

Session : Oceanside Coaching Development Pony Coaches Manual Two

Description : Oceanside Coaching Development Pony Coaches Manual Two

Notes :

1 - One versus One Defending

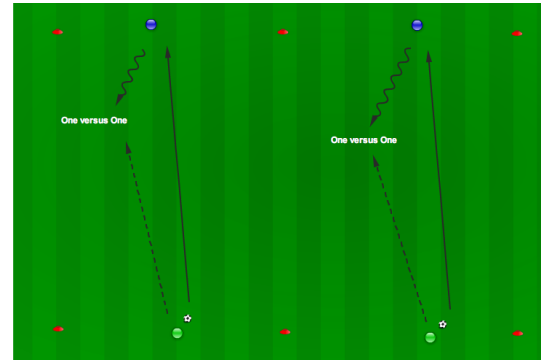
Duration:

Explanation

- the players passes the ball across the area to the attacker and closes down the space
- the defender must 'jockey' as the attacker passively brings the ball forwards and side-side in an attempt to work their way across the square
- each time, the players switch roles

Coaching Points

- passing accuracy
- defender closes down space, jockey position and angle of approach to the player



2 - Two Versus Two Defending

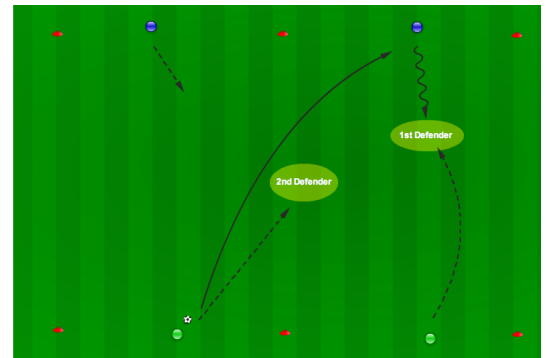
Duration:

Explanation

- one of the defenders plays the ball across the area into one of the two attackers
- the first defender applies pressure on the ball turning the attacker to the inside
- the second defender must establish themselves in a position to support the first defender as well as have an awareness for the second attacker
- if and when the ball is played to the second attacker, the idea is for the two defenders to switch roles

Coaching Points

- passing accuracy
- communication & organization between defenders
- defensive intensity and commitment to regain the ball



3 - 1v1 Duel

Duration:

Explanation

* Defender passes the ball into the attacker

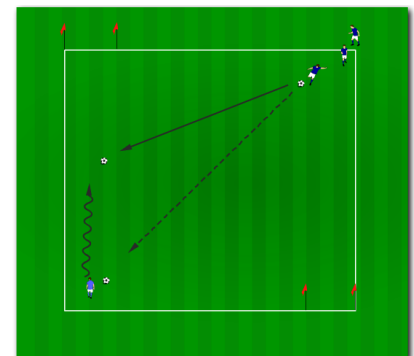
* The attacker receives the ball with the aim to dribble across the endline to score a point

* If the attacker can dribble across the endline between the two flags with a smaller distance between them they receive three points

* If the defender wins the ball from the attacker the same conditions apply for scoring

Coaching Points

- * Defender must close down space and jockey
- * Attacker moves to the ball and tries to create space to beat the defender with the first touch with the aim to score on the small goal
- * Transition- react fast to attack and defend



4 - 2v2 Duel

Duration:

Explanation

* Defenders pass the ball into the attackers

* The attacker who receives the ball will try to create space to either beat the defender or make a pass to the other attacker

* If the attackers can dribble across the endline between the two flags with a smaller distance between them they receive three points

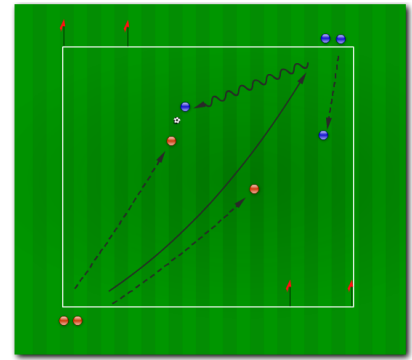
* the defenders must establish first

Coaching Points

* Defenders must close down space and jockey

* Attackers move to the ball and try to create space to beat the defenders

* Transition- react fast to attack and defend



defender pressure and support from the

5 - 3v2 Attacking the Goal

Duration:

Explanation

* Set up an area 25 yds from goal (approx) as shown

* Split team into defenders working in pairs, and forwards working in three's

* The coach starts by passing to any one of the three attackers, the forwards interchange passes and attack the goal as the defenders defend it

* Rotate attackers and defenders

Coaching Points

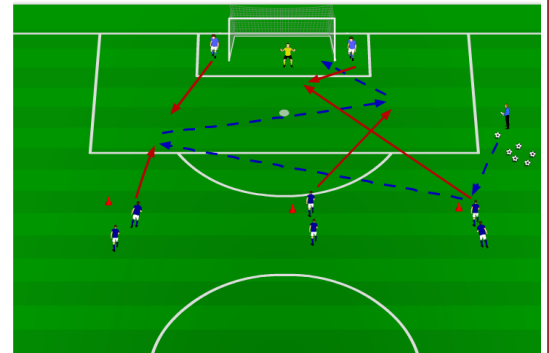
* Quality of passes, weight, angle, timing, maintaining possession

* Movement to receive the ball and get into goal scoring positions

* Accuracy before power

* Shoot low across goalkeeper

* Shoot early inside area



6 - 3v3 Small Sided Game

Duration:

Explanation

* Set up 2, 3v3 small sided fields 18 x 28 (approx) with 2 goals as shown

* Set teams up in triangle shape, 1 defender and 2 midfield/forwards

* Normal SSG rules

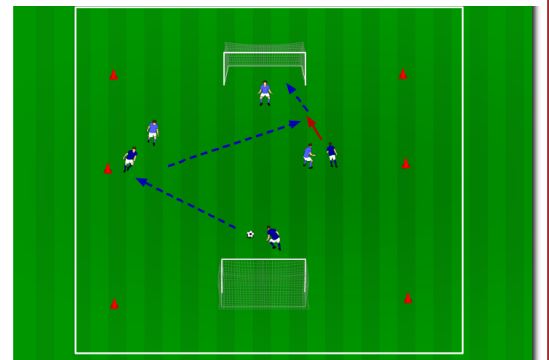
Coaching Points

'Let Them Play' But! * Encourage interchangeability in positions but keep team shape 'Triangles'

* Emphasis quality of passes, timing, accuracy, weight, angle

* Encourage support runs and distance of support player

* Decision making, pass or dribble



7 - 3v3 Small Sided Game, with wide players

Duration:

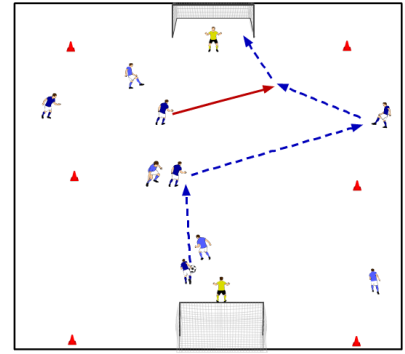
Explanation

* Set up a 6v6 small sided game 30x40 (approx)

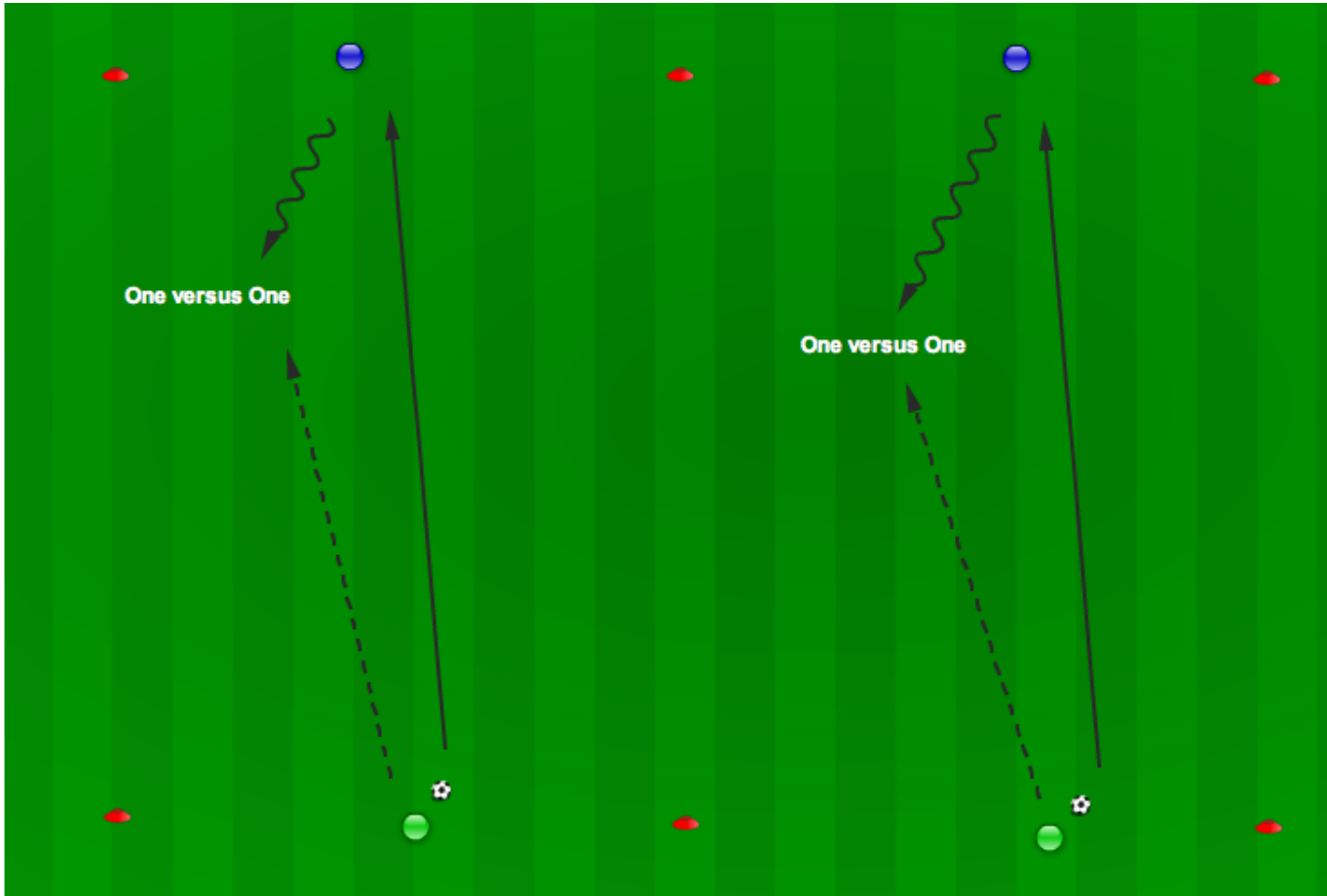
- * Include 2 goalkeepers
- * Team shape- 1 defender, 1 midfielder and 1 striker with 2 wide players outside the field
- * Team in possession must pass the ball to one of the wide players before attacking the goal
- * Rotate wide players regularly

Coaching Points

- 'Let Them Play' But!
- * Encourage interchangeability in positions while keeping team shape
 - * Coach either attacking principles or defending principles
 - * Use coaching points from Attacking and Defending Principles Drills where appropriate



Activity : One versus One Defending



Objectives

- work on passing closing space between the attacker and the defender
- work on the defender establishing the correct stance (ie jockey) when approaching the players

Explanation

- the players passes the ball across the area to the attacker and closes down the space
- the defender must 'jockey' as the attacker passively brings the ball forwards and side-side in an attempt to work their way across the square
- each time, the players switch roles

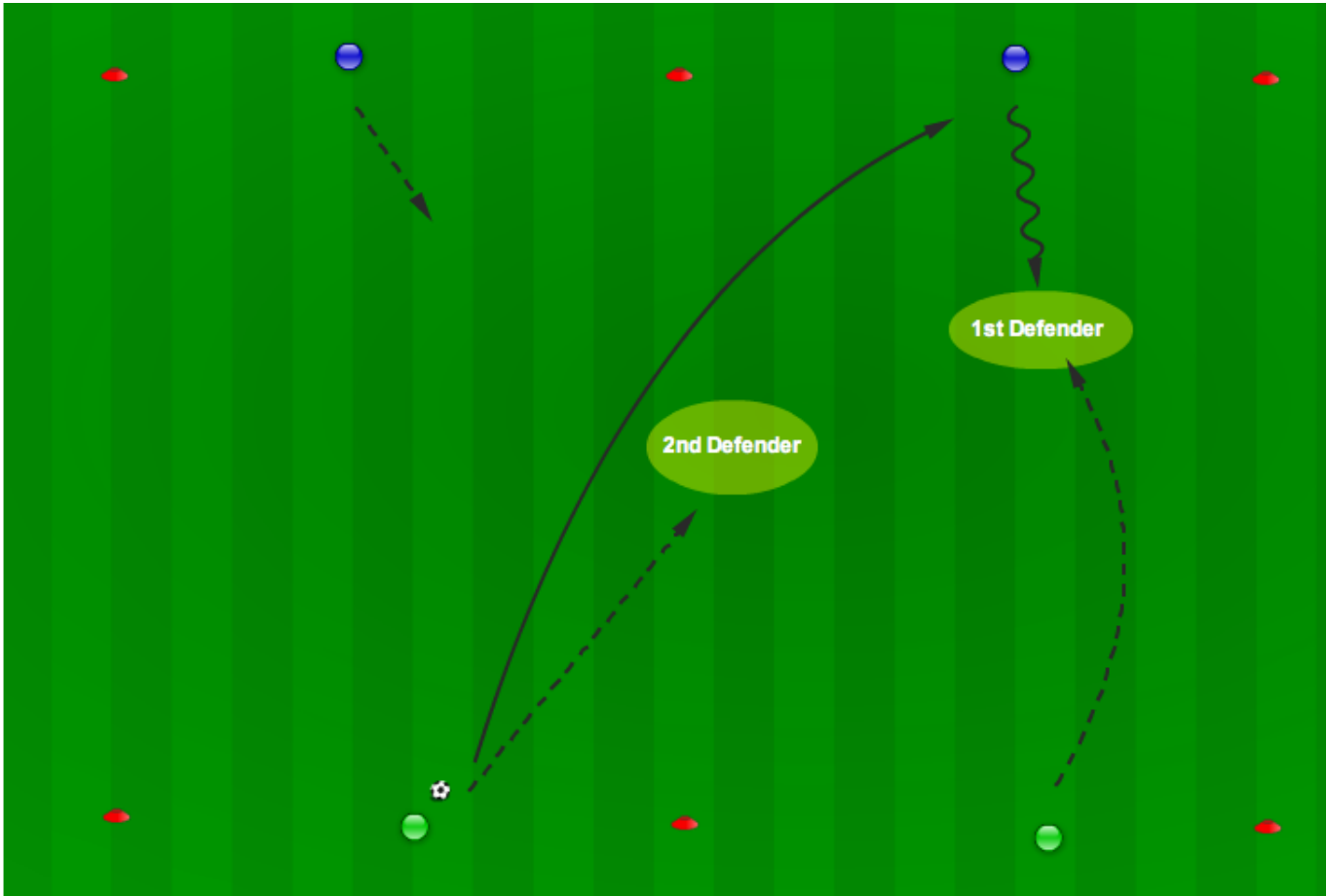
Coaching Points

- passing accuracy
- defender closes down space, jockey position and angle of approach to the player

Progression

- encourage the attacker and defender to compete against one another by keeping score
- with this in mind, when the defender wins the ball they must transition into an attacker and play to score by stopping the ball between the cones on the endline

Activity : Two Versus Two Defending



Objectives

- work on defining the first and second defender
- work on positioning and support

Explanation

- one of the defenders plays the ball across the area into one of the two attackers
- the first defender applies pressure on the ball turning the attacker to the inside
- the second defender must establish themselves in a position to support the first defender as well as have an awareness for the second attacker
- if and when the ball is played to the second attacker, the idea is for the two defenders to switch roles

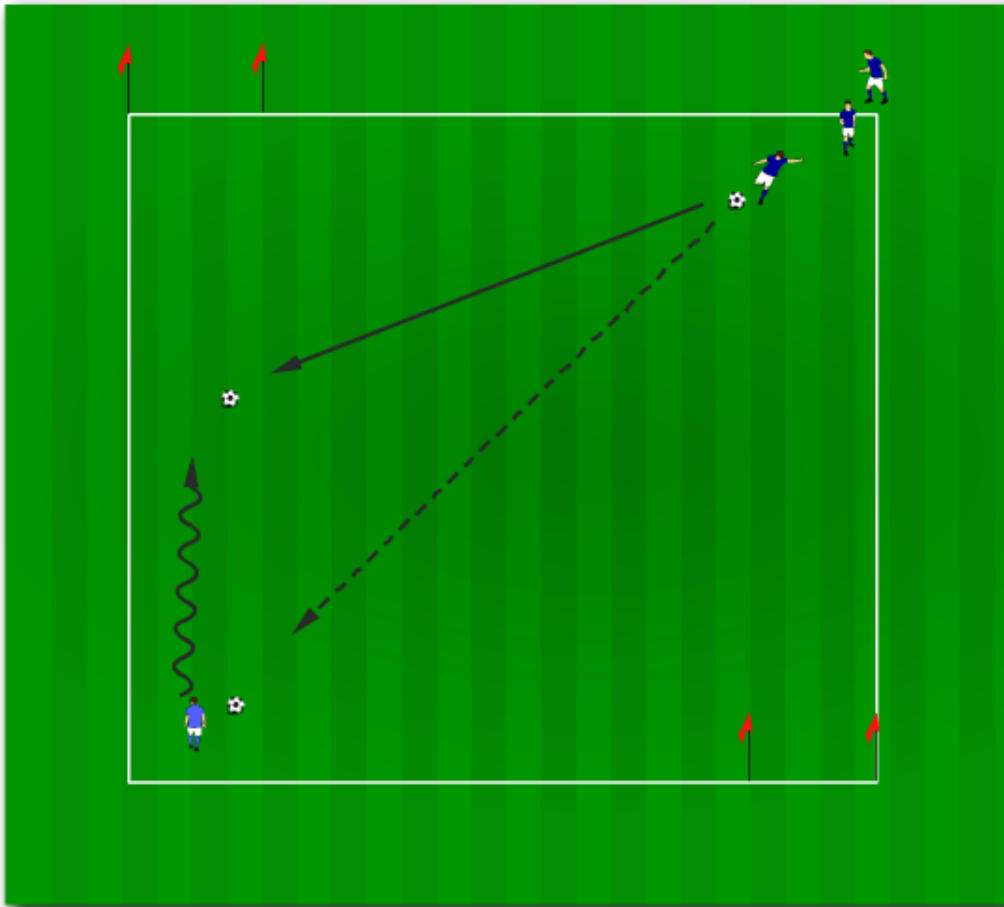
Coaching Points

- passing accuracy
- communication & organization between defenders
- defensive intensity and commitment to regain the ball

Progression

- encourage the attackers and defenders to compete against one another by keeping score
- with this in mind, when the defenders win the ball they must transition into attack and play to score by stopping the ball between the cones on the endline

Activity : 1v1 Duel



Objectives

- * Attacking principles
- * Defending principles

Explanation

- * Defender passes the ball into the attacker
- * The attacker receives the ball with the aim to dribble across the endline to score a point
- * If the attacker can dribble across the endline between the two flags with a smaller distance between them they receive three points
- * If the defender wins the ball from the attacker the same conditions apply for scoring points

Coaching Points

- * Defender must close down space and jockey
- * Attacker moves to the ball and tries to create space to beat the defender with the first touch with the aim to score on the small goal
- * Transition- react fast to attack and defend

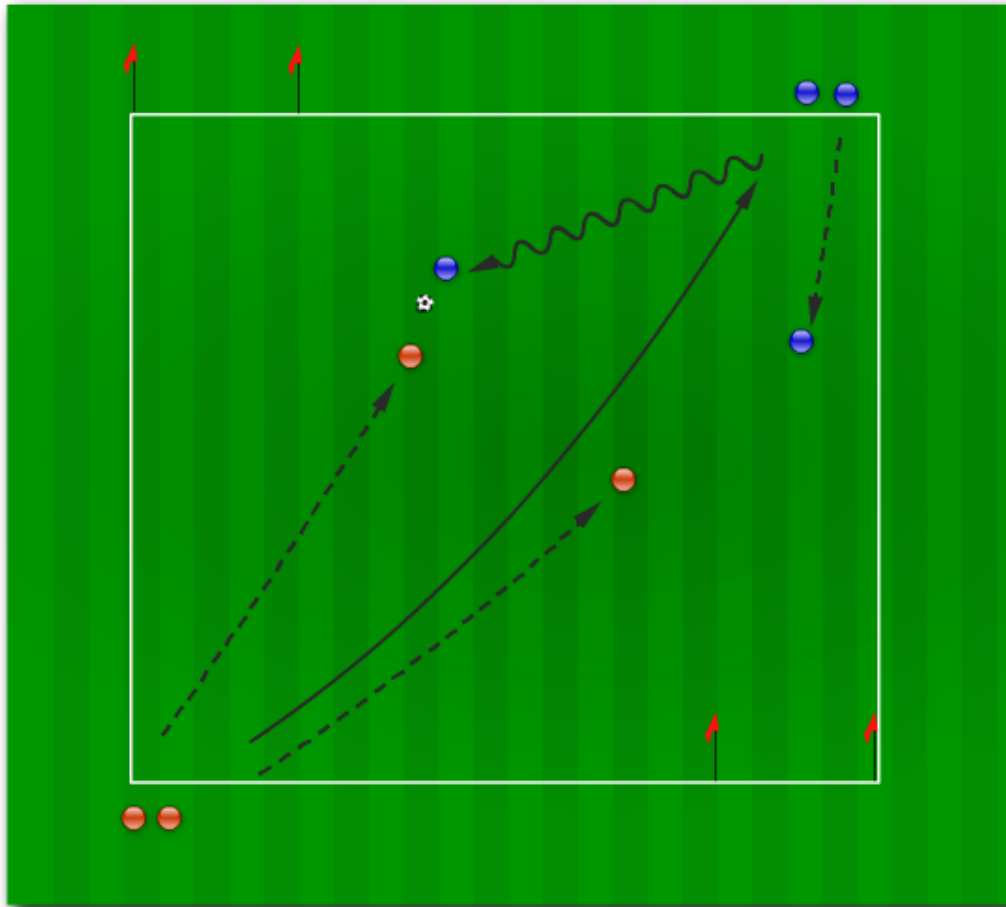
Progression

- * A competition can be created between the teams if you keep score

* For example, allow 10 attacks from each team before switching the groups

* Add a target player to create a 2v1 situation for give and go situations

Activity : 2v2 Duel



Objectives

- * Attacking principles
- * Defending principles

Explanation

- * Defenders pass the ball into the attackers
 - * The attacker who receives the ball will try to create space to either beat the defender or make a pass to the other attacker
 - * If the attackers can dribble across the endline between the two flags with a smaller distance between them they receive three points
 - * the defenders must establish first defender pressure and support from the second defender
 - * If the defender wins the ball from the attacker the same conditions apply for scoring points

Coaching Points

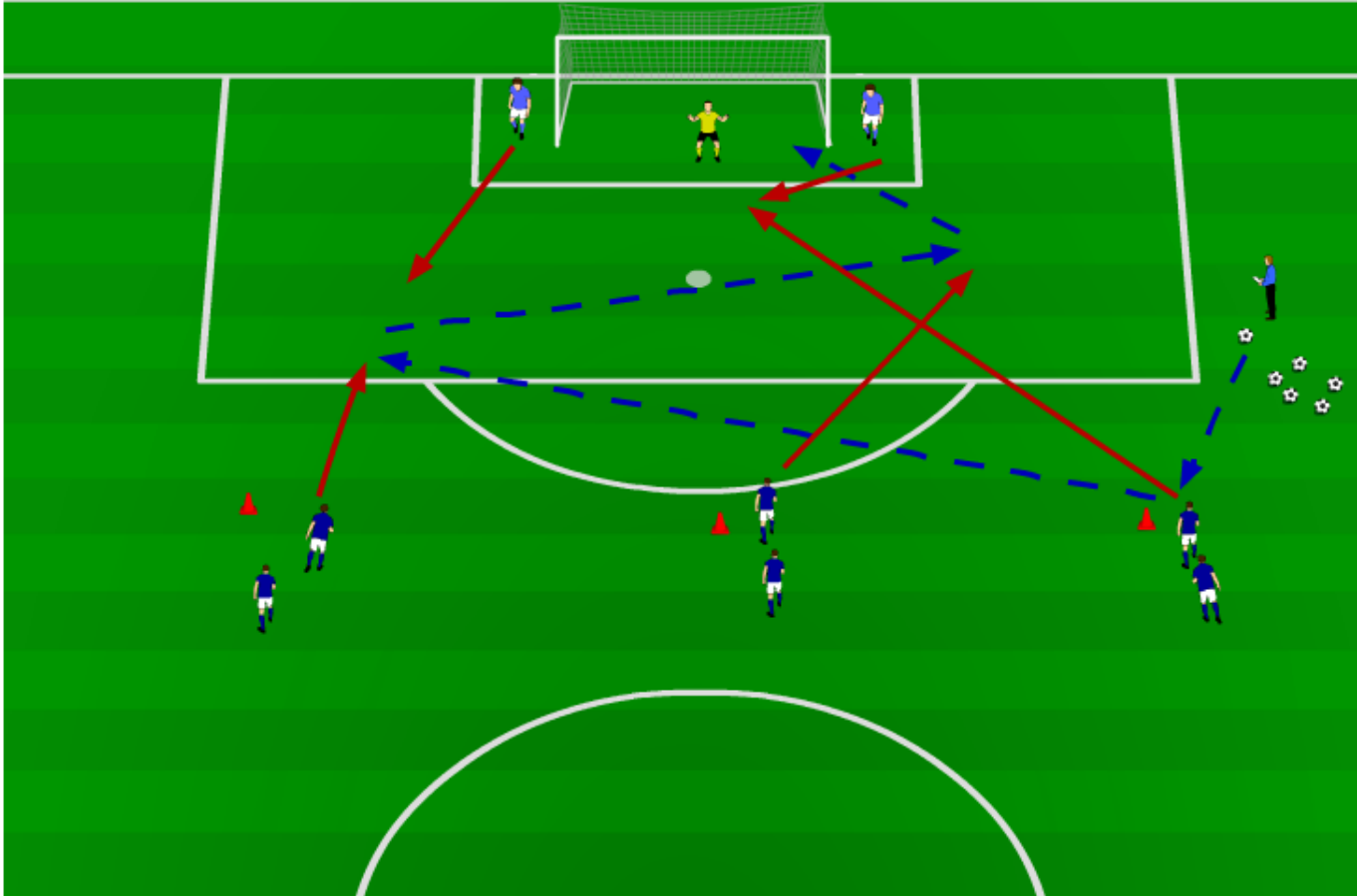
- * Defenders must close down space and jockey
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Progression

- * A competition can be created between the teams if you keep score

* For example, allow 10 attacks from each team before switching the group

Activity : 3v2 Attacking the Goal



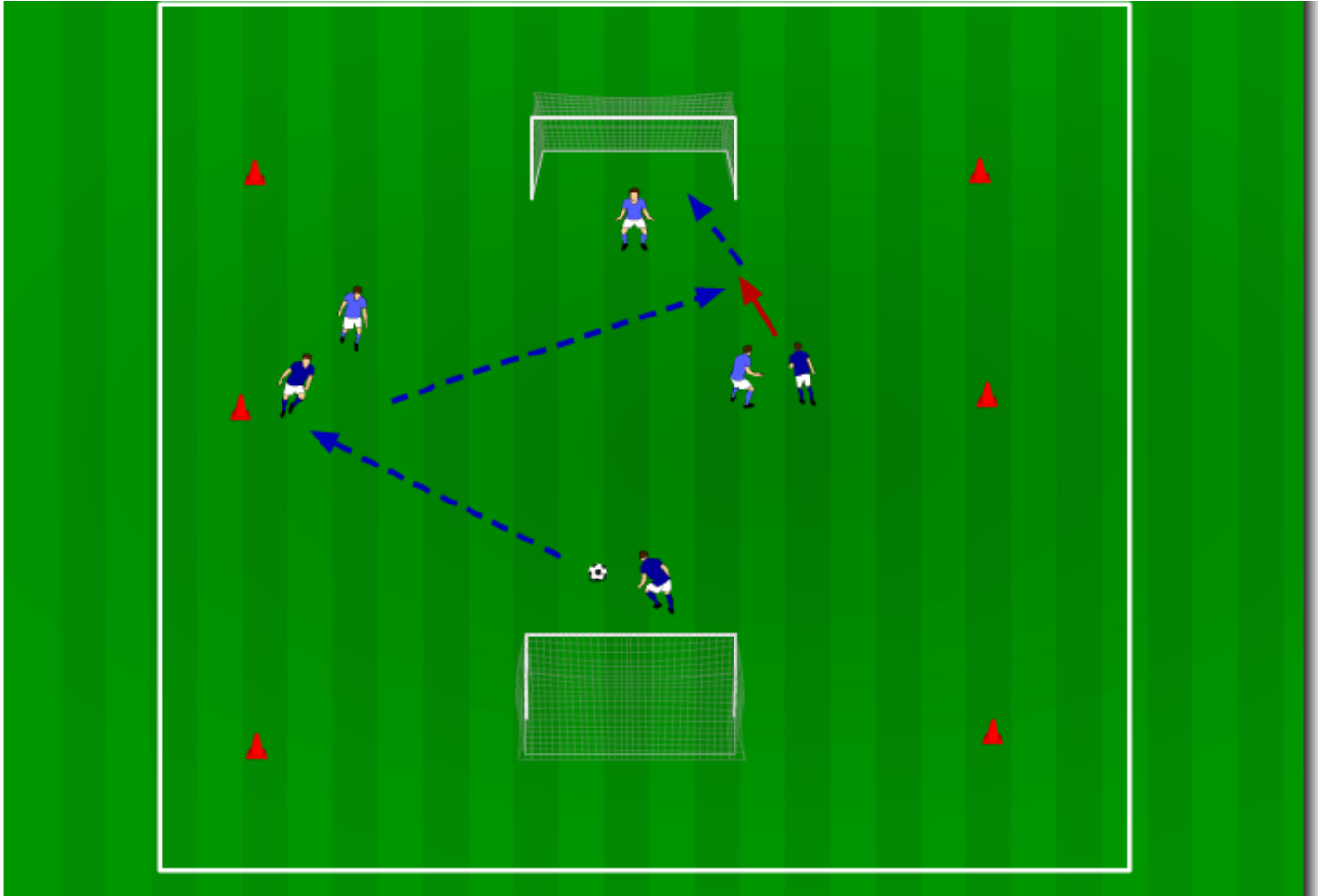
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 - * Split team into defenders working in pairs, and forwards working in three's
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 - * Rotate attackers and defenders

Coaching Points

- * Quality of passes, weight, angle, timing, maintaining possession
 - * Movement to receive the ball and get into goal scoring positions
 - * Accuracy before power
 - * Shoot low across goalkeeper
 - * Shoot early inside area

Activity : 3v3 Small Sided Game



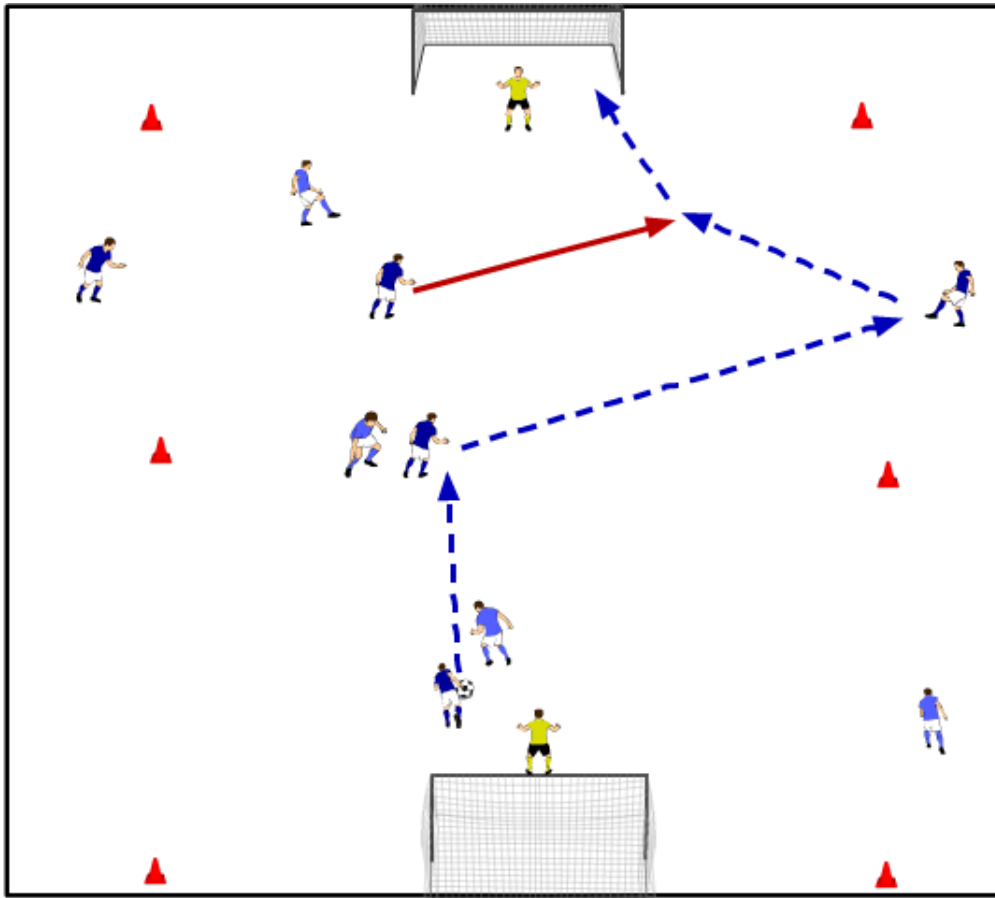
Explanation

- * Set up 2, 3v3 small sided fields 18 x 28 (approx) with 2 goals as shown
- * Set teams up in triangle shape, 1 defender and 2 midfield/forwards
- * Normal SSG rules

Coaching Points

- 'Let Them Play' But!
- * Encourage interchangeability in positions but keep team shape 'Triangles'
 - * Emphasis quality of passes, timing, accuracy, weight, angle
 - * Encourage support runs and distance of support player
 - * Decision making, pass or dribble

Activity : 3v3 Small Sided Game, with wide players



Explanation

- * Set up a 6v6 small sided game 30x40 (approx)
 - * Include 2 goalkeepers
 - * Team shape- 1 defender, 1 midfielder and 1 striker with 2 wide players outside the field
 - * Team in possession must pass the ball to one of the wide players before attacking the goal
 - * Rotate wide players regularly

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