

WHAT I LEARNED AT MY HONG KONG COACHING CLINIC

# SOCCER COACH WEEKLY

Learn • Train • Develop • Enjoy

**HUGO LLORIS**  
SPURS GOALKEEPER

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**KEEPING  
A CLEAN  
SHEET**

**THINGS  
PLAYERS  
NEED**

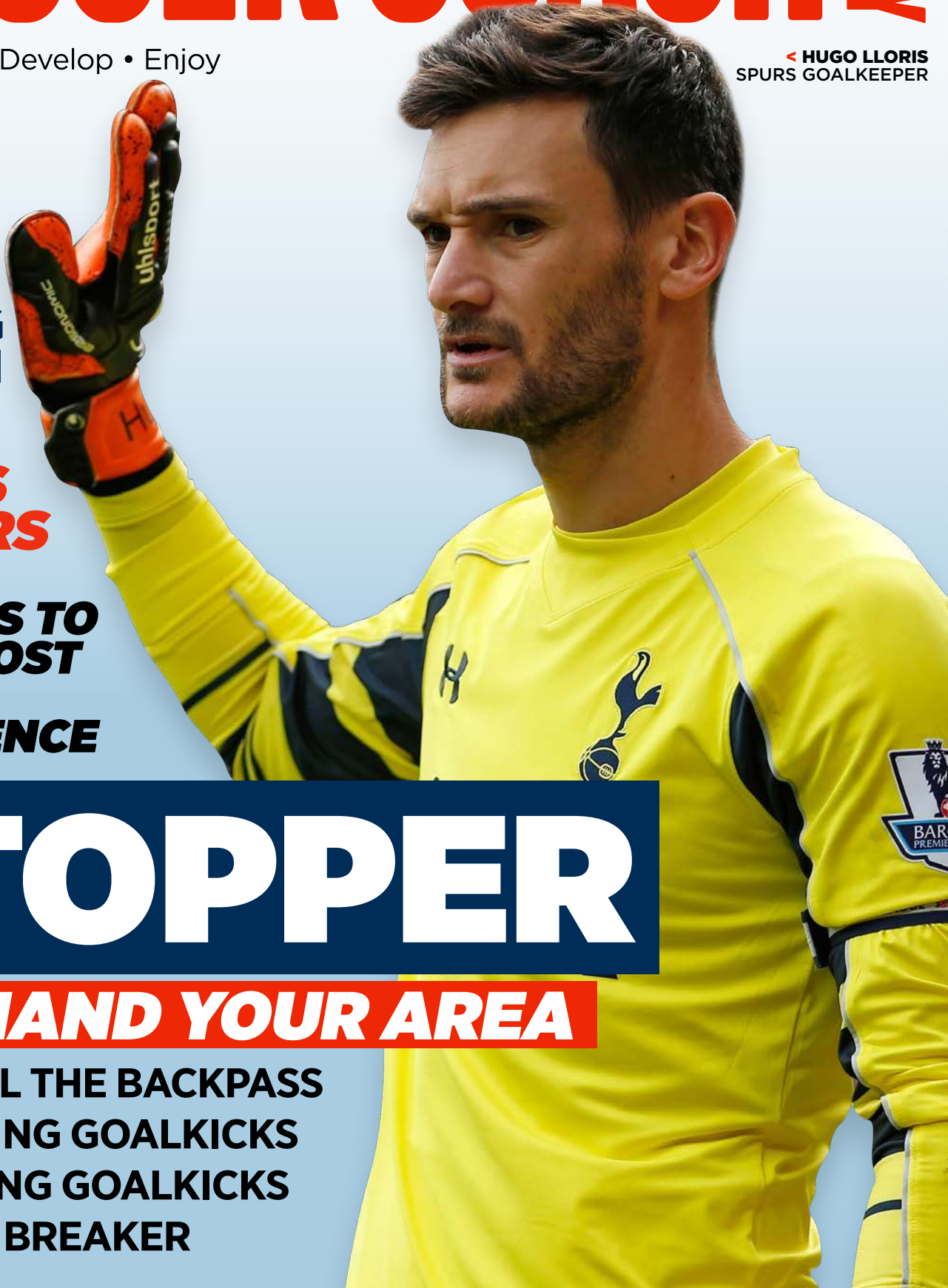
**10 TIPS TO  
BOOST  
PLAYER  
CONFIDENCE**

# STOPPER

**COMMAND YOUR AREA**

- CONTROL THE BACKPASS
- DEFENDING GOALKICKS
- ATTACKING GOALKICKS
- RECORD BREAKER

GOT A COACHING PROBLEM? LET ME SOLVE IT FOR YOU



# Hong Kong Clinic



**Soccer Coach Weekly**  
Issue 463



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## Touchline Tales

I was running a coaching clinic in Hong Kong last week working with soccer coaches on the principles of defence and attack. The coaches were from all over the Asia Pacific region and brought their own particular problems with them that they wanted to work out while I was there.

Working in the surroundings of an International school with a fantastic outdoor pitch on the third floor of the school was pretty amazing. I thought back to the heavy pitches I had left behind in England and watched as every session went like clockwork on the fast surface.

Giving coaching classes like this and having the outcome work so well was key to the coaching success of the clinic. And the education point is put across much easier than if I was coaching on a muddy pitch in minus temperatures as is often the case in England.

However, understanding the coaching point is vital to that education so I make no apologies for preferring to stand there in the

sunshine in 20+°C temperatures.

Understanding the coaching point means that when coaches return to their clubs they are more easily able to pass on the ideas and sessions that I have used to coach the adults.

I find these clinics very useful from a coaches perspective because all sorts of ideas and questions are thrown up during the two days and I feel that I learn something from the coaches there as well.

One of the delegates at the clinic was extremely interested in how he could make his three players who were good at heading the ball fit into his team and how they could set up to defend corners using them in different areas of the penalty box.

So I ran a session specifically aimed at this problem within the principles of defending that I was working on. I set up a channel that the attackers would run down and had various defensive partnerships with recovering players and more advanced players joining in. It made for a good half hour of discussion about defensive heading and about how central defenders should line up to deal with overloads, counter attacks etc.

Sometimes it is easy to fit a session around the real problems



**My coaching clinic in Hong Kong took place on the third floor of the building where the training pitch was located!**

facing coaches at their clubs and set up sessions to deal with it off the cuff.

So remember you can have that done for you if you use the AskDave email at the address below.



*David Clarke*

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### 7 KEEP A CLEAN SHEET

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10 tips to give your players the confidence they need



## ASK DAVE

### GOT A COACHING PROBLEM? LET ME SOLVE IT FOR YOU!

It's good to have somebody to ask for advice

when you encounter a problem with your team – and whatever your coaching problem, I'm sure I can help.

I'm delighted to offer you a personal service exclusive to SCW subscribers. Just email me your query on any soccer coaching matter and I'll get back to you as soon as I can. I'll give you the advice you need to solve your particular problem, and I'll even send you the resources you need from our archive of coaching sessions.

**Just email me today: [askdave@soccercoachweekly.net](mailto:askdave@soccercoachweekly.net)**



# Between The Sticks

Tottenham Hotspur have quietly made their way into the top two of the Premier League driven on by a pack of hungry youngsters led by a man who doesn't get beaten easily

**W**hen Hugo Lloris was 12 years old, he chose to be a goalkeeper and abandon a very promising career as a tennis player; some years later, after obtaining a sciences Baccalauréat (A-Levels) he decided to be a professional footballer and not continue his studies and he hasn't looked back!

Captain of Tottenham Hotspur and France he has relished the rise of the club under Mauricio Pochettino who joined the club in 2014.

29-year-old Lloris, a veritable veteran in Pochettino's young side, has been one of the side's star men, and may well need to be at his best over the coming weeks and months following an injury suffered by star centre-back Jan Vertonghen.

Spurs have shone with a series of talented young players, including the likes of 22-year-old Eric Dier, teenager Dele Alli, 22-year-old Harry Kane and 23-year-old Christian Eriksen, and Lloris has begun to explore why the team are enjoying

such a successful run.

"I've always spoken about having the 'basics' in the team and we have the basics," said Lloris, speaking to the club's official website.

"We have the talent, we have the working mentality and we have improved a lot tactically and technically.

"Individually as well, a lot of players are improving and because we are young, some players don't know their limit. That's very good," he continued.

"The competition inside the club helps push everyone even more," Lloris asserted.

"For me – I'm 29 – I have more than 10 years behind me in professional football and I'm enjoying this moment at Tottenham because it's very difficult at the highest level of football to keep the right balance in the team and at the moment, we're doing that."

"Tottenham Hotspur, is as good as several big clubs who play in the Champions League; there's a new stadium

coming, the training centre is awesome and the players have all the facilities to progress and blossom. Nevertheless, the English Premier League is very hard and reaching the Top Four is not easy, for our opponents are very big and important clubs. Maybe this year we'll be able to be part of it. We've also got a new manager who needed time to impose his game and training philosophy, but I think that every one can see that now on the pitch."



Joe Hart:  
**"Obviously I'm a fan of Hugo Lloris in goal, he's a top keeper, a leader, very quick and very effective".**

By David Clarke

# Defending Goalkicks

A goalkick is a opportunity to start an attack even if it is coming from the opposition goalkeeper. Players need to learn how to move and support play once the kick is under control depending on which team has the ball

## WHY USE IT

It's important to get goal kick phases of play right just as it is any set piece, given that it's an opportunity to start an attack...

## SET-UP

You need balls, bibs, cones and goals in an area 35 x 25 yards. We used 10 players in the session.

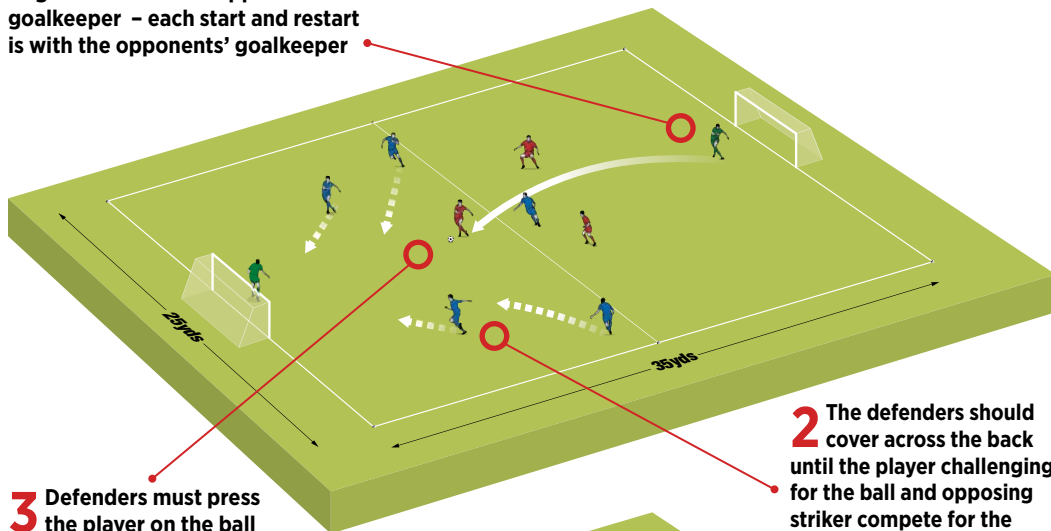
## HOW TO DO IT

Split your players into a team of 5 plus a goalkeeper and a team of 3 plus a goalkeeper. In this scenario you are defending the kick and your players need to know where to move and what to do if possession is won or if the opposition get good ball from the kick. The good thing about running this session is that although the players set up for a goal kick, you can let the session flow thereafter, coaching the rest of their game as well, because play will always start from a goal kick off the floor then go into a match-realistic attack versus defence situation.

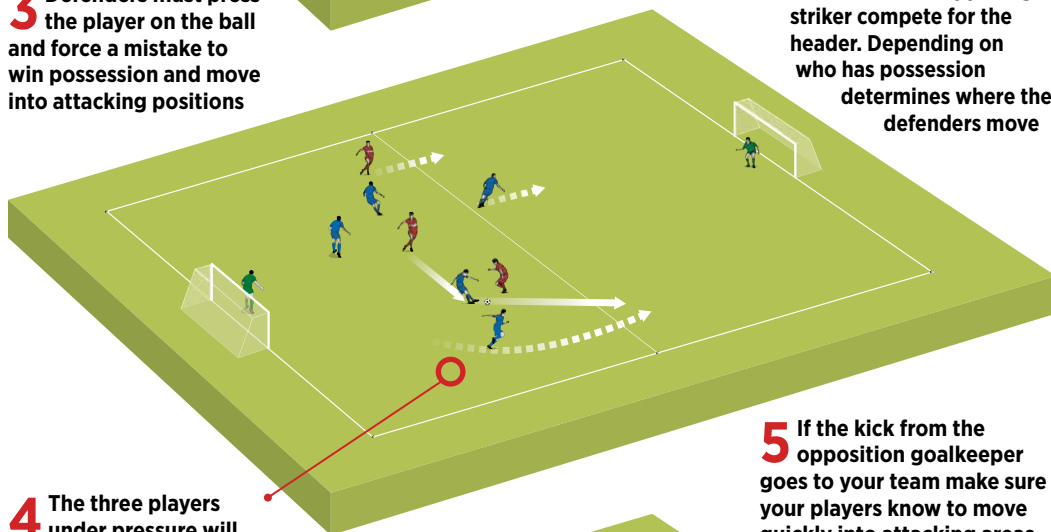
## TECHNIQUE

Movement and reaction to goalkick setpiece situations.

**1** The session starts with a goalkick from the opposition goalkeeper – each start and restart is with the opponents' goalkeeper

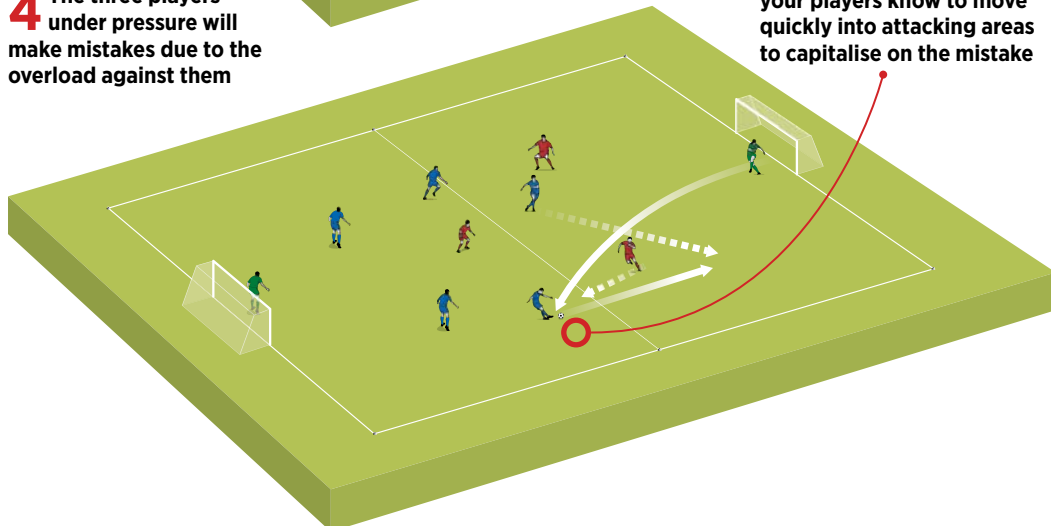


**3** Defenders must press the player on the ball and force a mistake to win possession and move into attacking positions



**2** The defenders should cover across the back until the player challenging for the ball and opposing striker compete for the header. Depending on who has possession determines where the defenders move

**4** The three players under pressure will make mistakes due to the overload against them



**5** If the kick from the opposition goalkeeper goes to your team make sure your players know to move quickly into attacking areas to capitalise on the mistake

Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →

# Attacking Goalkicks

When it is your team's goalkick you need to have options for times when it is impossible to play out from the back or when you want to launch a direct attack at goal

## WHY USE IT

Great attacking or counter attacking move to get your team on the front foot direct from a goalkick.

## SET-UP

You need balls, bibs, cones and goals in an area 35 x 25 yards. We used 10 players in the session.

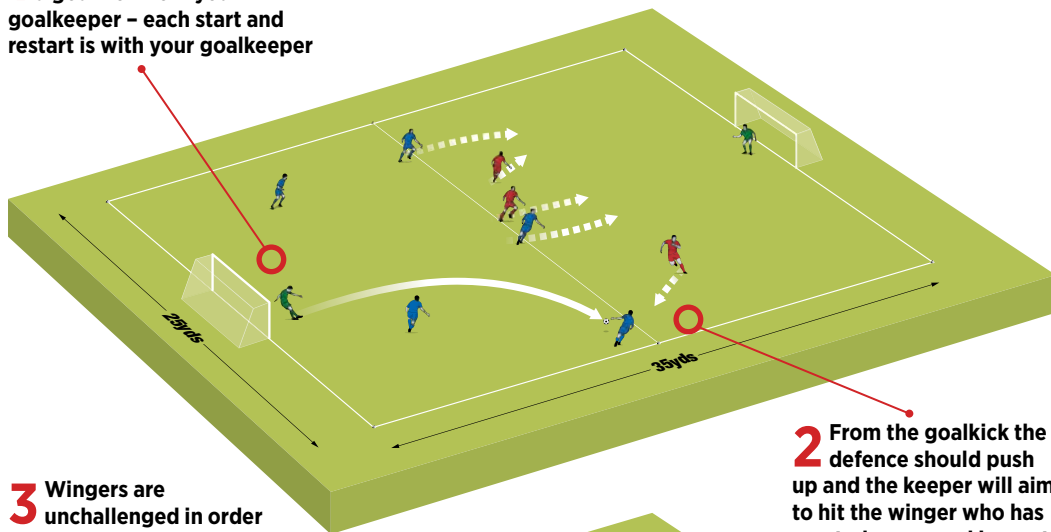
## HOW TO DO IT

Split your players into a team of 5 plus a goalkeeper and a team of 3 plus a goalkeeper. In this scenario you are practising attacking from goal and have a 5v3 overload. The target is one of the wingers on the half way line. Your players must react to the position of the ball and look to make quick simple passes to get behind the defence. The good thing about running this session is that although the players set up for a goal kick, you can let the session flow thereafter, coaching the rest of their game as well, because play will always start from a goal kick off the floor then go into a match-realistic attack versus defence situation.

## TECHNIQUE

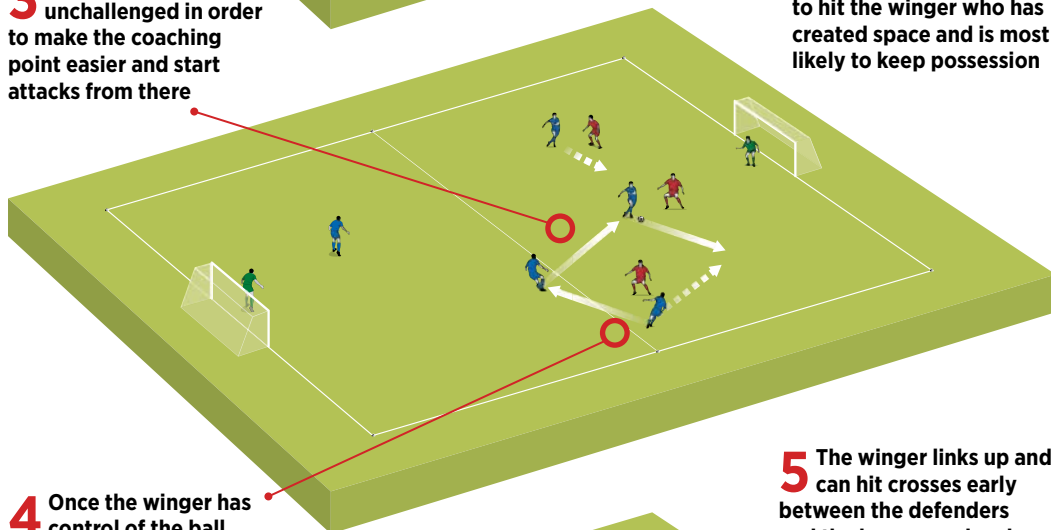
Movement and reaction to goalkick setpiece situations.

**1** The session starts with a goalkick from your goalkeeper – each start and restart is with your goalkeeper

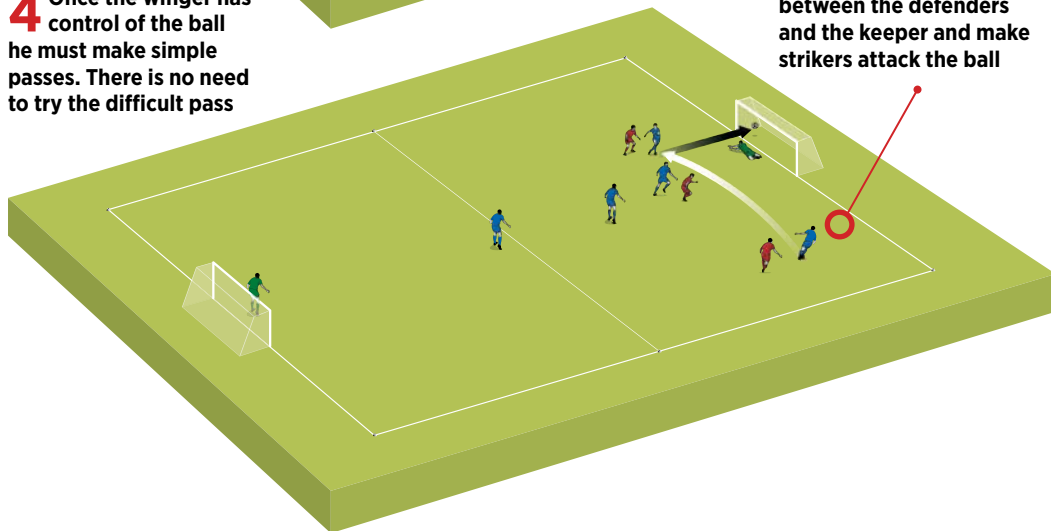


**2** From the goalkick the defence should push up and the keeper will aim to hit the winger who has created space and is most likely to keep possession

**3** Wingers are unchallenged in order to make the coaching point easier and start attacks from there



**4** Once the winger has control of the ball he must make simple passes. There is no need to try the difficult pass



**5** The winger links up and can hit crosses early between the defenders and the keeper and make strikers attack the ball

Player movement ■■■➔

Ball movement ➔

Run with ball ■■■➔

Shot ➔

# Goalkeeper Backpass

The movements that teams make also includes making space to be open to a pass from the goalkeeper when the ball is passed back to him

**1** When the ball is passed back to the keeper, the centre-backs should drop and split to the width of the 18-yard box

**2** Full-backs should pull out wide and make themselves available. If the full-back on their side of the pitch receives the ball the winger should move to a wide position

**3** The central midfield player moves to support

**4** The opposite winger moves forward to attack the far post

**5** When the keeper receives a pass in a central position the defensive centre-midfielder should make himself open for a keeper's pass through the midfield, although he should only be passed to if he has time and space to turn. Usually, the opposing centre-midfielder will go with him, which creates more space for strikers and midfielders

**6** If none of the five active players are available to play out, the keeper must look to play long and the defence will then squeeze up to pick up the second ball

**7** The full-back should be ready to make an overlapping run

## WHY USE IT

It's important to get goal kick phases of play right just as it is any set piece, given that it's an opportunity to start an attack.

## SET-UP

You need balls, bibs, cones and goals using your normal pitch. I've shown the session as an 11v7 game but this is to show where

each player should play and you can use just the players involved in your session.

## HOW TO DO IT

The session shows movements of players at specific passback situations. Main technical and tactical instructions are shown on the diagrams. If the full-back is on the ball under pressure the keeper

supports from the near post side. If the full-back has time, the keeper goes to the far post and looks to switch play. The strikers will have further to close down that way.

## TECHNIQUE

Movement and reaction to goalkick setpiece situations.

Player movement ■■■■

Ball movement ———

Run with ball ■■■■

Shot ———

# Keep A Clean Sheet

Spurs keeper Hugo Lloris is great at pulling off saves when he goes one-on-one with a striker – and if you run this session your goalkeepers could master the art too

## WHY USE IT

This session is great fun to play and good practice for getting your goalkeeper to dive at the feet of strikers that have raced clear of your defenders. It is a good activity for taking the fear out of goalkeeping.

## SET UP

For this session we have used our penalty area and a normal sized goal. You can set these up at either ends of the pitch or if you take the net off your goal, you can have back-to-back goalkeepers.

## HOW TO PLAY

Place seven balls around the edge of the penalty area D, and have your keeper in goal.

Players take turns to go 1v1 with the keeper using the seven balls – once one ball goes dead, the striker runs to get the next ball and the goalkeeper has to run and touch the goal line in his goal before facing the next attack.

This is tiring work so rest the players after each turn of seven balls.

## TECHNIQUE

The goalkeeper needs to come off his line and try to smother the shots as the striker turns and tries to beat him. The session is also a physical workout, and as the striker tires it should be easier for the keeper to stop him.

**1** The striker has seven balls to go 1v1 with the goalkeeper – the ball is in play when the striker gets into the penalty area

**2** The goalkeeper must come off his line and try to smother the ball before the striker can take a shot

**3** Once the ball has been played the goalkeeper must race back to touch his goal line and then defend another ball

**4** The attacker must race to the next ball and quickly get it into play to try to beat the keeper

**5** If you have two keepers, remove the net and run back-to-back sessions

Player movement ■■■→

Ball movement →

Run with ball ■■■➔

Shot ➔



# What Your Players Need

As coaches, we have a very clear idea of what we put into football and what we expect out of it. But for children, rewards run alongside needs, as the following points outline...

## 1 The need for security

During training children need a familiar and intimate atmosphere which gives them security and confidence. It's not recommended to change either the training site or the coach frequently, and returning to games which they already know (with subtle variations) is a good idea. And of course, in terms of the bigger picture, training should take place in a safe environment (for instance on playing fields without stones or holes), applying specific rules which assure safety whilst avoiding any dangerous situations.

## 2 The need to gain new experiences

Nothing can be understood completely if it isn't experienced. Instead

of telling children, schoolteachers allow them to experiment with the task, and should apply to soccer as well. Instead of being instructed, children should be stimulated with simplified games and multilateral activities which are within their physical and mental capacities. Taught this way, children will develop their intelligence step-by-step through discovery.

## 3 The need for their efforts to be recognised by others

Children become highly motivated when they are praised for their efforts in mastering a skill or a problem. And through praise they are encouraged to try even harder. For Under-12s, the coach or parent is like a mirror in which they see

their capacity or incapacity. That is why a coach should always be positive and praiseworthy of their youngsters, keeping critical comments to a minimum.

## 4 The need to show responsibility

Children prefer to do things on their own without depending too much on adults. They like to reach for independence as quickly as possible. Thus, coaching methods need to consider this, making sure that children find by themselves solutions to problems. The coach should interfere only when problems can't be solved. Putting down or collecting cones, modifying the rules of a practice game or choosing players for demonstrations should also become a task for the children.



## 5 The need to play

Playing games is as vital for children as sleep: necessary for the wellbeing of body and mind. As children learn by playing, the central part of each training session should be the practice and understanding of a simplified game. The art of coaching is to always adapt it to the children's ability and capacity level and not vice versa. Playing games, communicating with others and decision making are stimulating. Playing without thinking is like shooting without aiming.

## 6 The need to socialise with others

Instinctively, children look for communication with others. The older they are, the more they need company of a similar age. They love to be associated with a group, with the aim of achieving common objectives.

## 7 The need to move

Nature wants children to be active. Kids have no patience waiting in queues or standing around. With that in mind, the rules of the adult games need to be modified to allow children to play the ball more often. And games with few players assure active participation.

## 8 The need to live in the present

A child's sense of time is completely different to that of an adult. A child lives the present moment with intensity without worrying about tomorrow or yesterday.

## 9 The need for variety

More variety means less boredom, less fatigue and fewer distractions. Varying exercises are one thing, but varying the intensity is another. Variation can also be assured through mixing the specific with the general, through switching from the global to the analytic method or from individualised training to group practice.



## 10 The need to be understood by adults

Children seem to live in a different world to adults. They have different problems to adults, learn in a different way and don't think as logically as us. Their ideas lack coherence and they don't know to manage their energy, (so therefore get tired very easily). But we live in a different world to them, and it's for us to understand and bridge those differences. For all these reasons, adults who live and work with children should be well prepared in order to be able to stimulate and guide them well in their search for personality and identity.