

Top Dutch Coaches Session - from DVD Vol.1 & 2

Date : 3/Apr/2013

Duration : 00:45 min

Time : N/A

Age/Level : U11 - U18

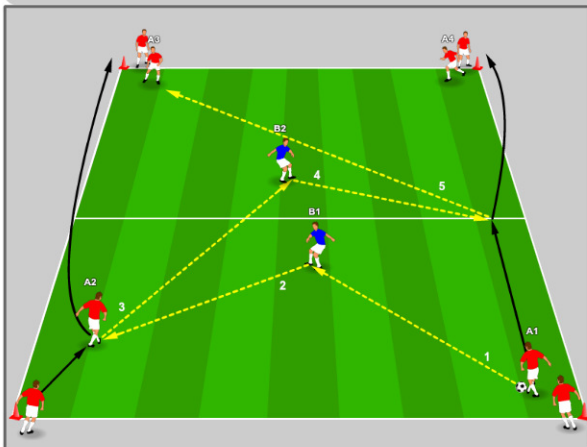
Session

To develop quick passing combination

Objective:

play and 1v1s

Guus Hiddink - Quick Passing and Combination Play



Description :

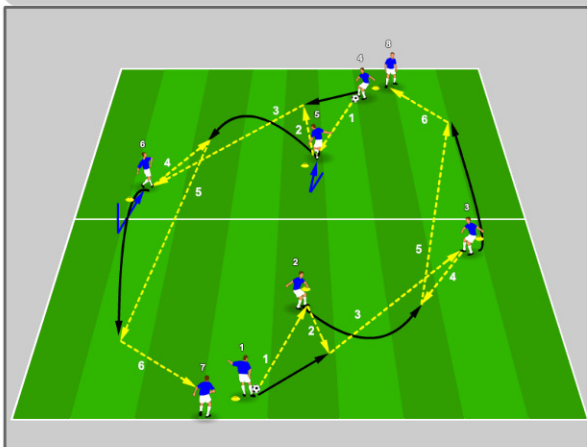
In an area of 40 x 20 yards we have 14 players using diagonal passing combinations.

The ball starts with the A1 who passes to B1 in the middle. B1 lays the ball off to A2 as he comes off the cone and he passes to B2. B2 lays the ball off to A1 who has timed his run. Finally, A1 passes to the opposite corner to complete the sequence. A1 and A2 run to the end and join the queue behind the cones as shown. A3 starts the the same combination again.

Coaching Points :

1. Players should be moving forwards when receiving the ball to increase the speed of play.
2. Coach the open body shape - half turned and receive / pass with the back foot.
3. Make sure the players legs are flexible when receiving / passing to improve technique.
4. Runs need to be timed well and should be done at pace.
5. The players and middle men need to keep eye contact with each other throughout exercise.

Short Passing Combinations - Top Dutch Coaches Vol.2 DVD



Description :

Distance of the players is 10 yards. Both sides start at the same time with every player follows his pass. Depending on the level of players, try to play 1 touch.

Player 1 passes to player 2 who sets it back to 1. Player 1 then plays the ball to player 3 who sets it back to player 2. Player 2 passes into to space for player 3 to run onto. Player 3 passes to player 4 to continue the sequence in the opposite direction.

Coaching Points :

1. Players in position 2 and 3 need to check to create space before moving to receive the pass.
2. All players body shape needs to be half-turned open to see all players.
3. All players need to pass to and from with the back foot
4. Players 3 position needs to be quick but time his run well not going too early or late.

1 v 1 Duel and Finishing - Top Dutch Coaches DVD 1



Description :

2 defenders are positioned on both sides of the goal each with a ball. On the coaches command, one of the defenders passes the ball to the wide attacker who will then play inside to the central attacker to create a 1 v 1 duel with the defender.

The attackers objective is to beat the defender and finish on goal within a specified time limit set out by the coach. For younger players shorten the distance.

Coaching Points :

1. Attack the defender with speed
2. Be decisive and beat the defender
3. Be relaxed when attempting to finish on goal

Training Sessions of the Top Dutch Coaches 2

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Runtime: 95 minutes

Region: PAL, works on ALL region Free standalone DVD players, PC's and MAC's

Age Group suitable for: from age U8+.



Purchase the DVD:

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