



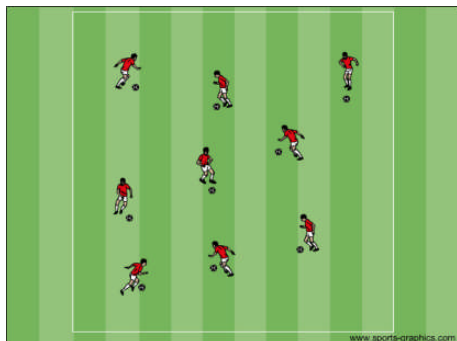
NSSDC Coaching Clinic 6 442 System of play Coaching 11v11

Introduction

This document is to supplement the on field coaching clinic the NSSDC ran on Friday 28th January 2011 by Saibo Talic focusing on the 442 system of play.

Session Duration 1hr 30mins

Warm up



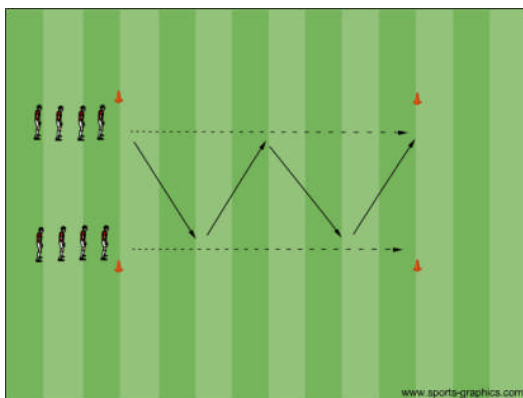
Set up a grid and have players dribble the ball inside the grid avoiding other players.

Players perform various dribbling exercises as set by the coach.

For the last 5 mins players perform co-ordination exercises as set by the coach

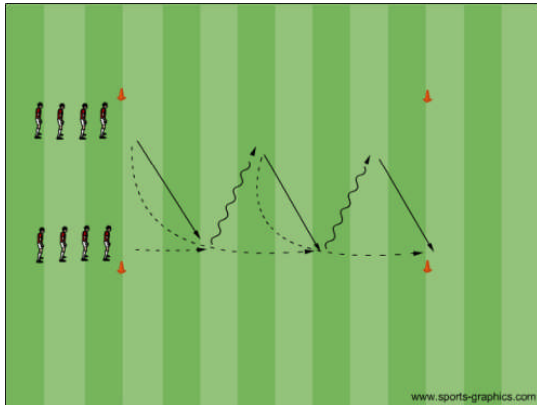
Technical Exercise – Passing and Receiving in Pairs

Exercise 1



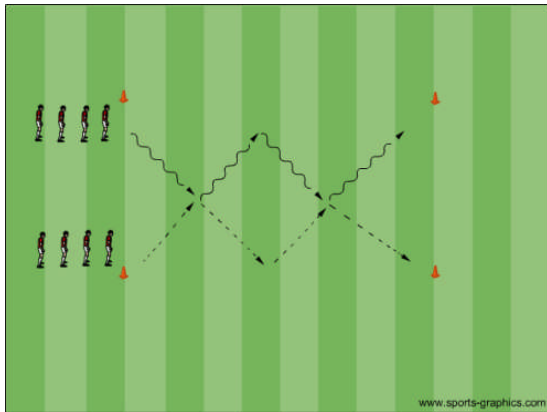
Set up area and line up players as shown in the diagram players pass in the sequence shown taking 2 touches.

Exercise 2



Set up as in previous exercise players pass in the sequence shown in diagram to perform an overlapping run.

Exercise 3

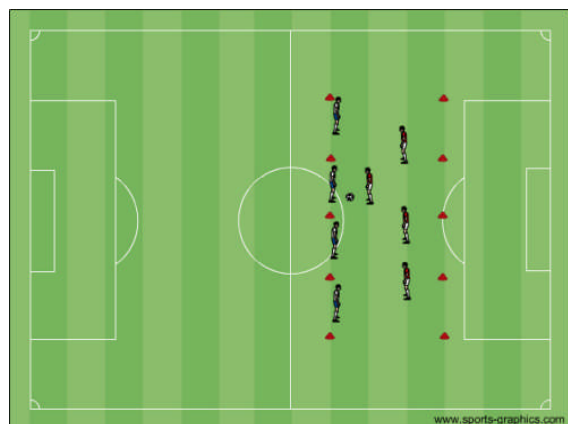
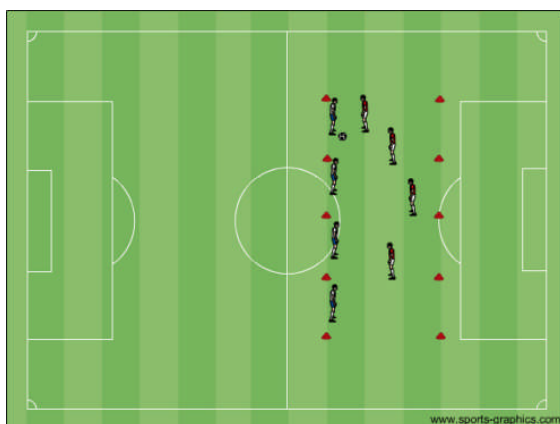


Set up as in previous exercise players pass in the sequence shown in diagram to perform a crossover run..

Key Coaching Points to observe:

- Quality of the pass (Accuracy, Weight, Timing)
- Quality of the movement to create space
- Communication

Tactical – Back 4 Defending



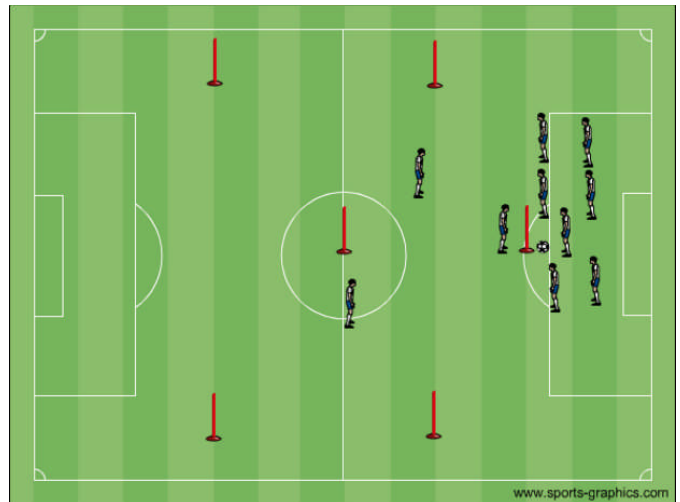
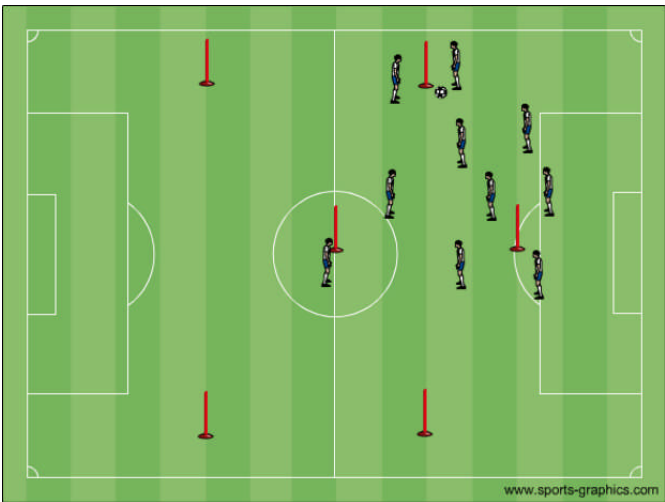
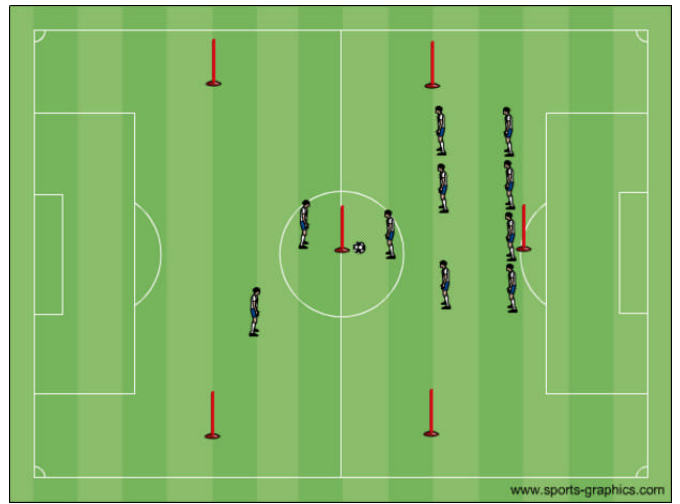
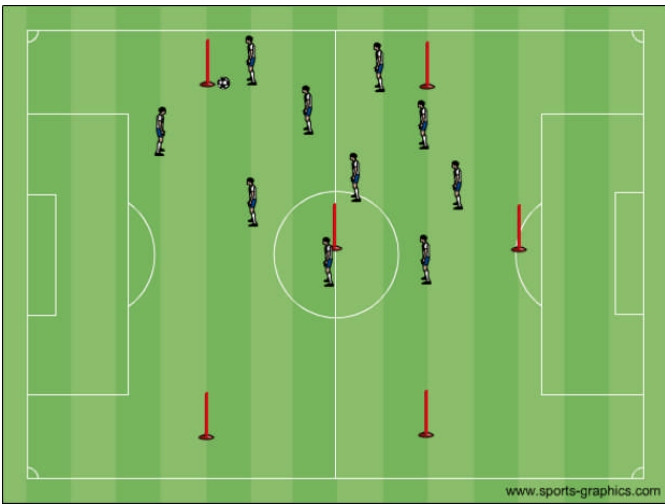
Set up area as shown above and have 2 lines of 4 players line up across from each other.

Attacking players pass the ball between each other while the 4 defending players work as a team to maintain a good defensive position at all times (See Diagrams)

Key Coaching Points to observe:

- 1st defender pressures
- 2nd defender Supports
- Other defenders provide cover and balance
- Stay compact and work as a unit
- Communication

Tactical – Team Defending



Set up area as shown in the diagrams, players line up in a 442 formation.

Coach passes the ball to another coach situated one of the 6 poles marked on the field, the team adopts a good defensive shape based on the position of the ball (See Diagrams Above)

Key Coaching Points to observe:

- 1st defender pressures
- 2nd defender Supports
- Other defenders provide cover and balance
- Stay compact and work as a unit
- Communication

Game 11v11

11v11 Game teams line up as follows:

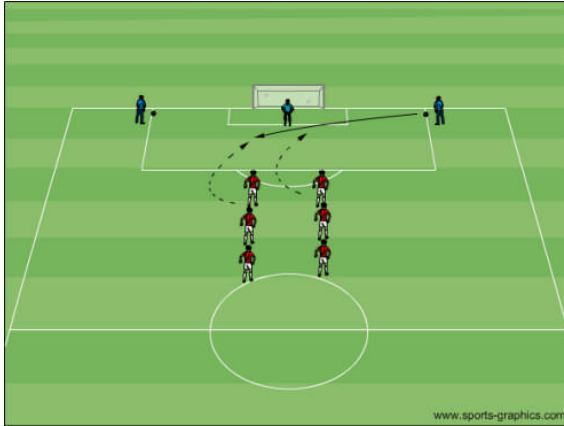
Team 1 - 4-4-2

Team 2 - 4-3-3

Free play only coach team playing 4-4-2 and step in to coach when key coaching points arise in attack and defence.



Shooting Exercise – Crossing and Finishing



Players line up as shown in the diagram.

Players work in pairs, making near and far post runs and attempt to score off a cross delivered from the coach

Key Coaching Points to observe:

- Quality of combination to create crossing opportunity
- Quality of the cross
- Timing and quality of the near and far post runs into the box
- Judgement of the flight of the ball, and selection of technique to strike the ball
- Quality of Finish

De-brief players and cool down