

PROFESSIONAL COMBINE

JUNE 6TH – 10TH (9AM-2PM)

PLAYERS ROLES AND SYSTEM OF PLAY



HARD TO EARN

LOCATION OF PRO COMBINE

- **NERRC – 7501 OAKLEIGH ROAD, PARKVILLE MARYLAND 21234**
- **HOTEL – HOLIDAY INN EXPRESS AT HUNTVILLE – NICOLE CONRAD 410-527-1500 (MENTION BALTIMORE BLAST FOR DISCOUNT)**
- **COACHES CONTACT – BALTIMOREBLASTCOACH@GMAIL.COM**

PLAYERS INFORMATION

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



TRAINING SCHEDULE (1ST 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)

1:15pm – 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

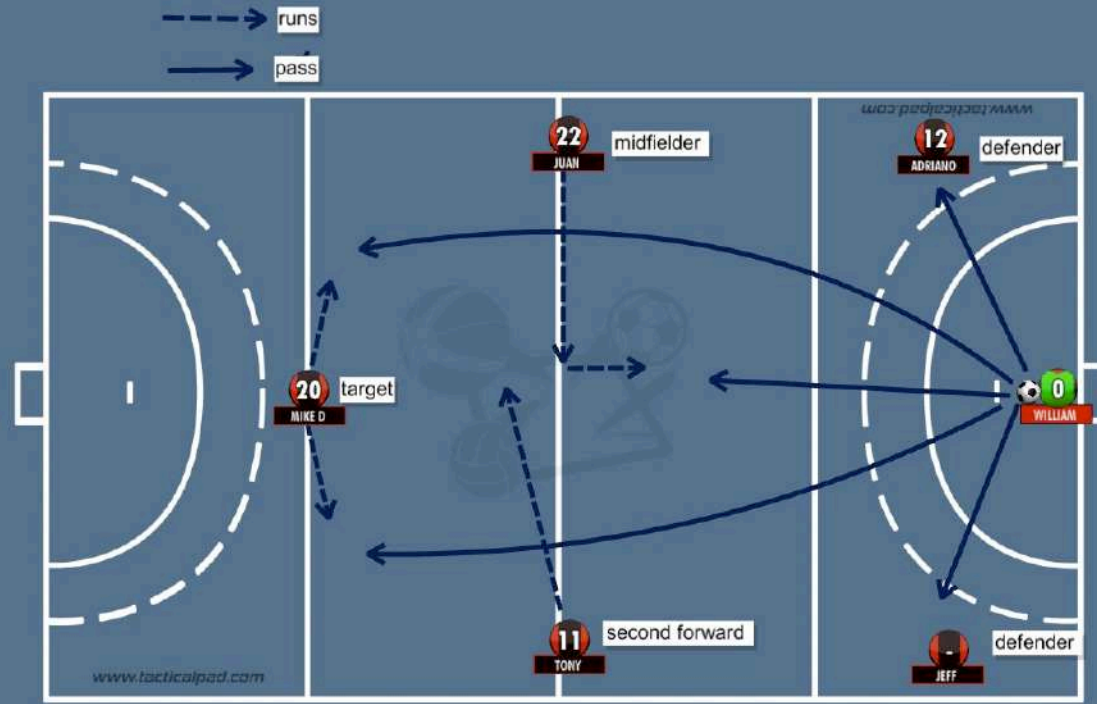
EXPLAIN ON WHITE BOARD

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 (2ND 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

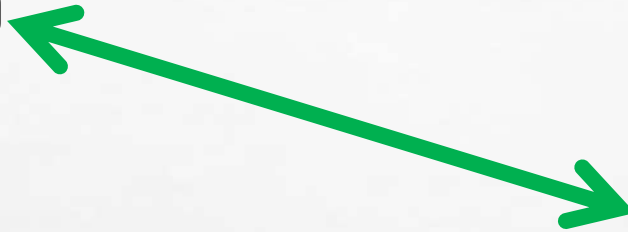
CLASSROOM SESSION



SYSTEM EXECUTION

POSSESSION_(OFFENSIVE)

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



POSITION_(DEFENDING)

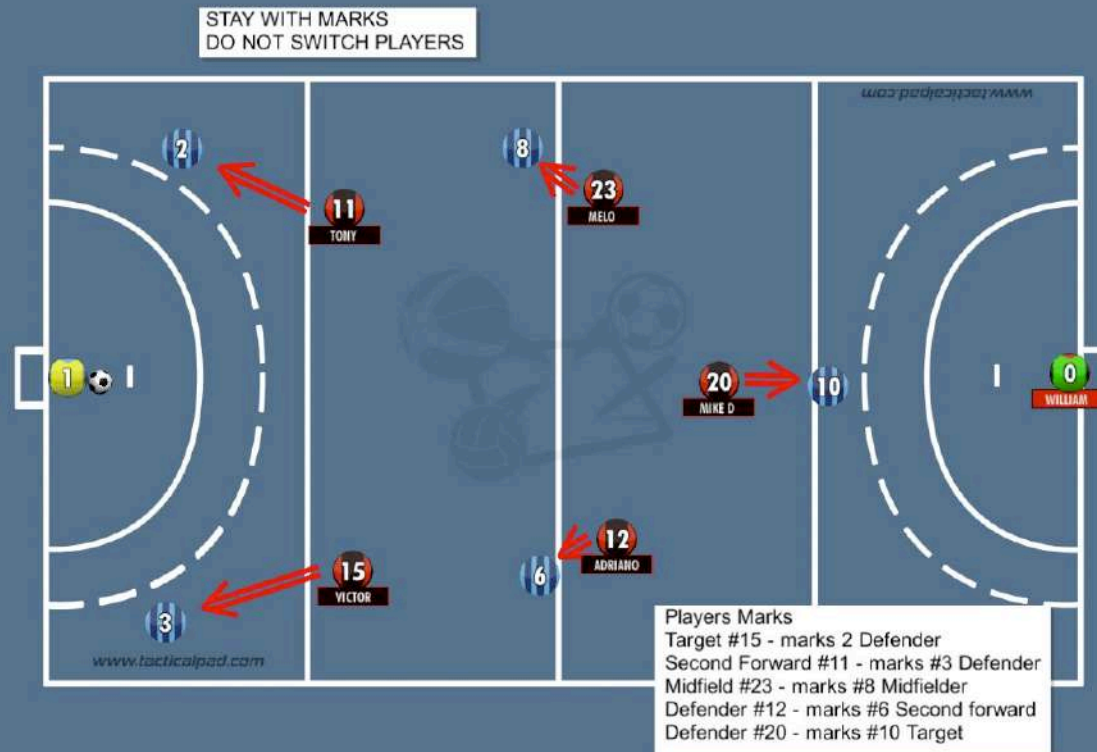
- TRANSITION
- COMMUNICATION
- TRUST/BUILD RELATIONSHIP
- ORGANIZATION
- BALANCE
- EXECUTION
- WIN BALL BACK
- DISCIPLINE

BASIC PLAYER DEFENDING POSITION

POSITIONAL RUNS AND STRUCTURE

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**

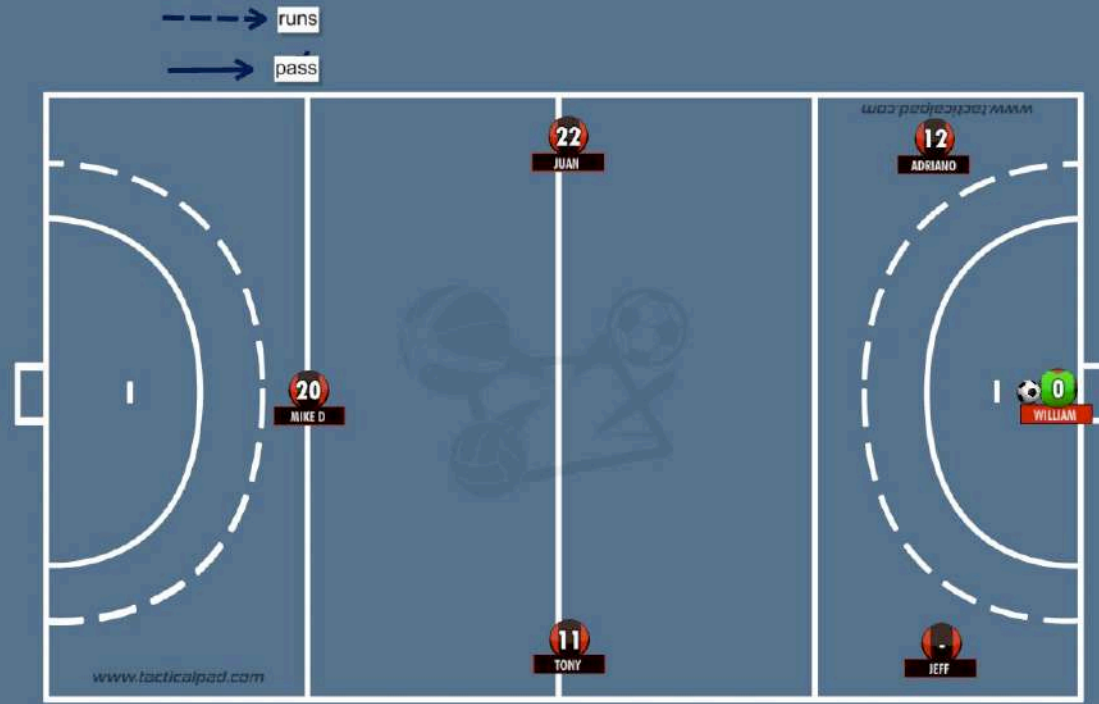
ON FIELD TRAINING

WARM UP AND DRILLS

CLASSROOM SESSION



DEFENDERS ROLES



Runs and Goal Keeper options off goal kick

DEFENDERS ROLES

- **WHEN KEEPER HAS BALL, MUST CHECK AWAY AND BACK TO RECEIVE BALL**
- **OPEN BODY UP AND FAST OVER YELLOW LINE (GAIN THE LINE)**
- **LOOK FOR INDIRECT/DIRECT EXECUTION LANES**
- **STRETCH FIELD FOR DIRECT PLAY WHEN ON**
- **SHARP MOVEMENT**
- **BUILD RELATIONSHIP WITH KEEPER AND TARGETS**



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
PHASE OF PLAY DRILL 5 V 5 AND PLAY

TRAINING SCHEDULE (3RD 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

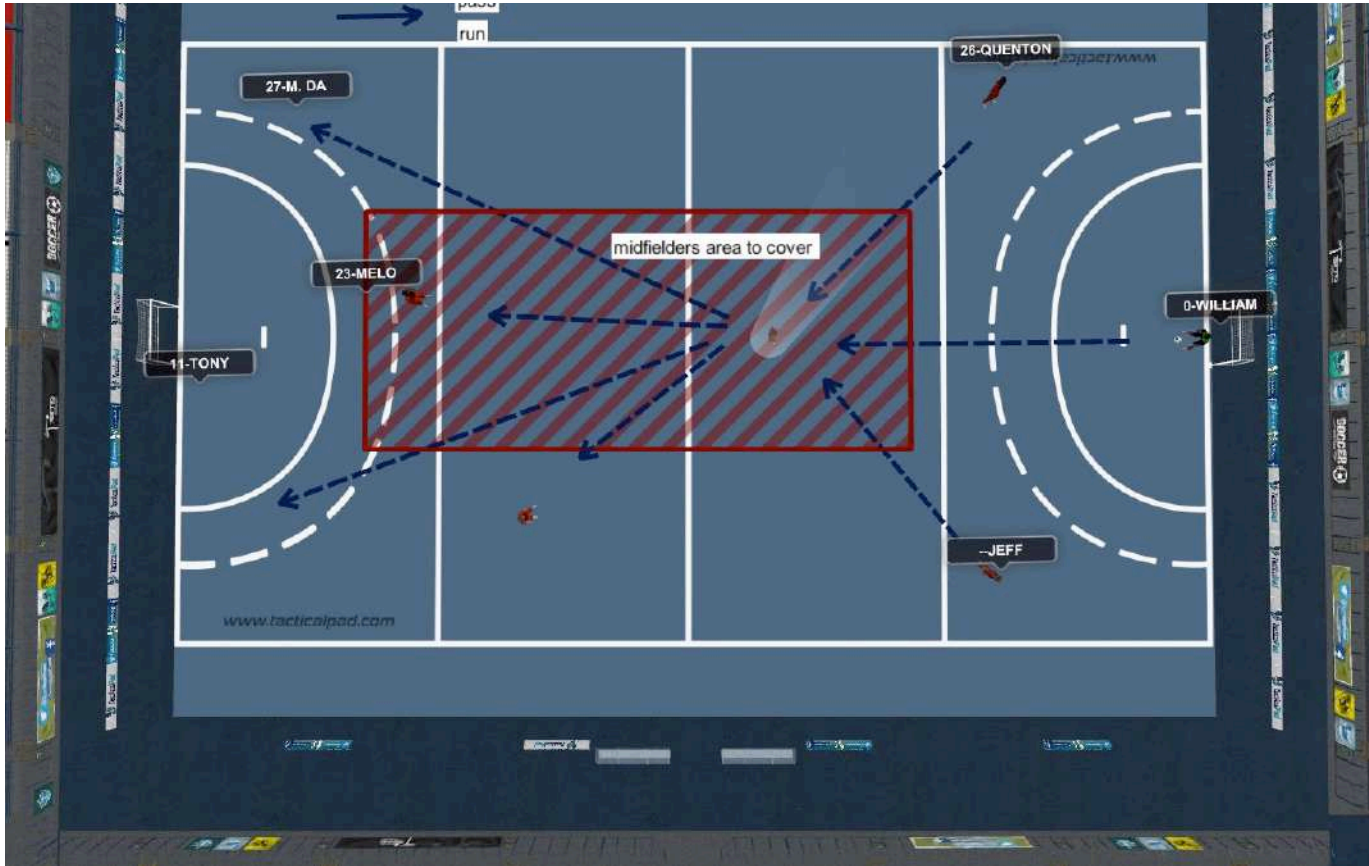


POSITIONAL RUNS AND STRUCTURE

MIDFIELDERS ROLES

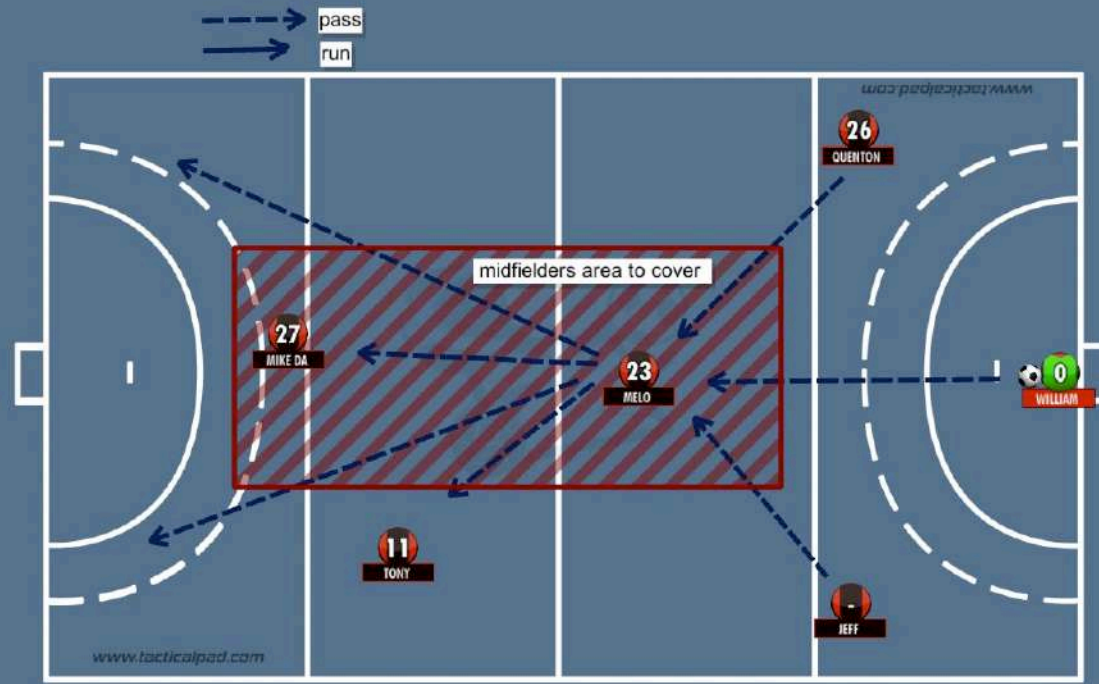
SHOW FOR BALLS IN MIDDLE OF FIELD

- **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**



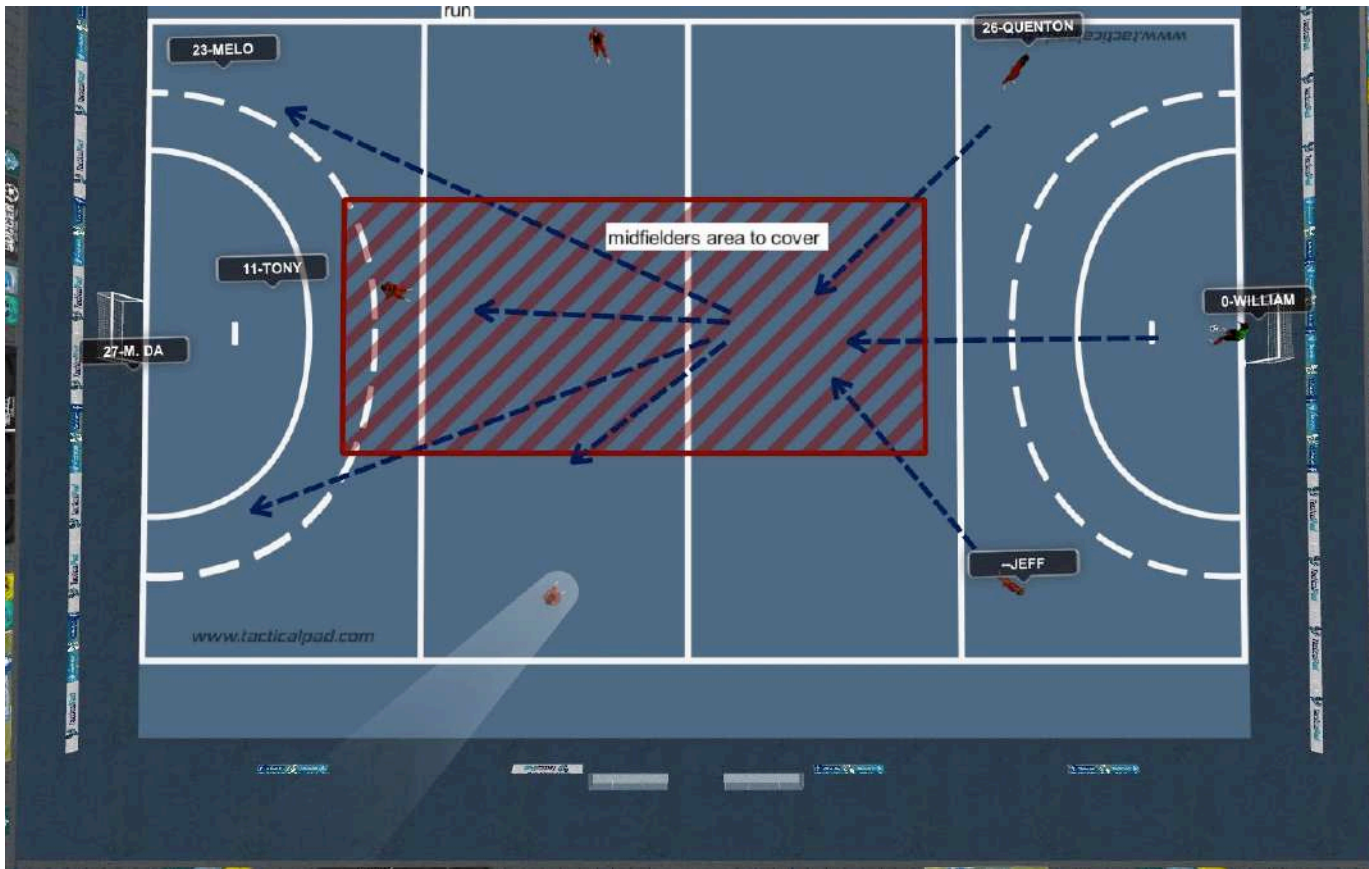
MIDFIELDER USES DEFENDER (BREAK PRESS)

- **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 (4TH 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

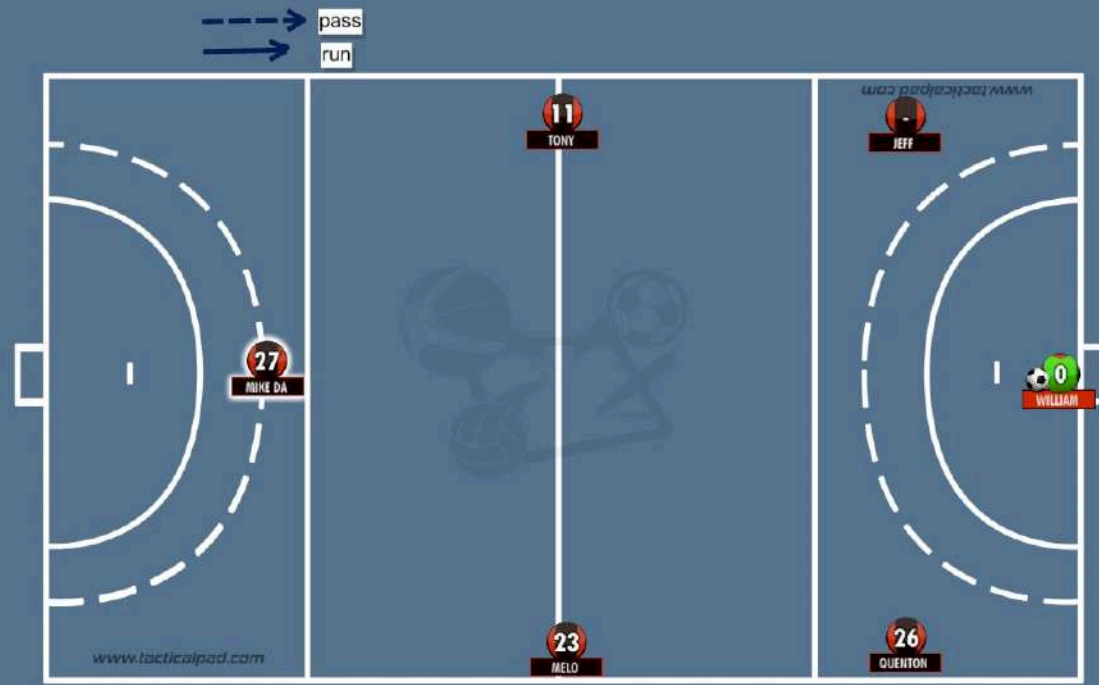
11am – on field training (based on classroom session)

12:15pm – summary and end of session

CLASSROOM SESSION

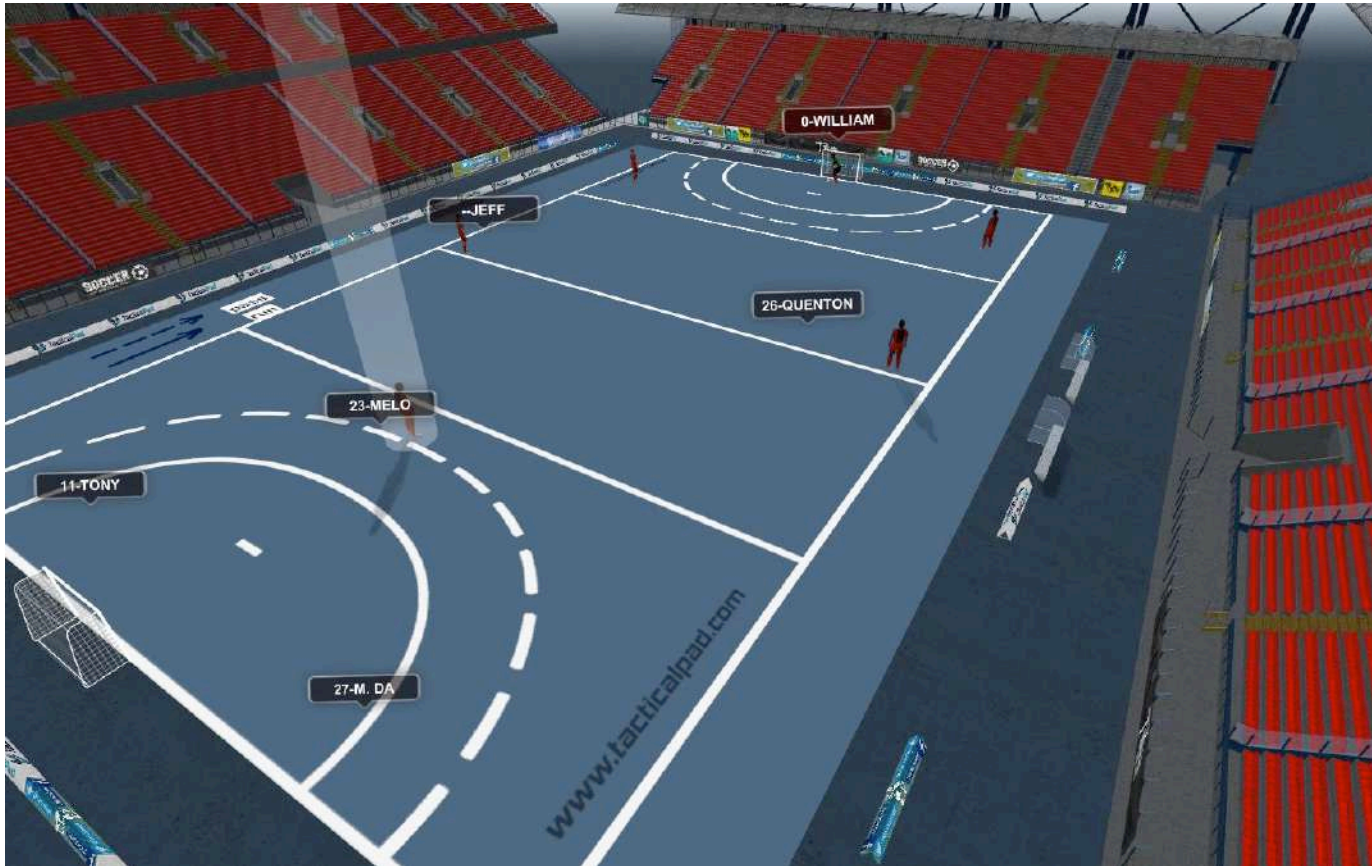


TARGET ROLES



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, 9, 11 is target, second forward and midfielder
2. 5 and 4 defenders

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



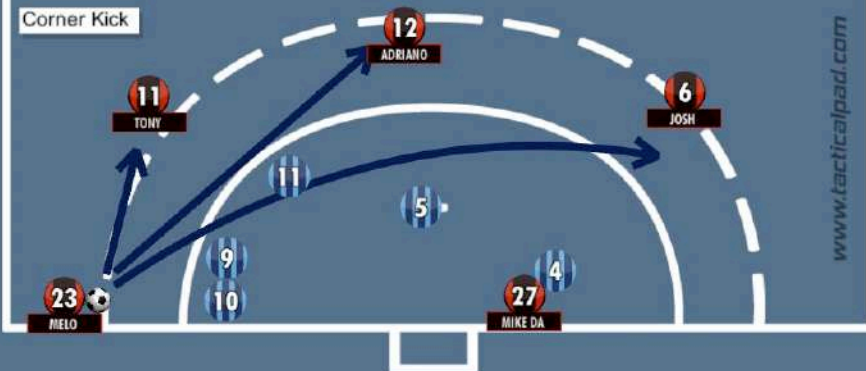
TOP OF BOX POSITIONS



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

defensive from
wall - 10 target and 9 second forward
11 midfielder
defenders 5 and 4
wall is taking away the right foot, which would make left side weakside (two defenders)

offensive
23 midfielder on ball
12 and 6 are defenders
27 target and 11 second forward

basic yellow line set

pass
run



SPECIAL TEAMS PLAYER POSITIONS

ON FIELD TRAINING

BASED ON CLASSROOM SESSION

TRAINING SCHEDULE (5TH 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

