

The clinic today focuses on some of the core coaching philosophies of the Colorado Rapids. We will introduce each core coaching philosophy and then give examples of what and how to train your players in these areas.

I. Attacking Phases

1. Possession to Progress

Concept: Maintaining possession and building the ball from line to line.

Key Technical Components: body shape to see ball and goal, receiving – across body/away from pressure, passing weight/accuracy with multiple surfaces and both feet

Key Tactical Components: peeking/peripheral awareness, playing the way you face, support in front and underneath the ball, breaking lines, playing in between the lines

Activities to Train – see attached lesson plan:

- a) Jozak Passing-Receiving-Support Square
- b) 2v0/ 2v1 to Targets
- c) 4v4+3 Neutrals
- d) Mourinho 4-Square Game <http://www.youtube.com/watch?v=CojcM55CNts&sns=em>

2. Possession to Unbalance/Overload and Penetrate

Concept: Using possession to create spaces to attack, to outnumber the defense or to get behind the defense

Key Technical Components: all under Item 1 plus penetrating passes – weight/texture/spin/bend

Key Tactical Components: all under Item 1 plus penetrating runs (fade, diagonal, flat, etc.), movement off ball, creating and exploiting numbers up situations – combination play

Activities to Train – see attached lesson plan:

- a) Penetrating Runs and Passes
- b) 2v1 to Lines
- c) 2v2+1 to get behind a line and go to goal
- d) 5v5 to End Zones (defending team loses player whenever opposing team scores)

3. Final Third - Finishing

Concept: Creating scoring opportunities and goals in the final third

Key Technical Components: shooting/ball striking with both feet and head/different surfaces/different types, increased speed of play in tighter spaces, first touch/moves to create shot, service

Key Tactical Components: combining, box organization and service, finishing mentality

II. Defending Phases

1. Prevent Progression - Rebalance

Concept: Deny the direct channel to goal and reorganize into defensive shape behind the ball

Key Technical Components: 1v1 defending footwork and defending body shape

Key Tactical Components: immediate pressure versus delay, closing space in the direct channel, marking, proper depth of back line based on pressure applied to ball, defensive communication

2. Protect the Goal

Concept: Compact defense between ball and goal in the direct channel and organize to win ball back

Key Technical Components: defending footwork and body shape

Key Tactical Components: cover for player defending ball – defensive numerical superiority, compact and balanced defending shape, collective defensive movement while the ball travels

Activities to Train Zonal Defending Principles – see attached lesson plan:

- a) Back 4 String
- b) Center Zone Game with Defending Block of 4
- c) 4v4 6-Goal Game

3. **Recover the Ball**

Concept: Win the ball back

Key Technical Components: 1v1 defending footwork and tackling

Key Tactical Components: 1v1 defending principles (speed and angle of approach, steering play/making play predictable, patience, separating attacker from ball on mistake), collective action to win back ball

Activities to Train 1v1 Defending – see attached lesson plan:

- a) 1v1 Forcing Play in a Direction b) 1v1 to Penetrate on Pass or Dribble c) 1v1 to Targets

III. **Transition**

Concept: Quick reaction and redirection of focus during any change of possession – ball just lost, ball just won, ball out of play, foul called

Key Tactical Components: moment of transition requires highest work rate and refocus, great time to win ball back, great time to penetrate, great time to play quickly

IV. **Layering**

Concept: Layering technical activities with sequential decision making and player actions

Example of Training Activity with Layering – see attached lesson plan: Colorado Rapids Box

V. **Whole-Part-Whole Training**

Concept: An approach to training where you first play a game that requires certain technical/tactical abilities, then you break out part of those activities to train in a more isolated way, then you finish with the real game

Example of Training Session designed with activities in this clinic using Whole-Part-Whole approach:

- 1) 5v5 to End Zones (numbers up-down) then 2v1 to Lines then Regular Game (tactical)
- 2) 5v5 to End Zones (numbers up-down) then Penetrating Runs and Passes then Regular game (technical)

VI. **Don't Fix Technique with Tactics**

Concept: Don't focus on tactics within your training that are intended to hide the technical deficiencies of your players. Instead, focus on putting players in environments where they need to develop the technical abilities that are required of successful players.

Critical Role as Coach: The club sees your #1 role as a coach of U11-U14 players as developing players that excel at the core technical and tactical concepts appropriate for these ages so that they can move on to become successful players in the next age group. For U11-U14 coaches that means players who can: pass the ball with pace and accuracy using different surfaces and both feet, outstanding receiving skill including with an open body shape and across the body, possess the ball through lines, create and take advantage of numerical superiority in small groups and penetrate defenses, be outstanding 1v1 defenders and understand zonal defending principles in lines. The quality of your players in these areas is what the club considers success in these age groups.

VII. **Coaching within the Game**

How we as coaches communicate with players during the game has a significant impact on their development and learning opportunities. Two important ideas to maximize learning:

- a) **Players with ball:** Allow players with the ball to make decisions and then provide feedback based on their decision vs. telling players what to do prior to them making the choice. Players learn best by trying out ideas on their own and learning from mistakes/successes. The game gives great feedback. If you make the decision for the player, someone will forever have to make the decision for the player. *Example: instead of telling a player to shoot, dribble or pass, allow them to choose and then provide feedback based on their choice.*
- b) **Players off the ball:** Use guided questions within the game to get players off the ball to recognize certain situations and change their behavior/positioning vs. just telling them where to go. *Example: Defenders aren't staying connected to the team as the team goes to goal – ask the players in back where their teammates and the ball are. Ask them if they are close enough to them to be a part of the game.*

U11-U14 Coaches Clinic- Possession for Progression

Date : 29/Sep/2013

Duration : N/A

Session

Improving the team's ability to

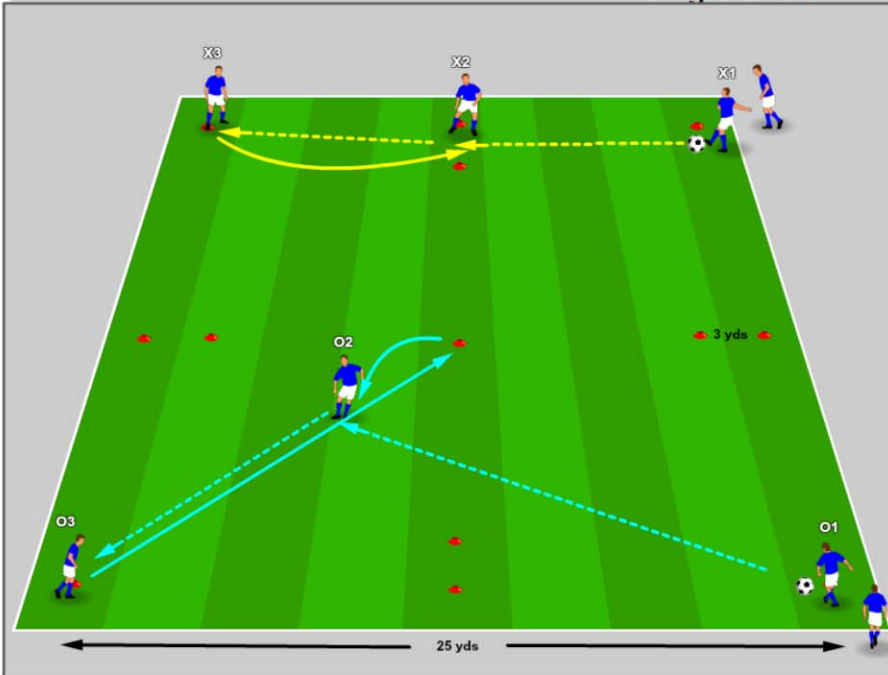
Time : N/A

Age/Level : U11 - U18

Objective:

possess to progress

Technique & Individual Tactics in Maintaining Possession-Activity 2_Romeo Jozak-FC Dinamo Zagreb 201



Description :

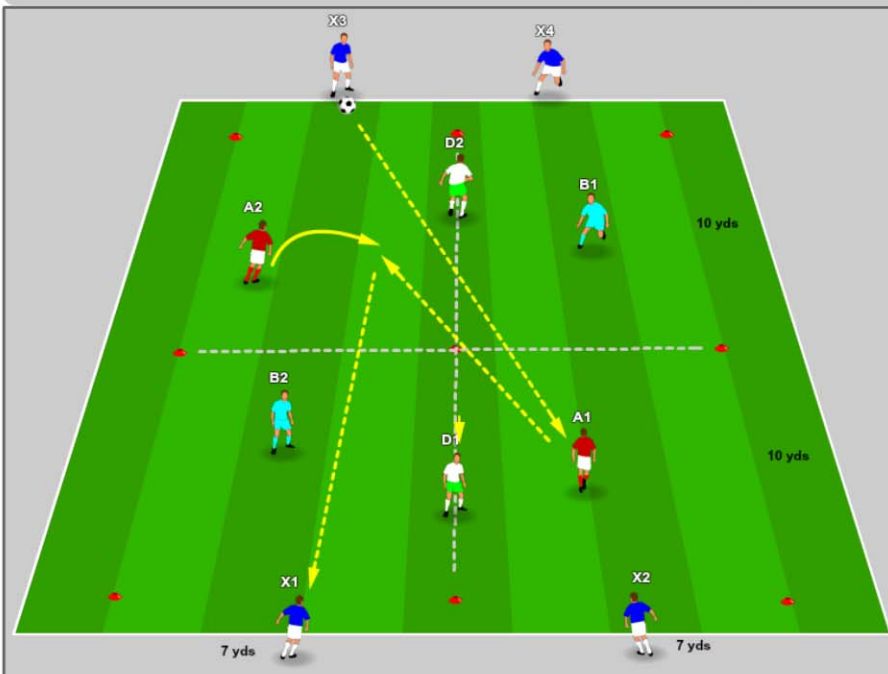
Passing and receiving sequence 1: as ball is arriving at X1, X2 checks side-on between cone gate to receive ball from X1 with open body shape, then passes to X3 and sequence continues around grid 1- receive IR/pass OL, 2- receive IL/pass OR

Passing and receiving sequence 2: as ball is traveling to O1, O2 sprints to center cone and then comes off the cone at an angle with open body shape to receive ball across body, then O2 passes to O3 while X3 times the same run 1- receive IR/pass IL, 2- receive IL/pass IR

Coaching Points :

Pace and accuracy of pass across body
Open body shape and receive across body
Speed of play- receive with inside of one foot and quickly pass with outside opposite
Timing of run to receive ball in gate

Movement-Activity 2_Dick Bate-English FA_2013 NSCAA Convention



Description :

Start with one attacking pair (A's) inside grid
X's on one end of field interpass until ready to play the ball to an attacking player
Attacking players always moving and must do so in a way that they can always see the ball and their partner - they can never be in the same half (vertical or horizontal)
Objective to advance ball through attacking pairs
a) X's must play high forward to start b) X's may play high or low forward

Coaching Points :

Teach attackers to use different feet and surfaces to play pass to partner
Low forward opens passing lane to high forward and then comes underneath to support (diagram). Options if low forward receives ball marked: a-lay off, b-play your partner 1-touch, c-play physical off defender for turn, d) or keep ball tight and go between players legs/lift ball over defenders leg as they try to tackle

U11-U14 Coaches Clinic- Possession for Progression

Date : 29/Sep/2013

Duration : N/A

Time : N/A

Age/Level : U11 - U18

Session

Improving the team's ability to

Objective:

possess to progress

Possession for Progression-Activity 3_Randy Waldrum-Notre Dame_2013 NSCAA Convention



Description :

4v4+3 Neutrals

Defending team of 4 must win ball 3 times to get out

Perimeter players can pass to each other

Unlimited touch to start

How many passes can the attacking team get in 90

seconds (at Notre Dame he wants attacking group to be able to get 120 passes in 3 minutes)

Coaching Points :

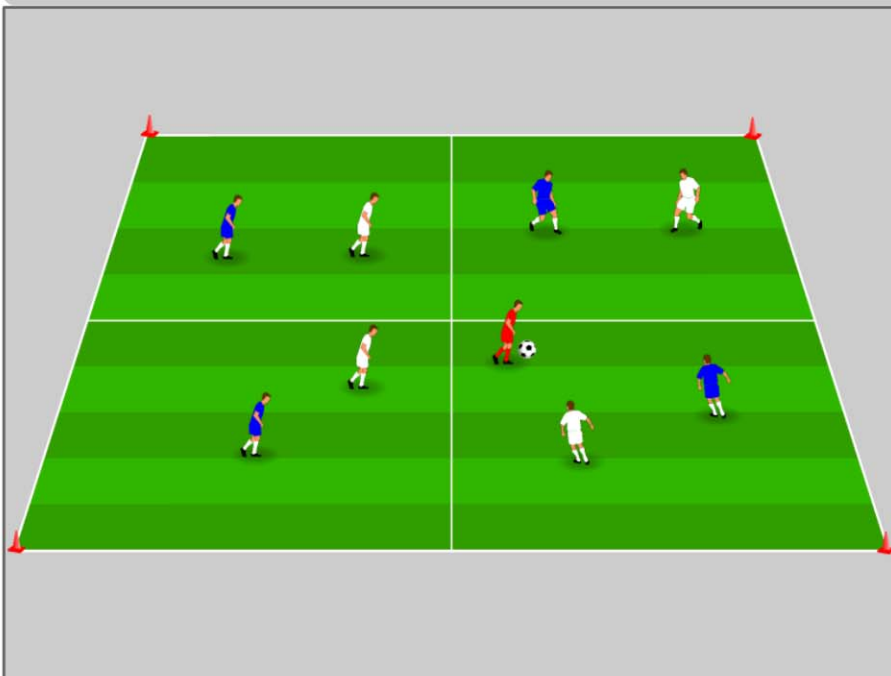
CM needs to recognize when to fade away from ball

(against the grain) instead of always moving to ball

Receiving the ball with an open body shape and peeking over shoulder

Good support angles

Mourinho Four Square Possession Activity



Description :

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

Coaching Points :

*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)

U11-U14 Coaches Clinic - Possession to Penetrate

Date : 29/Sep/2013

Duration : N/A

Session

Possession to penetrate or unbalance/

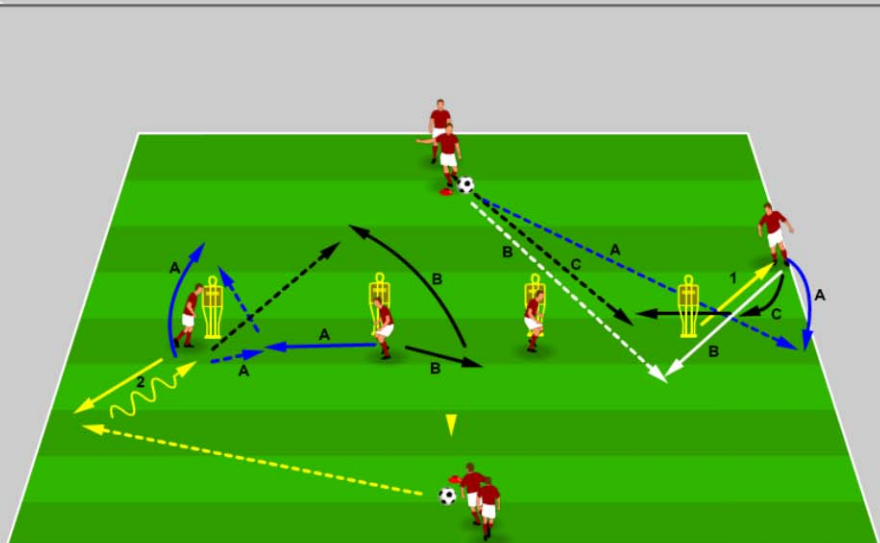
Time : N/A

Age/Level : U11 - U18

Objective:

overload defenses

Penetrating Runs and Passes with Mannequins



Description :

Pass to your right or left and follow pass.

1A - attacker fades off defender and played in outside and behind defenders

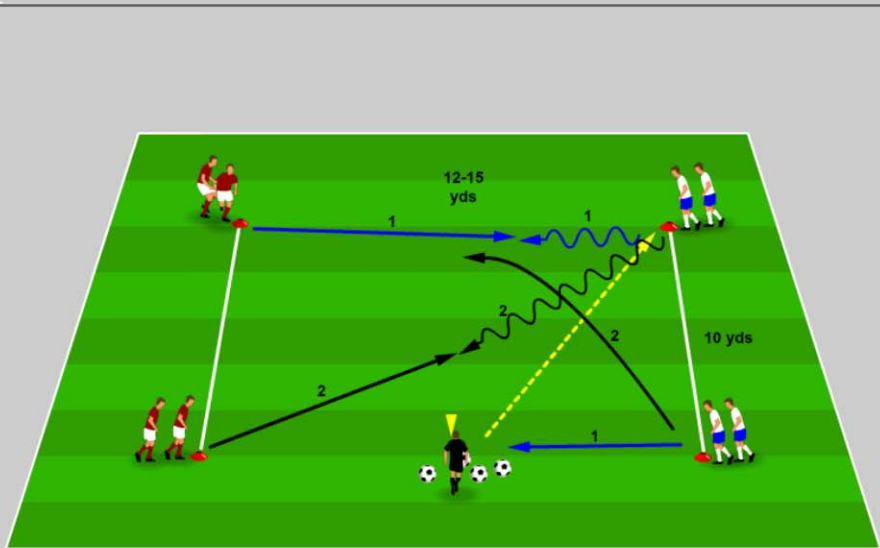
1B - attacker fades off defender, makes diagonal run and played in behind between defenders

1C - attacker fades off defender, makes flat run and played in behind between defenders

2A - attacker fades and then drives at defender on dribble, F shows for wall pass in behind

2B - attacker fades and then drives at defender, F fades and makes diagonal run in behind

2v1 to Lines



Description :

*Players equally split between 4 corners of 10 x 12-15 yd grid

*Coach plays ball into one player and that team attacks 2v1

*Score by dribbling ball across opposite endline under control

*If defender wins the ball they can counter-attack to score at opposite endline

Variations: 1) defender comes from corner directly across from player receiving the ball

2) defender comes from corner diagonally across from player receiving the ball

U11-U14 Coaches Clinic - Possession to Penetrate

Date : 29/Sep/2013

Duration : N/A

Session

Possession to penetrate or unbalance/

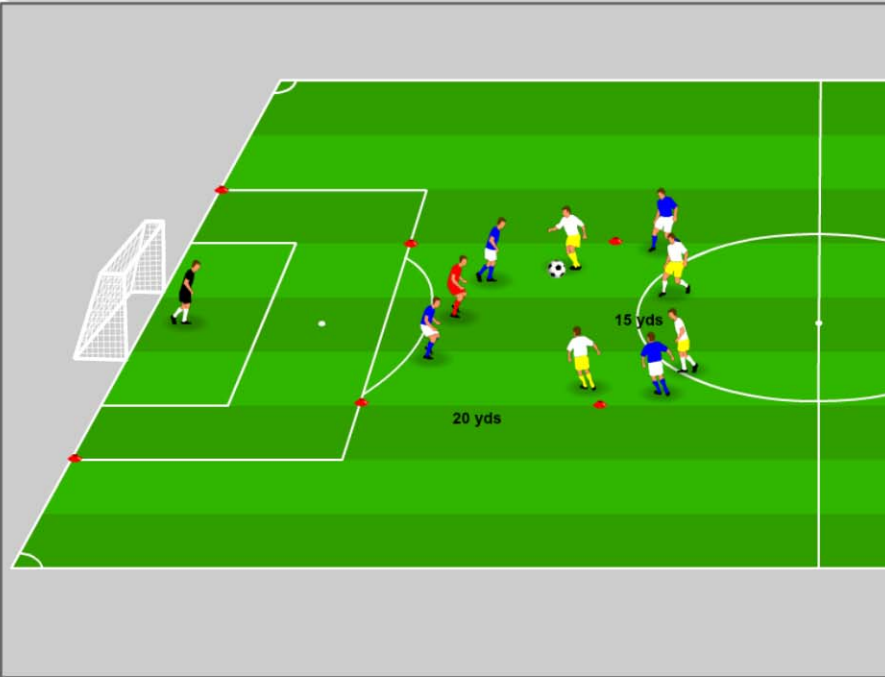
Time : N/A

Age/Level : U11 - U18

Objective:

overload defenses

2v2+1 to Penetrate Line and then Go to Goal



Description :

2v2+1 in a 15 yard wide x 20 yard long grid

If attacking team can penetrate offside line at top of penalty box, they can go to goal

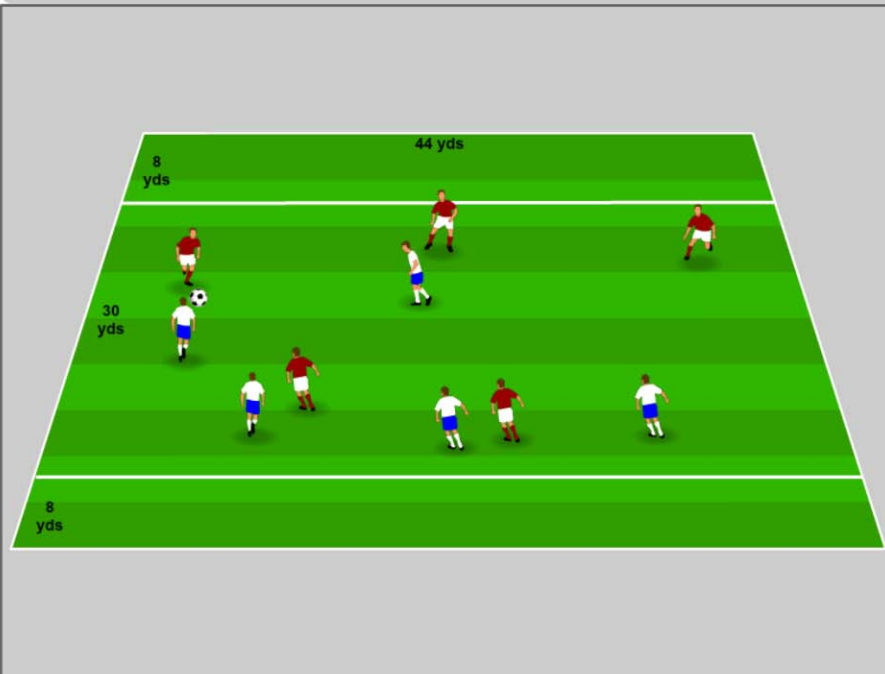
Attacking team scores and then stay on attack - defenders win ball and teams switch roles

Variations: 1) when line is penetrated that attacker goes to goal undefended 2) when attacker penetrates line all attackers and defenders continue to play 3) when defenders win ball they have to pass to teammates outside of grid to change roles

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit *other attackers move based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *runs to unbalance/overload the defense *weight and accuracy of passes *overall speed of play

5v5 to End Zones - Numbers Up and Down



Description :

5v5 in 30 x 45 yard field

*Score by dribbling or passing a teammate into end zone from outside position

*When a goal is scored the defending team loses one player or if your team has players off the field you can return one of your players into the game

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit *other attackers move based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *runs to unbalance/overload the defense *weight and accuracy of passes *overall speed of play

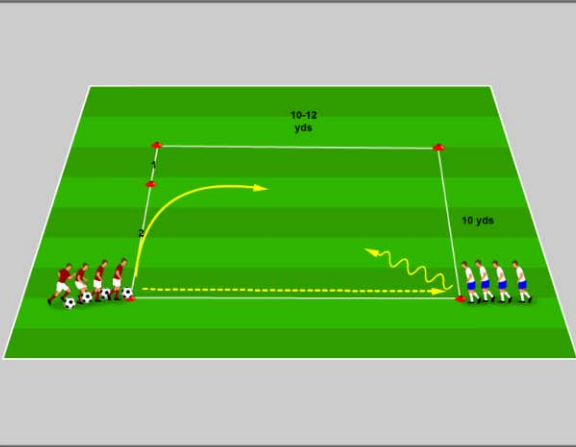
U11-U14 Coaches Clinic - 1v1 Defending

Date : 29/Sep/2013
Time : N/A

Duration : N/A
Age/Level : U11 - U18

Session : 1v1 Defending Fundamentals and Principles
Objective:

1v1 Forcing Play in a Direction



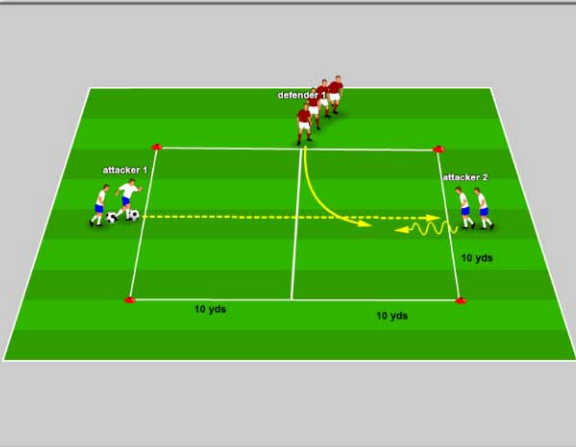
Description :

- *Players equally split between 2 opposite cones of 10 x 10-12 yd grid
- *1v1 with player on ball passing to opponent and closing to defend
- *attacker scoring: 3 points for dribble through goal #1, 2 points for pass through goal #1 and 1 point for dribble across endline #2
- *defender scoring: 2 points for winning possession of ball

Coaching Points :

- *angle of approach to deny attacker from high pt goal – including bent run to deny early shot and forcing player away from that goal
- *staggered feet, angled hips and low center of gravity
- *closing at speed to defend as far up field as possible –slowing as you get close to the attacker (bigs steps to small steps and last step forward is first step back)
- *poke tackle ball away with front foot or separate attacker from ball on poor touch

1v1 to Penetrate on Pass or Dribble



Description :

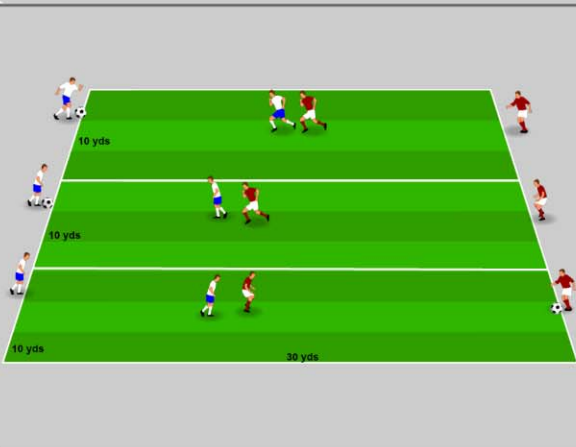
- *2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid
- *Attacker 1 passes to attacker 2, defender 1 may enter field as soon as ball is struck, attacker 2 dribbles into field and tries to pass to attacker 1 who is restricted to the end line
- *point for attackers if successful and for defenders if they steal ball
- *attackers switch end after each play
- *attackers and defenders switch after each go 1/2 times

Variation: attackers can score by passing across to teammate or dribbling across center

Coaching Points :

- *angle of approach to deny attacker from playing penetrating pass to teammate
- *staggered feet, angled hips and low center of gravity
- *maintain same front foot - try not to pivot
- *closing at speed to defend as far up field as possible –slowing as you get close to the attacker (bigs steps to small steps and last step forward is first step back)
- *poke tackle ball away with front foot or separate attacker from ball on poor touch

1v1 to Targets



Description :

- *1v1 to Targets in 10 x 30 yard grid
 - *Player gets ball from target of their color and passes ball to target of opposing color for pt
 - *If ball goes out of bounds, it starts from target of color of team earning possession
 - *Targets can be used as support players for attacker
 - *Play for 1 to 2 minutes and switch players on with targets
- Variation: Remove lines between games and play 3v3 to targets

Coaching Points :

- *defending priorities - 1) deny the ball (win it), 2) deny the turn, 3) deny penetration
- *angle of approach to deny attacker from playing penetrating pass to teammate
- *staggered feet, angled hips and low center of gravity
- *maintain same front foot - try not to pivot
- *poke tackle ball away with front foot or separate attacker from ball on poor touch

U11-U14 Coaches Clinic- Zonal Defending Principles

Date : 27/Sep/2013

Duration : N/A

Session

Principles of zonal defending in a

Time : N/A

Age/Level : U11 - U18

Objective:

block of 4

Zonal 4 Defending Shape - Shadow Train with String



Description :

4v4 in 25 x 44 yd space. Four attacking players. Four defenders representing back/midfield 4 *Defenders hold on to a specific spot on a 36 yard string with 12 yards between them

*Attacking players pass ball (and pause between passes to start) - defenders close down attacker when ball is in their zone and other defenders adjust into proper cover/balance

*Defenders maintain spot on string keep it taut as they move

Progression: speed up movement of ball, Outside player force inside or outside?

Coaching Points :

Defender close down attacker when ball is in their zone - speed/footwork, angle, body shape

Move into covering and balancing positions as teammate closes down ball

Covering player distance, angle and body shape (attacker can't see your jersey #)

Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward

Balancing player: compactness vs marking, level or slightly ahead of adjacent defender

Zonal 4 Defending Shape - Center Zone Game



Description :

8v4 in 30 x 44 yd space. Four attacking players in each outside zone. Four defenders representing defender/midfield block of 4 in center zone - can also enter zone with ball.

*Attacking players score a goal every time they can get the ball across to the other side (ball must stay on the ground to score) - 3 pts if defenders are split, 1 pt if ball goes outside of D

*Progression: 1) attackers restricted to outside zones 2) attackers with ball can also play in center zone 3) attackers can score by passing or dribbling into opposite zone

Coaching Points :

Defender close down attacker when ball is in their zone - speed/footwork, angle, body shape

Move into covering and balancing positions as teammate closes down ball and ball moves

Covering distance, angle and body shape (attacker can't see your jersey #) - prevent split

Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward

Balancing player: compactness vs marking, level or slightly ahead of adjacent defender

Zonal 4 Defending Shape - Six Goal Game



Description :

4v4 in 25 x 44 yd space. Two teams of four each representing a zonal defending block.

Each team scores in and defends three cone goals. Score by passing or dribbling through. Center goal worth 3 pts, outside goals worth 1 pt.

Variation: play as 3v3 for defending blocks of 3 and reduce field size

Variation: play as flying changes with another team ready to attack when ball crosses endline\

Key - defenders move as ball travels not after it arrives

Coaching Points :

Covering player distance, angle and body shape (attacker can't see your jersey #)

Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward

Balancing player: compactness vs marking, level or slightly ahead of adjacent defender

Player pressuring ball too far from teammates - other defenders step or slow them down

OD can't step to a player and allow 1v2 - delay and allow CD to close for 2v2

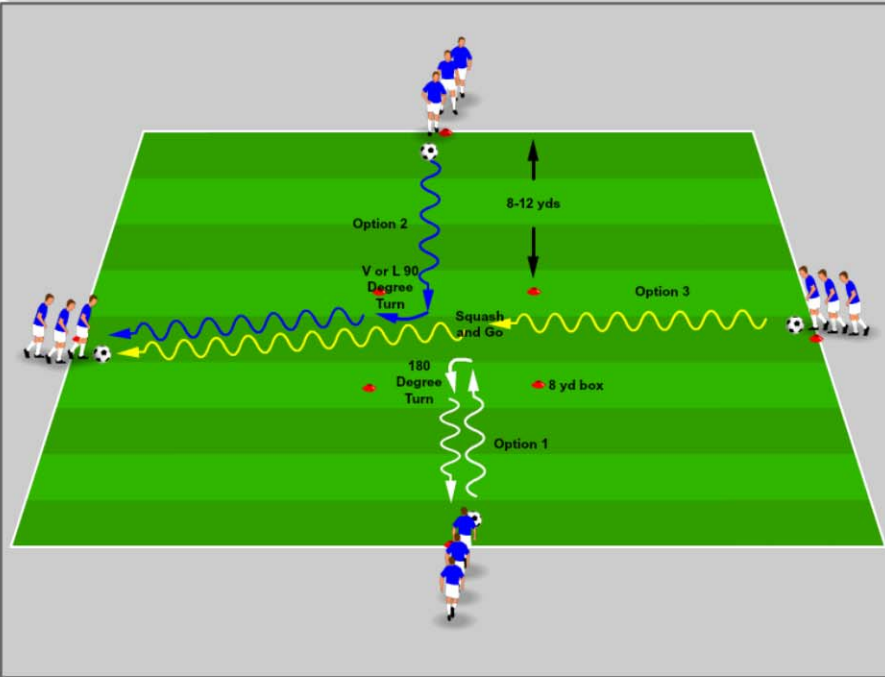
U11-U14 Coaches Clinic - Layering

Date : 27/Sep/2013
Time : N/A

Duration : N/A
Age/Level : U11 - U18

Session Objective: Training Activities Using Layering

Colorado Rapids Box - Dribbling



Description :

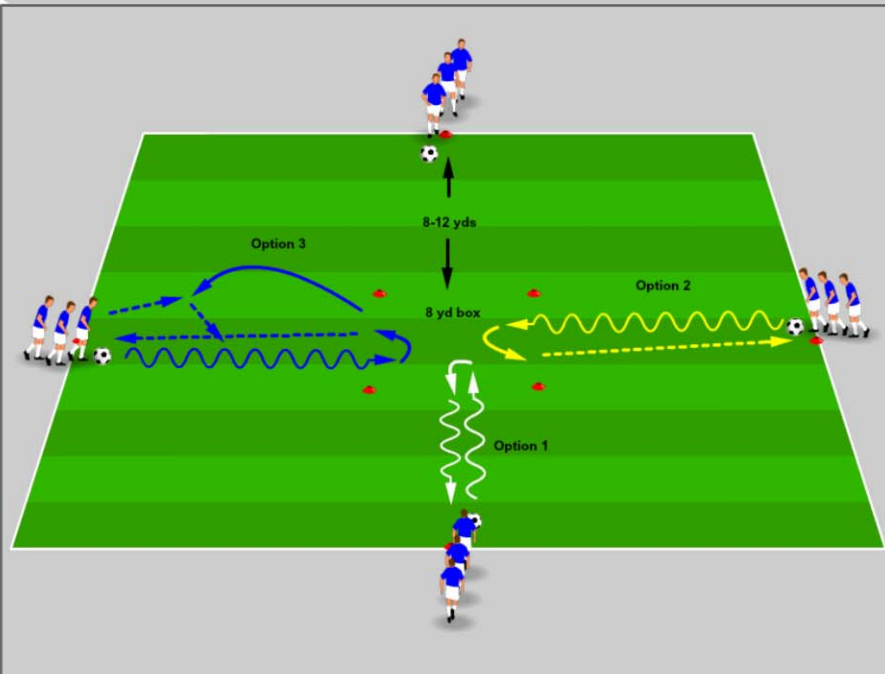
1. Dribble into box, 180 degree dribble turn (inside cut, outside cut, Cruyff), dribble back to next player in same line for takeover (right foot to right foot or left foot to left foot) Variation: throw 1v1 move on the way into box
2. Dribble into box, 90 degree dribble turn (V or L), dribble out in new direction for takeover with next player in line on right or left
3. Dribble into box, squash and go (or other 1v1 move), dribble out across grid to opposite line for takeover with next player

Coaching Points :

Bigger touches when farther from box, smaller touches as you get closer to box. Make sure body/hips go with ball on dribble turns. Accelerate out of turns for explosive change of direct.

Touch types to introduce with both feet: dribble with laces/front of foot, outside of foot/small toe, sole of foot, squash to stop ball, pendulums/foundations, rolls, sole-laces, outside-inside. 90 turns: V's, L's, 180 turns: inside/outside cuts, pull back, cruylff, squash and turn, etc.

Colorado Rapids Box



Description :

1. Dribble towards box, throw 1v1 move, dribble into box, dribble turn (inside cut, outside cut, Cruyff), dribble back to teammate for takeover
2. Dribble into box, dribble turn, pass to teammate (inside, outside, laces) and follow pass
3. Dribble into box, dribble turn, pass to teammate and follow pass to combine with next player (wall pass, lay off, overlap)

Variation: have layoff be to 3rd man in back of line - player returns to front of line

Coaching Points :

Focus on ball control, weight and accuracy of passes
Emphasis on speed of play

Layering: Force players to play and do something/think - not just play and stop