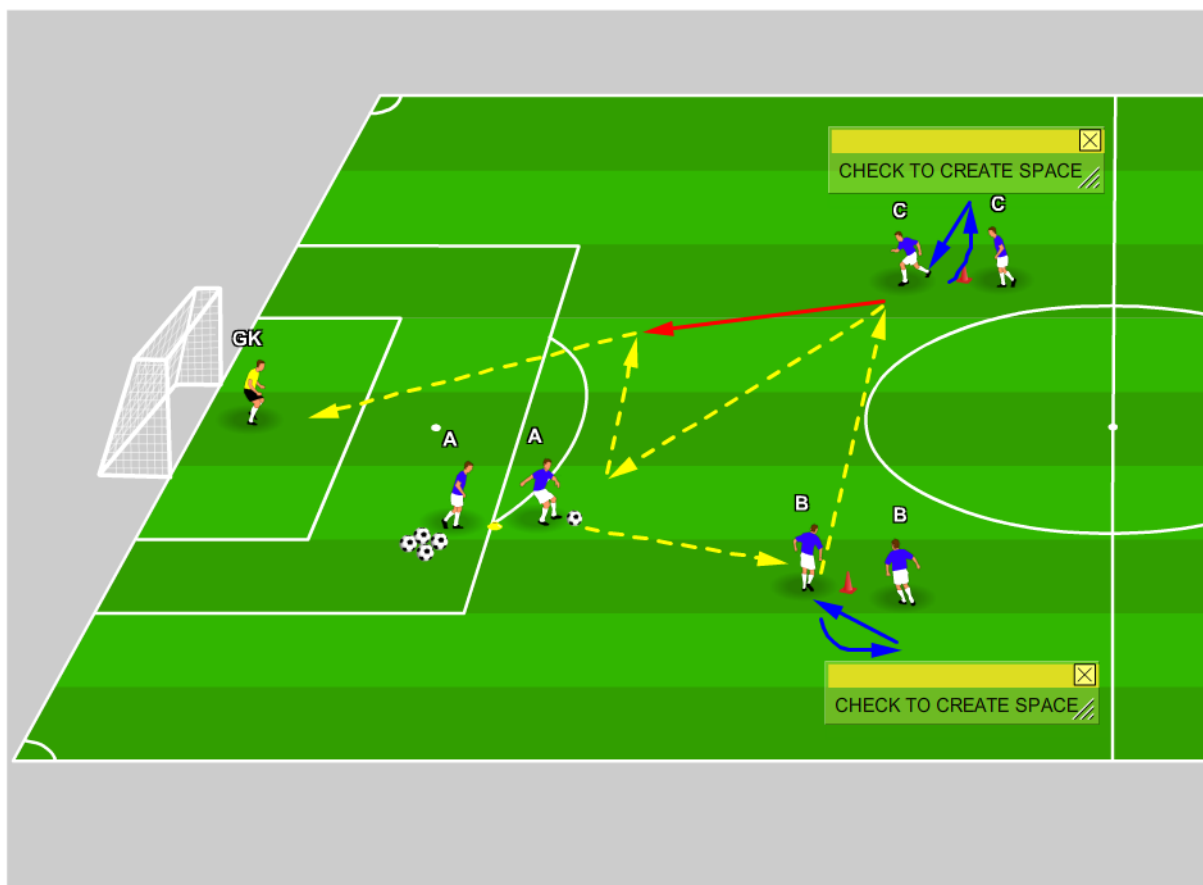


Modern Soccer Coaching Book - PSV Eindhoven 1



Date: 3 Feb 2010

Measurement: 40 x 40 yds

Time: .

Players: 7

Duration: 10 mins

Level/Age Group: 11+

Description: Player A passes to player B who controls and passes to player C. Player C passes first time to player A who passes with his first touch in space for player C, who shoots. The players then rotate counter-clockwise. The drill moves to the other side after four minutes.

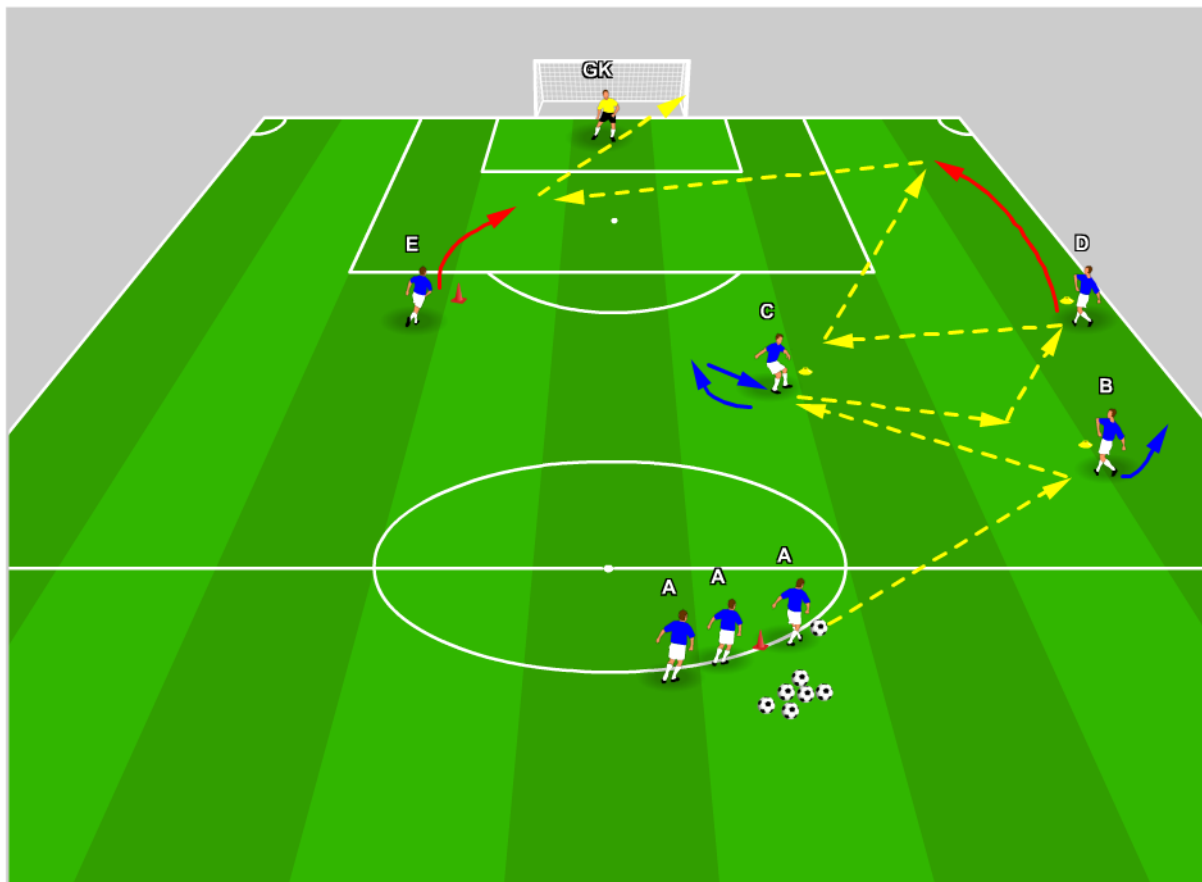
Objective: To develop combination play, shooting and finishing.

Coaching Points: 1. Player checks to create space before receiving the ball. 2. Quality passes. 3. Always check to create space before receiving it. 4. Good first touch of player B. 5. Player B is the only player who can take two touches.

Progression: 1. Player C dribbles into box to shoot while player A becomes the defender. 2. The 2nd player C makes and overlap to receive from 1st player C.

Notes:

Modern Soccer Coaching Book - PSV Eindhoven 2



Date:	3 Feb 2010	Measurement:	Half Pitch
Time:	.	Players:	8+
Duration:	15 min	Level/Age Group:	12+

Description: Player A passes to player B who controls and passes to player C. Player C passes back to player B who passes to player D. Player D passes to player C. Player C makes a deep pass to player D, who has made a run down the line to cross for player E to finish. Players switch flanks after five minutes.

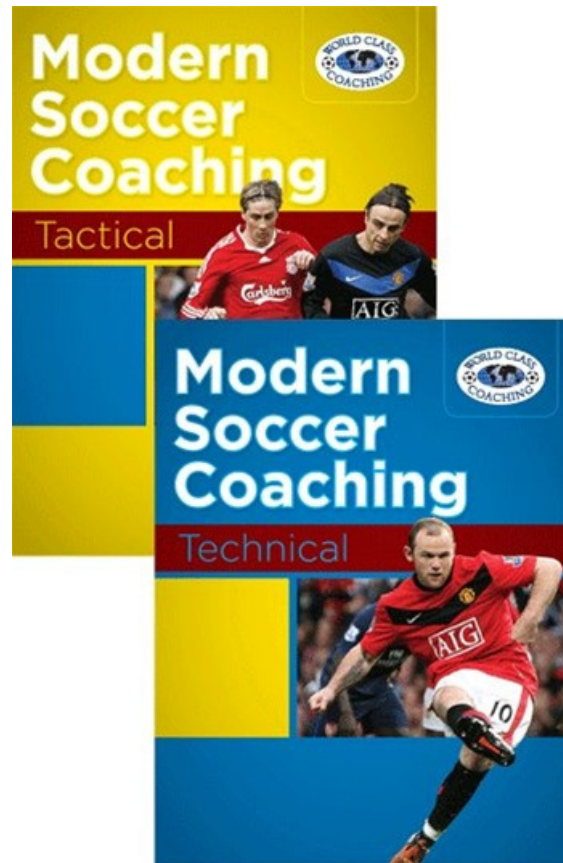
Objective: To develop combination play and finishing.

Coaching Points: 1. All players must check away to create space before receiving pass. 2. Quality and pace of pass. 3. Timing of runs of player D and E is important.

Progression: 1. Player D runs inside and player B makes a third man run on the flank to receive pass from player C. 2. Player C joins player E in box.

Notes:

The PSV Eindhoven Sessions were taken from Modern Soccer Coaching Technical Book



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