



football for all

# Coaching Clinic Canada

## Fri 22 April 2011

Alfie Wylie

International Women's Coach

UEFA Pro Licence



**FUN WARM UP  
FIND THE FREE CONE**

© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)

**Highlighted player must find the free cone without going through the centre  
Other players stand at cones and must move to free cone before the runner, care taken not to leave their cone free for runner.**

**Lots of sideways movement , organising , communicating and FUN**

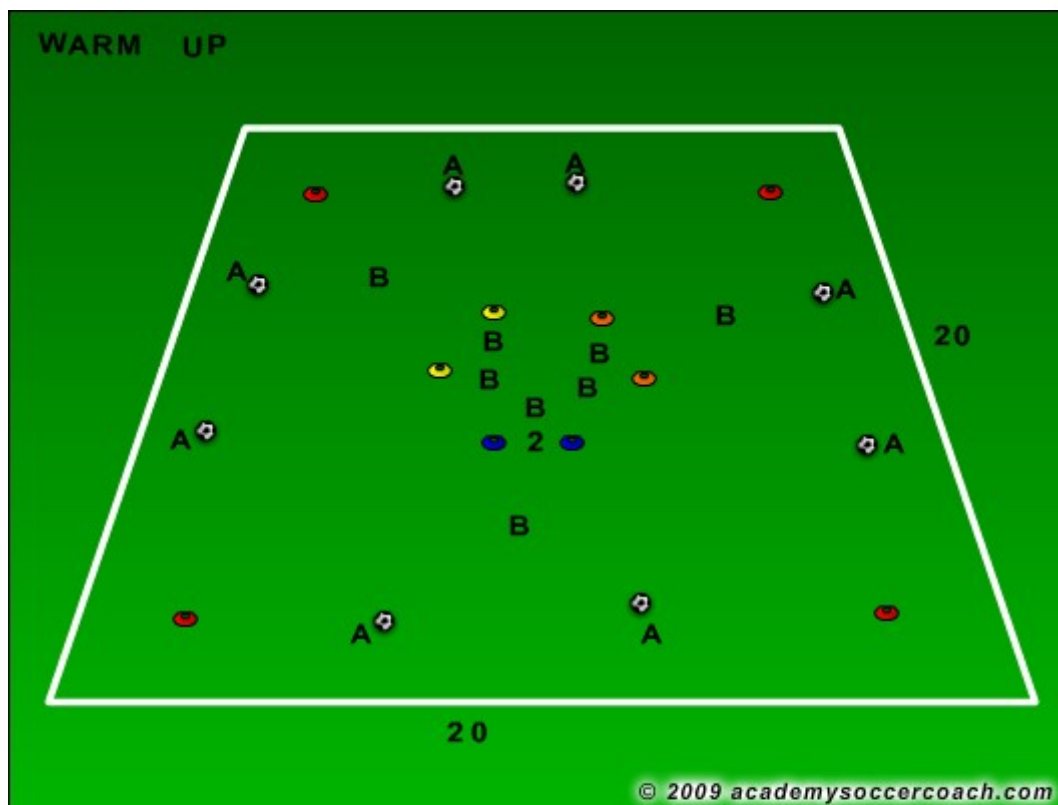
**WARM UP**  
**THROW 1 2 BOUNCE**



© 2006 [academysoccercoach.com](http://academysoccercoach.com)

Example - all players jog around area (30x30 yards) Interactive drill  
A throws the ball to B, B returns ball to A who catches the ball and lets it drop for B to pick up before it bounces twice  
Progression - A dribbles the ball plays a 1-2 with B, A stops the ball for B to take. Encourage a change of pace during this move





20 x 20m grid

2 groups of 8 (nos can vary)

A have a ball each

B goes through a gate (2 cones 2 m apart)

B receives various serves from A (pass, throw to head, throw to volley etc)

B goes back through a gate and then out through another

Rotate players every 45/60 secs

Progression 1 - After returning serve the players defend a gate for 3 secs by pushing against each other (upper body strength)

Progression 2 - Power exercises - squat etc before receiving serve

Progression 3 - Swap on the move



football for all

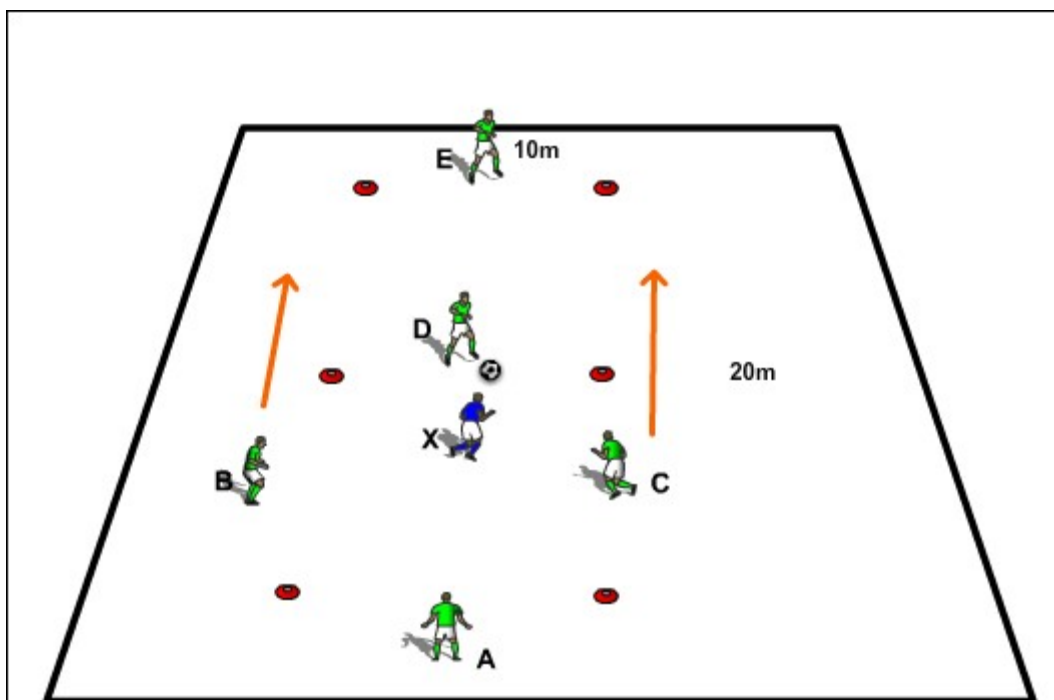
10 X 10M GRID

7 MAN PASSING WARM UP

© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)

**Ball starts off with two players  
pass the ball to another group of two and run to the one player  
Fast play with your head up knowing where the ball is going and what the next run is before  
the ball reaches the player.  
Can be lots of fun**



**4 v 1 SWITCH**© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)**A,B,C,D play 4 v 1 against X**

After 4/5 passes the ball is switched to E.

B + C move up a grid and D turns around. Repeat the sequence with A now the target player.

Rotate roles

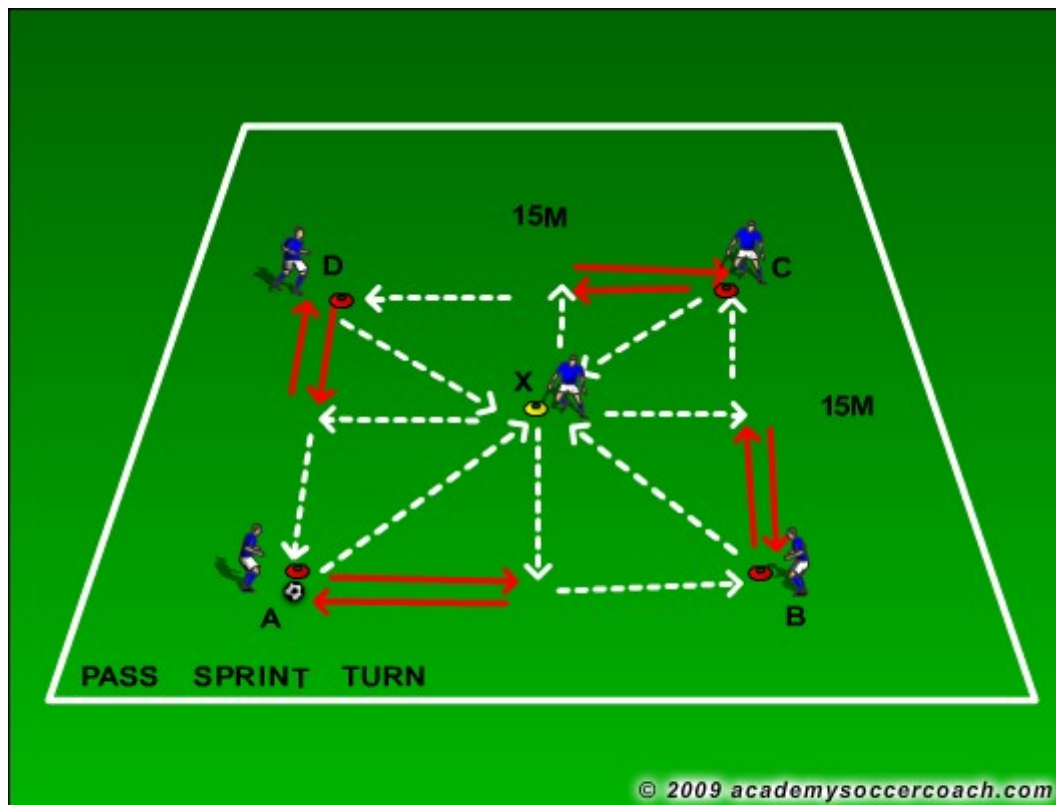
**COACHING POINTS**

High tempo accurate passing 1 + 2 touch

Body shape

Disguised passes

Quick support to the target player when the ball is switched.

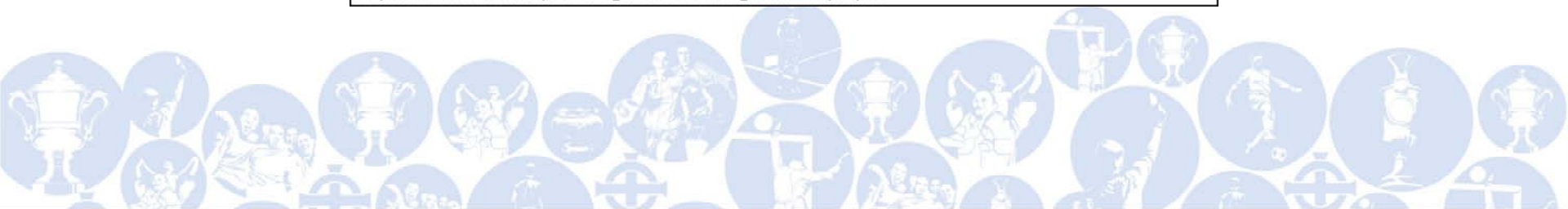


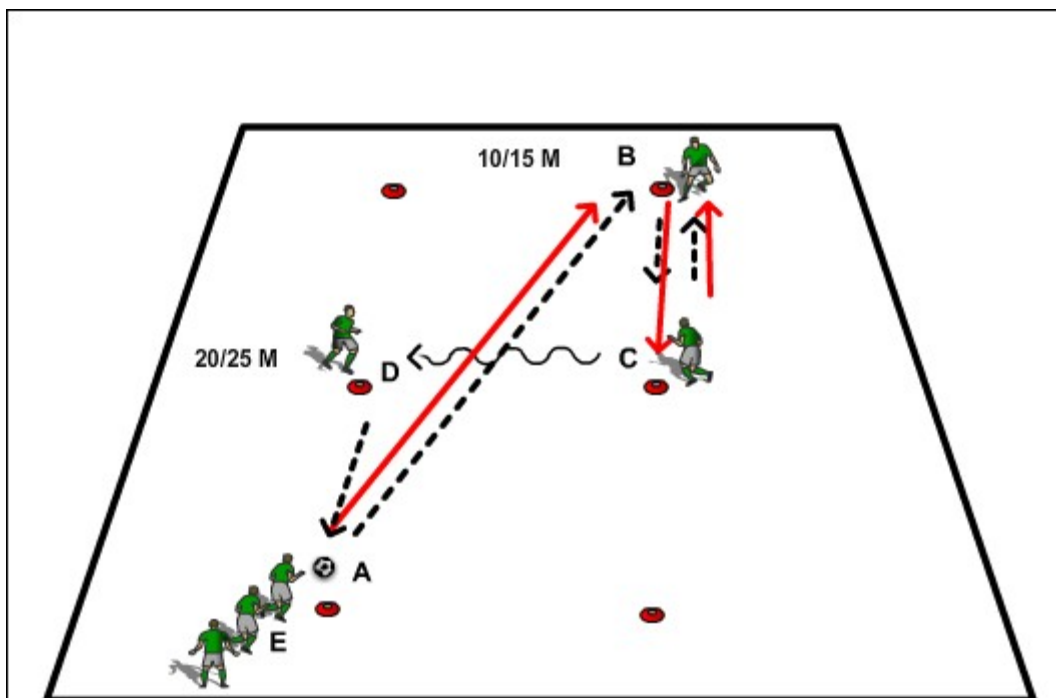
Group of 5 1 Ball

A passes to X then runs to middle for 1 touch return pass.

A passes 1 touch to B, then turns and sprints back to corner.

Repeat the whole way round grid then change centre player





**COMBINATION PLAY + TURNS**

© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)

**A - B , B plays 1/2 with C**

**As B approaches C's cone, D comes across and puts pressure on B forcing B to do an outside hook with their left foot and roll around D.**

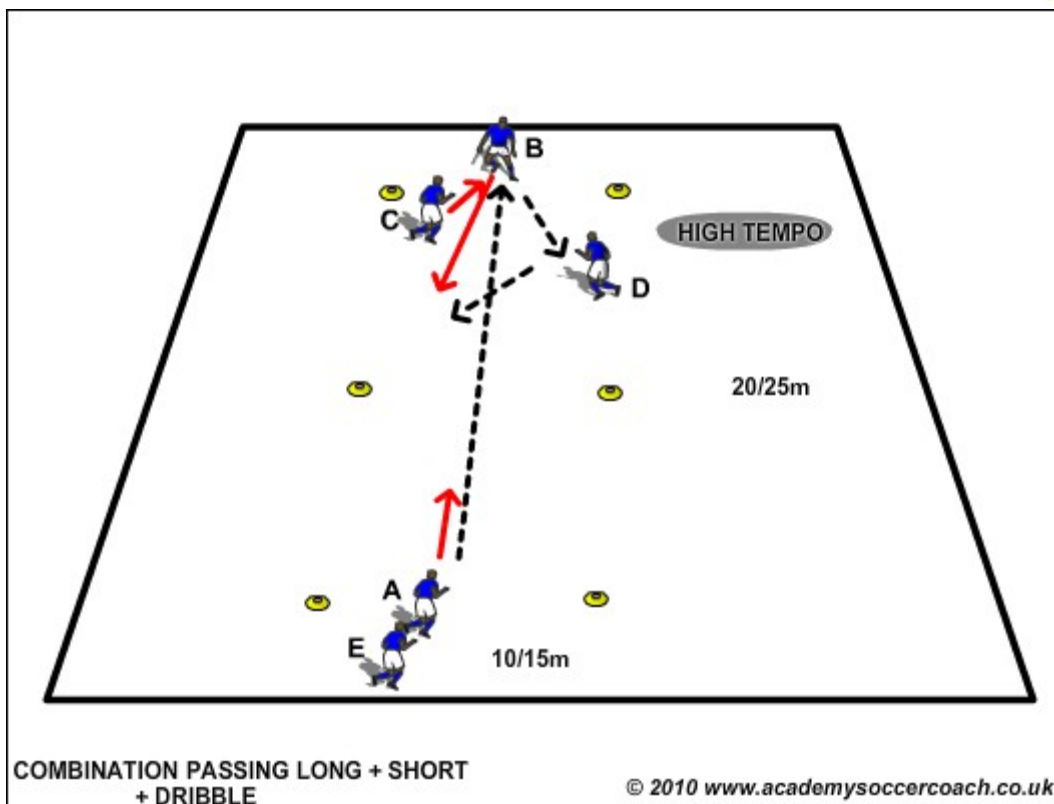
**B dribbles towards D's cone**

**As B approaches D's cone A comes up putting pressure on B forcing B to do an outside hook with their right foot and roll A.**

**B then dribbles or passes to E**

**All move up one station with E now passing to C**

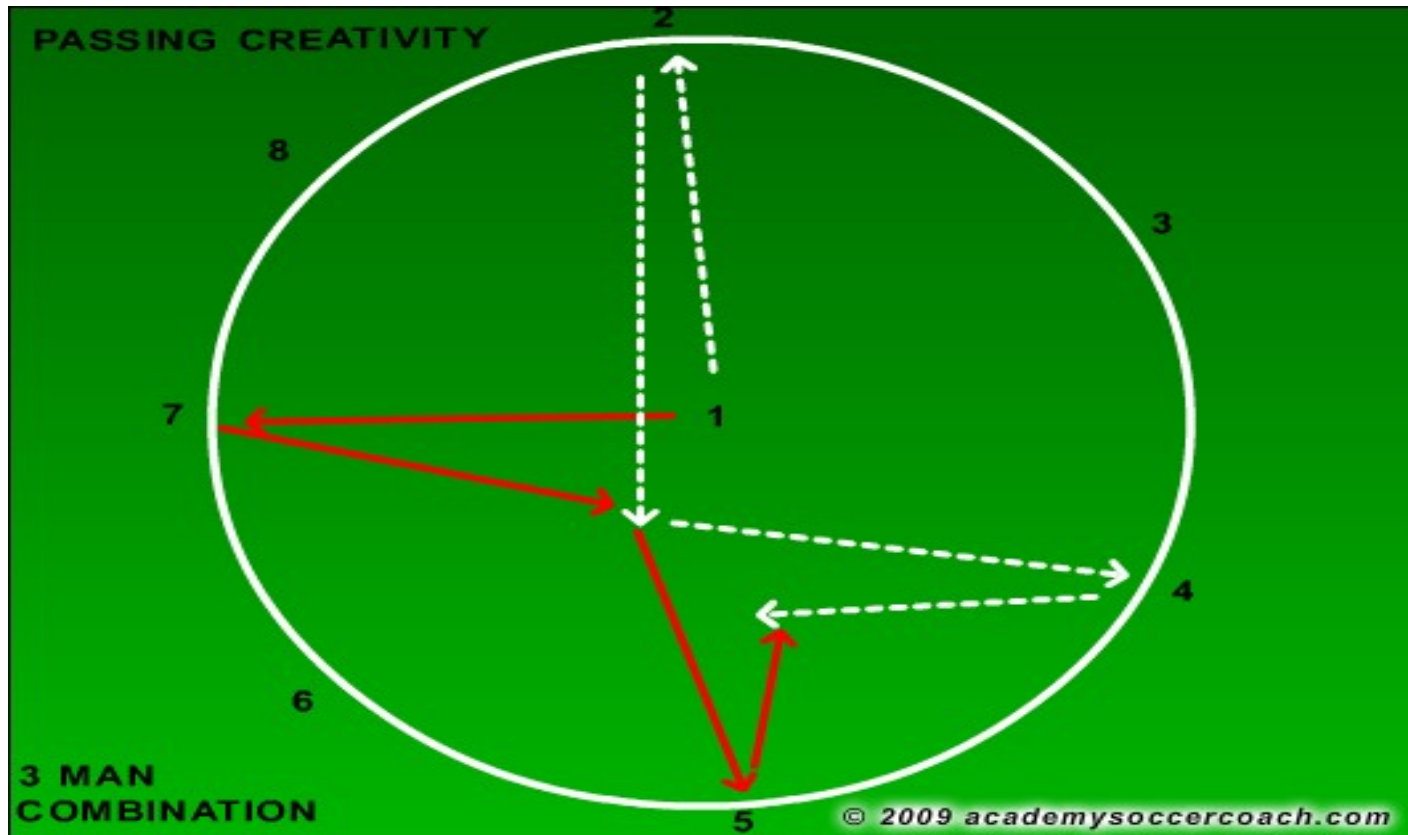




A plays a long pass to B who controls one touch  
 As the ball travels C closes B down to put pressure on B  
 B plays a 1/2 with supporting D  
 B now dribbles towards incoming A who applies passive pressure  
 B does a trick to beat A.  
 All players move up one and E now lays a long ball to C

**COACHING POINTS**  
 Accurate passing , good first touch, angle of support , pressure on the ball , freedom to do a trick.





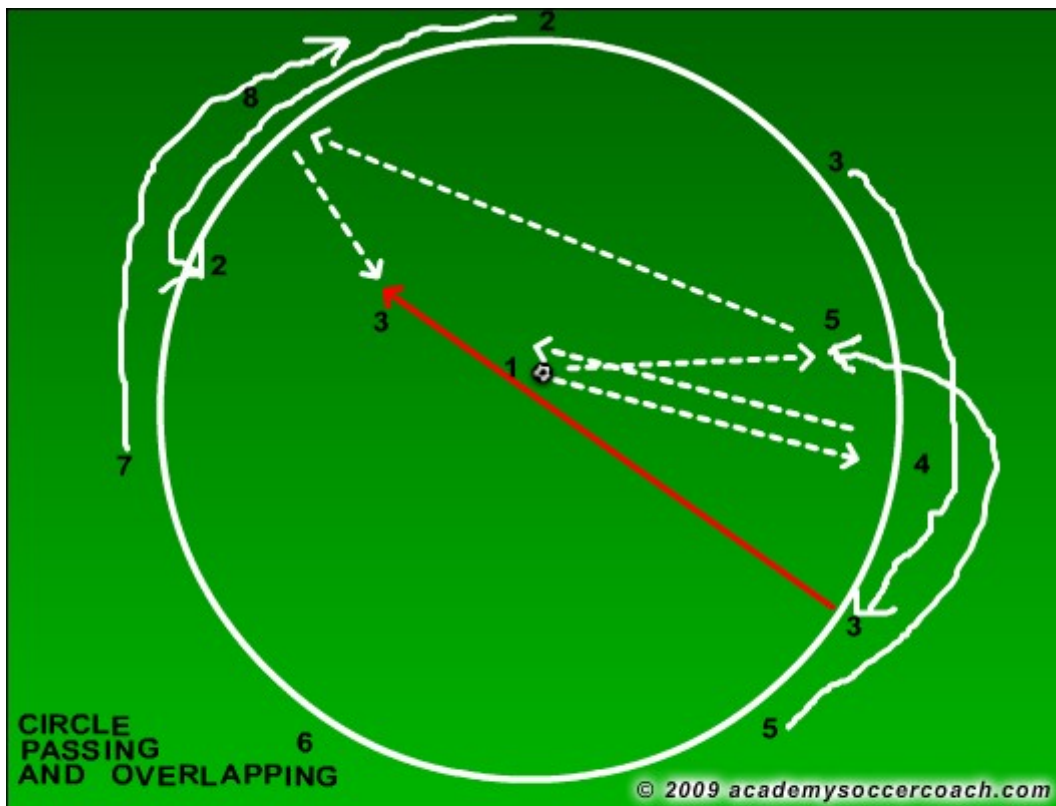
Player 1 passes to 2 and replaces 7

2 passes to 1

1 passes to 4 and replaces 5

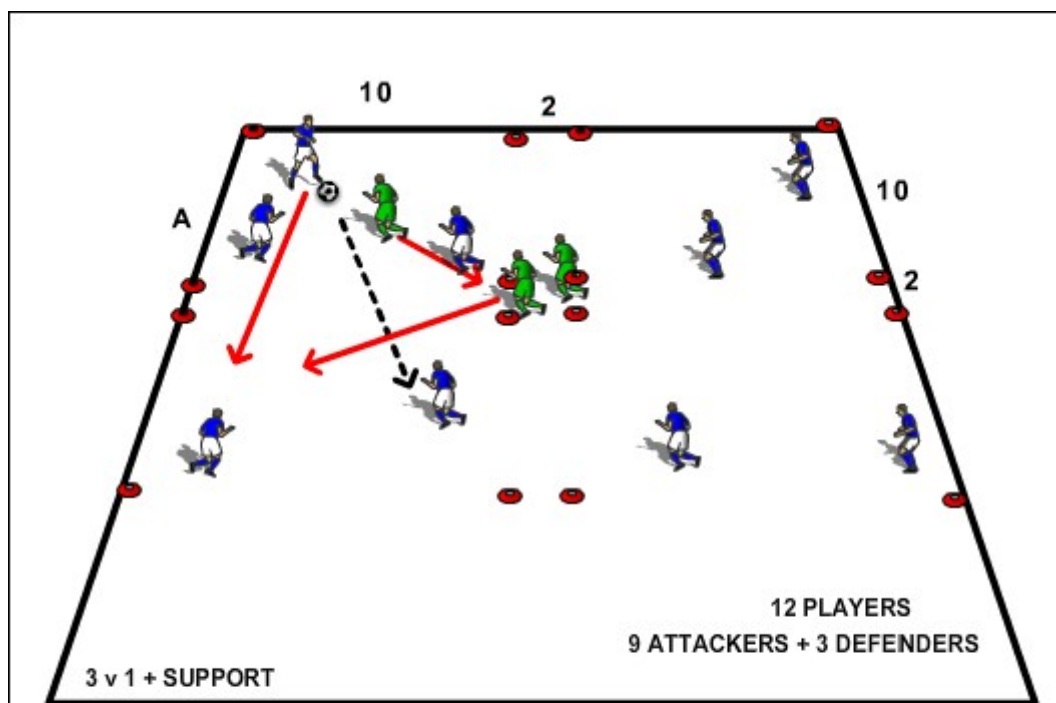
4 passes to 5

If more players use 2 players in centre with 2 balls



As player 1 passes to player 4  
 Players 3 + 5 overlap 4  
 4 - 1, 1 - 5, who passes to 8, who passes to player 3 who has followed 5's pass  
 Players 7 + 2 overlap  
 3 - 2, 2 - 3, 3 - 7 and repeat





© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)

4 X 10M grids + 2m channel

3 v 1 in grid A after 4 passes , switch the ball to another grid.

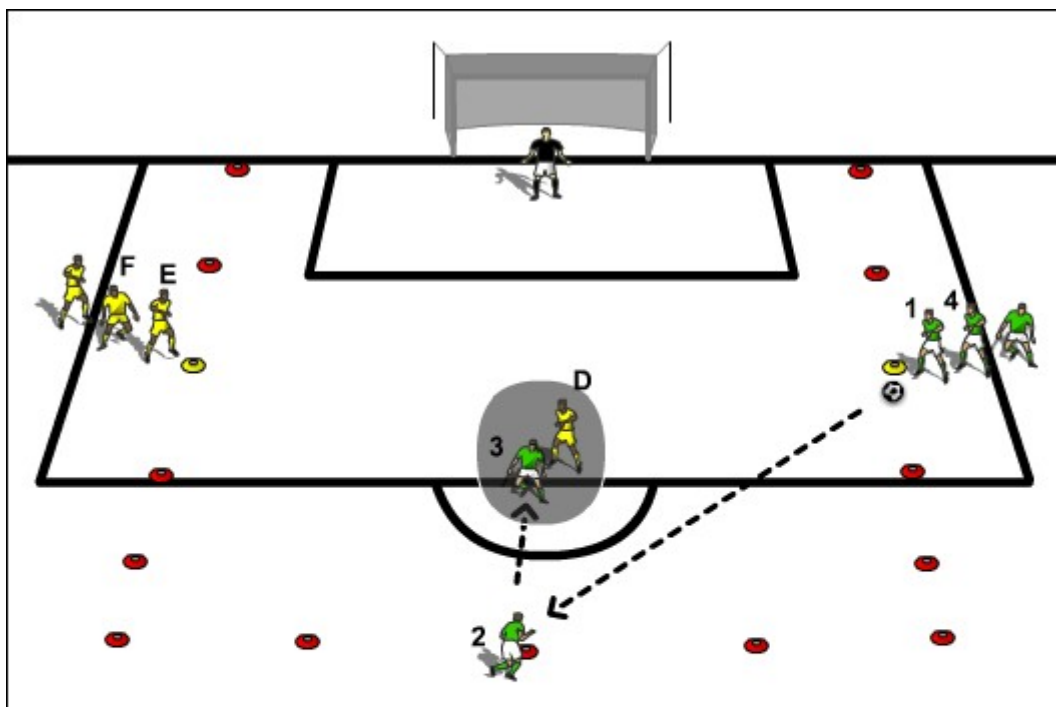
the player that passes the ball follows it in.

the original defender goes into the free channel and another defender comes in.

Coaching points - passing and support , looking to create the long pass

High tempo, lots of movement





DEFENDING IN THE BOX ... Part 1

1 V 1 2 V 2

© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)

Attacker 1 passes to 2 who passes to attacker 3

The defender A must be in position to see the ball.....

Decisions ? 1. Can he intercept ? 2. Can he stop attacker turning ?

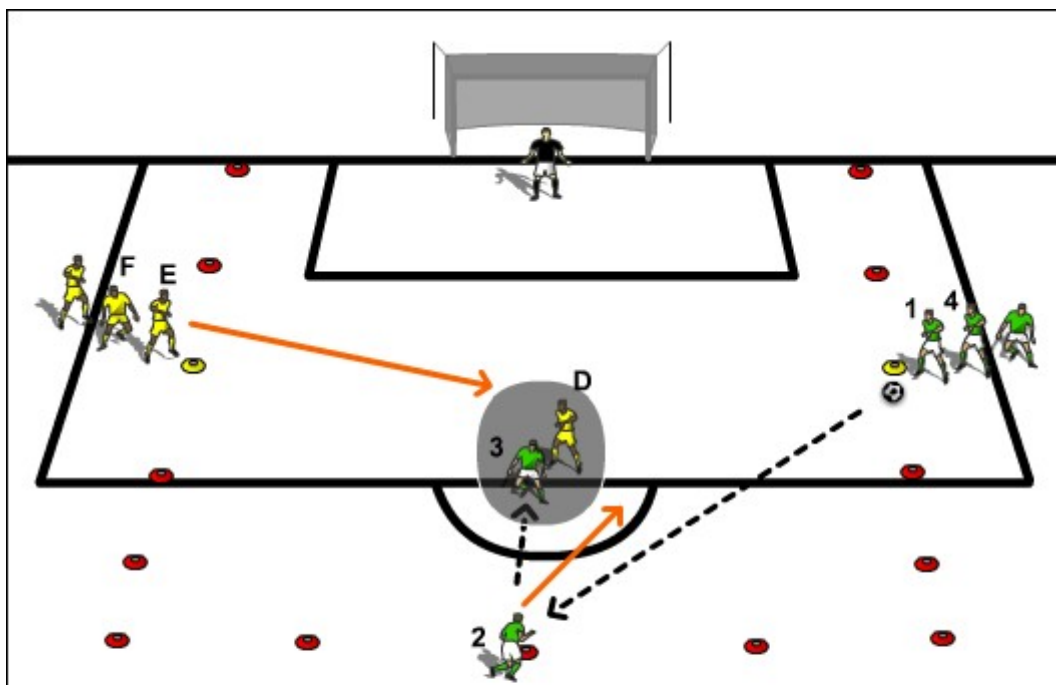
If attacker does turn the defender must adjust position quickly

**AFTER FIRST ATTACK**

1 goes to 2, 2 to 3, 3 to back of attackers line

D goes to back of defenders line, E goes to D





DEFENDING IN THE BOX ... Part 2

1 V 1 2 V 2

© 2010 [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk)

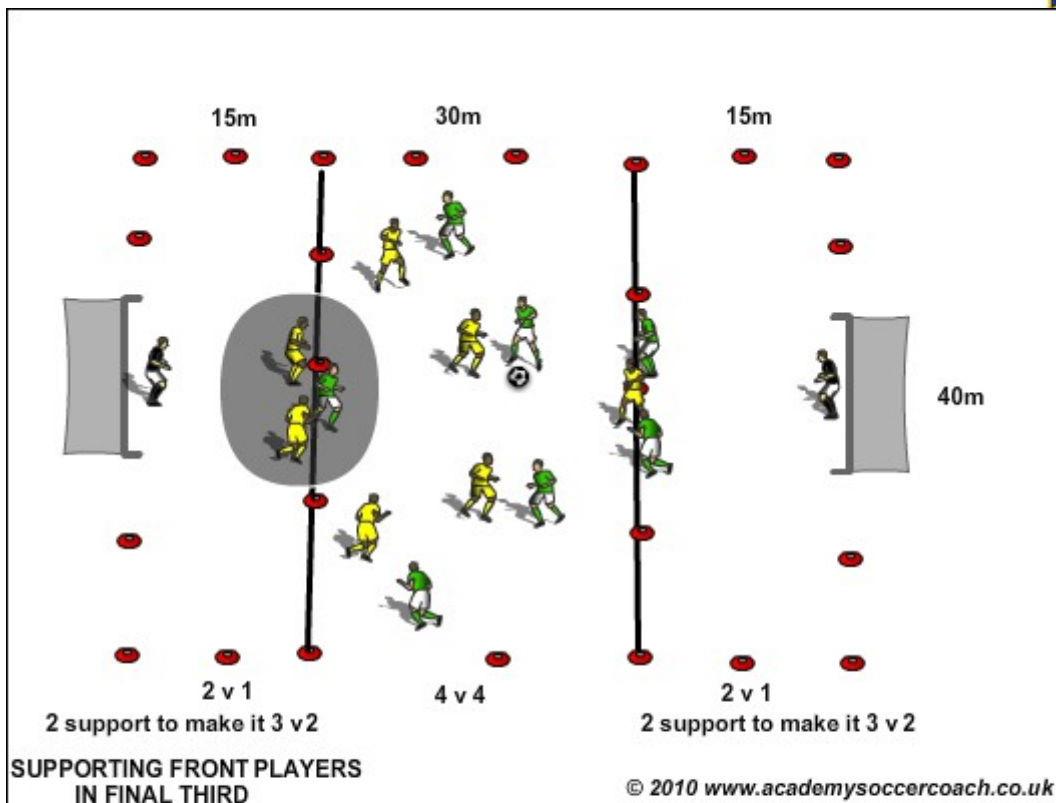
Attacker 1 passes to 2 who passes to attacker 3

The defender A must be in position to see the ball.....

Decisions ? 1. Can he intercept ? 2. Can he stop attacker turning ?

If attacker does turn the defender must adjust position quickly

AFTER 3 receives the pass E + 2 come in to make it 2 v 2



**4 v 4 in centre**  
 Play into lone striker who is on the offside line ( 2 v 1 )  
 Two midfield players support to make it ( 3 v 2 )  
 If defenders win it play it back through centre to opposite forward and repeat.

**COACHING POINTS**  
 Angles/ distance of support runs  
 Look to play forward  
 Timing of Midfield runs to support and get beyond lone striker  
 Striker move defenders towards ball to create space behind .... third man runs

**PROGRESSION**  
 Defender can go back ( 3 v 3 )

