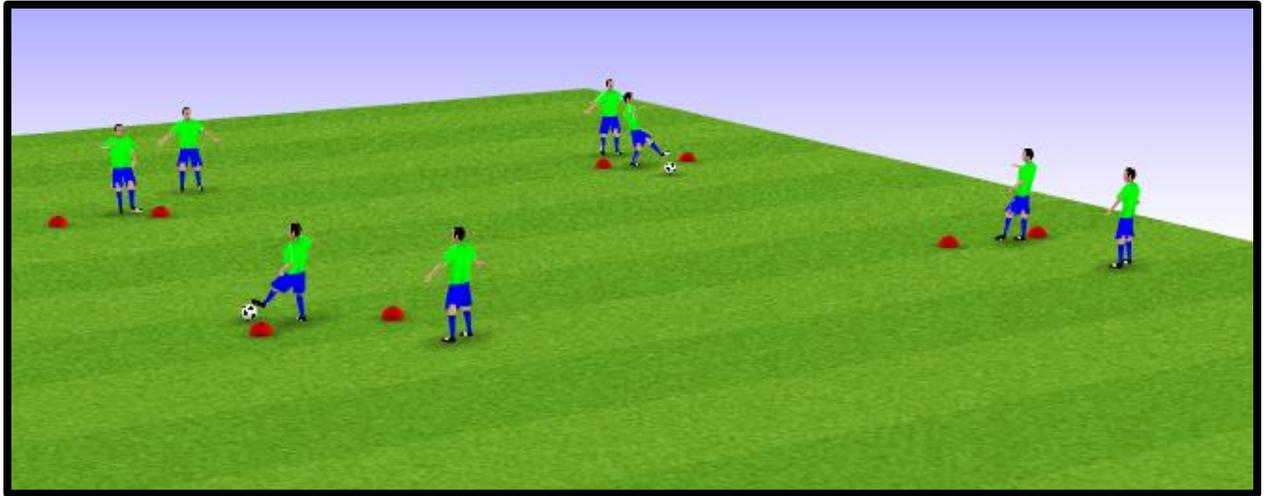


On Friday February 28, 2014, I attended the Soccer Champions Coaches Clinic at Mohegan Sun. Jay Miller, who coaches with the New England Revolution, was a clinician in the morning. Awesome session titled, **“Functional Training For Your Team’s Style of Play”**. He mainly focused on pattern passing that coaches should adjust to fit their team. The most beneficial part of this session was the words and phrases he used. I’ll try and capture it.

**PART ONE
WARM-UP**



Set-Up: As shown above

Progressions:

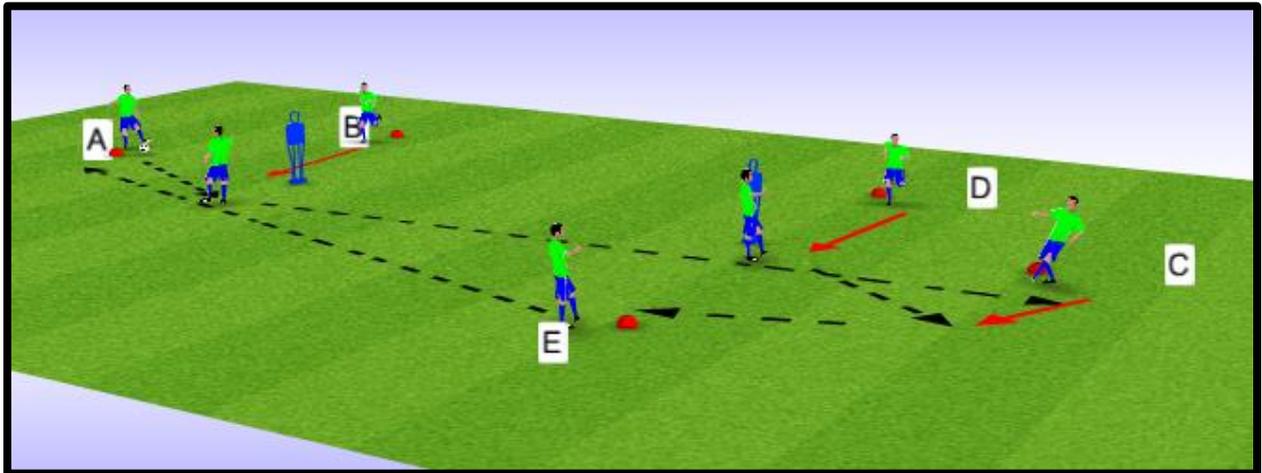
- 1) Pass, Follow Pass, 2-touch.
- 2) Pass, Follow Pass, 1-touch.
- 3) Give it and Get it, 2-touch.
- 4) Pass and spin to back of line, 2-touch
- 5) Pass and spin to back of line, 1-touch
- 6) Stop ball for player behind you to play.
- 7) Players would now repeat the above 6 progressions, now working around box.

What Jay Miller said...

“Bounce before you receive the ball”
“DO NOT be bored with the simple stuff.”
 “Do the simple things perfect every time.”
 “If you think it’s simple, do 100x perfect in a row”

He urged the coaches in attendance to set-up as many grids as necessary so players get as much repetition as possible.

**PART TWO
PATTERN
PASSING**



Set-Up: Place 2 players at each cone. The solid arrow represent player movement, the dashed arrows represent passes. Pattern should cover 30 yards.

A plays to B (who has made a run in front of mannequin)
 B turns with ball and plays to C (2-touches)
 C plays to D (who has made a run in front of mannequin)
 D plays back to C (1-touch)
 C plays to E (1-touch)
 E returns the ball back to A, pattern restarts.

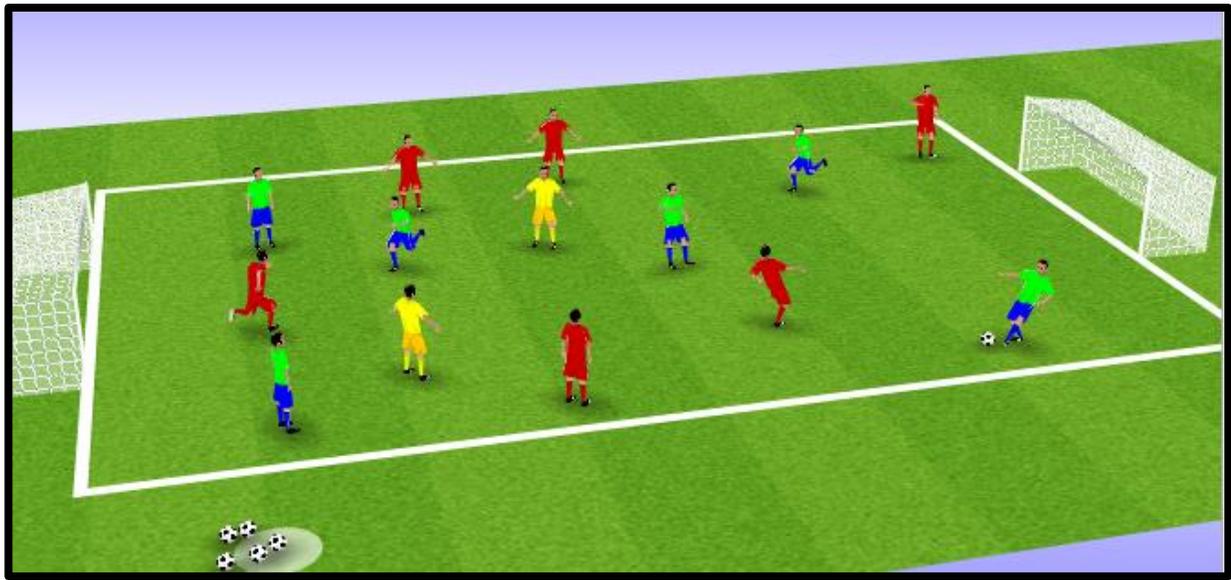
What Jay Miller said...

“Use the different passing progressions we worked in in the warm-up”
 “When you play, open up body to field as much as possible” (For players B and D)
 “Give the player a gift”

As the players were working, Jay talked to the coaches about the importance of “Deep Training” He says studies show that deep training only occurs for a max 7-8 minutes at a time.

PART THREE

6 v 6 + 2



Set-Up: 6 v 6 + 2. Field is 55x50 w/2 full size goals.

- 1) Game 1: 8 passes = 1pt (not many points were scored)
- 2) Game 2: 8 passes = 1pt OR Goal = 1pt

In Game 2, players did not attack the goal, they tried working the ball around and keeping possession.

What Jay Miller said...

-First pass of the game went right to a player in defensive corner of the field. All 13 other player were drawn to that quarter of the field like a magnet. Jay quickly stopped them, had them look at their spacing and asked the players how they could adjust.

-Jay demanded "efficiency with the ball" Spoke about the Germans. Research says that they are trying to get time on the ball to be less than 2 seconds.

"Play in the direction that you are facing quickly"

"Pass 'time' to your teammate if you play the ball quick"

I love that analogy, it made sense to the players.