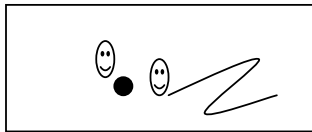
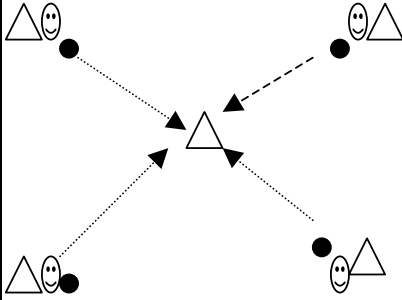
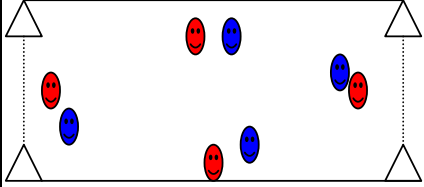


<p>Date :</p> <p>Time:</p> <p>Goal: to learn the basics of technique, turning with the inside of the foot, turning with the outside of the foot etc. and making faints.</p>	<p>Coach : David van den Brink/ Jeroen van den Berg</p> <p>Signature :</p>
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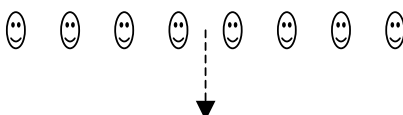
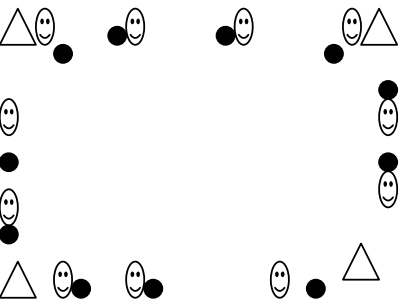
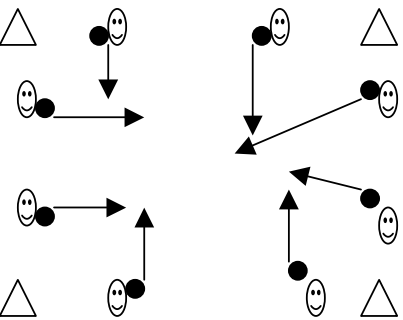
Phase/stage	Contents/method	Organisation	Instructions/corrections
Warming-up 10 minutes	The players are in a square as a twin. Nr.1 is in front without a ball and nr 2 follows nr.1 where he goes. Nr.2 has the ball. Swop after 2/3 minutes.		<ul style="list-style-type: none"> <li>- look up, no bumps</li> <li>- don't look for dollars on the floor</li> <li>- dribble is touching the ball <b>every step</b></li> </ul>
learning/improving phase 25-30 minutes	Several cones in a circle and in the middle of that another cone. Behind every cone two players, but not at the middle cone. Nr1 dribbles with ball to the centre cone and turns there by touching the ball with the inside of the foot. We do this with several kinds of turning. Every player 5 times.		<ul style="list-style-type: none"> <li>- First turn with the inside of the foot: supporting leg in front of the ball.</li> <li>- Turn with the outside of the foot: supporting leg next to the ball.</li> <li>- Turning behind your supporting leg: supporting leg next to the ball.</li> </ul>
learning/improving phase 25-30 minutes	Same organisation but now 2 players dribble to the centre coan and make a feint and dribble straight through.	See above only now not 4 players at the same time but 2.	<ul style="list-style-type: none"> <li>- Make de feint a meter before de cone.</li> <li>- The cone is your opponent</li> <li>- Make the feint with speed</li> </ul>
application phase	Game, line soccer, you can score by dribbling the ball over the line of your opponent.		<ul style="list-style-type: none"> <li>- little space and a lot one on one</li> <li>- a lot of turning and many opportunities for feints</li> </ul>

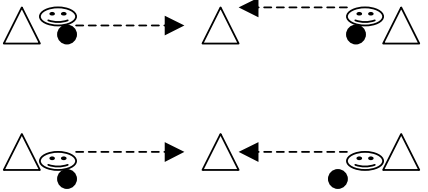
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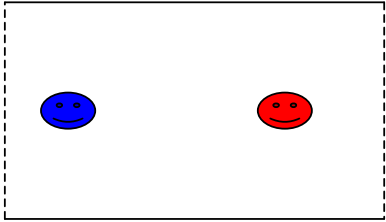
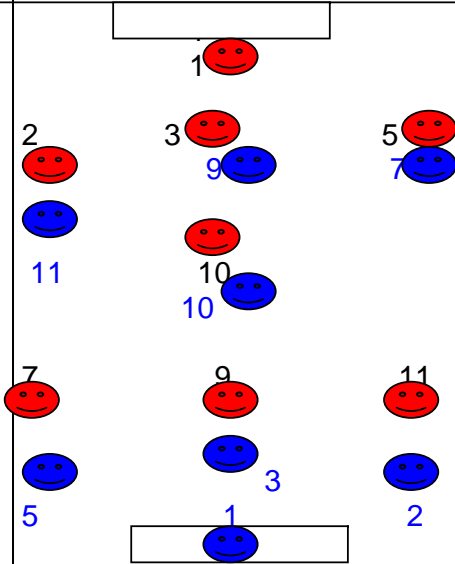
Date :  
Time:

Coach : David van den Brink/ Jeroen van den Berg  
Signature :

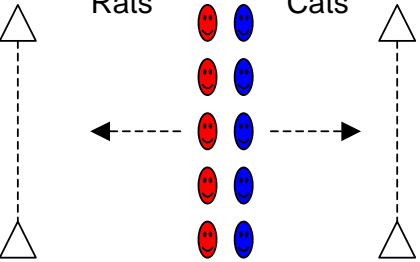
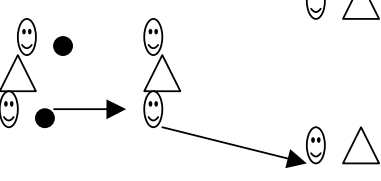
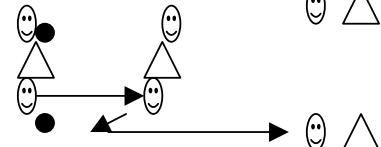
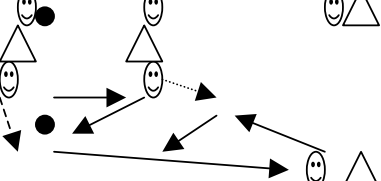
Goal: to learn the basics of technique, turning with the inside of the foot, turning with the outside of the foot etc. and making faints.

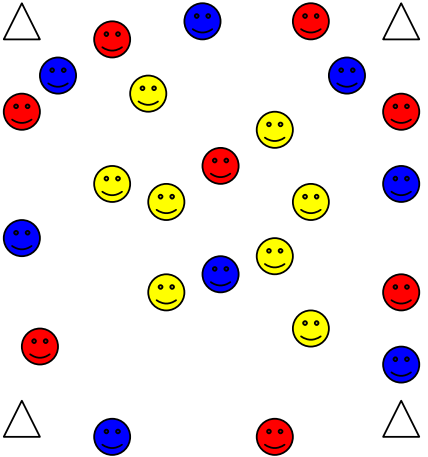
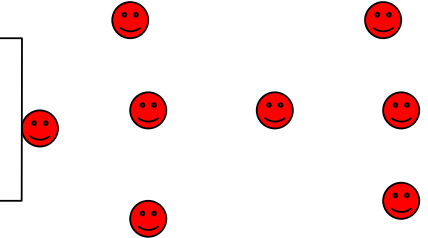
Phase/stage	Contents/method	Organisation	Instructions/corrections
Warming-up 10/15 minutes	Walk exercises, knees up, heels to but etc.		Coach leads
extended warming-up/learning and improving phase	All the players around a square with between them 1 meter space. They dribble with ball around the square and when the coach says third ball in front of you, you leave your ball and take the third ball in front of you. The same with second ball behind you.		<ul style="list-style-type: none"> <li>-Don't cut off</li> <li>-Keep you're head op, look in front off you and keep distance</li> <li>-Don't try to catch up with somebody.</li> </ul>
25-30 minutes	Same organisation but other commands with the old. 1= turn around and dribble the other side. 2= cross the square straight from the side where you are.		<ul style="list-style-type: none"> <li>- keep your head up</li> <li>- look for space while crossing the square</li> <li>- no bumps</li> <li>- Listen good which command it is.</li> </ul>
learning/impro-	Turning exercises. 2 players behind every		- First turn with the inside of

<p>ving phase 35-40 minutes</p>	<p>cone opposite to another two players at a cone. In the middle of these to twins is the centre cone. Every player will dribble each exercise 5 times to the centre cone and make a turn. We make several turns: inside foot, outside foot, sole of the foot and behind the supporting leg. So every player makes 25 turns.</p>		<p>the foot: supporting leg in front of the ball.</p> <ul style="list-style-type: none"> <li>- Turn with the outside of the foot: supporting leg next to the ball.</li> <li>- Turning behind your supporting leg: supporting leg next to the ball.</li> <li>- When you turn with the right foot you take the ball with you with your left foot.</li> <li>- After every turn the ball has to be in front off you so you can see what's happening on the pitch.</li> <li>- Make de feint a meter before de coan.</li> </ul>
<p>Learning/improving phase 20-25 minutes</p>	<p>Same organisation but now 2 players dribble to the centre cone and make a feint and dribble straight through.</p>	<p>See above only now they don't turn but pass through to the other side.</p>	<ul style="list-style-type: none"> <li>- The coan is your opponent</li> <li>- Make the feint with speed</li> </ul>

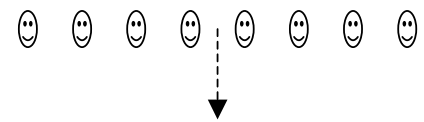
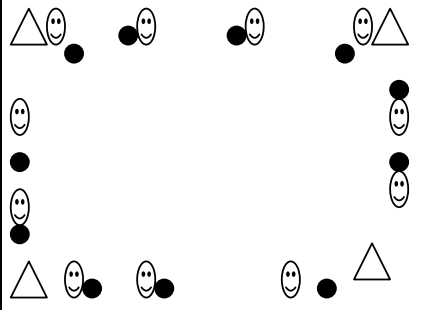
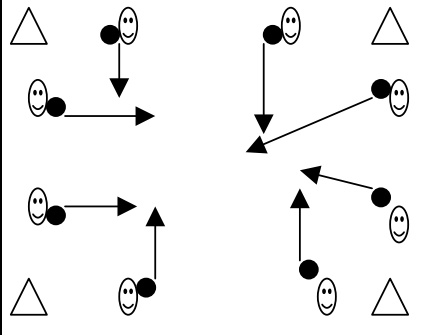
<p>Orientation phase</p>	<p>1:1 line soccer, on several pitches, on every pitch 4 players. It depends what space is available how many pitches you make. Maybe 6 pitches for 25 players. But otherwise 3 pitches for 12 players. Half will play 1:1 and half will play in a circle a position game. 1:1 is 1 minute game is it hot or are the players tired 30 seconds. After minus 10 minutes the groups will swop.</p>		<ul style="list-style-type: none"> <li>- bring the turning and feints in to practice</li> <li>- make the actions with speed</li> <li>- survey, look in front of you</li> <li>- don't wait for the defender to defend but make the defender defend.</li> </ul>
<p>Application phase 20-25 minutes</p>	<p>8:8 game, 3 groups 2 of 8 and 1 of 9. Play in a 1:3:1:3 formation</p>		<ul style="list-style-type: none"> <li>- learn to play in a formation</li> <li>- Learn the basics of soccer, ballpossession make the pitch big, ballpossession opponent make the pitch small.</li> </ul>

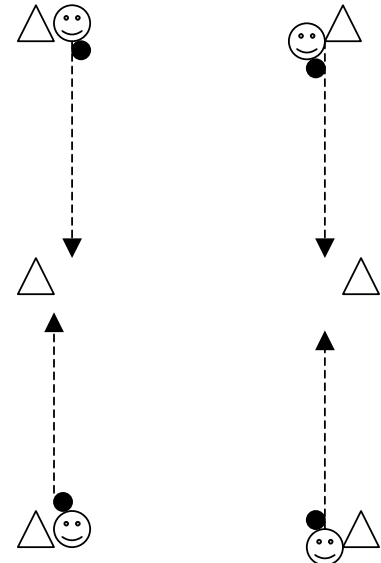
Date : Sunday 21 July  
 Time: 8.00- 10.00  
 Goal: to learn the basics of technique, passing and controlling and one touch play.

Phase/stage	Contents/method	Organisation	Instructions/corrections
Warming-up 10/15 minutes	Tag, rats and the cats. Two players standing opposite to another. One is a cat and the other is a rat. When the coach says rats then the rats run and the cats try to catch them. When the rats make it to their line then it's a point.		<ul style="list-style-type: none"> <li>- after 3 times swop opponents</li> <li>- Make a competition and ask who wins out of three.</li> </ul>
Learning/improving phase          25-30 minutes	Passing play, you play in a y shape. We do this in different styles. The first is: play the ball to the player at the first cone, he turns and plays the ball to the player at the farrest cone. Everybody follows the ball.		<ul style="list-style-type: none"> <li>- play the ball on the right leg &gt; (the outside leg for your opponent)</li> <li>- cone is a pretending opponent</li> </ul>
	The second version is: play the ball to the player at the first cone, he gives it one touch back and then a cross pass to the player at the farrest cone.		<ul style="list-style-type: none"> <li>- Support the player at the farrest cone at the right moment, are you too early then you're already there and easy to defend.</li> </ul>
	The third version is: the same as above only at the farrest cone there will be a wall pass or 1-2 combination.		<ul style="list-style-type: none"> <li>- You have to be moving, don't wait for the ball, but come to the ball.</li> <li>- Ask for the ball</li> </ul>

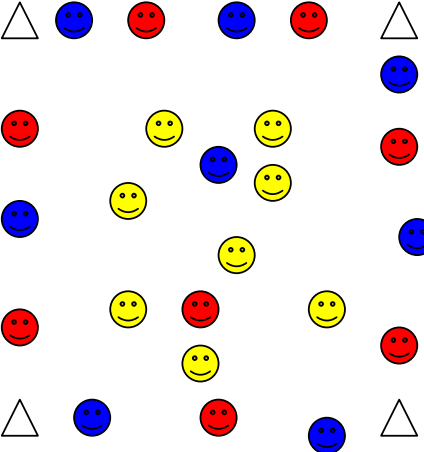
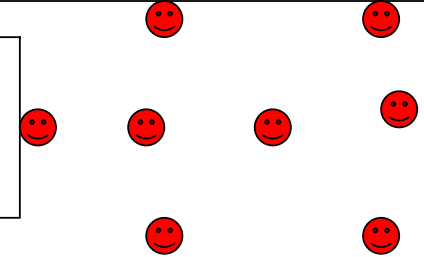
Phase/stage	Contents/method		Instructions/corrections
<p>orientation phase 15-20 minutes</p>	<p>Position game, 3 teams 2 of 8 and 1 of 9. 2 teams play together and the third team is the defending team. When the defending team catches the ball from one of the teams then they become attackers and the team which made the mistake becomes the defending team. Yellow are the defenders and red and blue will play together.</p>		<ul style="list-style-type: none"> <li>- fast change over when you lose possession of the ball</li> <li>- When you have possession of the ball make the right formation&gt; so 2 central players.</li> <li>- You always need somebody in the middle so you make a triangle and you create 2 possibilities to play the ball to</li> <li>- When you have possession of the ball make the pitch big.</li> </ul>
<p>Application phase 20-25 minutes</p>	<p>8:8 game, 3 groups 2 of 8 and 1 of 9. Play in a 1:3:1:3 formation</p>		<ul style="list-style-type: none"> <li>- learn to play in a formation</li> <li>Learn the basics of soccer, ballpossession make the pitch big, ballpossession opponent make the pitch small.</li> </ul>

<p>Date :</p> <p>Time:</p> <p>Goal : to repeat what is done in previous 2 practices, see how much they control the basics of technique, the turning and the passing and controlling of the bal.</p>	<p>Coach : David van den Brink/ Jeroen van den Berg</p> <p>Signature:</p>
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Phase/stage	Contents/method	Organisation	Instructions/corrections
<p>Warming-up 10/15 minutes</p>	<p>Walk exercises, knees up, heels to but etc.</p>		<p>Coach leads</p>
<p>extended warming-up/learning and improving phase</p>	<p>All the players around a square with between them 1 meter space. They dribble with ball around the square and when the coach says third ball in front of you, you leave your ball and take the third ball in front of you. The same with second ball behind you.</p>		<ul style="list-style-type: none"> <li>-Don't cut off</li> <li>-Keep your head up, look in front of you and keep distance</li> <li>-Don't try to catch up with somebody.</li> </ul>
<p>20-25 minutes</p>	<p>Same organisation but other commands with the old. 1= turn around and dribble the other side. 2= cross the square straight from the side where you are.</p>		<ul style="list-style-type: none"> <li>- keep your head up</li> <li>- look for space while crossing the square</li> <li>- no bumps</li> <li>- Listen good which command it is.</li> </ul>

<p>learning/improving phase 15-20 minutes</p>	<p>Turning exercises. 2 players behind every cone opposite to another two players at a cone. In the middle of these two cones is the centre cone. Every player will dribble each exercise 5 times to the centre cone and make a turn. We make several turns: inside foot, outside foot, sole of the foot and behind the supporting leg. So every player makes 25 turns.</p>		<ul style="list-style-type: none"> <li>- First turn with the inside of the foot: supporting leg in front of the ball.</li> <li>- Turn with the outside of the foot: supporting leg next to the ball.</li> <li>- Turning behind your supporting leg: supporting leg next to the ball.</li> <li>- When you turn with the right foot you take the ball with you with your left foot.</li> <li>- After every turn the ball has to be in front of you so you can see what's happening on the pitch.</li> </ul>
<p>Learning/improving phase 10-15 minutes</p>	<p>Same organisation but now 2 players dribble to the centre cone and make a feint and dribble straight through.</p>	<p>See above only now they don't turn but pass through to the other side.</p>	<ul style="list-style-type: none"> <li>- Make the feint a meter before the cone.</li> <li>- The cone is your opponent</li> <li>- Make the feint with speed</li> </ul>

Phase/stage	Contents/method	Organisation	Instructions/corrections
Learning/improving phase	<p>Passing play, you play in a y shape. We do this in different styles. The first is: play the ball at the player at the first cone, he turns and plays the ball to the player at the farrest cone. Everybody follows the ball. And the last player will try to score the ball in the goal.</p>		<ul style="list-style-type: none"> <li>- play the ball on the right leg &gt; (the outside leg for your opponent)</li> <li>- cone is a pretending opponent</li> </ul>
	<p>The second version is: play the ball to the player at the first cone, he gives it one touch back and then a cross pass to the player at the farrest cone. And the last player will try to score the ball in the goal.</p>		<ul style="list-style-type: none"> <li>- Support the player at the farrest cone at the right moment, are you too early then you're already there and easy to defend.</li> </ul>
25-30 minutes	<p>The third version is: the same as above only at the farrest cone there will be a wall pass or 1-2 combination. And the last player will try to score the ball in the goal. We make a game of it, we have 2 teams and we both teams will try to score faster then the others.</p>		<ul style="list-style-type: none"> <li>- You have to be moving, don't wait for the ball, but come to the ball.</li> <li>- Ask for the ball</li> </ul>

Phase/stage			Instructions/corrections
orientation phase 15-20 minutes	<p><b>Contents/method</b></p> <p>Position game, 3 teams 2 of 8 and 1 of 9. 2 teams play together and the third team is the defending team. When the defending team catches the ball from one of the teams then they become attackers and the team which made the mistake becomes the defending team.</p> <p>The defenders and red and blue will play Yellow are together.</p>		<ul style="list-style-type: none"> <li>- fast change over when you lose possession of the ball</li> <li>- When you have possession of the ball make the right formation&gt; so 2 central players.</li> <li>- You always need somebody in the middle so you make a triangle and you create 2 possibilities to play the ball to</li> <li>- When you have possession of the ball make the pitch big.</li> </ul>
Application phase 20-25 minutes	<p>8:8 game, 3 groups 2 of 8 and 1 of 9. Play in a 1:3:1:3 formation</p>		<ul style="list-style-type: none"> <li>- learn to play in a formation</li> <li>Learn the basics of soccer, ball possession make the pitch big, ball possession opponent make the pitch small.</li> </ul>



## Identification list

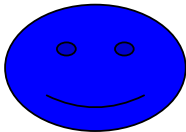
Player in practice:



Player from the red team:



Player from the blue team:



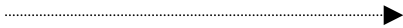
The ball:



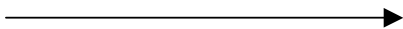
A cone:



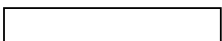
Dribbling or walking direction:



A pass or passing direction:



Goal > penalty area:



## **Advice and the important situations in soccer**

Advice:

Every practice you have to achieve something, you always practice to learn and to get better. So make a goal and after the practice you know if you achieved it, you can analyse it and make a new goal.

When you practice make sure you practice situations like in a game. Translate every part of the practice to the game. But start at the beginning, your players have to control the basics first and after that you can go on with the tactics.

Basics:

Controlling the ball, be the boss over the ball while dribbling, with turning, running on high speed and of course the passing game.

Important at turning is > turn with one foot and take the ball with you with the other foot. When you do this your body is always between you and your opponent.

And also important when you turn make sure the ball doesn't stop, keep it moving so it will be in front of you so you can look in to the field what is happening.

Important at the passing game is > play your fellow player the ball at the right leg.

What is the right leg? Many people say; the leg which I shoot with, that's wrong. The right leg is the side where your opponent doesn't stand. And the right leg/foot is the leg/foot which is at the side where we want to play to.

And important at the passing game is the moment of supporting, the moment when the pass is given you have to leave to support for example the offence.

### **Important situations or main situations in soccer:**

There are 4 moments in soccer in which you can train your team:

- 1- ball possession**
- 2- ball possession opponent**
- 3- change over when you get the ball**
- 4- change over when you lose the ball**

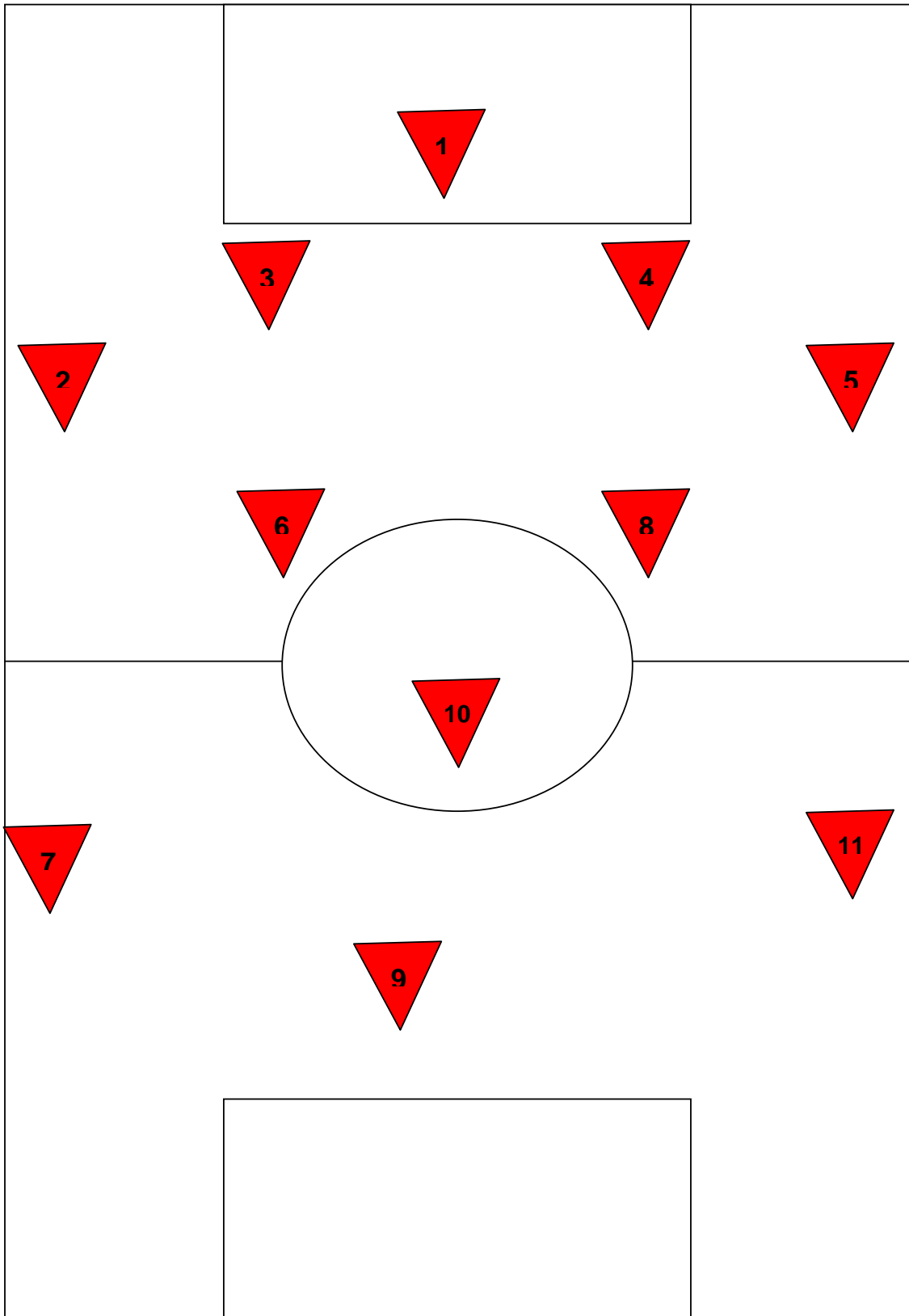
**1-ball possession** > make the pitch big, your wingers to the side line, your fullbacks to the side line and your central defenders far from each other.

**2- Ball possession opponent** > make the pitch small, your wingers going to the middle the same for your fullbacks, midfield plays 1:1.

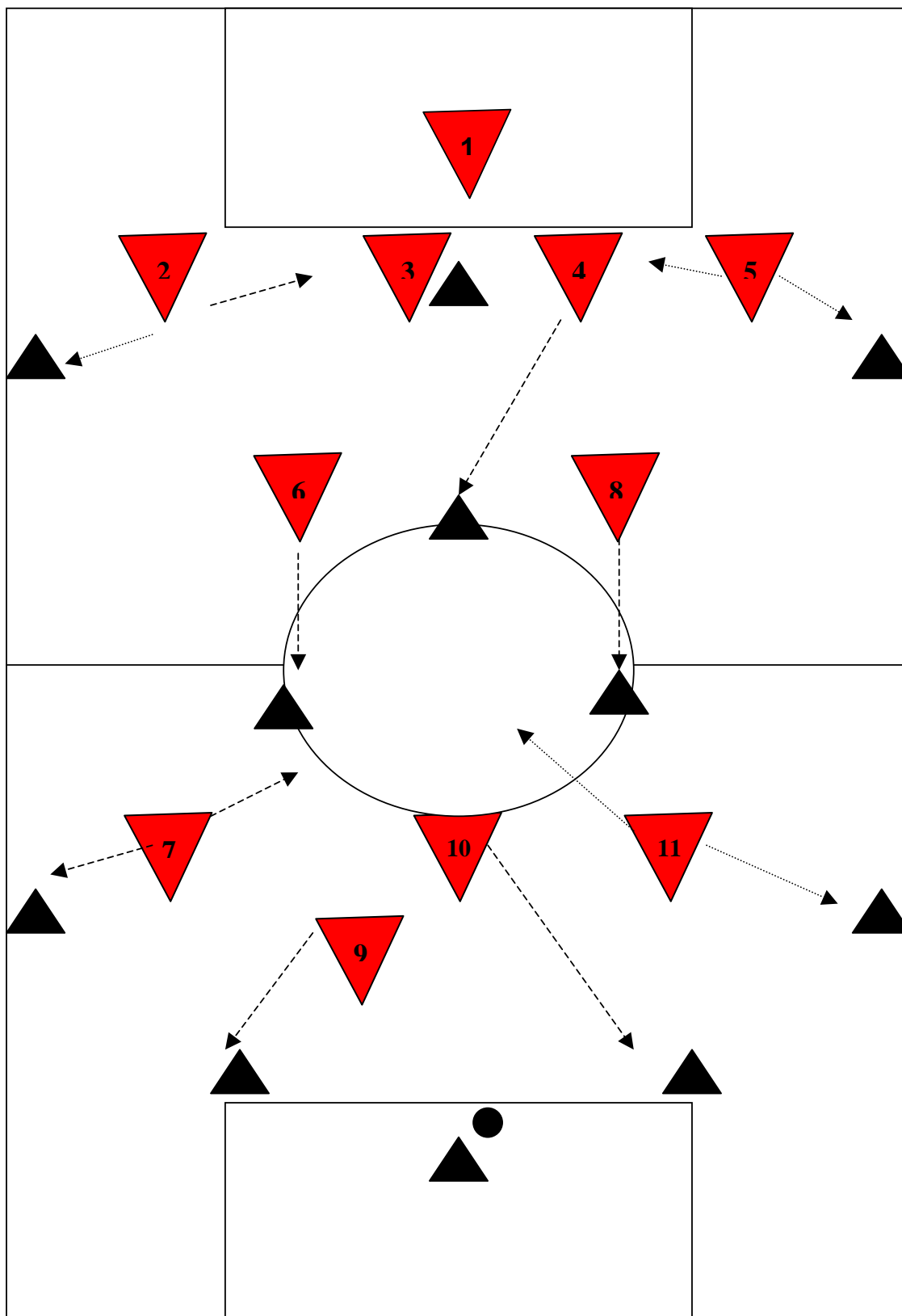
**3- Change over when you get the ball** > this means that you take the ball from your opponent and they are thinking about attacking and walking forward. So your first ball can be forward. If you do this quick you can score a lot out this situation.

**5-change over when you lose the ball**> you have to prevent the first ball forward, make sure your opponent plays back so you can organise.

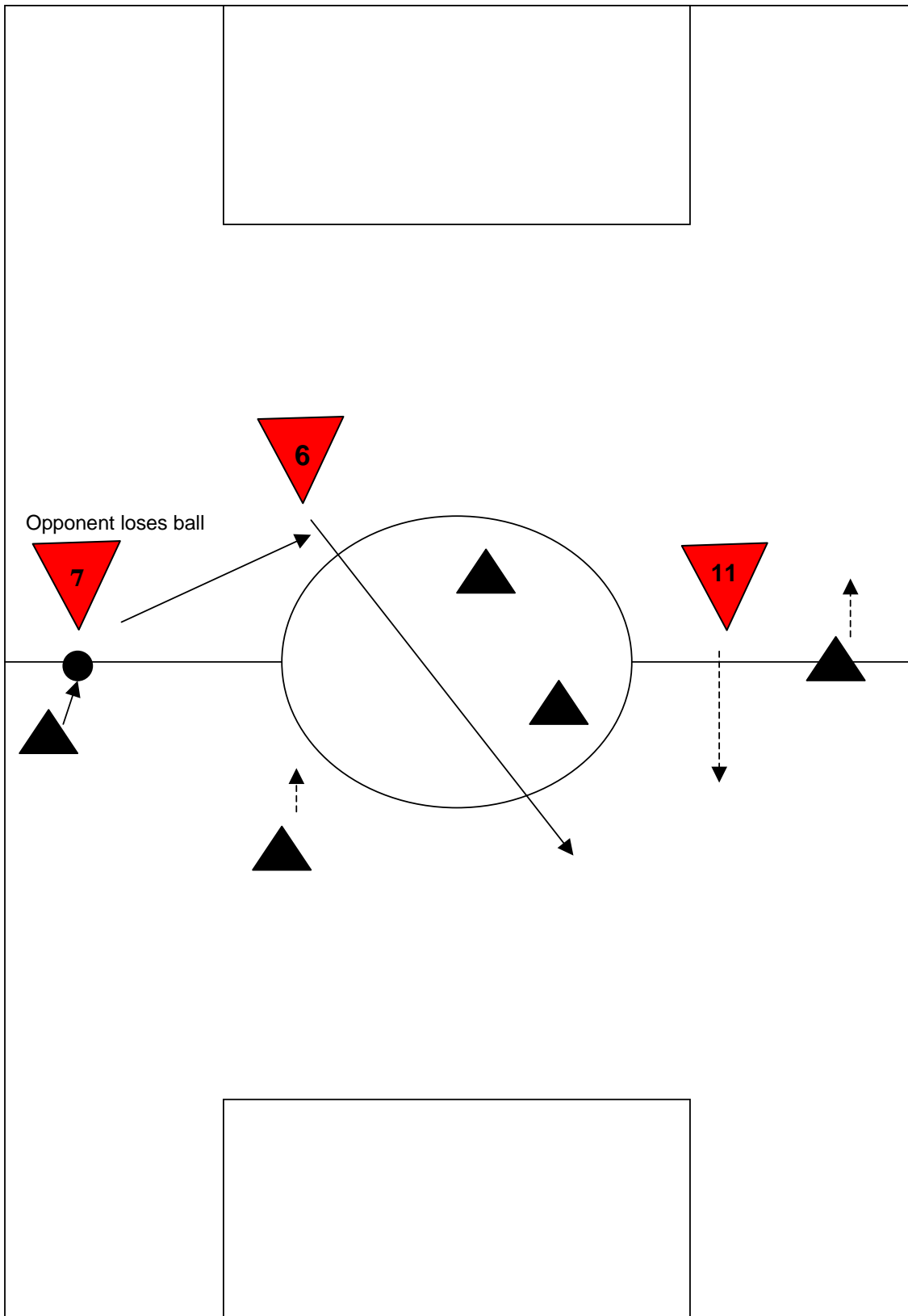
**Ball possession:**



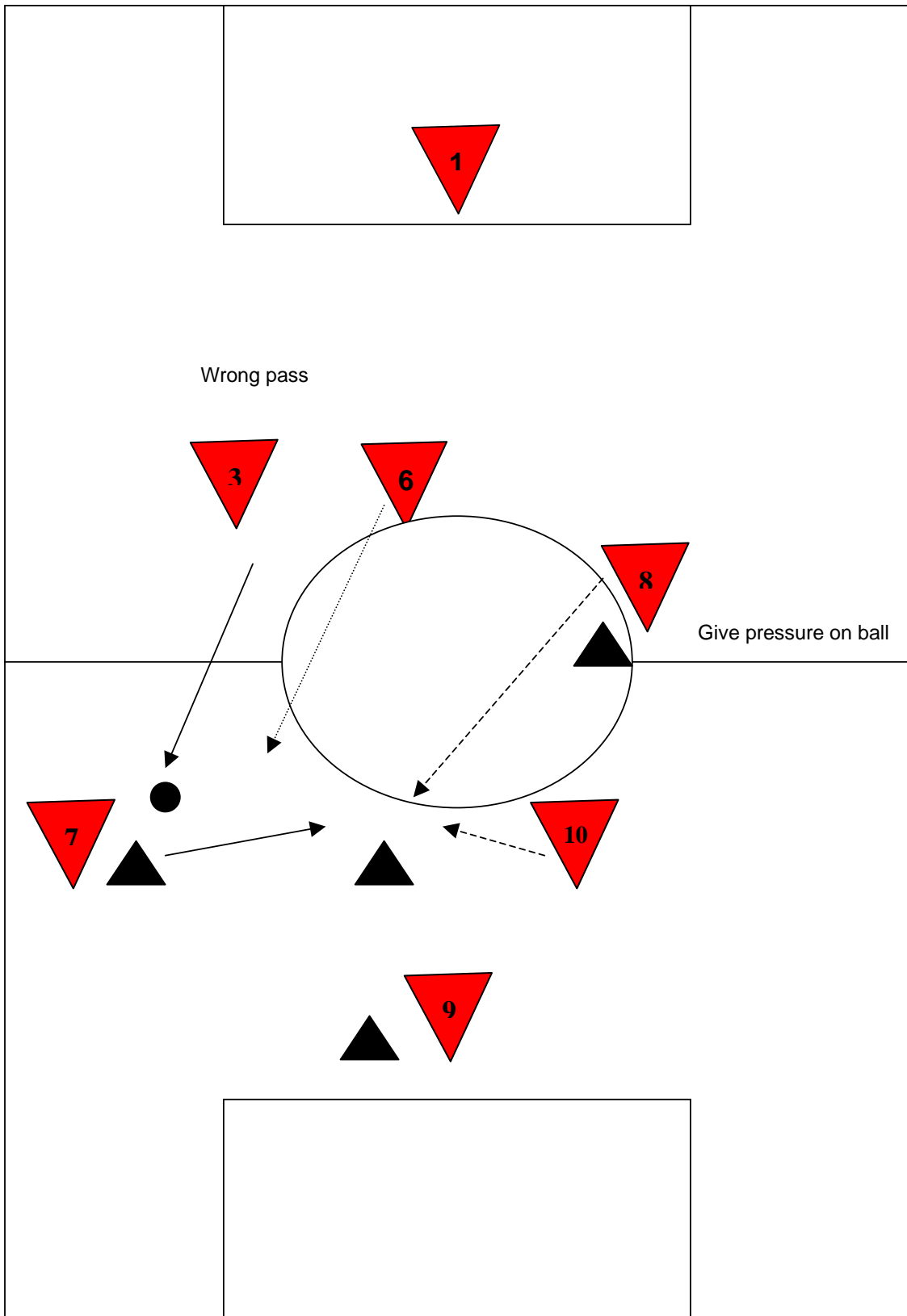
**Ball possession opponent:**



Example Turn over when you get the ball:



# Example change over when you lose the ball:



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