

# Coach Seminar Jan. / Feb. 2007



## 2007 Camps

UMass Dartmouth  
July 9-12  
Dartmouth, MA

Swarthmore College  
Camp 1 – July 16 to 19  
Camp 2 – July 23 to 26  
Camp 3 – July 30 to Aug. 2  
Swarthmore, PA

All Sites with Artificial Turf

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# How to Create Drills for Your Needs

Getting The Best Out Of Your  
Players And Yourself

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# Vision & Strategy

- Create your strategy/game plan
- Use your player abilities to their best
- Be clear about your plan
- Make sure everybody is behind your plan
- Give every individual a role that fits them
- Control the process, get feedback and adjust if needed

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# Vision & Strategy

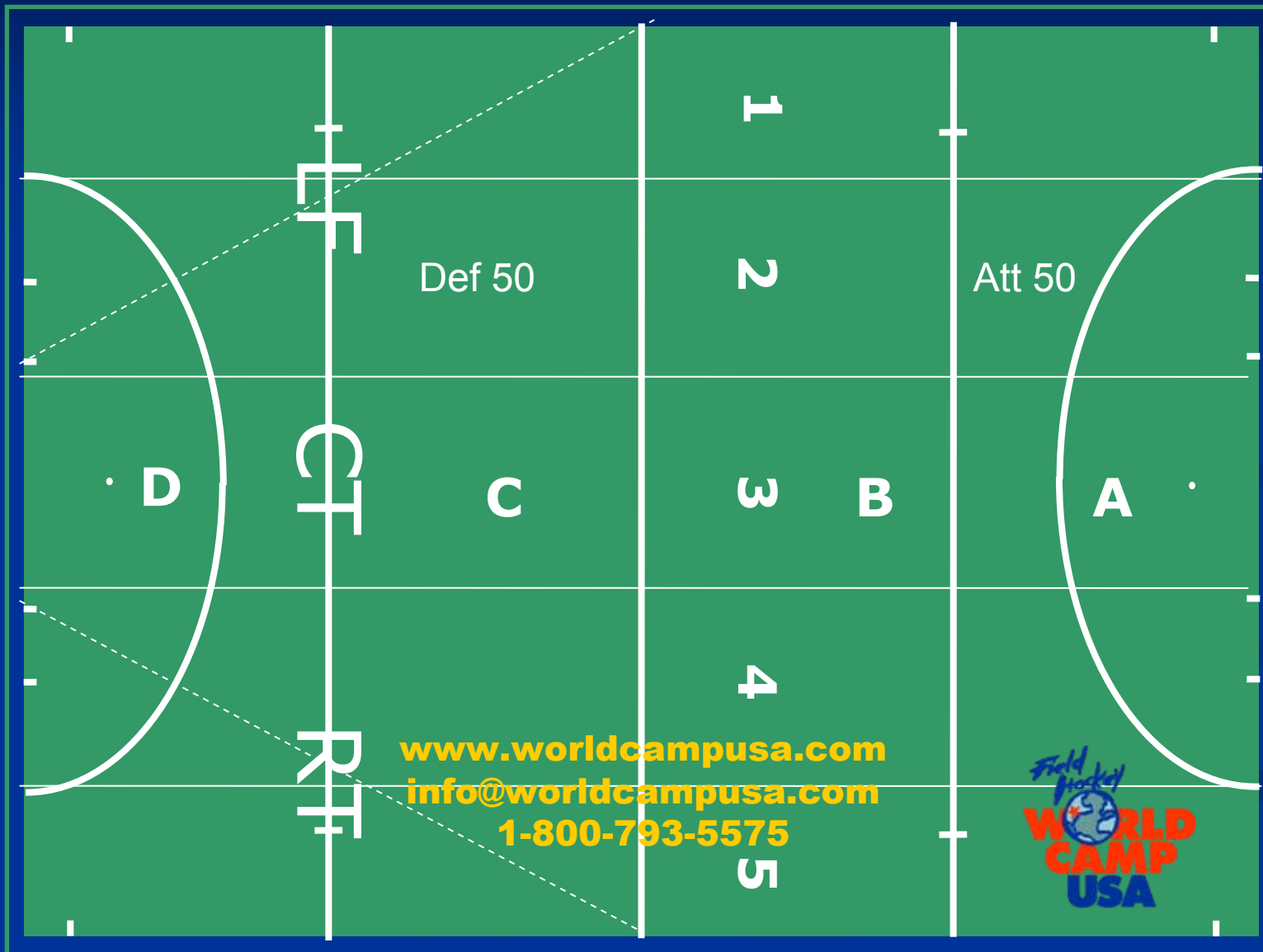


- Keep it simple
- Explain the WHY
  - Discuss it with your team
  - Get a feel from your team about it
- Use a simple zonal system
  - Ball possession
  - No ball possession

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# ZONAL SYSTEM 2006

→ Playing direction



# Use Of The Zonal System



- General Use
  - Positions
- Ball possession
  - How do we want to build up
  - What positions / running lines do we need
  - Why
- No ball possession
  - Where do we want the ball?
  - How do we want to get it there
  - Why

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# Training Sessions



- Set a goal (or goals) for your training session
  - Must Have a Learning Moment (How did they get better?)
  - Intense
  - Fun
  - Safe
- Don'ts
  - Overload with information (3 Emphasis Rule)
  - The same drill every session (Vary and Intensify within the same Skill-set Theme)

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# Building A Great Session

## ■ Build your session

4 phases of learning

- Part 1 Learning Moment (new or improve skill)
- Part 2 Experience It (Repetitions)
- Part 3 Use It In Simulated Game Settings
- Part 4 End with Game Focused On Session Theme

Dare to take steps back if needed. Every skill will be as good as the basics of that skill.

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# Building Your Session



- Go from easy to difficult
  - Use max 3 emphasis per skill - per session
    - Be clear about your emphasis. (concrete)
      - Example: Bend knee instead of get low...
    - Get them in the same situation
      - Repetitions & Intensify them
      - Change setting but keep situation or theme the same
  - Once under control make it more advance
    - Use the PSDD (Pressure, Speed, Direction and Distance) method
    - Get them in new situations, forcing them to use the requested skill

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# PSDD

(Pressure, Speed, Direction and Distance)



- Pressure
  - Mental pressure
  - Defensive pressure
- Speed
  - Force a higher speed of execution
    - Apply a time limit to complete a drill
- Direction
  - Goal orientated
- Distance
  - i.e. hit over 10 or 40 yards

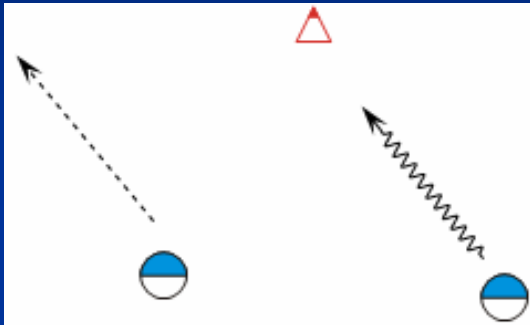
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# Applying The PSDD

## Using a 2 v 1 Example

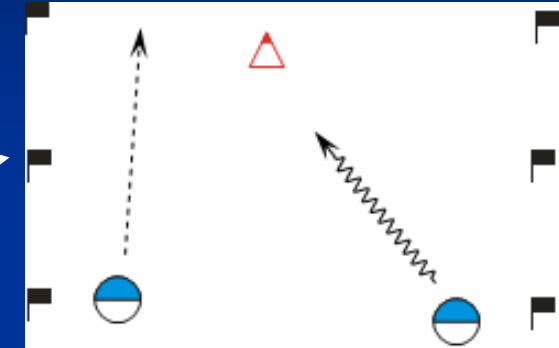


### 1 - Easy



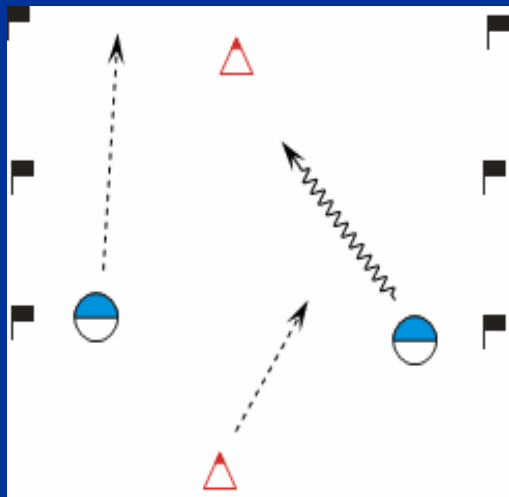
Open space  
- No limitations

### 2 - Restrict Space



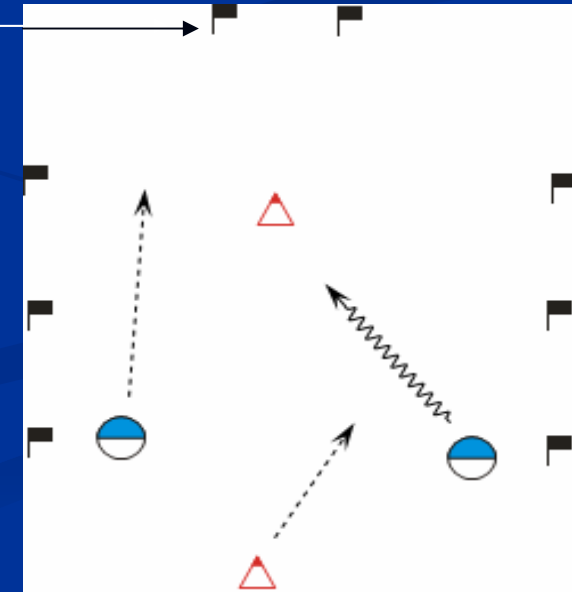
Set Boundaries  
- Limits options

### 3 - Build Pressure



Recovering defender  
- Apply pressure  
- Time and speed execution

### 4 - Create a Finish



Add a goal  
- Positioning to get a shot  
- Mental pressure of scoring

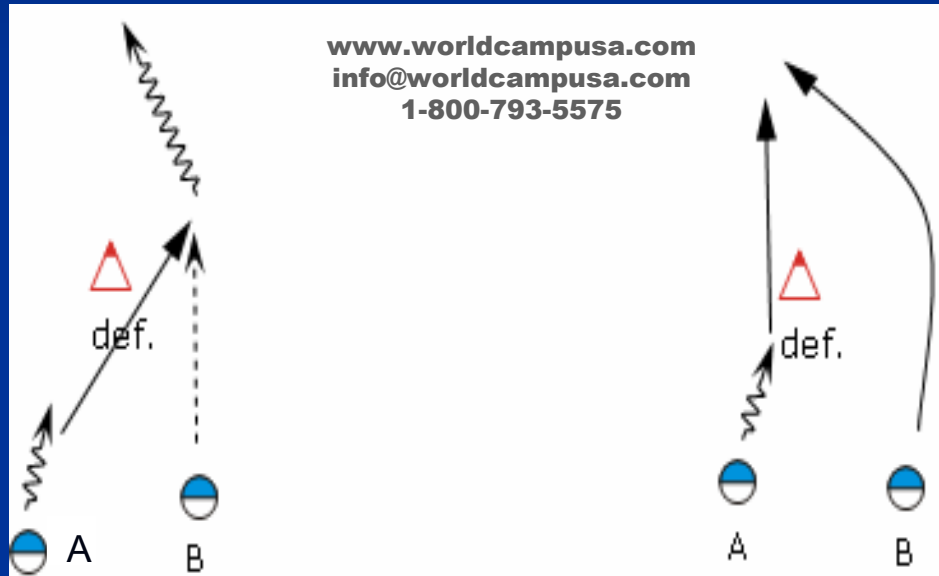
# Being Specific with a 2 v 1 - Example #1



## Situation 1: Left Side Ball Carrier

Player A is in possession of the ball (*Ball Carrier*) – Here are two basic options for player B.

1. Player B (*Open Player*) positions themselves to receive the ball over the left foot of the defender. Player A dribbles towards the defender, uses a fake, as if trying to eliminate defender over strong side and then passes over left foot of defender to player B.



2. Player B (*Open Player*) creates depth and gets behind defender, gets in a good passing lane for Player A. Player A commits to defender and passes to B with a lifted pass. Timing of positioning and pass is essential for success.

The Same Outline in the  
Previous Panel can be Used to  
Bring Players Along, From  
Novice to Expert

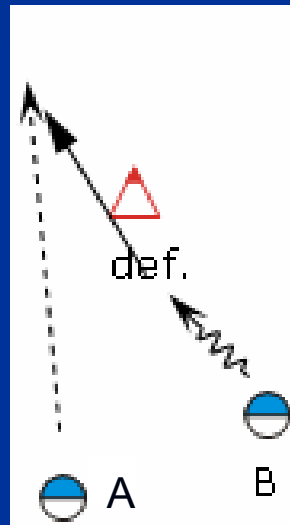
# Being Specific with a 2 v 1 - Example #2



## Situation 2: Right Side Ball Carrier

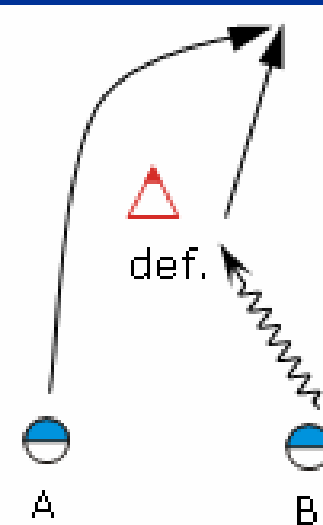
Player B is now in possession of the ball – Option 1 will not work and is to be avoided.

**WRONG**



1. Player A (*Open Player*) positions herself to get the ball. Running straight will not work as it will force a pass into the defender's strong side.

**CORRECT**



Player A (*Open Player*) creates depth and gets behind the defender. Player B dribbles to the defender and passes over the weak side (using a fake or lifted pass) into the open zone behind the defender.

Based on the above options we would rather have the ball carrier on the Defender's left side. It creates more options for eliminating the Defender with a Pass or Dribble.

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# Basics for any 2v1 situation

## Be able to Dribble with the Possibility to Pass whenever You Want



- Ball in front of the right foot
  - Left elbow out
  - Have vision over your area.
- Be able to use a fake before you pass or eliminate
  - Make sure the defender moves and use the space they created for your pass or dribble
  - Send the pass or start the elimination skill on time – before

defender invades the ball carrier's Physical Space

There is no mandatory pass in a 2v1

If the open offensive teammate creates space for the ball carrier to dribble through - it is still a well executed 2v1.

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