

Coach Profiles



Andries Ulderink - Assistant Manager at Reading FC and former AFC Ajax U21 Head Coach

- UEFA Pro Licence
- 2016 - Present: Assistant Manager at Reading FC
- 2014-2016: AFC Ajax U21 Head Coach
- 2013-2014: AFC Ajax Scout
- 2012-2013: AGOVV Apeldoorn Manager
- 2011-2012: De Graafschap Manager
- 2008-2011: Go Ahead Eagles Manager
- 2005-2006: De Graafschap Academy Director



Han Berger - Chairman of the Dutch Professional Coaches (CBV) and former Netherlands U21 Head Coach

- UEFA Pro Licence
- 2015 – Present: Chairman of the Dutch Professional Football Coaches (CBV)
- 2009-2015: Australia National Team Technical Director
- 2005-2008: De Graafschap Technical Director
- 2000-2003: FC Utrecht Technical Director
- 1998–2000: Netherlands U21 Head Coach
- 1993–1995: Sparta Rotterdam Head Coach
- 1983–1986: FC Groningen Head Coach



Henk Mariman - Former Club Brugge Academy Director and AFC Ajax Assistant Academy Director

- UEFA A Licence and TVJO PRO (Professional Academy Director Course)
- 2013 - Present: Head of Football Development at DoublePass
- 2011–2012: Club Brugge KV Technical Director
- 2007–2011: Club Brugge KV Academy Director
- 2004–2007: Germinal Beerschot Academy Director
- 1999–2004: Germinal Beerschot / Ajax Assistant Academy Director
- Coached Mousa Dembele, Jan Verthongen and Thomas Vermaelen



Louis Coolen - Football Consultant / Teacher KNVB (Dutch Football Federation) and former Zenit St. Petersburg Academy Director

- UEFA Pro Licence
- 2017 - Present: Football Consultant / Teacher KNVB
- 2016 - 2017: Roda JC Technical Director
- 2011–2015: Zenit St. Petersburg Academy Director
- 2008 - 2011: Konoplev Academy Tolyatti (Russia), Academy Director
- 2005–2007: FC Eindhoven Head Coach
- 2001–2005: Roda JC Assistant Coach
- 1996–2001: Helmond Sport Head Coach

The Role of the Forwards

Preventing the Opposition's Build Up Play



- **Stop the Opposition Building Up Play**

It is important to stop the opposition from building up play during particular moments in the match. The entire team takes part in this, but the main players are the 3 forwards (7, 11 & 9) and the central midfielders (10, 8 & 6).

- **The Striker and Wingers Work Together to Apply Pressure:**

In the diagram example, we show the ball starting with the goalkeeper. The striker (9) has to learn how to block the line between the 2 centre backs in a 2 v 1 situation, making sure to cover both. During this process, he needs to be assisted by both wingers (7 & 11). If the ball is played to the right centre back (4), then our left winger (7) has to help apply pressure and reduce the space. The right winger (11) is then responsible for his opponent (the left centre back No.5), but could perhaps move inside a little bit to block/intercept a potential pass to him.

DEFENDING TRAINING PRACTICES

Pressing from the Front with the Forwards in a Dynamic Game	157
Pressing High to Prevent Opposition's Build Up in a 6 v 5 (+GK) Small Sided Game.	159
Pressing High Up to Prevent Opposition's Build Up in an 8 v 8 Small Sided Game	160
Providing Cover and Taking Over Marking while Pressing in the Midfield Area (3 Zone Practice)....	161
Collective Movement of the Back 4 to Provide Cover & Keep Compact in a 4 (+GK) v 5 Practice.	162
Pressing and Shifting Across to Provide Cover in Defence in a Small Sided Game	164

Pressing from the Front with the Forwards in a Dynamic Game



Objective

To improve the pressing by the front four players. If these players do not collaborate well when trying to disturb the opposition's build-up, the opposition can easily play a forward pass and push into midfield.

Description

In the area shown, we have 2 small goals at end and use half of the centre circle as a zone at the other end. The orange team have 1 striker (9), 2 wingers (7 & 11) and an attacking midfielder (10). The blues have their back 4, a central midfielder (6) and 1 striker (9).

The practice starts with the coach's pass and the blue team in possession - they try to build up the play using their 5 v 4 numerical advantage. The blue striker (9) must stay within his zone and no other player is allowed in there. If the blue striker (9) receives a pass successfully in the centre circle or the team complete 10 consecutive passes, they score 1 point.

The orange team of 4 press collectively and try to intercept the ball and score in one of the small goals. If the ball goes out of play, then the coach should pass a new ball in to one of the blue centre backs to start again.

Progression

Change to a 2 zone small sided game with large goals and 2 goalkeepers. You can have 5 (+GK) blue players in the first zone vs 4 orange attackers. By means of a dribble or a pass to the striker, the blues can get into the second zone and try to score.

Coaching Points

The Striker (9):

1. When pressing, run into the space between the centre backs so they can't play the ball back to each other.
2. Force them to play the ball out wide.
3. Don't let them dribble the ball past you.

The Left Winger (11):

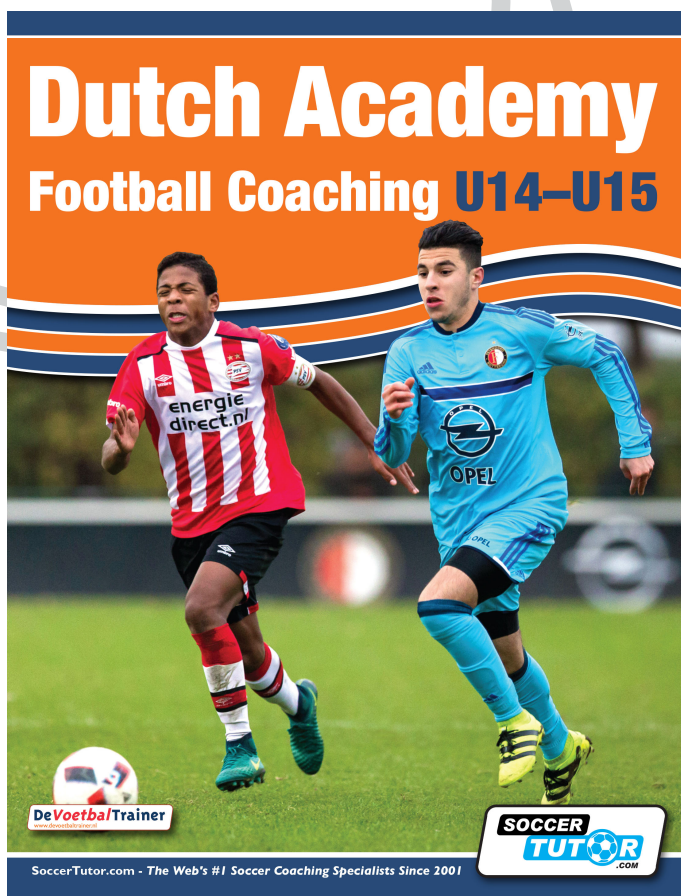
1. Let the right back open up and move inside diagonally a bit.
2. Prevent the full back or centre back from playing a long pass to the blue striker.
3. Apply pressure on the right back as soon as someone passes the ball to him.
4. Participate in the duel and try to intercept the ball.

The Right Winger (7):

1. Come inside as soon the striker starts pressing.
2. Provide cover to No.9 or No.10.

The Central Midfielder (10)

1. Prevent your direct opponent from receiving the ball - be positioned next to him or in front of him.
2. Leave your marker if it is to intercept the pass to the blue striker.
3. Coach the 3 attackers in front of you.



BUY NOW
Worldwide Shop

BUY NOW
USA /Canada Shop

Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire



FREE
COACH
VIEWER
APP



www.SoccerTutor.com
info@soccertutor.com

