



Wayne Harrison
presents
Exclusive eBook Series



Soccer Awareness Training

**Fast Transition 3 v 3 Plus Keeper
Game and Developments**



ABOUT WAYNE HARRISON

- Ex-Professional Player with Blackpool; England and Oulu Palloseura; Finland
- Represented Great Britain in the World Student Games in Mexico
- Bachelors of Arts in Sports Psychology
- UEFA 'A' License 1996
- NSCAA Premier Diploma holder
- Author of 14 Coaching Books and 4 DVD's
- DOC for Al Ain Soccer Club; United Arab Emirates; Middle East; 7 Youth National Championships in 2 years at Professional level
- Proponent of Soccer Awareness One Touch Developmental Training
- Owner Soccer Awareness Developmental Training programs

Coaching Points:

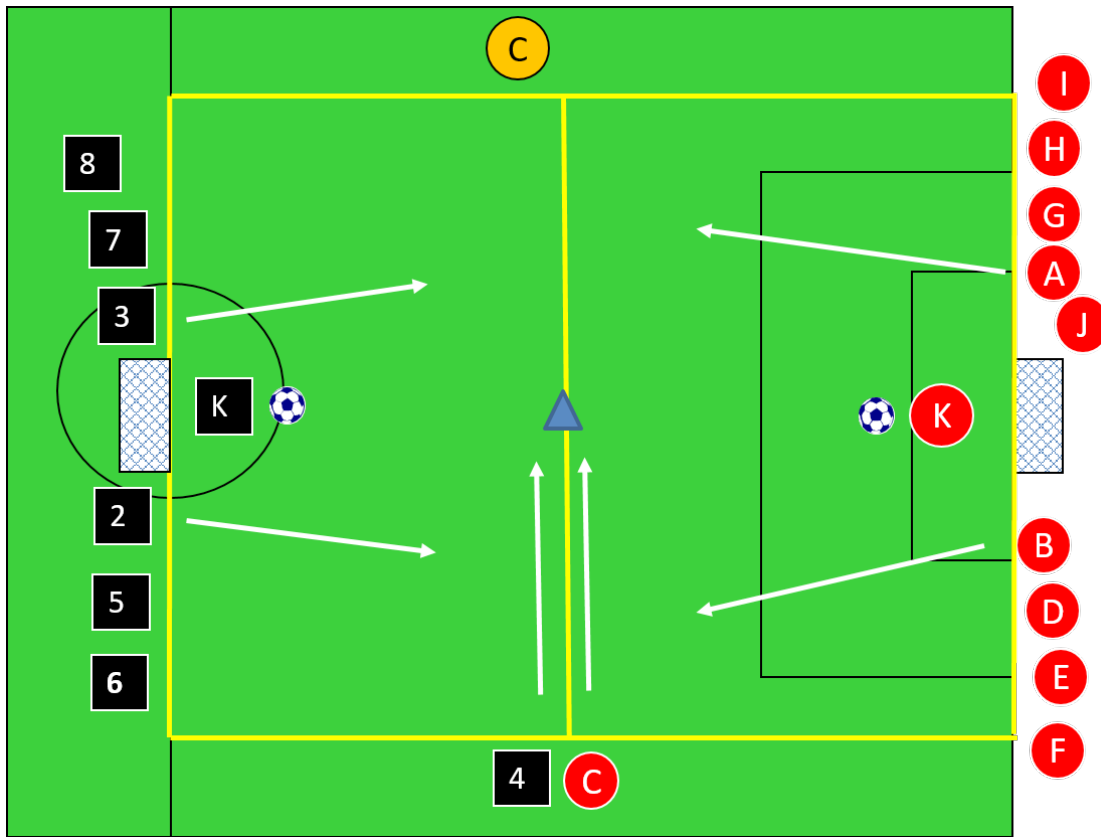
1. Teaching the thinking process of awareness and peripheral vision
2. Quick Play: One and two touch
3. Combination Plays; overlaps, give and goes, diagonal runs
4. Rotations of players, tactical positional changes
5. Changes in tempo; learning when to slow the game down / speed it up
6. Very fast Transitions of play based on a possession change
7. Mental transitions in changes of possession
8. Shooting and scoring goals
9. An Immense amount of touches on the ball for every player
10. At some point bring the offside rule in, you decide when its it's the right time.
11. You can ensure the right players form the attacking and defending team shape per your actual team set up. So have a back three / four work together or a front four for example. So a SSG becomes a function.

Count the score to keep it competitive for example the first team to score 5 goals wins. Players love this game its dynamic and a lot of fun too.

Ensure the coach identifies coaching moments and educates the players at every opportunity asking THEM to solve the problem; or create their own solutions.

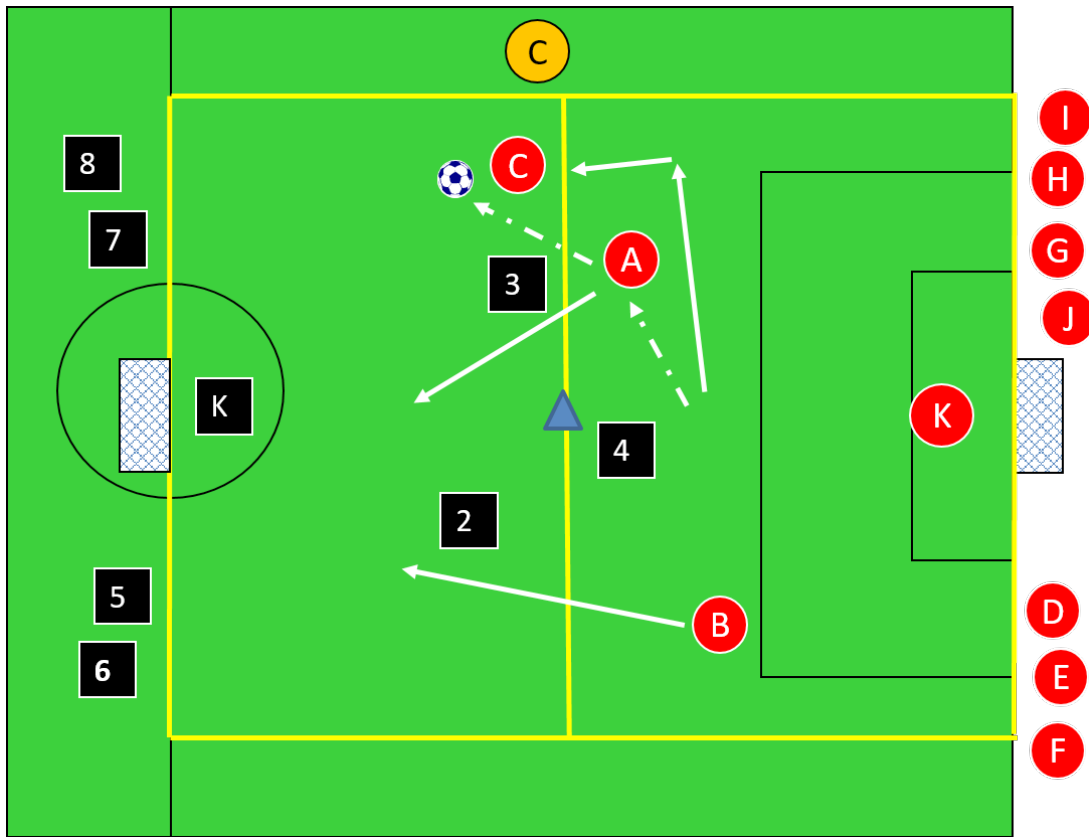


Fast Transition 3 v 3 Plus Keeper Game



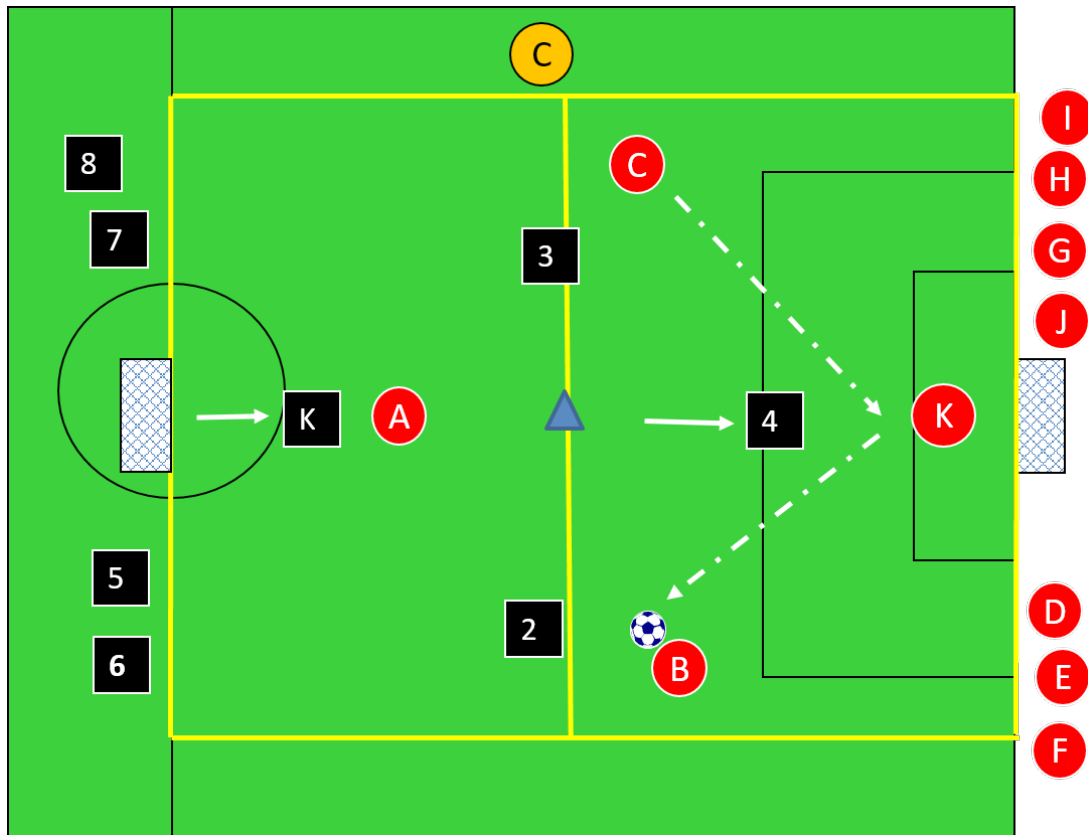
Coach says go. (4) and (C) race to the cone and coach shouts one team or the other to have possession (it could be the winner of the race). Two players join them to make a 3 v 3 but the keeper can be a keeper sweeper too.

Combination Plays



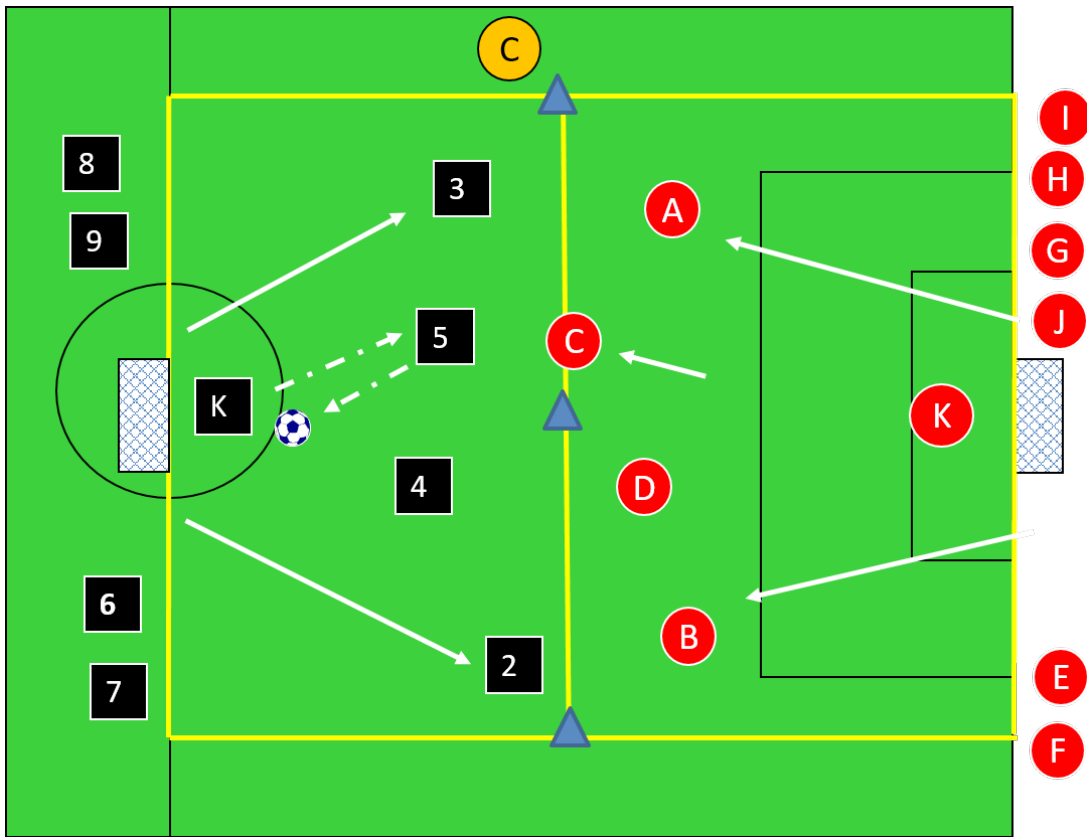
Try to score and practice combination plays. Here we show (A) and (C) isolating (3) in a 2 v 1 overlap situation. Everything done at pace when possible. (A) and (B) race to receive the cross.

Defensive Team Shape



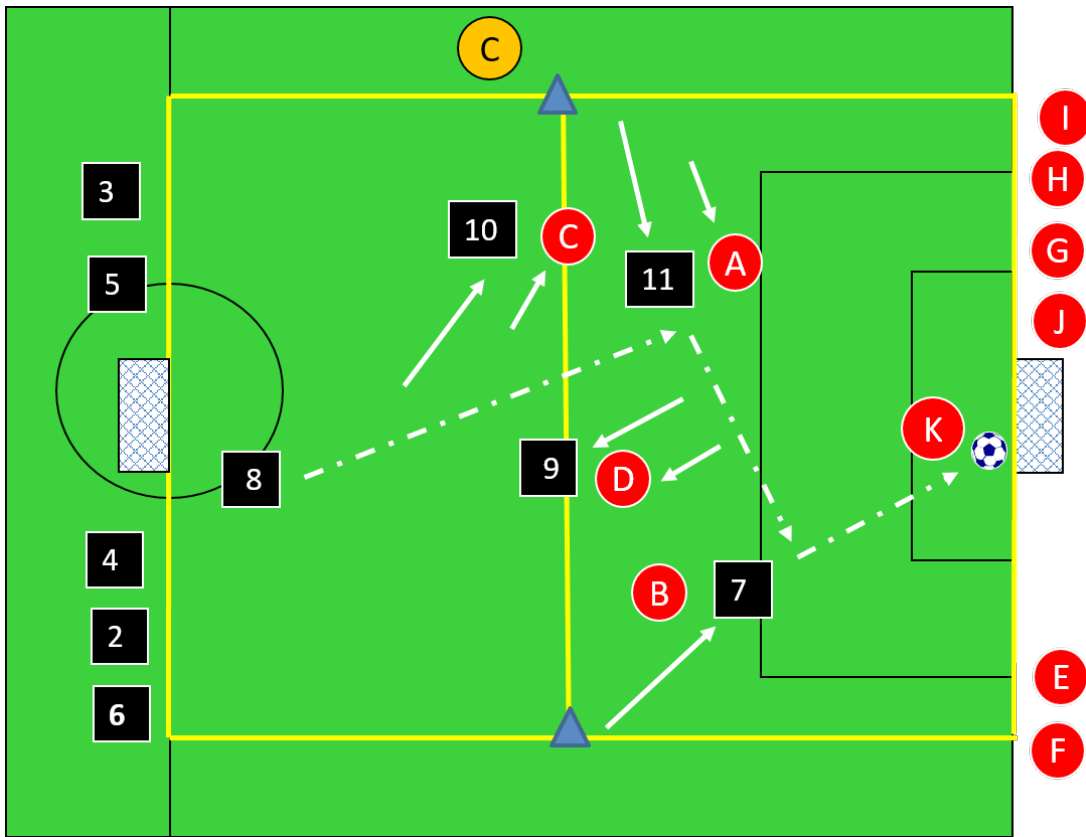
To equal numbers up you can have the keeper as the sweeper defensively too but guarding the goal also. We need to develop our keepers to be totally comfortable on the ball so encouraging them to play in the game itself here.

Fast Transition 4 v 4 Plus Keeper Game



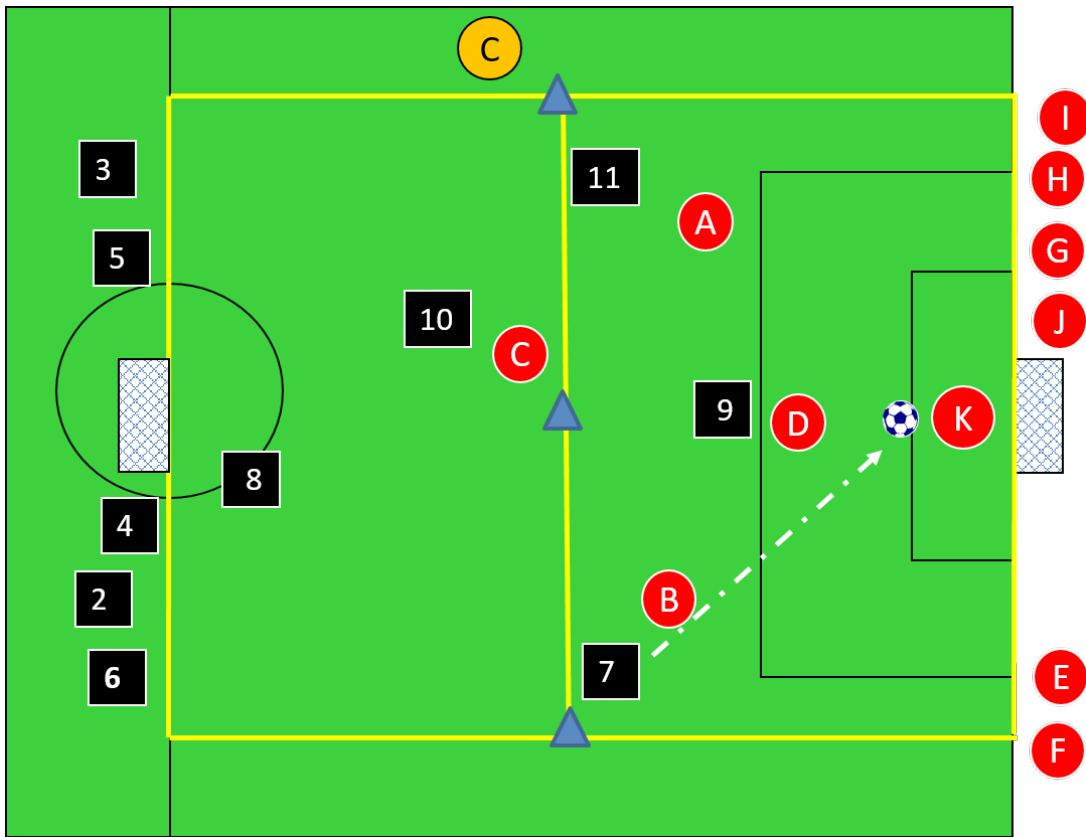
Here working like a keeper and a back four. Or it could equate to a central midfielder (8) and 4 attacking players (7, 9, 10, and 11).

Becomes An Attacking Tactical Movement Exercise



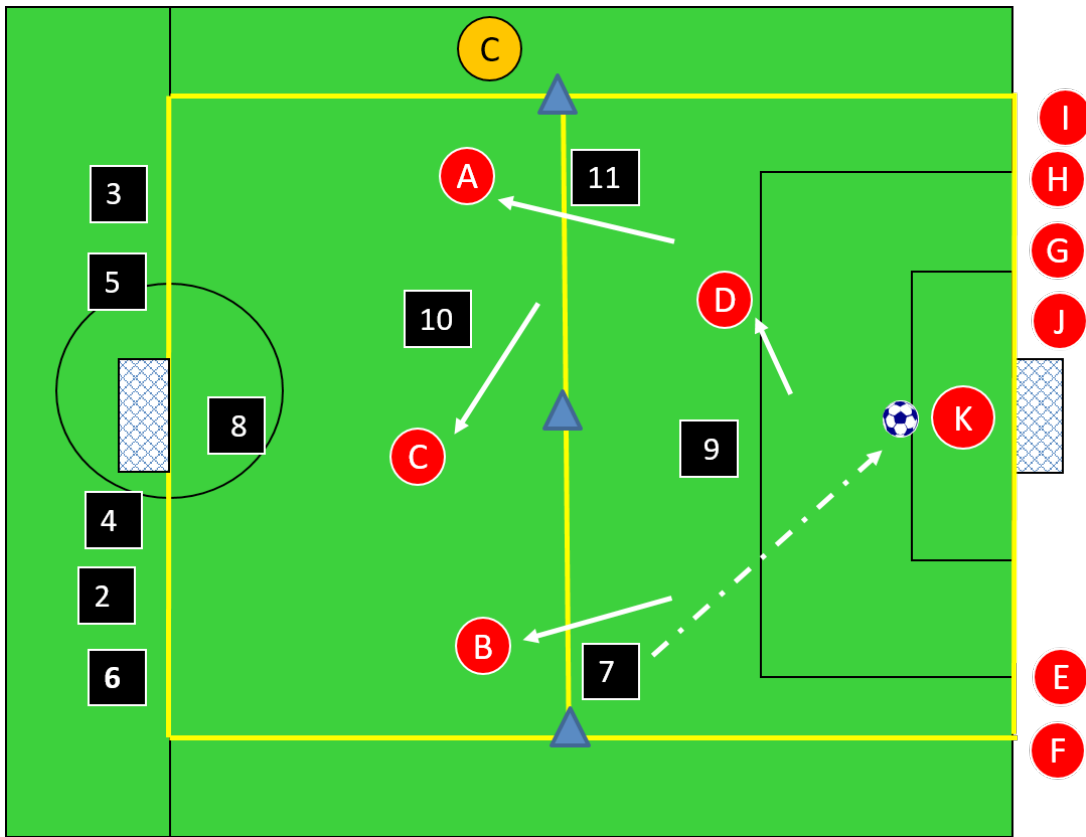
(9) Takes (D) short and creates space in behind. (11) cuts inside into the space to receive the pass from (8). (10) takes (C) wide and opens up a passing lane. (7) cuts inside behind (B) to receive the diagonal pass from (11). We get a shot on goal through rotation and movement.

Transition From Defending To Attacking



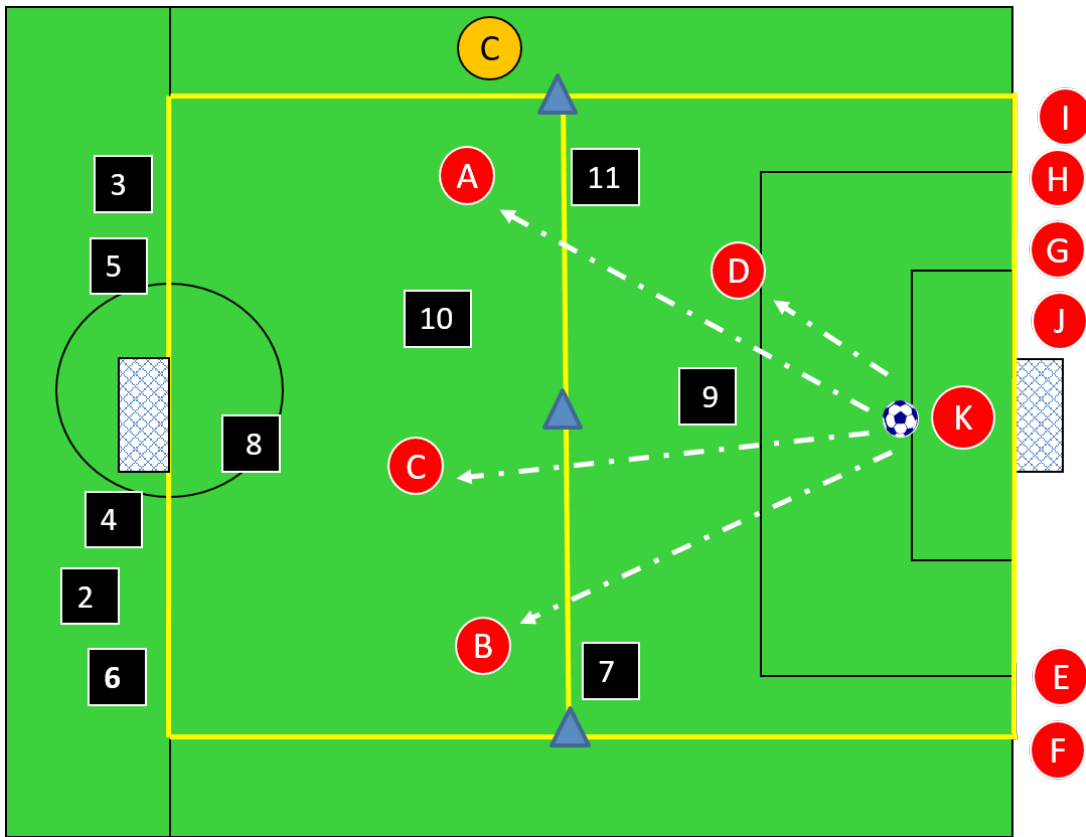
(7) Makes a bad pass and it goes straight to the keeper. Now the defending team need to immediately find space and transition to the attacking team and try to create a quick counter. This equates more to the attacking four than a back four; per the set up.

From a coaching perspective how do we teach this idea? To empower the players to work out solutions not the coach!!



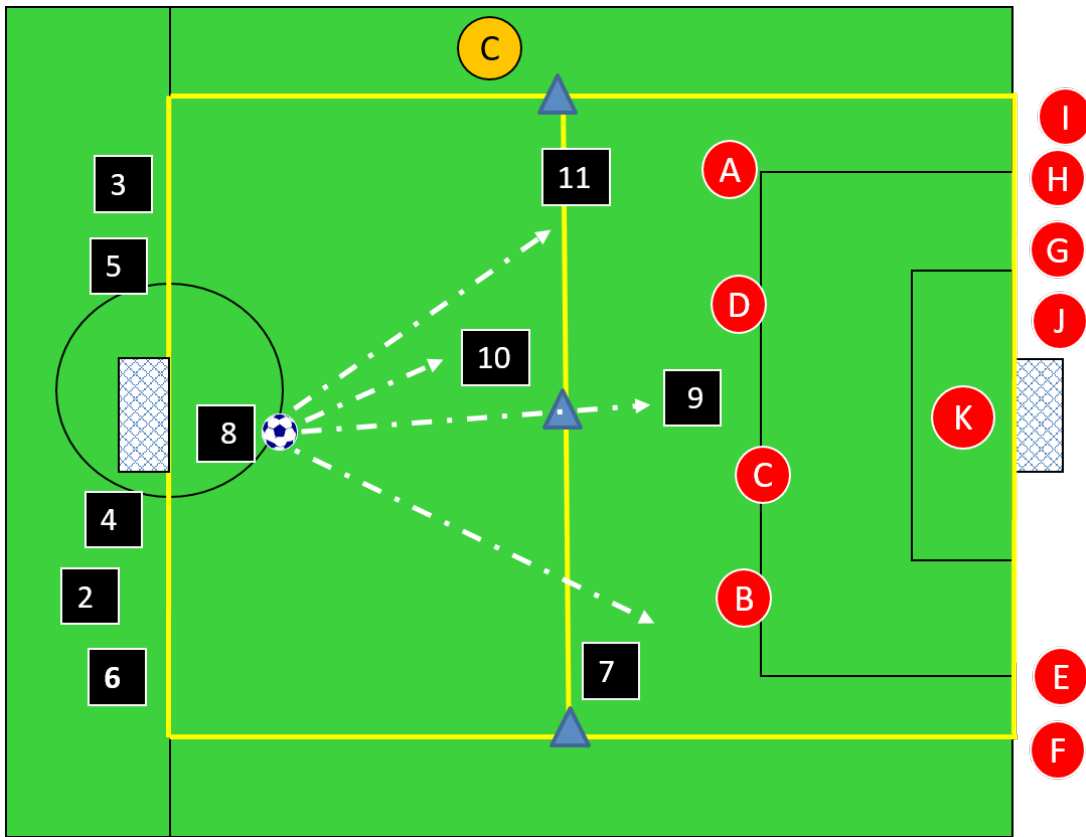
The ball is at the Keeper (sweeper). Now ask the defending players to stand still. Ask the attacking players to find space and open up passing lanes AND at the same time increasing the Spacing between each other.. THEY make all the decisions not you the coach. Now stop it and show the difference. Emphasize the open space and passing lanes THEY have created.

The Resulting Movements Off And Away From The Ball Create



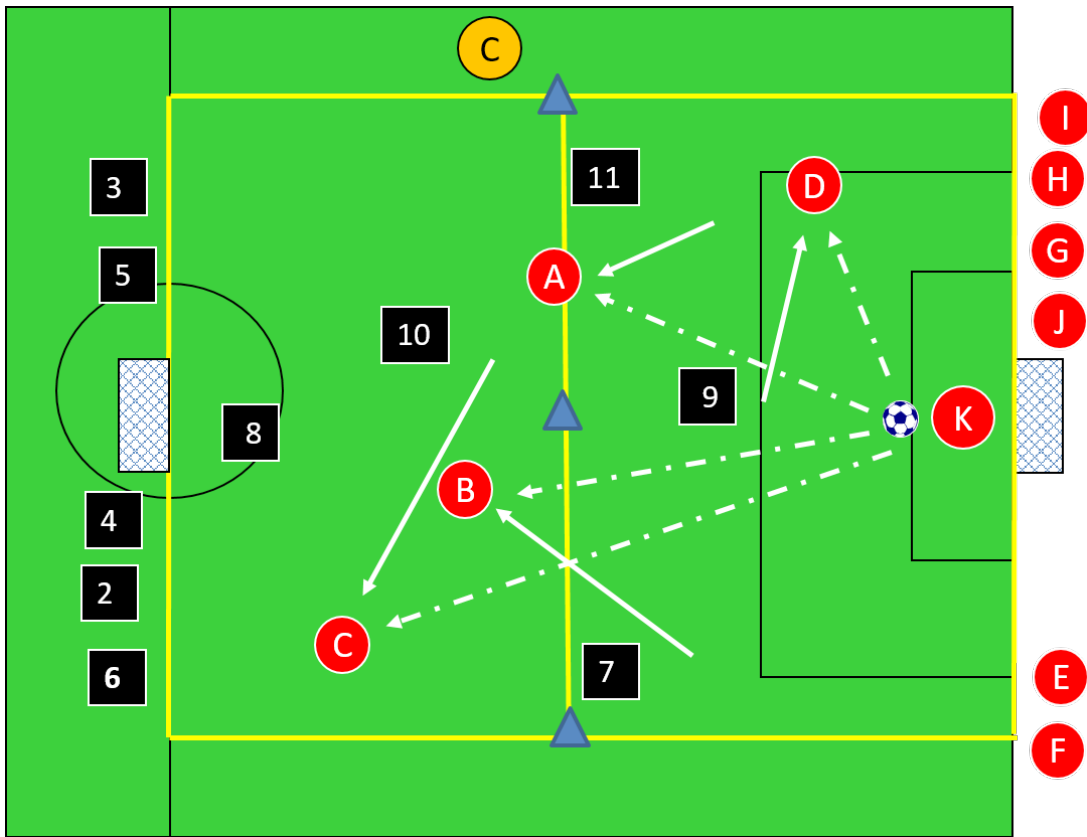
Now showing the attacking set up with everyone stationary to emphasize what has been achieved in a very fast moment in time creating a wonderful counter attacking situation.. Showing potential open passing lanes for (K). Now bring them back to their defensive shape have (7) make the bad pass to (K) and let it go free and see what happens.

Now Focusing On The Numbers Team In A 1-4-2-3-1



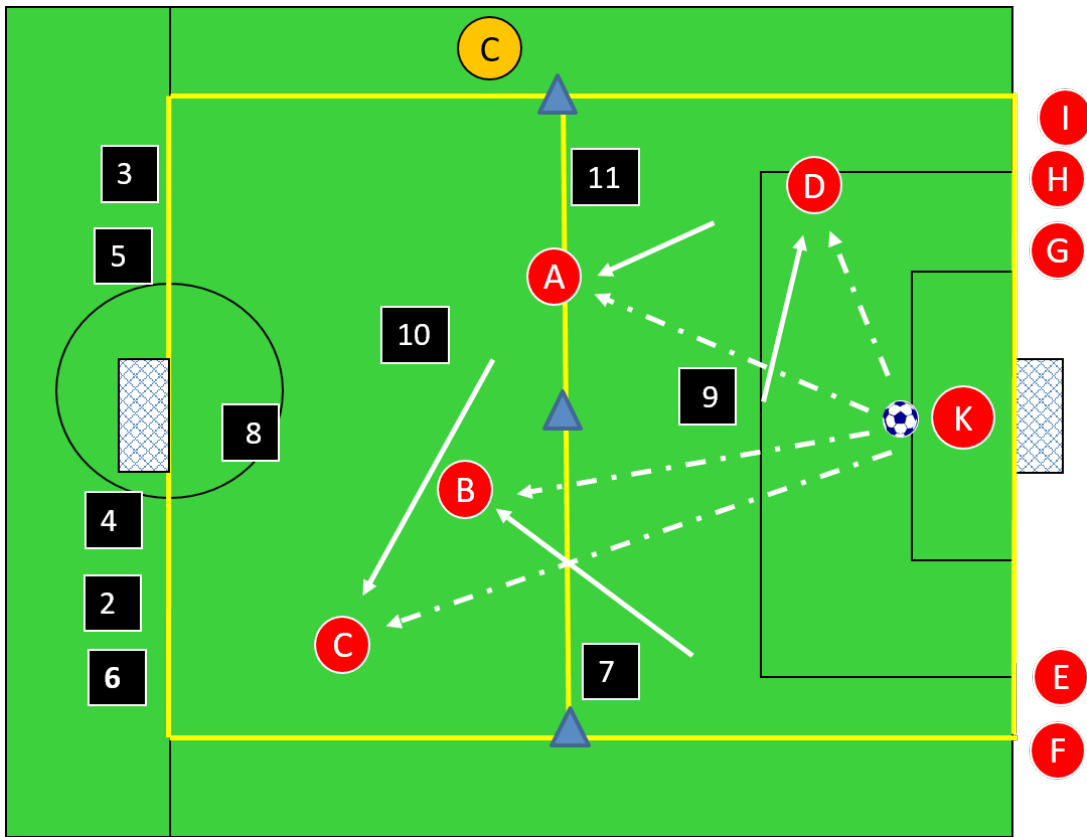
Now showing the attacking set up with everyone stationary to emphasize what has been achieved in a very fast moment in time creating a wonderful counter attacking situation.. Showing potential open passing lanes for (8/K).

The Resulting Movements Off And Away From The Ball Create



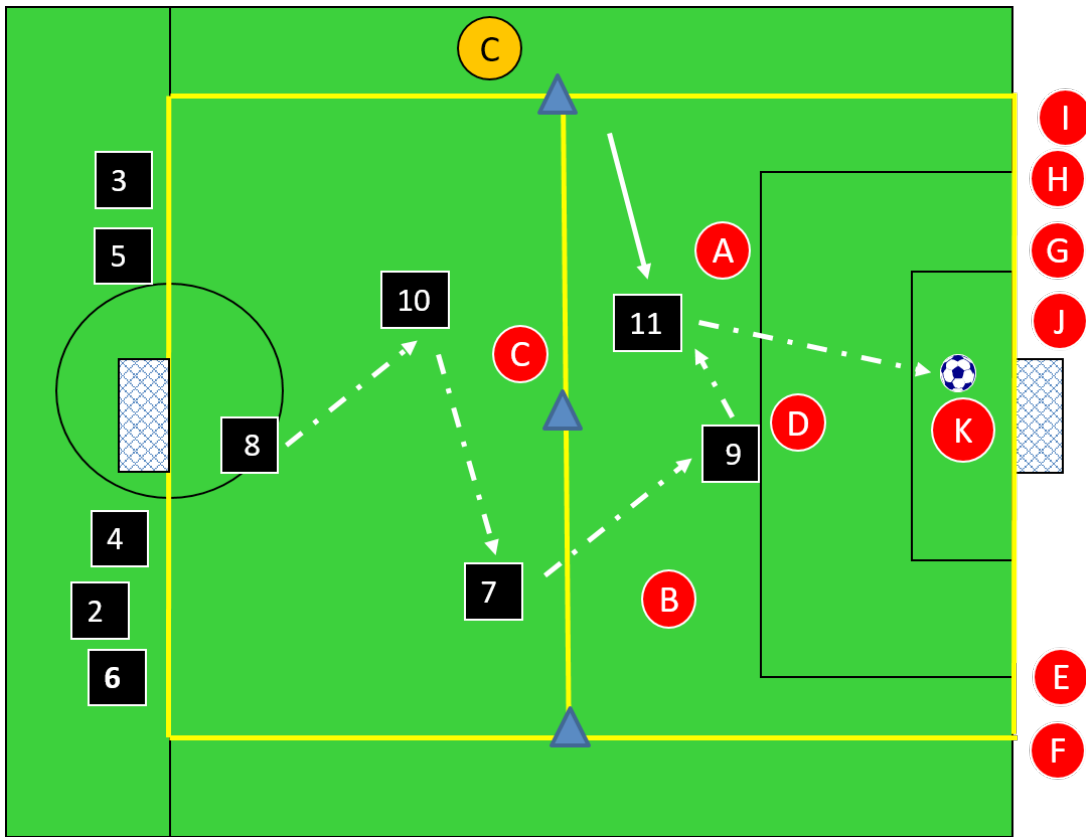
There are many different ideas that can be developed from this initial defensive set up. You can show how player movements affect the defenders as in slide 10 going the other way with the numbers team attacking. Or like here without defenders moving to emphasize it even more.

Increasing The Challenges For Players



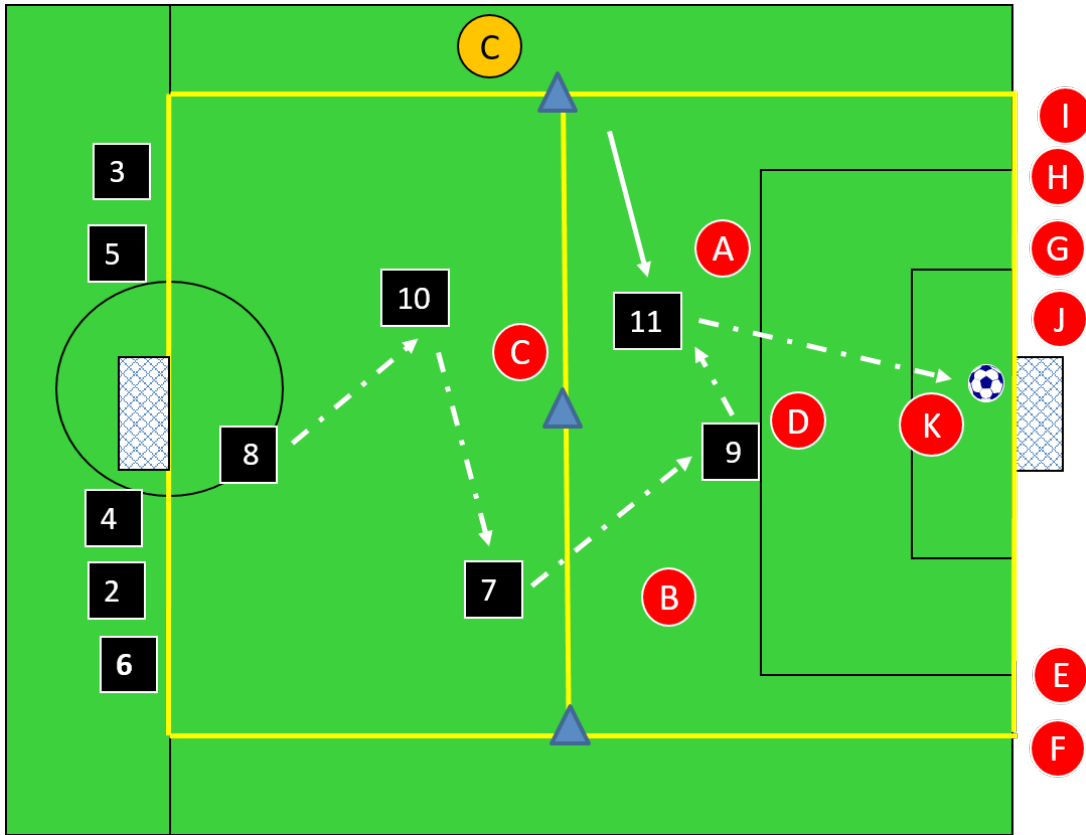
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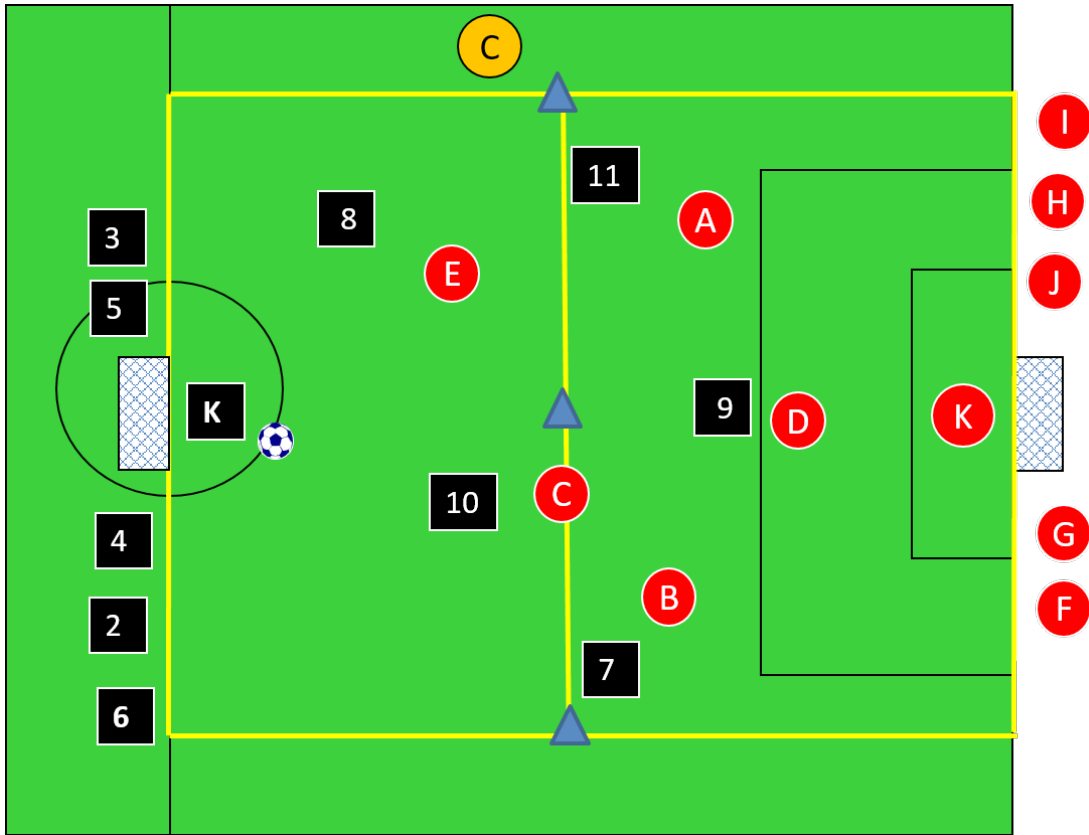
Once they get good at this game both defensively and offensively it is time to increase the difficulty and take players out of their comfort zones. The best one is the number of touches on the ball so decrease them to 3 then 2 then 1 touch when possible. This speeds up and challenges the thinking processes of awareness and vision and forces players to think ahead of the ball.

Showing The Benefit Of Being Able To Play 1 Touch In Passing And Movement



All attacking players have moved off the ball to find space to receive, but only shown with (11). By passing and moving so quickly opponents dont have time to stop this and we score a goal. All this education starts in the simple Rondo to get to this point. This is the end product we look for.

Example Of An Attacking Six From An 11 v 11



Now building up the idea and adding another player to make a 5 v 5 plus keepers. (6) can double up as a keeper and you can do the same with the other team. Or just have 5 plus a regular keeper.



ABOUT WAYNE HARRISON

Married to Mary for 30 years with two daughters Sophie 26 and Johanna 23.

Wayne is available for Soccer Symposiums and Conventions wherever they are needed; and able to offer field clinics and classroom presentations of your choosing. He has vast experience in this field of work.

His specialist system of play is the 4-2-3-1. His favored type of development training is that of creating the “THINKING PLAYER” through his SOCCER AWARENESS methods of coaching.

His belief is developing the MIND of the player through ONE TOUCH training, which is purely to help the development of the SKILL FACTOR (the when, where how and why of decision making; or the thinking process). He wants all coaches to teach where it is the player who becomes the decision maker not the coach.


You can contact him on soccerawareness@outlook.com and / or view his website www.soccerawareness.com.

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