PlayBook

50 FUN DRILLS & PRACTICES
VOLUME 1

Install

Click to install all 50 drills to your DataCoach Templates folder.

[C:/Program Files/DataCoach/Templates]

When installation is complete, visit the Table Of Contents to get started.

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50 FUN DRILLS & PRACTICES
## VOLUME 1

Overview

50 Fun Drills & Practices provides the reader with a range of educational modified versions of association football that can be performed both indoor and outdoor to good effect.

The games are structured to ensure that players learn the basic principles of defence and attack, and can be manipulated to focus on key techniques such as control, passing, dribbling, running with the ball, heading and shooting.

You will find that the practices are very attractive in appearance, contain simple instructions of how to get each practice started, contain useful tips on how to make things easier or more difficult and are full of advice about what to look for.

The practices have been designed to meet the requirements of the National Curriculum (UK) Key stages of development for Invasion games. Practices have therefore been divided into 3 distinct categories for simple use:
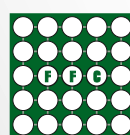
1. **Sending & Receiving**
2. **Traveling**
3. **Striking & Fielding**
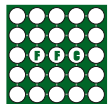
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50 FUN DRILLS & PRACTICES VOLUME 1

Introduction

50 Fun Drills & Practices is an invaluable tool for any youth team coach, teacher or football player.

This easy-to-use PlayBook has 50 ready-to-use fun drills and practises for passing, receiving, traveling with the ball, and striking.

This PlayBook should be used as an integral aid for all youth football coaches and teacher lesson planning, or for players wishing to develop their own understanding of the game.

The drills are fully compatible with the leading **DataCoach™ Manager Software** allowing coaches and teachers to communicate visually and set up, save, print or email training sessions quickly and simply. For more details visit **www.datacoach.net**

About The Authors

Soccer UK is an organisation set up by professional coaches to provide consultation and services to all levels of football in both the U.K. and U.S.

Services include:
- Sport Science support
- Camps (including individual and team instruction)
- Resources – Coaching Books and DVDs
- Equipment
- Player development programs

Who are Soccer UK?

Damian Roden
Damian is the first team fitness coach for English Premier league team Bolton Wanderers Football Club. He is a UEFA "Pro" licence holder and possesses a Masters degree (MSc) in Sports Science.

Richard Donnelly
Richard is a lecturer of Sports Science and is responsible for football development at his college. He is completing his UEFA "A" licence and has a Masters degree in Sports Science. He is a Scout and Development Coach for Manchester United Football Club.

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James has a BSc in Sports Management as well as being a UEFA "Pro" licence holder. He is a Coaching Development Manager for the Welsh Football Association where he delivers coach education courses including the UEFA "A" and Professional licences.

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Kevin is the former Director of Coach Education for the Welsh Football Association. He is currently the Academy Director for English Championship club Derby County. He is also a UEFA "Pro" licence holder.

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VOLUME 1
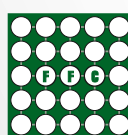
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BECKHAM BOX

LAYOUT
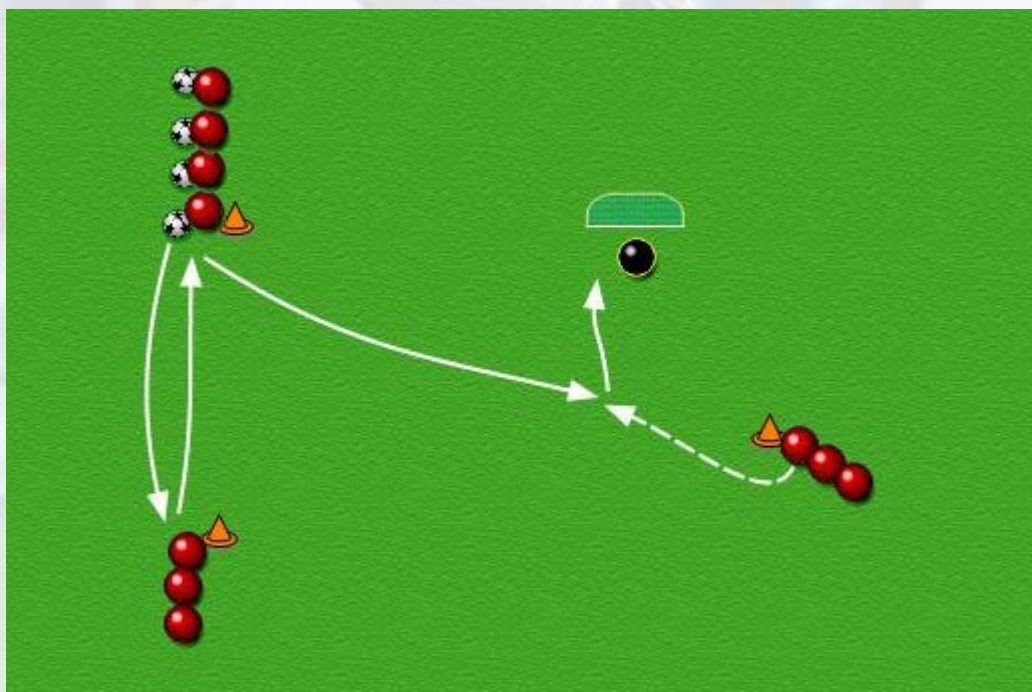
COACHING POINTS

GAME ORGANISATION

Player positions:
Group 1 - to the side of a goal with a ball
Group 2 - opposite group 1 without a ball and
Group 3 - facing the goal without a ball
Group 1 passes & receives back from Group 2 and cross ball into box for Group 3 to shoot

GAME ALTERATIONS

To make the game easier:
Receiving player has unlimited touches

To make the game more difficult:
Players must pass or shoot first time

COACHES HINTS

Do the players pass the ball accurately?
Do they get in line with the ball when passing & shooting?
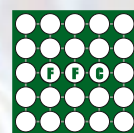Do the players who are receiving judge the flight of the ball effectively?
Is the shot on target?

In association with:
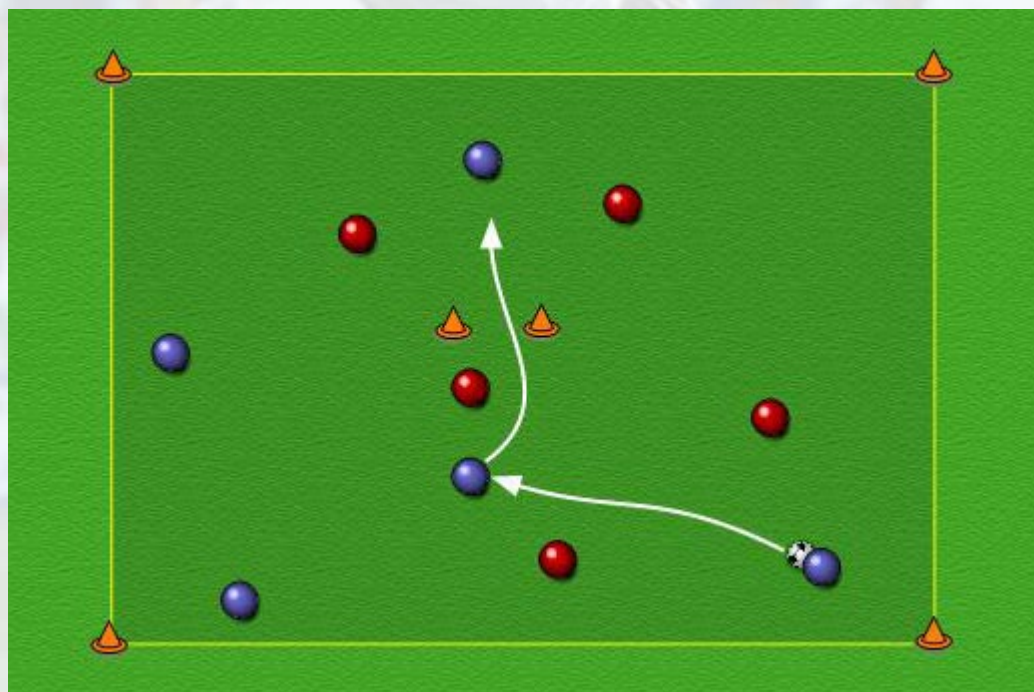
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CENTRE GOAL GAME

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into equal teams of 4
Players pass and move in the designated area
Players score by passing to a team mate through the centre goal

GAME ALTERATIONS

To make the game easier:
Players can intercept a pass but not tackle each other

To make the game more difficult:
Players must make 4 passes before attempting to score

COACHES HINTS

Do the players control ball away from defenders?
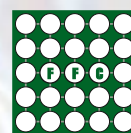Do they create space by moving?
Do the players who are defending work together?

In association with:
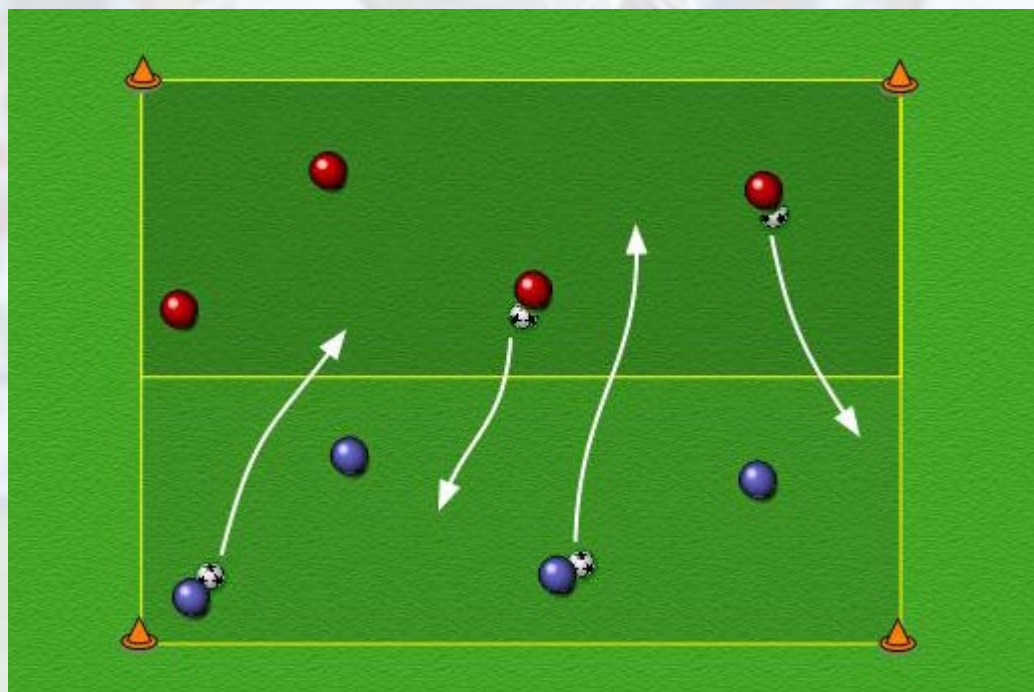
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CLEAN SWEEP

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into two equal teams in separate halves of the field, with an equal amount of balls per team

Players must control and pass the ball out of their own area into the opposing area

If a ball is returned but is hit too hard and runs out of your opponent's area a point is awarded to the opposing team

Attempt to clear as many balls as you can out of your area

GAME ALTERATIONS

To make the game easier:
Place no restrictions on the number of touches that players can take

To make the game more difficult:
Players must control, turn and change direction before passing
Players can only take two touches

COACHES HINTS

Do the players move in line with the direction of the ball to help control?
Do they control the ball in the direction they wish to pass to prepare them to move the ball?
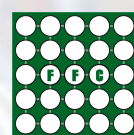Do they identify open spaces for passes to be made into?

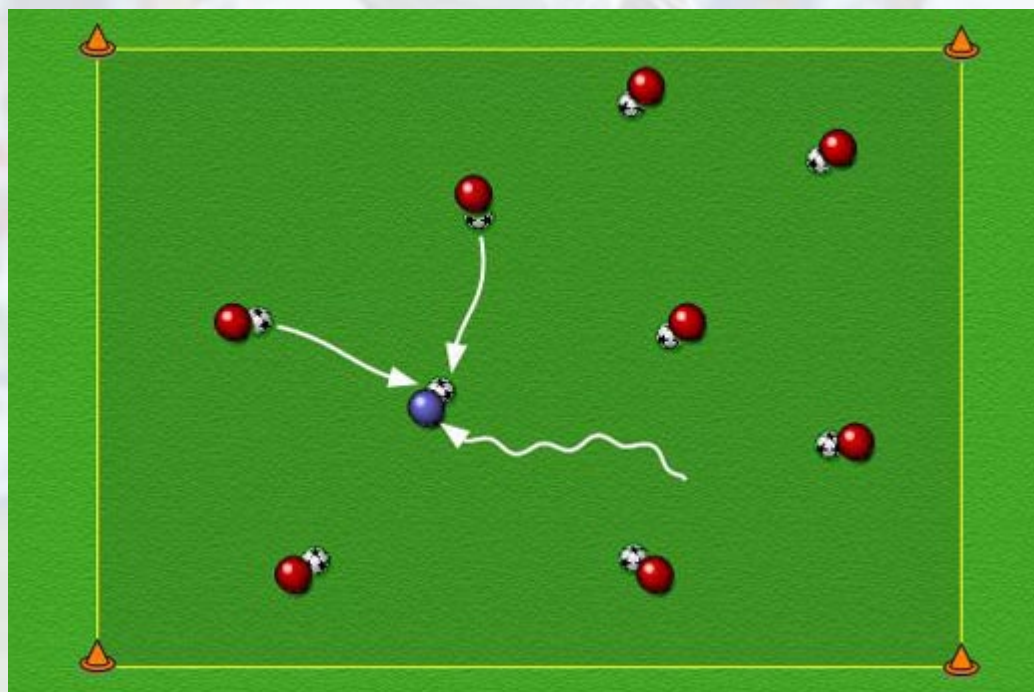In association with:

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CONKERS FOOTBALL

LAYOUT

COACHING POINTS

GAME ORGANISATION

Each player has a ball
Place 2 players in bibs, these players are 'on'
All players begin to dribble and attempt to 'shoot' at the bibbed players' ball
The player who is 'on' dribbles randomly throughout the area and attempts to avoid having his ball hit
Switch roles after 60 seconds

GAME ALTERATIONS

To make the game easier:
Use more players as targets and/or reduce the size of the area

To make the game more difficult:
Target players are organised into groups of 2/3 (1 ball). These players can work together to keep the ball by passing and moving the ball as a team

COACHES HINTS

Do the players attempt to get 'close' to the target before making their pass to aid accuracy?
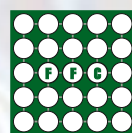Do they keep the ball on the floor when passing to ensure safety at all times?
Do they work together to try and "corner" target players?

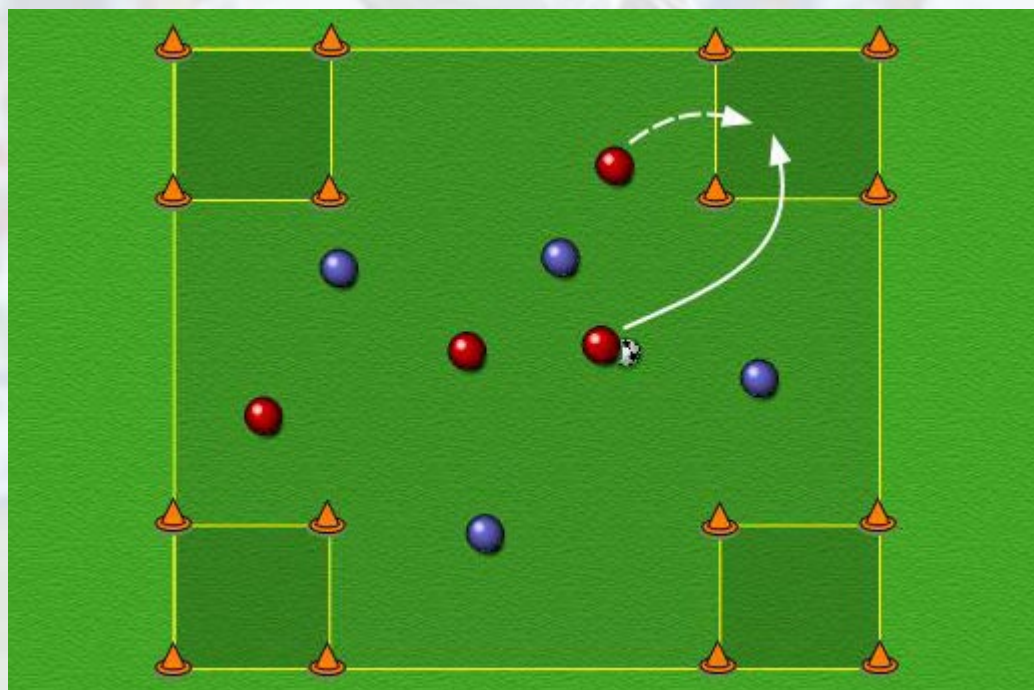In association with:

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CORNER GAME

LAYOUT

COACHING POINTS

GAME ORGANISATION

The Coach splits the group into two teams and organises them within the central area of the pitch

Each team scores by passing the ball to a team mate in any corner box on the pitch

GAME ALTERATIONS

To make the game easier:
Only team players in possession can stand in a box to receive a pass
Neutral side players can be included to support play

To make the game more difficult:
A team must score in all 4 boxes to score a goal

COACHES HINTS

Do the players turn and change direction to attack areas that are less crowded?
Do they position themselves to control the ball into space so they have more time to perform the required skill or technique?
Do they pass early to change direction to make it difficult for the defending team to regain possession?

In association with:
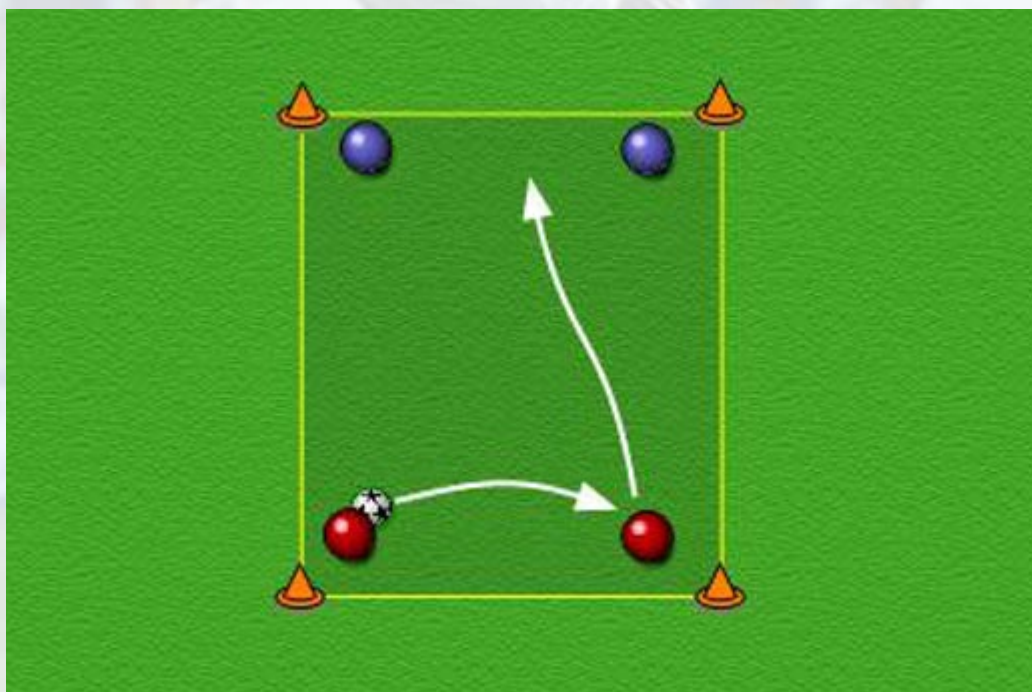
SOCCER UK
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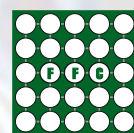
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HEAD TO HEAD

LAYOUT

COACHING POINTS

GAME ORGANISATION

Position 4 players in each square
Players take it in turns to serve and head ball towards opposite teams' goal

GAME ALTERATIONS

To make the game easier:
Players defending must stay on cones
To make the game more difficult:
Player's head ball to team mate to head at goal

COACHES HINTS

Do the players keep their eyes open and mouth closed when heading?
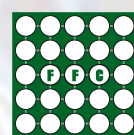Do they use their forehead to head ball?
Do the players who are defending judge the flight of ball and move?

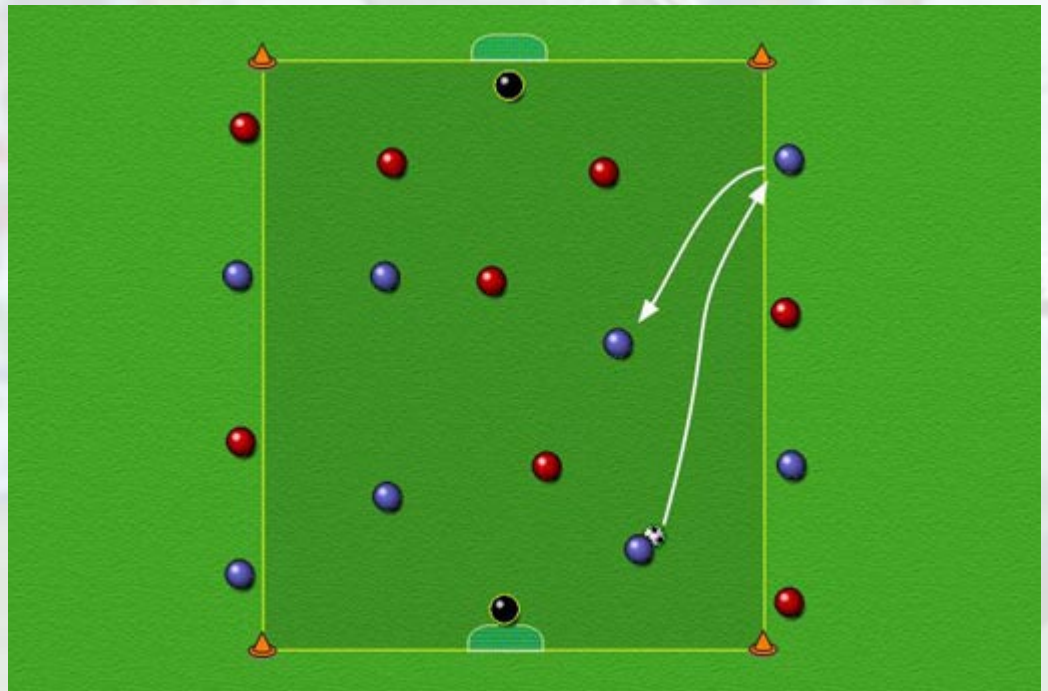In association with:

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MATCH WITH SUPPORT

LAYOUT

COACHING POINTS

GAME ORGANISATION

The Coach organises the group into two teams
Half of the team plays normal football whilst the other half of the team surrounds the outside of the pitch
These players on the outside play for their team when they are in possession, but must hold their positions (cannot move up or down the sideline or in-field)
Switch roles after a set period

GAME ALTERATIONS

To make the game easier:
Players on the outside can't be tackled

To make the game more difficult:
Players on the outside can only have limited touches

COACHES HINTS

Do the players use the outside players to create an overload situation?
Do the players control the ball in the direction in which they next want to pass?
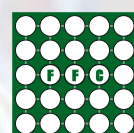Do the players who have passed the ball attempt to take up new positions to help team mates?
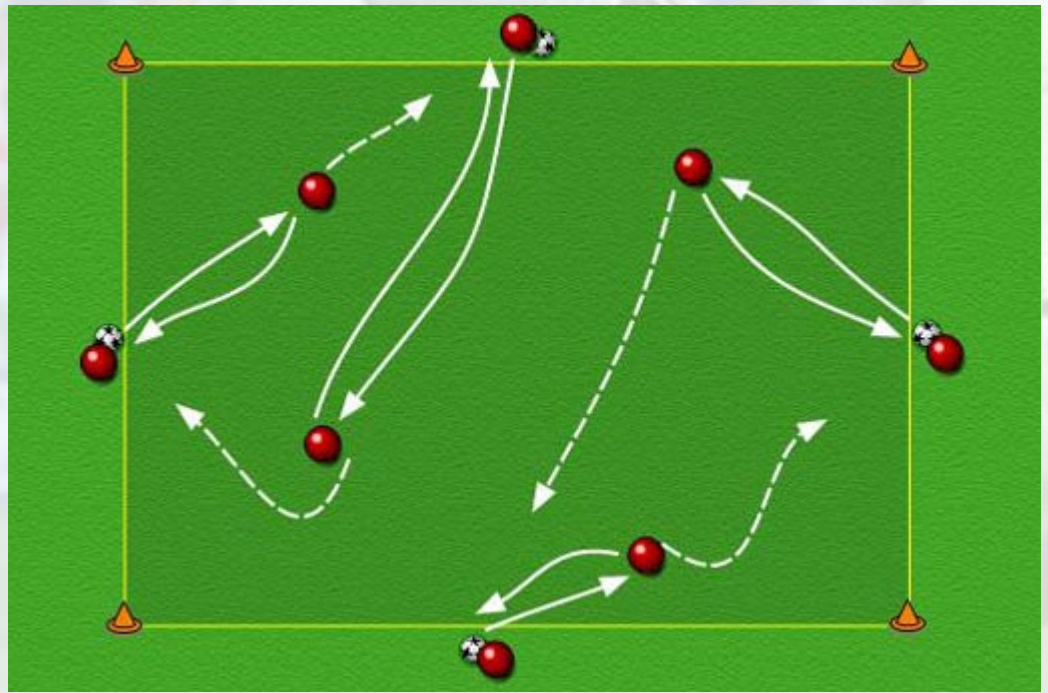
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OUTER SPACE

LAYOUT

COACHING POINTS

GAME ORGANISATION

The Coach divides the players into two groups
One group are organised on the inside of the square with the other players on the perimeter
The ball is passed from the outside to the players on the inside
Players play the ball back to the server
They then move around the area to receive passes from different servers

GAME ALTERATIONS

To make the game easier:
Players remain with their original partner and pass and control over a short distance

To make the game more difficult:
Players receive the ball, turn and play to a different server
The game can also be developed by varying the service to the receiver, i.e. for a header, to the chest etc

COACHES HINTS

Do the players aim at their target with the foot they are not kicking with to help them with their accuracy?
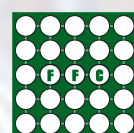Do they pass the ball hard enough to reach their target by following through the ball?
Do they "open" their body position to help them turn with the ball and see the player they want to pass to earlier?

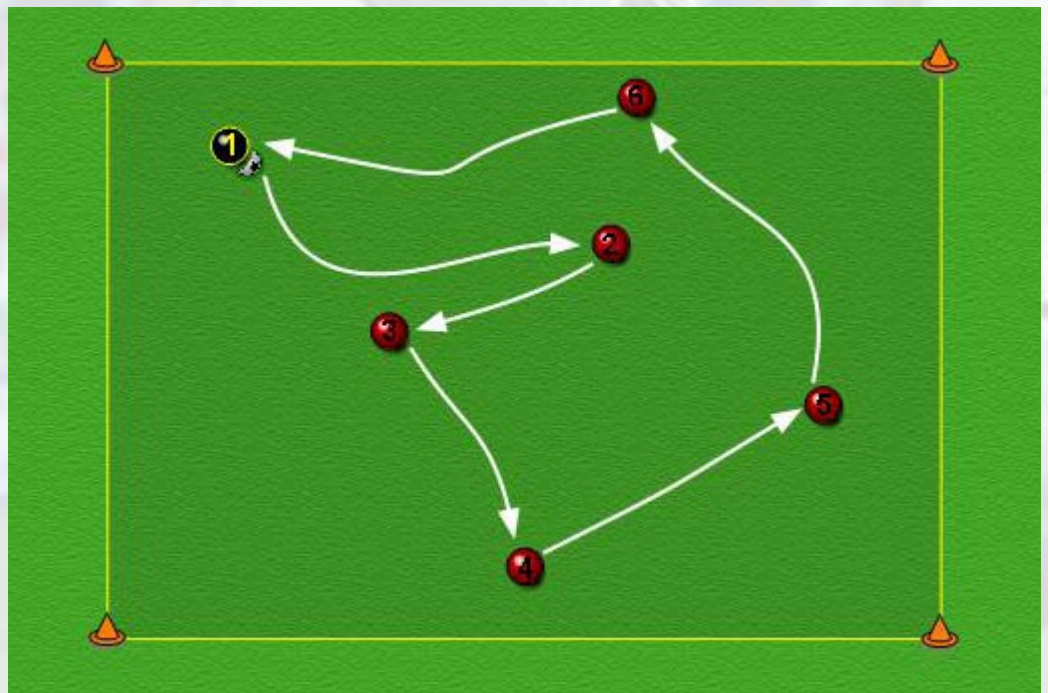In association with:

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PASSING BY NUMBERS

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach organizes players into a defined area and gives each player a number beginning with #1

All players begin by jogging around the area, with the ball being passed from player to player in a sequence

GAME ALTERATIONS

To make the game easier:
Organise the players into groups of 4 maximum

To make the game more difficult:
Play 1 or 2 touch or add an extra ball

COACHES HINTS

Do the players prepare to receive the ball by moving in line with its path?
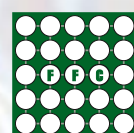Do the players practice controlling the ball in the direction of their target?
Do they communicate to help passers find them with the ball thereby helping their team to keep possession of the ball?

In association with:
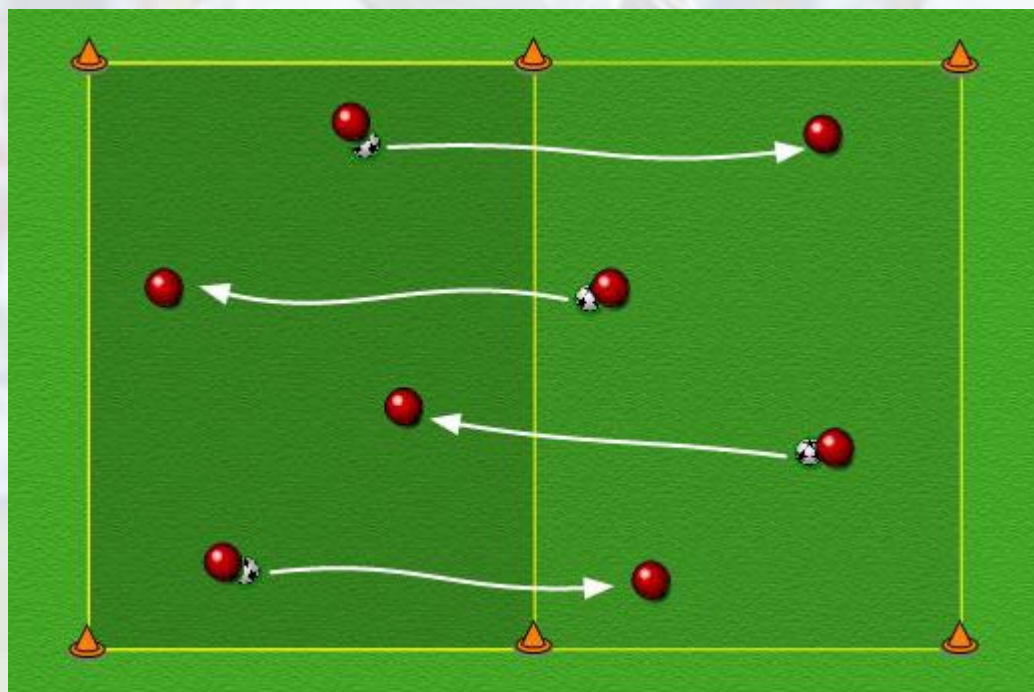
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PASSING PALS

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into 2's positioned in each half of a square
Players pass back and forth 10 times as quickly as possible
Players use alternate left and right foot pass each time

GAME ALTERATIONS

To make the game easier:
Players take unlimited touches before passing

To make the game more difficult:
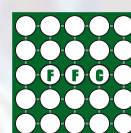Players must control and turn before passing

COACHES HINTS

Do the players move in line with the ball?
Do the players get close to the ball when passing?
Do the player keep the ball close when turning?
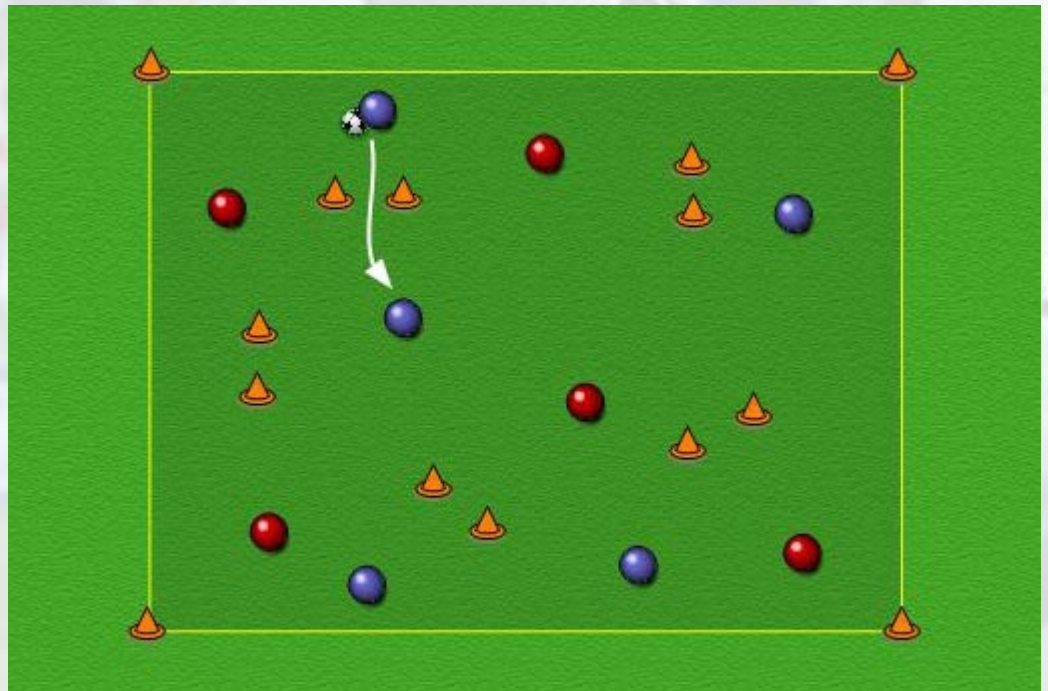
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SMALL GOALS GAME

LAYOUT

COACHING POINTS

GAME ORGANISATION

A five-a-side game involving four sets of goals 2 yards in width
Teams are allowed to score in all four goals and must defend all four goals
Players can score by either passing through a goal to a teammate or dribbling through a goal
Play is continuous
Change of possession does not take place after each goal

GAME ALTERATIONS

To make the game easier:
Place players on the outside of the practice area to help keep the ball in play
To make the game more difficult:
Take away one of the goals and/or make the goals smaller
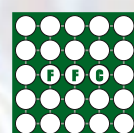
COACHES HINTS

Do the players spread out to allow the chance to move freely?
Do the players acting as defenders "cover" the goals in danger?
Do the players acting as defenders talk to each other when trying to win the ball back?

In association with:
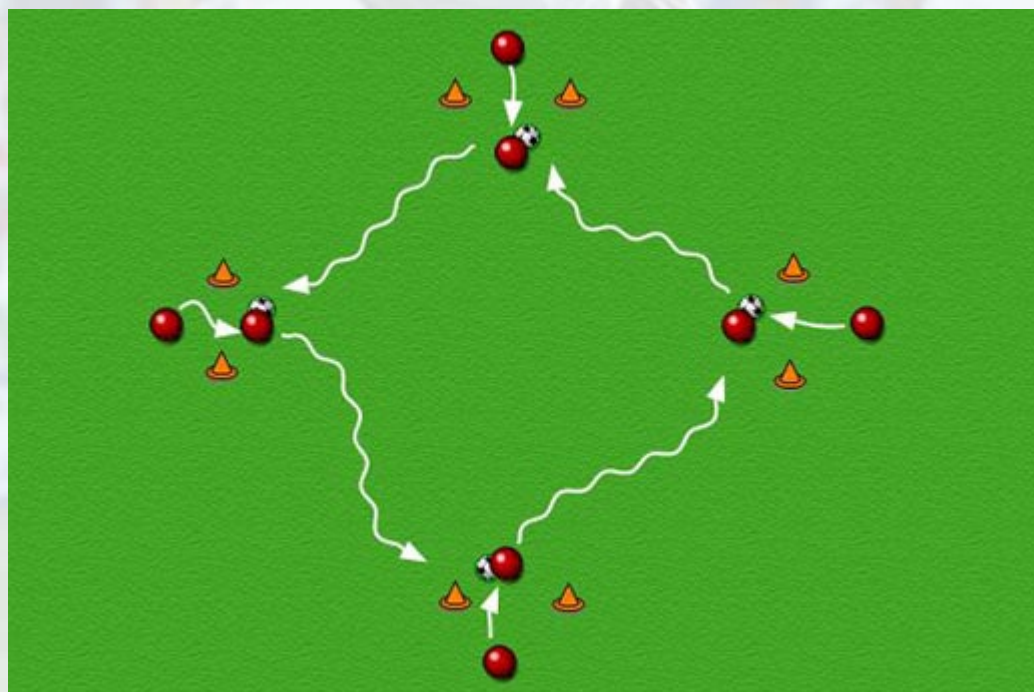
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SWITCH

LAYOUT

COACHING POINTS

GAME ORGANISATION

The players are organised into pairs and pass back and forth through the cones that have been marked out

Once players inside the area control and pass back to their partner, they move to another player at a different set of markers and repeat

GAME ALTERATIONS

To make the game easier:
Players remain with their own partner without moving to new cones

To make the game more difficult:
Players inside must control and pass back with different feet to the side of the goal
Upon receiving the ball players inside control, turn and pass to a different player on the outside
Add a defender inside the area to prevent passes

COACHES HINTS

Do the players get in line with the ball to help them to control the ball?
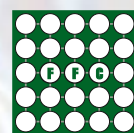Do they control and pass accurately through the cones?
Do players use both feet?

In association with:
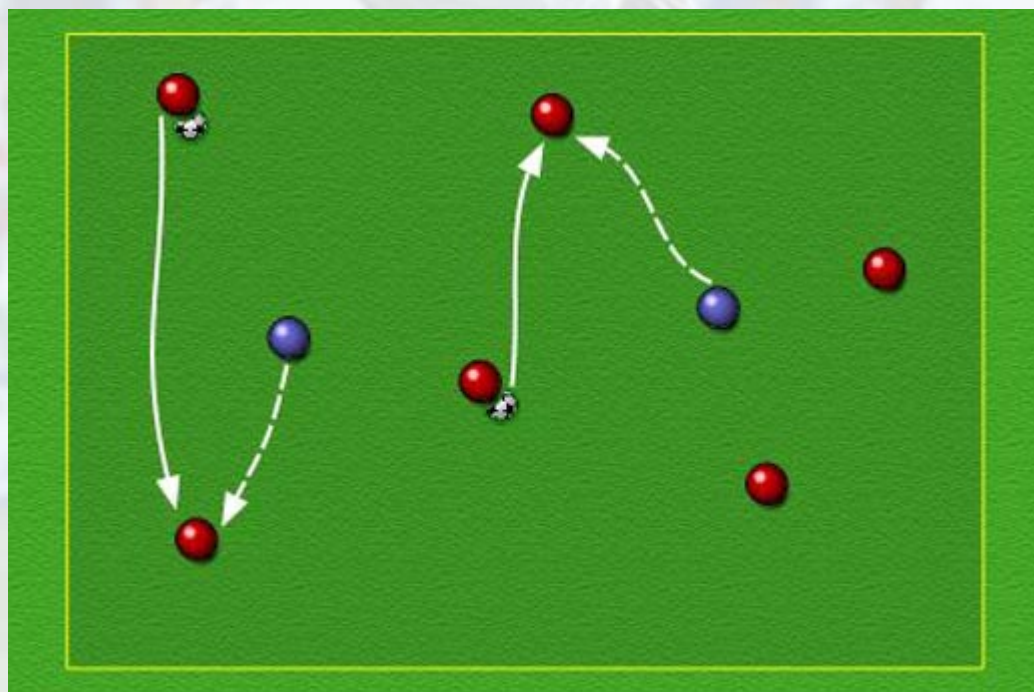
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TAG TEAM

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players move around a designated area, 2 players with balls, 2 players as defenders
Defenders attempt to tag players without balls
Players in possession of the ball pass to players without balls to prevent them from being tagged

GAME ALTERATIONS

To make the game easier:
Reduce the number of defenders or add more balls

To make the game more difficult:
Introduce more defenders and fewer balls

COACHES HINTS
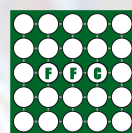
Do the players keep the ball close to their feet to allow a quick pass to be made?
Do they pass accurately?
Do the defenders work together?

In association with:
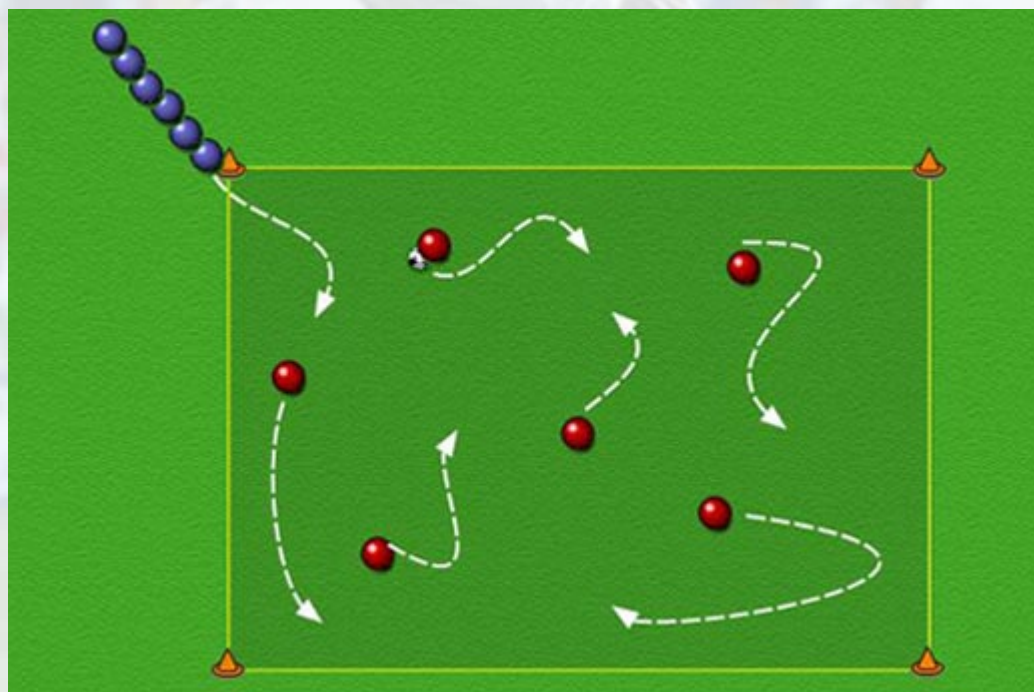
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THE CHASE

LAYOUT

COACHING POINTS

GAME ORGANISATION

Organise two teams within a defined area
Team 1 moves around the area freely whilst Team 2 lines up at one corner of the field
Team 2's players take it in turns to enter the field and attempt to tag a player without the ball
Each time a player is tagged another player is sent in
Once each player has made a "tag" the teams switch roles
Which team needs less time to tag all players?

GAME ALTERATIONS

To make the game easier:
Send players in as pairs to work together to "tag" the opposition

To make the game more difficult:
The player has to tag the opposing player in possession of the ball
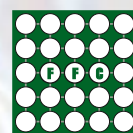
COACHES HINTS

Do the players pass to a player most likely to be tagged?
Do they spread out and move around the area to make it difficult to be tagged?
Do they control the ball in the direction of their next pass so that they can pass quickly?
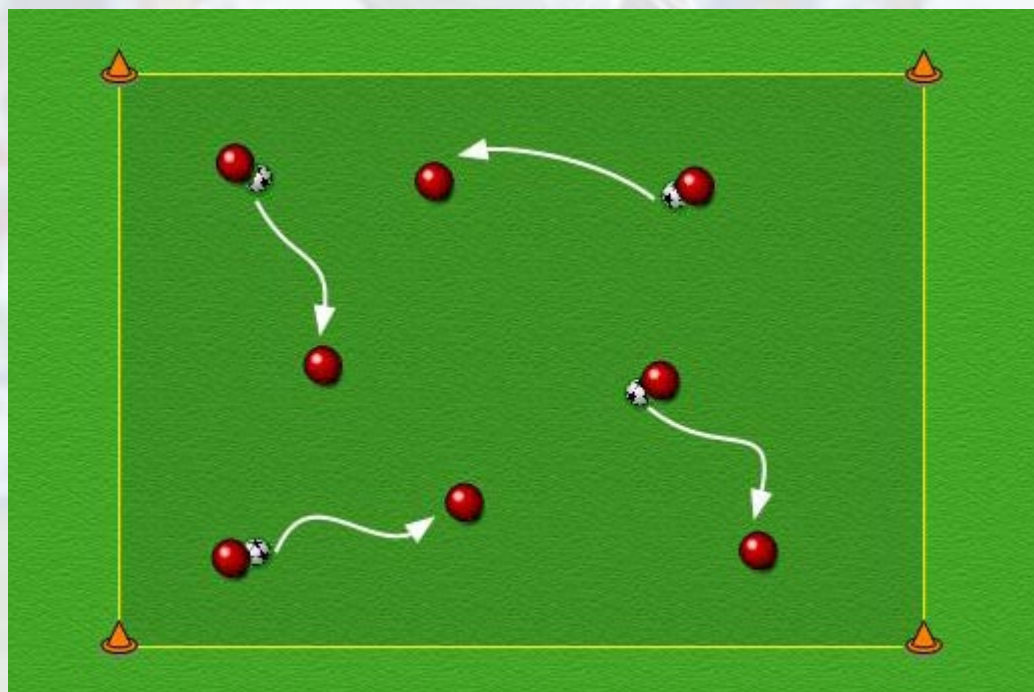
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TWO TO PASS

COACHING POINTS

GAME ORGANISATION

Players are split into 2's - 1 with a ball, 1 without
Players must pass and receive ball back from partner while moving around area
Players attempt to make as many passes as possible in 30 seconds

GAME ALTERATIONS

To make the game easier:
Limit the amount of players in designated area

To make the game more difficult:
Introduce limited touches

COACHES HINTS

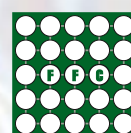Do the players control the ball into space away from other players?
Do they pass accurately?
Do they keep their head up to see where their partner has moved?
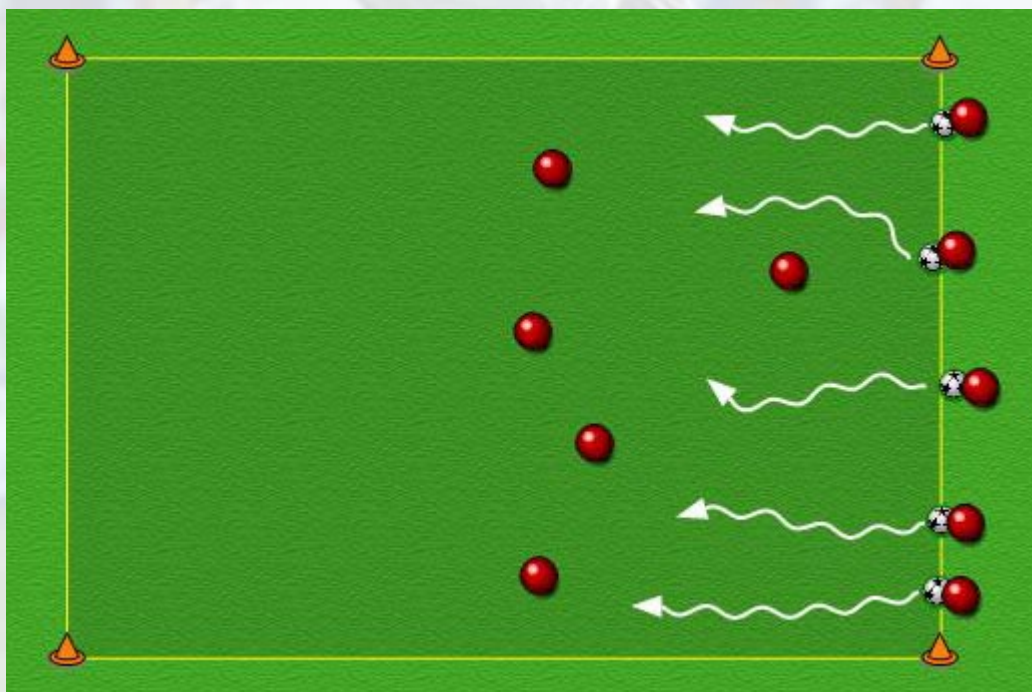
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BRITISH BULLDOG

LAYOUT

COACHING POINTS

GAME ORGANISATION

One player without a ball is selected as the "bulldog"
Position all other players with a ball at one end of the area
Players try to get to the opposite end without being tackled
If tackled by the "bulldog" the player automatically become a "bulldog"

GAME ALTERATIONS

To make the game easier:
"Bulldogs" can only tackle in specifically marked areas/zones

To make the game more difficult:
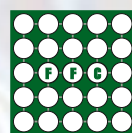More players start as "bulldogs"

COACHES HINTS

Do the players in possession accelerate into space?
Do they keep the ball close when a "bulldog" is near?
Do the players who are "bulldogs" work together to trap players?

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DRIBBLE

LAYOUT

COACHING POINTS

GAME ORGANISATION

The group is split into two teams and each are given numbers
Upon the coach's command players must dribble to the end cone and back and place the ball at the start prior to attempting to score using an additional ball placed by the goal
The first player to score a goal is awarded ten points

GAME ALTERATIONS

To make the game easier:
Reduce the number of markers required to dribble around

To make the game more difficult:
Use static defenders as opposed to markers or include defenders as well as markers

COACHES HINTS

Do the players take lots of touches when dribbling around the cones to help them maintain control of the ball?
Do the players keep their heads up to enable them to move safely through the course?
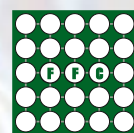Do they change speed and direction upon completion of dribbling to get to shoot quickly?
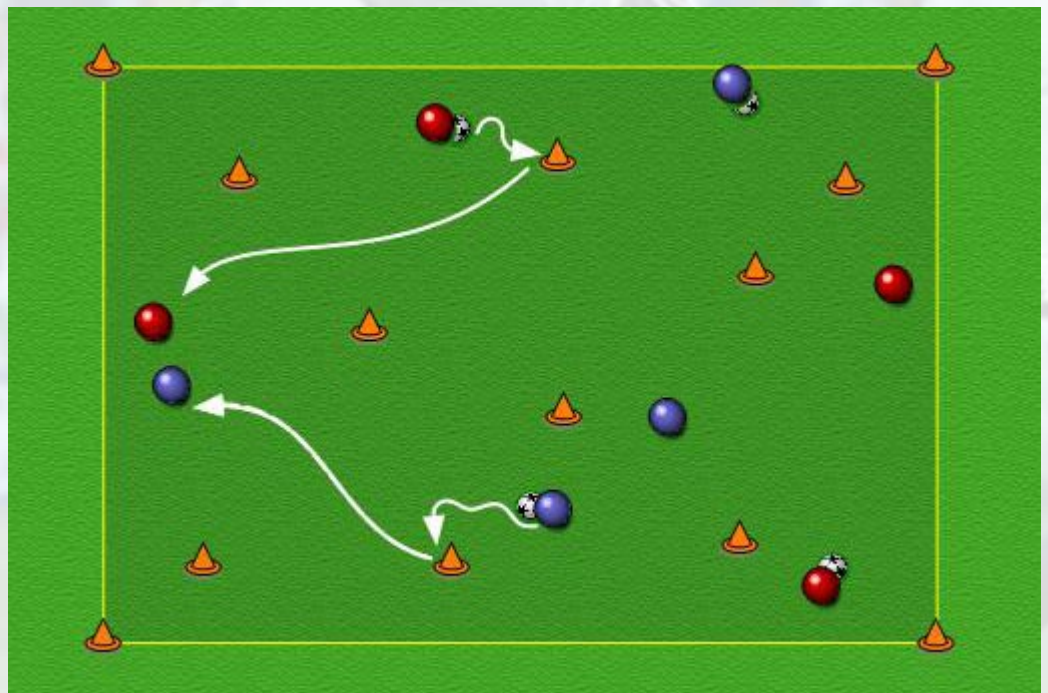
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DRIBBLE AND TURN

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach organises players into pairs, with one ball between two
Scatter discs around the area randomly
Players move around the area individually
On the coach's command the player with the ball dribbles to a cone, turns and attempts to find their partner with a pass

GAME ALTERATIONS

To make the game easier:
Players stay closer together rather than moving randomly

To make the game more difficult:
Cones are colour coded with players performing a specific turn before passing e.g., Blue cone = drag back, Yellow cone = hook turn etc.

COACHES HINTS

Do the players keep the ball close to allow them to turn quickly?
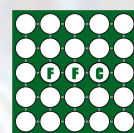Do they turn in a 'straight line' to increase speed of movement?
Do they keep their heads up to find their partner after turning?

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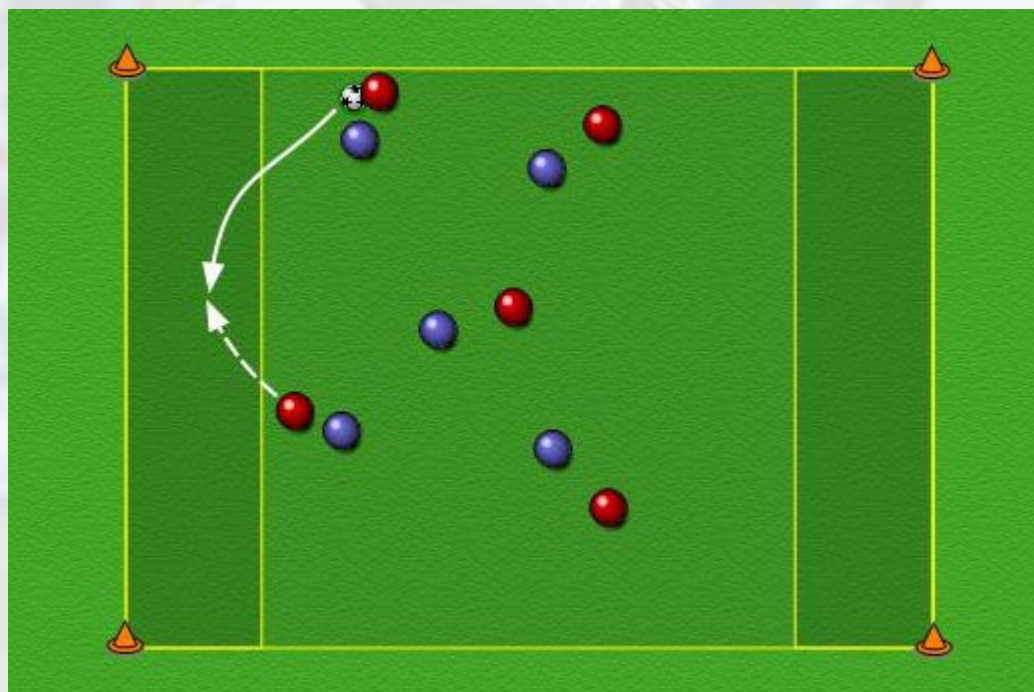The Winning Team

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END ZONE

COACHING POINTS

GAME ORGANISATION

The Coach outlines a rectangular area whose size relates to the number of players involved
Inside this area two end zones are marked out with both teams stationed in the central area of the field
There are no goals or goalkeepers
Teams can score by dribbling into the end zone or by passing into the area to a team mate

GAME ALTERATIONS

To make the game easier:
Place players around the outside to help keep the ball in play
To make the game more difficult:
Reduce the number of touches allowed for each player

COACHES HINTS

Do the players spread out into space when their team is in possession to make it more difficult for the opposition to win possession?
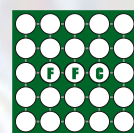Does the receiving player "get in line" with the ball when trying to receive a pass?
Do players move into a new space once they have passed the ball to try and create space for others or to receive a new pass?

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FIREBALLS

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players dribble ball around designated area
Players are given numbers and on command dribble out of area to shoot at goal
Players score when they hit the target

GAME ALTERATIONS

To make the game easier:
Players take unlimited touches before shooting

To make the game more difficult:
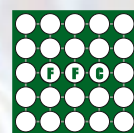Players must shoot in 2 touches or a defined time period

COACHES HINTS

Do the players keep ball close to feet when dribbling?
Do they move into space before shooting?
Do the players get close to the ball when shooting?
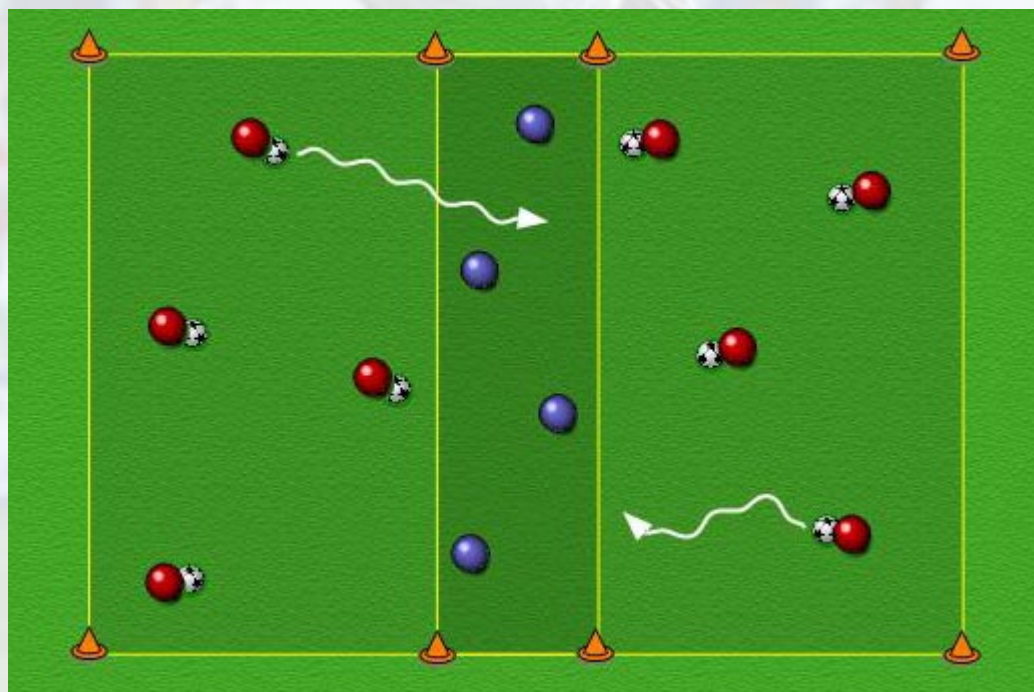
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HUNGRY HIPPOS

LAYOUT

COACHING POINTS

GAME ORGANISATION

Mark out two squares of even size, leaving a 5-yard gap between the two
Organise the players into even groups in the two squares with a ball each
Place 3 players in the gap to act as the Hungry Hippos
Players must cross the gap/river as many times as possible in 2 minutes
If the Hippos touch your ball you go back to zero
Switch roles

GAME ALTERATIONS

To make the game easier:
Make the squares larger and thus easier to cross the "river"

To make the game more difficult:
Players must go to the end of each area before attempting to cross the "river"
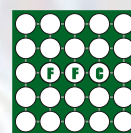
COACHES HINTS

Do the players keep the ball at their feet when the Hippos are near?
Do they move into space quickly when it becomes available?
Do the players acting as Hippos keep their eyes on the ball?

KING OF THE CASTLE

LAYOUT
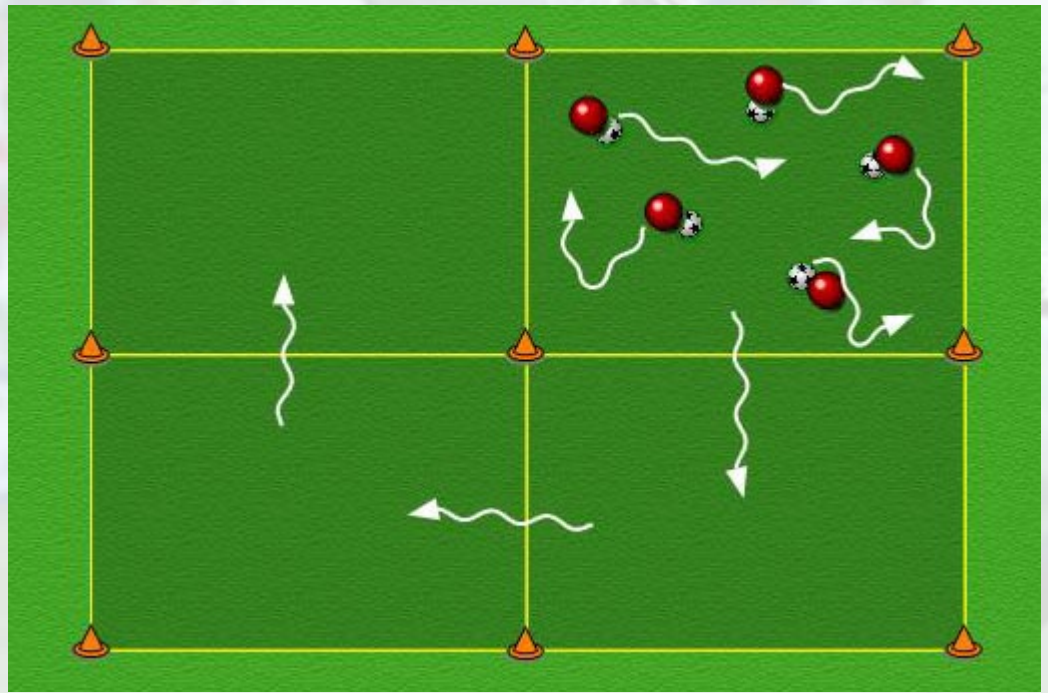
COACHING POINTS

GAME ORGANISATION

Players are given a ball each
A player must attempt to keep the ball within the defined area
Players are encouraged to kick other balls out of the area whilst also defending their own ball
If a player loses his/her ball they proceed to the next area for practice
The game restarts when all players are in the 'new area'
Continue

GAME ALTERATIONS

To make the game easier:
Increase the size of the defined area

To make the game more difficult:
Once you lose your ball you automatically become a defender

COACHES HINTS

Do the players keep the ball close allowing a quick change of pace/direction?
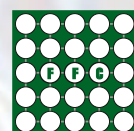Do they maintain possession via shielding, change of direction?
Do they keep their heads up to spot danger quickly?
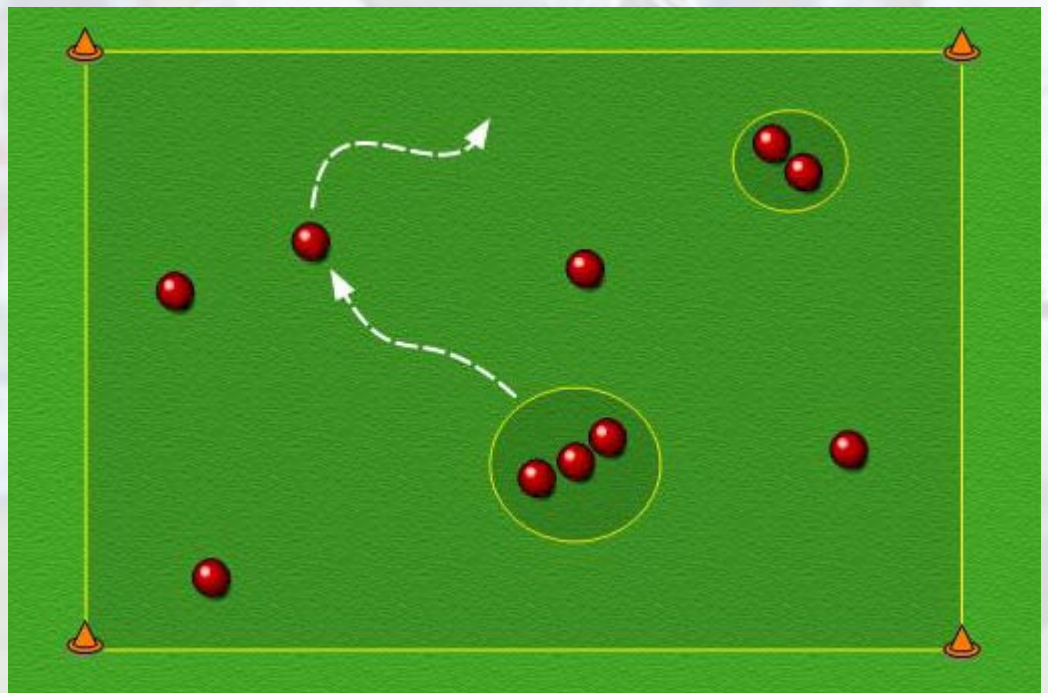
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LINK TICK

LAYOUT

COACHING POINTS

GAME ORGANISATION

All players are organized within the playing area with one player selected to be the "catcher"
If the "catcher" tags a player they join up to make a chain
They continue to 'chain up' until there are 4 players in a chain; they then split into pairs until all players are caught
The size of the area must be relative to the number of players

GAME ALTERATIONS

To make the game easier:
Begin with more players as catchers

To make the game more difficult:
Players must maintain chains of three's/four's rather than working in pairs
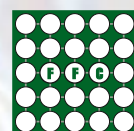
COACHES HINTS

Do the catchers talk to each other to make sure they move in the right direction?
Do they communicate with each other to catch others?
Do the free players speed up when chased to avoid being caught?

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MINEFIELD

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players dribble ball around designated area
Players are given numbers and on command dribble through coned area to shoot at end balls (targets) placed on top of marker discs
Players score when they knock the ball off the cone

GAME ALTERATIONS

To make the game easier:
Players take unlimited touches before shooting

To make the game more difficult:
Players must complete the minefield and shoot in a defined time period
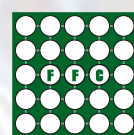
COACHES HINTS

Do the players avoid the cones when dribbling?
Do they use both feet before shooting and dribbling?
Do the players get close to the ball when shooting?

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PARK LIFE

LAYOUT

COACHING POINTS

GAME ORGANISATION

Every player has a ball
Players are told their ball is their doggy and their leg is the lead
Players take their "doggy" for a walk in the park
Once in the park players must keep their "doggy" under control
The coach acts as the "dog catcher" checking the "doggy's" are under control

GAME ALTERATIONS

To make the game easier:
Add "trees" to the area (cones) where the players can take their dogs to do their "business"
To make the game more difficult:
Add more dogcatchers who attempt to "tag" the dog walkers
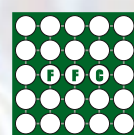After 60 seconds change roles

COACHES HINTS

Do the players keep their heads up to find space and keep their "doggies" safe from the dogcatcher?
Do they get the ball out of their feet to move quicker when in space?
Do they work together to "tag" the players with "doggies"?
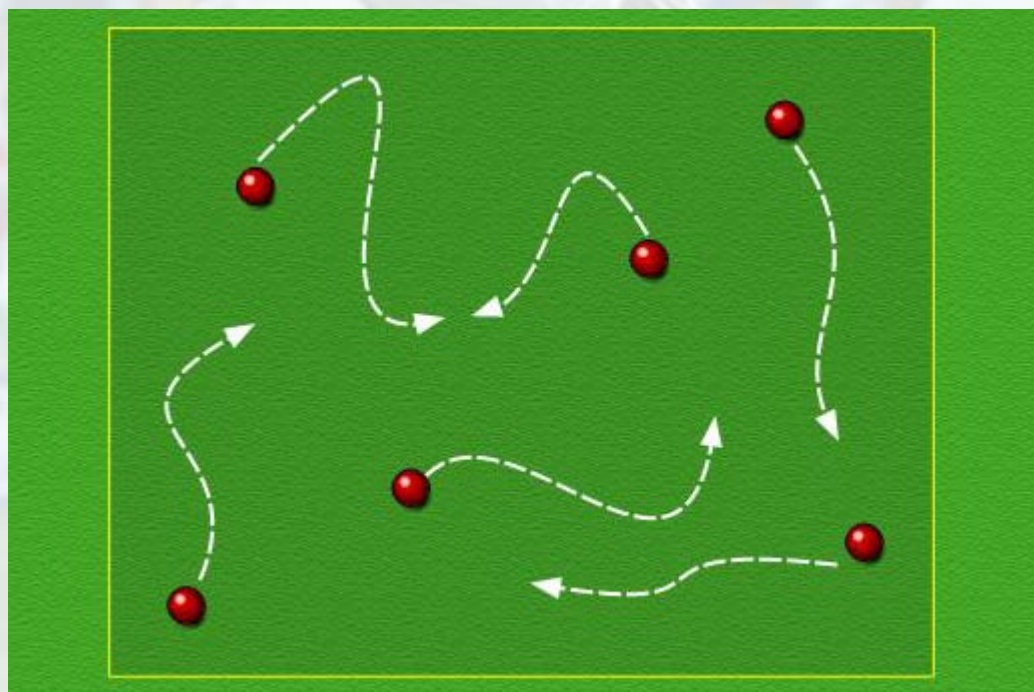
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RABBITS' TAILS

LAYOUT

COACHING POINTS

GAME ORGANISATION

Each player is given a "bib" to be placed in the back of their shorts
The bibs should be sticking out as if it were a "tail"
On the shout of "go" each player attempts to grab as many bibs as possible without losing their own
Play for 60 seconds then restart the game

GAME ALTERATIONS

To make the game easier:
Teams of defenders (in coloured bibs) are used to steal tails as a group

To make the game more difficult:
Each player has a ball and must maintain control while still attempting to steal tails
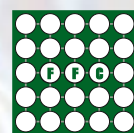
COACHES HINTS

Do the players vary the direction they move in to escape attack?
Do players demonstrate an awareness of danger and players around them?
Do they change speed to catch players?

In association with:
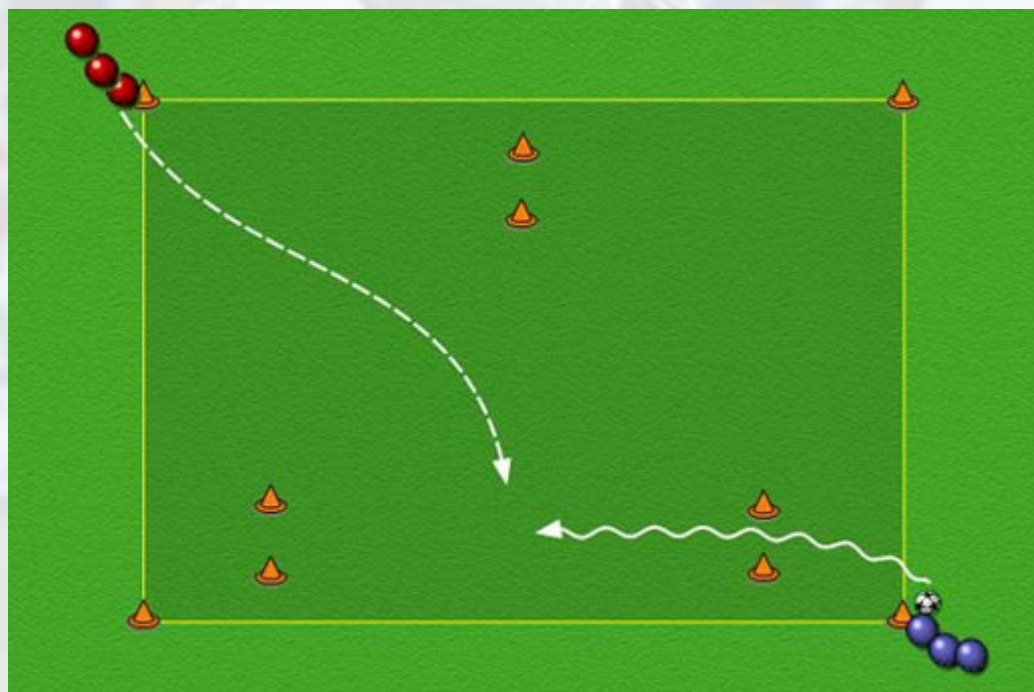
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RUN TO WIN

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach gives each player a number
The coach shouts out a number and serves to one of the players
The player with the ball attempts to score in any goal
Player without the ball attempts to tackle opponent and score
Play for a maximum of 60 seconds then change the working players

GAME ALTERATIONS

To make the game easier:
Play two attackers versus one defender

To make the game more difficult:
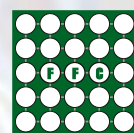Use fewer goals to score in

COACHES HINTS

Do the players in possession accelerate into space to score goals quickly?
Do they keep the ball close when attempting to score to make sure they can get through the goals without being tackled?
Do the players defending force attackers away from the goals?

In association with:
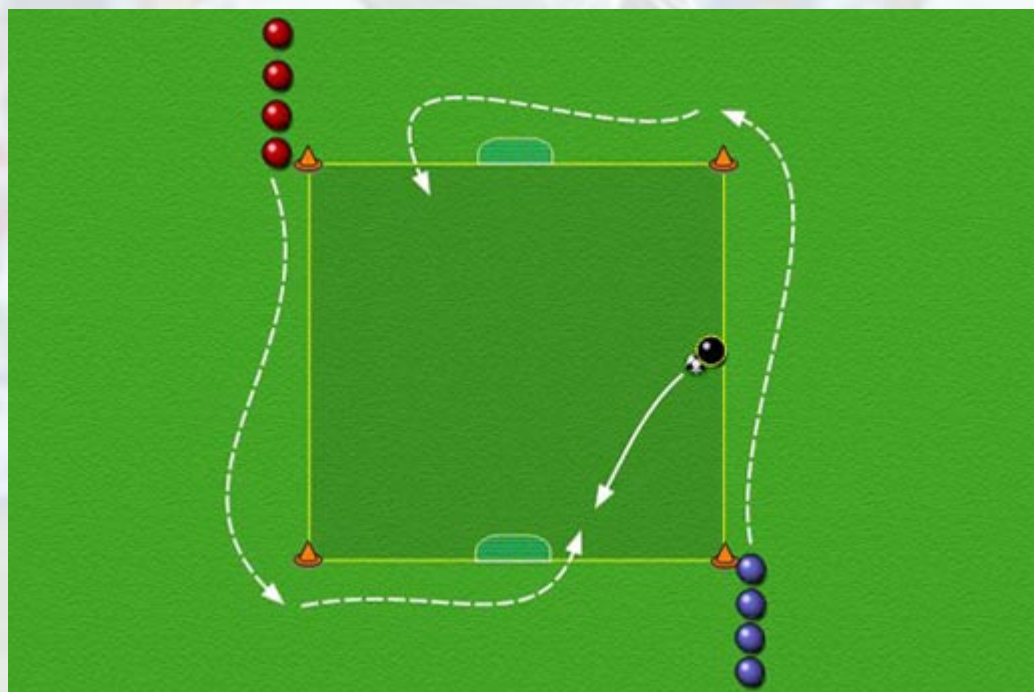
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STAR WARS

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into 2 teams positioned at opposite corners of a square
Players are given numbers
Upon command players run around opposite cones and play 1 v 1

GAME ALTERATIONS

To make the game easier:
Players score by running ball over opponent's goal line

To make the game more difficult:
Call more than one number at a time
Must score with their weaker foot
Introduce goalkeepers

COACHES HINTS

Do the players change speed and direction to get past a defender?
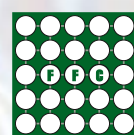Do they attack space?
Do the players close down the space when defending?

In association with:

SOCCER UK
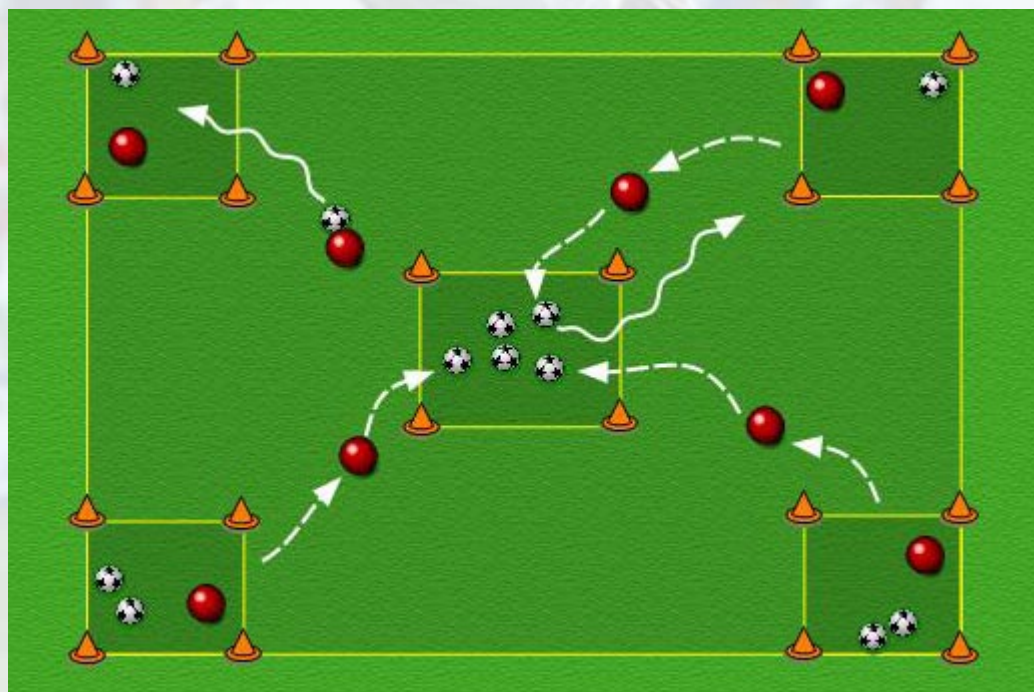The Winning Team

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STATIONS

COACHING POINTS

GAME ORGANISATION

The coach organises the players into four teams
As many balls as possible positioned in the central area
On the coaches command one player from each team collects one ball at a time and return it to their zone/planet
In turns only one team member can retrieve a ball at any one time
The team with the most balls after 60 seconds is the winner

GAME ALTERATIONS

To make the game easier:
Increase the number of balls in play or reduce the playing distance

To make the game more difficult:
As well as collecting from the centre hoop, balls can now be taken from opponent's hoops
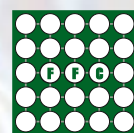
COACHES HINTS

Do the players get the ball out of their feet to travel quickly back to their station?
Do they keep the ball under control when approaching their planet?
Do they keep their heads up to "find" a ball to take back to their planet?

STEAL
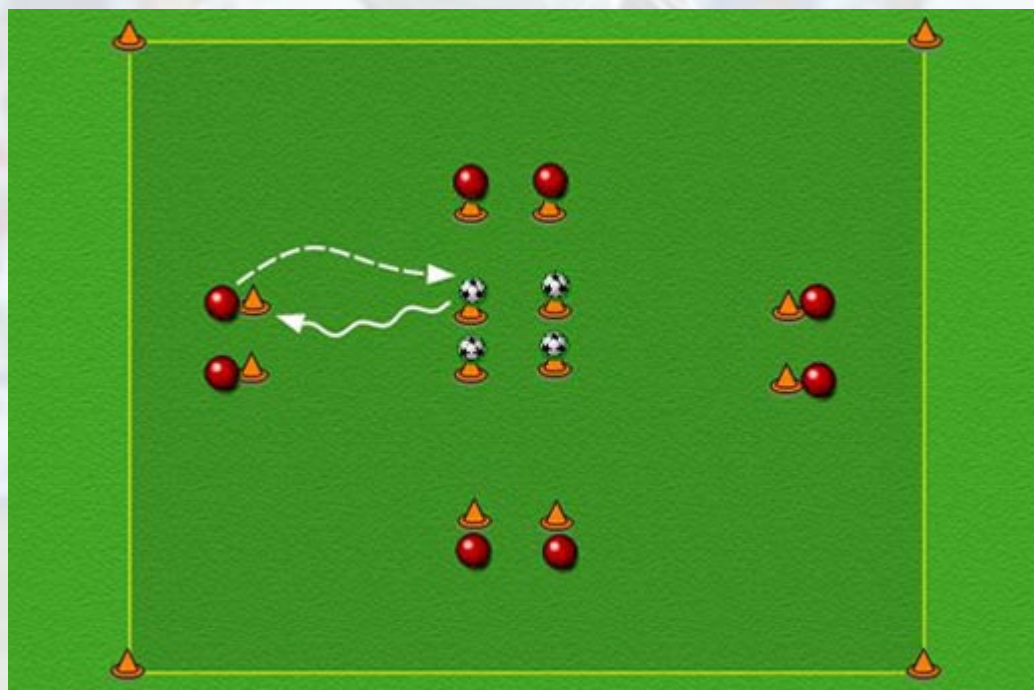
COACHING POINTS

GAME ORGANISATION

The balls are placed on top of four central marker discs
Groups of players position themselves behind two starting cones
Upon the coach's command the players must dribble the ball back to their own markers
The first team to obtain 2 or 3 balls wins
Players are allowed to "steal" balls from other groups' in an attempt to win the game

GAME ALTERATIONS

To make the game easier:
Add more balls

To make the game more difficult:
Add defender(s)

COACHES HINTS

Do the players use various parts of the feet to maintain control of the ball?
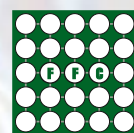Do players change direction to get away from cones/defenders?
Do they stop opponents from getting the ball to their own area when defending?
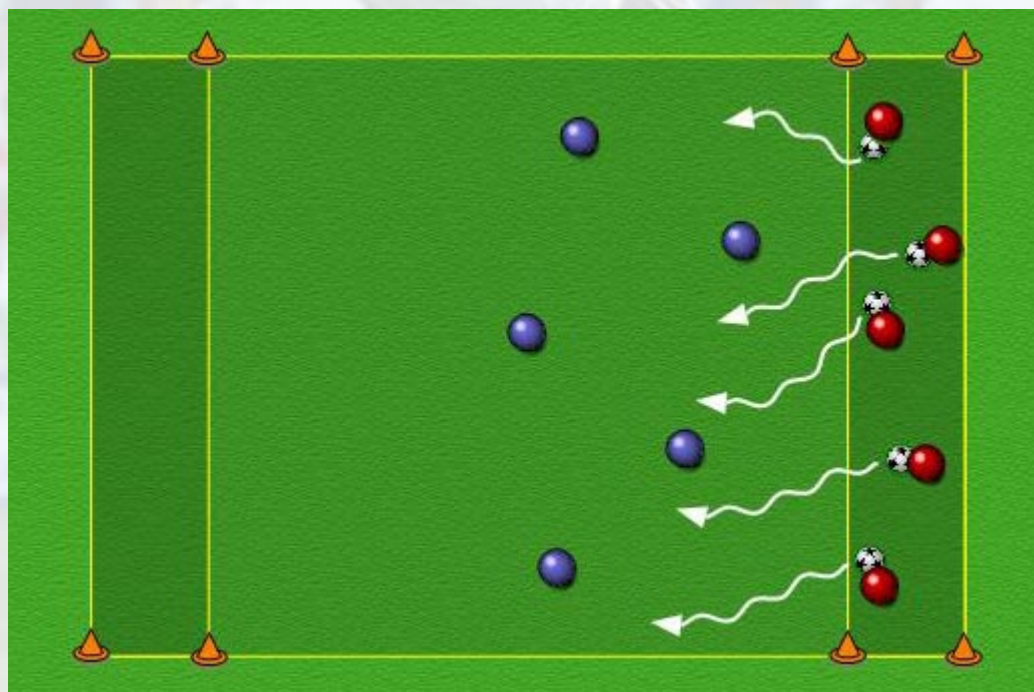
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SCORPIONS

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach splits the players into two groups
Designate one group as "Scorpions" and station them without balls anywhere within the central area
The second group are stationed in one of the safety zones, each with a ball
The players with the balls have to dribble to the opposite end of the playing area, if caught they become a Scorpion
Players are caught by losing possession of the ball in a tackle
Swap-over groups once all Scorpions are caught

GAME ALTERATIONS

To make the game easier:
Scorpions must stay on their hands and feet and can only move as Scorpions
To make the game more difficult:
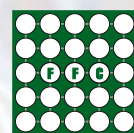Players may stand up to catch (tackle) the players with balls

COACHES HINTS

Do the players look at the positioning of the Scorpions before entering play?
Do they keep the ball away from the Scorpions by using different parts of the feet to move the ball?
Do accelerate when in space to move quickly across the area?

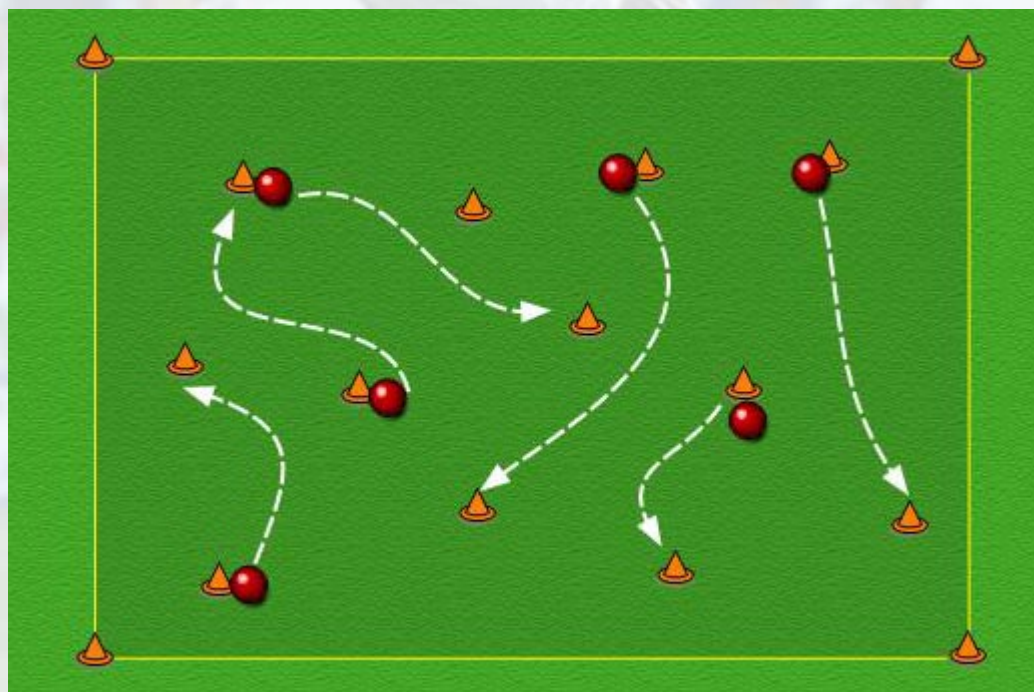In association with:

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THE WEB

LAYOUT

COACHING POINTS

GAME ORGANISATION

Each player starts at a marker
Initially with a free choice of direction, players jog from marker to marker
Then the run is colour coded, requiring the player to map out a course following the set of colour markers i.e. yellow - blue

GAME ALTERATIONS

To make the game easier:
Do not colour code the players movements allowing them to move anywhere within the area

To make the game more difficult:
Introduce a ball with players having to do various tasks at and in between markers i.e. toe taps, passes, turns etc
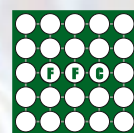
COACHES HINTS

Do the players look around to see where they will move next?
Do they change direction rather than running in straight lines or circles?
Do they move to areas that are less crowded rather than bunching?

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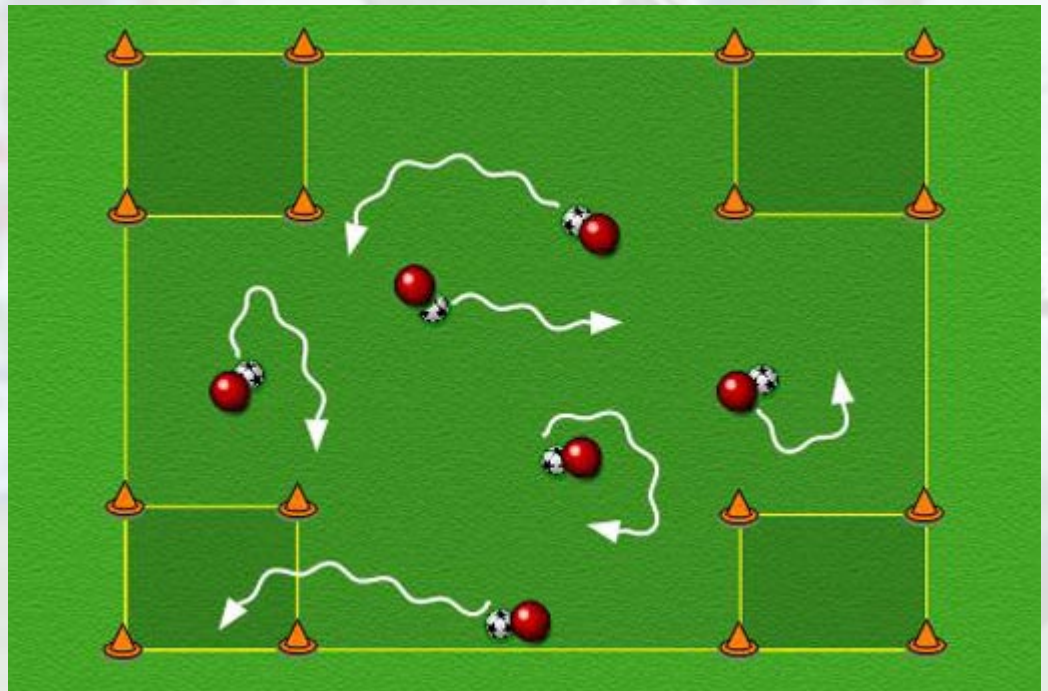The Winning Team

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TOP TEAMS

COACHING POINTS

GAME ORGANISATION

Players move around the area with a ball each using all surfaces of both feet
Upon the coaches command players must maintain control of the ball whilst turning and running with the ball in the direction of the area called.
Each corner area is given a name e.g., Liverpool, Everton, Chelsea etc.
The first ball to be moved successfully into the designated area wins

GAME ALTERATIONS

To make the game easier:
Increase the size of the area that the balls are dribbled into

To make the game more difficult:
Add defenders who can intercept players and stop them from entering the corner areas

COACHES HINTS

Do the players maintain control of the ball to ensure that they can transfer the ball quickly when required?
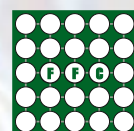Do they keep their head up when moving to ensure that they are aware where the closest area will be?
Do they move at a pace that allows them to stop the ball in the area when required?

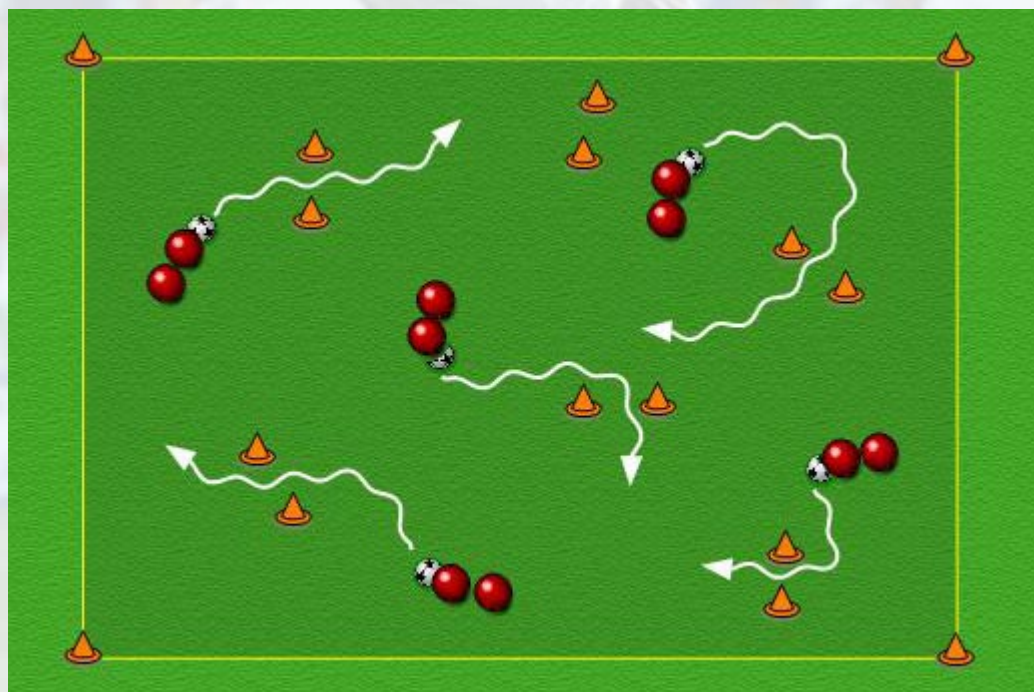In association with:

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TRAINS AND CARRIAGES

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach places different pairs of coloured cones two yards apart
Players are organised into pairs
One is the train (leader); the other is the carriage (follower)
The train leads the carriage through cones to score as many goals in 60 seconds
Change roles

GAME ALTERATIONS

To make the game easier:
Do not include a ball to begin with

To make the game more difficult:
The "train" attempts to score by dribbling a ball through the cones
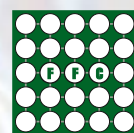The "carriage" defends the small goals

COACHES HINTS

Do the players keep their heads up to plot their path around the area?
Do they keep the ball close so they can change direction quickly?
Do they slow down when attempting to score a goal?
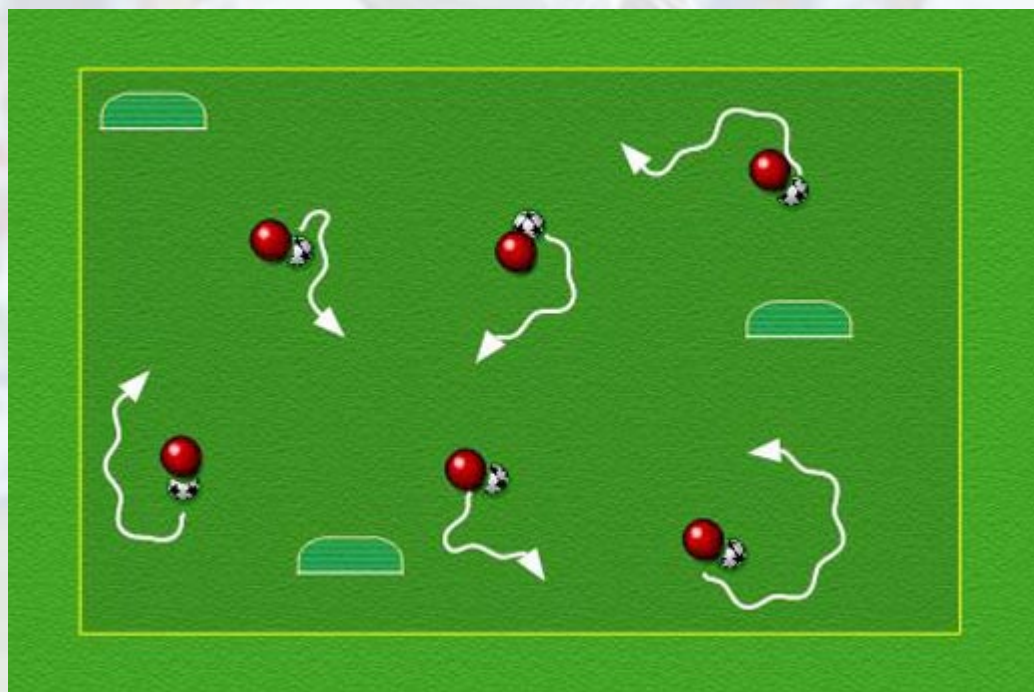
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WACKY RACES

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach places 3 sets of goals/cones in a designated area numbered
Players dribble ball around area using different parts of feet
Upon command players score by running through the goals/cones

GAME ALTERATIONS

To make the game easier:
Add more goals

To make the game more difficult:
Players have limited touches between goals

COACHES HINTS

Do the players keep their heads up to plot their path around the area?
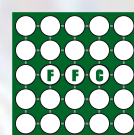Do they keep the ball close so they can change direction quickly?
Do they slow down when attempting to score a goal?
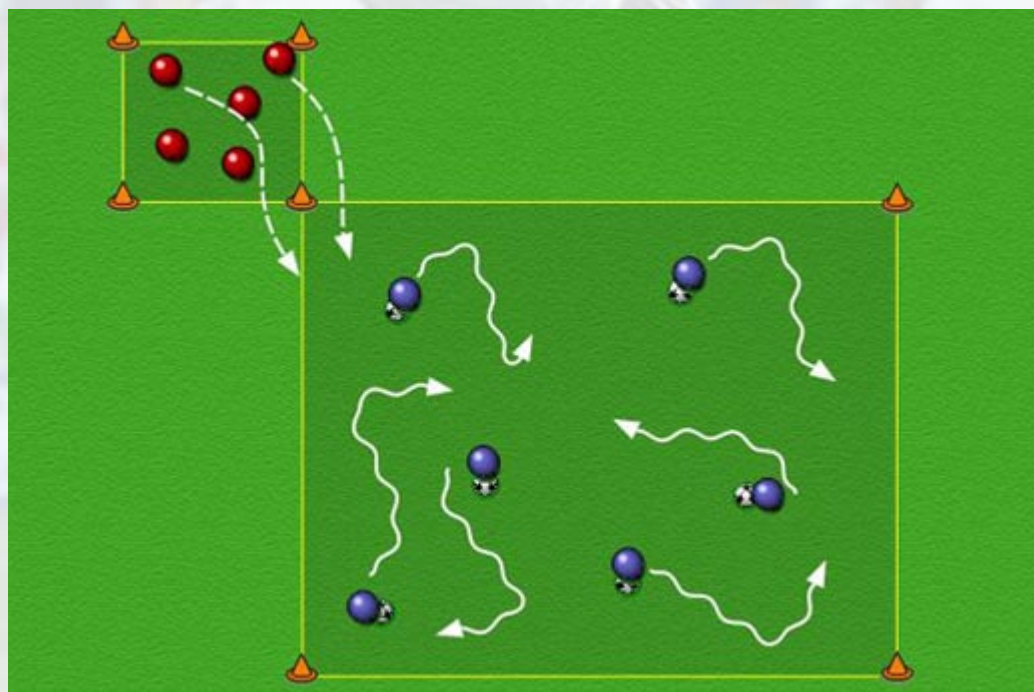
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WILD ANIMALS

LAYOUT

COACHING POINTS

GAME ORGANISATION

Blue Players in the main area are given a ball each and dribble around a defined area
A number of "Wild Animals" (Red Players) without balls start on the outside of the area
On the coach's command, the "Wild Animals" enter the area and attempt to kick balls out of the area
If you lose your ball, retrieve it as soon as possible and stand with your legs apart
You are then "stuck in the mud" until another player dribbles through your legs
Play for two minutes before changing the roles of the players

GAME ALTERATIONS

To make the game easier:
Allow more players to begin as "Wild Animals"

To make the game more difficult:
As soon as a player is caught then they automatically become a "Wild Animal"

COACHES HINTS

Do the players use different parts of their feet to move the ball so that they can change direction quickly?
Do they accelerate when approached or chased by the "Wild Animals" to ensure they do not get caught?
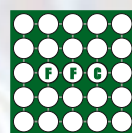Do the "Wild Animals" use defending techniques by forcing players into areas where there is little space on the outsides of the area?

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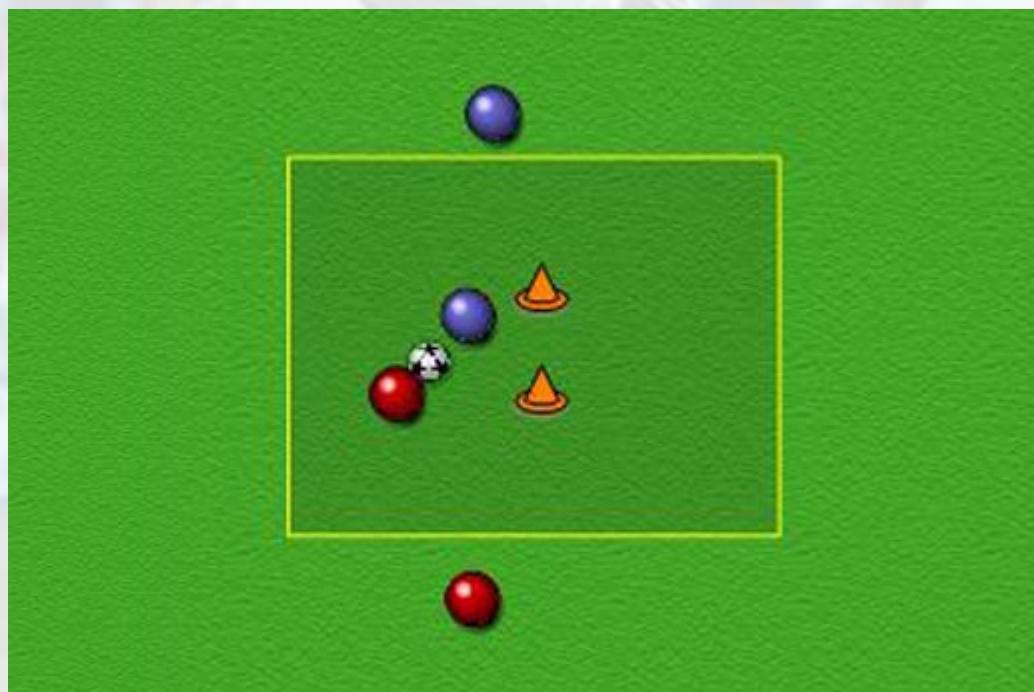The Winning Team

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BATTLE

COACHING POINTS

GAME ORGANISATION

4 players per grid
2 players "battle" against each other while the remaining 2 players watch
Score through any side of the centrally placed goal Battle for 2 minutes

GAME ALTERATIONS

To make the game easier:
Reduce the time of each game

To make the game more difficult:
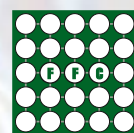Players must use their weaker foot to score

COACHES HINTS

Do the players use fakes and moves to create a shooting space?
As defenders do they close down the attacker quickly to prevent a shot?
Do the players remain balanced?
Is the shot on target?
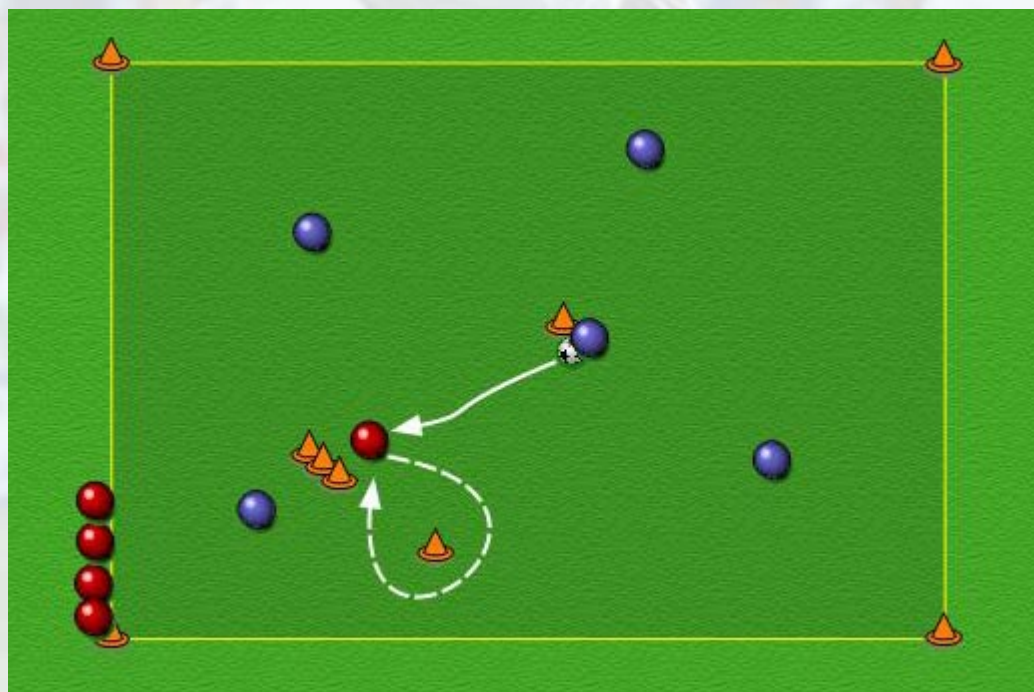
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CRICKET FOOTBALL

LAYOUT

COACHING POINTS

GAME ORGANISATION

The Coach splits the group into two teams. Only one ball is needed
One team will "bat" first while the other "fields"
A batsman scores runs by passing the ball outfield and running around a marker ten yards away
You are "out" if the ball hits the wicket (cones) or if a fielder catches you
If the fielding team manages to get three players out then the two teams change roles

GAME ALTERATIONS

To make the game easier:
Outfielders can stop the ball with their hands rather than controlling with their feet
To make the game more difficult:
Players can only pass with their weakest foot

COACHES HINTS

Do the "batting" players pass the ball into spaces where there are no "outfielders"?
Do the outfielders get their bodies behind the ball to control and make sure the ball doesn't get away from them?
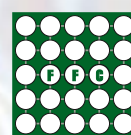Do players work together in the outfield to get the ball back to the "bowler" quickly?

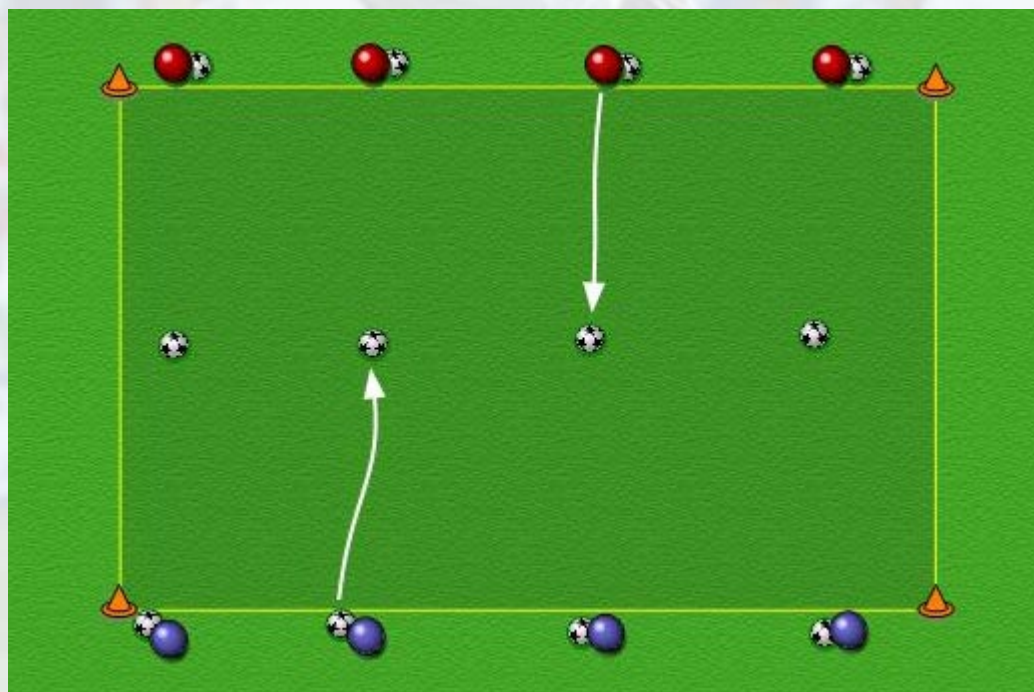In association with:

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CROSS FIRE

LAYOUT

COACHING POINTS

GAME ORGANISATION

The Coach splits the players into two equal teams facing each other with a number of footballs in between

Both teams attempt to aim their own footballs at target balls in the centre of the area in an attempt to strike them so that they move over the opposition end line

GAME ALTERATIONS

To make the game easier:
Players take it in turns to pass and control

To make the game more difficult:
Reduce the number of target balls

COACHES HINTS

Do the players move in line with the direction of the ball to ensure they are able to control effectively?

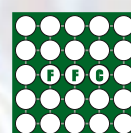Do they prepare to pass immediately to help them win the game?

Do they place their non-kicking foot next to the ball to aid accuracy?
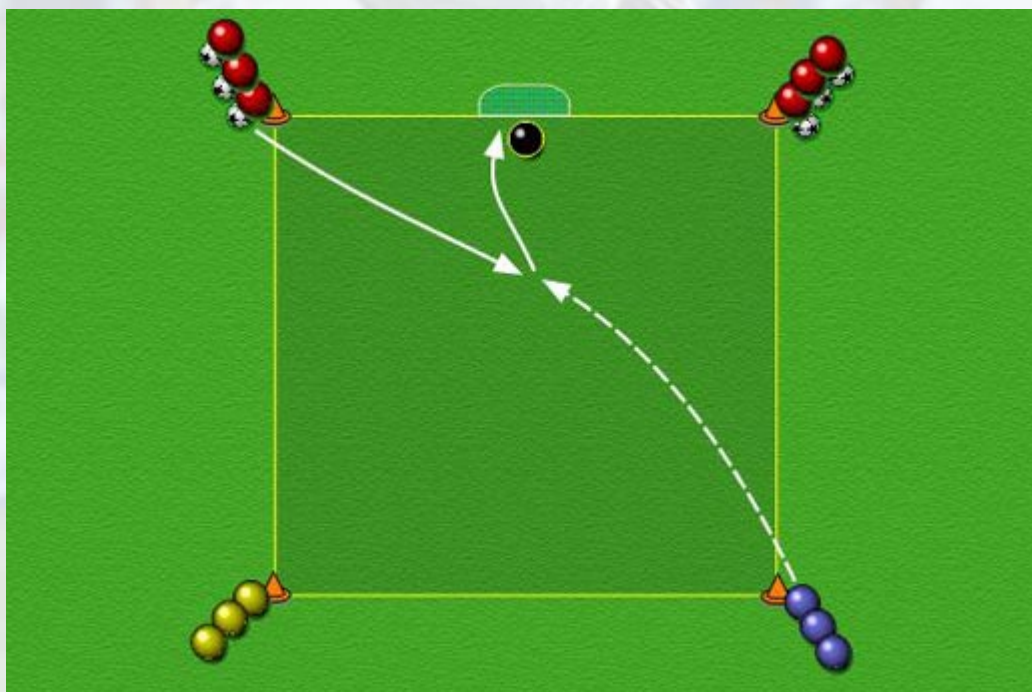
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GOAL ATTACK

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into 4 teams positioned at the corner of a square
Players to the side of the goal pass diagonally to other players who control ball and shoot at goal
Players score when they hit the target

GAME ALTERATIONS

To make the game easier:
Players take unlimited touches before shooting
To make the game more difficult:
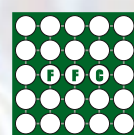Players passing the ball act as defenders

COACHES HINTS

Do the players control the ball close to their feet?
Do they shoot across the goal?
Do the players get close to the ball when shooting?
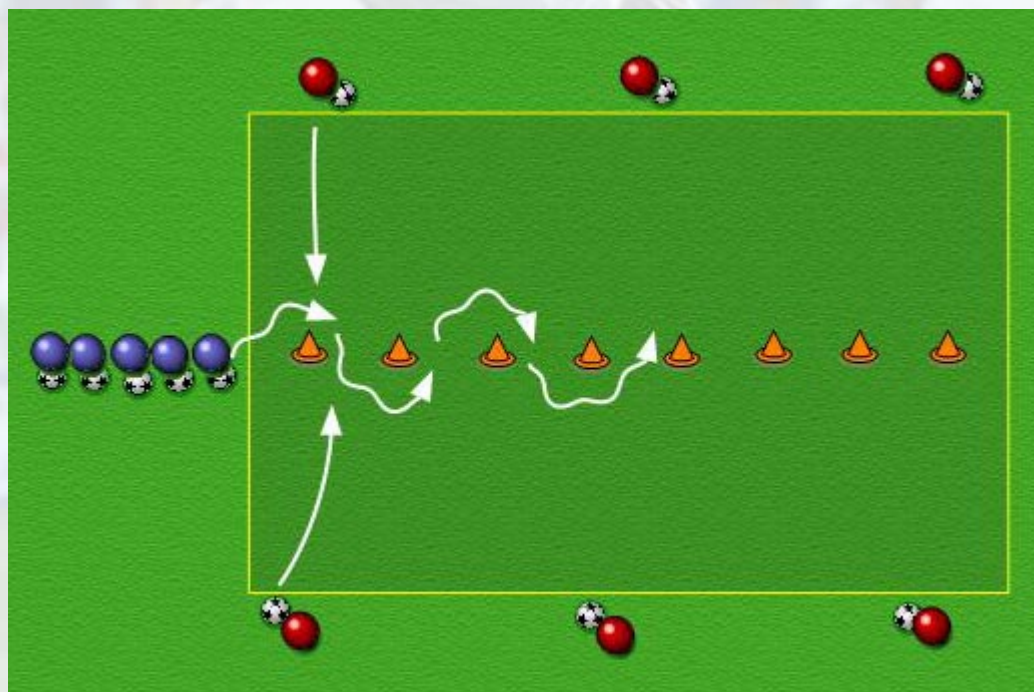
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MASSIVE ATTACK

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into 2 equal teams
One group of players dribble ball through cones from one end to the other
The others pass to hit player's soccer balls as they dribble

GAME ALTERATIONS

To make the game easier:
Players passing can only pass one at a time
To make the game more difficult:
Players dribbling have limited time period

COACHES HINTS
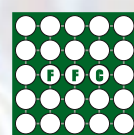
Do the players keep the ball close to feet?
Do they keep their head up when dribbling?
Do the players who are passing get close to the ball?

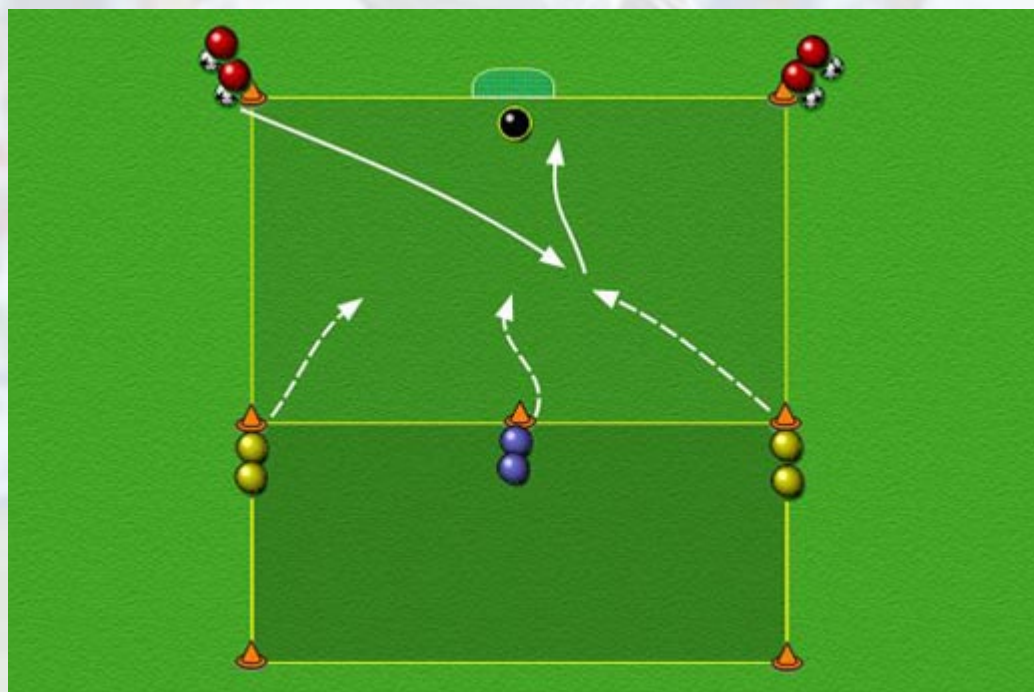In association with:

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OVERLOAD

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into 5 teams positioned outside a square
Players to the side of the goal pass diagonally for players to shoot at goal
Players can score themselves or pass to additional players

GAME ALTERATIONS

To make the game easier:
Players take unlimited touches before shooting

To make the game more difficult:
Other players act as defenders

COACHES HINTS

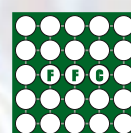Do the players control the ball close to their feet?
Do they shoot across the goal?
Do the players get close to the ball when shooting?
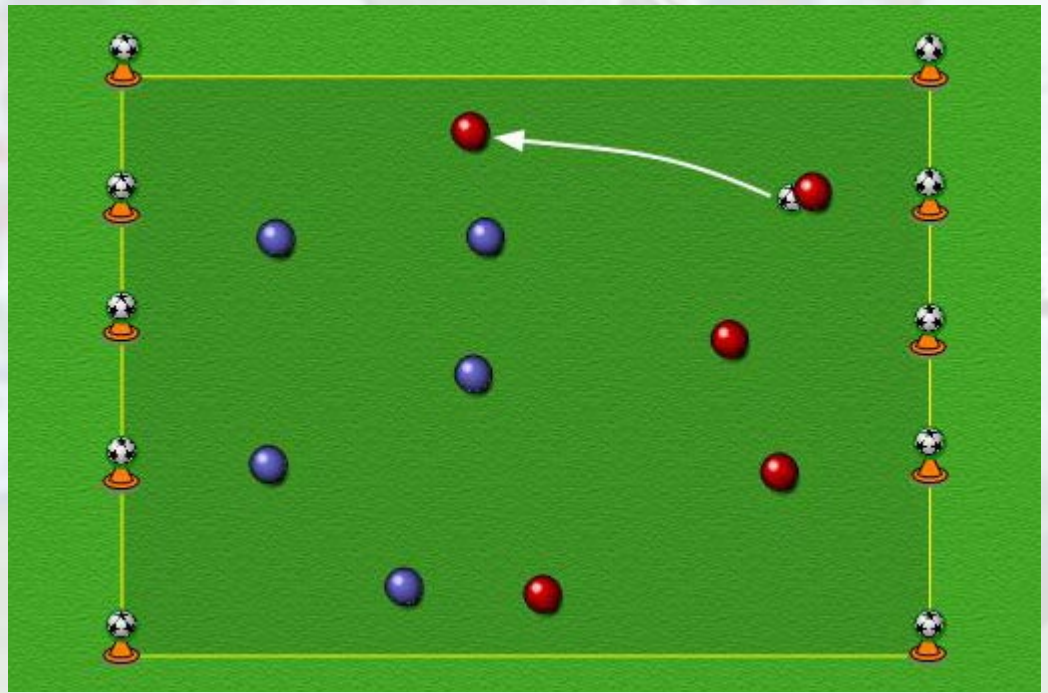
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READY, AIM, FIRE !

LAYOUT

COACHING POINTS

GAME ORGANISATION

The Coach splits the group into two teams with each player having a ball
Place each team at opposite ends facing each other
On each end line place a number of balls balanced on cones
On the coach's command players play an open game
The objective is to knock the opponents balls off the cones before they can do it to yours

GAME ALTERATIONS

To make the game easier:
Place more targets on each line so there are more opportunities for success
To make the game more difficult:
Place fewer targets to be hit from a greater distance

COACHES HINTS

Do the players follow through on passing the ball to help increase the strength of the pass?
Do they practice control and passing with both feet to aid complete development?
Do they control the ball towards the side that they are going to pass with so that they can pass quickly and efficiently?
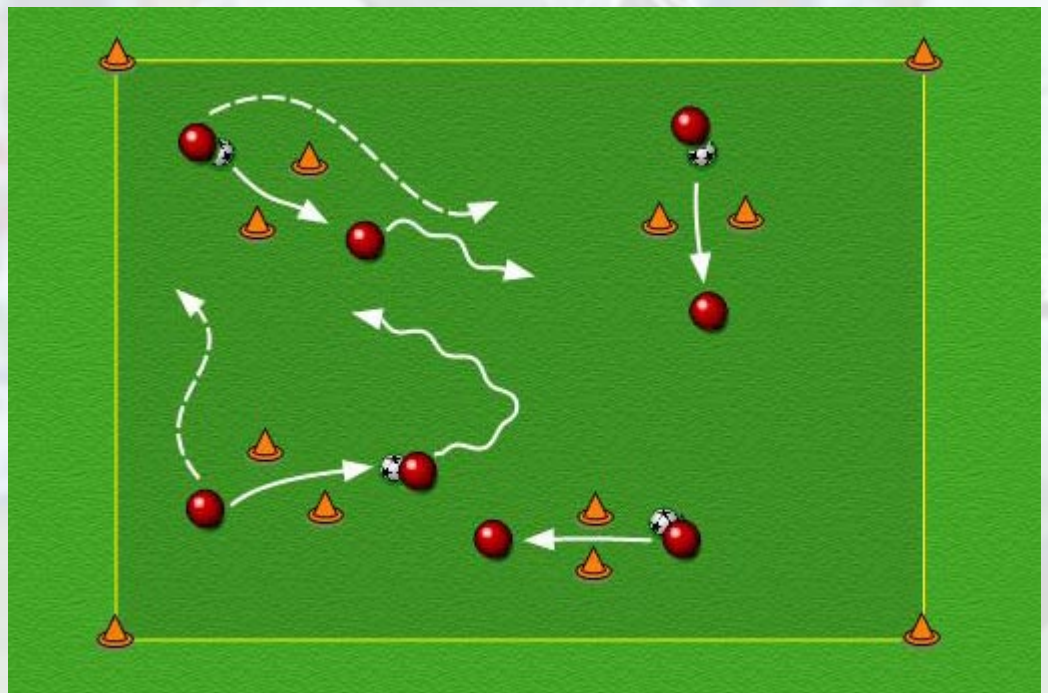
In association with:

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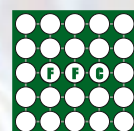
FFC
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SCORE TOUR

LAYOUT

COACHING POINTS

GAME ORGANISATION

The coach places pairs of cones two yards apart
Players are organised into pairs
Players must score as many goals as possible in 30 seconds by passing through cones
Players cannot score in the same goal twice before visiting every other goal

GAME ALTERATIONS

To make the game easier:
Players can use their hands if needed

To make the game more difficult:
Players have limited touches between cones

COACHES HINTS

Do the players keep their heads up to plot their path around the area?
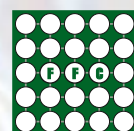Do they keep the ball close so they can change direction quickly?
Do they slow down when attempting to score a goal?
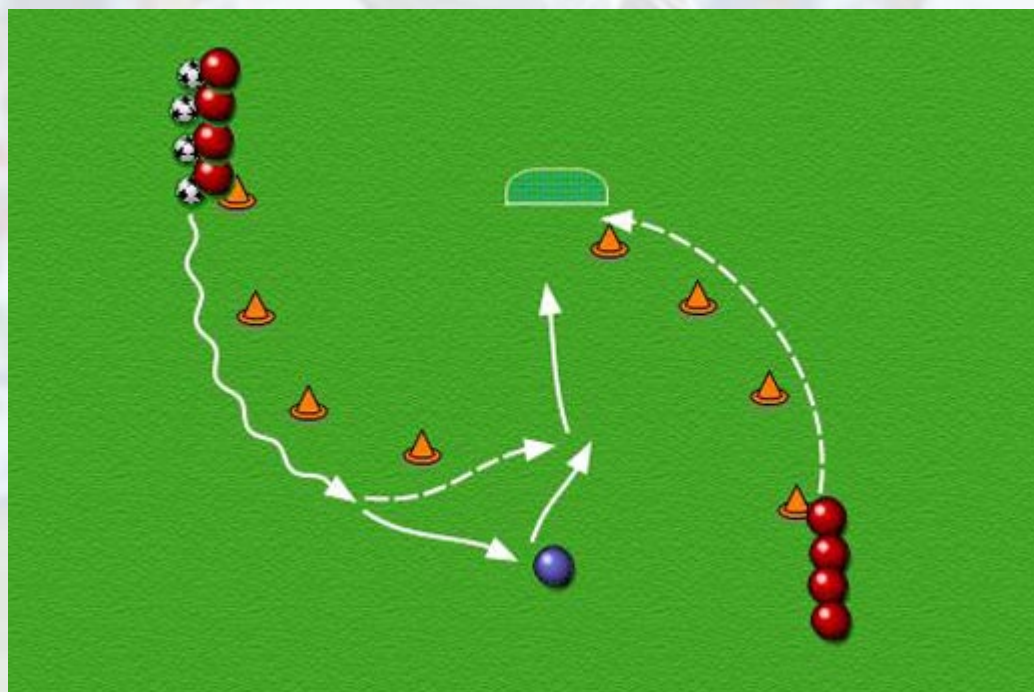
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SHOOT AT GOAL

LAYOUT

COACHING POINTS

GAME ORGANISATION

Position players with a ball to the side of a goal, and players without a ball outside area
Upon command players with a ball dribble through cones and shoot at goal
At the same time players without a ball run through cones to keep goal

GAME ALTERATIONS

To make the game easier:
Players can go close to goal to shoot

To make the game more difficult:
Introduce a time restriction for each team

COACHES HINTS

Do the players keep the ball close to their feet through cones?
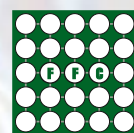Do they get close to ball when shooting?
Do the players who are goalkeeper's position themselves in between the goal?
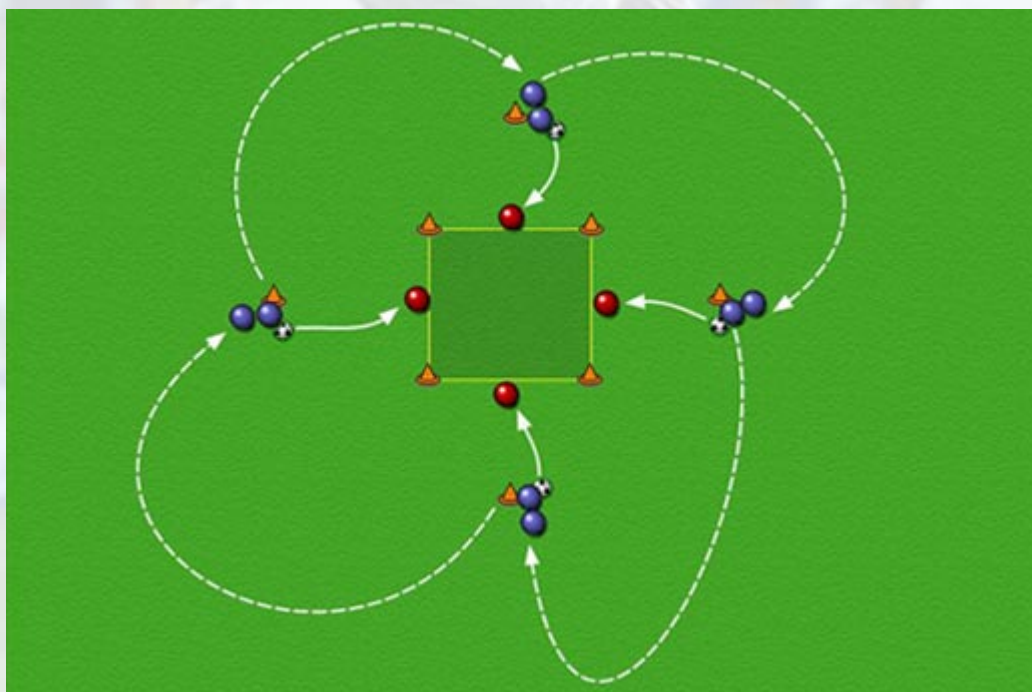
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SHOOT FOR FUN

LAYOUT

COACHING POINTS

GAME ORGANISATION

4 goalkeepers are positioned in the centre 4 goals (square)
Upon command players dribble and shoot at goal retrieve ball and repeat
Shooters get to next ball and dribble clockwise to shoot through the next goal
Players work for 4 shots clockwise and then anti-clockwise

GAME ALTERATIONS

To make the game easier:
Players move close to goal if needed

To make the game more difficult:
Players must shoot a ball that the Goalkeeper rolls out
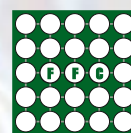
COACHES HINTS

Do the players keep their heads down when shooting?
Do they use the inside of foot for accuracy and laces for power?
Do they approach the ball at an angle?

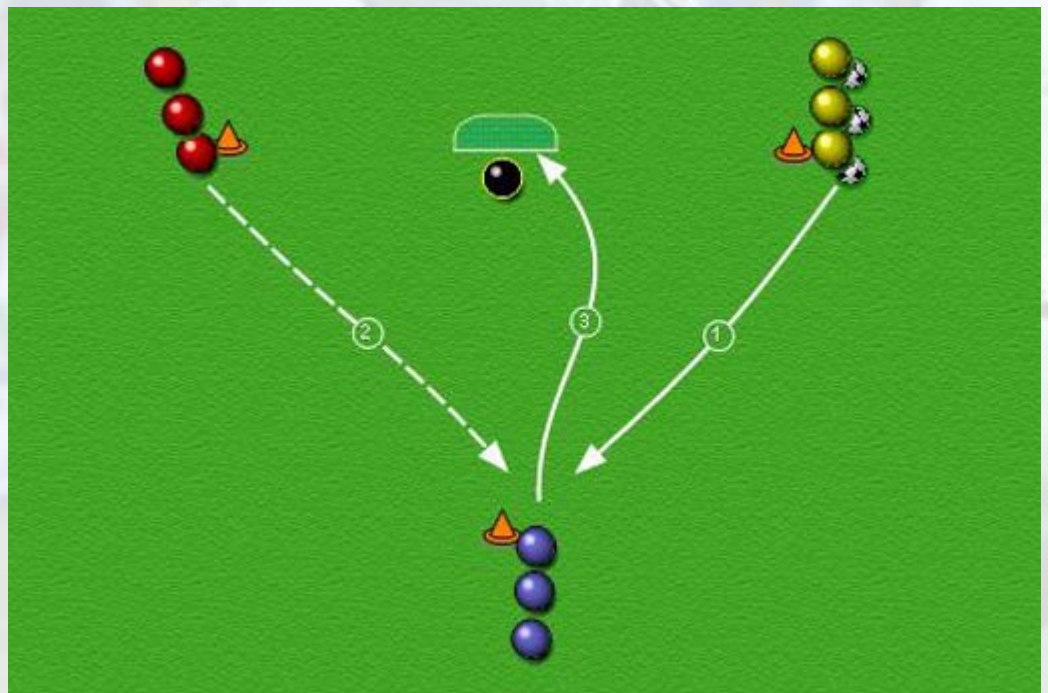In association with:

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SHOOTING UNDER FIRE

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into 3 teams positioned on each side and facing a goal
Players on one side of the goal pass forward for other players to shoot at goal
At the same time players to the other side of the goal act as defenders

GAME ALTERATIONS

To make the game easier:
Defending players cannot move until players control ball
To make the game more difficult:
Players throw the ball instead of passing

COACHES HINTS

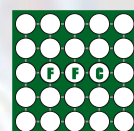Do the players control the ball close to their feet?
Do they shoot across the goal?
Do the players get close to the ball when shooting?

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SHOOTOUT USA

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are positioned a set distance from goal with balls
Additional players without balls positioned each side of the goal
Players dribble forward and shoot at goal in a specified time period
Players to the side of the goal retrieve balls and do the same

GAME ALTERATIONS

To make the game easier:
Players have unlimited time

To make the game more difficult:
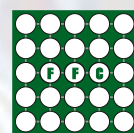Players have limited touches

COACHES HINTS

Do the players keep the ball close to their feet while moving quickly?
Do they keep their head up to assess where the goalkeeper is before taking a shot at goal?
Do the players get close to the ball when shooting?

DataCoach™
www.datacoach.net
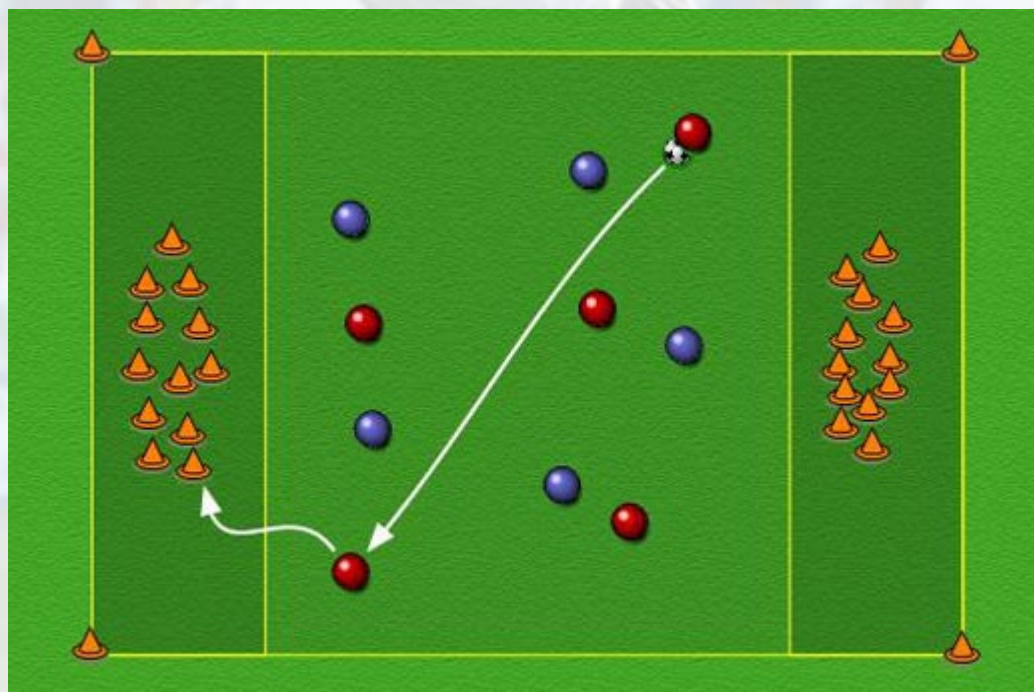
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STRIKE THE CONE

LAYOUT

COACHING POINTS

GAME ORGANISATION

Two teams are organised into a defined area
The coach places cones at each end of the pitch
Teams play against each other and try to maintain possession of the ball
Both teams try to work positions so they are able to pass the ball to knock over their opponent's cones

GAME ALTERATIONS

To make the game easier:
Place more cones on each zone

To make the game more difficult:
Every team member must touch the ball before your team can shoot
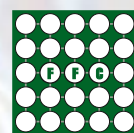
COACHES HINTS

Do the players make sure team mates can "see" them to pass to and are not positioned too far away or behind a defender?
Do they move into space to give more time for control before a player from the opposition pressures them?
Do they help team-mates by communicating information?

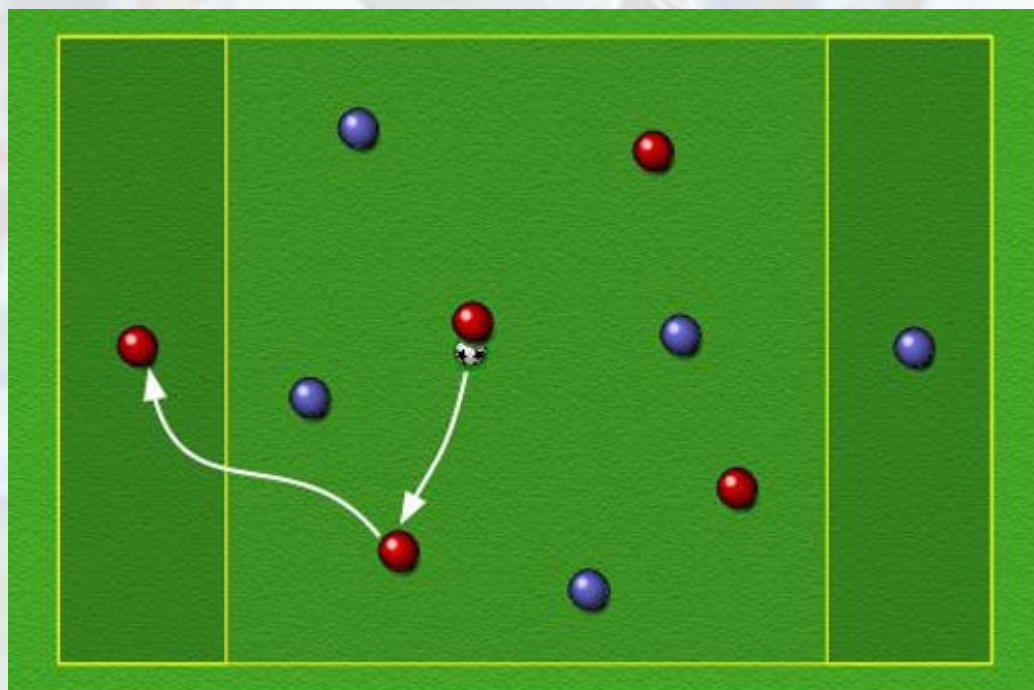In association with:

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TARGET MAN

LAYOUT

COACHING POINTS

GAME ORGANISATION

Players are split into equal teams with one player on each side positioned in an end zone
This end zone player is called the "target man"
To score players must pass and receive ball back from "target man"
If players keep the ball they must make 4 passes before repeating a pass to the "target man"

GAME ALTERATIONS

To make the game easier:
Players cannot tackle but can intercept ball
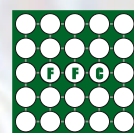**To make the game more difficult:**
Introduce limited touches

COACHES HINTS

Do the players control the ball into space away from defenders?
Do they pass accurately?
Do the players work together when defending?

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