

**SUNDAY
SHARE**



theglasgowfc

Session 1 – Confidence on the Ball





Description

Session Theme - Building players confidence on the ball.

Duration – 90 minutes.

Participants – 18.

Equipment needed:

- 15 footballs minimum.
- Full set of marker cones.
- 6 poles.
- 15 Bibs (5 Red, 5 white then various.)

Session Aims:

- 1) To see quick combination play by final game. (Players)
- 2) Welfare checks with everyone during or after the session. (Coach)





Description Continued

Session Objectives:

- Give players freedom in opening game.
- Build a return in confidence within the repetitions in the technical practice.
- Ask how the last week/month has been for each player, bring players out of group.

Coaching Points you may need to consider:

- Take the extra touch if you need it.
- Scan around you.
- Keep the head up throughout!

Communication Model

Question - Ask, do not tell.

Visual - Demonstrate and Positive Enforcement (Thumbs up, clap etc.)

Welfare - Ask how their day has been, do they have pets/hobbies to connect with?

Clarity - Simplify the message



Start Game (20 Minutes)

Area - 35yd square.

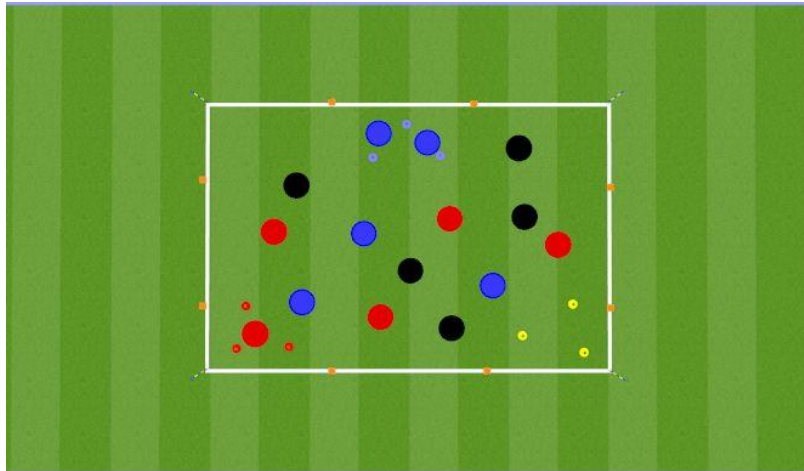
- Outer marked with poles and other colour markers.
- Goals set based on team colour, triangle with base inwards.

5v5v5 - Scoring into opponents goals.

- When you score, you become a goalkeeper for your team.
- Winning team wins when they have all 5 players in goal.
- No use of hands in goal.

Coaching Points

- Scan around.
- Check shoulders, look over the pitch.
- When do we scan? *(Three stages: Before we move - team mates, before we receive - your position and to build next picture - movement.)*
- Head up always.





Technical Practice (20 Minutes)

Organizational / Instructions

- Maintain Previous groups.

Area - Three 20 x 15 yard channels.

- 5 inner markers.
- Area marked with four differing cones.
- Three balls per group, one used at a time.

Begin right to left.

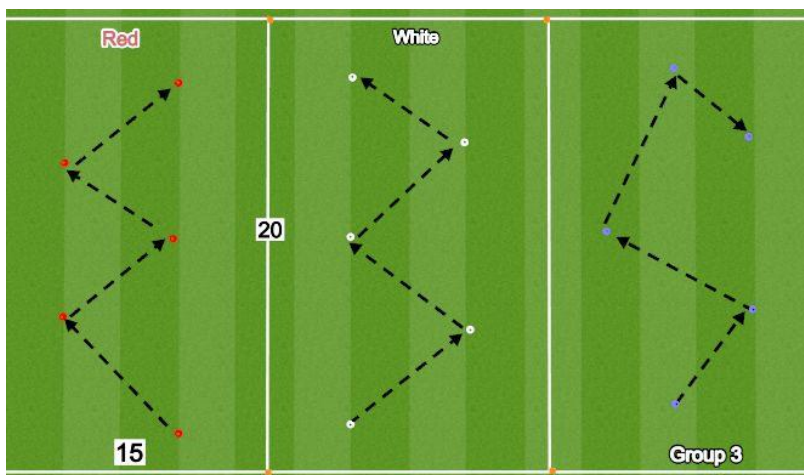
- Slow start, encourage touches.
- Begin static, add in follow the pass.
- Build to players gaining confidence in pattern.

Coaching Points

- Cone is only a guide, move off it.
- First touch (think next pass.)
- Scan (while ball moves and between touches.)
- Passing (instep, aim for team mates front foot.)
- Movement (Body on quarter/half turn, receive at an angle.)

Progressions / Adaptations

- When confidence is showing reverse the pattern.
- Once confidence in reverse is evident move groups up one.
- Final - drop one group into the pressure group for those on the ball. 2 press the 5.





Rondos (20 Minutes)

5 v 2 Rondos

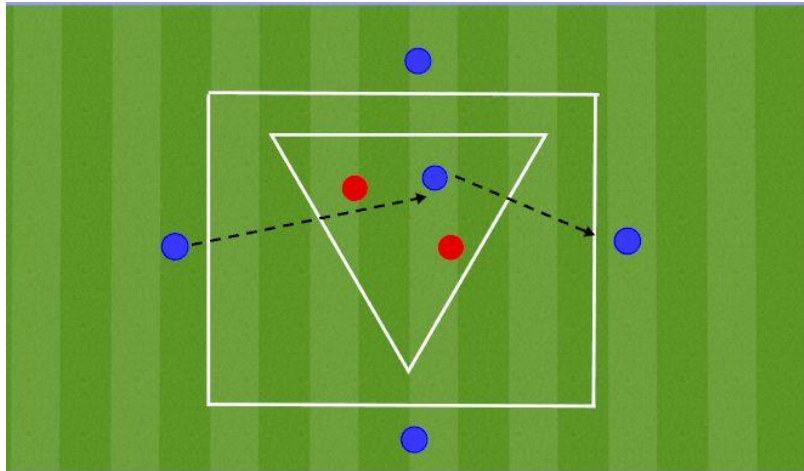
- 12x12 yard boxes, with 5 yard inner triangle
- If Blue team pass through their man in the triangle they get a point.
- If Reds win and break out the square they switch with two nearest Blues.
- If they don't break out they win a point.

Coaching Points

- Open stance ready to receive.
- Switch on (focus.)
- Speed of play (think quick.)
- Team work (Problem solve, encourage.)
- Killer pass when it's on!
- Communication is KEY!

Progressions / Adaptations

- Change middle two at three points.





End Game (30 Minutes)

Full 9 v 9 game

- Look to see if main CPs have transferred.
- Actively question players, minimal coaching.



Session 2 – Wide Combination Play





Description

Session Theme - Combining in Wide Areas to Attack in a 4-4-2

Duration- 1.5 Hours.

Participants - 16.

Equipment needed:

- 10 bibs.
- 15 footballs.
- Markers.
- 6 Slalom Poles
- Stopwatch.

Session Aims:

- 1) For players to make effective decisions in chance creation in attacking from wide crosses and cut-backs (Players.)
- 2) Verbally detail the four 6s area and variety of positions to finish within them (Coach.)

Session Objectives:

- Purposeful practice to build players confidence in creating chances.
- 75% of direct execution of finishes within the technical practice.
- By end game have players making effective decisions in both crossing and finishing.





Description Continued

Coaching Points you may need to consider:

- Weight of setting passes.
- Off the ball movement to move opposition.
- Maintaining width throughout to stretch the other team and open space for attackers.

Key Positions and Communication Required:

The Four 6 Areas

Zone 1 - 6 yard box.

Zone 2 - 6 yard to penalty spot.

Zone 3 - Penalty to 18 yard box.

Zone 4 - 6 yards out from 18 yard box.

FB - Play off the winger in front, go inwards to support.

WG - Give attackers cues of where ball will end up.

ST - Movement starts off the one-two of wide players.

Assistant should consider Opposition points in overall plan.





Target Game (15 Minutes)

Organizational / Instructions

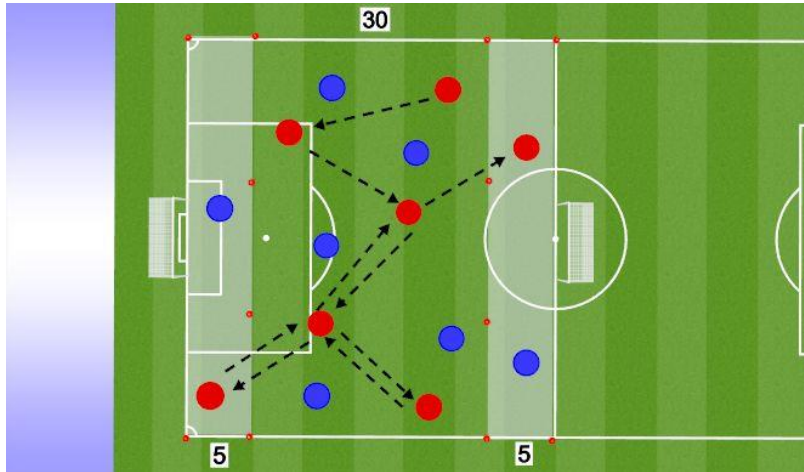
2 Targets each - 5v5 in middle.

30 yard length overall - (x2) 5 yard target areas.

- Team wins 1 point for playing 5 passes.
- 2 points for then combining from one target man to another.
- Rotate target men each 2 minutes.

Coaching Points

- Movement off the ball.
- Spatial awareness (Scanning)
- Quick combination play.





Around the Clock (15 Minutes)

Organizational / Instructions

- Keep teams from previous practice.
- 20 yard inner circle, 4 poles on edge of each corner (25 yard sq.)
- 2 x 6 minute rounds.
- **Round 1** = 7v7 possession game in which you are looking to see which team makes the most consecutive passes. Highest number wins the round.
- **Round 2** = Point scoring game.

Team looks to play 5 passes and then player dribbles out to a pole and leaves the ball to score a point.

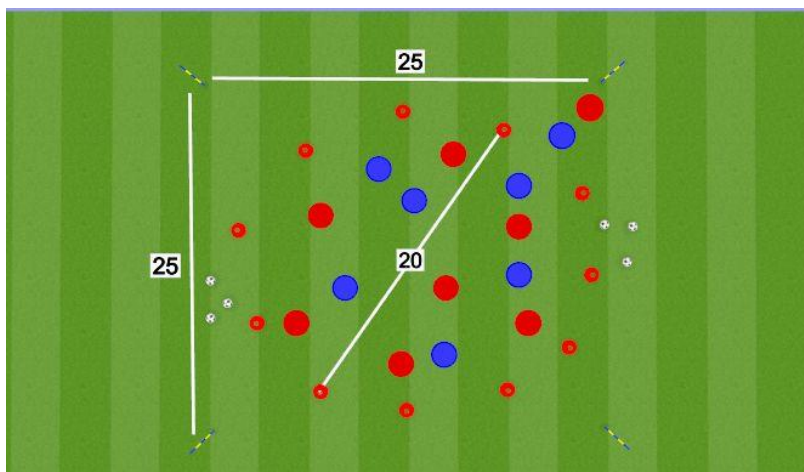
This player can be opposed by 1 player from opposing team. When ball is out of the circle the opposing team can restart the game from the ball pile and begin with possession.

Coaching Points

- Scanning.
- Spatial and positional awareness.
- Communication between teams.
- First touch to set for pass.
- Regaining possession (pressing.)
- 1v1 battles.

Coach Observations

- Entire group focus.
- Individual player focus.
- Anyone needing motivated?





Crossing Technical (10 Minutes)

Area Size (x2) Half Pitch - Both Coaches running two groups concurrently. (7 Outfield, 1 GK)

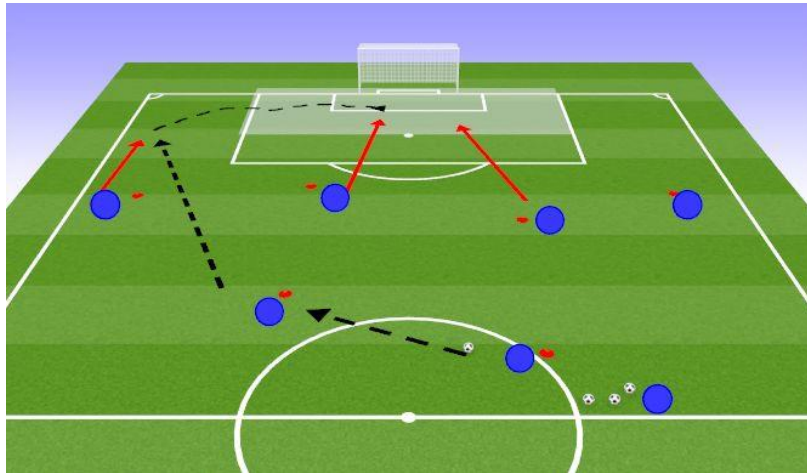
- Unopposed practice to build repeatability.
- One of middle four moves on when crosser goes inside, and shooter recovers ball.
- Middle passing link-up to play wide for a cross.
- First time finish from on-running attacker.

Coaching Points

- Crosser to stay wide!!!
- Weight of setting passes, soft passes will put more on crosser and lead to overhits.
- Pass with purpose.
- Crossers look to play in between penalty area.
- Finishes (Aguero as an example), first-time pull-back finishes (ref City), back-post half-volley finishes (use Mané as example) and 'difficult' finishes should be covered.

Progressions / Adaptations

- Add in different crosses - cut-backs and back post.
- Differing finishes - two touch, laces, lobs.
- Incorporate bounce passes off back turned attackers to combine at the start.





Combine to Finish (20 Minutes)

Area Size (x2) Half Pitch - Both Coaches running two groups concurrent.

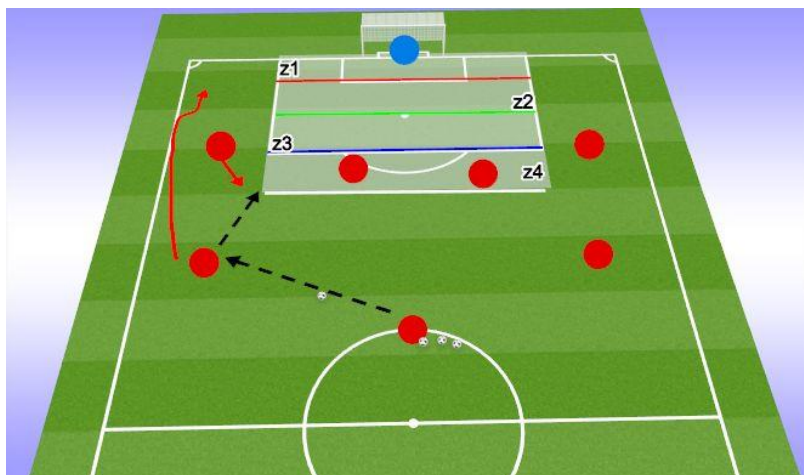
- Starts at pivot who plays into full back.
- Full back and winger to combine to cross, can include under and overlaps.
- Focus on the zones and differing crosses and finishes for each.

Coaching Points

- Front 2 may need to adjust based on crossers cue.
- Crossers target front post and cut-backs. Aiming for back post likely to see overhits.

Progressions / Adaptations

- Two spare players not involved can drop in to become defenders.
- Drop from slightly opposed to full opposition and merge the two groups into defend v attack with 4 defenders added and 4 rotating attackers.



Cross Types		Finish Types	
Zone 1	Low & Direct	Zone 1	First Time
Zone 2	Cut Back	Zone 2	Placed
Zone 3	Slight lift	Zone 3	Laces
Zone 4	Whizzed	Zone 4	Whipped



Wing Play Game (10 Minutes)

Area Size - Full Pitch

- Flat Markers for wide areas should have been in place from beginning.
- Both sides in a 2-3-2 formation with a GK each. Only one player from each team allowed in wide zones at one time.
- Goals only count when scored from a wide cross, however regular play can still be permitted just not tallied.

Coaching Points

- Width in attack to create crossing opportunities.
- Attackers look to play in behind the defenders.
- Hips and shoulders facing the goal as contact is made with the ball.

Assistant (Out of Possession)

Can they defend compact and narrow?

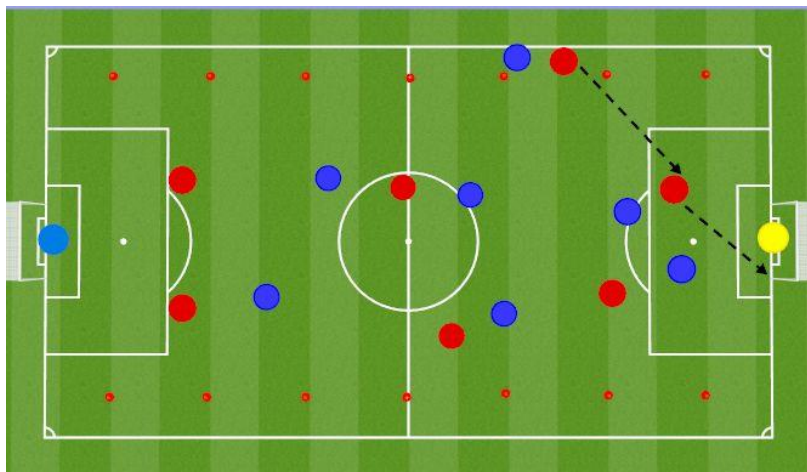
Can they not be split?

Can they defend key areas in the box?

Can they emergency defend when in and around the box?

Progressions / Adaptations

- Two players allowed in zones at one time.
- More points per goal given dependent on cross - 2 for cut back, 3 for front post.





Free Play Game (20 Minutes)

Questions

- Where are the most goals scored?
- Where should a fullback go to support?
- How will wingers show where the ball will end up?
- When should the front twos movement begin?

Session 3 – Purposeful Possession





Description

Session Theme - Purposeful Possession - Playing Out in a 4-Diamond-2.

Duration - 1.5 Hours.

Participants - 20.

Equipment needed:

- 12 bibs.
- 10 footballs.
- Marker cones.
- Stopwatch.

Session Aims:

- 1) To beat a high press and play into the number 8 from the defence (Players.)
- 2) Communicate more individually with key players on their role within the system (Coach.)

Session Objectives:

- Having centre backs comfortable on the ball to suck in the opposing teams attackers.
- Creating depth in the positions of both full backs to overload in the midfield.
- Building an understanding in the movement when in possession between the 6 & 8 as a partnership.





Description Continued

Coaching Points you may need to consider:

- Finding the free player with a pass.
- Have the 6 & 8 positioned in different passing lines at all times.
- Build numerical advantage in the wide areas when looking to build up.

Key Positions and Communication Required:

CB - Positive play, defend first but be brave.

FB - Create width, stretch the pitch for us and take opponents into positions they don't want to be in.

6 - Have flexibility, be willing to cover a full back but give the CB a third option if needed.

8 - Be aware when tucking is required, link the play and look for the STs.



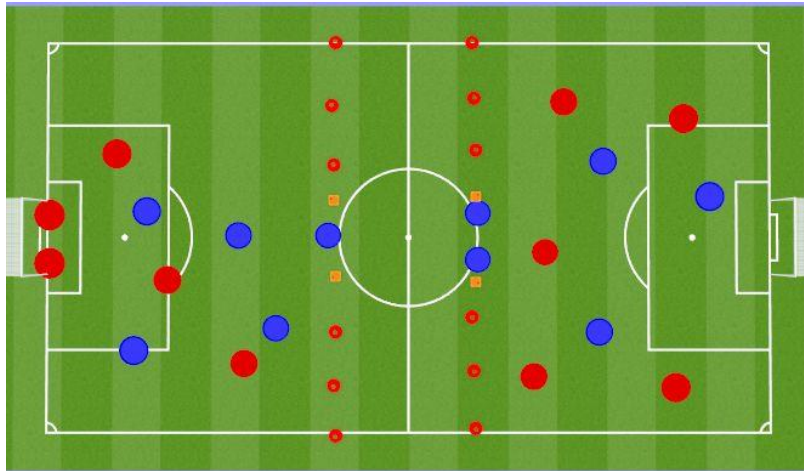
Conditioned Game 1 (15 Minutes)

5 v 5 Games to start.

- No Goal Keepers.
- Once you score for your team you become a goalkeeper.

Coaching Points

- Find the free man.
- Pass with conviction.
- See the opening? Execute!
- Communication starts now!





Defensive Technical (15 Minutes)

Organizational / Instructions

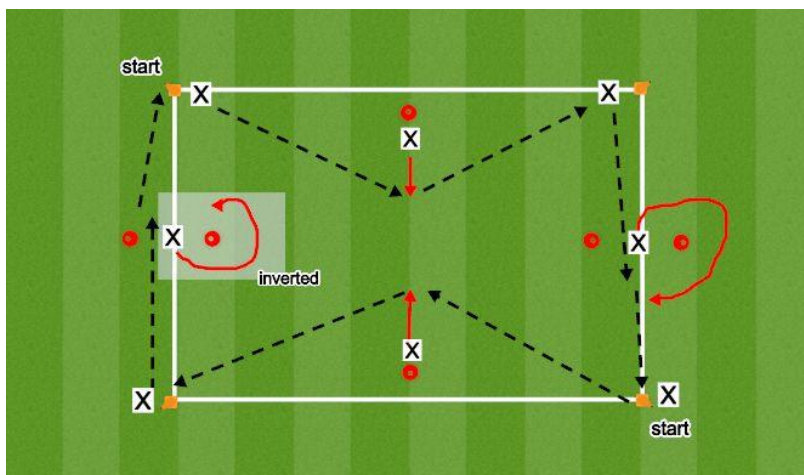
- 40 wide x 30 long.
- Main body of numbers at start points, 2 players start in other corners with one on remaining markers and one inside the two markers in the middle.
- Follow your pass - Start goes to marker not the space receiver dropped into.

Coaching Points

- Angle off the cone before receiving.
- Play with purpose, no lazy passes.
- Set yourself with your first touch.

Progressions / Adaptations

- Invert full backs.
- Full backs receiving on the turn to carry forwards.





Game Related Practice (15 Minutes)

Organizational / Instructions

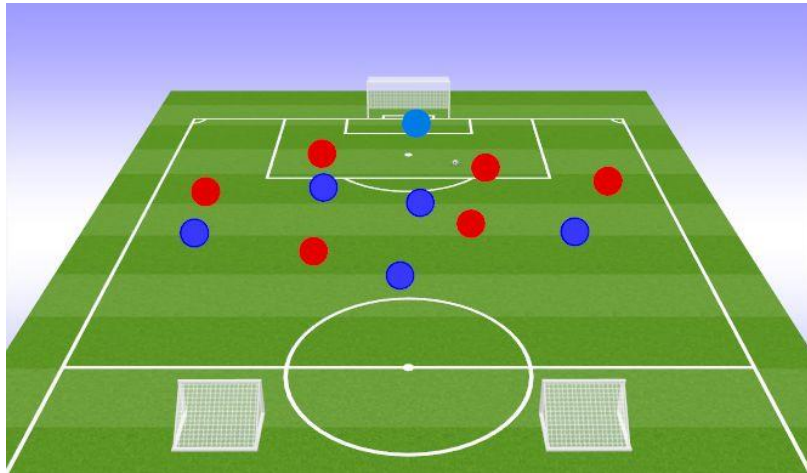
- Begin with free play starting from the goalkeeper. 7 in possession vs 5 retaining.
- Top end mini-goals to play towards. 2 points for goals into them.
- Technical translating into practice?

Coaching Points

- Find the free man.
- Overload wide to divert the two attackers and open space in other areas.
- Switch to open up if it's on.
- Mini Goals - where do they relate to in the system? Ask the question.

Progression

- Overload in favour of Pressing team (8 Pressing v 6 In Possession.)





Mid to Front Technical (15 Minutes)

- Set out cones with full backs, midfield and attack as shown, two middle markers being the 6 and 8's start point for runs to create the diamond.
- Start off slow, use repetition to create confidence in patterns and bring game related tempo thereafter.
- Unopposed into opposed. Moving on in the pattern - FBs to CM, CM to WGs, WGs to STs. STs to end of queues.

Coaching Points

- Angle off cones before pass.
- Receive on back foot.
- Set first touch with next pass in mind.
- Play quick, firm passes.

Progressions / Adaptations

- Switch start and finish pattern from left to right, to right to left.
- Add in opposing midfield three to press.



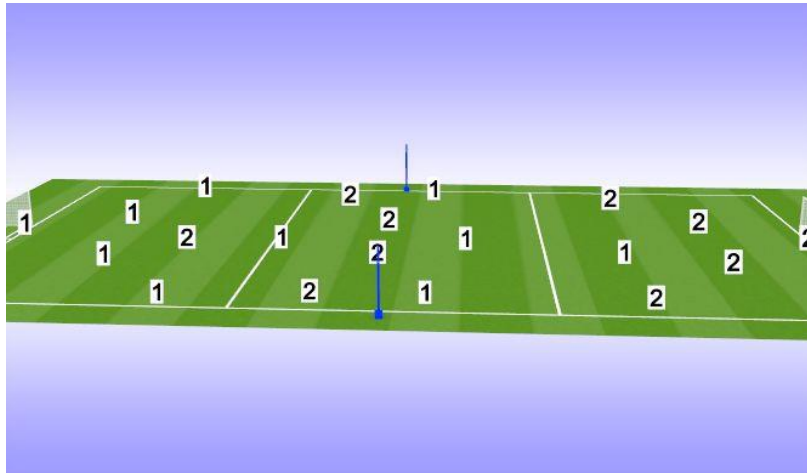


Conditioned Game 2 (15 Minutes)

- Thirds of the pitch to be marked out.
- Teams to line up as detailed in Free Game.
- Zones to be played in until ball passes halfway line.
- Indicate halfway line to players.
- Team playing out brings the game live for attempts at goal once over the halfway line.
- Defending team to shape up flat 4 in midfield.

Coaching Points

- Maximum width to play around the opposition.
- Aggressive reactions in the defensive phase.
- Receive to drive forwards - half-turn, ready to motor with the ball.
- Create the picture with your passes, give your team mate detail for next move.





Free Play Game (15 Minutes)

Complete free play. No stepping in. Detail heavy throughout session, now let them play and just observe what's been taken in.



Session 4 – Understanding the Channels





Description

Session Theme - Understanding the Channels - Developing in the Creative Third in a 4-4-2.

Duration - 1.5 Hours.

Participants - 22.

Equipment needed:

- 15 bibs.
- 10 footballs.
- Marker cones.
- 6 Slalom Poles.
- Stopwatch.

Session Aims:

- 1) To build an understanding of the use of the five channels in the creative third (Players.)
- 2) Communicate in detail the use of the half spaces to create (Coach.)





Description Continued

Session Objectives:

- Build the positional sense of wide players in defence and attack.
- Creating depth in the positions of both full backs to overload in the midfield.
- Building an understanding of when to step into the half spaces and create goal scoring opportunities.

Coaching Points you may need to consider:

- Fast combination play.
- Switch the play for full back to receive on opposite wing.
- Play forward with short diagonal passes.

Key Positions and Communication Required:

CM - Positive play, identify the killer pass.

FB - Create width, stretch the pitch for us and take opponents into positions they don't want to be in.

WG - Step into the half space when you see an opportunity to go for goal.

ST - Play on the shoulder, attack Zone 1 & 2 of the four 6s.



Capture the Flags (15 Minutes)

Area Size - 30 Yard Square. (6) 3 yard squares for flags.

9v9

- Possession box with conditions given for players to break away and take the oppositions flag.
- Condition 1: 10 passes must be played before player receiving the 10th pass can go to steal a flag.
- Condition 2: Every Player in the team must touch the ball before one can go capture a flag.
- Condition 3: Two touches from each player before one can go to steal a flag.

Game is won when the opponents 8 flags have been captured.

If time limit ends before, team with the most bibs will win and begin as attackers in next practice.

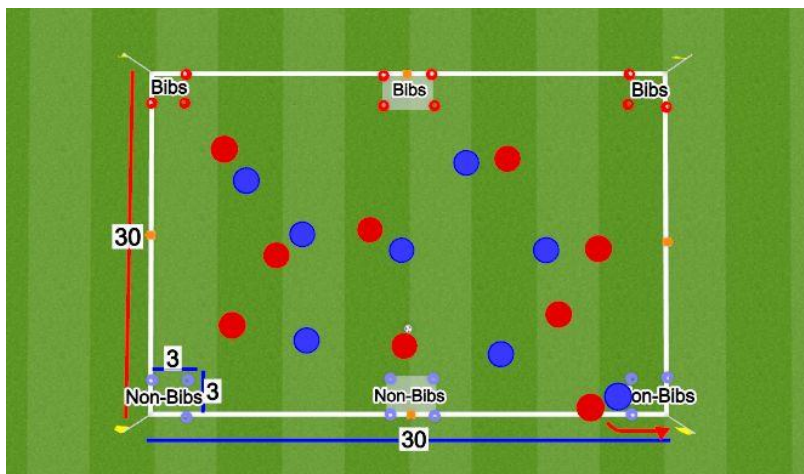
Coaching Points

Spatial awareness (Scanning)

Positional awareness (Create depth and width.)

Communication at all times.

Protect your flags - No camping however.



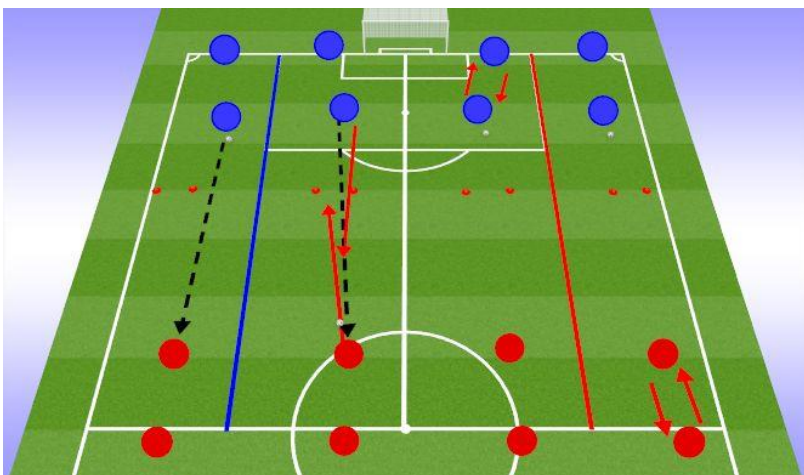


Technical Practice 1 (15 Minutes)

- Split half pitch into four channels - Left, Right and two Centres.
- Replicate 1v1s in areas of the pitch e.g. CB vs ST, RB vs LM.
- Set out mini goals for attacker to play into and defender to protect.
- Two wide players first, two central thereafter.

Defender plays ball up to attacker, 1v1 becomes live.

Groups rotate at end of each 1v1. Eventually switch to defenders attacking and vice versa before progressing the numbers playing against each other.



Coaching Points

Attacker

- Use of feints, drop the shoulder, suck in the defender.
- Small touches to suck them in.
- Big touches to exploit the space in behind.

Defender (Four Ds)

Delay (Set your body to stall the attacker) Deny (Space and time for attacker)
Deflect (Block if needed.) Defend (Tackling is the last resort.)

Progressions / Adaptations

- Central players to coach their wide player in defence.
- Advance to 2v2.
- If going well go to 4 v 4.



Technical Practice 2 (15 Minutes)

Organizational / Instructions

- Five channels on half pitch.
- Begin unopposed, build patterns, add 1v1s in possession.
- Build to playing with keepers involved in both directions.

Unopposed

Bibs play up, Non-Bibs play down

Begin at walking pace, one team at a time. Build to both going at same time.

- Build in passing, movement and dribbling patterns.
- Begins at FB, dribbles into half space to play diagonally forward into CM.
- CM takes on the half turn to play a switch out to their opposite winger.
- WG dribbles forward to cross into ST at the back post.

Coaching Points

- Back foot to receive.
- Weight of the pass.
- Set picture for your team mate.

Opposed

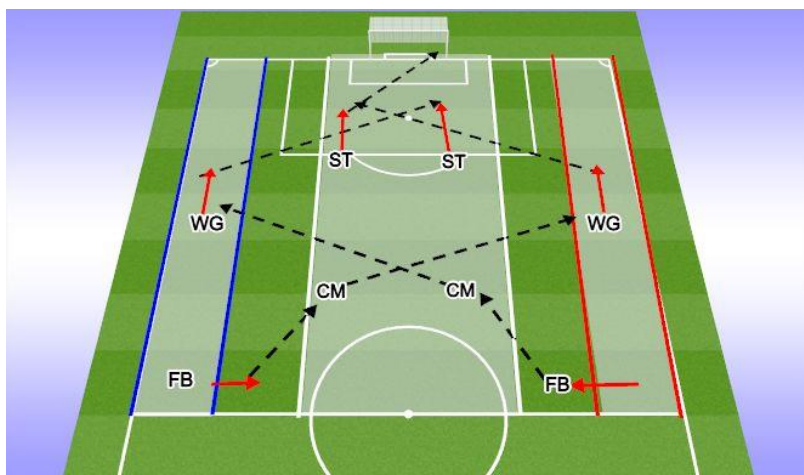
Bibs play towards non-bibs and vice versa

Coach the movement into the half space. Only 1v1 inside the half spaces.

- Dribble into half space when looking to create goal scoring opportunities.
- Focus on the FB and WG stepping into the half space, central players to stay central.
- Central players to offer differing passing lines.
- FB/WG not in the half space to offer a wide pass forwards (Overlap/Underlap.)

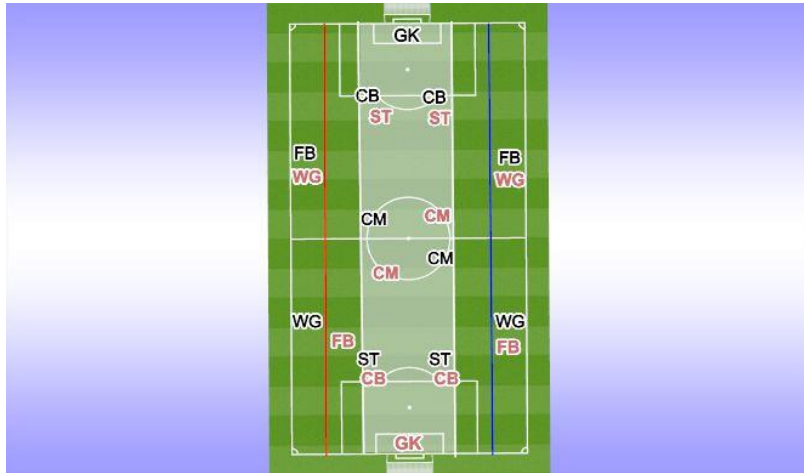
Coaching Points

- Decision Making (when do we use the half space?)
- Positional awareness (Where should I be on the pitch in this moment?)
- Touches (What should we use to suck in defender compared to exploit the space?)





Conditioned Game (20 Minutes)



Organizational / Instructions

- Five channels on full pitch.

Coach the movement into the half space. Only 1v1 inside the half spaces, within that half of the pitch.

Coaching Points

- Dribble into half space when looking to create goal scoring opportunities.
- Focus on the FB and WG stepping into the half space, central players to stay central.
- Central players to offer differing passing lines.
- FB/WG not in the half space to offer a wide pass forwards (Overlap/Underlap.)

Progressions / Adaptations

- Allow one central player from each team to support in the half spaces and create a 2v2 within them.



Free Play Game (15 Minutes)

Carry on positions from previous, remove channels and see if conditions translate into free play.



Thanks for connecting!



If you have any questions, you will find me on Twitter, Instagram and Facebook by searching TheGlasgowFC.

Keep the conversation going, coach development can start off with just a simple conversation!