



Wayne Harrison
presents
Exclusive eBook Series



Soccer Awareness Training

**Developing Premeditated Patterns
of Play**



ABOUT WAYNE HARRISON

- Ex-Professional Player with Blackpool; England and Oulu Palloseura; Finland
- Represented Great Britain in the World Student Games in Mexico
- Bachelors of Arts in Sports Psychology
- UEFA 'A' License 1996
- NSCAA Premier Diploma holder
- Author of 14 Coaching Books and 4 DVD's
- DOC for Al Ain Soccer Club; United Arab Emirates; Middle East; 7 Youth National Championships in 2 years at Professional level
- Proponent of Soccer Awareness One Touch Developmental Training
- Owner Soccer Awareness Developmental Training programs

1. We show simple patterns of play that you can do as a “shadow play” against mannequins or flags or cones as opponents to begin with.
2. These movements are primarily best to do when the opponents defend HIGH up the field and the space is behind them.
3. These create very good DIAGONAL passing opportunities.
4. These are set patterns almost like set plays within open play where within our attacking team shape and based on where the ball is we already know what our teammates will be doing in terms of movement and positioning.
5. To make it work it will also depend on the positioning of opponents but the beauty of this is we KNOW what our moves will be “in advance”; the opponents don’t.
6. And this gives us an advantage.
7. Inverted runs of wide players, (2), (3), (7) and (11) are brilliant runs to open these patterns of play up.
8. Build the session up depending on your numbers from 11 v 0 (against mannequins) and a total shadow play to 11 v 5 for example to 11 v 11 if you have 2 teams practicing together.
9. Where (9) runs depends on which center back he or she is up against at that moment and how big the space is between the center back and full back.



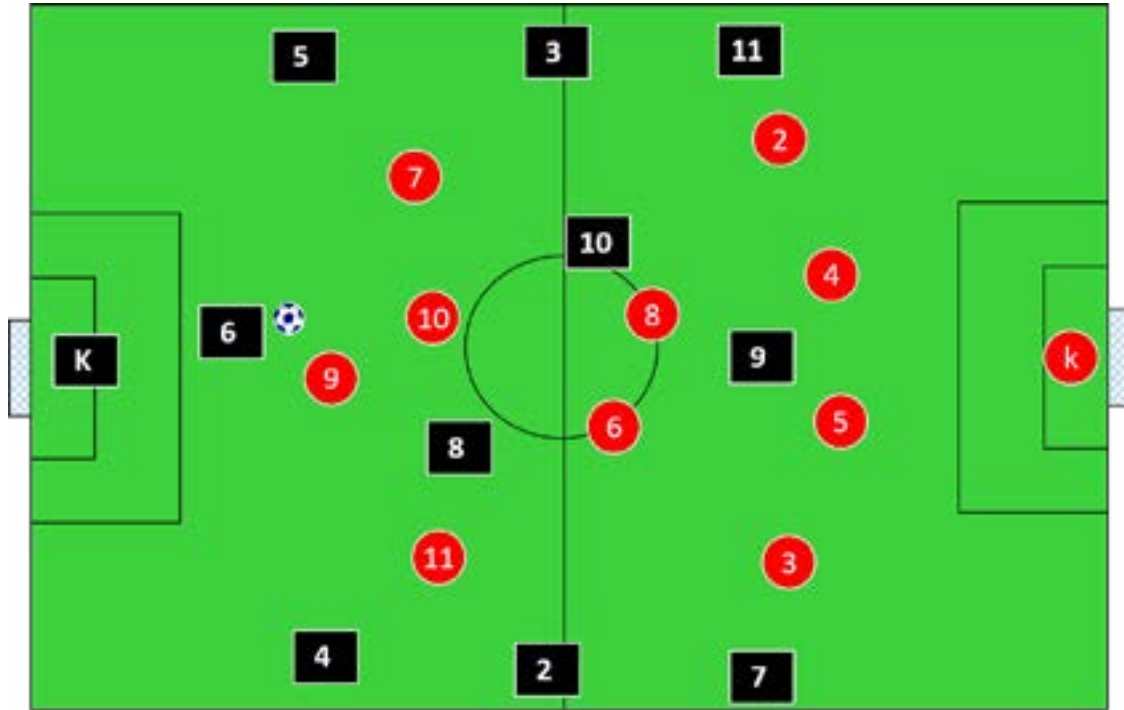
Watch famous clubs and players to see these movements in action. Pep Guardiola and Bayern Munich are good examples of some of these ideas. The inverted outside to inside runs by Philip Lamm the captain and right fullback for Bayern Munich are a great example of this (whose position I now call right midfield because it shapes up more as a midfield player than a fullback). So initially as a starting point pick 2 or 3 moves to practice consistently until they become instinctive to both passer and receiver.

1. Wide player cuts inside when a central or back player has the ball.
2. Striker runs away from the ball and off the shoulder of the center back
3. Wide player delivers the Diagonal ball in behind the center back almost without looking with as few touches as possible preferably One touch for speed of play.
4. (9) MUST be careful with the timing of the run to be ONSIDE.
5. The passer MUST time the pass and weight it correctly so it lands in the path of the striker.
6. As above but (9) makes the run towards the side the ball so now it is a straight channel pass down the line.
7. (9) can run either side of the defender (5) depending on which is the best option at any one time.
8. Into (9) feet to bring others into play. This is when there is little space in behind to play into.
9. So three movements there we can focus on and practice and make it “instinctive” in the actual game situation.



Offensive Positions of Players

Initial open attacking team shape with 6 players touchline wide to open up the middle and / or create space in wide areas either or depending on how the opponents set up defensively.



The players are playing in a 1-3-3-1-3 system of play. We have:

1. The keeper
2. The right midfielder
3. The left midfielder
4. The right center back
5. The left center back
6. The central center back
7. The right winger
8. The central defensive midfielder
9. The striker
10. The False (9)
11. The left winger
12. No designated fullbacks or wing backs; a very attacking and thought provoking set up.

Defensive Positions of Players

Defending shape short and tight; we are winning but under a lot of pressure and need to defend more strongly.



The players are playing in a 1-3-3-1-3 system of play. We have:

1. The keeper
2. The right midfielder
3. The left midfielder
4. The right center back
5. The left center back
6. The central center back
7. The right winger
8. The central defensive midfielder
9. The striker
10. The False (9)
11. The left winger
12. No designated fullbacks or wing backs; a very attacking and thought provoking set up.
13. You may make substitutions to suit this formation better.



Changing Shape to a 1-4-4-1-1

Defending shape short and tight a simple change in system if we need to defend more with now two banks of 4 players protecting the goal instead of two banks of 3 players.



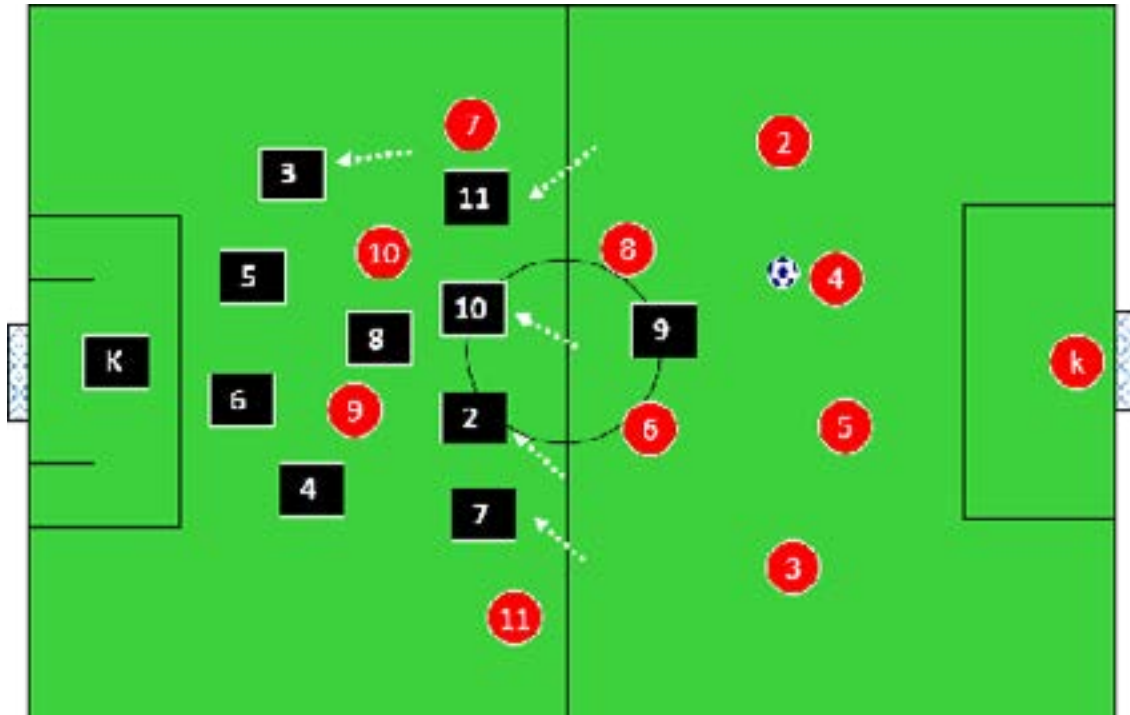
The players are playing in a 1-4-4-1-1 very defensive system of play. We have:

1. The keeper
2. The central midfielder
3. The left fullback
4. The right fullback
5. The left center back
6. The right center back
7. The right winger
8. The central defensive midfielder
9. The striker
- 10 The False (9)
11. The left winger
12. You may change this around differently depending on your players. This is JUST one way to do it.



Changing Shape to a 1-4-1-4-1

Defending shape short and tight a simple change in system if we need to defend more with now two banks of 4 players with one in between protecting the goal instead of two banks of 3 players.

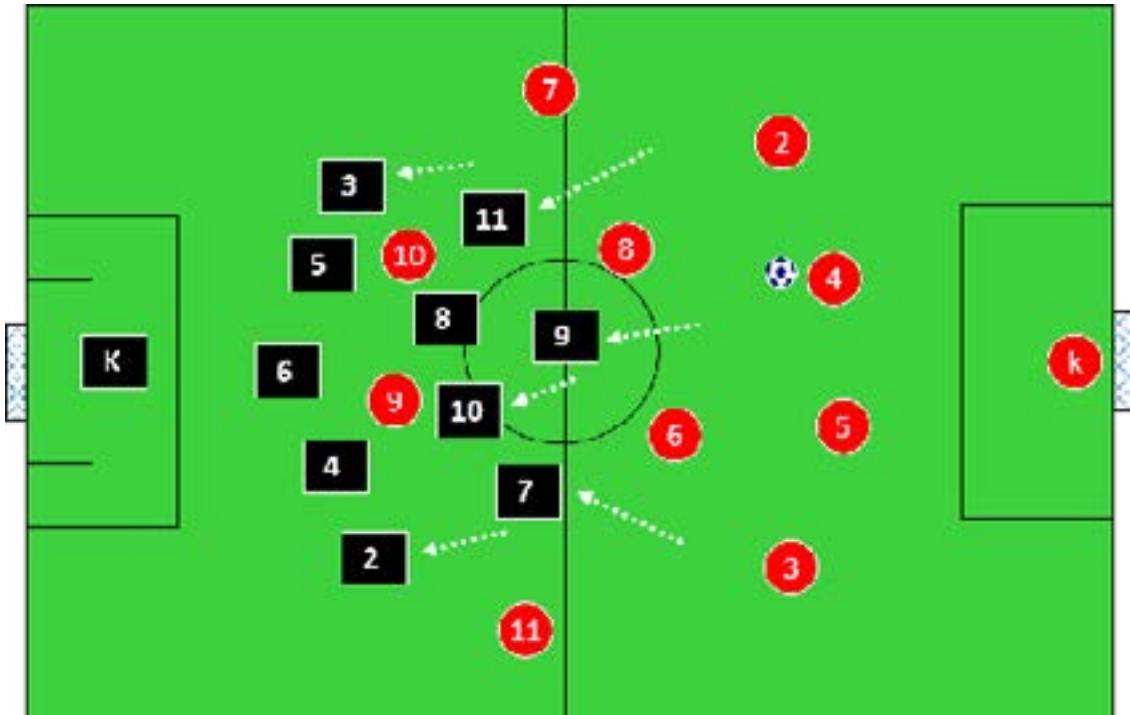


The players are playing in a 1-4-1-4-1 very defensive system of play. We have:

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Or Changing Shape to a 1-5-4-1

Simpler still with (2) and (3) dropping into regular fullback positions and (7) and (10) and (11) dropping back into midfield to form a midfield 4 with (8).

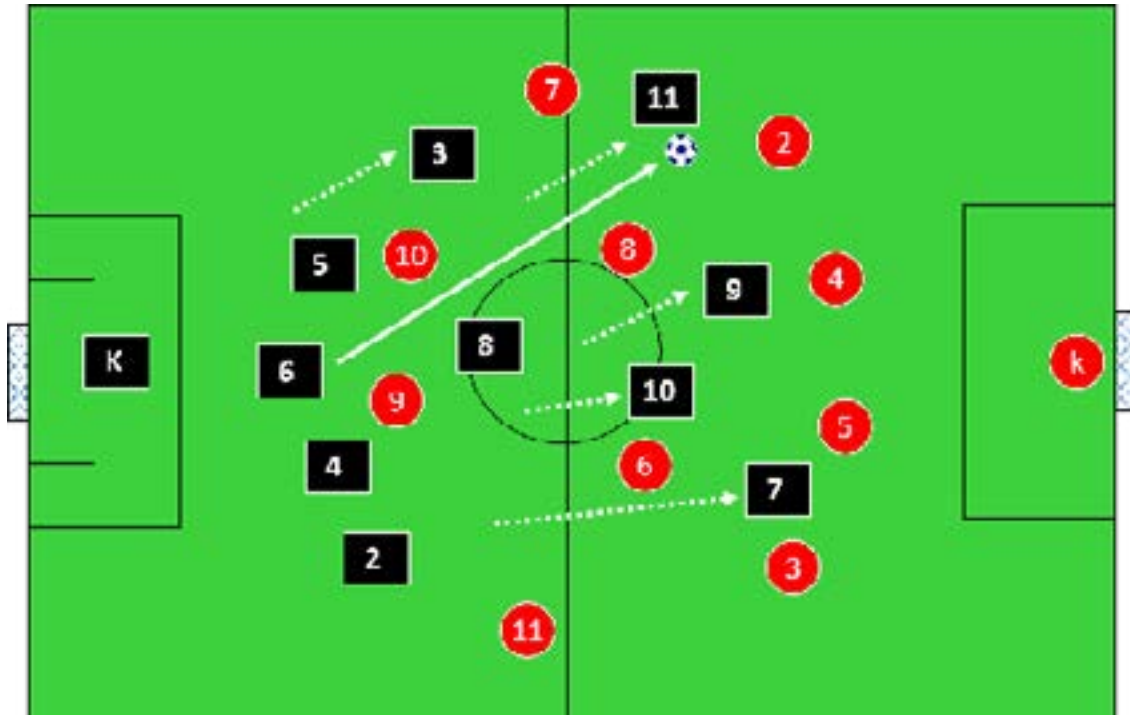


The players are playing in a 1-5-4-1 very defensive system of play. We have:

1. The keeper
2. The central midfielder
3. The left fullback
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6. The right center back
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8. The central defensive midfielder
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Win It and Counter Attack

If winning we want to keep our back line intact and solid so we counter attack sparingly. May allow a fullback to support down the side of the field we attack.

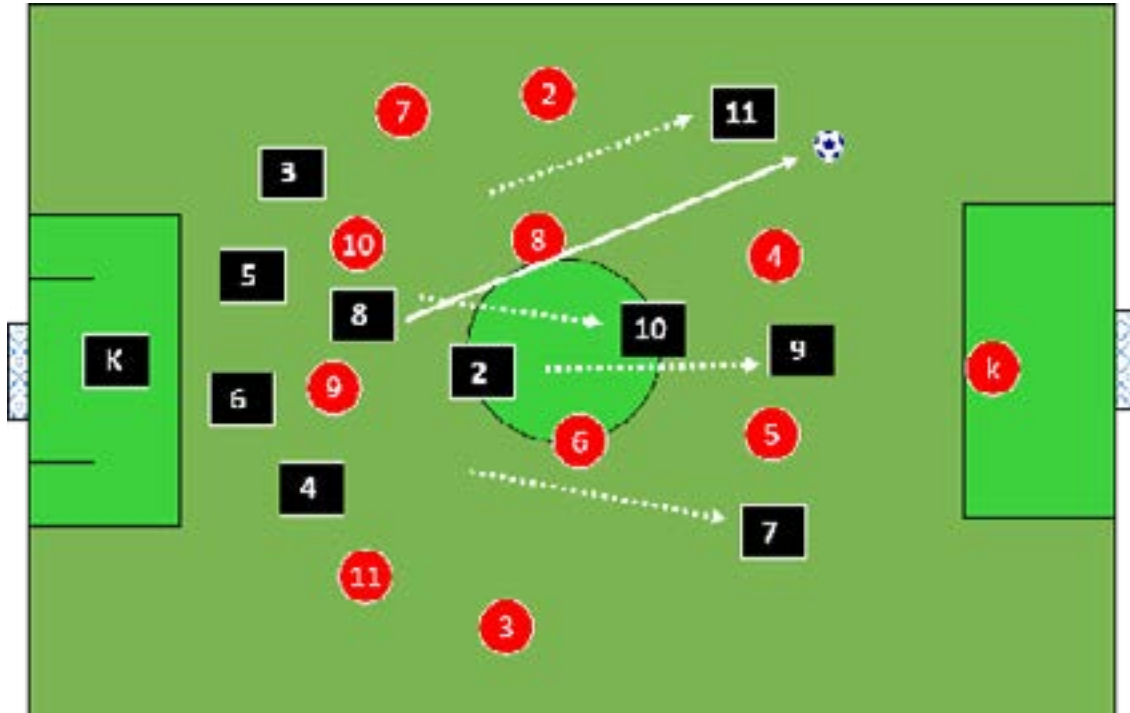


The players are playing in a 1-5-4-1 very defensive system of play. We have:

1. The keeper
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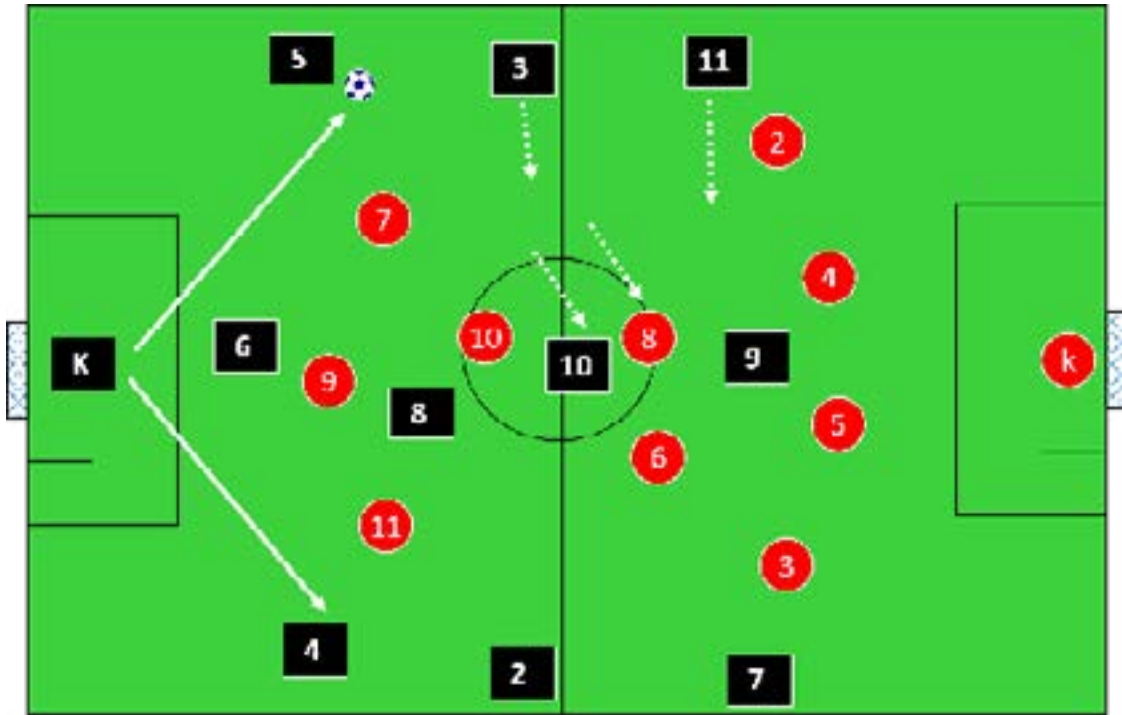
Plan B: Defending Deep and Counter Attacking

We are winning but under intense pressure. Opponents attack and lose the ball we do not hesitate, we immediately counter attack. They MUST attack in numbers to try to get back in the game so they are vulnerable at the back. We hit them fast, long and hard on the counter attack.



Pattern Play Always Looking / Thinking AHEAD of Each Play

Initial open attacking team shape with 6 players touchline wide to open up the middle and / or create space in wide areas either or depending on how the opponents set up defensively.



If opponents (7) and (11) stay central to stop the passes inside then we go outside to (5) and (4).

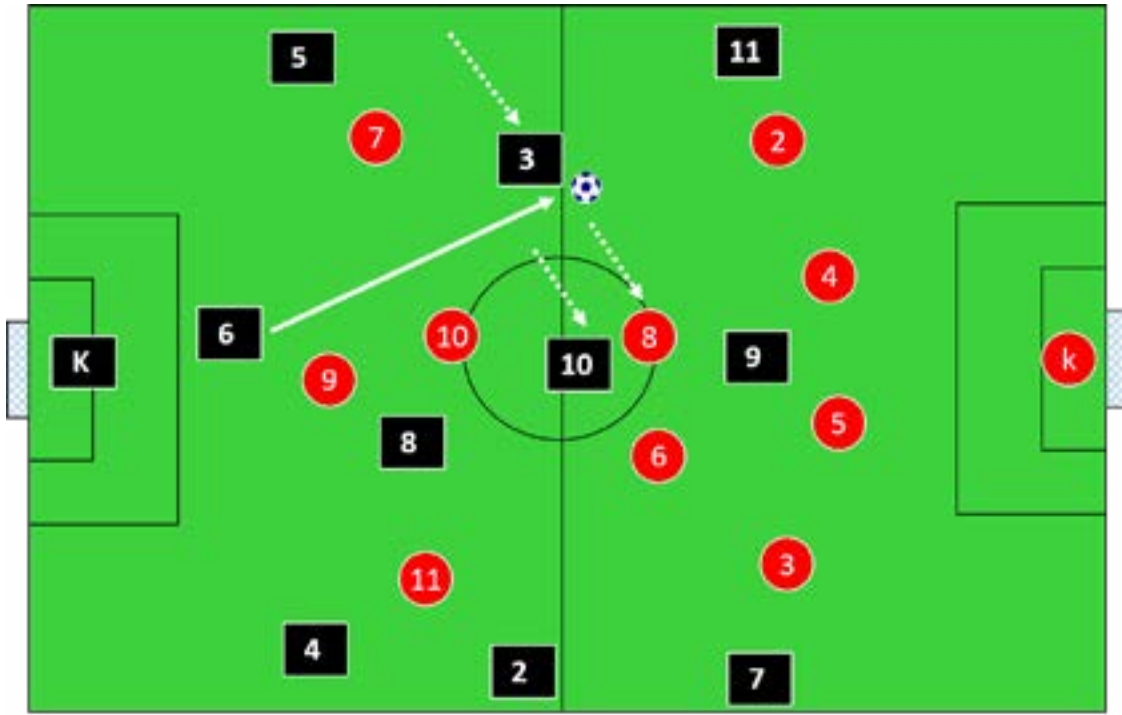
But (10) can still clear the space for (3) or even (11) for the next move inside with the inverted run if need be.

Timing of the run inside must be so that they are facing forward not back when they receive the ball, especially higher up the field with (11).

In too early and they close their own space down.

Pattern Play Always Looking / Thinking AHEAD of Each Play

Initial open attacking team shape with 6 players touchline wide to open up the middle and / or create space in wide areas either or depending on how the opponents set up defensively.



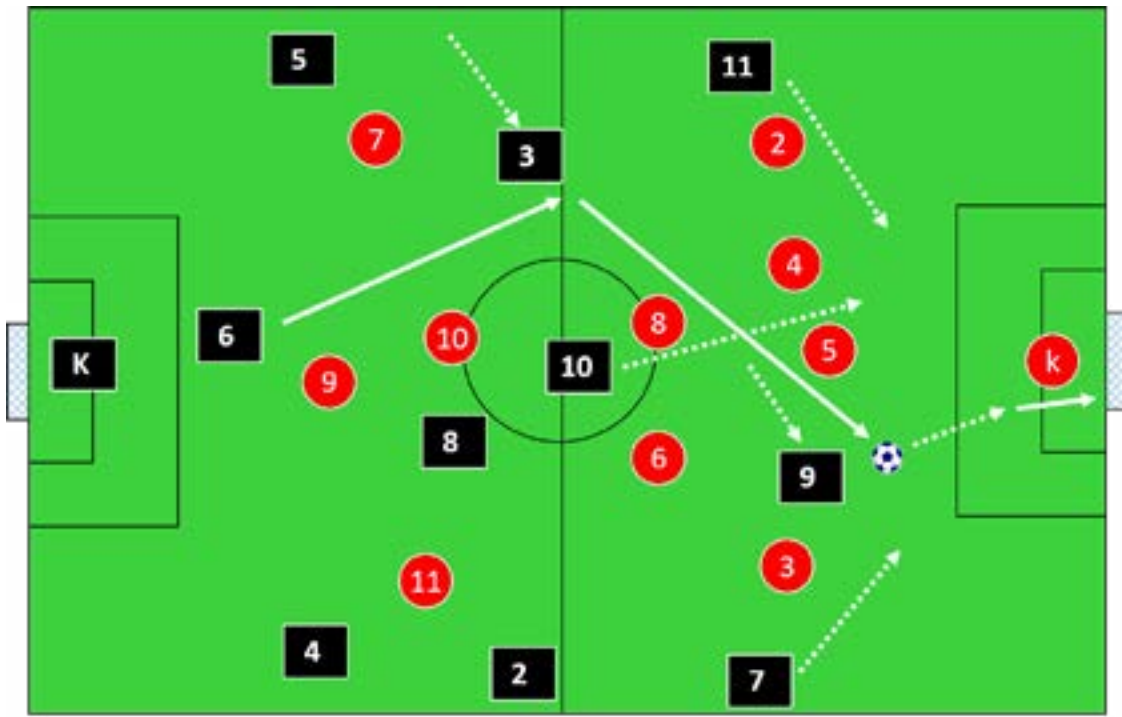
Watch Pep Guardiola and Bayern Munich for the Inverted runs of wide players I now call midfield players.

It is absolutely IMPERATIVE we use every inch of the width of the field.

Examples: Opponents (7) goes wide to mark our (5) it opens up the passing lane inside to (3). (3) cuts inside to find the best space available to receive in. If opponents (7) tucks inside to stop that pass then (5) is free to receive. The same applies on the other side of the field. Inverted run by (3) inside into the open space. (10) Pulls away from that space to allow this and takes opponent (8) with him or her.

Next Movement: OFF the Shoulder

So we have the ball at (3) then we look at the next development which is the movement of (9). As this is happening (7), (10) and (11) are moving into support positions.



As this is happening our striker (9) is making a move to get free to receive.

(9) Is making the CLASSIC “Off the shoulder” move to be free for a through ball from (3).

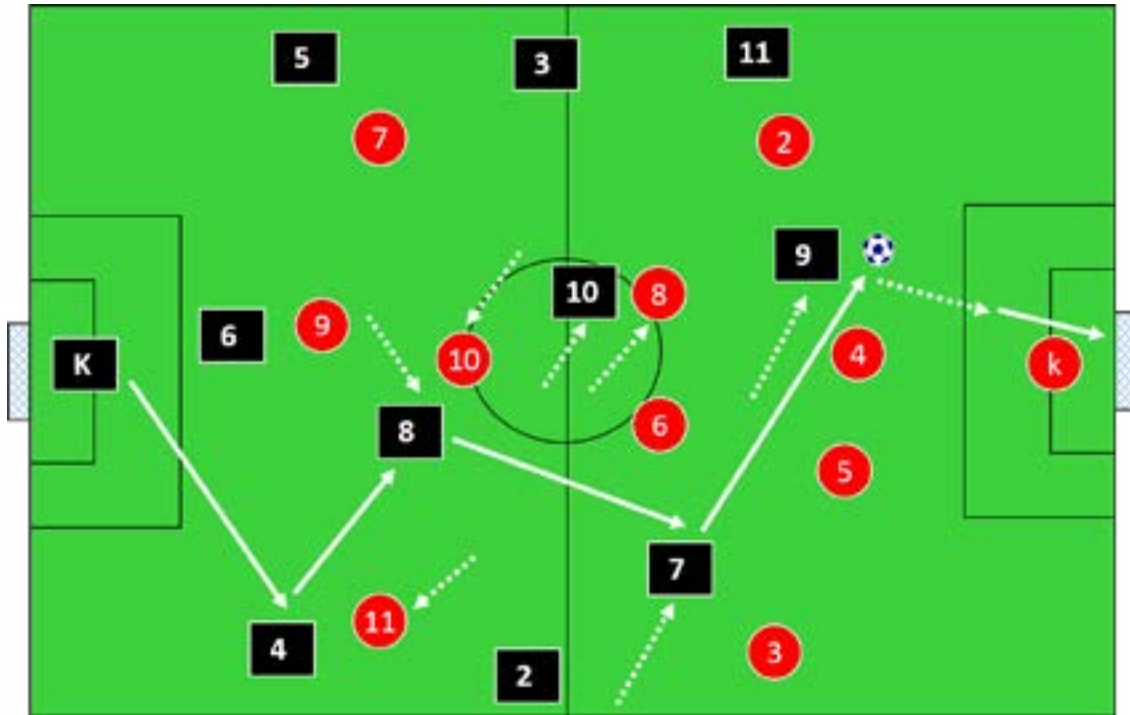
(9) Positions away from the ball now facing forward not backwards, and between (5) and (3) and is ready for the ball over the shoulder of defender (5).

Practicing this continuously in training means when (3) receives the ball he or she knows IMMEDIATELY what (9) is doing before receiving the ball and can play the ball in; almost without looking.

The pass can go between defender (5) and (3) or OVER defender (5).

OFF the Shoulder Away from the Ball Pattern Play

Here we show the full build up possibility, from start to finish. If a left footer on the right as we do it, then then can move inside onto their stronger foot and play a 1 or 2 touch pass into the path of (9) knowing what (9)'s position will be in advance of the ball.



Here rather than it being a midfielder as with (3) previously cutting inside; we have our winger (7) doing it. Both work.

(3) And (11) on the opposite side of the field cut inside to join in the attack.

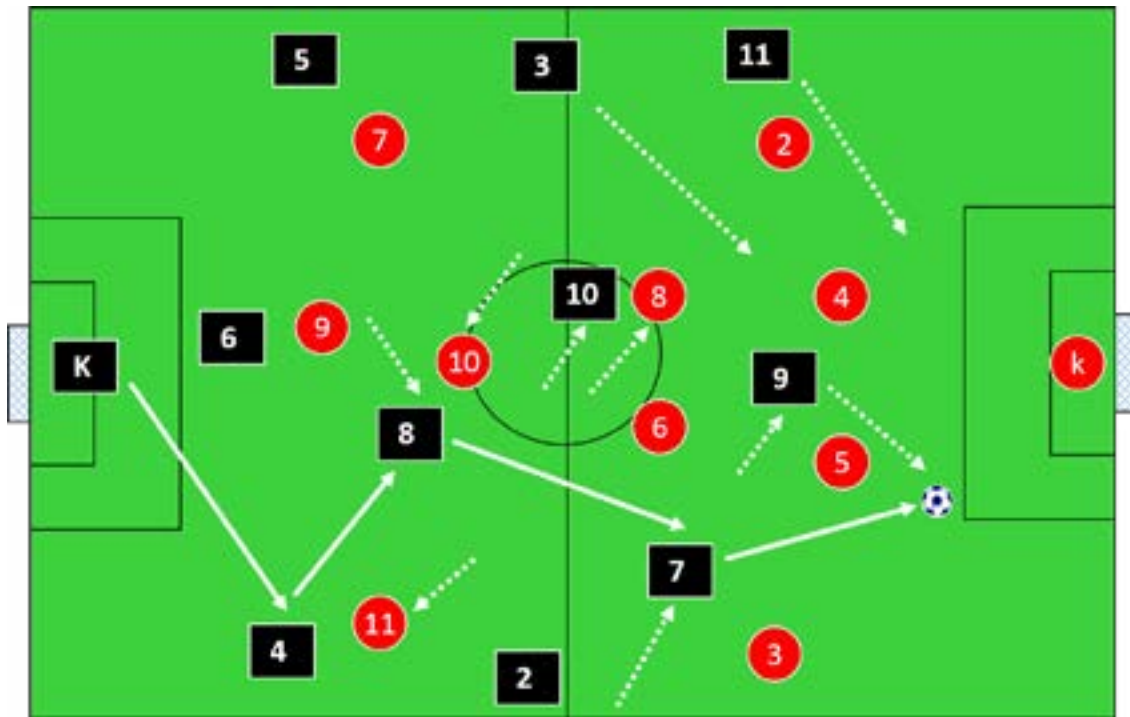
(9)'s initial POSITION IS BETWEEN BOTH CENTER BACKS.

That way (9) doesn't have too far to run to go away from the ball for the pass; or towards the ball for the pass.



Another Idea

(9) positions between the center backs ready to pounce. (9) positions so is facing forward not back, (5) is facing forward so has to turn and recover if the ball is played behind them. (9) attacks from behind (5).



(9) Is positioned between the two center backs, center back (5) “may” be ball watching so (9) must position on the blind side of (5).

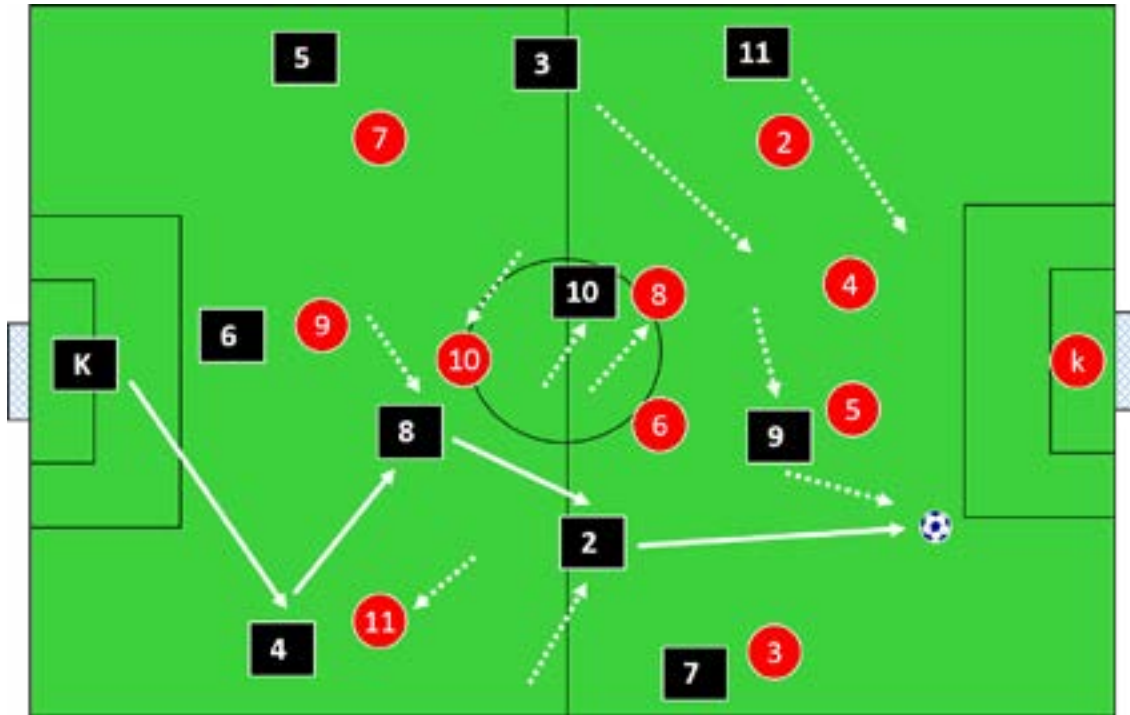
(9) Moves AWAY from the ball and positions ready to run in behind (5).

If done quickly this is a very successful move as the defenders do not have either the time; nor importantly the information / foresight; to know what we are doing.

If (5) comes with (9) then (9) can check back in front of (5) into the initial space created down the channel side.

Channel Ball for (9)

(9) Positions between the center backs but moves closer to the channel between (3) and (5) for the pass. This time the pass is the same as the last one but (9) run is slightly different receiving ball side and in front of (5).

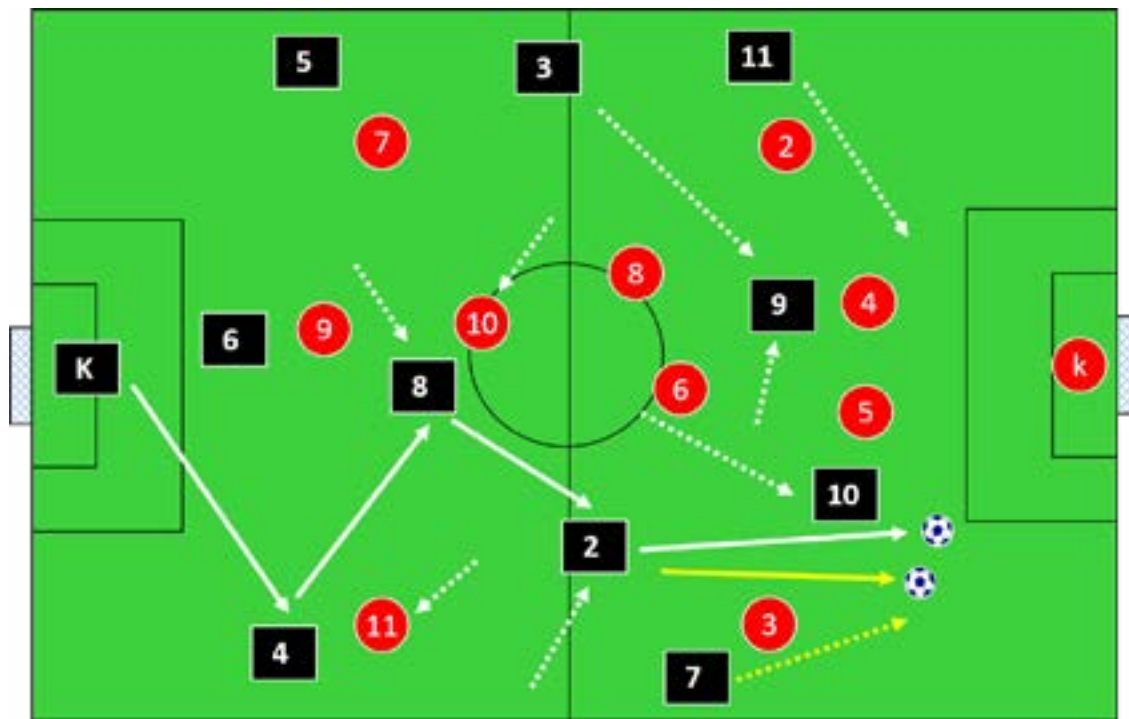


(9) Is positioned between the two center backs, center back (5) “may” be ball watching so (9) must position on the blind side of (5).

If done quickly this is a very successful move as the defenders do not have either the time; nor importantly the information / foresight; to know what we are doing.

Getting (10) in Behind

(9) Distracts the center backs by moving away from the ball and opens a space up between (3) and (5) to open the channel pass up. Likewise we can get (7) in behind (3).



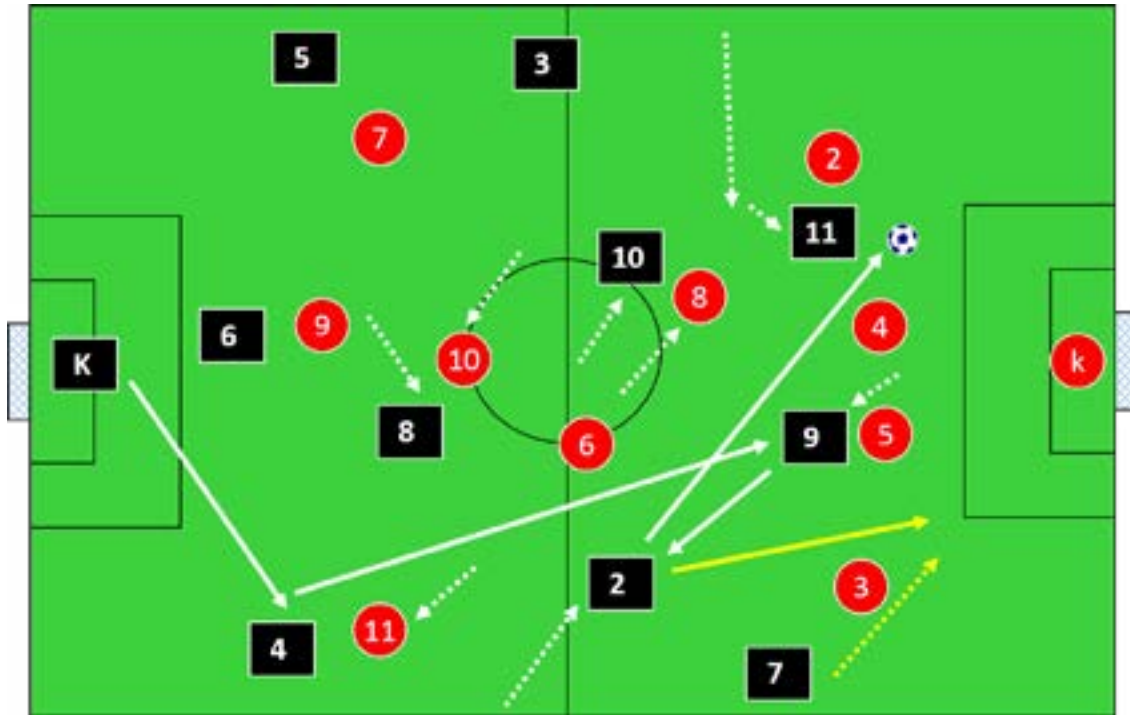
Yet another movement if done quickly that can be a very successful move as the defenders do not have either the time; nor importantly the information / foresight; to know what we are doing.

Also if defender (3) is tight to (7) then (2) can play the ball inside and behind (3) for (7) to run onto.



Another Pattern Play Playing IN FRONT of the Defense

Moving wide has opened up a big passing lane inside for (4) to pass directly to (9).



Opponents defend very Deep.

(9) Is positioned between the two center backs, and there is no space in behind to play the ball into.

Therefore it may be best to play into (9)'s feet.

If done quickly this is a very successful move as the defenders do not have either the time; nor importantly the information / foresight; to know what we are doing.

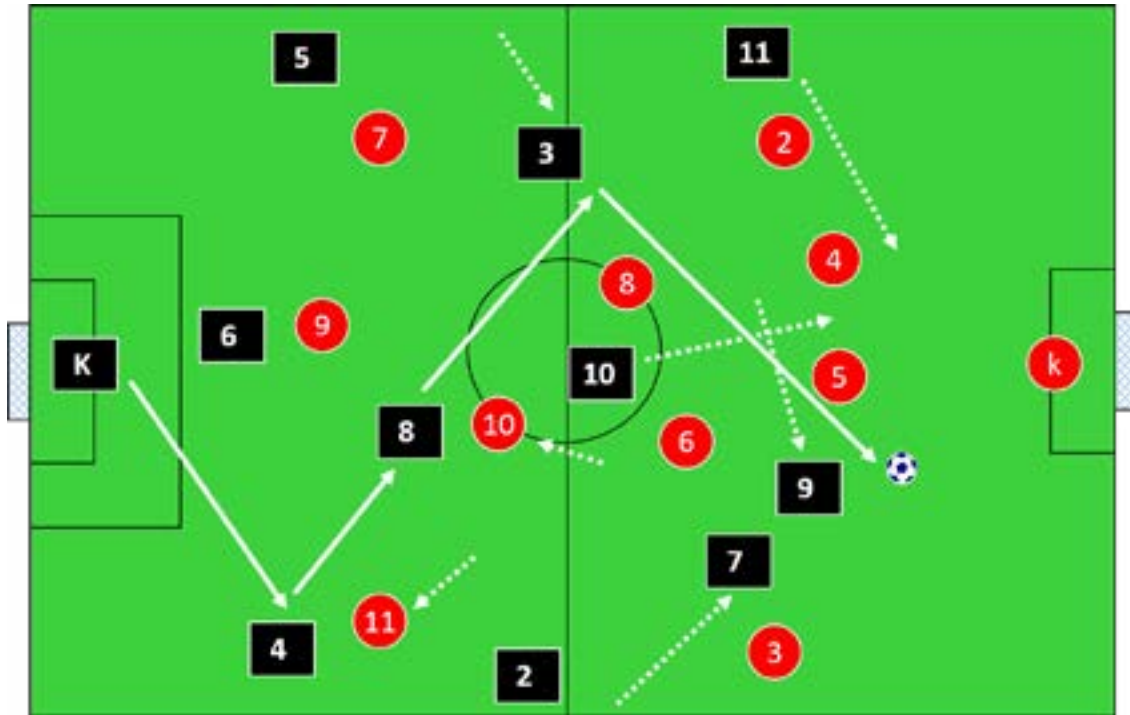
Every pass is by the player facing where they are playing so it is very simple and very effective if players play it that way.

Can also get (7) in with this move.



Changing the Point of Attack

Here we show the full build up possibility, from start to finish but switching the point of attack this time. But (3) and (7) on both sides cut inside to help (8) on the ball so two very good options are available.



Here rather than it being a midfielder as with (3) previously cutting inside; we have our winger (7) doing it. Both work.

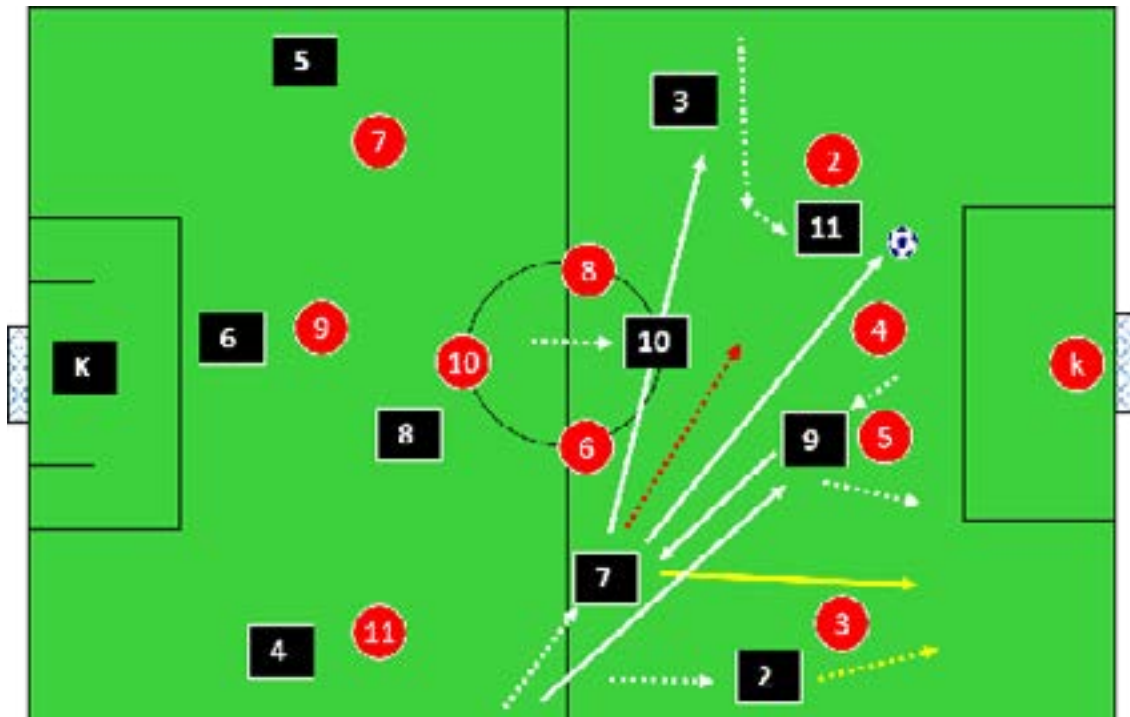
(3) And (11) on the opposite side of the field cut inside to join in the attack.

(9)'s initial POSITION IS BETWEEN BOTH CENTER BACKS.

That way (9) doesn't have too far to run to go away from the ball for the pass; or towards the ball for the pass.

A Typical Barcelona Move

The wide player passes into the feet of the striker, and follows the pass to receive it back to continue the attack. (7) can also just run with the ball and attack as shown in the red dotted line.



Opponents defend very Deep.

(9) Is positioned between the two center backs, and there is no space in behind to play the ball into.

Therefore it may be best to play into (9)'s feet.

Every pass is by the player facing where they are playing so it is very simple and very effective if players play it that way.

Can also get (7) in with this move too.

Think about Messi he does this all the time, probably the best passer in world futbol.

Barcelona position so there are MANY options here as shown above.



Developing Play from the Back with Right Center Back (5)

If you have a brilliant attacking center back on your team you MUST do everything you can to develop their game to their full potential.

My team has one and this is what I've taught.

A Back three; if opponents have only one striker; is perfect for this because you do not need 3 players marking one at the back.

Even if they have two strikers your attacking center back can always be covered.

Showing how we can attack from the back through the right center back (5). The same can happen with our left center back.

This is not an expected play so it can catch opponents out if we develop this idea.

We start with our attacking team shape of Phase 2 of the 5 phases.

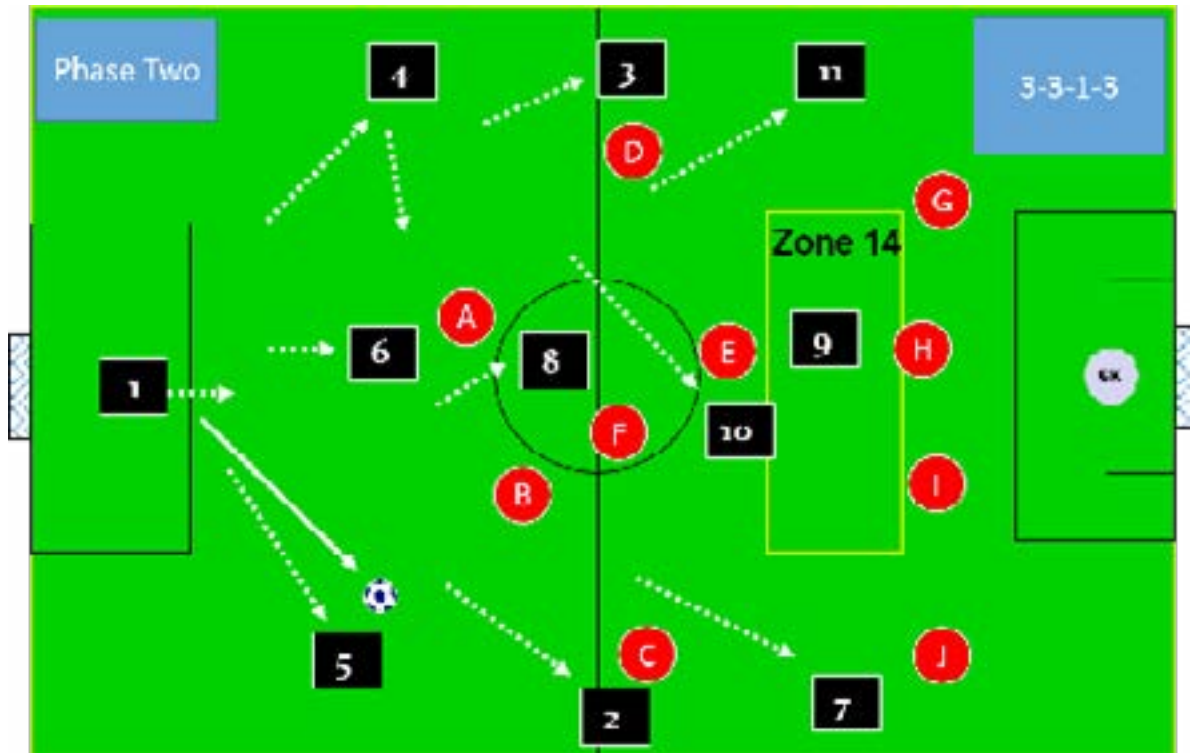
I am showing potential options of attack we can use and develop knowing we are covered behind so whichever center back gets forward they are confident they are covered.

Here opponents play 442 as an example.



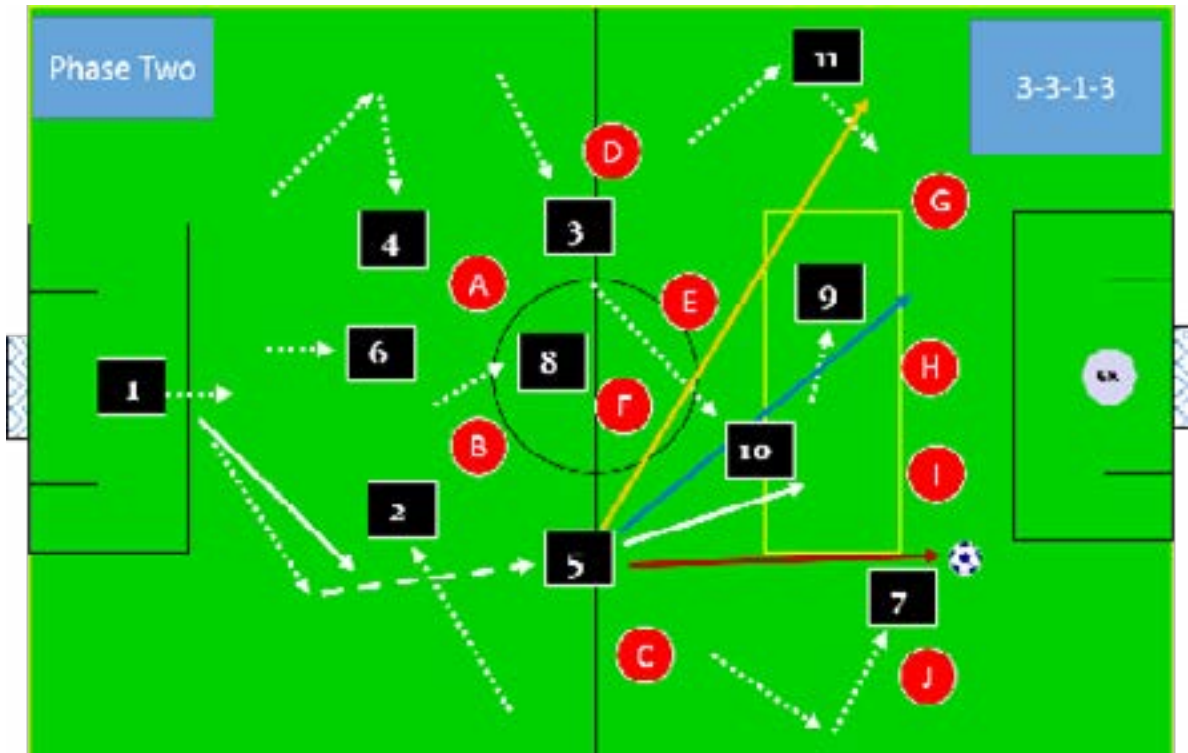
Developing Play from the Back with Right Center Back (5)

This is the attacking team shape (attacking “start position”) for a 3-3-1-3. Zone 14 is the area between the opponents back three or four and their midfield.. Here we develop play through (5). (2) and (7) go touchline wide to open up space inside / OR receive the pass wide. (5) has options, Pass wide, pass inside or run forward with the ball.



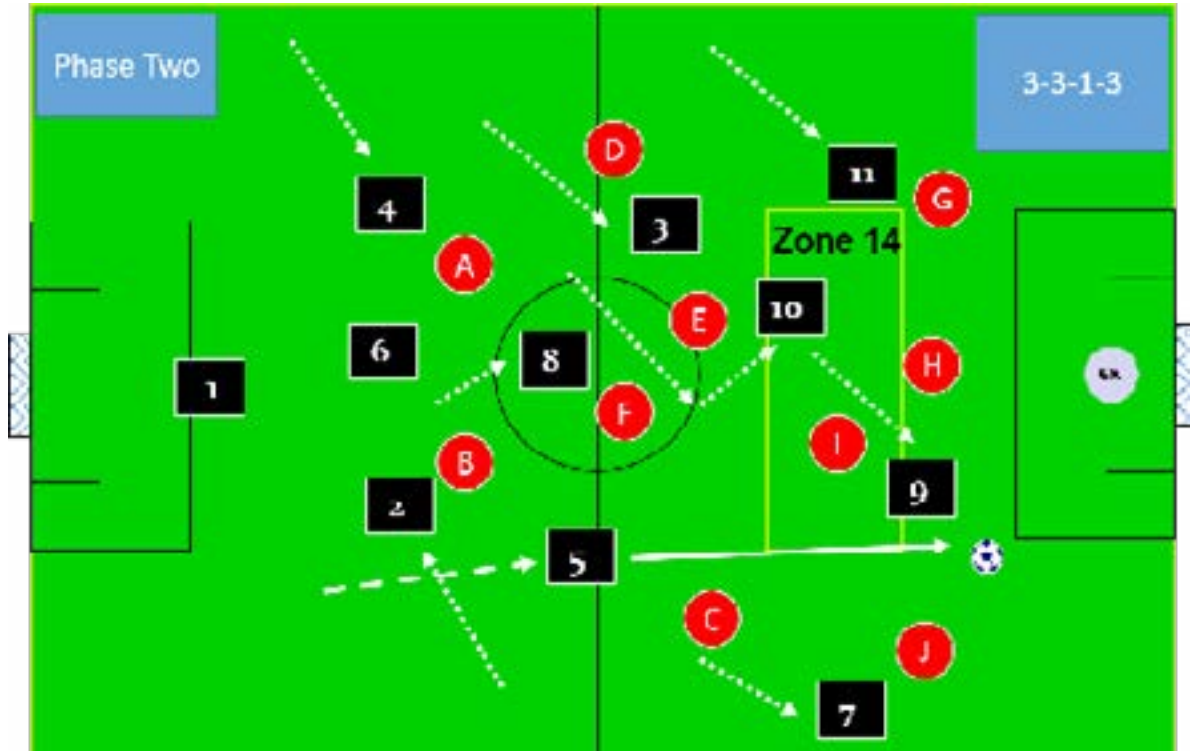
Right Center Back (5) Attacks from the Back

(5) can feed (10) play inside defender (J) for (7), can play the diagonal pass to (9) who is off the shoulder of (H), the long switch to (11), or continue his run and play combinations with his players around him. (2) covers for (5). Opposite left center back (4) tucks inside once (5) has started to attack.



Striker (9) Makes the Run from Blind Side Channel

(9) Makes the diagonal run and (5) plays him in. (5) can advance into the box or be on the edge of it for any potential clearances.



Combinations as (5) Advances Up the Field

Now showing the dropping back of defenders just to show how we can develop this. This shows how we can attack with a right center back from back to front but still be covered at the back. If it breaks down (5) just drop backs into (2)s position. Now a shot or cross is available to (5).



We Lose It but It's Just a Small Adjustment to Recover Back

Simple adjustment if the move doesn't work so nothing is lost with allowing this freedom of movement forward. The good part is this type of attacking movement is NOT EXPECTED by opponents.





ABOUT WAYNE HARRISON

Married to Mary for 30 years with two daughters Sophie 26 and Johanna 23.

Wayne is available for Soccer Symposiums and Conventions wherever they are needed; and able to offer field clinics and classroom presentations of your choosing. He has vast experience in this field of work.

His specialist system of play is the 4-2-3-1. His favored type of development training is that of creating the “THINKING PLAYER” through his SOCCER AWARENESS methods of coaching.

His belief is developing the MIND of the player through ONE TOUCH training, which is purely to help the development of the SKILL FACTOR (the when, where how and why of decision making; or the thinking process). He wants all coaches to teach where it is the player who becomes the decision maker not the coach.

You can contact him on soccerawareness@outlook.com and / or view his website www.soccerawareness.com.

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