

# REAL MADRID U15 ACADEMY COACH PROFILE



## **Jose A. Fernandez Lopez** **Real Madrid U15 Academy Coach**

- Formerly coached at Atlético Madrid
- National football coach (Level III)

Philosophy in the world of football has changed a lot in the last few years. It is all a lot more methodical, complex and very much more professional.

It is really everyday experiences that make a coach grow both on a personal and professional level. It is simple: you must continually take steps forward, mindful of the needs of the players that are at your disposal and through your understanding of the sport. You must be professional yet you should strive to improve and learn at all times.

A coach must encourage the game through dynamic, structured drills.

Through time and the sessions that we develop we will see improvement in the players both as individuals and collectively. For that to happen, we should remember that experience consists of constantly asking questions.

We should continuously analyse what we are doing and this will benefit our level of performance and ultimately aid the player and the team's development.

From Monday to Friday we should treat the players as people and as players on match day. We should understand each player as an individual to bring out their full potential performance. How do we manage that? Easy answer, we do this in the sessions we develop throughout the week.

We must have great capacity for observing and absorbing information. Football is a marriage of improvisation and organization and in order for the player and team to use the skills they have accumulated they must understand their role. We are obliged to set tasks during the week to make sure objectives are achieved.

## Short and Long One-Touch Combination Play (1)

16 min



### Objective

To improve short and long passing, combination play and timing of movements needed to provide support.

### Description

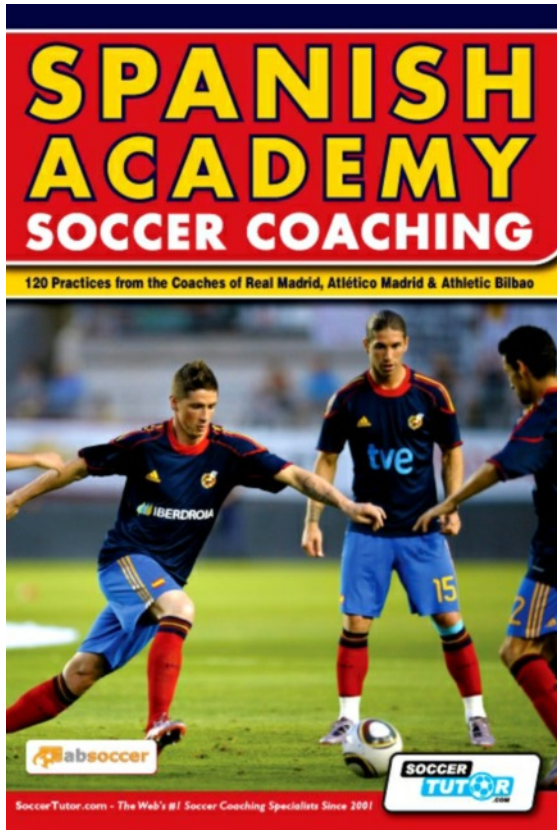
Use a field area of 60 x 45 yards and play for 8 minutes in each direction

These long and short passes should utilise both feet and different parts of the foot to be successful in the various situations.

### Coaching Points

1. For this passing sequence to be quick and flow efficiently, players should check away before moving to receive the pass, which creates space making it easier for the players to play with 1 touch
2. Use the part of the foot suitable for the distances in each part of the drill and the players must anticipate the next movement to make it flow.
3. The players and the ball should be constantly moving.

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