

MLS Training Session

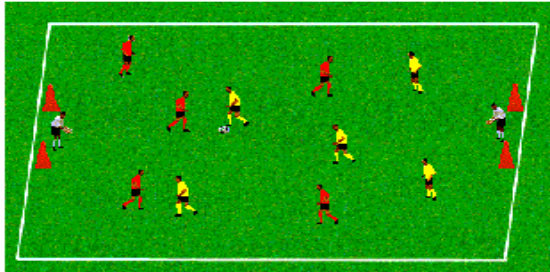

Bob Ganzler, coach of the previous MLS champion Kansas City Wizards, ran this session. Real MLS players were brought in to show the level of play, the intensity, and for promotion. At the highest level the 5v5 format is used a lot to work on different aspects of the larger game of 11v11. It is 5v5 games that players at the professional have said that they remembered the most from their training sessions. Paul Scholes, the central midfielder from Manchester United, states this as a great training tool. Bob Ganzler used the 5v5 format in a variety of ways, with different touch restrictions to challenge the players technically, physically, and psychologically. In the clinic, he used 10 field players and a goalkeeper for each team for a total of 12 players. Most, not all have more than 12 players come to train. As a coach, you may have to modify this session or modify the numbers.

Warm-up

10 players with 4 balls, told them to pass and move. After this they then got into pairs and played 2 touch in the air. They were required to move after they played the ball to their partner.

He then went back to basics and had them with a partner work on touch and moving. One partner had a ball in their hands the other person in the pair faced the player with the ball. The player with the ball tossed the player that was ahead of them the ball. Player receiving the ball had to: 1) Play back with inside of foot; 2) Play back with chest then foot back to thrower; 3) Play ball with chest, then head back to receiver; 4) He then challenged the players to head the ball to each other as they moved across the field. If the ball dropped, they had 3 push-ups before they could get up.

5v5 Games

<p>1) Everything was 1 touch except on a turnover or if the ball is in the air. Played "Make it-Take it". Goalkeepers have a supply of balls in their goals.</p>	
<p>2) Nominate a playmaker for each team, who will be restricted to one touch, everyone else is unrestricted. Goals, however, may be scored only with a 1-touch finish from a pass.</p>	
<p>3) Nominate Best Goal Scorer. When they score, it is worth double! Still everyone has only one touch finish from a pass.</p>	
<p>4) "Lagos"-This is a variation that he used. It is basically a constant 3v2 game. See diagram on the side below. Each team has 2 defenders and 3 attacking players. 3 play against 2. Each team has their other players off to the sides. When a shot is missed, the goalkeeper will throw the ball to the 3 attackers who are waiting on the sides. The 3 attacking players run off and then the 2 defenders from the same team come on and the process continues. If a team scores, then they stay on. Rule: 3-touch max and 1 touch finishes!</p>	
<p>5 Told them to get in a formation and play zonally.</p>	
<p>6) Everything needs to be doubled teamed, still playing zonally.</p>	
<p>7) Situational-1 team is up one goal, the other is down. Play for 3 minutes then switch</p>	

