

Modifying your Coaching Sessions

In this edition of the training ground we are looking at different ideas that we can use to vary the practices and get our players thinking in a way which enhance their learning process.

There are certain changes that can be made to your sessions that include size of playing area, number of players available and equipment you have available. You should not make these modifications just for the sake of it, they need to be realistic and allow the players to work towards and understand the aims of the session.

Size of the Pitch

Large Area: Easier for Attackers and harder for Defenders.

Small Area: Easier for Defenders and harder for Attackers.

Changing the size of the area allows the session to include different numbers of players and alters the time and pressure for players in possession of the ball and space for players off the ball.

Channels and Zones

Channels are used down the side of the pitch and Zones would be used across the pitch. The normal use for a channel would be to incorporate wing play into training and working on perhaps the delivery of crosses. It is also a good set up for players to develop a concept of width.

Zones can be used to break up the pitch into defensive, midfield and attacking thirds and also depict goal areas.

Players

Overload - When working on a certain aspect of the game, the group being coached will have more players, by having additional players, it will enhance the chance of greater success.

Underload - The group being worked will have less players than their opponents. With fewer players, a group will need to work far harder and work as a unit, also it will encourage communication skills.

Target Players - These players can be placed to provide a focus for the players on the pitch, they can be used at the side of the pitch as a winger for the attacking team to provide width or as an outlet for the defence. Target players can also be used at the end of the pitch, score if you can get the ball to them or receive a pass off of the target player before you can shoot.

Playmakers - These are normally used within a game to create an overload for the team in possession, in effect they play for both sides. Both Playmakers and Target Players should be clearly recognisable, wearing different coloured bibs.

Goals - As well working on a regular basis within a full size goal relevant to the age groups you are working with, there are many other types of goals that could be used.

Small-sized goals can be used for working on accuracy, creating smaller pitches and for placing around or in the pitch to set up different targets to attack.

Double sided goals are used for attacking from either side and give coaches the opportunity to modify their sessions and add variety.

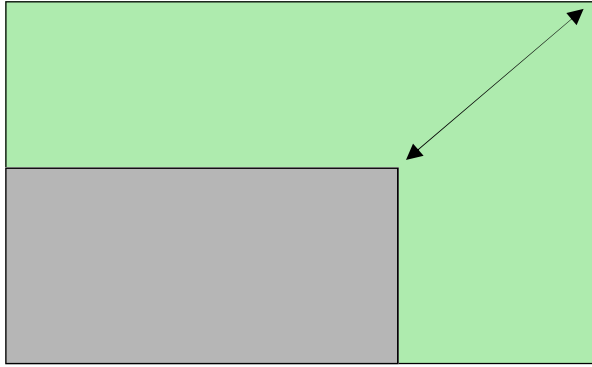
Triangular Goals are good to use to help promote different angles of attack and are good for working with your goalkeepers, on reaction training.

Counter Attacking Goals placed in wide positions help to encourage the defending team to breakout in the right way and also achieve an end result.

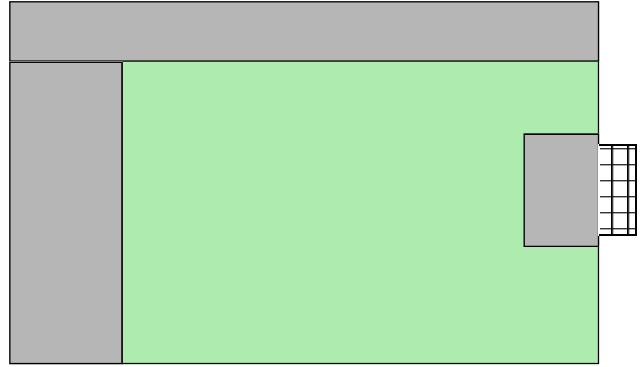
Scoring Zones are a good idea to introduce into training sessions, they are a good alternative to regular goals and can include, **end zones**, **target grids**, **corner zones** and **gates**, which can either be made up with **poles**, **cones**, or **markers**.

Taking all of the above into consideration, there are many variations we can incorporate into our training sessions, which will keep players interested, stimulated and will also help them to begin to think in different ways, helping to make them become more rounded players.

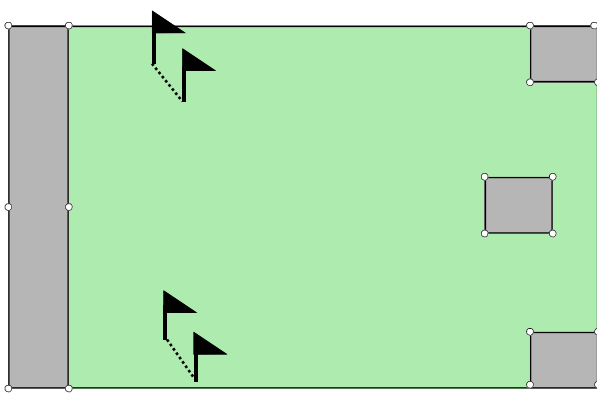
(Diagrams incorporating the above are shown on the following page)



Size of the pitch



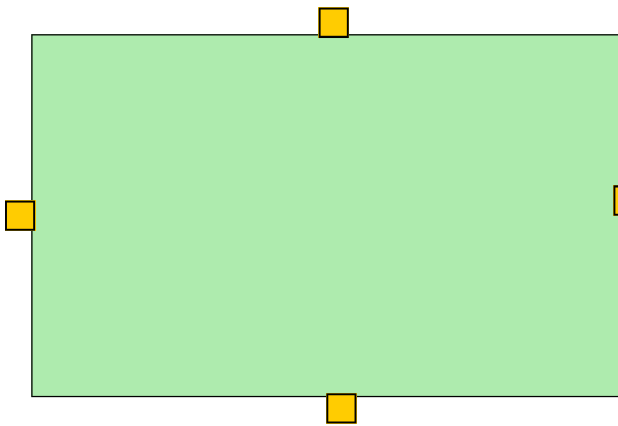
Channels and Zones



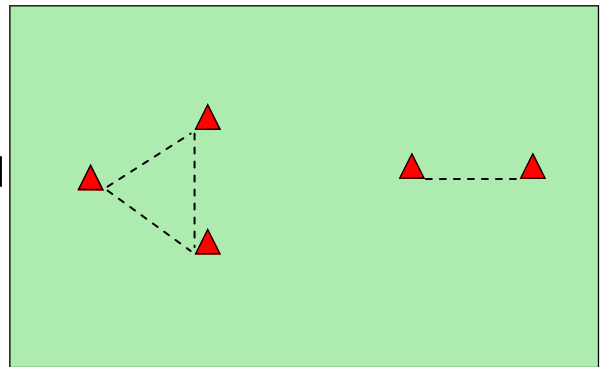
Scoring Zones/Gates



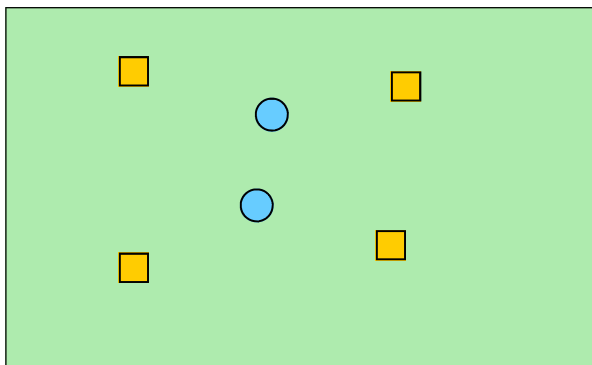
Full size goals/Smaller counter attack goals



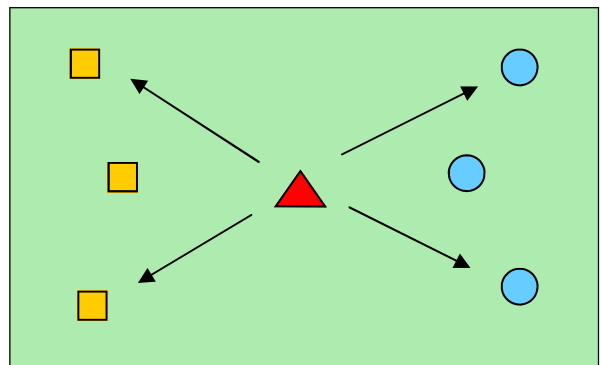
Target Players



Double Sided / Triangular Goals



Overload / Underload



Playmaker