

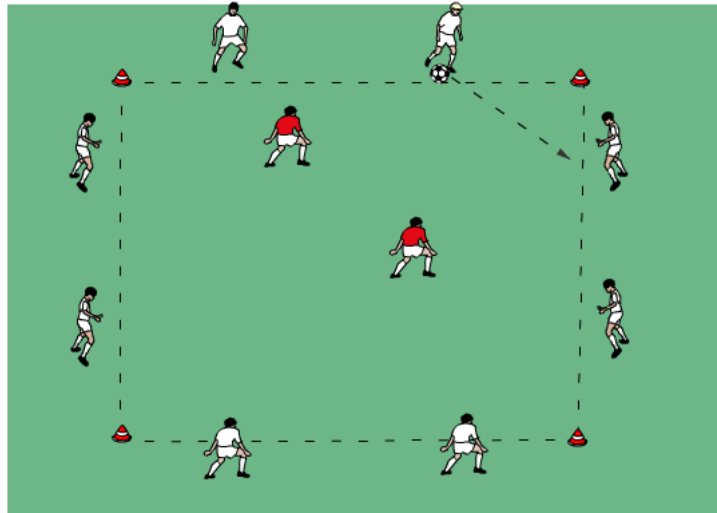
PRO & YOUTH ACADEMY ARSENAL FC COACHING SESSIONS



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Possession 1

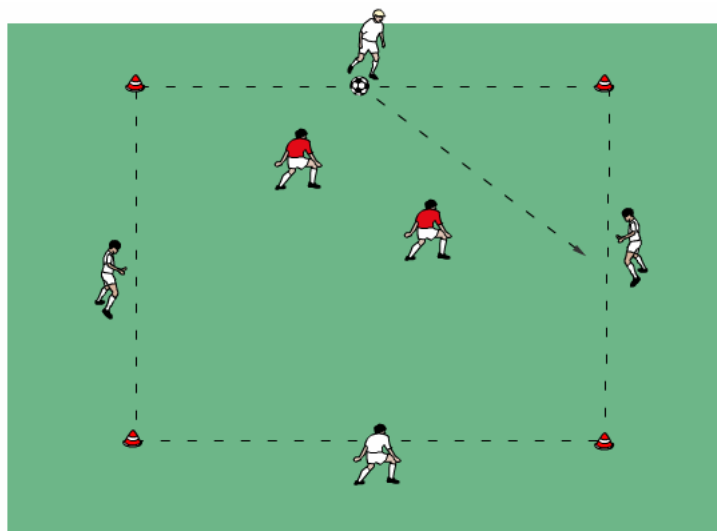
8 v. 2 in a 10 x 10-yard area playing 1 touch

Count passes in succession, award extra point(s) for any through ball that split the 2 defenders. Defenders must win or disturb 3 possessions to get out – any through ball regains the possession group with 1 extra possession

Coaching Points

- Possession team must play quick in tight area with good touch
- Anticipate the next pass, be creative and deceptive, use a variety of touches and feints – seek out best option
- Defenders must apply pressure to the ball and support the pressure
- Constant communication between the 2 and shifting of positions relative to the ball
- If the defence plays flat, a through ball can beat them, thus, it is 1 player up and player 1 off

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Possession 2

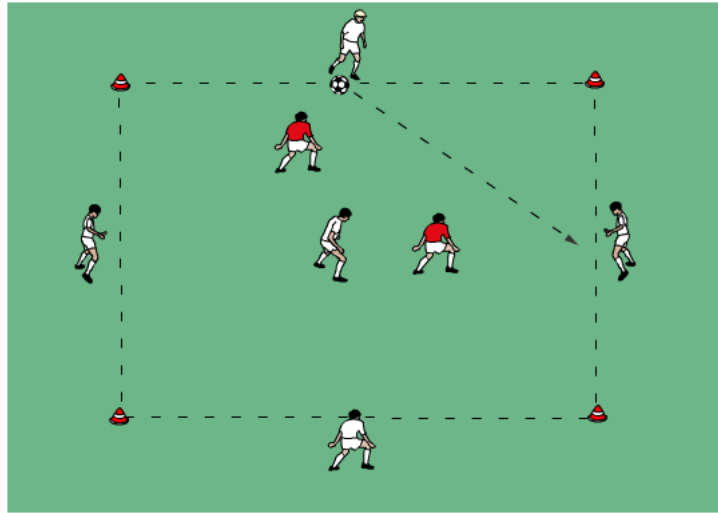
4 v. 2 in a 15 x 10 yard area playing 1 or 2 touch

Possession players may move up and down their respective line, but not enter into the middle – count consecutive passes and reward for through passes. Defenders must play out over any line, thus 2 v. 1 to get out of the middle. Excellent positional training game – wide players play wide and central deep players in the top and bottom spots.

Coaching Points

- Possession team must use the entire area and maintain their shape
- The ball should be played away from the defenders, using the deep player as needed
- Coach may restrict touches or using 1 foot
- Defenders maintain pressure/support and communicate
- They must deny the through ball

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Possession 3

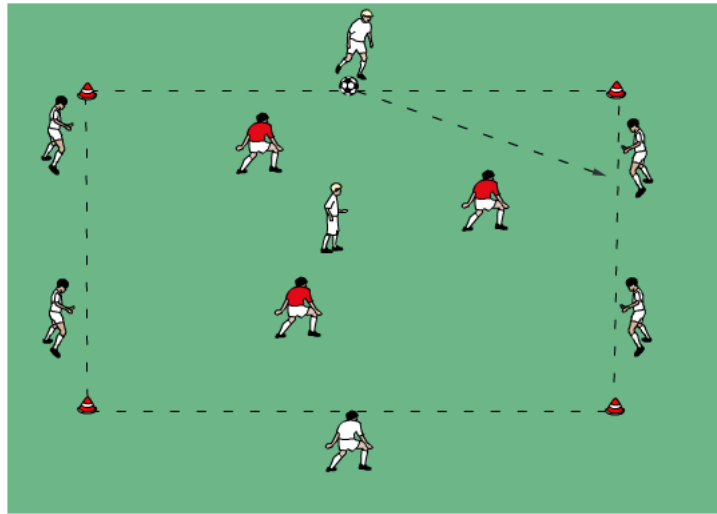
4 v. 2 + 1 in a 15 x 10-yard area playing 1 and 2 touch

Possession players add an additional player in the middle. Outside players play 2 touches and the middle player plays 1 touch. Excellent positional game with the middle player being a midfielder. Defenders play possession 2 v. 1 in the middle.

Coaching Point

The key is to keep shape big – the middle possession player cannot restrict space – he needs to create space. Outside players look to play ball in when they can and the middle player plays out in 1 touch

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Possession 4

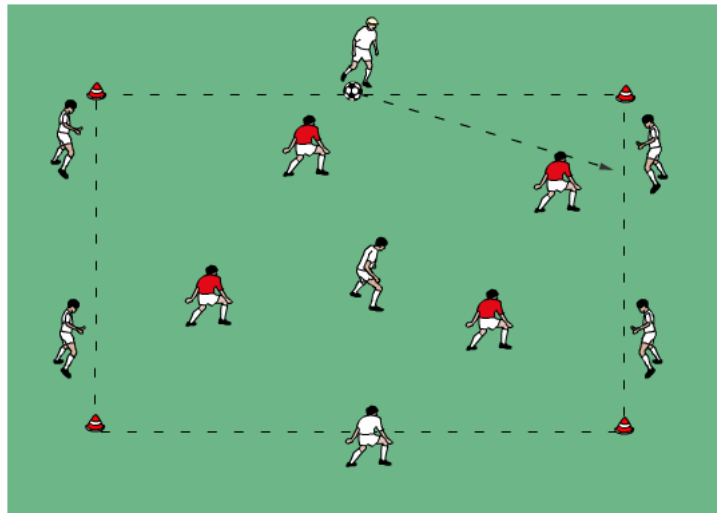
6 v. 3 + 1 in a 25 x 20 yard area playing two touch

in a larger area with more players and more options of play and more pressure. The outside players are in their playing positions. The wRmd and wRdef are positioned on one line and the left sided players on the opposite line. The target attacker and central defender along with the midfielder in the centre form the possession group. The middle 3 defenders play 3 v. 1 in the middle with limited touches

Coaching Points

- With the additional players, more options become available
- Play can go along one line, in to the middle, up to the top or back
- Constantly change the point of attack
- The three defenders want to remain compact and focus on their shape of pressure, support and cover
- They should deny any through balls and force play that leads to turnovers

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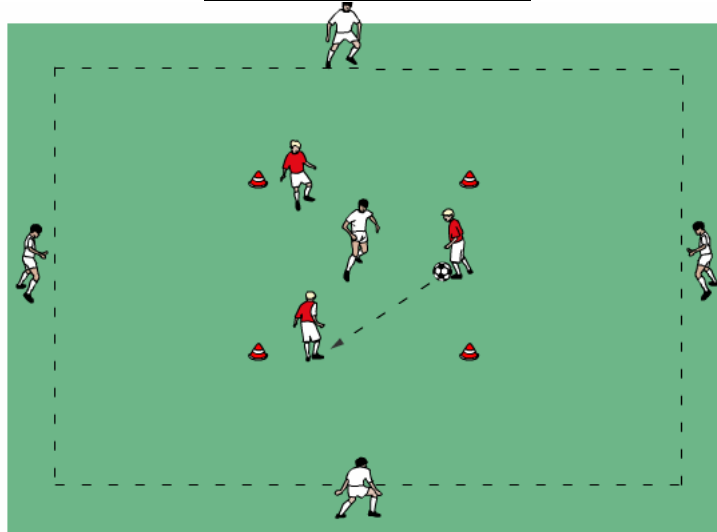
Possession 5

6 v. 4 + 2 in a 30 x 25 yard area with limited touch

Full build up with 12 players involved. The playing area has been enlarged as have the numbers. There are more options than ever with additional defensive pressure. Positional game with 6 outside players, 2 midfielders in the middle against the 4 defenders, represents a real game-like environment. The outside players play 2 touch and the inside midfielders play 1 touch.

Defenders stay compact, play in a diamond shape and play ball-orientated defence. They should play pressure, 2 support players and a cover man (sweeper). On winning the ball, the 4 defenders will play 4 v. 2 in the middle with 2 touches.

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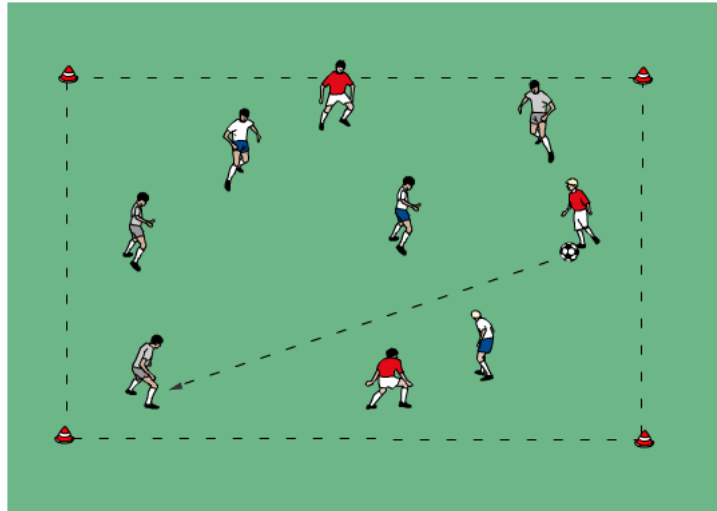


Possession 6

3 v. 1 to 5 v. 3 in a 20 x 15 yard area and a 10 x 10 yard area

Start inside with 3 v. 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v. 3 game in the larger area. When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players. The 3 in the middle must remain compact on defence and deny the through ball.

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Possession 7

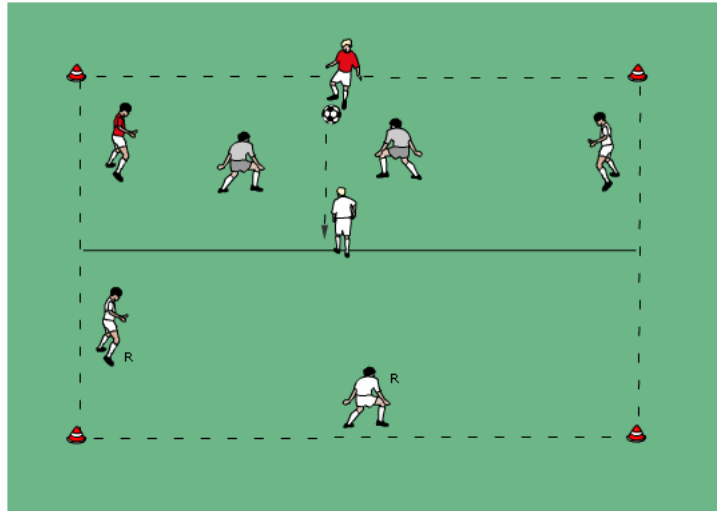
6 v. 3 with constant change-over in a 30 x 25 yard area

Play 3 teams of 3 in different colours. 2 colours combine and play against the 3rd colour. When the defending team wins the ball, the team that turned the ball over becomes the defending team. It is always 2 colours v 1 colour. Play with limited touches.

Coaching Points

- Maintain proper shape with the possession team (width and depth)
- Make the playing area as big as possible
- Make the defending team defend the entire area
- Defending team should maintain compactness and play pressure, support and cover
- On winning the ball, quickly transition into possession with new group

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Possession 8

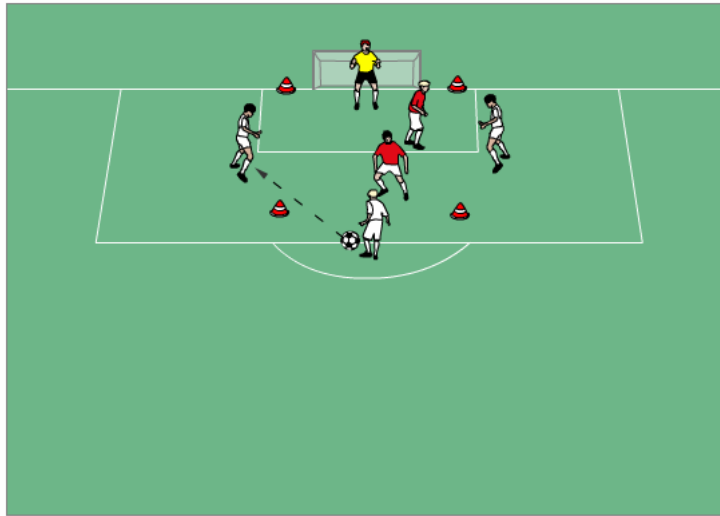
4 v. 2 + 2 in two teams in a 30 x 20 yard area

Play 4 groups of 2, each in a different colour. Start with 4 v. 2 in 1 area with 2 waiting players in the other area. Establishing the proper shape for the possession team. Defenders, upon winning the ball, play into the other area and join, making 4 possession players. The colour that turned the ball over becomes the defenders and moves into the other area as well. The remaining 2 players wait in the first area for the ball to transition back to them.

Coaching Points

- The teams in possession must maintain the proper shape
- When they lose the ball, they must then quickly transition into the other area to defend and win the ball
- The two defenders need to play pressure and cover and not allow through balls
- Upon winning the ball, quickly transition ball to the other area and join as a new possession group

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Transition 1

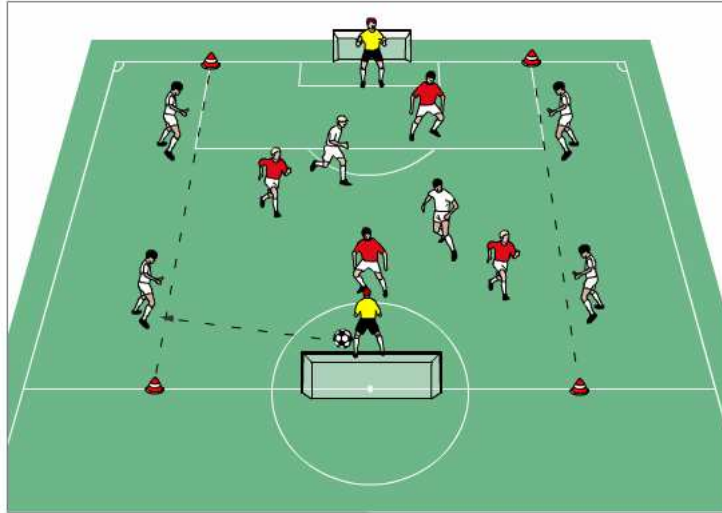
4 v. 2 in a 15 x 10 yard area playing with 1 goal with keeper

the 3 outside plus the keeper play possession (1 or 2 touch) vs the 2 inside players – when the inside player wins the ball, he immediately takes a shot at goal. If the keeper makes a save, resume possession play. Keep extra balls available to keep the game going.

Coaching Points

- The possession group will focus on lean, quick and accurate touches
- The keeper plays as a field player and improves his skills with feet
- The 2 inside players defend with the intent to win the ball and have an immediate shot at goal
- Make teams and keep score – make it competitive – set a time limit to play

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Transition 2

4 v 4 + 2 with keeper in a 30 x 25 yard area

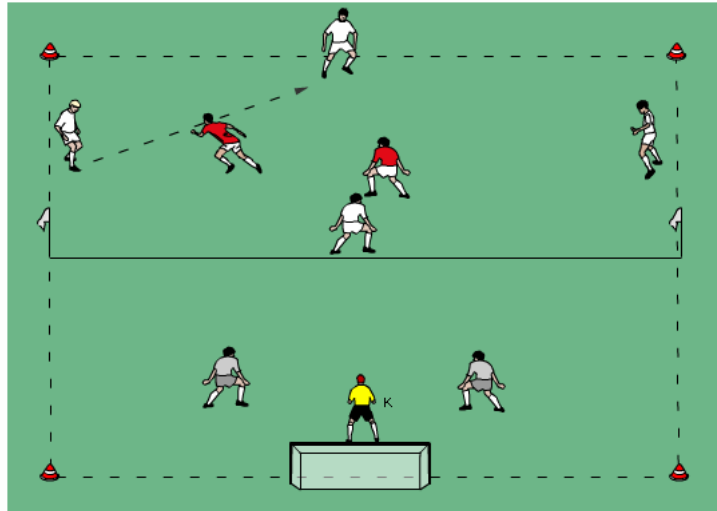
The possession team includes the 4 outside players, the 2 inside players and 2 keepers – a total of 8 players in possession team. The 4 inside players must first defend and win the ball and they can attack at either goal, playing 4 v. 2. The team of 8 are playing possession, while the team of 4 is playing to score goals.

Play attacking players in the middle and have them win the ball and then attempt to score. Use backs and midfielders as the possession team.

Coaching Points

- Possession team: play 2 touch and keep the ball moving quickly with constant changing the direction of play. The inside players may play only 1 touch – great exercise for the keeper as field players. The 2 inside players will become defenders when the ball changes over
- Inside team: defend in a diamond shape and stay compact. Work hard and communicate – the reward is to attack wither goal

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Transition 3

4 v. 2 in 2 zones to 1 goal with keeper

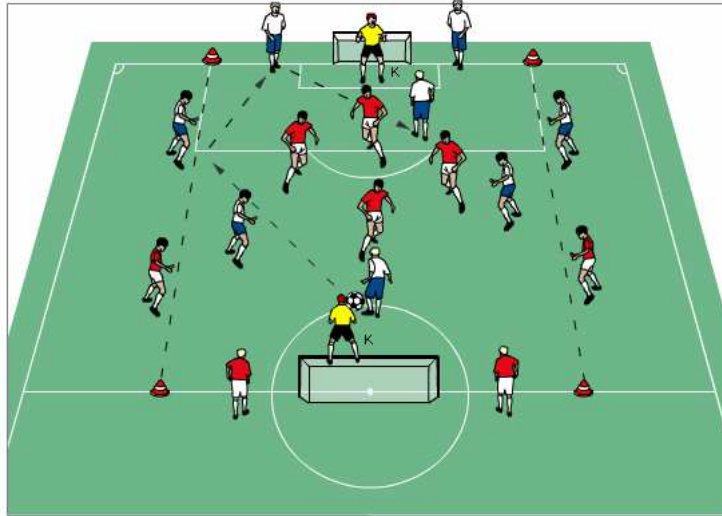
play in an area of 20 x 30 yards (2 of each)
2 areas of 20 w x 15 l

play starts with 4 v 2 in a possession game – when the 2 inside players win the ball, they play 2 v. 1 to leave the zone and then play 2 v. 2 in the other zone trying to score a goal. The 2 waiting players are the defenders in the second zone – should they win the ball, they return it to the 4 players of the first zone and the original 2 inside players and defend. If a goal is scored, the scoring group remains in zone 2 and the other group goes to zone 1 and plays 4 v. 2

Coaching Points

- Possession team has only 1 aim: keep the ball
- Defending 2 players must win the ball, win a 2 v. 1 duel, and then play 2 v. 2 and try to score
- The 2 waiting players must defend and play out to the possession players
- If they concede a goal, then they become the defenders in the first zone
- Divide into groups of 4 and rotate the players into different positions

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Transition 4

BUMPER!! 4 + 4 vs. 4 + 4 w 2 keeper in a 35 x 25 yard area

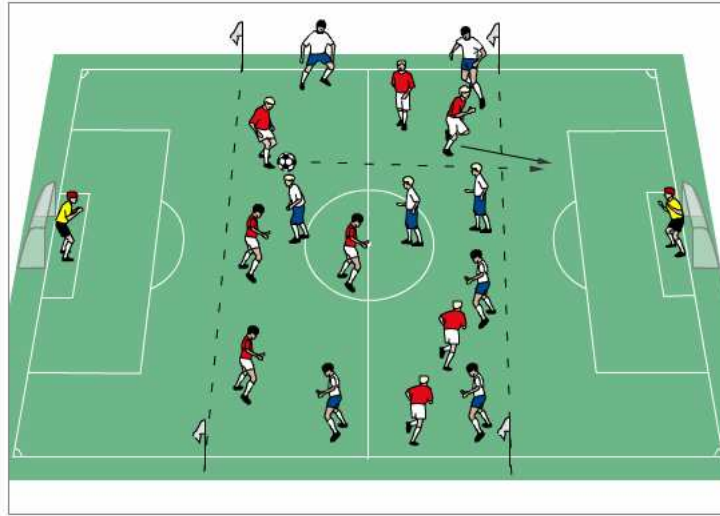
Inside players play 2 touch and the outside players play 1 touch. Very fast paced game and is all about scoring

Everyone is always involved and it is very competitive

Coaching Points

- Encourage shooting. Rebounds, first time shots off wide players pass or target players
- Outside players on toes
- Constant transition – defenders become attackers and vice-versa

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Transition 5

Breakout game

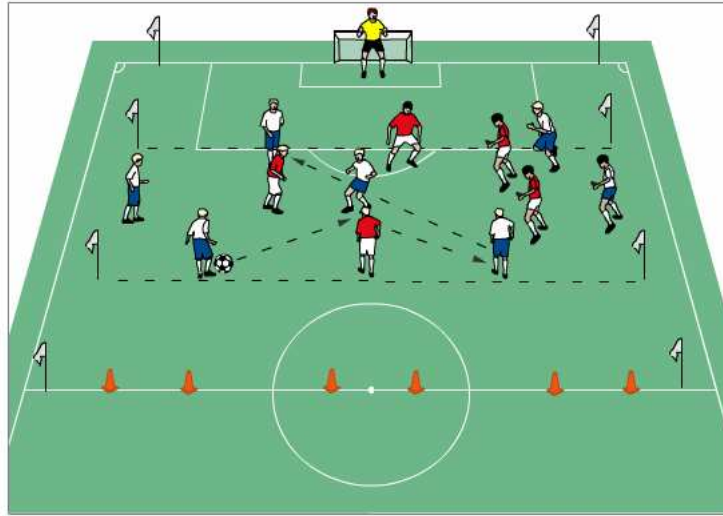
Use 3 equal zones of 30 – 35 yards across the full width of the pitch – 8 v. 8 with keepers

Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal. The player with the ball should look for and find that player and deliver a ball that will take the best chance possible to score. Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not. When the keeper gets possession, the ball is played back into the middle zone and possession starts.

Coaching Points

- Look for cooperation and communication when the ball changes to the attacking team. The timing of the run and the ball will be crucial to the success of the breakout
- Defenders try to deal the ball being played into the attacking zone – put immediate pressure on player with ball

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Transition 6

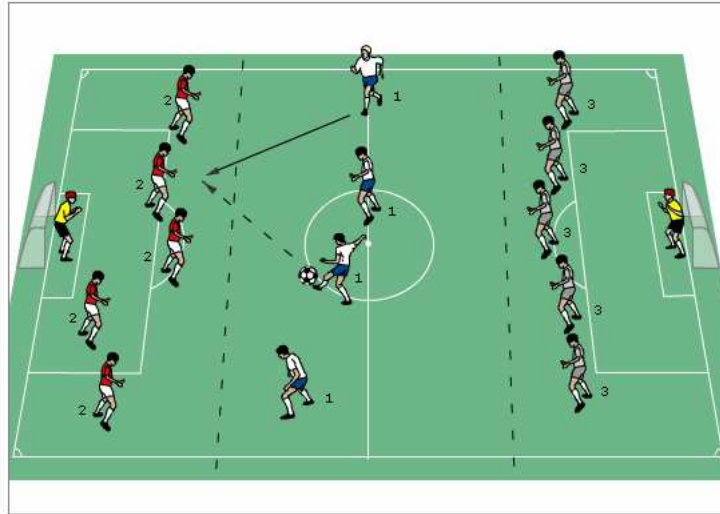
7 + keeper vs. 5 in 3 zones of 25 yards x 50 yards width

the team of 5 plays to the goal with the keeper, while the team of 7 play to the small goals. The team of 5 must transition to goal within 4 touches, while the team 7 + k must play 2 touch to the small goal

Coaching Points

- The team of 7 must open the field up with a good shape in order to keep possession
- The team of 5, must stay compact in defence
- Keeper plays with team of 7

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Transition 7

Turnover Game

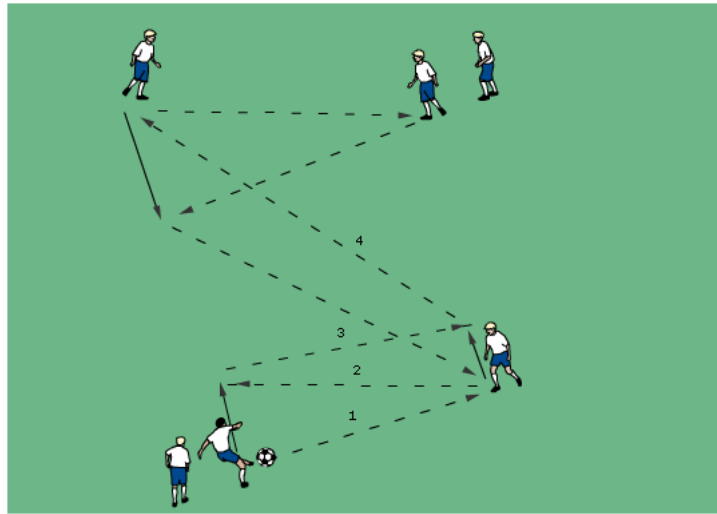
In this game 3 even numbered teams play to 2 goals with keeper in 3 zones. Team 1 will attack, team 2 will defend and team 3 will be waiting.

Team 1 attacks team 2 – should team 2 win the ball, they must clear out of the back zone into the middle zone with ball possession. They can then regroup and build an attack vs. team 3 at the opposite end of the field. If an attacking team scores, they keep the ball and attack the third team

Coaching Points

- Value the possession – get a good shape and keep the ball
- Look for chances to score
- When possession is lost, immediately transition into defence
- Once the ball is in the middle zone, under pressure play stops

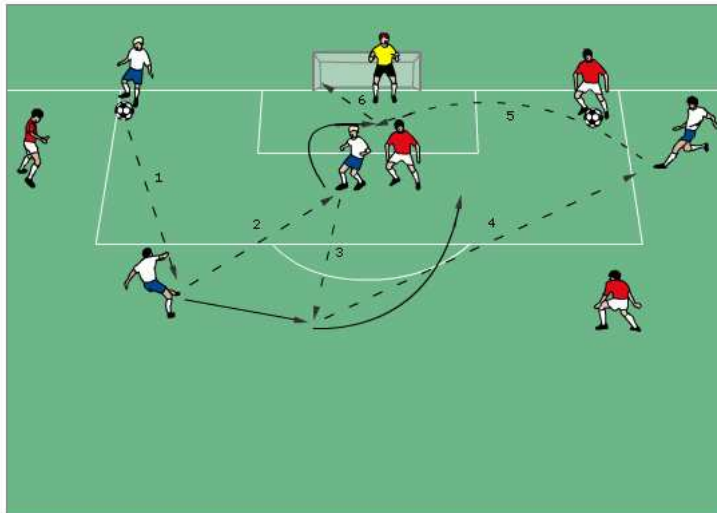
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Patterns 1

Quick passing with a give-and-go and a double pass

The sequence starts with short passes back and forth and then a long pass. Then it is a give and go and long pass. Follow pass to next spot.



Patterns 2

Out from the back – over the winger – and serve into penalty area

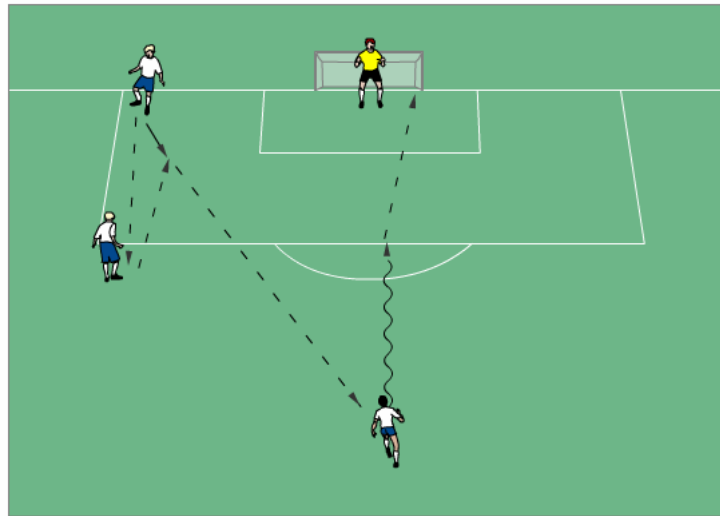
Play starts with the back playing out to the midfielder who plays into the forward and moves off to receive the ball in a different space. The midfielder then plays ball wide to winger who serves. The forward and midfielder go to goal to receive the serve and try to score. Do this from both sides of the field with 2 groups. Add the defender to play against the serve.

Coaching Points

All passes must be quality
Quality serve from winger

Defender must defend realistically

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Patterns 3

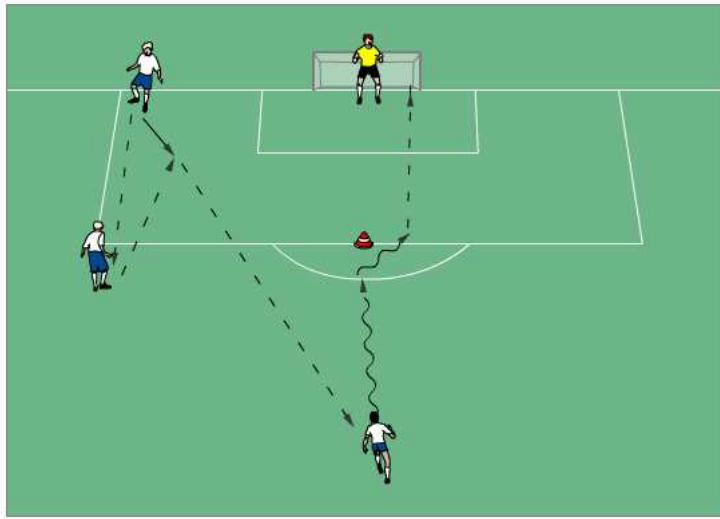
Up-back-deep-and go to goal in a half field area or less

This is the first of 12 progressions with the same starting action. The back plays up to the midfielder and gets the ball back. Then plays a deep ball to the striker who dribbles to goal and shoots

Coaching Points

- Good sequence between the back and midfielder with crisp passing
- The midfielder should check and come back to the ball and lay it off to the back – in 1 touch
- Score or hit target with every shot

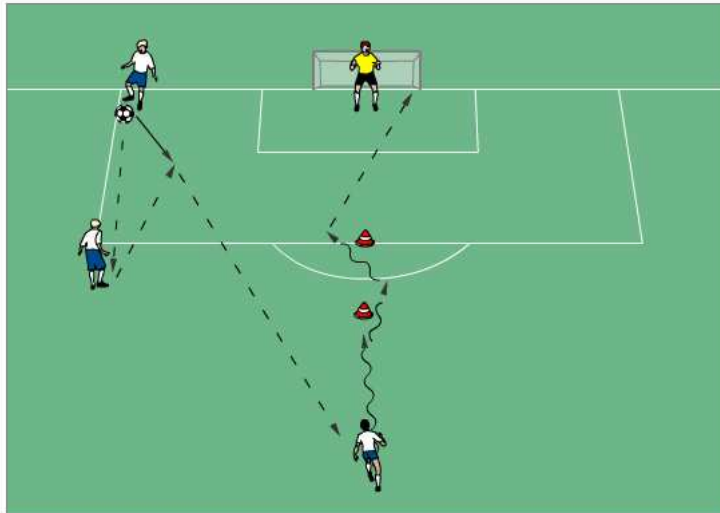
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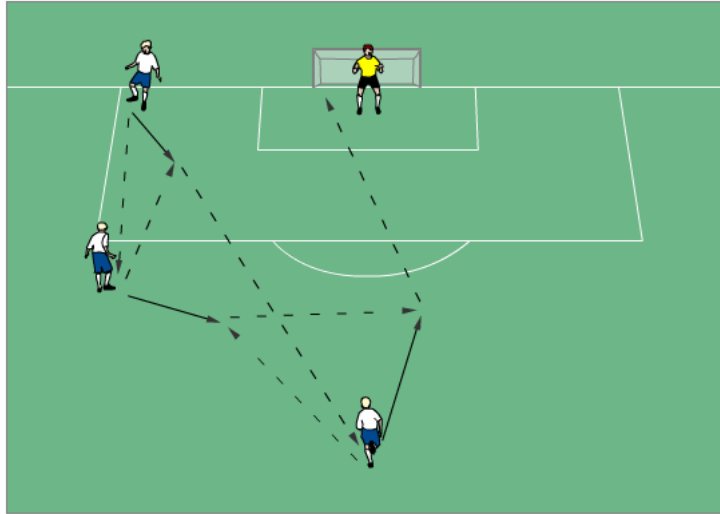
Patterns 4

Above, when the striker advances to goal, the player must avoid the obstacle and then finish with goal-scoring attempt

Below, the striker must manoeuvre around 2 obstacles and then finish with shot on goal. Coach should encourage close ball control around obstacles and be ready for a shot.

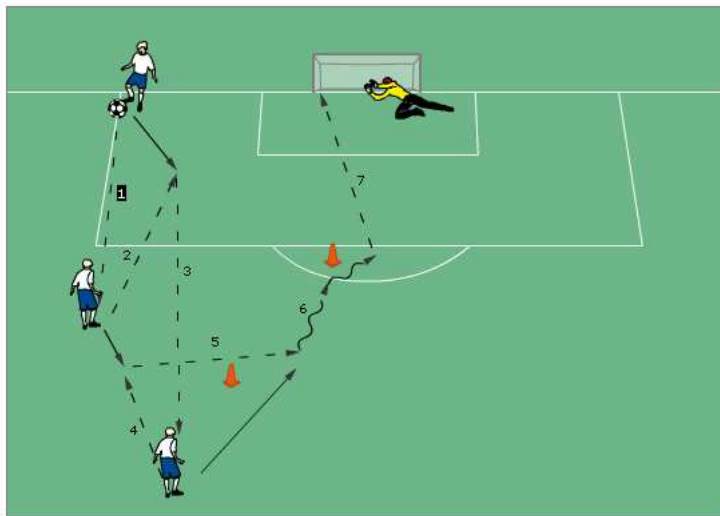


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Up-back-deep-give and go and then shoot

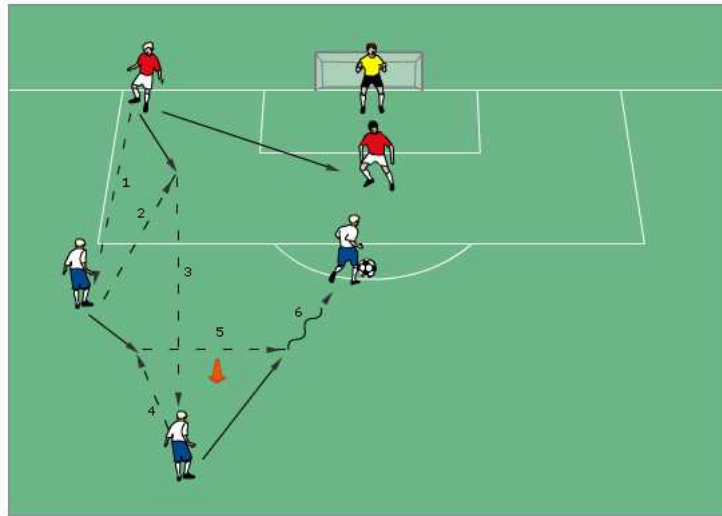
The midfielder, after laying the ball off to the back, will turn and play a give and go with the striker. The striker should shoot first time. Encourage quick, crisp passes in the give and go sequence and the midfielder should be close to the striker



Progression

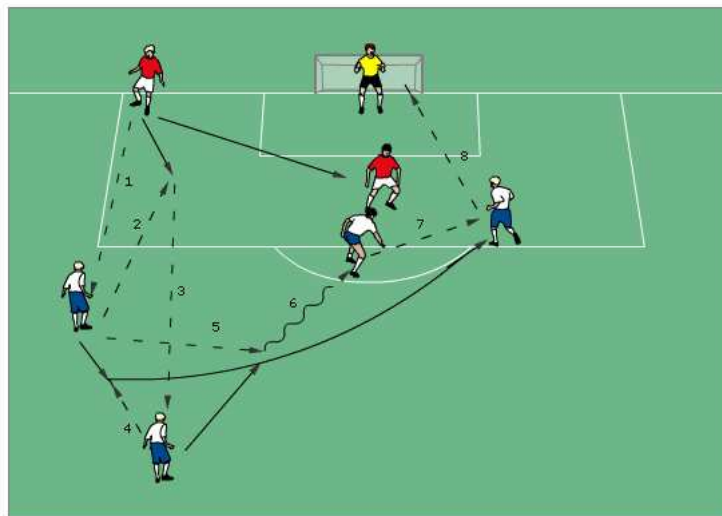
Place 1 obstacle for the give and go sequence and the other for the striker before shooting. This will more closely resemble actual game play. Ball control is essential as the play is now at speed around fixed obstacles.

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Up-back=give-and-go vs defender

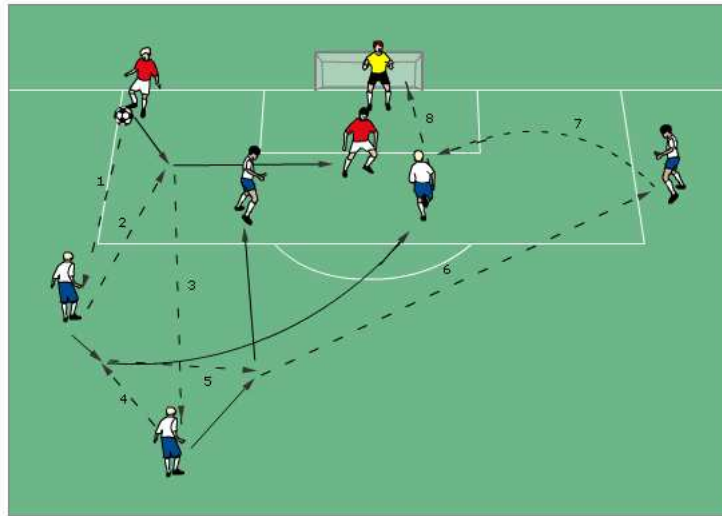
Same sequence with the back now becoming a defender. As striker gets the ball back from the give and go, the defender now pressures the striker as the striker attempts to shoot.



Progression #1

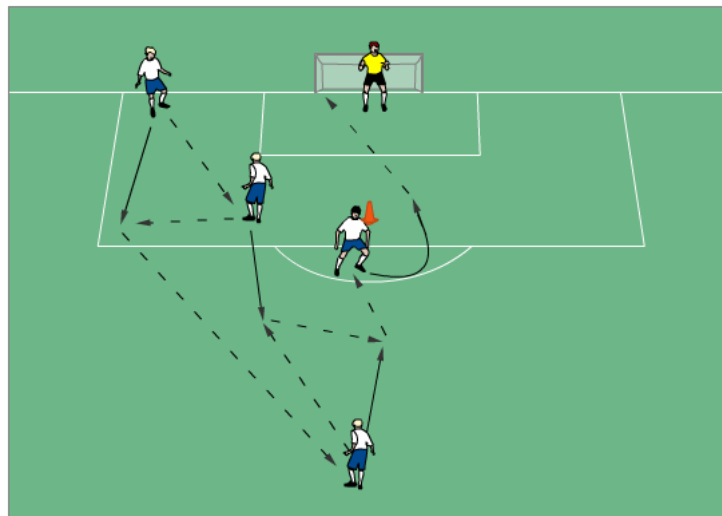
Now the midfielder will join the attack to goal and create a 2 v. 1 situation. Coach the 2 attackers to create an advantage against 1 defender.

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Progression #2

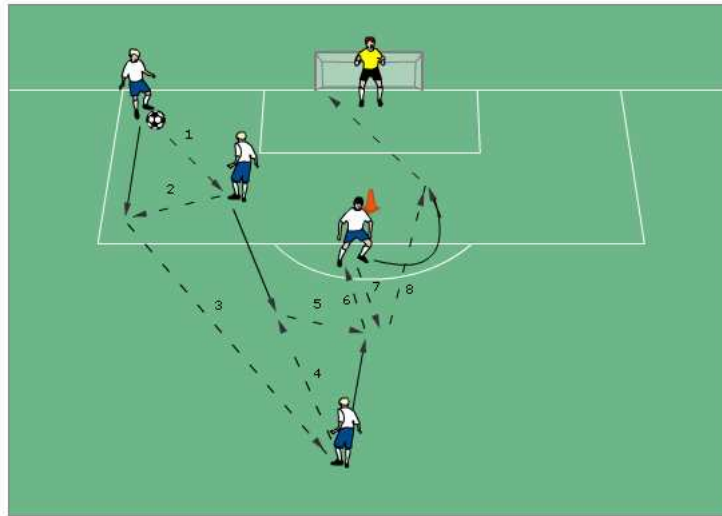
When the striker receives the ball from the midfielder, the next ball then goes to the winger. The striker and midfielder take up attacking positions in the box, the defender take up a defensive position, and the winger delivers a good serve into the box



Up-back-give and go-up to deep target player-turn and shoot

A deep target player (4) is now added to the sequence along with 1 obstacle. The striker (3), after receiving the give and go pass, play ball forward to the target player, who will turn and shoot. Target player will need to some off the mark, receive the ball, turn and manoeuvre against the obstacle and finish with a shot on goal.

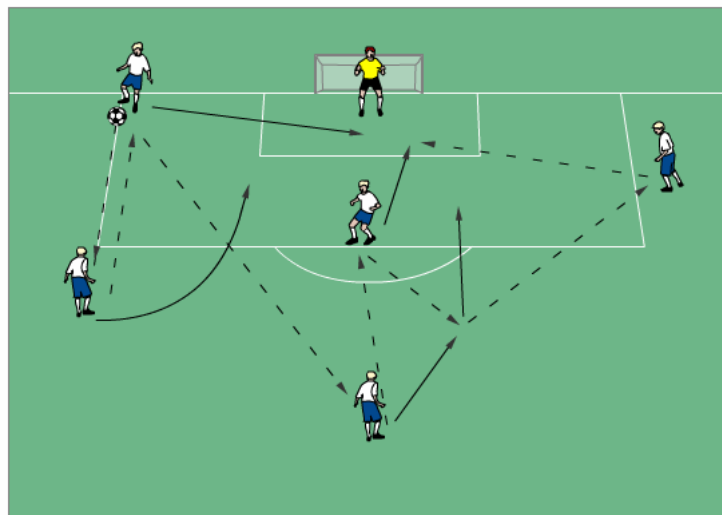
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Progression

The target player (4) will play the ball back to the striker (3) and spin off to receive a return pass and finish with a shot on goal. It becomes an up-back-through combination from the target and striker. The target must come back to the ball, lay it off, and then spin out, and shoot quickly and accurately.

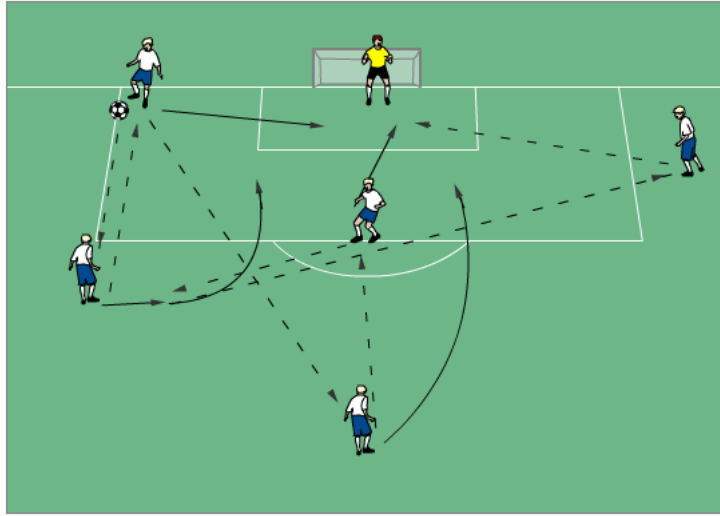
Striker must follow up the first pass and then play a through ball to the target.



Up-back-into striker and back to midfielder and then wide to the winger

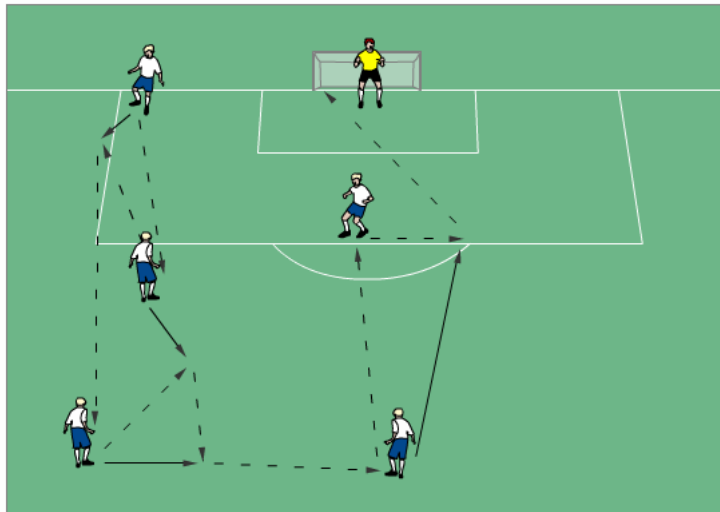
A second midfielder is added to sequence also a winger. As previous only this time as ball goes into winger, the 2 midfielders and the striker take up positions in the goal area and the back joins as a defender and serve becomes a real soccer situation.

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Progression

A second midfielder is added to the sequence and also a winger. Same initial sequence. As ball goes to winger, 2 midfielders and striker take up positions back joins as a defender and the serve becomes a real soccer situation. The keeper and the back must defend against the 3 attackers. The wingers must deliver a quality ball in to give the attackers a great chance to score.



5 player patter – up – back – up – and move

Play starts with the back (1) playing a ball to a midfielder (2) who returns the ball to the back. The back then plays long to the next midfielder (3) who is in line with player 2 - player 3 lays ball off to player 2 and spins around the obstacle to receive a return pass. Player 3 then plays a flat pass to player 4, player 4 plays up to player 5 who lays the ball off for a shot from player 4. follow the pass and take up the next position. All passes should be well placed and played first time. The ball speed must be at game speed