

# ELITE SOCCER

**Exclusive**  
Training  
practices from  
top professional  
managers

**SOUTHAMPTON**

# RALPH HASENHÜTTL

## SWITCHING PLAY QUICKLY



**ARSENAL WOMEN**  
**JOE MONTEMURRO**  
Attacking in  
central areas



**CHELTENHAM TOWN**  
**MICHAEL DUFF**  
Breaking  
lines



**LMA AMBASADOR**  
**TONY CARR**  
MBE  
Technical passing  
with movement



**LMA AMBASADOR**  
**DEREK EGAN**  
Emergency  
defending with  
a back three

**EXTRA-TIME INTERVIEWS** WITH ALAN PARDEW & MICHAEL APPLETON

Elite Soccer is published by



Green Star Media Ltd  
MBX124  
19 Moorfield Road  
Slyfield Industrial Estate  
Guildford  
GU1 1RU  
United Kingdom

Email:  
[elitesoccer@greenstarmedia.net](mailto:elitesoccer@greenstarmedia.net)

Editor:  
**Chris Hunt**  
Contributing Editor:  
**Mark Farthing**  
Consultant Coach:  
**Dave Clarke**  
Illustrator:  
**Richard Palmer**  
Design:  
**AT Graphics**  
Photography:  
**Reuters**

Published in partnership with:



**League Managers Association**  
St George's Park  
National Football Centre,  
Newborough Road,  
Needwood,  
Burton upon Trent,  
DE13 9PD  
Tel: +44 (0)1283 576350  
Email: [lmamlmasecure.com](mailto:lmamlmasecure.com)  
Chairman:  
**Howard Wilkinson**  
Chief Executive:  
**Richard Bevan**

This publication is protected by national and international copyright laws. Elite Soccer will take legal action against any individuals or organisations found to be infringing our rights, and will make that action public. No part or whole of this report may be circulated elsewhere or displayed on any website or distributed commercially except under licence from the copyright owners.  
© Green Star Media Ltd. All rights reserved

## ISSUE 110/SEPTEMBER 2019: FROM THE CHAIRMAN



### Training sessions and soccer practices that will make your players think about the game

Dear Coach,

We're kicking off the September issue of Elite Soccer with a training session from one of the most highly regarded coaches currently working in the Premier League.

Southampton manager Ralph Hasenhüttl has written a training practice for us that will help your players to keep possession in tight areas and encourages them to switch play quickly in order to move the ball away from pressure.

On a similar theme, Cheltenham Town manager, Michael Duff, has shared a session aimed at helping players understand when to switch play and when to split the opposition, all with the aim of penetrating opponents and playing forwards.

We are delighted to have a series of activities from Joe Montemurro, manager of current Women's Super League champions, Arsenal. He has shared a session that is all about identifying opportunities to play forward in central areas.

We also present a session by the hugely respected Tony Carr MBE. In this issue, the former West Ham youth academy director presents a variation on his famous third man running session that is all about encouraging players to receive the ball with the back foot and developing movement through repeated practice.

To close the issue, we have a defensive training session from Derek Egan. Formerly first team coach with Salford City and Chester, he has come up with a series of testing exercises to help a back three develop an understanding when working in particularly pressured periods of the game.

I hope you find that the activities in this issue will be of help to your coaching. Elite Soccer will return next month with five more inventive training practices.

*Howard Wilkinson*

Howard Wilkinson, LMA Chairman

4  
**RALPH  
HASENHÜTTL**  
SOUTHAMPTON

**Switching  
play  
quickly**



8  
**JOE  
MONTEMURRO**  
ARSENAL WOMEN

**Attacking  
in central  
areas**

12  
**MICHAEL  
DUFF**

CHELTEHAM TOWN

**Breaking  
lines**



16  
**TONY CARR  
MBE**  
LMA AMBASSADOR

**Technical  
passing  
with  
movement**

20  
**DEREK  
EGAN**

LMA AMBASSADOR

**Emergency  
defending  
with a back  
three**



23 **EXTRA-TIME**

...with Alan Pardew and Michael Appleton



# MANAGER PROFILES

Here are the five managers and coaches we're delighted to welcome into this issue of *Elite Soccer*

## RALPH HASENHÜTTL

### SOUTHAMPTON

Born in Graz, Austria, Ralph Hasenhüttl began his playing career as a striker with hometown club, GAK. He went on to win three successive Bundesliga titles and two Austrian Cups with Austria Wien in the early 1990s, and after his transfer to Austria Salzburg in 1994, he won another Bundesliga title, as well as an Austrian Super Cup. He subsequently played in Belgium with Mechelen and Lierse, and in Germany with Köln.

After playing for Bayern Munich's reserve side at the tail end of his career, it was in Bavaria that he was handed his first opportunity in coaching, taking over the youth team at third-tier Unterhaching in 2004. He also served the club as caretaker manager in 2007, before becoming assistant coach and subsequently head coach.

In January 2011, he was appointed coach of German third division club Aalen, then in 16th place in the table and just one point above the relegation zone. He saved the club from the drop and completely rebuilt the team for the following season, bringing in eight new players and releasing 14. Under his stewardship, Aalen finished second and earned automatic promotion to the second division.

Appointed as coach of Ingostadt in October 2013, in his first full season in charge Hasenhüttl took the club to the German top flight for the first time, finishing as champions of the second division. He also managed them for a season in the Bundesliga, before joining newly promoted RB Leipzig.

His new team was a revelation in the Bundesliga under Hasenhüttl, breaking the record for the longest undefeated streak of a promoted team when they finished runners-up to Bayern Munich. In his second campaign at Leipzig, he led the club in the Champions League and reached the Europa League quarter-finals.

He took over as manager of Southampton in December 2018. In doing so, he became the first Austrian to manage in the Premier League and he took the club from the relegation zone to a 16th place finish in his first season in charge at the St Mary's Stadium.

## JOE MONTEMURRO

### ARSENAL WOMEN

The manager of current WSL champions, Arsenal Women, Joe Montemurro began his career as a youth coach with Brunswick Juventus in his home country of Australia. After coaching Green Gully U21s and the youth teams of Melbourne Knights and South Melbourne, his first roles in senior football were with Sunshine George Cross and Coburg United, guiding the latter to promotion.

After coaching Port Moresby in the Papua New Guinea National Soccer League, he led Melbourne City Women to the W-League title, with the team going unbeaten for the entire season. After a spell as chief assistant coach of Melbourne City's men's team, he was appointed manager of Arsenal Women.

At Arsenal he beat Manchester City to win the 2018 FA Women's League Cup in his first season and he went on to lead the club to the league title the following year.

This year he was voted the LMA's WSL Manager of the Year. In further recognition of his achievements, he was nominated for the FIFA World Women's Coach of the Year.

## MICHAEL DUFF

### CHELTHENHAM TOWN

As a player, Michael Duff was a centre back who made over 300 appearances for Cheltenham Town. He won the FA Trophy, a National League title and promotion via the League Two play-offs while with the 'Robins'. He also won 24 caps for Northern Ireland and was a member of the team that beat England in 2005 and Spain in 2006. He played over 350 games for Burnley, including two seasons in

the Premier League, and he hung up his boots after helping the club return to the top flight in 2016. Staying at Turf Moor as a coach at Burnley's academy, he worked with the U18s and then became head coach of the U23s.

In September 2018, he became manager of Cheltenham Town in League Two and led the club to a mid-table finish in his first season.

## TONY CARR

### LMA AMBASSADOR

Tony Carr is currently a coaching advisor to the Premier League. He previously spent 41 years in charge of West Ham's youth academy and is recognised as one of the most influential figures in English football coaching, having helped shape the playing careers of Frank Lampard, Rio Ferdinand, Tony Cottee, Joe Cole, Michael Carrick, Glen Johnson, John Terry and Jermain Defoe.

A former graduate of the academy himself, his footballing career was cut short by injury and he joined the club's staff as director of youth development in 1973, a role he held until 2014. He guided West Ham to FA Youth Cup glory in 1981 and 1999.

## DEREK EGAN

### LMA AMBASSADOR

A holder of the UEFA 'A' Licence, Derek Egan is a coach educator and has worked for the Lancashire FA as a development manager.

He has previously been on the coaching staff of the English Schools U18s team and was a member of the backroom staff at Salford City, working for the club as first team coach when it won the National League North title in 2018. He also served as first team coach at Chester FC and enjoyed a lengthy stint as manager of Rossendale United in the Unibond League First Division.

**SOUTHAMPTON**  
**Ralph Hasenhüttl**  
**Switching play quickly**

<b>SET-UP</b>
<b>AREA</b>
Up to full pitch
<b>EQUIPMENT</b>
Balls, bibs, cones, poles, 6 target goals, 2 full size goals
<b>NUMBER OF PLAYERS</b>
Up to 24 players + 2 goalkeepers
<b>SESSION TIME</b>
Rondo 11: 12mins
Three zone switch: 10mins
Switch gate game: 20mins

**Overview**  
The focus of this session incorporates a number of my key principles: pressing, counter pressing and playing in tight areas whilst avoiding pressure. It's about keeping possession in tight areas and then playing away from pressure, helping us to switch the play quickly. It's a session I like to use because it involves every player and it puts them in high pressure situations that need them to use quick interplay

to keep the ball. It ultimately leads to the creation of solid opportunities to score.

**What do I get the players to do?**

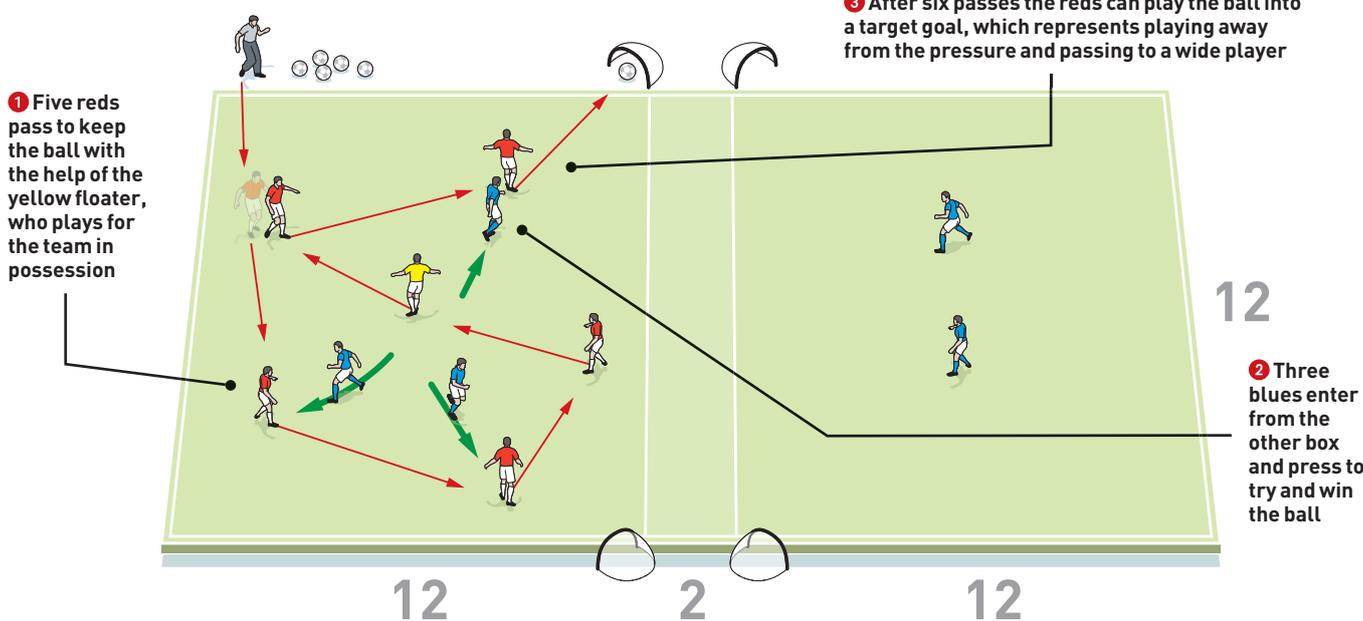
**Rondo 11**

We set up two 12x12-yard boxes separated by a 2-yard central zone, with two target goals positioned outside each of the boxes in the corners. The goals are positioned at an angle to represent a wide player receiving the ball.

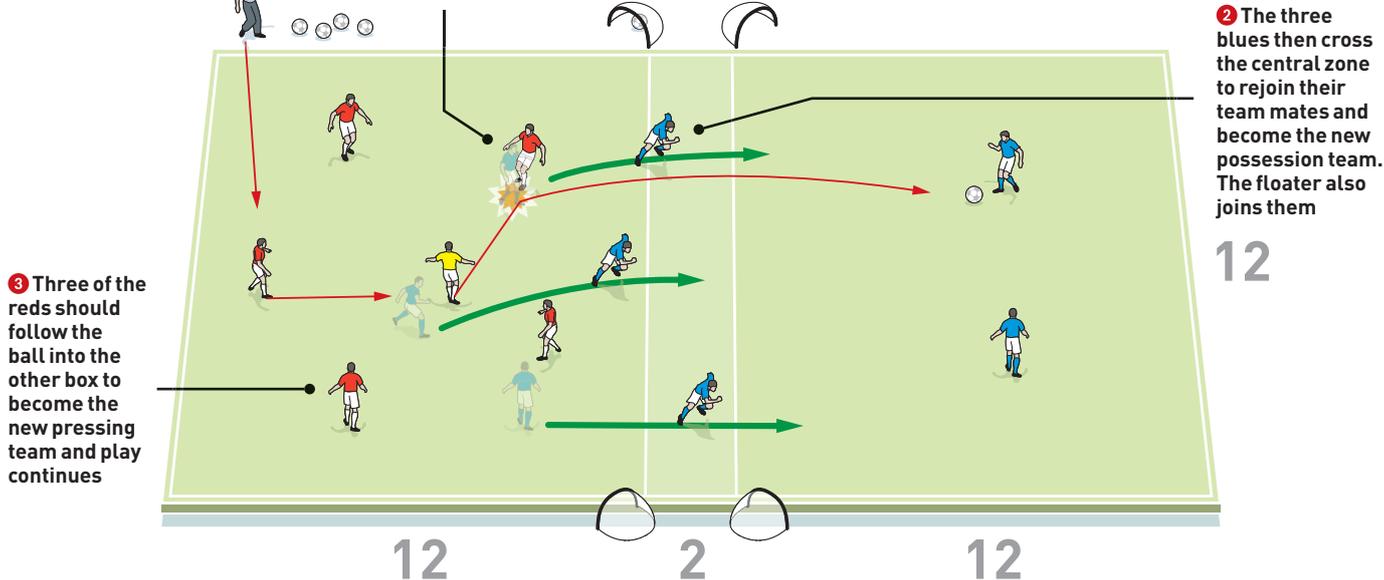
**KEY**

- Ball movement →
- Player movement →
- Dribble .....→

**1a RONDO 11**



**1b**

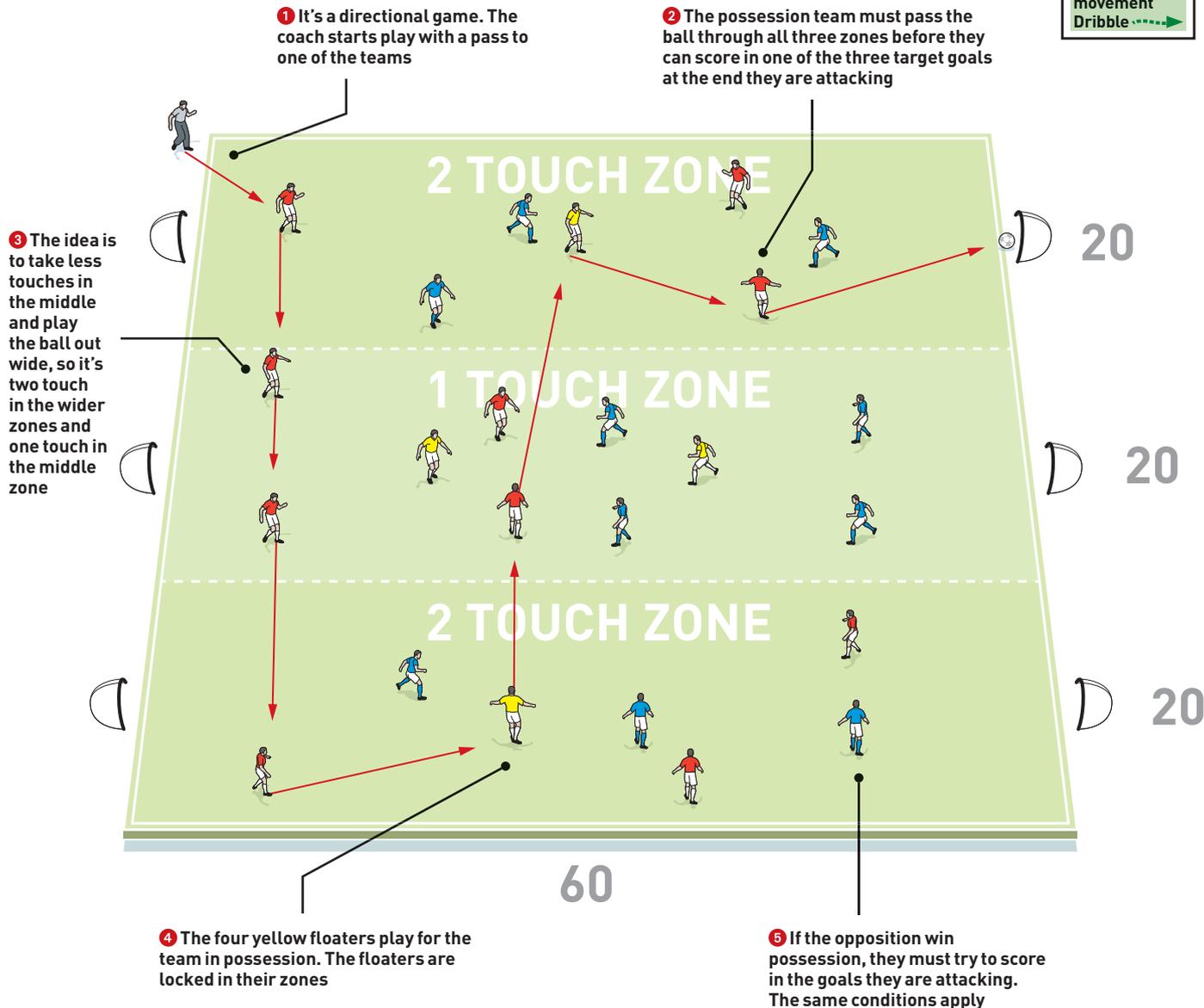


**RALPH HASENHÜTTL: SWITCHING PLAY QUICKLY**

**2 THREE ZONE SWITCH**

**KEY**

- Ball movement →
- Player movement →
- Dribble →



We're using 11 players, split into two teams of five and a floater who plays for the team in possession. The five red possession players start in one box with the yellow floater, and the five blue pressing players start in the other box. The coach begins the practice by passing in to the red possession team and three blues are immediately sent across the central zone to try to win the ball. The reds must pass and move to keep possession and once they have managed to string six passes together, they are free to play into one of the target goals, as shown [1a]. The players should communicate

to make each other aware when they've completed six passes. If the three blue pressers gain possession, they should try to pass to a team mate in the other box, following the ball to rejoin their team mates to become the new possession team, as shown [1b]. Three of the reds follow to counter-press, becoming the new pressing team. Each team is given three attempts of 1 minute and 45 seconds in possession before the coach switches the roles over. The idea of the exercise is to play away from the pressure by

passing into the mini goals. We always involve everyone and never leave players on the side lines, so we adapt the session to the numbers. In this instance, we had 22 players and we split the practice into two groups.

**What do I get the players to do next?  
Three zone switch**

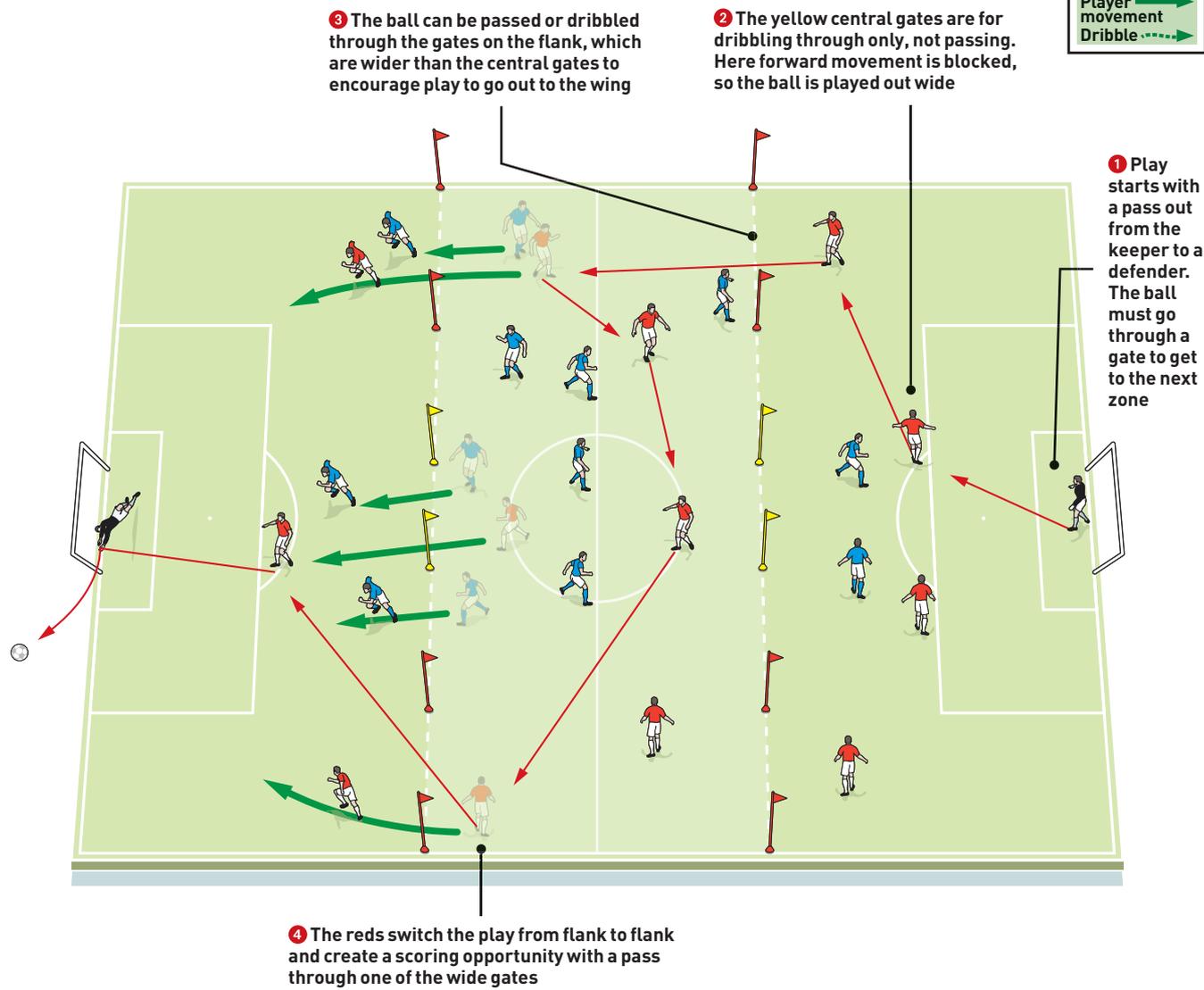
We set up an area of 60x60 yards split into three 60x20-yard zones. All three zones have a target goal at each end. We're using 24 players split into two teams of ten and four floaters who play for the team in possession. ▼

**RALPH HASENHÜTTL: SWITCHING PLAY QUICKLY**

**3a SWITCH GATE GAME**

**KEY**

- Ball movement →
- Player movement →
- Dribble .....→



“This session is about keeping hold of possession in tight areas and then playing away from pressure”

The floaters must stay in their zones, with two in the central zone and one in each of the outside zones. We play a directional game, with the reds trying to score in any of the target goals at one end and the blues trying to gain possession and score in any of the target goals at the other end. To start with, the teams must play the ball through all three zones before they can score, as shown [2], but as a progression, players can begin to look to make longer passes to switch the play from one wide zone to another, if it's on to do so.

The aim of the session is to have minimal touches in the central zone where possession is tight and to encourage switches of play out wide. To help achieve this, the middle zone is one touch and the outside zones are two touch. We would play three games of three minutes each.

**How would you put this into a game situation?**

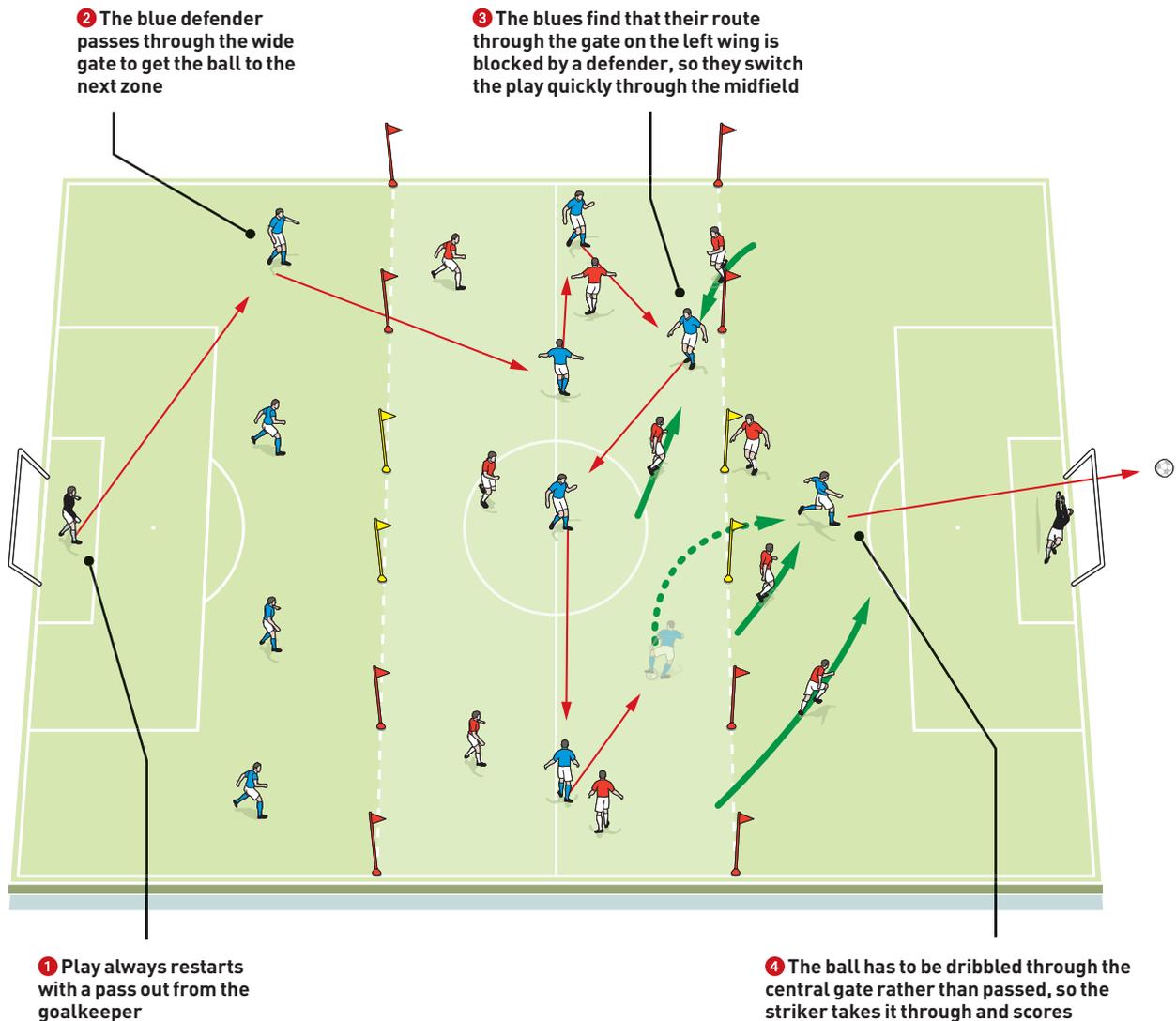
**Switch gate game**

We set up on a full size pitch with a goal and a goalkeeper at each

end. A line is marked going into the final third at both ends and three gates are set up on each end zone line: one central 8-yard gate and a 12-yard gate on each flank. We're playing a directional 11v11 game, conditioned so that the ball can only cross the line between zones by going through the gates. The gates on each flank are wider and therefore easier to get the ball through and this should encourage the possession team to play the ball out wide when attacking, as shown [3a]. To also encourage this, the ball

**RALPH HASENHÜTTL: SWITCHING PLAY QUICKLY**

**3b**



“Players should always be aware of what is around them, to enable them to get the ball out wide as early as possible”

can be either passed or dribbled through the wide gates, whereas it can only be dribbled through the central gates, as shown [3b]. Once the gates have been broken, it's a normal game. Play starts and restarts with a pass out from the goalkeeper to a defender. When it comes out from the keeper, if it's not on to go forward through a gate, we are looking for players to make a quick switch of play and go out through the other side.

**How do I progress the game?**

After finishing the Switch Gate Game, we progress by taking away the zones and the gates and playing a 12-minute game [not shown]. It's free play but we want the players to keep using the underlying principles of the session by switching the play and taking as few touches as possible in the centre of the pitch.

**What are the key things to look out for?**

We want to see players thinking

quickly in tight areas and they should always be aware of what is around them, to enable them to get the ball out wide as early as possible.

We also want to see players working hard off the ball to make angles and there is the opportunity to make triangles. The pressing players should create shadows, which means supporting the first pressing player by being off their shoulder and never in a straight line.

**ARSENAL WOMEN**

**Joe Montemurro  
Attacking in  
central areas**

<b>SET-UP</b>
<b>AREA</b>
Up to 60x40 yards
<b>EQUIPMENT</b>
Balls, bibs, cones, 2 full size goals
<b>NUMBER OF PLAYERS</b>
Up to 16 players + 2 goalkeepers
<b>SESSION TIME</b>
Warm-up: 10mins
Positional game 1: 15mins
Positional game 2: 15mins
Small-sided game: 15mins

**Overview**

This session is about identifying opportunities to play forwards in central areas. It shows players how to create central overloads and encourages them to face forward to play forward

effectively. The session is designed to help players recognise certain cues, such as when to invite pressure in order to create space further up the pitch and this helps to set up goal scoring opportunities. This session also creates an environment where players can express themselves freely in the middle and attacking thirds. Player positioning is key and the quality of passing is critical, because it is important to the style of play we use at Arsenal. We would tend to run this type of positional session on a weekly basis but with different focuses. Positional games of this type are usually run on the Thursday of a normal week when we are focusing on the weekend's match because it usually has elements of how we are

approaching the next game. Positioning and game related structures are prevalent in all our work. By enlarging and restricting the space and setting certain rules, these exercises can be used for conditioning outcomes too. In these practices it's important to manage the resistance of the other team, to make it close to a game situation.

**What do I get the players to do?**

**Warm-up**

We start with a passing warm-up that focuses on positioning and receiving the ball. We set up in an area of 30x30 yards and we're using groups of five players selected for their positions. Players should pass and move, rotating through the positions.

**KEY**

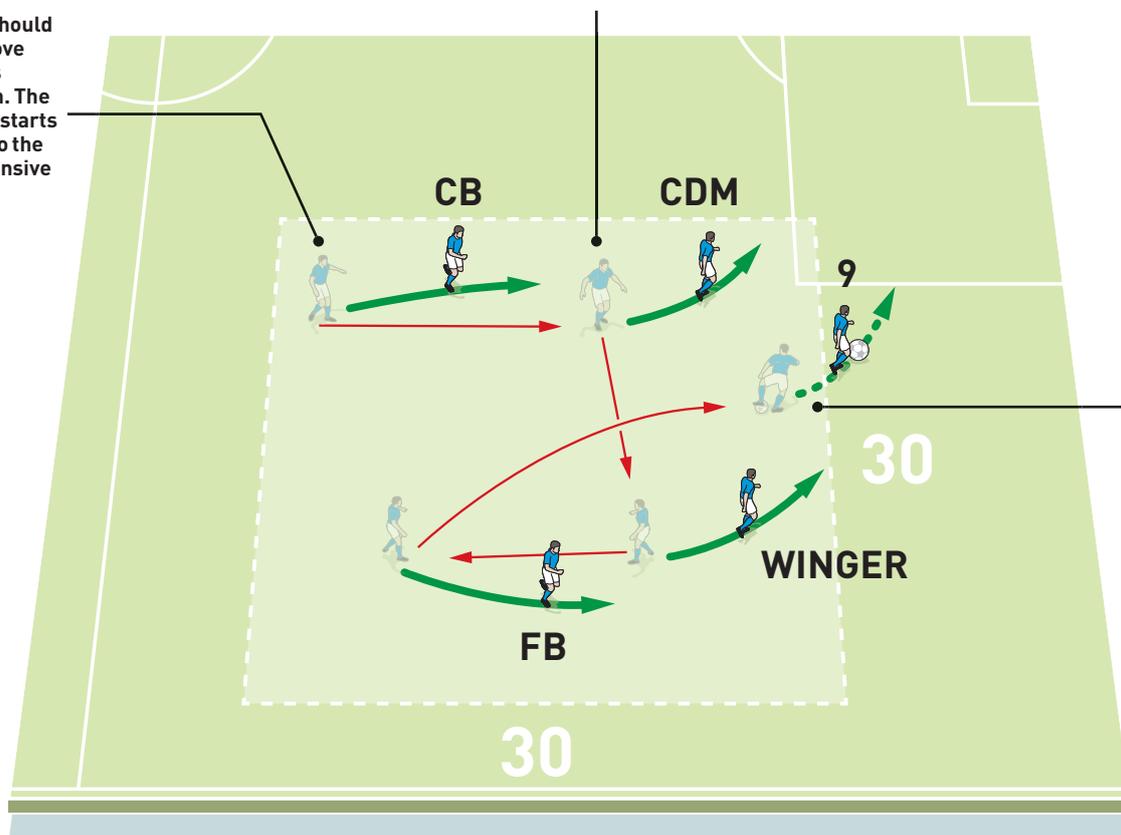
- Ball movement
- Player movement
- LMA
- Dribble

**1 WARM-UP**

1 Players should pass and move through this combination. The centre back starts by passing to the central defensive midfielder

2 The CDM moves the ball out to the winger, who passes back to the full back

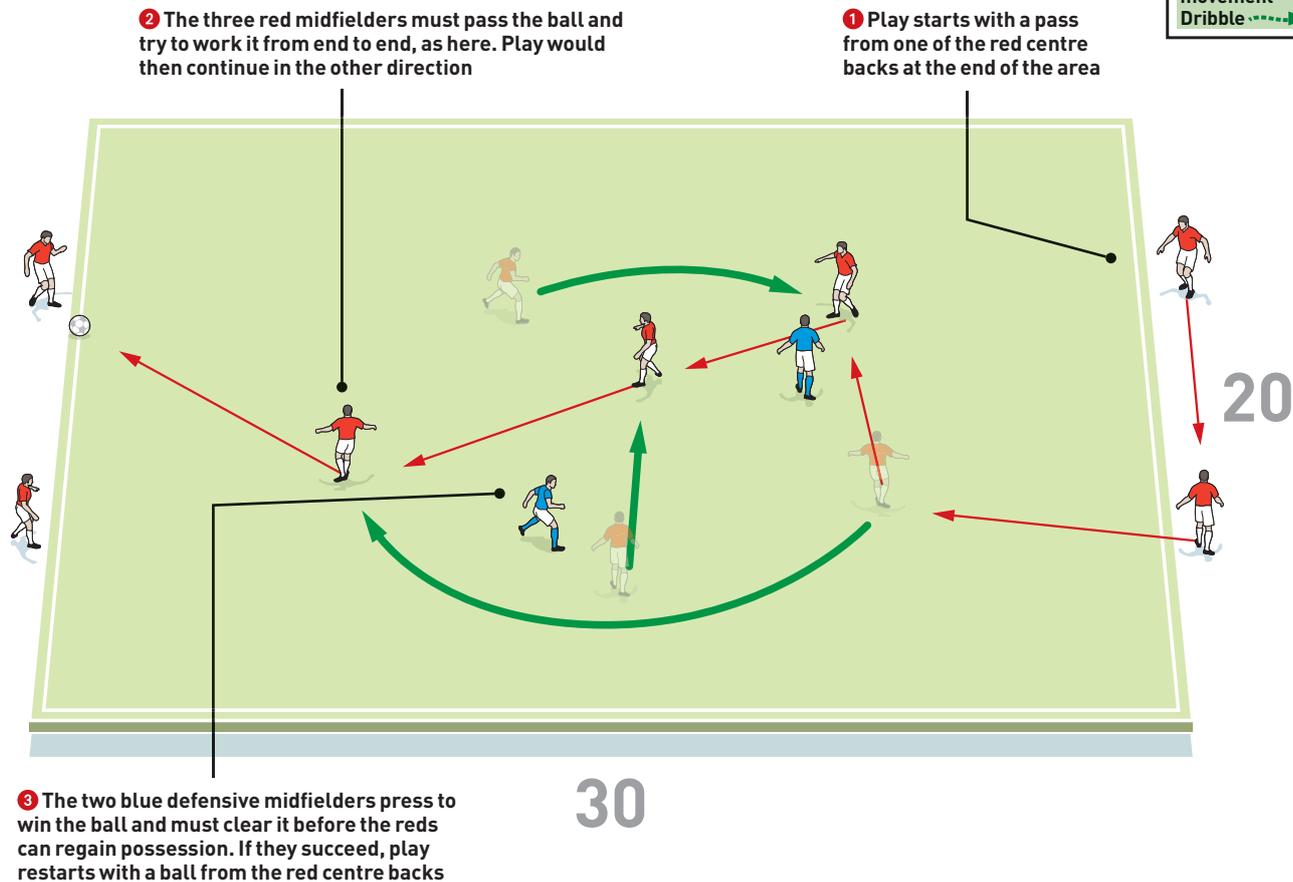
3 The full back plays the ball up to the striker, who starts to make a run towards goal. Play then resets and the players repeat the combination



▲ Run three different combinations such as the one above, focusing on positioning and receiving the ball

**JOE MONTEMURRO: ATTACKING IN CENTRAL AREAS**

**2 POSITIONAL GAME: 3v2 CENTRAL**



“This session creates an environment where players can express themselves freely in the middle and attacking thirds of the pitch”

In the diagram the combination play runs as shown [1], with the ball going from a centre back to a central defensive midfielder, then to a winger, to a full back and finally to a number 9. Players should rotate after their pass and must be aware of their position on the pitch. At the end of the combination, the players reset to run it again. We would practice three different combinations, such as:

- CB – Winger – FB – CDM – #9.
- CB – #9 – CDM – Winger or FB with a forward run.

We would repeat each of the combinations for three minutes before moving onto the next one. Players should be focused on their body position and receiving the ball to face forward. They

should also focus on the timing of their passes and movement.

**What do I get the players to do next?**  
**Positional game: 3v2 central**

We set up in an area of 30x20 yards. We’re using nine players, split into a red possession team of seven and a blue pressing team of two. The possession team starts with two centre backs at each end and three midfielders in the main area, with the aim of working the ball from end to end and back. The centre backs start play by passing to each other before one passes to a team mate in the main area. The red midfielders should then pass the ball until creating an opportunity to play it to a centre

back at the other end, as shown [2]. The blue pressing team has two defensive midfielders who apply pressure and try to win the ball. If they do, the possession team must quickly transition to win it back before the pressing pair can clear it out of the area. Play would then restart with another ball played in by a centre back. The coaching focus should be on patterns of play and player movement to create space and to support the player in possession. We would play four games of three minutes.

**What are the key things to look out for?**

This a multi-directional game aimed at encouraging midfielders ▼

**JOE MONTEMURRO: ATTACKING IN CENTRAL AREAS**

to position themselves at different heights on the pitch while building up with a pass from the centre back. We want to see players adopting a good body position to receive the ball and then turn to play forwards. We also want to see the ball played 'under' – this is where the ball is passed forwards to a midfielder who plays it back to a team mate before it is passed forwards again. Players could also try playing 'long and under', which is the same as playing 'under' but the first receiving player then runs long to receive a forward pass.

**Positional game: midfield rotation**  
This positional game is all about beating the press and rotating in central midfield areas. We set up, as shown [3], in an area of 60x40 yards, with a full size goal and goalkeeper at each end. The zones marked out are for positional purposes so players start in the boxes relevant to their position but they can move anywhere – for instance, encourage the centre back to drive into midfield or the striker to drop deep to support forward play in midfield. Having the four midfield boxes marked out can help players find extra space

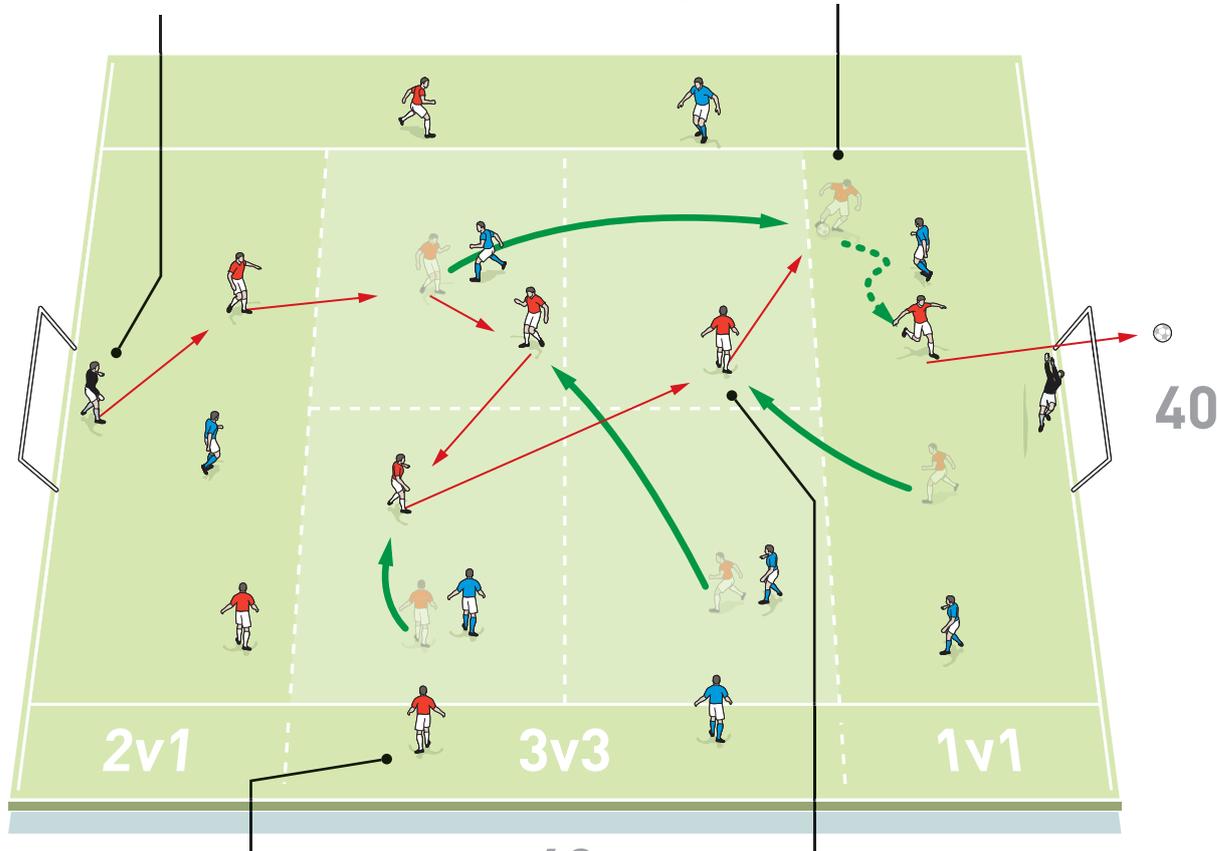
and encourage positioning at different heights. We're using 16 outfield players and two goalkeepers divided into two teams of nine including keepers. Play starts with a pass from the keeper to the defender in the end zone where the defenders have a 2v1 overload. Play builds up through the middle zone, which starts as a 3v3. Play continues through to the attacking zone, where 1v1s are created by the attacker when he goes up against a defender (one opposition centre back should drop out when under attack to allow a 1v1 in the attacking zone).

**KEY**  
 Ball movement → (red arrow)  
 Player movement → (green arrow)  
 Dribble ..... (dotted green arrow)

**3 POSITIONAL GAME: MIDFIELD ROTATION**

**1** Play starts with a pass from the keeper to the defender, who works the ball into the midfield zone

**3** The defensive midfielder bursts forward to receive a pass from the striker and goes 1v1 against a defender to score

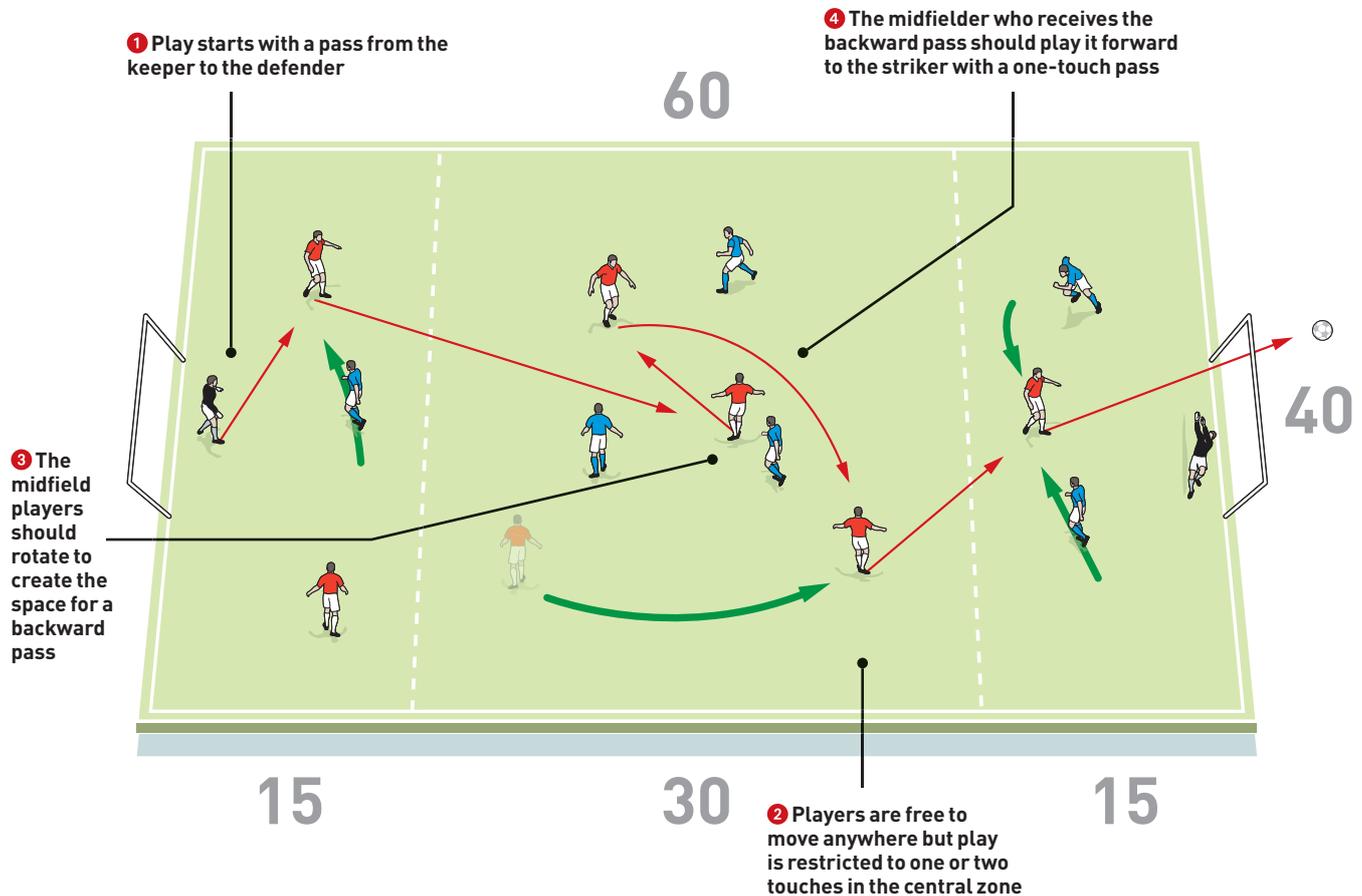


**4** The wide players can be utilised in the attack but play must go through the centre to progress forwards

**2** Players start in the zones relevant to their position but can move freely and rotate as the attack builds. Here the striker has dropped deep to receive a pass

**JOE MONTEMURRO: ATTACKING IN CENTRAL AREAS**

**4 SMALL-SIDED GAME**



“It’s important to encourage forward passes and coach the players on their body position so they receive the ball facing forward”

The wide players can be utilised if the players come inside to receive, but the play must always go through the central areas to progress towards a scoring opportunity. The coaching focus should be on positioning and receiving. We play three games of four minutes.

**How would you put this into a game situation?**

**Small-sided game**

We set up in a 60x40-yard area with a goal at each end. We’re using 12 outfield players and two goalkeepers split into two teams of seven including keepers. The playing area has two 15-yard

end zones and a 30-yard midfield zone, as shown [4]. Players aren’t locked into zones and it’s a normal game with no conditions other than players are limited to one or two touches in the midfield zone. We coach players to build up with the defender passing forwards and the midfielders rotating quickly to create the space needed to play a backwards pass to a team mate who then plays the ball forwards again to the striker with a one-touch pass.

**What are the key things to look out for?**

The main component is positioning midfielders at different heights

to allow a player to receive the ball facing forwards. It’s important to encourage forward passes and we coach the players on their body position.

**What are the typical mistakes players might make and how do I avoid them?**

Players can sometimes be in the same line, which limits the lines of passes. Another common mistake is that midfielders will come to low and reduce the operating space of the ball carrier. To remedy this we make sure no two players are in one line and we have players position themselves left, right and centre of the ball carrier.

**CHELTENHAM TOWN**

**Michael Duff**  
**Breaking  
lines**

**SET-UP**

**AREA**

Up to full pitch

**EQUIPMENT**

Balls, bibs, cones, 2 full size goals

**NUMBER OF PLAYERS**

Up to 20 players + 2 goalkeepers

**SESSION TIME**

Practice 1: 12mins

Progression: 15mins

11v11 game: 24mins

**Overview**

This session is all about breaking lines in possession. Due to the way we play, our players need to be able to understand when to switch the play and when to split the opposition, all with the aim of penetrating opponents and allowing us to play forwards.

We always encourage rotation and ask players to run off the back of opponents. Therefore, the session is about when to keep the ball and when to draw the opposition out to then split them. If we cannot penetrate opponents by splitting them, we like our players to be able to switch the play quickly to get out the other side.

This session encourages players to make quick decisions under pressure and to also communicate with each other so that they can see the bigger picture. It is also about the type of in-possession technical play they use, including how to receive the ball, whether it be on the half turn, playing first time around the corner, or quick combinations to play forward.

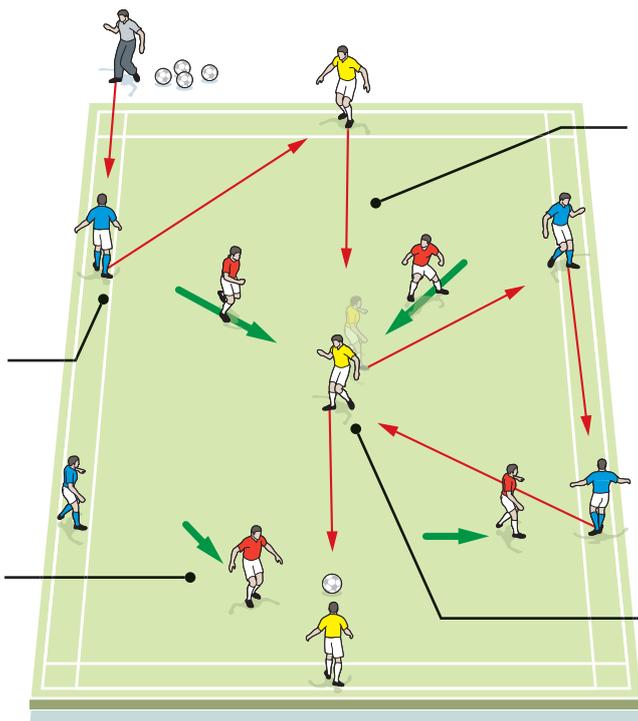
We believe it is really important that sessions do not deviate too far from the real game. Therefore, this session is football orientated and position specific. This ensures that practice is relevant and repetitive. It also allows us to get the detail into them quickly and efficiently.

This session is split into three parts. The first part is an extension of the warm-up with a technical focus, before then

**1a PRACTICE 1**

**1** The four blues on the outside work with the neutral yellows to keep possession. Players are limited to two-touch, but encourage them to try one-touch

**4** The red defending team can intercept the ball but they are not allowed to press the outside players – they can only tackle the central neutral



**3** When passing to the central neutral, the pass can either split the defending team or be chipped over the defenders

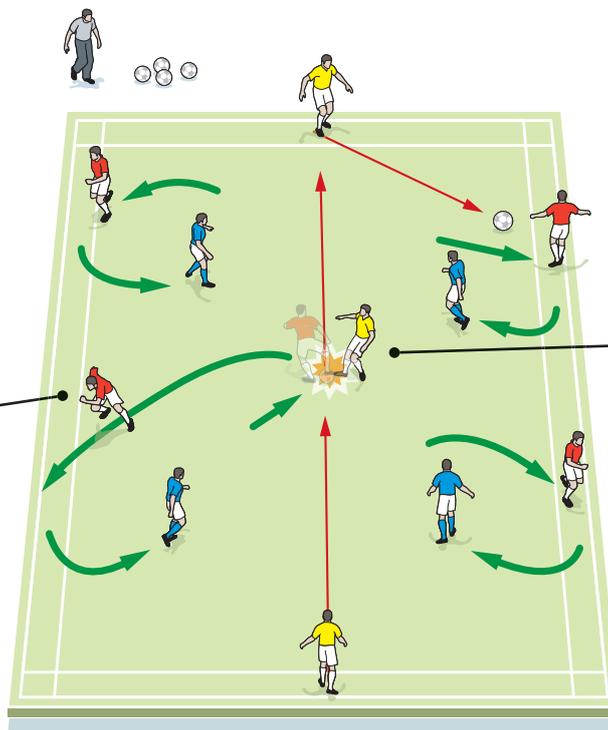
**22**

**2** The ball can be passed around the outside but only three outside passes can be made at most before it has to be played through the central neutral

**16**

**1b**

**2** After gaining possession, the red defenders quickly swap places with the blue outside team. The practice then keeps flowing with the players in their new roles



**1** If the red defenders gain possession, they must quickly pass to one of the yellow neutrals

**22**

**16**

extending the pitch sizes to increase the physical loadings so that players play under more game related stress. Typically, we would run this session once a week in pre-season to practise our in-possession principles. It is

also very good for the players' conditioning, as we can increase the timings, which in turn increases the loadings. This will also ensure players practise when fatigued which is vital to skill development and decision making.

**KEY**

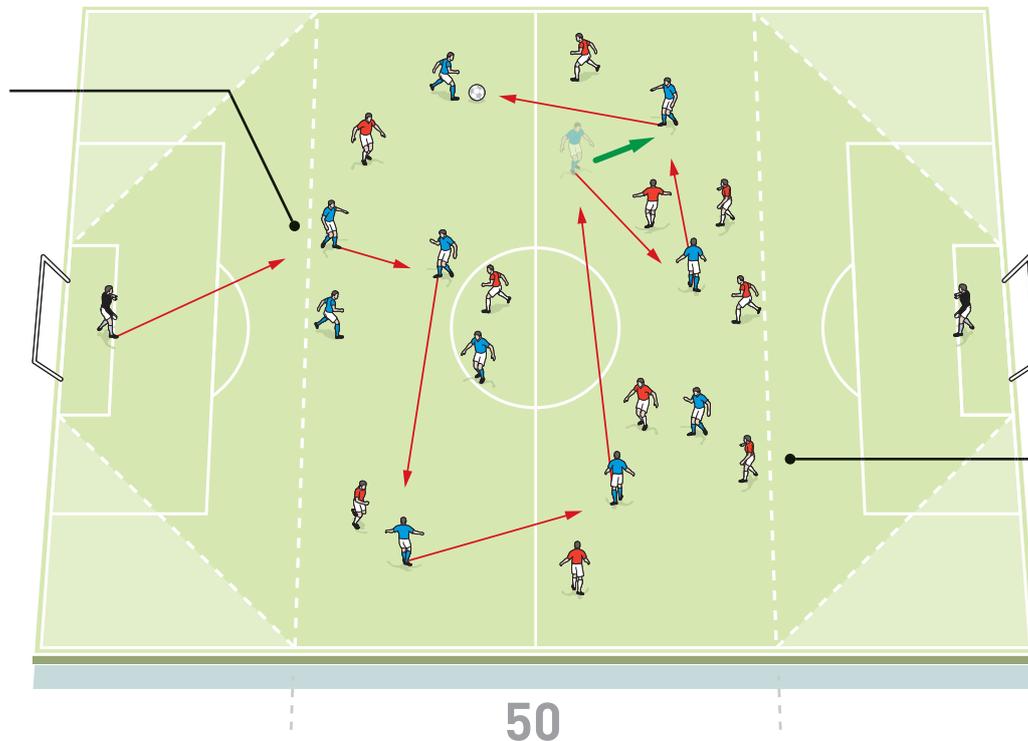
- Ball movement →
- Player movement →
- Dribble →



**MICHAEL DUFF: BREAKING LINES**

**3a 11v11 GAME**

**1** The blues start play in possession. They score a point if they can make eight consecutive passes, or they can score in the goal they are attacking



**KEY**

- Ball movement →
- Player movement →
- Dribble - - - - - →

**2** The reds are the defenders and they must press and try to win the ball, but they can't enter the end breakout zone in their defensive quarter

they must quickly pass it to a neutral and swap places with the blue team on the outside, as shown [1b]. The practice then resets as quickly as possible to keep it flowing. We play three rounds of four minutes.

**What are the key things to look out for?**

When assigning roles, ideally we make one end neutral player a centre back and the other a keeper, while the middle neutral should either be a centre midfielder or a number 10. This is so the keeper and centre back can see the play in the same way as they would see it in a game. Similarly, the centre midfielder or number 10 can then practise their game awareness, recognizing when to play a bounce pass, when to play around the corner, or when to receive on the back foot and go out the other side.

**How do I progress the session?**

**Progression**

We progress the practice by enlarging the area to 32x22 yards. The two teams of four (the reds and the blues)

are now both inside the main area, while the three neutral players (the yellows) are positioned as they were before, with one at each end and one in the centre. The blues and the yellow neutrals again work together to keep possession, giving them a 7v4 advantage over the red defenders. A point is scored if the possession players complete eight consecutive passes or if they manage to transfer the ball from one end player to the other and back by playing through the middle neutral at least once, as shown [2]. If a player passes to an end man, they cannot receive the next pass – this encourages rotation. The passing players should take as few touches as possible, while the red defending team can press and tackle everyone but the two end neutrals. We play three rounds of five minutes.

**What are the key things to look out for?**

With both teams of four in the central area it should encourage quicker decision making, as there is now constant pressure on the

ball from the defending team. The overall aim is to get the passing players to develop an understanding of when, why and how to play through, over or around the opposition. We want to see passing players drawing pressure with a bounce pass, rotating positions and using quick combinations. We also want to see them exhibiting good body shape when receiving the ball, in order to open up the pitch.

**How would you put this in a game situation?**

**11v11 game**

We set up for a competitive 11v11 game on a full pitch with a goal and a goalkeeper at each end, and with the corners coned off, as shown [3a]. The game is played in the central half of the pitch, with breakout zones funnelling play towards the goal at either end in the final quarter. Defenders cannot go into these breakout zones. Normal football rules apply, including offsides and throw ins, but because we are trying to draw

**MICHAEL DUFF: BREAKING LINES**

a press from the opposition, if the team in possession makes eight consecutive passes, they earn a point. A conventional goal can also be scored by playing through to a forward, who is allowed to receive the ball in the breakout zone and go 1v1 with the goalkeeper, as shown [3b]. The forward has three touches to score and once he has taken his shot, play restarts with the other team in possession. This encourages teams to play quickly, but it also encourages quick recovery runs from the defending team and teaches them to defend when outnumbered. To progress the game, players can only play through to the striker under head height and a defender can also track the runner into the breakout zone. This is so that

players can practise running off the back of defenders and what type of passing technique to use. In pre-season training, we use this 11v11 game to practise our shape (1-3-5-2) against various opposition formations and in different game scenarios. During the season, we use it to practise breaking the lines of the opposition we will be playing next. For this exercise we will play three games of eight minutes.

ball has been switched, we want to see if we can penetrate with runners beyond – and if not, we want to see them recycle the ball, switch again, or split the defence, depending on the positions of the opposition. Technically, we want to see players using the correct type and weight of pass and understanding when to receive on the half turn and when to combine with team mates quickly.

**What are the key things to look out for?**

When in possession, if they are being pressed we want to see players recognising where the overload is. We want to see them switching the ball to get out the other way. Once the

**What are the typical mistakes players might make and how do I avoid them?**

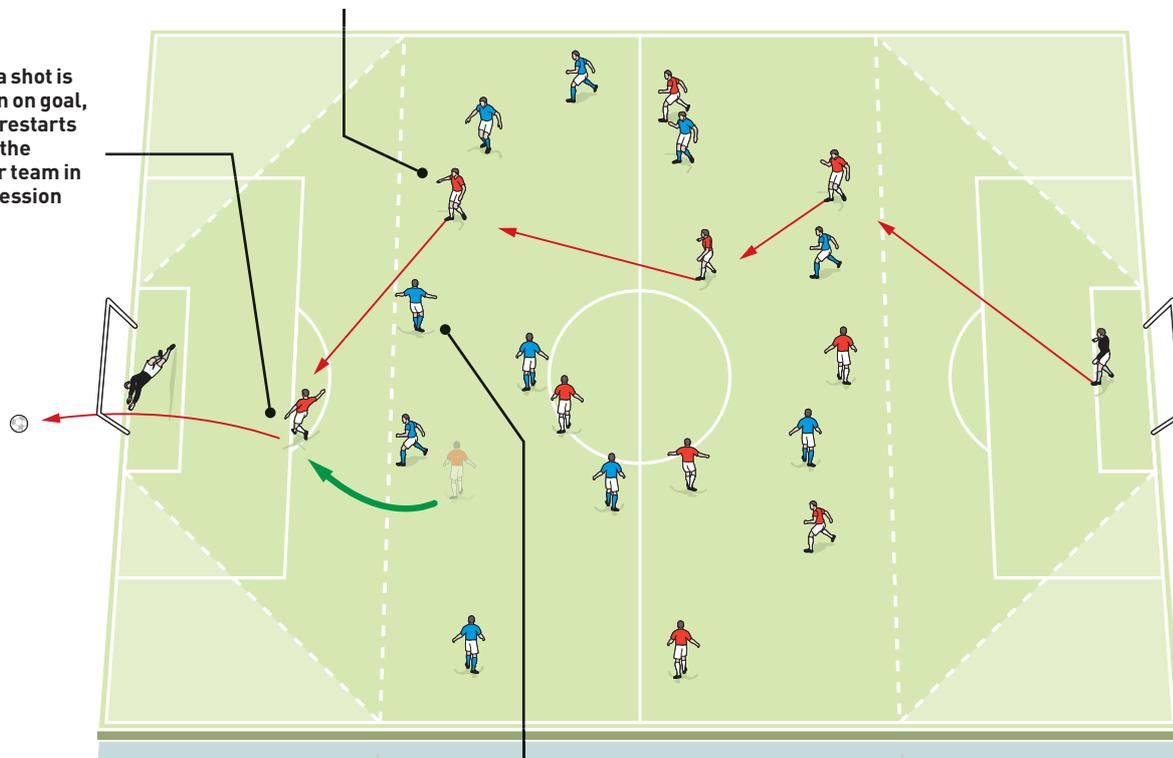
The main mistake is that players tend to take too many touches. To solve this, try adding conditions to the activities and limiting the number of touches allowed when on the ball.

“The aim is to get the passing players to develop an understanding of when, why and how to play through, over or around the opposition”

**3b**

2 To score, a pass needs to be played through to an attacker who can run into the end breakout zone to go 1v1 with the keeper. He has three touches to score

1 If a shot is taken on goal, play restarts with the other team in possession



3 The defending team cannot enter the breakout zone in front of their goal

**KEY**

- Ball movement →
- Player movement →
- Dribble - - - - - →

**LMA AMBASSADOR**  
**Tony Carr MBE**  
**Technical passing with movement**

<b>SET-UP</b>
<b>AREA</b>
Up to half a pitch
<b>EQUIPMENT</b>
Balls, bibs, cones
<b>NUMBER OF PLAYERS</b>
Groups of 3 players
<b>SESSION TIME</b>
Introduction: 15mins
Introducing movement: 15mins
Third man runs 1: 20mins
Third man runs 2: 20mins
Small-sided game: 20mins

**Overview**  
This session is about encouraging players to receive the ball with the back foot and developing movement through deliberate practice. These activities are both challenging and fun and they try to develop habits that will stay with players. It's all about being comfortable receiving the ball with the left or right foot, using good body position and developing the right touch and feel. By adding movement to the exercises, we also start to concentrate young minds on the fact that the 'picture' changes as the ball and players move.

It's very much a technical practice for the individual and for small groups. I would use it a couple of times a week and would certainly return to it on a regular basis, depending on the age and proficiency of the players.

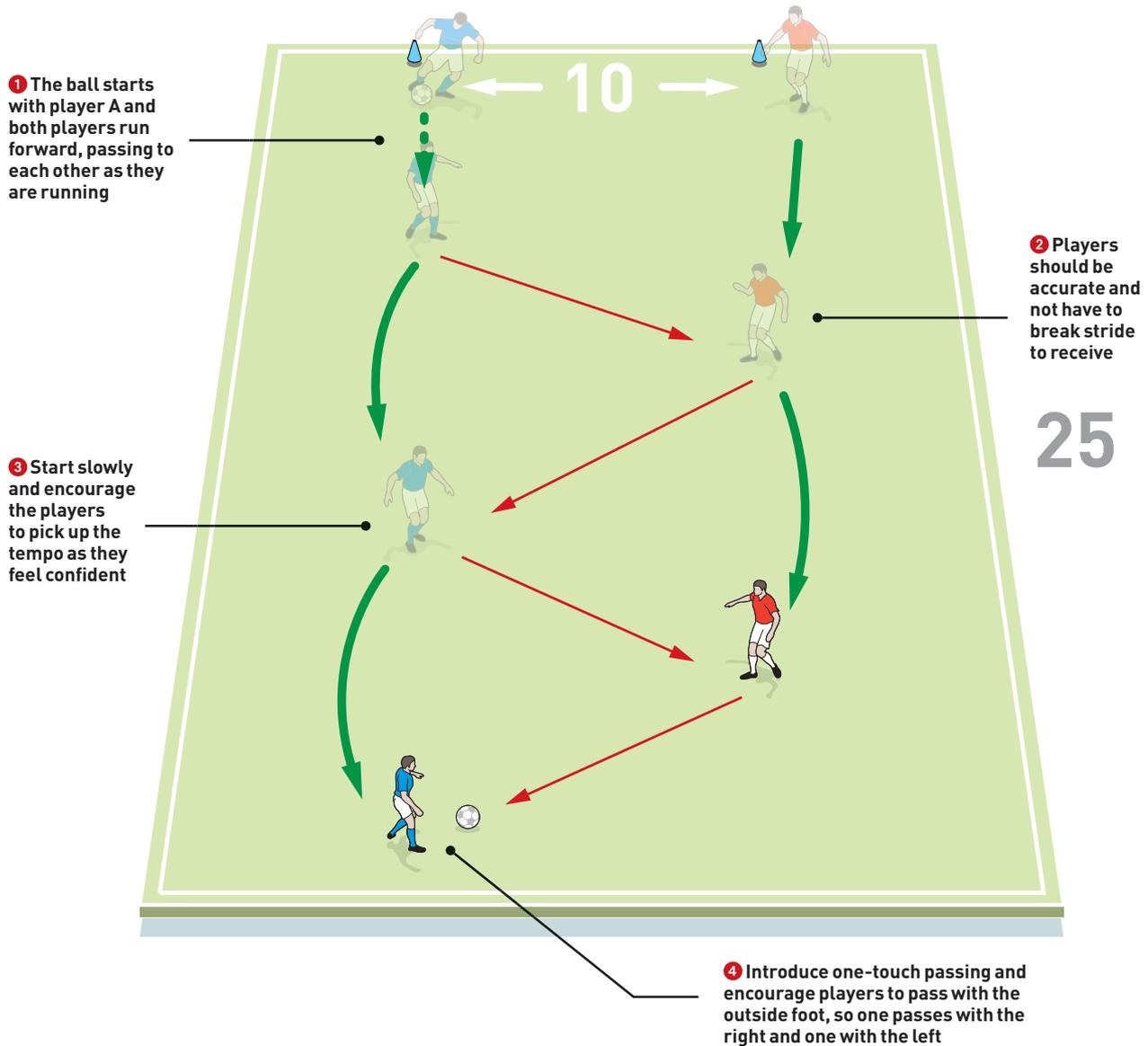
**KEY**

- Ball movement →
- Player movement →
- Dribble .....→

**What do I get the players to do?**

**Introduction**  
We set up with two players 10 yards apart. The ball starts with player A and both players run forward passing to each other as they are running, as shown [1]. We develop the practice by introducing one-touch play and passing with the

**1 INTRODUCTION**



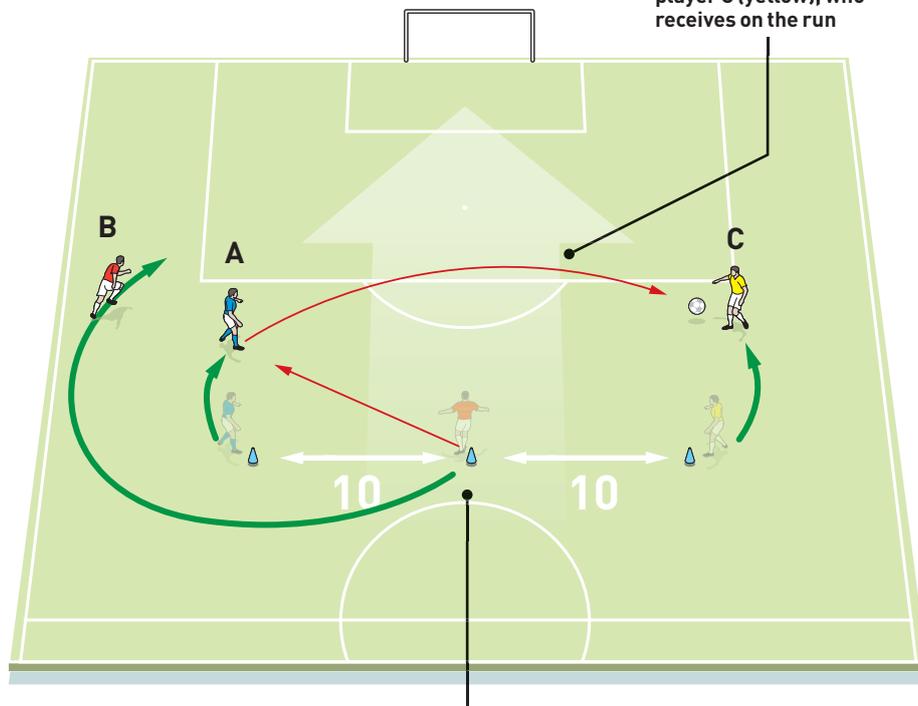
**TONY CARR MBE: TECHNICAL PASSING WITH MOVEMENT**

**2a INTRODUCING MOVEMENT**

**KEY**

- Ball movement →
- Player movement →
- Dribble →

② Player A passes first time with his left foot to player C (yellow), who receives on the run



① Player B (red) starts with the ball and passes right footed to player A (blue) and then makes an overlapping run behind player A

outside foot; we switch the players regularly so they practise both left and right foot passing. We start slowly and encourage the players to pick up the tempo as they feel confident. Players should be accurate and not have to break stride to receive.

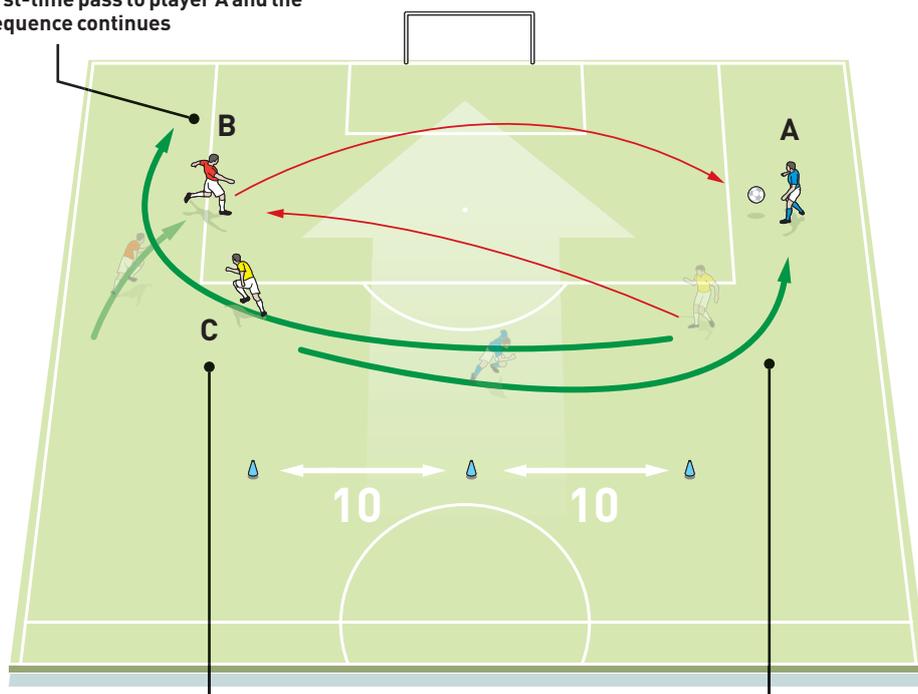
**Introducing movement**

We set up with three players 10 yards apart. Player B (the middle player) starts with the ball and passes right footed to player A, then makes an overlapping run behind player A. Player A passes one touch with his left foot to Player C who is on the run, as shown [2a], and then player A overlaps player C. Player C passes right footed to player B, as shown [2b], and the sequence continues.

When players receive from the right, the key technical points we want to see is players letting the ball come across their body and using their left foot to pass; and when receiving from the left, players should use their right foot.

**2b**

③ Player B makes a left footed first-time pass to player A and the sequence continues



② Player C passes right footed to player B and then makes an overlapping run behind player B

① After passing to C, player A makes an overlapping run behind yellow player C

**Introducing movement**

**Third man runs 1**

We set up with three players in a triangle shape, with each player 10 yards away from the others. The players should be using the principles and techniques from the previous practices. Player A starts with the ball and passes

**TONY CARR MBE: TECHNICAL PASSING WITH MOVEMENT**

right footed to player C. Player C passes one touch right footed to player B, and player B passes left footed to player A who has made the third man run, as shown [3]. To repeat, player A becomes the central player at the point of the triangle and B and C become the base of the triangle. This practice must be one touch and performed with a good tempo.

**Third man runs 2**

Similar to the previous practice, we set up with three players in a triangle, with each player 10 yards away from the others. Players are limited to first-time passes. Player A starts with the ball and passes right footed to player B and makes an overlapping run around him. Player B passes left or right footed to player C and

follows the pass. Player C passes left footed into player B's run and B makes a pass to A at the end of his third man run, as shown [4]. Repeat as previously.

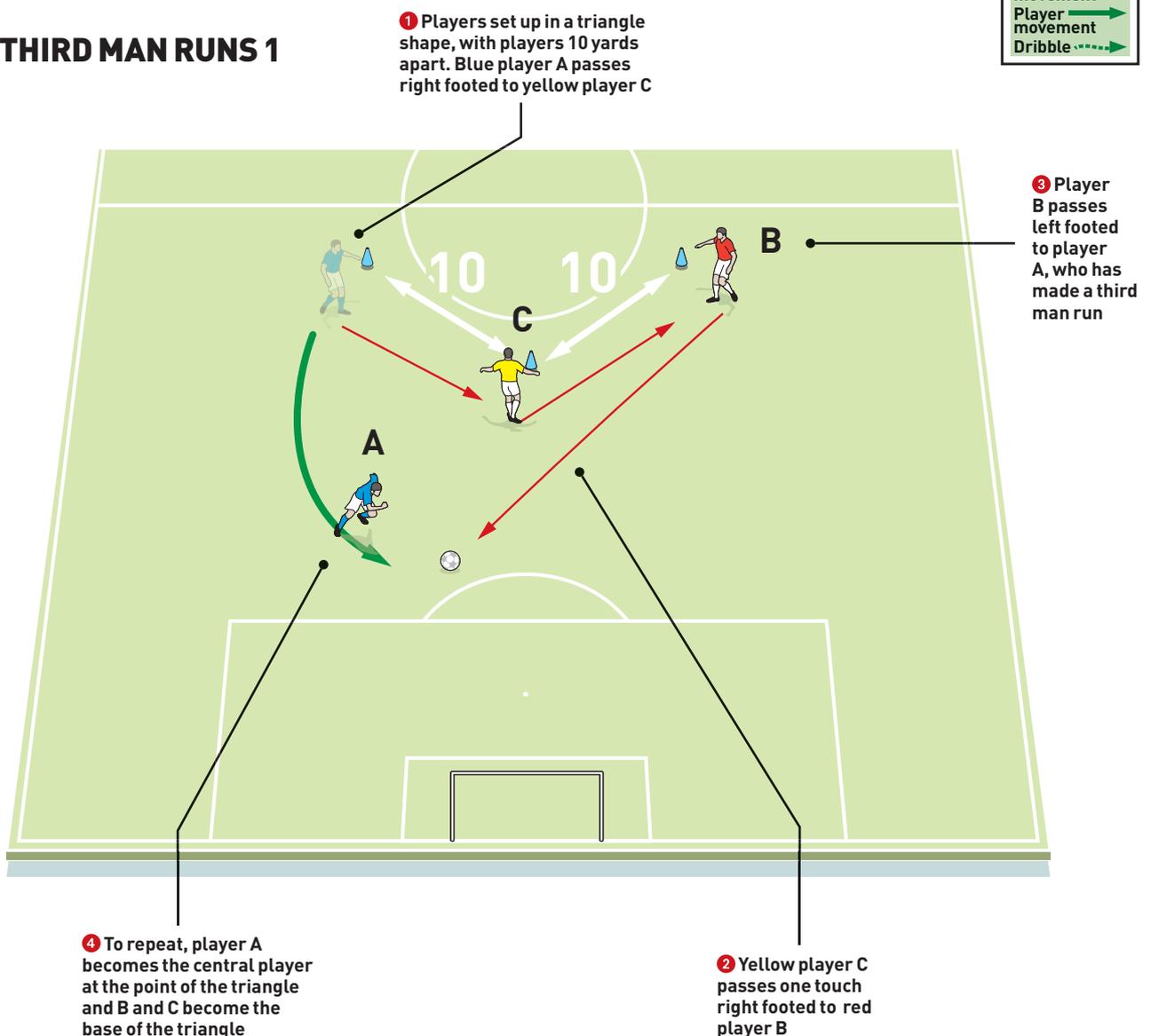
**How would you put this in a game situation?**

**Small-sided game**

We set up an area of 60x40 yards and play a 6v6 game [not shown],

“These activities are both challenging and fun and they try to develop habits that will stay with players”

**3 THIRD MAN RUNS 1**

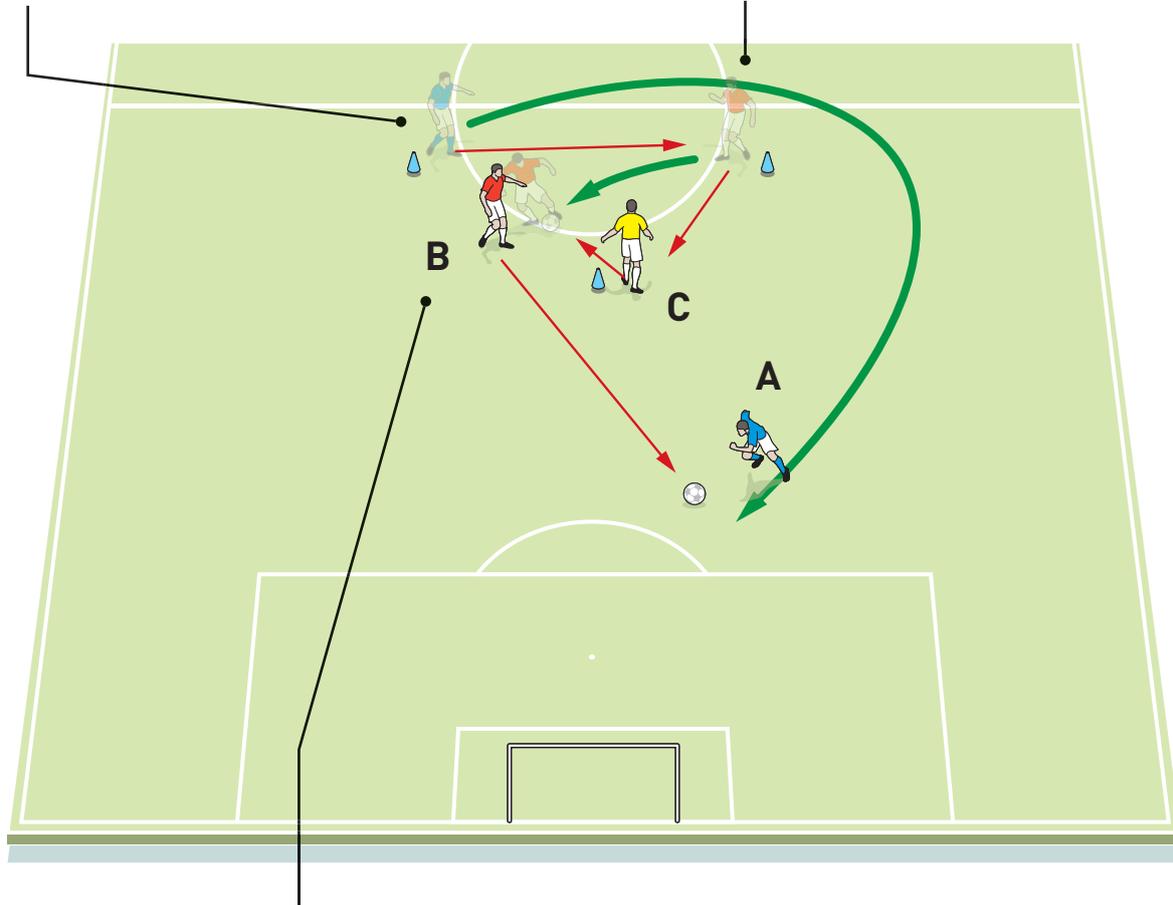


**TONY CARR MBE: TECHNICAL PASSING WITH MOVEMENT**

**4 THIRD MAN RUNS 2**

**1** Players set up in a triangle shape, with each player 10 yards apart. Blue player A passes right footed to red player B and makes an overlapping run

**2** Red player B passes to yellow player C and follows the pass, receiving the ball back from C while on the run



**3** Player B passes to A at the end of his overlapping run. Then repeat, as in previous practice

“Players should be comfortable with both feet and capable of passing and moving at high tempo”

encouraging forward runs and first-time passing. We want to see players receiving the ball on their back foot, especially on their weaker side. Letting the ball come across their bodies should start to become the norm for players.

**What are the key things to look out for?**

We want to see players using a good body shape, receiving on the back foot and on the half turn. Players

should also be comfortable with both feet and capable of passing and moving at high tempo. We want to see good communication and players collaborating with their team mates, reading situations and understanding triggers for movement.

**What are the typical mistakes players might make and how do I avoid them?**

Players can pass and move too

quickly, causing the practice to breakdown. To remedy this, we encourage players to perform the exercise at a slower pace until their confidence grows. Another common mistake that we see is players making inaccurate and erratic passes, especially using their weaker side. To solve this problem, we get them to play with a slower tempo to encourage confidence on their weaker foot.

**LMA AMBASSADOR**  
**Derek Egan**  
**Emergency  
defending with a  
back three**

<b>SET-UP</b>
<b>AREA</b>
Up to three quarters of pitch
<b>EQUIPMENT</b>
Balls, bibs, cones, 2 full size goals
<b>NUMBER OF PLAYERS</b>
Up to 20 players + 2 goalkeepers
<b>SESSION TIME</b>
Defending 3v4: 12mins
Coping with overloads: 30mins

**Overview**

This training session is focused on making the three centre backs understand the four D's – that they should delay, deny, dictate and defend when outnumbered. The practices create numerous occasions when players are exposed to stressful situations that are

related to the area of the pitch in which they play and that are realistic to the game. Most centre backs will be very positive about playing three at the back as they imagine themselves in the centre, having lots of time on the ball and being covered by other centre backs and wing backs. But in reality it can be very different, as wing backs have a tendency to push forward and leave the back three exposed. When I became head coach at Salford City and the decision was taken to play with three new centre backs, I wanted the players to be able to deal with being outnumbered and tried to expose them to the worst case scenario in training. The whole point of this session is to expose the back three to chaotic situations that they may only face for a limited time in a game. Facing

the worst case scenarios in training enables players to make better decisions when chaos appears within the game.

**What do I get the players to do?**

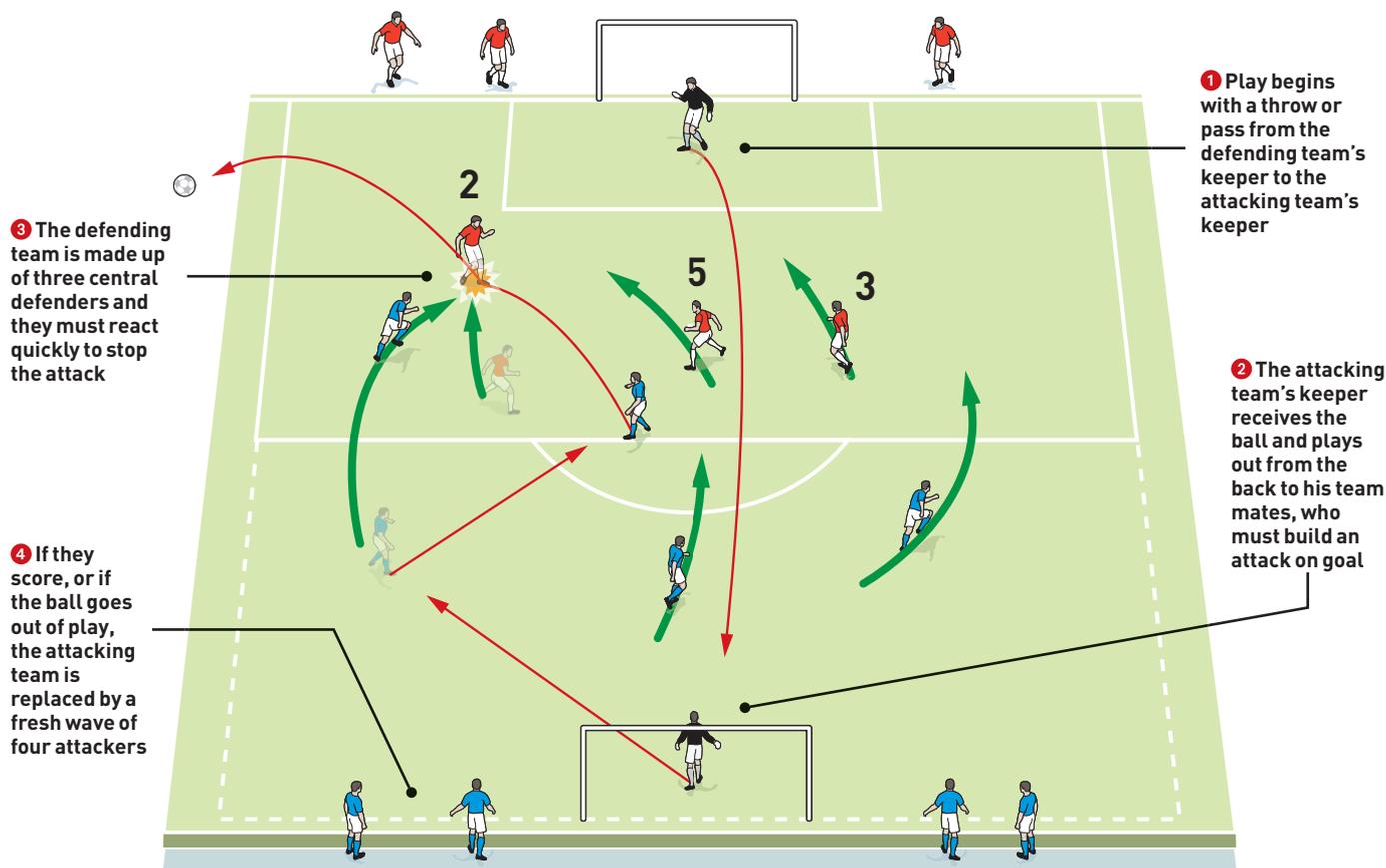
**Defending 3v4**

I set up in an area the size of two penalty boxes with a goal and goalkeeper at each end. The session starts with a 3v4 practice close to the goal, using a unit of three central defenders and against a team of four attackers. Play begins with a long throw or pass from the defending team's keeper to the attacking team's keeper, who plays the ball out from the back to launch an attack. The three defenders must try to stop the attackers scoring, as shown [1a], and if they gain possession and manage to score in a counter-attack, their goal

**KEY**

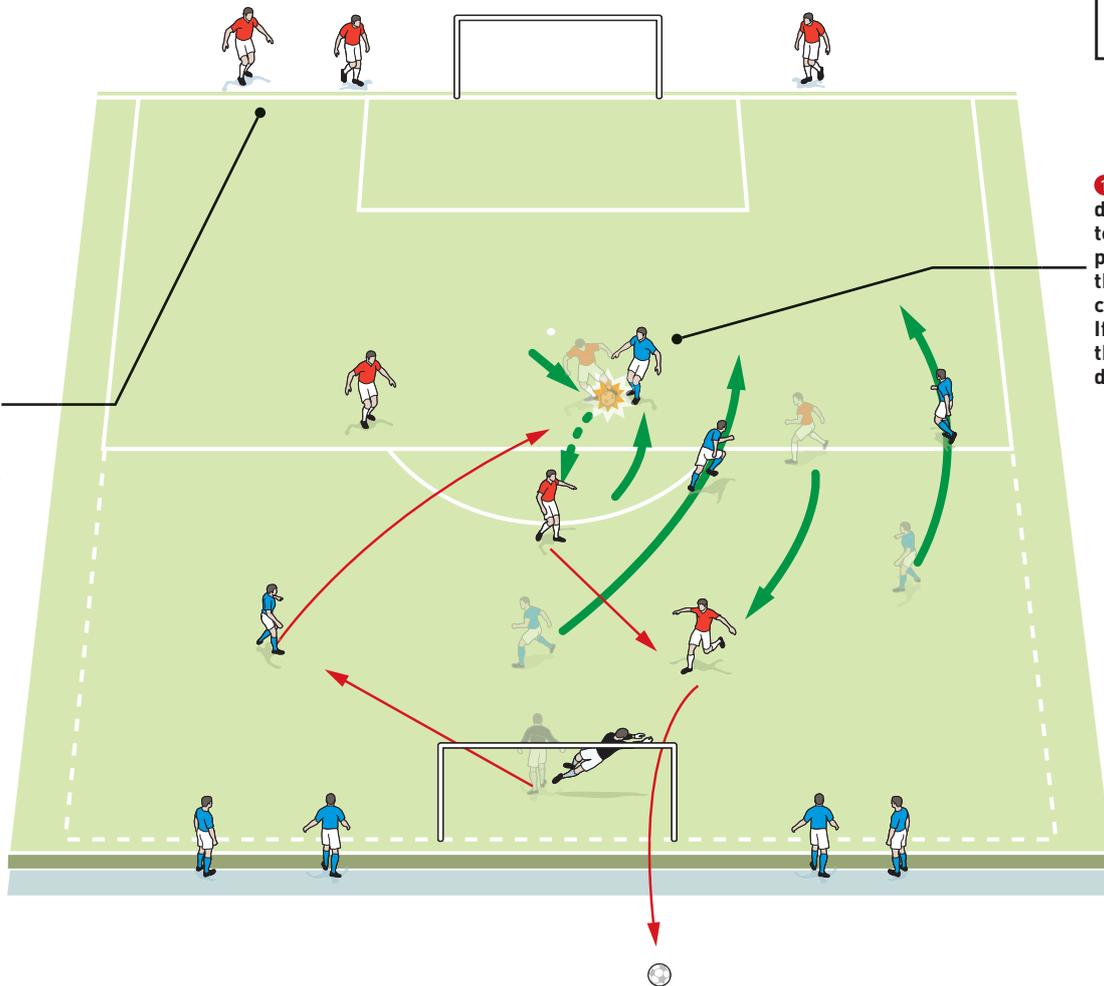
- Ball movement →
- Player movement →
- Dribble .....→

**1a DEFENDING 3v4**



**DEREK EGAN: EMERGENCY DEFENDING WITH A BACK THREE**

**1b**



**KEY**  
 Ball movement →  
 Player movement →  
 Dribble .....→

**2** Every two minutes, the defending team is replaced by a fresh unit of defenders and the game starts again

**1** If the red defending team wins possession, they should counter-attack. If they score, the goal counts double

“Facing the worst case scenarios in training enables players to make better decisions when chaos appears within the game”

counts double, as shown **[1b]**. The four attacking players are replaced with a fresh wave every time a goal is scored, or when the ball goes out of play. After two minutes a new unit of defenders enters the pitch and the game starts again. Each team of defenders plays three games in total. It's important to keep the intensity high to force the defenders to react quickly when making decisions.

**How would you put this in a game situation?**

**Coping with overloads**

I set up on a pitch with goals 70 yards apart and with four zones marked out, as shown **[2]**. I'm using two full

teams of 11 including goalkeepers and I'm coaching the red defending team set up in a 3-5-2 formation. The blue attacking team line up here in a 4-4-2 but it could be any formation, depending on our next opponents.

We play an 11v11 game with the following rules and restrictions:

**Zone 1:** All players can enter the zone.

**Zone 2:** The only red defending players that can enter this zone are numbers 2, 4, 5 and 8. Blue attacking players 3, 4, 8, 9, 10 and 11 can also enter, but the full back (number 3) can only enter if following his pass.

**Zone 3:** Only red defending players 3, 4, 5 and 6 can enter this zone, along with blue attacking players 2, 4, 7, 8, 9 and 10, but the blue full back (number 2) can

only enter if following a pass he made.

**Zone 4:** All players can enter but the red defending team's strikers, numbers 9 and 10, are locked in. Wing backs 7 and 11 for the red defending team start locked in but can be released to recover after the ball has left the zone – control the time they are locked in, restricting their movement for between 6-10 seconds.

To cope with the overloads they face, the red defending team must show that they remember the four D's: delay, deny, dictate and defend.

**How do I progress the game?**

To progress this exercise, lift all the restrictions and make sure the players implement what they have learnt from the practice.

**DEREK EGAN: EMERGENCY DEFENDING WITH A BACK THREE**

**2 COPING WITH OVERLOADS**

Coach the red defending team in a 3-5-2. The blue attacking team are 4-4-2

**KEY**

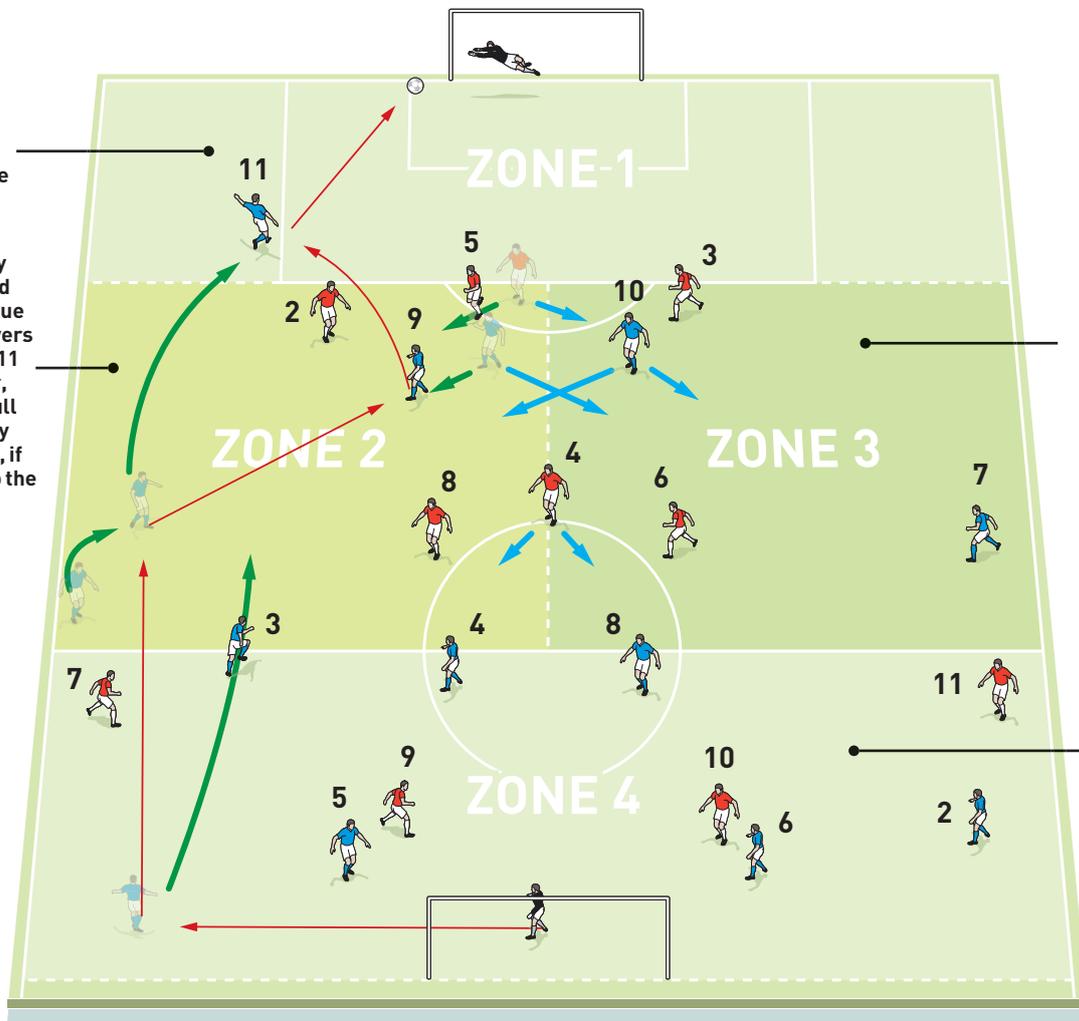
- Ball movement →
- Player movement →
- Dribble →
- Optional movement →

**1** Zone 1: All players can enter this zone

**2** Zone 2: Only reds 2, 4, 5 and 8 can enter. Blue attacking players 4, 8, 9, 10 and 11 can also enter, but the blue full back 3 can only enter, as here, if he passes into the zone first

**3** Zone 3: Only red defending players 3, 4, 5 and 6 can enter, along with blue attacking players 4, 7, 8, 9 and 10. The blue full back 2 can only enter after passing into the zone

**4** Zone 4: All players can enter but 9 and 10 for the reds are locked in. Red wing backs 7 and 11 are also locked in but they can be released to defend if the coach holds their recovery run for 6-10 seconds



“The session should be performed at a match tempo, which is important for realism and so the physical demands are high”

**What are the key things to look out for?**

Decision making and communication are vital to the success of these practices. The session should be performed at a match tempo, which is important for realism and so the physical demands are high. I want to see that players are utilising the four D's at the right times. They should understand when to engage, when to apply pressure and when to stay compact. They should also understand the recovery lines needed to regain shape and they should hold the back line effectively, forcing attackers outside

and blocking any routes to goal.

The attacking team are encouraged to recognise the opportunities afforded to them by the overload and they should counter-attack quickly and expose the space available in the attacking half.

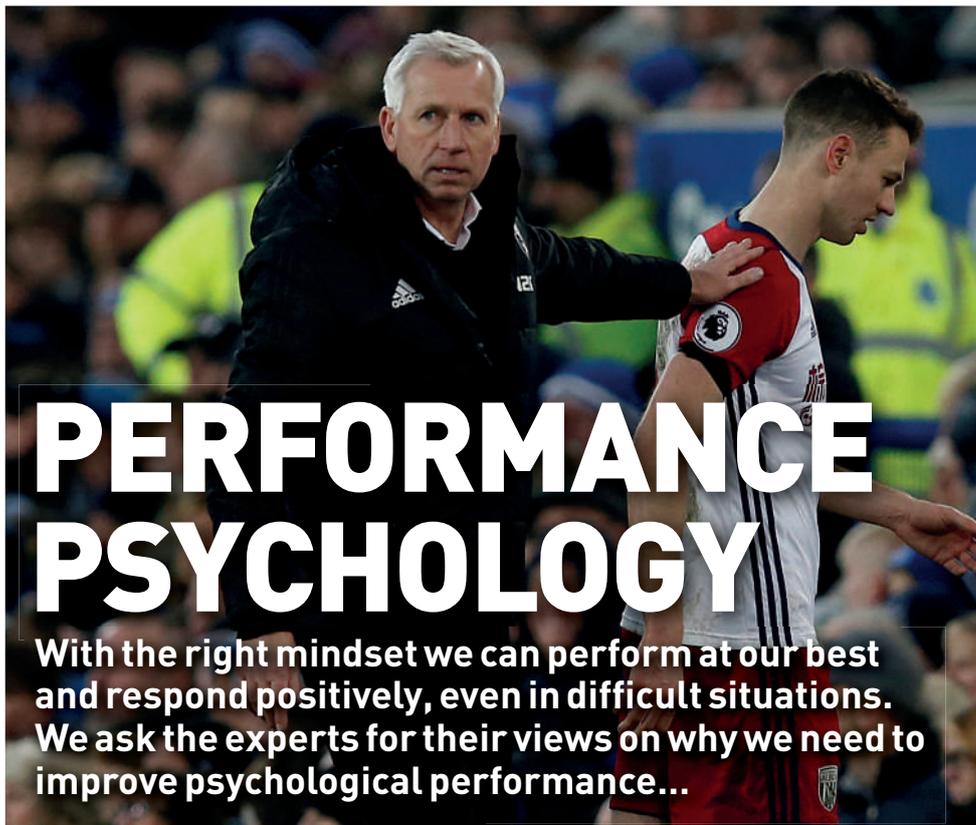
**What are the typical mistakes players might make and how do I avoid them?**

This is as much a psychological test as it is tactical or physical. It enables players to accept responsibility in stressful situations and helps them to establish a togetherness, which is important.

Typical mistakes occur when players avoid taking responsibility, or press too early and either fail to delay attackers or delay them for too long when opportunities arise to pinch the ball. We also sometimes see centre midfield players dropping too deep, or failing to drop into the back line when the ball goes down the side and the centre back is out wide in the full back position.

From a coaching point of view, it is important to be able to establish a team togetherness to see this situation out and to re-establish order from the chaos.

**EXTRA-TIME: COACHING PERSPECTIVES**



# PERFORMANCE PSYCHOLOGY

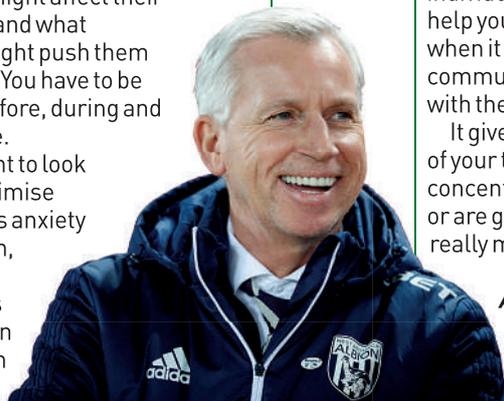
**With the right mindset we can perform at our best and respond positively, even in difficult situations. We ask the experts for their views on why we need to improve psychological performance...**

**ALAN PARDEW**

More and more, we're considering the mindset and the mood of the players, both in training and in the lead up to games. That's in part because of the often negative impact of social media, but also because each player will have their own personal situation that they're dealing with. Whether that's a sick child, a death in the family or a gambling addiction, you have to be understanding and empathetic to what they're going through.

In the past, I've chosen to leave players out of the side in order to protect them from media exposure in such difficult situations. If they are going to play, though, you have to understand how their situation and mindset might affect their performance and what flashpoints might push them over the edge. You have to be supportive, before, during and after the game.

It's important to look at ways to minimise factors such as anxiety and distraction, which could limit a player's performance in training and on match day.



I believe that comes down to creating a working environment for the players where they feel at home and like they're surrounded by family. They need to feel

that they will be supported and looked after, regardless of their performance or what's going on in their lives.

I know from my experience as a player how this kind of support can impact positively on your mindset and performance. Having a really strong team bond, where everyone feels they're in it

together, is also very important. What happens in the dressing room should reflect what the club is all about.

Using the services of a professional psychologist is very valuable when working on a performance mindset with the team, and even more so with individual players. But they can also help you as the manager, in particular when it comes to ensuring you're communicating in the best way possible with the team.

It gives you an insight into the impact of your tactical delivery, whether you're concentrating on minor or trivial points or are getting across the messages that really matter.

*Alan Pardew can count West Ham, Newcastle United, Crystal Palace and West Brom among the teams he has managed.*

**MICHAEL APPLETON**

Sometimes confidence can be lacking in a player and, depending on the cause, there are things you can do to help them. For example, we try to help the players feel good about themselves by reminding them of, or trying to get them to reproduce, some of their best performances of the season. That might involve the use of videos or working with them on the pitch.

Ideally you want players who are happy, ready to play, and fully focused on the game, with no distractions. Clarity is very important here, because the players need to know exactly what you want from them, tactically and technically. You have to make sure you're organised and your preparation is spot on, because there should be no excuses and you don't want to leave anything to chance. If a player goes into a game knowing that the side has done everything it can to prepare and he knows exactly what he needs to do he'll feel less anxiety, have more confidence and be more focused.

There will always be occasions when players have something on their minds that affects their performance. Their welfare is key, so if I suspect something is wrong I'll try to get to the bottom of it. Ultimately, it's my responsibility to ensure that the team is in a good place, but the players face different pressures and have different things going on in their lives.

Sports psychologists have a key role to play here in helping to offer guidance and support, both regarding issues away from football and in dealing with things in the game. At times, being able to open up to someone else has also given the players the confidence to come to me as the manager.

*Michael Appleton has managed Portsmouth, Blackpool, Blackburn and Oxford United.*



# DO YOU WANT TO COACH A WINNING SIDE?

Our brilliant range of Elite Soccer manuals feature coaching innovation from the very best in the game - bespoke, engaging practices that will have an immediate impact on your players.



## Professional Fitness Plans

Five professional fitness coaches provide the plans they use to get (and keep) their players in peak physical condition throughout the season. Includes **Gary Walker** (Manchester United) and **Scott Miller** (Fulham)

**£27**

## Off-season Fitness Plans

Five professional fitness coaches show you how to keep your players in peak physical condition this summer. Includes **Ryland Morgans** (Liverpool) and **Antonio Gomez** (Barcelona)



**£27**

## The Collectors' Series 1

36 bespoke training sessions, including contributions from **Sir Alex Ferguson**, **Roy Hodgson**, **Tony Mowbray** and **Nigel Clough**



**£37**



## The Collectors' Series 2

36 bespoke training sessions, including contributions from **Sam Allardyce**, **Alex McLeish**, **Ian Holloway** and **Steve Bruce**

**£37**

## The Collectors' Series 3

36 bespoke training sessions, including contributions from **Kenny Dalglish**, **Arsène Wenger**, **Neil Warnock** and **Roberto Mancini**



**£37**

## The Collectors' Series 4

36 bespoke training sessions, including contributions from **Carlo Ancelotti**, **Martin O'Neill**, **André Villas-Boas** and **Roberto Martinez**



**£37**



## The Collectors' Series 5

36 bespoke training sessions, including contributions from **José Mourinho**, **David Moyes**, **Steve Clarke** and **Tony Pulis**

**£37**



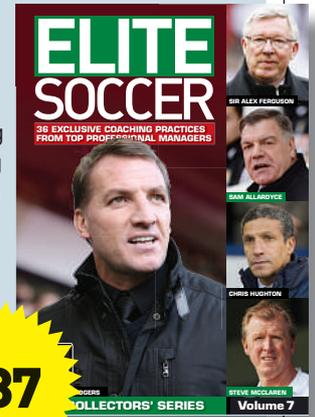
## The Collectors' Series 6

36 bespoke training sessions, including contributions from **Harry Redknapp**, **Gordon Strachan**, **Neil Lennon** and **Alan Pardew**

**£37**

## The Collectors' Series 7

36 bespoke training sessions, including contributions from **Brendan Rodgers**, **Chris Hughton**, **Steve McClaren** and **Mick McCarthy**



**£37**

TO ORDER YOUR COLLECTION GO TO <http://bit.ly/1V95jtX>