



E-BOOK BY COACHBETTER

TRAIN LIKE LIVERPOOL

Full Training Session to make everyone train like a pro

Welcome

"We are driven for the love of the game and its ongoing digital evolution.

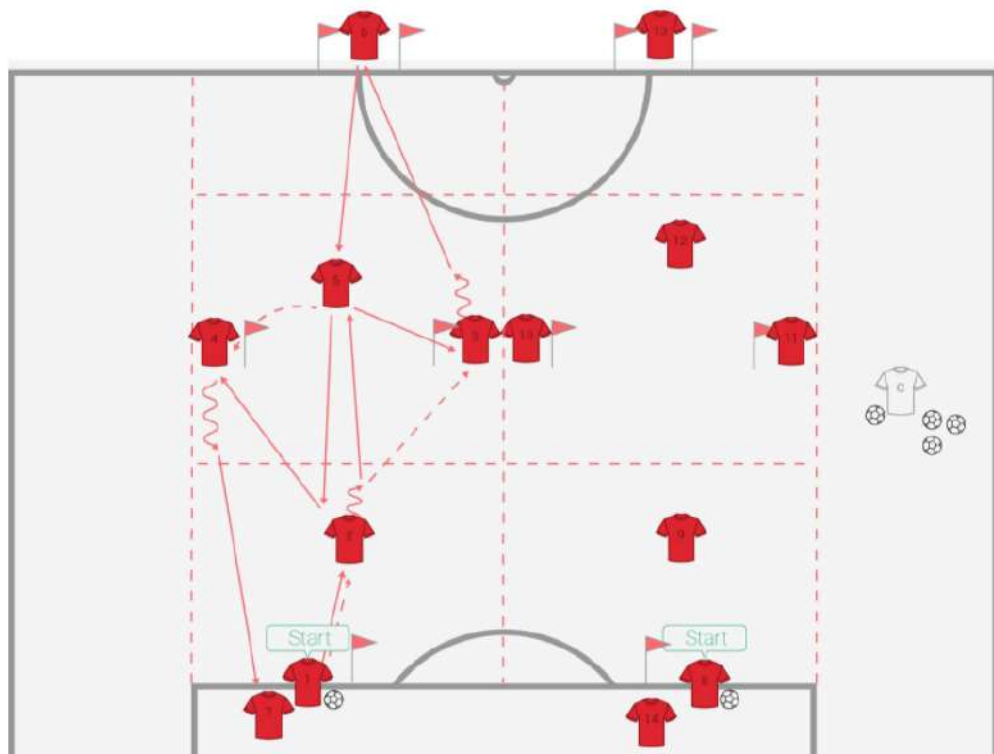
We are keen to successfully develop the game itself and most importantly its players"

Patrick Patzig - Co-Founder & CEO coachbetter



WARMUP

SHORT-SHORT-LONG



7 to 14
Players



15 - 25
Minutes

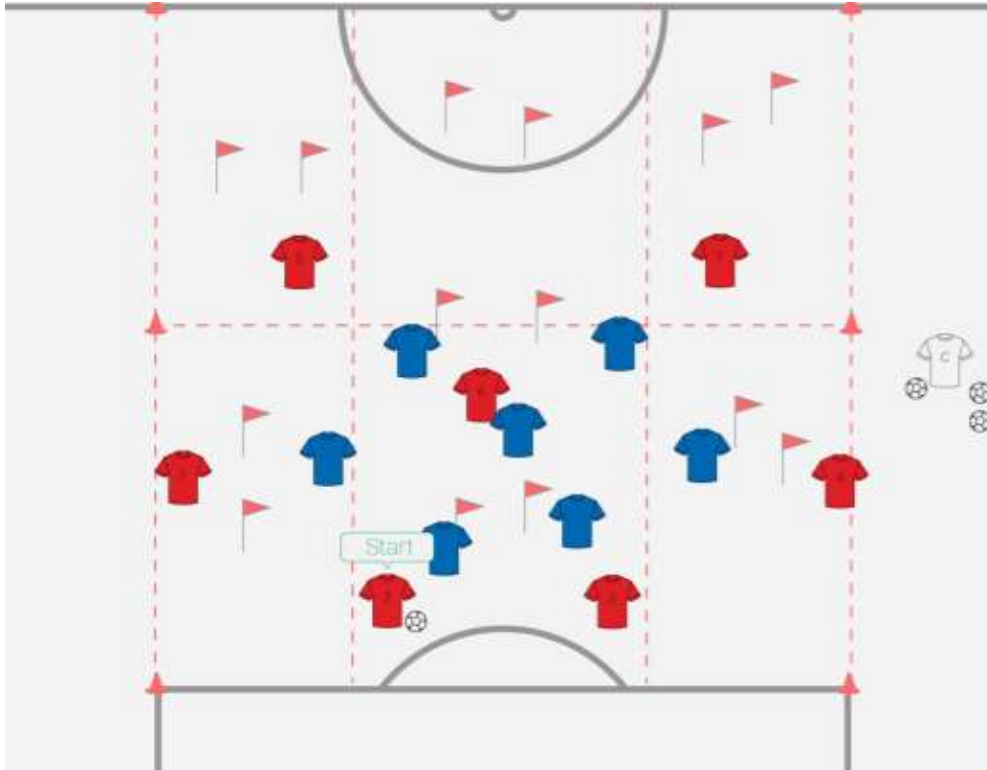
Activity Flow

1. Player 1 begins the exercise with a pass to player 2
2. Player 2 receives the ball in the direction of play and passes to player 5
3. Player 5 plays a one-touch pass to player 3
4. Player 3 receives the ball in the direction of play and passes to player 6
5. Player 6 passes to player 5, who takes the ball in the opposite direction and passes to player 1, who has moved up to player 2's position
6. Player 1 plays a one-touch pass to player 4, who then passes to player 7, and the sequence starts over



MAIN PART

PASSING GOAL COMPETITION



8 to 25
Players



15 - 25
Minutes

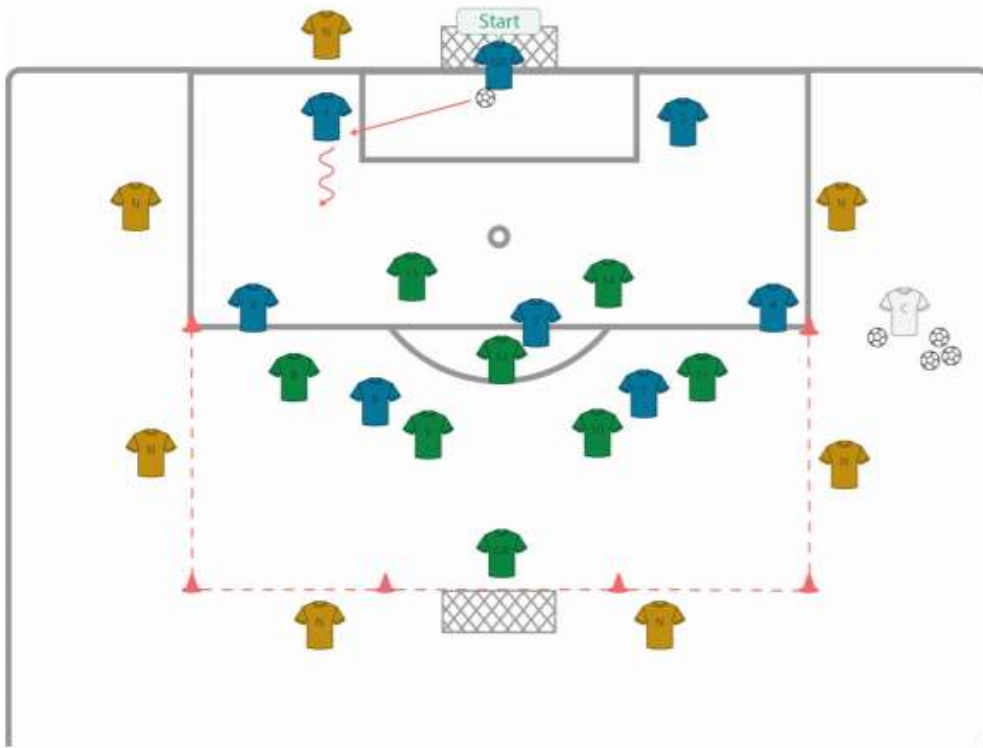
Activity Flow

1. Play 7v7 in the marked playing field
2. The objective of both teams is to score points by completing (or preventing) a double pass through a pole goal
3. One of the teams starts the small sided game in possession



MAIN PART

7V7 + 7 NEUTRAL PLAYERS



21 to 25
Players



15 - 25
Minutes

Activity Flow

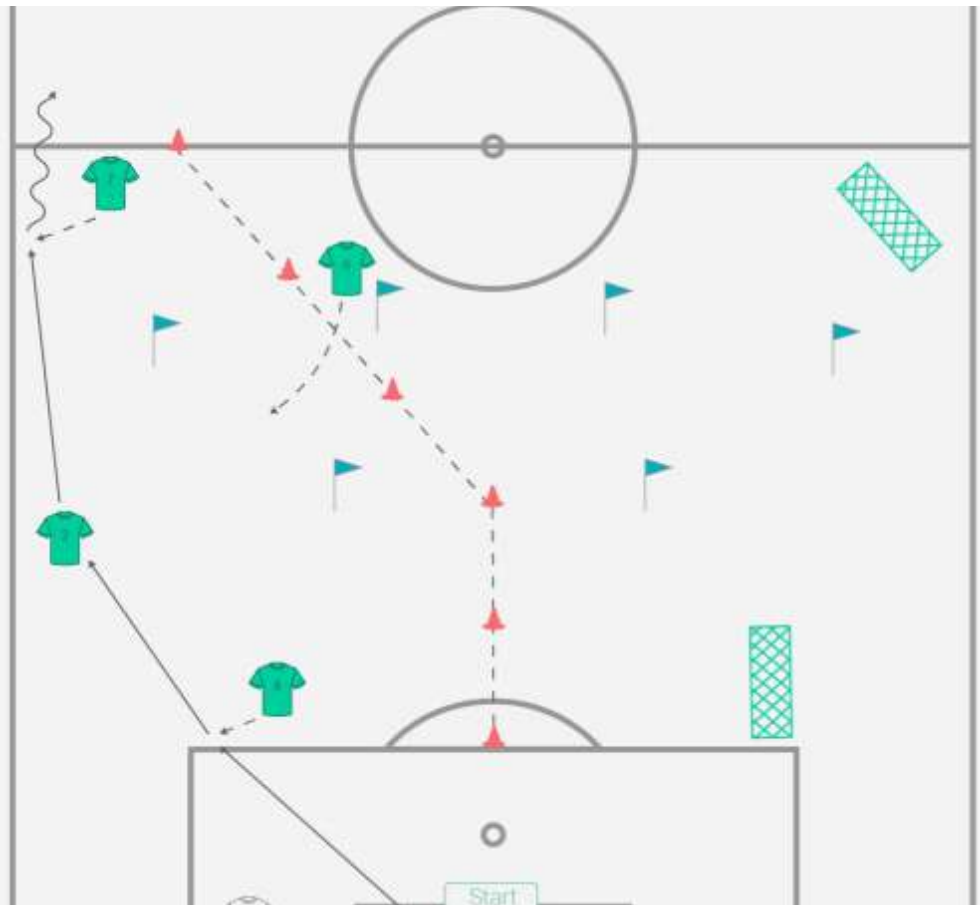
1. The goalkeeper begins the exercise with a pass to a teammate
2. The objective of both teams is to score a goal and defend against the other team's attacks
3. Neutral players are positioned behind the goal line and on the sidelines and can be involved in attacks
4. If the defending team gains possession, the neutral players must adjust their positions so the team in possession will always have open players on the wing and behind the goal line

Sign-Up for
more session



MAIN PART

BUILD UP OVER THE WING



5 to 22
Players



15 - 25
Minutes

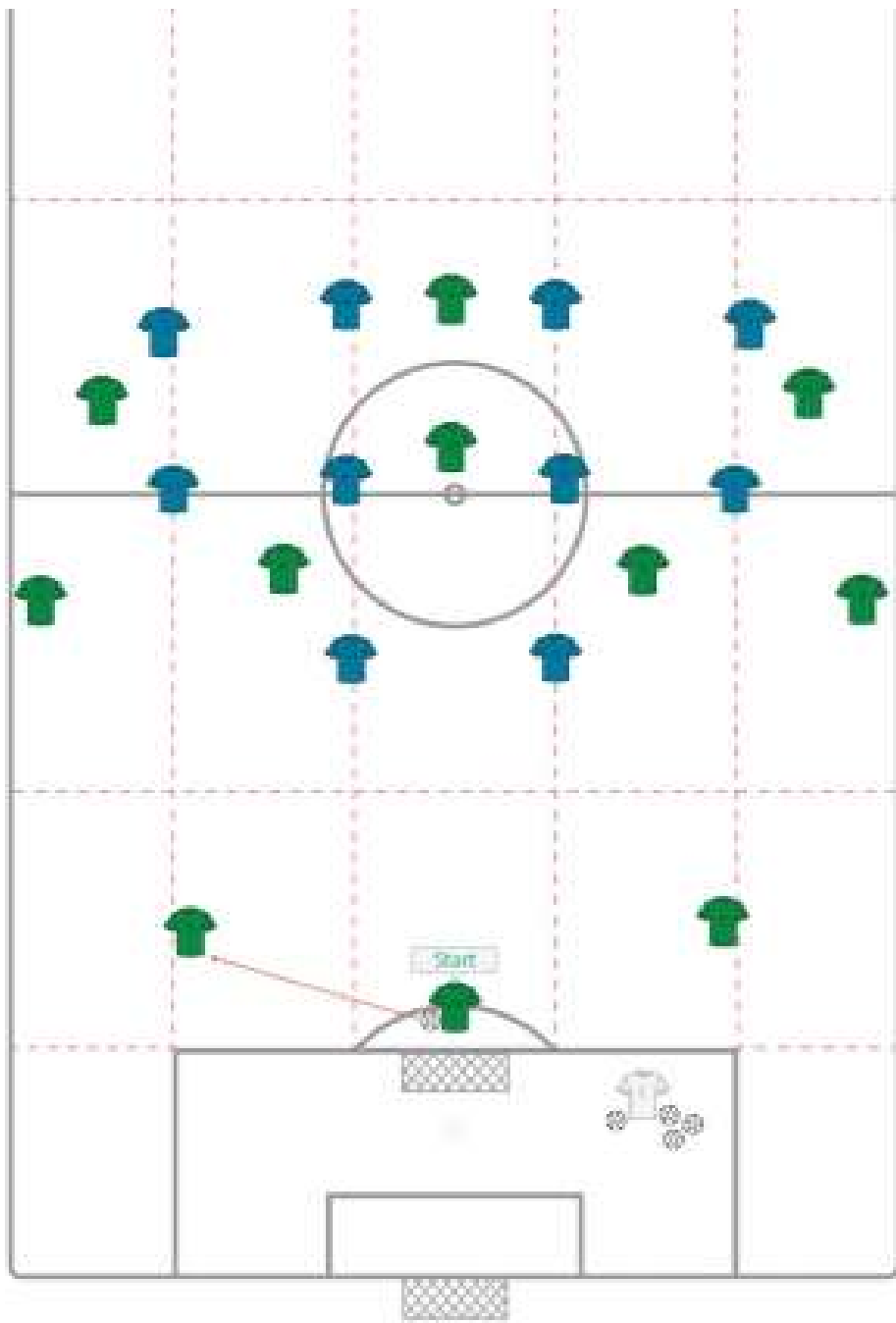
Activity Flow

1. The goalkeeper starts the sequence with a pass to player 4
2. Player 4 passes directly to player 2
3. Player 6 calls for the ball in the center, player 7 calls for the ball on the wing
4. Point out the three possibilities here:
 - 4.1. Play to the winger (#7) who then dribbles over the halfway line
 - 4.2. Play to the central defensive midfielder (#6), who then passes to #7 or into the mini goal on the wing
 - 4.3. Back pass to the central defender and switch play into one of the mini goals (farther or closer)



FINAL PART

BUILDING UP IN 4-3-3 VS 4-4-2



22
Players



15 - 25
Minutes

Activity Flow

1. The team building up plays in a 4-2-3-1 formation and begins the sequence with a pass from the goalkeeper
2. The defending team operates in a flat 4-4-2 and is instructed to press in midfield
3. The game starts over when one of the teams scores

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