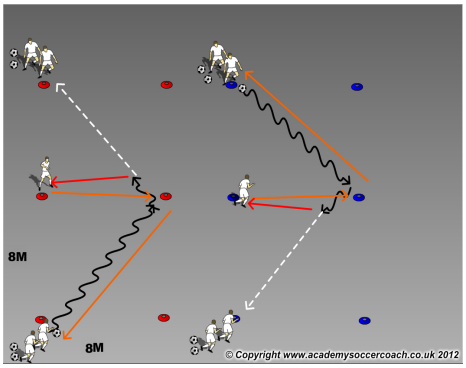
Soccer Champions Coaches' Clinics

Interactive Session Plan ™

Coach	Bobby Smyrniotis	Session date	2 Mar 2013	Team/Age Group	Youth Team

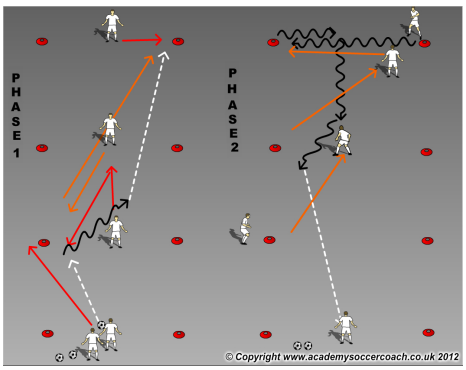
Theme	Technical Training - Building Up Exercises From Beginners to Advanced Level Using the Dutch and Spanish Method	Time available	



NOTES

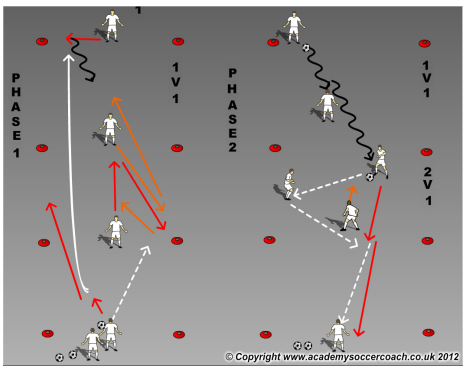
Technical Training - 2 zone exercise (1v1 passive pressure + Passing)
Organization:
1. Create two grids of 8m x 8m (each grid can have 5-6 max players participating)
2. Player from bottom Dribbles with the right foot diagonal toward middle red cone executes a move (inside cut, hook turn, outside cut, stall, chop, stepover, scissor, maradona (zidane), beating the passive pressure from the middle defender followed by a left footed pass to top of grip
3. Player from the top dribbles with left foot executing a move (as above) followed by a right footed pass to bottom of grid

Coaching Points: Focus on use of proper foot for drbbling (lots of touches) and passing (Pace)



Technical Training - 3 Zone Exercise
Organization: (Is an extension of the exercise above)
1. Extend the grid above with an additional 8m x 8m
2. Phase 1 (players A - B - C - D from bottom of Grid to top) - "B tags" "C" to passively defend him as he checks to one side of the grid. Player A passes the ball to "B" who turns with the outside of the foot to the inside and passes to "D" who supports on the opposite side.
3. Phase 2 (return): "D" dribbles along the outside line to the opposite side executing (outside Cut or Cruyff) while receiving passive pressure from C. "D" continues forward to beat "B" in 1v1 line dribble situation. "D" finishes with a pass to the starting point and continues to the end of line.
4. Players rotate 1 place up the grid.

Coaching Points:



Technical/Tactical Training - 3 Zone Exercise
Organization: (Same As above)
1. We now introduce the concept of play using 1support in 1v1 and 2v1 situations
2. Phase 1: "B" tags "C" and picks a side to support. 'A" passes to "B" who plays the ball directly back on an angle with the inside foot. "A" then plays a long pass to "D"
3. Phase 2: "D" plays 1v1 live in the top grid with "C". After beating "C" Player "D" continues to the next grid to play 2v1 (D+A vs. B). Upon getting into the lower grid "D" finishes with a pass to the starting point

Coaching Points:
1. In Passing players should offer proper angles of support.
2. Player D should look to initiate 1v1 and 2v1 with pace

Click to insert session diagram