

Complete Training Exercises for players till 12 years



**Exercises based on the Dutch School
2020/2021**

Dear Coaches and interested parties,

Training junior players can be pretty difficult. There is also quite a lot involved in putting together a useful and educational training.

We think that, for coaches with good intentions and who want to lead a team but come home late and have not enough time to put together a training session, our training exercise material is a very helpful tool to produce 12 weeks in a row of quality training sessions.

We don't pretend to have reinvented the wheel but did decide to have specific items to come back every time in our sessions.

Circuittraining combined with skills.

1. dribble and run with the ball
2. controll
3. 1v1 and defend
4. technical training(feints and fast footwork)
5. game forms
6. passing and receiving

The last part of the training is almost always a game form 4v4 or 7v7. Try to stick to that concept as much as possible. Every training is build up from 3 blocks and a game form at the end.

With the warming up, as we train in the Netherlands not more then a hour with juniors until 12, we didn't spent much attention. Any game form like a tag game or anything funny for about 5 minutes will do.

Should or could you start with a game at the beginning of the session? Yes why not when you play at the street a warming up is also not needed. Kids are moving anyway all day so they are already ready to go when the session starts.

Technical training is the starting point of football. If you as a coach can't show it yourself keep it as simple as possible or have an other coach or even a player do it for you.

If the session proves to be to difficult for the players play with the dimensions, make it bigger which will make it easier.

Important:

If the exercises are completely new to the players don't change to quickly but repeat the exercises

Remember repeating with kids is very important.

We wish you good luck.

Marcel Wagenhuis
Design and Publisher

Translation: Remco Boere

Remco Boere (born 29 October 1961) is a retired Dutch football striker.

A much-travelled forward, Boere played club football for Roda JC and ADO Den Haag in the Eredivisie.[1] He also played for Iraklis in the Greek Super League[2] and Gil Vicente in the Portuguese Liga.[3]Boere finished his playing career with FC Zwolle of the Eerste Divisie, initially signing a two-year deal with the club in August 1992

After retiring as a player, Boere managed Dutch amateur sides Go Ahead Kampen and Nunspeet and worked for years in Qatar in different jobs. He then had a spell in Sweden with Köping FF and at Libyan giants Al-Ahli,[5] before moving above the Arctic Circle to coach Norwegian fourth-tier outfit Hammerfest ahead of the 2014 season.

[See his career en click here](#)

26C. 1 + KEEPER V 1 + KEEPER. BIG GOALS DEFENDER COMING FROM THE FRONT.

“Methodology

Intentions:

Rules:

Both players can score at a big goal.
Two new players after ball is out or a goal is scored.

demands:

Attack: Scoring

1 v 1

Dribbling.

Shielding the ball.

Good first touch.

Waiting for the right moment to make the move and shoot.

Defence:

Force attacker away from the goal.

Waiting for the right moment to take the ball.

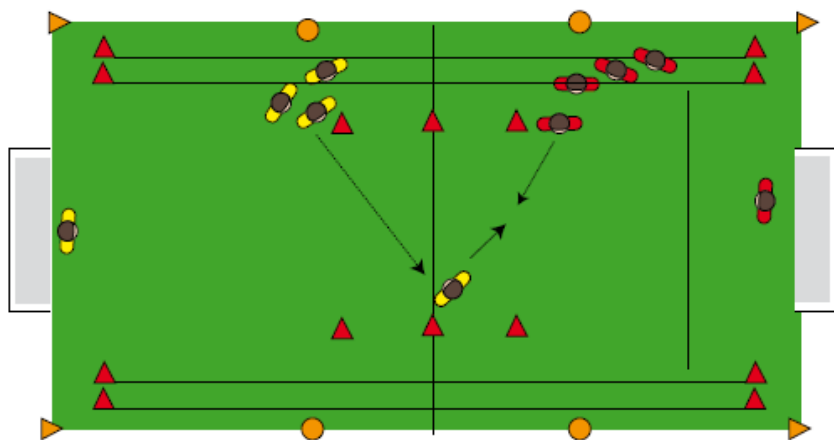
Don't go to the ground to quick, stay i your feet.

Look at the ball not the body moves off the attacker.

Easier/Harder:

Adjust dimensions field, bigger, smaller, wider or longer.

Increase distance between attacker and defender when the firs pass is played.



ORGANIZATION

dimensions
25 x 10 - 15 meters.

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls.
14 cones
8 vests 2 colors
2 big goals

26B. 1 + KEEPER V 1 + KEEPER. BIG GOALS DEFENDER COMING FROM THE SIDE.

“Methodology

Intentions:

Rules:

Both players can score at a big goal.

Two new players after ball is out or a goal is scored.

demands:

Attack: Scoring

1 v 1

Dribbling.

Shielding the ball.

Good first touch.

Waiting for the right moment to make the move and shoot.

Defence:

Force attacker away from the goal.

Waiting for the right moment to take the ball.

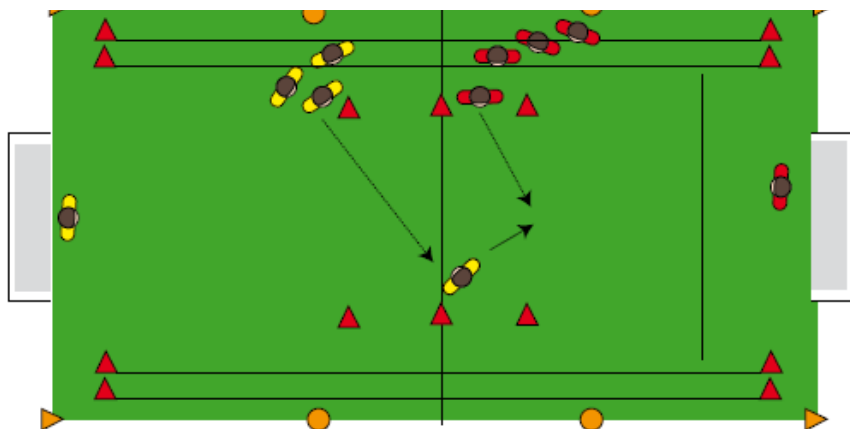
Don't go to the ground to quick, stay i your feet.

Look at the ball not the body moves off the attacker.

Easier/Harder:

Adjust dimensions field, bigger, smaller, wider or longer.

Increase distance between attacker and defender when the firs pass is played.



ORGANIZATION

dimensions
25 x 10 - 15 meters.

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls.
14 cones
8 vests 2 colors
2 big goals

26A. 4 V 4 LINE FOOTBALL.

“Methodology

Intentions:

Rules:

Scoring is done by dribble the ball and keeping control over the line or end zone.

When the ball goes out restart the game by dribbling the ball in the field.

Ball goes corner start in the middle of the field again.

The game is about :

Attacking and scoring by line dribble. position game through passes creating a 1 v1 situation

Defending by holding your positions forcing the opponent to play wide
Regain ball possession.

Demands

to play this game in Ball possession:

Able to keep the ball in your team with technique and moving in the right position

Play fast, one touch.

Oversight

of the game and positions of all the players.

Keeping the playing field as big as possible to create space for passes and actions 1 v 1

When to pass.

When to dribble.

Demands to play this game when the opponent has the ball:

Always see the ball.

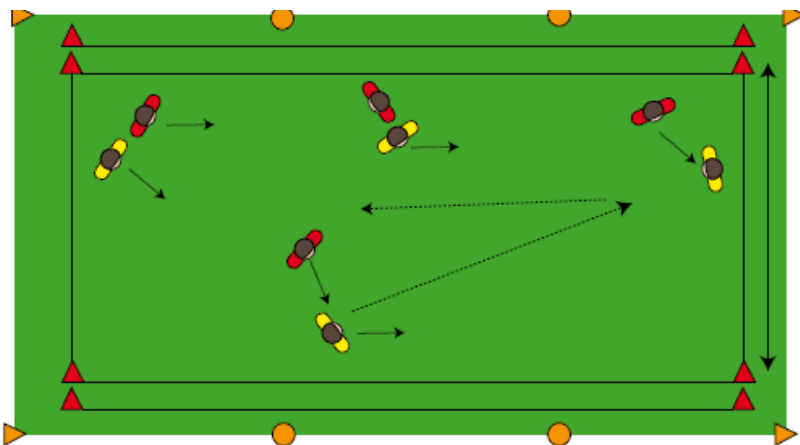
Win the ball without making fouls.

Seeing your direct opponent and his team mates, understanding their intentions.

Working together and making the playing field small.

By making the field bigger it becomes easier to play and the opposite is also to make it smaller will make it more difficult.

Making the field wider, longer, smaller etc will influence the game play.



ORGANIZATION

dimensions
field. 20 x 40 meters depending
on level and age of the players.
see above for explanation
Scoring zone or end zone 3 x 5
meters

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls
4 cones for the field
8 cones for scoring zone
8 vests 2 x 4 2 colors

25C 1 V 1 LINE DRIBBLE

“Methodology

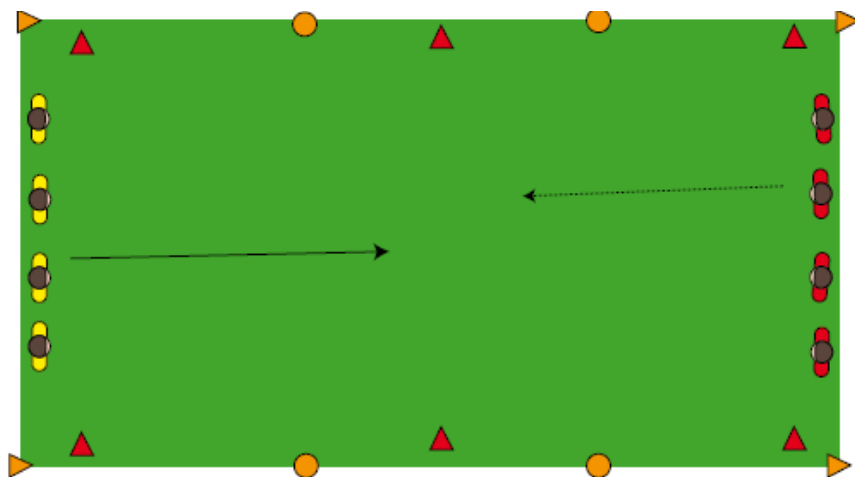
Intentions:

.Red passes the ball to the yellow players who makes a forward controls and tries to dribble over the mid line .
The red player has followed his pass and defends the mid line

score is counted when yellow dribbles the midline and keep psossion by controlling the ball behind the middle line.

General principles:
coaching points:

Good strong first pass.
Sprint behind your ball to defend.
attacker control the ball while moving.



ORGANIZATION

dimensions
field: 15 x 20 meters.

NUMBER OF PLAYERS

Max
8 players + 1 keeper.

MATERIALS

2 color vests
8 balls
6 cones

25B. GAME FORM 1 V 1 + GOAL KEEPER.

“Methodology

Intentions:

.The red player passes to the yellow player and sprints after his own pass to defend the attacking action of the yellow player.

The yellow player controls the ball while moving away from his position and tries to beat the red player and score.

Don't allow the player to shoot but encourage to make a move to beat his opponent.

If the defending player takes the ball he can score in the 2 small goals.

Have red 5 min start every time as defender. Then change.

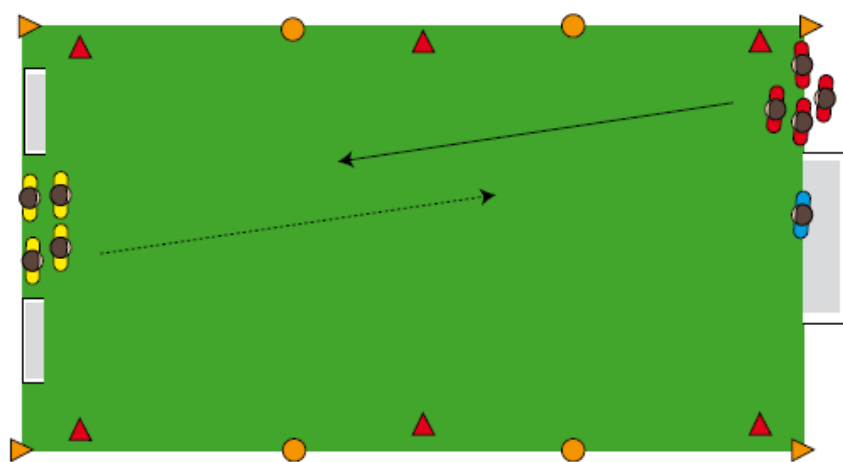
General principles:

Coaching points:

Encourage players to play 1 v 1.

Give points to both players for scoring and or winning the ball.

next step 2 v 2.



ORGANIZATION

dimensions
field: 15 x 20 meters.

NUMBER OF PLAYERS

Max
8 players + 1 keeper.

MATERIALS

2 color vests
8 balls
6 cones
1 Handball goal and 2 small goals

25A. TECHNICALLY WARMING UP.

“Methodology

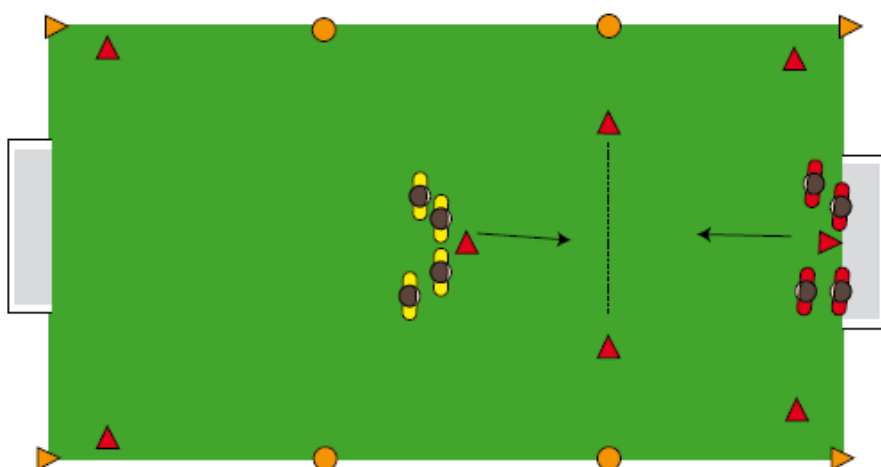
Intentions:

players from both side dribble with ball to the middle line and perform a turn with the ball using as well as the left, right, insides outside of the foot.
Use other moves as over step fake kick etc.

General principles:

Coaching points:

Make sure the moves are performed well and not to quick in the beginning.
Beter slow and good then quick and sloppy!



ORGANIZATION

dimensions
field: 15 x 15 meters.

NUMBER OF PLAYERS

8 players.

MATERIALS

4-8 balls
4 high cones
4 small cones

24C. PASSING AND RECEIVING COMBINED WITH DRIBBLING.

“Methodology

Intentions:

First ball by yellow players is a pass to red players.

Red players control the ball forward and dribble to the midline where they cut the ball with outside, inside foot and dribble back where they perform again a cut, then they play the ball to the yellow players who do the same.

General principles:

Coaching points:

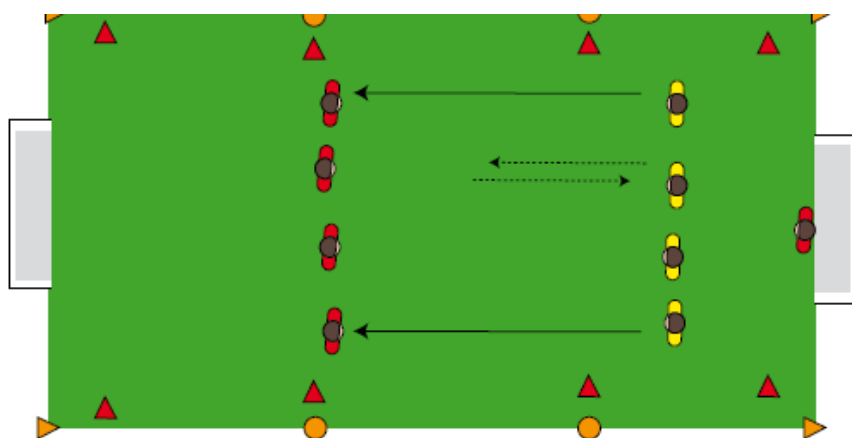
Good strong pass.

Receiving

players are ready to receive and move on their forefeet.

After the move accelerate.

Use both legs.



ORGANIZATION

dimensions
field: 20 x 20 meters

NUMBER OF PLAYERS

8 players

MATERIALS

2 color vests
4 balls
8 high cones.
2 small cones

24B. SCORING.

“Methodology

Intentions:

Enough balls with the keepers.

Keeper play the first ball to the outside player in the middle of the field.

Player controls and turns as quickly as possible and tries to score.

Player picks up his own ball to prepare for the keeper again.

Both keepers have contact to start play at the same time.

General principles:

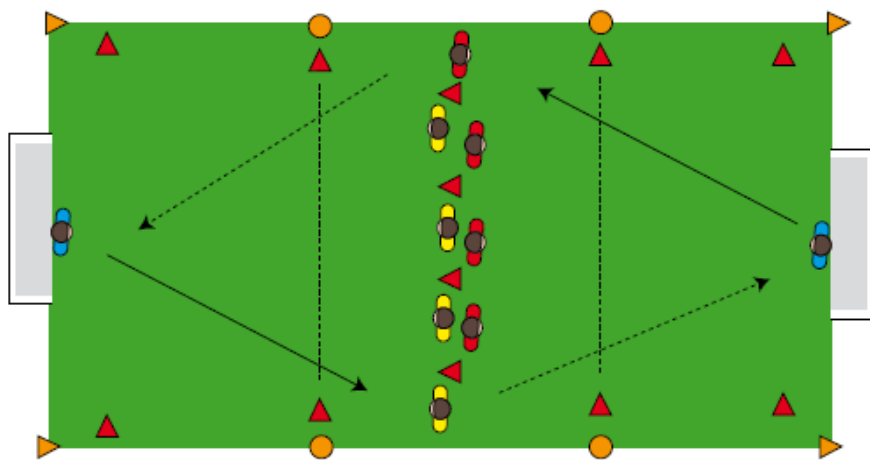
Coaching points:

Turn and stand in direction of your shot.

Control with inside foot and forward in direction of your shot.

Look at body placement when controlling and shooting.

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ORGANIZATION

dimensions
field: 20 x 25 meters

NUMBER OF PLAYERS

max
8 players + 2 keepers

MATERIALS

2 color vests
16 balls
10 high cones
4 small cones
2 handball size goals

24A. SKILLS THE SCISSOR.

“Methodology

Intentions:

At every cone stands a player with ball
4 players start at the same time and perform the scissor.

Keep enough space between the cones for the move.

As many organisations as you have players.

Move clockwise and anti clock wise.

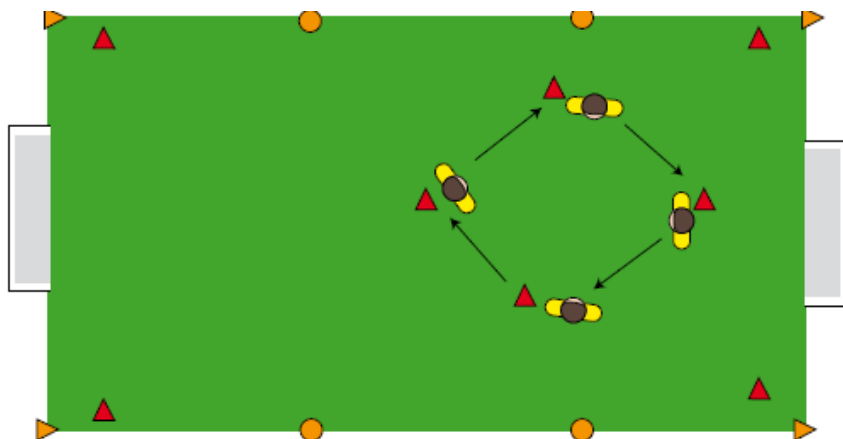
General principles:

Coaching points:

Show the move a few times slowly.

First the technical performance of the move then the speed.

Start with a single scissor then double the they understand the move.



ORGANIZATION

dimensions
field: 15 x 20 meters

NUMBER OF PLAYERS

4-8 players

MATERIALS

4- 8 balls
4 high cones
4 small cones

23C. 7 V 7 + GOAL KEEPERS

“Methodology

Intentions:

Try to beat your 7 opponents and score goals by moving in the free space and receive the ball.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.

Keeper:

first bal to the defender over the ground.

Defenders:

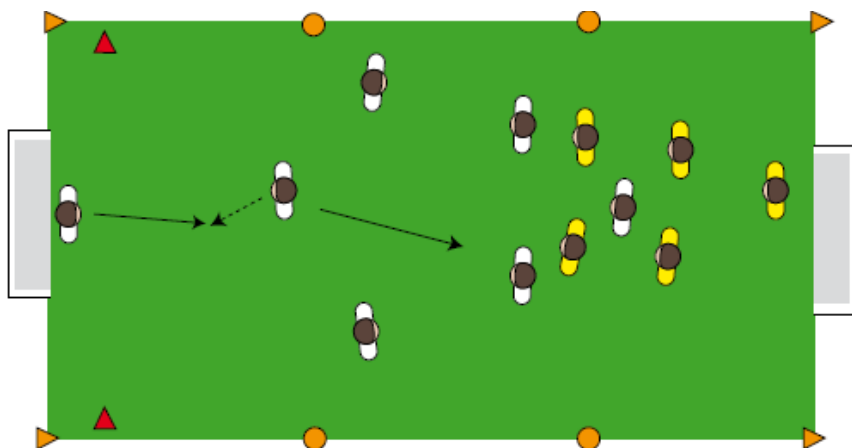
Stay wide facing forward to receive the bal and out play the strikers. Look forward only when forward pas not possible, play wide as preparation for forward pass!

Midfielders:

position yourself so that you can receive the ball and or can support the direct forward pas o the strikers.

Strikers:

stay deep/ away from the ball to make the field as big as possible, hold on to the ball to lay wall pass or 1v1 and try to score.



ORGANIZATION

dimensions
field: 50 x 35 meter

NUMBER OF PLAYERS

16 players.

MATERIALS

10 balls
2 color vests
6 cones

23B. 5 V 5 + GOAL KEEPERS.

“Methodology

Intentions:

Try to beat your 5 opponents and score goals by moving in the free space and receive the ball.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.

Keeper: first bal to the defender over the ground.

Defenders:

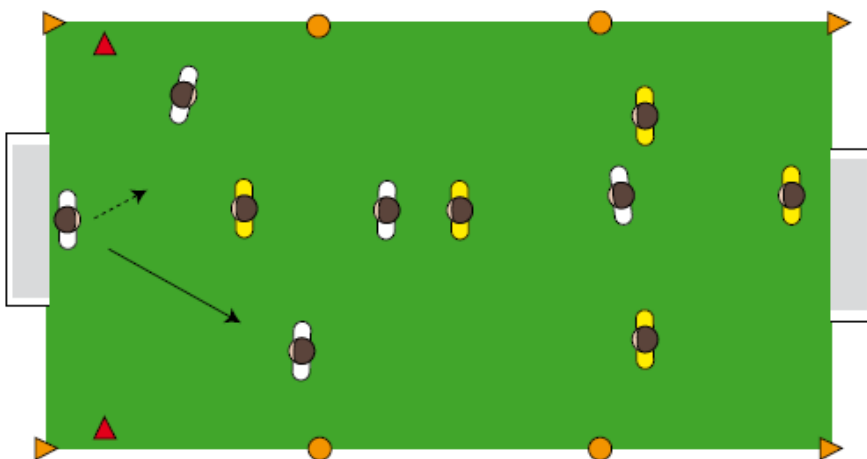
Stay wide facing forward to receive the bal and out play the strikers. Look forward only when forward pas not possible, play wide as preparation for forward pass!

Midfielders:

position yourself so that you can receive the ball and or can support the direct forward pas o the strikers.

Strikers:

stay deep/ away from the ball to make the field as big as possible, hold on to the ball to lay wall pass or 1v1 and try to score.



ORGANIZATION

dimensions
field: 50 x 20 meter

NUMBER OF PLAYERS

10 players.

MATERIALS

2 colour vests
10 balls
6 small cones

23A. ATTACK AND SCORE IN A 4 V 4 WITH GOAL KEEPERS.

“Methodology

Intentions:

Try to beat your four opponents and score goals by moving in the free space and receive the ball.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

General principles:

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

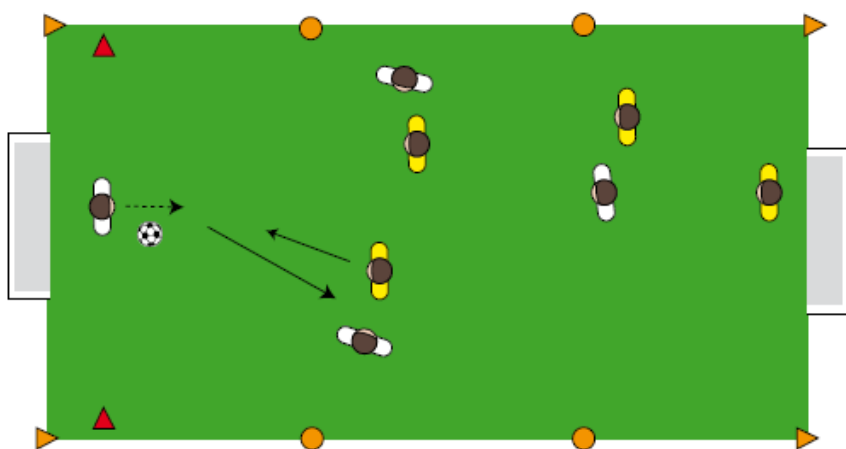
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 40 x 18 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 small goals
8 cones
2 goals

22C. 3 V 1

“Methodology

Intentions:

3 v 1.

Same as in 22B but now all 3 players start at the same time and try to dribble over the line behind the defender.

If the defender takes the ball from one of the attackers he becomes an attacker and the attacker takes the role of defender.

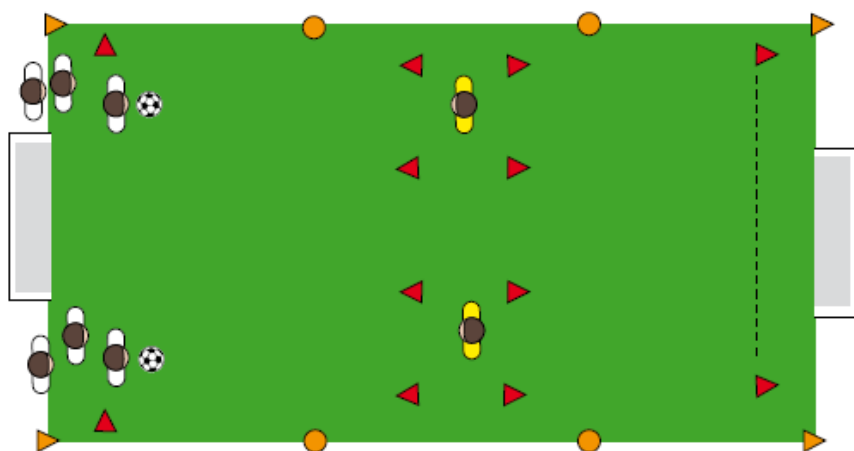
Players have 15 sec to reach the line.

Also if one of the attackers loses the ball and goes outside the defender wins and takes his place as attacker.

General principles:

Coaching points:

Keep the ball close, make a move, protect your ball and encourage to try! Take now and then a player apart to give some individual coaching/help.



ORGANIZATION

dimensions
field: 15 x 25 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

6 balls
10 high cones
6 small cones

22B. 1 V 1

“Methodology

Intentions:

.1 v 1.

Trying to beat your opponent in a small area.

6 players with ball at a cone, 1 defender in a small area (square 15x15)

Player 1 dribbles as quick as possible to the defender and tries to beat him.

If he gets past his defender he then tries to score at the goal with keeper.

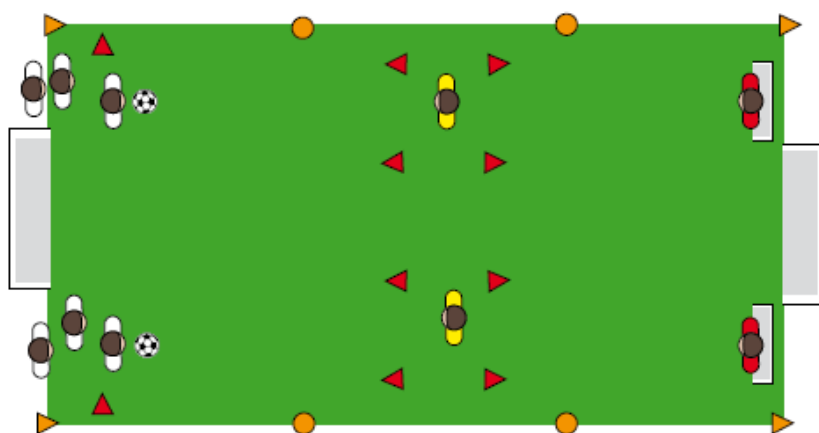
If the attacker loses the ball to the defender he becomes the next defender, the defender takes the ball and start as an attacker.

Try to keep a high tempo.

General principles:

Coaching points:

Keep the ball close, make a move, protect your ball and encourage to try!
Take now and then a player apart to give some individual coaching/help.



ORGANIZATION

dimensions
field: 15 x 25 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

6 balls
10 high cones
6 small cones

22A. SCORING ON 4 SMALL GOALS.

“Methodology

Intentions:

.Dribble towards the line in between the cones and try to hit the cone in the small goal.

Each player takes its turn.

Change every time position. A with B.

C with D.

Scoring by hitting the cones 2 points .

In the goal one point.

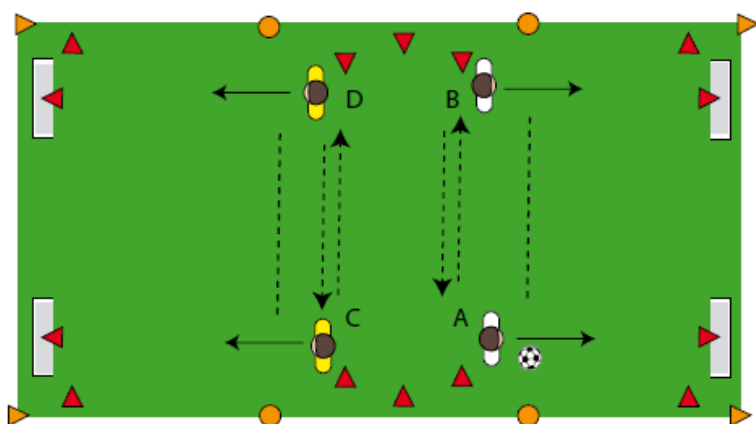
General principles:

Coaching points:

Use inside foot.

Think about your standing leg next to the ball and in the direction of your shot.

Encourage.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

4- 8 players.

MATERIALS

10 cones
4 small goals
4 balls

21, 22, 23, 24, 25 EN 26D. GAME FORM 4 V 4 WITH HANDBALL GOALS. D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

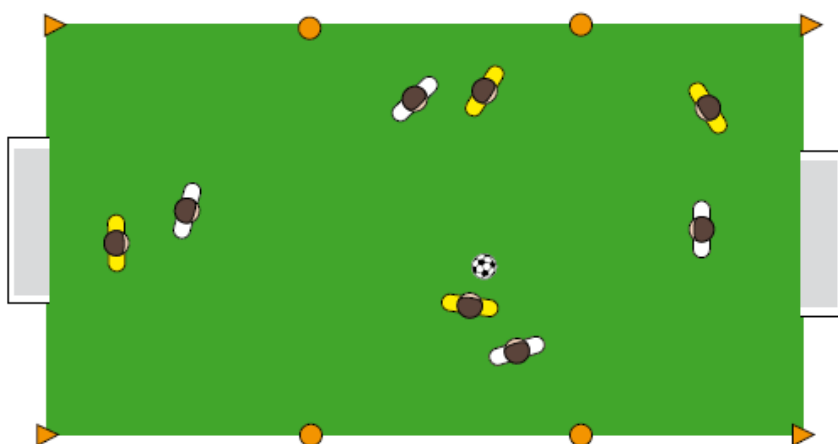
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

21C. PASSING AND RECEIVING.

“Methodology

Intentions:

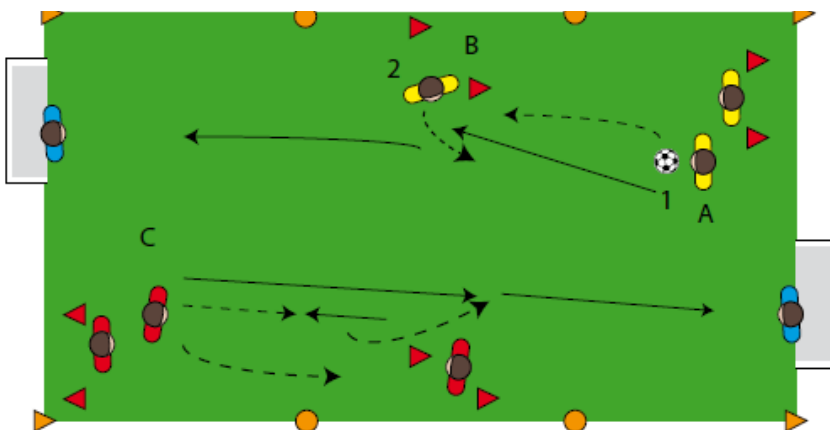
Passing and receiving with the choice of turning and shooting or wall play. Player 1 passes to player 2 who can either control turn and shoot or make a 1-2 combination.

When controlling the red and yellow player have max 3 touches to turn and shoot.

General principles:

Coaching points:

Make a movement inside when controlling the ball don't stand still. When playing a wall pass move away from the shooting line, create space. With only 3 touches first touch important.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 cones 6 high cones

21B. IMPROVE RECEIVING AND CONTROLLING.

“Methodology

Intentions:

2 players at every cone. At cone A and C players have a ball.

Player 2 first move away from the ball and then asks for the pass.

Player 1 passes to player 2.

Player 2 controls the ball, turns and dribbles with the ball to cone C.

Player 1 goes to cone B.

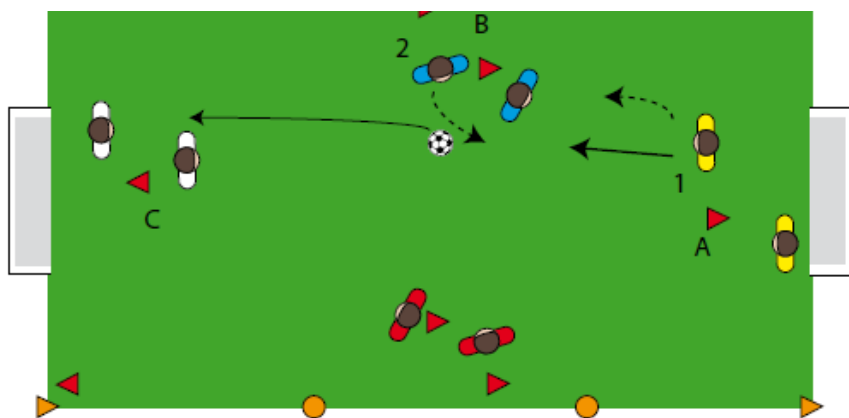
General principles:

Coaching points:

Ask why they have to move away from the ball first. answer: create space for yourself.

The red and blue players first move away and then ask for the ball!

No futsal control but the ball is controlled in direction where you want to go and keeps rolling.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

4 balls
6 high cones
4 small cones
4 color vests

21A. 2 V 3 WITH 4 SMALL GOALS.

“Methodology

Intentions:

.To beat the 2 opponents with 3 players and try to score goals.

Move into free space to create passing options.

the 3 players can only score in designated goal, the 2 players can score in all 4

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

General principles:

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

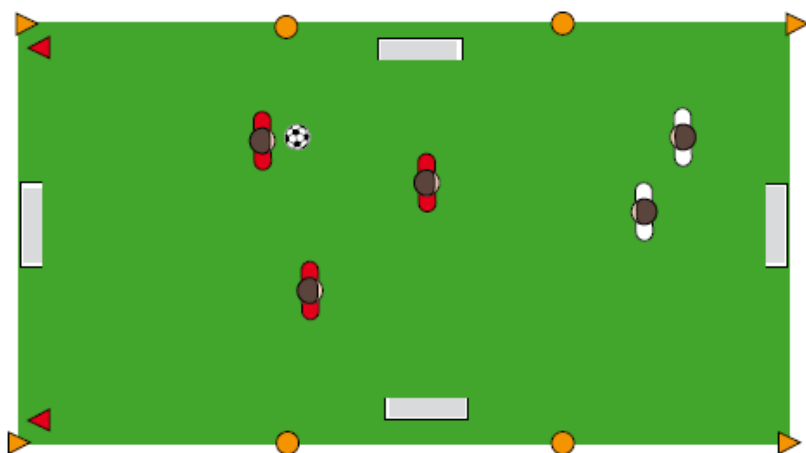
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

5 players.

MATERIALS

4 balls
4 small goals
6 cones

20D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

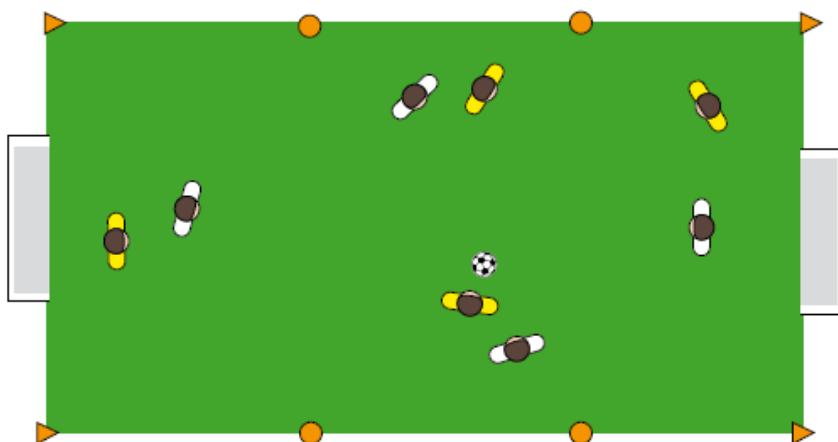
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

20C. 2 V 2 WITH 2 WALL PLAYERS.

“Methodology

Intentions:

Trying to beat the opponent with the help of two wall players.

Wall players are with the team in ball possession and can play to each other.

Wall players can move alongside the whole field.

Score in the goals.

Move into the free space to receive a pass.

General principles:

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

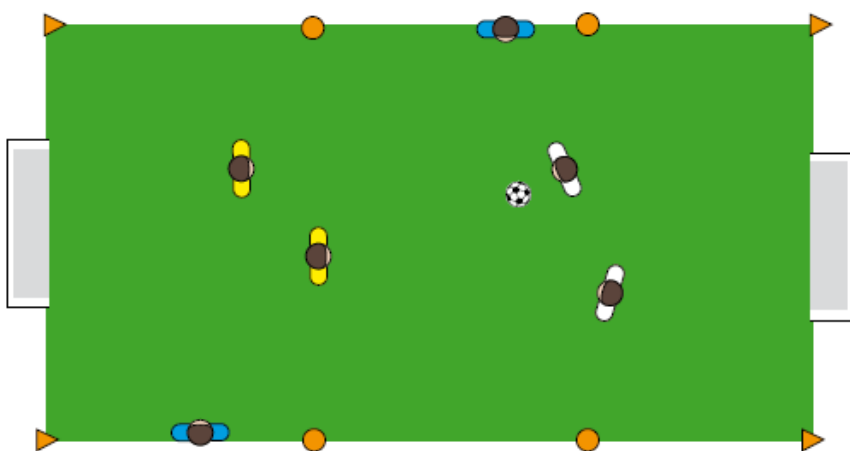
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter.

NUMBER OF PLAYERS

68 players.

MATERIALS

4 balls
6 high cones
6 small cones
2 goals
3 color vests

20B. DRIBBLING WITH THE BALL AND MAKING A MOVE.

“Methodology

Intentions:

3 players start at the same time dribbling with ball to the midline, there they make a move after which they return back to the line as quick as possible.

Reaching the back line again a move with the ball followed with a pass to the other side.

General principles:

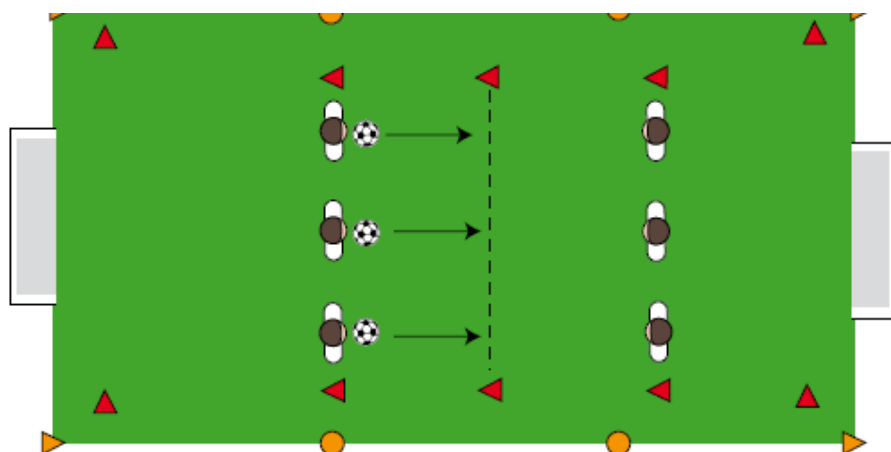
Coaching points:

Use left, right, inside, outside all kind of techniques.

After the first move accelerate quickly with the ball back.

Wait for the coach to give the signal.

Use players with good skills to show the others.



ORGANIZATION

dimensions
field: 15 x 15 meter.

NUMBER OF PLAYERS

6 players.

MATERIALS

3 balls
6 cones

20A. GAME FORM 1 V 1.

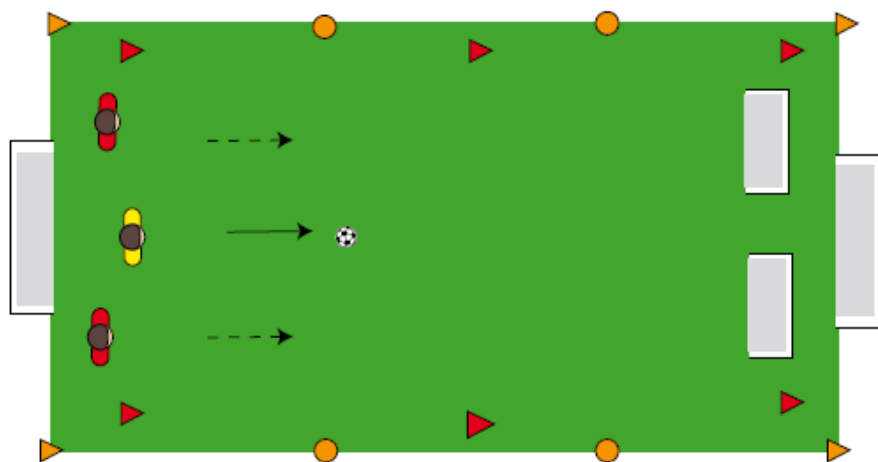
“Methodology

Intentions:

The coach passes the first ball forward.
2 players standing left and right of the coach.
Direct after the pass both players try to take the ball and score in one of the two small goals.
Make sure equal quality and strength players play 1 v 1.
Heavy exercise.

General principles:
Coaching points:

The one who wins the ball tries to score, the other defends.
When the defender wins the ball he tries to score.
Keep score.
have the players start from different positions, facing backwards, sitting, lying, jumping etc.



ORGANIZATION

dimensions
field: 15x 15 meter.

NUMBER OF PLAYERS

6 players.

MATERIALS

6 cones
2 goals
4 balls

19D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

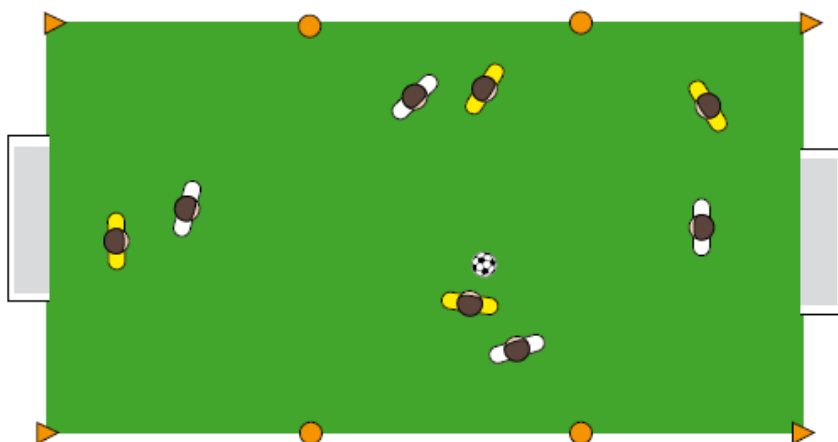
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

19C. IMPROVE SHOOTING.

“Methodology

Intentions:

Shooting.

Game for the players to learn to shoot over a line.

Two equal teams.

Both teams stay on their own half of the field.

Team A tries to shoot the ball over line CD.

Team B tries to prevent this without hands.

Team B tries to shoot the ball over line AB.

Team A tries to prevent this without hands.

12 players use 6-8 balls.

5-8 series of 2 minutes.

Keep score.

General principles:

Coaching points:

Encourage!

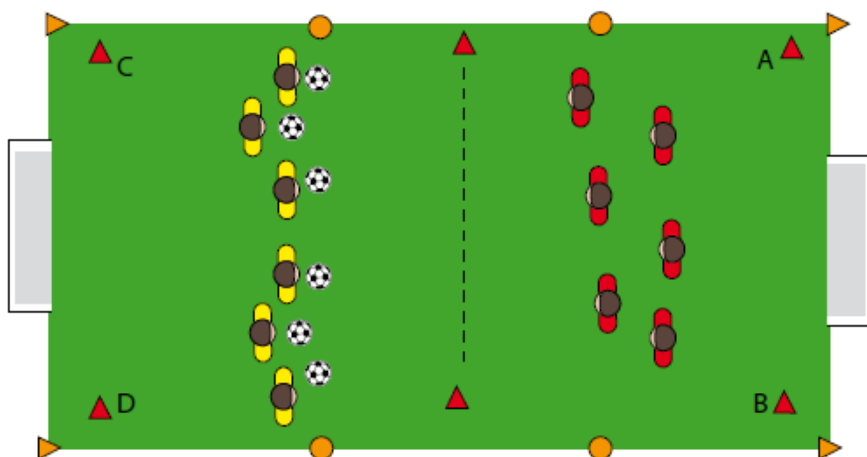
Help with the technical part of the shooting.

First control the shoot.

If the hit too many players increase dimensions of the field.

If a few players don't get enough balls use more balls.

Depending the level of the players adjust the dimensions of the field.



ORGANIZATION

dimensions
field: 10 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

6-8 balls.
6 cones.

19B. TO DRIBBLE AND RUN WITH THE BALL IN A GAME FORM.

“Methodology

Intentions:

2 players start at the same time, one with ball one without.

Player with ball sprints around the triangle.

Player with out the ball around the square.

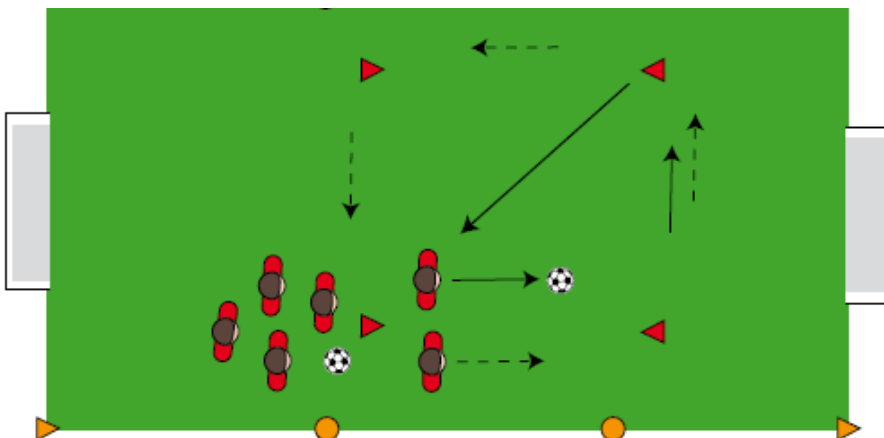
Winner is the first complete the round.

General principles:

Coaching points:

Go around the cones!

Don't touch the ball every step, higher speed.



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

12 players.

MATERIALS

6 balls
4 high cones
4 small cones

19A IMPROVE DRIBBLING WITH THE BALL.

“Methodology

Intentions:

Dribbling from to square to square while avoiding team mates and opponents.

4 teams of 3 players.

Every team starts in a square with dribbling and making moves.

On signal of the coach change square.

Give different signals for different ways of changing (clockwise or anti clock, diagonal)

Which team is the fastest?

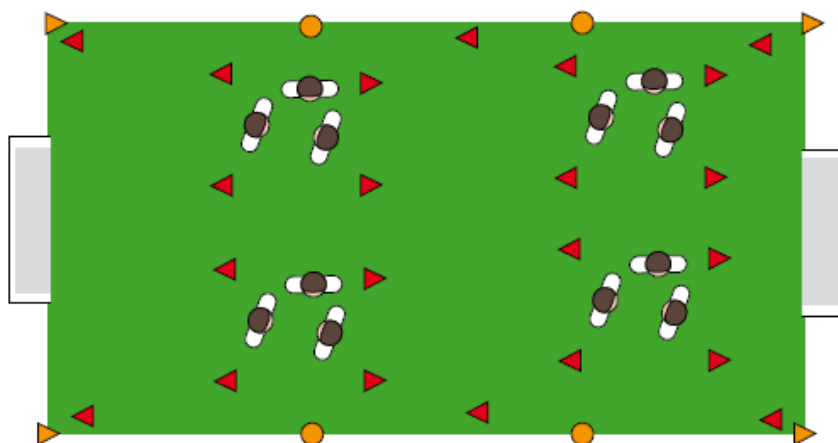
Don't take the opponents bal or kick it away.

General principles:

Coaching points:

Don't look down.

Keep the ball close.



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

22 cones
16 balls
4 color vests.

18D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

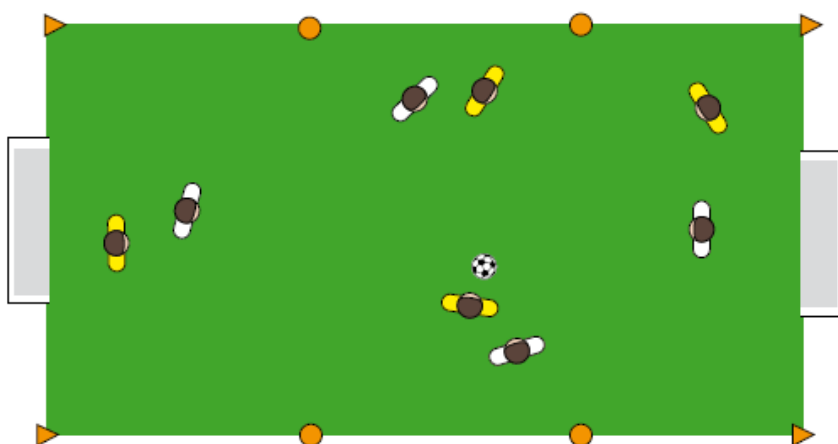
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

18C. FAST FOOTWORK.

“Methodology

Intentions:

Players stand between cones and practice fast footwork.

Players are tapping the ball between their feet without leaving their position.

On signal of the coach try to score in the small goals.

Pick up your ball and start from the back.

General principles:

Coaching points.

The fast footwork basic form is tapping the ball between the feet.

Important is:

knees slightly bend

stand on the front side of your feet

don't move to left and right

bring your knees up

stand like you playing football and not

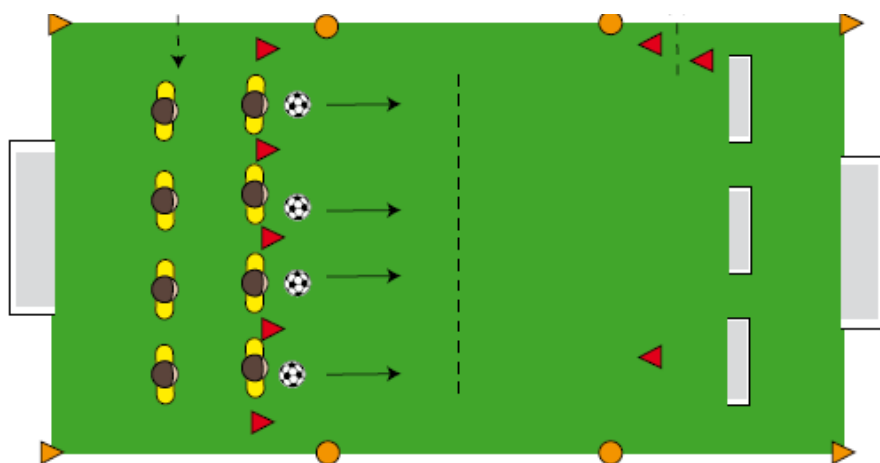
like you are waiting for the bus!

Turn left

Turn right

Roll the ball to the inside and to the outside.

use both left and right as well as inside and outside feet.



ORGANIZATION

dimensions
field: 10 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 Balls
8 high cones
4 small cones.

18B. DRIBBLING WITH THE BALL MAKING MOVES AND CHANGE OF DIRECTION.

“Methodology

Intentions:

Organization.

4 players start dribbling with a ball to the middle cone, where they cut the ball and go back to starting position.

Use inside, outside, left and right foot.

General principles:

Coaching points:

Keep the ball close.

have contact after the move with the ball.

After the move accelerate back.

Coach gives signal to start.

ORGANIZATION

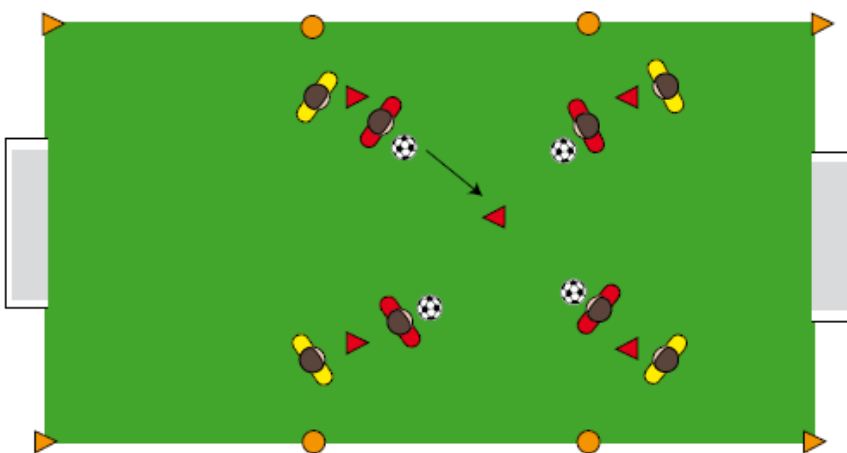
dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

2 color vests
4 balls
4 high cones
4 small cones.



18A. IMPROVE DRIBBLING WITH THE BALL.

“Methodology

Intentions:

Dribble and run with the ball.

Play 1 v 1 en score by dribbling through the gates.

Create gates with high cones.

Field 20 by 20 when using 5 duos (10 players)

Use different cones for field and gates.

General principles:

Coaching points:

Keep the bal close

Use both feet.

Look over the ball.

don't bump into other players.

Use speed when needed.

Who score the most goals in 2 minutes?

have one player play 1 minut and try to score as much as possible

have both players when they have the ball try to score, attacker becomes defender and the other way around.

Use only one gate.

Use all the gates by everyone.

When resting joggle the ball with 2 players.

Change opponents .



ORGANIZATION

dimensions
field: 20 x 20 meter

NUMBER OF PLAYERS

10 players.

MATERIALS

14 high cones for the gates
4/6 small cones for the field.

17D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

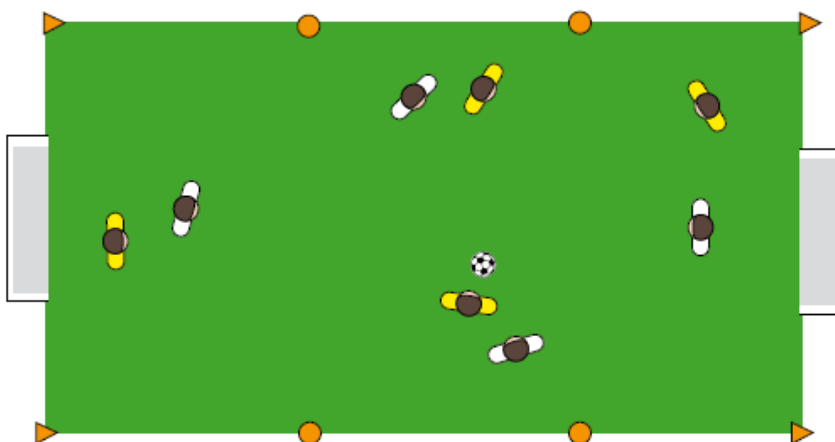
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

17C. FAST FOOTWORK.

“Methodology

Players are standing in between cones and practice fast footwork

Players are tapping the ball between their feet without leaving their position.

On signal of the coach players pass the ball to the other side where the players continue the fast footwork.

Play a strong pass and receiving players direct start tapping the ball between their feet.

On signal of the coach cut the ball with inside foot and dribble to the back line cut there with outside foot and dribble back to the middle where you pass the ball to other side. Use left and right foot.

Coaching points.

The fast footwork basic form is tapping the ball between the feet.

Important is:

knees slightly bend

stand in the front side of your feet don't move to left and right

bring your knees up

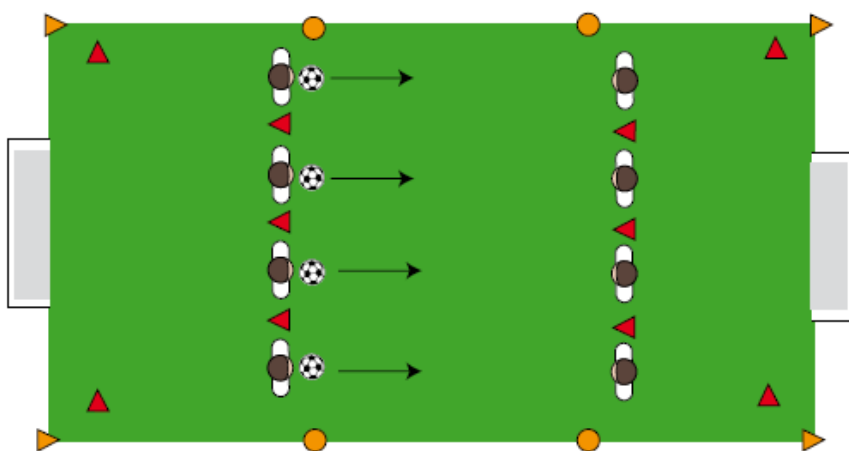
stand like you playing football and not like you are waiting for the bus!

Turn left

Turn right

Roll the ball to the inside and to the outside.

use both left and right as well as inside and outside feet.



ORGANIZATION

dimension
field: 10 x 20 meter.

NUMBER OF PLAYERS

8 players

MATERIALS

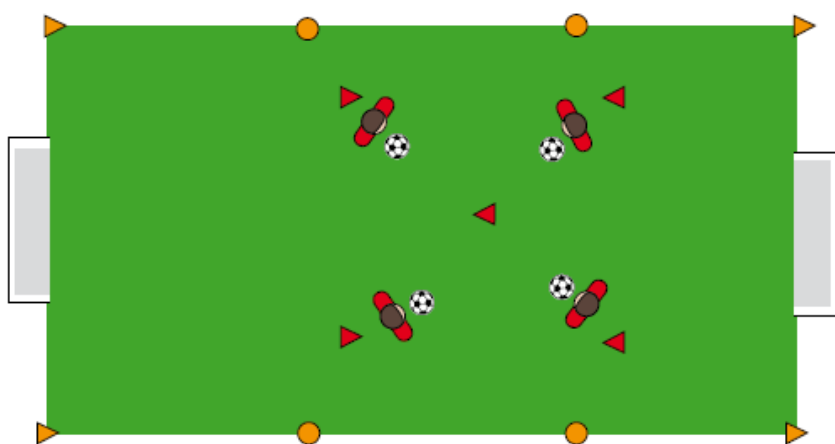
4 Balls
8 high cones
4 small cones.

17B. DRIBBLE AND MOVES.

“Methodology

4 players start dribbling with a ball to the middle cone, where they cut the ball and go back to starting position.
Use inside, outside, left and right foot.

Coaching points:
Keep the ball close.
Have contact after the move with the ball.
After the move accelerate back.
Coach gives signal to start.



ORGANIZATION

dimension
field: 15 x 15 meter.

NUMBER OF PLAYERS

8 players

MATERIALS

2 color vests
4 balls
4 high cones
4 small cones.

17A. IMPROVE DRIBBLING WITH THE BALL.

“Methodology

Dribble and run with the ball.
Play 1 v 1 en score by dribbling through the gates.
Create gates with high cones.
Field 20 by 20 when using 5 duos (10 players)
Use different cones for field and gates.

Coaching points:

Keep the ball close
Use both feet.
Look over the ball.
don't bump into other players.
Use speed when needed.
Who score the most goals in 2 minutes?
have one player play 1 minut and try to score as much as possible
have both players when they have the ball try to score, attacker becomes defender and the other way around.
Use only one gate.
Use all the gates by everyone.
When resting juggle the ball with 2 players.
Change opponents .



ORGANIZATION

dimension
field: 20 x 20 meter.

NUMBER OF PLAYERS

10 players

MATERIALS

14 high cones for the gates
4/6 small cones for the field.

16D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

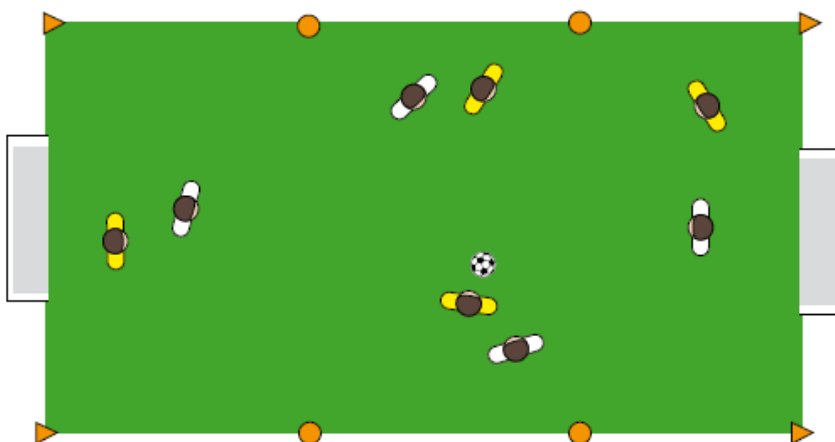
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

16C. 2 V 2 + 4 SMALL GOALS.

“Methodology

Rules:

Team A passes to team B which starts the game

Use 2 small goals.

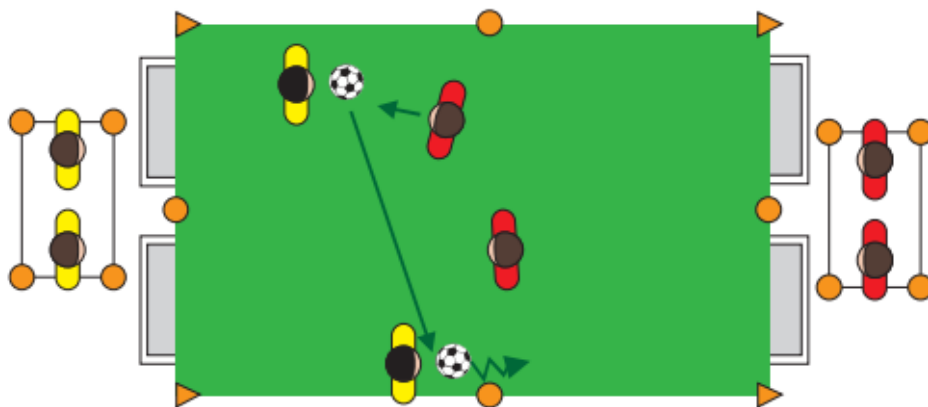
No throw in but pass in or dribble.

Third time out is change of teams.

Keep ball possession when you score.

When the ball is out, corner or a goal is scored start with the keeper again or change teams.

Needed



ORGANIZATION

dimensions: see above

NUMBER OF PLAYERS

8 players continually rotate

MATERIALS

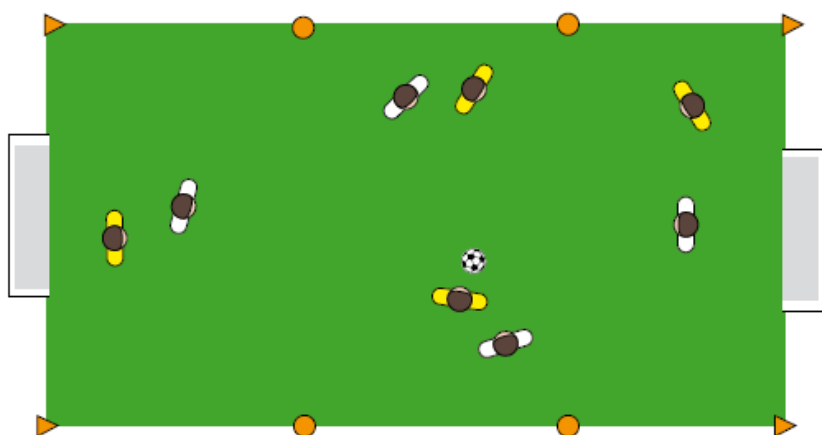
- 4 balls
- 4 high cones.
- 4 - 8 vests 2 colors.
- 10 small cones.
- 4 small goals.

16B 2 V 2 + GOALKEEPERS.

“Methodology

Intentions:
rules:

Team A passes the ball to team B which starts the game
Use big goals.
No throw in but pas or dribble in.
When the ball is out, corner or a goal is scored start with the keeper again or change teams.



ORGANIZATION

dimensions
field: 30 x 18 meter

NUMBER OF PLAYERS

6-10 players.

MATERIALS

8 balls
4 high cones
6 - 10 vests 2 colors.
16 small cones
2 big goals

16A. 4 TIMES 2 V 2 GAME FORM IN TOURNAMENT

“Methodology

max number of players 12
small goals
give the team names from famous clubs.
game form 2 v 2
score goals.
constant movement to create free players.
Organization:
Start every time with same team in ball possession.
Keep a close eye on work-rest times.
Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help

to understand the player when to dribble and when and where to pass.

General principles:

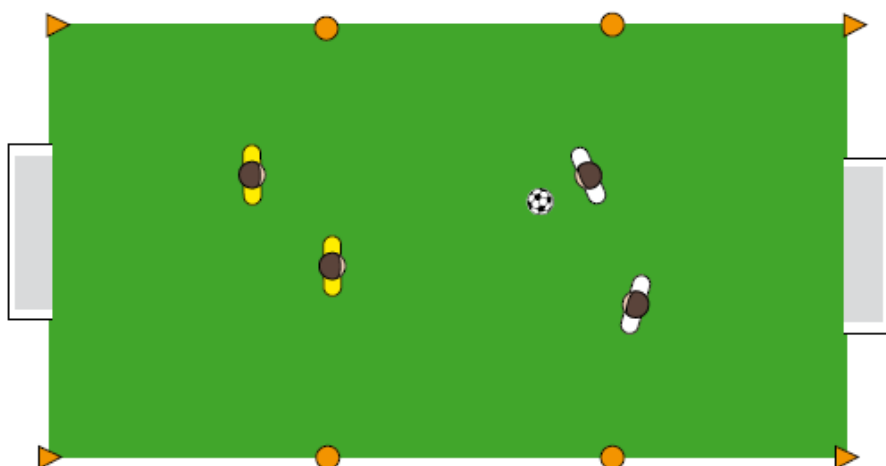
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

12 players.

MATERIALS

4 balls
6 high cones
2 small goals.
4 vests

15D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

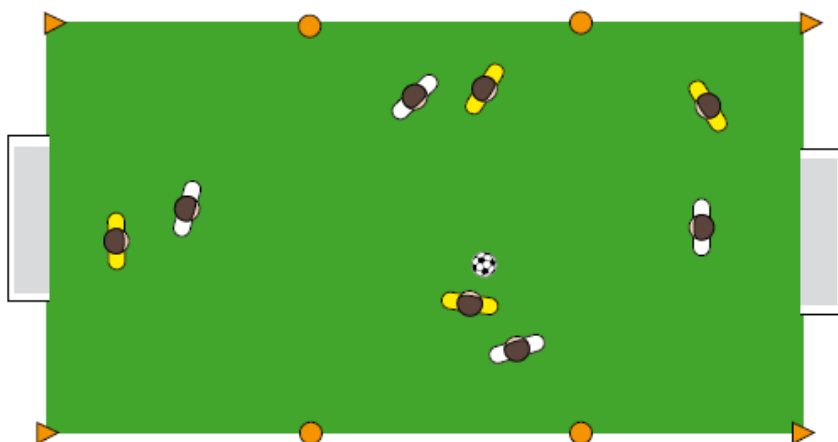
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

15C. IMPROVE GENERAL SKILLS.

“Methodology

Intentions:

.Scoring

1 v 1 and 4 v 4

Every player has its own number

2 keepers. 8 - 16 players

Two teams of 4 - 8 players.

Yellow scores at the blue keeper

Red scores at the white keeper

Coach out a number and passes the ball in the middle.

Coach can also call out several numbers

Players who's number was called try to control the bal and score

When more players active they can play together.

Score within 15 sec.

General principles:

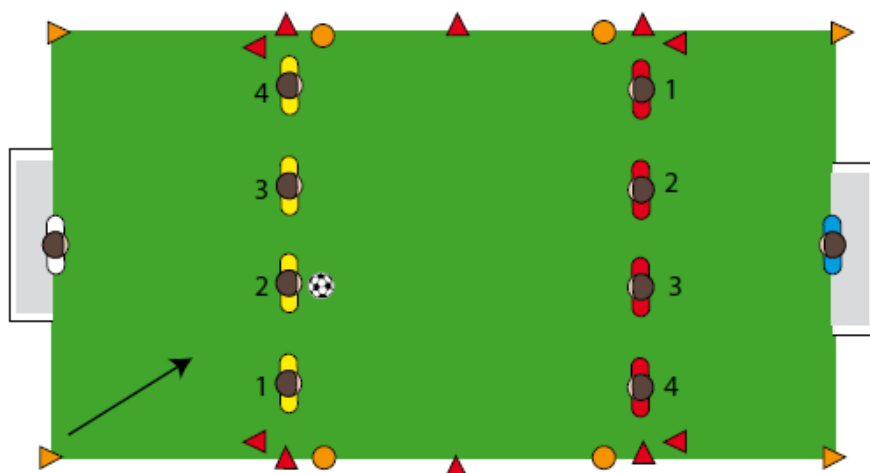
.Coaching points:

Use only inside foot.

Go both directions.

Keep score how many cycles they can get without a mistake.

Use multiple organisations and have a competition.



ORGANIZATION

dimensions:
20 x 20 meters.s

NUMBER OF PLAYERS

8 players

MATERIALS

4 balls
8 high cones
2 color vests

15B. PASSING THE BALL.

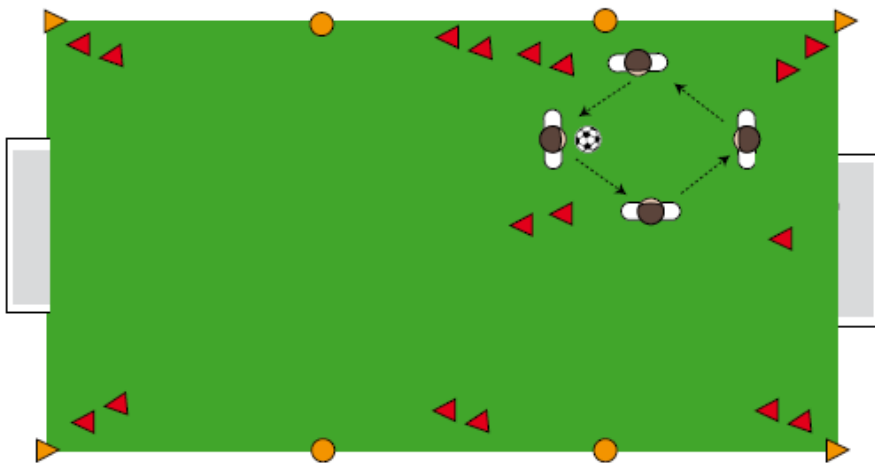
“Methodology

Intentions:

4 players are standing in a diamond shape and pass the ball around.
Use first 1 ball when it becomes easy
use 2 balls.

General principles:

.Coaching points:
Use only inside foot.
Go both directions.
Keep score how many cycles they can get without a mistake.
Use multiple organisations and have a competition.



ORGANIZATION

Diamond
shop 5 x 5 meters

NUMBER OF PLAYERS

min. 4 players

MATERIALS

4 per diamond
1 or 2 balls

15A.SKILLS.

“Methodology

Intentions:

4 players stand between cones in a square and perform ball skills and passing the ball.

General principles:

.Skills:

Tap the ball between the feet 10 times and pass to the next player.

While tapping turn clock wise and pas. while tapping turn anti clock wise and pas.

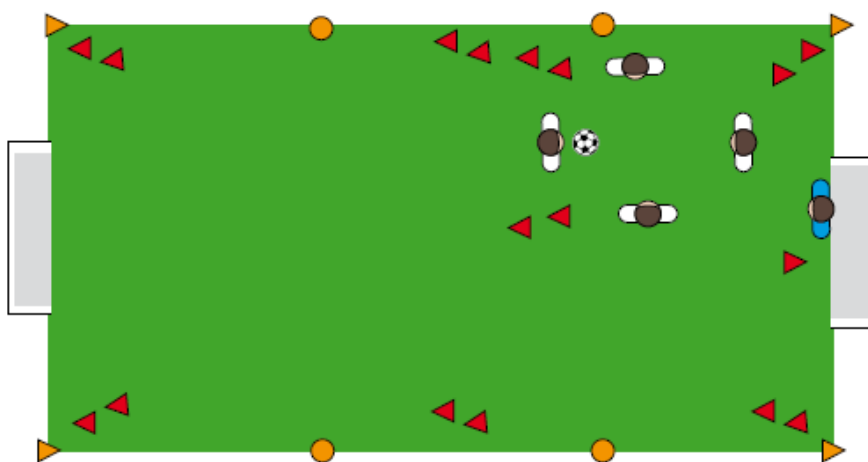
Step quickly on the ball 10 times and pas.

Cut the ball with the inside right and left and pas.

Cut the ball with the outside right and left and pas.

Variation:

use 2 balls at the same time.



ORGANIZATION

square
: 2 x 2meters

NUMBER OF PLAYERS

4-12 players.

MATERIALS

10 cones
4 balls

14D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

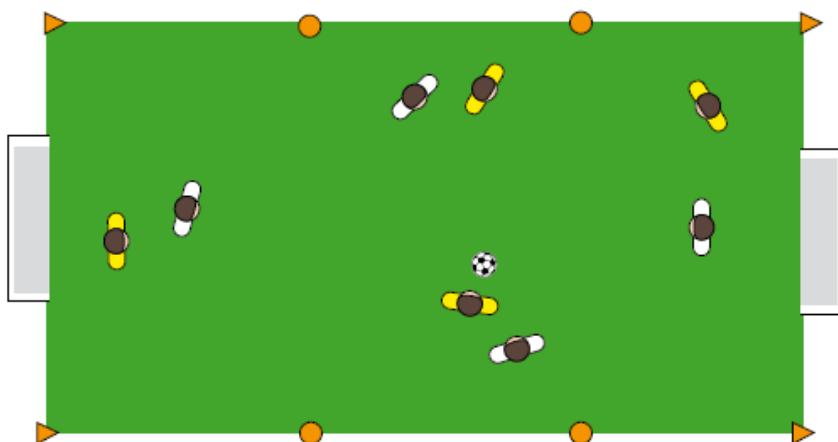
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

14C. 2 V 2 + GOAL KEEPERS GAME FORM.

“Methodology

Intentions:

2 v 2.

2 players standing next to the goal dribble to the middle, at the same time 2 defenders start from the other side.

When the defenders win the ball they become attackers.

Action is finished when a goal is scored or ball is out.

When the keeper takes the ball game continues.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player. Help to understand the player when to dribble and when and where to pass.

General principles:

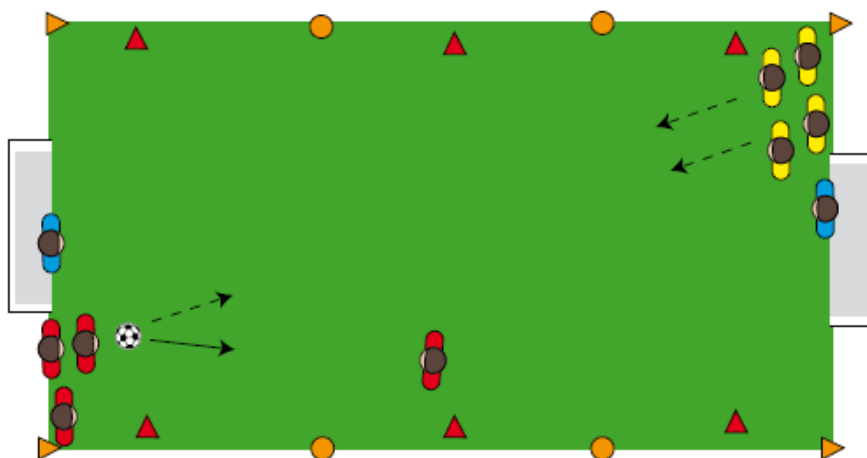
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones
2 goals.

14B. 1 V 1 + 2 GOAL KEEPERS GAME FORM.

“Methodology

Intentions:

1 v 1

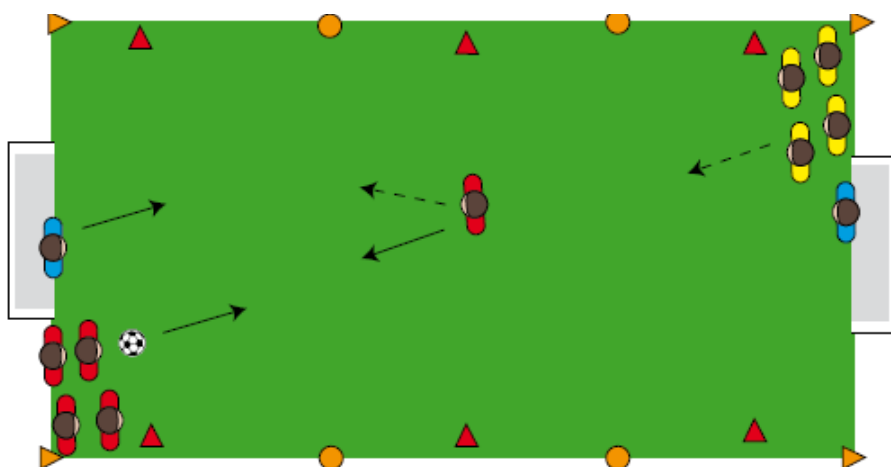
Red player starts the dribble to the middle cuts the ball and passes it back on the keeper. Then under pressure of the yellow defender the keeper will try to pass to the red attacker who wil try to beat his opponent and score.

When the yellow defender wins the ball he will try to score on the other goal.

General principles:

Coaching points:

Encourage players to try and beat the opponent if you loose or win the ball it is not finished. Immediately continue. Its only finished when a goal is scored or ball is out and or saved by the keeper.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

6 high cones
2 goals
8 balls

14A. 1 V 1 + 2 GOAL KEEPERS GAME FORM.

“Methodology

Intentions:

1 v 1

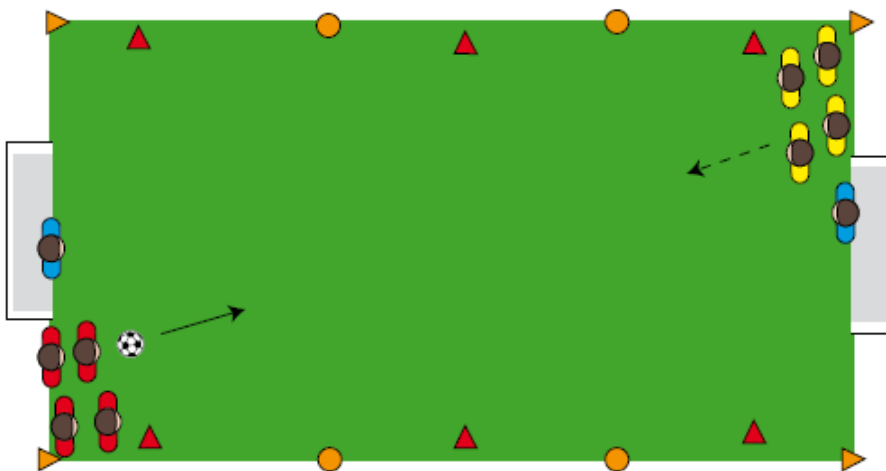
Red player starts the dribble to the middle, the yellow player will defend him and try to win the ball.

When yellow wins the ball he will try to score on the other goal.

General principles:

Coaching points:

Encourage players to try and beat the opponent if you loose or win the ball it is not finished. Immediately continue. Its only finished when a goal is scored or ball is out and or saved by the keeper.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

6 high cones
2 goals
8 balls

13D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

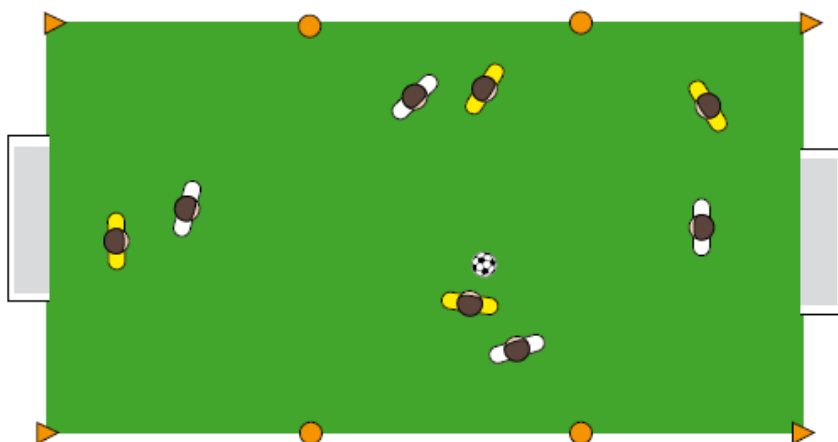
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

13C. FAST FOOTWORK

“Methodology

Intentions:

Players are standing in between cones and practice fast footwork

Players are tapping the ball between their feet without leaving their position.

On signal of the coach players pass the ball to the other side where the players continue the fast footwork.

Play a strong pass and receiving players direct start tapping the ball between their feet.

On signal of the coach cut the ball with inside foot and dribble to the back line cut there with outside foot and dribble back to the middle where you pass the ball to other side.

Use left and right foot.

General principles:

Coaching points.

The fast footwork basic form is tapping the ball between the feet.

Important is:

knees slightly bend stand

n the front side of your feet

don't move to left and right

bring your knees up

stand like you playing football and not

like you are waiting for the bus!

Turn left

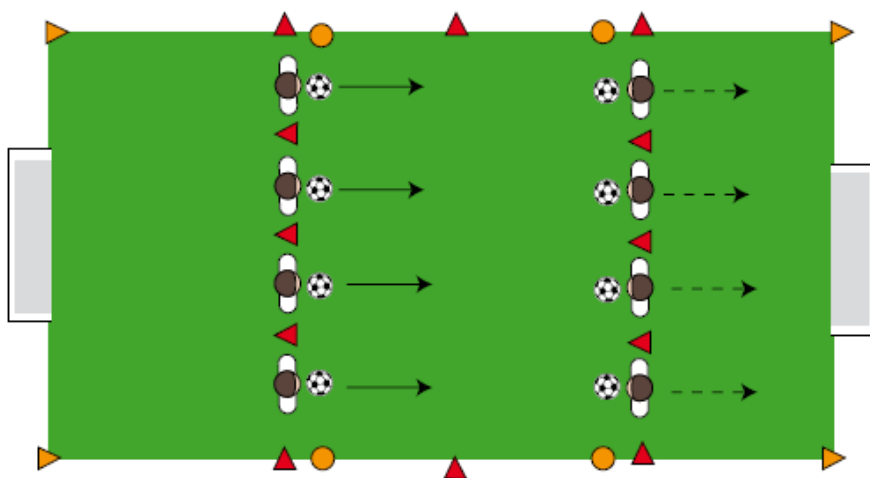
Turn right

Rolln the ball to the inside and to the

outside.

use both left and right as well as inside

and outside feet.



ORGANIZATION

dimensions
field: 10 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 Balls
8 high cones
4 small cones.

13B GAME FORM 3 V 3 WITH 2 WALL PLAYERS AND 4 SMALL GOALS.

“Methodology

Intentions:

Try to beat your four opponents and score goals after a wall pass by moving in the free space and supporting the pass on the wall player. Scoring after the whole team is on the opponents half (over the midline) Wall players with team in ball possession.

General principles:

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball.

Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

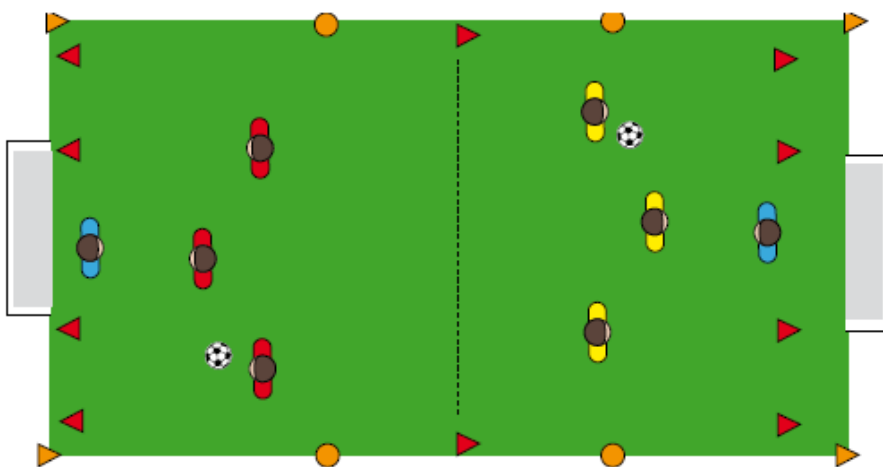
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

2 color vests
4 balls
6 high cones
8 small cones

13A. IMPROVE PASSING AND SHOOTING.

“Methodology

Intentions:

First player passes to player standing in between the cones

Player controls the ball and passes back to the first player who followed his pas and tries to score at the goal.

Player who played wall pass picks up the bal and starts at the back of the cue.

Player who shot at the goal becomes wall player.

General principles:

Pay close attention to the shooting technique.

Support leg next to the ball but not too close.

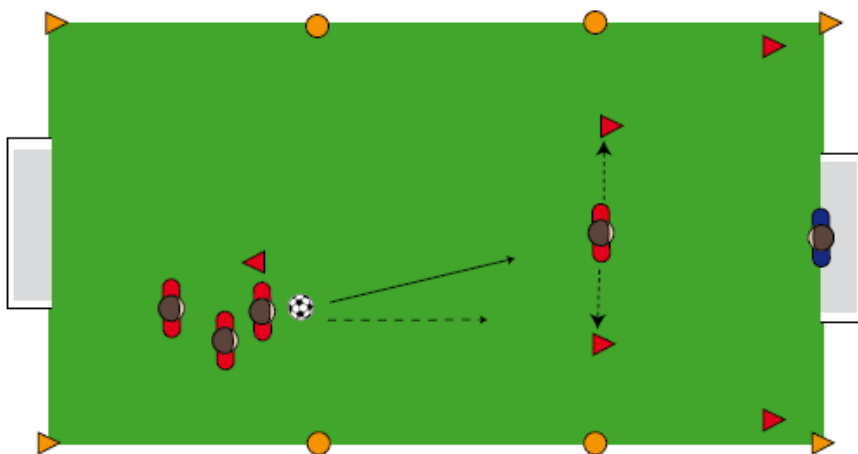
Slightly bend.

Support foot pointing in direction off the shot.

Hit the ball in the middle.

Wall player moves on his forefoot and is ready to receive the pass.

Use inside of the foot for controlling and passing ball back.



ORGANIZATION

dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8-10 players.

MATERIALS

6 cones
10 balls

12D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

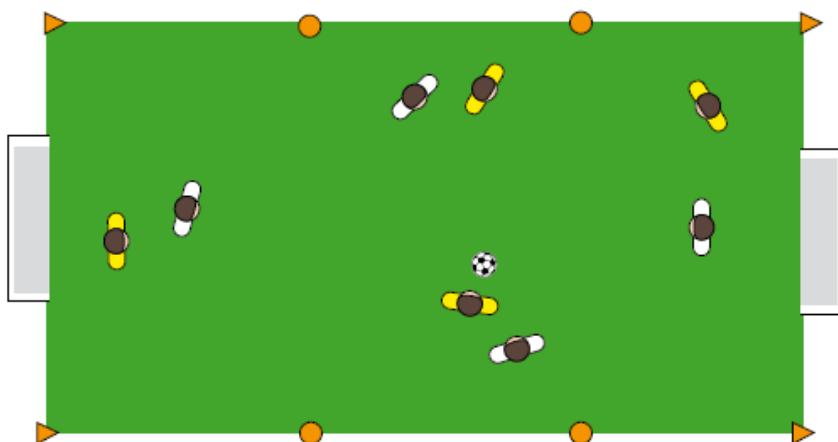
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

12C. GAME FORM 2 V 2 WITH LINE DRIBBLE AND 4 SMALL GOALS.

“Methodology

Intentions:

Try to beat the 2 opponents and dribble over the line while moving constantly into the free space to receive the ball.

Organization:

When red scores they keep possession and can now score at the other goals as well. yellow tries to win the ball and do the same.

Try to move from attack to defence as quick as possible.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball.

Defenders fall back or defend forward.

.Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player. Help to understand the player when to dribble and when and where to pass.

General principles:

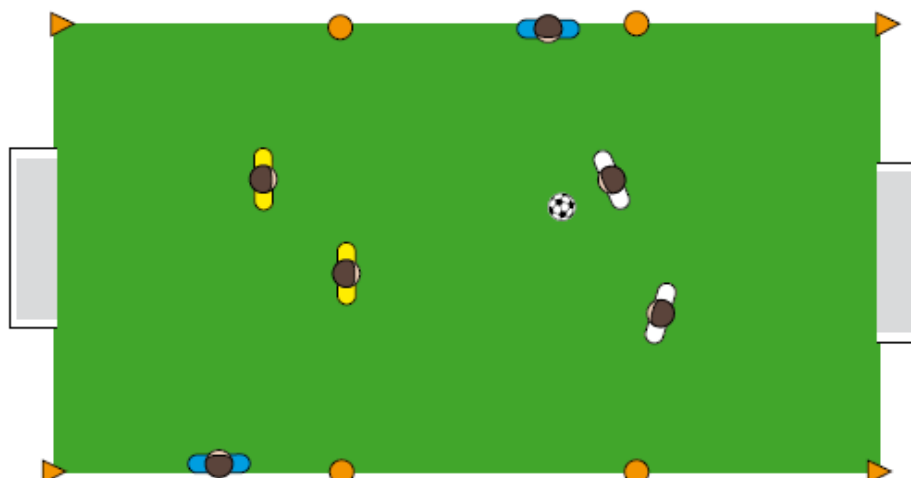
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
4 big cones
8 small cones

12B. GAME FORM 2 V 2 WITH LINE DRIBBLE AND TRANSITION.

“Methodology

Intentions:

Try to beat the 2 opponents and dribble over the line while moving constantly into the free space to receive the ball

Organization:

When red scores in the yellow goal the keep ball possession and can score through a line dribble.

If the yellow player win the ball they first try to score at the goal and after try to dribble the line.

Make sure that after scoring the immediately move for the line dribble and don't stand still and enjoy the moment!

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball.

Defenders

fall back or defend forward.

.Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

ORGANIZATION

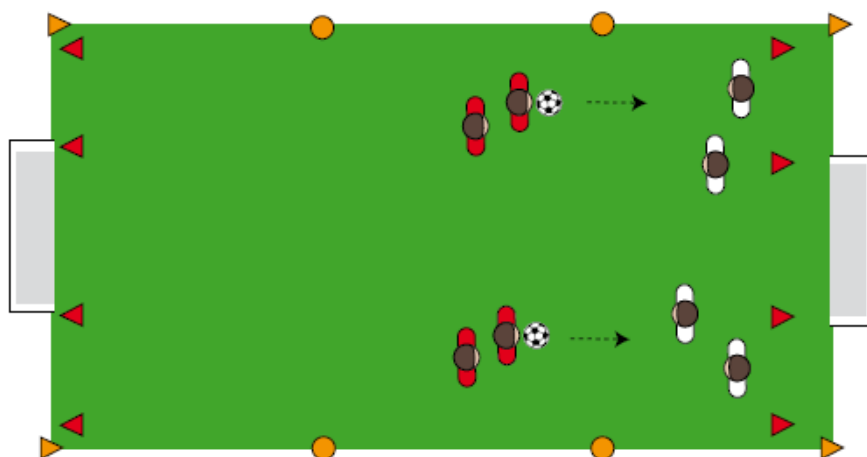
dimensions
field: 15 x 20 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
4 high cones
8 small cones



12A. BALL MASTERY.

“Methodology

Intentions:

2 groups of players standing in a row.
The first 6 players wait for signal from the coach to move at the same time to the other side.
When the first group is done second group starts.

General principles:

Exercises:

Roll the ball slowly with your right foot
Roll the ball slowly with your left foot
Push the ball with the sole of your shoe forward using left and right foot.

Dribble with right while touching the ball with every step.

Dribble with left while touching the ball with every step.

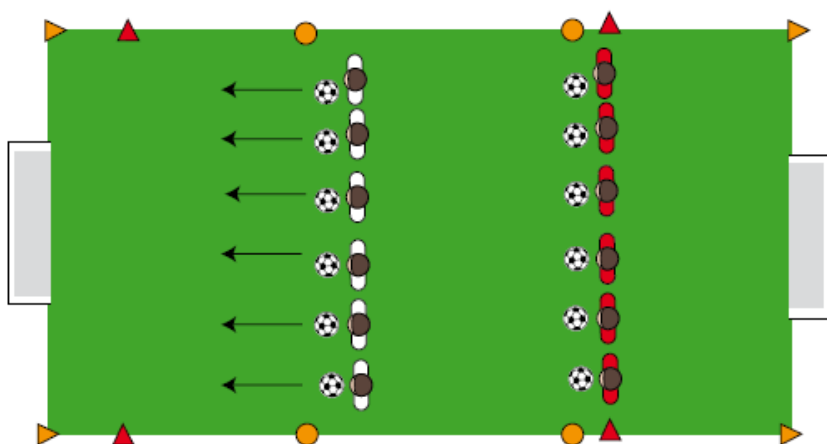
Coaching points:

Take it easy first good execution quickness comes later.

Explain by showing the moves slowly.

In this first time sessions don't correct too much.

Have the players bend their knees.



ORGANIZATION

dimensions
field: 12 x 12 meter

NUMBER OF PLAYERS

12 players.

MATERIALS

12 balls
6 yellow vests
6 red vests

11D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

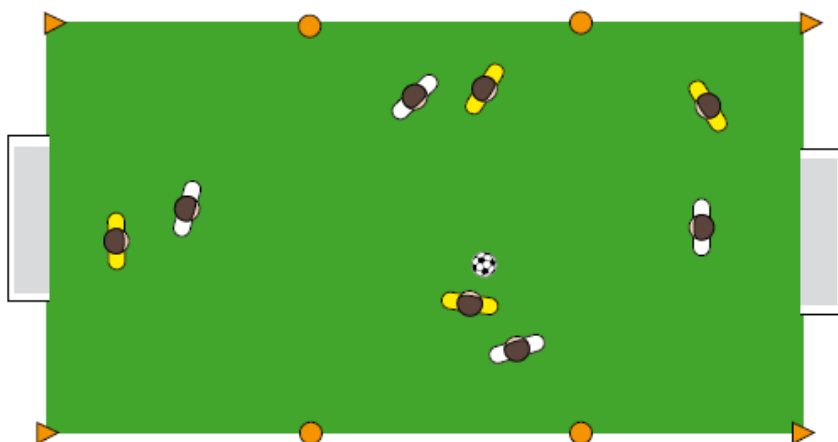
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

11C. MOVES IN 1 V 1 WITH DEFENDER NEXT TO YOU.

“Methodology

Intentions:

The

first player of each group dribbles with the ball to line 2.

There he makes the move and goes on the line 1 where he repeats his moves before he leaves the 3 square.

General principles:

Coaching points:

Explain the players the organization with the defender and how it relates to the real game situation.

Have the players make their own moves.

Dribble ball with left foot while defender on the right side

Dribble ball with the right foot while defender on the left side.

Dribble and cut the ball with the inside foot

Dribble and cut the ball with the outside foot.

Encourage a good execution of a move and explain when wrong.

ORGANIZATION

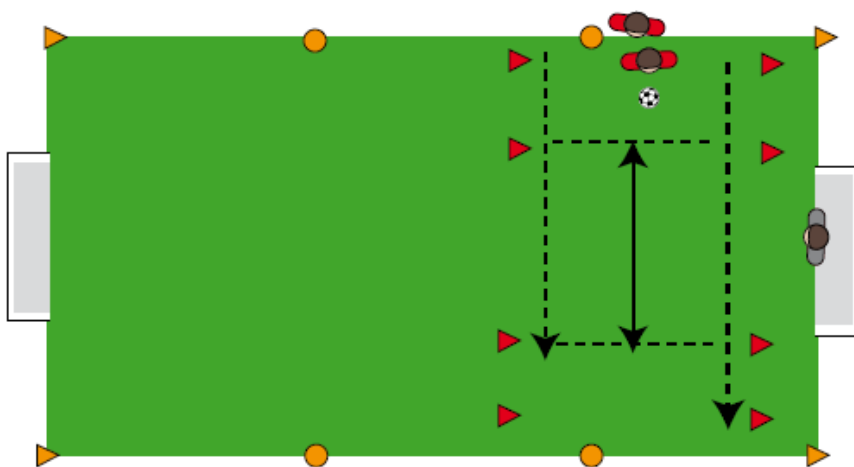
dimensions field:
3 squares of 2 x 2 meters with the middle square of a different color.

NUMBER OF PLAYERS

4 players.

MATERIALS

4 balls
8 cones



11B. FINISHING DRILL.

“Methodology

Intentions:

Coach passes the ball from the back line next to the goal to the 16 meter line.

Players have 1 touch.

When the player shoots the ball next to the goal he is out of the game.

When a player shoots over or his shot is stopped by the keeper the change positions.

when a keeper receive 2 goals directly after each other he is also out of the game and the 3 player in line after the 2 goals becomes keeper.

In the end only 1 player is left over and is the winner.

General principles:

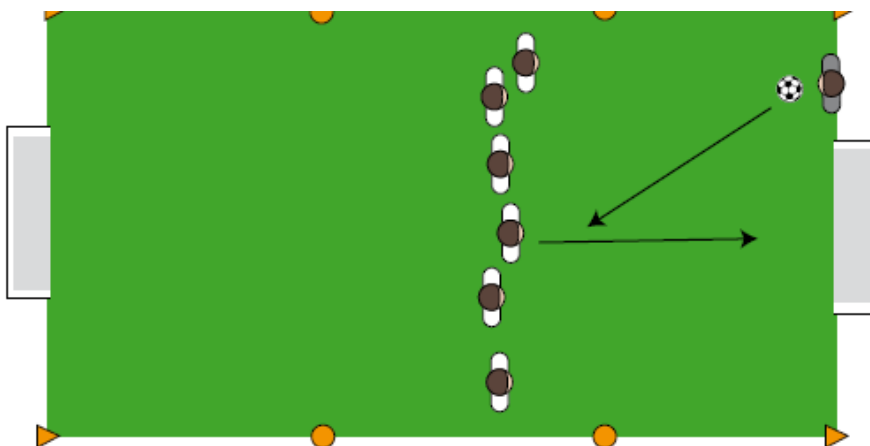
Coaching points:

Looking at body posture when shooting.

Don't lean back wards but slightly forward over the ball and use the front part of your foot.

Show the players how it is done by demonstrating a shot.

Encourage players when shooting even when missing the target!



ORGANIZATION

dimensions field:
Backline to 16 meter.

NUMBER OF PLAYERS

6 players.

MATERIALS

6 balls
6 cones

11A. GAMEFORM 2 V 2 AND SCORING BY DRIBBLING OVER THE LINE.

“Methodology

Intentions:

Objective:

Try to beat the 2 opponents and dribble over the line while moving constantly into the free space to receive the ball.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching points:

.Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player. Help to understand the player when to dribble and when and where to pass.

General principles:

Keep formation as big as possible

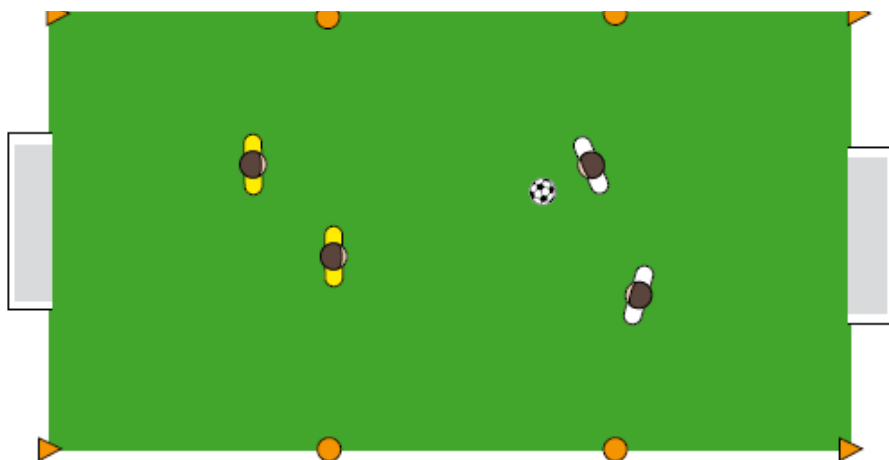
Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too

far away from each other.



ORGANIZATION

dimensions field:
15 x 15 meter

NUMBER OF PLAYERS

4 players.

MATERIALS

4 balls
4 high cones

10D. GAME FORM 4 V 4 WITH HANDBALL GOALS.

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

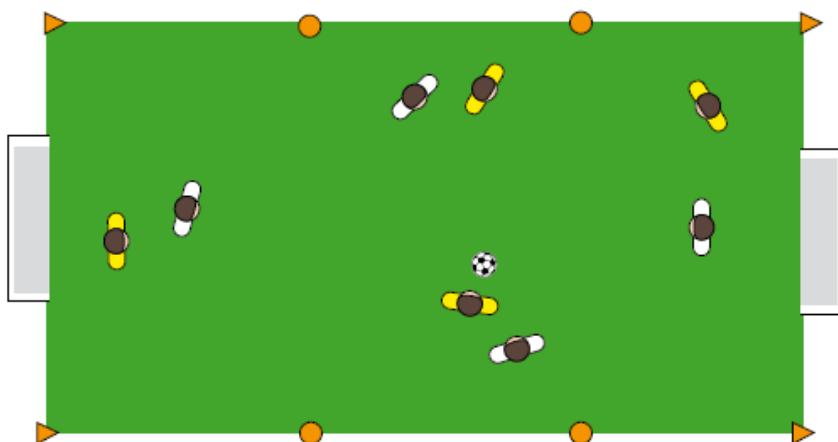
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

10C. GAME FORM 4 V 4 WITH 8 SMALL GOALS.

“Methodology

Intentions:

Try to beat your four opponents and score goals by moving in the free space and receive the ball.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

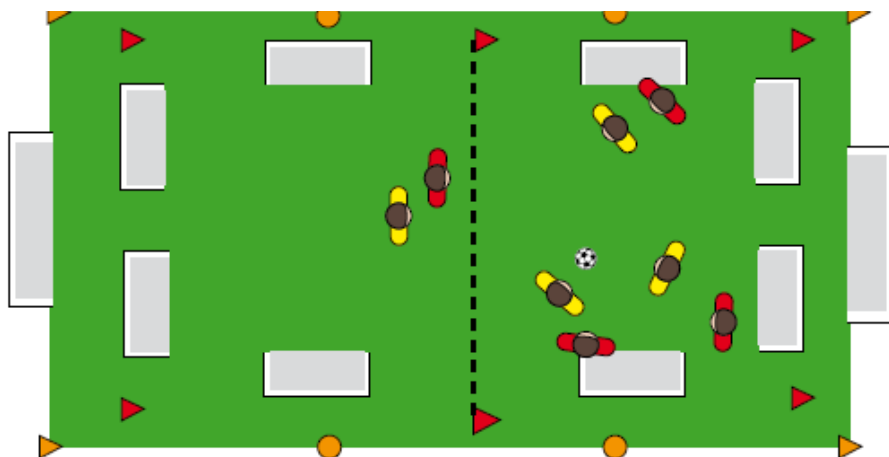
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 30 meters

NUMBER OF PLAYERS

8 players.

MATERIALS

4balls
6 high cones
8 small goals

10 B. DRIBBLE AND CRUIJFF TURN.

“Methodology

Intentions:

Objective:

To improve dribbling and moves.

Every player has a ball and dribbles to a imaginary midline.

In the middle of the field the player makes a Johan Cruijff turn by feinting a pass and dragging the ball behind his standing leg, turning 180 degrees and accelerate to the back line.

General principles:

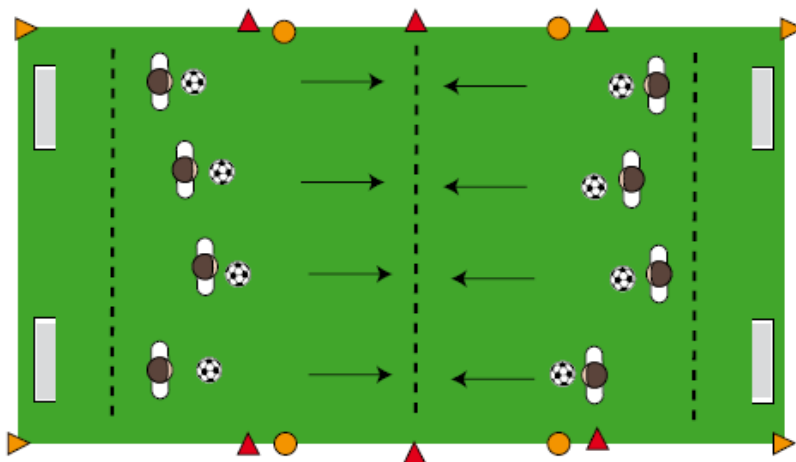
Coaching points:

Keep the ball close when dribbling.

Every step ball contact.

After the turn keep contact with the ball.

Use both legs.



ORGANIZATION

dimensions
field: 10 x 30 meters

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls
8 cones

10A. DRIBBLE TOWARDS EACH OTHER.

“Methodology

Intentions:

Objective:

To improve dribbling and looking over the ball.

Every player has a ball and dribbles towards an imaginary midline .

On signal of the coach players dribble to the other side at the same time.

They will meet in the middle so have to look over the ball to avoid each other.

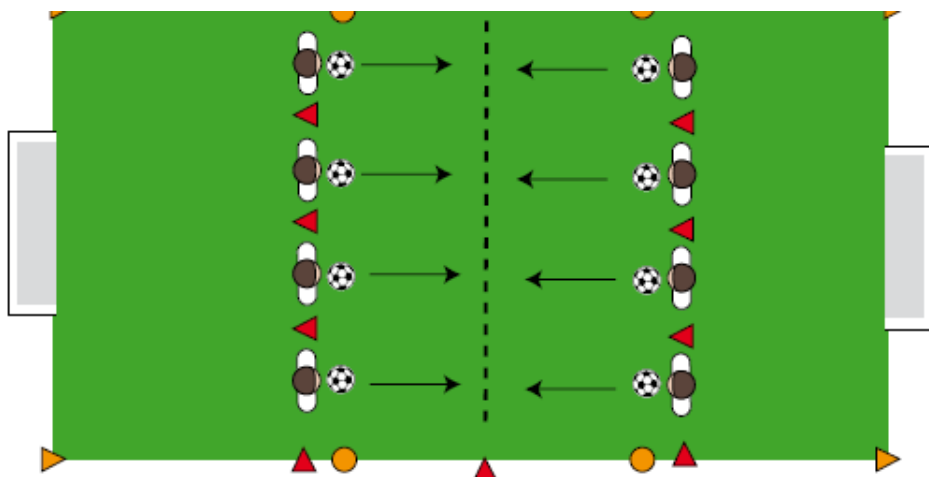
General principles:

Coaching points:

Keep the ball close.

Every step contact with the ball.

Use both feet!



ORGANIZATION

dimensions
field: 12 x 30 meters

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls
8 cones

9D. GAME FORM 4V4

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

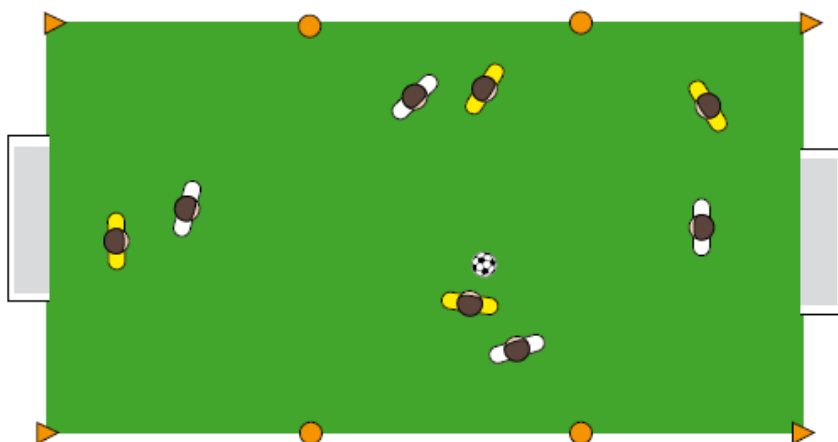
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

9C. GAME FORM 4V 4 WITH 4 GOALS.

“Methodology

Intentions:

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

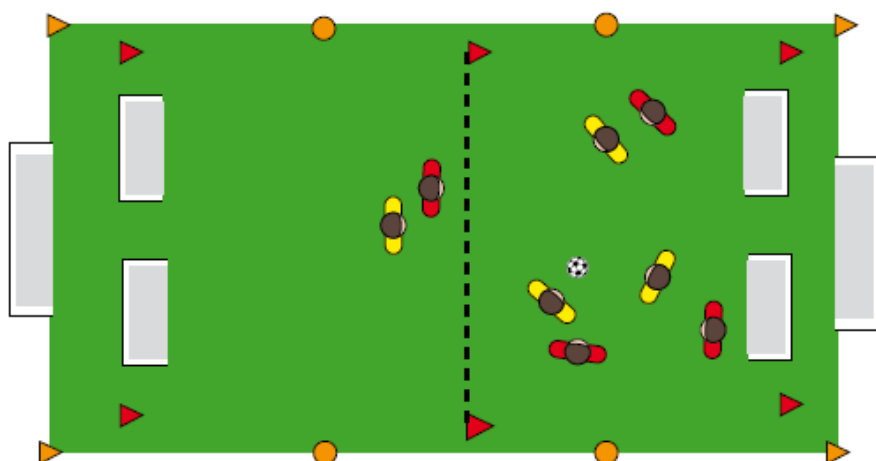
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keepn possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

Dimensions field: 20 x 25 meters.

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 cones
4 small goals

9B. GAME FORM 4 V 4.

“Methodology

Intentions:

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

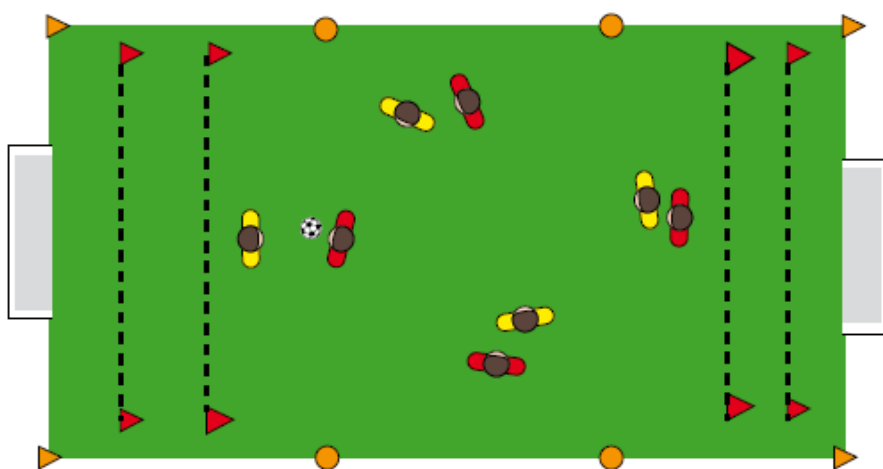
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

Dimensions field: 20 x 25 meters.

NUMBER OF PLAYERS

4-16 players.

MATERIALS

2 balls
4 cones

9A. DRIBBLE AND PASS.

“Methodology

Intentions:

To improve the quality of dribbling and passing with 2 players.

Every player in the middle has a ball.

Player 1 dribble to the other side and player 2 comes toward him(without bal).

Player 1 passes to player 2. Now player 2 starts.

General principles:

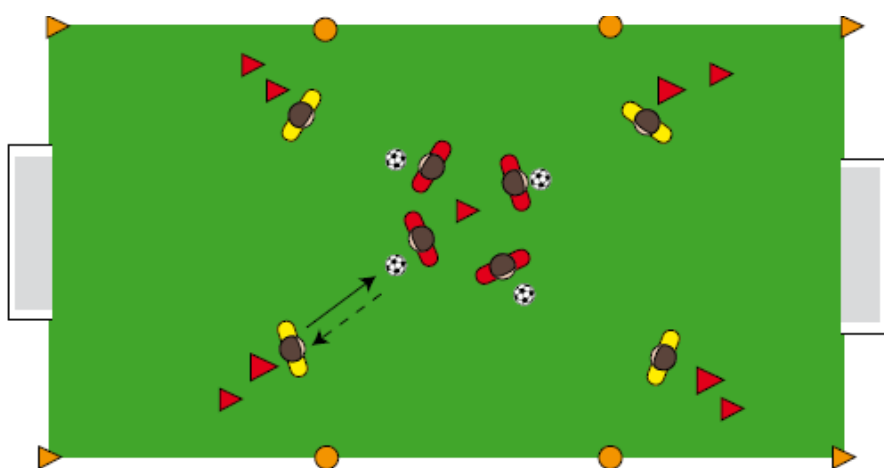
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand to close or to far away from each other.



ORGANIZATION

Dimensions
field: 10 x 15 meters.

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls
8 cones

8D. GAME FORM 4V4

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

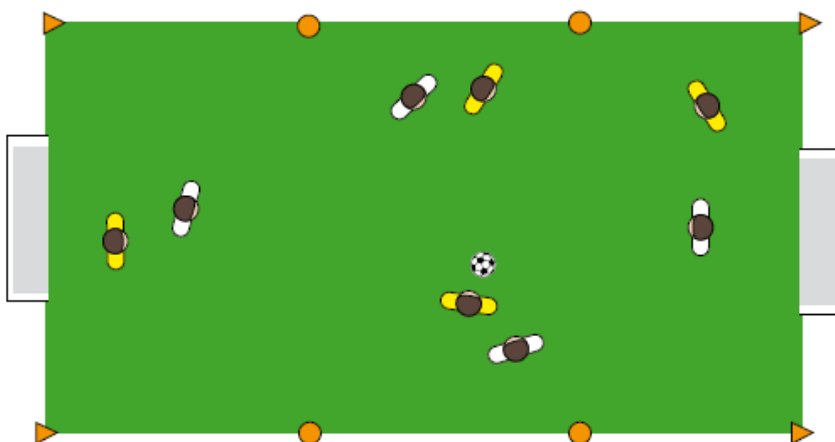
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

8C. DRIBBLE AND SCORE.

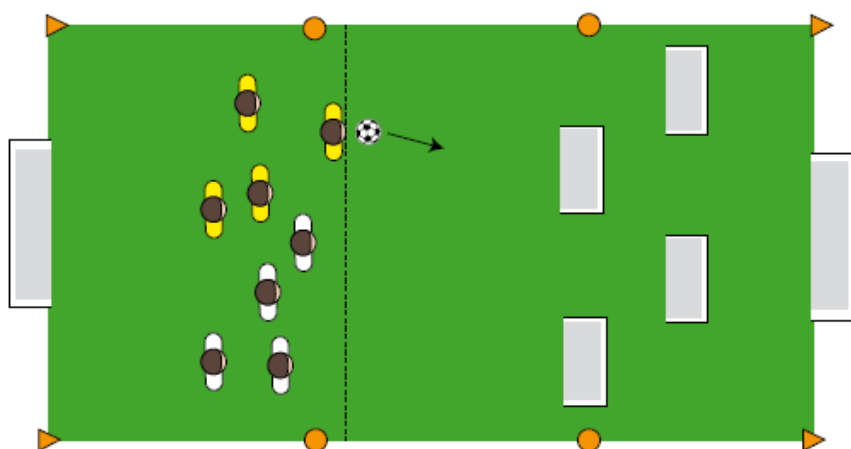
“Methodology

Intentions:

Dribble and score on 4 goals with cones in the corners of the goals.
8 players simultaneously dribble with each a ball in the same area.
Keep the ball close and touch with every step.
When the coach give the signal players can score from the mid line.
Scoring in the closest goal gives 1 point , 2 when scoring in the furthest goal.
Points only rewarded when the cones are hit. Touching is enough for a point.
Winner is player with the most points.

General principles:

Coaching points:
Encourage the players to dribble correct and touch the ball as many times as possible.
Players should be aware where they are! Look over the ball.
Look at the correct posture when passing.
Positive stimulation!



ORGANIZATION

Dimensions
field: 10 x 20 meters
2 squares of 10 x 10 meters
**NUMBER
OF PLAYERS**

8 players.

MATERIALS

8 balls.
7 high cones.
2 goals small
2 big goals.
8 small cones

8B. CONTROLL AND MOVE WITH THE BALL.

“Methodology

Intentions:

Objective:

To improve controlling and moving the ball in the correct direction (first touch)

Control and receive.

Passing to improve the controlling.

Directions:

A passes to C

C controls and turns passes to D who shows himself between the cones.

D controls and passes the ball back to A

At the same time B passes to C

C controls turns and passes to D

D controls and passes back to B

Regularly rotate positions

General principles:

Coaching points:

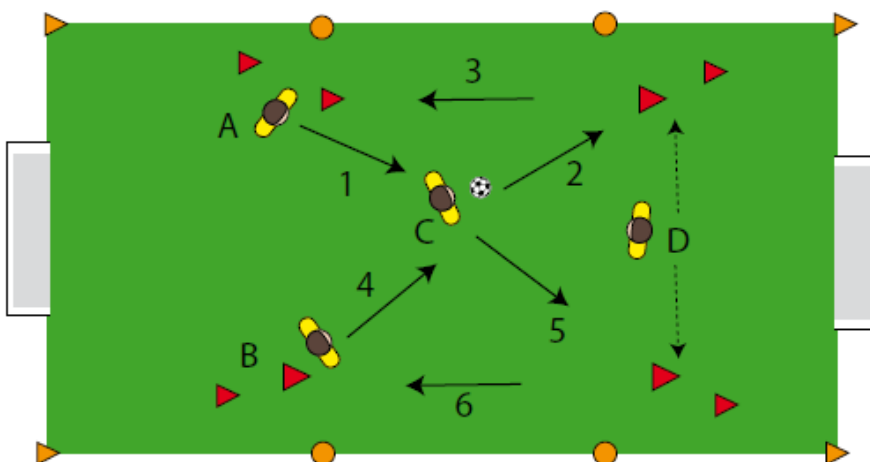
Good passes inside foot

Control the ball with the correct foot and turn in the right direction.

Look before controlling the ball and make yourself available again.

Have a close look at the technical control, mainly the focus is on player C

without forgetting the others.



ORGANIZATION

dimensions
field: 10 x 15 meter.

NUMBER OF PLAYERS

4-16 players.

MATERIALS

4 high cones
2 balls

8A. DRIBBLING AND ACCELERATE WITH BALL.

“Methodology

Intentions:

Objective:

Improving to dribble in small spaces and then accelerating into the free space.

Every player with a ball and dribbles the same space.

Touch the ball with every step.

On signal of the coach players accelerate from the small square into the bigger square.

Return to small space and repeat.

General principles:

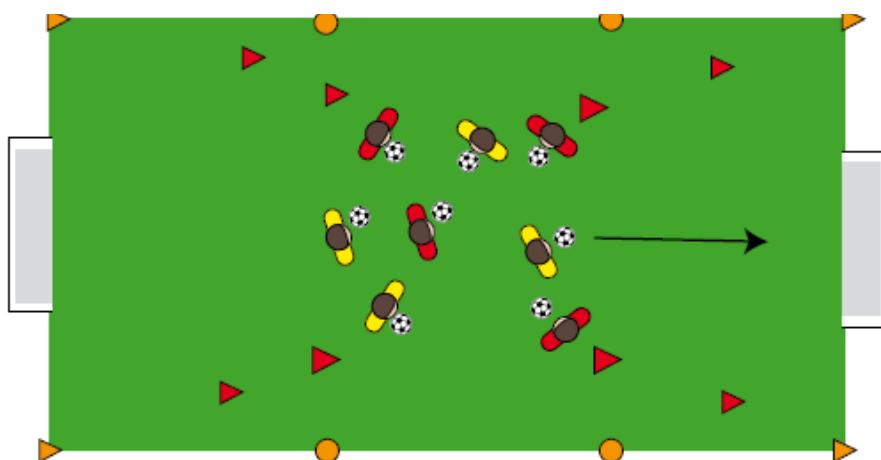
Coaching points:

Keep the ball close.

Look over the ball.

Scan for the free space.

Play the ball in front of you the moving into the free space.



ORGANIZATION

dimensions
field: 15 x 20 meter.

NUMBER OF PLAYERS

8 players.

MATERIALS

8 cones.
8 balls

7D. GAME FORM 4V4

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

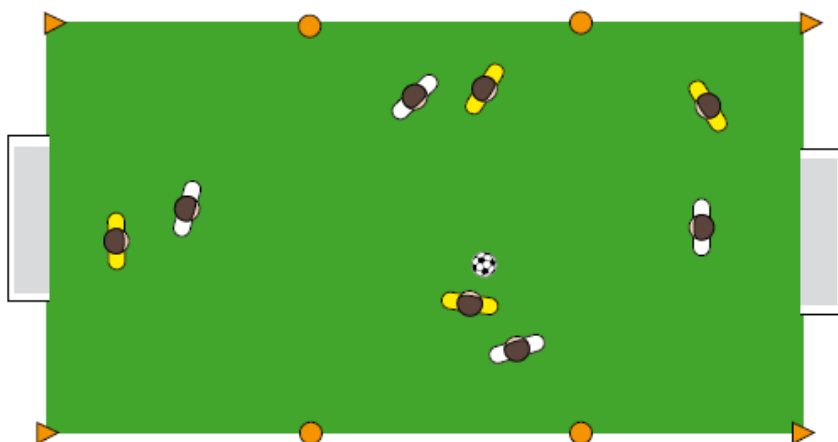
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

7C. DRIBBLE AND SCORE.

“Methodology

Intentions:

Dribble

and score on 4 goals

8 players dribble in square 2, keeping the ball close and touching the ball at every step.

On signal of the catch they can score from the imaginary midline by passing in the goals.

Scoring on the closest goal gives 1 point on the furthest goal 2 points.

Team with most points wins

General principles:

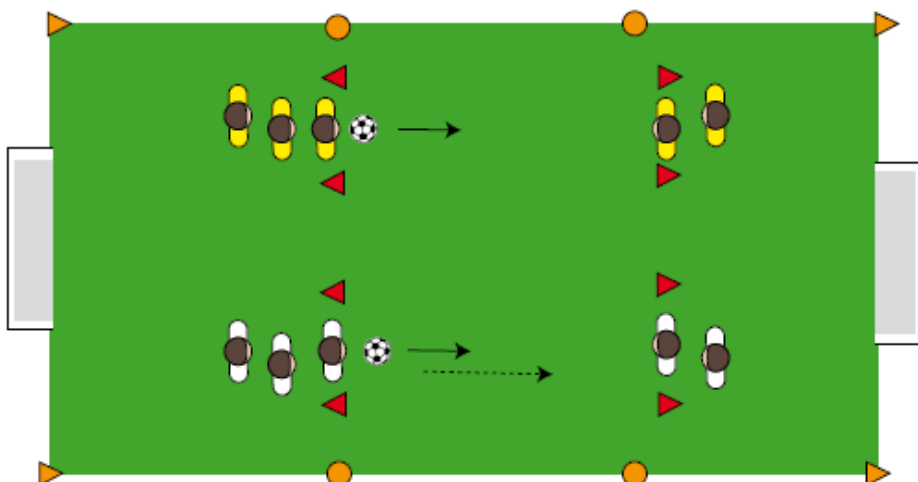
Coaching points:

Encourage players to dribble and touch the ball as much as possible.

Look around you

Have the correct posture when passing, standing foot in direction of your pass.

Positive coaching when scoring a goal!



ORGANIZATION

dimensions:
10 x 20 meters
(2 squares of 10 x 10 meters)
**NUMBER
OF PLAYERS**

8 players.

MATERIALS

8 balls
7 high cones
4 small goals..

7B. PASSING GAME

“Methodology

Intentions:

Objective:

To improve quality of the inside foot pass

Rules:

Two teams of 5 players.

Each team is positioned at a square with 3 players on one side and two on the other side.

The first player passes the ball to the other side, follows his ball and joins the other 2 players at the back.

Now the same from the other side.

One touch

Don't touch the ball inside the square.

Duration 1 minute. team with most correct passes wins.

Both teams should keep score out loud!

When the pass is not correct, ball is out, too soft or 2 touches the other team wins automatically.

General principles:

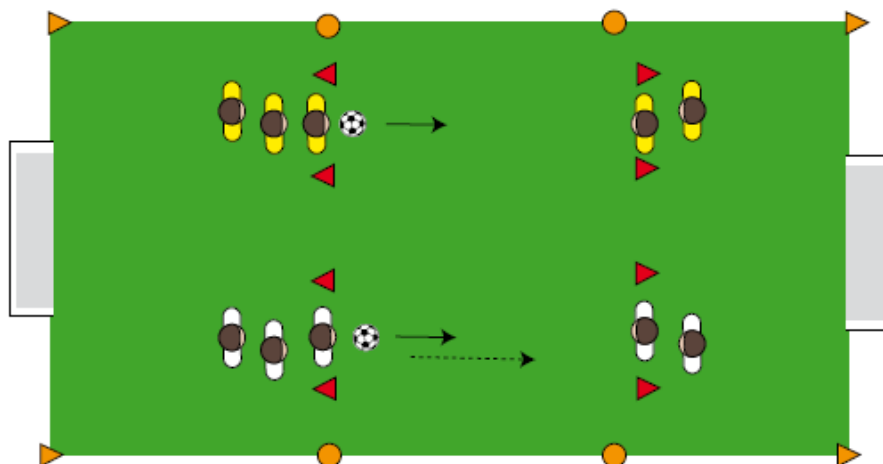
Coaching points:

Pass with inside foot.

Put your support leg directly next to the ball, slightly bended.

Standing foot pointing in the direction of your pass.

Hit the ball just over the middle, no bouncing ball!



ORGANIZATION

dimensions
field: 15 x 10 meter

NUMBER OF PLAYERS

10 players.

MATERIALS

2 balls
12 high cones.

7A. DRIBBLING.

“Methodology

Intentions:

Objective:

to improve the quality of drilling in a small area

Every player a ball

Try to touch the ball with every step

On signal of the coach stop the ball with sole of the shoe.

General principles:

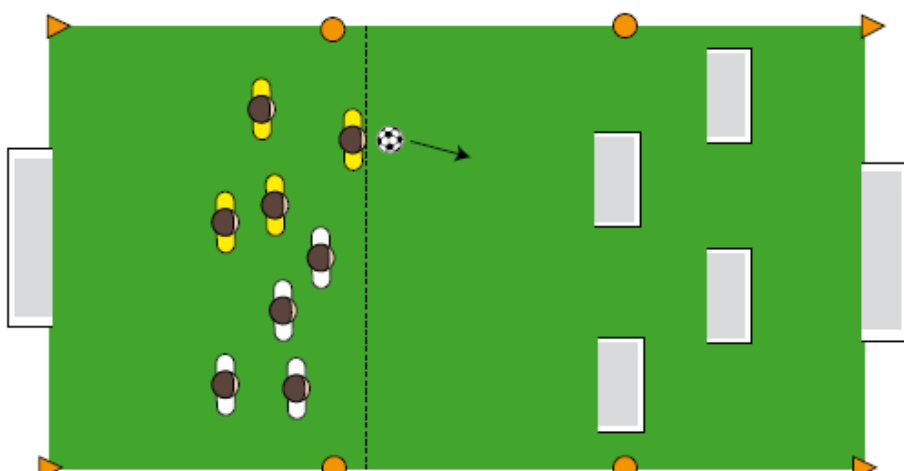
Coaching points:

Cover/protect your ball look

over the ball not to the ground

Try to touch the ball with every step

keep the ball close



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

8 high cones
8 balles

6D. GAME FORM 4V4

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

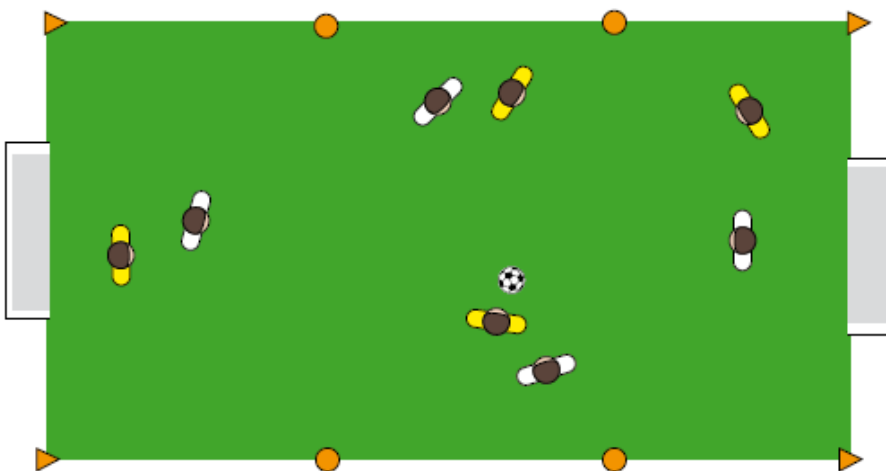
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

6C. 1 V 1

“Methodology

Intentions:

1 v 1 and trying to score as much as possible.

The high cones act as target, when hit a point is rewarded.

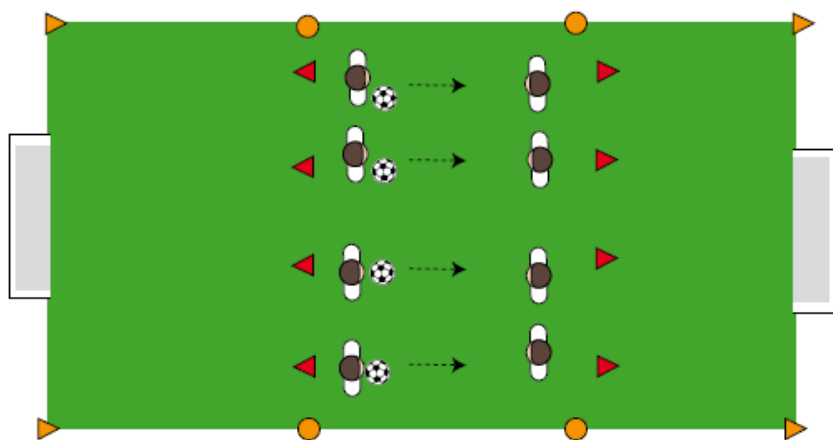
Keep track of the work/rest times as this is a intensive exercise when done correct.

General principles:

Coaching points:

Encourage the players to try and beat their opponent.

Actively praise them when scoring.



ORGANIZATION

dimensions
field: 10 x 15 meters

NUMBER OF PLAYERS

118 players

MATERIALS

8 balls
8 high cones
4 small cones
2 x 4 vests

6B.SHOOTING AND SCORING. SHOOTING TECHNIQUE.

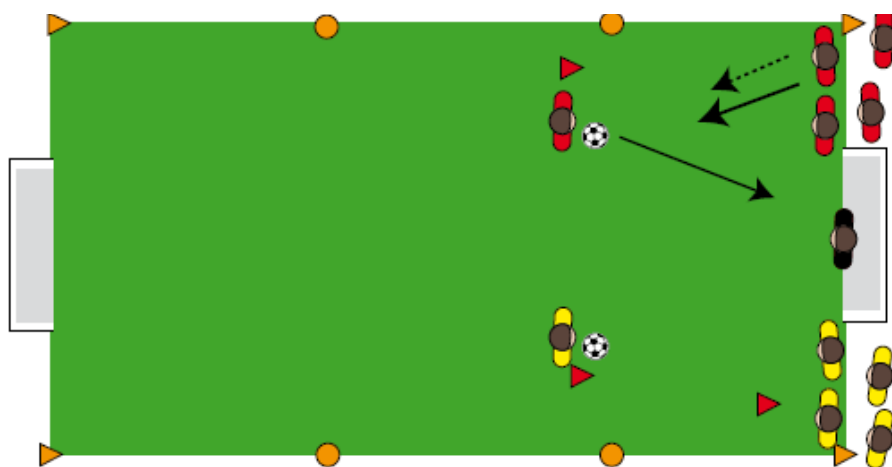
“Methodology

Intentions:

4 players of both teams position themselves at the sides of the goal.
2 other players at the 2 cones
Player next to the goal passes the ball and follows.
Receiving player shoots at the goal.
Each team after each other takes a turn.
try to shoot direct, no control.

General principles:

Variation:
Keep score for each team.
double score when scored with weaker foot.



ORGANIZATION

dimensions
field: 15 x 20 meters

NUMBER OF PLAYERS

11 players (10 + keeper)

MATERIALS

6 small cones
10 balls
10 vests
1 big goal

6A. DRIBBLING

“Methodology

Intentions:

Objective:

to improve the quality of drilling in a small area

Every player a ball

Try to touch the ball with every step

One player acts like the hunter and tries to tag as many players as possible.

Last one is the winner.

First tased player becomes the new hunter

General principles:

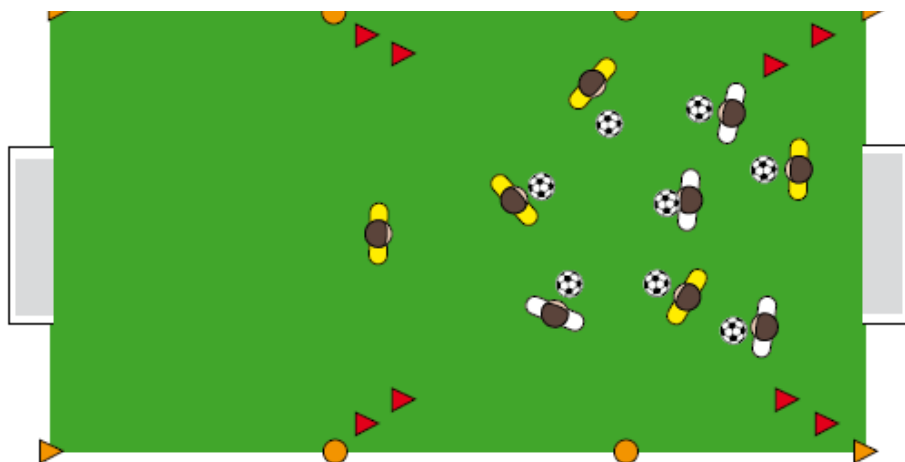
Coaching points:

Cover/protect your ball

look over the ball not to the ground

move quickly away into the free space

when the hunter comes close



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

9 players.

MATERIALS

8 high cones
8 balls

5C. FAST FOOTWORK.

“Methodology

Intentions:

Methodology:

Players stand in between cones and practice fast footwork.

Players tap the ball between their feet without moving away.

At the sign of the coach players pass the ball to the other side.

Correct pas followed by a control and directly into fast foot work

Exercise:

Basic forms: left and right, front of the foot, roll to the inside/outside.

General principles:

Coaching points:

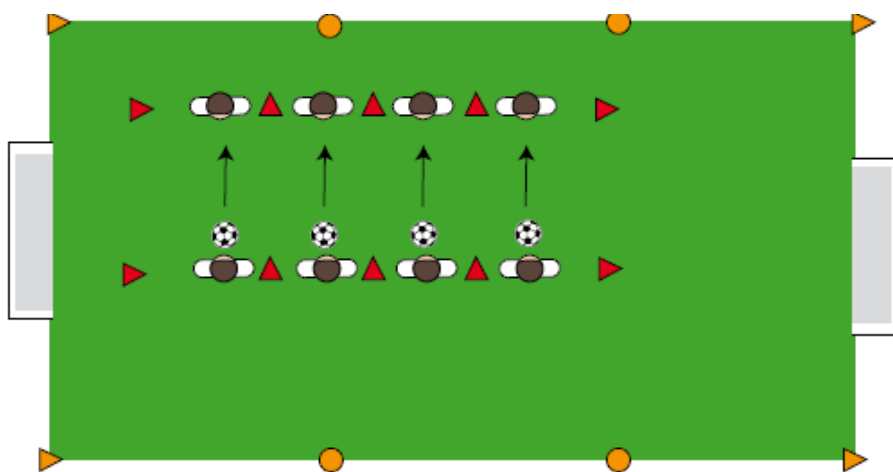
Bend your knees

move on your front feet.

Dont move to far left and right.

bring your knees up.

general correct footbal posture.



ORGANIZATION

dimensions
field: 10 x 15 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4balls
8high cones , 1 meter apart.
4 small cones.

5B. MOVES AND SKILLS

“Methodology

Intentions:

Objective:

4 players at the same time dribble with ball to the middle cone.

When reaching the middle you make a move in a small area.

After the move accelerate into the free space.

General principles:

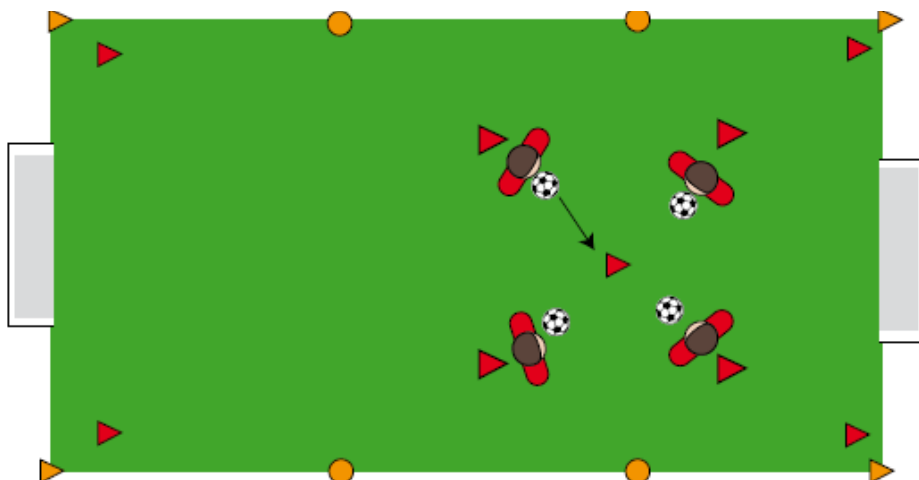
Coaching points:

Moves with inside foot both left and right foot.

Moves with outside foot both left and right foot.

After the move accelerate and look over the ball.

Coach decides when to start simultaneously.



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

2 colors vests.
4 balls
4 high cones
4 small cones

5A. GAMEFORM.

“Methodology

Intentions:

Objective:

1v1 defender

defends designated area

attacker needs to beat the defender

If defender wins automatic chance

Technic:

Dribble with small steps high

frequency

Make the feint then accelerate and try

to score.

General principles:

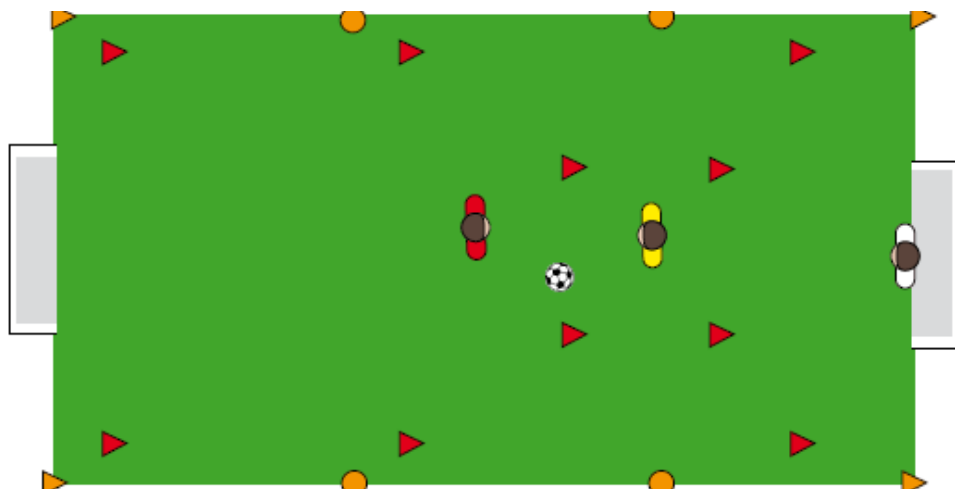
Coaching points:

Variations:

Attacker

makes the move only inside the small
dedicated area.

If defender takes the ball he becomes
the attacker.



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

9 cones
1 goal
4 balls
1 vest

4D. GAME FORM 4V4

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

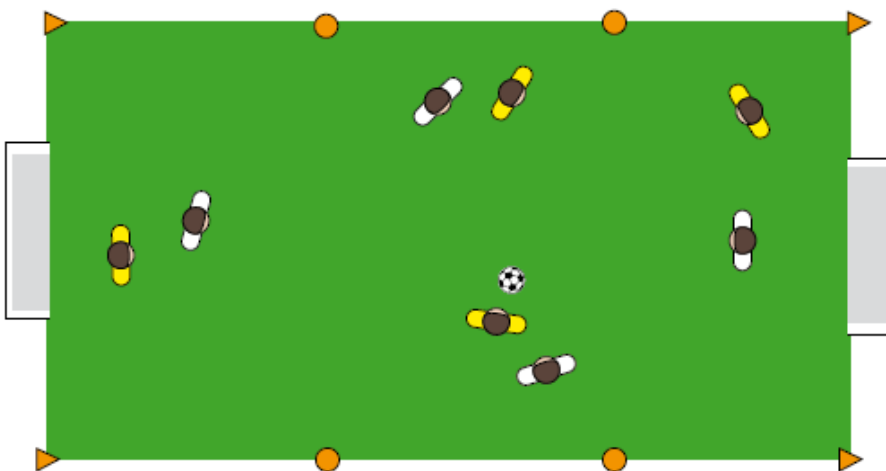
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

4C. FAST FOOTWORK.

“Methodology

Objective:

Players are positioned between the cones and practice fast footwork. Without moving around they tap the ball fast between their feet.

General principles:

Coaching points:

Start with basic form: tap between the foot.

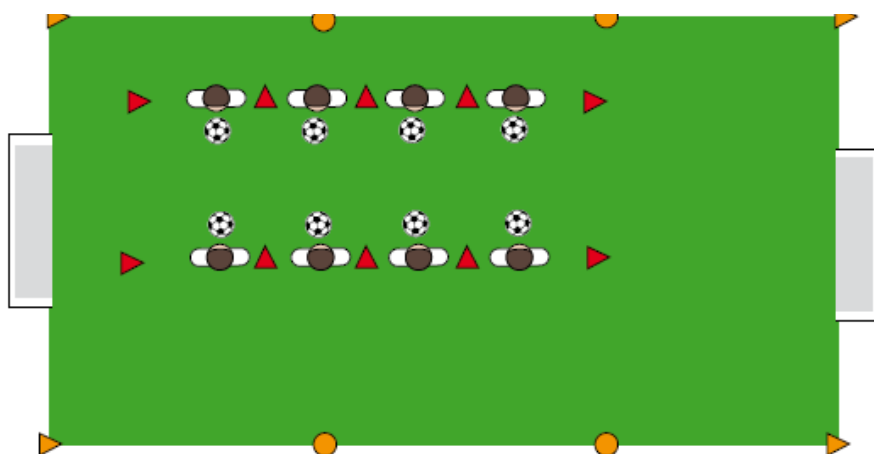
Slightly bend knees.

On your toes.

Don't wiggle about.

Bring your knees up.

Basic form: go left, go right, roll van inside to outside.



ORGANIZATION

dimensions
field: 10 x 10 m

NUMBER OF PLAYERS

8 players.

MATERIALS

8 balls
4 small cones
8 high cones 1 meter apart. 2

4B. 2V1.

“Methodology

Objective:

Beat in a 2v1 organization in a small (5x5) area and try to score.

Organization:

Start with the 2 players every time in ball possession.

Keep an eye on work/rest times.

Easier/harder:

field smaller or bigger, coach the defender, coach the attackers.

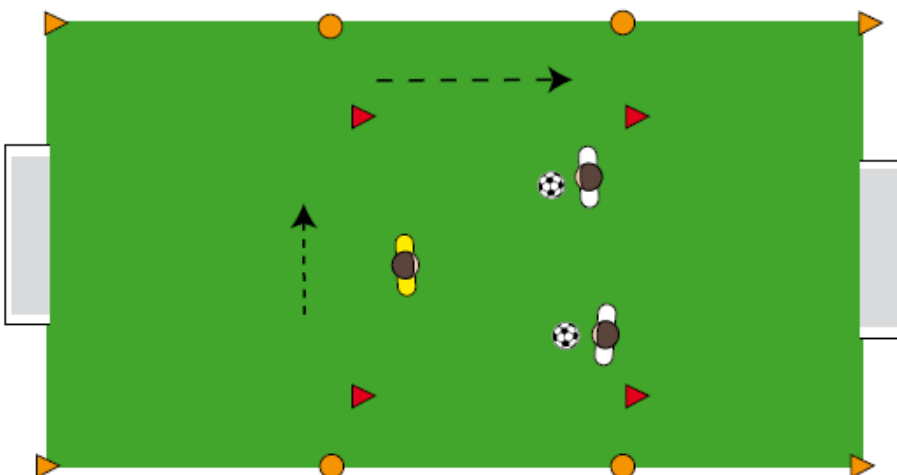
General principles:

Coaching points:

Players try to beat the defender by dribbling him.

Return to start position by moving back on the outside of the organization.

If defenders wins the ball he can try to score as well.



ORGANIZATION

dimensions
field: 15 x 15 m
small
square 5x5 inside

NUMBER OF PLAYERS

6 players.

MATERIALS

10 balls
2 small goals.
4 small cones
4 high cones
2 color vests 4 and 2

4A. AIMING AND SCORING

“Methodology

Objective:

Game form with aiming and scoring.
Learning to aim your passes and having fun at the same time in a competitive form.

Organization:

Between two lines is a medicine ball placed.

Two teams of three players on both sides.

All players have a ball and at the same time try to move the medicine ball over the line by passing and hitting the ball in the middle.

Every time a team manages to move the medicine ball over the line a point is rewarded.

General principles:

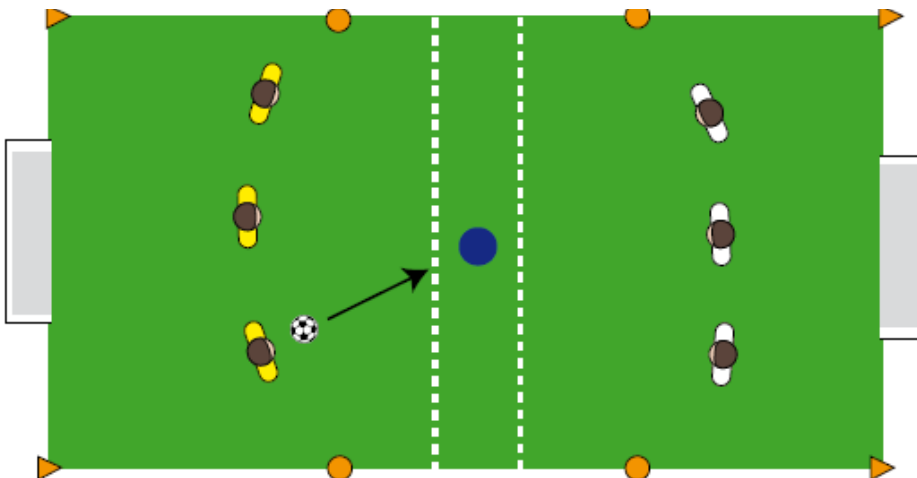
Coaching points:

Compliment and encourage the players.

Pay attention to posture, use inside of the foot.

Have enough balls available.

Can be used in a training with multiple stations.



ORGANIZATION

dimensions
field: 15 x 15 meter

NUMBER OF PLAYERS

6/8 players.

MATERIALS

14 balls.
6 high cones.
1 medicine ball

3D. GAMEFORM 4V4

“Methodology

Try to beat your four opponents and score goals by moving in the free space and receive the ball.

Intentions:

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/more difficult: adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

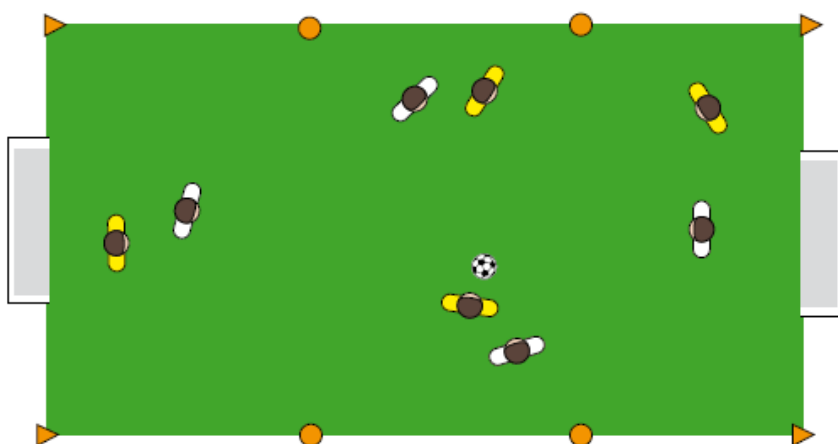
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand to close or to far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls.
6 high cones.
8 small goals.

3C. SCORING.

“Methodology

Intentions:

Organization:

Nr 4 (def mid) passes to the nr 10 (att mid).

Nr 10 turns and plays a 1-2 combination with the nr 9 (striker)

Nr 10 tries to score.

All move on to next position.

Variation:

Use different ways to turn; inside foot, outside foot, behind the leg,

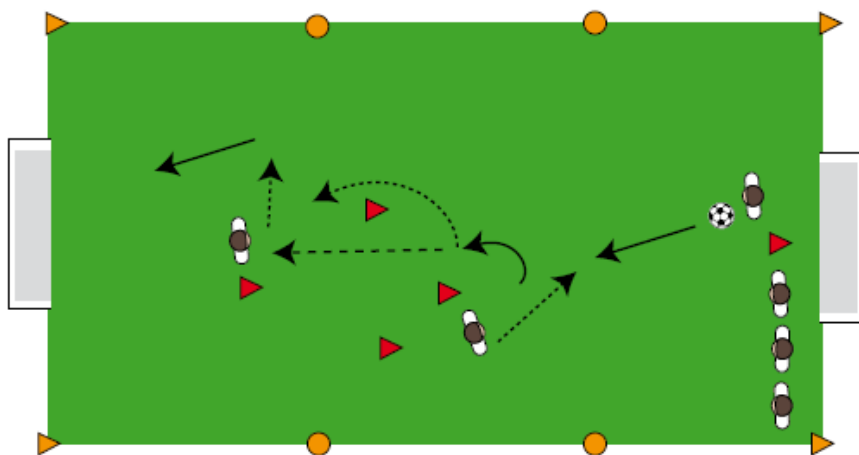
Zidane move.

General principles:

Coaching points:

Control and turn away, all in movement, don't stop, through the knees when turning, explosive actions, quick thinking, use technic depending on the defender.

receive and control.



ORGANIZATION

dimensions
field: 20 x 15 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

10 balls.
4 high cones.
4 small goals.

3B. 1V1 POSSESSION GAME WITH 4 WALL PLAYERS, TURN AWAY FROM YOUR OPPONENT

“Methodology

Intentions:

Organization.

Player one asks for the ball from one of the four wall players, player two is marking player one.

Player one controls the ball and uses the other wall players to keep possession of the ball.

Rotate regularly..

Max 3 touches, mandatory 2 touches, field smaller, don't play ball back to the player you received the ball from(third man!)

How many successful passes.

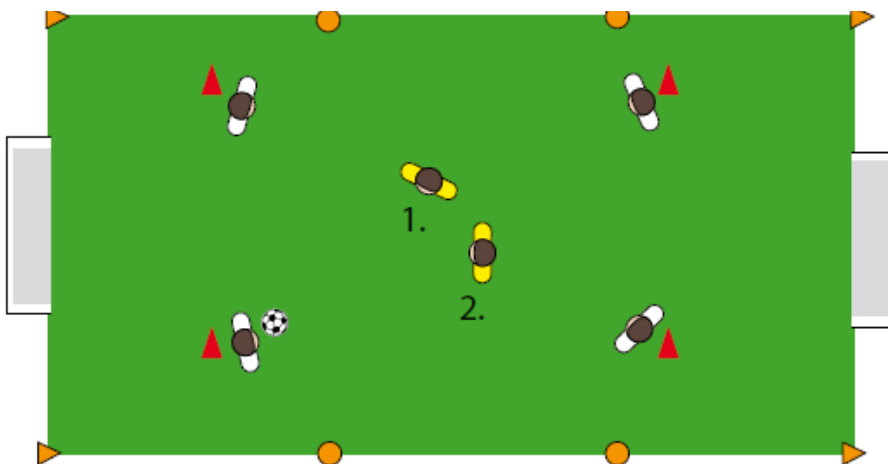
General principles:

Coaching points:

Control and turn away, all in movement, don't stop, through the knees when

turning, explosive actions, quick thinking, use technic depending on the defender.

receive and control.



ORGANIZATION

dimensions
field: 20 x 15 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

2 color vests.
10 balls.
4 high cones.
4 small goals.

3A. GAMEFORM 3V3 WITH CONTROL IN MOVEMENT.

“Methodology

Intentions:

game

form 3v3 big field

Max 3 touches, mandatory 2 or 3 touches, smaller field, after 5 passes score, normal game

Coaching points:

Control

the ball in front of you

Control

in movement, forward or sideways.

Explosive movements

React quick.

Know where to go and how far

Oversight, understanding the situation.

Coaching moments football actions:

Coach

football actions ; dribble, passing,

controlling and shooting in

relation to position , direction,

moment and quality of the player.

Help to understand the player when to

dribble and when and where to pass.

General principles:

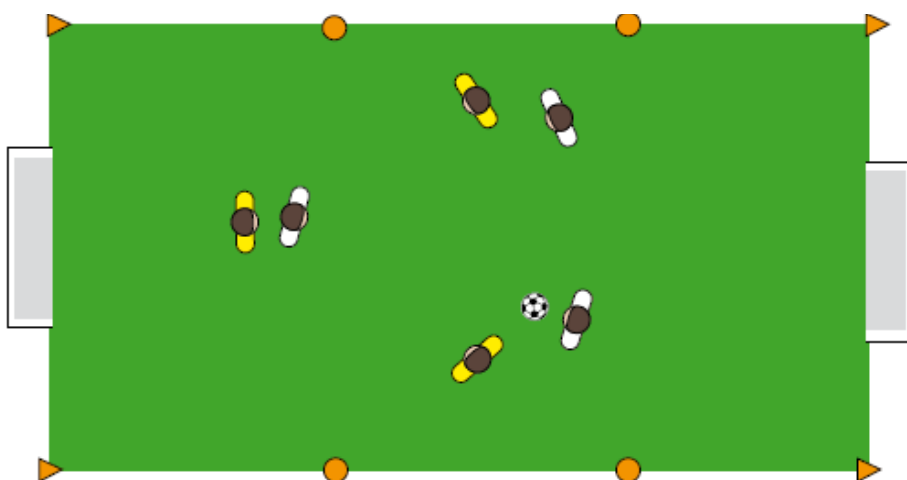
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 15 meter

NUMBER OF PLAYERS

6 players.

MATERIALS

2 color vests.
10 balls.
4 high cones.
2 small goals.

2D. GAME FORM 4V4

“Methodology

Intentions:

Trying to beat the 4 opponents after which:

Try to score a goal

Have the players constantly move to create multiple free players ready to receive a pass.

Organization:

Start every time with same team in ball possession.

Keep a close eye on work-rest times.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

Coaching

moments football actions:

Coach football actions ; dribble, passing, controlling and shooting in relation to position , direction, moment and quality of the player.

Help to understand the player when to dribble and when and where to pass.

General principles:

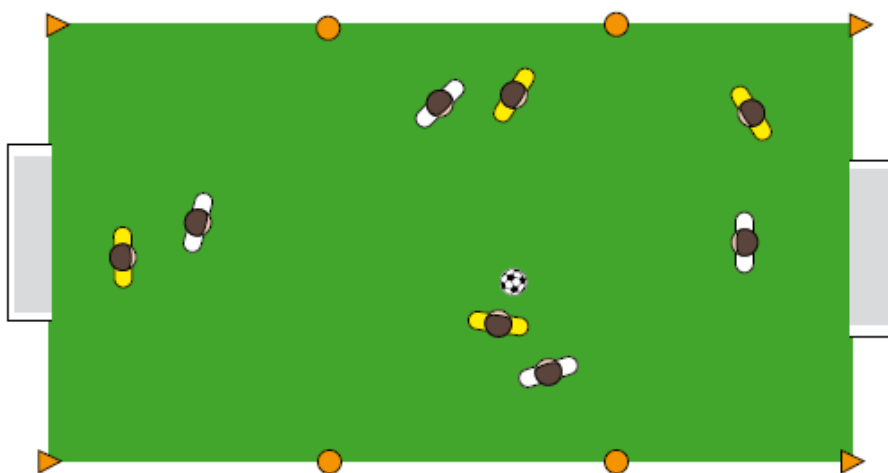
Keep formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.



ORGANIZATION

dimensions
field: 20 x 40 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

4 balls
6 high cones
8 small cones

2C. GAMEFORM 7V6

“Methodology

Intentions:

Formation

Ball possession: 1-3-3

Formation

opponent: 1-3-2

Try to beat the opposing team and create goal possibility

Organization:

Start

every time with same team in ball possession.

Keep a close eye on work-rest times.

Rotate players with opponent team.

Easier/harder:

adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

General principles:

Keep

formation as big as possible

Always look deep

Passing wide and or back are done to prepare the forward pass!

Keep possession

Optimise formation, don't stand too close or too far away from each other.

Keeper:

Pass

first ball to defender in a way he can directly control this and play on.

Defenders:

Position

yourself wide and in the direction so you can receive the ball from the keeper and or other midfielders to continue play.

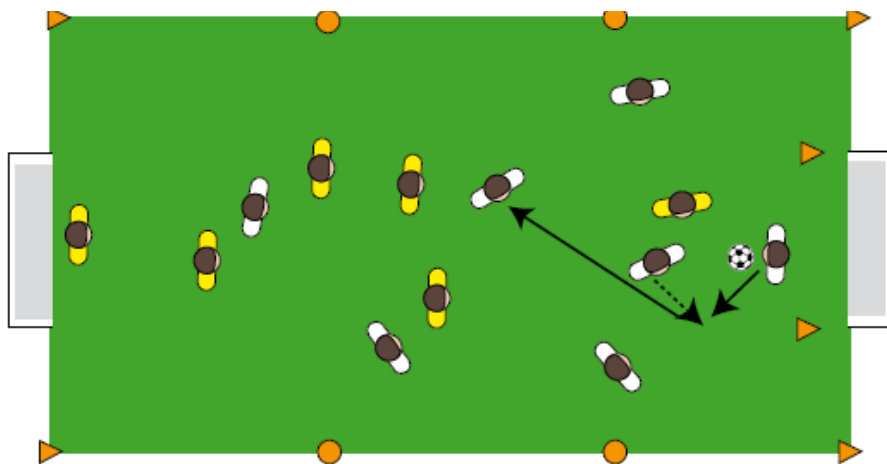
Play the ball back or wide when forward passing is not a option.

Midfielders:

Try to receive and control the ball in a forward facing position, don't take any risk and support your pass forward to the strikers.

Striker/Att midfielder

Make yourself available, stay away and deep as long as possible, don't fall back to midfield. Hold on to the ball and try to score.



ORGANIZATION

dimensions
field: 50 x 35 meter

NUMBER OF PLAYERS

13 players.

MATERIALS

10 balls
6 cones
2 color vests 7 and 6

2B. 6V5

“Methodology

Intentions:

Formation
ball possession: 1-2-3
Formation
opponent: 1-2-1-1
Try to beat the opposing team and create a goal possibility.

Organization:

Start
every time with same team in ball possession.
Keep a close eye on work-rest times.
Rotate players with opponent team.
Easier/harder:
adjust dimensions field, coach the defenders to give more resistance to team with ball. Defenders fall back or defend forward.

General principles:

Keep
formation as big as possible
Always look deep
Passing wide and or back are done to prepare the forward pass!
Keep possession
Optimise formation, don't stand too close or too far away from each other.

Keeper:

Pass
first ball to defender in a way he can directly control this and play on.

Defenders:

Position
yourself wide and in the direction so you can receive the ball from the keeper and or other midfielders to continue play.

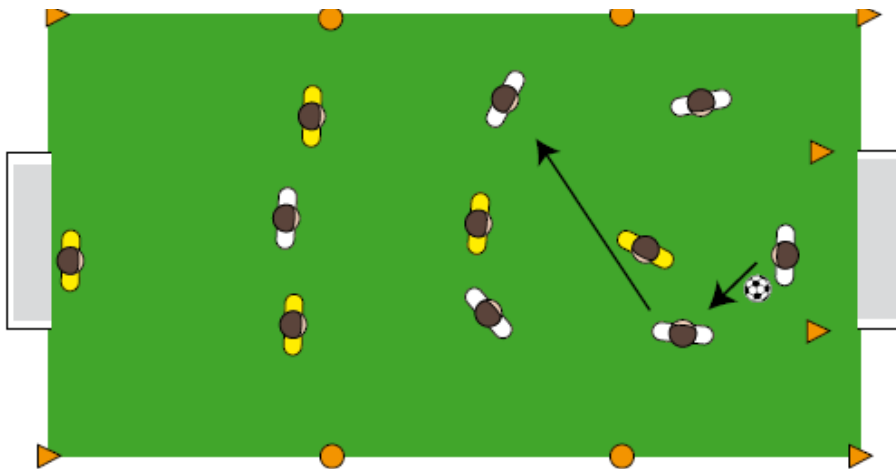
Play the ball back or wide when forward passing is not an option.

Midfielders:

Try to receive and control the ball in a forward facing position, don't take any risk and support your pass forward to the strikers.

Striker/Att midfielder:

Make
yourself available, stay away and deep as long as possible, don't fall back to midfield. Hold on to the ball and try to score.



ORGANIZATION

dimensions
field: 50 x 21 meter

NUMBER OF PLAYERS

8 players.

MATERIALS

1 balls.
6 cones
2 color vests 6 and 5

2A: 4 V 3 + GOALKEEPER

“Methodology

Rules

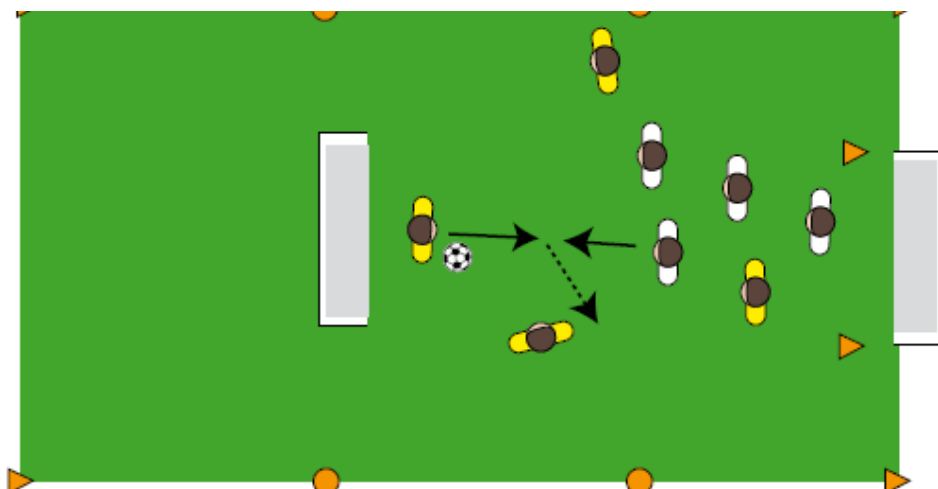
Team Function: Attack.
Team task: Score.
Task opponent: pressure build up.
Target:
Improve build up by the defenders and the midfielders when defence players are in ball possession.
Formation
Ball possession: 1-2-1
Formation
opponent: 1-1-2
Try to beat the opposing team and create a goal possibility.

Organization:

Start
every time with same team in ball possession.
Keep a close eye on the work - rest times.
Easier/harder :
adjust dimensions field, coach the defenders to give more resistance to team with ball.

Coaching points:

Same as in previous sessions
Encourage to play 1v1 but also look when to pass.
General principles:
Keep formation as big as possible
Always look deep
Passing wide and or back are done to prepare the forward pass!
Keep possession
Optimise formation, don't stand to close or to far away from each other.



ORGANIZATION

dimensions
field: 40x18 m

NUMBER OF PLAYERS

8 players.

MATERIALS

10 balls
1 small goal, 1 big goal.
4 small cones
4 high cones 2
color vests 2x4.

1D. GAMEFORM 3V3 OR 2V2.

“Methodology

Rules

Apply

what you learned in A, B and C in this game form.

Combine different sizes of goals.

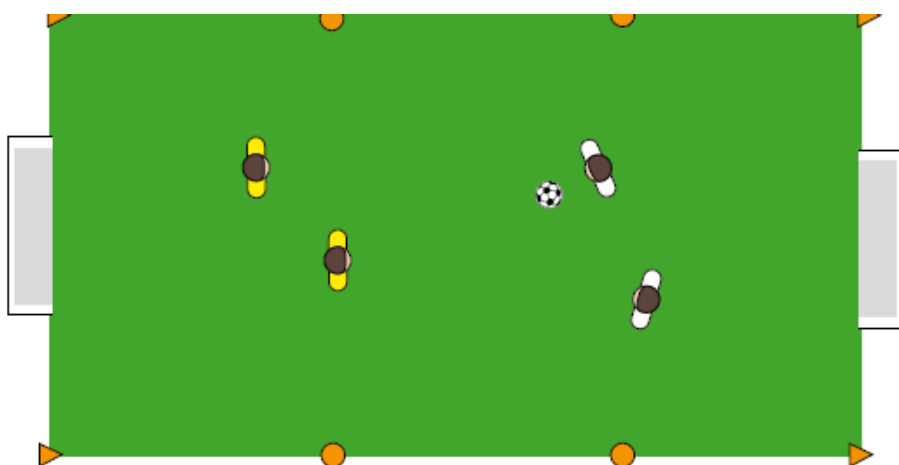
Keep score.

Have enough players because of intensity.

Coaching points:

Same as in previous sessions

Encourage to play 1v1 but also look when to pass.



ORGANIZATION

Take notice: when 2v2, 3v3 or 4v4 adjust dimension of the field:

approx:
20 x 20 (2v2) 20 x 30 (3v3) 20 x 40 (4v4)

1C.PASSING/RECEIVING, PASS FIRST BALL ON CORRECT FOOT THEN DUEL 1V1

“Methodology

Rules

Player A passes to player B. After the pass B will defend goal nr 1.

1v1

B tries to score in goal nr1 and if B wins the ball he scores in goal nr 2.

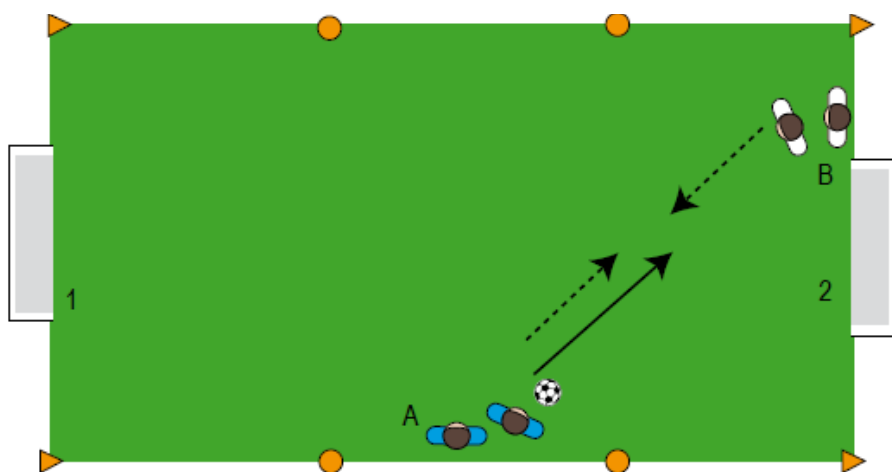
Every time two new players start.

Keep score.

Have enough players because of intensity.

Coaching points:

good first pass , good first touch/control away from the defender
create angle for 1v1



ORGANIZATION

dimensions
field: 40x18 m

NUMBER OF PLAYERS

8 players.

MATERIALS

10 balls
1 small goal, 1 big goal.
4 small cones
4 high cones 2
color vests 2x4.

1B.PASSING/RECEIVING, PASS FIRST BALL ON CORRECT FOOT THEN DUEL 1V1

“Methodology

Rules

good first pass, good first touch/control away from the defender create angle for 1v1.

Player

A passes to player B who at his turn will play a direct pass onto player C with his right foot and put pressure on C and create 1v1. Try to beat your opponent and score in one of the two goals.

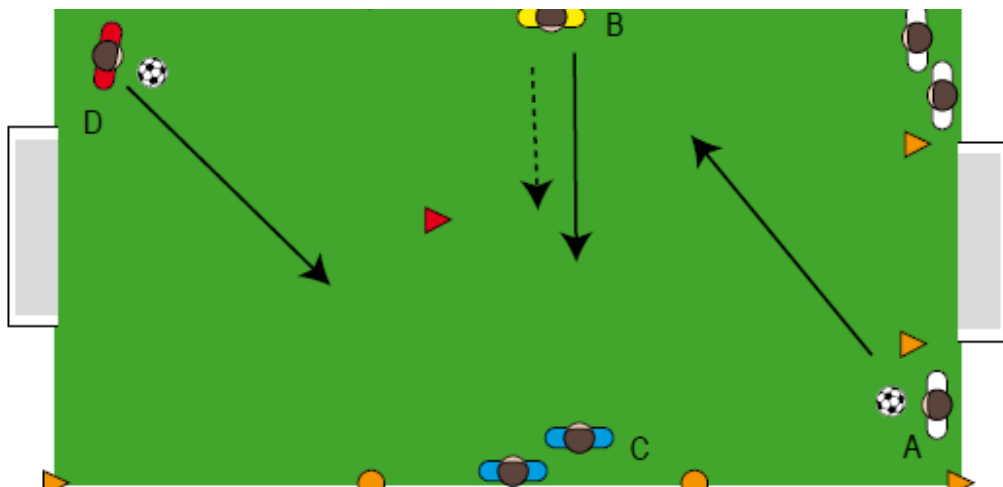
Both players can score in both goals. After a goal or when the ball is out of play two new players start and now player D plays to player C who with a direct pass passes to player B and becomes a defender.

Keep score.

Be aware of intensity so regularly rotate players. Players A and D change frequently.

Coaching points:

good first pass, good first touch/control away from the defender create angle for 1v1.



ORGANIZATION

dimensions
field: 20 x 15 meter

NUMBER OF PLAYERS

4- 8 players.

MATERIALS

6-8 balls
4 high cones
6-8 flat cones
2 small goals

1A.PASSING/RECEIVING, PASS FIRST BALL ON CORRECT FOOT THEN DUEL 1V1

“Methodology

Rules

Player

A passes to player B and will put pressure on him

Player B then plays 1v1 with A and will try to score in one of the two goals.

If player B loses the ball to player A the player can score as well on both goals.

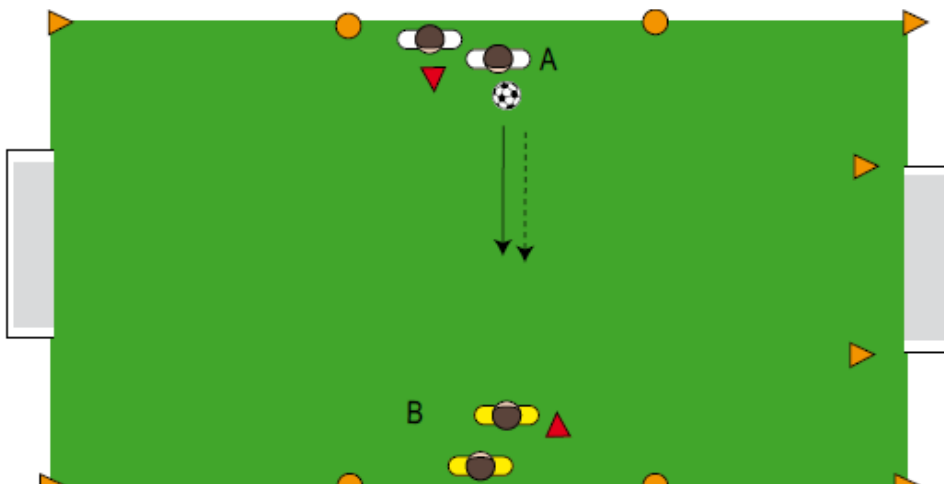
When finished two new players. Keep score.

Make sure to have enough players to keep rotating. 1v1 can be tiring.

Coaching points:

good

first pass , good first touch/control away from the defender create angle for 1v1.



ORGANIZATION

dimensions
field: 20 x 15 meters

NUMBER OF PLAYERS

4- 8 players.

MATERIALS

6-8 balls
4 high cones
6-8 flat cones
2 small goals