



TRAINING THE RISE SC WAY

CURRICULUM SNAPSHOT: SIX-WEEK TRAINING CYCLE

by Vedad Hadzajlic - Rise SC Technical Director

PROMOTING YOUTH SOCCER AND FOSTERING A LOVE FOR THE GAME

Rise SC's principle mission is the promotion of youth soccer. We strive to instill a love for the game and to foster an environment where each player can participate according to his or her interest and ability.

GUIDING OUR PLAYERS TO BE WELL-ROUNDED AND RESPONSIBLE

Rise SC looks to parents and players to help create a structured, positive and fun environment where children can learn responsibility, teamwork, discipline and other life skills.

Yes, club soccer involvement requires a commitment of both spirit and time, but we expect our players to pursue excellence in academics as well as athletics. We believe that both players and parents must display good character and appropriate behavior on and off the field.

Rise SC cares about our families, players, coaching staff, supporters and community, not just about how many titles we accumulate. Together, we can create a fun, safe and enriching environment where our children will thrive and make lifelong friends.

OUR GOALS

- Excite and attract players through creative and attacking soccer
- Exhibit key principles, both on and off the pitch, throughout the club
- Embrace and involve the talents of all players
- Allow for continued success
- Promote the club's name, reputation and history
- Make Rise SC an outstanding learning environment for young athletes
- Be consistent across the club with our playing style

RISE SC PLAYER ENVIRONMENT

Ours is an environment conducive to learning and development. A place where soccer players of all levels can maximize their potential. **A PLACE WHERE EVERYBODY WANTS TO BE!** We demand that people be the best they can be every single day. We demand that they add value above and beyond their set responsibilities, therefore, every individual **MUST** see a clear pathway of progression and development.

- Safe and secure facilities of the highest quality
- Geographically sensible
- Warm and welcoming atmosphere
- Professional coaching staff
- Appropriate staff/player ratios
- Well-maintained kit and equipment
- Clearly structured program of work
- Clearly highlighted codes of conduct
- Club branding, photographs, records of achievement, etc.





TRAINING THE RISE SC WAY

RISE SC STYLE OF PLAY

- Focus on ball retention and player movement
- Forward and penetrating passing
- Desire to play through the “thirds”
- Good angles and distances of support
- Players rotating and interchanging to create positive attacking combinations
- Dictating the speed of play

All teams must try to keep possession of the ball by playing a one or two touch game. Players will be encouraged to support one another and move, to create different passing angles and options.

Once our possession game is consolidated, our teams must learn how to transfer the ball in the most efficient way from one area of the field to another. A positive response to offensive transition allows us to maximize the opportunity presented by a potentially disorganized opponent.

A positive response to defensive transition restricts such opportunity for the opponent and allows us to implement our defensive priorities. Teams must be organized defensively, keeping their specific positions in the formation. However, players will look for spaces and movements to support forward when attacking by moving away from their original positions.

Rise SC teams must feel comfortable playing the ball from the back through the midfield and from there to the final third of the field. The Rise SC coaching staff imposes a teaching method of guided discovery to promote individual player development within the team concept.

Rise SC players are constantly encouraged to make their own decisions and express their individual creativity in both training and game environments.

RISE SC PLAYER ATTRIBUTES

- A desire to compete
- The ability to maintain poise and technique under pressure
- An understanding of the tactical concept of game situations
- Physical readiness
- Recognition of movement to vacate space for others to receive
- Early and positive decision-making on appropriate controlling surface
- An assured and confident first touch, be it to release or to secure

- The ability to control the ball at a variety of speeds and heights
- A highly competent and astute first touch while moving at speed
- The appropriate use of fakes to hide intentions
- The ability to deal with the unexpected

While all of our players will be challenged and have demands made of them, for us to succeed as a club, there is one key trait, which must never be underestimated: our players must at all times display respect for themselves, their colleagues and staff, their opponents and for all associated with their club. **Without respect, we have nothing.**

FALL SEASON PREPARATION

Developing a high level of skill in any sport requires thousands of hours of training and competition. Soccer is no exception. Rise SC applies a detailed and disciplined periodization schedule to training and competition to allow our athletes time to properly prepare and recover from the demands of the sport. Our player curriculum is designed to maximize the athlete’s learning and performance potential. It typically takes from four to eight weeks to see significant improvements in skills such as strength, speed, power or endurance.

Our Fall Season tactical training focuses on developing and reinforcing the concept of possession play. Our objective is that players start applying these tactical concepts in game-like environments that typically conclude each training session.

In addition to our tactical concepts, we use different training techniques to keep our players mentally sharp and physically fit. Futsal is used weekly to improve game-action speed. Futsal requires our players to deal with a variety of game-like situations that require quick decision-making on defense as well as offense. Our athletes work weekly with a coordination specialist who leads a 90-minute athletic training session to improve strength, coordination and mobility.

Our six-week cycle covers the following basic building blocks:

- Technique
- Coordination
- Tactics
- Futsal/soccer tennis
- Functional training
- Athletic training
- Playing the game
- Regeneration and Recovery



TRAINING THE RISE SC WAY

RISE SC PROGRAMMING

Rise SC programming is consistent with our philosophy to provide soccer for every player regardless of their level of play. We are very much committed to our families and communities. Keeping young athletes near their homes by providing minimal geographical challenges is a priority for us. Asking families to spend an extended period of time in the car on weeknights to pursue their soccer aspirations has a net negative impact on the social, educational and athletic development of the player. The demands placed on players varies based on a number of factors including: age, level of commitment, level of play, and individual and team aspirations.

RISE JR. ACADEMY PROGRAM - BIRTH YEAR 2010 (U8)

- 2 geographically sensible training sessions per week
- **Additional training includes:** SAQ, skill work, futsal and small-sided games
- **In-house Friendlies:** Rise Launch and Rise Day
- **Tournaments:** a minimum of 2 annual in the Houston area
- **League(s)**
 - **Elite Boys Fall and Spring:** Local league of the highest quality
 - **Elite Girls Spring:** PDF, Local league of the highest quality
 - **Fall and Spring:** In-house games
- **Camps:** RAD, Thanksgiving, F3

RISE ACADEMY PROGRAM - 2009 (U9) - 2008 (U10)

- 2 geographically sensible training sessions per week, 1 optional third session
- **Additional training includes:** SAQ, skill work, futsal and small-sided games
- **In-house Friendlies:** Rise Launch and Rise Day
- **Tournaments:** a minimum of 2 annual in the Houston area
- **League(s)**
 - **Elite Boys & Girls Fall and Spring:** Local league of the highest quality
 - **Elite Girls Spring:** PDF, Local league of the highest quality
 - **Spring:** In-house games
- **Camps:** RAD, Thanksgiving, F3

RISE U.S. DEVELOPMENT ACADEMY (DA) PROGRAM

- 4 mandatory training sessions per week
- All programming will be structured and mandated by U.S. Soccer

RISE SELECT I & II PROGRAM - 2007 (U11) - 1999 (U19)

- **Seasonal Commitment:** August 1, 2017 - May 28, 2018
- 2 geographically sensible training sessions per week, 1 optional third session
- **Additional training includes:** SAQ, skill work, futsal and small-sided games. TRX training for 2004 (U14) - 1999 (U19) only
- **In-house Friendlies:** Rise Launch and Rise Day, 2010 (U8) - 2004 (U14) only
- **Tournaments:** 2 - 4 tournaments of Texas or Houston area prominence
- **League(s)**
 - **Fall:** 2007 (U11) - 1999 (U19) Local league of the highest quality
 - **Spring:** 2007 (U11) - 2004 (U14) Local league of the highest quality
 - **Spring:** 2003 (U15) - 1999 (U19) In-house games
- **Camps for birth years:** 2010 (U8) - 2004 (U14) only. RAD, Thanksgiving, F3
- **College Programs:** 2004 (U14) - 1999 (U19) only. Series of college preparation meetings
- **State Cup Competition:** Director's Cup
- **Player Evaluations:** Pre-Season and Mid-Season





TRAINING THE RISE SC WAY

RISE PREMIER I & II PROGRAM - 2007 (U11) - 1999 (U19)

- **Seasonal Commitment:** August 1, 2017 - May 28, 2018
- 2 geographically sensible training sessions per week, 1 optional third session
- **Additional Training Includes:** SAQ, skill work, futsal and small-sided games, TRX training for 2004 (U14) - 1999 (U19) only
- **In-house Friendlies:** Rise Launch and Rise Day, 2010 (U8) - 2004 (U14) only.
- **Tournaments:** 4 - 6 college showcases and/or tournaments of Texas or national prominence
- **League(s)**
 - **Fall:** 2007 (U11) - 1999 (U19) Statewide league of the highest quality
 - **Spring:** 2007 (U11) - 2004 (U14) Statewide league of the highest quality
 - **Spring:** 2003 (U15) - 1999 (U19) In-house games
- **Camps for birth years:** 2010 (U8) - 2004 (U14) only. RAD, Thanksgiving, F3
- **College Programs:** 2004 (U14) - 1999 (U19) only. Sports Recruits membership, series of college preparation meetings, Advocacy Program
- **State Cup Competition:** President's Cup
- **Player Evaluations:** Pre-Season and Mid-Season

RISE ELITE I & II PROGRAM - 2007 (U11) - 1999 (U19)

- **Seasonal Commitment:** July 17, 2017 - May 28, 2018
- **Training Schedule**
 - **Birth Years: 2007 (U11) - 2005 (U13):** 2 single venue training sessions per week, 1 geographically sensible third session
 - **Birth years: 2004 (U14) - 1999 (U19):** 3 single venue training sessions per week, 1 optional geographically sensible fourth session
- **Additional training includes:** SAQ, skill work, futsal and small-sided games. TRX training for 2004 (U14) - 1999 (U19) only
- **In-house Friendlies:** Rise Launch and Rise Day, 2010 (U8) - 2004 (U14) only
- **Tournaments:** 4 - 6 college showcases and/or tournaments of national prominence
- **League(s)**
 - **Fall:** Highest attainable league
 - **Spring:** Highest attainable league
- **Camps for birth years:** 2010 (U8) - 2004 (U14) only. RAD, Thanksgiving, F3
2007 (U11) - 1999 (U19) only.
Rise & Grind Pre-Season "Team" Camp
2003 (U15) - 1999 (U19) only.
Rise College ID Camp
- **College Programs:** 2004 (U14) - 1999 (U19) only
Rise College ID Camp, HUDL account for highlight videos, prestigious national showcase events, Sports Recruits membership, series of college preparation meetings, Advocacy Program
- **State Cup Competition:** State Cup
- **Player Evaluations:** Pre-Season and Mid-Season





TRAINING THE RISE SC WAY

PLAYER RECOVERY PERIODS

We always take into consideration the mental and physical well-being of our athletes. For regeneration and recovery purposes, we incorporate a variety of techniques including, but not limited to: soccer tennis, stretching, resistance exercises, rondos and foam rolling. Recovery periods may vary by age groups and programs due to competition demands.

Holiday Break - December 18 – January 8, 2018
(unless playing in a Showcase)

Spring Break - March 12 – 16, 2018

Offseason - May 29, 2018 - July 16, 2018

STAFF MEMBERS INVOLVED IN THE PLAYER DEVELOPMENT PROCESS

- Team Coach
- Executive Director
- Technical Director
- Boys and/or Girls Director of Coaching
- Speed, Agility and Coordination Coach
- Position Specific Coach

RISE SC TRAINING GUIDELINES FOR COACHES RISE SC JR. ACADEMY & ACADEMY PROGRAM (U8-U10) SYSTEM OF PLAY: 1-3-1-2 for 7 vs. 7



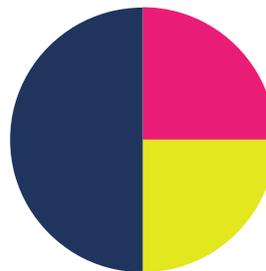
REQUIREMENTS

- Taking positions and maintaining the basic formation
- Free play
- Learn the basic principles of the game - simple movement paths
- Basic passing routes
- Help players master their individual technique
- Players should constantly be expanding their understanding of the game

COACH GUIDELINES

- Small groups and constant player movement
- Engage the players and ask them to move and play
- Teach and implement basic movement
- Encourage players to be creative and take risks
- Challenge the players by using different balls (tennis ball, skills ball, etc.)
- Ask the players questions, make them think

SESSION FOCUS BREAKDOWN



- 50% Small-sided games, free play
- 25% Introduce and reinforce technique through the game
- 25% Ball manipulation

COACHING POINTS

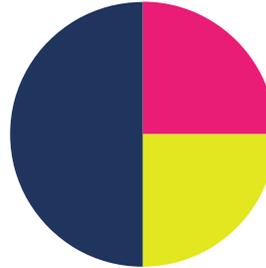
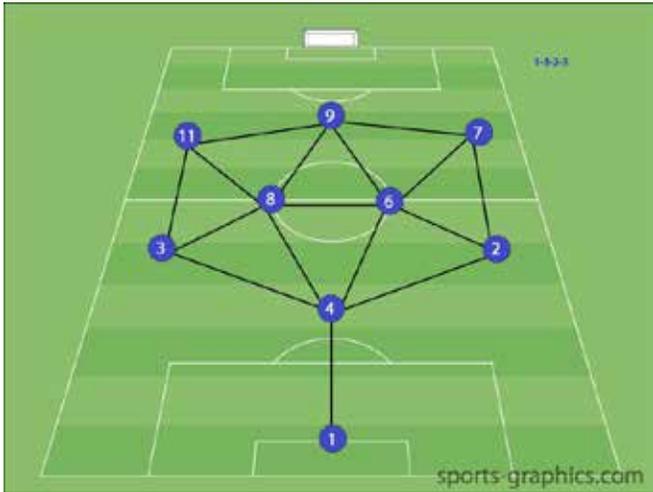
- Make sure players are having fun playing the game
- Players should learn by playing
- Encourage players to master the basics
- Give simple tactical instructions
- Motivate players to compete
- Do not pressure players or give them ultimatums



TRAINING THE RISE SC WAY

RISE SC ELITE, PREMIER & SELECT PROGRAM (U11 - U12)

SESSION FOCUS BREAKDOWN



50% Small-sided games, free play

25% Introduce and reinforce technique through the game

25% Age-appropriate technique exercises

COACHING POINTS

- Force individual quality
- Reinforce technical proficiency through games
- Provide a lot of touches for players and encourage off-the-ball movement
- Pay attention to good performances and offer encouragement
- Introduce the basics of tactics
- Be a role model for the players. Talk to them about fair play and respect

SYSTEM OF PLAY: 1-3-2-3 for 9 vs. 9

REQUIREMENTS

- Individual tactics, attacking and defending principles
- Encourage the 1 vs. 1 game
- Small Sided games
- Possession games

COACH GUIDELINES

- Teach street soccer, small-sided, small fields, and demand creativity
- We want to see players moving fast with and without the ball
- Through small-sided games, teach more difficult technical elements
- Players must use both feet
- Teach basic tactics about how to use or cut off space effectively
- Teach players to get used to wins and how to productively deal with losses
- Do not pressure players





TRAINING THE RISE SC WAY

RISE SC ELITE, PREMIER & SELECT PROGRAM (U13 - U19)



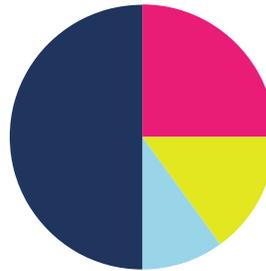
SYSTEM OF PLAY U13 - U18: 1-4-3-3 for 11 vs. 11 REQUIREMENTS

- Learning to play in a flat back four system (1-4-3-3)
- Developing knowledge and skills of dynamic functional technique and positional cooperation
- Developing abilities in the sedative phases
- Individual approach in resolving deficiencies
- Intense training with planned active breaks
- Make sure players are aware of both their team and individual goals

COACH GUIDELINES

- Team should attack constantly playing through the thirds
- Teach possession recovery. If we lose the ball, we want it back immediately.
- When we lose the ball, we want to press. Teach pressing principles
- Teaching of individual and team tactics for offense and defense
- Begin position specialization at U13
- Teams must possess an excellent fitness level
- Pay particular attention to technical training by positions
- Periodization of conditioning training
- Develop good citizens by making players and team accountable for their actions on and off the field

SESSION FOCUS BREAKDOWN



50% Introduce restrictions to free-play games to challenge players/ teams

25% Individual and group tactics

15% Intense technical training

10% Conditioning through the game

COACHING POINTS

- Help players continue to improve their basic technique
- Make sure players are using both of their feet
- Encourage communication and interaction between players
- Encourage players to have initiative and be self-motivated
- Force creativity
- Pay attention to individual differences in developmental progress





TRAINING THE RISE SC WAY

RISE SC TRAINING SESSIONS

It is important to understand how our preparation fits into the greater player development pathway and philosophy at Rise SC. The purpose of training is to improve game performance; therefore, training activities must resemble the game and prepare players for their games. All Rise SC teams adhere to a fixed, six-week cycle (detailed in the Cycle Training Plan).

LEARNING AND PERFECTING TECHNIQUE EXERCISES BY PLAYING

Every session involves some technique training during the warm-up and/or the main part of the session. Coaches alternate between predetermined concepts that are created for players to focus on weekly, such as:

- Passing/receiving
- Dribbling/faking
- Passing/shooting
- Ball control
- 1 vs. 1 play (mainly defending)

Coaches look for players to display precise technical execution of these exercises before challenging players by increasing defensive pressure or limiting touches, etc. By default, coaches must stress precision first, then speed!

Once players display technical comfort in these exercises, opposition pressure is gradually increased, and players must be encouraged to use both of their feet. While exercises are the main form of technique training during warm-up, during the main session, coaches at each age-level generally switch to practice games. The advantage of playing games is that players can practice their techniques in game-like conditions.

COORDINATION WITH AND WITHOUT THE BALL

After warming up with technique exercises, players spend part of each session working on their coordination, alternating each week between running, jumping and ball handling.

The main focus of running training is fast footwork. Jumping training involves jumps of various heights, direction and proper landing techniques, with both feet on the ground for a split second for explosive takeoffs. Ball training focuses on mobility and ball-handling skills, using one or more balls of various types and/or sizes.

As a rule, coordination training also incorporates speed training in the form of races or games of tag. After the first few rounds of these games, the ball is added so players can also work on the week's technical concept. Practice games are also used from time to time for coordination training.

FUNCTIONAL TRAINING

A unique feature of our curriculum incorporates a “functional training” component for DA and Elite teams which require a minimum of three training sessions weekly. During these functional training sessions, players will be separated into their target position groups for position specific training. For teams that have optional third training sessions, functional training concepts will be introduced on occasion. During these functional training blocks, players are divided into the following general position groups:

- Backline
- Midfielders
- Forwards
- Goal keepers



6-WEEK TRAINING CYCLE PLAN

Each of Rise SC's cycles consist of six weeks. The building blocks are evenly distributed among the four practice days for DA & three for Elite team. Each session is divided into three parts: warm-up, main session and conclusion. Each week is assigned separate concepts for technique, coordination, tactics and functional training. Specific training activities are chosen by the coaches, who record them on a sport session planer software that are then printed & stapled to the back of the cycle plan.

WEEK	DAY	WARM-UP	MAIN SESSION	CONCLUSION	CONCEPT: Technique	CONCEPT: Coordination	CONCEPT: Tactics
1	Mon.	technique coordination	regeneration/soccer tennis		passing & receiving	running training	playing out from the back
	Tue.	functional training	athletic training				
	Wed.	technique coordination	tactics/technique training	game			
	Thu.	technique coordination	tactics	game			
2	Mon.	technique coordination	regeneration/soccer tennis		passing, receiving, dribbling	jumping training	playing into middle third
	Tue.	functional training	athletic training				
	Wed.	technique coordination	tactics/technique training	game			
	Thu.	technique coordination	tactics	game			
3	Mon.	technique coordination	4 v. 4/soccer tennis		passing, receiving, turning	running training	playing in/ from middle third to attacking third
	Tue.	functional training	athletic training				
	Wed.	technique coordination	tactics/technique training	game			
	Thu.	technique coordination	tactics	game			
4	Mon.	technique coordination	regeneration/soccer tennis		1 v. 1 play defending	ball training	playing in the attacking third
	Tue.	functional training	athletic training				
	Wed.	technique coordination	tactics/technique training	game			
	Thu.	technique coordination	tactics	game			
5	Mon.	technique coordination	regeneration/soccer tennis		running with the ball	running training	defending from the front
	Tue.	functional training	athletic training				
	Wed.	technique coordination	tactics/technique training	game			
	Thu.	technique coordination	tactics	game			
6	Mon.	technique coordination	regeneration/soccer tennis		heading game night	jumping training	counter attacking
	Tue.	functional training	athletic training				
	Wed.	technique coordination	tactics/technique training	game			
	Thu.	technique coordination	tactics	game			

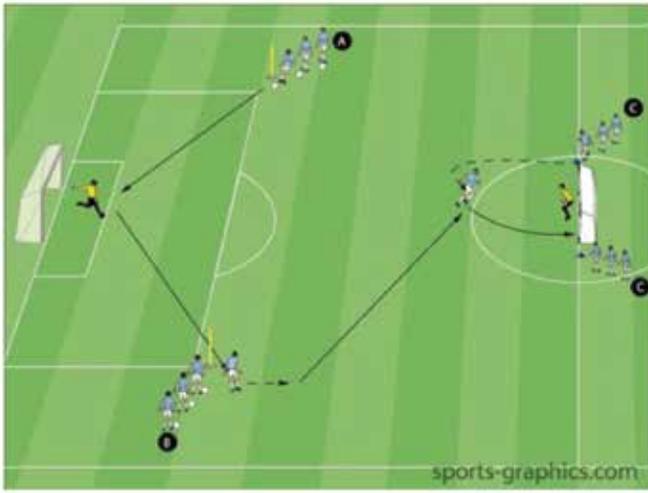
CONCEPTS:
Individualized Training

Position-specific training:

- Backline (1 v 1 defending, heading)
- Midfielders (1 v 1 attacking, crossing passing/ combination play under pressure)
- Forwards (finishing in pressure situations, heading)
- Goal keepers (communication, decision making, speciality saves, starting the attack)

PLAYING OUT FROM THE BACK

1. WARM UP



Intensity: 65%

Recovery Time: 1 min

Intervals: 1

Activity Time: 15 min

Duration: 15 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Half of the field.
- Two large goals at each end with GK's.
- "A" passes the ball to GK's correct foot, GK then switches the play to the other side. "C" times it's run, check to receive the ball turns and shoots at the goal.
- Switch sides after each time.

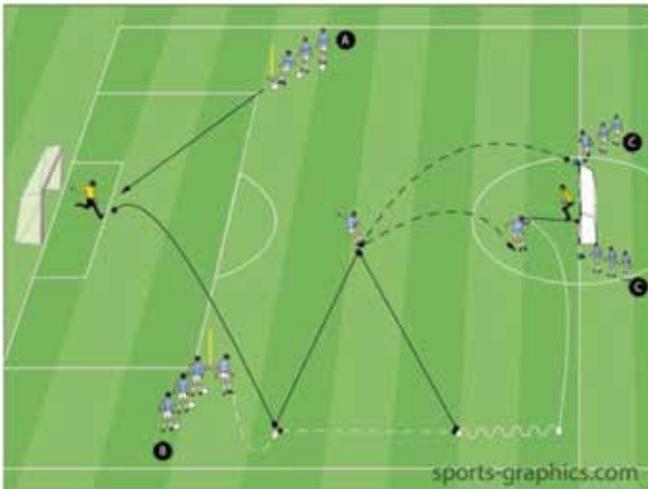
VARIATIONS

- Now Fullback and Midfielder combines for a cross.
- See second diagram.

COACHING TIPS

- Play the ball to front foot.
- Pass it firmly.
- Using your hands indicate where you want the ball to be played.
- Time your runs.
- Scan the field.
- Receive the ball facing forward.
- Finish quickly.

2. SMALL SIDED ACTIVITY



Intensity: 75%

Recovery Time: 4 min

Intervals: 1

Activity Time: 15 min

Duration: 15 min

ORGANIZATION

(Physical Environment / Equipment / Players)

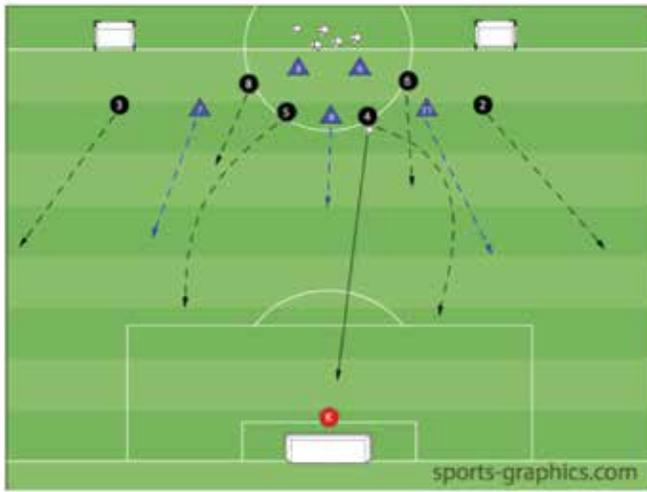
- Now the full back and midfielder combine for a cross from full back.

COACHING TIPS

- Same as above.

PLAYING OUT FROM THE BACK

3. EXPANDED ACTIVITY



Intensity: 75%
Recovery Time:
Intervals: 2

Activity Time: 10 min
Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Half of the field.
- 6+K vs 5
- Start with two practical situations: Goal Kick and Back Pass.

COACHING TIPS

- **From the goal kick**
 - Take up good starting positions as previously trained.
 - Quick and safe circulation of the ball.
 - Only dribble past an opponent in order to get the ball into space.
 - Receive the ball facing forward. Keep the field as wide as possible.
- **After a Back Pass:**
 - Play the ball to GK as quickly as possible.
 - Take the GK's kicking abilities into the account.
 - Make sure you are immediately available for the GK to pass the ball back to you.

4. GAME



Intensity: 85%
Recovery Time: 10 min cool down
Intervals: 1

Activity Time: 25 min
Duration: 25 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Team of seven is trying to score in one of the four small goals building the ball out of the back.
- Team of 6 play defensively in the discipline block. They wait for a mistake to counter attack.

COACHING TIPS

- Keep the field as wide as possible.
- Be patient - No unnecessary loss of possession.
- Circulate the ball and wait for the right moment to play it forward.
- Always be aware of the danger of losing the possession of the ball.

PLAYING INTO MIDDLE THIRD

1. WARM UP



Intensity: 60%

Activity Time: 20 min

Recovery Time: 3 min

Duration: 20 min

Intervals: 1

ORGANIZATION

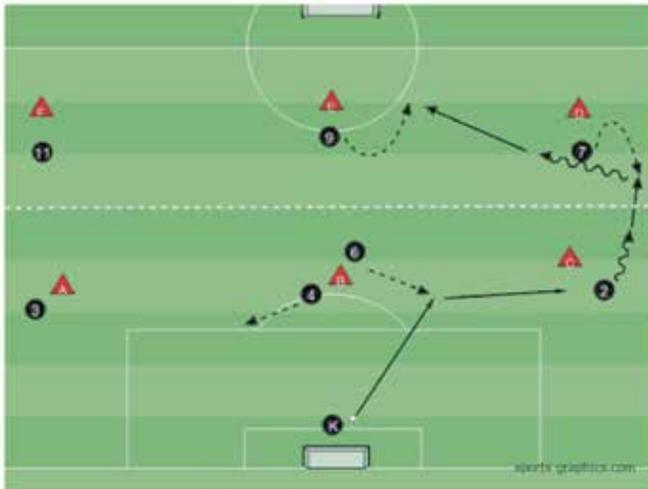
(Physical Environment / Equipment / Players)

- (A) Put one large goal 20 yards in the oppositions half.
- Center Back (4) passes to the Right Back (2)
- The RB (2) plays 1-2 with midfielder (6) and gets the ball back.
- The RB (2) plays the ball to incoming (9) who turns and shoots the ball.
- (B) CB(5) plays the ball to LB (3) who misses out the midfielder and the striker (9) lays the ball off to the left midfielder (8) who has made a forward run to support.
- (C) The ball is played to misfired 6 who turns with the ball to striker 9.

COACHING TIPS

- Play the ball into space in front of 2&3.
- Stand at an angle to the path of the ball
- Firm pass
- Communicate with your midfielder/striker
- **Central midfielders:**
- Make a diagonal run away from your marker.
- Stand at an angle to the path of the ball
- **Striker 9:**
- Time your run
- Ensure that lay off is easy to handle.

2. SMALL SIDED ACTIVITY



Intensity: 70%

Activity Time: 7 min

Recovery Time: 1 min

Duration: 15 min

Intervals: 2

ORGANIZATION

(Physical Environment / Equipment / Players)

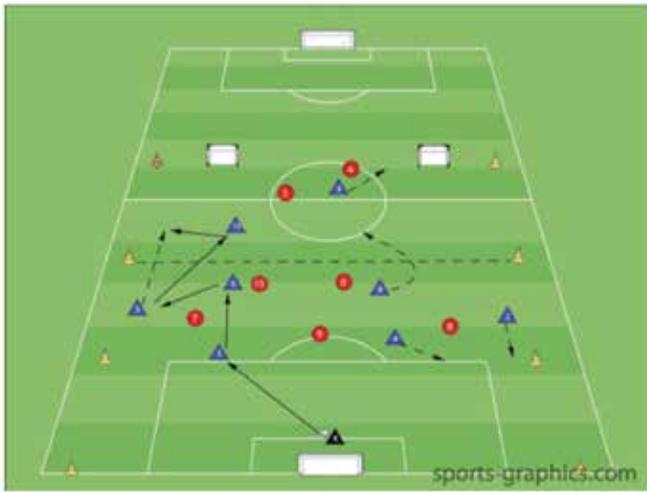
- We play in 2 zones. Two GK's
- The GK always starts the build up with short pass (4+ Gk vs 3 the 4 players in the defensive zone try to get the ball to the attackers in the attacking zone.
- Division into zones is then dropped and we play 7 vs 6.
- The team of 7 can score in the large goal with the GK
- The team of 6 can score in the large goal defended by GK
- If the 3 players in the build up zone can win the ball and score the goal counts double.
- 10 repeats. Who wins?

COACHING TIPS

- Fast ball circulation.
- Look for the free man.
- **Positional game { {4v4} plus 4 }**

PLAYING INTO MIDDLE THIRD

3. EXPANDED ACTIVITY



Intensity: 85%

Recovery Time: 3 min

Intervals: 2

Activity Time: 11 min

Duration: 25 min

ORGANIZATION**(Physical Environment / Equipment / Players)**

- We play 6 + GK vs 5 in the build up zone.
- The team of 6 tries to play the ball to one of the 2 strikers.
- The team of 5 tries to win the ball and score in large goal.
- When the team of 6 gets the ball to one of the forwards in the attacking zone, the two midfielders (6 and 8) and a defender moves up to support.
- The 4 attackers can score in one of the small goals.
- Play 10 build up moves from the back - how many goals were scored?

COACHING TIPS

- Be patient.

4. GAME



Intensity: 85%

Recovery Time: 5 min cool down

Intervals: 2

Activity Time: 10 min

Duration: 25 min

ORGANIZATION**(Physical Environment / Equipment / Players)**

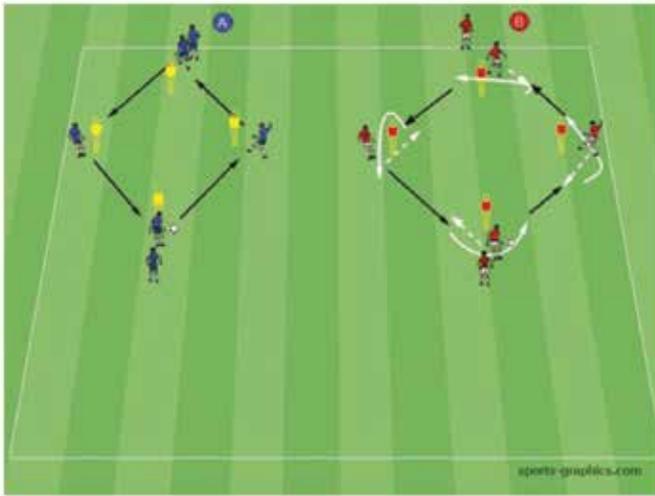
- In two thirds of the field we play 9v9

COACHING TIPS

- All of the above.

PLAYING INTO ATTACKING THIRD

1. WARM UP



Intensity: 50%

Recovery Time: 30 sec

Intervals: 4

Activity Time: 2 min

Duration: 10 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Diamond passing
- 2&3 touches.

COACHING TIPS

- Good first touch.
- Receive the ball facing forward.
- Scan the field.
- Firm passing.
- Quick circulation of the ball

2. SMALL SIDED ACTIVITY



Intensity: 70%

Recovery Time: 3 min

Intervals: 2

Activity Time: 10 min

Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- 10v8+K. There are two zones.
- 7v5 in zone A. If the 7 player team succeed in getting the ball to a winger or CF, two attackers and one defender can also enter in attacking zone B and we play 5v4+K.
- If the defenders win the ball in zone B, the zones no longer apply and we play 10 + K v 8.
- Defenders can score in two small goals.
- When a goal is scored we start again.

COACHING TIPS

- Patient build up.
- Wait for the right moment to play the ball forward.

PLAYING INTO ATTACKING THIRD

3. EXPANDED ACTIVITY



Intensity: 85%

Recovery Time: 1 min

Intervals: 4

Activity Time: 5 min

Duration: 20 min

ORGANIZATION**(Physical Environment / Equipment / Players)**

- Play 7v7 in the central channel.
- The attackers try to take the ball past defenders and play the ball to a winger in the right or the left zone.
- The wingers marker can't challenge until the wingers have receive the ball.
- The winger tries to dribble pass his marker, if he succeed the players all follow in the direction of the goal and we play 9v9.
- If the attackers score we start again.
- The defenders can score in the small goals.
- Switch roles after 5 min

COACHING TIPS

- Who is the free man?
- Quick and accurate circulation of the ball.

4. GAME



Intensity: 85%

Recovery Time: 5 min cool down

Intervals: 2

Activity Time: 12 min

Duration: 25 min

ORGANIZATION**(Physical Environment / Equipment / Players)**

- In three quarters of the field we play 9v9 + K's

COACHING TIPS

- All of the above.

IMPROVE TEAMS ABILITY TO CREATE SCORING CHANCES

1. WARM UP



Intensity: LOW

Recovery Time: 2 min

Intervals: 4

Activity Time: 3 min

Duration: 20 min

ORGANIZATION

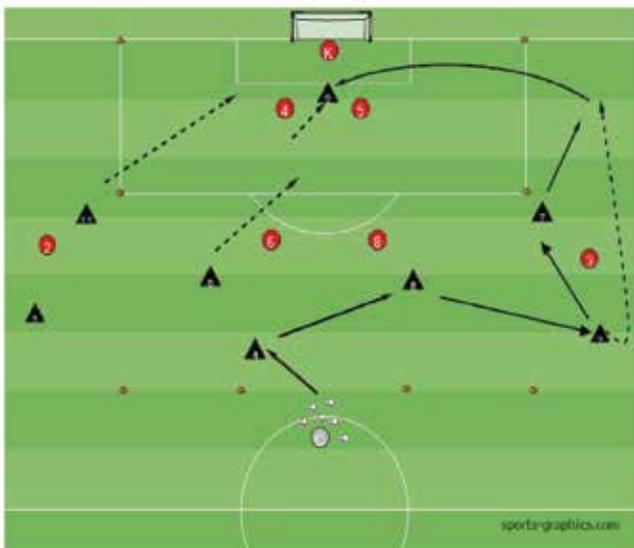
(Physical Environment / Equipment / Players)

- Players set up as shown on the diagram on the right and left side of the field in the attacking 1/3.
- 10x10 diamond shape
- Ball is passed around the diamond. When the outside player gets the ball he dribbles it then pass it to the winger who looks to control it with one touch and cross it in front of the goal for a forward to finish it.
- Everyone moves up on position.

COACHING TIPS

- Good first touch.
- Firm passes.
- Eye contact with the forward.
- Decision making when to cross the ball.
- Timing of the run.
- Concentration in front of the goal.

2. SMALL SIDED ACTIVITY



Intensity: MED

Recovery Time: 5 min

Intervals: 1

Activity Time: 20 min

Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Field area is twice the size of the penalty box.
- Black team to be coached.
- We play 3v2 in front of the penalty box 2v1 in the box and 2v1 in the side channel.
- #7 & #2 and #11 & #3 try to combine against the opposition's defender for a cross.
- #4, #6 and #8 must have 3 passes before they can play the ball into #7 or #11. After the ball is played wide they take good positions in and around the penalty area to finish the cross from the wingers.

COACHING TIPS

- Where and when to deliver.
- Eye contact with forwards.
- Type of cross.
- Timing of the run.
- Who crosses.
- Where and what does the full back do.

IMPROVE TEAMS ABILITY TO CREATE SCORING CHANCES

3. EXPANDED ACTIVITY



Intensity: MED
Recovery Time:
Intervals:

Activity Time:
Duration: 20 min

ORGANIZATION

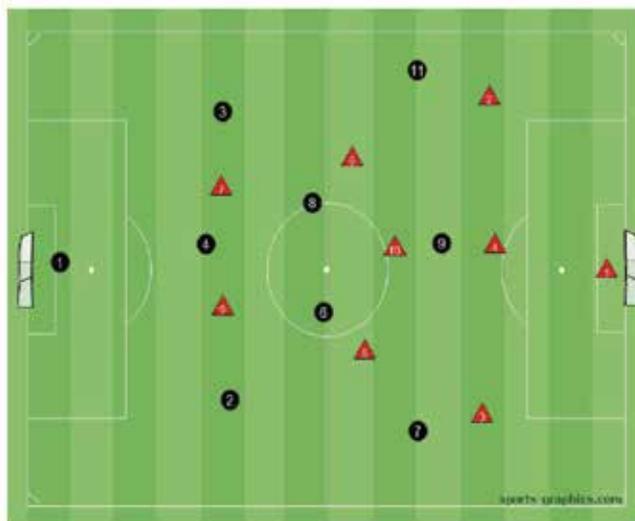
(Physical Environment / Equipment / Players)

- Split players into 2 teams - blue 9 and white 7. (both teams to include GK's)
- White team in a 1-2-3-1 formation and Blue in 1-2-2-3-1 formation.
- Two goals placed 70 yards apart - use the whole width of the field.
- Condition Red team to have 10 sec to score goal.
- Red attacker must play high on No. 6.
- Blues to be encouraged to play the ball out from GK via high and wide LB/RB. LB/RB to be encouraged to engage in combination play with wide MF - overlaps and underlap, in order to get into position to cross the ball to the strikers. Blue team can only score from a.

COACHING TIPS

- Type of a cross.
- Where and when to deliver.
- Who crosses.
- Where and what does the fullback do.
- Balance attack and defense.

4. GAME



Intensity: HIGH
Recovery Time: 5 min
Intervals: 2

Activity Time: 12 min
Duration: 25 min

ORGANIZATION

(Physical Environment / Equipment / Players)

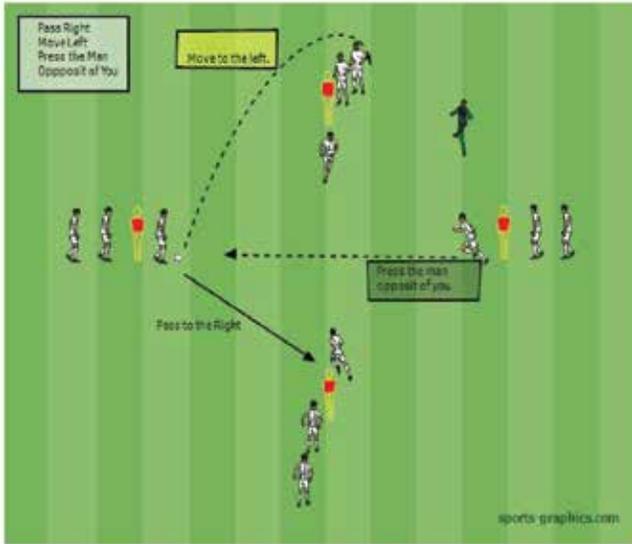
- We play from penalty box to penalty box.
- 9v9
- 1-3-2-3 vs 1-3-3-2
- Black team to be coached.
- Cool down.

COACHING TIPS

- Same as above.

PRESSING THE BALL ZONALLY

1. WARM UP



Intensity: MED

Activity Time: 10 min

Recovery Time: 3 min

Duration: 10 min

Intervals: 1

ORGANIZATION

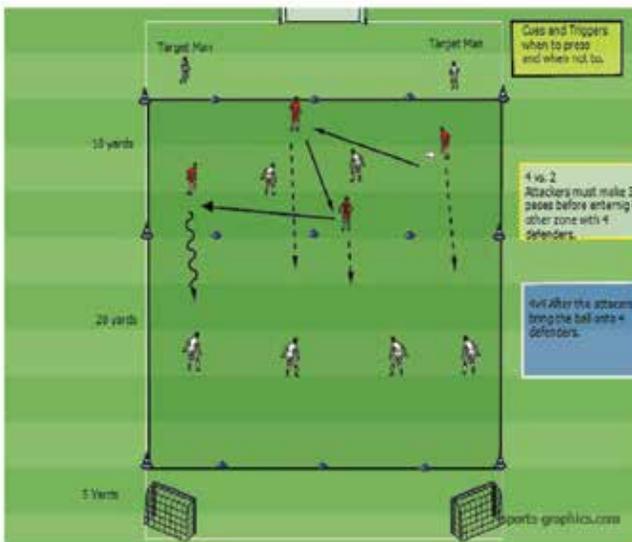
(Physical Environment / Equipment / Players)

- Diamond 10x10.
- Pass to the right, then move to the left, press the man opposite of you.

COACHING TIPS

- Force the ball to the right or left.
- Read when to pressure and when not to.

2. SMALL SIDED ACTIVITY



Intensity: HIGH

Activity Time: 4 min

Recovery Time: 1 min

Duration: 20 min

Intervals: 4

ORGANIZATION

(Physical Environment / Equipment / Players)

- Field size 60x35.
- Two zones 10 and 20.
- Mini goals at other end and two target players in front of the penalty box.
- We play 4 vs. 2 vs. 4.
- 4 red players have to make 3-5 passes before moving into the other zone, where the rest of the white team is awaiting to pressure the ball.
- If white wins the ball off of pressure they try to give it to their Target players.

COACHING TIPS

- Cues and triggers when and when NOT to pressure the ball for the white players.

PRESSING THE BALL ZONALLY

3. EXPANDED ACTIVITY



Intensity: HIGH

Recovery Time: 1 min

Intervals: 4

Activity Time: 4 min

Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- In 1/2 of the field we play 8 vs. 7 + K.
- Looking for the cues and triggers when to and when not to press the ball.
- The red team is trying to score on mini goals.

COACHING TIPS

- Same as above.

4. GAME



Intensity: HIGH

Recovery Time: 5 min

Intervals: 2

Activity Time: 10 min

Duration: 25 min

ORGANIZATION

(Physical Environment / Equipment / Players)

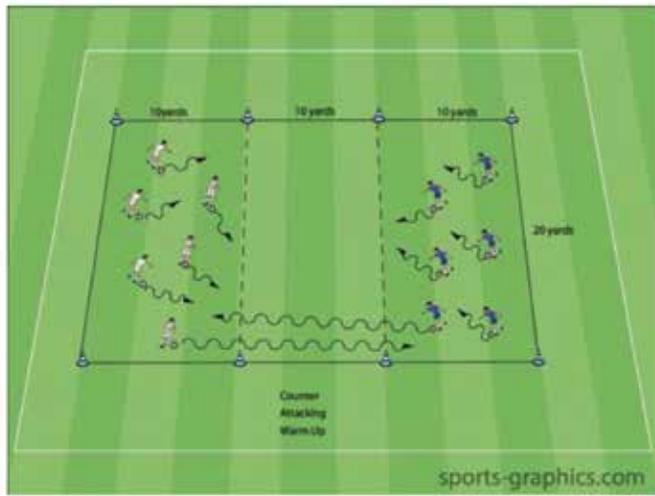
- Full field. 11v11 All laws of the game applied.

COACHING TIPS

- Verbal and visual communication and vision.
- Reading the game.
- Cues and triggers when and when not to press the ball.
- Collective defending as a team within a balance shape.

COUNTER ATTACK

1. WARM UP



Intensity: 65%

Activity Time: 15 min

Recovery Time: 5 min

Duration: 16 min

dynamic stretching

Intervals: 1

ORGANIZATION

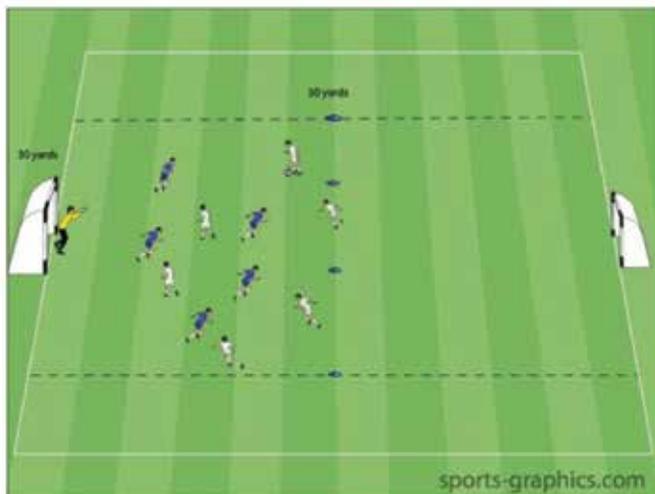
(Physical Environment / Equipment / Players)

- 2 areas 20x10. 2x teams of 6 in each half with a ball each & number themselves 1-6. Teams take it in turns to send 1 player at a time into the opposition area coming up with trigger to send a player out so that the other team isn't made aware. As soon as player moves to enter the opposition area the other team have to send 1 player to their area & it is a race to get to the oppositions are first. All players that are in the area have to preform ball mastery exercise until they move to the other half.
- PROGRESSION: Add a player in the middle zone to play combination play with to get to the other half.

COACHING TIPS

- Awareness of space, teammates & opposition player.
- Head up when dribbling to scan.
- Change of speed and direction.
- First touch out of the feet & explode away when trigger to do so.
- Combination with teammates to counter.

2. SMALL SIDED ACTIVITY



Intensity: 75%

Activity Time: 20 min

Recovery Time: 3 min

Duration: 20 min

Intervals: 1

ORGANIZATION

(Physical Environment / Equipment / Players)

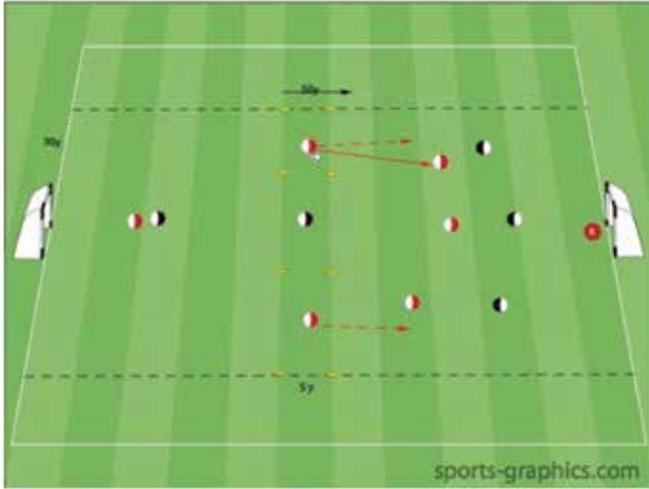
- Area 50x30 with goal and GK at each end. 2x teams of 6 vs 6 scenario game with one team (White) being a team who have to play clever, inventive passing & dribbling to break down the Blue defence. to score though all White team players must be in the attacking half which will give the opportunity for Blue's to counter attack & score.
- Rotate roles of teams.

COACHING TIPS

- Speed of the attackers to catch defuse unbalance.
- Options ahead of the ball.
- Movements to attack space & receive.

COUNTER ATTACK

3. EXPANDED ACTIVITY



Intensity: 75%

Recovery Time: 2 min

Intervals: 2

Activity Time: 10 min

Duration: 20 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- Area 50x30 split into half with 5 yard middle zone.
- Ball is played in from Red into the 3 attackers & player in central area joins in to make 5v3 to score.
- 3 black defenders look to win possession & play quickly to 1 black attacker in the attacking half to counter attack as blacks support the attack.
- Red recover to defend & then set the practice up to repeat in the other half.

COACHING TIPS

- Speed of the attackers to catch defense unbalanced.
- Options ahead of the ball.
- Movements to attack space and receive

4. GAME



Intensity: 85%

Recovery Time: 1 min

5 min cool down

Intervals: 2

Activity Time: 12 min

Duration: 25 min

ORGANIZATION

(Physical Environment / Equipment / Players)

- 7v7, 9v9 or 11v11 Game.

COACHING TIPS

- Same as above.