



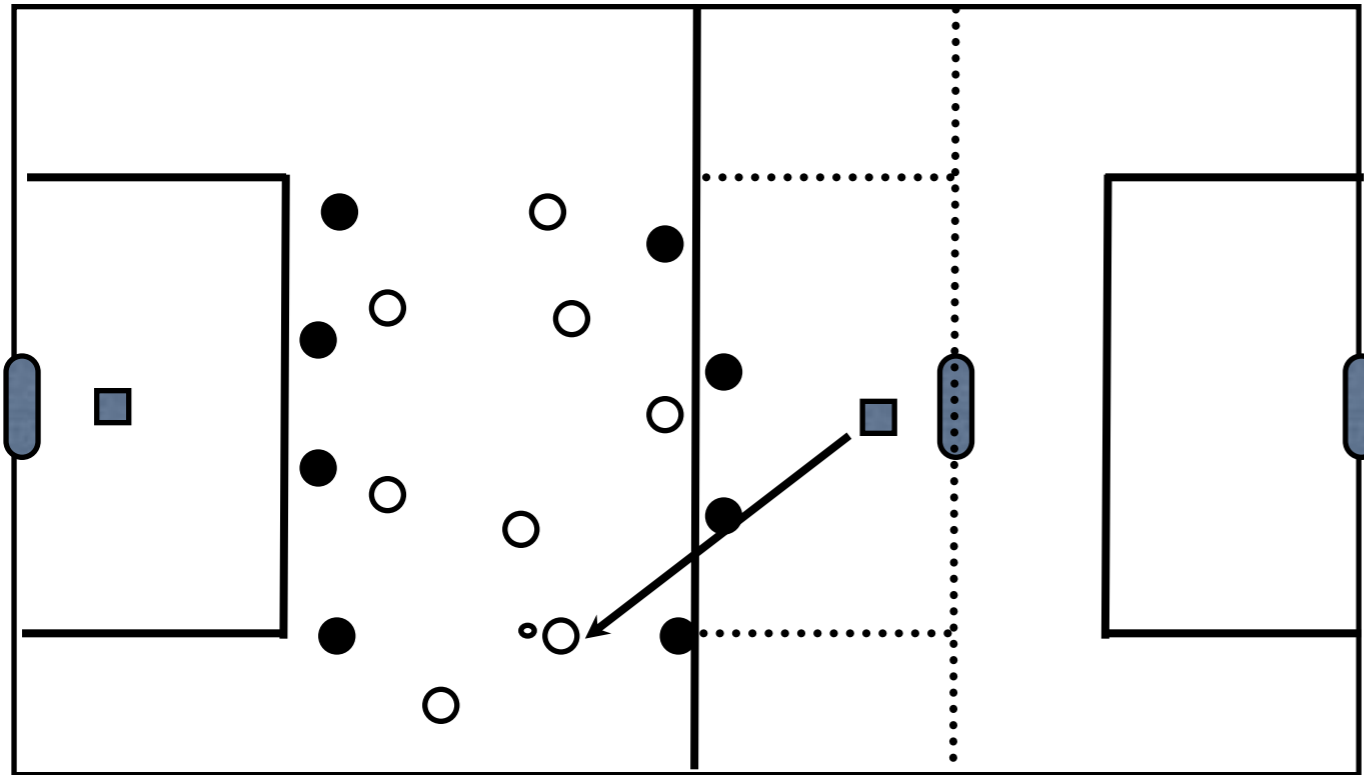
COACHING SEMINARS



'From Theory to Practice'
Coaching practices to improve player performance



**Presented by
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Assistant Coach
Qantas Socceroos**



Organization: 3/4 Field in length - Full Width.

Show Practice for Attacking & Defending Play

Using different numbers of players, e.g. 8v4 in both directions to involve all players in squad and:

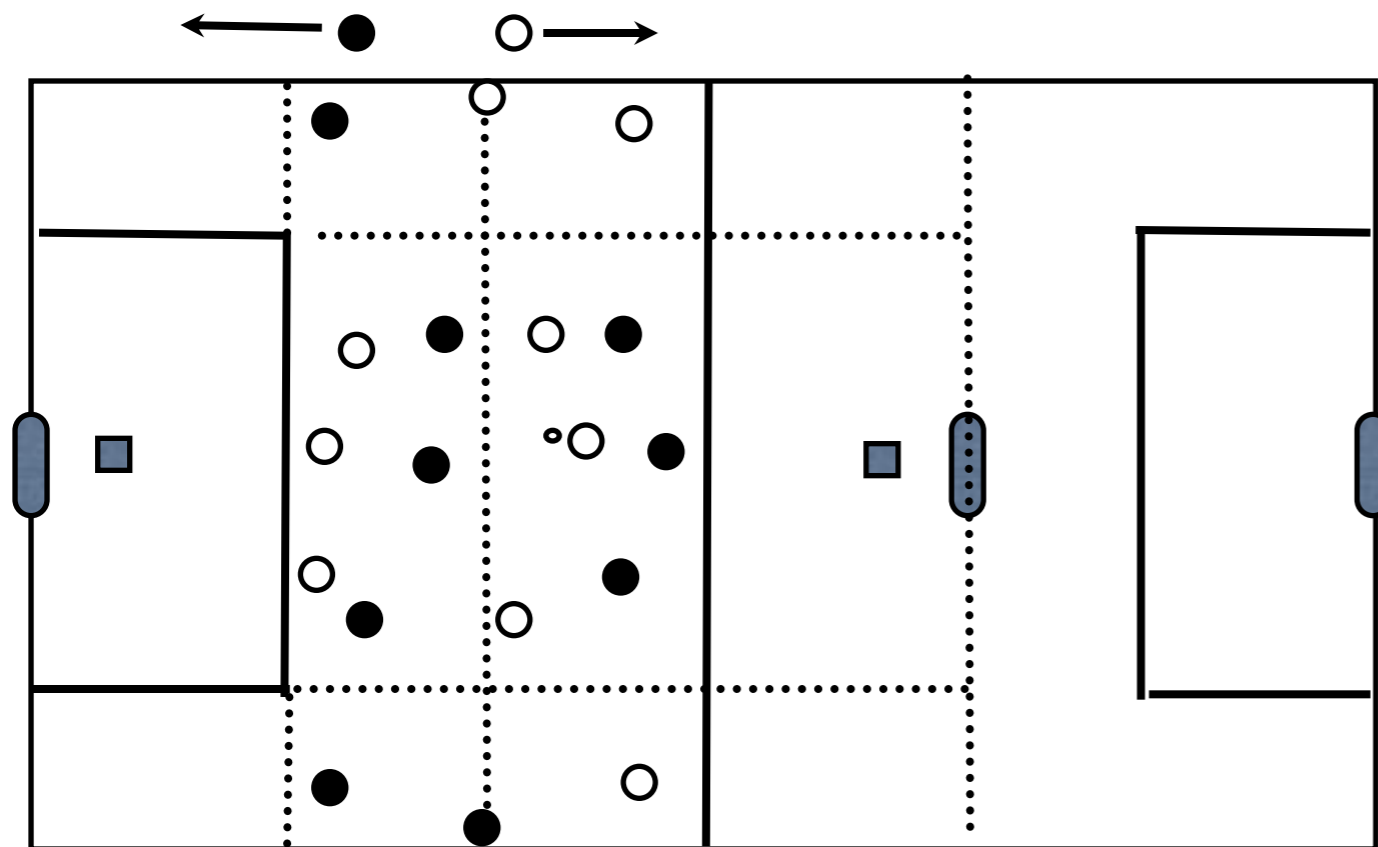
- 8v4 in one direction, with target.
- 10v4 in one direction, with target.
- 10v 6 in one direction, with target.
- 8v8 in one direction, with target.
- 8v8 in both directions = Small sided game

Functional Practice: 16 outfield players and 2 Goalkeepers

The practice starts with a GK, who throws the ball to a white circle player, the 8 white circles attack one of the goals and the 4 black circles try to stop them from scoring. If the ball goes to the GK he continues the practice by throwing the ball to one of the white circles and they attack the other end and try to score past the other 4. If one of the 4 black circles wins the ball he either passes the ball to the GK or to one of the white circles and they attack the other end. **The practice ends** if a goal is scored or the ball goes out of play.

Consider at all times: **Realism** and how to manage it, **Work : Rest ratio** and intensity of practice, **Repetition** of what you want to happen. **Where to position yourself** to be able to “see” & “communicate with the players. **How to make the practice more or less challenging.**

Set the Players “**Tasks**” or things to achieve, e.g. “**Keep your shape**” and distance across the field. “**Close down**” opponents when they get within shooting range, you may have to explain or demonstrate.



“The Box”

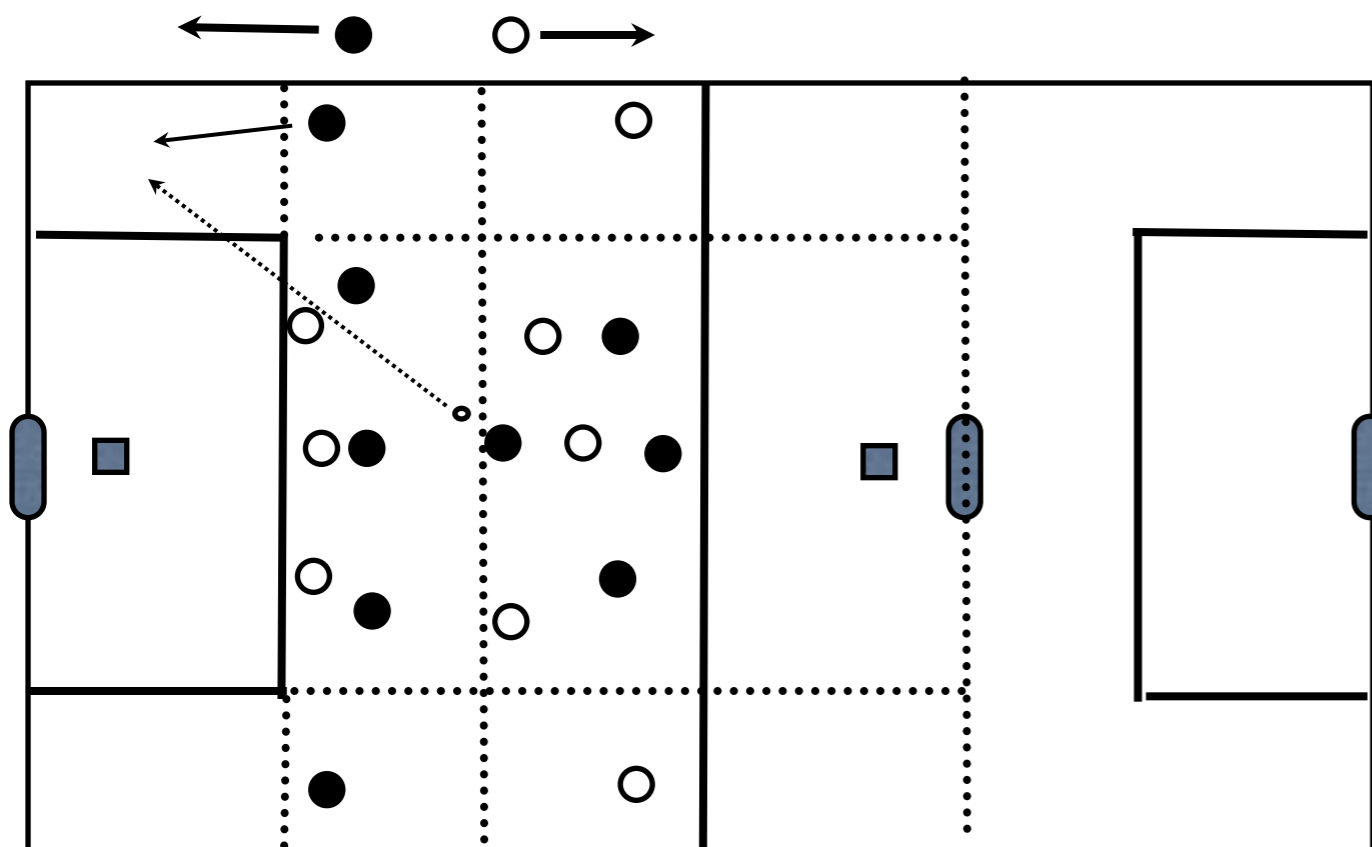
- > 6v6 + 6 + 2 GK's
- > Either 3 groups of 6 or two teams of 9, but only 6v6 at one time.
- > Play for 3 mins and change 6 players.
- > Work for 2 periods = 6 mins & rest for 1 period = 3 mins.
- > Vary numbers according to squad size.

Organization

- > 3/4 Field - Halfway line represents the edge of the pen. area.

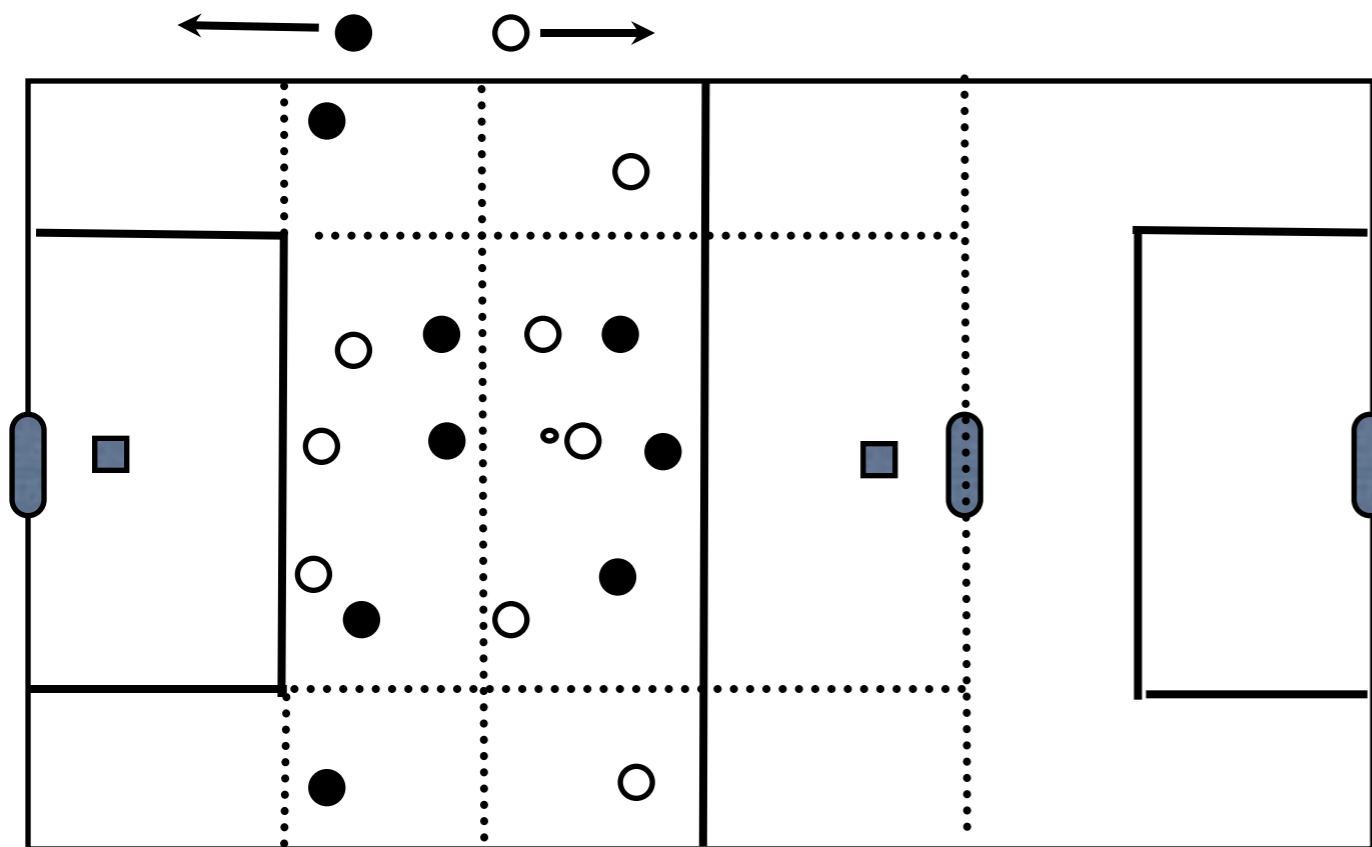
Rules

- > Attackers cannot run into the pen area until the ball has been played.
- > Defenders go wherever they want to defend the situation.
- > Attacks have one chance to score, if the ball is played back from the pen area all attackers must come back out of the pen area as well.
- > Attackers can dribble past defenders to get into the pen area.
- > If defenders see an attacker in the pen area before the ball is played they can “appeal”.
- > Apply “conditions to suit” topic.



“The Box” - Crossing & Finishing

- > 7v7 + 4 + 2 GK's
 - > ball must go into the crossing zone after entering the pen area.
 - > Once the ball goes into the crossing zone the other players play as normal and try to score, defenders try to stop them.
 - > Work for 2 periods = 6 mins & rest for 1 period = 3 mins and then rotate players.
 - > Vary numbers according to squad size.
-
- > One player in the middle zone acts as a feeder to the forwards and can make passes into the crossing zones or in behind the defenders to vary the play and make it realistic.
 - > Play goes from one end to the other fairly quickly allowing players to recover to their starting positions.
 - > 3/4 Field - Halfway line represents the edge of the pen. area.



“The Box”

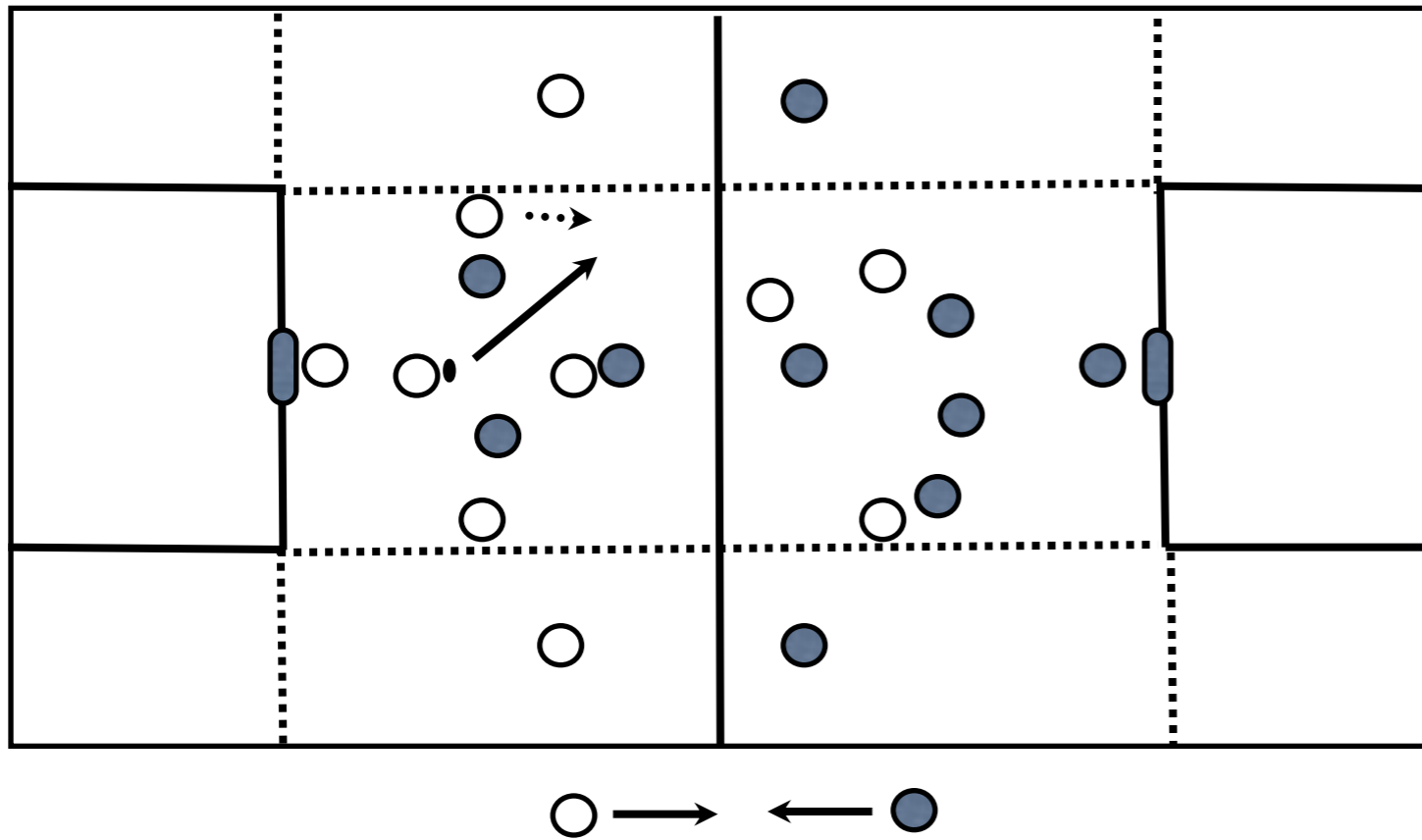
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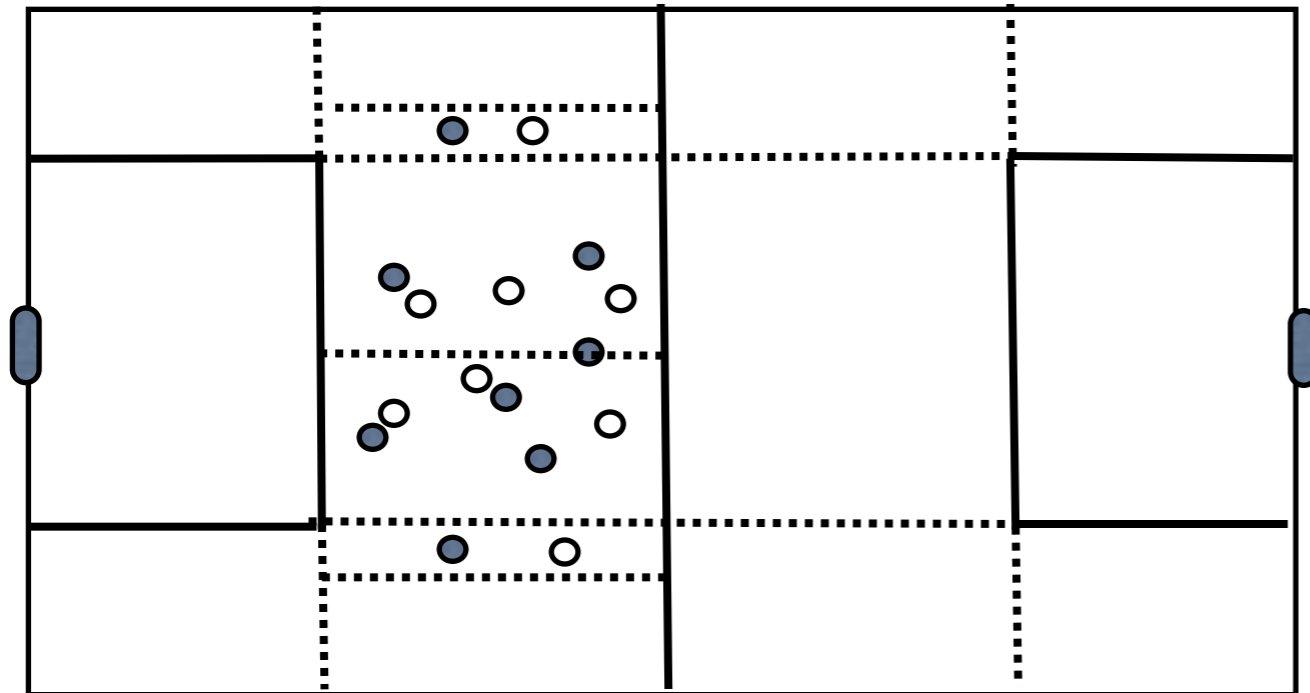
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Conditioned Game

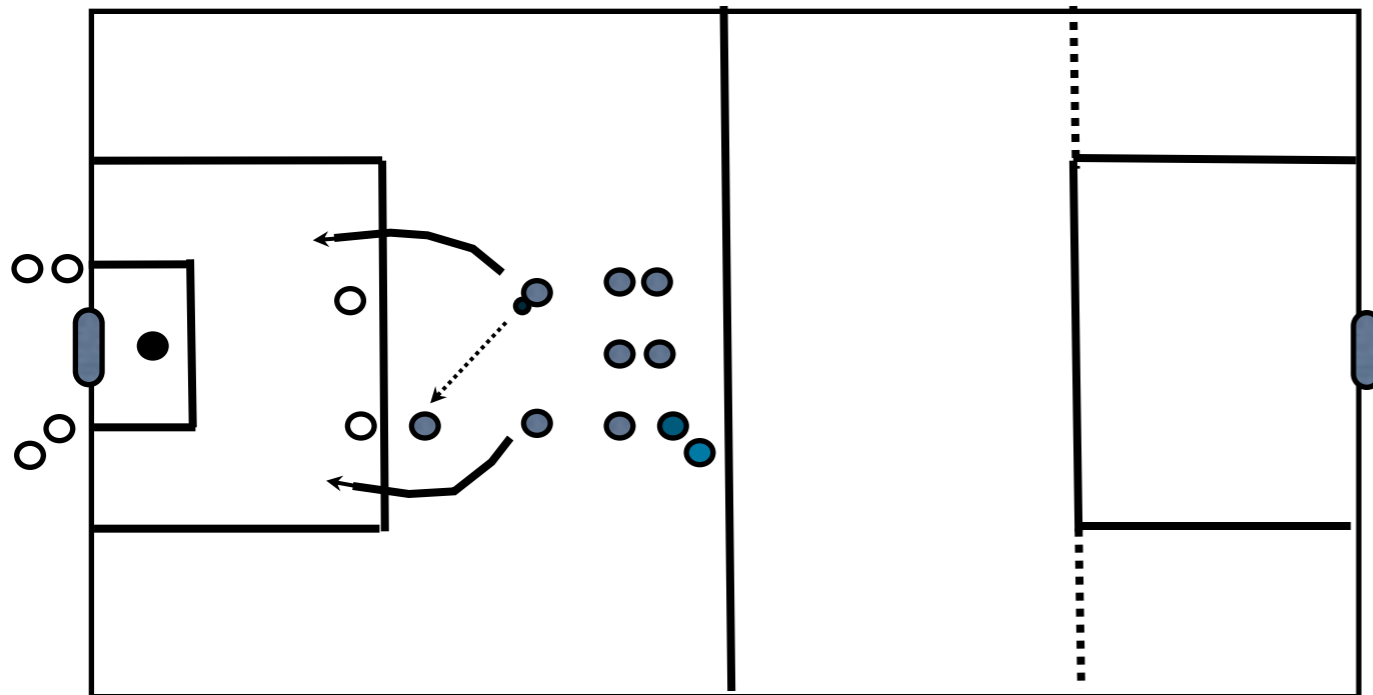
- > Box to box, width of pen area, players outside the width of the pen area, optional.
- > 3 Defenders & 2 strikers must always be in each half.
- > 7v7 + GK or 9v9 + GK
- > use full width to progress the practice and increase "Realism".



This practice can be used for attacking & defending play in a fairly tight situation. It provides plenty of repetition, it's very easy to organise and allows all players in the squad to be involved.

“In the Zone”

- > Players have to get the ball into the end zone and retain possession to attack the other end zone. If the player in the end zone wants to, he can take the ball into the playing area and the player who passed the ball to him takes his place in the end zone.
- > Conditions can be made to determine which area the ball can be played from towards the end zone and how many players must be in each half at any one time.
- > GK's can be used in the end zones but limited to an area in the middle of it.



“3v2 to score”

- > Defenders have to prevent a goal being scored and rotate after 3 attempts.
- > Attackers move into starting positions and have to score as quickly as possible.
- > Conditions can be imposed, e.g. Score within 6 seconds, only allowed to make two passes.