
CHAPTER 2

RAFA JUANES

Villarreal CF Technical Academy
Coordinator and former
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VILLARREAL CF TECHNICAL ACADEMY COORDINATOR PROFILE



Rafa Juanes

Villarreal CF Head Technical Academy Coordinator

Previous Coaching positions:

- Atlético Madrid Academy Coach

Credentials:

- UEFA A Licence
- National team trainer (technical coach)

SPECIAL PROGRAM TO DEVELOP TECHNICAL PERFECTION THROUGH TACTICAL POSITIONING: WIDE PLAYERS

Program Development

In this second section, we look at the development of technical training specifically for wide players (full backs and wingers/wide midfielders).

As stated before, although this is based on the style of play implemented at the certain football club from which we have created this program, we are sure that this program can be adapted to suit the different styles of different teams.

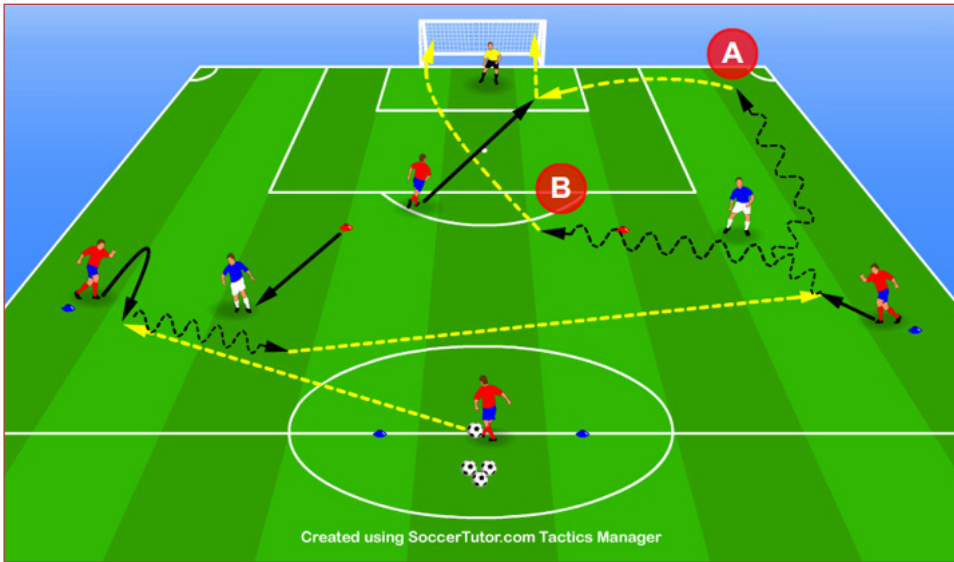
When looking at and evaluating the different drills we have to take into account the skills outlined in the following diagram.

Depending on the generic method already used, the actions that we must develop and improve are as follows:

PASSES	CONTROL	INDIVIDUAL ACTIONS	DEFENSIVE HEADING	ATTACKING HEADING	TECHNICAL ACTIONS
Parallel passes down the line. Practice with passive opposition.	Controlling the ball and directional control.	Short run and pass.	Jumping forwards header.	Passes	Anticipation
Long diagonal passes.	Controlled interceptions.	Dummying, dribbling and passing on the run with aggressive opposition.	Lateral headers in the opposite direction from the run.	Shots, lateral headers (both static and moving), with and without opposition.	Side on running tackles wide players only, not tackling from behind as there will be players covering).
Passing on the run, with aggressive opposition.	Cushioned control.	Dribbling and dummying while running at speed.	Static lateral headers with opposition.		Frontal tackles (body position/shape and timing).
Diagonal passes after dribbling, usually with the opposite foot.	Cushioning the ball on the run.	Complex dummies, look for diversity in a limited space and execution with both feet.	Heading to a support player.		Clearing the ball away with distance and directed clearances.
Passing the ball around the opposition and chasing, usually after a dummy.	Cushioning, dribbling and dummying.				

Attacking on the Flank in 1 v 1 Situations with Switching Play

20 min



Objective

This practice is used to teach and develop specific movements used by wide players, such as dribbling, dummying and other technical actions.

Description (including Coaching Points)

The ball starts with a red player in the middle. The first tactical action involves the wide player who must lose their marker and move to receive. The player must control and protect the ball.

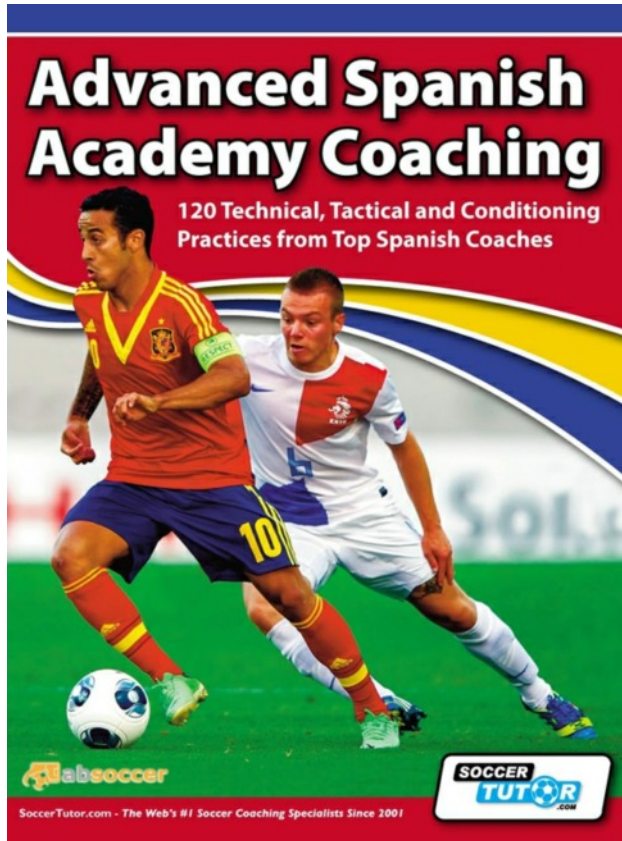
After controlling the ball, the player must use a feint or dummy from a standing position and use an explosive move inside, before playing a long pass to the other flank.

The second wide player cushions the ball before advancing slowly on the opponent, looking for space and deciding which foot to use to perform a pivot or turn.

The first objective is to make the opponent retreat so that when we change pace and direction, the opponent must also modify their balance and direction which should give us the necessary time and space to gain an advantage.

The practice ends with a cross to the forward or with a shot at goal with the weaker foot.

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