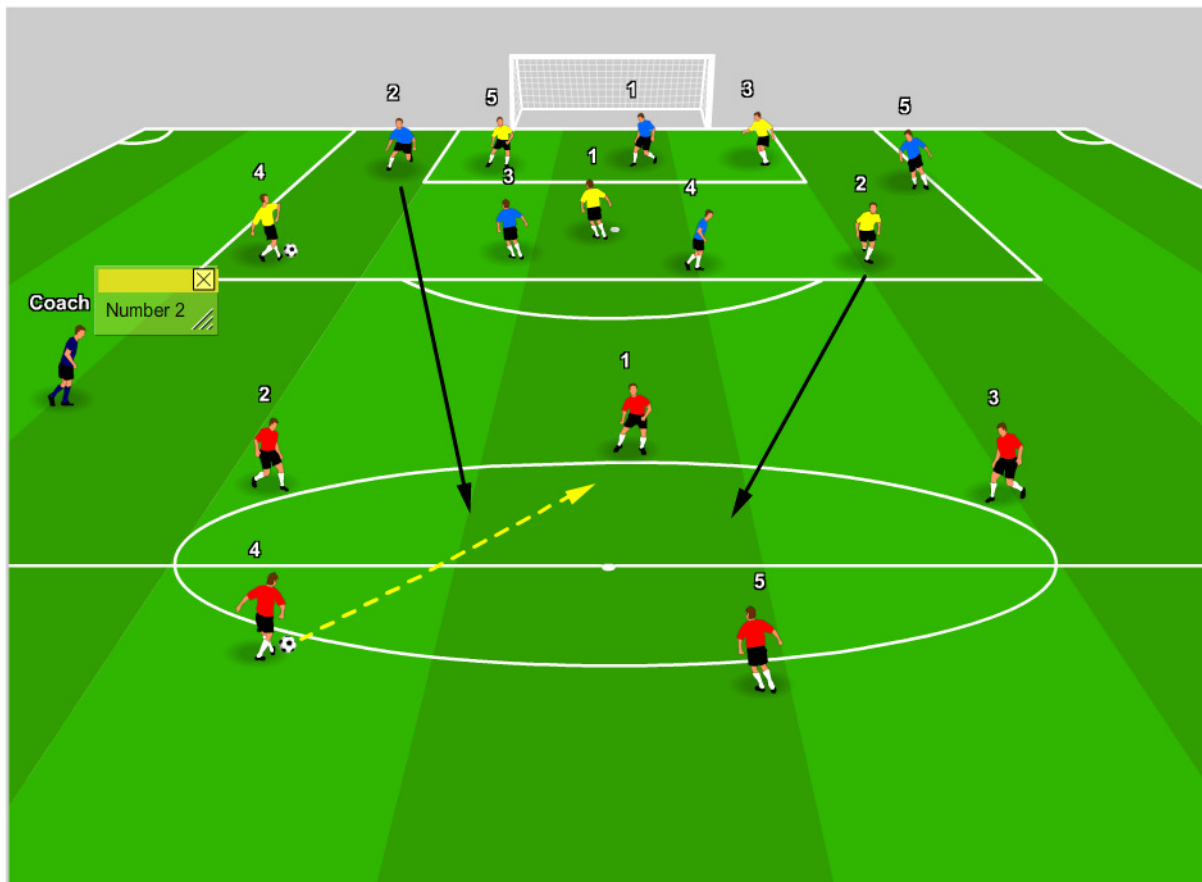


## Argentina Soccer Academy - Pressure, Possession and Conditioning



<b>Date:</b>	22 June 2010	<b>Measurement:</b>	Half pitch
<b>Time:</b>	.	<b>Players:</b>	15
<b>Duration:</b>	20	<b>Level/Age Group:</b>	12+

**Description:** Two teams play keep-away - 10 passes equals 1 goal - inside the penalty area while a third team, placed around the centre circle work on ball control. The players on each team are numbered 1 through 5. When the coach calls out a number, two players from each teams inside the penalty area sprint to the centre circle to try win the ball. The team in centre circle try play one-touch. The player that wins possession scores one point for his team. The players then rotate positions.

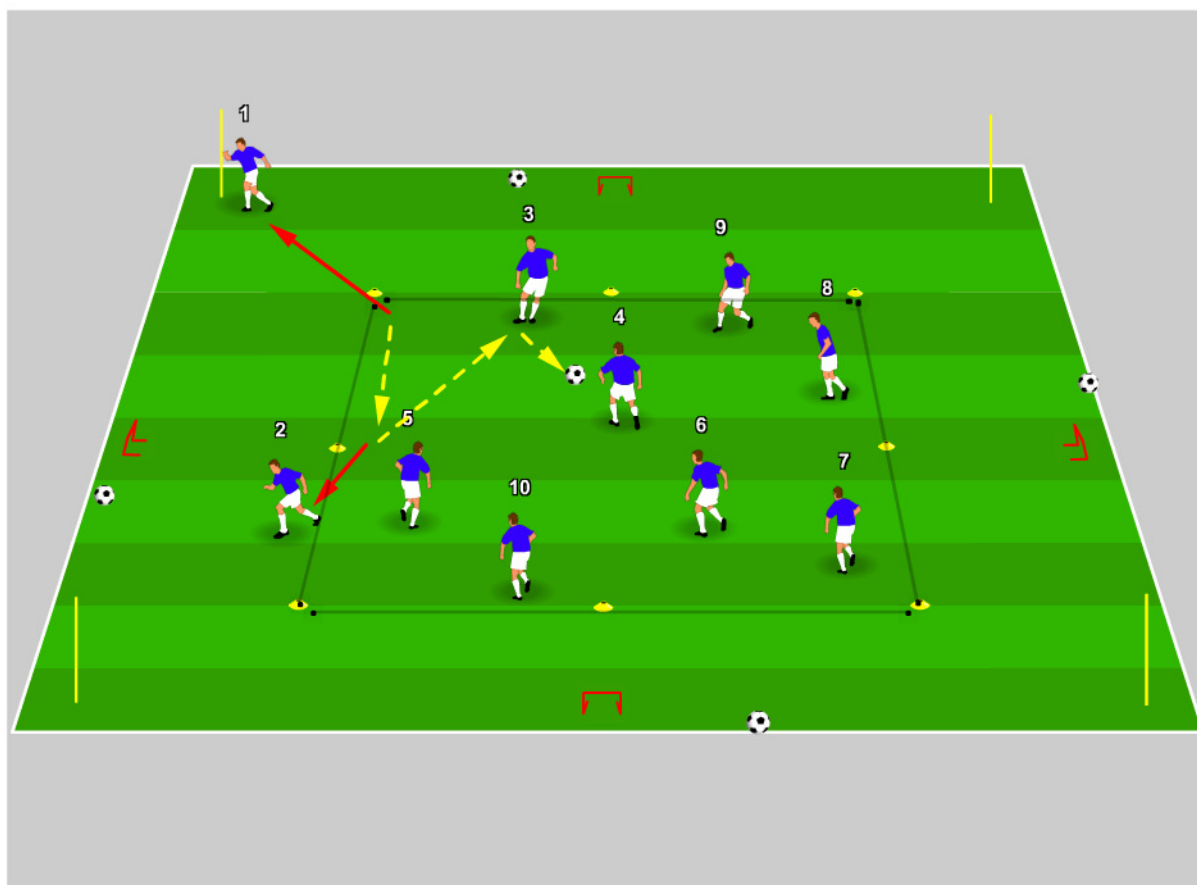
**Objective:** To develop pressure, precision, possession, ball control and conditioning.

**Coaching Points:**

1. Use the whole area and create space
2. Open up body to see both team-mates and opponents
3. Maintain movement off the ball
4. Pressue the ball at an angle and not straight on

**Progression:** Maximum of two touches for players inside the penalty area.

Conditioning with the Ball - by Fitness Coach Roger Spry



**Date:** 22 Jun 2010

**Measurement:** 20 x 20 yds

**Time:** .

**Players:** 6+

**Duration:** 5 min

**Level/Age Group:** 8+

**Description:** Set up 20 yard area with a 10 yard square inside it. Number players 1-10. Player 1 starts by passing to player 2 who then sprints and touches a yellow pole and back in the yellow square again. Player 2 must do the same after passing to player 3 and so on. Players have just 1 touch. 4 Hurdles and balls are positioned on each end of the square for other variations like jump over hurdle and back before returning to square and also 4 toe taps on ball, scissors, stepovers or juggles before returning to square.

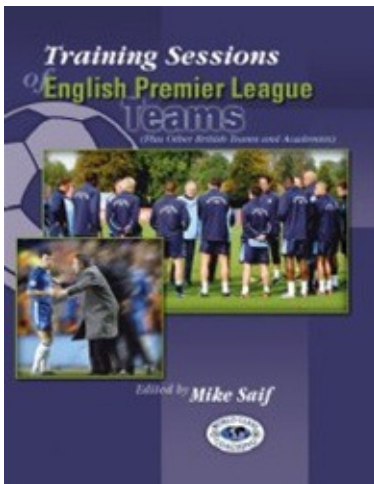
**Objective:** To develop quick play, coordination, agility and conditioning with the ball.

**Coaching Points:** 1. Play the way youre facing. 2. Open your body so you can see the whole area and players. 3. Players should always be on moving. 4. Communication is key, players need to call out their number loudly. 5. Perform the tasks, quickly whilst maintaining good technique.

**Progression:** 1. Players have to touch 2 yellow poles. 2. Introduce another ball, total of 2 balls in the middle. 3. Sprint, over a hurdle then touch a pole. 4. Sprint perform 4 toe-taps, 4 scissors then sprint jump over hurdle. 5. There are many different combinations...

# **This Conditioning with the Ball Practice is Featured both in Training Sessions of EPL Teams Book and on Fit for the Beautiful Game DVD**

by Roger Spry - **Ronaldinho's fitness coach** and a man who worked alongside Jose Mourinho - former Premiership Pro



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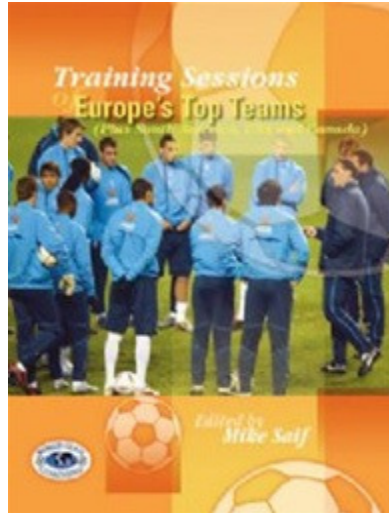
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