

# TSF Academy

## Zone 1 – Technical Training Session Sample Handbook



Lee Leonard  
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## CLUB OVERVIEW | CLUB ATTACKING PRINCIPLES

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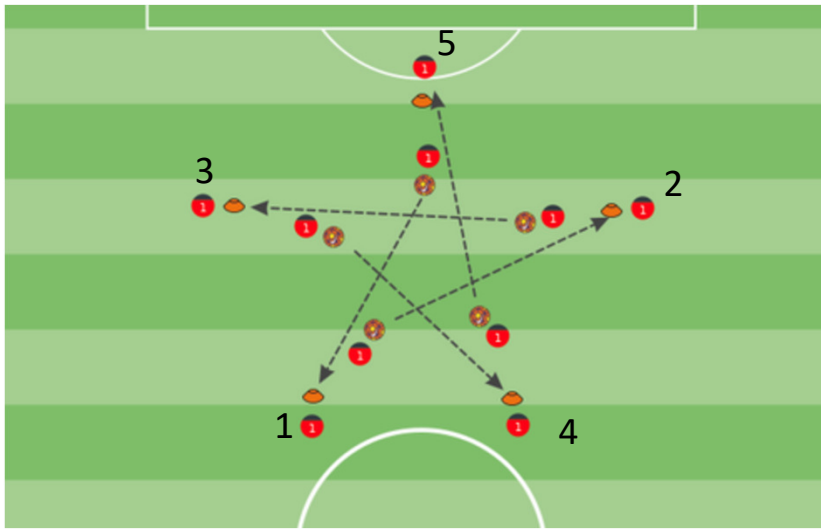
CLUB OVERVIEW | CLUB DEFENDING PRINCIPLES



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## Star Shaped Dribbling Exercise



### Coaching Focus:

- High Reps
- Energy
- Control of the tempo
- Constant communication
- Demanding the exercise puts high demand on the players
- Coaches must understand techniques and be able to demo clearly

### Technical Coaching Points:

- Dribbling Technique
- Head up
- Close touches when under pressure
- Bigger touches when driving into space
- 1v1 skills: scissors, step over, Ronaldo Chop, Iniesta (outside touches, inside touches), sole roll
- Turns: drag back, quick turn, inside hook, outside hook, L-turn, Cruyff turn
- Changing direction
- Change of pace
- Use of body (put body between ball and defender when dribbling and/or under pressure)
- Working both feet with all aspects of dribbling, turning and 1v1 skills
- Create unpredictable players

### TSF Academy Key Principles within Phase:

- Always refer back to TSF Attacking & Defending Principles of play

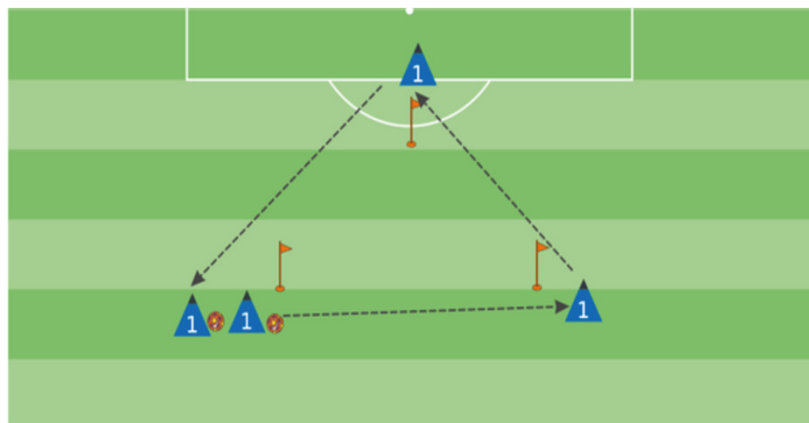
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## Running The Ball & Receiving



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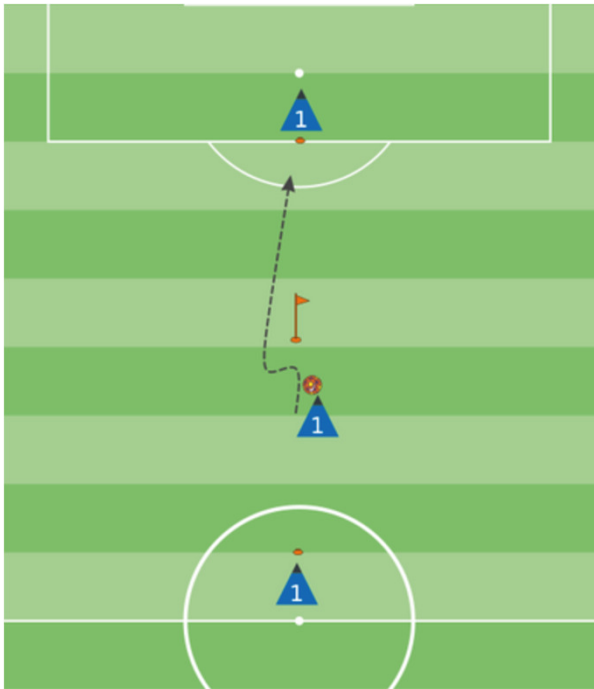
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## Dribble, Beat The Pressure & Attack The Space



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- Create unpredictable players

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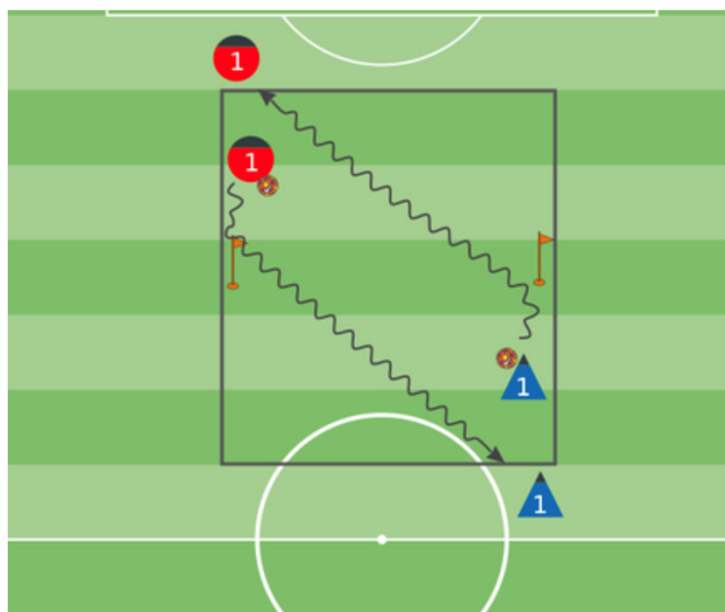
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## Dribble, Beat The Pressure, Change Direction & Attack The Space



### Coaching Focus:

- High Reps
- Energy
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- Constant communication
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### Technical Coaching Points:

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- Working both feet with all aspects of dribbling, turning and 1v1 skills
- Create unpredictable players

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## 1v1 – Sweat Box



### Coaching Focus:

- High Reps
- Energy
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- Constant communication
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- Working both feet with all aspects of dribbling, turning and 1v1 skills
- Create unpredictable players

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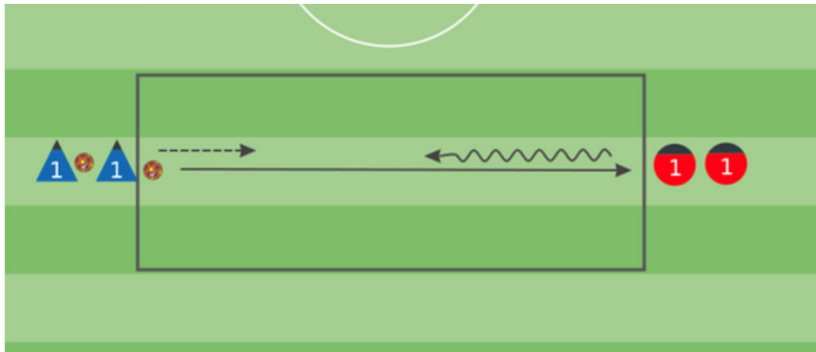




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## 1v1 Defend The Line



### Coaching Focus:

- High Reps
- Energy
- Control of the tempo
- Constant communication
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### Technical Coaching Points:

- Dribbling Technique
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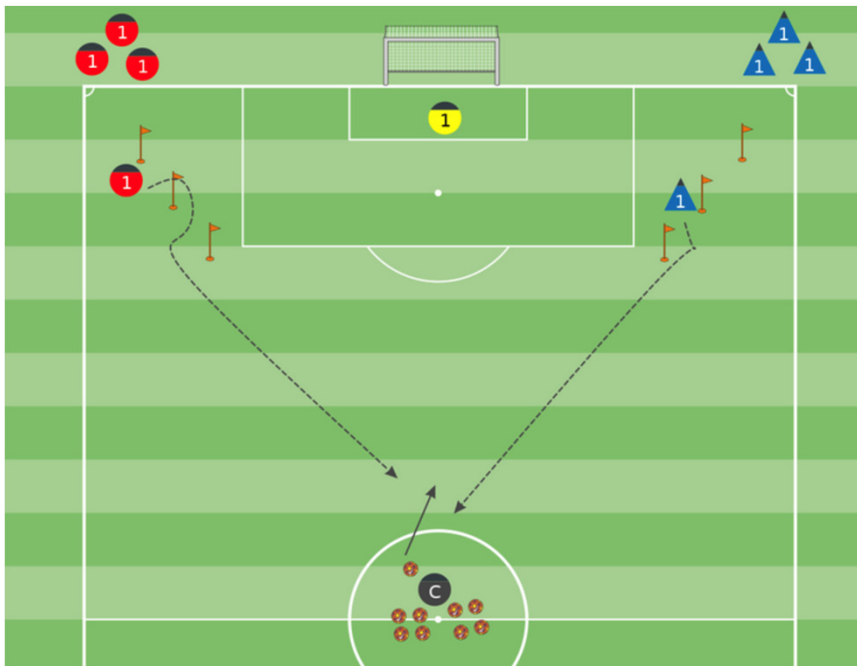
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## 1v1 – Goal Game



### Coaching Focus:

- High Reps
- Energy
- Control of the tempo
- Constant communication
- Demanding the exercise puts high demand on the players
- Always demand good levels of attacking and defending in all exercises to ensure realism and that practice is harder than the game

### Technical Coaching Points:

- Dribbling Technique
- Head up
- Close touches when under pressure
- Bigger touches when driving into space
- 1v1 skills
- Turns & Changing direction
- Use of body (put body between ball and defender when dribbling and/or under pressure)
- Avoid pressure becoming confrontation
- Use of teammate (when and where)
- Goals, Goals, Goals
- Opposite topic – Defending
- Defend with energy, desire, purpose

### TSF Academy Key Principles within Phase:

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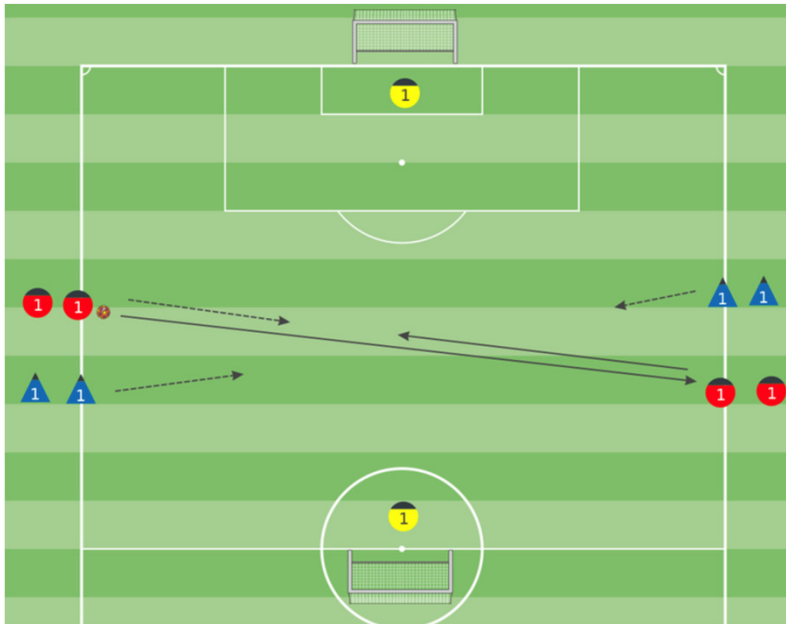
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## 2v2 –Goal Game Multi directional



### Coaching Focus:

- High Reps
- Energy
- Control of the tempo
- Constant communication
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### Technical Coaching Points:

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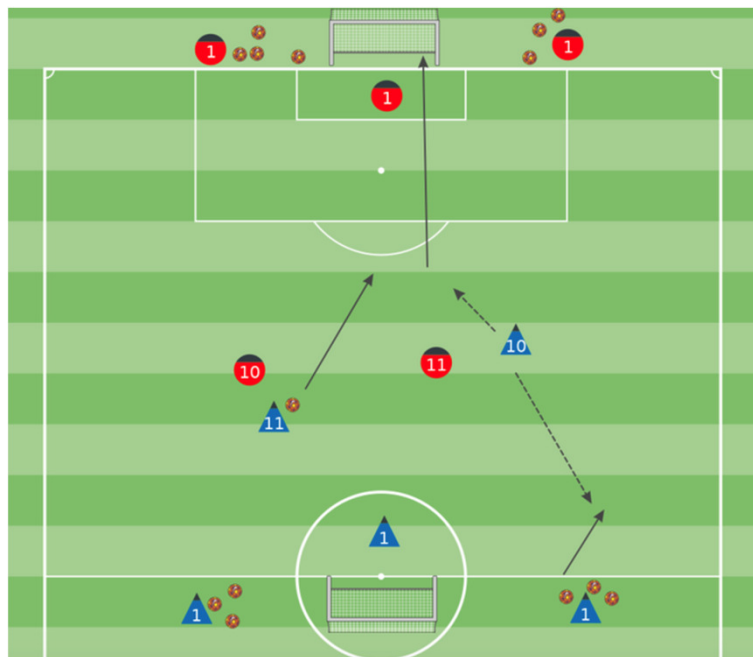
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**2v2 Game –**  
**Score and check back to receive new ball.**  
**Score as many as you can (90 seconds on)**



#### Coaching Focus:

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#### Technical Coaching Points:

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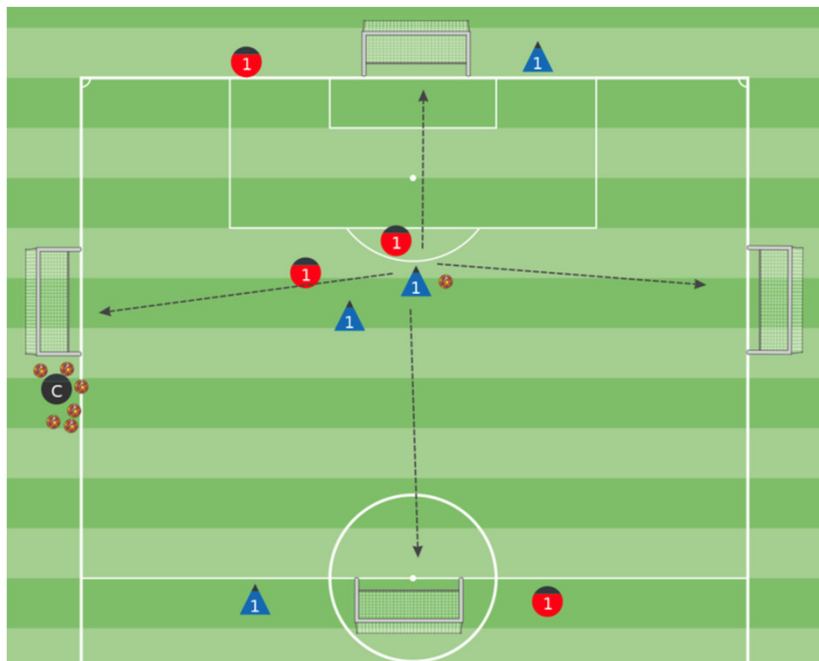
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## 2v2 – 4x Goal Game Multi directional



### Coaching Focus:

- High Reps
- Energy
- Control of the tempo
- Constant communication
- Demanding the exercise puts high demand on the players
- Always demand good levels of attacking and defending in all exercises to ensure realism and that practice is harder than the game

### Technical Coaching Points:

- Dribbling Technique
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- Opposite topic – Defending
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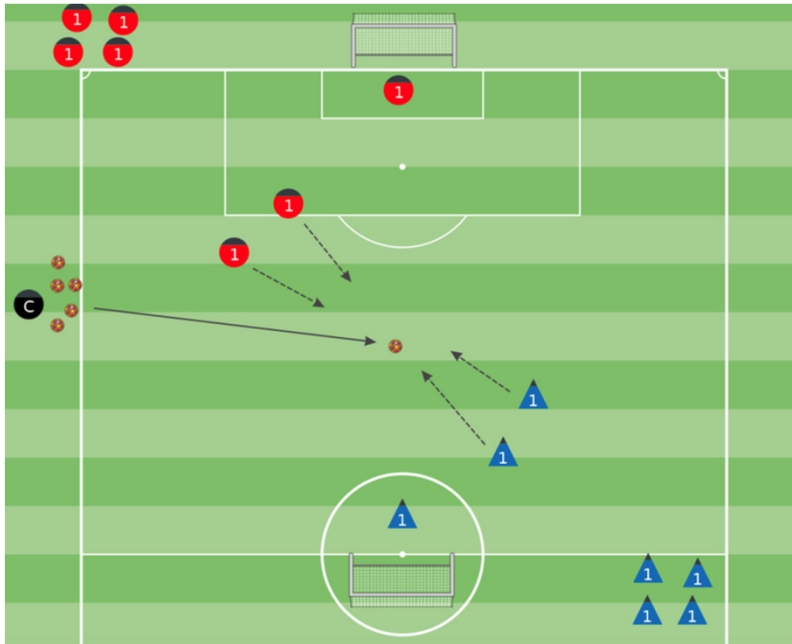
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## Numbers Game



### Coaching Focus:

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- Energy
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### Technical Coaching Points:

- Dribbling Technique
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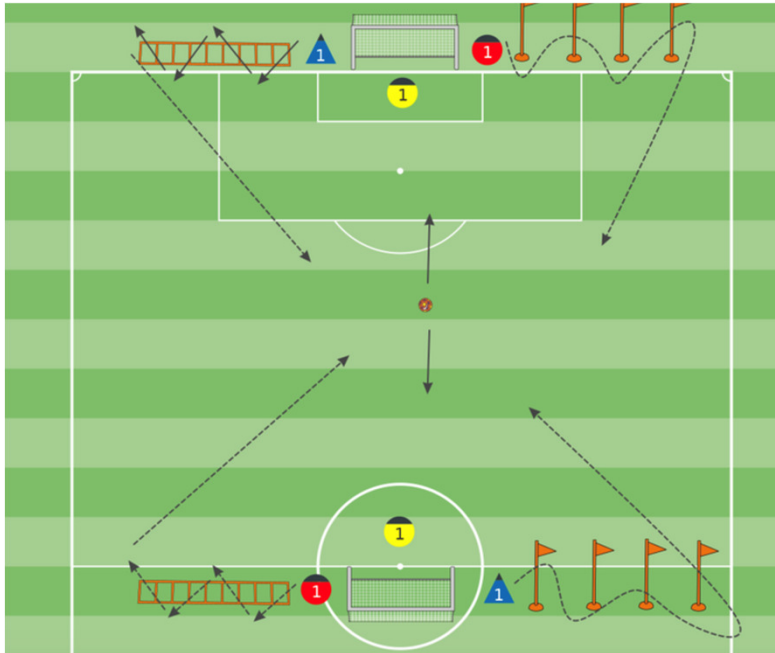
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## 2v2 SAQ Based – Multi directional Goal Game



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### Technical Coaching Points:

- Dribbling Technique
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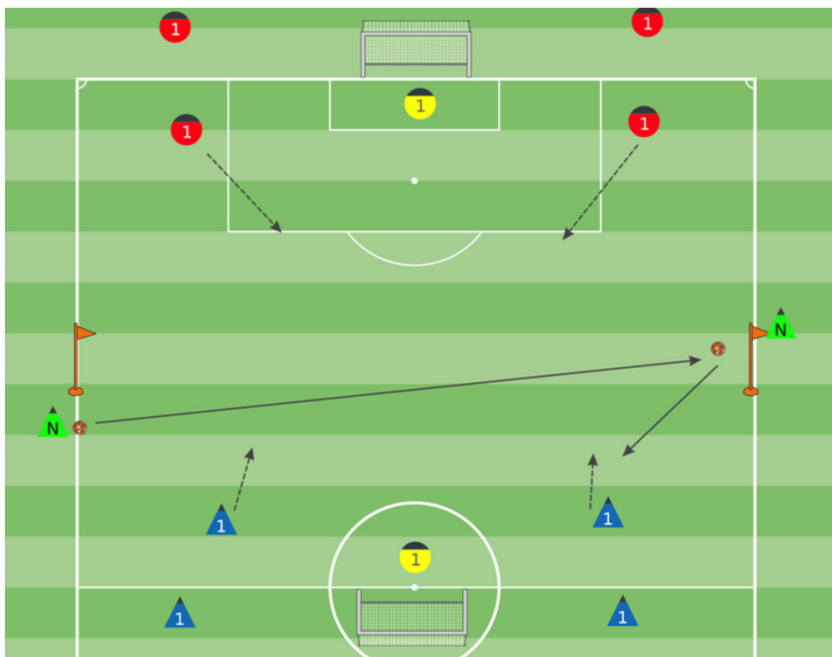


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## 2v2 +2 To Goal

Variations of numbers can be lower for example  
1v1+1



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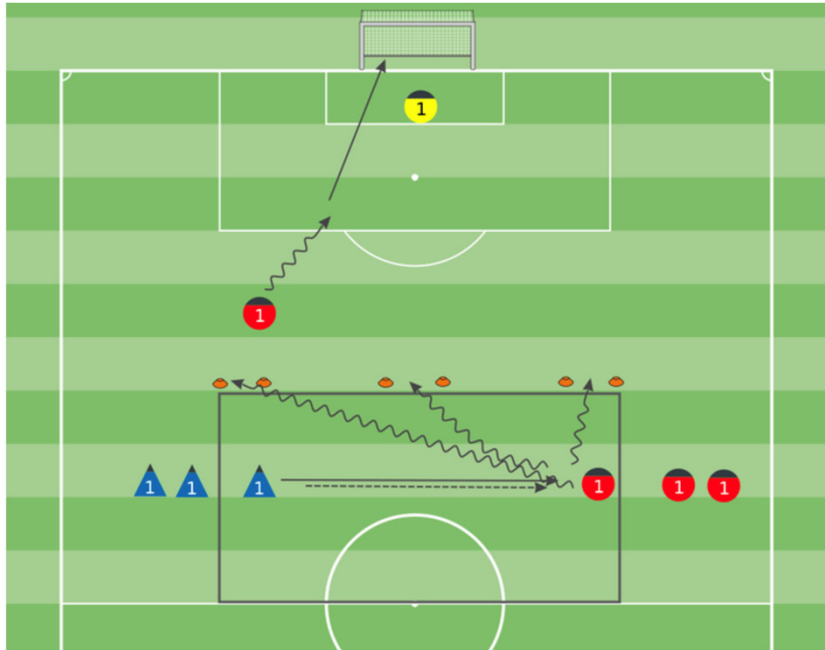




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## 1v1 – Escape the pressure through a gate and go to goal 1 on 1 with GK



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