

Revolution Coaching Development Night
with head coach Jay Heaps and the Revolution Academy coaching staff
Tuesday, May 14 | 5 - 8 p.m.



Page 2	About the Academy
Page 3	Youth Teams
Page 4	Player Development
Page 5	Session Plan
Page 6	Phase 1
Page 7	Phase 2
Page 8	Phase 3
Page 9	Phase 3 (part 2)
Page 10	Phase 4
Page 11	Phase 5

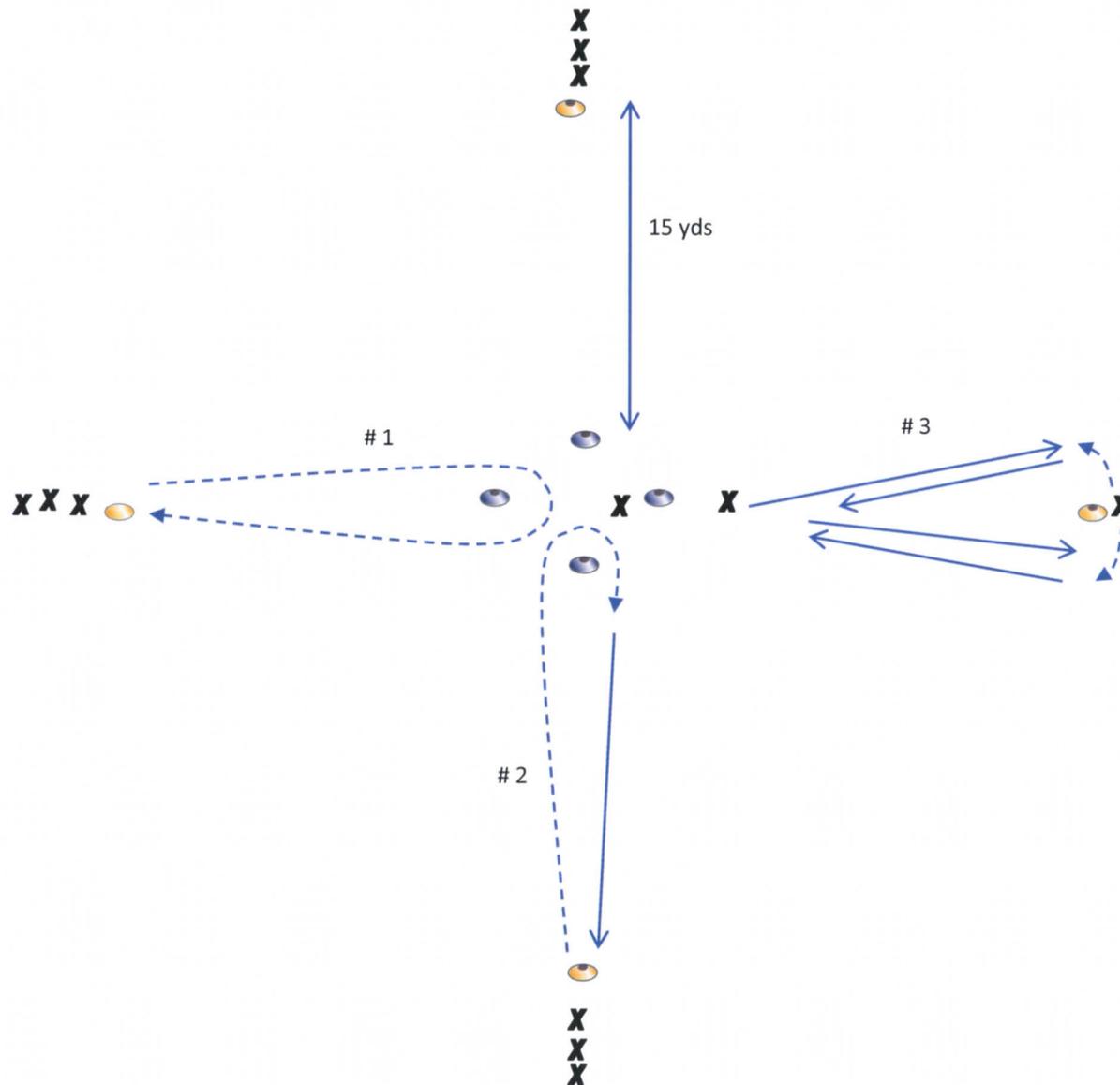


Five Phase Training Session

The Revolution Academy's training sessions – for both the youth teams and training programs - follow a five phase template with each phase flowing into the next. The environment created in the session should be challenging, competitive and professional to push players to the edge of their ability and to improve during each training session.

Phase 1	Dynamic warm up
Phase 2	Ball Mastery / Skill Moves / Quick Passing
Phase 3	Technical Training
Phase 4	Small Sided Game
Phase 5	Conditioned Game

Phase # 1	<i>Dynamic w/ dribbling & Passing</i>	Technical	Dribbling & Passing	Tactical	-----
Objective	<i>Warm up and quick touches on ball</i>	Physical	Dynamic Stretching	Psychological	Concentration



Organization

Players in groups of 3-4 behind yellow cone
2 balls per group

Dynamic (#1)

Players perform dynamic movements into blue cone and back to yellow cone without ball

Dribbling (#2)

Players dribble into blue cone, perform inside or outside cut around blue cone and play pass in to next player in line. Use of both feet should be encouraged

CP

- Tight control of ball - Sharp turning angle
- Quick pass into next player
- Receiving player takes a positive 1st touch

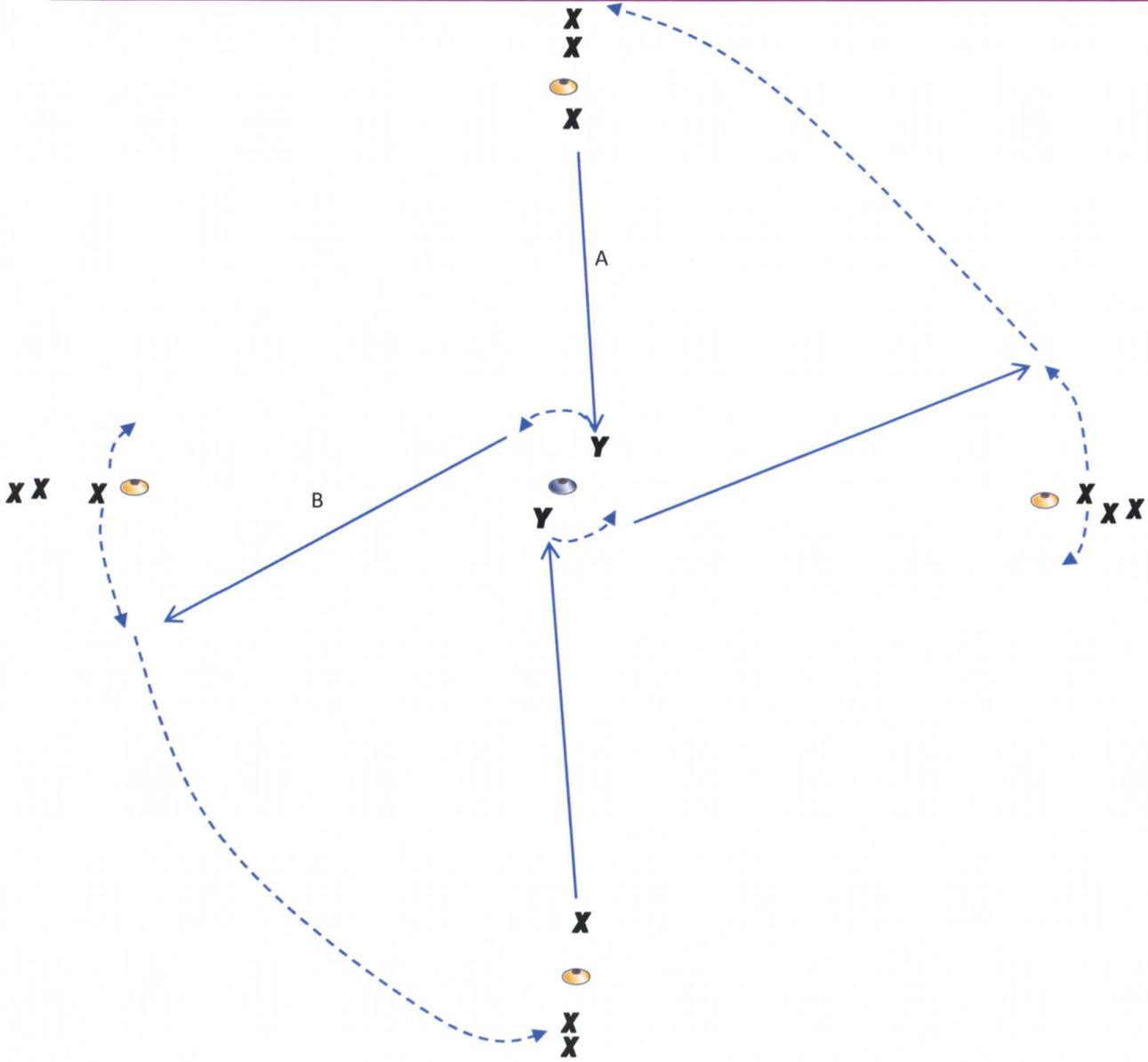
Quick Passing (# 3)

Players now start with ball in front of blue cone and play a double / double / set and switch place

CP

- Self preparation - Weight of pass
- Quick movement after pass
- Quality of set

Phase # 2	<i>Combination Play</i>	Technical	Receiving & Passing	Tactical	Combination Play
Objective	<i>Improve short passing & combinations</i>	Physical	Reaction	Psychological	Cooperation



Organization
 Two players start back to back at blue cone (Y)

1 Receive and Play (as shown)
 X at front of line passes (A) into central player who uses inside cut to turn corner and then play lead pass (B) into wide player. Wide player to check inside as Y is receiving ball before showing for lead pass. X replaces to receive from center, Y joins back of line out wide, X dribbles to back of line. Opposite side of grid starts at the same time

CP
 -Quality of 1st touch from Y
 -Speed from 1st touch to pass from Y
 -Timing of movement from X
 -Weight and direction of lead pass

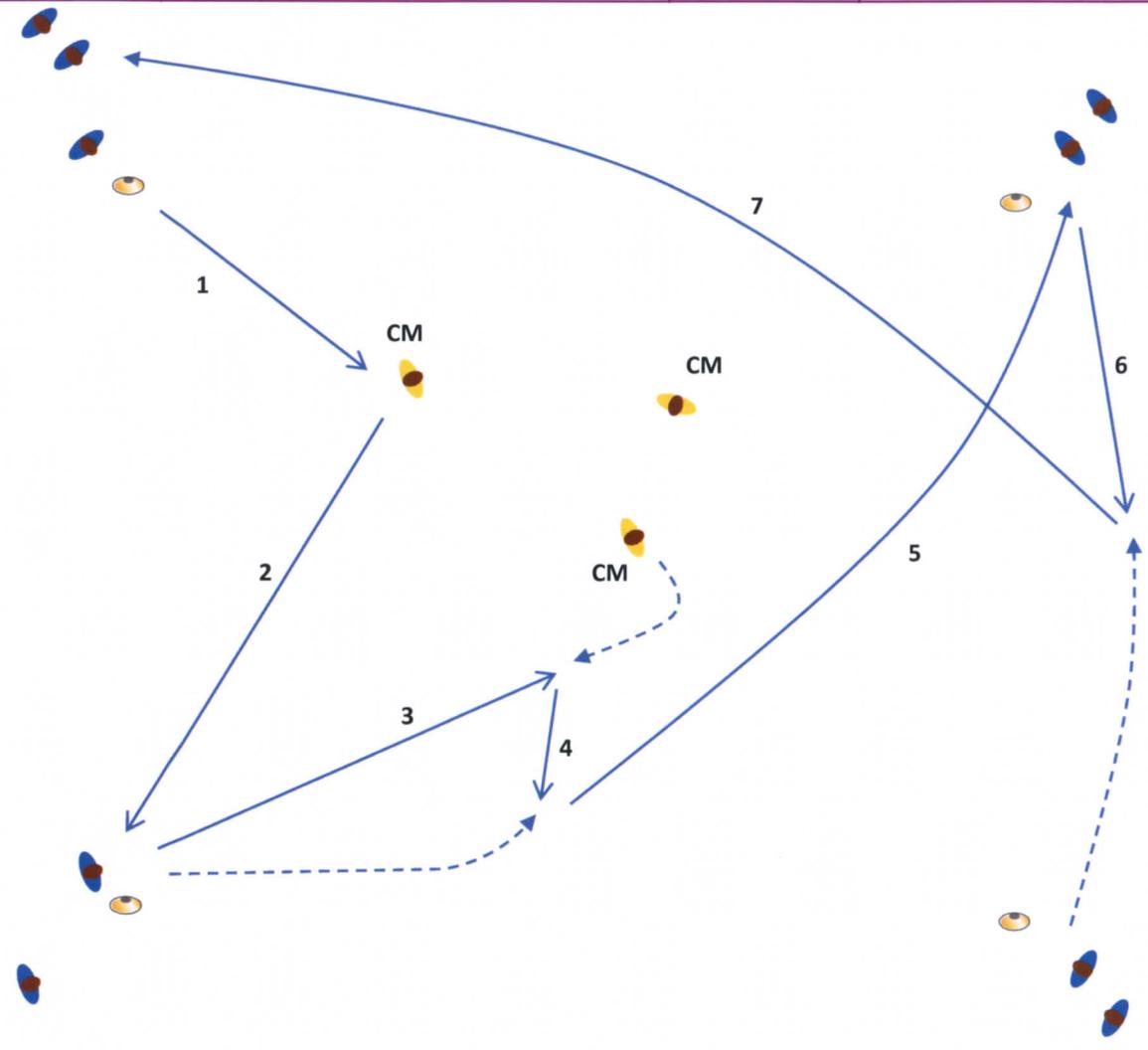
2 Receive and Double Pass (not shown)
 Same as above but now Y receives ball and plays a give and go with X in wide area who shows inside.

CP
 -Give and go one touch
 -Angle and distance of support from Y

3 Pass, Set, Give and Go (not shown)
 Same as above but now Y sets ball back to X who passes into X in wide area. Y supports to play give and go with X in wide area who shows inside.

CP
 -Quality of set
 -Quick support of long pass
 -Communication

Phase # 3	<i>Combining through the midfield</i>	Technical	Passing & Receiving	Tactical	Movement off the ball
Objective	<i>Playing quickly into a midfield three and working on combinations & supporting angles</i>	Physical	Game Speed	Psychological	Fix Mistakes



Organization 25x25 Grid
 Three Center Mids in the middle of the grid in colored bibs with 2-3 players on each of the 4 outside cones. Players at starting point should have two soccer balls. Play 1 ball to start and then add 2nd ball once group is comfortable with the pattern

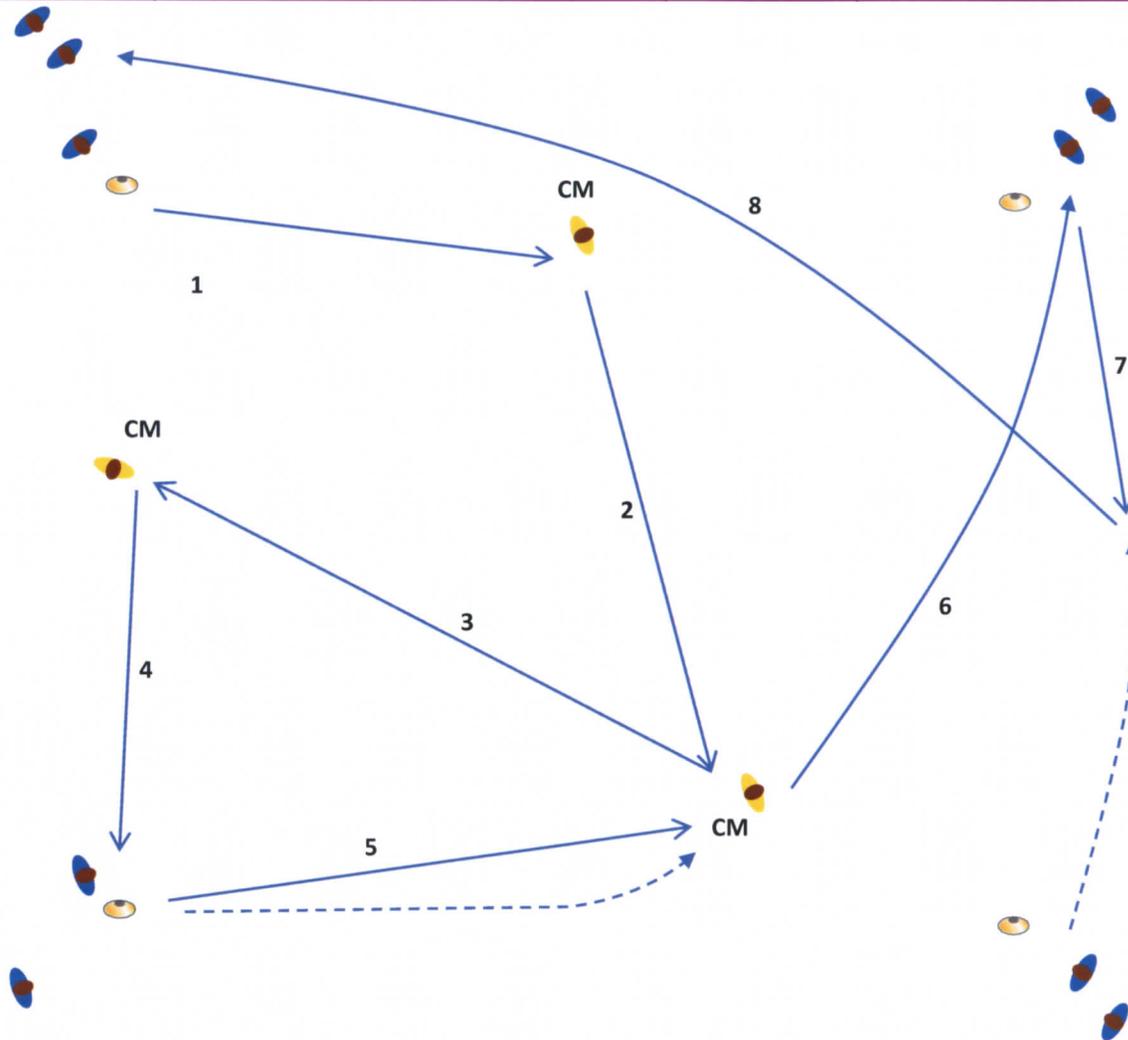
1 Receive on half turn
 Playing into a CM who checks to the ball and turns corner to play pass # 2 into advanced player. The 2nd center mid supports as pass #2 is played and combines with a wall pass for a driven pass # 5. Pattern continues with ball played back to original position. Each player on the outside moves around the square one spot each time. Progress by starting in opposite corner.

CP
 -CM needs to take care of first touch around the corner
 -Quickly get ball off foot after turning
 -Timing of movement and supporting angles of three CM players

2 Show and come out (not shown)
 Same sequence as above but now first CM checks to ball – does not get it – 2nd CM checks in quickly behind to play next combination

CP
 -Timing of supporting run
 -When CM does not get ball quickly spin out to support other CM on the ball

Phase # 3	<i>Combining through the midfield</i>	Technical	Passing & Receiving	Tactical	Movement off the ball
Objective	<i>Playing quickly into a midfield three and working on combinations & supporting angles</i>	Physical	Game Speed	Psychological	Fix Mistakes



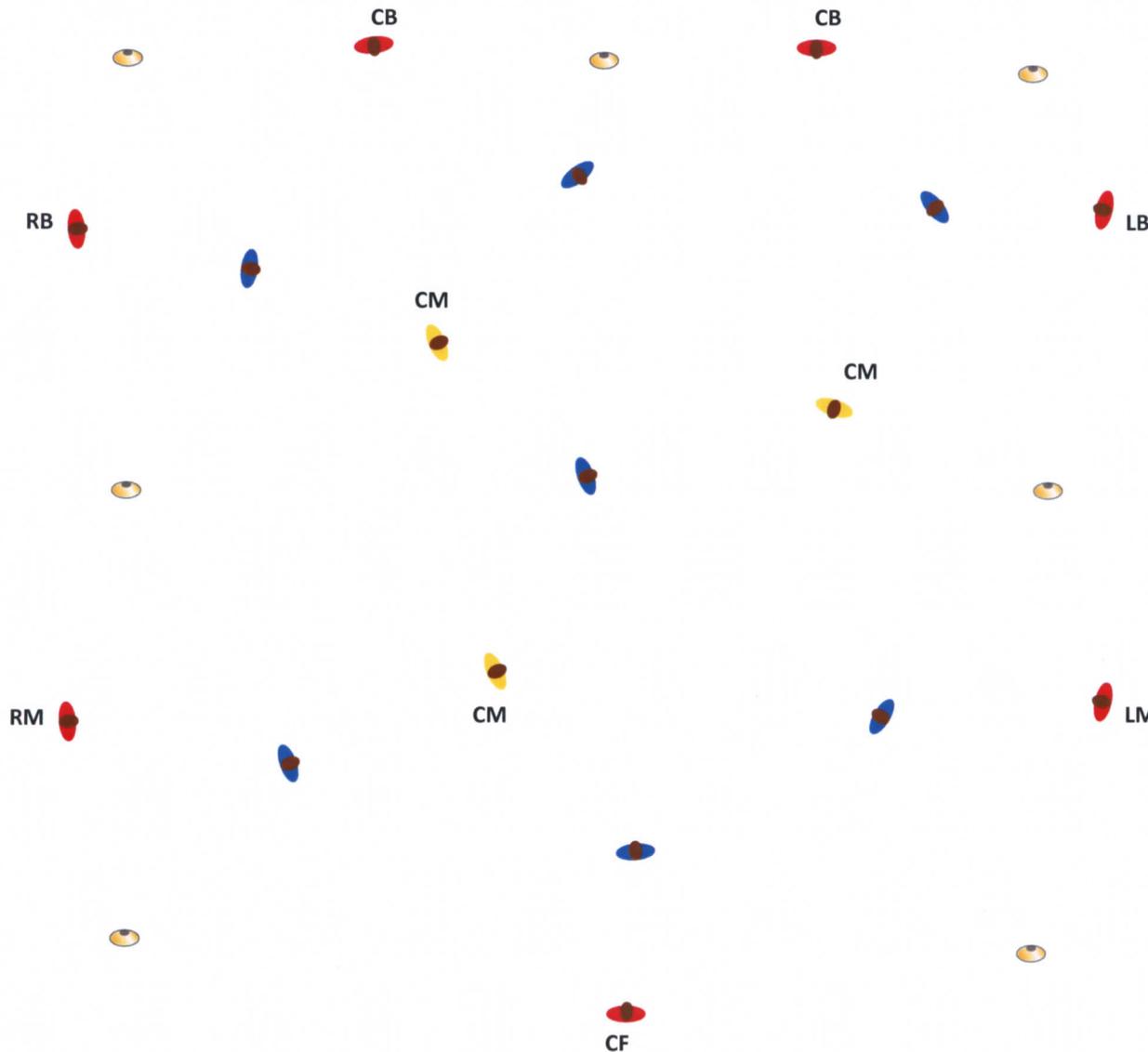
3 Combining with and Advanced Center Mid
 Same set up but now first CM checks to get the ball deep and the two other CM's find lanes, once Advanced player and the other opens up at an angle. Various combinations can be played at this stage.

CP
 -Quick movement as ball is travelling to first CM with pass # 1
 -Support advanced CM quickly
 -**Be creative with movement and runs**

4 Play what you see (not shown)
 Now allow players to experiment with different combinations off the ball using the framework of the drill. Encourage creativity but at game speed

CP
 -Have a plan of where you are going next as the ball is travelling – not control and then decide
 -Communication and relationship of the three CM at this stage is the important aspect of the drill

Phase # 4	<i>7v7 + 3 Possession w/ Transition</i>	Technical	Passing & Receiving	Tactical	Positioning
Objective	<i>Possess ball and transition when ball turns over</i>	Physical	Transition Speed	Psychological	Concentration



Organization

40x30 Grid

Seven Players outside grid organized by position with three Center Mids (CM) in the center. Seven players defending

1 Possession

Team of Seven on outside combine with PM's to possess the ball. When defending team wins ball, coach plays new ball into PM to continue. Switch group from outside to inside after five new balls from coach to put a premium on keeping ball and for defending team to win ball quickly. Time each group.

CP

- CM to check behind (over shoulder) at all times
- Move ball in one or two touch
- Take players out of game with passes by breaking the lines (i.e. Left sided center back playing to Right Back)

2 Possession w/ Transition

Same as above but when team from outside lose the ball they must quickly enter the grid to win ball back. The team that wins ball back quickly takes up same spot on outside of grid.

CP

- CM to keep ball in transition
- Quickly win ball back when it turns over
- Make field big quickly when winning ball
- Communication

Phase # 5	<i>11v11 Game ¾ Field</i>	Technical	Passing & Moving	Tactical	Team Shape in attack
Objective	<i>Combine through midfield to goal</i>	Physical	Box to Box Midfielders	Psychological	Team Cooperation



Organization
 Bring goals up to play a ¾ field 11v11 conditioned game

CP
 -Work on connecting through the midfield and specifically the movement of the midfield three in relation to each other
 -CM should always be looking for passing lanes to be open for a team mate
 -Once ball is played into a forward, at least one CM should support in advance of the forward to un-balance the defending teams back four

Progression
 None

(playing an 11v11 game in a ¾ field size allows for a slightly quicker game where decisions have to be made a split second earlier and players are forced to move the ball quicker)



U.S. Soccer Development Academy Team Training Log



Club: NEW ENGLAND REVOLUTION

Date: MAY 14th, 2013 Duration of Session: 45 MINS

Age Group: 16^s & 18^s Field: QUETTE STADIUM Start Time: 5PM

Player Attendance:

Roster (A= Absent, I= Injured, 1st= Trained w/ 1st Team)				Roster (A= Absent, I= Injured, 1st= Trained w/ 1st Team)				Roster (A= Absent, I= Injured, 1st= Trained w/ 1st Team)			
Name (Last Name, First)	Birth Yr.	Pos.	Abs.	Name (Last Name, First)	Birth Yr.	Pos.	Abs.	Name (Last Name, First)	Birth Yr.	Pos.	Abs.
MAT MOZYNSKI	95	GK									
AUSTIN AVIZA	97	GK									
BRUCE JOHNSON	96	GK									
TREY MILLER	99	GK									
JACK ROBERTS	98	GK									

I) 5-8 MINS

WARM UP

- GK ALWAYS STARTS & FINISHES IN MIDDLE OF SQUARE.
- SERVICE IS ALWAYS TO GK'S FEET
- 2 TOUCH PASSING
- 4 REPS PER GK & SWITCH.

S = SERVER

II) 10 MINS

PASSING & POSITIONING

- 1) - RECEIVE PASS FROM COACH, CONTROL & DISTRIBUTE BACK
- 2) - QUICK ADJUSTMENT TO RECEIVE A SHORT 1 TIME PASS FROM (X)
- 3) - RECEIVE PASS FROM COACH, CONTROL & DISTRIBUTE TO (Y)

X & Y ARE ROTATING GK'S

SESSION EVALUATIONS

Coach Self-Assessment of Session:

- MM -
- AA -
- BJ -

III) a) 10 MINS

TECHNICAL EXERCISE (1)

- VOLLEY FROM (X)
- TURN BACK FROM (Y)
- 3X REPS PER GK / PER SIDE
- (FOCUS ON SPEED OF FOOTWORK & CONSISTANT SET POSITION)

III) b)

- REPEAT EXERCISE (A) PROCESS IN LIVE SERVE FROM (Z)
- 3X REPS PER GK / PER SIDE

IV) 10 MINS

TECHNICAL EXERCISE (2)

- GK, STARTS IN HANKERCHIEF DIVING POSITION, RECEIVES 3X LOW BALLS FROM COACH (C)
- GK RELOADS & GETS INTO POSITION FROM (X) SERVICE
- MOVES AT SPEED INTO POSITION FOR (C) SERVICE
- AND FINISHES WITH LIVE BALL FROM (Y)

V) 10 MINS

CROSSES & DISTRIBUTION

*Coaches can include their own training log formats or copies of schematics as long as it includes the information listed above

TM -
JR -