

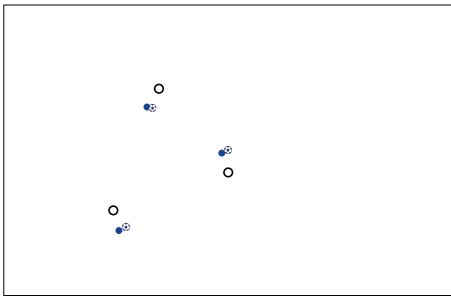
FORTRESS

Organization:

Have players pair up, one with a call and the other with a tall cone. The player with the ball tries to knock over or hit the cone while the other has to defend it (fortress). After 30-90 seconds, switch roles. Time: 10 mins.

Coaching points:

Player with ball must work on deception, change of direction and weight, timing and accuracy of passes/shots. Stay 4:1 on the positive to instructional comment throughout the session.



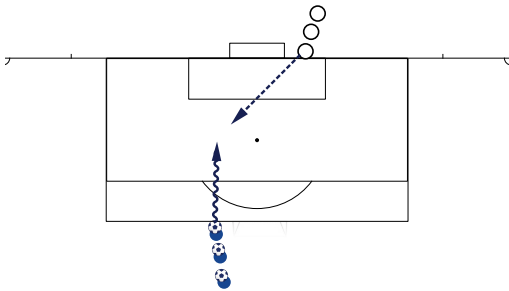
SHIELDING

Organization:

Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.

Coaching points:

Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.

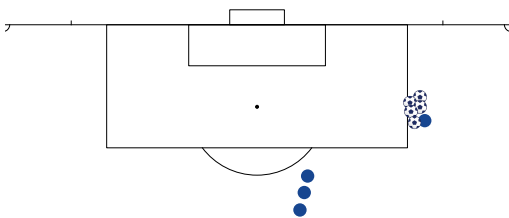


1 V 1 TWO GOALS

Half the team line up 22 yards from goal with a ball each (attackers). The other half line up beside the goal without a ball (defenders). Defender tries to stop the attacker from shooting on goal. When defender wins the ball, they become the attacker and roles are reversed and they tried to score on 2nd goal.

Coaching points:

Go win the ball, stay goal side, don't dive in, keep your feet moving.



PASS/TROP/SHOT 5 IN A ROW

Phase A - Player A passes ball across to Player B who traps and shoots 5 times in a row.

Phase B - Player B has back to goal. Player A passes to Player B who traps with back foot, turns and shoots, 5 times in a row.

Phase C - Player A plays ball to Player B who plays back to A. A touches the ball to the side and shoots, 5 times in a row.

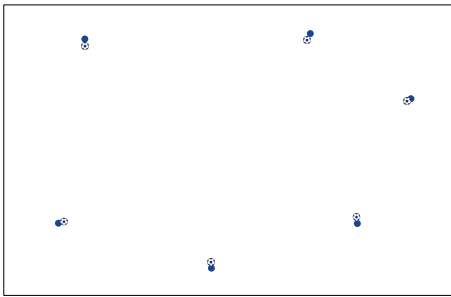
Phase D - Player A plays square ball, Player B touches and shoots, 5 times in a row.



RULES

GENERAL NOTES

EQUIPMENT



CRAZY BOX DRIBBLING (ENTROPY)

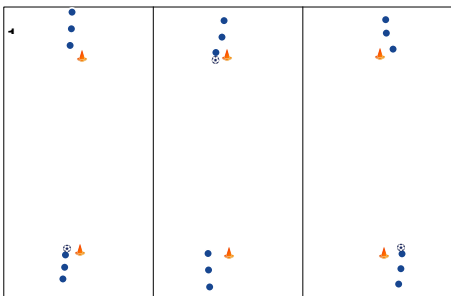
Organization:

Players dribble within a limited area, demonstrating all dribbling techniques. Players must avoid each other. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

Coaching points:

Keep the ball under control, use all surfaces of the foot, demonstrate footwork skills, dribble with head up, find space, change direction and speed. Stay positive with the players.

Exercise



2 LINES PASS/PASS & RUN TO OPPOSITE LINE/TAKEOVER/WAL

L PASS

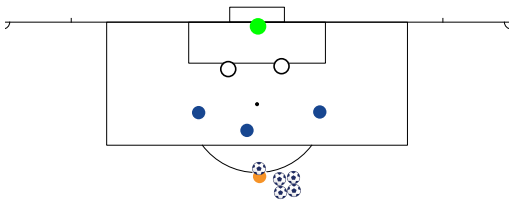
Lines are facing each other about 15 yards apart.

Coaching points:

A) Player who has just passed the ball runs directly at the player receiving the ball, only to force the first touch into space (not to steal the ball). Use inside of foot, toe up, ankle locked. Come and meet the ball.

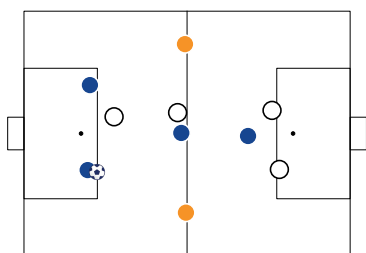
B) Dribble towards opposite line and perform a takeover.

C) Pass to the opposite line and perform a wall pass with the first player in line.



3 V 2 IN THE BOX

3 attackers v 2 defenders in the penalty area. Coach at the top of the area with plenty of footballs. Encourage shooting technique, laces v side of the foot.



4 V 4 + 2

Organization:

Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins.

Coaching points:

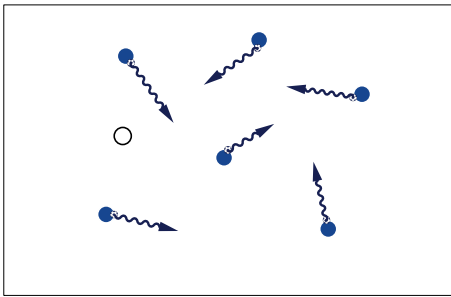
Encourage players to pass, find the extra players and play the game. Become fan of the players.



RULES

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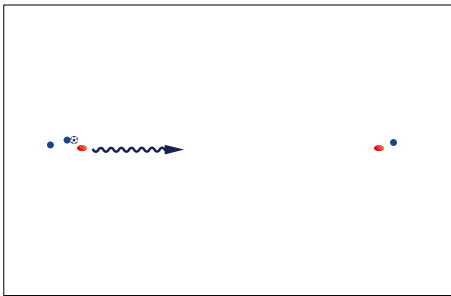
DRIBBLE TAG

Organization:

Each player with a ball is dribbling within a confined space with one player "it". He/she can have a ball or not. The game is then played like a normal game of tag. Grid size: 30 x 15 yards. Time: 5 mins.

Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)

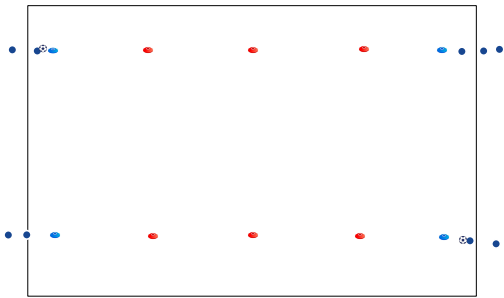


IN 3S - DRIBBLE UP AND BACK

Two players on one cone, one player on another, 20 yards apart. One ball, player dribbles towards opposite cone while performing a specific skill.

Coaching points:

1. Right foot only
2. Left foot only
3. Rolling the ball with the sole of the foot
4. Running fast with the ball



DRIBBLING CONES

3-4 players in each line.

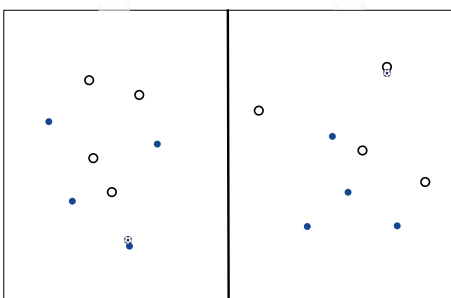
Dribble through the cones 3 times each:

- right foot only
- left foot only
- inside/outside right/left

One player at end cone to receive ball from dribbling player

Coaching points:

Control your touch



PLAYING

2 game fields set up.

Max 4 v 4 - use neutral players if needed.

Coaching points:

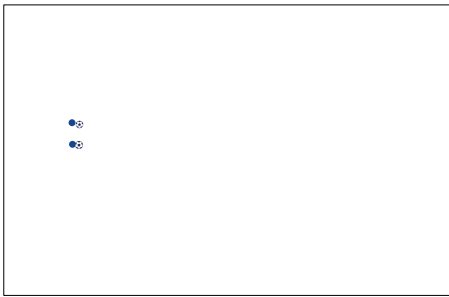
1. Get flying!
2. Not here for long so attack, take players on 1 v 1, get to goal, shoot, have fun!



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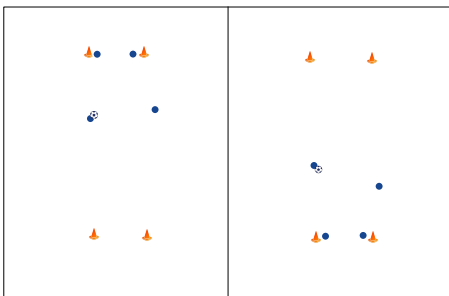
MARBLES

Organization:

1st player passes the ball out. 2nd player passes their ball out to try and hit the 1st player's ball. Alternate, trying to hit the other player's ball. One point for a hit. First player to 10 points wins.

Coaching points:

Weight, timing and accuracy of passes. Laugh and have fun with the players.



2 V 2 COMPETITION SCORING IN SMALL GOAL

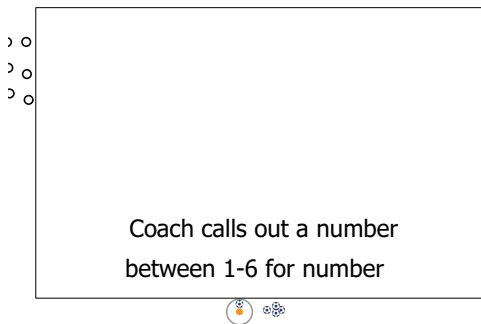
The team not in possession are GKs and must stand on the end line. Team with the ball are free to move wherever they choose. Player picks up ball with their hands and tosses it to their partner who tries to head past the GKs to score a goal. GKs cannot use their hands, only their feet to save. A point is scored if the ball goes between the cones under the head.

Coaching points:

Make it a competition.

Praise players for good heading technique.

Ask players to get power by snapping through their waist.



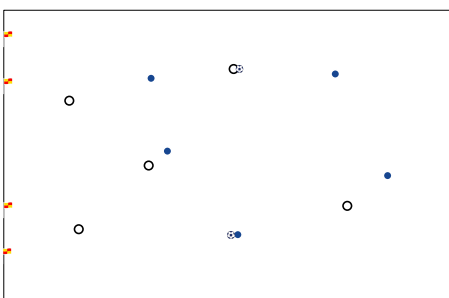
6 V 6 LINE SOCCER

Organization:

Coach serves a ball and calls out a number between 1-6, that is the number of players who come out for each team. First team to dribble across the opposite line is awarded a point.

Coaching points:

Encourage players to dribble at opponents to beat them. Encourage players to challenge to win the ball.



4 GOAL GAME ON COMMON END LINE WITH 2 BALLS

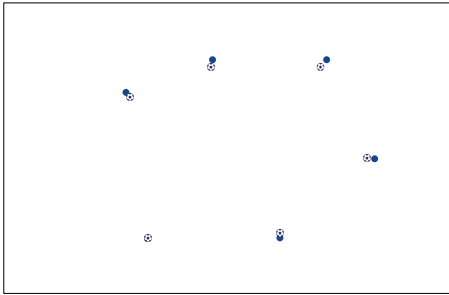
Dribble through the gate to score a point. 2 balls in play.



RULES

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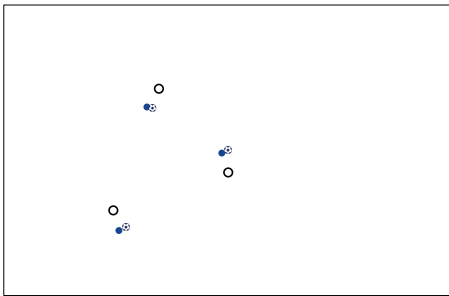
EQUIPMENT

**KNOCKOUT****Organization:**

Players dribble in a box and must control their own ball at the same time as trying to kick other players' balls from the box. A player whose ball is kicked out of the box must juggle 5 times to return to the box. Field size: 20 x 30 yards. Time: 10 min.

Coaching points:

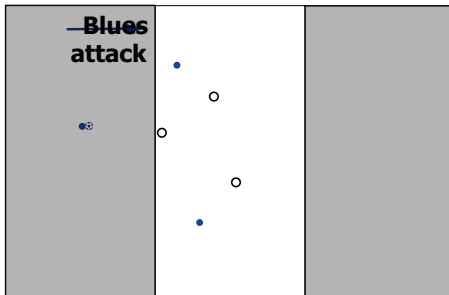
Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.

**SHIELDING****Organization:**

Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.

Coaching points:

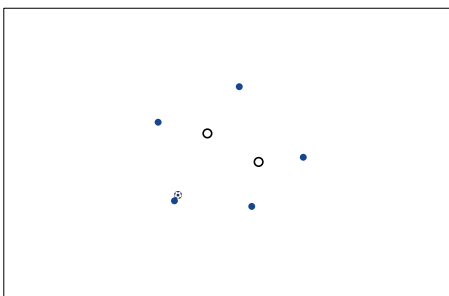
Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.

**ZONE GAME**

20 x 30 yards with 7 yard end zone at each end. Teams score a point by passing to a team mate in the end zone they are attacking. Player can be inside the zone when the ball is played or can meet the ball in the zone.

Coaching points:

Proper technique and weight of pass. Play to where the team mate will be. Movement into the end zone. Make it a tournament.

**5 V 2 RONDO**

Five attackers form a circle around two defenders and play keep away. Unlimited touches. Attacker who loses the ball, becomes a new defender. 10 consecutive passes without a defender touching the ball = defenders stay in the middle.

Coaching points:

Passing technique is correct; inside of foot, ankle locked, toes above ankle. Players off the ball must move to support the player with the ball.

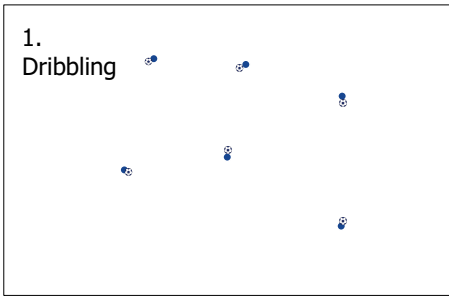


RULES

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EQUIPMENT

1. Dribbling



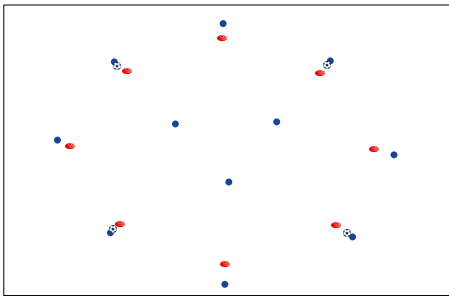
FOOTWORK 1,2,3,4

Organisation:

Dribbling, Foundation, Left foot, Right foot. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

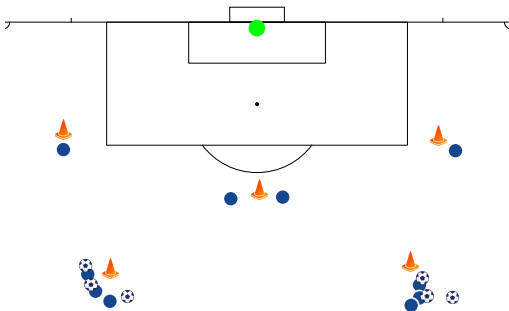
Coaching points:

Dribbling - using any part of the foot to move the ball around, Foundation - tapping the ball between your feet. Left foot - dribbling with the ball using only the left foot, Right foot - dribbling with the ball using only the right foot. Dribble with your head up, if possible. Gradually increase speed. Laugh and have fun with the players.

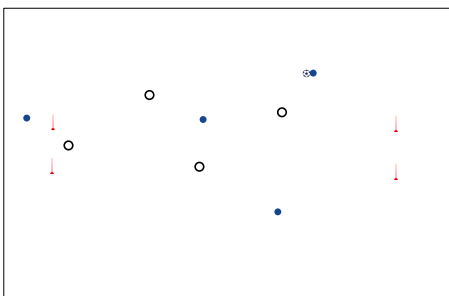


RECEIVING

Set up a good sized circle (maybe 30 yards diameter). Half the players on the outside are servers. Servers have a ball in hand. Workers move inside the grid going to different servers. When workers arrive at the server, (about 5-6 yards away), the server tosses a ball to the worker who controls and passes it back.



CROSS OVERLAP



HOCKEY STYLE GAME

Organization:

Players are allowed behind the goal but can only score from the front. Play 4 v 4. 30 x 40 yard grid.

Coaching points:

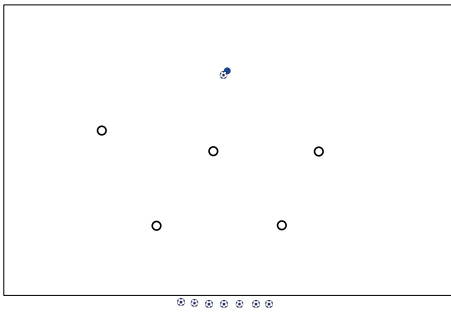
Encourage players to pass and play the game.



RULES

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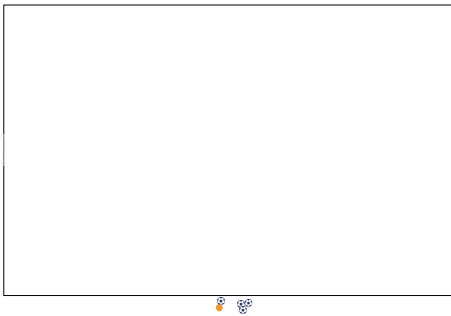
PAC-MAN

Organization:

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.

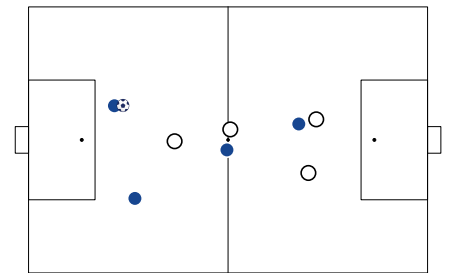


1V1TWO BIG GOALS

Field size is 36 x 44 yards. Half the players are in one corner and the other half are in the opposite corner. Coach is in the middle with footballs. 1 v 1 to the big goals. Play until a goal or ball goes out of play.

Coaching points:

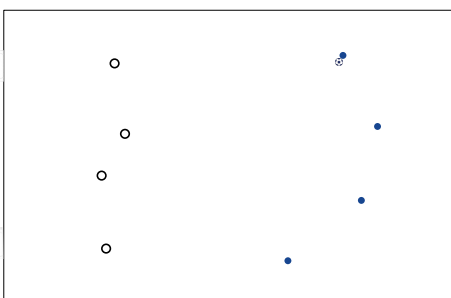
Must try and beat the defender before shooting. Emphasis on good shooting technique. Encourage placement before power.



4V4

Coaching points:

Encourage players to use their teammates and play the game.



FOUR GOAL GAME

Organization:

Players are split into two teams (4v4). Each team has two goals to defend and two goals to attack. Field size: 40x30 yards. Time: 10 min.

Coaching points:

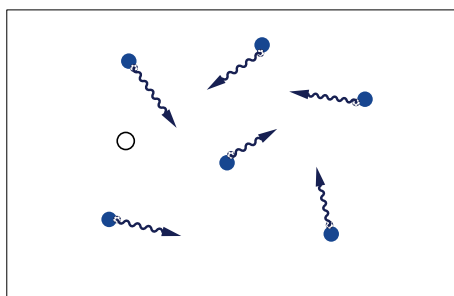
Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Encourage players to score.



RULES

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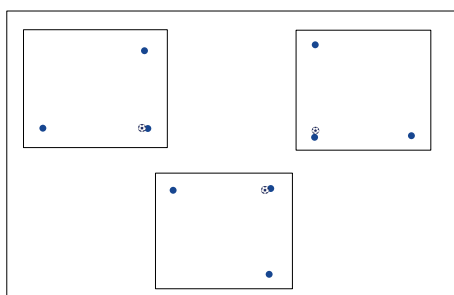
DEFROST GAME

Organization:

One player is Frosty. The other players dribble a ball within the grid. Frosty tags as many players as he/she can. A tagged player must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen then dribbles as before. Grid size: 30 x 15 yards. Time: 10 mins.

Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)



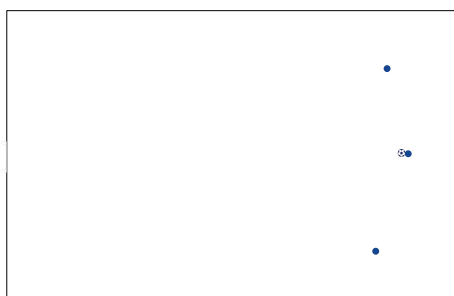
3 V 0 BOX PASSING

Organization:

10x10 grid. Groups of 3 with a ball in a grid. Player with the ball should pass to his/her left or right. Free player must move to the proper corner to provide two passing options.

Coaching points:

Pass and move. Have fun.



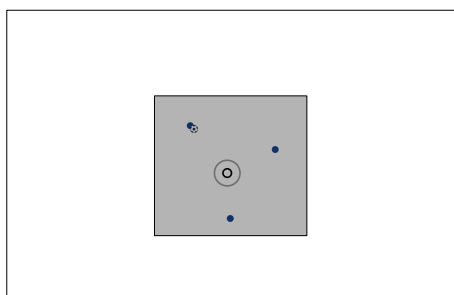
3 V 0 TO GOAL

Organization:

Players going to goal with no pressure, working on scoring. They must pass the ball a minimum of 3 times.

Coaching points:

Encourage players to score as quickly as possible. Each player must touch the ball before a goal can be scored.



3 V 1

In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.



RULES

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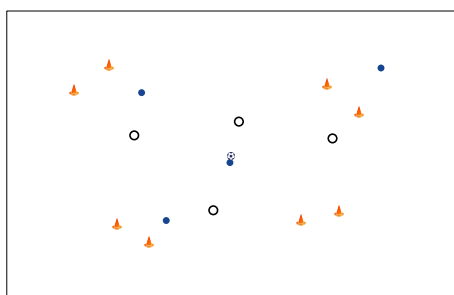
MARBLES

Organization:

1st player passes the ball out. 2nd player passes their ball out to try and hit the 1st player's ball. Alternate, trying to hit the other player's ball. One point for a hit. First player to 10 points wins.

Coaching points:

Weight, timing and accuracy of passes. Laugh and have fun with the players.



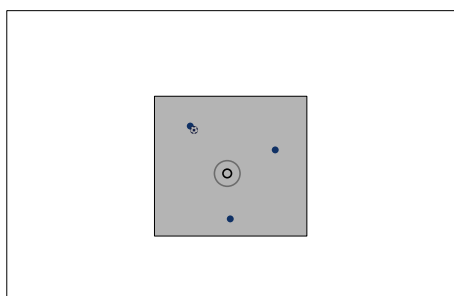
MULTIPLE GOALS

Organization:

Team scores a point by passing through a gate to a teammate. A team cannot score through the same gate in a consecutive possession.

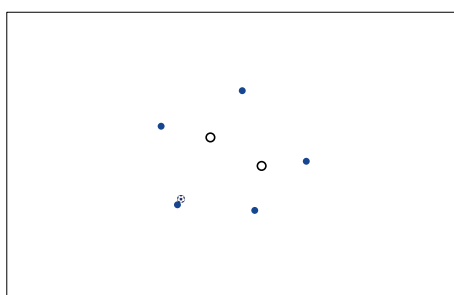
Coaching points:

Pass and move. 1st touch away from pressure. Encourage players to move the ball with a pass.



3 V 1

In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.



5 V 2 RONDO

Five attackers form a circle around two defenders and play keep away. Unlimited touches. Attacker who loses the ball, becomes a new defender. 10 consecutive passes without a defender touching the ball = defenders stay in the middle.

Coaching points:

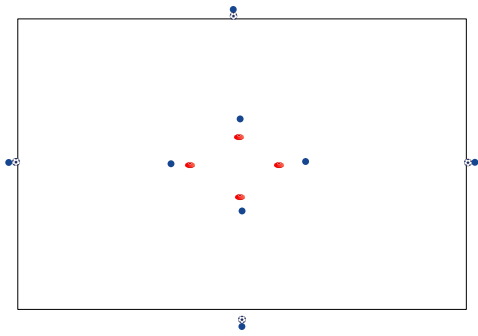
Passing technique is correct; inside of foot, ankle locked, toes above ankle. Players off the ball must move to support the player with the ball.



RULES

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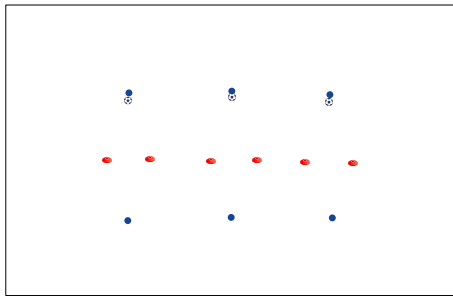
4 V 4 WINDOWS

Organization:

Four players are inside the grid checking to four players on the outside of the grid who pass to the inside player. The inside player controls the ball and passes it back. After one minute, switch roles.

Coaching points:

Move without the ball. Get in position to receive the ball. Work on passing technique.



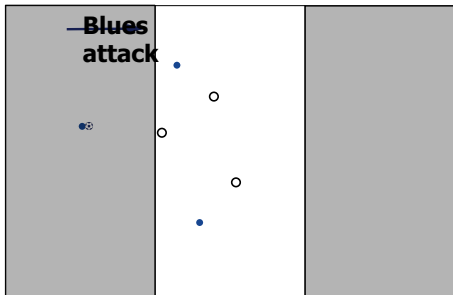
GATE PASSING

Organization:

Players should be 5-10 yards apart. Increase or decrease distance depending on success. Use two cones as a gate, start with the gate 5 yards apart and decrease with success. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.

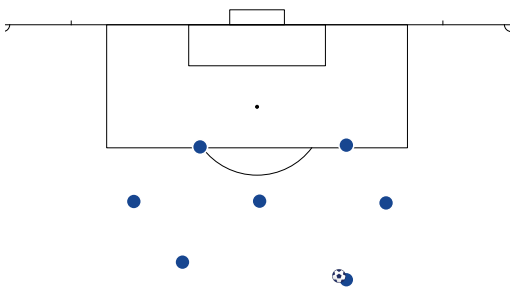


ZONE GAME

20 x 30 yards with 7 yard end zone at each end. Teams score a point by passing to a team mate in the end zone they are attacking. Player can be inside the zone when the ball is played or can meet the ball in the zone.

Coaching points:

Proper technique and weight of pass. Play to where the team mate will be. Movement into the end zone. Make it a tournament.



7 V 0 PATTERN PLAY

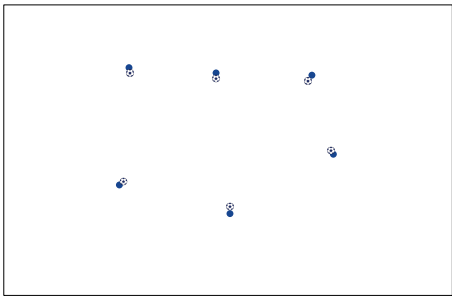
Player line up in 2-3-2 formation and practise going to goal without defenders. Finish with a shot. Time: 10 mins.



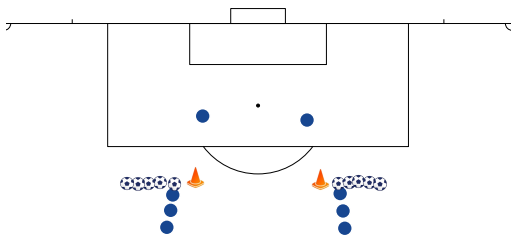
RULES

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JUGGLING U10



PASS/SHOT 5 IN A ROW

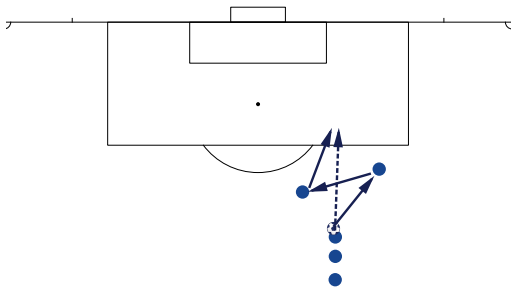
Phase A - 2 lines at the top of the penalty area. 2 'bumpers' inside the area. No Gks. Attacker plays a wall pass off the bumper and shoots. Then sprints back for same again until they've done so 5 times. Both lines shoot at the same time.

Phase B - Across the body shot, let the ball run across the body and shoot.

Phase C - Shooting from small cross along the ground.

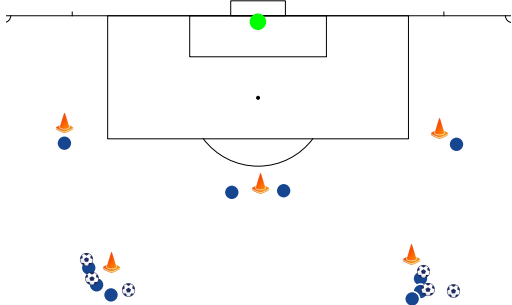
Coaching points:

Clean passing, clean technique. 1 touch. Work hard when shooting. Concentrate on technique when getting tired.



PATTERNS W/SHOT

Coach can change patterns, be sure to make the same pattern going the opposite direction.



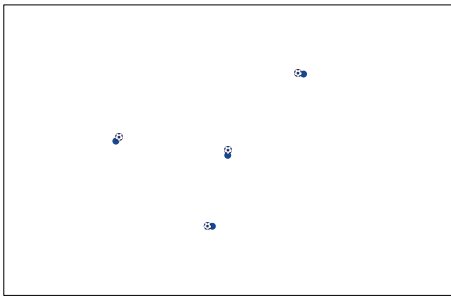
CROSS OVERLAP



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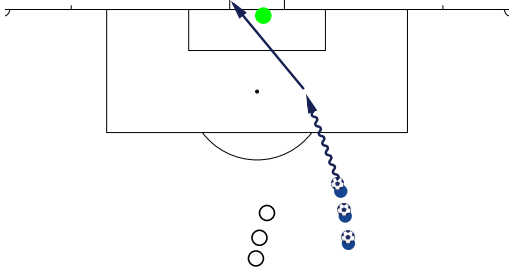
JUGGLE TWICE AND DIFFERENT TRAPS

Player will juggle the ball twice and then look to trap the ball with different surfaces of the foot or parts of the body.

Coaching points:

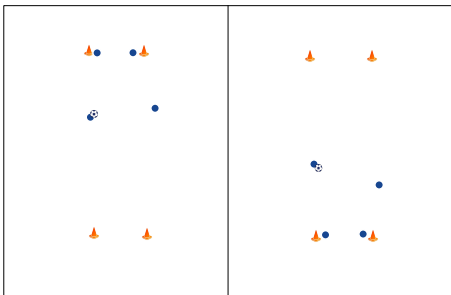
Laces - as the ball is coming down, players hold out a 'dead foot', ankle is not locked, ball hits top of foot and down towards the toe. Inside of the foot - use big surface, cushion the ball. Sole of foot - after ball bounces, put foot over the ball and the the ball bounce up against sole.

Attackers dribble towards goal,
1 v 1 with goalkeeper, and



CARRYING 1 V 0 W/GKS || 1 V 1 CHASE

To begin, players start 25 yards from goal with a ball, and one at time, they dribble towards goal for a 1 v 1 with the goalkeeper. Progression is half the players become defenders and line up alongside and chase the attacker once they play the ball forward.

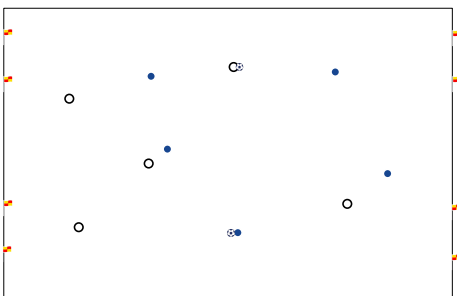


2 V 2 COMPETITION SCORING IN SMALL GOAL

The team not in possession are GKs and must stand on the end line. Team with the ball are free to move wherever they choose. Player picks up ball with their hands and tosses it to their partner who tries to head past the GKs to score a goal. GKs cannot use their hands, only their feet to save. A point is scored if the ball goes between the cones under the head.

Coaching points:

Make it a competition.
Praise players for good heading technique.
Ask players to get power by snapping through their waist.



4 GOAL GAME ON COMMON END LINE WITH 2 BALLS

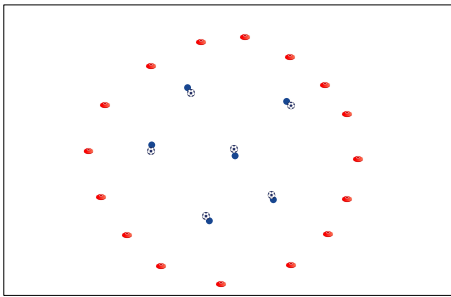
Dribble through the gate to score a point. 2 balls in play.



RULES

GENERAL NOTES

EQUIPMENT

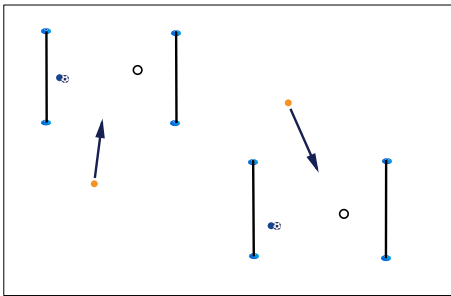


JUGGLING CIRCLE

Foot catch, thigh catch, head catch etc. If the ball hits the ground, player must do an exercise to get back into the juggling circle.

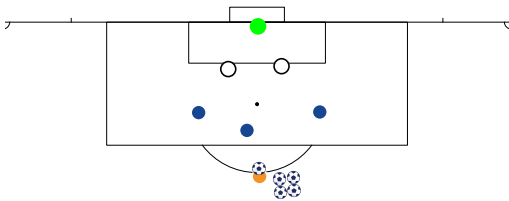
Coaching points:

Ask players to be light on their feet and move like an athlete.



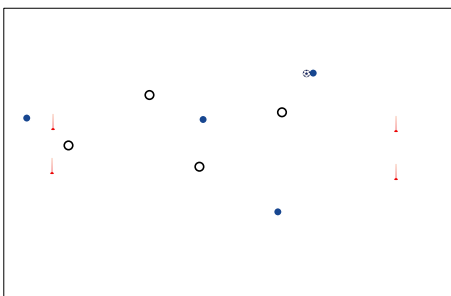
1 V 1 WITH FLOATERS

Several grids 7 x 12 yards in which 1 v 1 line soccer is being played. There are two floaters who can float between grid to grid to create 2 v 1 with the player in possession. Points are scored when the ball is stopped on the opponent's end line. Play 2 min games.



3 V 2 IN THE BOX

3 attackers v 2 defenders in the penalty area. Coach at the top of the area with plenty of footballs. Encourage shooting technique, laces v side of the foot.



HOCKEY STYLE GAME

Organization:

Players are allowed behind the goal but can only score from the front. Play 4 v 4. 30 x 40 yard grid.

Coaching points:

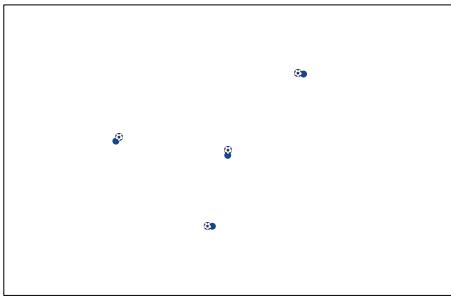
Encourage players to pass and play the game.



RULES

GENERAL NOTES

EQUIPMENT

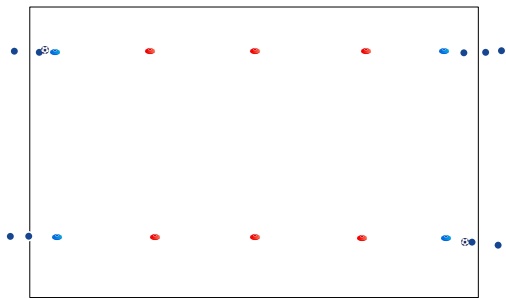


JUGGLE TWICE AND DIFFERENT TRAPS

Player will juggle the ball twice and then look to trap the ball with different surfaces of the foot or parts of the body.

Coaching points:

Laces - as the ball is coming down, players hold out a 'dead foot', ankle is not locked, ball hits top of foot and down towards the toe. Inside of the foot - use big surface, cushion the ball. Sole of foot - after ball bounces, put foot over the ball and the the ball bounce up against sole.



DRIBBLING CONES

3-4 players in each line.

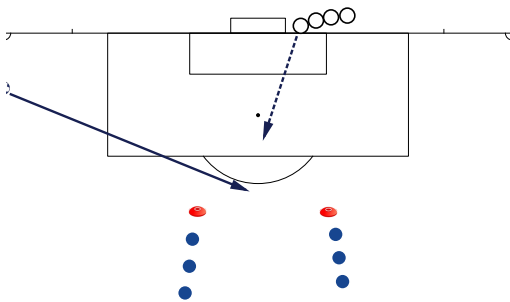
Dribble through the cones 3 times each:

- right foot only
- left foot only
- inside/outside right/left

One player at end cone to receive ball from dribbling player

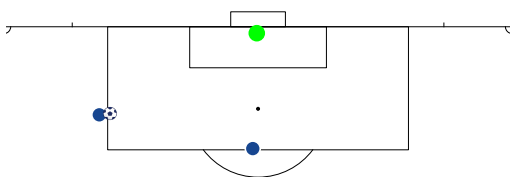
Coaching points:

Control your touch



2 V 1 BIG GOALS

Two attacking lines on the outside of the box. One defending line to the side of the goal. Coach passes to one of the attackers, front of each line goes out and 1 defender comes out to try and prevent a shot.



FINISHING (CROSSES)

Two touch finishing inside the box.

Short serve - a cross from about 5 yards away.

Coaching points:

Receive towards goal and strike

Prep the ball and hit quick, you don't get much time in a game!

Shoot to score.

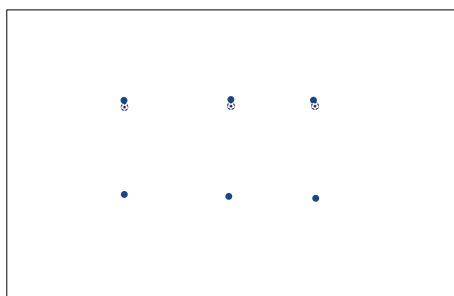
Hit it hard!



RULES

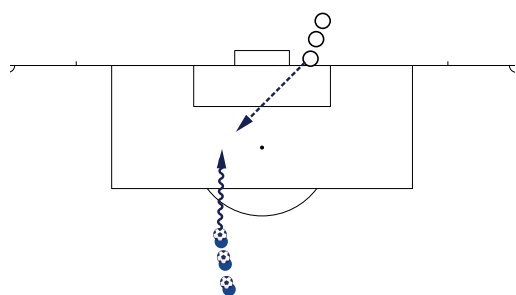
GENERAL NOTES

EQUIPMENT



TOSS IN TWOS BRAZIL

One ball in the hands of a player, tosses to a partner's right foot who plays the ball back in the air with the inside of the foot. 10 reps each foot. Change surface of foot.

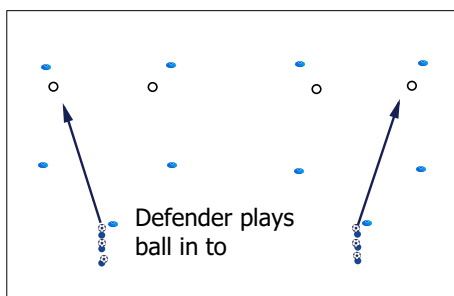


1 V 1 BIG GOAL

Half the team line up 22 yards from goal with a ball each (attackers). The other half line up beside the goal without a ball (defenders). Defender tries to stop the attacker from shooting on goal.

Coaching points:

Go win the ball, stay goal side, don't dive in, keep your feet moving.

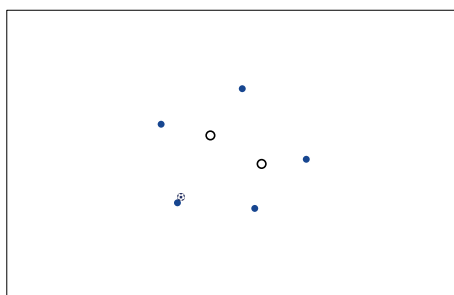


2 V 1 KEEP AWAY

2 attackers and 1 defender. Two attackers try to keep the ball away from the defender. If the defender wins the ball, they try to keep it.

Coaching points:

Defenders should try and cut off the passing lane to the other attacker.



5 V 2 RONDO

Five attackers form a circle around two defenders and play keep away. Unlimited touches. Attacker who loses the ball, becomes a new defender. 10 consecutive passes without a defender touching the ball = defenders stay in the middle.

Coaching points:

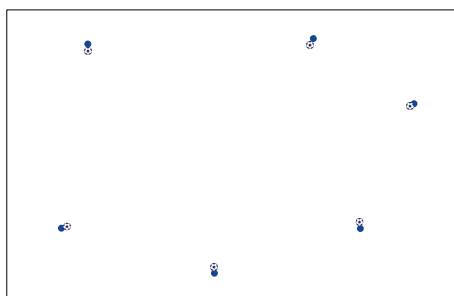
Passing technique is correct; inside of foot, ankle locked, toes above ankle. Players off the ball must move to support the player with the ball.



RULES

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**CRAZY BOX DRIBBLING (ENTROPY)****Organization:**

Players dribble within a limited area, demonstrating all dribbling techniques. Players must avoid each other. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

Coaching points:

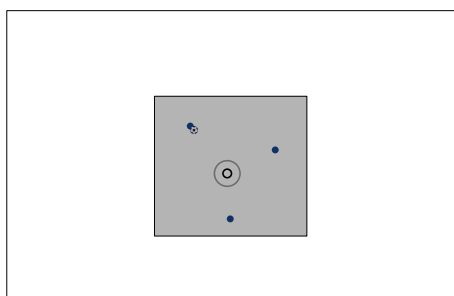
Keep the ball under control, use all surfaces of the foot, demonstrate footwork skills, dribble with head up, find space, change direction and speed. Stay positive with the players.

**1V1+2****Organization:**

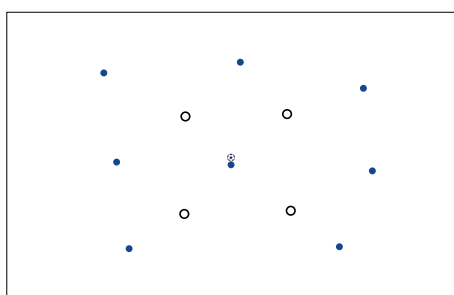
Play 1 minute 1 v 1 games, the plus 2 are neutral and play with the player on the ball. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Use extra player to beat opponent with the pass.

**3V1**

In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.

**8 V WALKING**

8 attackers play keep away from 4 defenders who can only walk (at first). If defenders win the ball, play stops and restarts in midfield.

Encourage players to play forward by passing rather than dribbling.



RULES

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