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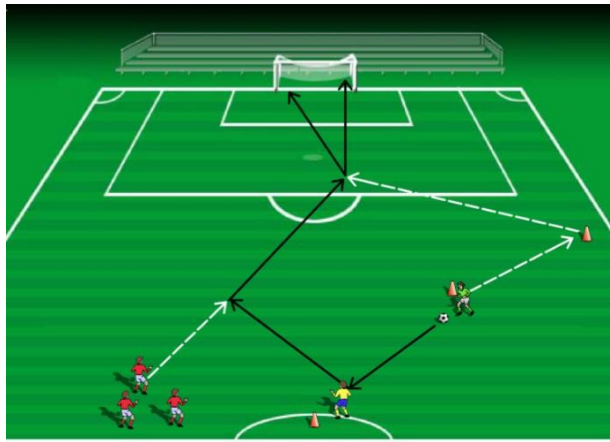
69 + 1 Exercises from the world's elite trainers



3. JANUARY 2014
KING SOCCER SCHOOL
www.laclinicadelfutbol.com

Carlos Bianchi

Exercise



Material

- 3 Cones
- Various balls
- 1 Arch

Description


The player in green passes to the player in yellow, who makes a deep pass to the player in red, the player in green makes an unmarked run to then receive from the player in red and conclude the action with a shot at goal.

Objectives

Improvement of :

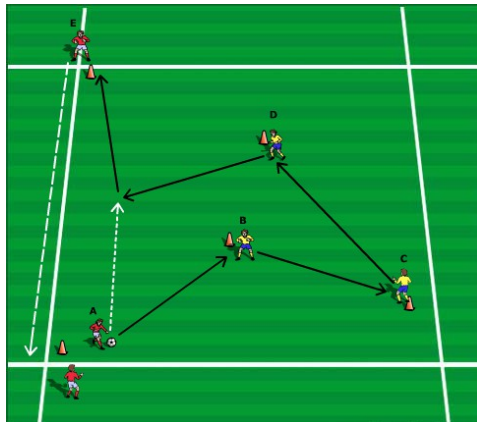
- Aerobic power
- Unmarking work
- Driving, passing and finishing

Louis Van Gaal

Exercise	Material
	<ul style="list-style-type: none">- 1 Ball- 1 Soccer field
Description	Objectives
<p>11 vs. 11</p> <p>When one of the teams manages to score a goal, they will play possession games without attacking the opponent's goal, while the other team will attack to score a goal.</p> <p>The attacking team may advance lines and the goalkeeper will play forward in order to trap the opposing team in their own half.</p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Pressure- Ball circulation

Guus Hiddink

Exercise



Material

- 5 Cones
- 1 Ball

Description

Player A makes a pass to player B, who does the same with player B. C, player C follows the same line and makes a pass to D who passes to A's run, A passes to E and takes his position, player E controls the ball and makes a run to the first cone with the controlled ball.

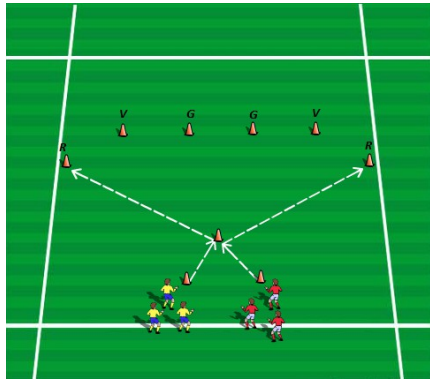
Objectives

Improvement of :

- First touch pass
- Combination

Abel Xavier

Exercise



Material

- 9 Cones

Description

To start we need 9 cones, three of the same color and three pairs of different colors.

With the three cones of the same color we make a triangle that will be our starting point.

With the three pairs of the same color, they will be placed at the same distance, one to the right and the other to the left, always at the same distance from the "central" cone of the starting triangle.

When the coach gives the signal and the color of the cone, the players will have to run out, touch the "center" cone in front of them and then run out at full speed towards the color shouted by the coach.

Objectives

Improvement of :

- Quick reaction time
- Resistance

Bobby Robson

Exercise



Material

- 2 goals
- 10 balls

Description

We place a goal in the midfield line, next to each goal we will place two groups of players, every time the coach orders it, one of the players of each group will go out to finish off the ball thrown by a teammate located in the other part of the field.

Objectives

Improve both head and foot finishing.

Luis Garcia

Exercise



Material

- 1 Goal
- several balls

Description

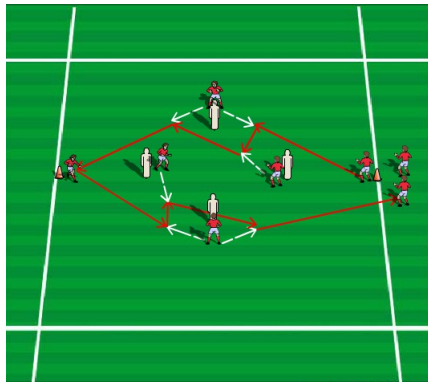
Near the central circle, in an area of 20x25 meters, we make a 9x3, outside this circle two central players of the group in numerical superiority and a forward of the group in numerical inferiority are waiting for us. When the players in inferiority recover the ball, they will go out like lightning to score a goal in the goal defended by the two central defenders, for that they will have the help of the striker.

Objectives

Improve the defensive and offensive transition.

Thorsten Fink

Exercise



Material

- 4 plastic/aluminum dolls
- several balls

Description

We will place 4 plastic/aluminum figures in rhombus and two cones at the extremities of the field at the same height of the figures.
After having the structure on the field we will start to play the ball, the rules can vary, depending on what we want to train, play a touch or two, unmarking, stopping and driving the ball.

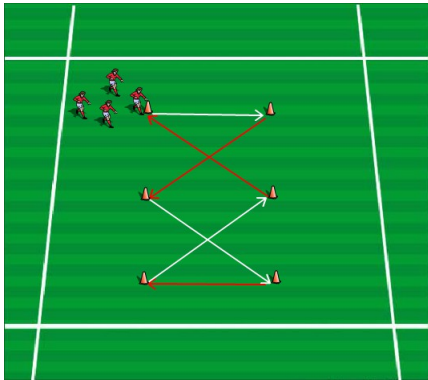
Objectives

Improvement of :

- Ball circulation
- Unmarking
- One/two touch play(s)

Frank de Boer

Exercise



Material

- 6 cones

Description

With the help of the 6 cones we make a structure of two squares, the horizontal lines will be 10 meters long and the diagonal lines will be 15 meters long.

The players will start running horizontally-diagonal-diagonal-horizontal, when the coach will give a signal and the player will have to sprint the distance he/she deems convenient.

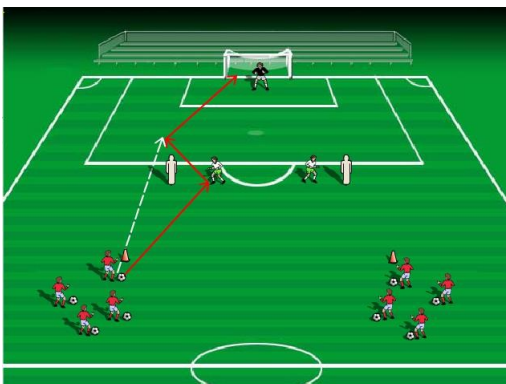
Objectives

Improvement of :

- Resistance
- Fast reaction time

Alan Pardew

Exercise



Material

- 1 goal
- 2 plastic/aluminum dolls
- several balls

Description

The player in red makes a long pass to the player next to the plastic dummy, he controls and makes a deep pass behind the dummy, the red player starts running and after "dodging" the dummy shoots at the goal.

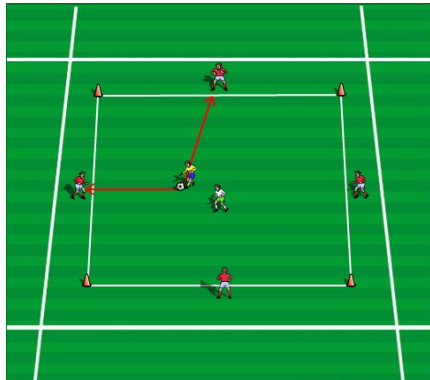
Objectives

Improvement of :

- Long pass
- Control
- Shot on goal

Javier Aguirre

Exercise



Material

- 4 cones
- several balls

Description

1x1 game with 4 jokers.
Game with free touches, except for the jokers (the touches that the coach deems appropriate). To score, you must make 10 passes in a row with the jokers.

Objectives

Improvement of :

- First touch game
- Ball circulation
- Pressure

Arrigo Sacchi

Exercise



Material

- 2 goals
- several balls

Description

*In one half of the field we make a 3x3 with two jokers.
The players will have to score a goal in the opponent's goal, the goals can only be scored after a cross or a final pass from one of the wingers. With this exercise many aspects of soccer can be trained.*

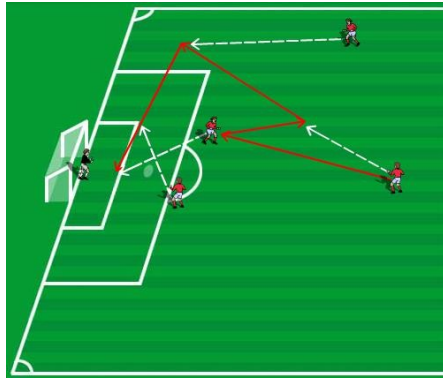
Objectives

Improvement of :

- *Playing in amplitude*
- *Fast play*
- *Unmarking*
- *Centers*
- *Shot on goal*
- *Pressure*

Pepe Mel

Exercise



Material

- 1 goal
- several balls

Description

This exercise can also be used as a warm-up exercise due to its many technical/tactical aspects. The most delayed player makes a deep pass to one of the forwards who will make a backward pass to the "creator", who makes a pass to the run of the inside player who will cross into the area for one of the forwards to shoot at goal.

Objectives

Improvement of :

- First touch game
- Centers
- Shot on goal
- Unmarking

Luis Enrique

Exercise



Material

- 6 mini goals
- several balls

Description


In a field of 40 x 40 meters we will distribute the 6 goals, three for each half, the teams will be 6x6 with the help of a joker, the players will have to play always with the joker and only after a deep pass of the joker the other players will be able to enter the "forbidden" zone.

Objectives

Improvement of :

- Ball circulation
- Unmarking
- Shots on goal

Quique Sánchez Flores

Exercise	Material
	<ul style="list-style-type: none">- 1 normal goal- 3 mini goals- several balls
Description	Objectives
<p><i>Training match, 11 x 11 players, the yellow team will play with a 1-3-5-2 system while the red team will play with a 1-4-3-3 system.</i></p> <p><i>The teams will have different objectives, while the Reds will have to create wide play and take advantage of the full width of the field, the Yellows will have to concentrate their forces more in the center to score goals.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Wide game- Direct play- Unmarking- Auctions- Ball circulation

Michael Laudrup

Exercise



Material

- 2 mini goals
- several balls

Description

In an area-to-area field, two teams of each 8 players will play with 2 jokers, goals without the participation of the joker can be scored only at ground level, while goals with the joker's participation can be scored only with a header.

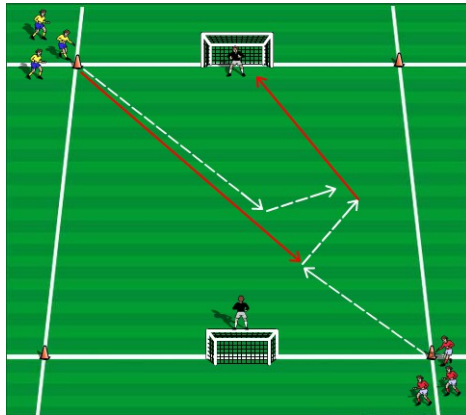
Objectives

Improvement of :

- Ball circulation
- Centers to the area
- Shots on goal

Co Adriaanse

Exercise



Material

- 2 goals
- 4 cones
- several balls

Description

The yellow player makes a long pass to the red player, who runs out to control the ball as quickly as possible and shoot at goal, while the yellow player also runs out to prevent the player with the ball from shooting.

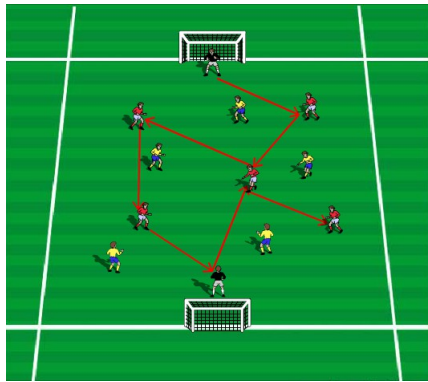
Objectives

Improvement of :

- Shot on goal
- Improved dribbling

Ernesto Valverde

Exercise



Material

- 2 goals
- several balls

Description

*The staff is divided into two teams.
One of the teams tries to keep possession of the ball by being able to rely on both goalkeepers (they also play with their feet).
When the defending team regains possession it will attempt to score a goal in either goal.
In the middle of the time the functions are exchanged.*

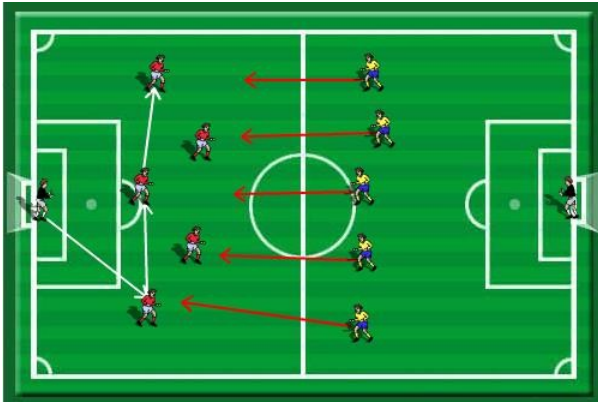
Objectives

Improvement of :

- Ball circulation
- Unmarking
- Completion of the play
- Pressure

Erick Mombaerts

Exercise



Material

- 2 goals
- several balls

Description

Two teams of 5 players in three quarters of the field, the players with possession will have to play the ball cleanly from the back, while the opposing team players will have to put a lot of pressure to recover the ball as close as possible to the opponent's goal.

Objectives

Improvement of :

- Clean ball exit
- Pressure
- Defensive/offensive transition
- Ball circulation

Abel Resino

Exercise



Material

- 2 goals
- several balls

Description

In one half of the field we play 4 teams of 4 players each. The conditions are clear all against all, without any other rules.

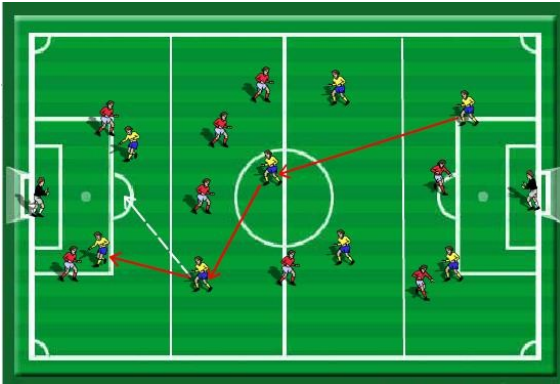
Objectives

Improvement of :

- *Fast ball circulation*
- *Unmarking*
- *Shot on goal*

Miguel Angel Portugal

Exercise



Material

- 2 goals
- several balls

Description

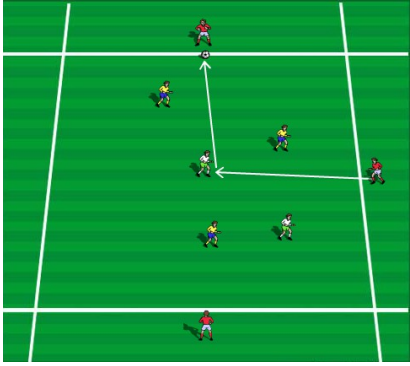
*The match of the three zones.
Defensive zone 3 touches, creation zone 2 touches and finishing zone 1 touch.
The rules are that the ball must pass through all areas of the field, otherwise it cannot be shot at goal.
It is also possible that the player in the creation zone who makes the last pass can enter the finishing zone and thus have numerical superiority in attack.*

Objectives

Improvement of :

- Ball circulation
- Resolve in numerical superiority
- Unmarking

Sir Alex Ferguson

Exercise	Material
	<ul style="list-style-type: none">- several balls
Description	Objectives
<p><i>2x2 exercise with 3 jokers</i> <i>The game is tilted to one of the sides of the square, so we will get to a real game situation, in which case we will have to play quickly with one touch to get out of the pressure of the other players.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- <i>First touch pass</i>- <i>Unmarking</i>

André Villas Boas

Exercise



Material

- 2 goals
- several balls

Description

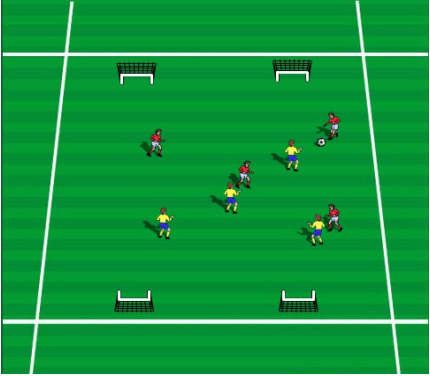
A field of 40x 50 meters.

3 teams of different colors, the red team that is in the center of the field is predisposed to attack the green team, when the red team finishes the play in goal or with a shot on goal, the green team will attack towards the goal defended by the yellow team and the red team will defend the goal from the attack that the yellow team will make later.

Objectives

- *Improved defensive and offensive transitions.*

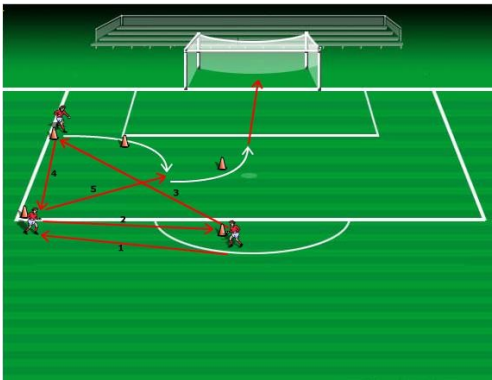
Tito Vilanova

Exercise	Material
	<ul style="list-style-type: none">- 4 mini goals- several balls

Description	Objectives
<p><i>4x4 exercise with objectives.</i></p> <p><i>In the offensive phase, 3 players attack while one is left to be a reference point if the attack does not come to an end, instead of losing the ball with a shot, you can make a pass backwards to make the opposing team come out and create space in the back.</i></p> <p><i>In the defensive phase we will defend with 3 players while one player will remain in attack as a reference.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Ball circulation- Pressure

Jens Keller

Exercise



Material

- 5 cones
- 1 goal
- several balls

Description

*Exercise to improve ball circulation.
The movements can be changed at the trainer's discretion.*

Objectives

Improvement of :

- Pass
- control
- shot
- fast ball circulation

Diego Simeone

Exercise



Material

- 2 normal goals
- 4 mini goals
- several balls

Description

Two 7x7 teams face each other on a field with 2 large and 4 small goals. The team with possession will have to have good ball circulation, keeping possession without pressure and without rushing, especially if the opponent is organized. The team without the ball will have to have a good disposition of the players on the field, in which the defensive order will stand out. Work on the coverages that we make to our teammates.

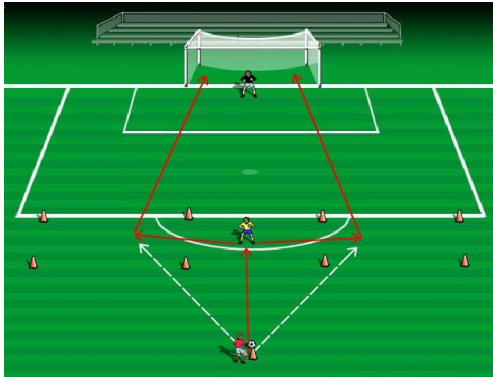
Objectives

Improvement of :

- Ball possession
- Ball circulation
- Pressure
- Coverage

Antonio Conte

Exercise



Material

- 1 goal
- several balls
- 9 cones

Description

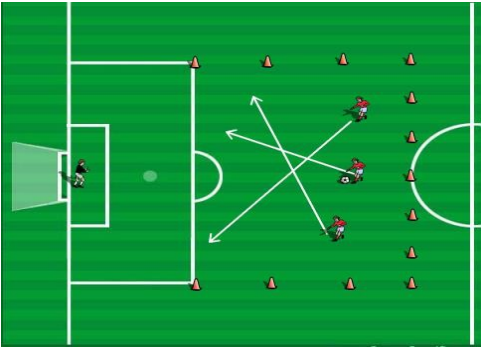
The red player makes a long pass to the yellow player in the central rectangle, he controls and makes a pass to one of the rectangles to his right or left, the red player gets to the ball and shoots at goal from outside the area.

Objectives

Improvement of :

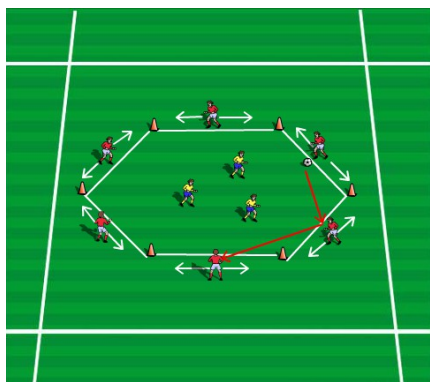
- Pass
- Long distance shooting

Luiz Felipe Scolari

Exercise	Material
	<ul style="list-style-type: none">- several cones- several balls
Description	Objectives
<p><i>Exercise for attacking mobility.</i> <i>In an area larger than the penalty box, the three attackers will start a race towards the goal, the three players will roast the ball between them and cross each other's path with the intention of "dragging" the (imaginary) defenders, as soon as they enter the penalty box the player with the ball will finish the play with a shot at the goal.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Mobility- First touch pass- Completion of the play

Horst Wein

Exercise



Material

- 6 cones
- several balls

Description

The 6 red players placed in a Hexagon will have to move on their small space between cone and cone to offer themselves to the player with the ball, the yellow players will have to exert a strong pressure to recover the ball as soon as possible.
The player who recovers the ball exchanges positions with the player who lost it.

Objectives

Improvement of :

- Improved Mobility
- Ball circulation
- Pressure

Juan Manuel Lillo

Exercise



Material

- several balls

Description

Two of the teams try to keep possession of the ball, while the other team tries to recover it. It is enough that one of the players of the team trying to recover the ball touches it, for it to be considered a loss of the ball by the team that handled it. In this way, the team that lost the ball will try to recover it and the team that recovered it will have possession of it. There are constantly two teams in possession of the ball against one team trying to win it back. High numerical superiority in favor of the team in possession.

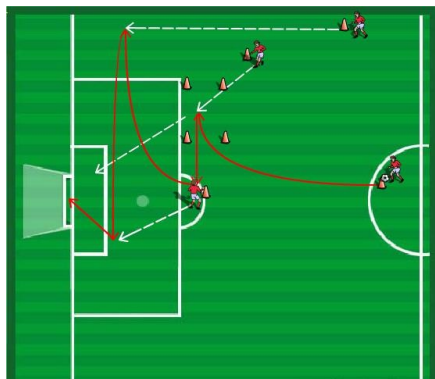
Objectives

Improvement of :

- Improved Pressure
- Ball circulation
- Unmarking in small spaces
- Staggering in space to maintain possession of the ball Change of aptitude and attitude from attack to defense and vice versa Grouping after losing the ball.

Jürgen Klopp

Exercise



Material

- 1 goal
- 6 cones

Description

Exercise for automatism, with these movements we can train many aspects of a real play.

We will be able to modify both the movements and intensity of the play. This is one of Jürgen Klopp's favorite moves at BVB Dortmund.

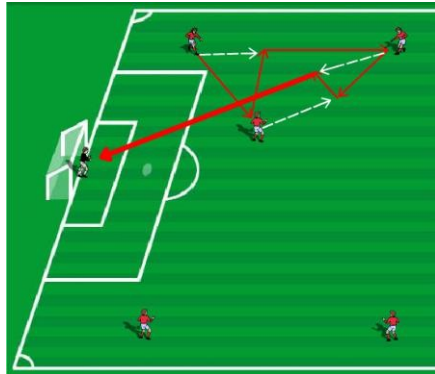
Objectives

Improvement of :

- Pass Improvement
- Mobility
- Shot on goal

Miroslav Djukic

Exercise



Material

- 1 goal
- several balls

Description

Attacking movements, one-touch passes and long-range shots on goal.

In these areas of the field what is needed is quick decision making and a good first touch game to get rid of the mark of the opposing defenders.

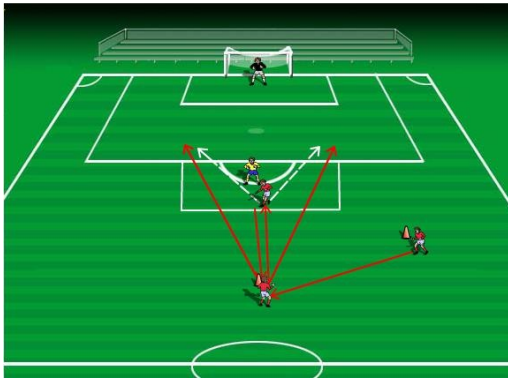
Objectives

Improvement of :

- Pass Improvement
- Improvement of the auction
- Fast ball circulation

Carlo Ancelotti

Exercise



Material

- 2 cones
- several balls

Description


The coach passes to the playmaker, who makes a first touch pass to the striker who, under pressure from the defender, passes back to the playmaker, then the striker looks for a clearance so that the playmaker can return the ball to him and shoot at goal.

Objectives

Improvement of :

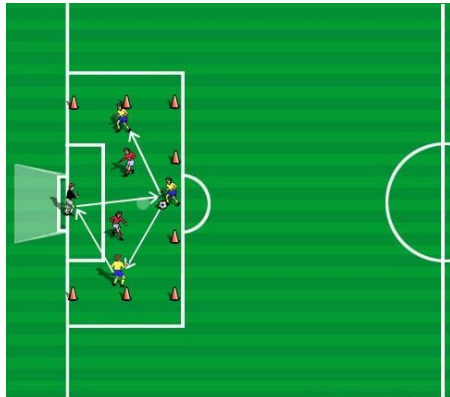
- Improved one-touch passing
- 1 vs. 1

Carlos Cantarero

Exercise	Material
	<ul style="list-style-type: none">- 10 balls
Description	Objectives
<p><i>Game with the hands, in an area of 15x15 meters divided into two parts, we will place five red players in one part and five yellow players in the other, the game is to get the 10 balls are all in one part of the field, the first one who gets it will win the game.</i></p> <p><i>Balls may be propelled by hand only.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Mobility

Arsené Wenger

Exercise



Material

- 1 goal
- several balls
- several cones

Description

We do a 4x2 in one of the areas.

The goal of the players in yellow plus the goalkeeper is to circulate the ball without the forwards being able to intercept it, once the forwards get the ball, they can shoot at goal, the players in yellow should be attentive and in case of loss of the ball, try to intercept the shot of the forwards.

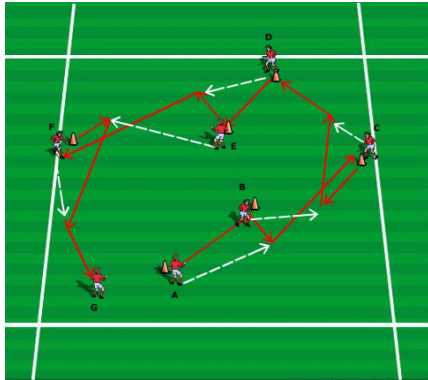
Objectives

Improvement of :

- Ball circulation
- Mobility
- First touch pass
- Attack/defense transition

Foppe de Haan

Exercise



Material

- 6 cones
- several balls

Description

A-B-A-C-B-C-D-E-D-F-E-F-G


This is the combination of passes that will have to be applied so that all players have to move and can pass the ball.

Objectives

Improvement of :

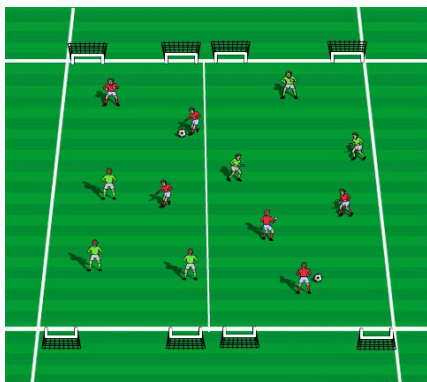
- Ball circulation
- Mobility

Fabio Capello

Exercise	Material
	<ul style="list-style-type: none">- 4 cones- several balls
Description	Objectives
<p><i>In a space of 10x10 meters we make a 5 against 1, every 30 seconds the coach makes a new yellow player enter, so the pressure will be stronger and stronger and the game will be faster and faster.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Ball circulation- Pressure

Frank Rijkaard

Exercise



Material

- 8 mini goals
- several balls

Description

Two mini soccer fields, 4 teams, 2 red and two green, when one of the teams scores a goal, the player who scored will run to the other field to help his teammates to press or score a goal, this way we will improve many technical/tactical aspects that we will find in a real soccer game.

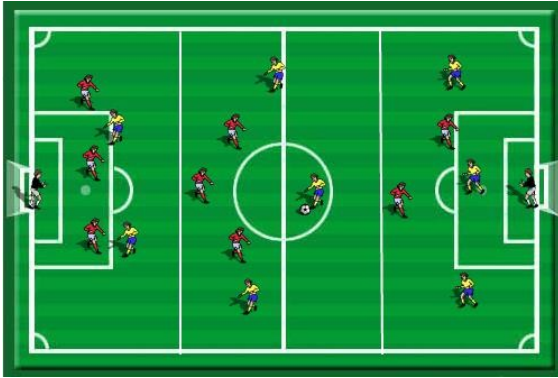
Objectives

Improvement of :

- Pass
- Auction
- Ball circulation
- First touch game
- Pressure

Joachim Löw

Exercise



Material

- 2 goals
- several balls

Description

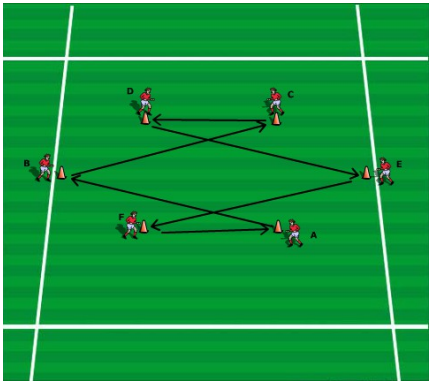
*In a full soccer field, it can also be done in only three quarters of the field, the players will be distributed in the three sectors of the field, in the defensive/finishing zone (depending on who is in possession of the ball) the defenders will have numerical superiority.
The rules are simple, to score a goal you have to pass through the three zones of the field, the players cannot invade the other zones and only the forwards can score a goal.*

Objectives


Improvement of :

- Ball circulation
- Pressure
- Coverage
- Shots on goal

José Mourinho

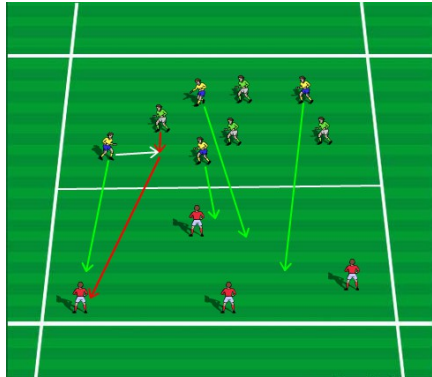
Exercise	Material
	<ul style="list-style-type: none">- 6 cones- 1 ball
Description	Objectives
<p><i>Exercise for the improvement of short and long passes, after a series of passes the players will move forward one position to be able to train both short and long passes.</i></p> <p><i>Positions can be moved forward either to the right or to the left, after three position changes all players will have made short and long passes.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Ball circulation- One- or two-touch pass

Juan Carlos Garrido

Exercise	Material
	<ul style="list-style-type: none">- 2 goals- several balls
Description	Objectives
<p><i>Training match, the objectives are clear, the team in possession of the ball will have to score a goal by turning the opposing team to the right or left, the players in the central zone can enter the end zone only on the wings and only one of them can execute the cross to the forwards.</i></p> <p><i>Other objectives can be included, for example that one of the 2 forwards moves down to the central zone and the other one moves to one of the flanks to be free of marks, etc. etc. etc. etc.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- <i>Tilting</i>- <i>Passive pressure</i>- <i>Ball circulation</i>- <i>Shot on goal</i>

Marcelo Bielsa

Exercise



Material

- several balls

Description

A field of 30x40 meters, we divide it in two, one team waits in one half while the other two do a 4x4 in the other half, when the team without possession intercepts the ball will pass it to the team in the other half of the field, the team that just lost the ball will have to run out at full speed to recover the ball.

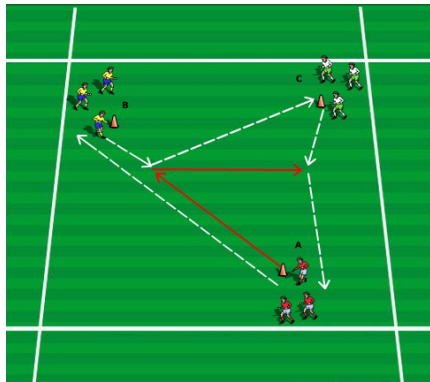
Objectives

Improvement of :

- Offensive transitions
- Ball circulation

Ronald Koeman

Exercise



Material

- Three cones
- several balls

Description

*Player A passes to B who runs out of position and passes directly to C who, after leaving his position to control the ball, will control the ball and take it under control to A's exit point.
All players will advance one position.*

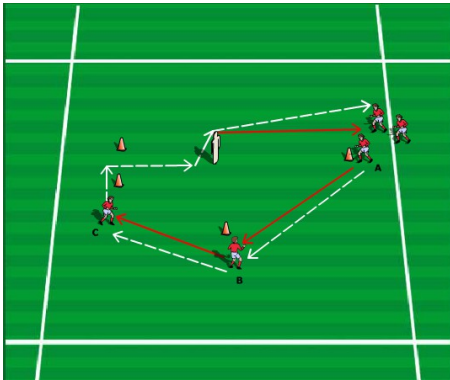
Objectives

Improvement of :

- Ball circulation
- Ball control
- One- or two-touch pass

Rafael Benitez

Exercise



Material

- 4 Cones
- 1 Plastic/aluminum dummy

Description

Player A passes to B who controls with his right foot, turns and passes with his left foot to C, player C controls with his right foot, drives the ball between the two cones with his right foot, faces and dribbles the dummy with his left foot and makes a long low/high pass to the player who is in the starting position.

All players advance one position.

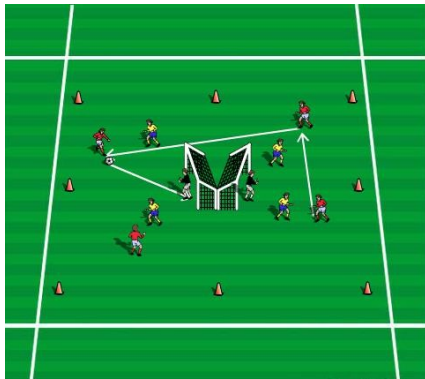
Objectives

Improvement of :

- Pass
- Reception
- Control
- Driving
- Dribble

Marco Van Basten

Exercise



Material

- several cones
- two goals
- several balls

Description

This exercise was one of Van Basten's favorites when he was in charge of Ajax Amsterdam.

The exercise consists of two defenders and the goalkeeper defending the goal from the attacks of the forwards who are in front, the defenders will have to put pressure on the forwards and try to prevent the forwards from shooting at goal.

The forwards will have to be very mobile and play with their first touch to get out of the pressure of the defenders quickly.

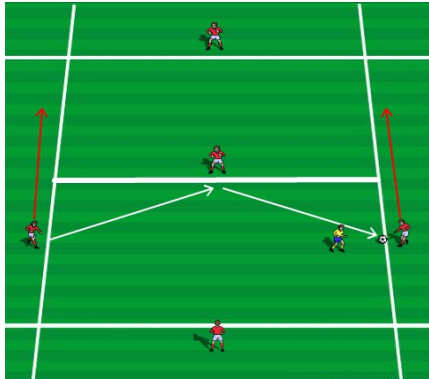
Objectives

Improvement of :

- Pressure
- Ball circulation
- Shot on goal
- Unmarking

Vicente del Bosque

Exercise



Material

- several balls

Description

In a 15x20 field, we divide the field in two parts, in one of the zones we make a 4x1 with the two "mobile" wings, mobile means that after the rules imposed by the coach the two wings will go to the other part to make a 4x1 again. For example, we can set as rules that after 4 or 5 passes in a row the fields are changed and the player who is in the division of the field takes the position in the center of the other field.

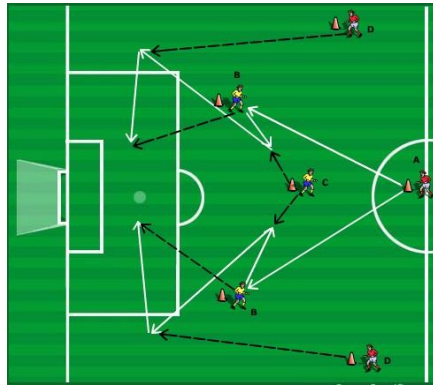
Objectives

Improvement of :

- Transitions
- Fast ball circulation

Zdenek Zeman

Exercise



Material

- several cones
- several balls

Description

Czech coach Zdenek Zeman's goal shooting drill.

It consists of combining a quick passing phase with a cross and a subsequent shot on goal.


In this case we will have the complicity of many players, we will be able to combine wingers with midfielders and strikers.

Objectives

Improvement of :

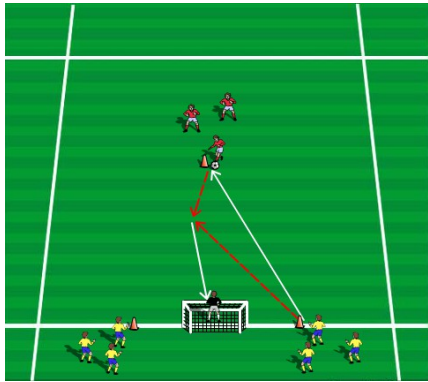
- Centers
- Auctions
- Pass
- Ball circulation

Manuel Pellegrini

Exercise	Material
	<ul style="list-style-type: none">- 4 mini goals- several balls
Description	Objectives
<p><i>Exercise of fast transitions, the teams will be composed of 4 defenders and 3 forwards each one, the forwards will have the objective of scoring a goal in one of the two mini goals, the defenders as soon as they recover the ball will have to look for one of the forwards to achieve a fast transition.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Pressure- Tilting- Attack in amplitude- Ball circulation

Luis Aragonés

Exercise



Material

- 3 cones
- 1 goal

Description

Exercise of control and firing.

A defender next to the goalkeeper makes a long pass to the striker who is about 20-25 meters from the goal, the striker makes a control, starts running, dribbles past the defender and shoots at goal.

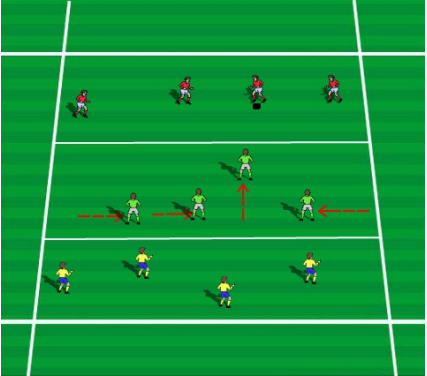
In the exercise you can make a couple of changes, the forwards can be two, you can make a 2x1 in favor of the attackers or a 2 for 2.

Objectives

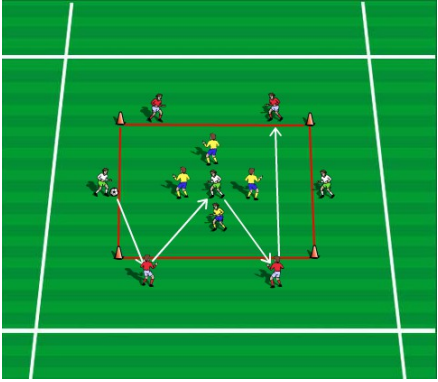
Improvement of :

- Pass
- Control
- Dribble
- Shot on goal

Roberto Mancini

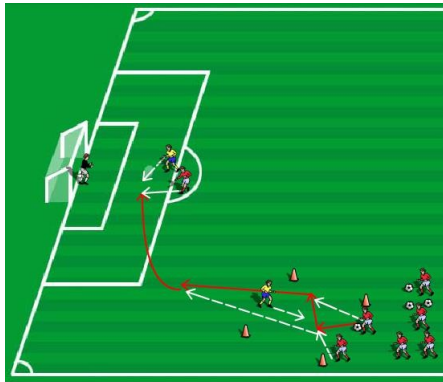
Exercise	Material
 <p>The diagram shows a football pitch with three horizontal lines. There are four players in each of the three middle lines. Red arrows indicate the movement of the players in the top line, green arrows for the middle line, and blue arrows for the bottom line. The arrows show a staggered pattern of movement across the lines.</p>	<ul style="list-style-type: none">- several balls
Description	Objectives
<p><i>Exercise for the basculation of the different lines of the team.</i></p> <p><i>Always depending on the tactical system with which we play the number of players may vary, the movements will always have to be the same, the position of the ball is the one that rules, the player who is in front of the ball will always have to leave his position.</i></p> <p><i>The team with the ball in its possession will have to be somewhat staggered to have a better circulation of the ball and thus be able to make a pass to the team behind the "defender".</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Tilting- Fast ball circulation

Pep Guardiola

Exercise	Material
	<ul style="list-style-type: none">- 4 cones- several balls
Description	Objectives
<p><i>Exercise of fast circulation, it is a 4x4 with three jokers.</i></p> <p><i>Inside the square we will place a joker against 4 players of the opposing team, the joker will be the bridge between the four sides of the square, the four players in yellow will always have to be in movement and be in front of the possible passes received by the central joker.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Ball circulation- First touch pass- Pressure- Tilting- Swaps

Ralf Rangnick

Exercise



Material

- several cones
- several balls

Description

In the square that is located on one side of the field, we make a 2 for 1 against a defender, when we pass, the player will hit a cross to the area, where the striker and the defender will duel to finish off the ball.

Objectives

Improvement of :

- 1 vs. 1 duels
- Unmarking
- Centers
- Passes

Mark Robins

Exercise



Material

- 2 goals
- several balls

Description

In the central area we make a 3x3 between midfielders, the first to get 3-4 or 5 passes in a row can make a deep pass to the center forward, this will pass to one of the ends who will drive a few meters and hit a cross to the area where the center forward and the end of the other side will enter to finish.

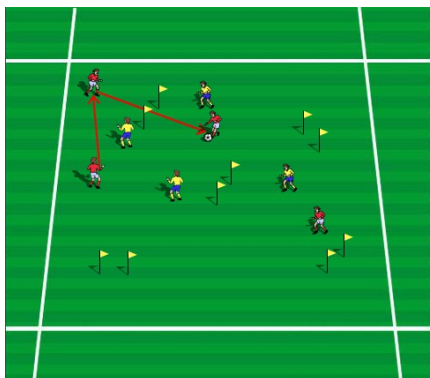
Objectives

Improvement of :

- Centers
- Circulation of the ball
- Shot on goal

Claude Puel

Exercise



Material

- 10 one meter banderillas
- several balls

Description

In this exercise the main duty is to pass the ball between the two flags, to get a point you have to pass at least three times in a row between the sticks, but never three times between the same goal of flags.

Objectives

Improvement of :

- Walls
- Unmarking

Domenico Di Carlo

Exercise



Material

- several cones
- several balls
- 4 mini goals

Description

*In a large space of 30 by 40, we make an 8 by 3 with two jokers, the three yellow players will have to prevent the jokers from touching the ball because only after a wall with the joker will it be possible to score a goal.
The exercise will have to be done with two balls to make it faster.*

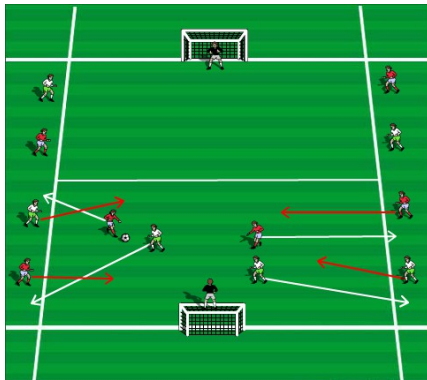
Objectives

Improvement of :

- Walls
- Ball circulation
- Auction
- Pressure

Harry Redknapp

Exercise



Material

- 2 goals
- several balls

Description

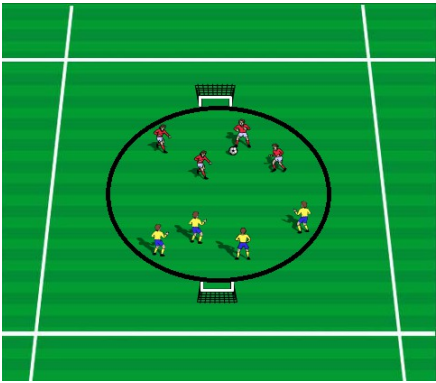
During a certain time, a normal 2 against 2 will be played, when the coach dictates it, changes will have to be made on the fly and the ball will have to stay in the same place where it was before the change, it may be that the player of the opposing team joins the game faster so that he has the possession and can start attacking.

Objectives

Improvement of :

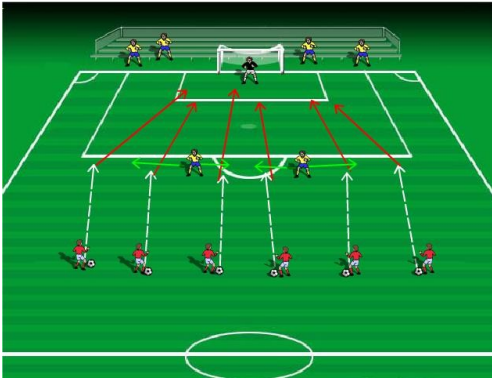
- Attack-defense transitions
- Auction

Nestor Gorosito

Exercise	Material
	<ul style="list-style-type: none">- 2 mini goals- several balls
Description	Objectives
<p><i>In a circle as big as the central circle of the field we will make a 4 x 4 with two small goals, as the space is very restricted the game has to be very fast.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Shot on goal- Continuous passes- Ball circulation

Craig Brown

Exercise



Material

- several balls
- 1 goal

Description

Goal shooting exercise.

6 players with the ball all located on the same line, two defenders and a goalkeeper to stop all the balls that the attackers shoot at goal, when the coach orders it, the players with the ball will run to the goal and when they are at the height of the defenders will shoot at goal, the goalkeeper will have to stop everything he can and the defenders will have to cover all the shots of the opponents.

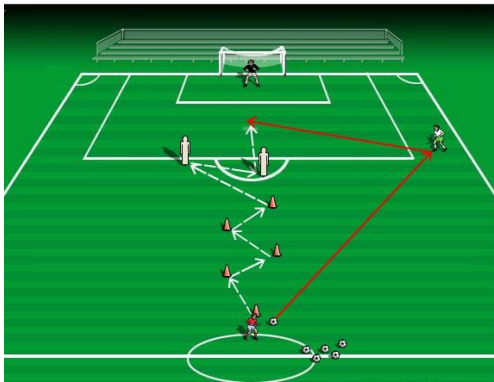
Objectives

Improvement of :

- Shot on goal
- Defending the goal

Juan Antonio Pizzi

Exercise



Material

- 5 cones
- several balls
- 2 plastic/aluminum dolls

Description

From almost the middle of the field, a player makes a long and high pass to a player located at the height of the large area, after making the pass the red player will start to run fast and touch all the cones that are in front of him, after touching the cones he will go to the farthest dummy from him, he will touch it and after touching the second dummy he will shoot the ball that will be centered by the player that is out of the area.

Objectives

Improvement of :

- Fast reaction time
- Long pass
- Shot on goal

David Moyes

Exercise



Material

- several balls
- 6 mini goals

Description


A match of 6 against 6 with a "libero" in each team, the rules are simple, the goal that the libero is defending will not be able to score a goal.

Objectives

Improvement of :

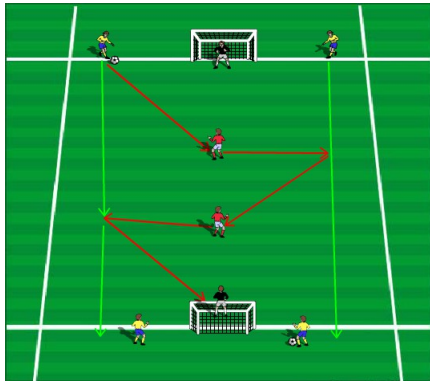
- Shot on goal
- Pressure

Ricardo Gomes

Exercise	Material
	<ul style="list-style-type: none">- several balls
Description	Objectives
<p><i>On time for each 2 minutes</i></p> <p><i>1 time : unlimited touches</i></p> <p><i>2 time : 3 touches</i></p> <p><i>3 time : 2 touches</i></p> <p><i>4 time : 1 touch</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- <i>Ball circulation</i>- <i>Fast passes</i>

José Luis Oltra

Exercise



Material

- 2 goals
- several balls

Description

Two players on the sides of one of the goals, one of them with the ball, the player with the ball makes a pass to one of the two players located in the center of the field, he passes it to the player on the other side who also started running, he also does the same and passes to the other red player who is more advanced in the field, the red player does the same operation and passes to the first player who will control and shoot at the goal.

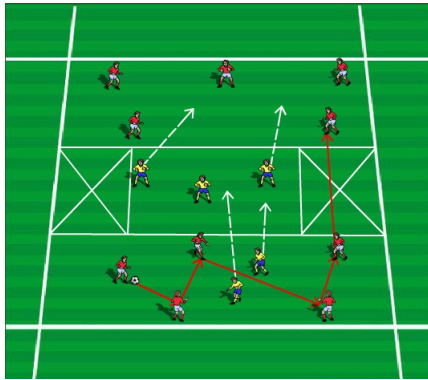
Objectives

Improvement of :

- Passes
- Shot on goal

Roy Hodgson

Exercise



Material

- several balls

Description

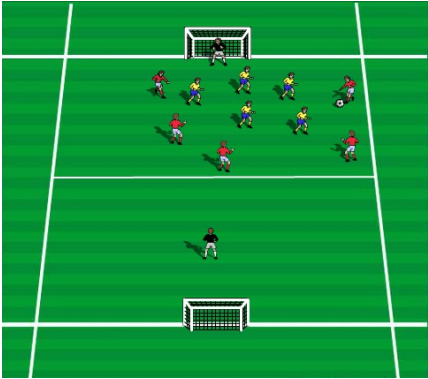
Passing and transitions game, the red players before making a pass to the teammates on the other side of the field, will have to make at least 4 passes in a row, while the yellow players will have to put pressure on them, when the pass is made to the other side, the yellow players will go back to the middle square while two of their teammates will go out to put pressure on the red players on the other side of the field.

Objectives

Improvement of :

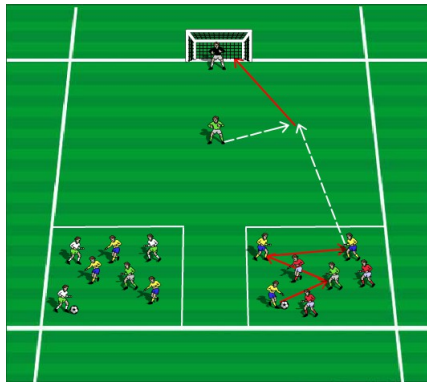
- Ball circulation
- Defensive transition
- Pressure

Mauricio Pellegrino

Exercise	Material
	<ul style="list-style-type: none">- 2 goals
Description	Objectives
<p>A 40 x 40 square is divided into two parts. To get the team players with possession they must all be in the opponent's field.</p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Compact equipment- Shot on goal

Neil Warnock

Exercise



Material

- several balls
- 1 goal

Description

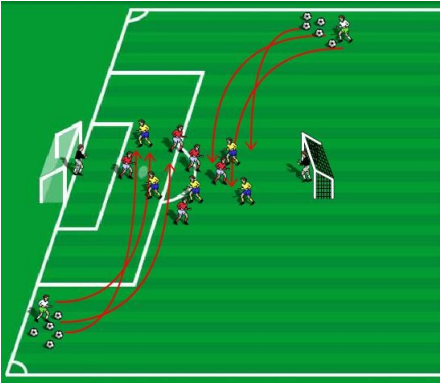
We make 4 teams, two in each large square 10x10 meters, these will be doing a 4x4 without any rules, when the coach shouts a player's name, that player will run out with the ball and face the defender before shooting at goal.

Objectives

Improvement of :

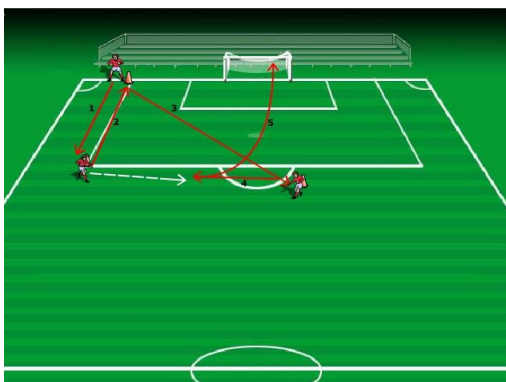
- Shot on goal
- Offensive transition

Hugo Sanchez

Exercise	Material
	<ul style="list-style-type: none">- 2 goals- several balls
Description	Objectives
<p>2 goals, in the center two teams of 5 players each. At the extremities 2 players with several balls to center, one team finishes off to the right, the other to the left. Only one rule, goals will be scored only with headers.</p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Header

Roberto Martinez

Exercise



Material

- several balls

Description

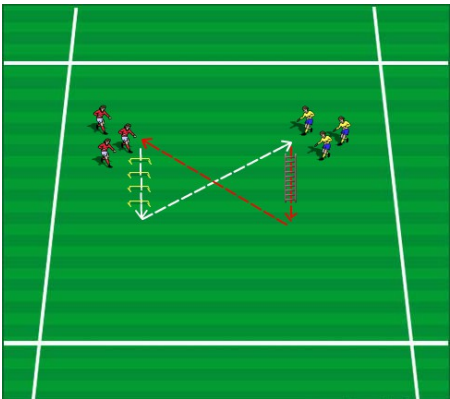
*An exercise in passing, control and finishing.
No rules, just good ball circulation and always shooting at the far post of the goal.*

Objectives

Improvement of :

- Goalkeeper shot
- Passes

Massimiliano Allegri

Exercise	Material
	<ul style="list-style-type: none">- 1 ladder- 4 obstacles
Description	Target
<p><i>This is an explosive strength exercise, with two obstacles.</i></p> <p><i>On the left side we will place 4 obstacles that the players will have to jump over and then run to where the players of the other side are, while on our right side we will place a ladder, the players will have the same course.</i></p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Speed- Explosive strength

Ricardo La Volpe

Exercise



Material

- Mini goals
- several balls

Description

A game of transitions, the wing players will have to keep the opposing defense open and the three midfield players will be in charge of scoring goals.

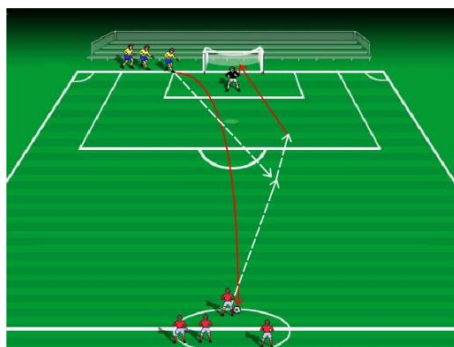
Objectives

Improvement of :

- Offensive and defensive transitions
- Shot on goal
- Amplitude

Mick McCarthy

Exercise



Material

- 1 goal
- several balls

Description


*Exercise of dribbling and dribbling.
A defender makes a long pass to the player who is located in the center of the field, he controls and faces the defender who came out of his position, after dribbling him he shoots at goal.*

Objectives

Improvement of :

- Control
- Shot on goal

Alberto Rey

Exercise	Material
	<ul style="list-style-type: none">- 8 cones- 1 ball

Description	Objectives
<p>The exercise starts in the middle rhombus, in this rhombus we make a 4x2, at the moment that one of the red players recovers the ball, the players outside will come into play, the 4x2 in favor of the yellow team will become a 6x4 for the red team.</p>	<p>Improvement of :</p> <ul style="list-style-type: none">- Pressure- Ball circulation- Offensive and defensive transitions