

Rio Rapids Soccer Club

Favorite Sessions from the
2014 NSCAA Convention
Philadelphia, PA

Presenters:

Ron Allen

Chris Cartlidge

Ray Nause



Phases of the Game to Train

➤ Attacking

- ❑ Possession to Progress
- ❑ Possession to Unbalance/Overload and Penetrate
- ❑ Final 3rd – Finishing

➤ Defending

- ❑ Prevent Progression – Rebalance
- ❑ Protect the Goal
- ❑ Recover the Ball

➤ Transition



Positional Combination Play

Steve Gummer, Technical Director
Southern Soccer Academy (Chelsea)





*Chelsea Combination Play as presented by Coach Ron Allen
(2 Midfielders Hi/Lo)*





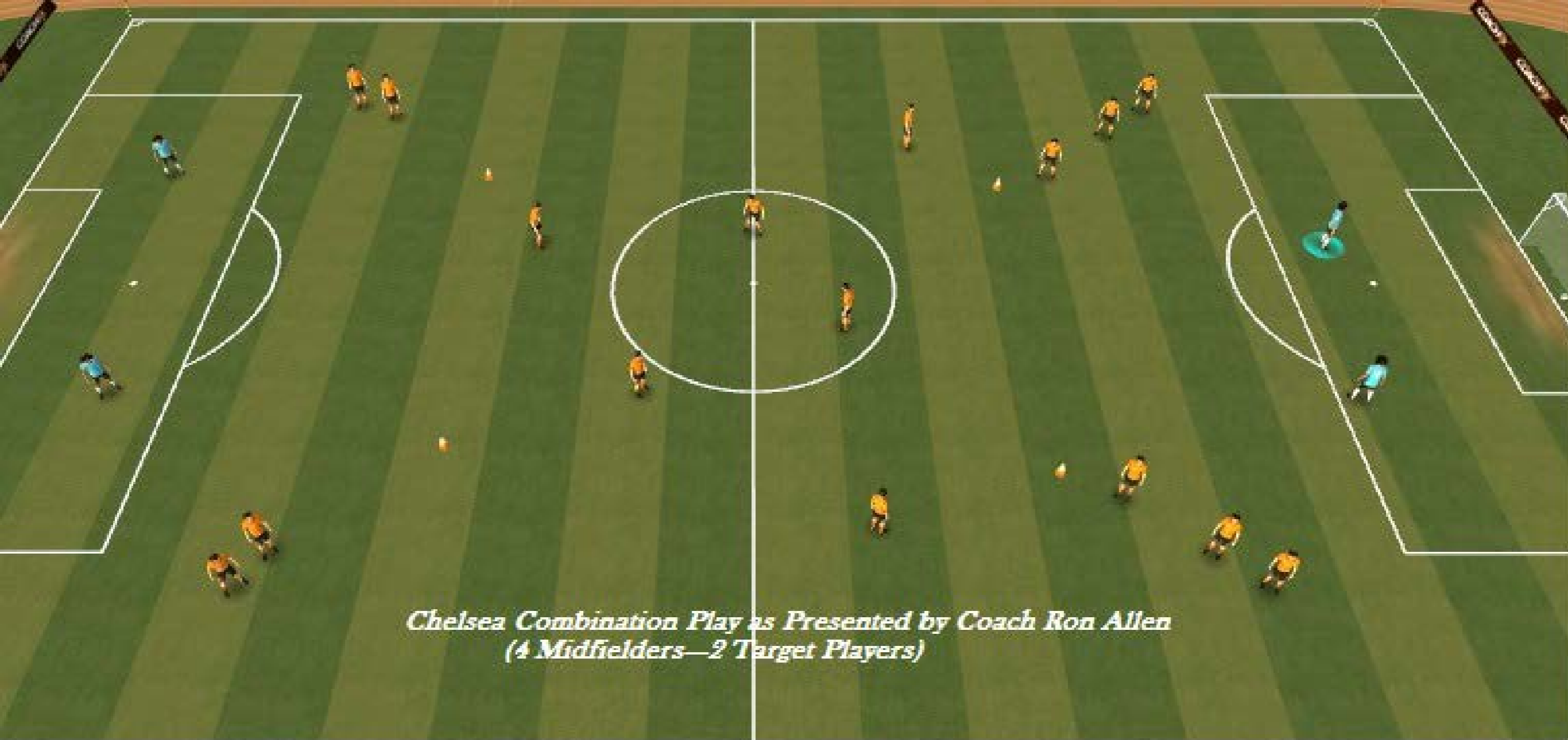
*Chelsea Combination Drill as presented by Coach Ron Allen
(4 midfielders Hi/Lo)*





*Chelsea Combination Play as Presented by Coach Ron Allen
(4 Midfielders Hi/Lo—2 Defenders)*





*Chelsea Combination Play as Presented by Coach Ron Allen
(4 Midfielders—2 Target Players)*



Brain Centered Training in Football

Michael Bruyninckx, Managing Coach

ASPIRE –

Academy for Sports Excellence



The Modern Game

Barcelona, Bayern Munich Video

As youth coaches we need to understand where the game is going next to appreciate how we should develop young players.

More pace, speed & running

More actions by all players

More passes completed & focus on possession

More decision making for players

More pressing teams - higher pressure less space

Higher levels of concentration required

More teams focused on controlling opponent

Increased importance of transition

Modern Game requires that top players have well developed cognitive skills & high level of learning capacity



Key Concepts to understand

Concentration levels required for top soccer are under appreciated - High levels of concentration can be exhausting- need to train attention & cognitive readiness

Reactivity you are faster if based on someone else's movement - reaction based speed

Memory - Key component in player development learning and understanding solutions - How brain organizes solutions



Training Concepts

Double Tasking - Use of core stability, use of counting, use of math problems

Rhythm - Use of counting, count faster than players can perform

Constancy - Mentally engage players constantly & change expectations

Unbalancing - Ball size, Ball Weight, Colors, Noise

Group Learning Key

Competition - no ranking until U14-15

20 Hours training per week



Training Concepts

Senseball - Rhythmic Repetition - Kinesthetic Capacity - 50 minutes before training - 1500 touches

Understand relative Age Effect - Early & Late Developers

Co-Ed Training & Diversity

Angular Passing/Play - not natural - brain struggles with diagonal pathways, lines & distances

Constant Positional Interchange in training



Teaching Player Solutions - organize logical progress Stages:

1. Cross
2. Diamond
3. Square
4. Grid

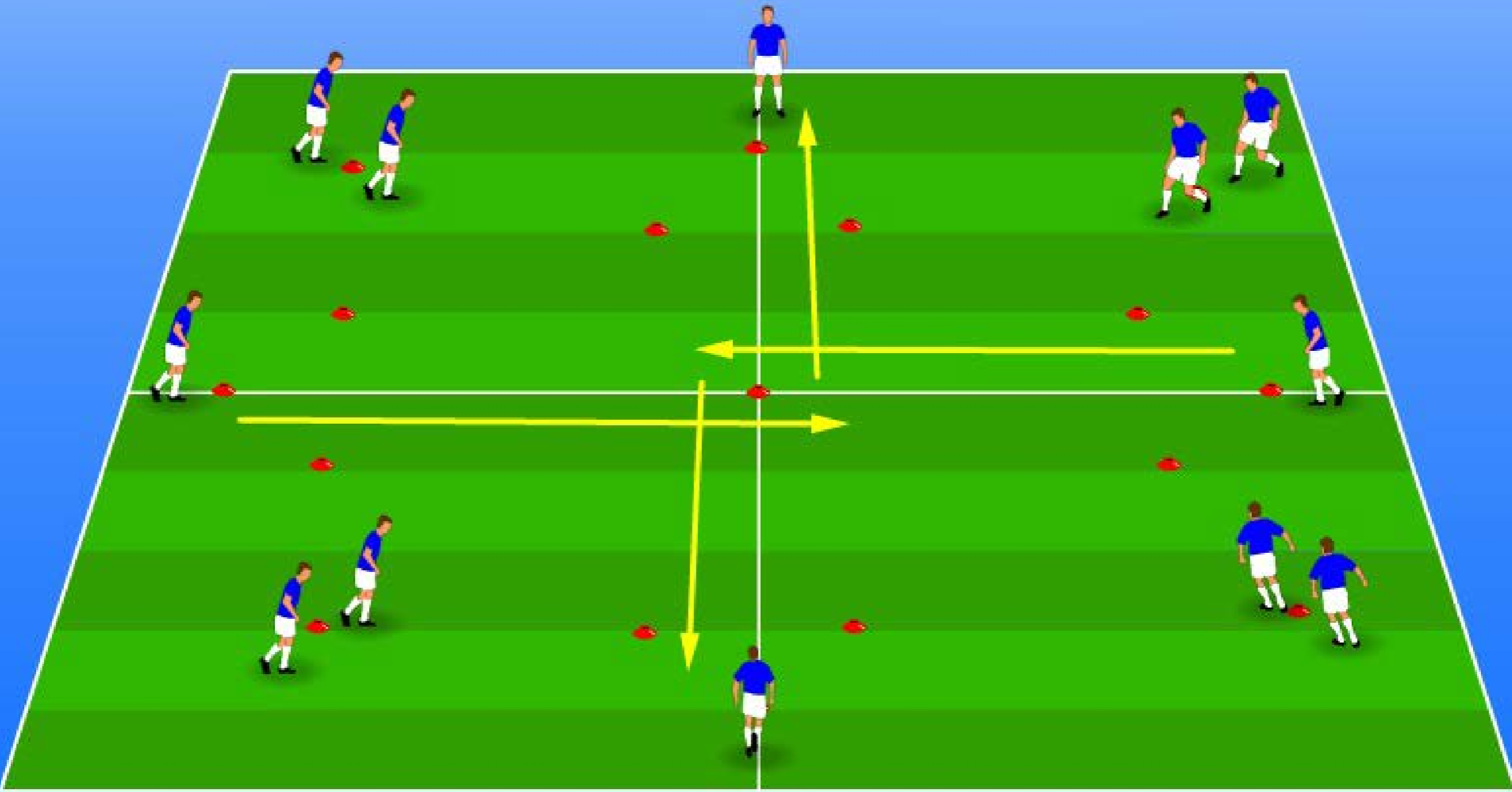
Players have 80 solutions in central zone

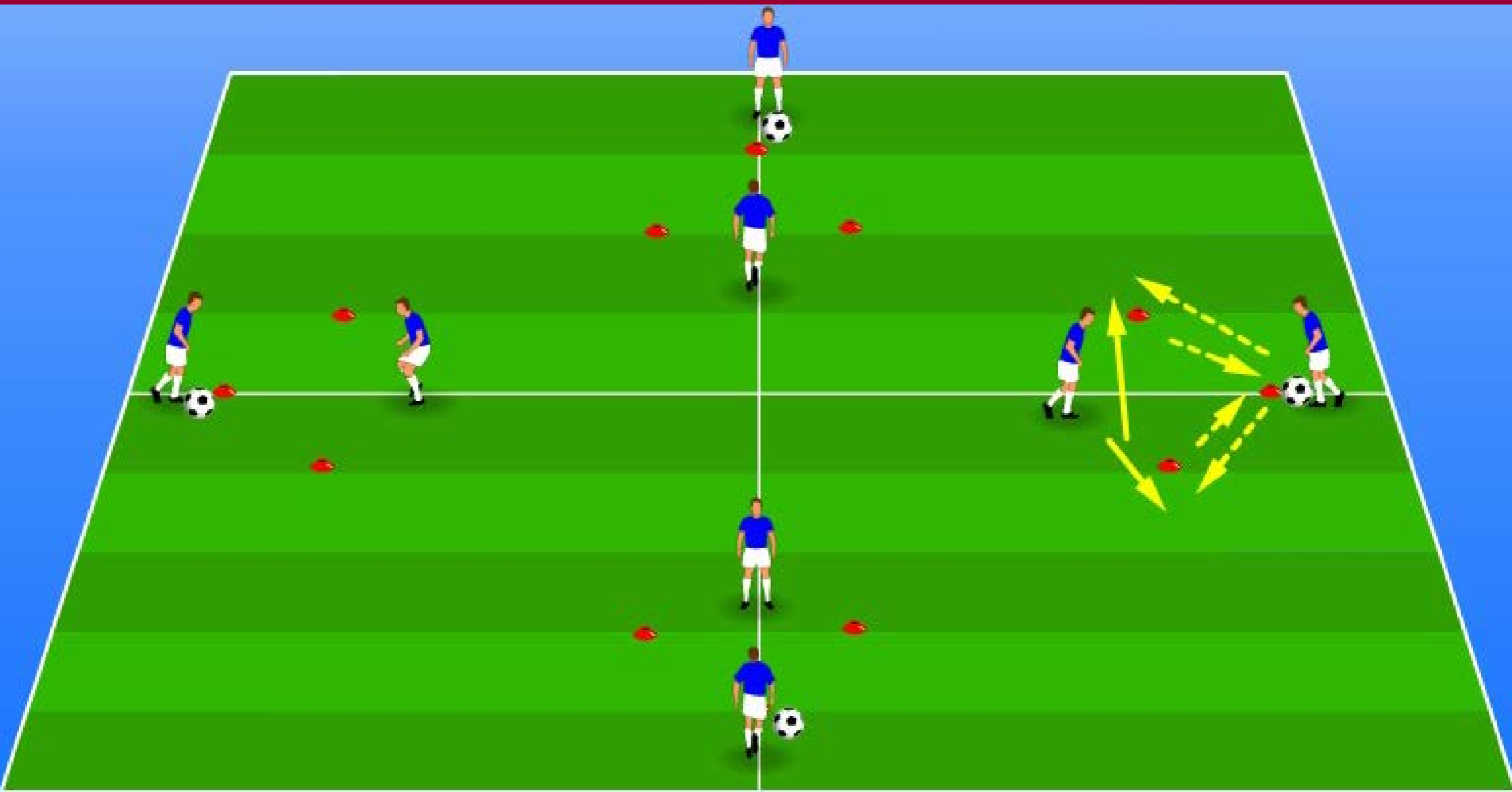
Build Step by Step - Repetition & Consistent Learning
Concepts

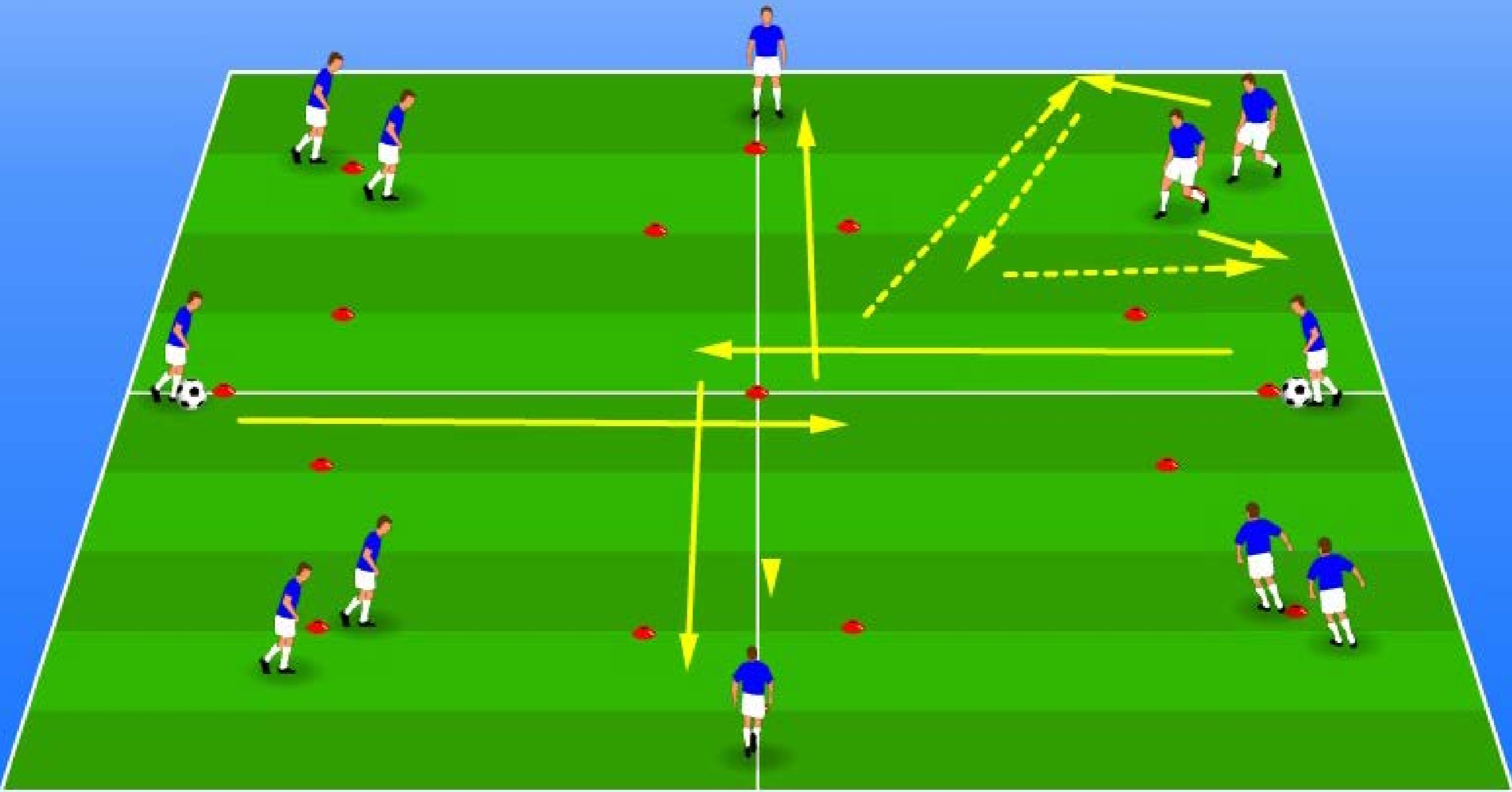
Chunk up concepts
Train it - Repeat it

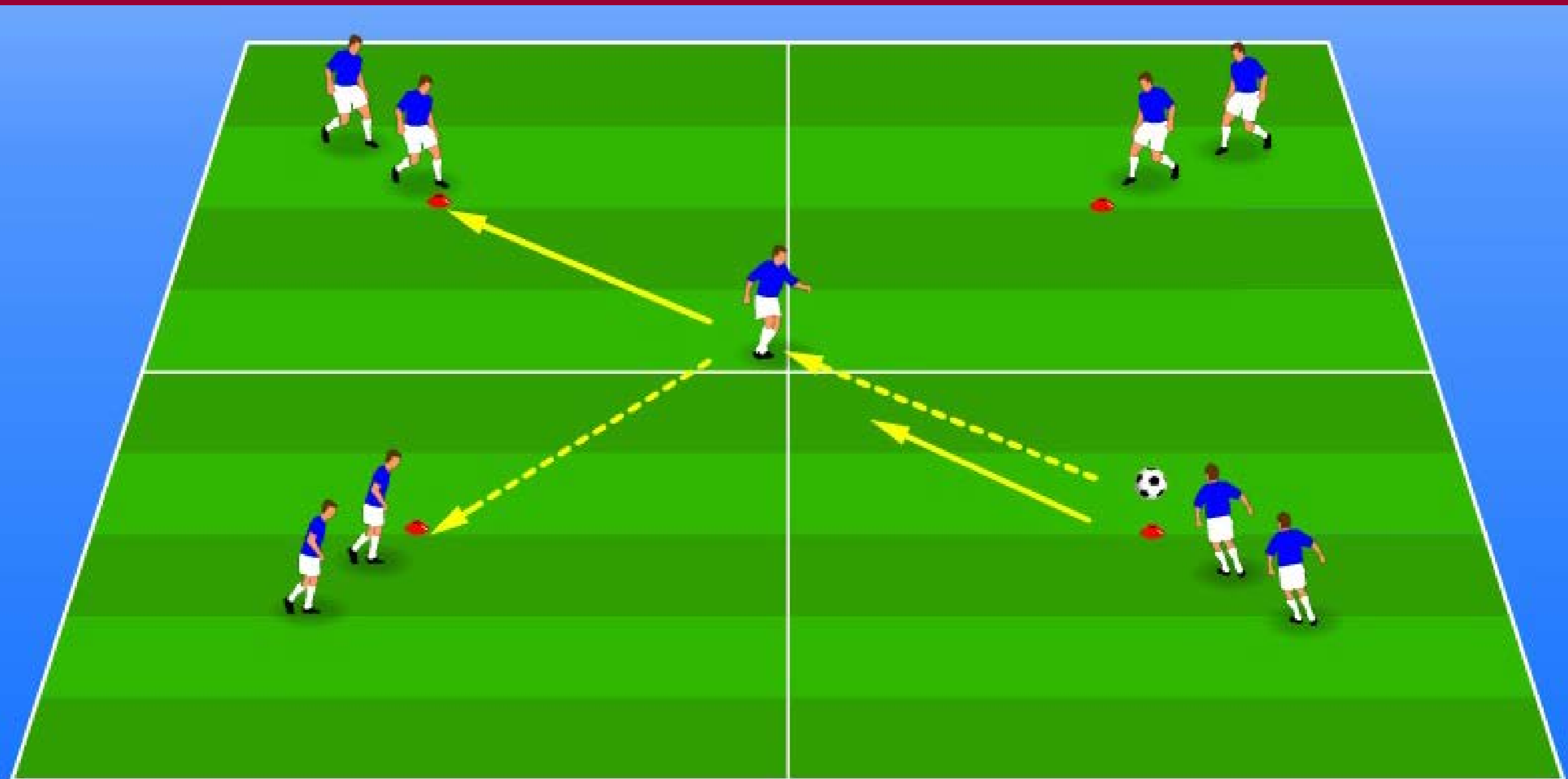
Developing Unconscious Competence - Myelinating

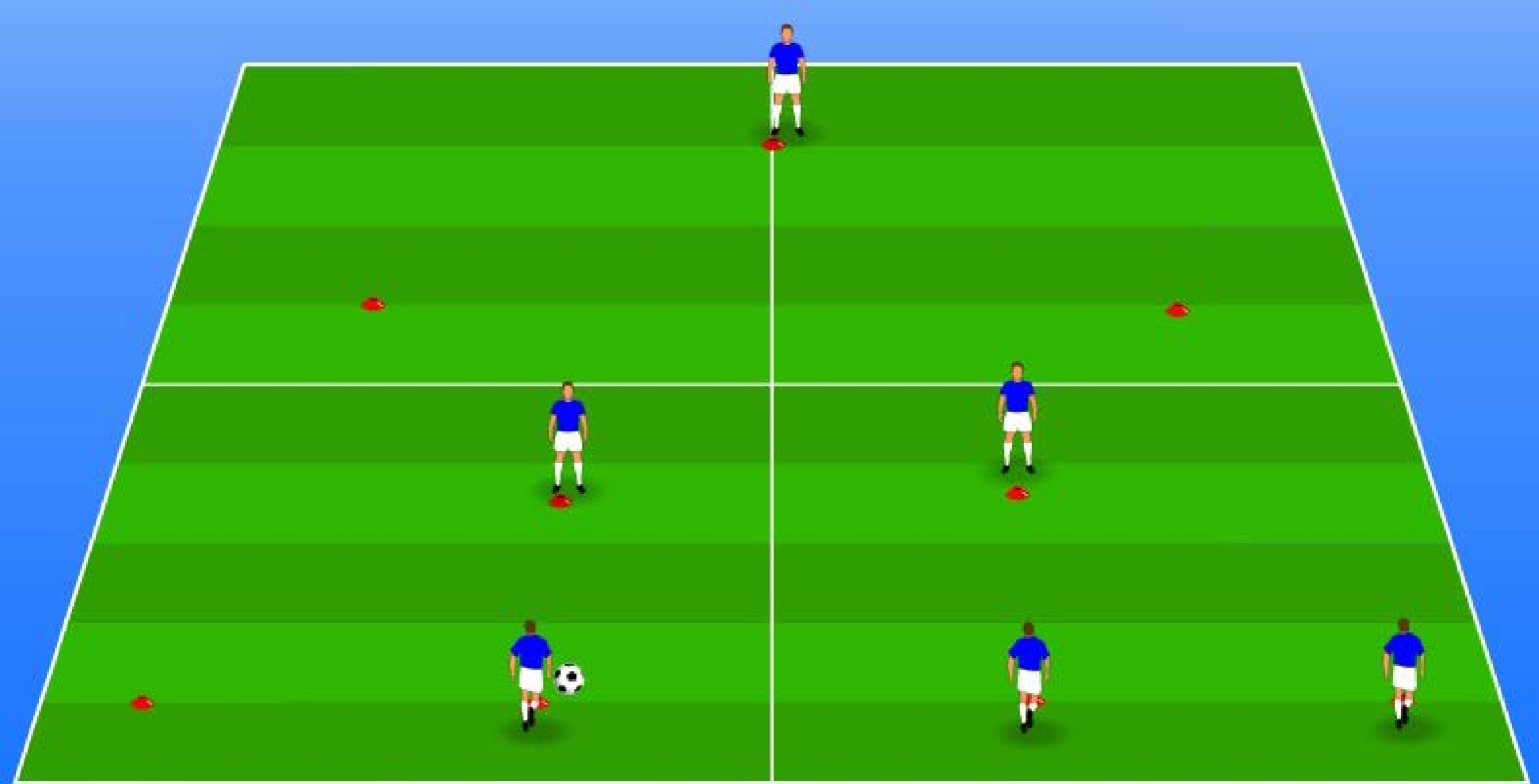


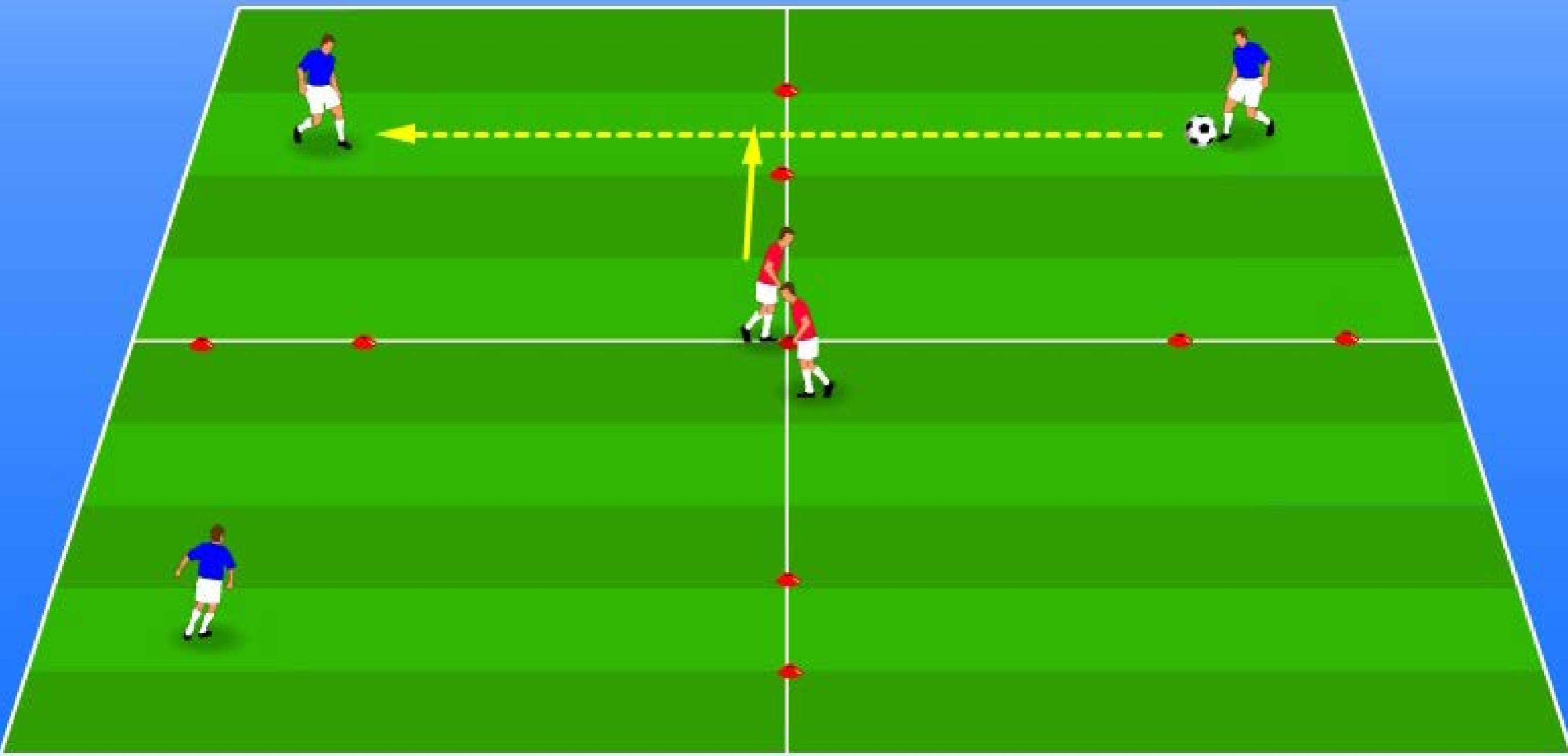












Dynamic and Functional Technique (DFT) Phases and Progression

Romeo Jozak, Technical Director
Croatian Football Federation



- Modern game presents the following problems:
 - ❑ Early and aggressive pressure on the ball
 - ❑ Composed/compact defenses that are difficult to break down
- Need to provide players with the tools/solutions to solve these problems
 - ❑ Space perception – the better body angle you have the more options you have. Always want players looking forwards – not receiving the ball with line of sight facing backwards – the game is now too fast for that
 - ❑ Breaking lines – teaching players to break a defending line when facing forward



➤ Typical player process of decision making:

- 1) Ball control
- 2) Look for available space
- 3) Make a decision
- 4) Take action

❑ This is too slow!!

➤ What they should do:

- 1) Look for available space
- 2) Make a decision
- 3) Ball control based on the decision
- 4) Take action



Playing Rules

- A player should make it the top priority to receive/turn with the ball to face forward whenever possible with the 1st touch
 - ❑ When they do - focusing on penetrating the next defensive line by getting into the space between lines or behind the final defensive line
- If a player does not face forward with the ball, play 1st time the way you face
 - ❑ Offer support (in triangle) in the direction that attacker is facing (underneath the ball)

[Barcelona Possession to Progress](#)

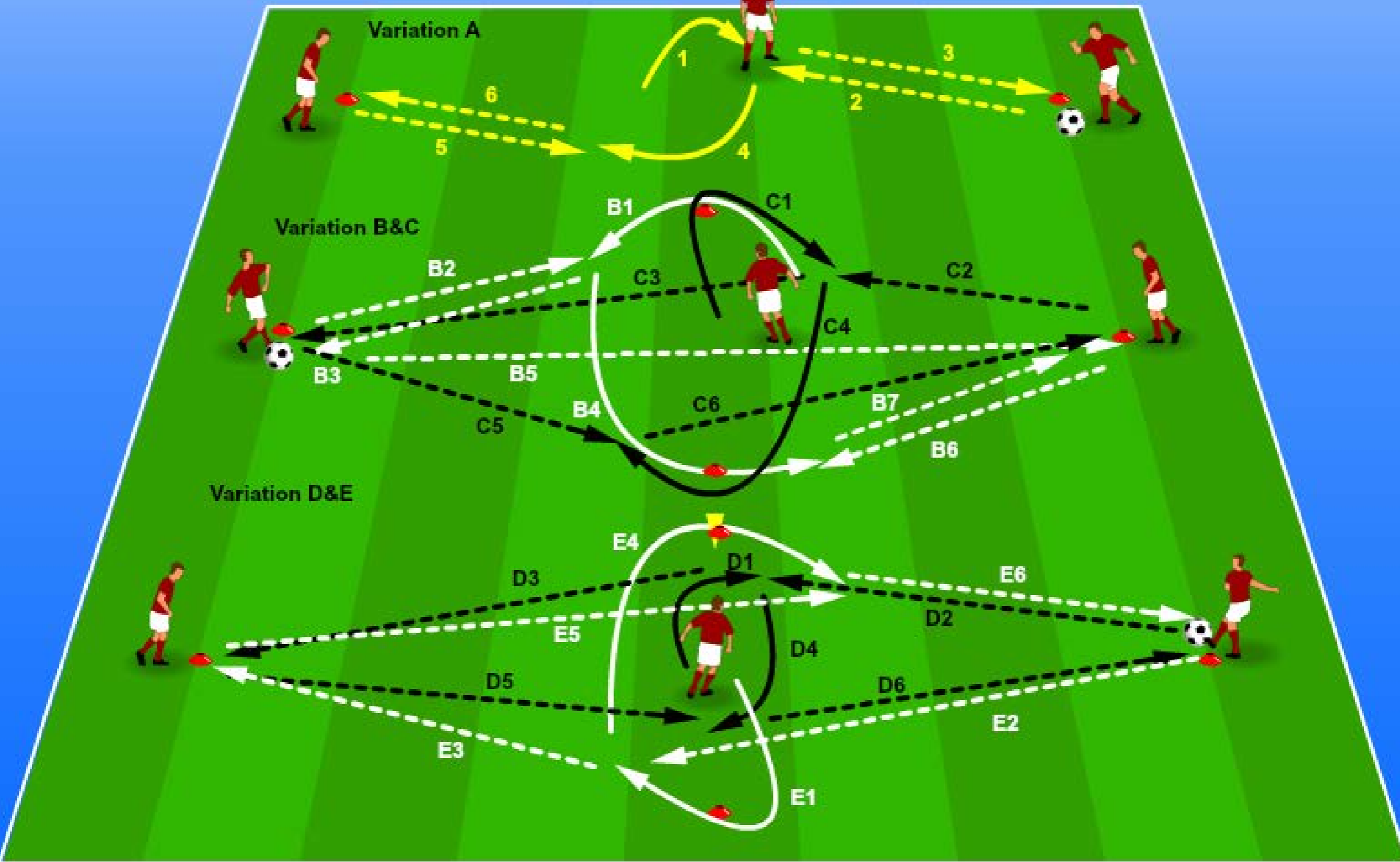


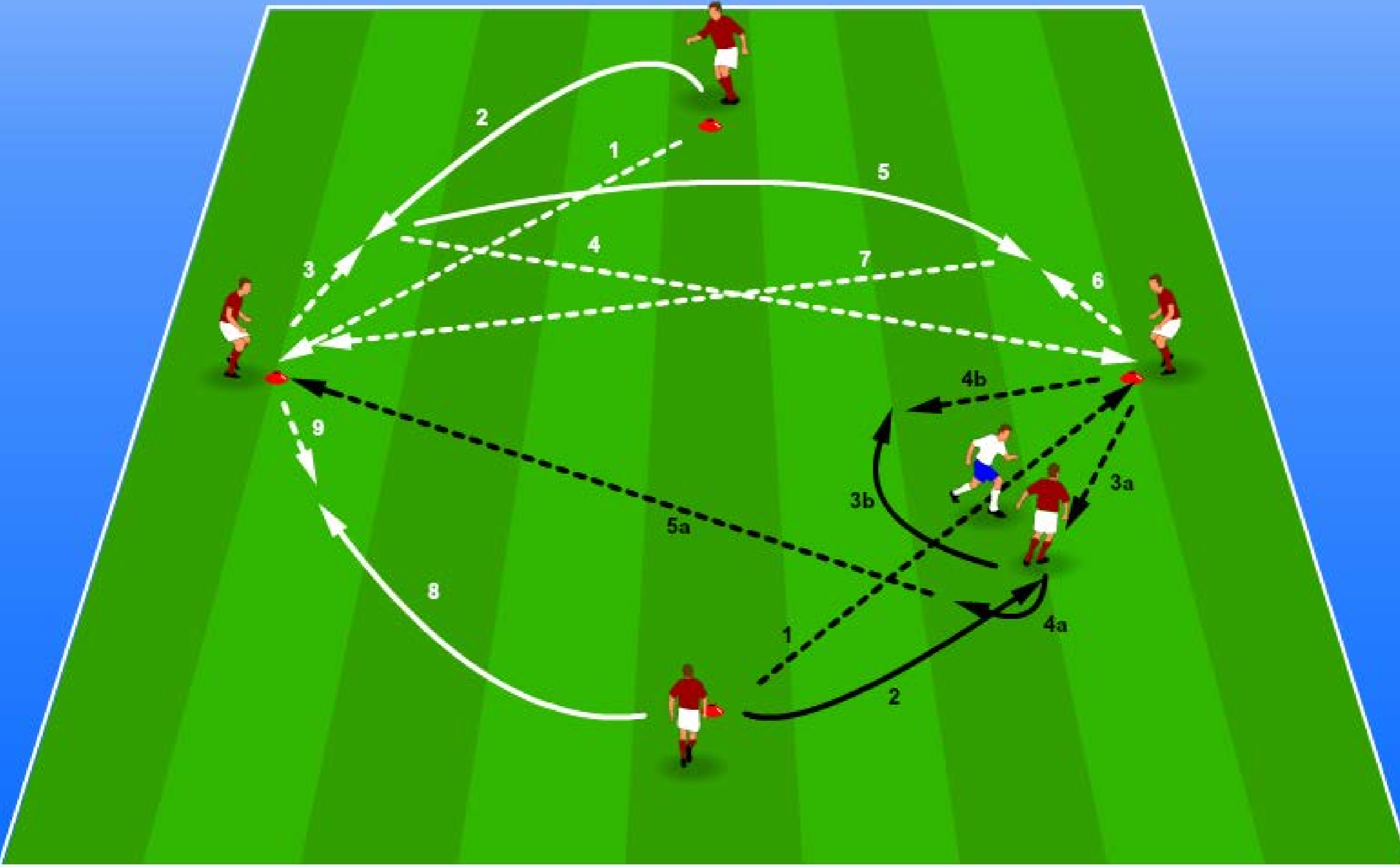
Croatian Federation National Team Curriculum

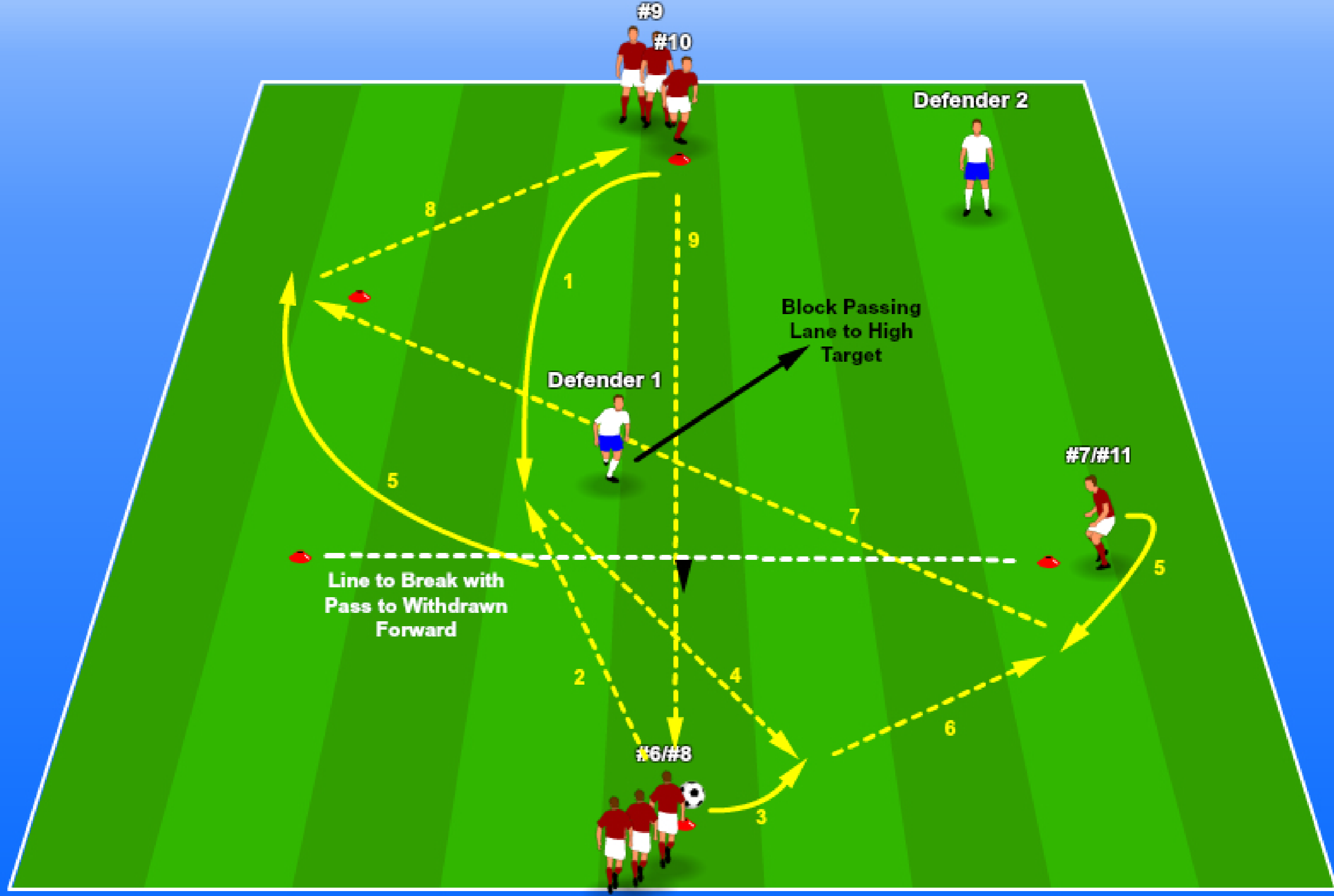
Concepts for U15 Boys

- ❑ Quick control-pass actions of the ball (1, 2, 3, touches)
- ❑ Visual checking behind (looking around) before receiving
- ❑ Control with a turn to face forward or pass back first time
- ❑ Receiving the ball in an open position with chest towards depth
- ❑ Support of two players









Midfield Play

Dick Bate, Youth Academy Manager
Cardiff City FC



Dick Bate Key Ideas

- What players need to be able to do based on demands of the modern game
 - ❑ Pass quickly and accurately with a variety of applications
 - ❑ Receive and play within about 2 seconds
 - ❑ How to move to get free to receive the ball to play forward
 - ❑ Always checking your shoulder



Dick Bate Key Ideas

- Support, receive it, running with it, releasing it
- Movement/changing places
- If a player is marked:
 - Have it and turn
 - Have it and bounce it back
 - Stand still to hold off defender
 - Check and get free
 - Change places



X2

X1

Coach- R&Y Bib

Coach- R&Y Bib

10-15
yds

Varlatlon 2

Varlatlon 1



X2

X1

Variation 1

Variation 2

10-15
yds

X4

X3



