



Corinthians

Days after Previous Match: 1

Days to Next Match: 2

Opponent:

Date: Monday, January 22 2007

Practice Schedule:

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





Activities

Diagram / Setup

Key Coaching Points

Warm-Up

▪ **Jog & Stretch**

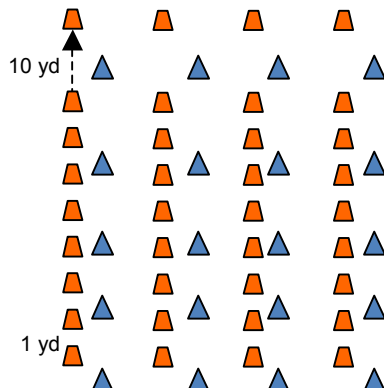
- Players jog around the field for 15 minutes
- [Static Stretching Routine](#)

- For young players use the ball in all warm-up as much as possible.
- Not a bad idea for any level when you can

Dynamic Warm-Up

• **Plyometric Exercises**

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

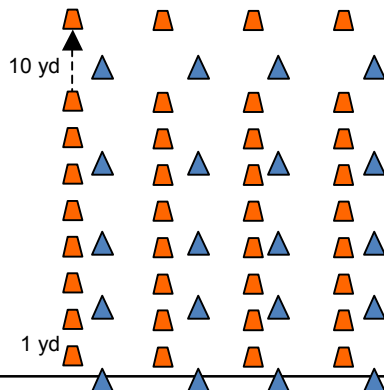


- See special section on fast footwork and plyometric type exercises
- Best not to use these type of exercises with pre-puberty players.
- Again – use the ball in anything you can as much as possible – especially with younger teams

Dynamic Warm-Up

• **Two-Man Races**

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

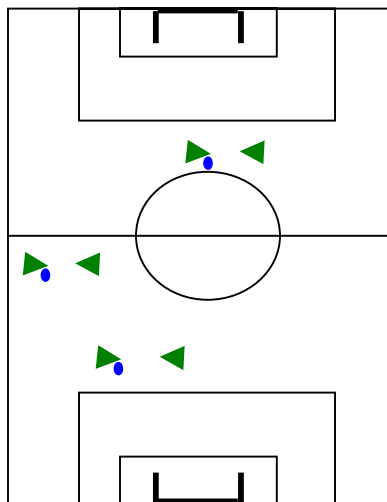


- Focus on 'first step' / 'off the mark' speed
- A players first three to four steps should be short & quick
- Include the ball with younger players

Technical Training- Foot Skills

• **Partner Exercises**

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



- Focus on every touch being clean & quick
- The exercises should be done with very minimal mistakes & be very sharp
- Have players take responsibility for each other and work
- Good time to work partnerships. Perhaps have forwards with forwards, right back with right midfield, etc



Activities

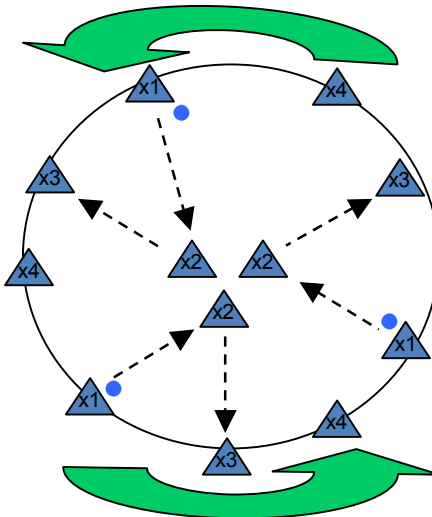
Diagram / Setup

Key Coaching Points

Technical Training – Foot Skills

• **Center Circle Exercises**

- Players spread out around the center circle
- Three players with a ball
- Three players in the center of the circle without balls
- Exercise
 - Players follow their pass
 - X1 Passes to X2
 - X2 passes to X3
 - Continue around the circle
 - Headers: Same drill but with headers & hand services
 - Inside of the Foot Volley: Same drill but with volley's

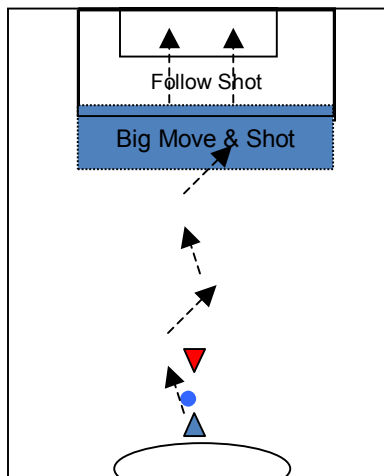


- *Highly technical exercise*
- *Every player was involved at all times*
- *Great exercise to conduct when there is a limited number of soccer balls available*
- *The possibilities are endless regarding types of technical training that which you can do in this format: IE: Dribbling exercises, juggling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

Technical Training - Shooting

• **Shadow Defender Shooting**

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

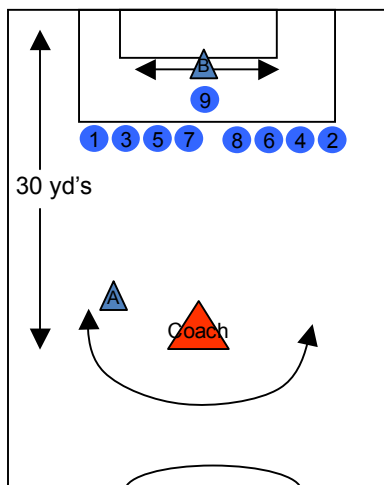


- *It is critical that both players follow the shot as it serves a dual purpose:*
 - *Develops good attacking & defending habits*
 - *Puts stress on the GK to hold the ball or cover the rebound fast*

Technical Training - Shooting

• **Sprint & Shoot Exercise**

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



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



Activities

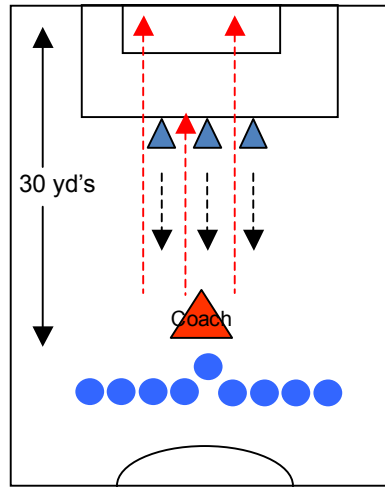
Diagram / Setup

Key Coaching Points

Technical Training – Shooting

• **3-Player Exercise**

- Setup
 - Groups of three
 - Start at the 18 facing midfield
 - Coach stands 30 yards from goal with a full supply of balls
- Exercise
 - Players jog towards the coach
 - Coach throws a ball over the center players head
 - Center player turns, sprints & shoots
 - The other two players turn & sprint to goal
 - Repeat for 5 minutes alternating the center player every 2-3 shots

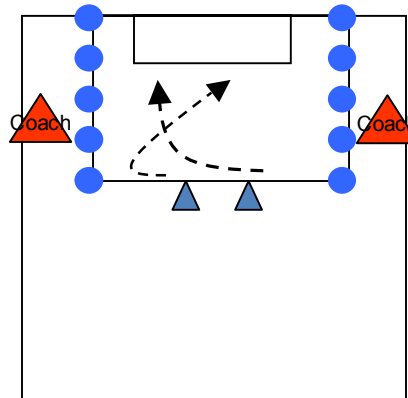


- **REBOUNDS!** – We are seeing a very important theme. Goals from rebounds count as much as any other so you must train your players to go for them all the time
- How often you change groups will depend on how much work vs. rest ratio you want
- One variation is for the coach to play balls through on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

Technical Training - Shooting

• **Service & Shot Exercise**

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

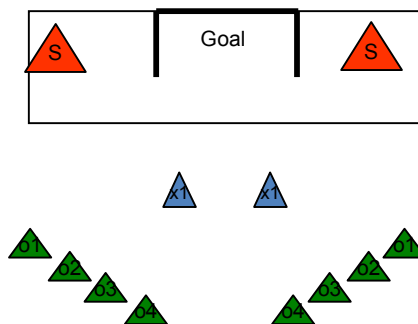


- **Emphasis on criss-cross runs, constant movement in the box & following every shot/cross to goal**

Technical Training – Defense in the Box

• **Heading Exercise**

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



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

