

# Guest Coach Sessions



FCC Football Hub



# INTRODUCTION

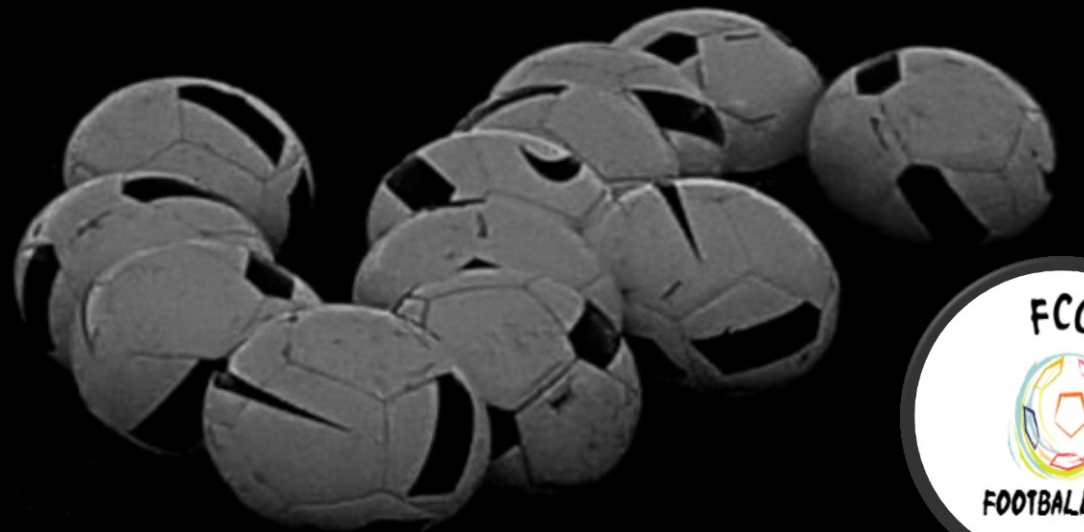
FCC Football Hub is a platform that was inspired by Fran Constancio Calvo, UEFA-Pro Licence coach, due to a lack of variety when sharing sessions to help develop coaches. FCC Football Hub has access to a number of well respected coaches all over the globe who also believe in sharing ideas, knowledge and their learning in order to help others.

This deck has been compiled to provide a range of activities to help develop your session plans for your young or senior teams.



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- 6.- Small Sided Games
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# RONDO GAMES



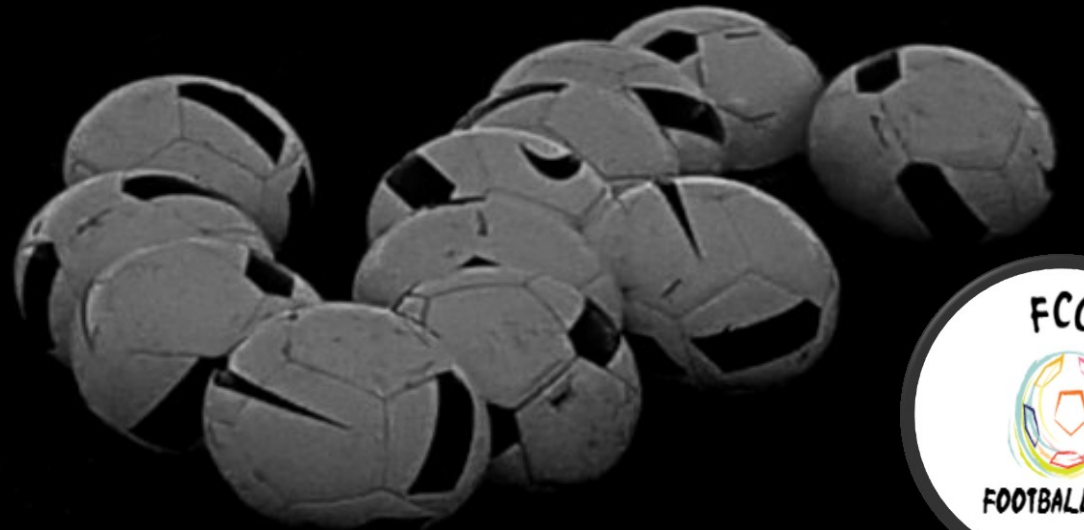
FRAN CONSTANCIO CALVO



CRAIG NAYLOR



JOSE MANUEL DESCALZO





## COACH PROFILE

## NAME:

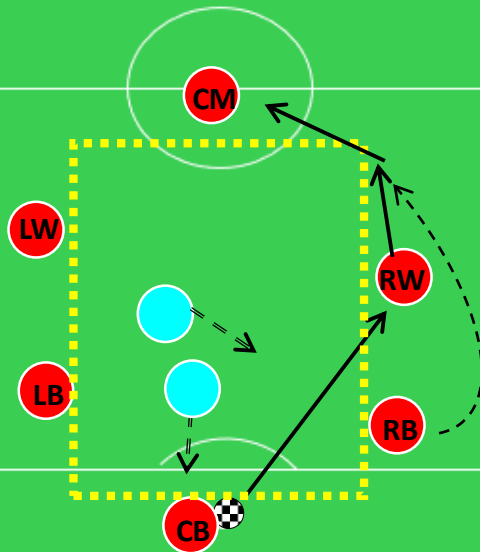
FRAN CONSTANCIO-CALVO

## ROLE:

ACADEMY YOUTH DEVELOPMENT PHASE COACH, ENGLAND



@11FranCC



## Rondo Game: 6v2 (Creating Overlaps)

## TOPIC:

Building up 'Overlap' to progress in Attack.

## ORGANISATION:

6 players maintaining possession and 2 defending to regain (Area 15x8 mts).

## TASK DESCRIPTION:

**Team In Possession (TIP)** : Players in possession of the ball are distributed around the area as shown at the picture by positions. They will maintain possession. Every time the ball goes to (RW) or (LW), fullbacks (RB) or (LB) need to complete an overlap to get on the ball. To score a point by: 1) (CB) punching pass to (CM) through the middle channel, 2) when fullbacks (RB) or (LB) play with (CM) and this one punches pass to (CB).

**Team Out of Possession (TOP)** : The 2 players defending, they will try to regain the possession by pressing the holder of the ball and trying to work compact to block a vertical pass through the middle channel from (CB) to (CM). When they regain possession 5 times, they swap roles with other 2 players.

## PROGRESSION:

We ask fullbacks to underlap every time (RW) gets the ball.

## KEY COACHING POINTS:

- (TIP):**
- 1) Centre Back punches ball to Centre Midfield to break lines.
  - 2) Centre Back and Centre Midfield play safe by playing to the side areas.
  - 3) Fullbacks to identify the correct moment to make an overlap.
- (TOP):**
- 1) Defend compact to block passes through the middle channel.
  - 2) Organise their pressing to show way out.
  - 3) Awareness of team mate pressing movement.

**COACH PROFILE****NAME:**

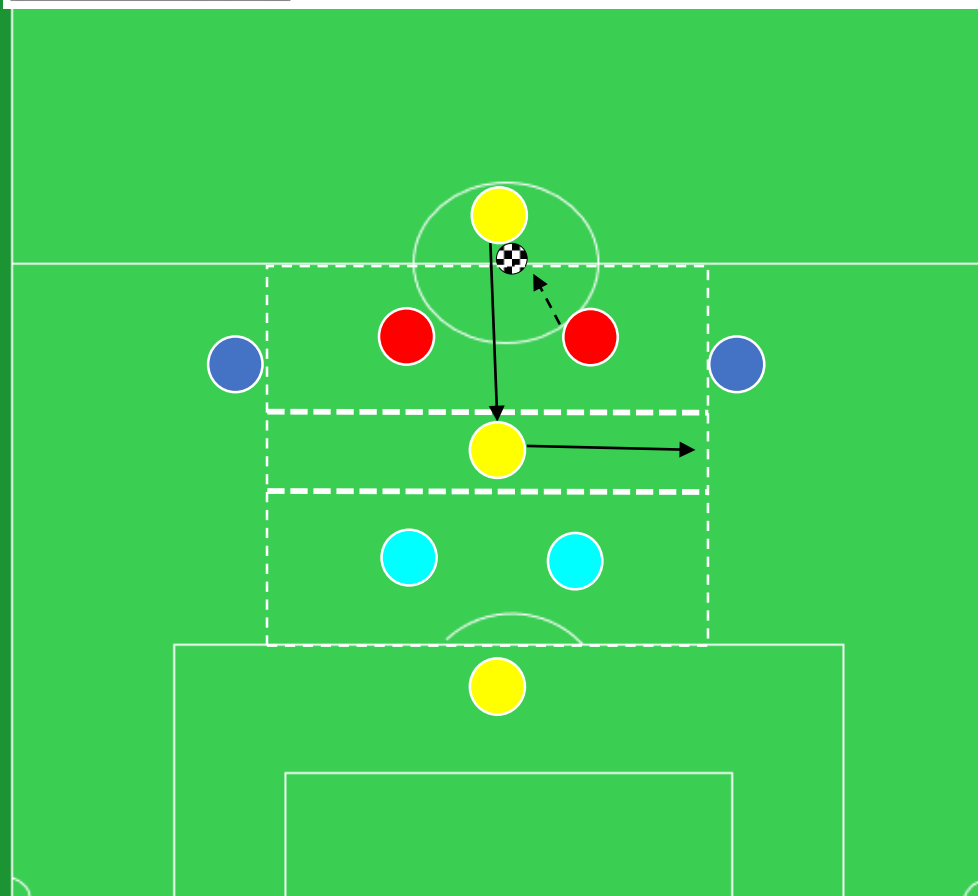
CRAIG NAYLOR

**ROLE:**

ACADEMY FOUNDATION PHASE COACH, ENGLAND.



@CoachCNaylor



# Rondo Game: 5v4 Playing Out from the Back

**TOPIC:**

Playing out from the back in the Defensive Third.

**ORGANISATION:**

9 players. 3 pairs and 3 floating players. Square divided as picture shows.

**TASK DESCRIPTION:**

**Floating Player (FP)** : 1) always play with the pair in possession of the ball, 2) we ask the 2 players at the far ends, to be brave to break lines with a pass.

**Team In Possession (TIP)** : 1) play in wide areas, 2) when the ball goes from (FP) in the far end to the (FP) in the middle zone, they move to receive and progress to the other end, 3) if they lose possession of the ball they swap with the team who regains possession.

**Team Out of Possession (TOP)** : 1) will press in their zone to regain possession of the ball, 2) they show out and try to avoid the pass through the middle, 3) if they regain possession of the ball, they swap roles with this team.

**Team In Possession (TIP)** : 1) will press in their zone to regain possession of the ball, 2) they show out and try to avoid the pass through the middle, 3) if they regain possession of the ball, they swap roles with this team.

**KEY COACHING POINTS:**

**(TIP)** : 1) Forward movements to progress.

**(TOP) (TOP)** : 1) Defending as a unit.

2) Screen and block line of passes.

3) Speed in Transitions (Def-Att).

**(FP)**: 1) Create different passing lines.

2) Play fast (1 or 2 touches)





## COACH PROFILE

## NAME:

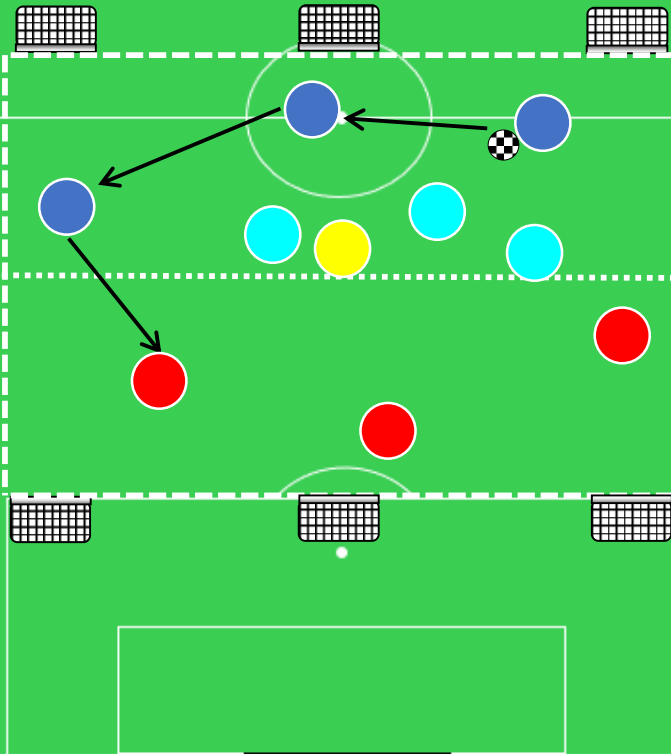
JOSE MANUEL DESCALZO

## ROLE:

FIRST TEAM HEAD COACH AT CD UTIEL, SPAIN



@JoseManuelDesca



# Rondo Match: 6v3+1 (Transitions)

## TOPIC:

Working on the Positive Transitions (Defence-Attack).

## ORGANISATION:

3 teams of 3 players + a floating player. Attacking teams in 2 different sides.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) maintain possession of the ball in a 6v3+1 situation, 2) if the **BLUE** team lose possession, they are defending the counter attack 4v3, 3) if they regain possession, they play to the other side with the **BLUE** team.

**Team In Possession (TIP)** : 1) maintain possession of the ball in a 6v3+1 situation, 2) if the **RED** team lose possession, they are defending the counter attack 4v3, 3) if they regain possession, they play to the other side with the **RED** team.

**Team Out of Possession (TOP)** : 1) working on a compact block to press and regain possession of the ball, 2) if they regain, fast transitions to score a goal in the small goals in the opposite pitch where they regain, 3) they can use the floating player in attack to create a 4v3 situation.

**Floating Player (FP)** : always plays with team in possession of the ball.

## KEY COACHING POINTS:

**(TIP)(TIP)**: 1) Creation of passing lines.

2) Play 1 or 2 touches to maintain a high tempo.

**(TOP)**: 1) Screen and block line of passes.

2) Speed on the Counter Attack.

**(FP)**: 1) Create different passing lines.

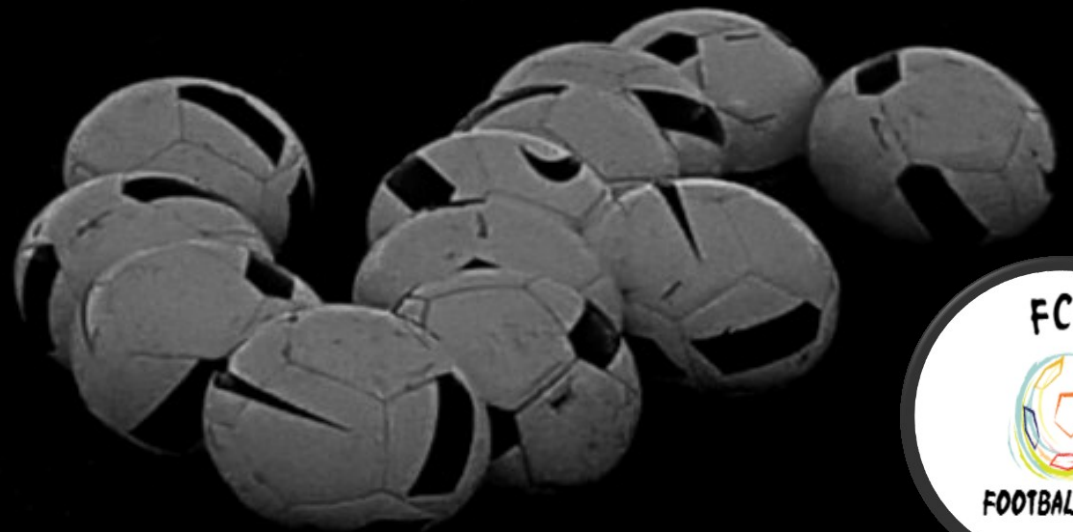
2) Play fast (1 or 2 touches)

# CONDITIONING



JULIAN TRILLES

FELIPE GARCIA CIVERA



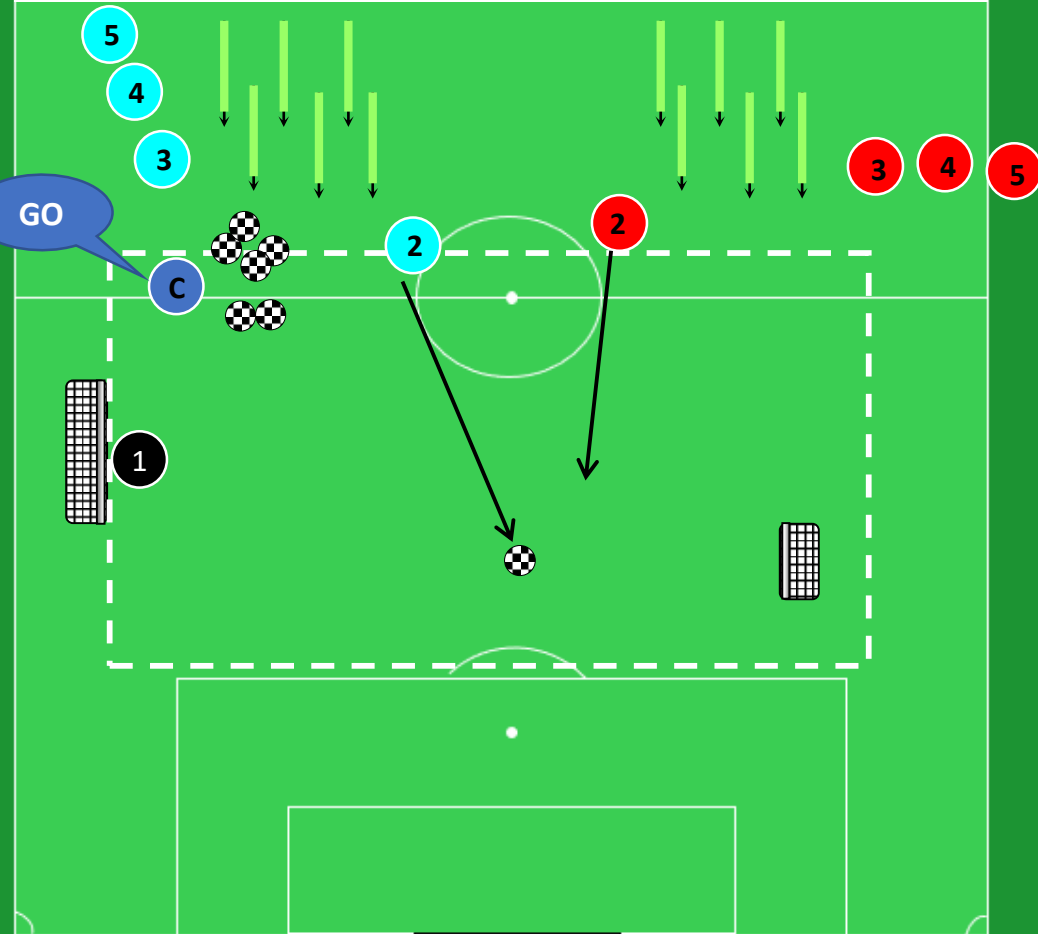


**COACH PROFILE****NAME:**

JULIAN TRILLES

**ROLE:**FIRST TEAM PERFORMANCE COACH AT VILAMARXANT CF,  
SPANISH 3<sup>RD</sup> DIVISION.

@JulianTrilles



# Reaction and Displacement Speed

**TOPIC:**

Reaction and Displacement Speed working on a 1v1 Attack v Defence situations.

**ORGANISATION:**

Half full size pitch. Team divided in 2 groups and goalie in a full size goal. 2 areas with poles.

**TASK DESCRIPTION:**

When the coach calls "GO" 2 players start a slalom through the poles and then they try to get the ball in the middle. First player to arrive to the ball is the attacking and second player will be the defender. If the player scores a goal, his team will have a point. If the ball goes out, the coach will give a second ball to the defender who now is the attacking the small goal, if he scores his team will have a point. If goalie saves, he passes to the defender who will attack the small goal, if the defender scores goal in this action his team will get 2 points.

**PROGRESSION:**

- 1) When the first player ends the work in the poles, coach gives the signal for a second player to work and join the first in a 2v2 situations.
- 2) We can divide the team in 4 groups and work on a 2v2 situations.

**KEY COACHING POINTS:**

Attacking Player: 1) Dribbling.

2) Skills.

3) Finishing actions.

Defending Player: 1) Defending 1v1.

2) Body shape to show way out and tackle.

Both Players: 1) Reaction Speed.

2) Displacement Speed.



## COACH PROFILE

### NAME:

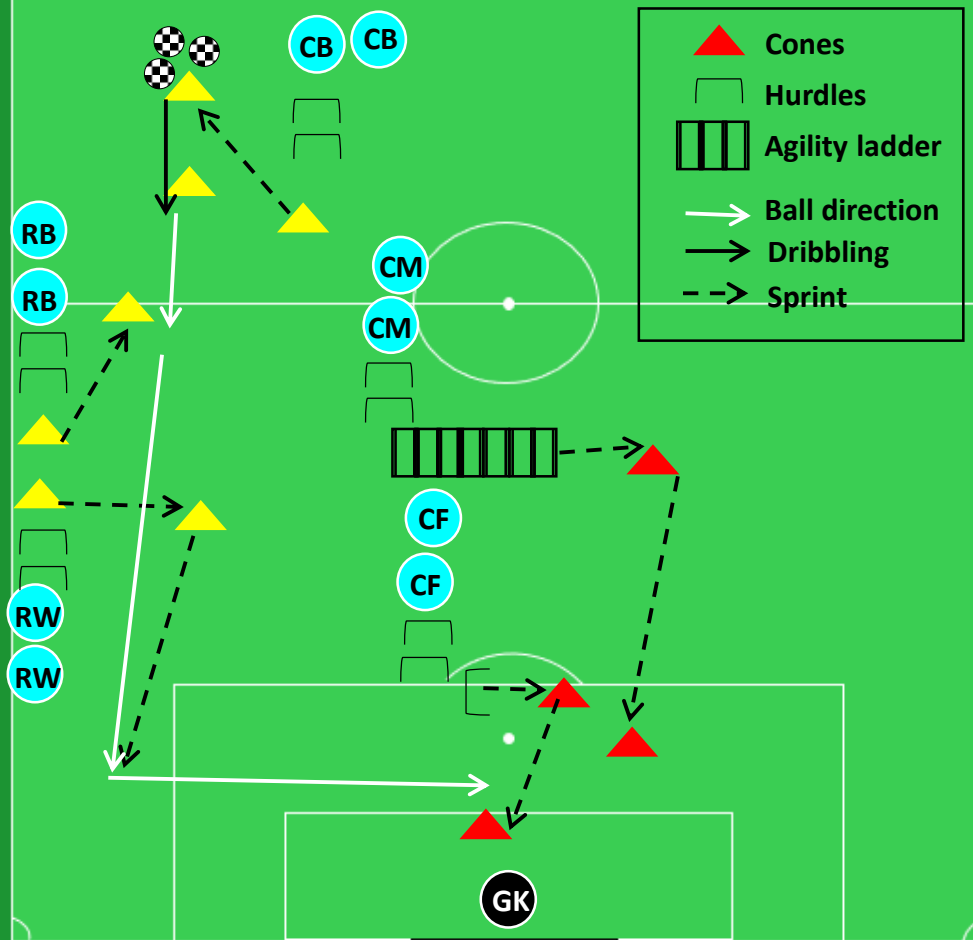
FELIPE GARCIA CIVERA

### ROLE:

ASSISTANT FIRST TEAM COACH & PERFORMANCE COACH, SPAIN



@fegarci84



# Strength and Conditioning with Finishing

## TOPIC:

Strength and Conditioning + Patterns for playing from the back in wide areas.

## ORGANISATION:

Divide the squad in 5 groups and goalies in goal. 2 series of 12 minutes with 3 minutes for a pause between series.

## TASK DESCRIPTION:

**CB)** Centre-back jumps the 2 hurdles and when he lands in the second, he sprints to the cone and change direction to get a ball. With ball, he will dribble to the cone and punch pass to the **(RB)**.

**RB)** Right-back jumps the 2 hurdles and when he lands in the second, he sprints to the cone and change direction to receive the pass from **(CB)**. Then he passes into space at the channel for **(RW)**.

**RW)** Right winger jumps the 2 hurdles and when he lands in the second, he sprints to the cone and change direction to the second cone, then to the channel where he receives the pass from **(RB)**, then he crosses into the box.

**CM)** Centre midfield jumps the 2 hurdles and when he lands in the second, he moves laterally at pace through the agility ladder, then sprint to the cone and change direction to get into the box.

**CF)** Centre forward jumps the 2 hurdles and the third hurdle will be laterally. When he lands sprint to the cone and change direction to get into the box.

## PROGRESSION:

Introduce a different pattern with the same strength and conditioning work.

## KEY COACHING POINTS:

The work is done at 100% of the effort (Maximum heart rate) and the return to the beginning in recovery at 50-60%, 25-30 seconds efforts with active recovery.



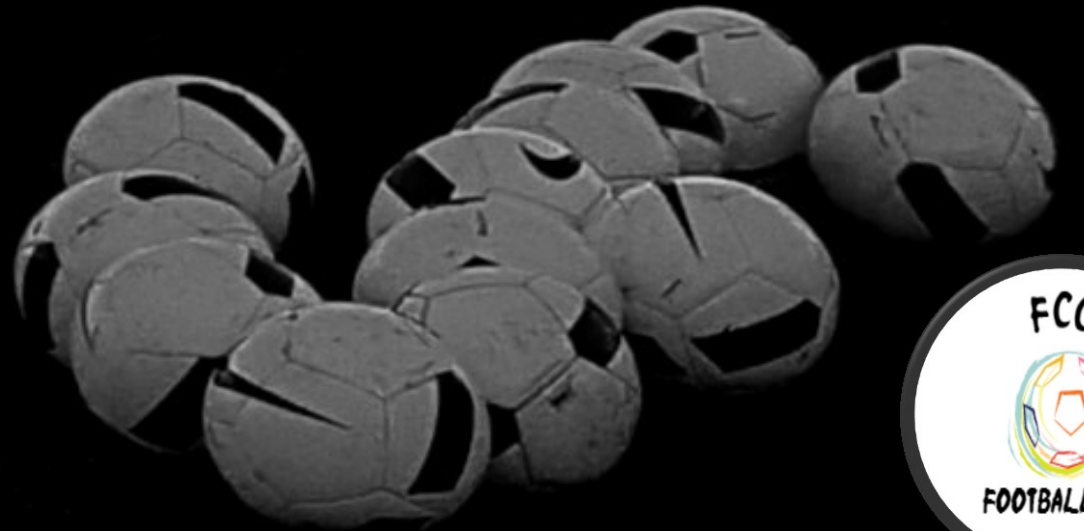
# POSITION SPECIFIC



FRAN CONSTANCIO CALVO



RAFA SOLER





## COACH PROFILE

## NAME:

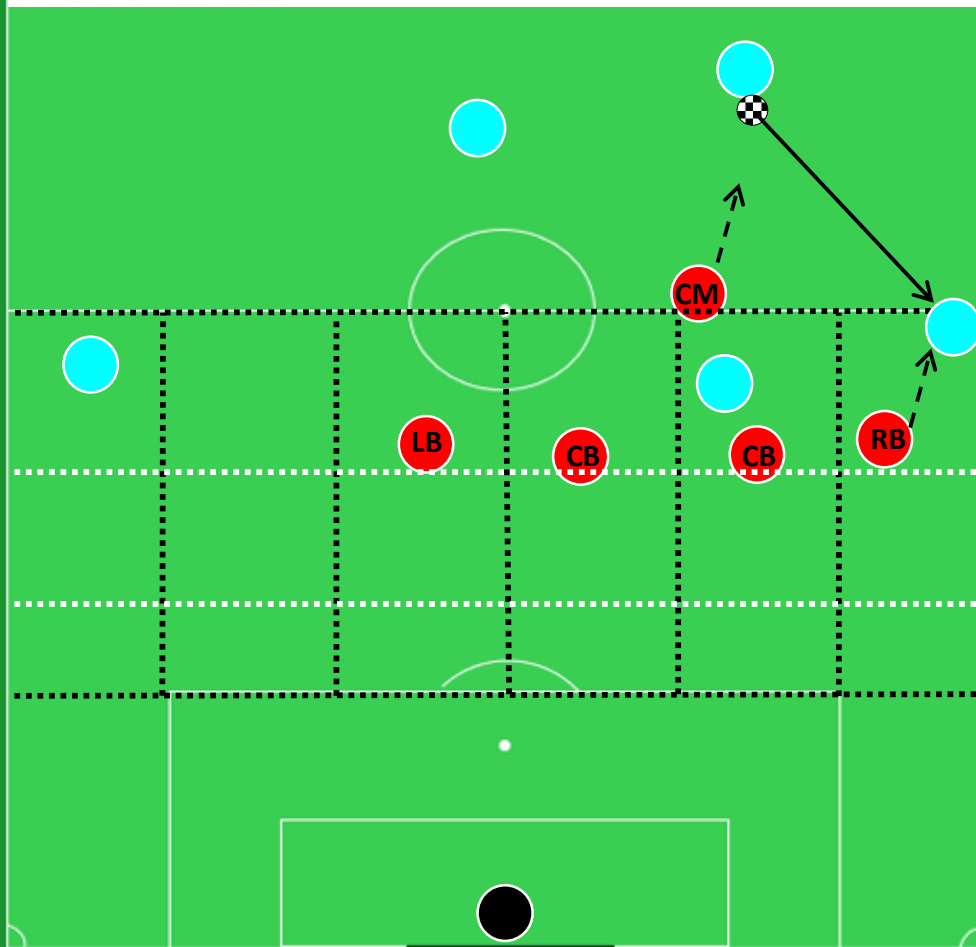
FRAN CONSTANCIO-CALVO

## ROLE:

ACADEMY YOUTH DEVELOPMENT PHASE COACH, ENGLAND



@11FranCC



## Attack v Defence: 'Back 4 Line'

## TOPIC:

Developing the back 4 unit when Out of Possession in the Middle and Defensive Third.

## ORGANISATION:

2 teams of five players + a goalkeeper.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) always starting from a midfield player, 2) they have to progress in attack from the Middle Third to score a goal, 3) wingers always will be in the wide channel to give width, 4) striker will move down the line to try to split the defensive unit.

**Team Out of Possession (TOP)** : 1) the back 4 line works with the reference of the centre midfield to create a compact block, 2) if the ball travels backwards, the back 4 line will squeeze up with CM, 3) if the ball travels from side to side, the back 4 line will shuffle across to stop the progression of the attacking team.

## PROGRESSION:

Introduce 2 small goals in the halfway line for when (TOP) regains the ball they can score in any of them (Transition Defence-Attack).

## KEY COACHING POINTS:

**(TIP)**: 1) Switching play to find free player in a free space to progress.

2) Keep the ball rolling to maintain a high tempo.

3) Manage the game to understand when to take risk to progress and score.

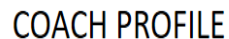
4) Being confident to make decisions on the ball in difficult situations.

**(TOP)**: 1) Work narrowly to prevent passes between players.

2) Be brave to step up when the ball goes backwards.

3) Screen and block line of passes.






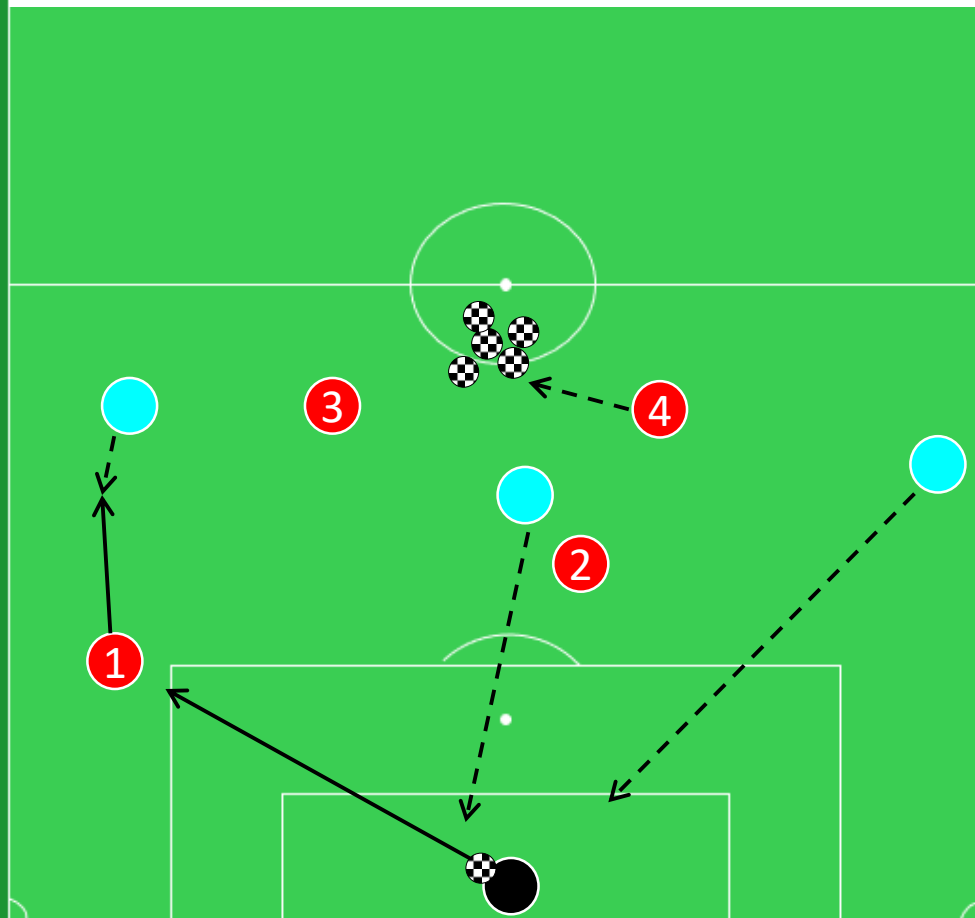
NAME:

RAFA SOLER

**ROLE:**

FORMER ASSISTANT MANAGER AND FITNESS COACH AT AT.SAGUNTINO,  
SPANISH 3<sup>RD</sup> DIVISION AND FP AT VILLARREAL CF ACADEMY.

 @rafasp14



 @HubFcc

**TOPIC:**

Regaining possession in the Attacking Third to counter attack on a 4-3-3 formation.

## ORGANISATION:

1 group of three players, 1 group of four players + a goalie.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) goalie always starts playing in to a red player **(1)** in a wide area, 2) this player will simulate an error, losing ball in wide area, 3) once the error happens, player **(1)** and **(2)** will defend a counter attack in a 3v2 situation, 4) when this action ends player **(3)** or **(4)** pick a ball from the middle zone and they start a counter attack in a 4v3 situation.

**Team Out of Possession (TOP)** : 1) simulates the attacking 3 players of a 4-3-3 formation, 2) when a winger wins the ball back, the CF and the opposite winger will attack the box (from post & back stick), 3) when the attacking action ends, they have to defend now a counter attack on a 3v4 situation.

## PROGRESSION:

To simulate regaining ball in central areas and to play wide in to the free space.

### KEY COACHING POINTS:

**(TIP):** 1) Body shape to defend the crosses.  
2) Awareness of areas where to clear the ball.  
3) Fast reaction to transitions Attack-Defence and Defence-Attack.

**(TOP):** 1) To be brave and direct on the counter attack 3v2.  
2) To attack the 2 zones in the box (from post / back stick).  
3) Fast reaction to transitions Attack-Defence and Defence-Attack.

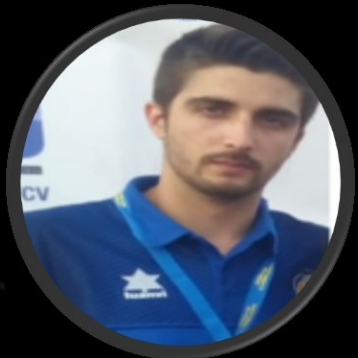
# CONDITIONED GAMES



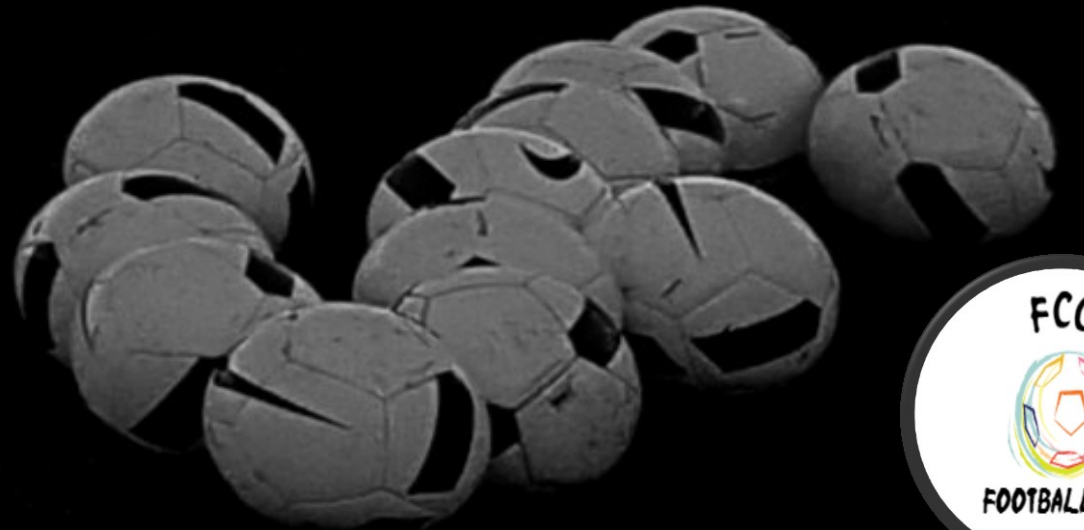
RAFA FERNÁNDEZ



JAVIER CANO GALLEGO



JOSE FUENTES COTANDA







## COACH PROFILE

### NAME:

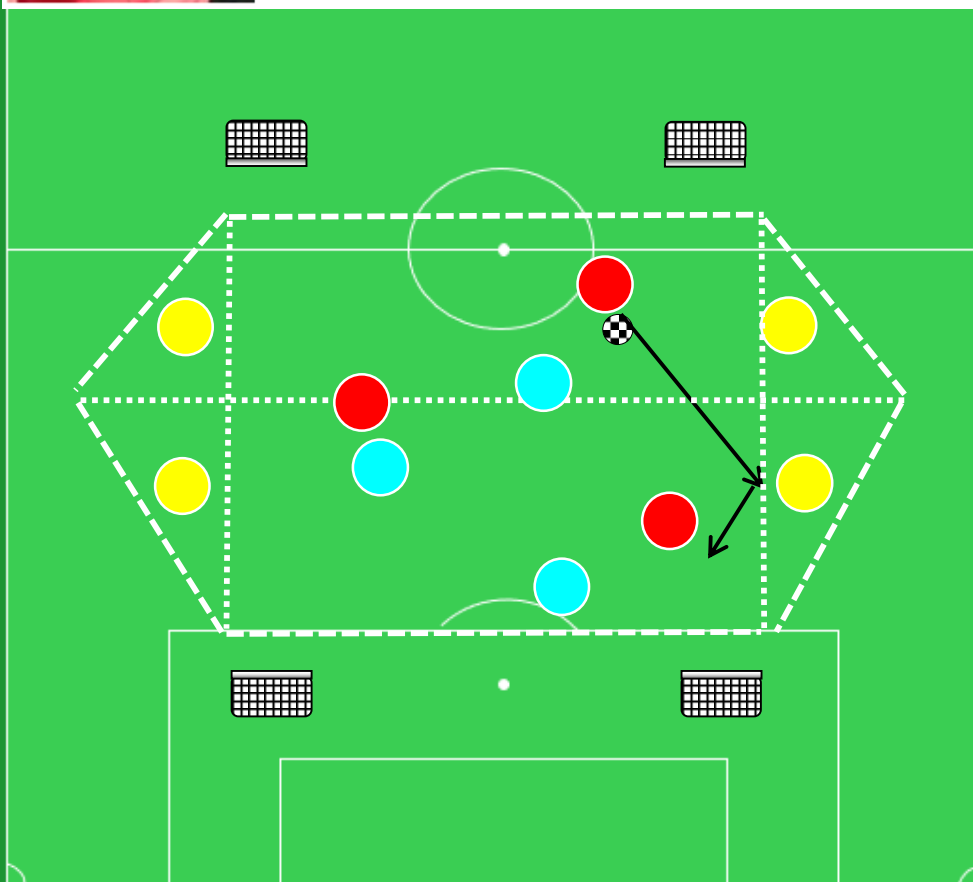
RAFA FERNÁNDEZ

### ROLE:

ACADEMY COACH WITH EXPERIENCE IN LFP ACADEMIES  
IN SPAIN, USA & CHINA.



@rafafernandez14



# Conditioned Game: 3v3 +4 (Progressing in the Attack)

## TOPIC:

Progressing in Attack exploiting the outnumber to go forward.

## ORGANISATION:

Hexagonal structure. 2 teams of 3 players + 4 floating players.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) maintain possession to progress in attack, 2) if they score a goal they get 1 point, 3) if they play forward with floating player and they score a goal, they get 2 points, 4) if they lose possession, they have to defend.

**Team Out of Possession (TOP)** : 1) defending 1v1 in central areas, 2) they can press in the floating players zone, 3) if they regain possession and play forward to the opposite side, if they score they get 3 points.

**Floating Player (FP)** : playing positional and respecting their action zones.

## PROGRESSION:

Introduce 2 large goals and 2 goalkeepers to the game.

## KEY COACHING POINTS:

**(TIP)**: 1) Create outnumbered situations to progress in the game.

2) To play forward.

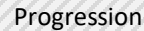
3) Identify when to dribble or when to pass the ball depending positioning of teammates/opponents.

**(TOP)**: 1) Be aggressive when defending 1v1.

2) To protect the central areas.

3) Screen and block line of passes.

**(FP)**: 1) Create different passing lines.



- 2) Screen and block line of passes.
- 3) Quick counter attack after regain possession.



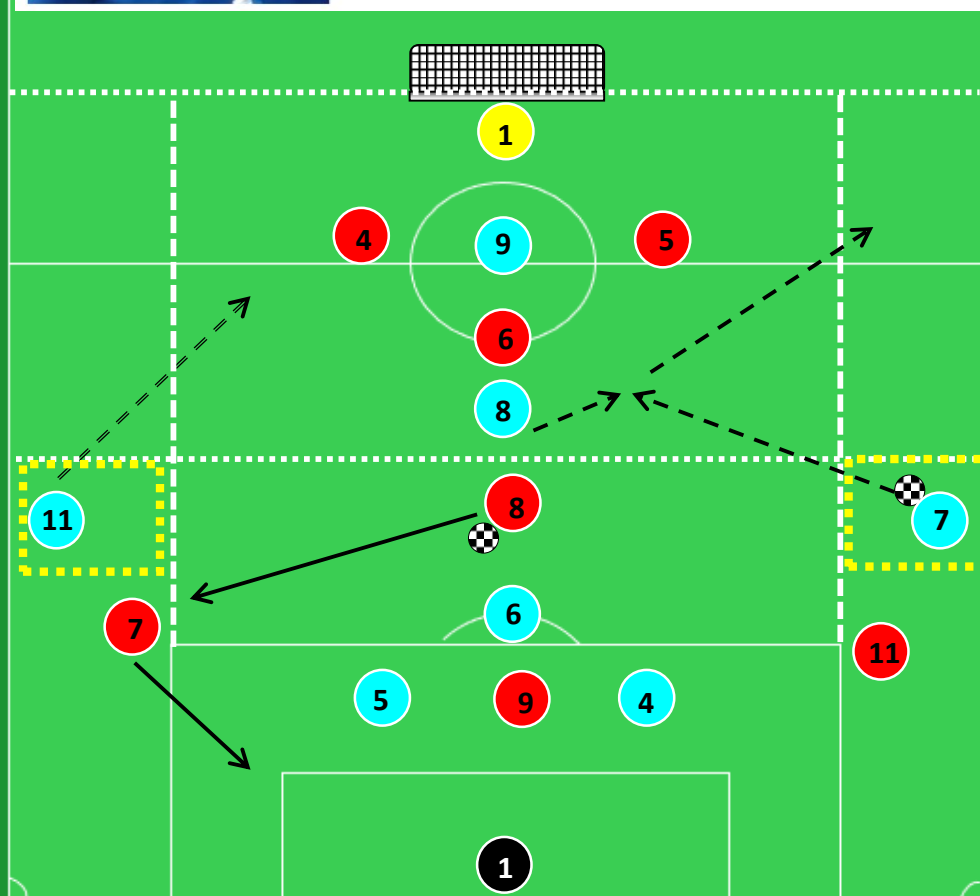


NAME:

JOSE FUENTES COTANDA

**ROLE:**

ACADEMY FOUNDATION PHASE COACH, SPAIN



**TOPIC:**

## Working on Attack and the Transition from Attack to Defence with the wingers.

## ORGANISATION:

2 teams of 8 players. We play 2 halves of 10 minutes. We swap team roles.

### TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) always starts the attack 4v3 from **(8)**, 2) **(7)** and **(11)** will start in a wide and high positions, 3) team tries to score a goal, 4) if they lose possession of the ball, **(7)** and **(11)** will move quickly back to support the counter attack, 5) if they score a goal, also both players need to move back quickly.

**Team Out of Possession (TOP) :** 1) (4), (5) and (6) are set in a low block to defend the attack, 2) if they regain possession, they will start quickly a counter attack by passing the ball to (7) or (11) who remain in a delimited wide area, 3) if they concede a goal, (7) or (11) starts a counter attack from wide positions.

## PROGRESSION:

Both teams starting from goalie will follow the same principles (ATT/DEF).

### KEY COACHING POINTS:

**(TIP):** 1) Move the ball quicker to try to finish action.

- 2) Play the ball to wide areas to look for crosses.
- 3) Individual actions when possible to finish action in a shoot.
- 4) **(7)** and **(11)** track back/recover defensive shape after losing possession of the ball.

**(TOP):** 1) Set compact in a low block.

- 2) Screening passes, crosses and shots to block it.
- 3) Awareness of (7) and (11) positions.
- 4) After regain possession, quick counter attacks.



## COACH PROFILE

### NAME:

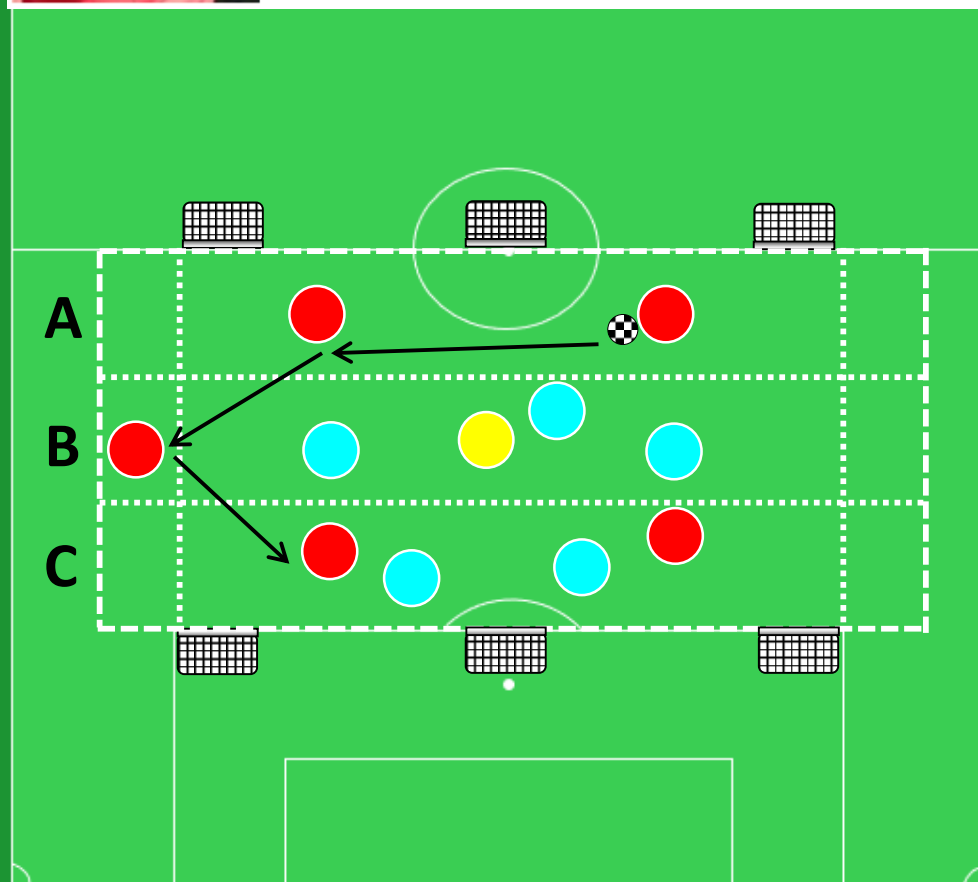
RAFA FERNÁNDEZ

### ROLE:

ACADEMY COACH WITH EXPERIENCE IN LFP ACADEMIES  
IN SPAIN, USA & CHINA.



@rafafernandez14



## Conditioned Game: 5v5 +1 (Playing out from back)

### TOPIC:

Playing out from the back for progressing to the Attacking Third.

### ORGANISATION:

2 teams of five players + a floating player.

### TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) always starts from centre backs, 2) can't have 3 players at same high/line in defensive or middle third, 3) always needs to be a far away option to play or stretch opponents, 4) only one player on the right or left channel at the same time.

**Team Out of Possession (TOP)** : 1) compact block to press and regain possession, 2) focus on defending middle channel, 3) regain possession to counter attack.

**Floating Player (FP)** : always plays with team in possession of the ball.

### PROGRESSION:

Introduce 2 large goals and 2 goalkeepers to the game.

### KEY COACHING POINTS:

**(TIP)**: 1) Create outnumbered situations to progress in the game.

2) Keep the ball rolling to maintain tempo and get advantage in free areas.

3) Identify when to play wide, forward or just attract players.

4) Creation of passing lines.

**(TOP)**: 1) Be brave and aggressive on the pressing.

2) Show out by being compact in the middle channel.

3) Screen and block line of passes.

**(FP)**: 1) Create different passing lines.

2) Play fast (1 or 2 touches)



# POSSESSION GAMES



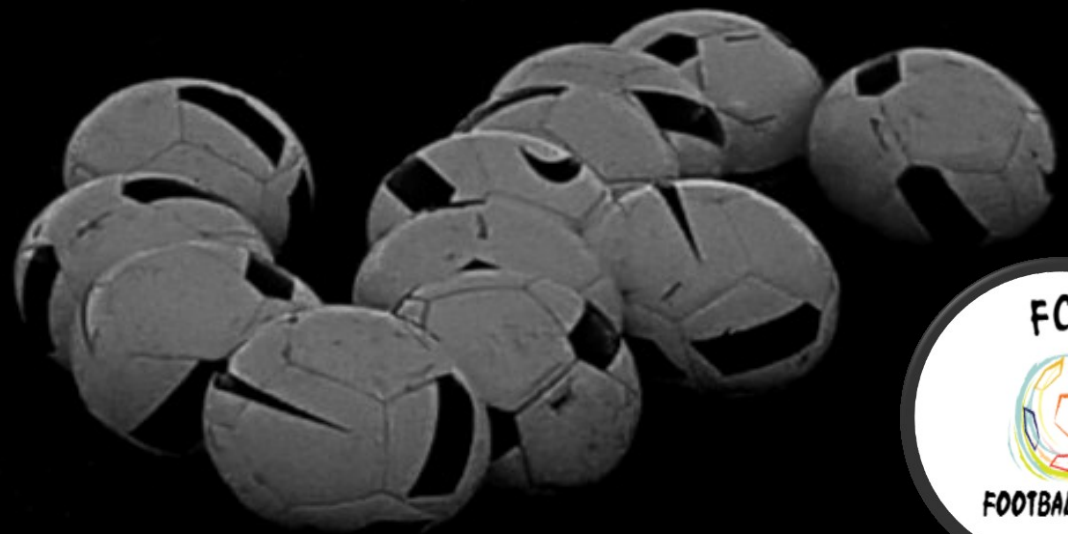
MARC COLLIER



FELIPE GARCIA CIVERA



FRAN CONSTANCIO CALVO





## COACH PROFILE

### NAME:

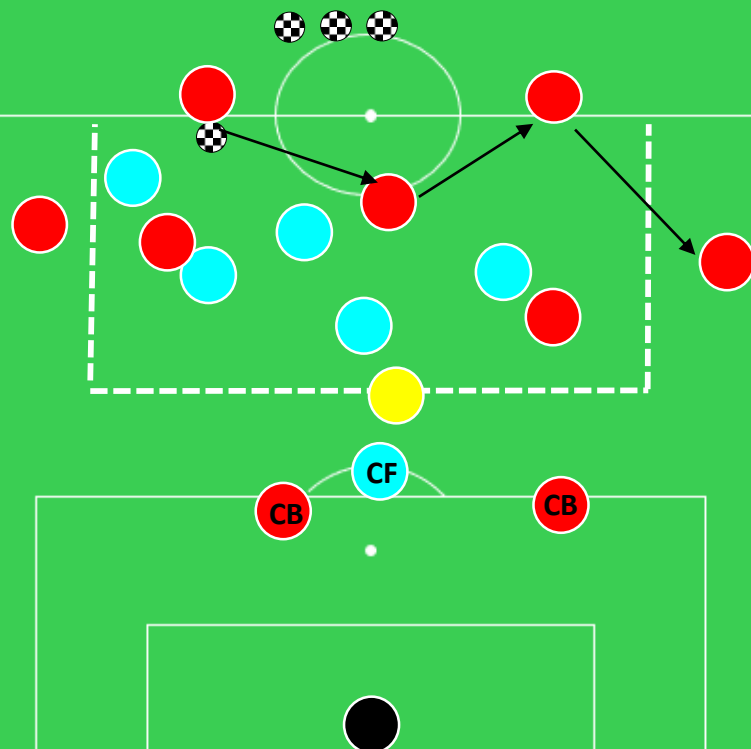
MARC COLLIER

### ROLE:

ACADEMY YOUTH DEVELOPMENT PHASE COACH, ENGLAND



@collers76



# Possession Game: 7v5+1 Transition Middle Third

## TOPIC:

Creating the Attack from a Positive Transition at the Middle Third.

## ORGANISATION:

7v5+1 in an area (20x30). In the other area 2 CB's, a GK and a CF.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) players retaining possession, score a goal after 10 passes, 2) players inside area have unlimited touches, 3) players outside the area have limited touches (1 or 2), 4) if they lose possession players will try to stop the counter attack, 5) only centre backs will defend the attack.

**Team Out of Possession (TOP)** : 1) players press to regain possession, 2) if they regain possession they have to play forward to counter attack by playing with the centre forward the first pass or by dribbling out of the area, 3) 3 players will join the Centre forward in this attack, 4) if red team blocks or intercepts the attack, game re-start from the area, 5) in attack, 2 players will remain to secure the area.

**Floating Player (FP)** : 1) player starts playing with team in possession, 2) if blue team regains, player joins the counter attack.

## KEY COACHING POINTS:

**(TIP):** 1) Creation of different passing lines.

2) Detail in the pass.

3) Reaction after losing possession.

**(TOP):** 1) Screen and block line of passes.

2) Press as a unit.

3) Fast transition after regaining possession.

**(FP):** 1) Fast reaction to the Transitions.





**COACH PROFILE**

**NAME:**

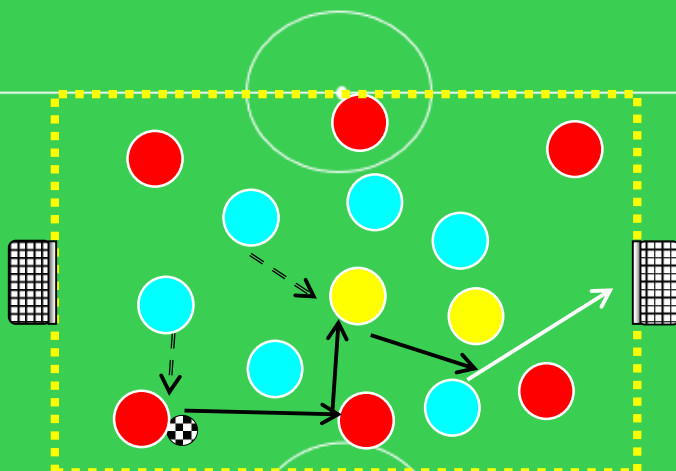
FELIPE GARCIA CIVERA

**ROLE:**

ASSISTANT FIRST TEAM COACH AT UD CASTELLONENSE, SPAIN



@fegarci84



# Possession Game: 6v6 + 2 (Positive Transition)

**TOPIC:**

Transitions from Defence to Attack (Positive Transition) in the 'Middle Third'.

**ORGANISATION:**

2 teams of six players + two floating players (Area: 40x30 mts).

**TASK DESCRIPTION:**

**Team In Possession (TIP)** : 1) players maintain the possession of the ball, 2) they play in wide areas, allowing the central areas for the floating players, 3) players play 1 or 2 touches maximum, 4) can score a goal in any of the 2 small goals after 10 passes have been done.

**Team Out of Possession (TOP)** : 1) compact block to press and regain possession, 2) if regain possession, start quick counter attack to the farthest small goal.

**Floating Player (FP)** : always plays with team in possession of the ball (red team).

**PROGRESSION:**

Introduce 2 large goals and 2 goalkeepers to the game.

**KEY COACHING POINTS:**

- (TIP):** 1) Create different passing lines.  
2) Keep the ball rolling to maintain tempo and get advantage in free areas.  
3) Create and exploit space.  
4) Attract players to one side to switch play to the free side with idea of scoring goal.
- (TOP):** 1) Defending tight and screen and block line of passes.  
2) Reduce time, space and options to holder of the ball.  
3) Speed on the counter attack.
- (FP):** 1) Create different passing lines through rotation at the middle area.



## COACH PROFILE

## NAME:

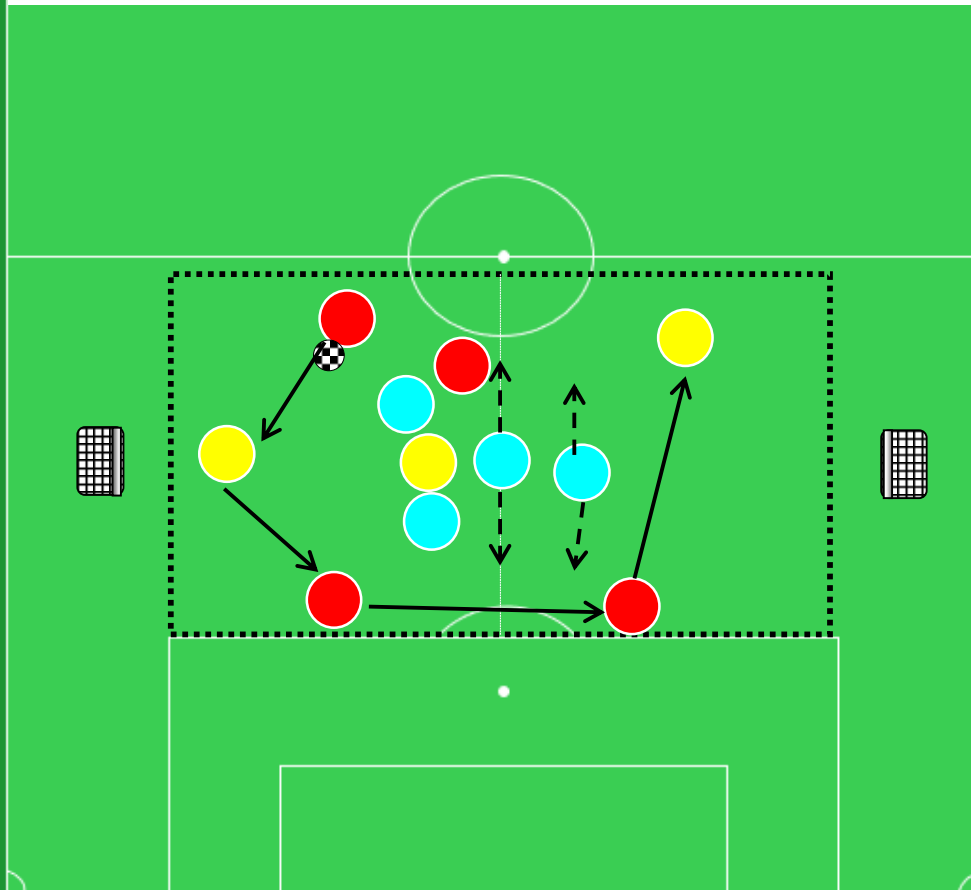
FRAN CONSTANCIO-CALVO

## ROLE:

ACADEMY YOUTH DEVELOPMENT PHASE COACH, ENGLAND



@11FranCC



# Possession Game: 4v4 + 3 (Middle Third)

## TOPIC:

Maintaining possession in the Middle Third to progress into the Attacking Third.

## ORGANISATION:

4v4 + 3 floating players in a 40x25 mts area divided in 2 through the middle.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) 3 players maintain possession of the ball in half of the area, 2) 1 player is giving an option to play forward in the other half, as the picture shows, 3) they can play with the floating players to maintain possession, 4) after 8 passes in this half they can pass forward, 5) only 2 red players can go to the other half, 6) they can score in the small goals after 5 passes in this half.

**Team Out of Possession (TOP)** : 1) 2 players defending in the half try to regain the possession, if they regain possession, they play into the other half, 2) 1 player is covering the space at the half way line, if a pass is blocked, the player plays into the other half, 3) 1 player is defending in the other half, if regained, a counter attack begins with a pass into the other half and the team can score a goal.

**Floating Player (FP)** : always play with team in possession of the ball.

## PROGRESSION:

We introduce goalkeepers and they play with team in possession.

## KEY COACHING POINTS:

**(TIP)**: 1) Attract players to one side to switch play to the free space.

2) To play safe and not take risks if not needed.

3) Identify when to play forward.

**(TOP)**: 1) Organise pressing to provoke mistakes in the attacking team.

2) Fast reaction on Transition Defence-Attack when regaining possession.

**(FP)**: 1) Create different passing lines.



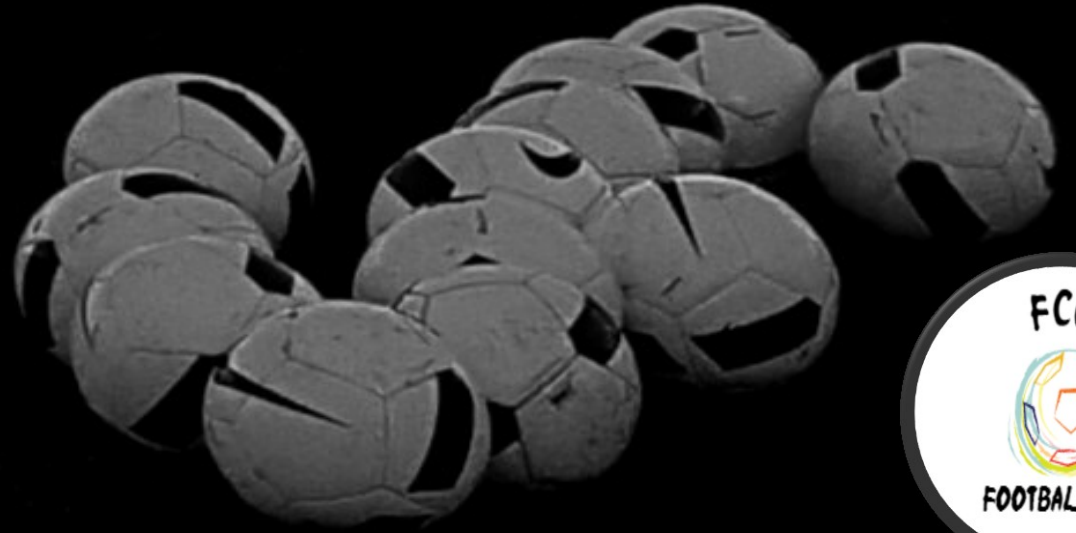
# SMALL SIDED GAMES



FRAN CONSTANCIO CALVO



DANI PONZ





## COACH PROFILE

## NAME:

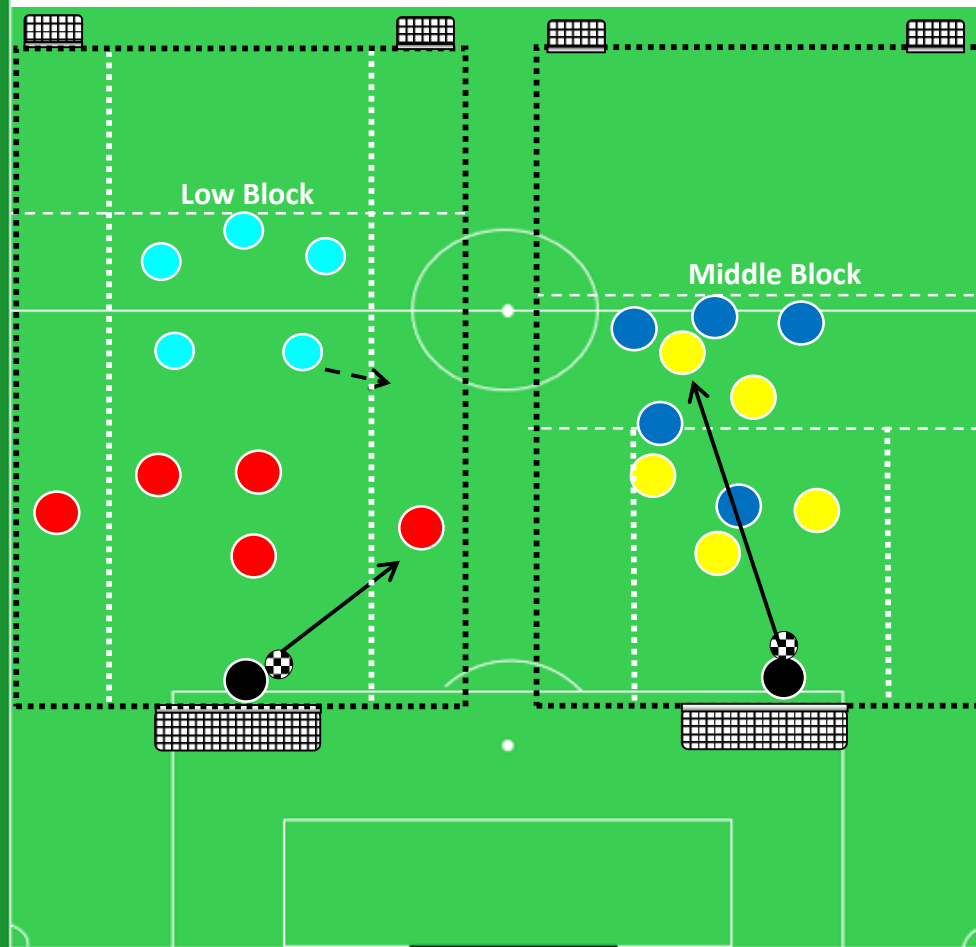
FRAN CONSTANCIO-CALVO

## ROLE:

ACADEMY YOUTH DEVELOPMENT PHASE COACH, ENGLAND



@11FranCC



# Small Sided Game: 'Principles of the Game Competition'

## TOPIC:

Embed some Attacking & Defensive Principles of the Game.

## ORGANISATION:

4 teams of five players + 2 goalkeepers. Pitch divided as the graphic shown. 10 minutes game and teams change roles.

## TASK DESCRIPTION:

**Sky Blue Team : In Possession** - 1) Forward passes looking for free space, 2) Forward runs into wide areas. **Out of Possession** - 1) Defending in Low Block, 2) Show One Way.

**Red Team : In Possession** - 1) Play out from goalkeeper, 2) Switch play using width with players in the channels. **Out of Possession** - 1) High press when losing possession, 2) Wide players coming to the middle channel.

**Yellow Team : In Possession** - 1) Play direct with a long ball from goalkeeper, 2) Look to win second balls. **Out of Possession** - 1) 2 players press and the rest in block, 2) Defending central areas.

**Blue Team : In Possession** - 1) Find runners into the channels, 2) Fast Positive Transition Defence-Attack. **Out of Possession** - 1) Defending in Middle Block, 2) Compactness to win second balls.

## KEY COACHING POINTS:

Before Games: 1) Explain Principles to a Team Captain.

2) Give time to players/team to discuss their game plan.

After Games: 1) Demand Feedback on WWW and EBI.

2) Ask players if team achieved their objective In Possession.

3) Ask players if team achieved their objective Out of Possession.

These can be written in a white boards for players to reflection at the end.





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## NAME:

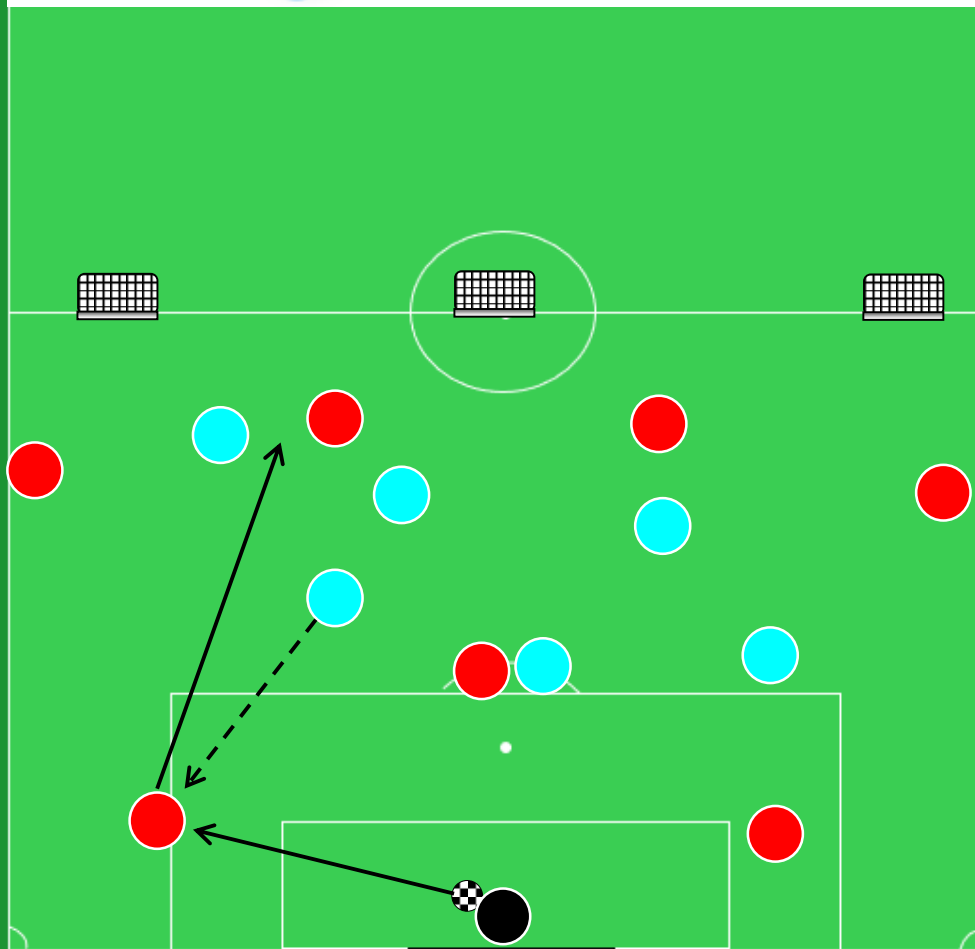
DANI PONZ

## ROLE:

FORMER MANAGER AT AT. SAGUNTINO, CD ELDENSE AND UD ALZIRA  
AT THE SPANISH 3<sup>RD</sup> DIVISION



@daniponz



# Small Sided Game: 7v6+GK (Positive Transition)

## TOPIC:

Working on the Transition Defence to Attack in a 4-3-3 formation.

## ORGANISATION:

A team of 7 players + Goalie (Red) and a team of 6 players (Blue). 3 small goals located at the half way line.

## TASK DESCRIPTION:

**Team In Possession (TIP)** : 1) this team simulates a 4-3-3 formation in attack (with back 4 line, a CDM and 2 CAM's) looking for width with both FB's, 2) always plays out from the goalkeeper, 3) they try to switch play to break the compactness and find free space to attack, 4) they have to score a goal in the small goals, scoring 1 point in wide small goals and 3 points in the centre.

**Team Out of Possession (TOP)** : 1) this team simulates a defensive shape on a 4-3-3 formation (with the Attacking & Midfield lines working narrowly), 2) defending on a High Block, allowing goalie to play to the weak side, 3) once the goalie plays to this side, they do the pressing to the holder, showing one way, 4) when they regain possession, they do direct counter-attack or switch play.

## PROGRESSION:

Introduce a large goal with a goalie instead of the 3 small goals.

## KEY COACHING POINTS:

**(TIP):** 1) Play out from the goalie.

2) Create outnumbered situations in wide areas.

3) Switch Play to find the spare man.

**(TOP):** 1) Set triggers/traps to regain possession, goalie to play to the weak side.

2) Working on high pressing to the weak player.

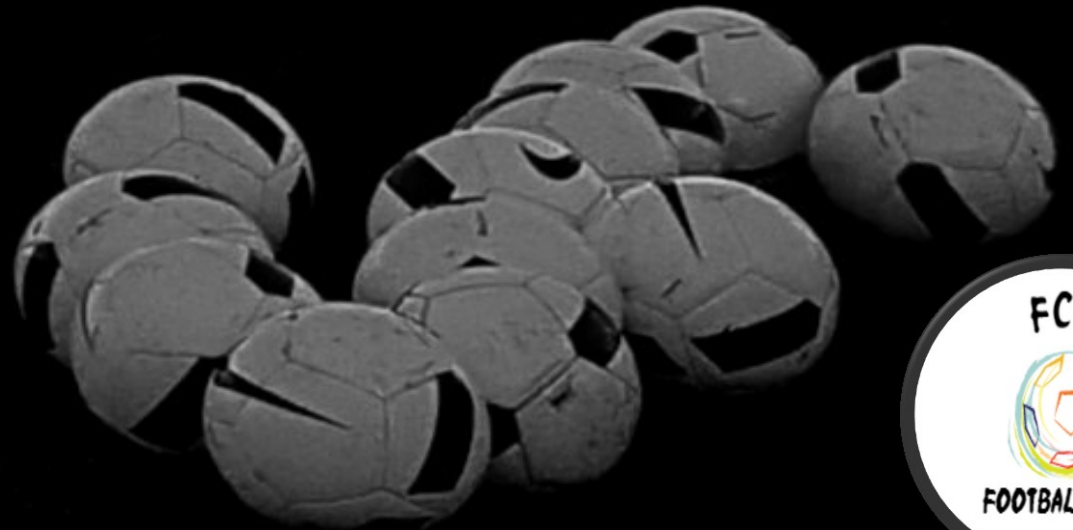
3) Fast transitions after regaining possession.

# CONDITIONED MATCH



JOSE FUENTES COTANDA

EMILIO MILLAN





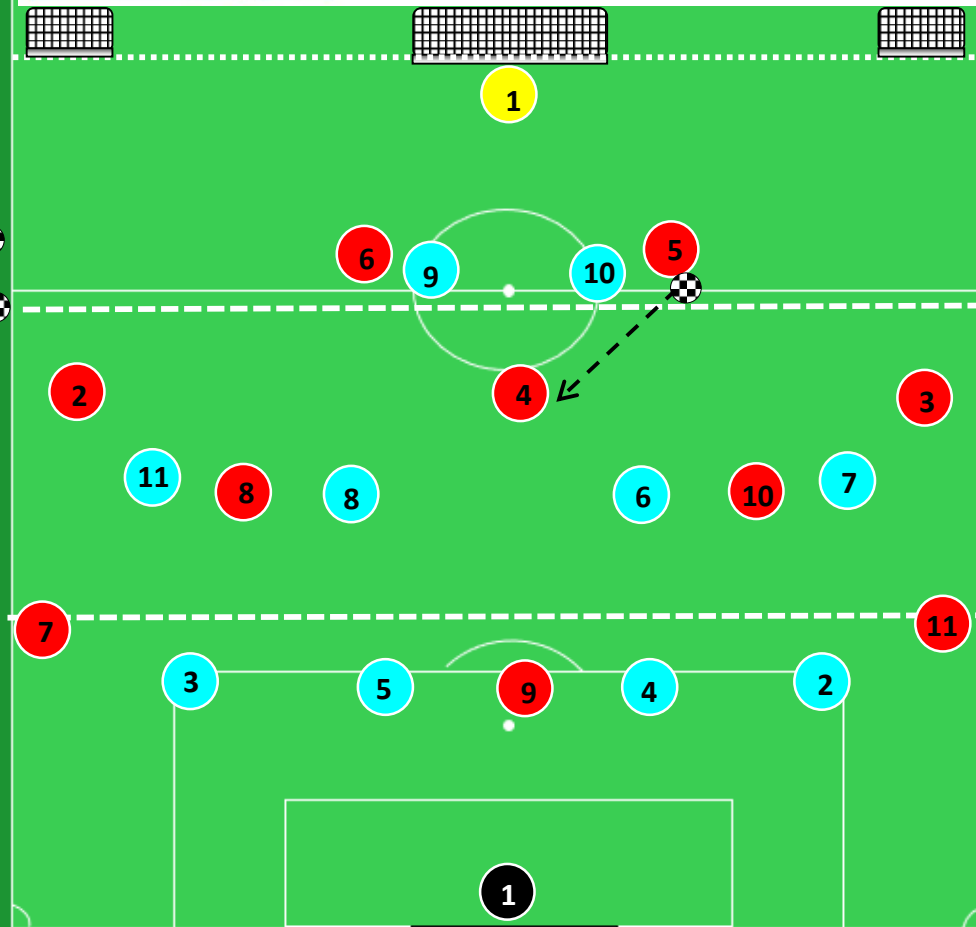
## COACH PROFILE

### NAME:

JOSE FUENTES COTANDA

### ROLE:

ACADEMY FOUNDATION PHASE COACH, SPAIN



# Conditioned Match: 4-3-3 v 4-4-2 Low Block

## TOPIC:

Combinative Attack on a 4-3-3 against a team Defending with a Low Block.

## ORGANISATION:

2 teams of 8 players. We play 2 halves of 10 minutes. We swap team roles.

## TASK DESCRIPTION:

**Team In Possession (TIP) :** 1) Centre backs are located in the Defensive Third, 2) Fullbacks start at the Middle Third to give width to the team and create outnumbered, 3) Midfielders look for creation of free spaces, 4) Wingers are located wide to get the fullbacks with them at the Attacking Third, 5) Forward look to be between Centre backs at the Attacking Third.

**Team Out of Possession (TOP) :** 1) are defending in a low block between the Defensive and Middle Third, 2) look for being compact and hard to beat by shuffling across and reducing spaces between lines, 3) Forwards will be in the Attacking Third, if the team regains possession they try to pass to them, 4) if the forwards score in the small goals is 1 point and 3 points if they do in the goal.

## KEY COACHING POINTS:

**(TIP):** 1) Move the ball quicker in the Middle Third (3 touches maximum).

2) Give width to the team with the wingers.

3) Create free spaces to attack through the middle channel.

4) If other teams undercover, try to switch play.

**(TOP):** 1) Compact defence in a low block.

2) Put lines together to reduce spaces.

3) Screen and block passes in the Middle Third.

4) Fast Transition Defence to Attack.





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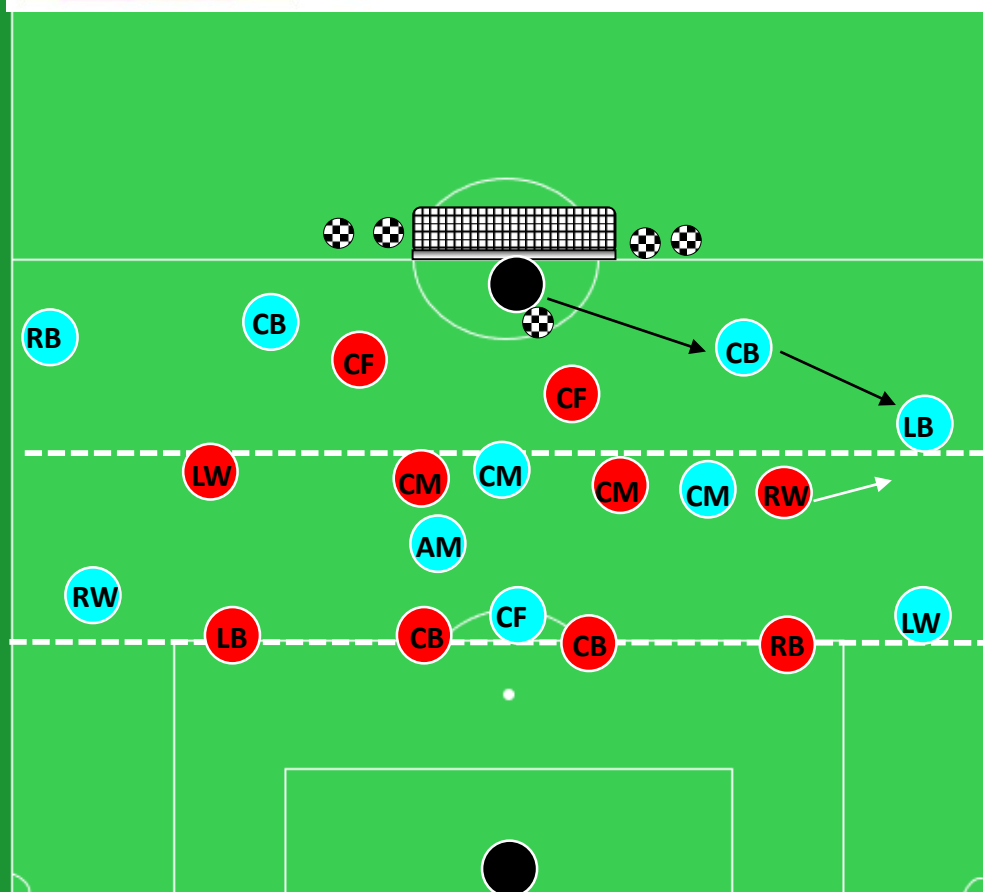
EMILIO MILLAN

### ROLE:

HEAD COACH AT UD TOMARES U19s, SEVILLE.  
NATIONAL YOUTH LEAGUE.



@emiliomillan1



## Conditioned Match: 1-4-4-2 v 1-4-2-3-1

### TOPIC:

Defending Compactness with a 4-4-2 formation against 4-2-3-1 formation.

### ORGANISATION:

2 teams of 11 players. Half pitch divided in 3 zones.

### TASK DESCRIPTION:

**Team Out of Possession (TOP)** : 1) 4-4-2 formation, 2) defending on a low block with the defensive and midfield line in the middle zone to avoid progression and 2 strikers pressing in the attacking zone, 3) compactness between lines to reduce spaces, 4) shuffle across to stop progression in to the middle or defensive zones, 5) after regain possession, fast transition to attack.

**Team In Possession (TIP)** : 1) 4-2-3-1 formation, 2) play out from the back using width in the defensive and middle zones, 3) rotation of the midfielder players to create space in the middle zone and get on the ball, 4) once the ball comes to the middle zone, move it quicker to break lines, 5) when team gets into attacking zone, it produces a 5v4 situation for a finishing (1v1, cross, shoot), 6) if team loses possession, fast transition to defend.

### KEY COACHING POINTS:

- (TOP):**
- 1) Low block with compact lines.
  - 2) Screen and block line of passes.
  - 3) Fast counter attack.

- (TIP):**
- 1) Creation of passing lines..
  - 2) Fullbacks and wingers playing wide to give width.
  - 3) Fast transition after losing possession.

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