



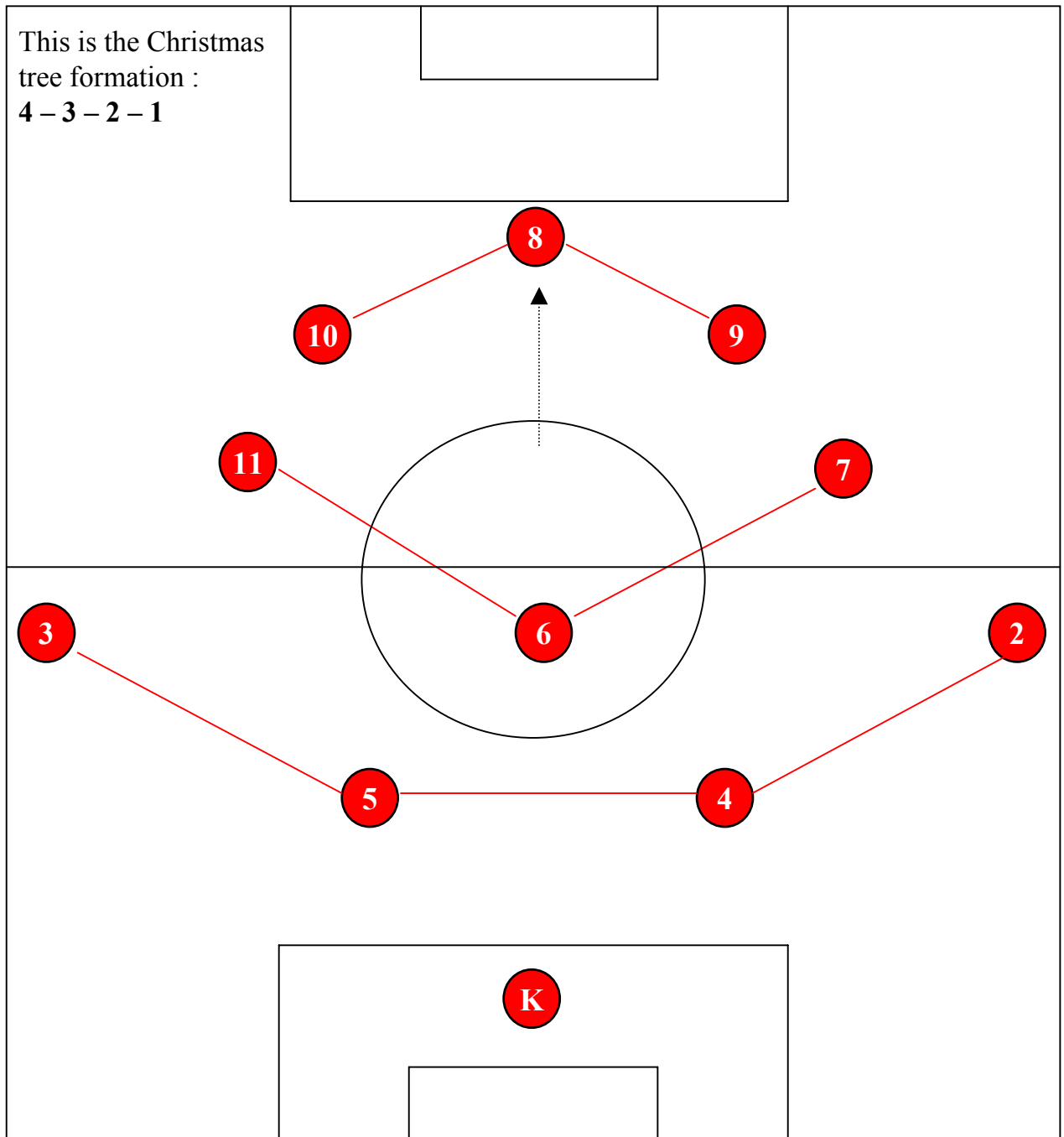
**Eden Prairie
Soccer Club**

EDEN PRAIRIE SOCCER
CLUB ACADEMY OF
EXCELLENCE

TACTICAL CAMP WORK
SHEETS

PRESENTED BY WAYNE HARRISON

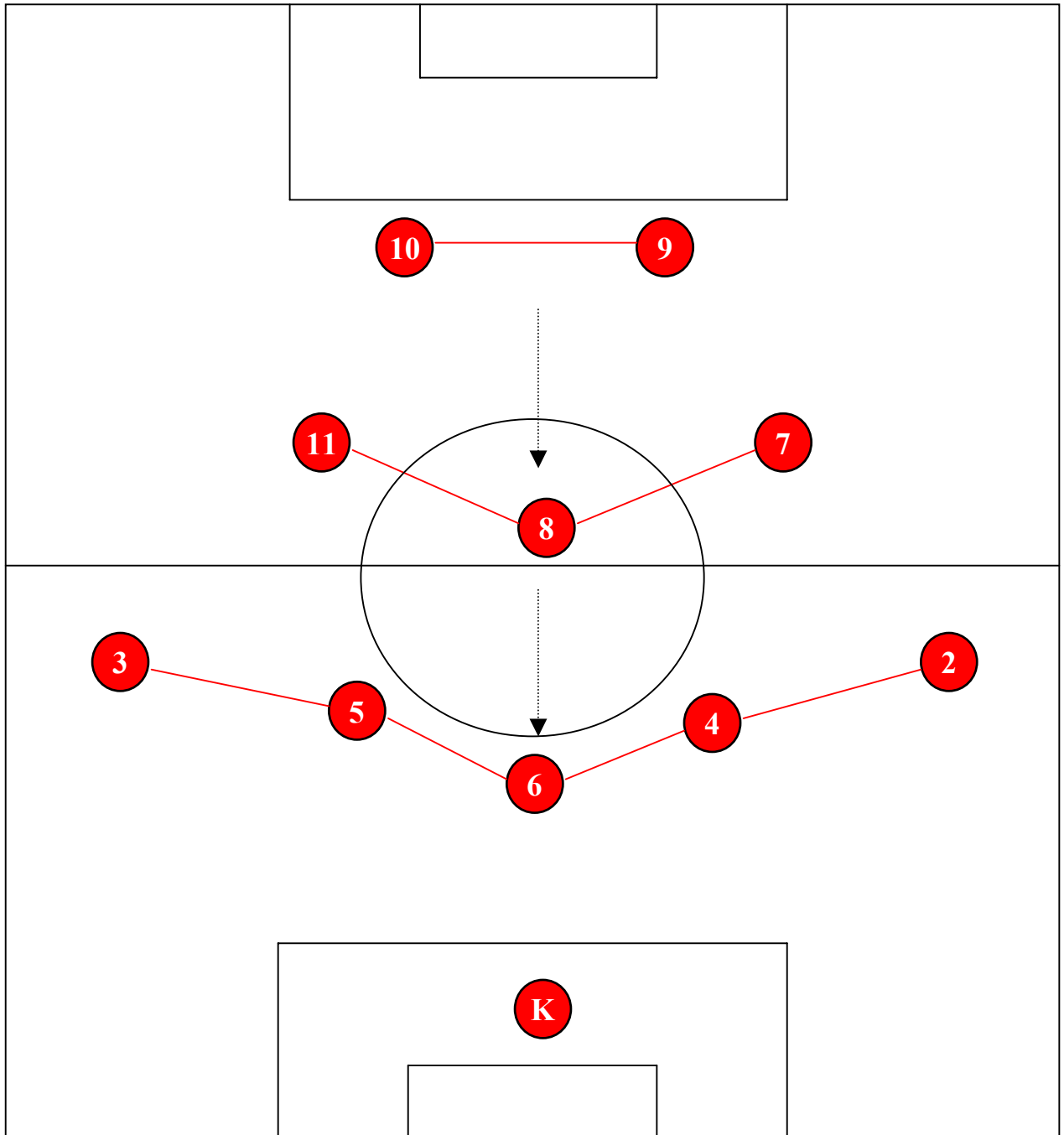
PLAYING WITH AN EXTRA STRIKER IN A 4 – 3 – 3 SYSTEM



1. (8) pushes onto the **opposition sweeper** to create a **3 v 3** situation or (9) or (10) can mark the sweeper with (8) taking their place. This may cause some teams to **change** their **shape** but better still some may **stay at 3 v 3** and give a massive advantage to us. They will have to play in the defense with **no** free player and **no** cover.
2. Our teams whatever happens should **always** ask a striker to push **onto** the **sweeper** and work their position from there. This means the opposition always are on the back foot with no covering player and may **force** the sweeper to go **deeper** and deeper thus giving us **more space** to play into.
3. We change the shape from 4 – 3 – 1 – 2 to 4 – 3 – 3 (or 4 – 3 – 2 – 1, the Christmas tree) by the movement of **only** one player. More often than not the opposition will not see it or be able to deal with it.

(Wayne Harrison)

DEFENSIVE SHAPE WHEN UNDER PRESSURE (5 – 3 – 2)

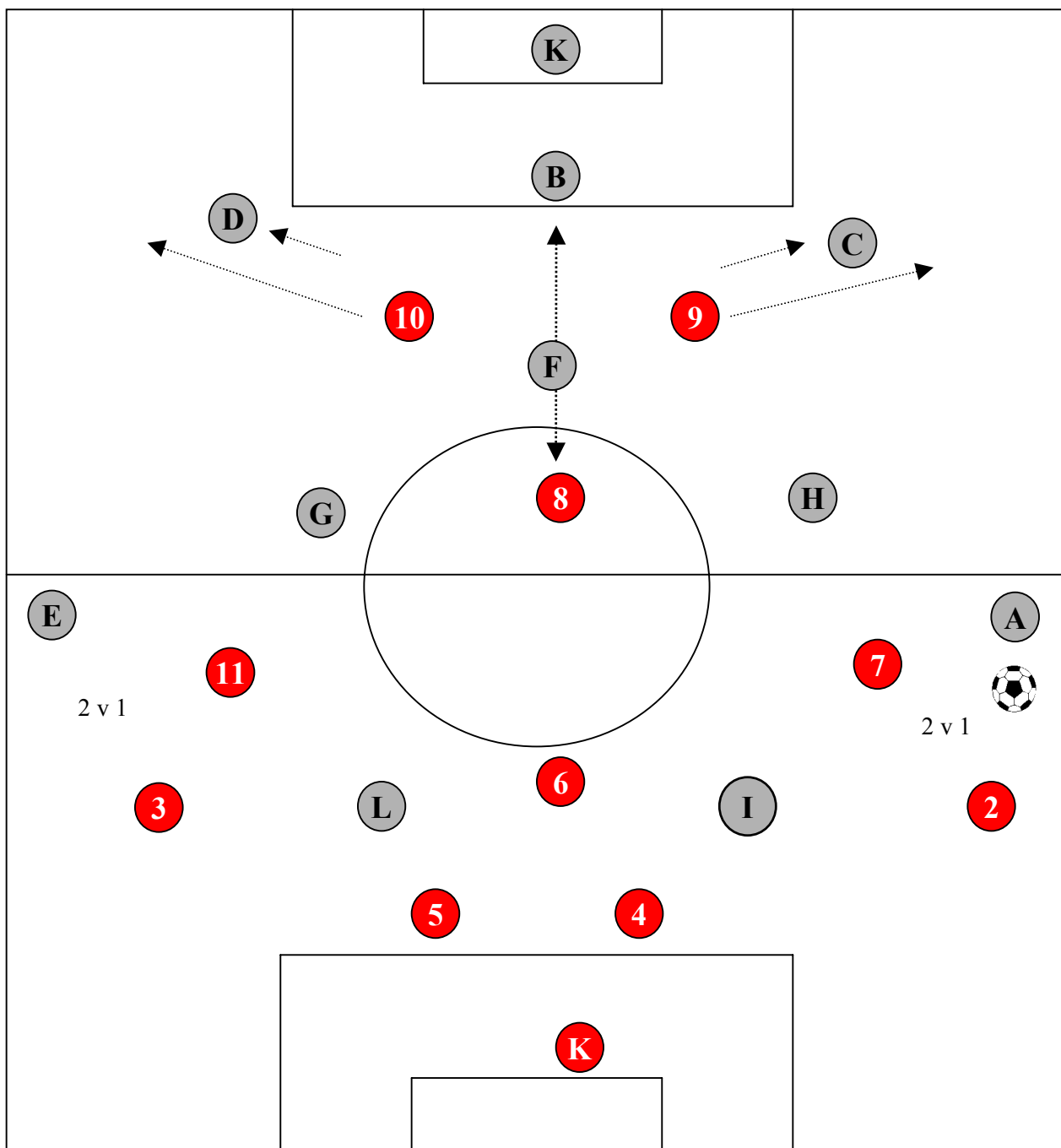


1. The game situation is that **we are winning** and the opposition are putting us under a lot of pressure (it may be in the last few minutes of an important game) . To take the pressure off drop our two central midfield players back two positions (movement of two players only) to take up a **5 – 3 – 2** formation, this is **more defensive** but will get **five players** back **behind** the ball in the defending third. As the momentum of the game changes in our favor again we can **switch** to our favored system of a defensive four, diamond midfield four and attacking pair.

2. Still marking **zonally** (marking players who enter their own zones) the extra player **fills more space** at the defensive end and when we do this our strikers have to be particularly aware and prepared for our own quick counter attacking situations.

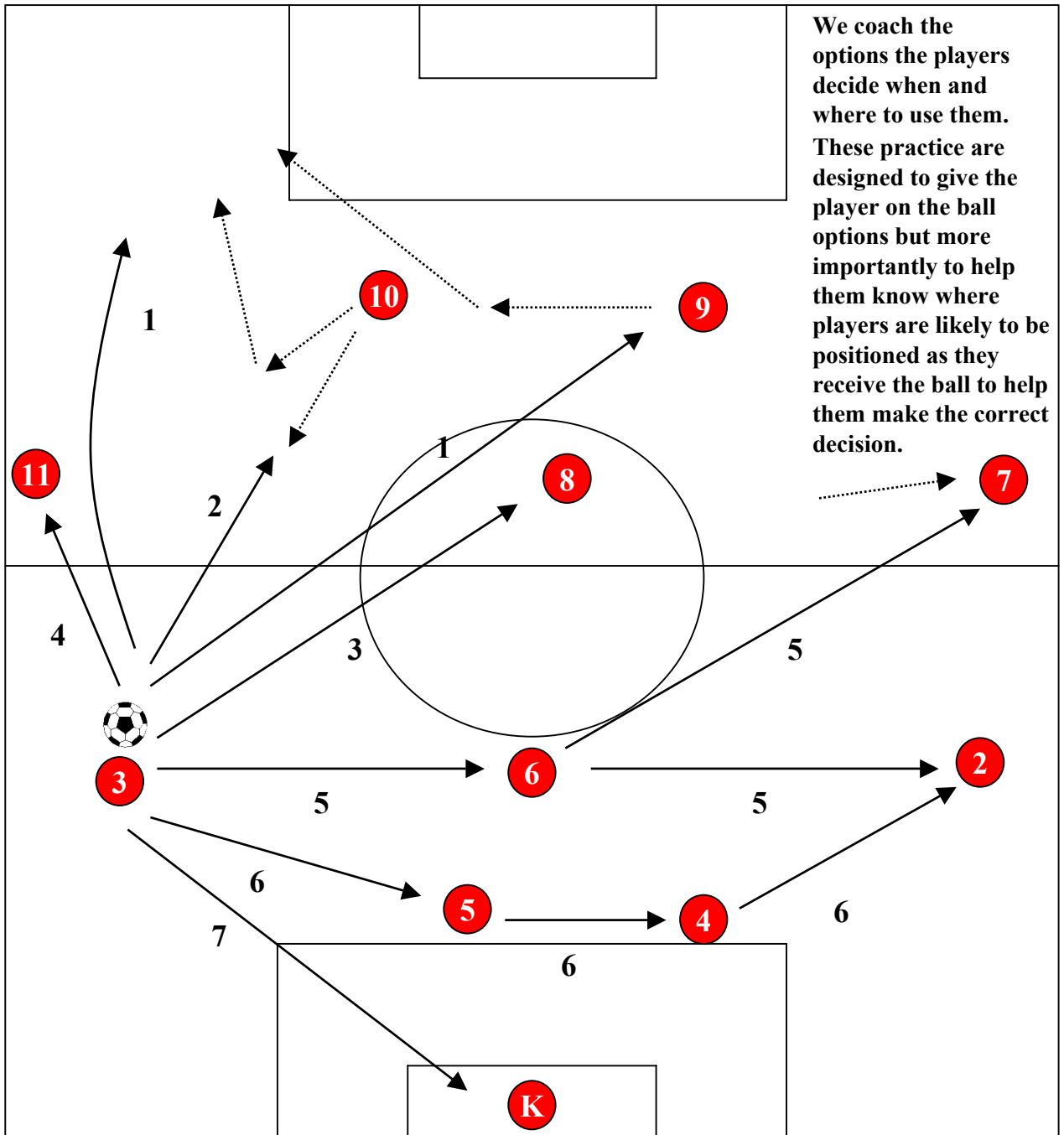
(Wayne Harrison)

SUGGESTED TEAM SHAPE AGAINST OPPOSITION SHAPE



1. Suggested team shape (4-3-1-2) v general current opponent shape (3-1-4-2).
2. (8) push on go 3 v 3 (no cover at the back for opponents). Can overload both sides eg (2) and (7) against (A) creating 2 v 1.
3. Opponents often man mark so (9) and (10) can move (B) and (D) to ineffective positions.
4. More effective use of width using the wings exploiting the 2 v 1 out wide in our favor.
5. Midfield can shuffle across when lose possession and leave far man so strong where ball is and strong in middle (and 8 can help) eg opponent (A) is on ball. (Wayne Harrison)

PASSING OPTIONS : PRIORITIES



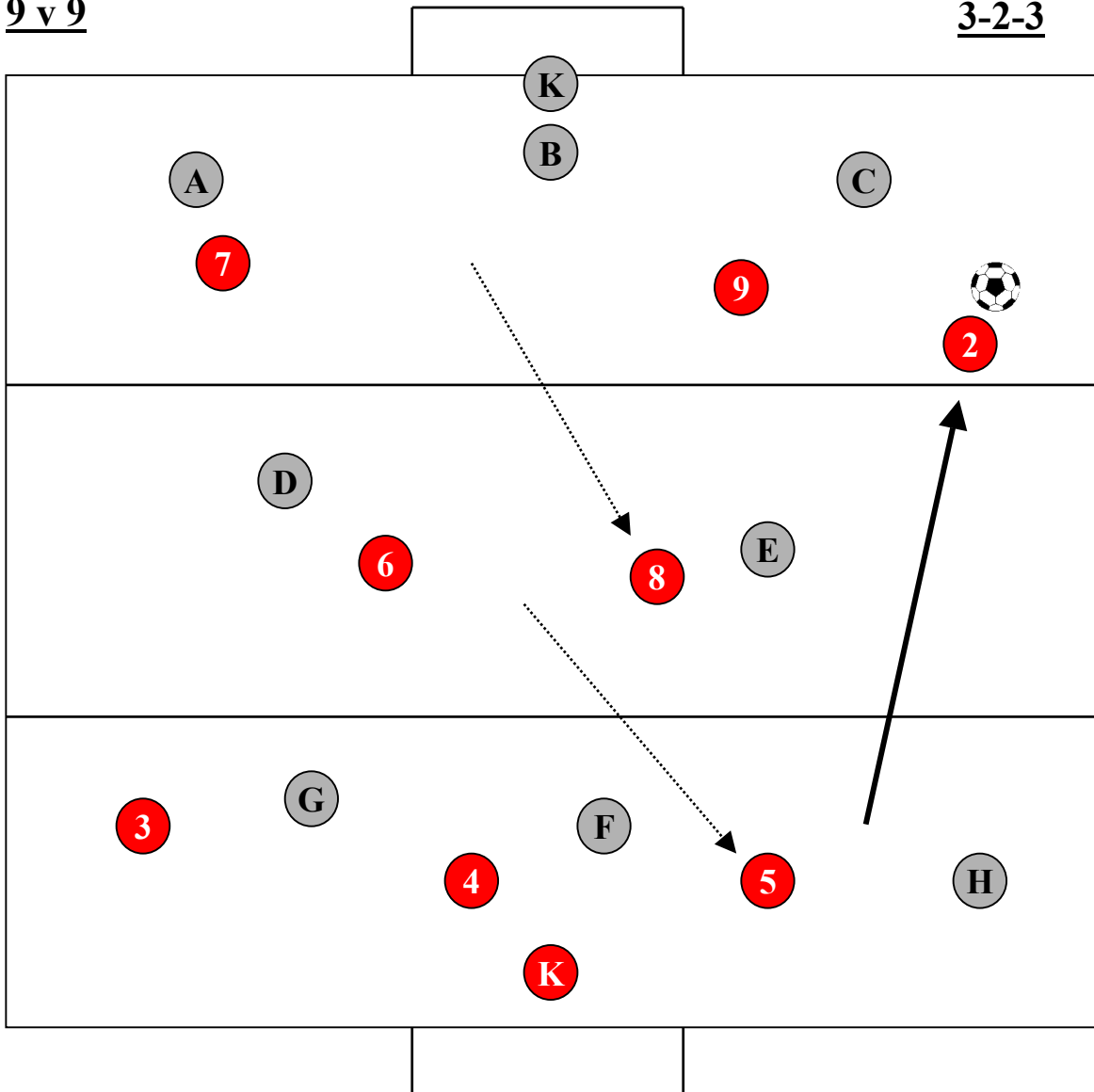
Priorities are numbered in order of **importance**, players need to decide for themselves **when** and **where** to pass. Which of the options is the best. Try to pass forward.

1. Down the side or diagonal behind the defense for (10), (8) or (9) to link up with the pass.
2. And (3) Into feet to turn or to link up with midfield.
4. Wide to set up overlap usually a 2 v 1 in our favor.
5. And (6). Switch play across the field to attack down a different route.
7. Last resort, back pass to keep the ball.

TRANSITION GAMES MAINTAINING SHAPE AND BALANCE

9 v 9

3-2-3

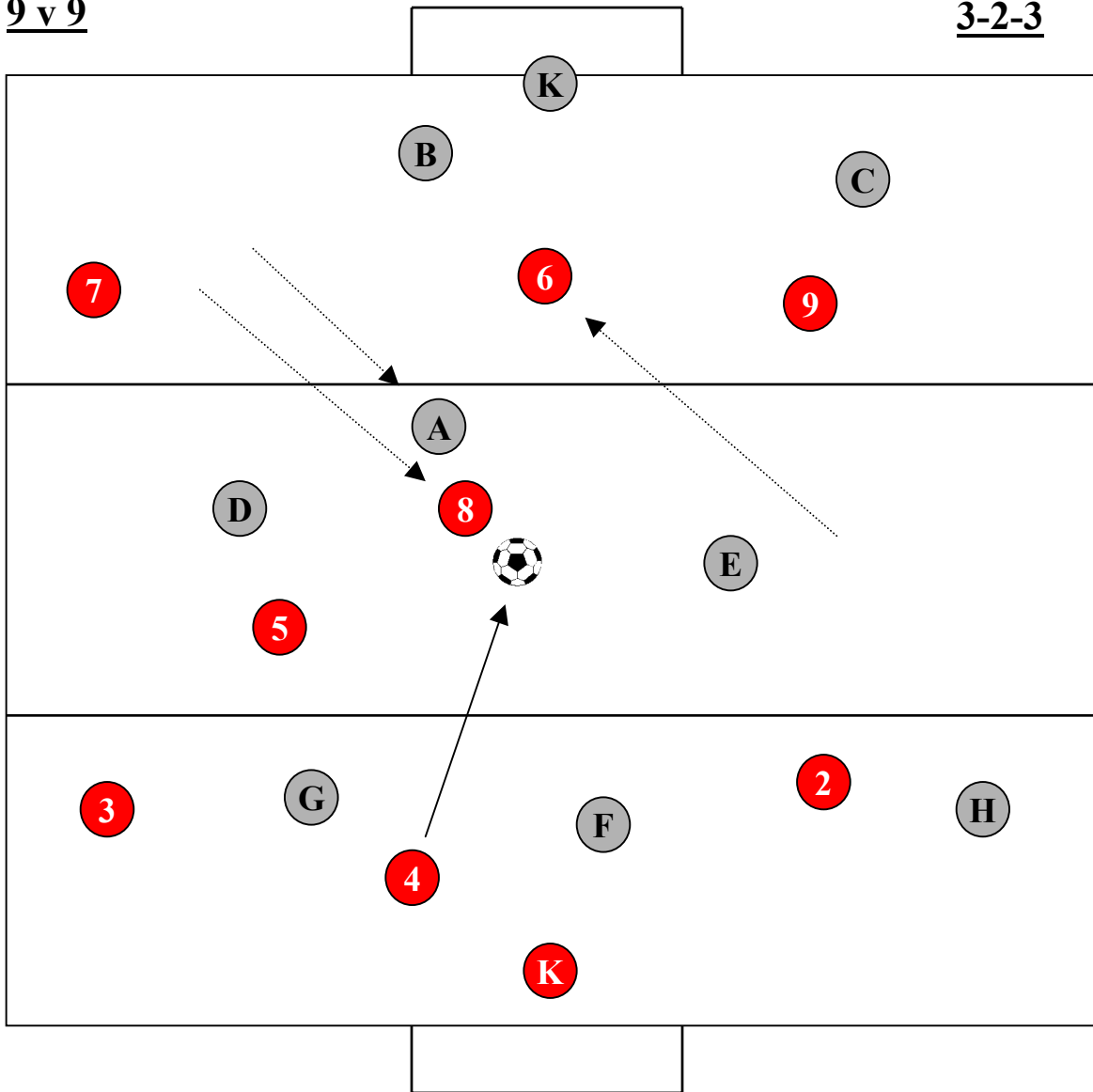


1. Players **stay** in **own** zones to begin, maintaining shape throughout the team.
2. Develop by allowing players to **cross over** zones to support each other but they must be **replaced** by another player from that zone.
3. (2) on the ball may run over three zones with the ball and as they enter each zone another player from that zone drops back in to **cover** for them and maintain shape. For example (2) moves into the middle zone and is replaced by probably (5); but it can be (6), then into the attacking zone to be replaced in the middle zone by (7), (8) or (9).
4. Players change **back** to their positions as **soon** as they can **within** the game.
5. Can run the ball in, pass it in, or pass it in to a runner from another zone be it from a zone in **front** or a zone **behind**.
(Wayne Harrison)

TRANSITION GAMES MAINTAINING SHAPE AND BALANCE

9 v 9

3-2-3



1. This is a movement where the attacking player (8) comes back into the middle zone to receive a pass from the defender (4). Midfielder (6) makes a forward run to support in front in the attacking third.
2. This works well if your team has a striker (8) who likes to come short to receive and turn into an area where they are hard to pick up.
3. For the **defending team** the same principles apply for example (A) may track the run of (8) and (E) may track the run of (6). If (E) doesn't track back then it is up to (D) to drop back in to where (A) came from and be aware of (7) who is the closest player.
4. Ultimately **open the game** up so the players have **no** boundaries to use for focus and see if they can work out how to keep that balance and shape on an open field of play.

(Wayne Harrison)

A.I.A - RECOGNIZING THE MOMENT TO PLAY

AN ANTICIPATION / IMAGINATION / AWARENESS YOUTH SOCCER COACHING PROGRAM

A PSYCHOLOGICAL APPROACH TO SOCCER

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. The degree of improvement a player attains using these aspects depends on their own **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 new approach as it takes time and great concentration to develop.

The players must be both psychologically and physically prepared to meet the demands of the program. The process is ongoing throughout their playing career and will be further influenced by the **experience** gained from every coaching session and every game played over time. We are trying to establish the following:

1. Using **Correct Technique** to perform the task efficiently and effectively. Particular attention must be paid to the **first touch** of the ball by the players.
2. **Psychologically** being able to develop composure on the ball, to relax under pressure, creating in the mind of the player **Imagination / Insight** in the **Use** of the ball; each pass is **unique** to that moment.
3. **Tactical** considerations will be covered teaching the ability to look **Beyond the ball**, having the **capacity** to **Anticipate Situations**, an **Awareness** of others positions (own players, opponents and the ball) movements off the ball and an appreciation of **Space**.
4. **Physical work** will be a natural part of the program aiding relevant types of fitness.
5. The program is aiming to develop the above in all players to aid the **DECISION MAKING PROCESS**.

1. We as coaches are trying to coach players to establish **1) to 5)** in their minds **BEFORE** they receive the ball (Anticipation) **NOT** after. Decisions of **6),7)** and **8)** can be determined depending on how much time on the ball the player has, if **no time** and the player is being **closed down as they receive** it, they may have to determine these three aspects **before** they **receive** the ball also. Otherwise **with time** on the ball they can wait for the right moment depending on the positions of their teammates and the opposition. This is when reaction plays a part in the process as they react to the movement of the players which constantly creates new situations on the field of play for the player on the ball to assess and respond to with the correct pass, dribble, run, shot, cross and so on.

2. The development of this system of coaching sets the foundations for the above process to be integrated into the players make – up. It develops **QUICK DECISION MAKING** to allow them to work **ahead** of the opposition.

3. The sessions are designed to teach players to develop **ability on** the ball (**developing a good first touch is the beginning**) and **ability to look beyond** the ball (Awareness), i.e. **TECHNICAL** and **TACTICAL** ability.

4. The practices we use are **NO opposition games to begin, SHADOW PLAYS**, to allow a developmental program to take place 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.

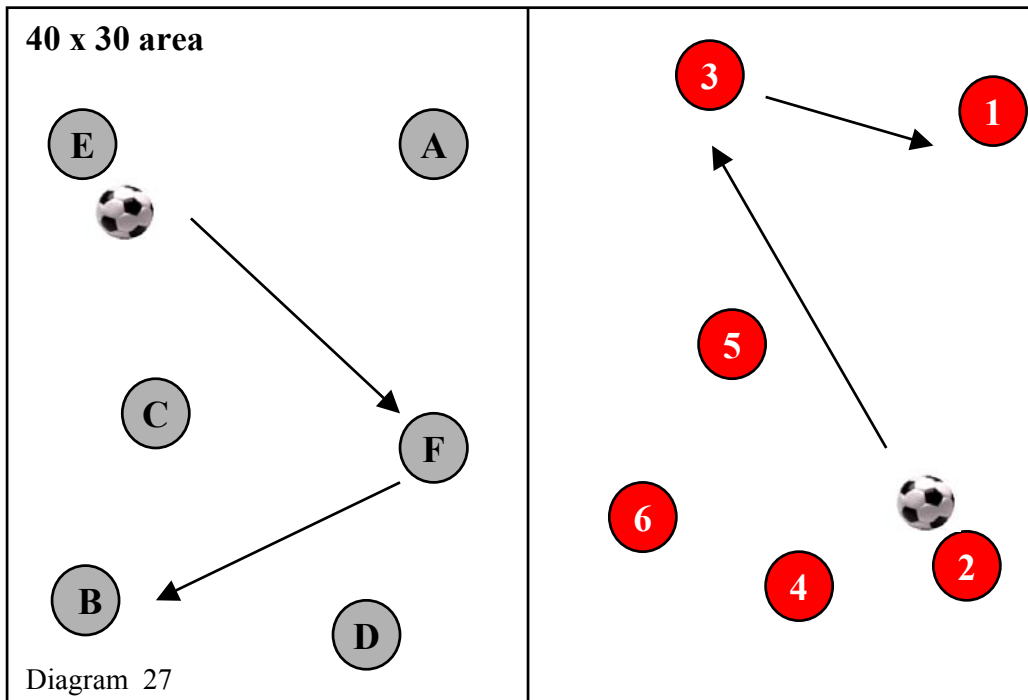
5. From the no opposition games we will introduce opposition, initially using an **overload** situation. Ultimately the coaching will include **full scale** practices to put players in the **pressure** situations they face on the field in regular team play.

6. This system of coaching is a long term approach to improvement. Results don't happen overnight it is creating a **New Learning Environment** for the player. The four aspects of work; **Psychological** anticipation, **Technical** ability, **Tactical** awareness and **Physical** capacity are inter – linked.

7. Whilst a player has eight individual thought processes to consider, all these cannot be established in one go. Over a period of time the coach must try to increase the number of observations the player makes starting with number one; observing where the ball is coming from, this is the easiest because the player has to look anyway to see where the ball is before they can receive it.

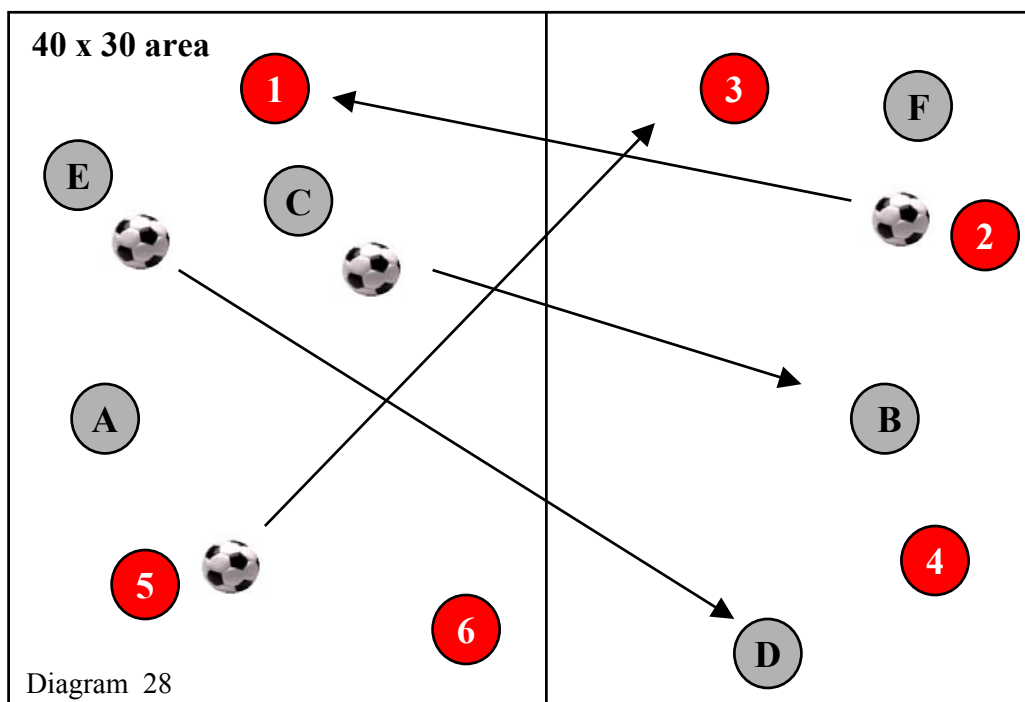
ANTICIPATION / IMAGINATION / AWARENESS SESSION

1. This is the **basic beginning** of the A.I.A. session where we **first** have **all** the players 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 and as they become proficient introduce another ball to increase their A.I.A. qualities. A ratio of approximately one ball per three players is ideal to build up to eventually.
2. Introduce the other team that has been practicing in another grid and have the two teams play **through** each other but **not against** each other.



3. Have the teams play throughout **both** grids to **spread** the play out and get the players comfortable and composed. As they improve you can change it 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.
4. The Technical / Tactical Design within the framework of the session will be described over the page and this information will get you started with the players.
5. As they get proficient you can introduce **new situations** for them to deal with all of which will be covered later. You may need to spend time **repeating** this basic set up before you move on the other situational work, be patient and ensure they get the **basics right first**.

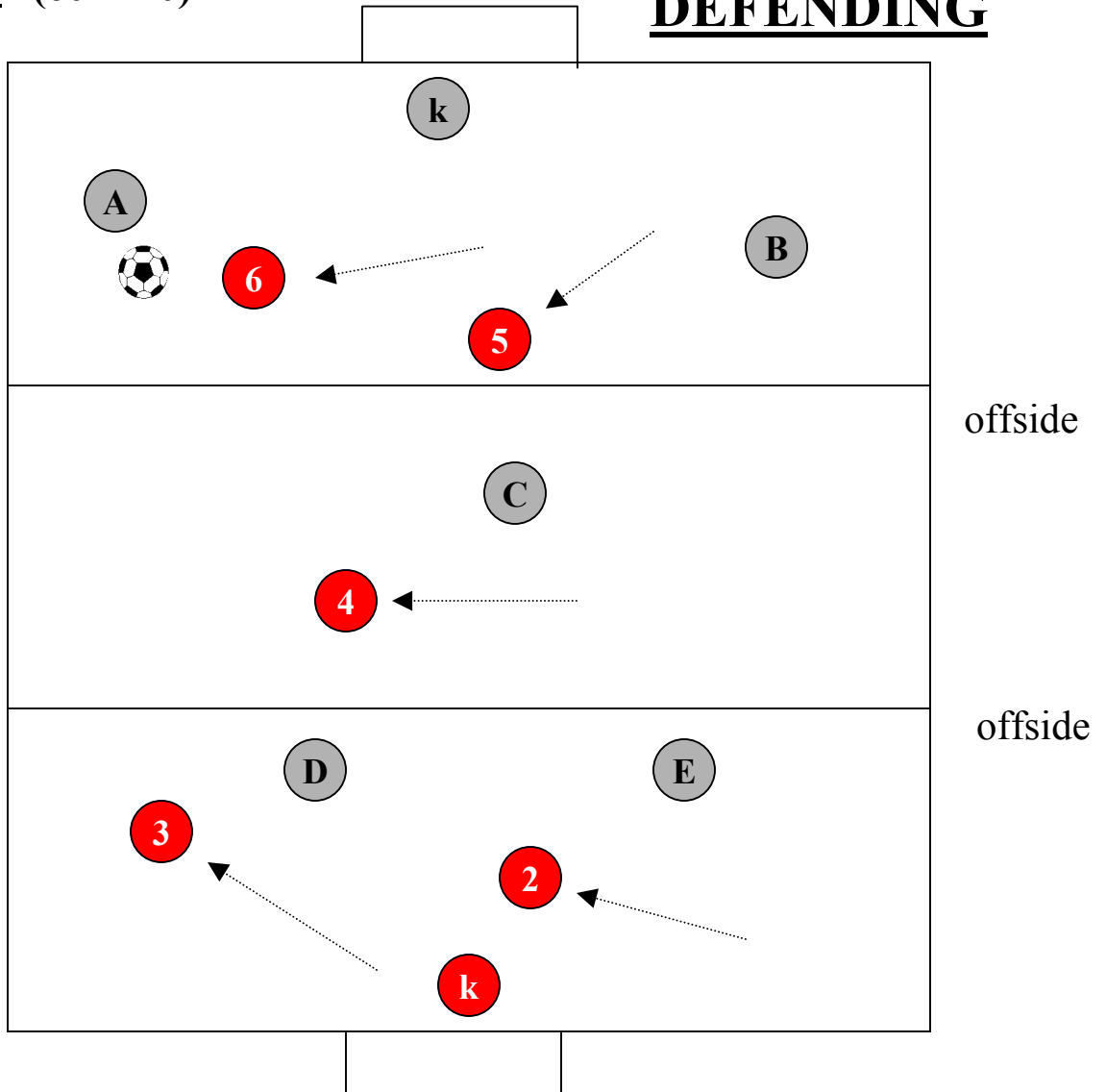
TWO TEAMS PLAYING THROUGH EACH OTHER



The following information forms the **basis** of what we are trying to achieve with this session.

Technical / Tactical Design

- a) The players must play with their heads up (so they view what is around).
- b) Look over the shoulder before receiving the ball.
- c) Body stance open to receive the ball.
- d) Awareness of teammates positions on the field.
- e) Awareness of opponents positions on the field.
- f) Move the ball on the first touch away from pressure into space (or 1 touch transfer).
- g) Passing to space to move players into a better position on the field.
- h) Passing to the players feet.
- i) Turns / dribbles / 1t / 2t / free play etc.
- j) Communication (verbal, physical or through eye contact).
- k) Angles / distances of support.
- l) Passer pressures receiver by closing them down after the pass.
- m) Receiver moves the ball away at an angle off their first touch.



1. Play offside from the 20 yard line at each end (defensive third). Introduce getting **compact** from the back; playing with offside included trains the players minds to start to develop this aspect of play. Defending team make play predictable by forcing play down one route.

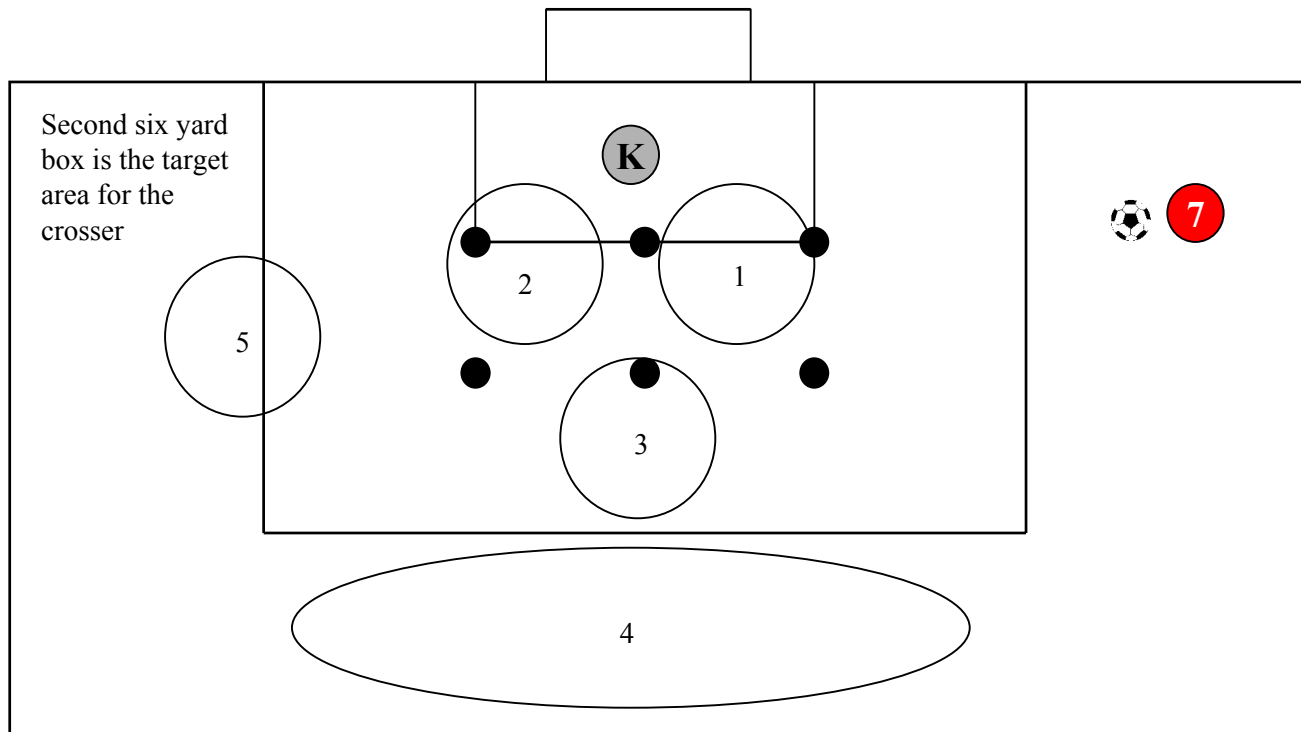
Key factors of Defending are now :

- a) **Pressure** (Keeping play in front, delaying or winning the ball).
 - b) **Support** (Angle / Distance / Communication).
 - c) **Cover** (marking zones and / or players).
 - d) **Recover** (getting goal side of the ball).
 - e) **Tracking** (opponents runs).
 - f) **Double teaming** and **treble teaming** (2 or 3 players closing down the same player on the ball from different angles).
 - g) **Compactness** (On regaining possession players pushing out from the back).
- (Wayne Harrison)

COACHING POINTS IN CROSSING AND FINISHING

1. **Head Up** – Glance from the crosser, where are the players (attackers, defenders, the keeper). Sometimes they don't have time to do this they just get the ball into the danger area and expect players to be there.
2. **Decision** – When, Where and How to cross. As early as possible to give defenders as little time as possible to position themselves.
3. **Technique of the Cross** – a) A good first touch out of your feet to set the cross up.
b) Balanced position with the non kicking foot alongside the ball pointing in the direction you want the cross to go. Use of techniques to produce the type of delivery below, kicking through the ball with correct timing.
4. **Types of Cross** – They can include a) Crosses that are driven low with power (usually to the near post).
b) Swerved crosses for example around a defenders using the body position as a guide (near or far post).
c) Chipped crosses from the goal line (usually to the far post).
d) Longer, higher trajectory crosses to the far post and past it (to opposite wide player who can shoot at goal or head or pass it back into the danger zone).
e) Pull back crosses or passes to a midfield player coming in late.
5. **Runs of the Players** – Near post / Far post, **away** from the ball initially to come back if possible (to lose markers). When a striker runs away from the ball the defender has the problem that when they look at the ball, they can't see the player they are marking or that players movement; when they look at the player, they can't see the delivery of the ball.
6. **Timing of the Run** – As **Late** as possible and as **Fast** as possible (so you are difficult to mark plus you don't get into the correct position too early). The player making the near post run must use the post as a guide. If they run past the near post to receive then it's difficult to get a shot or header on target. Try to time the run so the ball is arriving as you are arriving then it's a straight shot or header. The only time it should happen is if the near post players run beyond that post is designed to pull a defender out of position to create space for a teammate coming in behind.
7. **Angle of the Run** – Into the line of the crossed ball not across it.
8. **The Attacking Finish** – Contact on the ball is probably **one touch only** using the head or foot. Use the momentum of the crossed ball for power so you time the contact almost let it hit your foot rather than the player forcing it.

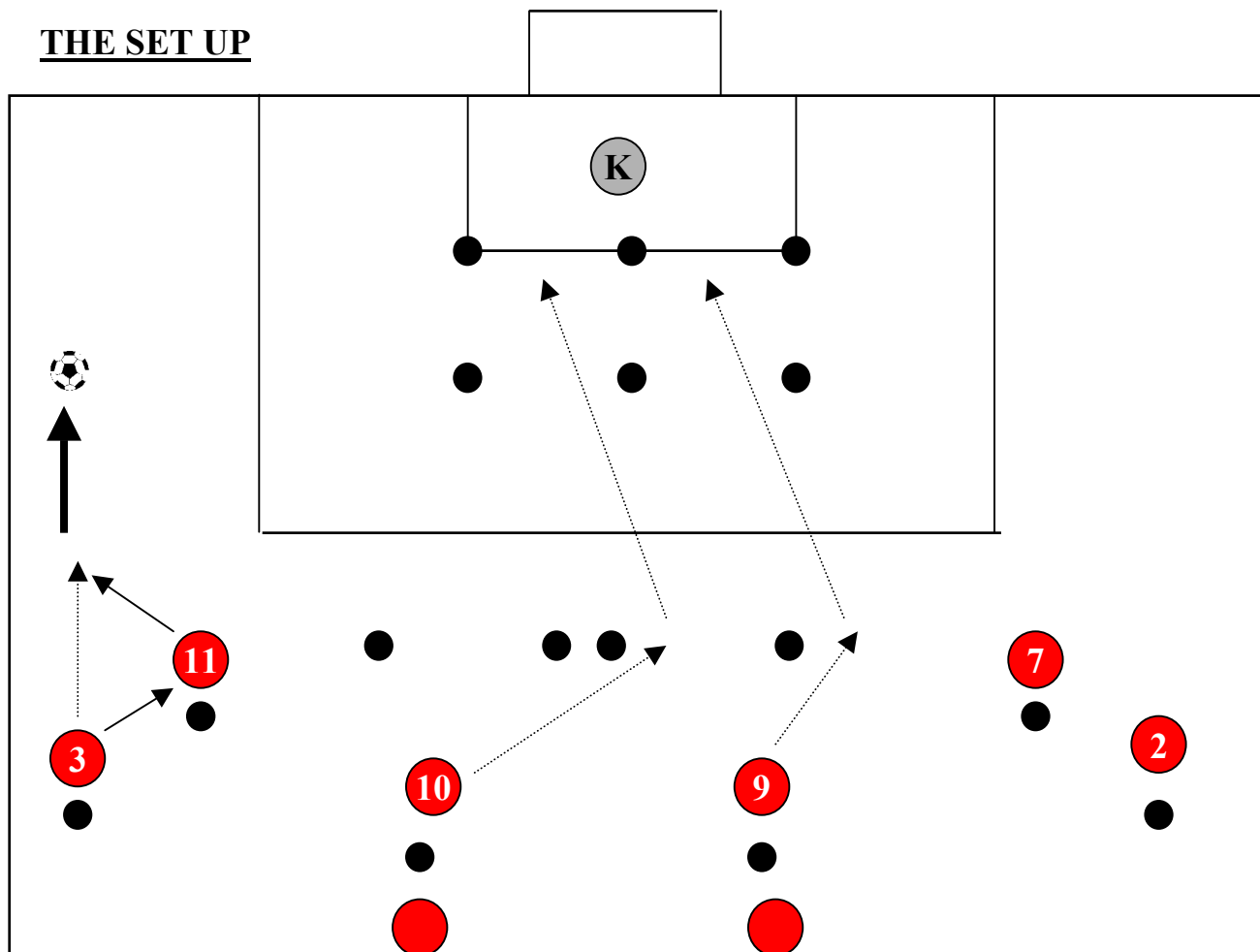
AREAS TO COVER IN THE BOX TO RECEIVE THE CROSS



1. **Areas of support** are shown inside and outside the penalty area. It is always best to start crossing sessions with **no opposition** just attacking players making runs to areas at the near post (1), far post (2), the middle area (3), regaining possession areas outside the penalty area (4) and beyond the far post (5). We are asking players to attack certain areas within the penalty area where the ball is most dangerous for the opposition and we are also giving direction to the crosser as to where they should deliver the cross.
2. So now we are in a situation where the crosser knows the **best** areas that the ball should be delivered to and the attackers know the best areas where they should go to receive the cross. In each instance though, defenders' positions can **influence** where the ball is delivered or the runs are made but the approximate areas to deliver to are always the same.
3. **Timing of runs** should be to arrive at the positions at the **same time** as the ball so players can work out from the cross **when** and **where** they should go. If they cover all areas with a player in each one and the cross is effective then there is an increased chance that we can score a goal. If the cross isn't as effective and the defender wins the ball first then we have our players in area (4) in "anticipation positions" to win the ball back (the second ball).
4. **Regaining possession** areas are very important because if the opposition in a game situation win the ball initially from the cross in the form of a defensive header where is the ball from that header going to go? As above players must position themselves outside the penalty area where they have the best chance of winning the ball back.
5. Area (5) can be covered by a player should the cross go beyond the first line of attack or the crosser may see everyone is marked in the box and can pick out this wide player as the free player to attack the goal.

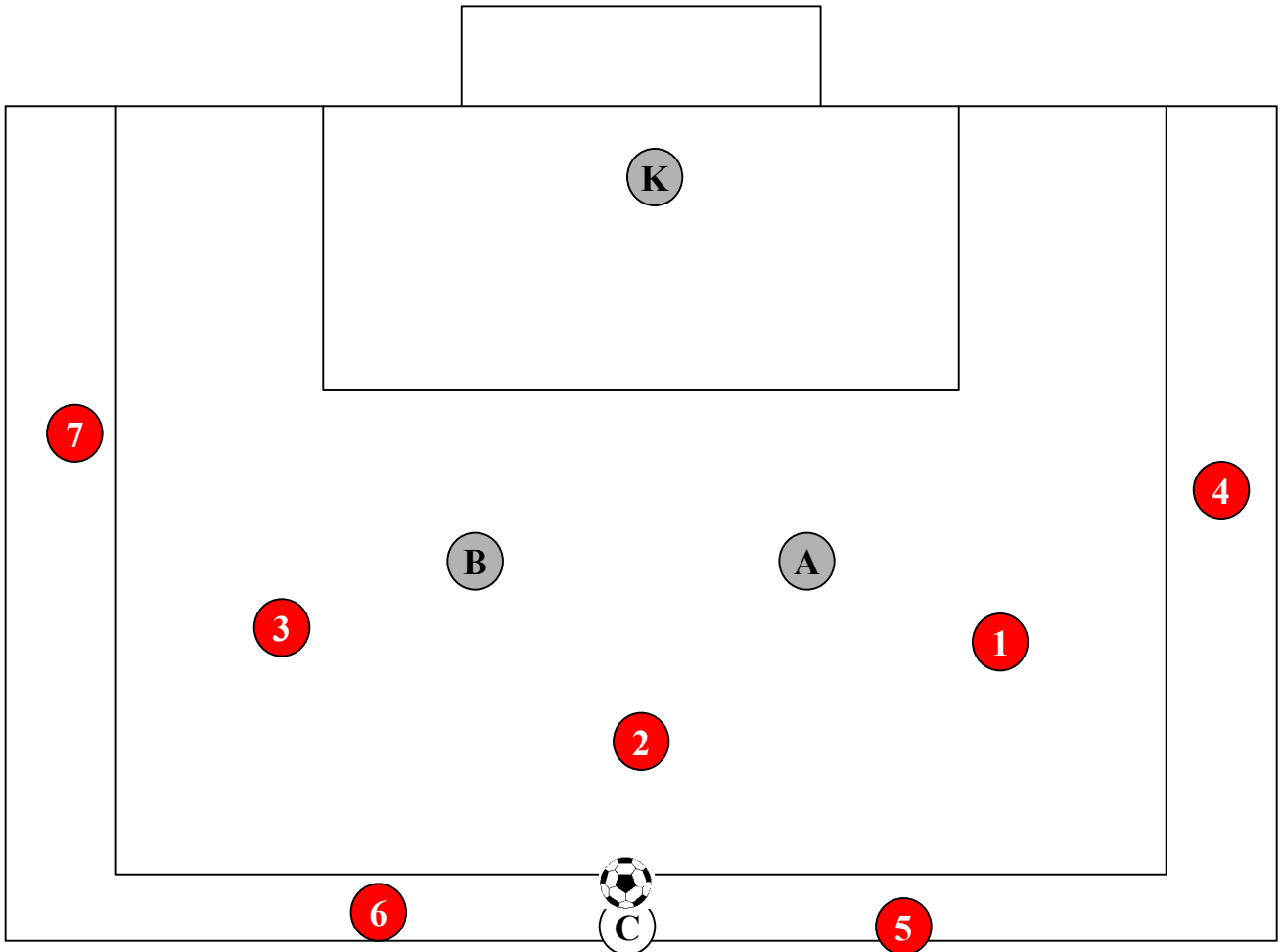
FUNCTIONAL CROSSING AND FINISHING SESSION

THE SET UP



1. **Shadow Play** to begin. Attack in two's to begin. Movement away from the ball initially if there is time in the build up. Working on timing of runs. Attack near post and far post areas. Cross from both sides. Near post player takes their position off the near post don't go beyond it to meet the ball; unless drawing a defender out of position for the second striker to attack.
2. Winger plays a 1 – 2 and crosses as **early** as possible. Strikers know this and must get in position to meet the cross. The cross should be between knee and head height. Service could be a driven pass from a striker to a wide player or the play starts wide (timing is better).
3. **Develop** a) Introduce a **defender** who must choose a striker to mark. The defender starts from the same area as the striker as if retreating back towards goal. The crosser finds a free player.
b) Introduce a **third** attacking player in behind the front two for the pull back.
c) Have the **opposite wide** player coming inside as an additional attacker to cover the area beyond the far post, and the crosser has another player to pick out (now it is a 4 v 1 situation).
d) Introduce **another defender** to mark up another attacker (4 v 2).

FUNCTIONAL WORK : FINISHING IN AND AROUND THE BOX.



1. This is a Functional practice, 3 v 2 with support players involving **Receiving** ,**Turning** ,**Dribbling** and **Shooting**.

First priority of the striker is “**Can I shoot ?**” Composure in the box is the key factor , defenders don’t want to concede a penalty so strikers have more time than they realize.

2. No conditions to start but support players stay outside the box. Defenders win the ball they play to the coach or just clear it to outside players. Start again with a new ball to the strikers. Strikers try to receive the ball at an **angle** so they are **half turned** and facing the goal so they can get a quick shot in. Others take up positions off this for rebounds etc.
3. Outside players can be passing a ball around between each other to keep active and when the play is finished inside the box whoever is on the second ball passes it in to restart. Looking for quick shots , working off rebounds , combination work , 1 – 2’s, quick movement to create space, support play.
4. **Develop** Work transition of movement , as above (1) passes to (5) and switches position. Have both teams attack the same goal when they get possession etc you can develop it any way you want.