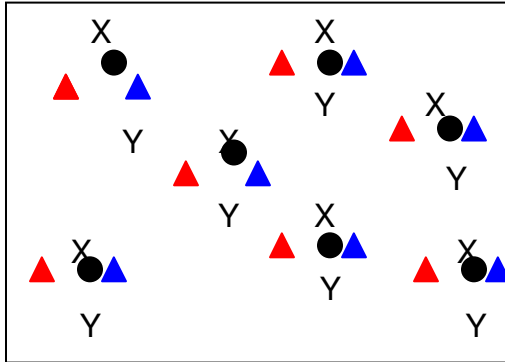


**Cumberland Coaches Association**  
**Pre-Season Training Ideas – Session by Paul Devlin, UEFA A**  
**13<sup>th</sup> July 2006**

**Practice 1**



**Organisation**

40x40yd square  
Small goals laid out throughout area  
Players split into pairs  
1 ball between 2

**Coaching Points**

- \* Basic Fitness
- \* Basic Technique
- \* Concentration (When tired can we maintain technique?)
- \* Awareness (when moving around, after playing ball are we already planning our next move?)

1. Players start by passing ball between the cones to one another
2. Progress to limiting touches (2 touches/transferring ball from left to right & right to left/ without looking at the ball etc)

While one player stands in the goal the other player moves around all of the other goals performing different tasks:

3. Pass and move onto next goal, once player has worked at each goal their partner goes.

Player in goal then picks up the ball and the technique is changed to:

4. Side foot volleys and back to server/2<sup>nd</sup> player works
5. 2 knees and back to server/2<sup>nd</sup> player works
6. 2 feet and back to server/2<sup>nd</sup> player works
7. Chest and head back to server/2<sup>nd</sup> player works

**Practice 2**

X1 ●     ▲     ▲     ▲  
X2

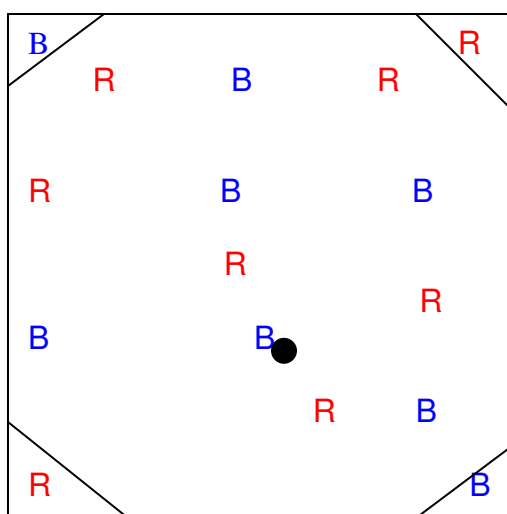
**Organisation**

Players take 2 additional cones and space them out (5yds between each one)

1. X1 dribbles through the cones and back. X2 repeats this. Both players go twice.
2. Players repeat drill, but this time as a competition.
3. X2 throws ball to X1 who must keep the ball up and go round cone 1 and back, X1 plays ball into X2's hands, goes round X2 and receives ball in the air again. Keeping the ball off the ground X1 dribbles round cone 2 and back, then to cone 3 and finally cone 4. Once complete X2 goes.

4. X1 dribbles to cone 1 and plays a pass back with the outside of their foot to X2. X1 then runs back, runs around X2 and receives the ball back. X1 then dribbles to cone 2 and plays a pass back with outside of the other foot. They then return, run round the back of X2 and go to cone 3... then cone 4. Once X1 has completed circuit X2 goes.
5. X2 passes the ball out towards cone 1. X1 runs out to collect the ball, however they cannot touch the ball until it has passed cone 1/or come to a complete stop. They then return the ball to X2 and then run round the back of them. X2 then plays a pass out to cone 2 and X1 must chase after it, again waiting until the ball has passed the 2<sup>nd</sup> cone. This is repeated with cones 3 and 4. Once complete roles are reversed. This practice works on the weight of a pass.

### Practice 3



#### Organisation

Using same 40x40 area put in 4 small areas in each corner.

2 equal teams, extra players can be used as Neutrals

1 ball, with others spaced around pitch (maintain tempo)

Put 2 players from each team in 2 corners

#### Coaching Points

Out of possession

- Defending - PRESSURE
- Make Play Predictable

In Possession

- Body Position (open up on 1<sup>st</sup> touch)
- Decision Making
- Distribution

Teams play a directional game towards their 2 corners. To score players must pass the ball into their target players within the corner area. The target player must be able to control the ball for the goal to count.

Once a goal is scored the team must play towards the other goal, 1<sup>st</sup> pass free.

If a ball goes out of play, play a pass in with the nearest ball.

Keep changing the target players.

Progressions:

1. Target Players take off bibs and teams can score in any of the four goals
2. Man to man marking – player's pair up and can only tackle their partner.