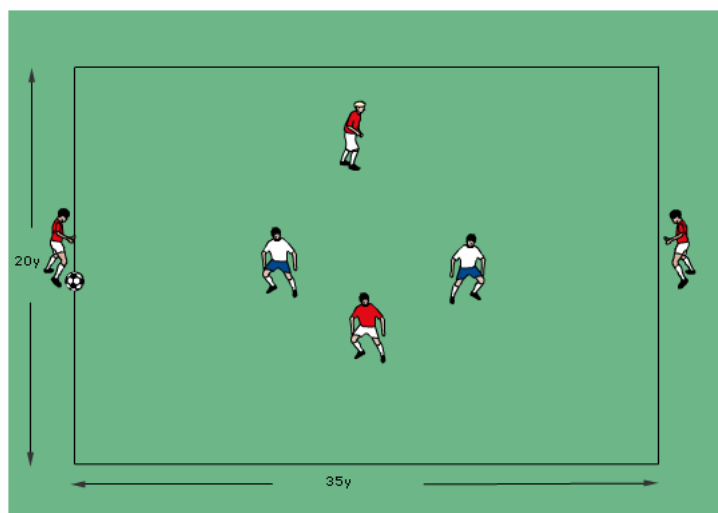


Dutch Sessions



1. Warm up

- Warm up consists of running with ball up and down the pitch 4 times, passing in four's in a relay fashion.
- This is followed by dynamic stretching and ball juggling
- Players then split into 2 groups. The first group plays 2 v. 2 with two free players at both ends of the area.

Conditions

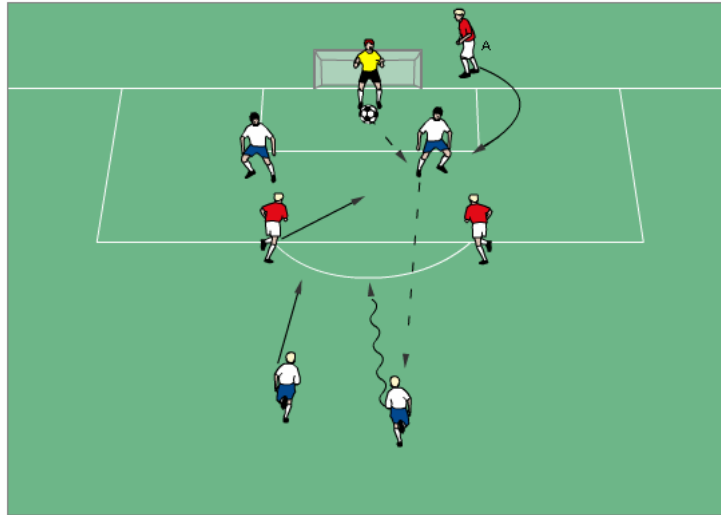
- Free players only allowed one touch, other player's two touches.

Objective

- Get the ball from one end to the other, this improves quick play and passing and to always look for the forward pass first and to support this pass

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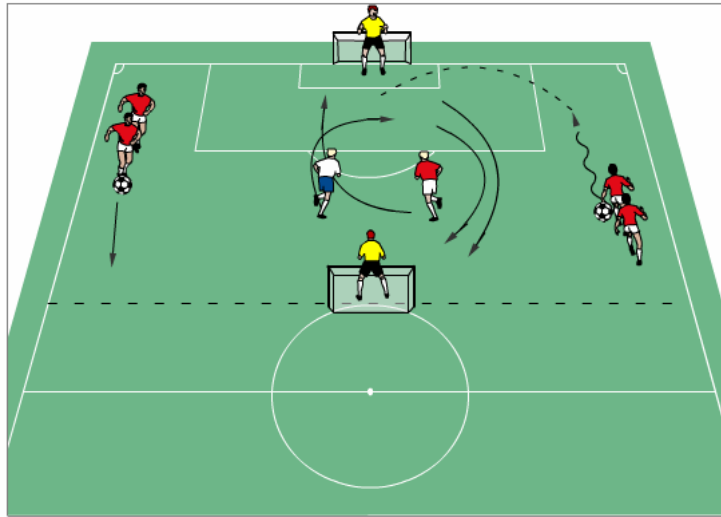
2. Passing & Support Drill

Setup

- As in diagram.

Sequence

- Gk rolls ball to defender, who looks for a forward pass to one of the midfielders outside the penalty area.
- The two attackers inside the area have to put pressure on the defender. If they obtain possession they can score.
- If a midfielder receives the ball then he attacks the goal (using extra player A, if needed).
- The existing attackers become defenders and must try to stop midfielders from scoring.



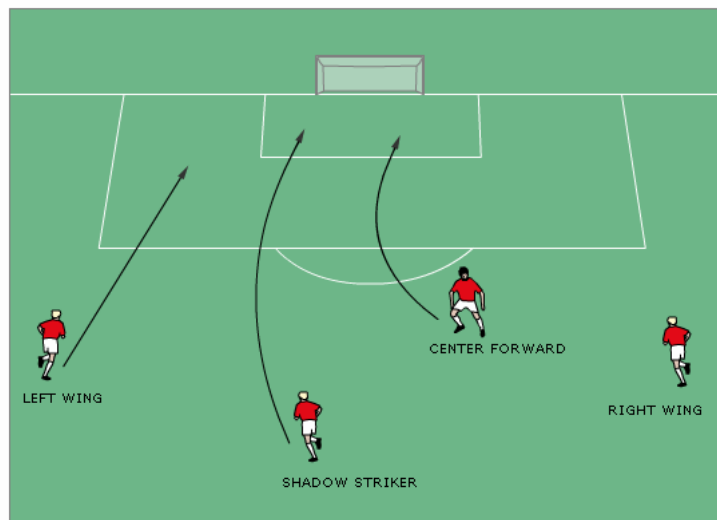
3. Crossing & Finishing Movement

Setup

- Two goals are placed 40 yards apart with 4 servers in wide positions on either side of each goal, five yards infield from the goal line

Sequence

- Two strikers make cross over runs towards one goal with one serving playing the ball in.
- The strikers attack the ball then turn and sprint crossing over to the other goal where another server plays the ball in for them to finish

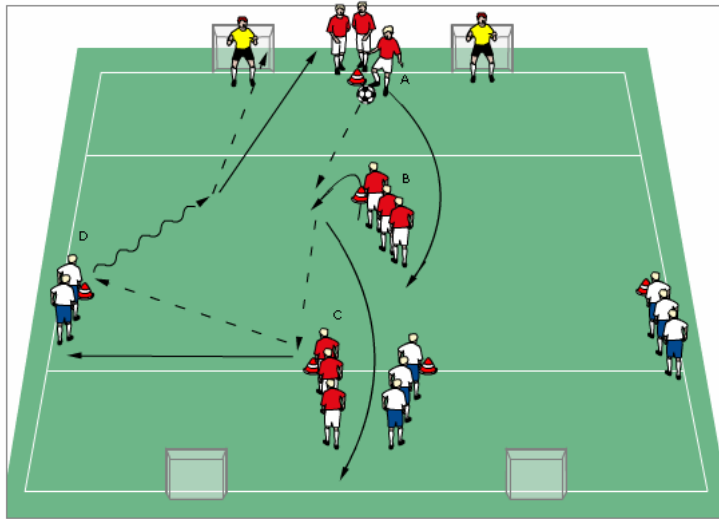


4. **4-3-3 the Ajax Way (strikers movement)**

- Ajax promotes the same style and formation to all its teams. The style is based on having three forwards and one offensive midfielder called the **shadow striker**

Setup

- If the wingers are available, the ball should be played to them for a cross
- Once the cross is about to be delivered, the centre forward makes a run towards the near post and the shadow striker, the far post.
- The opposite winger also moves in to cover the deep cross to the far post



5. Passing & Shooting 1

Setup

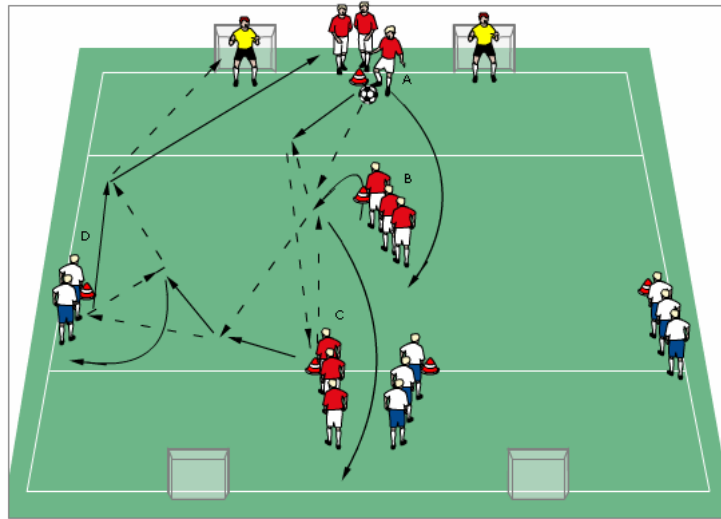
- Two goals positioned on the goal line 50 yards apart.

Sequence

- A passes to B who makes a turn before passing to C. C receives it and plays a diagonal ball to D. D, following a first touch into space, dribbles forward and takes a shot

Coaching Points

- Good accurate passing
- First touch in front of player
- Players rotate positions while the other side starts a new sequence



6. **Passing & Shooting 1 (Progression)**

Setup

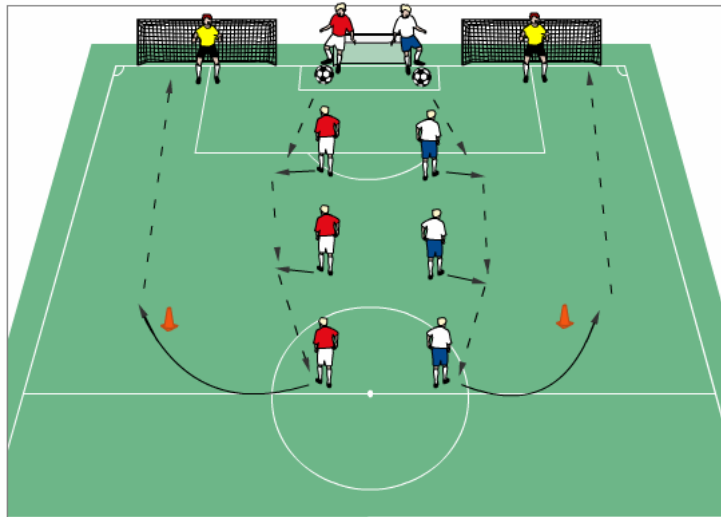
- As previous diagram

Sequence

- Same set up as in the previous diagram, but now more 'give-and-go's' are encouraged with a one-touch finish to end the sequence

Coaching Points

- Accurate Passing
- Encourage players to try skills to beat the keeper



7. Passing and Shooting 2

Setup

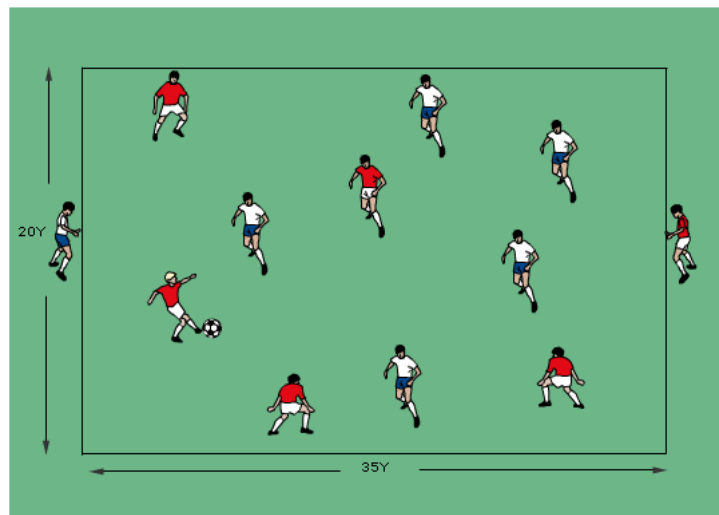
- 2 goals setup either side of the 18 yard box (see diagram)

Sequence

- Three players pass and turn to the fourth player who then takes the ball around the cone and shoots
- Players move up one position with the shooter moving to the start position. The dark team use their left, the white team, their right

Progression

- Incorporate some 'give-and-go's' between the third and fourth player
- Shooting players shoot at opposite goal
- Introduce a defender
- 2 v. 2 situation following the passing sequence



8. Passing and Movement

Setup

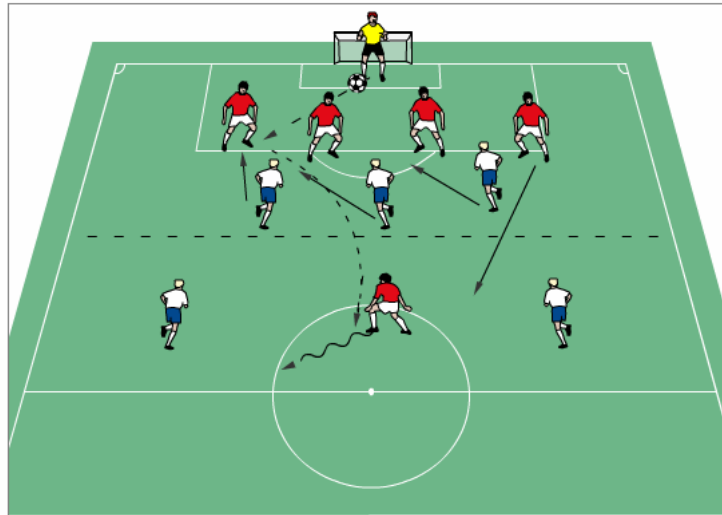
- 35 x 20 yard pitch

Sequence

- 5 v. 5 keep away situation with two perimeter players (one touch only). The objective is to get the ball from one perimeter player and play it to the other without losing possession to the defending team

Progression

- Score by chipping the ball to the perimeter players



9. Ball Movement

Setup

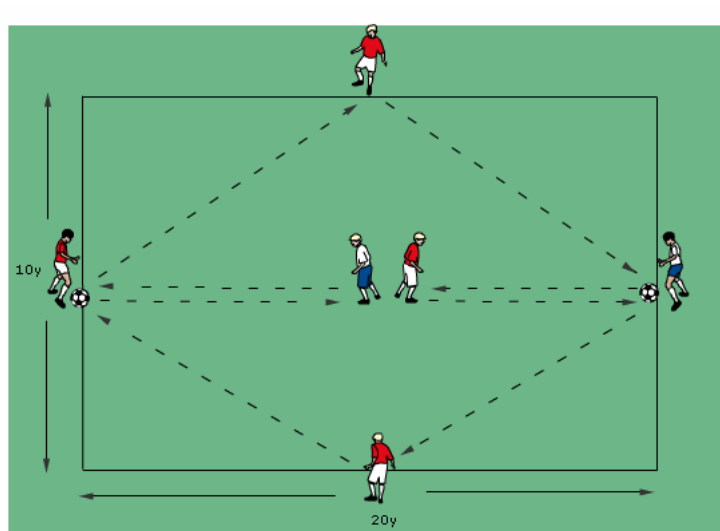
- Half a pitch with a zone 15 yards x width of pitch

Sequence

- Play two touch with the GK playing one touch. The GK starts with the ball and passes to one of the four defenders
- They have to try to pass the ball to the lone dark attacker.
- Upon making the pass, one defender can join the attacker in the end zone to try to get the ball to the halfway line

Progression

- Add players to the attacking third and introduce a second goalkeeper and goal
- Add some width to the practice by placing wide players in a five-yard zone either side of the pitch



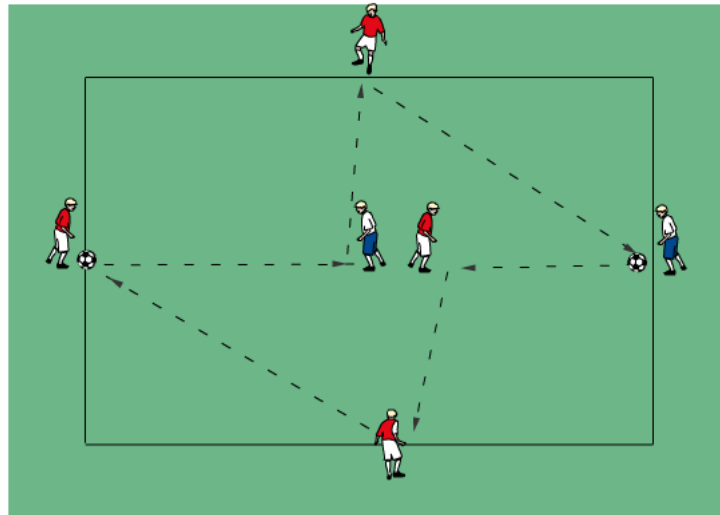
10. **Ball movement Passing Sequence**

Setup

- 20 x 10 yard area

Sequence

- Using two balls and placing two or more players at each station, players pass and follow using one touch



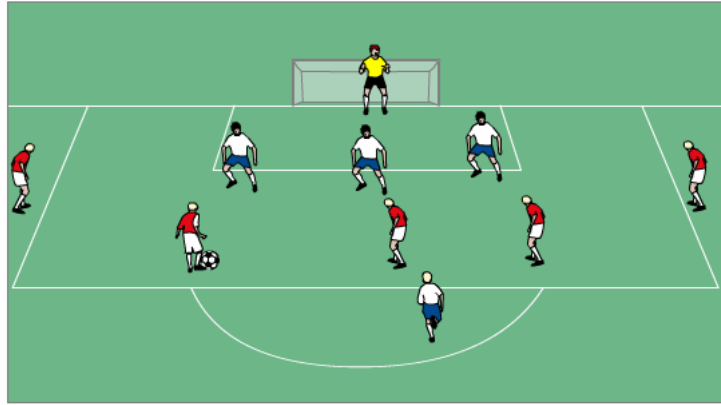
11. **Ball Movement Passing Sequence**

Setup

- 20 x 10 yard area

Sequence

- Players pass and follow as in the diagram



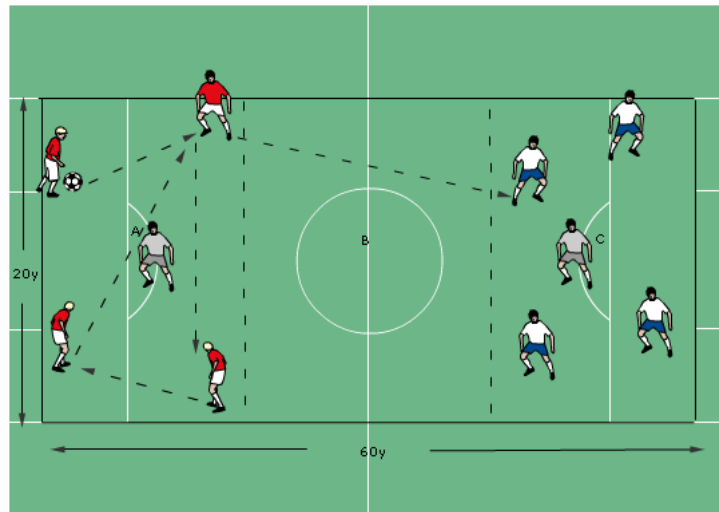
12. **Defending & Attacking small areas**

Setup

- One goal and GK, full size 18 yard box

Sequence

- 3 players and a GK defend the goal from a three-man attack
- three free players, all playing one touch, are placed around the outside of the area
- when defenders have possession they play keepaway with the GK against 3 attackers
- when attackers gain possession, they must look to score as quickly as possible
- free players can only be used by attacking side



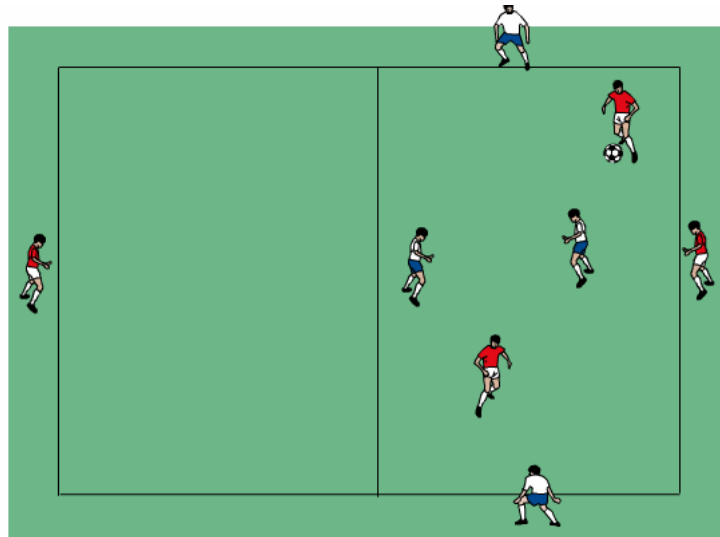
13. **Three Zone Game**

Setup

- 60 x 20 yard area

Sequence

- In a 4 v. 1 situation, the dark team has to put four passes together before passing the ball to the white team to do the same



14. **Two Zone Game**

Setup

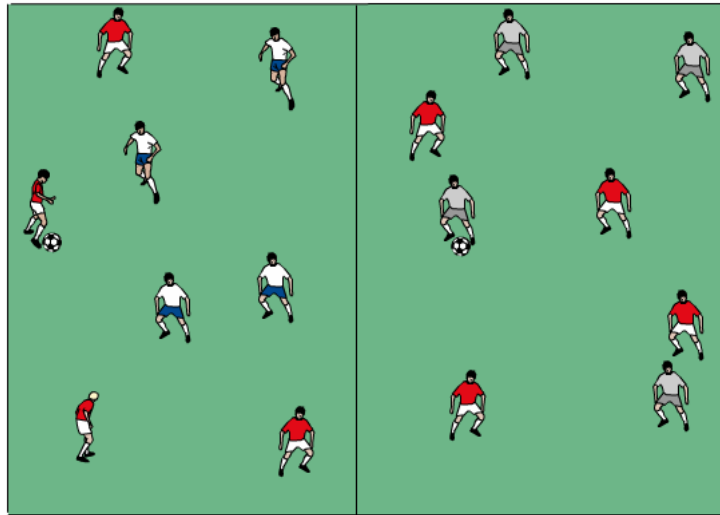
- 50 x 15 yards

Sequence

- Team in possession has to make a minimum of three passes in the grid before they can play to the free player on the far side of the second grid
- They can score again by repeating the feat and returning to the grid, following a pass to the 'new' free player
- The wide players support the team in possession with one touch passes

Coaching Points

- Movement and support
- Creating opportunities for forward passes under pressure
- Playing at a high tempo



15. **Cluster Football**

Setup

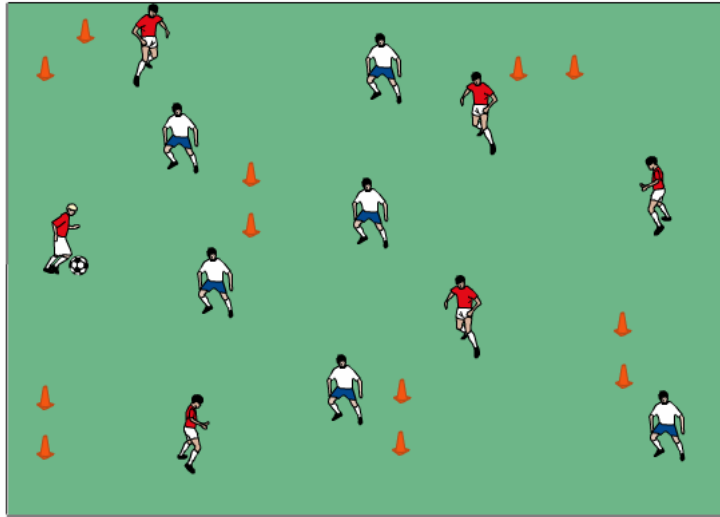
- 40 x 20

Sequence

- 4 v. 4 Marking Game, with two games going on at the same time in two grids.
- The objective is to get the ball from one end of the grid to the other.
- Every player is assigned a player from the opposite team and should 'your' player score, then you are expected to perform that number of sprints at the end of the session

Progression

- Practice moves from a 4 v. 4 to an 8 v. 8 with GK's. the objective is to get the ball from one end line to the other, only this time 3 players can close down the team in possession.



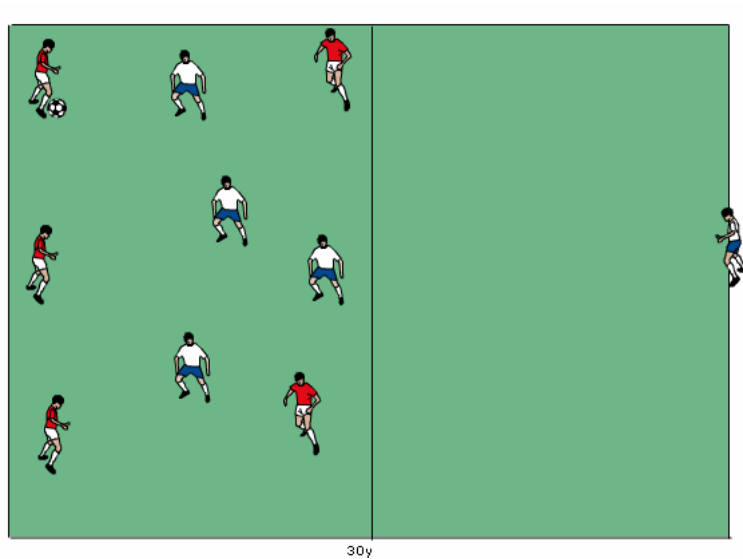
16. **Accurate Passing**

Setup

- 30 x 20 yard area

Sequence

- 6 v. 6 with 6 small coned goals
- objective is for the team in possession to string 15 passes together then try to score as many times as possible by passing through the small goals



17. **5 v. 4 link up play and support**

Setup

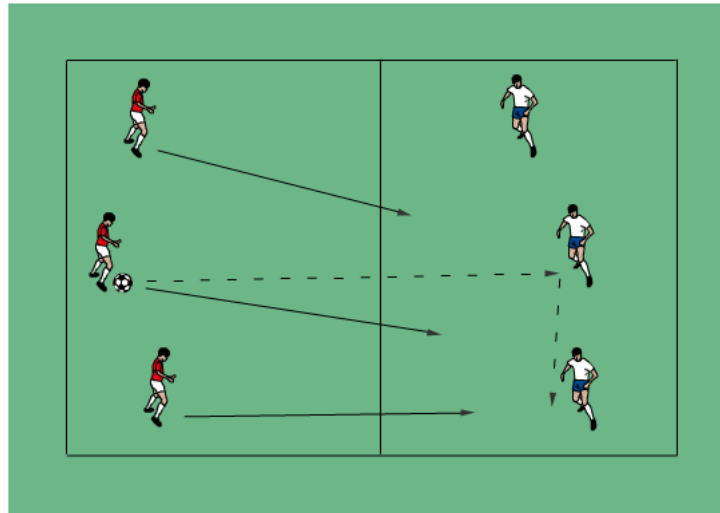
- 30 x 30 yard area

Sequence

- When dark team has possession its 5 v. 4, with the white team defending
- White team attempts to win ball back, when they do they try to play the ball to the player in the other zone and to link up with him
- The situation in the other zone becomes a 5 v. 4 in favour of white team

Progression

- Lone target man is joined by two defenders to make a 2 v. 1 situation



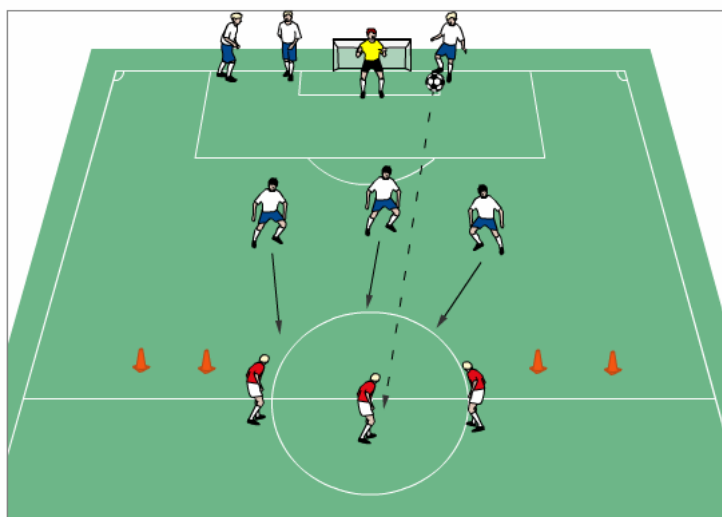
18. **Midfield Players Defensive Duties**

Setup

- 25 x 20 yard area

Sequence

- Working on defensive cover and balance
- The central dark player plays a ball to the most central white player
- Dark team then exerts pressure on the flank player to which the white team has played the ball.
- Players from the dark team ensure that there is defensive balance and depth.



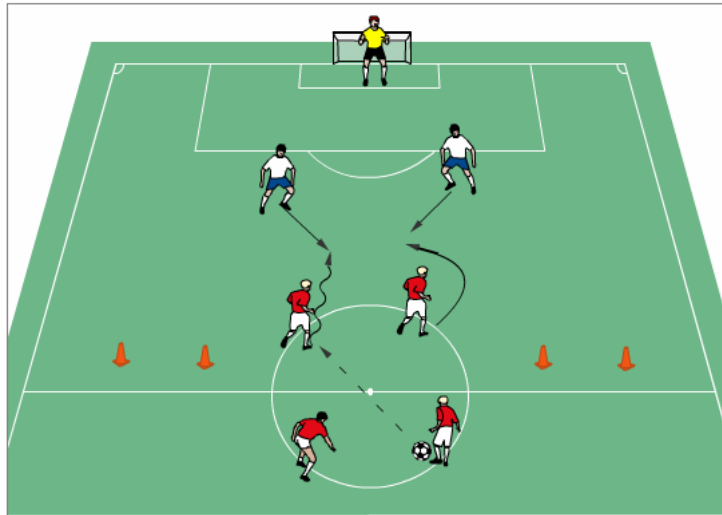
19. **Midfield Players Defensive Duties Progression**

Setup

- Half a pitch with one goal and GK

Sequence

- One of neutral players behind the goal plays a pass to an attacker (dark team).
- Dark team then plays 3 v. 3 to goal against the three white players.
- The white defenders exert pressure on the ball and if they gain possession try to score in one of two coned goals



20. **2 v. 2 + Neutrals**

Setup

- Half a pitch

Sequence

- A neutral player plays a pass into the first dark attacker
- He then plays a pass to his partner forming a 2 v. 2 situation
- Using combinations, skill and speed, the dark attackers attempt to score



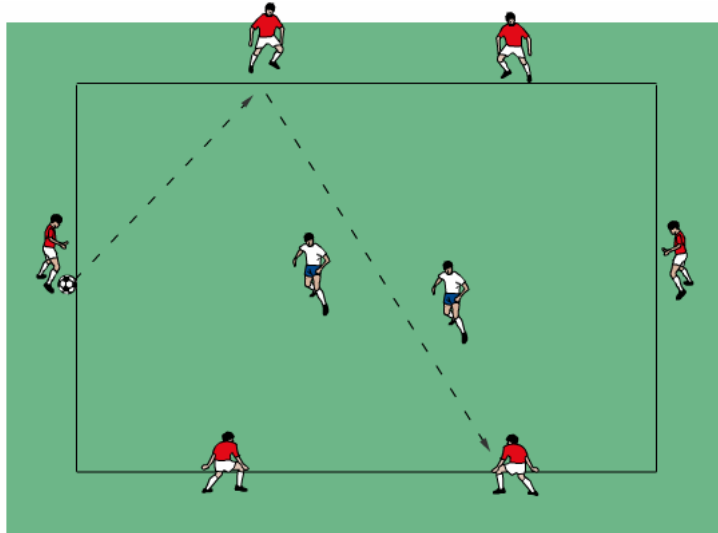
21. **5 v. 5**

Setup

- Half a pitch

Sequence

- Unlimited touches, except for a one touch finish
- White team defends goal and dark team defends cones



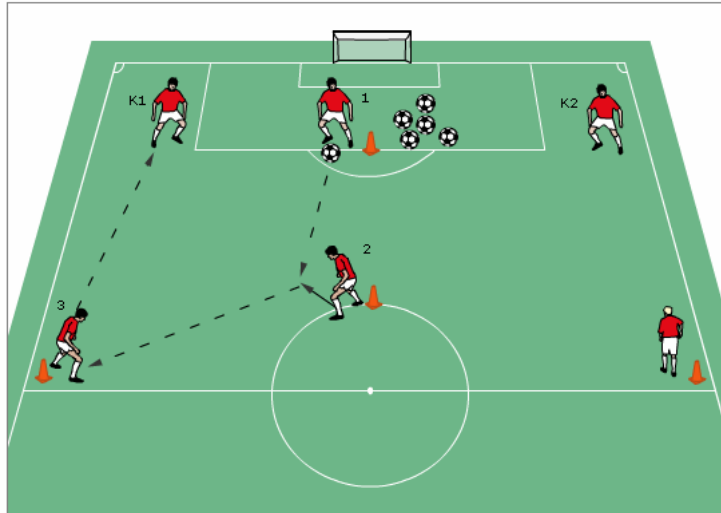
22. **Dutch National Team 6 v. 2 keep away**

Setup

- 10 x 10 yard area

Sequence

- Two groups of 8 players in two 10 x 10-yard grids play 6 v. 2 one-touch keep-away
- Two players in the middle need to touch the ball to get out
- If they get nutmegged or if a pass splits them they stay in for another turn
- One touch on the outside and have to stay on the line



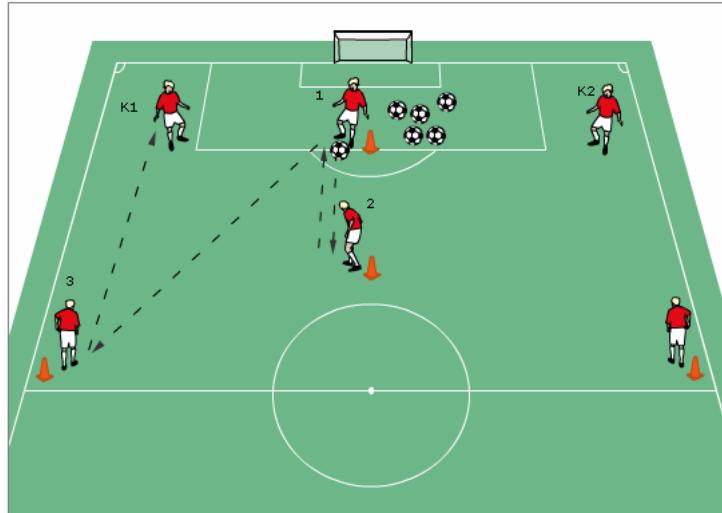
23. **Dutch National Team Passing**

Setup

- Half a pitch

Sequence

- Player 1 has a supply of balls
- Player 1 passes to player 2
- Player 2 turns with the ball and plays a pass to player 3
- Player 3 controls the ball and chips a pass to the GK and then jogs into the penalty area
- Sequence is repeated on other side



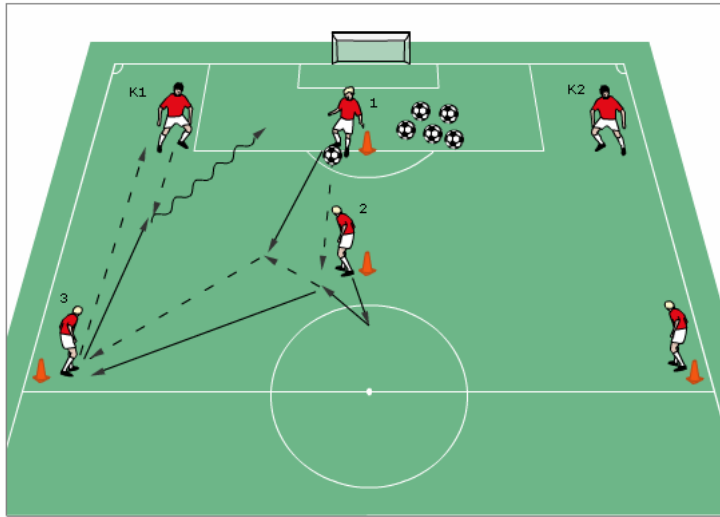
24. **Dutch National Team Passing Variation 1**

Setup

- As previous

Sequence

- Player 1 has a supply of balls
- Player 2 checks away, then quickly checks back to receive ball from player 1
- Player 2 passes back to player 1
- Player 1 passes to player 3 then follows his pass to replace player 2
- Player 3 then plays the ball into the GK



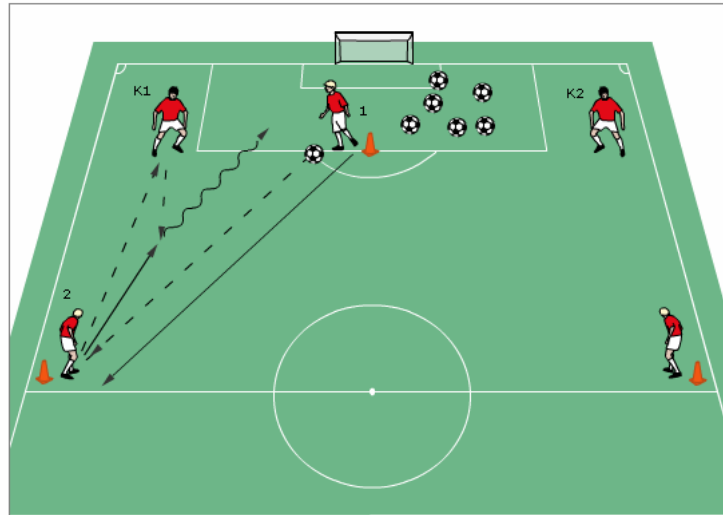
25. **Dutch National Team Passing Variation 2**

Setup

- As previous diagrams

Sequence

- P1 passes to P2
- P2 lays ball off to P1 and after laying ball off, P2 turns sideways to face P3
- P1 plays long pass to P3 and soon as he does so, P2 sprints to P3
- P3 controls ball and plays it into GK.
- P3 sprints after ball, receives it back from K1 then accelerates into penalty area



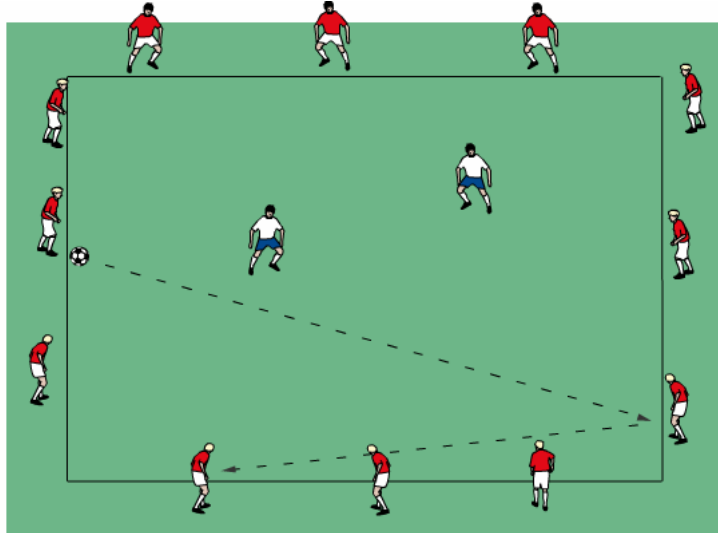
26. **Dutch National Team Passing Variation 3**

Setup

- As previous

Sequence

- P1 plays ball in air to P2
- Pr controls ball using thigh, chest or head, then drives ball to GK, sprints after the ball, receives it back from K1 then accelerates into penalty area



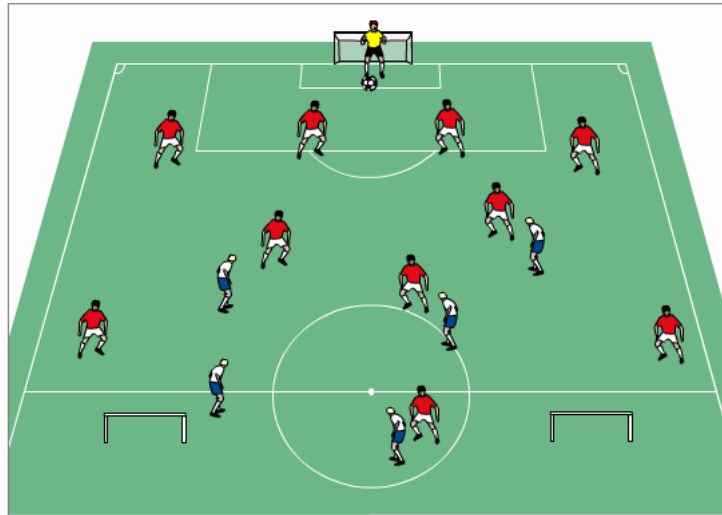
27. **Square Passing**

Setup

- Twelve players form a small square, two players in the middle and play one-touch 'keepaway' for 10 minutes.

Sequence

- Rotate players in middle
- After everyone has defended the 2 players in the middle now act as support players.
- Player on outside plays ball to one of middle players. Player who receives ball lays it off to other centre player who then plays a pass to one of the outside players
- Add more balls for this drill



28. **11 v. 5**

Setup

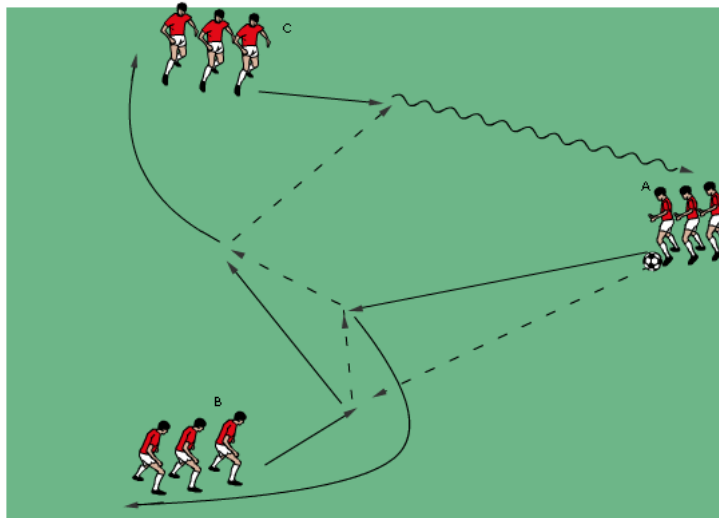
- Half a pitch
- One full size goal, 2 small goals on half-way line

Sequence

- Dark team play two-touch trying to create opportunities for a one-touch finish in one of the two small goals
- The white team try to gain possession and score in the main goal

Objectives

- Dark team are encouraged to pressurize the ball and win possession high up on the field
- Use quick ball circulation and take advantage of having extra players



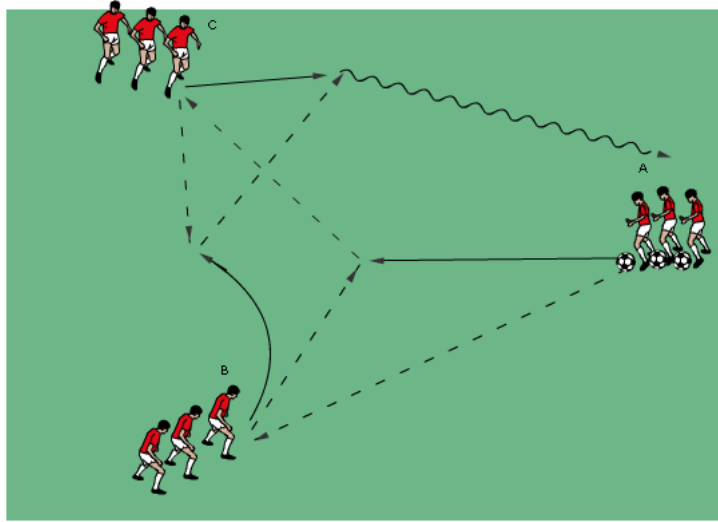
29. **Passing and Movement**

Setup

- 10 x 10 yard area

Sequence

- First player in group A makes a firm pass to first player in Group B
- B returns the pass and moves to receive the 'give-and-go' before passing into space for the first player for Group C
- Following each pass, the player moves on to join the next group.
- Exercise goes both ways



30. **Passing and Movement**

Setup

- As above

Sequence

- Same as previous only this time an extra 'give-and-go' situation is included

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