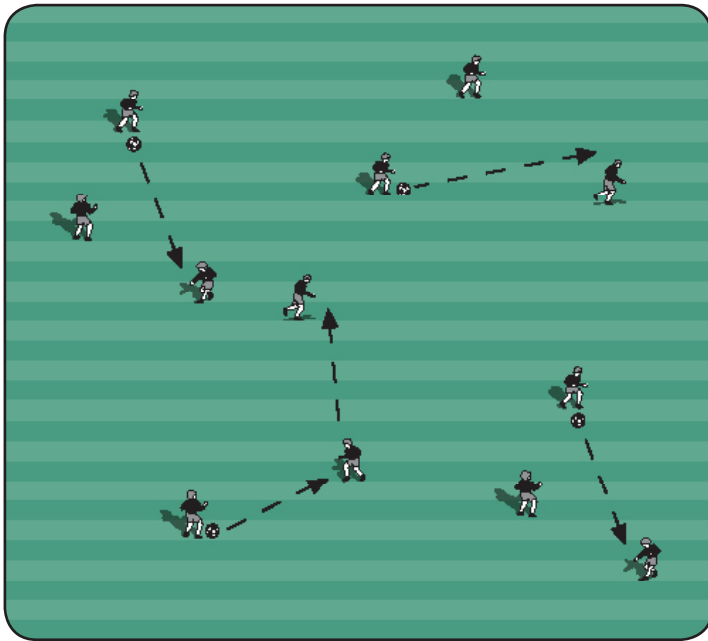


This session was observed by Eric Steege during the WORLD CLASS COACHING tour of English Premier League Academies. Simon Jennings conducted the session with his Everton U13 Academy team at the clubs training facility at Netherton. The theme of the session focused on attacking patterns and runs.

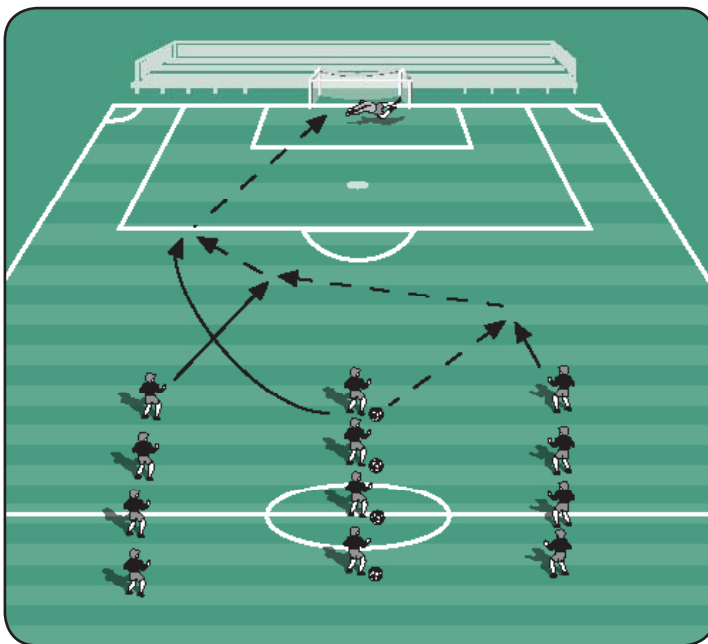


Warm-Up

The players work in groups of three with one ball between them. They pass the ball around the group with one and two-touch passes.

Coaching Points

- The player on the ball must have his head up to recognize where his teammates are making their runs
- One player should show wide while the other player makes a penetrating run
- Communicate the penetrating run with a sharp burst of speed
- The passer should focus on the correct timing and pace of the pass
- Practice using the inside and outside of both feet for passes









3 v 0 to Goal with a Goalkeeper

Three lines of players are organized 40 yards from a goal defended by a goalkeeper. The players make runs and passes moving closer to the goal. They must take a shot after four passes.

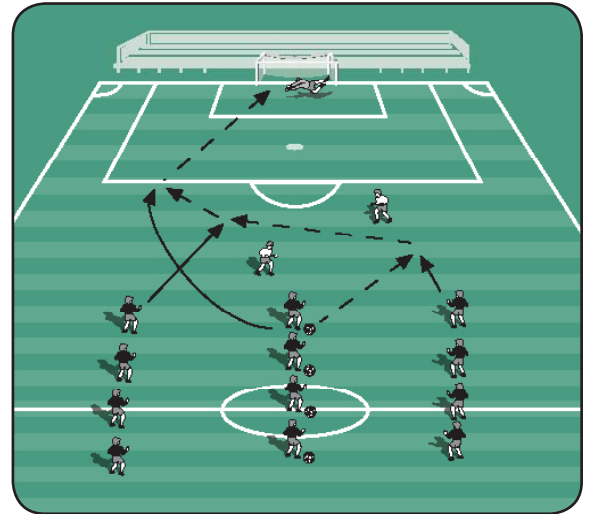
Coaching Points

- Play at 'Game Speed'
- Challenge yourself to push the limit of how quickly you pass and move
- Communicate the penetrating run with a sharp burst of speed
- Shoot one or two-touch

	A1 Attacking Player		Path of Player		Path of Dribble
	D1 Defending Player		Path of Ball		Target Area

Progression

Add two defenders to apply pressure to the three attackers. Begin with passive defenders and then move to active defenders to challenge the players to play with more speed and quality.

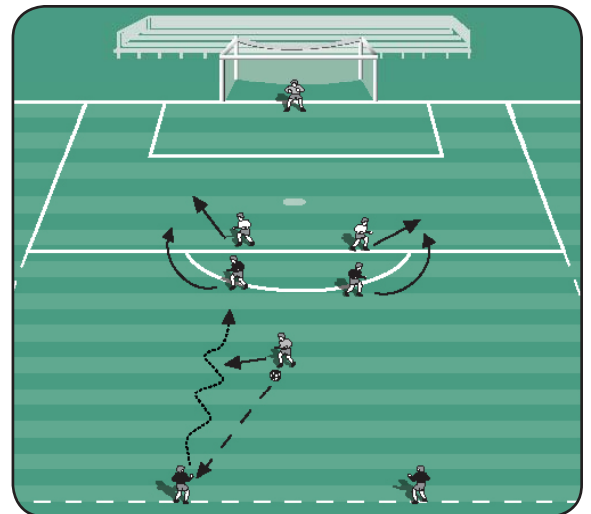


2 v 2 + 2

Two center midfielders start 40 yards from goal. Two attackers are marked by two defenders and the top of the box. The coach begins the exercise by passing to one of the midfielder players and applying a small amount of pressure as the midfielder dribbles past him.

Coaching Points

- The two forwards then peel out wide which forces the defenders to choose whether to follow the forward outside or pressure the midfielder
- The midfielder must read the defenders movements and choose whether to dribble and shoot or pass to the open forward
- The forward's first touch should be toward goal with a shot on their second touch



3 v 2 - 2 v 1

The coach begins the exercise by passing to the central attacker and applying a small amount of pressure as the center forward dribbles past the coach. The wide forwards spread the field with runs to the outside as before. Play continues until a goal is scored, the defenders gain possession or the ball goes out of bounds. At that time the goalkeeper takes a ball from his goal and plays it to one of the two defenders who then play 2 v 1 against the center forward until they score, the goalkeeper gains possession or the ball goes out of bounds.

All of the previous coaching points should be emphasised.

The exercise begins again with a new group of three attackers and two defenders.

