

# PFF TAD Program Textbook 2019



**PFF TAD PROGRAM**  
DREAMS OF PHILIPPINE FOOTBALL

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1: TAD Coaching Method

## 1: TAD Coaching Method

1. Learn Principles by experiencing the game
2. Have players think deeply about Play

### Coaching steps

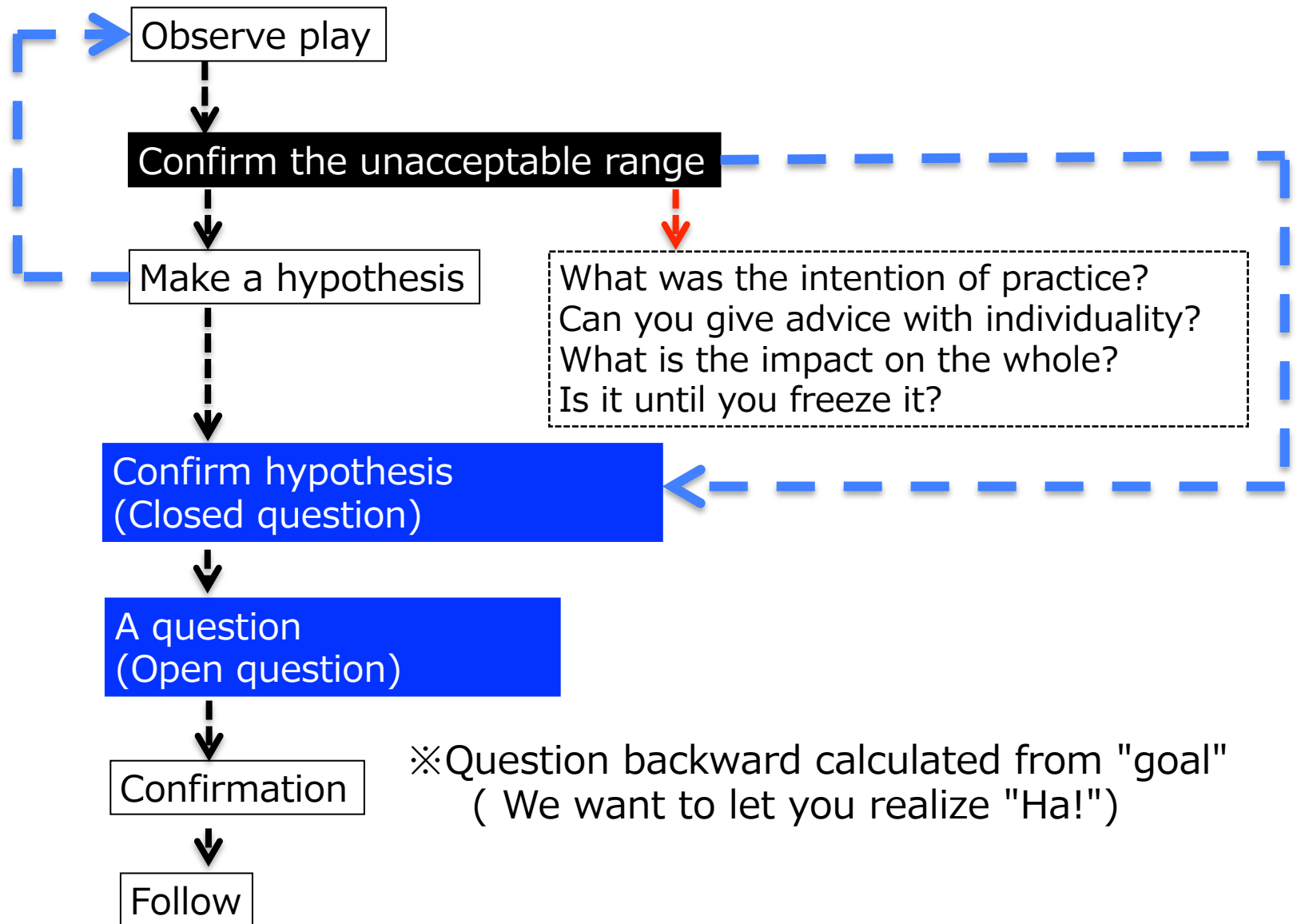
1. Set rules (conditions)

\*The goal is not strictly observing the rules, but learning

2. Ask players questions

3. Have them understand the Play (Principles of football)

## 1: TAD Coaching Method (Question)







## 2: Training Guide

## 2: Training Guide (age-based training)

### ► Up to age 9

Have players focus solely on their own playstyle.

Enhance their control of the ball and their own movement.

### ► Age 10-14

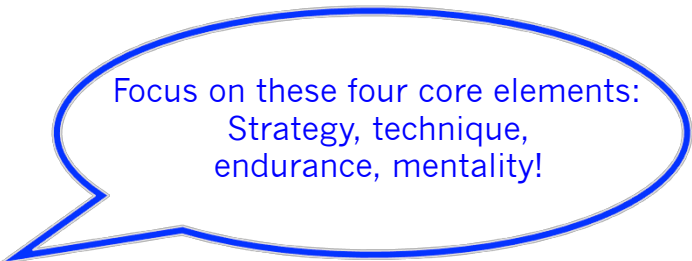
players learn that working together helps them play more effectively (and win).  
Learn how to play together with multiple players.

### ► Age 15-19

Players become aware of their singular role on the team.

Learn how to cooperate with all team members for the betterment of the whole.

## 2: Training Guide (approaches)



Focus on these four core elements:  
Strategy, technique,  
endurance, mentality!

1. Focus on using the goals and ball
2. Focus on training in the context of other players
3. Incorporate elements of offense and defense
4. Incorporate elements of competition, outcomes, and responsibility
5. Training regimen should enable players to be aware of issues, make decisions, and employ solutions
6. Implement training that allows individual players to overcome issues
7. Provide time for players to engage in serious competition
8. Learning about both sides of the equation  
(understanding that they stand to win/ gain some things, but also lose others)
9. Sharing the goals of training
10. Balance between reality and clarity
11. Have players fully understand the principles of football
12. Controlling one's attention and concentrating

Make practicing at a high level the norm!



### 1. Members/teams:

number of players and groups

### 2. Rules

Core rules designed to make it easier to achieve the desired results

### 3. Training workflow

Overall workflow

Can be changed based on players or pitch conditions

### 4. Concept

1-3 things you want them to learn

### 5. Questions for players

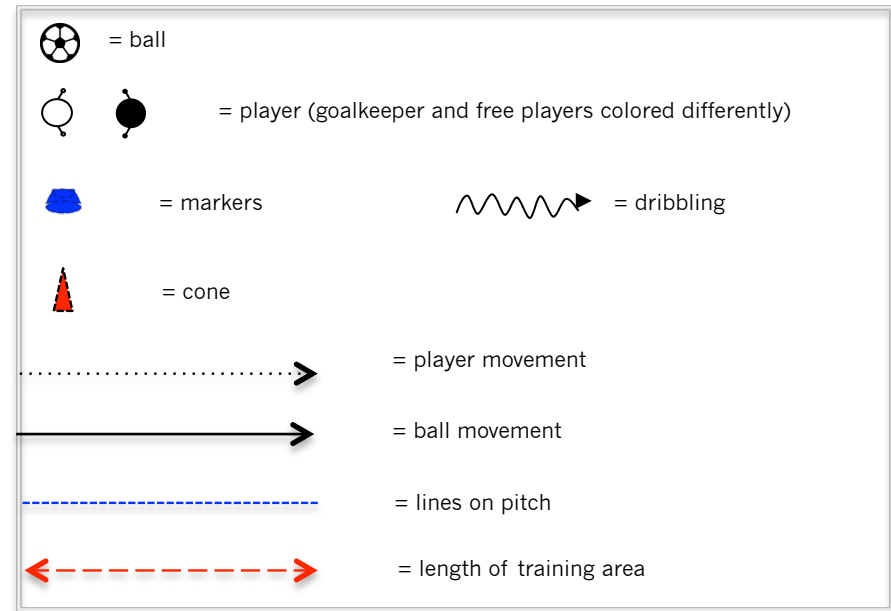
Key vectors driving players' thought process

Questions stimulating players' independence

### 6. Key coaching points

Steps needed to achieve training objective

Key details hidden in aspects of training



Training area = approximate size

The purpose of the training is key.  
Work backwards from the goal to plan your training regimen!

# Training types (example) Creating training objectives and systems

Preparing the pitch

## 6:00 PM: start

Convey basic concept and goals of training  
Goal = marking (defense)  
Breaking into groups (3 teams, 6 colors)  
20 members (two goalkeepers)

## 6:05 PM: start warmup

1. One-on-one ball control
  2. Coach assigns one-on-one groups
- \*Also have everyone stretch together to warm up

## 6:30 PM-7:00 PM

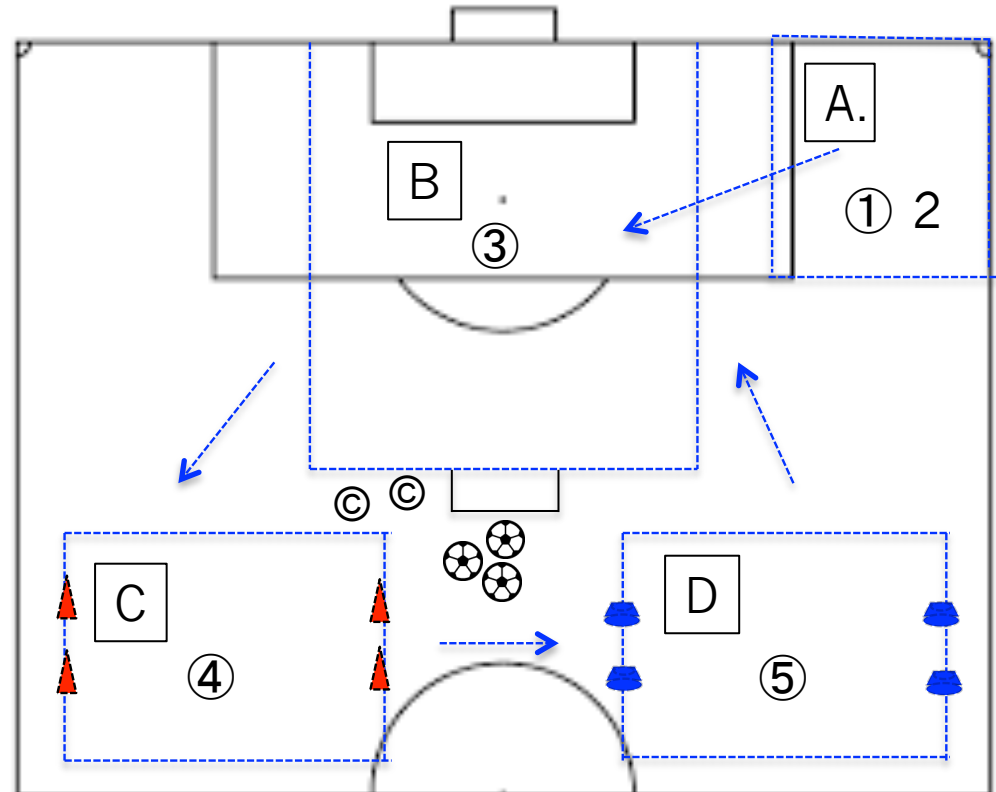
3. 3-on-3 + 1 goalkeeper, with main coaching
4. 3-on-3, with synchronized coaching
5. 3-on-3, with team discussion

## 7:05 PM

6. 6 teams engage in games
- 3-on-3 games on 3 courts

## 8:00 PM: confirm achievement of results and conclude

Clean up together and follow-up on training



Game supplement: use training court as-is.

However, block off into three sections and “promote” players up.

A (group 1) B (group 2) C (group 3) \*5 minutes per game

The **purpose** of the training is key.  
Break time should be kept short.  
Prepare an environment and content that allows players to stay focused.  
Also consider areas where they can hydrate themselves.



### 3: Training Formats

Members/teams: 3 vs.1

### Rules

Defensive player Y blocks offensive player A, who does not have the ball. Offensive players B and C pass the ball such that A is not caught

### Training workflow

Using two balls at the same time

Begin by using the hands

Once the players get used to it, switch to the feet

### Concept

Observe movements of defense and own teammates

### Questions for players

What decisions led you to back up a teammate?

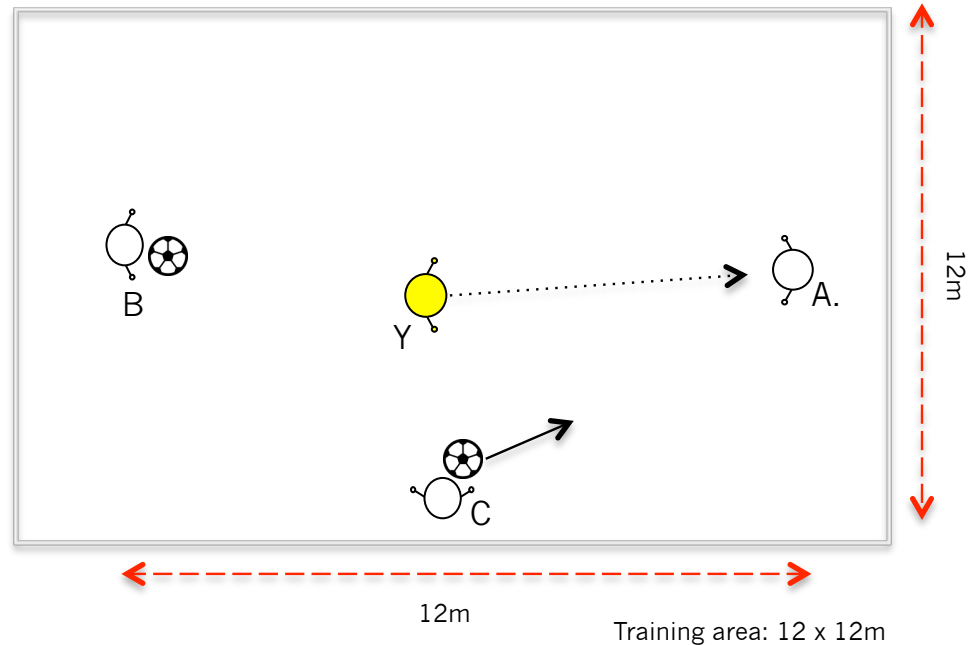
Where are the “dangerous” areas on the field?

### Key coaching points

Confirm that players are able to observe the other players as they engage in various movements and with different timing.

Have players understand what mistakes cause them to get blocked by opponents.

Have players also focus on movement even when not in control of the ball, changing the way it is passed across the pitch.



# Basics of goalkeeping: catching and rolling down

Members/teams: all players or only goalkeeper

## Rules

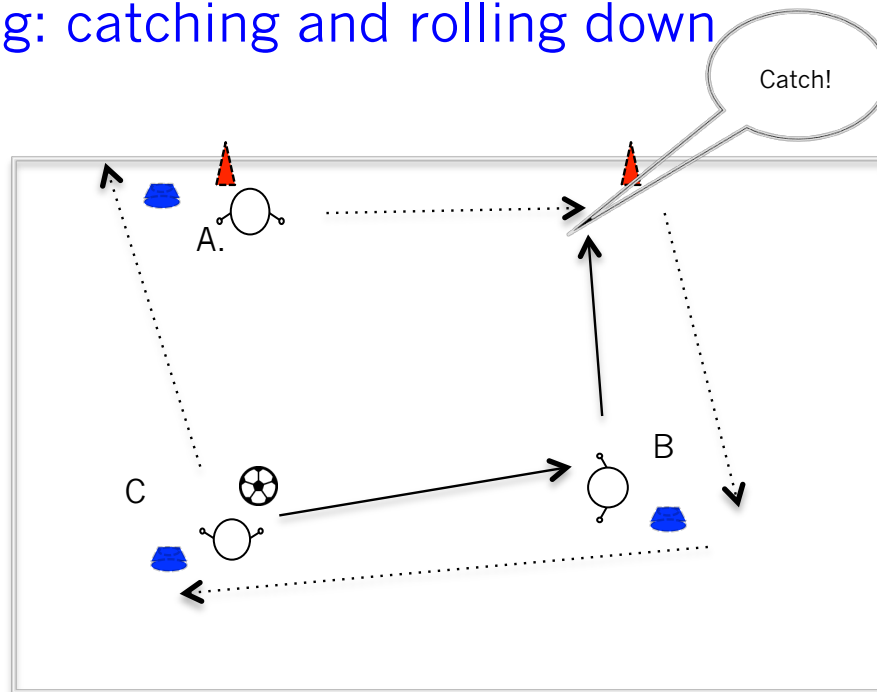
Move across points A, B, and C while practicing.

## Training workflow

Move along three points and:

At A, act as goalkeeper; at B and C, pass with feet

1. Position the hands for a catch
2. Kneeling catch
3. One-handed catch
4. Rolling down



## Concept

Learn the basics of goalkeeping

## Questions for players

What key roles does the goalkeeper play?

## Key coaching points

Keep up the tempo with short drills, including warmup

Learn the basic catching stance and how to prepare oneself to catch.

## Position

Objective: quickly switching between offense/defense

Members/teams: 6 vs. 3, 3 vs. 3 vs. 3

## Rules

Offense can touch ball

Move from ball scramble to toggling between offense/defense

## Training workflow

Begin by selecting three members for defense.

If the ball is taken by the opposing team, quickly switch into defensive formation.

Team that captures the ball goes back on offense by passing the ball.

Alternate offense/defense to keep the momentum going.

## Concept

Quickly switching between offense/defense

Offense across a wide area, defense in a narrow range

## Questions for players

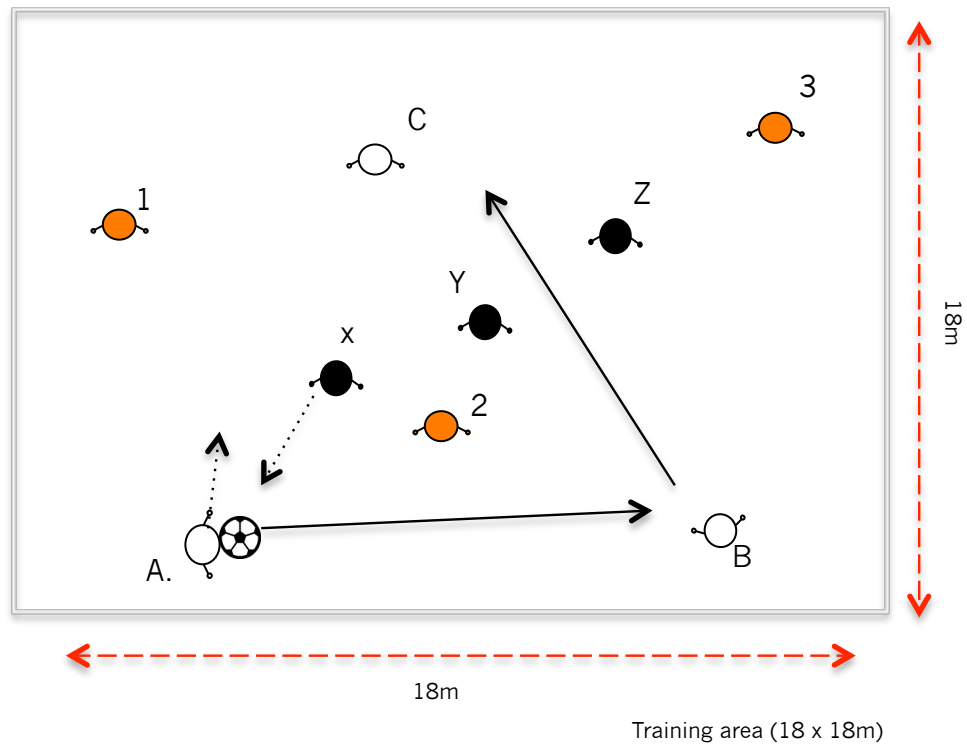
At which point should you go on defense?

How should you switch between formations?

How do you communicate between members?

## Key coaching points

Have players pay particular attention to the first defense when switching into defensive mode, and communicating among themselves in order to change formations. When playing offensively, players will have to quickly fan out across a wide area of the pitch.





## Position

## Objective: third player

Members/teams: 5 vs. 4 + 2 free attackers

### Rules

Players must constantly keep in mind the best passing route to other players who are in the distance.

### Training workflow

When a defensive player gets the ball, they must return it to the offensive players. Players must remain on the defensive throughout the entirety of the playtime.

\*Set playtime based on how the game is progressing.

### Concept

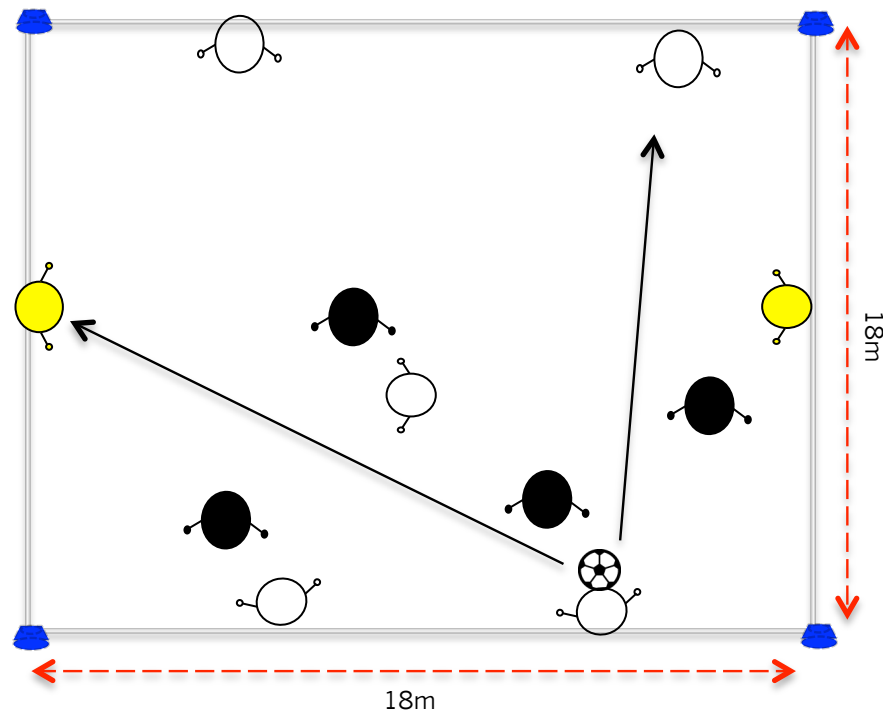
Remain aware of free (open) players in distant zones.  
Pay attention to the third player.

### Questions for players

What passes are most effective at avoiding an oncoming press from opponents?

### Key coaching points

When the opposing player is making a press in a specific zone, an effective play to get past their defenses is using a distant player (3rd player).



Training area (18 x 18m)



## Position

# Objective: awareness of space

Members/teams: 3 vs. 3 + 2 free attackers

## Rules

After making a pass, move to a vacant area in which there are no other teammates (does not apply to free players)

## Training workflow

When a defensive player gets the ball, they must return it to the offensive players.

## Concept

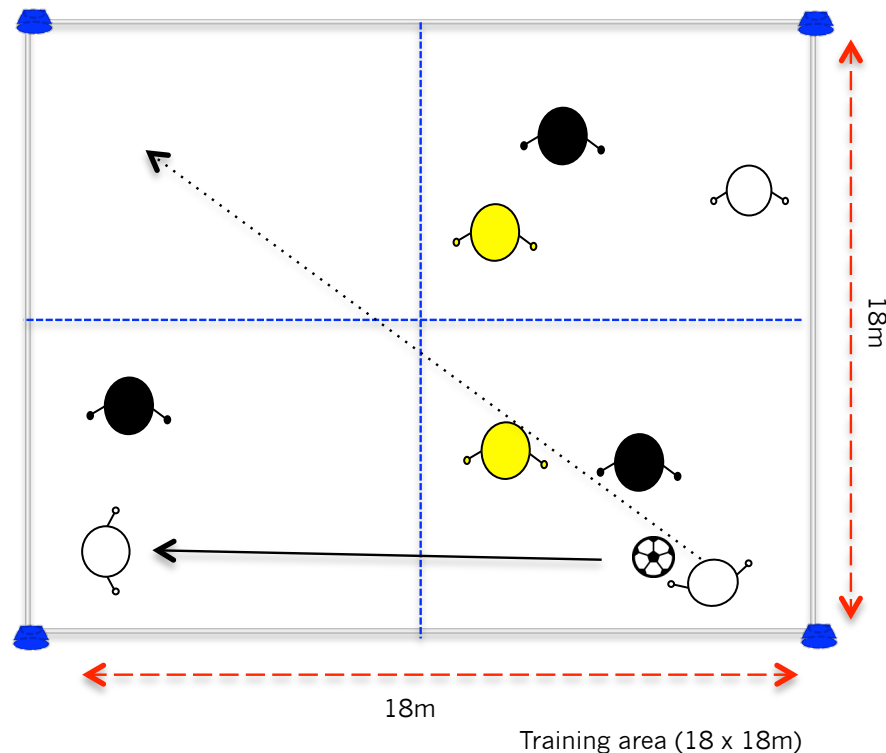
Be aware of vacant spaces.

## Questions for players

Where are the vacant areas containing no teammates?

## Key coaching points

Players not in possession of the ball must learn to be able to identify useful vacant spaces not filled with other teammates.



## Position

# Objective: changing marks

Members/teams: 3 vs. 3 + 2 free attackers

## Rules

1. Zone G is dedicated to man-on-man marking
2. Free players cannot pass to each other

## Training workflow

Successfully pass the ball to a free player in Zone F.  
After obtaining a point, the team in possession of the ball must then attack the opposite side of Zone G.

## Concept

1. Move to the point opposite to where you want to obtain the ball, then obtain a pass after creating space
2. Move such that the defense cannot see their mark and ball at the same time
3. Change the angle and rhythm of movement

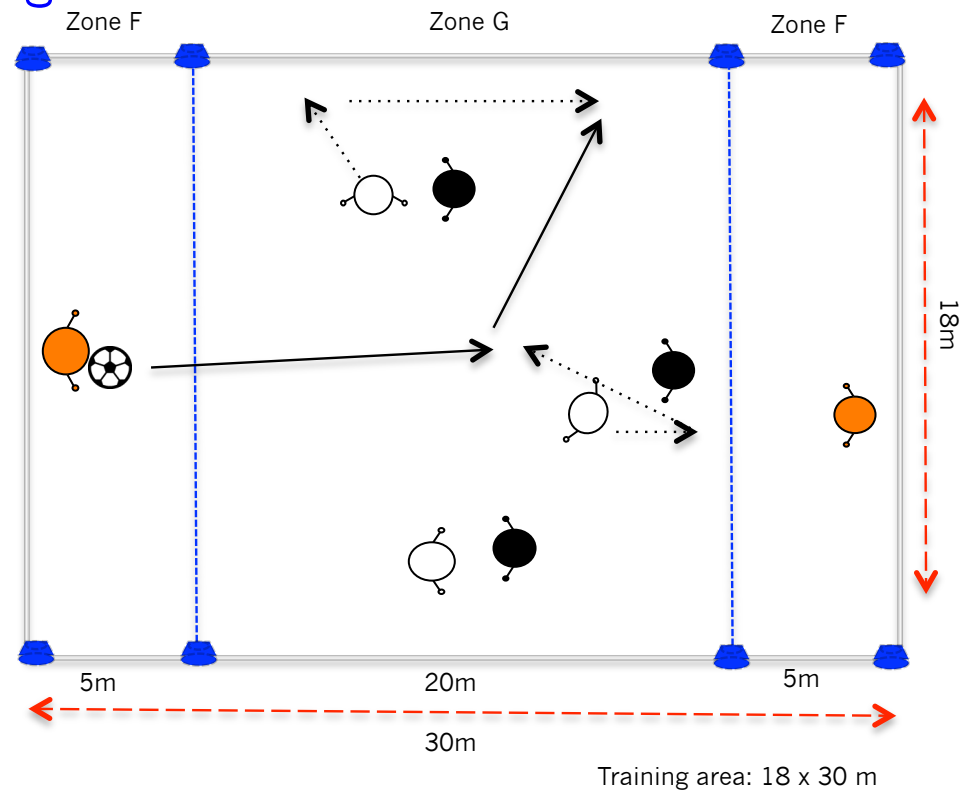
## Questions for players

1. Can you pass to other teammates while marked?
2. Is the defense being maintained?
3. How quickly would you have to move to stop being marked?

## Key coaching points

Keep in mind moving in a direction opposite to the defense and creating space in that area. Identify any elements that could slow down the defense's decision-making. (Field of view, predictions, stance, coordination)

Use changes in rhythm to disturb the opponent's attention and catch passes



Members/teams: 3 vs. 3 + 1 goalkeeper

## Rules

The player with the ball must, after making a pass, move to perform the plays below:

1. One-two
2. Cross (crossing diagonally in front of a teammate)
3. Cross (moving back and around a teammate)

## Training workflow

After one team finishes playing, the next team starts.

## Concept

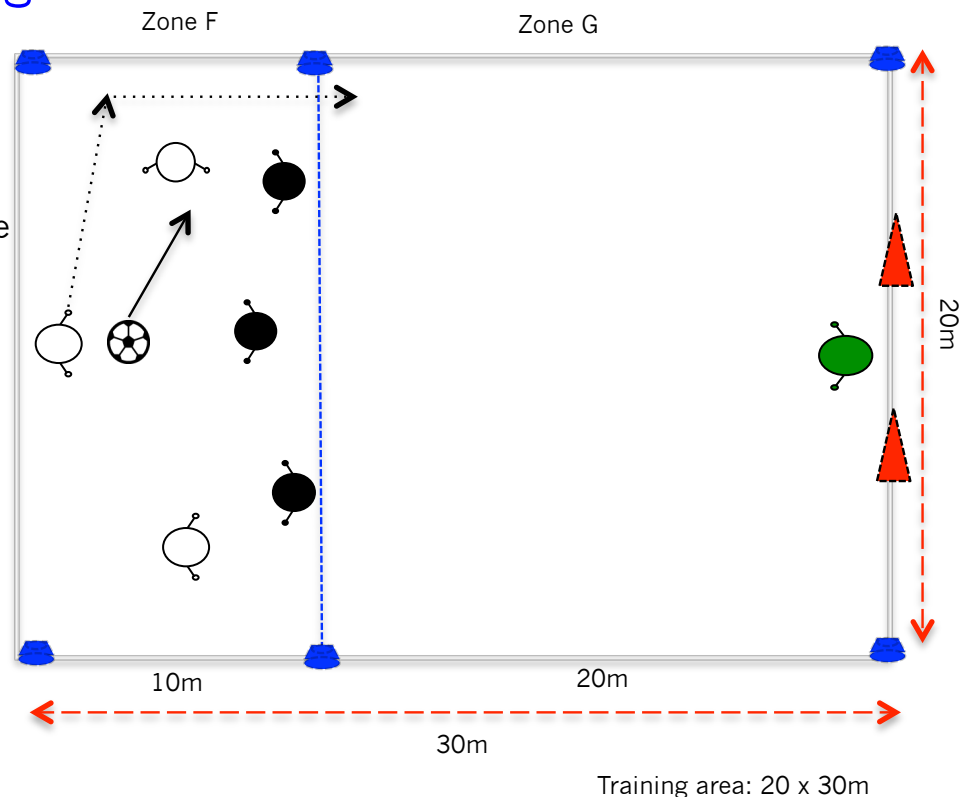
Identify which player to mark  
Collaborate with the goalkeeper

## Questions for players

Which offensive players are currently free?  
Which players need to be marked?

## Key coaching points

Defensive players must constantly identify which offensive player they are targeting. If the player is unable to identify the right mark, this could cause a player to become free and lead to a risky situation for the team. A key point here is coaching the goalkeeper.



Members/teams: 3 vs. 3 + 1 goalkeeper

## Rules

1. The defense cannot exit a specific, predetermined zone.
2. When the ball enters the defense's zone, they begin defending from the center of the zone.

## Training workflow

- If the ball exits the zone or is taken by the defense, play ends.
- If the ball is taken, players exit and circle around the pitch, and the next group begins.

## Concept

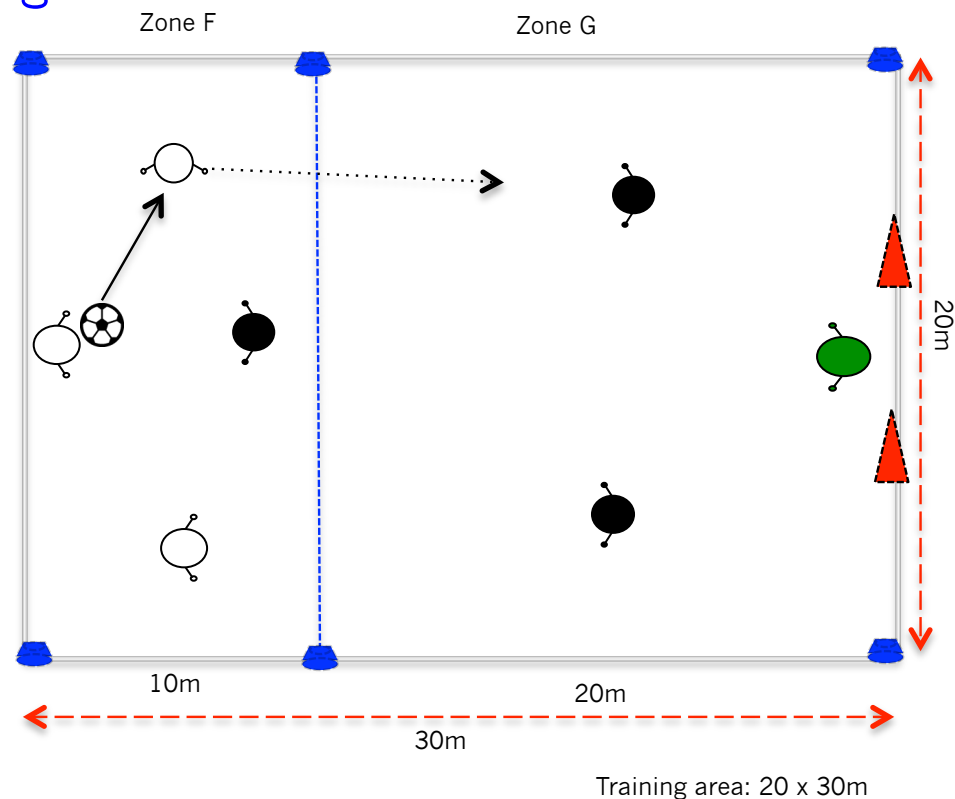
1. Dribbling quickly requires using the outside of the foot.
2. Control the ball using the foot farthest from the opponent.

## Questions for players

1. Which part of the foot is most effective for dribbling quickly?
2. Which foot should you use to control the ball and keep it away from your opponent?

## Key coaching points

1. The ideal part of the foot to dribble with is the outside. Using the outside part of the foot controls front-to-back movement of the hips and keeps you running in a smooth motion.
2. Ensure that you can dribble without losing the ball.



## Side goal

# Objective: covering

Members/teams: 3 vs. 3 + 1 free attacker + 1 goalkeeper

## Rules

1. Offense must use the methods below before shooting in order to advance on Zone G.
  - Pass through the center line while dribbling.
  - Pass the ball using a ground ball passing between the center markers and towards a free player.
2. If the free player receives the pass while offside, they will be unable to make a goal.

## Training workflow

If the ball goes outside the pitch or is stolen, switch to the next team.

## Concept

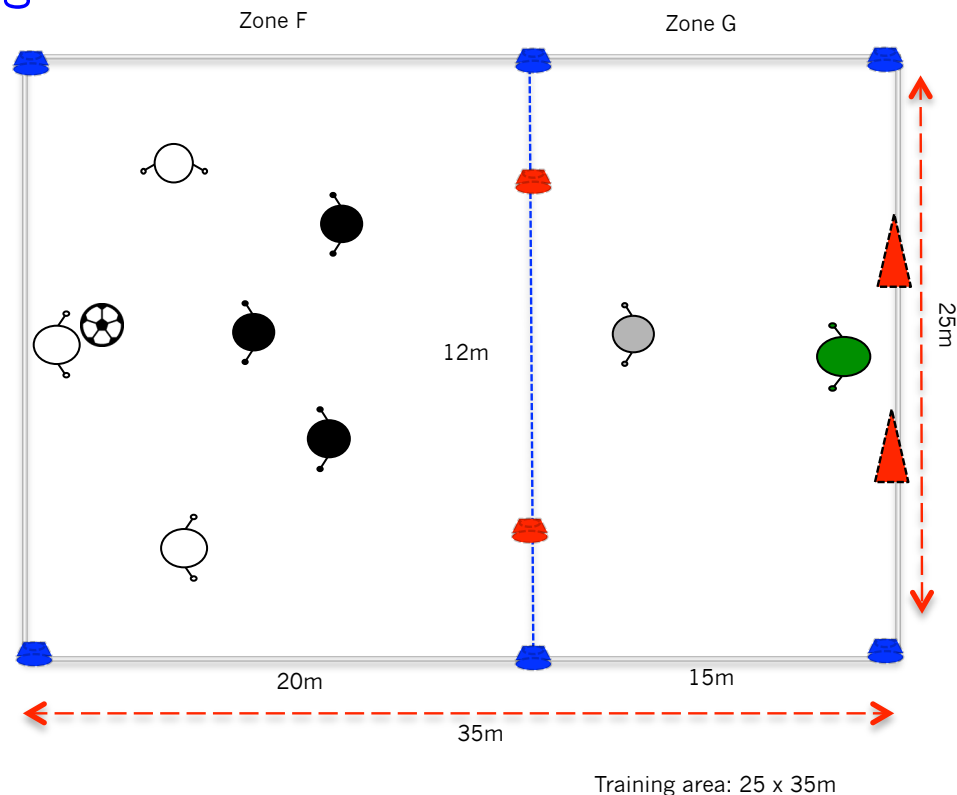
1. Do not make passes between the center markers
2. Take a position to support players to move offensively
3. If a player gets past you, swap positions with your teammates to help each other

## Questions for players

1. Where should you take a position?

## Key coaching points

1. Coach players to not panic if a player gets past, but instead take a proper position for covering.
2. Ensure that play proceeds with teammates helping each other (using their voices, making eye contact, gestures, etc.).
3. Check whether players are collaborating with the goalkeeper.



Objective: shooting on the goal

## Rules

## Training workflow

### Concept

## Questions for players

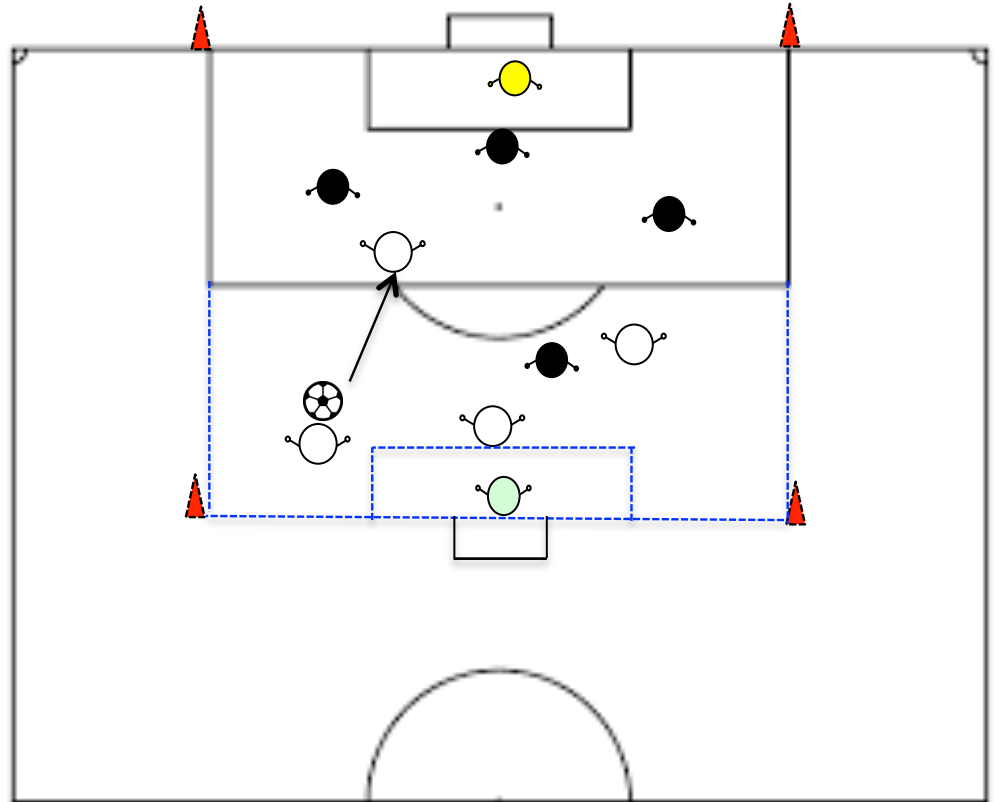
Are you able to observe and assess your teammates?

Are you able to assess distance to and angle on the goal? What is the best stance to be ready to shoot at any time?

Players must consider proactively shooting in a context in which other players are around them.

Even if the ball is momentarily stolen from them, players must be able to quickly switch positions to keep shooting.

Focus on coaching the goalkeeper and improving positioning.



Training area: equivalent to two penalty areas

## Game

# Objective: shooting from a cross pass

Members/teams: 4 vs. 4, 1 outfielder, + 2 goalkeepers

## Rules

Focuses on shooting from cross passes.

The sides are 1-on-1, with the team with the ball getting an additional member to come in for support.

Aim to have the training be as close as possible to a real game.

## Training workflow

Play begins from the goalkeeper.

Headers gain 3 points.

Players should actively try to shoot on goal.

## Concept

Focus on shooting and timing crosses.

Try to go for direct shots on goal.

Focus on goalkeeper coaching and positioning.

## Questions for players

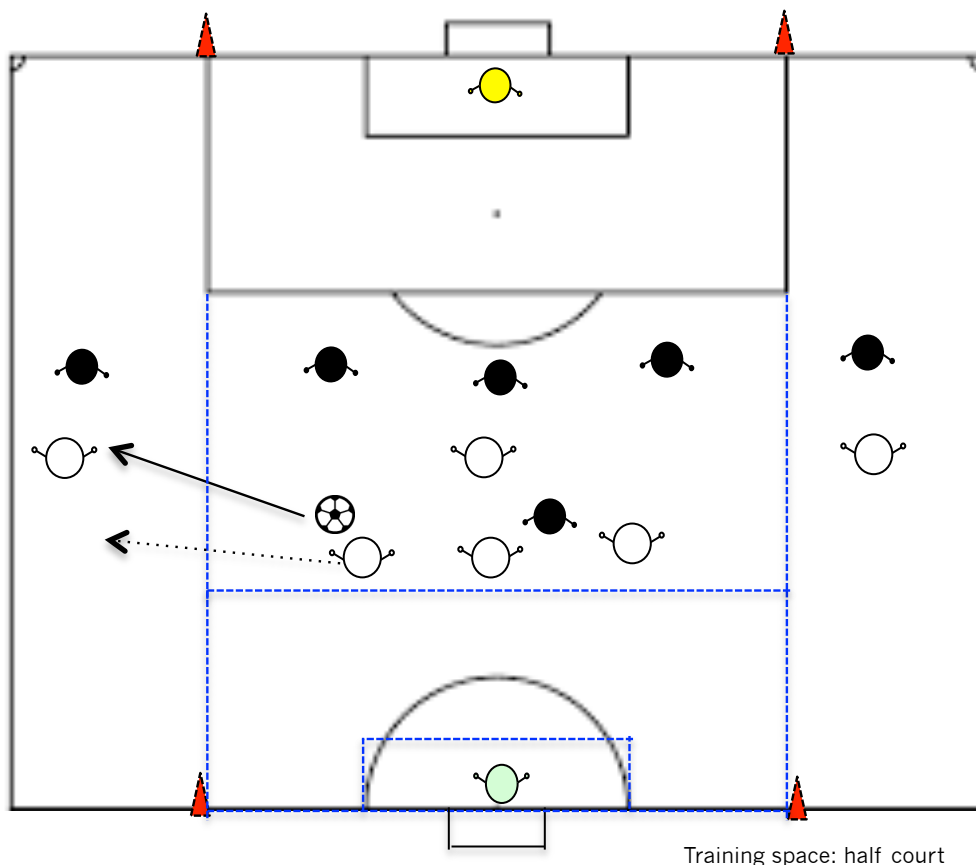
Are you able to assess distance to and angle on the goal?

What is the best stance to be ready to shoot at any time?

## Key coaching points

Players must consider proactively shooting in a context in which other players are around them.

Even if the ball is momentarily stolen from them, players must be able to quickly switch positions to keep shooting.





## Game

# Objective: slipping past the opponent

Members/teams: 3 vs. 3 + 2 goalkeepers

## Rules

1. The defense begins playing from around the center of their side of the pitch.

\*Cannot wait around the half-way line.

2. Defense focuses on one-on-one marking

3. The ball can only be dribbled through the half-way line

## Training workflow

The game should be played as a normal game would be.

## Concept

Change orientation of the ball without stopping it in order to slip past the opponent.

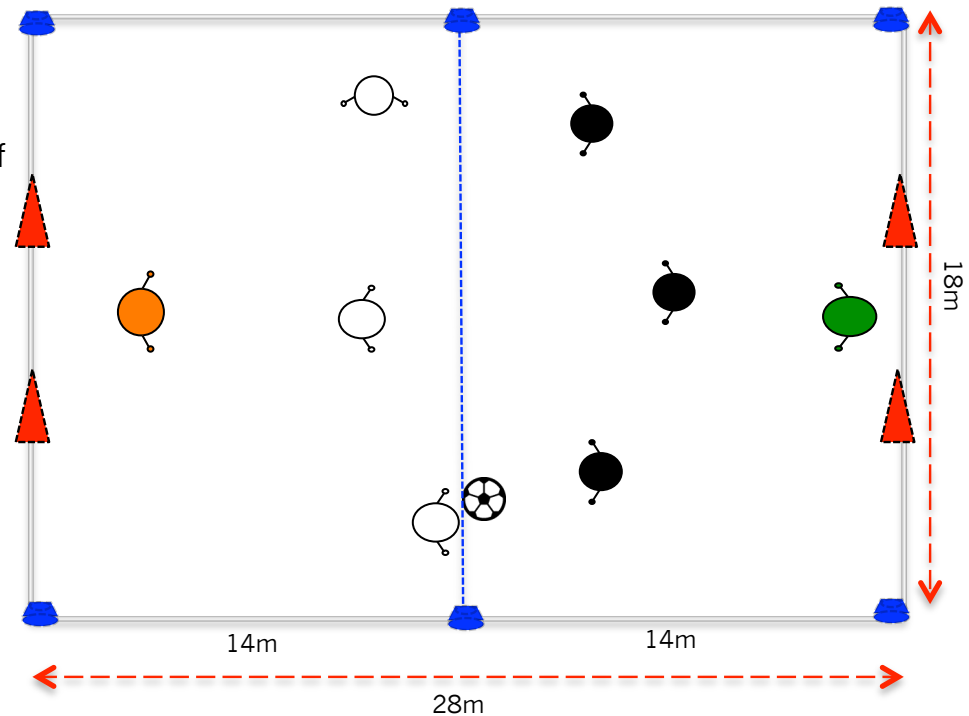
Collaborate with the goalkeeper.

## Questions for players

How should you dodge your opponent in order to prevent them from easily cutting the ball away from you?

## Key coaching points

In most cases, if a defensive player lightly extends the foot, they can easily steal the ball. By the offensive player quickly changing direction in front of the defensive player, they can overtake them. Players must collaborate with the goalkeeper.



Training area: 18 x 28m

Goal width: 4m

## Game

# Objective: player distribution and roles

Members/teams: 6 vs. 6 + 2 goalkeepers

## Rules

Attack begins with the center back in control of the ball. When the center back player is in control of the ball:

1. The offense assumes positions at the center and both sides of the pitch to create breadth across the pitch.
2. Offense creates lines at three heights to attack further downfield.

## Training workflow

The game should be played as a normal game would be.

## Concept

1. Take positions that take into account breadth and depth of the offensive formation.
2. Learn the basic principles of football (order of priority for offense/defense)

## Questions for players

What benefits are there to creating breadth?

What benefits are there to creating three height levels?

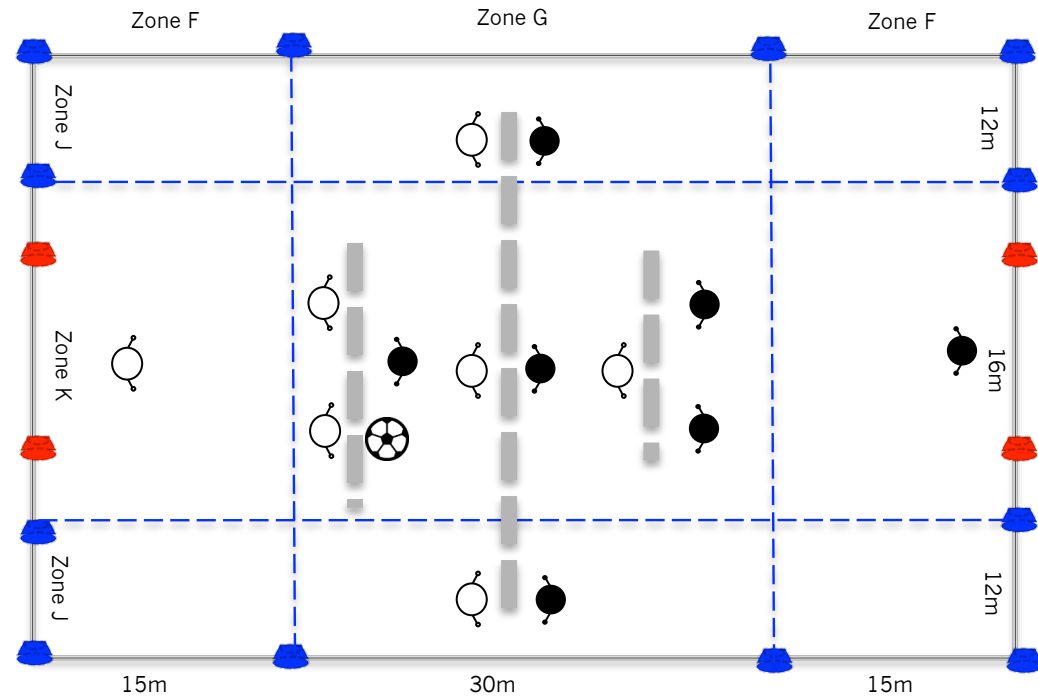
## Key coaching points

Teams with a wider offensive breadth can laterally extend the area opponents need to defend.

Teams with the best offensive depth can force the defending team to vertically extend the range of the area they must cover. Teach players the core principles of football.

In addition, teach them the foundations of defense.

Focus on goalkeeper coaching and positioning.



Training area: 40 x 60m

Goal width: 6m



**PFF TAD PROGRAM**  
DREAMS OF PHILIPPINE FOOTBALL

4: Training Checklist

## Coach training checklist

Reflect on yourself

	Item	Check
1	Are you aware of the issues and strengths of each player?	<input type="checkbox"/>
2	Is your coaching focused only on your own ideals, or is it pragmatic?	<input type="checkbox"/>
3	Are you watching the expressions and plays of each player?	<input type="checkbox"/>
4	Do players keep making the same mistakes?	<input type="checkbox"/>
5	Do you understand what it is that players feel they need?	<input type="checkbox"/>
6	Do you have a personal “philosophy of football?”	<input type="checkbox"/>
7	Do you have a personal coaching philosophy?	<input type="checkbox"/>
		<input type="checkbox"/>

# Training checklist 1

Pre-training

	Item	Check
1	Have you made the purpose of training clear?	<input type="checkbox"/>
2	Are you aware of issues and events likely to occur during training?	<input type="checkbox"/>
3	Have you thought about the reasons why?	<input type="checkbox"/>
4	Have you thought of ways to lead players to a solution?	<input type="checkbox"/>
5	Have you prepared methods and equipment tailored to the objective?	<input type="checkbox"/>
6	Have you forecasted potential injuries and other adverse events and taken precautions?	<input type="checkbox"/>
7	Have you handled parent/guardian requests? (E.g., requests to help with the next event)	<input type="checkbox"/>
8	Have you checked on any relevant matters with other coaches?	<input type="checkbox"/>

## Training checklist 2

### Reflecting on training

	Item	Check
1	Is the field being efficiently used?	<input type="checkbox"/>
2	Have you divided players into groups ahead of time?	<input type="checkbox"/>
3	Have you considered how to configure the format of training?	<input type="checkbox"/>
4	Are you fully stocked with balls and other equipment?	<input type="checkbox"/>
5	Were you able to coach from the right vantage point?	<input type="checkbox"/>
6	Did training involve the proper amount of people?	<input type="checkbox"/>
7	Were players able to act with intention?	<input type="checkbox"/>
8	How were their words, expressions, and behavior?	<input type="checkbox"/>

## Training checklist 3

### Advanced training

	Item	Check
1	Is play evolving from slow to fast?	<input type="checkbox"/>
2	Is play evolving from simple to complex?	<input type="checkbox"/>
3	Is play evolving from localized specialties to working in tandem?	<input type="checkbox"/>
4	Is play evolving from tandem play to systematic, structured play?	<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>