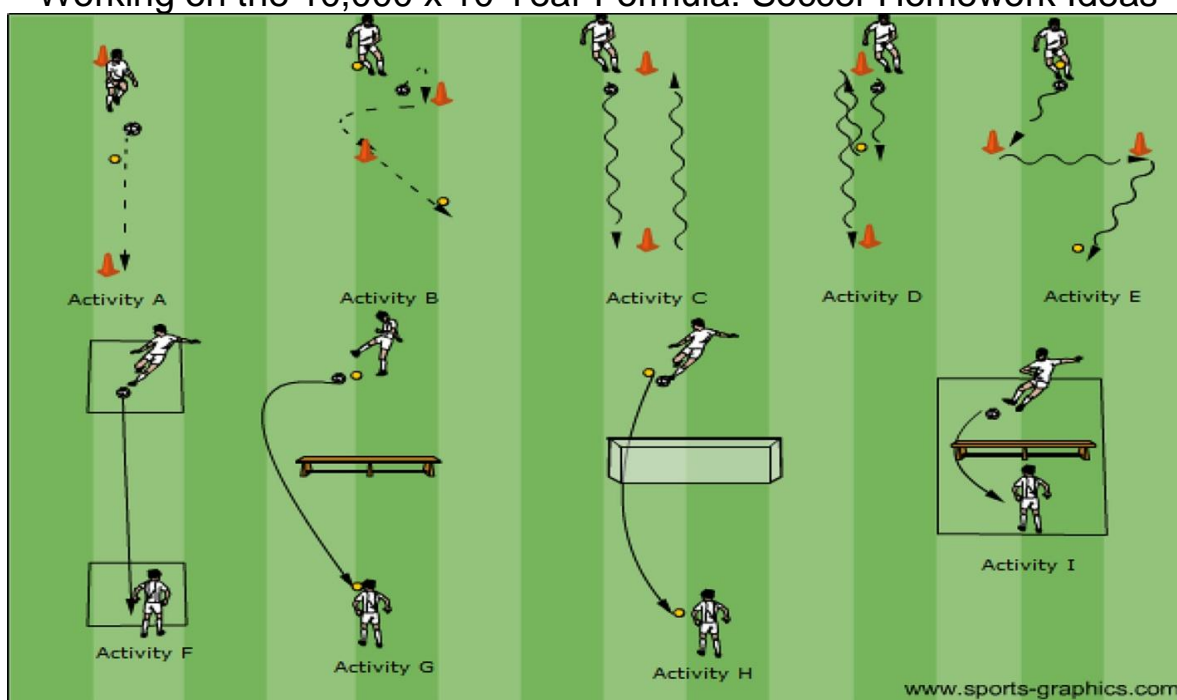


# TC United Basic Practices

## Working on the 10,000 x 10 Year Formula: Soccer Homework Ideas

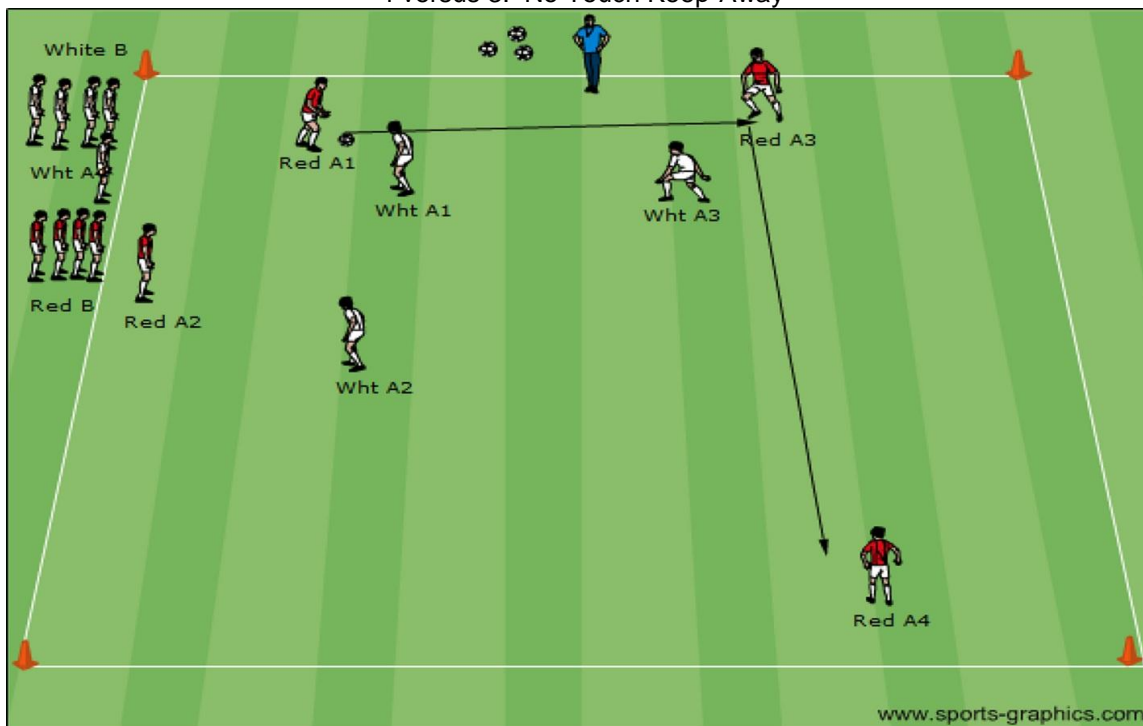


Activity	Description
A	Juggling on the move: lay out a starting cone and an ending cone 20 yards apart. Place a marker in the middle of the two cones. Juggle from one cone to the other "on the move" without letting the ball fall to the ground. Use specific body part (i.e. feet only). For variety, start on one cone, juggle just past the halfway point and reverse juggling movement back to starting point. (12 minutes of this activity)
B	Scissors Dribbling: Place two starting points 12 yards apart (yellow dots). Place two cones between dots. Begin by moving at the first cone and scissor dribble on the left foot and carry the ball with the outside of the right foot away from the cone; approach the 2 <sup>nd</sup> cone and complete a right footed scissor and take the ball away with the outside of the left foot and finish at dot. Complete as many lengths of this activity in 75 seconds, then rest and repeat (complete 10 sets of this activity)
C	Sprint Dribbling & Turning: Set up 2 cones 8 yards apart. Sprint end to end turning quickly for 45 seconds; rest for 60 seconds and repeat 10 sets of this activity.
D	Agility Dribbling: Set up 2 cones 18 yards apart and place a center mark (yellow dot) halfway. Begin at and end, sprint to the middle and reverse back to the start, turning at the start and sprint dribbling to the end. Rest 30 seconds and repeat. Do this 12 times.
E	Lateral Dribbling: Set a start and an end point 16 yards apart and place 2 cones 6 yards apart in the middle of the area. Start at an end, dribble diagonally to one cone, move laterally to the opposite cone by rolling the sideways with the sole of the foot. Finish with a sprint dribble to the end. Rest 30 seconds and repeat 12 times.
F	Square Pegs Passing: With a partner, set up a square (8 x 8 yd) for each, 20, 30 or 40 yards apart. Play back and forth (instep drive on the ground at 20 yards, chipping at 30 yards and driving the ball in the air at 40 yards). Play 2-touch in the grid (one to receive, one to serve). Keep score (invent a scoring system, play games to 9, 15 or 21 points).
G & H	Flighted Service Over an Obstacle: Using a bench or goal, play a service game flighting the ball over the obstacle. Chipping games, players should be 25 yards apart; flighted service 30-40 yards apart. As with square pegs, invent scoring, play competitively.
I	Soccer Tennis: Use a bench, chairs or cones and play soccer tennis in an 6 x 6 service area (for each player).. Play 1 or 2 touch; keep score and play competitively.

# TC United Basic Practices

## Three Great Keep-Away Games

### 4 versus 3: No Touch Keep-Away



#### Organization

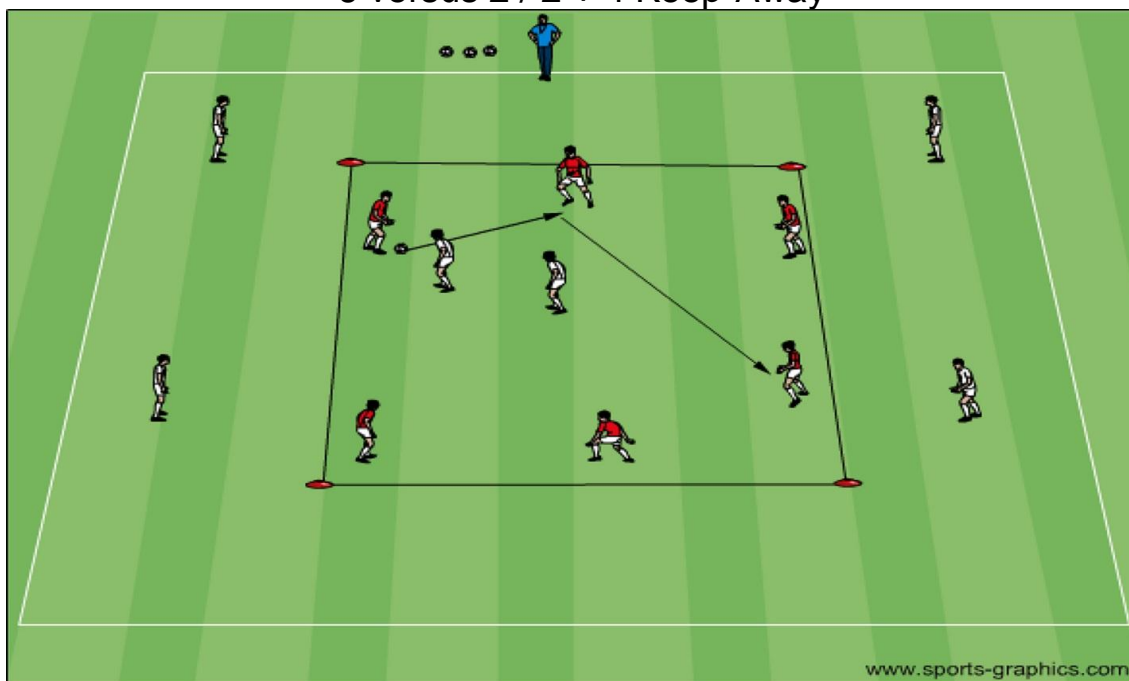
On a field 30 yards wide and 20 yards long, the Red Team and White Team are divided into two groups. In the diagram above, 4 Red players from the “A” group play against 3 of the 4 White players from the A group. As the Reds use their one player advantage to keep the ball from the Whites, the Reds try to accumulate “x” number of passes for a point. At any point the Red A’s have their ball touched or if it goes out of play, the White “A’s” take possession of the ball (the resting White A player joins in) and the White A’s keep possession of the Red B team (3 Reds run on to defend, while one Red B player rests). This game is fast paced (especially when the team keeping the ball has to change out). Play for 16 minutes, keeping score.

#### Coaching Points

- The Red Team must be prepared to play quickly (1 & 2 touch) and play to the “long” player (A4) in the diagram above.
- Receiving players must be prepared to control the ball away from pressure and play with the foot farthest from the defender pressuring the ball.
- Supporting players will need to sprint to support the ball—especially when the ball changes from one point to another.
- Defending players (White Team in diagram) should try to reduce the playing area with good pressure and cover—their reward is instantaneous with good pressure.
- As this game evolves, players rotating off the field must be ready for a quick return (a lot of transitions).

# TC United Basic Practices

## 6 versus 2 / 2 + 4 Keep-Away



### Organization

On a field marked with two grids (small grid, Reds playing Whites 6 v 2 is 14 yards x 14 yards) are marked out (bigger outside grid is 22 yards x 22 yards). The game begins in the smaller central grid with the Red Team playing 6 v 2 against the White Team. The Red Team scores a point for "x" number of consecutive passes. If the White team intercepts the ball they play the ball outside of the small grid to a White teammate. The White team moves the ball around the grid (each player plays one or two touch). The White Team scores by playing the ball back inside the small grid to a White teammate who plays the ball back out to complete the point. The game should be played in 4-minute rounds (every 60 seconds the 2 White defenders should be rotated out. At the end of 4 minutes, the Red and White Team change roles. Game should be played through 4 rounds or "x" amount of points.

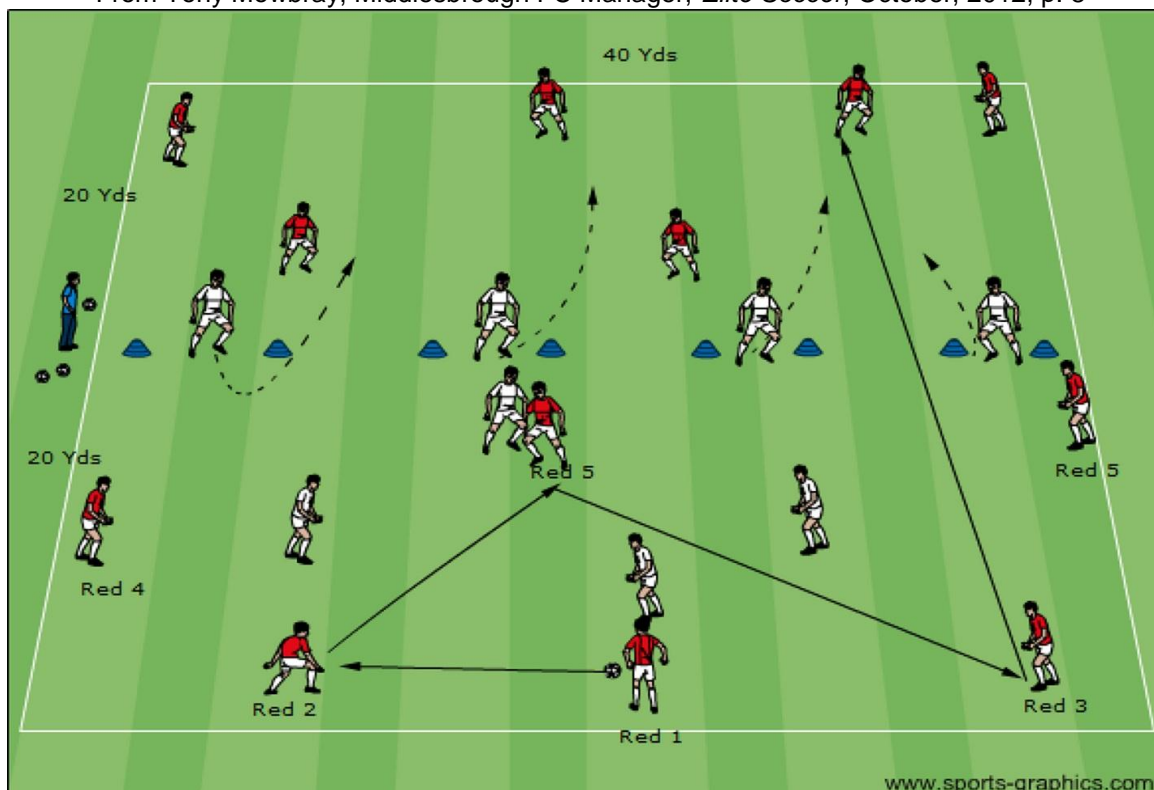
### Coaching Points

- The Red Team must circulate the ball quickly in the small grid; one Red player may want to take on the play-making role by showing form the middle to help move the ball.
- The White defenders press the play in the small grid and pass the ball to waiting teammates in the outside grid.
- The White players positioned on the outside grid must constantly "open up" to receive a ball from one of the White players in the middle of the grid.
- In order to score, the White players in the middle must "go-away" from teammates on the outside of the grid and check to the ball when it can be played: patience and reading the outside passer is a critical piece.
- White players in the outer grid can play the ball over the top of the small grid to open up "play-in" options on the other side of the grid.

# TC United Basic Practices

## 6 vs 4 / 6 vs 4 with Gates

From Tony Mowbray, Middlesbrough FC Manager, *Elite Soccer*, October, 2012, p. 8



### Organization

A 40-yard x 40-yard space is divided with 4 “gates” dividing half of the space as shown. The game is a constant 6 v 4 possession contest. The diagram above shows the 6 Red players keeping the ball from 4 White Players. The Reds are attempting to keep the ball and then pass through the “gaps” between each gate. White players must stay in the gates. When the Red team play through the gap to a teammate on the opposite side, the players in the gates sprint to defend and the four White players who were defending, sprint to the gate. The coach can establish “x” number of passes per side, the number of touches and the point values for playing through the gaps. The game can be played in rounds of 4 minutes and then Red and White players change roles.

### Coaching Points

- Quick ball circulation—1 & 2 touch
- Create space to open up a “gap” between the gates.
- Execute a quality driven ball through the gaps
- Red players on the “away” side need to constantly open up targets.
- White team must be coordinated in their defending (pressure and cover)
- Quick sprinting by the White team as the go from playing in the gate to defending.