

# COACHES WORKSHOP

INVITATION, ROOKIES AND 2<sup>ND</sup>  
YEAR PLAYERS SEPT 20<sup>TH</sup> THRU 24<sup>TH</sup>

PLAYERS ROLES AND SYSTEM OF PLAY



***HARD TO EARN***

# PLAYERS INFORMATION

- **MUST BRING INDOOR SHOES**
- **MUST HAVE SHIN GUARDS**
- **WEAR BLACK SHORTS AND SOCKS**
- **BRING OWN WATER BOTTLE**
- **MUST WEAR A MASK TO ENTER THE BUILDING**
- **MUST BE ON TIME FOR 8:15AM CHECK IN (WILL HAVE TO FILL OUT PROTOCOL FORMS)**



# **TRAINING SCHEDULE (1<sup>ST</sup> DAY STRUCTURE)**

**8:15am – covid-19 protocols and check in**

**9am – classroom session**

**History (Gianni)**

**Coaches objectives and season focus**

**introduction to the game**

**9:30am – on field training (touch work and drills)**

**10:30am – classroom session (game structure)**

**Systems of play and positional runs**

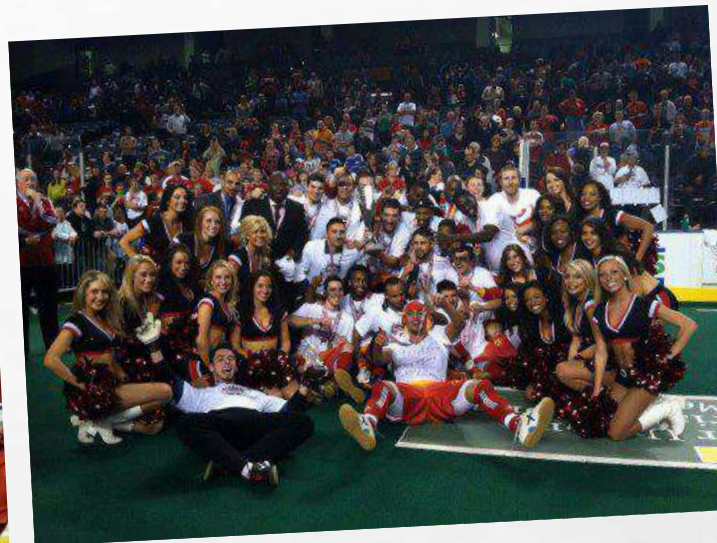
**11am – on field training (based on classroom session)**

**12:15pm – summary and end of session**



# CLASSROOM SESSION





# HISTORY OF THE BALTIMORE BLAST

*GENERAL MANAGER GIANNI TUMMINELLO*







# COACHES PRINCIPLES

- **AS A COACH I WILL MAKE MISTAKES, AS I AM HUMAN. EVERY DECISION I MAKE IS MADE FOR THE SUCCESS AND INTEGRITY OF THE TEAM.**
- **I EXPECT NOTHING LESS THAN 100 PERCENT OF YOUR WORK**
- **YOUR SACRIFICE MUST BE GREATER THAN YOUR WANT.**
- **WINNING HAS NO EXCUSES AND SHOWS NO PAIN**
- **SHIFT YOUR MINDSET FROM ME TO WE. THIS IS OUR FAMILY AND WE FIGHT FOR EVERYONE IN IT**

# PLAYERS PRINCIPLES



- **WHEN CHANGING SPRINT TO BENCH AND CHANGE OUT OF THE CORRECT DOOR**
- **TRY TO CHANGE ON OFFENCE IF NOT WHEN OTHER TEAM HAS BALL IN THEIR REPECTIVE END OF FIELD**
- **2 SECONDS TO SET UP WALL**
- **2 SECONDS TO WIN BALL BACK**
- **AFTER WINNING BALL BACK, FIRST TOUCH IS A POSSESSION PASS UNLESS AN EXECUTION IS ON**
- **RESPECT LINEMAN YOU ARE CHANGING WITH**
- **1 BOAT 1 TEAM**
- **STUDY THE PLAYBOOK AND APPLY (FREEKICKS ETC)**
- **EMPOWER A BAD SITUATION**
- **NO WHISPERING/NO GOSSIP/NO ASSHOLES**
- **OUR TEAM WILL BE A FAMILY, WE TREAT EACH OTHER AS ONE**
- **DEVELOP YOUR GAME AND CHALLENGE YOUR LINEMAN AND YOURSELF**
- **SHOW HARD WORK IN TRAINING AND GAMES**
- **DO NOT WASTE TIMEOUTS**
- **KNOW THE RULES AND REFS SO YOU COULD GET AND EARN RESPECT**
- **WE PLAY WITH NO FEAR**
- **WE GIVE MORE THAN AVERAGE**

# COACHES OBJECTIVES

## Team

1. Value of position
2. Transition through systems
3. create more chances
4. Build positional relationships
5. Execute in blocks (high/Mid/low)
6. Build positive culture
7. Build high standards
8. Win

## Players

1. Higher performance (in shape)
2. Ability to manage game on field
3. Identify execution
4. Greater communication
5. Stronger mentally
6. Trust each other
7. Personal accountability
8. Enjoy opportunity



# **ON FIELD TRAINING**

## **WARM UP AND DRILLS**

# CLASSROOM SESSION



# **SYSTEM OF PLAY**

**2-2-1 TURNS INTO 3-1-1-1 OR 3-1-1 OFFENSE**

**EXPLAIN ON WHITE BOARD**

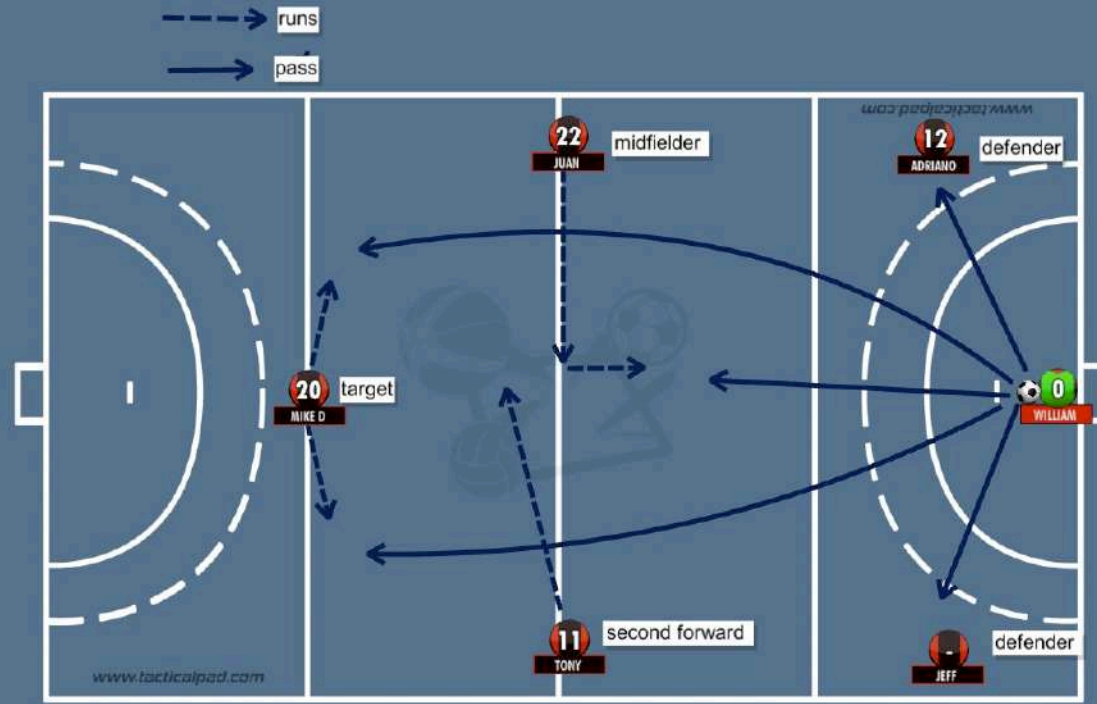


# **POSITIONAL RUNS AND STRUCTURE**

# KEEPER ROLES

# BASIC RUNS FROM GOAL KICKS

- **SHARP RUNS**
- **CLEAR EXECUTION LANES**
- **AWARE OF BALL**
- **WANT THE BALL**
- **COMMUNICATE**
- **RECYCLE RUNS**



Runs and Goal Keeper options off goal kick



# KEEPER VIEW 2-2-1 SYSTEM



# **ON FIELD TRAINING**

## **BASED ON CLASSROOM SESSION**

# **TRAINING SCHEDULE (2<sup>ND</sup> DAY STRUCTURE)**

**8:15am – covid-19 protocols and check in**

**9am – classroom session**

**Possession vs position**

**9:30am – on field training (touch work and drills)**

**10:30am – classroom session (game structure)**

**positional runs and structure**

**11am – on field training (based on classroom session)**

**12:15pm – summary and end of session**



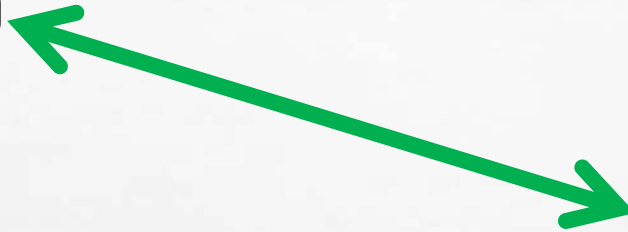
# CLASSROOM SESSION



# SYSTEM EXECUTION

## POSSESSION<sub>(OFFENSIVE)</sub>

- ELIMINATION
- EXECUTION
- CREATE
- UNBALANCE
- AWARENESS
- SCORE
- GOOD FITNESS
- COMMUNICATION
- MENTAL FOCUS



## POSITION<sub>(DEFENDING)</sub>

- TRANSITION
- COMMUNICATION
- TRUST/BUILD RELATIONSHIP
- ORGANIZATION
- BALANCE
- EXECUTION
- WIN BALL BACK
- DISCIPLINE

# **ON FIELD TRAINING**

## **WARM UP AND DRILLS**



# CLASSROOM SESSION

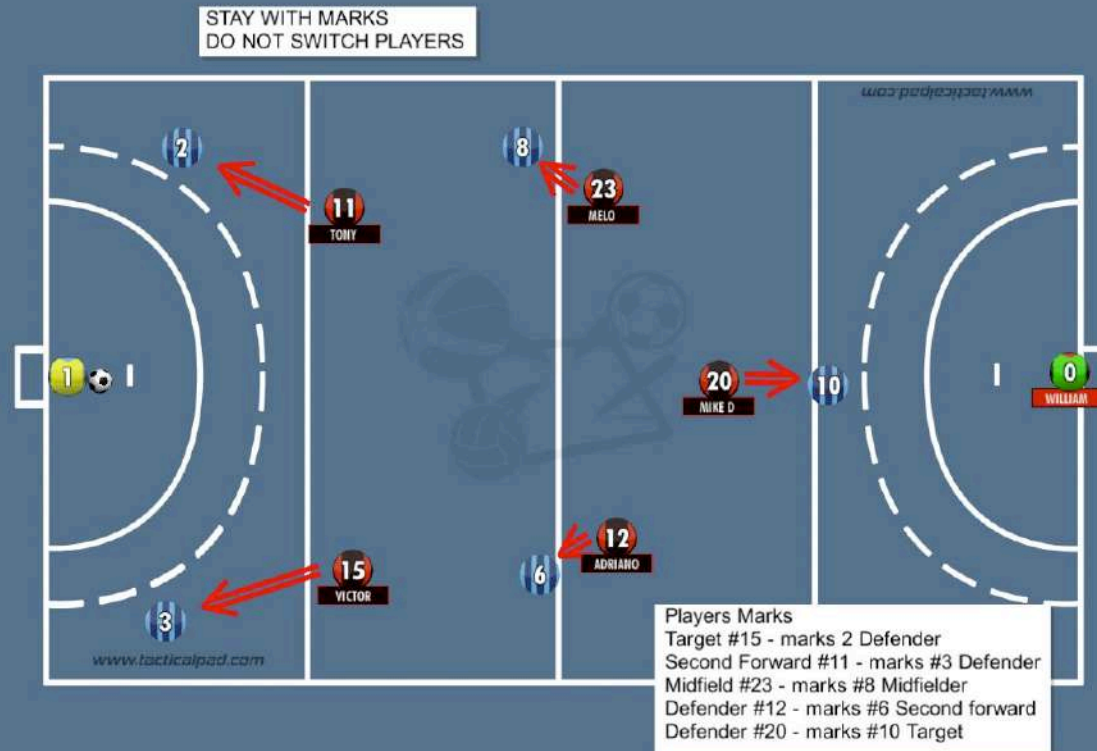


# **POSITIONAL RUNS AND STRUCTURE**

# **BASIC PLAYER DEFENDING**

# STAY WITH RUNNERS NO SWITCHING

- **MUST STAY WITH RUNNERS  
UNLESS WE PRESSED AND YOU  
HAVE TO ROTATE.**
- **GOAL SIDE DEFENDING**
- **NO ONE FOOT TACKLES**
- **COMMUNICATE SWITCHES  
AND BE DIRECTIONAL**





STAY WITH MARKS  
DO NOT SWITCH PLAYERS

Players Marks  
Target #15 - marks 2 Defender  
Second Forward #11 - marks #3 Defender  
Midfield #23 - marks #8 Midfielder  
Defender #12 - marks #6 Second forward  
Defender #20 - marks #10 Target



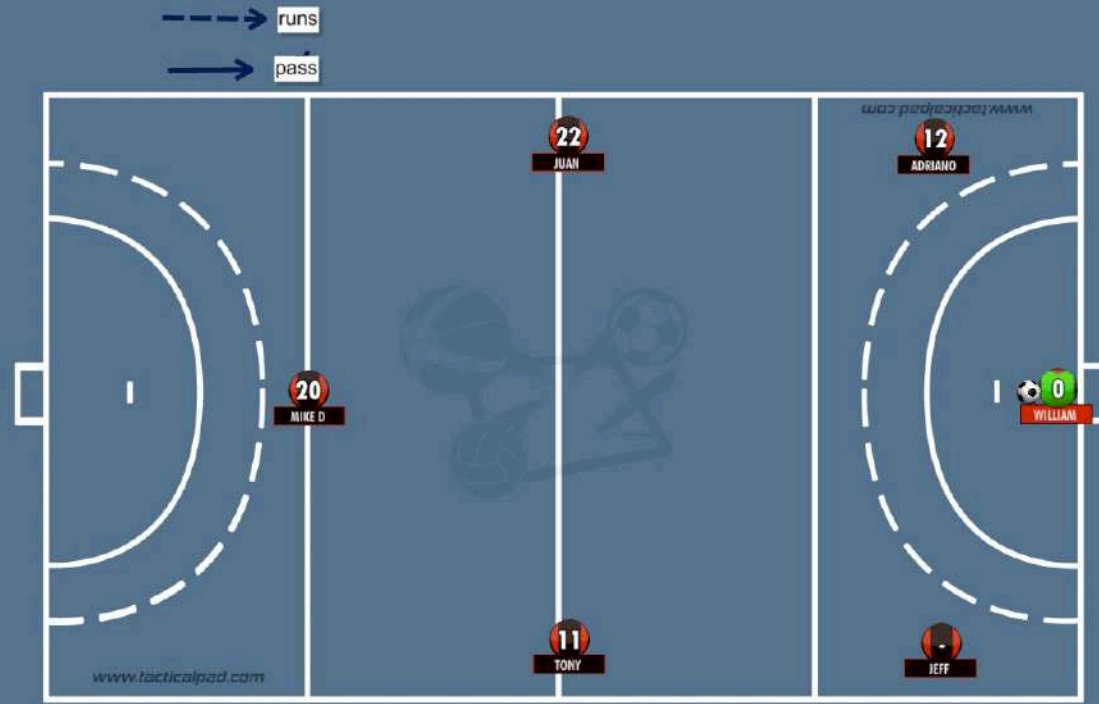
# DEFENDING FROM FRONT

- **DO NOT ALLOW BALL IN MIDDLE OF FIELD**
- **STEP UP AND STOP LONG PASSES INTO CORNERS**
- **DO NOT HAND OFF PLAYERS**
- **COMMUNICATE AT ALL TIMES**

# **DEFENDERS ROLES**

# DEFENDERS ROLES

- **WHEN KEEPER HAS BALL, MUST CHECK AWAY AND BACK TO RECEIVE BALL**
- **OPEN BODY UP AND FAST OVER YELLOW LINE**
- **LOOK FOR EXECUTION LANES**
- **STRETCH FIELD**
- **SHARP MOVEMENT**
- **BUILD RELATIONSHIP WITH KEEPER AND TARGETS**



Runs and Goal Keeper options off goal kick



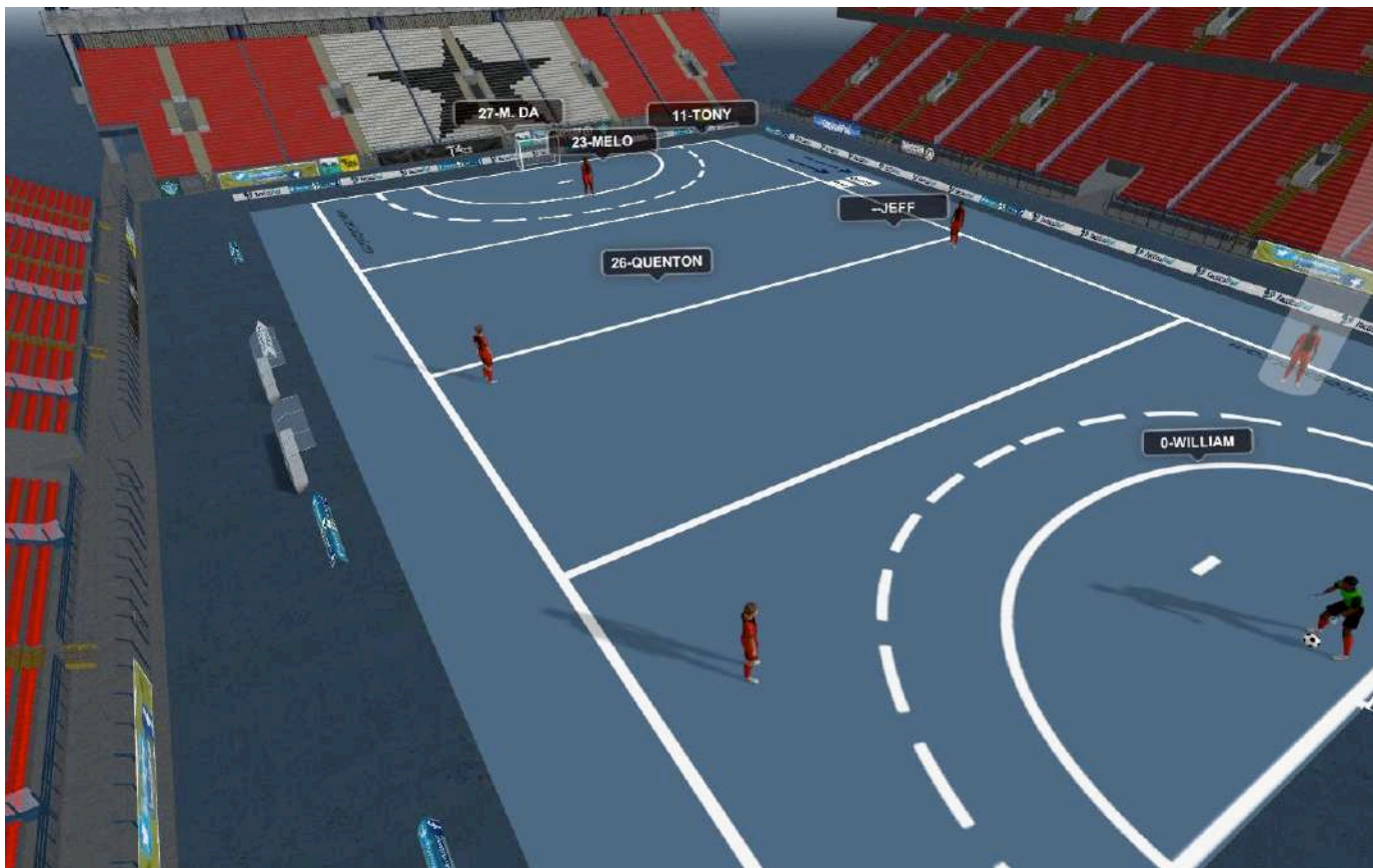
# OVERHEAD VIEW



# DEFENDER RUNS OUT FOR KEEPER 2-2-1 SYSTEM

- **RUN OUT TO LEAVE ROOM FOR KEEPER**
- **BE AWARE OFF EXECUTION SPACES**
- **WHEN BALL IS PLAYED FORWARD MAKE SURE TO BALANCE FIELD (2-3 SYSTEM)**





**DEFENDER  
RUNS OUT FOR  
KEEPER  
(CORNER  
VIEW)**

# DEFENDER ROTATION FROM 3-1-1 SYSTEM

- **DEFENDER SUPPORTS FORWARD**
- **AFTER PLAY BREAKS DOWN MUST ROTATE BACK INTO POSITION TO CREATE THE 3-1-1 (CREATING THE 3)**





# **ON FIELD TRAINING**

## **BASED ON CLASSROOM SESSION**



# **TRAINING SCHEDULE (3<sup>RD</sup> DAY STRUCTURE)**

**8:15am – covid-19 protocols and check in**

**9am – classroom session Position role of midfielders and second forwards**

**9:30am – on field training (touch work and drills)**

**10:30am – classroom session (game structure)**

**positional runs and structure**

**11am – on field training (based on classroom session)**

**12:15pm – summary and end of session**

# CLASSROOM SESSION



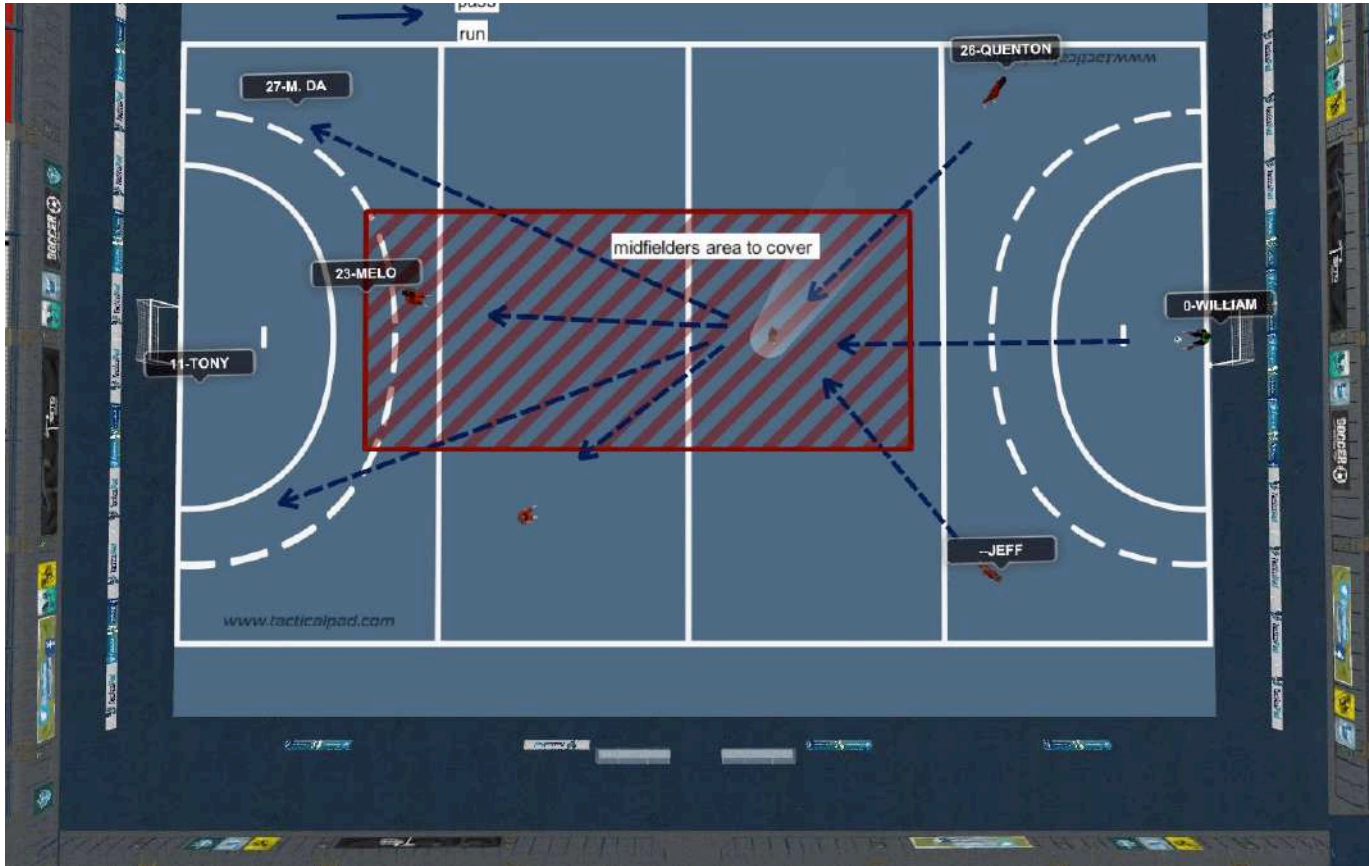
# **POSITIONAL RUNS AND STRUCTURE**

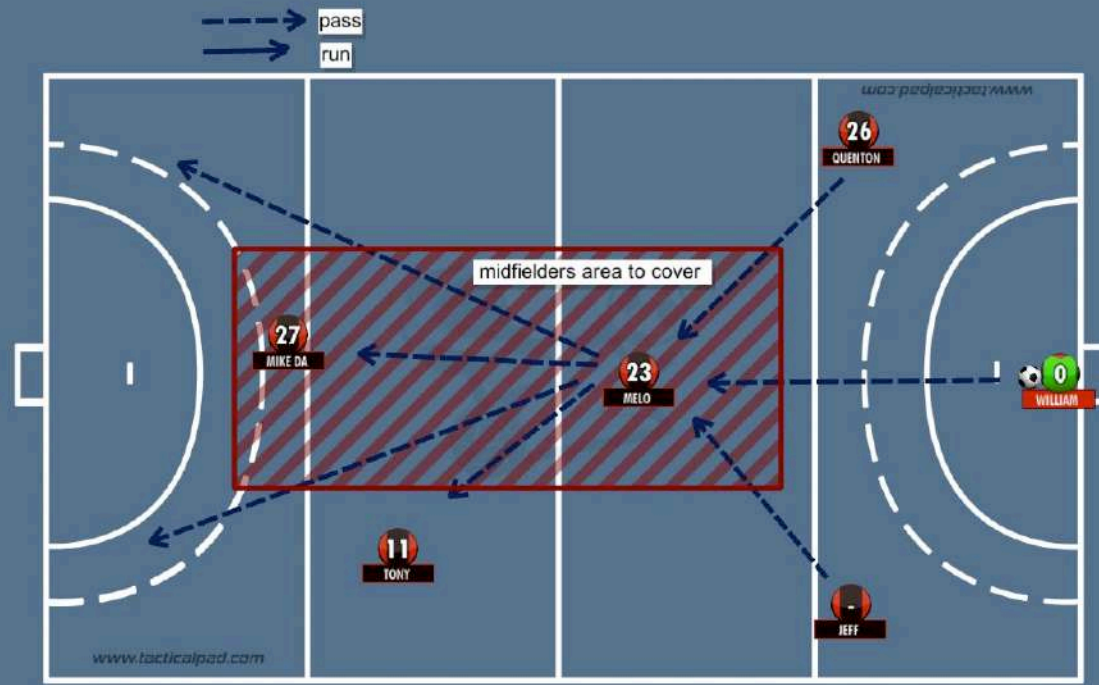
# **MIDFIELDERS ROLES**



# SHOW FOR BALLS IN MIDDLE OF FIELD

- **SHOW IN MIDDLE, OPEN UP BODY**
- **IF ALLOWED TO TURN, LOOK FOR PASSING LANES**
- **EXECUTE WITH PURPOSE**
- **IF CAN NOT TURN LAY BALLS TO DEFENDERS**



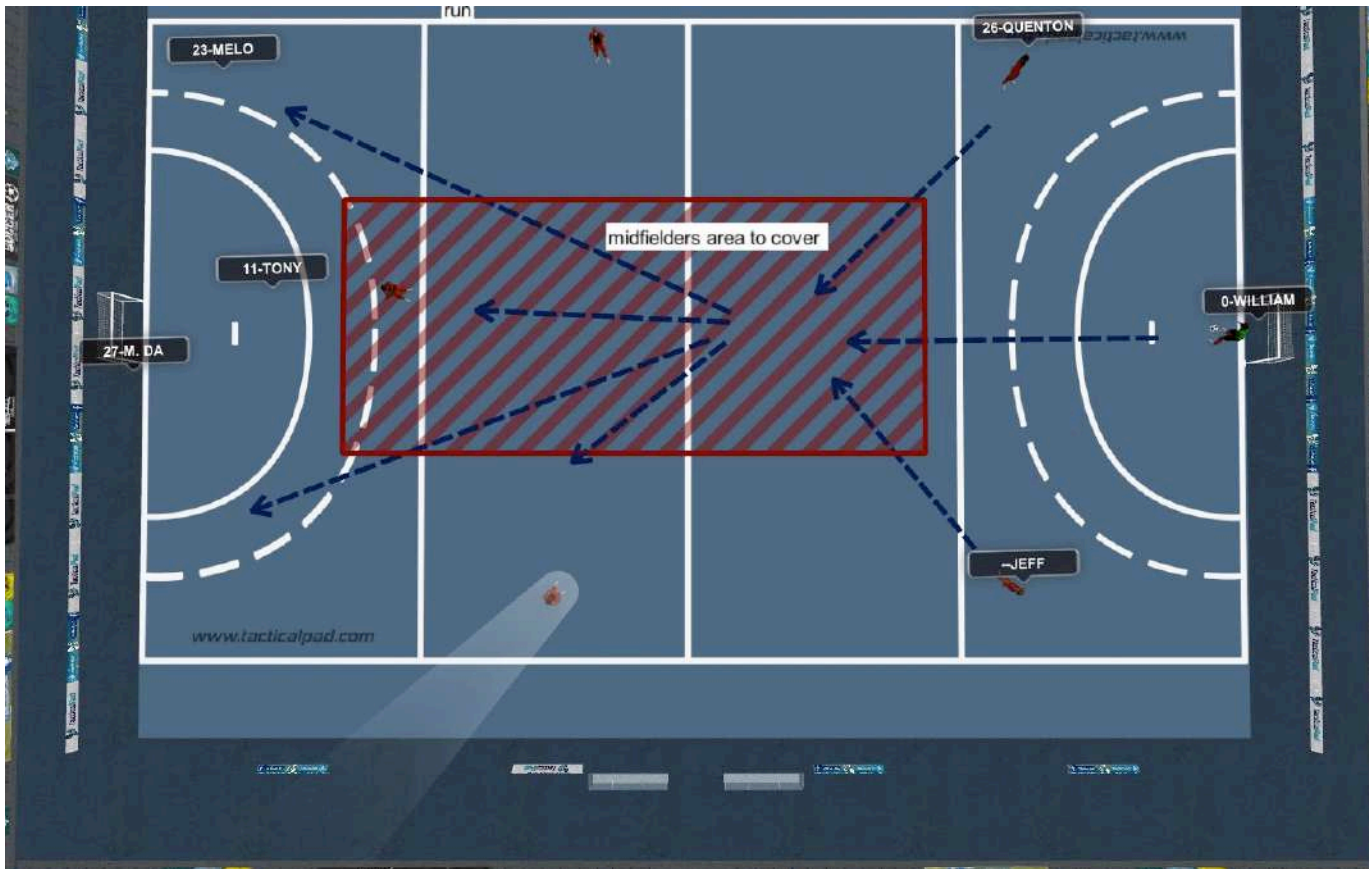


# MIDFIELDER USES DEFENDER (BREAK PRESS)

- **BREAK PRESS THAN ROTATE FOR BALANCE WHEN DEFENDER ATTACKS**
- **SHARP RUNS**
- **AWARE OF EXECUTION**
- **BALANCE FOR THE 2-3 ATTACKING SYSTEM**

# MIDFIELDERS SIDE SUPPORT TO DEFENDER 2-2-1

- **DO NOT STAND ON BOARDS**
- **SHARP RUNS INTO MIDDLE, CLEAR EXECUTION LANES**
- **SHOW DIAGONAL FROM DEFENDER**
- **PROTECT THE BALL IN MIDDLE OF THE FIELD**
- **CREATE AND CONTROL FLOW OF GAME**
- **USE BOARDS OR BACK POST**



# **ON FIELD TRAINING**

## **WARM UP AND DRILLS**



# CLASSROOM SESSION



# **POSITIONAL RUNS AND STRUCTURE**

# **SECOND FORWARD ROLES**

# 2-2-1 GOAL KICK BALL FROM DEFENDER



- **OFF BOARDS AND SHOW IN MIDDLE**
- **DIAGONAL RUN INTO EXECUTION SPACE**
- **SHARP RUNS**
- **TIME RUNS, DO NOT ENTER SPACE TO EARLY**
- **BUILD RELATIONSHIP WITH TARGET**





**3D VIEW**

# ROLE IN 3-1-1 (CREATE THE 3) SYSTEM

- **RECEIVE BALL IN WIDE AREA**
- **OPEN BODY TO ATTACK DEFENDER**
- **SHARP MOVEMENT AND DECISION MAKING**
- **IF DO NOT RECEIVE BALL MAKE DIAGONAL RUN AND ROTATE OTHER SIDE**



# **ON FIELD TRAINING**

## **BASED ON CLASSROOM SESSION**

# **TRAINING SCHEDULE (4<sup>TH</sup> DAY STRUCTURE)**

**8:15am – covid-19 protocols and check in**

**9am – classroom session**

**Position role of targets**

**9:30am – on field training (touch work and drills)**

**10:30am – classroom session (game structure)**

**positional runs and structure**

**11am – on field training (based on classroom session)**

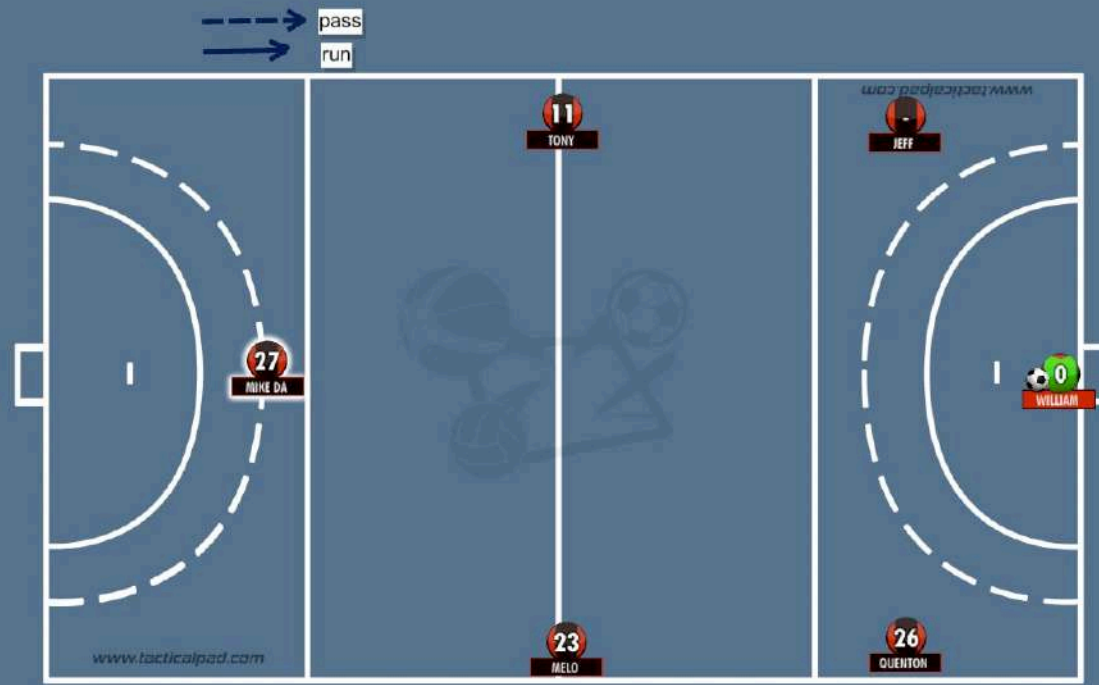
**12:15pm – summary and end of session**



# CLASSROOM SESSION

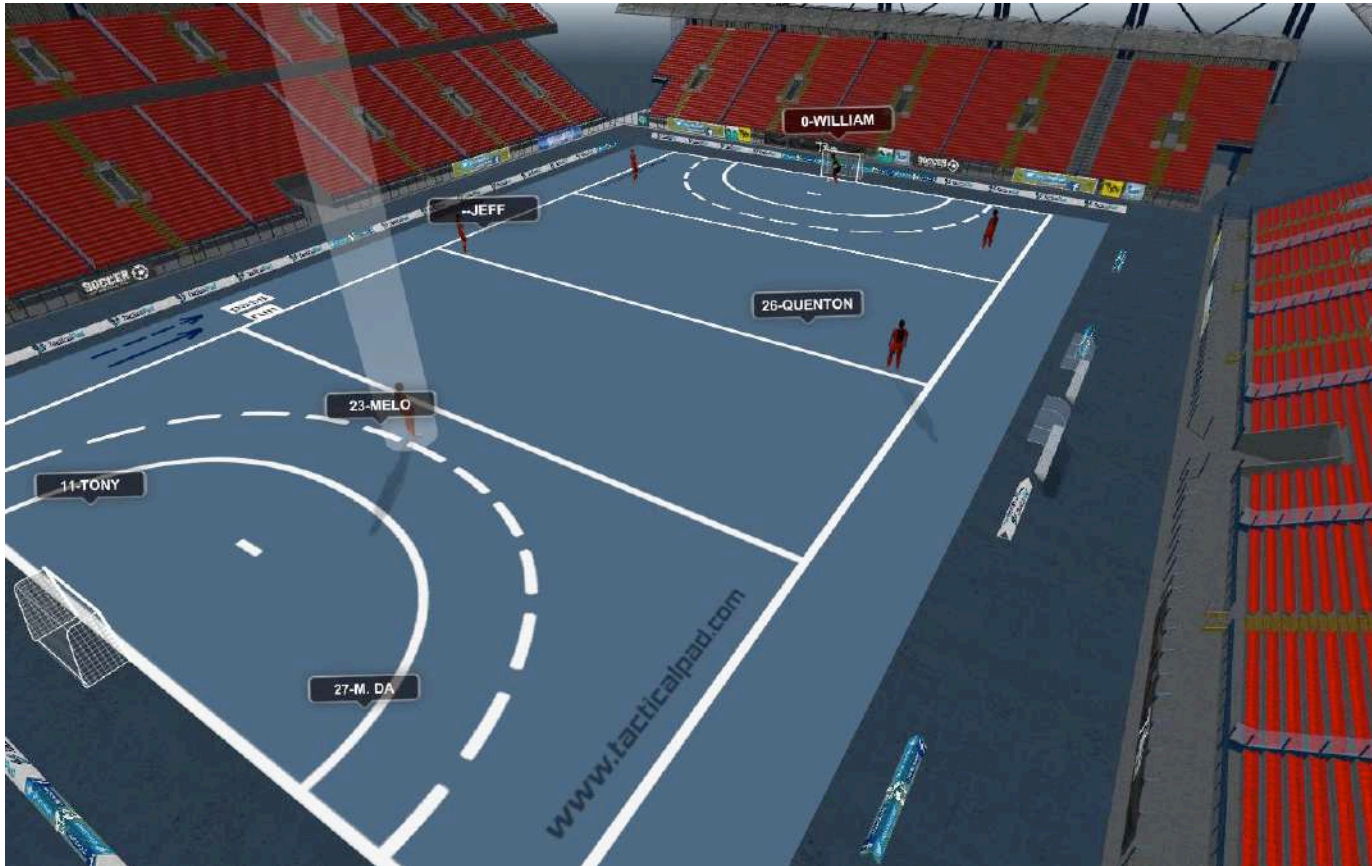


# **TARGET ROLES**



# TARGET MOVEMENT

- LEAVE EXECUTION LANES OPEN, DO NOT STAND IN THEM
- PLAY OFF DEFENDERS AND GOAL KEEPER
- BUILD RELATIONSHIP WITH SECOND FORWARD
- HOLD BALLS UP FOR RUNNERS
- CREATE CHANCES



**CORNER VIEW**



# **ON FIELD TRAINING**

## **WARM UP AND DRILLS**

# CLASSROOM SESSION



# **FREE KICK PLAYERS POSITIONS**



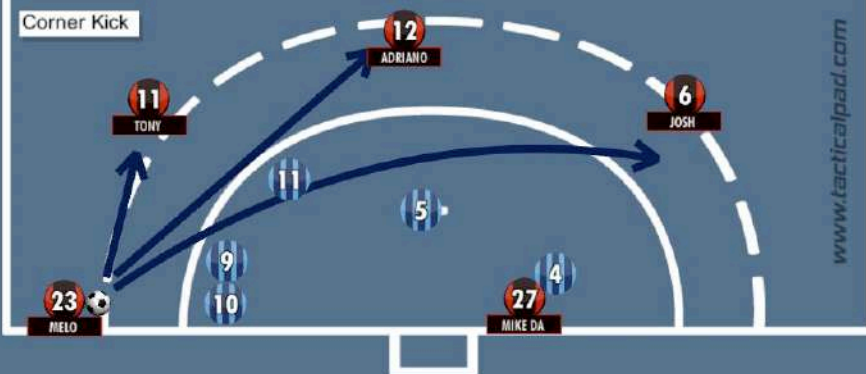




Defensive  
1. 10 and 9 is target and second forward  
2. 11 midfielder  
5 and 4 defenders

Offensive  
1. 23 midfielder  
2. 11 second forward or shooter  
3. 12 and 6 defenders  
4. 27 target

Corner Kick



# CORNER KICK POSITIONS



# **SPECIAL TEAMS PLAYER POSITIONS**

# **ON FIELD TRAINING**

## **BASED ON CLASSROOM SESSION**



# **TRAINING SCHEDULE (5<sup>TH</sup> DAY STRUCTURE)**

**8:15am – covid-19 protocols and check in**

**9am – classroom session**

**Overview of game for training**

**9:30am – on field training (touch work and drills)**

**10:15am – play game (15 minute quarters)**

**11:45am – summary and end of session**

# CLASSROOM SESSION

