

SECOND EDITION

Skills & Strategies for COACHING SOCCER

**The complete
soccer coaching
manual**



Alan Hargreaves • Richard Bate

Skills and Strategies for Coaching Soccer

SECOND EDITION



Alan Hargreaves
Richard Bate



Human Kinetics



Library of Congress Cataloging-in-Publication Data

Hargreaves, Alan, 1933-

Skills and strategies for coaching soccer / Alan Hargreaves and Richard Bate. -- 2nd ed.
p. cm.

ISBN-13: 978-0-7360-8022-4 (soft cover)

ISBN-10: 0-7360-8022-8 (soft cover)

ISBN-13: 978-0-7360-8620-2 (Adobe PDF)

ISBN-10: 0-7360-8620-X (Adobe PDF)

1. Soccer--Coaching. I. Bate, Richard, 1946- II. Title.

GV943.8.H37 2009

796.334--dc22

2009018077

ISBN-10: 0-7360-8022-8 (print)

ISBN-10: 0-7360-8620-X (Adobe PDF)

ISBN-13: 978-0-7360-8022-4 (print)

ISBN-13: 978-0-7360-8620-2 (Adobe PDF)

Copyright © 2010, 1990 by Alan Hargreaves and Richard Bate

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

Notice: Permission to reproduce the following material is granted to instructors and agencies who have purchased *Skills & Strategies for Coaching Soccer, Second Edition*: p. 341. The reproduction of other parts of this book is expressly forbidden by the above copyright notice. Persons or agencies who have not purchased *Skills & Strategies for Coaching Soccer, Second Edition* may not reproduce any material.

Acquisitions Editor: John Dickinson; **Developmental Editor:** Laura Floch; **Assistant Editors:** Carla Zych, Cory Weber; **Copyeditor:** Patsy Fortney; **Graphic Designer:** Nancy Rasmus; **Graphic Artist:** Julie L. Denzer; **Cover Designer:** Keith Blomberg; **Photographer (cover and interior):** Nigel Farrow; **Visual Production Assistant:** Joyce Brumfield; **Photo Production Manager:** Jason Allen; **Art Manager:** Kelly Hendren; **Associate Art Manager:** Alan L. Wilborn; **Illustrator:** Tim Brummett; **Printer:** Versa Press

We thank Dene Magna School in Mitcheldean, Gloucestershire, UK, for assistance in providing the location for the photo shoot for this book.

Human Kinetics books are available at special discounts for bulk purchase. Special editions or book excerpts can also be created to specification. For details, contact the Special Sales Manager at Human Kinetics.

Printed in the United States of America

10 9 8 7 6 5 4 3 2

The paper in this book is certified under a sustainable forestry program.

Human Kinetics

Web site: www.HumanKinetics.com

United States: Human Kinetics
P.O. Box 5076
Champaign, IL 61825-5076
800-747-4457
e-mail: humank@hkusa.com

Australia: Human Kinetics
57A Price Avenue
Lower Mitcham, South Australia 5062
08 8372 0999
e-mail: info@hkaustralia.com

Canada: Human Kinetics
475 Devonshire Road Unit 100
Windsor, ON N8Y 2L5
800-465-7301 (in Canada only)
e-mail: info@hkcanada.com

New Zealand: Human Kinetics
P.O. Box 80
Torrens Park, South Australia 5062
0800 222 062
e-mail: info@hknewzealand.com

Europe: Human Kinetics
107 Bradford Road
Stanningley
Leeds LS28 6AT, United Kingdom
+44 (0) 113 255 5665
e-mail: hk@hkeurope.com

To our wives, Janet and Maggie.

DRILL FINDER

Activity name	Skill level	Page
CHAPTER 4 Collecting and Controlling the Ball		
Basic Ball Juggling	Beginner	29
Continuous Heading	Intermediate	30
Three Touch	Intermediate	31
Individual Juggling	Advanced	32
Partner Juggling	Advanced	32
Team Juggling	All-star	33
Control With the Thigh	Beginner	39
Control With the Instep	Beginner	40
Control With the Inside and Outside of the Foot	Beginner	42
Wall as a Partner	Beginner	43
Alternating Targets	Intermediate	45
Goalkeeper	Intermediate	46
Rebounding	Intermediate	47
Receiving the Ball Under Pressure	Advanced	48
3v1 in a Circle	Advanced	49
Throw-Control-Pass	Advanced	50
Turning With the Ball	Advanced	51
Controlling and Passing on the Move	All-star	53
Control and Penetrate	All-star	54
CHAPTER 5 Passing		
Push Pass	Beginner	59
Push Passing on the Move	Beginner	60
Give and Move Back	Intermediate	61
Wall Passing	Intermediate	62
Layoff Passing	Advanced	63
Long Passing	Intermediate	65
Long Passing on the Move	Advanced	66
4v1 Outside the Square	Beginner	68
2v4 Outside the Square	Intermediate	70
3v1 Piggy in the Middle	Beginner	78
Corner-to-Corner Practice	Intermediate, Advanced	80
Directional Possession Play	All-star	82
Soccer Baseball	Beginner	85
Five Attackers Versus Two Defenders	Intermediate	86
Four Attackers Versus Two Defenders	Intermediate	87
Three Attackers Versus Two Defenders	Advanced	88
3v2 Team Practice	Advanced	89
Possession to Switch the Play	All-star	90
Rotating Goalkeepers	Advanced, All-star	92
Four Goals	Advanced, All-star	93
Floater	Advanced, All-star	94

Activity name	Skill level	Page
CHAPTER 6 Dribbling		
Friends With the Ball	Beginner	97
Follow the Leader	Beginner	98
Zigzag Dribbling	Beginner	99
Ball Dancing	Beginner	100
Ship and Lifeboat	Beginner	101
Dribbling Pen	Intermediate	102
5v1 or 2	Intermediate	104
Safety Fence	Intermediate, Advanced	105
London Bridge	Intermediate, Advanced	106
Showing the Ball	Advanced	109
Pretending to Kick	Advanced	110
Creating Space	Advanced	111
Step-Over Play	Advanced	112
Screening Around the Defender	Advanced	114
Attacking the Square	Advanced	115
Attacking the Corners	Advanced	116
Two-Goals Dribbling Pen	Advanced	117
Challenge	Advanced	118
1v1 Corridor Dribbling	Advanced	119
Sweeper	All-star	120
CHAPTER 7 Striking the Ball		
Instep Drive From a Tee	Beginner	129
Lofted Kick From a Tee	Beginner	130
Stationary Volley	Beginner	130
Moving Ball	Intermediate	131
Distance Kick	Intermediate	132
Balanced Volley	Intermediate	133
Chip	Intermediate	134
Banana Kick	Intermediate	135
Cruyff Chip With Spin	Advanced	136
Corner Kick	Advanced	137
Long-Range Kicking	All-star	138
Chapter 8 Shooting		
Instep Drive 1	Beginner	143
Instep Drive 2	Beginner	144
Instep Drive 3	Intermediate	145
Instep Drive 4	Intermediate	146
Instep Drive 5	Intermediate	147
Instep Drive 6	Intermediate	148
Instep Drive 7	Advanced	149
Instep Drive 8	Advanced	150
Instep Drive 9	Advanced	151
Distance Shooting	All-star	152

» *continued*

Activity name	Skill level	Page
Chapter 8 Shooting » <i>continued</i>		
3v3 in the Penalty Area	All levels	154
4v4 Shooting Game	All levels	155
Conditioned Team Shooting Practice	All levels	156
CHAPTER 9 Heading		
Heading in Threes	Beginner	161
Doubles Heading	Intermediate	162
Heading at Goal	Advanced	163
Defensive Heading in Threes	Intermediate	166
Head Tennis	All levels	167
Headed Clearances	Advanced	168
Throw-Head-Catch	All-star	170
Chapter 10 Goalkeeping		
Basic Goalkeeping	Beginner	188
Pingers	Beginner	189
Clock Shooting	Beginner	190
Alternate Shots	Intermediate	191
Crosses and Shots	Advanced	194
Three-Sided Goal	Advanced	195
All In	All-star	196
Goalkeeper Game	Intermediate, Advanced, All-star	198
Chapter 11 Tackling and Defensive Skills		
Defensive 1v1	Intermediate	213
Intercepting the Pass	Intermediate	214
Stopping the Turn	Intermediate	215
Forcing an Attacker	Intermediate	216
Teamwork in Defense	Advanced	217
Advanced Intercepting the Pass	Advanced	218
Block Tackle	Beginner	223
Corner and Line Attack	Intermediate	224
Side Block Tackle	Intermediate	225
Tackling Pen	Advanced	226
Advanced Side Block Tackle	Advanced	227
Sliding Tackle	Advanced	228
Competitive Defense	All-star	229
Chapter 16 Set Pieces		
Over the Goal	Beginner	297
Basic Throw-In	Beginner	298
Target Throw-In	Intermediate	299
3v2 Throw-In	Intermediate	299
Crossover Play	Advanced	300
Creating Space for a Throw-In	Advanced	301

Activity name	Skill level	Page
Chapter 19 Fitness and Conditioning for Soccer		
Shuttle Run Test	All levels	347
Pass and Run	All levels	348
4-Second Acceleration Test	All levels	350
Through the Legs	All levels	350
Turn and Go	All levels	350
Turn and Tackle	All levels	350
Backing Off and Turning	All levels	351
Resistance Running	All levels	351
50-Yard Flying Start Test	All levels	352
Circular and Continuous Relay	All levels	353
Shuttle Relay 1	All levels	354
Shuttle Relay 2	All levels	354
Catcher	All levels	356
Nomination Tag	All levels	356
Zigzag Test	All levels	357
Zigzag Run	All levels	358
Zigzag Variation	All levels	358

PREFACE

.....
THE FIRST EDITION of this book was published in 1990 and was immediately popular throughout English-speaking nations such as the United States, Canada, and Great Britain. It is also distributed by the Australian FA as one of their recommended coaching books. This second edition, with the help of Dick Bate, currently the director of elite coaching courses for the English Football Association, has been completely revised. We have added several new sections, in particular a chapter on tactics and teamwork, and all the skills chapters now include a section devoted to developing the talents of your all-star players. Other chapters incorporate developments in modern thinking regarding fitness and conditioning as well as nutrition and diet.

The main focus of the book has not altered. It was meant to be a coach-friendly book, and it still is. We share the ideas and methods we have found to be successful with players of all levels of ability. It is designed specifically to help parents, especially those who coach youth soccer teams, perhaps including their own children; students and specialist teachers; and all who wish to gain qualifications awarded by their national coaching organizations.

We have retained the original four parts because each one is significant in its own right. Collectively, they cover all aspects of coaching. Part I addresses the development of a personal coaching philosophy and describes how to work with both individuals and groups. Part II offers a complete understanding of how to introduce and develop the basic skills of the game to players of all levels of ability, from beginners to all-stars. Part III addresses tactics, team formations, and the principles of play and explains how to judge whether your team is playing well. Finally, in part IV, we offer advice on team management skills, physical and mental preparation, working with problem players, fitness and conditioning, and diet and nutrition.

Part I Preparing to Coach

In the first three chapters we invite you to consider developing a personal coaching style that recognizes a concern for the dignity of the individual and encourages in all players a love for the way the game is played. All players, especially young players, who are encouraged to make decisions in an atmosphere of positive reinforcement are more likely to develop into valued team members, enjoy playing the game, and contribute to team unity and spirit.

In our experience, which includes working with professional and international teams, where winning can be a matter of job security or fierce national pride, players must be encouraged to believe that winning comes mainly as a result of good play, by which we mean play that is both fair and skillful. A coach who shares this belief will enjoy coaching and, in our view, is more likely to become a winning coach. Remember, the best team doesn't always win, but it usually does.

Part II Skills and Techniques

The seven major skills, as well as goalkeeping, are presented in chapters 4 through 11, each of which contains a unique sequence of progressive practices. For each skill, we present the basics of execution and quickly progress to its successful execution in match situations.

In this part we present progressively more challenging practices in accordance with the developing skills of the players. No drill is an end in itself; rather, it is a platform for development. For this reason, we include many examples of small-team games and practices to reinforce the skills learned in the practice session.

Part III Tactics and Teamwork

Chapter 12 addresses the principles of play, which you can use to analyze how well or how badly your team is playing. Chapter 13 then goes on to explain the strengths and weaknesses of the various team formations and systems of play so that you can select, or modify, your own tactics in accordance with the state of the game or the quality of the opposition.

Chapter 14 builds upon chapters 2 and 3 and deals with the planning and implementation of methods and drills designed to coach in full-game situations. Chapter 15 is new and addresses the advanced tactics of team play. We appreciate that not all coaches have players of sufficient maturity to absorb and execute these tactics. Regardless of the level of your players, however, if you want to confirm or extend your knowledge of team tactics, we believe you will find this a fascinating chapter. Finally, in chapter 16 we deal with set pieces—the tactics you can use when attacking or defending at throw-ins, corner kicks, free kicks, and penalty kicks. Coaches of teams of all levels will find the drills and tactics in this chapter to be of immediate value.

The combined aim of parts II and III is to produce players who are both technically skilled and tactically aware—an objective that holds true for players of all levels.

Part IV Team Management

In chapter 17 we offer advice on preparing your players on game days, both physically and mentally. We deal with pregame talks, warming up, what to say at halftime, and how to say it. We spend some time on postgame talks particularly because we want our players to appreciate that the result of the game, important though that is, is not the only way to evaluate the team's performance during the game.

Chapter 18 contains advice on how to identify and work with problem players. We also include a section on how to approach parents who might be causing difficulties—parents can cause problems too! Chapter 19 deals with fitness and conditioning. Our fitness tests and drills are all designed to take place outside on the playing field, wearing soccer boots (cleats). In this way, every coach can make use of them—all he or she needs is a soccer field or grassy area. Of course, those lucky enough to have indoor training facilities will be able to adapt some, if not all, of them. We also show how to adapt these activities to condition players of differing levels of fitness at the same time. We include drills for stamina, acceleration, speed, and footwork. Finally, we offer advice on nutrition and diet. A careful analysis of the various types of food, and their benefits, leads to suggestions about what and when to eat on game days, and the day before.

We believe that this new edition of *Skills and Strategies for Coaching Soccer* is an indispensable guide for coaches in any setting. It retains much of the material from the original book but also provides a complete review of the principles, methods, and tactics that have developed over the years. In addition, the text and diagrams are easy to understand so that any coach, beginner or advanced, will find this book helpful. Also, the inclusion of a drill finder will allow you to quickly locate the drills and skills that you are looking for. Of course, we hope that you will be sufficiently interested to read all of the chapters and share with us a genuine love for the game.

ACKNOWLEDGMENTS

.....

THE ACKNOWLEDGMENTS FOR this new edition naturally include mention of those who were especially helpful with the production of the first edition, specifically Allen Wade, former director of coaching for the Football Association, for permission to reproduce his original work on the principles of play; his assistant director, Charles Hughes; Kevin Verity, coauthor of an earlier Madeley College publication; Bill Harvey, for help with the development of systems of play; and Eric Hassall and colleagues at Wardell Armstrong. In the United States, mention must be made of John Curtis; Roger Thomas; Martha and Peter Schraml, who codirected our Professional Soccer Academy in Simi, California; in particular, Dan and Marty Campbell, without whose friendship the opportunity to write the original book would never have arisen; and to the artists who created the original artwork, Tim Birkin, John Hartshorn, David Hassall, and Elizabeth Salt.

For the new edition, Dick Bate also wishes to acknowledge the influence of Allen Wade, who was his inspiration as a coach, and always has been, and that of Jack Detchon, who was the first coach who taught him anything about playing the game—at the age of 22!—and has remained a coaching confidant ever since. He gratefully acknowledges their contribution to his love of the game and of coaching in particular. Finally, thanks to Howard Wilkinson, who has also been a major influence on his thinking.

Both authors wish to thank and acknowledge the artist, Tim Brummett, who recreated the illustrations for this edition. Thanks also go to the help of Dene Magna School, Gloucestershire; the head teacher, Rob Broadbridge; the head of physical education, Scott Albon; and Matt Barnard, Tom Liddington, Giorgi Hlad and Jordan Warren who modeled the action photographs. Also, thanks go to the photographer, Nigel Farrow, for his professional expertise and unfailing patience.

Finally, we wish to thank both John Dickinson and Laura Floch of Human Kinetics for their continued support throughout the writing of this book and their guidance in structuring both the written and graphic material.

KEY

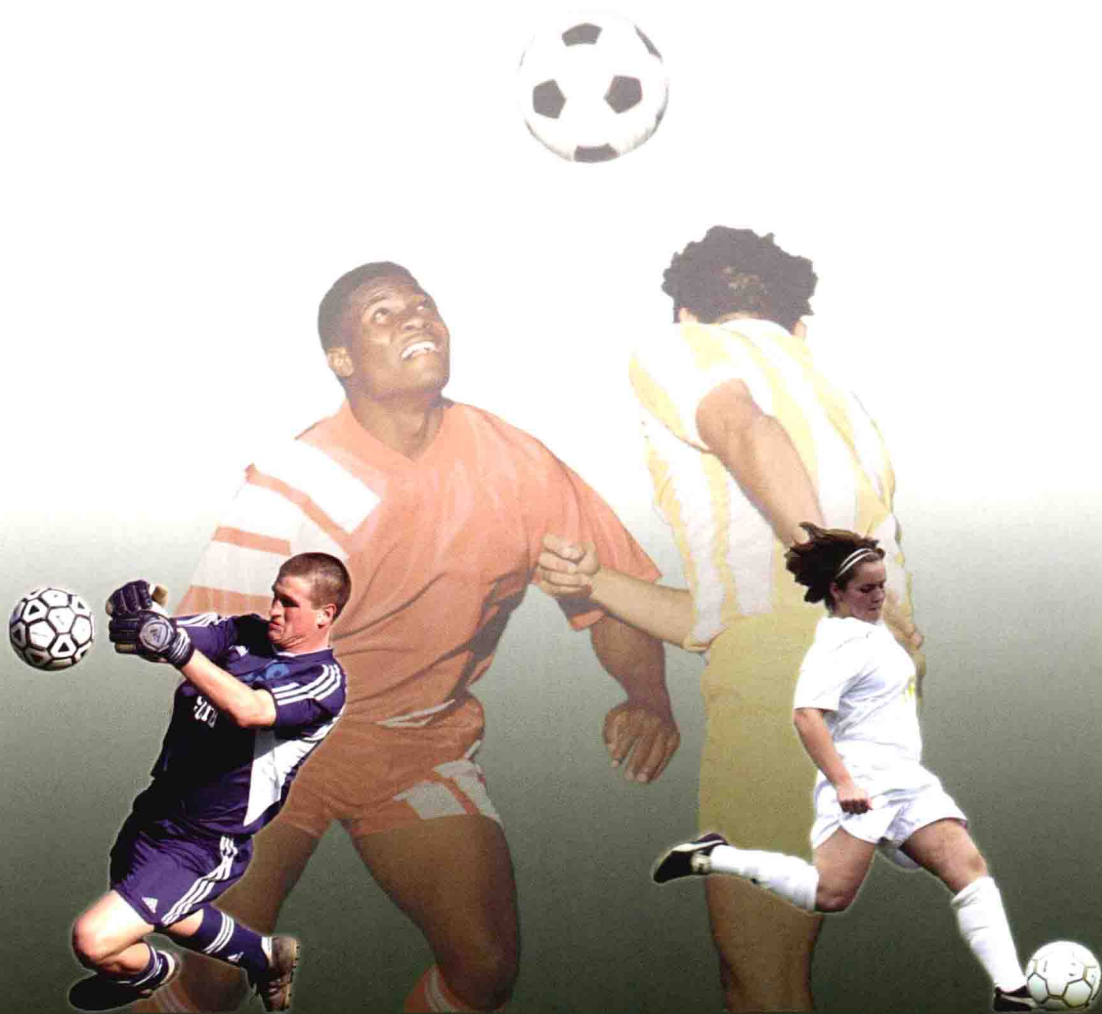
Color Key for Drill Skill Levels

	Beginner
	Intermediate
	Intermediate-to-Advanced
	Advanced
	All-star

Diagram Elements

	Player movement
	Ball movement
	Dribble
	Direction of play
Co	Coach
FB	Fullback
GK	Goalkeeper
S	Server
SW	Sweeper
W	Winger
○	Ball
	Players
	
	
	

Screened-back players, symbols, and lines indicate future or past movement in select diagrams



You'll find other outstanding soccer resources at

www.HumanKinetics.com/soccer

In the U.S. call 1-800-747-4457

Australia 08 8372 0999 • Canada 1-800-465-7301
Europe +44 (0) 113 255 5665 • New Zealand 0800 222 062



HUMAN KINETICS

The Premier Publisher for Sports & Fitness

P.O. Box 5076 • Champaign, IL 61825-5076 USA

eBook
available at
HumanKinetics.com

CONTENTS

Drill Finder viii • Preface xiii • Acknowledgments xvii • Key xviii

PART I Preparing to Coach

- | | | |
|----------|--|-----------|
| 1 | Ethics and Your Coaching Philosophy | 3 |
| 2 | Personal Coaching Strategies | 9 |
| 3 | Group Coaching Strategies | 17 |

PART II Skills and Techniques

- | | | |
|-----------|--|------------|
| 4 | Collecting and Controlling the Ball | 27 |
| 5 | Passing | 55 |
| 6 | Dribbling | 95 |
| 7 | Striking the Ball | 123 |
| 8 | Shooting | 141 |
| 9 | Heading | 157 |
| 10 | Goalkeeping | 173 |
| 11 | Tackling and Defensive Skills | 199 |

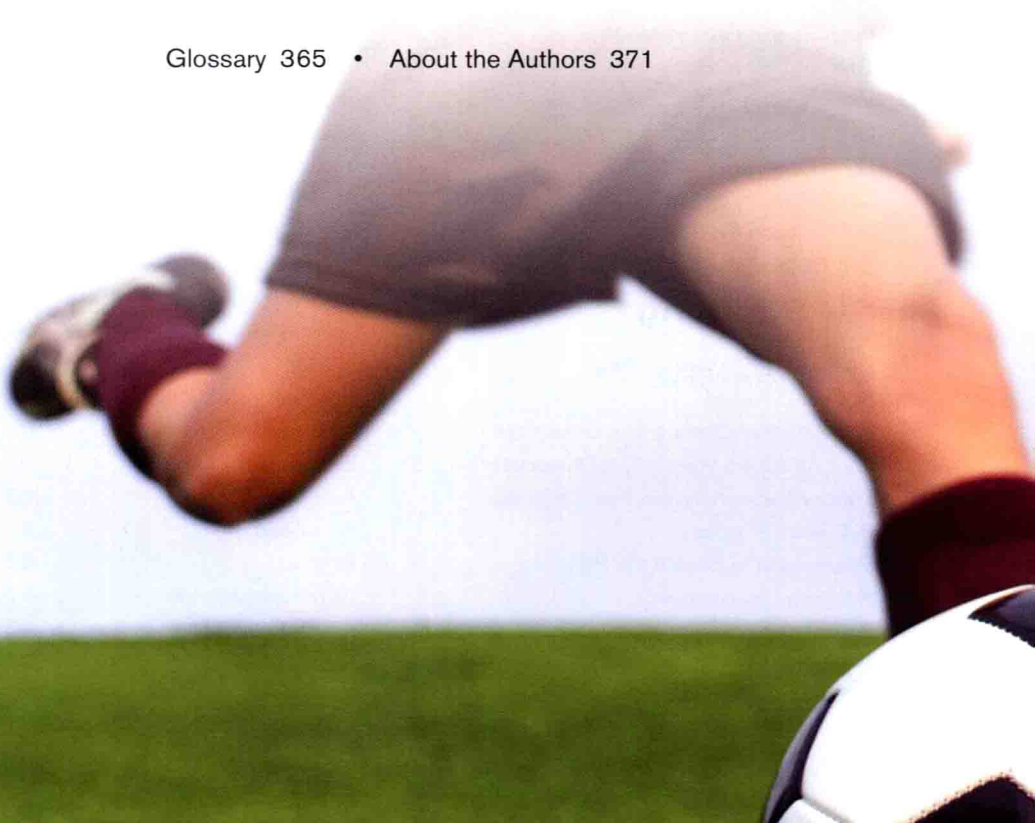
PART III Tactics and Teamwork

12	Principles of Play	233
13	Team Formations and Systems of Play	243
14	Coaching Teamwork	265
15	Tactics in Defense, Midfield, and Attack	275
16	Set Pieces	287

PART IV Team Management

17	Physical and Mental Preparation for Games	323
18	Working With Problem Players and Parents	333
19	Fitness and Conditioning for Soccer	343

Glossary 365 • About the Authors 371



PART I

Preparing to Coach

PART I HAS three chapters. In chapter 1 we invite you to consider three ethical issues that you will have to consider at some time in your coaching career: what exactly you, personally, hope to achieve from coaching; the meaning and importance of “good play”; and the importance of winning.

In chapter 2, we describe a number of personal coaching strategies that have been helpful to us when dealing with individual players. We believe that some, if not all, of the strategies will help you relate to the members of your team individually. In chapter 3 we describe another series of fundamental coaching strategies, but this time in relation to the way you coach larger groups of players and organize team practices.

Collectively, the ideas introduced in part I will give you a better appreciation of the content in the following parts on the coaching of skills, tactics, and team management. Even if you are entirely familiar with everything in part I, we hope you will read it. We have found that having one’s own ideas confirmed by someone else can be an encouraging experience.