

# Coaching the Technical and Tactical through the Game

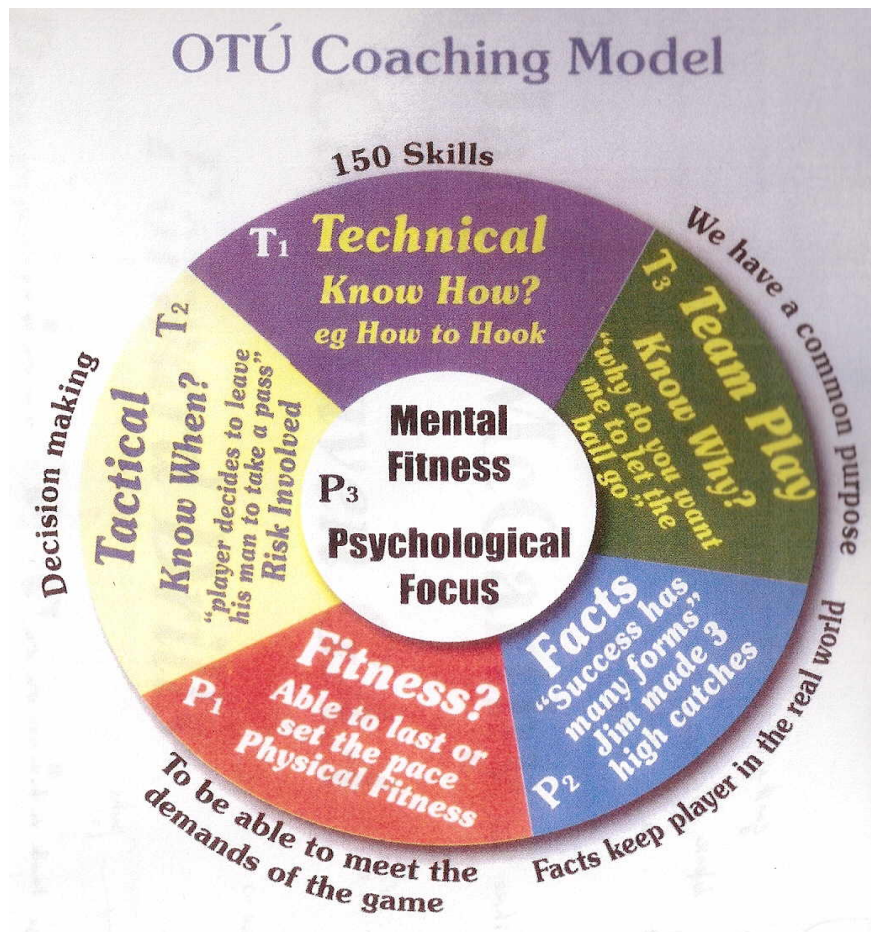
Practical sessions for club coaches of 13 to 18 year old players.



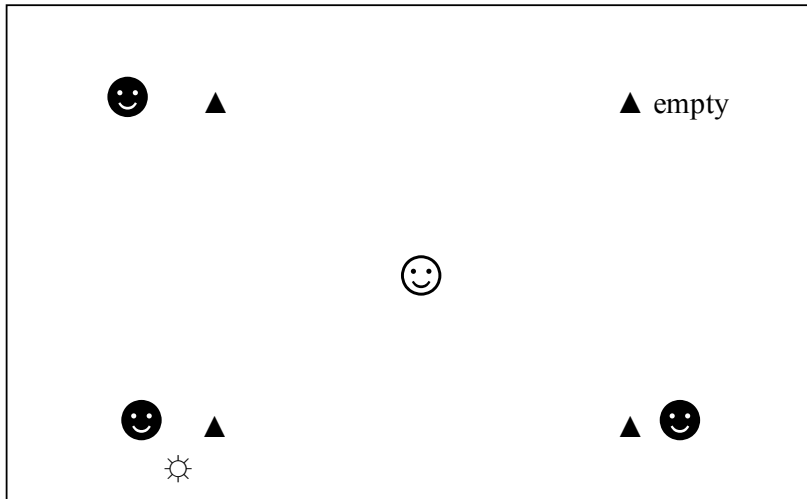
*Coaches remember:* All set ups that follow can be altered using the **STEP** principle.

<b>S</b>	<b>T</b>	<b>E</b>	<b>P</b>
P	I	Q	R
A	M	U	E
C	E	I	S
E		P	S
		M	U
		E	R
		N	E
		T	

*Coaches remember:* Always note that Head, Hands & Feet are correct with the players.



# 1. Decision making, support play, defensive work.



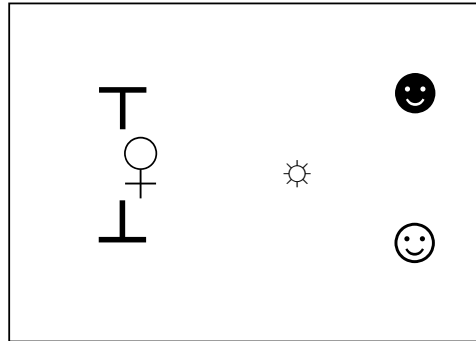
- Player in centre tries to intercept the ball as it is passed between the players at the cones.
- No diagonal pass allowed. (why ? )
- Players at cones need to decide whether they should stay or move to the empty cone to support the player in possession.

Start with a thrown pass, then move on to a handpass.

How do we develop this to work on other skills?

Skills involved ? Is there a physical fitness element ? Are we working on decision making?

## 2. Three goals in.



No team play here.

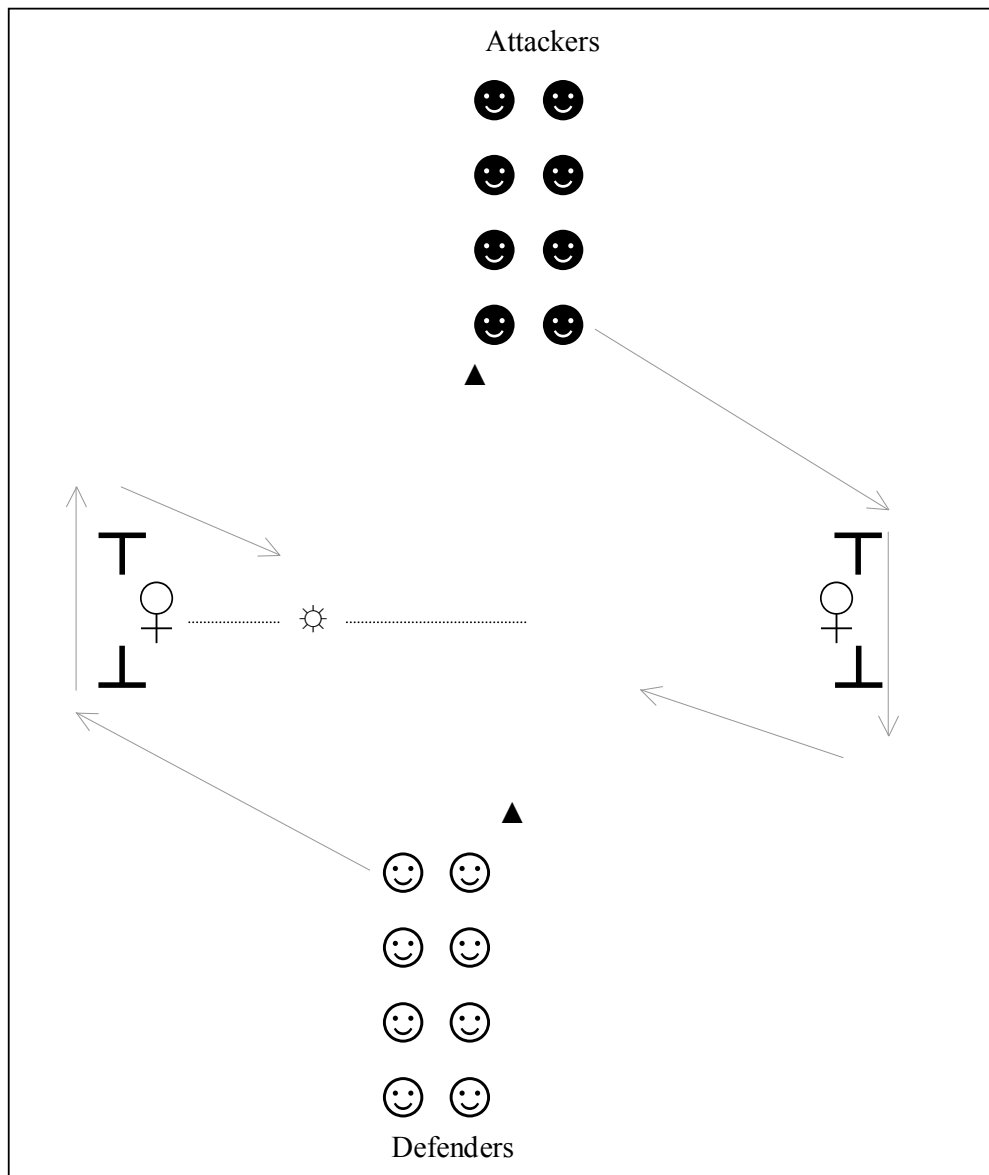
How do we introduce team play aspect?

Skills involved ?

Is there a physical fitness element ?

Are we working on decision making?

### 3. Defensive and attacking play



Two forwards and two defenders leave their mark on the whistle.

As they round the posts, goalkeeper plays the ball towards the attackers.

Play goes on until ball goes wide/ score or defenders work it to the outer goals.

Must have at least one pass before shooting.

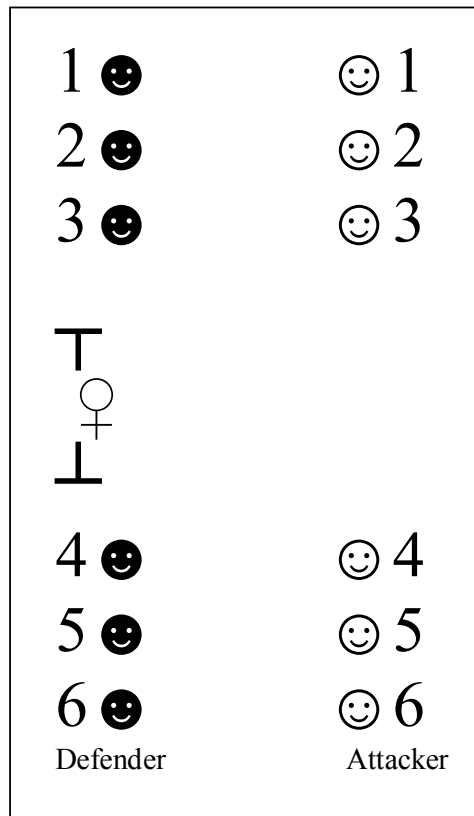
How do we develop this ?

Skills involved ?

Is there a physical fitness element ?

Are we working on decision making?

## 4. More Defensive and attacking play



Number called, defender plays ball to forward who must try to score (a goal).

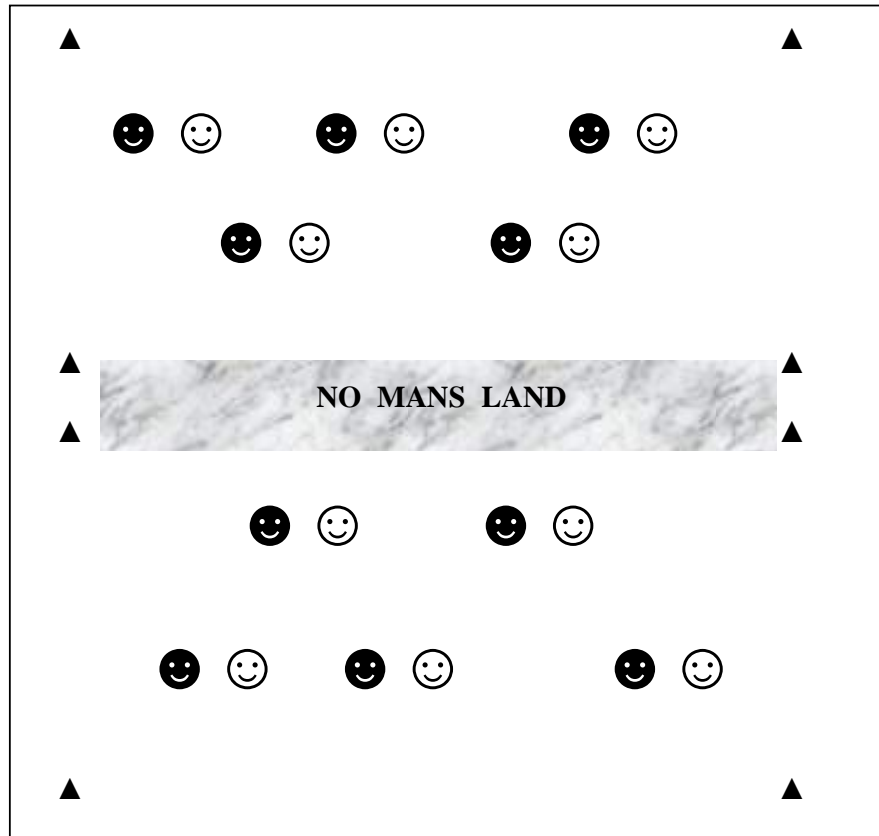
How do we develop this ? How do we introduce team play ?

Skills involved ?

Is there a physical fitness element ?

Are we working on decision making?

# 5. Possession Game



Half of each team on either side of No Mans Land.

Ball passed across No Mans Land, seeking to keep possession with an accurate pass.

Skills involved ?

Is there a physical fitness element ?

Are we working on decision making?

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