A PHILOSOPHY:
“THE GAME IS THE GREATEST TEACHER”

LET THE GAME BE THE TEACHER
A PHILOSOPHY:
“THE GAME IS THE GREATEST TEACHER”

What do you think?
A PHILOSOPHY:
“The Game is the Greatest Teacher”

AN APPLICATION: REALITY-BASED TRAINING
PROACTIVE ATTACKING: BUILDING FROM BACK HALF (V.1)

OBSERVE, ANALYZE, and SELECT:
One “Glow”
One “Grow”
U17 NATIONAL TEAM v ENGLAND
DECEMBER 2013
PROACTIVE ATTACKING: BUILDING FROM BACK HALF (V.2)

OBSERVE, ANALYZE, and SELECT:
One “Glow”
One “Grow”
REALITY-BASED TRAINING

1. REVIEW PLAYER DEVELOPMENT TARGETS AND RELATIONSHIP TO GROUP PERFORMANCE

2. OBSERVE THE MATCH MOMENT, ANALYZE, PRIORITIZE & LOCK-IN THE PERFORMANCE TARGET(S)

3. REPLICATE THE KEY COMPONENTS OF THE MATCH ENVIRONMENT THAT HAS RELEVANCE TO THE PERFORMANCE TARGETS.

4. BEGIN WITH THE END (THE MATCH) IN MIND.
### Team Play --- Introducing Performance Driven Standards

#### H (HABIT)  A (APPLICATION IN TRAINING & MATCHES)  T (TRAIN & TEACH)  I (INTRODUCE & EXPLORE)

<table>
<thead>
<tr>
<th>Performance Driven Standard</th>
<th>USMNT</th>
<th>U23</th>
<th>U20</th>
<th>U18</th>
<th>U17</th>
<th>U15</th>
<th>Pre USSDA</th>
<th>Comments</th>
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<tbody>
<tr>
<td>1. U.S. STYLE OF PLAY</td>
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<td>a. Proactive attacking and defending mentality</td>
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<td>b. Possession with purpose, to make forward progress</td>
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<td>c. Constant, dynamic movement without the ball</td>
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<td>d. Collective effort to recover, regain, repossess the ball</td>
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<td>e. Active, efficient build up with patience through the midfield to penetrate</td>
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<td>f. Confidence in 1v1 situations in the final third</td>
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<td>g. Dominant on set pieces</td>
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<td>h. Creative on set pieces</td>
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#### Team Play --- Introducing Performance Driven Standards

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<td>4. TRAINING METHODS RELATIVE TO AGE</td>
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<td>a. Functional training designed to:</td>
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<td>i. Reinforce style of play based on next opponent’s strengths/weaknesses, game situations (e.g. goal up/down, man up/down, venue, climate, field, etc.)</td>
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<td>ii. Create competition within the team</td>
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<td>b. Functional technique and situational tactics (game management)</td>
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<td>c. Functional technique and tactics for team play</td>
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<td>d. Functional training of roles between 2 lines</td>
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<td>e. Position specific technical training and functional training of roles</td>
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<td>f. Principles of attack and principles of defense (small groups)</td>
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<td>g. Integrate the physical, psychological, technical, and tactical components of the game</td>
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TRAINING PLANS...

WHEN?
WHO?
WHAT?
WHEN?
WHY?
TRAINING PLANS...BEGIN WITH MATCH PERFORMANCE.

LEFT FLANK
(#3,11)

RIGHT FLANK
(#2,7)

ROLES?
RELATIONSHIPS?
PERFORMANCE?
### Stage I: Technical Passing

**Target:** Functional passing and movement

**Duration:** 15 Minutes

**Organization:**
- 2 Groups @ 8 (located in the middle third of each flank channel)
- Work: Rest = 1:3, Intensity = Light-Moderate
- 4 sets @ 3 min.

**Objectives:**
- **Technical:** Passing service (5-30m) all types of passing
- **Tactical:** Coordinated player + ball movement to penetrate
- **Physical:** (Warming) 65-70% max., Agility, Flexibility

**Coaching Points:**
- Adjust weight of pass according to each moment in the pattern.
- Utilize disguise to set up passes and movement to support.
- Coordinated timing of passes and movement of teammates.

**Active Recovery:**
- Ball lifting (2 balls per group of 6 players)
- Maintain both balls in the air while migrating between the two balls.
  (1 min. A.R. between 4 sets @ 3 min)

### Stage II: Tactical Repetition

**Target:** Penetration (3 v 3 + 2 targets)

**Duration:** 20 Minutes

**Organization:**
- 2 Teams @ 3 in flank grid = 30m x 25m
- 2 Teams compete to penetrate to opposite end-lines.
- Score by serving to target, return pass into grid, then dribble-penetrate across the end-line.
- Duration: 4 x 2.5min bouts (rotate target players)
- **Work:** REST approx. 1:1.5

**Objectives:**
- **Technical:** Passing service (5-30m) all types of passing
- **Tactical:** Coordinated player + ball movement to penetrate
- **Physical:** 90-95% max. / High Intensity

**Coaching Points:**
- Adjust weight of pass according to each moment in the pattern.
- Utilize disguise to set up passes and movement to support.
- Coordinated timing of passes and movement.
- Effective penetration from one target to the opposite.

**Active Recovery:**
- 2.5 minutes between bouts (ball lifting, short passing, etc)
**STAGE III: EXPANDED ACTIVITY**

**TARGET:** FUNCTIONAL ATTACKING RULES (1-4-2-3-1)

**DURATION:** 25 Minutes  2x12 min bouts  1 min recovery

**ORGANIZATION:** ATTACK PHASE: Single Goal and counter-targets
8 v 6 (organized into functional match roles as labeled in the diagram)
Half Field + 15m length- (Full goal and counter-targets as shown)
MANIPULATE the # of white opponents who may cross the RED restraining line. ADD 2 additional WHITE opponents for add'l pressure.
FREE PLAY for the blue attacking team.

**OBJECTIVES:**
- TECHNICAL: Passing service  (5-30m) all types of passing
- TACTICAL: Coordinated player + ball movement to penetrate.
- PHYSICAL: (Warming) Heart-rate 110-150, Agility, Flexibility

**COACHING POINTS:**
- Supporting shape and role of fullbacks (#2, 4, 5, 3 and c. midfielders)
- Tactical response to opp. pressuring with single striker or a 3-front.
- Coordinated timing of passes/movement for 3 midfielders (#6, 8, 10)

**ACTIVE RECOVERY:**
2 minutes between each bout- hydrate and review performance targets.

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**STAGE IV: MATCH (Game Application)**

**TARGET:** 9 v 9 TRAINING MATCH  (1-4-3-1) v (1-4-2-2)

**DURATION:** 30 minutes

**ORGANIZATION:**
Field shortened to 80m (top of box to opposite end line)
2 Teams- 8v 8 + Goalkeepers (maximum # from training group size)
DURATION: 2 x 14 minute bouts (2 min. recovery between bouts)

**OBJECTIVES:**
- TECHNICAL: Passing service- tech. applications as the game demands.
- TACTICAL: Fx. roles of the backs, , coordination of #6, 8 ,10, 7, 11
- PHYSICAL: Match conditions- high intensity aerobic (170-190 bpm)
- PSYCH: Compete

**COACHING POINTS:**
- Adjust weight of pass according to each moment in the pattern.
- Utilize disguise to set up passes and movement to support.
- Coordinated movement of teammates in advance of the ball.
- Goalkeeper distribution tech/tact to initiate the attack.

**ACTIVE RECOVERY:**
2 minutes between each bout- hydrate and review performance targets.
CREATE A CULTURE OF CHANGE...

“IT’S NOT ABOUT PERFECT. IT’S ABOUT EFFORT. AND WHEN YOU IMPLEMENT THAT EFFORT INTO YOUR LIFE...EVERY SINGLE DAY, THAT’S WHERE TRANSFORMATION HAPPENS. THAT’S HOW CHANGE OCCURS. KEEP GOING. REMEMBER WHY YOU STARTED.”

Anonymous