

# CONTENTS

The Spanish Coaching Philosophy	viii
Practice Format	ix
<b>CHAPTER 1    JON MORENO MARTÍNEZ</b>	<b>1</b>
<b>Athletic Bilbao Academy Coach Profile - Jon MORENO MARTÍNEZ</b>	<b>2</b>
Introduction	3
From Technique to Tactics, from Tactics to Technique	7
Technique	9
Tactics	10
Factors that Influence the Performance of the Young Footballer	11
The Methodology of Football Training	13
Planning Football Training Sessions	18
Phases of Technical-Tactical Training	19
Routine Basic Session for 10-11 year olds	19
Routine Basic Session for 12-13 year olds	20
Routine Basic Session for 14-15 year olds	20
Routine Basic Session for 16-17-18 year olds	20
Methods of Technical-Tactical Training	21
Example of Technical-Tactical Training for 10-11 year olds	21
The Session in Football Training	22
<b>Practice 1.</b> Technical/Tactical Circuit Warm-Up	23
<b>Practice 2.</b> Possession and Finishing Small Sided Game	24
<b>Practice 3.</b> Crossing and Finishing Small Sided Game	25
<b>Practice 4.</b> Triangular Support Play in a Small Sided Game	26
<b>Practice 5.</b> Warm Down: Headers and Tackles Game	27
Characteristics of Training	28
The Tasks in Football Training	29
Practical Aspects of Technical/Tactical Training in Grassroots Football	30
<b>Practice 6.</b> Ball Control, Agility and Speed Warm-Up	32
<b>Practice 7.</b> Ball Control and Awareness Warm Up	33
<b>Practice 8.</b> Aerial Passing & Finishing Small Sided Game	34
<b>Practice 9.</b> Possession Game: 5 v 5 (+ 5)	35
<b>Practice 10.</b> Collective Technical Training Exercise	36
<b>Practice 11.</b> Quick Pass, Move and Decision Making in a SSG	37
<b>Practice 12.</b> Passing and Possession 5 v 2 Warm Down	38
Street Football	39
Conclusion	41

<b>Atlético Madrid U11 Academy Coach Profile - Santiago Esposito</b>	44
<b>Practice 1.</b> Technical Dribbling Warm Up	46
<b>Practice 2.</b> Ball Control and Accurate Passing	47
<b>Practice 3.</b> Dribbling with Quick Change of Direction	48
<b>Practice 4.</b> Ball Control - Dribbling, Feints and Turning	49
<b>Practice 5.</b> Dribbling and Turning Techniques	51
<b>Practice 6.</b> Dribbling with Peripheral Vision	52
<b>Practice 7.</b> Dribbling and Passing Techniques	53
<b>Practice 8.</b> Dribbling and Passing on the Move	54
<b>Practice 9.</b> Technical Ability in Squares	55
<b>Practice 10.</b> Individual Ball Control and Finishing 'M'	56
<b>Practice 11.</b> Feinting and Finishing Passageway (1)	57
<b>Practice 12.</b> Feinting and Finishing Passageway (2)	58
<b>Practice 13.</b> 1 v 1 Duel: 'Who will end up as number 1?'	59
<b>Practice 14.</b> Diagonal and Vertical Passing Drill	60
<b>Practice 15.</b> Diagonal and Lateral Passing Drill	61
<b>Practice 16.</b> Vertical, Diagonal and Horizontal Passing Drill	62
<b>Practice 17.</b> Passing 'Y' Shape (1) - Give & Go with Dribble	63
<b>Practice 18.</b> Passing 'Y' Shape (2) - Give & Go with Dribble	65
<b>Practice 19.</b> Passing 'Y' Shape (3) with Combination and Dribble	66
<b>Practice 20.</b> 2 Touch - Receive, Pass and Follow	67
<b>Practice 21.</b> One-Two Triangle Passing Combinations	68
<b>Practice 22.</b> 2 Touch Diamond Passing Drill	69
<b>Practice 23.</b> Continuous Shooting	70
<b>Practice 24.</b> Continuous Shooting with Pass	71
<b>Practice 25.</b> Shooting 'Y' Shape (1) - Pass with Give & Go	72
<b>Practice 26.</b> Shooting 'Y' Shape (2) - Pass with Give & Go	73
<b>Practice 27.</b> Shooting Wheel (1)	74
<b>Practice 28.</b> Shooting Wheel (2)	75
<b>Practice 29.</b> Passing and Shooting 'N' with Dribble and Movement	76
<b>Practice 30.</b> Symmetrical Passing and Shooting (1)	77
<b>Practice 31.</b> Symmetrical Passing and Shooting (2)	78
<b>Practice 32.</b> 1 v 1 Duels in a Small Sided Game	79
<b>Practice 33.</b> Technical Possession Game with 4 Corners	80

<b>Real Madrid U15 Academy Coach Profile</b> - Jose A. Fernandez Lopez	82
<b>Practice 1.</b> Individual Technique (1) - Ball Control Warm-Up	86
<b>Practice 2.</b> Individual Technique (2) - Aerial Control	87
<b>Practice 3.</b> Individual Technique (3) - Ball Control and Passing	88
<b>Practice 4.</b> Individual Technique (4) - Passing	89
<b>Practice 5.</b> Passing Triangle (1) with Quick One-Two	90
<b>Practice 6.</b> Passing Triangle (2) with Double One-Two	91
<b>Practice 7.</b> Passing Triangle (3) with Triple One-Two	92
<b>Practice 8.</b> Passing Triangle (4) with Assists	93
<b>Practice 9.</b> Passing Square (1) with Dribble	94
<b>Practice 10.</b> Passing Square (2) with Quick One-Two and Dribble	95
<b>Practice 11.</b> Passing Square (3) with Short-Long Combination	96
<b>Practice 12.</b> Passing Diamond (1) - Pass + Return + Deep Pass	97
<b>Practice 13.</b> Passing Diamond (2) - Pass + Control + Pass	98
<b>Practice 14.</b> Passing Diamond (3) with Quick Combination Play	99
<b>Practice 15.</b> Passing Rectangle (1): Short and Long Support Play	100
<b>Practice 16.</b> Passing Rectangle (2): Short and Long Support	101
<b>Practice 17.</b> Passing 'T' with Quick Combination Play	102
<b>Practice 18.</b> Short Quick Passing Combination	103
<b>Practice 19.</b> Short and Long One-Touch Combination Play (1)	104
<b>Practice 20.</b> Short and Long One-Touch Combination Play (2)	105
<b>Practice 21.</b> One-Touch Passing and Combination Play	106
<b>Practice 22.</b> Possession with Attack/Defence Transition Play	107
<b>Practice 23.</b> Possession, Transition Play and Interchange	109
<b>Practice 24.</b> Possession and Transition Game with Goalkeepers	110
<b>Practice 25.</b> Possession and Wide Play Small Sided Game	111
<b>Practice 26.</b> Possession Game with Transition and Support Play	112
<b>Practice 27.</b> Build-Up Play from the Back in 8 v 8 SSG	113
<b>Practice 28.</b> 2 v 1/3 v 2: Defence to Attack Transition	114
<b>Practice 29.</b> Numerical Advantage 12 v 6 Small Sided Game	116
<b>Practice 30.</b> 9 v 9 Three Zone Small Sided Game	117
<b>Practice 31.</b> 2 v 1/1 v 2 Attacking and Defending Duels	118
<b>Practice 32.</b> Fast Break Attack vs Defence Practices	120
<b>Practice 33.</b> 9 v 9 Six Zone Small Sided Game	122
<b>Practice 34.</b> 5 v 5 + 2 + 4 Dynamic Possession Game	123
<b>Practice 35.</b> 9 v 9 Counter Attacking Small Sided Game	124
<b>Practice 36.</b> 3 Team Possession and Transition Game	126
<b>Practice 37.</b> Dynamic 4 Zone Possession Game	127
<b>Practice 38.</b> Playing Wide and Switching Play in a SSG	128
<b>Practice 39.</b> 9 v 4 Zonal Possession and Support Play Game	129

<b>Real Madrid Academy Coach Profile - Iván Madroño Campos</b>	131
<b>Practice 1.</b> Technical Dribbling Exercises	133
<b>Practice 2.</b> 1 v 1 - Beating the Defender	135
<b>Practice 3.</b> 1 v 1 : Beating the Defender (2)	136
<b>Practice 4.</b> Aerial Control and Passing	137
<b>Practice 5.</b> Passing 'Star' - Pass, Receive and Move	138
<b>Practice 6.</b> Passing 'Y' Shape - Quick Combination + Dribble	139
<b>Practice 7.</b> 1 and 2 Touch Passing Combinations	140
<b>Practice 8.</b> Short and Long Passing Combination Play	141
<b>Practice 9.</b> Passing Combination Play with '2 Routes'	142
<b>Practice 10.</b> Player Position Specific Build-up and Combination	143
<b>Practice 11.</b> 1 v 1 + 2: Beating the Defender and Goalkeeper	144
<b>Practice 12.</b> Deep Attacking Combination and Finishing (1)	145
<b>Practice 13.</b> Deep Attacking Combination and Finishing (2)	146
<b>Practice 14.</b> Central Finishing Competition (1)	147
<b>Practice 15.</b> Central Finishing Competition (2)	148
<b>Practice 16.</b> Overlapping Runs, Crossing and Finishing	149
<b>Practice 17.</b> Quick Interplay and Third Man Runs	150
<b>Practice 18.</b> 'Naught's and Crosses' Game	151
<b>Practice 19.</b> 'Naught's and Crosses' Game with 1 v 1 Duel	152
<b>Practice 20.</b> Possession, Crossing and Finishing Zonal SSG	153
<b>Practice 21.</b> Overlapping Wide Play and Finishing in a SSG	154
<b>Practice 22.</b> Quick Interplay and Dynamic Finishing Drill	155
<b>Practice 23.</b> Possession and Player Awareness Training	156
<b>Practice 24.</b> 4 v 4 + 4 Possession Game	157
<b>Practice 25.</b> 2 v 1 Three Zone Attacking Challenge	158
<b>Practice 26.</b> 2 v 2 Dribbling Small Sided Game	159
<b>Practice 27.</b> 2 v 1/2 v 2: Attack and Defence Transition Game	160
<b>Practice 28.</b> 4 v 4 Fast Break Attack Game	162
<b>Practice 29.</b> 11 v 7 Fast Break Attacking Small Sided Game	163
<b>Practice 30.</b> 7 v 7 Fast Wide Play Attacks and Finishing SSG	164
<b>Practice 31.</b> 3 v 3 + 3 Zonal Possession Game	165
<b>Practice 32.</b> 4 v 4 + 5 Possession with 1 v 1 Break-Away Game	166
<b>Practice 33.</b> Creating and Exploiting Space 8 v 8 Game (1)	167
<b>Practice 34.</b> Creating and Exploiting Space 8 v 8 Game (2)	168