

BRENTFORD
Uwe Rösler
Pre-season conditioning

Overview:

This session is about developing the conditioning of players throughout pre-season and into the new campaign, by using a strong technical passing approach.

We like to practise this because it offers match-like passing conditions, and working with a ball is the best way to increase fitness whilst brushing up on passing ability.

We find that a player lacking fitness will drop off sharply in the final quarter of a match.

PRE-SEASON CONDITIONING: MAIN SESSION

SET-UP

AREA

60x60 yards

EQUIPMENT

Balls, cones

NUMBER OF PLAYERS

9

SESSION TIME

Development 45mins, game 30mins

What do I get the players to do?

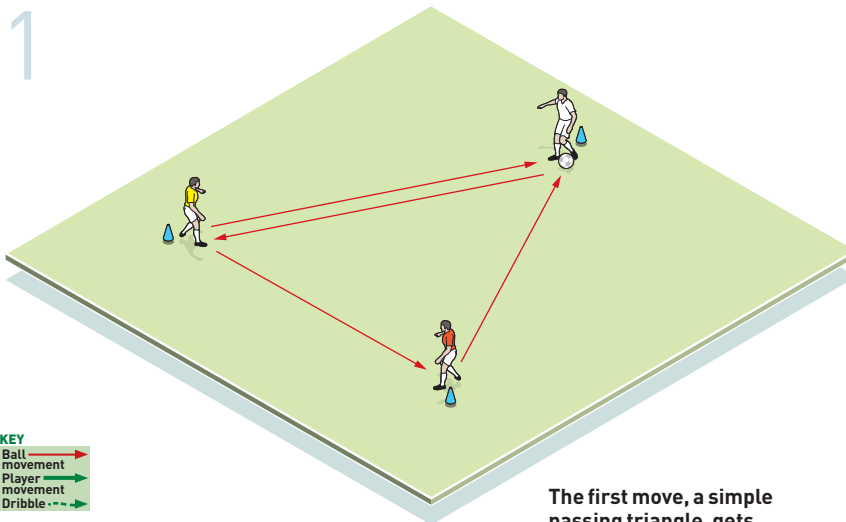
We begin with a passing triangle – cones are 10 yards apart. The ball is quickly moved around using one-touch passing, during which we'll also encourage ad hoc one-twos. **(1)**

We now switch to straight-line passing – two players 16 yards apart in a line with a floater in the middle. White passes to yellow, who sets back to white who then passes to red. Yellow and white swap positions. **(2a)** The process is repeated when white passes to red.

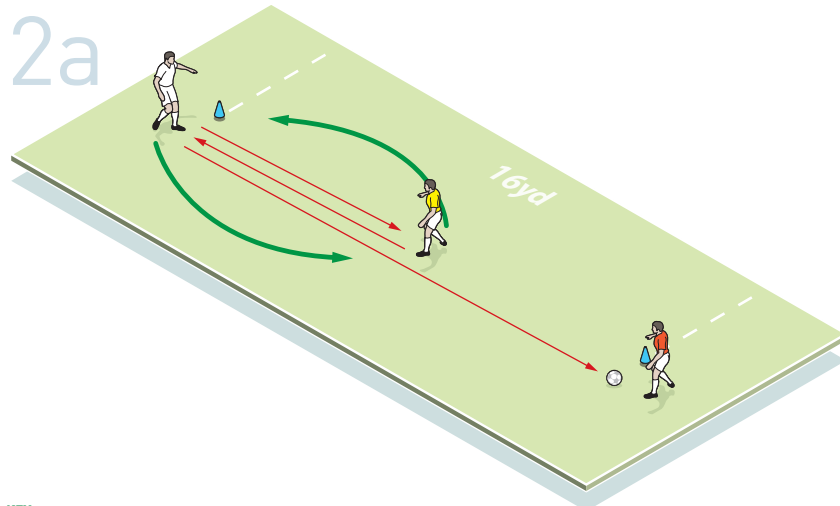
Coaches can vary the distance between players – shortening it makes the task easier, lengthening it means greater difficulty. **(2b)**

How do I progress the session?

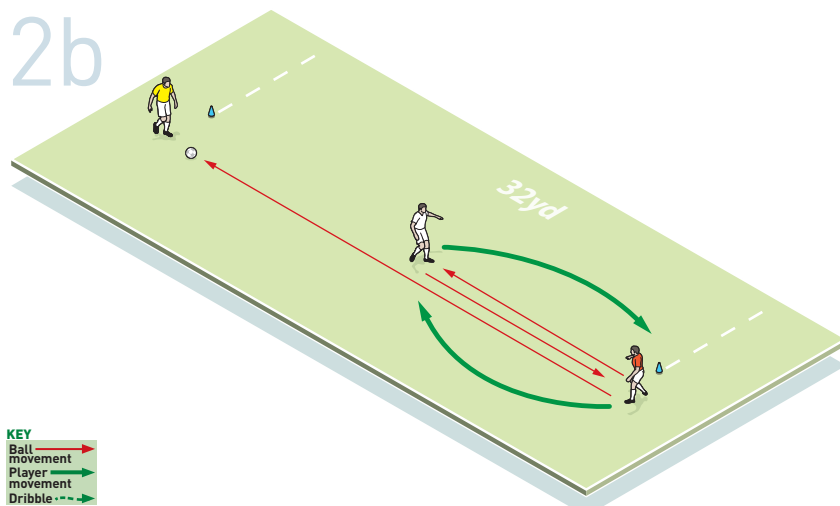
In the progression, we rehearse third-man runs – the idea that a third player (not the passer) makes an attacking run and receives the ball. We use nine players in a 20x30-yard area. Players position themselves in pairs, just in from each corner along the short touchline. The spare



The first move, a simple passing triangle, gets players comfortable with the ball



In straight line passing, white and yellow link up, swap positions, and the ball is fed to red



Enlarging the playing area offers a greater challenge for passers

“Coaches can vary the distance between players – shortening it makes the task easier, lengthening it means greater difficulty.”



Uwe Rösler

BRENTFORD

Uwe Rösler was confirmed as manager of npower League One side Brentford on June 10, 2011.

Rösler is a holder of the UEFA Pro License, and has enjoyed highly successful spells in charge of Lillestrom, Viking and Molde in Norway.

The German returned to the English game for the first time in nine years after leaving Southampton in 2002, but it is for an entertaining four-year spell at Manchester City that he is best known in the UK, having played 167 times for the club.

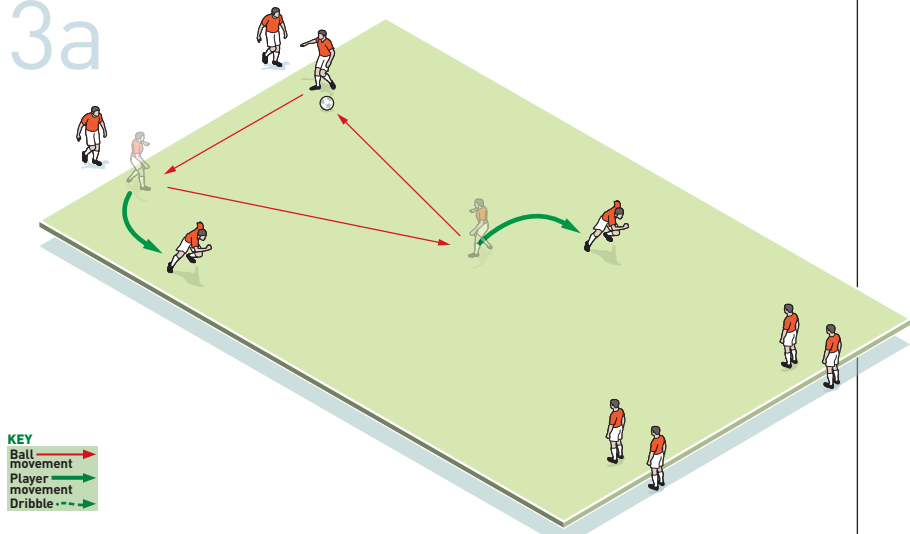
He also played for Dynamo Dresden, FC Nuremberg, and played in the UEFA Champions League with FC Kaiserslautern.

“We’re looking for players to make purposeful, attacking and overlapping runs whilst remaining conscious of their designated positions.”

PRE-SEASON CONDITIONING

player starts in the middle of the area. A ball is played along the top edge from player 1 to 2, then fed to the middle man (player 3) and back to the serving player to replicate the passing triangle. **(3a)** Player 3 now runs to the right-hand side bottom touchline and joins the back of the queue. The server takes his place in the middle after playing a third-man pass to player 2, who sprints down the flank. As player 2 progresses, he lays a pass ahead and the move begins in the other direction. **(3b)**

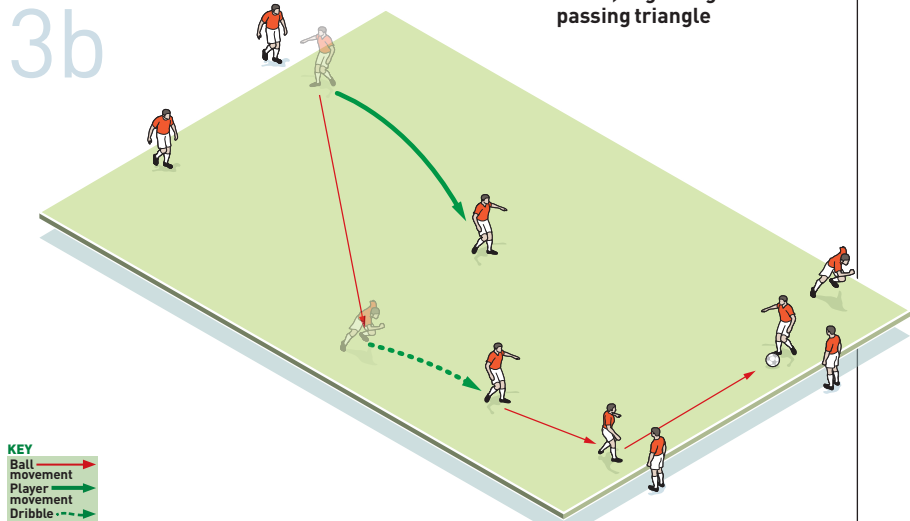
3a



KEY
Ball movement →
Player movement →
Dribble - - - →

In the progression, third-man running comes into effect, beginning with a passing triangle

3b



KEY
Ball movement →
Player movement →
Dribble - - - →

Now as players adopt new positions, a third-man run is made and the pass finds him

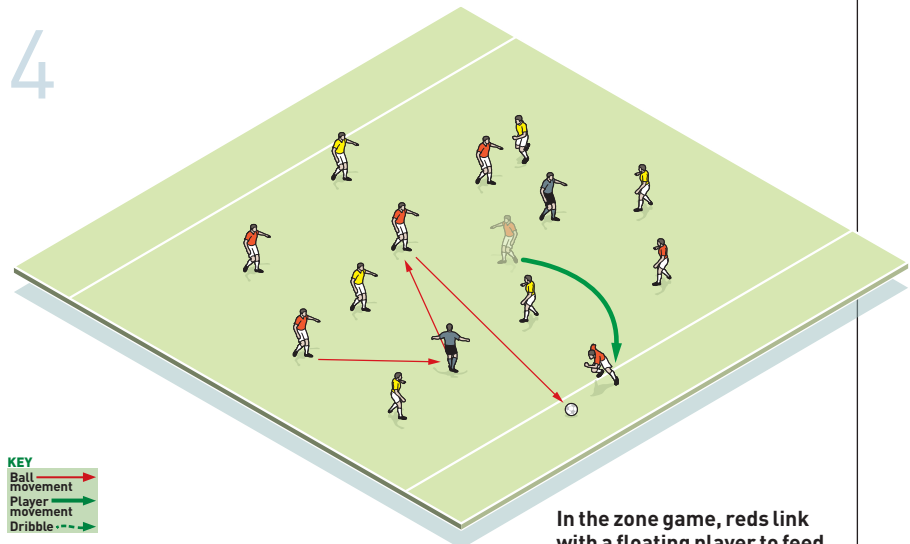
How do I put this into a game situation?

We use a 60x60-yard area, with each team looking to attack a 10-yard end zone. The match is 6v6 with two floating neutrals, who always support the attacking team. Defenders cannot enter zones, but attackers can when receiving a through pass. Each zone pass completed scores a point. **(4)**

What are the key things to look for technically/tactically?

The session relies on quick one-touch passing between team mates, plus purposeful, attacking and overlapping runs. Players must display technique, skill and the ability to launch third-man runs, so precise timing and intelligent movement off the ball is crucial. ■

4



KEY
Ball movement →
Player movement →
Dribble - - - →

In the zone game, reds link with a floating player to feed the runner and score a point