

INCORPORATING DECEPTION INTO PRACTICE PLANS

Jacob Daniel, Georgia Soccer Director of Coaching

The concept of 'Deception' is not necessarily a topic of its own. It should be part of every topic, especially attacking topics (although deception can also be applied in defending). Coaches should always remind their players to play with deception and can reinforce it in the way they manipulate and organize their practice activities and the feedback they provide.

The practice plan on the next page is an example of including and encouraging deception by the players.

In the first activity, WARM UP PART I, players are first asked to show how they would trick opponents on the dribble. The coach observes and then demonstrates some moves and gives the players ideas and moves they can practice.

In the second activity, WARM UP PART II, the coach switches to passing and shows the players ways to pass with deception, such as 'no-look' pass, where the players look in one direction but pass the ball in another direction, or player back heels a pass or drags the ball behind his body for a blind pass.

In the third activity, NUMBERS UP POSSESSION GAMES, players are playing keep away, using disguise and fakes and try to be unpredictable. The defenders can accumulate points in order to motivate them to play hard and to incorporate the element of 'Transition'.

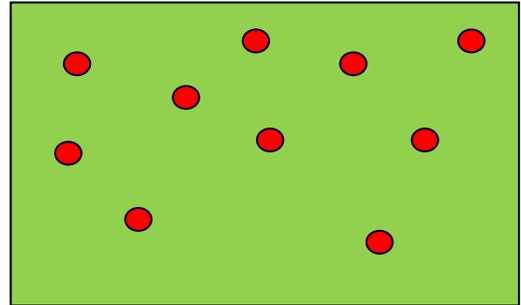
In the last activity, FOUR GOAL GAME, the set up encourages deception in a number of ways: by switching the point of attack to score. By allowing players to either dribble or pass into the field when ball goes out of bounds (no throw-ins) and by counting goals scored from a switch as double points. Activity can progress by moving the keepers inside the grid and playing numbers even.

Throughout the session, coach can applaud deceptive moves and encourage it to become ingrained in the mind set of the players. We want the players to always try to find ways to trick their opponents and find their own style of doing it. At the same time, we need to make sure that the players don't try to do silly things in the name of deception. At the end of the day, they need to play with intelligence and make good decisions. Some players think that deception is a license to always dribble and that's not the intent. If they always dribble, they are not deceptive, they are predictable. They need to learn how to be unpredictable but effective.

TOPIC: INCORPORATING DECEPTION INTO PRACTICE PLANS

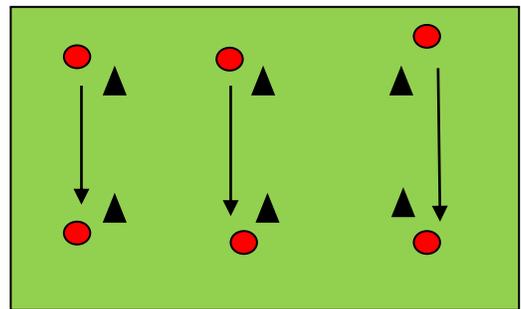
WARM UP PART I

Players with a ball each, dribble inside a grid. They fake a pass by putting their foot on the ball, drag the ball back behind their bodies and push it in a different direction and dribble again. Use both feet. Variations include stopping the ball, facing one way and winding up for a pass and instead dragging the ball with the inside of the foot into a dribble in another direction.



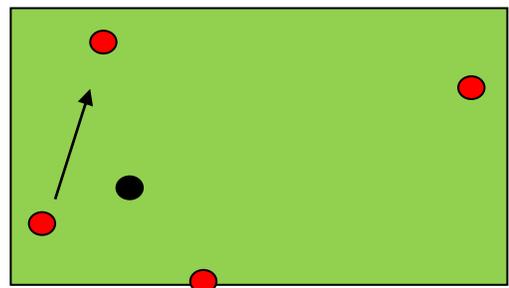
WARM UP PART II

Players in pairs passing. Receiver fakes a pass back but instead pulls ball back behind his body and pushes it to the other side of his body/cone and passes to partner. Variations include facing away from partner when making the pass.



NUMBERS UP POSSESSION GAME

Players in groups of 4 or 5 play 3v1 or 4v1, depending on ability level. If ball goes out of bounds, defender gets one point. If defender wins the ball and dribbles out of area, he gets two points. When defender gets 10 points he switches with an attacker. Attackers use deception and can also fake a pass and dribble instead. Progress by telling attackers they must pass the ball with disguise by looking/facing one way and passing in another direction. Progress to 4v2.



FOUR GOAL GAME

Play 5v5 to 7v7 with the keepers positioned outside the grid and each team defending two goals and attacking two goals. Keeper can move laterally to protect either goal when defending, and can be used for build up when his team has possession, but cannot step into the field. Defending team cannot challenge the keeper when he has the ball. When ball goes out of bounds, players can either pass or dribble into grid.

