CONTENTS

The Spanish Coaching Philosophy viii
Practice Format ix

CHAPTER 1  JON MORENO MARTÍNEZ 1

Athletic Bilbao Academy Coach Profile - Jon MORENO MARTÍNEZ 2
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
Practice 1. Technical/Tactical Circuit Warm-Up 23
Practice 2. Possession and Finishing Small Sided Game 24
Practice 3. Crossing and Finishing Small Sided Game 25
Practice 4. Triangular Support Play in a Small Sided Game 26
Practice 5. 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
Practice 6. Ball Control, Agility and Speed Warm-Up 32
Practice 7. Ball Control and Awareness Warm Up 33
Practice 8. Aerial Passing & Finishing Small Sided Game 34
Practice 9. Possession Game: 5 v 5 (+ 5) 35
Practice 10. Collective Technical Training Exercise 36
Practice 11. Quick Pass, Move and Decision Making in a SSG 37
Practice 12. Passing and Possession 5 v 2 Warm Down 38
Street Football 39
Conclusion 41
CHAPTER 2  SANTIAGO ESPOSITO

Atlético Madrid U11 Academy Coach Profile - Santiago Esposito

Practice 1.  Technical Dribbling Warm Up
Practice 2.  Ball Control and Accurate Passing
Practice 3.  Dribbling with Quick Change of Direction
Practice 4.  Ball Control - Dribbling, Feints and Turning
Practice 5.  Dribbling and Turning Techniques
Practice 6.  Dribbling with Peripheral Vision
Practice 7.  Dribbling and Passing Techniques
Practice 8.  Dribbling and Passing on the Move
Practice 9.  Technical Ability in Squares
Practice 10. Individual Ball Control and Finishing 'M'
Practice 11. Feinting and Finishing Passageway (1)
Practice 12. Feinting and Finishing Passageway (2)
Practice 13. 1 v 1 Duel: ‘Who will end up as number 1?’
Practice 14. Diagonal and Vertical Passing Drill
Practice 15. Diagonal and Lateral Passing Drill
Practice 16. Vertical, Diagonal and Horizontal Passing Drill
Practice 17. Passing ‘Y’ Shape (1) - Give & Go with Dribble
Practice 18. Passing ‘Y’ Shape (2) - Give & Go with Dribble
Practice 19. Passing ‘Y’ Shape (3) with Combination and Dribble
Practice 20. 2 Touch - Receive, Pass and Follow
Practice 21. One-Two Triangle Passing Combinations
Practice 22. 2 Touch Diamond Passing Drill
Practice 23. Continuous Shooting
Practice 24. Continuous Shooting with Pass
Practice 25. Shooting ‘Y’ Shape (1) - Pass with Give & Go
Practice 26. Shooting ‘Y’ Shape (2) - Pass with Give & Go
Practice 27. Shooting Wheel (1)
Practice 28. Shooting Wheel (2)
Practice 29. Passing and Shooting ‘N’ with Dribble and Movement
Practice 30. Symmetrical Passing and Shooting (1)
Practice 31. Symmetrical Passing and Shooting (2)
Practice 32. 1 v 1 Duels in a Small Sided Game
Practice 33. Technical Possession Game with 4 Corners
CHAPTER 3

JOSE A. FERNANDEZ LOPEZ

Real Madrid U15 Academy Coach Profile - Jose A. Fernandez Lopez

Practice 1. Individual Technique (1) - Ball Control Warm-Up
Practice 2. Individual Technique (2) - Aerial Control
Practice 3. Individual Technique (3) - Ball Control and Passing
Practice 4. Individual Technique (4) - Passing
Practice 5. Passing Triangle (1) with Quick One-Two
Practice 6. Passing Triangle (2) with Double One-Two
Practice 7. Passing Triangle (3) with Triple One-Two
Practice 8. Passing Triangle (4) with Assists
Practice 9. Passing Square (1) with Dribble
Practice 10. Passing Square (2) with Quick One-Two and Dribble
Practice 11. Passing Square (3) with Short-Long Combination
Practice 12. Passing Diamond (1) - Pass + Return + Deep Pass
Practice 13. Passing Diamond (2) - Pass + Control + Pass
Practice 14. Passing Diamond (3) with Quick Combination Play
Practice 17. Passing ‘T’ with Quick Combination Play
Practice 18. Short Quick Passing Combination
Practice 19. Short and Long One-Touch Combination Play (1)
Practice 20. Short and Long One-Touch Combination Play (2)
Practice 21. One-Touch Passing and Combination Play
Practice 22. Possession with Attack/Defence Transition Play
Practice 23. Possession, Transition Play and Interchange
Practice 24. Possession and Transition Game with Goalkeepers
Practice 25. Possession and Wide Play Small Sided Game
Practice 26. Possession Game with Transition and Support Play
Practice 27. Build-Up Play from the Back in 8 v 8 SSG
Practice 28. 2 v 1/3 v 2: Defence to Attack Transition
Practice 29. Numerical Advantage 12 v 6 Small Sided Game
Practice 30. 9 v 9 Three Zone Small Sided Game
Practice 31. 2 v 1/1 v 2 Attacking and Defending Duels
Practice 32. Fast Break Attack vs Defence Practices
Practice 33. 9 v 9 Six Zone Small Sided Game
Practice 34. 5 v 5 + 2 + 4 Dynamic Possession Game
Practice 35. 9 v 9 Counter Attacking Small Sided Game
Practice 36. 3 Team Possession and Transition Game
Practice 37. Dynamic 4 Zone Possession Game
Practice 38. Playing Wide and Switching Play in a SSG
Practice 39. 9 v 4 Zonal Possession and Support Play Game
# Chapter 4: Iván Madroño Campos

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