

Talk Your Team Through an Attacking Session

There's nothing better at a training session than to get your players talking to you about how they feel. Talking at training helps the players feel part of the team. Then launch an attack on your defenders, says David Clarke.

Explain your plans to the players

Whether you are just starting your season or you're well into it, it's always good every now and then to sit your players down before a training session and talk to them about what you hope to achieve over the next few weeks.

Talk through any issues they have

I always tell them what I want from the team and address any issues from previous matches or from training sessions. I also find this a useful time for you to let them have some input by asking about their ideas for the team. Make sure they are happy with what you are doing. If they feel they have had some input they will enjoy their soccer more.

Run through your tactical ideas

It might be a good time to run through some of your tactical ideas and work on any problems the players might highlight. What I would then do is use my players in their positions and give them an attack versus defence exercise. I would use two strikers, two wide men and two central midfielders and have them attack a back four. Encourage them to use their numerical advantage.

Key coaching tips:

1. If your forwards are lacking confidence it might be a good idea to add extra attacking players so that the strikers have plenty of opportunity to practise their shooting skills.
2. If the attacking players are in good form you might want to have the same number of defenders.

Finish your session with a short game. At the end of that, before you let them go, sit them down again and talk to them about what they did well during the exercise. **ASK YOUR PLAYERS TO TELL YOU WHAT THEY DID BADLY!**