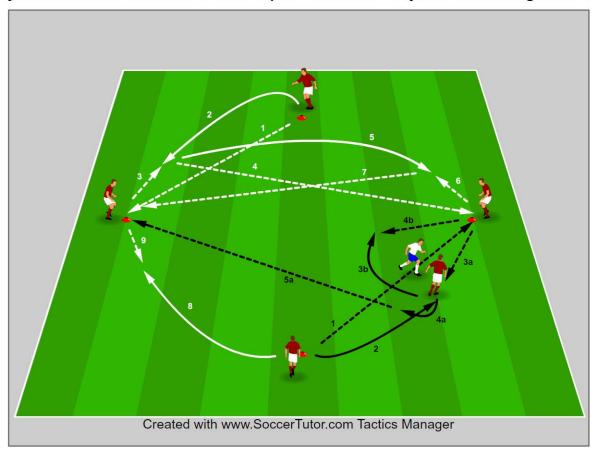


Dynamic and Functional Technique - Central Players Switching the Ball



Date: 14/Feb/2014 Measurement: Select Pitch Area

Time: N/A:N/A Players:

Duration: N/A Level/Age Group: U11 - 18+

Description: Central player passes out wide and supports ball underneath and close - wide player lays ball

off - central player receives across body and passes with inside of opposite foot to opposite wing - repeat to switch ball again. Variation 1: receive across body and pass inside same foot Variation 2: add passive defender who is tight - central player turns away from defender with first touch (protecting ball) and switches play. Variation 3: defender live- if defender is tight to support player they fade off to receive and switch or to run into space opened by defender

Objective: Movement and techique for central players to switch the play

Coaching Points: Pass and move to support underneath the ball when teammate under pressure

Support with an open body shape and regularly peeking at ball and where you will play next

Receive across your body and pass with inside of opposite food for speed of play

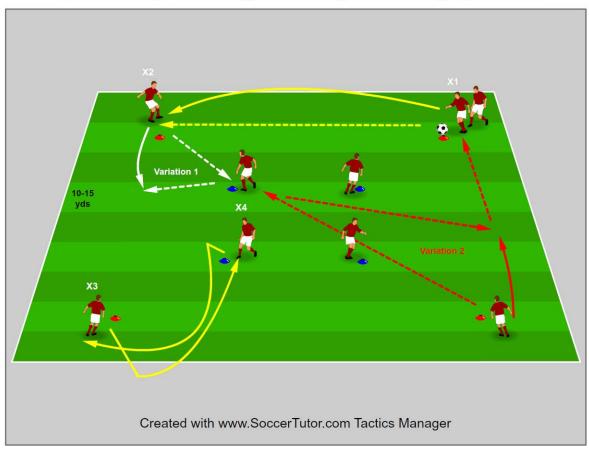
Passes hit with pace - layoffs made softly

Wide players fade out wide and show for ball with properly timed movement

Progression:



Midfield Play - Passing, Receiving and Changing Places



Date: 18/Feb/2014 Measurement: Select Pitch Area

Time: N/A:N/A Players:

Duration: N/A Level/Age Group: U11 - 18+

Description: Pass around grid - X1 passes to X2 and follows pass. As ball is traveling from X1 to X2, X3

and X4 change places - be clevel: bend away and around, hips turn away and go, etc.

Variation 1: wall off the player you changed with as you receive the ball

Variation 2: pass towards player you changed with - they dummy the ball to opposite player who then plays back to outside player - one who made pass or 3rd player at next corner

Variation: players who are waiting change places with someone

Objective: Incorporating changing places into passing, receiving and movement

Coaching Points: Receiving and passing quickly - within 2 seconds. Making sure passes have pace.

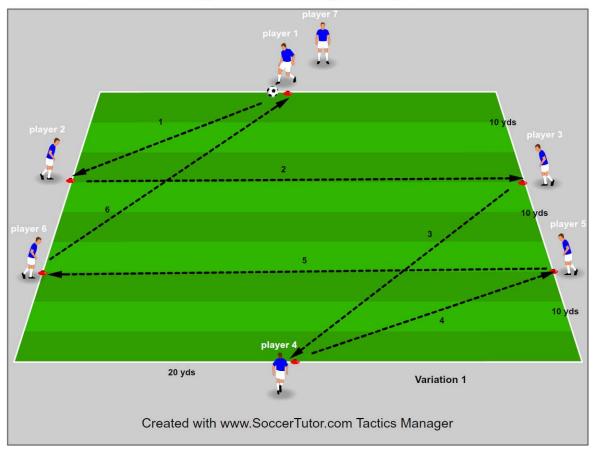
Be creative with movement to get free/change places.

Getting into an open body shape and regularly checking your shoulder/peeking as ball travels. As you go you need to know - must know what/where you are going with ball before it arrives.

Progression:



Celtic Passing and Receiving Activity - Variation 1



Date: 9/Sep/2012 Measurement: 20 x 30 Yards

Time: N/A:N/A Players: 7

Duration: N/A Level/Age Group: U11 - 18+

Description: *Players pass in numerical sequence shown and follow their pass.

*Solid lines - player movement, Dashed lines - pass. Zig-zag line - dribble

Variation 1: pass and follow pass

Variation 2: add overlap of Player 1 who receives pass from Player 3

Variation 3: break a line with first touch and then lay ball off to player underneath

Variation 4: pass/set and support underneath, Variation 5: add pass to player in pocket

Objective: Improve passing and receiving - speed of play and quality technical execution on the move

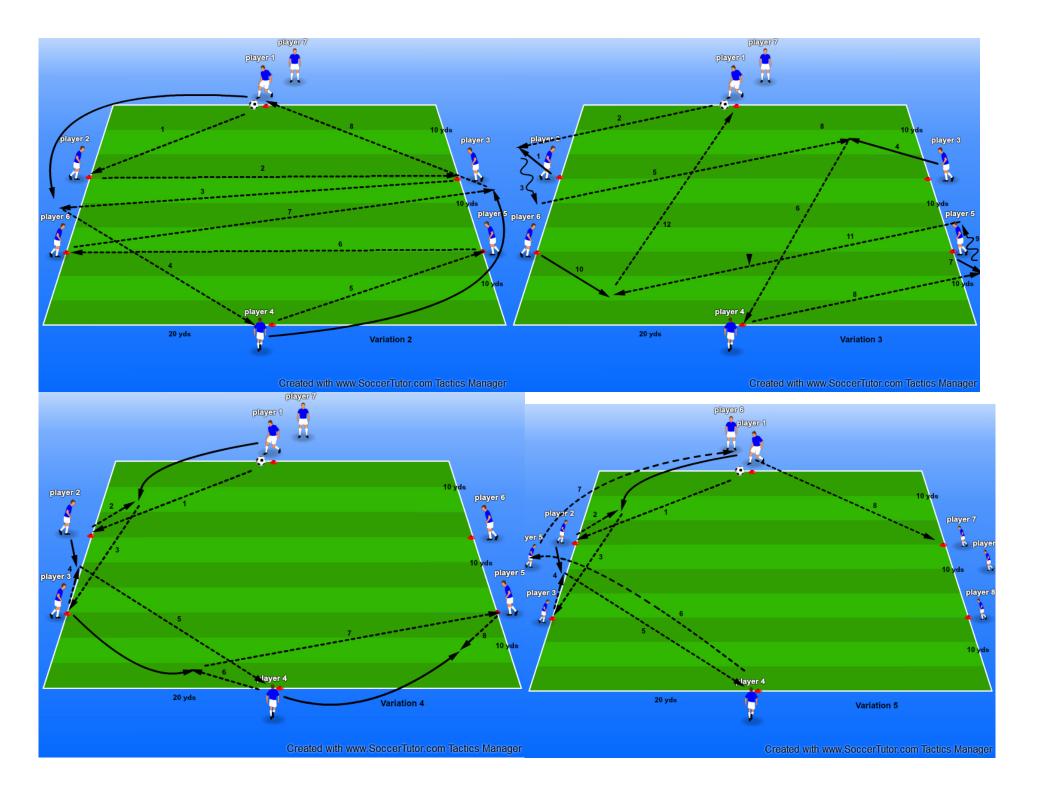
Coaching Points: Pace of pass - weighted crisply for speed of play and smooth on ground- played to proper foot

Receive across body or with proper foot based on pressure

First touch leads you to next pass - pass becomes 1st step to follow pass

Check away and show for ball with proper timing - on the move while you receive the ball

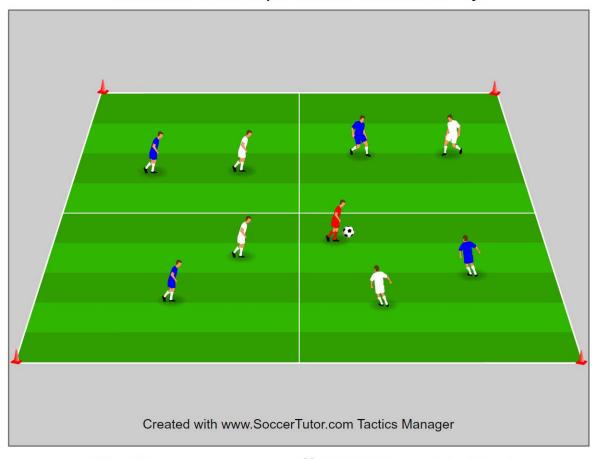
Progression: Five variations







Mourinho Four Square Possession Activity



Date: 26/Aug/2013 Measurement: Select Pitch Area

Time: N/A:N/A Players: 10

Duration: N/A Level/Age Group: U11 - 18+

Description: 4v4 or 8v8 + 1/2 neutral players

1v1 or 2v2 in each of the four squares - these players must stay in their squares

neutral players free to move within any square Complete x consecutive passes to score points

Variations: *touch restrictions for neutrals or other players *additional neutral players on the perimeter of the field

Objective: Possession

Movement into space

Coaching Points: *Individual creation of space - playing in the blind spot of defenders: can't see you and ball

*Passing technique - accuracy & weight of pass *use of deception/disguise *Open body shape and quality of 1st touch - across body and away from pressure

*Decision making of the player on the ball - when to dribble and when to pass: players driving

at defenders on the dribble to create numbers up (especially neutrals)

Progression: www.youtube.com/watch?v=CojcM55CNts&sns=em