

# **DIXIE YOUTH SOCCER ASSOCIATION**



## **2008 SOCCER COACHING MANUAL**

**PRODUCED BY CHRISTOPHER WRIGHT**

## Table of Content

Passing, Control & Space Awareness .....	3
Dribbling, Tricks & Turns .....	9
Finishing .....	14
Defending .....	16
Small Sided Games .....	18

## Key



- All measurements are in Yards.

## Passing, Control & Space Awareness

### Passing in pairs (part 1)

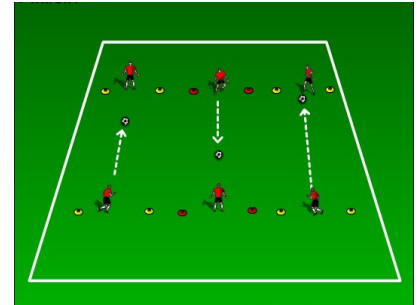
This drill develops players basic passing technique, while increasing there understanding of accuracy and 'weight of pass'.

Organization: Area - 5x10. Players in pairs. 1 Ball per pair.

Players are in pairs and stand 10 yards apart. Red players pass the ball along the ground to and from each other, controlling the ball prior to passing back.

#### **Coaching Points:**

1. Contact on foot – instep (large surface area which allows for accuracy).
  2. Plant non-kicking foot next to the ball for stability. (Point toes towards target).
  3. Contact on the ball – kick through the centre of the ball.
  4. Follow through - straight motion (controls accuracy and weight of pass).
  5. Eyes forwards / head up.
- The distance can be increased or decreased dependent on age and ability of players.
- Areas of interest: Passing and Control



### Passing in pairs (part 2)

This drill encourages players to take a positive 1<sup>st</sup> touch into space.

Organization: Area – 6x15. Players in pairs. 1 Ball per pair.

Red Players stand on the Blue cones, 15 yards apart and pass the ball along the ground to and from each other. When receiving the pass players are encouraged to control the ball diagonally towards either yellow cone before passing back to there partner.

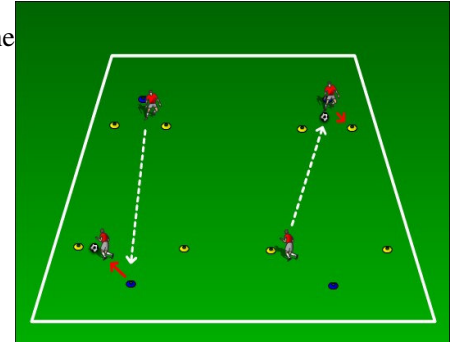
- Encourage players to use 2 touches to control and pass the ball.

Control - Surface areas and movement:

- i. Receive the ball with inside of the foot, pushing the ball towards the cone. (i.e. control the ball with right foot, move towards right cone and pass with right foot)
- ii. Receive ball with the inside of the foot, dragging the ball across the body. (i.e. control the ball with the right foot, drag the ball across the body to the left cone and pass with left foot)
- iii. Receive ball with outside foot, pushing the ball towards the cone. (i.e. control the ball with the right foot, move towards right cone and pass with right foot.

#### **Coaching Points:**

1. Be alert / ready to receive the ball (on toes).
  2. Direct the ball diagonally to the side (45' angle).
  3. Good 1<sup>st</sup> touch out of feet.
  4. Decision making – Which foot? Which surface area of the foot?
  5. Watch ball onto the foot.
- Encourage players to use 2 touches to control and pass the ball.
- Areas of interest: Passing and Control.



### Range of Passing

This drill develops player's technique in the different styles of long distance passing.

Organization: Area – 6x20. Players in pairs (Progression: +1 player). 1 Ball per pair.

Players are in pairs standing 20 yards apart. Red players pass the ball to and from each other, controlling the ball prior to passing back.

Styles of passes: Low Driven, Chipped, and Swerved (inside & outside of the foot).

#### **Coaching Points:**

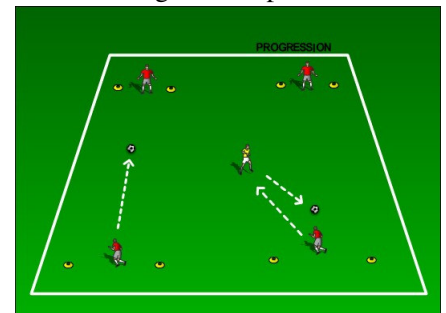
1. Quality of pass (technique - contact on foot).
2. Good 1<sup>st</sup> touch into space.
3. Movement – move towards the ball.

#### Progression:

- A) Red Players play a wall pass (1-2) with yellow player.
- B) Limit the numbers of touches players are allowed (can they play on 1 touch?)

- The distance can be increased or decreased dependent on age and ability.

Areas of interest: Passing and Control.



### **Control by colors**

This drill develops players 1<sup>st</sup> touch, close control, decision making and reactions.

**Organization:** 3 sets of cones (each 4 yards apart). 2 Players. 1 Ball per person.

Red player and Blue player stand opposite each other, both 3 yards behind the line of cones. Red player (server) starts with the ball in their hands and rolls the ball through the centre (yellow) cones to Blue player. Red player calls out a color as they release the ball (i.e. red) and Blue player must control the ball sideways towards the colored cones and pass to Red player through the designated 'red' cones. Red player rolls the ball back through the same cones (red) and then shouts another color. The drill is continuous.

- Encourage players to use both the inside / outside of the foot to control the ball.

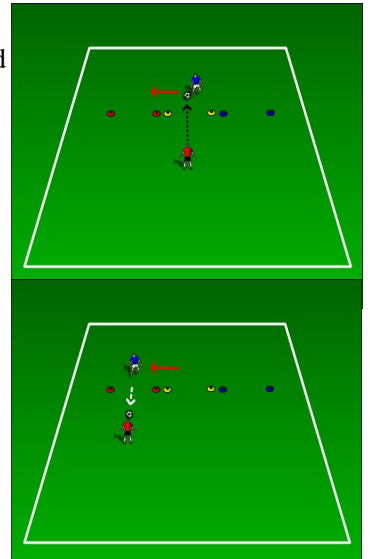
#### **Coaching Points:**

1. Be alert / ready to receive the ball (on toes).
2. Good 1<sup>st</sup> touch out of feet.
3. Decision making – Which foot? Which surface area of the foot?
4. Quality of pass to partner. (quality of under arm roll to partner).

#### **Progression:**

- A) Red player throws the ball in the air so that Blue player has to control the ball using their thigh or chest prior to passing the ball back through the designated colored cones.

Area of interest: Control and Passing.



### **1<sup>st</sup> touch into space**

This drill shows players the importance of take there 1<sup>st</sup> touch of line and into space.

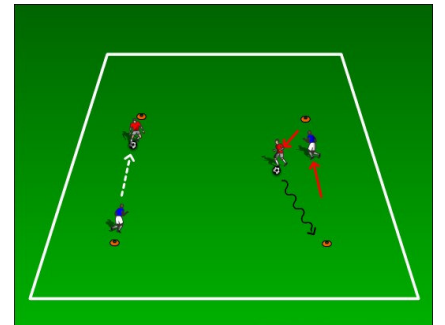
**Organization:** Area – 10 yards. Players in pairs. 1 Ball per pair.

Blue player starts with the ball and stands 10 yards away from Red player. Blue players passes to Red player and follows there pass, simulating a defender applying pressure (player is passive). Red player is encouraged to control the ball to the side (diagonally) into space, off the line of the oncoming defender. Red player dribbles the ball back to Orange cone and drill is repeated.

#### **Coaching Points:**

1. Quality of pass.
2. 1<sup>st</sup> touch off line and into space.
3. Decision making – Which foot? Which surface area of the foot?

Areas of interest: Passing and Control



### **Zig Zag Pass & Support**

This drill develops player's ability to control and pass the ball while moving. Emphasis is put on the weight and timing of the pass and run.

**Organization:** Area – 40x10. 7+ players. Bag of balls.

Players pass the ball down the line in a zig zag sequence and follow their pass. When the ball reaches the last player at the end of the line, they dribble the ball back to the beginning recycling the ball. Players are encourage to receive the ball with an open body stance and to control the ball on there back foot.

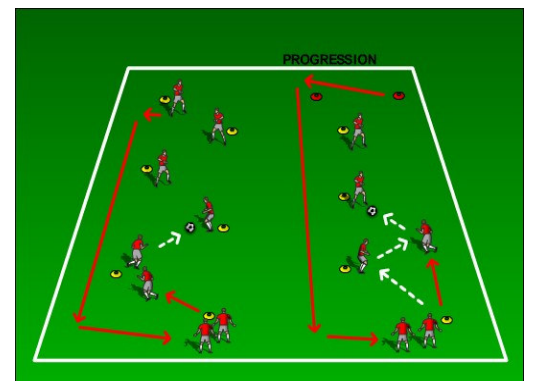
#### **Coaching Points:**

1. Accuracy of pass.
2. Weight of pass.
3. Timing of pass.
4. Timing of run.
5. Good 1<sup>st</sup> touch in the direction of next pass.

#### **Progression:**

- A) Players play wall passes (1-2's) down the line.
- B) To increase difficulty, condition the number of touches players are allowed. (1 / 2 touch?) or introduce more balls.

Area of interest: Passing, Control, and Movement



### Passing in colors

This drill encourages players to pass and move, while being aware of the position of team mates and opponents.

Organization: Area - 30x30. 3 teams: 4 players per team. 1 Ball per team

Each team has a ball and passes the ball amongst each other inside the 30x30 square. All three teams are passing the ball to each other at the same time. Players aim to make good decisions and accurate passes to their team mates. Players without the ball are encouraged to move into open space in order to be an option for the player on the ball.

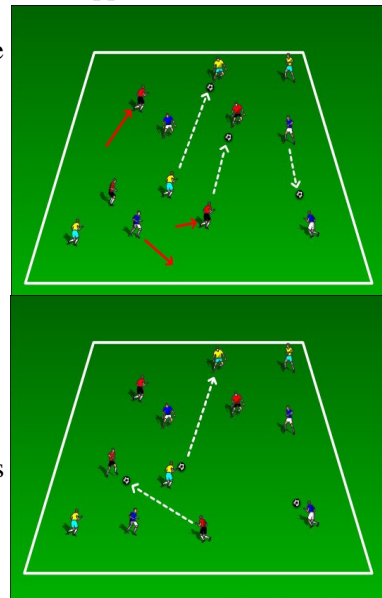
#### **Coaching Points:**

1. Accuracy of pass.
2. Weight of pass.
3. Timing of pass.
4. Good 1<sup>st</sup> touch into space / away from opponents.
5. Create space / movement.
6. Angles / distances of support (play in triangles).

#### Progression:

- A) Reduce the number of touches each player is allowed.
- B) Players are still passing to their team colors but the pass must go between two players from other colors (penetrative pass).

Area of interest: Passing, Control, and Movement



### Short Pass, Long Pass

This drill develops players understanding of when to play short and when to play long. Players are encouraged to be patient and to make the correct decision on when to pass long and what style of pass to use.

Organization: Area – 15x50 (End zones: 15x15. Central zone: 15x20). 4 Players (progression + 1 / 2 defenders). Bag of Balls.

Red player passes to other Red player, who controls the ball and passes long to either Blue player. The Blue player who receives the ball passes to other Blue player who passes long to a Red player. The drill is continuous.

#### **Coaching points:**

##### **Attacking:**

1. Accuracy of pass.
2. Weight of pass.
3. Good 1<sup>st</sup> touch out of feet.

##### **Progression (A):**

4. Timing of pass.
5. Decision making (When to pass long? What style of pass to play?)

##### **Progression (B):**

6. Encourage penetrative passes between the two defenders.

##### **Defending:**

##### **Progression (A):**

1. Encourage defender to use quick side steps to move across the square.
2. Get down the line of the ball (prevent ball down the line).

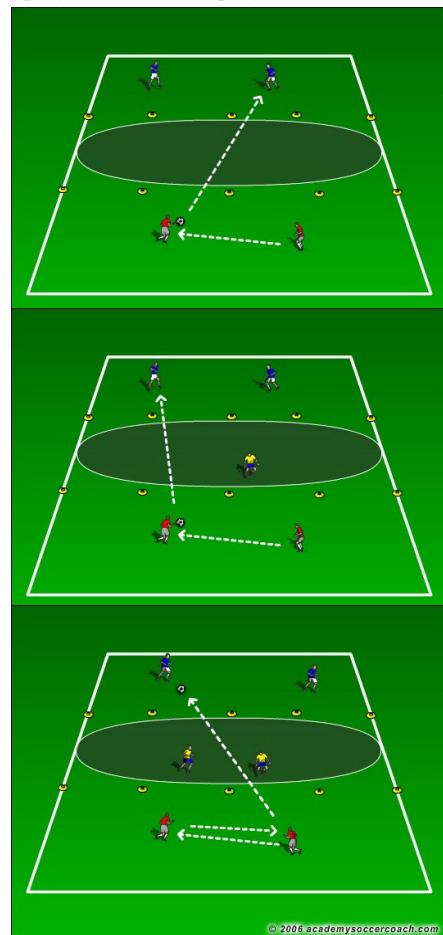
##### **Progression (B):**

3. Angle / distance of support (position of 2<sup>nd</sup> defender).
4. Communication.

#### Progression:

- A) A defender is added into the central zone, aiming to intercept the ball when being transferred from one zone to the other.
  - B) A 2<sup>nd</sup> defender is added to the central zone.
- When defenders are added, Red and Blue players can make multiple passes between team mates prior to passing the ball across the square to the other team.
  - The attackers aim to play a penetrative pass, between the two defenders when passing from one zone to the other.

Areas of interest: Passing, Control and Defending



## Around the Square

This drill increases players understanding of creating space to receive the ball and receiving the ball on the back foot.

**Organization:** Area – 20x20. 5+ Players. 1 Ball per drill.

One player is situated on each corner of the 20x20 square, with the remaining player(s) at the starting corner. The ball is passed around the square with players following their pass. Players receiving the pass are encouraged to allow the ball to run across their body, controlling the ball on their back foot in the direction of the intended pass.

- Once a player has moved around the square they join the back of the line.
- Change direction to ensure that players pass and receive the ball with both feet
- Encourage players to use 2 touches to control and pass the ball.

### **Coaching Points:**

1. Accuracy of pass.
2. Weight of pass.
3. Encourage players to look up between controlling the ball and passing to there team mate.
4. Receive the ball on the back foot (open body stance).
5. Good 1<sup>st</sup> touch out of feet towards the intended target.

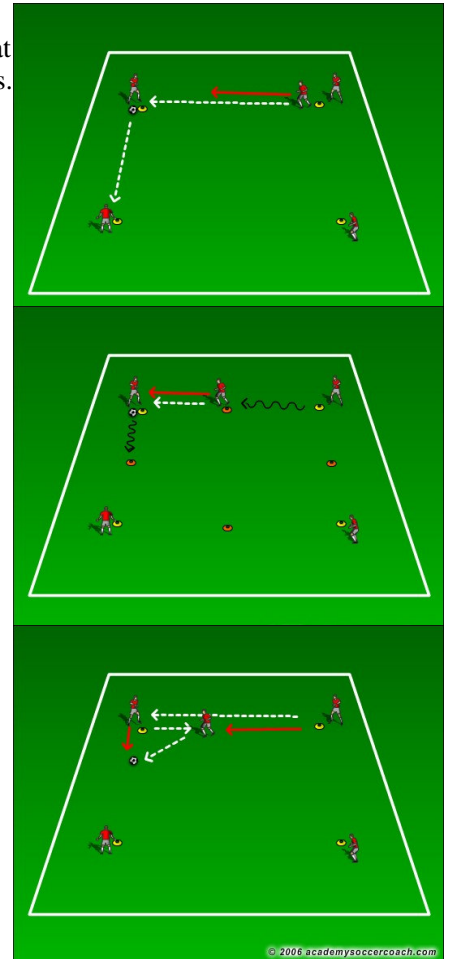
### **Progression:**

6. Quality of dribble.
7. Quality of trick.

### **Progression:**

- A) Movement - Players move backwards, away from the cone to create space in order to receive the ball (simulating moving away from a defender).
  - B) Player dribbles the ball to the red cone, perform a trick and then pass the ball to the next player.
  - C) Players perform a wall pass (1, 2) prior to passing to the next player.
- The size of the square can be increased in order to increase difficulty.

Areas of interest: Passing, Dribbling and Tricks.



## Around the Triangle

This drill introduces players to the importance of a good 1st touch away from the oncoming defender into space.

**Organization:** Area – 15x15. 5 Players, 1 Ball

Each Red player is situated on a corner of the triangle. Two Blue players are defenders and take turns pressing the ball. They then returning to the cone in the centre of the triangle while there partner presses the ball, before going again (players are not allowed outside the triangle – defenders are passive). Red players are encouraged to receive the ball with both the inside and outside of the foot, controlling the ball into space away from the oncoming defender and in the direction of the next pass.

- Switch the direction of play to allow players to pass and control the ball with both feet.

### **Coaching Points:**

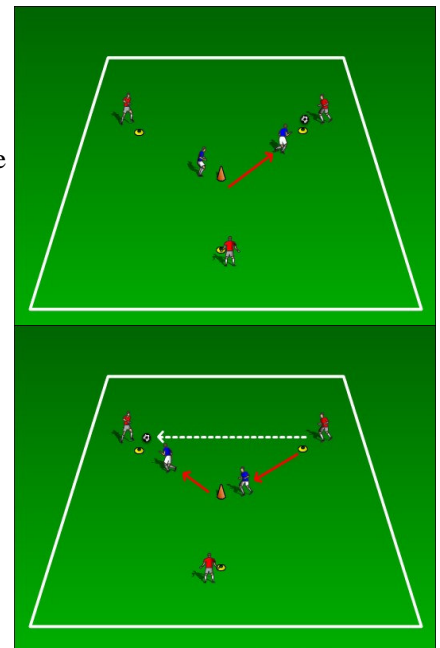
#### **Attacking:**

1. Weight of Pass.
2. Accuracy of pass.
3. Good 1<sup>st</sup> touch away from the defender.
4. Decision making. Which foot? Which surface area of the foot?

#### **Defending:**

1. Body position (side on, bend knees).
2. Eye on ball.
3. Travel while the ball is moving (press the ball quickly).

Areas of interest: Passing, Control and Defending



## Playing in Triangles

This drill encourages players to move for the player on the ball, while developing their understanding of angles and distances of receiving.

**Organization:** Area - 12x12. 3 players (progression +1). 1 Ball per drill.

Each player stands on one of the lines of the 12x12 yard square to make a triangle. Three lines are used, one is spare. The ball always wants to be with the player at the tip of the triangle and the two other players stand on either side. Players pass the ball around the square with the appropriate player moving from one line to another, ensuring the player receiving the pass has two options (forming the triangle).

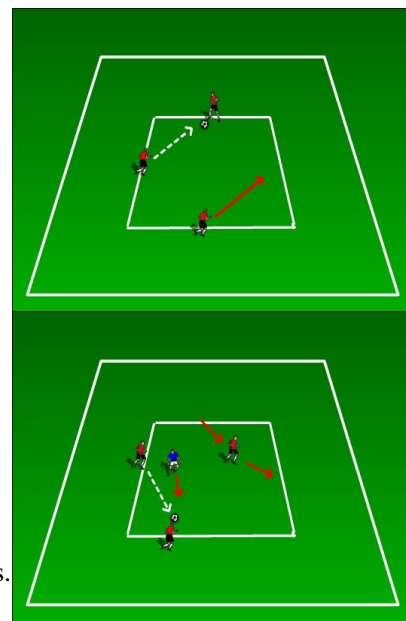
### **Coaching points:**

1. Weight of pass.
2. Timing of pass.
3. Movement / awareness.
4. Angle of receiving.
5. Distance of receiving.
6. Good 1<sup>st</sup> touch.
7. Communication.

### **Progression:**

- A) A defender (Blue player) is added. The defender must stay inside the square, with the aim of intercepting a pass and winning the ball.
- B) Play 3v1 inside of square. Players now play inside the square rather than run on the lines. There is now less structure and players need to think more about their 'angles and distances' to help support the player on the ball.

Area of interest: Passing, Control, Movement, and Space Awareness



## Through the square

This drill looks at players passing technique and introduces the importance of controlling the ball off the line of the oncoming opponent and into open space.

**Organization:** Area – Large square: 30x30 Small square: 8x8. 8+ Players. Bag of balls.

All Blue players start on the outside of the large square and Red players start inside the small central square with a ball. Red players dribble out of the small yellow square and pass to a Blue player following their pass (simulating an opponent applying pressure on the ball). Blue players control the ball into space away from the Red player. Blue players then dribble through the central square and pass the ball to a free player on the outside of the large square (players are able to leave the square via any side). The drill is continuous.

### **Coaching Points:**

1. Quality of pass.
2. Control ball off line and into space.
3. Good 1<sup>st</sup> touch out of feet.
4. Quality of dribble

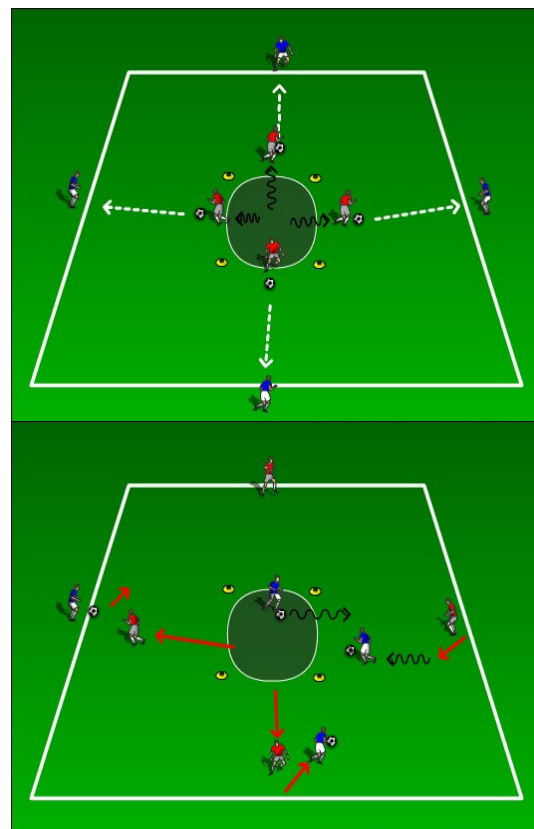
### **Progression:**

5. Quality of trick
6. Quality of turn.

### **Progression:**

- A) After controlling the ball on the outside of the large square, players perform a trick prior to entering the small central square.
- B) Players perform a turn inside of the central square before leaving via a different side to which they entered.

Areas of interest: Passing, Receiving, Tricks and Turns.



### **Keep ball**

This drill encourages players to move for the player on the ball, while developing their understanding of angles and distances of receiving.

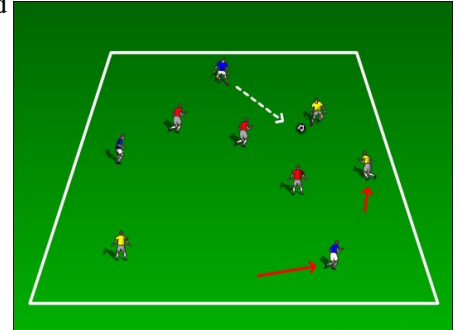
**Organization:** Area – 30x30. 3 teams: 3 players per team. Bag of Balls.

Each team is given a different colored jersey, with one team starting as defenders and the two other teams work together as the attackers. The Red team starts as defenders and attempt to intercept / win the ball from the two attacking teams. The Blue and Yellow teams attempt to pass the ball amongst each other with the aim of keeping the ball inside the square and away from the Red team. If the Red team intercepts a pass, the player who passed the ball, their team becomes the defending team. (i.e. a player from the Blue team passes the ball and Red team intercepts the pass. The Red and Yellow teams play keep ball together as the attacking teams, while the Blue team defend).

#### ***Coaching points:***

1. Quality of pass.
  2. Create space / movement.
  3. Angles and distances of support for the player on the ball.
  4. Communication.
  5. Decision making & awareness.
- The difficulty of the drill can be increased by reducing the size of the square or limiting the number of touches each player is allowed.

Area of interest: Passing, Control, Movement, Space Awareness, and Communication



### **Keep ball to reach the goal**

This drill develops player's ability to pass the ball in a tight situation in order to create a shooting opportunity.

**Organization:** Area - 15x15. 3 attackers, 1 goalkeeper, 1 defender (Progression: +1 additional defender). Bag of Balls.

Red players attempt to make 5 consecutive passes inside the 15x15 yard square. The Blue player is the defender and attempts to intercept / win the ball. The Red player who receives the 5<sup>th</sup> pass leaves the yellow square and shoots on goal. Blue defender becomes passive once the attackers have completed 5 consecutive passes.

#### ***Coaching Points:***

1. Quality of pass.
2. Movement (create space for self / team mates).
3. Good 1<sup>st</sup> touch into space, away from defender.
4. Angles / distances of support for the player on the ball.
5. Quality of shot.

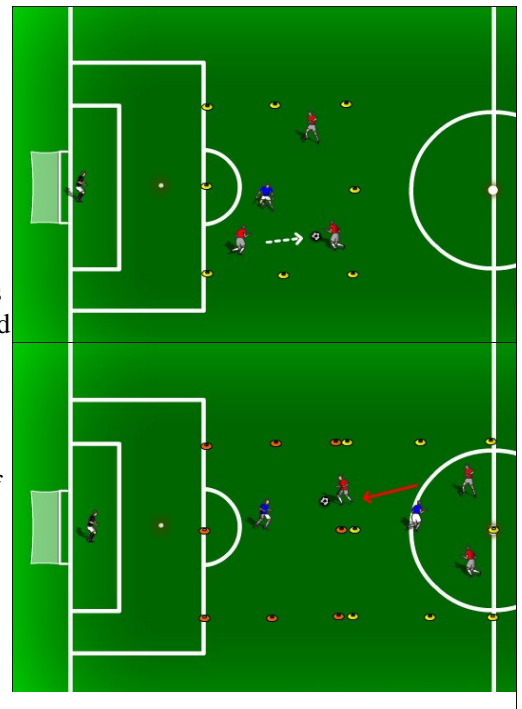
#### ***Progression:***

6. Quality of move to beat defender.

#### **Progression:**

- A) A second box is added, which contains another defender. The drill runs as before, with the Red players aiming to make 5<sup>th</sup> consecutive pass. The Red player, who receives the 5<sup>th</sup> pass, leaves the yellow square and enters the second (orange) square where they aim to beat the 2<sup>nd</sup> defender before advancing for a shot on goal.
- Blue defenders must stay in their designated squares.
  - To increase the difficulty, the number of passes can be increased or the size of the square(s) can be reduced

Area of interest: Passing, Control, Movement, 1v1, Shooting and Goalkeeping.





## Dribbling, Tricks & Turns

### Follow the Leader

This unopposed drill looks to develop player's foot skills / ball familiarity.

**Organization:** Area – 15x15. 8+ Players. 1 Ball per pair.

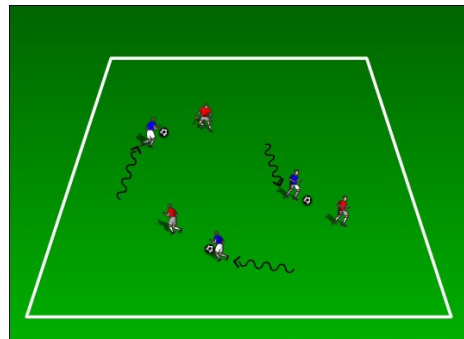
Players are in pairs, with all the Blue players having a ball. Red players jog around the square and Blue players must follow their partner every where they go while dribbling the ball.

- Red players are encouraged to jog around the square and not to run at full speed, allowing their partner to follow them.
- Red players are then asked to make sharper, tighter turns, increasing the difficulty for their partner (running speed is still the same).

### **Coaching Points:**

1. Close control.
2. Eyes forward / Head up.
3. Dribble into space.
4. Use both feet / different surfaces areas.

Areas of interest: Dribbling.



### Turns

This unopposed drill develops player's basic technique and understanding of turns.

**Organization:** Area – Square: 15x15. 4 Players, 4 Balls.

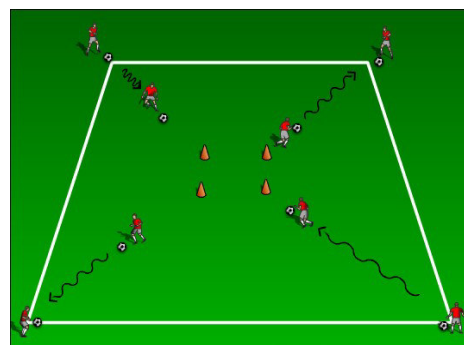
All players have a ball and are situated in a corner of the 15x15 yard square. Players approach the cones in the centre of the square, perform a turn and return to the same cone / corner. Once all players have performed a turn and have returned to their original corner, the drill is repeated.

Turns: Inside hook, outside hook, drag-back, Cruft turn.

### **Coaching Points:**

1. Slow approach.
  2. Crisp / sharp turn – make turn realistic.
  3. Good touch out of feet.
  4. Accelerate away.
- Encourage players to perform the turns with both feet.

Areas of interest: Dribbling and Turns.



### Fakes / tricks

This unopposed drill develops player's basic technique and understanding of tricks / moves to beat defenders.

**Organization:** Area – Square: 15x15. 4 Players, 4 Balls.

All players have a ball and are situated in a corner of the 15x15 yard square. Players approach the cones in the centre of the square, perform a trick and move to the cone on their left / right. All players go at the same time and move in the same direction. Once all players have performed a trick and have moved to their new corner, the drill is repeated.

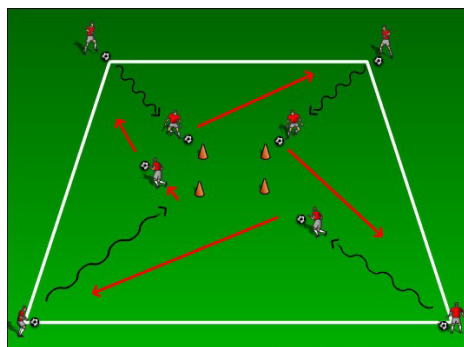
- Change direction to ensure that players learn to do the tricks with both feet, in both directions.

Tricks: Scissors, Mathews, Ronaldinho, Henry, 2 touch....etc.

### **Coaching Points:**

1. Slow approach.
2. Crisp / Sharp trick – make trick realistic.
3. Good touch out of feet.
4. Accelerate away.

Areas of interest: Dribbling and Tricks.



### **Tag around a triangle**

This drill looks at ball familiarity, encouraging players to have their head up when dribbling and developing awareness.

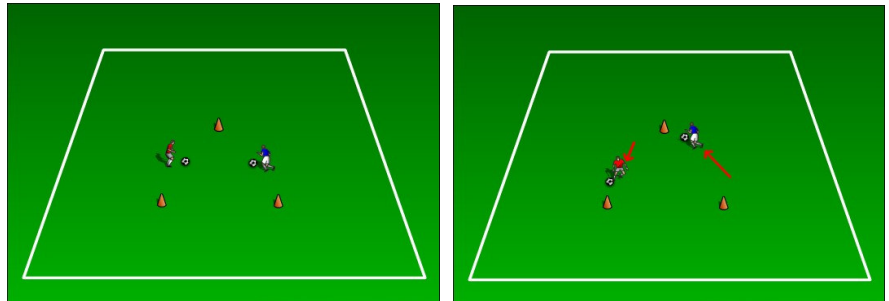
**Organization:** Area – triangle: 5x5x5. 2 Players. 1 Ball per player.

Players start opposite each other with the Blue player attempting to catch and tag the Red player. Both players have a ball and must stay outside the triangle. Players dribble the ball around the triangle, using different turns to change direction in order to catch or avoid being caught by the other player.

#### **Coaching Points:**

1. Close control.
2. Eyes forwards / Head up.
3. Awareness of other player.
4. Quality of turn to change direction.

Areas of interest: Dribbling and Turning



### **Dribbling & Speed, Agility and Quickness**

This drill develops fast feet (SAQ) and the quality of a player's trick.

**Organization:** Area – 15 yards from defender. 6+ players. Bag of balls.

Ladders / Poles.

Players throw the ball up in the air, controlling it before dribbling towards the passive defender (coach). Players are encouraged to try new tricks to beat the defender before shooting. Players then perform the agility sequence prior to joining the back of the line.

- Players alternate between the two different agility sequences.

(Ladders – fast feet and poles – side steps).

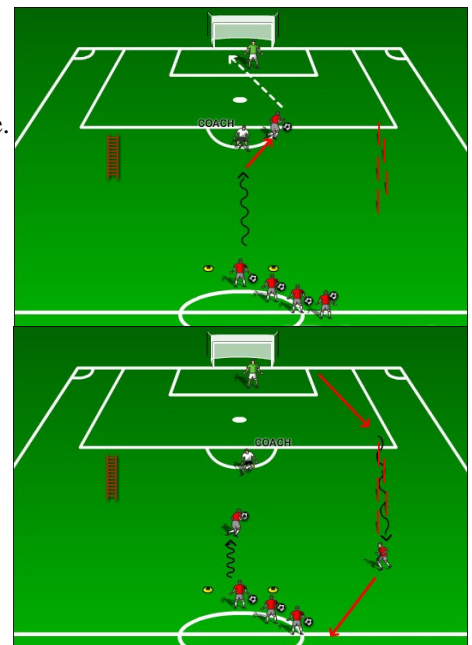
#### **Coaching Points:**

1. Quality of dribble.
2. Quality of trick to unbalance defender.
3. Change of pace – accelerate away from the defender.
4. Quality of shot.
5. Quality of SAQ.

#### **Progression:**

A) The coach can be replaced by a player who is an active defender.

Areas of interest: Dribbling, Tricks, Shooting, and SAQ.



### **Dribble to score in 3 goals**

This drill allows players to develop their dribbling and tricks in an opposed practice. Players are encouraged to attempt new ideas and to be inventive.

**Organization:** Area – 20x20. 6+ Players. Bag of Balls.

The Red player starts between the two flat yellow cones and aims to dribble the ball and score into any of the 3 goals. Scoring: 1 point for scoring in either of the two side Yellow goals and 2 points for scoring in the end Orange goal. The Blue player is the defender and attempts to prevent the Red player from scoring. Players swap lines after several attempts.

#### **Coaching points:**

1. Positive 1<sup>st</sup> touch.
2. Close control.
3. Quality of trick to unbalance defender.
4. Awareness and decision making. Which goal is open?

#### **Progression:**

A) If Blue defender wins the ball, they get 3 points for scoring in any goal.

Areas of interest: Dribbling, Tricks, 1v1 and Defending



### **1v1 through a square**

This drill looks at player's ability to perform a trick in order to unbalance and beat a defender when in a small area.

**Organization:** Area – Square: 10x10. 6+ Players. Bag of balls.

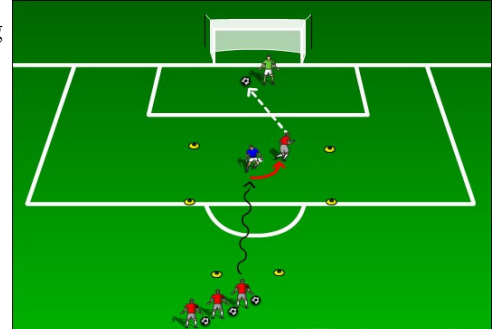
The aim is for the Red player to dribble through the 10x10 yard yellow square, using a trick to unbalance the defender prior to shooting. Once the player has past the defender they are encourage to take a good touch out of there feet before taking the shot.

- The Blue defender is not allowed outside of the yellow square.

#### ***Coaching Points:***

1. Close control.
  2. Quality of skill to unbalance defender.
  3. Accelerate away from defender.
  4. Quality of shot.
- The difficulty of the drill can be increased / decreased by changing the size of the yellow square.

Areas of interest: Dribbling, Tricks, Shooting, 1v1 and Goalkeeping.



### **1v1 to reach the target area at speed**

This drill looks at players receiving the ball on the opposite side of their body to the defender, shielding the ball and driving into space.

**Organization:** Area – 15x20 (End Zone – 15x5). 6+ Players. Bag of balls.

The objective is for the Red player to dribble the ball and stop it in the 'End Zone' within 6 seconds of receiving the pass. The Red player is encouraged to receive the ball on the opposite side to the defender and to drive towards the 'End Zone'. Players learn to keep their body between the ball and defender and to use their arm (body) to shield and protect the ball. The Blue player is the defender and once the Red player receives the ball they attempt to intercept them and prevent them from reaching the 'End Zone'

- Players filter back around to there line. After 5 attempts the teams swap roles.
- The drill is then repeated from the other side so that players experience receiving the ball and dribbling with both feet.

#### ***Coaching points:***

1. Positive 1<sup>st</sup> touch towards the target area.
2. Encourage players to receive the ball with the foot furthest away from the defender.
3. Accelerate into space.
4. Close control.

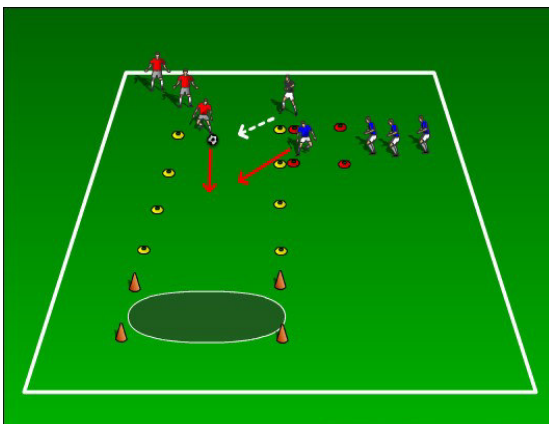
#### ***Progression:***

5. Trick to unbalance defender.

#### **Progression:**

- A) The defenders are now situated in the 'End zone'. The Blue player starts with the ball and passes to the Red player, who attempts to beat the defender and stop the ball in the 'End Zone'.

Areas of interest: Running with the ball, Dribbling, Tricks, 1v1 and Defending.



### **1v1 to reach the goal at speed**

This drill encourages players to keep close control when attacking players and to create space for a shot.

**Organization:** Area – 2 squares 20x20. 8+ Players. Bag of balls.

The area is split into two 20x20 yard zones, with a goal situated at the end of the 2nd zone. The Red player (attacker) receives the ball and attempts to beat the first defender and then the 2nd defender before taking a shot at goal.

- Defenders are not allowed out of their respective box.
- After several attempts teams swap roles so they have the opportunity to attack and defend.

#### ***Coaching Points:***

##### ***Attacking:***

1. Positive 1<sup>st</sup> touch out of feet.
2. Sharp move to beat / unbalance defender.
3. Accelerate into space.
4. Close control.
5. Awareness of 2<sup>nd</sup> defenders position.
6. Head up / eyes forwards.
7. Accurate shot.

##### ***Defending:***

1. Approach quickly; slow down on attacker's 1<sup>st</sup> touch.
2. Body position (Bend knees / side on).
3. Distance – touch tight / arms length.
4. Don't dive in / over commit.
5. Keep eyes on the ball.
6. Force play in one direction.
7. Cover / position of 2<sup>nd</sup> defender.

Areas of interest: Dribbling, Tricks, 1v1, Shooting and Defending.



### **Receiving the ball on the half turn / back foot**

This drill looks at the technique and options that players have to turn when facing their own goal.

**Organization:** Area – 15x15. 4 Players. 2 Balls

Blue players are the servers and stand at diagonal corners of the 15x15 yard square, with a ball. Red players stand back to back in the middle of the square facing a Blue player. Both Blue players pass the ball into the Red players at the same time. Red players receive the ball, turn and pass the ball to the other Blue player.

- Ensure Blue players pass the ball at the same time.
- Ensure both Red players perform the same turn in the same direction to prevent a collision.

#### **Turns:**

- i. Player receives the ball on the front foot and turn using inside of the foot.
- ii. Player receives the ball on the front foot and turn using the outside of the foot.
- iii. Player receives the ball on the back foot and turn using the inside of the foot.
- iv. Player allows the ball to run through their legs.
- v. Player controls the ball back towards player and then performs a turn. (i.e. Cruft)

#### ***Coaching Points:***

1. Create space / Movement.
2. Good 1<sup>st</sup> touch out of feet.
3. Accelerate away.
4. Accurate pass.

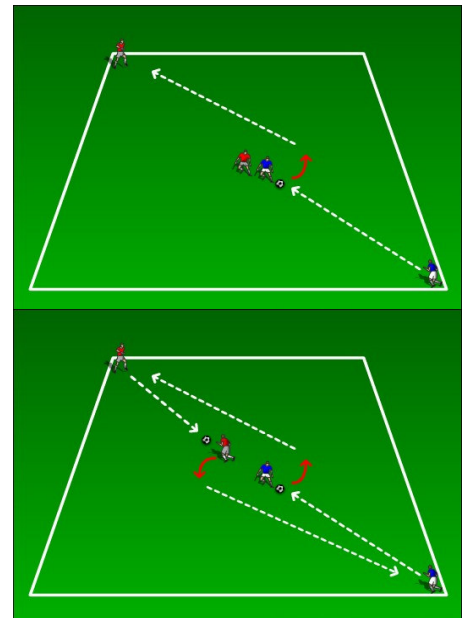
#### ***Progression:***

5. Move away from the ball (drag defender away to create space) and then show for the ball.

#### **Progression:**

- A) A defender is now added (one attacking player becomes a passive defender). The attacking player looks to create space in order to receive the ball, turn and pass to other target player (server).
- B) Defender becomes active.

Areas of interest: Receiving, Turns and Passing.



## 2v2 receiving to turn

This drill encourages players to be confident in receiving and securing the ball in order to beat an opponent.

Organization: Area – 20x30. 6 Player. 1 Ball.

Two target players are situated at each end of the 20x30 yard square, with 4 players inside the area playing 2v2. The aim is for the player receiving the pass to transfer the ball to the other target player. The target players recycle the ball back into play, to the opposite team that passed them the ball. (i.e. Receive pass from Red team, pass to Blue team).

- Ensure defenders are marking properly, touch tight / arms length.
- Encourage players be inventive and to be aware of where there marking defender is. Are they touch tight? Do I have space to turn and face up?

### **Coaching Points:**

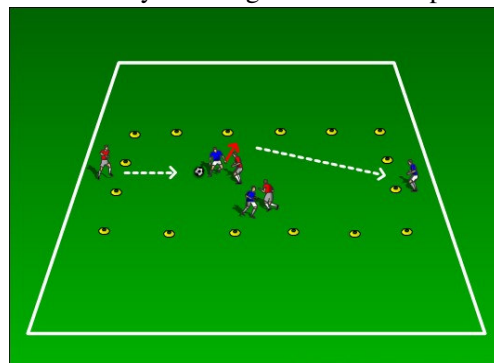
#### **Attacking:**

1. Create space / Movement.
  - Move away from the ball (drag defender away), then show for the ball.
2. Awareness & decision making.
3. Shielding the ball.
4. Quality of turn.
5. Quality of dribble.
6. Quality of pass.

#### **Defending:**

1. Touch tight / arms length.
2. Aim to prevent attacker from turning (if player turns, force in one direction).
3. Body position (side on, bent knees).
4. Angle / distance of support (position of the 2<sup>nd</sup> defender).
5. Communication.

Areas of interest: Shielding, Turning, Dribbling and 2v2.



## Receiving the ball with back to goal

The drill looks at the technique and options that players have to turn when having there back to goal.

Organization: Area – Square: 15x15. 8+ players. Bag of balls.

Feeder / Coach passes the ball into Red player (attacker), who attempts to turn the defender and shot on goal. The Blue player is the defender and attempts to win the ball or prevent the Red player from getting a shot on goal.

### **Coaching Points:**

#### **Attacking:**

1. Create space / movement.
  - Move away from the ball (drag defender away) and then show for the ball.
2. Good 1<sup>st</sup> touch.
3. Quality of turn.
4. Accelerate away from defender
5. Accurate shot.

#### **Defending:**

1. Touch tight / arm length.
2. Fast approach, slow down on attackers 1<sup>st</sup> touch.
3. Body position (side on, bent knees).
4. Aim to prevent attacker from turning (if player turns, force in one direction).
5. Keep eyes on ball.

#### Progression:

- A) If Blue player wins the ball there aim is to run / dribble the ball through either of the two Orange goals.

Areas of interest: Turning, Dribbling, Shooting, 1v1 and Defending.



## Finishing

### Squash & Shot

This unopposed drill develops younger player's communication skills, while teaching them the technique of striking a dead ball cleanly.

**Organization:** Area: Square: 10x10. 7+ Players (1 Goalkeeper). Bag of balls.

Players are in two lines with all the Red players each have a ball. The Red player dribbles diagonally across the 10x10 yard yellow square and stops the ball on the Blue players command ('squash'). Blue player when ready shouts out 'squash', resulting in the Red player stopping the ball for the Blue player to shoot at goal.

- Players then swap lines.
- The line with the balls is then swapped allowing players to strike the ball with their other foot.

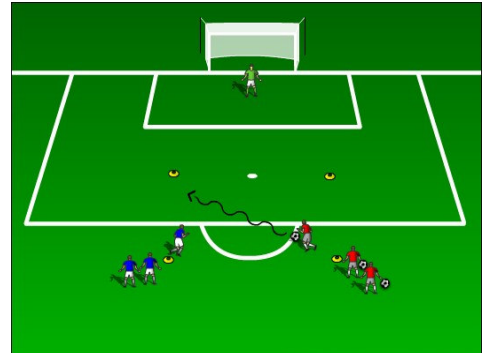
#### **Coaching Points:**

1. Technique of shot.
2. Strike through the centre of the ball.
3. Accuracy over power.
4. Aim for corner.

#### **Progression:**

- A) Orange markers are added inside of each goal post's. Players now aim to strike the ball and score between the cone and the goal post.

Areas of interest: Dribbling and Shooting



### Receiving to shot

This unopposed drill focuses on players having a good 1<sup>st</sup> touch out of their feet allowing them to strike at goal with their 2<sup>nd</sup> touch.

**Organization:** Area – 20 yards from goal. 7+ Players. Bag of balls.

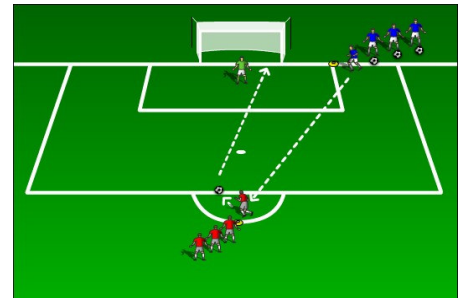
Blue players line up on the goal line beside the side of the goal with a ball. The first Blue player in line passes to the first Red player in line. The Red player has a good first touch out of their body and shoots on goal.

- After several attempts players / colors swap roles.
- The serving players can be placed anywhere around the penalty box, allowing the Red players to receive the ball from different angles.

#### **Coaching Points:**

1. Quality of pass.
2. Good 1<sup>st</sup> touch out of feet.
3. Shooting technique.
4. Accurate shot (aiming for corners).

Areas of interest: Passing, Receiving, Shooting, and Goalkeeping



### Shooting when on the move (Part 1)

This unopposed drill develops players shooting technique when running onto a moving ball.

**Organization:** Area - 20x20. 6+ Players. Bag of balls.

All the Players line up with a ball. In turn they pass the ball to the coach, following their pass. The coach lays the ball off on the ground and the player attacks the ball and shoots on goal. Players then retrieve their ball and return to the back of the line. The drill is then repeated from the other side of the field so that players experience shooting with both feet.

#### **Coaching Points:**

1. Accurate pass.
2. Technique of shot.
3. Timing of run.
4. Accuracy over power.
5. Aim for corners.

#### **Progression:**

- A) The coach throws the ball to the player so that the player strikes the ball when bouncing (on the volley / half volley).

Areas of interest: Passing, Shooting and Goalkeeping.



### **Shooting when on the move (Part 2)**

This unopposed drill develops players shooting technique, while introducing fast feet and agility work.

**Organization:** Area - 20x20. 6+ Players. Bag of balls.

All the Players line up with a ball. In turn they pass the ball to the coach and then perform the agility drill, before receiving a return pass from the coach and shooting. Players then retrieve their ball and return to the back of the line.

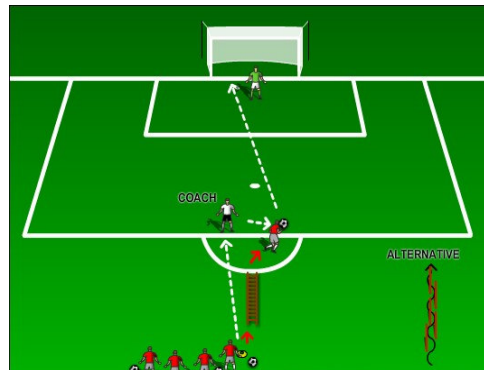
#### ***Coaching Points:***

1. Accurate pass.
2. Quality of agility.
3. Technique of shot.
4. Accuracy over power.
5. Aim for corners.

#### ***Agility drills:***

- i. Ladders – fast feet
- ii. Poles – weave in and out of the poles.

Areas of interest: Passing, Shooting, SAQ (Speed, Agility & Quickness) and Goalkeeping.



### **1<sup>st</sup> Touch & Shot**

This drill encourages players to control the ball in the direction of their intended pass and to take one touch out of their feet to allow an early shot on goal.

**Organization:** Area - Poles 10 yards apart, 15 yards from goal. 6+ Players. Bag of Balls.

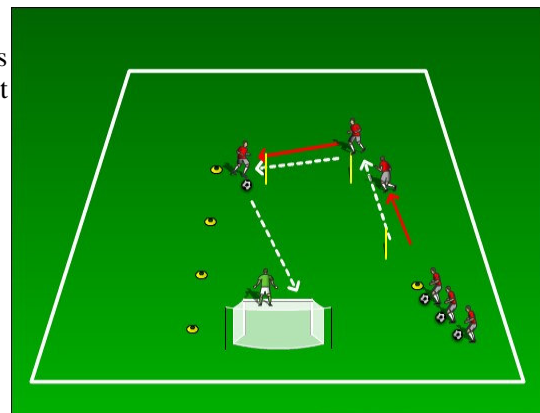
All players line up behind the Yellow cone, with one player situated on each of the Yellow poles. The ball is passed in sequence from one player to the other, until the 3<sup>rd</sup> player receives the ball and shoots on goal. Players follow their pass moving to the next Yellow pole, with the player who shoots joining the back out the start line and the drill is repeated.

- The drill is then repeated from the other side so that players experience passing and shooting with both feet.

#### ***Coaching points:***

1. Good open body position to receive the ball on the back foot.
2. Good 1<sup>st</sup> touch out of feet in the direction of next pass.
3. Accurate pass.
4. Weight of pass.
5. Accurate shot.

Areas of interest: Passing, Control, Shooting and Goalkeeping.



### **Shooting when moving at speed**

The drill looks at developing player's ability to shoot when moving at speed.

**Organization:** Area – Cones 8 yards apart. 6+ Players. Bag of Balls.

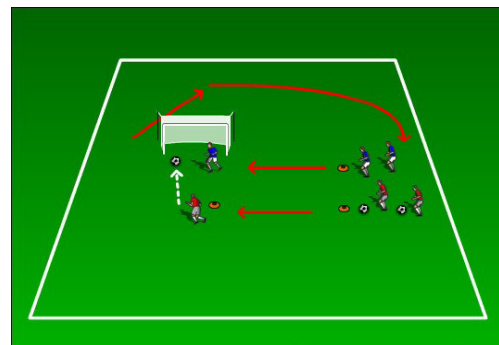
Players are split into two teams. The Red players are the attackers and the Blue players are the defenders / goalkeepers. Both players go at the same time, with the Red players having to dribble past the Orange cone and shot at goal. The Blue player aims to block the ball with or without their hands.

- Players filter back around to their line. After 5 attempts the teams swap roles.
- The drill is then repeated from the other side so that players experience shooting with both feet.

#### ***Coaching Points:***

1. Good 1<sup>st</sup> touch out of feet.
2. Technique of striking the ball.
3. Accurate shot.
4. Decision making – style of shot?

Areas of interest: Dribbling & Shooting



## 1v1 at Two Goals

This drill develops player's ability to beat defenders in either direction and to shoot with both feet.

Organization: Area – 40x40 (highlighted area 10x10). 8+ Players. Bag of Balls.

The Red players has two options (A) to beat the defender on the left and to score in the goal on their right or (B) beat the defender on the right and score in the goal on their left. The Blue player is the defender and is only allowed in the highlighted / coned area.

- The defenders are instructed to put pressure on the ball to force the attacker to perform a skill, but not to commit themselves.
- The attackers are allowed one touch outside the box to steady them self prior to shooting.

**Coaching points:**

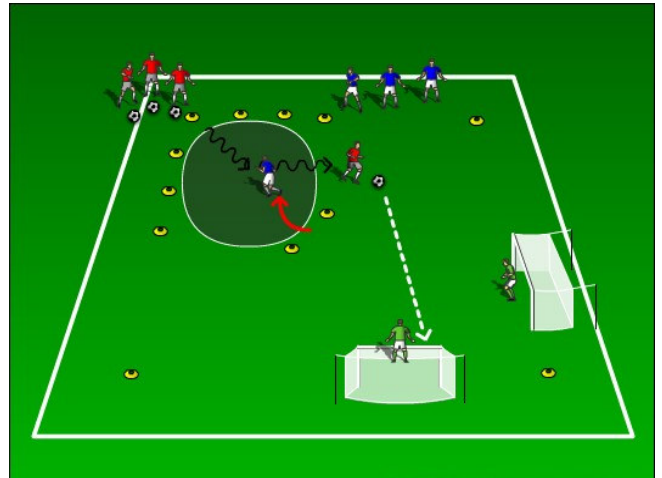
**Attacking:**

1. Positive 1<sup>st</sup> touch.
2. Quality of trick to unbalance defender.
3. Close control.
4. Accurate shot.

**Defender:**

1. Pressure on ball (arms length).
2. Body position – side on, bent knees.
3. Force ball in one direction.
4. Don't over commit.

Areas of interest: Dribbling, 1v1, Shooting, Defending and Goalkeeping



## Defending

### Defending stance

This drill teaches players the correct stance when defending.

Organisation: Area 12x12. 6+ Players. Bag of balls.

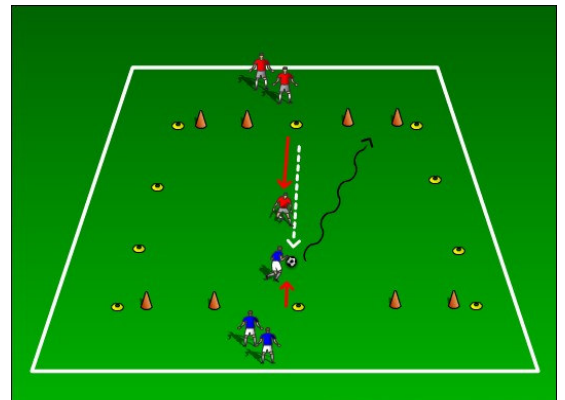
Red player starts with the ball and passes across the square to Blue player. Red player becomes the defender and applies pressure on the ball. Blue player is the attacker and attempts to dribble the ball through either of the two Orange goals. If the Red player wins the ball they become the attacker and can score in either of the two goals at the opposite end of the square.

- Players swap lines after the ball is out of the square or a goal is scored and the drill is repeated.

**Coaching Points:**

1. Travel as ball travels.
2. Close down quickly, slow approach on attackers 1<sup>st</sup> touch.
3. Body position (side on – force attacker in one direction).
4. Do not commit (be patient).

Areas of interest: Defending, Dribbling and 1v1.





## The 2<sup>nd</sup> defender

This drill looks at the role of the 1<sup>st</sup> defender and introduces the responsibilities of the 2<sup>nd</sup> defender.

**Organisation:** Area – Square: 25x20. 8+ Players. Bag of balls.

Red player 1 passes the ball diagonally to Red player 2. Red player 2 receives the ball and attempts to beat the defender and score a goal. Red player 3 is the defender and attempts to prevent the attacker from scoring. Red player 3 (defender) is encouraged to travel while the ball is moving, aiming to get there as the attacking player controls the ball.

- If the defender wins the ball the roles reverse and they aim to score in the opposite goal.

### **Coaching Points:**

1. Travel as ball travels.
2. Close down quickly, slow approach on attacker's 1<sup>st</sup> touch.
3. Body position (side on – force attacker in one direction).
4. Do not commit (be patient).

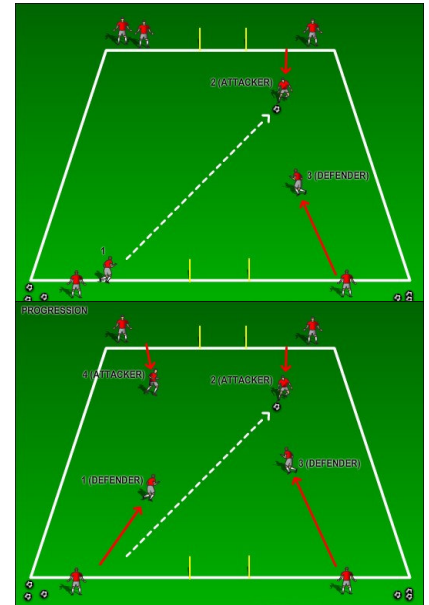
### **Progression:**

5. Angle / distance of support (position of 2<sup>nd</sup> defender).
6. Communication.

### **Progression:**

- A) 2v2: As above, Red player 1 passes to Red player 2, with Red player 3 defending. Red player 1 now becomes a 2<sup>nd</sup> defender and Red player 4 becoming the 2<sup>nd</sup> attacker.

Area of interest: Defending, Dribbling, 1v1 and 2v2.



## 3v3 Defending

This drill looks at player's basic defending technique while developing support play, covering and balancing off

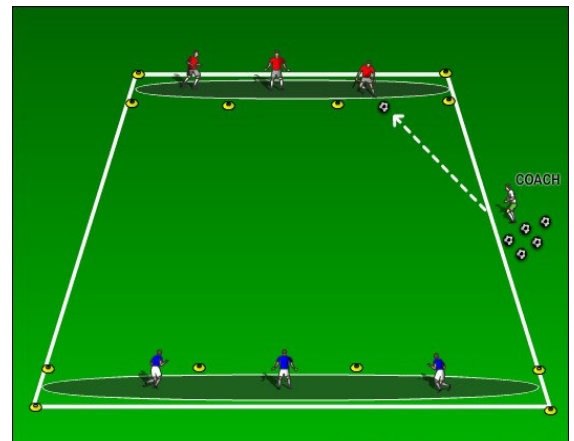
**Organisation:** Area – Square: 25x20. 3 players per team. Bag of balls.

3 Red player and 3 Blue players start in their respective 'End Zones'. The coach starts with the ball and passes to either team. The Red player who receives the ball must have 2 touches and then pass to another Red player, there after the ball is in free play. The aim of the session is for one team to successfully stop the ball in the opponents 'End Zone'. Players return to their 'end zones' if the ball goes out of play or one team scores a goal by stopping the ball in the opponents end zone.

### **Coaching Points:**

1. Close down quickly.
2. Body position, side on, bent knees, arms length.
3. Prevent players from turning where appropriate.
4. Force attacker in one direction.
5. Angles / distances of support.

Areas of interest: Defending, Dribbling and 3v3.



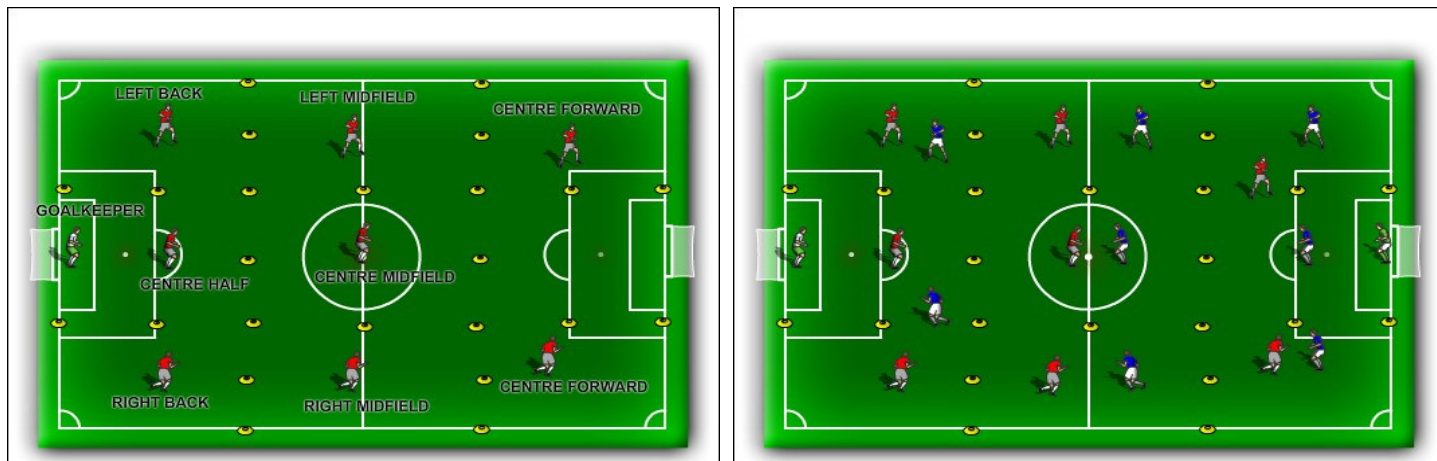
## Small Sided Games

### Space awareness & positions

This drill looks to develop players understanding of positions and to increase their perception of space awareness

**Organization:** Area – full pitch (60x40), 18 Players (9v9). Bag of balls.

The field is divided into 9 zones using cones. Each player is given a position which corresponds to a specific section (zone) of the field. The drill is played as a normal game with each team aiming to transfer the ball down the field to score in the opponent's goal. Players are required to stay in their designated zone. \*(The Centre Forwards are situated in the top left / right zones, but one player is allowed in the top central zone at a time).



### **Coaching Points:**

1. Positive attitude.
2. Awareness
  - i. Where are my team mates?
  - ii. Where are the opponents?
  - iii. Where is the ball?

### **Progression:**

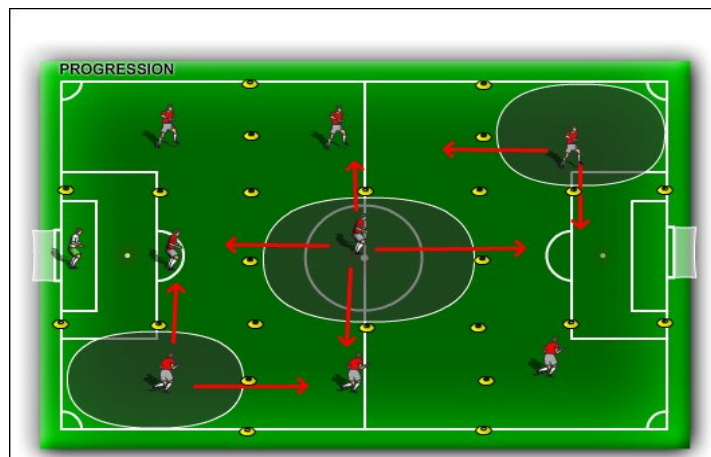
3. Angles / distances of support.
4. Cover / balance off.
5. Communication.

### Progression:

Players are now allowed to move into the zones that directly touch their own zones (Players can not move diagonally into another zone).

#### Right Full Back;

- Allowed into central defending zone (i.e. player would be in this zone to cover / balance off when the ball is on the other side of the field)
- Allowed into right midfield zone (i.e. player would be in this zone to help support team mate)

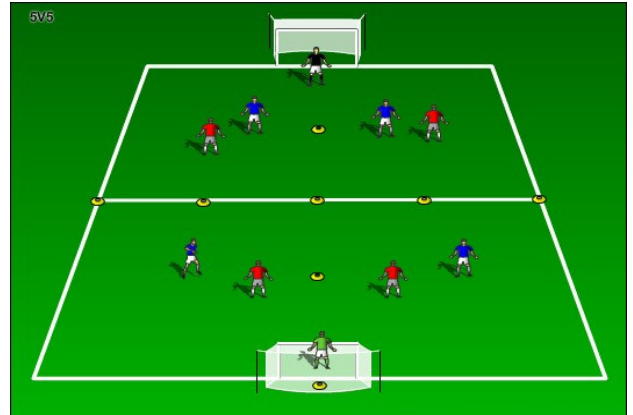


The drill can be adapted to suite any age group or number of players.

5V5:

2 Zones (Defense / Offence)

1 GK, 2 Defenders, 2 Attackers.



6v6:

3 Zones (Defense, Midfield, Offence)

1 GK, 2 Defenders, 2 Midfield, 1 Attacker.

