

## COACHING PLAN

- Field set up – 60 x 40 divided into thirds. Work the group in a 40 x 40 within this.
- 4 team set up with subs ie 12 (three per team) working at any one time with 4 subs, 1 on each team.
- Passing and moving introducing key points (15 minutes).
- Passing in sequence – numbers game. (5 minutes).
- Specific peripheral vision session. (5 minutes).
- In thirds - passing in own team and across to other team. (10 minutes).
- Target Game working the ball to the half - way line (or beyond the third) and back. (10 minutes).
- Game situation to finish – let them play in a 6 v 6 (two colors play together) with subs rotating on and off on the fly. (15 minutes).
- Maybe time to run over an hour.

**A.I.A. - RECOGNIZING THE**  
**MOMENT TO PLAY**

**AN ANTICIPATION / IMAGINATION /**  
**AWARENESS YOUTH SOCCER**  
**COACHING PROGRAM**

**A PSYCHOLOGICAL APPROACH TO SOCCER**



**BY WAYNE HARRISON B.A. UEFA "A"**

# RECOGNIZING THE MOMENT TO PLAY

Presented by Wayne Harrison Eden Prairie Soccer Club Director Of Coaching.

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This system of coaching will begin to teach each player the psychological, physical, technical and tactical fundamentals of soccer and together these form the basis of the requirements needed to be able to play soccer effectively. The degree of improvement a player attains using these aspects depends on their **commitment** (in terms of repetition of practice and belief in the system) and level of **ability**. Don't expect results overnight. Players have to be patient in learning this approach as it takes time and great concentration to develop.

The following presentation only touches upon the basics but as we go through the various practices it is designed to offer some examples of how you can reinforce the idea of playing ahead of the game. I believe teaching players to be able to achieve this in their make-up is essential in their development. We are trying to establish the following in players :

1. Having the **Psychological Capacity to Anticipate Situations (recognizing the moment, the ability to look beyond the ball)**.
2. Using **Correct Technique** to perform the task efficiently and effectively.
3. Creating in the mind of the player **Imagination / Insight** in the **Use** of the ball, each pass is unique.
4. **Tactical** considerations will be covered teaching an awareness of the players **own** team mates and **opponents** positions on the field in relation to the balls position, also movements **off** the ball and an appreciation of **Space**.
5. **Physical work** will be a part of the program aiding relevant types of fitness.

This process is ongoing throughout their playing career and will be further influenced by the **experience** gained from every coaching practice and every game played.

The program is aiming to develop the above in all players to aid the **DECISION MAKING PROCESS**. It develops the concepts of:

- A. **WHAT they do with the ball (technique)**.
- B. **WHERE they do it (options)**.
- C. **WHEN they do it (timing)**.
- D. **HOW they do it (selection)**.
- E. **WHY they do it (tactical objective)**.

**QUICK DECISION MAKING** - We as coaches are trying to coach players to establish what to do in their minds **BEFORE** they receive the ball (Anticipation) **NOT** after. We are teaching them to **look before** they receive the ball to be aware of their options in advance (for example they may only have time to pass the ball **one touch** they need to know where it is going).

The practices we use are **NO Opposition Games to begin (Shadow Plays)**, to allow players to play without a lose of possession through pressurizing from defenders. Essentially there are no defenders just other players who effectively simulate pressurizing situations by working in the same area. Using these methods of coaching we are giving the player a chance to develop **COMPOSURE** on the ball.

From the no opposition games we will introduce opposition, initially using an **overload** situation. Ultimately the coaching will include **full scale** practices to put players in the **pressure** situations they face on the field in regular team play.

**For those interested, Reedswain (International sports publishers) are currently publishing a book I have written ( with 101 diagrams) on this Awareness topic and you can contact me on my E mail or by phone if you are interested in purchasing one.**

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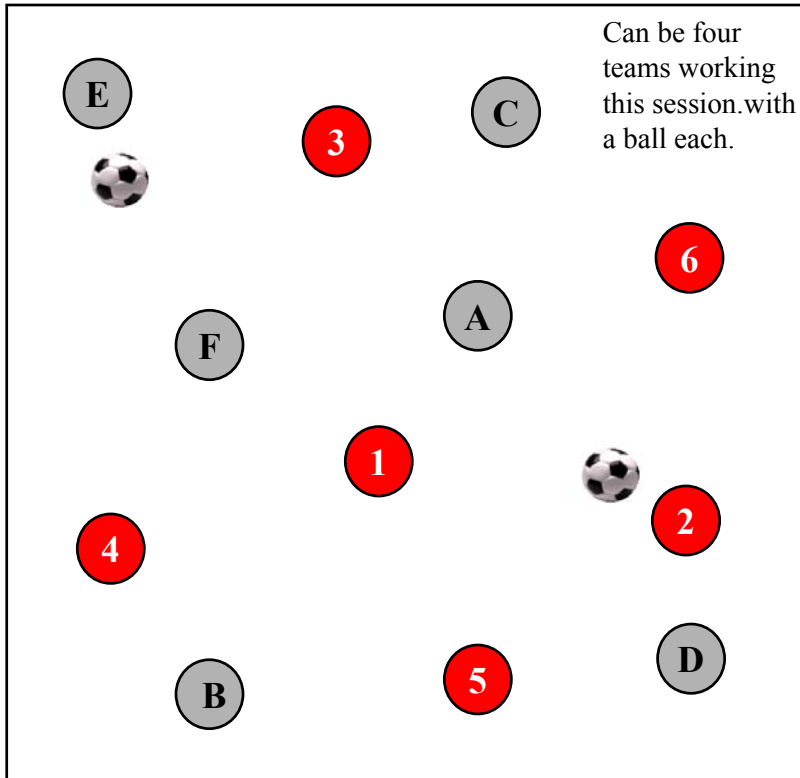
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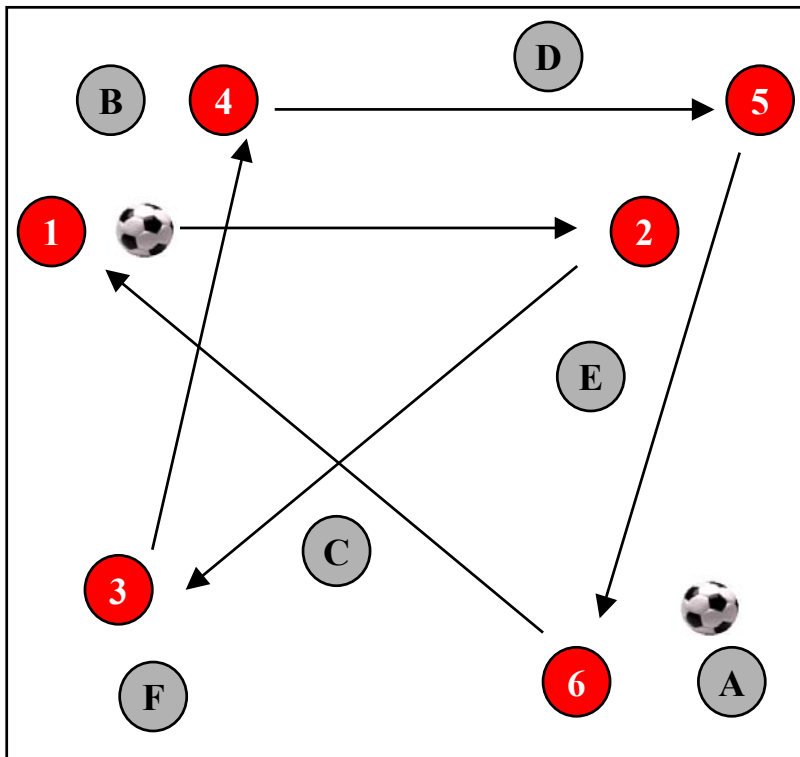
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## NON DIRECTIONAL PRACTICE



## NUMBERS GAME : IN SEQUENCE



### Technical/Tactical design

Lots of touches on the ball are achieved in this practice.

- Look over shoulder.
- Body stance open.
- Move ball on 1<sup>st</sup> touch.
- Awareness of teammates.
- Awareness of opponents.
- Passing to space or feet.
- Turns / dribbles / 1t / 2t.
- Communication (key words).
- Support Angles / distances.

### DEVELOP

- Increase the number of soccer balls per team.
- Pass to Opposite colors.

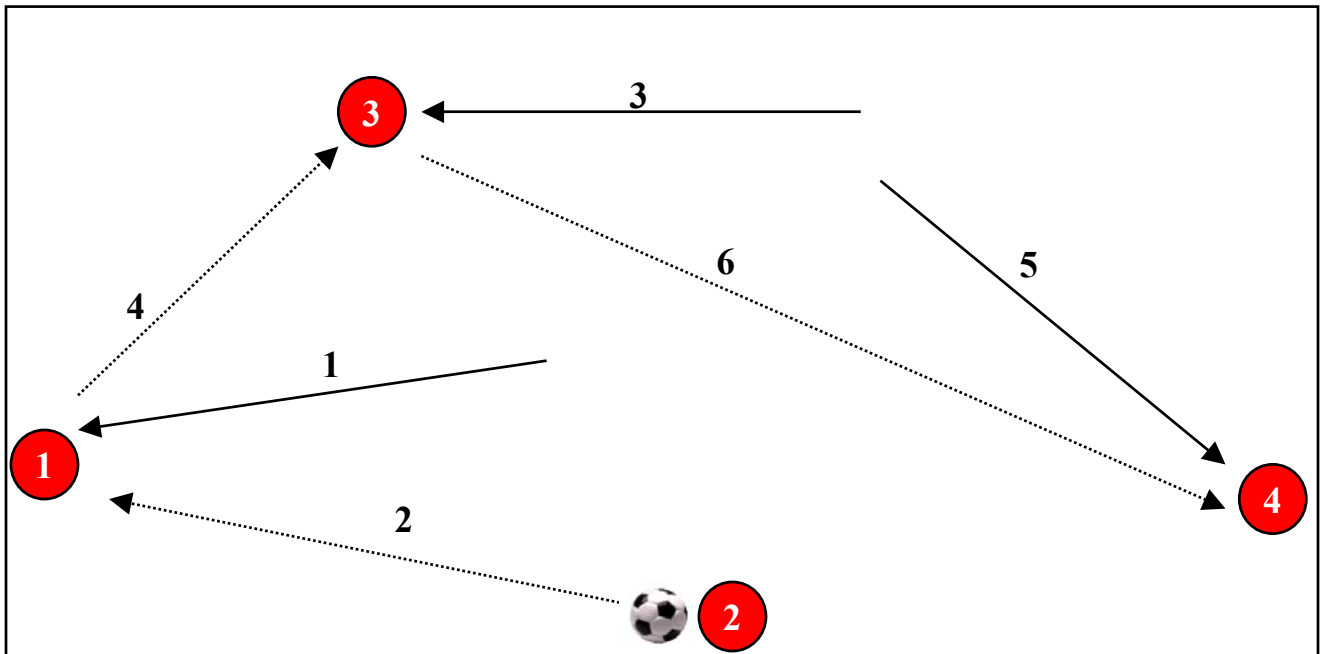
### NUMBERS GAME

- Players pass in sequence.
- Awareness developed ahead of the ball for where to receive from, where to pass to.

### DEVELOP

- Identifying team work two moves ahead.
  - Open passing - Specific passes seen and
- (Wayne Harrison)

## SPECIFIC PERIPHERAL VISION COACHING SESSION

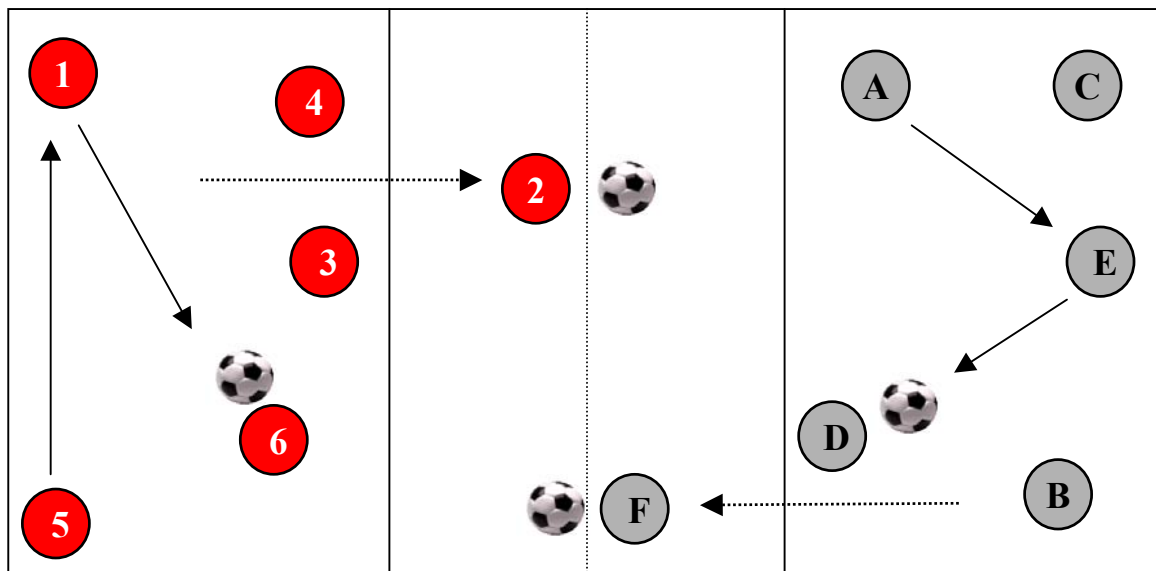


This is a simplified set up to get initial understanding. Increase numbers as previously e.g. two teams of six. We started earlier with one ball and six players for example so each person on the ball had five choices of pass to make and that was easy.

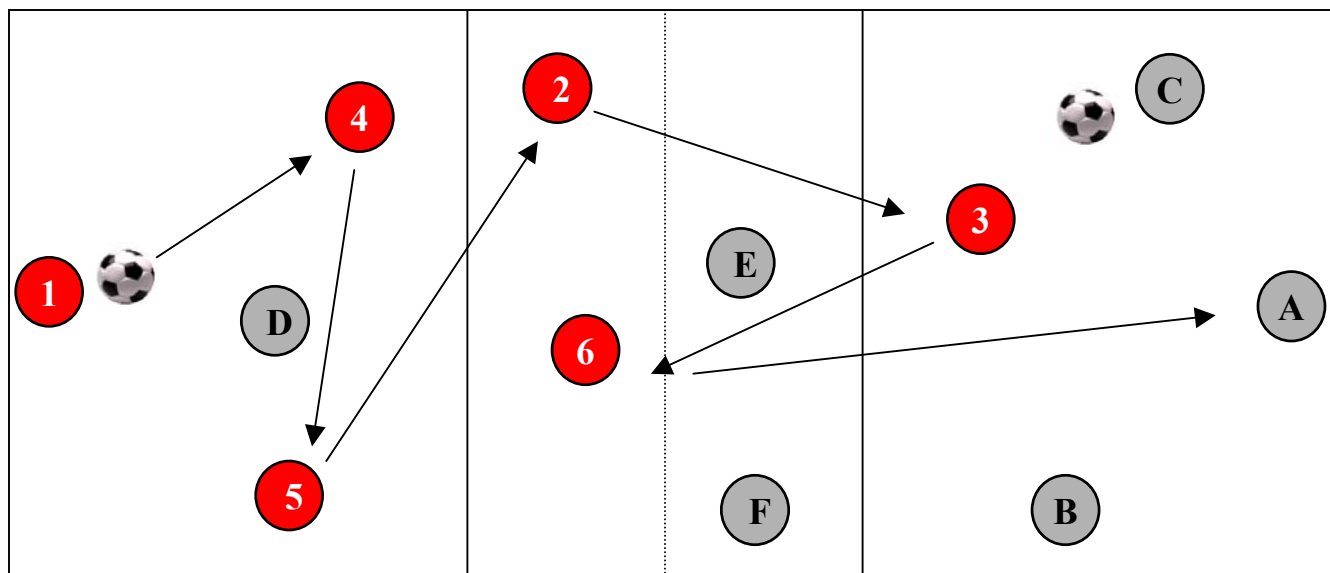
Now we must **identify one and only** one pass and must try to make it. That pass is to the person who runs outside the zone. This player is the **free** player (unmarked). The session goes as follows :

- Player (1) runs **outside** the area ( perhaps after several passes within the zone).
- Player (2) on the ball **sees the run** and must **pass** to (1).
- As (1) is about to receive (as the ball is traveling to him) (3) moves into a position to **support** (1) showing anticipation and awareness.
- As (3) receives the pass, (4) makes a run out the area.
- (3) has **already** seen the run by (4) and passes. (4) brings the ball back in and the game continues. This is an indicator of how quickly players recognize the run and consequently make the pass.
- Hence players are beginning to look one and two moves ahead of the ball. It doesn't need to happen so quickly in terms of the next player running outside but it serves as an example. The run can be likened to a penetrating run into the attacking third where the player hasn't been picked up or tracked and is in a great position to attack and score if the passer sees them and makes that prime pass.

## DIRECTIONAL SESSION FOCUSING ON PASSING / SUPPORT AND RUNNING WITH AND WITHOUT THE BALL

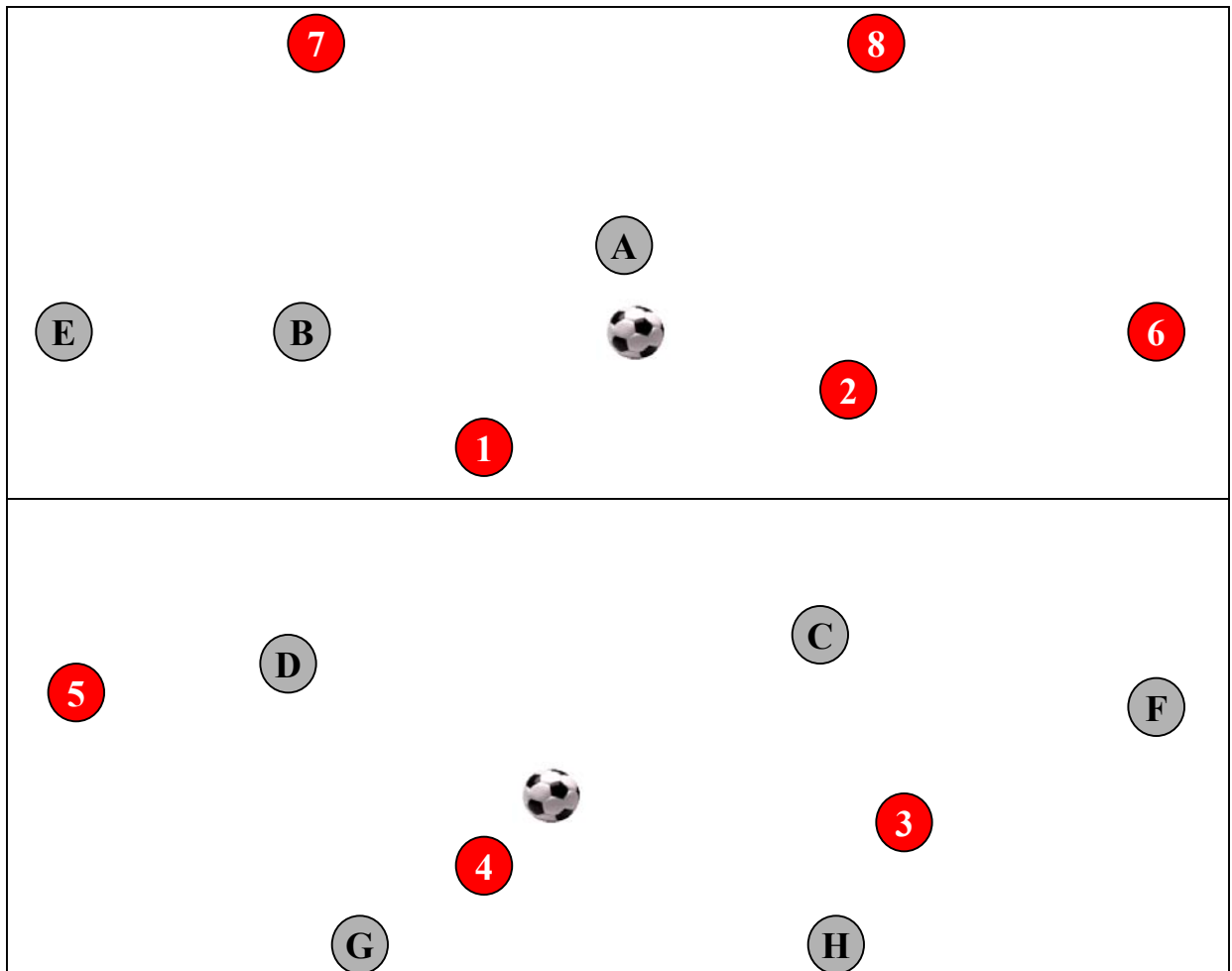


- Two teams, three zones, working across the free zone running with the ball, passing, running without the ball and receiving etc. Passing and supporting in each zone.
- Players must keep a balance of soccer balls in the playing zones ensuring they play with their heads up and ensuring observation of what is happening with passes and runs.



- Working to targets, two teams passing through each other back and forth. Players take up positions to attack as a team. Condition touches on the ball.
- Move into a competitive game, players must work the ball to their own target, switch play and work the ball back into their defending half before they can return to their target again. Concentrating on movement of players off the ball to get into position. You can work on defending or attacking aspects of play in this practice.

# PASSING AND SUPPORT DIRECTIONAL TARGET GAME



- Start with two balls and two teams passing and playing through each other , **no opposition**. Develop by having two balls per team to work with. Have the players play in a relaxed composed way to begin. Develop into a **competitive game**.
- This is a 4 v 4 target game (you can vary the number of players). Players must get the ball to their **own** end targets, if they do they retain possession as a reward. Before they can go back to a target they must pass the ball back into their **own half** of the field. Targets have two touches and can pass to any of the four players. Players can use support on the outside (1 or 2 touch). Inside players no touch restriction.
- This is an intensive workout with little rest keep it short so players perform with **quality**, rotate outside players in. If a team win the ball back in their attacking half they can go **direct** to their targets (same as regaining the ball in the attacking half and shooting for goal).
- **Observe the Attacking Team** – Recognize their movement **off** the ball for example to work the ball into their own half see if the players make runs early in there as soon as the ball is at a target, some should support short and some long so the target has choices.
- **Observe the Defending Team** – see if they are sucked to the ball or they recognize runs **off** the ball and track players making runs away from the ball into the other half.