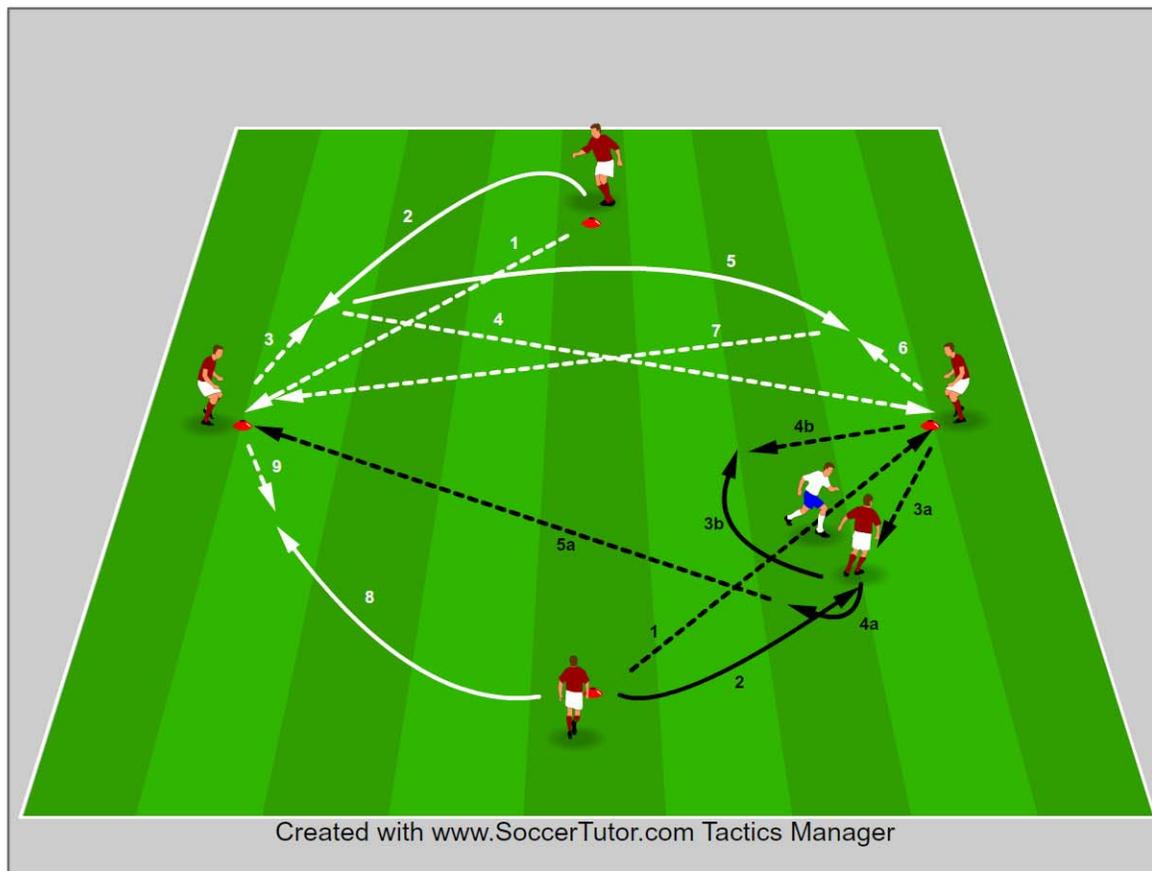


Dynamic and Functional Technique - Central Players Switching the Ball



Date:	14/Feb/2014	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level/Age Group:	U11 - 18+

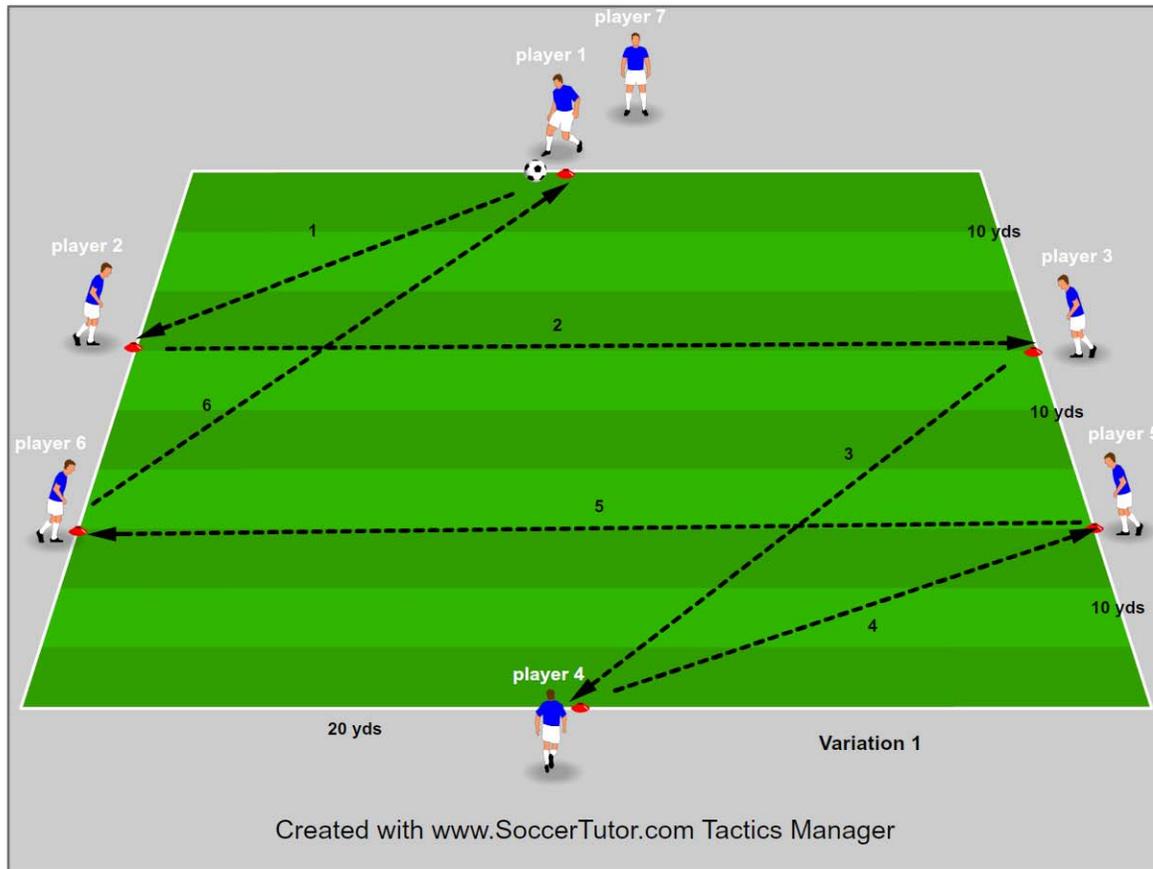
Description: Central player passes out wide and supports ball underneath and close - wide player lays ball off - central player receives across body and passes with inside of opposite foot to opposite wing - repeat to switch ball again. Variation 1: receive across body and pass inside same foot
 Variation 2: add passive defender who is tight - central player turns away from defender with first touch (protecting ball) and switches play. Variation 3: defender live- if defender is tight to support player they fade off to receive and switch or to run into space opened by defender

Objective: Movement and technique for central players to switch the play

Coaching Points: Pass and move to support underneath the ball when teammate under pressure
 Support with an open body shape and regularly peeking at ball and where you will play next
 Receive across your body and pass with inside of opposite foot for speed of play
 Passes hit with pace - layoffs made softly
 Wide players fade out wide and show for ball with properly timed movement

Progression:

Celtic Passing and Receiving Activity - Variation 1



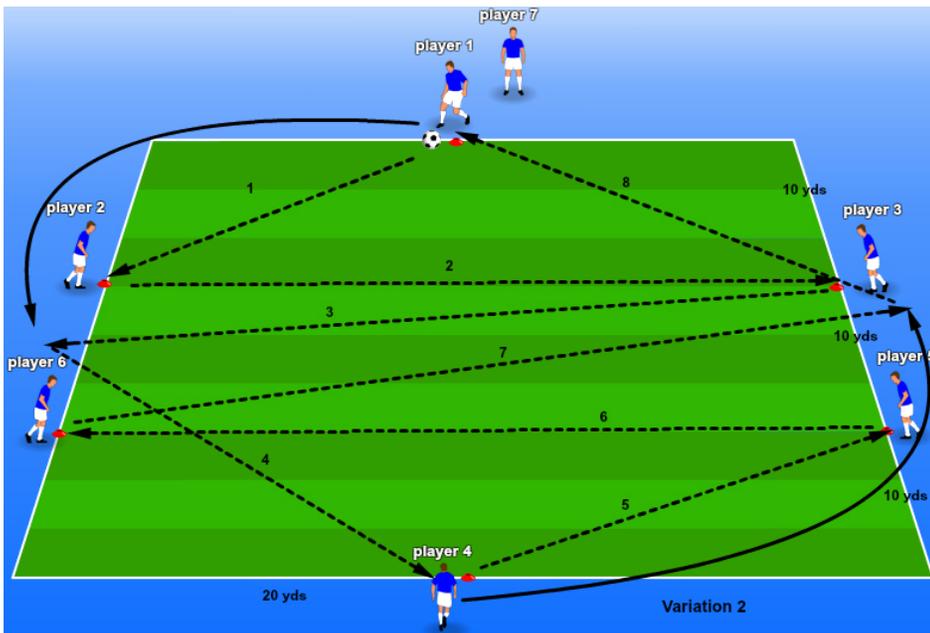
Date: 9/Sep/2012
Time: N/A:N/A
Duration: N/A
Measurement: 20 x 30 Yards
Players: 7
Level/Age Group: U11 - 18+

Description: *Players pass in numerical sequence shown and follow their pass.
*Solid lines - player movement, Dashed lines - pass. Zig-zag line - dribble
Variation 1: pass and follow pass
Variation 2: add overlap of Player 1 who receives pass from Player 3
Variation 3: break a line with first touch and then lay ball off to player underneath
Variation 4: pass/set and support underneath, Variation 5: add pass to player in pocket

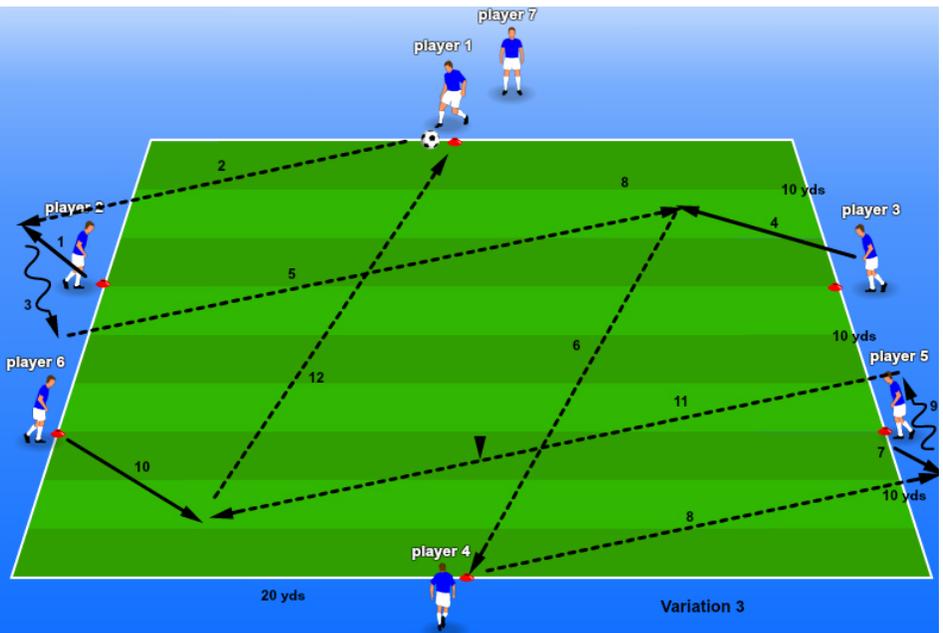
Objective: Improve passing and receiving - speed of play and quality technical execution on the move

Coaching Points: Pace of pass - weighted crisply for speed of play and smooth on ground- played to proper foot
Receive across body or with proper foot based on pressure
First touch leads you to next pass - pass becomes 1st step to follow pass
Check away and show for ball with proper timing - on the move while you receive the ball

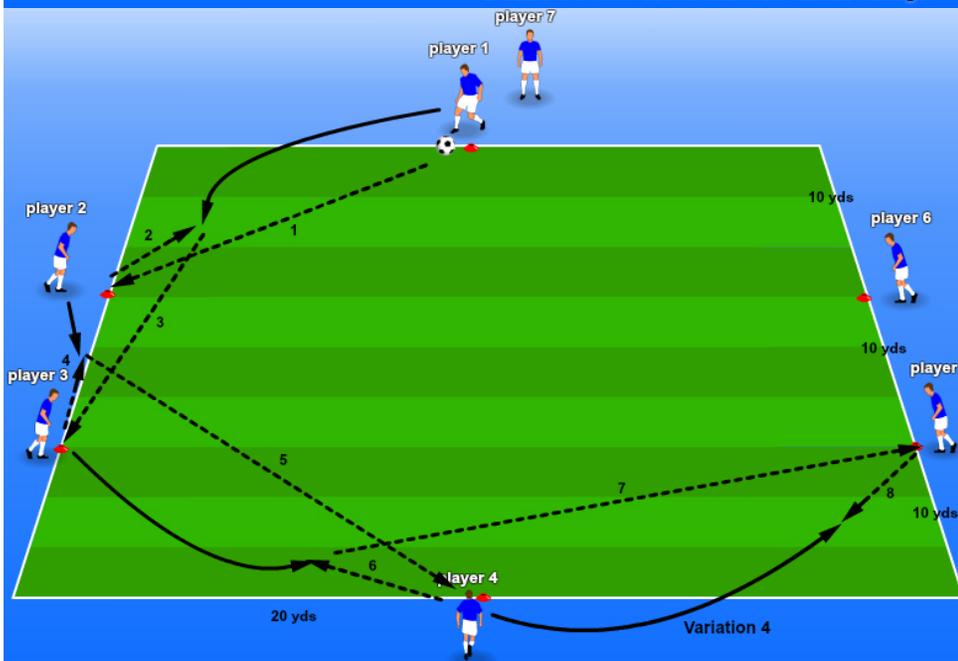
Progression: Five variations



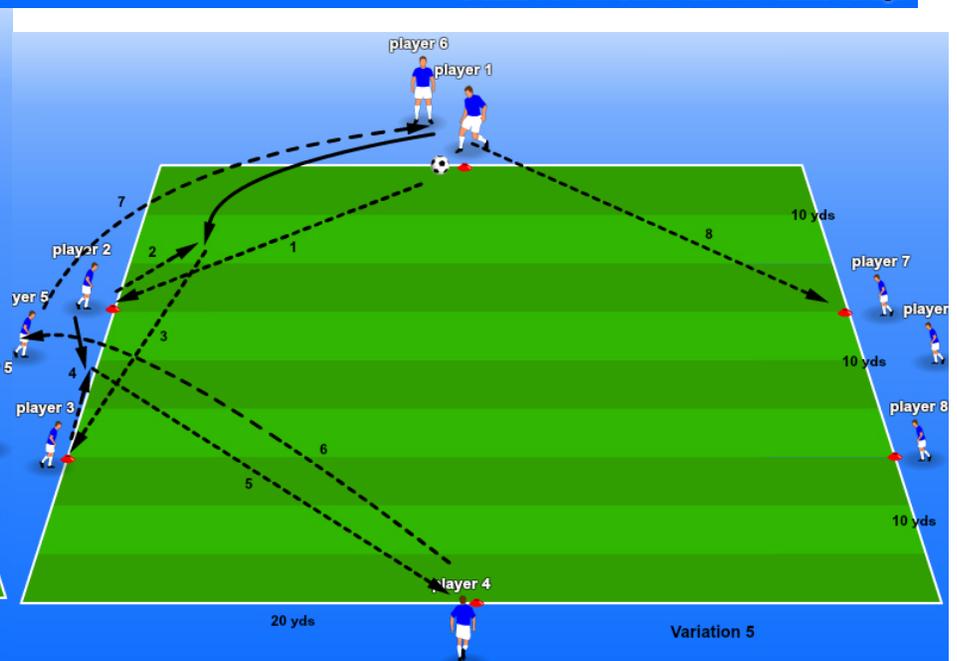
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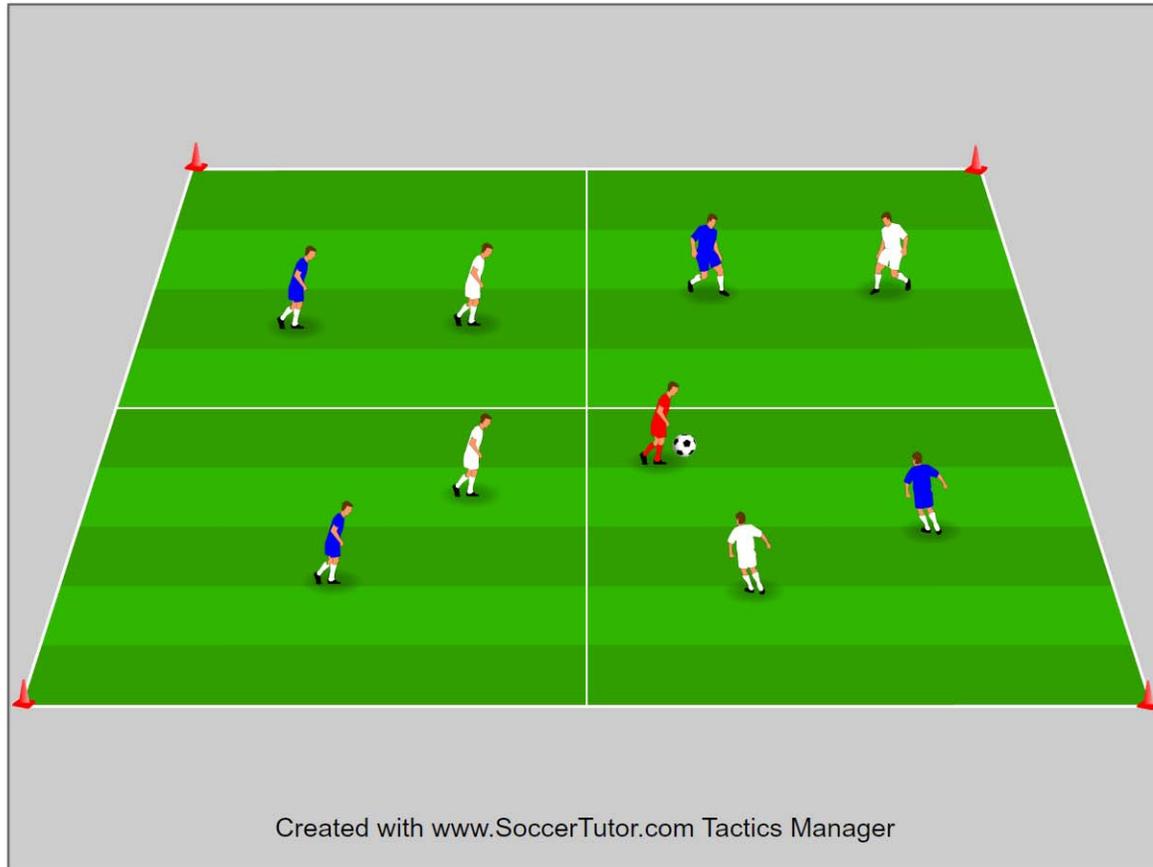


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Mourinho Four Square Possession Activity



Date:	26/Aug/2013	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	10
Duration:	N/A	Level/Age Group:	U11 - 18+
Description:	<p>4v4 or 8v8 + 1/2 neutral players 1v1 or 2v2 in each of the four squares - these players must stay in their squares neutral players free to move within any square Complete x consecutive passes to score points Variations: *touch restrictions for neutrals or other players *additional neutral players on the perimeter of the field</p>		
Objective:	<p>Possession Movement into space</p>		
Coaching Points:	<p>*Individual creation of space - playing in the blind spot of defenders: can't see you and ball *Passing technique - accuracy & weight of pass *use of deception/disguise *Open body shape and quality of 1st touch - across body and away from pressure *Decision making of the player on the ball - when to dribble and when to pass: players driving at defenders on the dribble to create numbers up (especially neutrals)</p>		
Progression:	<p>www.youtube.com/watch?v=CojcM55CNts&sns=em</p>		