

# Goalkeeping drills

Emphasis on agility and shot stopping



## Objective

To improve the goalkeeper's footwork, agility and conditioning and to develop their handling and saving techniques.

## Equipment

1. 1 goal
2. Hurdles (or cones)
3. Cones
4. Good supply of balls

## Session rules (see diagram)

- Set up your hurdles at a 45 degree angle coming out from the centre of the goal towards the edge of the 6 yd box.
- Place a cone 3 - 4 yds away from the near post so that it creates a gate for the goalkeepers to run to.
- As the coach you will ask the goalkeeper to jump over the hurdles in a double-footed fashion and when they have done this you will volley the ball into their hands for them to catch.
- After successfully catching the ball the goalkeeper will throw it back to the coach and then sidestep around the cone and come back into position to save a near post shot.
- If you have a number of goalkeepers to work with then keep the drill going. If you are training only one keeper then give them a 5-10 second rest between each go.

## Progressing the session

- Vary the exercises in between the hurdles. Make these more challenging.
- Vary the near post shot. High and low.
- Ask the goalkeepers to choose their preferred technique when saving the ball.

## Coaching points

1. Clean and quick footwork around the cone.
2. When diving always fall onto the shoulder and not on the elbow.
3. Choose the correct technique when saving.
4. Ensure good starting position. Knees bent, hands out in front and slightly leaning forwards.



# Goalkeeping drills

Emphasis on core strength and handling



## Objective

To improve the goalkeepers handling skills whilst developing core strength and stability.

## Equipment

1. 1 ball

## Session rules

- The goalkeeper lies down face up with their feet facing the coach.
- The coach throws the ball centrally at the keeper as they sit up to catch the ball.
- Once the ball has been caught the goalkeeper throws it back to the coach immediately.
- The coach then throws the ball to the goalkeeper's right for the keeper to lean to their right to catch and throw back to the coach.
- The coach then throws the ball to the goalkeeper's left for the keeper to lean to the left and throw back to the coach.
- Keep this process going for 1 minute before switching keepers or give the goalkeeper you are working a small rest.

## Progressing the session

- Increase speed and intensity of the throws so the keeper is working harder.
- Increase the time you are working with the keeper to 2 minutes.

## Coaching points

1. Concentration and good technique when catching the ball.
2. Encourage and support the goalkeeper to work as hard as possible in order to gain the core benefits of this drill.

**No diagrams available**

**No diagrams available**

# Goalkeeping drills

Emphasis on dealing with cut backs from the dead ball line



## Objective

To improve the goalkeeper's ability to position themselves correctly from cut backs and to save from close range.

## Equipment

1. 1 goal
2. Good supply of balls
3. Min. 2 goalkeepers and the coach

## Session rules (see diagram)

- Place one of the goalkeepers 3 – 4 yds away from the post and on the dead ball line. They will have all the balls.
- As the coach, start in and around the penalty spot ready to receive a cut back from the goalkeeper.
- The goalkeeper that is working first will start with their hand on the near post facing the goalkeeper with the balls, ready to react to the cut back.
- As soon as the ball is cut back to the coach on the penalty spot the goalkeeper will shuffle across the goal ready to save the shot.
- As the coach, vary the shots. Aim to shoot back from where the cross came from to stop the goalkeeper from travelling too far across goal.



## Progressing the session

- Add another player to react to any rebounds from the goalkeeper's save.
- Make shots firmer to shorten the reaction time for the keeper.

## Coaching points

1. When the goalkeeper shuffles across goal make sure they take small, quick steps to stay in contact with the ground, this will enable them to change direction quickly and at will.
2. Ensure that the goalkeeper does not come too far across goal as this will leave the corner they came from exposed.
3. Get in the set position ready to save.
4. Prepare the goalkeeper to improvise as they will have to react quickly and may have to save with their feet as well as their hands.



# Goalkeeping drills

Emphasis on diving saves and agility



## Objective

To improve the goalkeeper's technique when diving and saving the ball. To improve footwork and agility.

## Equipment

1. Cones
2. Good supply of balls

## Session rules (see diagram)

- Place 4 cones in a vertical line with a yard in between each cone.
- As the coach, place yourself approx. 8-10yds away from the last cone.
- The goalkeeper starts at the first cone and shuffles side to side through all 4 cones.
- As the goalkeeper gets to the final cone the coach will shoot to the side of the keeper for them to save.
- If you are working with a number of goalkeepers then keep the session flowing. If you are working with only one goalkeeper then give them a break after each save. A walk back to the start should be sufficient.
- Make sure you work both the left and right sides, ensuring the goalkeepers improve their diving in both directions.



## Progressing the session

- Change the way the ball comes into the goalkeeper i.e. bounce the balls or shoot higher to ask the keeper to save differently.
- Add more cones to make the footwork more demanding.

## Coaching points

1. Ensure that the goalkeeper gets both hands behind the ball when saving. One hand behind and one hand on top of the ball to prevent any spillages. Most keepers will only use one hand when diving to the side.
2. Ensure clean and efficient footwork through the cones with their head up.



# Goalkeeping drills

Emphasis on footwork and agility



## Objective

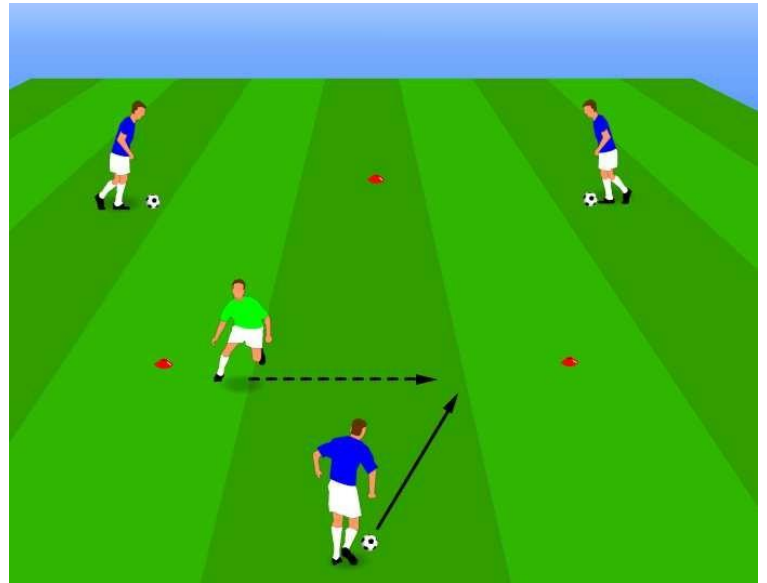
To improve the goalkeeper's footwork and agility. To get the goalkeeper used to diving.

## Equipment

1. Cones
2. 3 balls
3. Min. 4 players
4. 10 yd x 10 yd area

## Session rules (see diagram)

- Mark out an equilateral triangle with your cones. Each side measuring 5 yds in length.
- Place 1 player with a ball at their feet at each side of the triangle and the goalkeeper at the tip of the triangle.
- The goalkeeper sidesteps across to dive and save the ball as the player passes it into the corner.
- The goalkeeper gets up and proceeds around the tip of the triangle to save the next ball and so on until they have completed all 3 sides.
- If you are using 4 goalkeepers for this drill keep rotating them so everyone has a go around the triangle.

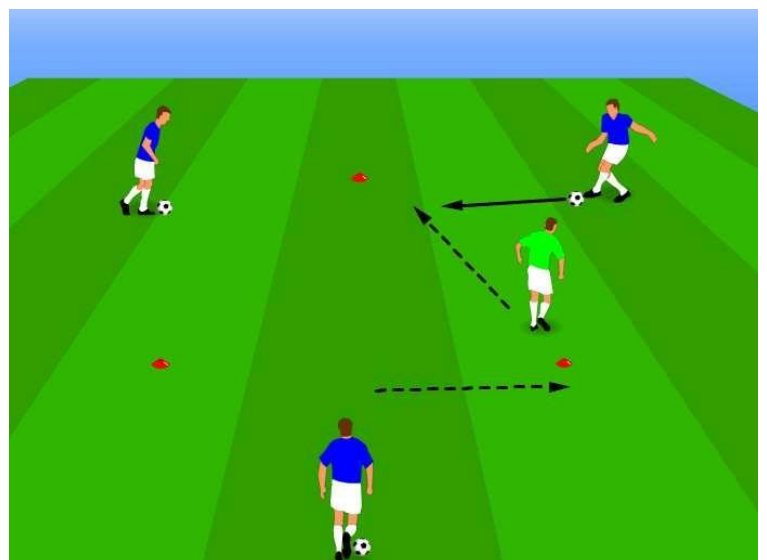


## Progressing the session

- Use a square instead of a triangle to add more sides to the exercise and create more work for the goalkeeper.
- Make the sides of the triangle longer to make it harder work.

## Coaching points

1. Quick, sharp footwork around the cones.
2. Get the body behind the ball so if they do spill the ball with their hands it will be stopped by their body.
3. Ensure the players passing the ball are accurate and not passing the ball too soft or too hard.





# Goalkeeping drills

Emphasis on footwork and getting set to receive



## Objective

To improve the goalkeeper's footwork and handling skills.

## Equipment

1. Cones
2. Good supply of balls

## Session rules (see diagram)

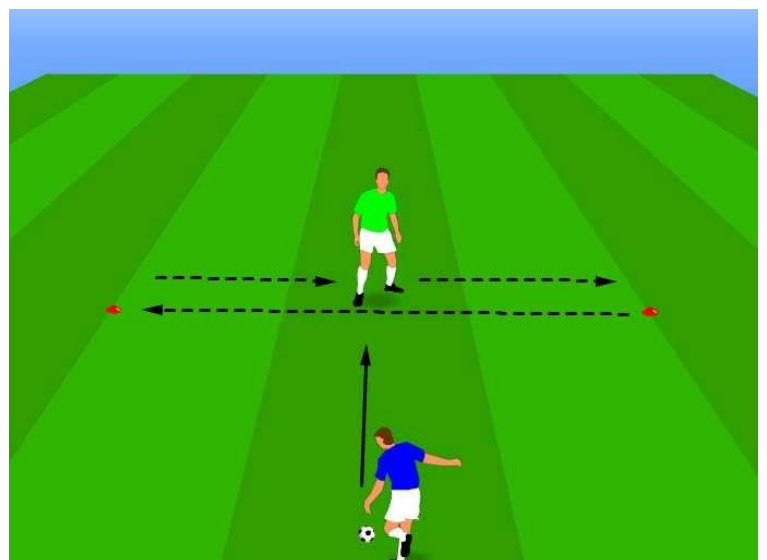
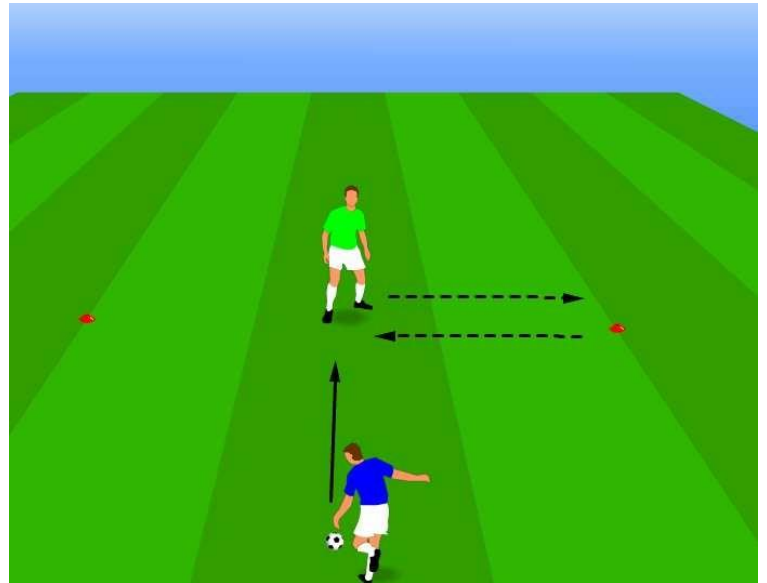
- Set up cones 4 yds apart.
- As coach, you will stand 10 yds away in front of the cones.
- The goalkeeper starts in between the cones.
- On the coach's shout the goalkeeper will touch the cone to his left and then return to the centre to get set to receive a shot from the coach.
- On the second shout the goalkeeper will touch both cones before returning to centre to receive the shot from the coach.
- On the third shout the goalkeeper will do a figure 8 around both cones while facing the coach the whole time. They will then return to centre to receive a shot from the coach.
- Keep this routine going for at least 9 shots and if you have a number of goalkeepers that you are training then rotate them after every 3 shots.

## Progressing the session

- Make the cones wider apart (6-7yds) to make the goalkeeper work harder.
- Have the goalkeeper with his back to you doing the same routine but only turning at the last minute to receive the shot. This will improve reactions.

## Coaching points

1. Tidy footwork through the cones.
2. Knees should be bent and the goalkeeper light on the toes in readiness to receive the shot.
3. Safe hands, Make sure they hold onto the ball and do not drop it.



# Goalkeeping drills

Emphasis on improving fitness and leg strength



## Objective

To improve the goalkeepers fitness and leg strength as well as their saving and handling skills.

## Equipment

1. Cones
2. Good supply of balls

## Session rules (see diagram)

- Place 2 cones approx 6 yds apart and place a ball at one of the cones.
- Place the goalkeeper on the cone without the ball.
- As the coach take up a central position approx. 10 yds away from the cones.
- The session starts with the goalkeeper running to the ball and picking it up and taking it to the other cone and placing it down.
- As soon as they have placed the ball down a shot is fired by the coach into the opposite corner for the goalkeeper to save.
- Keep this going for at least 4-6 shots before giving the goalkeeper a rest.



## Progressing the session

- Vary the shots. Make them higher and firmer to make them harder to stop.
- Increase the distance between the cones to make the keeper work harder.
- Use a medicine ball instead of a football for the keeper to move between the cones.

## Coaching points

1. The goalkeeper should always face the front, they should never turn their back on the play.
2. Speed between the cones to ensure the goalkeeper is getting the most out of the drill.
3. As the goalkeeper dives ensure they are falling onto their shoulder and not on their elbow.



# Goalkeeping drills

Emphasis on positioning and angles



## Objective

To improve the goalkeepers awareness of their positioning and angles when dealing with shots from in and around the area.

## Equipment

1. 1 goal
2. Good supply of balls
3. Cones

## Session rules (see diagram)

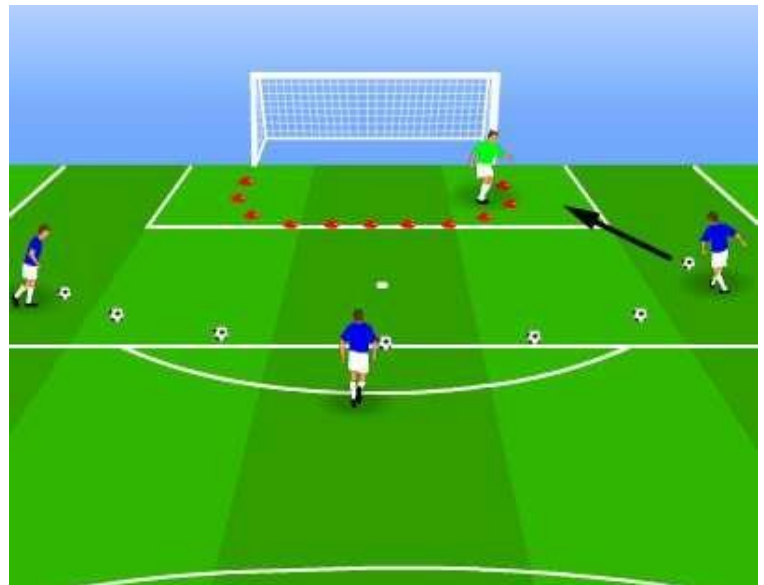
- Cone off a curved line from post to post as in the diagram.
- This is an imaginary line that gives a guideline as to how far a goalkeeper can come out to close down a shot in and around the area.
- As coach, have all the balls placed around the penalty box or 18 yds from goal in various positions.
- Take shots from these various positions ensuring the goalkeeper is adjusting and positioning themselves correctly.
- The other imaginary line you will point out is the one between the centre of the goal and the ball. This is the initial starting point for all goalkeepers.
- Keep shooting until you are happy with the goalkeepers adjustment and positioning.

## Progressing the session

- Increase the frequency of shooting. Have players or other coaches on hand to shoot the balls into the goalkeeper so they have to adjust quicker.
- Take the coned line away to see if the goalkeeper can get his angle correct without the aid of the line.

## Coaching points

1. Use the line to see how far the goalkeeper can come out to shut the angle of the shot down.
2. Ensure the keeper is always in line with the centre of the goal and the ball.





# Goalkeeping drills

Emphasis on unsighted saves



## Objective

To improve the goalkeeper's ability in dealing with shots that are unsighted and to improve their reaction time.

## Equipment

1. 1 goal
2. Good supply of balls
3. Min. 2 goalkeepers and the coach

## Session rules (see diagram)

- Place one goalkeeper in goal and the other goalkeeper will act as an attacker and will stand approx. 10 yds in front of the goalkeeper and in line with the ball to obscure the view.
- As the coach you will be on the edge of the box with the balls.
- The coach will shoot at goal and the goalkeeper has to react.
- If the goalkeeper spills the ball then the 'attacker' is given permission to finish the rebound off.

## Progressing the session

- Change the goalkeeper's starting position. i.e. facing backwards, lying down etc.. On coach's shout they will face the play and react to the shot.

## Coaching points

1. Do not let the goalkeeper compromise their set position. Ensure that if they cannot see the ball that they move their heads to compensate and not their set position.
2. If they cannot hold onto the shot then make sure they push the ball away from goal so the rebound is not easy to score.



# Passing/receiving

Emphasis on chip pass technique



## Objective

To improve confidence and technique when chipping the ball. Great exercise for defenders looking to chip balls into the front man.

## Equipment

1. Cones
2. Balls
3. Players in groups of 3
4. 20 yd x 10 yd area

## Session rules (see diagram)

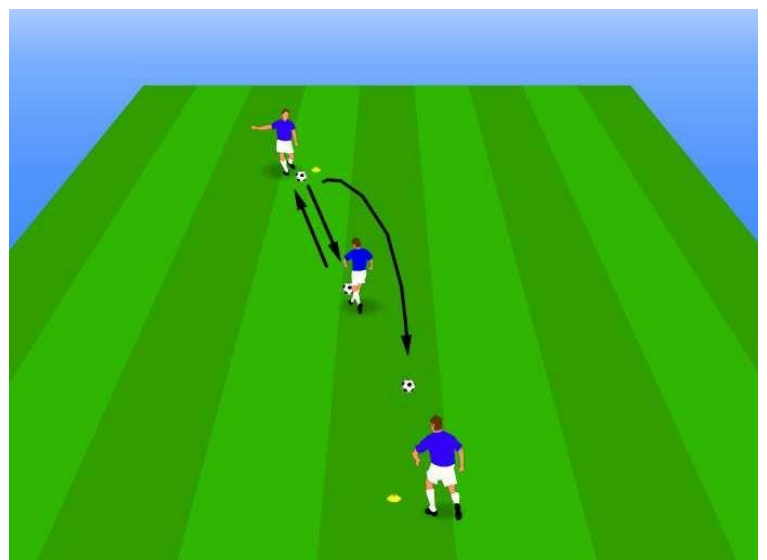
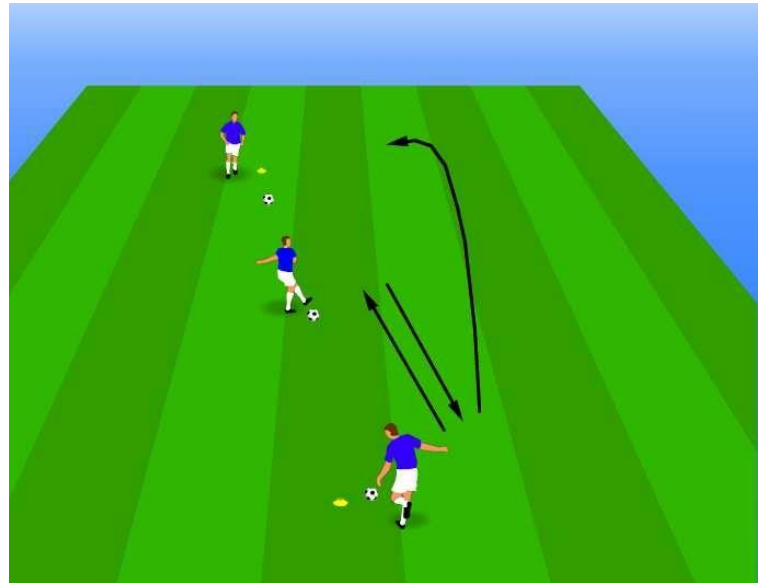
- Set your players up so that 2 of them are stood facing each other 20 yds apart. The third player is placed in between the other 2 players.
- The player with the ball chips the ball over the player in the middle to his teammate opposite.
- The player controls the ball and plays a one-two with the player in the middle before returning a chip pass back to his teammate.
- Change the man in the middle after 10 passes.
- Keep rotating until you feel the players are comfortable with the technique.

## Progressing the session

- Make it a 1 touch exercise.
- Make the end men have to keep the ball up and play the one-two with the middle man while the ball is in the air before controlling the ball and playing a chip pass back.

## Coaching points

1. Technique when chipping. Big toe under the ball.
2. Importance of chest or knee control, cushion the ball.
3. Looking for height in the pass, make sure the pass is going over the man in the middle.



# Passing/receiving

Emphasis on concentration and passing technique



## Objective

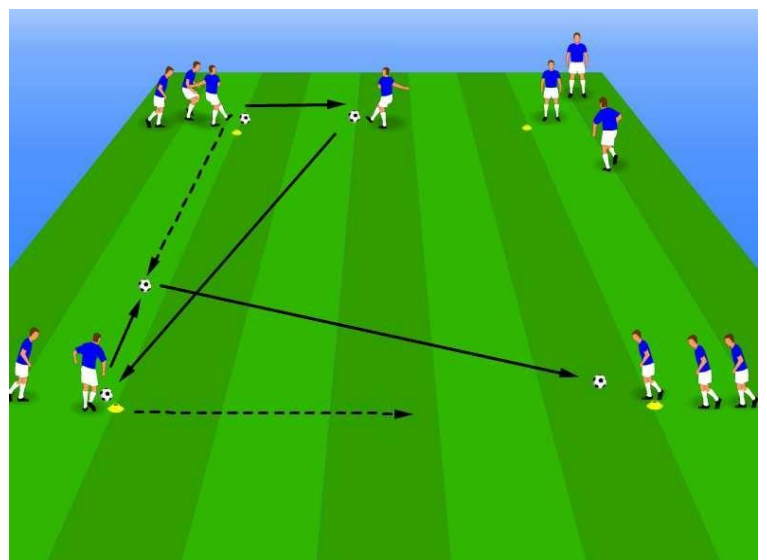
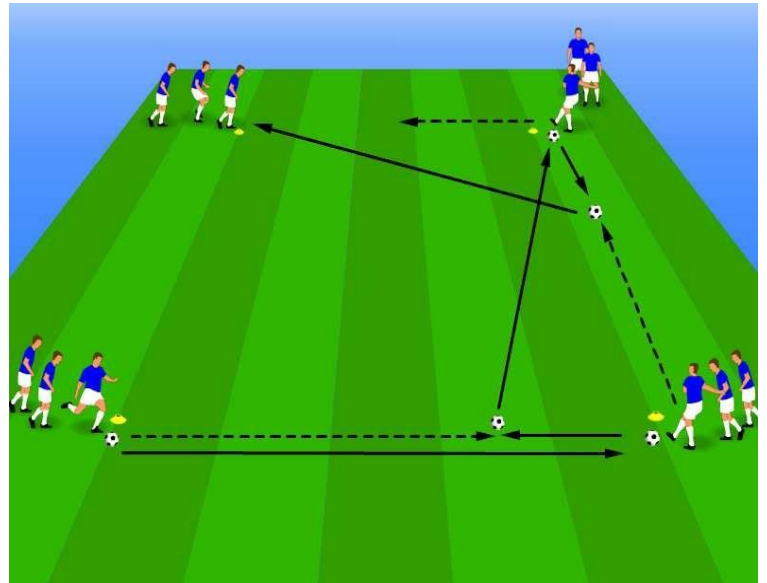
To improve players communication, concentration and passing skills. Also getting players used to moving once they have passed the ball.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 20 yd x 20 yd area
4. 12 players

## Session rules (see diagram)

- Place 4 cones at each corner of the 20 yd x 20 yd area. Organize the players so that there are 3 players on each cone.
- Start off with one ball with one of the groups of players.
- The player passes it across the square and follows the pass. The receiver plays it back to them and then turns to start running towards the next corner.
- The receiving player then passes it across to the next corner. This passing player then joins the back of the queue at the corner they are approaching.
- The receiving player lays it off to the approaching player who is making the run and then turns to start running towards the next corner. The receiving player then passes it across to the next corner and then joins the back of the queue.
- This process then continues around the corners. Keep this going as it will take a little time for the players to grasp the drill.
- Preferably keep everyone on 1 or 2 touch.



## Progressing the session

- Make the distances bigger so passing has to be more accurate and more challenging.
- You can carry out this drill in the air if you close the distances to 10 yd x 10 yd area. Everyone passes on the volley. This is for advanced players to attempt.

## Coaching points

1. Head down and knee over the ball to ensure a firm, flat pass.
2. Encourage communication and confidence in wanting the ball.
3. Concentration and intelligence

# Passing/receiving

Emphasis on controlling and passing under pressure



## Objective

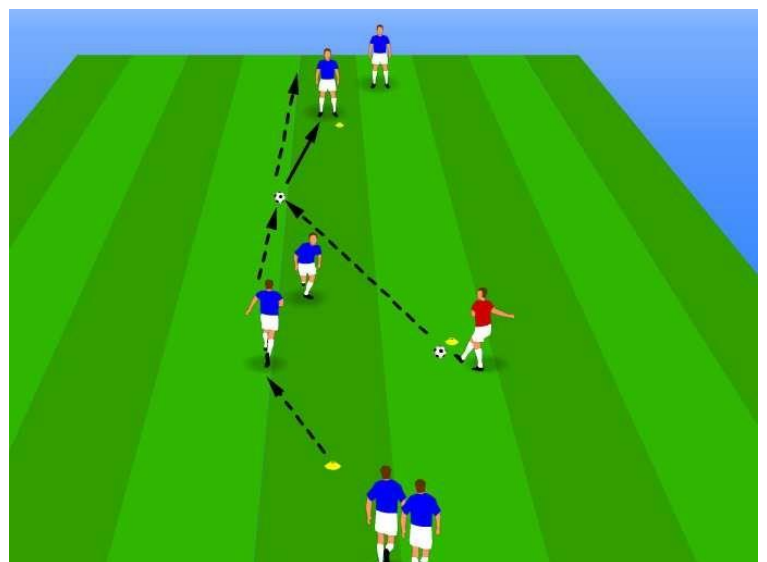
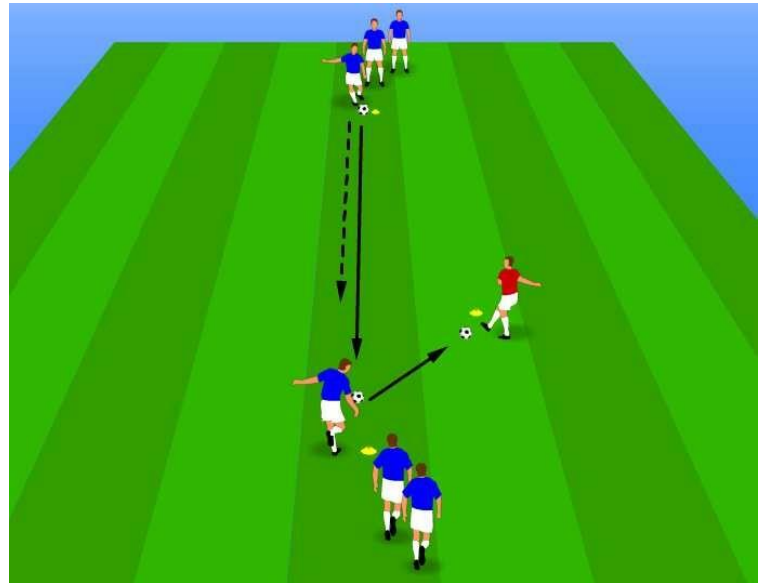
To improve players confidence when controlling and passing whilst under pressure. To improve players decision making when under pressure.

## Equipment

1. Cones
2. Good supply of balls
3. Min. 7 players
4. 10 yd x 20 yd area

## Session rules (see diagram)

- Place 2 cones 20 yds apart and facing each other.
- Place another cone 5 yds away and at a 45 degree angle from one of the end cones.
- Organize your players so that there are 3 players on each of the outer cones and 1 player on the inner cone.
- The player on the inner cone will be available for a wall pass and can be changed regularly.
- The balls start at the top cone and the player chips the ball into the player opposite and proceeds to follow the pass to put pressure on the player.
- The player who controls the ball has to play a wall pass with the spare player and then proceed to the other group of players at the other cone.
- The passer has to make an effort to steal the ball from the receiver. Real pressure is required.



## Progressing the session

- The player is given the choice to use the wall pass or take the man on himself.
- Pass into the player can be driven in to make it more difficult to control and it is also a more challenging technique for the passer to adopt.

## Coaching points

1. Importance of the first touch and close control.
2. Passer must keep body low in order to change direction quickly when shutting down.
3. The wall passer must be on their toes to be able to adjust to any pass.



# Passing/receiving

Emphasis on possession play and playing with your head up



## Objective

To improve players possession play and to get players used to playing with their head up.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 25 yd x 25 yd area
4. 12 players

## Session rules (see diagram)

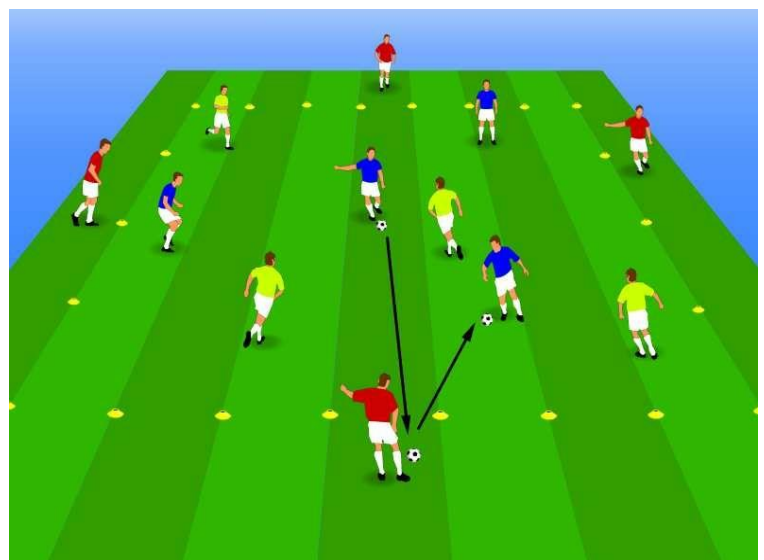
- Cone off a 25 yd x 25 yd area.
- Organize your players into 3 teams of 4.
- 2 teams play against each other while the other team spreads around the area and act as spare men.
- Players can use the outside men to pass to and retain possession.
- Players on the outside are limited to 1-touch only.
- 10 passes constitutes a goal.
- Whatever team scores the most goals wins.
- Rotate teams every 3 - 5 minutes.

## Progressing the session

- Limit all players to 1,2 or 3 touches depending on ability. 1-touch for advanced players only.
- Vary the size of the area. Smaller for tighter control and larger for fitness work.

## Coaching points

1. When it's tight that's when to pass to an outside player.
2. Keep passes simple and pass early so not to take up your teammates time and space.





# Passing/receiving

Emphasis on passing and changing the point of attack



## Objective

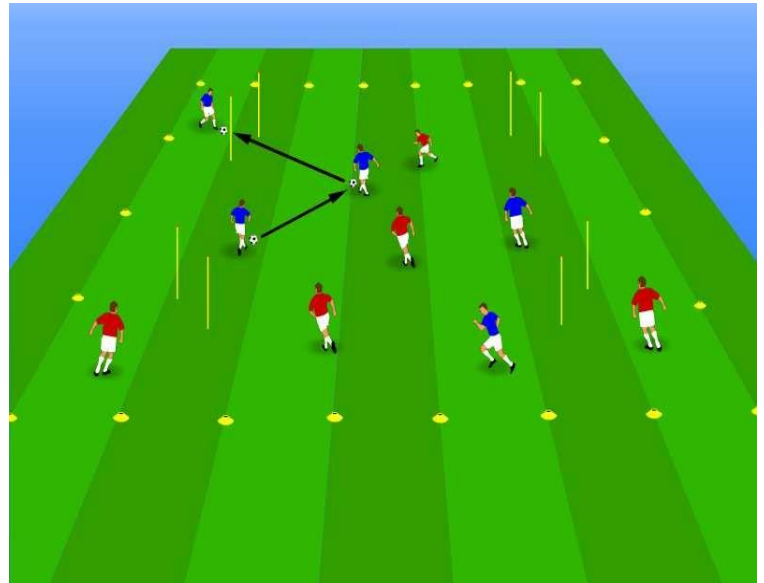
To improve players awareness of space around them and to improve their ability to change the point of attack.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. Min. 10 players
4. 40 yd x 40 yd area

## Session rules (see diagram)

- Cone off a 40 yd x 40 yd area.
- Make a gate in each corner of the area.
- Organize your players into 2 teams of 5.
- The aim is to pass the ball through the gate to a teammate. This constitutes a goal.
- Winning team is the team to score most goals.

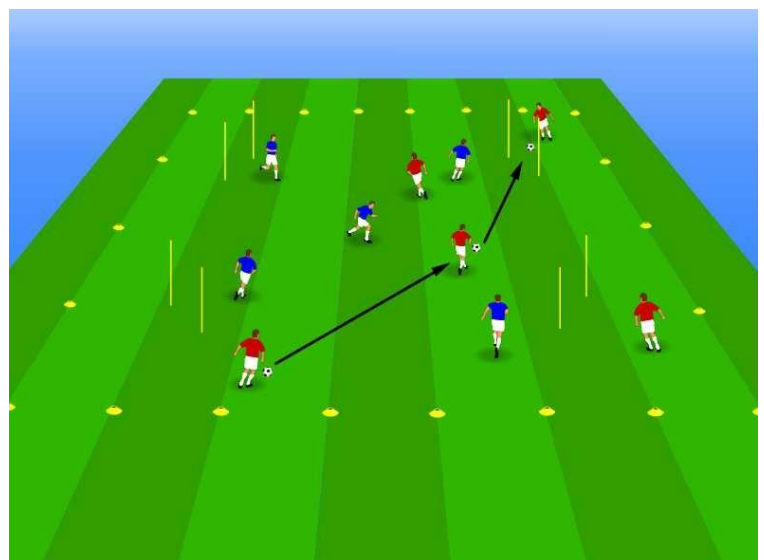


## Progressing the session

- Restrict players to 2 or 3 touches.
- Add a rule stating 10 consecutive passes a goal.

## Coaching points

1. Awareness and ability to change the play.
2. Angles and movement to obtain scoring positions.
3. Always want the ball. Encourage confidence in wanting the ball.



# Passing/receiving

Emphasis on passing and movements in tight areas



## Objective

To improve players ability to pass and create angles for one another in tight areas.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 20 yd x 20 yd area
4. Min. 8 players (3 vs 3 with 2 floaters)

## Session rules (see diagram)

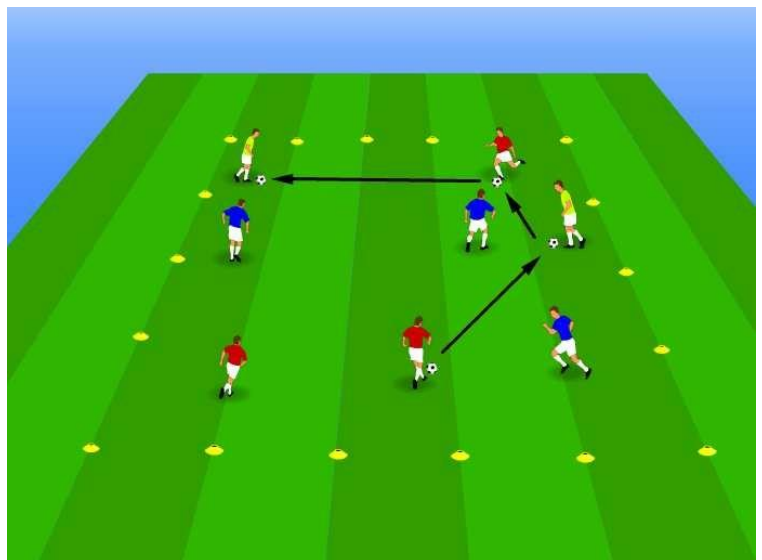
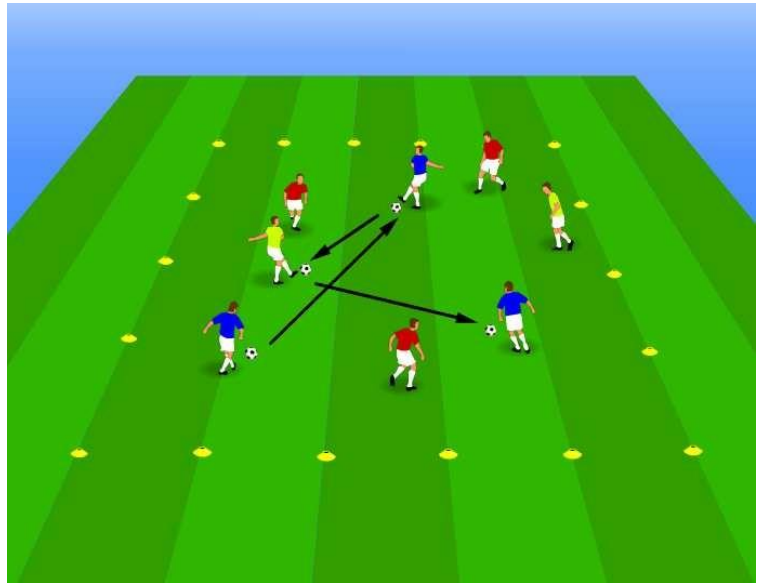
- Cone off a 20 yd x 20 yd area.
- Organize your players into 2 teams (3 v 3).
- Give 2 different coloured bibs to the remaining players as they will act as floaters.
- The aim is to keep possession of the ball for 10 passes to score a goal.
- As soon as the team loses possession they become the defending team and the 2 floaters swap sides. They play with the team who is in possession of the ball.
- Keep rotating the floating players.

## Progressing the session

- Add extra players into the area.
- Reduce to 1 floater to make it harder to retain possession.

## Coaching points

1. Pass quickly and accurately.
2. Make angles and support the man on the ball, always give options.
3. Pass early, play what you see.
4. If players are playing 1 –touch all the time and giving the ball away you must step in and encourage them to control the ball to draw the defender to them before finding a pass.



# Passing/receiving

Emphasis on passing and moving to create openings



## Objective

To increase confidence and technique in passing quickly and to emphasise the importance of movement to create space and openings.

## Equipment

1. Cones and bibs
2. Circular area
3. Good supply of balls
4. Min.10 players

## Session rules (see diagram)

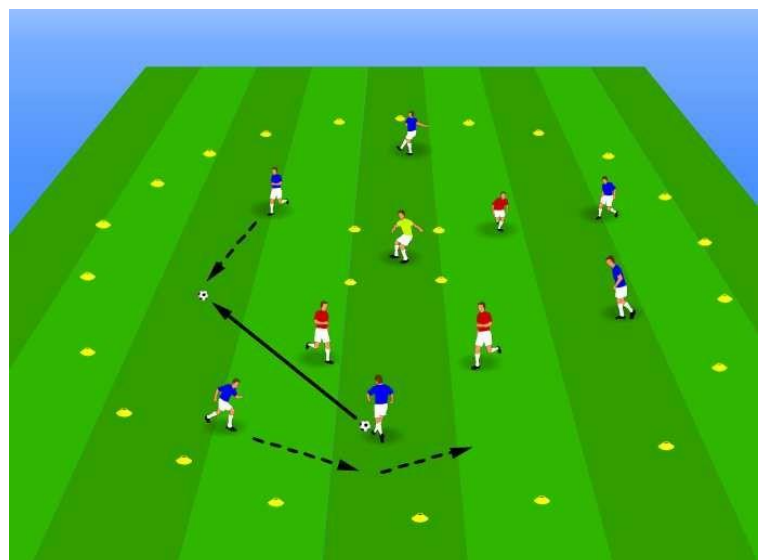
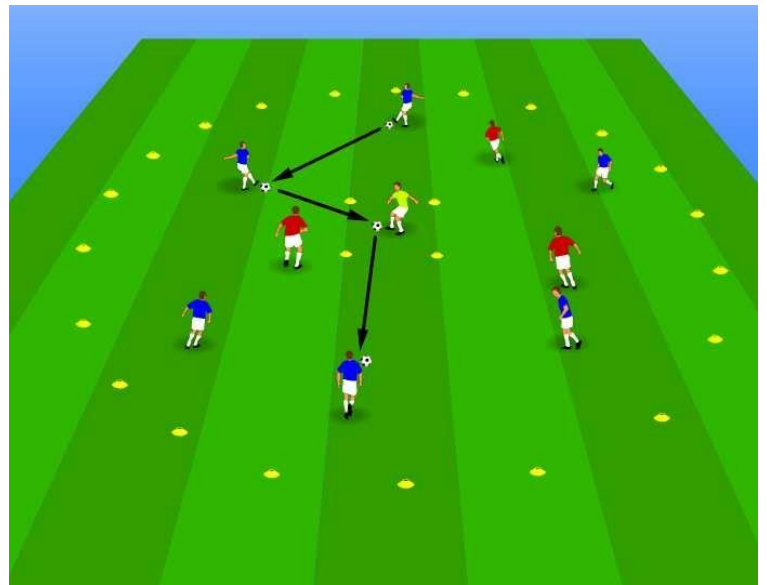
- Cone off a 3 yd x 3 yd area in the centre of the circle.
- Place 1 player inside the 3 yd x 3 yd area.
- Place 6 players inside the circle as attackers and the remaining 3 players will act as defenders.
- The aim is to get the ball into the player within the 3 yd x 3 yd area. This counts as a goal.
- The defenders have to protect this area as well as shutting the ball down.
- If the defenders stay attached to the 3 yd x 3 yd area then make a rule stating 10-15 passes a goal to entice them to shut the ball down as well as protect the area.
- Keep rotating the defenders to give everyone a go.

## Progressing the session

- Restrict players to 1-touch.
- Add another defender.

## Coaching points

1. Overlaps are key in creating space.
2. Patience, pass until the opening is obvious.
3. Head up looking for the opening to score.



# Passing/receiving

Emphasis on awareness, first touch and accurate passing



## Objective

To improve players awareness, control of the ball and communication.

## Equipment

1. 3 balls
2. Circular area (centre circle size is ideal)
3. 16 players

## Session rules (see diagram)

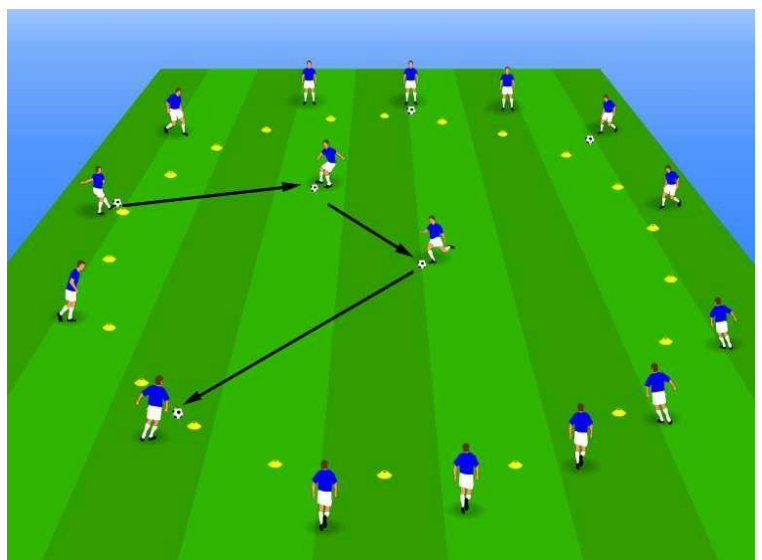
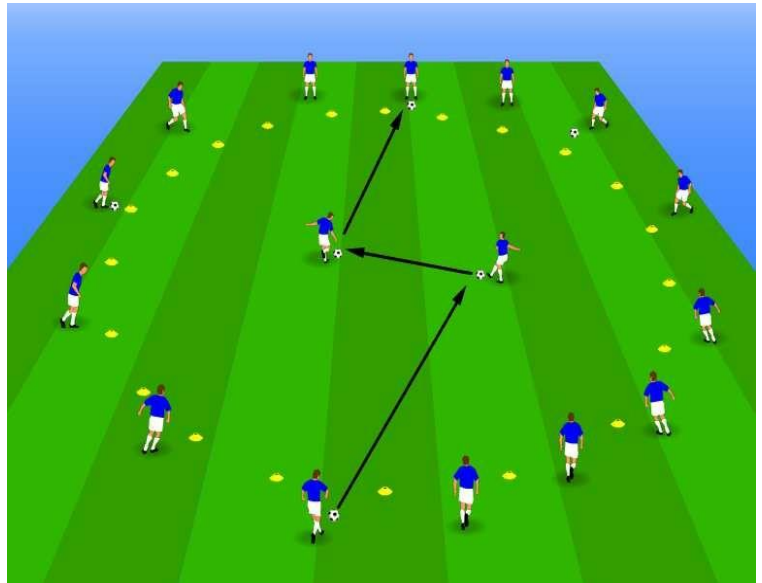
- 2 players in the middle of the circle with the rest of the players spread around the circle.
- The 3 balls are evenly spread among the players around the circle.
- The receiving player controls and passes to their partner who then passes out to one of the players on the outer circle without the ball.
- As soon as the ball has been passed out, the player who passed it now becomes the receiver and immediately looks for a ball by calling for it.
- Keep the drill going for 5-10 passes before changing players in the middle.

## Progressing the session

- Restrict middle players to 1-touch play.
- Increase the number of balls on the outside so that the player has to think and get their head up when passing the ball out so they don't pass to a player with a ball.

## Coaching points

1. Alertness when looking for the ball.
2. Make sure the players are calling for the ball including the outside players.
3. Firm, accurate passes.
4. If playing 1-touch, soft cushioned receive of the pass.



# Passing/receiving

Emphasis on long passing technique and control of the ball



## Objective

To improve players technique when passing long and to improve their ability to control the ball in a tight area.

## Equipment

1. Cones
2. Good supply of balls
3. Min. 2 players
4. 30 yd x 5 yd area

## Session rules (see diagram)

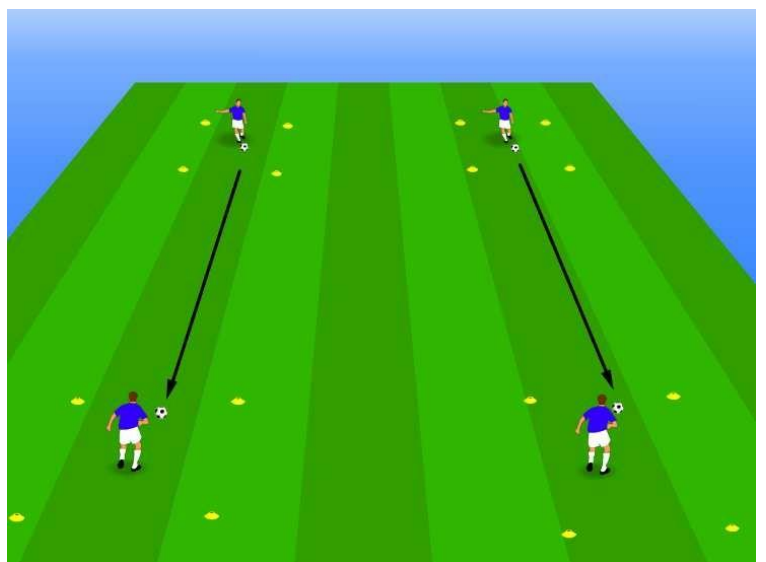
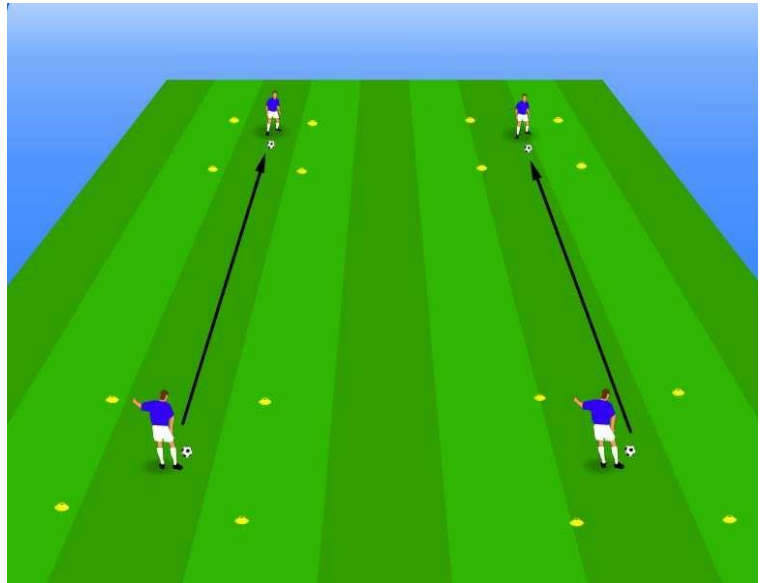
- Set up a square 3 yds x 3 yds or 4 yds x 4 yds depending on the players ability.
- Set up an identical square 25 yds to 30 yds opposite. Do this for each pair of players that you are training.
- Place a player in each of the squares facing each other.
- The aim is for each player to pass the ball into the player opposite them within the square that they are standing in.
- The receiver has to control the ball within the square before passing the ball back to their teammate.
- Start off by passing along the floor before progressing into chipping the ball into the square.
- A point is scored for each successful control of the ball and each successful pass into the opposite square.
- Have competition between players to see who has controlled and passed the ball most effectively.

## Progressing the session

- Limit touches to 2 touches only. 1 to control and 1 to pass.
- Ask players to drill the ball in as this is a much harder technique to master and a harder ball to control.

## Coaching points

1. Multiple surfaces to control the ball - knee, chest, foot. Always cushion the ball no matter what surface you use.
2. Concentration on the pass, visualize the ball travelling to your teammate.





# Passing/receiving

Emphasis on overlapping and fitness



## Objective

To improve players fitness and get them used to overlapping to create space and angles for their teammates.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 30 yd x 20 yd area
4. Min. 7 players

## Session rules (see diagram)

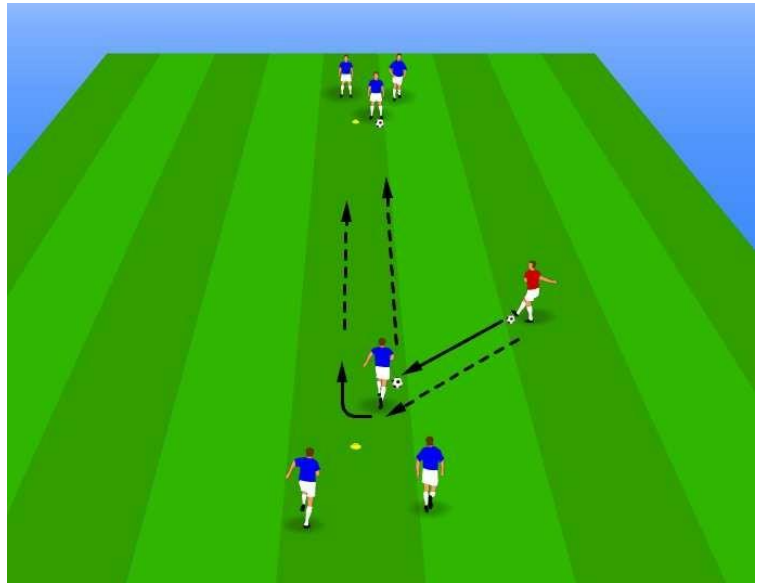
- Place 2 cones 30 yds apart.
- Have 3 players on each cone and the remaining player 10 yds inside from one of the cones at a 45 degree angle with a bib on.
- The bibbed player is the 'overlapper'.
- Pass into the bibbed player who will pass the ball back and then overlap around the player.
- The player runs to the other end at pace with the ball and with the overlapper running with him.
- As soon as the player reaches the other end they will pass to the teammate who will pass into the overlapper and the sequence repeats itself.
- Change the overlapper at regular intervals as it is a tiring role.

## Progressing the session

- Have 2 players and 2 overlappers going at once to increase traffic and get players thinking.

## Coaching points

1. Enthusiasm in the overlap.
2. Good quality passing.
3. Good quality running.
4. Lots of encouragement to the overlapper as it is a tiring drill.



# Passing/receiving

Emphasis on receiving and controlling the ball



## Objective

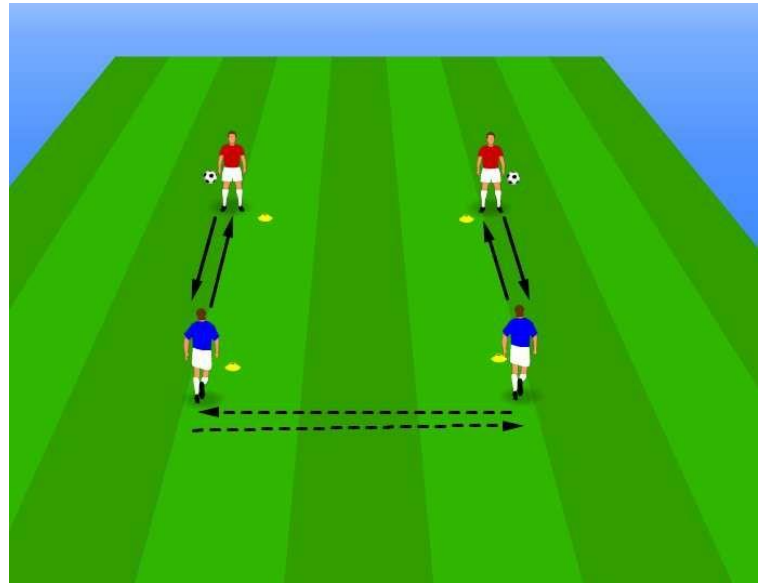
To improve players confidence and technique in controlling and receiving the ball with various parts of the body.

## Equipment

1. Cones
2. 5 yd x 5 yd area
3. Min 4 players

## Session rules (see diagram)

- Organize the players so that you have 2 players facing the other 2 players within the area.
- Have one set of players with the ball in their hands as the other 2 work.
- When working on chest control, throw the ball chest height so that the player controls it and volleys it back to their teammates hands.
- After the player has controlled it they move to the other side to receive the ball from the other player.
- Its important to get players into the habit of moving once they've passed it.
- Continue the drill for 10 passes off each player before swapping around.
- This drill is the same layout when practicing knee control and volley control.



## Progressing the session

- Larger distances between players.
- More challenging receiving techniques i.e head, or even a combination, head-shoulder-knee before passing back to the teammate.
- For a fitness drill you can make the player do a 10 yd shuttle before receiving the next ball. Do 10 runs before changing over.

## Coaching points

1. Sharp turns between receiving the balls.
2. Concentration, the skill may be simple but balls will go astray.

# Passing/receiving

Emphasis on receiving and keeping momentum of attack



## Objective

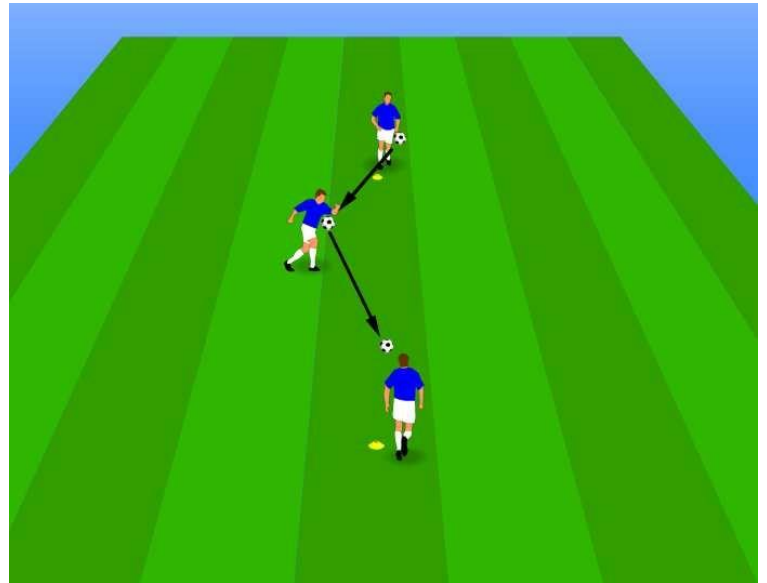
To improve the players ability to receive and pass quickly and under control.

## Equipment

1. 1 ball
2. Min. 3 players
3. 10 yd x 5 yd area

## Session rules (see diagram)

- Organize the players so that you have a player at either end of your area and a player in the middle.
- The player in the middle is working first.
- Throw the ball into the player to control with their first touch and pass with their second touch.
- Throw the ball to their feet, chest or knee to control.
- The ball has to stay in the air and cannot touch the ground throughout the exercise.
- The player has 10 turns before changing over.

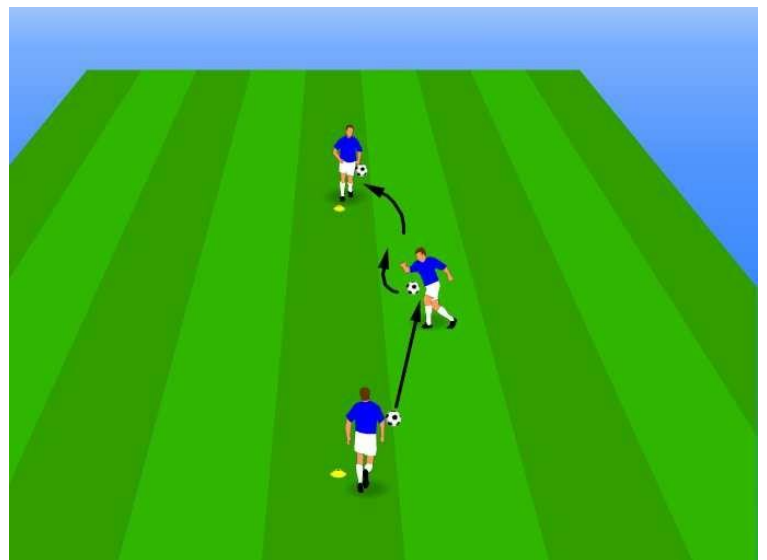


## Progressing the session

- Bounce the ball into the player to make it more challenging to control.
- Pass with the weaker foot only.

## Coaching points

1. Ensure players are always on their toes to receive the ball.
2. Ability to adjust to the throw in order to turn and pass in 2 touches.



# Passing/receiving

Emphasis on receiving and turning



## Objective

To improve players ability to turn and control the ball and to gain more confidence in their technique.

## Equipment

1. 10 yd x 5 yd area
2. Min. 3 players
3. 1 ball per set of 3 players

## Session rules (see diagram)

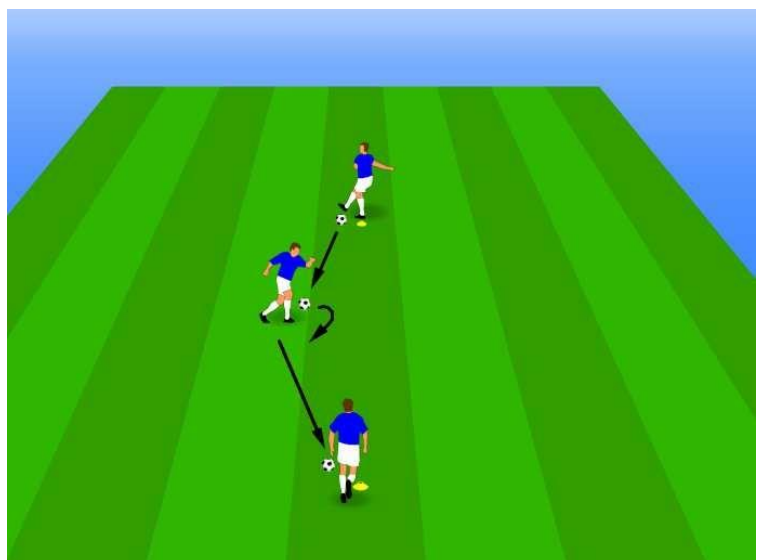
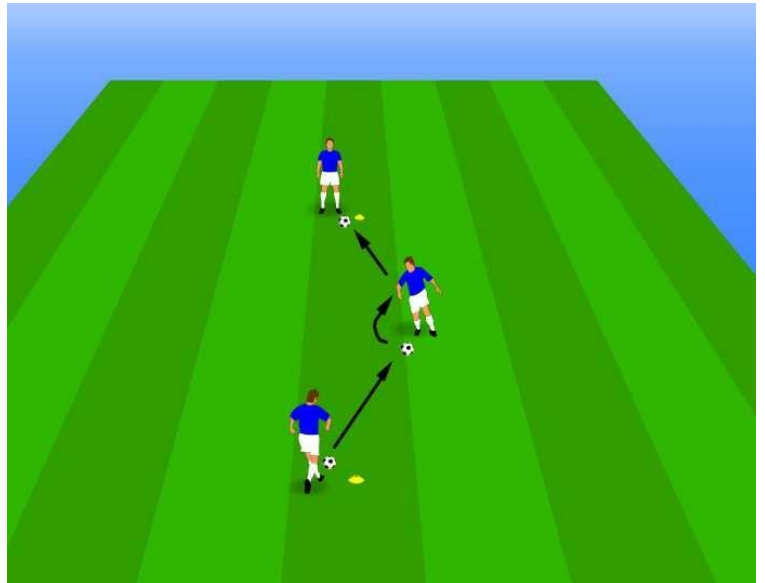
- Organise the players so there is one man at either end of the area and 1 man in the middle.
- The middle man will be working first.
- Pass the ball into the middle man.
- The middle man turns out and passes to the other player.
- Take 10 turns before they are replaced by another player.
- Change the turn after every player has had a turn.
- 4 suggested turns are a) receive with right and pass with the left b) receive with the right and pass with the right c) receive with outside of foot and pass with the outside of the foot d) Cruyff turn.
- If the player is left-footed they will attempt the turns by receiving with their left foot.

## Progressing the session

- Make the players use their weaker foot only.

## Coaching points

1. Sharp turns.
2. Run back a yard before coming to receive in order to shake off the defender.
3. Always look over your shoulder before receiving so you know what's behind you.



# Passing/receiving

Emphasis on short passing and one-twos



## Objective

To improve players ability to play one touch and to build confidence in playing one-twos.

## Equipment

1. Cones
2. Good supply of balls
3. Min. 8 players
4. 20 yd x 10 yd area

## Session rules (see diagram)

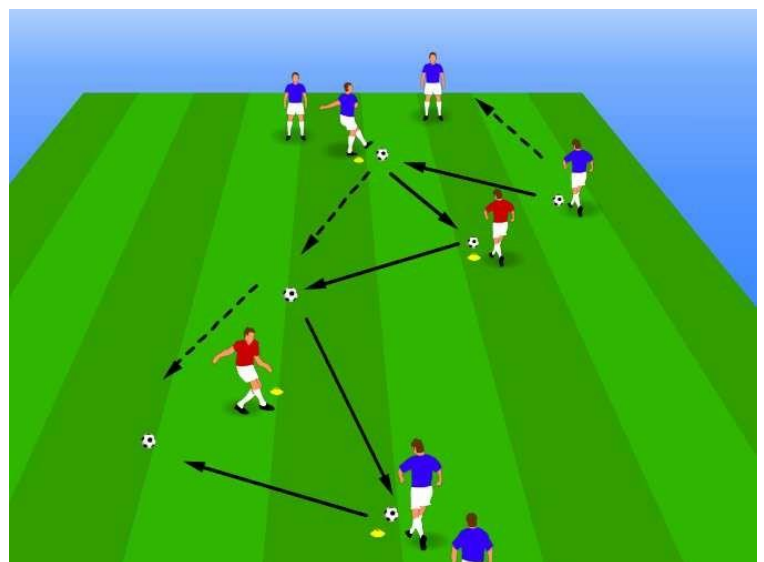
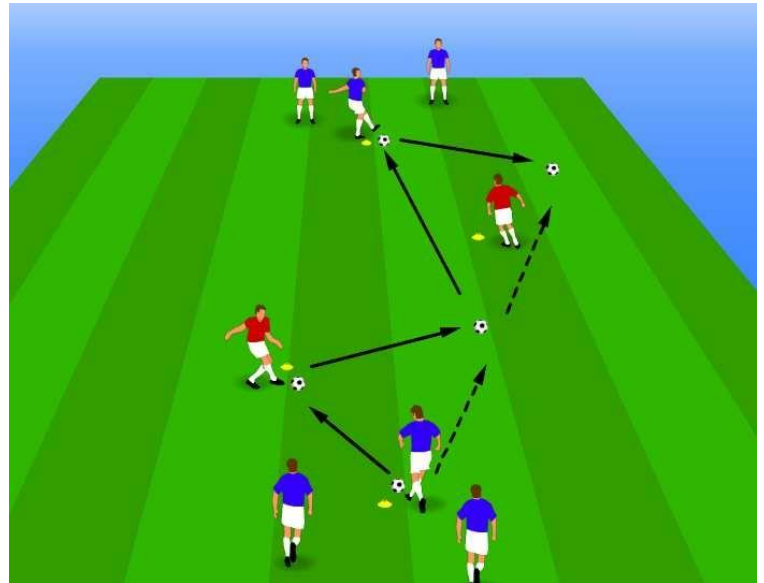
- Set up cones as in diagram with the furthest cones being no more than 20 yds apart.
- Place 2 players on each of the middle cones as they will be the players who the others will be playing their one-twos with.
- The player starting with the ball will play a one-two with the player on the cone nearest to them.
- They will then play a longer one-two with the player at the far end, around the player on the other cone.
- After completing the one-two, the same process starts again at the other end.
- Make sure you change the middle men regularly to give every player a go at laying off the one-two.

## Progressing the session

- When the players are comfortable with the drill, make it a one-touch exercise.
- Make greater demands on the pace of the passing and the sharpness of the runs.

## Coaching points

1. Communication is key. Make sure the players are calling for the ball.
2. Focus on firm, crisp passing.
3. Weight of the pass from the player laying the ball off. Make sure they have a nice soft touch to make the next pass easier for their teammate.
4. Sharp movement after the pass.





# Passing/receiving

Emphasis on short passing and interchanging positions



## Objective

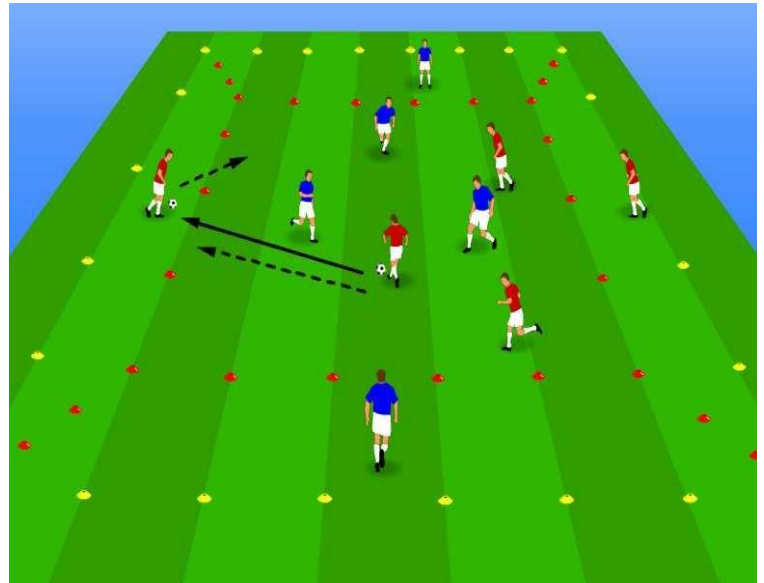
To improve sharpness of passing and to give players an understanding into the importance of movement and interchanging positions.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 35 yd x 35 yd area
4. Min. 10 players

## Session rules (see diagram)

- Lay out a 25 yd x 25 yd area with a 10 yd border all the way around it.
- 3 vs 3 inside the inner square with a player either end of the square inside the 10 yd border.
- Team 1 play vertically and Team 2 play horizontally.
- The aim is to make 10 passes to score a goal.
- The players in the end zones are available to use. When you pass to an end zone player you must replace them as they enter the inner zone to keep it 3 vs 3.
- As this is a tiring exercise, players will soon realize that to have a rest they need to use the end zone players regularly.

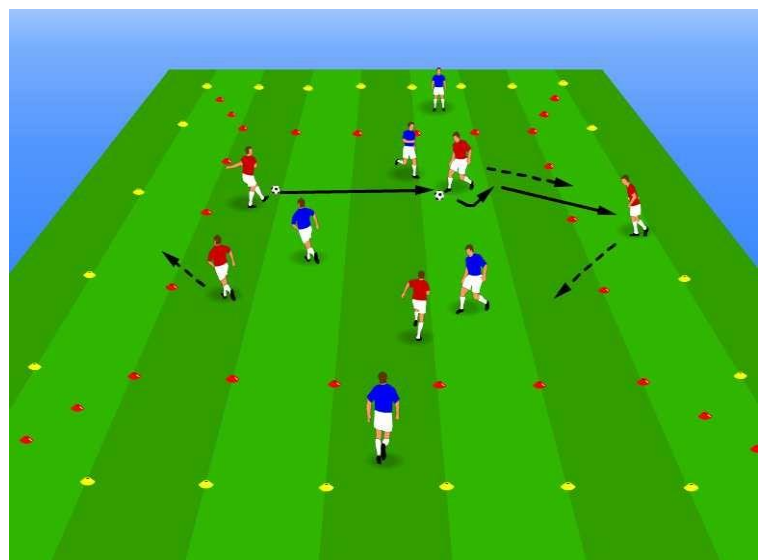


## Progressing the session

- Restrict players to 1 or 2 touches.
- To bring the end zone player into play a one-two with them is required as opposed to simply passing to them.

## Coaching points

1. Lots of movement to create angles.
2. Short, sharp passing.
3. Head up to be aware of what's around.
4. Pass into end zone players frequently as they are spare.



# Passing/receiving

Emphasis on volley passes and concentration



## Objective

To improve players concentration, touch and confidence in passing on the volley. To have fun and to test the players ability.

## Equipment

1. Good supply of balls
2. Min. 3 players
3. 15 yd x 15 yd area

## Session rules (see diagram)

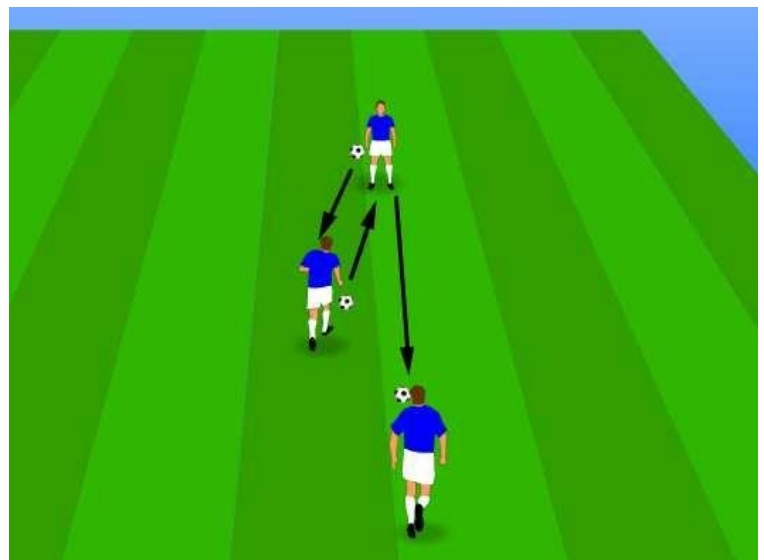
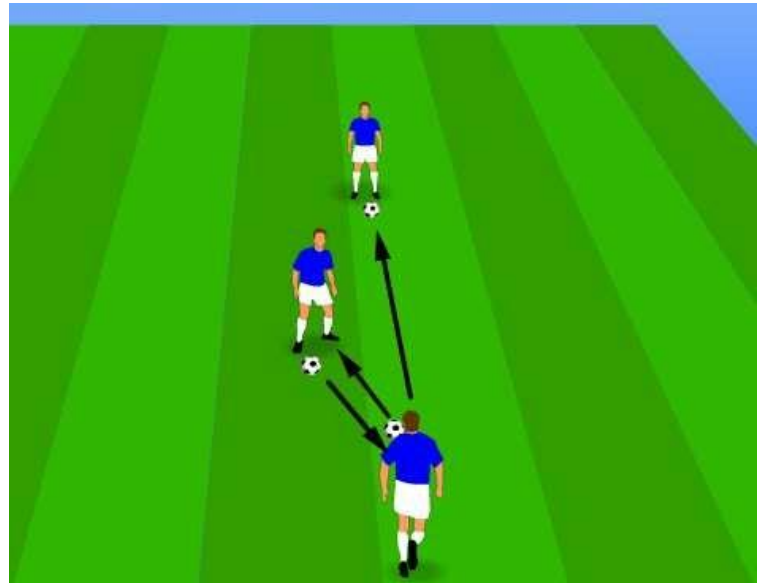
- Have a player either end of your area with the third player in the middle facing one of the players.
- The ball starts in one of the end players hands. He throws it to the middle player who passes it back on the volley to the player who threw him the ball.
- The player then volleys the ball over to the far player who then volleys it to the middle player who volleys it back.
- The player then volleys over to the far player for the process to continue again.
- This is a very challenging exercise and will take time to master.
- Aim to complete as many volleys as possible. Whatever trio achieves the most successful passes wins.
- If it is too challenging then allow players to use their heads and chests and not just their feet.

## Progressing the session

- Only allow weaker foot volleys.
- Only allow heads.
- Only allow knees.

## Coaching points

1. Concentration, watch the ball onto the foot for a clean connection.
2. Let the players have some fun with this but do not let the session turn into mayhem, there is a lot to be gained from this work.
3. Softness in the first touch.
4. Confidence in the volley, don't be afraid or hesitant.
5. Aim to get height on the volleys so it's easier for the teammate to adjust.



# Passing/receiving

Emphasis on wall passes

## Objective

To improve players confidence and technique when attempting wall passes. To get players thinking and communicating.

## Equipment

1. Cones
2. 2 balls for every 4 players
3. Min. 4 players
4. 10 yd x 10 yd area

## Session rules (see diagram)

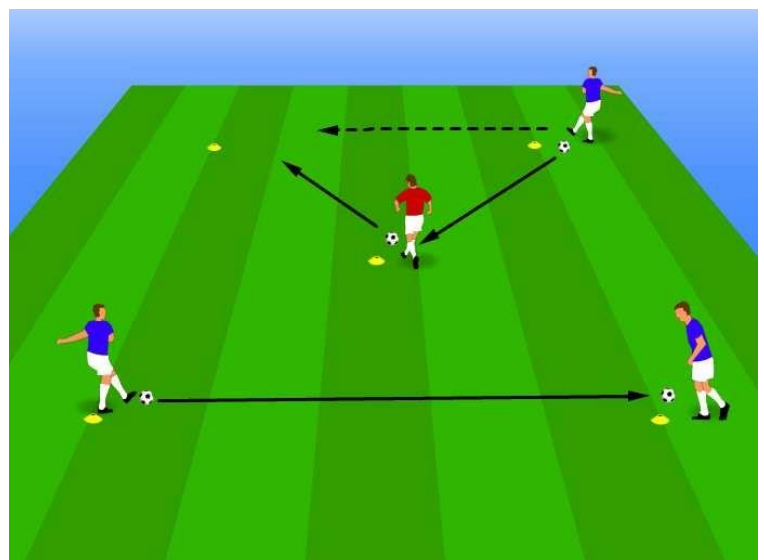
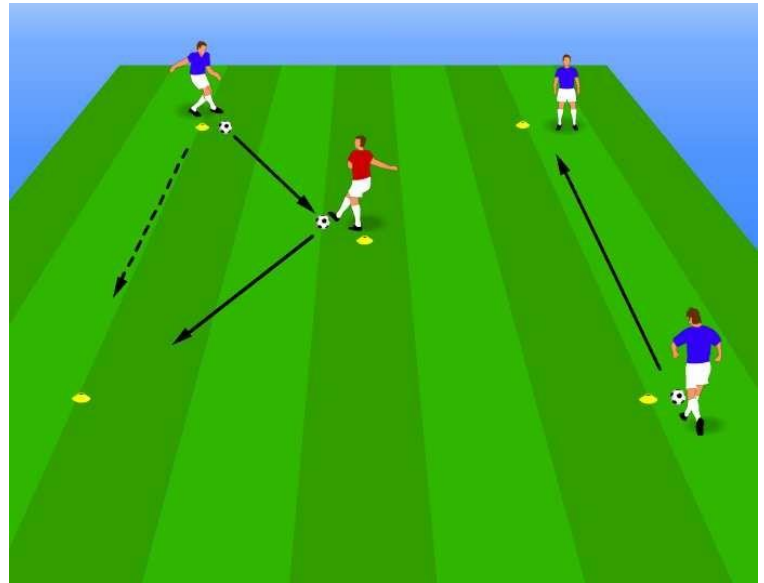
- Mark out a 10 yd x 10 yd area using 5 cones. 1 cone on each corner and a cone in the middle.
- Place one player on the middle cone and the other 3 on a cone each on the outside of the square.
- The player who has no other player to their right will start by playing a wall pass with the player in the middle and move to the cone on their right.
- At the same time the player diagonally opposite them will pass a square ball to the player on their right.
- The player who received the square ball will now find they has no-one to their right so they will now play a wall pass with the player in the middle and the player who played the wall pass previously will now pass square to the man on his right.
- Whoever has a player to their right will pass the ball to him and whoever has a spare cone to their right will play the wall pass.

## Progressing the session

- Every player is restricted to 1 touch only.

## Coaching points

1. Communication.
2. Make sure the players are alive and calling for the wall pass.
3. Ensure the passing is firm and not bobbly (dependent on the surface).
4. Be enthusiastic always as this is an important drill but can be boring when the players get the knack.



# Passing/receiving

Emphasis on passing, receiving and finishing

## Objective

To improve players receiving skills and to get them thinking about different turns to use and when. This drill is also aimed at bringing in some shape so players get an understanding of where they are on the pitch.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. Half a pitch
4. 16 players and a goalkeeper

## Session rules (see diagram)

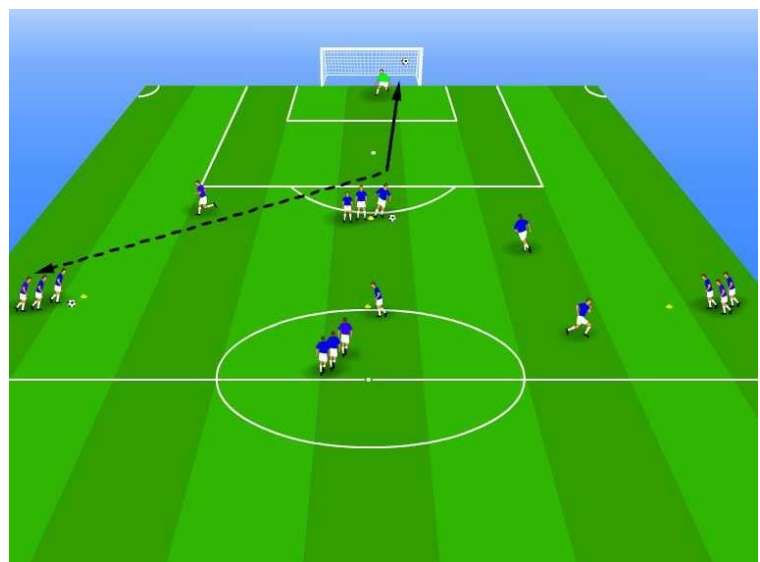
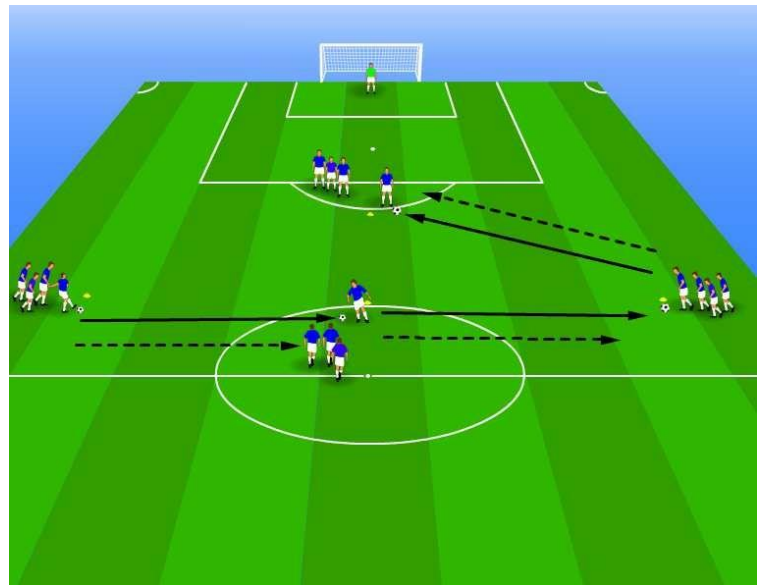
- Place a cone on the tip of the centre circle.
- Place a cone 10 yds in from the right hand side touchline and level with your centre cone.
- Place a cone 10 yds in from the left hand side touchline and level with your centre cone.
- Finally place a cone on the tip of the semi-circle at the edge of the penalty area.
- Place groups of 4 players on each of the cones.
- Start with the balls on the left touchline.
- The player passes into a player on the centre circle and then follows their pass to join the back of that queue.
- The receiver controls and turns out to switch play to the player on the right touchline. They follow the pass to join the back of that queue.
- The receiver controls the ball forward to pass to player on the edge of the box and follows the pass to join the back of that queue.
- The receiver controls and turns for a shot on goal.
- The shooter then joins the queue on the left touchline.
- 2 touches for all players.

## Progressing the session

- Vary combinations in passing.

## Coaching points

1. Crisp passing (easier to control a firm pass than a soft pass).
2. Challenge the players to tell you what turns are appropriate in what area of the field and why.
3. Importance of the first touch





# Passing/receiving

Emphasis on passing, receiving and making angles



## Objective

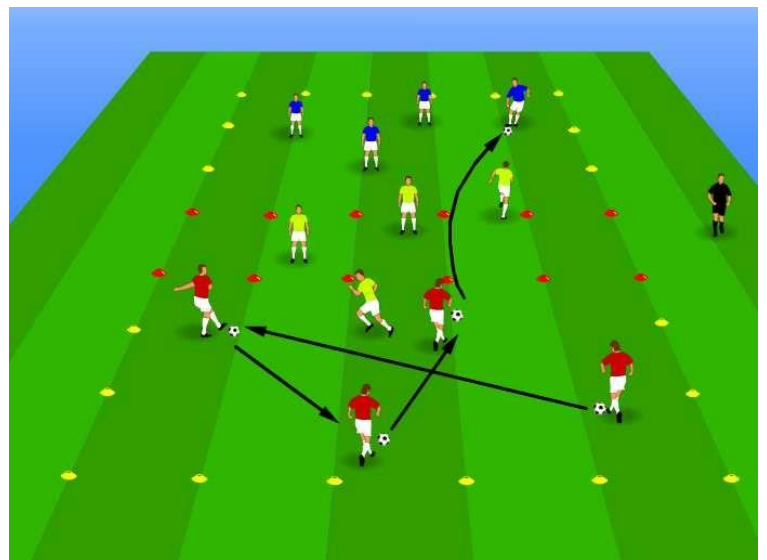
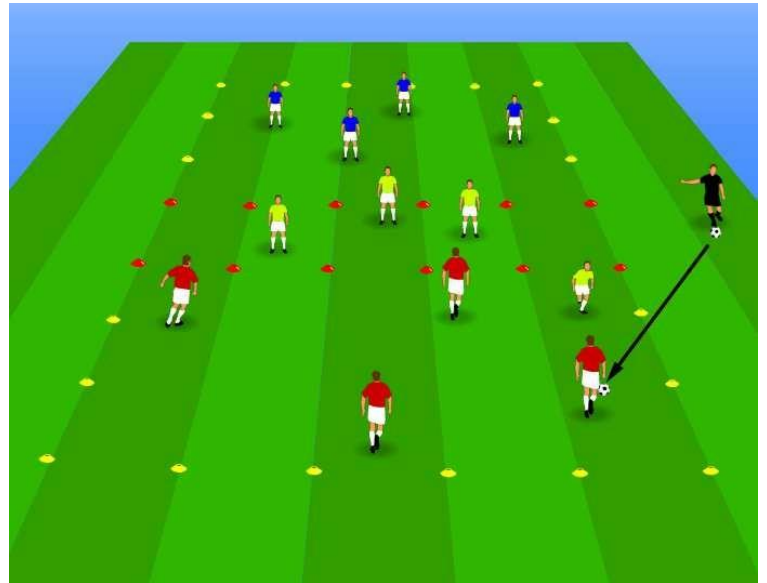
To improve players ability to think quickly and to challenge their decision making whilst under real pressure. To improve their receiving skills as well as their passing skills.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. Min. 12 players
4. 30 yd x 15 yd area

## Session rules (see diagram)

- Mark out an area of 30 yd x 15 yd and cone off a 5 yd channel through the middle of the grid, as in the diagram.
- Organize your players into three teams of four and put them in bibs accordingly.
- Place one team in the middle channel, one team at one end and the other team at the other end.
- The team in the middle channel will be trying to shut the ball down first.
- You start the game by passing into one of the teams. They have to make 6 passes before they can transfer the ball across to the other team.
- As you pass the ball in, one player from the middle channel will be released into the area to shut the ball down. If they are successful then the team that gave the ball away will now swap places with the team in the middle.
- Although only one player can shut the ball down the rest of the team can stop the ball being transferred so that it puts pressure on the passer to make the right pass i.e. a chip or a firmly hit pass on the floor.



## Progressing the session

- Limit the number of touches per player i.e. 2 touches.
- Increase the number of passes to be made before transferring the ball over.

## Coaching points

1. Make sure the players are moving and always available.
2. Ensure the player shutting down is putting in the proper effort.
3. Importance of passing quickly.
4. Importance of making angles.



# Passing/receiving

Emphasis on combining short, long and one-touch passing



## Objective

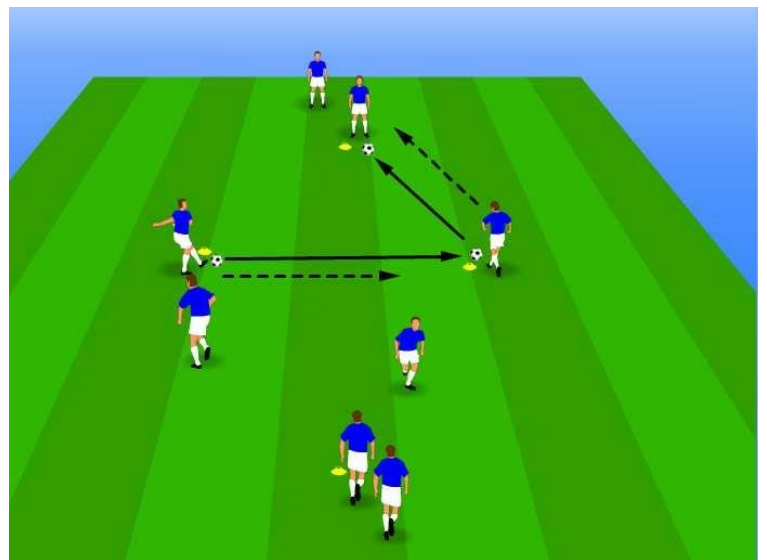
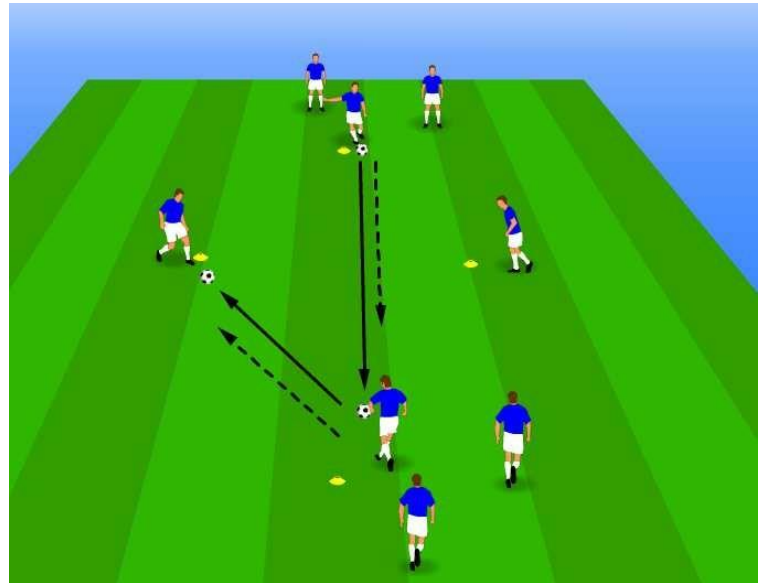
To improve all ranges of passing. To get players used to passing and moving and to be comfortable with playing one-touch.

## Equipment

1. Cones
2. 25 yd x 10 yd area
3. Good supply of balls
4. Min. 8 players

## Session rules (see diagram)

- Mark a 'diamond' out with your cones. 25 yds long and 10 yds wide.
- Place 1 player on each of the middle cones and 3 players on each on the end cones.
- The ball starts with one of the 3 players on the end cones.
- They pass the ball across to the player opposite and follow the pass to join the back of that group of 3.
- The receiver controls and passes to one of the players on the middle cones and follows the pass.
- The receiver plays a one-touch pass across the 'diamond' to their teammate and follows the pass.
- The receiver then plays one-touch pass to the other end of the 'diamond' and follows the pass to join the back of that group of 3.
- Keep exercise going as it will take a short while before players get the knack of the drill.
- Its important for the players to always follow their pass to keep rotating positions otherwise the drill will break down.



## Progressing the session

- Restrict all players to 1 touch.
- Ask players to chip or drill their passes.

## Coaching points

- 1) First touch out of the feet to allow space for the pass.
- 2) Don't be lazy in the middle, always on the toes to adjust and play 1 touch.
- 3) Accuracy in passing over 25 yds.

# Small sided games

Emphasis on keeping the shape



## Objective

To get the players used to playing in their position and to create an idea of how you want them to line up. To help the players grasp the distances between each department of the team.

## Equipment

1. 2 goals (4 poles)
2. 16 players (8 vs 8) and 2 goalkeepers
3. Bibs and cones
4. 40 yd x 70 yd area

## Session rules (see diagram)

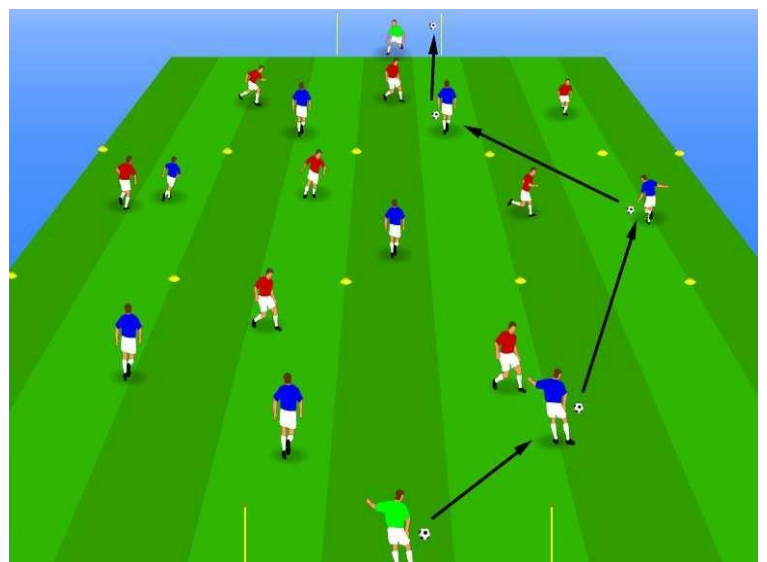
- Section the pitch into 3 sections. A 20 yd section in the middle and two end sections that will be 25 yds in length.
- Line the teams up into 3 defenders, 3 midfielders and 2 attackers.
- The defenders in the defensive section, midfielders in middle section and attackers in the final section.
- Players cannot move out of their section but can pass the ball out.
- Otherwise, normal game rules apply.

## Progressing the session

- Give the players restricted touches, i.e. 2-touch/1-touch.
- Allow the player who passed the ball into the section to follow his pass and join in the attack.

## Coaching points

1. Make sure midfielders give themselves space to receive the ball and do not limit their space by coming too close to the defence too early.
2. Always look for the players to offer 2 runs. One to take the marker away and another to make themselves available for the pass.



# Small sided games

Emphasis on shooting



## Objective

To encourage shooting from distance and reaction finishing inside the box.

## Equipment

1. 2 goals (4 poles)
2. Bibs and cones
3. 10 players (5 vs 5) and 2 goalkeepers
4. 25 yd x 40 yd area

## Session rules (see diagram)

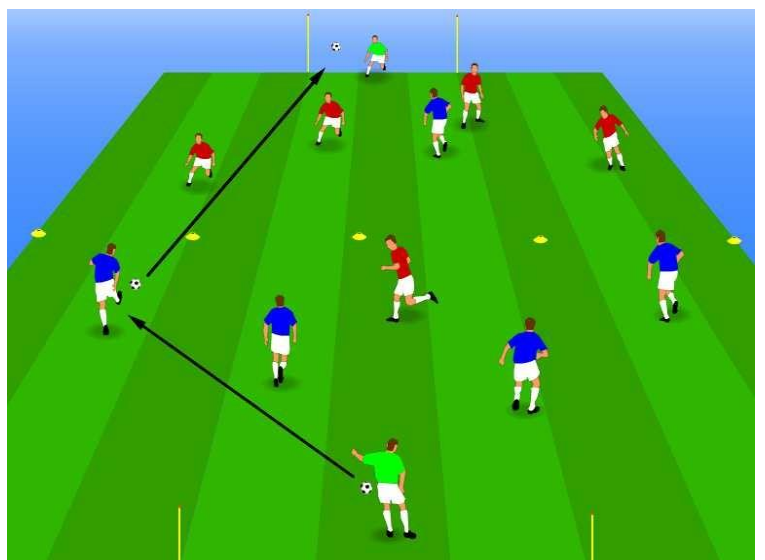
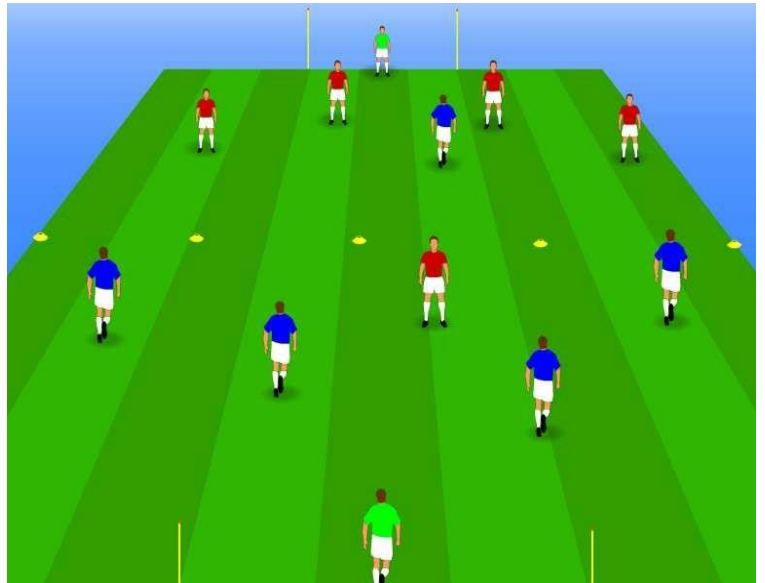
- Divide the pitch into 2 halves.
- 4 players in the defensive half and 1 player in attacking half.
- If a player scores from his half he scores 1 goal. If the sole player up front scores this counts as 3 goals.
- The sole player upfront can only score from a rebound or exceptional skill as he has 4 defenders to deal with. This is why it counts as 3 goals.
- This rule also encourages the players in the defensive half to shoot on target as this is the only way a rebound can be scored.

## Progressing the session

- Introduce and encourage first time shooting.

## Coaching points

1. Accuracy in shooting.
2. First touch out of the feet to create space for a correct body shape to shoot.
3. Get shots off as soon as the opportunity presents itself.
4. This is a high tempo exercise so encourage lots of attempts on goal.



# Small sided games

Emphasis on support play



## Objective

To improve players communication. To improve players passing and to encourage movement off the ball.

## Equipment

1. 2 goals (4 poles)
2. Cones and bibs
3. 40 yd x 60 yd area
4. 12 players and 2 goalkeepers

## Session rules (see diagram)

- Arrange players into 3 teams of 4 players.
- While the other two teams are playing, the players in the third team are arranged either side of the goal and are neutral. They can play for both teams.
- Neutral players have only 1 touch and cannot be used consecutively.
- The winner stays on. 1 goal to win. Teams change around after every goal.
- Continue the session for 15 minutes and whoever has scored the most goals wins.

## Progressing the session

- Introduce a rule stating that a goal resulting from a one-two counts as 2 goals.

## Coaching points

1. Focus on the importance of moving after the player has passed the ball.
2. The importance of neutral players making angles to receive the ball.
3. Neutral players must be vocal and want the ball and must be on their toes ready to receive as they only have 1-touch and must be able to adjust.





# Small sided games

Emphasis on developing width in attack



## Objective

To encourage using width when attacking and to develop strong team communication. Developing the habit of turning out when receiving the ball.

## Equipment

1. 2 goals (4 poles)
2. Cones and bibs
3. 16 players (8 vs 8) and 2 goalkeepers
4. 40 yd x 60 yd area

## Session rules (see diagram)

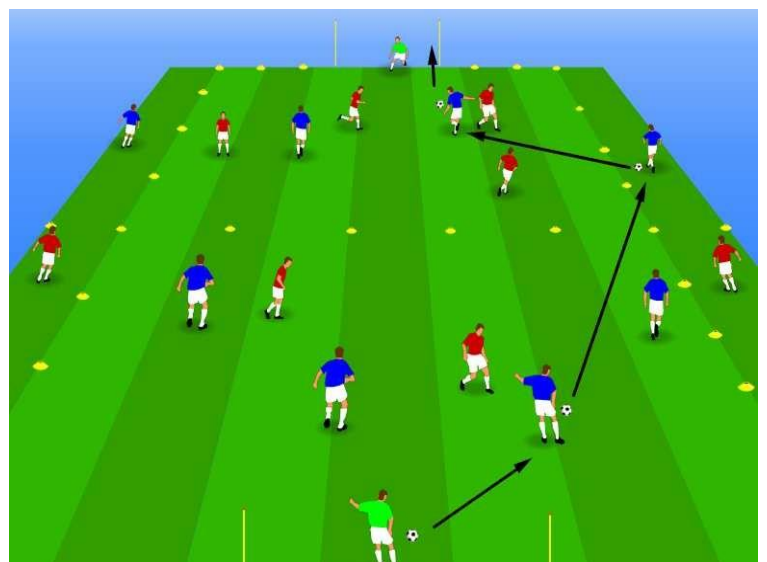
- Mark out a 3-4 yd wide tram line down each side of the pitch.
- Divide the pitch line into 2 equal halves.
- Place a wide player into the left and right side of the tram line in their respective attacking halves. So you have a total of 4 wide players.
- The team must pass out to the wide player before they can have an attempt on goal.
- Wide players are restricted to 2 touches and are unopposed as no other player is allowed within the tram lines. Defenders are allowed to get into a position to block the cross as long as they do not enter the tram line area.
- 1 goal from open play but 2 goals if a team score from a cross from the wide player.

## Progressing the session

- Impose a 2-touch rule to everyone on the pitch.
- Move onto a 1-touch rule if players are capable.

## Coaching points

1. Head should always be up to be aware of what's around.
2. Importance of first touch, especially for the wide player.
3. Awareness and technique to turn out and switch play.





# Small sided games

Emphasis on keeping the ball



## Objective

To ensure players are comfortable on the ball and to encourage the players to pass the ball and retain possession.

## Equipment

1. 2 goals (4 poles)
2. Cones and bibs
3. 16 players (8 vs 8) and 2 goalkeepers
4. 40 yd x 60 yd area

## Session rules (see diagram)

- Divide the pitch into 3 equal areas (horizontally not vertically).
- The players must pass through all the 3 areas before they can shoot on goal.
- If a team can make 10 consecutive passes they will be rewarded with a goal.
- Players are not restricted to their areas and can move freely around the pitch.

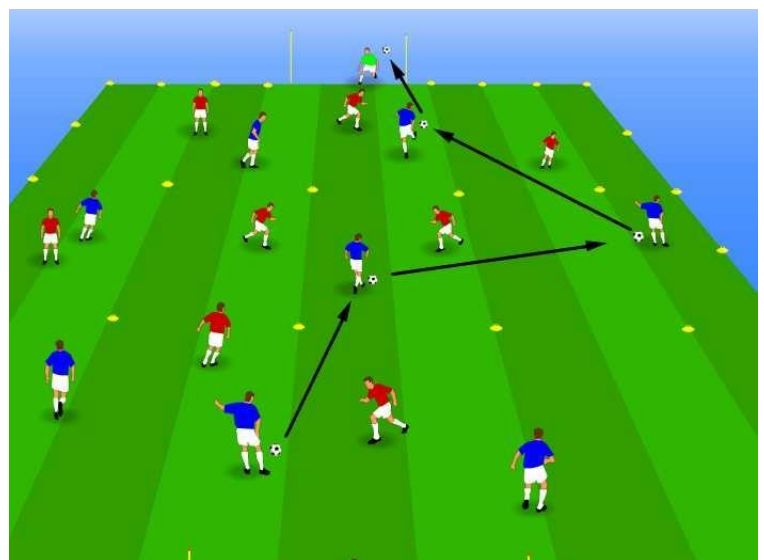


## Progressing the session

- Restrict players to 2 touches.
- Increase the number of consecutive passes required to score i.e. 12/15/20 passes before a goal is rewarded.

## Coaching points

1. Importance of midfield players to be available and to want the ball.
2. Do not force the play, be patient.
3. Retaining the ball for 10 passes is the same as scoring a goal in this game, remind the players of this. Possession of the ball is just as valuable.



# Small sided games

Emphasis on passing, movement and defending



## Objective

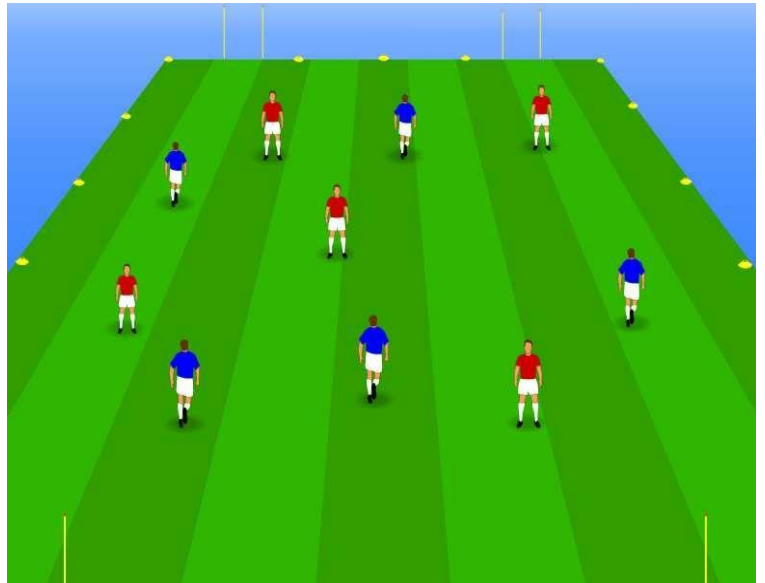
To encourage movement. To encourage players to change the focus of attack.

## Equipment

1. 8 poles/cones
2. Cones and bibs
3. 10 players (5 vs 5)
4. 30 yd x 40 yd area

## Session rules (see diagram)

- Set the pitch up 40 yds wide and 30 yds long.
- Make 2 goals at either side of the pitch with poles/cone as in the diagram.
- Establish which way each team is attacking.
- The aim is for a player from either team to run the ball through one of the opposition's goals.

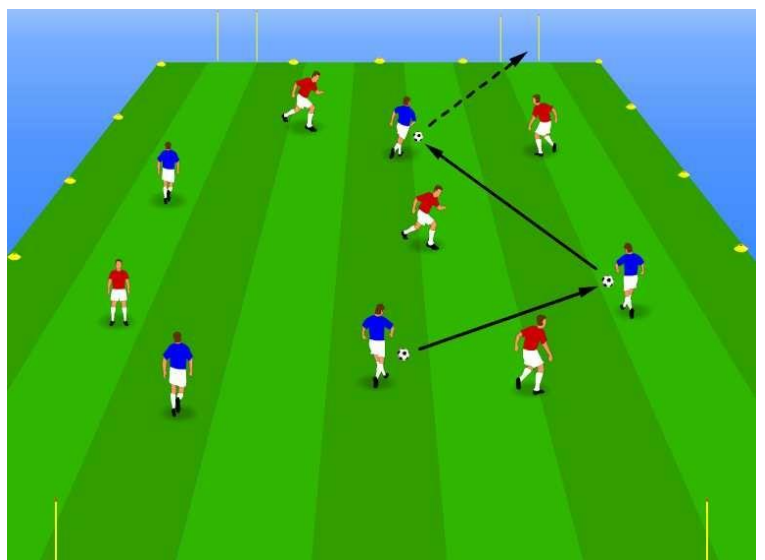


## Progressing the session

- Introduce a third goal at each end to give the attacking team more options and the defending team more problems.
- Introduce a rule that gives the team in possession a goal if they manage 10 consecutive passes.
- Increase the size of the pitch to challenge the players fitness.

## Coaching points

1. Encourage creative play and dribbling skills.
2. Focus on moving the ball quickly and changing the focus of attack to give defenders problems in adjusting.



# Small sided games

Emphasis on passing through midfield



## Objective

To encourage defenders to pass into midfield and to increase players confidence in retaining possession of the ball and to be patient in their build up.

## Equipment

1. 2 goals (4 poles)
2. Bibs and cones
3. 14 players (7 vs 7) and 2 goalkeepers
4. 40 yd x 60 yd area

## Session rules (see diagram)

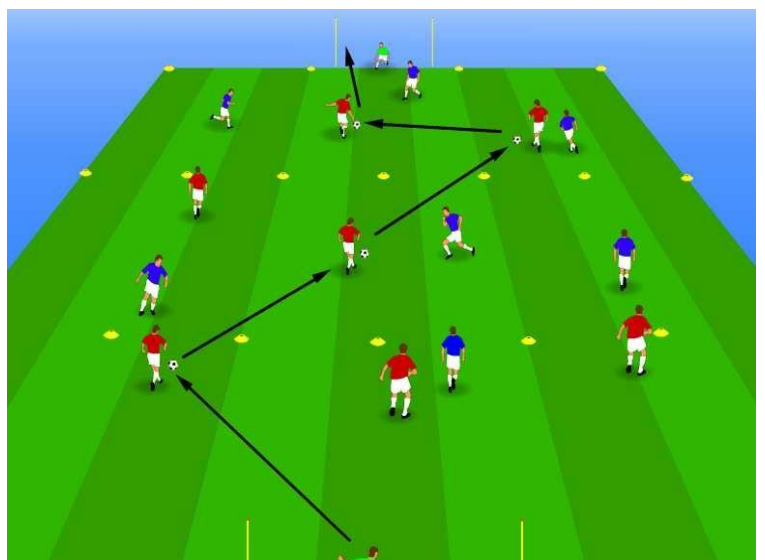
- The pitch is split into 3 equal sections horizontally across the pitch. A defensive third, a midfield third and an attacking third.
- Each team must pass the ball through each of three sections before a goal can be scored.
- If the ball is won in the middle third, the team that has won the ball has to pass it back into the defensive third before they can progress towards their attacking third. This is to ensure that they have gone through all 3 sections of the pitch for the goal to count.
- If the ball is won by the attacker in the other teams defensive third then the attacker is entitled to go straight for goal. This will keep defenders on their toes and will keep attackers working hard.

## Progressing the session

- Give the players only 2-touches in the defensive and midfield areas of the pitch to encourage good control and good anticipation of their next pass.
- Always keep it all-in in the attacking third as this encourages dribbling and creative play.

## Coaching points

1. Patience when in possession.
2. Tell players not to be afraid of passing backwards. If there is not an obvious pass forwards then sideways or backwards is ok to retain possession.



# Small sided games

Emphasis on running forward of the ball



## Objective

To encourage positive play and to develop players confidence in the through ball.

## Equipment

1. 2 goals (4 poles)
2. Cones and bibs
3. 12 players (6 vs 6) and 2 goalkeepers
4. 40 yd x 60 yd area

## Session rules (see diagram)

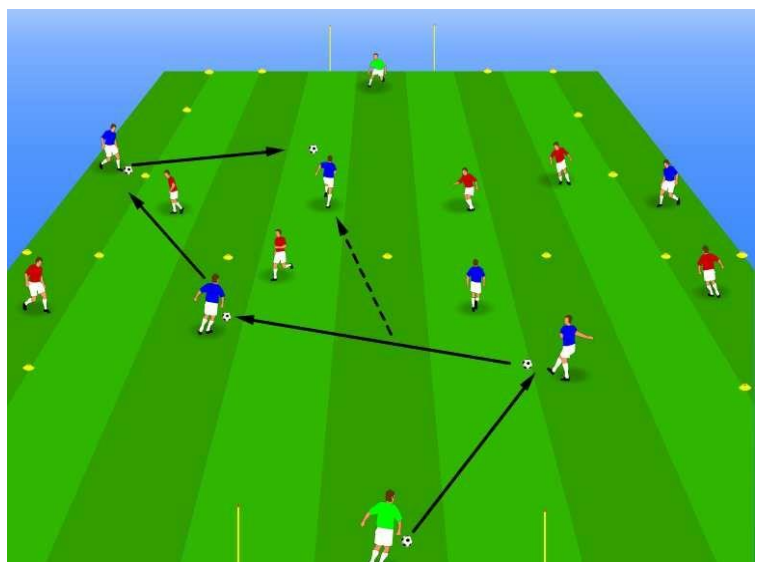
- The game is a 4 vs 4 game with the two teams having 2 support players each in their attacking half.
- Every attack must go through the support players via a wall pass or a through ball (third man run).
- Support players have only 2 touches and must stay on the outside of the pitch and in their respective halves.
- First team to score 10 goals wins.

## Progressing the session

- The support players can be restricted to 1-touch.
- Allow all the players to play the final through ball.

## Coaching points

1. Focus on the support players weight of the pass when attempting the through ball.
2. Encourage players to run forwards and be positive.



# Small sided games

Emphasis on switching play



## Objective

To encourage players to switch the play and be aware of turning out with the ball and changing the point of attack.

## Equipment

1. 2 goals (4 poles)
2. Bibs and cones
3. 14 players (7 vs 7) and 2 goalkeepers
4. 40 yd x 60 yd area

## Session rules (see diagram)

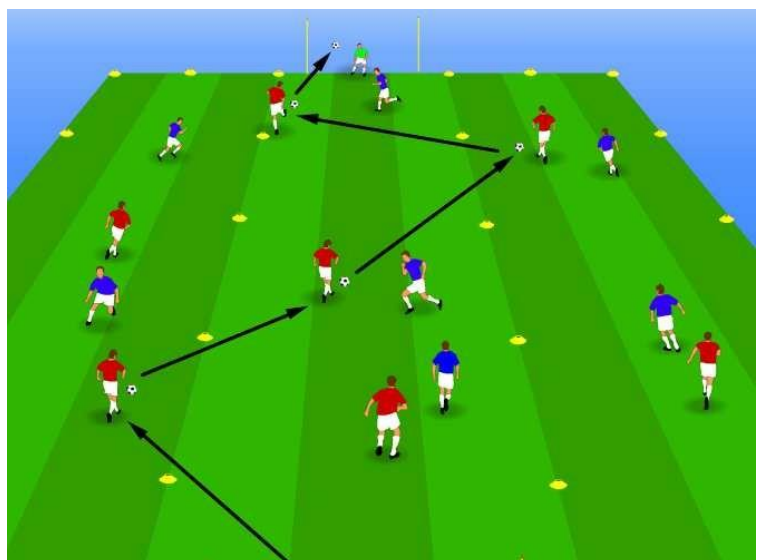
- Make 3 sections vertically up the pitch with your cones.
- The team must pass across all 3 sections before they can score.

## Progressing the session

- Give the players 3 touches to challenge their awareness and to encourage them to use their first touch wisely.

## Coaching points

1. Spatial awareness. Are they aware of what's around them.
2. Good first touch and importance of receiving the ball on the half turn.





# Small sided games

Emphasis on squeezing up



## Objective

To train the defenders into pushing up the pitch. To try and work the defenders and keep them awake and alive.

## Equipment

1. 2 goals (4 poles)
2. Cones and bibs
3. 40 yd x 60yd area
4. 14 players (7 vs 7), 2 goalkeepers

## Session rules (see diagram)

- The game is played in a normal fashion with both teams aiming to score.
- For a goal to count, ALL of the attacking team must be in the opposing half.
- As the coach and referee, it is important you keep an eye on the defenders to ensure they are indeed in the opposing half if a goal is scored.

## Progressing the session

- Introduce a 2-touch rule to challenge the players control and ability to see an early pass.

## Coaching points

1. Importance of being alert and not to be lazy.
2. Communication, talk to your teammates.
3. Concentrate on possession to work your way into the opposition's half to give defenders a chance to push up for the goal to count.
4. Long balls forward will mean the attacker has to hold the ball up until defenders are able to make up the ground into the attacking half.



# Attacking drills

Emphasis on 1-touch finishing around the box



## Objective

To improve finishing and to improve players first touch and movement around the box.

## Equipment

1. Cones
2. 1 goal (2 poles)
3. Min. 3 players and 1 goalkeeper
4. Good supply of balls
5. Penalty area (preferable)

## Session rules (see diagram)

- Place one player on the edge of the box as they will be setting up the play.
- Place the second player 10 yards out from the box and facing the player setting up the play.
- Place the third player 15 yards out from the box, behind the second player and facing the player setting up the play also.
- The second player has the ball in their hands and throws it to the player on the edge of the box.
- The player who receives the throw will lay it off with their first touch.
- The third player will make a run into the box as soon as the ball is thrown looking for the lay off.
- The player who threw the ball also makes a run but will run the opposite side to the third player's run.
- The setter has 2 options. Whoever they lay it off to will control and shoot on goal.
- Keep rotating the players so everyone changes positions after each go.

## Progressing the session

- Instead of throwing the ball into the setter it can be chipped in. This requires good technique.
- Introduce forfeits for players who miss the target as this will put pressure on the players and make the exercise more difficult.

## Coaching points

1. Nice soft touch from the setter.
2. Sharp, positive runs from attackers.
3. Head over ball and good technique in shooting.
4. Accuracy in shooting.



# Attacking drills

Emphasis on 1 vs 1 attacking



## Objective

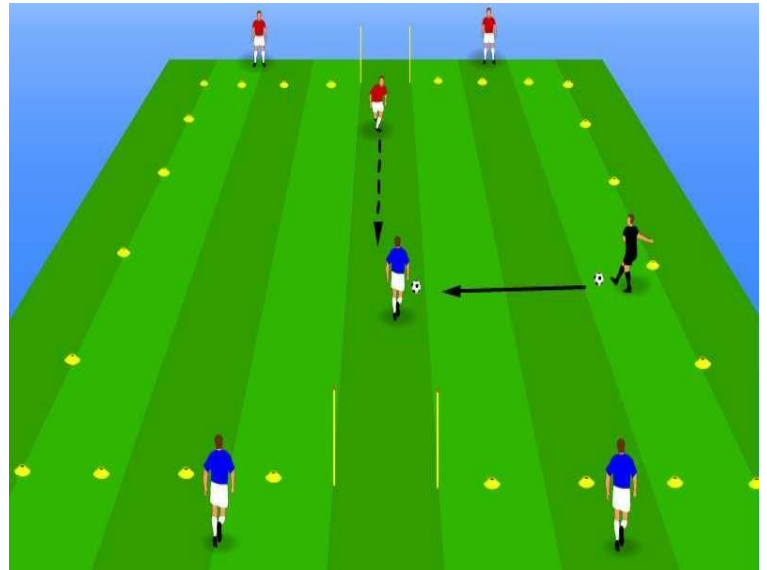
To improve players ability to use their skills in 1 vs 1 situations.

## Equipment

1. Cone/ bibs/poles
2. Good supply of balls
3. 20 yd x 30 yd area
4. Min. 6 players

## Session rules (see diagram)

- Cone off a 20 yd x 30 yd area and make a goal at each end using cones or poles. Each goal should be approx. 4 yards wide.
- Organise your players into 2 teams of 3.
- Place a player from each side into the area as they will be working first.
- Place the other 2 players from each side at either side of their goals.
- Start by passing the ball into one of the players in the middle.
- They have to try and beat their opponent and score a goal by running the ball through the goal.
- If they feel they cannot get past their opponent they can choose to pass back to one of their teammates for them to have a go. Effectively, they are 'tagging' their teammate into the game.
- Once a goal has been scored change the players in the middle.
- If a goal hasn't been scored for a while then use your discretion to change the middle men before they tire too much.



## Progressing the session

- Have 2 vs 2 or 3 vs 3 to make things more difficult.
- Place a time limit on the attack.
- Make the area smaller so that the defenders have a better chance of stealing the ball.

## Coaching points

1. Be positive, encourage the players to use their skills.
2. Take the player on with pace, a change of pace is just as effective as using a skill.
3. Once a yard has been created by using a skill make sure the player takes advantage and bursts through with pace to get past the defender.

# Attacking drills

Emphasis on improving first touch and ball skills

## Objective

To improve players' confidence in handling the ball and to improve their concentration and first touch as well as making the session fun and improving player communication.

## Equipment

1. Supply of balls
2. Min. 6 players

## Session rules (see diagram)

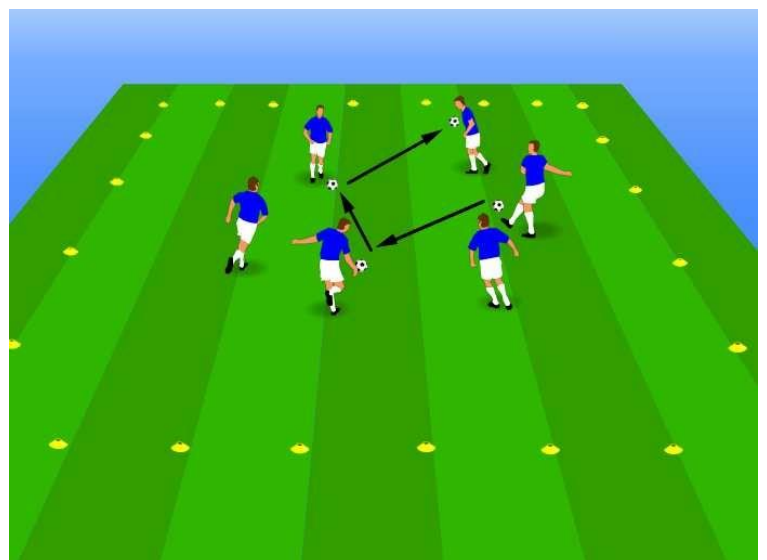
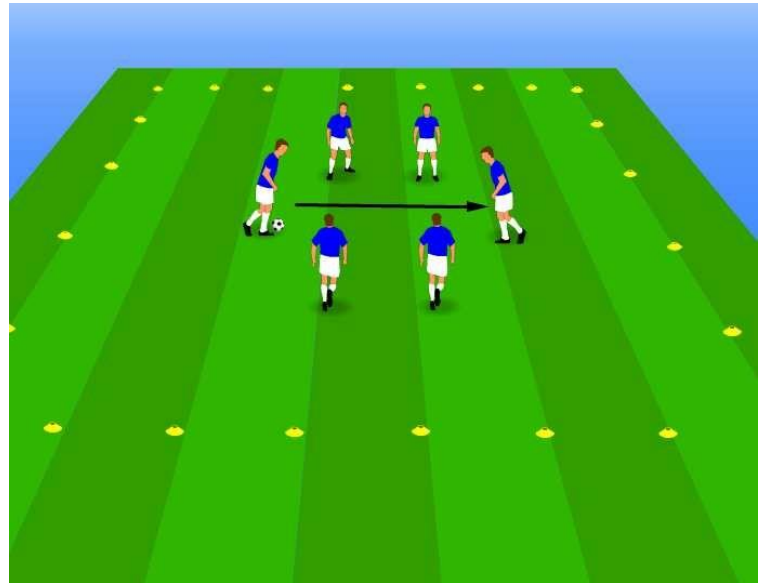
- Organise players into a circle.
- One of the player's starts with the ball in their hands and starts the drill off by throwing it to a teammate.
- As the ball is thrown, the player shouts out a number. This number refers to the number of times the player has to keep the ball up.
- After the player has kept the ball up the player then passes it off to a teammate and calls out a number for that player to keep the ball up.
- Continue this process until the ball is dropped.
- Whoever drops the ball has to do 20 press ups before the drill starts again.

## Progressing the session

- The players can start calling out body parts as well as a number so that the player has to use those parts that have been called out i.e. head, shoulder, knee.
- Reduce to 1-touch play if the players are capable.

## Coaching points

1. Ensure players are moving around and are not stationary. Make sure they are calling for the ball.
2. Emphasise the importance of the first touch.
3. Emphasise the importance of concentration as the ball should not hit the floor if they are fully concentrated.
4. Ensure the pass off to the teammate has some height as this will give player time to adjust and control the ball.





# Attacking drills

Emphasis on attacking wing play

## Objective

To improve attacking down the wings and to encourage expression of skills and crossing.

## Equipment

1. Half a pitch
2. Good supply of balls
3. 11 players and 1 goalkeeper

## Session rules (see diagram)

- Place 2 wingers on the touchline and in line with the penalty box.
- Place 1 defender either side of the pitch in a position to defend against both wingers i.e. 10 yds off the winger anticipating the pass.
- Place 2 forwards on the edge of the box.
- Place the other two defenders in a central position to mark the forwards.
- Place a player wide left and wide right, 20 yds behind the wingers as if they are attacking full backs.
- The final player is your central midfielder and they should be placed level with the full backs in a central position. They will start the attack.
- The central midfielder passes either left or right to the full back.
- The full back will pass into the winger who is then shut down by the defender.
- Winger tries to beat the defender and get a cross into the box.
- The forwards try to free themselves from the defenders to score from the cross.
- Keep alternating from left to right ensuring both wingers get equal amount of the ball.

## Progressing the session

- If the winger has no luck against the defender get the winger to play back so the play may be switched to the other side.
- Get the central midfielder to shoot on goal. Create different attacking scenarios.

## Coaching points

1. Firstly, concentrate on wingers and encourage them to be positive and attack the defender at pace.
2. Secondly, work on the forwards movement in the box, one far post and the other near post.
3. Encourage the midfielder to join in the attack.





# Attacking drills

Emphasis on build-up play and finishing



## Objective

To improve players' understanding of build-up play and to improve their confidence and technique in finishing from wide crosses.

## Equipment

1. Cones
2. Half a pitch
3. Min. 10 players and a goalkeeper
4. Good supply of balls

## Session rules (see diagram)

- Place a cone at the edge of the centre circle.
- Place a cone 5 yds in from both touchlines and 20 yds out from the by-line.
- Have 2 attackers next to each other on the edge of the penalty area.
- Have 2 wide players on each cone - right and left side.
- Organise the rest of the players on the cone at the edge of the centre circle with the balls.
- The player starts with the ball at their feet at the edge of the centre circle and passes into one of the attackers. The attacker lays it off to their partner.
- The ball is then played wide to either the right or left side.
- One of the wide players receives the ball, controls it and waits for their partner to overlap before playing him/her down the line to cross.
- Once the attackers have passed the ball out wide they spin and make their way into the box to get on the end of the cross.
- You can keep alternating your strikers with midfielders after each attempt on goal.

## Progressing the session

- Introduce wide defenders to stop the wide players crossing and central defenders to stop attackers scoring.

## Coaching points

1. Firm pass into the attacker.
2. Make sure attackers time their runs effectively.
3. Importance of good first touch from all players.



# Attacking drills

Emphasis on fast break and innovative passing



## Objective

To improve players' confidence in breaking quickly and to use innovative passes to open defences. To improve the players decision making processes.

## Equipment

1. Half a pitch
2. Min. 7 players and 1 goalkeeper
3. Good supply of balls
4. Bibs and cones

## Session rules (see diagram)

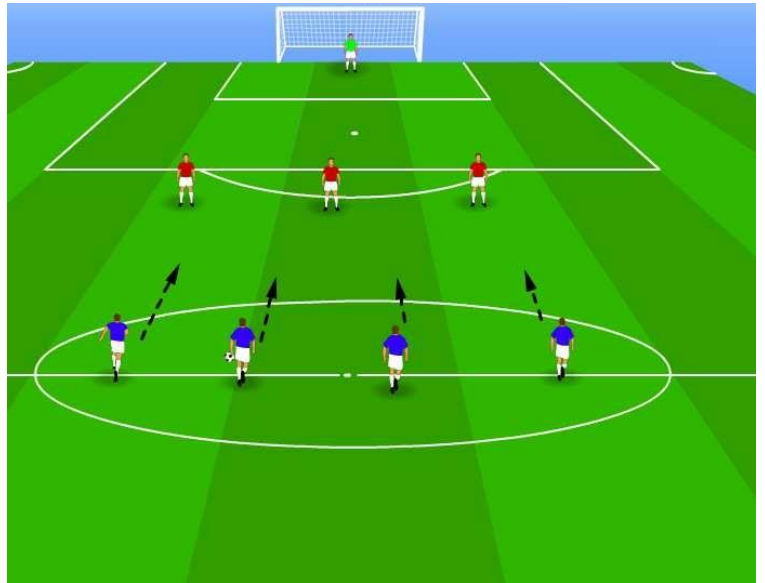
- Organise your players into 4 attackers and 3 defenders.
- 3 defenders start 30 yards from goal and attackers start on halfway line.
- On the whistle the 4 attackers run at the defence looking for ways to open them up and get an attempt on goal.
- 1 goal for a successful attack resulting in a goal, 1 goal for the defenders resulting from a successful defence of their goal.

## Progressing the session

- Increase the numbers to 5 on 4 or 7 on 5.
- Add a time limit to the attack.

## Coaching points

1. Look for the pass in between the defenders to split them open.
2. Run at pace to force the defenders to make a decision.
3. Encourage overlaps to move the defenders around and to try and out number them down one side.
4. Encourage individual skill to create openings. Have the players got a trick?



# Attacking drills

Emphasis on fast break attacking



## Objective

To improve speed when running with the ball and to get players thinking about their movement to create space for their team mate.

## Equipment

1. Cones
2. 30 yd x 50 yd area
3. Min. 3 players and goalkeeper
4. Good supply of balls

## Session rules (see diagram)

- Organise players into 2 attackers and 1 defender.
- Defender starts 30 yds out from goal.
- Attackers start level to one another 10 yds apart and 50 yds from goal.
- One attacker starts with the ball at his feet and runs at the defender at pace. The other attacker runs with him.
- If the attacker takes the defender on down the line then the other attacker makes their way into the box to receive the cross to finish.
- If the attacker takes the defender on the inside then the other attacker runs outside to make space for their teammate to run into.
- Emphasis is on speed and pace in attack.
- Defender does their best to stop attack.

## Progressing the session

- Introduce another defender and make the defender start at same position as the attackers so that they are making a recovery run to retrieve the ball.
- Introduce a time limit on the attack to put pressure onto the attackers.

## Coaching points

1. Running at pace towards the defender whilst maintaining tight control of the ball.
2. Supporting attacker to be alert to their positioning and runs.
3. Confidence in skills and the ability to use them under pressure and at pace.



# Attacking drills

Emphasis on movement, overlaps and finishing



## Objective

To improve finishing inside the box and to get the players used to overlapping to create space and time for their teammate.

## Equipment

1. Penalty area (preferably)
2. 1 goal (2 poles)
3. Minimum of 7 players and 1 goalkeeper
4. Good supply of balls

## Session rules (see diagram)

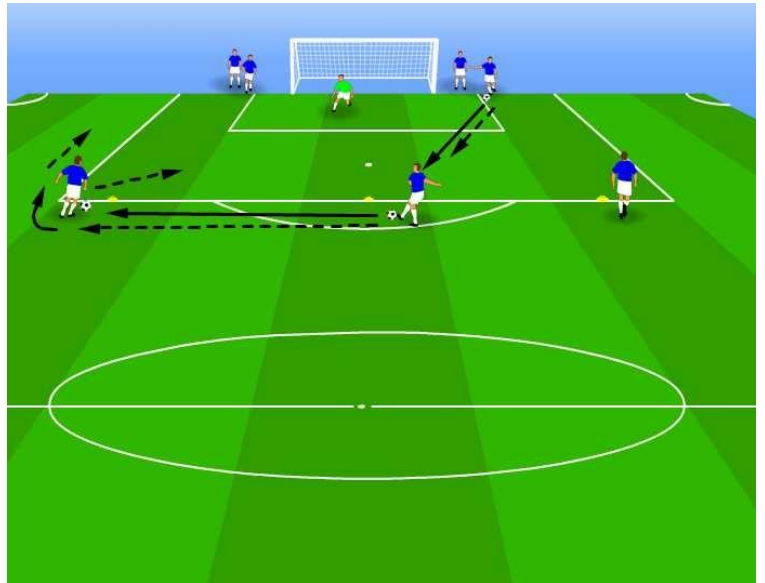
- Place 2 players either side of the goal with the balls at their feet as they will be starting the drill.
- Place 1 player 3 - 4yds inside from the apex of the penalty box on both sides, as in the diagram.
- Place the other player at the edge of the box and central to the goal.
- One of the players at the side of the goal will pass the ball into the central player and will follow the pass to replace the central player.
- The central player will control the ball and pass it out to the left or right side player and will proceed to overlap them.
- The wide player will control the ball and dribble towards goal and will play a reverse pass to the player on the overlap.
- The overlapping player will cross the ball into the wide player who will have made their way into the box to finish off the cross.
- Overlapping player takes the wide players position and the wide player joins one of the groups at the side of the goal.
- Keep the session going so the players get the overlaps correct and time their runs into the box properly.

## Progressing the session

- Introduce a defender.
- Introduce different passing combinations.

## Coaching points

1. Eye on the ball when finishing.
2. Sharp, positive overlaps.
3. Good technique on the reverse pass.





# Attacking drills

Emphasis on quick passing and quick thinking



## Objective

To get the players thinking and getting used to passing the ball early and quickly. A great drill for a central midfielder player.

## Equipment

1. Cones and bibs
2. 15 yd x 15 yd area
3. Min. 7 players
4. 2 balls

## Session rules (see diagram)

- Mark out a 15 yd x 15 yd area.
- Organise your players so that there is 1 player on each side of the square.
- Have 2 players and 1 defender in the middle.
- The attackers will receive the ball off one of the players on the side of the area and will pass it across to the player on the opposite side of the area in as few passes as possible.
- Once this has been achieved they will receive the ball off one of the other players on the edge of the square to try and achieve the same result (the attackers will be working horizontally and vertically across the square).
- The defender will be trying to stop this transfer from happening.
- Keep the session going for 2-3 minutes as it is very tiring if done at high tempo.

## Progressing the session

- Add another defender to make it more challenging for the attackers.
- Limit the touches to 2 or 3 touch. Try 1-touch if you feel the players can handle it.
- Add more players i.e. 4 attackers and 3 defenders.

## Coaching points

1. Always be on the half turn when receiving the ball.
2. Look over the shoulder when receiving the ball so you are aware of what's around you and the options available.
3. Keep a high tempo. Players must be on their toes at all times.
4. Get in to the habit of playing round the corner.





# Attacking drills

Emphasis on shape, switching play and finishing



## Objective

To improve players' ability to control, pass and finish.  
To give players an idea of shape and their position on the pitch.

## Equipment

1. Cones
2. Min.12 players and a goalkeeper
3. Half a pitch
4. Good supply of balls

## Session rules (see diagram)

- Set up cones as in diagram.
- Organize your players so that there are 3 players on each cone.
- Start with the balls on the left touchline and have that player pass into the player on the middle cone and make sure they follow their pass and join the back of the queue.
- The middle player controls and turns out to pass to the player on the right touchline and follows the pass to join the back of that queue.
- This player controls the ball and passes into the player on the edge of the box and follows the pass to join the back of that queue.
- This player will control and turn to shoot on goal. After the shot the player joins the group of players on the left touchline for the process to start again.
- Keep the drill going until everyone has had a go at shooting and then change sides and go from the right side.



## Progressing the session

- Change the order of passing. Have the player on the left touchline play a long pass across to the player on the right touchline and follow the pass. This player then passes into the player on the edge of the box and follows the pass. This player then sets up the forward running midfielder to shoot on goal. Player who shoots joins the left touchline. Player who laid it off joins the midfield group.



## Coaching points

1. The importance of the first touch.
2. Good, crisp passing throughout.
3. Ensure a high tempo to get the maximum out of the drill.

# Defending drills

Emphasis on 1 vs 1 defending



## Objective

To improve players' ability to defend in 1 vs 1 situations. To enhance players' footwork and ability to change direction quickly and effectively when defending.

## Equipment

1. Cones/bibs/poles
2. 6 players (2 defenders and 4 attackers)
3. 15 yd x 20 yd area
4. Good supply of balls

## Session rules (see diagram)

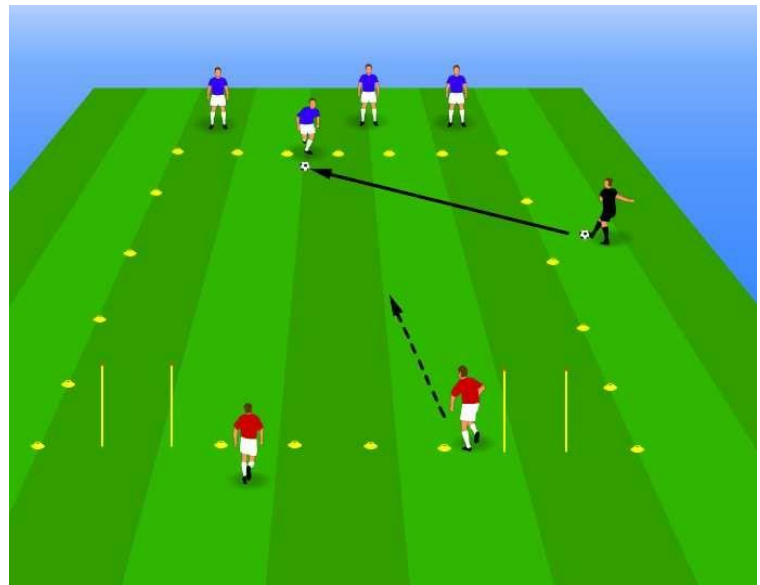
- Cone off a 15 yd x 20 yd area.
- Make 2 gates at either corner of the defenders half of the pitch. This is what they will be defending.
- Place one of your defenders in the centre of the area.
- Place your 4 attackers at the end of the grid, as in the diagram.
- As the coach, you will start the session off by passing into one of the attackers who will proceed to try and take the defender on and run the ball through one of the gates.
- After every attack alternate the defenders so they stay fresh.
- Each attacker has 3 attempts each to score. This totals 12 attacks and gives the defenders 6 goes each to defend.
- Award a goal for every time the attacker runs the ball through one of the gates.
- Award a goal for every time the defender successfully tackles and gets the ball out of the area.

## Progressing the session

- Put a time limit on the attack to make it more difficult for the attacker.
- Add another gate to make it more difficult for the defenders.

## Coaching points

1. Look at the body positioning of defender, get them nice and low and light on their toes when engaging the attacker.
2. If the attacker is predominantly one footed, see if the defender is intelligent enough to show them onto their weaker side.



# Defending drills

Emphasis on defending and recovering



## Objective

To improve players' ability to recover and defend once out of position and to improve their ability to defend in 1 vs 1 situations.

## Equipment

1. Cones/bibs/poles
2. 1 goal (2 poles)
3. Min. 6 players and 1 goalkeeper
4. 25 yd x 25 yd area
5. Good supply of balls

## Session rules (see diagram)

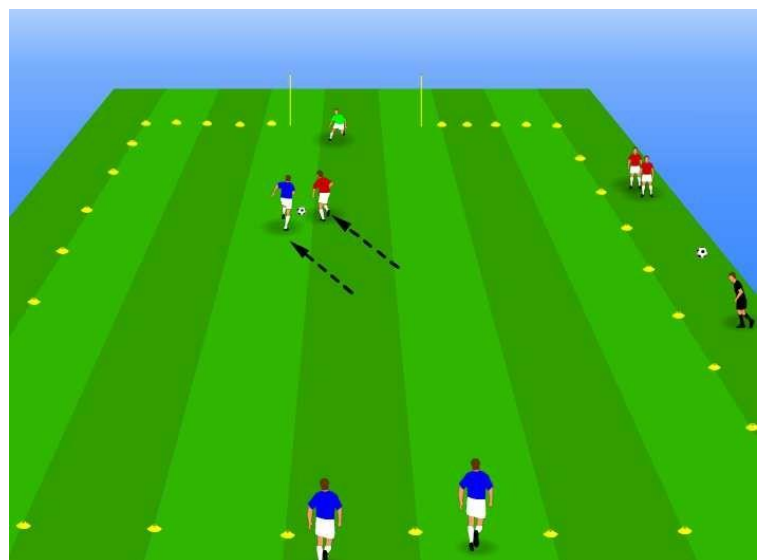
- Mark out a 25 yd x 25 yd area with your cones.
- Place a goal at one end of your area.
- Organise your players so that 3 attackers are placed at the opposite end facing the goal with a ball each.
- Organise your players so that 3 defenders are placed 15-18 yds out from goal and at the side of the area.
- Session starts as the coach throws the ball to defender's head and they head the ball back to the coach.
- As soon as the defender heads the ball back to the coach, the attacker runs the ball towards goal to try and score.
- As soon as the defender heads the ball back to the coach the defender shuts the attacker down before the attacker can shoot on goal.
- Count how many the attacking group scores then change the groups over. Attacking group becomes the defenders and vice versa.
- Team that scores most goals wins.

## Progressing the session

- Challenge the defenders technique by asking them to drill the ball into the coach's hands before shutting down the attacker.

## Coaching points

1. Power and accuracy when heading.
2. Power and accuracy if progressing to drilling the ball into the coach's hands.
3. Emphasize the importance of the defender reacting and covering the ground quickly to shut down the attacker.
4. Defenders should not dive in but provide enough pressure to put attacker off the shot



# Defending drills

Emphasis on defending as a group



## Objective

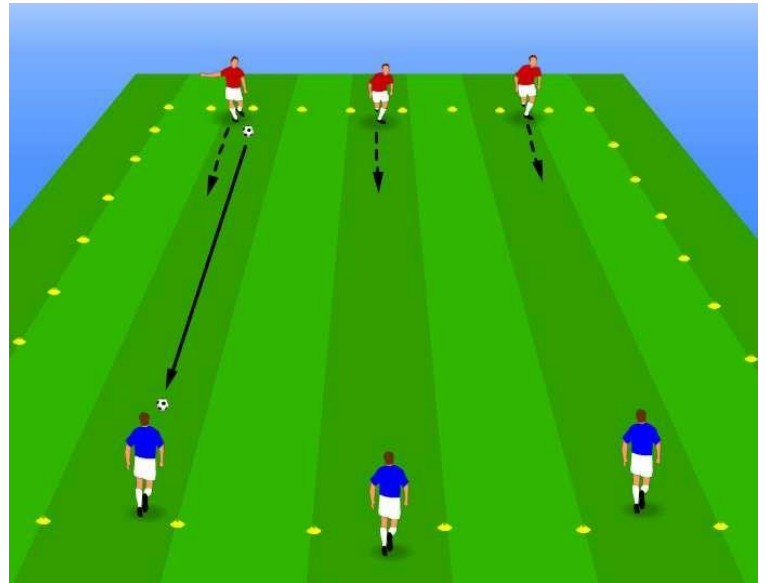
To improve communication and organisation when defending. To improve players' awareness and positioning when defending in a group.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 20 yd x 30 yd area
4. 6-8 players

## Session rules (see diagram)

- Organise your players into 2 groups of 3 (3 attackers and 3 defenders).
- Place attackers at one end of the grid and the defenders at the other end.
- Defenders pass into the attackers and defend their end. They must not let the attackers get through and stop the ball on their line.
- A goal is scored every time the attackers successfully stop the ball on the defenders line.
- The attackers will have 10 attempts to score.
- You can switch the attackers with the defenders to create competition to see who scores the most goals and who defends the most efficiently.

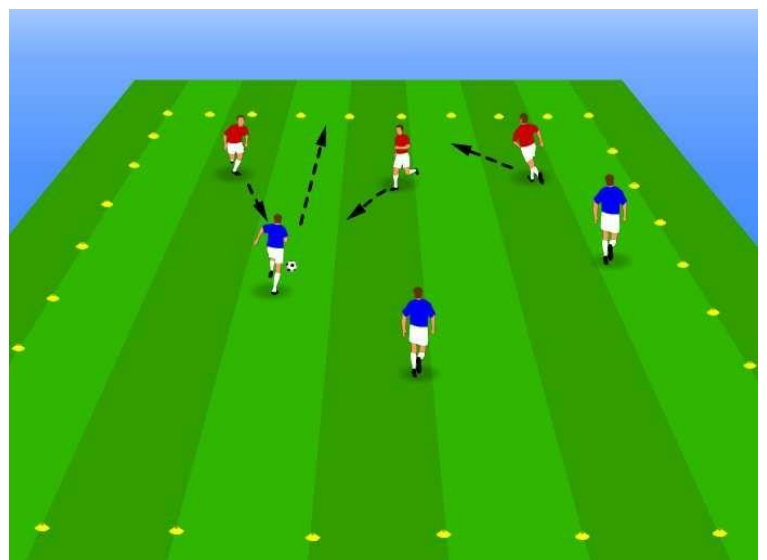


## Progressing the session

- Set a time limit on the attack to make it harder for the attacking team.
- Add an extra player to the attacking team to make it harder for the defenders.

## Coaching points

1. Good communication, lots of talking from the defenders.
2. Develop a system where one defender presses the ball and the other two take up appropriate covering positions.
3. Ensure the pressing is done sharply and with enthusiasm.
4. When pressing the ball ensure the defenders are low and light on their feet so they can change direction quickly and effectively.





# Defending drills

Emphasis on defending in pairs

## Objective

To improve communication between defenders and to get them thinking as a unit when defending.

## Equipment

1. Cones/bibs/poles
2. 1 goal (2 poles)
3. 30 yd x 30 yd area
4. Good supply of balls
5. Min of 5 players and a goalkeeper

## Session rules (see diagram)

- Cone off your area (or use the penalty box) and extend the area with your cones, as in the diagram.
- Place the 3 attackers at the far end of the area ready to attack the goal.
- Place 2 defenders at edge of the box ready to defend their goal.
- As the coach, start the session by passing into the attackers and let them attack the defenders. The attackers are looking to get a shot off at goal.
- There is a 15 second time limit on the attack.
- Offsides are active in the session.
- Defenders must defend and stop any shots on goal and try to dispossess the attackers.
- 2 goals for every goal scored by attackers.
- 1 goal for every shot on target by attackers.
- 1 goal for every time a defender tackles and gets the ball out of the area.
- 1 goal for defenders if they can limit the attackers to no shots on goal within the 15 second time limit on the attack.

## Progressing the session

- Make it a larger area with more attackers and defenders i.e. 4 vs 3.

## Coaching points

1. Ensure there is good communication between the defenders.
2. Defenders are outnumbered so they must be patient and wait for a bad pass or a mis-control before deciding to shut the ball down.
3. If pressing the ball, make sure they go together, as the offside rule is active and they stand a good chance of catching the attackers offside.



# Defending drills

Emphasis on defensive compactness and communication



## Objective

To improve communication between defenders and encourage players to keep compact when defending. This drill will also place the concepts of covering and supporting into the players minds.

## Equipment

1. Cones/bibs/poles
2. Good supply of balls
3. 30 yd x 25 yd area
4. Min. 6 players

## Session rules (see diagram)

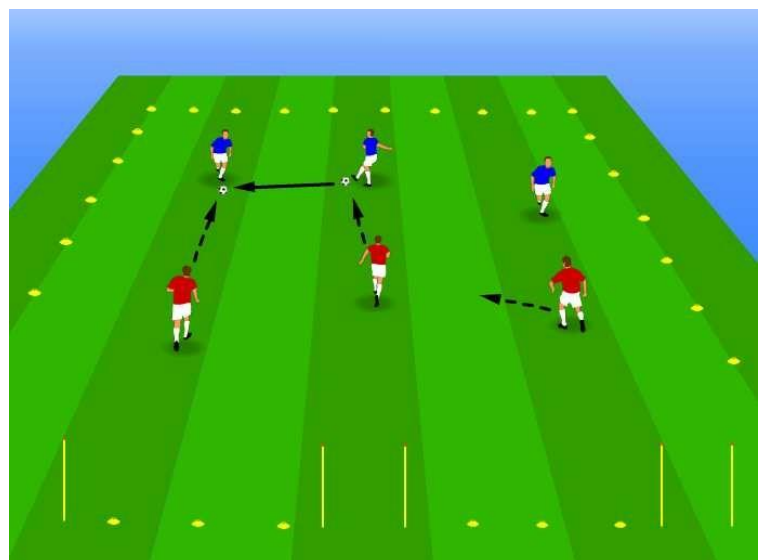
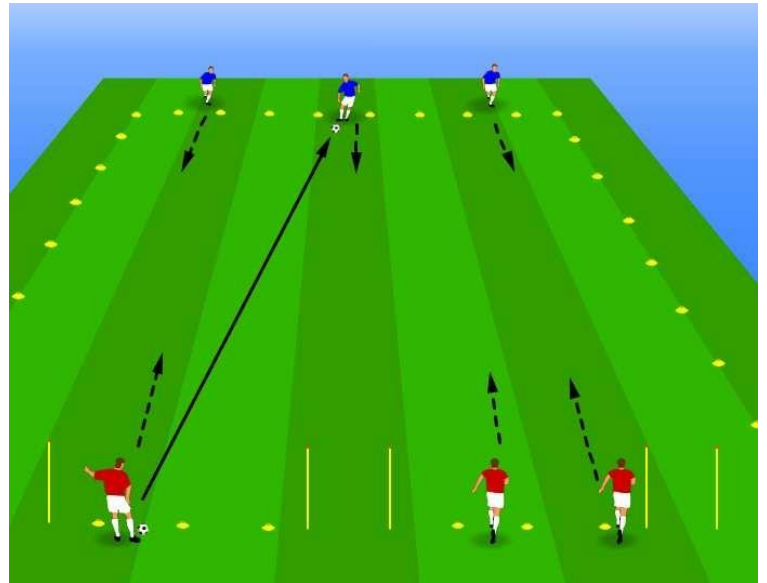
- Make a 30 yd wide by 25 yd long area.
- Make 3 goals at one end of the grid with your poles (goals should be 2 yds wide).
- Place 3 defenders behind the goals. The defenders will be defending this end and will be protecting the goals.
- The game starts off with defenders passing the ball out to the attackers and then going to shut the ball down.
- Attackers will work the ball and try to pass the ball through one of the 3 goals.
- Each successful attempt at passing through the goals counts as 1 goal to the attacking team.
- Defenders will try to stop any goals being scored.
- After 10 attacks the defenders change roles with the attackers.

## Progressing the session

- Add an extra attacker to outnumber the defence making it harder to stop goals being scored.
- Add an extra goal to make it harder for the defenders to stop goals being scored.

## Coaching points

1. Defenders should get out to the ball quickly and sharply, then shorten their steps to jockey effectively.
2. Nearest defender shuts the ball down.
3. If defender shuts down effectively and the attacker passes square to a teammate then that defender must drop and cover while his teammate shuts the ball down.
4. Defenders should not be caught square.



# Defending drills

Emphasis on regaining possession

## Objective

To improve players' ability to defend as a group and to press as a unit. To improve the communication between players and to increase sharpness and fitness.

## Equipment

1. Cones and bibs
2. Good supply of balls
3. 30 yd x 40 yd area
4. 12 players

## Session rules (see diagram)

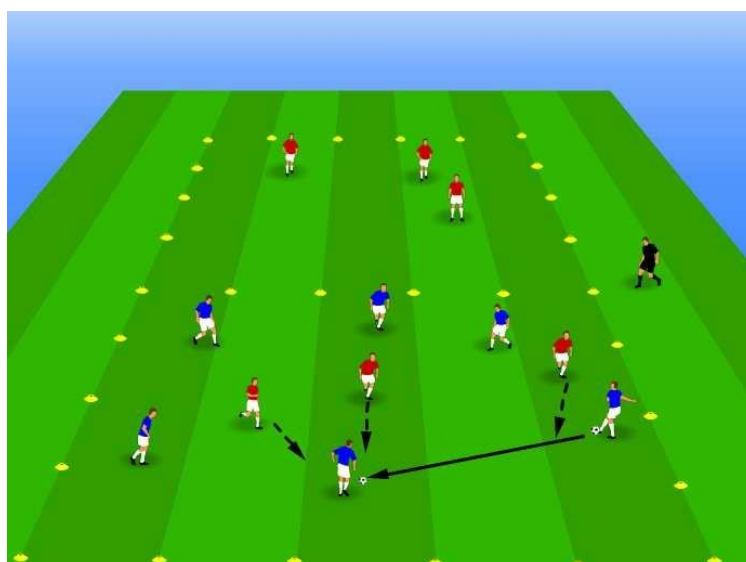
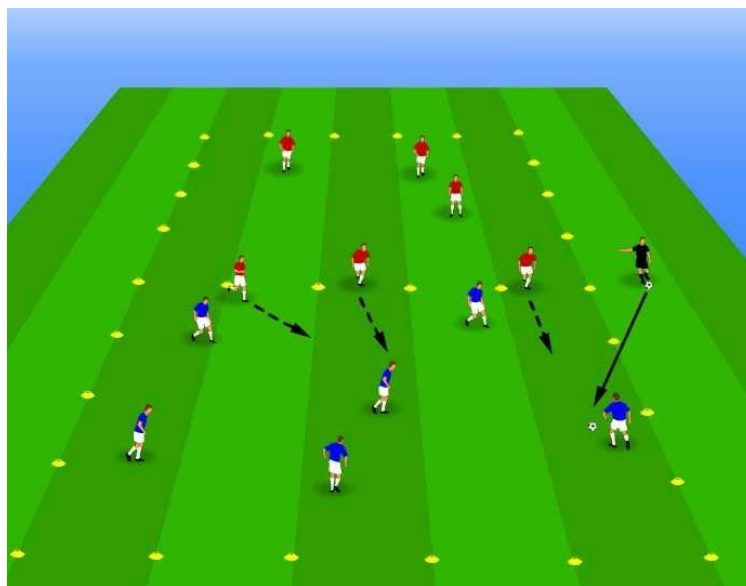
- Organize your players into 2 teams of 6.
- Cone off your area and divide it into 2 equal halves.
- Place a team in each half of the pitch.
- One team starts with the ball and has to make 6 passes in order to score a goal.
- As soon as the team in possession has made their first pass, 3 players from the opposing team enter the opposing area to shut them down.
- As soon as the defending team wins possession, they must pass the ball into their half of the pitch and try to make six passes.
- When this happens, the attacking team is now defending and has to send 3 players into the half to try and win back possession.
- Keep the game going until a team gets to 10 goals.

## Progressing the session

- Make it harder for the players by increasing the number of passes to score a goal i.e. 10 passes.
- Make it harder for the defenders by allowing only 2 players to shut the ball down instead of 3.
- Make the area smaller to make it harder for the attacking team.
- Make the area larger to make it harder for the defending team.

## Coaching points

1. Good communication between defenders.
  2. Look for a sloppy pass or bad first touch to signal the defenders to press.
  3. Try and show the attackers into a corner so it becomes predictable where they will pass it.
- Anticipation



# Defending drills

Emphasis on stopping forward passes



## Objective

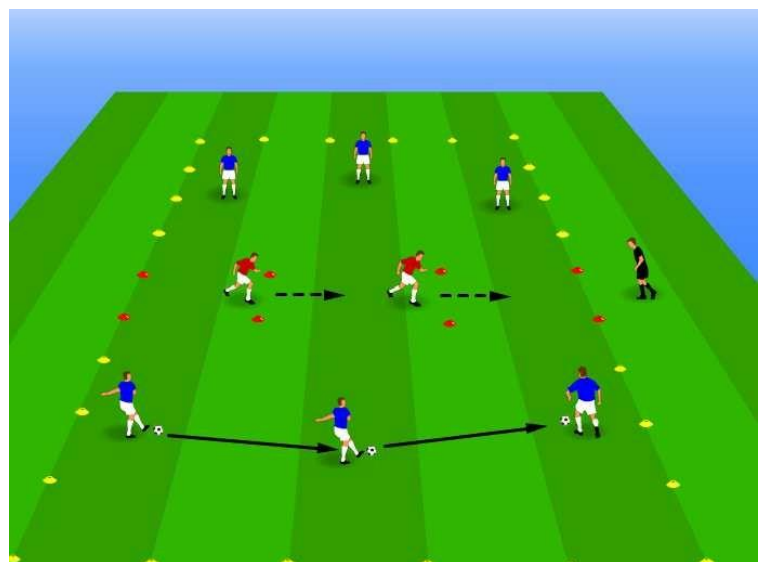
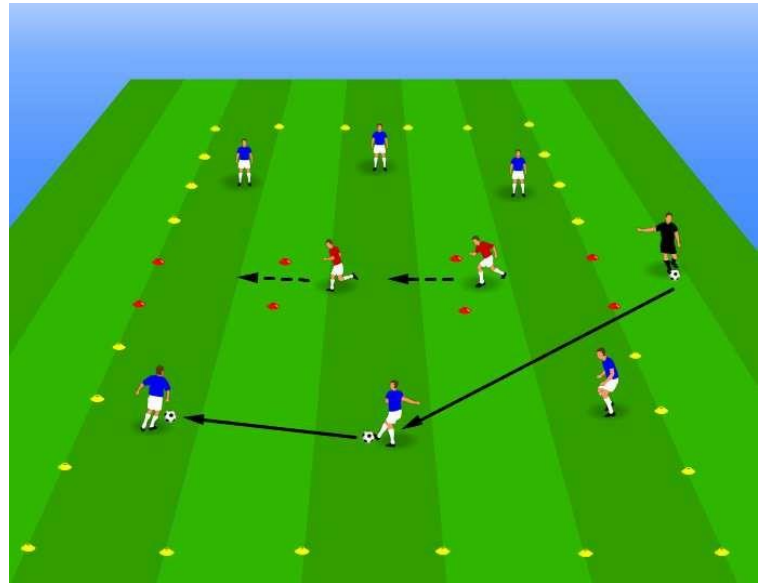
To improve players' communication and organisation in stopping the opposition from passing through them.

## Equipment

1. Cones and bibs
2. 15 yd x 25 yd area
3. Min. 8 players
4. Good supply of balls

## Session rules (see diagram)

- Cone off a 15 yd x 25 yd area and make a 5 yd wide channel across the centre of the area.
- Place 2 defenders in the middle channel and place 3 players at either end of the area.
- Start the session off by passing into one of the 3 attacking players.
- The attackers have to pass the ball between them before passing the ball to the group of players at the other end.
- The ball can only be passed under head height.
- The 2 defenders have to stay in their channel and cannot press the ball, but have to close down the angles to make it difficult to pass the ball through them.
- 1 goal is awarded for each successful block by the defenders.
- 1 goal is awarded for each successful pass through for the attackers.
- Rotate players so they all have a go in the middle channel.
- Good time-line to use is 2 minutes defending then count the goals before rotating the players.



## Progressing the session

- Make the area bigger to make it harder for the defenders i.e. 20 yds.
- Put a time limit on the attackers so they have to decide and pass quicker.

## Coaching points

1. Ensure the defenders are communicating.
2. Ensure the distance between the defenders is tight as they are trying to stop a pass between them. Defenders should always be on their toes to adjust.
3. Encourage and demand a good work-rate as they are only working for 2 minutes at a time.



# Shooting and finishing

Emphasis on shooting outside the box whilst on the move



## Objective

To improve the players ability to adjust and receive the ball whilst running at pace. To improve their finishing technique from shooting at distance.

## Equipment

1. 1 goal
2. 20 yd x 30 yd area (preferably a penalty box).
3. Group of players and 1 goalkeeper.
4. Good supply of balls.

## Session rules (see diagram)

- Position yourself, as the coach, on the edge of the area/penalty box.
- Get the players to line up in single file 10 yds opposite you so they are roughly 30 yds from goal.
- The player has the ball and chips it into your hands then runs toward goal.
- You catch the ball and bounce it in front of the player so they have to adjust to control the ball.
- The player proceeds towards goal and shoots with their second touch of the ball.
- This drill needs to be done at pace and with 2 touches.
- Keep the drill going for at least 3 attempts at goal per player.
- Count up the goals scored to create competition and interest.

## Progressing the session

- Restrict the players to 1-touch finishing.
- Make your throws even more challenging to control.
- Restrict the players to using their weaker foot only to control and/or shoot.

## Coaching points

1. Importance of adjusting to create correct body shape for an accurate shot.
2. When hitting a bouncing ball it is important to get the knee and head over the ball to keep it down.
3. Emphasise the importance of accuracy. HIT THE TARGET!!



# Shooting and finishing

Emphasis on crossing and finishing with build up play



## Objective

To improve the understanding of build up play. To improve runs into the box. To improve finishing from crossing situations.

## Equipment

1. 1 goal
2. Half a pitch
3. Min. 7 players and a goalkeeper
4. Good supply of balls

## Session rules (see diagram)

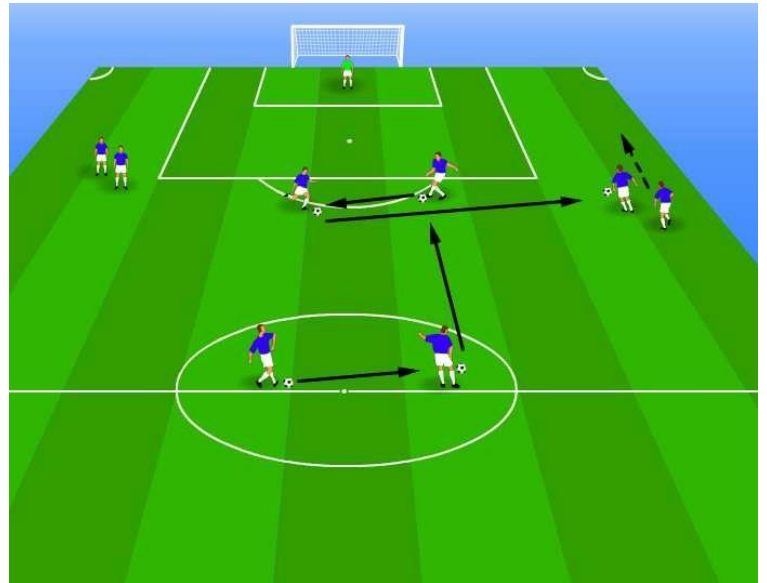
- Place 2 players out wide, 5 yds in from the touchline.
- Place 2 attackers on the edge of the box.
- The rest of the players will start on the edge of the centre circle.
- All the balls start with the players on edge of centre circle.
- The ball gets played into one of the attackers who lays it off to the other attacker.
- The attacker then plays the ball wide, left or right, to one of the wide men.
- The attackers make runs into the box and the wide man crosses into the box.
- The attackers are looking to head, volley or shoot to score.
- The players on edge of centre circle can replace the attackers after they have had a go at finishing. If you want to work solely on the attackers you can keep them in there for approx. 10 crosses before they will tire.

## Progressing the session

- Rotate wide players and midfielders so they get a chance at different passing skills.
- Introduce a defender to stop the attackers from scoring.
- Introduce a defender out wide to put pressure on the wide player.

## Coaching points

1. Good first touch for wide player and the attackers.
2. Make sure the crosses are in the right areas for the attackers to score.
3. 2 runs each for the attackers. One to take the marker away and one to attack the ball.
4. Eye on the ball when finishing.



# Shooting and finishing

Emphasis on manipulating the ball in order to shoot



## Objective

To improve the players ability to change direction with the ball under control. To improve the players ability to shoot whilst on the move.

## Equipment

1. Cones/poles
2. 1 goal (2 poles)
3. Good supply of balls
4. Min. 3 players and 1 goalkeeper
5. 18 yd x 30 yd area (penalty box area)

## Session rules (see diagram)

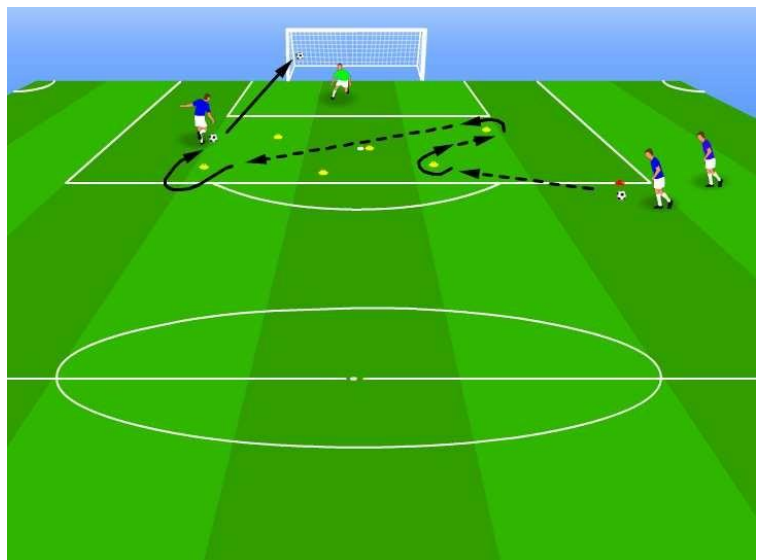
- Start the players 10 yds outside the box.
- Place 6 cones in various positions in and around the penalty box.
- Number each cone so the players know what cone is what number.
- On the coaches shout, the player has to dribble around all the cones the coach has requested before shooting.
- If the player is left-footed make sure they go around the left of the cone clockwise and vice versa for a right-footer.
- Have a competition between the players for most goals scored.

## Progressing the session

- Make the players shoot only with their weaker foot.
- Add more cones.
- Ask for specific turns to be done going around the cones. The more challenging the better.

## Coaching points

1. Accuracy when shooting.
2. Speed and balance around the cones.
3. Sharpness in turning.
4. Keep the ball close and under control.
5. Power in the shot.



# Shooting and finishing

Emphasis on shooting across goal



## Objective

To improve the players understanding of the importance of shooting across the keeper. To improve players technique and first touch when shooting and setting themselves for shooting.

## Equipment

1. Cones
2. 20 yd x 30 yd area
3. 1 goal
4. Min. 10 players and 1 goalkeeper
5. 1 ball per player

## Session rules (see diagram)

- Cone off two 5 yd x 5 yd areas approx. 25-30 yds from goal, as in diagram.
- Split the players into 2 equal groups. 5 on one square and 5 on the other.
- 1 team will serve and the other team will receive and shoot.
- The server will pass the ball into the receivers square and will then proceed towards goal looking for rebounds.
- The receiver will use their first touch to get the ball out of their feet and with their second touch to shoot at goal.
- Let the players shoot without coaching at first.
- Step in if the players are not shooting across the keeper.
- The players should be taking their shot from 20 yds out (around the edge of the box if you're using a penalty area).

## Progressing the session

- Start allowing the server to shut the receiver down after they have passed the ball. This will put the receiver under pressure and test their first touch.
- Ask players to use their weaker foot only.

## Coaching points

1. Accuracy.
2. Shoot across the goal in case the keeper saves so there is a chance of a rebound.
3. The first touch is used to get the ball out of feet to give the player a chance to get into correct body shape to shoot.
4. Head and knee over the ball to shoot





# Shooting and finishing

Emphasis on creating space to shoot with a skill



## Objective

To improve skill and technique. To increase confidence in using skills to create scoring opportunities.

## Equipment

1. Cones
2. 2 goals (poles)
3. Good supply of balls
4. Min. 6 players and 2 goal keepers
5. 40 yd x 40 yd area

## Session rules (see diagram)

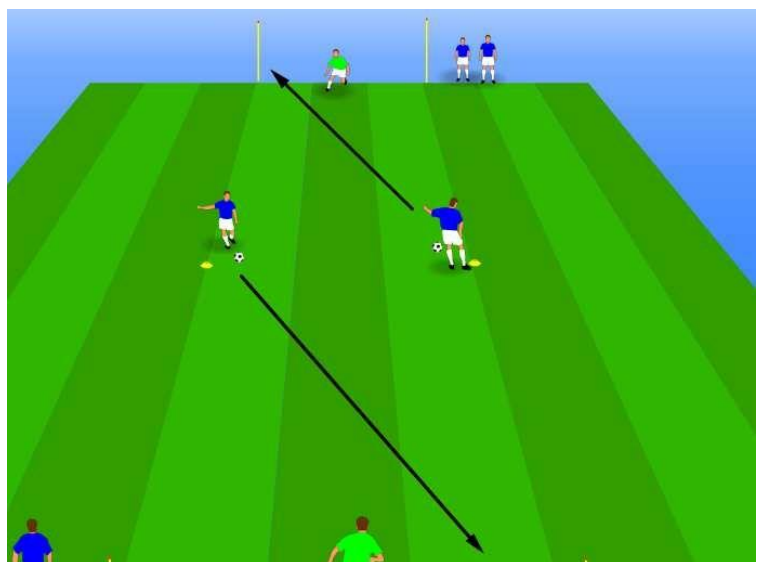
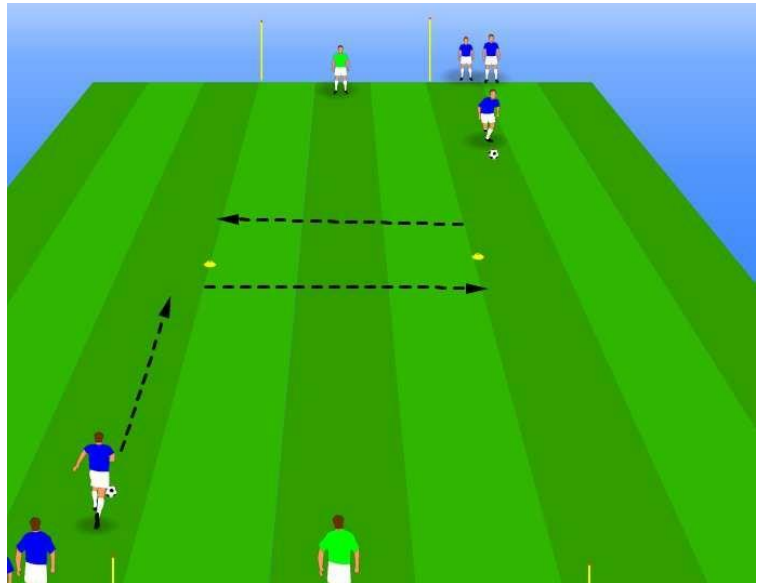
- Cone off a 40 yd x 40 yd area with a goal at either end.
- Place 2 cones in the middle of the area in line with both goalposts.
- Separate players into two equal groups and have each group start on the left side of each goal.
- One player from each group dribbles the ball to the cone in front of them and does a turn inside the cone.
- They then dribble across to the other cone before doing a turn inside that cone as well.
- After this turn has been completed they then shoot at goal.
- After everyone has had a shot, change sides so that the teams start the other side of the goal so they are working the other foot.

## Progressing the session

- Make the skills more demanding i.e. double stepover etc...

## Coaching points

1. Accuracy in shooting.
2. Sharpness in performing the skill.
3. Encourage throughout, give the players confidence.



# Shooting and finishing

Emphasis on shooting on the move



## Objective

To improve players agility, speed and ability to shoot accurately whilst running at pace. To improve their ability to adjust and shoot.

## Equipment

1. Poles or cones
2. 1 ladder
3. Good supply of balls
4. Min. 4 players and 1 goalkeeper
5. 25 yd x 35 yd area (penalty box and just outside)

## Session rules (see diagram)

- Choose which foot you will be working first and set up accordingly i.e. right foot first set up ladder on the left side of area.
- Place ladder 35 yds from goal and have the centre of the ladder in line with the near post.
- Place 2 poles/cones 3 yds apart and 20 yds from goal in line with the centre of the goal.
- Player will run through the ladder either placing both feet inside each space or just a single foot.
- At the end of ladder the player changes direction and runs at pace through the 2 poles/cones.
- As soon as the player reaches the 'gate' he is passed the ball to finish with a 1-touch shot at goal.
- Keep going until everyone has had at least 3 attempts at goal then switch sides.
- Player with most goals wins.

## Progressing the session

- Chip balls into the players to make it harder for them to adjust.

## Coaching points

1. Quick feet through the ladder.
2. Sharp change of direction after exiting the ladder.
3. Head down and light on the toes to be able to adjust and keep the shot down.



# Shooting and finishing

Emphasis on dribbling and finishing



## Objective

To improve skills and finishing. To increase confidence in using skills to create scoring opportunities.

## Equipment

1. Cones
2. 1 goal
3. 30 yd x 30 yd area
4. Good supply of balls
5. Min. 6 players and goalkeeper

## Session rules (see diagram)

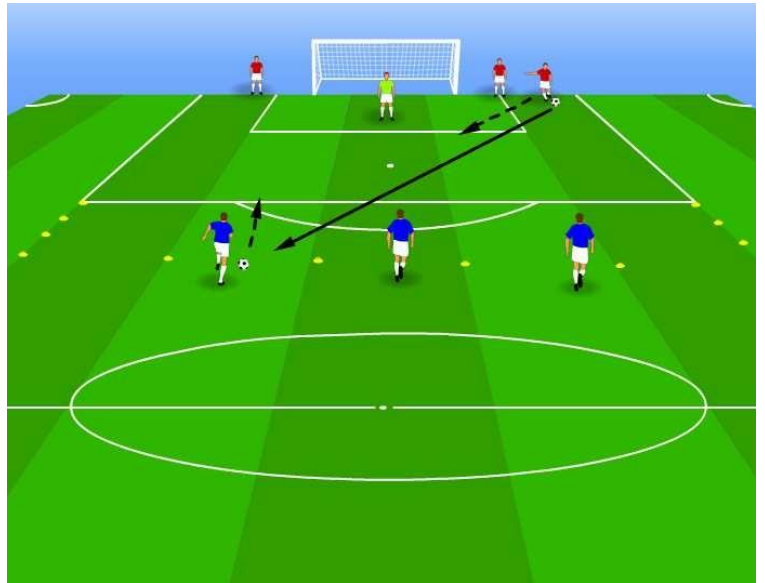
- Preferably use the penalty area but mark an extra 12 yds to make the length of the area equal 30 yds.
- 3 defenders start on either post of the goal.
- 3 attackers start on the far edge of the area.
- The defender plays ball into attacker and immediately shuts him down.
- The attacker uses their skills to get past the defender or to create enough room for a shot on goal.
- Give the attackers 3 attempts each before switching the roles over and let the defenders attack.

## Progressing the session

- Make the ball into the attacker more challenging to control.
- Apply a time limit on the attack.

## Coaching points

1. Importance of first touch for the attacker.
2. As soon as the space has been created to shoot do not waste it. Get the shot off.



# Shooting and finishing

Emphasis on accuracy

## Objective

To improve accuracy of shooting and to give players an understanding of why it's important to aim for the corners when shooting. Get players in to the habit of shooting across goal.

## Equipment

1. 1 goal
2. Cones
3. Min. 3 players
4. Penalty box area
5. Good supply of balls

## Session rules (see diagram)

- Place a cone 2 paces in from either post of the goal.
- Place 2 cones on the edge of box in line with both posts.
- The players start on one side of the goal with the ball at their feet and dribble around both cones before scoring by shooting in between the post and the cone.
- After everyone has had a shot, change sides to ensure the players shoot with both feet.
- Keep track of successful shots scored.

## Progressing the session

- Make the target area to score smaller i.e. 1 pace in from post.
- Add additional cones for players to dribble around before shooting.
- Make players strike the ball instead of side footing the ball to increase technical difficulty.

## Coaching points

1. Use the side of the foot for accuracy.
2. Head up and aware after dribbling to pick the corner.





# Shooting and finishing

Emphasis on tight control and accurate shooting



## Objective

To improve control and shooting technique. To increase confidence in shooting intuitively from distance.

## Equipment

1. 1 goal
2. Cones
3. Good supply of balls
4. Group of players and 1 goalkeeper
5. Penalty area or 20 yd x 25 yd area

## Session rules (see diagram)

- Cone off a 5 yd x 5 yd square area, 20 yds from the centre of the goal.
- Divide your players into 2 teams, the first team is shooting, the second team is the serving team.
- The serving team line up in equal numbers either side of the goal with the balls.
- The shooting team start with one player in the coned off area to control and shoot.
- The shooter has only 2 touches and cannot control the ball outside of the 5 yd x 5 yd coned area.
- Once every player in the shooting team has had a shot swap the teams over.
- Rotate the teams so both get a chance to shoot twice. The team with the most goals wins.

## Progressing the session

- Make the square at the edge of the box smaller to test the shooters touch (4 yd x 4 yd area).
- Allow the servers to drill the ball into the shooters instead of chipping the ball. Accuracy must still be maintained if drilling the ball.

## Coaching points

1. Importance of the first touch and body positioning to set for the shot.
2. Servers must serve accurately.
3. Accuracy in shooting, HIT THE TARGET!!



# Shooting and finishing

Emphasis on crossing and finishing

## Objective

To improve technique in finishing in the box and to improve one-touch finishing.

## Equipment

1. 1 goal
2. Good supply of balls
3. Penalty area
4. Min. 4 players and a goalkeeper

## Session rules (see diagram)

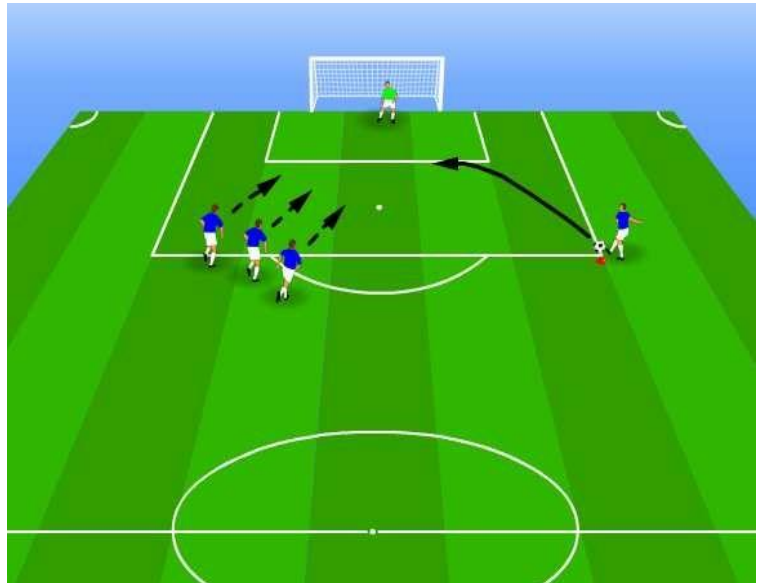
- Have one player at the apex of penalty box as in the diagram. This is the wide player.
- Have 3 players starting on the edge of the box.
- The wide player will cross the ball into the box for the 3 attackers to try and score with either a header, volley or if on the floor, a 1-touch shot.
- The wide player should mix the deliveries i.e. low and high to test the attackers ability to adapt.
- Keep the drill going for a minimum of 10 crosses and count the goals scored before switching sides and cross from the other side of the penalty box.

## Progressing the session

- Apply specific runs to each of the attackers to give them some sort of structure and idea of where to run.
- Add a defender into the box to prevent them scoring.

## Coaching points

1. Positivity when attacking the cross, enthusiasm.
2. Always keep an eye on the ball, especially if the ball is bouncing and hard to hit.
3. Concentrate on getting a firm contact on the ball.



# Dribbling

Emphasis on agility with the ball

## Objective

To improve players ability to manipulate the ball and to be agile with and without the ball.

## Equipment

1. Bibs and cones
2. Supply of balls
3. 20yd x 20yd area
4. 2 teams of 6 players

## Session rules (see diagram)

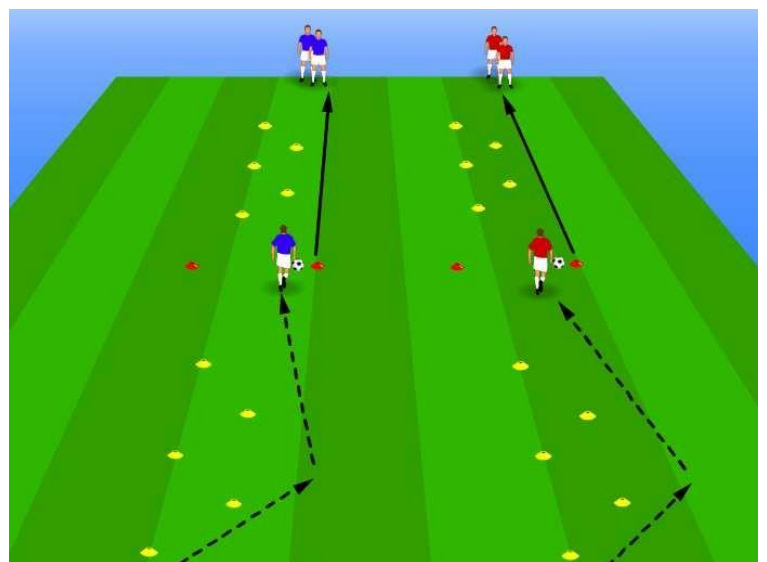
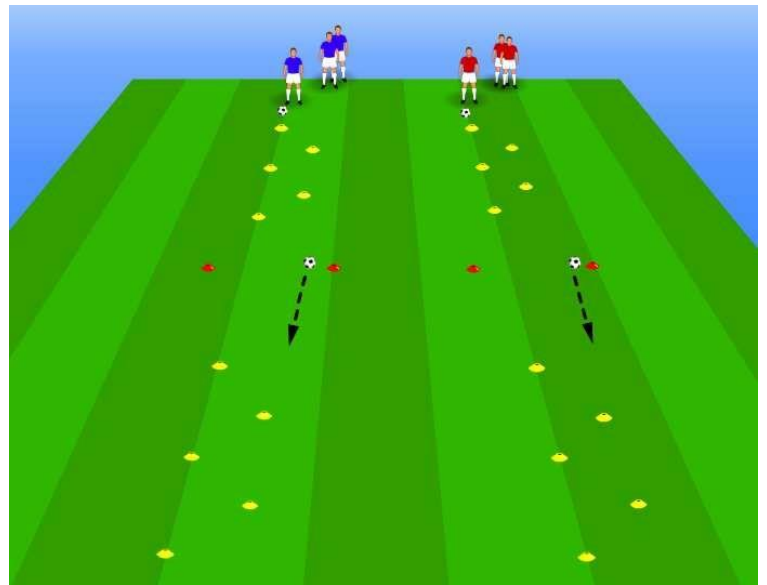
- Place 2 cones at the base of your course as the starting point.
- Make a slalom starting 5yds into the course. Place the first cone down and take 1 pace to the side and 1 pace forwards where you'll place the second cone of the slalom and so on until you have laid 5 cones down.
- At the end of slalom make a 'gate' with 2 cones 5 yds apart.
- 5 yds from the gate you will make an identical slalom to the one you laid out at the start of the course.
- This course should be 20 yds in length. You need to lay 2 identical courses side by side as this is a race between two teams.
- The idea is for the players to dribble the ball through the first slalom and then leave the ball between the gate.
- The players continues by running the second slalom without the ball. When through the second slalom they turn and run back to gate where they left the ball and pass it back to their teammate at the start of the slalom for the next player to begin.
- There is a 2 press up penalty for anyone who hits a cone whilst dribbling or whilst passing back to their teammate. This should be done immediately to act as a time penalty.

## Progressing the session

- Add more cones to the slalom.
- Add other obstacles. Be creative.

## Coaching points

1. When passing back to their teammate, the receiving player must make an angle otherwise the ball will hit a cone en route.
2. Encourage angles.



# Dribbling

Emphasis on beating a defender with a skill



## Objective

To encourage players to express themselves. To increase confidence in taking defenders on in 1 v 1 situations. To improve skills and tricks.

## Equipment

1. Cones/poles
2. 25yd x 25yd area
3. 10 players

## Session rules (see diagram)

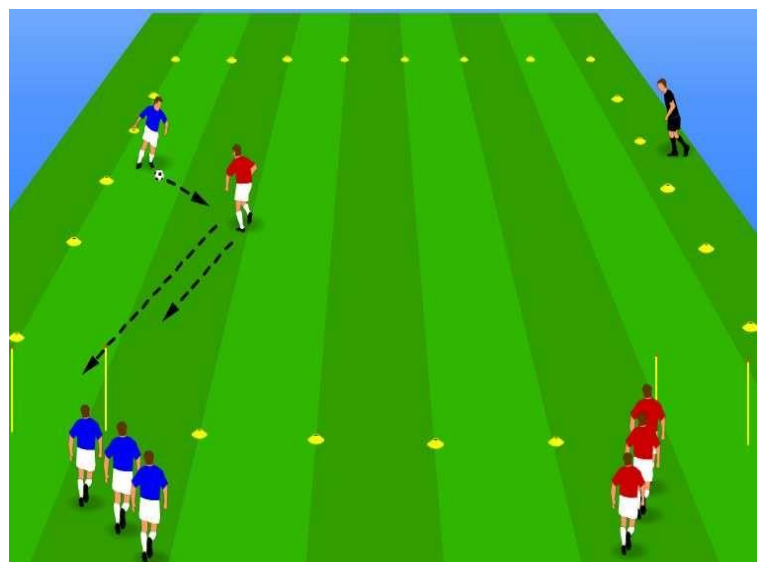
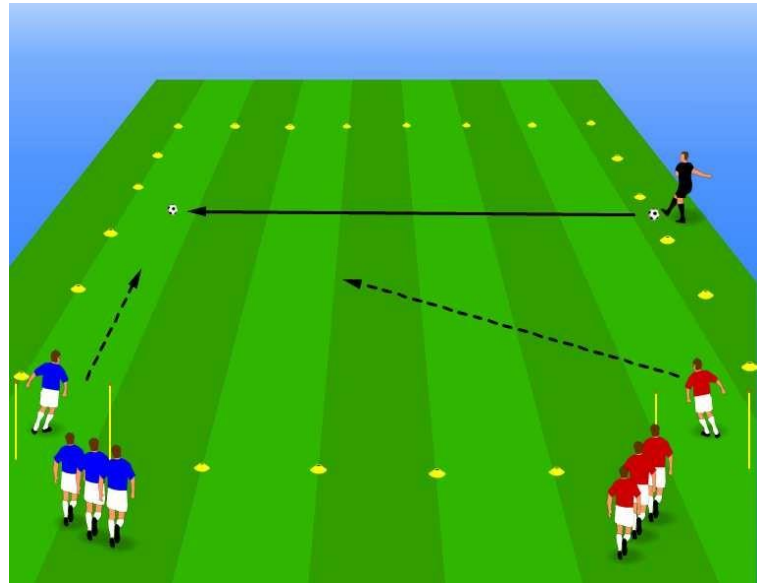
- Make 2 goals with poles/cones at either side of the back of the area.
- The attacker starts at one goal and defender at the other.
- The Coach starts the session by passing into the attacker as they make themselves available by coming off the goal.
- As soon as the attacker makes themselves available the defender shuts him down.
- The player now has 2 goals to aim for as they look at beating the defender and running the ball through one of the goals.
- The attacker keeps track of their goals. After each go you can swap the attackers and defenders over and let the attackers defend and the defenders attack.
- This competition helps motivate the players in what is a tiring and grueling session.
- Let the players have 5 goes each.
- The player with the most goals wins.

## Progressing the session

- Make the pass into the attacker more challenging to control.
- Put a time limit on the attack.

## Coaching points

1. Good first touch.
2. Encourage positive play.
3. Change of pace.
4. The attacker should keep the ball close when taking the defender on but as soon as they are away, they need to get the ball out of their feet.





# Dribbling

Emphasis on communication and intelligence when dribbling



## Objective

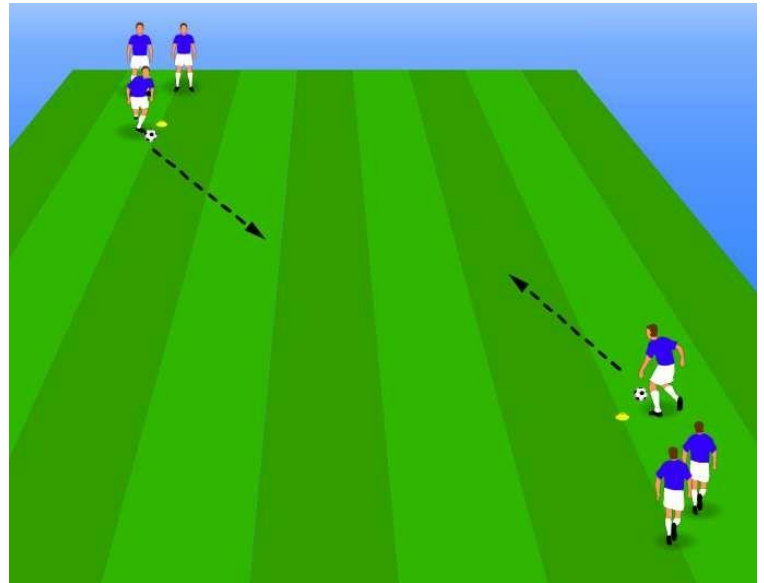
To improve players ability to communicate effectively and to improve their confidence in handling the ball.  
To improve players confidence in each other.

## Equipment

1. 2 balls
2. Cones
3. Min. 6 players
4. 10 yd x 20 yd area

## Session rules (see diagram)

- Place 3 players on one corner of the grid and have the other 3 players on the corner diagonally opposite.
- Both sets of players have a ball each.
- A player from each corner dribble towards each other and on their shout they change balls and continue to join the back of the opposite group.
- Continue the drill until players are comfortable with the exchange before progressing the exercise.

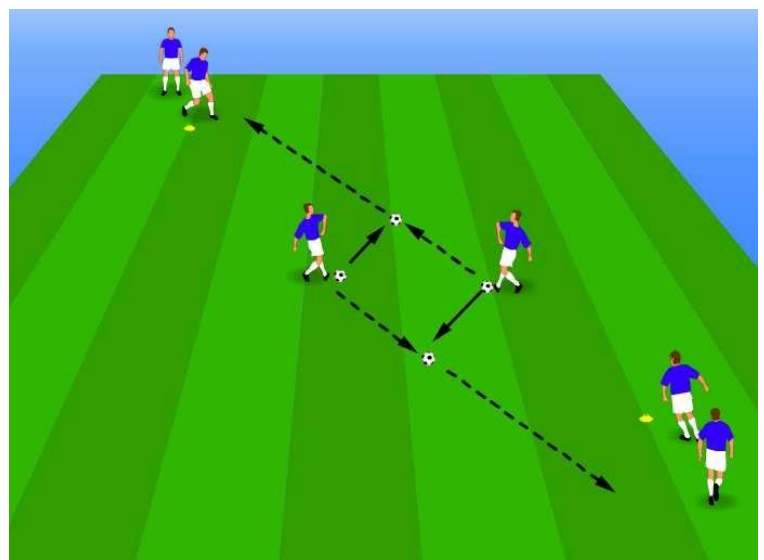


## Progressing the session

- Place a greater emphasis on speed and running with pace to challenge the player's ability to perform under pressure.
- Get the players to do the exercise with their weak foot only.

## Coaching points

1. Player's heads should always be up and aware.
2. Clear communication between players.
3. Timing of exchange of balls. Intelligence.



# Dribbling

Emphasis on dribble and take technique



## Objective

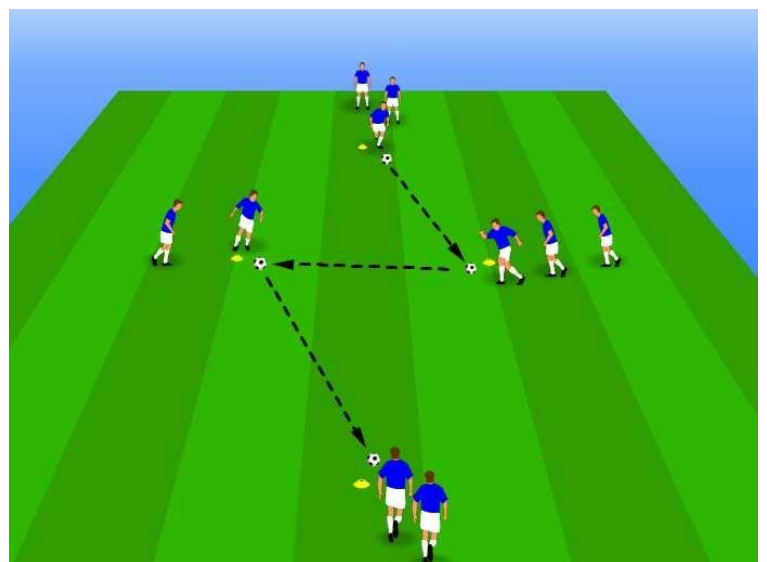
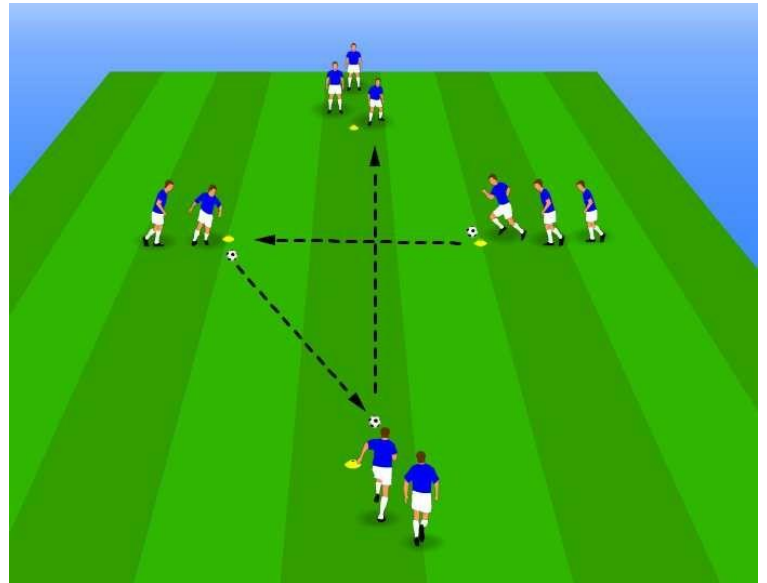
To improve players ability to control the ball whilst running at speed and to improve communication.

## Equipment

1. Cones
2. Balls
3. 20yd x 10yd area
4. 8 players

## Session rules (see diagram)

- Place 2 cones 20yds apart facing each other and place another 2 cones 10yds apart to form a diamond.
- Line 2 players up at each point of the diamond.
- Start by having the player run the ball 20yds across the grid and place their foot on top of the ball as they arrive at their teammate.
- Make sure the receiving player communicates by shouting 'take' as they take the ball.
- The receiving player then runs diagonally to middle point of the diamond and the same process occurs.
- The receiving player then runs across the diamond to their teammate and places their foot on the ball so they can take and run back to starting position.
- Keep the drill going for 5 minutes before looking to progress.
- This layout is also a good passing drill if they pass the ball across the diamond instead of dribbling and play one-touch in the middle points of the diamond.



## Progressing the session

- Use all the balls at once to create traffic and cause the players to think and dodge each other.
- Increase distance to make the players work harder.
- Instead of placing their foot on ball to allow the 'take', you can make it a more challenging skill, i.e. use outside of foot or use the Cruyff turn to stop the ball.

## Coaching points

1. Good first touch out of their feet and forwards.
2. Lots of close touches when approaching their teammate so to keep the ball under control for

# Dribbling

Emphasis on dribbling and protecting the ball



## Objective

To improve players confidence in handling and protecting the ball. To help players realize their own strength when needing to protect the ball and retain possession. A good fun session to increase motivation.

## Equipment

1. Cones
2. 10 players
3. 20 yd x 20 yd area
4. 1 ball per player

## Session rules (see diagram)

- Cone off a 20 yd x 20 yd area.
- Place all 10 players into the area and give them a ball each.
- The aim is to protect the ball and dribble around the grid.
- Once the players ball has been kicked out they must leave the area.
- The winner is last man standing.
- It's important to show the players how to protect the ball before starting the exercise.

## Progressing the session

- Get the players to use their weaker foot only.
- Introduce skills on your command that they have to perform otherwise they are eliminated.
- Include a defender from the start kicking balls out.

## Coaching points

1. Focus on protecting the ball by getting their body in between the ball and the defender.
2. Really emphasise how difficult it is to take the ball when protecting it correctly to increase their confidence.



# Dribbling

Emphasis on running with the ball at speed



## Objective

To improve the players ability to run at pace with the ball at their feet

## Equipment

1. Cones
2. 1 ball for every 4 players

## Session rules (see diagram)

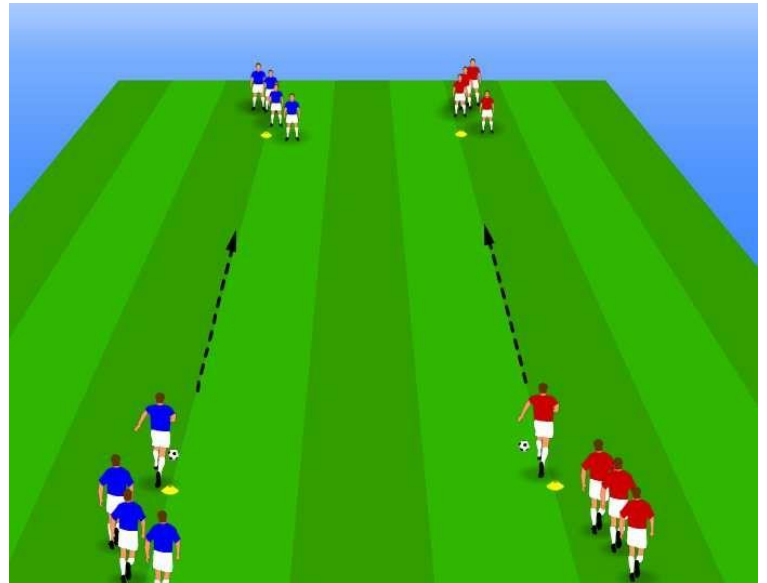
- Organise your players into groups of 4.
- Players are placed 20/25yds apart facing each other.
- Player dribbles ball to other side of the grid and passes to the other player approx 5yds before they get there.
- The player then runs backwards as the player who now has the ball tries to beat them to the other side with the ball at their feet.
- Keep repeating the exercise for 3mins.
- Increase the time if players can handle the workload.

## Progressing the session

- Introduce passive defending from the player without the ball.
- Ask the dribbling player to introduce a trick into his run.

## Coaching points

1. The players head should always be up and aware.
2. Importance of maintaining control of the ball at speed.
3. Motivate the players by emphasising the competition of the drill.





# Dribbling

Emphasis on change of speed and direction with the ball



## Objective

To improve players ability to change direction at speed and whilst under pressure.

## Equipment

1. 20 cones
2. 20yd x 10yd area
3. 10 players
4. 1 ball per player

## Session rules (see diagram)

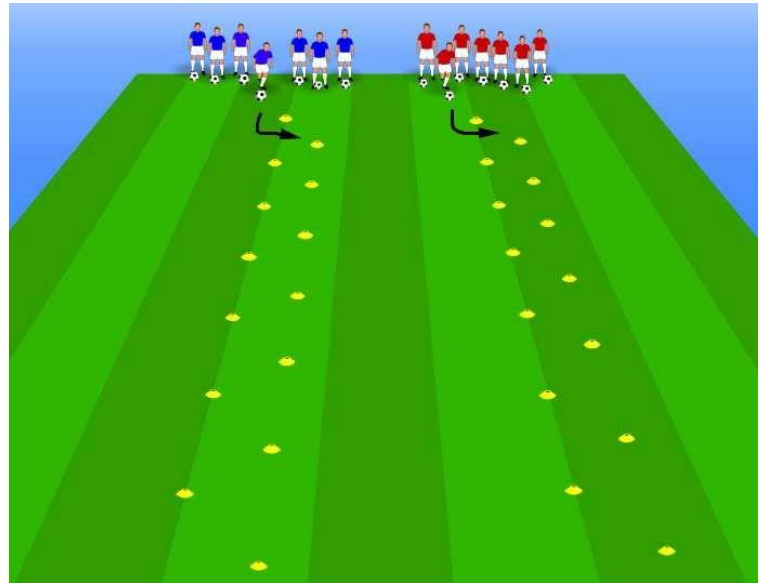
- Place 10 cones 2 yds apart the whole length of the 20 yd area.
- Place the other 10 cones in a parallel line next to the first line but place the cones 1 yd further up in order to create an angle between the cones. The second line should be 3 yds away from the first line in width.
- The player dribbles around all 20 cones at pace.
- As soon as the first player reaches the third cone this releases the second player to go and try and catch them.
- The idea is to get all 10 players onto the slalom at the same time.
- If a player loses control of the ball he has to go to the back of the line and start again.

## Progressing the session

- Place the cones closer together to challenge the players ability to control the ball in tighter circumstances.
- Penalise the players for knocking the cones over to increase the pressure.

## Coaching points

1. Importance of balance.
2. Lots of close touches.
3. Concentration throughout the slalom.
4. Keep the ball under control and try to relax despite pressure from the player behind.



# Dribbling

Emphasis on turning at speed



## Objective

To improve players ability to turn with the ball whilst dribbling. To improve players ball mastery and control.

## Equipment

1. Cones
2. 1 ball for every 4 players

## Session rules (see diagram)

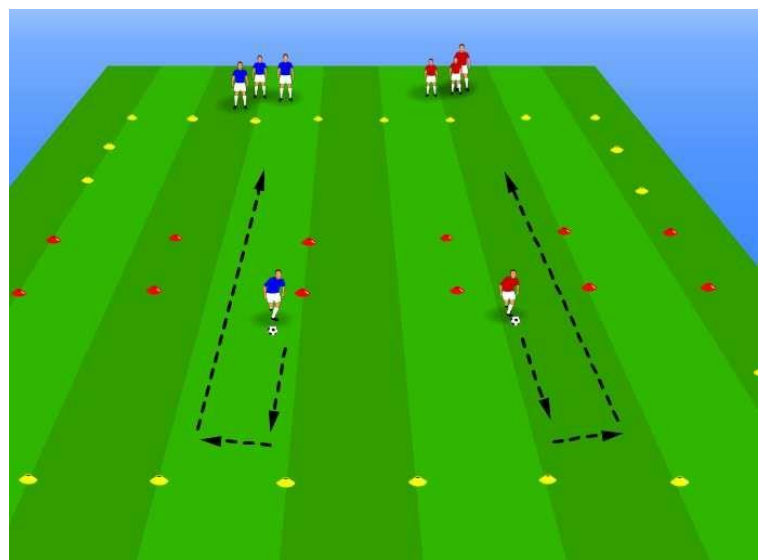
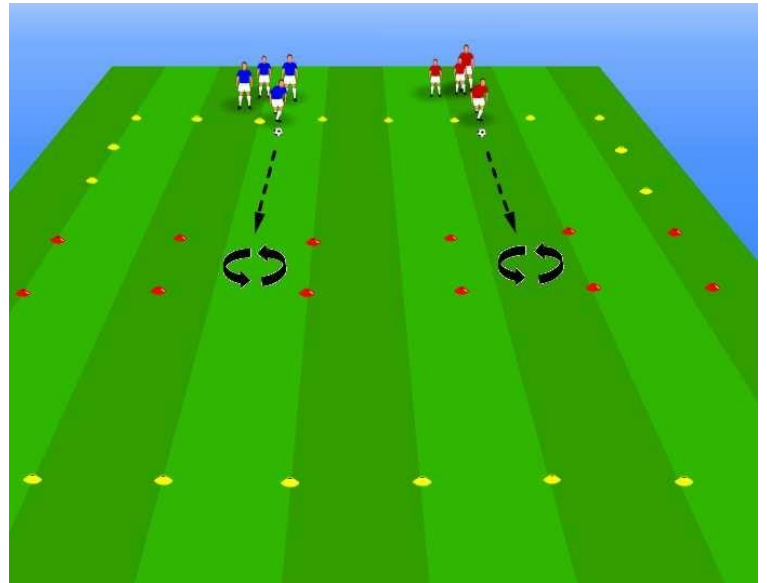
- Organise your players into teams of 4.
- Create lanes with your cones according to the number of players you have i.e. 12 players equals 3 lanes.
- Lanes are 30yds in length.
- Make a 5yd channel across the middle of the lanes.
- Players must make a turn inside the 5yd channel.
- After completing the turn they must go to the end of the lane and turn again before dribbling the ball back to the starting position.
- When dribbling through the 5yd channel on way back the player does not have to do a turn, they can run straight through.
- Every player goes twice. First team to complete the task wins.

## Progressing the session

- You can name the turn the player has to make.
- Make the turns as challenging as you want.

## Coaching points

1. Technique.
2. Efficient and sharp turn.
3. Acceleration and speed.



# Dribbling

Emphasis on running at speed with a finish



## Objective

To improve players ability to run at pace with the ball at their feet and under pressure. To increase players confidence in 1 v 1 situations when faced with the keeper to beat.

## Equipment

1. Cones
2. 1 goal
3. Min. 8 players and a goalkeeper

## Session rules (see diagram)

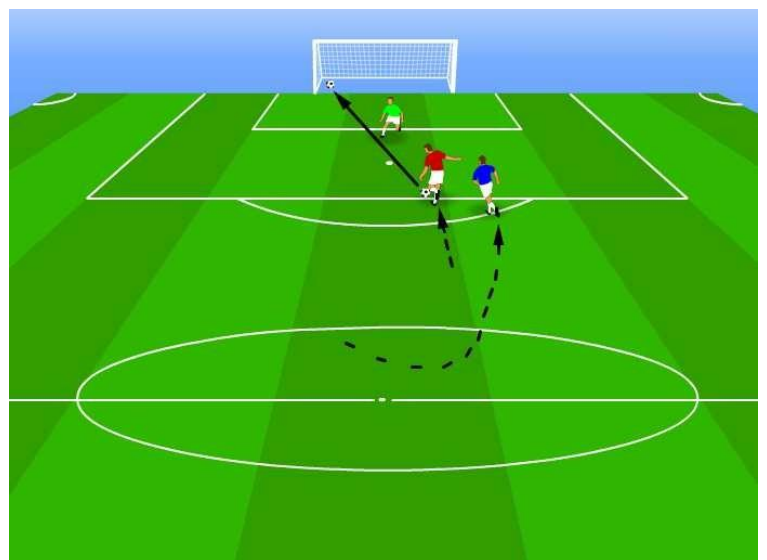
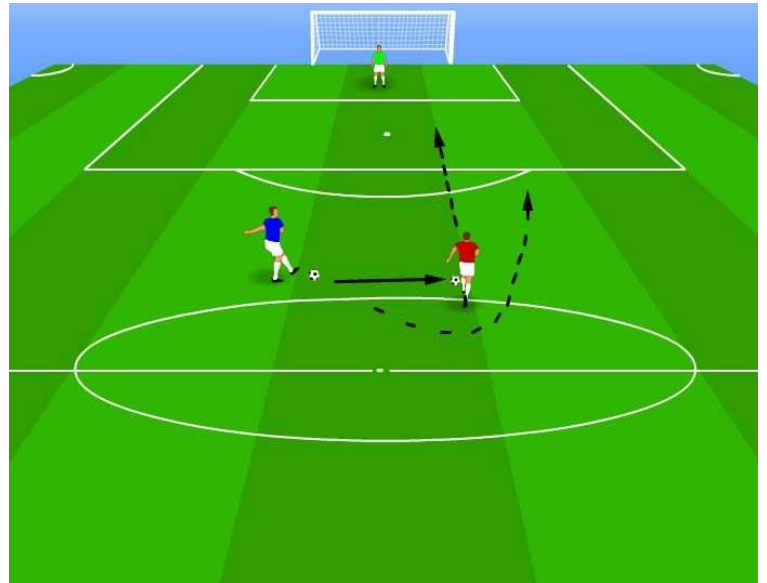
- Organise players into pairs.
- Line your pairs up 40yds from goal. Place the attacker 3yds apart from the defender.
- The defender starts with the ball and passes square to the attacker and then runs around them and chases the player to try and stop them from scoring.
- You'll find that this overlap run will give the attacker a good 5yd head start which is enough room for the attacker to feel under pressure but still able to have an attempt on goal.

## Progressing the session

- Increase the distance from goal so the players have further to run.
- Introduce a time limit on the attack.

## Coaching points

1. Keep the ball out of the feet when running at pace.
2. When facing the keeper aim low and near the keeper's feet, this makes it very difficult for the keeper to get down and save.



# Dribbling

Emphasis on skills when dribbling



## Objective

To improve players technique in changing direction with a skill when dribbling. To increase confidence and creativity.

## Equipment

1. Cones
2. 1 ball per player
3. Min. 8 players

## Session rules (see diagram)

- Make a 15yd x 15yd square and place a cone in each corner of the square.
- Organise the players into pairs and get them facing each other at each corner of the square with the cone in between them.
- The Coach dictates the skill i.e. step over. Once you have shown them the skill they will perform the skill 4 times around the cone.
- This gets the players used to the skill before they attempt it when dribbling.
- The second part of the drill involves you as the coach placing yourself in the centre of the square and acting as passive defender.
- 2 players from opposite corners will dribble towards the coach at the centre of the square and will perform the skill.
- Ensure you have told the players which direction they are to perform the skill so they don't bump into each other.

## Progressing the session

- Introduce more challenging skills.

## Coaching points

1. Sharpness of skill.
2. Focus on the skill not the speed of the dribble as it is the skill that we wish to master first.

