

FA Learning Insight



THE FA COACHES ASSOCIATION JOURNAL

AUTUMN / WINTER 2004

INTERVIEW WITH DR DARIO GRADI



**FIVE FAVOURITE PRACTICES
BY BRENT HILLS**

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INCOME TAX RELIEF

Those members of FACA who are professionally employed as football coaches (full or part time) will be entitled to claim tax relief for their annual FACA subscription. The Inland Revenue confirmed that FACA has been approved under Section 201 of the Income and Corporation Taxes 1988 with effect from 6 April 1997. Those members who are professionally employed should therefore, include their subscription to FACA on the appropriate Tax Return.

FOREWORD

By the end of September thousands of FACA members had registered with Insight Live to access a dedicated coaching resource, plus the monthly and weekly online newsletter.

The website provides material of a totally unique nature, including the largest global archive of practices for football coaches drawn from Insight magazines from the 1960's, '70's, '80's and 21st Century, categorised and collated under specific headings.

The site also contains a comprehensive collection of sports science articles dedicated to football, drawn from the same source and also categorised for easy use.

If like me you have a problem getting your hands on back copies of Insight then this is your solution. In addition there are our new innovations including the audio interviews with sports science specialists and well-respected Managers like Dario Gradi, Sam Allardyce and Micky Adams. Overall we trying to make the material available more user friendly to you the coach and we would be interested in your feedback. Let me know what you think of the online additions to the Insight package. We would welcome your feedback.

Best wishes and I look forward to hearing from you,

ROBIN M RUSSELL
FA TECHNICAL CO-ORDINATOR
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The Editorial Responsibility for Insight and Insight Live are now part of Cassandra Rees's duties as Content Manager for FA Learning. Sue Barwick has now joined the Team Of International Team Administrators. Insight would like to place on record their appreciation to Sue for editing Insight since its inception in the Autumn of 1997.

Sue edited over 30 issues of Insight totalling over 2,000 pages in a most professional and diligent manner. Insight have been fortunate to have her expertise over the past 7 years and wish her well in her new role as a Team Administrator.

On the cover: Team talk during
Hepworth Juniors V Dalton Juniors,
Hade Edge, Huddersfield.



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Editorial Team: Cassandra Rees, Tom Reilly, Robin M Russell, Mark Williams

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KEEPING POSSESSION & SWITCHING

3v3 small sided game. Keeping possession and switching.

RULES

- One player from each team in the two end thirds "safe zone players" and a 2v2 in the middle.
- If the players in the middle third cannot dribble or pass forwards, they try to pass across the field (Switch) or pass back to team-mate in their "safe zone".
- If they do turn and pass back to the safe zone player, that player can then dribble into the middle third and make a 3v2.
- Once a goal is scored, the ball starts with the safe zone player.
- Players in the middle third cannot enter opposite team's safe zone.
- If possession is lost, "safe zone" players must retreat back to end thirds.
- The idea of the game is to keep possession and bring players into attack to move forwards as a unit.

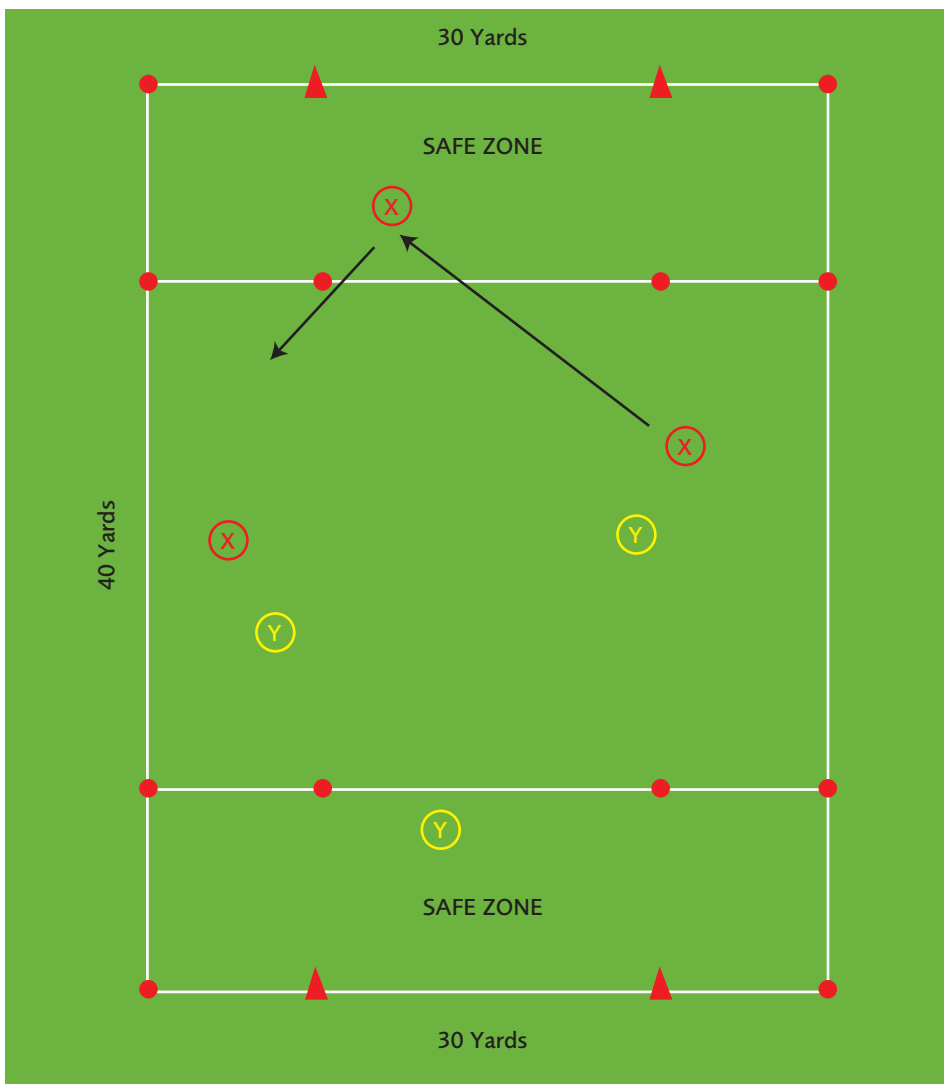
KEY FACTORS

- Spatial awareness.
- Emphasise being positive and confident when in possession of the ball.
- Encourage players in possession to play the way they are facing.
- Encourage player to drop the ball and then go wide.
- Be alert at all times.
- Try to flood the middle third by playing the "safe zone" players into the midfield.

Age: 9 years and up

Requirements: Cones, at least 6 players, 1 ball

Area: 30 x 40 yards. Split into thirds across. Big goals at each end (15 yards).



Dan Adams, Education Manager and professional coach with United Soccer Academy based in New Jersey USA. English FA, NSCAA and USSF coaching certification. 10 years coaching experience. Present Coach of Bridgewater United Youth Soccer Team. State and Nationally ranked.