

PUBLISHING INFORMATION

German Training Concepts

Think, Run & Play Vertically

Drills and Coaching for a Perfect Through Passing

- Fundamental tactical principles in own ball possession and the transition play
- Ideas and coaching tips for exercises
- 7 variations in the Y-Pattern
- 5 exercises in the Diamond
- 6 exercises in the Tube
- 5 exercises in the Hourglass

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Prologue

Dear Coaching-Colleagues,

there are many different strategies and philosophies in soccer to reach success. A playing philosophy, which includes almost every top team's repertory, is an effective and fast vertical play! Thereby, two basic situations exist, where a vertical play into the depth could be of great success. For one, it always offers the occasion if gaps in the opposing defensive compound emerge. Es-



Steven Turek

pecially teams like FC Bayern Munich and Real Madrid understand these situations and know how to make use of them very quickly. For the other, a vertical play is of high advantage if a counterattack is possible after gaining possession of the ball. Usually, the opponent is unorganized. This results in a short timeframe, in which it is possible to quickly attack into the direction of the opposing goal in order to create goal-scoring chances.

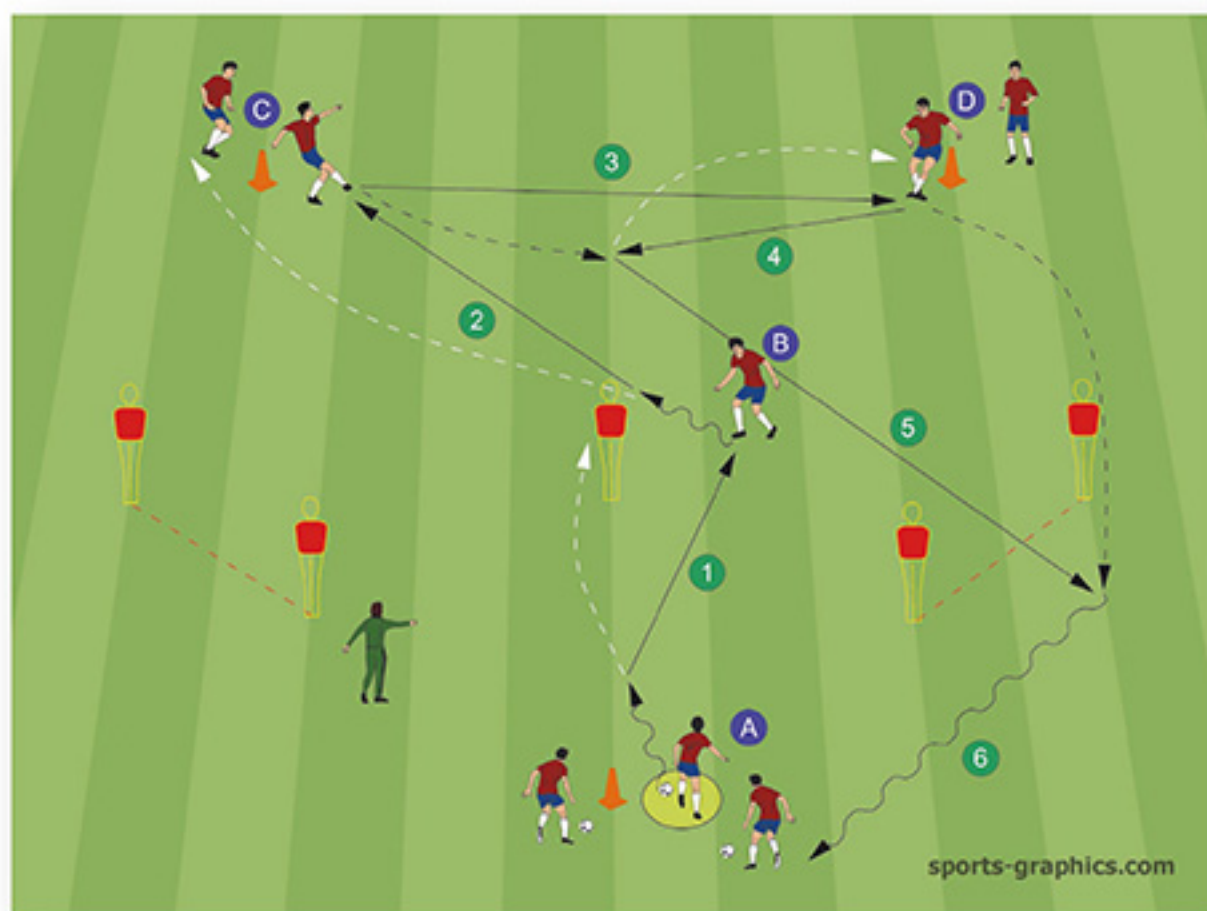
In this practical concept, I want to reveal ideas on how the vertical play can be variably and competitive-like be mediated in the training. Therefore, you will first find basic tactical principles (in own ball possession, but also in the transition-play), as well as basic skills for a successfully implemented vertical play. Following this, you will find concrete coaching tips and the explanation of certain elements to control a practical training routine. Along with this go ideas as a varied size of the field and provocation rules which contribute to the natural provocation of a vertical play. Conclusively, over 20 exercises and training drills are presented.

And don't forget: The direct path towards the goal is always the fastest!

Enjoy reading and trying out in your own training route wishes

Steven Turek

Exercise 01: Vertical Play in The Y-Pattern



ORGANIZATION: A starts an initial dribbling. B releases into the back of the dummy into a half open position and is passed to. B forwards with his second touch to C. C performs an one-two combination with D, which D receives into the gap between both dummies located on the right side.

POSITION CHANGES: A changes his position to B. B to C, C to D and D dribbles back to the starting point. The next combination is performed over the other side.

COACHING POINTS: With the dribbling, the releasing movement of B is triggered. B possibly plays with two touches; all other players possibly pass one touch. The last pass is specifically played into the gap between both dummies.

THE AUTHOR



Steven Turek

- Born in 1990
- UEFA A License (since 2012)
- Master student Sport Science
- Bachelor of Sport Science
- Author of many books and presenter in seminars for the DFB and BDFL (German Soccer Coaches Association)
- Presenter in international coaching seminars
- Expert in international Soccer Philosophy (e.g. Ajax Amsterdam, Bayern Munich, VfL Wolfsburg)