



Functional Training Forwards in Phase Play



Functional Training

Functional training is the game. The recreation of the game is vital to player and team development as it allows us to familiarizes each player with various game situations that occur when they are in their specific roles or positions during the game.

In small sided games the players receive a high amount of ball contact increasing the technical and tactical repetitions that each player requires to play and understand the game.

With functional training the players in the team are able to apply the technique and tactical skills in an environment that is more conducive to the game. Although functional training is important a correct balance must be maintained by the coach between functional and small sided games.

Phase Play

The field of play is split up into 3 areas, defending, midfield, and attacking thirds. Phase of play is an extension of functional training incorporating two thirds of the field and two groups of players. Functional training and phase play are also excellent tools for training to prepare the team to play against specific formations, players or styles of play. Scouting a team to find out their strengths and weaknesses can be coached during functional training

Both Phase of play and Functional training require the following

- A specific player or group of players. (Marking oppositions best player). (Awareness of overlapping fullbacks)
- Opponents defensive set up and weaknesses
- Targets – Session must have a goal, plus one or two counter goals or a target player to get the ball too.
- Different starting position – to differentiate pressure or service “Coach on half way line” “Goalkeeper throws”
- Restarts- Triggers different game situations in which play is live, free-kicks” corners” throw-ins” goal kicks”
- We as coaches are required to paint a picture of the game for the players, but give them time to think, make decisions, and react to each situation as it happens.

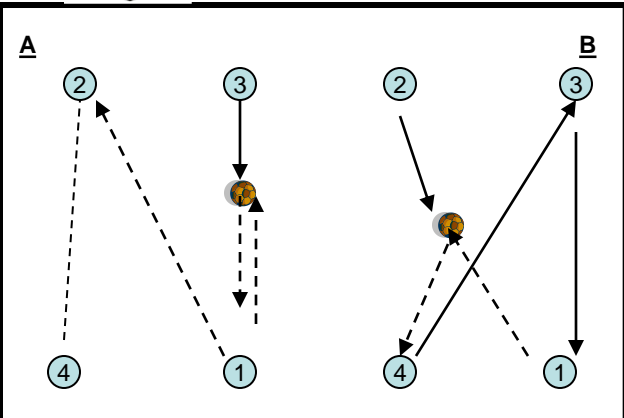


Functional Training of Strikers

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Path of Ball ----->
 Path of Player ----->



In Groups of 4 one ball

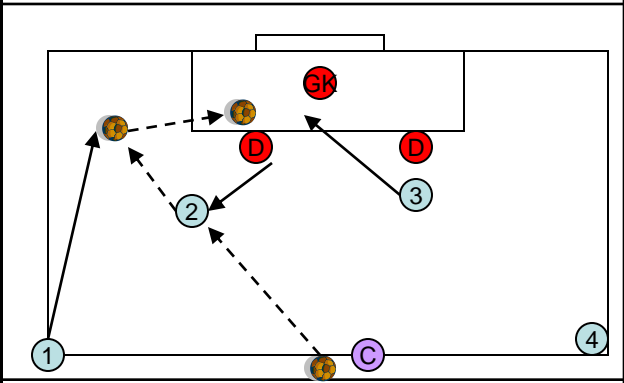
Players passing and moving 4 players perform combination moves with and without the ball

A. 1 plays short to 3 who checks away and comes short plays back to 1, 1 plays to 2 who plays to 4, move is repeated.

B. 1 short diagonal pass to 2, 2 checks away pass to 4, 4 plays to 3' 3 back to 1

Repeat combinations

Timing of movement
 Angle of checking player
 Weight / accuracy of pass
 Communication checking player
 Readiness to receive
 Good first controlling first touch
 Head up looking for options



Area attacking third of field "area half field"

2 blue attackers play towards goal and GK

Reds score by getting ball back to (C) coach

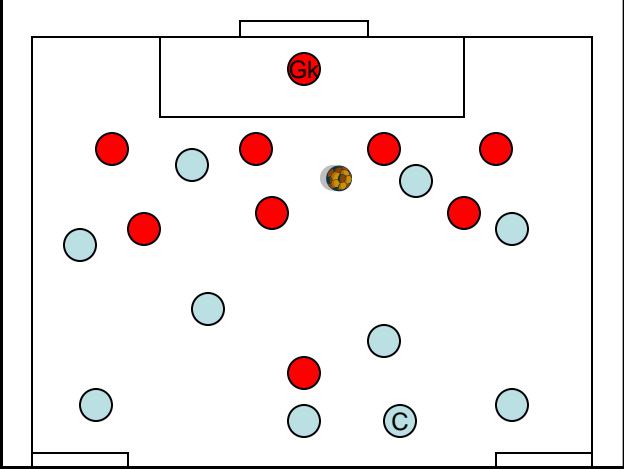
Coach serves into checking blue player 2

Blue 1 out wide makes run to link in with blue 2

Blue 3 sprints into box for the cross

Bring in more defenders add two midfield blue players build to 6 v 6 to goal plus counter goals

Movement to move defender
 Body shape
 Awareness of team mate
 Angle of Check
 Turing 2v2 into 2v1
 Decoy runs behind defenders
 Awareness of space and attacking options



Area width of field x 80 yards depth

Blues play and score in goal 8 v 8 or 9 v 9

Reds score by dribbling over half way line one point in counter goals three points

Play begins from server/coach or goalkeeper

Awareness of space
 Awareness to shoot
 Timing of runs and movement
 Creativity- Don't be afraid to make mistakes.
 Attackers penetration,width, depth, Mobility, Creativity, Improvisation



Path of Ball
Path of player



Functional Training Strikers Phase of Play

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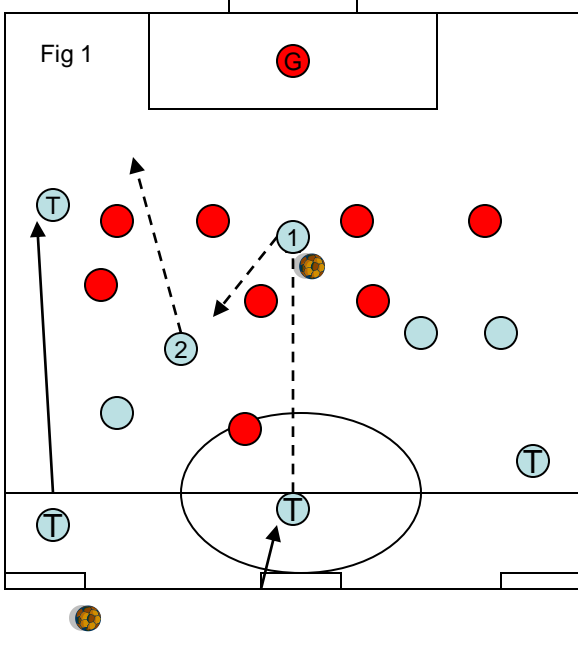


Fig 1 3rd man running

Area Midfield and Attacking thirds Blues score in goal reds score in counter goals

Red midfield must press high and can only go in opposite half of the field after the ball goes in

- Blue targets serve balls in to front player 1. Blue target penetrates reds creating one v one in back four Blue 1 lays ball back to midfield player 2 who plays wide blue overlapping target player behind the defense.

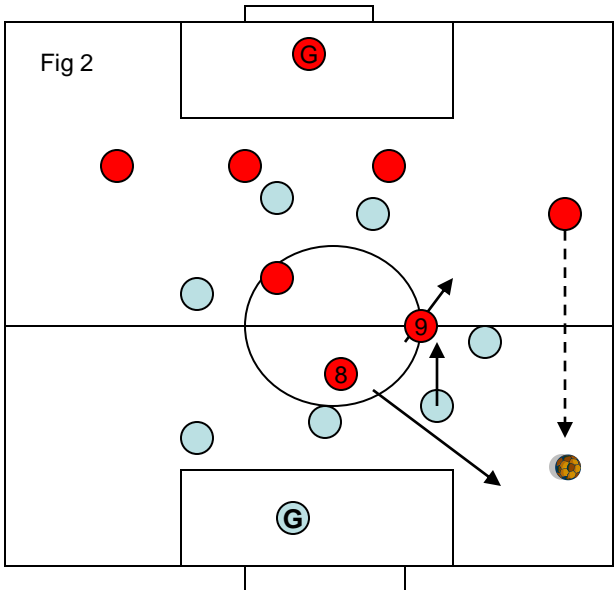


Fig 2

Play full game 8 v 8 two goals open play off-sides.

Red striker 9 comes short for pass
Second striker 8 makes a run behind the defender to receive pass in space

Principles of Attacking:

- 1 Penetration, passing or running with the ball
- 2 Depth angle and distance of support
- 3 Mobility of players away from the ball
- 4 Width, stretching the defense
- 5 Improvisation of play. Individual flair, the element of surprise

Observations:

- 1 Observe playing shape and supporting players.
- 2 Observe the mobility of the players when supporting away from the ball
- 3 Observe the players ability to play forward into the strikers
- 4 Observe the movement off the ball to create space and play forward.
- 5 Observe the full-backs width to create space to run into.