

# Patrick Mc Garry

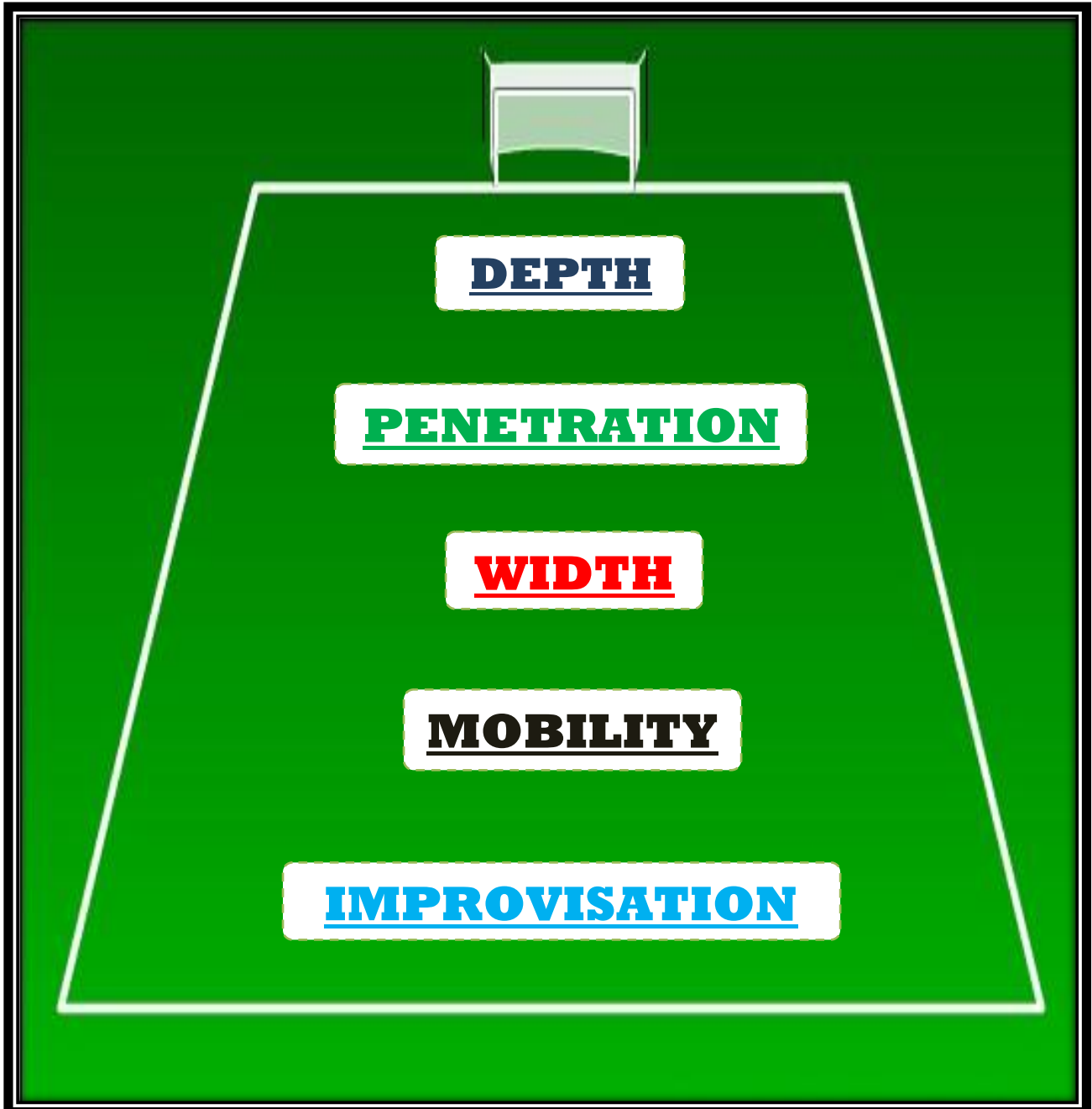
## Soccer Coaching Sessions 2013





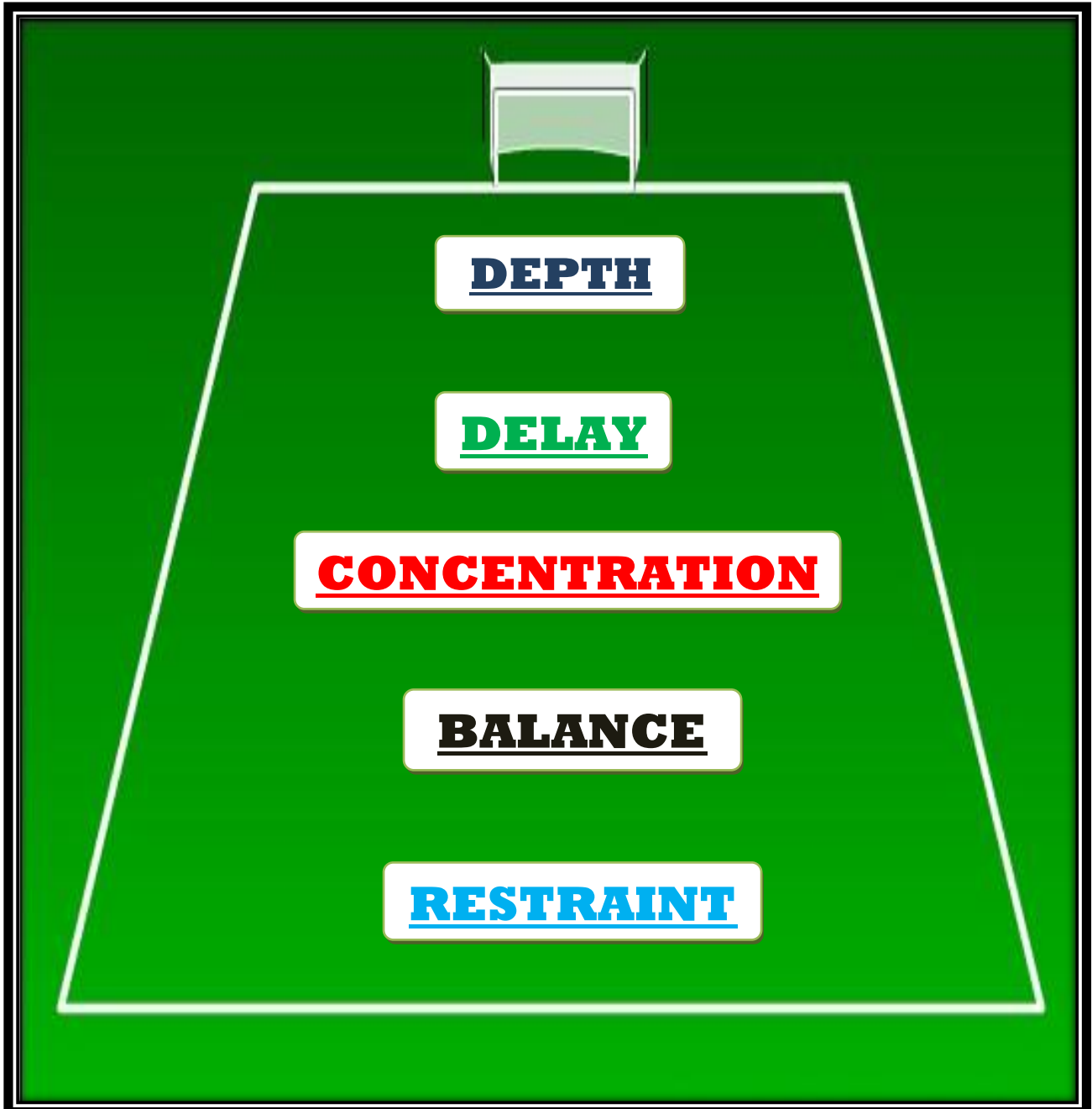
**PATRICK MC GARRY SOCCER COACHING**

# **PRINCIPLES OF ATTACK**



**PATRICK MC GARRY SOCCER COACHING**

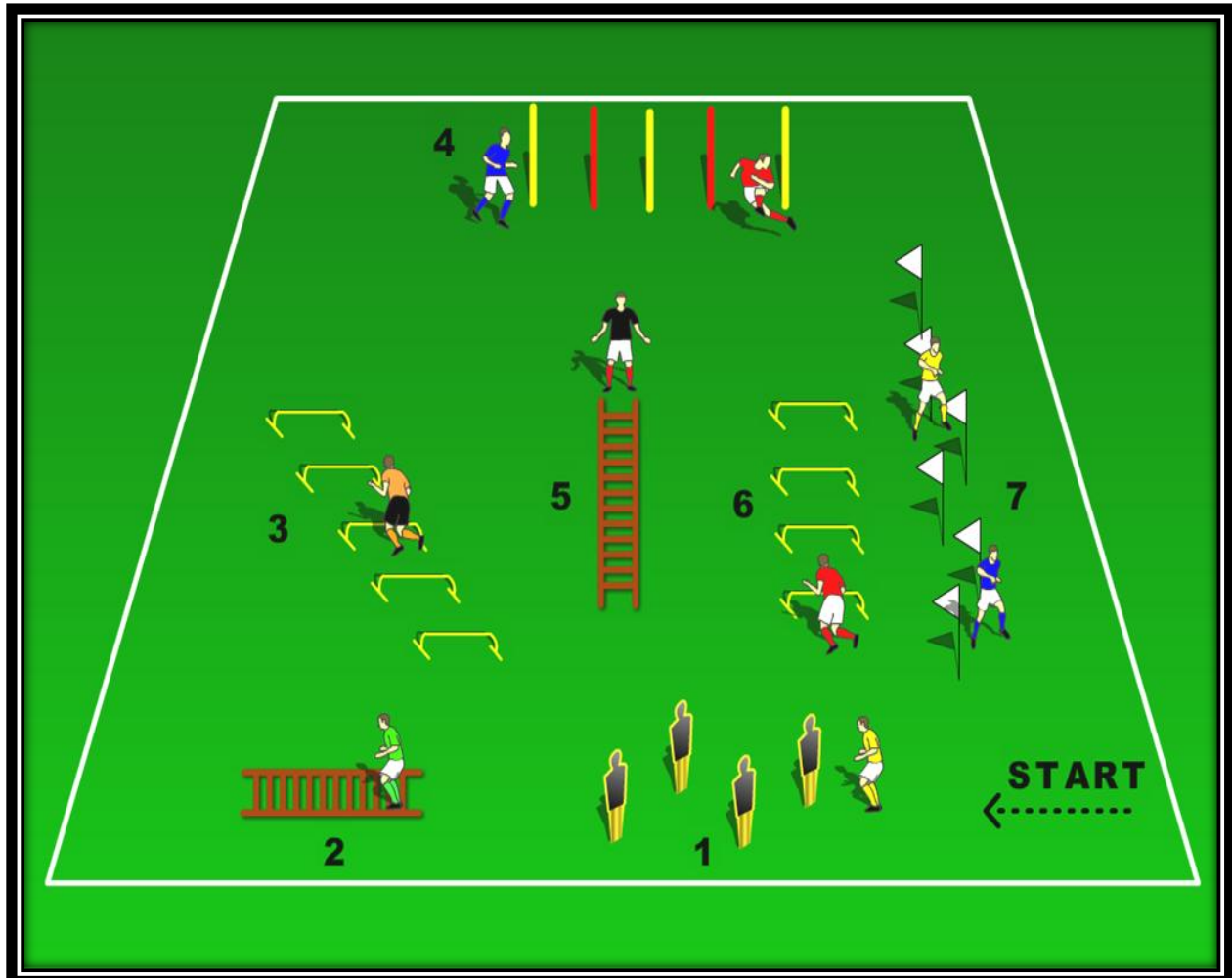
# **PRINCIPLES OF DEFENSE**



# **PATRICK MC GARRY SOCCER COACHING**

**Session # 1**

**Topic : Structured Warm Up**



- **PLAYERS MUST COMPLETE VARIOUS DRILLS IN SEQUENCE**
- **LADDERS, CONES, FLEXIBLE POLES, KANGAROO JUMPS, DUMMIES**
- **COORDINATIONS BETWEEN PLAYERS IS VITAL**
- **DRILL MUST BE NON-STOP**
- **DRILLS CAN BE ALTERED TO INCREASE DIFFICULTY AS APPROPRIATE**
- **COMMUNICATION BETWEEN PLAYERS IS VITAL TO AVOID INJURY**

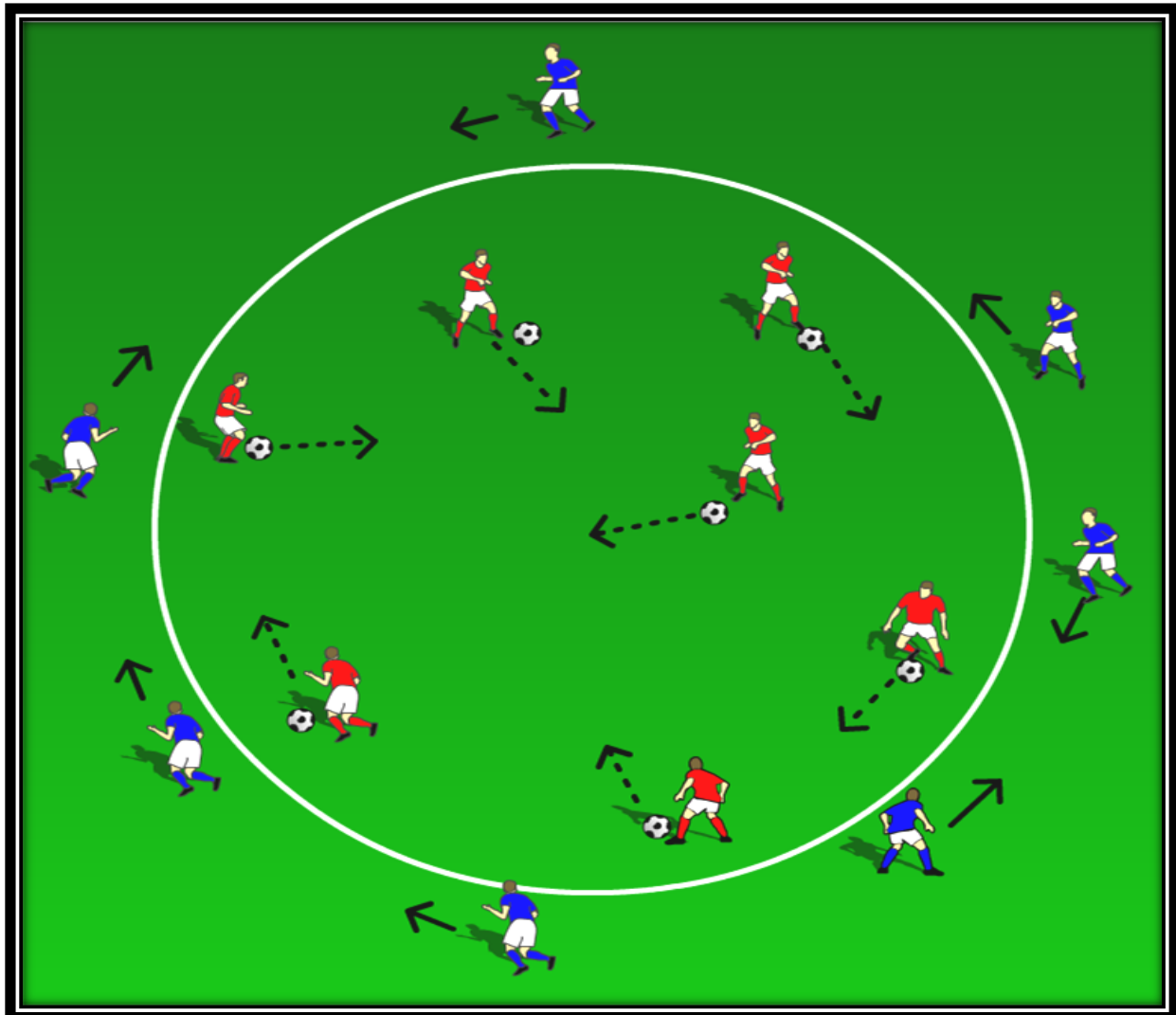
## **KEY FACTORS**

- **AGILITY** - MANIPULATE VARIOUS OBSTACLES IN ORDER
- **AWARENESS** - HEADS UP, AVOID COLLISIONS
- **STAMINA** - COMPLETE ALL EXERCISES AT SPEED

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 2**

**Topic : Warm Up**



- **8 PLAYERS INSIDE THE AREA, 8 OUTSIDE (NUMBERS CAN ALTER)**
- **PLAYERS INSIDE DRIBBLE WITH RIGHT/LEFT FEET AND PRACTICE VARIOUS TURNS (CUT RIGHT/LEFT, DRAGBACK, CRUYFF ETC)**
- **OUTSIDE PLAYERS JOG AROUND AREA**
- **ON THE WHISTLE RED PLAYER PICKS OUT HIS BLUE PARTNER, PASSES AND ROLES REVERSE**

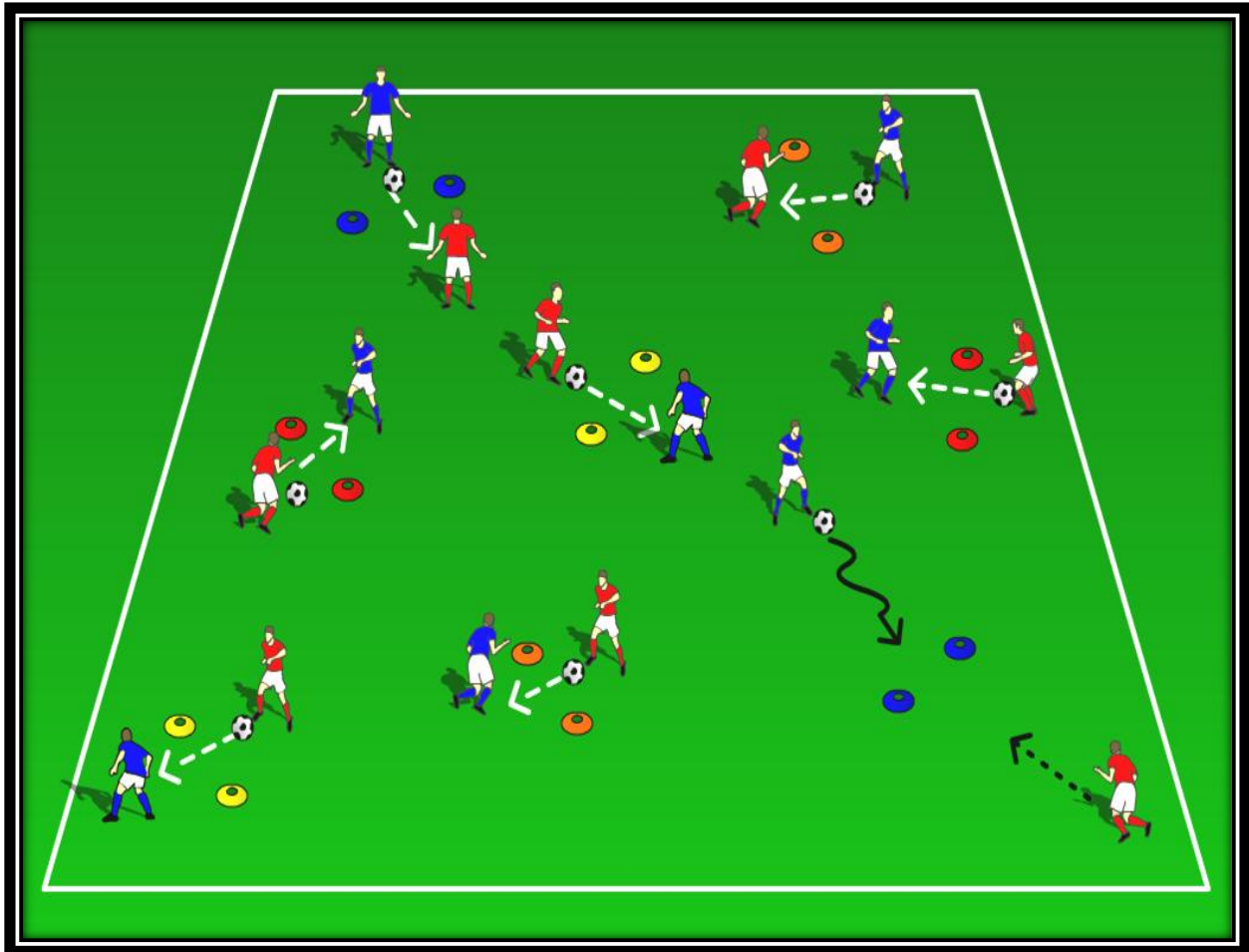
## **KEY FACTORS**

- **TECHNIQUE** - BALL CONTROL, BODY SHAPE-OPEN BODY
- **AWARENESS** - HEADS UP, AVOID COLLISIONS
- **PASSING** - WEIGHT, ACCURACY, DIRECTION

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 3**

**Topic: Through The Cones**



- **PLAYERS WORK IN PAIRS TO PASS THE BALL THROUGH THE VARIOUS CONES WHILST MOVING AROUND THE GRID**
- **PLAYERS COUNT NUMBER OF 'GOALS' SCORED**

**PROGRESSION:**

- **CONES PLACED CLOSER TOGETHER**
- **INTRODUCE DEFENDER(S) TO GUARD CONES**

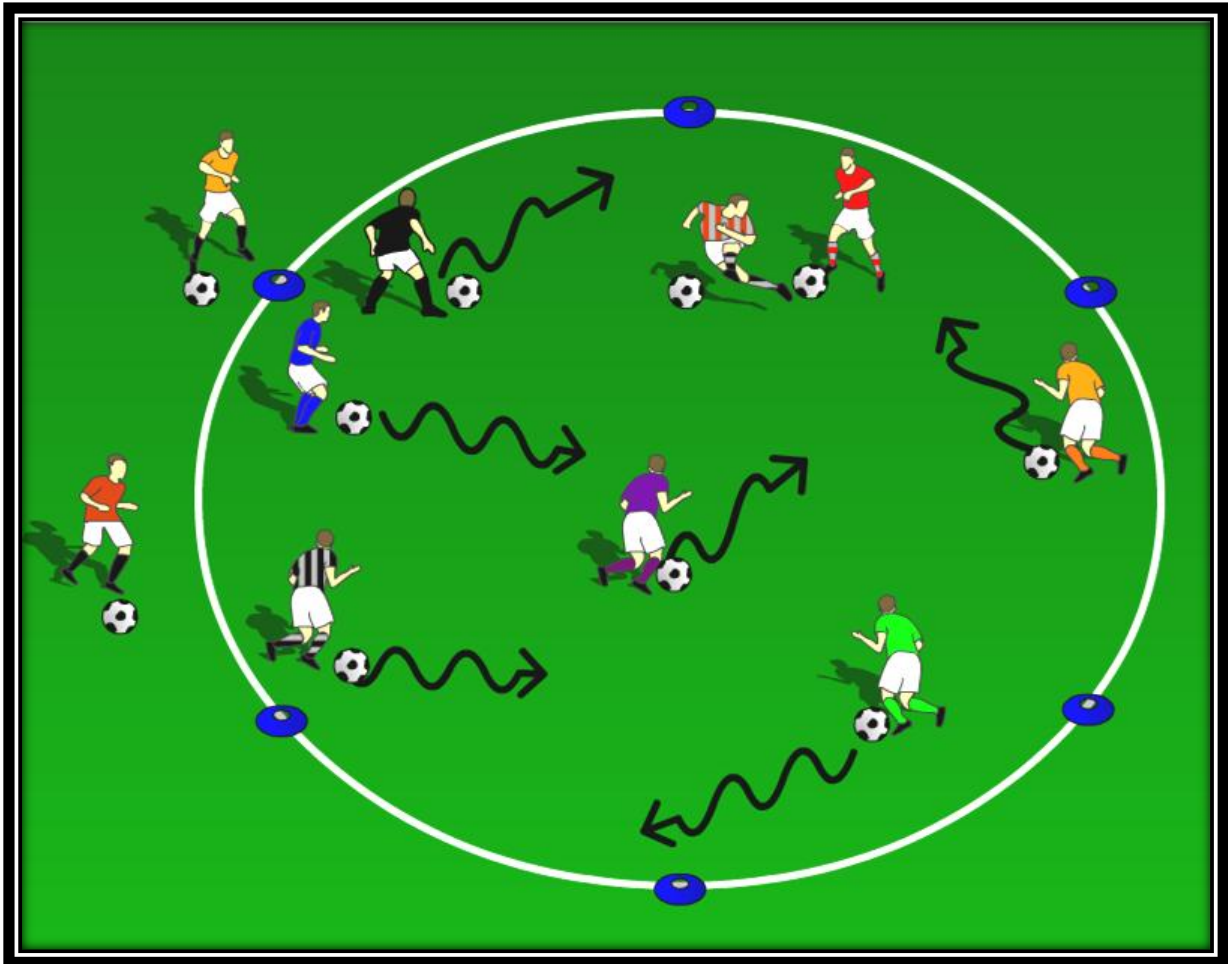
## **KEY FACTORS**

- |                     |   |  |
|---------------------|---|--|
| ○ <b>TECHNIQUE</b>  | - | <i>BALL CONTROL, MOVEMENT</i>                    |
| ○ <b>AWARENESS</b>  | - | <i>HEADS UP, AVOID COLLISIONS, COMMUNICATION</i> |
| ○ <b>PASSING</b>    | - | <i>WEIGHT, ACCURACY, VARIETY</i>                 |
| ○ <b>BODY SHAPE</b> | - | <i>OPEN BODY</i>                                 |

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 4**

**Topic : King Of The Ring**



- **ALL PLAYERS INSIDE THE CIRCLE HAVE CONTROL OF A FOOTBALL**
- **PLAYERS DRIBBLE WITH THEIR BALL AND TRY TO KICK OTHER PLAYERS BALL OUT OF THE RING**
- **ONCE BALL IS KNOCKED OUT OF RING, PLAYER MUST EXIT**
- **LAST MAN STANDING IS KING OF THE RING!**
- **SNIPER ENTERS THE RING TO DETERMINE WINNER IF REQUIRED**

## **KEY FACTORS**

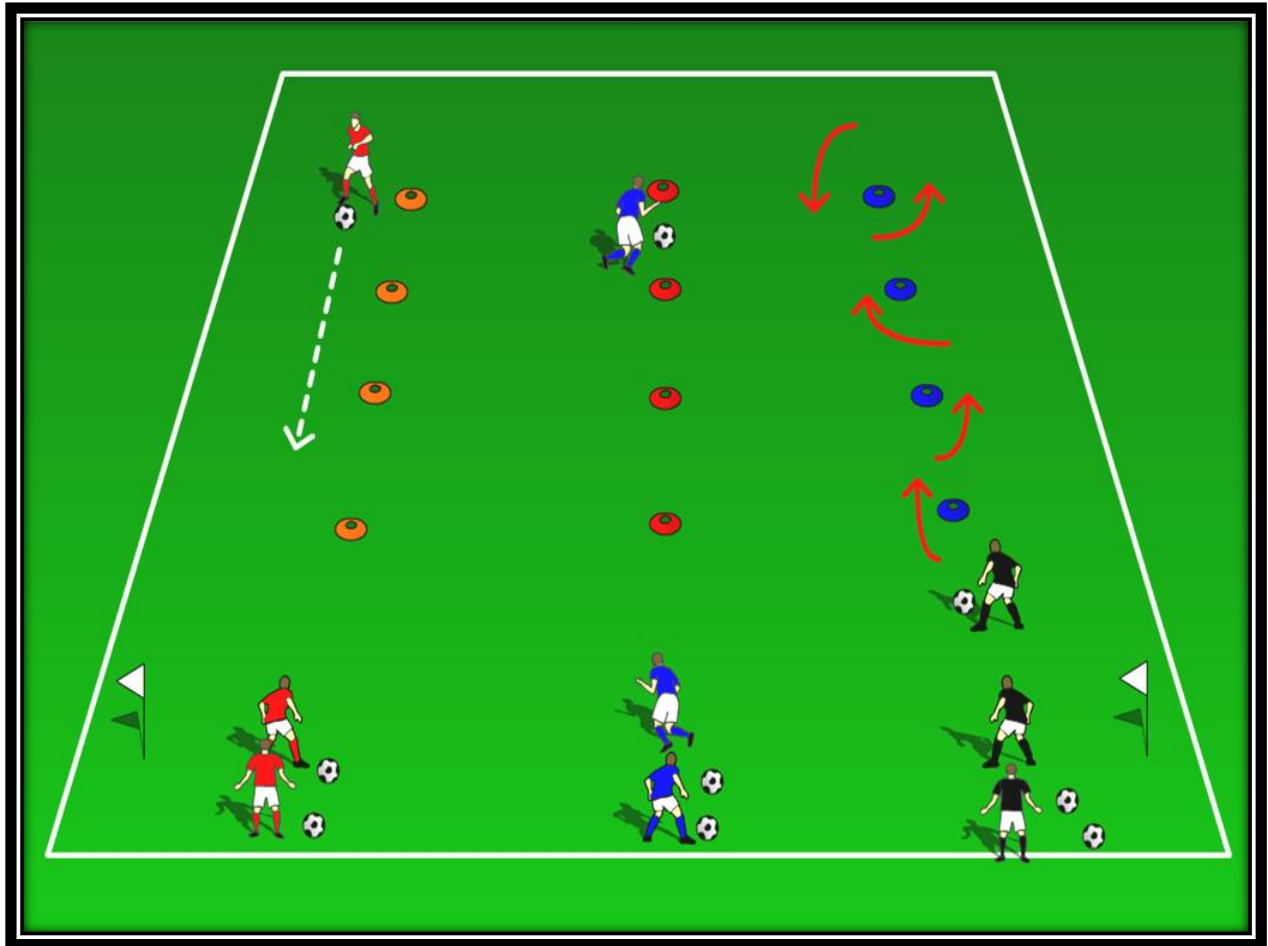
- |                         |   |                                    |
|-------------------------|---|------------------------------------|
| ○ <b>TECHNIQUE</b>      | - | <i>CLOSE BALL CONTROL</i>          |
| ○ <b>AWARENESS</b>      | - | <i>HEADS UP, AVOID COLLISIONS</i>  |
| ○ <b>BALL RETENTION</b> | - | <i>SHIELDING, DEFENSIVE STANCE</i> |
| ○ <b>BODY SHAPE</b>     | - | <i>OPEN BODY</i>                   |



# **PATRICK MC GARRY SOCCER COACHING**

**Session # 5**

**Topic : Dribbling**



- **PLAYERS DRIBBLE AROUND THE CONES IN A STRAIGHT LINE**
  - **ONCE PLAYER REACHES FINAL CONE THEY PASS THE BALL BACK TO THE START AND NEXT PLAYER GOES**
- PROGRESSION :**
- **PLAYER USES THEIR WEAKER FOOT**
  - **INTRODUCE MORE FOOTBALLS SO 2/3 OR MORE PLAYERS PERFORM THE DRILL SIMULTANEOUSLY**

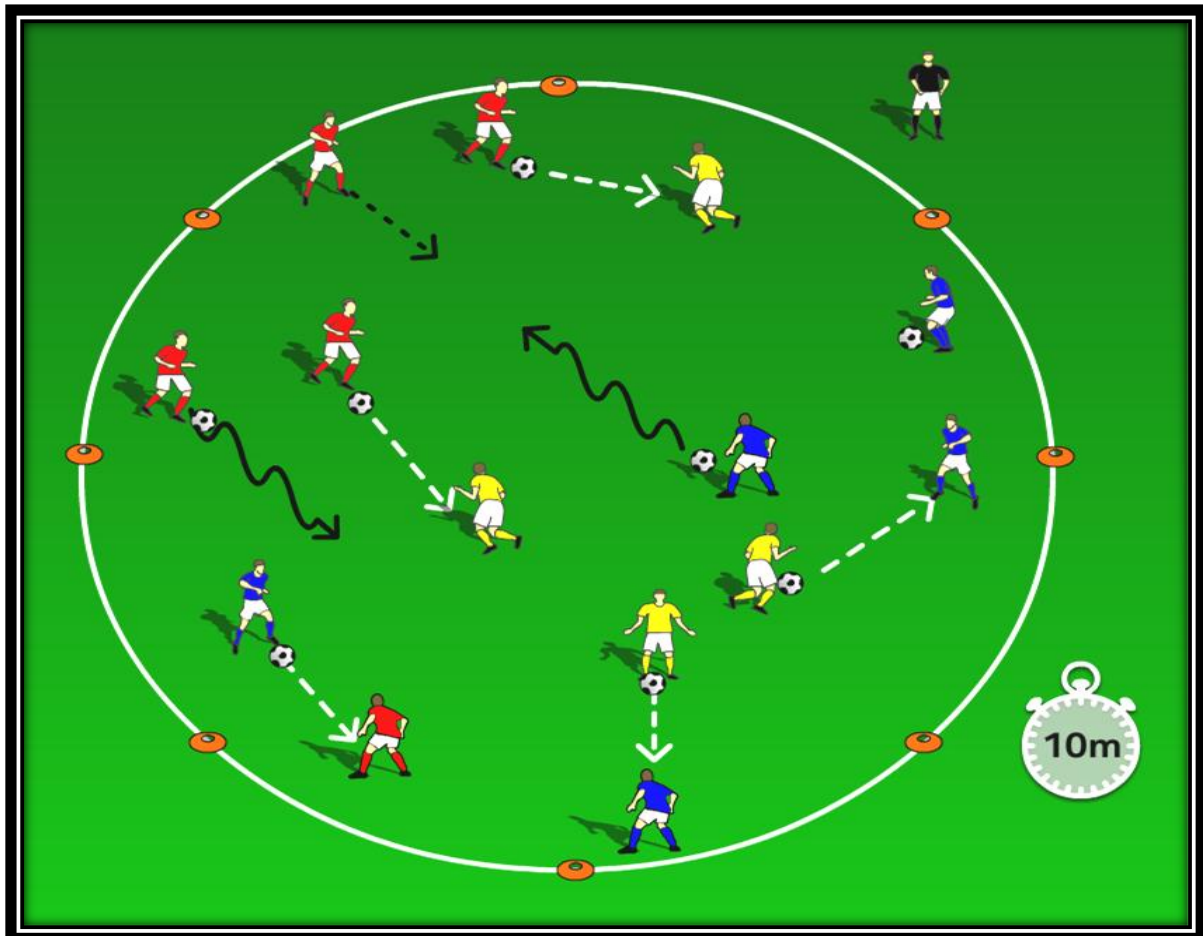
## **KEY FACTORS**

- **TECHNIQUE** - *BALL CONTROL, SPEED OF MOVEMENT, TWO FEET*
- **AWARENESS** - *HEADS UP, AVOID COLLISIONS/CONES*
- **PASSING** - *WEIGHT, ACCURACY, TIMING*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 6**

**Topic : 3 Colours**



- **FREE MOVEMENT WITHIN THE DESIGNATED AREA**
  - **YELLOW PASS TO YELLOW...BLUE PASS TO BLUE...RED PASS TO RED**
  - **SHORT CRISP PASSING EMPHASISED**
- PROGRESSION:**
- **RED MUST ONLY PASS TO YELLOW...**
  - **BLUE MUST ONLY PASS TO RED...**
  - **YELLOW MUST ONLY PASS TO BLUE**

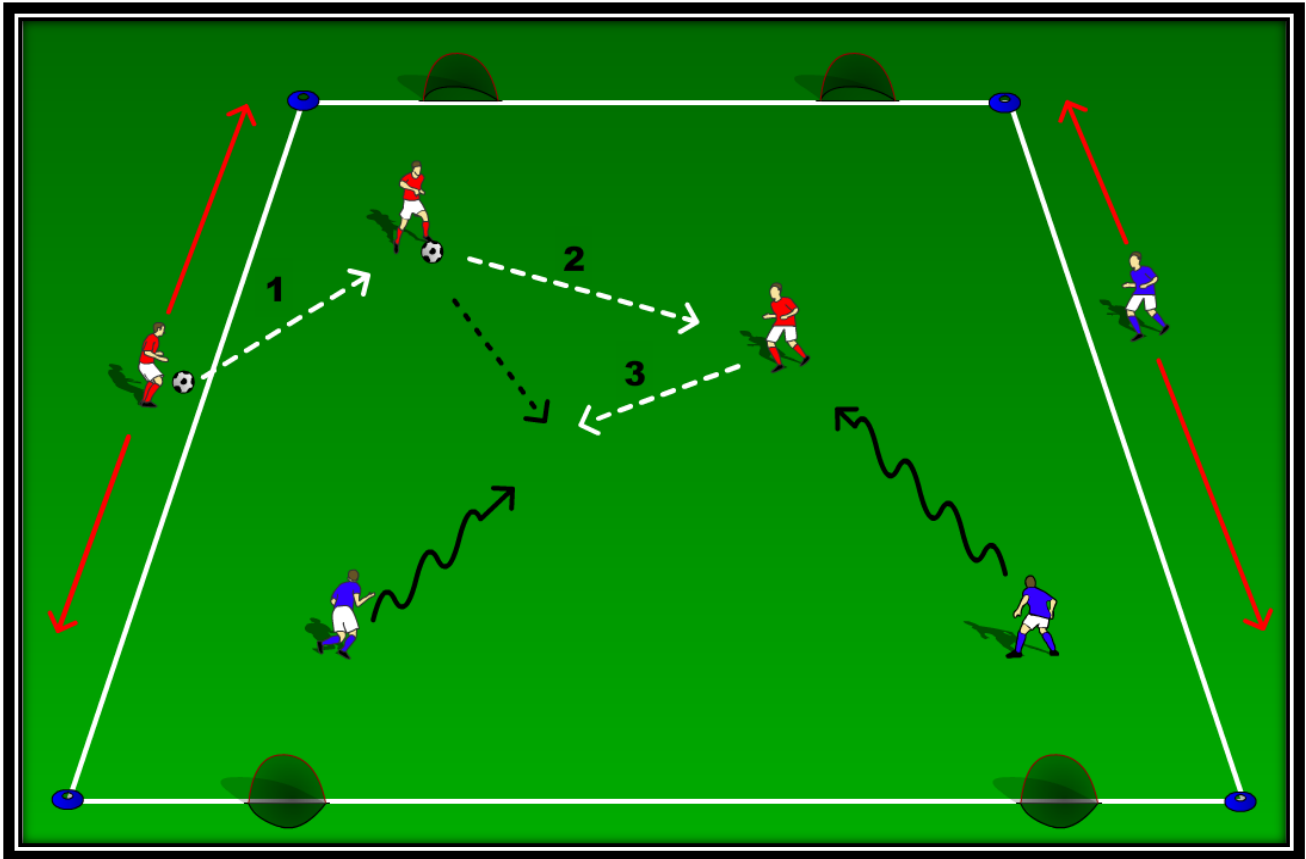
## **KEY FACTORS**

- |                        |   |   |
|------------------------|---|---|
| ○ <b>TECHNIQUE</b>     | - | <i>PASSING- WEIGHT, ACCURACY, OPEN BODY</i> |
| ○ <b>AWARENESS</b>     | - | <i>HEADS UP, AVOID COLLISIONS</i>           |
| ○ <b>CONCENTRATION</b> | - | <i>WHEN/WHERE TO PASS/MOVE</i>              |
| ○ <b>COMMUNICATION</b> | - | <i>PLAYERS <u>MUST</u> WORK TOGETHER</i>    |

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 7**

**Topic : 2 v 2 (+ Support Player)**



- **2 V 2 WITH A THIRD PLAYER FOR EACH SIDE ON THE SIDELINE**
  - **PLAYERS WORK IN THEIR GROUPS TO TRY TO 'SCORE' THROUGH EITHER OF THE TWO SETS OF GOALS**
  - **OUTSIDE PLAYERS SHOULD ASSIST IN DIRECTING THE PLAY**
- PROGRESSION:**
- **AFTER A PERIOD OF PLAY SCORING TEAM REVERSE DIRECTION**
  - **CHANGE TO ONE GOAL ONLY**

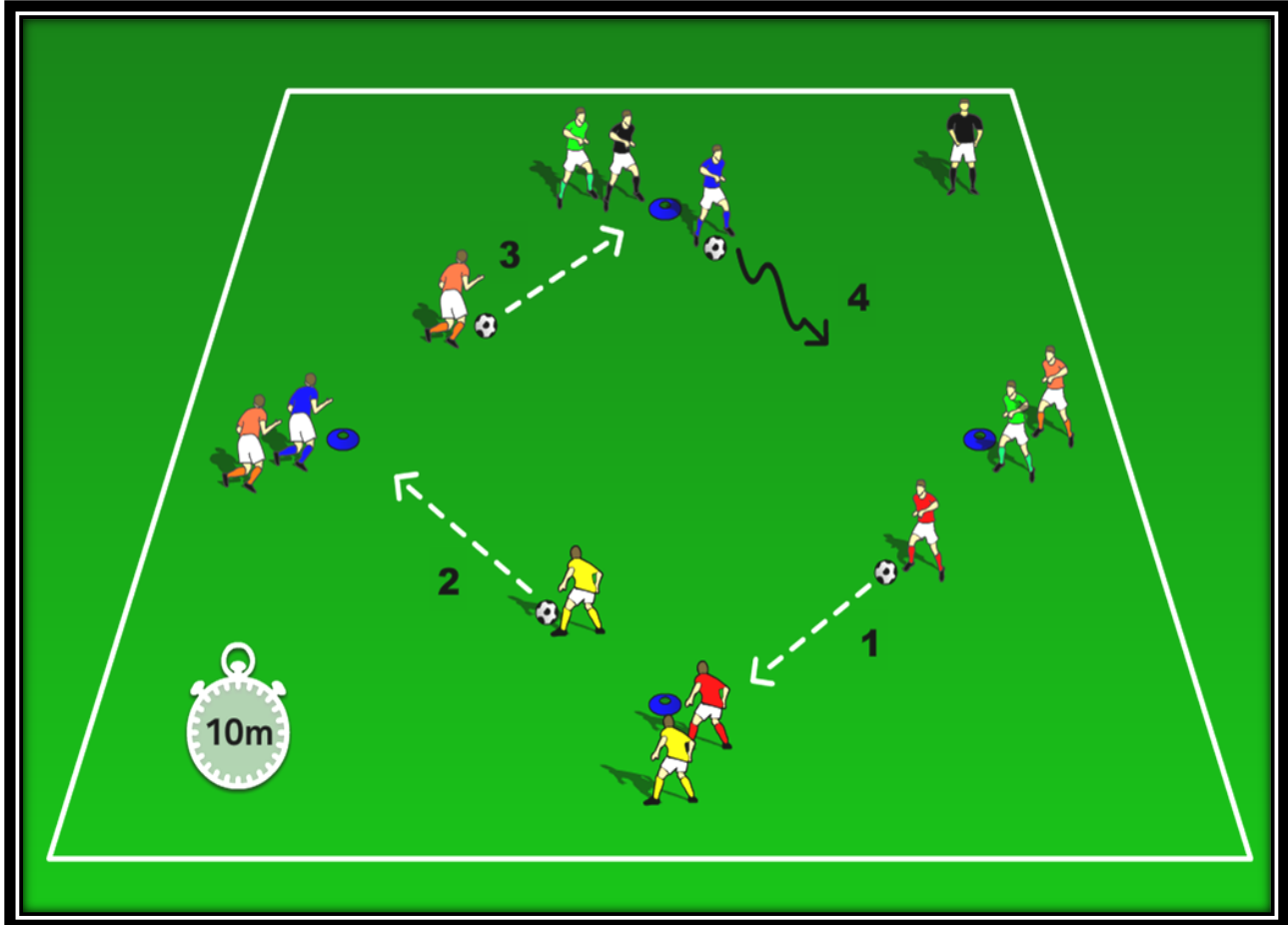
## **KEY FACTORS**

- |                        |  |
|------------------------|--|
| ○ <b>TECHNIQUE</b>     | - <i>BALL CONTROL, BREAK WITH SPEED</i>            |
| ○ <b>AWARENESS</b>     | - <i>HEADS UP, AVOID COLLISIONS, COMMUNICATION</i> |
| ○ <b>PASSING</b>       | - <i>WEIGHT, ACCURACY, VARIETY</i>                 |
| ○ <b>IMPROVISATION</b> | - <i>TRICK TO BEAT OPPOSITION</i>                  |

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 8**

**Topic : Diamond Passing**



- **PLAYERS SPLIT UP EVENLY AT FOUR DIAMOND LOCATED CONES**
  - **PLAY STARTS WITH PLAYER 1 PASSING TO GROUP ON THE LEFT, PLAYER FOLLOWS BALL TO THE BACK OF THE GROUP**
  - **PLAY CONTINUES IN A CLOCKWISE MOTION**
- PROGRESSION:**
- **INTRODUCE 2/3/4/ BALLS**
  - **REVERSE DIRECTION OF PLAY**

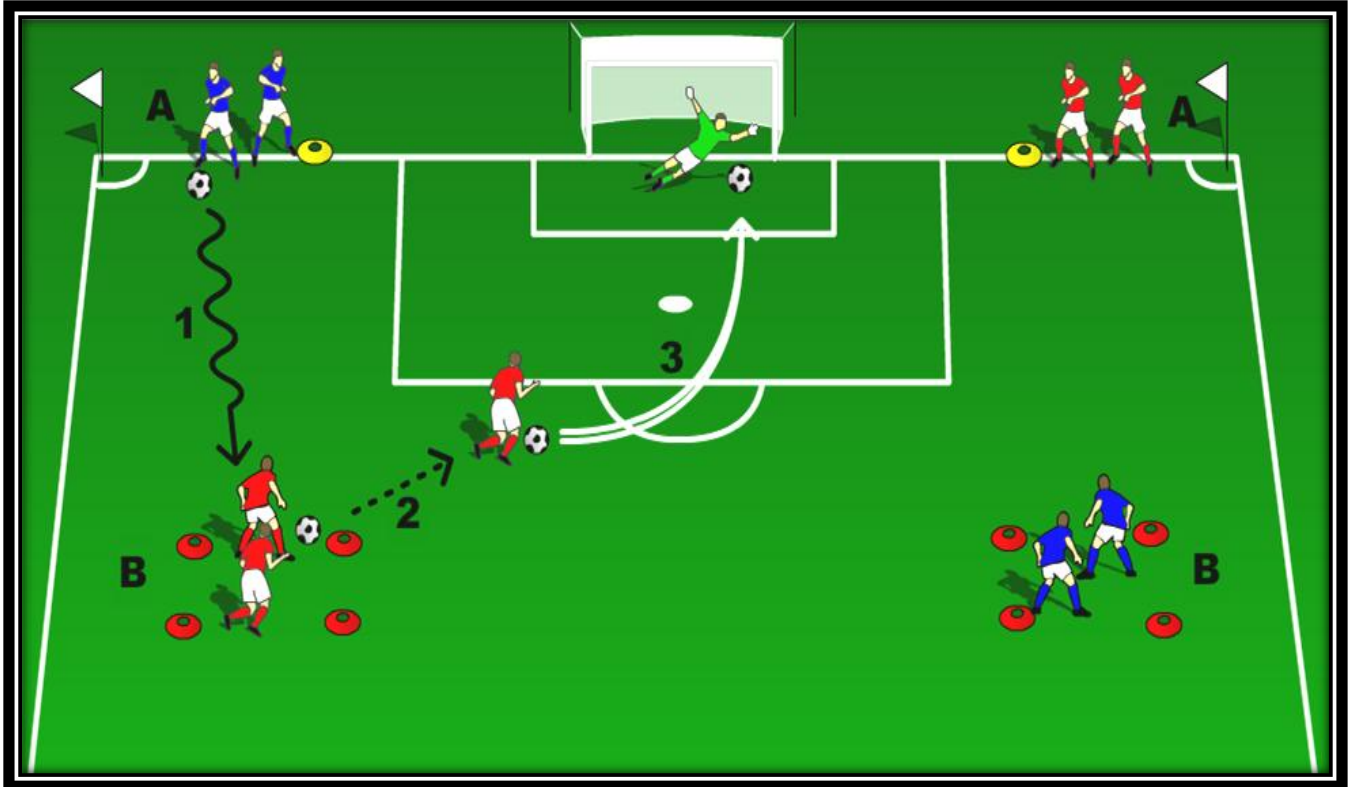
## **KEY FACTORS**

- |                     |  |
|---------------------|--|
| ○ <b>TECHNIQUE</b>  | - <i>CLOSE BALL CONTROL, 1 AND 2 TOUCH</i> |
| ○ <b>AWARENESS</b>  | - <i>HEADS UP, AVOID COLLISIONS</i>        |
| ○ <b>MOBILITY</b>   | - <i>SPEED, AGILITY AND DIRECTION</i>      |
| ○ <b>BODY SHAPE</b> | - <i>OPEN BODY</i>                         |

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 9**

**Topic : Shooting 1**



- **PLAYERS POSITION AS SHOWN**
- **RED PLAYER 1 PASSES TO 'B' AREA TO PLAYER 2**
- **PLAYER 2 TAKES ONE TOUCH AND SHOOTS**
- **PLAYER 2 RUNS TO BACK OF 'A' AREA WHILE PLAYER 1 RUNS TO 'B' AREA**
- **SAME SEQUENCE FOR BLUE PLAYER 1**
- **GROUPS TAKE ALTERNATE GOES**
- **GROUPS SWAP SIDES TO TEST WEAKER FOOT**
- **N.B. FOCUS ON HITTING THE TARGET!**

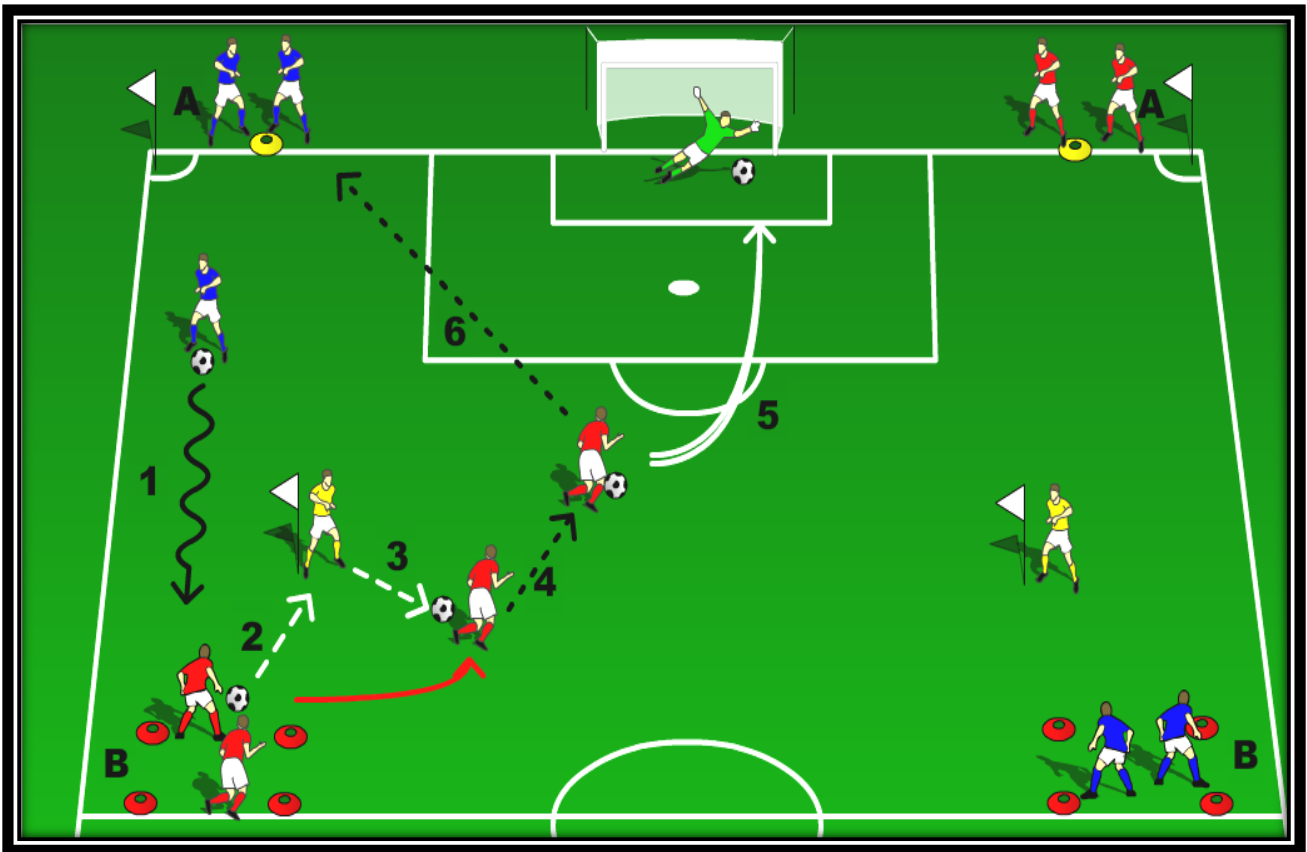
## **KEY FACTORS**

- **TECHNIQUE** - *SHOOTING – EYE ON THE BALL - FOLLOW THROUGH - STANDING LEG PLANTED*
- **AWARENESS** - *HEADS UP, AVOID COLLISIONS*
- **PASSING** - *BODY SHAPE, WEIGHT, ACCURACY, TIMING*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 10**

**Topic : Shooting 2**



- **PLAYERS POSITION AS SHOWN**
- **RED PLAYER 1 RUNS WITH THE BALL THEN PASSES TO 'B' AREA TO P2**
- **PLAYER 2 TAKES A TOUCH AND PASSES TO PLAYER 3 IN THE C AREA**
- **PLAYER 3 LAYS THE BALL OFF TO PLAYER 2 WHO CONTINUES HIS RUN**
- **PLAYER 2 SHOOTS!**
- **PLAYER 2 GOES TO A AREA**
- **SAME SEQUENCE FOR OTHER SIDE**
- **GROUPS TAKE ALTERNATE GOES**
- **GROUPS SWAP SIDES TO TEST WEAKER FOOT**

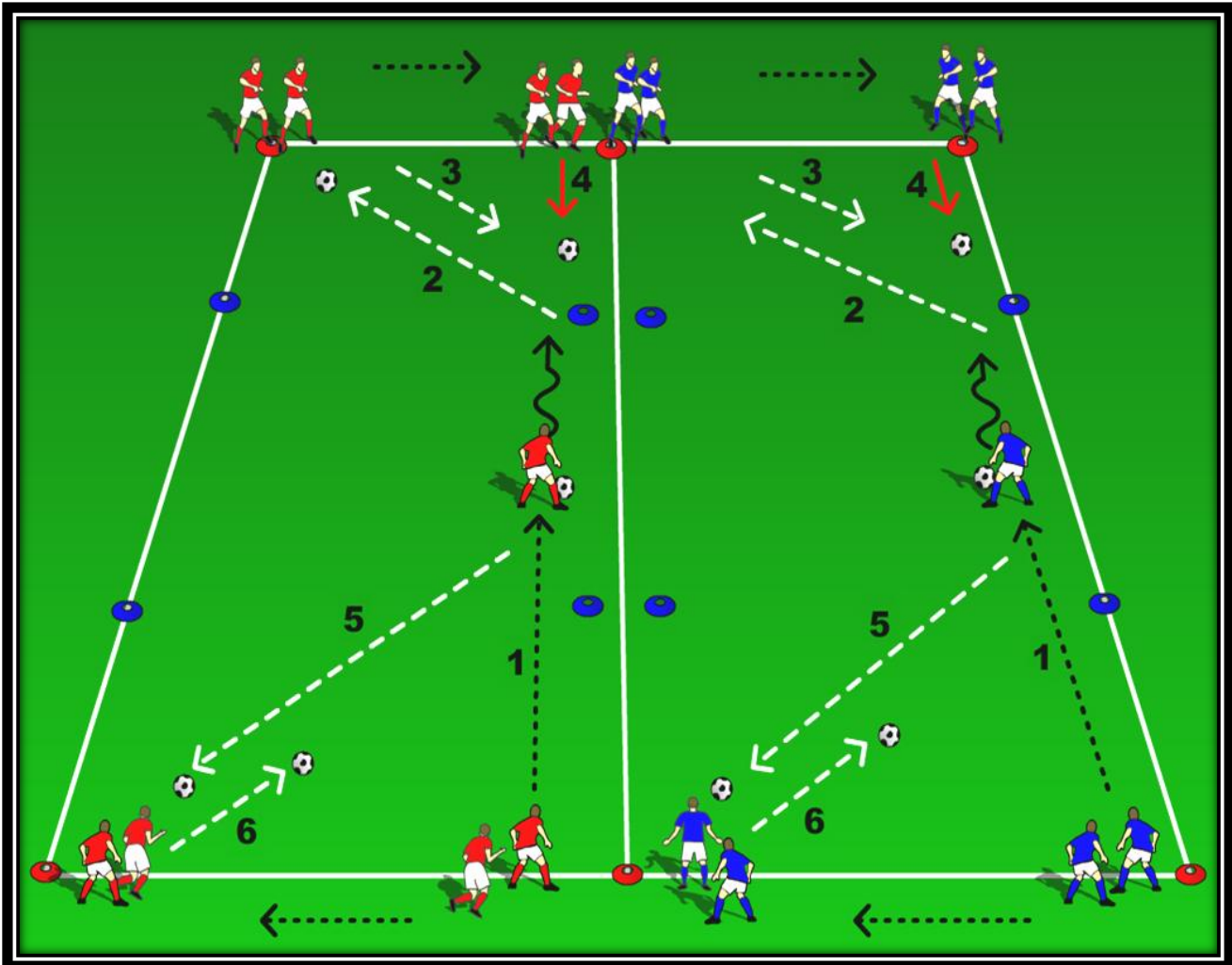
## **KEY FACTORS**

- **TECHNIQUE** - *SHOOTING – EYE ON THE BALL - FOLLOW THROUGH-  
STANDING LEG PLANTED*
- **AWARENESS** - *HEADS UP, AVOID COLLISIONS*
- **PASSING** - *BODY SHAPE, WEIGHT, ACCURACY, TIMING*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 11**

**Topic : Running With The Ball**



- **RED PLAYER 1 DRIBBLES WITH THE BALL UNTIL HE REACHES THIRD CONE THEN PASSES DIAGONALLY TO OPPOSITE CORNER**
- **RECEIVER RETURNS THE PASS DIAGONALLY TO PLAYER AT POSITION 4 WHO, RECEIVING THE BALL CONTROLS AND DRIBBLES UNTIL HE REACHES THIRD CONE AND PASSES DIAGONALLY**
- **PLAYERS SWITCH ROLES AT THE ENDLINE SO EVERY PLAYER GETS TO DRIBBLING ROLE AND PASSING ROLE**
- **N.B. ALL DRIBBLING OCCURS ON RIGHT HAND SIDE**

## **KEY FACTORS**

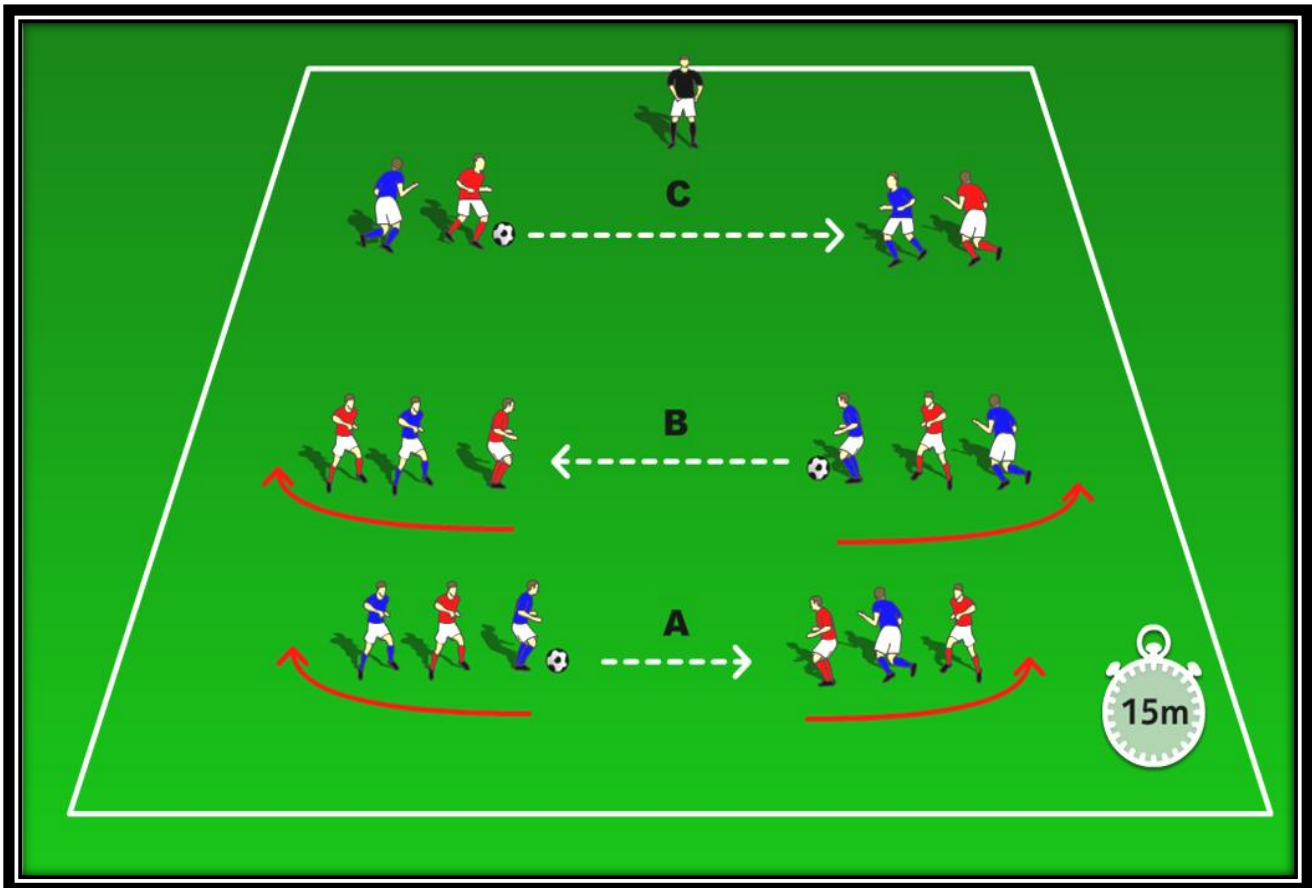
- **TECHNIQUE** - *DRIBBLING WITH THE BALL - CLOSE CONTROL*
- **AWARENESS** - *TIMING OF THE RUN, HEADS UP, AVOID COLLISIONS*
- **PASSING** - *WEIGHT, ACCURACY, TIMING, MOVEMENT*



# **PATRICK MC GARRY SOCCER COACHING**

**Session # 12**

**Topic : Pass and Go**



- **PHASE A - ONE TOUCH - CUSHIONED 'PUSH PASS' TO PLAYER OPPOSITE**  
**PLAYERS RETURNS TO THE BACK OF THE LINE**
- **PHASE B - ONE OR TWO TOUCH. GREATER CONTROL AND ACCURACY**
- **PHASE C - TWO / THREE TOUCH AS REQUIRED. LONGER PASSING**  
**PROGRESSION :**
- **SWITCH TO WEAKER FOOT**
- **AFTER PASS PLAYER 1 RUNS TO THE BACK OF THE OPPOSITE LINE**

## **KEY FACTORS**

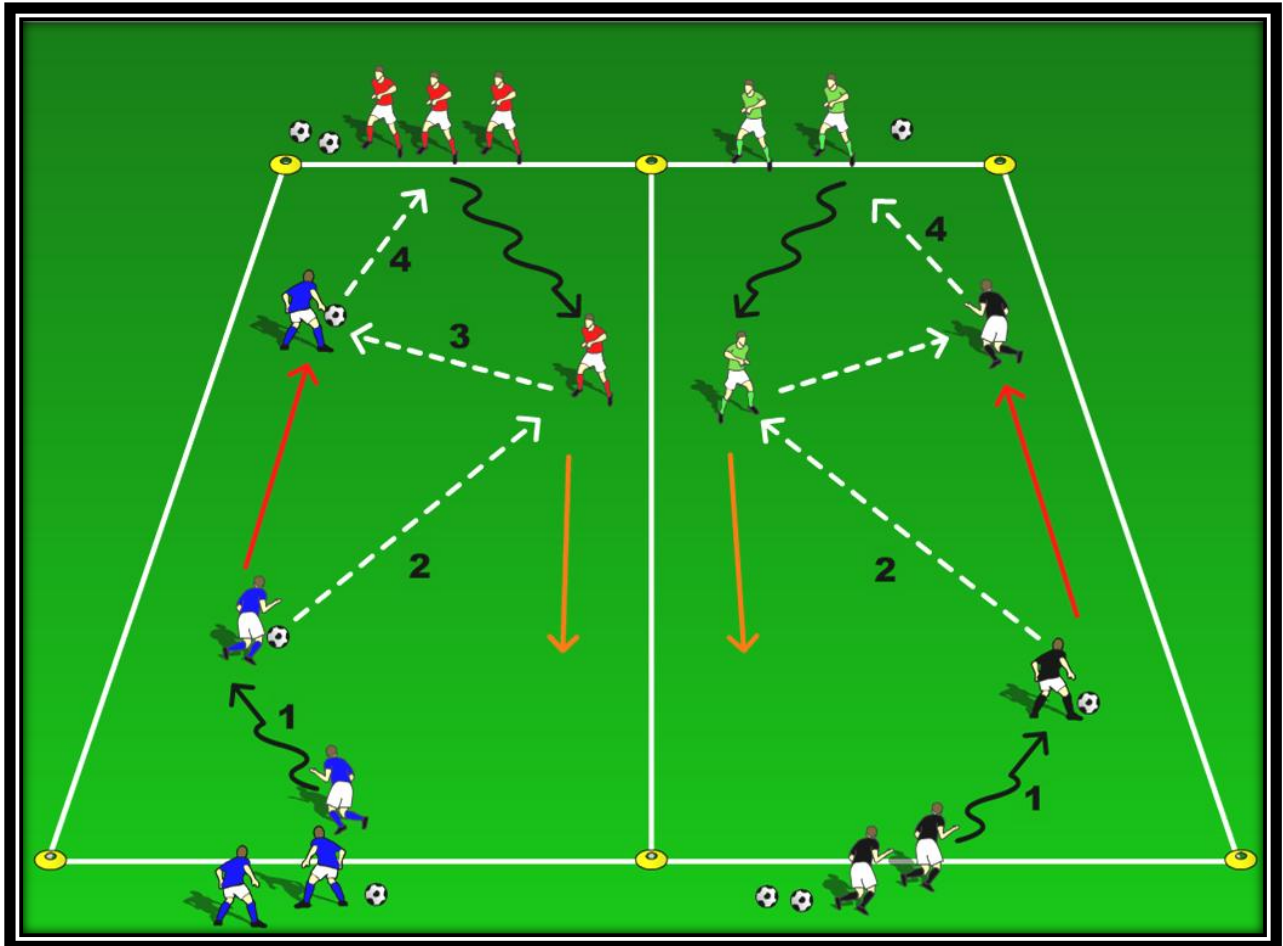
- **TECHNIQUE** - *AGILITY, SPEED OF MOVEMENT*
- **AWARENESS** - *TIMING OF THE PASS/RUN, HEADS UP*
- **PASSING** - *WEIGHT, ACCURACY, OPEN BODY SHAPE*
- **COMMUNICATION** - *TEAMWORK!*



# **PATRICK MC GARRY SOCCER COACHING**

**Session # 13**

**Topic : Wall Pass**



- **PLAYER 1 RUNS WITH THE BALL DIAGONALLY TO ONE SIDE OF THE GRID**
  - **PLAYER FROM OPPOSITE END RUNS TO OPPOSITE SIDE W/O A BALL**
  - **BLUE PLAYER PLAYS A WALL PASS WITH RED PLAYER AND CONTINUES HIS RUN TO RECEIVE THE RETURN PASS AND PASS TO RED PLAYER IN ONE FLUID MOVEMENT**
  - **NEW RED PLAYER RECEIVES THE PASS AND CONTINUES CYCLE**
- PROGRESSION:**
- **SPEED IS INCREASED**
  - **USE OF WEAKER FOOT IS ENCOURAGED**

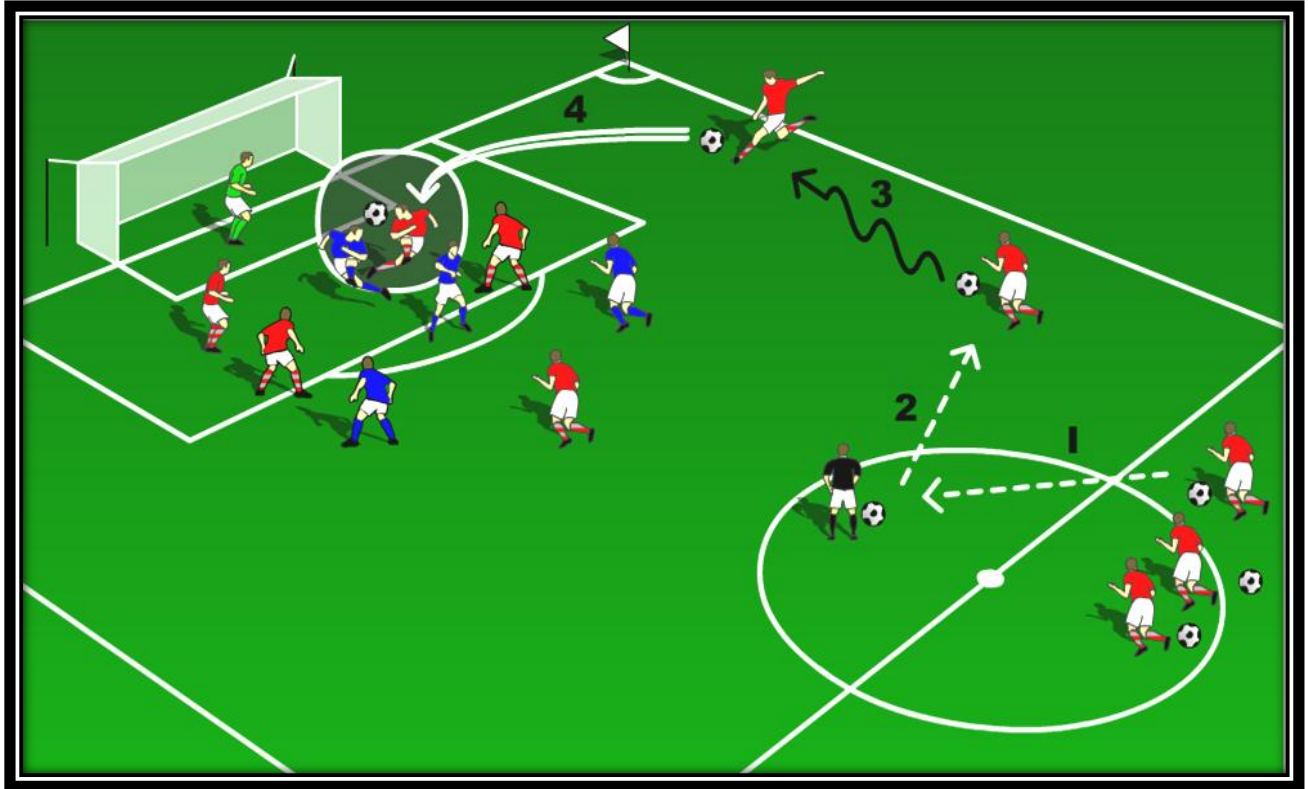
## **KEY FACTORS**

- |                        |   |   |
|------------------------|---|---|
| ○ <b>TECHNIQUE</b>     | - | <i>BALL CONTROL, BODY SHAPE, DRIBBLING SKILLS</i>                         |
| ○ <b>AWARENESS</b>     | - | <i>COMMUNICATION, ANTICIPATION, TIMING</i>                                |
| ○ <b>PASSING</b>       | - | <i>'PASS AND MOVE', SPEED OF MOVEMENT<br/>ONE-TOUCH, WEIGHT, ACCURACY</i> |
| ○ <b>COMMUNICATION</b> | - | <i>WORK AS A TEAM!</i>  |

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 14**

**Topic : Crossing**



- **DEFENDERS AND ATTACKERS POSITION THEMSELVES IN THE PENALTY AREA IN ANTICIPATION OF A CROSS**
- **RED PLAYER FROM HALF WAY LINE PLAYS A WALL PASS WITH THE COACH, DRIBBLES DOWN THE BYLINE AND CROSSES INTO THE BOX**
- **DEFENDERS/ATTACKERS ATTACK THE BALL**
- **ONCE BALL IS DEAD PLAY RESUMES FROM CENTRE CIRCLE**

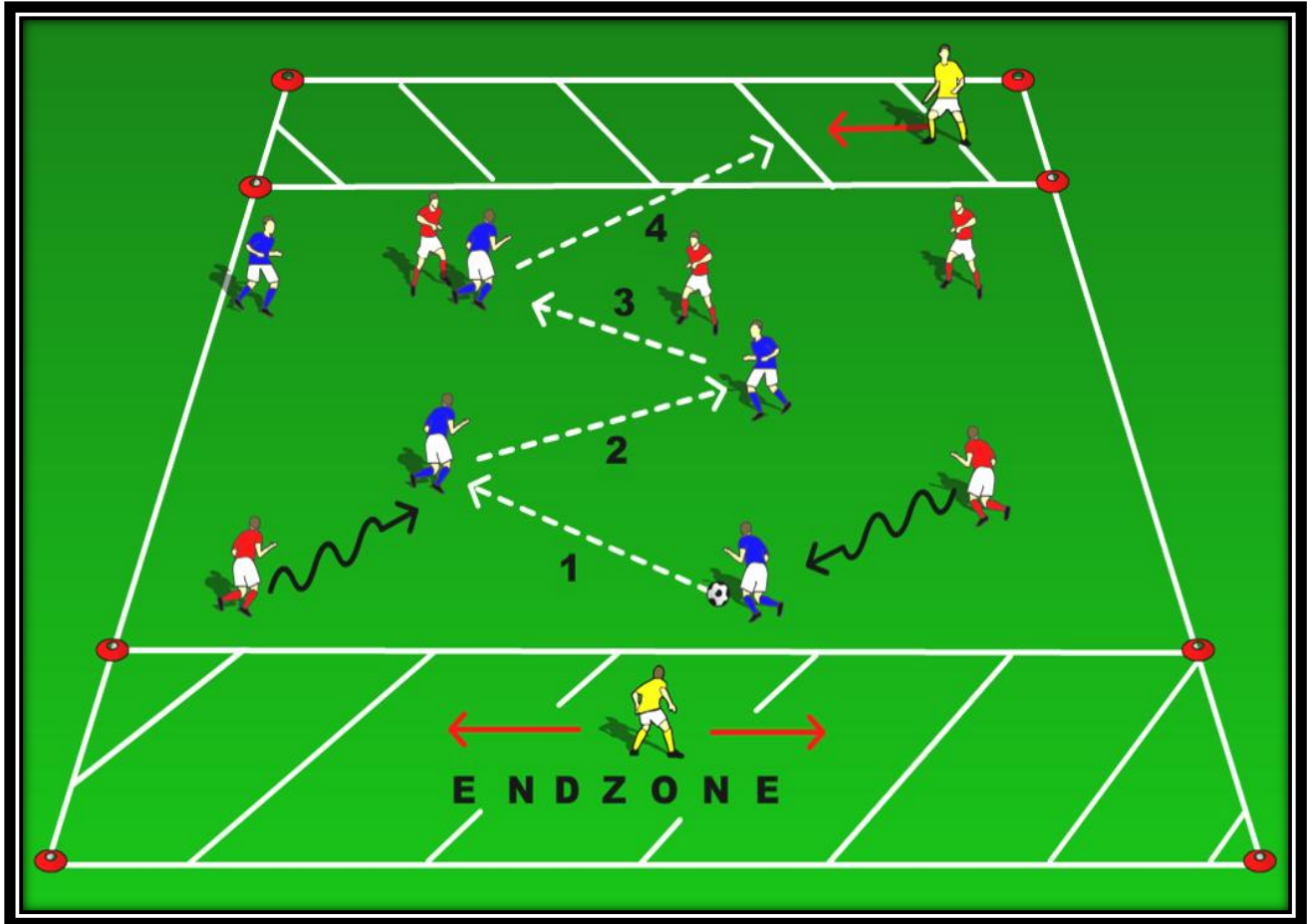
## **KEY FACTORS**

- **TECHNIQUE** - BALL CONTROL, ACCURACY OF CROSS – DEPTH, SPEED, PRECISION
- **AWARENESS** - TIMING OF RUN / CROSS
- **HEADING** - MOVEMENT INTO POSITION, TIMING OF JUMP, TECHNIQUE OF HEADER – OFFENSIVE/DEFENSIVE

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 15**

**Topic : Endzone Game**



- **PLAYERS WORK IN THE CENTRE AREA TO MAINTAIN POSSESSION**
  - **TEAMS MUST WORK TO PASS THE BALL TO THE PLAYER IN THE ENDZONE TO EARN A SCORE AS SHOWN IN MOVES 1/2/3/4**
  - **PLAY CONTINUES FROM ENDZONE PLAYER WHO PASSES OUT TO THE RED TEAM WHO TRY TO MOVE THE PLAY TO THE OPPOSITE ENDZONE**
  - **TOP SCORERS AFTER 5-10 MINUTE PERIOD WINS**
- PROGRESSION :**
- **TEAM WHO SCORE IN THE ENDZONE NOW MAINTAIN CONTROL OF THE POSSION AND TRY TO WORK THE BALL TO THE OPPOSITE END**

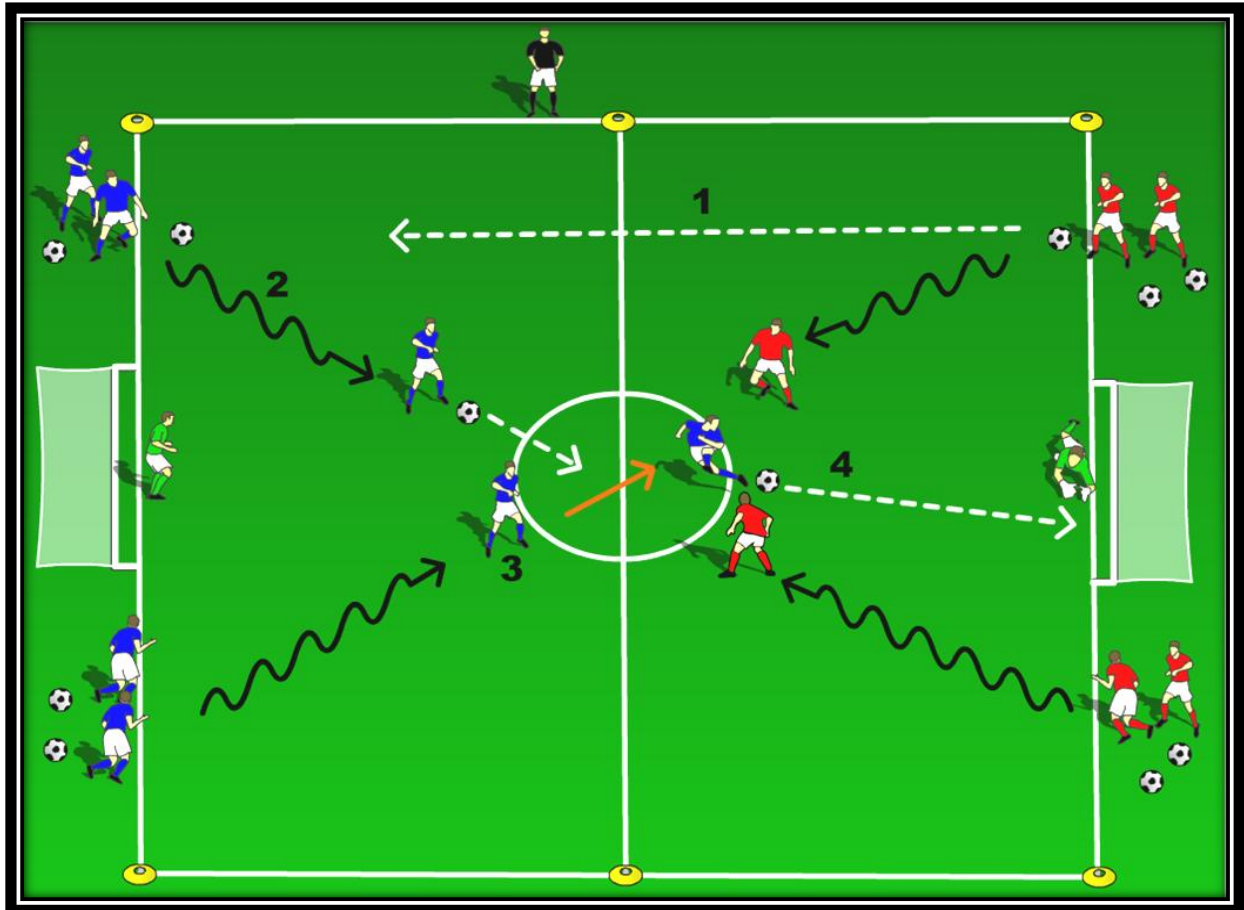
## **KEY FACTORS**

- **TECHNIQUE** - *DRIBBLING – CLOSE CONTROL, SPEED*
- **AWARENESS** - *HEADS UP, ON YOUR TOES, CREATE SPACE*
- **PASSING** - *OPEN BODY, WEIGHT, ACCURACY, VARIETY*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 16**

**Topic : Waves**



- **PLAYERS FROM TWO TEAMS WORK IN PAIRS TO DEFEND/ATTACK**
- **RED TEAM KICK OFF TO OPPOSITE BLUE PLAYER**
- **TWO BLUE PLAYERS WORK TOGETHER TO SCORE AGAINST TWO RED DEFENDERS. IF RED TEAM GAIN POSSESSION THEY ATTACK**
- **PLAY IS RESTARTED (AFTER ANY GOAL) FROM OPPOSITE END**
- **ALL PLAYERS WILL ACT AS ATTACKER/DEFENDER**

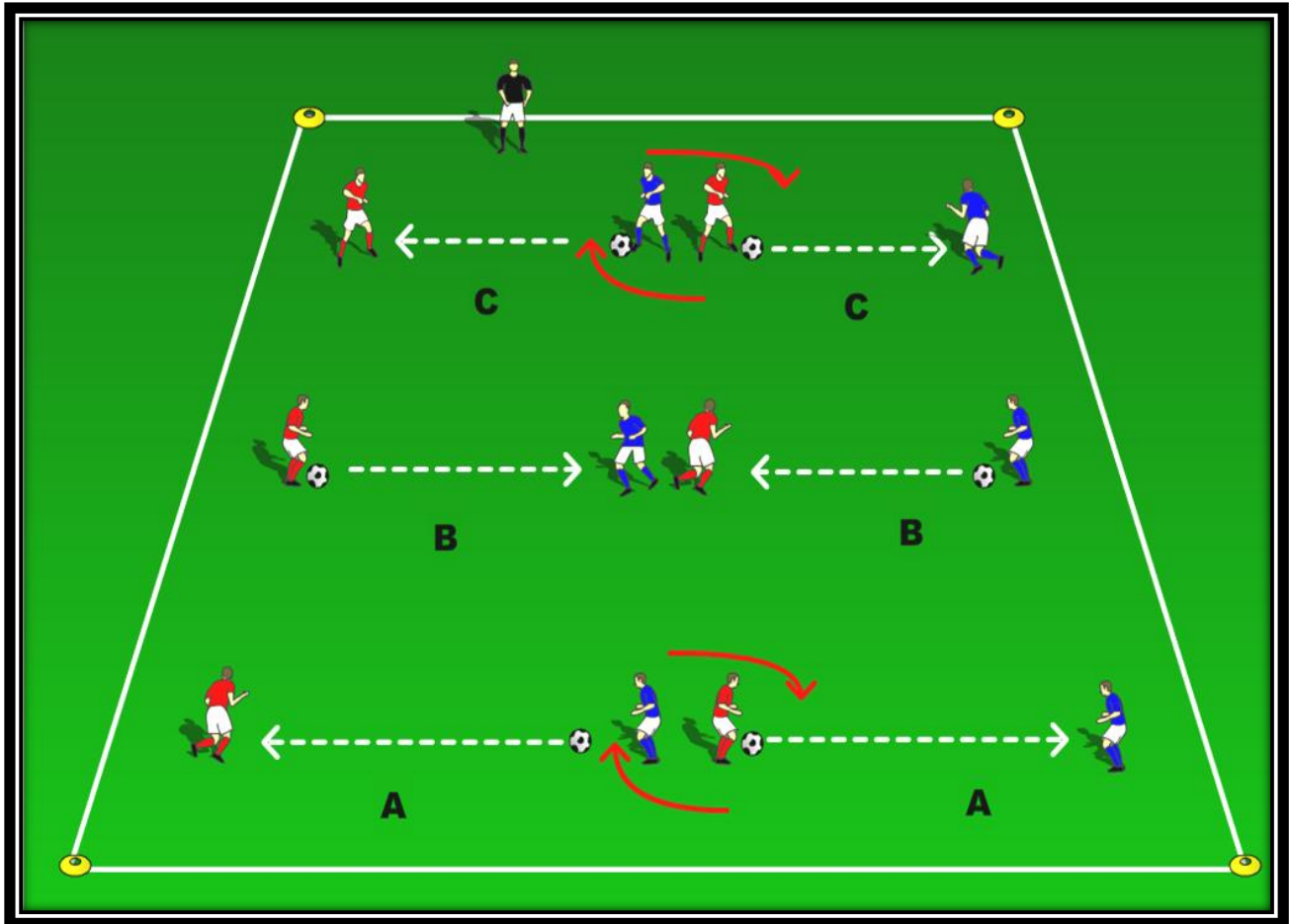
## **KEY FACTORS**

- **TECHNIQUE** - *BODY SHAPE - FIRST TOUCH, SHOOTING, MOBILITY, SPEED, IMPROVISATION*
- **AWARENESS** - *TEAMWORK, ANTICIPATION OF PASS, MOVEMENT OFF THE BALL*
- **DEFENCE** - *POSITIONING, DELAY, STANCE, TACKLE*
- **COMMUNICATION** - *WORK AS A TEAM!*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 17**

**Topic : Back to Back**



- **4 PLAYERS PER GROUP, TWO BALLS**
  - **TWO CENTRAL PLAYERS LINE UP BACK TO BACK**
  - **OUTSIDE PLAYERS PASS THE BALL IN, CENTRAL PLAYERS RETURN PASS AND PIVOT AROUND TO RECEIVE FROM OPPOSITE END**
  - **ROLES ARE SWAPPED SO EVERYONE PERFORMS EACH POSITION**
- PROGRESSION :**
- **ONE TOUCH ONLY/ USE WEAKER FOOT**
  - **INCREASE THE DISTANCE BETWEEN THE GROUP**

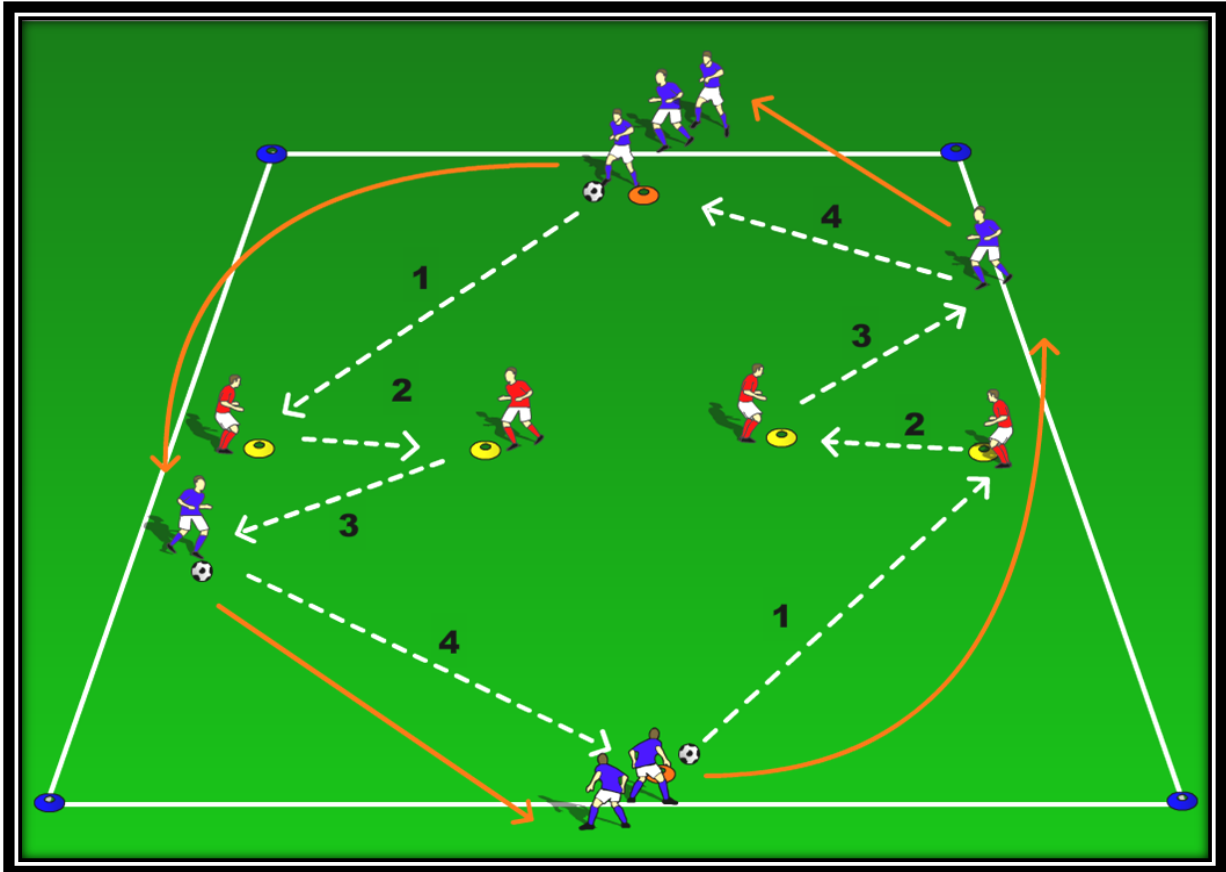
## **KEY FACTORS**

- |                        |                                      |
|------------------------|--------------------------------------|
| ○ <b>TECHNIQUE</b>     | - <i>SLICK ONE/TWO TOUCH PASSING</i> |
| ○ <b>AWARENESS</b>     | - <i>HEADS UP, BE ALERT!</i>         |
| ○ <b>AGILITY</b>       | - <i>ON YOUR TOES/SWIFT MOVEMENT</i> |
| ○ <b>COMMUNICATION</b> | - <i>PLAYERS MUST WORK TOGETHER</i>  |

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 18**

**Topic : Overlapping Runs**



- **PLAYERS POSITION THEMSELVES AS SHOWN IN THE DIAGRAM**
- **PLAY FLOWS THROUGH THE PHASES 1-4**
- **RED CENTRAL PLAYERS MUST PLAY A WALL PASS TO THE BLUE PLAYER WHO CONTINUES HIS OVERLAPPING RUN AT SPEED**
- **TIMING OF RUN/PASS MAY NEED PRACTICE - STOP TO COACH KEY POINTS WHERE NECESSARY**
- **FINAL PASS MUST REACH STARTING POSITION TO CONTINUE DRILL**
- **SWITCH PLAYERS AROUND TO DIFFERENT POSITIONS**

## **KEY FACTORS**

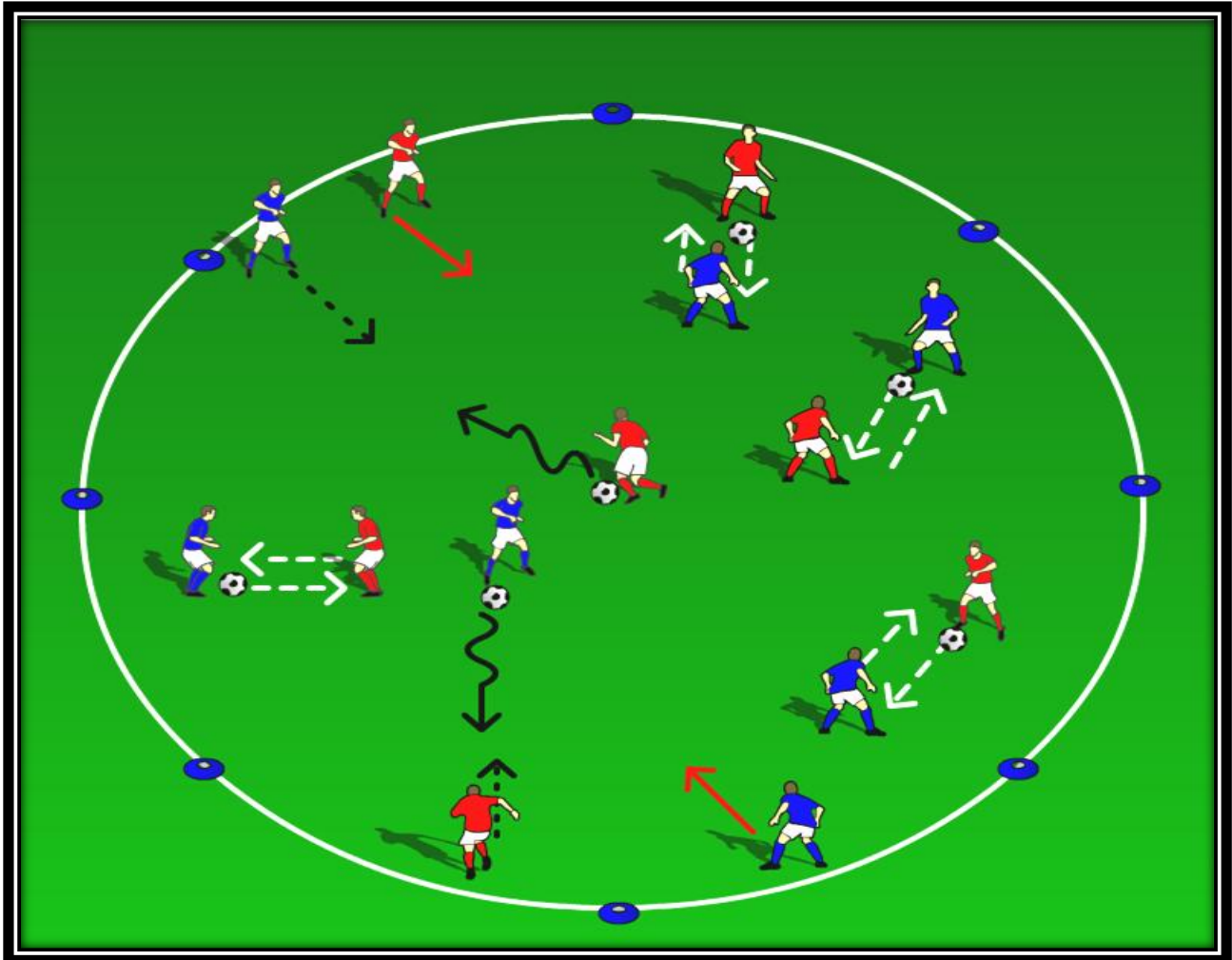
- **TECHNIQUE** - *BALL CONTROL- FIRST TOUCH, BODY SHAPE  
PASSING ABILITY, MOBILITY, SPEED, VISION*
- **AWARENESS** - *ANTICIPATION OF PASS, RUNS*
- **COMMUNICATION** - *LET THEM KNOW!*



# **PATRICK MC GARRY SOCCER COACHING**

**Session # 19**

**Topic : 1-2-Go**



- **PLAYERS RUN FREELY AROUND THE GRID. NUMBER OF PLAYERS AND BALLS CAN VARY**
- **WHEN TWO PLAYERS MEET THEY PERFORM A ONE/TWO, ON THE THIRD PASS THE RECEIVING PLAYER STOPS THE BALL AND BOTH PLAYERS MOVE AWAY AND SEEK OUT ANOTHER PLAYER TO PERFORM THE SAME DRILL**
- **INTENSITY LEVEL STARTS SLOW BUT BUILS UP TO A RAPID SPEED**
- **COACH ENCOURAGES THE USE OF BOTH FEET**

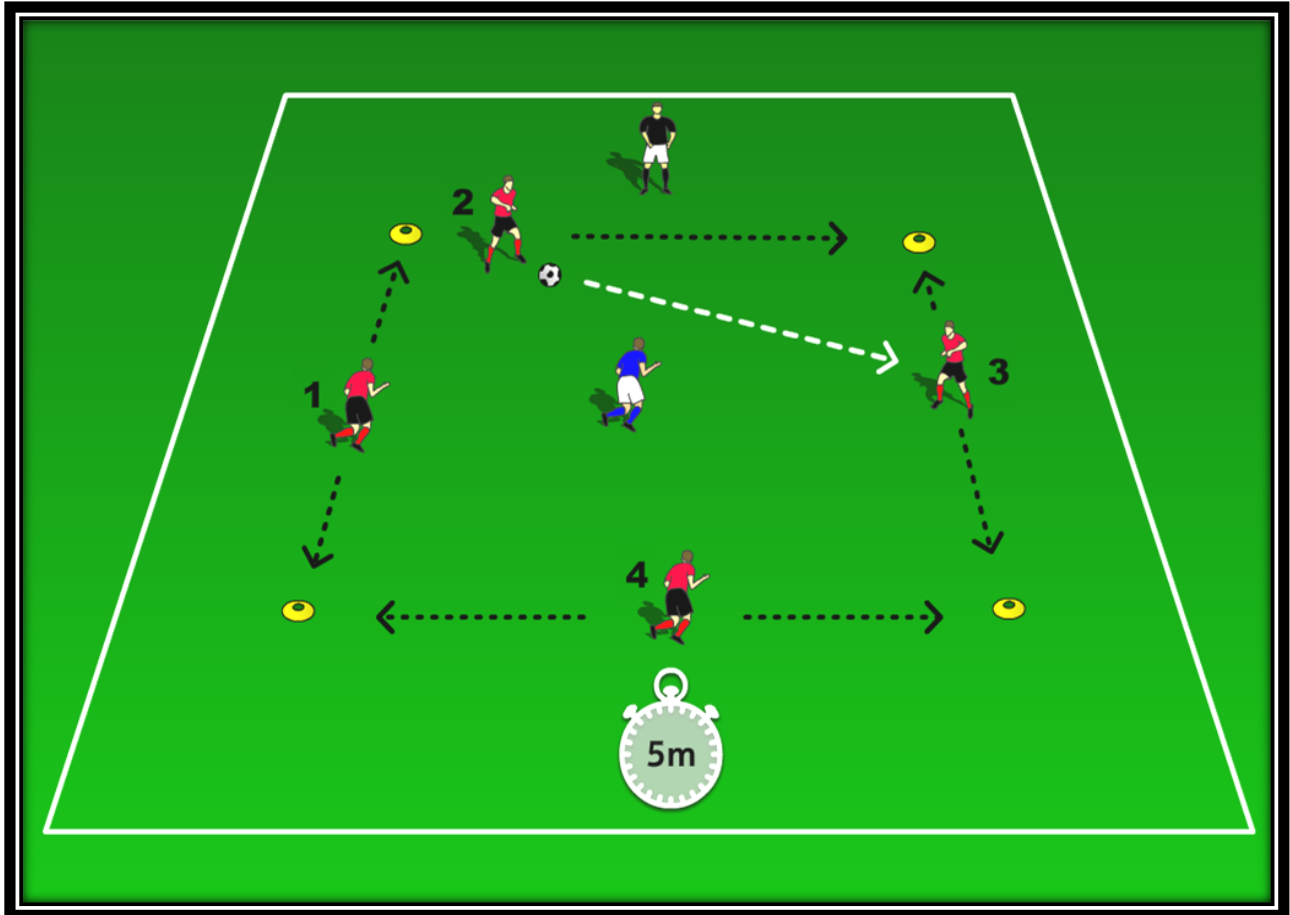
## **KEY FACTORS**

- **TECHNIQUE** - *PASSING – PUSH PASS, BODY SHAPE*
- **AWARENESS** - *HEADS UP, BE ALERT! SEEK OUT A PARTNER*
- **MOVEMENT** - *ON YOUR TOES! BE ON THE LOOKOUT FOR A PASS*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 20**

**Topic : 4 V 1**



- **4 PLAYERS MOVE ALONG THE PERIMETER OF THE CONED AREA**
- **BALL IS KEPT AWAY FROM PLAYER IN THE MIDDLE**
- **ONCE POSSESSION IS LOST, PLAYER IN THE MIDDLE SWITCHES**
- **TRIANGULAR PASSING/MOVEMENT EMPHASISED**
- **5 MINUTES MAX FOR PLAYER IN THE MIDDLE**

**PROGRESSION:**

- **PLAYERS CAN MOVE WITHIN THE AREA**
- **TWO PLAYERS IN THE MIDDLE**

## **KEY FACTORS**

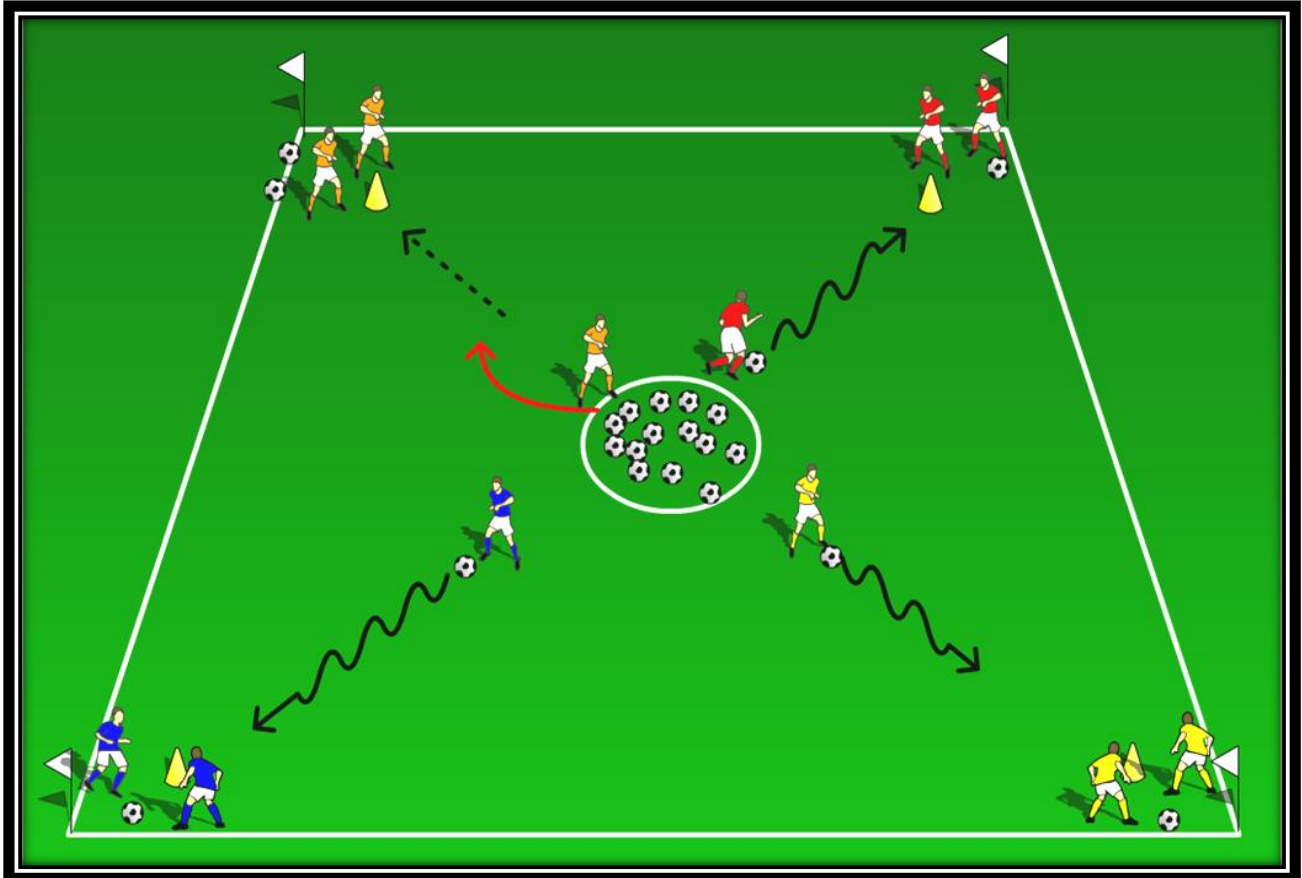
- |                    |   |
|--------------------|---|
| ○ <b>TECHNIQUE</b> | - <i>BALL CONTROL, BALL RETENTION</i>         |
| ○ <b>AWARENESS</b> | - <i>COMMUNICATION, ANTICIPATION, TIMING</i>  |
| ○ <b>PASSING</b>   | - <i>'PASS AND MOVE'</i>                      |
|                    | - <i>ONE-TOUCH, WEIGHT, ACCURACY, VARIETY</i> |



# **PATRICK MC GARRY SOCCER COACHING**

**Session # 21**

**Topic : Treasure Chest**



- **PLAYERS LINE UP AS SHOWN, BEHIND CONES. FOOTBALLS PLACED IN THE MIDDLE (AS MANY AS POSSIBLE)**
  - **ON THE WHISTLE ONE PLAYER PER TEAM RUNS INTO CENTRE AREA, GRABS A BALL AND RUNS WITH IT BACK TO THEIR CORNER**
  - **TEAM WITH THE MOST FOOTBALLS WINS!**
- PROGRESSION :**
- **ON THE WHISTLE ONE PLAYER PER TEAM RUNS INTO CENTRE AREA - RETRIEVES A BALL AND DRIBBLES BACK TO THEIR CORNER**
  - **TEAM WITH THE MOST FOOTBALLS WINS!**

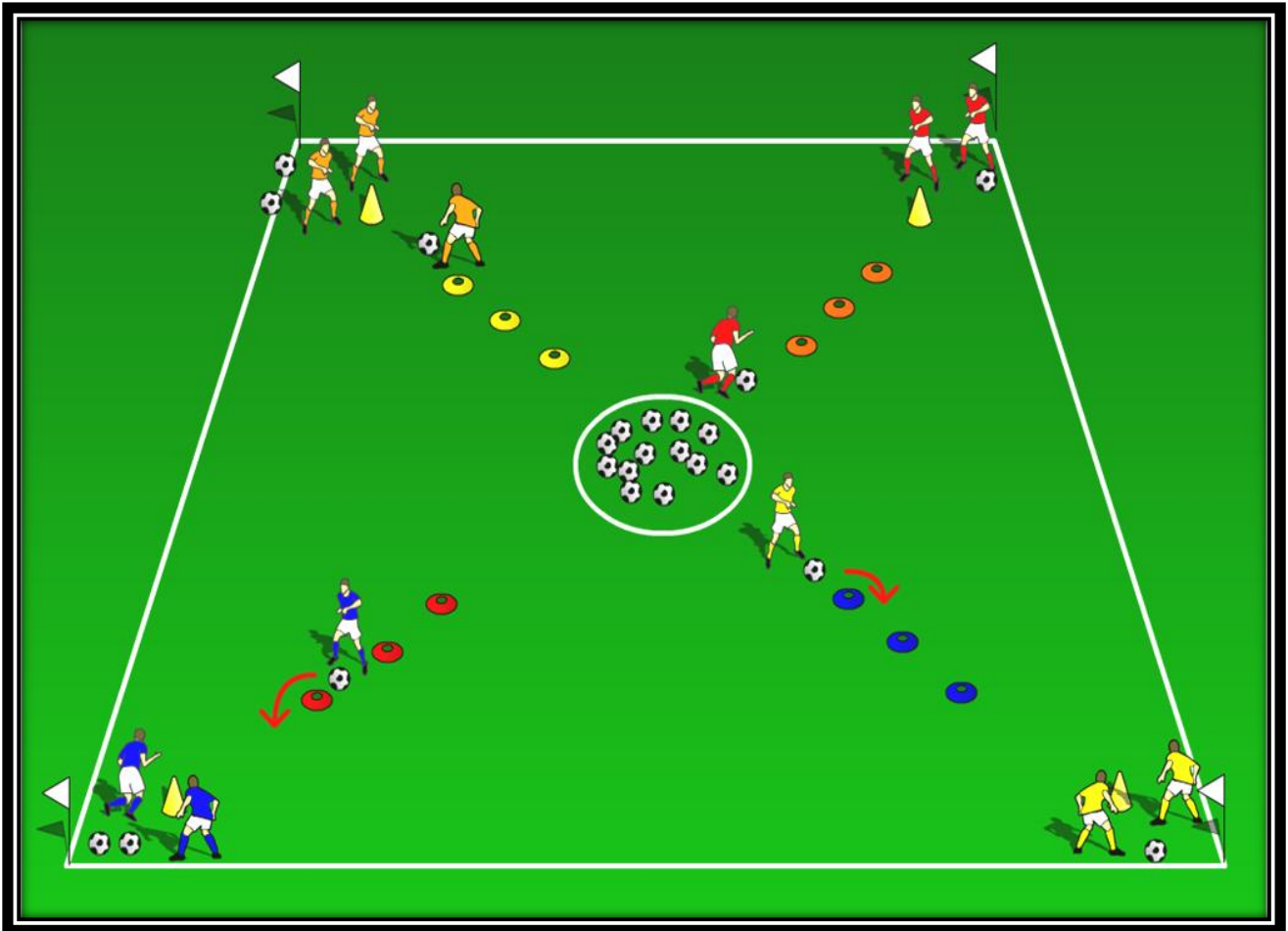
## **KEY FACTORS**

- **TECHNIQUE** - *DRIBBLING – CLOSE CONTROL, OPEN BODY*
- **AWARENESS** - *HEADS UP, KNOW YOUR TURN, ON YOUR TOES*
- **SPEED** - *GET IN QUICKLY!*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 22**

**Topic : Treasure Chest 2**



- **CONTINUATION FROM SESSION 21**
  - **PLAYERS MUST RUN ZIG ZAG THROUGH CONES - RETRIEVE BALL AND DRIBBLE THROUGH CONES EN-ROUTE BACK TO THEIR CORNER**
  - **TEAM WITH THE MOST FOOTBALLS WINS!**
- PROGRESSION :**
- **PLAYERS MUST USE WEAKER FOOT**

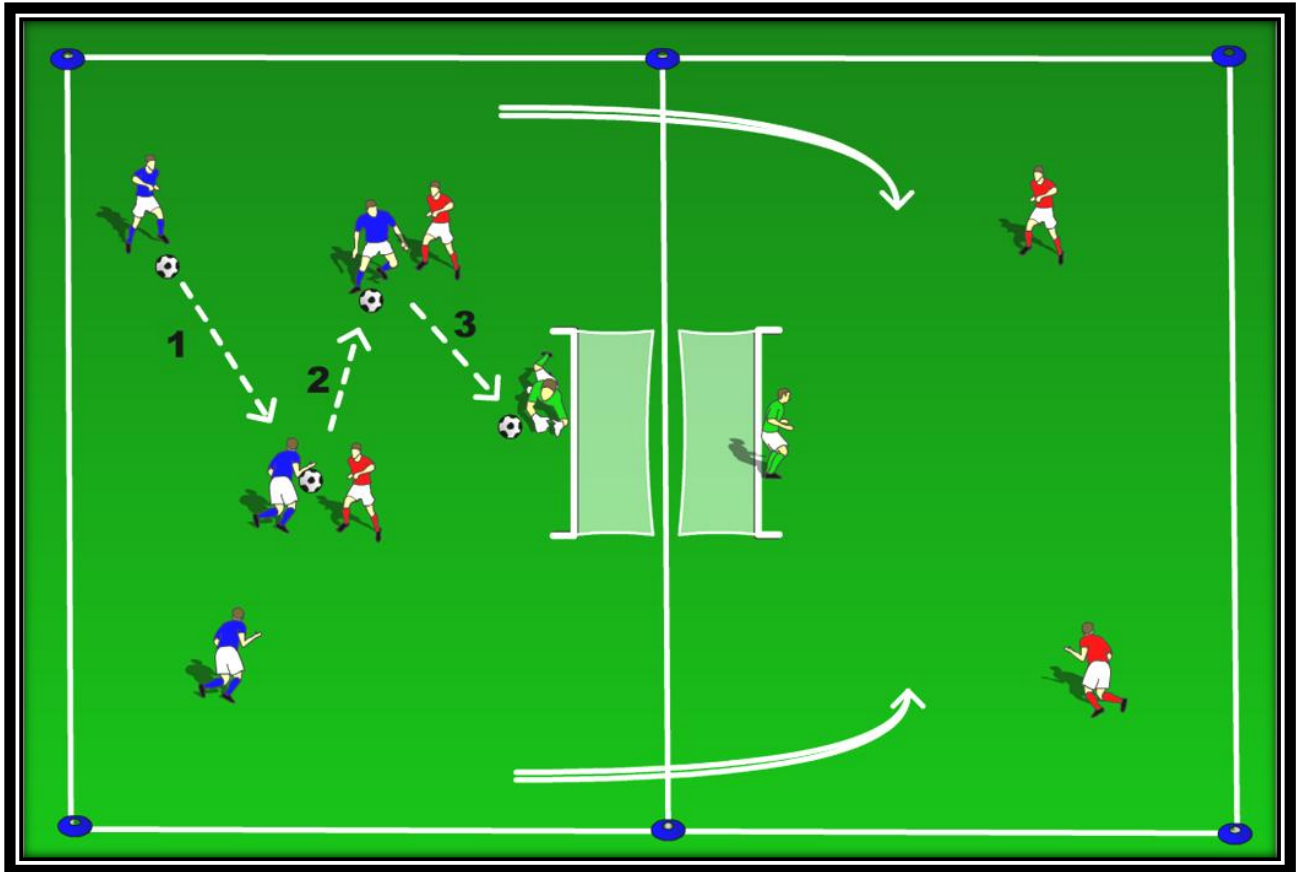
## **KEY FACTORS**

- **TECHNIQUE** - *DRIBBLING – CLOSE CONTROL, OPEN BODY*
- **AWARENESS** - *HEADS UP, KNOW YOUR TURN, ON YOUR TOES*
- **SPEED/ AGILITY** - *GET IN, GET OUT - QUICKLY!*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 23**

**Topic : Back To Back**



- **PITCH SPLIT INTO TWO HALVES, GOALPOSTS IN THE CENTRE, TWO NEUTRAL GOALKEEPERS**
- **GAME STARTS AS A 4 v 2 IN ONE HALF OF THE PITCH**
- **BLUE TEAM ATTACKERS, RED TEAM DEFENDERS**
- **IF RED TEAM GAIN CONTROL OF THE BALL THEY SWITCH PLAY TO OPPOSITE SIDE AND BECOME ATTACKERS, TWO BLUE PLAYERS ENTER AS DEFENDERS AND PLAY CONTINUES**
- **GOAL SCORED ARE COUNTED TO DETERMINE WINNING TEAM**

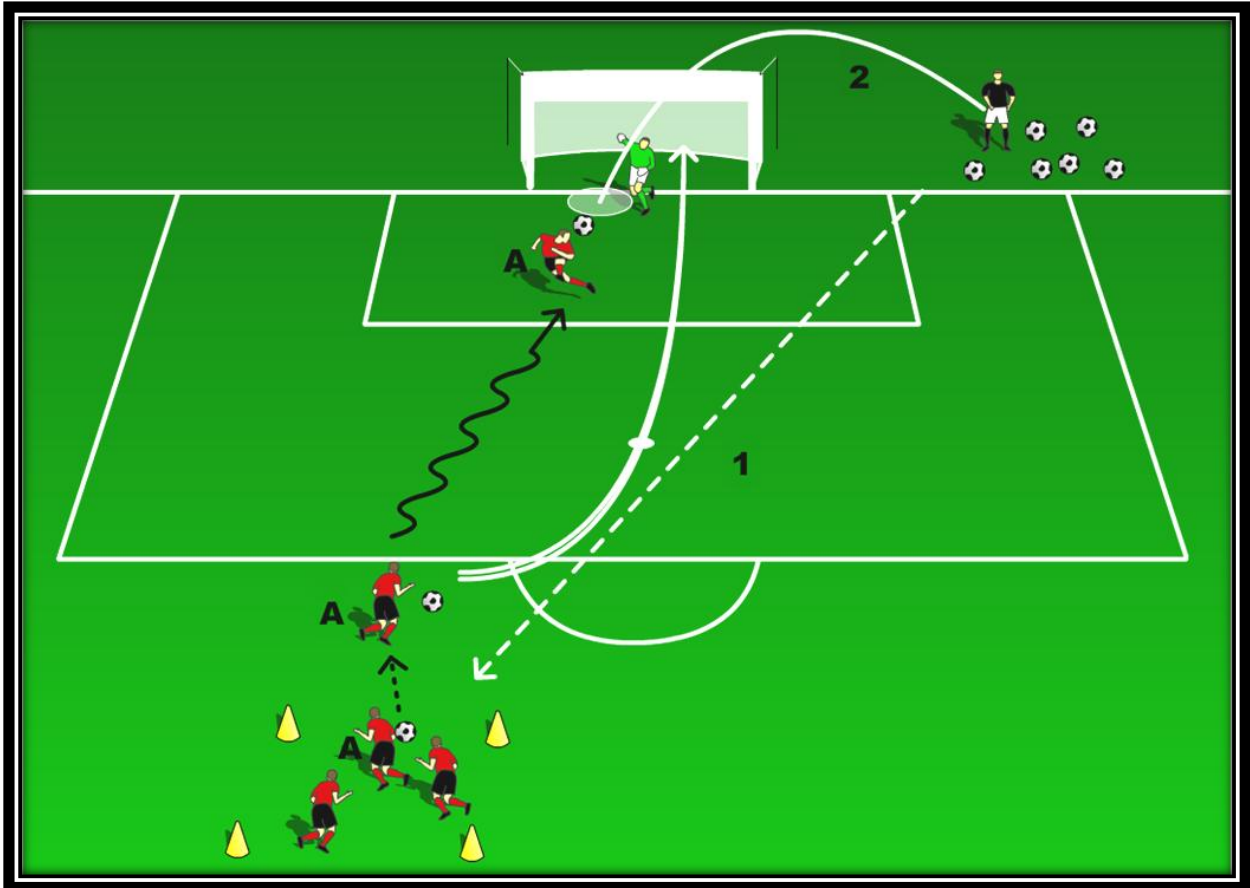
## **KEY FACTORS**

- **TECHNIQUE** - *BALL CONTROL, MOVEMENT ON/OFF THE BALL  
BODY SHAPE, RETENTION OF POSSESSION*
- **AWARENESS** - *ABILITY TO SWITCH FROM OFFENSE TO DEFENSE*
- **PASSING** - *ACCURACY OF PASS, MOVEMENT TO RECEIVE*
- **COMMUNICATION** - *WORK AS A TEAM!*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 24**

**Topic : Power and Finesse**



- **PLAYERS LINE UP INSIDE THE CONED AREA**
- **COACH KICKS THE BALL IN TO PLAYER A**
- **PLAYER TAKES A TOUCH, THEN SHOOTS FROM OUTSIDE PENALTY AREA**
- **PLAYER CONTINUES INTO THE AREA AND HEADS/VOLLEYS SECOND BALL THROWN IN FROM THE COACH**
- **GOALS SCORED ARE COUNTED - ELIMINATION PROCESS BEGINS**
- **PLAYERS CAN 'CHALLENGE' OTHER OPPONENTS**

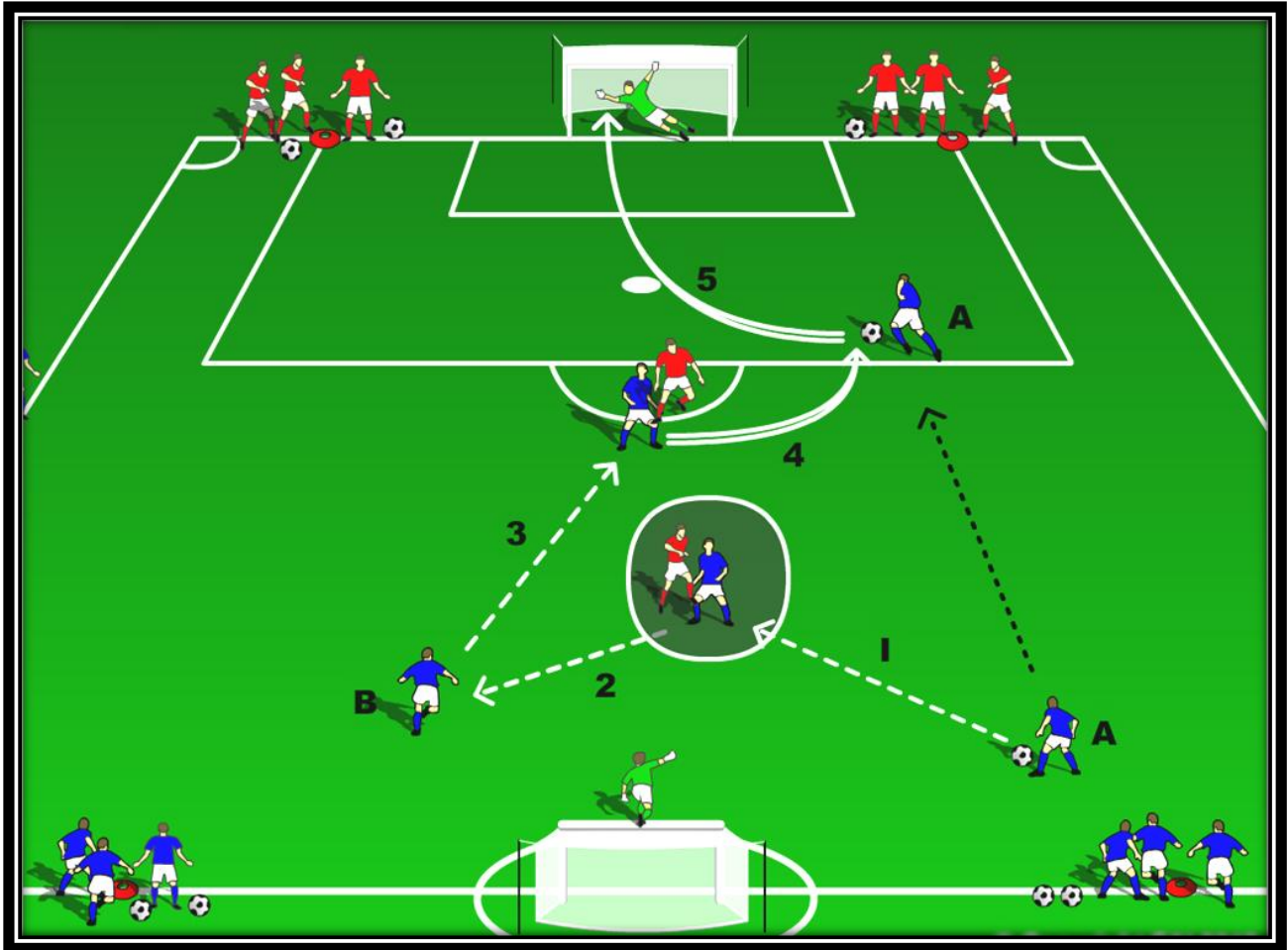
## **KEY FACTORS**

- **TECHNIQUE** - *BALL CONTROL- FIRST TOUCH, SHOOTING, OFFENSIVE VOLLEY/HEADING ABILITY*
- **AWARENESS** - *BODY SHAPE, ANTICIPATION OF PASS, TIMING OF RUN*
- **COMMUNICATION** - *WORK WITH THE COACH!*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 25**

**Topic : Penetration**



- **PLAY STARTS AT PLAYER (A) WHO PASSES INTO CENTRAL BLUE PLAYER - PLAYER (A) DARTS INTO OPEN SPACE**
- **CENTRAL RED PLAYER PASSES INTO PLAYER (B) WHO PASSES UP TO STRIKER WHO PLAYS IN PLAYER (A)**
- **PLAYER (A) SHOOTS**
- **CENTRAL RED PLAYERS ACT AS PASSIVE DEFENDERS**
- **ROLES REVERSE WITH RED PLAYERS**

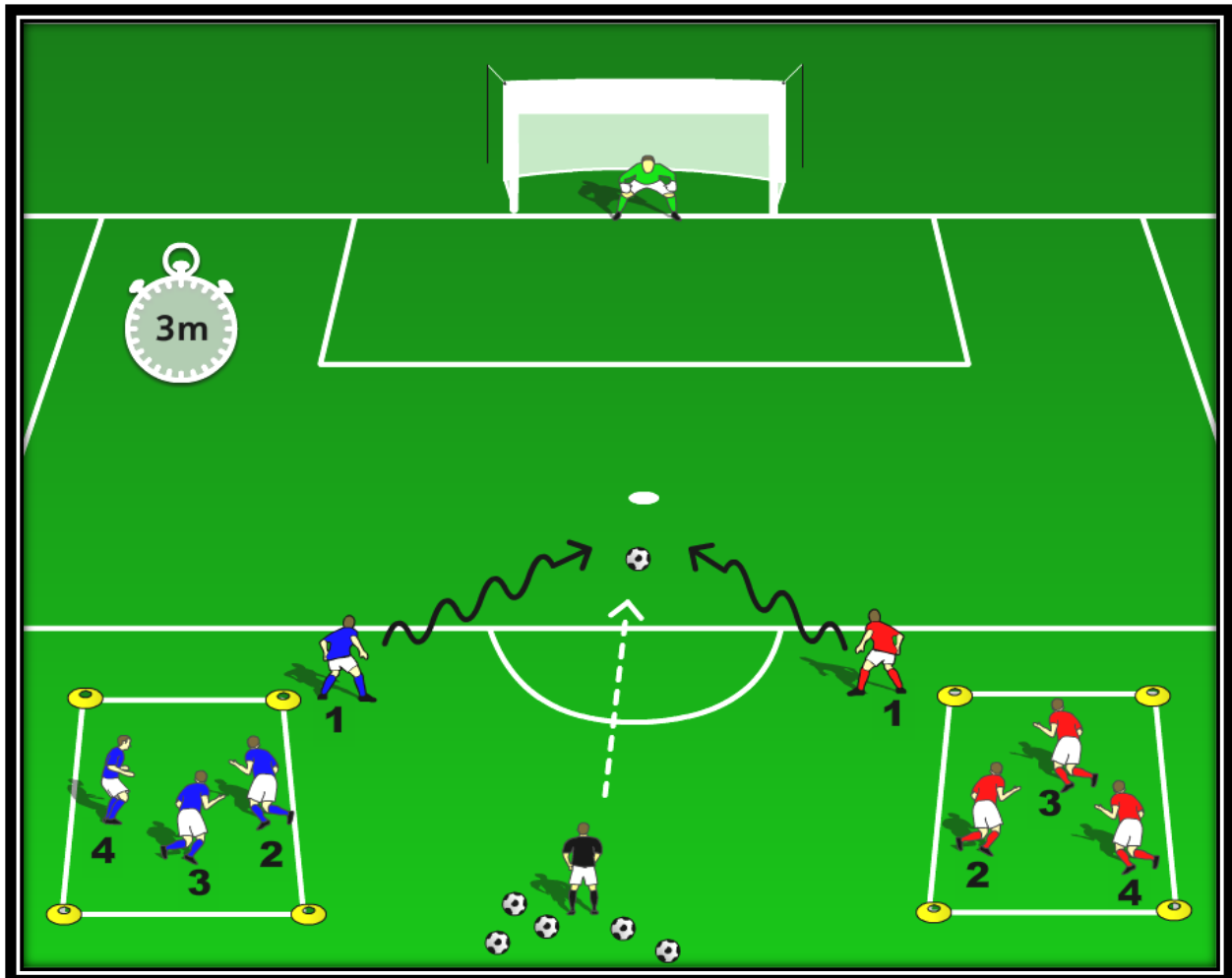
## **KEY FACTORS**

- **TECHNIQUE** - *SLICK ONE-TOUCH PASSING*
- **SHIELDING** - *HOLD OFF DEFENDER*
- **AWARENESS** - *HEADS UP, SPOT THE PASS/RUNNER*
- **FINISHING** - *HIT THE TARGET! MAKE THE KEEPER WORK*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 26**

**Topic : Line Soccer**



- **TWO TEAMS LINE UP IN SEPERATE CONED AREAS**
- **ALL PLAYERS ASSIGNED A NUMBER**
- **COACH KICKS THE BALL INTO PLAY AND CALLS A RANDOM NUMBER**
- **SELECTED PLAYERS FROM BOTH GROUPS ATTACK THE BALL AND ENGAGE IN A 1v1 GAME**
- **PLAYERS HAVE 3 MINUTES TO SCORE**

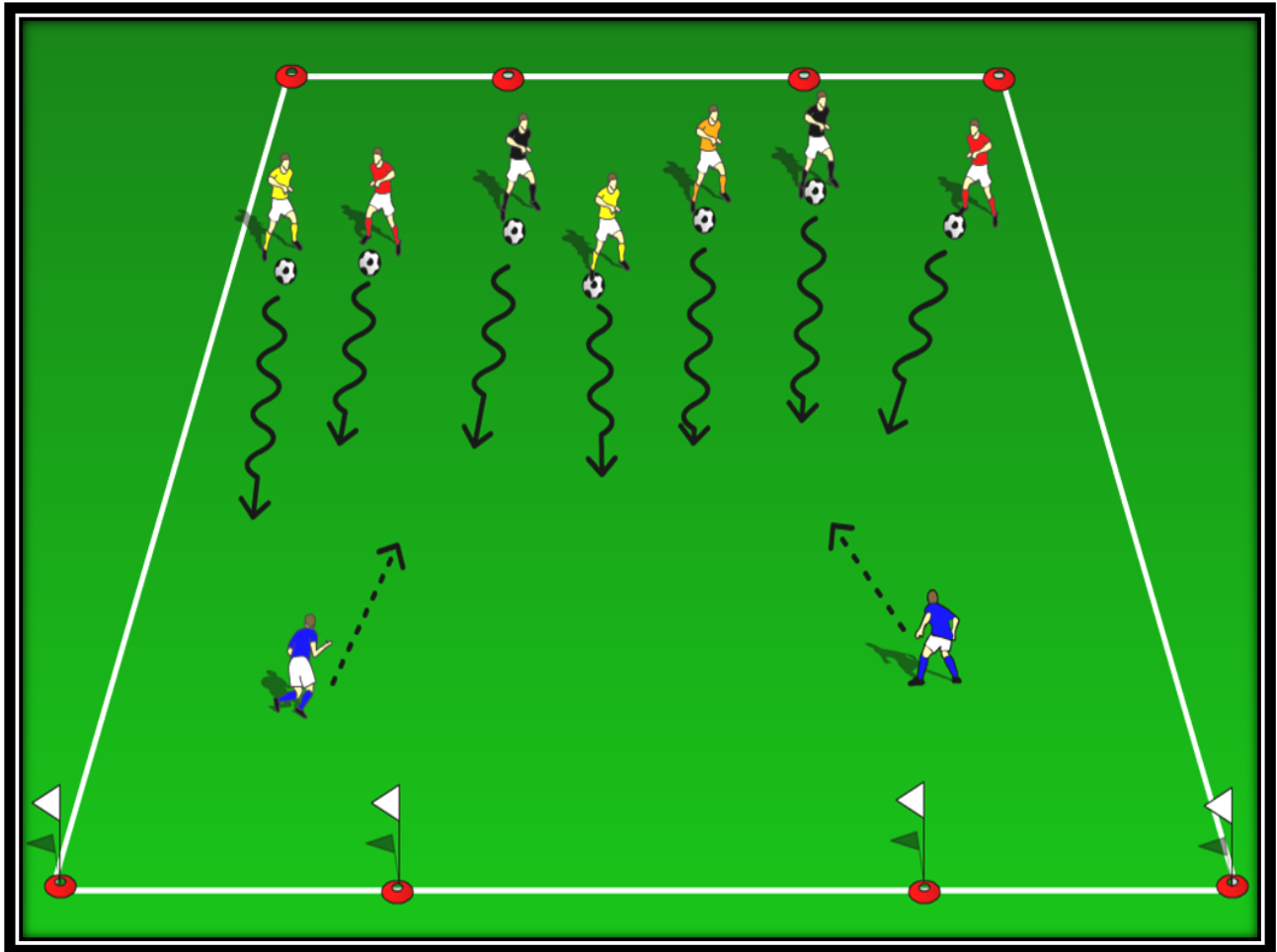
## **KEY FACTORS**

- **TECHNIQUE** - *BODY SHAPE - FIRST TOUCH, SHOOTING, MOBILITY, SPEED, IMPROVISATION*
- **AWARENESS** - *ANTICIPATION OF POSITION/TIMING*
- **DEFENCE** - *POSITIONING, STANCE, DELAY, TACKLE*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 27**

**Topic : The Gauntlet**



- **7/8 PLAYERS EACH WITH A BALL ATTEMPT TO DRIBBLE FROM ONE END OF THE GRID TO THE OTHER**
- **2 DEFENDERS ATTEMPT TO KNOCK ATTACKERS BALL OUT OF THE GRID**
- **KNOCKED OUT ATTACKERS BECOME DEFENDERS**
- **LAST STANDING ATTACKER WIN!**

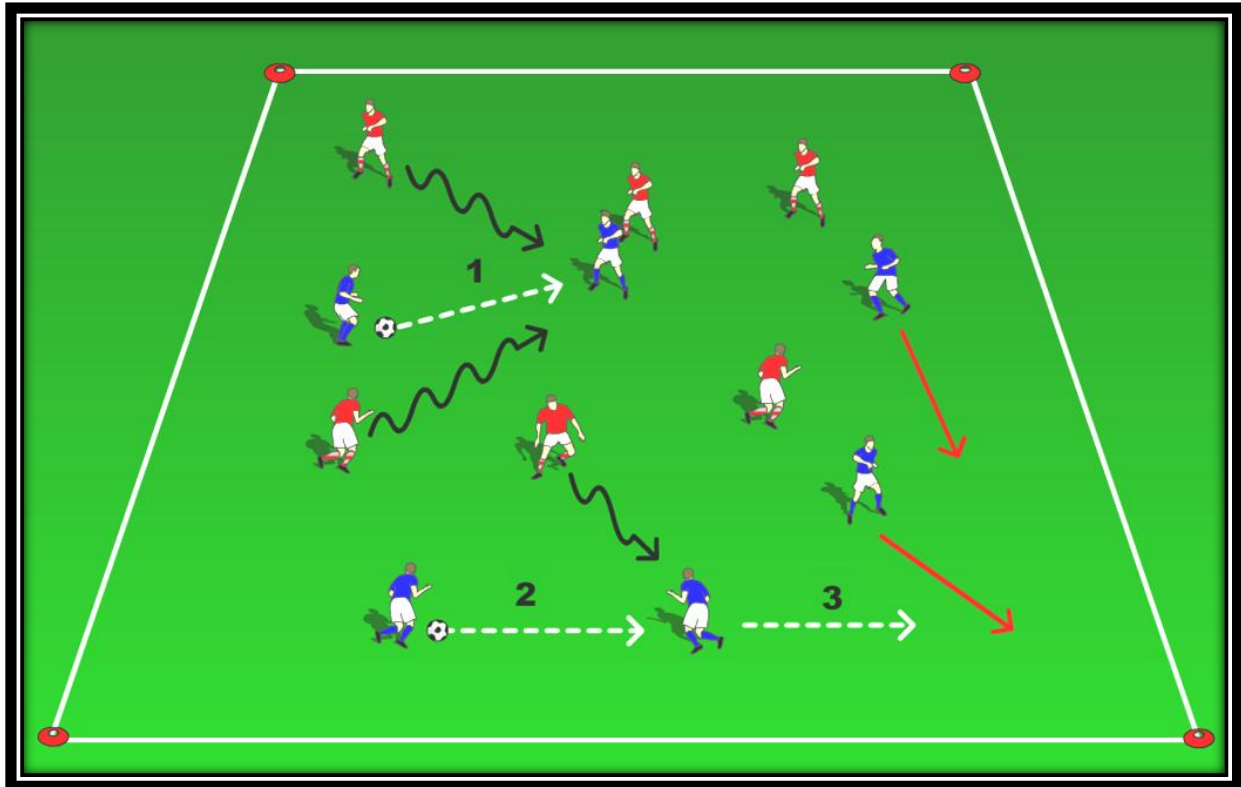
## **KEY FACTORS**

- **TECHNIQUE** - *DRIBBLING SKILLS – GOOD CLOSE CONTROL*  
*DEFENDING SKILLS – SHIELDING, BALL RETENTION*
- **AWARENESS** - *HEADS UP, BE ALERT!*
- **AGILITY** - *EXPLOIT THE SPACE – SPEED AND DIRECTION!*

# **PATRICK MC GARRY SOCCER COACHING**

**Session # 28**

**Topic : Two Balls**



- **TWO TEAMS WORK IN A 30x30 GRID**
- **BOTH TEAMS AIM TO KEEP CONTROL OF THE TWO BALLS**
- **FULL USE OF THE GRID IS ENCOURAGED**
- **TEAM WHO HAS CONTROL OF THE TWO BALLS AFTER ALLOCATED TIME ARE DEEMED WINNERS**

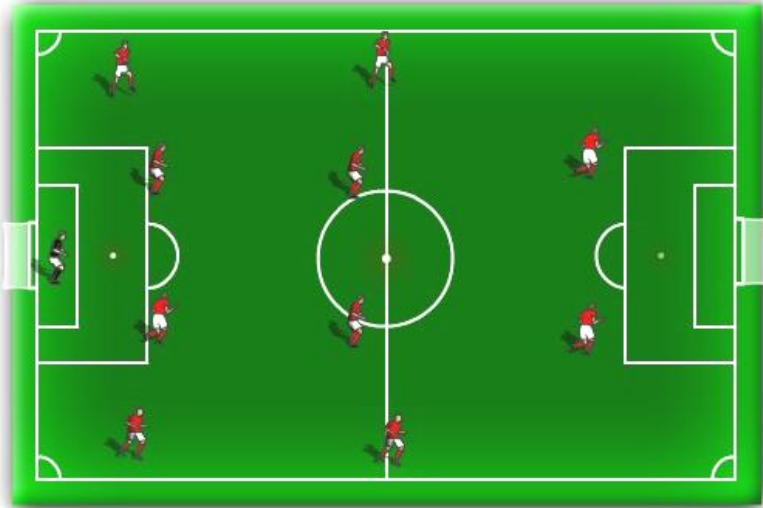
## **KEY FACTORS**

- **TECHNIQUE** - *BALL CONTROL- FIRST TOUCH, MOBILITY, SPEED, IMPROVISATION*
- **AWARENESS** - *ANTICIPATION OF PASS,*
- **DEFENCE** - *POSITIONING, STANCE, DELAY, TACKLE*
- **COMMUNICATION** - *LET THEM KNOW!*

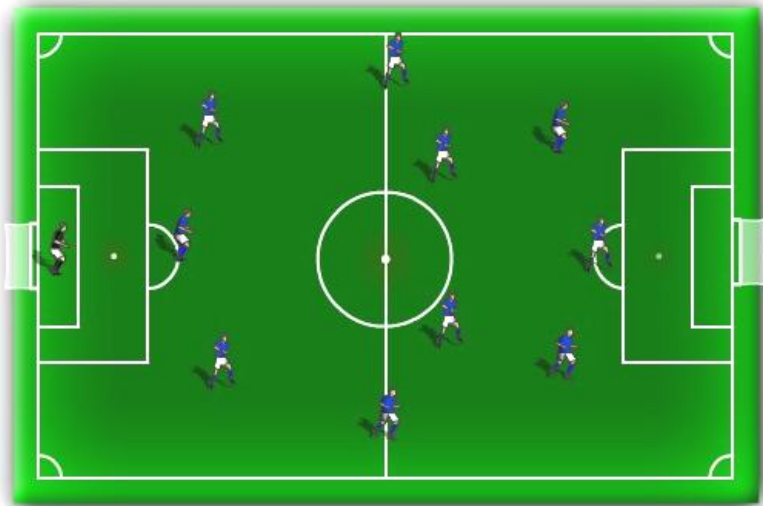


# **PATRICK MC GARRY SOCCER COACHING**

## **Selection Formations - Offensive**



**4-4-2**



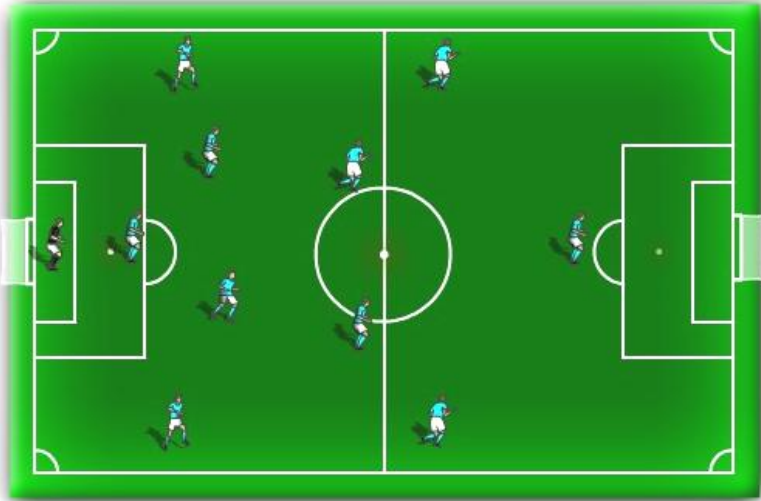
**3-4-2-1**



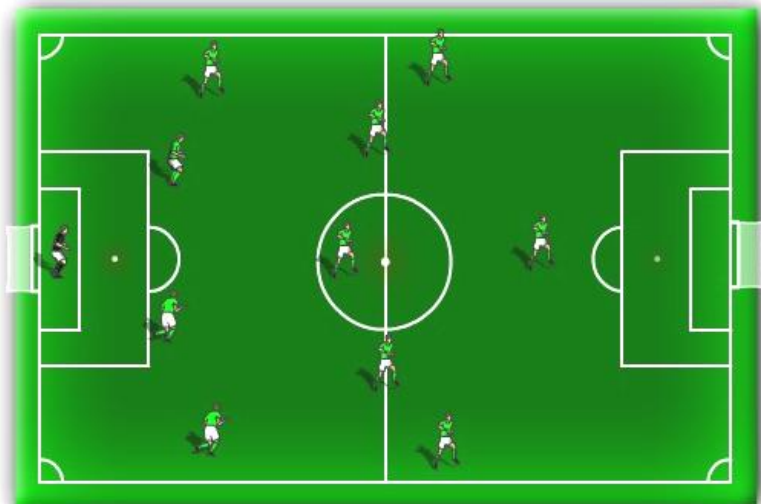
**4-3-1-2**

# **PATRICK MC GARRY SOCCER COACHING**

## **Selection Formations - Defensive**



**1-4-4-1**



**4-5-1**



**3-6-1**

## Static Stretching

There are many different variations on these selected stretches, however the general rules of taking the stretch to a point of tension, not pain, and keeping the back straight, apply to all exercises:

**Duration:** 10 -15 minutes

**Sets:** 2

**Length of Hold:** 20-30 seconds

With all stretches move to a point of tension, not pain.

### Groin stretch (Inside Thigh)



Legs comfortably wide apart with toes pointing forwards. Turn one foot to a position where the instep of the foot is facing forward. Then lean towards this foot, remembering to keep your back straight at all times.

### Hamstring stretch (Back of Thigh)



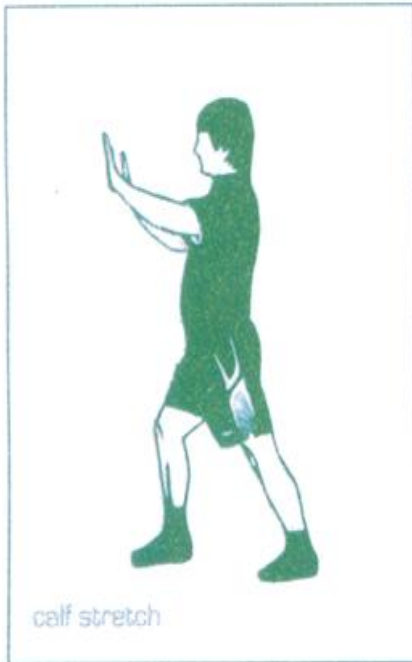
Bend at one leg and extend the other leg out in a straight position. Keep the back straight and move arms down the straight leg until a stretch is felt.



### Quadriceps stretch (Front of Thigh)

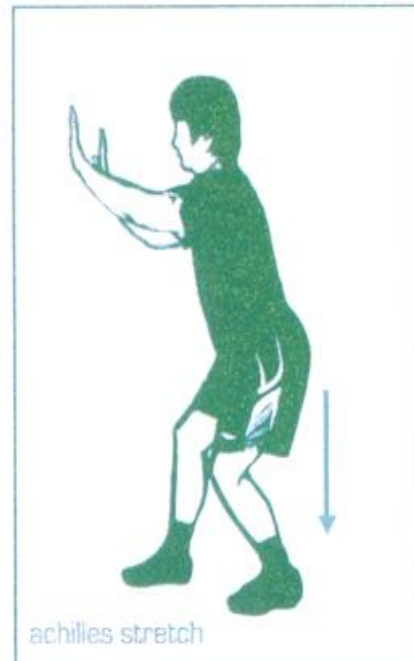
Lie on your side resting your head on the palm of your hand. With the other hand pull the ankle towards the buttocks. This should be performed right hand to right ankle, left hand to left ankle.

### Calf stretch (Back of Lower Leg)



Stand a short distance away from a wall and support the body, keeping the back straight. One foot should be ahead of the other, keeping them shoulder width apart. The aim is to push the hips forward and try to push the heel of the back leg to the ground.

### Achilles tendon stretch (Back of the lower leg)

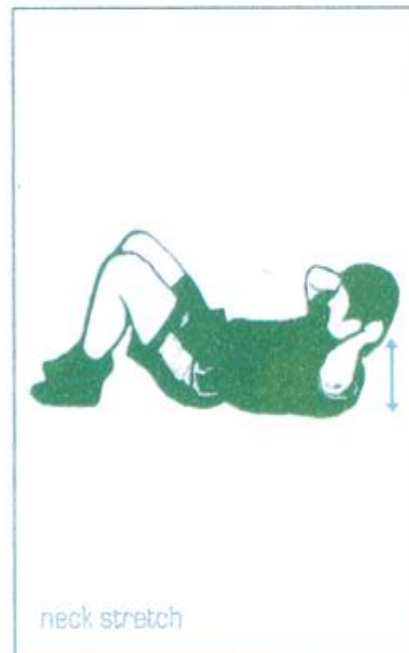


Lean against a wall in the same position as the calf stretch. Lower down at the hips until a slight discomfort is felt on the Achilles tendon of the back leg.

### Both knees to the chest



### Neck Curl



## Exercises

### Walking on the balls of feet (Calf Stretch/ Ankle Mobility)



calf walk

players walk forward on their toes, feeling the calf muscle stretch and improve ankle mobility

### High knee lifts (Buttock Flexibility/ Hip Mobility)



high knee lift

Move on the balls of the feet. With head looking straight ahead, move knee upwards and then repeat with other leg. Don't force the motion.

### Knee across (Outer Hip Flexibility)



knees across

Move in a skipping motion with the one knee moving across the body at a time, remembering to stay on the balls of the feet and to face forward.

### Russian walk (Back of the Thigh stretch)



russian walk

A marching motion with high extended step, the knee is lifted first then the leg is extended. Think of scraping your foot down an imaginary wall.

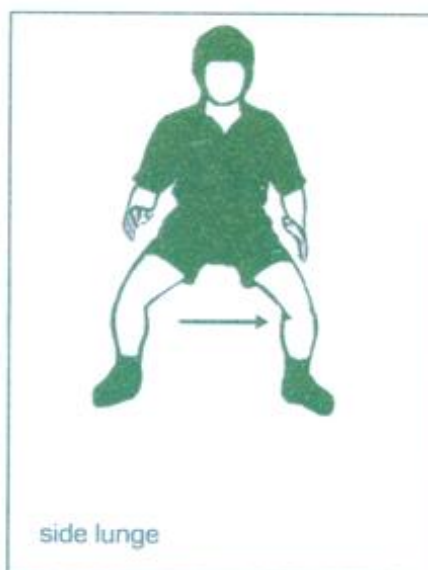


**Walking lunge (Hip and Thigh Stretch)**



lunge  
Front leg should be bent with the thigh in a horizontal position and the back leg in a 90 degree angle.

**Side lunge (Inner Thigh Stretch)**



side lunge  
Facing forward take a wide step to the left, maintain the body facing forward. Bend the knees and lower the buttocks to the ground.

**Walking hamstring (Back of Thigh Stretch)**



hamstring stretch  
Walking, one leg straight with toe pointed, other leg bent at the knee, maintaining a straight back move down the straight leg until a tension is felt. Do not hold.

**Hamstring buttock Flicks (Front of Thighs)**



heel flick  
Flicking heels toward the buttocks.

# **PATRICK MC GARRY SOCCER COACHING**

## **Pitch Measurements**

