

Grassroots Coach

www.grassrootscoach.com

Issue 2 — February 2005

The Development of Game Intelligence Pt. 2

— with Horst Wein



**Defending
Easy as 1, 2, 3..**

**Over 30 Age Appropriate
Activities to Teach Skill**

Grassroots Coach — Global Edition

The game never ceases to amaze me in its universal appeal and two things once again have given concrete evidence of the world-wide popularity of soccer.

My annual pilgrimage to the NSCAA Convention in Baltimore always leaves provides an opportunity to see friends from all over the planet who make the same voyage. Each year we come looking for new ideas and a chance to exchange thoughts on the game and leave rejuvenated and ready to continue to spread the word.



Returning from Baltimore the first three weeks of existence for **Grassroots Coach** has only served to reinforce that “football” is truly the world’s game.

In less than a month we have subscribers on five continents from a dozen countries and have had visitors from dozens more.

Coaches in the United States and Canada as well as in Australia, Brunei, England, Ireland, the Netherlands, Nigeria, Northern Ireland, Norway, Scotland and South Africa have all joined us in this project.

We have made a few changes this month welcoming a couple of new contributors and adding a monthly Coerver Coaching session for your use and the further education of your players.

In this issue contributors again include, Horst Wein, world renowned coaching mentor and author of dozens of sport texts, who brings us Part Two of his article on Game Intelligence. Ton de Hoop respected coaching educator from the KNVB in Holland, returns with his second article on coaching U7 and U8s and first time contributor Steve Watson from the footy4kids web site makes “Defending Easy As 1, 2, 3” while an old friend Paul Noon of the River City Soccer Club in Cincinnati let’s us in on some of the secrets of Coaching U6 players.

Hello World! from **Grassroots Coach**.

Bill Ault — Editor / Publisher

“This means that something like one-quarter of the entire world population stopped whatever they were doing and focussed their attention on a small patch of grass in South America where 22 brightly clad figures were kicking a ball about in a frenzy of effort and concentration.”

Desmond Morris
“The Soccer Tribe”

Grassroots Coach
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Coaching U6 Players

U-6 Coaching Rationale

It is important to understand at the outset that players coming to any sport prior to the age of 6 years old, in general, do not do so by their own choice. As a result, their coaches need to give them something about which to get excited. Further, at this age, learning to play soccer is secondary to most other things in their lives.

With the above assumptions, let's look at some things that we can do to energize the U-6 players, and, hopefully, get them to the point where they will enthusiastically return!

Each session should be geared around touching the ball as many times as possible. Involve the ball in as many activities as possible. Basic movements such as running, skipping, hopping, etc. need to be emphasized. If these can be done while kicking, catching, rolling, or dribbling a ball - all the better!

Training should not last for more than one hour. This is primarily due to physical fatigue and attention span considerations. Train once or twice a week.

Have as many different kinds of activities ready as you can get into one hour. Emphasis needs to be placed on what is FUN! Every player should bring his or her own size #3 or #4 ball.

Remember that although they may have very similar birth dates, their physical and / or mental maturity may vary as much as 36 months. Activities need to accommodate these individual differences whenever possible.

Team play and passing is an alien concept to these players. They know that if they pass the ball, they may never get it back. In fact, they often will steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart's content.

Plan for at least 4, 90 second drink breaks, especially in warmer weather. Their "cooling system" is not as efficient as in older players.

Typical U-6 Training Session

WARM-UP: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that may or may not involve the ball. They can chase their ball as it is thrown by the coach, bringing it back with different parts of their body. Or, they can chase someone with their ball at their feet. "Soccernastics" activities are very appropriate, like: rolling the ball with the bottom of their feet, with their elbows, backwards, throwing it up and catching it; keeping it up with their feet while sitting.

INDIVIDUAL ACTIVITIES: Follow the warm-up with some kind of individual activity, not a real 1 v.1 game, but some kind of activity where players act as individuals in a game environment. An example would be a kind of tag game, or "Red Light - Green Light", or a game where players are trying to knock their ball through gates. Keep players in motion at all times. Avoid having them wait on lines.

PLAY THE GAME: Move on to the real game, but make sure it is a 2 v. 2, 3 v. 3, or 4 v. 4 game. Switch the game every 5 minutes or so. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries.

WARM-DOWN & HOMEWORK: Finish the session with a warm down. Give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do, like, bounce it off their thigh and then catch it. It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return.



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 FA Youth License, Scottish
 FA Youth License, USSF
 National Youth License.

U7 / U8 — Session: Passing

Training youth players:

On a regular basis Ton de Hoop will contribute to *Grassroots Coach* with a complete youth training of 1 hour, the best length of a training session for younger players.

Each training session will consist of:

1. Warming-up
2. Nucleus
3. Application.

1. Warming-up: (15 minutes)

The warm-up has three primary goals: to warm-up the body, to set the right training atmosphere and to prepare for the training that's planned.

For the training of younger players we focus on setting the right atmosphere. Players come to the training field full of energy and if the coach/trainer wants to focus on a certain subject the players needs to be put in the right frame of mind. An intensive and fun warm-up is the right tool to focus on the upcoming subject in the nucleus.

2. Nucleus (25-30 minutes)

This is the part of the training that will focus on repeating subjects that have been practised before and to introduce a new subject.

3. Application: (15-20 minutes)

The coach can organize the scrimmage so that the subject he has taught in the nucleus is emphasized in the scrimmage. Fun is emphasized in the scrimmage. Fun is focus number one for the players, however the coach observes the players, while playing, to see if they try to bring into practice what he taught them in the nucleus.

All offered training sessions are used in the top youth programs in the Netherlands where only professional trainers (specialized in youth training) train the players 2 (amateurs) - 5x (professional clubs) per week.

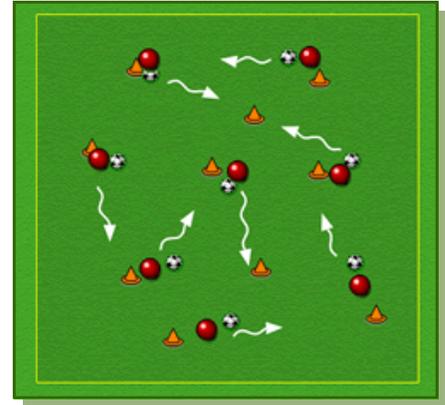
www.winningmood.com

1. Warm-Up

A. DRIBBLING WITH CONES :

25 x 25 m grid with cones scattered in area. — All players with a ball. Dribble and juggle in the square.

1. With each player starting at a cone dribble to another cone and back.
2. Dribble to one cone, then another and back to start.
3. Dribble to four cones and back.
4. Dribble in circle around cones before going to next one.
5. Repeat 1-4 as race — who is first back to their cone.



2. Nucleus

Working in pairs with one ball. Passing lanes for each pair with cones marking 10 and 20m mark. Play starts at 10m distance.

1. Passing with the inside of the foot, control and pass back.
2. Player without ball stands with legs apart, passer tries to pass through legs.
3. If passer scores they try again but with receiver 2m further back.
4. Pass, receive with one or two touches and pass back.
5. One touch passing if possible.
6. Repeat 1-5 in a game setting — which player or pair passes through the legs the most in 3 minutes.

3. Application:

Field of 40 by 20m with two goals.
4 VS 4 (with goalies)

Game objectives:

- ◆ Try to pass to open players.
- ◆ Scoring after receiving a pass counts double.

Coach needs to watch:

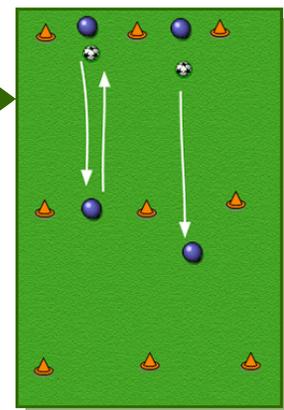
- ◆ The use of space.

Warm-Up

B. PASSING GAME

Half the players with a ball the other half without.

1. Players without ball try and kick other players balls out of grid. How much time does it take? Switch teams.
2. Team with ball needs to pass to someone within 5 seconds. Team without ball tries to kick ball out of grid — they can only kick out balls as they are passed. Quickest team to ten interceptions wins.
3. Players with a ball pass to players without, receiver passes back immediately and then moves to combine with another player. First player to make 10 passes wins. Switch teams.



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Fun Games to Teach Skills — Sharks!

Shark Attack - A simple win the ball game that makes for a great dribbling warm-up.

Level: Beginner, Intermediate (Ages 6-12)

Number of Players: Team, Adjust space to fit.

Cones: 4

Balls: One for each player.

Playing Area: 20 X 20m or larger for older players.

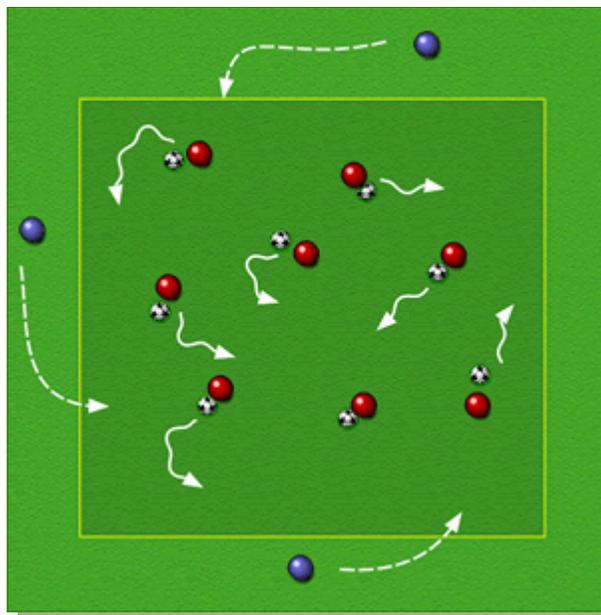
Background: A win the ball game. Creating situations for players that require quick changes of direction and pace, shielding of the ball and playing with the head up.

Set-up: One, two or three players are designated as the Sharks. Sharks circle the school of fish (outside of the designated area) until coach shouts “Shark Attack!!” Sharks then enter area and try to kick balls out of area — when coach shouts “Sharks Out!!” Sharks resume circle “swim”. A short time period of 5 to 10 seconds works best. Any player who lost their ball becomes a shark.

The Game Ends:

- All the fish have been “eaten”.
- After a specified number of shark attacks.

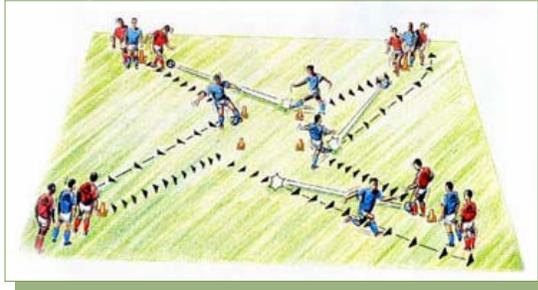
Look for: Easy elimination of the fish initially because they all run into a group in the center of the grid. After first quick game ask fish about where they should dribble when they hear Shark Attack — someone will come up with the answer to the open space. Play again and you will almost always see an instant improvement.



Coerver Coaching Session of the Month

1. Warm-Up Ball Mastery Work

Setup: a 12 x 12 area.
Four groups of up to four players positioned as shown.



Players at front of each line dribble to center of cone and then cut the ball across their body before passing to the first player in the next line. Player then sprints to that group.

Use inside of foot to cut ball, use outside of foot to cut ball, do pull back move and then pass ball — many variations.

Duration — 10 minutes

2. Warm-Up Part II Moves

A 20 by 30 area is divided into 10 meter wide lanes. Two groups of players are positioned as shown. Pair players in each group and give them a ball.

The lead player in each lane runs forward and makes stop and start move in the middle of the area. Their partner runs alongside and provides passive opposition. The lead player then passes ball to first player in opposite line and then the pair joins the opposite group.

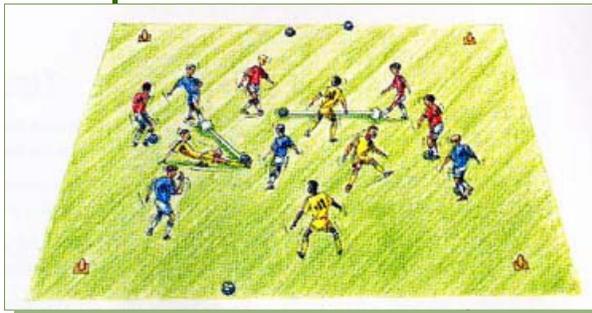


Players change roles after each sequence.

Duration — 10 minutes

3. Technique Work Passing

Setup: 20 x 20 to 40 x 40 meter grid depending on age and ability of players.



Three teams of up to five players each. On two teams each player has a ball — they are the attackers. The third team is the defenders.

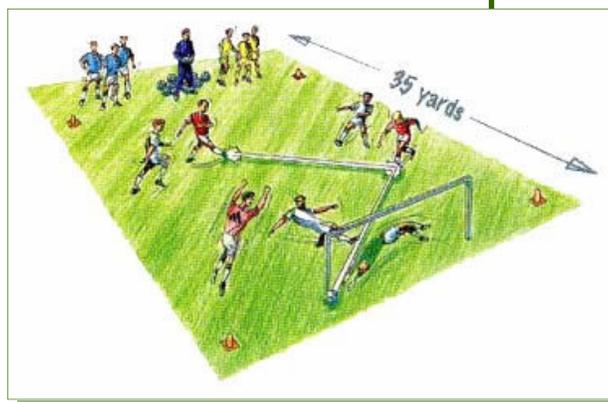
Attackers dribble balls while defenders try to kick ball out of area. When attacker loses their ball they help team to maintain possession of remaining balls. Last team left with a ball wins.

Each team takes turn as defenders.

Duration: 10 — 15 minutes.

4. Technique Work — Group Play

Setup: 30 x 35 area. Teams of three players — two teams play at once. Goalkeeper in goal (rotate if more than one). Coach with supply of balls at top of area.



The coach plays the ball in — teams that scores stays on; losing team replaced by next team waiting. If ball goes out of play coach plays another ball in quickly. Vary position from where the ball is served to start.

Duration: 15 — 20 minutes

5. Scrimmage

Players play a normal game on two goals with goalkeepers bonus point for making five passes in sequence.

Duration: 15 — 20 minutes

The Development of Game Intelligence in Soccer — Part 2: What Does Game Intelligence Mean?



“There is no greater power on the field than the players' intelligence.”

Horst Wein

In soccer, every position in the team or task to perform requires a specific type of intelligence. The one required of a goalkeeper is totally different to that of a central defender or a front-line attacker as the problems are not resolved in the same way in defense or in attack or inside the pitch or only in front of the goal.

The intelligence of a player should be considered as the real driving force behind his performance. Often, the difference between one soccer player and another is the level of intelligence he demonstrates in the game. His intelligence explains his success.

A high level in soccer is only possible when making constant use of game intelligence. Neither a player who is physically fit and technically proficient but without an alert mind or intelligence nor one who is capable of resolving problems mentally but is unable to transfer his brilliant ideas into actions which benefit his team can be considered a complete player.

Unlocking and developing systematically a soccer player's game intelligence is still beyond the knowledge of many coaches and teachers. Unfortunately there

is no literature about developing this important aspect either in soccer or in other sports and few coaches are prepared to modify their coaching style (please consult the last chapter of the book "Stimulating game intelligence and understanding of soccer") which is an important prerequisite for being able to stimulate game intelligence. The continuous commands and instructions given by most coaches before, during and after the match prevent most of the players from using their intelligence. Instead of confronting the players in training with a great variety of problems to be resolved, they receive day by day the solutions to the problems from the coach to which they have to obey. This rigid and authoritarian coaching style doesn't develop intelligent players with awareness and responsibility.

To get more intelligent players on the

(Continued on page 9)



Meet the Author

Horst Wein is one of the world's foremost mentor of soccer coaches and trainers. He has coached the coaches in over 50 countries on four continents and has written 31 sports-related textbooks, including five on soccer.

His most recent is called "Developing Game Intelligence in Soccer" and is published by Reedswain Books.



pitch in the future, coaches need to stimulate more and instruct less. Instead of being instructors on the soccer pitch, they should become consultants, guides or organizers of information, knowing how to complement the teaching of technical skills with the accumulation of game specific knowledge, thus achieving significant learning!

Developing game intelligence in any soccer player implies teaching him to:

- ♦ read the game and understand what is happening on the pitch (for which a certain level of perception, knowledge and experience is necessary)
- ♦ draw on past experiences when confronting any given situation to come to a correct decision
- ♦ execute with an appropriate skill level, and quickly, the previously thought solution.

Apart from being able to 'read' the situation in the game, an intelligent player can anticipate how the play is likely to develop thanks to the information previously processed. The ability to anticipate, which is always the result of good perception and decision making, is a significant tool for intelligent players.

"There is no greater power on the field than the players' intelligence."

To be able to focus maximum attention on his problem or task at hand and decide quickly and intelligently about his next move, his technical skills should have been consolidated and automated beforehand. Doing so, the quality of his game will be raised and the player will perform at a higher level. It is necessary to make intelligence work for soccer in order to achieve a better game! Nobody is born with a high level of game intelligence in soccer, but to develop their innate potential, players must be exposed daily to a varied and progressive training program with simplified games. They are an ideal tool to unlock and not only develop game intelligence in any player, but also will hone his technical and tactical skills.



"Developing Game Intelligence in Soccer" Wein Way Sports International

Will be hosting a 2 day Coaching Seminar
presented by:

Professor Horst Wein

Dates

April 29th (7pm - 10:00pm)

April 30th (9am - 4:00pm)

May 1st (9am - 2:00pm)

Venue

Cawthra Community Center
1399 Cawthra Road (south of QEW)

Cost

\$115.00

Topics

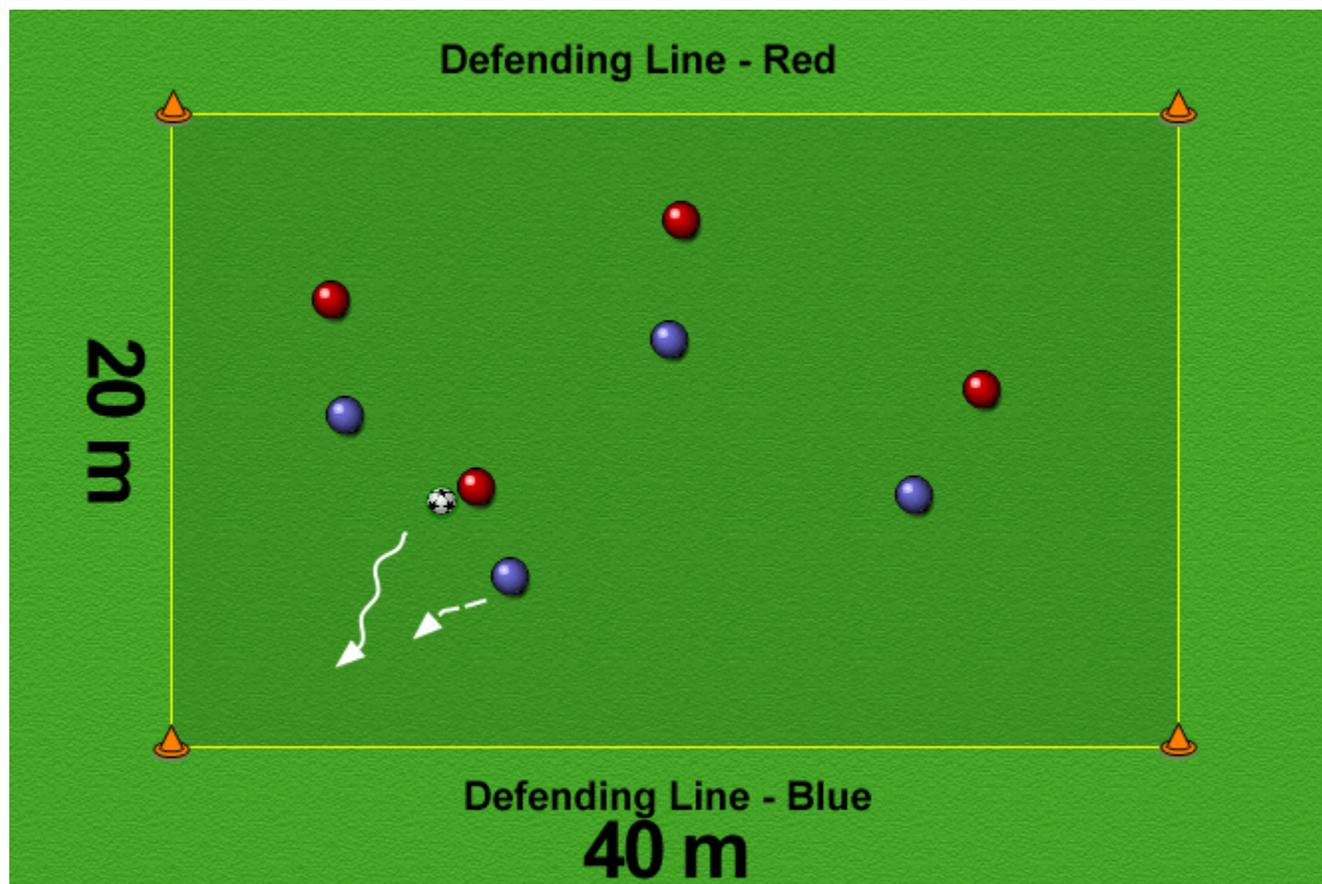
- ♦ The necessity of working with a Soccer Development Model for developing game intelligence in Soccer from the grass root level
- ♦ Simplified games for teams formed by 3 players
- ♦ Simplified games for teams formed by 4 players
- ♦ Coaching Counter-Attacking
- ♦ Mastering the through pass
- ♦ Attacking under pressure and many others



To Register contact:

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www.weinwaysports.com

Small Sided Game of the Month



4 vs. 4 Dribble Over the Line

Game Set-Up	Objects of the Game	
<p>Basic Rules and Set-Up:</p> <p>Each team attacks and defends two lines.</p> <p>Used to work on encouraging players to take defenders on 1v1 and to recognize when the situation is right to do so.</p>	<p>Your Team in Possession:</p> <ul style="list-style-type: none"> ◆ Control the ball well. ◆ Play quickly, look to pass directly to player in scoring position. ◆ Heads up looking for the moment or movement that can isolate a defender. 	<p>Other Team in Possession:</p> <ul style="list-style-type: none"> ◆ Keep the ball in sight and in front of you. ◆ Prevent scoring without giving away free kicks. ◆ See the field, be aware of more than just your direct opponent.

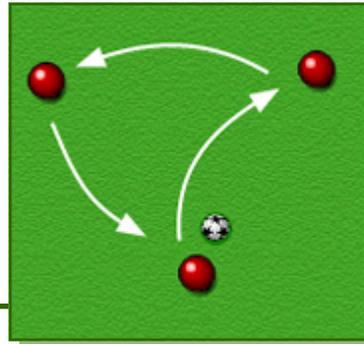
U10 — Session: Passing Outside of Foot

1. Warm-Up Passing Tag

Two teams. Teams pass ball and try to tag opponent by hitting them below the knee with the ball. Teams get one point for each tag first team to 10 wins. Ball switches possession when it goes out of bounds. Team in possession must pass not dribble ball.

Variation: Limit touches.

Duration: 10 minutes



2. Technique Work

Working in threes, players pass to each other in a triangle. Pass with the outside of their foot. Play with one or two touches.

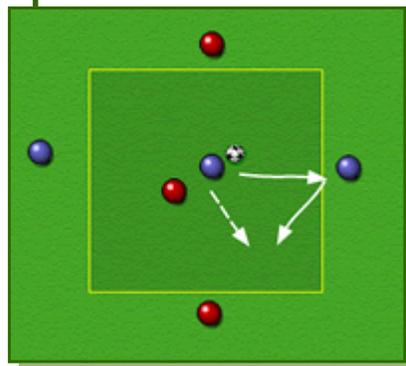
Duration: 10 minutes.

3. Technique Work

Groups of 6. Play 1v1 inside 15m square with four support players on the outside of grid. Swap places every minute. Count number of successful wall passes performed with the outside of foot.

Variation: Two teams only pass to teammates on outside of grid.

Duration 10—15 minutes.



Key Points:

Control With Chest

- ◆ Look up before receiving the ball so you have an idea of where you want to go.
- ◆ Look at the ball right up to the moment you control it.
- ◆ Be flexible, receive the ball softly.
- ◆ Practice moving in different directions after receiving the ball with your chest.

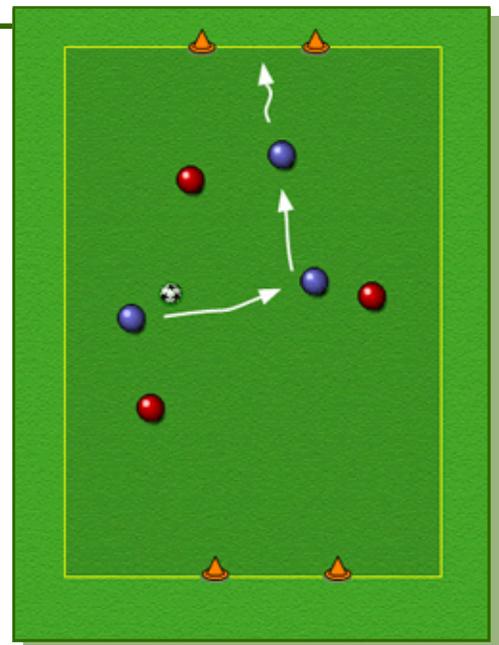
4. Game to Build Skill

3 v 3 without goalkeepers on wide goals on 20 x 30m field.

Have to score from within 5m of goal or dribble through goal. Award extra points for goal scored following a pass with outside of foot.

Variation: Limit touches — change number of players.

Duration: 10 — 15 minutes



5. Scrimmage

Two even sides with or without goalkeepers. Bonus point for scoring goal after a pass with outside of foot.

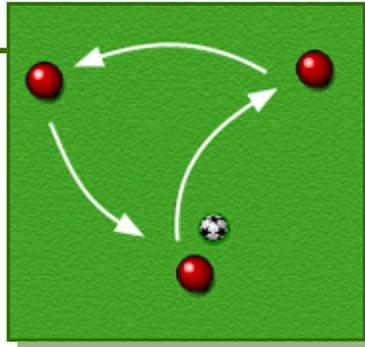
U12 — Session: Ball Control with Chest

1. Warm-Up

Working in groups of three players practice receiving the ball with their chest. Players pass high balls, receive them and then pass the ball before or after the ball contacts the ground.

Variation: Limit touches.

Duration: 10 minutes



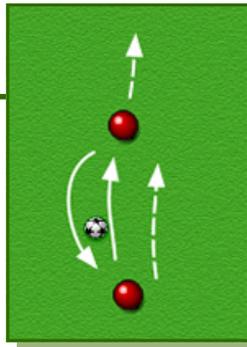
Key Points: Control With Chest

- ◆ Look up before receiving the ball so you have an idea of where you want to go.
- ◆ Look at the ball right up to the moment you control it.
- ◆ Be flexible, receive the ball softly.
- ◆ Practice moving in different directions after receiving the ball with your chest.

2. Technique Work

Working in pairs players practice receiving the ball with their chest while moving forwards. One player serves while the other controls the ball and passes the ball back before it touches the ground alternating between left and right feet. Change roles.

Duration: 10 minutes.



4. Game to Build Skill

Two teams in short lines a good distance apart. Servers in one line pass to team-mate in opposite line who controls the ball with their chest and then finishes 1v1 with the goalkeeper.

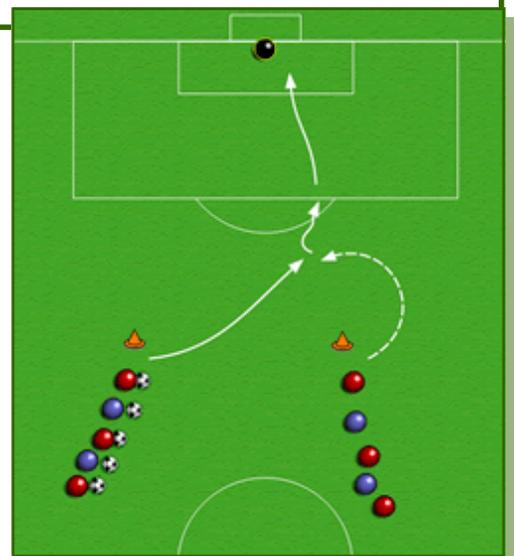
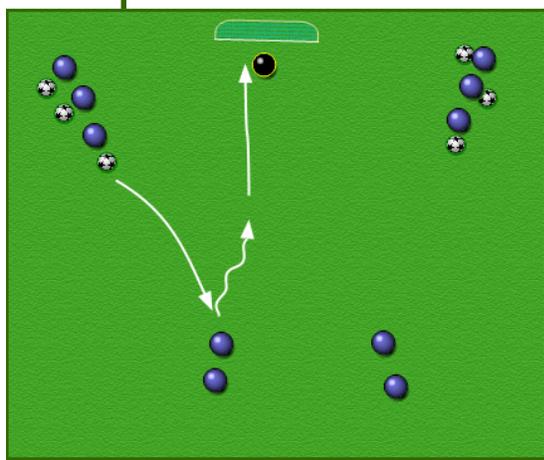
Variation: Limit touches forcing players to shoot from long range.

Duration: 10 — 15 minutes

3. Technique Work

Players stand in four short lines. First player plays a high ball the player receiving controls with chest and shoots on the volley before the ball hits the ground. Use both feet — players change lines after each serve.

Duration 10—15 minutes.



5. Scrimmage

Two even sides with or without goalkeepers. Bonus point for scoring goal after controlling with chest.

U14 — Session: 1 v 1 Attacking

1. Warm-Up

Working in groups of four. Players dribble work on attacking move — pass the ball to opposite line. Scissors, step-overs etc.

Duration: 8 — 10 minutes



Key Points:

1 v1 Attacking Play

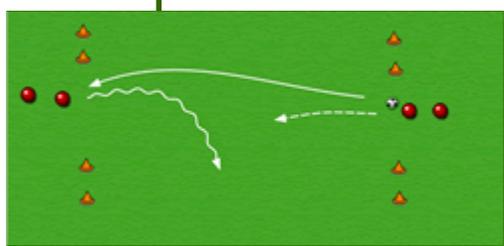
- ◆ Attack with speed.
- ◆ Dribble directly at the defender to put them off balance.
- ◆ Keep the ball close to your feet when you feint.
- ◆ Attacking at speed allows you to make your move a little further away (at a safer distance) from the defender.
- ◆ Once you have made your move accelerate past the defender. “Change direction, change speed.”

2. Technique Work

Two short lines, play start with pass, receiver then attacks trying to score by dribbling through either cone goal at opposite end.

Variation: Play starts with throw-in serve — to feet, to chest, to head.

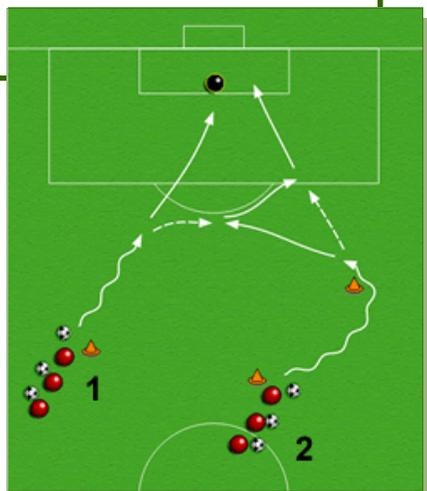
Duration: 10 — 15 minutes.



3. Technique Work

Two lines facing goal. First player in line one dribbles towards goal and shoots — first player in line two starts attack as soon as Player One touches ball. Player Two dribbles around cone and then combines with Player One before shooting on goal. After combining Player One pressures Two from behind.

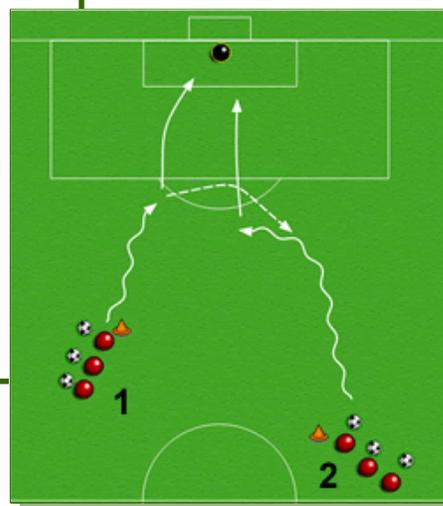
Duration: 10 — 15 minutes



4. Technique Work

Two lines facing goal. First player in line one dribbles to goal and shoots — first player in line two starts attack as soon as Player One touches ball. After shooting Player One turns and defends against Player Two in a 1 v 1 situation.

Duration 10—15 minutes.



5. Scrimmage

Play normal game — two teams to goals with keepers. Reward good 1 v 1 play with bonus point if it results in goal.

Duration: 15 — 20 minutes.

Introducing 1, 2, 3 Defending

“The most important single aspect to get across is that the closest person to the opponent with the ball DOES NOT have the responsibility to win the ball!”

With young players, the hardest, and in my opinion, the most important single aspect to get across is that the closest person to the opponent with the ball DOES NOT have the responsibility to win the ball! Once defenders understand this, about 90% of diving in is eliminated and the attackers job becomes much harder.

It also reinforces the next most important concept: that somebody had BETTER be moving to cover the space behind the closest defender! That is the player who will, most often, wind up winning the ball.

You can demonstrate this quite easily by selecting the best defensive player on the team, placing that player isolated out on the pitch, point to a goal for him or her to defend, and then tell them to "get the ball" from you. Then, simply dribble up to the player, push the ball past, into space, and run onto it.

Ask the team why this was so easy. Now ask how you can prevent it from happening.

Somebody will come up with having a teammate behind the pressuring defender.

Now repeat the demonstration with another opponent who has been instructed to cover the space. Also ask the closest (pressuring) defender to not win

the ball unless a mistake is made by the attacker. Run it again and you should see a huge improvement.

Closest person to the opponent with the ball (the first defender) applies the PRESSURE

- ◆ YOUR JOB IS TO SLOW THE ATTACK, NOT WIN THE BALL
- ◆ Slow the attacker down
- ◆ Apply just enough pressure to get the attackers head down
- ◆ Make the attack predictable and push the attack to the least dangerous part of the field
- ◆ Only attempt to win the ball if the attacker makes a mistake and you are sure to win it. BE PATIENT!

Tips for the first defender
Pressure the ball IMMEDIATELY!

- ◆ Do not dive in, just slow the attack down and make it predictable. PATIENCE!!
- ◆ Eyes on the ball
- ◆ Weight even between legs, and forward on toes, knees bent, feet shoulder width apart, one foot forward
- ◆ Do not mark too close until you have help - a wall pass may beat you.
- ◆ Mark close enough that the attacker has to keep her head down looking at the ball.
- ◆ Herd the attacker towards the touch-line
- ◆ Tackle only if you are sure you will win the ball.
- ◆ Risk tackles more in the offensive third of the field (closer to the

opponents goal)

- ◆ Tackle if the attacker is alone and outnumbered.
- ◆ Tackle if you can touch the ball before the attacker can.

The next closest person to the ball provides the COVER

- ◆ YOUR JOB IS TO BACK UP THE PRESSURING DEFENDER.
- ◆ Cover the space behind the pressuring defender.
- ◆ Adjust your distance based on the speed of the attack, and the skill and speed of the attacker.
- ◆ Communicate with the pressuring defender, let him or her know that you are there, tell them which way to push the attack, if necessary.

Others provide the BALANCE

1. Mark any nearby attacking threats who could receive the ball directly from the ball carrier.
2. Track and other attackers who are moving, or could move into threatening positions.
3. Cut out any passing lanes. This can often be done while marking or tracking opponents.
4. Communicate with your teammates. Point out any unmarked threats, or any opponents making runs.
5. Be ready to assume the role of pressuring or covering defender if the situation changes.

Tips for the second and third defenders

2nd Defender:

1. Cover the space behind the 1st defender. LET THE 1st DEFENDER KNOW YOU ARE THERE!
2. Be a little bit toward the goal side usually.

3rd Defender:

Cut off passing options; especially square (cross-field) passes.

1. You can either mark the receivers, or the space between them and the ball.
2. RECOVER - It is never too late to run back and help your team-mates.
3. STAY COMPACT - Do not be drawn out of shape.
4. Make sure that the far post area is covered as the ball nears your goal.
5. Do not be caught ball watching. Track players moving forward.

Do not release your mark to go after a back pass unless you are CERTAIN that a team-mate is there to cover, AND does not have a mark of his own to cover! Usually this means the covering player TELLS YOU TO GO. So communicate!



Meet the Author

Steve Watson the founder of www.footy4kids.co.uk is a self proclaimed 40 something Dad who used to play footy quite well when he was (a lot) younger and (a lot) slimmer!

One day the under 10s manager asked Dad if he wanted to set up and run an under 8s team. Dad said "OK" and before he knew it he was presented with a bag of balls, some cones and an invite to a local league meeting. The rest as they say is history...

Goalkeepers — Narrowing the Angle

Unfortunately most developmental coaches to not have the luxury of setting aside an entire training session just for goalkeepers.

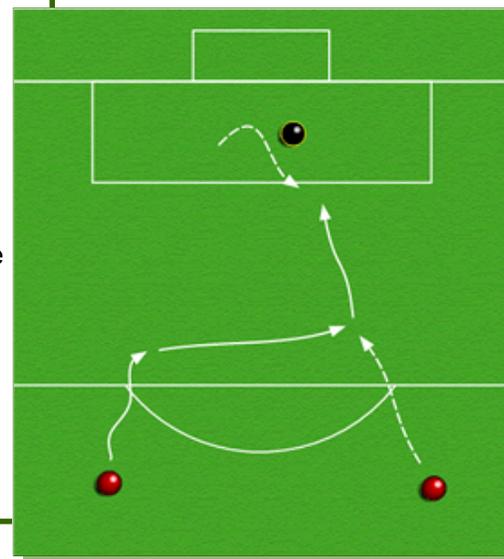
What coaches can do though is dedicate 20 — 30 minutes to goalkeeper training prior to or immediately following a regular training session. Coaches can also make one team exercise on a regular basis focus on the needs of the goalkeepers.

Even better have your assistant coach take responsibility for taking the goalkeepers aside and working with them for a part of each session.

The goalkeepers work with the coach or 1 or 2 field players.

The attackers may pass once on the way to goal — but this should be at a distance that allows goalkeeper to adjust to the new shooting line.

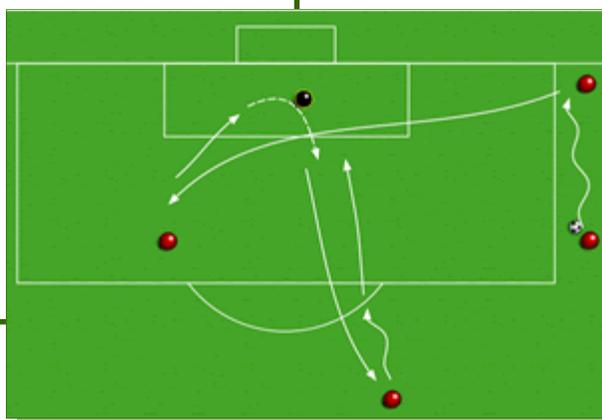
Goalkeeper narrows 1st shooter's angle and then adjusts quickly if a pass is made.



3 players plus a goalkeeper (second keeper and coach can make up the numbers).

First ball comes from player who makes a short dribbling run down side before crossing the ball for second player to finish with a header or a volley. After a shot or a goal the keeper rolls ball out to third player who shoots first time.

Goalkeeper must adjust quickly to new angle presented by third attacker.



Key Points: Angle Play

- ◆ Move forwards towards the shooter.
- ◆ You cover much more of the goal just by moving a couple of steps forward.
- ◆ Move on the imaginary line drawn between the center of the goal and the ball — the “shooting line.”
- ◆ When the angle of approach is changed by a pass you must move as quickly as possible to the new shooting line before moving towards the new shooter.
- ◆ When the shooter is to the near side make sure you are able to cover the near post by stepping just inside the shooting line.
- ◆ Each keeper is different due to their physical traits — you will learn what is the best distance for you to come forward and still cover the goal.