

Supplementary Training Program

Upper St. Clair Group Training



Session Focus	Passing	Session Theme	Control & Communication
Location	Recreation Center, USC	Week Commencing	15 th April 2013
Coaching Staff	Daniel Hannan		

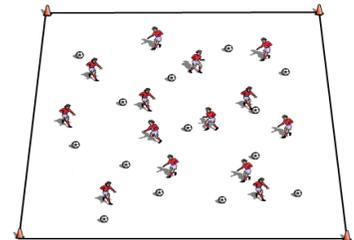
Today's Training Focus: Passing

Our session today focuses on the player controlling the ball and being able to make a quick decision to connect a pass. Communication is vital and we are looking for players to work as a team as a progression of the last session.

Warm Up: Explosive Movements & Dynamic Stretching

Players begin by dribbling the ball and then stop. They then step away from the ball and the ball becomes 'targets for them to run too. They perform various movements such as jog to first ball then sprint to the next, jog then sidestep, jog then carioca etc. This replicates game movements through explosive movements.

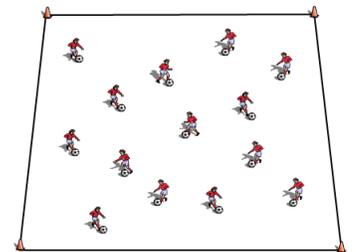
Coaching Points: Intensity is key, players should always be moving and working.



Activity 1: Ball Mastery

Players begin the session by dribbling the ball around the square and performing various moves. These include; Inside-Cut, Sole Drag-Back and Turn, Brazilian Toe-Taps, Irish Toe-Taps, Dribbling with Weaker Foot, Dribbling with Stronger Foot. It is imperative that everything is explained to the players and that they understand where and when they would perform these moves.

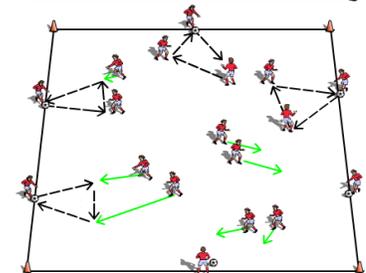
Coaching Points: When turning, players must shield, turn and accelerate.



Activity 1: Passing in Three's

Players are split into groups of 3. In their 3's, players are placed around the box. One player will feed whilst the other two work in the centre receiving passes and making one-twos with the players on the perimeter. Players should feed the ball in various forms forcing the working players to control the ball.

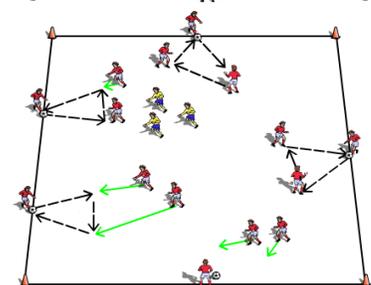
Coaching Points: Good first touch. Awareness. Communication. Players must work as a unit. Rotate feeders every 1min.



Activity 2: Passing in Three's (with Pressure)

A continuation from the previous activity, we now take one group out of the activity and put them in as defenders. Their objective is to win the ball from the other pairs who are working in the middle. Now players are looking to receive the ball in space and make good, quality passes. Encourage intensity of play.

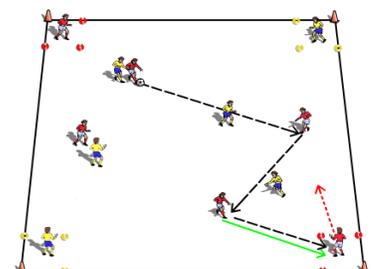
Coaching Points: Good first touch. Awareness. Communication. Players and defenders must work as a unit. Rotate feeders every 1min.



Activity 3: Four Box Game

Put players into teams of 4, although depending on numbers, you may want to increase the numbers of the teams. Players play with a two or three touch limit and score goals by completing passes into the corner boxes and releasing a team-mate into the game.

Coaching Points: Shift the ball quickly and change the point of attack. Heads up looking for the early pass. Ensure the passing technique is correct.



The Power of Praise

There are a lot of players I have coached, both past and present, who are driven by a constant desire to be the best at everything they do; and when they are not, they become a handful. One player I coached in the US, had an elder brother who was captain of the school football team, and the rest of the family are sporty as well, often supporting one another. For instance, his parents and brother turn up to watch him play his football... they even bring the dog sometimes!

As the season has progressed they grew into the heart of the club, and I offer them weekly reports as to how their lad had settled in and how he was responding to playing in my team. And responding he really was. That's because I have given him praise and responsibility – I was way short of offering him the captaincy, but he has a role in the team mechanic and that meant a lot to him.

Now some players will find themselves motivated more than others by the words of their coach, and you might think that this lad is would be particularly receptive because he has a family who support and challenge one another. But in my experience absolutely anyone can benefit from positive encouragement... whether or not they've got an elder brother, a supportive family and an overactive canine! And it doesn't take much for a coach to say the right thing. For instance, when players do something wrong, I praise them instead for what they have done right, steering them away from the negatives. And sure, some respond better than others, but as a whole, they're much better footballers as a result of this approach.

Indeed, back to the lad in question... he has even started to lose some of the backchat and boasting that he rocked up with at first. In addition, his parents noticed how much he wanted to come to training and how much he talks about the team. They are surprised because he has never been like this before. He's been rewarded at home with new boots and shinpads - he really is a different boy and it's great to see. For me, there are two key things here:

- 1. *The power of praise***
- 2. *How successful working with parents can be***

Parents can be one of your best allies when dealing with disruptive kids. They get a lot of stick for doing the wrong things – such as shouting at matches or offering their kids bribes - but when it comes down to it you need the parents on your side. Even his brother has started to be more positive on the touchline and regularly came over to talk to me about how well his younger brother is doing. It helped me to create a great atmosphere at training and on match days without the tears and tantrums. The game becomes the focal point and the players can have a much more enjoyable time with their team mates.

Quote of the Week

“The fewer rules a coach has, the fewer rules there are for players to break.”

- John Madden