

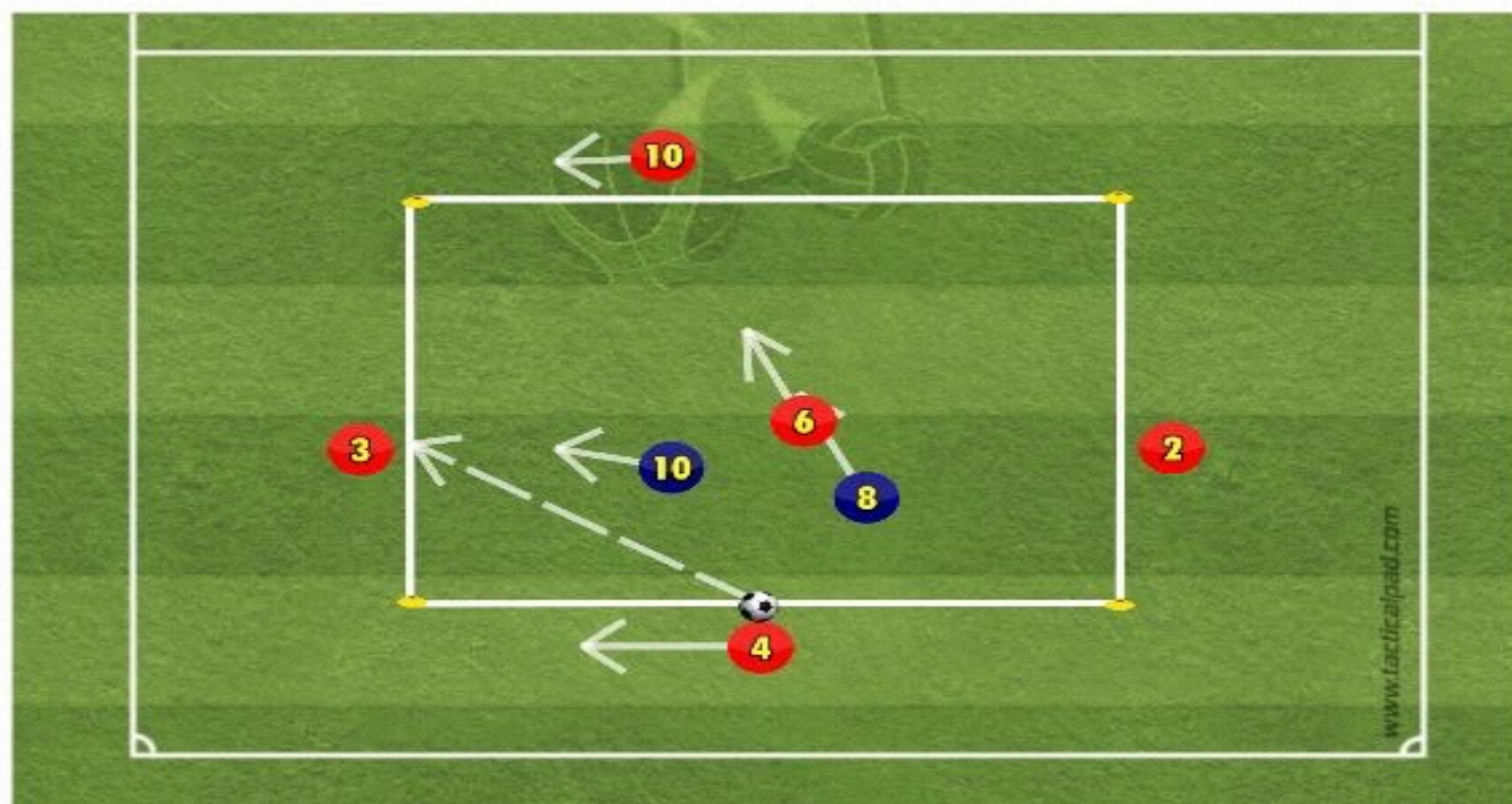


UEFA TRAINING GROUND

SPANISH FA DRILLS



POSSESSION DRILL I



PEDRO MENDONÇA

OBJECTIVE:

Keep possession of the ball

ORGANIZATION:

Field of 12x12m

5 (4 players outside the grid and 1 player inside) v 2 (act as opponents)

DESCRIPTION:

The 5 players need to keep possession of the ball

Coach must encourage awareness

Ensure the players use the full coverage of the pitch

KEY POINTS:

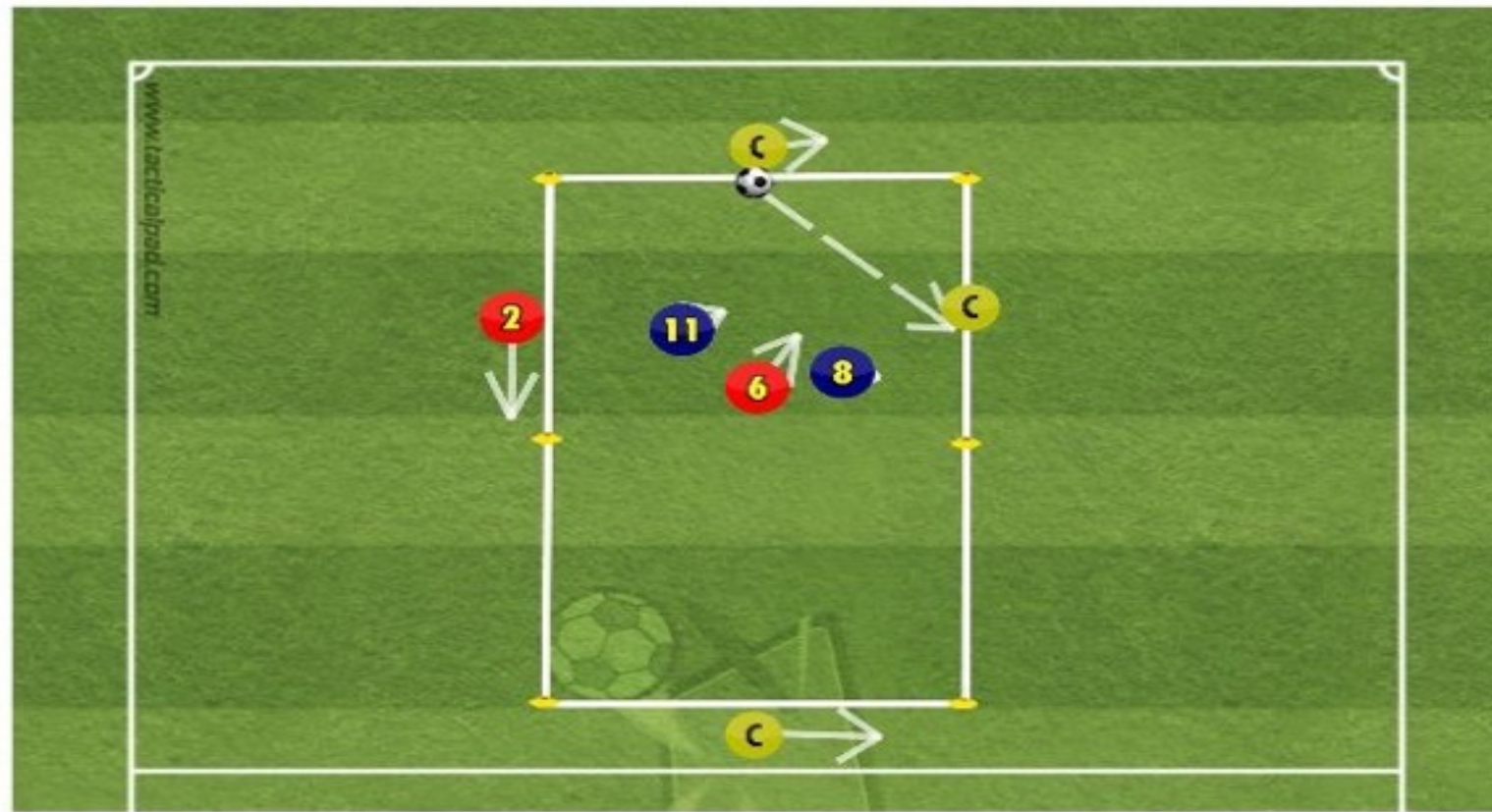
Accurate passing

Keep the ball

No interruption



POSSESSION DRILL II



PEDRO MENDONÇA

OBJECTIVE:
Keep possession of the ball

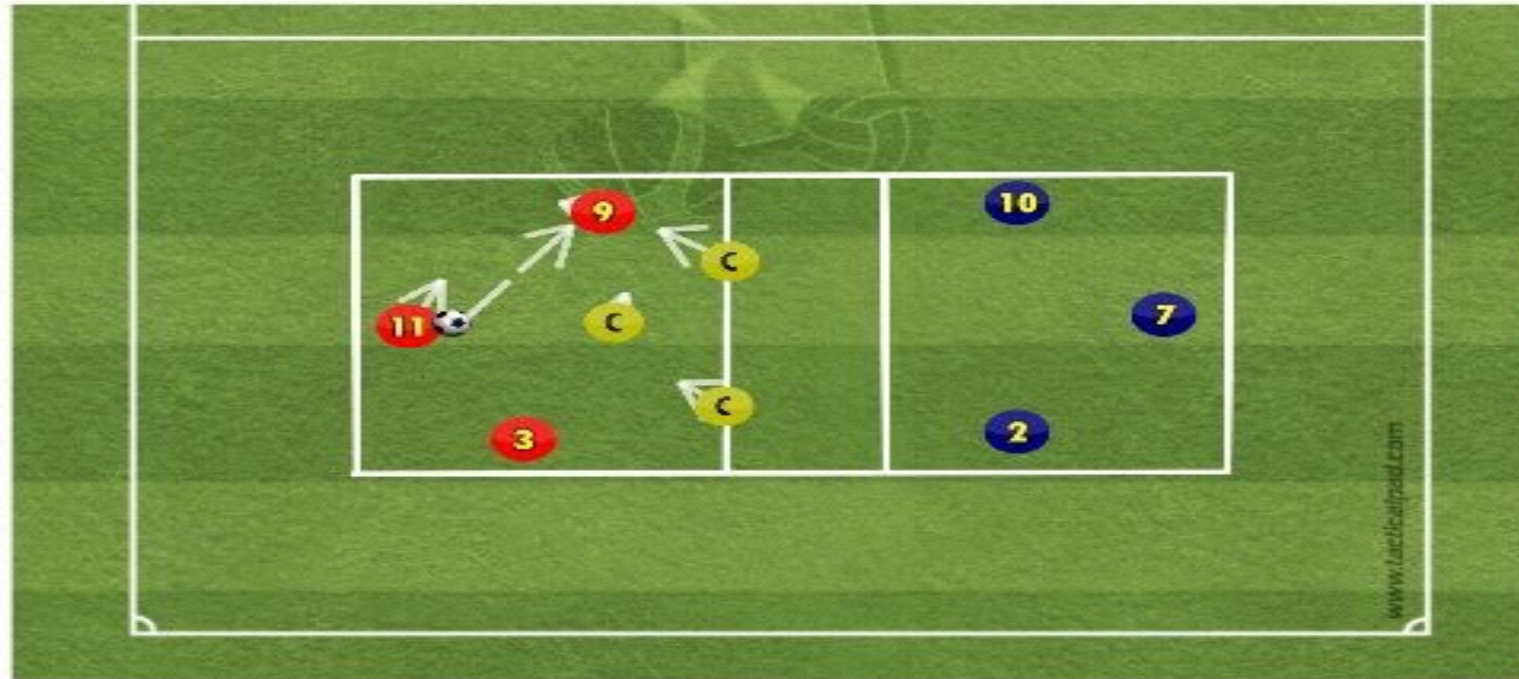
ORGANIZATION:
18/20 x 10/12m
(2v2)+3

DESCRIPTION:
3 players act as neutral players. 4 players split into teams of 2.
The 3 neutral players always support the team with the ball.

KEY POINTS:
Accurate passing
Retain possession
No interruption



POSSESSION DRILL III



PEDRO MENDONÇA

OBJECTIVE:

Develop teams ability to keep possession of the ball, passing and movement.

ORGANIZATION:

Execute this drill in a area measuring 18 to 22m by 12 to 15m
Divide the playing area into 3 zones (with a 2m middle zone)

DESCRIPTION:

Create 3 groups of 3 players with 1 of the outside zone starting with the possession of the ball, while the middle zone group aims to gain possession of the ball.

The player who receives the ball must try to keep it and look for the best opportunity to pass it across to a player in the opposite side.

If one of the players in the central zone steals the ball all 3 players in his team replace the group who lost possession in the outside zone.

The aim to the attackers is to keep the ball as long as possible, with the highest possible number of passes.

The aim for the defenders is to put sustain pressure on the opponents.

KEY POINTS:

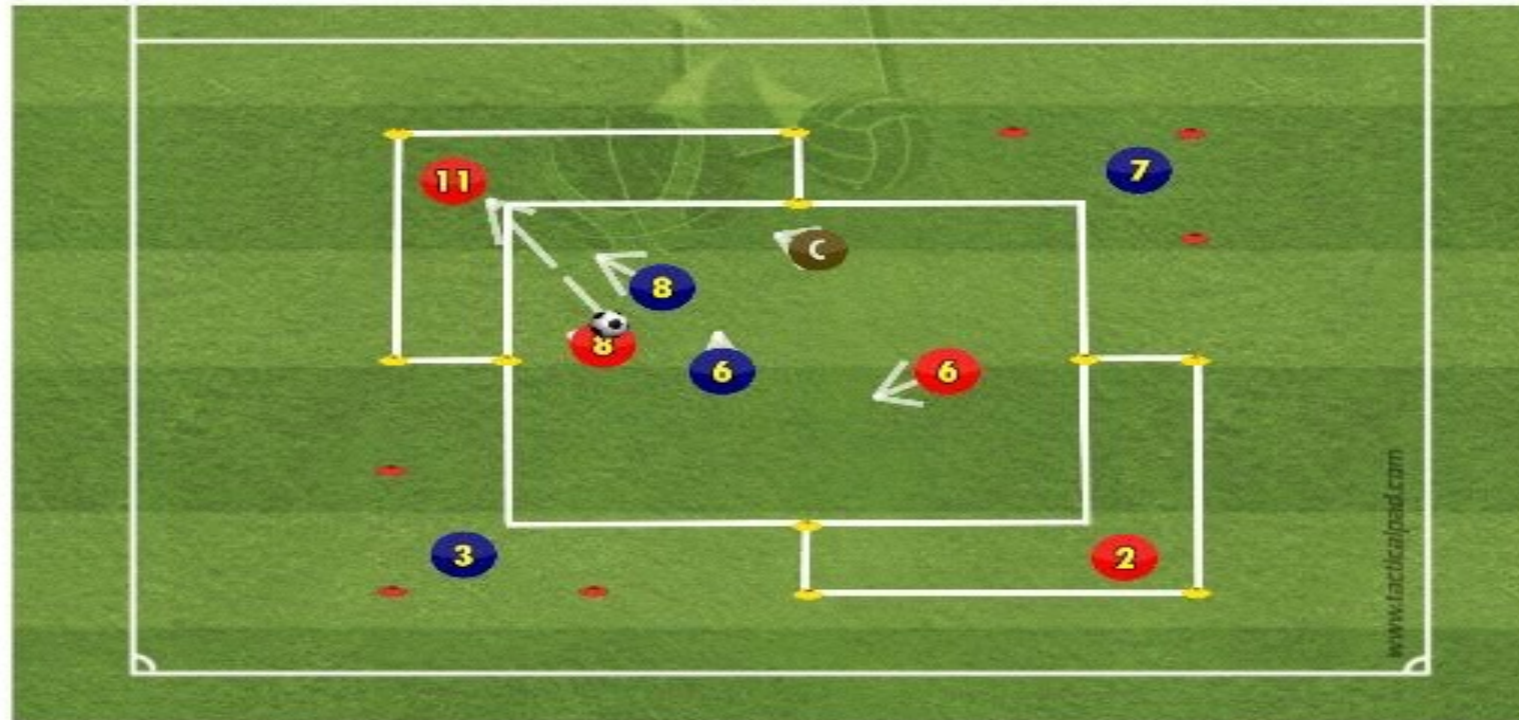
Accurate passing

Pressure on defence

Technical quality



POSSESSION DRILL IV



PEDRO MENDONÇA

OBJECTIVE:

Develop teams ability to keep possession of the ball, passing and movement

ORGANIZATION:

15x12 playing area.

Divide the players into 2 teams of 4 with 1 additional neutral player supporting the attacking team.

DESCRIPTION:

Both teams must have 2 players inside the zone and 2 outside this area. If one team manage to gain possession, the other try to regain possession of the ball.

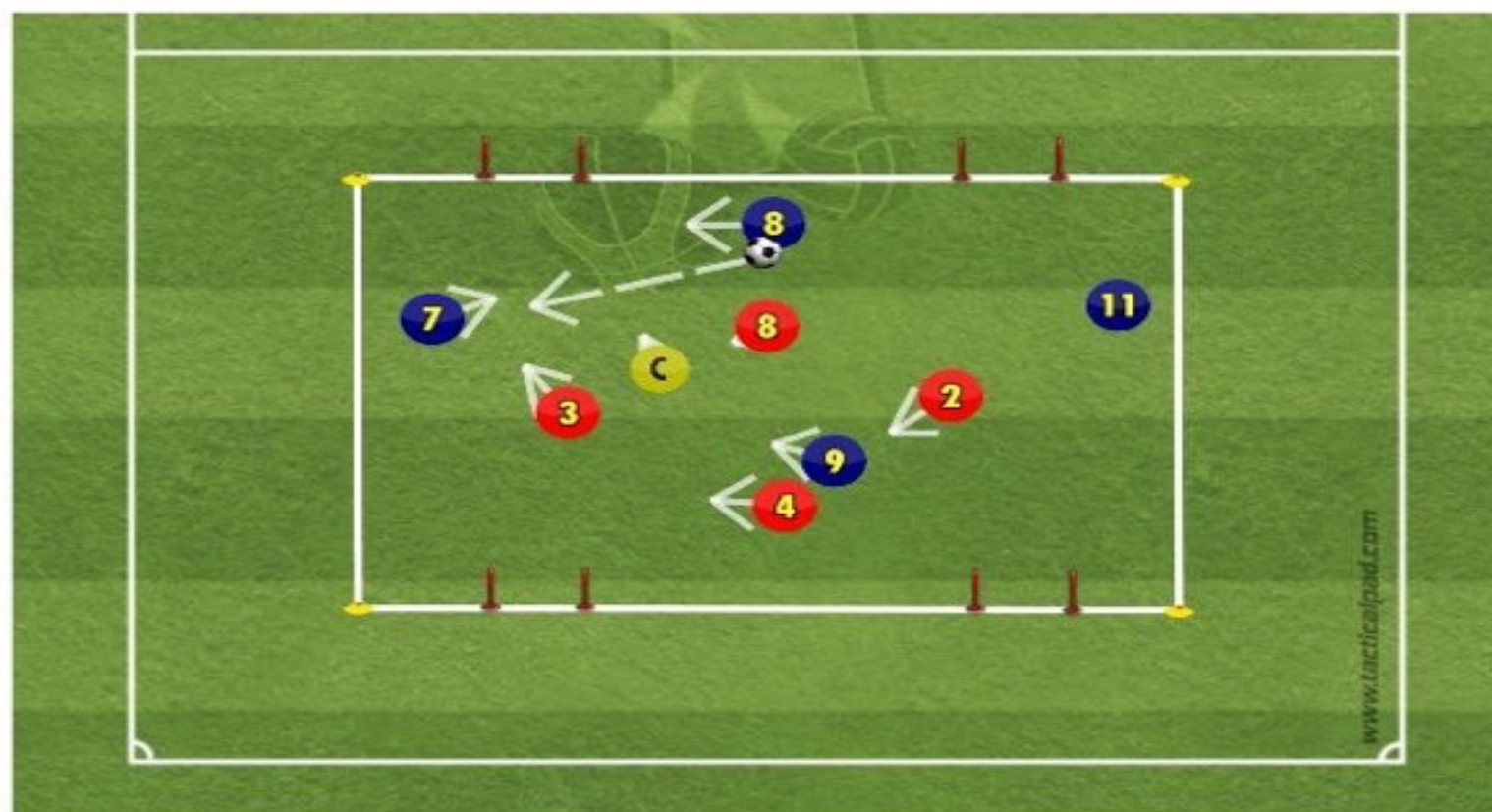
The players involved should try to keep the ball using fast/sharp passing, using as must exercise area as possible and involve the additional players positioned in the angles of the corner of the drill.

KEY POINTS:

Press opposition
Everyone involved
No interruptions



SHORT GAME 1



PEDRO MENDONÇA

OBJECTIVE:
Develop defensive and offensive control.

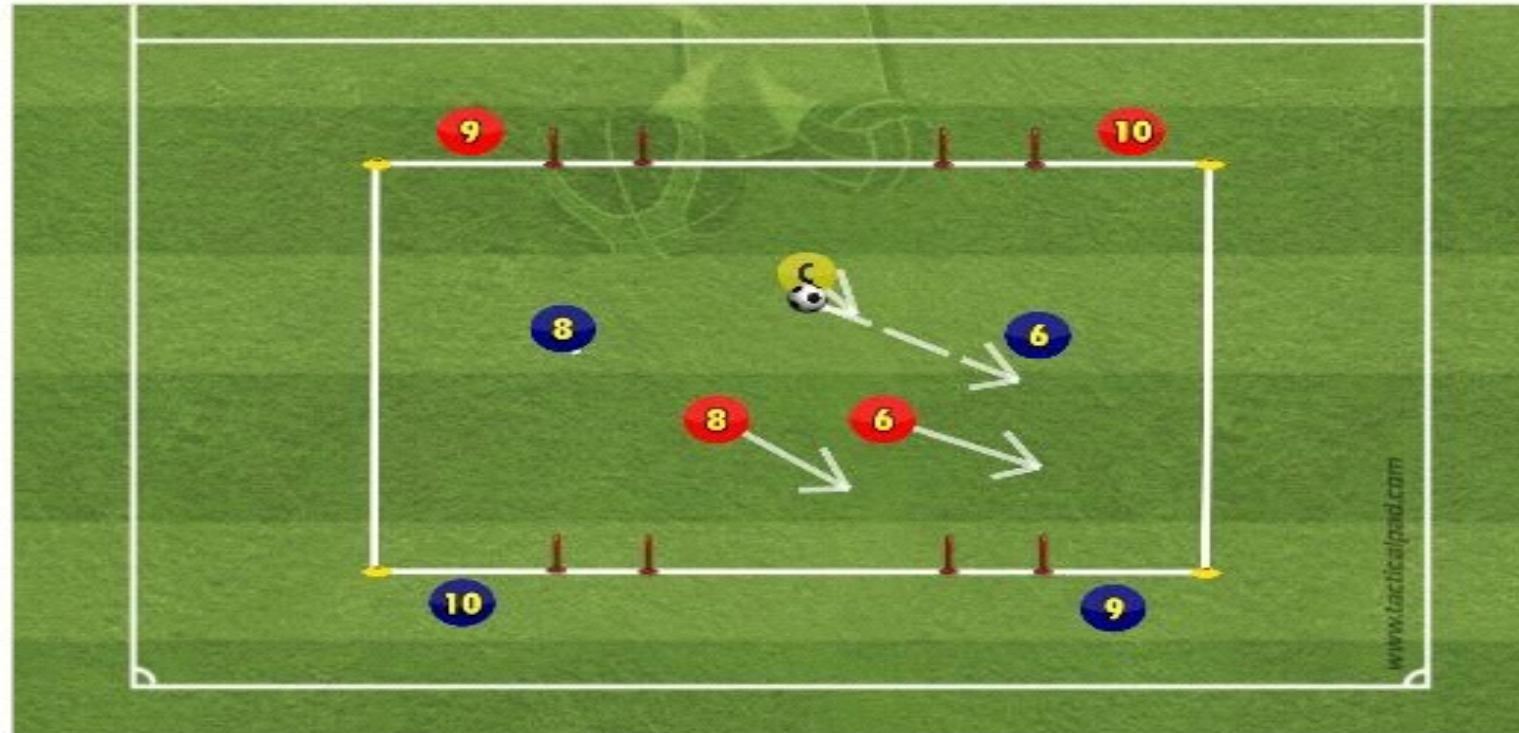
ORGANIZATION:
20x15m area with 4 "goals".
Two teams of 4 players and 1 neutral attacking support.

DESCRIPTION:
Teams need to score as many goals as possible, using quick 1 touch passing and full pitch coverage.

KEY POINTS:
Goals scored.
Speed.
Good defence.



SHORT GAME 2



PEDRO MENDONÇA

OBJECTIVE:

Develop close passing, ball control and movement in both attacking and defensive situations.

ORGANIZATION:

18 or 20m by 12 or 14m area.

Divide the area into 2 sides with 2 "goals" on each side.

Make up two teams of 4 players (2 inside the playing area and 2 outside the playing area) with 1 additional neutral attacking player joining the team that has possession of the ball.

DESCRIPTION:

The team in possession must score as many times as possible using the outside players.

Keep the ball with quick passing, using the whole of the playing area.

KEY POINTS:

Scoring goals.

Accurate passing.

Constant pressure.



SHORT GAME 3



PEDRO MENDONÇA

OBJECTIVES:

Develop short passing, ball control and both attacking and defensive play.

ORGANIZATION:

18 or 20m by 12 or 14m with 2 goals area.

Divide the area into 2 sides with 1 goal on each side.

Divide the players into 2 teams of 2 players plus a GoalKeeper on each side.

Two additional neutral players should start at each end of the pitch beside the goals to help the team in possession while the 5th neutral player is on the middle of the playing area.

DESCRIPTION:

The team in possession of the ball must score as many times as possible using the neutral players.

If the other team intercept the ball then it's their turn to try to score.

Players should move around the playing area with speed and efficiency, exploiting the attacking opportunities that arise.

KEY POINTS:

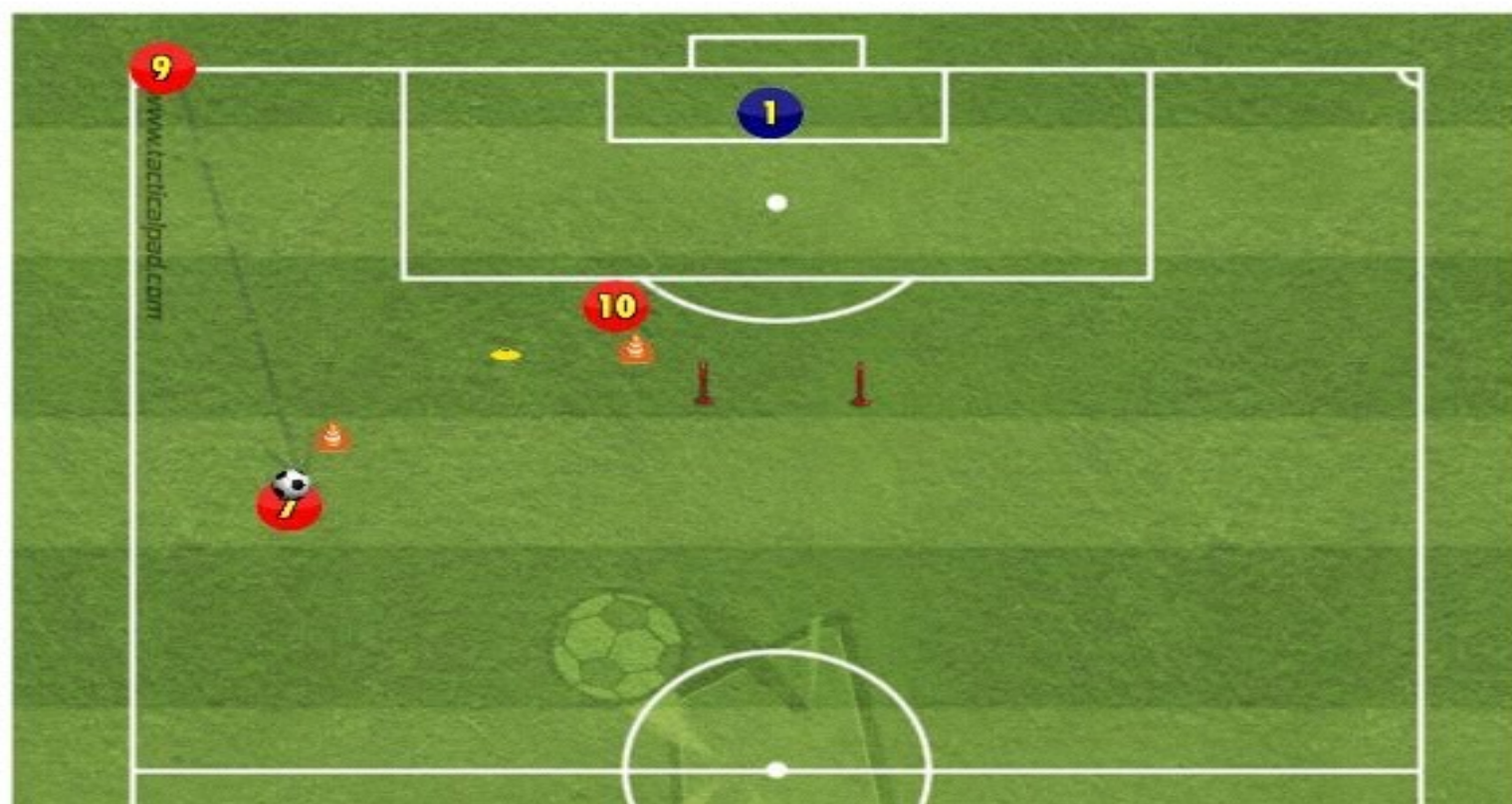
Speed.

Technical quality.

Scoring goals.



BUILD-UP AND SHOOTING DRILL 1



PEDRO MENDONÇA

OBJECTIVE:

Develop build-up playing and shooting.

ORGANIZATION:

30x15m grid, we need one player on the corner, two players on the edge of the area and one Goalkeeper.

DESCRIPTION:

Player 9 passes to player 7. Player 7 exchanges passes with player 10 and finally player 7 shoots at goal. Player 10 after the pass goes to the shoot rebound.

KEY POINTS:

Good passing.
Good co-ordination;
Use both feet.



BUILD-UP AND SHOOTING DRILL 2



PEDRO MENDONÇA

OBJECTIVE:

Improve build-up playing and shooting.

ORGANIZATION:

Area of 25 or 30m by 35 or 40m. Divide the playing area into two sides and place a goal at one end. Two players should be positioned on either side of the goal. While two other groups should be on opposite sides in the middle and two groups of players at the other end of the pitch with the ball.

DESCRIPTION:

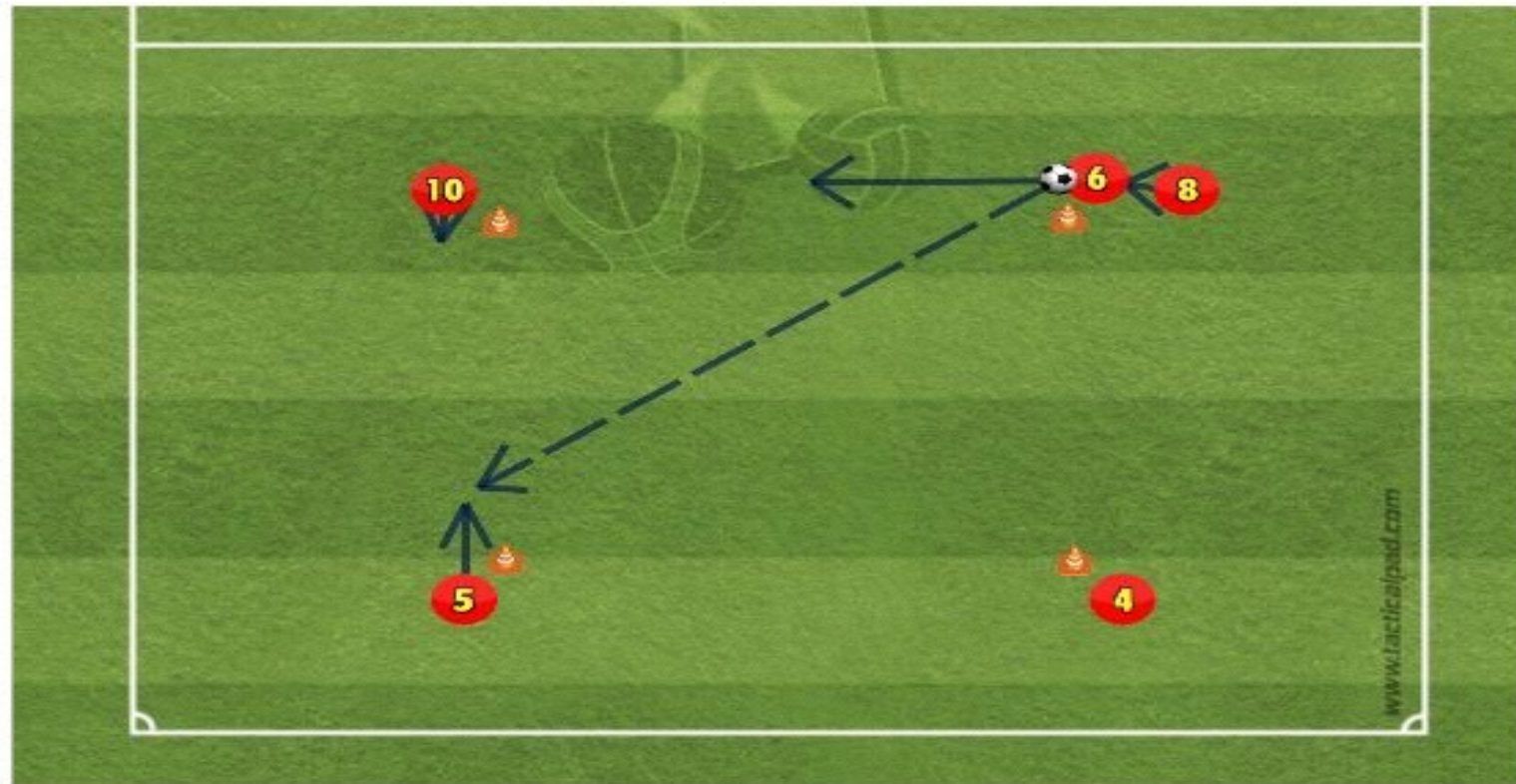
With 1-touch football the 1st player plays one-two with the player on the side before collecting and delivering a long low (then high) crossfield pass to a player at the other end of the pitch. The target player must effectively control the ball and role it into to the path of the striker who takes a shot at goal. The process should then be repeated on the other side of the pitch. Make sure each player carries out the drill with 1-touch passing and is fast and sharp in their movement.

KEY POINTS:

- Accurate passing.
- Use both feet.
- Scoring goals.



PASS AND MOVE DRILL



PEDRO MENDONÇA

OBJECTIVE:
Develop diagonal passing and ball control.

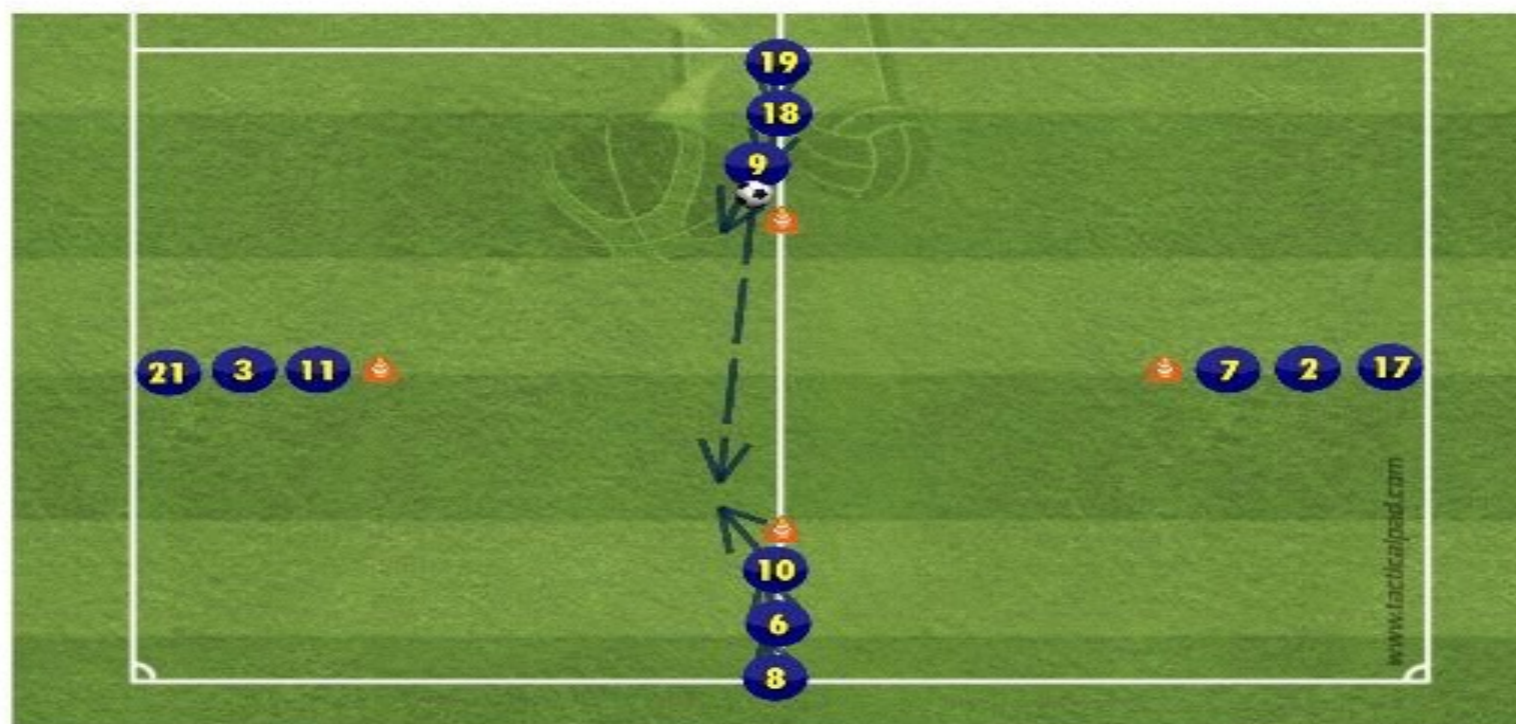
ORGANIZATION:
15m square area.

DESCRIPTION:
Execute the passes keeping the ball close to the pitch and using only 1-touch. Player nº6 passes to nº5 who passes to nº10. Nº10 passes to nº4 who passes to nº5 and so on ('3rd man dynamic': alternate between far and near pass). Keep close control with the interior of the foot and maintain balance and technique through out the exercise.

KEY POINTS:
Ball close to the pitch.
Good control & passing.
No interruption.



ONE-TOUCH PASSING MOVE DRILL I



PEDRO MENDONÇA

OBJECTIVE:

Develop passing, movement and support play.

ORGANIZATION:

15 or 20 by 15 or 20m square area.

Divide the area into 2 zones, with 3 players at each of the four corners.

Start on the left side.

DESCRIPTION:

The aim is to put together a precise 1-touch passing move that will shake of a marker in order to make open space to build an attack. After you complete the move once on the left carry on with the same exercise on the right side. Player 9 passes to 10 who returns the pass to 9. 9 play to 11 who passes to 10 and receive the pass to put on 18. It's very important to move the ball fast in order that each players body is shaped correctly to deliver precise passing.

KEY POINTS:

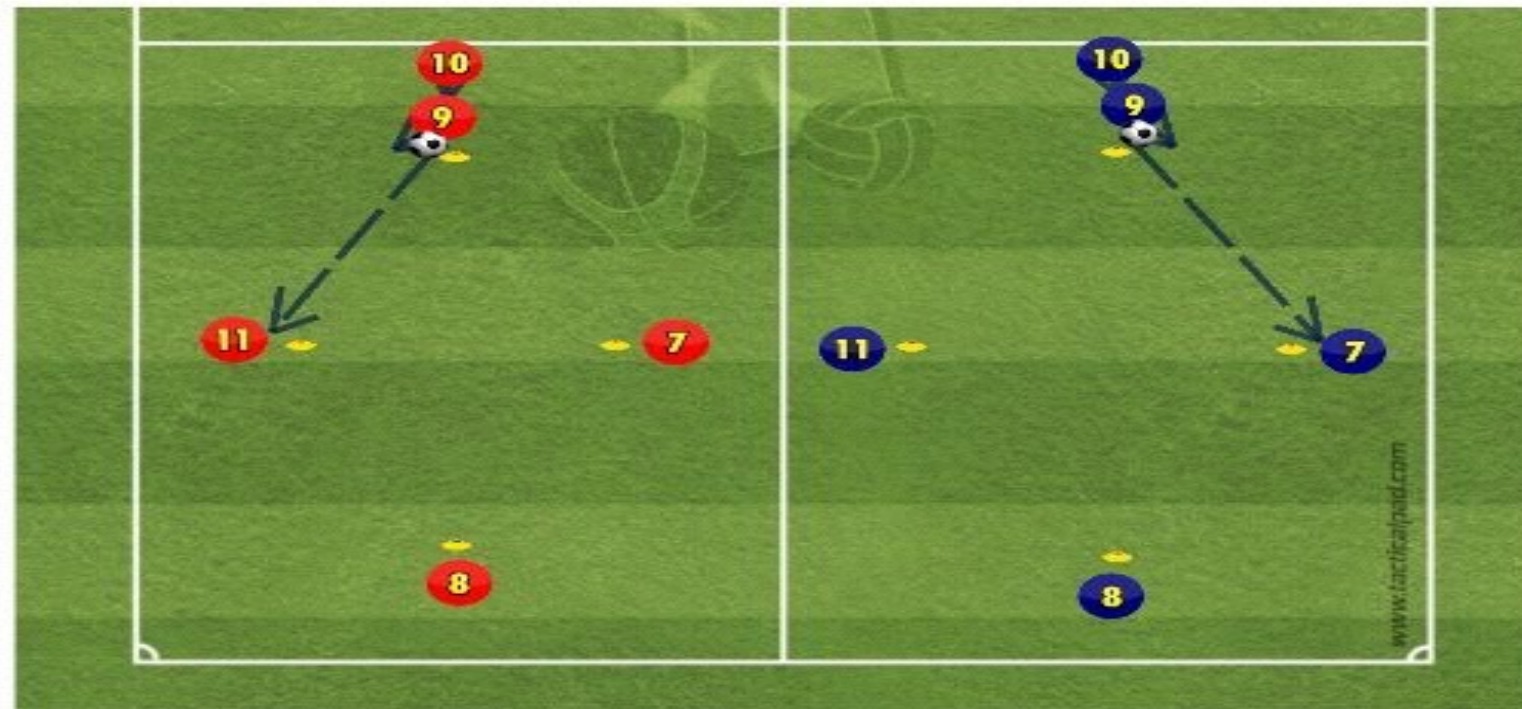
Accurate passing.

Technical quality.

No interruptions.



ONE-TOUCH PASSING MOVE DRILL II



PEDRO MENDONÇA

OBJECTIVE:

Develop support play, passing and movement.

ORGANIZATION:

Execute this technique into a 30m square area. Divide this area into two zones of 15m with a diamond shape formation in each zone. A player on each of the 4 corners of the formations. The exercise takes place simultaneous on the 2 zones.

DESCRIPTION:

The aim is to complete the drill with precise 1-touch passing putting together a move that will help players to find space from their marker and create an effective attack. Player 9 pass to 11/7 who makes a oriented reception and pass to 8. 8 returns the ball to 11/7 that passes to 7/11. 7/11 pass to 8 and receive the ball up front. It's very important to move the ball around quickly and for each players body shape to be correctly positioned to deliver precise passing.

KEY POINTS:

- Accurate passing.
- Technical quality.
- No interruptions.