



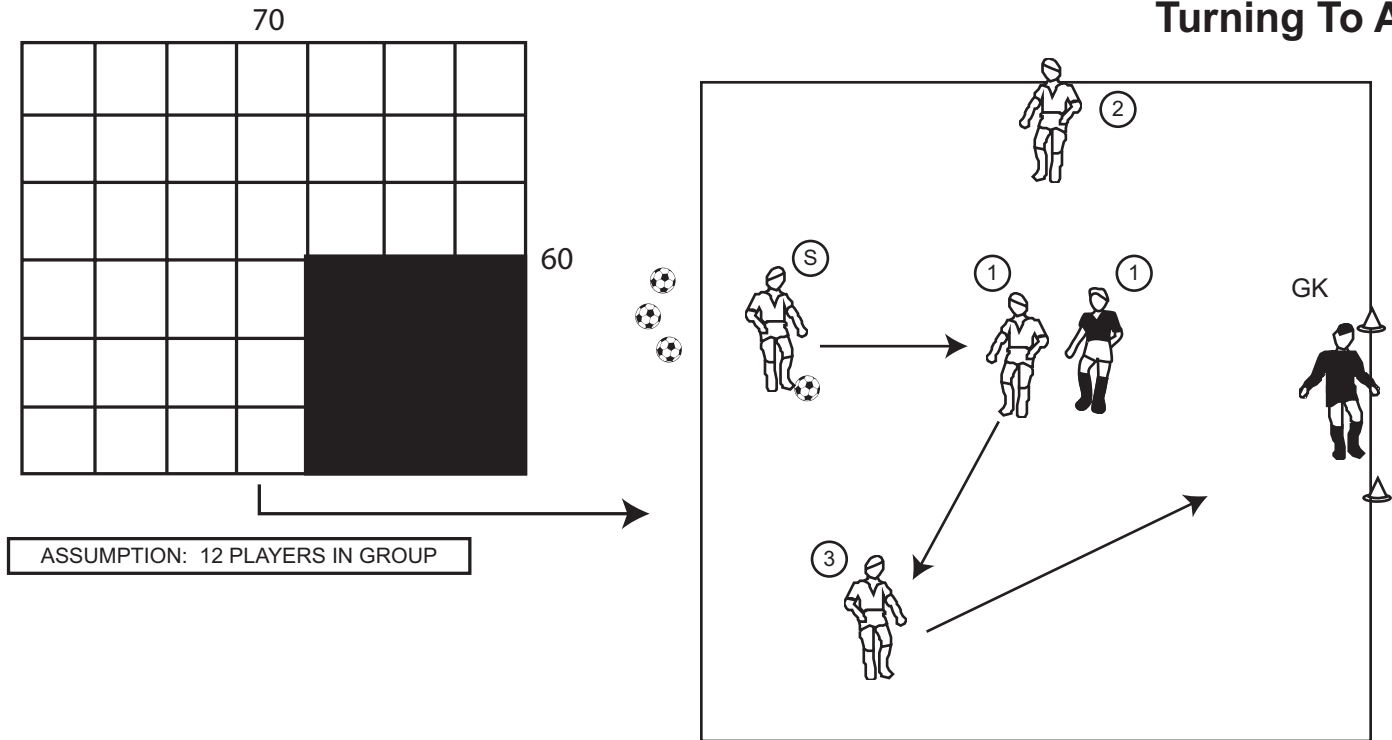
THE OFFICIAL CAMP AND CLINIC OF MAJOR LEAGUE SOCCER

**TRYOUT
&
PLAYER EVALUATION**

Games - Team

PRACTICE LIKE A PRO - Creating Space

Turning To Attack



Purpose

To develop turning on an opponent in a functional practice.

Organization

Set out a 30 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players. This is a competition between defender and attacker to see how many goals are scored.

Game Objective

Light player 1 creates space by moving away and then turning back towards the server. The server passes to light player 1, who must control the ball, turn and lay the ball off to either supporting light player 2 or 3. Light player 1 sprints past the defender to receive a return pass which he shoots on goal. Light players 2 and 3 follow in for rebounds.

Progressions

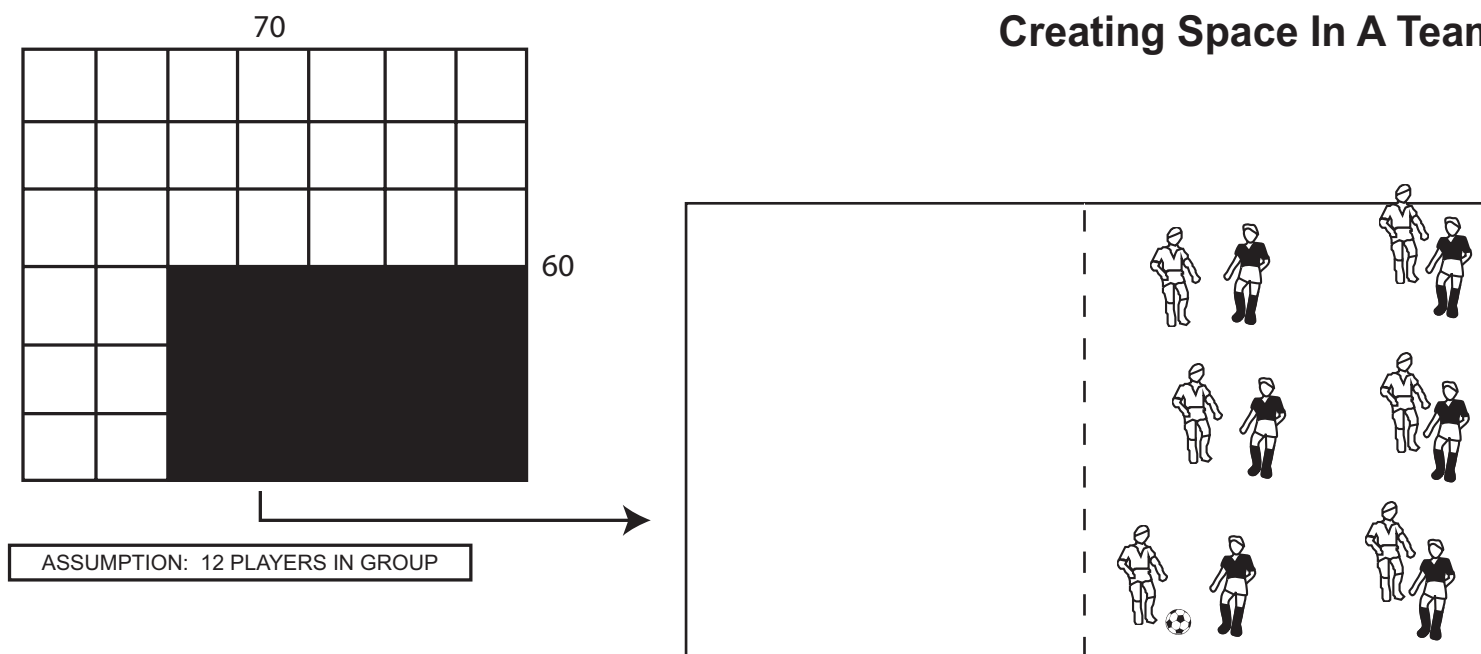
1. Vary the speed and height of the serves.
2. Allow light players 2 and 3 to shoot directly on goal.

Key Coaching Points

1. Go away at an angle to draw defender from the middle.
2. Can you make a little head check to see where the defender is?
3. 1st touch away from the defender.
4. If the defender is not tight, then turn and attack them.
5. Create space behind you to turn and move into.

TRAINING SESSION - Support Play

Creating Space In A Team



Purpose

To develop possession, position and penetration in a pressurized environment.

Organization

Set out a 50 x 30 yard area. The field is divided by a 1/2 way line. Play 6 v 6.

Game Objective

The team in possession of the ball must attempt to make 3 passes before playing the ball into the other 1/2 of the area. A teammate must run onto the ball and control it in the far area to score a point. Players should make straight and angled runs as if attempting to beat an offside trap. Once a player receives the ball in the other 1/2, all players move to this area. Repeat in the opposite direction. First team to get 5 points, wins.

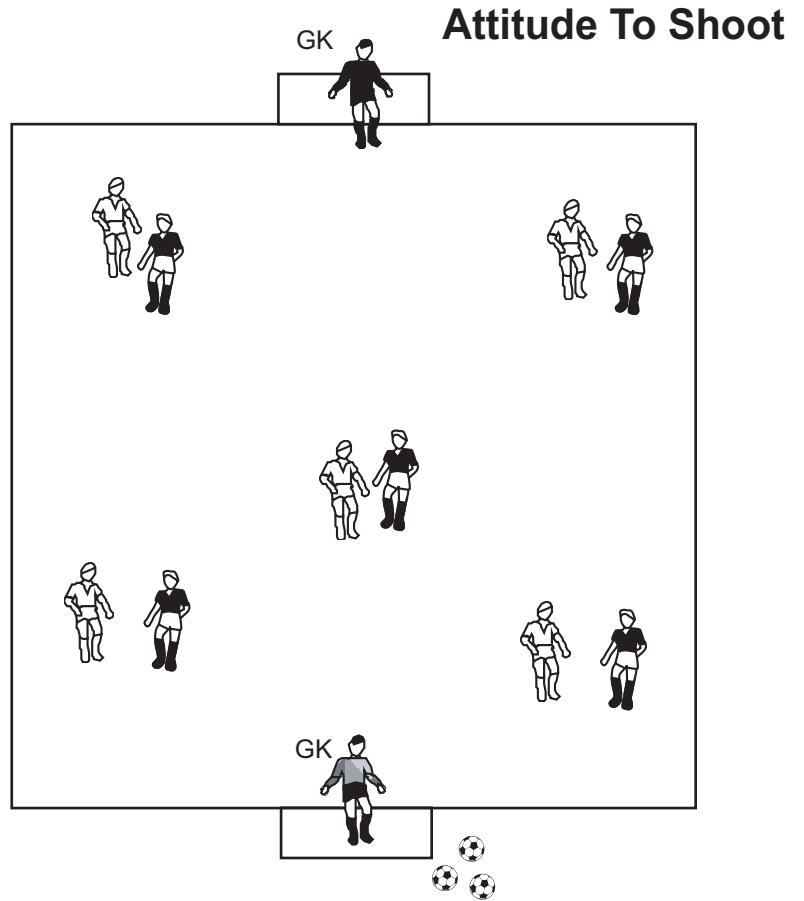
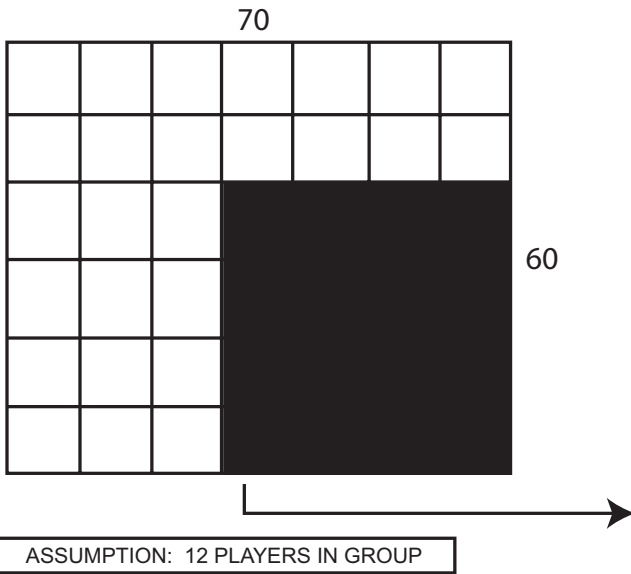
Progressions

1. Team without possession plays 5 v 6 with a defender in the other area so now quality of pass and run must be better.
2. Player who passes cannot receive the ball back. Therefore, pass and then clear the space.

Key Coaching Points

1. Assess the type of pass—straight, angled, on floor, in air?
2. Speed of thought and movement.
3. Need to play 1 or 2 touch to create space.
4. Keep possession until teams can penetrate.

TRAINING SESSION - Scoring



Purpose

To reinforce shooting attitude.

Organization

Set out a 40 x 40 yard area. Play 5 v 5 in the field of play with goalkeepers at each end. Goalkeepers should have a supply of balls. Only goalkeepers can roll the ball into play.

Game Objective

The object of the game is to shoot on goal at any opportunity. The coach should stop the game after 5 minutes and tell the team how many shooting opportunities they had, how many shots they took, how many were on target, how many were off target, how many goals were scored, and the location of each goal.

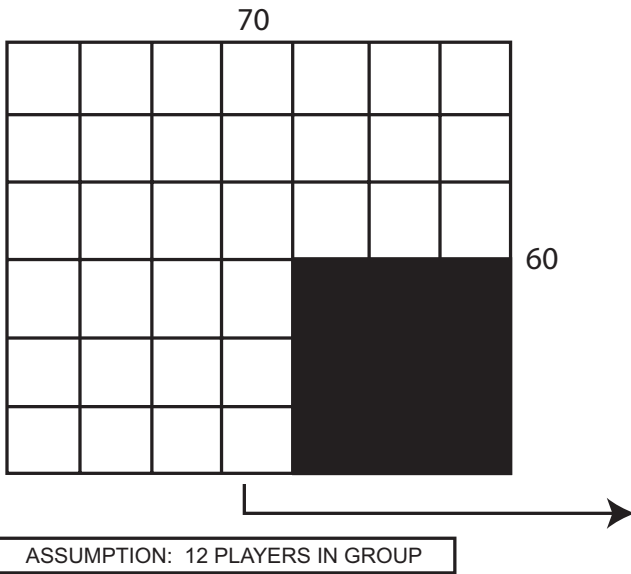
Progressions

Play again for 5 minutes and see if there is any difference in outcomes.

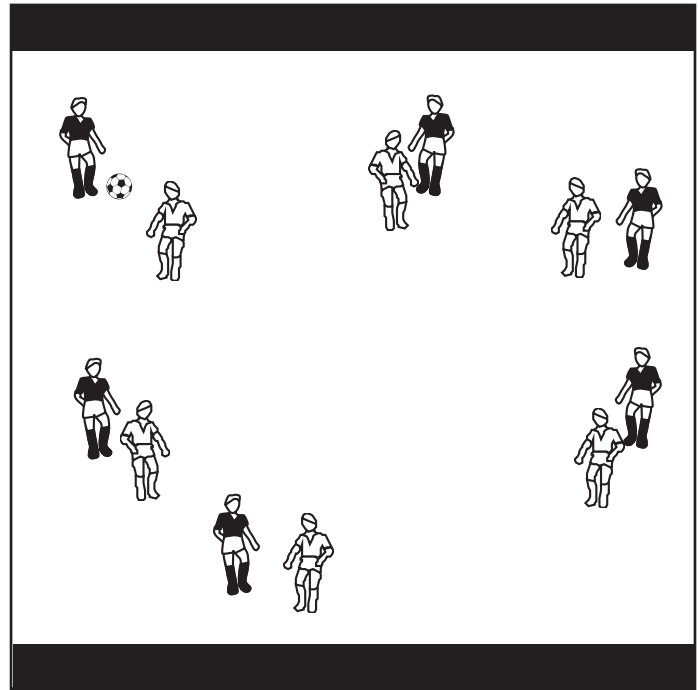
Key Coaching Points

1. If possible, select shot over dribble or pass.
2. Look for secondary opportunities.
3. Look to aim for the far post and hit the target.
4. For power shots, follow through and land on your striking foot.
5. Keep the ball low and away from the goalkeeper.

COACHING SESSION - Creating Space/Indiv.



Team Movement



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 30 x 30 yard area. Set out an end zone 5 yards wide from each endline. Play 6 v 6. One ball per group.

Game Objective

The dark team is in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area. 3 points for every ball stopped in the area. 1 point for any 1 - 2's, overlaps or takeovers.

Progressions

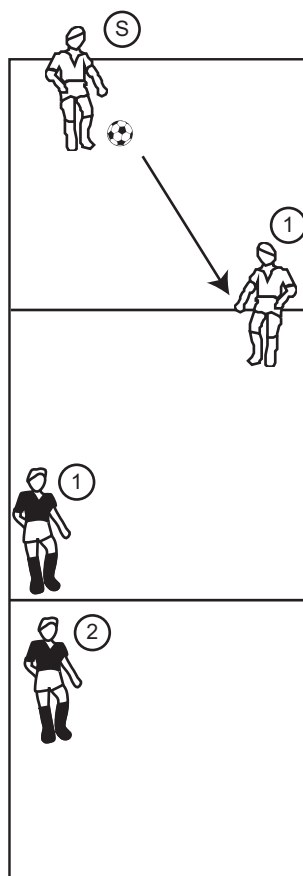
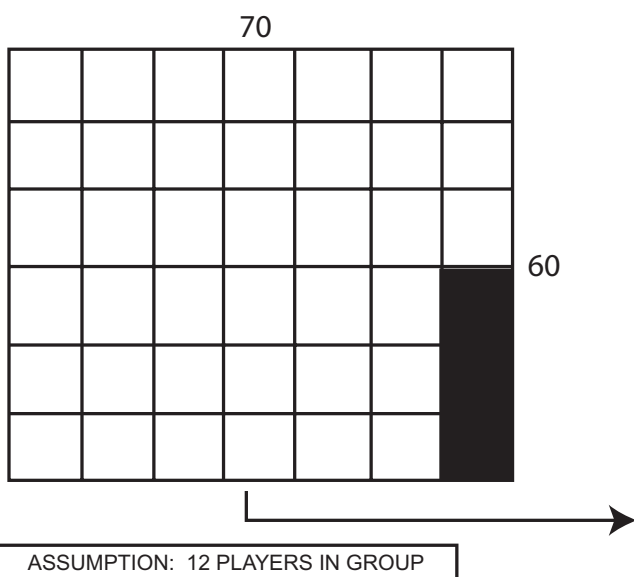
Make the end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.
3. Keep possession at all times.
4. Your first look should always be for a forward pass.
5. When the ball is won, play forward.

COACHING SESSION - Defensive Play

Defending 2 v 1



Purpose

To develop the role of the covering defender.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

Server plays the ball to light player #1. Dark defender #1 closes down the space to light player #1 while the covering dark defender #2 positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.