

## Session : Oceanside Coaching Development Pony Coaches Manual Two

### Description : Oceanside Coaching Development Pony Coaches Manual Two

Notes :

### 1 - One versus One Defending

**Duration:**

**Explanation**

- the players passes the ball across the area to the attacker and closes down the space
- the defender must 'jockey' as the attacker passively brings the ball forwards and side-side in an attempt to work their way across the square
- each time, the players switch roles

**Coaching Points**

- passing accuracy
- defender closes down space, jockey position and angle of approach to the player



### 2 - Two Versus Two Defending

**Duration:**

**Explanation**

- one of the defenders plays the ball across the area into one of the two attackers
- the first defender applies pressure on the ball turning the attacker to the inside
- the second defender must establish themselves in a position to support the first defender as well as have an awareness for the second attacker
- if and when the ball is played to the second attacker, the idea is for the two defenders to switch roles

**Coaching Points**

- passing accuracy
- communication & organization between defenders
- defensive intensity and commitment to regain the ball



### 3 - 1v1 Duel

**Duration:**

**Explanation**

\* Defender passes the ball into the attacker

\* The attacker receives the ball with the aim to dribble across the endline to score a point

\* If the attacker can dribble across the endline between the two flags with a smaller distance between them they receive three points

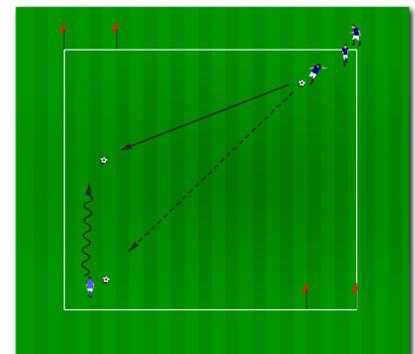
\* If the defender wins the ball from the attacker the same conditions apply for scoring

**Coaching Points**

\* Defender must close down space and jockey

\* Attacker moves to the ball and tries to create space to beat the defender with the first touch with the aim to score on the small goal

\* Transition- react fast to attack and defend



## 4 - 2v2 Duel

### Duration:

### Explanation

\* Defenders pass the ball into the attackers

\* The attacker who receives the ball will try to create space to either beat the defender or make a pass to the other attacker

\* If the attackers can dribble across the endline between the two flags with a smaller distance between them they receive three points

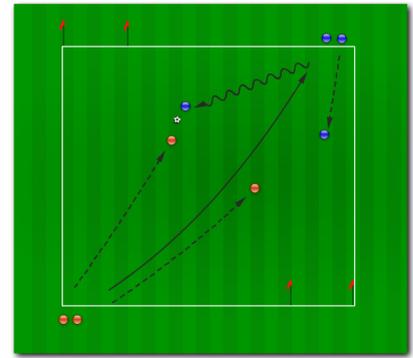
\* the defenders must establish first

### Coaching Points

\* Defenders must close down space and jockey

\* Attackers move to the ball and try to create space to beat the defenders

\* Transition- react fast to attack and defend



defender pressure and support from the

## 5 - 3v2 Attacking the Goal

### Duration:

### Explanation

\* Set up an area 25 yds from goal (approx) as shown

\* Split team into defenders working in pairs, and forwards working in three's

\* The coach starts by passing to any one of the three attackers, the forwards interchange passes and attack the goal as the defenders defend it

\* Rotate attackers and defenders

### Coaching Points

\* Quality of passes, weight, angle, timing, maintaining possession

\* Movement to receive the ball and get into goal scoring positions

\* Accuracy before power

\* Shoot low across goalkeeper

\* Shoot early inside area



## 6 - 3v3 Small Sided Game

### Duration:

### Explanation

\* Set up 2, 3v3 small sided fields 18 x 28 (approx) with 2 goals as shown

\* Set teams up in triangle shape, 1 defender and 2 midfield/forwards

\* Normal SSG rules

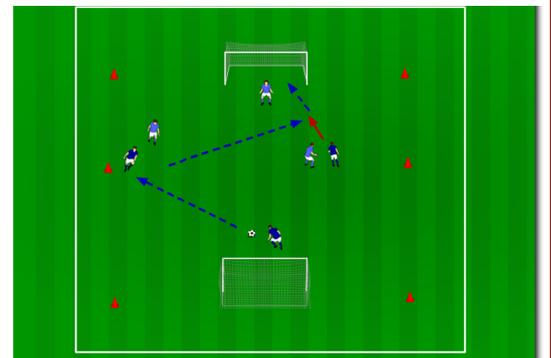
### Coaching Points

'Let Them Play' But! \* Encourage interchangeability in positions but keep team shape 'Triangles'

\* Emphasis quality of passes, timing, accuracy, weight, angle

\* Encourage support runs and distance of support player

\* Decision making, pass or dribble



## 7 - 3v3 Small Sided Game, with wide players

### Duration:

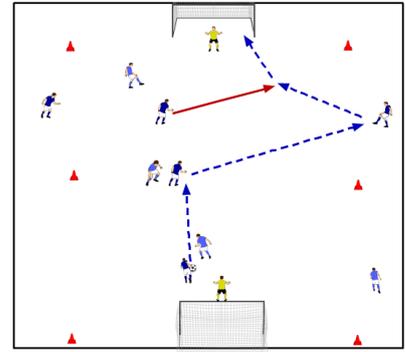
### Explanation

\* Set up a 6v6 small sided game 30x40 (approx)

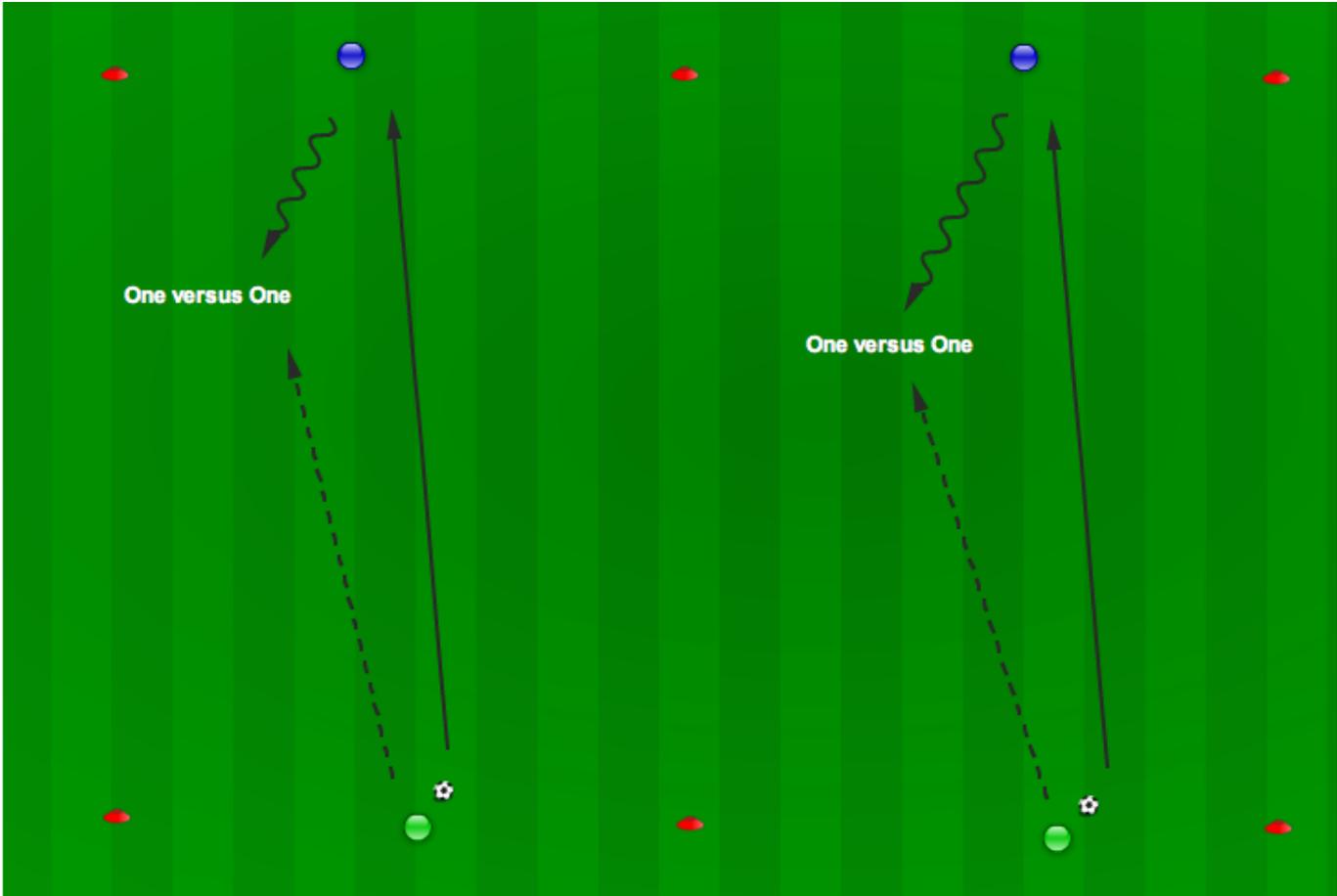
- \* Include 2 goalkeepers
- \* Team shape- 1 defender, 1 midfielder and 1 striker with 2 wide players outside the field
- \* Team in possession must pass the ball to one of the wide players before attacking the goal
- \* Rotate wide players regularly

### Coaching Points

- 'Let Them Play' But!
- \* Encourage interchangeability in positions while keeping team shape
  - \* Coach either attacking principles or defending principles
  - \* Use coaching points from Attacking and Defending Principles Drills where appropriate



## Activity : One versus One Defending



### Objectives

- work on passing closing space between the attacker and the defender
- work on the defender establishing the correct stance (ie jockey) when approaching the players

### Explanation

- the players passes the ball across the area to the attacker and closes down the space
- the defender must 'jockey' as the attacker passively brings the ball forwards and side-side in an attempt to work their way across the square
- each time, the players switch roles

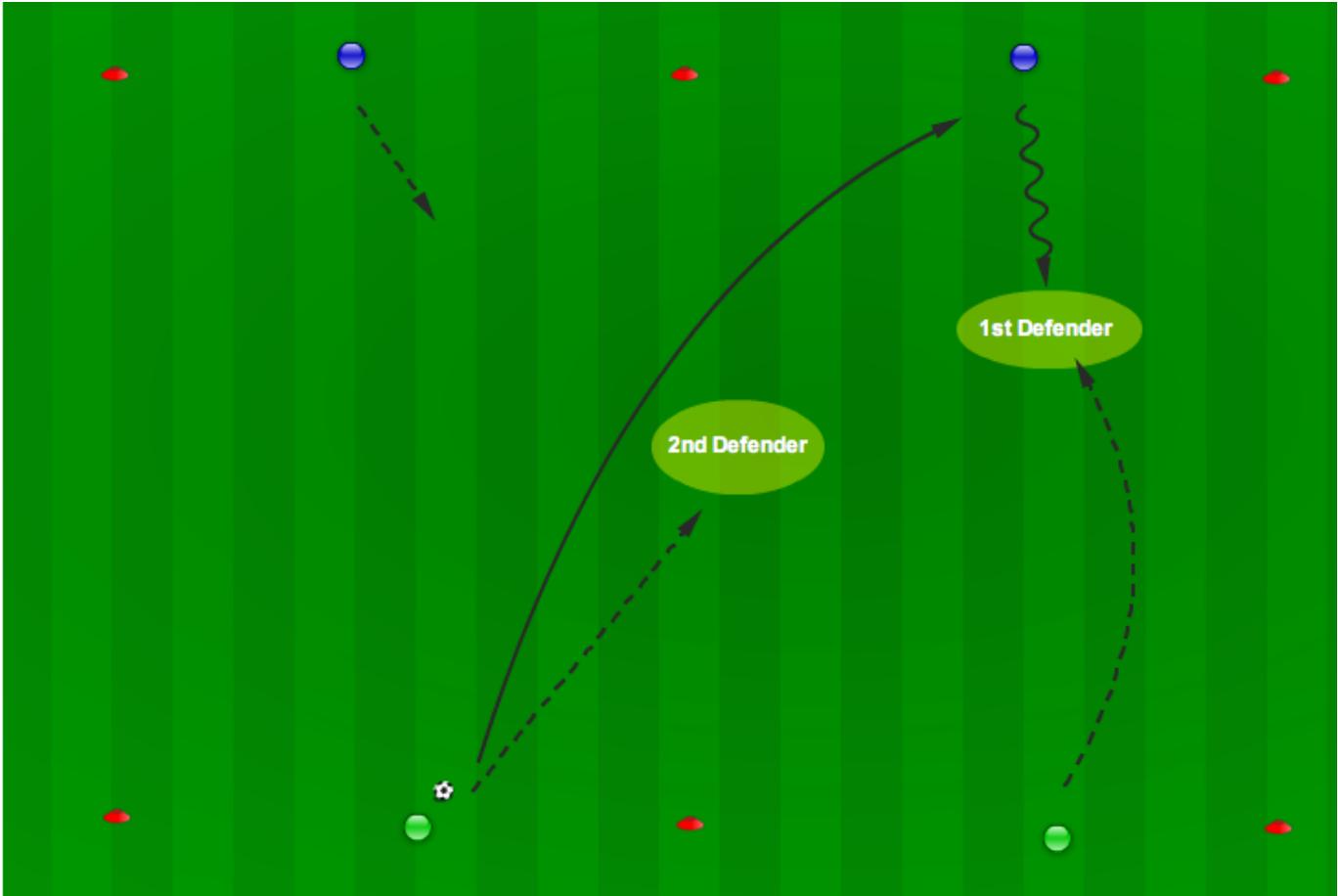
### Coaching Points

- passing accuracy
- defender closes down space, jockey position and angle of approach to the player

### Progression

- encourage the attacker and defender to compete against one another by keeping score
- with this in mind, when the defender wins the ball they must transition into an attacker and play to score by stopping the ball between the cones on the endline

## Activity : Two Versus Two Defending



### Objectives

- work on defining the first and second defender
- work on positioning and support

### Explanation

- one of the defenders plays the ball across the area into one of the two attackers
- the first defender applies pressure on the ball turning the attacker to the inside
- the second defender must establish themselves in a position to support the first defender as well as have an awareness for the second attacker
- if and when the ball is played to the second attacker, the idea is for the two defenders to switch roles

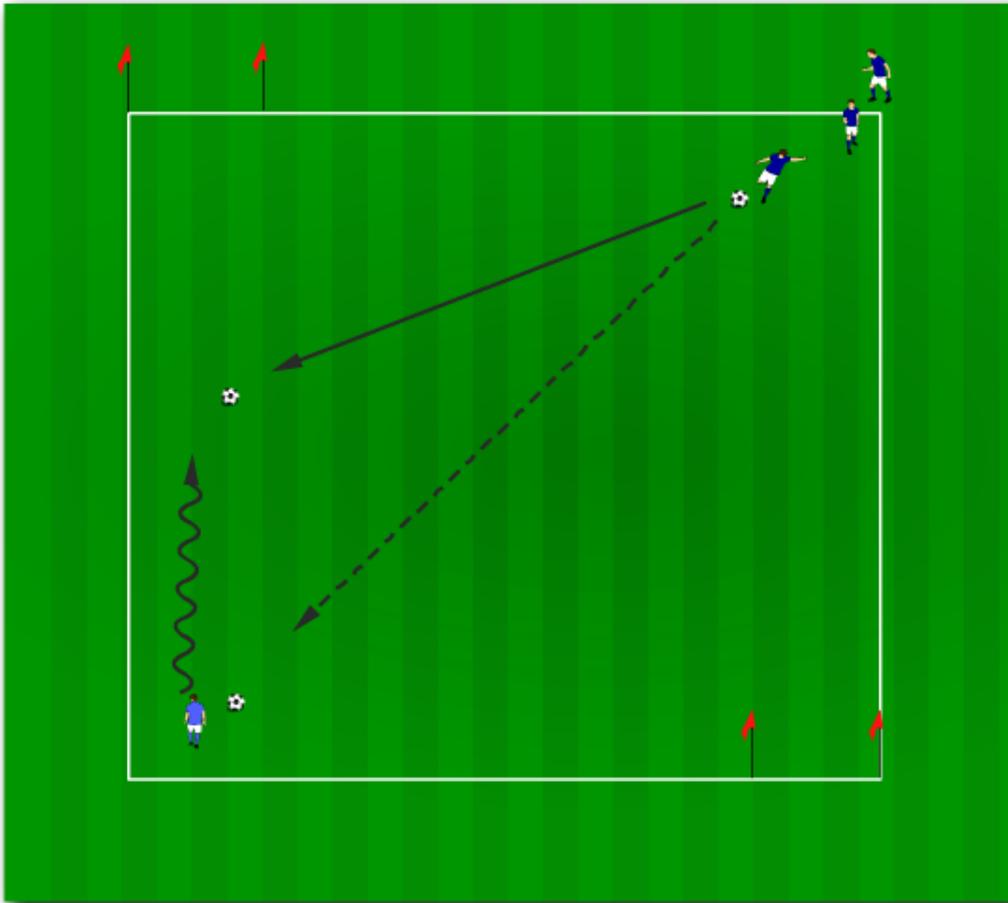
### Coaching Points

- passing accuracy
- communication & organization between defenders
- defensive intensity and commitment to regain the ball

### Progression

- encourage the attackers and defenders to compete against one another by keeping score
- with this in mind, when the defenders win the ball they must transition into attack and play to score by stopping the ball between the cones on the endline

## Activity : 1v1 Duel



### Objectives

- \* Attacking principles
- \* Defending principles

### Explanation

- \* Defender passes the ball into the attacker
- \* The attacker receives the ball with the aim to dribble across the endline to score a point
- \* If the attacker can dribble across the endline between the two flags with a smaller distance between them they receive three points
- \* If the defender wins the ball from the attacker the same conditions apply for scoring points

### Coaching Points

- \* Defender must close down space and jockey
- \* Attacker moves to the ball and tries to create space to beat the defender with the first touch with the aim to score on the small goal
- \* Transition- react fast to attack and defend

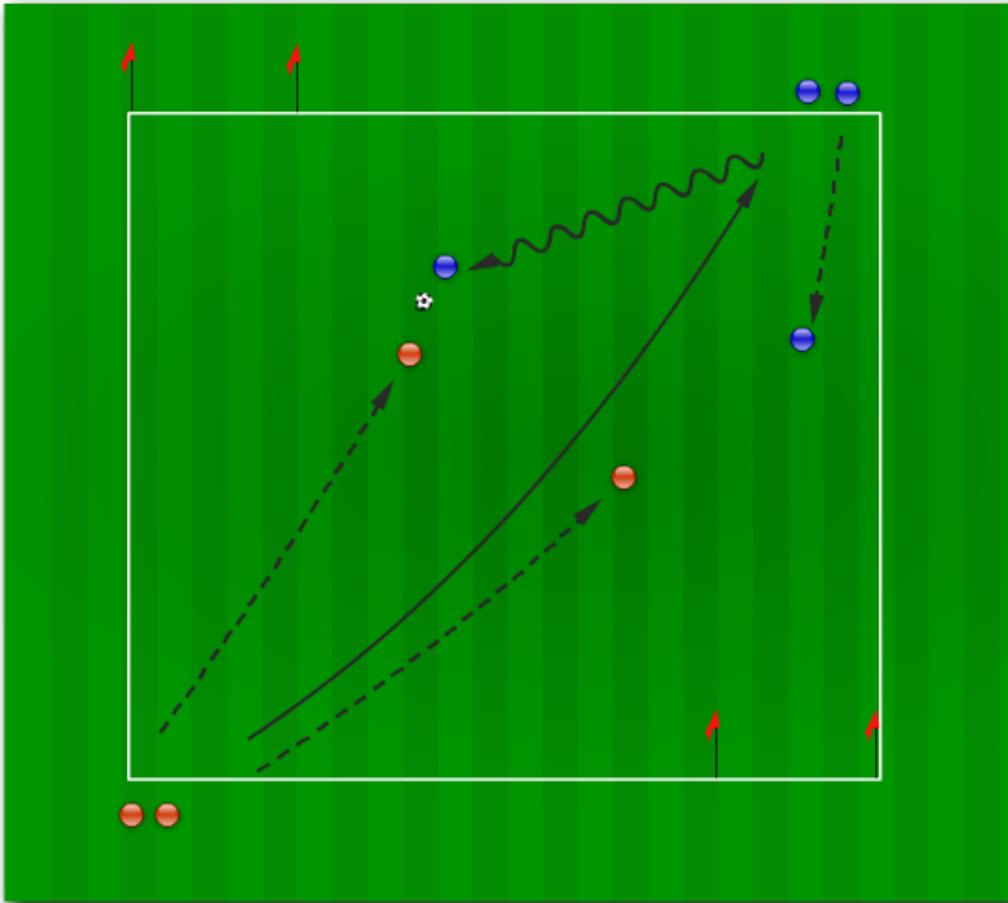
### Progression

- \* A competition can be created between the teams if you keep score

\* For example, allow 10 attacks from each team before switching the groups

\* Add a target player to create a 2v1 situation for give and go situations

## Activity : 2v2 Duel



### Objectives

- \* Attacking principles
- \* Defending principles

### Explanation

- \* Defenders pass the ball into the attackers
  - \* The attacker who receives the ball will try to create space to either beat the defender or make a pass to the other attacker
  - \* If the attackers can dribble across the endline between the two flags with a smaller distance between them they receive three points
  - \* the defenders must establish first defender pressure and support from the second defender
  - \* If the defender wins the ball from the attacker the same conditions apply for scoring points

### Coaching Points

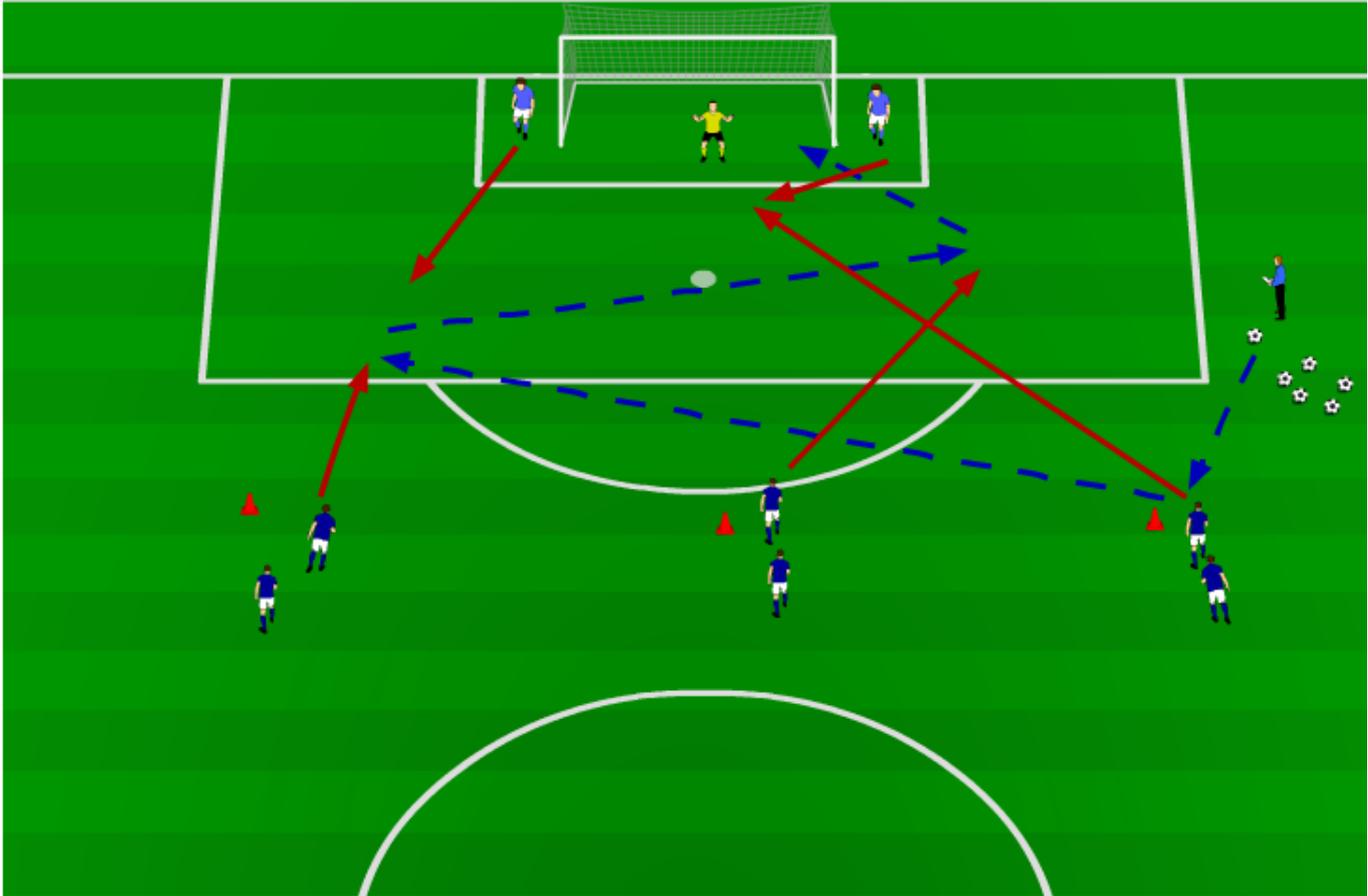
- \* Defenders must close down space and jockey
- \* Attackers move to the ball and try to create space to beat the defenders
- \* Transition- react fast to attack and defend

### Progression

- \* A competition can be created between the teams if you keep score

\* For example, allow 10 attacks from each team before switching the group

## Activity : 3v2 Attacking the Goal



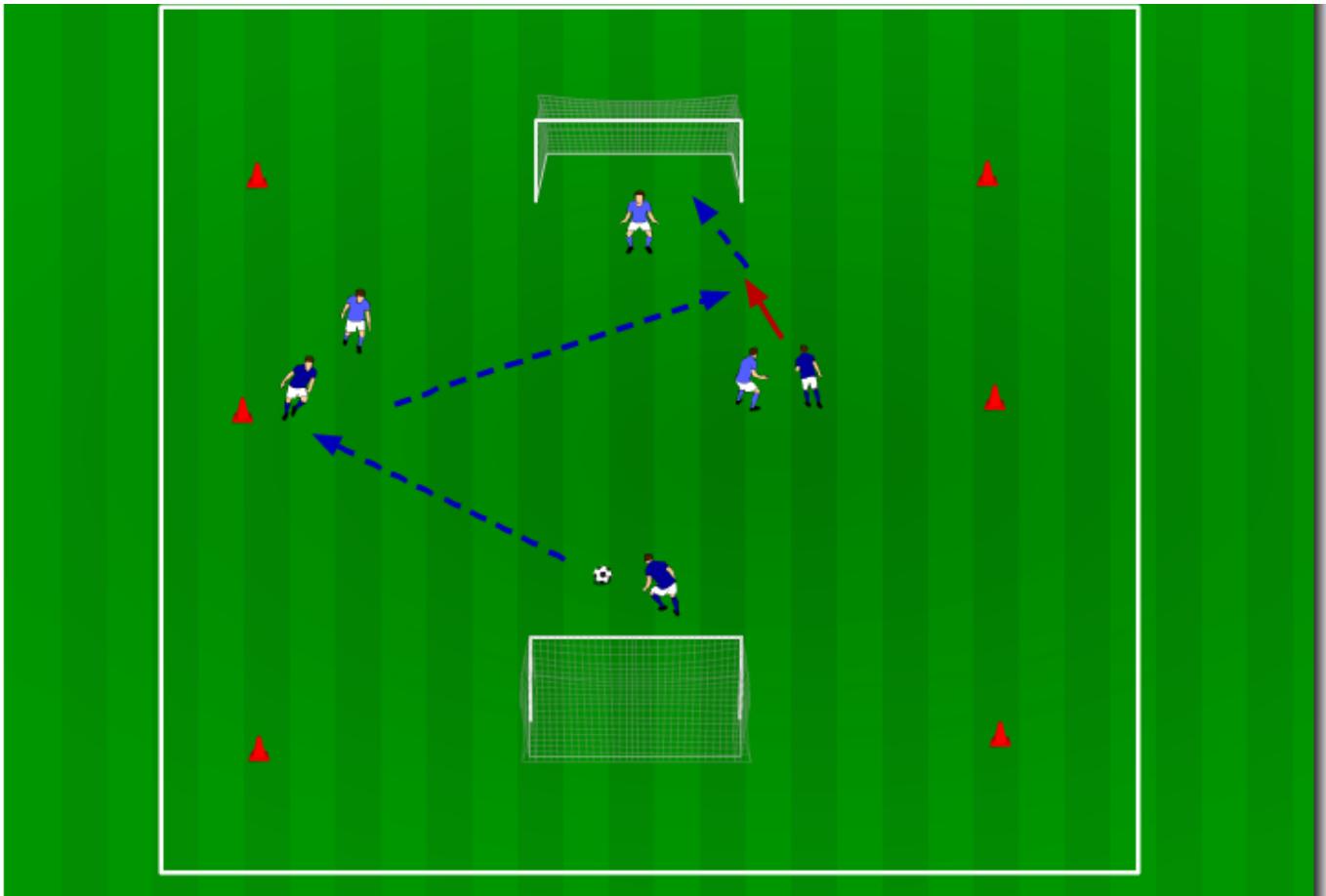
### Explanation

- \* Set up an area 25 yds from goal (approx) as shown
  - \* Split team into defenders working in pairs, and forwards working in three's
  - \* The coach starts by passing to any one of the three attackers, the forwards interchange passes and attack the goal as the defenders defend it
  - \* Rotate attackers and defenders

### Coaching Points

- \* Quality of passes, weight, angle, timing, maintaining possession
  - \* Movement to receive the ball and get into goal scoring positions
  - \* Accuracy before power
  - \* Shoot low across goalkeeper
  - \* Shoot early inside area

## Activity : 3v3 Small Sided Game



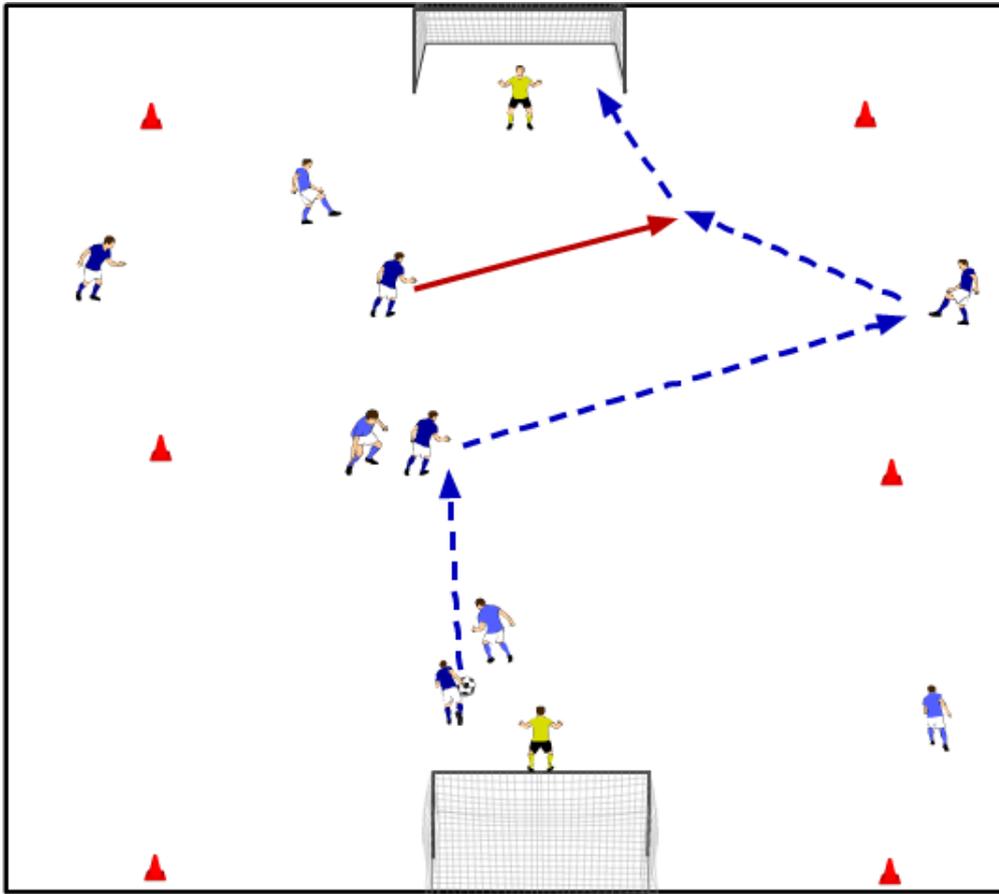
### Explanation

- \* Set up 2, 3v3 small sided fields 18 x 28 (approx) with 2 goals as shown
- \* Set teams up in triangle shape, 1 defender and 2 midfield/forwards
- \* Normal SSG rules

### Coaching Points

- 'Let Them Play' But!
- \* Encourage interchangeability in positions but keep team shape 'Triangles'
  - \* Emphasis quality of passes, timing, accuracy, weight, angle
  - \* Encourage support runs and distance of support player
  - \* Decision making, pass or dribble

## Activity : 3v3 Small Sided Game, with wide players



### Explanation

- \* Set up a 6v6 small sided game 30x40 (approx)
  - \* Include 2 goalkeepers
  - \* Team shape- 1 defender, 1 midfielder and 1 striker with 2 wide players outside the field
  - \* Team in possession must pass the ball to one of the wide players before attacking the goal
  - \* Rotate wide players regularly

### Coaching Points

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