

Five Favorite Practices: Ajax Amsterdam Academy Program

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Practice 1

Objective: Attacking from the back

Number of players: 14

Area: Full field

Time: 20 minutes

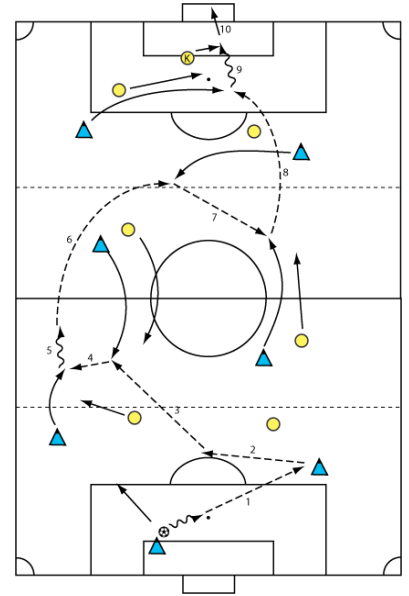
Equipment: Supply of balls

Organization: 3 v. 2 in thirds of the field to create scoring chances inside the attacking third.

Instructions: Game starts with 3 v. 2 in the defensive third. Attackers try to pass to the middle third and create a 3 v. 2 by one attacker moving from the defending third to the middle third. The game continues by creating a 3 v. 2 (and going to goal) in the attacking third.

Coaching points:

- Create space/open up the field. Stretch the defense.
- Accurate passing to keep possession.
- Communicate through eye contact.
- Choose right time to ask for ball/to get into space.
- Attacking defender moves quickly into attack or to overlap or supporting the ball.



Practice 2

Objective: Improving short combinations and taking on defenders to score on goal

Number of players: 8

Area/Field: 20 yards x 30 yards

Time: 30 minutes

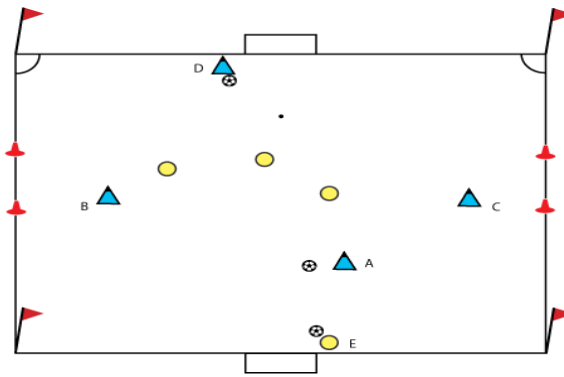
Equipment: 4 cones, 4 flags, 2 goals, supply of balls

Organization: Player A dribbles toward defenders and tries to beat them with the support of players B and C

Instructions: Player who scores takes position of player D and D takes on defenders. Let attackers and defenders switch positions after set time

Coaching Points:

- Players B and C get in position to support (space and passing option)
- Quick combinations or dribbling.
- Defenders: keep time and space limited.
- Stay organized.
- Communication



Practice 3

Objective: Transition, improving scoring from crosses

Number of players: 10-20

Area/Field: Full field

Time: 20 minutes

Equipment: 2 goals, 2 Coerver goals, supply of balls

Organization:

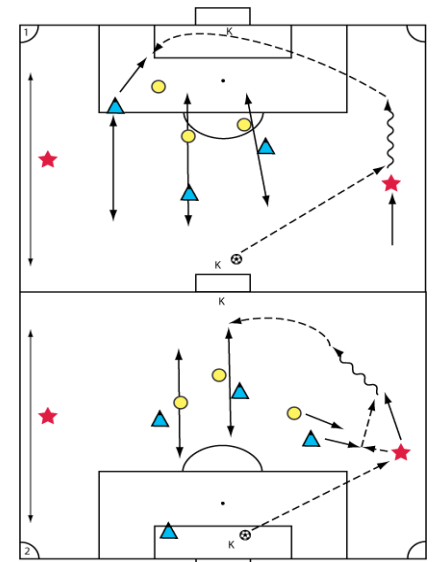
- 3 v. 3 game with 2 goalkeepers and 2 neutral players on flanks
- Goalkeeper starts game by throwing ball to neutral player
- Neutral player combines with attacking team or dribbles to corner and crosses ball inside box. Game continues with both teams playing 3 v. 3 until one team scores or goalkeeper gets ball

Instructions: Switch players on flank after five minutes

Coaching Points:

- Play to flank as quick as possible.
- Cross over runs (near and far post)
- Quick transitions (get into offensive or defensive position)

Variations: Play 4 v. 4 or 5 v. 5 with or without flank neutral players



Practice 4

Objective: Combination play after long pass

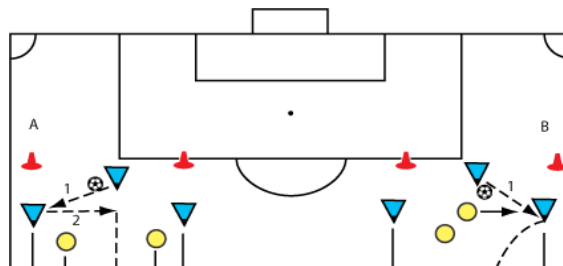
Number of players: Groups of 6

Area/Field: 20 yards X 30 yards

Time: 10-15 minutes

Equipment: 8 cones, supply of balls

Organization: 4 v. 2 keep away game. Long ball is played by player at end (A) or



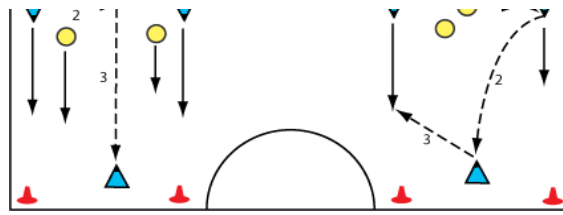
by player on side of goal (B). All players move up quickly to give player receiving ball options to play ball and keep possession.

Instructions: Play low pressure at start of game

Coaching Points:

- Good passing to keep possession of the ball
- Wait for right moment to give the long pass
- Move up quickly to give receiving player options to pass

Variations: Play one-touch



Practice 5

Objective: Utilizing flanks to create scoring chances from crosses

Number of players: 14

Area/Field: Half field

Time: 20 minutes

Equipment: 8 cones, 2 goals, supply of balls

Organization: Team in possession plays 4 v. 6 with 2 teammates in neutral zones on flank

- Instructions:**
- Attackers try to pass to teammate on flank as soon as possible
 - Player on flank will receive ball and cross ball to teammates in front of goal
 - No defenders in neutral zone
 - When defense wins ball or after a goal has been scored, game continues as defenders attack other goal 4 v. 4

Coaching Points:

- When ball is passed to right flank, player on left flank will pinch to inside

- Cross out of reach of goalkeeper
- Crossover runs to confuse defense
- Aggressive movement to ball (offense and defense)

