

BURTON ALBION

Jimmy Floyd Hasselbaink Goal kicks: Phases of play

SET-UP

AREA

Full pitch

EQUIPMENT

Balls, goals, mannequins

NUMBER OF PLAYERS

11v7 plus keepers

SESSION TIME

Goal kick scenarios
20mins total,
11v7 40mins total

Overview:

This session focuses on the phases of play from offensive and defensive goal kicks and pass-backs.

It's important to get goal kick phases of play right just as it is any set piece, given that it's an opportunity to start an attack. Indeed, the good thing about running this session is that although the players set up for a goal kick, you can let the session flow thereafter, coaching the rest of their game as well, because play will always start from a goal kick off the floor then go into a match-realistic attack versus defence situation.

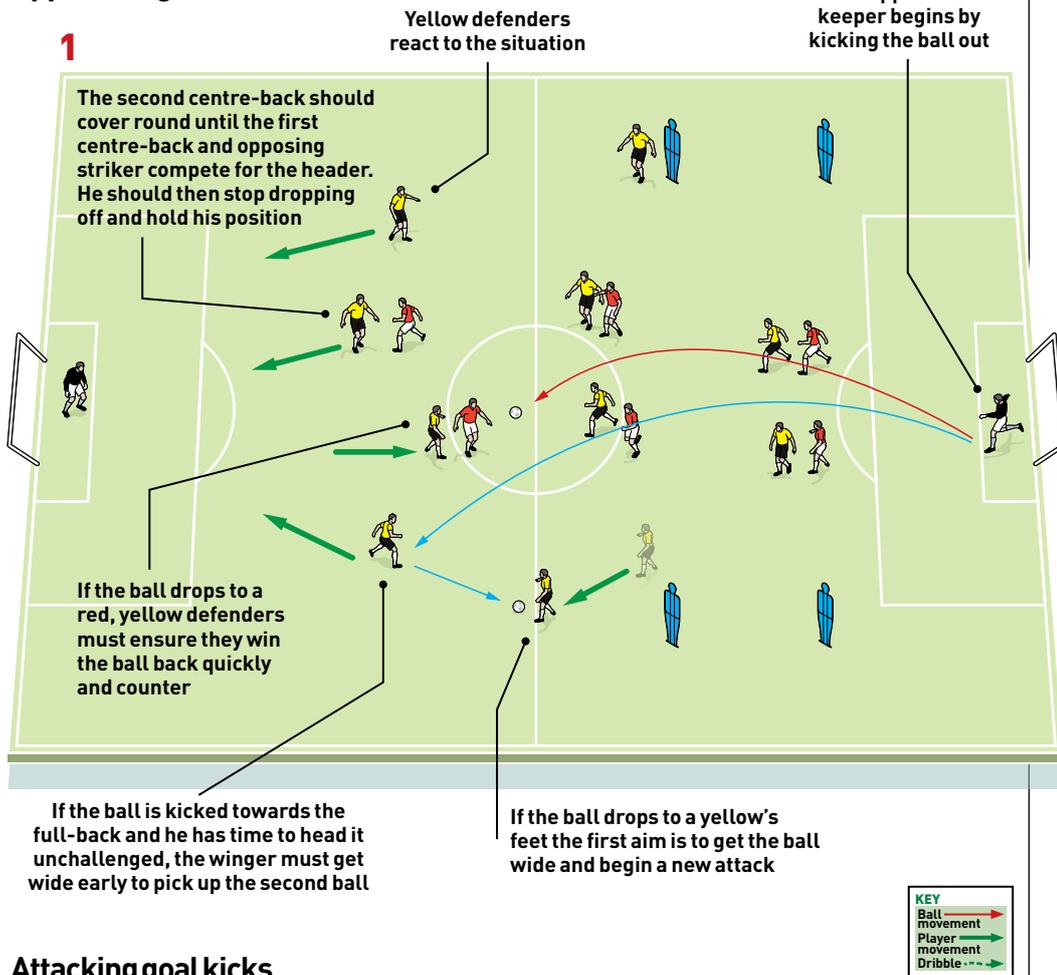
It's a short session so if the players have had a tough workout in the morning we might run this in the afternoon.

What do I get the players to do?

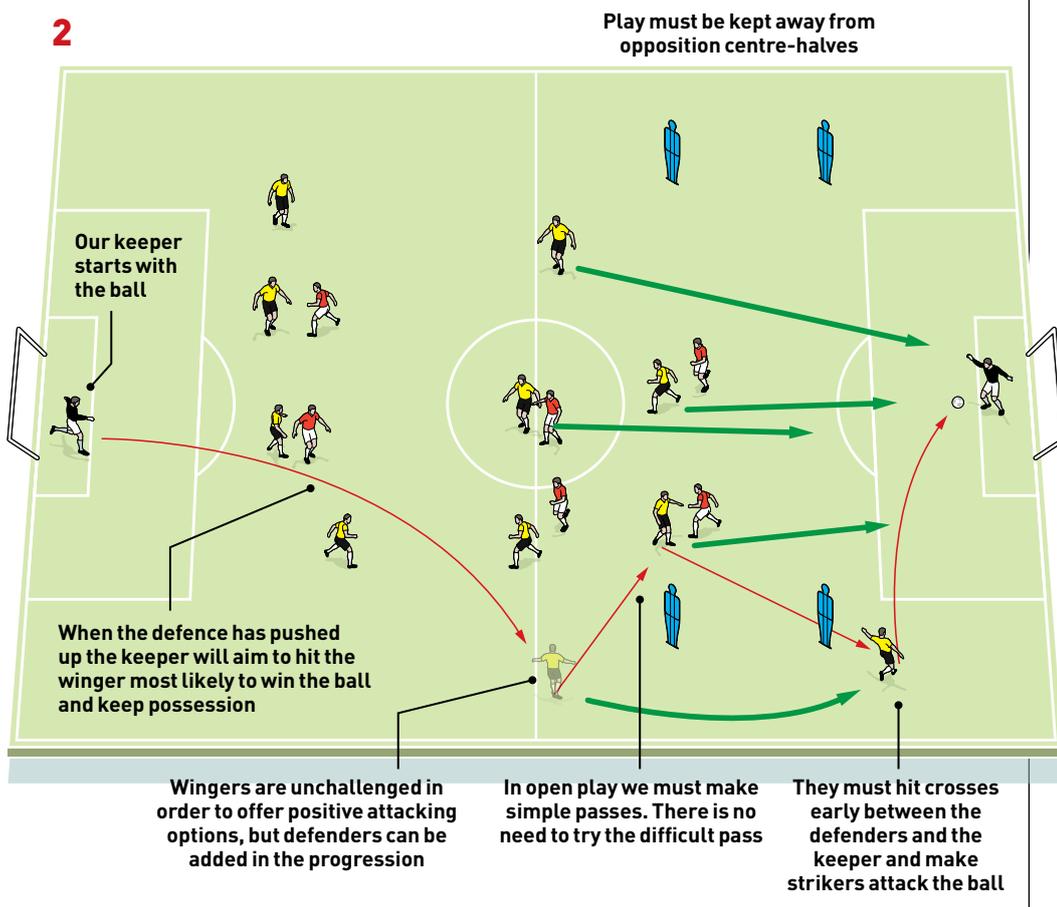
We set up 11v7, as shown, and are looking to work mainly with the team of 11. The team of seven set up as one keeper, two centre-backs, centre-midfielders and centre-forwards, with mannequins in the full-back and wing positions.

We now work through three different scenarios – opposition goal kicks (1), attacking goal kicks (2), and how to organise when the ball is passed back to our keeper (3/4).

Opposition goal kicks



Attacking goal kicks



JIMMY FLOYD HASSELBAINK: GOAL KICKS: PHASES OF PLAY

How do I progress the session?

The progressions come with each scenario but eventually we can alternate between the three.

We can run this session as an 11v11, but 11v7 is best for working overloads and fashioning plenty of crosses and shots.

What are the key things to look out for?

Main technical and tactical instructions are shown on the diagrams, but there are specific guidelines for keepers and in respect of offsides that should also be addressed in open play.

Keeper instructions

If the full-back is on the ball under pressure the keeper supports from the near post side.

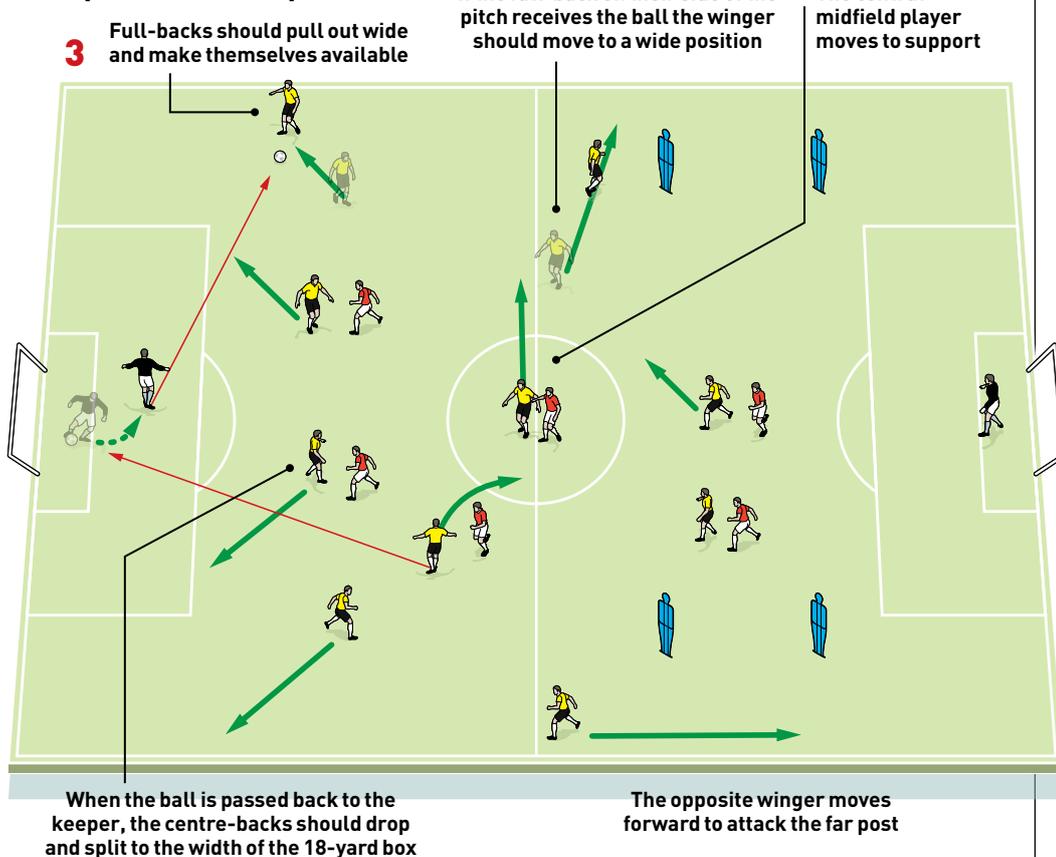
If the full-back has time, the keeper goes to the far post and looks to switch play. The strikers will have further to close down that way.

Offsides

As far as offsides go, it's for us to make a call on it, but players must never stop running. It's okay for them to appeal with a hand up, but they must always play to the whistle and assume the referee isn't going to award them a decision. ■

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Backpasses (second phase)



4 The defensive centre-midfielder should then make himself open for a keeper's pass through the midfield, although he should only be passed to if he has time and space to turn. Usually, the opposing centre-midfielder will go with him, which creates more space for strikers and midfielders

