

Pierrot Labat's
Elite Player Training Method



DVD 3 Transcript

DVD 3

Skill Training for Passing, Shooting and Crossing

DVD Intro

DVD 3 will focus on the skills of passing, shooting, and crossing. This unique training method promotes an automated “muscle memory” player response. These exercises are designed to begin slowly and simply, and increase in complexity and difficulty. The most benefit will be achieved by individual training or with a small number of players: 2 to 3 at the most. Exercises should be repeated every 7 seconds for maximum efficiency.

Session 1

Passing

Session Intro

In session 1 we describe many types of passing exercises. Players work either individually, (facing a high wall), in pairs, or with a maximum of 3 players. Be sure to do a minimum of 5 repetitions of the same pass with each foot. Before doing a pass, the player must always look up quickly at his partner’s position so that he can accurately deliver the ball to his target.

Exercise 1

Players are positioned 15-20 yards from each other. At this point, the ball is passed on the ground only. The player does a strong, medium-length pass on the ground with the inside or the top of the foot. The pass is received, controlled, and returned in the same way. Do 5 repetitions with each foot.

Exercise 2

The player drives a medium-length pass low, but off the ground, with the top of the foot by striking the ball slightly below its back, middle section. The partner who receives the ball controls it in the air by “killing it” with the inside of the foot. This is followed, if needed, by a second touch before returning the same pass.

Exercise 3

The player does a curled, medium-length pass in the air with the top of the foot. The partner who receives the ball chests it down, or controls it directly to the ground, followed by a similar return pass.

Exercise 4

The player does a long pass in the air with the top of the foot by striking the lower section of the ball. The partner who receives the ball chests it down or controls it in the air with the inside or the top of the foot. This is followed, if necessary, by a touch on the ground, and then a similar pass to his teammate in return. Do 5 repetitions of the same pass with each foot.

Exercise 5

The player does a long, bending pass in the air with the top of the foot. His partner controls it on the ground with a dribble movement of his choice and follows up with a similar pass in return. After receiving and controlling the ball, quickly turn and accelerate dribbling the ball several times.

Exercise 6

The player does a long, bending pass in the air with the top of the foot. The partner who receives the ball sweeps the ball on a half volley to a controlled possession directly on the ground. He then does a similar pass in return. They do 5 repetitions of the same pass with each foot.

Session 2

Shooting

Session Intro

The shooting exercises in session 2 aim at making players learn and repeat the skill in an automated way. After many repetitions, the object is to assimilate and memorize the action before doing it in a more complicated sequence, which would represent a common game situation. Each player does a set of 5 repetitions of the same shot with each foot. Before shooting, the player should always look up and choose a target spot in the goal he wants to hit.

Exercise 1

The player stands in the center of the pitch, 25 to 30 yards from goal. He dribbles toward goal with the outside of a foot, taking 3 or 4 touches with a small stride. He then makes a quick inside, then outside of the foot touch on the ball. Using the top of the same foot, he shoots at goal as hard as possible.

Exercise 2

The player is positioned in the center of the pitch, 18-20 yards from the goal and facing sideways. A player or coach serves the ball in the air as the player runs toward goal to receive it. He controls it with the inside of a foot with a half-volley sweeping motion and then finishes by shooting on goal with the top of the other foot. He does 6 to 8 repetitions shooting with both the right and left foot.

Exercise 3

The player begins on the side of the pitch, level with the top of the penalty area. Running forward, he receives the ball on the ground from a player or coach, dribbles the ball over 3 or 4 strides towards the goal, makes a dummy movement that is goal-side, and then a quick cut with the exterior of the other foot. He finishes by bending in a shot to the far corner with the top of the same foot. He does 5 repetitions on either side of the pitch.

Exercise 4

The player begins on one side of the pitch, level with the top of the penalty area. He receives the ball in the air while running towards goal and quickly controls it on the ground with the inside of one foot, on a half volley. He then bends a shot with the other foot in the opposite corner of the goal. He does 5 repetitions on either side of the pitch.

Exercise 5

The player begins on one side of the pitch near the touchline and 20 to 25 yards from the goal line. He dribbles the ball for 3 or 4 touches towards goal and, in front of a fixed opponent or obstacle, does a dummy or swerving movement using the lead foot. He then does a touch with the exterior of the other foot, thus creating space to bend in a shot to the far corner with the top of the same foot. He does 5 repetitions on either side of the pitch.

Exercise 6

The player begins on one side of the pitch near the corner of the penalty area. He dribbles the ball for 3 or 4 touches towards goal and, in front of a fixed opponent or obstacle, does a dummy or swerving movement using the lead foot. He then does a touch with the exterior of the other, thus creating space to bend in a shot to the far corner with the top of the same foot. He does 5 repetitions on either side of the pitch.

Session 3

Shooting Exercises Using A Bounce Board

Session Intro

In session 3 we will introduce the use of a bounce board to sharpen the attacker's reaction time and skill. The quality of the exercise is dependant on the players initial pass to the bounce board, so it must be with the correct pace and accuracy. The bounce board will be positioned both perpendicular and diagonally to the ground. Be sure the board is held securely in place so that it does not move. The player jogs on tiptoe and works out with his body relaxed.

Exercise 1

With his back to the goal, the player passes off the bounce board, which is placed in the center of the pitch and 25 yards away from goal. When the ball comes back off the board and on the ground, he controls it with the inside of one foot and pivots around to face goal. He then places a shot on goal with the top or the inside of the same foot. He does 10 repetitions, alternating right and left first-control foot.

Exercise 2

The player, with his back to goal, passes off the bounce board, which is placed in the center of the pitch and 25 yards away from goal. When receiving the ball, he controls it with the inside of one foot and takes a touch with the outside of the other, while pivoting around to face the goal. He then immediately follows with a dummy shot with one foot, then a quick touch with the exterior of the other. He finishes the movement with a well-placed shot on goal with the inside or top of the foot. He does 10 repetitions alternating right and left foot.

Exercise 3

With his back to the goal, the player passes off of a diagonal to the ground bounce board, which is placed in the center of the pitch and 25 yards away from goal. When the ball comes back off the board through the air, the player chests it down, directing it on the side of the forward-planted foot. He then controls the ball on the ground with the inside of the opposite foot, on a half volley, pivoting around to face the goal. He finishes with a hard, well-placed shot, with the top or the inside of the same foot.

Exercise 4

The player, with his back to goal, passes off a diagonal to the ground bounce board, which is placed in the center of the pitch and 25 yards away from goal. When the ball comes back off the board through the air, the player controls it with the inside of the foot by sweeping it behind the planted leg. Then, pivoting around, he does a touch with the exterior of the other foot. Now facing goal, he finishes with a shot either first time or after a dummy movement followed by a touch with the outside of the foot.

Exercise 5

With his back to the goal, the player passes off a diagonal to the ground bounce board, which is placed in the center of the pitch and 25 yards away from goal. When receiving the ball in the air, the player controls it with the outside of one foot, followed by an interior touch with the other, and pivots around. Facing goal, he finishes with a well-placed shot using the top or the inside of the same foot. He does 10 repetitions alternating right and left foot.

Exercise 6

The player begins on either side of the pitch, level with the penalty area. A bounce board is placed perpendicular to the ground and near the touchline. When the ball comes back off the board on the ground, he controls and dribbles it over 2 to 3 strides, towards goal. He then does a dummy shot, with the goal line side foot, followed by an exterior touch with the other foot. He bends a shot with the top of the same foot toward the opposite corner of the goal. He does 5 repetitions on either side of the pitch.

Exercise 7

The player passes off a perpendicular to the ground bounce board placed near the corner of the penalty area. When the ball comes back off the board on the ground, he finishes with a first time, well-placed shot on goal using the top of the foot. He does 5 repetitions on either side of the penalty area.

Exercise 8

With a diagonal to the ground board placed on one side of the pitch and near the corner of the penalty area, the player dribbles towards the board, passes it and receives the ball off the board in the air. He controls it on the ground, towards the blind side of the goal, with the inside of one foot. He then shoots hard with the top of the foot. He does 5 repetitions on either side of the penalty area.

Exercise 9

The player, on one side of the pitch, uses a bounce board; positioned diagonal to the ground and just outside of the penalty area. When the ball comes back off the board through the air, the player controls it on the ground with the inside of one foot. He then does a dummy shot with the other foot, and sometimes pulls the ball behind the planted leg. He finishes by taking one more touch with the exterior of the foot, followed by a bending shot to the far corner of the goal. He does 5 repetitions on either side of the penalty area.

Exercise 10

The player, with his back to goal, passes off the perpendicular to the ground bounce board, which is placed in the center of the pitch and 25 yards away from goal. When receiving the ball he pulls it behind the planted leg, pivots to face the goal, and takes another touch with the outside of the other foot. Before shooting, the player does a skill to beat an opponent. The finish should be a well-placed shot using the top of the foot. He does 5 repetitions with each foot, changing the dribbling skill each time.

Exercise 11

With his back to the goal, the player passes off the diagonal to the ground bounce board, which is placed in the center of the pitch and 25 yards away from goal. Receiving the ball in the air, the player pivots and turns to face the goal and controls it on the ground with the inside of one foot. He then dribbles past a fixed opponent, followed by a hard shot with the top of the foot. He does 5 shots with each foot.

Exercise 12

The player faces the goal and passes off of a diagonal to the ground bounce board, which is placed 25 yards away from goal and in the center or slightly on one side of the pitch. The ball is received in the air and swept with the inside of the foot diagonally towards goal. He finishes with a well-placed shot, using the top of the other foot. Before shooting, the control with the inside of the foot can be followed by an exterior touch with the other foot. He does 5 shots with each foot.

Session 4

Volley Shooting

Session Intro

In session 4 a player is served the ball by a coach or other player. These exercises develop timing, concentration, balance and accuracy when shooting on goal. Players should be relaxed and make solid, controlled contact with the ball.

Exercise 1

A player stands at the penalty spot and faces slightly sideways to the goal. He jogs on the spot, on tiptoe, and is thrown the ball in the air by a coach positioned to his side. On the first touch the player volleys a shot towards goal alternating right and left foot. The server changes sides after 10 repetitions: 5 with each foot.

Exercise 2

The player stands at the penalty spot with his back to goal. He jogs on the spot, on tiptoe. He receives the ball in the air from a coach or partner who faces him. He controls the ball with the top of one foot, steering it to the outside. As he pivots around on the planted foot, he turns and volleys a shot with the opposite foot. He does 5 repetitions with each foot, alternating right and left.

Exercise 3

The player jogs at the penalty spot with his back to goal. He is thrown the ball in the air from a coach or partner facing him. The ball is controlled with the thigh by steering it to the outside. He then swivels around on the tip of the foot that has controlled it, and volleys it toward goal with the top of the opposite foot. He does 5 repetitions with each foot, alternating right and left.

Exercise 4

The player is positioned near the 18-yard line or the penalty spot with his back to goal. He jogs on the spot, on tiptoe. He receives the ball in the air from a coach or partner who faces him. He controls the ball with the chest and steers it to the side of the forward foot, keeping the legs slightly bent. He then swivels round and volleys it towards goal.

Exercise 5

The player stands near the penalty spot and faces sideways onto the goal. He is thrown the ball in the air from a coach or partner. He controls it with the top of the goal-side foot and steers it toward the goal. He then swivels around on the tip of the foot that has controlled the ball, and volleys a shot towards goal with the top of his opposite foot. He does 5 repetitions with each foot. The coach moves from one side to the other.

Exercise 6

The player stands near the penalty spot, sideways onto goal. He jogs on the spot, on tiptoe. He receives the ball in the air, controls it with the goal-side thigh, and steers it towards goal. He then swivels around and volleys a shot toward goal with the top of his opposite foot. He does 5 repetitions with each foot. The coach moves from one side to the other.

Exercise 7

The player stands near the penalty spot and faces sideways onto the goal. He receives the ball in the air from the coach facing him and chests it down, steering it towards the forward-placed, goal-side foot. He then swivels around on the tip of his forward leg and volleys toward goal with the top of his opposite foot. He does 5 repetitions with each foot. The coach moves from one side to the other.

Exercise 8

The player stands near the penalty spot with his back to goal. He jogs on the spot, on tiptoe. He receives the ball in the air from a coach or partner who faces him. The player receives the ball slightly to one side and controls it with an outside-of-the-foot flick over his head. He then does a half-turn to face the goal, followed by a volley or half-volley shot. He does 5 repetitions with each foot.

Session 5

Volley Shooting Using A Bounce Board

Session Intro

In session 5 the use of the bounce introduces new challenges for the player. Passing must be firm and accurate. His reactions must be quick and decisive as the ball comes off the board. His foot placement and foot speed will determine his success when doing the exercises.

Exercise 1

The player, with his back to goal, passes off a diagonal to the ground bounce board; which is placed in the center of the pitch and 18 yards away from goal. When receiving the ball in the air, the player controls it with the top of the foot, directing it towards goal. He then swivels around and volleys with the top of the other foot. He does 5 repetitions with each foot, alternating right and left.

Exercise 2

The player, with his back to goal, passes off a diagonal to the ground bounce board; which is placed in the center of the pitch and 18 yards away from goal. When receiving the ball in the air, the player controls it with his thigh. He directs it to the outside to allow a turn on the tip of the planted leg and a volley shot at goal with the top of the other foot. He does 5 repetitions with each thigh, alternating right and left.

Exercise 3

The player, with his back to goal, passes off a diagonal to the ground bounce board; which is placed in the center of the pitch and 18 yards away from goal. When receiving the ball in the air, the player controls it with his chest, and directs it toward the planted forward foot. He then swivels around on the tip of his forward foot, and volleys at goal with the top of the opposite foot. He does 10 repetitions, alternating control toward right and left side.

Exercise 4

The player, with his back to goal, passes off a diagonal to the ground bounce board; which is placed in the center of the pitch and 18 yards away from goal. When receiving the ball in the air, the player controls it with the outside of the foot, flicking it over his head. Then, after a half-turn, volleys or half volleys a shot on goal. He does 10 repetitions with each foot, alternating right and left.

Exercise 5

Place the diagonal to the ground bounce board perpendicular to the end line and 18 yards from goal. The player is positioned 20 yards from goal and facing sideways. When receiving the ball in the air, the player half volleys a shot at goal with the top of the foot. He does 5 repetitions with the bounce board on both sides of goal.

Exercise 6

The player, positioned near the penalty spot and sideways onto the goal, uses a diagonal to the ground bounce board. The board is facing him, perpendicular to and 15 yards from the goal line. When the ball comes back through the air off the board, the player controls it with the top of the goal-side foot, directing it towards goal. He swivels around on the tip of his control leg, and then volleys a shot with the top of the other foot. He does 5 repetitions with the bounce board on both sides of goal.

Exercise 7

Place the diagonal to the ground bounce board perpendicular to the goal and 15 yards from the goal line. The player is positioned near the penalty spot facing the board and sideways onto the goal. He controls the ball in the air with the goal-side thigh, directing it around toward goal. He swivels and volleys a shot at goal with the top of the other foot. The player can also use the chest to control the ball before shooting. He does 5 repetitions with the bounce board on both sides of goal.

Session 6

Crossing

Session Intro

Session 6 will focus on the specific skill of crossing the ball. The subtle difference between exercises is important to mention, as this training method strengthens technique and muscle memory so a player can perform this skill when needed. These exercises are done with the use of a bounce board or by following a direct pass from a player or coach. The player will perform one-touch crosses as well as crosses after a control or dribble. Before crossing, the player should always look at the spot he wants to reach with the ball.

Exercise 1

The player is placed 25 to 30 yards from the goal line, on one side of the pitch and near the touchline. While running, he receives a diagonal pass on the ground. He collects it with the inside of the outer foot and dribbles diagonally toward the goal line. After looking up to find the target and while running with small steps, he does a high cross in front of goal with the top of the goal-side foot. He does 5 repetitions on either side of the pitch.

Exercise 2

A player is placed 25 to 30 yards from goal, on one side of the pitch and near the touchline. He receives a pass on the ground, toward the goal line. After looking at his target, the player delivers a one touch cross, placed high and in front of goal with the top of the goal-side foot. He does 5 repetitions on either side of the pitch.

Exercise 3

The player is placed 15 to 20 yards from the goal line, on one side of the pitch and near the touchline. He receives a pass on the ground, toward the goal line. After looking at his target, the player delivers a mid-height, curling cross in front of goal with the top of the goal-side foot. He does 5 repetitions on either side of the pitch.

Exercise 4

The player is placed 15 to 20 yards from the goal line, on one side of the pitch and near the touchline. While running, he receives a pass on the ground. He collects the ball with the inside of the outer foot and dribbles on a diagonal inside the penalty box. After looking up at his target and before the ball goes out-of-bounds, the player delivers a straight, mid-height cross in front of goal with the top of the goal-side foot. He does 5 repetitions on either side of the pitch.

Exercise 5

The player is placed 15 to 20 yards from the goal line, on one side of the pitch and near the touchline. While running, he receives a pass on the ground. He collects the ball with the inside of the outer foot and dribbles on a diagonal inside the penalty box. After looking up at his target and before the ball goes out-of-bounds, the player delivers a looping cross to the far post with the top of the goal-side foot. He does 5 repetitions on either side of the pitch.

Exercise 6

The player is placed 15 to 20 yards from the goal line, on one side of the pitch and near the touchline. While running, he receives a pass on the ground. He collects the ball with the inside of the outer foot and dribbles on a diagonal inside the penalty box. After looking up at his target and before the ball goes out-of-bounds, the player delivers a low cross in front of goal, with the top or the inside of the goal-side foot. He does 5 repetitions on either side of the pitch.

Session 7

Crossing Using A Bounce Board

Session Intro

In session 7 we use the bounce board to simulate game-like play. The player begins to combine passing, controlling and finishing with a cross, all within one exercise. The quality and accuracy of the cross delivered is very important.

Exercise 1

The perpendicular to the ground bounce board is placed 20-25 yards from the goal line and to one side of the pitch. When the ball comes off the board, it is controlled on the ground and dribbled toward the goal line. After a glance at the target, he delivers a high, looping cross to a teammate in front of goal. He does 5 repetitions on either side of the pitch.

Exercise 2

The player is placed on one side of the pitch and uses a diagonal to the ground bounce board. The ball is received in the air while running, controlled and dribbled toward the goal line. After 3 to 4 touches, he delivers a deep, high cross to his teammate in front of goal. He does 5 repetitions on either side of the goal.

Exercise 3

With the bounce board positioned near the corner of the penalty area, the player passes off the board and dribbles toward the goal line. After looking up, he delivers a deep cross to a teammate. Do this exercise with the bounce board positioned both perpendicular and diagonal to the ground.

Exercise 4

For the remainder of the bounce board crossing exercises, repeat the movement but change the type of crosses made. Crosses made should be: a curled cross, a mid-height cross, a deep cross to the far post, and a low cross along the ground. For each one, do 5 repetitions on each side of the pitch.