



WAYNE HARRISON

SCANNING, MOVEMENT OFF THE BALL BEHAVIOR AND TEACHING ONE TOUCH THINKING

SOCCER-AWARENESS
TRAINING-METHOD

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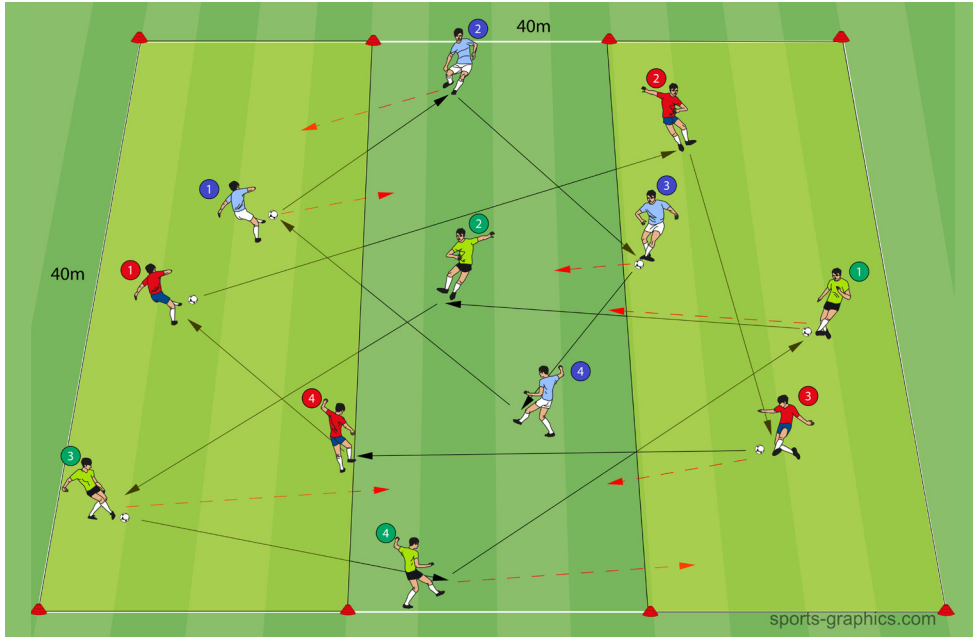
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Number passing game with multiple balls and zone changes



STRUCTURE & PROCEDURE

1. Divide the practice field of approx. 40 x 40 m into three equal thirds (zones), mark it with cones and form three teams. Each team receives two balls.
2. The passing sequences remain the same, but now the passers are to move to another third after receiving the ball before receiving the next pass.
3. This will cause players to play long or short passes, vary the ranges and distances of the passes, and vary the support.
4. In the figure, (1) matches (2) and (3) matches (4) and then moves to another zone for the next pass.

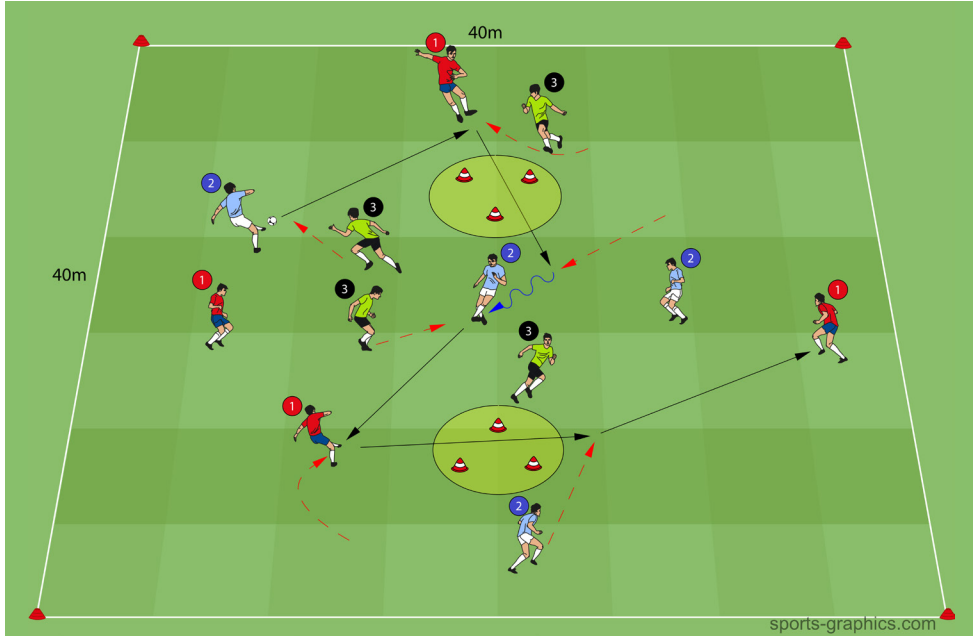
COACHING POINT

- To ensure that players come to understand the idea of passing and moving rather than passing and standing still.

COMPETITION

- Players now count the number of passes they complete as a team in a given time. Compare the totals, which team completes the most passes? (Don't forget to count with one team for control).

Small game form on triangle goal



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STRUCTURE & PROCEDURE

1. Mark the practice field of approx. 40 x 40m with cones and set up two triangular gates with pylons and sufficient spacing.
2. Form three teams of equal size and provide a ball.
3. The combined attack team (here 1 and 2) should now attack the two triangular goals alternately with free contacts, which team 3 tries to prevent.
4. Defenders may not stay inside a triangle to defend.
5. The team composition changes after a certain time limit or after a previously agreed number of goals.

COACHING POINT

- Target players should never wait for the pass behind a triangle goal, but should take it from the move into the move (timing of run and pass) when the goal is played through.

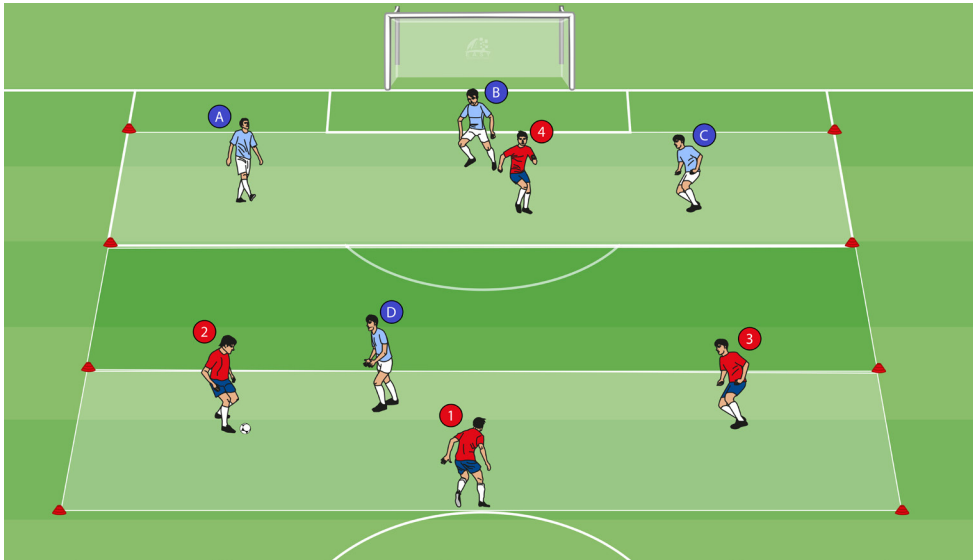
EXPANSION

- Reduction of allowed ball contacts
- Reduce the game to two teams of equal strength

THE FALSE NINE

Free running actions of the “False Nine” between rows and lines.



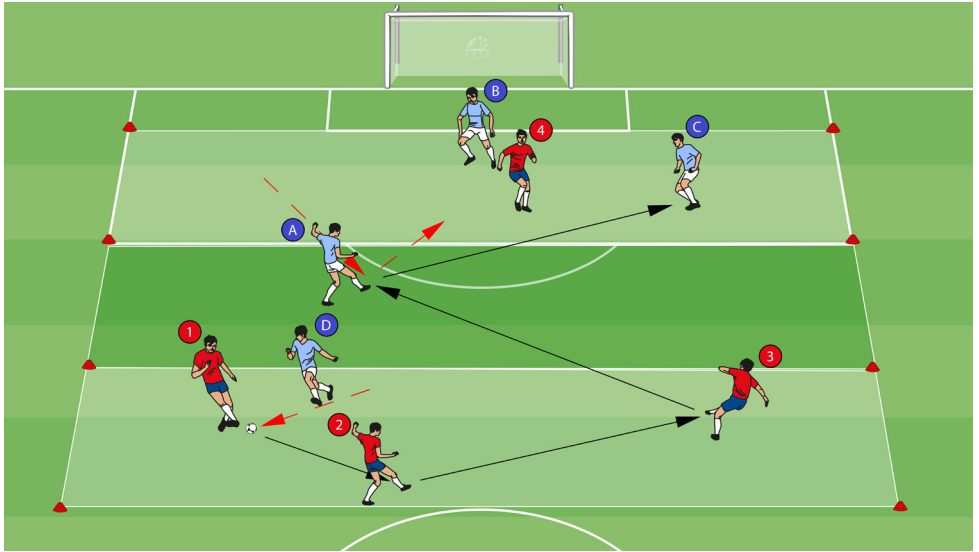


STRUCTURE & PROCEDURE

- Mark the playing field of approx. 35 x 40m with cones and divide it into three zones as shown.
- Prepare a 3 v 1 in each of the two end zones, leaving the center area clear.
- The game is played with one ball only.
- The overnumbered team combines, initially with three contacts, among themselves in their own third and tries to keep possession against the defender.
- If a player from the opposite team moves into the middle free zone, he should be played to as quickly as possible.
- Initially unchallenged, the “False Nine” receives and carries the ball and then plays to one of the two remaining teammates in the opposite end zone, where the 3 v 1 continues.
- Attention: Color recognition is important here, because the reds play a blue in the center and vice versa.
- The defenders remain in the same zone, so that the deflecting player can process the pass without opponent pressure.
- The better the players master this form of the game, the sooner the contacts can be reduced.

COACHING POINTS

- Players should not only keep an eye on their teammates and the opponent, but always be prepared for a player to drop into the middle third to be played on.
- To do this, they should always position themselves facing in the direction of a possible relocation or act laterally to keep the field of view open.



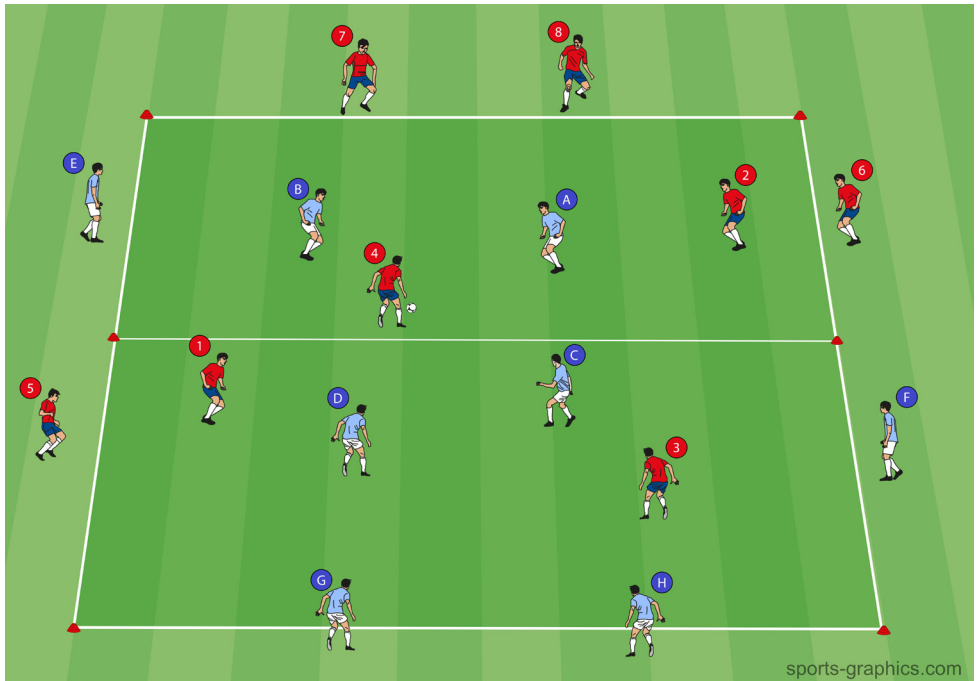
- The feed should be made with a sufficient angle if possible, depending on the quality of the “False Nine’s” freewheeling behavior.
- This is because frontal free running and steep passing make it incredibly difficult to recognize what is happening at the back of the passer.
- If the game situation in the 3 v 1 develops in such a way that player (3) can be played to without being pushed, then this is already the signal, especially for (A), to drop into the middle third in order to demand the pass (see graphic).

FIRST EXTENSION

- Now the defender from the opposite end zone may pursue the “False Nine” with his first contact and gently create pressure.
- Based on the distance the defender travels and the timing of his start, the “False Nine” should still have enough space and time to process the ball to get the ball into the end zone.

TARGETED SWITCHING GAME WITH 16 PLAYERS





CONSTRUCTION UND CURRENT

- Mark the playing field of about 40 x 40m with cones and divide it into two halves.
- Form two teams of eight players each and position the outside players as shown.
- The game is played 4 plus 4 v 4 plus 4 with the goal of first playing back into one's own half of the field after passing to an outside player before scoring again.
- The target players (7) and (8) as well as (G) and (H) initially have two contacts, as do the players on the sides.

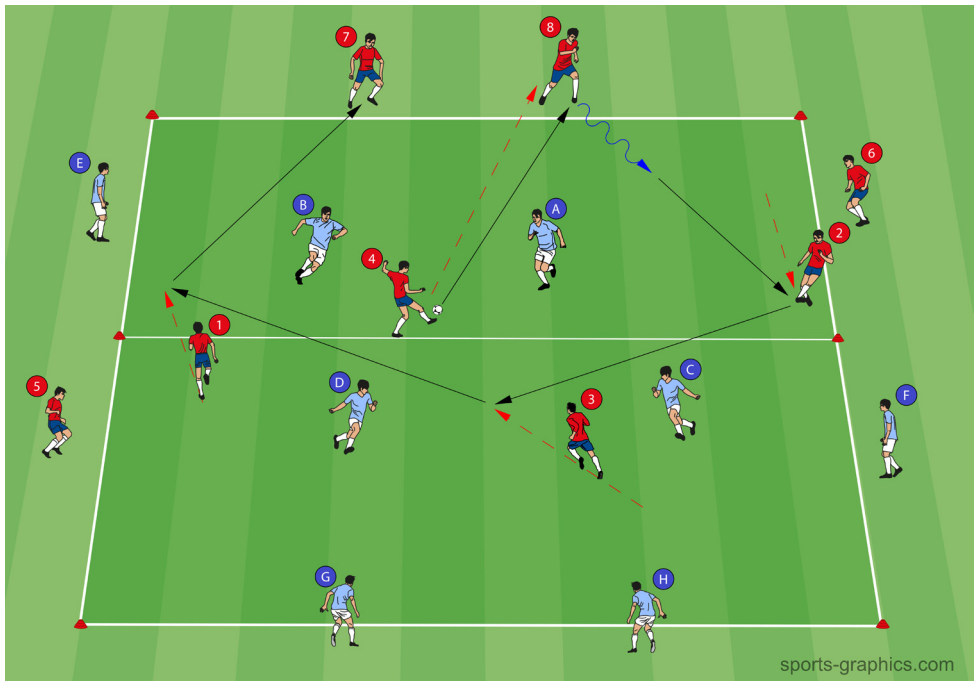
ADDITIONAL REQUIREMENTS

- Reduction of ball contact, one touch play where possible and makes sense.
- All side and target players have only one contact if possible.
- Immediate change of position with target and side players.
- The following figure shows an example of a possible process.
- (4) plays a quick pass to the target player (8), who runs downfield with the ball and passes to the free-running (2), while (4) becomes the target player.
- (2) sees (3) start in the other half of the field from the cover shadow of (C) and passes into his lead with the second contact.

- (1) starts into space, receives the pass from (3) and plays One Touch to the target player (7) before he also becomes the target player.

WATCH THE ATTACKING TEAM

- In particular, pay attention to which player, when, makes which offer, when is released into the depth and whether not only long but also short face-off opportunities were offered.
- Do players situationally reduce the amount of ball contact required or do they merely move the ball forward with no real benefit.



WATCH THE ATTACKING TEAM

- Pay particular attention to whether the players are just keeping an eye on the ball or whether they are also recognizing runs by the attackers in depth in good time, following them or closing down important passing lanes in conjunction with other defenders.
- In order to distribute the load appropriately to all players, the inside players should be exchanged regularly, especially with the side players.

ABOUT THE AUTHOR



Wayne Harrison

Wayne Harrison is a former professional player and has been a highly qualified professional coach for many years. He has served as Academy Director at Blackpool Professional Football Club in England and Al Ain Professional Football Club in the United Arab Emirates.



- Coach with UEFA professional A license since 1996
- Professional player (Blackpool) and Oulu Palloseura (Finland)
- Professional trainer in England and abroad (Finland, the United Arab Emirates and the USA)
- Holder of the NSCAA Premier Diploma and Staff Coach
- Bachelor's degree in sports psychology/applied physiology.
- Author of 14 coaching books and four DVDs on soccer coaching, as well as 46 eBooks.
- In the UAE, he has led 7 professional youth teams to win the national championship in 2 years. In 2009 - 2011, he served as the Director of Coaching at Al Ain Soccer Club with his Soccer Awareness Coaching Program.
- Al Ain Academy has been voted the best professional academy in the United Arab Emirates by the Abu Dhabi Sports Council. The consultant Marco Monte of Inter Milan described it as the model closest to the best European professional club academies. It uses Wayne's thinking player training model developed over many years and has the current "Barcelona" training model of La Mesia for youth development added to their program.

Wayne Harrison has extensive experience conducting on-site seminars and is available for soccer symposiums and conventions.

His focus is on training the "thinking player" through his "SOCCER AWARENESS" training method of developing the player's mind through ONE TOUCH training so they become decision makers on the field rather than the outside coach.

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