

TEAMWORK AND TACTICS TO EDUCATE YOUR PLAYERS

SOCCER COACH WEEKLY

Learn • Train • Develop • Enjoy

March 4 2015 • Issue 410
\$6.99/£4.99

CREATE COMPLETE MIDFIELDERS

BE A GOAL SCORING, TOUGH TACKLING, GAME CHANGER

MANAGING TEMPERS

SPORTS PSYCHOLOGIST DAN ABRAHAMS GIVES SIX TIPS

SOCCER WARM-UPS

DRIBBLE TURN

TOUCHLINE TALES

WHY ARE THE UNDER-14s SO GOOD?

< **PAUL POGBA**
JUVENTUS GENIUS



POGBA

“I WANT TO BE THE BEST PLAYER IN THE WORLD”

> WORK YOUR STRIKE FORCE > SCORE LIKE POGBA

THE BEST SOCCER PRACTICE PLANS EVERY WEEK

Why Are The Under-14s So Good?



Soccer Coach Weekly Issue 410



Soccer Coach Weekly is published by Green Star Media Ltd, Meadow View, Tannery Lane, Bramley, Guildford GU5 0AB, UK.

Telephone
+44 (0)1483 892894

Head Coach
David Clarke
david.clarke@coach-soccer.com

Illustrations
Mike Ronald

Pictures
Action Images

Production
ATG Media Production

Designer
Jamie Leeson

Customer Services
Duncan Heard
duncanh@greenstarmedia.net

Managing Director
Andrew Griffiths

(c) Green Star Media Ltd. All rights reserved.

Click [here](#) to read the full disclaimer.

To advertise in Soccer Coach Weekly, download media pack & contact [here](#)

To subscribe to Soccer Coach Weekly call Duncan Heard on +44 (0)1483 892894 or [subscribe online here](#)

Touchline Tales

Watching the Under 14s pass and move their way to a really pleasing victory this week, I went home and decided I needed to see what I had worked on with this team when they were much younger, and what had been the foundation for the way they were now playing.

I found this extract from my notes from a few years earlier and they inspired me to revisit the work I was doing then.

“I felt my Under-10s moved onto a new level this week. We played above my expectations”

“I felt my Under-10s moved onto a new level this week. We played above my expectations... something had definitely clicked. One of the parents of a player who had moved from another team to ours a few weeks back came up to me and asked me about the way we were playing. “How have you got them to play the ball back in order to move forward?” he asked me, “it’s like watching Barcelona!”

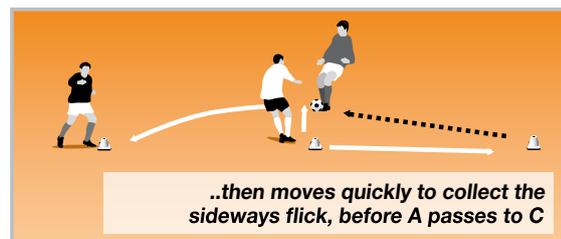
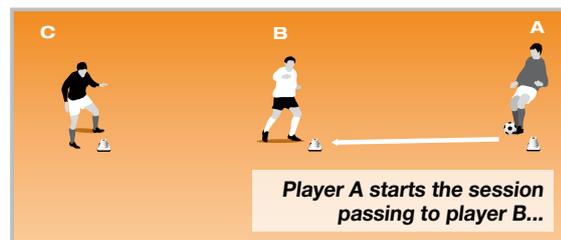
“Indeed we were moving the ball well, the idea being that the forwards with their backs to goal could play the

ball into space, then move to receive the next pass in a more attacking position. We won the game 5-0, but that wasn’t why I felt so pleased.

“Playing like this doesn’t come naturally. Passing the ball in one direction then moving in another is all about coordination and balance in young players. They have to be smart for it to work without giving the ball away, or passing to an opposition player when they are under pressure.”

It takes a lot of hard work in coaching sessions – but having started using complicated exercises to pass and move I quickly changed to using simple ‘pass one way go the other’ warm-ups at every session over three months. And now it’s paying off. I’ve come up with a number of variations which I rotate over the weeks.

Possession of the ball is key, coupled with movement of players to support the player on the ball. Try a simple drill like this – use three players in a line, each five yards apart. Player one passes to the middle man who turns with the ball and passes to the player on the other side.



The player in the middle quickly swaps with the player who passed the ball and the drill continues. Play should be slow at first until players work out a rhythm, then speed it up.

Such a simple way to coach passing and receiving leading to possession of the ball. It is fantastic to see how the team has developed so that they are now playing in the top division at their age group – a lot of hard work has been put in by a lot of people along the way, but it has been worth every single second we spent on them.



David Clarke



ASK DAVE

GOT A COACHING PROBLEM? LET ME SOLVE IT FOR YOU!

It’s good to have somebody to ask for advice when you encounter a problem with your team – and whatever your coaching problem, I’m sure I can help.

I’m delighted to offer you a personal service exclusive to SCW subscribers. Just email me your query on any soccer coaching matter and I’ll get back to you as soon as I can. I’ll give you the advice you need to solve your particular problem, and I’ll even send you the resources you need from our archive of coaching sessions.

Just email me today: askdave@soccercoachweekly.net

In this issue...

- 3 CREATE COMPLETE MIDFIELDERS**
Paul Pogba is a midfield genius
- 4 WORK YOUR STRIKE FORCE**
Pass, turn, shoot and move
- 5 WHO CAN SCORE?**
Win the 1v1 battles to have a chance of scoring in the main game
- 6 ATTACK FROM MIDFIELD**
Improve link up play between your centrebacks and forwards
- 7 SOCCER WARM-UPS**
Fun activity called Dribble Turn
- 8 SIX WAYS TO MANAGE ANGER**
... with Dan Abrahams



Create Complete Midfielders

He creates goals, he scores goals and beats players to get himself out of tight situations – Paul Pogba is a fast-footed midfield genius who wants to be the best in the world

Paul Pogba is a player that needs watching – he is going to have a great future. The more I see of him the more I realize that this guy has that extra something that will take him to the top. And not just because he says he wants to be the best player in the world.

Pogba takes a time out during a coaching session with Didier Deschamps of France



And it's not just me who believes it.

Atletico Madrid winger Antoine Griezmann believes the potential Juventus midfielder Paul Pogba has means he *can* go on to become one of the best players in the world.

The 21-year-old has yet again been a stand-out performer in Serie A this season – netting six goals in 17 league appearances – and Griezmann has little doubt that the Frenchman will go on to be a huge force on the global scale.

In an interview with L'Equipe he said: "Pogba really is a great player. He has immense qualities. He has a great right foot, but is equally strong with his left foot.

"He even scored a great goal with his left foot against Chievo at the weekend. He has great technique and is pretty quick, too."

He also has great leadership qualities having captained France U-20 to the finals of the U-20 World cup in 2013. His manager Massimiliano Allegri is convinced he still has 30 or 40 per cent more to give – that would be an astonishing improvement in an already great player.

He said: "We're talking here about a potential phenomenon."

His striking qualities are superb for an attacking midfielder bringing to mind Frank

Lampard in his heyday at Chelsea.

Some of the game's greatest midfielders have said it. "He is a warrior with a good spirit," said France boss Didier Deschamps. "He has everything it takes."

Manager of the Italian football team Antonio Conte knows a thing or two about playing in midfield. He won five Scudettos and the Champions League playing at the heart of Juventus' midfield, and he's another who is certain of Pogba's immeasurable promise.

"Pogba is a modern player, as he is strong, fast and has stamina," Conte said. "He's also humble, so listens to the advice given by me and by his team-mates. I saw his interviews in which he said he wanted to become the best in the world. I am happy with that, because in my view he can be the best."

Patrick Vieira head of the youth Academy at Manchester City is also a fan. The former Arsenal man won 107 caps for France, but told L'Equipe that the man dubbed his heir in the French midfield is "more offensive than me and perhaps better technically. I saw him play for Manchester United. That Manchester City did not take him when he left was a mistake because he is an extraordinary player."

Work Your Strike Force

Pass, turn, shoot then move quickly to get back into position – this session encourages your players to get to the ball first and shoot quickly

WHY USE IT

On match days it is always great to be given the role of attacking midfielder but players must be up to the task – this session will give them a good workout for scoring goals.

SET UP

You need balls, bibs, cones and a goal. Use half your normal pitch for the session. Set up four cones 5 yards from the half way line, spread out across the pitch, with one cone in the penalty D and two cones on the six yard line.

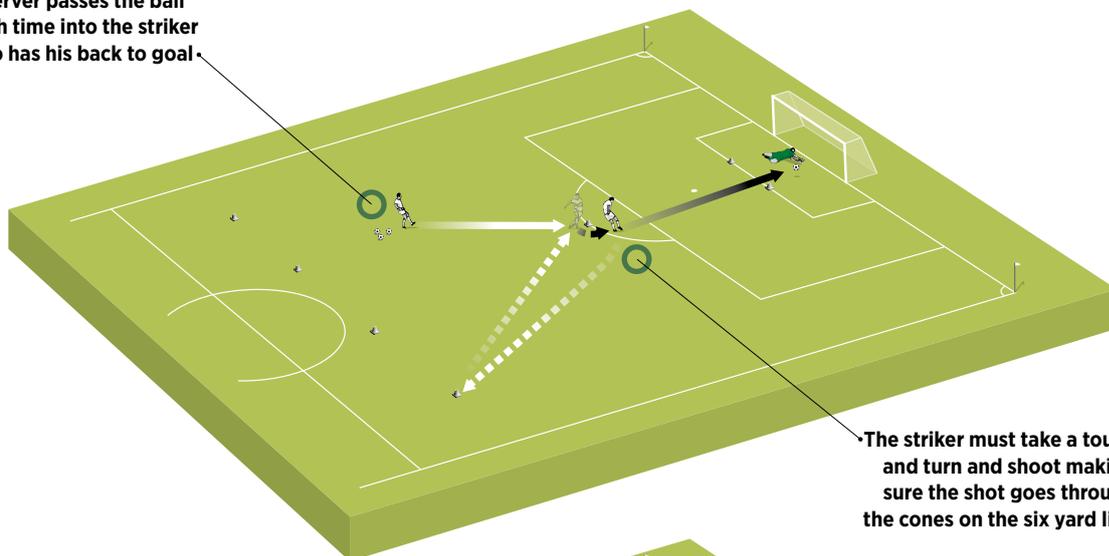
HOW TO PLAY

You need a server, a goalkeeper and a working striker. The server passes into the feet of the striker who takes a touch to move the ball, turn and shoot through the two cones. Then runs and touches a cone and returns to get the next ball. Once all four cones have been touched, switch the players around and see who scores the most from four goes. Add a defender to put pressure on the striker.

TECHNIQUE

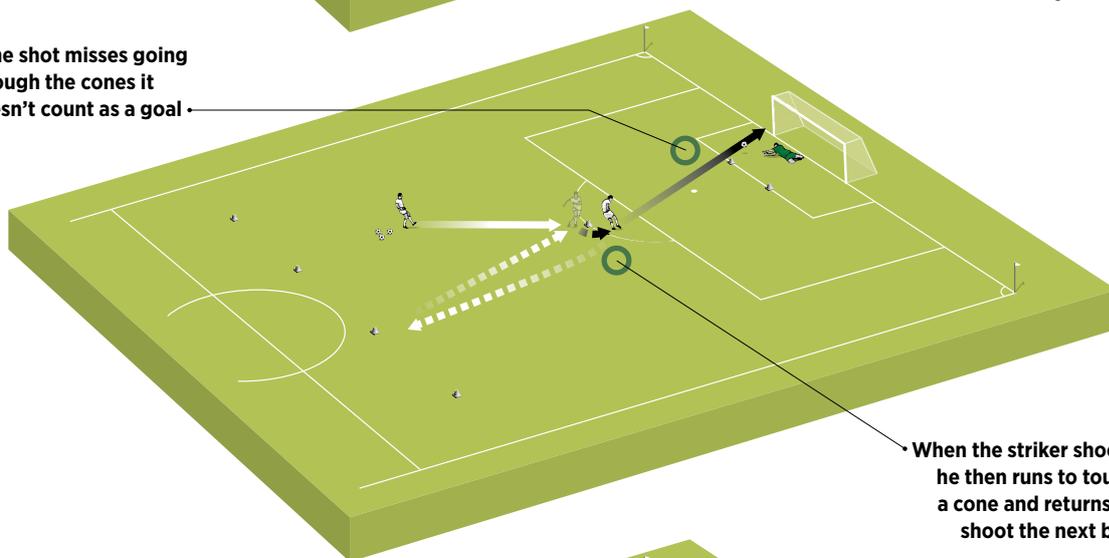
First touch to get the ball from under their feet is important for the striker. Good shooting technique to shoot through the cones.

A server passes the ball each time into the striker who has his back to goal



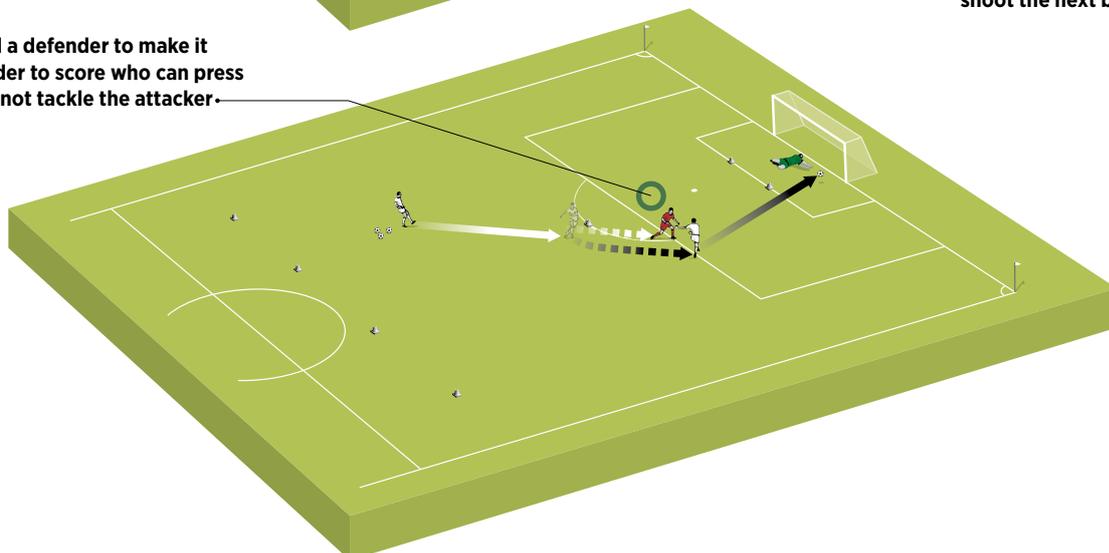
The striker must take a touch and turn and shoot making sure the shot goes through the cones on the six yard line

If the shot misses going through the cones it doesn't count as a goal



When the striker shoots he then runs to touch a cone and returns to shoot the next ball

Add a defender to make it harder to score who can press but not tackle the attacker



Player movement 

Ball movement 

Run with ball 

Shot 

Who Can Score?

Win the 1v1 battles and you will get chance to score in the main game – great to focus your players on scoring goals and giving them incentives to use skills to win battles

WHY USE IT

Attacking midfielders often find themselves surrounded by defenders and they need to use skills to get into goalscoring positions on the pitch. This session helps them do that.

SET UP

You need balls, bibs, cones and a normal sized goal plus six pop up goals or use cones to make small goals. Create a 25 x 25 yard main area with a goal and three smaller 15 x 10 yard areas.

HOW TO PLAY

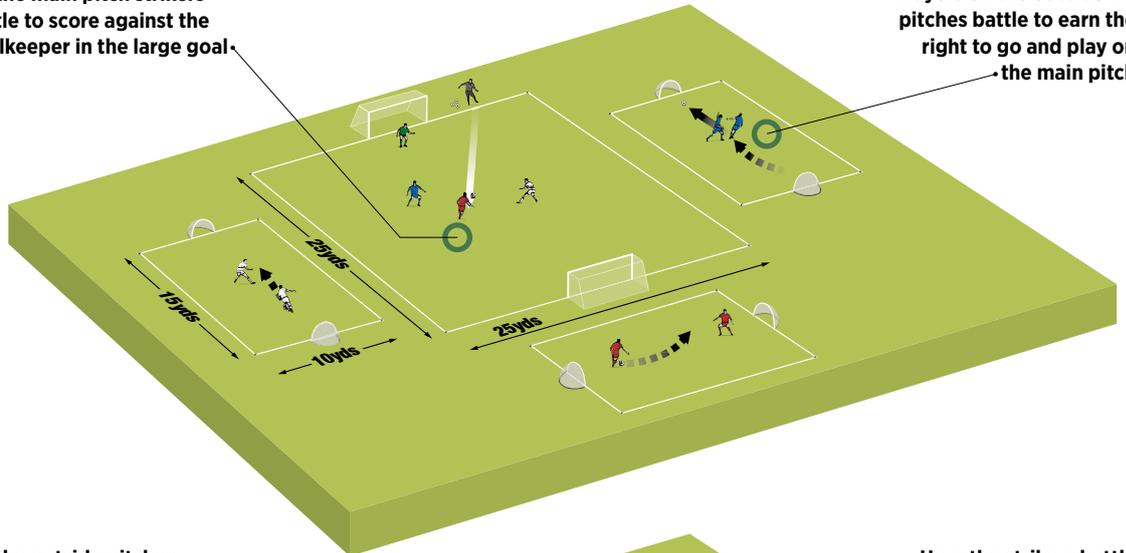
Create three teams of three players. One player from each team goes onto the main pitch and battles to score against a goalkeeper. Players on the outside 1v1 pitches have to score 2 goals to earn the right to play on the main pitch – when a player does this they tag the team mate on the main pitch and swap places. Only goals scored on the main pitch count for the individual striker – which will keep scores close. Add up points after a set time.

TECHNIQUE

Ball shielding and beating-the-player skills, shooting and skills to win and find space as an individual player.

On the main pitch strikers battle to score against the goalkeeper in the large goal.

Players on the outside 1v1 pitches battle to earn the right to go and play on the main pitch

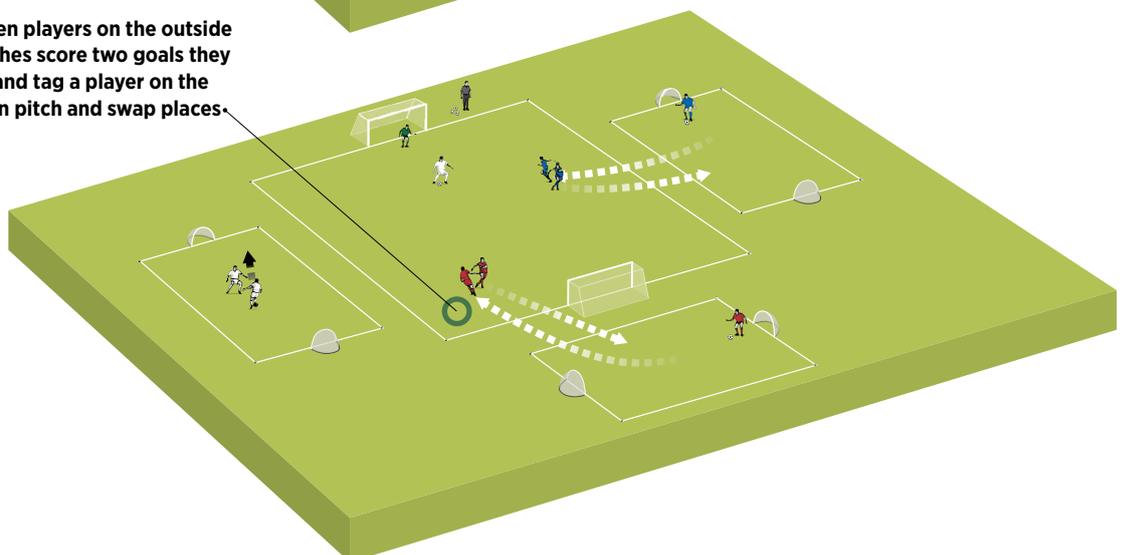


On the outside pitches strikers must score two goals to go and switch with a player on the main pitch.

Here the strikers battle against each other – only goals scored on this pitch count as a point



When players on the outside pitches score two goals they go and tag a player on the main pitch and swap places.



Player movement 

Ball movement 

Run with ball 

Shot 

Attack From Midfield

Improve link up play between your midfielders and centre forward with a clever session that sets up play and creates lots of goalscoring chances

WHY USE IT

This session improves the relationship between midfielders and the centre forward. Midfielders learn how to create space for a forward to receive a pass and then get into scoring positions themselves.

SET UP

Three teams of three on a 40x22-yard pitch divided into 5, 20 and 15-yard zones.

Team 1: Two centre backs and a centre forward.

Team 2: Three midfielders.

Team 3: Three defenders.

Place two mannequins/poles 15 yards from a manned full-sized goal with a mini-goal on the 5-yard line.

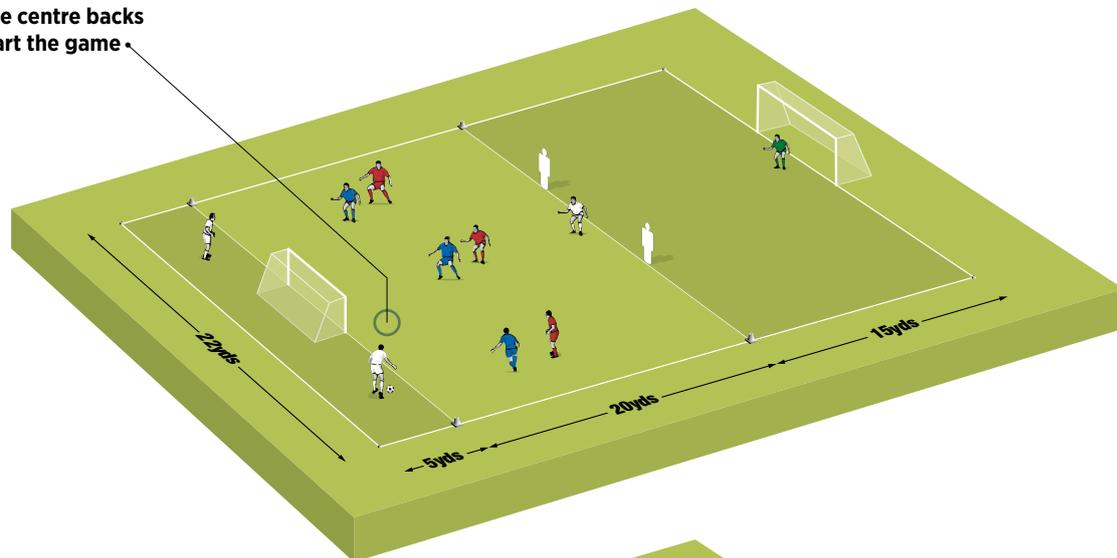
HOW TO PLAY

The centre backs start with the ball in the 5-yard zone. They look to pass to the centre forward. The midfielders run to create space then play a wall pass with the forward, dribble into the 15-yard zone and shoot. The defenders look to prevent the through ball, regain possession and score in the mini goal. If a midfielder scores, they attack again. If the defence scores, switch roles.

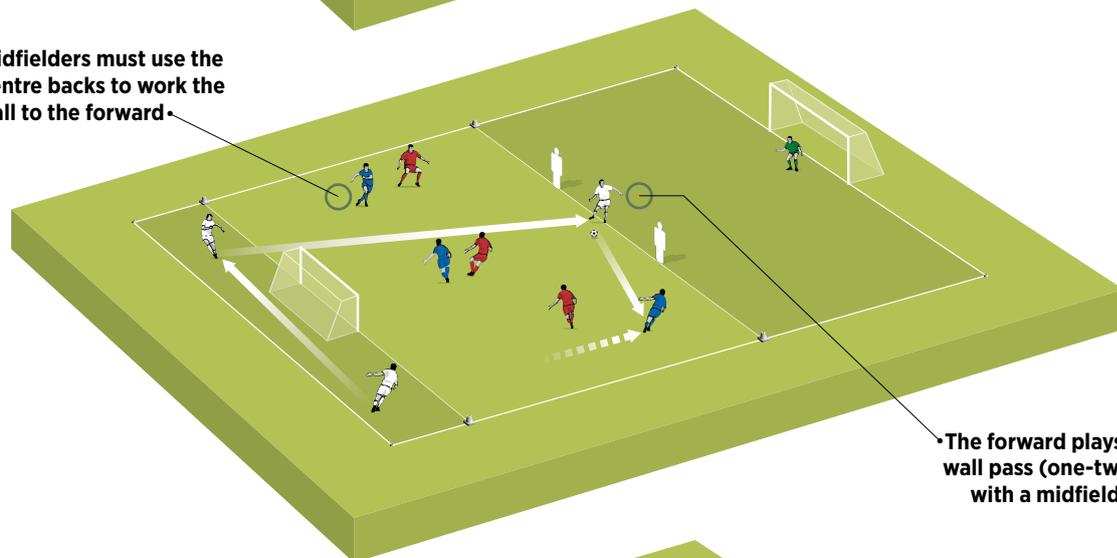
TECHNIQUE

- Movement off the ball to create space.
- Accurate passing forward.
- Controlled wall pass from centre forward to midfielder.
- Control, dribble and shot in two touches.

The centre backs start the game

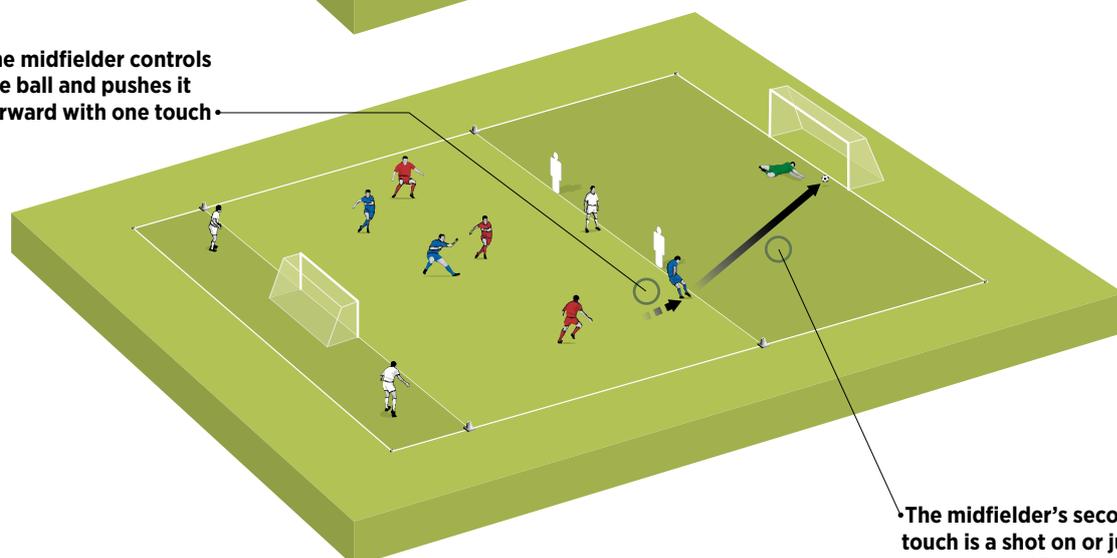


Midfielders must use the centre backs to work the ball to the forward



The forward plays a wall pass (one-two) with a midfielder

The midfielder controls the ball and pushes it forward with one touch



The midfielder's second touch is a shot on or just over the 15-yard line

Player movement

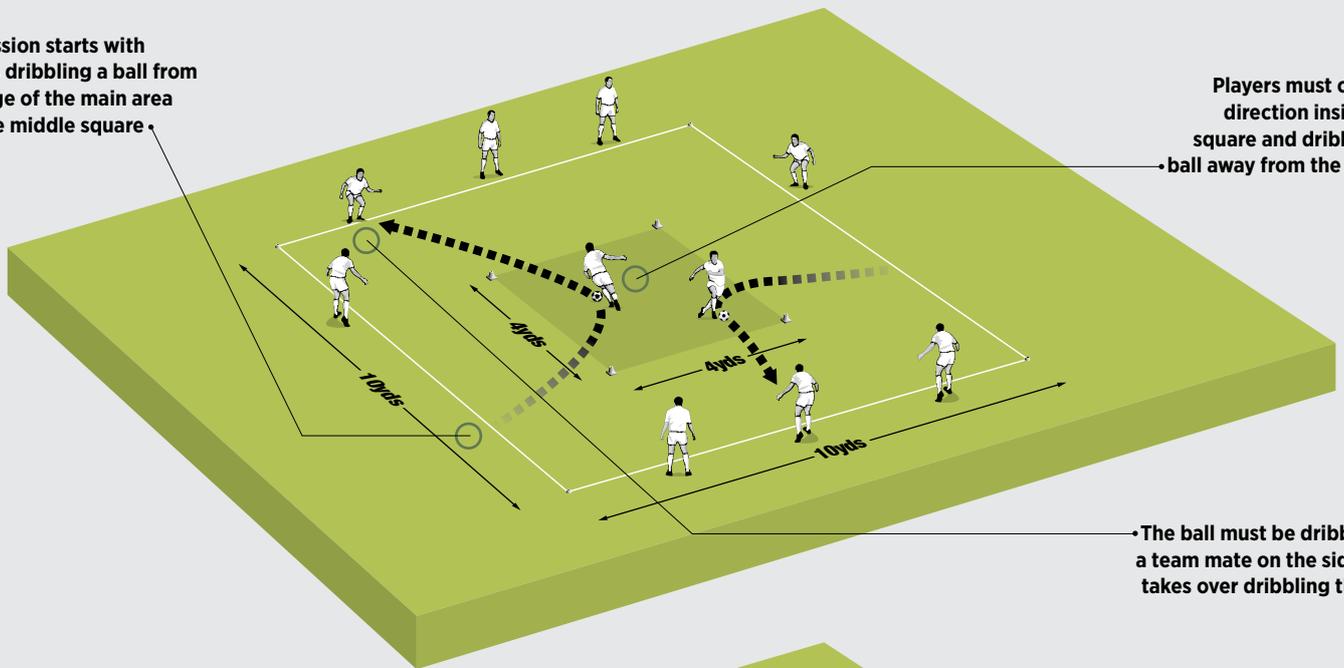
Ball movement

Run with ball

Shot

The session starts with players dribbling a ball from the edge of the main area into the middle square.

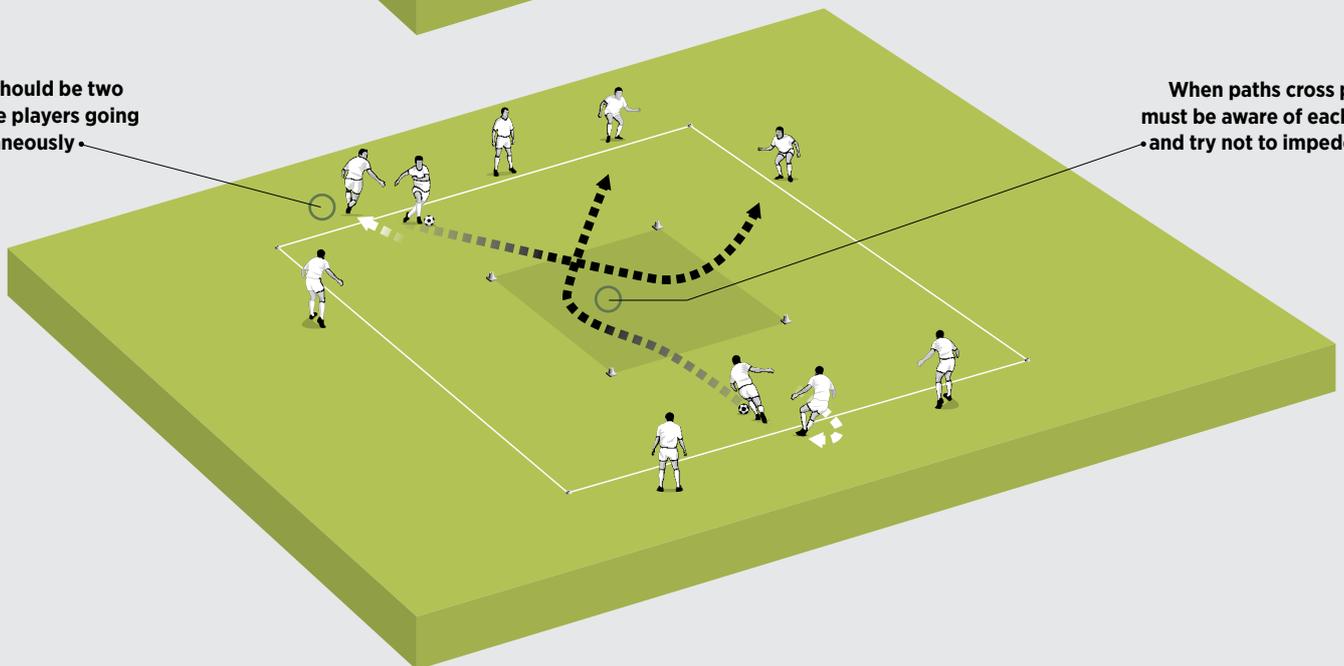
Players must change direction inside the square and dribble the ball away from the centre.



The ball must be dribbled to a team mate on the side who takes over dribbling the ball.

There should be two or three players going simultaneously.

When paths cross players must be aware of each other and try not to impede them.



Run with ball ■■■▶ Player movement ■■■▶

101

Soccer Warm-Ups

No.13: Dribble Turn This simple and fun activity is perfect for use on match days, allowing you to warm up your players with a quick burst of movement and a focus on technique.

SET UP

To set up for this simple to use and fun warm-up activity, you will need balls and cones. In an area 10 x 10 yard mark out a 4 x 4 yard square in the centre using cones. We used 10 players in the warm up - they should be spread around the area.

dribble into the middle square, which measures 4x4 yards. They must then complete a change in direction with a turn or a skill, then dribble out of the area to a team-mate who takes over the ball and dribbles through the square.

TECHNIQUE

Players should be using a good first touch to get the ball out from under their feet and use a running



technique to get to the small square then quick feet touching the ball around the cones to come out in another direction.

DIFFICULTY RATING



Quick technical warm up that helps players to get an early feel for the ball. The distances are short so your team won't tire, changes of direction help them to concentrate on ball control.

HOW TO PLAY

Have two or three balls working simultaneously. The players must



6
WAYS TO

Manage Anger

Nemanja Matic recently showed why footballers shouldn't get angry on the pitch. Sport psychologist Dan Abrahams offers six tips to help your players manage their anger

01 USE ANGER TO HELP

Anger is a sign that a player has a goal but is being obstructed from completing that goal. It's important to put anger in perspective – it's better to have a player who is passionate about performing on the pitch than not. Anger isn't all bad, provided it is used in the right way. There are many examples of footballers and athletes who have fed from anger – Roy Keane would be a classic example.

02 BE CALM IN TRAINING

There is a significant difference between the usefulness of anger in a training session compared to the usefulness of anger when performing in a game. In training players need to be calm, relaxed and above all focused. Training is there as a blueprint for a match and as a platform to learn. An angry player won't learn as effectively or as quickly as a focused player. This should be non-negotiable.

03 MAKE THEM PROACTIVE

Players who are performing in an angry mode are more likely to be 'reactive'. This means that aggression takes over and players will commit fouls, argue with referees and with the opposition. This leads to playing with a lack of intelligence and at too high a tempo. By contrast, 'proactive' players value intelligent football. They use the intensity they feel when they get angry to execute their role with greater focus.

04 DIRECT THEIR ANGER

As a coach, your directions don't stop at setting out the match tactics. In addition to directing the play on the pitch, a 21st century coach will be able to shift and direct the emotions of his players. Put simply, the ability to control anger lies in a player's capacity to mentally shift away from the thing that is winding them up and direct the anger onto a more appropriate focus of attention. Play a part in helping this shift of focus.

05 FOCUS THEIR MINDSET

When a player feels the surge of intensity that they experience during anger, they should direct all of their attention solely towards their responsibilities on the pitch and their role within the team. This intensity should help them execute their soccer duties in a faster, stronger and quicker manner. It is simply a matter of players taking control of their mindset and directing all of their resources into playing hard.

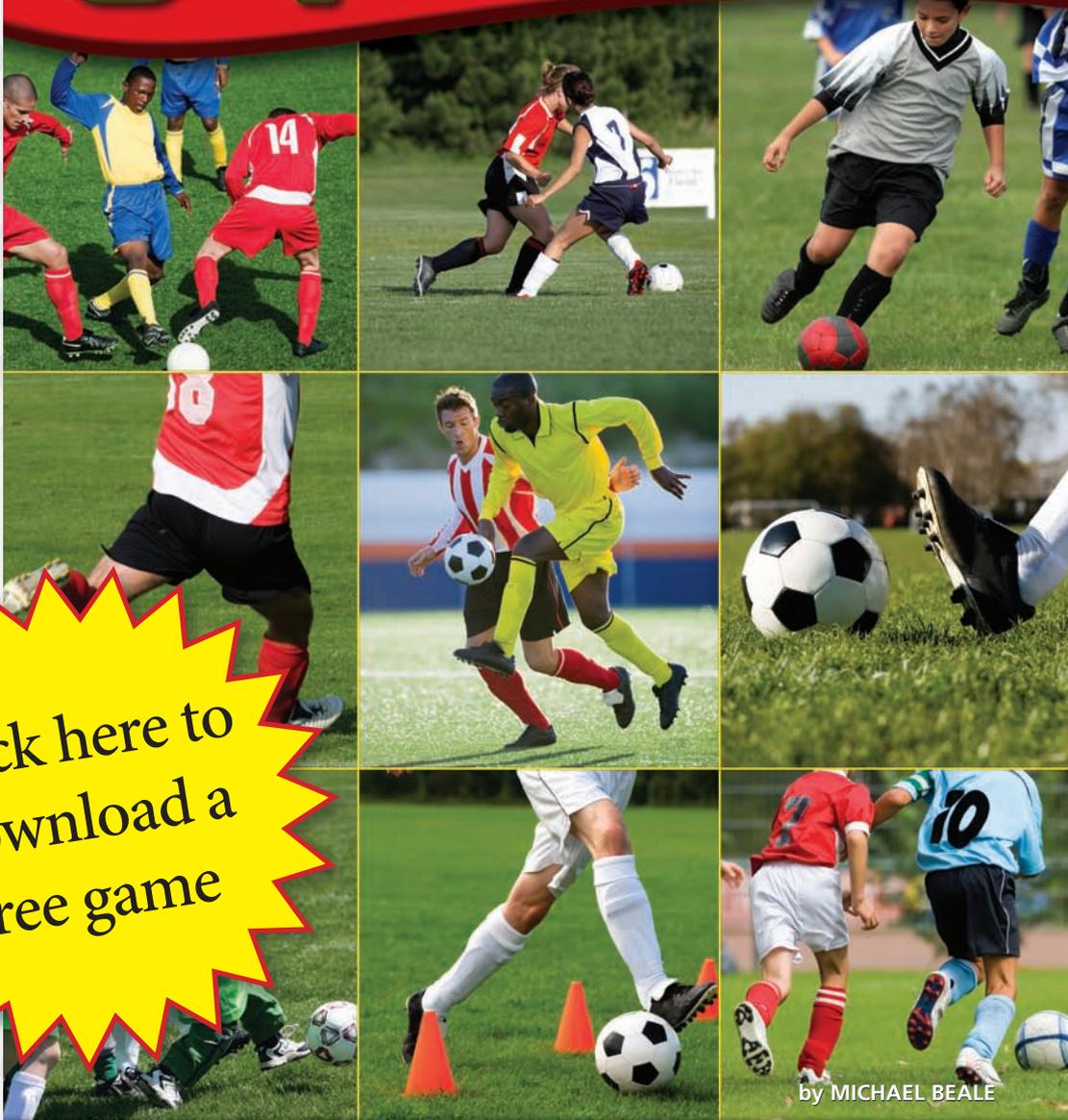
06 CHANGE BEHAVIOUR

Young players don't need a psychologist – demonstrations of anger can be remedied by good coaching. If you have a player showing signs of anger like Matic did, just put a couple of players on him in training to replicate how he feels on the pitch. Then teach him a different set of responses. When he feels frustrated, he needs to take a few deep breaths and run back into his position. Changing small behaviours works!

Sport psychologist **Dan Abrahams** has worked with many leading footballers, including Scott Parker and Carlton Cole. He is the author of the book *Soccer Tough: Simple Football Psychology Techniques To Improve Your Game*

SMART COACHES USE...

64 SMALL-SIDED SOCCER GAMES



Click here to
download a
free game

COACH YOUR PLAYERS THE DUTCH WAY

The world's best-selling coaching manual

Improve players' technique • Boost performance • Have fun!