



Brazilian Player Development

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An inside look at the daily training sessions of a Brazilian professional team and it's youth academy



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WORLD CLASS COACHING took a group of coaches late in 2008 to Brazil for an educational coaches tour. The goal of the tour was to observe training sessions of professional teams and their youth academy teams and to meet with coaches for lectures and question and answer sessions to learn their coaching methods and ideas.

The first two days were spent at the CBF National Training Center where the Brazilian National Teams train and stay when preparing for games. Here we observed the U16 Brazilian National Team train and met with members of the CBF and discussed the advancements they are making with their coaching education programs.

The following five days were spent with Clube Atletico Mineiro (CAM) where we actually lived at their Academy in the dorms where the youth players live. Here we got an incredible first hand, close up look at their youth development program and training methods. During our stay we observed the training sessions of every age group as well as the professional team.

In this journal are the notes of every training session plus notes from the lectures and Q&A sessions we had with the coaching staff.



Louis Felipe Smerch Q&A – 12-03-08

CAM Youth Academy Director,

The following are notes from our meeting with Louis Felipe Smerch, the CAM Youth Academy Director plus other information that we learned during our stay at CAM.

The Academy had two main directives:

1. To provide players for the professional team
2. To generate revenue by selling players

The Academy at CAM is well known in Brazil for successfully developing players that go on to play for the pro team. Currently there are seven players in the pro team that have been developed through the Academy system. It has also been a successful revenue generator for the club. The cost of operating the Academy is \$1.5 million a year. In the last three years, CAM has sold players that have been developed in the Academy for over \$25 million.

Facilities

The facilities are impressive and similar or better than some of the Academies of English Premier League clubs. The CAM Academy has 5 grass fields, restaurant, gymnasium and weight room, physical therapy room, medical room, dentist, classrooms, computer room, laundry, five locker rooms, offices and dorms for 76 players.

The staff includes, full time, coaches, chefs, doctor, psychologist, English Teacher, cleaners, conditioning coaches as well as support and office staff.

One thing unique to the CAM facility and unlike elsewhere in Brazil is that the professional team also train there. They have their own facilities that are similar to the Youth Academy building further up a hill. The pro facility includes a hotel on site with 20 rooms where the players stay 1 or 2 nights prior to a home game. They have their own restaurant, weight room, medical room, etc.

Teams

The Academy has teams at U13, U14, U15, U17 and U20. The U13, U14 and U15, go to school in the mornings and train in the afternoon five days a week. At U17, they sign professional contracts and train twice a day. Practices are typically two hours long. All age groups usually play one game a week on Saturday or Sunday.

All Brazilian Youth Academies start with the U13 age group. In Brazil, they feel that the kids will be better playing street soccer and playing Futsal to develop their skills and a love for the game at a young age and that this would produce better U13 players than if they had structured coaching.

The U13, U14 and U15 teams have 25-30 players each. About 10-12 players from each team are from out of town and these players live at the Academy. A bus takes them to various public schools and then collects them after school and brings them back to the Academy for afternoon training. The local players live at home and make their own way to the Academy in the afternoon after school.

The U17 and older teams have about the same number of 25-30 players. These players are on professional contracts and train twice a day during the week. CAM has a salary structure for Academy players that starts with \$4,000 a year. This increases as they get older and also can increase dramatically if they appear for the pro team or the National Teams. One player recently went from \$4,000 to \$80,000 per year. However, CAM is very careful about how their young players are ready to handle the fame and fortune that comes with being a professional soccer player in Brazil. Players are groomed for things such as being paid more money, press conferences, dealing with the pressure of playing with seasoned

professionals, etc.

Approximately 30-40% of players can be released and replaced during the season or at the end of the season. CAM has a scouting network that is always looking for new players.

Another part of developing the playing and cultural experience of their young players, CAM takes Academy teams over to Europe regularly. This season they have traveled to Europe five times to play in six tournaments.

Nutrition and Physical Health

Players have a card to swipe when entering the restaurant so they are monitored to ensure they are getting enough food and the correct nutrition. They eat five meals a day. At U13 the players don't do any weight training other than for physical therapy. They learn how to use weights but don't start using them until U14. At U14, they start a light program and then at U15 participate in a more in-depth weight program. All the players meet regularly with the team psychologist/counselor. Injury prevention is important and the players all go in the ice pool after each training session. Injuries are looked after by the physical therapist and doctor.

Games

The Academy teams play in two leagues – a city league and state league. Both leagues comprise of the Academy teams from other pro clubs, private Academies and other independent club teams. The Academy teams don't travel out of their state to play Academy teams from other pro clubs. So they will never go to Rio or Sao Paulo for example, to play league games. However, they do travel to play tournaments once or twice year. However, their tournaments are different than the typical U.S. tournament in that they are longer with games every 2-4 days. This means they can be gone for as long as 2-3 weeks depending on the age group.

The Academy teams play using different formations. The Brazilians favor this over a system that is rigid where all teams must play using the same formation like the Dutch 4-3-3 for example. They believe that not only is the formation dependent on the type of players in the team but it is also good soccer education for players to learn how to play in different formations.

Brazilians believe it is important to give their players exposure to competition as part of the development process – they have to learn to deal with pressure of important games. Therefore, U13-U15 will play about 60 games per 11 month season. The U17-U20's will play about 90 games per 11 month season.

Coaching Staff

Each team has a full-time staff of, First Team Coach, Assistant Coach, GK Coach, Conditioning Coach, Psychologist/Counselor, Masseur and Team Manager. The coaching staff typically stay with their age group and don't continue with the same group of players year after year. However, sometimes a coach will move from the U13's to the U17's for example.

Education

CAM believes strongly that their players get an education and school is mandatory for their U16 and younger players. They have a rule that if you miss one day of school, you miss that weekend's game. If you miss two days of school, you miss the next two games and so on. They also provide educational facilities and computer rooms at the Academy. To help them if they end up going overseas, CAM has a full-time English teacher at the Academy and all players learn English as a second language.

Brazilian players are often exploited by some agents. Every year over 1,000 Brazilian players go overseas, some as young as 12 years old. But every year, over 700 of them return for a variety of reasons. So CAM wants to make sure that their young players are not only ready in soccer terms but also culturally and maturity wise as well.

Player History

CAM has developed a software program to enable them to keep track of the history of everyone of their youth players. Initially, players would be recommended for the pro team and the pro coach would have little background knowledge of that player. This was the same situation when that player and his team changed coaches as they got older.

The software program keeps track of every training session and participated in by every player. It keeps track of every game and the comments of the coach on his performance in those games. It also keeps track of yellow cards, injuries, medication, counseling, physical growth, weight training, conditioning, conditioning tests and times, schoolwork and other things. So when a player is being discussed as a possible move to an older team or to be let go, the coaches involved have a full history and data that they can look at as well as personal knowledge.

Currently, CAM scouts players all over the country and test over 3,000 players a year. This typically brings in less than 100 new players every year. From these 100 players only five will become professional players at CAM or elsewhere. CAM is hopeful that this software will improve those percentages.

Competing Academies and Agent Issues

The CAM Academy and the Academies of other pro clubs have competition from private Academies and issues with players' agents. There are many privately run youth Academies in Brazil with an objective of profit by developing young players and selling them as teenagers to Academies of professional clubs or waiting until they are older and selling them as professionals overseas.

Agents are also entering this business. In Brazil, players as young as 12 are represented by agents. Groups of agents are getting together and pooling their players to form private Academies. These Academies are funded by the agents or even from outside investors from Russia and other countries with a sole aim of making a profit. This obviously lends itself to the exploitation of some younger players.

Joao Gomide Q&A – 12-02-08

Manager CBF Coaching and Education Department

Started many programs in 2005 including coaching education, referee courses, women's programs and more.

Until now, Brazil hasn't had a national coaching license. All coaching licenses have been at the State level. However, with FIFA's urging and assistance, Brazil has put together a coaching education program on a level with UEFA and will have similar levels of A, B, C and the Pro License that will be transferrable and recognized all over the world like UEFA's. This licensing program has a few things to be sorted out with government laws over education but should be ready to go sometime in 2009.

Marcus Gaspar Q&A – 12-01-08

Brazilian U17 Women's National Team Coach

Brazilian girls don't play organized soccer in clubs and leagues or even organized teams. They play street soccer and sometimes with boys teams, some of the play Futsal in teams. They are inexperienced in 11v11 games and playing on grass. For instance, the U17 team that recently played in the Women's U17 World Cup in New Zealand had players that when first selected to the Brazilian squad, had to be taught how to take a throw-in.

Brazilian girls are better technically than U.S. players at a similar age but are behind physically and tactically. For instance, physically, the Brazilian girls are only at a level where they play aerobically and not anaerobically like USA, Germany, China, etc. Tactically they are behind because they don't play any competitive games. The only 11v11 games they play are friendlies in the build up to the World Cup.

Their preparation for the World Cup in New Zealand was three camps of 10 days for a total of 30 days and this included the training right before the World Cup started. They were a young team with one of their better players just 14 years old who got injured and didn't play in New Zealand.

They play different in that they don't play hardly any long balls. They have the technique but not the knowledge as their whole soccer experience is street soccer and not 11v11. This was difficult to overcome as it made them one dimensional and easy to defend.

This was the first ever Brazilian U17 Women's National Team. They were disappointed by their results in New Zealand but hope to do better next time. They will start three years early by selecting a U15 team and working with that team for three years. However, they are also handicapped because the Federation doesn't spend too much money on women's soccer. Women's soccer is still not culturally accepted in Brazil in the same way it is in USA, China, etc.

Lucho Nizzo Q&A - 12-02-08

Brazilian U16 Boys National Team Coach

Nizzo retired from playing professionally at age 28. He then completed his degree in Physical Education, specializing in soccer. He began coaching U13 players and has coached all ages to U20 at the Academies of pro clubs. He also had a spell coaching a 2nd Division team where he coached them to promotion to the Brazilian 1st Division before taking over the U16 National Team.

The U16 team was first formed at U15 with a goal of working together for three years in preparation for the U17 World Cup. The roster is not set in stone. 26 players were invited to the first camp and players will come and go depending on their performances and the scouting of new players.

The players will continue to be coached and play for their pro clubs and get together when time allows to play friendly games and tournaments in preparation for the U17 World Cup.

The original group was scouted by observing club games, tournaments and training sessions. This will continue as they scout for players during the three-year program. The first get together was a two-week camp where players were evaluated and decisions made on who to keep and who to let go. The selection is based mainly on two criteria, first, technical skill level and second physical performance.

Occasionally getting the players together to train can be difficult. Sometimes they meet at the airport and go directly to play a game or tournament. They schedule friendly games and tournaments purely to train, evaluate and give the players experience. For instance, they were heading the U.S. the next day to play a tournament and the coach will play two players in different positions to evaluate if that is better for them and the team. Their whole goal is the U17 World Cup.

As a team they are under pressure to not just to win but to win in style. They recently won a game 8-0 but the CBF wasn't happy as they thought they played too direct. He was told that they should play the soccer that Brazil is known for and look good doing it while still winning.

They play the same formation as the National Team but occasionally change the formation as part of their development, young players need to understand and be comfortable in all formations.

Fredrico Cascardo Q&A - 12-03-08 **U13 Academy Team Coach**

Following a training session of the U13 Team, Head Coach, Fredrico Cascardo discussed his philosophies and training methods.

The most important aspect worked on at training with the U13 team is technique. This is done with pure technical training and also in advanced positional training where technical training is practiced in functional situations related the playing position.

They work a lot on 1v1 moves plus 2v2, 3v3 and 4v4 small-sided games. Interestingly, they don't need to teach the players any 1v1 attacking moves. The players have practiced them for years growing up and watch their role models play every week on TV. So they already possess an array of 1v1 moves and also are creative in developing more as they get older.

Twice a week, the players will train in groups of their position and practice technical skills related to that position. For instance, the wide players will practice crossing and they might be joined by the forwards who will practice finishing and heading from their crosses. Once a week, the U13, 14 and 15 teams will group together for this positional training as will the U16 and older teams. Then another session during the week, just two age groups will begin practice this way and then separate into their own teams for the remainder of practice.

This type of positional practice is not only an important part of developing young Brazilian soccer players but it also gives younger players the chance to train with and learn from more experienced older players.

Andre Q&A - 12-04-08 **First Team Assistant Coach**

Andre is a former CAM player that came through the youth system. He then coached in the Academy and eventually became the Academy Director before moving into his current role as assistant coach to the First Team. His discussion focused on the transition of players from the Academy to the

pro team, its difficulties and what CAM is doing to help players make this difficult transition.

When determining whether a player is ready to make the step to the professional team at CAM, it is pretty straight forward to know the physical, tactical and technical abilities of that player. However, understanding the maturity and psychological make up of the player is much more difficult to determine and if not understood correctly can be damaging to the player if the transition is not handled right.

This is where the player history software developed at CAM is very useful. It gives the coaches historical data of a player including his psychological make up. Andre gave an example of a player who was physically ready to play as well as tactically and technically good enough. However, when he was moved to the professional team, he didn't do well, under performed and turned out to be not mature enough to handle playing with the pro's, in front of 60,000 crowds and dealing with the press, etc. This set him back and it took months for him to get another chance and now the coaches are bringing him through steady by putting him in games as a substitute in good situations and playing him when he has a good chance to be successful in order to build his confidence.

This player and now all other players, who are physically, tactically and technically ready to move up to the professional team are prepared with almost daily with the team psychologist and counselor and educated on what to expect and how to deal with the fans, press and expectations.

It's worth bearing in mind that some of these players will be from local families and poor background and before joining the CAM Academy, might not have traveled more than a few miles from their home. They might not have downtown, to a movie theater or restaurant. So it can be a big leap for them and a difficult adjustment.

CAM also send their young players on loan to play with 2nd Division clubs. This gives them the experience of professional soccer, playing in front of large crowds, travel, new environment, etc. which in turn helps their maturity both on and off the field. These players are then better able to make the adjustment to the professional team at CAM.

CAM are well known in Brazil as a club that develops its own players and they put a lot of time, effort and money into the Academy. Their Academy facility is as good as any in Brazil and unique in that it is the only Academy where the professional team trains at the same location.

The professional team plays on Sundays and trains Monday through Friday. Two of those days, they practice twice a day. For two months of the season, they will play Wednesday and Sunday and during this time they will only train once a day. As is typical in Brazil, the training session after a game is focused on recovery with light ball work and time in the pool. Training sessions the day before the game are also light and usually spent on set plays and team shape.

Session Topics - Brazilian, Tactical, 4-4-2, U14, System of Play

Alves discussed tactical training with the U14 and older teams. He did stress however, that technical training is the most important aspect at this age.

You can learn how to coach the Brazilian 4-4-2 with our [book](#) and [DVD](#) on the formation.

Most Brazilian teams play a 4-4-2 formation with a box midfield.



This allows for an enormous amount of flexibility that makes it difficult for opposing teams to defend. However, Brazilian teams also play using the 3-5-2 and the 4-3-3 formation. Alves went on to explain that each formation has differences depending on the coach and the players.

For instance Chelsea Barcelona, both play with a 4-3-3 but employ that formation differently. Chelsea, under Mourinho, play with two wide winger type forwards and one central forward.



Barcelona play with two central forwards with another forward playing just behind them.





Alves team played a 4-4-2 last season and he is now introducing them to the system they will play under him this season which is a 4-3-3 when in possession of the ball and a 4-5-1 when not in possession.

In possession:



When not in possession:

The Brazilian Box Midfield

Brazil has won five World Cups. They haven't won them by skill and passion alone. They certainly have an abundance of talented players from which to choose. But their success can also be attributed to their commitment to player development, highly specialized fitness systems, attention to details and, lastly, their tactical insights. One of which is the "Box Midfield".



Mauricio Marques Q&A – 12-07-08

CAM Academy

The goal of the CAM Academy is to produce players with a social responsibility that will play for the professional team and/or for a profit.

It is easier to motivate young soccer players in Brazil because their choice is either to be at the Academy of a professional club with the potential of a pro career and a good income or to remain on the streets where most kids live in poor neighborhoods.

CAM starts to look at players when they are 12 years old. Prior to that, the kids have honed their soccer skills by playing street soccer and Futsal.

Wladimir Braga Q&A – 12-05-08

Conditioning Coach U17 Team

After each season, Wladimir Braga evaluates the methods, results, injuries and fitness of the players to determine any changes for the following season.

All conditioning work with all teams is done as an integral part of training with a ball and including a tactical and/or technical element. Running done without the ball is only used as part of physical therapy or part of the injury recovery program of a player who needs to regain the level of fitness of his teammates.

The Conditioning coach communicates daily with the head coach when designing the training sessions so that the correct amount and type of conditioning is integrated into the session.

Fabio Cortez & Cyr Mantiovani Q&A – 21-05-08

U15 Head Coach & Assistant Coach

The discussion began with a look at the season calendar for the U15 team. The season is 11 months long and begins in March.

Month	Activity
February	Off Season
March	Training and friendly games
April-June	17 games in 13 weeks in the City League
July	National tournament with 7 games in 9 days
August-November	20 games in 16 weeks in the State League
December	National tournament with 9 games in 9 days
January	National tournament

Notes:

During the April-June period, the coach also schedules 17 friendly games for those players that don't play in the City League games.

The objective of the April-June period is not results but to improve technical skills in game situations and improve the understanding of the system of play and team tactics.

For the National Tournaments, they take an extensive group of support staff including the coach, assistant coach, conditioning coach, physical therapist, masseur, doctor, team manager and equipment manager.

Prior to the tournament, the nutritionist prepares a special diet for the days leading up to the tournament and then a daily diet while at the tournament that includes recovery bars, gels, drinks as well as regular meals. For physical recovery, they take plastic pool with them so each player takes a 6 minute ice bath after each game. Typical recovery stretching is also enhanced with massages and input from the physical therapist. However, even with all this the coaches still notice a drop in the level of physical performance and often rest players for 2-3 days during the tournament so they are fresh for later games.

The team consists of about 30 players. At the end of the season, only about half will be invited back to sign pro contracts as part of the U17 team so it is a very important year.

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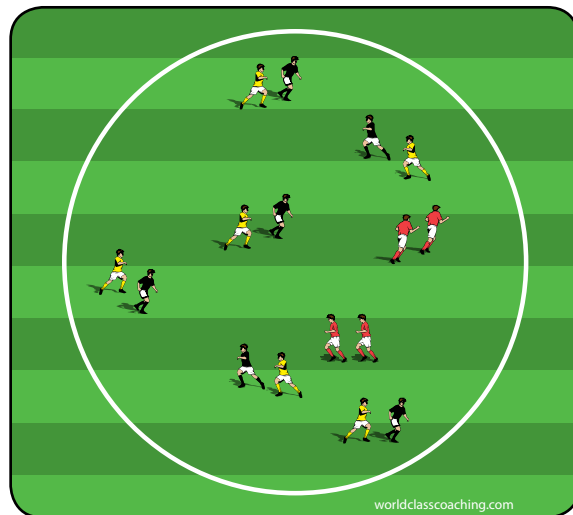
Session Topics - Brazilian, U16, Passing, Shooting, Defending, Team Training, Technical

Prior to session, the coach had a group of five players put on orange bibs and another group of five players put on blue bibs.

Click [here](#) to see a full season of sessions from a Brazilian Academy Team.

Warm-Up

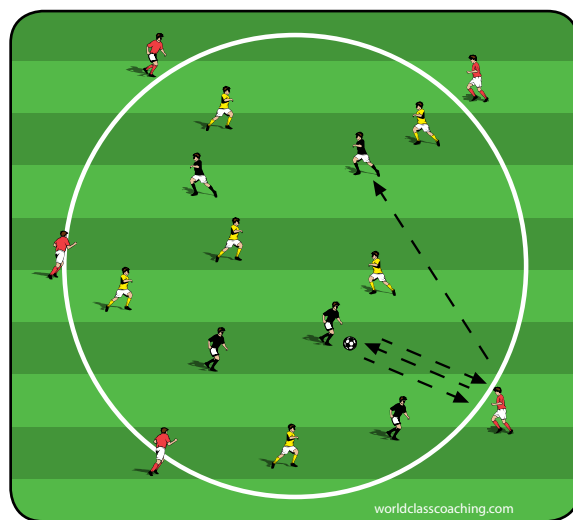
Players in a circle laid out with cones the approximate size of the center circle. Players partnered and move around the grid at a light jog changing directions. This progressed to head balls. The progression continued to players jumping and making contact shoulder to shoulder. The progression switched to chest to chest. The final progression involved the coach clapping his hands and the back player sprinting in front of his partner and assuming a defensive posture to an imaginary opponent for 3 seconds, then they continue to jog. The drill always involves one player leading and the other player following.



Session

Two equal teams are placed inside the circle and the other team spread equally around the outside of the circle. The objective is for one team to possess the ball and to use the outside players as support to keep possession. Have the players keep track of their touches on the ball and recognize the player with the most touches. It means that this is the most active player in the drill. Encourage movement and quick play.

Progression: Players look to play combinations with the outside players. When possible, they look to play outside to a supporting player, back to the same player inside, back out to the same supporting player, and then a switched ball to a different player (look for a longer pass away from the pressure).



Head Coach then separated the group. The assistant coach took four players and the head coach the remaining players. The Goalkeepers were now included in with the field players with the head coach.

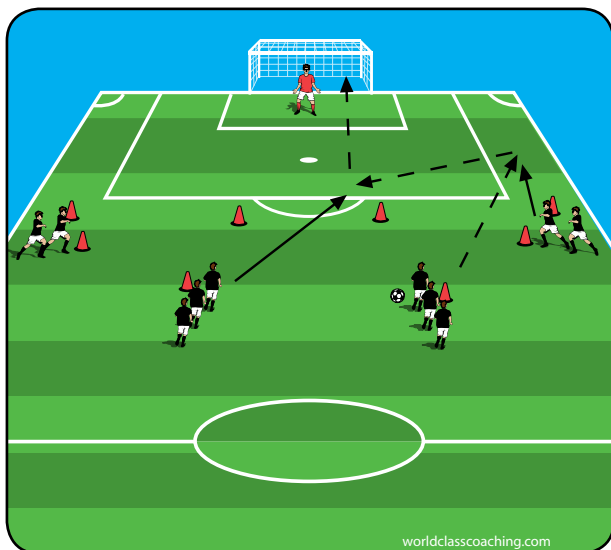
Head Coaches Group

Shooting Session

Two cones are placed 25 yards from goal centrally and about 8 yards apart. Two additional cones are ten yards behind those cones centrally, but are 30 yards apart. Three players are positioned on these two cones in a line with several soccer balls behind them for use. Two small gates are placed out wide on each side 10 yards in from the line and 20 yards from the end line. Two players stand in line on each gate to alternate in the drill.

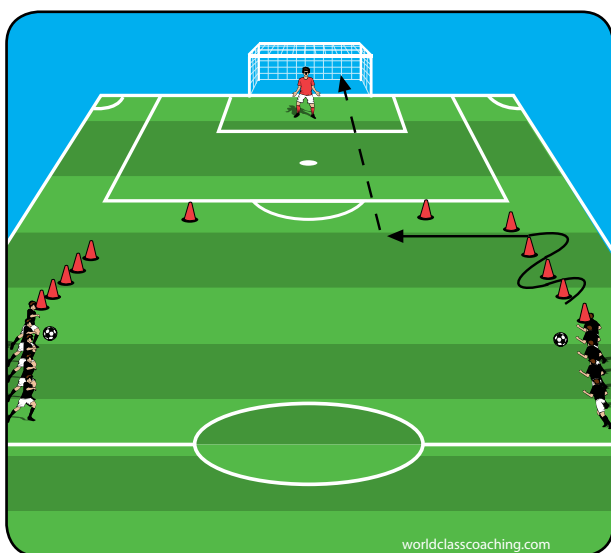


The drill begins with the player with the ball passing it to space in front of the wide player. The passer then begins to make a bending run towards goal inside of the other cones. The receiving player gains possession and serves the ball centrally for the first player to shoot at goal. The drill is then performed by the opposite side using the same pattern. Drill is continuous with the two goalkeepers rotating every 4 shots.



Progression

Progression: The set up is the same as the previous drill, but has a slight change in the pattern of the passing. The player with the ball passes to the space in front of the wide player (as before). The opposite side central player makes a run between the cones towards goal. The receiving player gains possession and serves the ball centrally for the player to shoot at goal. The drill is the performed by the opposite side using the same pattern. Drill is continuous with the two goalkeepers rotating every 4 shots.



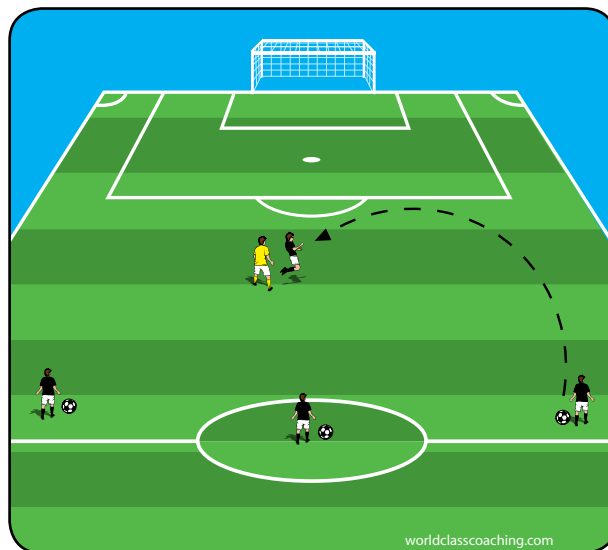
Progression

Five cones are set up at an angle from the corner of each 18 yard box towards the touchline. Two larger cones are placed five yards away from the line of cones and twenty yards away from goal (two yards outside the 18 yard box, as shown in the diagram). Players are divided into two equal groups and line up behind the last cone, each with a ball. Players begin by dribbling in between the cones working on short-quick touches and keeping their balance while going as quickly as they can. After they pass through the last cone they dribble towards the larger cone. Once past the larger cone they look to shoot at goal. The drill is performed by the opposite side using the same pattern. Drill is continuous with the two goalkeepers rotating every 4 shots.

Assistant Coaches Group

Defensive Headers

Three players are at midfield, each with a ball. One is central, the other is on the outside right and the other on the outside left. The final player is with the coach in a central position at the top of the 18 yard box. Each player with the ball rotates serving the ball into the air at the player and coach in the middle. The player attempts to clear the ball out of the area through defensive headers. The coach offers moderate resistance and increases his level of pressure as the drill continues. Players rotate responsibilities so that everyone has had the opportunity to work on defensive headers.



The group was brought together again and then divided into two groups. The first group worked on penalty kicks on one goal with one goalkeeper. The second group brought out two portable walls and worked on shooting around the wall. The walls were set about 18 yards from goal with one on the right side and the other on the left side. Their goal had the other goalkeeper.

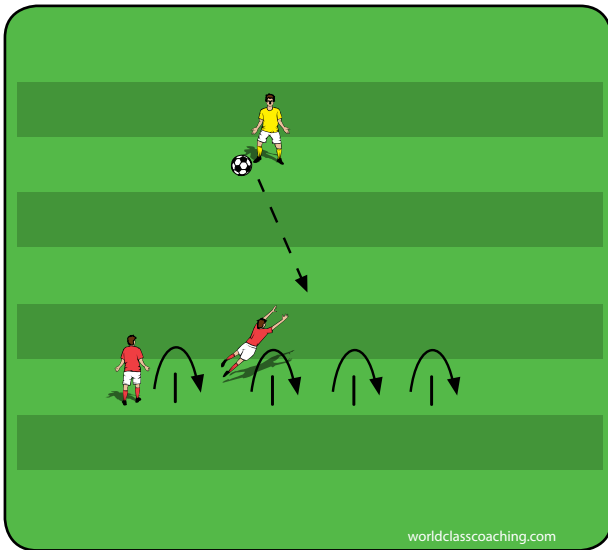
Players stretched on their own to end the session.



GK Training Session

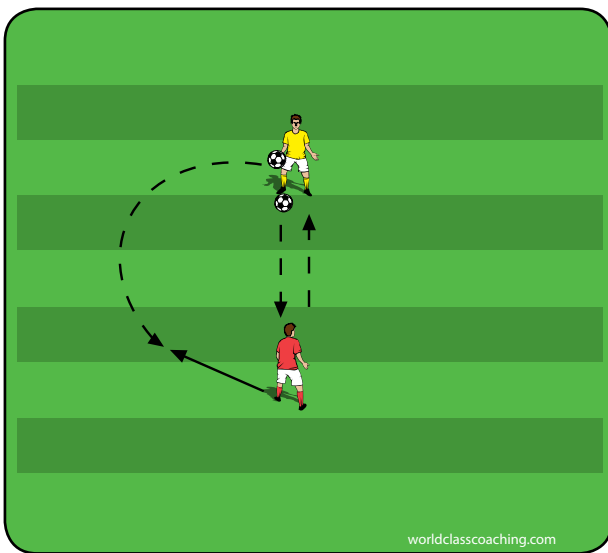
Warm-up: GK's logging and skipping in a line swinging arms from side to side. They change to rotating the arms forward, then backward. They then look to win an imaginary ball in the air.

Exercise: Four sticks of 30 inches in height are separated by five yards in a line. The first goalkeeper stands next to the first stick so that it is on his right side. The coach stands directly in front of him five yards away with a ball in his hands. The first goalkeeper jumps over the stick by tucking both legs up to the chest, then makes a collapsing dive save from the coach. They deliver the ball back to the coach then shuffle to the next stick. They jump over the next stick the same as before and make a save from the coach. The drill is continuous through the four sticks. Go in the other direction after each goalkeeper has done four times.



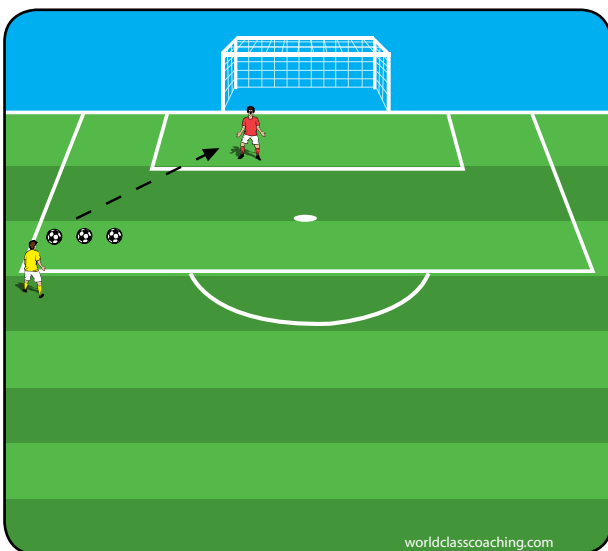
Progression: The goalkeeper stands next to the cone as before, but quickly shuffles around the stick and forward to make the save from the coach. The drill is designed for the goalkeeper to be quick around the sticks, to get forward, get set, then make the dive. The goalkeeper works on their technical speed. The drill is continuous through the four sticks. Go in the other direction after each goalkeeper has done four times.

Progression: Goalkeeper stands in front of the stick facing forward towards the coach. The goalkeeper jumps backward over the stick, then forward over the stick and makes the save from the coach. They then shuffle to the front of the next stick and do the same. The drill is continuous through the four sticks. Go in the other direction after each goalkeeper has done four times.



Exercise

Coach stands in front of the goalkeeper by ten yards in open space with two soccer balls, one in his hands and one at his feet. The drill begins with the coach passing the ball to the goalkeeper. The goalkeeper receives and passes the ball back to the feet of the coach. The coach then delivers a ball in the air for the goalkeeper to challenge and win. The goalkeeper delivers the ball back to the coach right away, and then the ball is passed on the ground again. The coach continues to move back during the drill forcing the goalkeeper to move forward and attack the ball delivered. The drill is continuous over a space of thirty yards. Each goalkeeper performs the drill five times.



Exercise

The coach lines up three soccer balls even with the six yard box, but an additional two yards from the top corner of the six. The balls are separated by 3-4 feet. The goalkeeper begins by defending his near post. The drill begins with the coach shooting the farthest ball to the hands of the goalkeeper. The second ball is shot for the goalkeeper to make a near post save. The final ball is shot for the far post upper 90. The goalkeeper must extend to make the save. Each goalkeeper does the drill three times, then they switch sides.

Goalkeepers have a water break and are then integrated with the team for shooting, penalty kicks and free kicks.

Session Topics - Brazilian, Tactical, U16, Defending, Pressing, Team Training

Checkout our large selection of Brazilian [books](#) and [DVDs](#).

Exercise

Two equal teams of 11 v. 11 playing on a full field. One team wore orange training bibs and the other was in white. The coach worked with the white team on how and when to pressure an opponent trying to build out of their half of the field. The drill began with the GK of the orange team throwing the ball in to one of his wide defenders. The white team would quickly be shifting on the throw to apply pressure to the defender to force him into a long ball down the line, or an attempt to play the ball back across the defensive third. The players, in sequence follow a pattern of shifting in order to apply pressure quickly. The diagram below gives the example of how the players shifted to apply pressure and to force the opponent to make a risky pass.



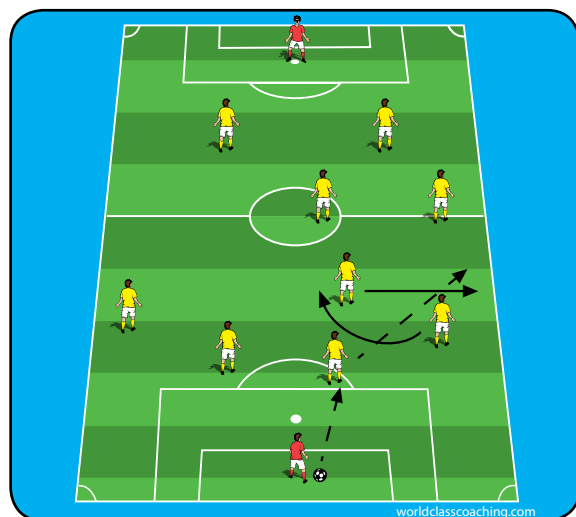
Progression

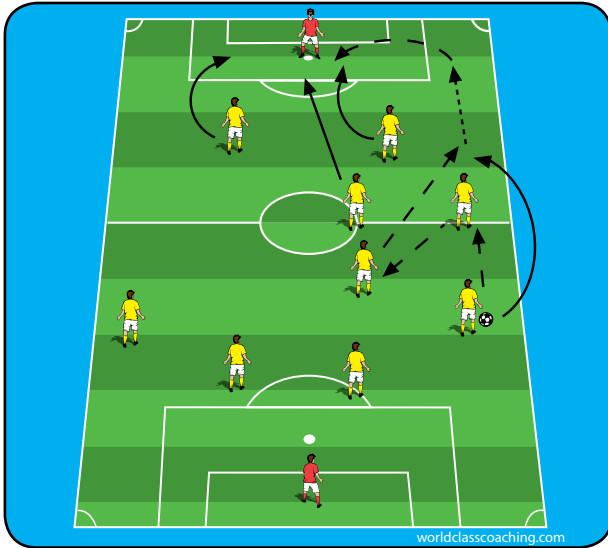
The coach now has the white team drop to midfield and allows the opponent to possess the ball in their own half. Once the opponent approaches midfield, they immediately shift and apply pressure to force the opponent to make mistakes and give away possession. Encouraged the team that when they won possession to try and quickly counter attack and get behind the opponent to shoot at goal.



Exercise

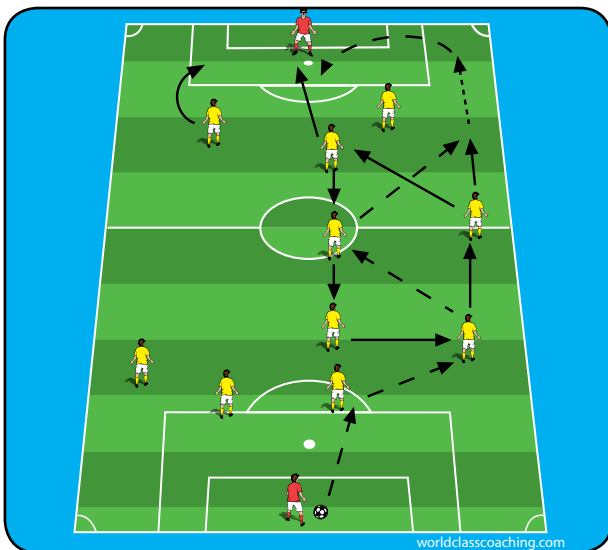
The coach sets out 11 players on the field with the opposite goal defended by one of the goalkeepers. The goalkeeper with the shadow team begins the drill by passing it out to one of his two central defenders. The player directly in front of them by ten yards (defensive central midfielder) and the wide defender on ball side switch places on the pass to the central defender. The central defender passes the ball wide to the switching player. The player receives possession and passes inside to the now defensive central midfielder.





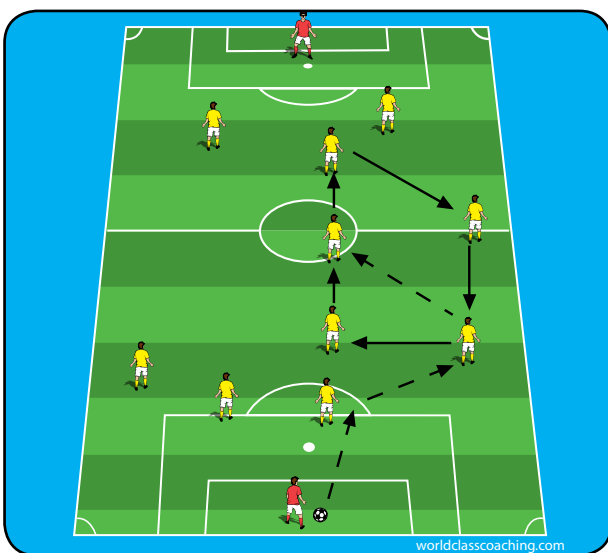
The defensive central midfielder passes the ball diagonally forward and wide to a checking outside player. The receiving player receives, turns and plays the ball to an overlapping wide defender. The overlapping defender gains possession and attacks down the line. The two central attackers and the attacking central midfielder make their runs to goal. The overlapping player serves the ball into the area for the three attacking players to shoot at goal.

The team switches from right side to left side with each ball. The coach is very specific on how he wants the runs to be made. His coaching comments focused on the timing of the runs and technical finishing.



Progression

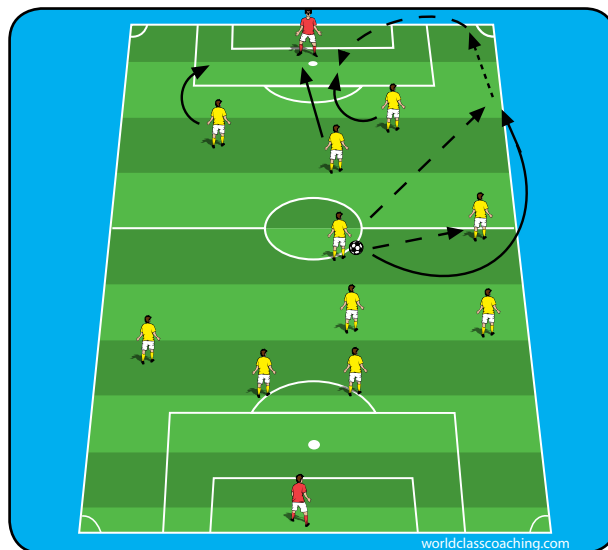
The drill is similar, but now involves four players moving and shifting at the same time. The same two players are involved, but the addition of the wide midfielder on that side and the attacking central midfielder are involved. The rotation of the players is counter-clockwise. The ball is again played to one of the two central defenders who plays the ball wide to the shifting central player. The receiving player passes the ball to the attacking central midfielder who has checked back into his own half of the field. The player receives and plays a diagonal ball down the line for the attacking wide defender. The receiving player attacks down the line while the two central attackers and the attacking central midfielder make their runs to goal. The ball is served into the players who look to have a shot at goal.



Progression

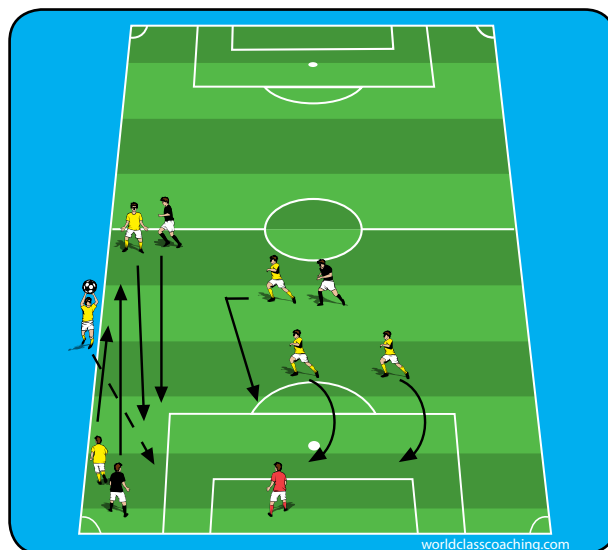
The drill now shifts to where the players are rotating clockwise, opposite of what they rotated in the previous progression. In this progression, the same four players rotate, except the attacking central midfielder now drops back into the play to receive the ball. The shifting player, as shown in the diagram below, overtakes the attacking central midfielder to fill in this space. The goalkeeper plays the ball to the central defender to begin the drill. The central defender then passes the ball to the player rotating back from the wide midfield position. He receives and passes to the player now occupying the defensive central midfield position.

The ball is then played back outside to the forward who has dropped back to fill the wide midfield position. This player receives the ball, then passes back central and forward to the overlapped attacking central midfielder. The original attacking central midfielder player now overlaps wide and makes a run down the line to receive the ball back in the space in front of them. This player dribbles towards the endline and serves the ball centrally to the wide attacker and central midfielder who are making runs to goal.



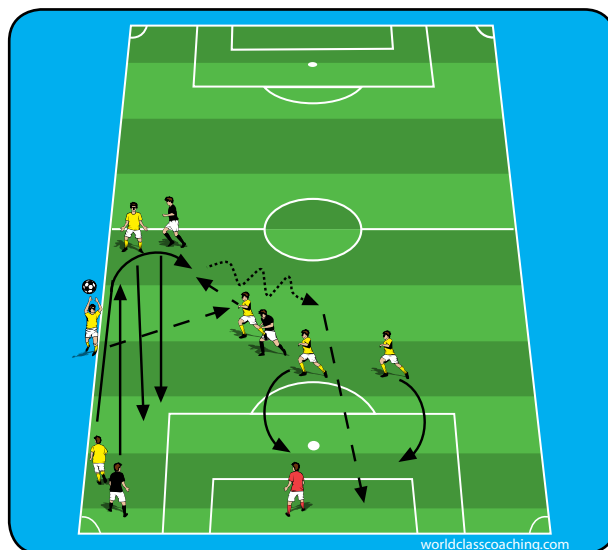
Exercise

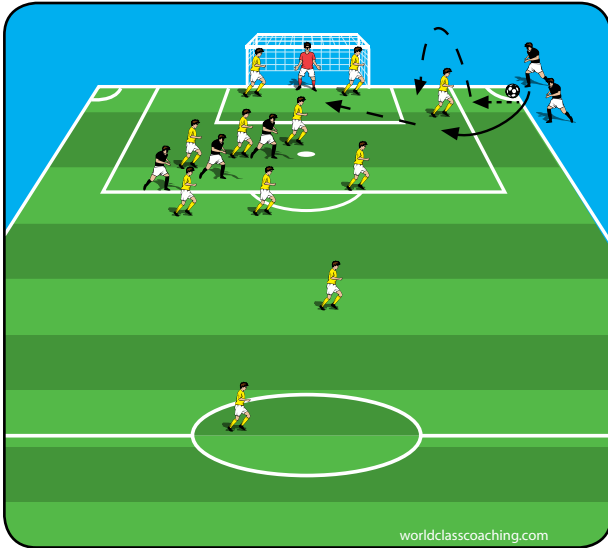
Coach positions someone for throw-ins in the attacking third of the field. Centrally he lines up two attackers and two defenders. On the throw-in he sets one attacker 20 yards down the line and a wide midfielder 20 yards behind the throw-in. Both players are marked. On the signal of the coach the two players begin to make runs at each other. Right as they overlap the player making the throw-in puts the ball down the line in front of the overlapping midfielder. The receiving midfielder gains possession and looks to serve the ball centrally for the two attackers to try and score.



Progression

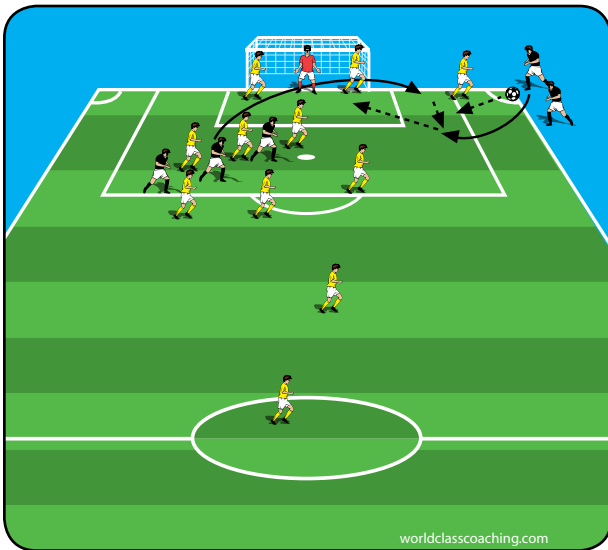
Same as the previous drill, except the coach adds in a supporting central midfielder who checks towards the ball as the players begin making their runs at each other. The throw-in is made the the supporting central midfielder. The attacker, who is checking back towards the ball makes a bending run in around the supporting central midfielder. The supporting central midfielder chests the ball to the space in front of the attacker who collects the ball and looks to take a shot from outside. The coach shifts sides and has the players try it from the other side.





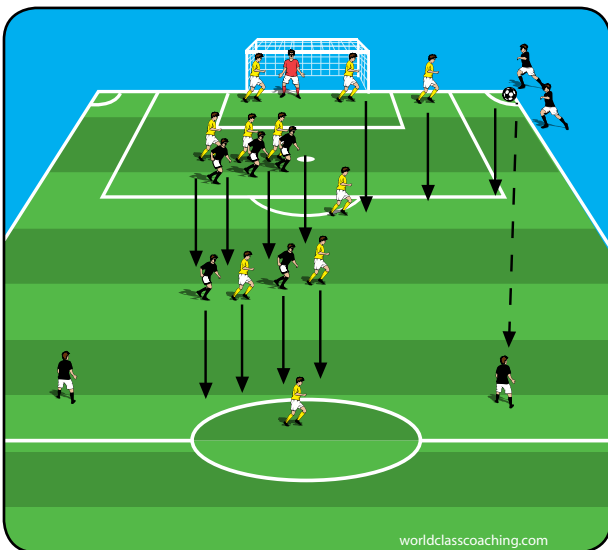
Exercise

The coach shifts his attention to corner kicks. He lines up two players on the ball at the corner for the kick. Three attackers are lined up at the top of the 18 yard box. A fourth attacker is positioned 30 yards from goal and central. The drill begins with the first player rolling the ball forward one rotation then begins to make a run towards goal. The second player takes possession and lifts the ball over the defender to the first player. The first player looks to shoot at goal or serve it into the area.



Progression

The set up is the same as the first. In this progression the middle attacker making a run to goal becomes the target. The two players on the ball perform the short play as in the first sequence, however, instead of lifting the ball over the defender for the first attacker the player with the ball passes to the middle attacker who has overrun the goal and approaches the ball. The middle attacker receives the ball and one-touches it out to the first attacker who has continued their run towards goal. The first attacker receives the ball and looks to shoot at goal.



The third and final sequence involves two withdrawn defenders. The set up and progression are the same as the first attacker rolls over the ball for the second to take possession. The second attacker then passes the ball all the way back to the supporting defender on that side. The remaining players begin withdrawing as if anticipating an offside trap.

The defender on the far side begins to make a run at full speed looking to get behind the retreating players. The defender serves the ball behind the retreating players into the space in front of the approaching defender. The player looks to gain possession and attack the goal.



Exercise

The session ended with two players bringing in the mobile walls into one of the penalty areas and positioned them at the top of the 18 yard box (one on the right side and the other on the left side). Another player stepped up to the penalty area with a ball. The coach rotated between a free kick from the right side, penalty kick, and a free kick from the left side.

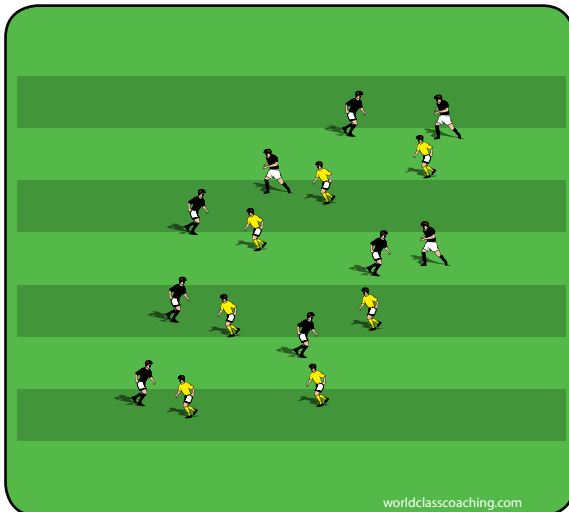


The final progression of the day involved moving one of the walls out of the way and the other wall more central (just slightly to the side). There was still the shooter from the free kicks on the other side and the player looking to take penalty kicks. The coach again rotated between the free kick with no wall, the penalty kick, and the free kick with the wall.

The session finished with static stretching on their own.

Session Topics - Passing, Receiving, Possession, Keep Away

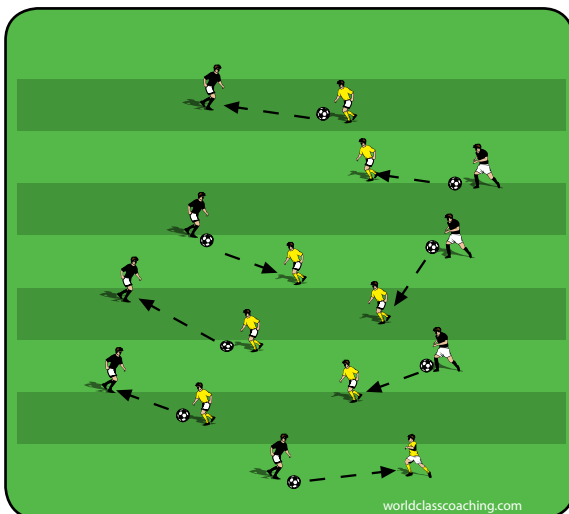
Checkout our large selection of Brazilian [books](#) and [DVDs](#).



Warm-Up Game

Every player has a bib and tucks it in their shorts behind their back so it acts like a tail. The objective is to run around and try to pull someone else's bib out. If you are able to do this, then toss it back to them and continue. Do this for 1 minute, then stretch. Game is performed three times.

Exercise: Have players partner up and get one ball. Players move around the area passing and moving to one another. Players are encouraged to keep moving consistently and to look to relax on the ball when they pass. Drill is 1 minute long.



Progression: Play is the same as above, except players are asked to fake one way, then pass to their partner. After players have done this for 1 minute, the coach instructs the players to use their hips and upper body (i.e. shoulders and arms) to make the fakes to someone else before passing to their partner.

Progression: Play incorporates everything from above, except the coach encourages the players to call someone else's name, fake to them, then pass to your partner. The coach demonstrates the fakes and that you have to sell it by positioning your body towards the player you are faking the pass to. You then look to make a cut pass across your body or being creative to complete to your partner. After 1 minute, the coach instructs the players to do everything the same, except don't look at your partner when you make the pass.

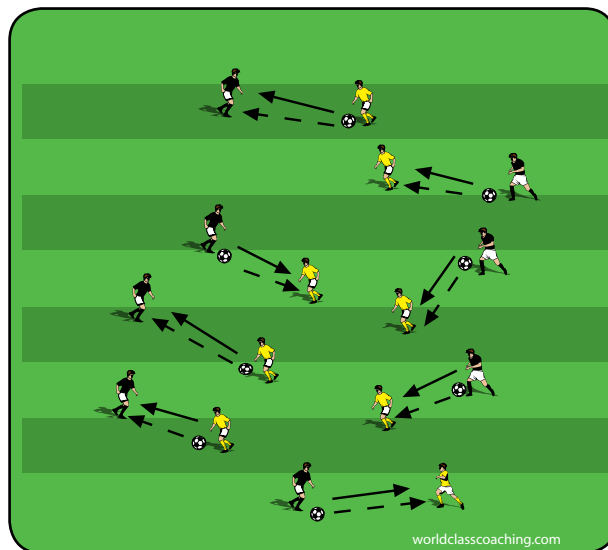
Progression: Each player performs a 360 degree turn after receiving the ball from their partner. The drill incorporates everything from above.

Progression

One player has possession from their partner while your partner tries to pressure to win the ball back. The possessing player works on shielding the ball from their partner for 10 seconds. If they lose it in that time, then they switch. After 10 seconds, players switch roles. Coach encourages the players to shield sideways and not with their backs to the players. In addition, the ball must be kept moving at all times during the 10 seconds.

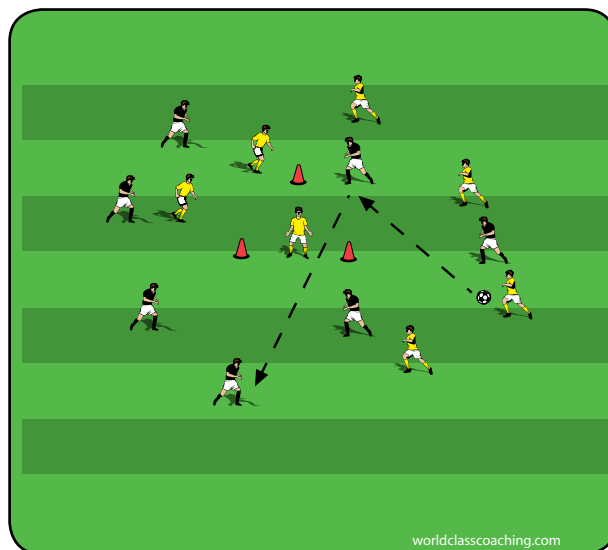
Progression

Players use the wall in this drill. The player shielding has their back to the wall while they are being pressured. They look to shield and, when possible, get behind their partner and shoot the ball against the wall.



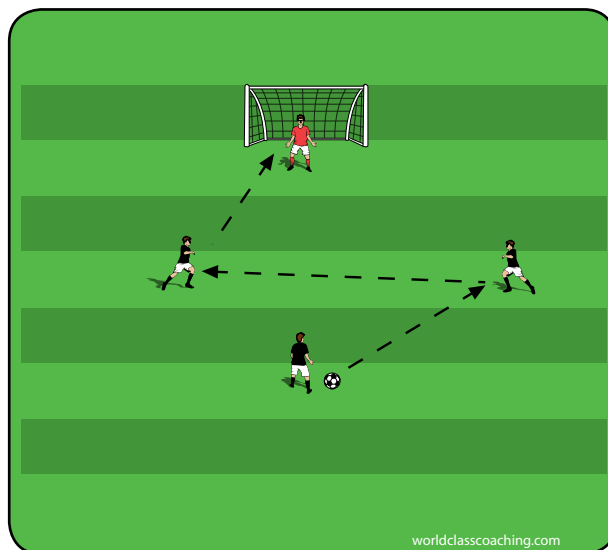
Small-Sided Game

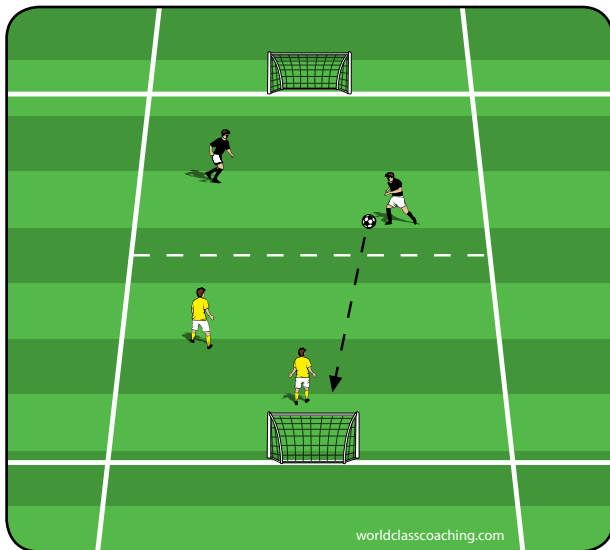
The coach sets out a small triangle approximately 2x2x2 in shape. A defender is placed in the middle of the triangle to prevent players from passing through it. As many as five players are positioned around the triangle and have possession of a ball. They look to quickly move the ball and keep possession and, when possible, pass the ball through the triangle. Switch the player in the middle with the player who is intercepted trying to pass through the middle.



Progression

Same as above, except use the indoor goal and place the GK in the goal. Have three players positioned around the goal with one soccer ball. They keep passing the ball until an opening to shoot and score exists. If the player who shoots misses or is saved, then they become the GK.



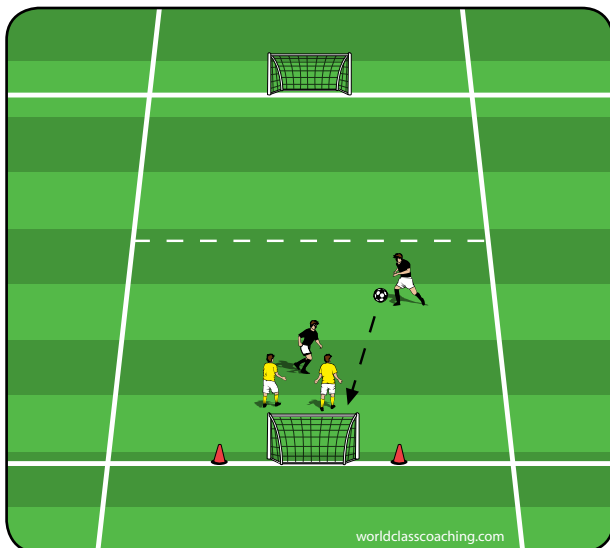


Progression

Using the entire futsal field with both goals, play is 2v2. Players must stay in their own half of the field. Players shoot from their half of the field and try to score. The player who is in goal can use his hands.

Progression

Same as above, except if the ball is saved without the hands then you are allowed to dribble into their half and attack the other goal 2v2.



Progression

Place a cone on each side of one goal extending the goal by 2 yards each side. One player starts with a shot at midfield while the other attacker can screen and the two defending players try to prevent the goal. If the shooter misses, then they switch roles. If the player scores, then they retain possession and get to shoot again. If the ball is saved, then the two defenders try to dribble out past midfield. If they are able to dribble out, then they switch roles.

Teaching Tactics the Brazilian Way



Teaching Tactics the Brazilian Way, is part of a three-DVD series. Skill and technique are important parts of their game but the Brazilians are also well known for their creative team movement of give-and-go's, overlaps and quick-moving attacking combinations. This DVD shows a number of variations of Brazilian style attacking combinations including attacking from wide positions, down the middle and counter-attacking.

Session Topics - Brazilian, Technical, Conditioning, Goalscoring, Small-Sided Games

This session was with the U13 Clube Atletico Maneiro (CAM) team coached by Frederico Cascardo.

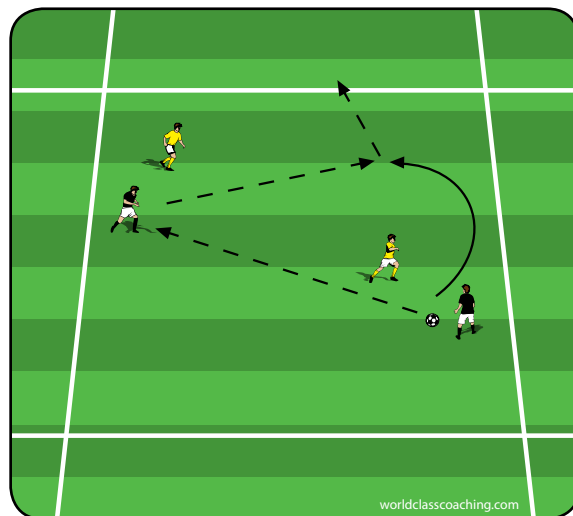
Exercise

The progression of this drill begins with 1v1 play. The drill uses the attacking third of the field with a full size goal and goalkeeper. Defenders divide up and position on either side of the goal, but only one defender comes out for the drill at a time. Thirty yards away from goal there are three separate lines (one central, one on the right and one on the left). The first player in each line has a soccer ball. The drill begins with one of the attackers passing the ball to one of the defenders. The defender passes the ball back, then play is 1v1 to goal. . Once a goal is scored or the play is dead, then the next player in the next line begins play. Drill is continuous.



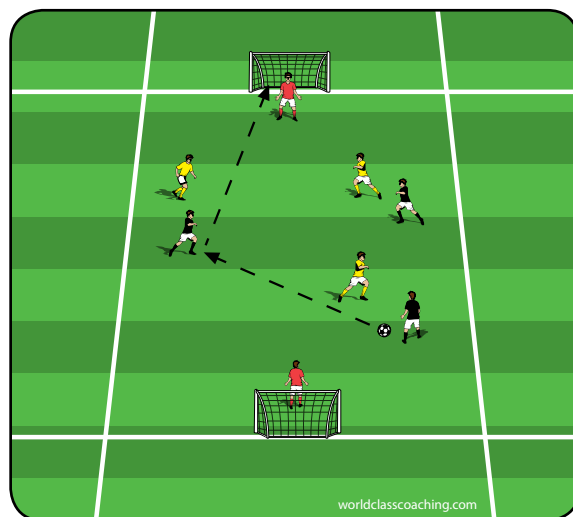
Progression

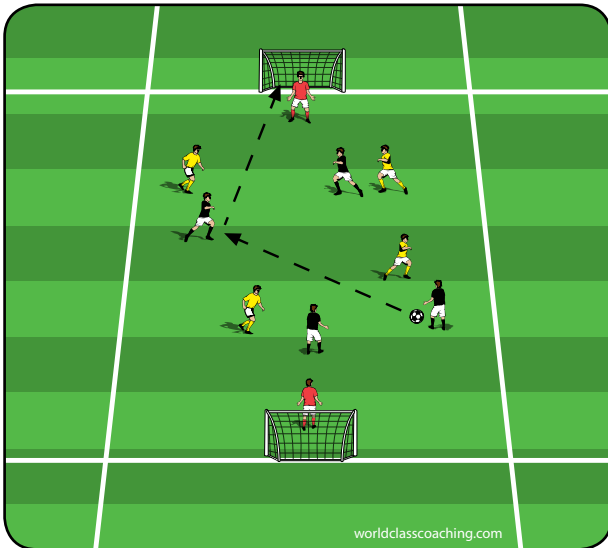
A grid is set up that is 15x20 using two small goals. Play inside the grid is 2v2. If a team wins the ball in the attacking half of the field they must go back to their defensive half before they can go forward and score a goal. Drill is continuous, but timed. Recommend playing each game for 3 minutes or less. Playing longer takes away the anaerobic component of the game.



Progression

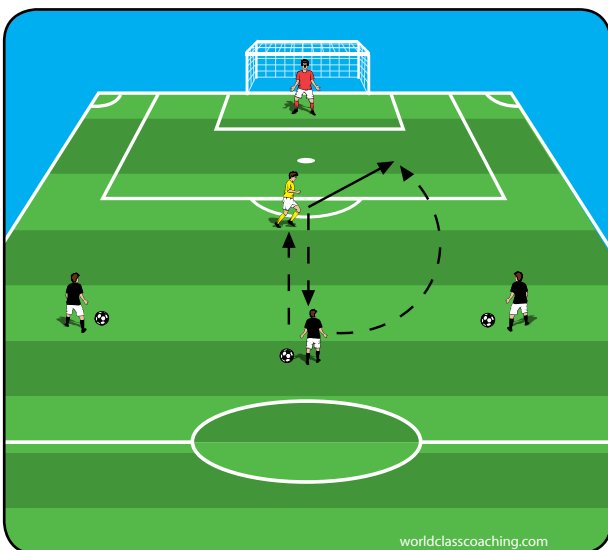
Increase the grid size to 20x30 and incorporate goals (7x16) and goalkeepers. Play in the grid is 3v3 and is continuous. Recommend playing for 3 minutes or less for each game.





Progression

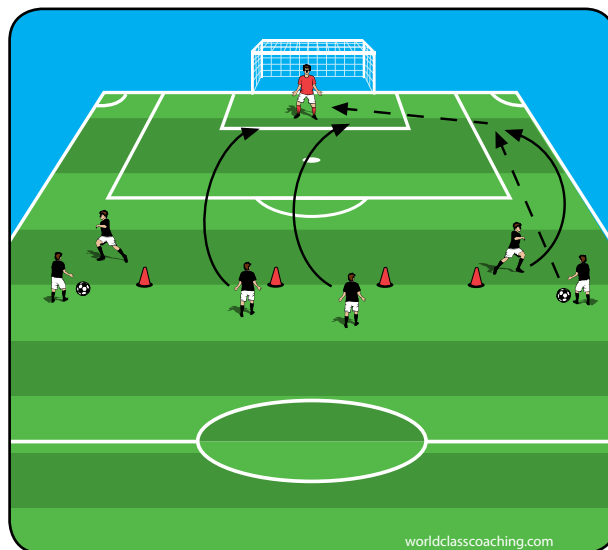
Increase grid size to 20x40 using the same goals and goalkeepers. Play inside the grid is 4v4 and is continuous. Recommend playing for 3 minutes or less for each game.



- **Exercise:** The objective of this exercise is for the defenders to deal with a ball played into the defending third of the field. A defender is positioned 30 yards from goal and three players are positioned 50 yards from goal (one central, one right, and one left). Each of the three players has a ball. The drill begins with one of the attackers passing the ball to the feet of the defender. The defender receives and plays it back to the attacker. The attacker looks to play the ball up and over the defender into the space behind them. The defender must recover, win possession, turn outside with the ball, then play it back to the same attacker. If the ball cannot be controlled and possessed immediately, then the defender is encouraged to play the ball out wide away from the 18 yard box. The defender then checks back to the next attacker with a ball to do the same. Rotate the players after each defender has had six balls.

Exercise

Using the attacking third of the field position four large cones in a line across the field 25 yards away from goal. Four players are positioned in two separate lines centrally to simulate two attackers. Two players with a ball are on the outside right and two players with a ball are positioned on the outside left, all level with the central players behind the line of cones. There is a goalkeeper in goal to defend the attacking play. The drill begins with one of the wide players passing the ball down the line for the other attacking player to run on to. While this is happening, the central attackers begin to make their runs to goal while making sure to stay behind the ball as not to end up in an offside position. In addition, the coach emphasizes to the players to time their runs so they are not standing and waiting for the ball to arrive, instead they are there to meet the ball as it arrives. The wide attacker gains possession and serves the ball into the area for the two attackers to finish at goal. They should be aware of their options and recognize the runs of the players when delivering the ball. Serves can be on the ground or in the air, there is no stipulation initially.

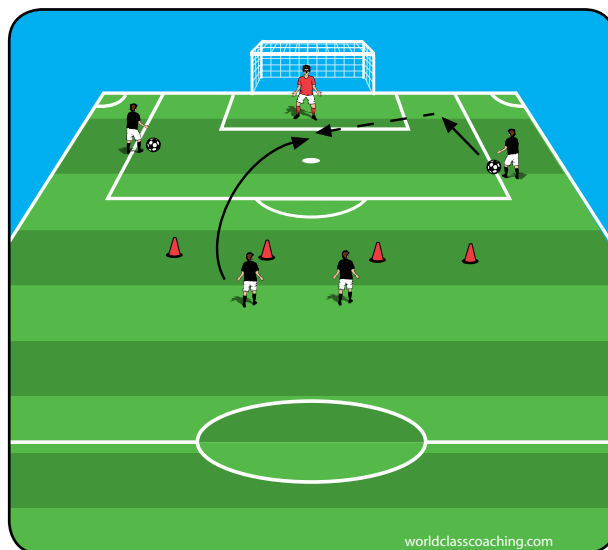


Progression

Serves into the area must now be played in the air. Centrally attacking players now look to score off of head balls or volleys. Again, the timing of runs and quality of serves is emphasized by the coach.

Progression

The outside players now move their lines up till they are on the outside line of the 18 yard box, but six yards away from the end line. The central players remain in the same position. The drill begins with the first attacking player touching the ball at an angle towards goal, but also towards the end line. Only one of the attackers (the farthest from the server) makes a run into the box. The server looks to drive the ball across the 18-yard box to the feet of the oncoming player. The attacking player looks to finish at goal.



Progression

Three lines are positioned 30 yards from goal (one central, one right, and one left). The first player in each line has a ball. Five yards directly in front of each player is a large cone. There is a goal and goalkeeper included in this drill. The drill begins with the first attacker dribbling towards the large cone. They work on making a fake one way, then cutting inside before shooting at goal. Outside players look to attack the cone at an angle and cut inside for a shot at goal. Drill is continuous.

Variation

Same as above, except the player pushes the ball past the cone and comes around the other side for a shot at goal.

(Insert Diagram- CAM U13 Boys#8)

Progression

Same setup as the previous drill, except one attacking positions themselves with their back to goal standing next to the large cone. The player with the ball is five yards away. The drill begins with the ball being passed into the player with their back to goal. The player receives and looks to quickly turn and shoot at goal.

The Brazilian Box Midfield

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Brazil has won five World Cups. They haven't won them by skill and passion alone. They certainly have an abundance of talented players from which to choose. But their success can also be attributed to their commitment to player development, highly specialized fitness systems, attention to details and, lastly, their tactical insights. One of which is the "Box Midfield".

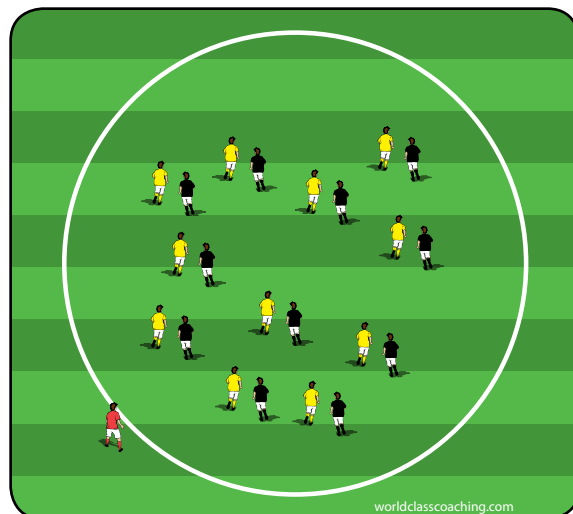


Session Topics - Brazilian, Tactics, Defense, Shape, Pressure, Possession, 11v11

This session was with the Clube Atletico Mineiro First Team coached by Marcelo Oliveira. [Click here](#) to see complete training sessions from Brazilian Soccer Academies

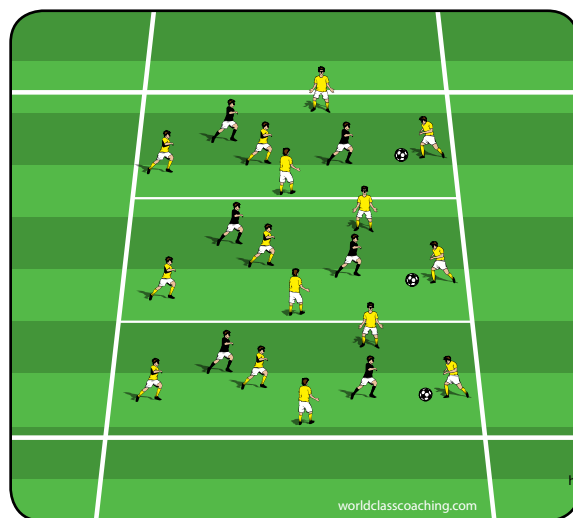
Warm-up

Separated the goalkeepers and field players. The field players began their warm-up with static stretching before the coach got involved for a dynamic warm-up with the players. Using the center circle, the coach had the players jogging around inside. On his signal (clapping of his hands), the players performed what the coach instructed. He began with the players performing high knees on his clap. He would increase the intensity of his clapping to get more out of the players. The players performed high knees three times before switching to heels kicks (heels up to hands in the back). The third sequence involved the players shuffling/sliding to the side (first to the right, then to the left). The coach would again use the intensity of his clapping to increase the effort of his players.



Exercise

Three grids of 10x12 had already been set and to one side of the field. The coach divided the players into groups of 7 had placed each group inside one of the grids. Two vests were in each grid. Two players took up the vests and held them as defenders inside their respective grid. Play inside the grid is 5v2. The players who loses possession or makes an errant pass switches with the nearest defender. Coach stops play for additional stretching.



Progression

While the players were on their third sequence of stretching the coach and assistant coaches increased the grid sizes to 15x10 to continue playing 5v2. encouraged quick movement and one-touch play.

Exercise

Moved into 11v11 play with the starting 11 wearing maroon and the second 11 wearing green vests. The exercise begins inside of the defending third of the green team. The emphasis was on defensive shape and pressure of the maroon team as the green team attempts to build out of their half of the field. The drill is stopped once the maroon team wins possession of the ball. The ball begins with the goalkeeper each time.



Progression

Moved all players into one third of the field. Had the green team work on serving in free kicks and the starting team (maroon) work on defending and clearing free kicks out of the 18-yard box. Worked on this from serves from left of goal for 2-3 minutes, then switched sides to have serves coming in from the right side of goal.

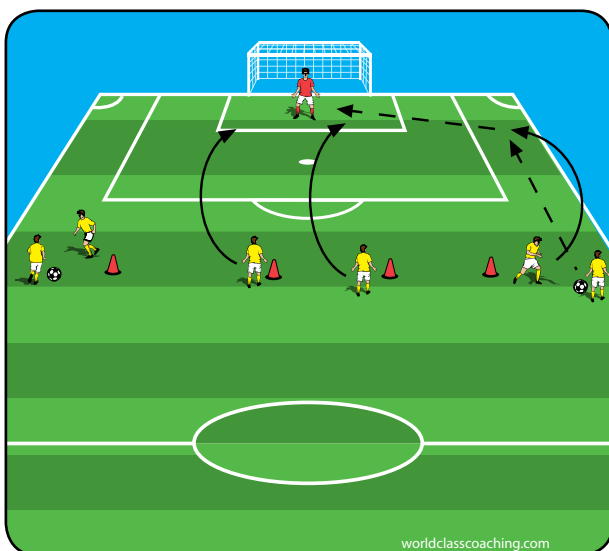


Exercise

After break the teams switched sides and the maroon team worked on possessing the ball. The first team worked on attacking play, combinations, possession and penetration. Combinations seemed to focus more on attacking the flanks with give-and-go combinations. Began by giving possession back to the maroon team when possession was lost. Quickly switched to letting play continue. Stopped the exercise early on to emphasize quicker adjustments in transition to defending. Did not like his team's effort or speed in recovering to defend.

Progression

After free play for 15 minutes, had the green team take corner kicks to work on defending corner kicks. After 2-3 minutes of corner kicks from the right side of goal, the coach switched it to have corner kicks from the left side. After an additional 2-3 minutes allowed play to continue again.



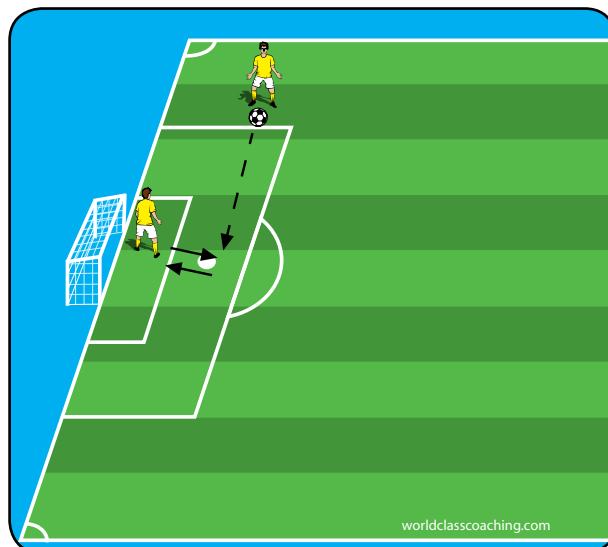
Exercise

Four players are positioned in two separate lines centrally to simulate two attackers 25 yards from goal. Two players with a ball are on the outside right and two players with a ball are positioned on the outside left, all level with the central players. There is a goalkeeper in goal to defend the attacking play. The drill begins with one of the wide players passing the ball down the line for the other attacking player to run on to. While this is happening, the central attackers begin to make their runs to goal while making sure to stay behind the ball as not to end up in an offside position. The wide attacker gains possession and serves the ball into the area for the two attackers to finish at goal. Serves can be on the ground or in the air, there is no stipulation initially.

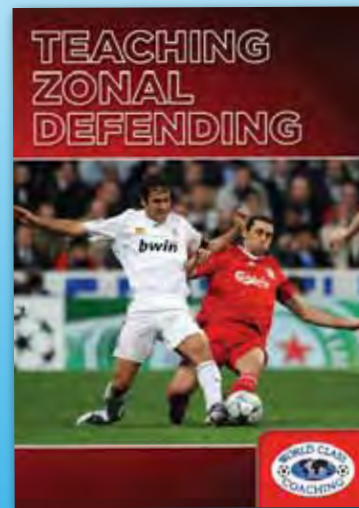
Exercise

Two other players worked on the opposite goal at the same time the above exercise was being run. One player was positioned on the post and the other player held a ball on the corner of the six-yard box. The player on the post would come off of the post and receive a ball in the air that they had to head back to the server. The player then quickly went back to the post and performed the drill again. The drill was continuous for one minute, then the players rested for 30 seconds before performing the drill again. Each player would perform the drill three times, then switch places. Each player performed the drill six times.

Players finished with static stretching on their own.

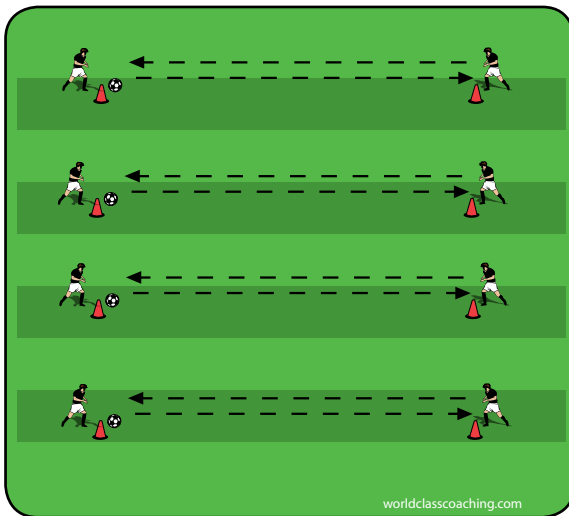


Zonal Defending DVDs



Session Topics - Passing, Receiving, Pattern Play, Technical, Attacking

This session was conducted with the U16 Clube Atletico Maneiro Academy team coached by Paolo Silva. Click [here](#) to see how Brazilian Academies teach technique.

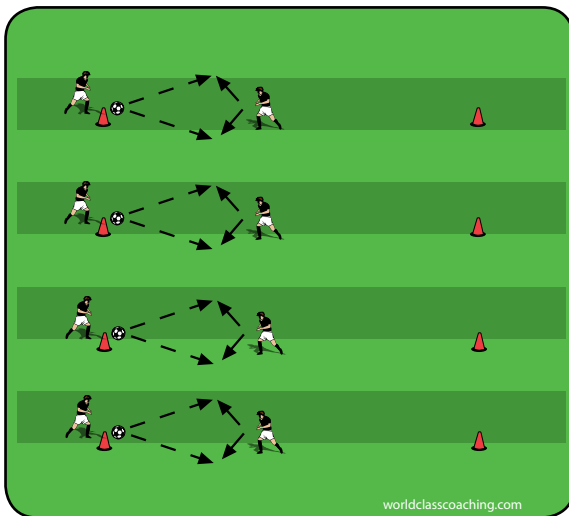


Exercise

Players were partnered up and separated by 10 yards across the field. Each pair had one soccer ball and worked on technical passing back and forth with one another. Players begin the drill by receiving the pass with one foot, then passing with the other foot. Drill is continuous for 5-6 minutes.

Progressions

- The drill progresses to one-touch play. Again, drill is continuous for 5-6 minutes.
- Players move to within one yard of each other and continue working on one-touch play. Drill is continuous for 5-6 minutes.



Progressions

- One player holds the ball while their partner works. The player without the ball shifts to their left and volleys the ball back with their left foot to their partner. They then shift to their right and volley the ball back with their right foot back to their partner. Alternate roles and continue drill for 5-6 minutes.
- Players separate to 6-7 yards away from each other. The drill acts the same as above, except the toss is made in front of their partner and the partner looks to side volley the ball back to their partner's hands. The drill alternates between right and left side volleys. Alternate roles and continue drill for 5-6 minutes.
- Players look to receive the ball from their partner, then juggle the ball three times before passing back to their partner. 5-6 minutes.

Exercise

The players move back to 10 yards away again with two players on one cone with a ball and the other player on the other cone without a ball ten yards away. The drill begins with the first player with the ball dribbling to the player on the other cone. The player on the other cone gains possession and dribbles back to the other player who gains possession and dribbles back towards the first player. The drill is continuous.

Progressions

- The player with the ball works on dribbling with the inside and outside of the same foot to the player on the opposite cone. The drill is continuous.
- The player with the ball works on dribbling with the inside of one foot and the outside of the other foot to the player on the opposite cone. The drill is continuous.

Exercise

Coach moves from technical progression to working on patterns in an 11v0 format. The coach sets 10 field players in a 3-5-2 formation on the field. The goal they are attacking has a goalkeeper in goal. Coach works on patterns and combinations to goal and finishes with a serve and runs to shoot at goal. The first pattern begins with the central defender passing the ball to the left side defender. The left side defender receives and passes the ball to the defensive central midfielder on that same side. The defensive central midfielder then passes the ball wide to the outside left midfielder. The attacking central midfielder checks towards the ball outside left and receives a pass from the outside left midfielder. The outside left midfielder, after passing the ball to the attacking central midfielder makes a run down the line. The attacking central midfielder makes a one-touch pass down the line to the space in front of the outside left midfielder. The outside left midfielder re-gains possession, dribbles towards the end line and serves the ball centrally to the two forwards who are making runs towards goal. The drill is then repeated using the other side. The drill continues for 10-12 minutes before the coach switches the pattern.



Progression

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Progression

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Players stretched on their own to end the session.

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Session Topics - Goalkeeping, Movement, Handling, Technical

This session was conducted with the goalkeepers from the U15 and U16. [Click here](#) to see our inovative goalkeeping DVD.

Goalkeepers begin with juggling on their own before moving to dynamic movement and jogging with stretching on their own.

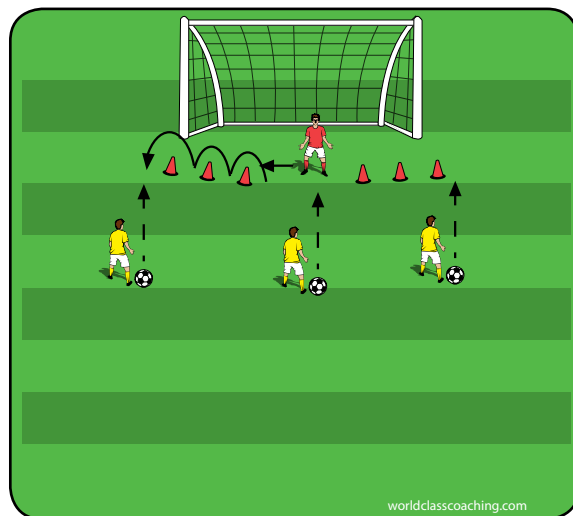
Goalkeepers rotated in goal to face a progression of soft shots. The progression begins with soft shots on the ground; one central, one left, then one right. Shots then progressed to varied heights of soft shots, but nothing to make the goalkeepers dive.

Exercise

Three cones are laid out in a row on each side of the post 2 yards out from goal. The goalkeeper faces forward towards the coach and goes through the cones with high knees. Once the goalkeeper reaches the middle the coach volleys the ball to the goalkeepers hands. The goalkeeper then continues through the other side of the cones and receives a volley to hands again. The next goalkeeper is waiting to begin the drill.

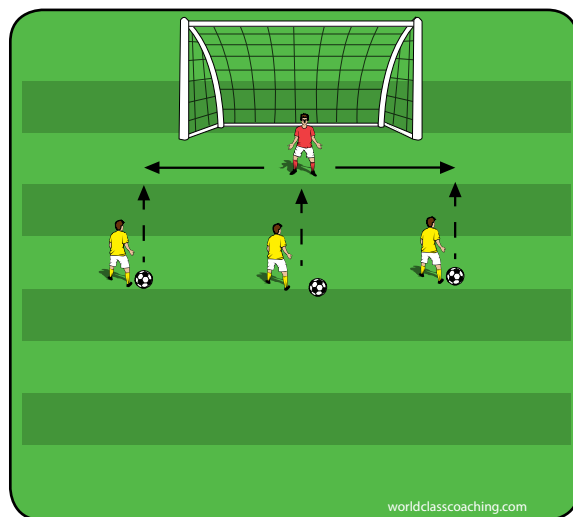
Progression

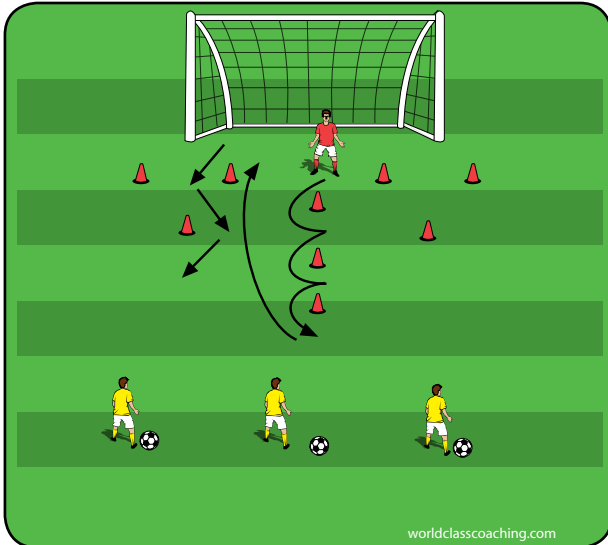
The progression acts the same as above, except in the middle the goalkeeper comes forward to receive a volley into the hands. They look to receive the ball moving up into the air. The goalkeeper on the sides receives a volley to the hands as before.



Exercise

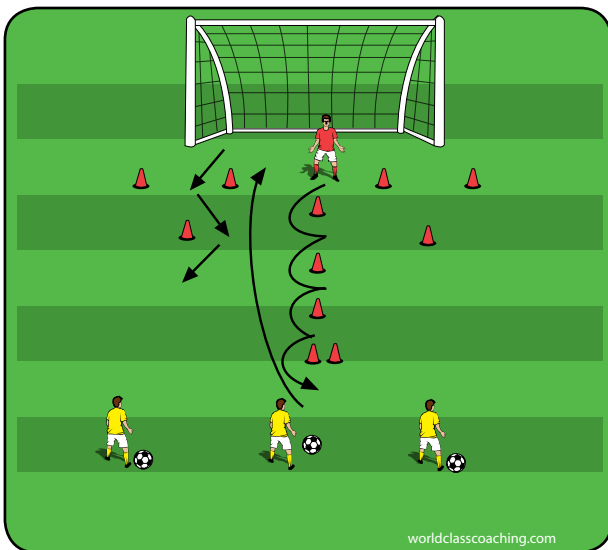
A goalkeeper is positioned with a ball on the six yard box in front of each post. The coach is in the middle on the six yard box, also with a ball. The goalkeeper performing the drill starts in the middle in front of the coach. They receive a ball on the ground, collect it, then roll it back to the coach. The goalkeeper then shuffles left to collect a ball on the ground from one of the other goalkeepers and does the same. The goalkeeper then shuffles back to the middle to receive another ball on the ground. They then shuffle to their right to receive the ball from that goalkeeper. Drill is continuous for up to 30 seconds. Switch goalkeepers and continue drill.





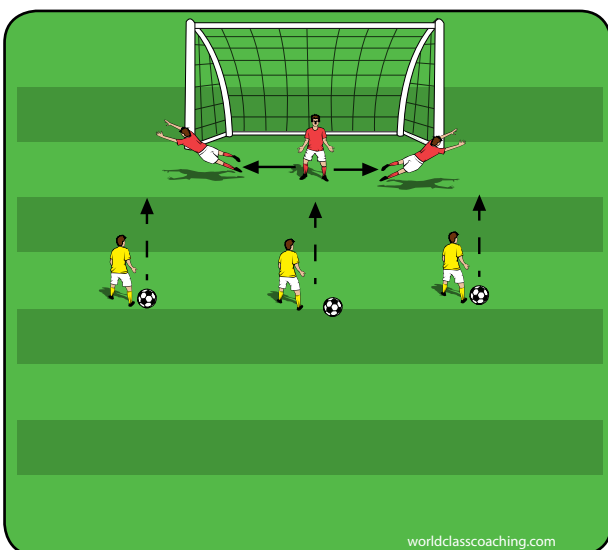
Exercise

Three tall cones are lined up starting in the middle on the six-yard box and extending out separated by two yards. A triangle is set up on each side of the line of cones that is 2 yards by 2 yards in size. The goalkeeper begins in the middle and weaves through the tall cones. Once through the coach volleys a low shot for the goalkeeper to save and make a forward dive. The goalkeeper rolls the ball back, then backs up to the triangle on the right. The goalkeeper then weaves through the triangle and gets a low volley shot at their feet to make a forward dive save. They roll the ball back and move to the other triangle to do the same. Goalkeeper performs the drill two times before switching.



Progression

Using the same arrangement as in the previous drill, two large cones are added and positioned in front of the last tall cone. The drill is the same as above, except the goalkeeper through the tall cones must jump over the two tall cones and quickly make a forward dive save.

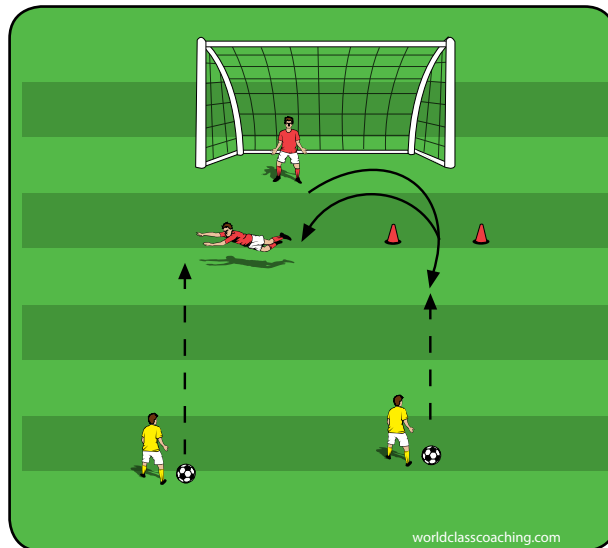


Exercise

The coach stands with the ball 8 yards from goal and the goalkeeper on the goal line. The goalkeeper shuffles to their right and receives a ball on the ground to make a collapse dive. The goalkeeper delivers the ball back to the coach and re-positions back in the middle again. The goalkeeper then shuffles to their left to make a collapse dive save. Drill is continuous for six dives, then goalkeepers switch.

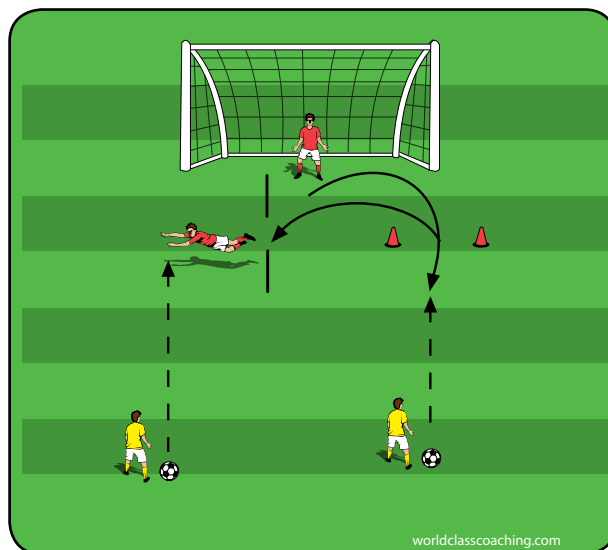
Exercise

A small cone goal is set up even with one post on the six yard box. The coach is positioned in front of the cone goal 12 yards from goal (6 yards in front of the cone goal). Another goalkeeper is positioned even with the other post and level with the coach. Each has a soccer ball. The goalkeeper performing the drill stands in the middle of the goal on the goal line. The drill begins with the goalkeeper coming through the small cone goal to make a volley save to hands. The goalkeeper then backs up through the cone goal and moves quickly towards the other post to make a collapse save. Drill is continuous for 8 total saves. Rotate goalkeepers into the drill. Be sure to switch sides after each goalkeeper has gone through the drill three times.



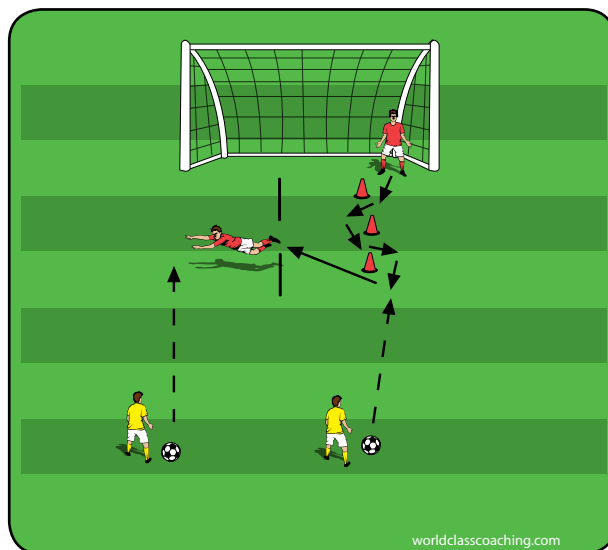
Exercise

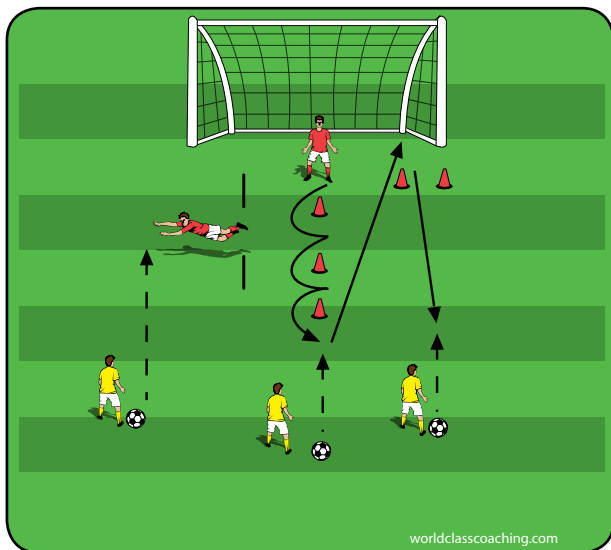
The set-up of the drill is the same as above, except two large cone bridges are added to the side of the small cone goal. The drill begins with the goalkeeper coming through the small cone goal and receiving a volley shot to hands. Once they've made the save they then back up through the small cone goal and start moving towards the other post. The goalkeeper then jumps over each large cone bridge and makes a collapse dive save. The drill is continuous for 8 total saves. Be sure to switch sides after each goalkeeper has gone through the drill three times.



Exercise

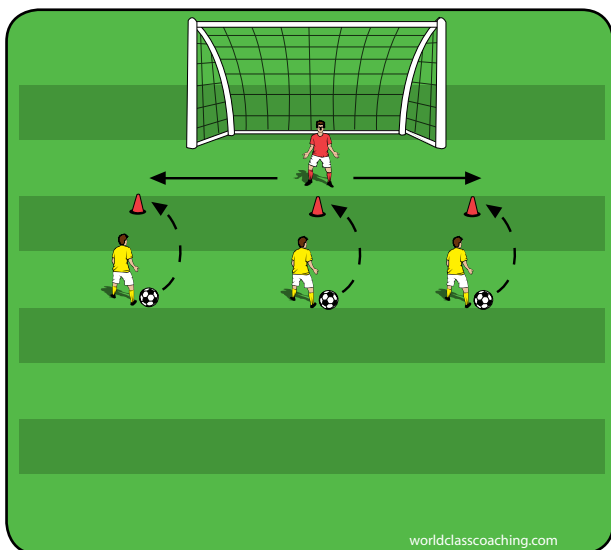
Three large cones are lined up even with one of the posts and extending from the 6 yard box. Even with the other post on the 6 yard box are two posts separated by ten feet with a string running between the two of them about 3 feet off of the ground. The drill begins with the goalkeeper standing on the post by the large cones. The goalkeeper weaves through the large cones then receives a volley shot at feet from the coach to make a forward dive save. The goalkeeper then backs up and shuffles to the poles holding the string. The goalkeeper then makes a power dive over the string to make the save. Drill is continuous for six total saves. Each goalkeeper performs the drill three times, then switch sides.





Exercise

Three small cones are lined up from the top of the 6 yard box and in the middle of the goal and a small cone goal to the right side of the goal on the 6 yard box. On the left side of the goal are two poles separated by ten feet with a string between them that is three feet off of the ground. The coach is in front of the small cones in the middle and two goalkeepers each have a ball and are positioned on each side of the 6 yard box (one in front of the small cone goal and the other in front of the pole bridge). The drill begins with the goalkeeper going through the small cones with high knees to receive a volley shot at feet for a forward dive save. The goalkeeper then backs up and comes through the small cone goal to also make a forward dive save. The goalkeeper then shuffles over to the pole bridge to make a power dive save over the string. The drill is continuous for 6 total saves. Each goalkeeper performs the drill three times, then switch sides so that the power dive is on the other side.



Exercise

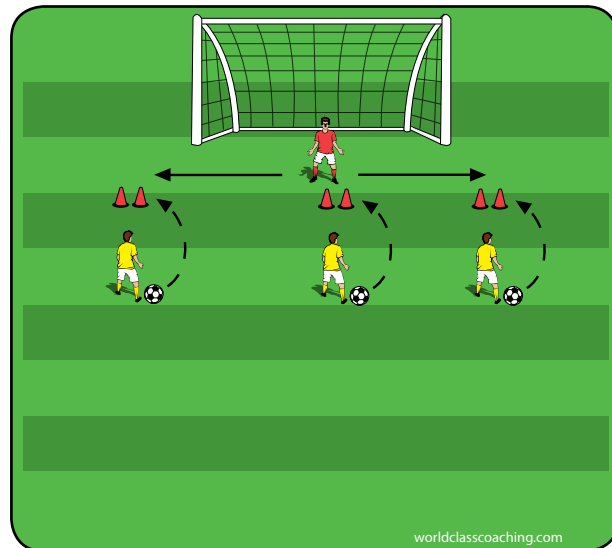
The coach and two goalkeepers each have a ball and are positioned 10 yards from goal; one central, one right and one left. A goalkeeper stands in goal on the goal line. The drill begins with the goalkeeper receiving a ball in the air from the coach centrally. The goalkeeper receives the ball at its highest point, then distributes it back to the coach. The goalkeeper then shifts left to win the ball in the air. They then shift right to do the same. Drill is continuous for nine total balls in the air. Switch goalkeepers and repeat. Each goalkeeper performs the drill three times.

Progression

Same as above, except a cone is placed on the 6 yard box; one central, one even with the right post and one even with the left post. The drill involves the goalkeeper following the same pattern, except the goalkeeper must come around the cone to win the ball in the air.

Progression

Same as above, except the small cones are replaced with two large cones next to each other. The pattern is the same, except the goalkeeper must jump over the large cones to win the ball in the air.



Exercise

This drill uses one large goal with the coach and two goalkeepers. The drill is set up where the coach is positioned at an angle from goal 10 yards from the end line and 4 yards away from the six yard box with soccer balls. Another goalkeeper is positioned even with the top of the 18 yard box between the 18 yard box and the touchline. The other goalkeeper is positioned 40 yards from goal on the same side as the other goalkeeper. The drill begins with a goalkeeper standing in the goal. The coach varies the delivery of the soccer ball to the goalkeeper who wins it and distributes to the first goalkeeper (by the 18 yard box). The coach does the same and the goalkeeper wins the ball and delivers the ball to the second goalkeeper. The distribution progresses through the following:

- The first three times through the goalkeeper throws the ball to the target.
- The second and third three times through the goalkeeper side volleys the ball to the target.

Goalkeepers stretch on their own to end the training session.

Coaching the Goalkeeper

In this DVD, Crittenden, presents a series of innovative goalkeeper training exercises that utilize mannequins and other obstacles to help push standard exercises into the realm of critical thinking. Multi balls and manipulating distractions help to simulate scenarios found in a match and are just a couple of the instruments on display for you to watch.



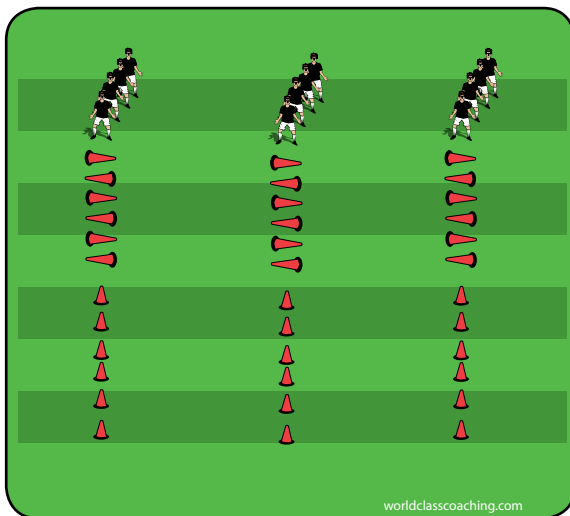
Session Topics - Attacking, Technical, Possession, Conditioning, Plyometric

This was a shortened training session with the U15 Clube Atletico Maneiro team because they were preparing for a scrimmage the next day (the session lasted 45 minutes at most). The session focused on a plyometric fitness regiment followed by technical work and an attacking possession game.

Exercise

The drill is set up using 18 large cones and 21 small cones or disc cones (6 and 7 per line respectively). The structure is set up with the large cones lying on their side and separated by 2 yards. The six large cones are in a line and the other cones are grouped accordingly to make three separate lines (6 in each line). The small disc cones are lined up immediately following the large cones and are separated by one yard each. Seven cones are lined up in a row right after the six large cones that are lying down. There are three separate lines that are right next to one another and all of the players are divided into three separate groups. The drill begins with the players going through the cones. There is a pattern that is rotated, but the players on this particular day only performed one pattern three separate times before moving on. The same drill had been observed on another field from afar and additional progressions were observed that are included in this session.

- Players go through with high knees over the large cones, then slow high knees through the small discs.
- Players again through the cones with high knees, but the players double step in each space between the cones.
- Players jump over the large cones with both legs, then high fast knees through the small discs.
- Players jump over the large cones, back over again, then forward twice. The drill works on up two and back one through the tall cones, then high fast knees through the small cones.
- Players weave quickly from side-to-side through the large cones, then fast high knees over the small cones.

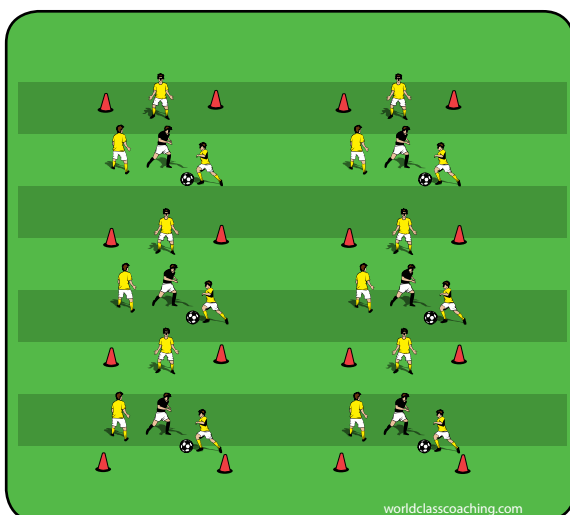


Exercise

Two small cones are separated by ten yards. The cones are lined up and separated by ten yards covering half of the field. Players are paired and each player is positioned across from each other on a cone. One player begins with the ball and juggles it to their partner. Once they reach their partner they leave them the ball and return to their own cone while their partner does the same.

Progression

Same as above, except the player controls the ball in the air (i.e. juggling) with their right foot only to their partner. After each has done this three times, then they switch to their left foot.

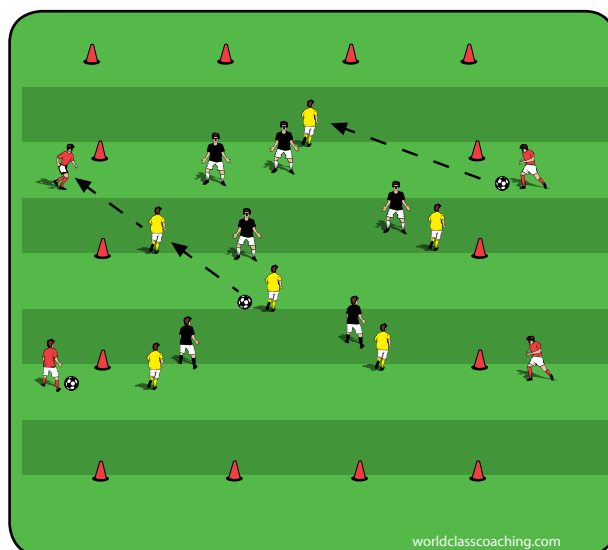


Exercise

Several ten by ten grids are set up in a line across part of the field. Four players are in each grid; one holding a training vest in his hand. The drill is 3v1 in the 10x10 grid. When a player intercepts the ball or a bad pass is made, then that player is switched with the defender in the middle. This drill continued for 15 minutes. The emphasis was on making sure the players filled in to support both sides of the ball. Players needed to move quickly and move the ball quickly to support and maintain possession.

Exercise

This was one of the more beneficial exercises on the trip. I enjoyed this one as I saw several benefits and applications for this particular drill and felt it was very effective at promoting speed of play and transition. The drill is 6v6 inside of an area that is 40x60 in size with two large goals and goalkeepers. There are four neutral players on the outside of the grid; two positioned on the left side of the grid and two on the right side of the grid. Two of the four neutral players have a soccer ball while the other two do not. One neutral on each side has a ball. There is also a game ball in the drill itself. The drill involves normal play of possession, penetration, attacking, defending and transition. The team with possession is looking to keep possession and, when possible, to score a goal. If the situation arises where they need to play to one of the open neutral players on the outside, then the ball comes in from the other neutral player on the other side of the grid. Players should be encouraged to read the game and look for better attacking options when possessing or trying to create scoring chances. This is a very fast attack-minded game that works on speed of play and transition. This game was played for about 25 minutes.



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