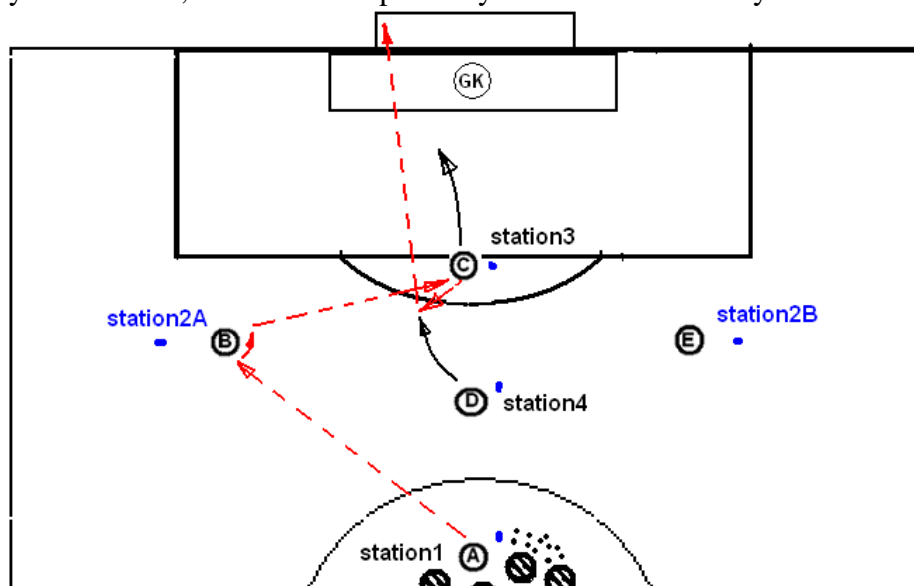
### ONE TOUCH PASS AND ROTATE FINISHING WITH A SHOT AT GOAL.

AREA –

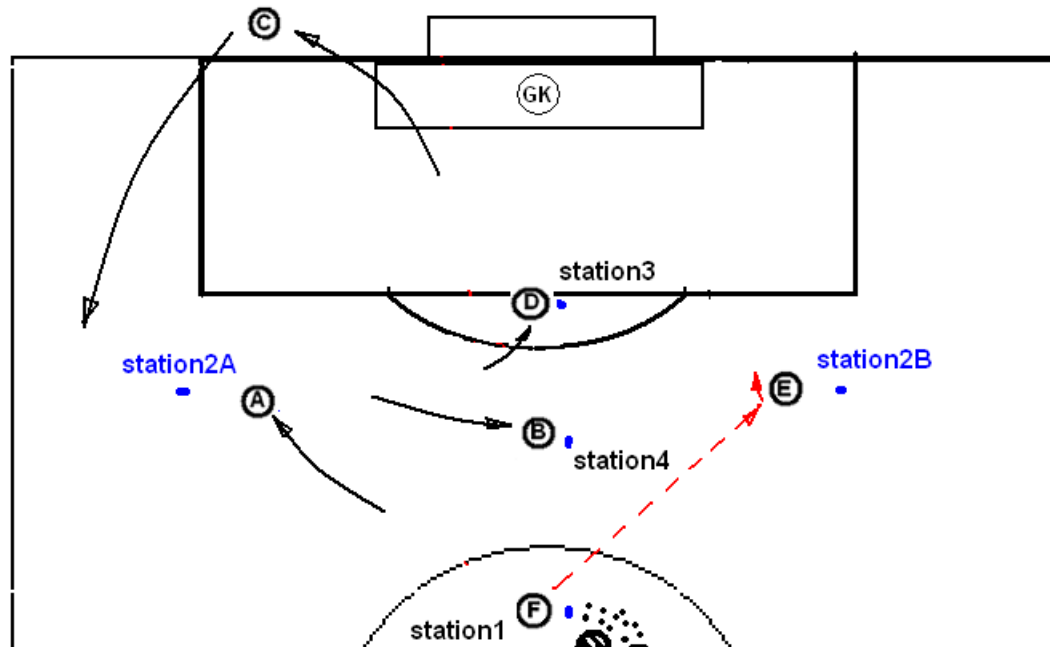


Five stations. Group of players at station 1, but only one player at the other four stations. Usually the pass and rotate practices at PSV have two players at each station to give the players a slight rest and also to keep things moving. This practice is slightly different, with a bit of shadow play added. Every station represents a different position in the team.

Player (A) passes to player (B), (B) receives the ball half turned and passes the ball forward to player (C), (C) lays the ball off for Player (D) to shoot at goal. Once (C) lays the ball off, he must then spin away and follow-in for any rebounds.



Player (A) rotates to station 2a. (B) (the wide player) does not follow his pass to station 3, but instead moves to station 4. Player (D) who shot at goal moves to station 3, and player (C) who laid the ball off at station 3 and followed-in for the rebound, gets the ball and joins station 1.



Note - The player who lays the ball off for the shot is always the player who goes and gets the ball and takes it back to station 1.

The drill is repeated with the ball being played out to player E at station 2b, he passes to D to lay the ball off to B.

**COACHING POINT** - All passes must be made playable first time by the receiving player.

**COACHING POINT** – The players at station 2A and 2B must receive the ball half-turned with an open body, playing a quick ball into the player at station 3.

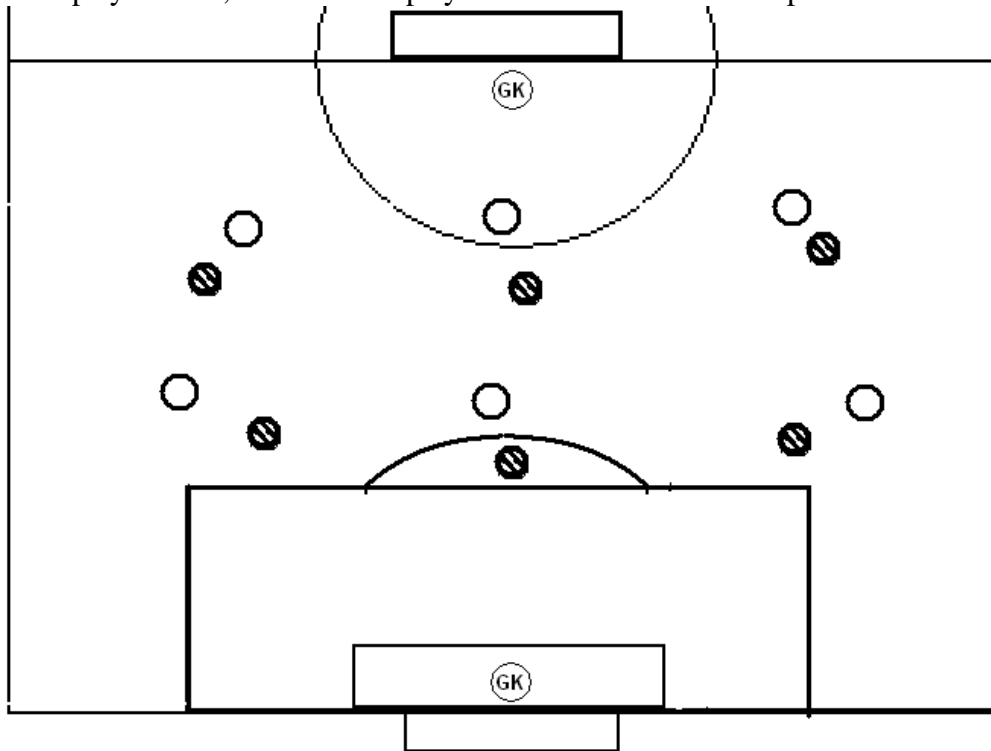
**COACHING POINT** - The player who lays the ball off and then follows-in for any rebounds, must time his run and not move too early, otherwise during a game he would mostly likely be caught offside.

**COACHING POINT** – The lay-off from the player at station 3 must take the weight off the ball so the player at station 4 can run onto the ball and strike it cleanly.

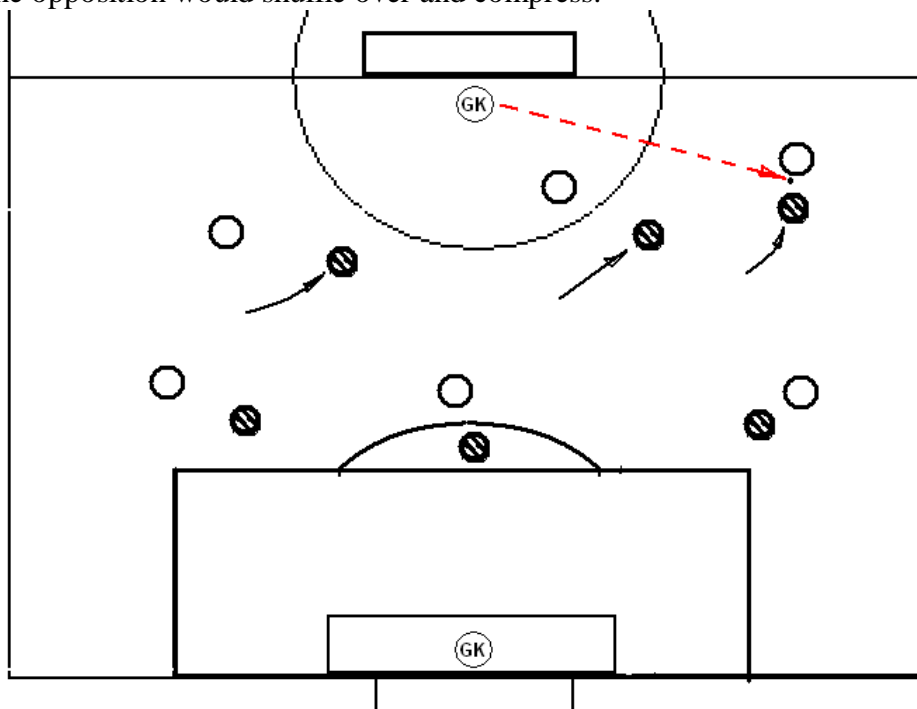
**SATURDAY THE 17th OF APRIL 1999.**

**P.S.V. YOUTH TEAM SESSION.**

When I arrived on Saturday morning, one age group were half-way through a session, the players were playing 6 v 6 plus goalkeepers on half a full sized pitch. One team was a player short, so the coach played for that team to even up the sides.

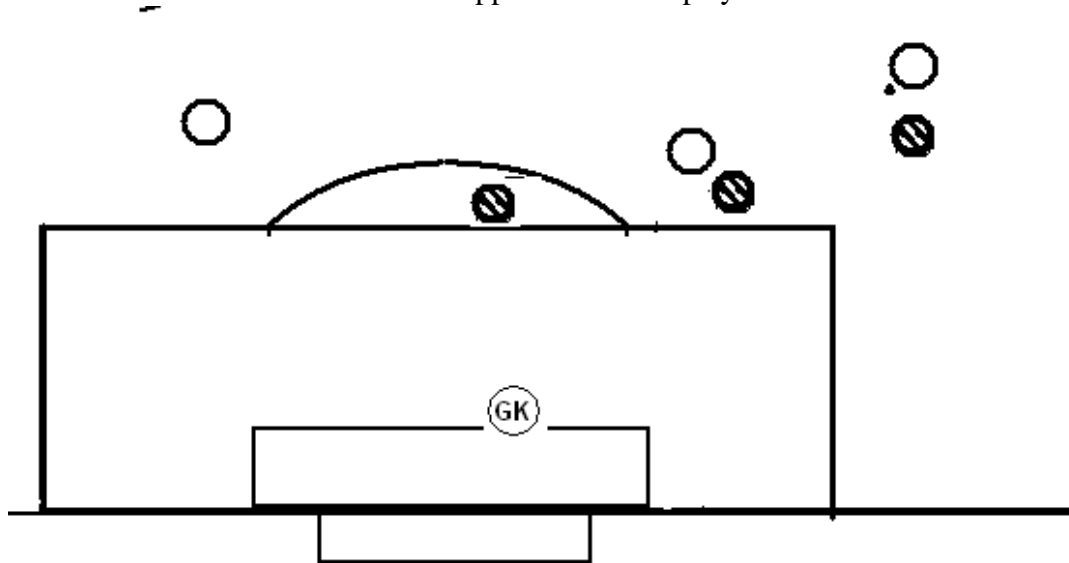


**COACHING POINT** - Both teams must press and compress the play when the opposition had possession of the ball. If the player in possession was in a wide area, the opposition would shuffle over and compress.

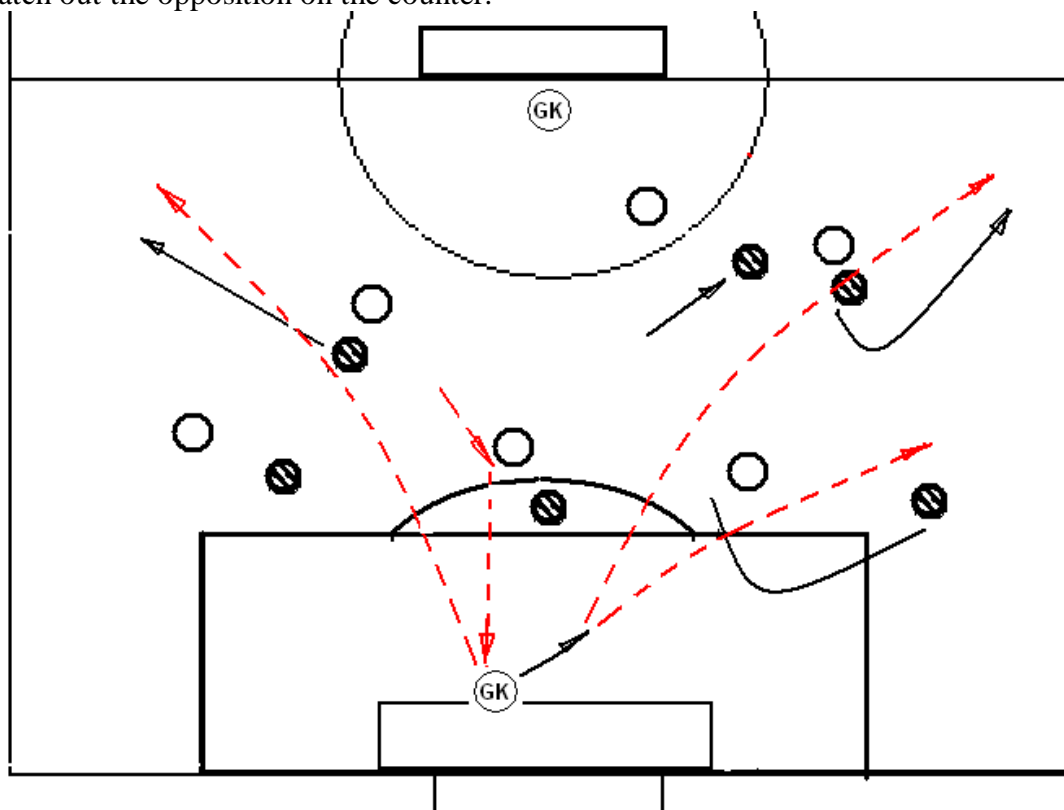




**COACHING POINT** - Wide players forced inside. Players 2 and 5, right and left of the central defender must force the oppositions wide players inside.



**COACHING POINT** - The goalkeepers would always make early throws to a team mate. They either roll the ball to a close team mate, which was either 2 or 5. Or the goalkeeper would make a deep throw to an attacking player in advanced position, to catch out the opposition on the counter.



**NOTE** - There was always a supply of balls in both goals, this is so the goalkeeper can keep the game flowing.

**WARM DOWN** - A warm down of light jogging was supervised by one of the players, this same player also supervised the groups stretching exercises.

### **P.S.V. EINDHOVEN'S YOUTH TEAMS STYLE OF PLAY.**

While in Eindhoven I watched two youth team matches. The first match I saw was an Under 11's game on Thursday the 15th of April, it was a friendly match against a local team. The second match was on Saturday the 17th of April, this game was an under 13's league match against V. V. V.

Both of the games lasted one hour and were made up two half-hour halves, rather than three thirds which I saw before. In both games substitutions could be made at anytime, with players allowed to return to play after being substituted.

The only noticeable point regarding the rules of the game was during the under 11's game. The corner kicks during this game were taken from the edge of the penalty area rather than the corner of the pitch (full-size pitch).

During the under 11's friendly game, the half time team talk was carried out on the pitch. During the under 13's league match, the players went back into the changing rooms. But the substitutes stayed out on the pitch and warmed up, rather than being present during the half-time team talk. These players then came on at the beginning of the second half.

### **THE U13'S PRE-MATCH PREPARATION.**

The under 13's team turned up one and an half hours before kick-off. Throughout the period before kick-off all the PSV players stayed together, the players walked around the pitch chatting and joking in their club tracksuits. The players even kicked a ball around on a playing area next to the pitch.

15 minutes before kick-off the players come out onto the pitch and warm-up which included light jogging, sidestepping, jumping, skipping etc before the players got the footballs out. 5 minutes before kick-off the players went back into the changing rooms to take off track suits and have a brief team talk Just before kick-off both teams came out together.

### **PSV'S PLAYING PHILOSOPHY -**

During the under 13's match I had a chat with Remy Reynierse, the PSV head of youth development. I asked him what was PSV's basic playing philosophy, to which he replied – “Have as few touches on the ball as possible and move the ball quickly, that is why we play one-touch football”. I notice that during both of the games that players never ran with the ball, even if a back player had space in front of him, he would not carry the ball forward, but instead keep the ball moving, this was almost always performed using a one-touch pass with the ball being circulated.

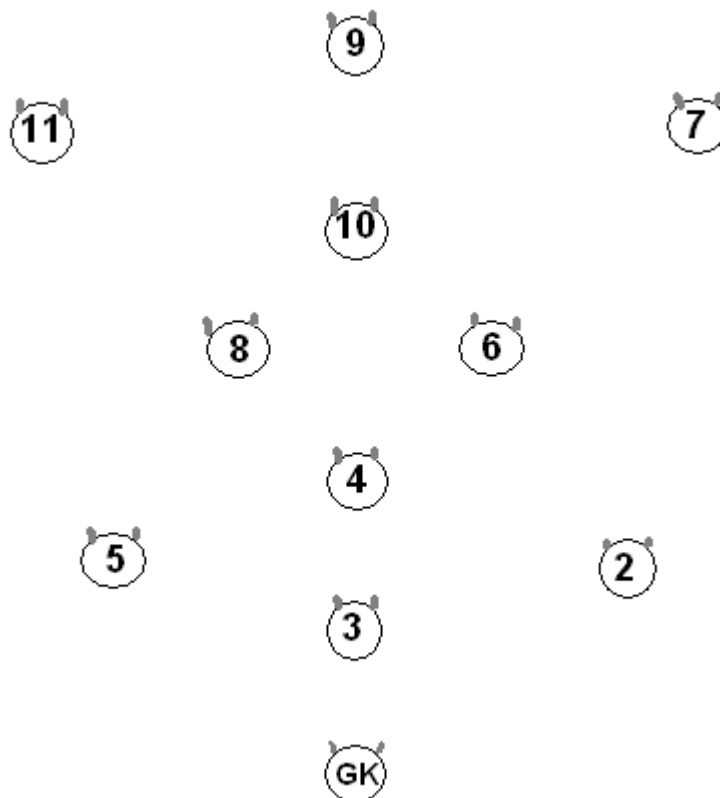
During all the youth training sessions I saw on both of my visits to Eindhoven, I only saw the players work on pass and moving drills, shooting drills and never on ball feeling exercises or turning and dribbling with the ball. During the training sessions and matches the players played the best one-touch play and had the best movement off the ball I have ever seen. But when any player was faced in a situation where he could not pass the ball to team-mate or had to beat a player using the ball, the player's

ability on the ball was still fantastic and could get out of any situation. I found this very interesting as I never saw the players work on using these techniques or work on getting out of these situations.

I asked Remy if you ever work on technical skills with the players and he said, “We work on one touch and two touch play - rather than turning and dribbling with the ball. We work on quick movement of the ball. We do work on turning and dribbling with ball at the beginning of the season as this is very important for the players. But we work mostly on quick movement of the ball”.

PSV teams are entered in tournaments across Europe throughout the season. I asked Remy about these tournaments against foreign opposition and what they mean to PSV, to which he said “Competition against foreign teams are the most important for us. These games are more important than all the league games the teams play”. This was to get the players use to playing against teams and players with different styles and systems of play.

### **PSV'S PLAYING FORMATION -**



This is the formation that both of the PSV teams used and also the same formation that their opposition used. This is the main formation used by all teams throughout Holland. As both teams use the same formation and 'mirror' each other, both teams use man for man marking.

The observations I made on both of the PSV teams and on the opposition were very similar. All the teams play the same way and use the same style of play. The PSV teams I saw lost both the matches in close high scoring games. The noticeable

difference was that PSV were playing against older opposition and that for PSV, the result of the game was not the major importance. The players were encouraged to play to the system and play to their individually roles in the team. The major importance was that the players were improving as players and as a team, and learning to play to the system.

### **COACHES MANOR DURING THE MATCHES -**

The coaches were seated in the dugouts during the game and were never up and down on the touch-lines. The coaches were almost silent during the games, they only gave instruction to a player who was away from the immediate playing area of the ball. For example, if a player made the wrong choice of pass, or held onto a ball too long, the coach would instruct him or give him advice when the ball was in another part of the field. The coach would never give him an instruction or tell him what he should have done when the ball was in the player's playing area.

### **PARENTS MANOR DURING THE MATCHES -**

The parents of the PSV players and of the opposition were completely silent during the matches. The only time the parents made a noise was when a goal was score by their team. The parents were not allowed to shout out any instructions or even encouragement during the games. The parents were certainly not allowed to groan if a goal was conceded.

### **OBSERVATION POINTS DURING THE MATCHES -**

Both teams and the opposition played 'pressing football' where the whole team pressed forward on to the opposition with and without the ball.

PSV circulated the ball superbly with the ball always moving, the picture of the game was constantly changing. All passes were made first time with all players comfortable using either foot.

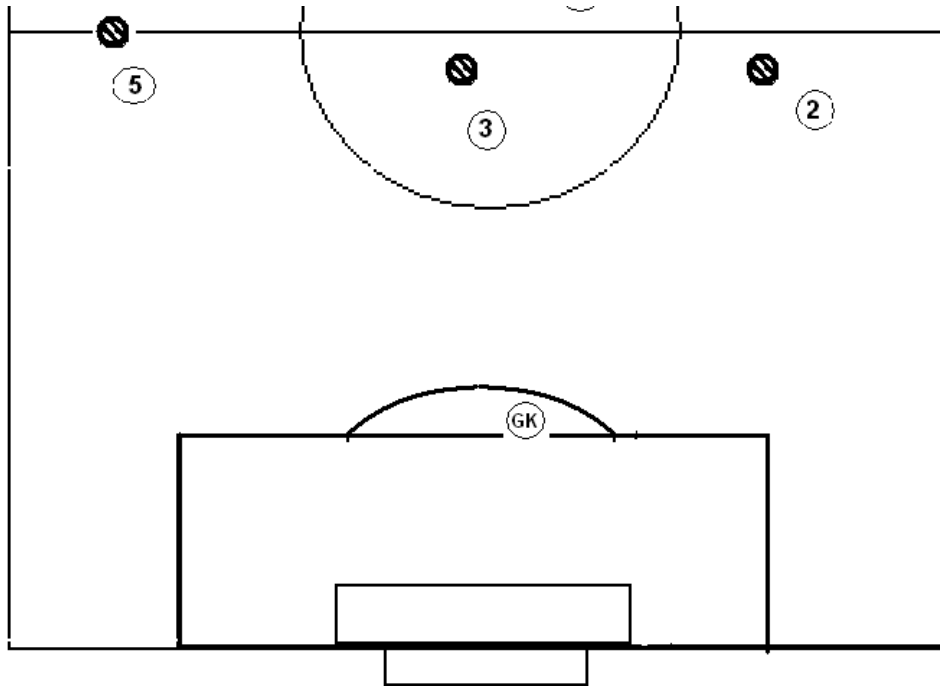
One the most notable observations was all of the players movement off the ball. Every player knew how to create space for himself and for his team-mates. The players would continually rotate positions, with one player leaving one space, and a team-mate moving into this space.

The attacking players were never ever caught offside during the matches. This was due to the players timing their runs perfectly and also due to the ball being played into the forwards rather than the ball being played over the top of the opposition for the forwards to run onto.

In front of goal, no players were afraid to shoot at goal. All of the players could shoot with both feet and all of the shots were taken early and hit low first time.

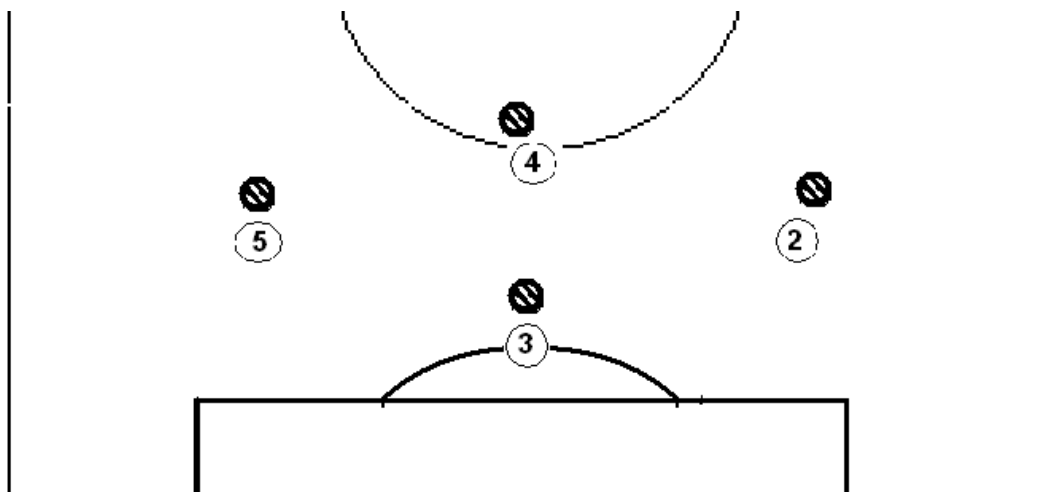
## THE GOALKEEPER -

When the team had possession of the ball in the middle third and attacking third, the goalkeeper always played in an advanced position on the edge or outside of the penalty area. If the back players had possession of the ball, he would also be in an advanced position to support his team-mates, when he received the ball, he would switch the play and keep the ball circulating.



## THE DEFENSIVE PLAYERS 3, 5, 2 AND 4 -

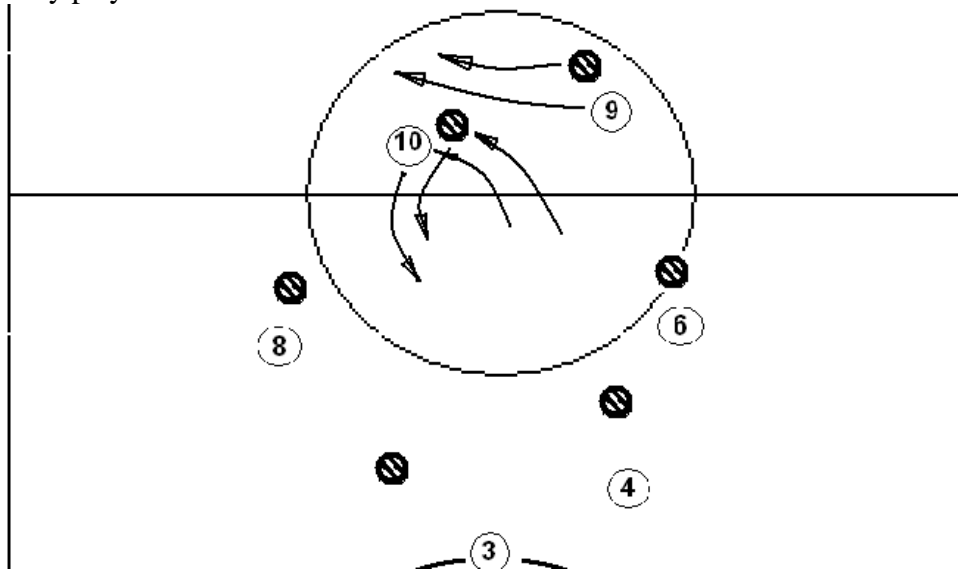
Player 3 is the last man and marks the oppositions central striker. Players 2 and 5 who play either side of central player, mark the oppositions wide players. Player 4 plays just in front of the back three and marks the oppositions withdrawn striker.



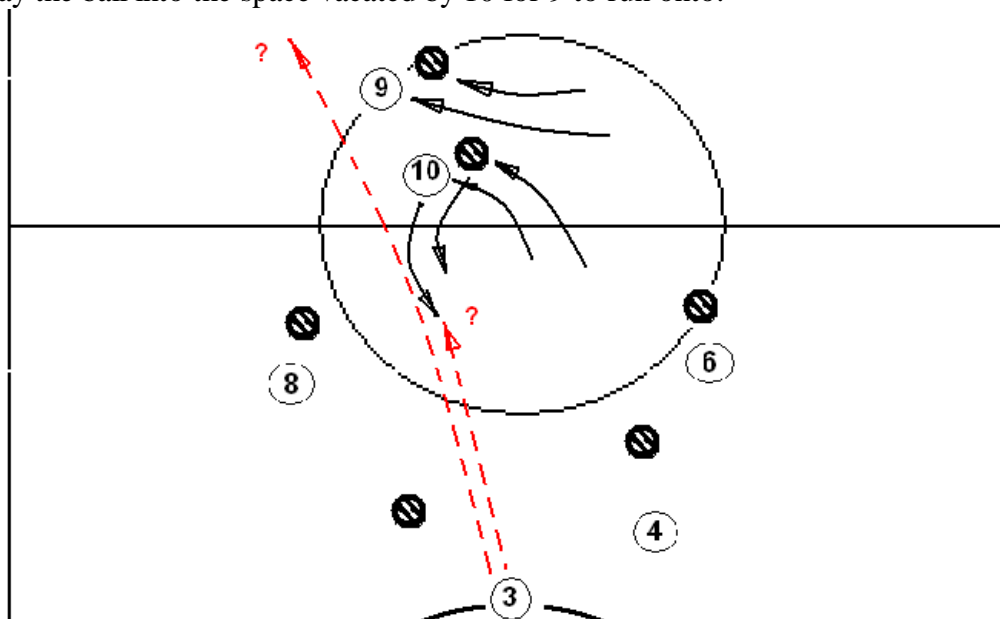
## BUILD UP FROM THE BACK -

When the goalkeeper has possession of the ball, players 2 and 5, the right and left sided defenders always go wide of the penalty area, this is the same with goal-kicks. Goal-kicks are usually taken early with the ball being played out wide to players 2 and 5.

If the ball is played into players 3 or 4 to build up the play, player 10 pushes up in line with number 9 the central striker, this takes place as soon as the ball is played into 3 or 4. 10 then checks back into the space he just left. 9 then spins into the space now left by player 10.



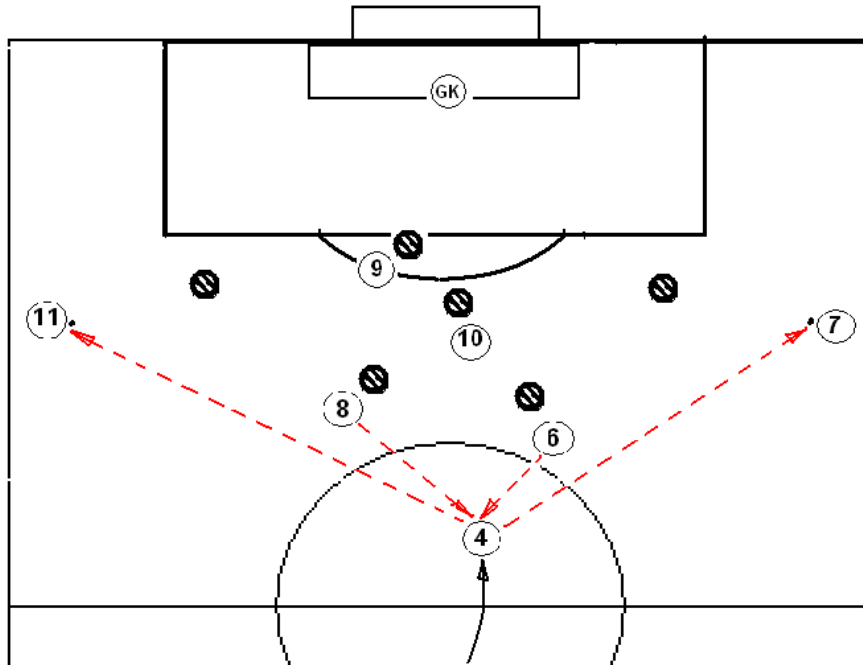
Player 3 or 4 who has possession of the ball can either play to ball into 10's feet, or play the ball into the space vacated by 10 for 9 to run onto.



NOTE - Player 10 is the withdrawn striker and plays in the hole between midfield and attack, but if 10 is in the 'hole', there is then no 'hole' as he is filling it. 10 must push up with 9 and then check back into the 'hole'.

## **SUPPORT FROM THE BACK -**

When the team has possession of the ball in the attacking third, player 4 steps up to support players 6 and 8. If 4 receives the ball from 6 or 8, he must then play the ball out wide to 7 or 11.

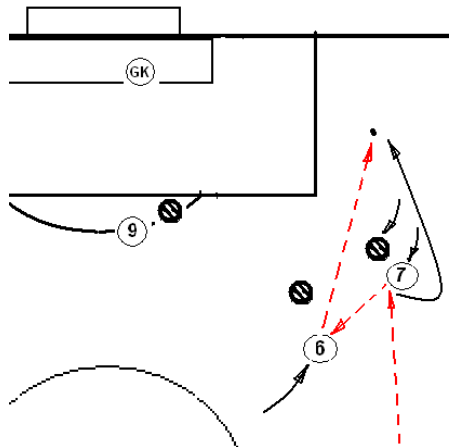


## **MIDFIELD PLAYERS 6 AND 8 -**

Players 6 and 8 stay central and build up the play through the middle of the pitch. They link the defence to the withdrawn striker and also to the wide players. Both players must work very hard to regain possession of the ball from the opposition and hold the middle of the pitch.

## **THE WIDE PLAYERS 7 AND 11 -**

7 and 11 always look to get in behind the opposition's defence, then get to the dead ball line before putting in a cross. They mostly get the ball played into them behind the defence. This is usually done by giving a 'give and go' and then running onto a through ball.



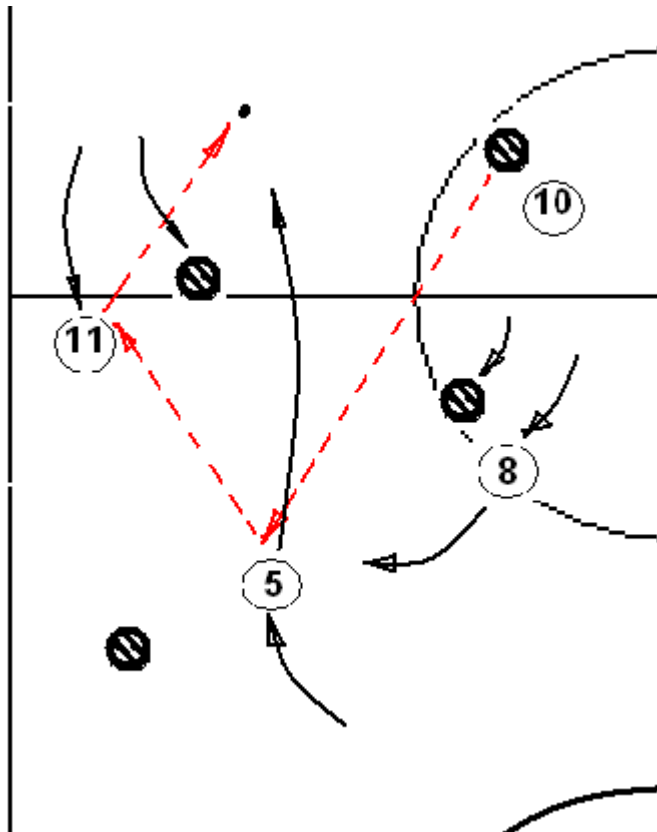
When the back players are in possession of the ball but are being pressed by the opposition. 7 and 11 will drop back into their own half of the pitch to give support to the back players by giving a passing option.

## PLAYER RELATIONSHIPS -

During the games the players made relationships with each other, where players would rotate positions with each other. This was mostly seen with the central striker 9 and the withdrawn striker 10, but a lot of the other players would also rotate around.

The three players on the left of the pitch 5, 8 and 11 would rotate around quite often. The same would happen on the right of the pitch with players 2, 6 and 7.

This rotation of positions was mostly seen when the PSV teams were defending in a close area in their own half of the pitch. When possession of the ball was won and the players broke out, the players would push forward into other players positions. If 5 the left sided defender intercepted a pass from the opposition and broke forward, 8 the left sided midfielder drop back and become 5. The original number 5 would most often then play a one-two with 11 the left winger and then rotate positions with him as well.



Players would rotate back into their original positions by playing quick one-two's.

This rotation not only creates space for other players to move into, but also enables players to cover less ground when possession of the ball is lost. If for example, if number 2 gets forward, he would not have to run back 50 yards back into position if possession was lost, as another player would have rotated into his position as he broke forward.



## **SET-PLAYS-**

During the matches I noted which player in which position took the set pieces in different areas of the field. I also noted the movement of the players of the ball.

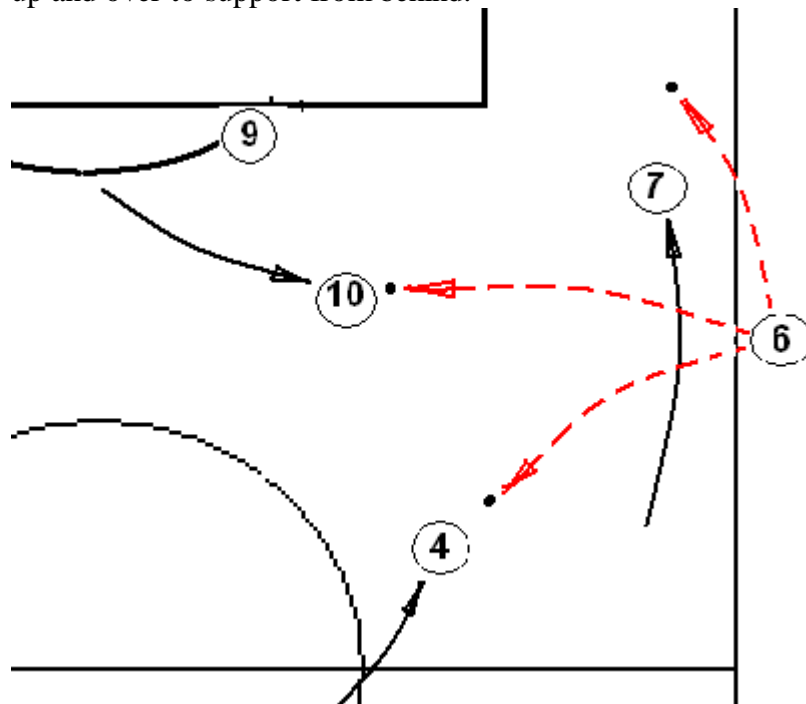
### **THROW-INS IN THE DEFENSIVE THIRD -**

Throw-ins on the right were taken by player 2, the right sided defender. Player 3 the central defender and player 5 the left sided defender would shuffle over to support. Player 5 would take the throw-ins on the left side of the pitch, 3 and 2 would shuffle over.

### **THROW-INS IN ADVANCED POSITIONS -**

In the middle third and attacking third, the throw-ins were taken by players 6 and 8, the left centre and right centre midfield players.

Number 9 would push forward, the wide player on that side of the pitch would make a forward run up the touch line. Player 10 the withdrawn striker would push up onto the number 9 and then drop back in late showing for the ball. Player 4 always moves up and over to support from behind.



Players 7 and 11 only take quick throw-ins in the attacking third if they can catch out the opposition, otherwise they leave the ball for players 6 and 8.

### **ATTACKING CORNERS -**

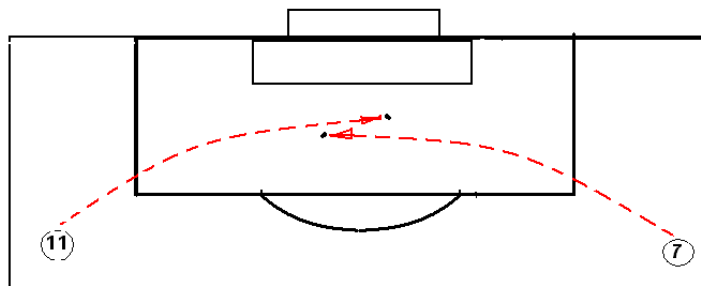
At attacking corners, all players push up except only two defensive players who stay back and defend, but this depends on how many opposition players stay up in attacking positions.

### **ATTACKING FREE-KICKS IN THE MIDDLE THIRD -**

Free kicks just behind the half-way line are taken by defensive players. But free kicks in the oppositions side of the pitch, in the attacking half of the middle third are taken by players 6 and 8. Players 6 and 8 usually take the free-kicks early to keep the ball moving and catch out the opposition. Otherwise they play lofted balls into the forward players.

### **ATTACKING FREE-KICKS IN A WIDE POSITION IN THE ATTACKING THIRD -**

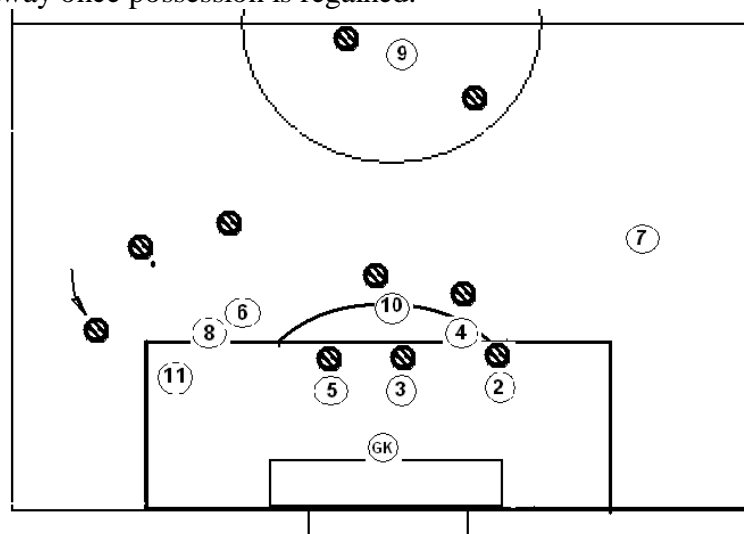
Free kicks in attacking wide areas are always taken by the wide players 7 and 11. The free-kicks are lofted into the penalty area, these kicks are out-swinging.



### **DEFENDING AT SET PLAYS -**

#### **DEFENDING AT FREE-KICKS IN THE DEFENSIVE THIRD -**

If the free kick is on PSV's left side of the pitch. The wide left player number 11 will drop back into the left side of defence. 6 and 8 the central midfield players drop back, usually to form the wall. The defensive players mark the oppositions attacking players. Number 9 the central striker stays up on the half-way line. 10, the withdrawn striker will be positioned on the edge of the penalty area, to put presses on the ball if the ball is played into the middle, he is also well positioned to brake out if possession is won. 7, the wide right player is positioned in a slightly advanced position, this is to cover the opposite side of the pitch, but is also in a good position for a quick brake away once possession is regained.



## **DEFENDING AT CORNERS -**

When defending at corners, all players drop back to defend except the central striker number 9 and the wide players 7 and 11 who take up attacking positions. 10 the withdrawn striker is positioned on the edge of the penalty area.

During one of the matches the score-line was very close with only a few minutes to go, PSV drew all the players back to defend except number 9 who was still positioned in an attacking position.

## **YOUTH DEVELOPMENT QUESTIONNAIRE.**

Before my second visit to Eindhoven I was given a 'Youth Development' questionnaire by Songwi Choe from the Liverpool John Moores University. His study was to compare youth development in England, Japan and Holland.

The questionnaire covers Youth development structure and also compares the under 15's and the under 18's youth set up.

I gave the questionnaire to Remy Reynierse the P.S.V. Head of youth development, the next few pages are the answers and results from the questionnaire.

## **P.S.V. EINDHOVEN YOUTH DEVELOPMENT PROGRAM.**

### **THE CLUB STRUCTURE.**

#### **WHAT YOUTH FACILITIES DOES THE CLUB HAVE?**

7 Grass Pitches. 1 Astroturf Pitch. 1 Training Gym. 1 Dining Room. 1 Football Study Room. 2 Massage and treatment Rooms.

#### **HOW MANY YOUTH TEAMS, HOW MANY SESSIONS PER WEEK?**

**U10 – U17's – Four sessions a week.**

#### **LAST SEASONS LEAGUE POSITIONING?**

**18 – A1 – 3<sup>rd</sup>.**

**17 – A2 – 3<sup>rd</sup>.**

**16 – B1 – 3<sup>rd</sup>.**

**15 – B2 – 3<sup>rd</sup>.**

**14 – B3 – 1<sup>st</sup>.**

**13 – C1 – 5<sup>th</sup>.**

**12 – C2 – 6<sup>th</sup>.**

**11 – D1 – 1<sup>st</sup>.**

#### **HOW MANY FULL TIME STAFF DOES THE YOUTH SYSTEM HAVE? –**

P.S.V. have 5 full time staff.

#### **HOW YOUNG IS THE YOUNGEST YOUTH COACH? - The youngest coach at**

P.S.V. is 24 years old.

#### **HOW OLD IS THE ELDEST YOUTH COACH? - The oldest coach is 52 years**

old.

#### **HOW MANY EX-P.S.V. PLAYERS ARE ON THE YOUTH COACHING**

**STAFF? - The club have 3 ex-P.S.V. players on the youth coaching staff**

#### **HOW MANY FOREIGN COACHES ARE ON THE YOUTH STAFF? – P.S.V.**

have no foreign youth coaches at the club.

**WHAT IS THE MINIMUM QUALIFICATION OF THE YOUTH COACHES?**

- The minimum qualification for youth coaches is – ‘Trainer-Coach 1’.

**WHAT COACHING PRACTICES DOES THE YOUTH SYSTEM HAVE? –**

P.S.V. have a youth coaches meeting every week and also have a coaches practice day every month.

**PLAYERS.**

**WHAT NUMBER OF PLAYERS AND NUMBER OF FOREIGN PLAYERS DOES EACH YOUTH TEAM HAVE?**

**U10 – 16**

**U11 – 16**

**U12 – 16**

**U13 – 18**

**U14 – 15**

**U15 – 18**

**U16 – 16**

**U17 – 18**

**U18 – 20 – 3 Foreign players.**

**HOW MANY YOUTH PLAYERS PLAYED FOR THE FIRST TEAM LAST YEAR? - 3 P.S.V. youth players played for the first team last season.**

**HOW OLD IS THE MOST EXPERIENCED PLAYER THAT HAS GRADUATED FROM THE YOUTH SYSTEM? -** Goalkeeper Patrick Lodewijks (32 years old) is the oldest player in the first team that came from the P.S.V. youth system.

**COMPARISONS BETWEEN UNDER 15'S AND UNDER 18'S AGE GROUPS.**

**HOW MANY YOUTH COACHES DOES EACH AGE GROUP -**

- U15'S - 1

- U18'S - 2

**HOW LONG IS EACH TRAINING SESSION U15'S - 75 / 90 MINS.**

**HOW LONG IS EACH TRAINING SESSION U18'S - 75 / 90 MINS.**

**HOW OFTEN DO THE PLAYERS USE THE TRAINING GYM U15'S - 0.**

**HOW OFTEN DO THE PLAYERS USE THE TRAINING GYM U18'S - 1.**

**HOW MANY MATCHES PER SEASON -**

**U15'S - 50.**

**U18'S - 55.**

**WHAT IS THE ESTIMATED RATIO OF TRAINING FOR THEM PER YEAR? (%)**

U15'S -

SKILL – 30

SPEED – 10

STAMINA - 5

STRENGTH – 5

TACTICS – 20

COMPETITIONS – 30

U18's -

SKILL – 10

SPEED – 15

STAMINA - 10

STRENGTH – 10

TACTICS – 30

COMPETITIONS – 25

**WHAT IS THE MAIN DIFFERENCE OF TRAINING BETWEEN U15'S AND U18'S LEVELS?**

Under 15's is technical and the U18's is tactical.

**DO THE U15'S AND U18'S PLAY MATCHES AS THE PROFESSIONAL PLAYERS? (Le., 11 v 11, 90 minutes, full size pitch) - Yes.**

### **THE SYSTEM OF THE SCOUT.**

**WHEN DID P.S.V. INTRODUCE A SCOUTING SYSTEM?** - PSV started a scouting system 15 years ago.

**HOW MANY SCOUTS DOES THE CLUB EMPLOY?** - The club has 10 Part time scouts and 1 Full time scout.

**WHAT DOES THE CLUB'S SCOUTS LOOK FOR IN YOUNG TALENT?**  
Talent. Speed. Personality. Skill.

### **THE YOUTH DEVELOPMENT.**

**HOW MANY YOUTH PLAYERS HAVE PROGRESSED TO THE 1ST TEAM FROM THE YOUTH SYSTEM SINCE 1993?** - 20 youth players have progress to the first in the past 6 years.

**DOES P.S.V. HAVE ANY EDUCATIONAL PROGRAM WHICH TOUCHES THEIR LIFE SKILLS?** - The club has a school system for the youth players (i.e. homework club and buses that pick up players from their schools).

**WHAT IS PSV'S OPINION ON THE IMPORTANCE OF YOUTH DEVELOPMENT?** Youth development is the most important thing in life - like breathing.

**WHAT IN YOUR OPINION ARE THE MAIN PROBLEMS OF THE YOUTH PLAYERS DURING SUCH YOUTH DEVELOPMENT SYSTEM?** Strong life. Circumstances. Struggle for life.

**WHAT IS THE P.S.V'S OPINION ABOUT THE FUTURE OF THE YOUTH DEVELOPMENT? -**  
Young players are the future of football.