

①

# Moves

- 1-Scissors
- 2-reverse scissors
- 3-double scissors
- 4-chop move (turn left/right)
- 5-dummy move
- 6-pull back
- 7-reverser pull back
- 8-Cruyf move
- 9-spin and turns

## NUMBERS GAME: PASSING IN SEQUENCE

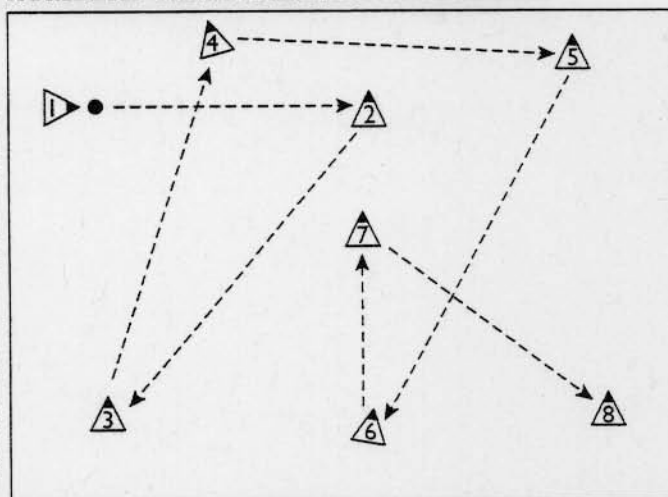


Diagram 4 - 40 x 30

1. Players and only one ball to begin. Players must pass in sequence i.e. (1) passes to (2); (2) passes to (3); (3) to (4) and so on to (8), who passes to (1) and we begin again. You can have players static to begin, then have them passing and moving.
2. Player receives from the same person and passes to the and off the ball.
3. Awareness of where the player you receive from is and where the player you pass to is. Because of this players begin to anticipate the pass to them and where it is coming from. Also they must look to where it is going to (where is the player they are passing to?).
4. We are trying to create a situation where players are looking two moves ahead, not just one. For instance as (1) is about to pass to (2), (3) should be looking to support (2) for the next pass already, looking two moves ahead before the ball leaves (1). At the same time (3) should be looking to see where (4) is.
5. **Peripheral Vision Development** results from this. You may ask players to make it difficult to find them by lots of movement off the ball to test their teammate's vision.
6. **Variation:** Use two balls, then three balls at the same time. Start with a ball at (1) and (5) then at (1), (4) and (7). To keep the sequence going players must move the balls quickly with few touches, hence their peripheral vision development improves dramatically. As soon as they have passed one ball off, the next one is arriving so quickly that thinking is needed to make the correct decisions.

## IDENTIFYING LEVELS OF AWARENESS

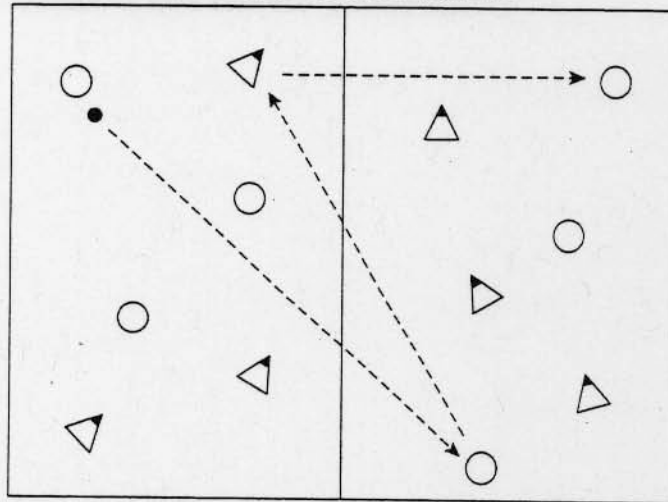


Diagram 1 - 40 x 30

1. Start with only one team to simplify the process for the players as an easy introduction to the idea. Then divide them into two teams once they start to master the idea. Have the players stand still and pass the ball around the group. They must look before they receive the ball to see where they are passing to. Make it two-, then one-touch.
2. To ensure they are looking, have the players call the name of the player they are passing to before the pass. When they don't call the name, they haven't looked ahead of the ball. Observe which players can't do this and allow them two touches and more time and look to see how they improve with practice.
3. Develop - Form two teams and have them pass to opposite colors so there are fewer choices. The players have to be even more aware of where they are passing before they receive the ball. Introduce two balls to the session, then three and so on. Have players continue to stand still and not move to keep it simple. Have them begin to move around the area slowly to make the decision-making more difficult as players are harder to find.

## TWO TEAMS PLAYING THROUGH EACH OTHER

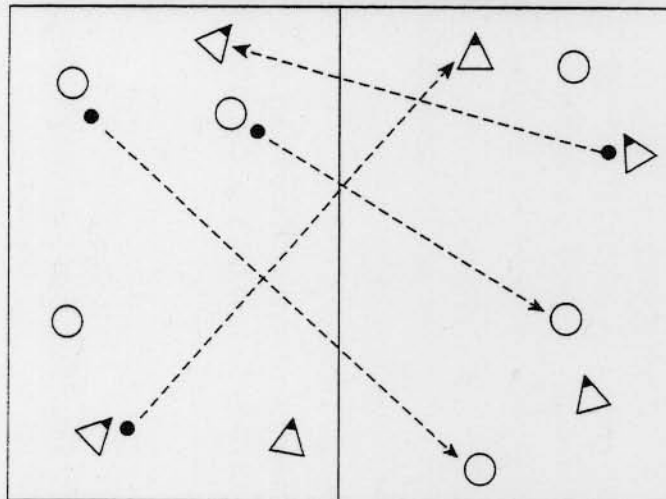


Diagram 2 - 40 x 30

1. This is the basic beginning of the A.I.A. session. All the players are moving freely, passing and moving within their own team. Divide the group into two teams again. Begin with one ball being passed around a team. As they become proficient, introduce another ball to increase their A.I.A. qualities.
2. Have the teams play throughout both grids to spread the play out and get the players comfortable and composed. As they improve, it can be changed to playing in one grid only so there is less room to work in and things happen more quickly. This is a test of their A.I.A. ability.

### Technical/Tactical Design

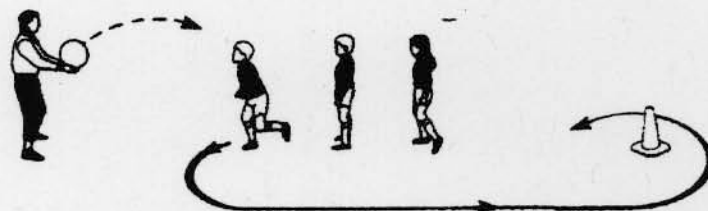
The following information and coaching points form the basis of what the session is designed to achieve.

- The players must play with their heads up (so they view what is around).
- Look over the shoulder before receiving the ball.
- Body stance is open to receive the ball.
- Be aware of teammates' positions on the field before receiving the pass.
- Be aware of opponents' positions on the field before receiving the pass.
- Move the ball on the first touch away from pressure into space (or one-touch transfer). Receiver moves the ball away at an angle off the first touch.
- Passing to space to move players into a better position on the field.
- Passing to the player's feet.
- Turns/dribbles, one-touch, two-touch, free play, etc.
- Communication (verbal, physical or through eye contact).
- Angles/distances of support.
- To increase competitive edge. Passer pressures receiver by closing them down after the pass.

2  
♥

## Beach Head

To teach the technique  
of heading in a fun pain-free way



### Organization

- Beach ball for 5/6-year-olds; hand-stitched for others
- Players in line: front player 3 yards from server
- Ball thrown underhand to first player who heads it to coach's face and runs around marker to back of line
- To finish, all players must be sitting cross-legged
- For 2 or 3 teams, first team to finish wins
- For 1 team: use stopwatch to set "record" to beat

### Coaching Points

- Players must keep eyes open and watch ball onto head
- Use forehead to head the ball
- Heading ball to server's face helps produce the correct technique
- Never use a plastic or laminated ball for heading — they hurt!

2  
♥



# Moves

- 10-hesitation move (stop and go)
- 11-Faking shot/cross
- 12-push and go (one side 1-2 yards)
- 13 -inside outside move
- 14-Maradona move
- 15-double touch
- 16-stop and go
- 17-nutmeg
- 18-Blanco move (hold ball between feet & jump)



## TWO TEAMS PLAYING THROUGH EACH OTHER THEN BECOMING COMPETITIVE

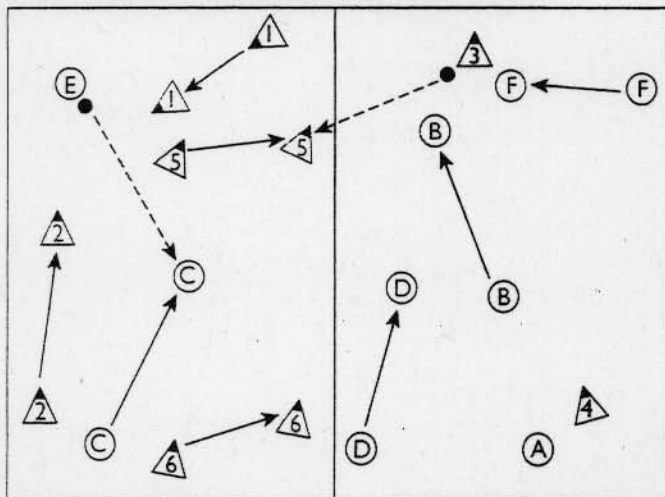


Diagram 3 - 40 x 30

1. Once the players "get it," it is time to introduce a competitive element to the game. Have one ball to play with and make it a possession game. Introduce another ball so each team has two balls to focus on so at the same time one team's players can be defenders trying to win a ball back and at the same time be attackers having possession of the other ball.
2. It may be that a particular player is involved in trying to win a ball back but has to be aware that other teammates have possession of the second ball and he/she may have to adjust thinking and positioning instantly if a player looks to pass the second ball to him/her. This helps the mind prepare for instant transitions from attack to defense and defense to attack. They need to be aware of changing their focus, one second trying to win a ball but the next making themselves available to receive another ball from a teammate already in possession.
3. On changing from a defender to an attacker by receiving the second ball which this player's team has possession of, this player must think about where the other players are who are free to pass to, in order to keep the momentum of the game going. Going back to the A.I.A. principles, this player has to know where the ball is going before receiving it to have the best chance of keep

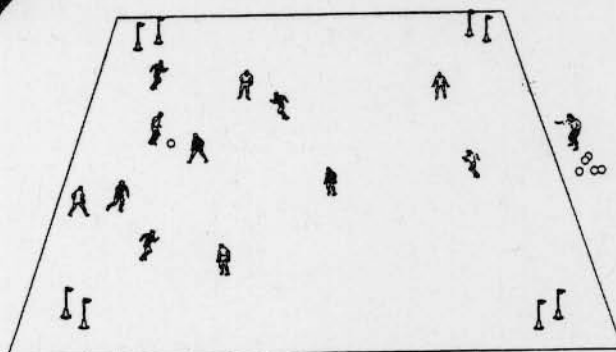
ing possession of this second ball.

4. Next stage may be that the team wins back the first ball so they have two balls to keep possession of. This means the players are constantly looking around the area they are playing in, focusing on keeping two balls. As soon as a player receives and passes on one ball they are looking to receive and pass the second ball and so on.
5. Above, each team has a ball to keep possession of and at the same time try to win possession of the ball they haven't got.
6. Observe (C) and (D) make movements to support (E) to keep the ball, at the same time (B) and (F) close down (double team) (3) on the other team in possession of the other ball.
7. Observe: (1) and (2) close down (E) to win back the ball and (5) and (6) move into space to support and receive a pass from (3).
8. Continue by adding a third ball. Awareness must be really sharp now with so much to think about; which balls we have in our possession and consequently where we have to position ourselves to keep possession, but also, which balls we do not have and how we need to work to try and win them back.
9. Decision-making now is being tested to the fullest capacity. Do I support the balls we have, do I defend to win back the balls we do not, do I change mid-stream as the opportunity presents itself? Every player needs to be aware of all these options. When we go back to one ball with two teams playing simple possession, the A.I.A. instincts of the players should be more developed and sharp.



## 4-Goal Game

All-action game encouraging collective attacking and 100% defending commitment



### Organization

- Divide players evenly (e.g. 6 vs 6 or 7 vs 7)
- Mark square 40 x 40 yards
- 5-yards in from each corner, place goal cones 1 yard apart
- Score in any of 4 goals from the front only
- Ball can be dribbled through & possession retained
- Count 4 (5 or 6) consecutive, uninterrupted passes as goal
- Goals through cones can be scored in passing sequence
- When ball goes out, re-start with kick-in (5-yard rule)

### Coaching Points

- Keeping possession gives best chance of success, with or without cone "goals"
- Hold onto and screen ball if passing options not good
- Switch play as one goal becomes blocked/marked
- Defensive positional play important to prevent easy scoring
- Everyone must work hard in defense
- Play in "sets" like tennis





# Moves

- 1-Scissors
- 2-reverse scissors
- 3-double scissors
- 4-chop move (turn left/right)
- 5-dummy move
- 6-pull back
- 7-reverser pull back
- 8-Cruyf move
- 9-spin and turns
- 10-hesitation move (stop and go)
- 11-Faking shot/cross
- 12-push and go (one side 1-2 yards)
- 13 -inside outside move
- 14-Maradona move
- 15-double touch
- 16-stop and go
- 17-nutmeg
- 18-Blanco move (hold ball between feet & jump)