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TORONTO FC

COACHES OPEN HOUSE 2013

OUTLINE OF PROGRAM



TODAYS PROGRAM →

1. Welcome & Introduction
 1. Ryan Nelsen
2. Warm Up & S&C
 1. Matija Val...
3. Goalkeeping
 1. Jon Conway
4. Technical Training
 1. Duncan Oughton
5. Technical & Tactical Training
 1. Michael Stefano
6. Tactical Training
 1. Gianni Cimini
7. Possession Game w/ Direction
 1. Jason Bent
8. Crossing & Finishing
 1. Jimmy Brennan

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SESSION 1 – WARM UP & S+C

PURPOSE OF THE WARM-UP



→ *Physically and Mentally Prepare Athlete for Training or Competition*

More Specifically:

- Increase core body temperature
- Progressively increase range of joints and muscles
- Prime the systems of the body (Neuromuscular, Cardiovascular)
- Reduce occurrence of injury

COMPONENTS OF THE WARM-UP



→ *The warm-up can be split into three (3) categories:*

Category 1

General Movement Phase → 5 minutes

Category 2

Movement Preparation/ Dynamic Flexibility Phase → 5 minutes

Category 3

Session Specific Phase → 5 – 7 minutes

**Each phase should proceed the next....*

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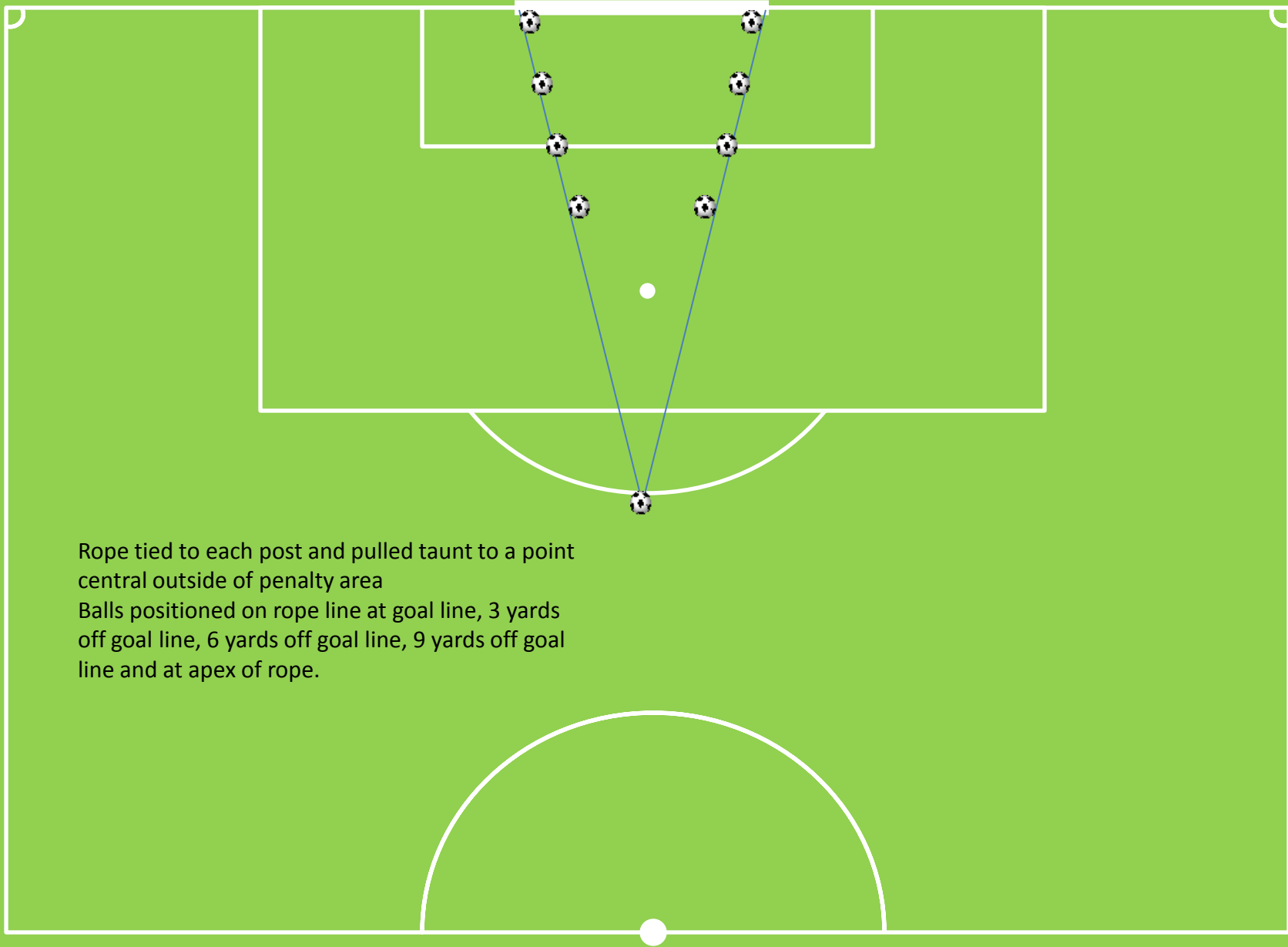


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SESSION 2 – GOALKEEPING

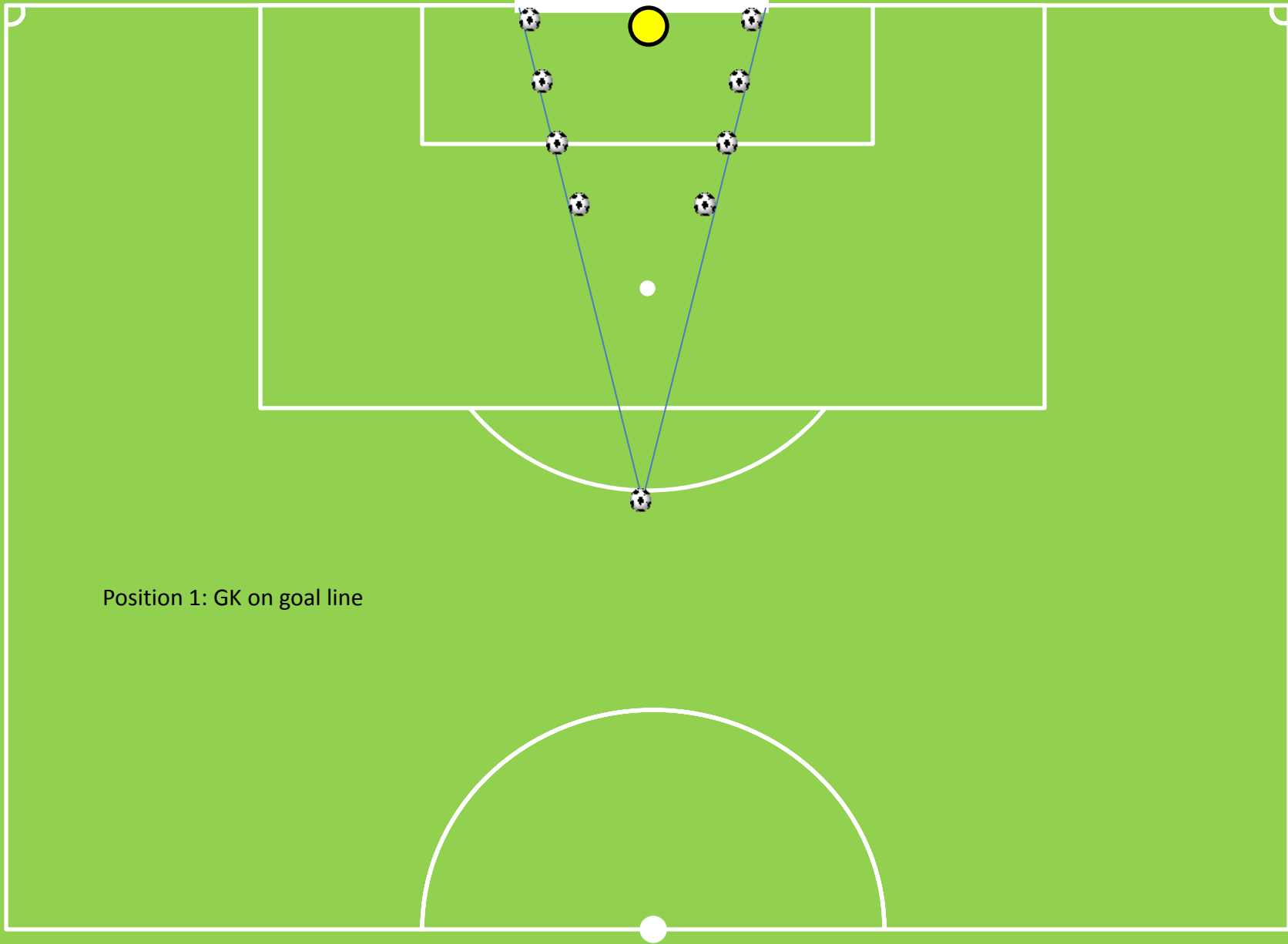
Basic Angles and Positioning



Rope tied to each post and pulled taunt to a point central outside of penalty area

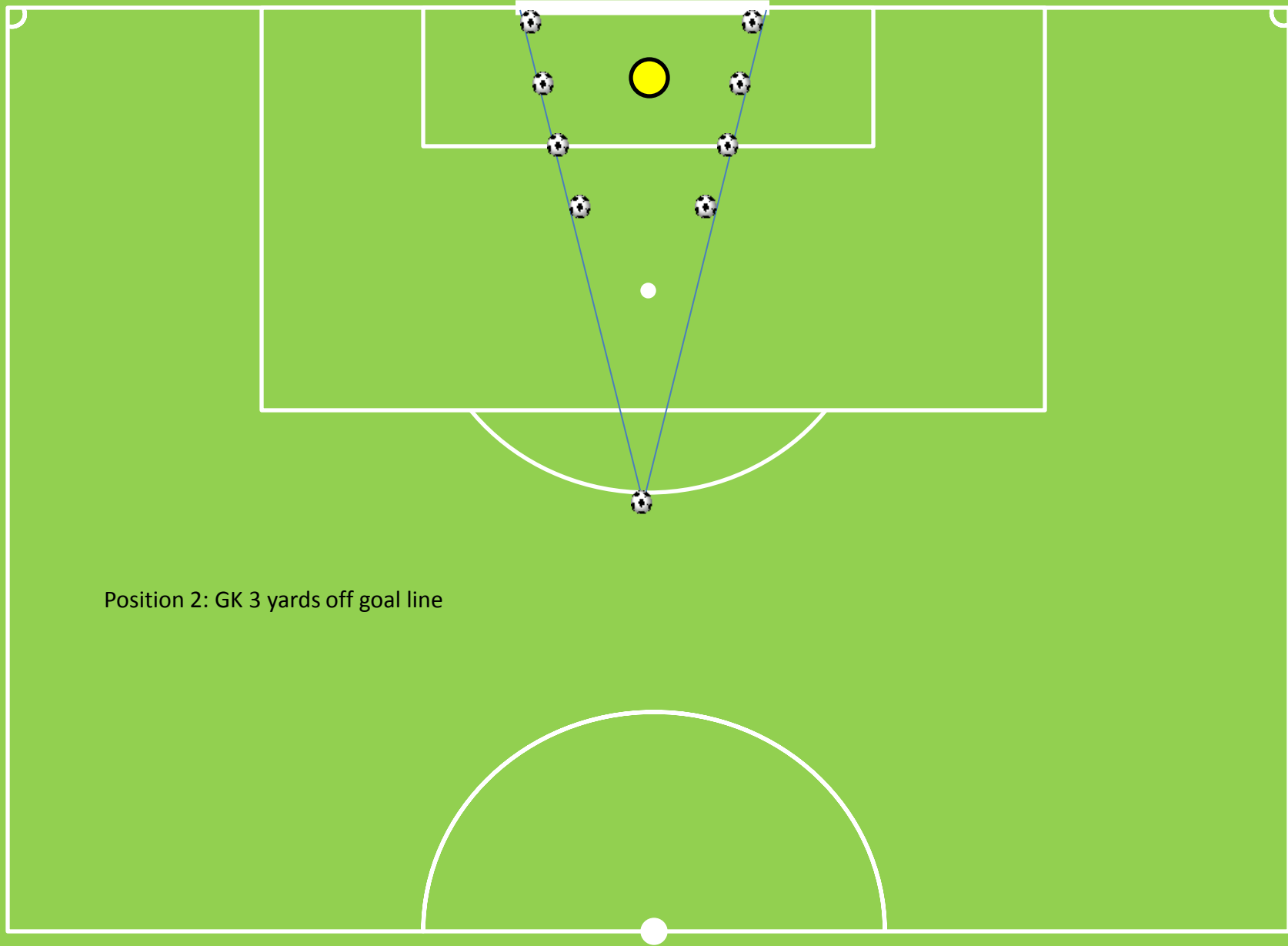
Balls positioned on rope line at goal line, 3 yards off goal line, 6 yards off goal line, 9 yards off goal line and at apex of rope.

Basic Angles and Positioning



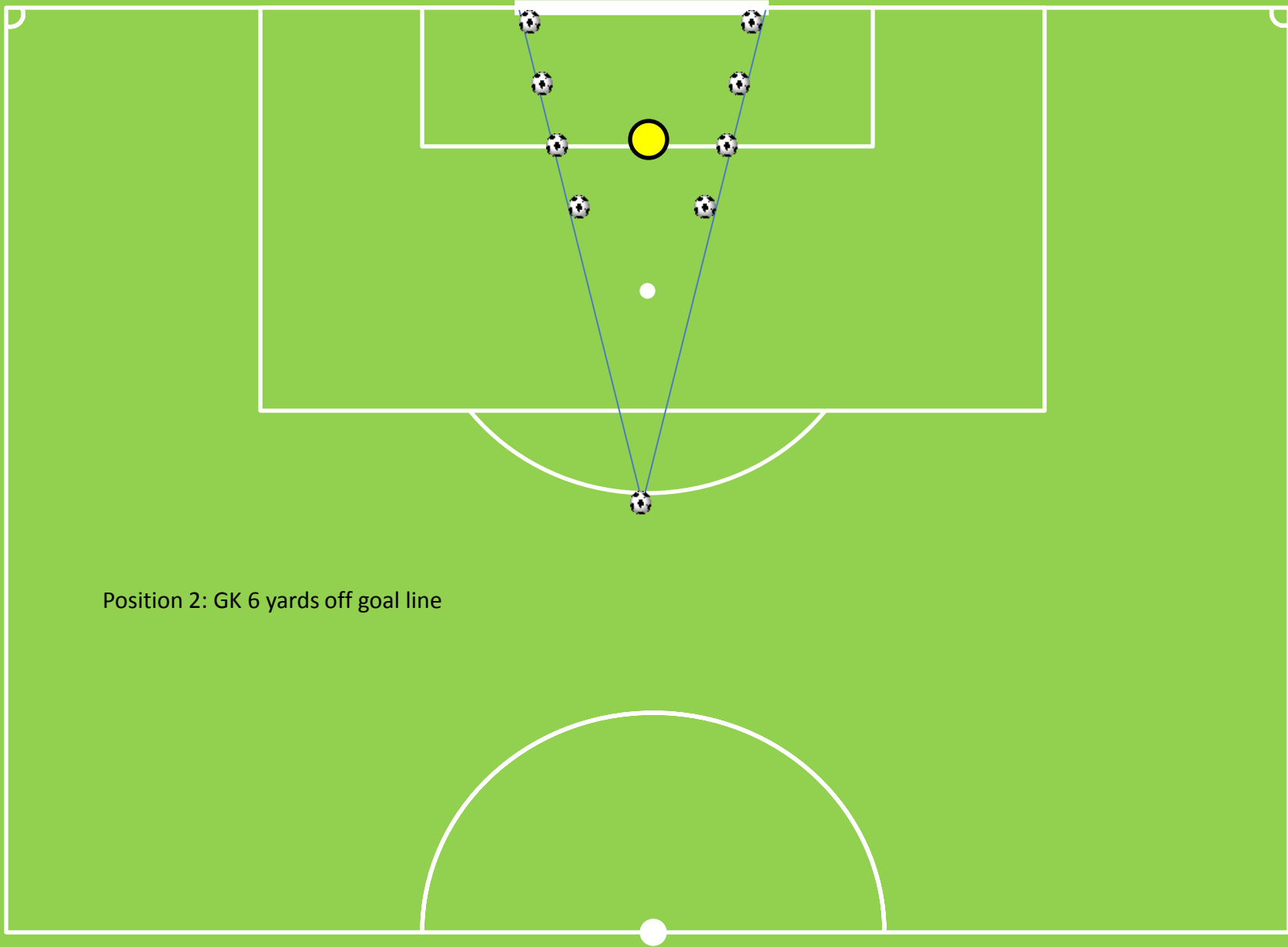
Position 1: GK on goal line

Basic Angles and Positioning



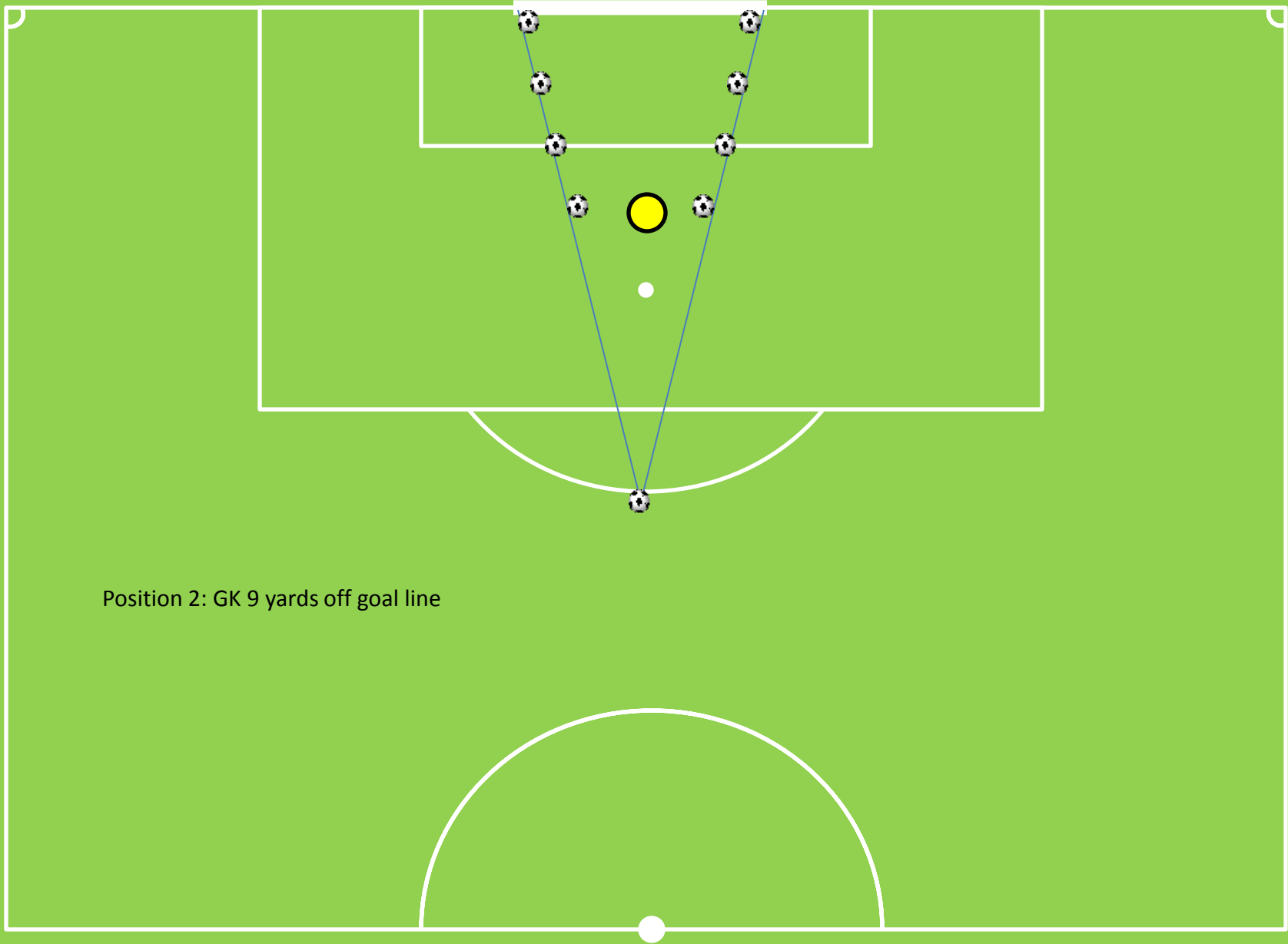
Position 2: GK 3 yards off goal line

Basic Angles and Positioning



Position 2: GK 6 yards off goal line

Basic Angles and Positioning



Position 2: GK 9 yards off goal line

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SESSION 3 – TECHNICAL TRAINING

PASSING & RECEIVING

COACHING POINTS



- 1. Good contact on ball with instep (correct technique)***
- 2. Pass to correct foot***
- 3. Weight of the pass is important***
- 4. Movement off the ball***
- 5. Don't get ahead of the pass***
- 6. Imagine you are receiving the pass (pass how you would like to receive it)***
- 7. Receive with different surfaces of the foot***
- 8. Take touch away from pressure***

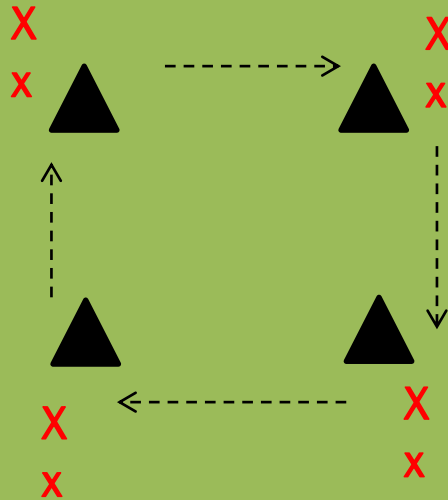
DRILL 1

PASSING SQUARE



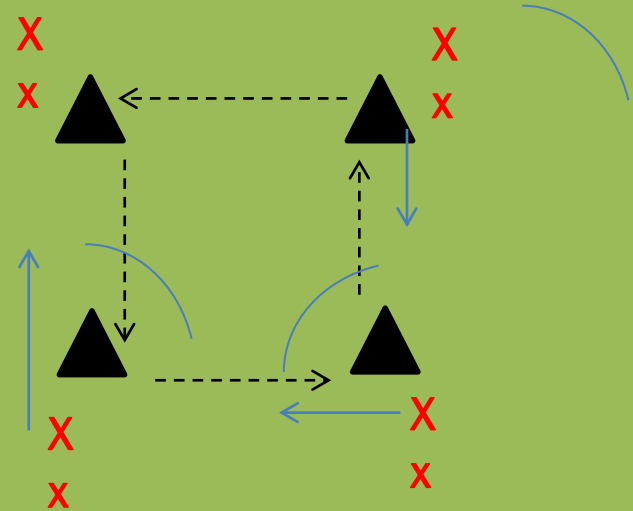
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1A



- Pass & Follow
- Both Directions

1B



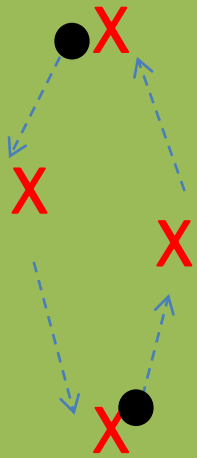
- 1 to 2 Round Each Cone
- 1 Touch Lay Offs
- 2 Touch Receive & Pass
- Both Directions

DRILL 2: RECEIVING & CREATING ANGLES



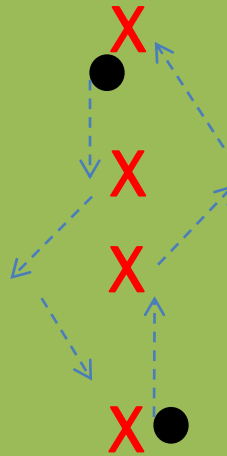
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2A



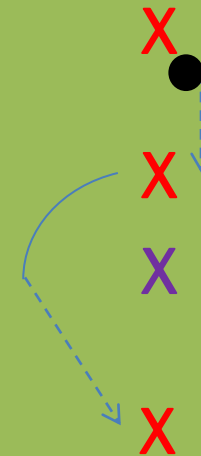
- 2 Balls
- Open Angle
- Receive & Pass

2B



- 2 Balls
- Touch Away From Pressure on Turn

2C



- Purple X = Soft Defender
- 1 v 1 – soft defending
- Lay Back OR
- Turn OR
- Open Ankle

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SESSION 4 –

TECHNICAL & TACTICAL TRAINING

SESSION DETAILS



- 16 players + 2 Goalkeepers:
- 2 areas – 25 X 40 yds :
- 1 v 1, 2v2, 4 v 4 Line Soccer
- 1 v 1, 2v2, 4 v 4 with Goals

SESSION DESCRIPTION →

Most important factor of developing a technical/tactical exercise is to ensure that **ALL 4 MOMENTS OF THE GAME ARE PRESENT**
....Attacking, Defensive transition, Defending, Attacking Transition!!!!

- 40 (L) X 50 (W) yd area
- 4 teams of 4 players
- According to the situation, the players try to solve the problems presented by applying the offensive and defensive principles and sub-principles of our style of play.

COACHING POINTS



Phase 1:

1 v 1 Individual Technical Principles:

INDIVIDUAL OFFENSIVE TECHNICAL ACTIONS

- CONTROL
- RUNNING WITH BALL
- HEADER (Pass/Shot)
- DRIBBLE
- SHOOTING
- PASSING
- FEINTS/FAKES

INDIVIDUAL DEFENSIVE TECHNICAL ACTIONS

- ANTICIPATION
- ENTRY/TACKLING
- CHARGE
- INTERCEPTING

GOALKEEPER TECHNIQUE.

- STOPS AND BLOCKS
- DEFLECTIONS
- CLEARANCES
- EXTENDING THE TRAJECTORY

COACHING POINTS

PHASE 2: 2 v 2



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OFFENSIVE TECH-TACTICAL PRINCIPLES

- “WITHOUT BALL”
 - RUNNING TO BALL TO GET OPEN FOR A PASS
 - SUPPORT
 - SUPPORT (attackers move behind the ball)
 - LATERAL OR DIAGONAL (attackers move beside the ball)
 - - FRONTAL (attackers move in front of the ball)
 - -IN PROGRESION (attackers move forward)
- “WITH BALL”
- WALLS
 - SINGLE (two passes in a row between 2 or 3 players)
 - DOUBLE (three passes in a row between 2 or 3 players)
 - SUCCESSIVE (more than three passes in a row between 2 or 3 players)
 - ORIENTATION CHANGE/SWITCHING THE POINT OF ATTACK
 - “ACTIONS THAT ADD DYNAMISM TO THE GAME”
 - OFFENSIVE DEPTH
 - OFFENSIVE GAME PACE
 - CHANGES OF PACE
 - - MODERATE
 - -INTENSE
 - ATTACK MOBILITY
 - INDIVIDUAL
 - GROUP

COACHING POINTS

PHASE 3: 4 v 4



4 v 4 Line Soccer and to goals

Depending on which of the above principles and sub-principles that we decided were most important during the teaching moments, we should see these appear in the games as this is the culmination of the session. **Try to avoid stopping the games to give instruction, but rather instruct through the flow of the game when certain moments are presented that a player(s) could have solved differently according to our principles and sub-principles and ultimately, our style of play.**

Refer to next page for field outline...

COACHING POINTS

PHASE 3: 4 v 4



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SESSION 5 – TACTICAL TRAINING

“TEACHING TACTICS”

A TACTICAL FRAMEWORK

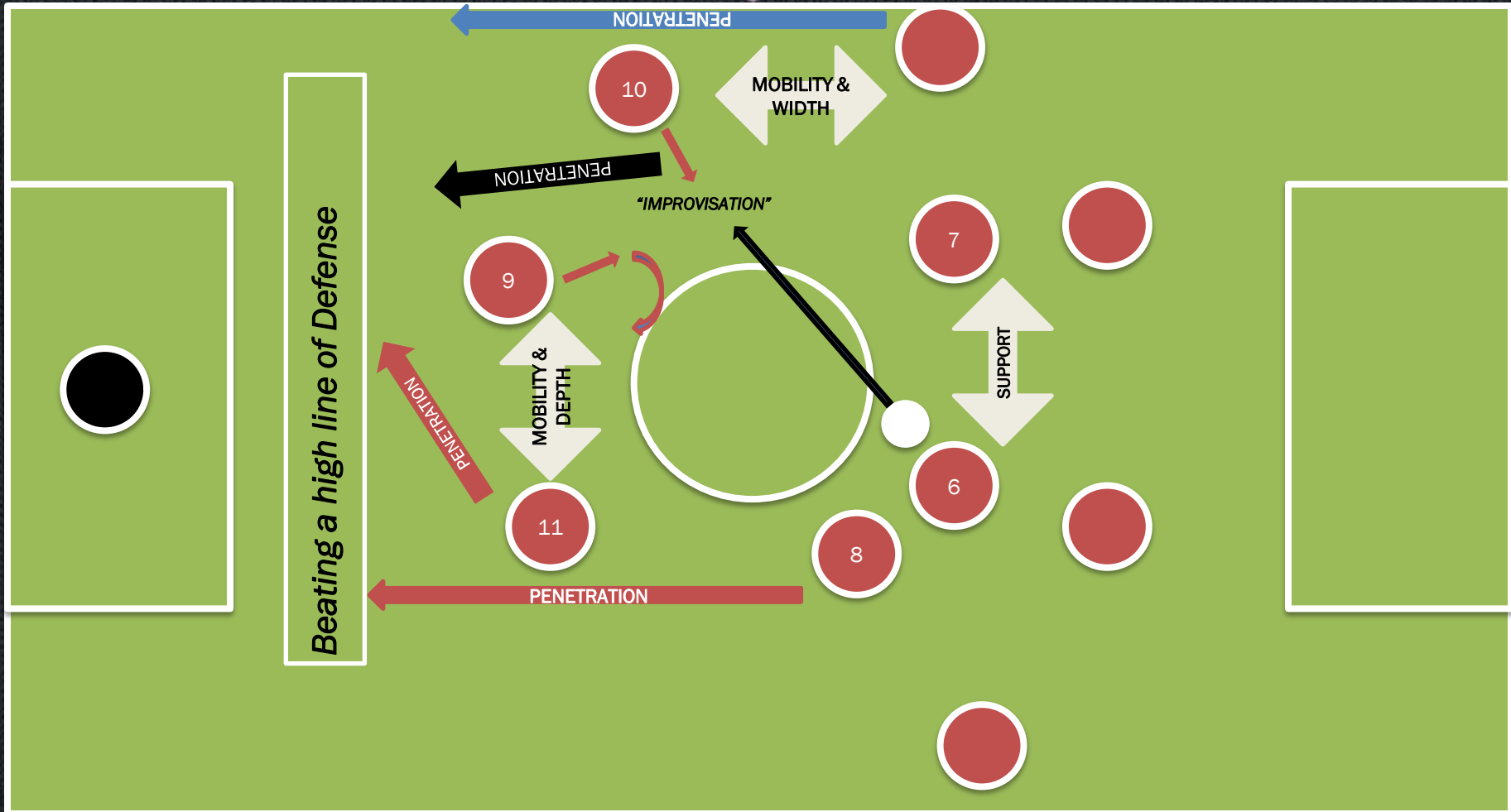


1. Can be best described as a *series of positional relationships* which are heavily influenced by the *characteristics of players*, adopted to *showcase strengths* and/or *conceal weakness*.
2. Sometimes suited to fit the opponent.
3. The end result is a style of play

PLAYERS DICTATE THE FORMATION



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THE TACTICAL DILEMMA



- Tactics are brought to life by principally sound players
- Its Important that youth coaches develop players that can apply technical skills in productive manner– where we can be better as a province
- We do this through an in depth understanding of the process of teaching Tactics

TEACHING TACTICS



- Individual Tactics
- Group Tactics
- Team Tactics
- Tactical Functional

TRAINING TWIN

FORWARDS in ATTACK



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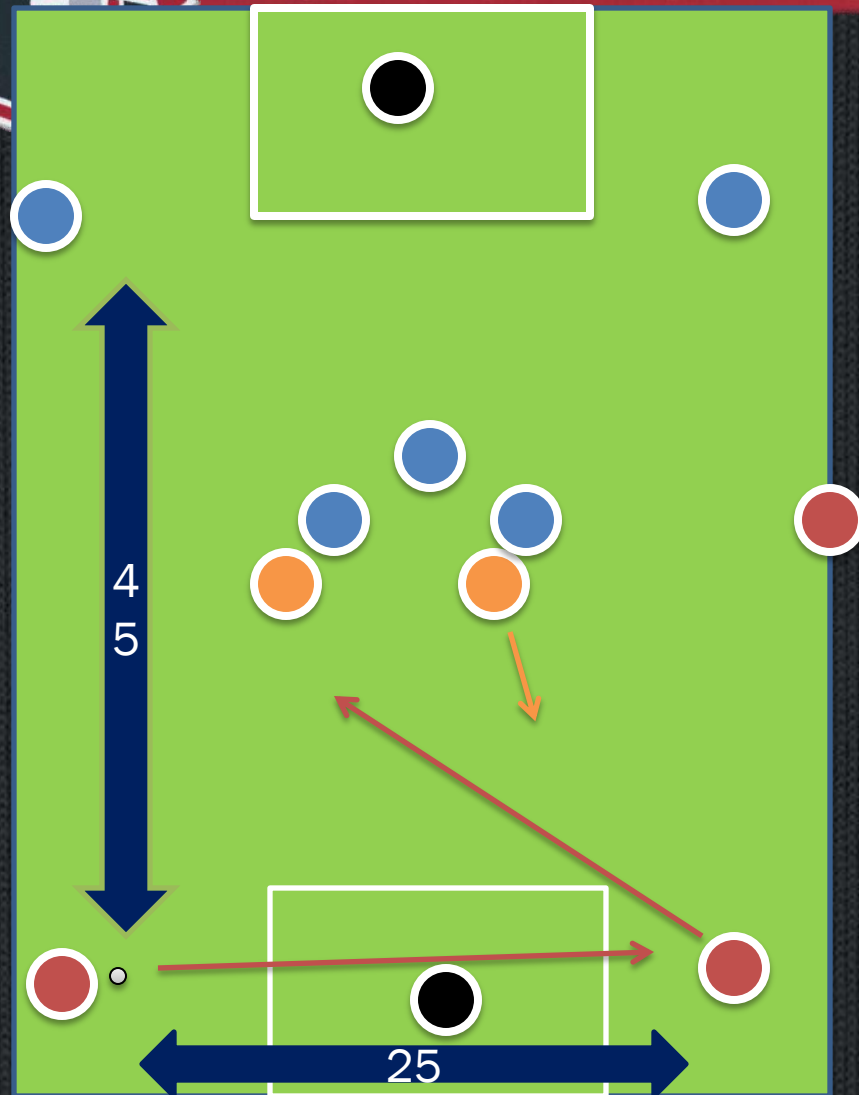
INSTRUCTION

Play starts with a square pass to a midfielder who then plays a ball into the Forwards. Defenders must start goal Side of the forwards. Play proceeds with a 4v3 to goal and continues until a goal or a save is made. Play resumes in the same manner with the blues. Sequence is ATTACK-DEFEND-OUT

COACHING POINTS

- Creating Depth in Attack
- Starting Positions
- Timing of Check and Run
- Reading Defensive Cues
- Breaking Defensive Lines
- Attacking Body Position
- Finishing on Goal

DURATION: 5x3min Intervals

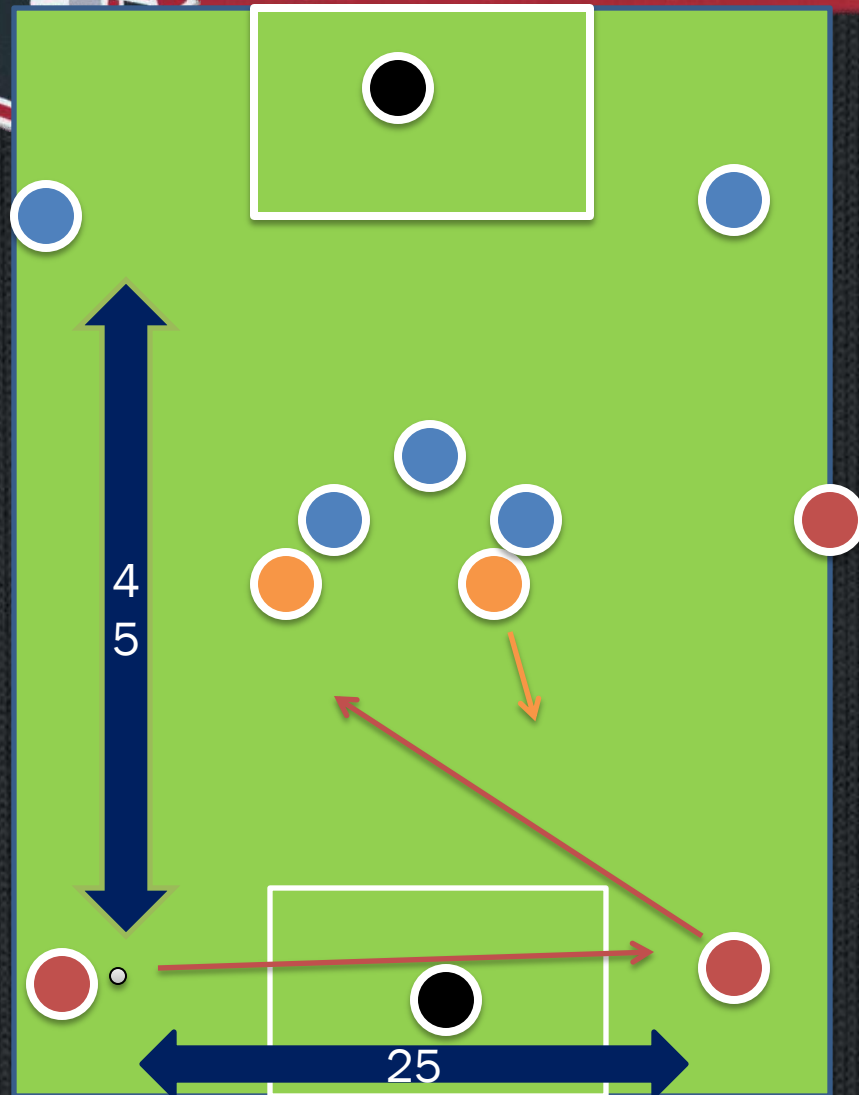


TRAINING TWIN FORWARDS in ATTACK



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- Specific to a Role
- Specific to an Area
- Includes Pressure
- Provides Visual & Verbal Instruction
- Sequential vs Ripple



EXPLANATION/ DEMONSTRATION



- Addresses Technical application within tactical parameters.
- Answers
 - How to do it and;
 - When to do it.
- Information must be provided in a logical progression;
 - Sequence
 - Simple to Complex
 - General to Specific

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SESSION 6 –

POSSESSION GAME w/ DIRECTION

DETAILS



OBJECTIVE

→ Developing awareness and ability to make penetrating runs and passes

NUMBER OF PLAYERS

→ 12 to 16 Players

Full outline of session, next page...

FULL SESSION DETAILS



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Program	Min	Coaching Points	2. Functional Directional Possession Game	Rules	
Warm Up	15	<p>A) First look should be forward once secure possession has been made or if a 1st time pass in behind is on. If not keep the ball</p> <p>B) Runners off the ball must work their space to exploit space in behind opposition defence</p> <p>C) Spatial awareness to realize where and when to make a sprint in behind defence</p> <p>D) 2nd, 3rd or 4th runs might be made by teammates in order to open up opposition defence</p>		<p>* can use "target" as support*</p> <p>1. play possession in 2/3rd of pitch</p> <p>2. Can only play into final third with a run off the ball. Player must arrive after the ball goes into zone or else deemed offside. If he does not receive a pass then he rejoins possession grid and another player can make a run off the ball into that 1/3rd.</p>	
12yd (w) x 8yd (L)					
<p>2 touch, change angle of pass " ", change pace</p> <p>Play 4v2, team that gives away defends</p> <p>Prog: must take 2 touches</p>					<p>Progression A: Now defenders can track an opponents run into the "free 1/3rd of grid"</p> <p>Progression B: Target player behind you cannot play into the final 1/3rd for a run off the ball.</p> <p>Progression C: If you are not facing forward then you must play back to a supporting player</p>
Functional Gar	20				

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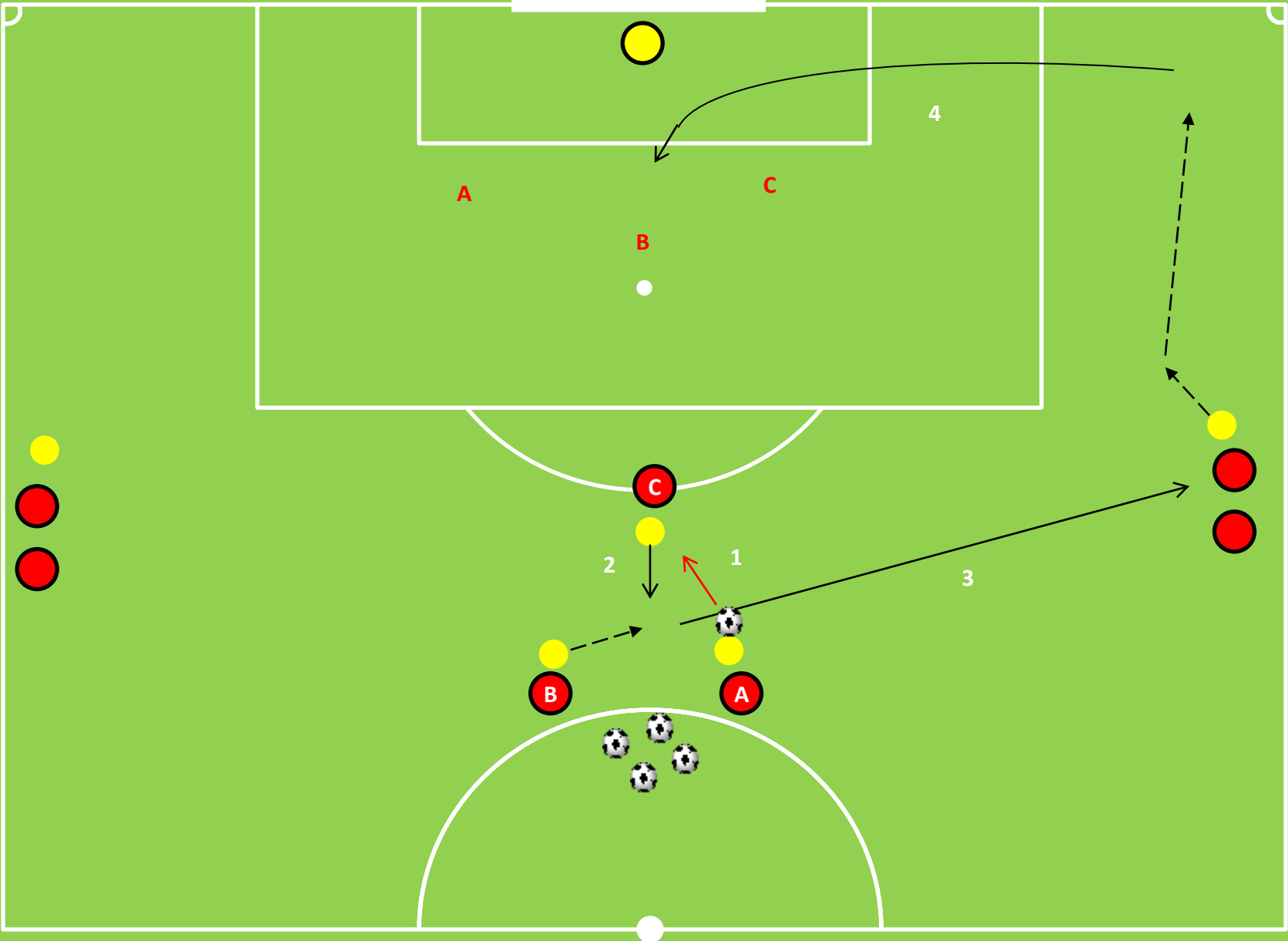
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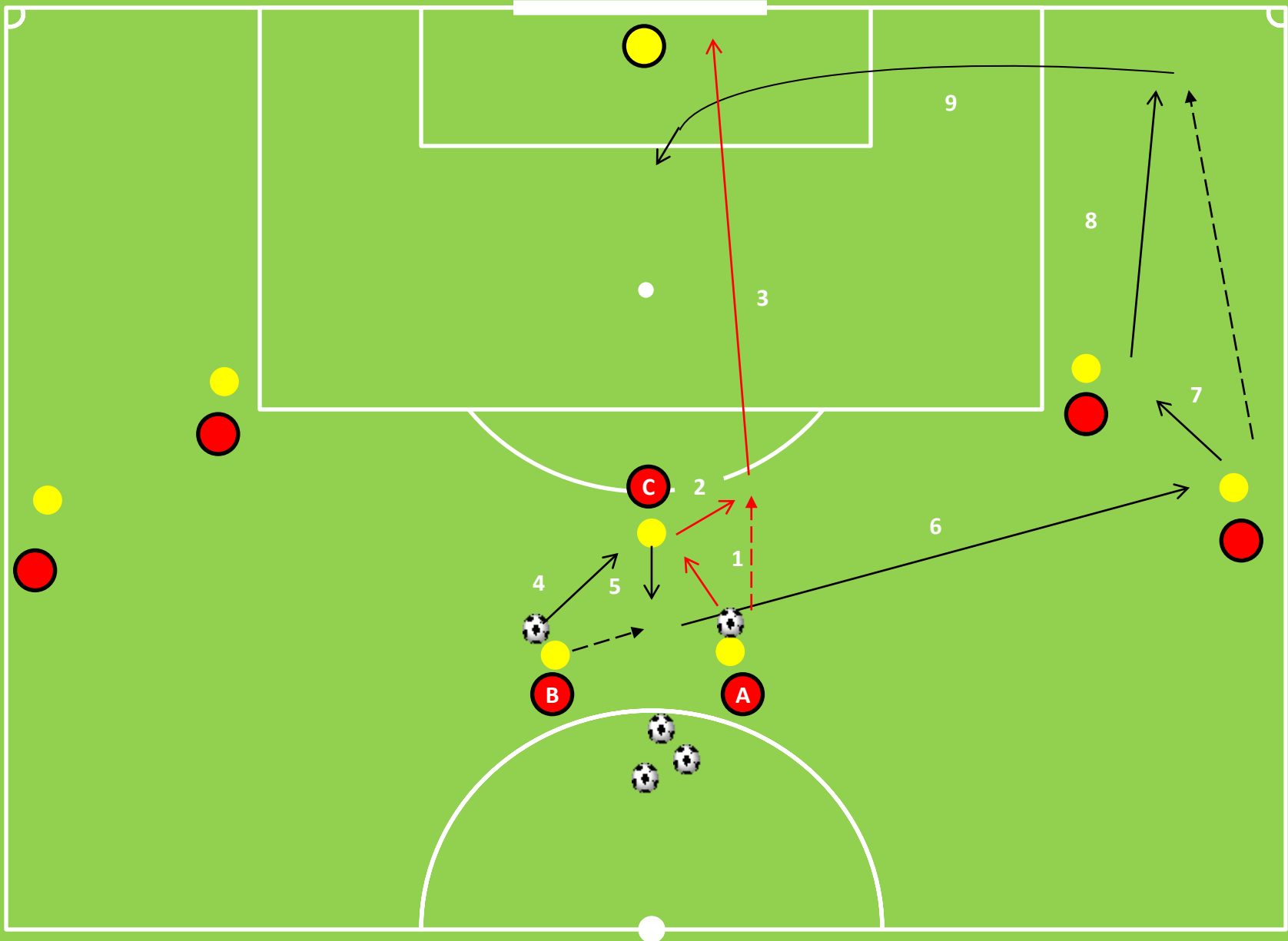
SESSION 7 –

CROSSING & FINISHING

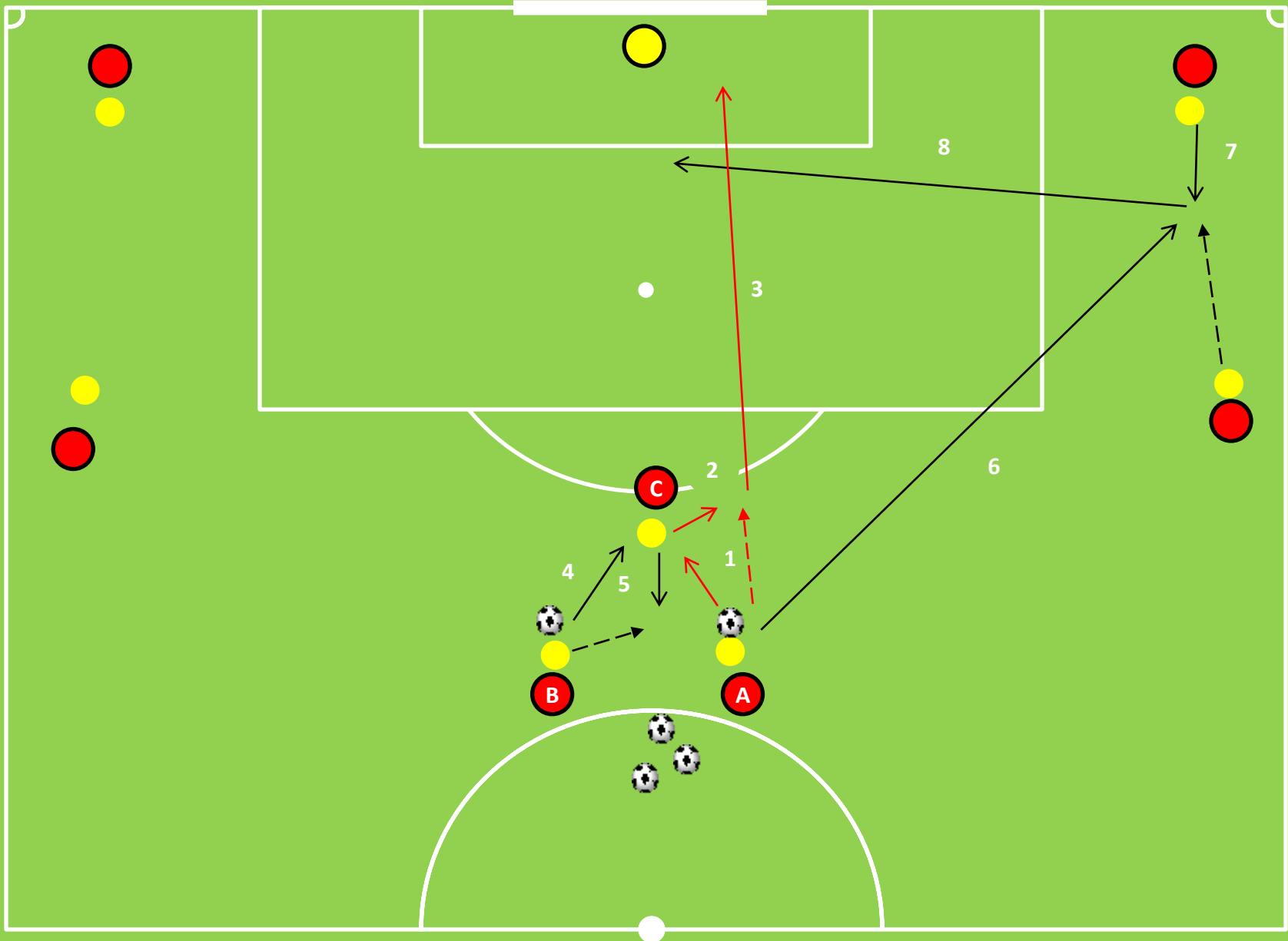
Crossing and Finishing



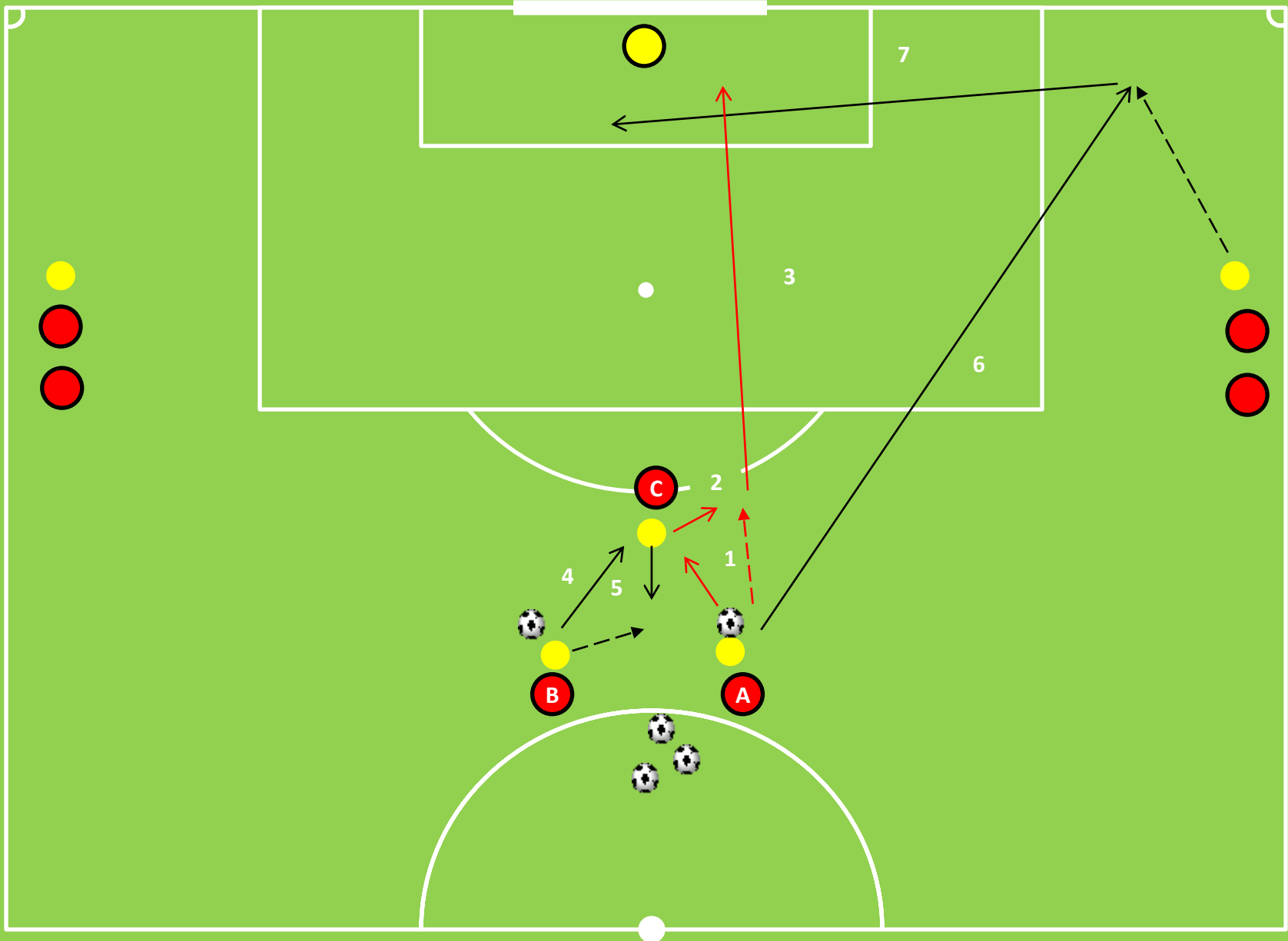
Crossing and Finishing



Crossing and Finishing



Crossing and Finishing



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THE END
THANK YOU!