THE COACHING MANUAL

VLADAN VRSECKY, ACADEMY DIRECTOR

STANISLAV ROZBOUD, CLUB HEAD COACH

Cumberland United Soccer Club
2075 Trim Road, Orléans, ON K4A 3R2

INTRODUCTION

- This coaching manual should be helpful to all the Cumberland coaches to create their own practice.
- The manual includes 6 different themes from which you can choose a drill and implement it in your practice.
- Try to set up the drills and work on specific things right from the beginning and continue in the main part of the practice....
- Use the template (page 3) to create your practice, always picking a warm-up exercise, and 2 other drills for your main part. Print it out and bring to the session.
    - For example: Practice 1 – **Warm up**: passing drill, **Main part**: possession and games
    - Practice 2 - **Warm up:** dribbling, **Main part:** 1v1 and shooting

The selected drills are just ideas of how to run a simple and good session. You can also use similar drills of your own, while keeping the organization of the practice the same.

Homeworks:

Homework 1: http://bit.ly/2qB4qz0

Homework 2: http://bit.ly/2qvc6Ul

Homework 3: http://bit.ly/2pFr63R

Homework 4: http://bit.ly/2quQPKp

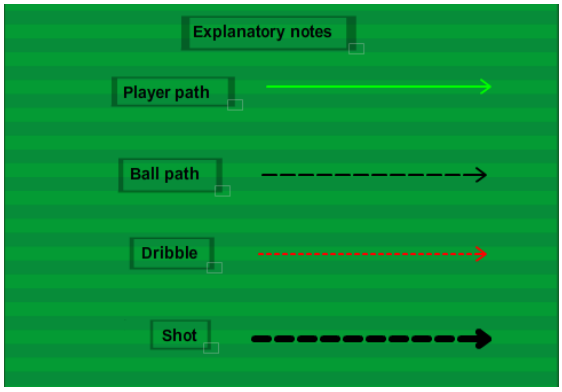
Homework 5: http://bit.ly/2pFcLnZ

Coach's video

Dribbling: http://bit.ly/2oUCEB5

Passing: http://bit.ly/2pCwGIA

EXPLANATARY NOTES



THE PRACTICE PLAN

Warm up (20min)

Station 1 (20min)

Station 2 (20min)

Games (20 min): The practice should be finished with small sided game (3v3, 5v5, 7v7 depends the number)

QUICK TRANSITION TO PRESS THE BALL

,,if you have the ball attack the goal, if you don't have one attack the ball"

Speed of Execution

Movement of the ball

Show up

Shooting and Finishing

Accuracy

Passing

Firm pass, touch into the open space

Dribbling

Fake

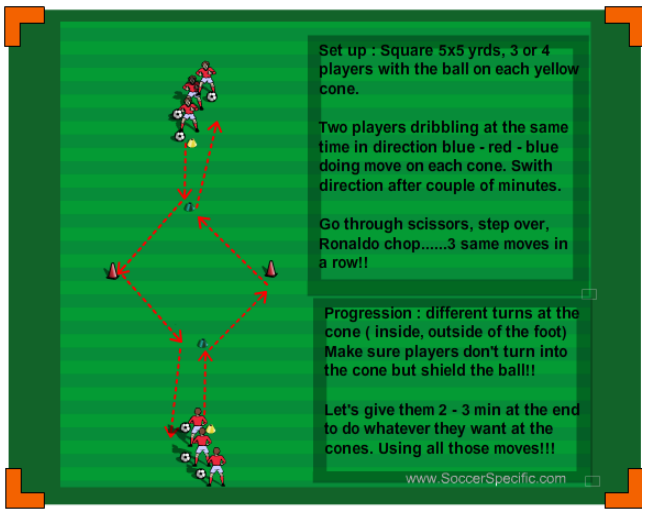
Possessions

Pass and go (switching positions]

Games

Number of players attacking/defending

DRIBBLING


Set up : Square 5x5 yrds, 3 or 4 players with the ball on each yellow cone.
Two players dribbling at the same time in direction blue - red - blue doing move on each cone. Swith direction after couple of minutes.
Go through scissors, step over, Ronaldo chop.....3 same moves in a row!!
Progression : different turns at the cone (inside, outside of the foot) Make sure players don't turn into the cone but shield the ball!!
Let's give them 2 - 3 min at the end to do whatever they want at the cones. Using all those moves!!!
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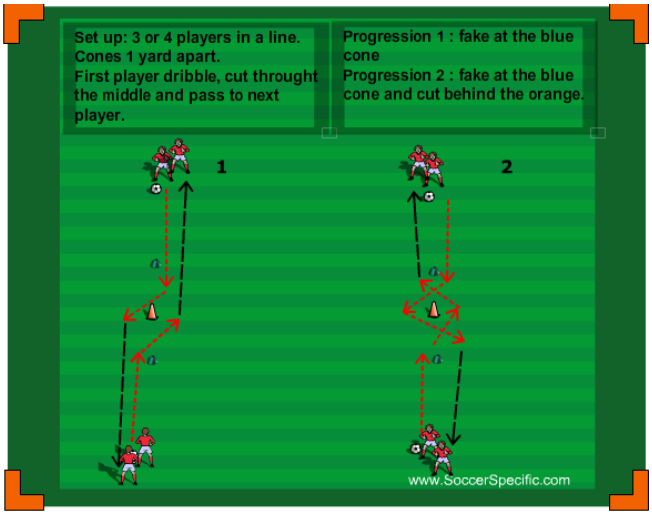
Set up: 3 or 4 players in a line. Cones 1 yard apart. First player dribble, cut throught the middle and pass to next player.
Progression 1 : fake at the blue cone
Progression 2 : fake at the blue cone and cut behind the orange.
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2
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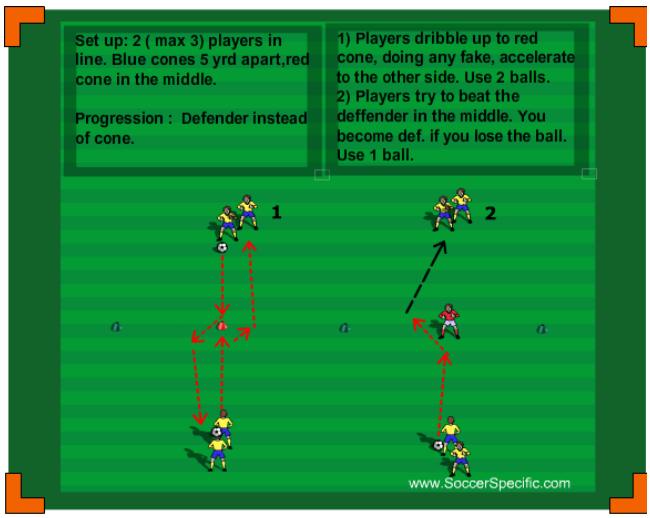
Set up: 2 (max 3) players in line. Blue cones 5 yrd apart,red cone in the middle.
Progression : Defender instead of cone.
1) Players dribble up to red cone, doing any fake, accelerate to the other side. Use 2 balls.
2) Players try to beat the deffender in the middle. You become def. if you lose the ball. Use 1 ball.
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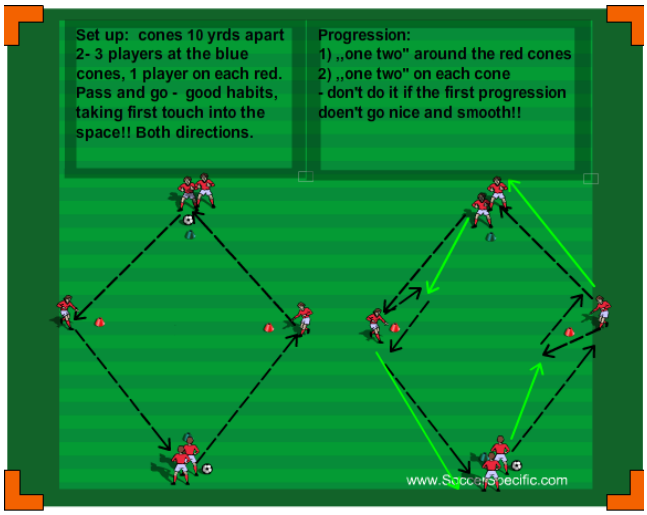
Set up: cones 10 yrds apart 2- 3 players at the blue cones, 1 player on each red. Pass and go - good habits, taking first touch into the space!! Both directions.
Progression:
1) ,,one two" around the red cones
2) ,,one two" on each cone
- don't do it if the first progression doen't go nice and smooth!!
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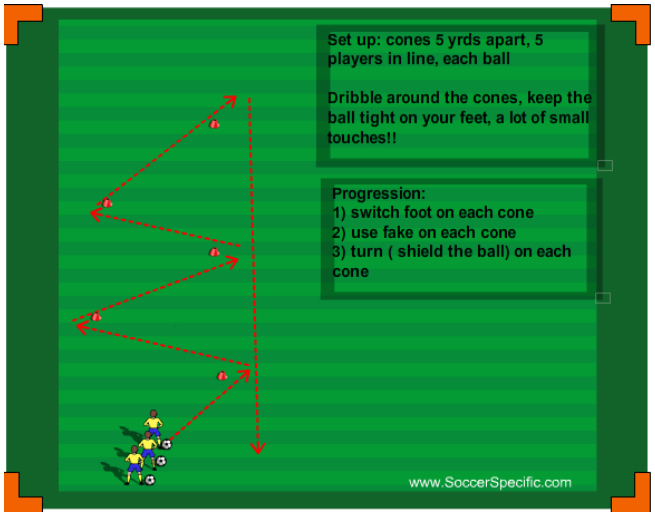
Set up: cones 5 yrds apart, 5 players in line, each ball
Dribble around the cones, keep the ball tight on your feet, a lot of small touches!!
Progression:
1) switch foot on each cone
2) use fake on each cone
3) turn (shield the ball) on each cone
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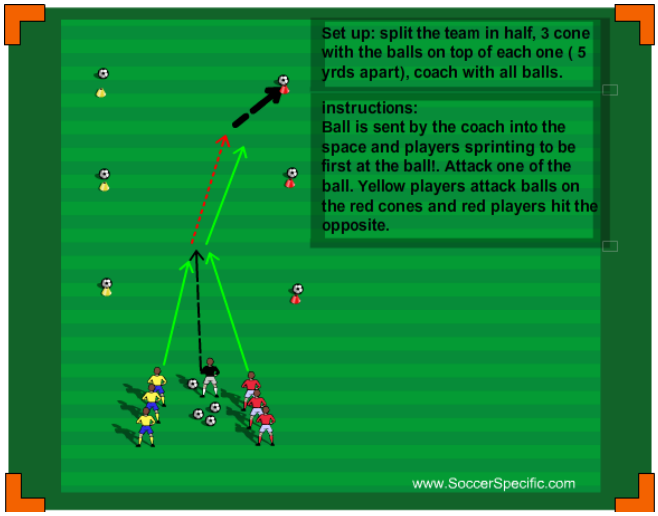
1ON1


Set up: split the team in half, 3 cone with the balls on top of each one (5 yrds apart), coach with all balls.
instructions:
Ball is sent by the coach into the space and players sprinting to be first at the ball!. Attack one of the ball. Yellow players attack balls on the red cones and red players hit the opposite.
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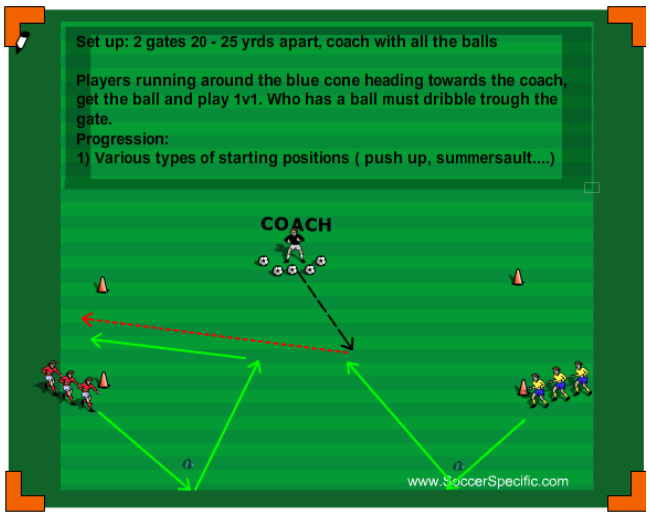
Set up: 2 gates 20 - 25 yrds apart, coach with all the balls
Players running around the blue cone heading towards the coach, get the ball and play 1v1. Who has a ball must dribble trough the gate.
Progression:
1) Various types of starting positions (push up, summersault....)
COACH
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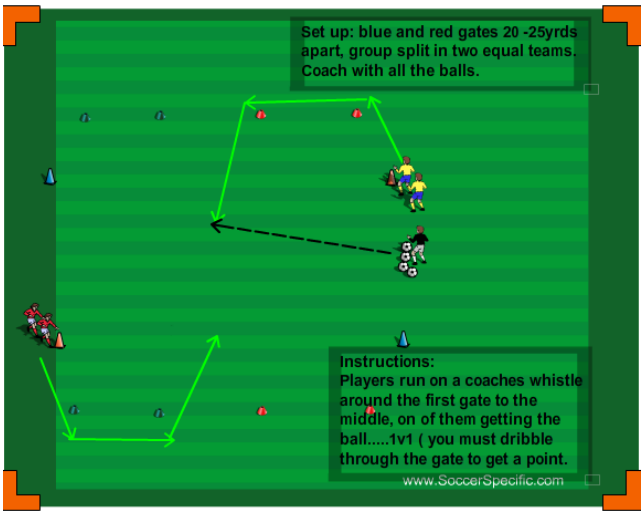
Set up: blue and red gates 20 -25yrds apart, group split in two equal teams. Coach with all the balls.
Instructions:
Players run on a coaches whistle around the first gate to the middle, on of them getting the ball.....1v1 (you must dribble through the gate to get a point.
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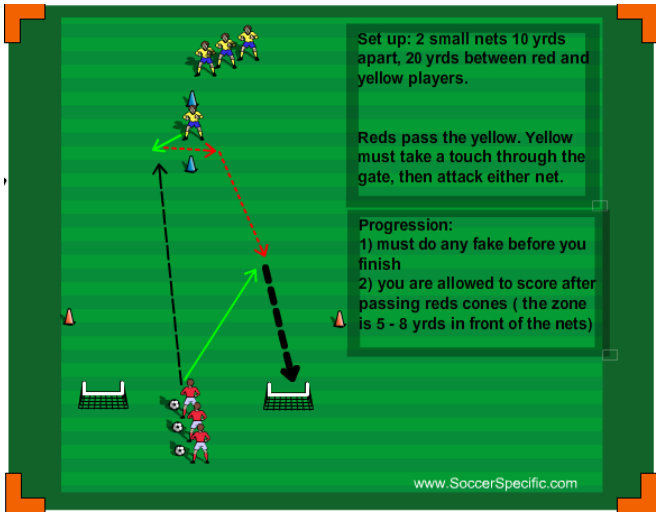
Set up: 2 small nets 10 yrds apart, 20 yrds between red and yellow players.
Reds pass the yellow. Yellow must take a touch through the gate, then attack either net.
Progression:
1) must do any fake before you finish
2) you are allowed to score after passing reds cones (the zone is 5 - 8 yrds in front of the nets)
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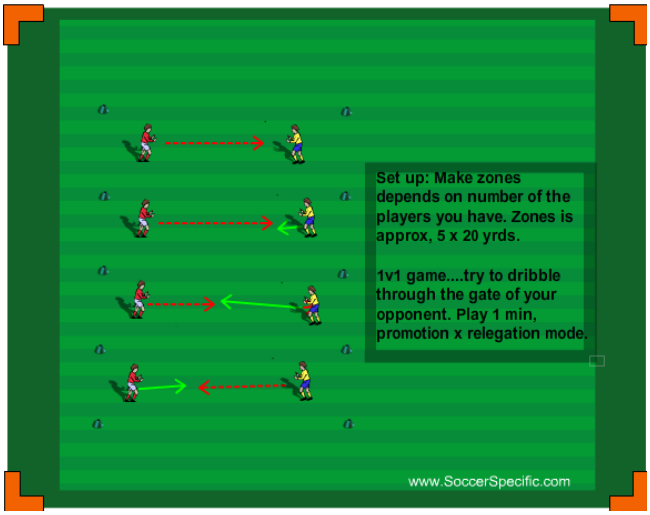
Set up: Make zones depends on number of the players you have. Zones is approx, 5 x 20 yrds.
1v1 game....try to dribble through the gate of your opponent. Play 1 min, promotion x relegation mode.
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Set up: cones 5 yrds apart, balls at red cone, 2 even teams, 2 nets 10 yrds apart with yellow cone in the middle.
Red player pass the ball straight forward, overlaps the yellow (should be always closer the net) and become as a defender. Yellow player can attack either net but must first cross they yellow cone.....
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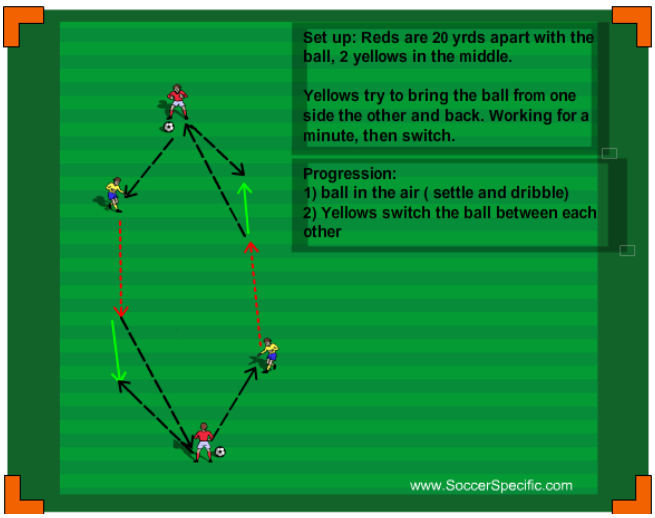
PASSING


Set up: Reds are 20 yrds apart with the ball, 2 yellows in the middle.
Yellows try to bring the ball from one side the other and back. Working for a minute, then switch.
Progression:
1) ball in the air (settle and dribble)
2) Yellows switch the ball between each other
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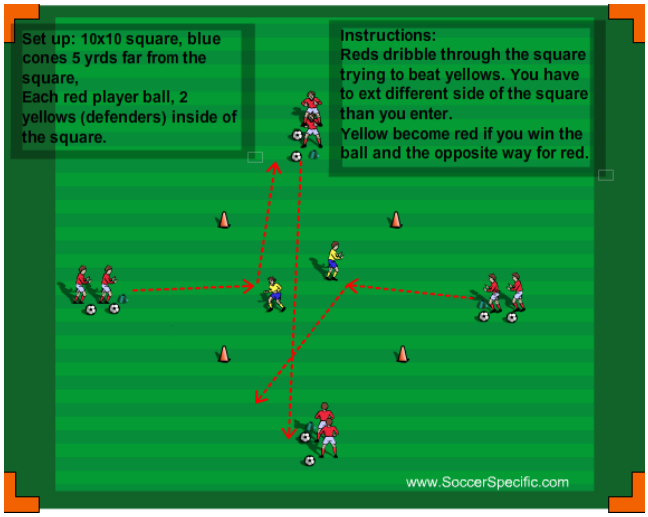
Set up: 10x10 square, blue cones 5 yrds far from the square,
Each red player ball, 2 yellows (defenders) inside of the square.
Instructions:
Reds dribble through the square trying to beat yellows. You have to ext different side of the square than you enter.
Yellow become red if you win the ball and the opposite way for red.
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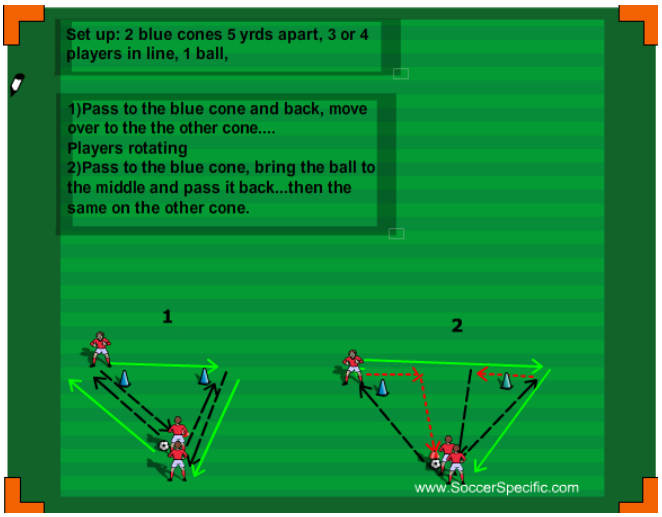
Set up: 2 blue cones 5 yrds apart, 3 or 4 players in line, 1 ball,
1)Pass to the blue cone and back, move over to the the other cone....
Players rotating
2)Pass to the blue cone, bring the ball to the middle and pass it back...then the same on the other cone.
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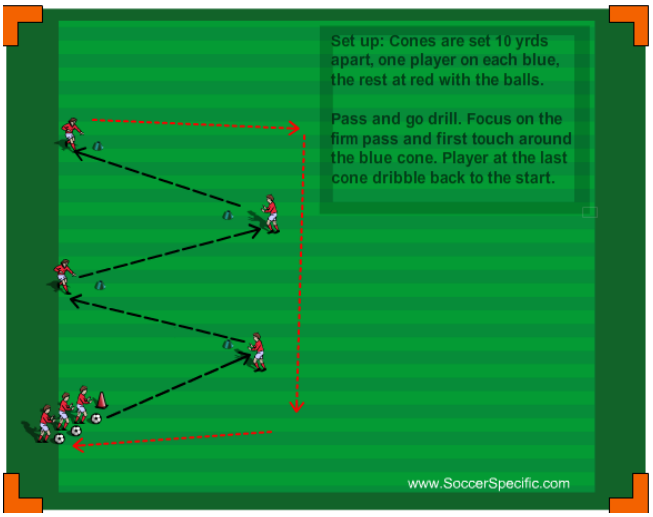
Set up: Cones are set 10 yrds apart, one player on each blue, the rest at red with the balls.
Pass and go drill. Focus on the firm pass and first touch around the blue cone. Player at the last cone dribble back to the start.
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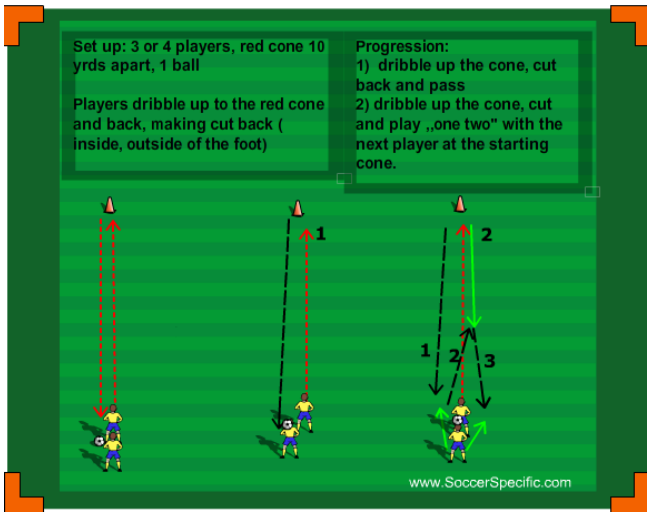
Set up: 3 or 4 players, red cone 10 yrds apart, 1 ball
Players dribble up to the red cone and back, making cut back (inside, outside of the foot)
Progression:
1) dribble up the cone, cut back and pass
2) dribble up the cone, cut and play ,,one two" with the next player at the starting cone.
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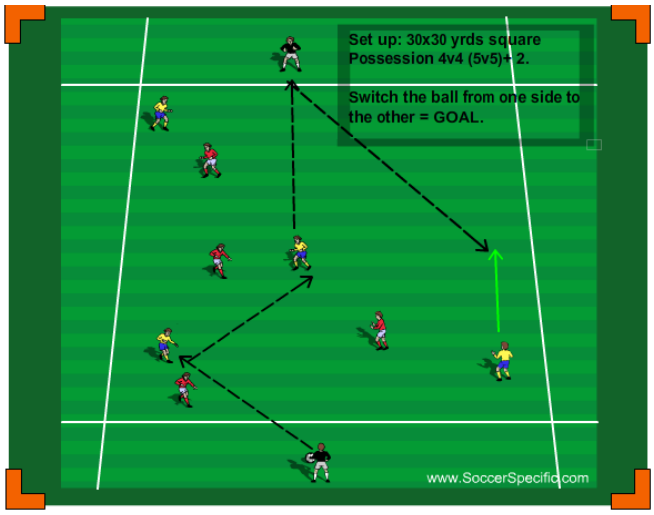
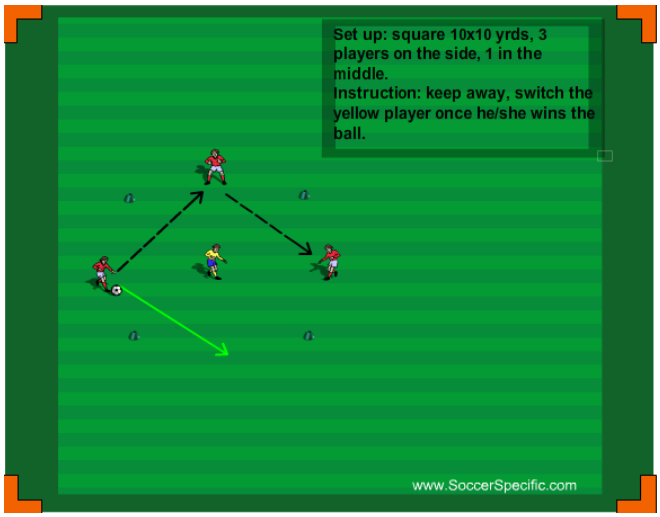
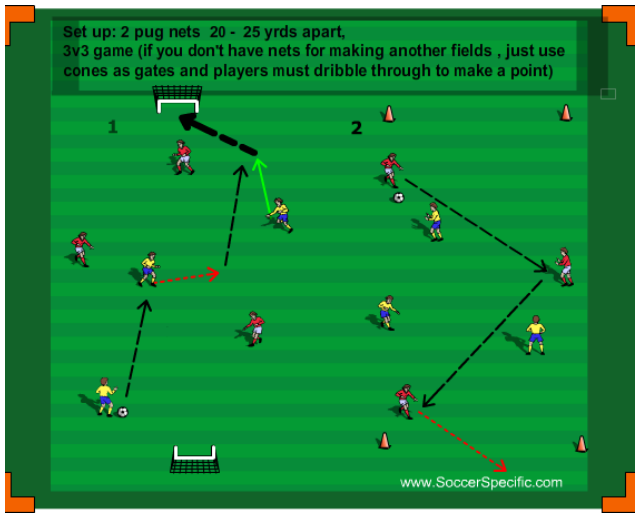
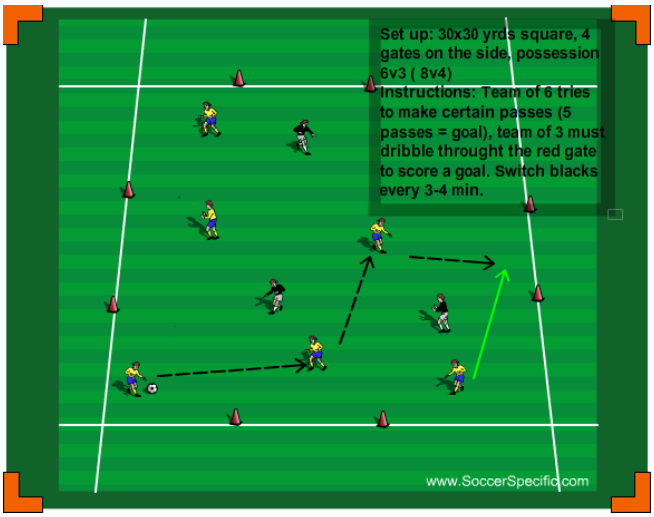
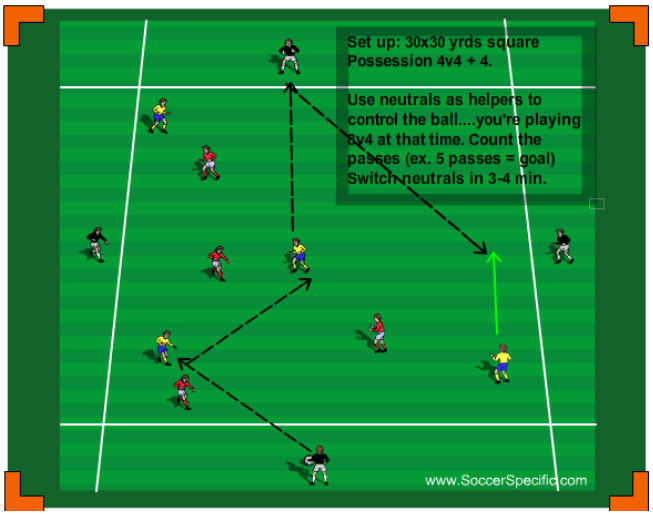
POSSESSIONS

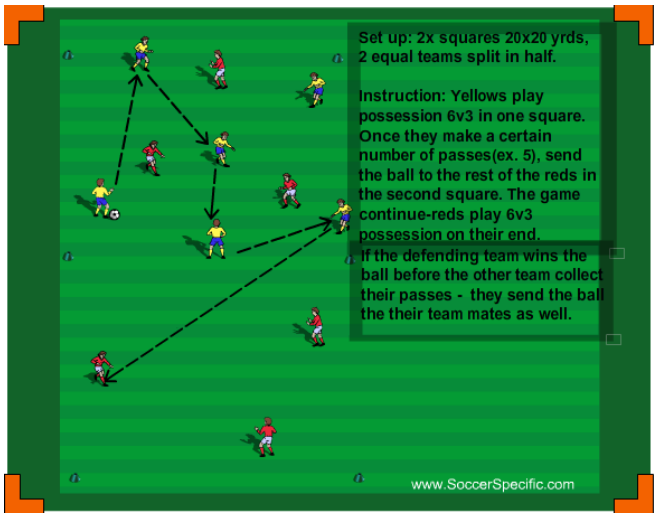




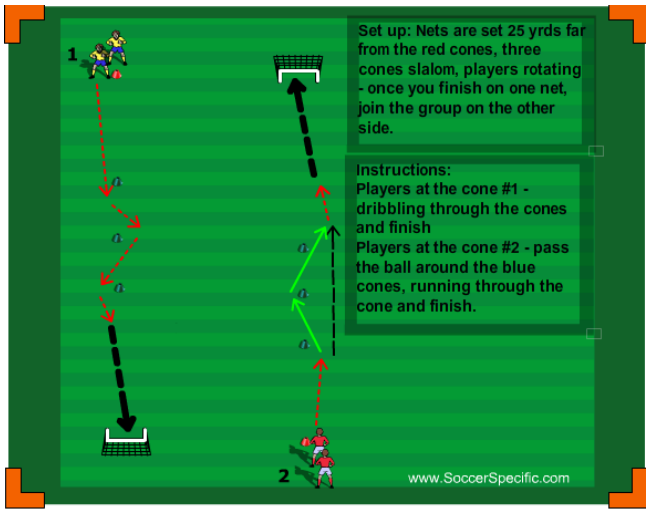








SHOOTING


Set up: Nets are set 25 yrds far from the red cones, three cones slalom, players rotating - once you finish on one net, join the group on the other side.
Instructions:
Players at the cone #1 - dribbling through the cones and finish
Players at the cone #2 - pass the ball around the blue cones, running through the cone and finish.
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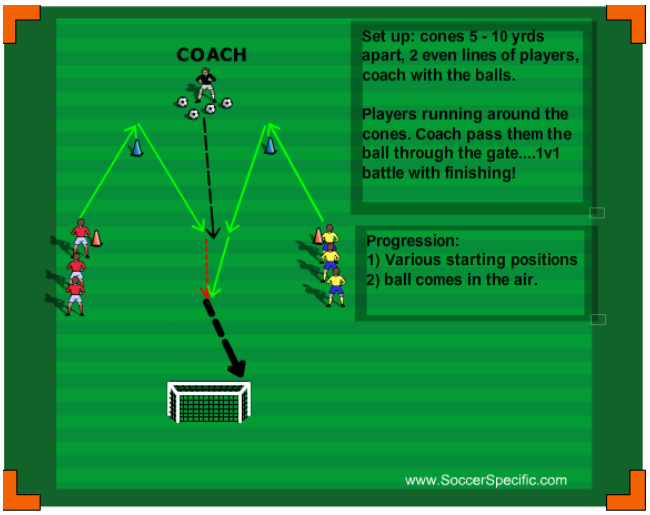
COACH
Set up: cones 5 - 10 yrds apart, 2 even lines of players, coach with the balls.
Players running around the cones. Coach pass them the ball through the gate....1v1 battle with finishing!
Progression:
1) Various starting positions
2) ball comes in the air.
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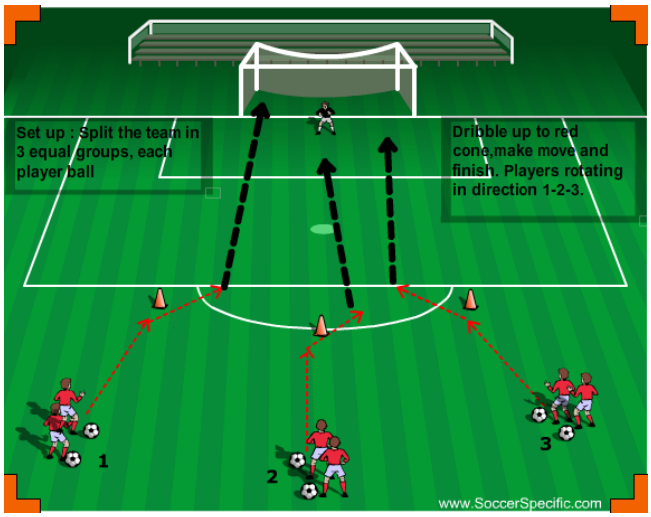
Set up : Split the team in 3 equal groups, each player ball
Dribble up to red cone,make move and finish. Players rotating in direction 1-2-3.
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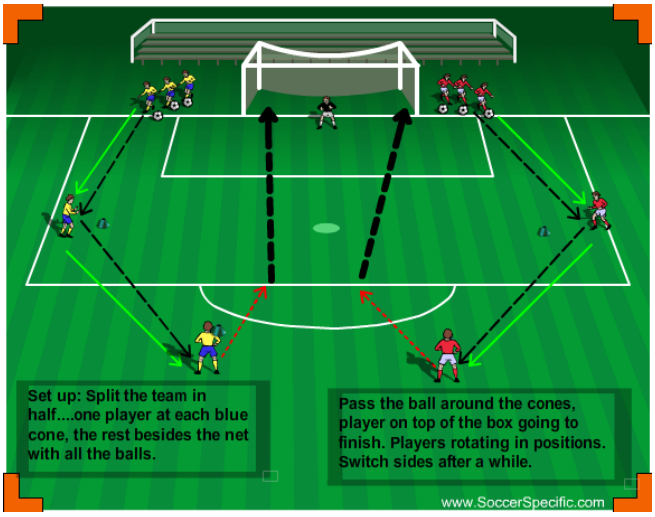
Set up: Split the team in half....one player at each blue cone, the rest besides the net with all the balls.
Pass the ball around the cones, player on top of the box going to finish. Players rotating in positions. Switch sides after a while.
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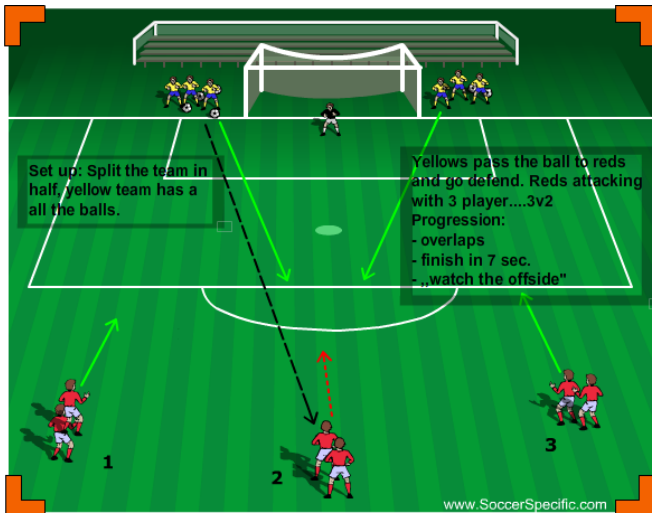
Set up: Split the team in half, yellow team has a all the balls.
Yellows pass the ball to reds and go defend. Reds attacking with 3 player....3v2
Progression:
- overlaps
- finish in 7 sec.
- „watch the offside"
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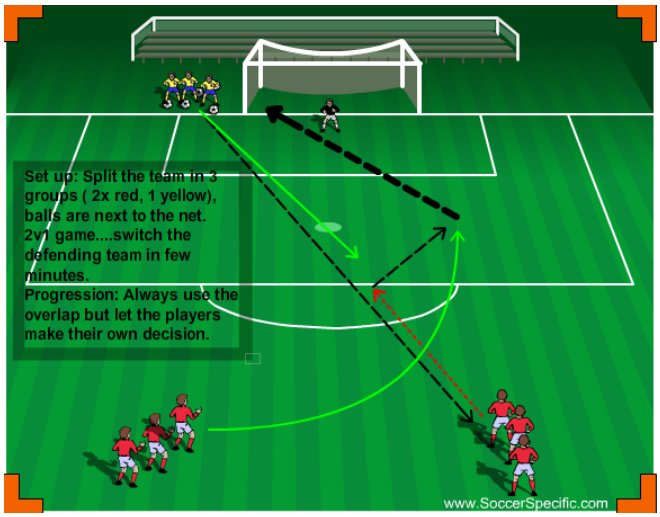
Set up: Split the team in 3 groups (2x red, 1 yellow), balls are next to the net. 2v1 game....switch the defending team in few minutes.
Progression: Always use the overlap but let the players make their own decision.
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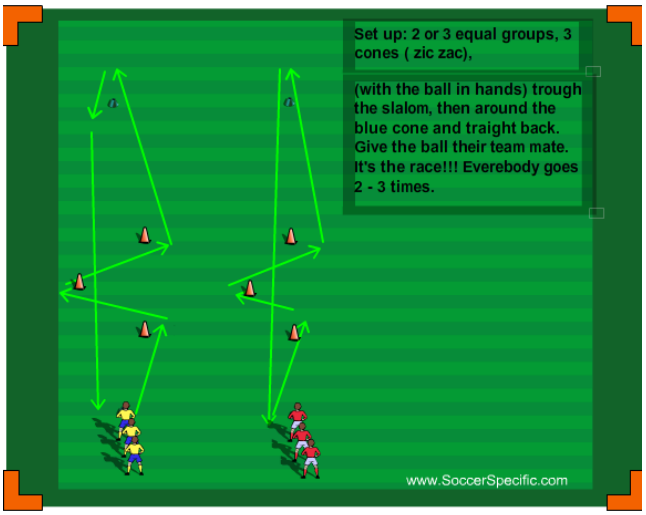
SAQ


Set up: 2 or 3 equal groups, 3 cones (zic zac),
(with the ball in hands) trough the slalom, then around the blue cone and traight back. Give the ball their team mate. It's the race!!! Everebody goes 2 - 3 times.
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Set up: 4 hurdles (if you don't have hurdles, use soucers), cone 15 yrds far.
Instructions:
1) Jump over the hurdles (variants...sideways, backwards) and sprint to the cone and back.
2) Pass the ball along the hurdles, jump over and dribble to the cone and back.
It's a race !!!!
1
2
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Set up: Split the team in half, red gates 30 yrds apart,
blue cones are just in the middle as a ,,glass wall".
Instructions: The point is to run through the gate and not being touched by our opponent. If yellow touch red before the gate = getting the point! You are not allowed to touch your opponent over blue cones!
Switch leading after 7 min.
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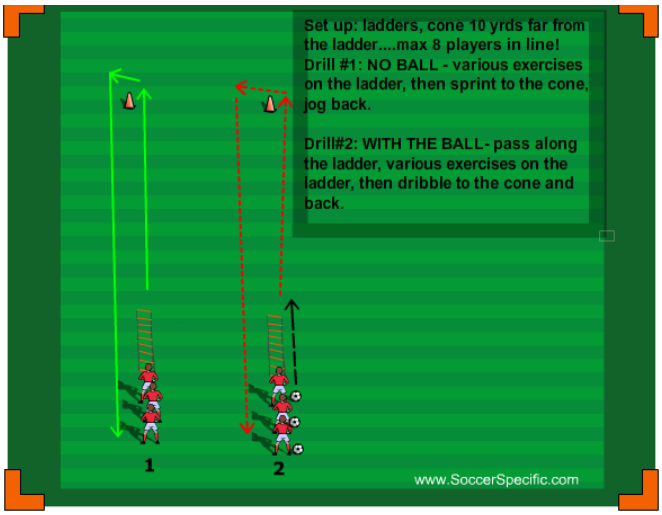
Set up: ladders, cone 10 yrds far from the ladder....max 8 players in line!
Drill #1: NO BALL - various exercises on the ladder, then sprint to the cone, jog back.
Drill#2: WITH THE BALL- pass along the ladder, various exercises on the ladder, then dribble to the cone and back.
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