

THE CORRECT TECHNIQUE IS VITAL WHEN YOU COACH HEADING

SOCCER COACH WEEKLY

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BARCELONA PHASES OF PLAY

- > WHAT DOES A TARGET MAN DO?
- > SCORE FROM REBOUNDS
- > LINK UP PLAY

SOCCER WARM-UPS

Wall Passing
And Shooting



◀ ZLATAN
IBRAHIMOVIC
PARIS SAINT
GERMAIN

ZLATAN

THE TARGET MAN

GOT A COACHING PROBLEM? LET ME SOLVE IT FOR YOU

The Problem With Heading



Soccer Coach Weekly
Issue 466



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Touchline Tales

One of the problems that I find with all the furore in America over heading the ball and the new laws that will come into play next season is that if you coach the correct technique from an early age children are less likely to hurt themselves from heading a ball than if they come to it late on and head a ball when they are not used to it.

Of course mine isn't a medical opinion so I guess I should accept that the medical experts see it as a harmful activity for young players.

However, I was at an Under10s match at the weekend and there was plenty of heading going on. The opposition had a good crosser of the ball but my two centrebacks could easily head the ball away – if heading wasn't allowed I'm sure those crosses would have caused chaos in our penalty area.

Meanwhile at the other end of the pitch my striker met a corner with his forehead and it went straight past the goalkeeper and into the corner of the net. Without heading this would have been a much different game.

In my youth I was always a good



header of the ball having practiced with my best friend for hours at a time trying to keep the ball in the air for as long as possible. We were both good headers and would often be vying to be the one who headed the ball at corners and free kicks.

It is obviously something that in previous years hasn't been seen as a problem but now this has been highlighted and the authorities have to protect the children from any form of physical damage through sport.

I will continue to coach proper

technique to the youngsters that play the game in my teams so they are heading the ball correctly but will also keep an eye on the game in the States where they are phasing heading out for the young age groups. It is not really until Under 10s that you see players heading the ball a lot so I think it is an important age group to watch.



David Clarke

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6 MOVE AND CREATE

Movement creates space in the final third

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Working on communication and encouraging good passing

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Bring your fullbacks into the game like Barcelona



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



Out In Front

The man in demand at the moment is PSG's Zlatan Ibrahimovic with reports suggesting the Chinese government has offered him £59m a year to play in China

The secret to Zlatan Ibrahimovic's success has been his adaptability. He can come short and operate as a false nine, but he is at his most devastating as target man.

"At almost 100 kilos and 1.96 metres, he's the best target man in the world," says former Brazilian international Leonardo, now sporting director at PSG.

For a big and powerful guy 'Ibra' has an exquisite first touch and fantastic movement – key attributes for the role and they are skills your young players can learn with the simple drills on the following pages.

The target man is an isolated position, acting both as an 'out ball' to relieve pressure and as a catalyst for rapid counterattacks. It requires patience, strength, the ability to shield the ball and a great first touch. With his back to goal and the ball at his feet, defenders will

struggle to dispossess him.

"The key is not to lose the ball when you get it," Ibrahimovic explains. "I try to protect the ball and keep defenders away using my back, arms, strength and balance... if I can hold the ball, it gives the team a chance to join me in attack."

When he plays he frequently requires

the attention of both centre backs, one to go tight and the other dropping off, but this leaves space and exposes the fullbacks.

His movement off the ball is intelligent but it's important his team-mates clear the space into his feet by pulling markers away from his supply line. Use our drills and your players can do an 'Ibra' too...

RESPONSIBILITIES OF A TARGET MAN

What does a target man do? It may seem obvious but if your players have a better understanding of the role it will help your team score more goals.

- > Shoot at every opportunity with power and precision
- > Help team-mates by holding the ball up and heading crosses down so they can control and shoot

- > Make the most of corners and set plays by getting on the end of balls played in
- > When the target man is on the back line of the defence he must stay outside and make runs into the space behind the defenders for supporting players to pass to
- > When wingers have the ball and are looking to cross, the target man must find space between defenders in the final third to attack the ball and threaten the goal
- > Try to play quickly and cleverly in the final third

Score From Rebounds

Gets players to keep playing even though they think the goalkeeper will save it – often the goalkeeper will fumble the ball or push it away leaving a chance for a rebound

WHY USE IT

Scoring from rebounds is an important skill for all your players to have making sure they continue playing until the ball goes dead or the goalkeeper has control of it.

SET UP

You need balls, bibs, cones and two goals. Set up an area 30 x 25 yards with a goal at each end – you need a 5 yard rebound zone at each end. We used 12 players and a server in the session.

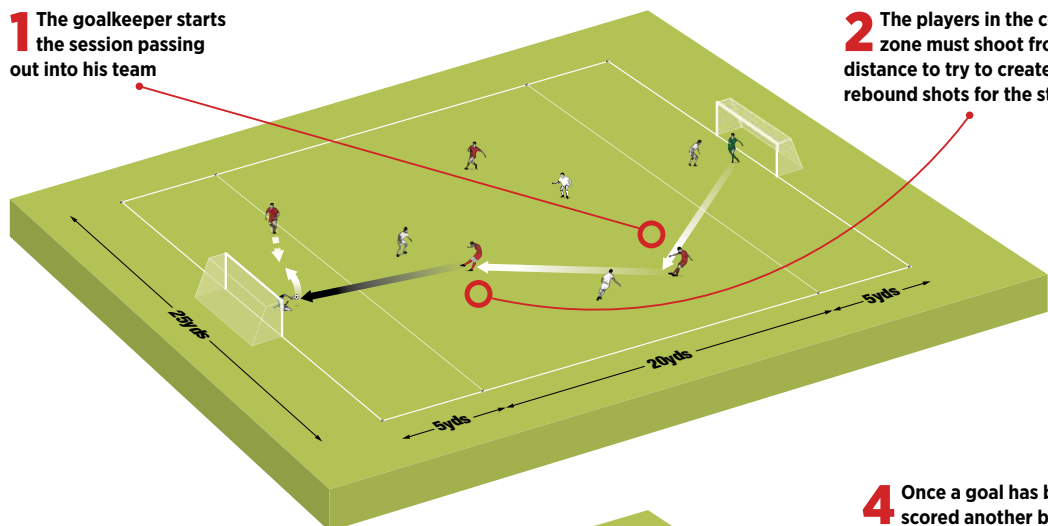
HOW TO PLAY

Split your players into two teams of four players. One player from each team is the striker who can only score from a rebound. The striker plays in the opposition's five yard zone. The two strikers are the only players allowed in the rebound zone. The striker cannot score from the zone, the other players must shoot and hope for a rebound. If the ball goes in the goal it counts for 1 point but if the ball is scored from a rebound it is worth 2 points.

TECHNIQUE

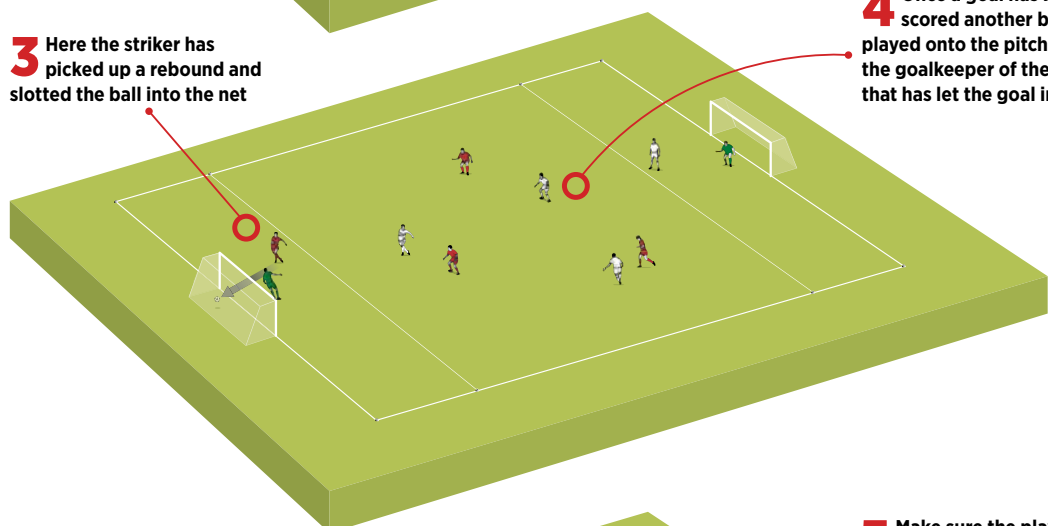
Fast reactions and good shooting technique is vital.

1 The goalkeeper starts the session passing out into his team

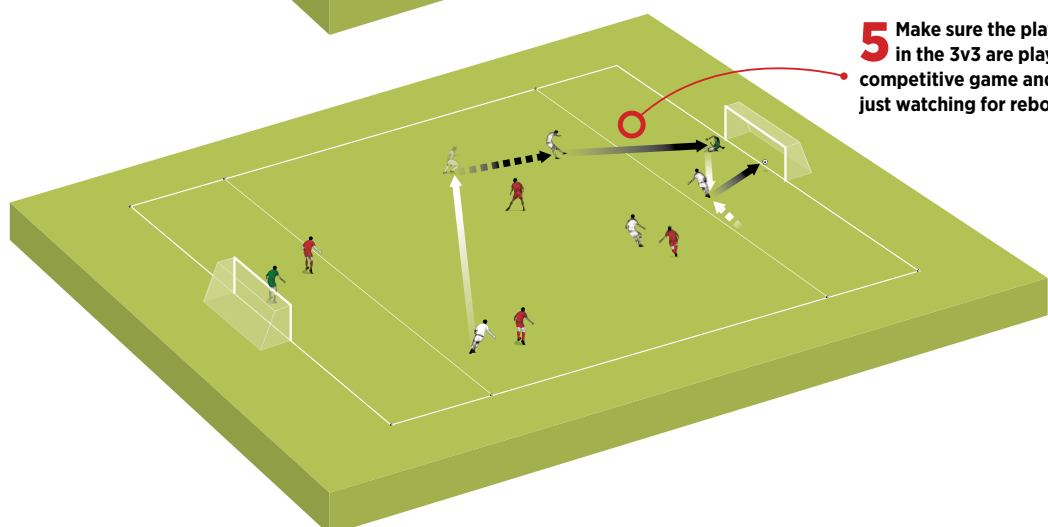


2 The players in the central zone must shoot from distance to try to create rebound shots for the striker

3 Here the striker has picked up a rebound and slotted the ball into the net



4 Once a goal has been scored another ball is played onto the pitch from the goalkeeper of the team that has let the goal in



5 Make sure the players in the 3v3 are playing a competitive game and not just watching for rebounds

Three Team Game

Out of the chaos from attacking and defending with three teams on one pitch a goalscorer is usually highlighted by scoring more goals than the others

WHY USE IT

Players have to sort out in their minds the different ways they can attack and that they have to defend both goals if they do not have possession.

SET UP

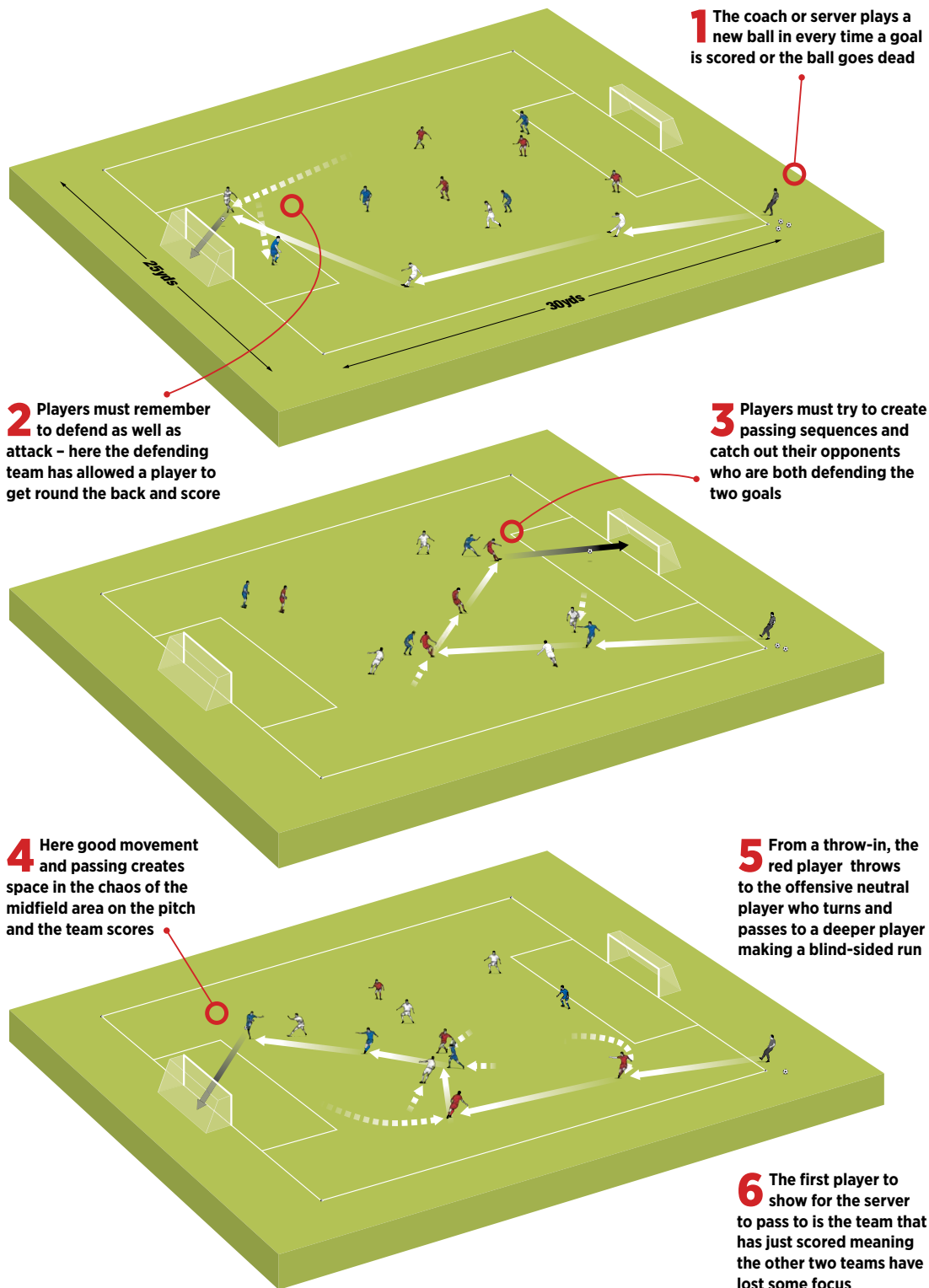
You need balls, bibs, cones and two goals. Set up an area 30 x 25 yards with a goal and penalty area at each end. We used 12 players and a server in the session.

HOW TO PLAY

Split your players into three teams of four. The coach or a server needs a few balls on the side and plays a ball in to the nearest player from one of the teams every time a goal is scored or whenever the ball leaves the pitch. Before a team can score they must make at least one pass. So if a player tackles an opponent they can't score straight away but must make a pass – so they cannot just win it and score. Also players are only allowed 10 seconds in the penalty areas this stops goal hanging!

TECHNIQUE

Coordination movement and positioning is key.



Player movement ■■■■

Ball movement ———>

Run with ball ■■■■

Shot ———>

Move and Create

In this session players are being creative and moving to areas their teammates can set up passes and link up play to create goalscoring opportunities

WHY USE IT

Allows players to work on using blind-sided runs to create scoring chances in a competitive game-like situation.

SET UP

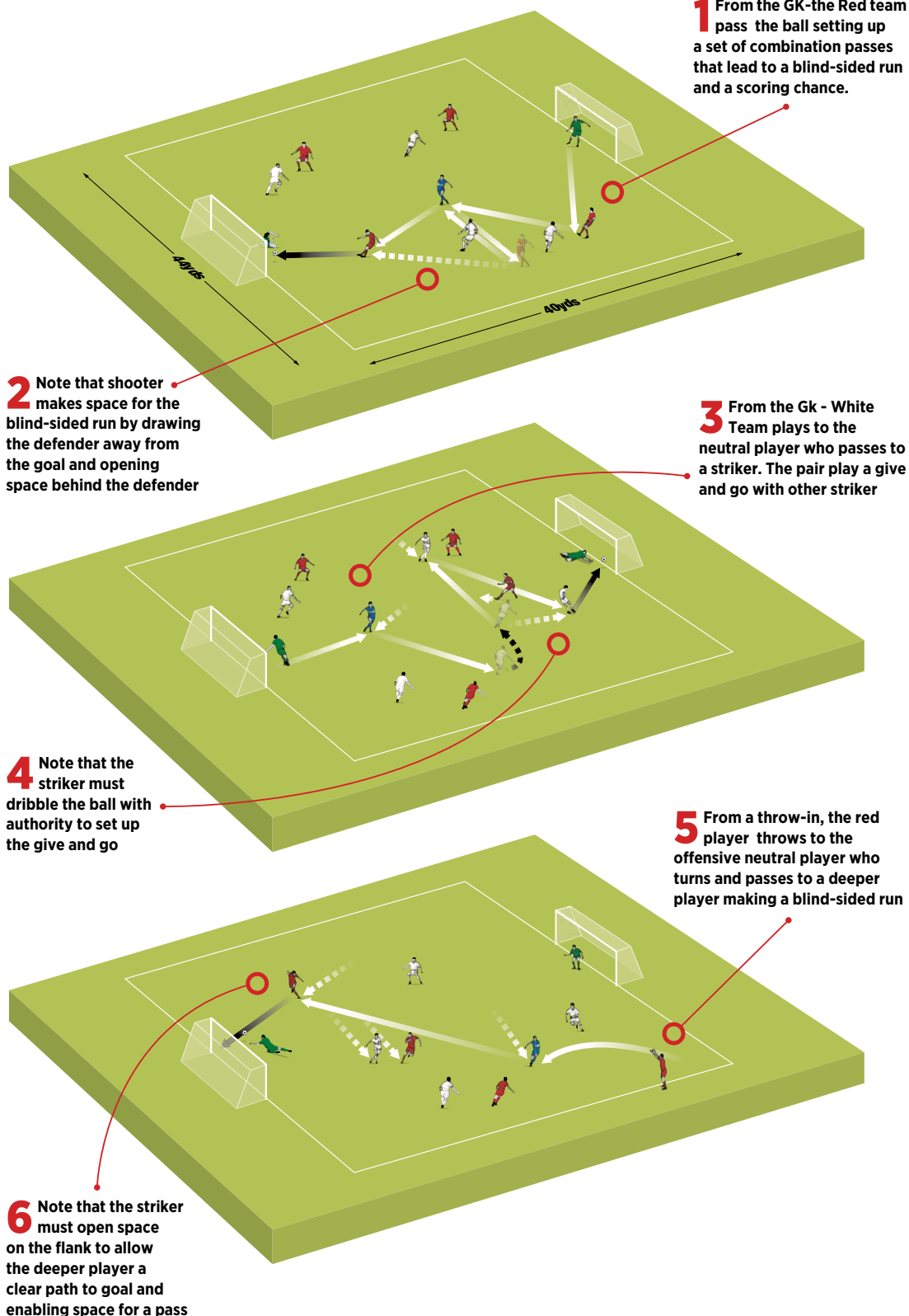
You need balls, bibs, cones and two goals. Set up an area 40 X 44 yards (Penalty area width). We used 11 players in the session.

HOW TO PLAY

Ball starts with either Gk and players play to score with the restriction that finishes must be 1 or 2 touch. Goals count 1 and goals that are scored due to a blind-sided runs count 2. Neutral player cannot score but increases the number of opportunities for blind-sided runs leading to shots. This is a continuous activity with both teams trying to outscore the other team. Gk possession on corner kicks and goal kicks. Throw-ins are played as throw-ins.

TECHNIQUE

Communication, passing and movement, scoring in two ways and reacting to the coaches call.



Player movement ■■■■

Ball movement ———>

Run with ball ■■■■

Shot ———>

Wall Passing and Shooting

This session works on encouraging communication and good passing and getting players to drive into space and hit the target

1 The shooting players line up opposite the goal ready to take turns at the dribbling session

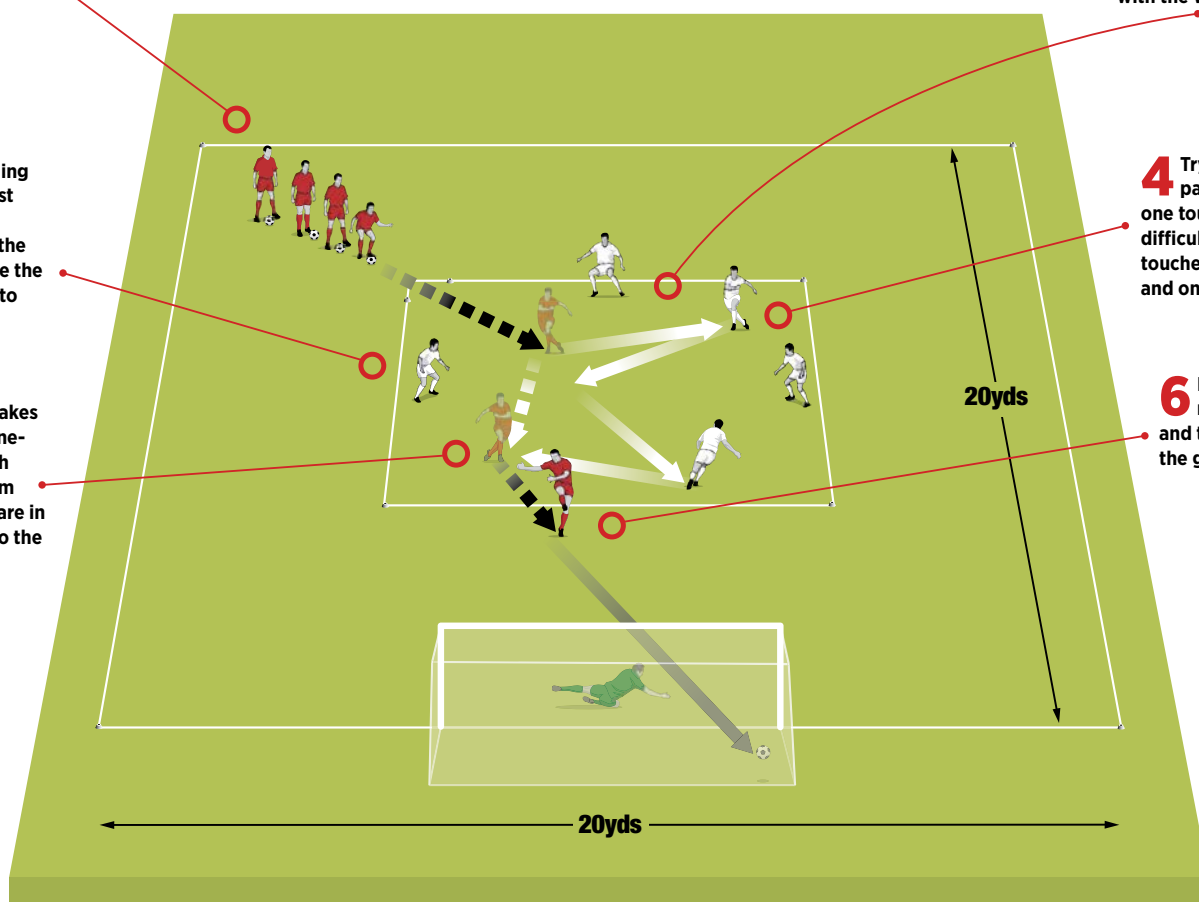
2 They get a ball from the coach and go into the area to play one-tuos with the wall passers

3 The dribbling player must choose one of the players in the square to make the first wall pass to

4 Try to get the wall passers to use one touch – if this is difficult give them two touches, one to control and one to pass

5 Now he makes another one-two pass which should take him out of the square in the middle into the penalty area

6 Here the shooter must now shoot and try to score past the goalkeeper



WHY USE IT

This is excellent for team play with individuals linking and passing to create a goal scoring chance in the penalty area.

middle creating a 10 x 10 yard square. We used 12 players in the session.

HOW TO PLAY

At the opposite end to the goal is a line of players – the shooters. In the middle square is the other team – the wall passers. In the example given there are five wall passers. The shooting player enters the area and

makes two quick wall passes. The shooting player then dribbles out of the area at top speed in order to shoot at goal. Immediately a new shooting player enters the area and repeats the practice. After a set time period, the teams switch roles.

SET UP

You need balls, bibs, cones and a goal. Set up an area 20 x 20 yards with a goal at one end and four cones in

TECHNIQUE

Communication, passing and shooting are all key to the session.

Player movement ■■■➔

Ball movement ➡

Run with ball ■■■➔

Shot ➡

Barcelona Phase of Play

This session works on bringing fullbacks like Dani Alves and Jordi Alba high up the pitch to join in attacks and be an option for passing the ball into the danger areas

WHY USE IT

You need attacking options during games and using fullbacks can give overloads to exploit.

SET UP

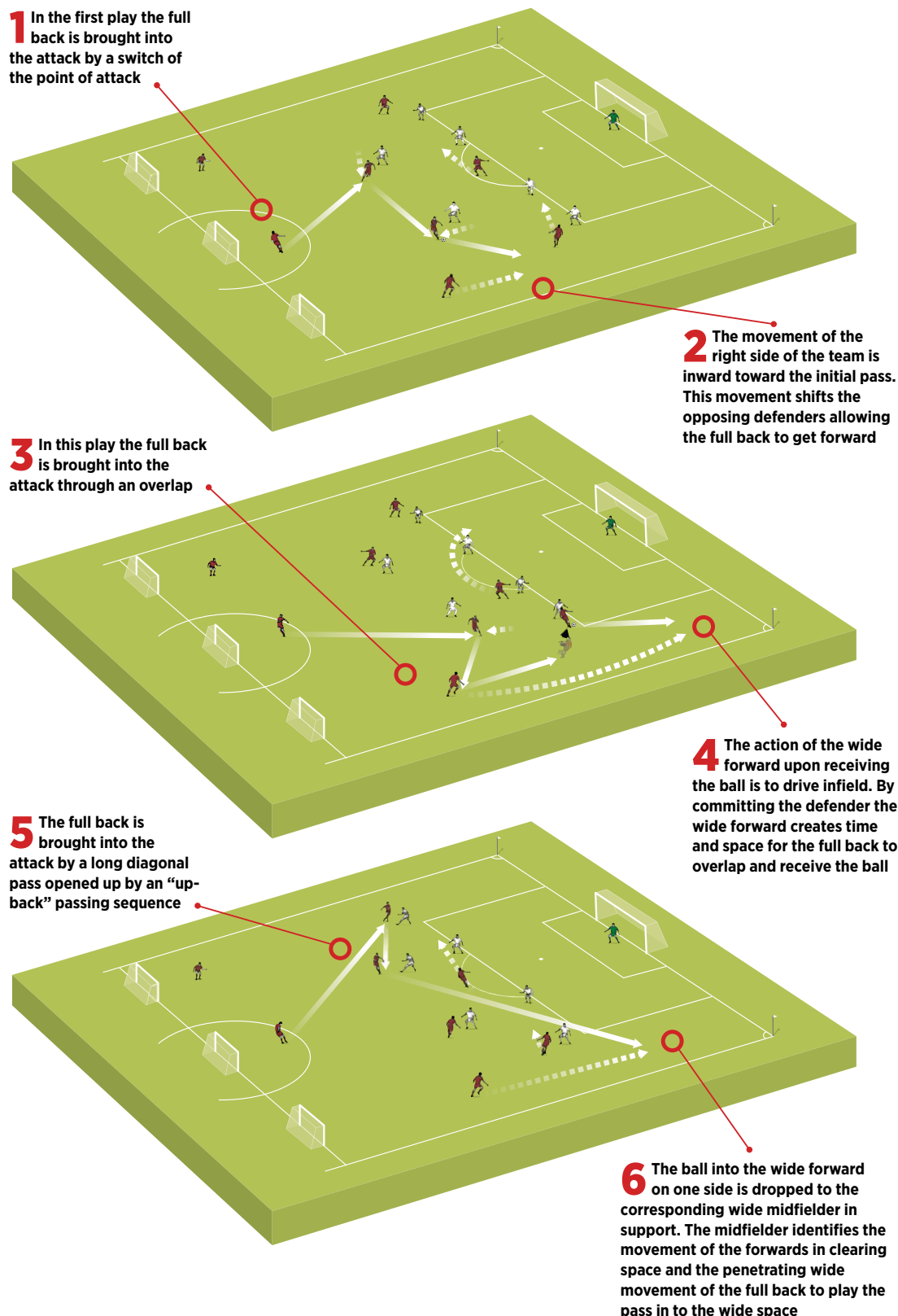
You need balls, bibs, cones and one large and three target (or cones) goals. Use half your normal pitch. We used 15 players in the session.

HOW TO PLAY

Split the players into two teams – an attacking team of 8 players and a defending team of 6 players plus a goalkeeper. The attacking players attack the big goal but must also defend the three target goals. Play to the strengths of the fullbacks by practising patterns that bring them into the game against the five defenders.

TECHNIQUE

Receiving, dribbling and crossing.



Player movement ■■■■

Ball movement ———>

Run with ball ■■■■

Shot ———>