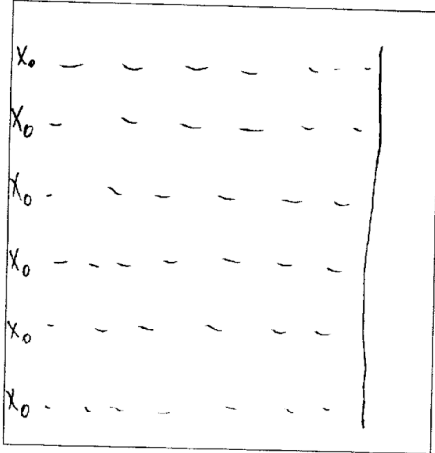


SESSION: Warm Ups DATE: _____

ACTIVITY: Dribbling Warm Up DURATION: _____



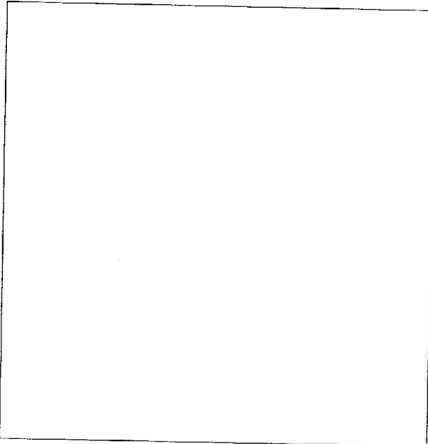
DESCRIPTION

- Each player with a ball
- Dribble ball down + back
- left foot only
- Right Foot only
- outsides of feet only
- insides of feet only
- Right, left, Right, left rotate

COACHING POINTS

- roll ball with right foot
- roll ball with left foot

ACTIVITY: Ball Protection DURATION: _____



DESCRIPTION

- Players partner up
- Player A starts with ball + tries to protect the ball from Player B.
- If Player B gets ball, protect it from player A

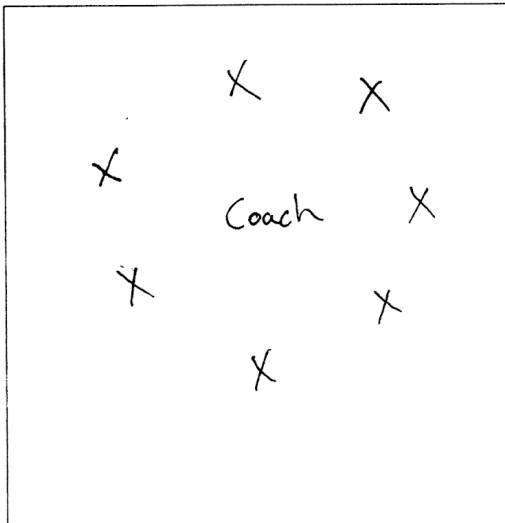
COACHING POINTS

- Keep in a small area

SESSION: Warm Ups DATE: _____

ACTIVITY: Quick Feet Ball Control

DURATION: _____



DESCRIPTION

- each player has a ball
- spread out in a circle
- players put ball between their legs on the ground
- keep ball between legs + tap ball back + forth between right + left foot continuously ~~short intervals~~

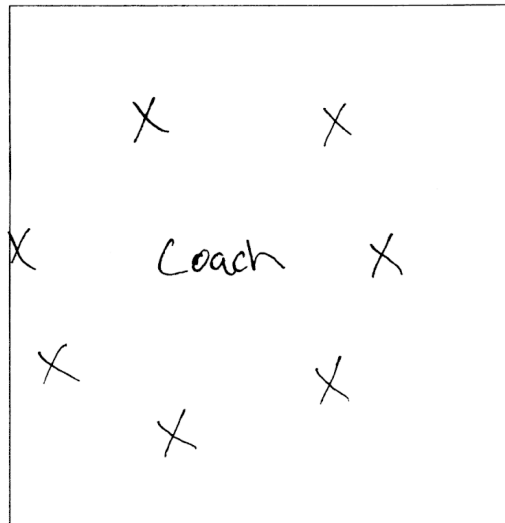
COACHING POINTS

- quick feet
- keep control of the ball
- keep ball between legs

Ball roll

ACTIVITY: ~~Quick Feet Ball Control~~

DURATION: _____



DESCRIPTION

- Each player has a ball + spreads out in a circle
- start with ball on right foot
- Roll the ball with right foot towards left foot
- stop ball with left foot + roll back to right foot
- go until coach says stop

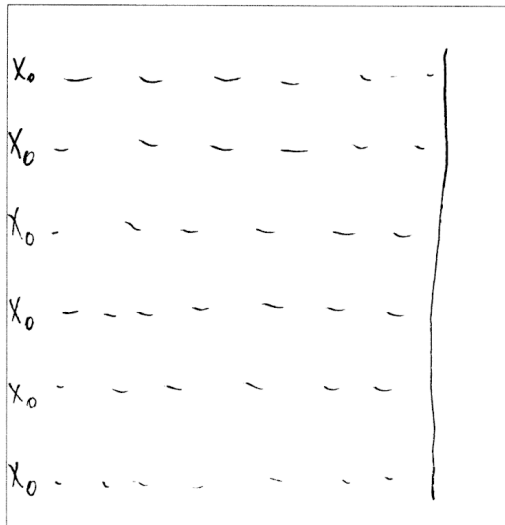
COACHING POINTS

- ball control
- good touches
- speed up if possible

SESSION: Warm Ups DATE: _____

ACTIVITY: Dribbling Warm Up

DURATION: _____



DESCRIPTION

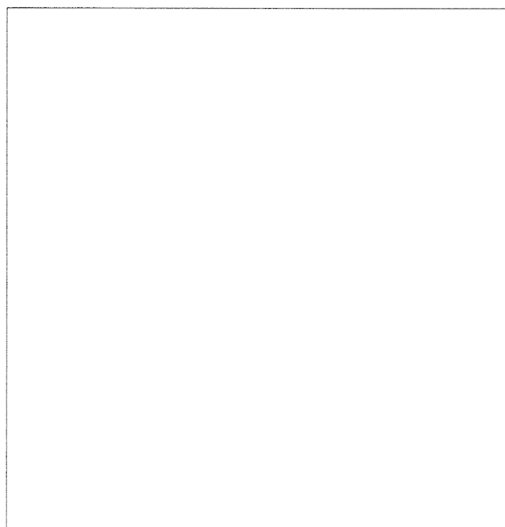
- Each player with a ball
- Dribble ball down + back
 - left foot only
 - Right Foot only
 - outsides of foot only
 - insides of feet only
 - Right, left, Right, left rotate

COACHING POINTS

- roll ball with right foot
- roll ball with left foot

ACTIVITY: Ball Protection

DURATION: _____



DESCRIPTION

- Players partner up
- Player A starts with ball + tries to protect the ball from Player B.
- If Player B gets ball, protect it from player A

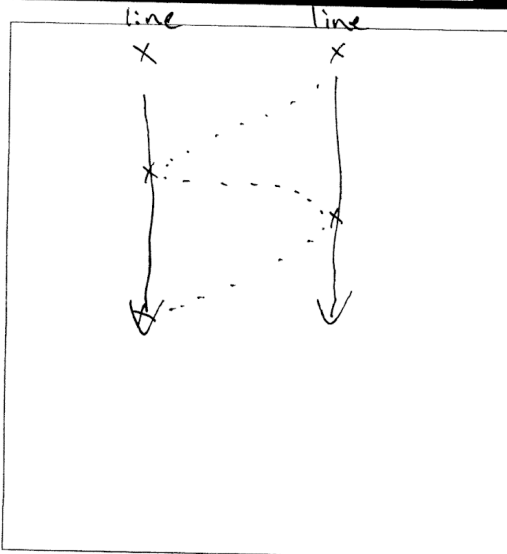
COACHING POINTS

- Keep in a small area
- Place ball on cone one player tries to kick the ball off cone, other tries to protect ball

SESSION: Passing DATE: _____

ACTIVITY: Moving Partner Pass

DURATION: _____



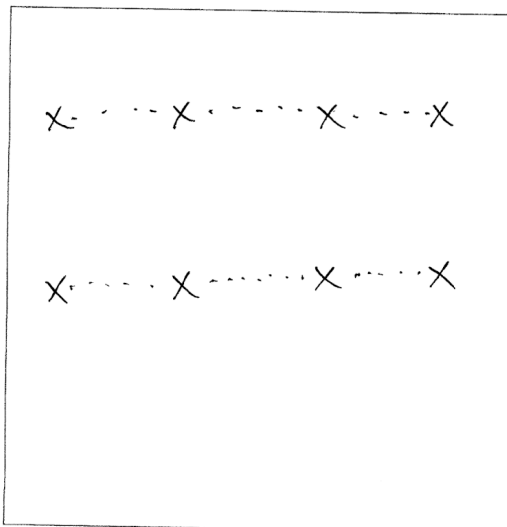
DESCRIPTION

- 2 lines of players
- Partners pass back + forth as they move forward down the field.
- once all players finish do the drill back to the start.

COACHING POINTS

ACTIVITY: Line Passing drill

DURATION: _____



DESCRIPTION

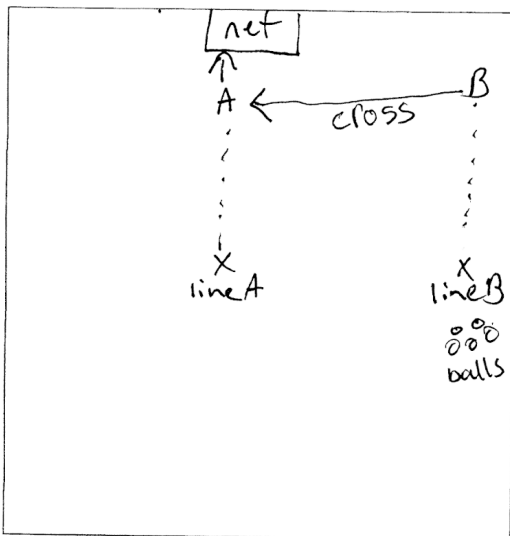
- 4 to 5 players spread out in a straight line
- make sure they are not too close or too far away
- pass the ball from one end to the other continuously
- rotate players through line

COACHING POINTS

- head up
- good passes
- use both feet
- players in middle receive pass + rotate 180° + pass to next player
- quick turns

SESSION: Passing DATE: _____

ACTIVITY: Crossing drill DURATION: _____



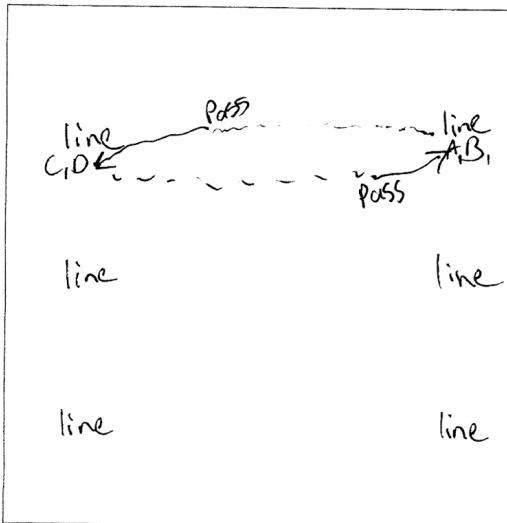
DESCRIPTION

- 2 lines, line B with balls
- line B dribbles ball towards corner. Line A runs even with line B towards the net. Line B crosses or passes to line A. Line A takes a touch and shoots

COACHING POINTS

- dribble with head up.
- make good pass/cross
- receive pass/cross
- line A shouldn't get too close to goalie/net

ACTIVITY: Continuous passing DURATION: _____



DESCRIPTION

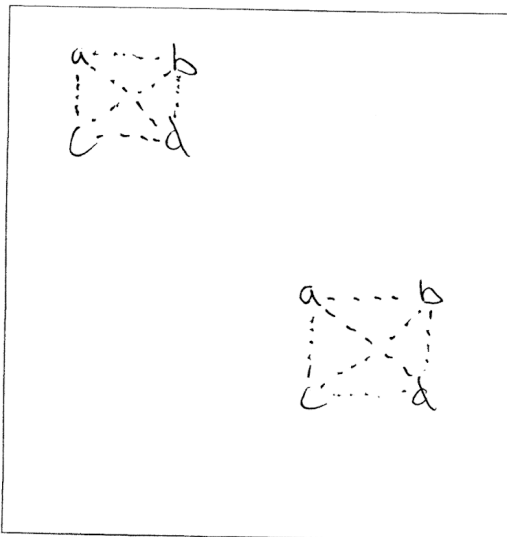
- 2-4 players in each line
- Player A dribbles towards other line + makes pass to player C. Player C dribbles to towards other line + passes to player B continuously
- players get back in line

COACHING POINTS

- dribble with head up
- both feet
- make good passes
- receive passes with good touch

SESSION: Passing DATE: _____

ACTIVITY: Square Passing DURATION: _____



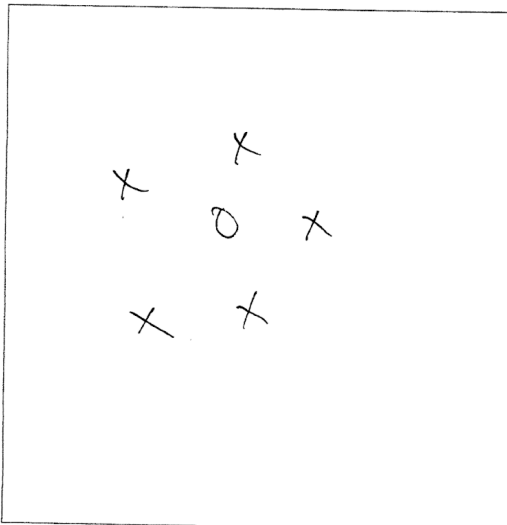
DESCRIPTION

- Players pass square or diagonal.
- Coach tells players left foot only, right foot only
- Reverse passing direction
- one touch passing more advanced

COACHING POINTS

- head up
- square passes
- use both feet
- quick passes

ACTIVITY: Keep Away DURATION: _____



DESCRIPTION

- one player in the middle. If that player gets the ball they replace the player who passed it
- can have 2 players in the middle

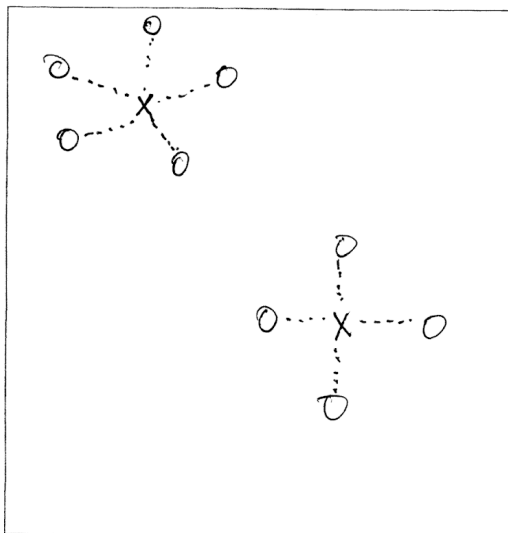
COACHING POINTS

- quick passes
- good touch
- head up

SESSION: Passing DATE: _____

ACTIVITY: Pinwheel Passing

DURATION: _____



DESCRIPTION

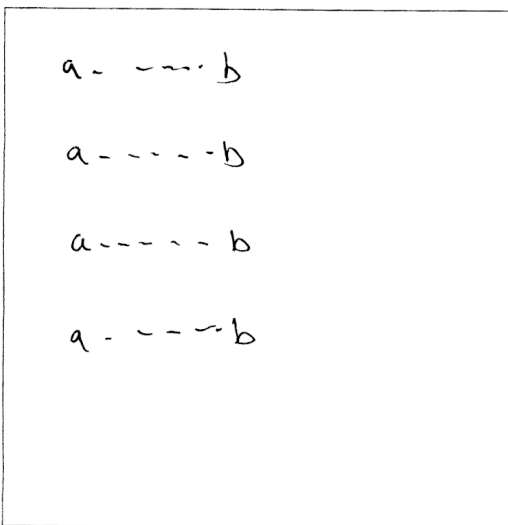
- one player (X) in the middle
- other players (O) spread out in a circle around player (X)
- Player (X) passes to each player and they pass back.
- Rotate players in the middle.

COACHING POINTS

- use both feet
- be ready for pass
- quick passes
- can try one touch passes

ACTIVITY: Partner Passing

DURATION: _____



DESCRIPTION

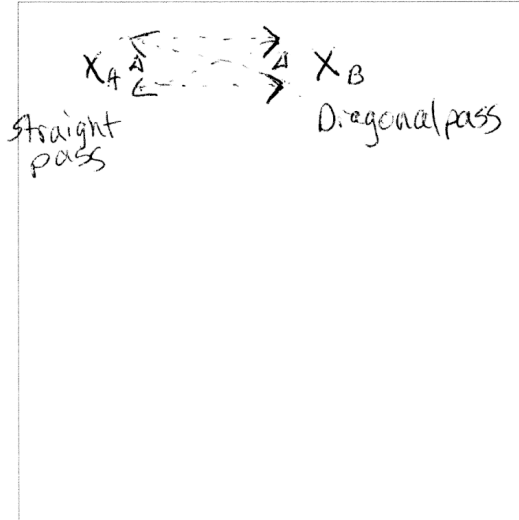
- Partner up + spread out
- pass back and forth
- left foot only, right foot only, outside of foot only one touch
- Players can back up to make more difficult

COACHING POINTS

- good passes
- good touches
- use both feet
- head up

SESSION: _____ DATE: _____

ACTIVITY: Diagonal & straight pass DURATION: _____

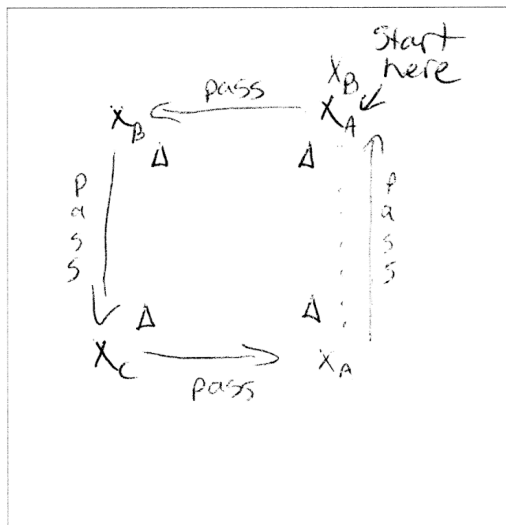


DESCRIPTION

- Partner up
- Player A passes straight
- Player B passes diagonally
- switch it up

COACHING POINTS

ACTIVITY: 3 player square passing drill DURATION: _____



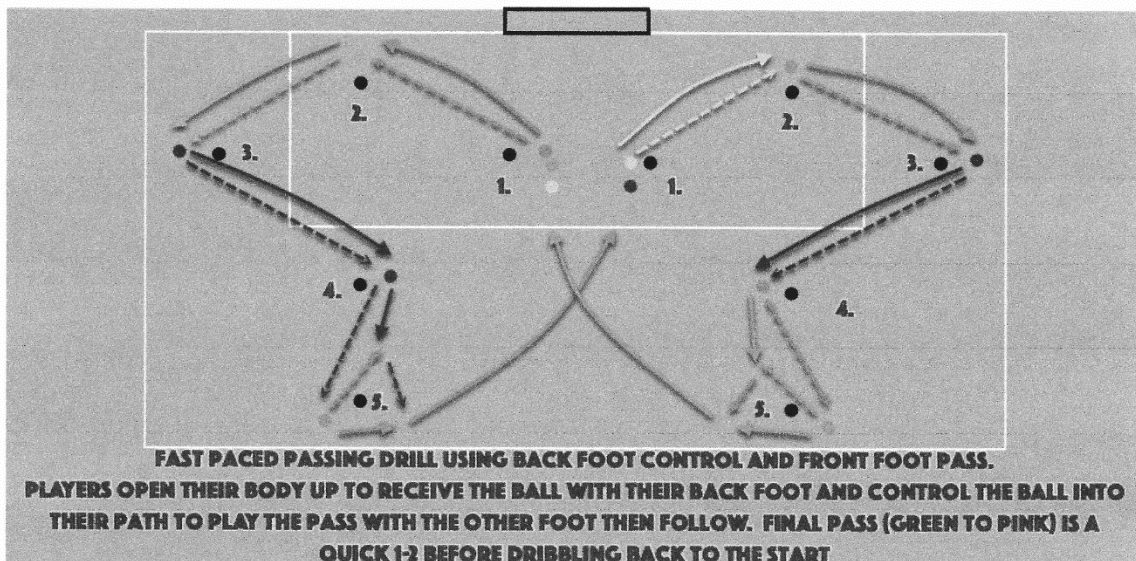
DESCRIPTION

- 3 players
- start passing in one direction
- player who passes ball runs to open cone continuously
- counter clockwise & clockwise

COACHING POINTS

Pass, Control & Move – Scale Up

PRINCIPAL BASED PASS, CONTROL & MOVE - MIRROR DRILLS **OPEN BODY, ONE TOUCH BACK FOOT CONTROL**



[GRASSROOTS_FOOTBALLUK/](https://www.instagram.com/grassroots_footballuk/)

GRASSROOTSFOOTBALLUK.COM



[WWW.FACEBOOK.COM/GRFUKS](https://www.facebook.com/grfuks/)

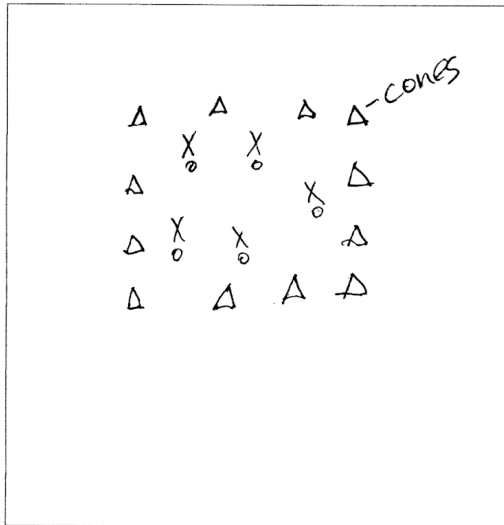
The Scale Up runs 2 drills at the same time but as a Mirror of each other.

Once they have completed one side and end up in Position (5.) they will then move to the start of the opposite drill.

The reason for setting up mirror drills like this, is that your players will get to work both feet in both control and passing techniques.

SESSION: Dribbling DATE: _____

ACTIVITY: Chaos drill DURATION: _____



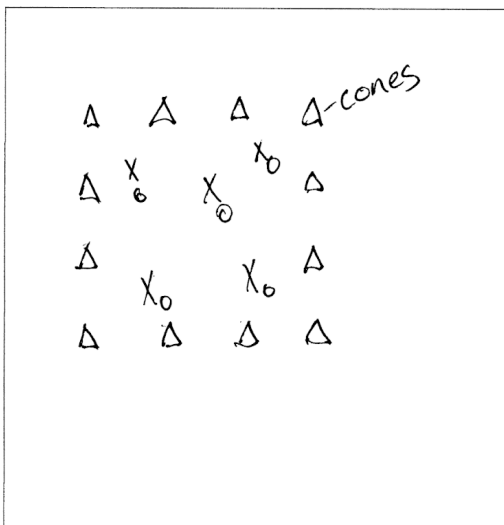
DESCRIPTION

- small area game
- each player has a ball
- make a rectangle or square with cones
- players dribble around with ball without running into each other

COACHING POINTS

- head up
- small touches
- change directions
- can make square smaller after each round

ACTIVITY: Knockout drill DURATION: _____



DESCRIPTION

- same as chaos drill but players try to kick other players ball.
- If player loses ball they are out.
- Play until you have a winner

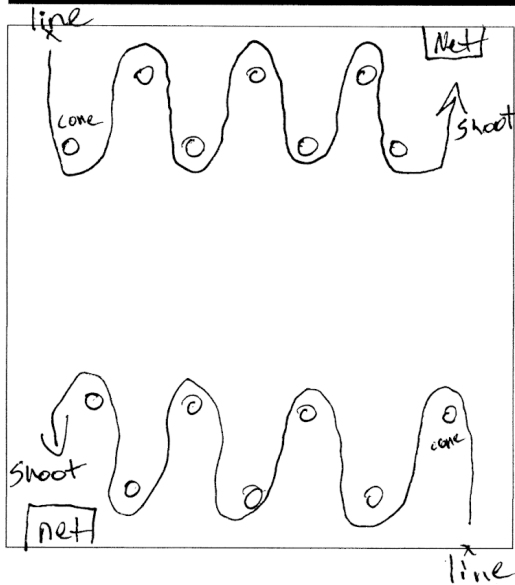
COACHING POINTS

- head up
- protect/shield ball

SESSION: Dribbling DATE: _____

ACTIVITY: _____

DURATION: _____



DESCRIPTION

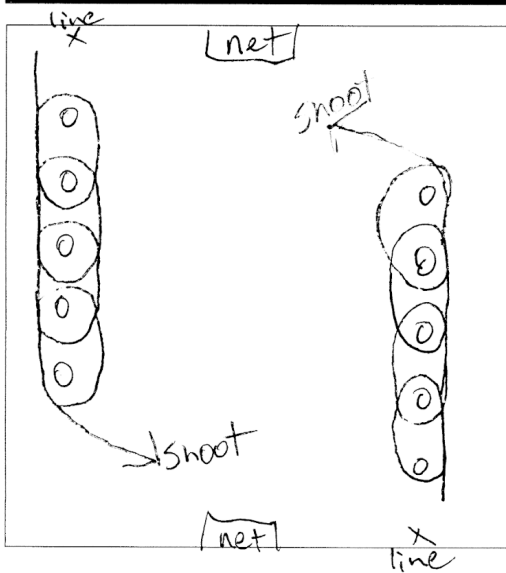
- Dribble through cones + shoot
- Goals optional
- Player gets back in line after shot

COACHING POINTS

- ball control
- head up
- tight turns
- use both feet

ACTIVITY: Up 2 cones, back 1 cone

DURATION: _____



DESCRIPTION

- Player dribbles the ball up 2 cones and back 1 cone until the last cone. Shoot on net

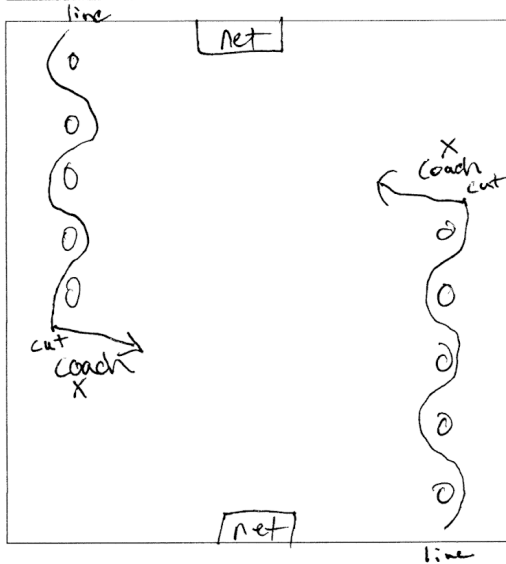
COACHING POINTS

- use both feet
- ball control
- head up

SESSION: Dribbling DATE: _____

ACTIVITY: Dribble + cut

DURATION: _____



DESCRIPTION

- Dribble through cones
- Coach acts like defender
- player runs at outside shoulder of coach + the cuts in + shoots on net

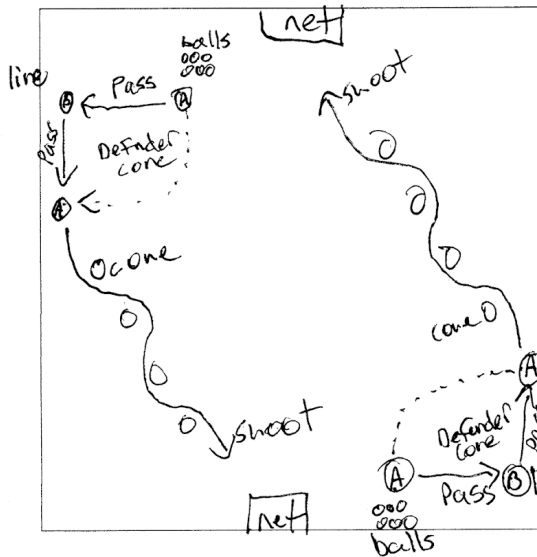
COACHING POINTS

- ball control
- small touches
- fake defender to outside + cut in with inside or outside of foot.

Square pass, dribble + Shoot

ACTIVITY: _____

DURATION: _____



DESCRIPTION

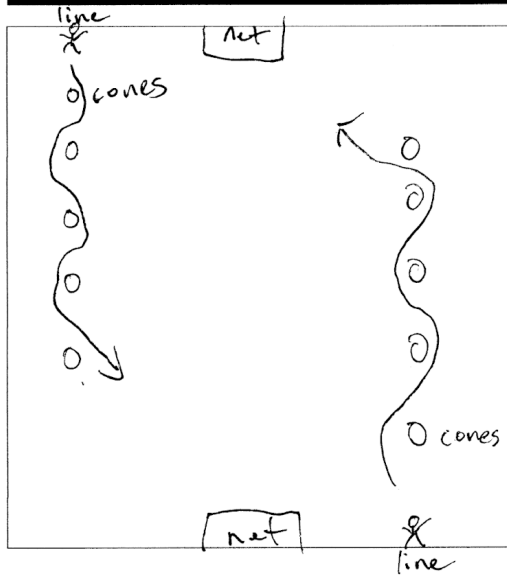
- line of players near sideline
- Player A starts next to group of balls. Passes to Player B
- Player A runs around defender cone to get open. Player B passes to Player A. Player A goes through cones + shoots

COACHING POINTS

- good passes
- getting open after pass
- dribble head up
- use both feet

SESSION: Dribbling DATE: _____

ACTIVITY: Straight line ^{cone} dribbling DURATION: _____



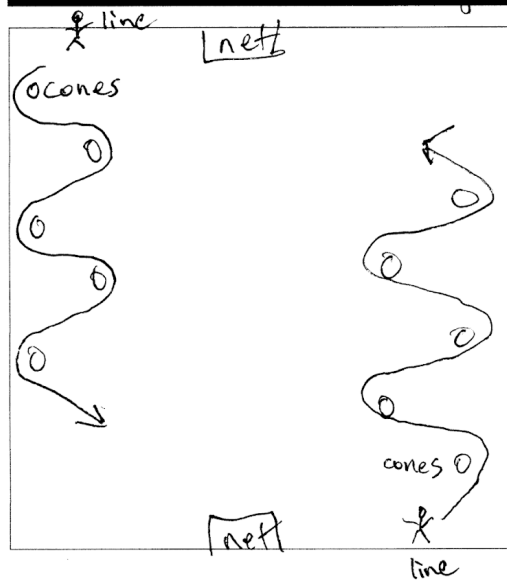
DESCRIPTION

- Dribble through cones + shoot on net.
- left foot only
- Right foot only
- outside of foot only
- inside of foot only
- goalies optional

COACHING POINTS

- small touches
- keep control of ball
- head up
- use both feet

ACTIVITY: Offset cone dribbling DURATION: _____



DESCRIPTION

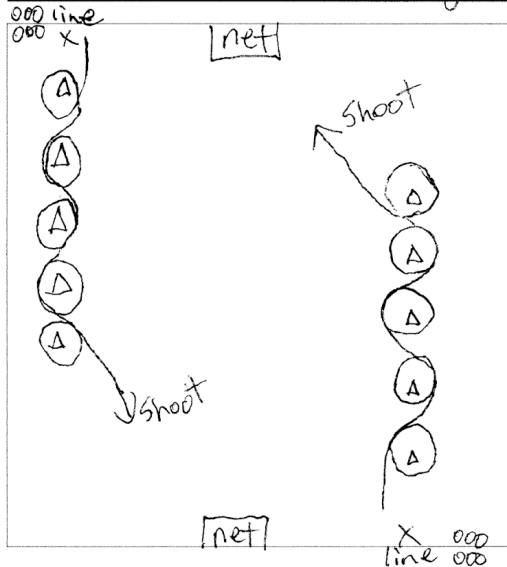
- Dribble ball with control through cones + shoot on net
- goalies optional

COACHING POINTS

- use both feet
- ball control
- head up

SESSION: Dribbling DATE: _____

ACTIVITY: 360 cone dribbling DURATION: _____



DESCRIPTION

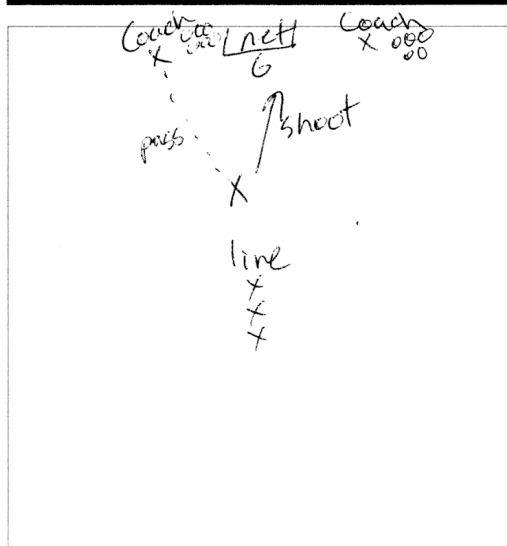
- full circle around cone
- switch sides on every cone so both left + right feet are used
- shoot on net
- goalies optional

COACHING POINTS

- use both feet
- ball control
- keep close to cones

Receive pass with

ACTIVITY: 1 touch + shoot DURATION: _____



DESCRIPTION

- Coach or player with balls next to net
- 1 line of players
- Coach passes ball to player
- Player receives pass with 1 touch + places into shooting lane + shoots on net

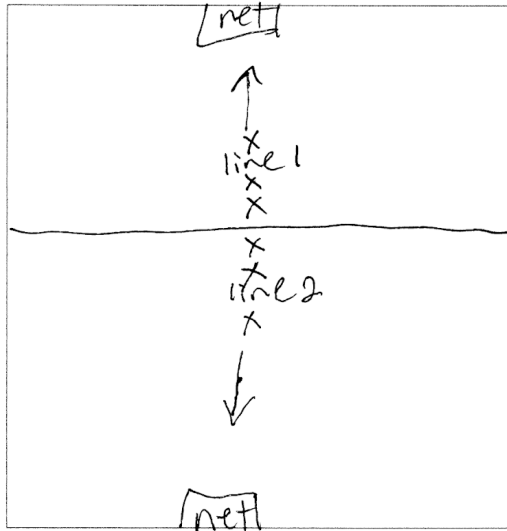
COACHING POINTS

- good first touch
- touch ball out in front of player
- Good shooting form or pass to corner
- Coach should switch sides of the net so players use both feet.

SESSION: Shooting DATE: _____

ACTIVITY: 1 line shooting drill

DURATION: _____



DESCRIPTION

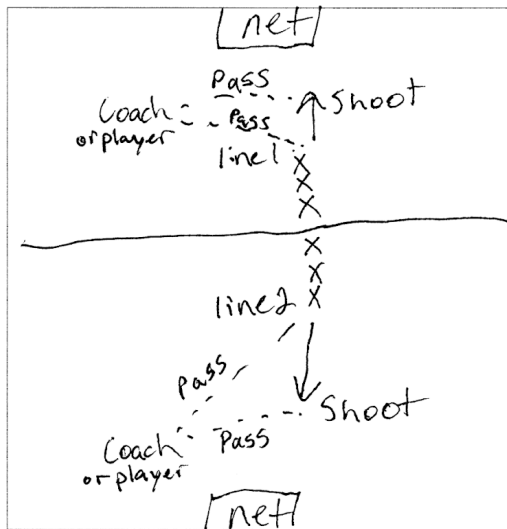
- make 2 lines of players with 2 nets
- players dribble & shoot
- Goalies optional

COACHING POINTS

- Shoot with both feet
- hit the net
- proper shooting form

ACTIVITY: 1 Timers

DURATION: _____



DESCRIPTION

- 2 lines with 2 nets
- each player passes the ball to the coach. Coach passes the ball back to player who takes a 1 timer at the net.
- Goalies optional

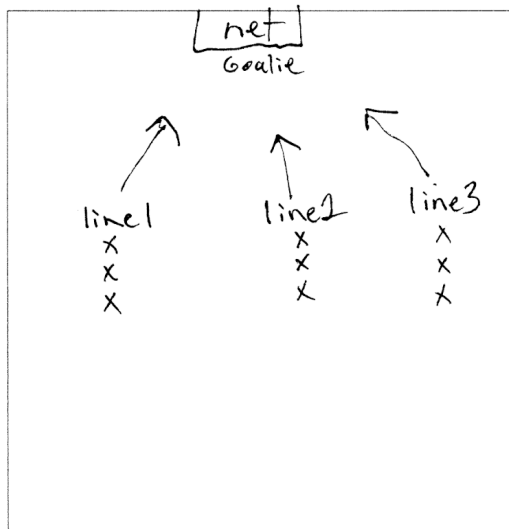
COACHING POINTS

- good paces
- attack ball
- good shooting form
- hit the net

SESSION: Shooting DATE: _____

ACTIVITY: **3 line Shooting drill**

DURATION: _____



DESCRIPTION

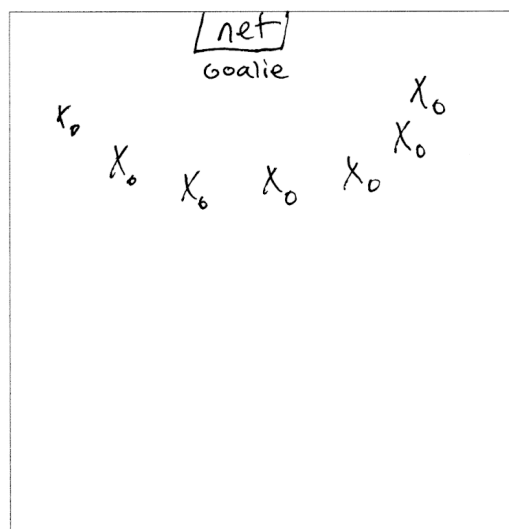
- 3 lines of players with balls
- 1st person in each line dribbles in + shoots on goalie one at a time
- Players change line after each shot

COACHING POINTS

- shooting from different angles
- hit the net
- proper shooting form

ACTIVITY: **Half circle shooting drill**

DURATION: _____



DESCRIPTION

- Players line up around net in a half circle with a ball. Each player shoots + then retrieves ball.

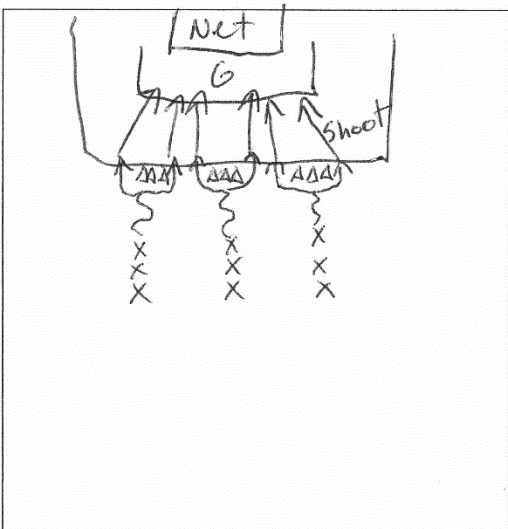
COACHING POINTS

- hit net
- proper shooting form
- Rotate the players so they shoot from different angles.

SESSION: Shooting DATE: _____

ACTIVITY: _____

DURATION: _____



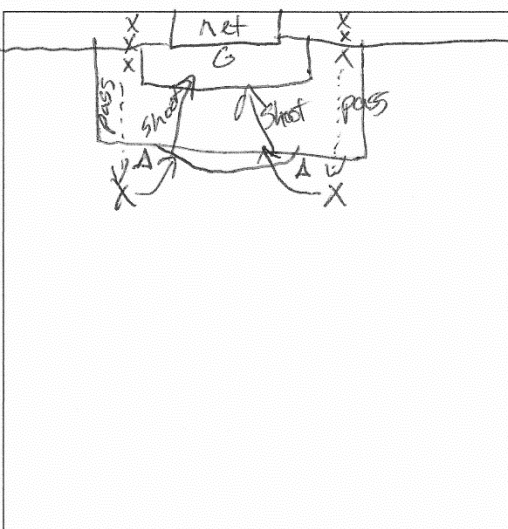
DESCRIPTION

- 3 lines
- player dribbles at cones, makes move to left or right of cones and shoots
- Rotate feet + lines

COACHING POINTS

ACTIVITY: _____

DURATION: _____



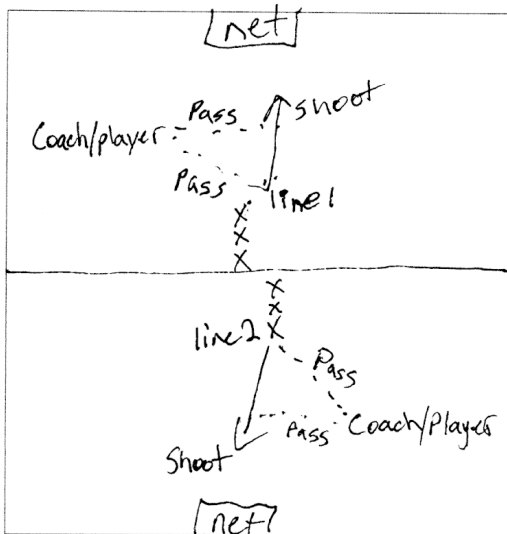
DESCRIPTION

- 2 lines on each side of net
- 1st player of each line stands next to cone on 18
- player 2 passes to player 1, take a touch around cone + shoot

COACHING POINTS

SESSION: Shooting DATE: _____

ACTIVITY: Pass, Pass, Shoot DURATION: _____



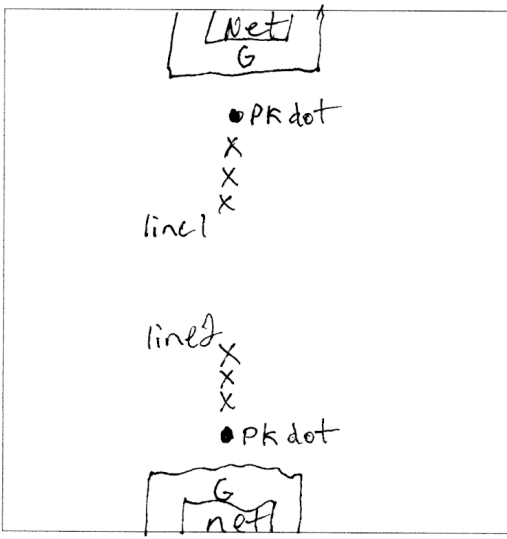
DESCRIPTION

- 2 lines of players + 2 nets
- player passes to coach/player & receives pass back & then shoots.
- No 4 timers. Take a touch
- Goalies optional

COACHING POINTS

- Good passes
- receive pass with good touch to take a shot
- proper shooting form
- hit the net

ACTIVITY: Penalty Kicks DURATION: _____



DESCRIPTION

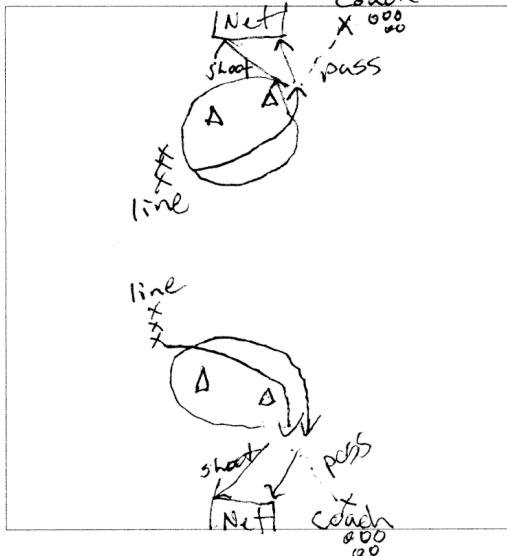
- 2 lines + 2 nets with goalies
- Place ball on PK dot
- Goalie has to stand on goal line until ball is kicked

COACHING POINTS

- pick a corner to shoot at
- pass the ball to a corner
- Goalies work on diving to a pipe. Make body long.

SESSION: _____ DATE: _____

ACTIVITY: Offset cone pass to cones DURATION: _____

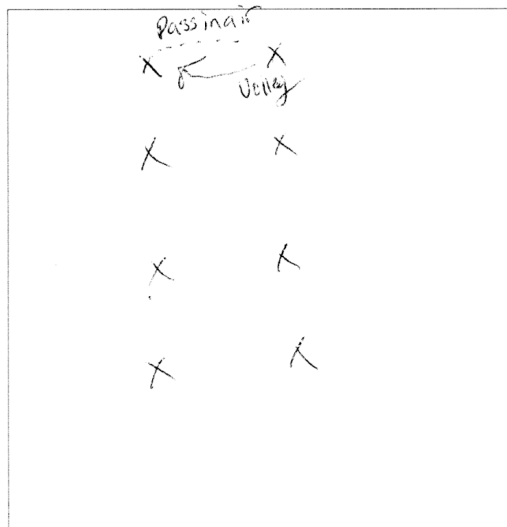


DESCRIPTION

- offset cones and 1 line of players
- coach + balls next to net
- player goes around both cones + receives pass from coach + passes to one corner. Player circles around cones + receives 2nd pass + passes to opposite corner.

COACHING POINTS

ACTIVITY: Partner Volley Drill DURATION: _____



DESCRIPTION

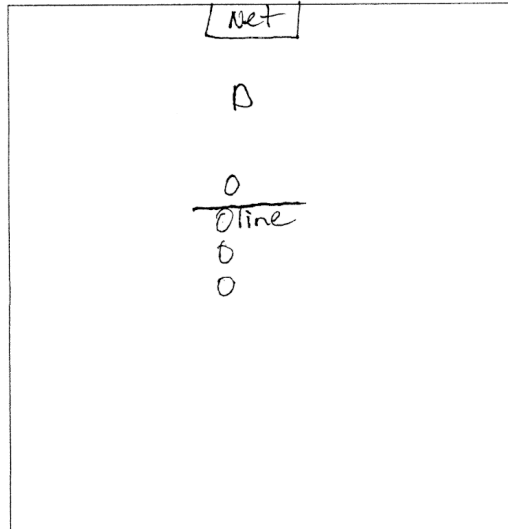
- Players partner up
- one player tosses ball in the air to other player who volley passes ball in air back to partner. Rotate feet
- players rotate who is passing

COACHING POINTS

SESSION: _____ DATE: _____

ACTIVITY: Offense, Defense
Defense Out

DURATION: _____



DESCRIPTION

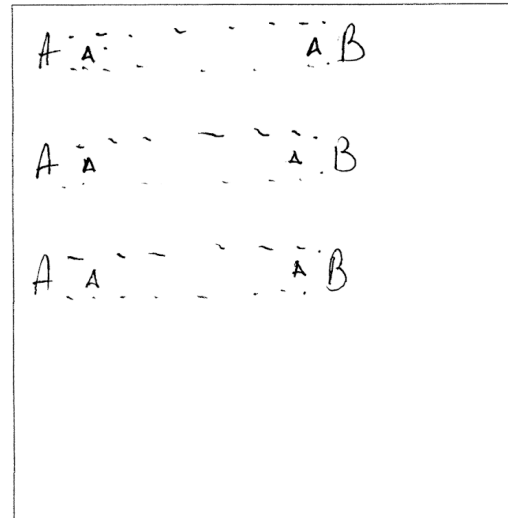
- offense player starts with ball + tries to score.
- Defense player tries to defend + steal ball. If defender gets the ball they pass to next player in line. They are now on offense + the offensive player switches to defense.

COACHING POINTS

- continuous
- if offense scores coach kicks in another ball
- | V |

ACTIVITY: Partner Pass with
roll over

DURATION: _____



DESCRIPTION

- Partner passing. Each player has a cone in front of them.
- Player A passes to player B. Player B receives pass on one foot + rolls it to other foot past the cone + passes back to Player A.

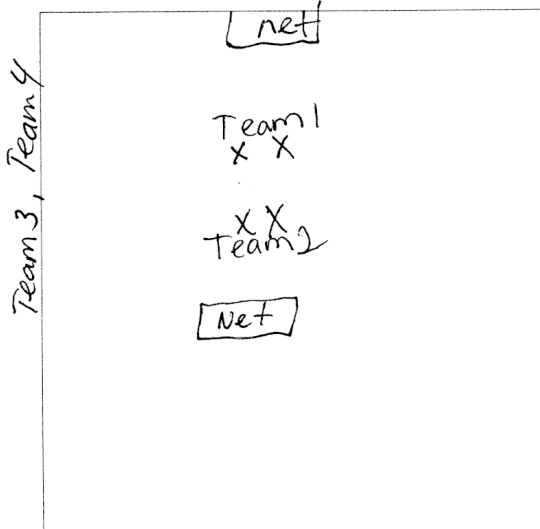
COACHING POINTS

- Good passes
- change feet
- Cone is like a defender
- small roll of ball

SESSION: _____ DATE: _____

ACTIVITY: 2v2 or 3v3

DURATION: _____



DESCRIPTION

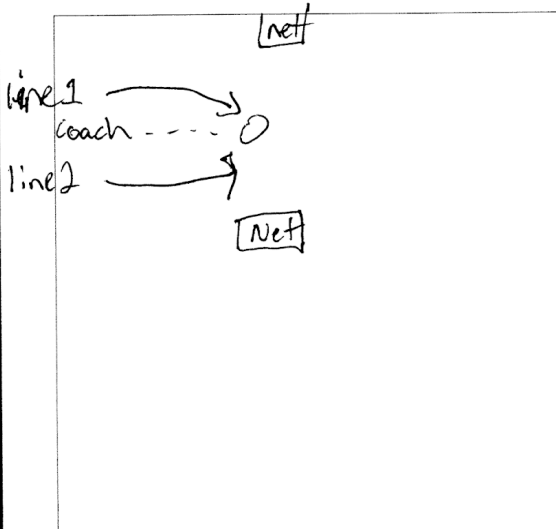
- split into teams of 2 or 3 + play 2v2 or 3v3.
- Team that gets scored on sits out & new team comes on
- can play with or without goalies

COACHING POINTS

- spread out
- pass
- support each other

ACTIVITY: 1v1

DURATION: _____



DESCRIPTION

- 1v1 small area game
- split into 2 lines
- Coach kicks out ball. Players play 1v1 until someone scores or ball goes out of play

COACHING POINTS

- can do multiple 1v1's at the same time

SESSION: Scrimmage/Passing DATE: _____

ACTIVITY: Scrimmage

DURATION: _____



DESCRIPTION

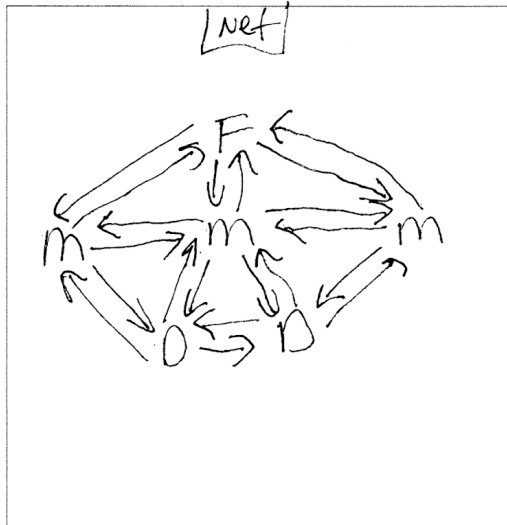
- 207 or 606
- Throw Ins
- Goal Kicks
- Corner Kicks
- Free Kicks

COACHING POINTS



ACTIVITY: Positional Passing+Support

DURATION: _____



DESCRIPTION

- work on passing between players.
- work on supporting each other
- move Formation side to side + Forward + backward
- each can yell shot + player with ball shoots

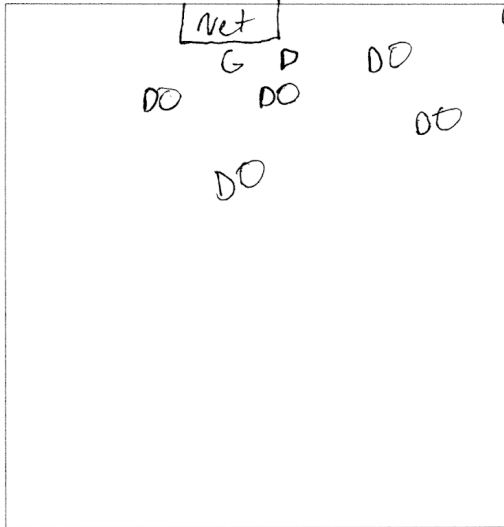
COACHING POINTS

- support each other
- good passes
- good touch
- quick passes
- coaches can pressure players
- can have 2 groups going at opposite ends of the field

SESSION: _____ DATE: _____

ACTIVITY: **Corner Kicks**

DURATION: _____



DESCRIPTION

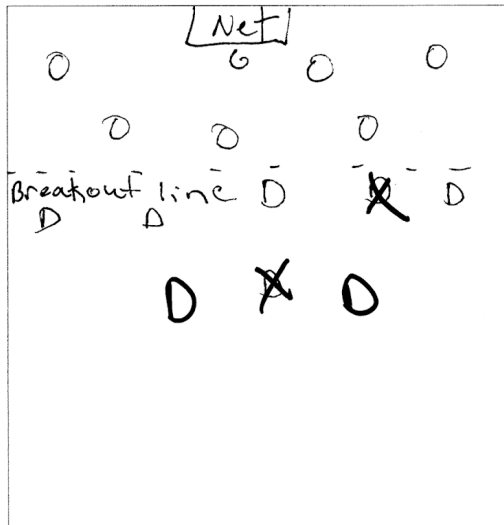
- 1 team on offense
- 1 team on defense
- work on offensive + defensive positioning
- switch offense + defense around

COACHING POINTS

- Offense get open + go to net. Player at back post.
- Defense mark up + box out. Clear ball out of box. Player at front post or middle of net

ACTIVITY: **Goal Kicks**

DURATION: _____



DESCRIPTION

- 1 team on offense
- 1 team on defense
- work on positioning
- swap offense + defense

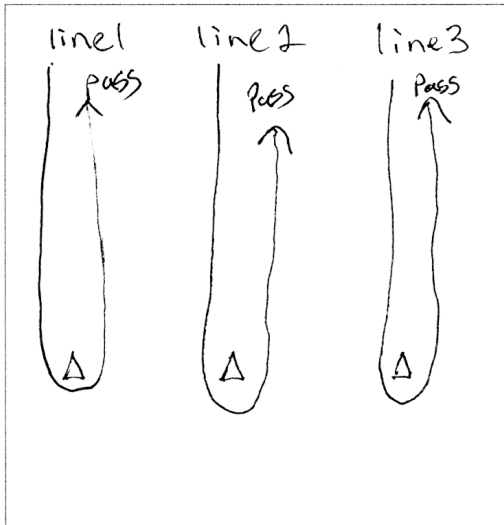
COACHING POINTS

- offense goalie make a good pass. Players spread out + support. Kick to sides not up the middle
- Defense attack after goalie kicks the ball. Mark up with offensive players

SESSION: _____ DATE: _____

ACTIVITY: **Relay Race**

DURATION: _____



DESCRIPTION

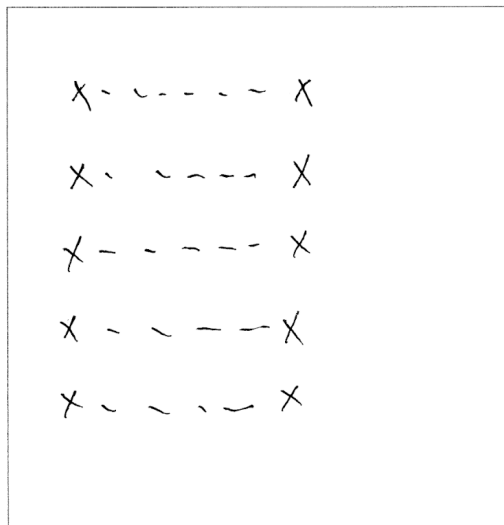
- 2 or 3 lines of players. Each line gets 1 ball
- Each player dribbles around the cone + passes to next person in line until every player has gone

COACHING POINTS

- Quickness
- ball control
- good pass
- can do more cones to make it harder

ACTIVITY: **Throw Ins**

DURATION: _____



DESCRIPTION

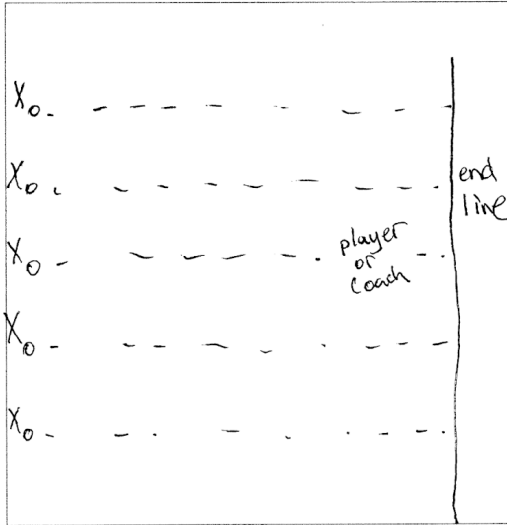
- Players get a partner + stand across from them
- Keeping both feet on the ground throw to each other
- Can spread apart further to practice longer throws

COACHING POINTS

- practice long throws + short throws
- receiving player uses body to receive throw
- NO HANDS!
- Ball has to go behind head
- both feet must stay on ground

SESSION: Fun Games DATE: _____

ACTIVITY: Red Light, Green Light DURATION: _____



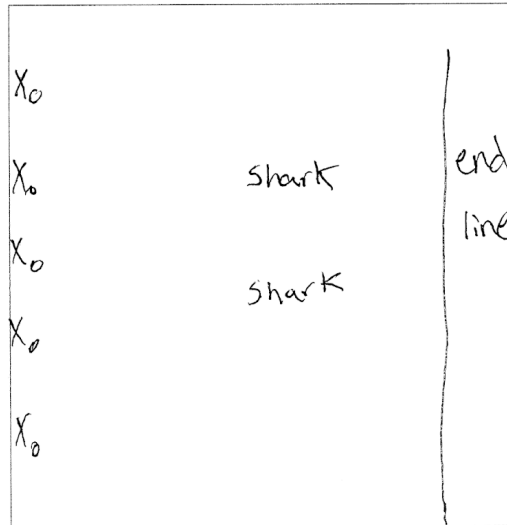
DESCRIPTION

- choose 1 player to call out colors
- everyone else has a ball + dribbles under control on green light + stops with the ball on red light

COACHING POINTS

- ball control
- stop with ball
- accelerate with ball
- switch players to call out colors.

ACTIVITY: Sharks + Minnows DURATION: _____



DESCRIPTION

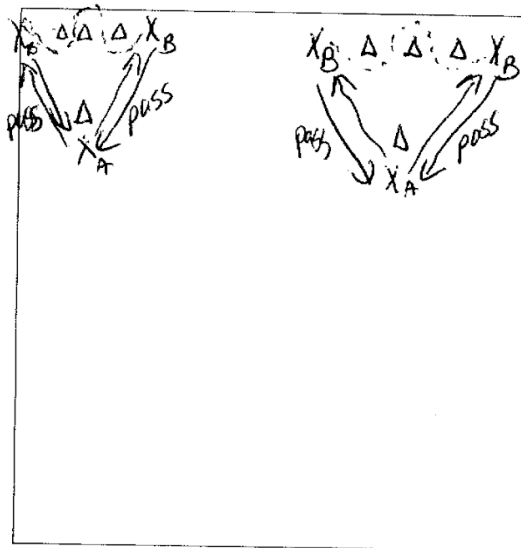
- choose 2 sharks
- everyone else has a ball
- coach yells go + minnows try to dribble to other side without a shark kicking their ball.
- minnow becomes shark if ball kicked

COACHING POINTS

- play until only 1 minnow left

SESSION: _____ DATE: _____

ACTIVITY: 3 cone agility + Passing DURATION: _____



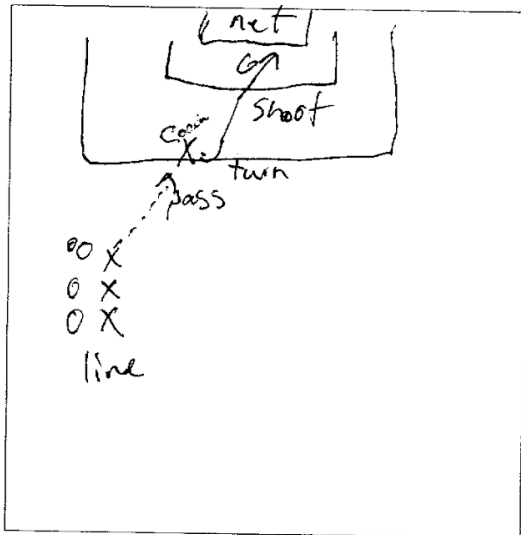
DESCRIPTION

- Player A by single cone passes to partner B, who passes back.
- Player B quick feet through cones
- Player A then passes to B, who passes back
- Continuously, players switch

COACHING POINTS

- agility
- quickness
- conditioning
- good passes
- use both feet

ACTIVITY: Scan, turn, shoot DURATION: _____



DESCRIPTION

- line of players facing net
- 1st player on 18 with back to net.
- Coach's hands behind player
- Player must scan + turn in opposite direction of coach + shoot

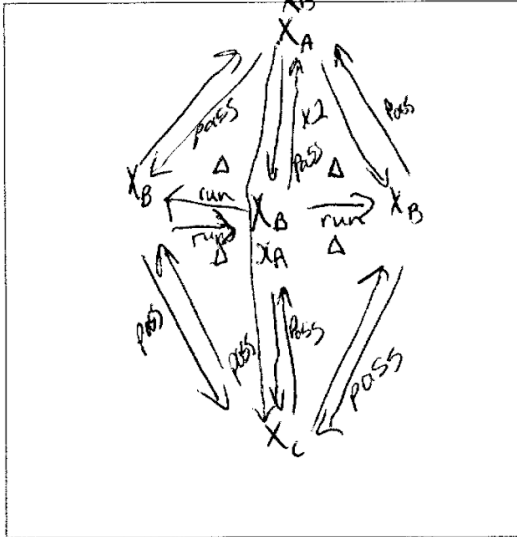
COACHING POINTS

- Scanning before receiving ball
- turn both ways
- shoot with both feet

SESSION: _____ DATE: _____

ACTIVITY: Passing in/out of cones

DURATION: _____



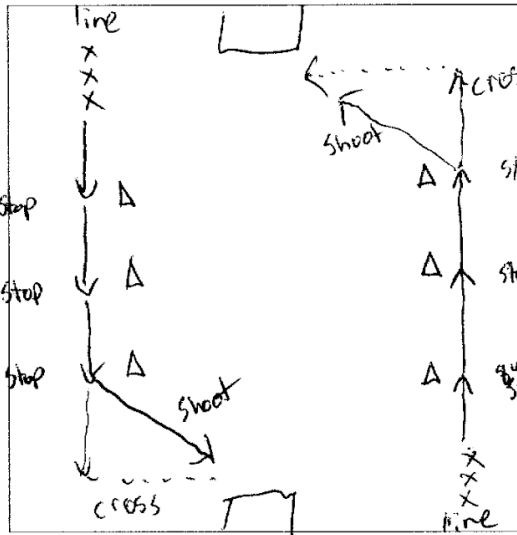
DESCRIPTION

- 2 lines Xa + Xc
- Player B in middle of 4 cones passes with player A middle, runs left, passes, back to middle, passes, runs right, passes
- Player A then passes to player C & runs in between cones, Player B goes in player A's line Repeat

COACHING POINTS

ACTIVITY: Dribble start & stop

DURATION: _____



DESCRIPTION

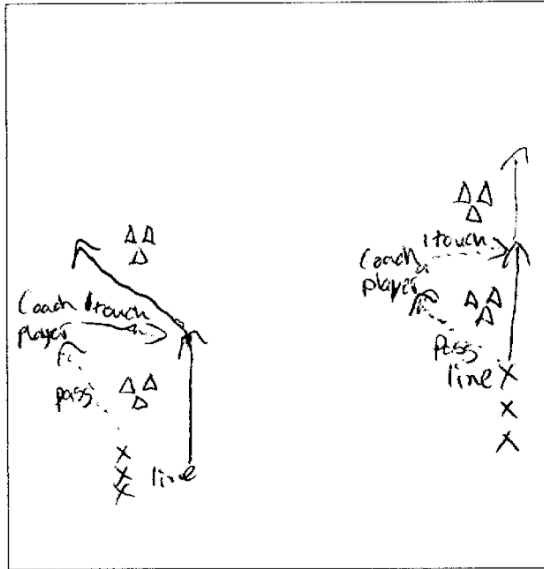
- player dribbles ball. At each cone/defender player stops quick + takes off quick dribbling to next cone, repeat stop
- can shoot or cross ball

COACHING POINTS

SESSION: _____ DATE: _____

ACTIVITY: Give & Go Drill

DURATION: _____

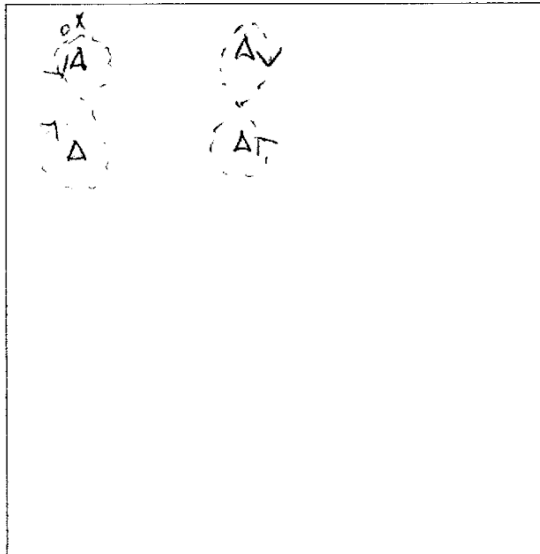


DESCRIPTION

COACHING POINTS

ACTIVITY: Figure 8 Pribbling

DURATION: _____



DESCRIPTION

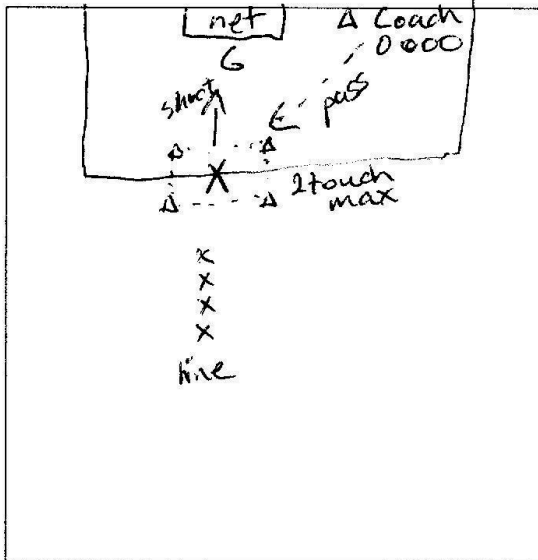
- 2 cones + 1 ball per player
- right foot only
- left foot only
- inside only
- outside of foot only
- 30 seconds + then a break

COACHING POINTS

SESSION: Shooting/Finishing DATE: _____

ACTIVITY: 2 touch finish game

DURATION: _____



DESCRIPTION

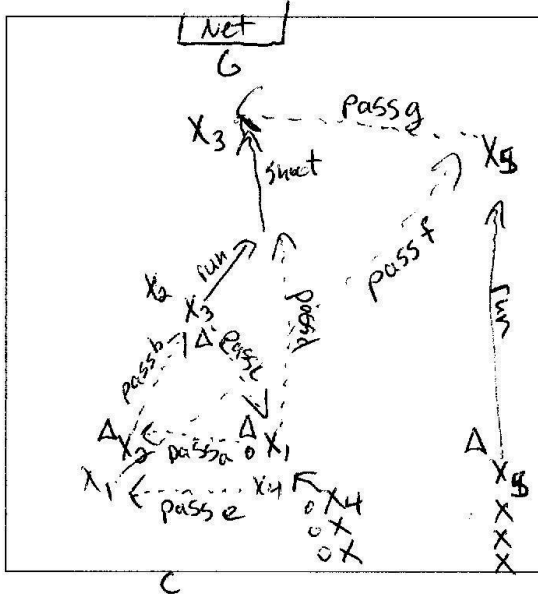
- player in box only gets 2 touches to receive the ball + shoot
- Coach passes to player in the box, 2 touch max
- More than 2 touches or if ball goes outside of box they are out of the game

COACHING POINTS

- good receiving touch + finish
- Play until 1 player left

ACTIVITY: _____

DURATION: _____



DESCRIPTION

- X1 passes to X2, X2 passes to X3, X3 passes to X1, X3 makes run + receives through ball from X1 + shoots
- X2 replaces X3, X1 replaces X3, X4 replaces X1, X4 passes to X5, X5 makes diagonal wide pass to X3

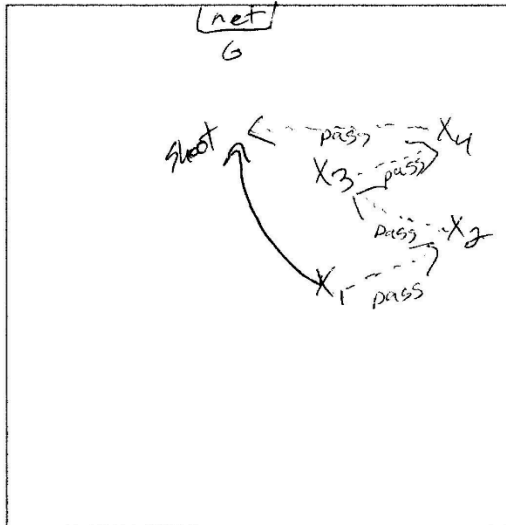
COACHING POINTS

- X5 passes to X3 in front of net, X3 shoots

SESSION: Give & Go Passing DATE: _____

ACTIVITY: Give & Go Overlap

DURATION: _____



DESCRIPTION

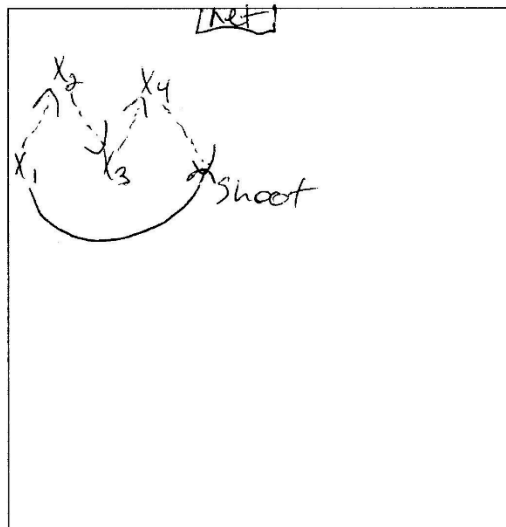
- Give & go one touch passes X₁ to X₂ to X₃ to X₄, X₄ passes out to X₁, who shoots
- use both feet

COACHING POINTS

- good one touch passing
- X₁ time the run

ACTIVITY: Give & Go Variation

DURATION: _____



DESCRIPTION

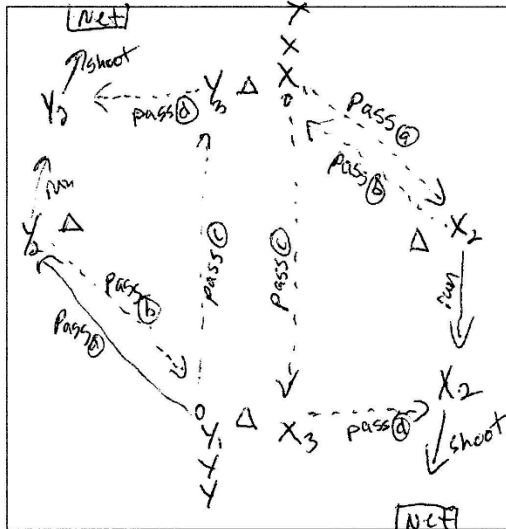
- One touch passes
- X₁ shoots after receiving pass from X₄.
- use both feet

COACHING POINTS

SESSION: Passing & Finishing DATE: _____

ACTIVITY: Counter attack

DURATION: _____



DESCRIPTION

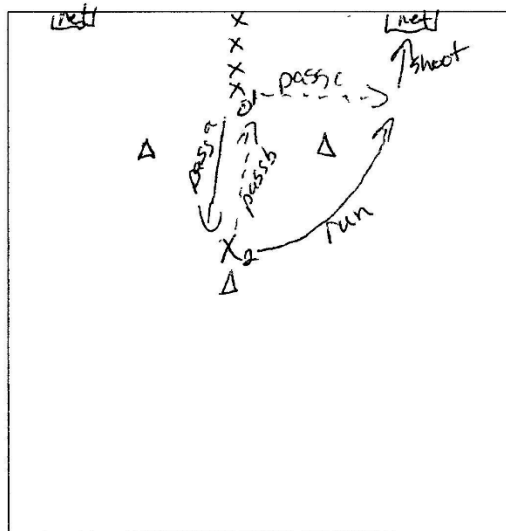
- 4 cones + 2 lines
- X₁ passes to X₂, X₂ passes back to X₁
- X₁ passes to X₃, X₃ runs toward the net and receives pass from X₂ & shoots
- rotate positions

COACHING POINTS

- good, hard passes
- accuracy on passes
- scan before receiving pass

ACTIVITY: One-two passing/finish

DURATION: _____



DESCRIPTION

- 2 small nets
- X₁ passes to X₂, X₂ passes back to X₁
- X₂ makes run around the cone & receives pass from X₁ & shoots
- rotate sides

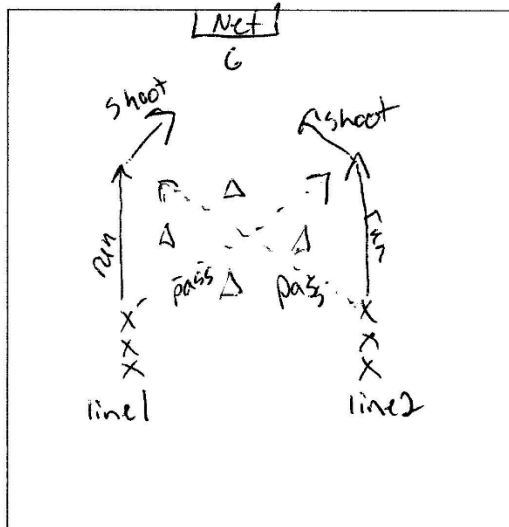
COACHING POINTS

- can advance to one touch passing to make it harder

SESSION: Passing + Finishing DATE: _____

ACTIVITY: Straight Run + Diagonal Pass

DURATION: _____



DESCRIPTION

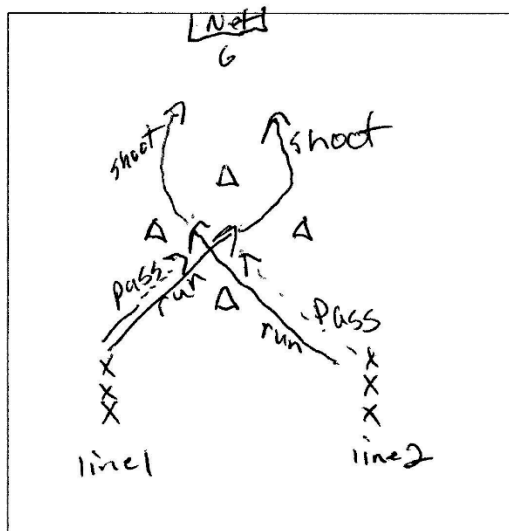
- 2 lines
- line 1 player runs straight + line 2 makes diagonal pass
- line 1 receives pass + shoots
- line 2 player runs straight + line 1 makes diagonal pass
- + line 2 receives pass + shoots

COACHING POINTS

- players rotate lines
- call for passes
- cones are defenders
- pass should lead players

ACTIVITY: Diagonal Run + Diagonal Pass

DURATION: _____



DESCRIPTION

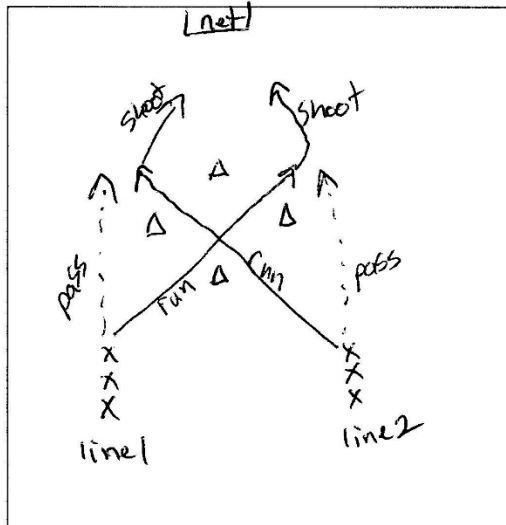
- 2 lines
- line 1 makes diagonal run between cones, line 2 makes pass, line 1 shoots
- line 2 makes diagonal run between cones, line 1 makes pass, line 2 shoots

COACHING POINTS

- players rotate lines
- call for passes
- cones are defenders
- pass should lead players

SESSION: Passing + Finishing DATE: _____

ACTIVITY: Diagonal run & straight pass DURATION: _____



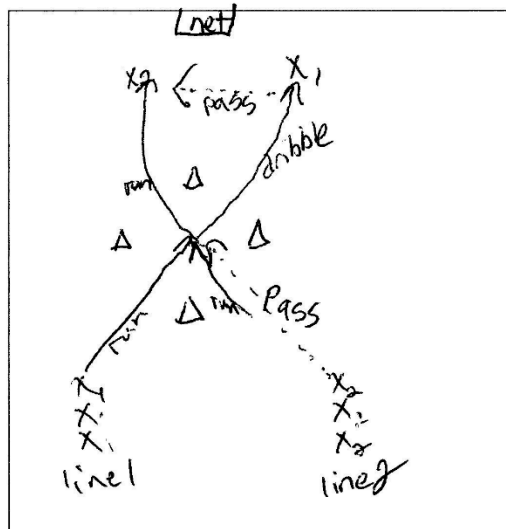
DESCRIPTION

- line 1 makes diagonal run
- line 2 makes a straight pass
- line 1 shoots
- line 2 makes diagonal run
- line 1 makes a straight pass
- line 2 shoots

COACHING POINTS

- players rotate lines
- call for passes
- cones are defenders
- pass should lead players

ACTIVITY: Diagonal run & pass with cross DURATION: _____



DESCRIPTION

- line 1 makes diagonal run
- line 2 makes diagonal pass
- line 1 dribbles towards net
- line 2 runs to the net & receives pass from line 1 & shoots
- same thing from other side

COACHING POINTS

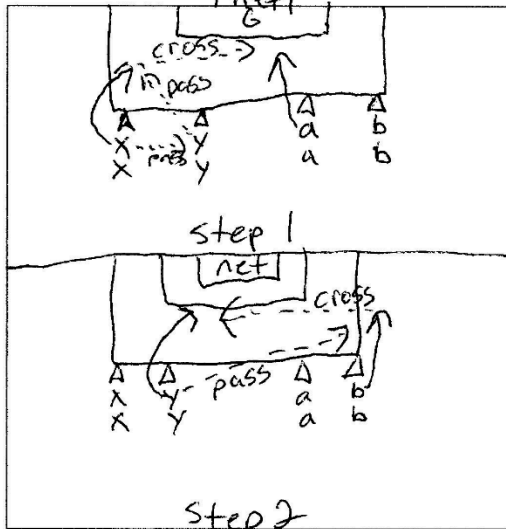
- players rotate lines
- good passes

SESSION: Passing + Finishing DATE: _____

Same drill with 3 steps

ACTIVITY: Combining in + around the box

DURATION: _____



DESCRIPTION

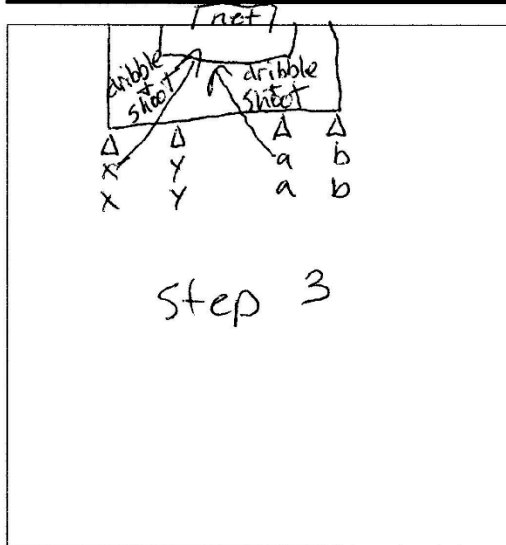
- X passes horizontal to A
- X makes run behind cone + receives through pass from Y
- X crosses to A

COACHING POINTS

- Y passes wide to B
- Y makes run to net
- B with max of 2 touches crosses to Y

ACTIVITY: _____

DURATION: _____



DESCRIPTION

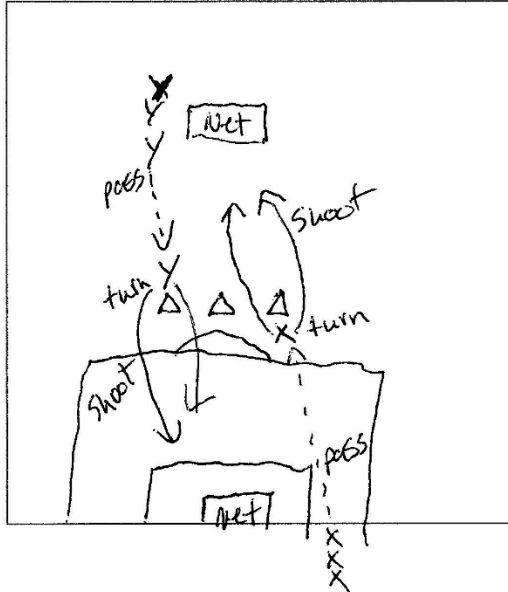
- X dribbles around defender + shoots
- A dribbles around defender + shoots
- Rotate lines

COACHING POINTS

SESSION: Finishing Circuit DATE: _____

ACTIVITY: Edge of the box Finishing circuit

DURATION: _____

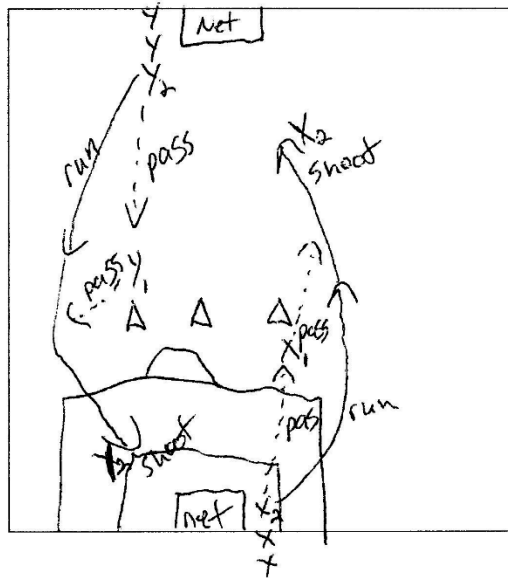


DESCRIPTION

COACHING POINTS

ACTIVITY: _____

DURATION: _____



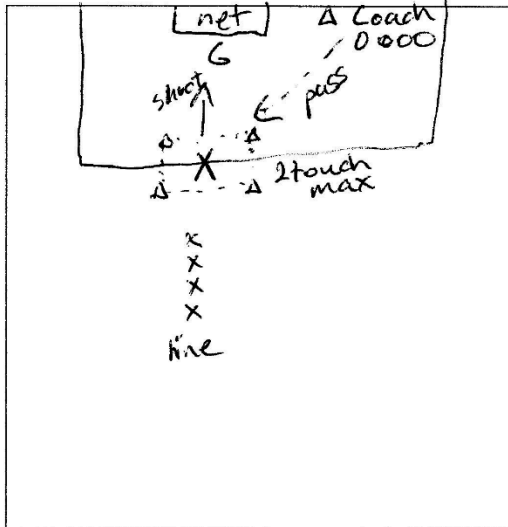
DESCRIPTION

COACHING POINTS

SESSION: Shooting/Finishing DATE: _____

ACTIVITY: 2 touch finish game

DURATION: _____



DESCRIPTION

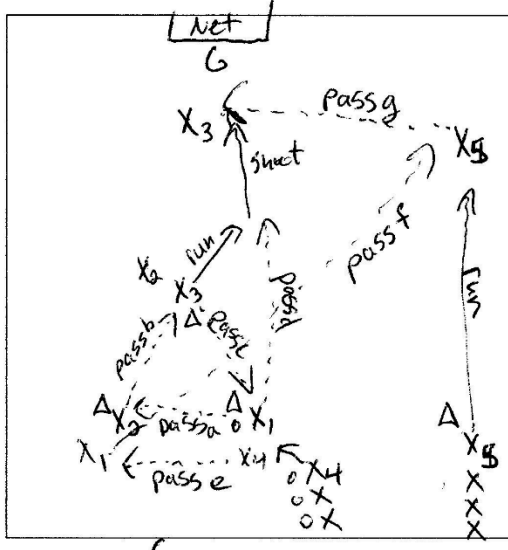
- player in box only gets 2 touches to receive the ball + shoot
- Coach passes to player in the box, 2 touch max
- More than 2 touches or if ball goes outside of box they are out of the game

COACHING POINTS

- good receiving touch + finish
- Play until 1 player left

ACTIVITY: _____

DURATION: _____



DESCRIPTION

- X1 passes to X2, X2 passes to X3, X3 passes to X1, X3 makes run + receives through ball from X1 + shoots
- X2 replaces X3, X1 replaces X2, X4 replaces X1, X4 passes to X1, X1 makes diagonal wide pass to X5

COACHING POINTS

- X5 passes to X3 in front of net, X3 shoots

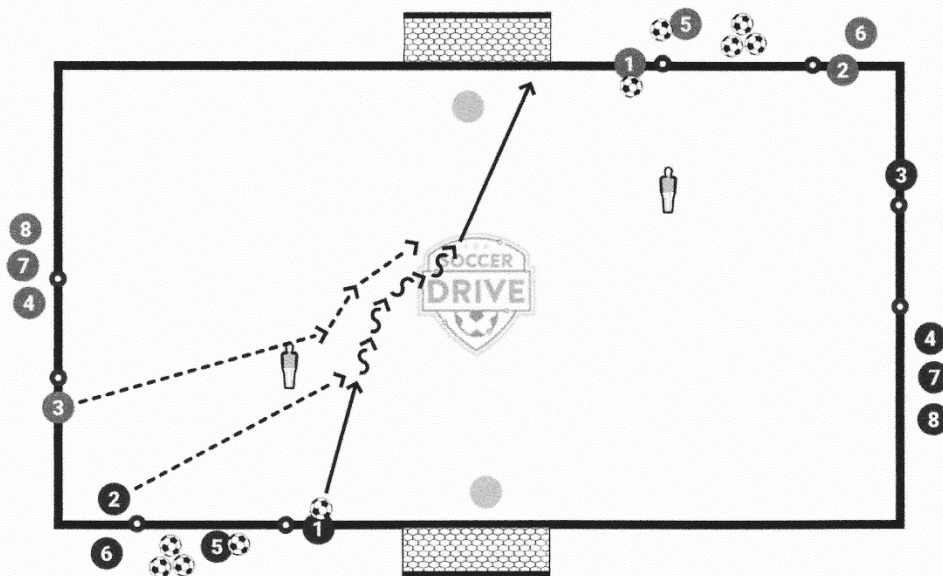
Quick Finishing



Players Required:18

Balls Required:1

Goals Required:2



Set Up:

- During the drill, one attacker comes in from the end line, one defender comes in from the sideline.
- Player 2 begins the drill with a pass to Player 1. Player 1 runs onto the ball and goes to goal.
- The defender (Player 3 in blue) comes on with Player 2's first touch and must run in behind the mannequin before tackling the ball.
- Player 1 tries to hold off the defender as he finishes on goal.
- Upon completion, players go to the other end and play re-starts in the opposite direction.

Coaching Points:

1. Dribble into the path of the defender in order to shield him from the ball.
2. Take the last dribble touch to the side in order to create shooting angles.
3. Be able to shoot at all four corners of the goal so that the GK has to cover the entire net.

Progressions:

1. Add a 2nd defender, coming in from the opposite sideline.

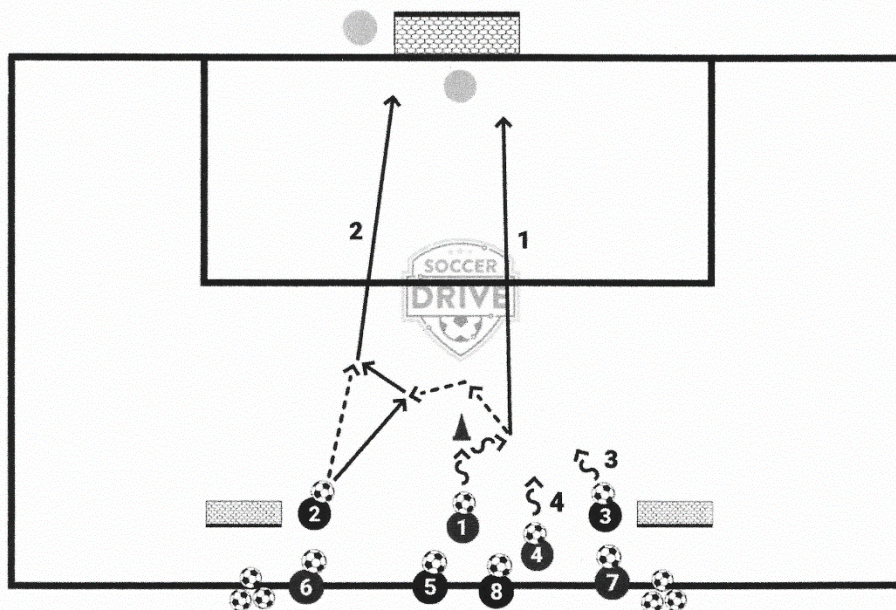
1v0 - 2v2 Finishing



Players Required:10-14

Balls Required:

Goals Required:



Set Up:

This drill will include four finishing scenarios from the top of the box:

1) Player 1 dribbles past the cone and shoots.

2) Player 2 wall passes with Player 1 and shoots.

3) Player 3 dribbles on to attack 2v1. *(Player 3+2 against player 1)*

4) Player 4 dribbles on to attack the goal 2v2. *(player 4+1 vs player 2+3)*

-Players should rotate to all of the starting positions during the drill.

Coaching Points:

- Dealing with the GK
- Transition
- Communication on Defense

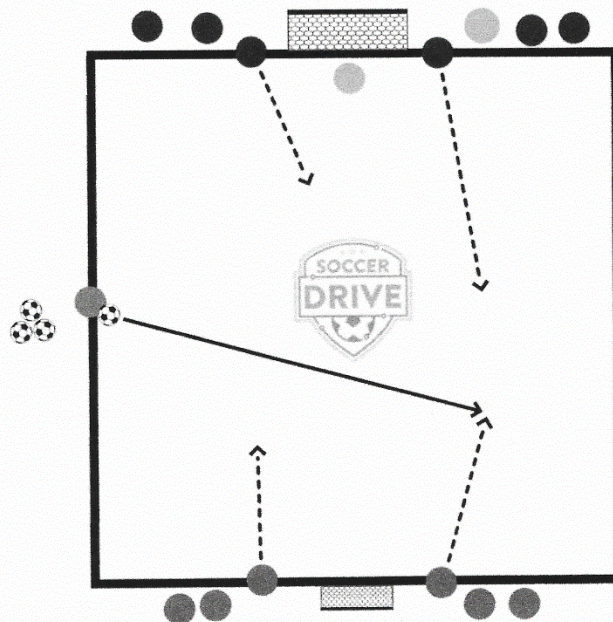
2v2 Defending the Shot



Players Required:13-15

Balls Required:2

Goals Required:2



Set Up:

On the same 36 x 20 field, split teams into two lines, one on each post. All balls start with the Feeder.

- The game starts with a pass from the Feeder to either attacker. Play 2v2, with attackers trying to score on big goal. Defenders attack the small goal when they win ball. Also, the defenders can use their GK to keep possession.
- Once the ball is out, players return to their own lines and new players come on.
- Play for 2-3 minutes, and keep score. Then the teams switch sides and play continues.

Coaching Points:

1. The 1st defender needs to get to attacker quickly in order to deny the shot.
2. The 1st defender must control their speed so as not to get beat 1v1.
3. The closer the defenders are to their own goal, the closer they must be to each other.

Progressions:

1. Both teams attack large goals with GKs.

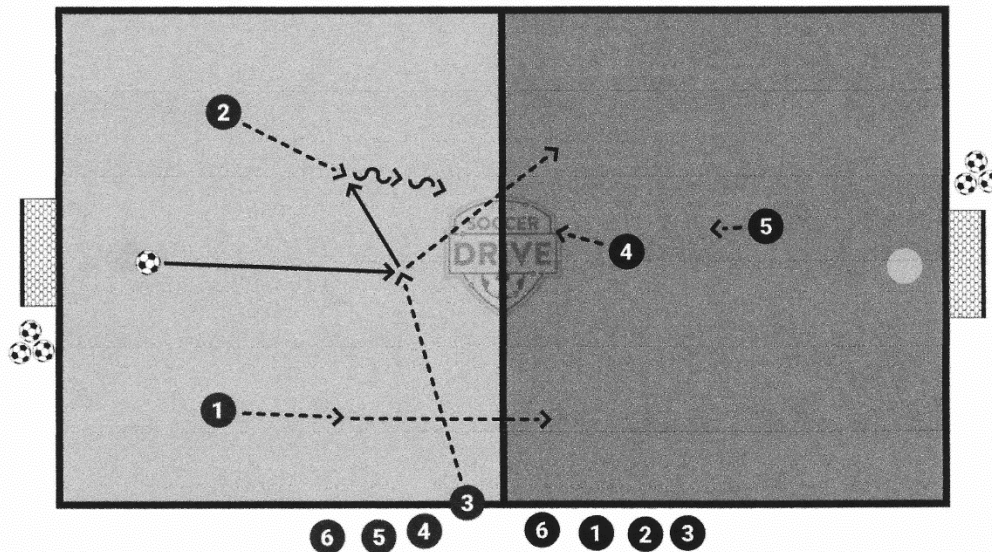
3v2, Both Ways



Players Required:14-20

Balls Required:

Goals Required:



Set Up:

Both teams start with two players in each half. The team in possession sends a third player in from the midfield line (Player 3) to begin the attack. The goalkeeper outlets to Player 3, and the attack continues 3v2 to goal. Upon completion, Players 1, 2, and 3 in red rotate off the field, and the two defenders (Players 4 and 5 in black) stay on. Player 6 in black joins the attack from midfield, and two new defenders (Players 4 and 5 in red) run into their half to defend. Play continues back and forth across the field. When defenders win the ball, they pass back to the keeper to start the next attack.

Coaching Points:

1. Attacking - Push the dribble down the middle of the field and commit the first defender.
2. Passing - Look for the one touch pass between the two defenders.
3. Use combinations (emphasize the overlap) and be unpredictable.

Progressions / Regressions:

Progression 1: On turnovers, teams can go directly to goal without using the keeper.

Progression 2: Progress to 4v3, Both Ways

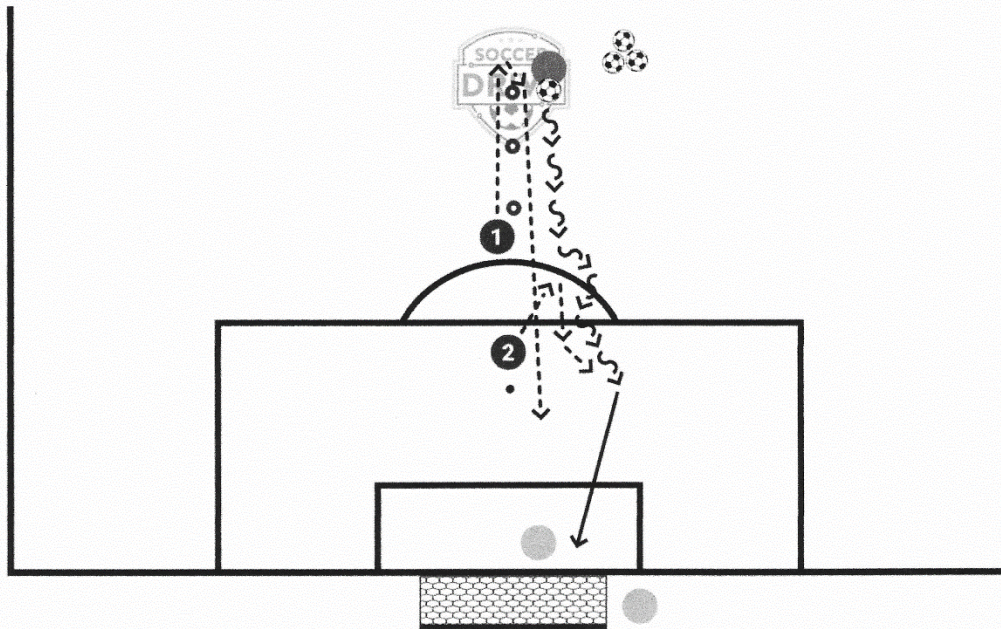
1v2



Players Required: 4

Balls Required:

Goals Required:



Set Up:

The attacker and the first defender start at opposite ends of the cone line. When the attacker starts the dribbling run, the first defender must circle around the cone line before running to goal. A second defender is stationed on the penalty spot, looking to contain the attacker until the second defender can create a 1v2. The play goes to completion, and then the players rotate to new positions.

Coaching Points:

- Defender tracking
- Defender in front
- Natural time limit
- Attacking ingredients
- Speed
- Change of direction
- Ball manipulation
- Unbalance defender(s)

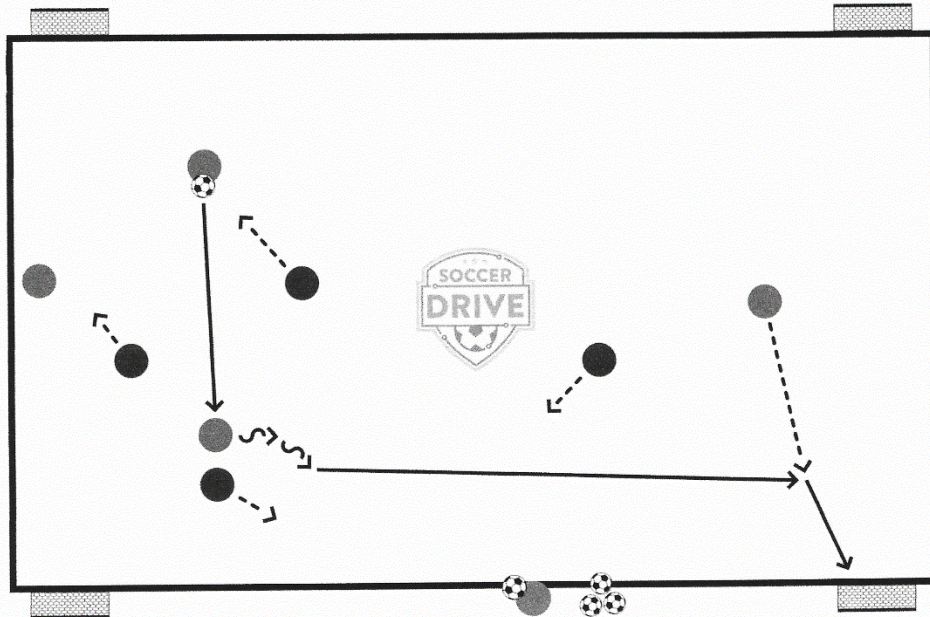
4v4 With Four Corner Goals



Players Required:8

Balls Required:

Goals Required:



Organization:

Area of 30 x 20.

Equipment: Balls, cones, pinnies, small goals.

Two teams play 4v4 with 4 small counter goals in corners. The teams use a diamond shape. All restarts are taken by dribbling the ball in. Defender must step 5 yards back with restarts.

Coaching Points:

Attacking: Build Up

Transition: Attacking to Defending; Quick reaction after losing the ball.

Defending: Pressure / Cover / Balance principles, 1v1 Defending, staying compact

Transition: Defending to Attacking: Explode and quick first pass in transition.

Technical:

- Passing and Receiving
- Moves and Dribbling
- Finishing

Tactical:

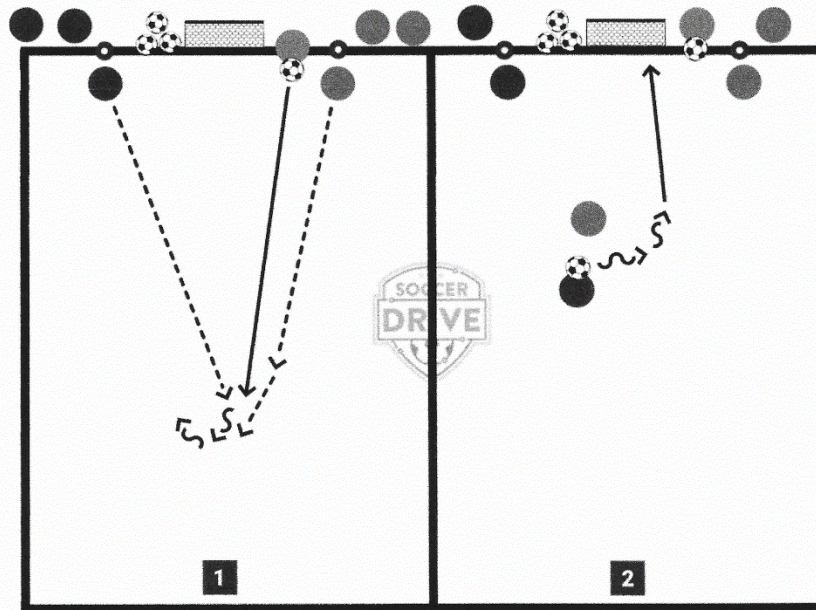
1v1 Turn and Shoot



Players Required:6-8

Balls Required:2

Goals Required:1



Set Up:

To begin the drill, the Feeder plays a ball out into the center of the field. A player from each team releases from the end line to try and win the 50-50 ball (Diagram 1). The player who wins the ball tries to turn and score on the small goal (Diagram 2). If the defender steals, he becomes the attacker. The play is over when the ball goes out of bounds or a goal is scored.

Coaching Points:

1. Take your first touch away from the defender.
2. Use a feinting/turning move to create space between you and the defender.
3. It may take two or three moves to beat a good defender.

Progressions:

1. Progress to 2v2.