

PD Session - PLAYING THE SPANISH WAY

PASSING LINES ORGANIZATION

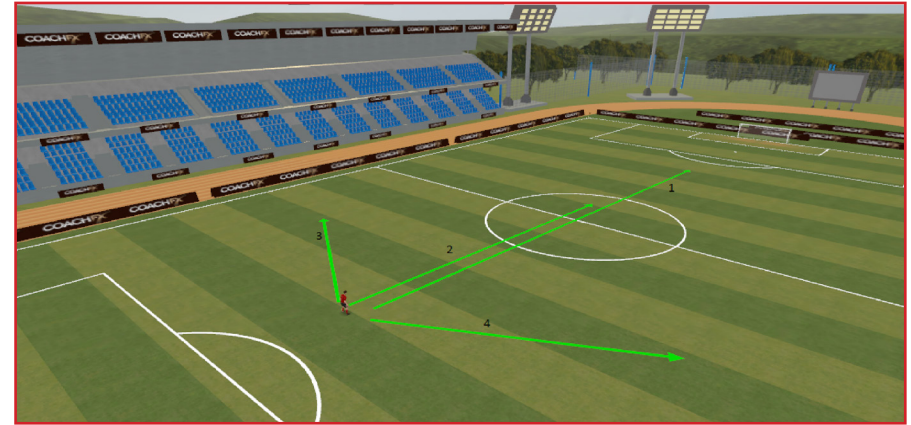
Diagram shows passing lines for the decision part of A,B,C,D & E. Line 1 is a forward pass in behind opposition defence to get a team mate through on goal. Line 2 is a forward pass to either CF (9) or into midfield. Line 3 is a pass wide to either FB/WF.

Coaching Points:

A,B,C,D,E - Awareness, Body shape, Control, Decision & Execution

Weight and accuracy of passing

Passing technique



TECHNICAL PRACTICE: 4v4+3 ORGANIZATION

ORGANIZATION

18x30 yard area

Players on the outside look to retain possession of the ball. Player on the inside look to win possession.

When players on the outside win the ball, they look to maintain possession and transition to the outside. The outside team move to the inside of the playing area when they lose possession. Neutral players play for the team in possession of the ball.

PROGRESSION

2 touch play

COACHING POINTS

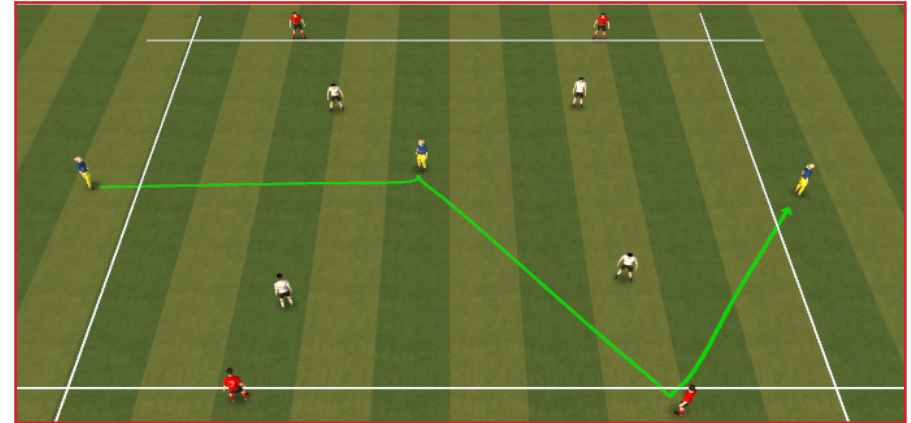
A,B,C,D, E- Awareness, Body shape, Control, Decision & Execution

Speed of play

Quickly transition from an attacking to a defensive attitude.

Penetration

Confidence to use the neutral player in the middle to combine.



TECHNICAL PRACTICE: 5v5+2 ORGANIZATION

ORGANIZATION

Play in a 20 x 35 yard area.

Reds on the outside look to retain possession of the ball. Can work within 5 yards either side of outside line

Whites on the inside look to win possession.

When whites win the ball, they look to maintain possession and quickly transition to the outside. The Reds then move to the inside of the playing area when they lose possession.

1 player from each team plays as a central midfielder and always remains on the inside of the playing area.

PROGRESSION

2 touch play

End players 1 touch only

COACHING POINTS

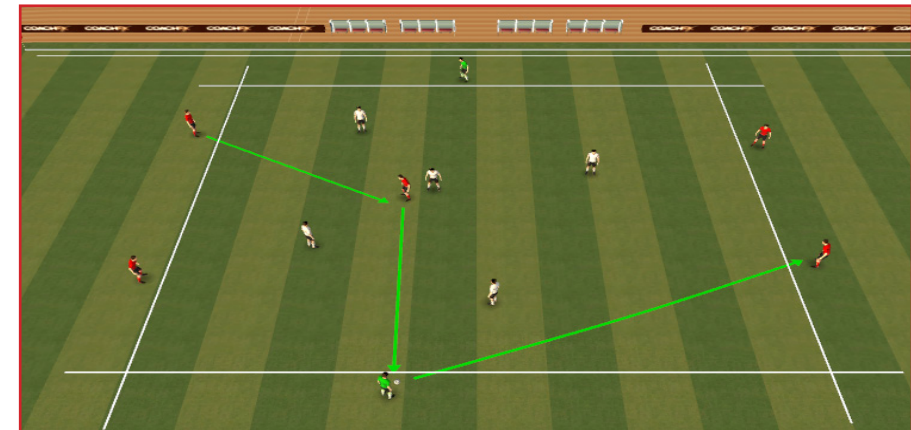
A,B,C,D, E- Awareness, Body shape, Control, Decision & Execution

Speed of play

Quickly transition from an attacking to a defensive attitude.

Penetration

Confidence to use the neutral player in the middle to combine.



PD Session - Awareness

TECHNICAL PRACTICE: 6v6+2

ORGANIZATION

Play in a 22 x 40 yard area.

Reds on the outside look to retain possession of the ball. Can work within 5 yards either side of outside line

Whites on the inside look to win possession.

When whites win the ball, they look to maintain possession and quickly transition to the outside. The Reds then move to the inside of the playing area when they lose possession.

2 players from each team plays as a central midfielder and always remains on the inside of the playing area.

PROGRESSION

2 touch play

End players 1 touch only

Coaching Points:

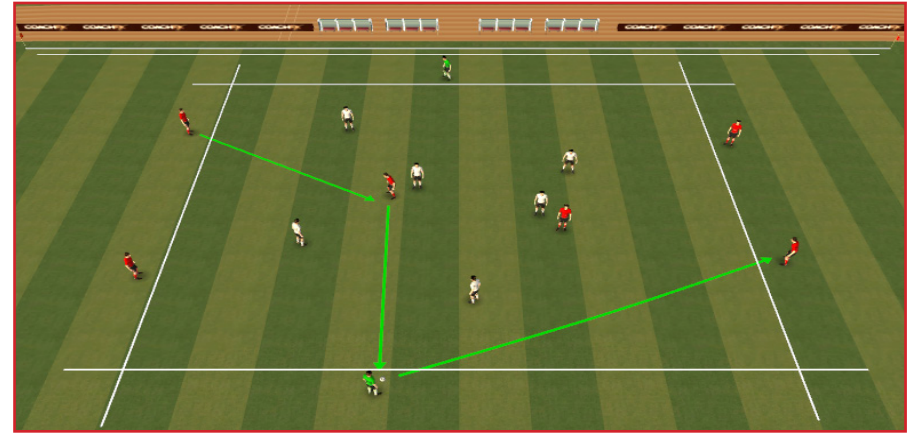
A,B,C,D, E- Awareness, Body shape, Control, Decision & Execution

Speed of play

Quickly transition from an attacking to a defensive attitude.

Penetration

Confidence to use the neutral player in the middle to combine.



TECHNICAL PRACTICE: 7v7+3

ORGANIZATION

Play in a 22 x 40 yard area.

Reds on the outside look to retain possession of the ball. Can work within 5 yards either side of outside line

Whites on the inside look to win possession.

When whites win the ball, they look to maintain possession and quickly transition to the outside. The Reds then move to the inside of the playing area when they lose possession.

3 neutral players remain inside of the playing area and play for the team on the outside

PROGRESSION

2 touch play

End players 1 touch only

Coaching Points:

A,B,C,D, E- Awareness, Body shape, Control, Decision & Execution

Speed of play

Quickly transition from an attacking to a defensive attitude.

Penetration

Confidence to use the neutral player in the middle to combine.

Midfield rotation to check in and receive

