



Corinthians

Days after Previous Match: 1

Days to Next Match: 2

Date: Monday, January 22 2007

Practice Schedule:

- 04:30 pm – 04:45 pm Warm-up
- 04:45 pm – 05:20 pm Match Day Players Lift
- 04:45 pm – 05:15 pm Goalkeeper Training
- 04:45 pm – 05:15 pm Technical Training- Foot Skills
- 05:15 pm – 05:45 pm Technical Training – Attack: Shooting
- 05:15 pm – 05:40 pm Technical Training – Defense: Defense In the Box
- 05:40 pm – 05:55 pm Cool Down





Activities

Diagram / Setup

Keith's Comments

Warm-Up

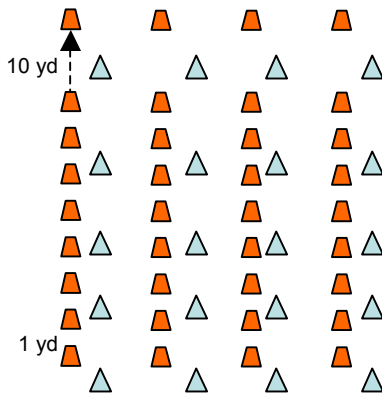
▪ **Jog & Stretch**

- Players jog around the field for 15 minutes
- [Static Stretching Routine](#)

Dynamic Warm-Up

• **Plyometric Exercises**

- Right high leg step-ins
- Left high leg step-ins
- Side left leg over right
- Side right leg over left
- Outside leg over side to side
- Fast runs side to side
- Fast side shuffle

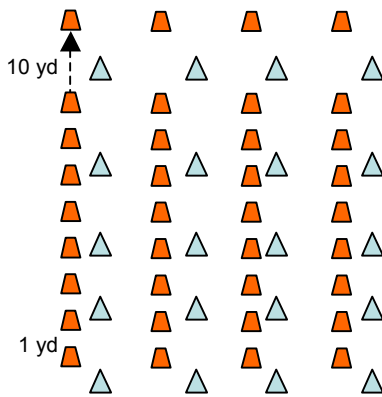


- Please see section on 'Plyometric & Fast Footwork exercises'
- For youngest players (pre-puberty), you should include the ball in everything you do

Dynamic Warm-Up

• **Two-Man Races**

- Players race through cones
- Various start scenario's
 - Face each other
 - Back to Coach: Turn & Sprint
 - Backwards on one knee

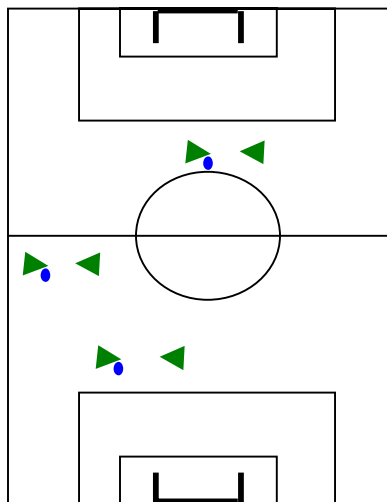


- Focus on 'first step' / 'off the mark' speed
- A players first three to four steps should be short & quick

Technical Training- Foot Skills

• **Partner Exercises**

- Players perform various exercises across the field
 - [Dribble](#)
 - [Dribble at a Shadow Defender](#)
 - [Inside of the foot passing](#)- One partner backpedals, one partner jogs forward
 - [Lateral movement passing](#)- Player backpedaling moves side to side while passing
 - [Headers](#): Backpedaling player runs away & sprints back for a jump header
- [Short-Long Passing](#)- Players start 20 yards apart & increase the distance to 50 yards
 - Players were very active throughout the exercise



- Focus on every touch being clean & quick
- The exercises should be done with at full intensity
- 'Players feet are always moving. It needs to look like soccer – the real thing. Keep this headline in your player's mind'
- Hold players accountable for their partner's efforts & quality as well as their own.
- Always teach players to develop the type of partnership they will want in the game

Days till
Next Match

2

Page

2

- ▲ Cone
- Ball
- △ Player



Activities

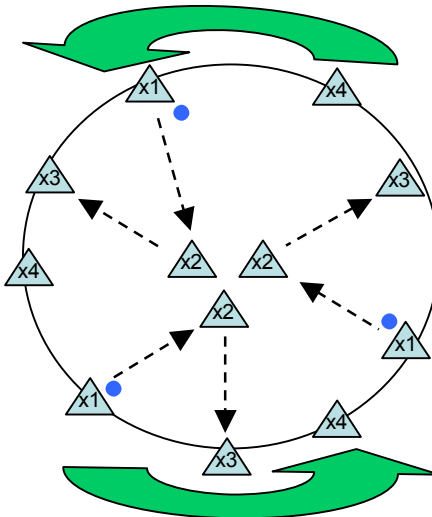
Diagram / Setup

Keith's Comments

Technical Training – Foot Skills

• **Center Circle Exercises**

- Players spread out around the center circle
- Three players with a ball
- Three players in the center of the circle without balls
- Change Direction every couple of minutes
- Exercise
 - Players follow their pass
 - X1 Passes to X2
 - X2 passes to X3
 - Continue around the circle
- **Headers:**
 - Same drill but with headers & hand services
 - Servers (x2) & remained for 30 seconds then switch
- **Inside of the Foot Volley:**
Same drill but with volley's

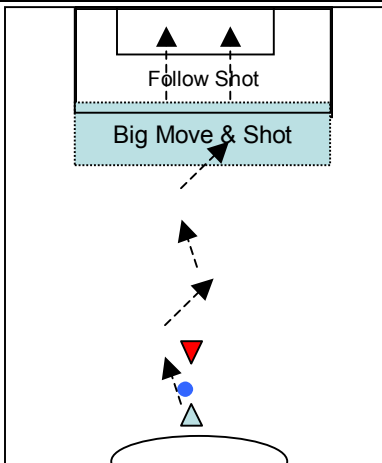


- o Highly technical exercise
- o Every player was involved at all times
- o Great exercise to conduct when there is a limited number of soccer balls available
- The possibilities are endless regarding types of technical training that which you can do in this format: IE: Dribbling exercises, juggling exercises, etc...

Technical Training - Shooting

• **Shadow Defender Shooting**

- Exercise
 - Attacking player dribbles at shadow defender with lots of zig-zag movements. At the 18 yard box, the attacking player does one 'big' move & shoots
 - Both players follow the shot for a rebound

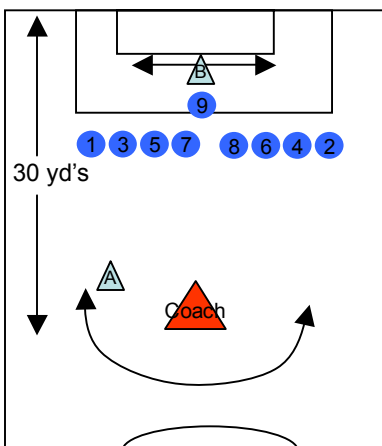


- It is critical that both players follow the shot as it serves a dual purpose:
 - Develops good attacking & defending habits
 - Puts stress on the GK to hold the ball or cover the rebound fast

Technical Training - Shooting

• **Sprint & Shoot Exercise**

- Setup
 - See Diagram
- Exercise
 - Player 'B' sprints to the 'widest' ball & shoots 1st time
 - Player 'B' then sprints around the coach & shoots the next 'widest' ball (alternate side)
 - Player 'B' continues this pattern & dribbles ball '9' at the GK for a 1v1
 - Player 'A' runs laterally in the box in the opposite direction of Player 'B' and attacks the goalie for rebounds



- Player A should focus on taking quick strikes, getting to the ball FAST – taking quick, short strides
- Player B focuses on distracting the goalkeeper & finding the rebounds



Activities

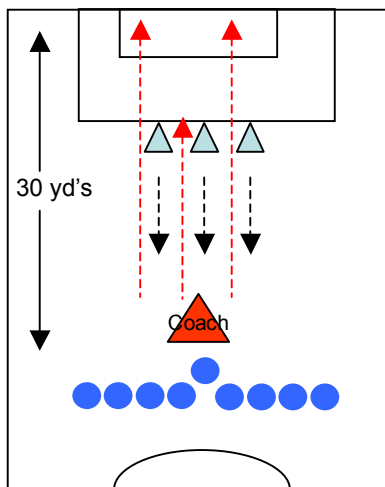
Diagram / Setup

Keith's Comments

Technical Training – Shooting

• **3-Player Exercise**

- Setup
 - Groups of three
 - Start at the 18 facing midfield
 - Coach stands 30 yards from goal with a full supply of balls
- Exercise
 - Players jog towards the coach
 - Coach throws a ball over the center players head
 - Center player turns, sprints & shoots
 - The other two players turn & sprint to goal
 - Repeat for 5 minutes alternating the center player every several shots

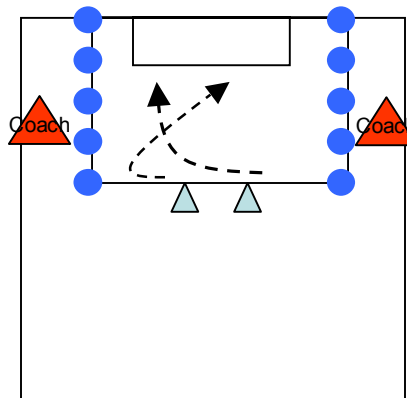


- **REBOUNDS!** – We are seeing a very important theme. Goals from rebounds count as much as any other so you must train your players to go for them all the time
- How often you change groups will depend on how much work vs. rest ratio you want
- One variation is for the coach to play balls through on the ground & to play balls at different angles

Technical Training - Shooting

• **Service & Shot Exercise**

- Setup
 - Five balls spread out along the side of the 18 yard box
 - Coach Serves balls
 - Pairs line up at the top of the 18 yard box
- Exercise
 - Two players start at the top of the 18 yard box & complete criss-cross runs on the coach's whistle
 - The ball is served & shot
 - The two players complete five reps
 - As exercise progresses, services move closer to the endline

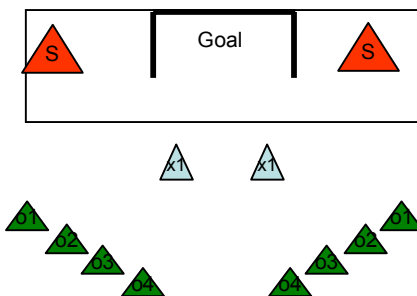


- For younger players, you may want to place cones in the 18 where you want them to bend their runs around – or for older, lazy players!

Technical Training – Defense in the Box

• **Heading Exercise**

- Setup- See Diagram
- Exercise:
 - Server(S) tosses the ball to x1
 - x1 heads the ball to player o1
 - x1 sprints to the post
 - Server(S) tosses the ball to x1
 - x1 heads the ball to player o2
 - x1 sprints to the post
 - Exercise continues until player x1 heads the ball to each player (o1-o4)
 - The group rotates & each player completes the circuit 2-3 times



- Player A should focus on taking quick strikes, shooting back post to force the goalkeeper to make serves & leave rebounds
- Player B focuses on distracting the goalkeeper & finding the rebounds

**Days till
Next Match**

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- ▲ Cone
- Ball
- △ Player



Activities

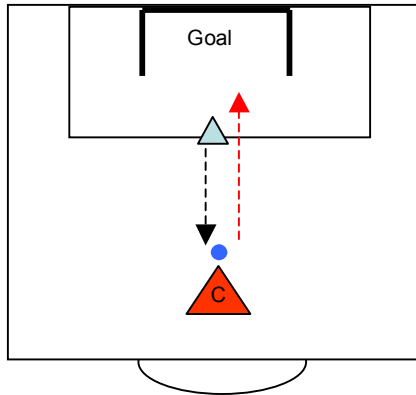
Diagram / Setup

Keith's Comments

Technical Training - Defense

• **Heading running back to Goal**

- Setup
 - Defenders lying face down at the 6 yard box
 - Coach at the penalty spot with a ball in hand
- Exercise
 - Coach signals for players to 'Go'
 - Defender springs up & sprints to touch the ball
 - Coach tosses the ball over the defenders head
 - Defender backpedals & heads the ball away
 - Each defender completed 8 reps & rotated

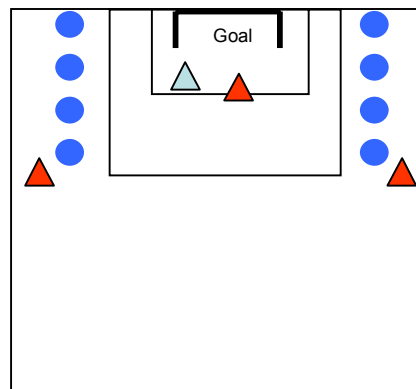


- Typically, the ball should be headed over the goal.
- Emphasize not only heading over the goal but also concentrating on heading 'wide' of the goal
- While you want to head over the bar & away from danger- it is important to head in the direction you are moving as much as possible

Technical Training- Defense

• **Heading Away Crosses**

- Setup: See Diagram
- Exercise
 - Balls served over the coach's / players head
 - The defender headed the ball away out of danger
 - Defender sprints to the back post (opposite of where the cross just came from)
 - Defender then sprints back out to clear another service from the opposite side
 - Crosses alternate side
 - Each defender cleared eight balls



- ▲ Coach
- △ Defender

- Attacking crosses at speed & moving to the ball is critical
- Consider adding a 2nd defender so that they need to communicate with each other as to who is going for the ball. Then you can coach the covering position of the defender not going for the ball
- Vary services with 'inswingers' & 'outswingers'

Cool Down

• **Static Stretching**

- Players were on their own for static stretching & light jogging

- Notice the coach talked with the team during the stretch time during the cool down. This saves time & that is important to the players



Corinthians

Days after Previous Match: 1

Days to Next Match: 2

Date: Tuesday, January 23 2007

Practice Schedule:

- 09:00 am – 09:05 am Team Meeting
- 09:00 am – 09:15 am Warm-Up
- 09:15 am – 09:50 am Technical Training
- 09:55 am – 10:25 am Non-Directional Possession
- 10:25 am – 10:35 am Technical Training – Attack: Crossing & Finishing
- 10:25 am – 10:40 am Technical Training – Defense: Defending Set Pieces
- 10:40 am – 10:50 am Cool Down & Free Kicks



Activities	Diagram / Setup	Keith's Comments
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Warm-Up

- **Jog & Stretch**
 - Players jog around the field for 15 minutes
 - [Partner Stretching Routine](#)



- *Partner stretching is an effective way to target certain muscles & areas that are difficult to stretch alone*

Technical Training

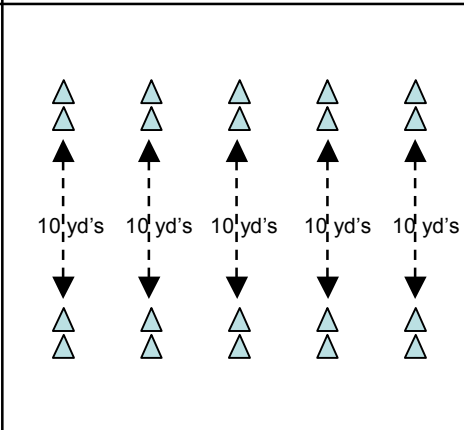
- **Groups of 4 pass & move around the field**
 - Players vary up the length & speed of paces, types of combinations & also take some time to stretch



- ABC

Technical Training

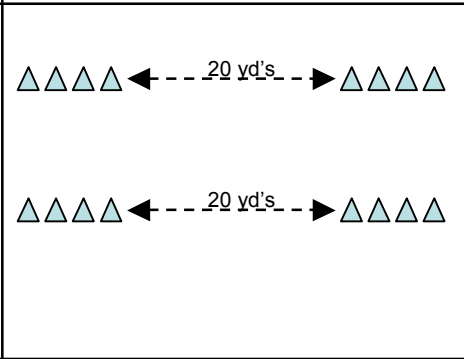
- **Groups of 4- Follow your Pass Exercises**
 - 2 lines, 10 yards apart, 2 players per line
 - Pass & complete the [dynamic movements](#) to the end of the opposite line
 - High Knee's
 - Heel's Up
 - Skip
 - Lateral Shuffle
 - Strides



- *This is primarily a warm-up exercise where the intensity should build to match speed*

Technical Training

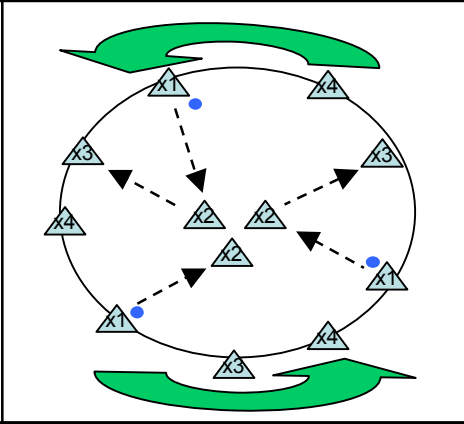
- **Groups of 8- Follow your Pass Exercises**
 - 2 lines, 20 yards apart, 4 players per line
 - Pass & Sprint to the end of the opposite line



- Match Speed
- Very Sharp

Technical Training – Foot Skills

- **Center Circle Exercises**
 - Players spread out around the center circle
 - Three players with a ball
 - Three players in the center of the circle without balls
 - Exercise
 - Players follow their pass
 - X1 Passes to X2
 - X2 passes to X3
 - Continue around the circle



- o Highly technical exercise
- o Every player was involved at all times
- o Great exercise to conduct when there is a limited number of soccer balls available
- The possibilities are endless regarding types of technical training that which you can do in this format: IE: Dribbling exercises, juggling exercises, etc...



Activities

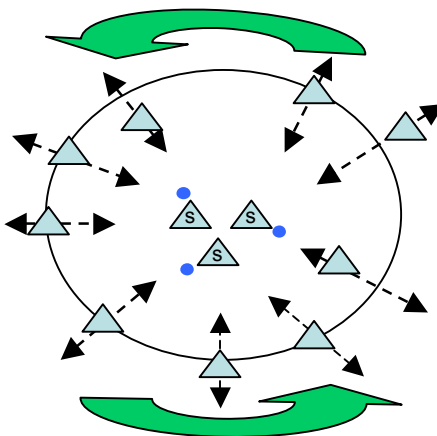
Diagram / Setup

Keith's Comments

Technical Training – Foot Skills

• **Center Circle Exercise Progression**

- Players in the middle become the servers (s) & do not leave the center
- Players on the outside check away and to the servers performing various exercises
 - Inside foot pass
 - Outside of the foot pass
 - Inside of the foot volley
 - Laces Volley
 - Offensive Header
 - Defensive Header

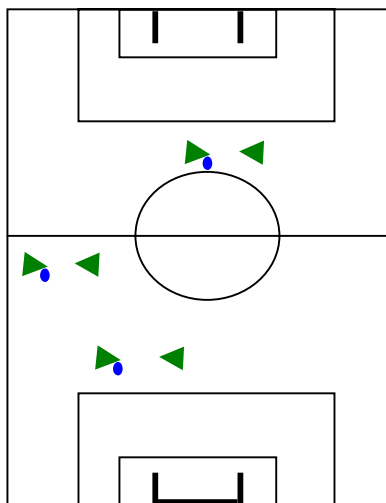


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Technical Training- Foot Skills

• **Partner Exercises**

- Players perform various exercises across the field
 - Dribble
 - Dribble at a Shadow Defender
 - Inside of the foot passing- One partner backpedals, one partner jogs forward
 - Lateral movement passing- Player backpedaling moves side to side while passing
 - Headers: Backpedaling player runs away & sprints back for a jump header
- Short-Long Passing- Players start 20 yards apart & increase the distance to 50 yards
 - Players were very active throughout the exercise



- Focus on every touch being clean & quick
- The exercises should be done with very minimal mistakes & be very sharp

Technical Training

• **Partners short/long pass & move around the field**

- Players start at 20 yards apart and increase the distance to 50 yards apart

- Players are very active with lots of movement with & without the ball

Small Sided Game

• **Non Directional Possession**

- Two games, one on each side of midfield
 - 5v5+1
 - 6v6
- Each player is assigned one player on the other team to 'mark'
- Unlimited Touch

- Match Speed
- Very Sharp

**Days till
Next Match**

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- ▲ Cone
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Activities

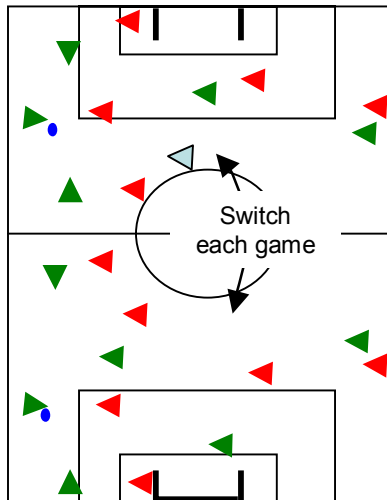
Diagram / Setup

Keith's Comments

Small Sided Game

• **Non Directional Possession**

- Two games, one on each side of midfield
 - 5v5+1
 - 6v6
- Each player is assigned one player on the other team to 'mark'
- Unlimited Touch
- Exercise
 - Three Games, 4 minutes each
 - Rest Time: 1 minute
 - Each game, the neutral player switched and went to the opposite side of the field

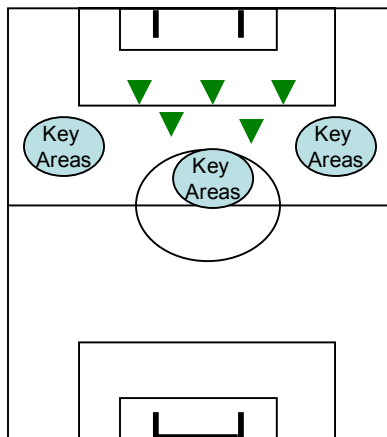


- *Man to Man Marking is clearly evident all over the field*
- *Emphasis on not 'losing your mark'*
- *Both teams were very effective at playing short in small areas & then playing quick combinations to get out of pressure*

Tactical Training- Defense

• **Defending Set Pieces**

- Shadow Play
 - Consistent repetition from a few key areas
 - Lots of instruction from the Coach & center back regarding 'pulling up', or 'staying home & clearing'
- Add Attackers
 - The defense repeated the same scenario's as in Shadow Play but with attackers entering the area

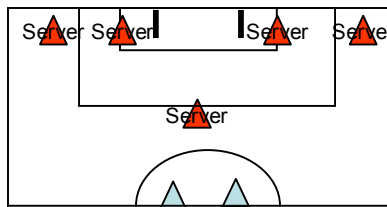


- **Strong emphasis on:**
 - *Timing of 'pulling up'*
 - *Staying Home, 'Clearing the Ball' & then 'Pulling Out Quickly'*
 - *Listening to the Center Back*

Technical Training- Offense

• **Crossing & Finishing**

- 2 v 0
- 3 v 0
- Wall pass and shot
- Short pass from corner of 6 to attacker running into 18 for 1st time shot.



- *Players took ample rest but performed at match speed*
- **Emphasis on:**
 - *Crossing runs at speed*
 - *Striking the ball cleanly, on target at the back post*
 - *Quick release shots*

Days till
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Activities

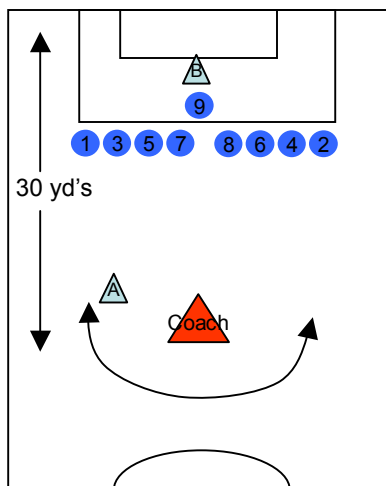
Diagram / Setup

Keith's Comments

Technical Training - Shooting

Sprint & Shoot Exercise

- Setup
 - See Diagram
- Exercise
 - Player 'B' sprints to the 'widest' ball & shoots 1st time
 - Player 'B' then sprints back around the coach & shoots the next 'widest' ball (alternate side)
 - Player 'B' continues this pattern until the ball inside the '18' is left- he takes dribbles this ball at the GK for a 1v1
 - Player 'A' is running laterally in the box in the opposite direction of Player 'B' and the attacking the goalie for rebounds



- Player A should focus on taking quick strikes, shooting back post to force the goalkeeper to make serves & leave rebounds
- Player B focuses on distracting the goalkeeper & finding the rebounds

Cool Down

Static Stretching

- Players were on their own for static stretching & light jogging
- A few players took free kicks over the free kick wall

- Most players spent their time stretching with light jogging (shoes off)
- Coaches emphasized stretching key areas such as the groin & hamstrings



Corinthians

Days to Next Match: 1

Date: Friday, January 26 2007

Practice Schedule:

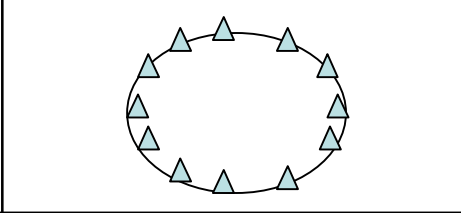
- 09:15 am – 09:20 am Group Stretch
- 09:20 am – 09:30 am Team Jog
- 09:30 am – 09:55 am Technical Training
- 09:55 am – 10:20 am Full-Sided Scrimmage
- 10:20 am – 10:35 am Cool-Down & Shooting
- 10:40 am – 10:50 am Cool Down & Free Kicks



Activities	Diagram / Setup	Keith's Comments
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Warm-Up

- **Group Stretch**
 - Players spread out around the outside of the center circle
 - Various static & bounce stretching exercises



- *Alternate between static & bounce stretches*
- *Hold Static stretches for 30 seconds*

Technical Training

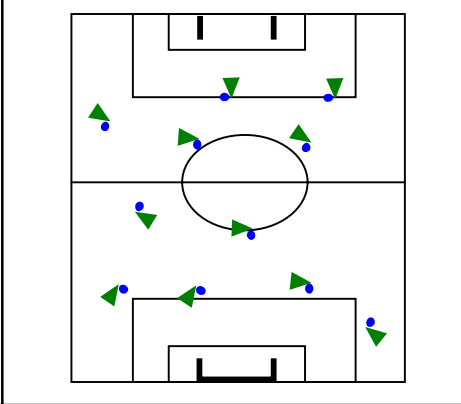
- **Team Jog**
 - Players spent 10 minutes jogging around the field as a group



- *Players performed various dynamic movements as a group while jogging*

Technical Training

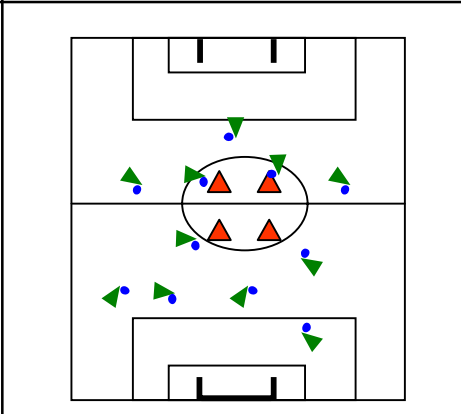
- **One Ball per player Exercises**
 - Free juggling
 - High-low juggling
 - Dribble around the entire field
 - Dribble around the entire field & trade balls with other players (simultaneous pass & receive)



- *This is primarily a warm-up exercise but players should be pressured to keep their touches clean & sharp*

Technical Training

- **Coach's Circle Exercises**
 - Setup
 - Four coaches spread out inside the center circle
 - Exercises
 - Players dribble into the circle & play's a one-two with the coaches
 - Coaches serve balls for headers to players who have checked into the circle



- *Match Speed*
- *Very Sharp*

Technical Training

- **Groups of 4 pass & move around the field**
 - Players vary up the length/ speed of paces



- *ABC*

Technical Training

- **Partners short/long pass & move around the field**
 - Players start at 20 yards apart and increase the distance to 50 yards apart



- *Players are very active with lots of movement with & without the ball*



Activities

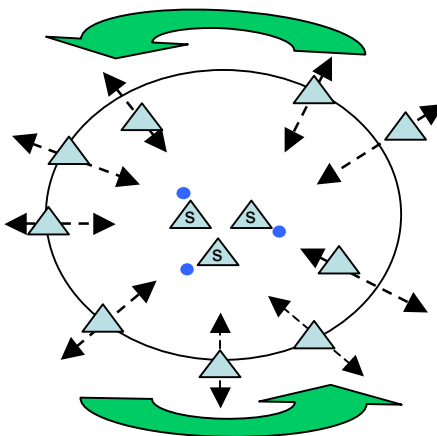
Diagram / Setup

Keith's Comments

Technical Training – Foot Skills

• **Center Circle Exercise Progression**

- Players in the middle become the servers (s) & do not leave the center
- Players on the outside check away and to the servers performing various exercises
 - Inside foot pass
 - Outside of the foot pass
 - Inside of the foot volley
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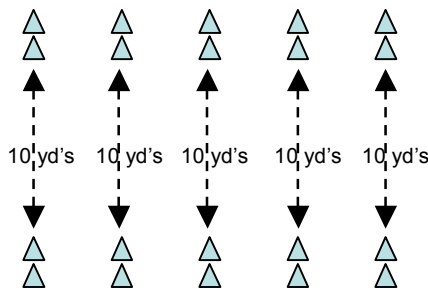


- *Highly technical exercise*
- *Every player was involved at all times*
- *Great exercise to conduct when there is a limited number of soccer balls available*
- *The possibilities are endless regarding types of technical training that which you can do in this format: IE: Dribbling exercises, juggling exercises, etc...*

Technical Training

• **Groups of 4- Follow your Pass Exercises**

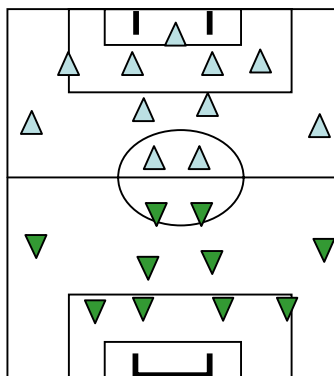
- 2 lines, 10 yards apart, 2 players per line
- Pass & complete the dynamic movements to the end of the opposite line
 - High Knee's
 - Heel's Up
 - Skip
 - Lateral Shuffle
 - Strides



- *This is primarily a warm-up exercise where the intensity should build to match speed*

• **Full-Field Scrimmage**

- 1st team vs. 2nd team
- Balls spread out around the entire field to eliminate 'down-time'

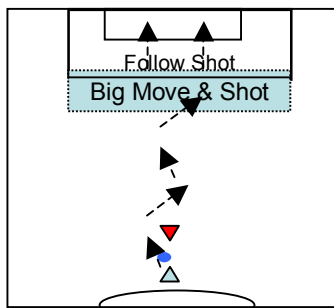


- *The first team focused on a small change in their first team because one player can not play due to red card suspension*
- *High level of coaching by coach's and players during the match*
- *Free kick & set piece repetitions as they occurred*
- *Very high intensity match*

Technical Training - Shooting

• **Shadow Defender Shooting**

- Exercise
 - Attacking player dribbles at shadow defender with lots of zig-zag movements. At the 18 yard box, the attacking player does one 'big' move & shoots
 - Both players follow the shot for a rebound



- *It is critical that both players follow the shot as it serves a dual purpose:*
 - *Develops good attacking & defending habits*
 - *Puts stress on the GK to hold the ball or cover the rebound fast*

**Days till
Next Match**

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- ▲ Cone
- Ball
- △ Player



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Activities

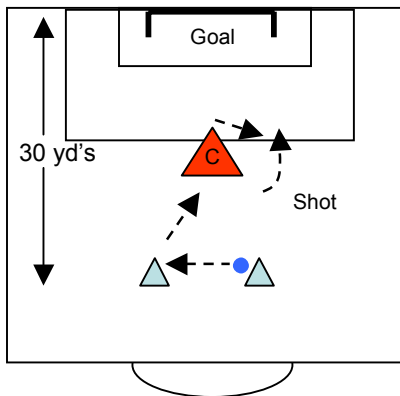
Diagram / Setup

Keith's Comments

Technical Training- Shooting

• **Layoff-Shot Exercise**

- One player touches the ball to the other player. The second player plays the ball into the coach who lays the ball back off for a shot
- Both players follow the shot for a rebound

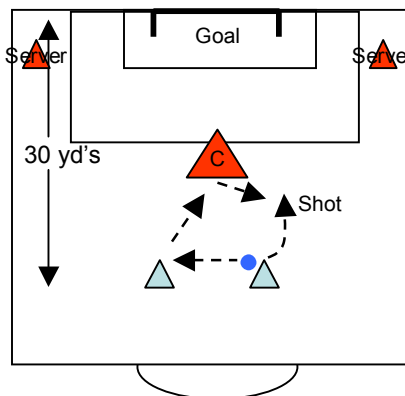


- *It is critical that both players follow the shot as it serves a dual purpose:*
 - *Develops good attacking & defending habits*
 - *Puts stress on the GK to hold the ball or cover the rebound fast*

Technical Training

• **Layoff-Shot-Cross Exercise**

- One player touches the ball to the other player. The second player plays the ball into the coach who lays the ball back off for a shot
- Both players follow the shot for a rebound
- Players receive one cross from each side



- *Criss-Cross Runs in the box*
- *Attack the Cross*
- *It is critical that both players follow the shot as it serves a dual purpose:*
 - *Develops good attacking & defending habits*
 - *Puts stress on the GK to hold the ball or cover the rebound fast*



Activities

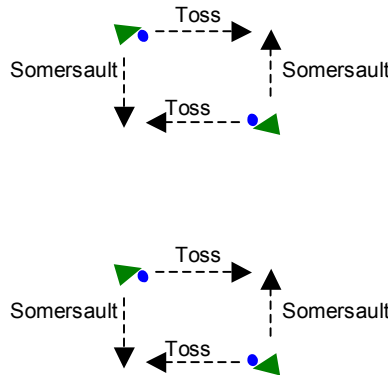
Diagram / Setup

Keith's Comments

Technical Training- Goalkeepers

• **Fundamental Training**

- Each with ball – throw up in air, do somersault and catch
- 2 gkers facing each other about 10 yds apart each with a ball and toss ball to their partner – somersault and catch partner's toss. (GKers are at slight angles to each other so that they do not somersault into each other)



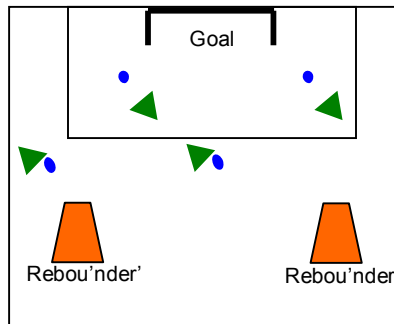
- ABC

Technical Training

• **'Rebound Net Exercises'**

Goalkeeper runs back & forth

- 'Rebounders' are 15 yards apart & the coach held one of them to direct the ball's direction
- Throw ball at 'rebounder', catches & then runs in the opposite direction across the area

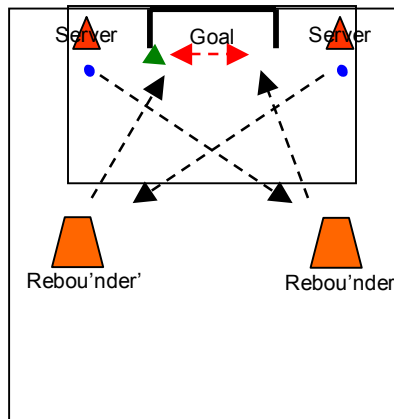


- ABC

Technical Training

• **'Rebound Net' In the Goal Exercises**

- Goalkeeper starts at the post
- Server throws the ball to the coach
- Coach uses the 'rebounder' to 'shoot' the ball towards the far post
- Goalkeeper attempts to make the save
- Exercise Progression
 - Goalkeeper performs a somersault before attempting to make the save



- *View a short clip:*

100_0394.mov