

# Supplementary Training Program

Upper St. Clair Group Training



Session Focus	Passing	Session Theme	Passing & Movement
Location	Recreation Center, USC	Week Commencing	6 <sup>th</sup> May 2013
Coaching Staff	Matthew Pearson & Daniel Hannan		

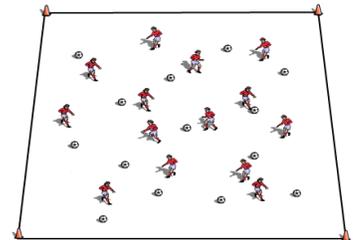
## Today's Training Focus: Passing & Movement

Our session today focuses on passing and movement. We have focused on this a lot in recent weeks, however, it is vitally important that we continue to develop our passing and awareness on the field.

### 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 ball then sprint to the next, jog then sidestep, jog then carioca etc. This replicates game movements through explosive movements.

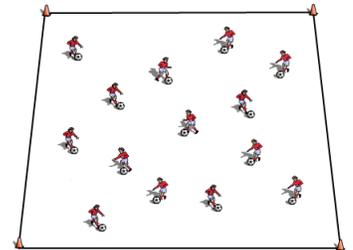
**Coaching Points:** Intensity is key, players should always be moving and working.



### 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.

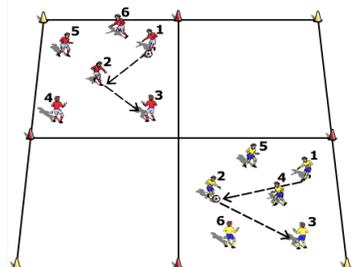
**Coaching Points:** When turning, players must shield, turn and accelerate.



### Activity 2: Passing In Sequence

Players are split into boxes, each with a number. Players pass in sequence whilst moving within the boxed area. On the coaches command, the players move into a different box. Change = Clockwise; Switch = Anti-Clockwise; Swap = Move diagonally. Conditions can be put on passing (i.e. Two Touch etc.)

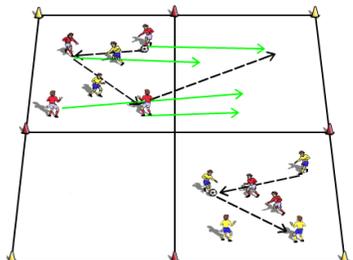
**Coaching Points:** Communication. Movement & Support. Over-Hit the Pass. Connect the passes with team-mates.



### Activity 3: 4v2 Possession

Players move as before but now, they can move freely after 5 or 10 passes (depending on the skill level). Two players from each group now go in and act as defenders trying to win possession of the ball. Players must react to the location of the empty boxes and move the ball quickly.

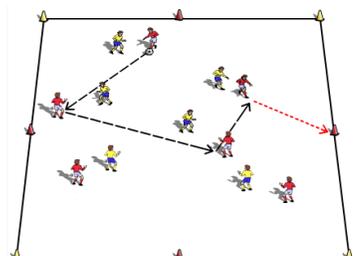
**Coaching Points:** Force speed and direction of play. Good communication. Switch play quickly. Create angles for the pass.



### Activity 4: Pass & Dribble Game

Now the centre cone is removed and the teams play 6v6 within the area. In their teams, they aim to make 5 or 10 passes (again, depending on the skill level). Once they have completed the passes, they must dribble out to one of the colored cones and stop the ball to score a goal/point.

**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.



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## Building Team Spirit

### Team spirit: what is it?

Team spirit is a very desirable attribute for a group of young soccer players to have. With it, a team is more than the sum of its parts. It plays 'above itself'. Without it, a team is no more than a group of individuals. But is it possible for us, as soccer coaches, to build teams with 'spirit' in the same way that we teach our players to dribble and shoot? Yes, it is.

First, we have to make sure that every player knows they are an indispensable part of our team and that no single player is more important than the rest. Here's a little demonstration: "Zvzn though my typzwritzr is an old modzl, it works vzry wzll - zxczpt for onz key. You'd hopz that with all thz othzr kzys functioning propzrly onz faulty kzy would hardly bz noticzd, but thz onz kzy out of whack szzms to ruin thz wholz zffzct. "So if you say to yourszlf, 'Wzll, I'm only onz playzr. No onz will noticz if I don't do my bstz', you'rz wrong. To bz zffzctivz a tzam nzzds vzry playzr to play to thz bstz of thzir ability."

So next time one of your players feels they aren't important, remind them of the typewriter principle – every one of them is a key player! We can reinforce the notion that every player is a key player by making sure we treat all our players fairly and alike; we must not have favourites.

Secondly, although we all know that setting individual objectives is a useful way to motivate and reward young soccer players, a coach should also set team objectives that every player contributes to. For example, 'to score more goals than we concede' rather than 'to score more goals'.

And watch out for cliques. If you notice a small group of players bonding among themselves at the expense of other players, act quickly. Split the group up in all your coaching activities.

### Don't forget the details

Players should turn up on time and dress smartly for matches. Never let a player get away with turning up late or being dressed inappropriately. Apply the sanction. Group activities away from the field are also useful in forging team spirit. Go bowling together or take the team to a restaurant. Even if the pursuit isn't what you deem massively healthy (a trip to McDonalds, for instance!), the value of the team weaving together away from the football pitch is arguably much more important than worries over the one-off effects of some fast food! But remember, creating team spirit (or team building) cannot be achieved by one action alone. It is a reflection of the way you and your team interact in every way, both at training and at games. If you follow these suggestions you will create a team worthy of the name, and will be laying the foundations for long-term success.

### Quote of the Week

"Unity is strength. When there is teamwork and wonderful collaboration, wonderful things can be achieved."

- Mattie Stepanek