

SOCCER **BANTER**

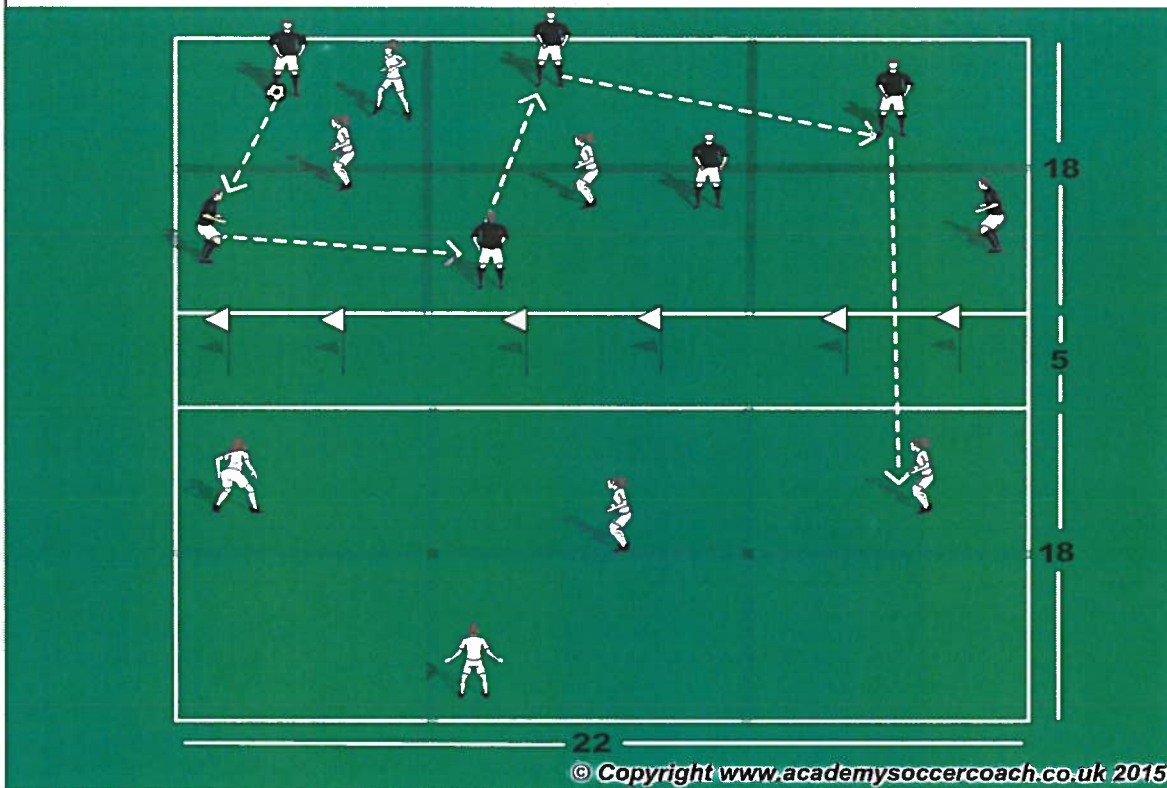
College Coaching Sessions

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- I. **Kristofer Bertsch**, University of Louisville Assistant Men's Coach
Possession to Penetrate @Kris_Bertsch
- II. **Mick D'Arcy**, Central Connecticut State University Head Women's Coach
Transitional Game @GoonerDarcy
- III. **Lesle Gallimore**, University of Washington Head Women's Coach
Possession and Ball movement @CoachGallimore
- IV. **Matt Verni**, Syracuse University Assistant Men's Coach
Technical Passing Warm-up @MattVerni
- V. **Amy Griffin**, University of Washington Associate Head Women's Coach
Pressing – Individual & Team Defending @GKCoachGriffin
- VI. **Scott Halasz**, University of Utah Assistant Women's Coach
Passing and Moving @ScottHalasz
- VII. **Sam Lopes**, Providence College Head Women's Coach
Figure 8 Passing @PC_CoachLopes
- VIII. **Darren Gallagher**, The College of Holy Cross Head Women's Coach
Transitional Play
- IX. **Brendan Faherty**, University of Washington Women's Assistant Coach
Pressing as a Group @BJFaherty
- X. **Manoj Khettry**, Stetson University Head Women's Coach
Improving Speed of Play and Penetration @ManojKhettry

Kristofer Bertsch – Assistant Men's Soccer Coach – University of Louisville
@kris_bertsch



3 Gate Transition - "Possession to Penetration"

-2 Teams of (7), 2 Touch

-7 vs. 3 in Possession (3 defender's transition over to defend)

-After (5) passes, attacking team penetrates through flags to other half for a point. Game then transitions to the other half with defending team now attacking 7 vs. 3 on their half (3 attackers transition to defend)

-If ball goes out of bounds or is won by defending team, the game transitions to the opposite side

Progressions:

- 8 vs. 4 (~20 x 28 yds) , 10 v 5 (~22 x 34 yds)

-Create 6 boxes within the half (as shown). Must move from the box after pass

-Must be a 1 touch layoff to play through gate / Must set negative for player to pass positive through gate

-No more than (8) passes before playing through gates

-1 point for defending team winning possession and playing back to own half (or 2 points if emphasizing defensive principles)

-1 Touch for team in possession

-No more than 2 passes in each grid

Coaching Points:

-Speed of Thought + Speed of Vision + Speed of Movement = Speed of Play

-Best Angle you can give / If the ball moves, you move

-Purpose to our Possession

-'Proactive' in our Decisions and Communication

-Transition from O to D and D to O

Mick D’Arcy – Head Women’s Soccer
Coach – Central Connecticut State
University
@GoonerDarcy

The Bowtie – a game of transition for
defenders, midfielders, and forward



Set Up

- 8 defenders, 6 midfielders, & 3 forwards
- Grid is 44x50 yards with center circle in middle. Outside lines pinch in to create a bowtie
- Defenders, midfielders, and forward in three separate colors.

Rules

- 3 forwards
- 8 defenders not allowed inside center circle
- 6 midfielders can play anywhere in the grid
- In the center circle it is 6v3. One the ball leaves the circle it is 6v11

Purpose

- Midfielders want to keep possession inside the center circle
- Forward press to win the ball back from the midfielders. Once they win the ball, they can pass to the defenders, making the playing space bigger
- Defenders keep their natural shape – left back, two center backs, right back
- Defenders push up close to the circle when midfielders are in possession. This allows them to quickly get on the ball once the forwards win back possession
- Once the defenders have the possession they should stretch out their shape, vertical and lateral
- Defenders have three options – a) keep the ball at the back, b) connect with the forwards in the circle, c) play a longer ball to defenders on opposite side.
- Defenders also strongly encouraged to win the ball back in transition to prevent midfielders getting ball back into the circle.

To Start

- Midfielders start with ball in center circle

Why the Bowtie?

- The intent is for the defenders to look to find forwards feet in the circle instead of playing longs straight up the sideline.

Lesle Gallimore

University of Washington

Head Women's Soccer Coach

@CoachGallimore

Possession and Ball Movement

9 v 3 - 9 v. 3

Love this activity! It's challenging to even elite players, competitive and great for focus, touch and solving-pressure.

40 x 20 grid (2 times 20x 20 sides)

Two teams of 9

Central Coach as server

Wide Coaches as relief for Defending 3 that wins ball

Server plays ball into 9-3 defenders go (can switch on any 3 as they tire)

9 have to get 10 1-touch, 10 2-touch, 10 unlimited touch passes IN A ROW to win

Defenders win, can play directly to other side to teammates and go join OR to relief coach

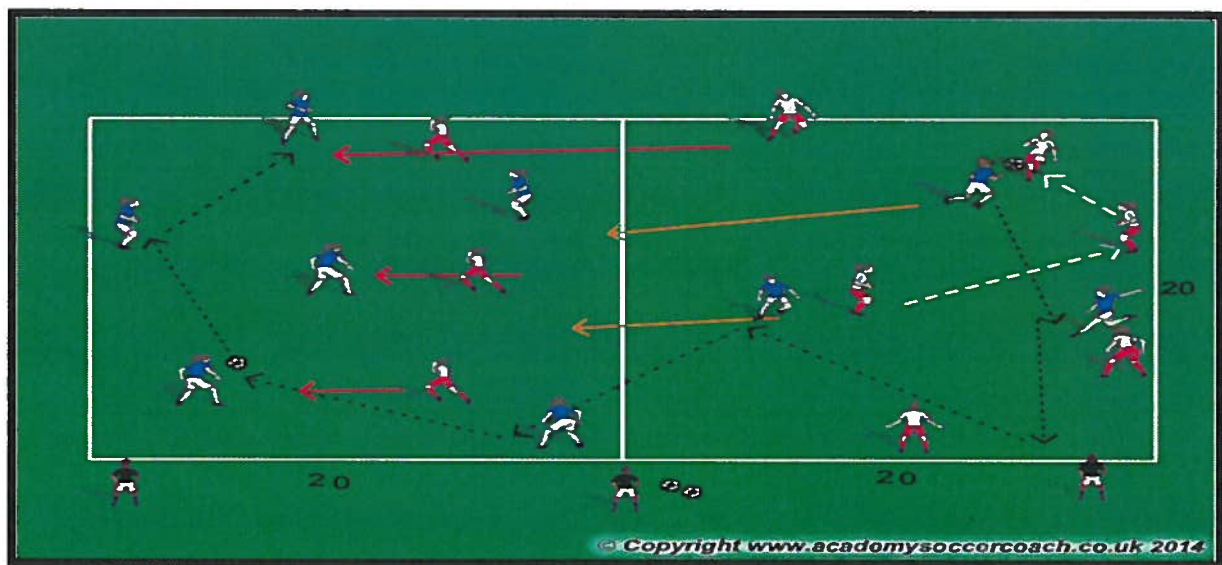
Coaching Points:

Quality of touch

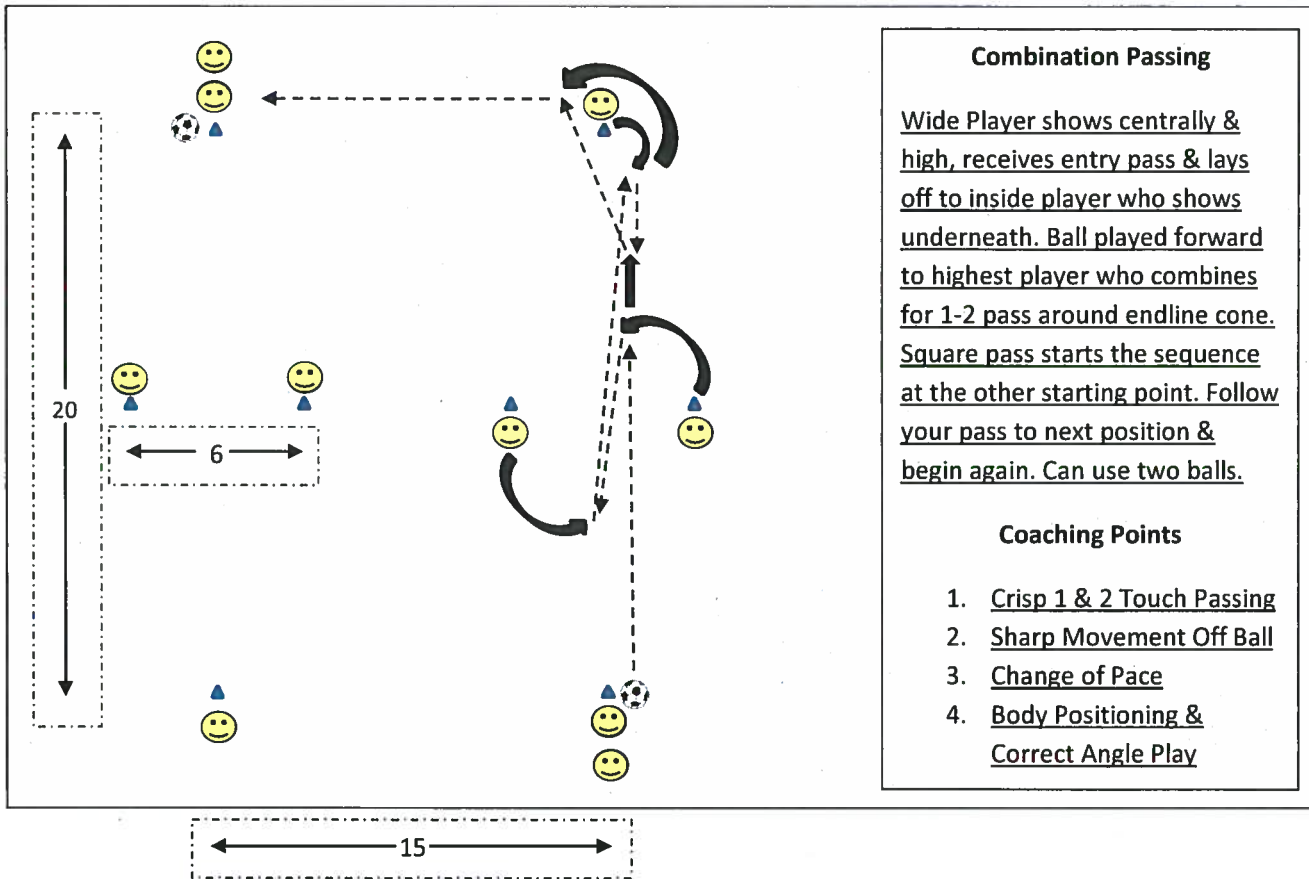
Solving pressure

Quality of pass and decision where to pass

Rhythm of team play and ball movement



Matt Verni
 Syracuse University
 Asst. Men's Coach
 @MattVerni

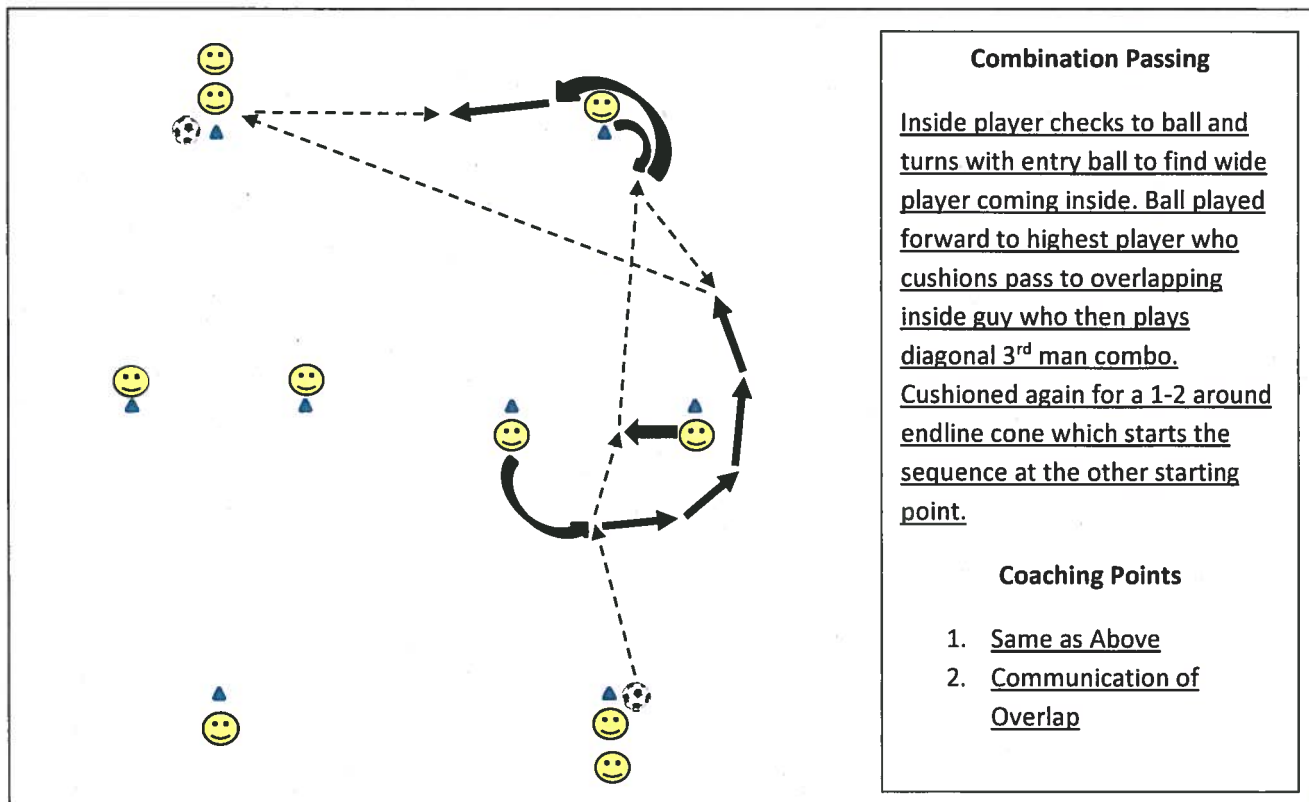


Combination Passing

Wide Player shows centrally & high, receives entry pass & lays off to inside player who shows underneath. Ball played forward to highest player who combines for 1-2 pass around endline cone. Square pass starts the sequence at the other starting point. Follow your pass to next position & begin again. Can use two balls.

Coaching Points

1. Crisp 1 & 2 Touch Passing
2. Sharp Movement Off Ball
3. Change of Pace
4. Body Positioning & Correct Angle Play



Combination Passing

Inside player checks to ball and turns with entry ball to find wide player coming inside. Ball played forward to highest player who cushions pass to overlapping inside guy who then plays diagonal 3rd man combo. Cushioned again for a 1-2 around endline cone which starts the sequence at the other starting point.

Coaching Points

1. Same as Above
2. Communication of Overlap

| | | | |
|--|-----------------|-----------------------------|-----------------------------|
| Date: | Team: UW Soccer | Duration of Session: 75 min | Intensity/Load: Medium Hard |
| Theme/Goals: Pressing: Individual and Team Defending - Amy Griffin (@GKCoachGriffin) | | | |

I. Pressing with a Small Group



4v3

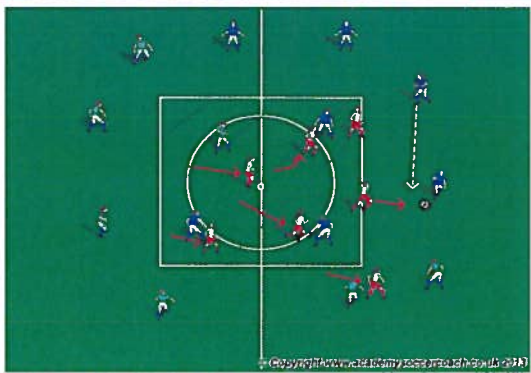
| | | | | | |
|-----------|----|-------------|------|------------|--------|
| DURATION: | 15 | FIELD SIZE: | 15x5 | INTENSITY: | Medium |
|-----------|----|-------------|------|------------|--------|

ORGANIZATION & COACHING POINTS:

Ball Passed around the square, stopping with each pass; After each pass, Defending Team regroups near center cone to get ready for next pass.

- 1) Active as a team - Pressure and Cover.
- 2) 3 in Middle to close down ball: Drop in and cover if off the ball.
- 3) Work as a 3 in middle to close down the ball

II. 2 Team (14) vs. 1 Team (7)



3 Teams of 7

| | | | | | |
|-----------|----|-------------|---------|------------|------|
| DURATION: | 20 | FIELD SIZE: | 25 x 25 | INTENSITY: | Hard |
|-----------|----|-------------|---------|------------|------|

ORGANIZATION & COACHING POINTS:

3 Teams of 7 (2 Teams vs. 1 Team)
 Ball can be played around the square, but cannot be played through the square.
 2 Teams working together to play through 1 team in center box.
 Defensive Team trying to win ball and counter out of area.
 Red wins and dribbles out of the space.
 Rotate teams.

III. 7v7 Pressing Game



Press to Attack Quickly and Effectively

| | | | | | |
|-----------|----|-------------|---------|------------|------|
| DURATION: | 20 | FIELD SIZE: | 85 X 45 | INTENSITY: | Hard |
|-----------|----|-------------|---------|------------|------|

ORGANIZATION & COACHING POINTS:

3 Teams of 7. One waiting to rotate in. 80 x 45 Field (Goals on top of 18's) and a 25 X 25 grid around Center Circle.

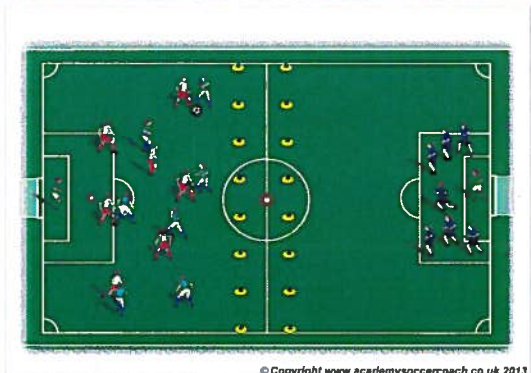
Blue team has 6 players inside square, plus 1 Defender to help avoid counter attack.

Red Team has 3 in middle to defend, and 4 outside square to help possess/attack/score once ball is won. If High attacking Red gets ball - GO TO GOAL

If Supporting (Deep Red) gets ball - Blue may press to win it back again.

As soon as red wins it.. it becomes 7v7 until GK saves, or based on time or out of bounds to rotate other team in.

IV. 7 vs 7 vs 7 - Attacking / Defending Game



7 v 7 + 7 Pressing _ Attacking and Defending

| | | | | | |
|-----------|----|-------------|----------|------------|-------------|
| DURATION: | 20 | FIELD SIZE: | 120 X 75 | INTENSITY: | Medium Hard |
|-----------|----|-------------|----------|------------|-------------|

ORGANIZATION & COACHING POINTS:

One Team Defending while Attacking Team Goes to Goal. When Def Team wins the ball, the quickly dribble into Neutral Zone to build. As soon as Team exits neutral Zone, Black team on opposite side can release and defend.

(Meanwhile, team that just lost possession regroups in penalty box)

Interactive Session Plan [™]

Coach

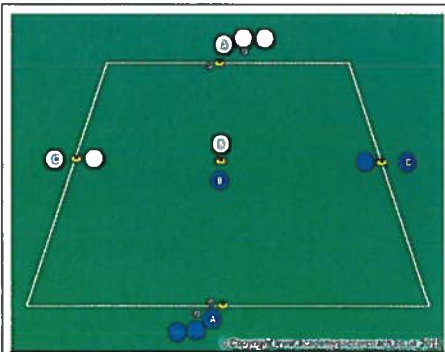
Session date

Team/Age Group

Theme

Time available

NOTES



Passing Diamond

1. A to B, B to C, C dribbles to end of line (to your right and left)
2. A to B, B to C, C and B wall pass, C dribble to end of line (right and left)
3. A to B, B back to A, A to C, C wall pass with B dribble to end of line (right and left)

Players movement is always, A to B, B to C and C to opposite end.
Lots of different passing patterns can be worked in. Min of 8 players.

Distance can be 10-20 yards from middle cone to outside cone



3 v 3 plus 1 to targets (play for 4 min / 1 min active rest)

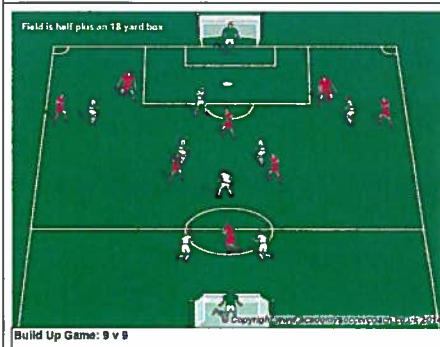
- a. two touch
- b. 1 touch negative / 2+ must play positive
- c. one touch
- d. unlimited



Zone Game (4 five minute games / 1 min active rest)

- a. Unlimited / target do not switch out
- b. Unlimited / targets switch out
- c. 2 touch / targets switch out
- d. 2/1 touch / targets switch out

**if you get GK involved, once they go from target to target they can attack the goal



9 v 9 to goal / build up game : 20 minutes





Red team is working on connecting 7 passes for a goal before they can go to goal. White team is attacking goal right away

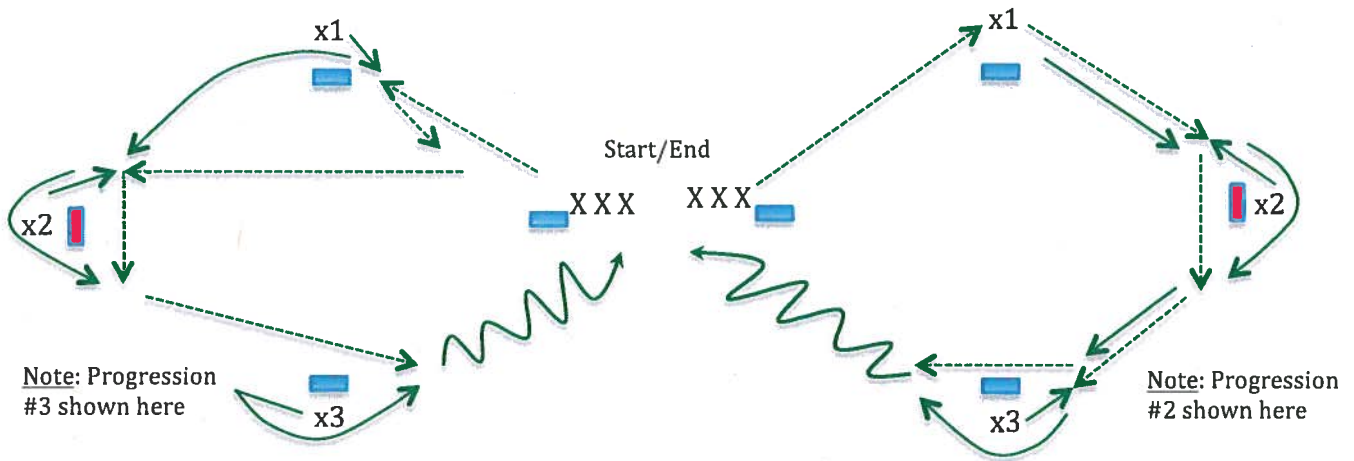


Sam Lopes | Head Coach
 Providence College
 [t] @PC_CoachLopes

TOPIC: FIGURE "8" PASSING

KEY


-  = mannequin
-  = movement / run
-  = pass
-  = dribble



Note: Progression #3 shown here

Note: Progression #2 shown here

DESCRIPTION:

3 minutes per progression. 2 balls travel at same time. Players' run/movement determine type of pass played or based on sequence. Players travel in a shape of a figure "8" thru the activity: left side, right side, so on. Next ball travels when player at  passes ball. Distance of mannequins vary based on range of passing/runs desired

PROGRESSIONS:

1. x1 open up → wall with x2 → x3 open up & speed dribble
2. x1 open up → wall with x2 → wall with x3 & thru pass
3. up - back - up [X → x1 back to X → x2] → wall with x2 → x3 check thru run/pass

FOCUS:

1. Type & timing of pass, run, movement
2. 1st touch; play on half turn
3. Angles of Support
4. Tempo



VARIATION: (see diagram above)

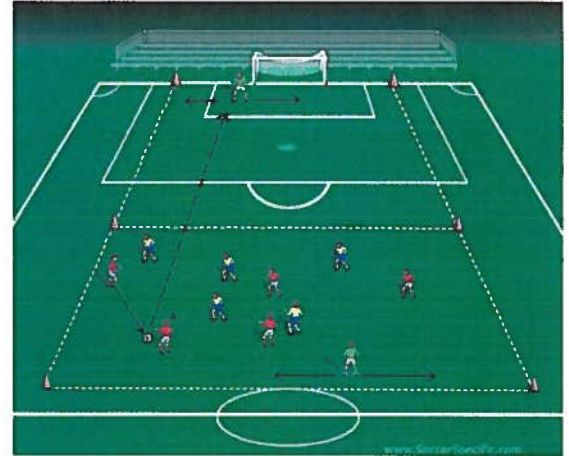
1. Add 2nd mannequin & create a 2 v 1 on the flank with a shadow defender
Description: pass to open player based on defender shows as marked with attackers performing any combination to play forward: same pattern of rotation
Focus: vision, decision making, varied combo based on defender

5v5 Possession to Penetrate/Switching Point

- A 5v5 is organized inside one of the 25x30 yard grids as shown below in Diagram (c).
- Target players (green) are positioned at each end of the playing area as shown.
- Both teams compete for possession of the ball. Players must attempt to play the ball to the target player and transition into the other half of the pitch.
- Players may pass to the target player in the half that they are currently playing in - this creates a 6v5 situation in favor of the team in possession.
- The pass to the target player must be one-touch.
- Target players are encouraged to move anywhere along the end-line.
- In the above Diagram (c), Player (A) has passed the ball to the target player at the opposite end of the grid. Both teams must now quickly transition to continue the possession game in the other half.
- The target players must pass to the team that passed to them.
- *Points are awarded for successful passes to the target players in the opposite half.*

Coaching Points

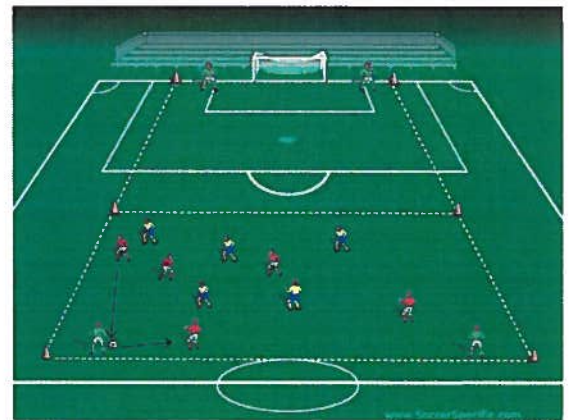
1. *Speed of transition - travel quickly as the ball is travelling!*
2. *Vision of field - location and movement of targets.*
3. *Quick decision making.*
4. *Diagonal passes to targets.*



5v5 Switching Point of Attack (Progressions)

This is the same set-up as before but now to two target players

- The objective is initially the same.
- Both teams compete for possession of the ball and attempt to score points by playing the ball successfully to the target players on the opposite half of the playing area.
- Players may pass to the target player in the half that they are currently playing in creating numbers up situations.
- Targets are encouraged to stay wide to encourage quick attacking through the middle of the field.
- In the above Diagram the target player has been used for an outlet pass in order for the Red team to maintain possession.



Variations/Progressions

- The target player receiving the transitional pass must pass to the other target player.
- This target player must now pass the ball back to the supporting team to continue the activity.
- The target player must lay the ball back to a supporting player and this player must attempt to find the other target player with one-touch.

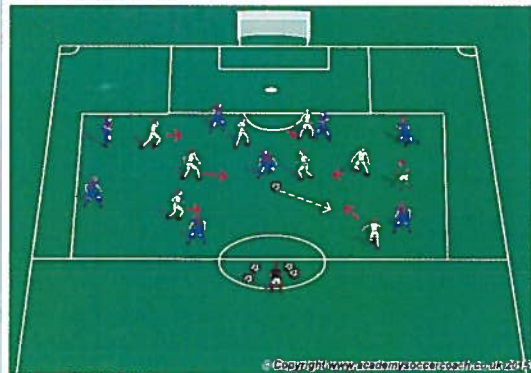
Coaching Points

1. *Speed of transition - travel quickly as the ball is travelling!*
2. *Vision of field - which target to pass to?*
3. *Quick decision making.*
4. *Diagonal passes to targets.*

Date: _____ Team: _____ Duration of Session: 60 min Intensity/Load: Medium Hard

Theme/Goals: Pressing as a unit - Brendan Faherty (@BJFaherty)

I. 8 v 8 + 1 Pressing



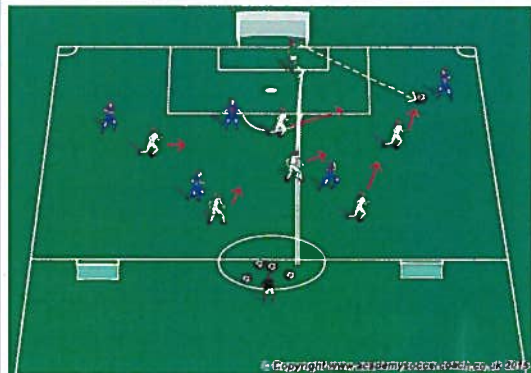
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II. 7 v 7: 6 goal game



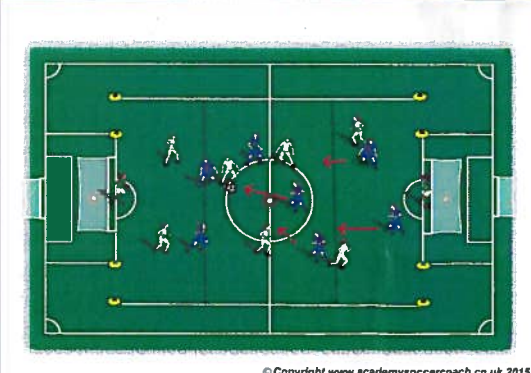
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III. 6 v 5 to Big Goal w/Counter Goals



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IV. 8v.8 to Big Goals (2-3-2 shape)



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Goalkeepers played in

DURATION: 12 minutes FIELD SIZE: 40 x 30 INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

8 v. 8 plus 1
3 segments x 4 minutes each
Defending team cannot tackle but win by pressuring ball/make predictable and win on interception
Change to 5 passes is a point for team in possession

Coaching Points:

Pressure to the ball and team "READING" that pressure to intercept/win ball
Speed of closing down space

Goalkeepers warm -up on own for 12minutes

DURATION: 12 minutes FIELD SIZE: 30L x 44 W INTENSITY: Medium Hard

ORGANIZATION & COACHING POINTS:

7 v. 7 team shape play to 3 goals each
2 points win in attacking 1/2 and score
1 point win in defending 1/2 and score
Defending team must all be in the vertical HALF that the ball is in

Coaching Points

Pressure to the ball
Moving while ball is moving AS a unit to win the ball
Speed to close down
Being in passing lanes

Goalkeepers alternate

DURATION: 12 minutes FIELD SIZE: 60L x 55W INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

Coach serves ball into GK from 1/2 line and GK plays out to 5 who play to 2 small goals
3 backs to CMF vs. 3 F/3 CMF.

6 press and win ball to attack goal.

Coaching points:

Where to force? Numbers central? Bring inside.
Have angle to lock on a side? Keep wide.
Communication

Goalkeepers alternate with one on field

DURATION: 2 x 7 minutes FIELD SIZE: 18-18 55W INTENSITY: Medium Hard

ORGANIZATION & COACHING POINTS:

Field divided into thirds

- points: 3 points for a goal scored off a takeaway in front 1/3
- 2 points for a goal scored off a takeaway in the middle 1/3
- 1 point for a goal scored off a takeaway in the back 1/3

Coaching Points:

All points above

Manoj Khettry
Stetson University
Head Women's Soccer Coach
@ManojKhettry
Improving Speed of Play and Penetration

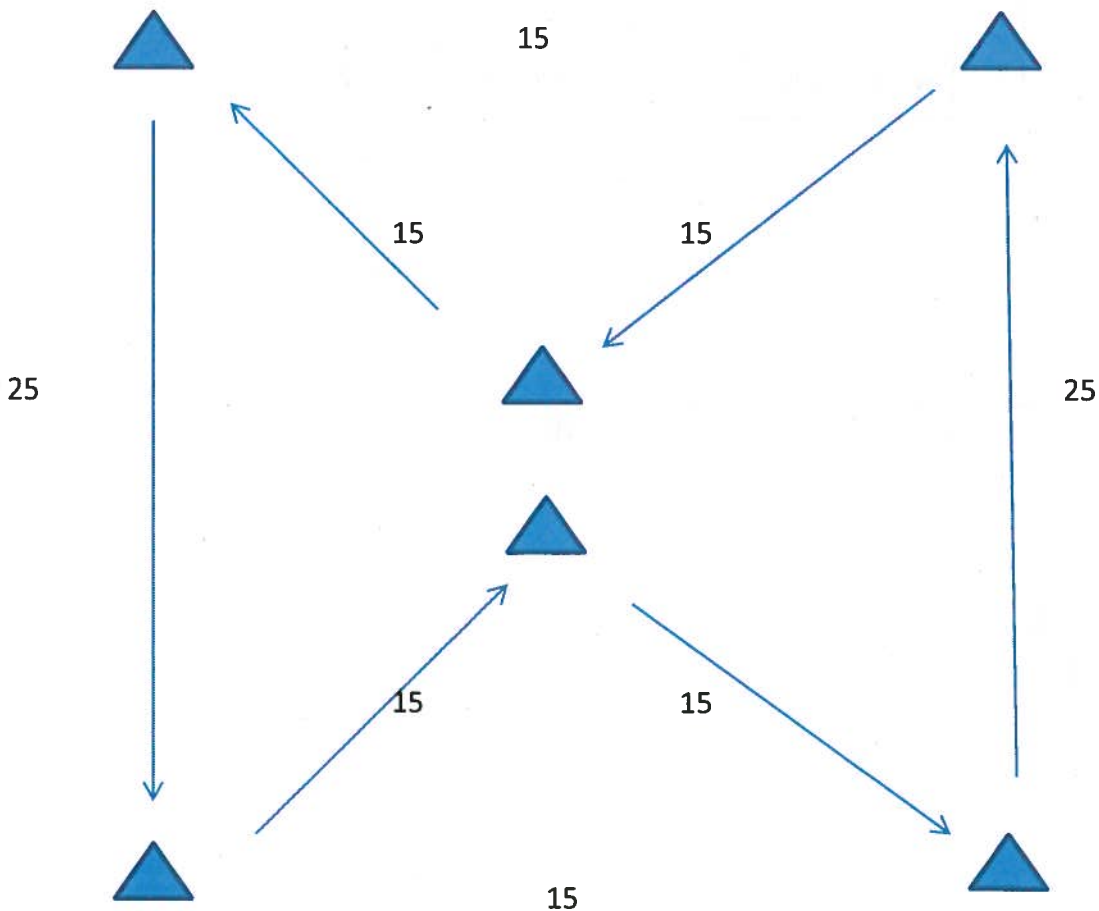
1st progression (after a dynamic warm-up)-(10 minutes)

Stetson Pattern #1

Cones are 15 yards apart and 25 from each other on flank

- Start going in one direction; each player follows her/his pass (must take 2-touches)-2-3 players at each cone; add another ball once they get the idea and the tempo you desire.
- Players on flanks must look down the line before they receive and receive with outside foot across their body.
- Central player must look over shoulder and receive with one foot (across their body) and pass with the other foot.
- Flank players back up and receive behind cone and take their first touch beyond the cone.
- Central player checks off the center cone and you can add a passive defender to follow her/him.
- Emphasis is on speed of play, pace and weight of pass (encourage them to go as fast as possible) but they must look before they receive and take a clean first touch.

Change directions.



Progression #2 (20 minutes)

Rondo (with Transition)

-2 Grids (12x10) with a 5 yard space in between (2 groups 8 players); if uneven, add a plus one and change that player every few minutes. 8v2 (Have the players number themselves from 1 to 8). Call 2 new numbers to change grids and defend every 1:30 seconds.

-Each team has a ball and plays keep away from the two defenders from the other grid. Keep a supply of balls for each grid; calling new numbers every 1:30 seconds forces player to react to transition and for other players to realize that they have to look up and see who is leaving in transition and who is coming back.

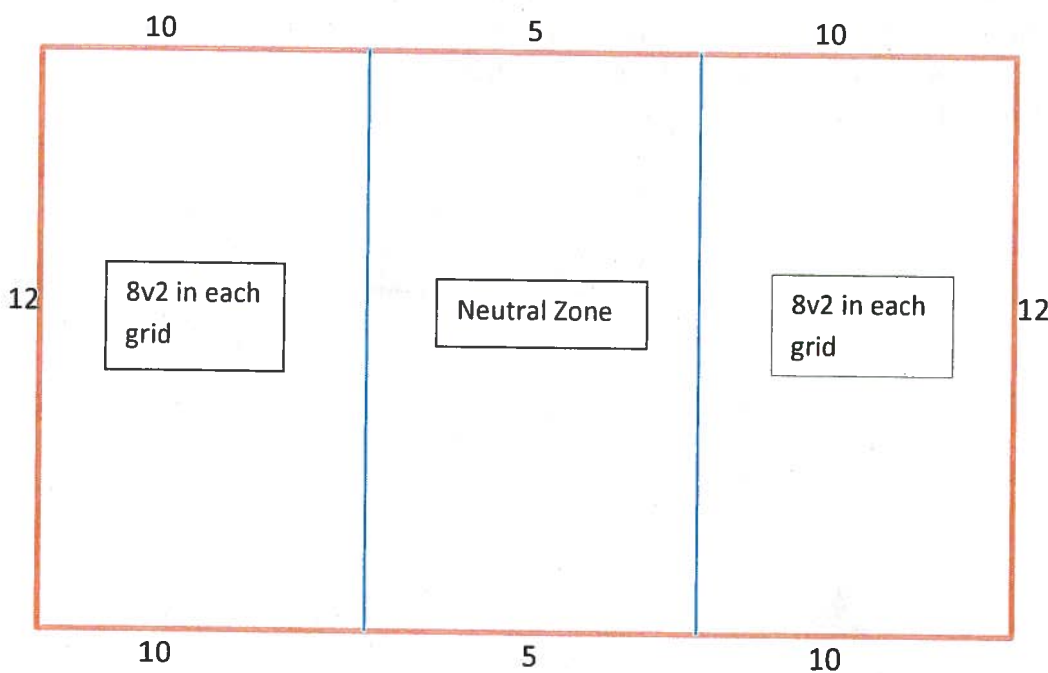
-If the defenders win the ball, they can try to keep it away from the attackers in the grid.

Conditions: 2 touch-max, must take 3 touches, 1-touch

Keep score by counting the total number of passes each team completes; splits count for 3 points

The team with the most passes at the end of 20 minutes wins.

Emphasis on speed of play, knowing where the next pass is going; trying to split the two defenders and penetrate them. Encourage players to simply make the simplest pass.



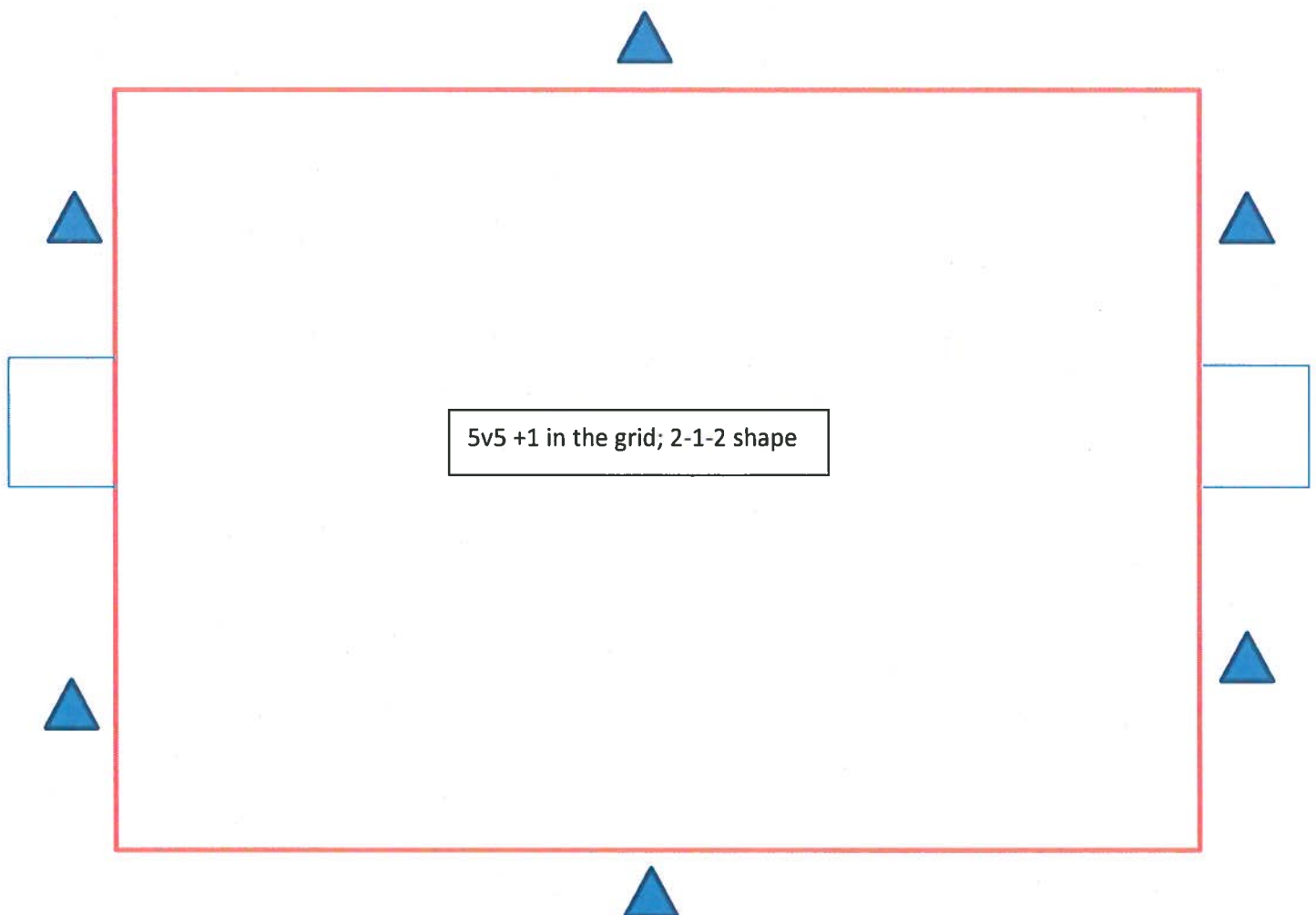
Progression #3 (25 minutes)

5v5+1 with 6 Bumpers (2 small goals)-35 long x 30 wide

(Bumpers are on each edge of the field)

Conditions: 3-touch max

- Bumpers can be 2-touch to start and when the game flows and speed of play increases change to 1-touch for the bumpers.
- A team in possession can use any of the bumpers to keep possession
- Encourage players to play forward; if they cannot and play square or backwards, encourage next pass to be forward.
- Look for target/bumpers on the end-lines and encourage speed of play/possession and circulating the ball quickly.
- Make sure bumpers are active with their support angles.
- Change players after 3-4 minutes or 2 goals for 1 team.
- Encourage +1 to support the ball and always try to face forward either by turning or supporting the ball from behind and facing forward.
- Winner stays on.



Progression #4 (30 minutes)

5v5+1 with 6 Bumpers (2 Big Goals) – (40x44)

Same game, except now we now play with big-goals and adding goalkeepers

Change every 3-4 minutes or 2 goals for one team.

Winner stays on.