

NEW!

ELITE SOCCER

COACHING PRACTICES FROM ENGLISH
FOOTBALL LEAGUE MANAGERS AND COACHES

BLACKPOOL

IAN HOLLOWAY

PREMIER LEAGUE POSSESSION

• PASSING • POSITIONING • POSITIVITY

Exclusive
Training practices
from top professional
managers



CRYSTAL PALACE
**DOUGIE
FREEDMAN**
Supporting
from deep



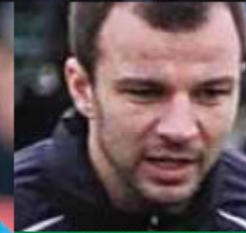
YEovil TOWN
**TERRY
SKIVERTON**
Overload
attacking



LINCOLN CITY
**STEVE
TILSON**
Passing
patterns



LMA AMBASSADOR
**IAIN
DOWIE**
Back four
understanding



TOTTENHAM HOTSPUR
**ANTHONY
HUDSON**
Technical
training

TOTTENHAM HOTSPUR

Anthony Hudson
Technical training session

Overview:
This is a broad training session that enables players to practise a range of skills across multiple exercises.

It rehearses ball skills in terms of tidy, quick and intelligent passing, plus finishing in and around the box. It's also excellent for movement, closing down and positional awareness.

These ranges of skills are essential for any footballer. It is important to practise these because the scenarios in which players will need to display these skills occur regularly during games.

"This is a broad training session that enables players to practise a range of skills across multiple exercises."

TECHNICAL TRAINING: MAIN SESSION

SET-UP
AREA
Training pitch
EQUIPMENT
Ball, cones, goals, poles
NUMBER OF PLAYERS
Full squad

What do I get the players to do?

We practise a range of short drills...

Box Passing

We mark out a 6x6 yard area using four cones. Playing 4v1, we rotate the defending player, who must chase and close down, looking to win possession.

Technical Warm-Up

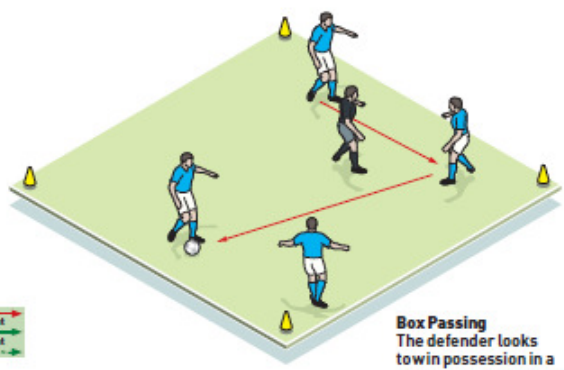
In a larger 20x20 yard area, we arrange five players to construct a technical passing move. Cones are placed on two diagonal corners, with a further three positioned just in from one of the other corners. Players construct a passing pattern in and around the box - yellow passes to blue and follows his pass, blue performs consecutive one-two passes with red before passing to grey and taking up red's position. Grey plays one-twos with red, and those two players switch positions before the move is reversed and played back in the other direction. A white player assumes yellow's original start position to complete the move.

Grey plays one-twos with red, and those two players switch positions before the move is reversed and played back in the other direction. A white player assumes yellow's original start position to complete the move.

Clever Turns

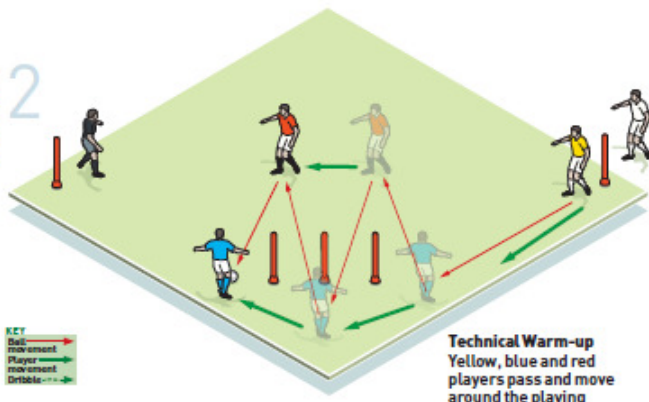
We use five players and a passing diamond measuring 10x10 yards. An initial one-two pass along the side is made before the ball is set

1



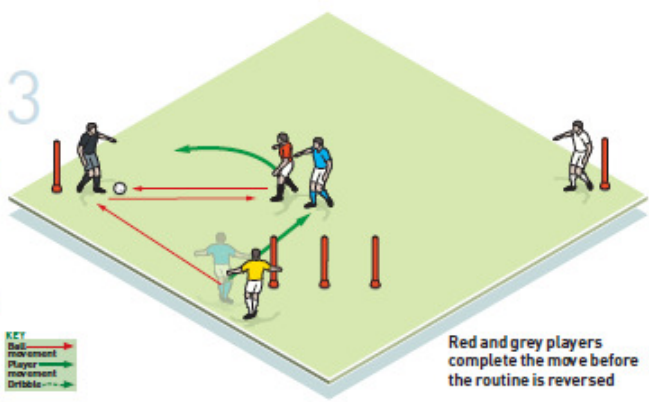
Box Passing
The defender looks to win possession in a simple passing square

2



Technical Warm-up
Yellow, blue and red players pass and move around the playing area

3



Red and grey players complete the move before the routine is reversed



Anthony Hudson
**TOTTENHAM
HOTSPUR**

Anthony Hudson is part of the coaching team at Barclays Premier League club Tottenham Hotspur. The son of former Chelsea and England star Alan Hudson, he started his playing career at West Ham United before moving on to Luton Town and Dutch outfit NEC Nijmegen.

Progressing into the coaching side of the game, he became Assistant Head Coach of United Soccer Leagues team Wilmington Hammerheads, before landing the Real Maryland manager's job at the age of just 27, the youngest coach in the USL.

After a successful time in the States, Hudson returned to the UK, and despite being linked with the manager's post at Scottish sides Hibernian and Aberdeen, has proved himself to be a valuable addition to Harry Redknapp's coaching staff at Tottenham.

"We look for the disguising of passes, with the use of subtle reverse passes, turns and flicks."

TECHNICAL TRAINING: PROGRESSION

outside the cone for the receiving player to turn onto. He then side-foots the ball along the next line, waits for a one-two, then follows his pass. Players progress around the passing diamond.

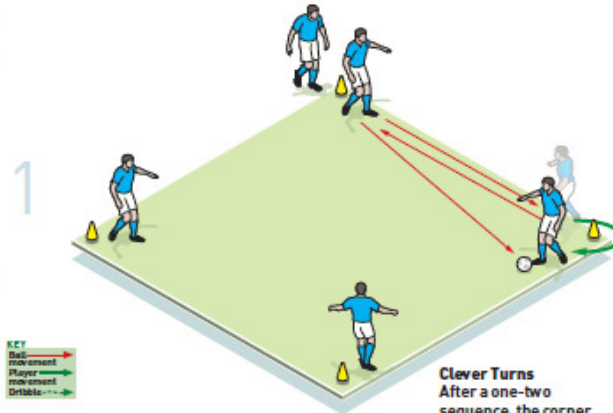
Short Attacks

We mark out a 36x20 playing area, with a goal at each end and add a halfway line - offside applies at this point. This is a 2v1 attack versus defence game, with one attacker and one defender positioned at the halfway line (though in their own halves), and another attacker on the far dead ball line.

One attacker lays the ball into the feet of the other; the two must combine, attempting to score in the goal. If the defender wins the ball, he can shoot. Keep changing the defensive player and progress this to 3v2. The three attacking players cannot all be in the attacking half at any one time.

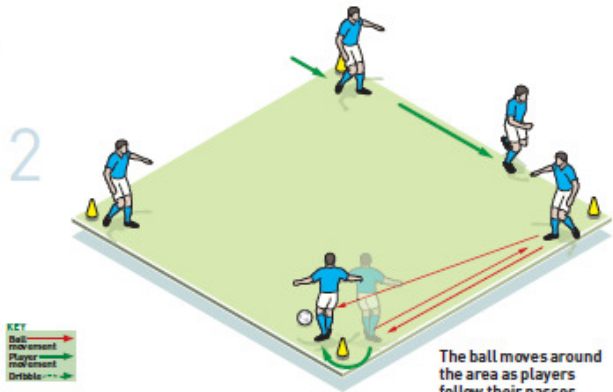
What are the key things to look for technically/tactically?

In all of these drills, players must be firm in their positions yet able to move quickly. We look for the disguising of passes with the use of subtle reverse balls, turns and flicks. Movement off the ball and away from opponents is crucial, while the Short Attacks game rehearses all-out finishing, technique, placement and power.



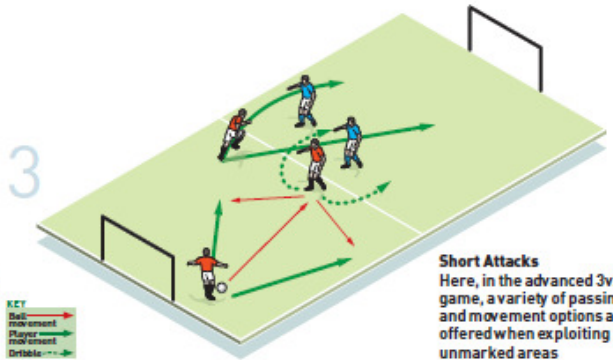
KEY
Ball movement
Player movement
Offside

Clever Turns
After a one-two sequence, the corner player receives the ball outside the cone



KEY
Ball movement
Player movement
Offside

The ball moves around the area as players follow their passes



KEY
Ball movement
Player movement
Offside

Short Attacks
Here, in the advanced 3v2 game, a variety of passing and movement options are offered when exploiting unmarked areas