



REAL MADRID COACHING CLINICS

When: Monday 6th July 2015 – Thursday 9th July 2015

Where: Newington College, Stanmore

Coach: Tristan Celador - currently Real Madrid 17s Coach and has been a part of the coaching staff going on 18 years.

On the invitation of Arthur Diles, Real Madrid Foundation Australia Director, the Sydney Olympic FC 14s trained with Tristan Celador for 4 sessions.

Observations

- Exercises generally played in small areas
- Every exercise was shown on a whiteboard prior to it being performed
- Tristan was very demanding from the side of the exercise – constantly instructing
- He constantly demanded players to be in transition – BP – BPO: 'no space', BPO – BP: 'security pass'
- Showed a lot of emotion whilst coaching – a lot of frustration (see next point) and really celebrated successes
- 4 days in a row was too much for most of the boys – very fatigued

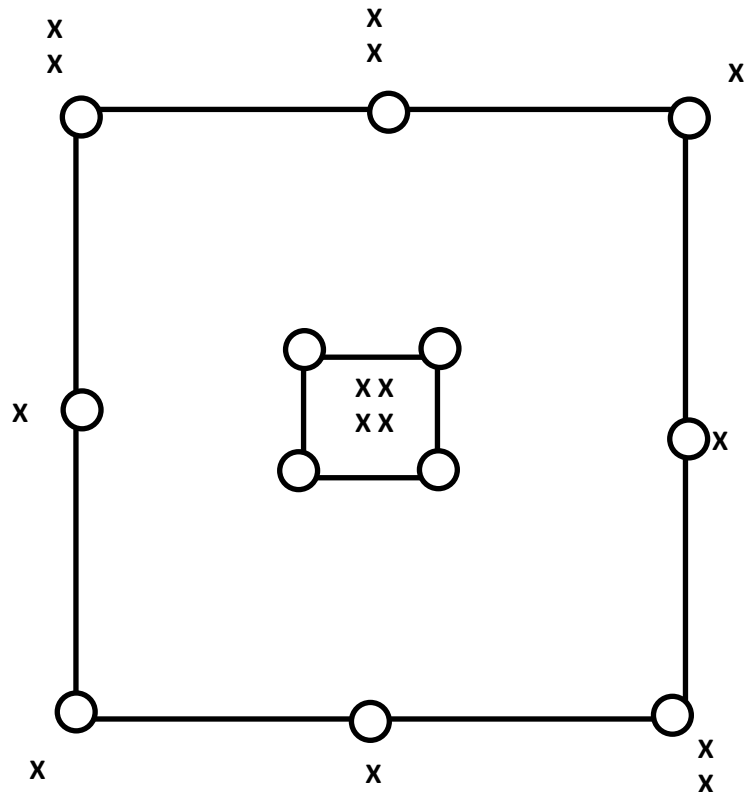
Tristan's Key Points for all Exercises

- Limit touches
- Play fast
- Think fast
- Play simple
- Look for space
- Be moving

He said the following time and time again all week, 'Think fast and play simple. 1-2-3 touch is best.'

MONDAY

Exercise One (warm-up)



Area

Large Area: 30 x 20

Small Area: 7 x 7

Organisation

- 3-4 players in the middle each with a ball.
- Remaining players in groups of 2 or on their own at markers.

Description

Players with the ball dribble through the middle and pass to a group of 2 and move to a marker where there is only one person.

Variations

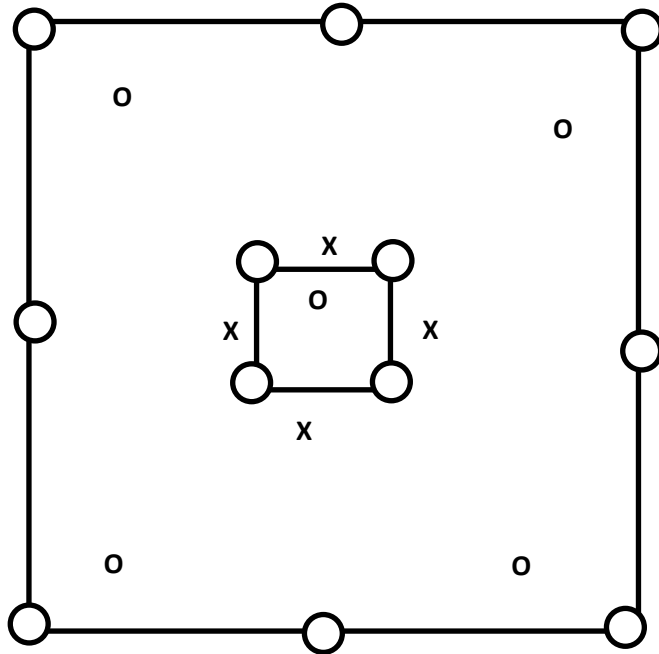
1. After the pass outside, player receives ball back on an angle with body position open. Player then goes back through the middle and passes to someone else who then takes the ball in.

2. When the player passes out they call either 'take it' or 'play me'.

If 'take it' the receiver takes the ball inside. (exercise with no variation)

If 'play me' the receiver plays the ball back. (exercise with variation 1)

Exercise Two (transition focus)



Area

Large Area: 30 x 20

Small Area: 7 x 7

Same area as above

Organisation

- One team of 4.
- One team of 5.

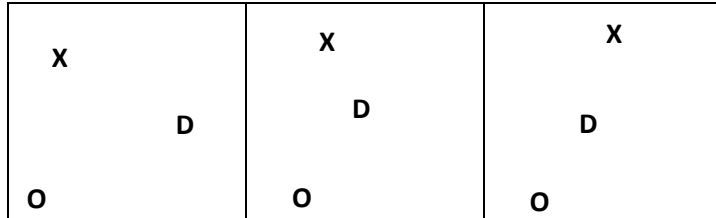
Description

- Team of 4 play 4 v 1 in little square inside.
- If 1 wins the ball he transitions to the outside square to a teammate and it is now 5v4.
- 5 are aiming to make 5 passes for a point.
- If 4 win the ball back they have to get it back inside for a point.

Variations

1. 4 Circles on the outside move closer to the small square applying pressure on the 4 Xs in the small square. Basically it pressured the touch of the 4 Xs and then saw the 4 circles have to spread quickly when possession was won.

Exercise Three (BP and transition focus)



Area

Large Area: 30 x 20 divided into 3 10 x 20 zones.

Organisation

- 3 teams of 3.
- One player from each team placed in a zone and restricted to that zone.

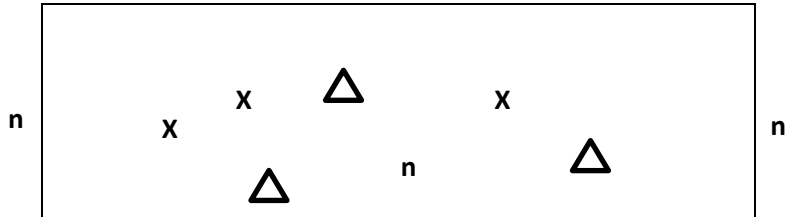
Description

- One team is defending. They are the defenders in each zone.
- Other two teams join to play 2v1 in each zone.
- Attempt to play ball through the zones with players in other zones supporting ball diagonally.
- Aim is to get 5 passes in a row. If this happens the defending team gets a point – points not good.
- If a team loses the ball they become defenders.

Variations

Size of area was reduced to 24 x 15 (each zone 8 x 15)

Exercise Four (BP and transition focus)



Area

10 x 15.

Organisation

- 3 teams of 3.
- Two teams play against each other.
- One team acts as neutral players (one positioned inside and one on each of the short ends).

Description

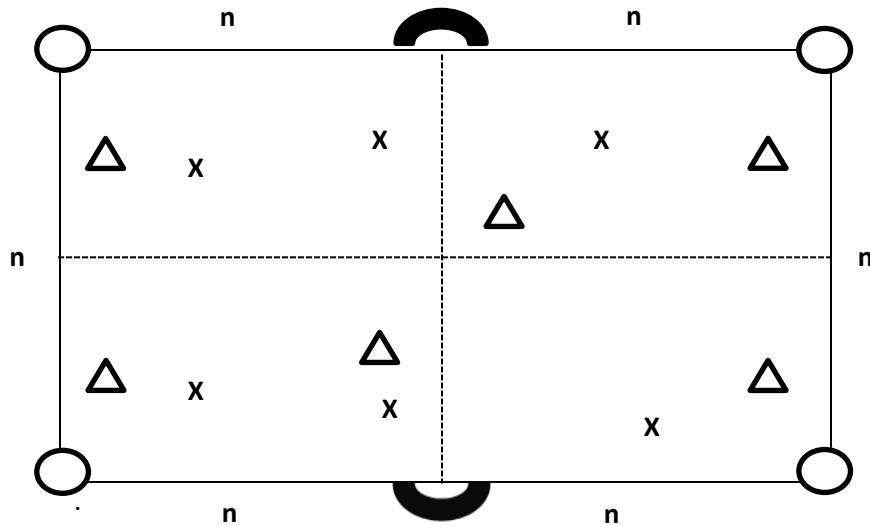
- General possession activity inside where team in possession uses the 3 neutral players to maintain possession.
- If ball was won the emphasis on BP team was to play a 'security pass' to an outside neutral player and emphasis on BPO team was to immediately squeeze space..

Variations

Limit neutral players to two touch.

Limit players inside to two touch and players outside to one touch.

EXERCISE FIVE (possession and overload to switch focus)



AREA

1 rectangle 30 x 20.

Sides of 20 metres are divided into 2 x 10 metre lengths.

Sides of 30 metres are divided into 2 x 15 metre lengths.

ORGANISATION

2 teams of 6

6 neutral players

DESCRIPTION

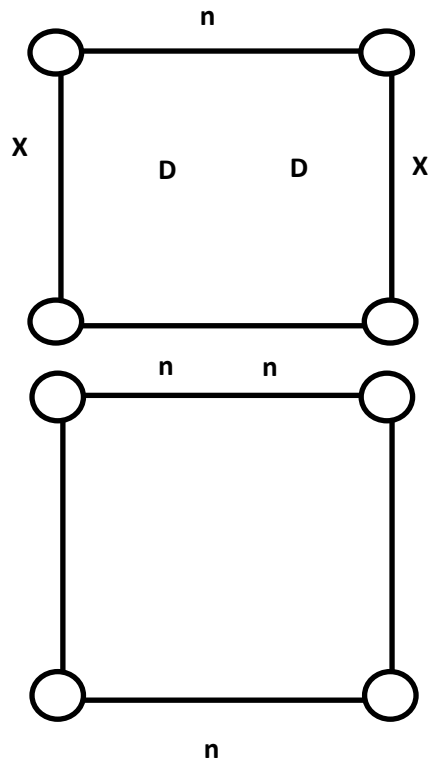
- Triangles play against Xs using the neutral players to help build-up and score.
- Teams must make a minimum of 5 passes before they can score.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

PROGRESSION

1. No more than 3 passes in the same square in a row.

TUESDAY

EXERCISE ONE (BP and transition focus)



AREA:

2 squares 8 x 8 with a 2metre gap in between.

ORGANISATION

2 teams of 2
4 neutral players

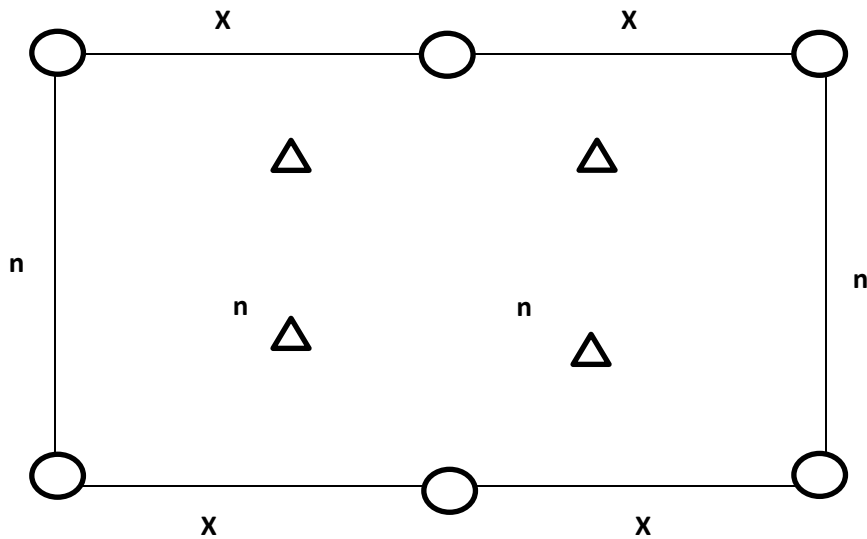
DESCRIPTION

- Xs play possession against Ds using the 4 neutral players as support.
- If Ds win the ball all they play it to far neutral in other area and move to the outside whilst Xs move there to become defenders.

PROGRESSION

1. Reduced size of area (5 x 5).
2. Neutral players in middle zone can not pass to each other

EXERCISE TWO (BP and transition focus)



AREA

1 rectangle 30 x 20.

Sides of 20 metres are divided into 2 x 10 metre lengths.

ORGANISATION

2 teams of 4

4 neutral players

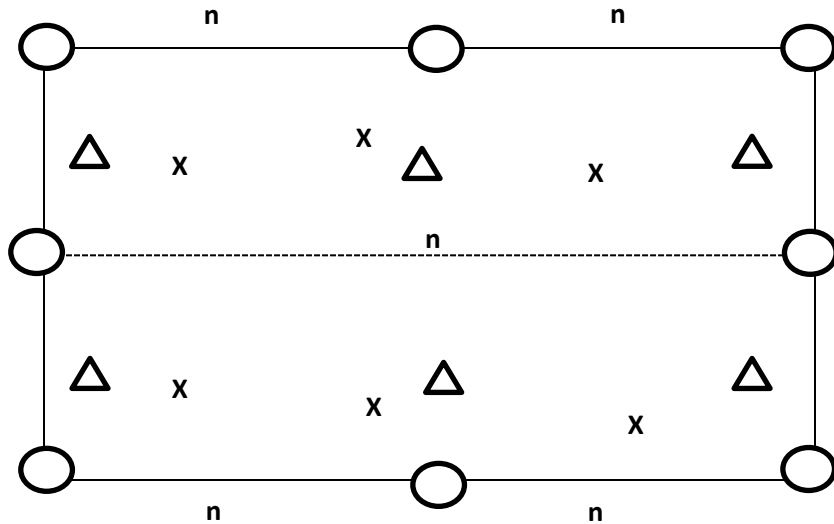
4 resting players (rotate every 2 minutes to ensure intensity)

DESCRIPTION

- Xs retain possession using the neutral players.
- If triangles win the ball they play a 'security pass' to a neutral player and then transition to outside whilst Xs move inside.

Constant emphasis was placed on outside players applying immediate pressure on the ball in transition.

EXERCISE THREE (BP and transition focus with some work on shape in BP)



AREA

1 rectangle 30 x 20.

Sides of 20 metres are divided into 2 x 10 metre lengths.

Sides of 30 metres are divided into 2 x 15 metre lengths.

ORGANISATION

2 teams of 6

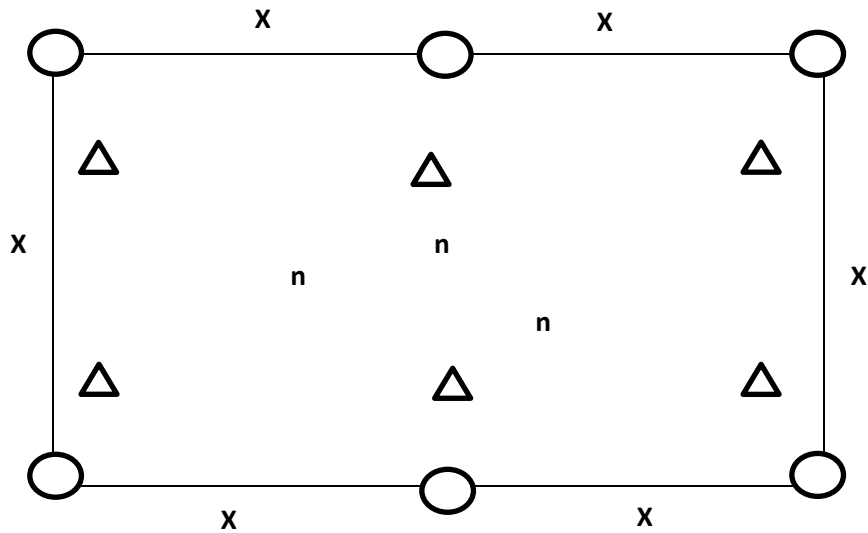
5 neutral players (one inside was the coach)

DESCRIPTION

- Triangles play against Xs retaining possession using the neutral players.
- Teams inside must stay in their given half of the field – 3 per half.
- In BP players inside were constantly reminded to spread the field with the wide players playing as wingers.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

Constant emphasis was placed on playing the simple option – 'Think fast and play simple. 1-2-3 touch is best.'

EXERCISE FOUR (BP with midfield and transition focus)



AREA

1 rectangle 30 x 20.

Sides of 20 metres are divided into 2 x 10 metre lengths.

ORGANISATION

2 teams of 6

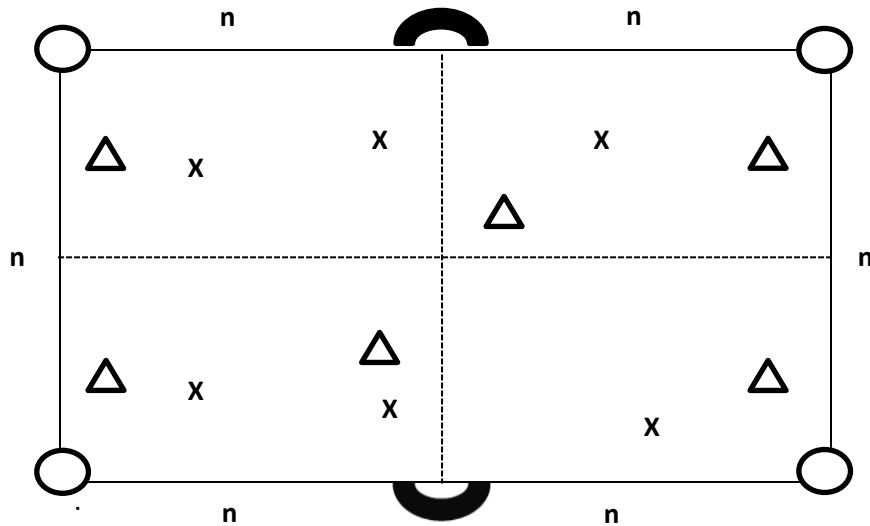
3 neutral players (encouraged to stay in the middle as the midfield triangle)

DESCRIPTION

- Triangles play against Xs retaining possession using the neutral players.
- Team with BP plays on the outside.
- In BP players inside were constantly reminded to spread the field with the wide players playing as wingers.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

Constant emphasis was placed on playing the simple option – 'Think fast and play simple. 1-2-3 touch is best.'

EXERCISE FIVE (possession and overload to switch focus)



AREA

1 rectangle 30 x 20.

Sides of 20 metres are divided into 2 x 10 metre lengths.

Sides of 30 metres are divided into 2 x 15 metre lengths.

ORGANISATION

2 teams of 6

6 neutral players

DESCRIPTION

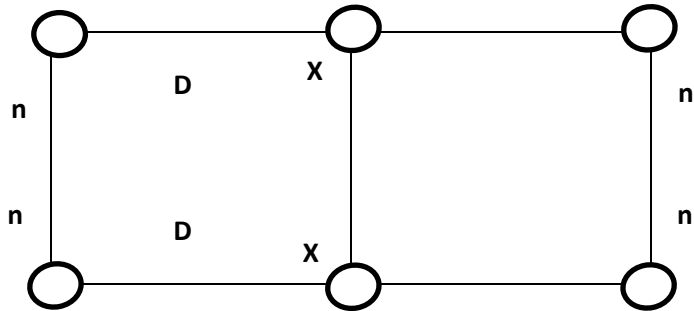
- Triangles play against Xs using the neutral players to help build-up and score.
- Teams must make a minimum of 5 passes before they can score.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

PROGRESSION

1. No more than 3 passes in the same square in a row.

WEDNESDAY

EXERCISE ONE (BP and transition focus)



AREA

2 rectangles, both 8 x 8.

ORGANISATION

2 teams of 2
4 neutral players

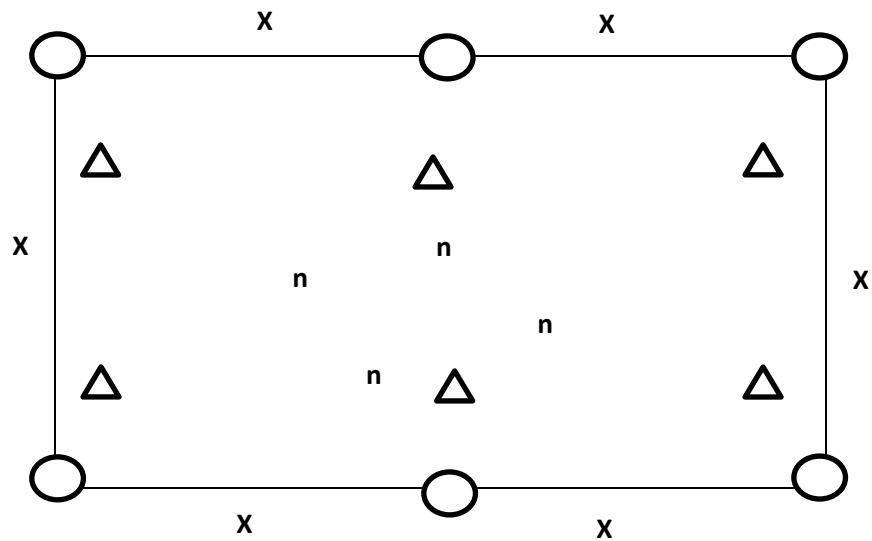
DESCRIPTION

- Xs are maintaining possession using neutral players against Ds.
- When both Xs and both neutrals have touched the ball they play the ball to the neutrals at the other end – Xs shift to other square to keep possession and Ds shift to continue defending.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

VARIATION

1. No more than 3 passes in the same square in a row.

EXERCISE TWO



AREA

1 rectangle 15 x 30.

Sides of 30 metres are divided into 2 x 15 metre lengths.

ORGANISATION

2 teams of 6

4 neutral players (encouraged to stay central)

DESCRIPTION

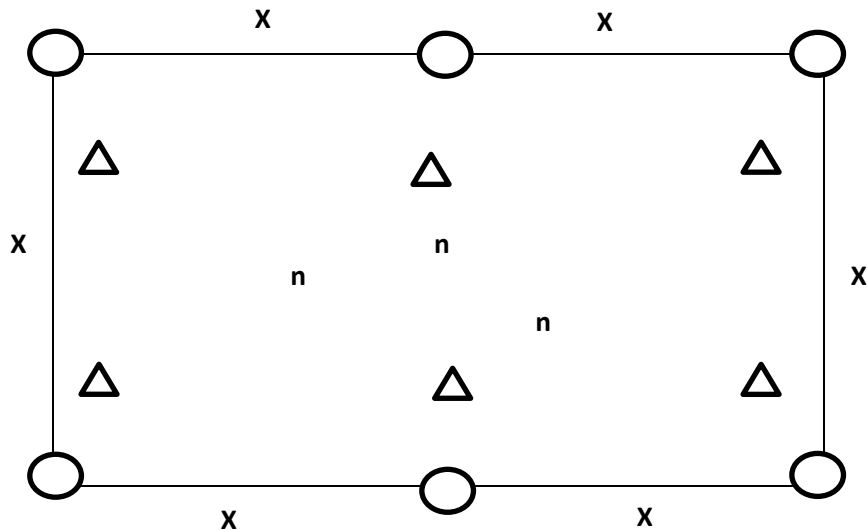
- Xs playing against triangles. Object is retaining possession using the neutral players.
- Team with BP plays on the outside.
- In BP players inside were constantly reminded to spread the field with the wide players playing as wingers.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

Constant emphasis was placed on playing the simple option – 'Security pass.'

PROGRESSION

No square passes between players on end-line.

EXERCISE THREE



NOTE: Same exercise as Tuesday, Exercise Four with the only adjustment being that the longer edge of the playing area now has two players.

Tristan did get very emotional when the transition, especially that of BP-BPO dropped off. This was quickly adjusted.

AREA

1 rectangle 30 x 20.

Sides of 30 metres are divided into 2 x 15 metre lengths.

ORGANISATION

2 teams of 6

3 neutral players (encouraged to stay in the middle as the midfield triangle)

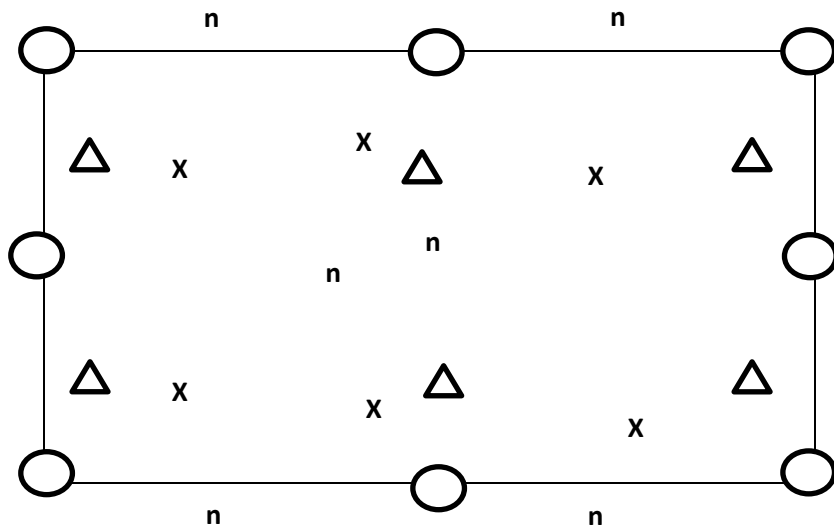
DESCRIPTION

- Triangles play against Xs retaining possession using the neutral players.
- Team with BP plays on the outside.
- In BP players inside were constantly reminded to spread the field with the wide players playing as wingers.
- When ball was won the instruction was to play a 'security pass' to a neutral player before getting shape.

Constant emphasis was placed on playing the simple option – 'Think fast and play simple. 1-2-3 touch is best.'

THURSDAY

EXERCISE ONE (BP and transition focus with some work on shape in BP)



AREA

1 rectangle 40 x 30.

Sides of 40 metres are divided into 2 x 20 metre lengths.

ORGANISATION

2 teams of 6

6 neutral players (4 outside and two inside)

DESCRIPTION

- Triangles play against Xs retaining possession using the neutral players.
- General possession game with an overload.
- Teams swapped after 5 minutes.

TRISTAN'S POINTS

BP –

Keep the field spread

Play simple

BPO –

Work together

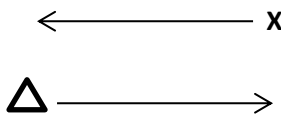
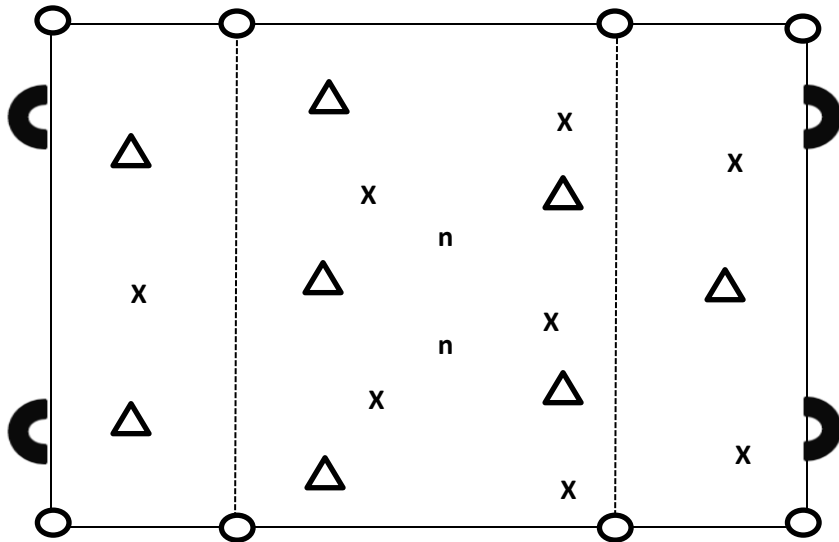
Block passes

Press to one side

Constant emphasis was placed on playing the simple option – ‘Think fast and play simple. 1-2-3 touch is best.’

Also, he demanded constant workrate in transition.

EXERCISE TWO (BP, playing forward from midfield with some work on shape in BP)



AREA

1 rectangle 60 x 40.
Sides of 60 metres split into 2 x 15 metres end-zones and a 30 metre middle zone..

ORGANISATION

2 teams of 8
2 neutral players (play in middle zone)

Middle zone is 5 v 5 + 2 neutral players. 5 players are purposely played in a 3-2 formation with the 2 neutrals acting as midfielders.

End-zones are 2 v 1 defender overload.

DESCRIPTION

- 5 v 5 + 2 in the middle. Goal was to play 5 consecutive passes then play into the attacking zone.
- When ball was played into attacking zone two teammates entered zone creating a 3 v 2 attacking overload.

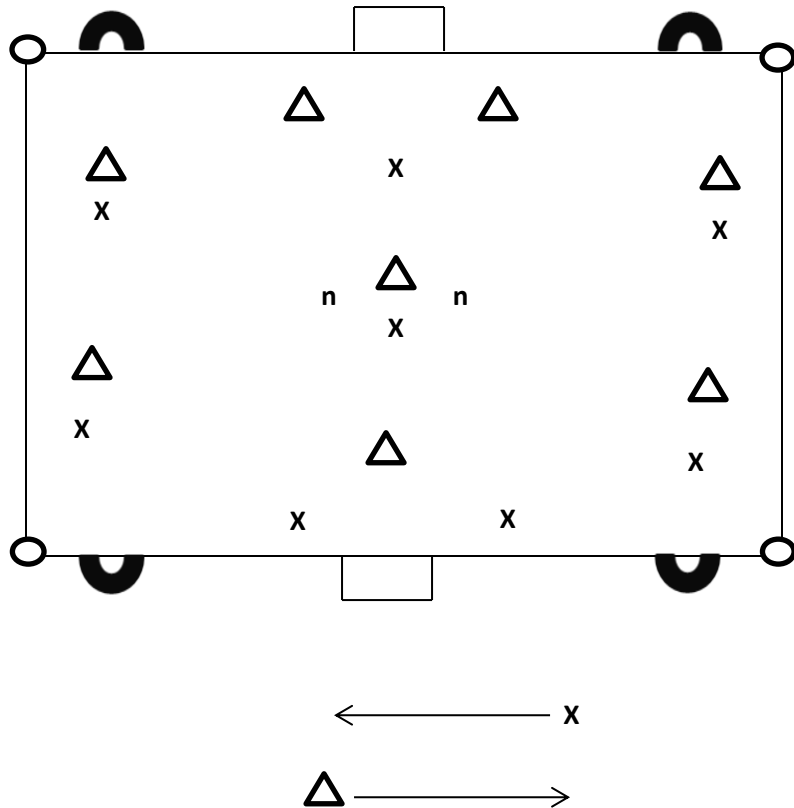
The one player in the attacking end-zone had to play as a 9 looking at holding the ball up against two defenders whilst help arrived.

Constant emphasis was placed on playing the simple option – ‘Think fast and play simple. 1-2-3 touch is best.’

Also, he demanded constant workrate in transition.

Once exercise got going and players understood roles this game was played at high intensity.

EXERCISE THREE (BP, playing forward from midfield with some work on shape in BP)



AREA

Half-field.

Each end-line has 2 small goals between side-line and 18-yd box and normal goal.

ORGANISATION

2 teams of 8

2 neutral players

Teams play in a 4-1-3 formation with neutrals playing as extra midfielders.

End-zones are 2 v 1 defender overload.

DESCRIPTION

- Game was played.
- Scoring:
 - 1 point for a goal out wide
 - 2 points for a goal in middle (could only score with a header or volley – no GK)

Constant emphasis was placed on playing the simple option – ‘Think fast and play simple. 1-2-3 touch is best.’

Continuously beckoned for the players to be quick in transition.

Kept on calling out play ‘security pass’ to midfield (neutral).