

Contents

Coach Profiles.....	6
CHAPTER 1: BASIC PRINCIPLES.....	7
Learning Tasks Within a Team - Basic Principles.....	8
Outline of Requirements.....	8
Content of Training.....	8
CHAPTER 2: AGE SPECIFIC CHARACTERISTICS.....	9
Age Specific Characteristics (U12-13).....	10
Important Basic Principles.....	10
Points of Attention for the Players.....	11
Points of Attention for the Coach.....	11
Playing on Full Sized Pitches.....	11
Playing Without the Ball.....	11
CHAPTER 3: TRAINING / COACHING.....	12
Training / Coaching.....	13
Coaching Means Influencing.....	16
Technique.....	17
Self Confidence.....	18
CHAPTER 4: THE MATCH.....	19
The Match.....	20
Positivity.....	21
Development.....	21
Before the Match.....	22
During the Match.....	22
During Half Time.....	22
After the Match.....	22
Post-Match Discussion.....	22
Parent's Evening.....	22
CHAPTER 5: STYLE OF PLAY.....	24
Style of Play.....	25
Positional Roles and Requirements.....	28

Requirements for Goalkeepers29
 Requirements for Full Backs30
 Requirements for Centre Backs31
 Requirements for Centre Midfielders.....32
 Requirements for Attacking Midfielders.....33
 Requirements for Wingers.....34
 Requirements for Centre Forwards.....35

CHAPTER 6: TECHNICAL TRAINING36

Technical Training.....37

Step 1: Individual Training of Ball Control 38

Practice Format39
 Key39
 Practice 1: Creating Space, Opening Up and Turning in a Passing Combination40
 Practice 2: Turning Away from an Opponent in a Continuous Passing Circuit41
 Practice 3: Ball Control and Turning with Quick Change of Direction42

Step 2: Functional Training of Ball Control 43

Practice 1: Create Space, Change Direction and Switch of Play44
 Practice 2: Switching Play with Quick Passing Combination.....45

Step 3: Duels with a ‘Passive’ Defender 47

Practice 1: Receive in Midfield, Turn and 2 v 2 Duel48
 Practice 2: Dribbling and Quick Changes of Direction in a 1 v 1 Duel with 2 Goals49

Step 4: 1 v 1 Duels 50

Practice 1: Checking Away, Receiving and Turning with Pressure from Behind51
 Practice 2: Creating Space to Receive and Turn in One Movement.....52
 Practice 3: Dribbling (Attacking the Space) with Side and Frontal Pressure53

Step 5: 1 v 1 Duels in Match Situations 54

General Tips for Practicing Ball Control.....55

CHAPTER 7: PASSING PRACTICES.....56

Passing Practices.....57

Building Up Play from the Goalkeeper Through the Centre Back58
 Building Up Play from the Back Through the Full Backs with Various Passing Combinations60
 Centre Back Receiving the Ball from the Goalkeeper and Building Up Play Through the Centre.....62
 Building Up Play from the Backs with Various Passing Combinations64
 Building Up Play Through the Centre and Spreading the Ball Out Wide to the Flanks.....66
 Playing the Ball Along the Defensive Line to Switch the Point of Attack +
 Aerial Pass to the Forward with 2 v 1 Duel.....68

Position Specific Flank Play with Attacking Combination, Crossing and Finishing70
 Position Specific Flank Play with Attacking Combination, Crossing and Finishing (2)72
 Beating the Full Back in a 2 v 1 on the Flank with Quick Combination Play, Crossing and Finishing74
 Switching Play to Change the Point of Attack + Timing Runs into the Box to Finish76
 Forward Play: Creating Space, Receiving with Back to Goal, Turning and Finishing78
 Forward Play: Receiving with Back to Goal, Target Man Play and Finishing80
 Attacking Combination Play Between the No.10 and the Striker82

CHAPTER 8: POSITIONAL PLAY AND SMALL SIDED GAMES83

Positional Play and Small Sided Games84

1 v 1 Duels (11 Practices) 85
2 v 1 Positional Play (5 Practices) 97
2 v 2 Positional Play (5 Practices) 103
3 v 2 Positional Play (5 Practices) 109
3 v 3 Positional Play (5 Practices) 115
4 v 2 / 4 v 3 Positional Play (8 Practices) 121
4 v 4 Positional Play (4 Practices) 130
5 v 4 Positional Play (2 Practices) 135
Match Specific 5 v 5 Small Sided Games (3 Practices) 138