

Gerrard v Lampard

This is a session your players will love as it encourages them to develop the skills used by two of England's best midfielders, Steven Gerrard and Frank Lampard.



What you tell your players the session is about

1. Developing the box to box midfielder.
2. Improving passing and receiving.
3. Improving shooting from distance.
4. Improving runs into dangerous attacking positions.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls and cones	Pass and make a forward run. From <i>The Ultimate Warm-Ups Manual</i> , exercise 72
The session	Balls, cones, goal, mannequin / pole	The players are passing and receiving, and shooting from distance
Development	Balls, cones, goal, mannequin / pole	The players are able to combine passing and receiving, shooting and forward runs
Game	Balls cones, goal	The players are able to react to the team winning possession before bursting forward to attack
Warm down	n/a	Gentle jogging and stretching exercises



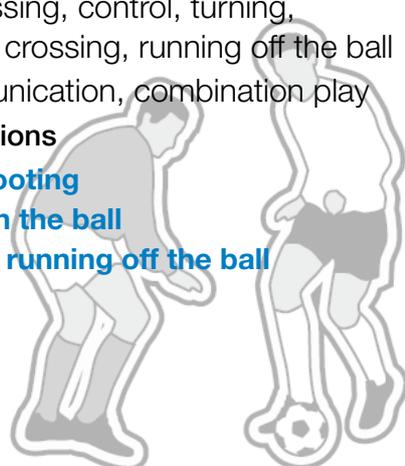
Where it fits

Individual skills: Passing, control, turning, dribbling, shooting, crossing, running off the ball

Team skills: Communication, combination play

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What to think about

A goal scoring midfielder is a huge asset for any team. Players like Steven Gerrard and Frank Lampard are world class due to their ability to score goals from distance or making late runs into attacking positions.

This session aims to develop these skills along with the other qualities vital to a midfielder's game. These include passing and receiving, dribbling to beat defenders and hard work to regain possession.





Set-up

- Create a 50 yards by 30 yards area with a goal and goalkeeper at one end.
- Split the area into two halves of 25 yards by 30 yards.



What you get your players to do

The working midfielder passes across to a player opposite (1) and runs to receive a return pass (2). Now the midfielder turns and passes to the next player in his line (3) in order to receive another return pass (4). On receiving the second pass, the midfielder dribbles past the mannequin before shooting at goal.



What to call out

- “Retain the ball”
- “Can you get into a shooting position?”
- “React to the ball going wide and make a run into the box”



Development

Progress the above session by adding a cross and finish to the move. Therefore, after he has shot at goal, you pass the midfielder another ball (1). He passes the ball out wide to a winger (2), who dribbles before crossing (3). After passing to the winger, the midfielder must make a forward run and score from the cross (4).

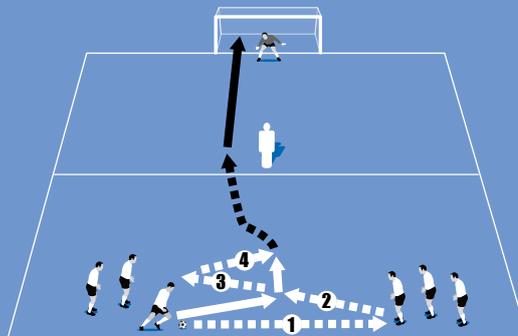


Game situation

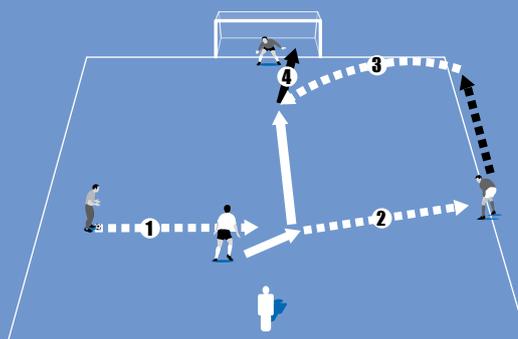
The white team has one more player than the grey team in the main pitch. The grey team has one extra player as a winger outside the pitch. The white team try to keep possession of the ball. If a grey player wins the ball, they are free to dribble across the half way line and shoot at goal. The player can also pass to a team mate to run across the half way line. After the player has shot at goal, he must then react to a cross made by the winger and try to score again. Play the game for a set time period before rotating the teams. The grey team now has the player overload in the pitch and the white team has the winger.

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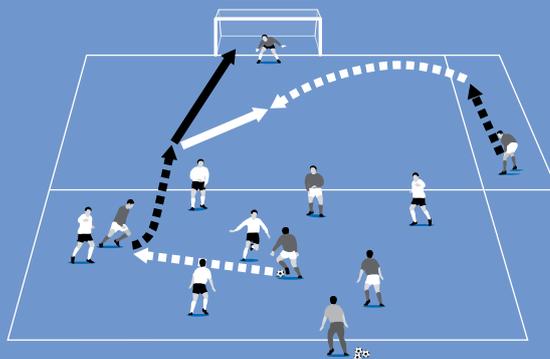
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
dribble $\cdots\cdots\Rightarrow$ shot \blackrightarrow



On receiving the second pass, the midfielder dribbles past the mannequin and shoots.



After shooting, the midfielder plays another pass to the winger. The midfielder must now run into the box to score from the cross.



The white team tries to keep possession. When a grey player wins the ball, he can dribble and shoot. He must then react to score from a cross.