

CHAPTER 10

TRAINING SESSIONS

(2 MATCH WEEK)

TACTICAL OBJECTIVES EXAMPLE (2 MATCH WEEK)



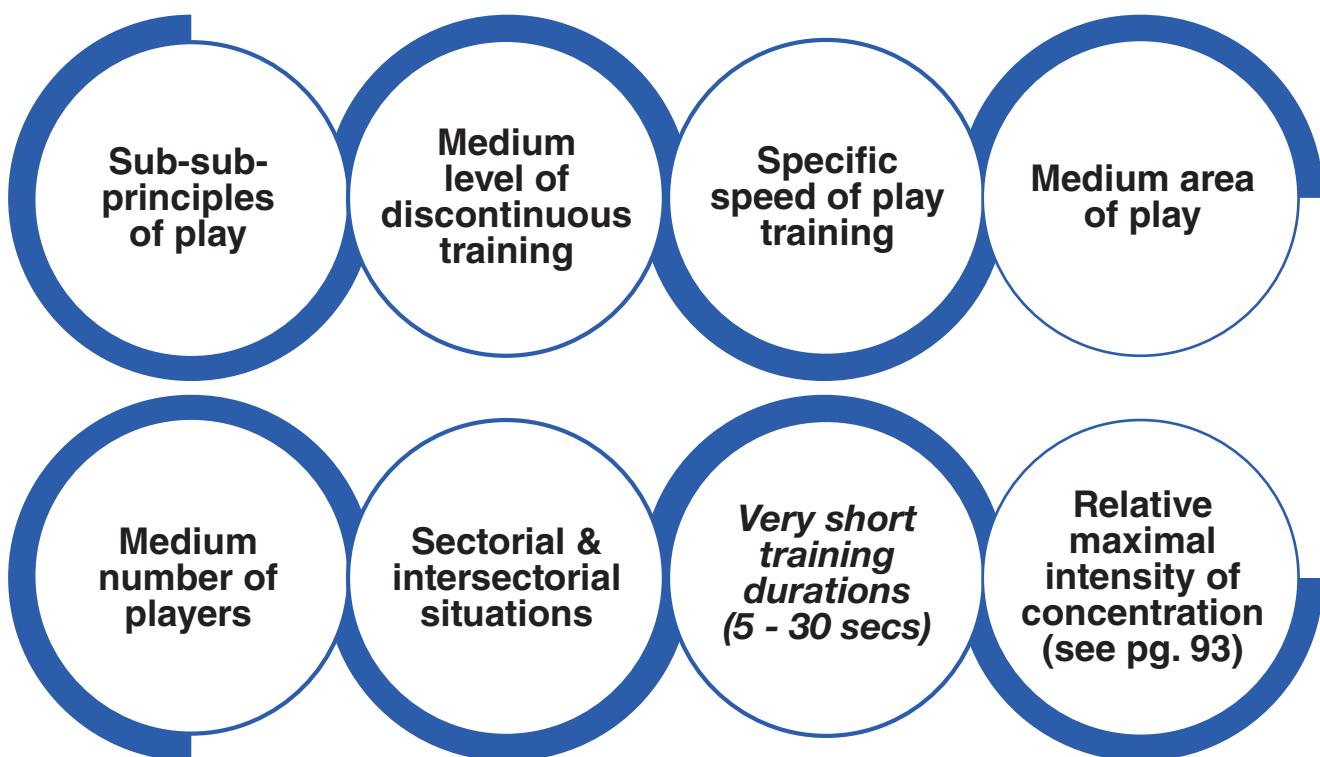
FRIDAY

LOWER LEARNING OF GAME MODEL (SPEED OF PLAY)

SESSION OBJECTIVES (TRANSITION ATTACK TO DEFENCE):

- ▶ Defending direct play towards two forwards and winning the second ball
- ▶ Switch play or play a forward pass very quickly to avoid the first pressure after winning the ball

SPECIFIC PRACTICE GUIDELINES:



Practice I (Sectorial): Defending Direct Play into 2 Forwards and Winning the Second Ball in a Dynamic Practice



Sub-Sub-Principles of Play

- Dropping off and winning the second ball.
- Using the correct defensive body shape.
- Marking while always keeping aware of the spaces, the ball and the goal to get a positional advantage.
- Second ball awareness.
- Timing runs to arrive in finishing positions.
- Making runs on the blind side of defenders.

Practice Organisation

- Time: 12 x 20 second sets.
- Numbers: Players work in pairs as shown + 1 GK.
- Coaching breaks: Only between repetitions (recovery).

Practice Description

- We mark out an area in the centre as shown and we have 2 blue centre backs against 2 red forwards.
- Each team has a central midfielder waiting outside, and there are also 2 yellow neutral wingers at the sides.

- The practice starts with a long diagonal ball from the coach into the central area - the blue centre backs and red forwards compete in a duel.
- Both central midfielders (red and blue) move forward to try and win the second ball.
- Whichever central midfielder (red or blue) gains possession, that team launches a 5 v 3 attack utilising the neutral wingers who enter the pitch at this point.
- In the diagram example, the red central midfielder gains possession and the reds have 6 seconds to score.
- The blues drop off and defend their goal, trying to win possession back. If they do, they then launch a fast break attack (5 v 3) and the first pass must be forward or out wide to a winger.
- When the first phase is finished, the coach passes a second ball to the team that was defending and the 2 teams compete for 20 seconds of transition actions.
- The offside rule is applied throughout.



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