



F.C. Porto Academy Journal

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Introduction

These sessions were observed during Marc Dos Santos' visit to F.C. Porto in March, 2007. The main objective of his visit to F.C. Porto was to observe the way the club operates within the different age groups using. Dos Santos also studied their method of Tactical Periodization. That is the model of play characterizing the Club; model of practice and model of coach to operate this way of playing was written by Mr. Vitór Frade.

Mr. Vitór Frade is a teacher at the Sports University of Porto and called by many as the "father" of José Mourinho and the father of "Tactical Periodization"

From U13 to U18, all group ages follow the same principles in the 4 different moments of the game:

- Offensive Organization
- Defensive organization
- Transition from Defense to Offence
- Transition from Offence to Defense

These four moments are always present in every single exercise.

The physical, technical, tactical and psychological elements are never worked on a separate way. Everything is included while the main concern of every exercise is to organize the team for one of the four moments of the game. This way of working trains the team to react automatically to every moment of the game.

Marc Dos Santos has travelled extensively in Portugal observing many first division clubs including Boavista FC and SC Beira Mar. He is a UEFA B Licensed coach that is currently the Head Coach of Attak FC of the Canadian Professional Soccer League.

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Team:

U18 FC Porto

Coach:

Prof. Ilidio Vale

Technical Coordinator:

Luis Castro

Responsible for the playing style and model of practice:

Prof. Vitor Frade and Prof. José Guilherme Oliveira

Date:

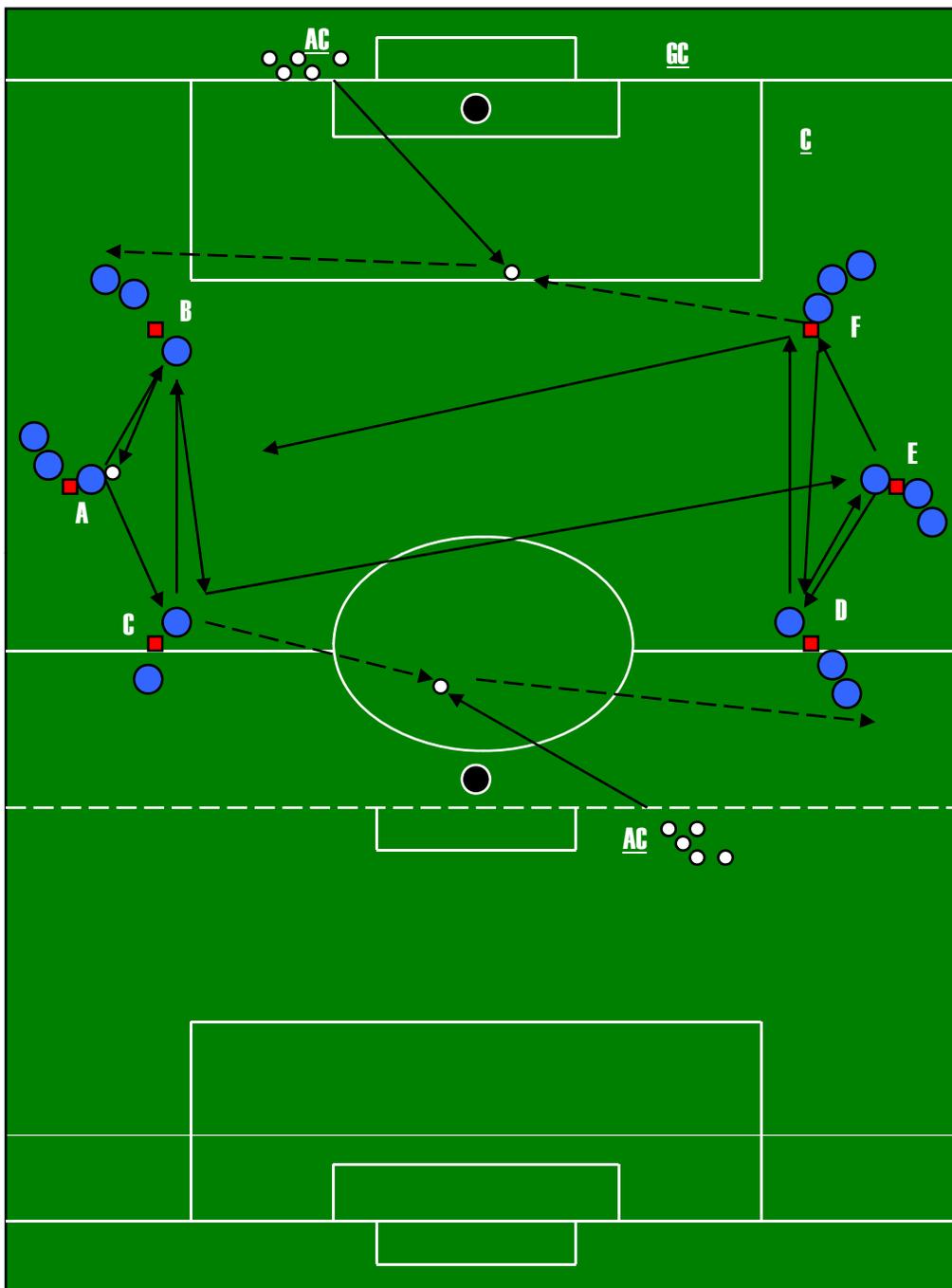
Monday, March 5th 2007

Time:

16H00

Place:

Olival, Porto-Gaia (Formation center of the club)



Warm-up: (25 min)

- Players warmed-up indoor (gym)
- Afterwards, the players came into the field.
- 10 minutes of static and dynamic stretching.

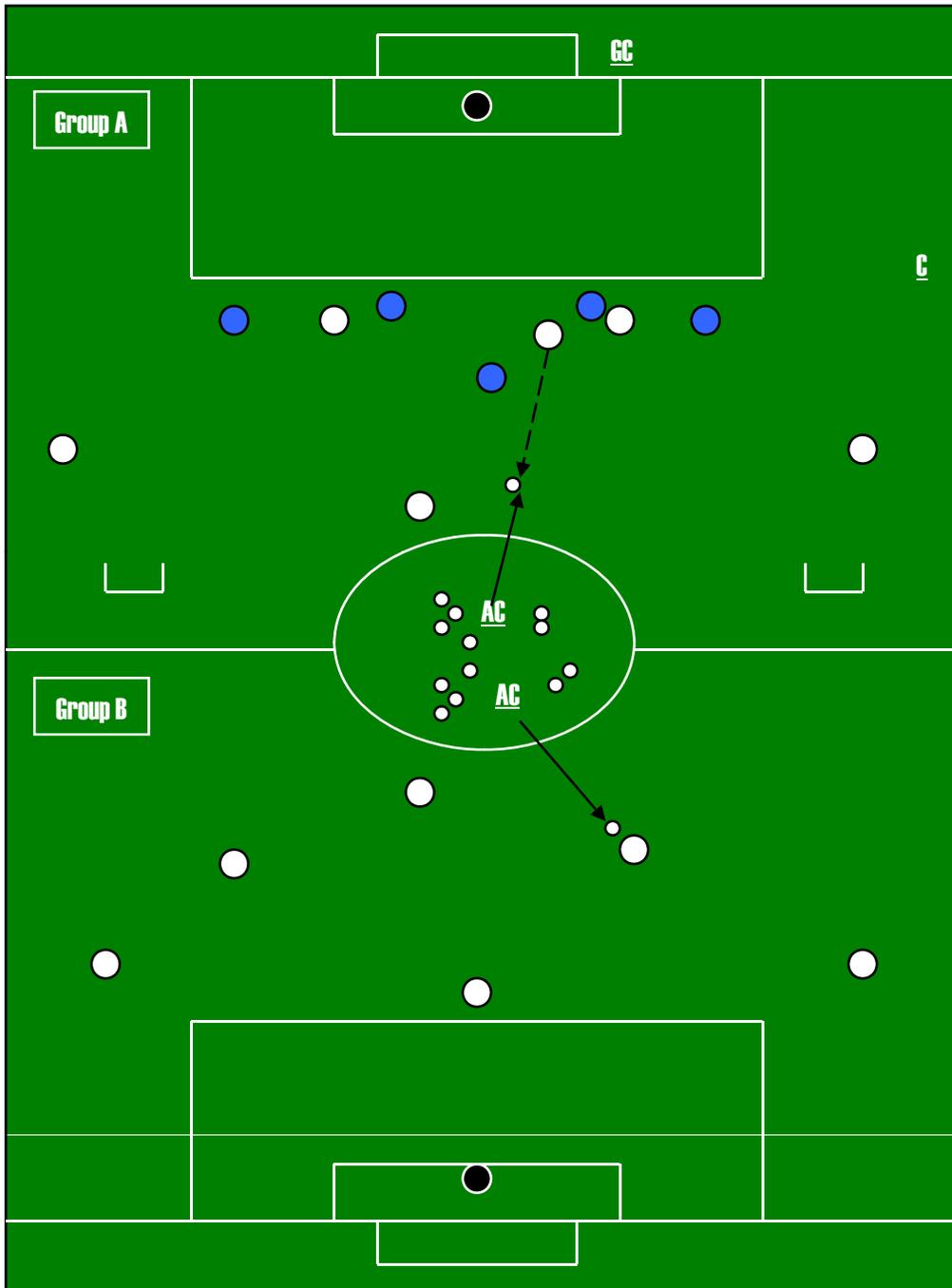
Exercise N-1: (25 min)

- Player A passes the ball to player B
- Player B passes the ball (1 touch) back to player A
- Player A passes the ball to player C
- Player C passes the ball to B
- B passes the ball back to C and C plays a long ball to player E, who starts doing the same play with D and F
- After playing the long ball , player C turns and receives a ball from the Coach to finish (one touch) with is left foot
- Right after shooting, player C sprints to D
- Player B takes the place of A and A takes the place of C
- After 12 minutes, the same exercise was done with the players finishing with their right foot

Coaching points:

- Quality of the first touch
- Quality of short and long passing (inside of the foot and laces)
- Body position while shooting using one touch
- Reaction right after shooting (concentration)





Exercise N-2: (10 min + 2 réc + 10 min + 2 réc)

Groups were divided into 2 (Group A and group B)

Group A

- 4 defenders and 1 defensive midfielder VS 4 midfielders and 2 attackers

- The play starts by a pass from the assistant coach to one of the midfielders. After the first 10 minutes the assistant coach starts the play by playing a long ball (in the air) for one of the strikers

- The coach paid attention to the roles and responsibilities of the 4 defenders and the defensive midfielder

- White team tried to score while blue team tried to defend. If blues won the ball their were allowed to attack in the two small goals on the side

- When the coach stopped the exercise he made sure that every defender and defensive midfielder understood what to do

- **Note:** While the coach was correcting, he also called the off-sides when they occurred

Group B

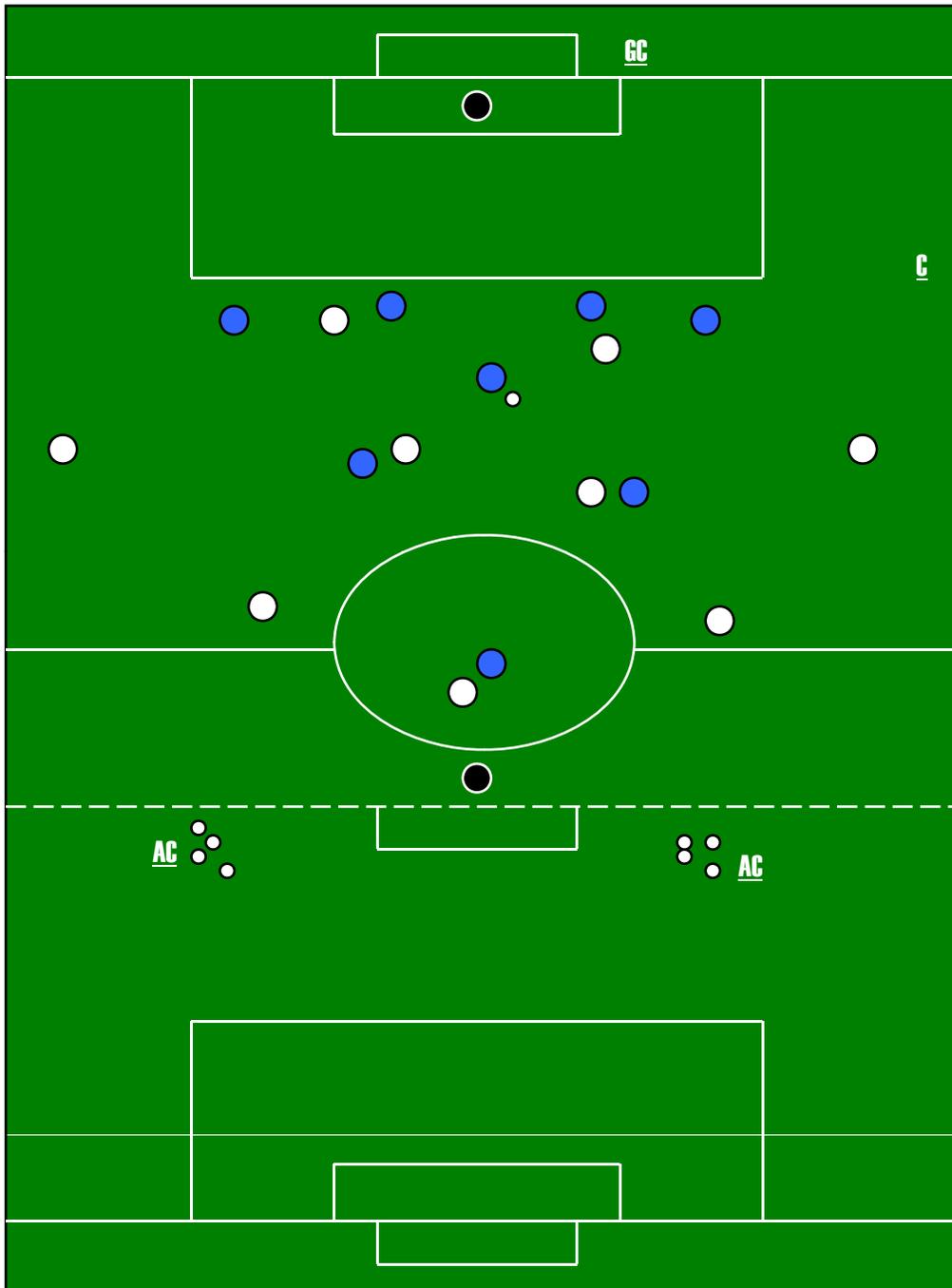
- 3 midfielders and 3 strikers VS 1 Goalkeeper

- The play starts by a pass from the assistant coach to one of the midfielders

- Players were encouraged to play fast and with quality

- The coach asked for speed in every action and a lot of mobility from every player. He also asked the players to give good passing lines





Exercise N-3: (10 min + 2 réc + 10 min + 2 réc)

-BLUE: 1 goalkeeper, 4 defenders, 1 defensive midfielder, 2 central midfielders and 1 striker

VS

-WHITE: 1 goalkeeper, 3 defenders, 4 midfielders and 2 strikers

- Game was played with unlimited touches

-The coach paid attention to the roles and responsibilities of the 4 defenders, the defensive midfielder and the 2 central midfielders of the blue team

- The coaching staff was working the defensive organisation and transition from defence to offence

- When the coach stopped the exercise he made sure that every player from the blue team understood what to do

- **Note:** While the coach was correcting, he also called the off-sides when they occurred

Cool down: (10 min)

- Abdominal work

- Lower back

- Static stretching

Total practice time: 1H50



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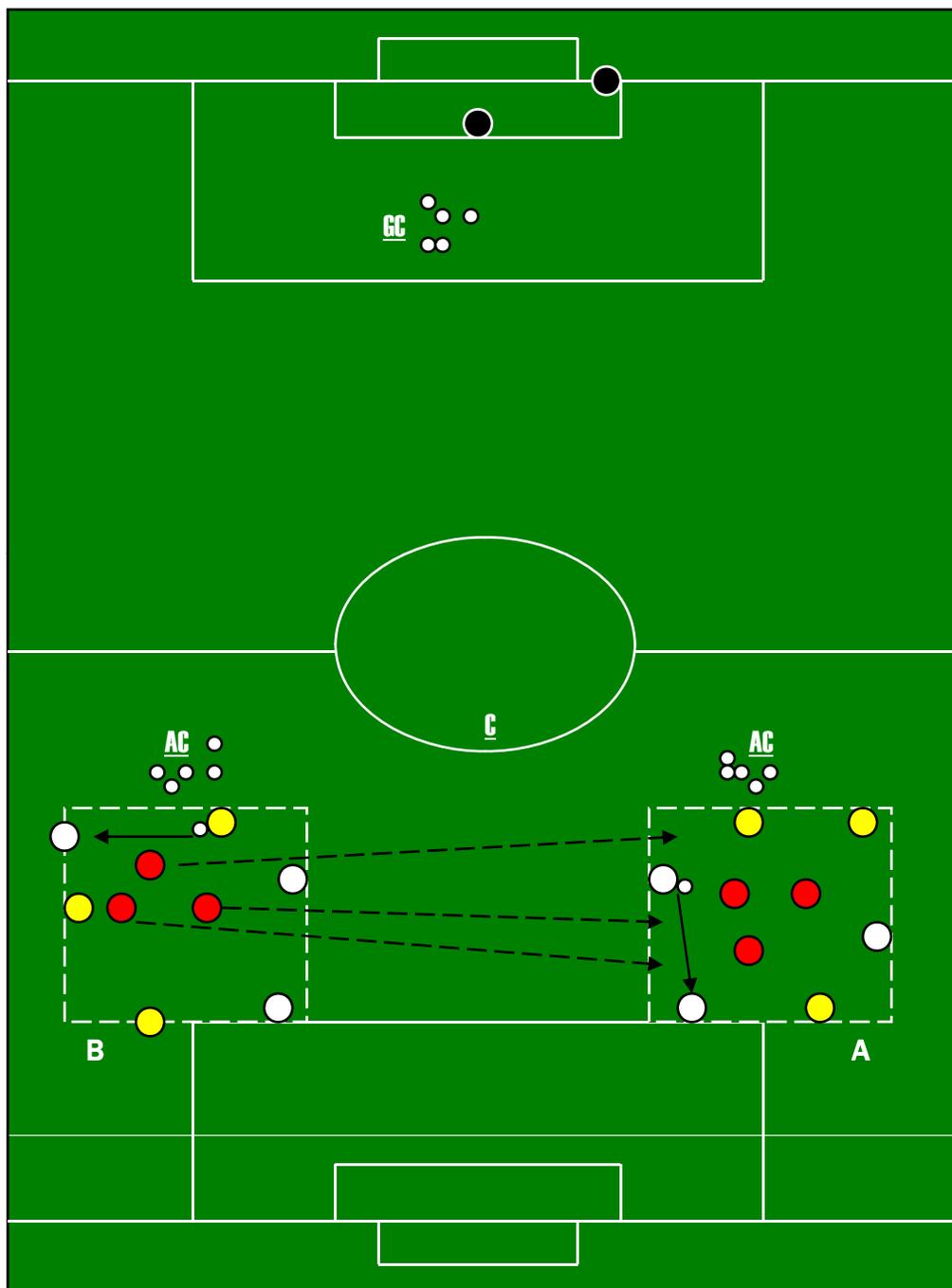
Tuesday, March 6th 2007

Time:

16H00

Place:

Olival, Porto-Gaia (Formation center of the club)



Warm-up: (10 min)

- The groups are divided into 3 teams of 6 players
- 9 players are inside square A (3 white, 3 yellow and 3 reds)
- 9 players are inside square B (3 white, 3 yellow and 3 reds)
- 1 ball per player. The players are asked to dribble with the ball inside the square using every part of their foot and doing different moves (juggling, change of speed with the ball, ect...)
- The exercise is alternated with dynamic and static stretching

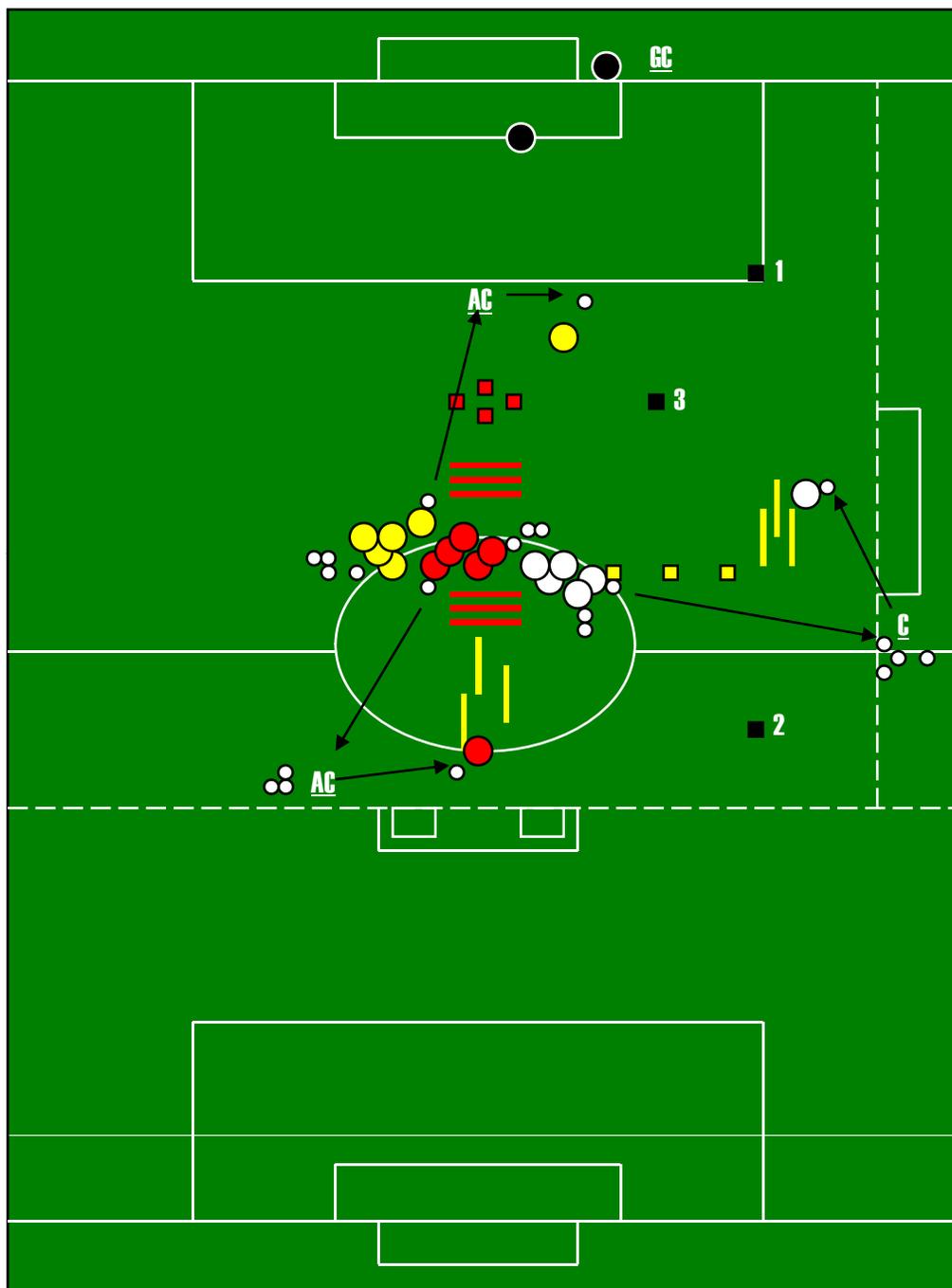
Exercise N-1: (12 minutes + 2 min of static stretching)

- On a 20X20 grid Yellows and whites play against reds a possession game (limit of 2 touches)
- Game is played in square A and B
- Every time the coach says GO, reds from square A must sprint to square B, and reds from square B must sprint to square A
- Every minute, the coach changed the players in the middle
- Objective of the exercise: Specific strength; work of the 3 defenders (pressure and cover) and quality of passing

Note:

- While players were doing the warm and exercise N:1, the goalkeepers were working with the goalkeeper coach





Exercise N-2: Circuit training for specific strength (12 minutes)

- Organization: The players stay in the same groups (6 yellows, 6 whites and 6 reds)

- **Yellow:** The first player from the group passes the ball to the assistant coach. Afterwards he does skipping over the hurdles and makes 4 jumps (front, back, left and right). He receives a ball from the coach and finishes 1 touch. Right after, he sprints to cone number 1 and jogs to the red group

- **Red:** The first player from the group passes the ball to the assistant coach. Afterwards he does skipping over the hurdles and goes sideways around the poles. He receives the ball, in the air, from the coach and jumps to head the ball into the small goals in the corners of the goal. Right after, he sprints to cone number 2 and jogs to the white group

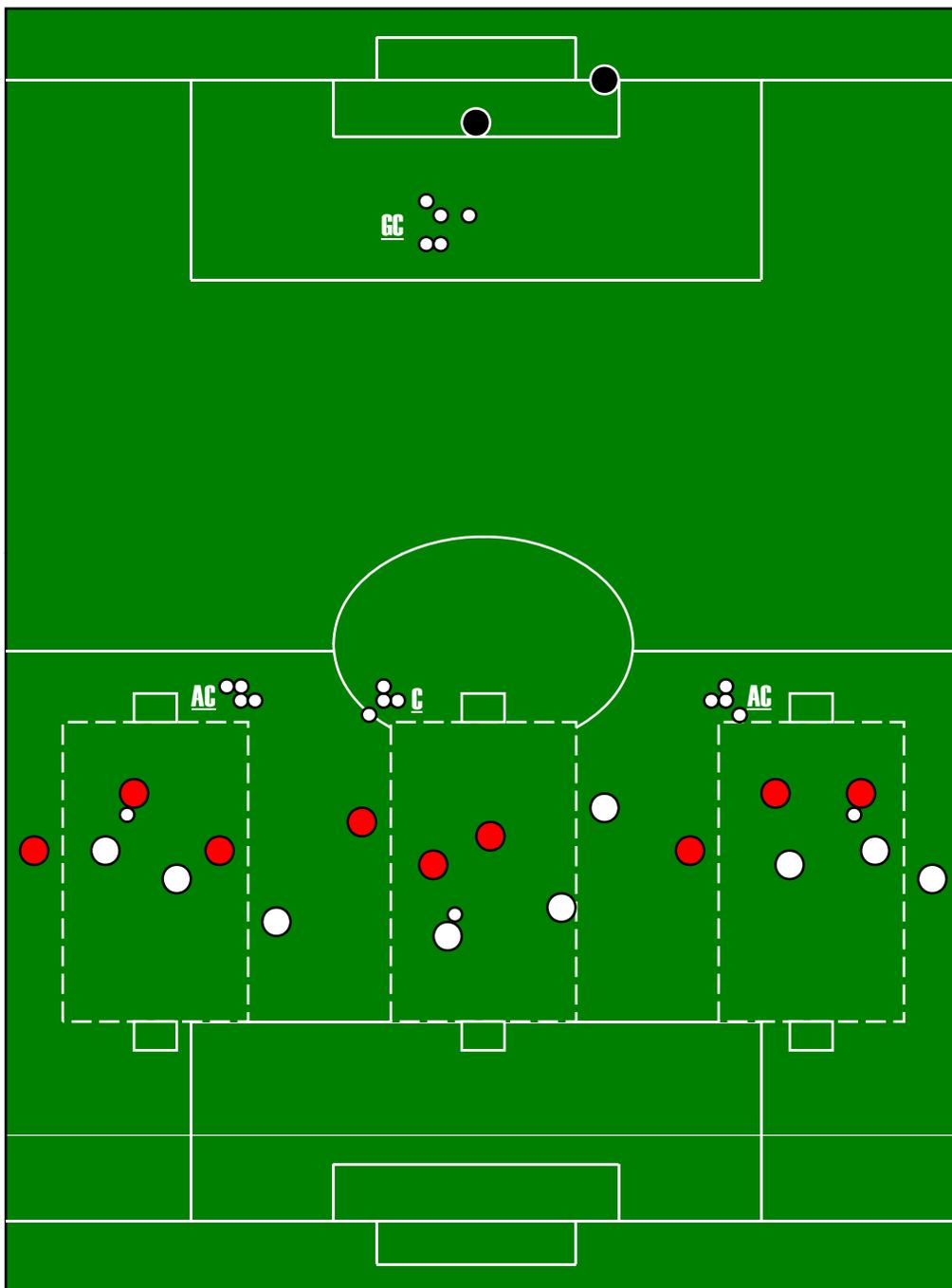
- **White:** The first player from the group passes the ball to the coach. Afterwards he sprints to the second cone, comes back to the first, sprints to the third, and goes sideways around the hurdles. He receives a ball, in the air, from the coach and finish's with one touch (volley or head). Right after, he sprints to cone number 3 and jogs to the yellow group

Note:

- The exercise was done during 12 minutes (non-stop) with the players applying themselves at 100%

- After this exercise, the players add 4 minutes for a water break and dynamic stretching





Exercise N-3: (20 minutes)

- In a 15 X 20 grid
- 2 VS 2 with targets on the side
- Players inside have unlimited touches and targets play 1 touch
- 1min and 30 seconds X 6 (1 min réc between each)
- Always change targets after each series
- **Objective:**

Defensively: Work of the first and second defender (pressure and cover)

Offensively: Quality of passing, mobility, improvisation, penetration, support and speed of execution

Physical: Specific strength

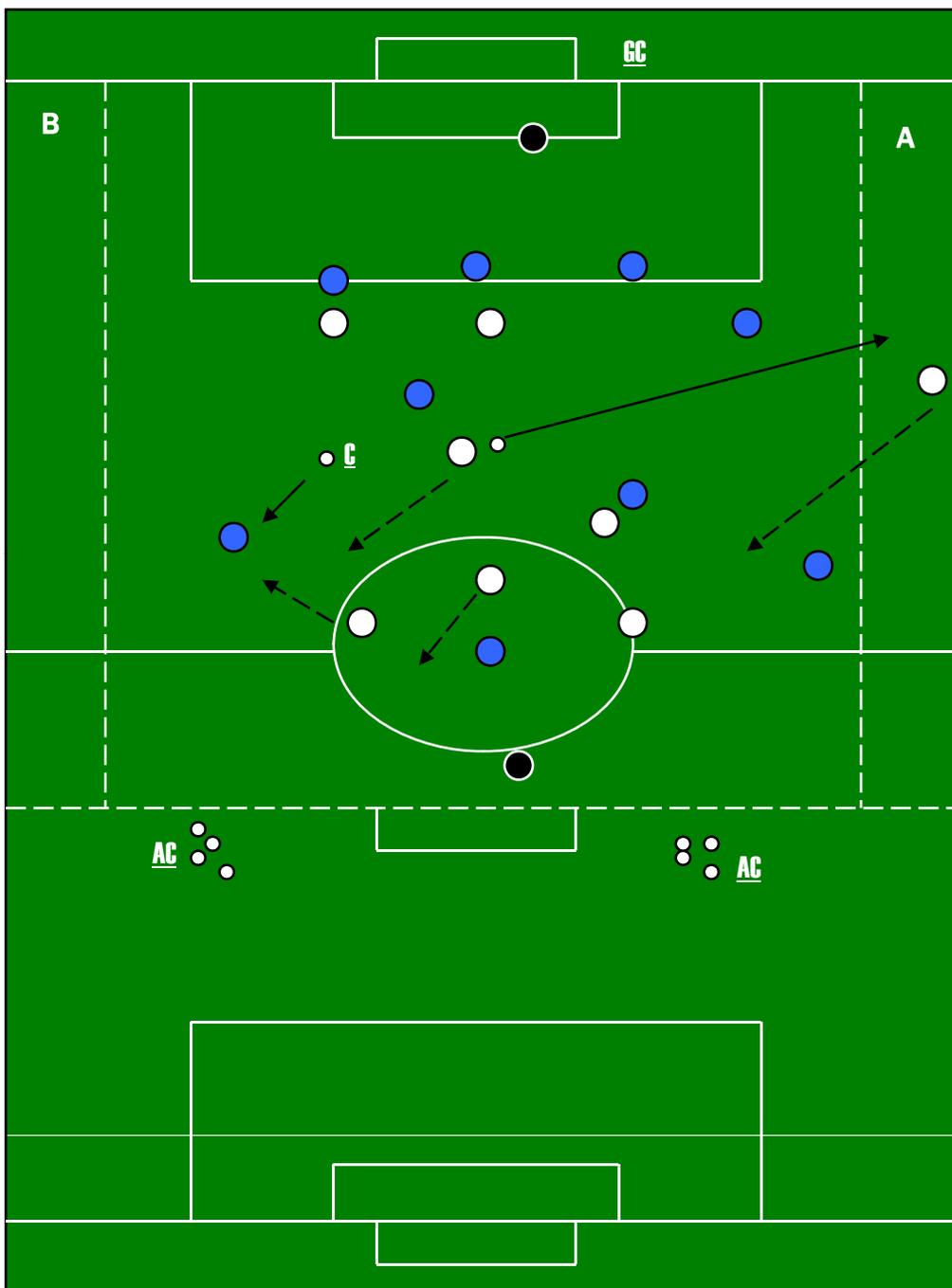
Exercise N-4: (12 minutes)

- Progression of exercise number 3
- 3 VS 3
- The players have unlimited touches
- 2 min and 30 seconds X 3 (1 min réc between each)

Note:

- While players were doing the exercise, the goalkeepers were working with the goalkeeper coach





Exercise N-5: (20 minutes)

- Offensive organisation and transition from offence to defence
- 10 VS 9
- Blues are playing with 1 goalkeeper, 4 defenders, 2 midfielders and 3 forwards
- Whites are playing with 1 goalkeeper, 2 defenders, 3 midfielders and 3 forwards
- Only the wingers are full backs attacking are allowed in zone A and B.
- The team defending is not allowed in
- The coach asked for speed of execution, mobility, midfielders to play the ball wide and a lot of diagonals
- Progression: Coach holds a ball in his hands. The players play normally, with the same principles of exercise N: 5. Every time the coach played a ball to another team, everybody add to react according to the new ball that was played by the coach

Cool down: (10 min)

- Abdominal work
- Lower back
- Static stretching

Total practice time: 1H40



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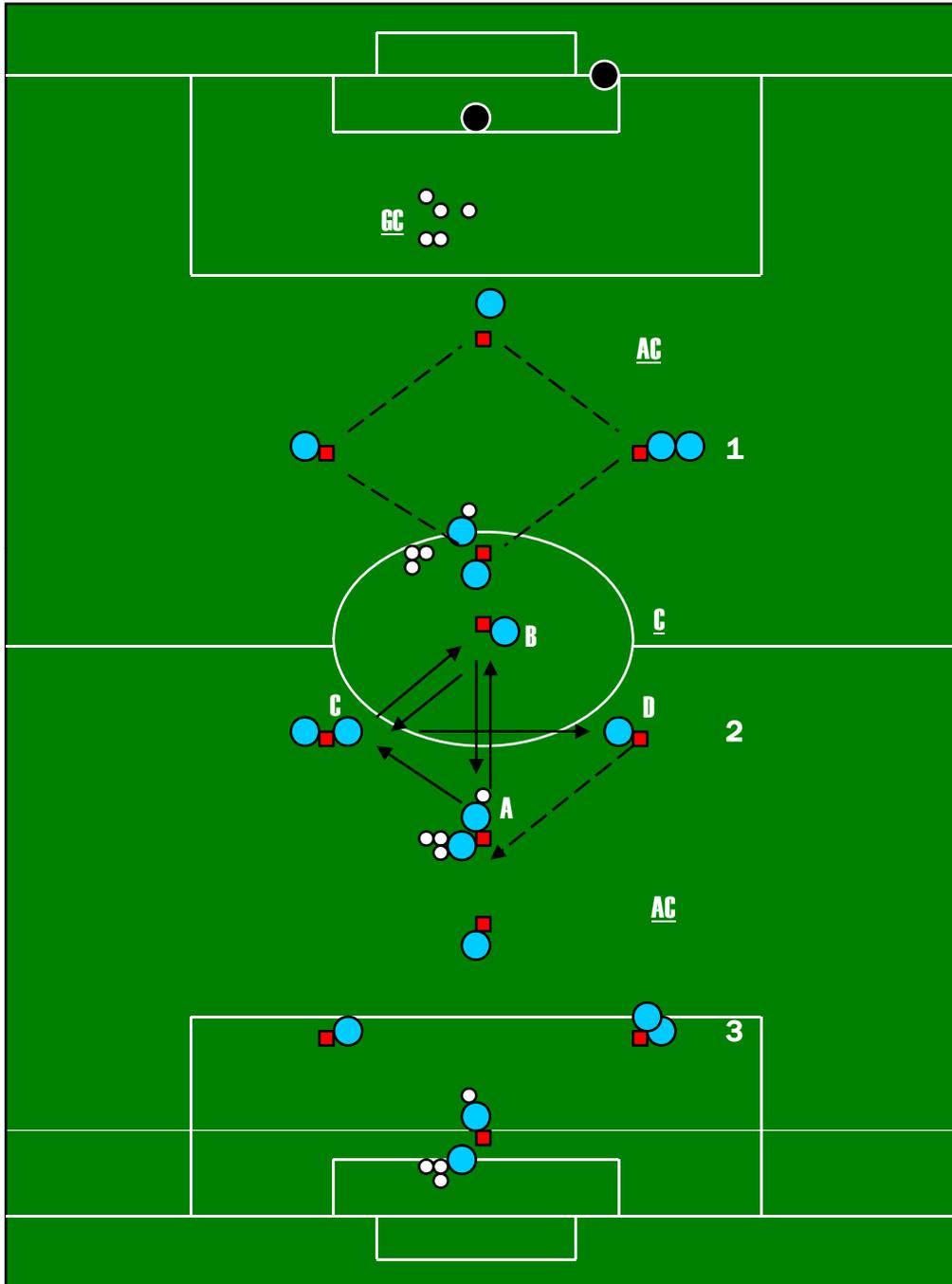
Wednesday, March 7th 2007

Time:

16H00

Place:

Olival, Porto-Gaia (Formation center of the club)



Warm-up: (6 min)

- Groups of 6 players on each diamond
- Assistant coach started by doing some static and afterwards dynamic stretching with the players

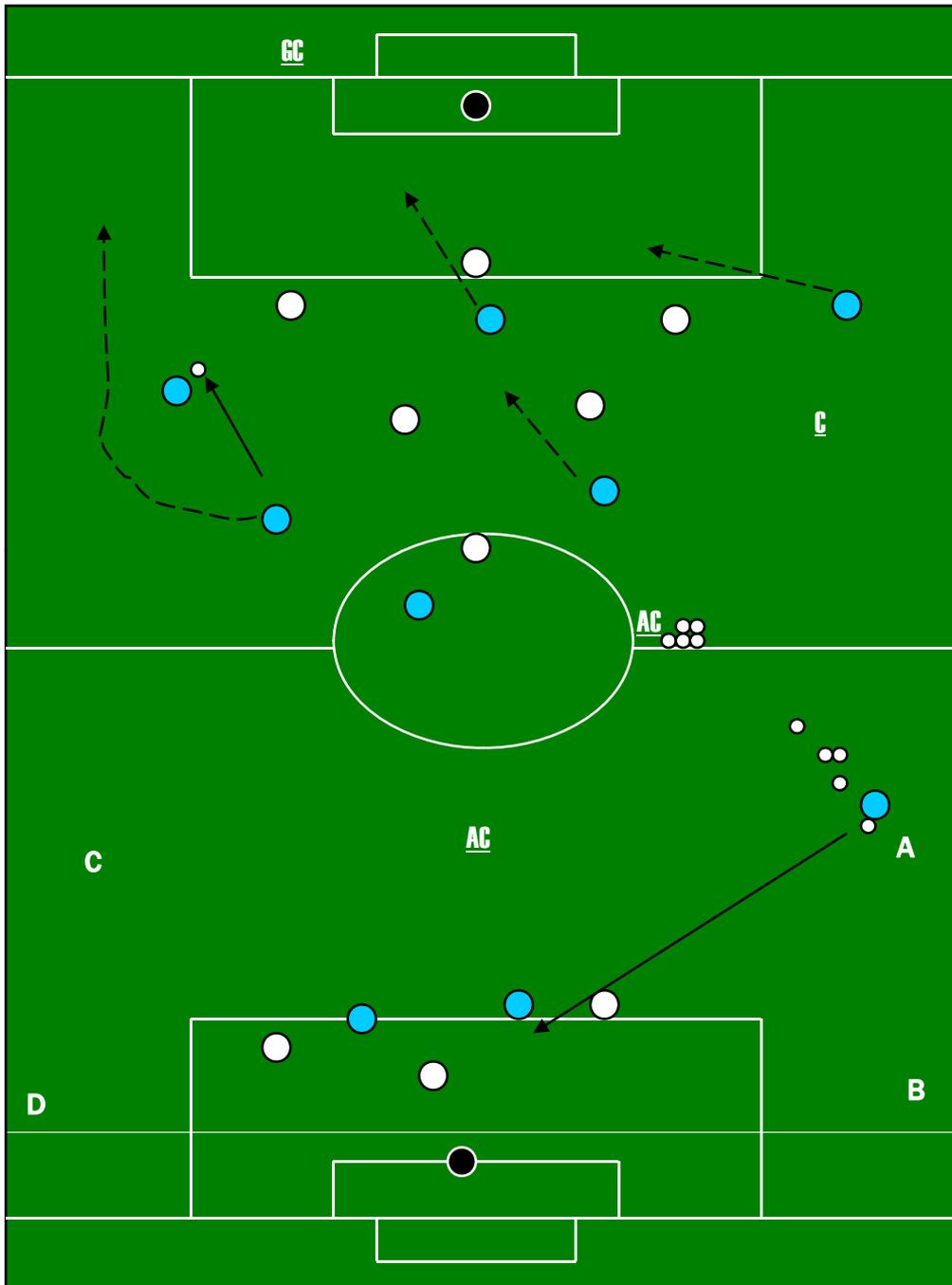
Exercise N-1: (3 min and 30 sec x 2 minutes + 2 min of static stretching between each series)

- Players worked the quality of their passing.
- Coach encouraged the players to play 1 touch
- Player A passes the ball to player B
- Player B plays the ball back to player A
- Player A passes to player C and C plays the ball to B
- Player B gives the ball back to player C
- Player C passes to D, and D runs with the ball to group A
- **Organization** (after passing the ball):
- A takes the place of C
- C goes to B
- B goes to D and D runs with the ball to A

Note:

- While players were doing the warm and exercise N:1, the goalkeepers were working with the goalkeeper coach

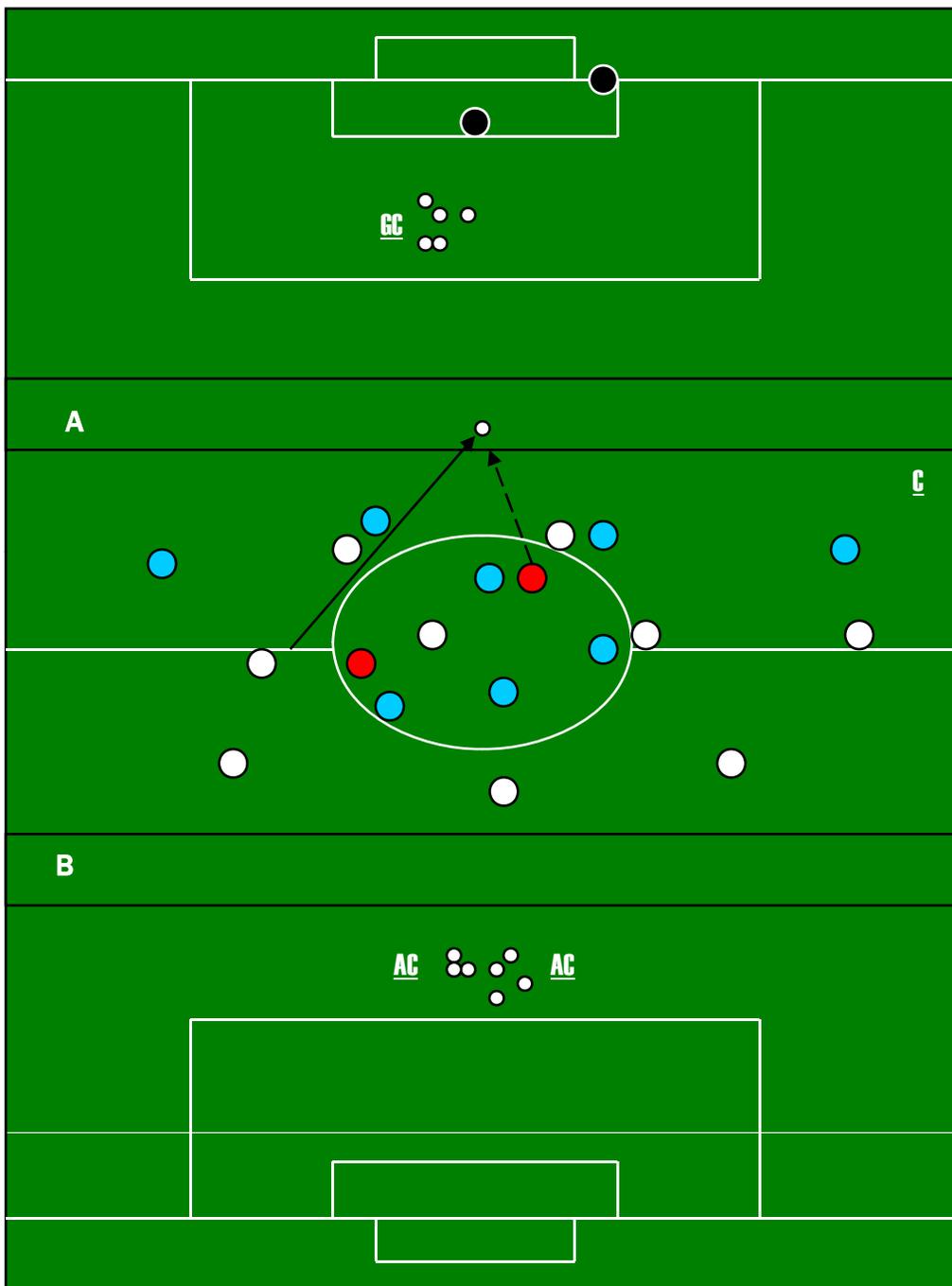




Exercise N-2: (15 minutes)

- The team was divided into 2 groups
- **Group A:**
 - Offensive organisation + Transition from offence to defence
 - For the first 7 minutes, whites were only allowed to do passive defending. Afterwards they add to defend normally
 - If whites won the ball they add to pass-it to the coach or the assistant coach (2 targets)
 - The coach was working the offensive organisation
 - He ask the players for mobility, speed of execution, good lines of passing, support from the players without the ball and patience
- **Group B:**
 - With a group of 6 players, one of the assistant coach worked on some crosses coming from spots A, B, C and D
 - The midfielder crossing add to take a touch forward before taking the cross
 - Attackers must finish with 1 touch and if defenders won the ball, they add to play-it to the assistant coach or only clear-it





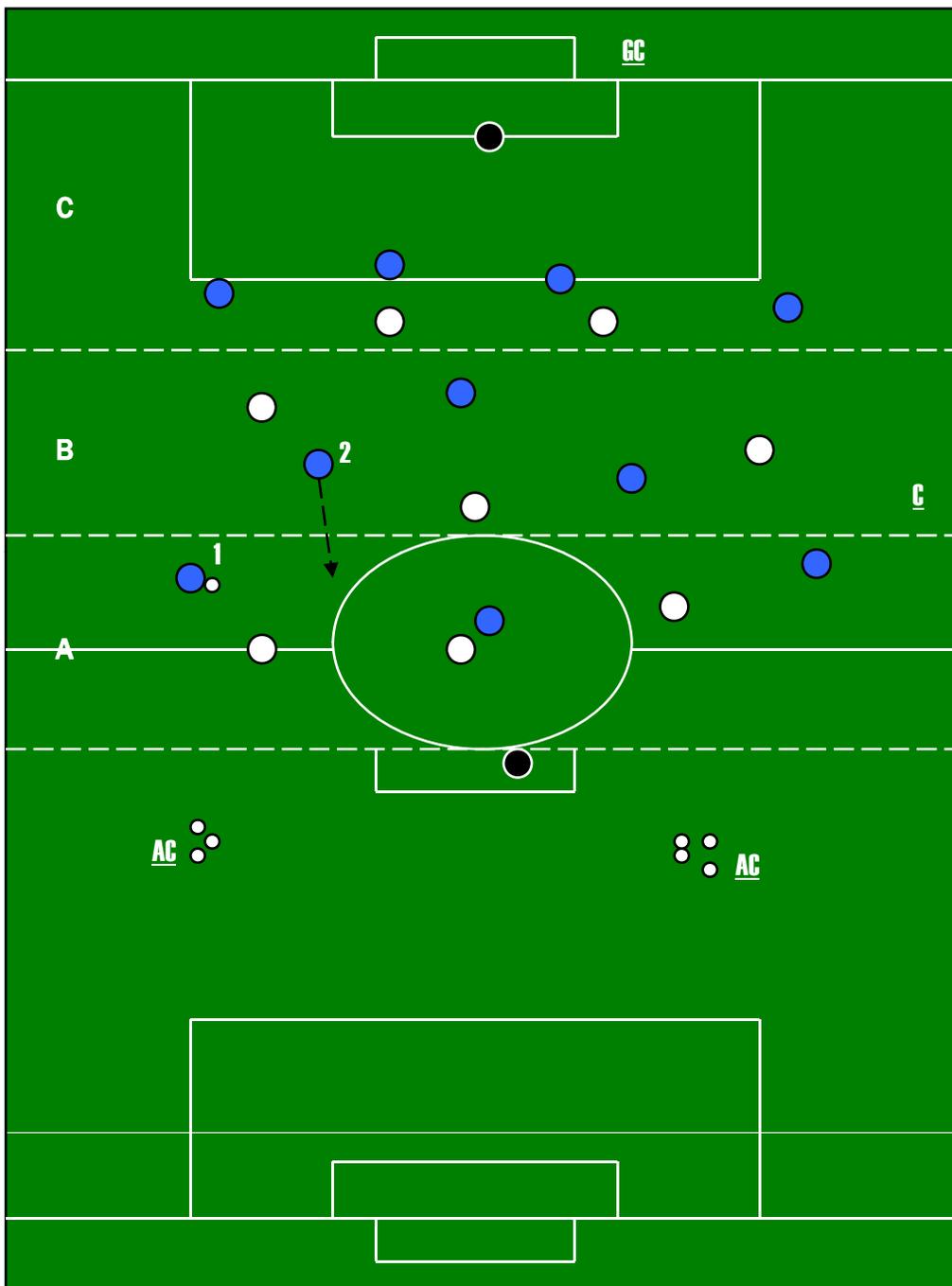
Exercise N-3: (10 minutes x 2 + 2 min of static stretching between each series)

- Offensive organization
- 8 blues VS 9 whites + 2 jokers
- Blues play against whites. Unlimited touches
- Blues try to get to zone B and whites to zone A
- The only way to get into zone A or B is to play a ball to the runs of one of the jokers
- The two jokers represent the central midfielder making runs to create a scoring opportunity
- **Progression:**
- Jokers are not allowed to make the runs
- The only way to get into zone A or B is by playing a ball to one of the forwards or wingers
- The coach always asked the players to play fast and present quality in the last pass
- The coach called the off-side, when occurred

Note:

- While players were doing the exercise, the goalkeepers were working with the goalkeeper coach





Exercise N-4: (10 minutes x 2 +2 réc between each series)

- Offensive organisation
- 11 VS 9
- Blues are playing with 1 goalkeeper, 4 defenders, 3 midfielders and 3 forwards
- Whites are playing with 1 goalkeeper, 3 defenders, 3 midfielders and 3 forwards
- Players are only allowed to play in their zones (A, B and C)
- Only one player from each zone is allowed to support in the attack, but not a defender. Example: If blue N:1 as the ball in zone A, another blue player from zone B is allowed in
- The coach asked for speed of execution, mobility, midfielders to play the ball wide, a lot of diagonals and always play forward, if possible

Cool down: (10 min)

- Abdominal work
- Lower back
- Static stretching

Total practice time: 1H30



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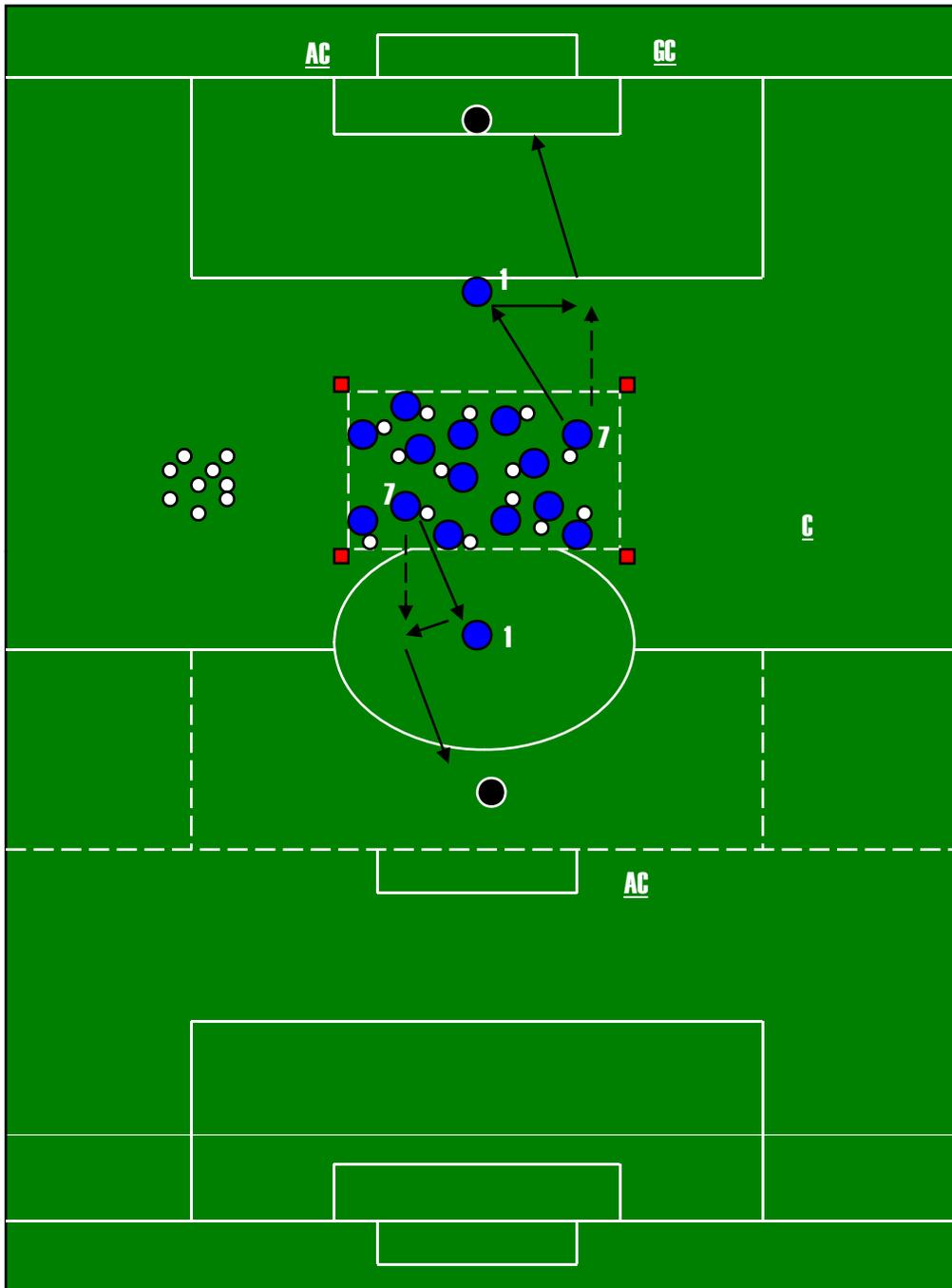
Thursday, March 8th 2007

Time:

16H00

Place:

Olival, Porto-Gaia (Formation center of the club)



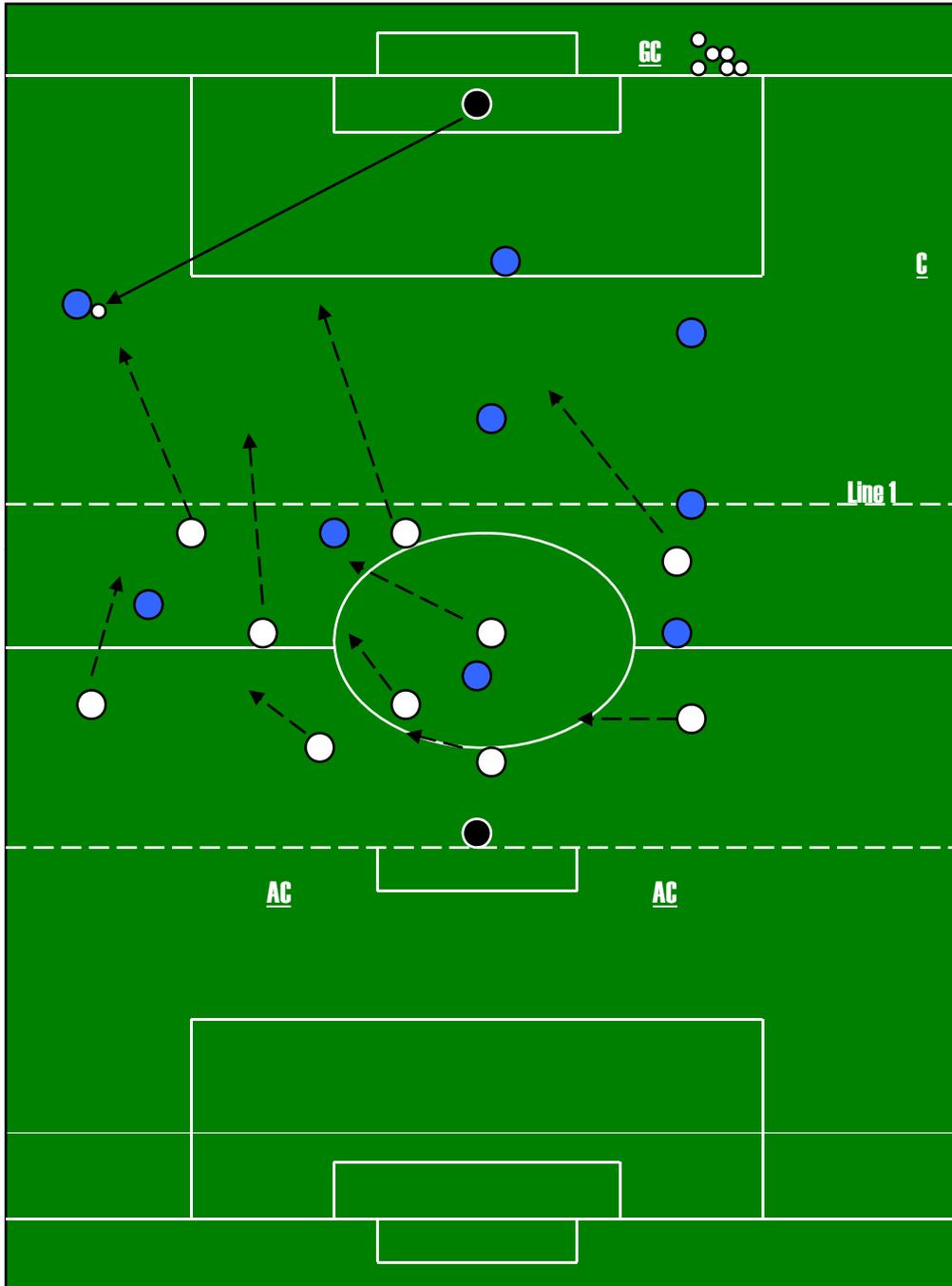
Warm-up: (10 min)

- Players have one ball each
- They start moving inside the small box (15x15)
- Coach encouraged them to use all parts of their feet to dribble. Always light jogging, but in movement
- The exercise was alternated with dynamic stretching and changes of speed
- The coach always asked the players to look for an open area to run with the ball
- For the last 2 minutes of the warm-up the players did some dynamic stretching
- Goalkeepers warm-up with the Goalkeeper coach

Exercise N-1: (10 min)

- In the same square used for the warm-up, the players were asked to get in pairs (but still 1 ball per player)
- 16 players = 8 groups
- Group N:1 starts at the edge of each box
- The players run with the ball, and move inside the 15x15 area
- The coach calls a number (EX: 7)
- The 2 number 7 must react fast towards one of the 2 goals, pass the ball to N:1, change speed, receive and finish with 1 touch
- Number 7 takes the place of number 1 and coach calls another number
- The players were working on specific speed, awareness and finishing





Exercise N-2: (10 min + 2 réc + 10 min + 2 réc)

- **Blues:** 1 goalkeeper, 3 defenders, 3 midfielders and 3 forwards
- **Whites:** 1 goalkeeper, 4 defenders, 3 midfielders and 3 forwards
- The ball starts with the goalkeeper from the blue team
- The coach is working with the white team
- Objective: Defensive organization and transition from defence to offence
- The white team must be behind line 1
- The goalkeeper plays the ball to one of his full backs, whites start putting pressure
- If whites win the ball, they attack with speed and try to finish
- **Note:** The coach made sure that each player understood their roles and responsibilities, when team was applying pressure and when they recovered the ball



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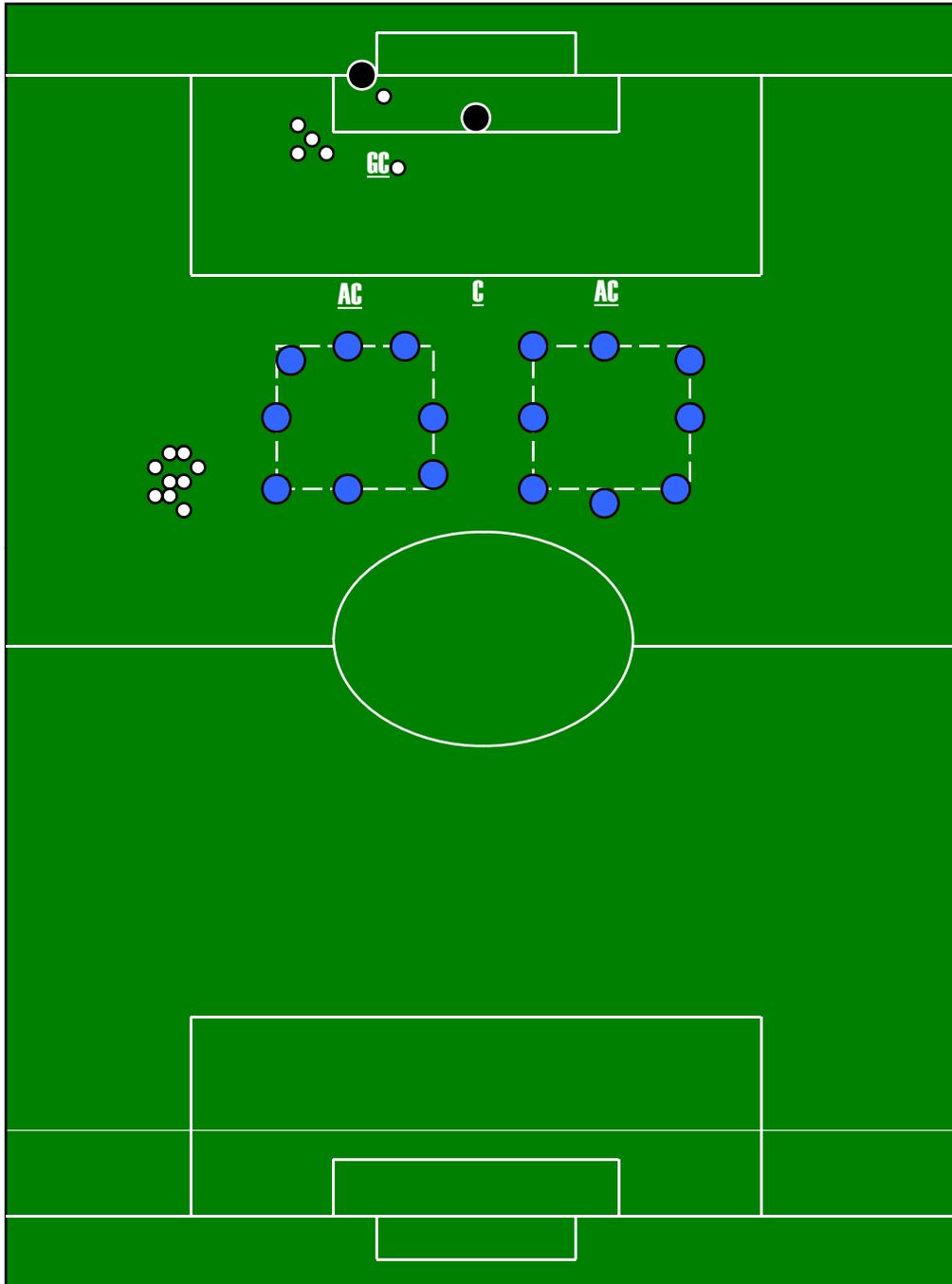
Friday, March 9th 2007

Time:

16H00

Place:

Olival, Porto-Gaia (Formation center of the club)



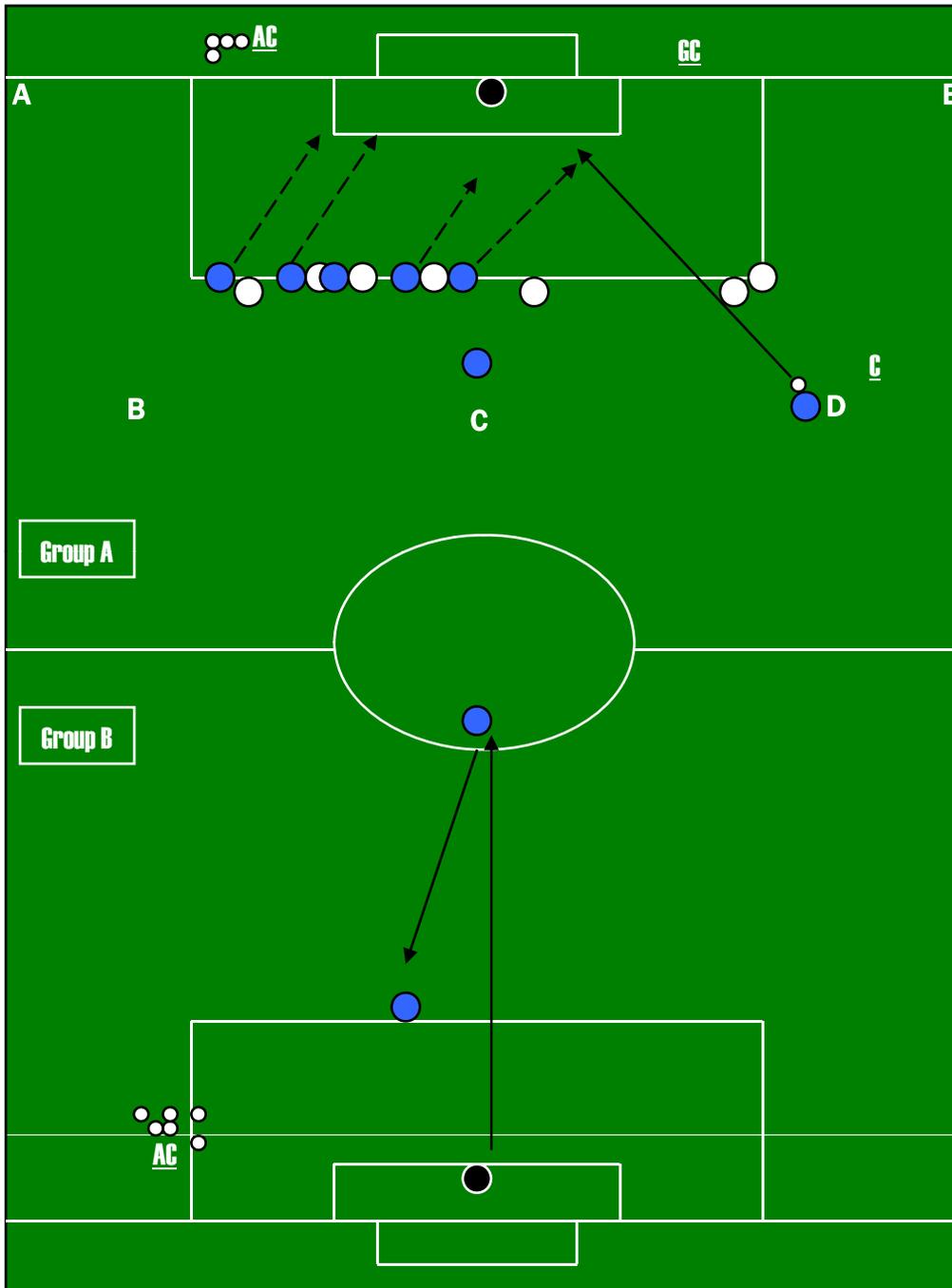
Warm-up: (8 min)

- 2 groups of 8 players in a 10 x 10 grid,
- Players started with some static stretching
- After 4 minutes of static they continued with some dynamic stretching
- Goalkeepers warm-up with the Goalkeeper coach

Exercise N-1: (4 min + 2 of static stretching + 4 min))

- In the same grids players play a 6 VS 2 game, with a maximum of 2 touches per player
- If team was able to do 15 passes between them, the two players in the middle have to do 10 set-ups while everybody counts
- The players in the middle hold a pennie to make sure their identified
- Coach always asked the players to apply themselves and present quality in their pass





Exercise N-2: (25 min)

- The team was divided into 2 groups

- **Group A:**

- Offensive organisation

- Group A worked on offensive free-kicks and corner kicks (zone A, B, C, D and E). This time their was no transition moment, due to the game they would play the day after

- Blue were attacking and whites were defending

- The coach indicated to the players were he wanted the ball to be played and what runs he wanted

- **Group B:** 2 min of stretching between series of 5

- One of the strikers and one of the midfielders were working with the assistant coach

- The play starts from the goalkeeper who plays a long ball (with his hands or feet) to the midfielder

- The midfielder controls the ball and plays to the striker 2 touches)

- Striker changes 2 or 3 passes with the midfielder and one of them finishes with 1 touch

- The player that finished receives a ball from the assistant coach to finish again with 1 touch, while the other player goes outside the box to receive a ball from the coach and also finish with 1 touch

Cool down: (10 min)

- Abdominal work

- Lower back

- Static stretching

Total practice time: 55 minutes





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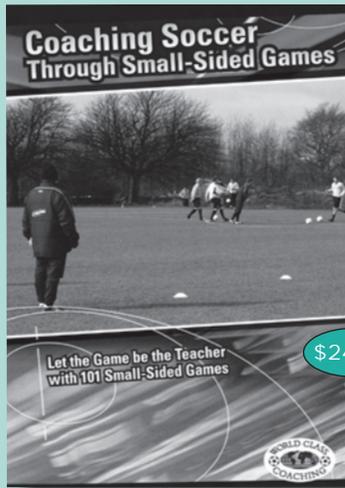
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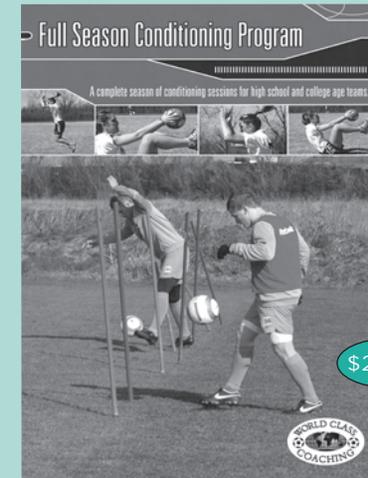
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