

PHILADELPHIA UNION

Rene Meulenstein Build-up into strikers

Overview:

This session deals with creating overloads whilst playing out from the back, through midfield and into attack, creating 1v1, 2v1, 2v2 and 3v2 situations.



Rene Meulenstein
PHILADELPHIA UNION

Rene Meulenstein spent six years as assistant manager to Alex Ferguson between 2007 and 2013 in a golden era for Manchester United, having previously been at Old Trafford as youth and reserves manager for five years.

The Dutchman first entered coaching in 1990 with the NEC Nijmegen youth side, moving on to Qatar three years later. After leaving United in 2013 he took charge of Russians Anzhi Makhachkala before joining Barclays Premier League side Fulham. He is currently a consultant for Philadelphia Union in MLS.

BUILD UP INTO STRIKERS

SET-UP

AREA

Full pitch

EQUIPMENT

Balls, cones, goals

NUMBER OF PLAYERS

16 plus 2 keepers

SESSION TIME

30mins

What do I get the players to do?

The premise is to find the extra man, and to build play forward and break the lines, and is a set-up that occurs in every game. Practice of the movement and overload elements will cement good habits and increase confidence, and this was a session we'd run frequently at Manchester United.

What are the key things to look out for?

Tactically, we are looking for the way players pick up their positions. Technically, we are looking for the right quality of pass, with measured weight and direction. A common fault would be players giving the ball away by making the wrong decision, so we always encourage an early and simple pass. ■

