

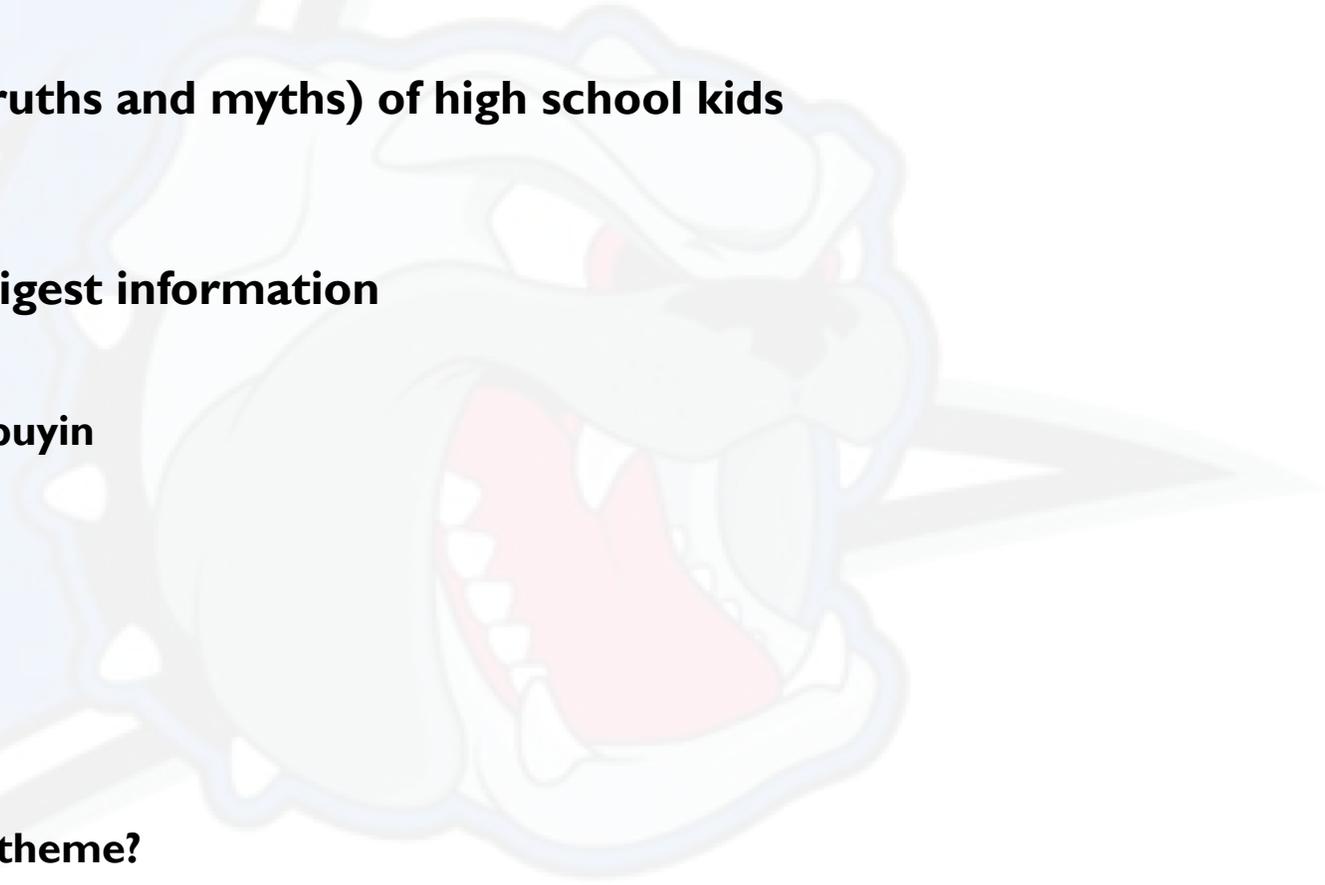
**TEAM MANAGEMENT FOR THE MODERN AGE:
HOW TO PUT 30 HOURS INTO A DAY FOR THE
IPLAYER**

Mathes Mennell Head Coach, Men's Soccer University of North Carolina Asheville

Managing/Coaching the iPlayer

What are some characteristics (truths and myths) of high school kids today?

- **Attention Span**
- **Ability to consume and digest information**
- **Investment**
 - **What do they need to buyin**
- **Patience**
 - **Do they have it?**
 - **How do we teach it?**
- **Big Picture thinkers?**
- **Motivation**
 - **What is the overriding theme?**
- **Modern Day Concerns?**
- **Are they different than we were?**



The iPlayer Playlist

Practice

Team Meetings

Games

Warm-ups

Pre-Match Talks

Post-Match Talks

Fitness

Recovery

School

Homework

Eating

Sleep

Social Time

Church Events

**Extracurricular
Activities**

Family Events

EVERYTHING ELSE

The iPlayer Coach

How would the following coaches do today?

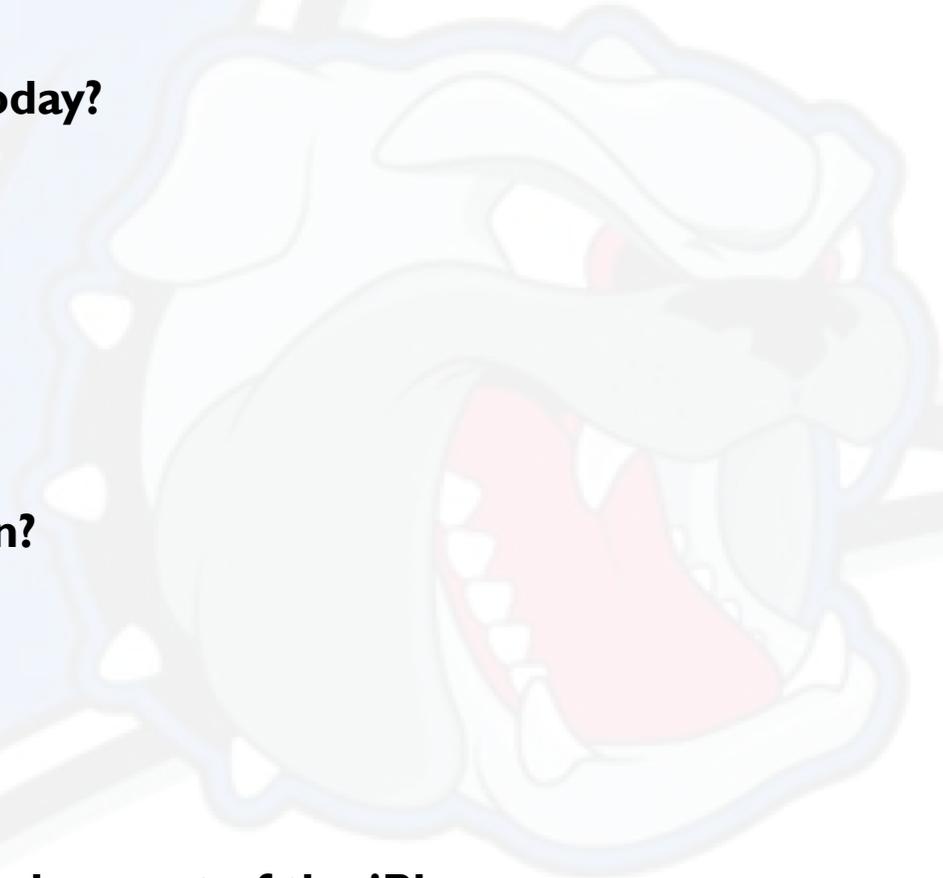
- **Vince Lombardi**
- **Rinus Michels**
- **Sir Alex Ferguson**
- **Pat Summitt**

What do the following have in common?

- **Steve Kerr**
- **Pep**
- **Jill Ellis**

Flexibility and focusing on the key part of the iPlayer:

The Player



Time Multipliers

How do you fit 30 hours into the day?

- **Practice Organization and Tempo**
- **Planning**
- **Communication**

Time Multipliers

Practice Organization and Tempo

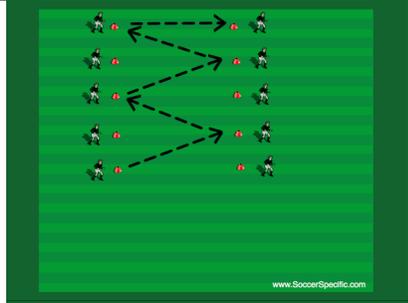
- **Smaller working numbers**
- **Make a plan and stick to it**
- **Give them the plan**
- **Tell them the why**



UNC Asheville Building Out of the Back

Date: **Mar 05, 2018** | Duration: **90 mins** | Team: **UNC**

Intensity: ● (6/10) |



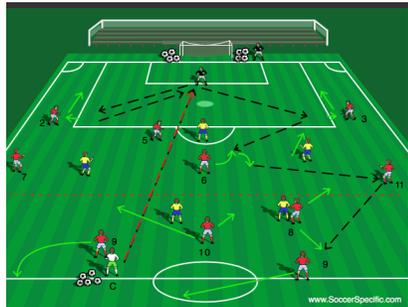
Setup: 10 cones; 5-7 Yards apart; 15 minutes duration for Warm-up/5 minutes for technical
Instructions: Standard Bulldog Warm-up then Technical Section with 2-3 Balls Passing
Coaching Points: Passing Directions:
1. L/R
2. R/L
3. 2 R
4. 2 L
5. Free Pass

1 ⌚ 20 mins ↗ As Shown



Setup: 50 x 50 Grid; 10 players per team; 6 v 6 inside; 90 second periods, change outside players.
G1: Left footed Finish
G2: Right footed Finish
G3: 1st time Finish
Instructions: Players on the outside are 1/2 touch and can be defended. Teams play until one team has knocked over 4 of 7 cones.
Coaching Points: Movement of football to find attacking moments (cones). Emphasize immediate pressure on the ball.

2 ⌚ 15 mins ↗ 50 x 50



Setup: Phase 2 - 6V3 in defensive third- Building through the (2,3,5,6), the central midfielder (8) and attacking midfielder (10). The forwards (9) try and stretch the field by running into space.
Instructions: Diagram shows the coach driving a ball into the GK's hands, the GK plays short to the 2/3 who gives it back, the GK then switches the point of attack to the number 2/3 who finds the holding midfielder. The number 6 receives the ball on the half turn and plays wide to the number 11/7 who connects with a penetrating number 8. Must connect at least five passes in the defensive third before you can advance the ball to the number 8 or 10. Continue different scenarios for 15 minutes.
Coaching Points: Breaking the opponent's first line of pressure, switching the point of attack, good starting positions, reading how and where the three attackers are pressing. GK can also play into 7/11 if 2/3 are marked out of consideration.

3 ⌚ 20 mins ↗ As Shown



UNC Asheville Building Out of the Back

Date: **Mar 05, 2018** | Duration: **90 mins** | Team: **UNC**

Intensity: ● (6/10) |



Setup: 11 v 11; 3-5-2 vs 4-3-3
Instructions: T1: BM, DB19, DD, JL, IV, BK, KA, CD, EW, LD
T2: EL, CP, JP, LM, ML, FM, BO, RL, Bash, TD
Coaching Points: 30 minute game; normal rules apply
3-5-2 MUST build from the back

4 ⌚ 2 x 15 mins ↗ Full

Time Multipliers

Periodization

- **You can never put too much planning into your prep**



Date	Per. Phase	Event #1	Load	Event #2	Load	Event #3	Load	Load Avg
9-Aug	Fitness	Training	4	Weights	3	Yoga	2	3.0
10-Aug	Fitness	Training	4	Travel	1	Team Building	1	2.0
11-Aug	Match Day	@ NKU	5	Travel	1	Travel	1	2.3
12-Aug	Off Day	Off	0	Off	0	Off	0	0.0
13-Aug	Fitness	Training	3	Team Building	2	Yoga	2	2.3
14-Aug	Match Day	Technical	1	Travel	1	@ Mercer	5	2.3
15-Aug	Fitness	Regen Training	2	Weights	2	Yoga	1	1.7
16-Aug	Fitness	Training	4	Weights	3	Team Building	1	2.7
17-Aug	Fitness	Training	3	Team Building	1	Yoga	2	2.0
18-Aug	Match Day	Technical	1	Match Brief	1	GA Southern	5	2.3
19-Aug	Off Day	Off	0	Off	0	Off	0	0.0
20-Aug	Fitness	GITUNCA	5	Weights	3	Off	0	2.7
21-Aug	Fitness	Training	4	Weights	3	Off	0	2.3
22-Aug	Preparation	Training	4	Off	0	Off	0	1.3
23-Aug	Preparation	Training	3	Travel	1	Team Building	1	1.7
24-Aug	Match Day	Technical	1	Match Brief	1	@ Wright State	5	2.3
25-Aug	Regeneration	Pool Session	2	Travel	1	Off	0	1.0
26-Aug	Preparation	Training	3	Yoga	2	Habitudes	0	1.7
27-Aug	Match Day	Technical	1	Match Brief	1	@ Wofford	5	2.3
28-Aug	Off Day	Off	0	Off	0	Off	0	0.0
29-Aug	Fitness	Training	4	Weights	3	Off	0	2.3
30-Aug	Preparation	Training	3	Off	0	Off	0	1.0
31-Aug	Match Day	Technical	1	Match Brief	1	USC Upstate	5	2.3

At Christ School

5

Events Types

#

Competition Days	1	0.01
Yoga	5	0.07
Fitness Test	0	0.00
Match	6	0.09
Off	17	0.25
Weights	6	0.09
Training	13	0.19
Technical	5	0.07
Travel	6	0.09
Team Building	6	0.09
Match Brief	4	0.06

Total

69

1

Sunday

End of CARA Week

Time Multipliers

Communication: Getting them the info

- **Email, Powerpoint, Excel**
- **SoccerSpecific.com**
- **Soccer Pulse**
- **TeamWorks**
- **Team Management Software**



UNC Asheville



Winthrop



**7:00pm
25 October, 2017
Rock Hill, SC**

Winthrop

4-4-1-1





About Winthrop

4-4-1-1



Winthrop MENTALITY

- They will be desperate to win. Their season depends on this result. As does ours.
- Be prepared for them to be very purposeful. They want to get the ball to #10 and let him make plays.
- Hard working, blue collar type of approach. They will work hard for 90 minutes whether they are ahead or trailing. They will not quit until you make them.

How Winthrop wants to DEFEND Notes

- They will press us so we have to be smart about solving this...Safety vs. Risk
- They are not very good in dealing with teams that ATTACK them.
- They will be actively looking to tackle and set the tone in MF. Not a game for soft play.
- They struggle defending in-between the lines. Have to get to their soft spots and attack them off the edge and look to penetrate.
- They can be pinned if we will be very active in our movement/passing in the attacking half.
- GK is very average.

How Winthrop wants to ATTACK Notes

- They want to play hopeful balls and let the #18 get onto the ball after the initial challenge. Seconds and loose balls have to be ours. #18 can hurt you if you give him time and space.
- They are pretty good at set pieces/long throws and will look to collect as many of these as possible.
- They will shoot from non-traditional moments. Make sure that we are fully committed to blocking shots....nothing casual.
- They want to get chances from mistakes. Limit these and you take away a huge part of their attack.

Winthrop RESTARTS

- Will be very committed to competing in set pieces! They are pretty good at getting onto service!
- Longwood Defensive Corners: Standard Set-Up. WE MUST USE A DYNAMIC TWO MAN CORNER!
- Longwood Att Corners: Will look to get the ball to the near post for a flick or to the top of the box.



OUR KEYS TO THE GAME

- We MUST pass the ball and applying positive pressure via possession! Get at them! And then Get at Them some more!
- Play in our attacking half! We have to **move off the ball and pass the ball** in our attacking half! The more effective passes we attempt/complete in the attacking half the better! We have to run behind them to open the gaps!
- Make sure you know where #18 is and get him under pressure, he is the focal point of their attack. Don't give him too much space but be mindful to not dive in and be honest in your defending.
- Going to be a very hard nosed college soccer game!
- Everyone's Big South hopes are on the line in this game. The team that manages this will win. There are no "off" plays!
- We have to do us....play attacking soccer, run hard, pass to the team in blue, and be mentally and physically tough.

Final Thoughts for Winthrop

Now-3 Points-Find A Way



UNC ASHEVILLE
VS.
NC STATE



STARTING LINE-UP VS. NC STATE





UNC ASHEVILLE DEFENSIVE SHAPE





ATTACKING SET PIECE RESPONSIBILITIES



Corner Kick Service: [Andy/Hayden](#) (**Short Corner**)

Indirect/Direct Free Kick Service: [Andy/Hayden](#)

Free Kick in Our Half: [Closest](#) get a hand on it and get it moving

Free Kick Shot: [Andy/Joe/Bova](#)

Free Kick Service: [Andy/Hayden/Bova](#)

Penalty: [Andy](#)

Throw-In in our Defending Half:

- [Closest in Team Shape](#)
- **Stretch the field**

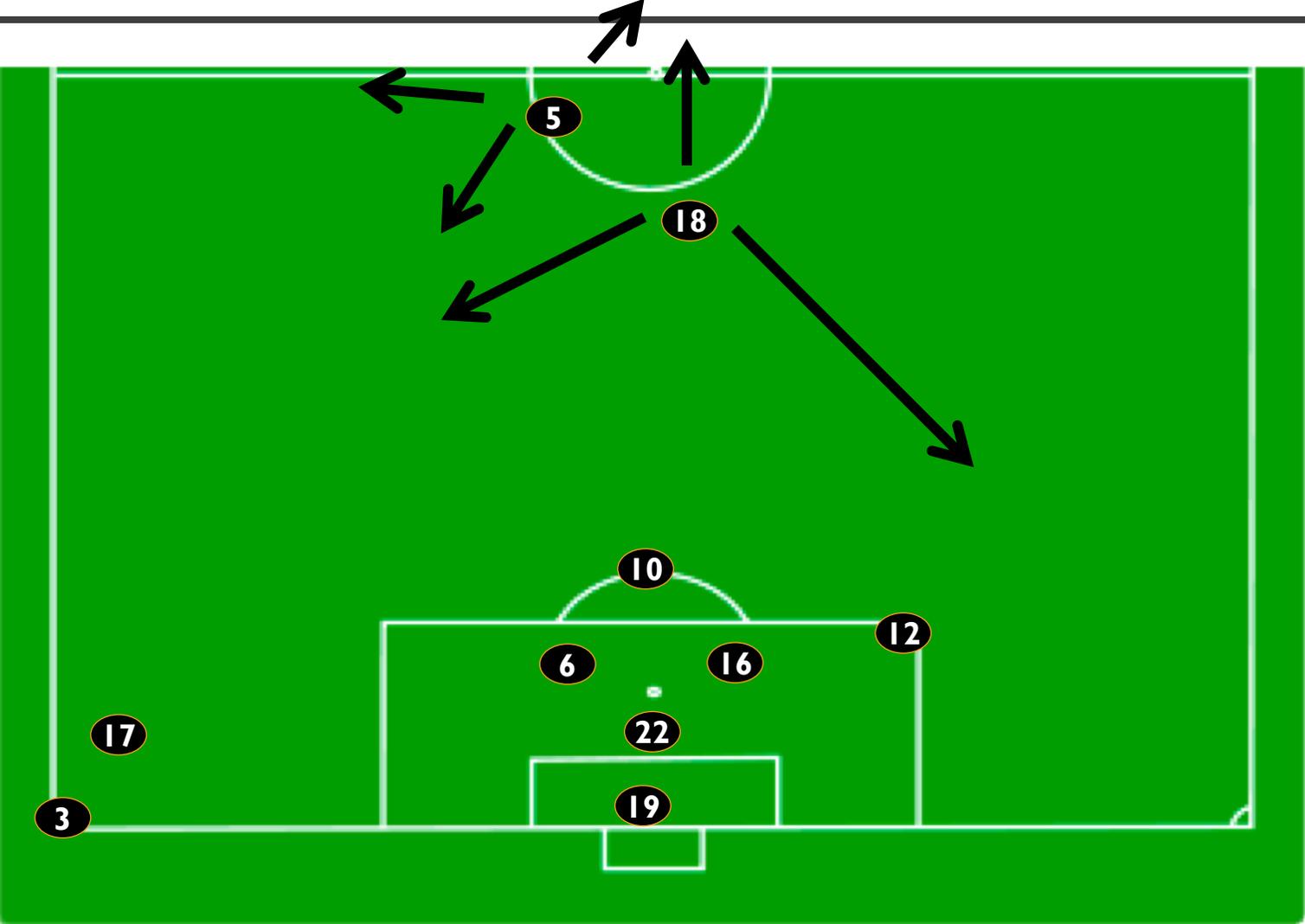
Throw-In in our Attacking Half:

- [Throw to our feet or positive space in behind](#)
 - [Most dangerous attacking option](#)



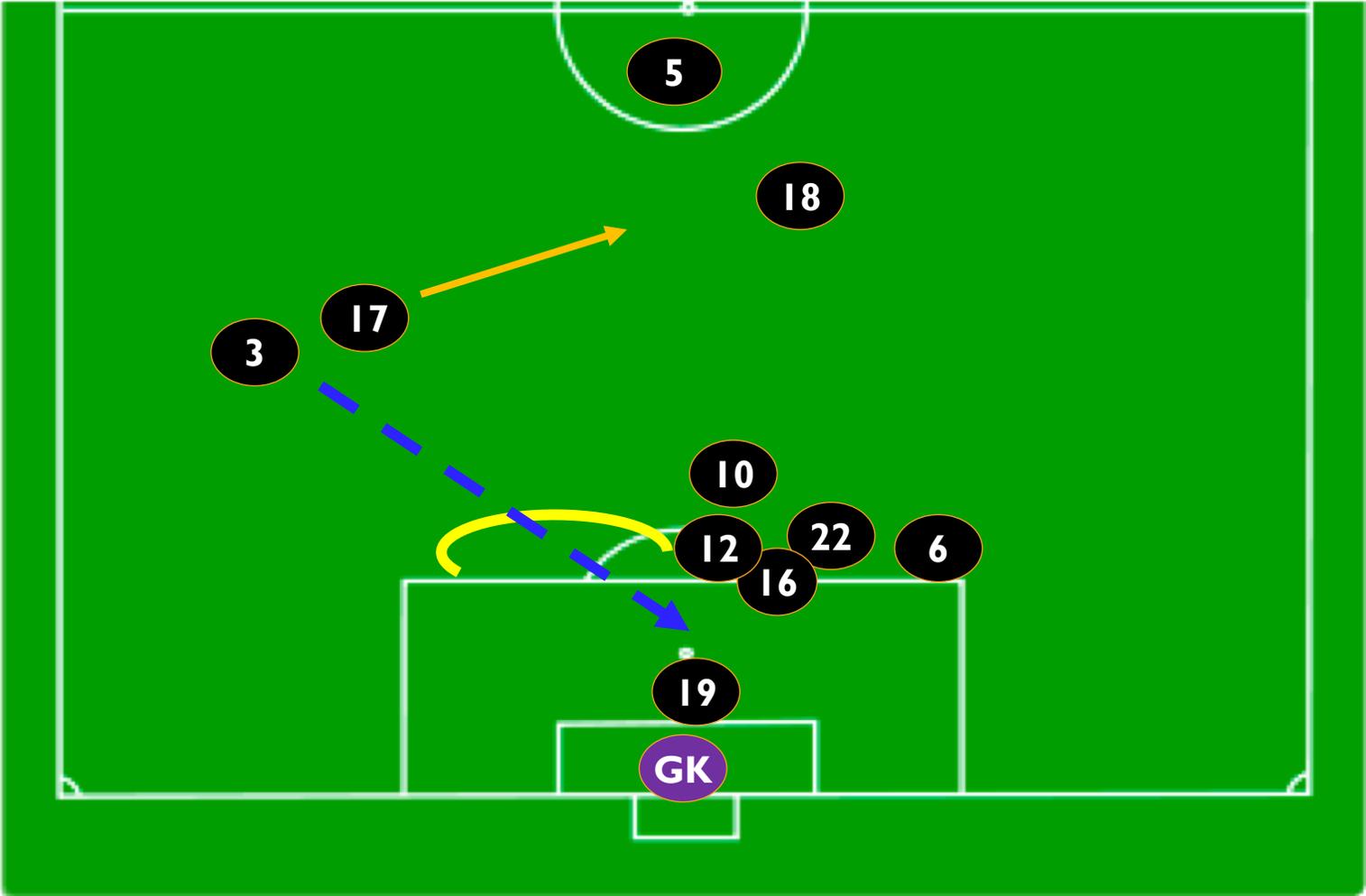


ATTACKING CORNERS
WE WIN IT OR THEY DON'T
CREATE SECOND/THIRD CHANCES...PLAY "SECOND
CROSSES"
DO YOUR JOB/ASSIGNMENT...LET IT DEVELOP!





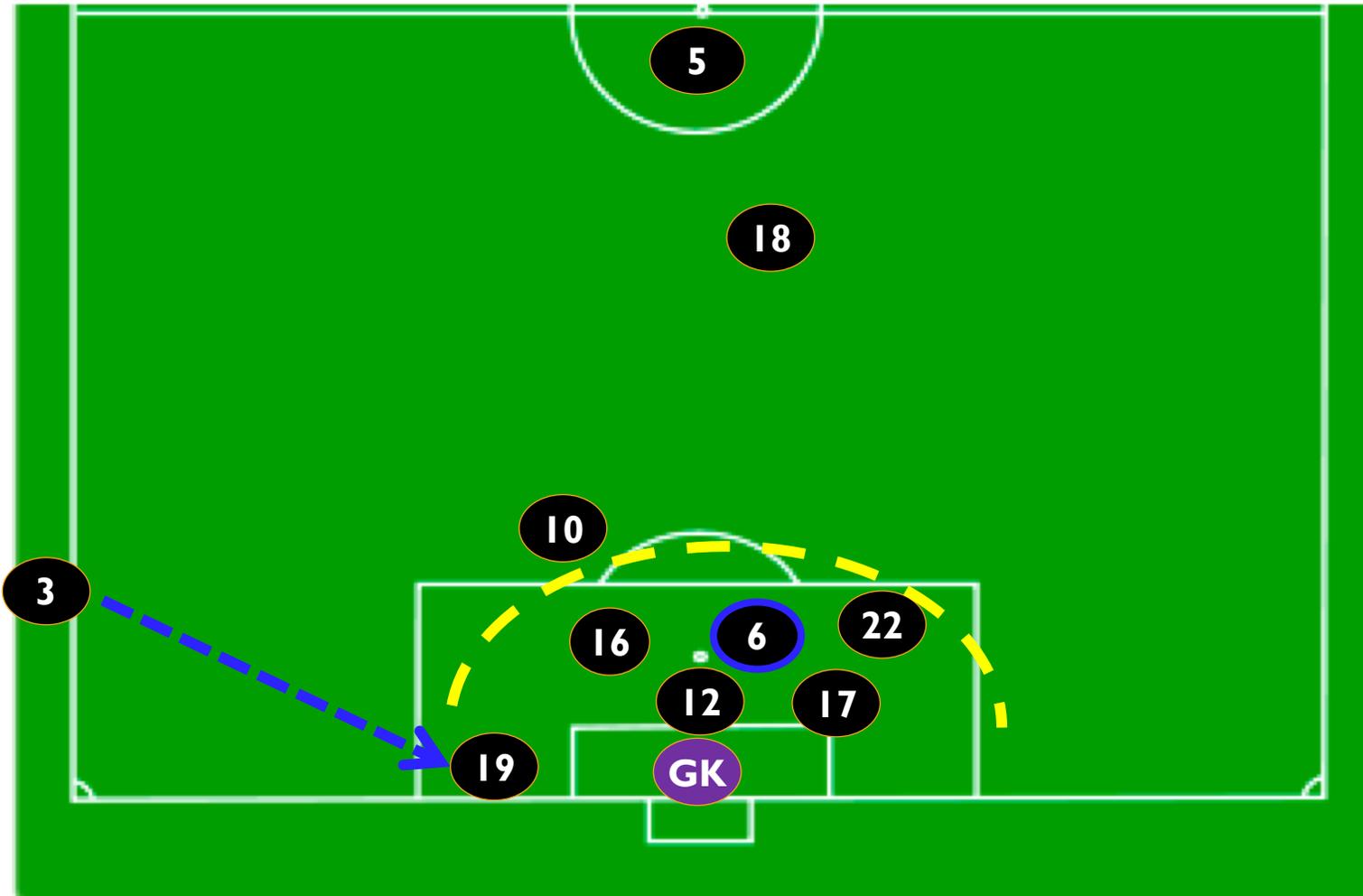
ATTACKING FREE KICKS
FRAME THE GOAL
CREATE 2ND CHANCES
GREAT TIME TO HIT OUR OPPONENT





ATTACKING LONG THROWS

WE WIN IT OR THEY DON'T
BALLS DON'T BOUNCE IN OUR 18
ELIMINATE 2ND BALL CHANCES/STAND THEM UP/REAL
PRESSURE ON THE BALL
WIN YOUR 1 V 1/HELP YOUR TEAMMATE
BE AWARE OF BALLS TO BACK POST OUT OF 2ND/3RD LOOKS





DEFENDING SET PIECE RESPONSIBILITIES

Corner Kick Service: [See Diagram](#)

Indirect Free Kick in Box: [All II and GK is the gunner](#)

Free Kick: [MF and F](#)

- [Create “Workable Space” for our GK](#)
- [Front the ball/prevent the quick restart](#)
- [Ask for 10 yards/Ask for the whistle](#)
- [Call out/Assign your Marking responsibilities](#)

Penalty: [Man Mark and Corners of 18](#)

- [See Diagram](#)

Throw-In: Standard of College Soccer

[Be ready to compete!](#)



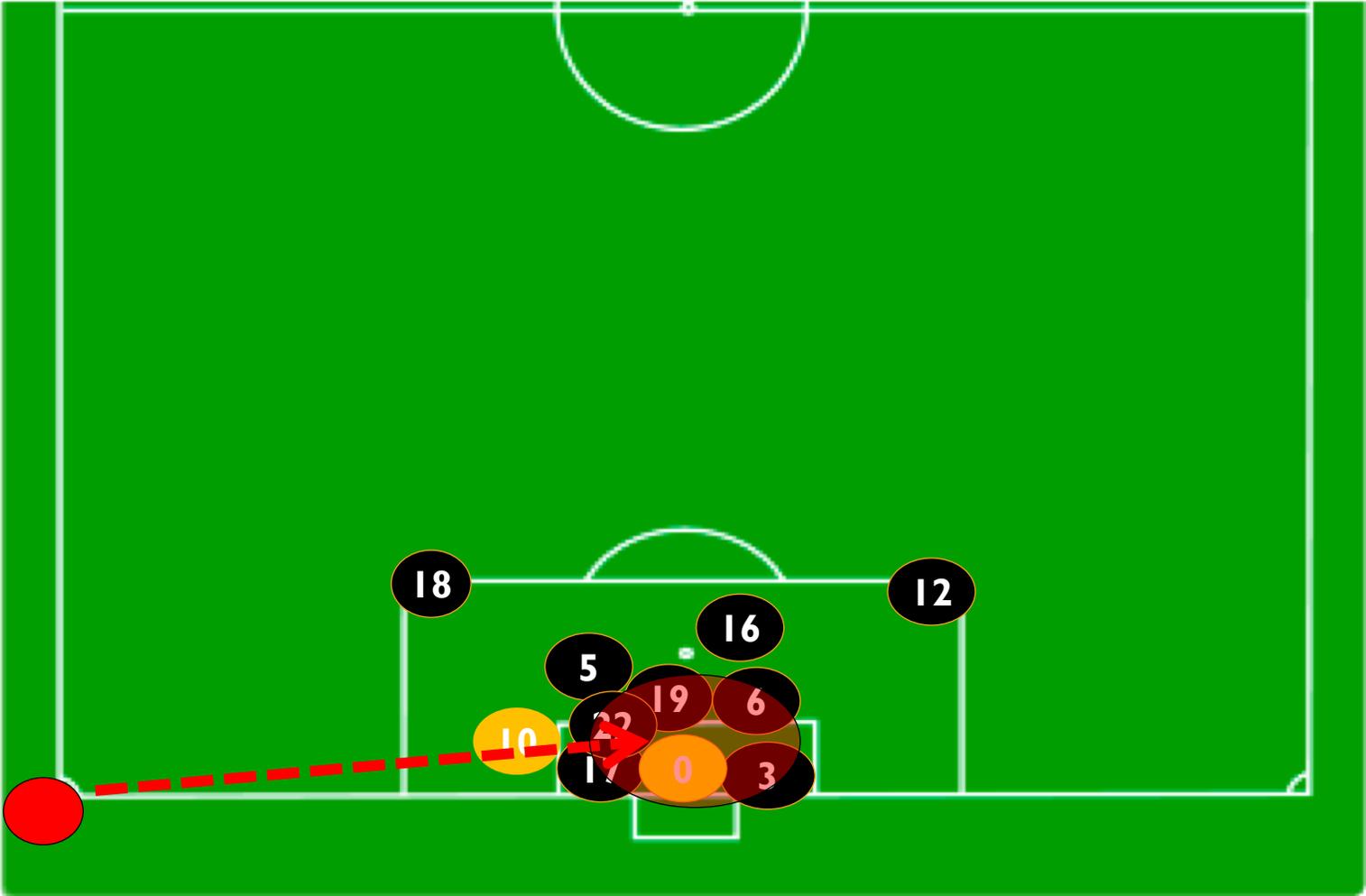


DEFENDING A PK
CLEAR THE SAVE
BALLS DON'T STAY IN OUR 18
BE 1ST TO THE BALL
#5 WILL GO MIDDLE/GK RIGHT





DEFENDING CORNERS (INDIANA)
WE WIN IT OR THEY DON'T
BALLS DON'T BOUNCE IN OUR 18
ELIMINATE 2ND BALL CHANCES/STAND THEM UP/REAL PRESSURE ON
THE BALL
WIN YOUR 1 V 1/HELP YOUR TEAMMATE
BE AWARE OF BALLS TO BACK POST



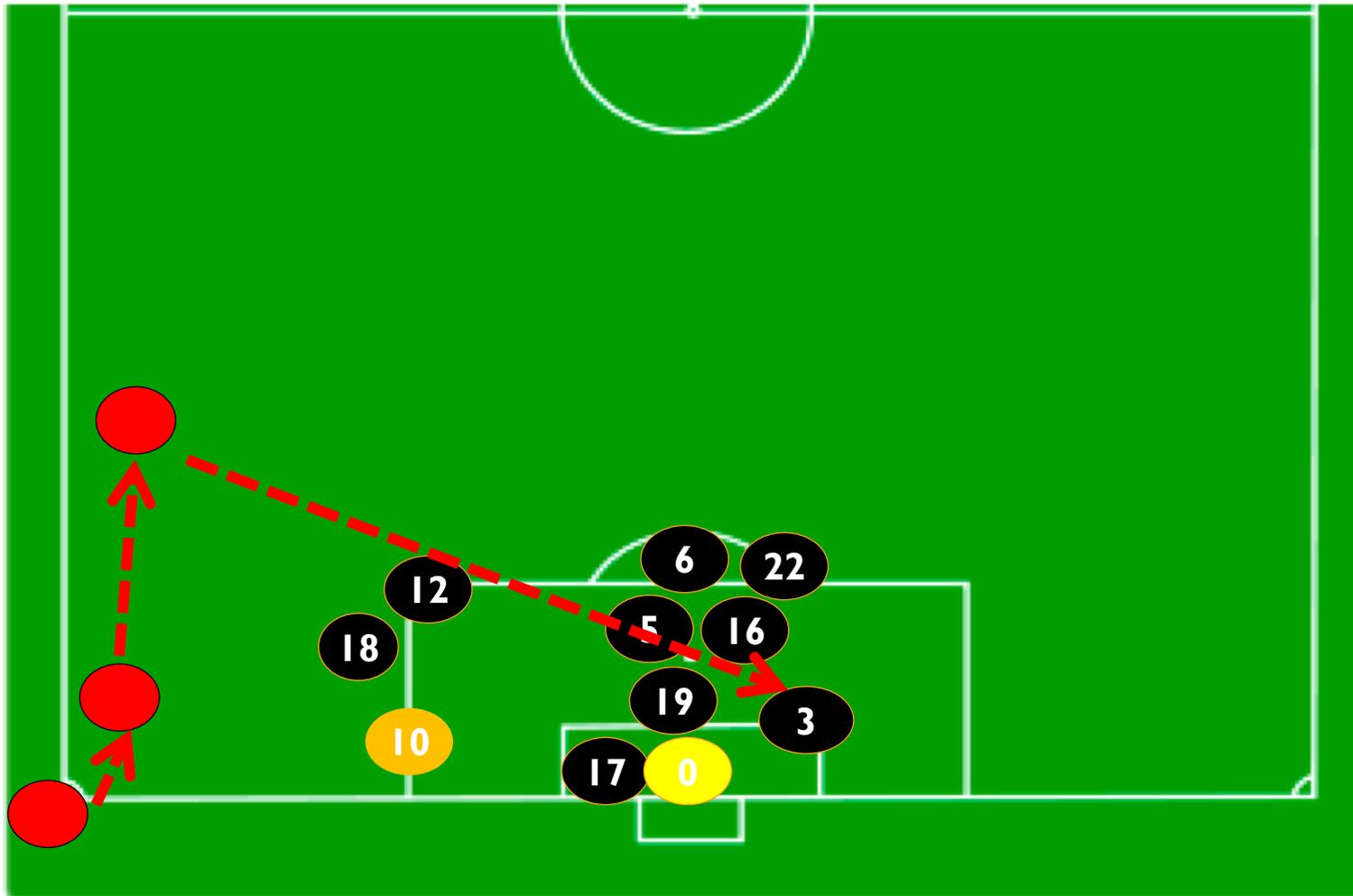


DEFENDING CORNERS (SHORT)

WE WIN IT OR THEY DON'T

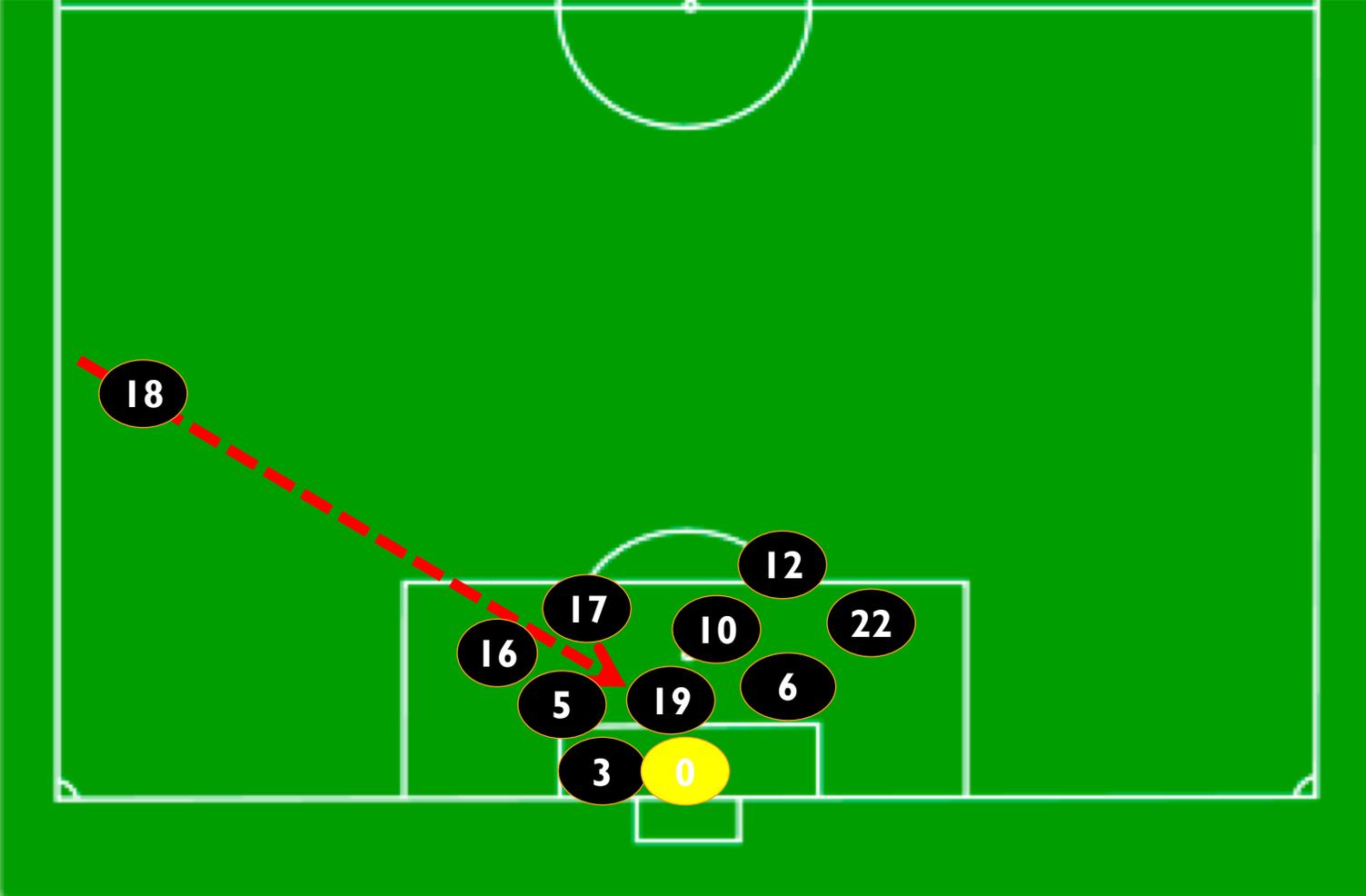
BALLS DON'T BOUNCE IN OUR 18
ELIMINATE 2ND BALL CHANCES/STAND THEM UP/REAL PRESSURE ON
THE BALL

HAVE TO STEP UP/TO A MAN IF THE BALL GOES NEGATIVELY
BE AWARE OF BALL TO BACK POST



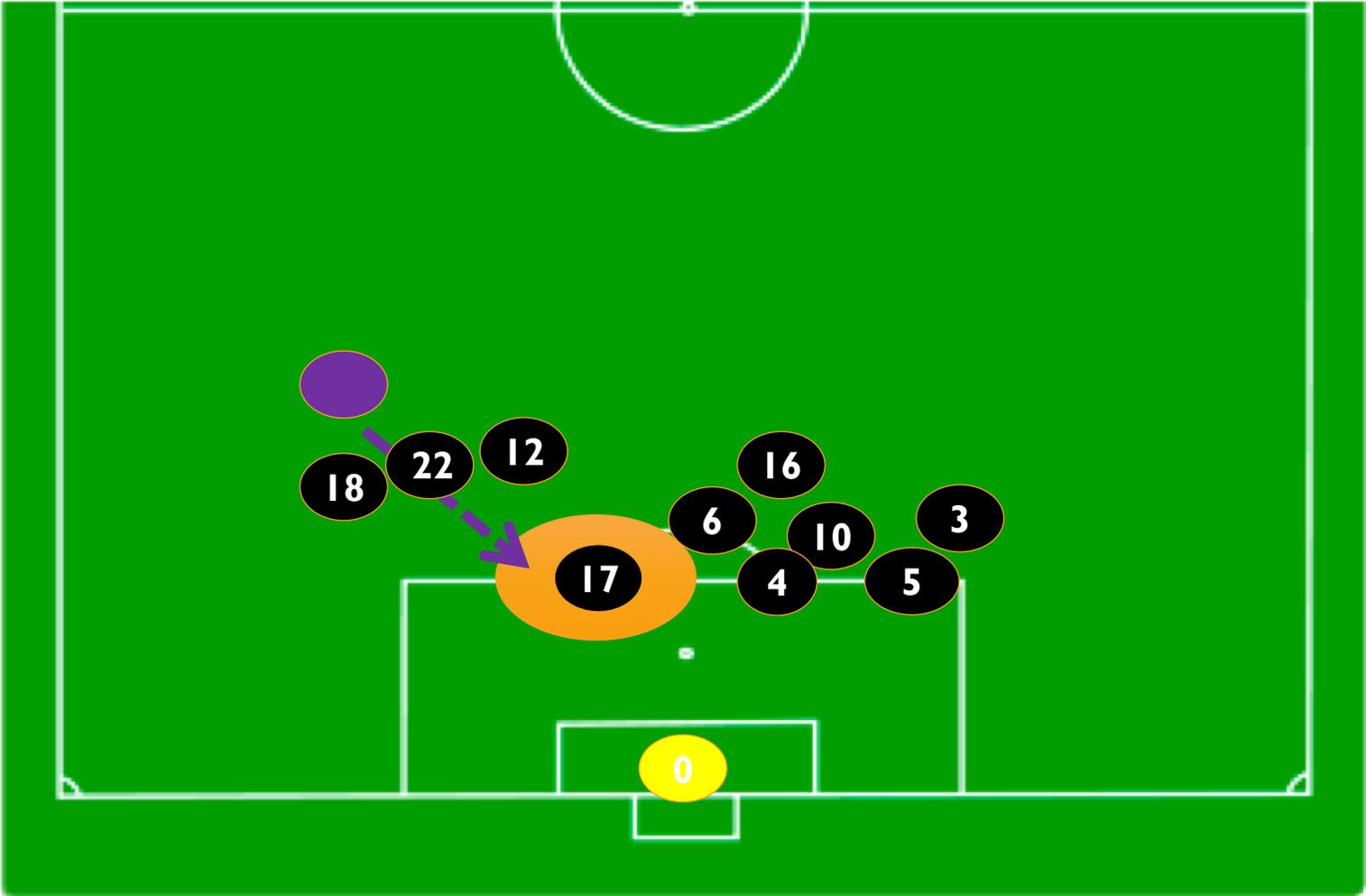


DEFENDING LONG THROWS
WE WIN IT OR THEY DON'T
BALLS DON'T BOUNCE IN OUR 18
ELIMINATE 2ND BALL CHANCES/STAND THEM UP/REAL PRESSURE ON
THE BALL
WIN YOUR 1 V 1/HELP YOUR TEAMMATE
BE AWARE OF BALLS TO BACK POST OUT OF 2ND/3RD LOOKS





DEFENDING FREE KICKS
MF'S AND F'S IN THE WALL
WE WIN IT OR THEY DON'T
MAKE SURE WE ARE IN THE HOLE
BE AWARE OF BALLS TO BACK POST OUT OF 2ND/3RD LOOKS





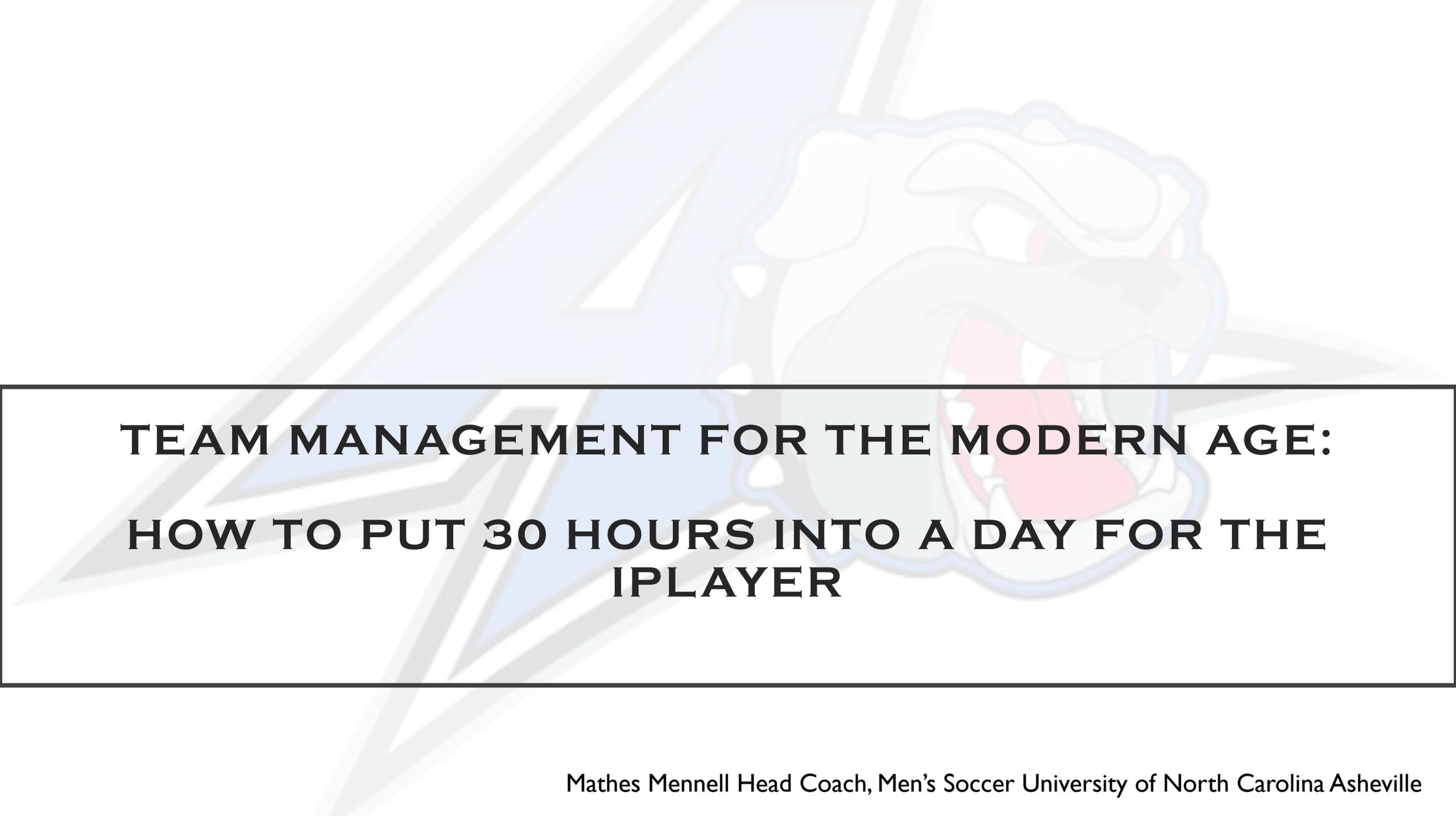
HOW WE BEAT NC STATE

Plow the Road!

Attitude, Communication, Effort

Your All for Asheville





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