

**FA Level 2**

**&**

**Coaching Drills**

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# FA Level 2

In August 2007 the English Football Association Learning Department introduced a new practical coaching curriculum for the Level 2 Coaching certificate. This is radically different from the old Level 2 curriculum and provides coaches who are taking or considering taking the Level 2 Coaching Certificate with a challenging, innovative and interesting educational experience.

The curriculum is designed to help coaches coach the basic unopposed techniques of football, develop these techniques into skill practices. The skill practices should be designed to pose questions of the players abilities and decisions to select and implement the correct technique when under pressure from defenders. Finally, the skill should then be progressed to a 4 v 4 game, that can include floating players, serving players and goalkeepers, which allow the players to further develop their techniques and skills in realistic game situations.

Unlike the previous Level 2, there isn't a set series of practices and sessions that the candidates on the Level 2 course must adhere to. The premise of the new practical course curriculum is to lay down a foundation of practical topics, help candidates understand how the structure of the sessions should encourage the players to have lots of opportunities to use and develop the technique of the specific topic, to highlight the key technical factors involved in each topic and then challenge the decision making process of the players use of the technique by developing the technique session into a skill and then onto a game.

The new Level 2 course challenges the coaches to think for themselves, be innovative and design, plan and then coach their own sessions, using what they have learnt on the course as a foundation for this process.

But, for many coaches taking this Level 2 qualification, there is a great deal to take on board. Not only do they have to play in the sessions, take notes and understand the structure of the sessions and how these are related and linked to the topic. But, they also need to be able to understand and apply how and why the key technical factors are applicable to each topic and how these technical factors need to be progressed into a skill that challenges the decision making process of the players. The candidate then has to coach all the techniques and skills in a 4 v 4 conditioned game. In addition, the candidates have to then design their own technique, skill and game session and coach them on the internal and external assessments on the course as well as coaching them at their own clubs.

As an FA Qualified Level 2 Tutor I attended a number of induction courses where the new practical curriculum was explained and demonstrated. I have also now delivered a number of Level 2 Courses using this new curriculum and there is no doubt in my mind that the new Level 2 is a far better course. It is much more relevant to football, it is far more interesting, dynamic, innovative and exciting. The end result is coaches who go back to their clubs far better equipped to provide and stimulate players with exciting sessions that will better develop technical skills and sessions that are structured to progress the players learning through posing real, match like situations that test their decision making process in the correct use of these techniques and skills.

Whilst tutoring on the new Level 2 courses, I was struck by the fact that the candidates on the course had a lot of new and different coaching information to contend with and precious little in the way of educational support, outside of the practical demonstrations on the course, to help

them with learning, planning and implementing the coaching sessions that form the new practical curriculum.

To assist coaches who are taking the new level 2 course, coaches who are thinking of taking the course, or indeed those coaches who just want to further the coaching education and coaching knowledge, whatever level they coach at, Grassrootscoaching has developed an online educational resource for the new Level 2 course, that can assist coaches specifically to understand how to structure sessions so that the emphasis of the session is on a particular coaching topic and how and why that topic can progress from a technical session, into a skill session and then into a conditioned 4 v 4 game.

The information contained within the online educational resource is structured to the requirements of the new FA Level 2 practical curriculum and whilst the sessions are suggested practices, they lay down the principles and the structures that candidates will be taught on the course.

## **TECHNIQUE**

A technique is a basic building block of football. For example a technique is when a player is able to pass the ball, long, short, dribble, shoot from distance, control the ball etc. The more opportunities the player has to practice these techniques and the better a player is at mastering these basic techniques of the game, the more chance they have of improving as a player.

## **SKILL**

A skill is when a technique is used successfully when pressure is applied by an opposition player. So for example, a player might be able to successfully control the ball when it is dropping out of the air when there is no pressure on them. But can they do it successfully when pressure is applied from an opposition player.

To be able to improve players techniques, we need to be able to provide practices and sessions that focus on improving players specific techniques. To develop and improve one specific technique, the session will also require the player improving other linked techniques. This technique needs then to be tested, by applying some form of opposition, which makes it a skill.

## **CONDITIONED 4 V 4 GAME**

Then the technique and skill need to be further tested in a 4 v 4 conditioned game. The game should be structured in such a way as to provide the players with lots of opportunities to practice the theme of the particular topic, i.e Close range shooting. Whilst the basis of the game should be 4 v 4, the numbers do not include goalkeepers, servers or conditioned floating players. So for example a game to develop close range finishing should involve a 4 v 4 situation, should include goals and goalkeepers, should involve a pitch size that would encourage lots of close range finishing opportunities and might include serving or floating players and maybe floating players who can play for whatever team is in possession, but are conditioned not to shoot. The floating players provide the team in possession with an overload situation, that they can use to their advantage so there are lots of close range finishing opportunities.

## ***Shooting and Finishing***

Shooting and the ability to score goals is the icing on the cake as far as winning football matches is concerned. Coaches can work as hard as they want on all the other elements of football such as passing, support, movement, dribbling etc, but if the end result of not taking the goal scoring chances that have been created isn't there, then it is likely the team will lose more matches than they win.

It is often said, that good goalscorers have a natural talent and instinct and that this can't be coached. It is probably true, that there is such a thing as a natural goalscorer and that they have much more of a natural ability and instinct for arriving at the right place when the goalkeeper drops the ball, they seem to be able to turn and shoot, with an instinct of knowing where the goal is, they have a calmness when faced with a 1 v 1 situation with the goalkeeper. But these players can always improve on the shooting techniques and skills and like all good players at any sport, practice will always improve their natural talent.

But, natural goal scorers are a very, very rare commodity and that is why they are sold for many millions in the transfer market. For the vast majority of players, goalscoring certainly doesn't come naturally. For example, statistics tell us that for every ten goalscoring opportunities created at the highest level of football, only one goal is scored. Therefore, it stands to reason that regular shooting and finishing sessions should form a major part of any coaches programme or coaching certification course. In this section, you will find sessions and structured games that will help you coach the techniques and skills of close and long range shooting and finishing.

The following are considered the key technical coaching factors to improve shooting and finishing:

- **Positive attitude to finishing** -Is there are a desire and an attitude to take shooting opportunities when they have the chance, or do players shirk responsibility.
- **Movement to create space** -Players will need to understand the techniques on how to make clever movement to create space for themselves, or others, which is key to creating chances.
- **Type of technique of finishing, side foot, power, volley, header** etc - Once an opportunity has been created, the player will need to make a decision on the correct finishing or shooting technique to employ.
- **Decision of first time shot or control and shoot** - The pace of the ball, the position of the defenders, the distance to the goal, the body position of the players, will all be factors which will determine if the player shoots first time, or controls and then shoots.
- **How and where to control the ball** - It is important that to have the best opportunity to shoot, the player has an understanding of how and where to control the ball before shooting
- **Turning and shooting** - There will be times when the player will be facing away from the goal and will have to use an appropriate turning technique so that they are facing, or sideways to the goal to shoot.
- **Areas of the goal to aim for** - For example, for angled shooting chances, the best place to shoot is low and across the goal. It is important that the players understand why.
- **Creating space and runs to attack the ball** - Players will have shooting opportunities when the ball is running away from them, or is played across them. They will also have to link this with runs to create space in which to have opportunities to shoot.
- **Head up to asses the goalkeepers position** - The position of the goalkeeper will often dictate the decision on which finishing or shooting technique to use. Therefore players

will need to understand the need to get their head up to observe the goalkeepers position prior to shooting.

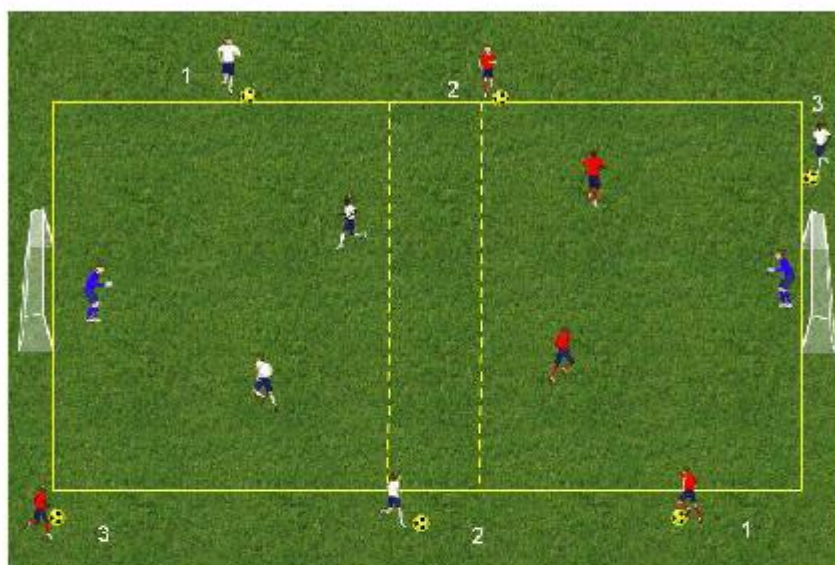
- **Composure and calmness** - More players panic when faced with a goal scoring opportunity than in any other situation. The more calm and composed they are, the better their chance of scoring.
- **Accuracy of shot** - If you don't hit the target, you don't score. Simple.
- **Communication between players** - Key information given at the right time can greatly assist the player who has the chance, either to shoot or to pass to a player in a better position.
- **To pass or to shoot** - There will be times when the correct decision isn't to shoot, but to pass to a player who is in a better position.
- **Follow up for rebounds and miss hit shots** - Many players who are considered natural goal scorers have made a career out of following shots in and score from tap ins from miss hit shots or rebounds from the goalkeeper.

The practices you will see in this section are suggested practices, they aren't definitive.



## A PRACTICE TO IMPROVE THE TECHNIQUE OF FINISHING FROM CLOSE RANGE

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.

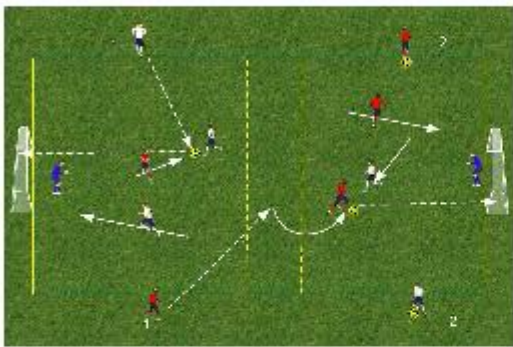
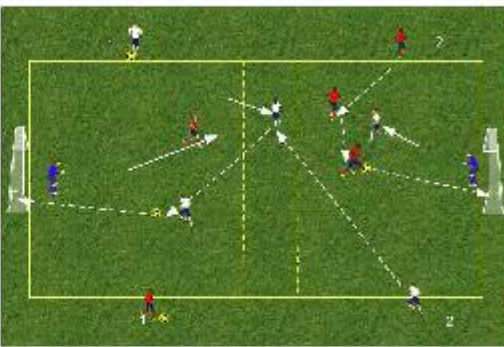
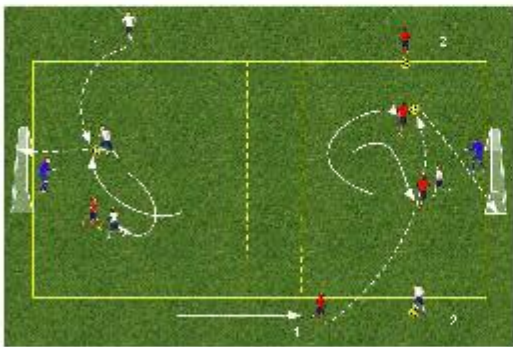



### ORGANISATION

This practice involves a total of 12 players. There are 6 servers located on the outside of the area, numbered 1 -3 to serve the red players and 1 – 3 for the white players. Each time a coach calls a number, the ball is served to both sets of strikers in the strikers attacking half of the pitch. There are also two goal keepers in full size goals. There is a neutral zone, if a striker goes into this neutral zone, they should look to let the ball run and shoot or turn and shoot. The pitch size is 30 x 20 yards, but can be adjusted to suit age and ability

### KEY TECHNICAL ASPECTS

Positive attitude to finishing \*Movement to create space \*Decision of first time shot or control and shoot \*How and where to control the ball \*Turning and shooting  
 Type of technique of finishing, side foot, power, volley, header \*Areas of the goal to aim for  
 \*Creating space and runs to attack the ball \*Head up to assess goalkeepers position  
 \*Composure and calmness \*Accuracy of shot \*Communication between players \*Follow up for rebounds

<p><b>Progression # 1</b> – The coach calls a number. The numbered server has to serve a ball into the players of the corresponding colour and they look to finish, using an appropriate finishing technique. This might involve a first time, a control and shot or a turn in the neutral zone and shot</p>	<p><b>Progression # 2</b> -The decision on whether the shot is taken first time, controlled and then shot or laid off to a team mate, will very much depend on the position of the defender. The strikers will have to communicate and work together to provide support for each other</p>
	
<p><b>Progression # 3</b> – By the servers running with the ball towards the touchline, they can provide crosses for the forwards to make near and far post runs to attack the cross and for pull backs from deep areas</p>	<p><b>Progression # 4</b> – The servers should be encouraged to provide a variety of serves into the players, so that the forwards can practice the technique of turning and finishing, volleys and shots from a variety of different angles, height and pace and combination play</p>
	

### PROGRESSIONS

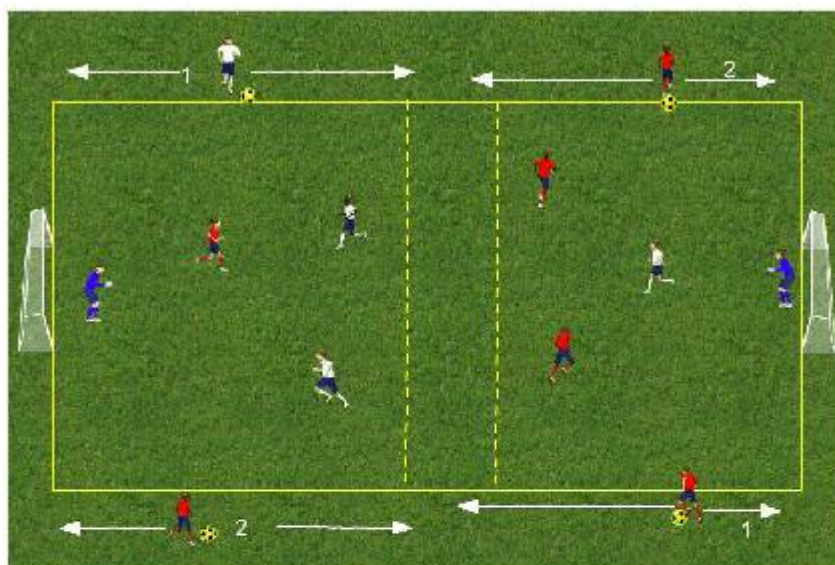
Condition the team in possession to a maximum of two touches \* Progress to a game

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## A PRACTICE TO IMPROVE THE SKILL OF FINISHING FROM CLOSE DISTANCE

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.

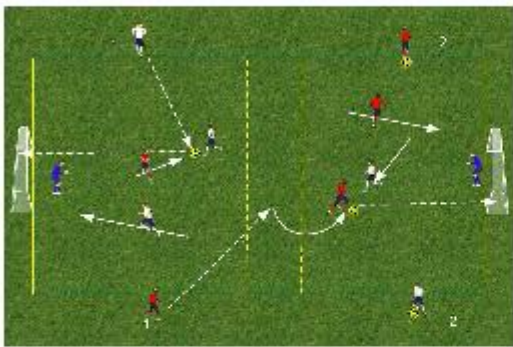
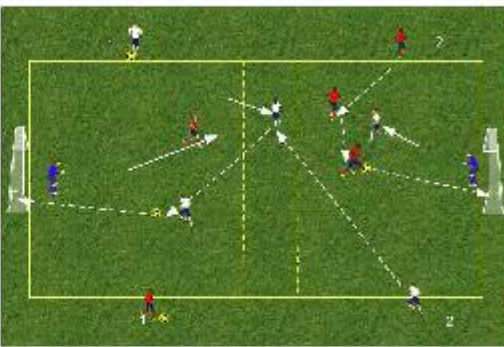
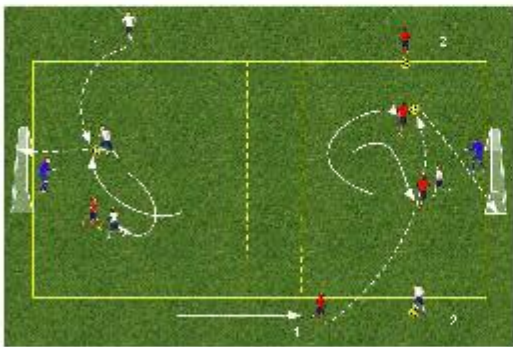



### ORGANISATION

This practice involves a total of 12 players. There are 4 servers located on the outside of the area, numbered 1-2 to serve the red players and 1-2 for the white players. Each time a coach calls a number, the ball is served to both sets of strikers. There are also two defenders, one positioned in each half of the area and there are two goalkeepers in full size goals. There is a neutral zone, if a striker goes into this neutral zone, they should look to let the ball run and shoot or turn and shoot. The pitch size is 30 x 20 yards, but can be adjusted to suit the age and ability of the players

### KEY TECHNICAL ASPECTS

Movement to create space away from the defender \*Assess defenders position \*Decision of first time shot or control and shoot \* Display a positive attitude to finishing \*How and where to control the ball \*Turning and shooting \*Type of technique of finishing, side foot, power, volley, header \*Areas of the goal to aim for \*Creating space and runs to attack the ball \*Head up to assess goalkeepers position \*Accuracy of shot \*Communication between players  
 \*Follow up for rebounds or miss hits

<p><b>Progression # 1</b> – The coach calls a number. The numbered server has to serve a ball into the players of the corresponding colour and they look to finish, using an appropriate finishing technique. This might involve a first time, a control and shot or a turn in the neutral zone and shot</p>	<p><b>Progression # 2</b> -The decision on whether the shot is taken first time, controlled and then shot or laid off to a team mate, will very much depend on the position of the defender. The strikers will have to communicate and work together to provide support for each other</p>
	
<p><b>Progression # 3</b> – By the servers running with the ball towards the touchline, they can provide crosses for the forwards to make near and far post runs to attack the cross and for pull backs from deep areas</p>	<p><b>Progression # 4</b> – The servers should be encouraged to provide a variety of serves into the players, so that the forwards can practice the technique of turning and finishing, volleys and shots from a variety of different angles, height and pace and combination play</p>
	

### PROGRESSIONS

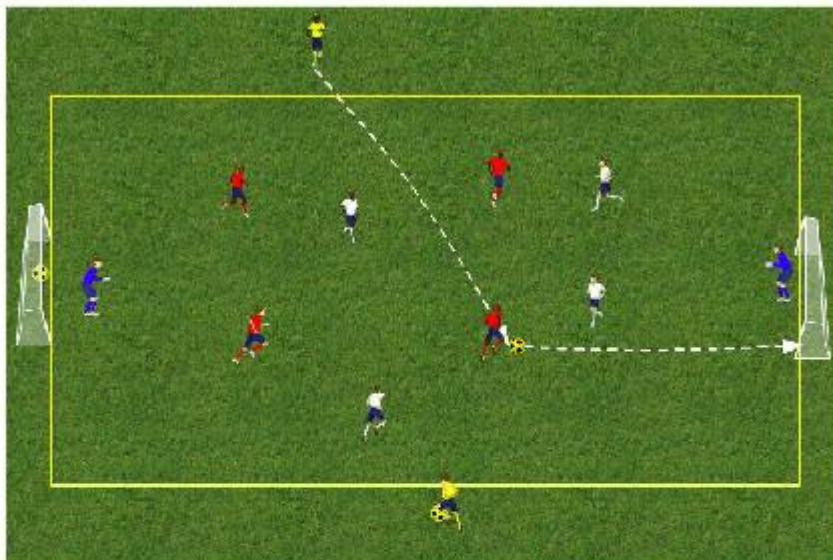
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## A GAME TO IMPROVE FINISHING FROM CLOSE DISTANCE

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



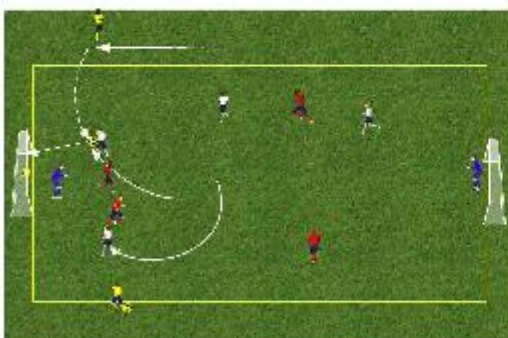
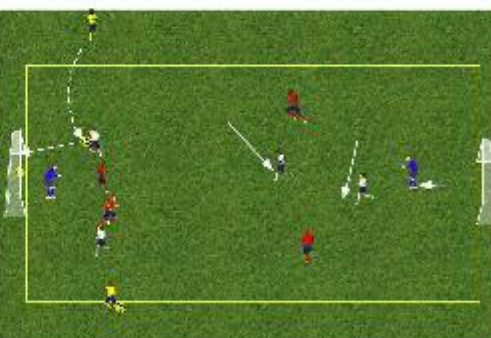


### ORGANISATION

This game involves a total of 12 players. Play 4 v 4 in the area, with two goalkeepers in full sized goals and two servers who can move anywhere up and down the touch line. The area is 30 x 20 yards, but can be adjusted to suit the age and ability of the players. When the ball has gone out of play, the balls can be served from the servers or the goalkeeper. It is important that the service is quick and comes from different angles, and at different speeds and heights to provide different finishing opportunities. The team in possession should also be encouraged to pass and move between themselves to create close range finishing opportunities.

### KEY TECHNICAL ASPECTS

Movement to create space away from the defender \*Assess defenders position \*Decision of first time shot or control and shoot \* Display a positive attitude to finishing \*How and where to control the ball \*Turning and shooting \*Type of technique of finishing, side foot, power, volley, header \*Areas of the goal to aim for \*Creating space and runs to attack the ball \*Head up to assess goalkeepers position \*Accuracy of shot \*Communication between players  
 \*Follow up for rebounds \*Defensive lock in when attacking

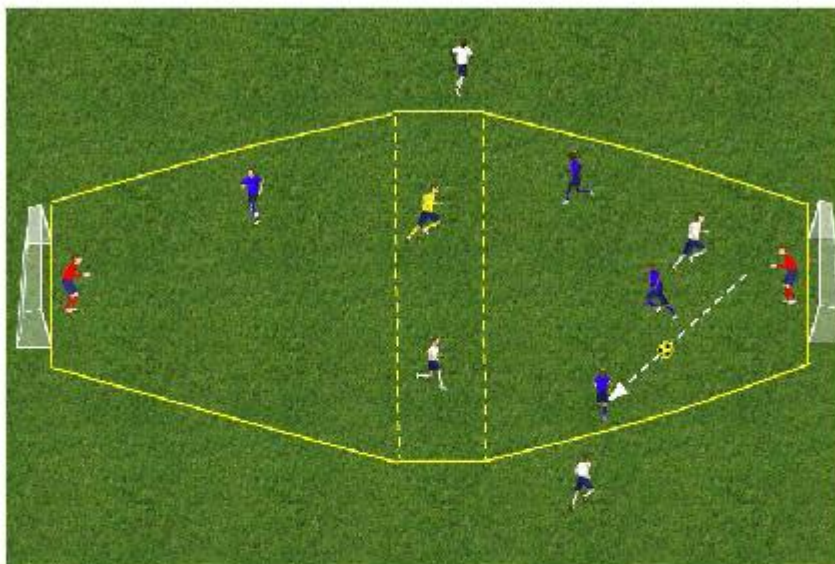
<p><b>Progression # 1</b> – Players should look to find space away from defenders, with the main objective having a positive attitude to taking shooting opportunities, first time if possible</p>	<p><b>Progression # 2</b> – Players will also need to be aware of the defenders positions and create space and supporting angles for the player on the ball by employing communication and clever movement skills</p>
	
<p><b>Progression # 3</b> – By the servers making a run with the ball down the line and crossing, it provides opportunities for the attacking team to make runs in the box to attack the cross</p>	<p><b>Progression # 4</b> – It is important that despite this being a finishing game, the team attacking have a defensive awareness and don't get easily caught on the counter attack and are in a position to be first to any clearances.</p> <p>The players should be encouraged to use all the various close range finishing techniques and skills they have used in the previous technique and skill practices, such as first time shots, turning and shooting, clever combination play and runs to attack crosses.</p>
	

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## A PRACTICE TO IMPROVE THE TECHNIQUE OF FINISHING FROM LONG DISTANCE

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

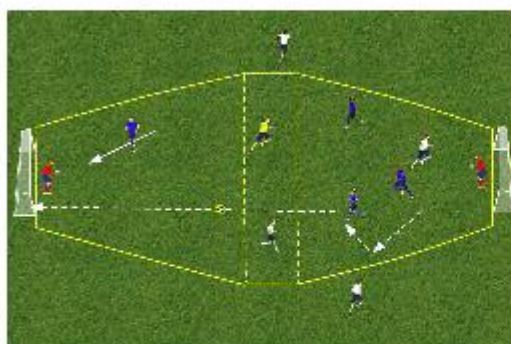
Mark out an area of 45 yards by 20 yards at its widest, narrowing to 10 yards wide at the goal. The area can be adjusted to suit the age and ability of the players. In the middle of the area mark out a 5 yard zone and position a floating player. Use full size goals, with goalkeepers. Play 2 teams of 4 players. When the opposition have the ball the opposite team become floating players, with one joining the floating player in the 5 yard zone and two others positioning themselves on the outside of the area, so that the team in possession have targets in front and at different angles to bounce the ball off. The fourth player stays in the attacking half of the pitch.

The practice begins with the goalkeeper distributing the ball to one of the players in the goalkeepers half of the pitch

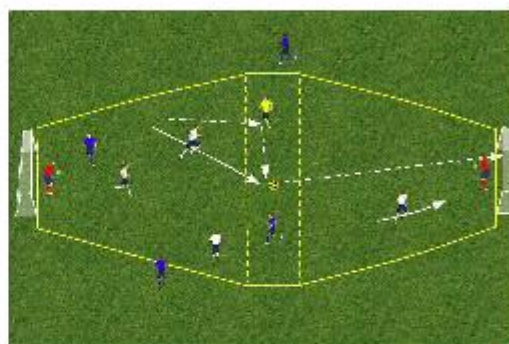
### KEY TECHNICAL ASPECTS

Adopt a positive attitude to long range shooting \*If possible, let the ball run or control to an area to be able to shoot \*Head up to assess goalkeepers position \*Select an appropriate shooting technique \*Be accurate, hit the target \*Follow up for rebounds \*Decisions on first time shot, control and shoot or to pass to a team mate or floating player \*Supporting angles and distances for set up pass \*Communication

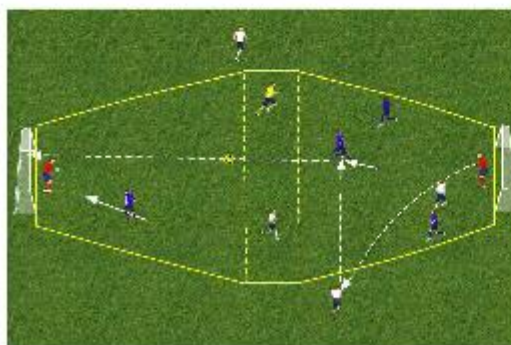
**Progression # 1** – The first priority of the player receiving the ball is to adopt a positive attitude to long range shooting. They should look to let the ball run across them or control the ball out of their feet, so it is set for a shot. They should then get their head up to observe the goalkeepers position. The distance they are away and the goalkeeper's position will then dictate the type of long range shooting technique they should look to use. Their team mate in the opposite half should look to follow the shot up for any rebounds



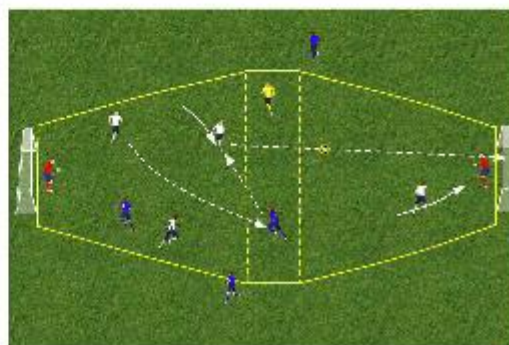
**Progression # 2** – After the first shot, the team rotate roles. The team in possession can look to play a give and go with one of the players in the middle zone to create a different long range shooting opportunity. This will require good supporting positions from the floating players.



**Progression # 3** – The ball can also be played to a floating player on the side of the pitch for the ball to set across the shooting player.



**Progression # 4** – The ball can also be passed into the supporting floating player and set back to another supporting player who might be able to attempt a first time long range shot. There will be situations when a player might have to turn with the ball and then shoot from long range. Encouragement should be given to the players to create different long range shooting opportunities, such as the ball rolling away from the player, the ball set back and the ball played across the shooting player





### **PROGRESSIONS**

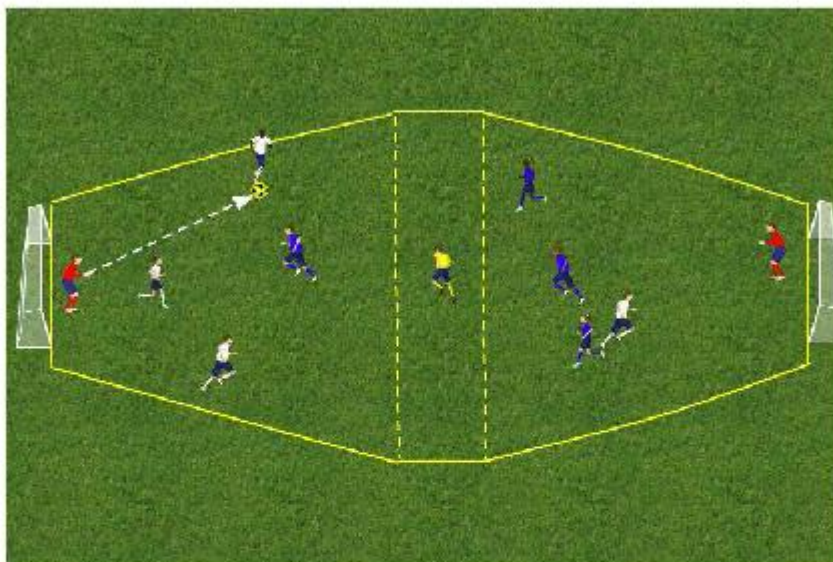
Condition the practice to two touches \* Allow the player in the opposition half to defend against the three shooters.

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## A PRACTICE TO IMPROVE THE SKILL OF FINISHING FROM LONG DISTANCE

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out an area of 45 yards by 20 yards at its widest, narrowing to 10 yards wide at the goal. The area can be adjusted to suit the age and ability of the players. In the middle of the area mark out a 5 yard zone. Use full size goals, with goalkeepers. Play 2 teams of 4 players, with 3 conditioned to stay on their side of the end line of the middle zone and one in the other half of the area. There is a floating player who is conditioned to stay in the middle zone and who plays with whatever team has the ball. The defending team are not allowed into the middle zone. The defending team must look to make it as difficult as possible for the attacking team to shoot. The attacking team will have a 3 v 1 overload in their own half and can also use the floating player and their team mate in the opposition half to bounce passes off. Players can only shoot if they are on their side of the far line of the middle zone.

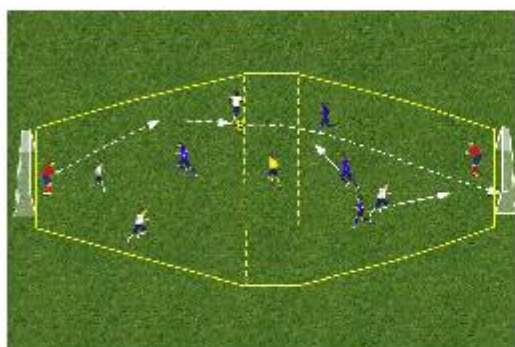
The practice begins with the goalkeeper distributing the ball to one of the players in the goalkeepers half of the pitch

### KEY TECHNICAL ASPECTS

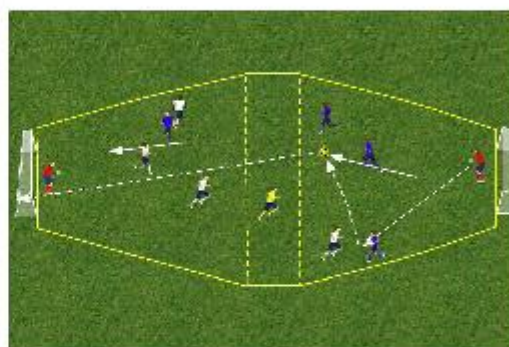
Adopt a positive attitude to long range shooting \*If possible, let the ball run or control to an area to be able to shoot \*Head up to assess defenders and the goalkeepers position \*Decision of shooting or passing \*Select an appropriate shooting technique \*Be accurate, hit the target \*Follow up for rebounds \*Use floating players to create different long range shooting opportunities that test a range of shooting techniques



**Progression # 1** – The first priority of the player receiving the ball is to adopt a positive attitude to long range shooting. They must also be aware of the defenders position, if possible they should look to let the ball run across them or control the ball out of their feet, so it is set for a shot. They should then get their head up to observe the goalkeepers position and the position of the defenders, who will be looking to defend down the line of the shot. The distance they are away and the goalkeepers and defenders position will then dictate the type of long range shooting technique they should look to use. Their team mate in the opposite half should look to follow the shot up for any rebounds

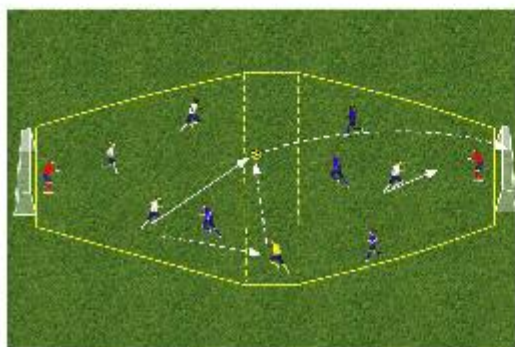


**Progression # 2** – There will be times when the player on the ball might not be able to shoot because of the defenders position and have to pass to a supporting player in a better shooting position. This will require movement to support the ball and a decision on whether to shoot first time or control and shoot by the receiving player.



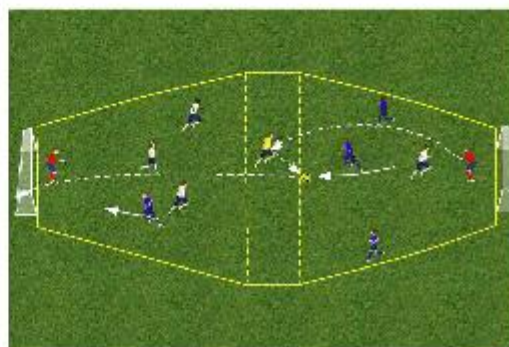
**Progression # 3** – The attacking players can also use the floating player to bounce the ball off and create different long range shooting opportunities, for example they can play a give and go round the defender and then shoot.

This will require a good movement and support from the floating player and a sympathetic set pass for a shot



**Progression # 4** – The ball can also be passed or thrown into the floating player and set back to another supporting player who might be able to attempt a first time long range shot, or a control and shot.

There will be situations when a player might have to turn with the ball and then shoot from long range, or run onto a through ball before shooting





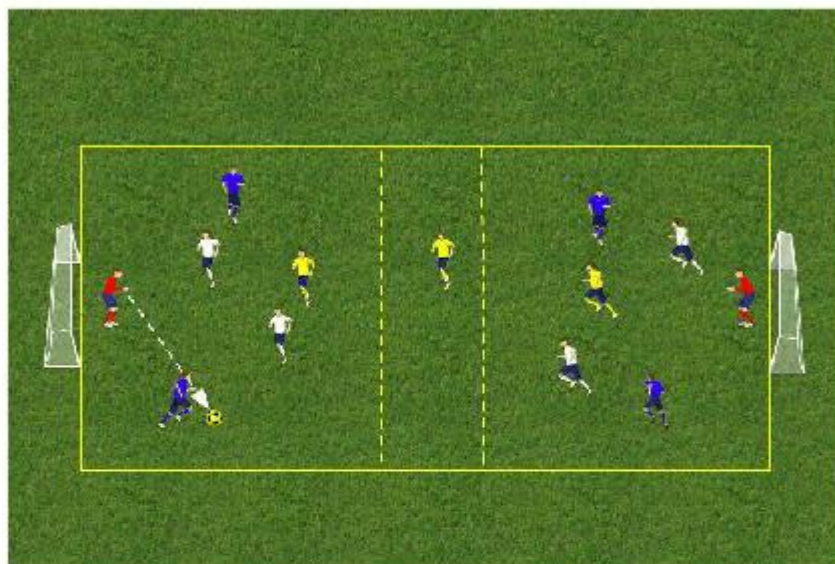
### **PROGRESSIONS**

Condition the team in possession to a maximum of two touches \*Encourage the loan attacker in the opposition half to drop into the middle zone to receive the ball, turn and shoot  
\*Progress to a game

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## A GAME TO IMPROVE FINISHING FROM LONG DISTANCE

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out a pitch of 45 yards by 20 yards. The area can be adjusted to suit the age and ability of the players. In the middle of the area mark out a 10 yard zone. Use full size goals, with goalkeepers. Play 2 teams of 4 players, the players are free to go anywhere on the pitch, but encourage the team to play in a structured formation of 2 – 2 or 3 – 1. There are three floating players, who are conditioned not to shoot and must stay in their designated areas, one in each half and one in the central zone. The floating players play with whatever team is in possession of the ball.

Players can score from anywhere, but to encourage long range shooting award two goals if a goal is scored from inside the far end central zone line and one goal if a shot hits the target.

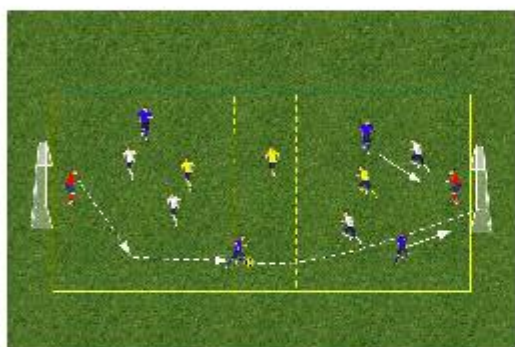
The practice begins with the goalkeeper distributing the ball to one of their players.

### KEY TECHNICAL ASPECTS

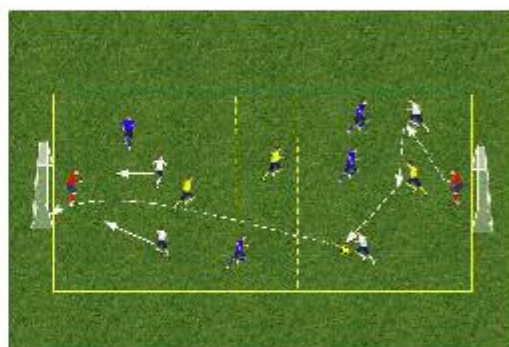
Assess defenders position \*Head up to assess passing options \*Decision on the correct technique for the forward pass \*Timing, weight and accuracy of pass \*Straight passes for diagonal runs, or diagonal forward passes for straight runs \*Timed runs to provide targets for the forward pass \*Accuracy and weight of pass \*Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward \*Support for the passer to provide options \*Movement of floating players to be targets for the pass \*Communication between players



**Progression # 1** – The first priority of the player receiving the ball is to adopt a positive attitude to long range shooting. They must also be aware of the defenders position, if possible they should look to let the ball run across them or control the ball out of their feet, so it is set for a shot. They should then get their head up to observe the goalkeepers position and the position of the defenders, who will be looking to defend down the line of the shot. The distance they are away and the goalkeepers and defenders position will then dictate the type of long range shooting technique they should look to use. Any team mates in the opposite half should look to follow the shot up for any rebounds

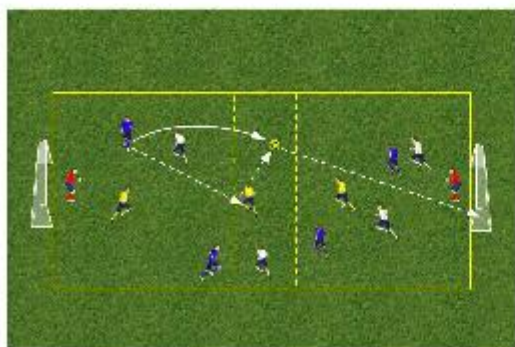


**Progression # 2** – There will be times when the player on the ball might not be able to shoot because of the defenders position and have to pass to a supporting player in a better shooting position, or there might be a requirement for the attacking team to move the ball quickly from one area to another via supporting players. This will require movement to support the ball and a decision on whether to shoot first time, control and shoot or pass to a team mate by the receiving player. Players should follow up the shot for rebounds off the goalkeeper or defender or miss hot shots.

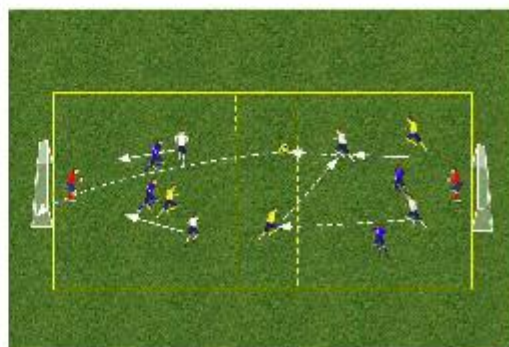


**Progression # 3** – As the attacking team can use the floating players; this will give them a numerical advantage. The attacking players could then use the floating players to bounce the ball off and create different long range shooting opportunities, for example they can play a give and go round the defender and then shoot.

This will require a good movement and support from the floating player and a sympathetic set pass for a shot



**Progression # 4** – The ball can also be passed or thrown into the floating player or team mate and set back to another supporting player who might be able to attempt a first time long range shot, or a control and shot.



## ***Forward Passing and Forward Runs***

Football is primarily an invasion game. Each team tries to invade the others area with an end of objective of scoring a goal. To achieve this end objective, the team in possession must at some point progress their attack down the pitch to get the ball into an area to try and score.

Of course, it isn't always possible or desirable to just pass the ball forward. For example, there will be times in a game when the play will have to go backwards or sideways because the opposition have made it difficult to pass the ball forward and by keeping possession, a better forward passing option may present itself. There will be other times, when there are no, or limited targets to pass the ball forward to and by passing forward in this situation possession will likely be given to the opposition.

Therefore, before a team can pass the ball forward they will need forward targets or forward runners to pass to. Very often one forward pass will need to be linked to support for the player receiving the ball, which may be followed by another forward pass to another target or forward runner. Except for when a goalkeeper kicks the ball long, how many times do a team who have possession in a deep defensive area, pass the ball forward more than 50 yards and regain possession? Rarely. The ball has to be worked forward to areas of the pitch where the forward pass can be at it's most effective.

But there are occasions when a team defending win the ball, when a quick forward pass to a forward running target can expose the opposition. Because the attacking team will have committed players forward to their attack that when they lose possession, this transition in play could present the opportunity for a quick counter attack, which with a quick forward pass to a forward running target, can exploit the oppositions lack of defensive cover.

In a football match, it is much easier to pass backwards, or even sideways, than to pass forward. The opposition team are happy to see the ball being passed in front of them, as this allows them time to get organised behind the ball and to make it difficult for the ball to be passed forward to areas that can hurt them.

Therefore, it is important that time is spent preparing and coaching sessions that focus on forward passing and forward runs and forward targets. The two skills are linked, after all a player can't pass forward effectively if they have nothing to pass forward to.

The following are considered the key technical coaching factors to improve forward passing and forward runs:

- **Understanding what areas of the pitch offer the greatest chance of success and failure for a forward pass** - A forward pass from a centre half to a midfield player who is tightly marked 20 yards from their own goal and in a central position can be a risky thing to do. But a forward pass from a midfield player to a tightly marked forward 20 yards from the opposition goal carries little risk and a great chance of success.
- **Head up to assess passing options** -The player on the ball should be encouraged to look forward, with the objective of thinking about passing forward if it is possible.
- **Decision on the correct technique for the forward pass** - The distance of the forward pass, the position of the defenders and the position the passer is on the pitch will all be factors in selecting the correct forward passing technique.

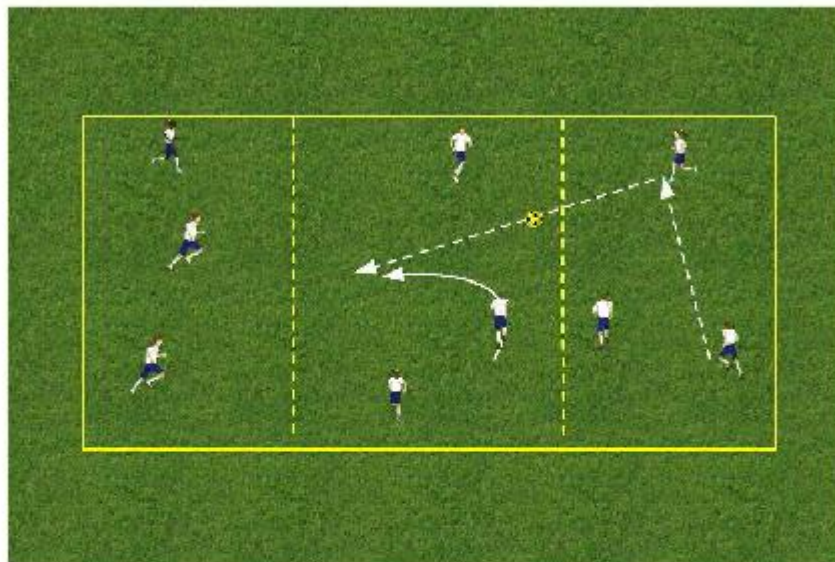
- **Accuracy, timing and weight of pass** - Whatever forward passing technique is selected, the player will also have to consider the accuracy, timing and weight of the pass.
- **Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward** - The best forward pass is very often the quick forward pass, preferably played first time. This gives the defenders very little time to react or recover. If this is not possible, the player on the ball may well have to control the ball and then make a forward pass. But there will be times, when the ball can't be passed forward and the best passing option may be to pass sideways or backwards to create a different opportunity for another player to pass the ball forward.
- **Straight forward passes for diagonal forward runs and diagonal forward passes for straight forward runs** - Except when the ball is passed to feet to a forward target, a good rule for passing forward to forward running targets is straight forward passes for diagonal forward runs, or diagonal forward passes for straight forward runs.
- **Timed runs to provide targets for the forward pass** - Players who make forward runs will need to be aware of timing their forward runs to meet the forward pass.
- **Pre movement away from the area the player wants to make the run** - This is linked to the timing of the runs. Players will need to be aware and be coached on the need to sometimes make pre movement away from the area they want to make the forward run into, before making a timed forward run. The reason for this pre movement, is to effect the defenders position by attracting them away from the area where the forward runner actually wants to make the forward run into.
- **Making forward runs to create space for other players** - Often a player will make a forward run, not to receive the ball, but to drag defenders into areas that can be exploited by another player making a forward run into the space created.
- **Forward targets for forward passes** - There are times when the ball might need to be passed to feet to a forward target player who is facing the play. This would then require support from the passer or other players for the player receiving the ball.
- **Support for the passer to provide options** - Whilst the player on the ball might look to pass the ball forward, they will also need supporting players to provide not only forward passing options, but also so the ball can be passed sideways or backwards, before being passed forward.
- **Communication between players** - Players will need to communicate, not only verbally, but with hand signals, eye contact and body language.
- **Use imagination with the runs and passing** - Clever forward passing and forward runs requires the players to use their imagination and to be daring and bold, particularly in attacking areas of the pitch.

The practices you will see in this section are suggested practices, they aren't definitive.



## A PRACTICE TO IMPROVE THE TECHNIQUE OF FORWARD PASSING

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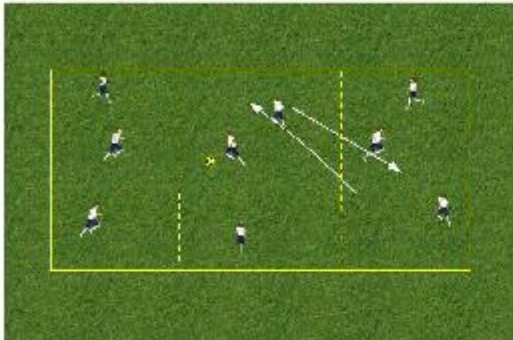
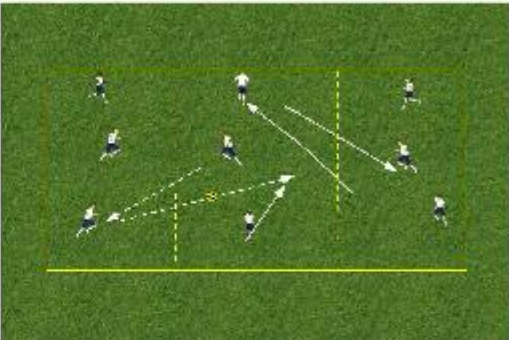
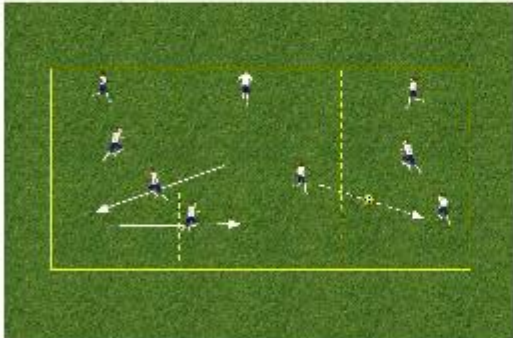
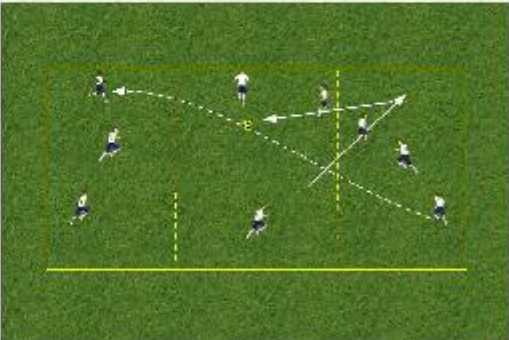
### ORGANISATION

Mark out an area of 40 x 20 yards, with 2 x 10 yard grids at either end. The area can be adjusted to suit the age and ability of the players. There are a total of 9 players. To start the practice, position 3 players in either end grid and 3 players in the middle grid. Whenever a ball is passed from one grid to another, one player from the end grid the ball is passed from and one player from the middle area must rotate positions.

The practice starts with the ball in one of the end grids being passed forward to a runner from the middle area.

### KEY TECHNICAL ASPECTS

Head up to assess passing options \*Decision on the correct technique for the forward pass \*Timing, weight and accuracy of pass \*Straight passes for diagonal runs, or diagonal forward passes for straight runs \*Timed runs to provide targets for the forward pass \*Accuracy and weight of pass \*Decisions on first time forward passes, control and pass or whether to pass forward, pass backwards or pass square before passing forward \*Support for the passer to provide options \*Communication between players

<p><b>Progression # 1</b> – A player from the end grid rotates position with a player from the middle grid</p>	<p><b>Progression # 2</b> - The ball is now passed forward to a player in the opposite end area. The players in the end grid should look to provide movement and targets for the passer. The ball is now passed forward first time for a forward runner.</p>
	
<p><b>Progression # 3</b> – The ball is passed forward to a moving target in the opposite end area. A player from the middle area and the end area where the ball has been passed from again rotate positions.</p>	<p><b>Progression # 4</b> – The target player chooses to make a first time long forward pass directly to the opposite end area. Players rotate positions</p>
	

## PROGRESSIONS

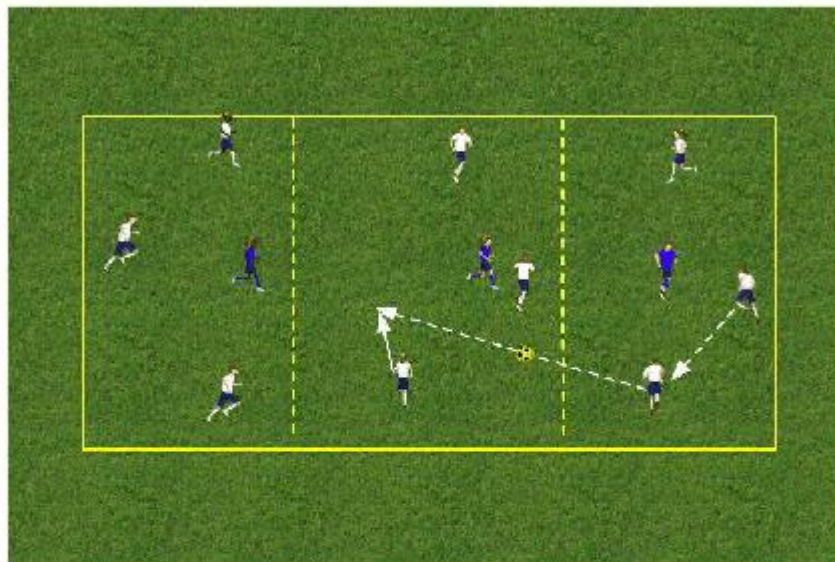
Condition the practise to a maximum of two touches \*Progress to a skill

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## A PRACTICE TO IMPROVE THE SKILL OF FORWARD PASSING

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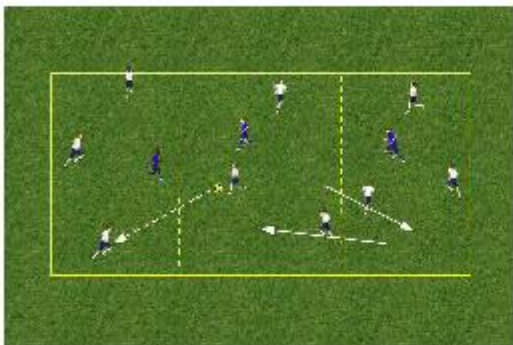
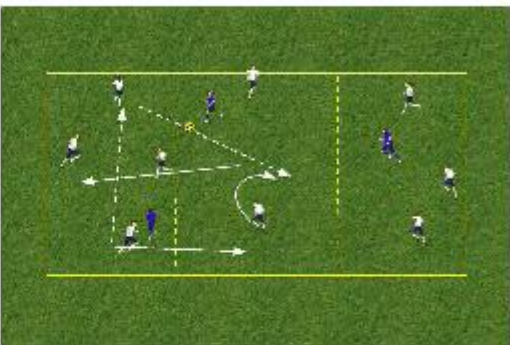
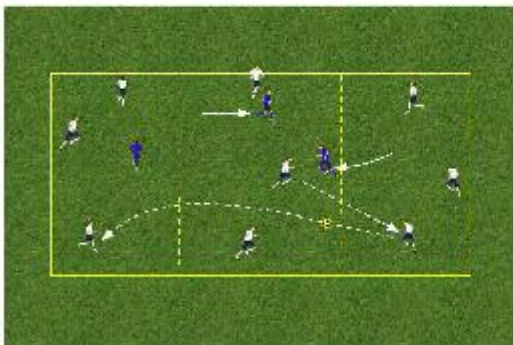
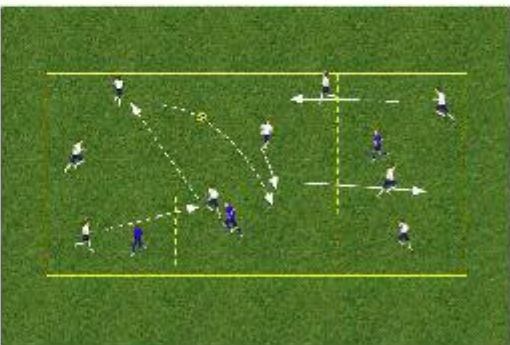
### ORGANISATION

Mark out an area of 40 x 20 yards, with 2 x 10 yard grids at either end. The area can be adjusted to suit the age and ability of the players. There are a total of 12 players. To start the session, position 3 attacking players in either end grid and 3 in the middle grid. There are 3 defenders, who can go where they want to defend. Whenever a ball is passed from one grid to another one player from the grid the ball has been passed from and one player from the middle area must rotate positions.

The practice starts with the ball in one of the end grids being passed forward to a runner from the middle area.

### KEY TECHNICAL ASPECTS

Assess defenders position \*Head up to assess passing options \*Decision on the correct technique for the forward pass \*Timing, weight and accuracy of pass \*Straight passes for diagonal runs, or diagonal forward passes for straight runs \*Timed runs to provide targets for the forward pass \*Accuracy and weight of pass \*Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward \*Support for the passer to provide options \*Communication between players

<p><b>Progression # 1</b> – The presence of the defenders will dictate the type and timing of the forward pass and supporting run. As the ball is passed a player from the end area rotates position with a player from the middle area. The ball is now passed to into a free supporting player in the opposite area</p>	<p><b>Progression # 2</b> - The position of the defenders might ensure the ball is passed sideways or backwards to a supporting player before it can be passed forward. Again, the receiving player will need to time their run to receive the pass. At times the pass might have to be to feet rather than always into space.</p>
	
<p><b>Progression # 3</b> – At times a defender may well try and pressure the ball and the passer will need good supporting options. There may be opportunities for a long first time pass directly to the opposite end area. Players rotate positions after the pass</p>	<p><b>Progression # 4</b> – The attacking team should have the confidence to pass to feet to players who are marked, this will create opportunities for good support behind the ball and third man runs in front of the ball. Again the players rotate positions</p>
	

## PROGRESSIONS

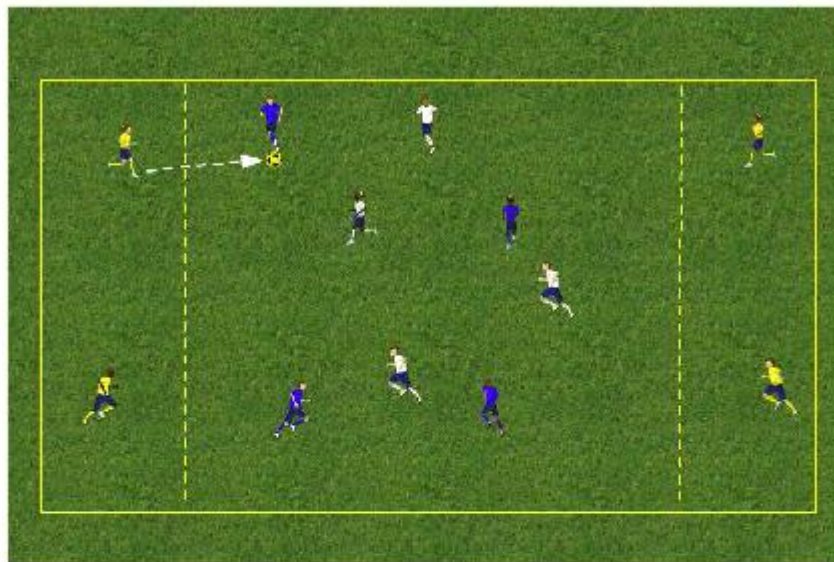
Condition players to two touches \*Progress to a game

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## A GAME TO IMPROVE FORWARD PASSING

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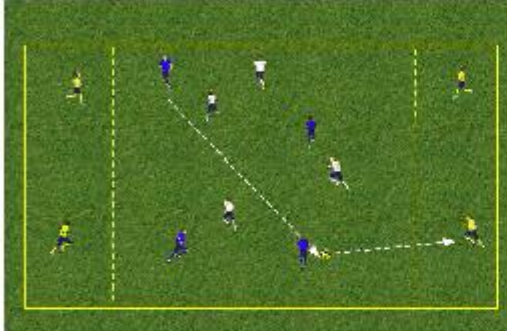
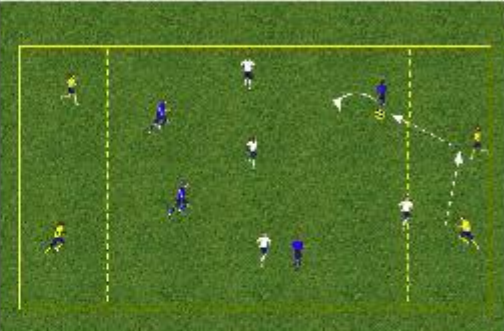
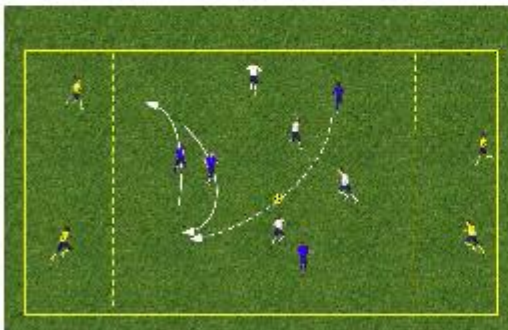
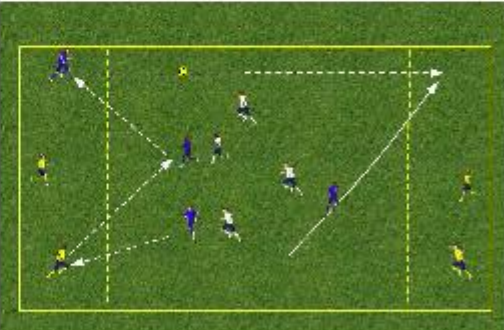


### ORGANISATION

Mark out an area of 50 x 30 yards, with 2 x 10 yard grids at either end. The area can be adjusted to suit the age and ability of the players. There are a total of 12 players. Play 4 v 4, the players are free to go anywhere and 4 floating / target players, 2 located in the grids at either end. The floating / target players play with whatever team is in possession of the ball and are conditioned to stay in their grids. The objective of the game is to create opportunities for forward passes, either to team mates or to the floating players who will need to be mobile and provide targets to hit. The game starts with a ball being passed from a floating player, the receiving players' first objective is to try and make an effective forward pass if they can. Possession changes hands when a team has scored. This transition will create a requirement to find space quickly to pass forward.

### KEY TECHNICAL ASPECTS

Assess defenders position \*Head up to assess passing options \*Decision on the correct technique for the forward pass \*Timing, weight and accuracy of pass \*Straight passes for diagonal runs, or diagonal forward passes for straight runs \*Timed runs to provide targets for the forward pass \*Accuracy and weight of pass \*Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward \*Support for the passer to provide options \*Movement of floating players to be targets for the pass \*Communication between players

<p><b>Progression # 1</b> – The presence of the defenders will dictate the type and timing of the forward pass and supporting run. The team in possession should look to take every realistic opportunity to pass forward into the target players or to team mates</p>	<p><b>Progression # 2</b> – The position of the defenders might ensure the ball has to be passed sideways or backwards to a supporting player before it can be passed forward. Players will need to have an awareness of where the defenders are and may look to turn with the ball and look forward for passing opportunities</p>
	
<p><b>Progression # 3</b> – Whilst the ball can be passed forward to feet, there will also be a need for players to make clever, well timed runs to provide targets for a forward pass</p>	<p><b>Progression # 4</b> – The attacking team should have the confidence to pass to feet to players who are marked, this will attract defenders towards the ball and create opportunities for good support behind the ball and third man runs in front of the ball.</p>
	

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## A PRACTISE TO IMPROVE THE TECHNIQUE OF FORWARD RUNS

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

The area is 40 x 40 yards, but can be adjusted to suit the age and ability of the players. Lay out a number of coned gates in the area. There are a total of ten players, in pairs with a ball between them. The objective is for the player on the ball to pass between a gate for their partner to make a timed forward run onto the pass.

### KEY TECHNICAL ASPECTS

Players play with their head up \*Technique, accuracy, timing and weight of pass \*Timing and angle of forward run \*Follow the pass \*Communication between players \* Use imagination with the forward runs and passing

**Progression # 1** – The player on the ball passes the ball between a pair of gates for their partner to make a forward run round the outside of the gate and receive the pass. The player passing the ball, then makes a run to join their partner and the roles of the players are reversed.



**Progression # 2** – After receiving the pass, the player on the ball dribbles the ball until they find a spare gate and then they look to make a pass through the gate for their partner to run onto around the gate. The timing, accuracy and weight of the pass as well as the timing and angle of the forward run are very important, as is communication between the players



**Progression # 3** – When the player on the ball is 5 – 10 yards away from the gate, they pass to their partner who is 2 – 3 yards from one of the cones and wide of the cone. The player receives the ball and runs with it across the front of the gate. The player who originally passed the ball now makes a timed run outside of the gate to receive a forward pass. This recreates an overlapping situation. It is important that the players communicate and the timing of the run and pass are good.



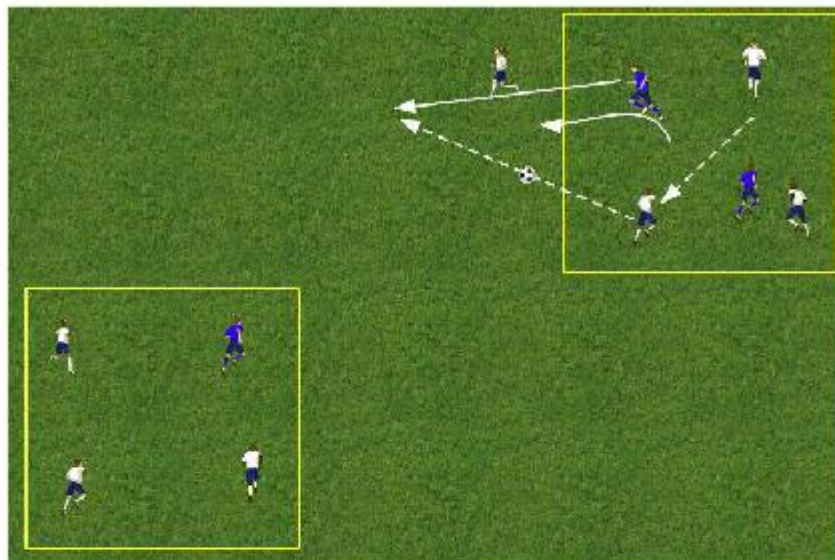
**Progression # 4** - The player on the ball passes to their team mate, who adopts a good supporting position to be a wall for a give and go, with the passer making a timed run through the gates to receive the return pass





## A PRACTISE TO IMPROVE THE SKILL OF FORWARD RUNS

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.

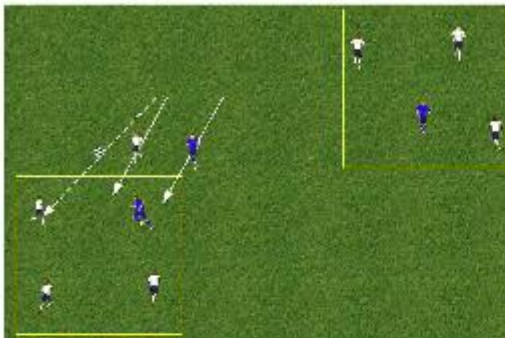
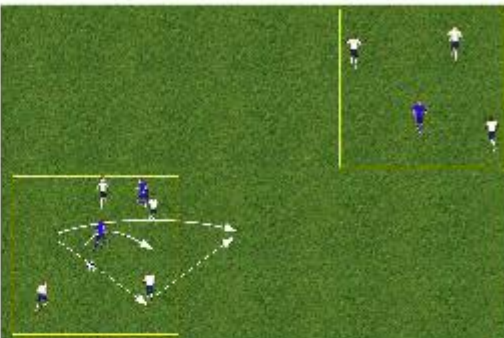
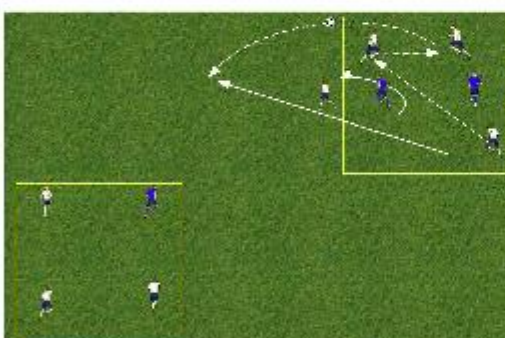
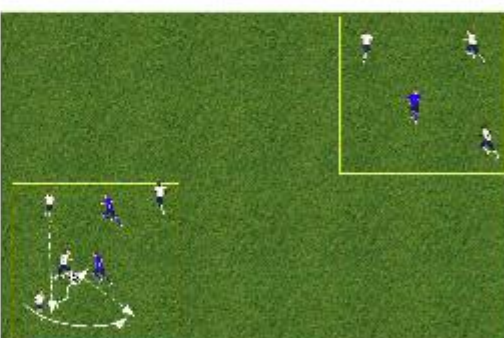


### ORGANISATION

There is a total area of 40 x 30, with two 15 x 15 grids in opposite corners of the area. The area can be adjusted to suit the age and ability of the players. In one grid play 4 attackers V 2 defenders, who start with the ball, in the other play 3 v 1. The objective of the practice is for the 4 attackers to combine within the grid and to pass to a forward runner who breaks out of the grid. As soon as the ball is passed to the runner, one of the defenders must give chase. When the forward running player approaches the opposite grid, they must pass into the grid and join in. The chasing defender also joins in to make another 4 v 2 situation. The practice is repeated.

### KEY TECHNICAL ASPECTS

Players play with their head up \*Movement to create space and support the ball \*Be aware of defenders and change the point of attack if necessary \*Technique, accuracy, timing and weight of pass \*Timing and angle of forward run \*Communication between players \*Use imagination to create varied forward run opportunities

<p><b>Progression # 1</b> – The ball is now passed into the opposite grid and the attacker and defender join in to make a 3 v 2 situation. The players in the area will need to move to receive and support the passer</p>	<p><b>Progression # 2</b> – The attackers can combine in a variety of ways to create opportunities for forward runs, for example by playing a give and go</p>
	
<p><b>Progression # 3</b> – Another way is create a third man running opportunity. The players will need to communicate, to provide good support, time their runs and make accurate passes</p>	<p><b>Progression # 4</b> - Encourage the players to use their imagination and to create lots of ways in which to make forward runs, varying the distance and angle of the runs and passes. For example, create overlapping opportunities for a forward runner</p>
	

## PROGRESSIONS

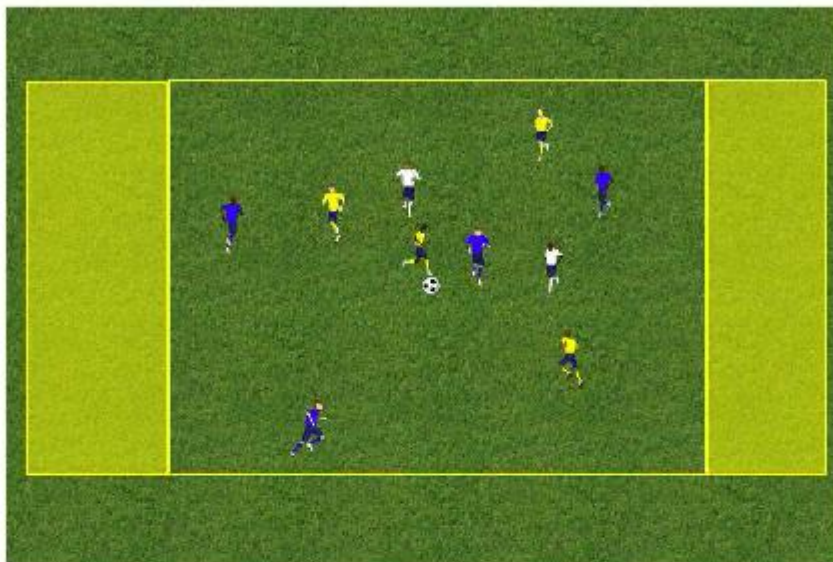
Progress the practice to a game

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## A GAME TO IMPROVE FORWARD RUNS

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### ORGANISATION

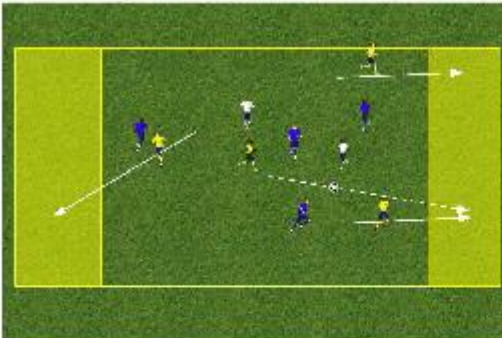
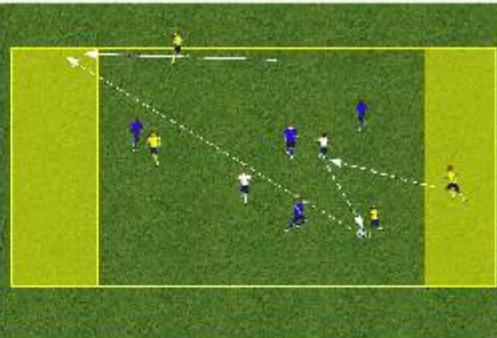
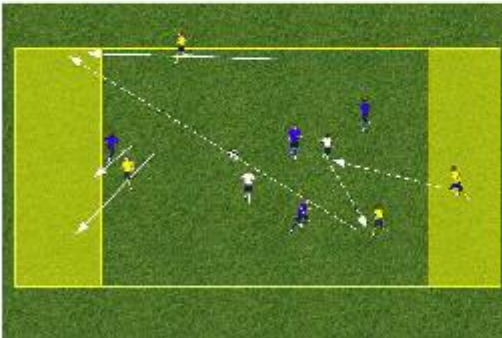
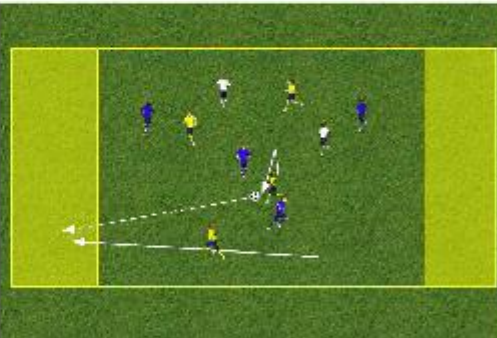
Mark out an area of 40 x 30 with two end zones of 30 x 10 yards. The area can be adjusted to suit the age and ability of players. Play 4 v 4 in the area, with two floating players who play for the team in possession.

Objective of the game is for the team in possession to pass the ball into one of the end zones for a forward runner. To start with they can pass into either end zone.

The floating players can only pass to one of the team in possession; they can't pass directly into the end zone themselves.

### KEY TECHNICAL ASPECTS

Players play with their head up \*Timing and angle of forward run \*Runs not only to receive the ball, but to create space for others \*Technique, accuracy, timing and weight of pass \*Be aware of defenders and change the point of attack if necessary \*Third man running opportunities \* Overlapping opportunities \*Follow the pass \*Communication between players

<p><b>Progression # 1</b> – To start with the team in possession can pass to either end zone and the player in possession will need players to make well timed forward runs for passing options. Players will need to play with their heads up, be aware of the defenders positions and select the right kind of pass. Communication between players is very important.</p>	<p><b>Progression # 2</b> – Once the ball has been successfully passed into the end zone, the team in possession now attempt to get the ball into the opposite end zone. There may be opportunities to use the floating players to create third man running opportunities.</p>
	
<p><b>Progression # 3</b> – Players will also need to be aware of making runs not only to receive the ball, but to drag defenders out of space that can be exploited by other players with forward runs.</p>	<p><b>Progression # 4</b> – There may be other times, when the player on the ball will need to change the point and direction of the attack, either by turning with the ball or passing sideways or backwards to a colleague to create a different forward running opportunity.</p>
	

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## ***Running with the Ball***

When a player runs with the ball, it can cause the opposition many problems. Firstly, because the ball carrier can advance the ball quickly into more dangerous attacking areas. Secondly, the player running with the ball can break the defending lines of the opposition and effectively take them out of the play by having the ball goal side of them.

For example, a fullback running with the ball can break the line of the opposition defending forwards, a midfield player running with the ball can break the defending line of the opposition midfield and a forward running with the ball can break the line of the opposition defence and maybe make an effective, dangerous pass, cross or shoot. By running with the ball and looking to break these defensive lines of the opposition can result in an opponent from the next defending line being forced to confront the player running with the ball. This then creates an overload situation which can be exploited. For example, if a fullback runs with the ball and breaks the defensive line of the opposition forwards, then an opposition midfield player will have to move out of position to confront the player with the ball. This then creates an overload situation in midfield which can be exploited.

When a player runs with the ball, at some point an opposition player will be forced to confront the ball carrier, this then creates space for the ball carriers team mates to exploit with clever movement and timed runs.

For many, one of the great sights in the game is to see a player running with the ball at full pace, down the wing or attacking the opposition defence. But, what can be equally effective is a player running with the ball 5 - 10 yards and committing an opposition player to confront them. This can create space and attacking opportunities for team mates in advance or to the side of the ball.

It sounds obvious, but the one key factor in being able to run with the ball, is having space in which to actually carry the ball into. With space on a football pitch very often at a premium, space needs to be created, either by the individual receiving the ball with clever movement, by turning out of a tight area into space or by dribbling past an opponent and running with the ball into the space created. Another way in which to create space to be able to run with the ball is by using clever team interplay. For example, when the team are in possession of the ball on one flank of the pitch, they can combine with clever interplay in this area, this will result in pulling the opposition towards the ball and towards that area of the pitch. This will provide the opportunity for the ball to be quickly switched out of that flank area and to the opposite flank area to a player in space who can then run with the ball.

Like dribbling, team mates also have to recognise that they also have to make runs and to pull away from the player on the ball, who has space in which to run with the ball. This will result in giving defenders decision problems, either to confront the player running with the ball, or to mark the player making the run without the ball.

Players will need coaching sessions and games that help them with understanding the techniques of running with the ball and also how they can create space, both as individuals and as a team, in which to be able to better run with the ball. They will also need to help with the decisions they will have to make at the end of the run.

The following are considered the key technical coaching factors to improve running with the ball:

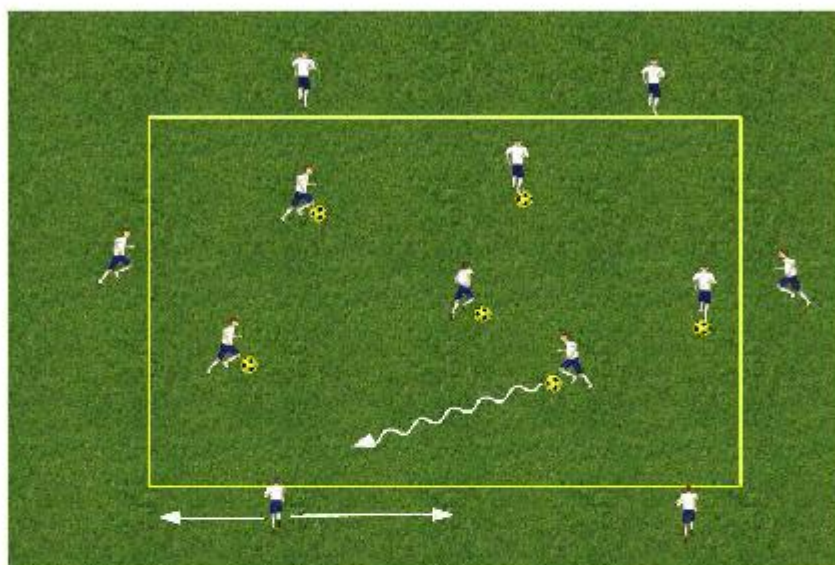


- **Create space as an individual and as a team** - To create opportunities and space for a player to be able to run with the ball
- **Create space to receive the ball in a position to run with the ball** - Players will need to provide clever movement to not only create space to receive the ball in a position that allows them to run with the ball, but they will also need to control the ball into the space created.
- **Identify the space to run the ball into** - It is important that players get their head up to identify if there is a space to run the ball into
- **Decision making on to run with ball or pass to support player** - If there is no space to run the ball or pass to or a team mate is better placed to receive an early pass, will depend on the players ability to get their head up and see what is around them
- **Control the ball into the space** - Once a decision has been made to run with the ball, the player will need to control the ball into the space and aggressively attack the space in front of them with the ball
- **Use the laces on the front of the foot when running with the ball** - The best technique of pushing the ball in front when running with the ball, is to point the toes of the leading foot and knock the ball in front using the laces of the boot
- **Head up when running with the ball** - Players will constantly need to keep their head up when running with the ball, so they can make decisions on the position of defenders, the space in front of them, passing options and the need to change speed or direction
- **Change of direction** - There will be times when a player will need to change direction
- **Change of pace** - Whilst it is important for players to run quickly with the ball, there will be times when they will need to change pace, sometimes to run quicker, sometimes slower and be composed and under more control, particularly if they decide they need to make a pass at the end of the run
- **Communication** - Like almost every situation on a football pitch, players need to communicate and help each other with key information and encouragement
- **Movement to provide support and find space from team mates off the ball** - Players off the ball will need to make runs to either try and clear the space for the player to run with the ball, to drag opposition players away from the player running with the ball or to provide passing options for the player running with the ball

The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE TECHNIQUE OF RUNNING WITH THE BALL

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.

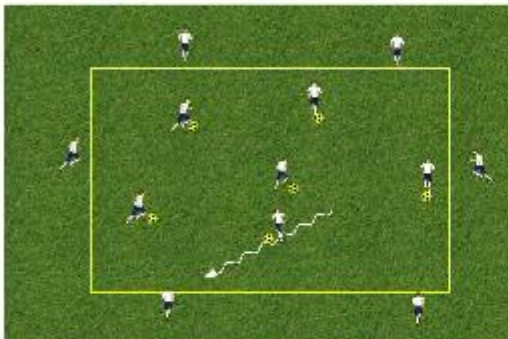
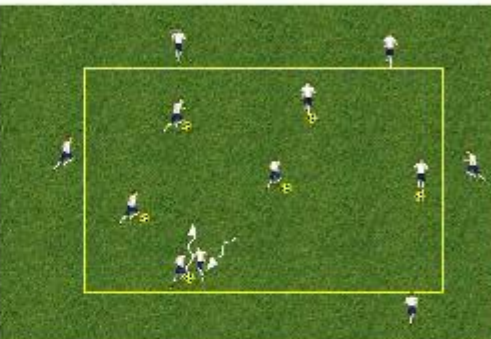
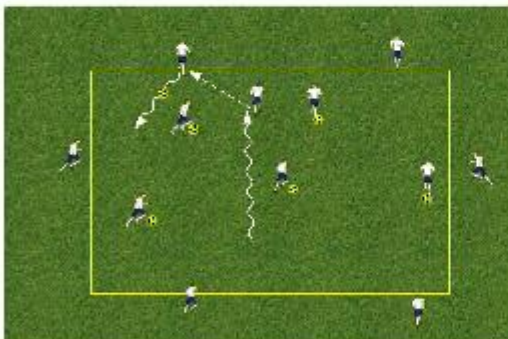
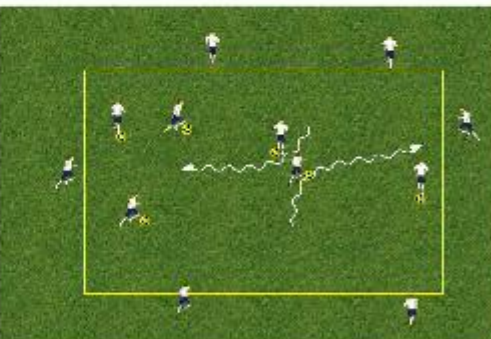


### ORGANISATION

Mark out an area of 30 x 30 yards, the size and shape of the area can be adjusted to suit the age and ability of the players. There are a total of 12 players, 6 inside the area with footballs and 6 outside the area, without footballs. The players on the outside of the area can move around to provide different support options

### KEY TECHNICAL ASPECTS

Head up to identify the space to run the ball into and where other players are \*On receiving the ball, identify and have a positive first touch into the space \* Head up when running with the ball \*Use the laces of the front foot when running with the ball \*Cover the ground quickly, but be under control when passing or doing a take over \*Change of direction when needed \*Communication

<p><b>Progression # 1</b> – The objective of the practice is for the players with the balls inside the area to run with the ball towards one of the free players on the outside of the area. The players running with the ball should be encouraged to get their head up, to vary the distance of the run, to cover the ground quickly and to use the laces of their front foot when running with the ball</p>	<p><b>Progression # 2</b> – In this instance the player running with the ball does a take with a player on the outside of the area. The players will need to communicate and ensure they both cross shoulder to shoulder on the side the ball is being carried, i.e. carried right foot; the take should be right shoulder to right shoulder. The player taking the ball should identify and take a big first touch into space</p>
	
<p><b>Progression # 3</b> – There will be other occasions when the ball will be passed into a player on the outside of the area. The player receiving the ball should identify the area to control the ball into and control the ball well out of their feet so they can run with the ball quickly straight away.</p>	<p><b>Progression # 4</b> – The players should also ensure they have their head up so they can avoid other players in the area and if necessary change direction to avoid other players when running with the ball</p>
	





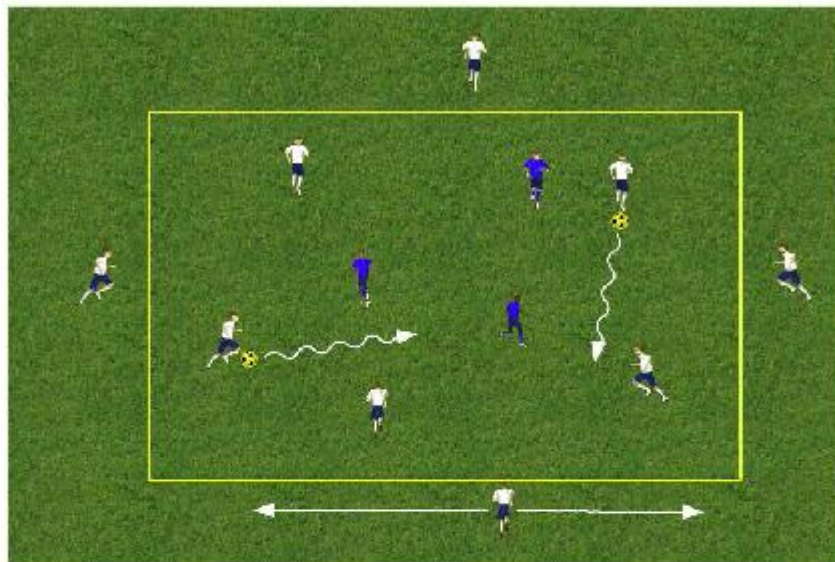
### **PROGRESSIONS**

Make the area smaller so that the players have to change direction more often and be under greater control \*Progress the practice to a skill

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## A PRACTICE TO IMPROVE THE SKILL OF RUNNING WITH THE BALL

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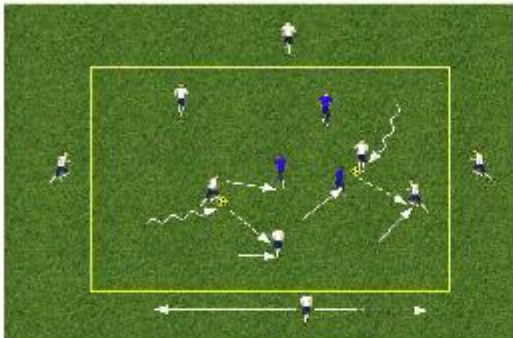
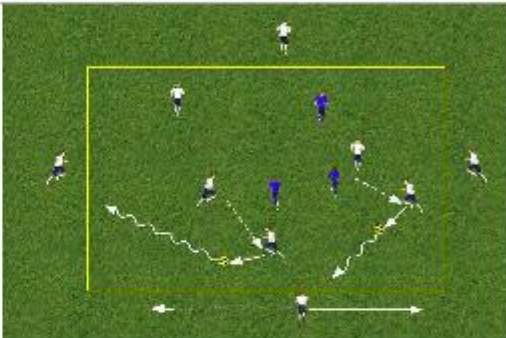
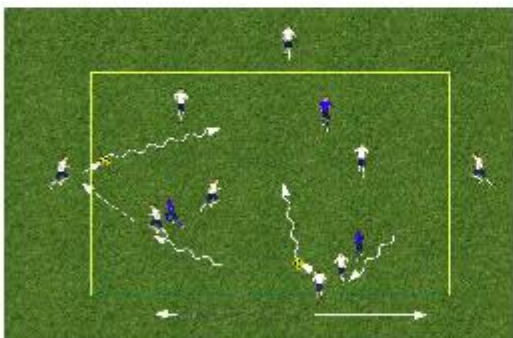
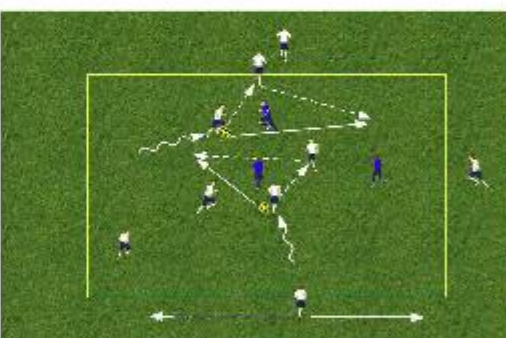


### ORGANISATION

Mark out an area of 30 x 30 yards, the size and shape of the area can be adjusted to suit the age and ability of the players. There are a total of 12 players, play 5 attackers, with two footballs v 3 defenders inside the area and 4 players outside the area, positioned on the four sides of the box area. The defenders are initially conditioned not to tackle, but to pressure the players on the ball and they aren't allowed to challenge the free players on the outside of the area. The players on the outside of the area can move to support the players on the ball. The objective is for the players with the ball to run with the ball and if they can, pass or do a take with one of the free players on the outside of the area. The presence of the defenders will force them to make decisions on how far they run with the ball, decisions about changing direction to take them away from defenders and decisions on if they run with the ball or pass to a team mate inside of the area.

### KEY TECHNICAL ASPECTS

Decision making, run with ball or pass to support player \*Movement to provide support and find space \*Players to communicate and do a take or receive a pass \* Identify the space to run the ball into \* First touch into the space, away from defenders \*Get the head up to identify defenders positions \*Use the laces – front of the foot when running with the ball \*Get the ball out of the feet and in front \*Change of direction \*Communication

<p><b>Progression # 1</b> – Objective of the practice is for the 5 attacking players to create as many running with the ball opportunities as possible. The 3 defenders try and win the ball, but to also create decision making situations as to when and how to run with the ball.</p>	<p><b>Progression # 2</b> – If, because of a defenders position, the ball is passed at the end of a run, then the player supporting and receiving the ball should look to control the ball into space, away from defenders and then run with the ball themselves</p>
	
<p><b>Progression # 3</b> – When combining with the outside players, the players can either pass the ball into them or run at them and do a take over. The player receiving the ball should look to identify the space to control the ball into</p>	<p><b>Progression # 4</b> – Players should also be encouraged to run at defenders, to commit them and play a give and go round them and then to continue to run with the ball. To play a give and go round a defender will also require good support movement</p>
	





## PROGRESSIONS

Make the area smaller \*Progress the practice to a game

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## A GAME TO IMPROVE RUNNING WITH THE BALL

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### ORGANISATION

Mark out an area of 40 x 30 yards, with 2 x 10 yard zones at each end of the area. The area can be adjusted to suit the age and ability of the players. There are a total of 12 players in the game, play 4 v 4 inside the area, with 2 floating players – in yellow inside the area and 2 floating players in yellow who can move up and down the outside of the area. The team in possession can use the floating players, but the floating players are conditioned to a maximum of two touches and can't run with the ball. The start point of the game is from one of the floaters on the outside of the pitch, who passes from the halfway line.

Objective of the game is for the team in possession to use the floating players if required and to attempt to run the ball into either of the end zones to score a goal

### KEY TECHNICAL ASPECTS

Decision making, run with ball or pass to support player \*Movement to provide support and find space \*Players to communicate and do a take or receive a pass \* Identify the space to run the ball into \* First touch into the space, away from defenders \*Get the head up to identify defenders positions \*Use the laces – front of the foot when running with the ball \*Get the ball out of the feet and in front \*Change of direction \*Communication

**Progression # 1** – Once a goal has been scored by running the ball into the end zone, the team in possession attempt to run the ball to the opposite end zone. The game is directional, so if possession is gained by the opposition they try and run the ball over the opposite end zone.



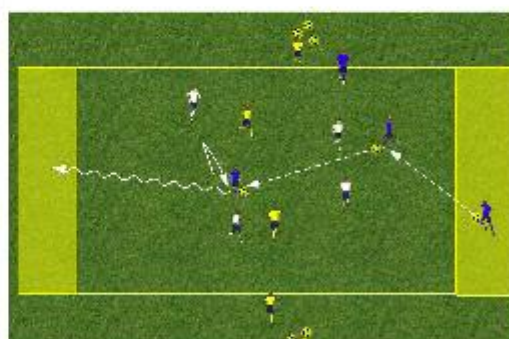
**Progression # 2** – Players should look to identify space and run with the ball where possible. But they also need to keep their head up to make decisions about when to run with the ball and when to pass to team mates or floating players. Floating players and supporting team mates should look to create space for themselves and for the player running with the ball



**Progression # 3** – The team in possession can also use the floating players to create opportunities to pass to players who can then attack the space created and run with the ball



**Progression # 4** – Players off the ball also need to be aware of the need for intelligent movement to create space for others to receive the ball or for them selves to receive the ball in the space created and then run with it.







### **PROGRESSIONS**

Condition the floating players to a maximum of one touch \*Reduce the number of floating players \*Change the game so that once a goal has been scored by running the ball into the end zone, possession changes hands, this will create situations of transition for both teams.

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## ***Dribbling***

The ability to beat an opponent and deliver a cross, have a shot or make an incisive pass is considered by many to be a long lost art. But, it is a vitally important skill for players to develop, particularly when used in attacking areas. The first consideration with regards to dribbling is in which area of the pitch to dribble. There will be times when a player is pressured by an opponent in their defensive third when the player will be forced to dribble, but consideration must be given to the risk and reward aspect of dribbling. Players should understand that the risk of choosing to dribble and possibly lose the ball in a defensive area isn't a risk worth taking. If they lose the ball by dribbling in dangerous defensive areas then the outcome is lost possession with the opposition in a position to pose a direct threat on their goal. So, therefore the risk is greater than the reward.

But in attacking and wide areas, where the reward of choosing to dribble successfully and to be in a position to create an attacking opportunity the reward can far outweigh the risk of losing the ball. In addition, if a player chooses to dribble in an attacking area and loses the ball, there will be team mates behind the ball who are able to defend and the ball will be some 50 to 80 yards away from their own goal. Therefore, the reward is greater than the risk.

So the first consideration for coaches must be to get players to understand where the best areas of the pitch to choose to dribble are.

Next, the players will need to understand when to dribble. For example, if a team mate is in space to receive an effective pass, which would allow them to better take the attack forward, then this is a better option than to try and dribble.

But there will be many occasions during the course of the game when a player will find themselves faced with an opponent, when an effective dribbling manoeuvre will create a great attacking opportunity.

Once the players have an understanding of where and when to dribble, they will also need to understand and be coached on the key technical factors of dribbling and also how players around the player on the ball can create space, either to isolate the dribbler in a 1 v 1 situation by dragging other defenders away or to get in a position to give the player on the ball good passing options.

Players will need coaching sessions and games that help them with understanding the where and when to dribble and also how to dribble and how other players can create space to give the player on the ball a better chance of completing a successful dribble, or to give them good passing options

The following are considered the key technical coaching factors to improve dribbling:

- **Understanding the when and where of dribbling** - It is important that players understand the risks and rewards of dribbling
- **Create space to receive the ball to be able to more effectively dribble** - Players will need to understand the types of movement required, prior to receiving the ball, in which to create space for themselves in which to dribble.
- **Receiving the ball** - The best way to receive the ball prior to dribbling, is so that they are immediately facing an opponent with the ball. If that is not possible, then they may well have to employ a turning technique, so they are facing an opponent.

- **Head up** - Players will need to get their head up, to be able to see the opponent, where the best space is to attack with the dribble and also to see if there are better options rather than dribbling.
- **Attitude** - Players will need to be courageous and have a positive attitude to dribbling, looking to attack an opponent
- **Using a dribbling trick to unbalance an opponent** - The first thing a dribbler will need to do is unbalance an opponent, to make them think that they going to attack them in one direction and to get the opponents weight and balance shifting in that direction.
- **Shifting the ball, after the trick, in the opposite direction** - Once the dribbling trick has shifted the opponents balance in one direction, the dribbler will have to manipulate the ball in the opposite direction.
- **Changing pace** - The dribbler will have to show pace and aggression to attack the space created by the dribbling trick and to cut the defender dead.
- **Slowing defenders down** - Another effective way of dribbling is to slow the defenders down and beat them with a change of pace and direction
- **Head up after the dribble** - Immediately the player is in the space the other side of the defender, they will need to get their head up, to be able to assess their next option.
- **Positive end result** - Once they have beaten the player, they will need to effect a positive end result of another dribble, a pass, a cross or a shot.
- **Players off the ball** - Team mates who aren't dribbling will need to provide clever movement to either move other defenders to isolate the defender, or to get themselves in a position to receive a pass where they might be able to dribble, pass or shoot.

The practices you will see in this section are suggested practices, they aren't definitive.



## A PRACTICE TO IMPROVE THE TECHNIQUE OF DRIBBLING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.


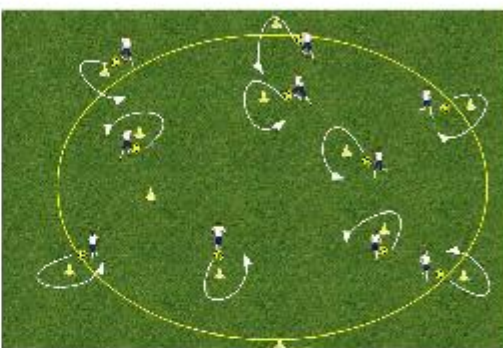


### ORGANISATION

Position a number of players with footballs in an area suitable for age and ability. Within the area and on the outside of the area place a random number of cones. Players should be encouraged to dribble with their heads up, use their little and big toes to dribble, to change direction and pace, to use their imagination, to experiment and have fun and to use the other players and cones as passive opponents to beat.

### KEY TECHNICAL ASPECTS

Dribble with the head up \*Use other players as opponents to beat \*Use the big and little toe to manipulate the ball \*Use a change of direction \* Use a change of pace \* Develop different turning techniques \*Encourage dribbling techniques, such as the hook turn, the Cruyff, the drag back, the Giggs, Beardsley double touch, Scissors, Step over etc

<p><b>Progression # 1</b> – Players should keep their heads up and use the big and little toe to manipulate the ball. Encourage the players to use different dribbling tricks and techniques, such as the Mathews, the Giggs, The Beardsley and step overs.</p>	<p><b>Progression # 2</b> – The players can also use the outside and inside cones to practice turning techniques, such as the drag back, the Cruyff, the big and little toe hook. Turning and dribbling are all linked as a technique practice; as players will at times, need to create space for themselves in which to dribble. Once they have turned with the ball, they should then dribble back into the area</p>
	

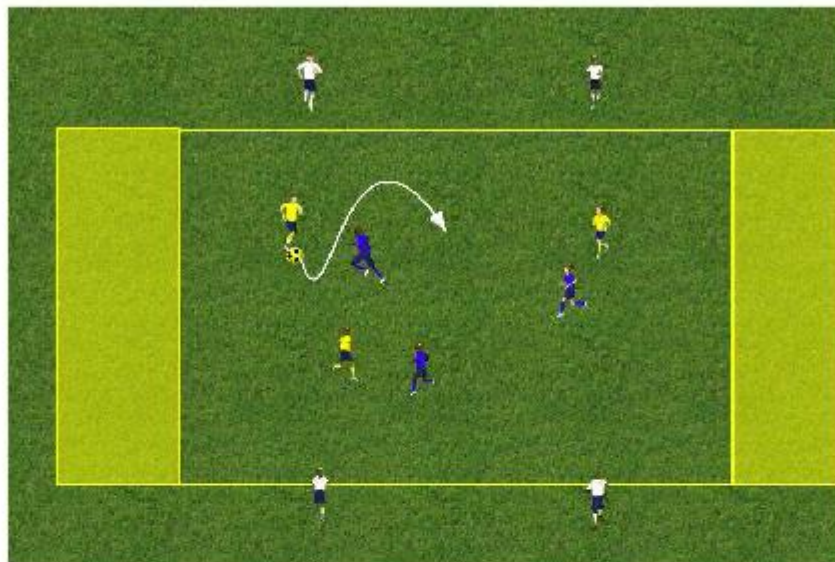
#### PROGRESSIONS

Make the area smaller, forcing players to manipulate the ball and avoid other players \*Add two or three passive defenders who jog round to provide targets to dribble round

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## A PRACTICE TO IMPROVE THE SKILL OF DRIBBLING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

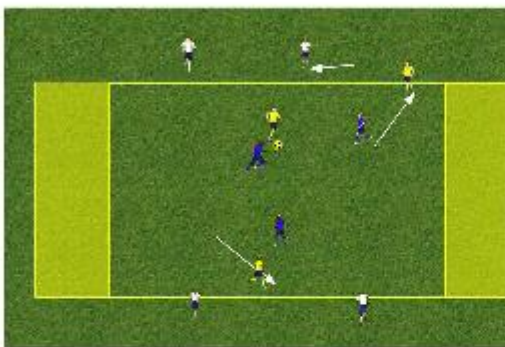
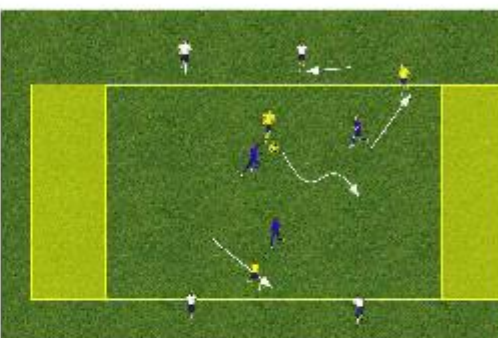
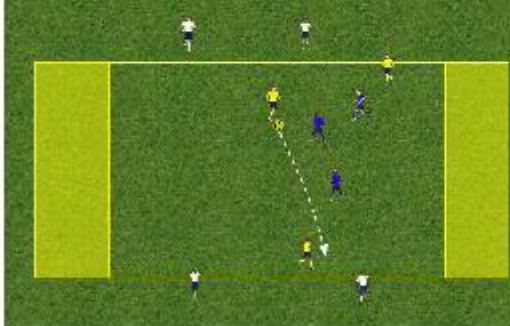
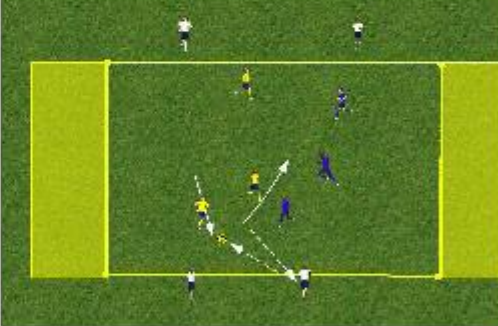
Mark out an area of 20 x 20, with two end zones of 20 x 5 yards. The area can be adjusted to suit the age and ability of the players. Play 3 v 3 in the middle area with four floating players – in white on the outside.

The objective of the game is for the team in possession to dribble the ball into the end zone. This is an invasion game, so the play should go in one direction only, with the attacking team trying to score in one end zone at a time. The team in possession can use the floating players to bounce the ball off and create space for them selves to dribble. If the team manage to dribble the ball into the end zone, they keep possession and attempt to dribble into the opposite end zone

### KEY TECHNICAL ASPECTS

Dribble with the head up \*Decision making, whether to dribble or to pass \*Team mates to create space for the player on the ball, either to isolate 1 v 1 or to receive a pass in a position to dribble \*Use floating players to create space to dribble \*Use the big and little toe to manipulate the ball \*Use a change of direction \*Use a change of pace \*Develop different turning techniques \*Encourage dribbling techniques, such as the hook turn, the Cruyff, the drag back, the Giggs, Beardsley double touch, Scissors, Step over etc



<p><b>Progression # 1</b> – It is important that the team mates of the player on the ball, work hard to create space, either for the player on the ball to exploit or to receive a pass themselves. The floating players can move up and down the line to support the player on the ball</p>	<p><b>Progression # 2</b> – The player on the ball should get their head up and be able to recognise when there is an opportunity to dribble and to recognise where the space is to exploit and dribble. The dribble should involve a trick to unbalance the defender, with a change of pace and direction into the space created. There should also be a positive attitude to achieving an end result.</p>
	
<p><b>Progression # 3</b> - There will be times, when the player on the ball will need to recognise the correct decision is not to dribble, but to pass to a team mate who is a better position to dribble</p>	<p><b>Progression # 4</b> – The player on the ball can also use the floating players to create space for themselves to dribble or to create space for a team mate to receive the ball and dribble</p>
	

### PROGRESSIONS

Reduce the number of floating players to two, one on each flank \* If the team in possession dribble into the end zone, possession changes hands, this will encourage both teams to have to reorganise quickly \*Progress to a game

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## A GAME TO IMPROVE DRIBBLING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



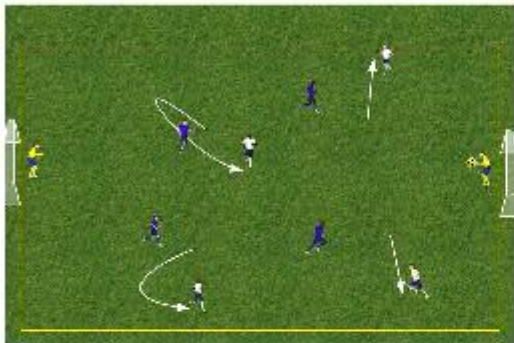
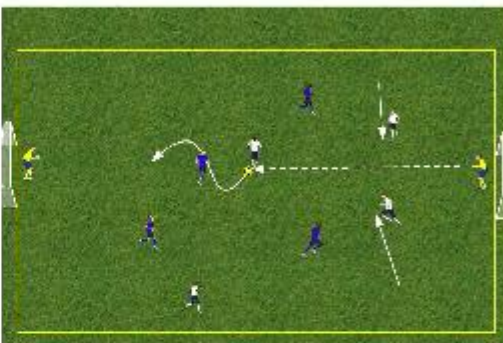
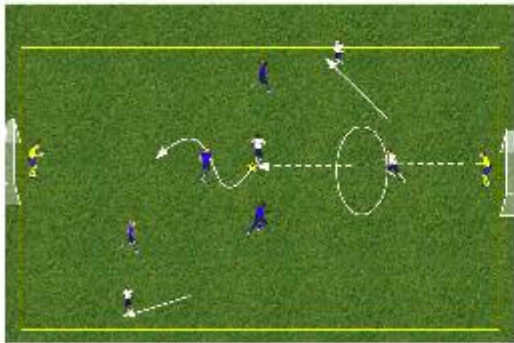

### ORGANISATION

Mark out a pitch of 40 x 20, the size of the pitch can be adjusted to suit the age and ability of the players. Play 4 v 4 on the pitch, with 2 x goalkeepers. The objective for the players is to display a positive and realistic attitude to dribbling and to get an end result of a shot on goal

### KEY TECHNICAL ASPECTS

Get the head up to assess options \*Create space as a team \*When and where to dribble  
 \*Create space as an individual \*Control to be able to turn to be able to dribble if possible  
 \*Positive attitude to dribbling \*Recognise where the space is to attack \*Use dribbling tricks and turns to unbalance defenders \*Change of pace and direction \*Players off the ball to create space for the player on the ball and to give them passing options \*Use other players to bounce the ball off and create space \*Decision making of the right options, to pass or to dribble \*End result of a shot or a goal scoring opportunity



<p><b>Progression # 1</b> – The team in possession should look to make the pitch as wide and as big as possible and to create space either to receive the ball or to create space for another player to receive the ball. The ball should look to be delivered to an attacking area as quickly as possible, either from the Gk or a defender</p>	<p><b>Progression # 2</b> – Players should look to receive the ball on the half turn or use a turning skill so that they are in a position to dribble. They should look to get their head up to be able to make the decision on whether to dribble / pass or shoot. The dribble should involve a trick to unbalance the defender, with a change of pace and direction into the space created. There should also be a positive attitude to achieving an end result.</p>
	
<p><b>Progression # 3</b> - Team mates should look to provide clever movement to create space for the player on the ball to dribble or to give the player on the ball better passing options. One of the players should also adopt a good defensive position in case the ball is lost and there is a counter attack</p>	<p><b>Progression # 4</b> – The player on the ball should also recognise the right time to dribble and the right time to pass to a team mate who is in a better position</p>
	

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## ***Short and Long Range Passing***

The ability for a player to pass the ball accurately, over a wide range of different distances is one of the key fundamental skills of the game. To be able to do this effectively, the player will have to master a range of passing techniques that allow them to pass the ball with accuracy, weight and timing. There will be a requirement to understand when to pass to feet, when to pass to space and how to pass the ball accurately with both feet over short and long distances. They will need to master the techniques that enable them to pass along the ground, to drive the ball with pace, to keep the ball low and to make chipped, floated, long lofted and swerved passes.

The players will need to be able to understand from a technical point of view, the angle of approach to the ball, the position of the non - kicking foot, the correct part of the ball to strike, the best part of the foot to use and how the follow through to the target effects the power, the accuracy and the flight of the ball. They will also be able to make decisions about whether the correct choice of the pass is first time or to control the ball and then pass. In addition to the technical requirements of making a pass, there should also be a focus on the accuracy, the weight and the timing of the pass.

But passing needs to be linked to other techniques that have a direct bearing on the technique of passing used. Except for free kicks, players will have received a pass from somewhere else, before they make a pass themselves. Therefore, the control prior to the pass is important as how and where the player controls the ball pre pass, will have a direct bearing on the type of pass they want to make. The player will also need a target or support player to pass to. This will require players off the ball to provide movement to support the player on the ball. Once the pass has been made, it is no good the passer standing and admiring the pass, they will need to move after the pass, so that they can be involved, in one way or another in the progress of the play.

One of the main contributory factors for the players decision on the type of pass they can make and the technique employed, will be the position of the opposition players. If, for example the passer wants to make a 30 yard pass to a team mate, the best and most accurate way would be to strike the ball with the laces, keeping it low and accurate, with enough pace to get to the target quickly, but not too much pace that it effects the accuracy or makes it difficult for the receiving player to control the pass. But, what happens to the technique and the decision of the passer, if an opponent is between them and the player they want to pass to. They may now decide to chip the ball over the opponents head, or swerve the ball round them, or not to pass to that player and make a different pass to another player. The player receiving the ball can also influence the passer if they provide movement and take a different support position so that the opponent is no longer between them and the ball. This support for the player on the ball, or the lack of movement, will also have an influence on the type of passing technique used and the timing and weight of pass.

The following are considered the key technical coaching factors to improve short and long passing:

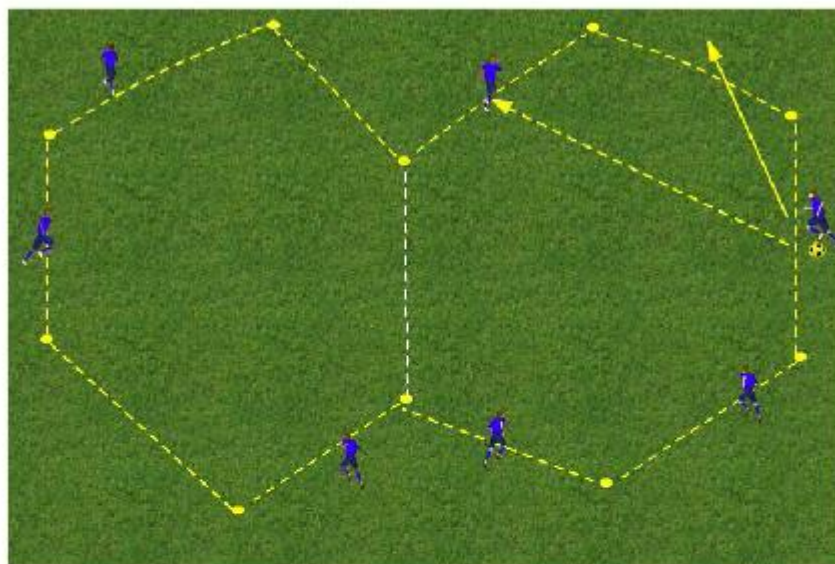
- **Decision on first time pass or control and pass** - The pace of the ball and the passing options will be major factors on this decision
- **Control and set the ball prior to the pass** - The way the player receives the ball and how and where they set it out of their feet, will make the selection of the correct passing technique easier

- **Select and execute the correct passing technique** - This will be decided by the distance of the pass, the position of the intended target of the pass and the position of the opposition players
- **Picture the target** - Players should get their head up before passing and picture the target they intend to pass to.
- **Angle of approach to the ball** - Different passing techniques require different angles of approach to the ball.
- **Position of the non - kicking foot** - For shorter passes the non - kicking foot will need to be closer to the ball, for longer passes further away and more to the side.
- **Part of the ball to strike** - To loft the ball, the ball will need to be struck centrally and below the mid line level of the ball or at the bottom of the ball. For ball to be kept low, the ball will need to be struck centrally and through the middle of the ball.
- **Part of the foot to strike the ball with** - For accurate shorter passing, the side foot of the foot would be used. For longer passes, the laces of the front of the foot.
- **Position of the head** - The head will need to be still and over the ball if possible.
- **Follow through** - The kicking foot should follow through on the line to the target. The exception to this is if the ball is to be swerved.
- **Accuracy, weight and timing of the pass** - These are all factors that will be influenced by the distance of the pass, the position of the receiving players, whether the ball is passed to feet or to space and the position of the opponents
- **Movement and communication of support players** - Very often the passer will need support movement from a team mate to get in a better position to receive the pass. This is certainly the case if an opposition player is between the passer and the receiving player.
- **Movement after the pass** - Once the pass has been made, the passer should look to move to find a new position.

The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE TECHNIQUE OF SHORT PASSING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



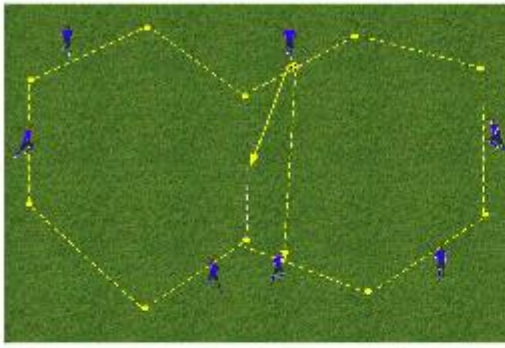
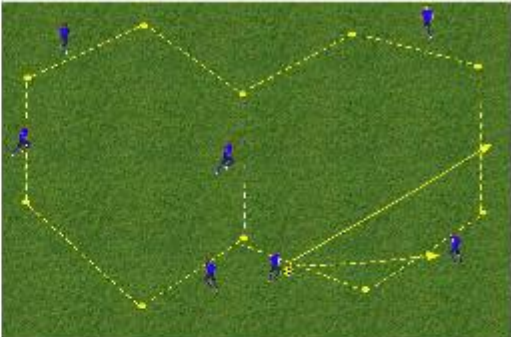
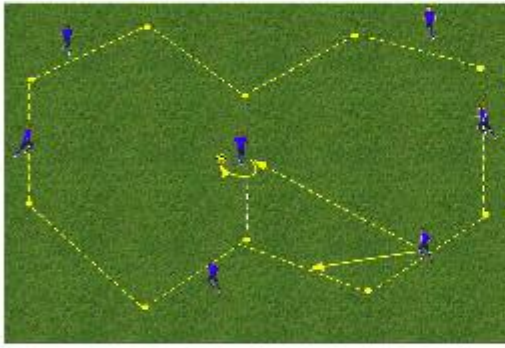
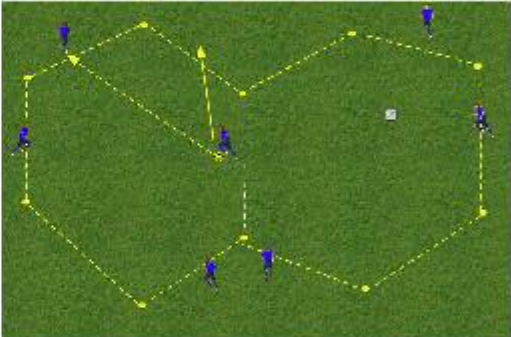
### ORGANISATION

There are a total number of 14 players, split into two groups of 7 players. Mark out two six sided shapes marked with cones, with a central dividing line, in white. The size of the six sided shapes can be changed to suit the age and ability of the players, but each side of the shape should be between 5 – 15 yards. Position 4 players, with a ball on the outer edges of one of the area and 3 located on the outer edges of the other area. The objective is for the players to use various short passing techniques and to pass and move to a free side of the area. The players are encouraged to be on their toes, to control the ball out of their feet, select the correct and most appropriate short passing technique and to move to a free side of the area after their pass. It is important that the players communicate well and play with their heads up. When a player gets on the middle line of the two areas, they turn with the ball and repeat the practice in the other area.

### KEY TECHNICAL ASPECTS

\*Get in the line of the pass \*Control out of the feet – ready to make the pass  
 \*Head up to picture the pass \*Select and use the correct short passing technique, inside of foot, outside of foot, reverse pass \*Consider the timing and weight of pass \*Movement after the pass to a free area – always looking at the ball \*Communication – both verbal and using body language \*Turning with and without the ball on the central line.



<b>Progression # 1</b> – Pass accurately and move to a free area	<b>Progression # 2</b> – Pass, move and always watch where the ball is. Movement to support the passer
	
<b>Progression # 3</b> – Pass to the player in the middle who turns with the ball	<b>Progression # 4</b> – Pass and move in the other area. Repeat practice.
	

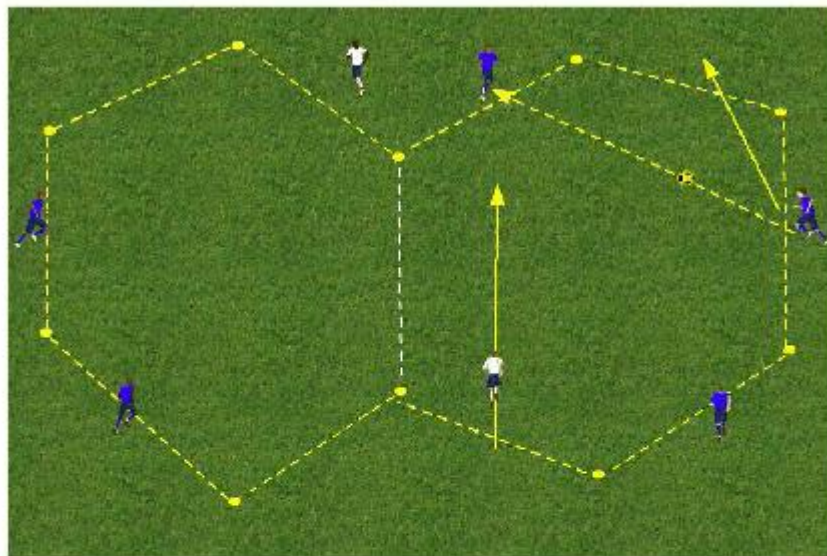
### PROGRESSIONS

Condition the practice to one touch – first time passing \*Condition the practice to two touches – each player must control the ball, and then pass \*Make the area bigger and smaller to test different short passing techniques \*Progress to a skill by adding defenders.

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## A PRACTICE TO IMPROVE THE SKILL OF SHORT PASSING

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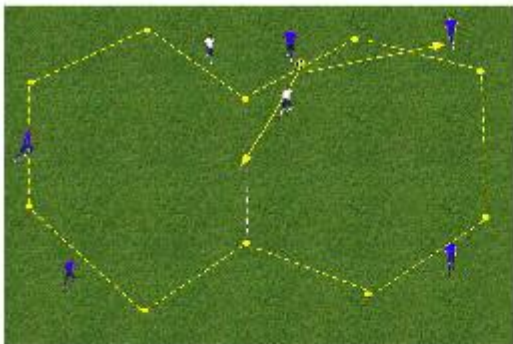
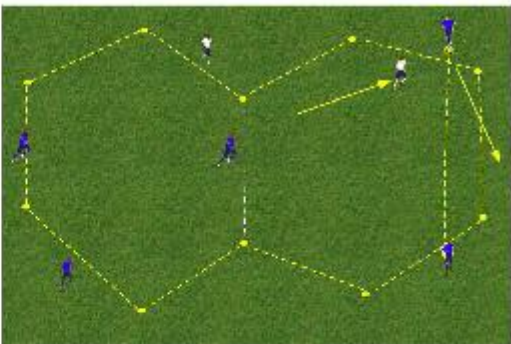

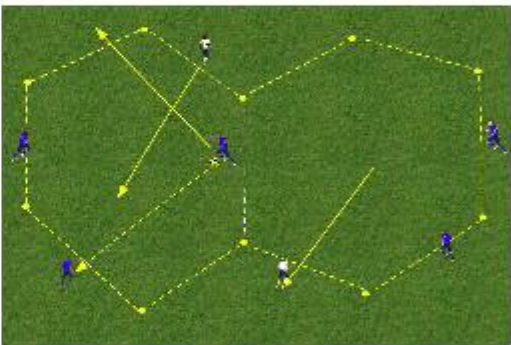
### ORGANISATION

The area is divided into two six - sided shapes with a central dividing line. The size of the areas can be adjusted to suit the age and ability of the players. There are a total number of 14 players, split into two groups of 7 players, three on one side of the six - sided area, two on the other. There are two defenders, who must stay on their side of the area, can only enter the area when the ball has been passed into it and must leave the area when the ball has been passed out of it. The three players start with the ball and have to control and pass the ball on their side of their area, keeping the ball away from the defender. Once they have passed, they have to move to a free side of the area. Once one player moves to the central dividing line of the two areas, they have to turn with the ball and repeat the practice with the two players in the other area. Now that the practice has progressed to include defenders, there is a greater requirement for support for the player on the ball.

### KEY TECHNICAL ASPECTS

\*Get in the line of the pass \*Control out of the feet – ready to make the pass \*Control away from the defender: \*Head up to picture the pass – accuracy \*Select and use the correct short passing technique, inside of foot, outside of foot, reverse pass \*Consider the accuracy, timing and weight of pass \*Support and communication for the player on the ball \*Movement after the pass to a free area – always looking at the ball \*Communication – both verbal and using body language \*Turning with and without the ball on the central line



<b>Progression # 1 – Defender closes the ball down, pass, move and keep possession</b>	<b>Progression # 2 – Movement to support player on the ball</b>
	
<b>Progression # 3 – Pass to the player in the middle who turns with the ball.</b>	<b>Progression # 4 – Pass and move in the other area. Defender in, defender out.</b>
	

### PROGRESSIONS

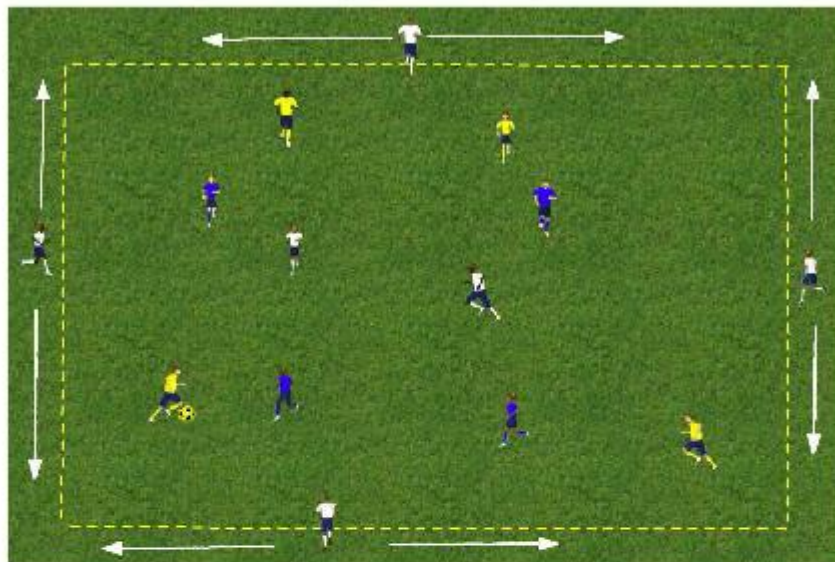
Adjust the area to two four or five sided areas \*Condition the practice to one touch – first time passing \*Condition the practice to two touches – each player must control the ball, then pass \*Make the area bigger and smaller \*Allow defenders to stay in their area to defend the pass from the turning player \*Progress to a game

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## A GAME TO IMPROVE SHORT PASSING

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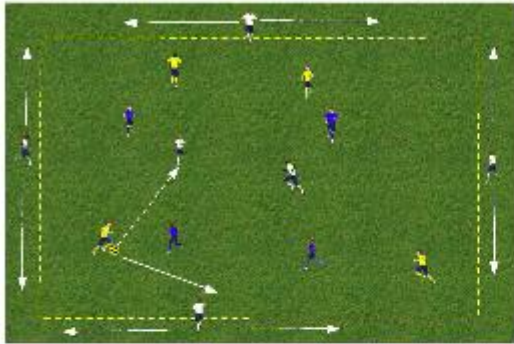
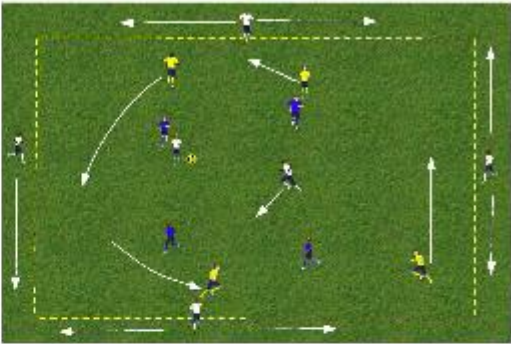
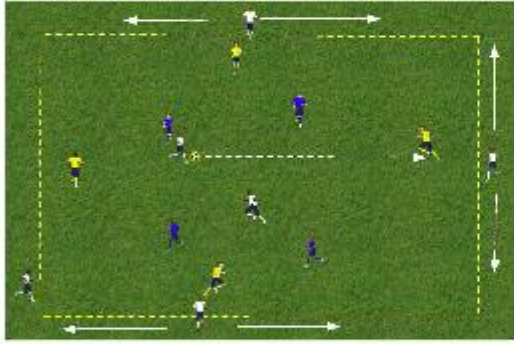
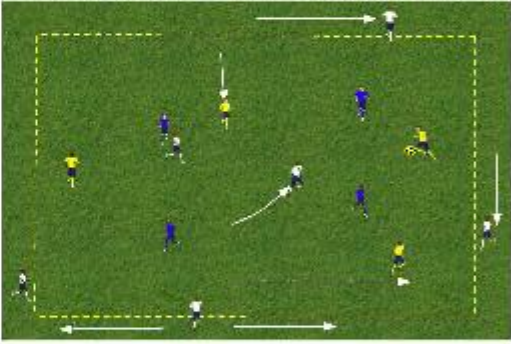


### ORGANISATION

This is a game designed to provide an overload situation to the advantage of the team in possession. The area can be changed to suit the age and ability of the players, but suggest 40 x 30 yards. Play 4 v 4 inside the area, with two floating players in the middle and four floating players who are located on the perimeter lines of the area and are conditioned to stay outside of the area and work up and down the perimeter lines providing support to the team in possession. The team in possession combine with any of the floating players to make a 10 v 4 overload situation. The floating players can only pass to one of the four players in the team, not to each other. Encourage the team in possession to keep the ball by passing, moving and supporting the players on and off the ball. The game can be made more challenging and realistic by giving the team in possession targets of successive passes.

### KEY TECHNICAL ASPECTS

Support – communication, angles and distance for the player on the ball \*Decision of whether to play first time passes or not \*Control the ball away from defenders \*Head up to picture the pass \*Select and use the correct short passing technique, inside of foot, outside of foot, reverse pass \*Consider the accuracy, timing and weight of pass \*Movement after the pass, always looking at the ball \*Communication – both verbal and using body language \*Turning away from defenders \*Creating space individually and for team mates

<b>Progression # 1 – Pass and move</b>	<b>Progression # 2 – Movement to find space and support the player on the ball</b>
	
<b>Progression # 3 – Use correct short passing techniques, keep passing simple and keep possession of the ball</b>	<b>Progression # 4 – Movement to support player on the ball, good communication and keep possession</b>
	

### PROGRESSIONS

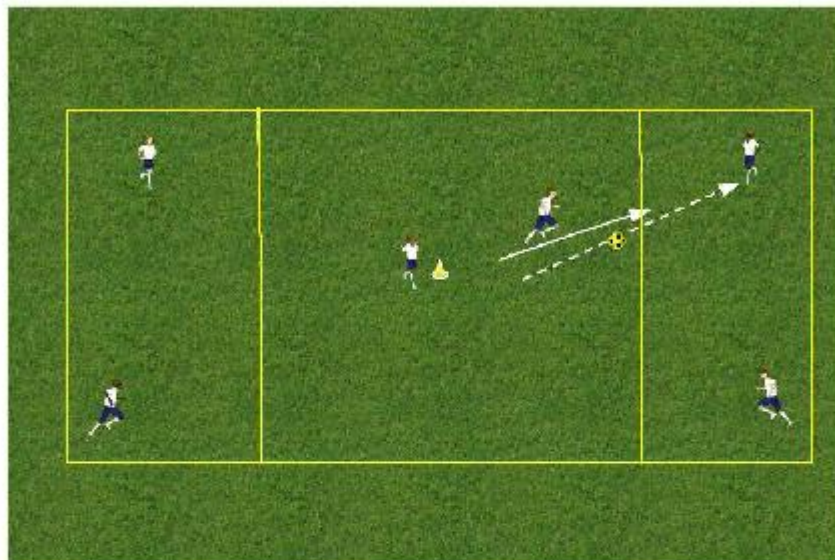
Condition the floating players to one touch – first time passing \*Condition the floating players to two touches – each player must control the ball first, then pass \*Reduce the number of floating players \*Provide directional targets for the players to play to, either target players or introduce goals.

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## A PRACTICE TO IMPROVE THE TECHNIQUE OF LONG PASSING

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### ORGANISATION

Mark out an area of 40 x 10 yards, the area can be adjusted to suit the age and ability of the players. There are two 10 x 10 grids at either end of the area, with two players in each grid. Position a cone centrally on the 20 yard line of the area. Position two players on the cone, one with a ball.

To start the practice, the player with the ball passes to one of the players facing them and follows the pass to provide supporting options for the player on the ball.

### KEY TECHNICAL ASPECTS

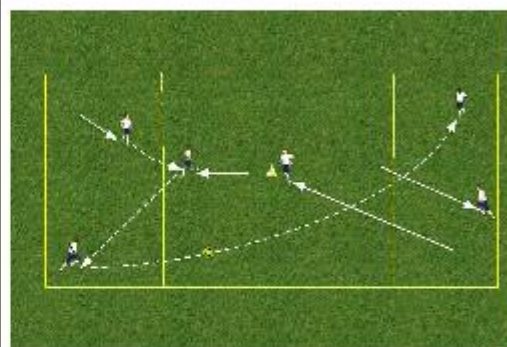
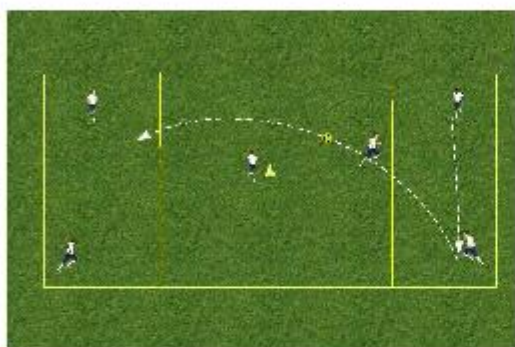
Decision on first time long pass, control and long pass or short pass to a supporting team mate  
 \*Select and execute the correct long passing technique \*Movement to get in the line of the long pass and to select the correct control surface \*Support and communication \*Rotate positions after pass \* Movement from players in the opposite end grid to receive the long pass.



**Progression # 1** – The player receiving has several options, they can play a first time long pass. They can pass to across to their team mate or pass to the facing supporting player, who can set the ball back to them or their team mate so they can then make a long pass.

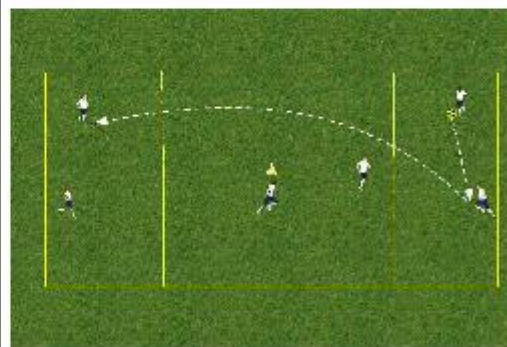
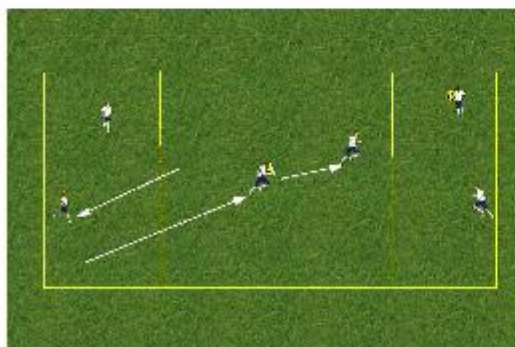
**Progression # 2** – The playing passing the ball and the support player now rotate roles. As the ball is travelling, the players in the opposite grid will need to communicate to decide which one of them is going to control the ball. This will also require the player to get in the line of the pass and to select a controlling surface.

The facing support player will also need to provide a good supporting position.



**Progression # 3** – The passing player and the support player again swap roles and the player receiving the ball makes a decision on how and where to control the ball. Encourage the players to use both feet and to use a variety of appropriate long passing techniques, long lofted, swerved, driven etc.

**Progression # 4** – To add a degree of difficulty to the practice, the opposite support player can move anywhere along the line of the cone and can intercept any passes that come their way. This will force the players to decide and execute an appropriate long passing technique to avoid their pass being intercepted.





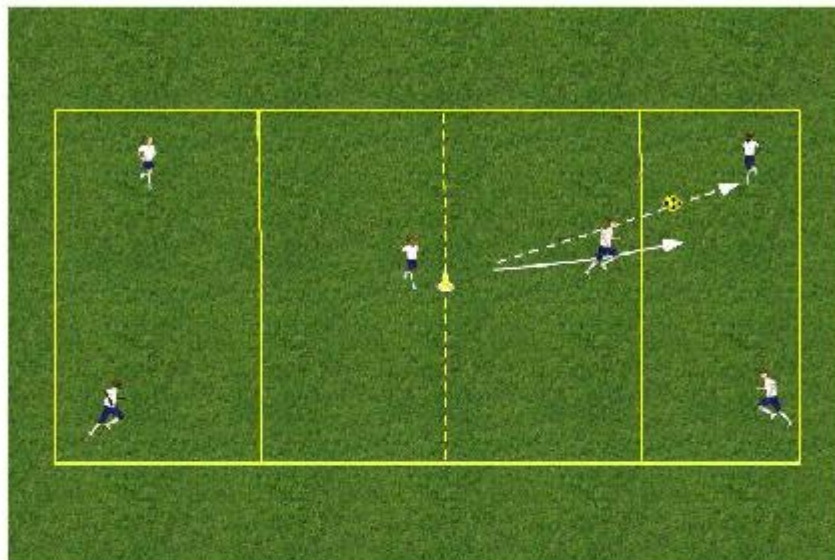
### **PROGRESSIONS**

Condition the practice to two touches \*Progress the practice to a skill \* Encourage the players to set the ball in a variety of ways so that players can make long passes with the ball set back to them, with the ball set across them, with the ball set with pace so they have to control and pass and set for a first time long pass

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## A PRACTICE TO IMPROVE THE SKILL OF LONG PASSING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out an area of 40 x 10 yards, the area can be adjusted to suit the age and ability of the players. There are two 10 x 10 grids at either end of the area, with two players in each grid. Position a cone centrally on the 20 yard line of the area. Position two players one the cone, one with a ball.

To start the practice, the player with the ball passes to one of the players facing them and follows the pass to defend in a 2 v 1 situation

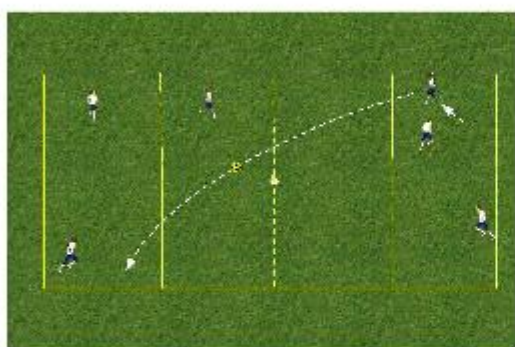
### KEY TECHNICAL ASPECTS

Recognise the impact the defender has on the decision making process \*Decision on first time long pass, control and long pass or short pass to a supporting team mate \*Select and execute the correct long passing technique \*Movement to get in the line of the long pass and to select the correct control surface \*Support and communication \*Rotate positions



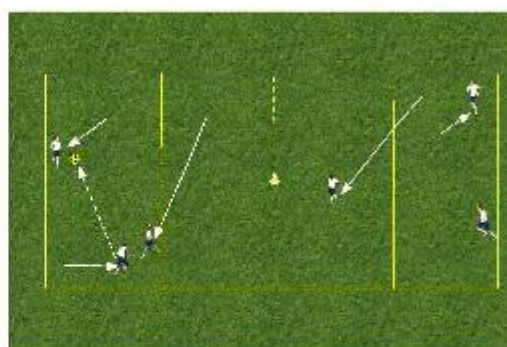
**Progression # 1** – The defender pressurises the players and they have to recognise the impact the defender will have on the decisions they make with regards to playing a first time long pass, controlling the ball and playing a long pass or passing to their supporting team mate. Whatever happens, the practice will require movement to support the ball and a decision to either pass, control then make a long pass or to make a first time long pass.

The second defender will also be moving around in their own area to try and intercept the pass.

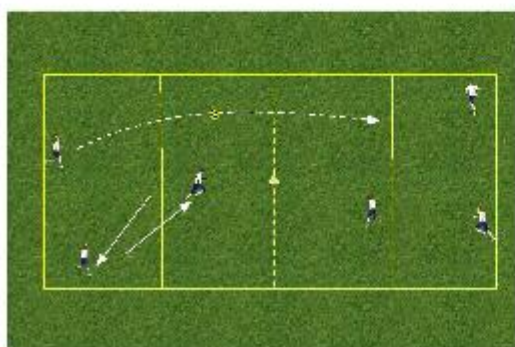


**Progression # 2** – The playing passing the ball and the defender now rotate roles. As the ball is travelling, the players in the opposite grid will need to communicate to decide which one of them is going to control the ball. This will also require the player to get in the line of the pass and to select a controlling surface and the other player to provide support for a pass option

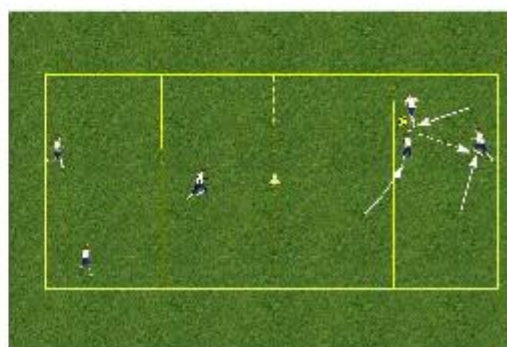
The defender in the opposite group can now defend against the two players



**Progression # 3** – The player on the ball will need to decide on a first time long pass or to control the ball away from the defender and then make a pass. The position of the second defender will also have an influence on the type, direction, height and speed of the long pass. The passer and the defender once again rotate roles.



**Progression # 4** – The players in the opposite grid should also move and communicate to provide targets for the passer to aim for.





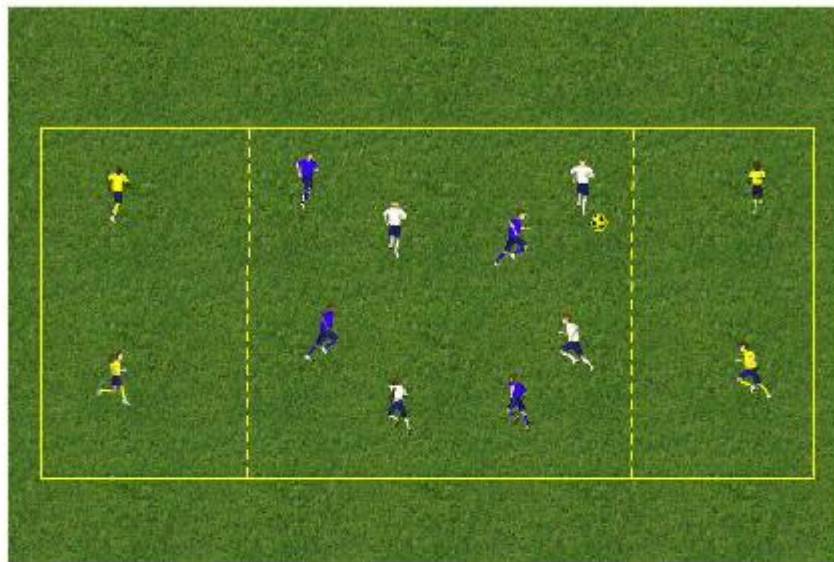
### **PROGRESSIONS**

Bring in a second defender and a third attacker to make a 3 v 2 situation \*Condition players to two touches \*Progress the practice to a game.

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## A GAME TO IMPROVE LONG PASSING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

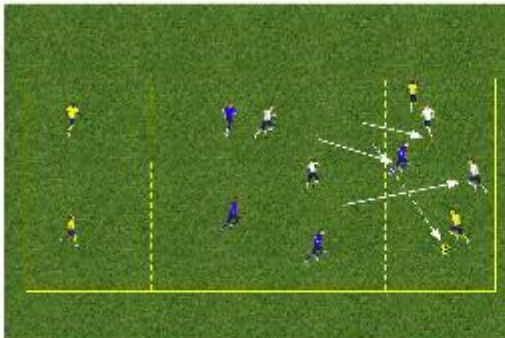
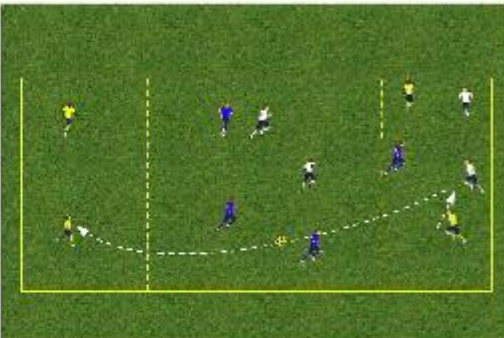
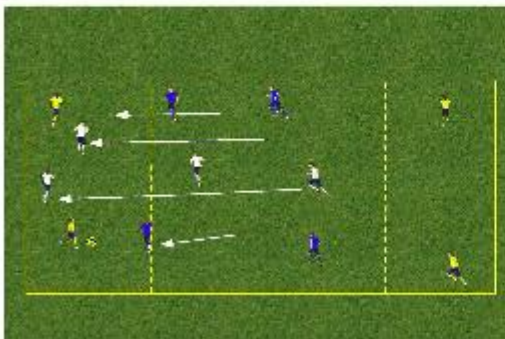
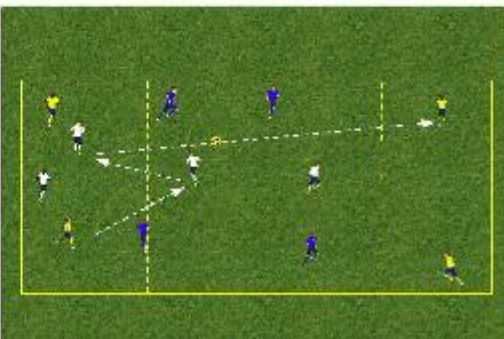
Mark out an area of 45 x 30 yards, there are two 15 x 30 target area at either end of the area. The areas can be adjusted to suit the age and ability of the players.

Play 4 v 4, these players are free and can go anywhere, including the target areas. Position two target players in yellow, in each of the target areas at both ends. The target players are conditioned to stay in the target area and play with the team who have possession of the ball. The target players cannot make a long pass; only provide support for the team in possession. Encourage the players to take every realistic opportunity to make a long pass into the opposite target area, this could include passes from inside their own half of the pitch as well as from one target area to the other. To score a goal, the team in possession should look to create an opportunity to make a long pass into the opposite target area. The game is directional and the team in possession keep the ball, using possession to create a long pass, goal scoring attempt. If possession is lost, then the other team try and keep possession and score in the opposite area to the team who have lost possession.

### KEY TECHNICAL ASPECTS

Recognise the impact the defenders have on the decision making process \*Decision on first time long pass, control and long pass or short pass to a supporting team mate \*Select and execute the correct long passing technique \* Movement to provide support \*Movement to get in the line of the long pass and to select the correct control surface \*Support and communication



<p><b>Progression # 1</b> – The ball is passed into one of the target areas and the team in possession will provide support to the target players. This will also ensure that the defending team will be pulled into the target area, to make it difficult for the team in possession to make a long pass to the opposite target area.</p>	<p><b>Progression # 2</b> – The team in possession, along with the target players, pass and support the ball, until there is an opportunity to make a long pass, either over or through the remaining defending team, to the opposite target area. The target players must be targets and look to move to get in line of the pass and control the ball</p>
	
<p><b>Progression # 3</b> – The target players will now need support in the target area. By the team in possession supporting the ball and the defending team pressurising, this will provide the players with realistic challenges to create opportunities to make a long pass to the opposite target area.</p>	<p><b>Progression # 4</b> – There will be occasions when the ball is passed out of the target area to a support player, who then passes it back to a team mate in the target area to make a long pass to the opposite target area. There may also be times when the team in possession can't play a long pass and the best option might be to turn away from the support players and run with the ball or pass their way to the opposite target area, before attempting to try a long pass back to the opposite target area.</p>
	

## ***Receiving Priorities***

The way a player is able to quickly prioritise the way they receive a pass can make a massive difference to their ability to quickly be in a position to make a decision on an effective and attacking pass, shot, cross, dribble or run with the ball.

The player will need to be able to quickly assess the pace and direction of the pass they are receiving, the space around them, the position of opponents, the position of their team mates. In addition, they will have to take into account where they are on the pitch.

Ideally, a player should look to receive the pass so that they are immediately running into space, preferably into space in front of them, so that they can get their head up and look for an effective attacking option. To be able to do this, they will need to be able to adopt a body position that allows them to assess the space around them, the best space for the ball to be passed into, the location of opponents and the position of their team mates. In addition, they will have to time their run onto the pass and the passer will have to be accurate with their pass and provide a pass that is timed for the forward run and well weighted into the space.

But there will be times when this is not possible. The next priority for the player receiving the pass, is to let the ball run across them, without touching it, into space, so that they are immediately in a position with the ball in their possession, their head up and are able to assess their attacking options. To be able to do this, they again will have to adopt a body position that allows them to assess the space around them, the location of opponents and the position of their team mates. They will also have to assess the pace of the pass. If the pace on the pass is too quick, the ball will run away from them, too slow and there is a danger of an opponent intercepting the pass.

If they are unable to let the ball run into space without touching it, then their next priority would be to go and meet the pass and turn with the ball so they are facing play and in an attacking position, or to get on the half turn and use a touch on the ball, to take the pace off the pass and control it so it is in a position that allows them to face play and be in an attacking position.

If there is an opponent in or near the space the want to turn into, they might then need to control the ball into a space away from the defender. This might require them to employ a turning technique that allows them to turn into the space away from the defender, or to control the ball away from the defender and then turn into the space they have created with their initial touch. A good example of this might be a forward who receives the ball with his back to the defender. They could receive the ball so that their first touch allows them to control the ball to the space either side of the defender. Or they might have an initial touch that takes them away from the defender, then to use a turning technique into the space they have created between the ball and the defender, such as a Cruyff turn, so that they are now facing the defender.

Finally, there will be times when the player will have to receive the ball and be unable to let it run or turn. They will then have to receive it so that they protect it from the defender and look to pass or lay off to a team mate. This will need to be linked to good support movement and communication from their team mates. A good example of this is a ball played into a forwards feet who is tightly marked, they are unable to turn and must protect the ball and pass to a supporting team mate.

The following are considered the key technical coaching factors to improve receiving priorities:

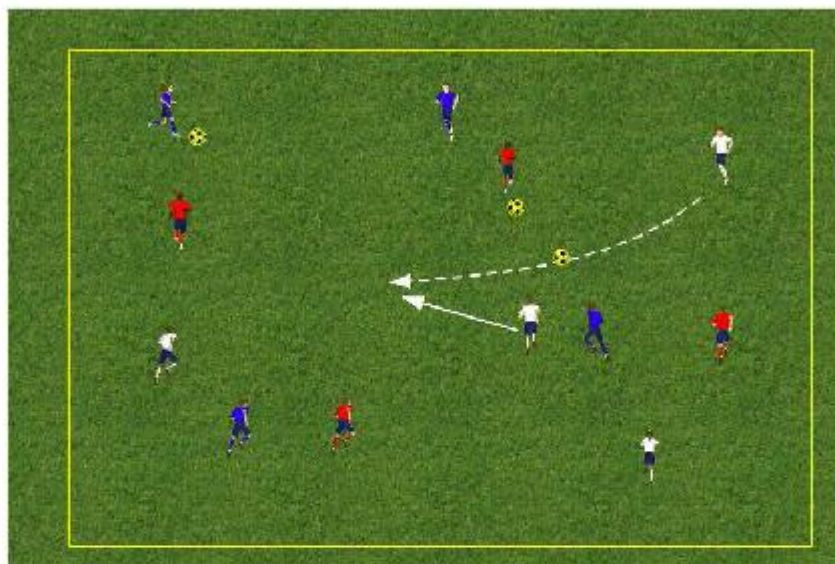
- **Try and receive the ball beyond players by running onto a pass** - This will need to be linked to awareness of the space around them, the timing of the run and the accuracy, weight and timing of the pass.
- **Let the ball run across the body and into space without touching it** - Again, awareness of the space around them and an assessment of the pace of the pass.
- **Receive the ball using a turning technique into space** - The space could be behind them, for example receiving the pass on the half turn and using one touch, turning to the side of the opponent or by initially controlling the ball away from the defender, then turning so they are now facing them.
- **Receive the ball and pass to a supporting team mate who is in space** - If they are tightly marked, they will need to protect the ball from the defender and pass to a supporting team mate.
- **Communication between players** - Good information from team mates can assist the player receiving the pass with their decision on their receiving priorities.

The practices you will see in this section are suggested practices, they aren't definitive.



## A PRACTICE TO IMPROVE THE TECHNIQUE OF RECEIVING PRIORITIES

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



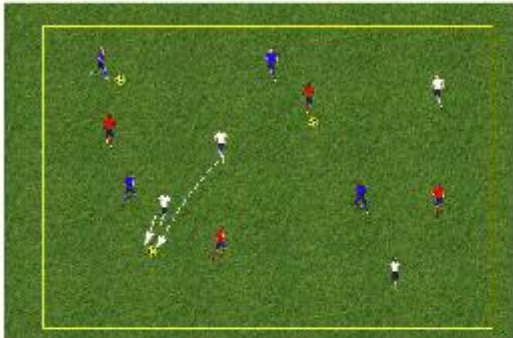
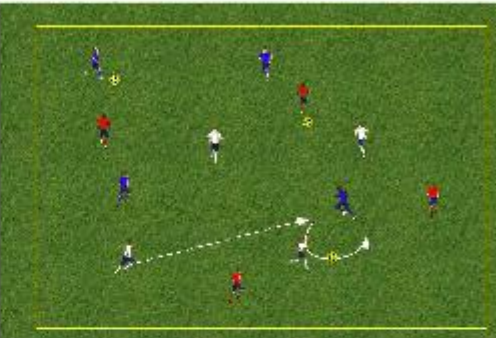
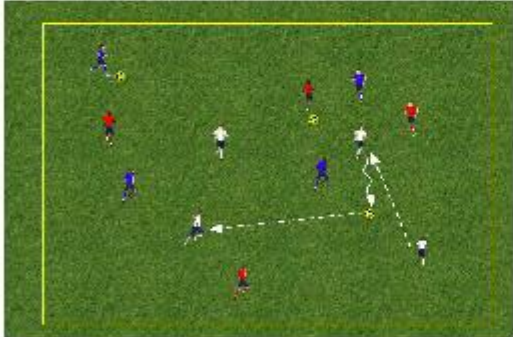
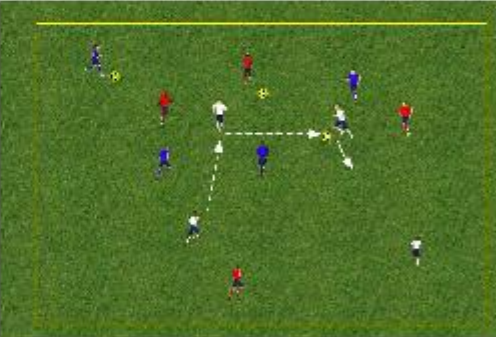
### ORGANISATION

Play 3 teams of 4 players in an area of 30 x 30 yards. Each team has a ball between them. The size of the teams and the area can be adjusted to suit the age and ability of the players. The objective of the practice is for each team to pass the ball between themselves. The position of the players in the other team in the area will result in the players having to use different receiving priorities.

In this first scenario, the receiving player has recognised where the space is and run beyond players into the space to receive the pass.

### KEY TECHNICAL ASPECTS

Try and receive the ball beyond players by running onto a pass \*Let the ball run across the body and into space without touching it \*Receive the ball, using a turning technique into space \*Control the ball back where it has come from, before passing or then turning with the ball \*Receive the ball and pass to a team mate who is in space \*Communication between players

<p><b>Progression # 1</b> – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation</p>	<p><b>Progression # 2</b> – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run and may have to use a turning technique to receive the ball and turn into another space.</p>
	
<p><b>Progression # 3</b> – At other times, there will be very little space either behind them or to the side and they may well have to receive the ball so that it is controlled away from the traffic, sometimes back towards the passer, before passing or turning with it.</p>	<p><b>Progression # 4</b> – Other times, the best receiving option may be to pass it to a support player, who can then use a suitable receiving technique and receive the ball in space, before passing to a team mate</p>
	

## PROGRESSIONS

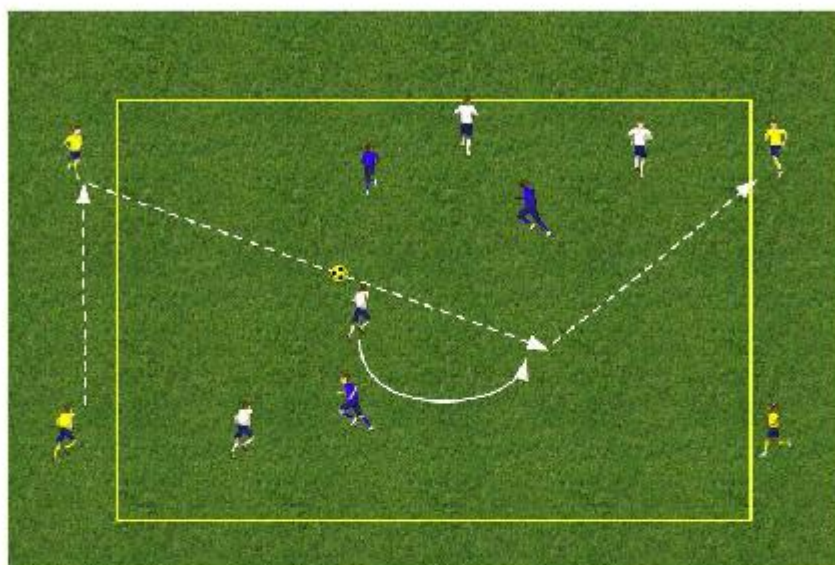
Progress the practice to a skill

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## A PRACTICE TO IMPROVE THE SKILL OF RECEIVING PRIORITIES

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out an area of 35 x 25 yards, the area can be adjusted to suit the age and ability of the players. Play 4 attacking players v 3 defenders in the area and 2 floating / target players at either end of the area. The practice always starts with the one server passing across to the other server, then passing into one of the attacking team. As the ball is passed between the servers, this movement of the ball allows the attackers to move to find space to receive the ball.

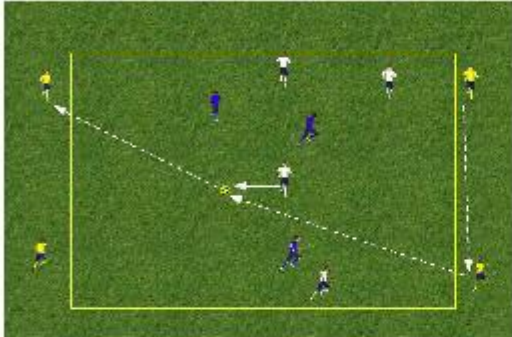
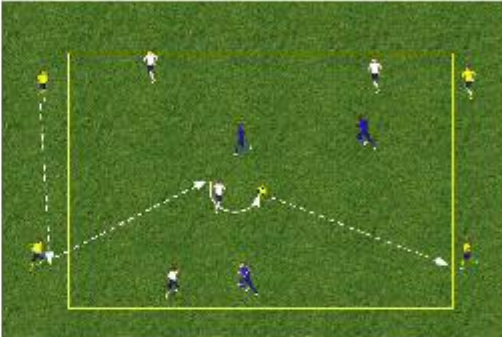
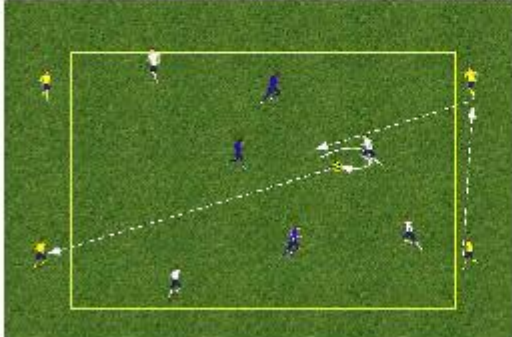
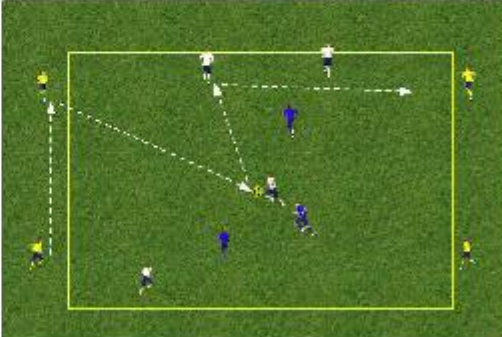
The objective of the attacking team is to receive the ball from the servers and pass into the targets at the opposite end, as quickly as they can. Once the ball has been passed to the target players, the practice is repeated from the end the ball is.

In this first scenario, the receiving player has recognised where the space is and run beyond the defending players into the space to receive the pass and then pass into one of the target players at the opposite end.

### KEY TECHNICAL ASPECTS

Awareness of the defenders position to select the correct receiving option \*Try and receive the ball beyond players by running onto a pass \*Let the ball run across the body and into space without touching it \*Receive the ball, using a turning technique into space \*Control the ball back where it has come from, before passing or then turning with the ball \*Receive the ball and pass to a team mate who is in space \*Communication between players



<p><b>Progression # 1</b> – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation</p>	<p><b>Progression # 2</b> – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run and may have to use a turning technique to receive the ball and turn into another space.</p>
	
<p><b>Progression # 3</b> – At other times, there will be very little space either behind them or to the side and they may well have to receive the ball so that it is controlled away from the traffic, sometimes back towards the passer, before passing or turning with it.</p>	<p><b>Progression # 4</b> – At other times, the best receiving option may be to pass it to a support player, who can then use a suitable receiving technique and receive the ball in space.</p>
	

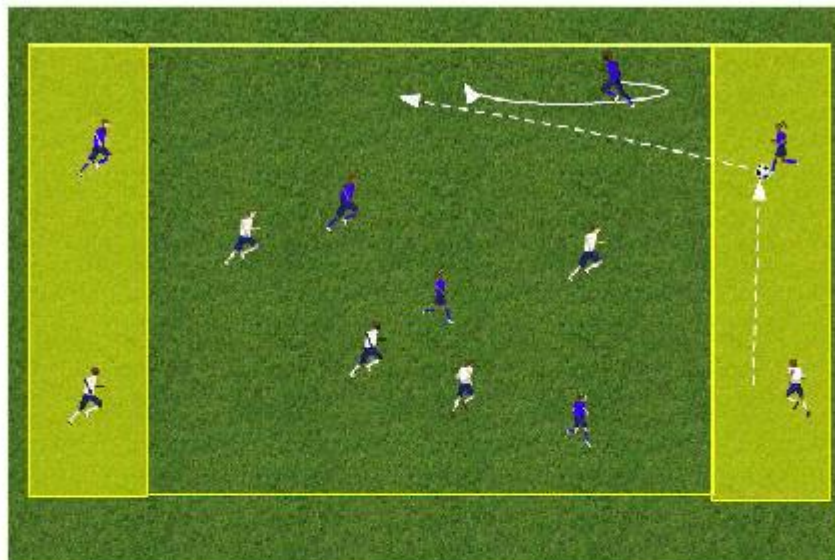
## PROGRESSIONS

Play with only one target player \*Progress the practice to a game

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## A GAME TO IMPROVE RECEIVING PRIORITIES

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out a total area of 40 x 30 yards, with two 5 x 30 yard target zones. The area can be adjusted to suit the age and ability of the players. Play 4 v 4 in the middle area with two players, one from each team in both target zones. The target players are conditioned to stay in the target areas. The ball is passed from one target player to the other. As the ball is passed between the players, this movement of the ball allows the attackers to move to find space to receive the ball. The target player then passes into one of their own team.

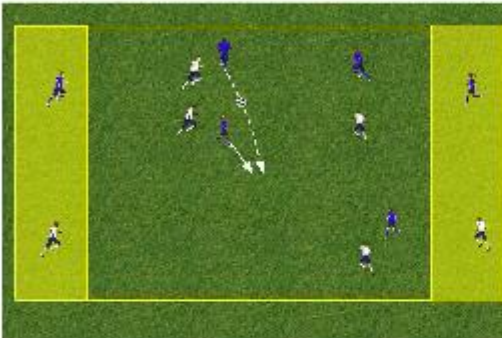
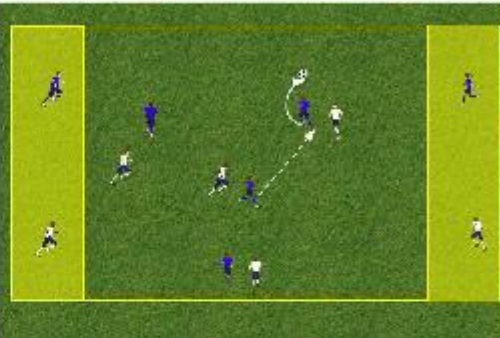
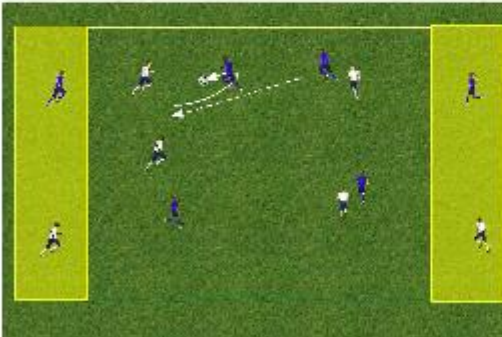
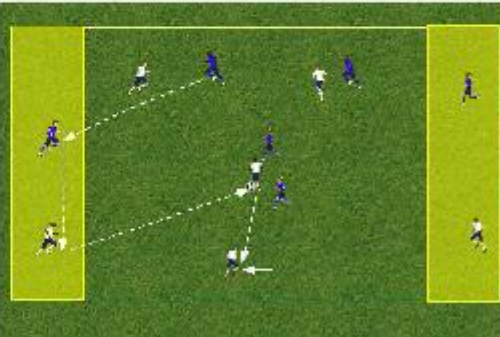
When the opportunity presents itself, the team in possession pass the ball into their own target player in the opposite end zone. The ball is then passed across the end zone to the opposition target player who then passes into their own team and the game is repeated with the team reversing roles, the attacking team now defend and the defending team now attack.

In this first scenario, the receiving player has created space for themselves and run into the space created to receive the pass.

### KEY TECHNICAL ASPECTS

Create space to receive the ball, either for themselves or for team mates \*Awareness of the defenders position to select the right receiving option \*Try and receive the ball beyond players by running onto a pass \*Let the ball run across the body and into space without touching it \*Receive the ball, using a turning technique into space \*Control the ball back where it has come from, before passing or then turning with the ball \*Receive the ball and pass to a team mate who is in space \*Communication between players



<p><b>Progression # 1</b> – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation</p>	<p><b>Progression # 2</b> – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run and may have to use a turning technique to receive the ball and turn into another space and away from the defender.</p>
	
<p><b>Progression # 3</b> – At other times, there will be very little space either behind them or to the side and they may well have to receive the ball so that it is controlled away from the traffic, sometimes back towards the passer, before passing or turning with it.</p>	<p><b>Progression # 4</b> – As the ball is passed into the target player; the ball is switched to the opposition target player, who then passes into their own team. In this scenario, the best receiving option may be to pass to a support player, who can then use a suitable receiving technique and receive the ball in space.</p>
	

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## **Support Play**

One of the main attacking principles of football is how to create space, as a team and as individuals. This requires the player on the ball receiving support from team mates. The player on the ball will always need several support options. They will need support behind the ball, both to be able to recycle the ball backwards and keep possession and also defensively in case possession is lost. They will need support to the side and forward of their position.

The support around the ball could be for passes into space or for passes to feet. Once the ball has been passed, the next player on the ball will also need support, so support players around the ball will constantly need to be adjusting their support positions. The support play will also require the player passing the ball to move after the pass to provide support options.

Support play will also include players making support runs to create space for other players to be able to be in a better position to support the player on the ball. For example, a fullback might be in possession of the ball and one striker might come short towards the fullback, with the intention of pulling the defender towards the ball and leaving the second striker to support the fullback with a run into the space created by the movement of the first striker.

Support players should also look to create space for themselves to be able to better receive a pass. If, for example there is an opponent between the support player and the ball, the support player will have to work hard to find a new support position so that the opponent is no longer between the ball and themselves.

The timing, angle and distance of the support is also very important. Support too late and the passing opportunity will be covered by an opponent, support too early and the opponents will have time to react to the static support player. Support too close to the player on the ball, things get tight and complicated, too far away there is a danger of the pass being intercepted. The angle of support and the body position of the supporting player also play a part in the key factors of support. If for example, a supporting midfield player supports a wide player on the ball, then the angle of their support will make a big difference to their ability to be able to come out of the tight area on the side of the pitch they are supporting and being able to switch play, or pass forward. If they support at a flat angle, their vision forward or across to the opposite side of the pitch will be restricted. If, however they support at an angle slightly behind the ball, then their vision for the next pass is considerably improved.

Communication between players is also a vital part of the support around the ball process. Players who give clear and concise information can dramatically improve the support around the ball process. As can support players who use body language or hand signals to assist the player on the ball when supporting.

The following are considered the key technical coaching factors to support play round the ball:

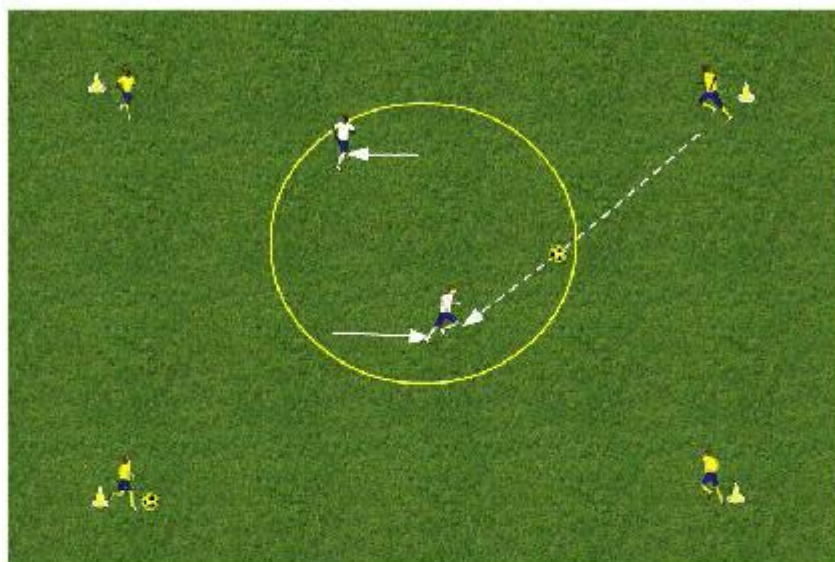
- **Create space** - The support players should look to create space for themselves or team mates to assist the player on the ball.
- **Take a supporting position where the passer can see them easily** - Support players will need to be able to adjust their support positions, so that ideally there are no opponents between themselves and the player on the ball.

- **Good timing, angles and distance of support** - Support players should time their support runs and look to get in a position that provides the best support distance and angle for the player on the ball.
- **Good communication between the players, verbally and with body language** - Communication from the support player can make a huge difference to the quality of the support.
- **Readjustment of support positions** - As the ball moves, so will the support positions for the player on the ball. Players will constantly need to be moving to provide different support positions.

The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE TECHNIQUE OF SUPPORT PLAY AROUND THE BALL

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

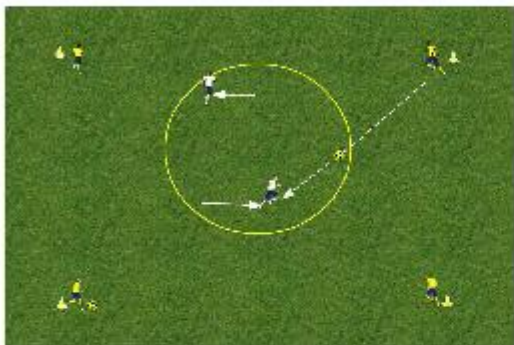
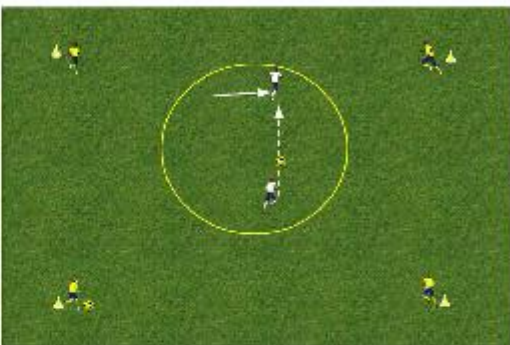
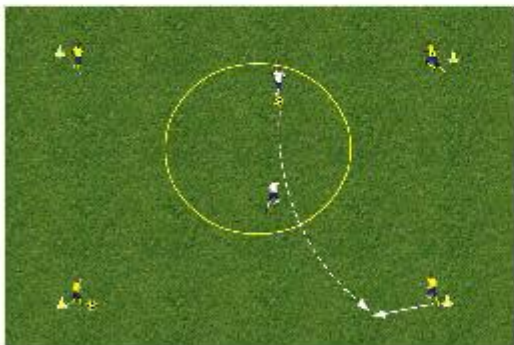
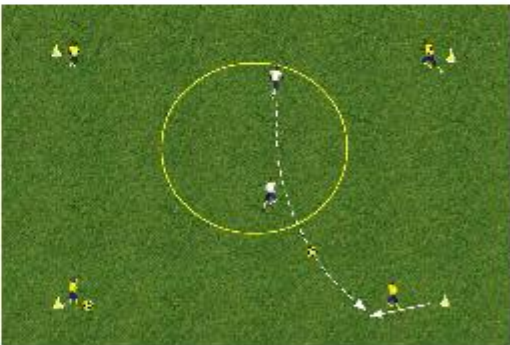
This is a practice that involves 6 players. Mark out a clock shaped area approx 10 – 15 yards in diameter. In this area position 2 players. Place 4 cones, spaced evenly, 10 – 15 yards outside of this area. Position 4 players just in front of the cones, 2 with footballs 2 without footballs. The size of the clock and the distance to the cones can be adjusted to suit the age and ability of the players.

The practice starts with one of the players with a ball passing to one of the players inside the clock area. Both players should look to create space and be available to receive the pass

### KEY TECHNICAL ASPECTS

Bright intelligent movement to create space, for themselves or team mate \*Get in line to receive the pass \*Good communication between the players, both verbally and with body language \* Timed movement to support the ball \*Accurate, timed, well weighted passing \*Movement off the cone to create space to receive the ball \* Quick adjustment to receive the next pass



<p><b>Progression # 1</b> – The two players in the clock area must now react to the pass, by recognising who is going to receive the pass</p>	<p><b>Progression # 2</b> – The other player should look to support the ball by getting themselves in a position that is diagonally opposite the player receiving the ball. The ball is set for the supporting player, who must adopt a good supporting angle and distance and communicate with the receiving player.</p>
	
<p><b>Progression # 3</b> – The support player now passes into space for one of the players on the cones who does not have a ball.</p>	<p><b>Progression # 4</b> – The receiving player should recognise that the ball is going to be passed to them and should look to check from the cone into space to receive the ball. The player receiving the ball turns and returns to the cone. The practice is repeated</p>
	

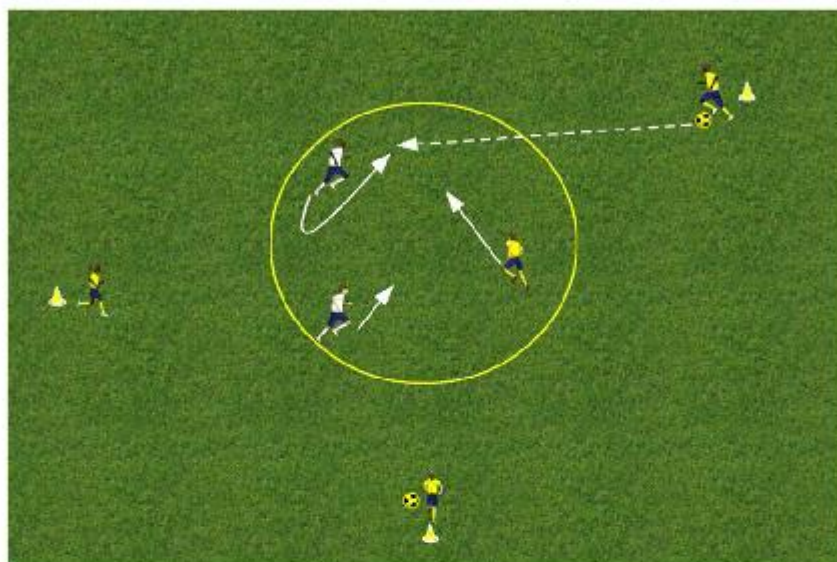
### PROGRESSIONS

Condition the middle players to two touches, then one touch.

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## A PRACTISE TO IMPROVE THE SKILL OF SUPPORT PLAY AROUND THE BALL

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

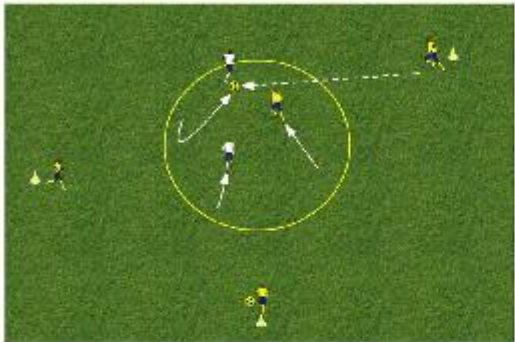
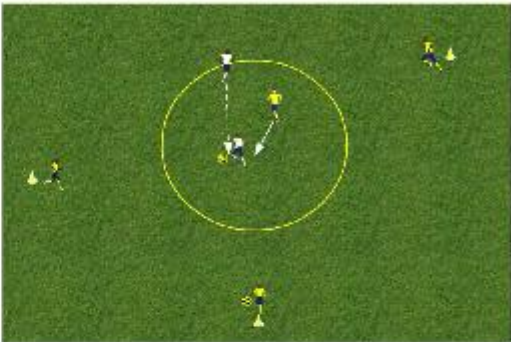
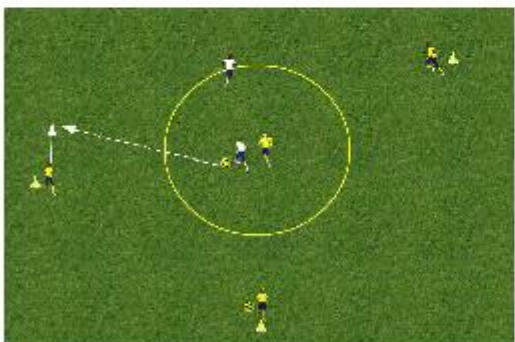

This is a practice that involves 6 players. Mark out a clock shaped area approx 10 – 15 yards in diameter. In this area position two attacking players and one defender. Place three cones, spaced evenly, 10 – 15 yards outside of this area. Position three players just in front of the cones, two with balls and one without a ball. The size of the clock and the distance to the cones can be adjusted to suit the age and ability of the players.

The practice starts with one of the players with a ball passing to one of the players inside the clock area. Both players should look to create space and be available to receive the pass. The defender must try and win or intercept the ball.

### KEY TECHNICAL ASPECTS

Recognise the position of the defender and use bright intelligent movement to create space, for themselves or team mate \*Get in line to receive the pass \*Good communication between the players, both verbally and with body language \* Timed movement to support the ball \*Accurate, timed, well weighted passing \*Movement off the cone to create space to receive the ball \* Quick adjustment to receive the next pass



<p><b>Progression # 1</b> – The receiving player should look to receive the ball with an awareness of where the defender is. Their team mate should look to take up a good supporting position</p>	<p><b>Progression # 2</b> – The ball is set sympathetically to the supporting player</p>
	
<p><b>Progression # 3</b> – The support player now passes into space for one of the players on the cones who does not have a ball.</p>	<p><b>Progression # 4</b> – The receiving player should recognise that the ball is going to be passed to them and should look to check from the cone into space to receive the ball. The player receiving the ball turns and returns to the cone. The practice is repeated</p>
	

## PROGRESSIONS

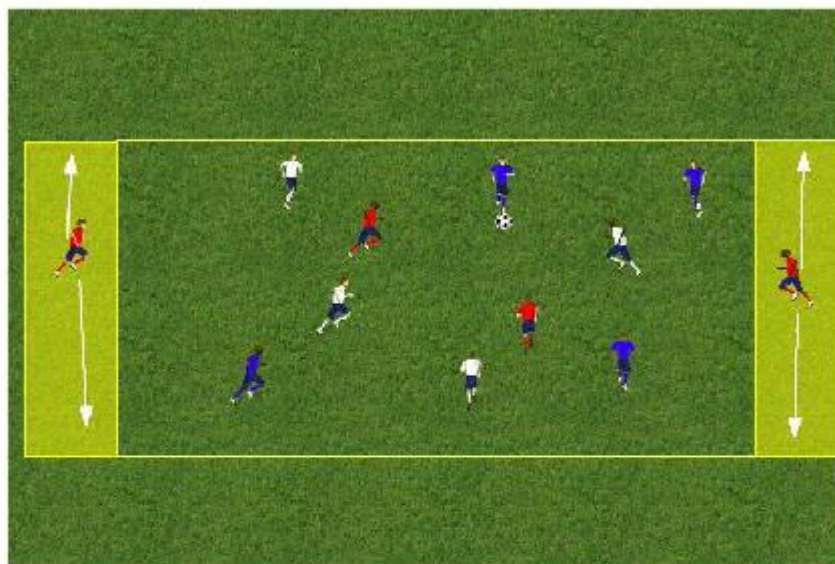
Condition the middle players to two touches, then one touch.

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## A GAME TO IMPROVE SUPPORT PLAY AROUND THE BALL

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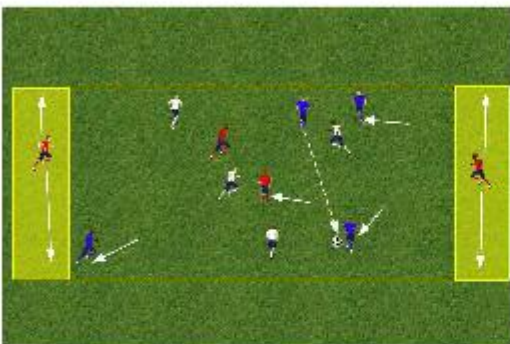
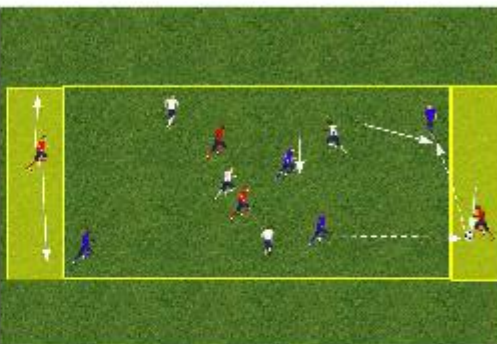
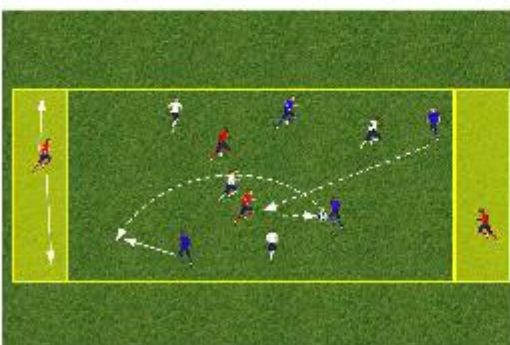
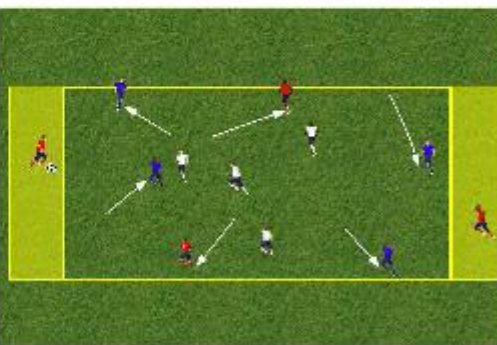


### ORGANISATION

This game involves a total of 12 players, play 4 v 4 in the middle area, with 2 floating players in red and two target floating players in red who are conditioned to stay in the end target areas. The area is 40 x 20, with two end target areas of 20 x 10. The areas can be adjusted to suit the age and ability of the players. The objective of the game is for the team in possession to keep the ball and pass it into a target player. Once they have passed into the target player, they keep possession and must look to support the target player. The game is directional and once the team in possession have passed into one target player they should look to pass the ball into the opposite target player.

### KEY TECHNICAL ASPECTS

Create space as a team by making the pitch as big and as wide as possible \*Recognise the position of the defenders and use bright intelligent movement to create space, for themselves or team mates \*Good communication between the players, both verbally and with body language \* Timed movement to support the ball \*Good supporting angles and distance \* Support in front as well as to the side and behind the ball \*Accurate, timed, well weighted passing \*Movement after the pass

<p><b>Progression # 1</b> – The team in possession must look to provide support around the ball, to pass and move and to pass into a target end player when the opportunity presents itself. Players will need to be aware of the need to communicate, to move to find space for themselves or create space for others and to provide good supporting angles and distance for the player on the ball</p>	<p><b>Progression # 2</b> – The end target players will need to move to find space and to be a target to find with a pass. Once the ball has gone to a target player, the team keep possession and will need to readjust their support positions and look to receive a pass from the target player</p>
	
<p><b>Progression # 3</b> – The players should also be aware of the opportunities of making third man runs to provide support targets in front of the ball</p>	<p><b>Progression # 4</b> – Once again, as soon as the ball has been passed into a target player, the team in possession need to readjust to support the ball. It is important that, the players do not just support close to the ball, but provide width and depth for the player on the ball</p>
	

## PROGRESSIONS

Remove one of the middle floating players.

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## **Defending**

Whenever a team have lost possession, they must immediately look to concentrate, react to the change in play, get organised and defend as individuals and as a unit. This transition, from having possession, to losing possession is one of the key elements to defending well. The transition period when players switch off, lose concentration and lose focus is when they are very vulnerable defensively. The quick counter attack is a very effective attacking tactic. For this tactic to be effective, it requires lost possession and the team who have gained possession to break quickly into dangerous attacking areas and to gain a numerical advantage on the opposition. It also relies on the opposition committing players into attacking areas, leaving them at a numerical disadvantage and for them to momentarily lost concentration and defensive shape.

For the purposes of the new Level 2 curriculum, this section will focus on two areas of defending. The first area is when possession is lost and the opposition momentarily have a numerical advantage. This would require the defending team to adopt defend and delay tactics, to allow team mates to recover, so that numerical equilibrium is restored. This then leads onto defending when organised and the number of players in the attacking and defending teams being matched up numerically. For example in a 4 v 4 situation.

The first area focuses on how individual players and the defensive unit should react when possession is lost and they are faced with a numerical disadvantage when defending. The four D's of defending should look to be employed.

The following are considered the key technical coaching factors to improve defend and delay:

- **Deny** - Look to win the ball if there is a poor touch. For the defending unit to tighten up and hold their line if one forward makes a silly run into an offside position. Try and eliminate the numerical advantage if the man in possession can be isolated or channeled into a tight area or away from the goal which can be more easily defended
- **Delay** - By players dropping away from the ball and narrowing play. This will make it difficult for the team in possession to play effective forward passes into danger areas and force play backwards or sideways. This will buy time to help recovery runners
- **Deflect** - Prioritise which forward passes to allow. This might be to feet, across the front of the defenders, to wide areas, all which buys time for the defenders to adjust and recover. The defenders should make it as difficult as possible for the ball to be played into dangerous areas behind them.
- **Defend** - When to press despite being outnumbered. This will mainly be when the team in possession are within shooting distance. The decision will be on who pressures the ball and who covers.
- **Recovery Runs** - Players who are wrong side of the ball, will need to quickly recover to get goal side of the ball to restore the numerical equilibrium
- **Communication** - Good information and encouragement between defenders
- **Goalkeeper** - To play an active role in the defensive unit, with good positioning and communication

The second area concentrates on how individual players and the defensive unit should react when they are defending with equal numbers.

The following are considered the key technical coaching factors to improve defending when organised and matched up numerically:

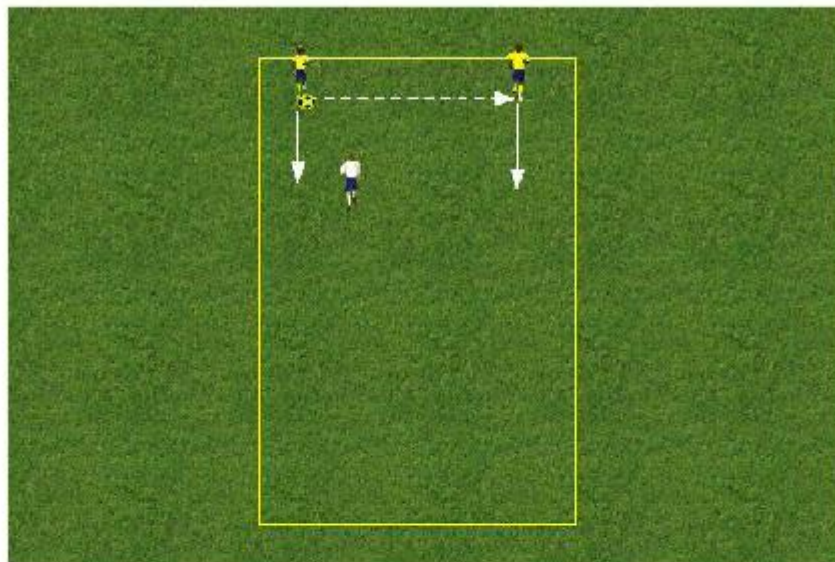


- **Decision on how tight the pressure player gets to the ball** - This will depend on how far away the attacker is when they receive the ball and what danger they pose to the defenders goal.
- **Decision on if to show inside to cover player or down the line away from the goal** - Generally, the further the player on the ball is away from the defenders goal, play should be forced inside, into traffic and the covering players. If the attacker receives the ball wide and in a more attacking, advanced position, play can be forced down the line and away from the danger of the attacker cutting inside to shoot.
- **Good cover angle and distance** - The cover player and balance players will need to communicate and provide a good angle and distance of cover and balance
- **Communication** - It is vitally important that defenders provide clear and good information to each other
- **Pivot roles if ball is switched** - Players will need to understand how their roles change if the ball is switched between attackers
- **Tighten up pressure and cover the closer the attackers get to the goal** - The closer to goal, the more the need for tighter pressure on the ball
- **Decisions on when and how to pressure shooting opportunities** - The angle and speed of approach from a defender to an opponent who is in a position to shoot is very important for players to understand.
- **Goalkeeper** -To play an active role in the defensive unit, with good positioning and communication.

The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE TECHNIQUE OF DEFEND AND DELAY

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.

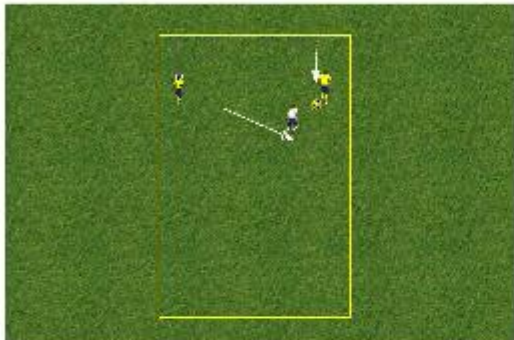
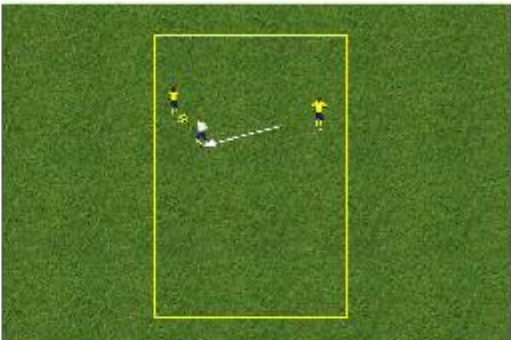
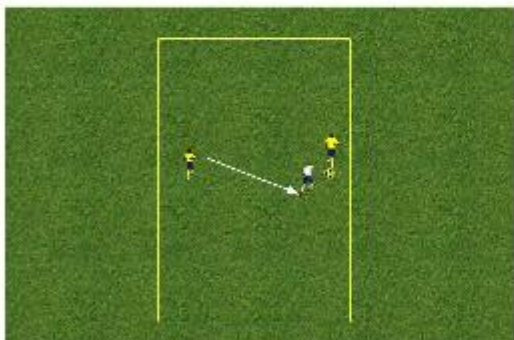
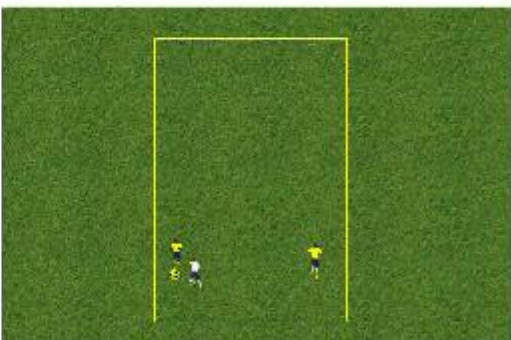


### ORGANISATION

Mark out an area of 25 x 6 - 8 yards. The size of the area can be adjusted to suit the age and ability of the players. The structure of the practice is 2 attackers about 6 yards apart, with a ball between them, who should pass the ball between themselves and try and get the ball over the far line under control. There is one defender. The defender must shuffle quickly across to the player receiving the ball and try and force the attacker outside and wide to try and delay and slow the attacker down. The attackers should be instructed to initially be slightly passive so that the defenders technique of how to delay attacks can be fully understood.

### KEY TECHNICAL ASPECTS

\*Defender to be on their toes, sharp and alert \* If the opportunity presents itself to win or intercept the ball, the defender will need to make a decision on whether to take the chance  
 \*Whilst attackers are a long way from the end target line, the defender should back off and be in a position to cover any ball that is played past them \*The defender should adopt a body position that forces the defender down the line and makes it difficult to pass into the space behind them \*The defender needs to recover goal side of the attackers \*This will require a quick, sideways crab like movement, always looking at the ball \*As the attackers get closer to the end line, the defender will need to get tighter and try and win or intercept the ball if they can.

<p><b>Progression # 1</b> – The defender must shuffle between the attackers and try and force the attacker away from goal and delay and slow the attack down. At first, because the attackers are 25 yards away from the target end line, the defender doesn't have to get too tight to the attackers. It is important that the defender adopts a body position that forces the attacker outside and makes it difficult for them to pass back to their attacking team mate</p>	<p><b>Progression # 2</b> – The objective for the defender is to adopt good lines of recovery and good body angles to delay and slow the attackers down.</p>
	
<p><b>Progression # 3</b> – As the ball is transferred across again, the defenders line of recovery becomes important. They should recover goal side of the ball, again trying to force the attacker outside</p>	<p><b>Progression # 4</b> – As the attackers get closer to the end line, the defender should look to get tighter and to look to win or intercept the ball if they can</p>
	





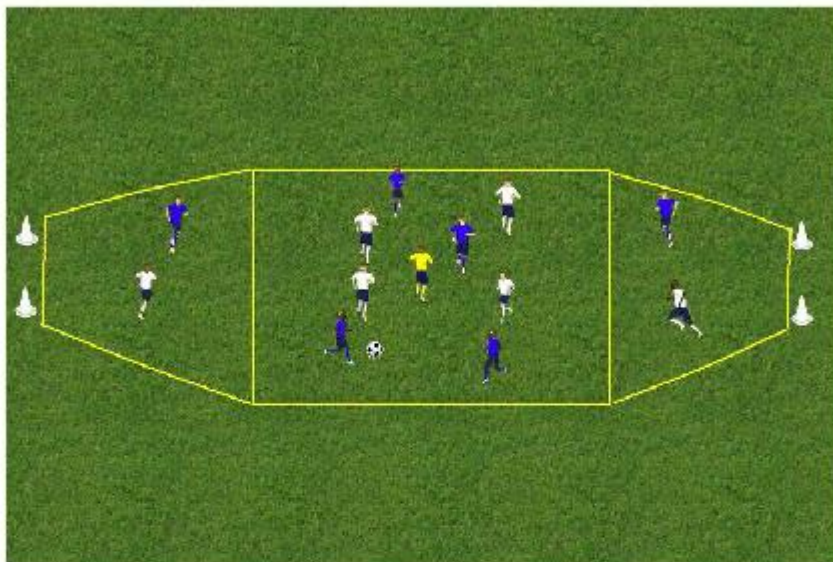
### **PROGRESSIONS**

Encourage attackers to play at a faster pace and with more realism \*Position a small goal at the end line of the area, so the attackers have a focus to score into and the defender has something to defend \*Play three or four attackers V two defenders \*Progress the practice to a skill.

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## A PRACTICE TO IMPROVE THE SKILL OF DEFEND AND DELAY

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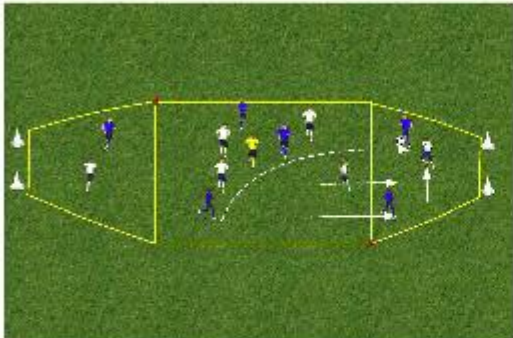
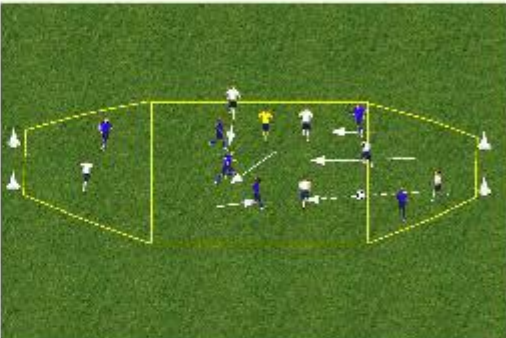
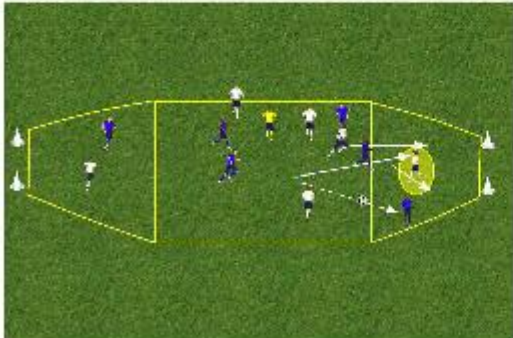
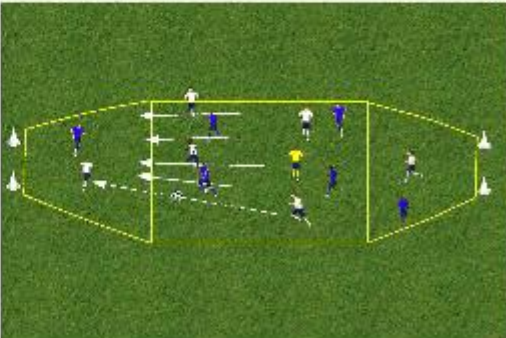


### ORGANISATION

This practice involves a total of 13 players. Play 4 v 4 in a central 30 x 30 yards area, with one floating player (in yellow) who plays with the team in possession and play 1 v 1 in both tapered end zones, which can be 15 yards long tapering to 10 yards wide. There are two small goals to score into. All areas can be adjusted to suit the age and ability of the players. The practice is directional, with the teams attacking each others goals.

### KEY TECHNICAL ASPECTS

Defender need to make a decision as to winning or intercepting the ball \*If they can't win it then adopt delay tactics \*Recovery runs \*Good communication \*Reactions of individuals to adopt a defensive mode \*Reactions of the unit to get organised into defensive mode

<p><b>Progression # 1</b> – The team in possession look to pass to their attacker in the end zone with one of the four joining to make a 2 v 1 situation. The practice can be conditioned so that the attackers must make at least one pass before they can try and score. The defender should either try and win or intercept the ball or adopt a delaying position to enable one of their team mates to recover back to a 2 v 2 situation.</p>	<p><b>Progression # 2</b> – The recovery defender should be communicating with their team mate and should look to adopt a suitable defensive covering and support position. They now defend 2 v 2. If they win the ball they pass the ball back into the main area and one player from both teams recovers back into that area to make a 4 v 4 with floater again. The defending team must now readjust, get organised and buy time for the recovering defender to get back and support them defensively</p>
	
<p><b>Progression # 3</b> – The highlighted defender should be encouraged to support the attack, then, if possession is lost and the opposition counter attack they are forced to recover and react into a defensive mode. Again, the attacking players should be encouraged to break to make a 2 v 1 situation and a defender should look to recover.</p>	<p><b>Progression # 4</b> – Progress the session so that two of the players from the central area can break out to join the attacker. This will encourage lots of realistic delay, recovery and defend scenarios, as well as rotational play between the players</p>
	





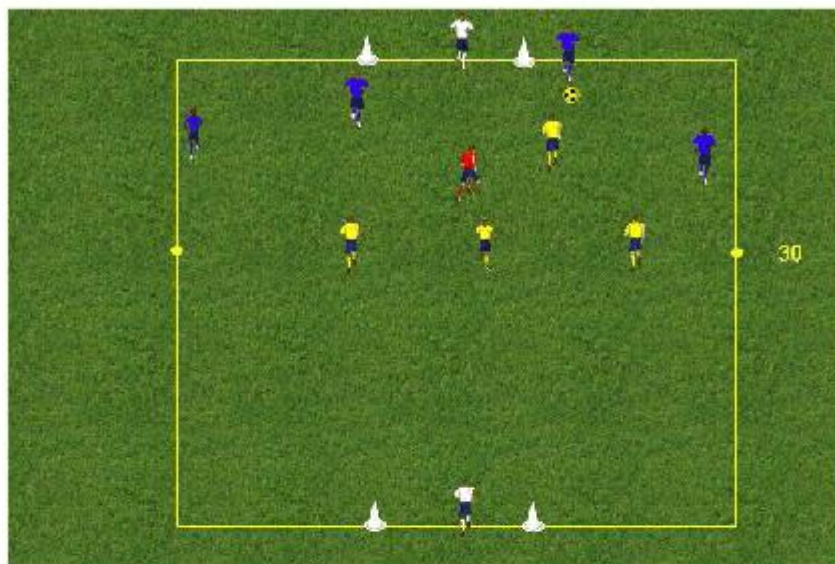
## **PROGRESSIONS**

Progress the practice to a game

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## A GAME TO IMPROVE DEFEND AND DELAY

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

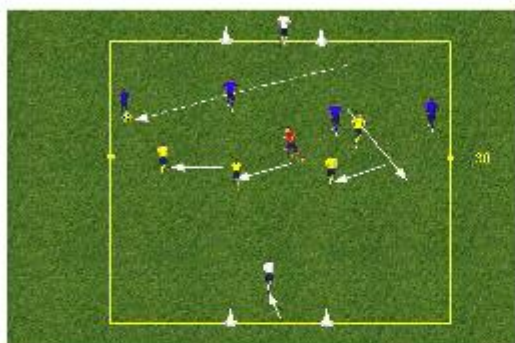
The area is 50 x 30 yards, but the area can be adjusted to suit the age and ability of the players. There are two goals with goalkeepers. There are four attacking players, blues and four defenders, yellows. There is also a floating player (red) who plays for whatever team is in possession. One of the defenders has been caught high up the pitch pressurising the ball, the other 3 defenders start 30 yards up the pitch. The objective of the game is for the attacking team to get a shot into the goalkeeper. If the yellow team win the ball they can counter attack and try and score.

### KEY TECHNICAL ASPECTS

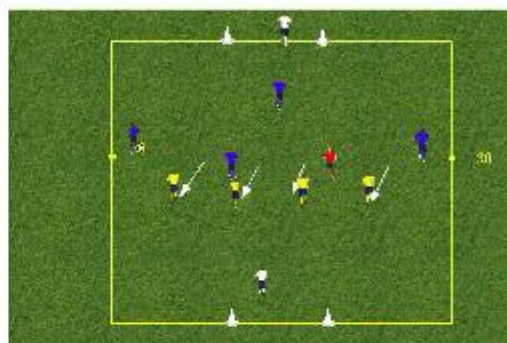
\*Goalkeeper to play an important role with good positioning and communication  
 \*DENY – i.e. win the ball if poor touch, tighten up if one forward makes a silly run into an offside position OR eliminate extra players IF you can isolate the man in possession  
 \*DELAY - drop and narrow, encourage recovery runners  
 \*DEFLECT - prioritise which forward passes to allow if a number are available and you cannot prevent them all  
 \*DEFEND - when to press despite being outnumbered, i.e. within shooting distance, who goes, when, how etc

**Progression # 1** – The first priority for the defending team should be to try and **DENY** the attack, either by intercepting the ball, winning the ball on a poor touch or to isolate the man in possession by making play predictable.

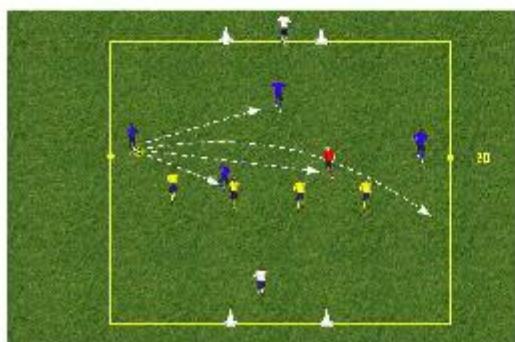
The player who was pressuring the ball needs to begin to recover. The defenders need to communicate effectively with each other. The GK should also communicate and adopt a position in relation to where the ball is.



**Progression # 2** – The defenders now need to delay the attack by dropping and narrowing. This will buy time for the recovering defender to recover back into a defensive position and make it difficult for the attacking team to play the ball in behind them. The defensive team should decide on how tight to pressure, this will depend on how far away the attacking team are from the goal. They should also try and keep play in front of them and make it predictable.



**Progression # 3** – The defending team now need to look to **DEFLECT** the attack by prioritising as a unit, which forward passes the opposition can be allowed to make. For example, as the defence are out numbered, they cannot easily stop a switched pass to the opposite wide player, but they can adjust and deal with it. They can't easily stop a pass into a forwards feet, but they can then pressure and cover and force play backwards. But the defensive unit can **DEFLECT** the attacking team away from a pass in behind to the danger area, by making it a very difficult option



**Progression # 4** – At some point in the attack, the defending team will need to prioritise and defend the goal. This will require a decision on when to press the ball when the opposition are in shooting range.

If the defending team win the ball they can combine with the floating player to try and score. This will encourage free play and result in real situations where the defending team lose the ball on the counter attack and have to recover and defend quickly when out numbered.







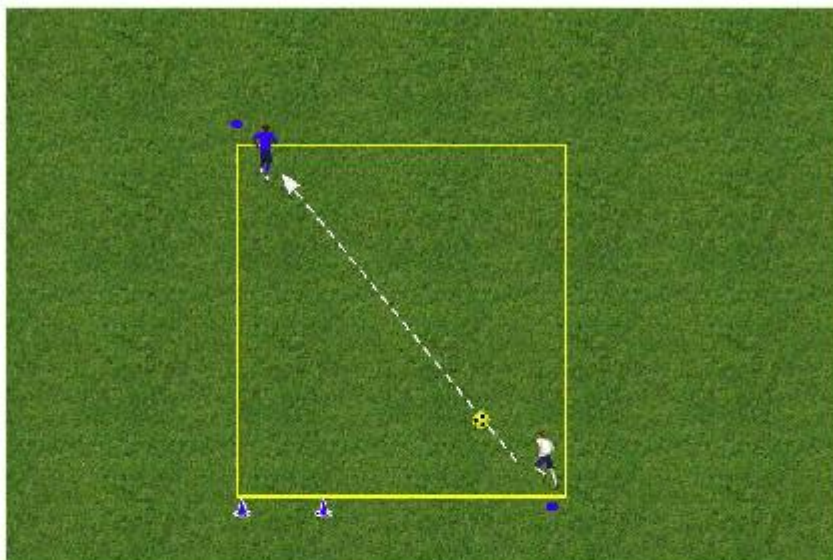
### **PROGRESSIONS**

Progress the practice to involve a second floating player \*Encourage the defending team to counter attack if they win the ball, this may result in the ball being lost and will force the defending team to have to readjust and employ defend, delay and recovery tactics

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## A PRACTICE TO IMPROVE THE TECHNIQUE OF DEFENDING WHEN MATCHED UP

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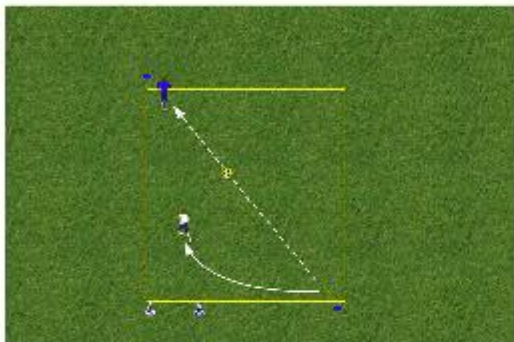
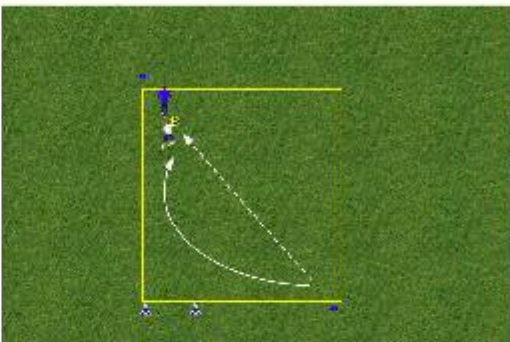
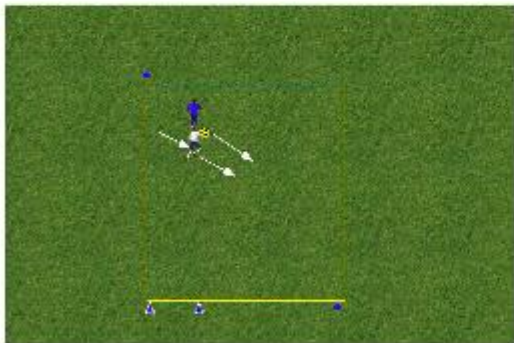



### ORGANISATION

Mark out an area of 10 x 10 yards, the area can be adjusted to suit the age and ability of the players. There is one defender, who starts on the corner of the grid and one attacker who starts on the opposite corner of the grid. There is also a small goal in the corner opposite the attacker. To start the practice, the defender passes the ball diagonally across the grid to the attacker. Initially, condition the attacker to be passive, the pace and intensity can be increased as the defender gains confidence in the correct defending technique of 1 v 1

### KEY TECHNICAL ASPECTS

Make the ground up quickly as the ball travels \*Angle of approach – arc the run so that it is difficult for the attacker to pass directly into the goal. \*As defender gets close, slow down and be under control \*Get low and watch the ball \*Body angle – show attacker inside and away from the goal \*Be patient, don't commit unless certain of being able to win the ball \*Tackle with the front foot \*Pivot off back foot if attacker shifts the ball across the defenders body

<p><b>Progression # 1</b> – As soon as the ball has been passed, the defender quickly makes the ground up to close the attacker down. Initially the defender should adopt an angle of pressure that would restrict the attacker from passing the ball down the line into the goal</p>	<p><b>Progression # 2</b> – As the defender approaches the attacker, they should slow down and be controlled, look to be low and balanced, with one foot in front of the other, be patient and adopt a side ways body position that forces the attacker in one direction, inside the pitch and away from the goal</p>
	
<p><b>Progression # 3</b> – As the attacker is forced inside and starts to travel with the ball, the defender should, if possible keep forcing the attacker inside and if the opportunity presents itself try and tackle with the front foot only. Tackling with the front foot, rather than the back foot, will give the defender a much better chance of recovering their balance and defending position if they are unsuccessful with the tackle.</p>	<p><b>Progression # 4</b> – If the attacker shifts the ball across the defender, the defender should look to pivot quickly off the back foot, so they are able to keep their balance and are still in a comfortable position to defend 1 v 1</p>
	





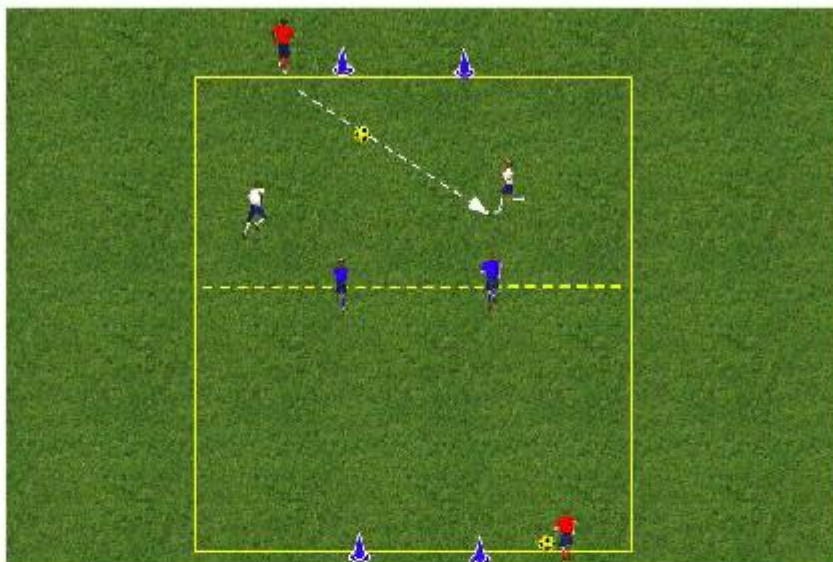
### **PROGRESSIONS**

Allow the attacker to move anywhere along the end line to receive the pass \*Move the goal to a central position \*Progress to 2 v 2

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## A PRACTICE TO IMPROVE THE SKILL OF DEFENDING WHEN MATCHED UP

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out an area of 30 x 10 yards, with a centre line and small goals at either end. The area can be adjusted to suit the age and ability of the players. There are two servers with balls, positioned at either end of the grid. The servers can move anywhere along the line to serve the ball. The servers can pass the ball directly into the gate if the defenders just man mark and do not also defend the goal from a pass from the server.

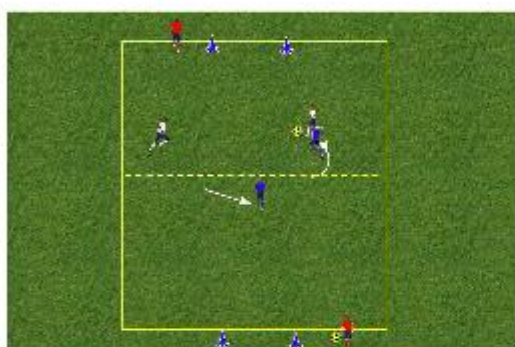
There are two defenders, who can start wherever in the grid area they feel is appropriate and two attackers who are free to go where they want. Rotate the players so attackers become defenders and defenders attackers.

### KEY TECHNICAL ASPECTS

Decision on how tight the pressure player gets to the ball, which will depend on how far away the attacker is when they receive the ball \* Decision on if to show inside to cover player or down the line away from the goal \* Good cover, angle and distance \* Communication \* Pivot roles if ball is switched, cover to pressure, pressure to cover \* Tighten up pressure and cover the closer the attackers get to the goal \* Decisions on when and how to pressure shooting opportunities

**Progression # 1** – As the ball is passed to the attacker, the nearest defender closes the ball down, looking to show the attacker inside and into the cover player. The pressure defender must have an appreciation of how far they are away from their goal, as this will dictate how tight they get and if they show inside to the cover or outside down the line and away from the goal.

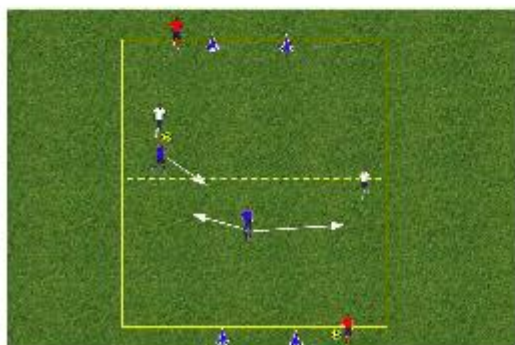
The cover player must adopt a position that enables them to cover the pressure player, whilst being able to see and close down the second attacker. The two defenders should also communicate with each other.



**Progression # 2** – If the ball is switched between the attackers, the defenders must now pivot positions, with the cover player pressurising the ball and the pressure player recovering to a covering position. The angle of approach from the pressure player, so show inside to the cover player and the angle and distance of cover are important, as is communication between the players



**Progression # 3** – The pressure player forces the attacker inside and the cover player must adjust their position to take into account the fact the other attacker has pulled wider and pushed further forward. They must be able to provide cover for the pressure player whilst adopting a position that allows them to recover goal side of the other attacker of the ball is passed to them



**Progression # 4** – As the attackers get closer to the goal, there will be times when the pressure player will want to try and force the attacker down the line and away from the goal. The cover player will have to adopt a position that allows them to cover the pressure defender, in case they get beat, whilst still being able to see and pressure the second attacker. Again communication between the defenders is vital.







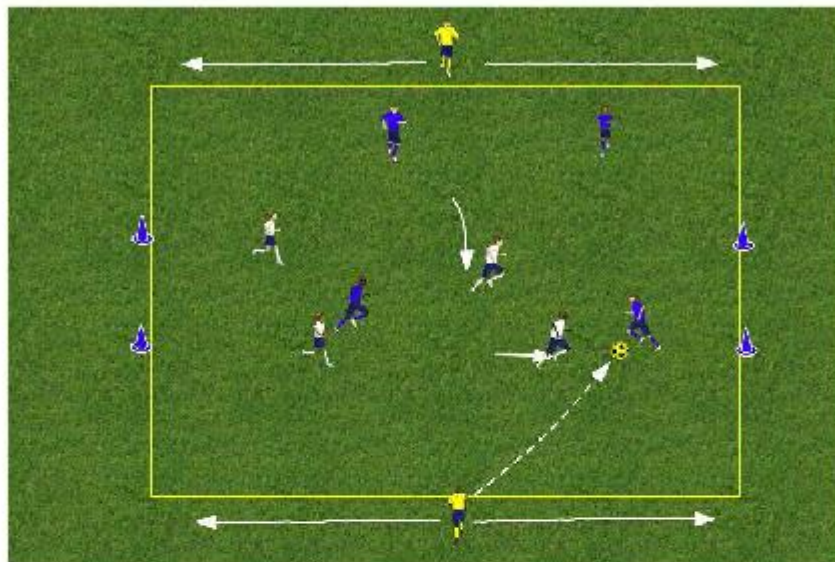
## **PROGRESSIONS**

Encourage the defenders to try and score if they win the ball, this may create defending situations where the defenders have to quickly recover and re organise if they lose the ball when attacking \*Allow the server who is positioned behind the defenders to also pass the ball into the attackers

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## A GAME TO IMPROVE DEFENDING WHEN MATCHED UP

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

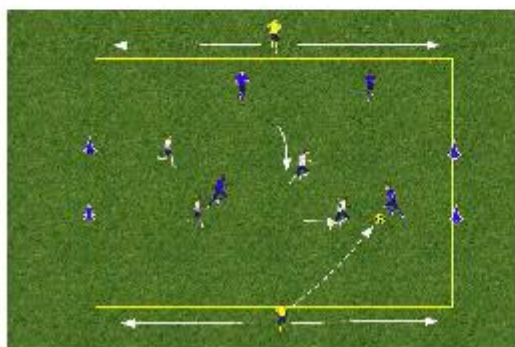
Mark out a pitch of 35 x 25 yards, the size of the pitch can be adjusted to suit the age and ability of the players. At either end place 2 small goals. Play 4 v 4 with two floating players who can move up and down the touchline and play with the team in possession. To start the game, one of the floaters passes to one of the teams. Whatever team is in possession of the ball tries to score.

### KEY TECHNICAL ASPECTS

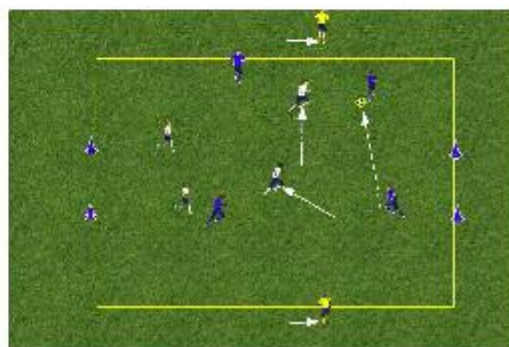
Adopt defensive positions that defends the goal from a shot or a forward pass into the danger area

- \*Decision on how tight to pressure the player on the ball – if they are a long way from the goal, the defender doesn't have to be too tight, the closer to the goal, the pressure needs to be tighter
- \*Pressure as the ball travels
- \*Cover from the pressure player – consider the angle and distance of cover
- \*Pivot roles if the ball is switched – pressure becomes cover, cover becomes pressure
- \*Decision on whether the pressure player shows inside to the cover player or outside and away from the goal
- \*Decision on intercepting or tackling opportunities
- \*Recovery runs
- \*Squeeze up and compact play if possible when the ball is played backwards or sideways
- \*Work together as a unit
- \*Communication between the defenders

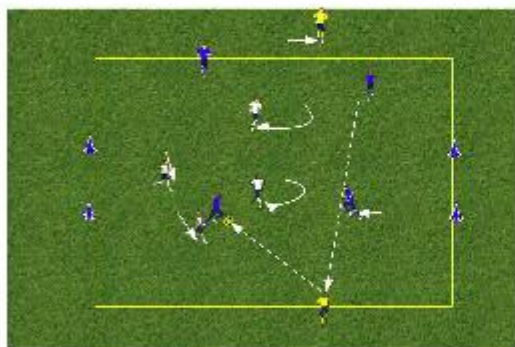
**Progression # 1** – If the ball is a long way from the goal, there is no need to try and get too tight and the pressure players main objective is to make it difficult for the player on the ball to pass it forward to their attacking team mates. The second defender should adopt a covering position making it difficult for the ball to be passed forward or to an attacking wide player. The first of the deeper defenders should be space side of the ball and in a position to close the attacker down if the ball is passed to feet, but also far enough off the attacker to be first to the ball if it is played down the side or behind them. The second deeper defender should be in a good covering position to cover the first defender.



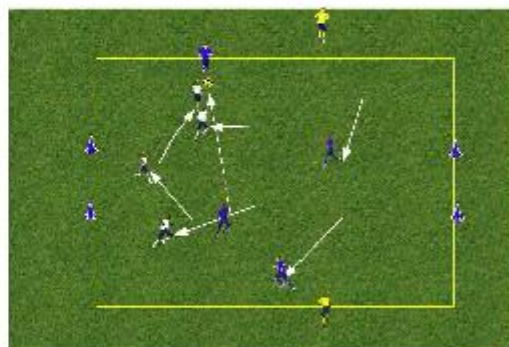
**Progression # 2** – As the ball is switched across the pitch, the two forward defenders pivot roles, with the cover player now applying loose pressure making it difficult for the ball to be passed forward and the pressure player recovers to provide cover.



**Progression # 3** – As the ball is passed into a more advanced position to an attacker, the defender closest to the attacker should apply tighter pressure, with the second defender supplying cover. The further forward defenders should recover and look to apply pressure from the front and to make the defence compact and try and force play backwards or sideways



**Progression # 4** – As the ball is passed to a wider attacker who is well forward, the first defender should apply tight pressure and ideally try and force the attacker down the line and away from the goal. The other defenders should adopt covering positions, to cover the pressure player and to allow them to defend the danger area around the goal. If the ball is forced backwards, then the defence should look to squeeze up and compact play





## **Turning**

Space on a football pitch can at times get very tight. Players need to make space for themselves. If they are in possession of the ball a quick turn or change of direction can create space for the player on the ball to exploit. Turning with the ball is a highly technical skill. Turning is very much linked to [receiving priorities](#). If the player receiving the ball can receive it in such a way that they can receive it as a pass, or let the ball run across them without touching it, into space, then this is better than turning with the ball. But if a player cannot receive it in this way, then they will have to employ a turning technique.

There are a number of situations when a player receiving the ball or having the ball in their possession might want to employ a turning technique. They might want to receive a pass and turn into space, using one touch into a space that changes the direction of the attack. To be able to do this they will need to get their body in a position that enables them to assess the space around them and to be able to assess the position of the opposition and team mates. Their turning technique in this situation will also depend on the pace of the pass they are receiving. A typical example of this might be a player receiving the ball from one flank area, turning and switching play to the opposite flank, or to receive a pass from a defender, turn in midfield and then pass forward.

Then there are times when the player will receive a pass or be in possession of the ball and will need to employ a turning technique which will take them into space either to the side or behind an opponent. For example a forward receiving the ball with their back to goal in or around the area. They might then look to employ a turning technique to roll the defender and attack the space behind them, or turn into the space either side of the defender and look to shoot.

Sometimes the player on the ball might need to change direction, for example they are running one way with the ball, if they quickly turn they can exploit the space in the other direction. A winger might want to turn in this way when they are being forced away from the goal by the fullback, they might then employ a turning skill so that they can change direction quickly and attack the fullback in the direction of the goal. Players might also use a turning skill when they threaten to pass in one direction, which tempts the defender to try and block the pass or make a tackle, only for the player on the ball to turn away from the intended interception into the space they have created.

There are also times when a player in possession might need to control the ball away from a tight area a pressurising defender into space, to then be able to turn quickly into the space created and be in a position where they are now facing the defender and able to pass, shoot, dribble or run with the ball.

At times, the player receiving the ball may miss control the ball and have to use a turning technique to manipulate the ball into a better position. If the pass has a lot of pace on it, the player may well have to control the ball in the direction it has come from and then turn with the ball.

But players will also need to understand that there are times when to turn might be the wrong option. When the best option is to not to turn, but to pass to a supporting team mate who is in a better position.

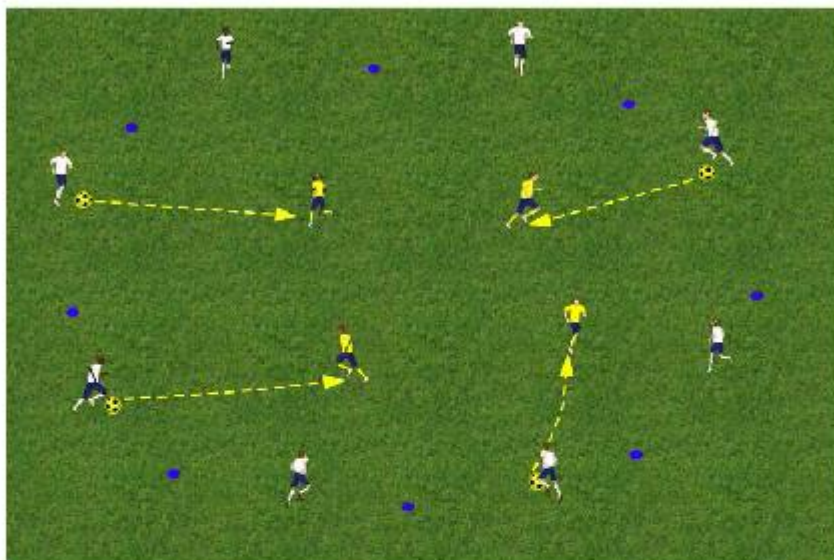
The following are considered the key technical coaching factors to improve turning:

- **Create space to receive the pass** - Players should look to create space for themselves to turn into prior to receiving the pass
- **Good body position to receive the pass** - If possible, can the player receive the pass on the half turn, so they can turn quickly with the ball
- **Recognition of where the space is and where defenders and team mates** - Players will need to assess the space they have around them. This will very much dictate the turning skill they might use.
- **Communication verbal and non verbal** - A good call from a team mate who can see what is around the player receiving the ball can make all the difference when turning
- **Decisions on different turning techniques** - Depending on the situation, the players will need to be able to employ different and appropriate turning techniques
- **Positive outcome after turn** - Getting the head up after turning so that a shot, pass, dribble or run with the ball should be a main objective after turning

The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE TECHNIQUE OF TURNING WITH THE BALL

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



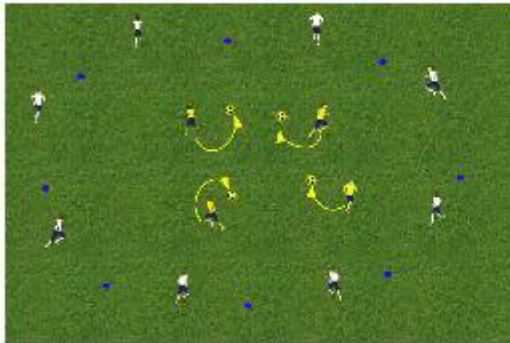
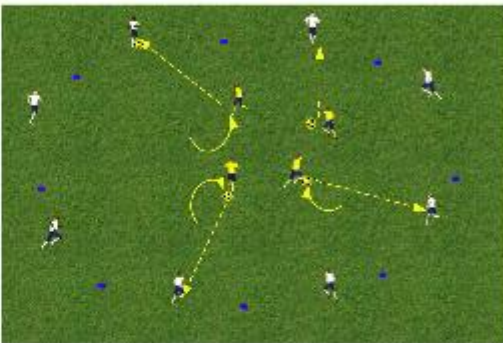
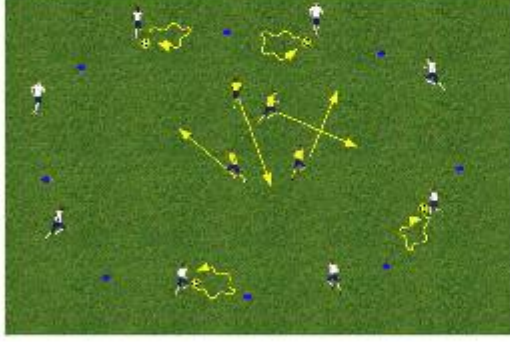

### ORGANISATION

Use a total of twelve players. Mark out a clock area of between 20 - 30 yards in diameter, the area can be adjusted to suit the age and ability of the players. Position eight players around the perimeter of the clock. Position four players in the middle of the clock. Only four of the players on the outside of the clock have footballs. The ball is passed to a player in the middle of the clock; they turn with the ball and pass to a free player. They then look to receive a pass from another player on the outside of the clock who has a ball. When the players on the outside of the clock receive a pass, they do a hook turn and then look to pass to one of the players in the middle of the clock.

### KEY TECHNICAL ASPECTS

Players on the inside make an angle to receive the pass \*Good body angles to receive the pass  
 \*Recognition of where the space is to control and turn \*Can they turn with no touches \*Can they turn with one touch \*Use different turning techniques \*Communication - verbal and non verbal \*Accurate, timed passing after the turn \*Awareness of other balls and players  
 \*Players on the outside to cushion the ball to the side and to complete a hook turn before passing back into the one of the middle players.



<p><b>Progression # 1</b> – Good angle of support to receive the pass. Players turn with the ball or let the ball run across them without touching it</p>	<p><b>Progressions # 2</b> – After turn, accurate pass to a free player on the outside of the clock.</p>
	
<p><b>Progression # 3</b> – Pass and move. Receive the ball on the outside of the clock and use a hook turning technique to turn with ball and return to position before passing</p>	<p><b>Progression # 4</b> – Receive a pass from a different player and turn. Repeat.</p>
	

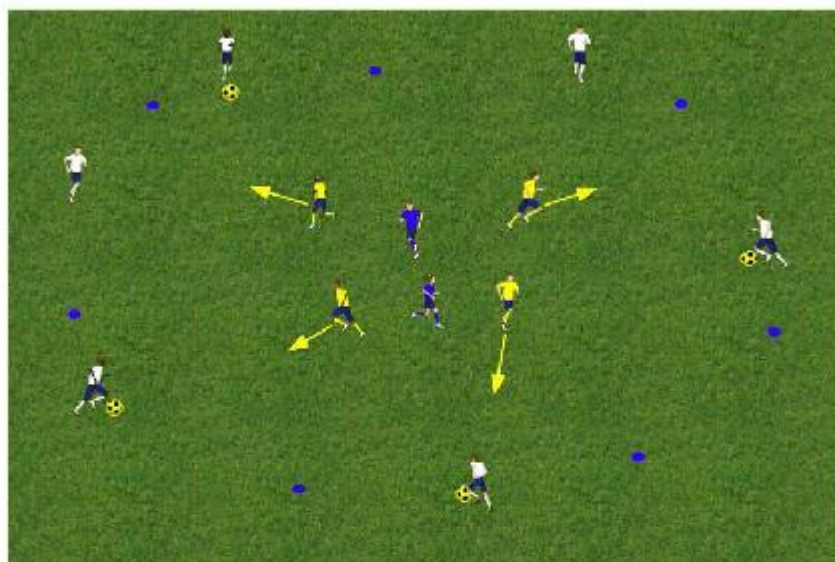
## PROGRESSIONS

Make clock area bigger or smaller \*Vary the service into the middle players to test different control surfaces and turning techniques \*Condition the practice to all the players using a specific turning technique \*Encourage the players to decide which is the most appropriate turning technique \*Progress to a skill by bringing in opposition

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## A PRACTICE TO IMPROVE THE SKILL OF TURNING WITH THE BALL

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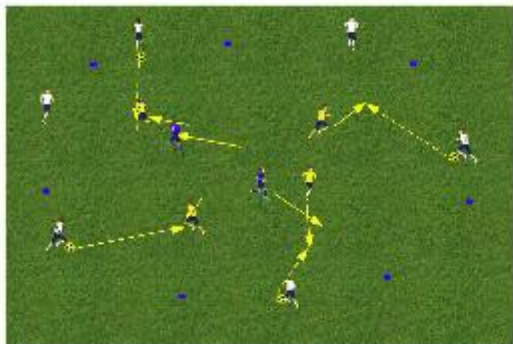
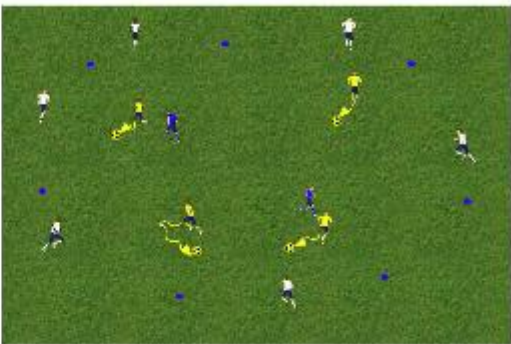
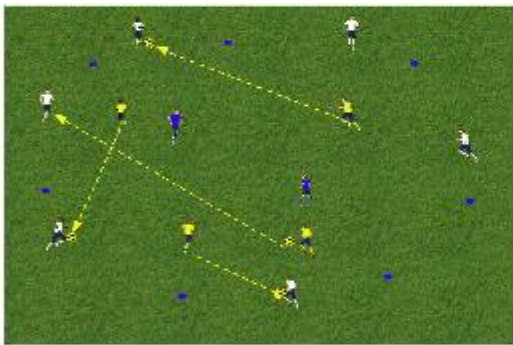
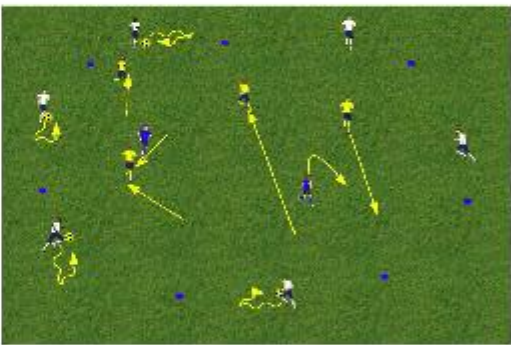
### ORGANISATION

Use a total of twelve players. Mark out a clock area of between 20 - 30 yards in diameter, the area can be adjusted to suit the age and ability of the players. Position six players around the perimeter of the clock. Position four players in the middle of the clock, with two defending players. Four of the players on the outside of the clock have footballs.

### KEY TECHNICAL ASPECTS

Players on the inside make an angle to receive the pass \*Good body position to receive the pass \*Recognition of where the space / defenders are to control and turn \*Communication - verbal and non verbal \*Decisions on different turning techniques \*Accurate, timed passing after turn \*Awareness of other balls and players \*Players on the outside to cushion the ball to the side and to complete a hook turn before passing back into the middle \*Movement to find space and create angles to receive the next pass



<p><b>Progression # 1</b> – Create space, receive pass, recognition of space / defender</p> 	<p><b>Progression # 2</b> – Turn with the ball into space</p> 
<p><b>Progression # 3</b> – After turn, accurate pass to outside player</p> 	<p><b>Progression # 4</b> – After pass, movement to find space to receive the next pass from a different server. Players on the outside complete a hook turn before passing back into a free central player.</p> 

### PROGRESSIONS

Make clock area bigger or smaller \*Vary the service into the middle players to test different control surfaces and techniques \*Condition the practice to all the players using a specific turning technique \*Encourage the players to decide which is the most appropriate turning technique \*Progress to a game.

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## A GAME TO IMPROVE TURNING WITH THE BALL

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.


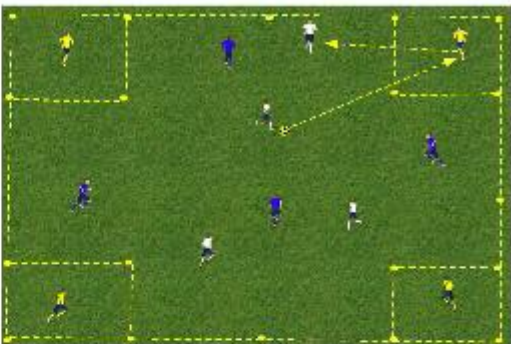




### ORGANISATION

Mark out a 30 x 30 area and make the four corners 10 x 10 areas – area can be adjusted to suit age and ability. Play 4 v 4 in the middle area and position four players in each of the four corners. Players in the four corners are not allowed out of their areas and players in the middle are not allowed into any of the four corner areas. The four corner players play with the team in possession. Objective of the game is for the team in possession to use the four corner players to keep possession and switch play to one of the four corner players as often as possible.

### KEY TECHNICAL ASPECTS

Team in possession to pass, move and keep the ball \*Use the spare four corner players to keep possession \*Recognition of where the space / defenders are to control and turn  
 \*Communication - verbal and non verbal \*Decisions on different turning techniques  
 Accurate, timed passing

<b>Progression # 1</b> – Find space, to receive from spare corner player and turn	<b>Progression # 2</b> – Pass to corner player, create space, receive and turn
	
<b>Progression # 3</b> – Keep possession. Provide good support for the player on the ball	<b>Progression # 4</b> – Progress to corner players being able to pass to one another
	

### PROGRESSIONS

Condition corner players to one or two touches \*Condition game so that the ball cannot be passed back to a corner it has just come from \*Allow corner players to pass to each other, creating different support and turning opportunities for the middle players \* Progress to a game with goals and floating players outside of both wide touchlines who play for the team in possession.

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## **Heading**

Whilst the famous manager Brian Clough once said "If God had wanted us to play football in the clouds, he'd have put grass up there" The fact is that in football the ball does go into the air and when it does, it very often requires players to head the ball.

Players in certain positions, namely centre halves and centre forwards are more likely to have to be able to head the ball than other players. But all players should have an understanding of how to head the ball, both from an attacking and defending perspective.

When coaching players the techniques and skills of heading, coaches should be very well aware of the inherent dangers of coaching this topic. Players heads can collide, as can flying elbows and other parts of the body with heads. Players who wear glasses are always going to be at risk in heading sessions. There should also be a real consideration of gradually introducing unopposed heading techniques with young players.

Whilst there are a number of technical factors involved in both attacking and defensive heading, the biggest requirement for both is a desire from the player to get to the ball first and attack the ball with commitment and desire. It doesn't matter how good a player is technically when heading the ball in unopposed sessions. The best headers of the ball will always be the ones who want to get to it first and attack it.

Both attacking and defending heading share a number of key technical factors. These being: A desire to attack and be first to the ball: Where possible the angle of approach should be down the line of the ball: Ideally contact with the ball should be with the forehead: For defensive headers, where height and distance is desirable, contact with the ball should be through the bottom half of the ball, for attacking headers, when it is normally preferable to head the ball down, contact with the ball should be through the top half of the ball.

The following are considered the key technical coaching factors to improve attacking and defending heading:

### **ATTACKING NEAR POST RUNS**

- **Timing of run to near post** - Players should time their runs to meet the ball within 2 - 3 yards of the near post area. It is important that they don't run too far beyond the near post.
- **Angle of run** - Ideally the angle should be such that the player making the run can adjust their position down the line of the cross
- **Attack the ball** - Players will need to show a desire to be first to the ball and attack it
- **Contact of the head with the ball** - Forehead on the top to middle of the ball
- **Use the pace of the cross** - Most near post crosses will have a fair degree of pace on them, so players should look to use the pace of the cross when heading the ball
- **Head down and hit the target** - The attacker is trying to score, so if they focus on heading the ball down and at the goal, this will give them the best chance.

### **ATTACKING FAR POST RUNS**

- **Timing and angle of run attack down the line of the ball** - The timing of the run should be such that the player can meet the cross at the highest point they can achieve.



The angle of the run should be down the line of the ball, this gives them a chance to readjust their run to the flight of the cross

- **Attack the ball** - Players will need to show a desire to be first to the ball and attack it
- **Contact of the head with the ball** - Forehead on the top to middle of the ball head the ball down
- **Direction of the header back across the goalkeeper** - Ideally, the direction of the header should be down and back across the goalkeeper, to the far post area.
- **Timing of the jump** - If the player has to jump to meet the cross, they will need to concentrate on the timing of the jump, so they can meet the ball at their highest possible point

## **DEFENDING HEADING**

- **Assess the flight of the ball and move the feet to get in the line of the ball** - If possible, the initial movement of the players should to get in the line of the ball and attack it down that line.
- **Attitude to get to the ball first and attack it if possible** - There will be times when it isn't possible to get to the ball first, but where there is a realistic chance, players should be determined and aggressive and attack the ball
- **Decision on type of defensive heading technique** - Ideally, a defensive header should be back where the ball has come from, with height and distance. But sometimes this isn't possible or desirable, they may have the opportunity to cushion the header to a team mate, or they might have to back peddle and flick the ball away to safety.
- **Contact of the head with the ball** - Ideally, the forehead through the bottom of the ball
- **Timing of the jump** - If the player has to jump, they will need to concentrate on the timing of the jump, so they can meet the ball at their highest possible point.
- **Decision making, to head or to cover** - Communication will play a big part in this decision. If the player can't head the ball, they should look to drop off and provide cover for the flick or the knock down from the attacker

The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE TECHNIQUE OF ATTACKING HEADING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

This practice involves a total of 7 players. 2 players, with footballs on either side of the pitches, who act as servers by throwing the ball in to imitate a cross, 3 players on one side of the pitch and 2 on the other who are the players who will head the ball. Position two cones, level with the far post of each goal and 10 – 15 yards out. Size of the area is 30 x 25 which can be adjusted to suit the age and ability of the players. Place two full size goals, without goalkeepers at either end. The set up allows the servers to throw / cross from both the left and right flanks. The servers can move up and down the touch line, to provide a variety of crosses. Service should be from both flanks. The quality of the service is very important for the success of this practice. To start the practice, one of the servers throws the ball to the near post area. The player who is going to attack the ball, checks from the cone and makes a run to the near post to attack the ball with their head. It is important that the serve is accurate.

### KEY TECHNICAL ASPECTS – NEAR AND FAR POST RUNS



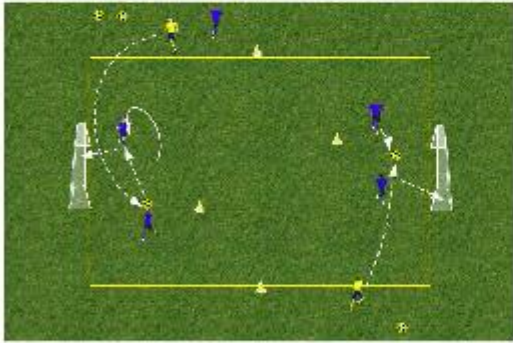
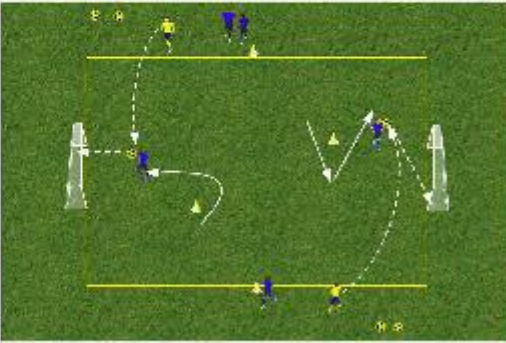
**NEAR POST** - Timing and angle of run to near post \*Don't run beyond the near post

\*Attack the ball \*Contact of the head with the ball – forehead, top / middle of the ball \*Use the pace of the cross \*Head down and hit the target

**FAR POST** - Timing and angle of run – attack down the line of the ball \*Attack the ball

\*Contact of the head with the ball – forehead, top / middle of the ball – head the ball down

\*Direction of the header – back across the goalkeeper \*Timing of the jump

<p><b>Progression # 1</b> – Now the servers throw the ball to the far post area. The player makes a run to the far post area, by checking off the cone, bending their run and attacking down the line of the ball.</p>	<p><b>Progression # 2</b> – Now two players attack the cross, one making a near post run, the other a far post run. The server can throw to either player. The players should communicate with each other to decide on their respective runs</p>
	
<p><b>Progression # 3</b> – The players should also be aware of adjusting and reacting to crosses that are inaccurate. The far post player should also react to crosses that are missed by the near post player and the near post player should spin and look for headers back across goal from the far post player.</p>	<p><b>Progression # 4</b> – There will be times when the forward has to adjust and may have make a straight run and attack across the flight of the ball or adjust backwards to meet a cross.</p> <p>The servers can move up and down their area and can supply lots of different types of crosses so that different attacking heading techniques can be practised.</p>
	

## PROGRESSIONS

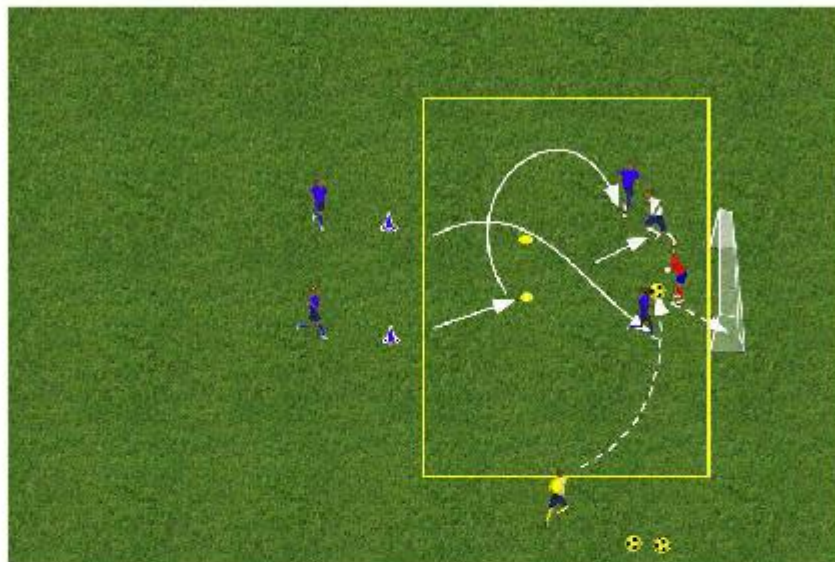
Progress to skill by adding a defender

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## A PRACTICE TO IMPROVE THE SKILL OF ATTACKING HEADING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION





This practice involves 7 players. 4 attackers, who work in pairs, a defender, a goalkeeper and a server who moves up and down the line, to provide a variety of crosses and serves by throwing the ball in. The serves should come from both flanks. The area is 25 x 30 yards, but can be adjusted to suit the age and ability of the players. There are two discs placed centrally and about 16 yards out and 3 yards apart, which are used as references to make near and far post runs from.

The practice starts with one of the attacking headers passing the ball to a server, the serving player initially throws the ball to near post area. The two attacking players make near and far post runs and the defender defends the far post area initially. The attackers will need to communicate with each other and time their runs.

### KEY TECHNICAL ASPECTS – NEAR AND FAR POST RUNS

**NEAR POST** - Timing and angle of run to near post \*Don't run beyond the near post  
 \*Attack the ball \*Contact of the head with the ball – forehead, top / middle of the ball \*Use the pace of the cross \*Head down and hit the target \* Communication

**FAR POST** - Timing and angle of run – attack down the line of the ball \*Attack the ball  
 \*Contact of the head with the ball – forehead, top / middle of the ball – head the ball down  
 \*Direction of the header – back across the goalkeeper \*Timing of the jump \* Communication

<p><b>Progression # 1</b> – In this instance the far post runner is free and the ball is served to this area. The attacking player should look to time their run, attack down the line of the ball and head the ball down and back across the goalkeeper to the far post area.</p>	<p><b>Progression # 2</b> – The players should also be aware of adjusting and reacting to crosses that are inaccurate. The far post player should also react to crosses that are missed by the near post player</p> <p>The servers can move up and down their area and can supply lots of different types of crosses</p>
	
<p><b>Progression # 3</b> – If the ball is served to the far post, the near post attacker must be aware of spinning after the ball has gone past them, so they are in a position to react to any knock downs, headers across the far post or saves from the goalkeeper.</p>	<p><b>Progression # 4</b> – There will be times when the forward will have to readjust and make a straight run or backtrack to meet the cross</p>
	

## PROGRESSIONS

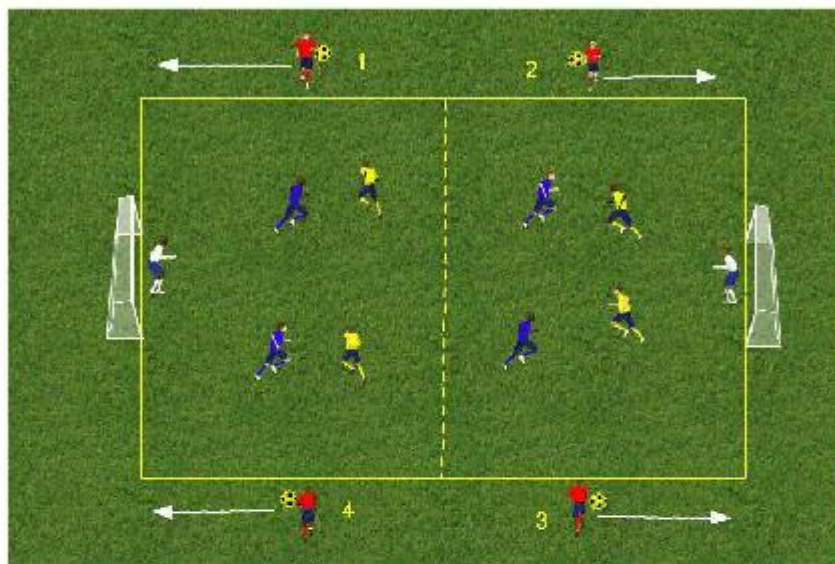
Add a third attacker and a second defender \*Progress to a game

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## A GAME TO IMPROVE ATTACKING HEADING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

This is a game that involves 14 players. 2 goalkeepers, 4 servers located around the perimeter of the pitch and 4 v 4 on the pitch. The players will need to decide on a formation that is a balance between attacking and heading, maybe 2 defenders v 2 attackers. One of the players should be encouraged to break forward over the halfway line to make a 3 v 2 attacking situation. A goal can only be scored from a cross, but encourage free play with the ball being passed from the team in possession to one of the servers in the attacking half. The servers can move up and down the line to receive a pass and to provide a variety of different thrown crosses to different areas from different angles and at different heights and speeds. The pitch size is 20 x 30 yards, but can be adjusted to suit the age and ability of the players.

### KEY TECHNICAL ASPECTS

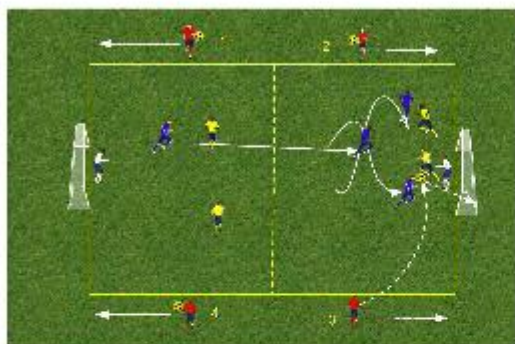
**NEAR POST** - Timing and angle of run to near post \*Don't run beyond the near post  
\*Attack the ball \*Contact of the head with the ball – forehead, top / middle of the ball \*Use the pace of the cross \*Head down and hit the target \* Communication

**FAR POST** - Timing and angle of run – attack down the line of the ball \*Attack the ball  
\*Contact of the head with the ball – forehead, top / middle of the ball – head the ball down  
\*Direction of the header – back across the goalkeeper \*Timing of the jump \* Communication

**THIRD RUNNER** – Time run to the flight of the ball \* Make a late, timed run between near and far post runners to the middle of the goal \* Adjust position for knock downs and clearances \*Check out for a cross that is pulled back to the edge of the area



**Progression # 1** – The ball is passed to one of the servers. Two players make timed runs to the near and far post and another player breaks over the halfway line to make it 3 attacker's v 2 defenders. The server can serve the ball where they think the best chance of scoring is.

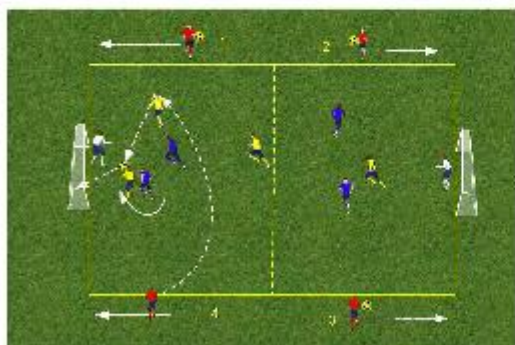


**Progression # 2** – As soon as the attack is finished, the ball is distributed from the goalkeeper, either to a team mate or one of the servers. The attackers should make clever near and far post runs, with the server picking out the unmarked attacker. Another player should also make a run into the opposition half to support the cross.

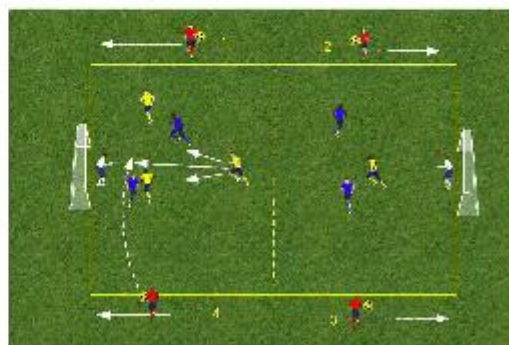


**Progression # 3** – If the ball is served to the far post, the near post attacker must be aware of spinning after the ball has gone past them, so they are in a position to react to any knock downs, headers across the far post or saves from the goalkeeper

The players should also be aware of adjusting and reacting to crosses that are inaccurate. The far post player should also react to crosses that are missed by the near post player



**Progression # 4** – The player who breaks forwards must assess where the cross is going and either make a late, timed run between the near and far post attackers or adopt a floating position on the edge of the area for knock backs, clearances or pulled back crosses





### **PROGRESSIONS**

Allow the servers to cross with their feet or throw the ball in.

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## A PRACTICE TO IMPROVE THE TECHNIQUE OF DEFENSIVE HEADING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION





Mark out a 20 yard square, the size can be adjusted to suit the age and ability of the players. Position 4 players on the cones of each of the four corners and position target players 5 – 10 yards back on two diagonally opposite corners. There should be an adequate supply of balls on each corner.

In the middle of the big square, mark out a smaller square of about 5 yards. One player is positioned in the middle of this smaller square. One of the servers indicates they will throw the ball to the header. The header, checks off the diagonally opposite disc to the server, this will encourage them to attack the ball down the line of the servers throw.

### KEY TECHNICAL ASPECTS

Assess the flight of the ball and move feet to get in line \*Attitude to get to the ball and attack it if possible \*Decision on type of defensive heading technique \*Execution of the technique \*Reaction for the next serve \* Introduce a second header so they can work as a pair defensively



<p><b>Progression # 1</b> – Player checks off diagonally opposite disc, to get in the line of the ball. The player heading the ball decides on which defensive heading technique to employ, in this instance a power defensive header, looking to head down the line of the ball with height and distance.</p>	<p><b>Progression # 2</b> – Once the defensive header has been made, the player immediately recognises where the next ball is going to be delivered from and checks from the diagonally opposite disc. In this instance, the player has recognised that they can safely cushion a defensive header to a free team mate</p>
	
<p><b>Progression # 3</b> – The player checks from a disc ready for the next serve. This time the ball is thrown over their head and they have to back peddle and execute a flick defensive header to safety. The servers should provide a variety of different types of serves to provide the player with opportunities to practice different defensive heading techniques.</p>	<p><b>Progression # 4</b> –Introduce a second header to encourage working as a pair, to develop communication and decision making, with one attacking the ball and one dropping off to provide cover.</p>
	

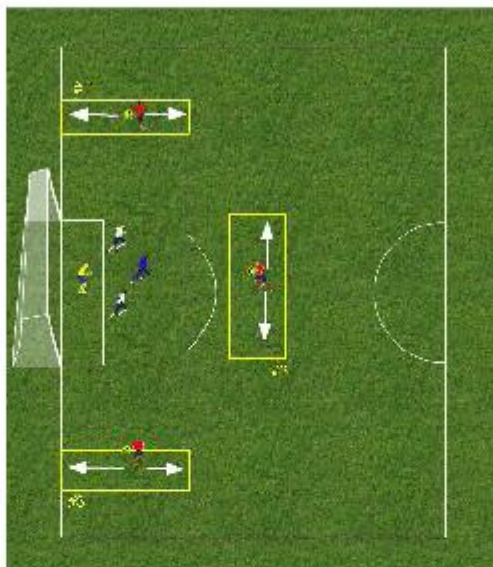
## PROGRESSIONS

Rotate players regularly \*Progress practice to a skill

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## A PRACTICE TO IMPROVE THE SKILL OF DEFENSIVE HEADING

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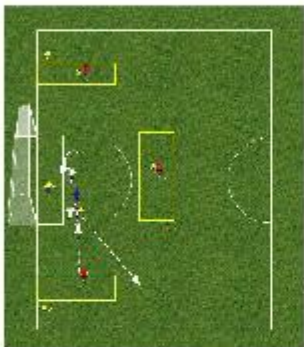



### ORGANISATION

Use the penalty area, extending the area to about 25 – 30 yards out. There are a total of 7 players, two defenders, a goalkeeper and one attacker. On the right and left hand side of the 18 yard area are two servers and another server in front of the penalty area, about 25 yards out. The servers are numbered, can move to vary the angle of serve and must serve the ball by throwing it. The coach calls which server will throw the ball to give the defenders and goalkeeper time to set themselves. The defenders and goalkeeper defend the crosses and the attacker tries to score.

### KEY TECHNICAL ASPECTS

Communication between defenders and GK \*Defenders work as a pair, one attack the ball, one cover \*Start position in relation to where the ball is served from \*Get in the line and attack the ball down the line of the cross \*Timing of run and jump \*Select relevant defensive heading technique \*After defensive header, readjust and reorganise \*Squeeze up the pitch if possible after the ball has been headed clear



<p><b>Progression # 1</b> – In this example, server number 3 serves the ball to the near post area. The first defender attacks the ball and the second defender provides cover. The first defender should look to attack down the line of the ball and head the ball back in the direction it has come from, ideally with height and distance. Communication between the GK and defenders is vital</p>	<p><b>Progression # 2</b> – The ball is now served to the far post area. The far post defender must adjust to the flight of the ball and in this situation use a flick defensive header to clear to safety. The goalkeeper needs to also adjust their position and the front post defender should spin after the ball has gone over their head to cover any attacking headers back across goal. Again communication between the defenders and GK is very important</p>
	
<p><b>Progression # 3</b> – The central server now serves the ball. One of the defenders should look to attack down the line of the ball, looking for height and distance with the header, the other defender should provide cover. The defenders need to communicate early and clearly as to who attacks the ball and who covers.</p>	<p><b>Progression # 4</b> – After a defensive header has been made, it is important that the defenders and goalkeeper react quickly to re organise to defend the next cross. If the ball has been headed clear into space, the defenders should look to push up the pitch</p>
	





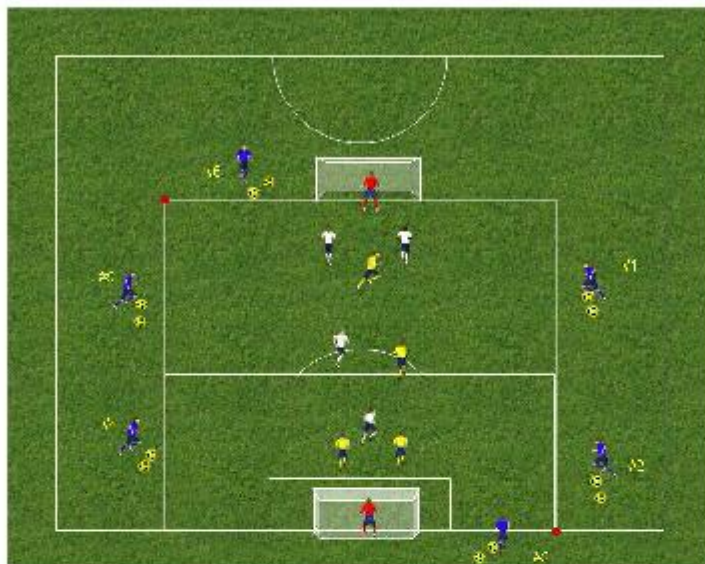
## PROGRESSIONS

Introduce a second attacker \*Introduce a supporting defensive midfield player on the edge of the box, who can be a target for cushioned headed clearances and an attacking midfield player positioned on the edge of the box, to attack any weak headed clearances to the edge of the box  
\*Progress practice a game

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## A GAME TO IMPROVE DEFENSIVE HEADING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Mark out a pitch about 35 x 20 yards, although the size can be adjusted to suit the age and ability of the players. The pitch should have two goals, with goalkeepers. Play a 2 – 1 – 1 formation. It is a free game but the coach should build in some sort of tactical shape to the game but allow the players to rotate where required.

There are six servers with footballs, located around the perimeter of the pitch and numbered. The servers can move up and down their areas to provide different angles and heights of crosses and balls into the defensive area.

Encourage free play and the team in possession can pass the ball to any of the servers and the defensive team must then adjust and organise for the thrown cross. If the ball goes out of play, the coach can also call the number of a server and an area for the ball to be thrown into. The defensive team then adjusts and organises to the serve into their area.

### KEY TECHNICAL ASPECTS

Communication between defenders and GK \*Defenders work as a unit, one attacking the ball, the others providing cover \*Start position in relation to where the ball is served from \*Get in the line and attack the ball down the line of the cross \*Timing of run and jump \*Select relevant defensive heading technique \* Protect the goalkeeper if they come for the cross \*After defensive header, readjust and reorganise \*Squeeze up the pitch if possible after the ball has been headed clear

**Progression # 1** –In free play, the ball is passed to server number two. The two defenders and the GK must adjust their position and defend the thrown cross into the area. It is important that the servers serve the ball accurately and throw the ball to the various key defensive areas, near post, far post and the middle of the goal. The attacker tries to score.

In this instance the ball is thrown to the near post and the first defender gets in front of the attacker to head clear



**Progression # 2** – This time, the coach calls a number and the service this time is to the far post. The goalkeeper and defenders communicate, the far post player employs a different type of defensive header, flicking the ball to safety and the near post defender has spun when the ball has gone over their head in case the ball is won by the attacker and headed back into their area or towards the far post area



**Progression # 3** – The ball is now served from a central area. This time, there is good communication between the defenders, with one attacking the ball, looking for height and distance with the header and the other providing cover. The defending M/F player should also look to drop in, in case it is a weak header to the edge of the area or for the possibility of a cushion header to start a counter attack



**Progression # 4** – After the ball has been cleared, the GK and defenders look to push up and clear the area. Encourage free play, with the ball being passed to a server. The servers should look to provide a wide variety of different serves, to different areas.





## ***Basic Goal Keeping***

The goalkeeper is a specialist position and requires specialist coaching. Unfortunately, this isn't always possible. Therefore, the objective of this section is to provide a coaching resource that helps coaches with some basic goalkeeping coaching.

Goalkeepers are the eleventh outfield player and should look to be involved as a player. This means supporting the defence when they are in possession of the ball and acting as a sweeper behind the defence when required. Because the goalkeeper can always see what is happening in front of them, they are in a unique position to be able to see things that other players can't and communicate good information to assist their team mates.

For the purposes of this section, we deal with coaching basic handling techniques and techniques for dealing with shots at the body.

The following are considered the key technical coaching factors for basic handling skills for a goalkeeper:

### **The basic shot stopping position**

- Starting position, weight should be on the balls of the feet
- Feet should be shoulder-width apart
- Hands should be at waist height, outside the line of the body
- Palms of the hands open
- Head should be slightly forward and steady at all times

### **K shot stopping position**

- Get in the line with the ball
- Collapse leg to form K shape
- Knee doesn't touch the floor
- No big gaps for ball to go through
- Hands behind the ball
- Scoop into chest
- Make safe clutch to chest

### **Scoop shot stopping position**

- Get in the line of the ball
- Legs slightly apart, no big gaps
- Bend back and get both hands behind the ball
- Scoop the ball up
- Make safe clutch to chest

### **Collapse save for low shot**

- Get in line of the ball
- Legs slightly apart, no big gaps
- Bend back and get both hands behind the ball
- Collapse legs behind to absorb pace of shot

- Make safe, clutch to chest

### **Technique of catching the ball at head height using the W catching method**

- Hands in front of the body
- Fingers spread into the 'W' shape
- Take the ball early
- Catch behind the ball
- Make safe by clutching into the body

### **Technique of making save into the body M catching shape**

- Get body into line with the shot
- Wrap the hands round behind the ball, using an M shape and grasp it into the stomach
- Relax the body so that the pace of the shot is absorbed
- Straighten the body up again and make the ball safe by hugging into the chest
- The practices you will see in this section are suggested practices, they aren't definitive.

## A PRACTICE TO IMPROVE THE BASIC TECHNIQUES OF GOALKEEPING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

Lay out a triangle of goals. The goals should be 4 yards wide and the distance between the goals should be 8 – 12 yards. The distances can be adjusted to suit the age and ability of the players.

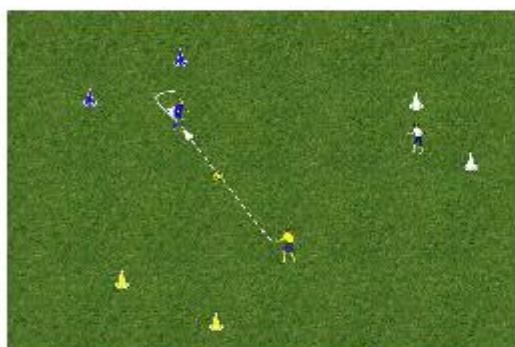
One of the goalkeepers starts with the ball. They should indicate which goal they are going to distribute to and roll the ball along the floor towards the goalkeeper.

The goalkeeper who is targeted should adopt a suitable distance off their line and be central to the goal.

The goalkeeper should make sure they get in the line of the ball and adopt the basic shot stopping position, with their weight should be on the balls of the feet, feet should be shoulder-width apart, hands should be at waist height, outside the line of the body. The palms of the hands should be open and the head should be slightly forward and steady at all times.



**Progression # 1** – As the ball is travelling along the floor, the goalkeeper should either use the K shot stopping position and get in line with the ball, collapse leg to form K shape, make sure the knee doesn't touch the floor, ensure there are no big gaps for ball to go through, get both hands behind the ball, scoop the ball into the chest and make the ball safe by clutching it to chest. Or they can employ the Scoop shot stopping position, where again they need to get in the line of the ball, make sure the legs are slightly apart, with no big gaps for the ball to go through, bend the back and get both hands behind the ball, scoop the ball up and make the ball safe, by clutching to the chest.

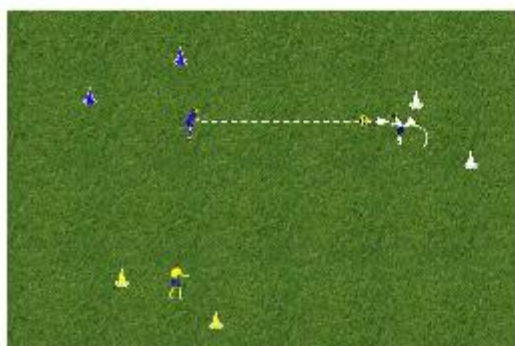


**Progression # 2** – The serving goalkeepers can now throw or pass the ball along the floor with more pace, this will encourage the goalkeepers to use the collapse save technique for firm low shots, the goalkeepers will have to get in the line of the ball, make sure their legs are slightly apart, with no big gaps for the ball to go through, bend the back and get both hands behind the ball, collapse their legs behind them to absorb the pace of shot and make safe by clutching it to chest.

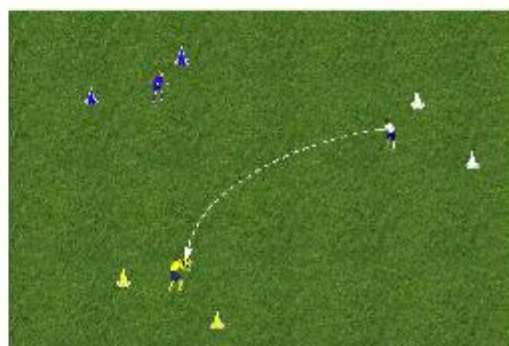
Repeat all techniques several times with all the goalkeepers.



**Progression # 3** – Now the servers can throw the ball with pace, aiming at the waist, chest or head height of the receiving goalkeepers. If the ball is waist height, the goalkeeper should look to use the technique of making a save into the body using the M catching shape. They will need to get their body into line with the shot, wrap their hands round behind the ball, using an M shape and grasp it into the stomach, relax the body so that the pace of the shot is absorbed, straighten the body up again and make the ball safe by hugging into the chest.



**Progression # 4** – The servers can now vary their serve, either along the floor, with greater pace or by throwing the ball at the receiving goalkeeper's body. If it is served at chest or at head height they will need to employ the technique of catching the ball using the W catching method. Once again they will need to get their body into line with the shot, get their hands in front of their body, spread their fingers spread into the 'W' shape, take the ball early, catch behind the ball, absorb the pace of the shot and make the ball safe by hugging into the chest.





## **KEY TECHNICAL ASPECTS**

### ***The basic shot stopping position***

Starting position - weight should be on the balls of the feet \*Feet should be shoulder-width apart \*Hands should be at waist height, outside the line of the body \*Palms of the hands open \*Head should be slightly forward and steady at all times

### ***K shot stopping position***

Get in the line with the ball \*Collapse leg to form K shape \*Knee doesn't touch the floor \*No big gaps for ball to go through \*Hands behind the ball \*Scoop into chest \*Make safe, clutch to chest

### ***Scoop shot stopping position***

Get in the line of the ball \*Legs slightly apart, no big gaps \*Bend back and get both hands behind the ball \*Scoop the ball up \*Make safe, clutch to chest

### ***Collapse save for low shot***

Get in line of the ball \*Legs slightly apart, no big gaps \*Bend back and get both hands behind the ball \*Collapse legs behind to absorb pace of shot \*Make safe, clutch to chest

### ***Technique of catching the ball at head height using the W catching method***

Hands in front of the body \*Fingers spread into the 'W' shape \*Take the ball early \*Catch behind the ball \* Make safe by clutching into the body

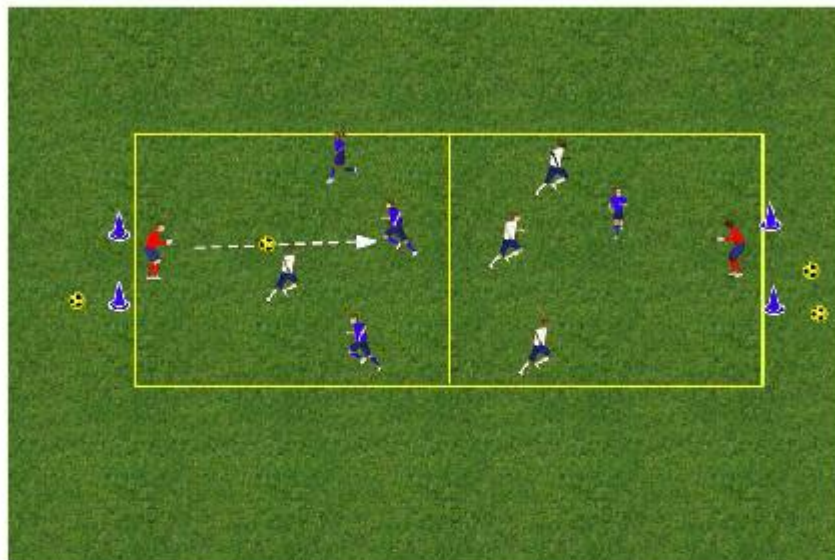
### ***Technique of making save into the body M catching shape***

Get body into line with the shot \*Wrap the hands round behind the ball, using an M shape and grasp it into the stomach \*Relax the body so that the pace of the shot is absorbed \*Straighten the body up again and make the ball safe by hugging into the chest

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## A PRACTICE TO IMPROVE THE BASIC SKILLS OF GOALKEEPING

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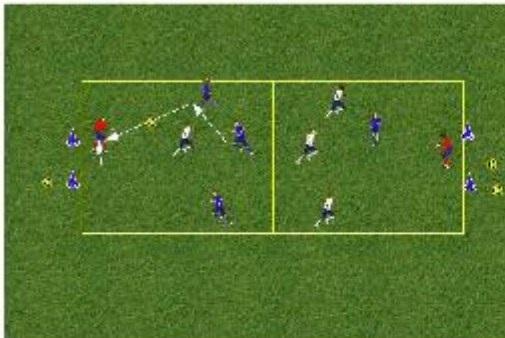
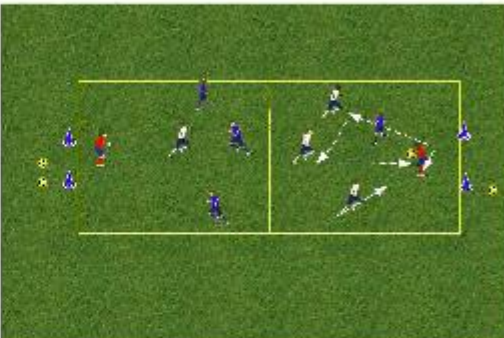
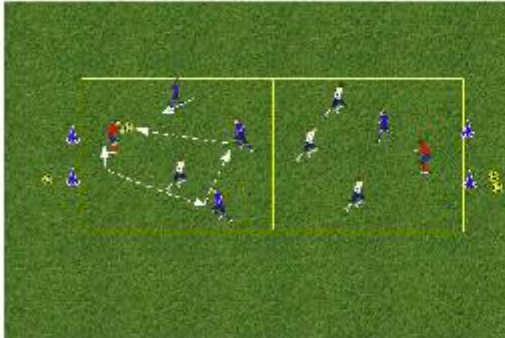
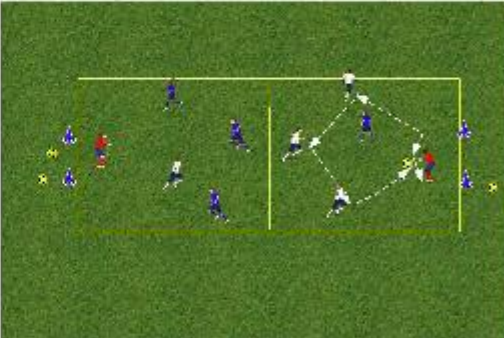
### ORGANISATION

Mark out an area of 30 x 15 yards, with a half way line. Play 3 attackers v 1 defender who are conditioned to stay in their own half. There are two goals 3 - 5 yards apart, with goalkeepers. The size of the area and the goals can be changed to suit the age and ability of the players.

The ball starts with one of the goalkeepers, who rolls it out to one of the attackers. The defender must put pressure on the nearest attacker and the attackers must make at least one pass before they can shoot.

Initially the attackers are conditioned to shoot low and at the goalkeeper. The size of the goal and this condition will result in more low shots that will encourage the goalkeeper to have to practise their low shot saving techniques.



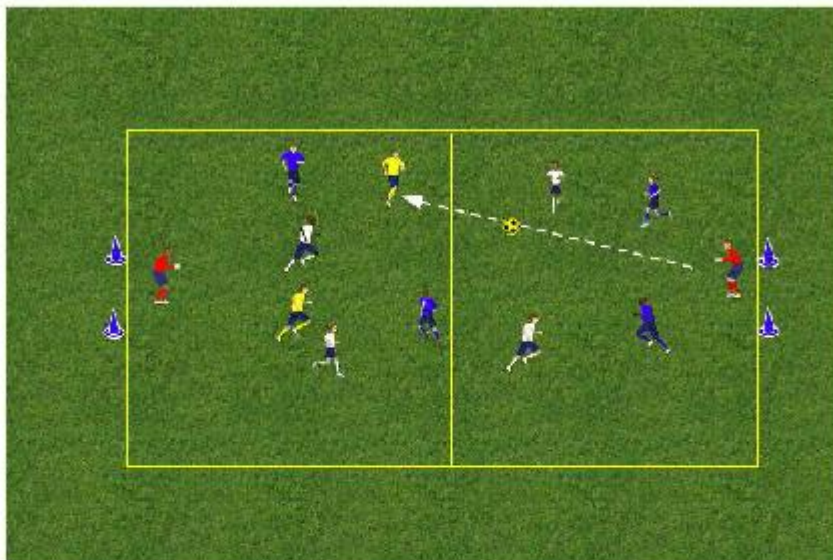
<p><b>Progression # 1</b> – As the ball is passed across from one attacker to the other, the goalkeeper will need to adjust their feet to get into the line of the shot and adopt the basic shot stopping position. Depending on the pace of the shot, the goalkeeper will need to employ one of the low shot saving techniques of the K shot stopping technique; the scoop shot stopping technique or the collapse save for low shot technique.</p>	<p><b>Progression # 2</b> – As the shot comes in this time, the goalkeeper must make sure they make the shot safe, because one of the attackers will be following up for any rebounds</p>
	
<p><b>Progression # 3</b> – The attackers are now encouraged to shoot at the goalkeepers body, this will encourage the goalkeepers to employ the “W” or “M” shot saving techniques</p>	<p><b>Progression # 4</b> – The attackers can move the ball between themselves to encourage the foot movement and adjustment of the goalkeepers and they can also vary their shots, some low, some at the body.</p>
	

## PROGRESSIONS

Add a second defender \*Progress to a game

## A GAME TO IMPROVE THE BASIC SKILLS OF GOALKEEPING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.

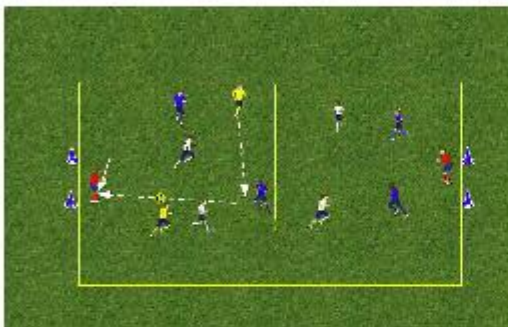
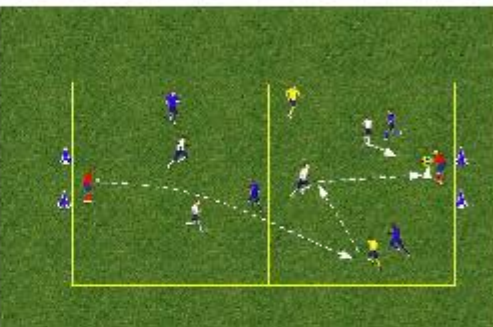
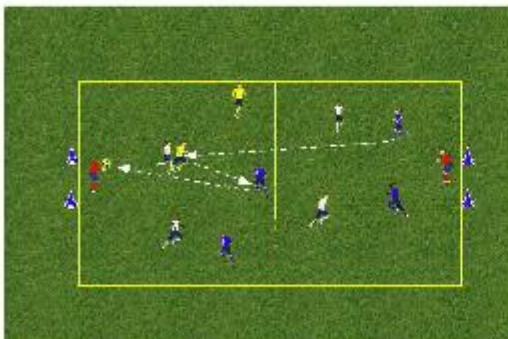
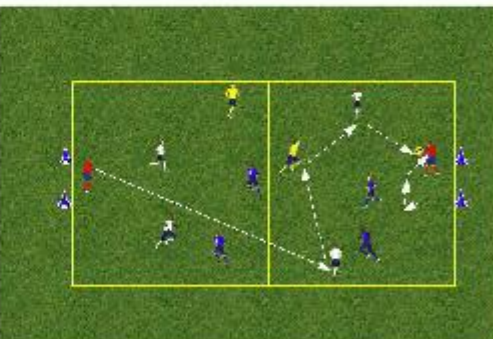


### ORGANISATION

Mark out a pitch of 40 x 20 yards, with a halfway line. There are two goals 4 – 6 yards apart, with goalkeepers. The area and size of the goals can be adjusted to suit the age and ability of the players. Play 4 v 4, with two floating players who play for the team in possession. The floating players cannot shoot. The attacking team can shoot from anywhere. Because the goals are small, this will result in lots of shots directly at the goalkeeper, which will encourage the basic skills of goalkeeping.

The game starts with the goalkeeper rolling the ball out to one of their team mates or a floating player



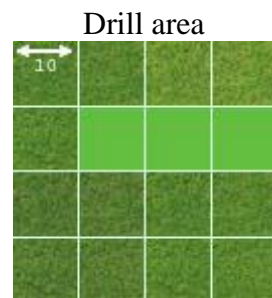
<p><b>Progression # 1</b> – As the ball is passed across from one attacker to the other, the goalkeeper will need to adjust their feet to get into the line of the shot and adopt the basic shot stopping position. Depending on the pace of the shot, the goalkeeper will need to employ one of the low shot saving techniques of the K shot stopping technique; the scoop shot stopping technique or the collapse save for low shot technique.</p>	<p><b>Progression # 2</b> – As the shot comes in this time, the goalkeeper must make sure they make the shot safe, because one of the attackers will be following up for any rebounds</p>
	
<p><b>Progression # 3</b> – The attackers are now encouraged to shoot at the goalkeepers body, this will encourage the goalkeepers to employ the “W” or “M” shot saving techniques</p>	<p><b>Progression # 4</b> – The attackers can move the ball between themselves to encourage the foot movement and adjustment of the goalkeepers and they can also vary their shots, some low, some at the body.</p>
	



# Checking in pairs for controlled lay off passes

## Purpose

Drill to improve players ability to initially check away from then back to the ball. Players either control and pass back to server or pass first time



## Set Up

- Use cones to lay out area
- Supply of balls

## Structure

Two players start back to back, both check towards the ball, using quick feet to adjust to the line of the pass. Players either control and pass back or accurately side foot ball back. Players then check quickly back to start point and repeat. Rotate players.

## Coaching Tips

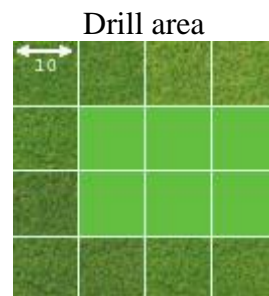
- Quick check away then back to the ball
- Get in the line of the ball
- Decision on control and pass or first time pass
- Tight control and accurate pass
- Back to start position

## Progressions

# Dribbling - drag the ball across the body

## Purpose

To improve the dribbling skill of dragging the ball across an opponent



## Set Up

- Mark out area with cones
- Distance to first set of cones 10 - 15 meters.
- Distance between cones 4 - 6 meters
- Number of zig zag cones suitable for age and ability
- Supply of balls

## Structure

Player dribbles the ball quickly to first cone. Player then drags the ball with big or little toe across the front of the first cone and around the back of the second cone. Repeat the dragging skill at all the cones.

## Coaching Tips

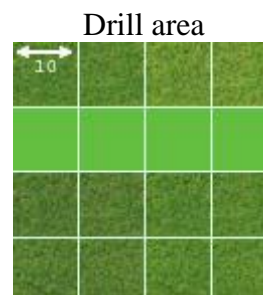
- Run quickly with the ball to first cone
- Big exaggeration to strike the ball
- Cut with big or little toe
- Quick after the ball
- Head up
- Repeat on next cone
- Quick between cones

## Progressions

# Dribbling to score

## Purpose

To improve dribbling to score



## Set Up

- Area 40 x 10 meters marked by cones
- Area zoned by cones into 10 meter, 5 meter, 10 meter, 5 meter, 10 meter.
- 2 x full sized goals - use poles if necessary
- Supply of balls
- Bibs

## Structure

Ball is passed from defender to attacker. Defenders are conditioned to stay in their 5 yard zone. Attacker runs with ball into defenders zone, then dribbles past defender. Defender can only tackle in the 5 yard zone. Attacker runs with ball into free zone without defender chasing. Attacker then runs into second defenders zone and dribbles past 2nd defender. Attacker then shoots or dribbles past goalkeeper. Repeat with next attacker.

### Coaching Tips

- Get to ball quickly
- Move defender off balance with dribbling trick
- Use big and little toe to cut the ball
- Burst quickly into space created
- Protect the ball with body
- Attitude to shoot quickly and accurately
- Assess the goalkeepers position
- Select correct shooting technique

It is important that the defenders are conditioned to only tackle in their designated area. For young players the coach might also initially want to condition the defenders to only jog and defend passively

## Progressions

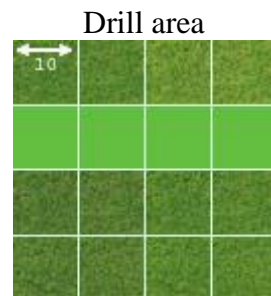


Progress from conditioned passive defending to correct defending

# Improve side foot shooting 1 V 1

## Purpose

To improve accurate side foot finishing when 1 v 1 with the goalkeeper



## Set Up

- Area marked out with cones
- 2 x full sized goals - use poles if necessary
- Supply of balls

## Structure

Player dribbles the ball and when they are 10 - 15 yards away, they look to accurately side foot the ball past the goalkeeper. After shot player goes to the end of the opposite group. Goalkeeper turns around and player from opposite group goes. Drill rotates

## Coaching Tips

- Head up to assess goalkeeper position
- Non kicking foot alongside the ball and pointed to target
- Use the instep
- Ankle firm and locked
- Step into the ball
- Strike through the mid line of the ball
- Head down and steady
- Follow through to target
- Keep the ball down
- Rebounds

Important the coach controls the session. Make sure that after their shot the players go to the end of the opposite group and that everyone is out of the way, the goalkeeper is ready before the next shot

## Progressions

- Add cones for players to dribble round

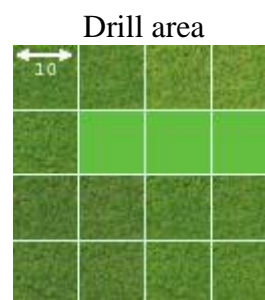
- Add a passive defender for player to dribble round
- Add chasing defender



# Dribble and quick shooting in the area

## Purpose

To beat a defender in the area and quickly shoot



## Set Up

- Area 30 x 10 meters marked with cones
- Full sized goal - use poles if necessary
- 2 grids of 5 meters square for players
- Coach serves ball
- Supply of balls
- Bibs

## Structure

Coach rolls the ball so the attacker can run onto it. Attacker uses dribbling skills to attempt to beat the defender and shoot as quickly as they can. Defender to defend realistically

## Coaching Tips

- Get to ball quickly
- Move defender off balance with dribbling trick
- Attack and exploit space created
- Attitude to shoot quickly and accurately
- Assess the goalkeepers position
- Select correct shooting technique
- Follow up for rebounds

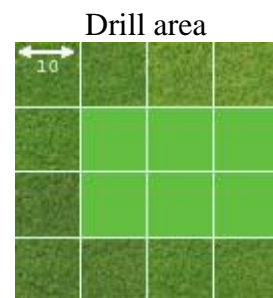
## Progressions

Progress to 2 v 2 and 3 v 3

# Tight control and quick shot

## Purpose

To improve quick control and shooting around the edge of the area



## Set Up

- Area marked out by cones
- Servers 10 - 20 meters away.
- Full sized goals 15 - 20 meters from control grid
- Control box 5 x 5 meters
- Supply of balls

## Structure

Ball is passed from various servers. Player checks from cone, must control within grid area and quickly shoot to either goal. Servers can vary the type of pass and serve, some firm along the floor, some lofted into the player, to test different types of control

## Coaching Tips

- Quick check from cone
- Move into line of the ball
- Select controlling surface
- Cushion ball to the correct side for the shot
- Assess goalkeepers position
- Use correct shooting technique
- Accurate shot
- Quick back for next shot

For older players the coach can make the shooting distance bigger, vary the type of surface and condition to control and shoot. For younger players make sure the service is mainly along the floor and the shooting distance is not as big

## Progressions

- Vary the type and distance of service

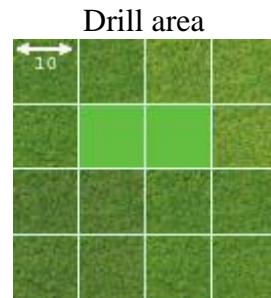
- Throw some ball for chest and thigh control
- Condition to two touch, control and finish



# Accurate sidefoot shooting game

## Purpose

To improve close range side foot shooting



## Set Up

- Area marked out with cones
- Distance between players 20 to 30 meters
- Goals 3 to 5 meters wide
- Supply of balls
- Bibs

## Structure

Players must control the ball and accurately side foot through goals to partner. The drill is a competitive game where each player is trying to side foot the ball through the goals and past their opponent. The player who is receiving the side foot pass must stop the ball going past them and try and side-foot it back past their opponent

## Coaching Tips

- Non kicking foot alongside the ball and pointed to target
- Use the instep
- Ankle firm and locked
- Step into the ball
- Strike through the mid line of the ball
- Head down and steady
- Follow through to target
- Keep the ball down

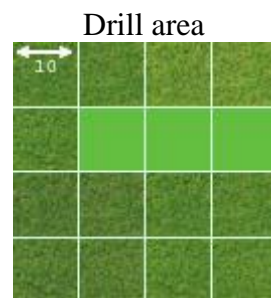
## Progressions

Play 2 v 2 so ball can be set for first time sidefoot shot

# One touch side foot shooting game

## Purpose

To improve quick, accurate side foot shooting



## Set Up

- Area of 30 x 10 meters marked out with cones
- Goals 5 to 8 meters wide.
- Supply of balls

## Structure

3 players in each team. Players try and side foot the ball firmly through the goals attempting to get the ball past the other team. Defending team must be ready and on their toes to stop the ball going past them. Defending team have only two touches, one to control the ball, the second to immediately play an accurate side foot shot back through the goals

## Coaching Tips

- Get in line to control the ball for team mate
- Non kicking foot alongside the ball and pointed to target
- Use the instep
- Ankle firm and locked
- Step into the ball
- Strike through the mid line of the ball
- Head down and steady
- Follow through to target
- Keep the ball down

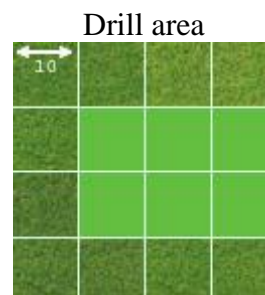
## Progressions

Play one touch so ball has to be set for a team mate for a first time side foot shot

# One - Two shooting in teams

## Purpose

Play a give and go to shoot at goal



## Set Up

- Area marked out with cones
- Full sized goal - use poles if necessary
- Supply of balls
- Bibs

## Structure

Two teams, one team shooting, the other fielding behind the goal. Team shooting play a give and go with the coach to shoot for goal. 3 points for a goal, 1 point for hitting the target. Deduct 1 point if the shooters miss the target and a member of the other team catches the ball. Team fielding are organised so that they return the balls when the ball misses the target

## Coaching Tips

- Firm pass into coach
- Quick movement to get return
- Assess goalkeepers position
- Select correct technique for the shot
- Hit the target
- Follow up for rebounds

## Progressions

- Vary the type of service to challenge different shooting techniques, some bouncing ball, some set back, some to run onto
- Change the angle of service to test different shooting techniques
- Change the distance



# Shooting with ball rolling away from player

## Purpose

To improve accurate shooting when the ball is rolling away from the player



Drill area

## Set Up

- Area marked out with cones
- 1 x full sized goal
- Two lines of players 30 to 40 meters from goal central with balls.
- Two players 5 to 10 meters in front and to the side of group with balls.
- Ball is rolled so the player runs onto the ball and shoots
- Supply of balls

## Structure

Ball is played past the player. The player runs onto the ball quickly and looks to shoot accurately, using the correct technique.

### Coaching Tips

- Watch ball
- Time run onto ball
- Head up to assess goalkeepers position
- Identify the most vulnerable area of the goal
- Accuracy - hit the target
- Keep the head down and steady on the ball
- Strike through the middle top half of the ball
- If power shot - point toes and lock ankle at point of contact
- Finish with toes pointing at target
- Rebounds

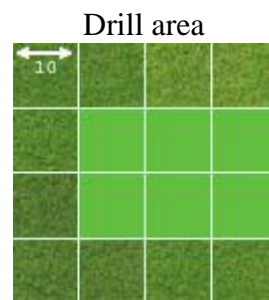
## Progressions

- Introduce a chasing defender
- Vary the type of service, bounce some ball as well as along the floor

# One V One dribbling and shooting game

## Purpose

To develop dribbling and shooting skills



## Set Up

- Area marked out with cones
- 2 x full sized goals - use poles if necessary
- Supply of balls
- Bibs

## Structure

Teams are behind the goals and all the players are given numbers. Coach calls out a number and rolls a ball onto the pitch. The players whose number is called try to get to the ball first. The player on the ball becomes the attacker, the other the defender. Make the game a competition.

### Coaching Tips

- Get to the ball quickly
- Be positive and attack defender
- Use dribbling skill to throw defender off balance
- Take shooting opportunity
- Select shooting technique
- Assess goalkeepers position
- Accurate shot - hit target
- Follow up for rebounds

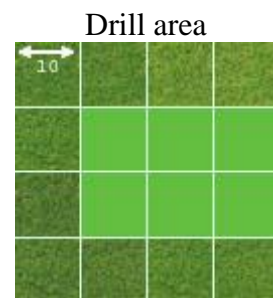
## Progressions

Call out two and three players from both teams

# Dribbling, passing and finishing game

## Purpose

To develop dribbling, passing and finishing skills



## Set Up

- Use cones to lay out the area to suit age and ability
- Zig zag dribbling cones
- Full sized goal - use poles if necessary
- Gates 2 meters wide
- Supply of balls
- Bibs

## Structure

Server 30 meters out. Players dribble through / round cones. They then have to pass through one of the two meter wide gates that the coach specifies, pass being 15 meters along the floor. Coach then serves the ball for a 1 V 1 situation. Attacking players, dribble and then shoot.

## Coaching Tips

- Good dribbling skills
- Head up to assess pass
- Accurate pass
- Quick to ball
- Attacker use skill to beat defender
- Accurate shot
- Rebounds

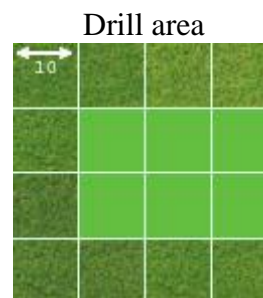
## Progressions



# Zig zag dribbling and shooting game

## Purpose

An exercise where the players can enjoy a fun dribbling and running with the ball game, ending with a shot at goal.



## Set Up

- Area 30 x 30 meters marked out with cones
- 2 x full sized goals
- Cones laid out in a zig zag shape for dribbling
- Big gap between last cones for running with the ball.
- Supply of balls

## Structure

Players race against each other to dribble round the zig zag cones, run with the ball and shoot. Points are awarded for fast, successful dribbling and quick accurate shooting

## Coaching Tips

- Head up dribbling round the cones
- Use big and little toe to manipulate the ball when dribbling
- Head up to assess goalkeepers position prior to shot
- Correct shooting technique
- Accuracy of shooting - hit target
- Follow up for rebounds

The coach can make the area bigger or smaller depending on the age and ability of the players. Important that the coaching focus doesn't end with the dribbling, but has an end result. An accurate shot

## Progressions

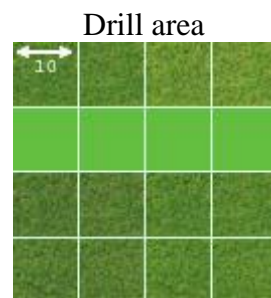
Move the end cone to vary the type and technique of shot



# Game to develop turning to shoot

## Purpose

To improve turning and shooting in and around the penalty area.



## Set Up

- Use cones to mark out the area
- 1 x Full sized goal.
- 2 lines of players with balls on two cones 30 meters from the goal
- Forward on cone 10 meters away.
- Supply of balls

## Structure

Ball is passed into forward, who checks back to receive the ball into feet. Forward uses various turning techniques to turn with the ball into the penalty area and looks to shoot past the goalkeeper. After shooting the player returns to the end of the opposite group. Repeat exercise from the other end.

## Coaching Tips

- Check from cone to receive the ball
- Use turning technique
- Head up after turn to assess goalkeepers position
- Accurate shot
- Follow up for rebounds

## Progressions

- Vary the types of turns
- Vary the service to test ball control and turning techniques

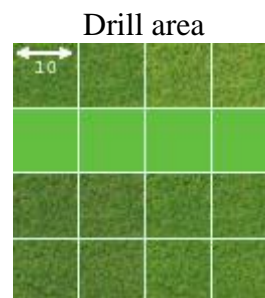




# Quick feet dribbling and shooting

## Purpose

To develop quick feet and fast shooting in and around the penalty area



## Set Up

- Area 40 x 10 meters marked by cones
- Area zoned by cones into 10 meter, 5 meter, 10 meter, 5 meter, 10 meter.
- 2 x full sized goals
- Supply of balls
- Bibs

## Structure

Ball is passed from defender to attacker. Defenders are conditioned to stay in their 5 yard zone. Attacker dribbles the ball into defenders zone, then uses quick feet to dribble by defender. Defender can only tackle in the 5 yard zone. Attacker dribbles ball into free zone. Attacker then dribbles the ball into the second defenders zone and dribbles past 2nd defender. Attacker then shoots quickly past goalkeeper. Repeat with next attacker.

### Coaching Tips

- Head up when dribbling
- Use dribbling skill to throw defenders off balance
- Burst quickly past defender when thrown off balance
- Assess goalkeepers position
- Accurate finish

It is important that the defenders are conditioned to only defend in their 5 meter zone.

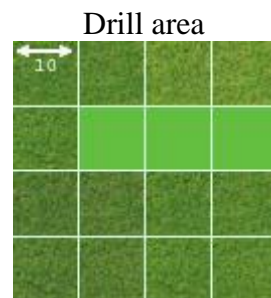
## Progressions

For younger players the coach might condition the defender to walk, then jog, then defend properly so that the attacker can gain success

# 1 v 1 dribbling to shoot game

## Purpose

To improve dribbling 1 v 1 in the penalty area and shoot



## Set Up

- Area 30 x 10 meters marked by cones
- Full sized goal.
- 2 grids of 5 meters for players to start in.
- Coach serves ball
- Supply of balls
- Bibs

## Structure

Attacker quickly runs onto the ball, attempts a dribbling trick to beat the defender and shoot as quickly as they can. Defender to defend realistically

## Coaching Tips

- Attacker quick to ball
- Dribbling trick to throw defender off balance
- Burst of pace to exploit space created
- Positive attitude to shooting opportunities
- Assess goalkeepers position
- Hit target - accurate shot
- Follow up for rebounds

## Progressions

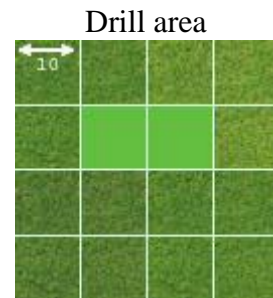
- Progress to 2 v 2
- Make area 30 x 15 meters
- Let players stay on the pitch for a longer period.



# Attacking dribbling skills game

## Purpose

To develop positive attitude and skills for dribbling to shoot in and around the penalty area



## Set Up

- Area 20 to 30 meters X 10 to 15 meters marked out with cones
- 2 x full size goals
- Teams behind both goals.
- The players are given individual numbers.
- Supply of balls
- Bibs

## Structure

Teams are behind the goals and all the players are given numbers. Coach call out a number and rolls a ball onto the pitch. The players whose number is shouted try to get to the ball first. The player on the ball becomes the attacker and attacks the defender with a positive dribbling skill and tries to score.

## Coaching Tips

- Quick to get to the ball
- Positive attitude to beat the defender
- Trick to move defender off balance
- Exploit space created by dribbling trick
- Positive attitude to take shooting opportunity
- Assess goalkeeper
- Accurate shot
- Follow up for rebounds

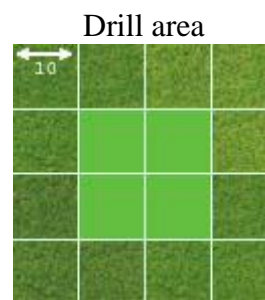
## Progressions

- Make area bigger
- Progress to 2 v 2

# Sharp turning with the ball

## Purpose

Drill to improve the ability to quickly turn and change direction with the ball



## Set Up

- Area marked out by cones
- Supply of balls
- Bibs

## Structure

Defender dribbles and passes the ball to attacker. Attacker receives the ball and by turning and changing direction quickly, tries to throw the defender off balance and reach one of the cones at the edge of the grid. Award 1 point if attacker gets to either of the side cones and 3 points if attacker dribbles past defender to reach the opposite cone

## Coaching Tips

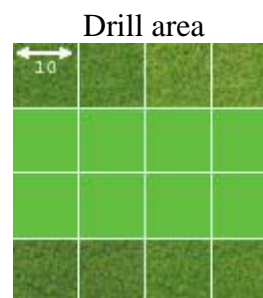
- Move into line of the ball
- Meet pass
- Control ball away from the defender
- If needed execute a turn to throw defender off balance
- Quick out of turn

## Progressions

# Dribbling race in and out of cones

## Purpose

To improve dribbling and running with the ball skills in a fun competitive game



## Set Up

- Use cones to mark out area
- 5 meter ball control zone
- Distance from ball control zone to first gates 10 - 15 meters
- Zig zag dribbling cones 2 -3 meters apart
- Distance to last cone from zig zag cone 10 meters
- Supply of balls

## Structure

Players in two teams, make it a race. Players have to run quickly with the ball through the gates and dribble in and out of the cones. When they dribble round the last cone, they pass back to the next player. The next player must only control the ball in the ball control zone. Repeat through the team

## Coaching Tips

- Run quickly with the ball
- Keep head up when dribbling
- Dribble quickly in and out of cones
- Use big and little toe to manipulate the ball
- Good turn at end zone
- Assess and "picture" the pass
- Accurate pass
- Move into line of the pass
- Cushion control in ball control zone

## Progressions

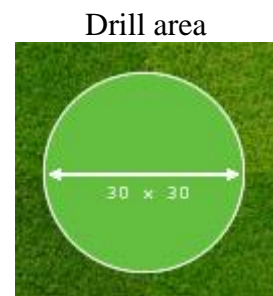


# Clock Coaching Warm up sessions

## Purpose

A training session that uses the principles of clock coaching. This can be used as a fun warm up. By making the clock bigger and smaller and using more footballs to increase the intensity, you can ensure the players work hard, concentrate on specific techniques and skills and ensure everyone is involved.

There are a number of different clock coaching sessions, each one can focus on different techniques and skills, without drastically changing the **structure** of the session.



## Set Up

- Clock area 20 - 30 meters across
- Supply of balls
- Bibs

## Structure

The players form a clock shape. The size of the clock will depend on the number of players and the technique and skill that is coached. It is important that the players keep the shape and size of the clock at all times. To increase difficulty add extra balls where appropriate.

### Coaching Tips

- Keep the size and shape of the clock at all times
- Accurate passing
- Good communication
- Control the ball out of the feet and off the line of the pass
- Players ready and on their toes on the outside of the clock
- Start slowly and use one ball until the players get used to the exercise
- To increase intensity, use more than one ball

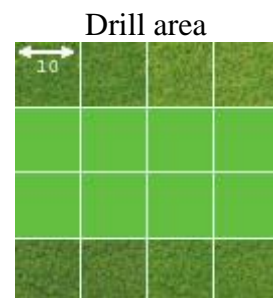
## Progressions

- First drill: Condition to two touch: Make clock bigger and smaller: Introduce two players who control and swap balls: see also C.C Passing, support and movement
- Second drill: Condition outside players to one or two touch: Make clock bigger or smaller: Introduce a third defender: Defenders defend for between 30 sec and 1 min 30 sec: Extra time for defenders if ball is passed between them.
- Third drill: Condition to one or two touch: Ball can be set to either side and the player positioned to the other side the ball is set makes the third man run

# 3 V 3 Shoot through 1 goal

## Purpose

Attacking 3 players to combine on both sides of the goal, with passing, support and movement to create a shooting opportunity, through either side of the goal.



## Set Up

- Area 40 x 20 meters marked out with cones
- Full sized goal on the half way line.
- 2 x Teams of 3 players, 2 from each team on one side of the goal, 1 from each team on the other
- Good supply of balls
- Bibs

## Structure

One goal. Goalkeeper saves both sides. 3 players in each team. Teams line up with 2 players on one side of the goal and one player on the other. There can be no more than 2 players in each half at any one time, but player can move from their own half to the other. Team in possession combine with passing and movement to create a goal scoring opportunity on either side of the goal. If defending team gain possession, they become the attackers. If goalkeeper saves, the ball is returned to the coach. If ball goes out of play, ball is served from the coach. Coach serves the ball. Coach will need a good supply of balls.

## Coaching Tips

- Attitude to take shooting opportunities
- Movement to find space and receive passes
- Accuracy of shooting
- Rebounds from goalkeeper
- Talking and communication
- Decision of when to shoot and when to pass

The coach plays an important role in the game. It is important that there is a good supply of balls and that when a ball goes out of the grid, the coach serves another ball into the area

## Progressions



- Make area bigger and play 4 v 4
- Condition to two touch

# Sprint and shoot drill

## Purpose

To encourage quick, checking movement in the penalty area and first time shooting.



## Set Up

- Area marked out with cones
- Full sized goal
- Good supply of balls

## Structure

Players are numbered and line up along the touch line, with balls. Three cones are numbered and placed around the penalty area D. Coach calls 2 numbers and a cone. First numbered player must sprint round named cone and back into the penalty area for a shot. Second numbered player must time the pass so the first player can run onto it and shoot first time. Second player immediately sprints to a different cone called by coach. Third player nominated by coach passes the ball for second player. Repeat.

It is important that the coach control the tempo of this drill. Ensure that the players get out of the way quickly after they have had a shot

## Coaching Tips

- Quick sprinting to the cone and checking off cone
- Accurate timed pass from base line
- Head up to assess goalkeepers position
- Choice of correct shooting technique
- Accuracy of shot - hit target
- Keep head down and still
- Strike through the middle to top half of the ball
- Rebounds

Important that the coach controls this drill. For older players, allow the players to pass and follow as suggested in the **structure**. For younger players the coach might take control of the passing

### **Progressions**

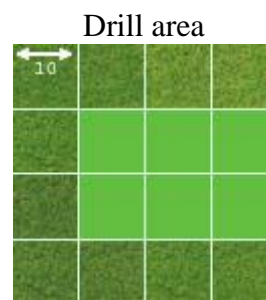
- Vary the distance of the cones they run round
- Vary the type of service, some slow for first time shooting, some faster to develop control and shooting, bounce some balls in for different shooting techniques, throw some to test different control surfaces



# Combine in threes to cross and finish

## Purpose

To develop unopposed combination play, to free a wide player to cross and finish



## Set Up

- Area marked out with cones
- 2 x full sized goals - use posts if necessary
- Supply of balls
- Bibs

## Structure

3 attacking players create space for themselves to receive the ball from the goalkeeper. After clever, one and two touch combination play, one of the players makes a wide run for a pass. The ball is delivered wide for a cross with good forward movement to score. Repeat from other end of the pitch after shot and cross. Rotate teams of players up and down the pitch

## Coaching Tips

- Player makes a run to a wide area
- Wide player head up to assess crossing opportunities
- Forwards make well timed runs, 1 near and 1 far post
- Wide player crosses to near or far post space
- Hit target with finish

This drill requires some imagination from the players. It is important that one of the players makes a positive wide run. Ensure that the two forwards make well timed runs to both the near and far post. Encourage the crosser to hit space not the players, this will encourage the forward to attack the ball

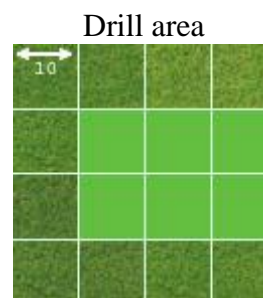
## Progressions

Introduce a defender

# Pressurised shooting game

## Purpose

To improve an attackers reactions, control, dribbling and shooting skills, under pressure from defenders



## Set Up

- Area 30 x 20 meters marked with cones
- 2 x Full sized goals with GK
- Servers numbered and on the corner of the pitch with a supply of balls.
- Defenders numbered and around the pitch.
- Attacker in the middle of the pitch.
- Supply of balls
- Bibs

## Structure

4 servers with balls in the corners. Defenders numbered and on the outside of the pitch. Coach nominates which numbered defender defends. Attacker in the middle of the pitch. Coach nominates a numbered server to pass the ball into the area, the ball is served to the attackers advantage. Attacker attempts to score a goal as quickly as possible. Once the attack is over, ball is served again, keeping the pressure on the attacker to work hard, using quick turns and sprints. Repeat for 4 - 6 shots and then change attackers.

## Coaching Tips

- React to served ball quickly
- Control the ball away from the defender
- Attitude - can attacker shoot quickly
- Assess goalkeepers position
- Choose correct shooting technique
- Shoot accurately
- React quickly for next pass

It is important that the servers pass the ball to the advantage of the attacker. This is a shooting and fitness drill. Ensure the attacker works hard to react quickly to get to the ball and has a

positive attitude to shoot. Vary the size of the area and the intensity depending on the age and ability of players

**Progressions**

Play two attackers V 2 nominated defenders



# Forwards combination play

## Purpose

To develop forward combination play and clever movement from passes from wide areas



## Set Up

- Use half a pitch
- Full size goal
- Cone for central server 30 meters from goal.
- Cones for wide players 10 meters in from touch line and 30 meters out.
- At least 3 players start in wide position.
- Cones for forwards starting position on edge of penalty area D.
- Supply of balls on central cone

## Structure

Ball is served from a central server to a wide player. Wide player receives the ball with an open body and controls the ball into space. Wide player passes a quality pass into one of the forwards. Forwards demonstrate good, well timed movement to combine to finish. Wide players take forwards role and repeat.

## Coaching Tips

- Accurate passing
- Wide players check and receive the ball with an open body position
- Control out of feet
- Forwards sharp, well timed movement
- Forwards to see each other
- Good communication
- Accurate finish
- Follow up for rebounds

Encourage the forwards to use their imagination to combine to finish. Rotate players after shot. Coach controls when new attacks start

## Progressions

- Player to line up on angle for ball to bypass first forward and second forward to set it for first forward who has spun to receive
- Forwards do a take over
- First forward flicks inside for second forward to run onto
- Play a 1 - 2

# Forwards check and spin for angled pass

## Purpose

To develop forward movement of checking and spinning in and around the penalty area, for an angled midfield pass



## Set Up

- Use half a pitch
- 1 Cone 45 meters from goal, with ball and players in pairs.
- 2 cones 5 meters apart, central 30 meters from goal, player on each cone.
- 2 cones 10 meters apart, central 25 meters from goal, player on each cone.
- Full size goal
- Supply of balls
- Bibs

## Structure

One cone 45 meters from goal and central. Queue of players in pairs with balls. 2 cones 35 meters from goal, 5 meters apart and central to the goal. 2 cones 10 meters apart 5 meters outside the area. Ball is played from first cone for a return pass from players on second cone. Forwards spin and check to make timed, curved runs outside of the cones for an accurate pass inside the cones. Forwards to shoot across GK and follow up to far post area. After shot players move down to next cone and forwards return to the first cone. Repeat

Coaching Tips

- Good accurate passing and lay off
- Forward times run
- Forward curves run to stay onside and watches the ball
- Midfield passer, accurate angled side foot pass
- Forward observe goalkeeper
- Forward strike ball hard and low across goalkeeper for far post
- 2nd forward follow up on shot, without being off side

## Progressions



- For younger players the coach may well just have the forwards set it back, then make their curved run.
- For accuracy sake either the coach or one of the better passers makes the angled through pass to forwards

# Shooting when ball is rolling across area

## Purpose

To develop and improve the technique of shooting with the ball rolling across the player



## Set Up

- Area marked out with cones
- Two lines of players 30 to 40 meters from goal.
- Two players 5 to 10 meters in front with the balls
- Ball is rolled so the player runs onto the ball and shoots
- Supply of balls
- Full sized goal

## Structure

Players with balls 10 meters from edge of penalty area D and 20 yards out. Shooters on cones 30 meters out and central. Players with balls roll the ball across and into the penalty area D. Shooters time runs and attempt to strike the ball to score. After shot, shooters become rollers and rollers become shooters. Repeat from both sides. Make it a competition. 1 point for hitting the target, 3 points for scoring.

## Coaching Tips

- Shooter runs to ball quickly
- Assess goalkeepers position
- Select the most vulnerable part of the goal
- Select technique depending upon how far out the player is for the shot
- Either powerful accurate shot - or
- Accurate side foot
- Keep head down and steady on the ball
- Strike through the middle top half of the ball - keep ball down
- Follow up for rebounds

## Progressions

Vary the type of service, some for first time shots, some that will need controlling and shooting.

# Third man running, to finish, from midfield

## Purpose

To improve third man running from midfield players into forward areas.



## Set Up

- Use cones to organise the drill around the penalty area.
- Wide players on cone 15 meters outside of the penalty area, 10 meters in from the touchline.
- Midfield players, with footballs, on a cone 15 meters outside of the penalty area and level with the near post.
- Forwards on cone on the edge of the area, 20 meters from touch line. Supply of balls with midfield players.
- After shot rotate players

## Structure

Midfield player passes into forward, who sets it back for a supporting wide player. Midfield player makes a timed third man run, for the wide player to pass the ball forward into an advanced area. Midfield player runs onto the ball and shoots. Repeat from both sides. Rotate players after shot.

## Coaching Tips

- Accurate pass into forward
- Forward meets the ball and sets it back to supporting player
- Supporting player accurate, timed pass
- Timed run from midfield player onto through pass
- Assess goalkeepers position
- Accurate finish
- Rebounds

Encourage the forwards to check away before meeting the ball. It is important that the forward set a ball that can be played first time if possible, therefore they may need to take two touches. Timing of the pass and the run is very important, better for the run to fast and late that too early. The players should rotate their positions after the shot



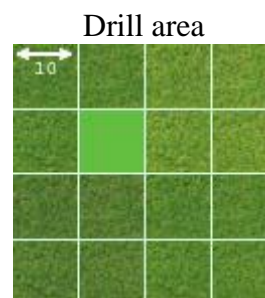
## **Progressions**

- Bring in a chasing defender
- Have two midfield players make runs and one defender chasing to develop passing choices

# Dribble, turn and change direction

## Purpose

To improve dribbling, turning and changing direction in tight 1 v 1 situations



## Set Up

- Grid area 10 - 15 x 10 - 15 meters marked out with cones
- Supply of balls
- Bibs

## Structure

Defender dribbles and passes ball to attacker. Attacker receives the ball and by turning and changing direction quickly, tries to throw the defender off balance and reach one of the cones at the edge of the grid. Award 1 point if attacker gets to either of the side cones and 3 points if attacker dribbles past defender to reach the opposite cone

## Coaching Tips

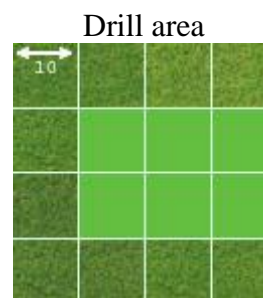
- Meet ball as passed
- Control ball and be positive
- Can attacker beat defender and get to cone behind them
- If not, protect ball away from defender
- Use turning skills to turn away from defender
- Quick out of turning or dribbling skill

## Progressions

# Dribbling down the windy road game

## Purpose

A dribbling, running with the ball and passing game



## Set Up

- 2 x avenue of windy cones 20 - 30 meters long x 2 meters wide.
- Full sized goals situated 10 - 15 meters from the end of the windy road.
- Goals split into 3 targets, middle target 4 yards wide, end targets 2 yards wide
- Supply of balls

## Structure

Individual competition. Players must dribble the ball down the windy road, keeping the ball in between the cones, as quickly and as stylishly as possible. At the end of the windy road, they must pass the ball into the goal. Player gets 1 point for passing into the middle of the goal and 3 points for passing into the corner target area. Coach to awards points for style, speed and not touching the cones. After shot player goes to the back of the next queue.

## Coaching Tips

- Run quickly with the ball
- Head up when running with ball and dribbling
- Use front of foot and big and little toe to manipulate the ball
- Look stylish
- Compose at end of run and assess pass
- Accurate side foot pass

## Progressions

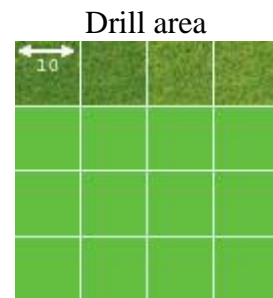
Make the windy road narrower and more zig zag



# Zig Zag running, dribbling and shooting game

## Purpose

A fun game to improve quick running with the ball, zig zag dribbling and side foot shooting



## Set Up

- Pitch area 30 - 50 meters marked out with cones
- Adjust size to fit age and ability
- 2 x full size goals with goalkeepers.
- Zig zag street of cones 2 meters wide.
- Distance from last cone to goal 15 meters.
- Supply of balls.

## Structure

An individual competition. Players are divided into two groups and placed at different ends of the pitch. On the coaches command, two players run quickly with the ball and have to run and dribble as quickly as they can down the Zig zag street of cones, without the ball touching the cones. When they reach the 2nd last cone they must compose and shoot an accurate side foot shot past the goalkeeper, before they reach the last cone. Coach awards points for style and speed of running with the ball and also for the accuracy and goal scoring of final shot.

## Coaching Tips

- Run quickly with the ball
- Keep the head up
- Use front of foot, little toe and big toe to manipulate the ball
- Be quick but under control
- Compose before shooting
- Assess goalkeepers position
- Accurate shot

Make the avenue of cones wider for younger and less experienced players

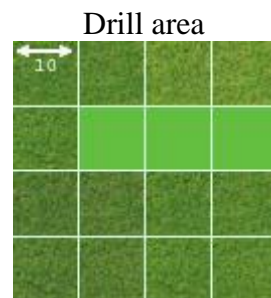
**Progressions**

Try and beat goalkeeper on a 1 v 1 finish

# Pressurised dribbling and defending

## Purpose

A pressurised team game to develop sprinting, reaction and dribbling skills



## Set Up

- Pitch area 30 meters x 10 meters marked with cones
- Goals 2 meters wide.
- Supply of balls with the coach
- Bibs and cones

## Structure

The players are divided into two teams and the players are given numbers. The coach calls out a number and the players with those numbers have to sprint around the outside of the pitch and through the goals. The coach rolls the ball onto the pitch. First player to the ball becomes the attacker, the other the defender. Attacker must try and beat defender and pass the ball through the goals. Both players must the sprint back to the end of their respective groups. Repeat. Make the game a competition

## Coaching Tips

- Sprint quickly to get through the end gates first
- Move defender off balance with dribbling trick
- Exploit space created by trick
- Burst into space quickly
- Positive attitude to passing through gates
- Head up and assess pass through gate
- Accurate pass

Make pitch smaller and gates bigger for younger players.

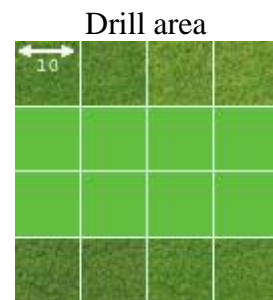
## Progressions

Call two numbers and play 2 v 2

# Game for protecting and running with the ball

## Purpose

A drill to develop control and protecting the ball away from opponents and then running and dribbling away from the defenders



## Set Up

- Area to suit age and ability, suggest 40 x 20 meters marked out with cones
- Players in groups on the perimeter lines, all given individual corresponding numbers.
- Supply of balls with coach
- Bibs

## Structure

Players are divided into two groups facing each other across the pitch. All players are given individual corresponding numbers. The coach can roll one, two or three balls onto the pitch and call one, two or three numbers. The numbered players must sprint and try and gain possession of a ball. The players who get possession must look to control and protect the ball away from the defenders and attempt to dribble and run the ball to any of the side lines. Defenders must try and stop them. Return balls to coach and repeat

## Coaching Tips

- Be quick to the ball
- Control ball away from defender
- Get body between ball and defender
- Be positive about running or dribbling the ball to one of the side lines
- Be under control
- Head up

## Progressions

- For younger players limit it to one or two players and condition so that the ball is rolled to the advantage of one of the players.

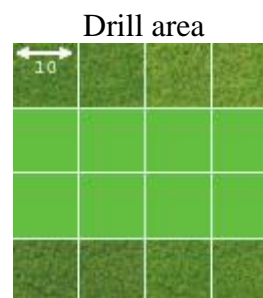


- Condition so that they must turn away from the defender and run back to their own line

# Escape defender - running with ball

## Purpose

Game to improve passing, support, movement and particularly running with the ball



## Set Up

- Area 40 x 20 meters marked with cones
- Two end zones of 20 x 10.
- Start 3 v 1 in 20 x 10 area.
- Supply of balls
- Bibs

## Structure

Start with 3 attackers V 1 Defender. 2 attackers must complete a set number of passes - 3 - and the final pass must release one of the players to run with the ball to the opposite end of the grid. The player running with the ball must join up with the other 2 players who are waiting in the grid, this then makes a 3 v 1 situation. The practice is then repeated. Defenders to try and prevent the players keeping possession. Once the player runs with the ball, they must then stay in their grids, they are not allowed to chase the players.

## Coaching Tips

- Pass to keep possession
- Communication - calling for the pass
- Timing of pass and run. Player not to go too early
- Player running with the ball - good first touch into the space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run straight and quickly
- Head up
- Compose and select pass at end of run
- Join other group to make 3 v 1

For younger players, the coach could condition the defenders to passive defending, just jogging, to ensure the 3 attacking players combine to release the player

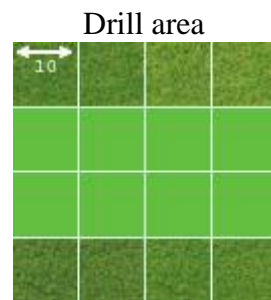
### **Progressions**

Make area 50 x 30 meters and play 4 v 2

# Cutting across chasing defenders line

## Purpose

Drill to improve control into space, running with the ball and how to cut across chasing defenders line.



## Set Up

- Area 40 x 20 meters marked out with cones
- Area is split into 2 x 40 x 10 meter zones.
- Supply of balls

## Structure

Ball is passed to runner. Defender is 5 meters away. Once runner has controlled the ball, defender can chase and try and win the ball. Runner runs to the other end of grid and passes into the waiting player. Ball is passed to runner. Repeat to other end.

### Coaching Tips

- Body open, shoulders turned to receive the ball
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up
- Cut across defenders running line
- Compose and select pass at end of run
- Join other group to make 3 v 1

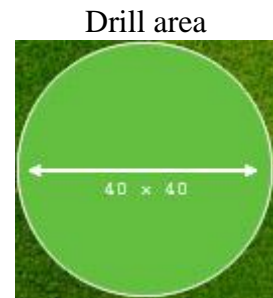
## Progressions



# Run and pass through gates game

## Purpose

Run round the clock, pass to next player who turns, runs with the ball and passes through the gate to the next player. Improving control, turning, running with the ball and accurate passing.



## Set Up

- Distance between gates 20 - 25 meters.
- Gate size 1 - 3 meters.
- Cones
- Supply of balls

## Structure

Players positioned in a clock shape. Each player is the gate keeper to a 2 meter gate. Player runs with ball and passes accurately through the gate. Gate keeper controls the pass, runs quickly with the ball and passes accurately through the next gate. Repeat round the clock

### Coaching Tips

- Check to receive the ball through the gates
- Open body, turn shoulders to receive pass
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot when running with the ball
- Minimum number of touches
- Run quickly
- Head up
- Compose at end of run for accurate pass

## Progressions

- Change direction
- Introduce a second and third ball
- Make clock bigger and smaller

# Running through traffic

## Purpose

Running with the ball game. Great for warm ups as well. Improves fast running with the ball over longer distances. Players have to get their heads up and be composed to avoid other traffic



## Set Up

- Area - half a pitch
- Four groups, one in each corner with balls.
- Gate 2 meters wide and 25 meters away from start point
- Single same colour cone further 20 meters away.
- Cones
- Supply of balls
- Bibs

## Structure

Team game. Four teams. Player has to run as quickly as possible, through gates and into traffic box. They must show composure, awareness and dribbling skills to avoid traffic. Quickly do a U turn round last cone, back through traffic, run through gates and back to group. Accurate pass into next player. Either individual races or team competition.

### Coaching Tips

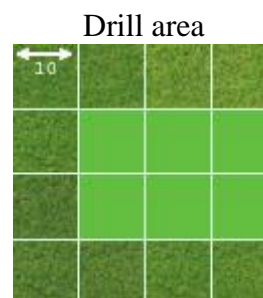
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up to avoid other players and see gates
- Good turning technique round the last cone
- Compose at end of run for accurate pass to next player

## Progressions

# Find space and run through gates game

## Purpose

To improve creating space, turning and developing awareness of when and how to run with the ball



## Set Up

- Area to suit age and ability, but about 30 meters x 30 meters marked out with cones
- 4 x 2 meter gates around the outside, near the corners.
- Play 4 attackers V 2 defenders.
- Supply of balls
- Bibs

## Structure

Game is 4 attackers V 2 defenders. Attackers must look to find space and receive the ball so that they can quickly run through any of the 4 gates on the outside of the area. Once they have run the ball through the gates, they must quickly turn and pass back to one of their team mates. Repeat. Defenders to try and stop them. Defenders must stay inside of the gates. Swap players around frequently and make it a competition

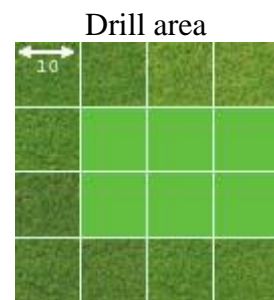
## Coaching Tips

- Pass to keep possession and wait opportunity to run with the ball
- Communication - calling for the pass
- Timing of pass and run.
- Player running with the ball - good first touch into the space
- Get body between defender and ball - cut defender off
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run straight and quickly
- Head up
- Compose when gone through gates
- Assess and select pass

# Ball control in the air against passive defending

## Purpose

To improve ball control when the ball is passed in the air and the receiver is under pressure from passive defending



## Set Up

- Area marked out with cones
- Target player 20 - 25 meters away from server.
- Target player starts on a cone and moves to meet the ball.
- 2 x defenders on cones 5 yards away from target player.
- Supply of balls
- Bibs

## Structure

Server passes the ball in the air to target player. Only when the player has controlled the ball can defenders pressure the ball. Defenders need to be passive. Receiver looks to control the ball away from the defender and pass an accurate ball back to the server. Vary the type of service to test different types of control.

## Coaching Tips

- Move down the line of the ball
- Cushion ball away from defender
- Get body between defender and ball
- Accurate pass back to server

## Progressions

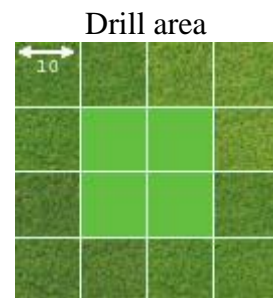
Condition to two touches



# 1 v 1 support and control game

## Purpose

1 V 1 game where attacker can use any of the 4 supporting players to retain possession. Game develops movement, ball control, turning and protecting the ball



## Set Up

- Area marked out with cones
- Supply of balls
- Bibs

## Structure

Play 1 v 1 inside the area. Four floating players on the outside of the grid support whichever player has possession. Player in possession must use ball control, turning, movement and passing to retain possession. If possession is lost attackers and defenders swap roles. Change inside players frequently

## Coaching Tips

- Good movement to find space
- Protect and shield the ball away from defenders
- Use quick and clever movement
- Use outside floating players to outnumber the defender
- Keep passing simple

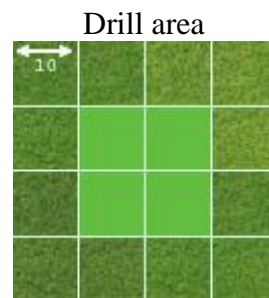
## Progressions

Progress to 2 v 2 in the area with 4 x support players on the outside

# Control and pass to the spare player

## Purpose

To improve ball control into the space and passing to free player



## Set Up

- Use cones to mark out area
- 3 servers, 2 with a ball form a triangle 10 - 20 meters away from receiver.
- Server passes ball, receiver controls and passes to only player without a ball.

## Structure

3 servers with 2 ball form a triangle round the receiver. Servers pass a firm ground pass into receiver. Receiver controls the ball to the side of the free player and passes the ball to the spare player. Receiver returns to start position. Repeat from new server.

## Coaching Tips

- Receiver on their toes ready to receive the pass
- Get in line with the ball
- Control ball to the spare player side
- Head up, accurate pass
- Ready to receive the next pass
- Servers to concentrate on the timing and accuracy of pass

This is hard work for the receiver so work for a set period of time or number of passes.

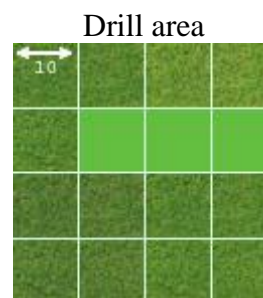
## Progressions

Increase or decrease the distance between the server and receiver to test and improve different passing techniques and ball control skills

# Protect and shield game

## Purpose

To develop a forwards ability to protect and shield the ball from a defender



## Set Up

- Area marked with cones
- Supply of balls
- Bibs

## Structure

Play 2 v 2, with 1 v 1 in the grid area and the other player supporting outside. Ball is served from one end of the grid. Attacker must get across defender and shield the ball. Attacker must stay in own half of grid. Award points if attacker turns and gets the ball back to own end grid line.

Award points if attacker shields and protects the ball from defender for given period of time - 5 seconds. Swap sides so all players have a time as attackers and defenders.

## Coaching Tips

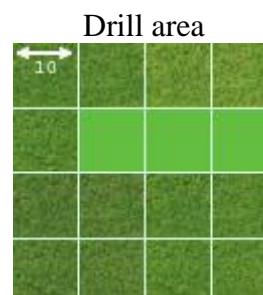
- Get body between defender and ball
- Control ball away from defender
- Protect the ball, feel the defender
- Keep ball moving
- Be strong

## Progressions

# Prevent turning 1 v 1

## Purpose

To coach a player in how to be patient and prevent turning 1 v 1



## Set Up

- Use cones to mark out the area
- Play 1 V 1 in grid area
- Supply of balls
- Rotate players regularly

## Structure

Play 2 v 2, with 1 defender V 1 attacker in the grid area Ball is served from one end of the grid into the attacker. Defender must be patient, watch the ball be strong and prevent turning. Drill is restricted to one half of the grid area. Objective for the attacker is turn and pass into target player at the other end of the grid. Objective for the defender is to prevent the attacker turning and force them back to the halfway line of the grid. Once one of the objectives is achieved play returns to the start. Drill is repeated from both ends. Defenders and attackers swap roles on a regular basis

Coaching Tips

- Defender must close the attacker down quickly when the ball is moving
- Can the defender intercept the ball
- Defender to be touch tight, low and balanced
- Defender must watch the ball
- Defender to be patient and under control, forcing the attacker backwards
- Correct timing of the tackle

The coach can initially condition this drill to a walking pace. This will enable the defender to understand what they should be doing. Progress to jogging, then full speed

## Progressions

- Make drill 2 v 2
- Players would need to understand pressure, cover and communication

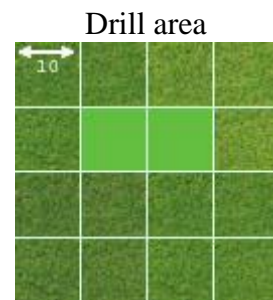




# Improve forward control with back to goal

## Purpose

To improve forwards control and ability to dribble away from defenders with back to goal and when under pressure



## Set Up

- Area marked out with cones
- Target player 20 - 25 meters away from server.
- Target player starts on a cone and moves to meet the ball.
- 2 x defenders on cones 5 meters away from target player.
- Defenders can only move when target player has controlled the ball
- Supply of balls
- Bibs

## Structure

Server passes the ball along the ground to target forward player. Only when the player has controlled the ball can defenders pressure the ball. Initially defenders to be passive. The target player must control the ball away from the defenders and use body to protect the ball. After control and lay off, repeat. Vary the pace of the service, but keep it along the ground.

## Coaching Tips

- Move to get in line of the ball
- Cushion away from defenders
- Use body to protect ball
- Manipulate ball to keep away from defenders
- Accurate lay of pass back to servers

## Progressions

- For younger players condition the defenders so they are passive to begin with.
- For older players encourage the defenders to be more aggressive
- Vary the service length and type, to develop controlling the ball with different surfaces

# Running with ball - clock race

## Purpose

Fun game to develop running and dribbling skills for younger players



Drill area



## Set Up

- Area clock shape 20 - 30 meters across marked with cones
- Players have their own ball and stand around the perimeter of the clock.

## Structure

Players stand around the clock, with a ball at their feet. One player dribbles a ball round the perimeter of the clock. The dribbling player dribbles close to one of the other players and touches the players shoulder. Both players run and dribble with the ball as quickly as they can, in opposite directions. First one back to the space in the clock, with their foot on the ball, is the winner. Repeat with other players.

## Coaching Tips

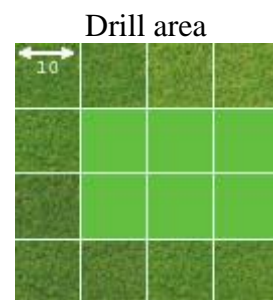
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up
- Compose at end of run and put foot on ball

## Progressions

# Drill for forwards movement, ball control and lay off

## Purpose

Drill to improve forwards movement to the ball, control with back to goal and lay off to a supporting midfield player



## Set Up

- Area marked out with cones
- 5 meter centre grid.
- Passing distance 15 - 20 meters.
- Ball is passed along the floor
- Supply of balls

## Structure

Forward checks from grid to receive and control the ball passed in from server. After a good control and accurate lay off pass back to server, forward checks quickly back to grid to sharply check out of grid to next server. Repeat around all four servers. Change players and repeat.

## Coaching Tips

- Quick check to the ball
- Move down the line of the ball
- Tight control out of feet
- Head up and accurate pass
- Quick check back to the grid

## Progressions

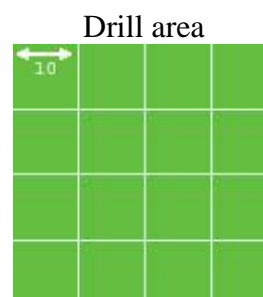
For more experienced players increase the passing distance and condition to a maximum of two touches



# Fitness - sharp forward movement

## Purpose

To develop a forwards fitness and sharp movement, while improving ball control and lay off to midfield



## Set Up

- Use cones to mark out area
- 5 meter centre grid.
- Passing distance 20 - 25 meters.
- Ball is passed along the floor
- Supply of balls

## Structure

Forward checks from grid to receive and control the ball passed in from server. After a good control and accurate lay off pass back to server, forward checks quickly back to grid to sharply check out of grid to next server. Focus on quick and bright checking and movement from the forward and quality ball control and lay off. Repeat around all four servers. Change players and repeat.

## Coaching Tips

- Quick sharp movement into grid and to the ball
- Quality of control and lay off
- Quality, timing and variation of passers from the servers
- Encourage working player to call and dictate when they want the pass from the server

## Progressions

- This drill has been designed to help improve a players speed, sharpness and power.
- The quality of the work they do is very important, so plenty of rest periods.
- For younger players shorten the distance they have to run and ensure the passes are passed early.
- For older and more experienced players, lengthen the distance of the passing and condition the servers to vary the passing, some short some long, so the player has to work hard



# SSG 6 v 6 Develop play through midfield

## Purpose

To develop play from the back, through midfield to forwards in a 6 v 6 small sided game



Drill area

## Set Up

- Pitch area 60 x 40 meters marked out with cones
- Cones on 20 meter mark are to indicate offside area
- 2 x full size goals.
- 2 x teams of 6 v 6.
- Supply of balls around pitch
- Bibs
- Team formations GK - 2 defenders - 1 midfield - 1 forward.

## Structure

Teams **set up** in 2 - 1 - 2 formation. Coach only one team - Reds. Game starts with a weak shot from the opposition into the goalkeeper. Both teams defenders and forwards follow the ball in for rebounds. Red defenders pull wide for option to receive ball from G.K. Attacking team immediately create space and look to make the pitch as big as possible. Forwards push defenders back and wide. G.K distributes to free defender. Defender has a positive attitude to passing the ball forward. Midfield player creates space with good movement to receive the ball from defender. Midfield player receives the ball and passes to a player in space, could be supporting defender or forward. Forwards look to create space to receive the ball. Defenders and G.K to be aware of defensive responsibly and mark when their team is attacking

Coaching Tips

- Start point - weak shot into G.K
- Opposition forwards and defenders follow up for rebounds
- Defenders pull wide to receive the ball
- Forwards push defenders deep and wide - make pitch big
- G.K rolls ball to free defender
- Midfield player checks to create space to receive the ball
- Midfield demands the ball. Good communication
- Accurate pass into midfield player
- Midfield controls ball away from defender

- Accurate pass to free player
- Team mates move to make themselves available
- G.K and defenders make sure they are organised defensively in case of counter attack
- Look for positive outcome to attack

Make sure both teams line up in a 2 - 1 2 formation. Take a good coaching position where you are able to see all the players. Use a **structured** start point to paint pictures for the players, give them different options. There is more than one way to develop play through mid field, let the players also use their imagination. Make sure the goalkeeper and defenders are aware of their responsibility and communicate and mark attackers when their team is on the offensive. Only coach one team, but make sure the other team play realistically. Coach and effect all the players in the team. After structuring the game to make coaching points, let the players have free play and coach what you see - concentrating on the specific coaching topic and key factors for this game

### **Progressions**

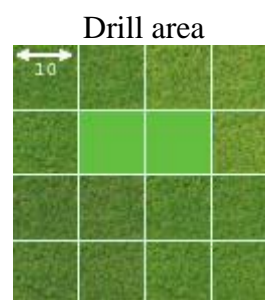
- Goalkeeper can distribute direct to midfield player from shot
- Goalkeeper can also distribute to forward for a set back for supporting midfield player
- Develop play on both sides of the pitch
- Defender can pass direct into forward by passing midfield player and midfield can support forward
- Midfield can also receive from defenders and switch play across the pitch as well as pass forward



# Improve on developing good angles to turn and pass

## Purpose

Drill to develop making good angles to receive the ball, turn and dribble



## Set Up

- Area marked with cones
- Servers 10 - 15 meters away from target players.
- Supply of balls

## Structure

Players start together and both make an angle to receive the ball from servers. Players turn and both dribble back to start position, where they use dribbling skills to avoid each other. Ball is then passed accurately to opposite server. Players return back to the start point and repeat

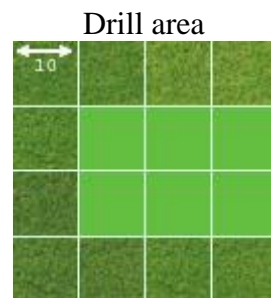
- Support server at a good angle and distance
- Body position, open and shoulders turned
- Receive ball on back foot
- Control ball out of feet
- Head up to see other player and passing options
- Avoid other player with dribble or turn
- Accurate pass

## Progressions

# Pass to target with support from helpers

## Purpose

Drill to develop creating space, quick support play and switching play in a 3 v 3 situation



## Set Up

- Area marked out with cones
- 10 x 10 meter target area at each end of the grid.
- Play 3 v 3 on the pitch.
- Two target players and two floating players
- Supply of balls
- Bibs

## Structure

Play 3 v 3 with 2 x target players in target box at the end of the grid. Floating players down the side of the pitch must support team in possession and are not allowed onto the pitch. Objective of the game is to get the ball to target player and then repeat the objective by combining with team mates and the floating players. Team in possession look to create new support angles and movement. Encourage players to keep the passing simple and play on the move. When possession is lost, teams change roles.

## Coaching Tips

- Good movement from the team in possession to create space
- Keep the passing simple.
- Good use of the spare floating players to out number the opposition
- Good talking and communication
- Head up and be aware of other players

## Progressions

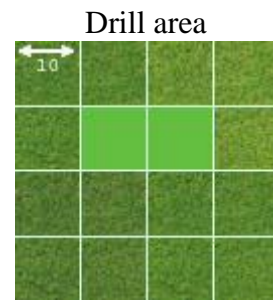
- For younger player play three attackers V two defenders to achieve success for the team in possession.
- For older players the coach could make the area bigger and condition the game to one or two touch.

- Encourage the spare floating players to move and call for the ball

# 2 v 2 Defending, pressure and cover

## Purpose

To improve 2 v 2 defending with understanding the individual roles of when to pressure and when to cover. The coach should also concentrate on when and how the players switch roles when the ball is transferred between attackers.



## Set Up

- Use cones to mark out the area
- Play 2 V 2 in grid area, ball served by coach
- Supply of balls
- Rotate players regularly

## Structure

The defending team starts at one end of the grid, besides the coach, the attacking team at the other end of the grid. The Coach passes the ball to one of the attackers. As soon as the coach passes the ball, the defending team can close the ball down. The attacking team must combine to attempt to get the ball over the back line at the defending end of the grid. The defending team must defend and stop them. Swap teams after a couple of attacks.

## Coaching Tips

- Nearest defender - pressure - closes the ball down quickly and as the ball is travelling
- Pressure defender forces the attacker inside, using good body position
- Pressure defender wins ball if possible, if not shows patience.
- Cover player provides clear, concise communication to pressure player
- Cover player good angle and distance from pressure player
- If ball is transferred between attackers, defenders swap roles.

The coach may initially encourage the attackers to pass the ball across the grid between themselves. Condition the defenders not to tackle or win the ball. This will enable the defenders to understand how and when they pressure the ball and how and when they provide cover. It will also help them to understand how their roles change as the ball is moved. This is a physically hard session for the defenders, so allow lots of rest. Encourage the defenders to communicate with each other, particularly the cover player. Communication such as - "show inside" "be patient" "get tight" "win it" are key phrases. It is important that the defenders recognise that



when the ball is switched between attackers their roles change and they must make the adjustments quickly, so that the cover player becomes the pressure player and vice versa.

A good idea is to make this drill a competition between the attackers and defenders.

### **Progressions**

- Condition the attackers to speed the passing up between the attackers and encourage the attackers to push down the pitch and move closer and further away from each other.
- When the coach is happy that the defenders understand their roles, allow free play

# Work as a pair to pressure the ball

## Purpose

Defending drill to improve pressurising the ball quickly and working as a pair while attacking team attempt to keep possession.



Drill area



## Set Up

- Size of clock area to suit age and numbers of players
- Supply of balls
- Bibs
- Cones

## Structure

Players form a clock shape. 2 defenders in the middle who stay there until they have intercepted or won the ball at least 3 times. Objective is for the players on the outside of the clock to pass the ball between themselves and keep possession. Defenders must be encouraged to work hard to pressure the ball and work together. For each set of 10 or more passes the defenders must stay in the middle for one more interception. Coach to return the ball quickly to attacking players when a ball goes out of the clock area.

### Coaching Tips

- Defender must close the attacker down quickly when the ball is moving
- Can the defender intercept the ball
- Defenders to communicate and talk.
- Defenders to try and read the pass to intercept
- Defenders to stay on their feet

This is a good drill to encourage players to hunt in pairs for the ball. Good communication and the decision on when and where to pressure the ball is vital. If the defenders are struggling to win the ball condition the attackers to two or one touch.

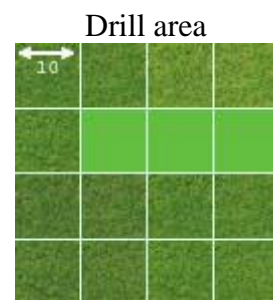
## Progressions

Make area bigger and introduce a third defender

# Checking in pairs for controlled lay off passes

## Purpose

Drill to improve players ability to initially check away from then back to the ball. Players either control and pass back to server or pass first time



## Set Up

- Use cones to lay out area
- Supply of balls

## Structure

Two players start back to back, both check towards the ball, using quick feet to adjust to the line of the pass. Players either control and pass back or accurately side foot ball back. Players then check quickly back to start point and repeat. Rotate players.

## Coaching Tips

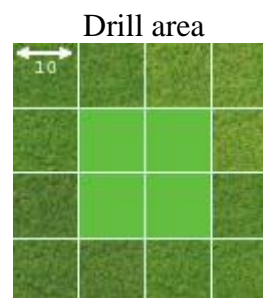
- Quick check away then back to the ball
- Get in the line of the ball
- Decision on control and pass or first time pass
- Tight control and accurate pass
- Back to start position

## Progressions

# Develop quick feet control and pass

## Purpose

Coach players to develop quick feet, tight control and one touch passing when under pressure.



## Set Up

- Use cones to mark out area
- Grid area 3 x 3 meters.
- Servers 5 - 10 meters away from grid.
- Supply of balls

## Structure

Player is conditioned to stay within grid area. 3 servers with 2 balls are placed in a triangle around the grid. Ball is served to player in the grid, who must demonstrate tight control and then pass to the server without the ball. Ball must not go out of the grid. Player checks to immediately receive the next pass from server. Encourage players to keep to two touch, control and pass and use both feet. Repeat for a time period or number of passes. Change players and repeat.

## Coaching Tips

- Awareness of where the free player is and where the next pass is coming from
- Control out of feet and quick passing
- Receiver light on the feet, ready to adjust to control the ball
- Servers to concentrate on the timing and accuracy of pass.

This drill can be performed at a quick pace, with the servers putting the receiver under pressure. Or at a slower pace, when the receiver can concentrate on the technique of control and turning

## Progressions

Vary the type of service to test thigh control and chest control



# Forward and midfield combination play

## Purpose

Practice to develop forward receiving the ball from a deep server, while pressurised by a defender. The forward must protect the ball from the defender and link with a supporting midfield player to create a goalscoring opportunity



## Set Up

- Half a pitch area marked with cones
- Full sized goal.
- Supply of balls
- Bibs

## Structure

3 servers with balls on the halfway line. Coach indicates which of the servers passes the ball. Forward must make initial movement away from the ball being served, to force the defender onto the back foot. Forward receives the ball, protects it from the defender and looks to link up with supporting midfield player, for an attempt on goal. Vary the type of passes into forward to test different types of control

## Coaching Tips

- Forwards initial movement is away from the ball to force the defender onto the back foot
- Forward to come down the line of the ball
- Forward to get body between defender and ball, to protect the ball
- Control the ball out of feet and use body to protect
- Head up to see supporting midfield player
- Good lay off
- Quick movement for return pass or cross

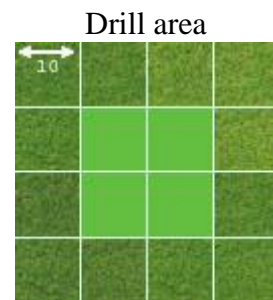
## Progressions

Introduce a passive defending midfield player

# Control and lay off through targets

## Purpose

Drill to improve players ability to meet and control the ball out of their feet and lay off accurately through targets



## Set Up

- Use cones to lay out area
- Target grid area 5 x 5 meters.
- Distance from server to front of grid 10 meters.
- Distance to targets from grid 15 meters.
- Target gates 5 meters wide.
- Supply of balls

## Structure

One server. Ball is passed firmly through the grid to target player. Target player checks from start cone and meets the ball outside of the grid area. They must control the ball into the target area and pass a lay off ball through one of the targets.

## Coaching Tips

- Check to meet ball
  - Get in line of the ball
  - Control ball in front and out of feet
  - Head up to assess passing options
  - Accurate pass through target gates
  - Quickly back to start cone
- Drill makes a good competition, each player has 5 attempts, count how many successful control and accurate pass out of 5

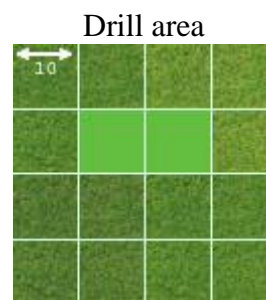
## Progressions

- Vary the distance to test different control skills and passing techniques.
- Make passing distances and smaller and target gates bigger for younger players.
- Condition the player controlling the ball to two touches only

# Improve protecting ball from defender

## Purpose

Practice to improve receiving the ball and turning away and protecting the ball from defender



## Set Up

- Use cones to mark out area
- Distance from server to target player 10 - 15 meters
- Defenders on cones 5 meters away from target player
- Supply of balls

## Structure

One server. Ball is passed firmly slightly to the side of the target player. Defender can pressure the ball only when target player has controlled it. Objective is to control the ball away from defender, protect the ball from the defender and pass accurately back to server.

## Coaching Tips

- Alert and ready to receive the ball
- Move down the line of the ball
- Control the ball away from the defender
- Get body between ball and defender to protect the ball
- Head up to assess pass
- Accurate pass

It is important that the quality of the pass from the server is good. Ensure that the defender is conditioned not to pressure the ball until the attacker has controlled it.

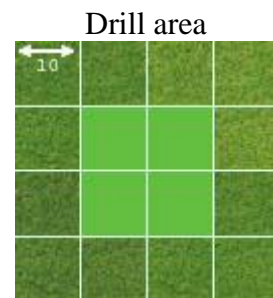
## Progressions

- Vary the distance from the server for different ages and abilities.
- Rotate players regularly

# 2 V 2 Turning and combining to find targets

## Purpose

Game to develop finding space, making angles, turning, and combination play in a 2 v 2 situation



## Set Up

- Area 20 x 20 meters
- Use cones to mark area
- Supply of balls
- Bibs

## Structure

2 v 2 in grid area. Team in possession look to combine to pass ball into their own target players. Objective is to use the target players to make a 4 v 2 attacking situation and keep possession. If possession is lost, new team in possession combine to pass ball into their target players. Rotate players regularly.

## Coaching Tips

- Movement to create space
- Keep the passing simple and use the target players to make a 4 v 2
- Play with head up to observe options
- Good talking and communication
- Sharp movement
- Protect and shield the ball
- Good turning and control skills

## Progressions

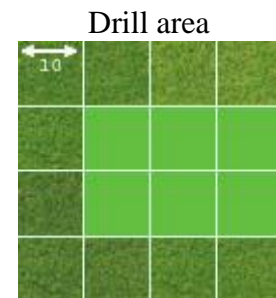
Condition all players to two touch



# Develop turning skills against passive opponents

## Purpose

Drill to get players to improve quick turning techniques



## Set Up

- Area marked out with cones
- Supply of balls

## Structure

Players dribble towards each other. As they get a meter or so away, they execute a quick turning technique and sprint away. When they reach the start line, they again do a quick turning skill and quick turn back towards team mate. Ensure safety at all times with this drill. Be careful of collisions

## Coaching Tips

- Head up when dribbling
- Use a turning technique to spin in the opposite direction
- Big exaggeration with the turn
- Spin quickly out of the turn
- Do different turns, little toe hook, big toe hook etc

## Progressions

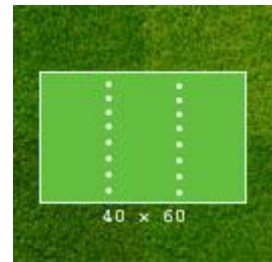
# SSG - 6 v 6 Develop play in wide areas

## Purpose

To develop wide play and midfield support play in a small sided 6 v 6 game



Drill area



## Set Up

- Pitch area 60 x 40 meters marked out with cones
- Cones on 20 meter mark are to indicate offside area
- 2 x full size goals.
- 2 x teams of 6 v 6.
- Supply of balls around pitch
- Bibs
- Team formations GK - 2 defenders - 1 midfield - 1 forward.

## Structure

Teams **set up** in 2 - 1 - 2 formation. Coach only one team - Reds. Game starts with a weak shot from the opposition into the goalkeeper. Both teams defenders and forwards follow the ball in for rebounds. Red defenders pull wide for option to receive ball from G.K. Forwards move to push defenders deep and wide, make pitch as big as possible. G.K distributes to free defender. Defender looks to pass ball into forward. Forward pulls wide and sets supporting M/F player, who passes to overlapping wide defender. Other forward looks to make good run for cross. Defenders and G.K to be aware of defensive responsibility and mark when their team is attacking.

Coaching Tips

- Start point - weak shot into G.K
- Opposition forwards and defenders follow up for rebounds
- Defenders pull wide to receive the ball
- Forwards push defenders deep and wide - make pitch big
- G.K rolls ball to free defender
- Midfield player checks to ball to create space for pass to forwards
- Forward make run to wide area
- Accurate pass into wide forward
- Midfield supports forward - good angle and distance
- Defender makes overlapping third man run for pass from M/F
- Good cross and runs into the box

- G.K and defenders make sure they are organised defensively in case of counter attack
- Look for positive outcome to attack

Make sure both teams line up in a 2 - 1 2 formation. Take a good coaching position where you are able to see all the players. Use a **structured** start point to paint pictures for the players, give them different options. There is more than one way to develop play in wide areas, let the players also use their imagination. Make sure the goalkeeper and defenders are aware of their responsibility and communicate and mark attackers when their team is on the offensive. Only coach one team, but make sure the other team play realistically. Coach and effect all the players in the team. After structuring the game to make coaching points, let the players have free play and coach what you see - concentrating on the specific coaching topic and key factors for this game

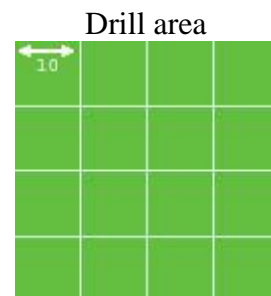
### **Progressions**

- Encourage the goalkeeper to pass to a midfield option if it is on and play wide from there.
- Goalkeeper can also throw to forwards, for a set back to midfield and then wide or direct to wide player
- Use both sides of the pitch
- Wide player can also play into forward and get a return pass

# Exercise for turning and passing options

## Purpose

Game to improve receiving the ball, turning, observing and selecting correct pass options



## Set Up

- Area marked out with cones
- Center grid area 10 x 10 meters.
- Distance from servers to grid 15 - 20 meters
- Distance from grid to gate targets 15 - 20 meters
- Supply of balls

## Structure

Ball is served from one of the 3 servers. Target player checks away to create space and demands the ball. Target player turns quickly within the grid and looks to pass through the gates to one of the moving passing options. Repeat with next server

## Coaching Tips

- Create space to receive the pass
- Open body stance, receive the ball on the back foot
- Good turning technique, get ball out of feet
- Head up to observe passing options
- Accurate, weighted pass

## Progressions

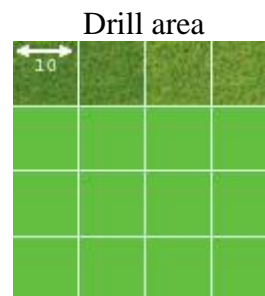
By increasing and decreasing the distance between servers and the distance to the target gates, the coach can develop different control and turning skills. In addition, by making the center grid area smaller it will improve the turning skill. Encourage the players who provide the passing options outside of the target gates to make runs and demand the ball into their runs from the target player



# Zig zag passing and turning drill

## Purpose

Game to improve checking, receiving the ball on the half turn and passing



## Set Up

- Use cones to mark out area
- Width of grid 30 - 40 meters.
- Turning players located in the middle of the grid.
- Distance of target gates at the side of grid 3 - 5 meters.
- Supply of balls

## Structure

Ball is passed from server on the side of grid to turning player in the middle. Server follows pass to become middle player. Middle turning player turns, passes and follows pass to player at the other side of the grid. Player controls the ball to the side, passes and follows ball to the next middle player. Middle player turns, passes and follows to end of grid player. Repeat from side to middle to side to middle in a zig zag pattern. Players always follow their passes.

## Coaching Tips

- Check away then back to receive the ball
- Receive the ball on the half turn, with open shoulders
- Control towards the next pass
- Head up before passing, to "picture" passing target
- Accurate pass
- Quickly follow the ball

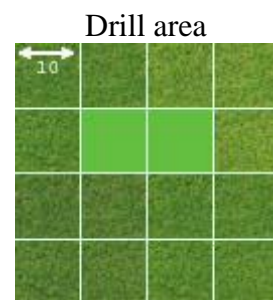
## Progressions

- For younger players, shorten the distance.
- To increase the tempo and pressure on the players introduce a second and third ball

# Improve turning and creating space using support

## Purpose

Develop the skills and understanding of when to turn, when to protect the ball and when and how to create space a support player to create space



## Set Up

- Use cones to mark out grid area
- Supply of balls
- Bibs

## Structure

Ball is served from support player to attacking player who starts from near the middle of the grid and is opposed by a defender. Support player must stay behind end line of grid, but can support anywhere behind the line. Player must make decisions on when and how to turn, protect the ball or use the support player to create new angles and find space. Objective is to create opportunities to pass the ball to the server at the opposite end of the grid. Repeat for 4 or 5 times for each player and then rotate

## Coaching Tips

- Take defender away to create space
- Check off to receive ball
- Decision - if defender tight protect ball and use server or try a turn
- Decision - if defender away, receive on back foot and turn
- Pass to opposite server
- New movement to receive the ball

This drill is about the attacker trying to create space to turn and pass the ball into the opposite server. The attacker must look to make the right decisions. These decisions will be based upon the proximity of the defender and the attackers ability to lose the defender.

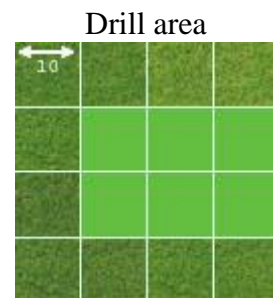
## Progressions

- If defender is tight encourage the attacker to pass back to the server and move to create a new angle to receive the ball.
- Encourage the attacker to try different types of turning skills

# Improve receiving, turning and shooting

## Purpose

Pressurised drill to develop the technique of forwards receiving the ball with their back to goal, quickly turning and shooting



## Set Up

- Use cones to mark out area
- 2 x Full size goals - use poles if necessary
- Grid area 5 x 5 meters
- Distance from server to grid 15 meters.
- Distance from grid to goals 15 - 20 meters.
- Supply of balls

## Structure

Ball is passed from server to forward. Forward checks away and then meets the ball. Forward uses a quick turning technique and fires off a quick accurate shot. The receive, turn and shoot technique must be inside the grid. Repeat for 3 - 4 shots per forward before rotating players

### Coaching Tips

- Check to meet the ball
- Quick control and turn
- Head up to assess goalkeeper position
- Accurate shot, using correct technique

It is important that the service to the forward is good to enable the forward to turn with the ball.

## Progressions

- The coach can vary the distance from the server and to the goal to encourage different types of shooting
- Encourage the forward to use different turning techniques, turn on back foot, use inside of foot roll, outside of foot roll

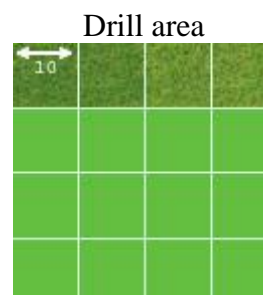




# Repeated wall pass and shoot drill

## Purpose

Developing pass, move, control, pass with a series of give and go's ending with a shot



## Set Up

- Pitch area 40 x 30 meters marked out with cones
- 2 x full size goals - use poles if necessary
- Wall pass players zig zag across pitch and approximately 15 meters apart.
- Distance from last player to goal 15 - 20 meters
- Supply of balls

## Structure

Player makes a series of give and go's using the players acting as the walls. At the end, the ball is dribbled infield and finishes with a shot on goal. Use both sides of the pitch and players rotate

### Coaching Tips

- Head up to assess pass
- Quick give and go
- Communication and talking
- Wall player, show for ball
- Wall player get in line of the ball and timed, accurate lay off
- Finish with head up to assess goalkeeper and accurate shot
- Rebounds off the goalkeeper

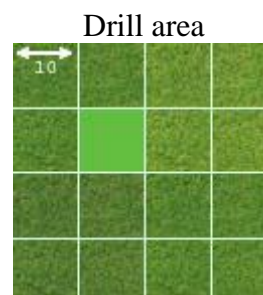
## Progressions

Condition to maximum two touch

# Drill to create new angles to turn

## Purpose

Drill to develop quick movement and improve turning techniques and skills



## Set Up

- Area marked out with cones
- Supply of balls
- Bibs

## Structure

Both players begin with a ball in the middle. They pass to corresponding colour support on the outside and make an angle to receive the pass back and turn. They must use dribbling skills to avoid each other and pass to 2nd corresponding colour support player. After pass they must immediately make a new angle, turn and repeat.

## Coaching Tips

- Make an angle to receive the ball
- Receive the ball on the half turn and on the back foot.
- Control the ball out of feet
- Head up to avoid other player and assess pass
- Use dribbling skill to avoid other player
- Accurate pass

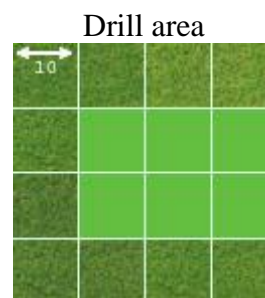
## Progressions

Increase the grid size to 20 x 20 meters

# Turn and pass to targets through gates

## Purpose

Game to develop finding space, being a target player, turning and passing skills



## Set Up

- Area 30 x 30 meters marked out with cones
- 4 x gates 2 - 3 meters wide and inside the area.
- Supply of balls
- Bibs

## Structure

Play 5 attackers v 3 defenders. Objective is for the attackers to retain possession and pass through one of the series of gates to one of their own team who makes a run to become a target. Passes can go both ways through the gates. Make it a competition. Rotate players regularly.

Coaching Tips

- Movement to find space to receive the ball
- Play with head up to assess options
- Players need to make runs to be a "target" through the gate
- Accurate passing

## Progressions

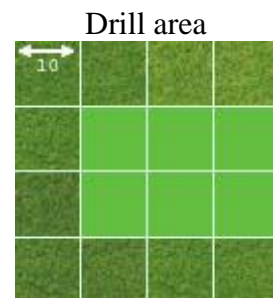
For younger players make the target gates bigger and play 6 v 3



# Develop turning and passing skills for midfield players

## Purpose

Exercise to improve midfield players receiving the ball in midfield areas, turning and passing to forward targets



## Set Up

- Use cones to mark out area
- Central grid area 5 x 5 meters
- Distance from server to grid 10 - 15 meters
- Distance from grid to gates 15 - 20 meters
- Gates 3 -5 meters wide
- Supply of balls

## Structure

Midfield player receives the ball within the conditioned grid area, turns and passes through the gates to one of the two target options. Objective is to stimulate a match situation where the midfielder receives the ball from a defender, turns and passes to a forward

## Coaching Tips

- Midfield to check to receive the ball
- Receive the ball on the half turn
- Control out of feet
- Head up to assess passing options
- Accurate pass

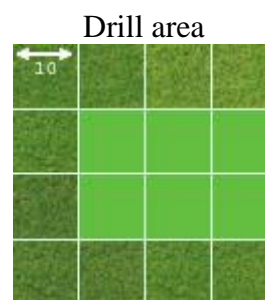
## Progressions

To change the type of control and pass, the coach can vary the distance between the midfielder and the server and also the distance from receiver to target players

# Forward link play developing turning and passing

## Purpose

Practice to develop forward skill of how to play in the hole and link play through turning and passing skills



## Set Up

- Area marked out with cones
- Grid area 5 x 5 meters.
- Distance from server to grid 15 meters.
- Distance from grid to gates 15 - 20 meters
- Gates 3 - 5 meters wide
- Supply of balls
- Bibs

## Structure

Forward drops off into the hole to receive a pass from the server. Forward must turn, stay within the grid area and have the awareness to see and accurately pass through the gates to a moving target player. Both target players make themselves available, forward decides who to pass to. After 5 or 6 passes rotate players.

## Coaching Tips

- Check to receive the ball
- Receive the ball on the half turn, with shoulders open
- Receive the ball on the back foot
- Control out of feet
- Head up to assess passing options
- Accurate, timed pass to moving target

## Progressions

- Condition player to maximum three touches
- Make passing distances bigger or smaller to test different techniques



# Switch play through link player

## Purpose

Game to switch play through a central player who links the teams at either end of the grid



Drill area

## Set Up

- Area 20 x 25 meters marked out with cones
- 2 x 10 meter grids at either end.
- 5 x 20 meter grid in the middle for link player.
- Supply of balls
- Bibs

## Structure

Play 3 attackers V 1 defender at both ends of the grid. Players must stay in their grid area. Link player in middle grid and their job is to receive the ball in their grid from both ends and switch play to the opposite end. Link player can receive the ball at any time, but they must turn and pass to opposite end. Change link player frequently

## Coaching Tips

- Link player move to receive ball
- Link player to receive ball on half turn, with open shoulders
- Link player head up to assess passing options
- Accurate, well timed pass
- Team in possession to pass the ball into link player at every opportunity
- Good talking and communication

This drill is hard work for the link player and they should be rotated frequently. For younger players condition the defender not to intercept the ball from the link player as this will provide greater success. For older players, condition to two touches

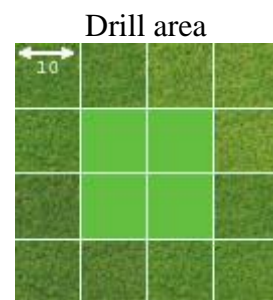
## Progressions



# Rotating practice to develop movement and turning

## Purpose

Drill is designed to be quick moving, with players position constantly changing. Players improve movement, awareness, turning and passing



## Set Up

- Use cones to **set up** diamond shape
- Supply of balls

## Structure

First player passes ball firmly and follows. Second player receives the ball on an angle and turns towards the next player. Second player passes the ball to the third player and follow. Third player passes the ball back in the direction it has just come, to the first player and spins off at an angle to the spare cone. First player receives ball, turns, passes it to the fourth player and follows. Repeat. Players take each others places and constantly pass, turn and move

## Coaching Tips

- Firm accurate passing
- Receive the ball with an open body
- Control in the direction of the next pass
- Quick movement after passing
- Alert ready to receive the ball

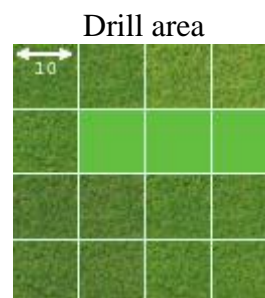
## Progressions

- It is a good idea to let younger players in particular walk through the drill before building up to full speed.
- For older, more experienced players condition drill to max two or three touches

# Pass and follow, pass and retreat game

## Purpose

To improve the technique and understanding of the timing and weight of first time side foot passing



## Set Up

- Use cones to mark out area
- Supply of balls

## Structure

Player A side foot passes to player B at opposite end of the grid. After pass player A follows. Player B returns the pass first time and follows the ball. Repeat with players passing and following until they get 5 meters apart, they then pass and retreat. Continue pass and follow and pass and retreat. For younger or less skilful players allow them to do this exercise with two touches

## Coaching Tips

- Head up to "picture" pass
- Accurate pass
- Assess the weight and timing of pass the closer the players get together
- Use side-foot technique to pass the ball

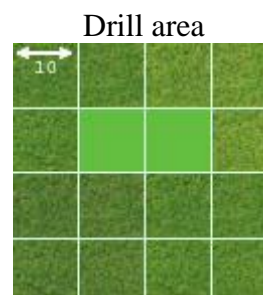
## Progressions

- For younger player let them have two or three touches.
- For older and better players, condition to one or two touch passing and let them decide if they want to go forwards or backwards after making a pass
- Use both feet

# Pass, move and switch play in triangles

## Purpose

To develop play and movement in triangles and when to switch play



## Set Up

- Area marked out with cones
- Supply of balls
- Bibs

## Structure

Two teams of 3 players, one ball per team. Team are restricted to their grid and must pass and move within their grid area. After 3 or more passes, the teams must swap balls by passing across the grid.

## Coaching Tips

- Good passing and movement
- Head up to see other team
- Encourage the players to keep a triangle shape with their movement
- Keep passing simple
- Good communication
- Encourage rotational movement
- Timing and accuracy of passing
- Timing of the pass to switch play and swap balls

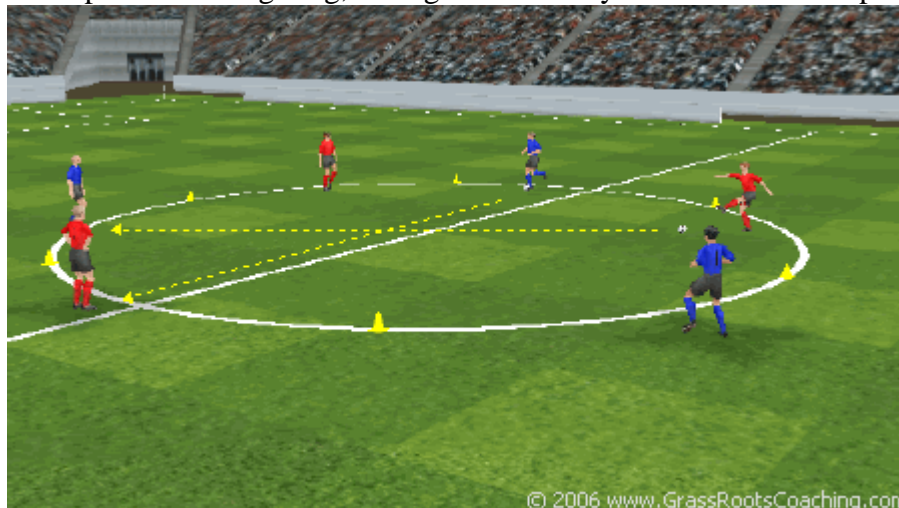
## Progressions

- For older players condition to one touch passing
- Make area bigger to encourage different passing techniques
- Introduce a passive defender in each grid area

# Push pass to alternative colour

## Purpose

To improve the weighting, timing and accuracy of the side foot or push pass



Drill area



## Set Up

- Area marked with cones
- Supply of balls
- Bibs

## Structure

Players spread equally around a clock shape. Players are alternatively different colours around the clock. Each coloured team has a ball. Players must pass across the clock to a different colour. Clock shape can be made bigger or smaller and play can be one or two touch

## Coaching Tips

- Head up to identify pass target
- Accurate pass
- Timed pass
- Movement of receiver to receive the pass
- Keep the shape of the clock

## Progressions

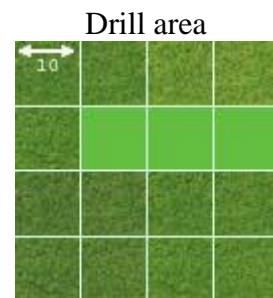
- The clock shape can be made bigger or smaller to work on different types of passing.
- For better players condition to one or two touches
- Bring in passive defender to middle of clock - conditioned to walk only. Will improve timing and awareness of passing



# Passing and dribbling for points game

## Purpose

Fun game to develop dribbling and accurate passing skills



## Set Up

- Use cones and poles to mark out area and goals
- Plentiful supply of balls
- Bibs

## Structure

Competitive fun game where points are allocated to the players. 3 points for a clean pass through the target, 2 points for hitting one of the posts and 3 points for the player who completes the 3 passes first. Objective is to pass accurately through the gate, quickly sprint and retrieve a ball, dribble and pass through the target.

## Coaching Tips

- Accurate, composed passing
- Quick running to retrieve the balls
- Quick dribbling and running with the ball

This game is about the accuracy of the pass and quick running with and without the ball. Make sure the players are encouraged to "picture" the target before they pass to help accuracy

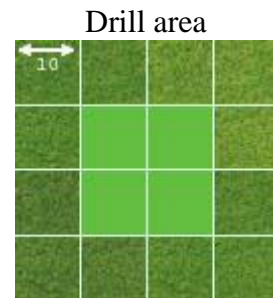
## Progressions

- Increase the passing distance
- Encourage the use of different passing techniques i.e loft over the gates
- Use both feet

# Improve accurate passing on the move

## Purpose

Game where players swap places designed to develop accurate passing while running with the ball



## Set Up

- Use cones to mark out grids
- Grid and gate size to suit age and ability of players
- Supply of balls

## Structure

Player runs quickly with the ball across the grid, they have to compose and pass accurately through the target gates to a target player. They then follow the pass to the other side of the grid. Target player controls the pass and runs quickly to other side of the grid, where they have to pass accurately through the target gates to the target player. Repeat.

### Coaching Tips

- Run quickly with the ball with head up
- Compose and look up before the pass
- Pass firmly and accurately through the gates
- Quickly follow the pass
- Control out of feet and to the space side
- Good communication

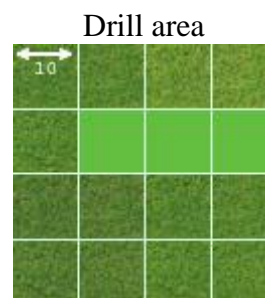
## Progressions

- For younger players make the gates bigger and the distances smaller.
- Encourage passing with both feet
- For older players, make distance bigger and targets smaller

# Lofted pass over gate keeper

## Purpose

Drill to improve the technique of long lofted passing



## Set Up

- Use cones to set out grids - each grid 30 x 10 meters
- Grid sizes to suit age and ability of players
- Supply of balls

## Structure

Player strikes a long lofted pass over the gate keeper, who must stay in the middle and can jump, but only intercept the ball with their head, to team mate. Team mate controls the ball and repeats. Coaching Tips

- Approach the ball from about 45 degrees
- Non kicking foot about 30 - 45 centimeters to the side and behind the ball
- Keep head still, steady and eyes fixed on the ball
- Keep ankle locked and toes pointing down at the target
- Strike through the centre of the ball, below the mid line.
- Use laces or front of foot to strike the ball
- Follow through, keeping ankle locked for as long as possible to target.

Encourage the use of both feet. For younger players get the gate keeper to kneel, then stand, then jump. For better players give them targets to hit, such chest, thigh

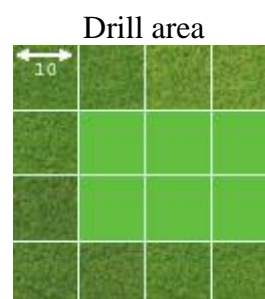
## Progressions

- Allow middle player to use hands to intercept the ball
- Increase the distance to 40 meters between players
- Use both feet

# Improve turning, support and combination play 2 v 2

## Purpose

Develop understanding of when and how to create space, turn, support and develop combination play in a 2 v 2 situation



## Set Up

- Mark out area using cones
- Supply of balls
- Bibs

## Structure

Ball is served from one end of grid into two attackers who start on the halfway line. They must try and pass the ball to the server at the opposite end of the grid. Game is designed to encourage creating space, turning skills and quick support and combination play. Allow each team to have 5 or 6 goes before rotating teams

## Coaching Tips

- Forwards check away to create space
- Check back to ball
- Create good angle to receive the ball
- Be aware of defender
- Head up to observe partner
- Decision - turn, use partner, use server
- Partner support for player on ball
- Support behind ball if they haven't turned
- Support to the side or in front of ball if turned
- Communication between players

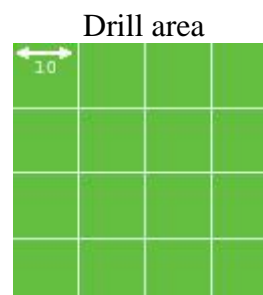
## Progressions



# Long lofted pass to target

## Purpose

Practice to develop supporting, setting and improving the skill of the long lofted pass



## Set Up

- Use cones to mark out area
- 10 x 10 meter areas on four corners
- Make area suitable for age and experience
- Supply of balls

## Structure

Passer makes a long lofted pass to target player in an outside grid. Player in the middle supports the target player as the ball is travelling. Ball is set, player controls the ball and passes a long lofted pass to new target player in grid. Player supports and repeat.

### Coaching Tips

- Support as the ball is travelling
- Control and set the ball for a long lofted pass
- Approach the ball from about 45 degrees
- Non kicking foot about 30 - 45 centimeters to the side and behind the ball
- Keep head still, steady and eyes fixed on the ball
- Keep ankle locked and toes pointing down at the target
- Strike through the centre of the ball, below the mid line.
- Use laces or front of foot to strike the ball
- Follow through, keeping ankle locked for as long as possible to target.

Encourage the use of both feet. For better players introduce a second ball

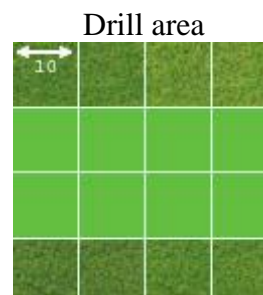
## Progressions

- Use both feet
- Introduce a gate keeper in the middle who can intercept the passes, with head or hands

# Lofted pass over gate keeper to targets

## Purpose

Game to develop interplay to isolate a spare player to make a long lofted pass, over a gate keeper to targets.



## Set Up

- Use cones to mark out area
- Mark out area into 3 separate grids
- Supply of balls
- Bibs

## Structure

Play 3 v 1 in end grid, attackers must have 3 passes, then a long lofted pass to opposite group. Defenders start on the side of grid and can only come into the grid when ball is in the grid and controlled. Player in the middle must stay in the middle, is passive and can jump to intercept the ball with his head only. Rotate teams regularly

## Coaching Tips

- Pass and move to create opportunity for long lofted pass
- Be positive when the chance to make a pass presents itself
- Approach the ball from about 45 degrees
- Non kicking foot about 30 - 45 centimeters to the side and behind the ball
- Keep head still, steady and eyes fixed on the ball
- Keep ankle locked and toes pointing down at the target
- Strike through the centre of the ball, below the mid line.
- Use laces or front of foot to strike the ball
- Follow through, keeping ankle locked for as long as possible to target.

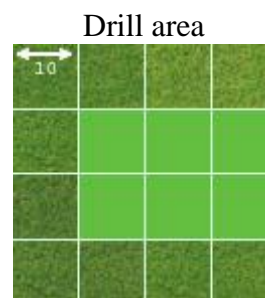
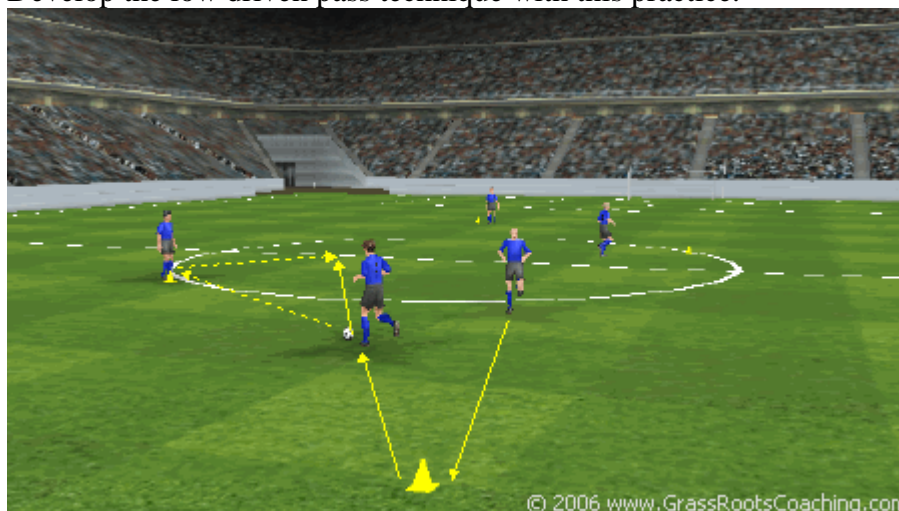
## Progressions

- Initially condition the defenders to be semi passive to ensure the practice works.
- Encourage the use of both feet.
- Progress to bigger area and play 4 v 2

# Diagonal driven pass practice

## Purpose

Develop the low driven pass technique with this practice.



## Set Up

- Cones are laid out in a zig zag formation
- Distance between cones 20 - 30 yards
- Supply of balls

## Structure

Players are positioned on cones that are staggered so passing is zig zagged. Technique is driven pass along the floor. After passing the player follows the ball. The last player plays a series of give and goes back to the start. Repeat. Vary the distance for different age and ability.

## Coaching Tips

- Technique of low driven pass
- Head up to picture target
- Good communication
- Fairly straight run up to ball
- Non - kicking foot to the side and close to the ball
- Head still and over the ball
- "Lock" ankle and keep toes pointing down at the ball
- Strike through the centre of the ball, using front of the foot
- Follow through to target

Encourage the players to control the ball in front of them and steady themselves before passing.

## Progressions

- Pass with the wrong foot
- Increase and decrease the distance of the pass
- Use outside of the foot passing
- Condition to maximum of two touches





# Driven passes round pitch through targets

## Purpose

Practice to develop receiving, turning and improving the technique of the low driven pass



## Set Up

- Cones set out as gates around the pitch
- 20 - 25 meters between gates, players stationed on each gate
- Supply of balls

## Structure

Practice can use 2 or 3 balls. Player uses the low driven pass technique and passes the ball through a target to next player. Player who makes the pass follows their pass. Next player controls, sets and passes to next player through target. Repeat all the way round the pitch.

### Coaching Tips

- Technique of low driven pass
- Head up to picture target
- Fairly straight run up to ball
- Non - kicking foot to the side and close to the ball
- Head still and over the ball
- "Lock" ankle and keep toes pointing down at the ball
- Strike through the centre of the ball, using front of the foot
- Follow through to target
- Be ready and on toes to receive the ball
- Control with back foot
- Cushion into area, away from passing direction, to get ball out of feet

Encourage the players to control the ball in front of them and steady themselves before passing. After the pass the players must quickly run to the next gate and ready themselves to receive a pass.

## Progressions

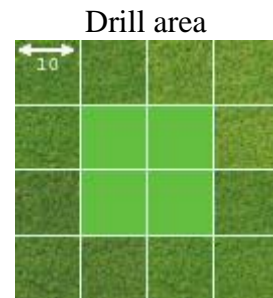
- Change the drill so it rotates in both directions.
- Make the distance between targets bigger and smaller
- Use the wrong foot

# 4 v 2 conditioned to grids. Pass and support

## Purpose

Game of 4 v 2 in grid area. Attacking players are conditioned to staying in their own grids.

Develops passing, movement and support skills.



## Set Up

- Mark area with cones - 20 x 20, area quartered into 4 x 10 x 10 meter grids
- Passers restricted to their own 10 meter square area
- Supply of balls
- Bibs

## Structure

The four attacking players are conditioned to staying in their own grid. All attacking players should move within their grid area to create good supporting angles to give the player on the ball plenty of passing options. Defenders can go where they want. Rotate players regularly

### Coaching Tips

- Good movement and communication to help player on the ball
- Encourage the players to keep the passing simple "pass what they see"
- All attacking players should constantly be on the move, wanting the ball
- Encourage players to think 1 or 2 passes ahead

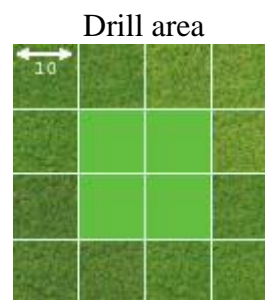
## Progressions

- Make are bigger and play 4 v 3
- Condition attacking players to a maximum of two touches

# Passers to pass and hit dribblers

## Purpose

Game where passers must try and pass the ball along the floor to try and hit the dribblers ball or feet



## Set Up

- Use cones to mark out area and dribbling cones
- Plentiful supply of balls

## Structure

Fun game. Players are divided into two teams, dribblers and passers. Dribblers must dribble down slalom course and avoid the passers balls. Passers can pass at any time and try and hit the dribblers football or feet. Dribblers get one point for completing the course without being hit. Passers 1 point for hitting the ball or feet. Rotate teams

## Coaching Tips

- Head up and picture target
- Use side foot technique
- Timing and accuracy of pass

This is a game where the coach has to be aware of health and safety issues. Make sure the ball is kept below knee height and each side takes it in turn to try and pass and hit the dribbler

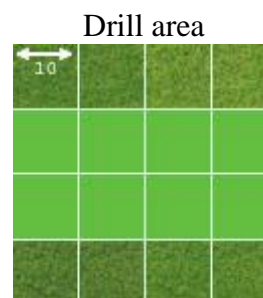
## Progressions



# Dribbling game to avoid ankle shots

## Purpose

Game where dribblers must try and avoid the shooting team who are trying to hit them or their ball with a ground pass



## Set Up

- Area marked with cones
- Passing distance 10 - 15 meters.
- Distance between cones 5 - 7 meters.
- Lots of balls
- Bibs

## Structure

Fun game. Players are divided into two teams, dribblers and passers. Dribblers must dribble down slalom course and avoid the passers balls. Passers can pass at any time and try and hit the dribblers football or feet. Dribblers get one point for completing the course without being hit. Passers 1 point for hitting the ball or dribblers feet. Rotate teams

## Coaching Tips

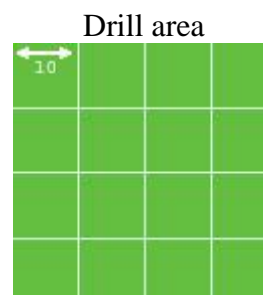
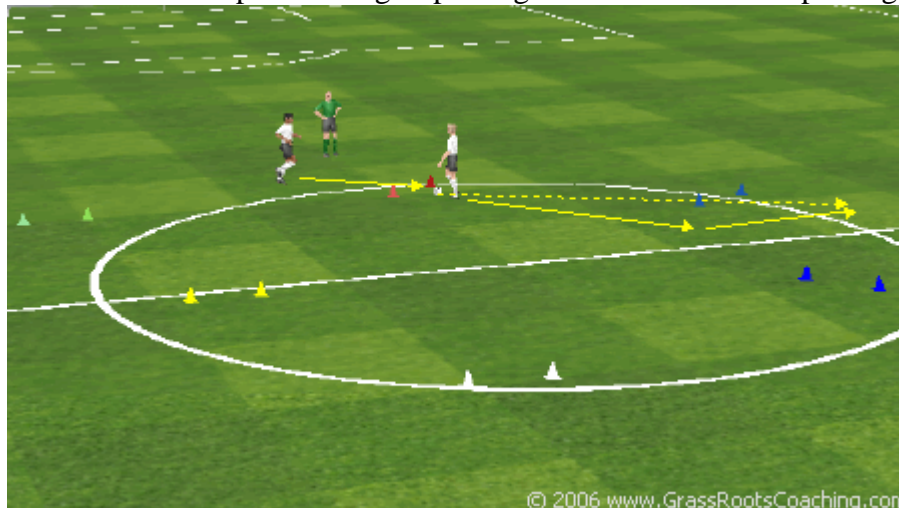
- Head up when dribbling to see passes and cones
- Use big and little toe to manipulate the ball
- Use change of pace, slow and quick to avoid the passers
- Use the sole of the foot to stop the ball
- Vary the pace of the dribbling
- Run quickly with the ball

## Progressions

# Passing through target gates

## Purpose

Practice to develop the timing of passing and movement after passing the ball



## Set Up

- Area marked out with cones
- Gates 2 - 3 meters wide
- Supply of balls

## Structure

Players work in pairs. One player is the passer, the other the target. Target must sprint to become a target on the other side of the gates. Passer must time the pass and then sprint through the gates towards the target player. Target player sets the ball and moves quickly to become another target on the other side of another set of gates. Repeat through all the gates. Rotate players

## Coaching Tips

- Players need to move quickly after passing or controlling the ball
- Good communication
- Accurate side foot passing
- Good control and movement
- Head up and be aware of where the next gate is

A good way of setting this drill up is to number or colour co-ordinate the gates. Once the first pair have gone through the first gate, set the second pair off. This way you can involve lots of players.

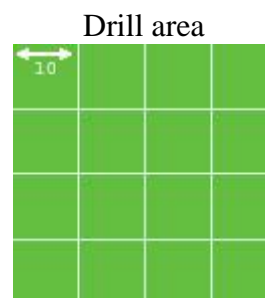
## Progressions

- Players have to have 3 quick passes between them before they move to the next gates
- Can only complete drill using the wrong foot

# Game of soccer cricket

## Purpose

Fun game of soccer cricket, to improve passing, running and support skills



## Set Up

- Use cones to mark out area suitable for ages and numbers of players
- Use cones to mark out wicket for bowler to bowl at
- Bowler in 10 x 10 area 15 meters from wicket
- One cone 10 meters from wicket
- Fielders scattered around fielding area

## Structure

One team are fielders. One team are batsman. Bowler bowls by side footing the ball along the ground to try and hit wicket. Batsman strikes the ball away from fielders and as far as possible. Batsman runs round cone and tries to get back to the wicket before next ball. Fielders combine to return the ball to the bowler. Ball must be returned into the bowlers area. Bowler must control the ball in the area before bowling again. Batsman can be out if caught or bowled. Count runs and swap teams. Rotate bowlers

## Coaching Tips

- Bowler can only side- foot the ball. Bowler can't use hands
- Batsman must kick and run
- Fielders to be on the move, ready to field the ball and return to bowler. Fielders can only use their hands to catch the ball if the ball hasn't bounced. They must use another control surface if the ball has bounced.
- Batsman to try and kick the ball hard, accurately and as low as possible.

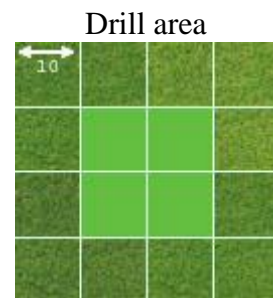
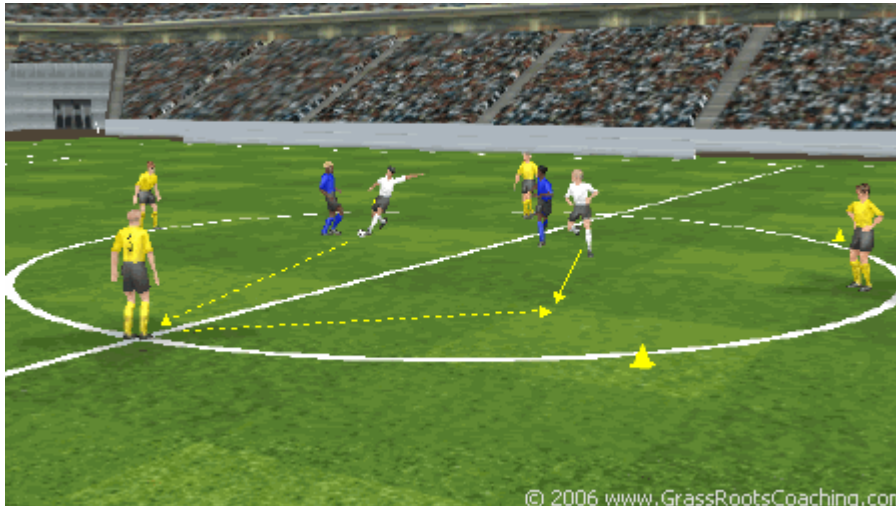
This is a fun game, but it needs organising correctly. Make sure all the players know the rules.

## Progressions

# 2 V 2 support and play with floaters

## Purpose

Possession 2 v 2 game where team in possession can use any of the four floating players to keep the ball.



## Set Up

- Mark area with cones - 20 x 20 meters
- Floaters restricted to their area
- Supply of balls
- Bibs

## Structure

Play 2 v 2 in the area. 4 x floating players on the outside of the grid, who combine with the team in possession to keep the ball. Floaters must make angles and communicate with team in possession to want the ball. Floating players are restricted to their side of the grid. Rotate teams regularly

## Coaching Tips

- Players to constantly on the move to create space to receive the ball
- Encourage the players to keep the passing simple.
- Pass and move
- Floating players to be on the move, communicating with the team in possession and wanting to be involved.
- Mainly use one and two touch passing, with inside and outside of foot passing techniques.

Rotate floating players and players in the middle regularly. Make the game a competition, set targets for the most number of passes.

## Progressions

- Make area bigger - 30 x 30
- Play 3 v 3 in the middle, with four floaters

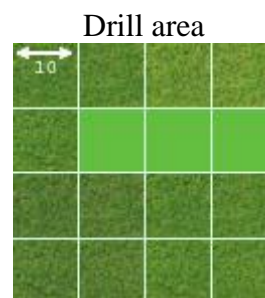
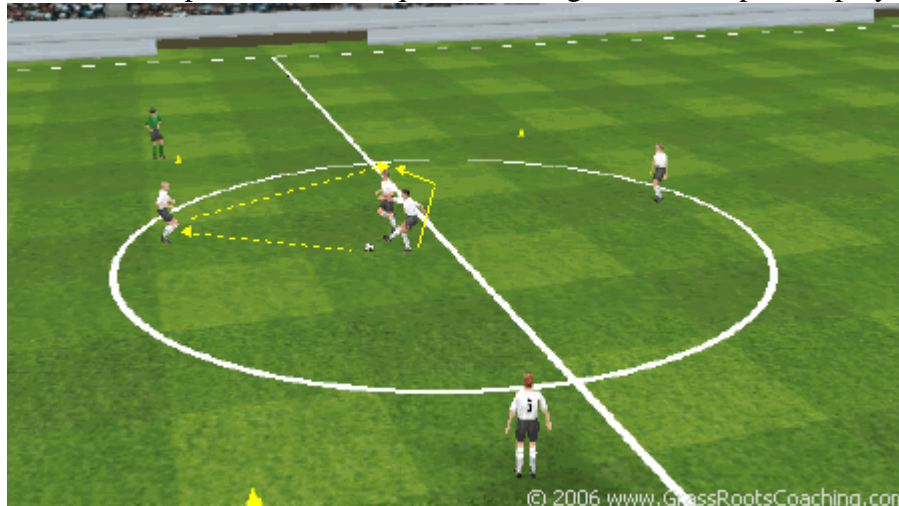


- Condition game to 3 touch in the middle and two touch for the floating players

# Flick pass, give and go game

## Purpose

Practice to improve the technique and timing of the flick pass to play a give and go or wall pass.



## Set Up

- Area marked by cones - 30 x 10 meters
- Supply of balls
- Bibs

## Structure

Server passes the ball into receiver. Receiver has good movement and receives the pass. On movement, defender from opposite end of the grid closes down receiver to provide passive defending. Receiver looks to play a flick pass, give and go with outside support player. Outside support player to move and provide good support options for pass. Swap positions and rotate players regularly

### Coaching Tips

- Create space to receive the pass
- Good control
- Head up to see defender
- Flick pass, with outside or inside of foot to supporting player
- Supporting player to make good angle to receive pass and provide the "wall"
- Move quickly to get return pass

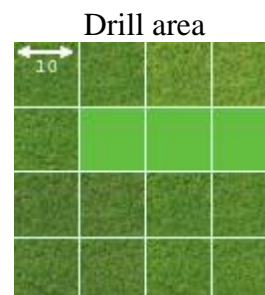
## Progressions

- Initially start this drill with passive defending.
- Progress to proper defending.
- Allow attacker option of dribbling past defender as well as playing a flick pass, for more realism.

# Switch play through central link player

## Purpose

Game to develop switching play and keeping possession through a central, unopposed link player



## Set Up

- Area marked out by cones
- Area has a defined 10 x 10 or bigger central grid area.
- Supply of balls
- Bibs

## Structure

Area has a central grid that only the link player can play. Play 2 v 2 attackers v defenders. The other attackers and defenders must stay out of this area. Objective is to keep possession and whenever possible play through the central link player who switches play, either by setting the ball back to where it came from, or by turning and passing the ball to the other end.

### Coaching Tips

- Movement to create space to receive the ball
- Link player to receive player on the half turn
- Accurate passing
- Play with head up to see options
- Keep passing simple

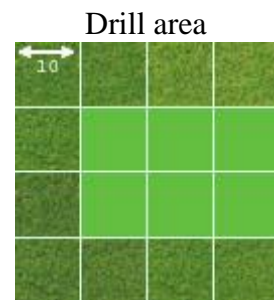
## Progressions

- For younger players the coach could start with just one defender to make 2 v 1 to achieve success.
- For older players the link player could be conditioned to two touch
- Play 3 v 3 in a bigger area

# Think and move one step ahead passing drill

## Purpose

Practice to encourage players to be thinking and moving one step ahead of the play. Requires good anticipation and communication



## Set Up

- Mark areas out with cones
- Supply of balls
- Each player is given a number

## Structure

All players are numbered and when in possession, each player can only pass to the next number in the sequence. Continue back to number 1 when last numbered player is reached.

## Coaching Tips

- Head up to assess movement and next pass
- Movement to support the player on the ball
- Good communication and calling
- Accurate, timed pass

## Progressions

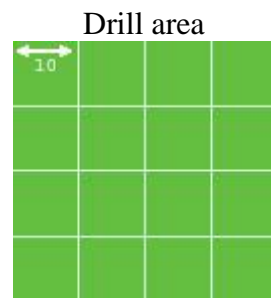
- For more advanced players condition to one or two touch and introduce a second ball.
- For larger groups use two or three balls



# Wall pass game

## Purpose

Practice to improve the wall pass or give and go pass



## Set Up

- Use cones to mark area
- Distance between players 20 - 25 meters
- Supply of balls

## Structure

Player dribbles the ball and plays a quick give and go or wall pass with a wall player. Repeat round circuit, playing give and goes. 2nd player starts when first player has played 2 wall passes. Rotate players so that they all are wall players and give and go players

### Coaching Tips

- Accurate pass to "wall player"
- Quick movement after pass for return
- "Wall player" accurate and timed return pass
- Good control and composure after the pass

This drill makes a good game. Time each player to see who can complete the give and go circuit in the quickest time. Rotate players so they all have a go at being the passer and the "wall"

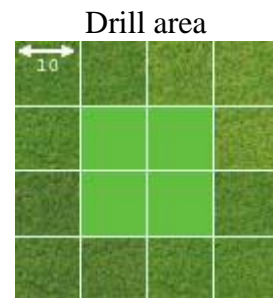
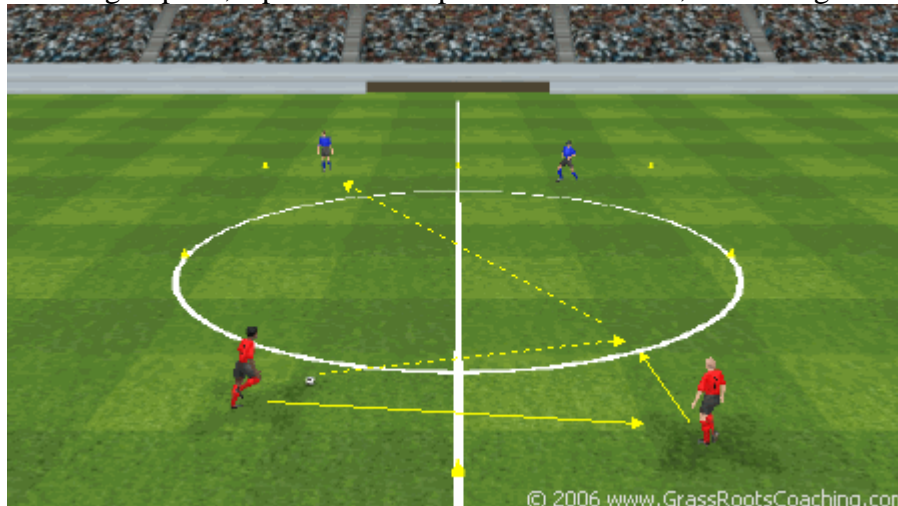
## Progressions

- Make area between passers bigger and smaller to vary the technique of passing
- Players to use their wrong foot

# One touch combination passing with movement

## Purpose

Working in pairs, a practice to improve combination, interchange and one touch play



## Set Up

- Cones to mark out area
- Supply of balls

## Structure

Ball is transferred across the grid and players must combine with clever movement and combination play. Players are conditioned to one touch and must stay within their grid area. Area can be made bigger or smaller to improve different passing techniques

### Coaching Tips

- Get in line to receive the pass
- Good movement to support player on the ball
- Good communication and talking between players
- Set and pass the ball so it can be passed first time by a team mate

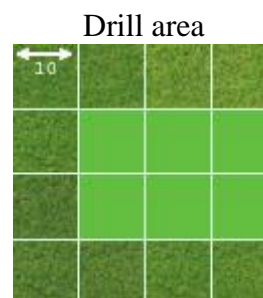
## Progressions

- For younger players, allow two and three touch, but try and develop one touch switch passing.
- For older and better players make the area bigger and smaller and condition to one touch
- Use both feet

# Accuracy and anticipation in passing

## Purpose

Drill where players can only pass to same coloured bibs. Designed to improve anticipation and awareness skills along with accuracy and timing of passing.



## Set Up

- Area marked out with cones. Area size dependant upon number of players
- Supply of balls
- Two groups of players in different colour bibs

## Structure

Two teams of different colours within the grid area. Each colour can only pass to their own colour team mates. Each team has two or three balls depending on the number of players. Start drill with players walking in the area, one ball each team.

### Coaching Tips

- Players must "picture" the pass before passing.
- Accuracy of pass
- Timing of pass. Be aware of the player in possession before making the pass
- Be aware of other balls
- Encourage the players to call and communicate
- Control the ball to the side where the next pass is to be made

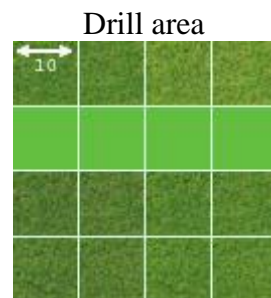
## Progressions

- Introduce a second and third ball, depending upon numbers.
- Condition to a maximum of two and three touches.
- Progress from walking to jogging and then running around the area

# Rotating pass and move game

## Purpose

Drill to improve passing, support and movement



## Set Up

- Area marked out with cones
- Split into grids of 10 x 10 meters
- Supply of balls
- Bibs

## Structure

Players work in groups of four. Player 1 starts at the end of the grid and plays a give and go with player 2 who is on the 10 meter line. Player 2 then moves to take player 1 position. Player 1 then passes into the feet of player 3 who is on the 20 meter line, who sets it back to the supporting player 1. Ball is played firmly into player 4. Player 3 spins and supports the pass into player 3. Player 4 plays a give and go with player 3. Player 3 takes player 4 position. Repeat.

### Coaching Tips

- Good firm accurate passes
- Movement to receive the pass
- Head up to "picture" passing
- Quick movement
- Timing and movement for give and go passing

## Progressions

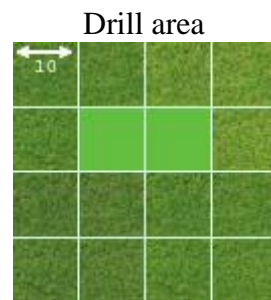
- Make passing distance bigger, to encourage different passing techniques
- Use the wrong foot



# 3 v 1 Break out

## Purpose

Game to develop keeping possession including passing, support and movement in a 3 v 1 situation



## Set Up

- Mark area with cones
- Floaters restricted to their area
- Supply of balls
- Bibs

## Structure

3 attackers v 1 defender in a 20 x 10 grid area. 3 attackers must combine with a minimum of 3 passes before all 3 attackers break out with ball to the next grid. There is a defender in the next grid who tries to stop them. Attackers again combine to make at least 3 passes before one of them runs the ball through the gate. Once the attackers have run the ball through the gate, repeat the exercise back the other way.

## Coaching Tips

- Attacking players to use all the grid area to make it difficult for the defender
- Attackers keep moving to create space.
- Keep the passing simple.
- Pass and move.
- Encourage the players to break quickly with good passing and movement.

You can condition the attackers to a maximum of two touches and increase the number of passes they must make to four or five. Rotate players regularly.

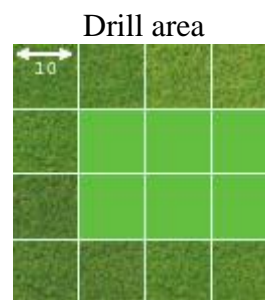
## Progressions

- Make drill 4 v 2 in a 30 x 20 meter area
- Condition attacking players to a maximum of two or three touches

# Switch play to end targets

## Purpose

Practice to develop switching play, creating space and movement



## Set Up

- Pitch area marked by cones
- Target area 10 x 10 meters
- Supply of balls
- Bibs

## Structure

Play 3 v 3 with 2 x target players in target box at the end of the grid. There are 2 floating players down each side of the pitch who must support team in possession and are not allowed onto the pitch. Objective of the game is to get the ball to target player at one end of the pitch.

Immediately the ball is passed to the target player, the team in possession look to combine to attempt to pass the ball into the target player at the other end of the pitch. Team in possession look to create new support angles and movement. Encourage players to keep the passing simple and play on the move utilising the floating players to out number the opposition. When possession is lost, teams change roles. Rotate teams regularly.

## Coaching Tips

- Movement to create space to receive the ball
- Simple accurate passing
- Play with head up to assess options
- Use spare floating players
- Good communication and talking
- Positive attitude to pass to targets

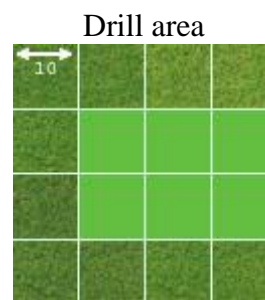
## Progressions

- For older and more experienced players condition game to one or two touch for the floating and target players.
- For younger players play 3 attackers v 2 defenders

# Pass and move in triangles

## Purpose

Drill to develop passing and movement in triangles



## Set Up

- Use cones to mark out area - 30 x 30 meters
- Supply of balls
- Bibs

## Structure

Play 3 v 3 with four floating players around the side of the pitch, who play for the team in possession. Objective is to keep possession of the ball by using the free floating players and creating triangle shapes to support the floating player when in possession of the ball. If ball is lost teams change roles

## Coaching Tips

- Good passing and movement
- Encourage the players to keep a triangle shape with their movement
- Keep passing simple
- Encourage rotational movement
- Timing and accuracy of passing

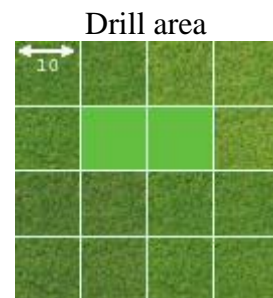
## Progressions

- For older players condition to maximum two touch passing
- Condition floating players to one touch
- Make are bigger and play 4 v 4 and 5 v 5 with floaters. Still encourage players to form triangles

# 2 v 1 Quick counter attack from grid

## Purpose

Drill to develop 2 v 1 quick counter attacking play passing, dribbling and movement.



## Set Up

- Area marked with cones - 20 x 10 meters
- Grid area to be marked with a halfway line
- Supply of balls

## Structure

Play 2 attackers v 1 defender in grid area. 2 attackers look to escape from the grid as quickly as possible, by combining with passing, dribbling and movement skills. When they reach the next grid, they must use the same skills to combine 2 v 1 to beat the next defender and run the ball, under control, over the end line as quickly as possible. Turn and repeat exercise back the other way.

## Coaching Tips

- Attacking players to use the whole area to make it difficult for the defender
- Attackers keep moving to create space.
- Keep the passing simple.
- Encourage the players to break quickly with good passing and movement.

Condition defenders to stay in their grid only. Rotate the practice when attackers reach the end. Swap attackers and defenders regularly.

## Progressions

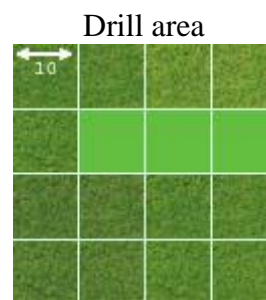
- Make area bigger 30 x 10 meters
- Play 3 v 2 in area



# Pass and support combination play

## Purpose

Exercise to improve support and combination play between two target players



## Set Up

- Area marked out with cones - 30 x 10 meters
- Supply of balls
- Bibs

## Structure

Three players start at one end of the grid with one ball. Two target players start in the middle of the grid, facing each other across the width of the grid. A further server is located at the other end of the grid. The server makes a firm pass into one of the target players, who looks to combine with one touch support play and pass the ball to the server at the other end of the grid. Two of the servers take the place of the target players and the target players follow the ball to the other end of the grid. Play is repeated, with players rotating their position

### Coaching Tips

- Quality passing
- Player receiving the ball, move in line
- Good supporting angle and distance from supporting player
- Bright, clever movement

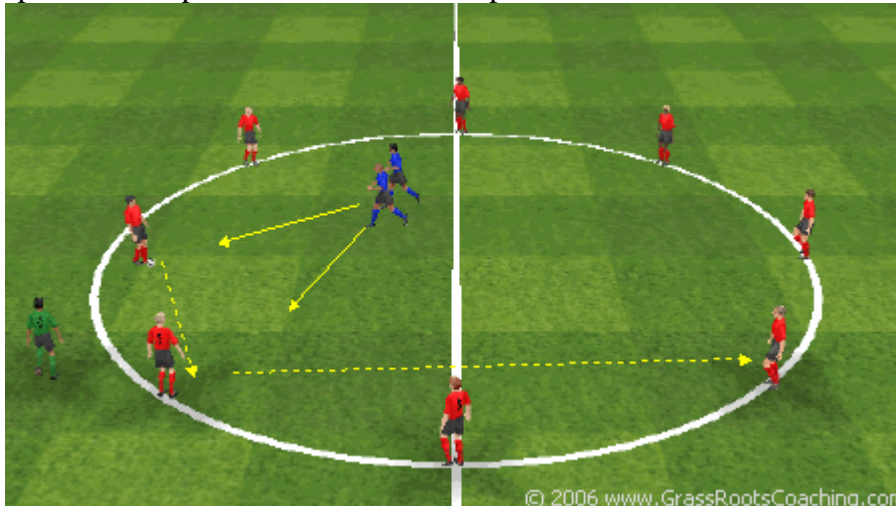
## Progressions

- Allow younger and less developed players to have two or three touches and decrease the distance of the passing
- Coach can increase the passing distance for better players and condition to one touch.

# Clock coaching. Keep possession

## Purpose

Clock coaching drill to improve passing and support to switch play from tight areas to open spaces. Extra points if the ball can be passed between defenders.



Drill area



## Set Up

- Area marked with cones
- Supply of balls

## Structure

Players form a clock shape. 2 defenders in the middle who stay there for a period of time or number of interceptions. Objective is for the players on the outside of the clock to pass the ball between themselves and keep possession. When the opportunity presents itself the ball can be switched from a tight area to an open space, extra points awarded if the ball can be passed between the two defenders. Make it a competition. Defenders stay in the middle for 3 interceptions. If attacking team make 10 successive passes, defenders stay in for an extra go. Pass between defenders count double points. Rotate defenders.

## Coaching Tips

- Keep passing simple. Pass to what you see
- Player on the ball always needs support
- Good talking and communication.
- Pass out of tight areas to players in space
- Extra points for passing the ball between defenders

## Progressions

- For better and more experienced players condition the drill to one or two touch.
- For younger players make the clock area bigger so they have more time on the ball

# Clock Coaching. Pressure the ball

## Purpose

Fitness exercise to pressure and close the ball down in pairs. Develops quick sharp movement while under pressure



Drill area



## Set Up

- Area marked out with cones
- Supply of balls
- Bibs

## Structure

Players form a clock shape. 2 defenders in the middle who stay there for a period of time or number of interceptions. Objective is for the players on the outside of the clock to pass the ball between themselves and keep possession. Defenders must stay in the middle for a set period of time - 1 minute. Defenders must be encouraged to work hard to pressure the ball. For each set of 10 or more passes add an extra 20 seconds. Coach to return the ball quickly when a ball goes out of the clock area.

## Coaching Tips

- For quick sharp fitness movement - make the clock smaller keep the pair in for a set period
- For stamina work - make the clock bigger
- Provide an incentive for the defenders to win the ball - 3 interceptions and they can come out
- Encourage the players to hunt the ball as a pair
- Rotate players regularly

This is a good fitness exercise that forces the players to work under match conditions. Ensure there is a plentiful supply of balls around the clock because the defenders will tend to kick them a long way a way when they intercept!

## Progressions

- Make the clock area bigger for a harder work out for the players
- Increase the time in the middle to increase the intensity
- Make the clock area smaller to develop sharper movement whilst improving endurance



# C.C Control and set for shot

## Purpose

To develop instant ball control, using a variety of surfaces and **set up** for a shot from a supporting player



Drill area



## Set Up

- Mark area with cones
- Supply of balls

## Structure

Clock shape around the goalkeeper. Objective is to field and control inaccurate shots and throws from the goalkeeper. If GK saves the ball they must throw out firmly to a player on the outside, who has to control the ball and set it to a supporting player for a shot. If shot misses GK, players on opposite side of clock must be ready to field and control the ball and set for a team mate for a shot.

## Coaching Tips

- Be alert and ready to field missed shots or throws from keeper
- Move to get in line of the ball
- Select the correct control surface
- Cushion control the ball
- Set shot for supporting player
- Accurate shot

Encourage the goalkeeper to test different control surfaces when they throw the ball out. Make circle bigger and smaller to test different types of control

## Progressions

One touch for all players on the outside of the clock. Set and shoot

# Work as a pair to pressure the ball

## Purpose

Defending drill to improve pressurising the ball quickly and working as a pair while attacking team attempt to keep possession.



Drill area



## Set Up

- Size of clock area to suit age and numbers of players
- Supply of balls
- Bibs
- Cones

## Structure

Players form a clock shape. 2 defenders in the middle who stay there until they have intercepted or won the ball at least 3 times. Objective is for the players on the outside of the clock to pass the ball between themselves and keep possession. Defenders must be encouraged to work hard to pressure the ball and work together. For each set of 10 or more passes the defenders must stay in the middle for one more interception. Coach to return the ball quickly to attacking players when a ball goes out of the clock area.

### Coaching Tips

- Defender must close the attacker down quickly when the ball is moving
- Can the defender intercept the ball
- Defenders to communicate and talk.
- Defenders to try and read the pass to intercept
- Defenders to stay on their feet

This is a good drill to encourage players to hunt in pairs for the ball. Good communication and the decision on when and where to pressure the ball is vital. If the defenders are struggling to win the ball condition the attackers to two or one touch.

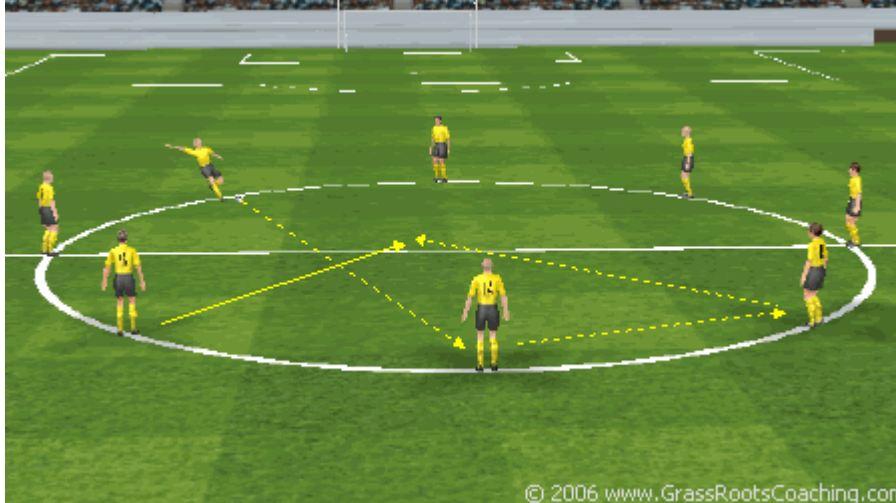
## Progressions

Make area bigger and introduce a third defender

# Clock coaching. Develop third man running

## Purpose

Clock coaching drill to improve the timing and angle of third man running.



Drill area



## Set Up

- Use cones to mark size of area
- Supply of balls

## Structure

Players form a clock shape. Ball is passed across the clock, player who receives the ball sets it to the player on their right. Player to the receiver's left times a third man run to receive the pass from the lay off. After receiving the pass, the third man runner passes the ball firmly to another player on the outside of the clock, the same player also makes a run to also get out of the middle. Ball is set to the right, run from left. Repeat. Rules of the drill are 1. Keep the shape and size of the clock. 2. Support the ball on the right. 3. Time run from left. 4. Pass the ball out, follow the ball out

## Coaching Tips

- Quality and accuracy of passing
- Support and communication
- Timing of third man run
- Timing and quality of pass to runner
- Keeping the shape of the clock

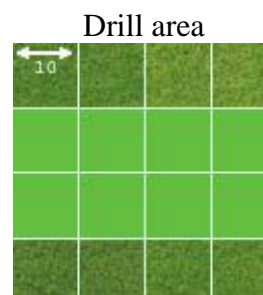
## Progressions

- Condition to a maximum of two touches
- Make clock bigger

# End zone counter attack game

## Purpose

Game to develop quick support play and movement to counter attack from one zone to another



## Set Up

- Area 40 x 20 meters.
- End zones of 5 x 20 meters.
- Supply of balls
- Bibs

## Structure

Play 3 v 3 in the 40 x 20 middle area. Objective is for the team in possession to get the ball into one of the end zones. The ball must be under control. Immediately, they succeed they must quickly counter attack to get the ball into the opposite end zone. Defenders are not allowed in the end zones. Possession changes when the ball is lost.

## Coaching Tips

- Use the whole grid area.
- Team in possession to create space
- Make positive forward runs.
- Be prepared to pass the ball behind defenders for forward runners.
- Be positive and aggressive in trying to counter attack
- Counter attack quickly when possession is gained and the opposition are at their most vulnerable

## Progressions

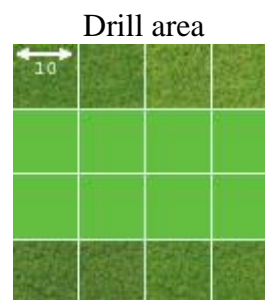
Play 4 v 4 and 5 v 5 in bigger area



# Quick counter attack practice

## Purpose

Game to develop quick support play, movement and running with the ball to counter attack from one zone to another



## Set Up

- Area 40 x 20 meters marked with cones
- End zones of 5 x 20 meters.
- Supply of balls
- Bibs

## Structure

Play 3 v 3 in the middle. Objective is for the team in possession to get the ball under control into one of the end zones. Immediately, they succeed they must quickly counter attack to get the ball into the opposite end zone. Defenders are not allowed in the end zones. Possession changes when the ball is lost.

## Coaching Tips

- Good passing and movement to keep possession of the ball
- Recognition of when to make the pass and run to counter attack
- Timing of pass and run
- Body open, shoulders turned to receive the ball
- Good first touch. Control ball out of feet into space
- Get body between defender and ball - cut across defender
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up
- Compose and be under control to pass after successful counter attack

## Progressions

- For younger players, condition the defending team to jogging. This will ensure success in the practice
- Progress to full on defending

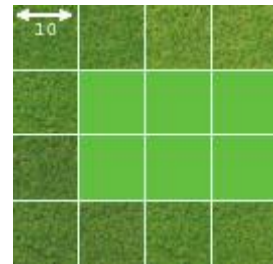
# Practice for switching play quickly

## Purpose

Practice to develop switching play quickly from one area to another



Drill area



## Set Up

- Area marked out with cones - 30 x 20 meters
- Supply of balls
- Bibs

## Structure

Play 3 v 1 in grid. The 3 players must have at least one pass before looking to switch play quickly to the next grid. Defenders are conditioned to only close the ball down when the ball has gone into the grid, they can't intercept the ball. Rotate players quickly.

## Coaching Tips

- Good movement to create space
- Play with head up to see options
- Accurate passing
- Good talking and communication
- Switch play quickly when the opportunity is there
- Be ready to receive the ball when switched

## Progressions

- For better players play conditioned to one or two touch.
- Ensure the defenders are conditioned to not intercept the ball, but only defend when the ball has reached an attacking player.
- Make area bigger and play 4 v 2

# Midfield support for twin forwards

## Purpose

Function to develop twin forward movement against defenders with unopposed midfield support



## Set Up

- Area half a pitch
- Full size goal
- Supply of balls
- Bibs

## Structure

Ball is served from halfway line. Two forwards are marked by two defenders. Forwards move to create space and combine with supporting midfielder to create goal scoring opportunities. Repeat from different servers. Rotate players

## Coaching Tips

- Forwards move to create space to receive the ball
- Midfield player leaves the space to support the ball when it is played to the forward
- Forwards to protect the ball from defenders
- Midfield to support ball for shooting or crossing opportunities
- Create end result of a cross or a shot

This is a functional exercise designed to improve combination play between a midfielder and the forwards. Make sure there is good service to the forwards and realistic defending from the defenders

## Progressions

Introduce a defending midfielder player and another attacking midfielder player



# Combination between forwards and midfield

## Purpose

To improve forwards movement and receiving the ball and the timing and type of support from midfield



## Set Up

- Area half a pitch
- Full size goal
- Supply of balls
- Bibs

## Structure

Ball is served from halfway line. Two forwards are marked by two defenders. Forwards move to create space and combine with supporting midfield player to create goal scoring opportunities. Repeat from different servers. Rotate players

## Coaching Tips

- Forwards move to create space to receive the ball
- Midfield player leaves the space to support the ball when it is played to the forward
- Forwards to protect the ball from defenders
- Midfield to support ball for shooting or crossing opportunities
- Positive attitude to shooting
- Accuracy of shooting
- Correct shooting technique
- Follow up for rebounds and mishit shots
- Movement in the box for crosses

This is a functional exercise designed to improve combination play between a midfield player and the forwards. Make sure there is good service to the forwards and realistic defending from the defenders. Objective is for forwards to combine or set the midfield player up for a shot or cross

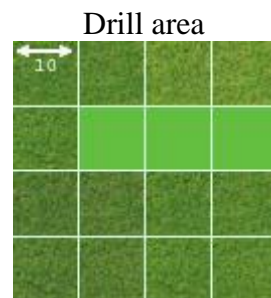
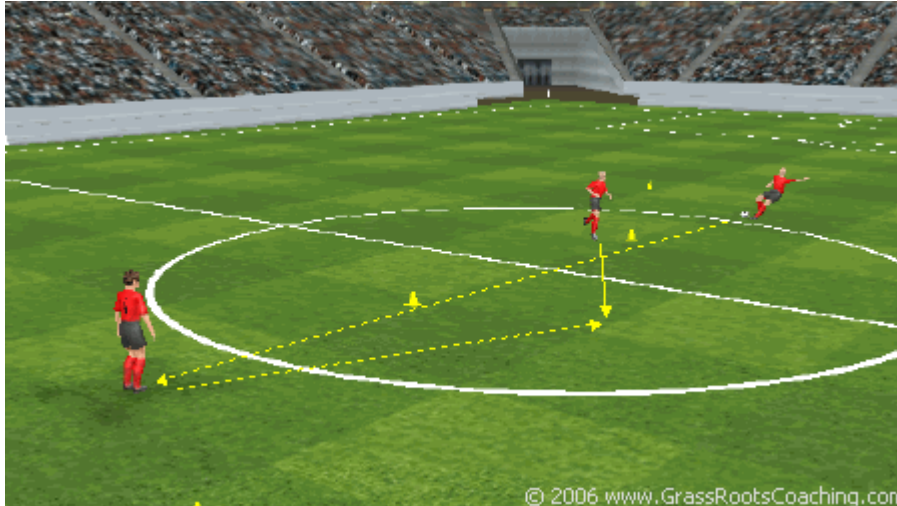
## Progressions

- Bring in a defending midfield player
- Bring in an extra attacking midfield player to make 2 v 1 in midfield

# Movement and angle to support the ball

## Purpose

Drill to improve the timing, movement, angle and distance of supporting a pass



## Set Up

- Use cones to mark out area
- Supply of balls

## Structure

Ball is passed from one end of the grid to another. Support player times the support run, checking off the cone to provide a good supporting angle and distance. Ball is passed into support player who sets it diagonally for a pass to the other end. Repeat. Rotate players.

## Coaching Tips

- Support player checks off central cone
- Provides a good angle and distance of support
- Good **set up** pass so ball can be passed first time
- Accurate, firm side foot passing from all players

Important that the support player is bright and quick with the support play.

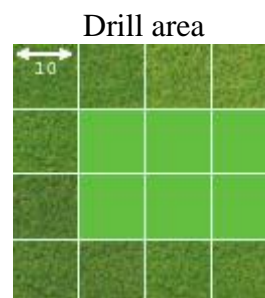
## Progressions

- For better players increase the distance and make the drill one or two touch.
- Rotate the players often
- Use both feet

# Mini Soccer - Bounce off forward game

## Purpose

To develop passing and support for shooting in a 3 v 3 mini soccer game



## Set Up

- Pitch area 30 x 20 meters, marked out into 3 separate 10 meter areas.
- Goals suitable for age and experience
- Supply of balls
- Bibs
- Cones

## Structure

Area 30 x 20 meters, marked out into 3 separate 10 meter areas. Goal with GK. Play 2 v 2 in middle area. Each team has a player that is conditioned to stay inside the attacking 10 meter area. The ball must be passed into the attacking player and set back for one of the two central players to shoot. Rotate players positions after shot

## Coaching Tips

- Passing and movement
- Pass the ball into free forward in final grid
- Support pass - not too close to forward
- Forward move into the line of the pass
- Forward set the ball back for supporting player
- Supporting player shoot

## Progressions

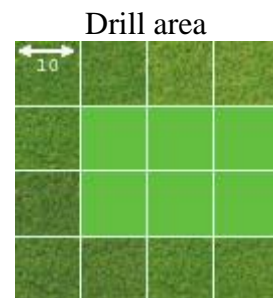
- Rotate players so they all get a chance of being the forward
- Condition forward to maximum of two touches



# Mini Soccer - Dribble and run with ball

## Purpose

Conditioned mini soccer game to develop dribbling, support and running with the ball



## Set Up

- Area 30 x 20 meters, marked out into 3 separate 10 meter areas.
- 2 x goals 2 yards wide at both ends
- Supply of balls
- Bibs
- Cones

## Structure

Play 3 v 3 with 1 spare player (red). No G.K. Each team has a player that is conditioned to stay in each of the three grid areas. Red is allowed to move through the 3 areas and makes a two v one situation in each grid against the blue team. After an exchange of passes in the first grid, red player moves into 2nd area with ball and makes two v one again. Repeat in 3rd area, with objective of yellow or red player running the ball through one of the gated goals. Repeat to other end

## Coaching Tips

- Passing and movement
- Keep passing simple
- Red player positive attitude to running with the ball
- First touch into the space in front
- Head up
- Run quickly with the ball
- Use the front of the foot
- Awareness of passing options
- Positive attitude towards running the ball through the gates

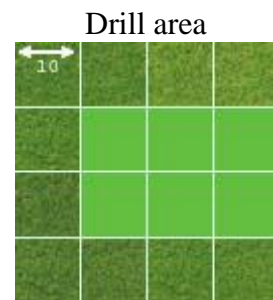
## Progressions

- To develop this game the coach might have to initially condition the defenders to defend passively - walk or jog. This allows the players to gain confidence in what they are doing and what is expected from them.
- The coach can then gradually build up the intensity of the defending.
- Swap players roles regularly so they all have a go at being defenders and attackers

# Mini soccer - pass through grids

## Purpose

Mini soccer game that conditions the players to play 1 v 1 in each grid. Play must pass through each grid



## Set Up

- Pitch area 30 x 20 meters, marked out into 3 separate 10 meter areas.
- Goals suitable for age and experience
- Supply of balls
- Bibs
- Cones

## Structure

Both teams have a player in each grid area and a GK. Attacking player must dribble and turn to create an angle to pass to team mate in next grid area. Player in the next grid must move and find space to receive the pass. Repeat all the way through the grids. After shot possession changes to the defending team and repeat.

## Coaching Tips

- Create space by turning and dribbling to pass
- Movement to receive the pass
- Control when receiving the pass - control away from defender
- Head up to assess pass
- Passing accuracy
- Talking and calling

## Progressions

- To develop this game the coach might have to initially condition the defenders to defend passively - walk or jog. This allows the players to gain confidence in what they are doing and what is expected from them.
- The coach can then gradually build up the intensity of the defending.
- Encourage the players to move, find space and call for the ball.

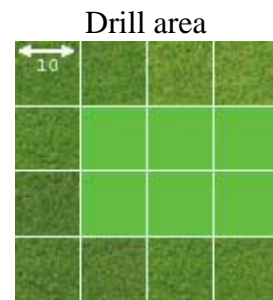
- If defenders win the ball, coach can pass another ball into the attacker to keep the game moving



# Play man on man defending

## Purpose

Mini soccer game conditioned to man on man defending in the grids. Defenders to try and stop their attackers passing the ball into the next grid area. Attackers attempt to pass the ball through the grids and end up with a shot on goal.



## Set Up

- Ensure area is clearly marked into three separate areas with cones
- Players are conditioned to stay within their area
- Goals are suitable size for age of players
- Plentiful supply of balls
- Rotate attackers and defenders regularly

## Structure

Teams of 4 players in total. Both teams have a player in each grid area and a GK. Attacking player to try and pass to team mate in next grid area. Defender tries to defend within the grid area to stop the attacking player passing to next grid. Repeat all the way through the grids.

Possession changes after shot or when defending team win the ball.

## Coaching Tips

- Defenders to work hard to close the ball down
- Defender must close the attacker down quickly when the ball is moving
- Can the defender intercept the ball
- Defender to be touch tight, low and balanced
- Defender must watch the ball
- Defender to be patient and under control, forcing the attacker backwards
- Correct timing of the tackle

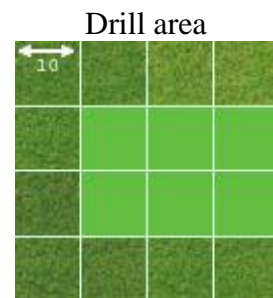
The coach can vary this practice by serving the ball into different grids at different times, thereby making it difficult for defenders to react and close the ball down easily.

## Progressions

# Mini Soccer - Collective GK game

## Purpose

Mini soccer game where 3 players play as a collective GK and 3 players play as out field players



## Set Up

- Area 30 x 20 meters marked with cones
- Goal size suitable for age and ability.
- Supply of balls
- Bibs

## Structure

Play 3 v 3 outfield player, 3 players with linked arms as GK - arms must be linked at all times. Coach serves the ball and first team to get it are the attacking team. They must combine to try and score. When coach shouts change - the outfield players must change with collective goalkeepers

### Coaching Tips

- Make this a fun game
- Collective keepers - work as a team, no handling
- When coach shouts "change" the on field teams run back to become the collective goalkeeper
- Collective goalkeeping teams become outfield players
- Coach can shout "change" at any time
- Encourage out field players to combine and pass to each other
- Shoot as often as possible

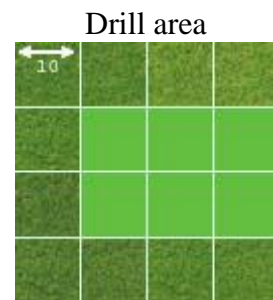
## Progressions

Play 4 v 4 and two collective goalkeepers

# Mini soccer - develop running with the ball

## Purpose

Conditioned game to develop the skill of running with the ball and the decisions required at the end of the run



## Set Up

- Area 30 x 20 meters, marked out into 3 separate 10 meter areas.
- Pitch is marked with line down the middle, from centre of goal to centre of goal.
- Goals suitable for age and ability.
- Supply of balls
- Bibs
- Cones

## Structure

Area 30 x 20 meters, marked out into 3 separate 10 meter areas. Pitch is marked with line down the middle. Goals suitable for age and ability. Objective of the game is to encourage the player in possession to run with the ball from their grid area to the next, then pass the ball across the grid to their team mate, who looks to run with the ball to the next grid. Defenders are conditioned. They must start in the diagonally opposite grid from the attacker and cannot pressure the attacker until the attacker runs with the ball into the next grid. Attackers must pass to team mate after they have entered the next grid, who in turn runs with the ball. End with a shot at goal

Coaching Tips

- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up to assess pass

## Progressions

- Initially condition the defenders so that they walk or jog to pressure the runner only when they enter the next grid.
- Runner must get head up and pass across the grid to team mate, who looks to run with the ball to the next grid.
- Defender can turn and put pressure on runner.
- Repeat to next grid. End with shot on goal.
- Coach can pass ball to attackers if ball is lost or mis controlled to keep game flowing



# C.C. Improve turning and support

## Purpose

Clock coaching drill to improve making support angles, turning and awareness



Drill area



## Set Up

- Area marked by cones
- Supply of balls

## Structure

Two players in the middle of the clock, two balls on the outside. Players in the middle make good angled support runs, turn and pass the ball out. They must then make a new angle to support the other ball. Repeat, support, turn, pass, next ball.

## Coaching Tips

- Good movement to make angle to receive the ball
- Get an open body to receive the ball on the back foot, on the half turn
- Head up to make pass selection
- Accurate pass and look to see where the next ball is
- Bright sharp movement
- Players on the outside to be on their toes and provide good passes

## Progressions

- Condition to two touch
- Make clock bigger to test different control and turn techniques

# C.C. Passing, support and movement

## Purpose

Clock coaching drill to develop the understanding of supporting the ball with an open stance and receiving the ball with open shoulders and on the back foot.



Drill area



## Set Up

- Area marked with cones
- Supply of balls

## Structure

Two players in the middle of the clock, two balls with players on the outside of the clock.

Players in the middle make good angled support runs, turn and pass the ball to a player on the outside of the clock. Players in the middle must then make a new angle to support the other ball. Repeat, support, turn, pass, next ball.

## Coaching Tips

- Players make good supporting run to support the ball
- Good communication
- Accurate, timed passes from players on the outside
- Supporting players should turn their shoulders, so they are on the half turn when receiving the ball.
- Try and receive the ball with the back foot, so that the player is open
- Good control out of feet.
- Head up to see next pass and where the other ball is
- Accurate pass to outside player
- Awareness and movement to support the next ball

Important that players pass the ball accurately and with good timing. This drill is about making good supporting angles, receiving the ball with an open body and if possible controlling the ball with the back foot.

## Progressions

- Player on the outside who passes the ball in follows the ball into the clock to take the place of the "turner"
- Player "turner" who receives the ball in the middle, turns and passes the ball out and follows it.
- Golden Rule - Pass the ball in - follow, pass the ball out - follow
- Make clock bigger or smaller to test different passing and turning techniques

# C.C Shoot, field and set drill

## Purpose

Clock coaching fun shooting drill to develop continuous shooting opportunities



Drill area



## Set Up

- Area marked out with cones
- Supply of balls

## Structure

Clock shape around the goalkeeper. Objective is one or two touch accurate shooting. If GK saves the ball they must throw out firmly to a player on the outside, who has to set it to a supporting player for a shot. If shot misses GK, players on opposite side of clock must be ready to field the ball and set for a team mate for a shot. Repeat.

## Coaching Tips

- Players ready and on their toes to field missed shots
- Players to support both sides of the player who is fielding the ball or receives the throw from the goalkeeper
- Good set for supporting player
- Head up to assess goalkeeper
- Correct shooting technique - hit goalkeeper

This is a nice fun drill that the players enjoy. It is important that the players are on their toes, ready to field the ball. The players either side must support behind the player and look to shoot when ball is set. , this will encourage lots of different types of first time shooting. Have a plentiful supply of balls to feed the group.

## Progressions

- For younger players make the clock smaller, for older players make the clock bigger
- Condition the drill so that is one touch



# Continuous power shooting drill

## Purpose

Exercise to develop continuous power shooting opportunities. Players to adjust, support and set for first time shooting



Drill area



## Set Up

- Area marked by cones
- Supply of balls

## Structure

Clock shape around the goalkeeper. Objective is one or two touch accurate power shooting. If GK saves the ball they must throw out firmly to a player on the outside, who has to set it to a supporting player for a shot. If shot misses GK, players on opposite side of clock must be ready to field the ball and set for a team mate for a shot. Players must adjust to create an angle to shoot first time. Repeat.

## Coaching Tips

- Positive attitude to shooting
- Observe goalkeepers position
- Keep ball low
- Lock ankle and point toes
- Stroke through the middle of ball
- Follow through to target
- Try and hit goalkeepers knees

## Progressions

- Shoot with wrong foot
- Introduce 2 x defenders, conditioned to stay in one half of the clock. Defenders can pressure the ball in their area only

# C.C. Pressurised control and pass

## Purpose

Clock coaching exercise to develop control, turning and awareness.



Drill area



## Set Up

- Area marked by cones
- Supply of balls

## Structure

One player in the middle of the clock, two balls on the outside. Ball is played to player to control and pass out. Immediately the next ball is passed in, player must adjust, control and pass out. Player should try and play two touch.

## Coaching Tips

- Make angle to receive the ball
- Get a good body position to receive the ball on the half turn
- Head up and accurate pass
- Adjust to receive the next pass
- Accurate and timed passes from the players on the outside of the clock

To test different kinds of control, the coach can make the clock bigger and smaller, For better player condition to two or three touches. For younger players concentrate on making an angle to receive the pass, the turning technique and accuracy of the pass out.

## Progressions

- Condition to two touch
- Introduce a passive defender

# C.C. Pressure player with passing drill

## Purpose

Exercise to develop a players fitness, sharpness and movement while under pressure to perform control and pass techniques. Mainly used to develop sharpness and power.



Drill area



## Set Up

- Area marked out with cones
- Supply of balls

## Structure

One player in the middle of the clock, two balls on the outside. Ball is played to player to control and pass out. Immediately the next ball is passed in, player must quickly adjust, control and pass out. Vary pace and type of pass to move player. Player should try and play two touch. Players should work under pressure for a period suitable for age and experience of players. Rotate players regularly

### Coaching Tips

- Play with head up to be aware of where passes are coming from
- Encourage the servers to vary the type of pass to make player work
- Player should check and move quickly to sprint to the ball
- Ensure quality of control and passing while under pressure

This is a drill to improve sharp movement and power. It is hard work for the pressurised player. This is a drill where players struggle to get a rhythm with their breathing. It is also difficult for the players to maintain the quality of the passing and control, so the player will need plenty of encouragement. Vary the time the players spend in the middle and the rest periods between sessions, according to age and fitness levels. Ensure the players concentrate on the speed of their movements.

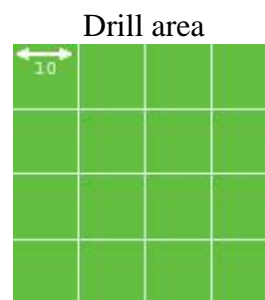
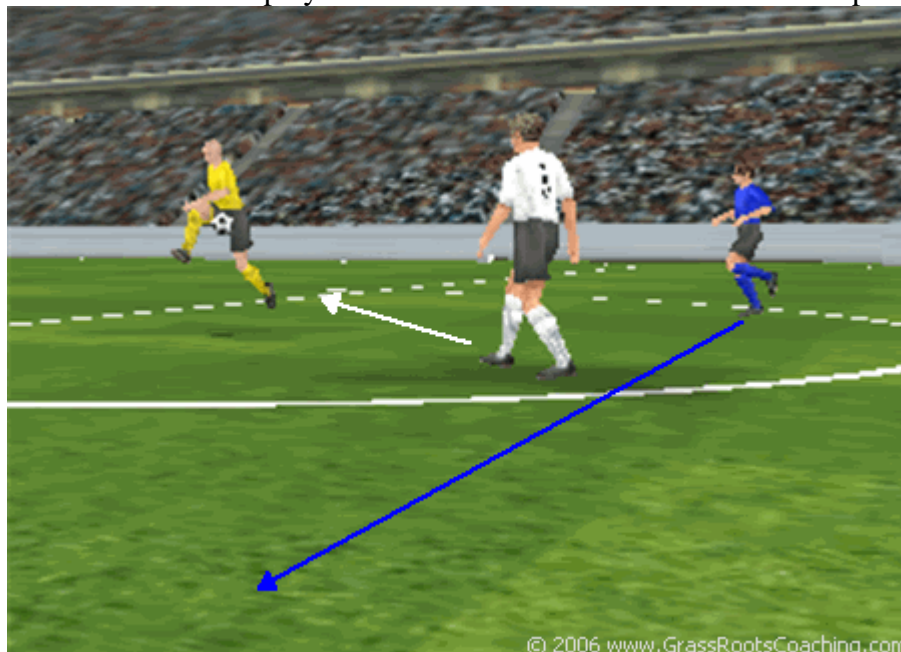
## Progressions

- Make the clock bigger to develop power running
- Make the clock smaller and increase the pace of the passing to improve sharpness

# Fetch the ball

## Purpose

Fun exercise where players have to fetch the ball from where it is passed



## Set Up

- Use cones to mark out area
- Supply of balls

## Structure

Players in threes. First player passes the ball over any distance, second player has to sprint to fetch the ball. 2nd player passes to third player, who has to fetch. Third player passes for first player. Repeat

## Coaching Tips

- Encourage the players to vary the length of passes
- Players have to sprint to get the ball, then pass it so the next player has to sprint to get it
- Quality of sprinting and running, players to work hard
- Encourage the players to pass so that the next player has to change direction and then sprint
- Motivate the players to work hard

## Progressions

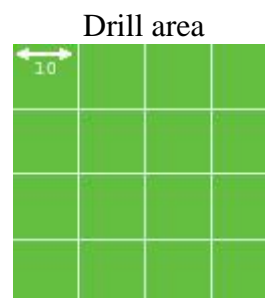
- This is designed as an interval endurance drill.
- By varying the time the players work and how many times they repeat the drill, will provide a better endurance work out



# Develop play in wide areas

## Purpose

Function to develop interplay between midfield, wide players and forwards



## Set Up

- Mark out a 40 x 40 meter area with cones
- 2 x full sized goals - use poles if necessary
- Supply of balls
- Bibs

## Structure

Organisation of function is attacking M/F: attacking wide player: two forwards: spare supporting Fullback: Defending M/F: Defending fullback: Defending central defender: 2 x goalkeepers. Play starts with G.K who distributes the ball to the attacking M/F. Wide player check to create space and receives the ball from M/F. Ball is protected and set back to spare F/B. Forwards make good movement to receive a pass into space from the F/B. Wide player checks and spins to receive the ball from forward. Forward spin and make runs into the box, near and far post. Midfield makes run for the option of the pullback cross or knock down by forward. Cross is delivered. Function is then repeated on the other side of the pitch in the opposite direction.

## Coaching Tips

- Movement to create space to receive the ball
- Wide player to link and combine with full back
- Forwards movement to offer forward options
- When ball is wide, head up to assess movement and options
- Cross to spare player
- Forwards, one near and one far post runs
- Hit target with finish

## Progressions

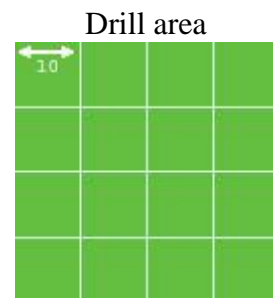
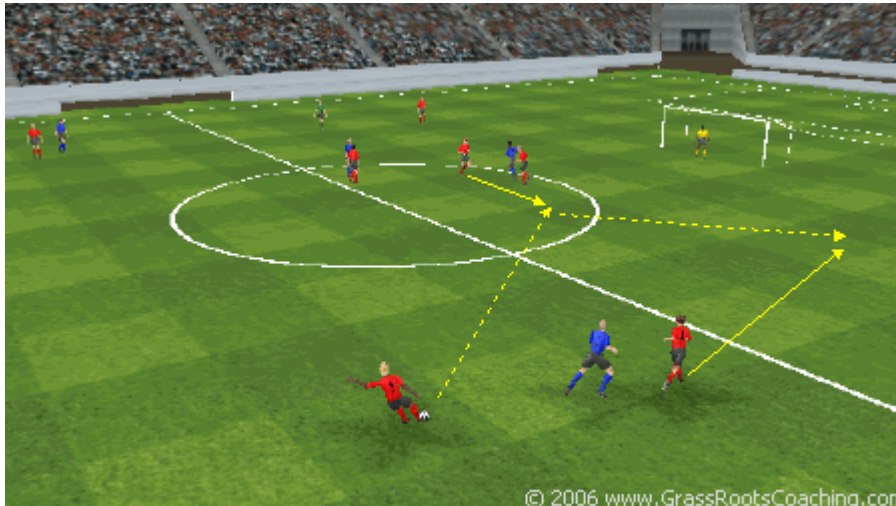
There are a number of options available in this drill. The fullback could overlap the wide player, the midfield player could support and play a one two with wide player. As a coach paint pictures

for the players, give them ideas and let them play. The practice is designed to rotate around the pitch. It is important that the coach controls when the practice starts

# Passing and support for crossing

## Purpose

Exercise to develop passing, support and movement to create crossing opportunities in wide areas.



## Set Up

- Area marked by cones
- 2 x full sized cones
- Supply of balls
- Bibs

## Structure

Organisation of function is attacking M/F: attacking wide player: two forwards: spare supporting Fullback: Defending M/F: Defending fullback: Defending central defender: 2 x goalkeepers. Play starts at one end of the pitch with the G.K who distributes the ball to the attacking M/F. Once the attack has been completed, the exercise is repeated from the opposite end and on the opposite side of the pitch, so that the exercise rotates.

## Coaching Tips

- Movement of midfield and forwards to create space to receive the ball
- Wide midfield player to check away before checking back to receive the ball
- Link up play between unopposed fullback, wide midfield and forwards
- Timing of forwards movement, both to receive the ball and to make runs in the box
- Supporting midfield player, timing of late run into the box to support a deep cross or a pulled back cross
- Forward runs in the box, 1 near, 1 far post
- Observation of crosser to identify spare forward.
- Quality and technique of cross

It is important that the coach controls this exercise. Get the players in the correct starting positions, before the exercise begins. Initially it is useful to condition the defenders to be partially passive to allow the exercise to develop. Focus particularly on the quality of the wide midfield players crossing and the timing and movement of the forward to attack the cross. Make

sure one forward attacks the near post and one forward the far post, with the central midfield player supporting at the edge of the area for knock backs from forwards or pulled back crosses.

### **Progressions**

Focus on one type of cross at a time, near post, far post, pull back



# Power running with the ball

## Purpose

Competitive running with the ball game. Improves speed, fitness and technique of running with the ball quickly and under control



## Set Up

- Use cones to mark out area
- 15 - 20 meters from start to first gate
- 15 - 20 meters to first cone
- 10 - 15 meters to last cone with player
- Supply of balls
- Bibs

## Structure

Organisation: 4 x teams. Objective players run quickly with the ball, pass to team mate, take their place. Team mate then runs quickly with the ball back to start, where team mate runs with ball. Repeat

## Coaching Tips

- Quick running with the ball
- Head up to see other players
- Quick, safe take over at cone

## Progressions

- This is speed, power drill.
- Vary the number of players in each team, dependant upon age and fitness levels.
- The fewer the numbers in each team the harder they will work.
- The players should perform the drills with good quality sprinting and turning with the ball, so they will need good rest periods.

# Direct running with the ball drill

## Purpose

Fun game to develop the technique of direct and quick running with the ball



## Set Up

- Area - half a pitch
- Four different coloured groups, one in each corner with balls.
- Colour co ordinated gate 1 - 2 meters wide 20 - 25 meters from start cone
- Player on cone 20 - 25 meters away
- Supply of balls
- Cones
- Bibs

## Structure

Organisation: 4 x teams. Objective is for players to run quickly with the ball, compose at the end of the run, time a pass to team mate, take their place. Team mate then runs quickly with the ball back to start, where team mate does a take over and runs quickly with ball. Repeat. Competiton, either individual races of team races.

## Coaching Tips

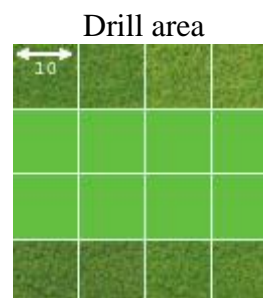
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up to avoid other players and see gates
- Head up to assess pass
- Dribbling skills, use big and little toes to avoid other players
- When in space run quickly with the ball

## Progressions

# Dribble and shoot for points

## Purpose

A game to improve running and dribbling skills, with an emphasise on accurate shooting for points



## Set Up

- 2 x avenue of cones 25 - 40 meters long and 1 - 2 meters wide.
- Goals situated 15 - 20 meters from the end of the last cone.
- Goals split into 3 targets, middle target 4 yards wide, end targets 2 yards wide.
- Supply of balls

## Structure

Individual competition. Players must dribble the ball between the cones, keeping the ball in between the cones, as quickly and as stylishly as possible. Before the last cone, they must shoot the ball accurately and below knee height into the goal. Player gets 1 point for shooting into the middle of the goal and 3 points for shooting into either of the the corner target area, between post and pole. Coach to award extra points for the style and speed of dribbling and for not touching the cones. After shot player goes to the back of the next queue.

## Coaching Tips

- Dribble quickly using the front of the foot and little and big toe
- Head up when dribbling
- At end of dribble, compose
- Head up to assess shot
- Accurate, low shot

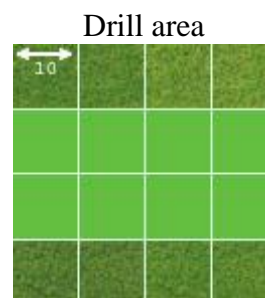
## Progressions

- For younger players make the dribbling avenue shorter and wider and make the shooting targets bigger.
- For older players make the avenue tighter and shooting targets smaller.

# Running with ball and power shooting game

## Purpose

A drill to develop head up dribbling skills, finishing with an accurate powerful shot against a GK



## Set Up

- 2 x avenue of cones 25 - 40 meters long and 2 meters wide.
- 2 x full sized goals situated 20 - 25 meters from the end of the last cone.
- Supply of balls

## Structure

Competition. Players must run with the ball between the cones, with their head up, as quickly and as stylishly as possible. At the end of the cones, they must assess the GK position and shoot powerfully and accurately. Player gets 3 points for scoring, 1 point for a GK save. Coach can also award extra points for style, speed and not touching the cones when running with the ball. After shot player goes to the back of the next queue.

## Coaching Tips

- Head up dribbling and running through the cones
- Use big and little toe to manipulate the ball when running with the ball
- Head up to assess goalkeepers position prior to shot
- Correct shooting technique
- Accuracy of shooting - hit target
- Follow up for rebounds

The coach can make the area bigger or smaller depending on the age and ability of the players. Important that the coaching focus doesn't end with the dribbling, but has an end result an accurate shot

## Progressions

- Move the last cone before shooting to different positions to test different techniques
- For younger players, shorten the distance of running with the ball and widen the avenue of cones



# Improve forward link with M/F to score

## Purpose

Exercise to develop forward and midfield link play, with objective of finishing with a goal scoring attempt from midfield player



## Set Up

- Area half a pitch
- Full size goal
- Supply of balls
- Bibs
- Servers on cones on halfway line

## Structure

3 servers with balls on the halfway line. Coach indicates which of the servers passes the ball. Forward must make initial movement away from the ball being served, to push defender back. Defender must stop forward turning. Forward protects the ball and combines with supporting midfield player, for an attempt on goal. Vary the type of passes into forward to test different types of control. Rotate players

## Coaching Tips

- Forward move to create space to receive the ball
- Midfield player leaves the space to support the ball when it is played to the forward
- Forward to protect the ball from defender
- Midfield to support ball for shooting opportunities
- Positive attitude to shooting from distance
- Assess goalkeeper position
- Use power shooting technique
- Hit target
- Forward follow up for rebound

This is a functional exercise designed to improve combination play between a midfield player and the forward. Make sure there is good service to the forwards and realistic defending from the defender. Encourage the midfield player to shoot early and powerfully

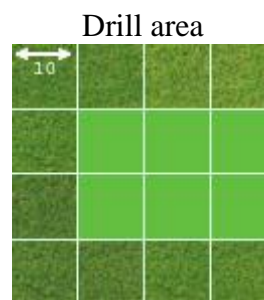
## **Progressions**

- Condition the forward and midfield to a maximum of two touches each
- Introduce a second forward and midfield player

# Quick turning and shooting drill

## Purpose

Drill to improve quick turning and accurate shooting



## Set Up

- Area marked out with cones
- 2 x Full size goals - use poles if necessary
- Turning grid area 5 x 5 meters.
- Distance from server to grid 15 - 20 meters.
- Distance from grid to goals 18 meters.
- Supply of balls

## Structure

Ball is passed from server to forward. Forward checks away and then meets the ball. Forward uses a quick turning technique and fires off a quick accurate shot. The receive, turn and shoot technique must be inside the turning grid. Repeat for 3 - 4 shots per forward before rotating players

## Coaching Tips

- Check to receive the ball
- Use turning technique
- Assess goalkeepers position
- Correct shooting technique
- Accurate shot - hit target

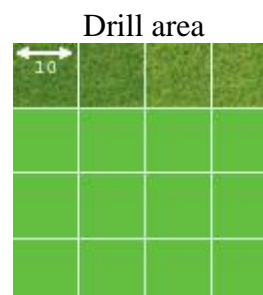
## Progressions

- Vary the type of service, not always on the floor
- Vary the distance of service - throw some into forward
- Add a passive defender

# Develop quick interplay to shoot

## Purpose

Exercise to develop quick give and goes, finishing with an accurate shot



## Set Up

- Pitch area 40 x 30 meters marked out with cones
- 2 x full size goals.
- Wall pass players zig zag across pitch and approximately 15 meters apart.
- Distance from last player to goal 20 - 25 meters
- Supply of balls

## Structure

Competition. Player makes a series of give and goes using the players acting as the walls. At the end, the ball is dribbled infield and finishes with an accurate shot on goal. Award points for scoring a goal, hitting the target and the style and speed of the give and goes

## Coaching Tips

- Play quick give and goes
- Head up between passes
- Use change of pace
- Compose, head up to assess goalkeepers position
- Select correct shooting technique
- Accurate shot - hit target
- Follow up for rebounds

## Progressions

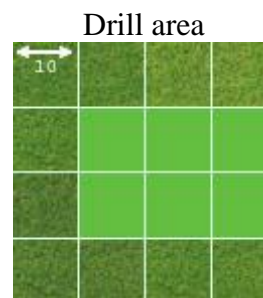
- Use wrong foot
- Make area between passers bigger and smaller to encourage different passing techniques
- Condition the "walls" to one touch and the passers to two touch



# Turning in triangles

## Purpose

Game to improve creating angles to receive and turning with the ball, with the objective of retaining possession. Team in possession can use target players and floating players



## Set Up

- Area 30 x 30 meters marked out with cones
- 10 x 10 meter target area at each end of the grid.
- Play 3 v 3 on the pitch.
- Two target players in target area
- Two floating players working down the side of the pitch
- Supply of balls
- Bibs

## Structure

Play 3 v 3 with 2 x target players in target areas at the end of the grid. Floating players work up and down the side of the pitch and must support team in possession and are not allowed onto the pitch. Objective of the game is to get the ball to target player and then repeat the objective to the target player at the other end of the pitch by using the floating players. Team in possession look to create new support angles, movement and turn away from defenders and into space.

Encourage players to keep the passing simple and play on the move. When possession is lost, teams change roles.

## Coaching Tips

- Movement to create space and receive the ball
- Turn away from defenders
- Good talking and communication
- Head up to assess options
- Keep passing simple
- Pass and move
- Attitude to passing to target players
- Use floating players to out number the opposition

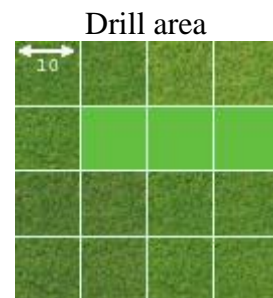
It is important that the floating players and target players play an active role in this drill. Encourage them to move within their areas, create angles to receive the ball and communicate with the team in possession

### **Progressions**

# Control and follow pass, control and retreat

## Purpose

Drill to improve pass, control and move, both following the ball and retreating away from ball



## Set Up

- Use cones to **set up** area
- Supply of balls

## Structure

Player A side foot passes to player B at opposite end of the grid. After pass player A follows.

Player B controls the ball, passes and follows the ball. Repeat with players control, passing and following until they get 5 meters apart, they then control, pass and retreat.

## Coaching Tips

- Head up before passing to "picture" target
- Accurate pass
- Timing of pass
- Control out of feet
- Follow pass

## Progressions

Condition to two touches only

# Control, turn and deliver low firm pass

## Purpose

Drill to improve controlling, turning and delivering a low driven pass around the pitch



## Set Up

- Use cone to mark out area on full pitch.
- Gates every 20 - 25 meters.
- Gates 5 - 8 meters wide
- Supply of balls

## Structure

Practice can use 2 or 3 balls. Player uses the low driven pass technique and passes the ball through a target to next player. Follow pass. Next player adjust feet, controls the pass, sets themselves and passes to next player through target. Repeat

## Coaching Tips

- On toes ready to receive the pass
- Get in line with the pass
- Control out of feet
- Head up to "picture" next pass
- Accurate pass and follow

## Progressions

For younger player make the distance between the gates shorter and encourage accurate side foot passing between the gates



# Pressurised control, pass and sprint drill

## Purpose

Pressurised drill to improve sprinting speed, quick feet to move to control the ball and the ability to maintain a good control and pass technique when fatigued and under pressure



## Set Up

- Area full pitch marked out with cones
- Gates every 25 - 30 meters.
- Gates 5 - 8 meters wide
- Supply of balls

## Structure

Practice can use 3 or 4 balls. Player passes the ball through a target to next player. Player sprints after pass. Next player quickly adjusts feet, controls the pass, sets themselves and passes to next player through target. For a continuous pass, control and sprint work out, use more balls and repeat for 5 - 10 minutes

## Coaching Tips

- Quick powerful sprinting after pass
- Quick running with the ball
- Head up
- Accurate passing
- Good turning with the ball

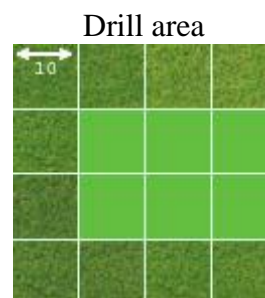
## Progressions

- This is a drill to improve sprinting speed, so ensure the quality of the running
- Increase the number of ball working to develop the intensity

# Control firm passes while on the move

## Purpose

Exercise to develop moving to the ball, to control and set for a quick pass and movement



## Set Up

- Use cones to mark out area
- Distance between cones 20 - 25 meters.
- Cones are placed in a zig zag formation
- Supply of balls

## Structure

Players are positioned on cones that are staggered so passing is zig zagged. The pass is driven along the floor and followed. The receiving player must adjust to control the ball in front of them, then pass and follow. Repeat through zig zag of cones. The last player plays a series of give and goes back to the start. Repeat.

## Coaching Tips

- On toes ready to receive the pass
- Get in line with the ball
- Control the ball out of the feet
- Head up to assess passing options
- Accurate pass
- Follow pass

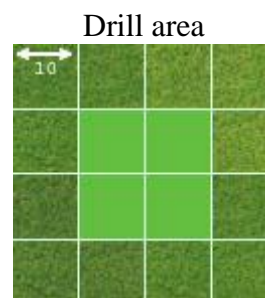
## Progressions

Vary the distance between passers to vary the passing and control techniques

# Improve movement, tight control and passing

## Purpose

Practice to improve movement, tight control and passing when faced by opposition in a tight area



## Set Up

- Mark grid area with cones to 20 x 20 meters
- Divide each grid area into 10 x 10 meters
- Supply of balls
- Bibs

## Structure

20 x 20 meter grid area is divided in 4 x 10 x 10 meter grids. 4 attacking players are conditioned to staying in their own 10 meter grid. 2 x defenders. All attacking players should move within their grids area to create good supporting angles to give player on the ball plenty of options. 2 x Defenders can go where they want in the grid. Rotate players regularly

### Coaching Tips

- Movement within the grid area to support the player on the ball
- Good talking and communication
- Head up to assess passing options
- Pass the ball simply and easily
- Pass the ball early

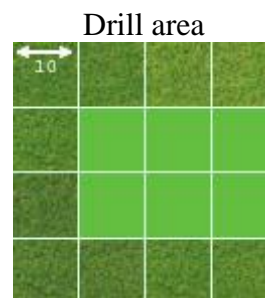
## Progressions

- For younger players the coach might want to condition the defenders to initially walk, then jog when defending. This will allow the attackers to achieve success and the drill can then progress from there.
- For older players, condition the attackers to a maximum of two touches

# Stop, assess and move game

## Purpose

Fun drill to develop instant control with back to play, followed by quick movement to receive the next pass



## Set Up

- Area 30 x 30 meters marked out with grids
- Gates 2 - 3 meters wide and placed throughout area
- Supply of balls

## Structure

Players work in pairs. One player is the passer, the other the target. Target must sprint to become a target on the other side of the gates. Passer must time the pass and follow through the gates to target player. Target player controls the ball dead and moves quickly to become a target on the other side of another set of gates. Repeat through all the gates. Rotate players

## Coaching Tips

- Quick movement to become the target
- Be alert ready to receive the ball
- Move in line of the ball
- Cushion the ball "dead"
- Move quickly to become next target
- Watch ball
- Communicate and talk

## Progressions

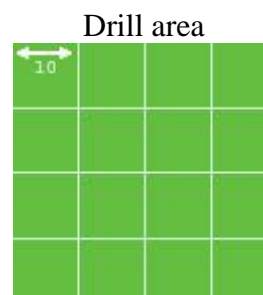
Condition to one touch



# Pressured control turn and sprint drill

## Purpose

Exercise designed to test a players control and turning and sprinting speed while under pressure



## Set Up

- Area marked out by cones
- Gates 2- 3 meters wide
- Supply of balls

## Structure

Players work in pairs. One players is the passer, the other the target. Target must turn and sprint to become a target on the other side of the gates. Passer must time the pass and follow through the gates to target player. Target player controls the ball dead and turns and sprints through the next gate. Passer must keep the pressure on by moving and passing quickly. Rotate players

Coaching Tips

- After control player must sprint to be a target through next gate
- Passer needs to sprint to get ball after control
- Passer should pressure sprinter with the passing
- Requires lots of quick turning and sprinting
- Ensure the quality of control and passing when players get tired

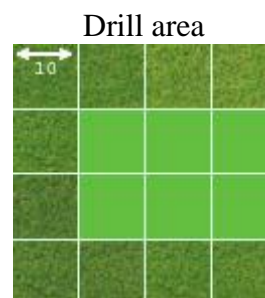
## Progressions

- This drill has been designed to improve the players sharpness, mobility and power.
- Ensure the players show good, sharp movements and have rest between working periods.
- Vary the rest periods depending upon age and fitness levels.

# Develop play through central player

## Purpose

Drill to encourage turning and switching play through a central player



## Set Up

- Use cones to mark out area
- Area minimum of 30 x 30 meters.
- Area has a defined 10 x 10 central grid area.
- Supply of balls
- Bibs

## Structure

30 x 30 meter area has a central grid of 10 x 10 that only the link player can play in. The other attackers and defenders must stay out of this area. Objective is to keep possession and whenever possible play through the central link player, who must look to turn and switch to free players

### Coaching Tips

- Link player to create space to receive the ball
- Create good angles
- Get on half turn and receive with back foot
- Control away from defenders and into space
- Head up and accurate passing

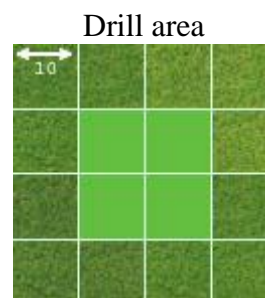
## Progressions

Condition link player to two touches

# Develop receiving, turning and passing skills

## Purpose

Game to develop continual movement, creating new receiving angles, control away from defenders and turning and passing skills



## Set Up

- Use cones to mark out area
- Supply of balls
- Bibs

## Structure

Play 2 v 2 in the area. 4 x floating players on the outside of the grid, who combine with the team in possession to keep the ball. Team in possession to continually be on the move, looking to receive pass, turn and keep possession. Rotate teams regularly

## Coaching Tips

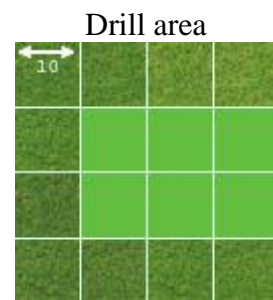
- Make space to receive the ball
- Use floating players and keep passing simple
- Turn away from defenders
- Good communication and talking

## Progressions

# Rotating practice to improve turning and simple passing

## Purpose

Fast moving game designed to improve players understanding of how to move and when to create space, techniques of turning away from defenders and passing the ball simply, but effectively



## Set Up

- Area 30 x 30 meters, marked out with cones
- 10 x 10 meter target area at each end of the grid
- Play 3 v 3 on the pitch.
- Two target players in target area
- Two floating players down the side of pitch
- Supply of balls
- Bibs

## Structure

Play 3 v 3 with 2 x target players in target box at the end of the grid. Floating players down the side of the pitch must support team in possession and are not allowed onto the pitch. Objective of the game is to get the ball to target player and then repeat to the other target player. Team in possession look to create new support angles, movement, turning out of tight areas and passing to free players. Encourage players to keep the passing simple and play on the move. When possession is lost, teams change roles.

### Coaching Tips

- Movement to create space and support the ball
- Simple passing, keep it easy
- Floating players to move and support team in possession
- Communication and talking
- Controlling and turning away from defenders



It is important that the floating players and target players are constantly moving and supporting the team in possession. This allows the team in possession to outnumber the defenders, keep possession and pass to target players

### **Progressions**

# Improve forwards control around area

## Purpose

Function to improve central strikers movement, control and link up play with supporting M/F player



## Set Up

- Use cones to mark out half a pitch
- Full size goal.
- Supply of balls
- Bibs

## Structure

Ball is served from halfway line. Two forwards are marked by two defenders. Forwards move to create space, show for pass and protect and control the ball. Forwards combine with supporting midfield player to create goal scoring opportunities. Repeat from different servers. Rotate players

## Coaching Tips

- Forwards movement to create space to receive the ball
- Forward receive and protect the ball
- 2nd forward movement to split defenders
- Good lay off to supporting midfield
- Movement from forwards to attack near and far post for crosses

Initially the coach might condition the defenders to defend passively, to enable the forwards to understand the type of movement required

## Progressions

Introduce a defensive midfield player

# Develop aggressive sprinting with the ball

## Purpose

Improves fast running with the ball over longer distances. Players have to get their heads up and show composure and awareness to avoid other players.



## Set Up

- Use cones to mark out area
- 15 - 20 meters from start to first gate
- 15 - 20 meters to first cone
- 20 - 25 meters to last cone
- Supply of balls
- Bibs

## Structure

Team game. Four teams. Player has to run as quickly as possible, through gates. They must show composure, awareness and dribbling skills to avoid other players. Players must show acceleration to quickly do a U turn, back through traffic, run through gates and back to group. Either individual races or team competition.

## Coaching Tips

- Encourage quick running, head up, with the ball
- For increased fitness, condition the drill so the same player has to go twice
- For younger players shorten the distance, but repeat two or three times

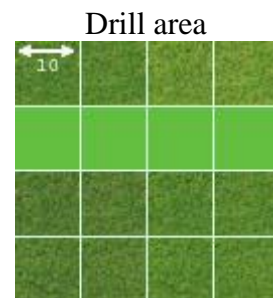
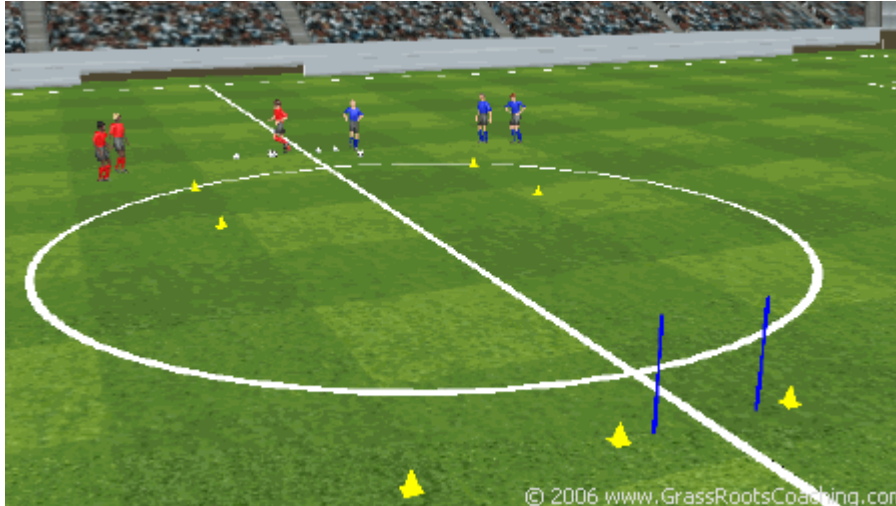
This is a speed and power drill, so ensure that the quality of the running and turning is good.

## Progressions

# Turn, run and pass for points game

## Purpose

Competition to collect balls, turn quickly, run with the ball and accurately pass for points



## Set Up

- Target gates 3 - 5 meters wide.
- Distance from grid to target gates 15 - 20 meters.
- Grid area 5 x 10 meters.
- Distance to balls from grid area 25 - 30 meters.
- Cones
- Supply of balls
- Bibs

## Structure

Objective of the game is to collect the ball, turn and run with the ball as quickly as possible, before accurately passing through the targets. Points are allocated to the players. 3 points for a clean pass through the target, 2 points for hitting one of the posts, and 3 points for the player who completes the 3 passes first

## Coaching Tips

- Turn quickly with the ball
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up
- Compose at end of run and assess pass
- Accurate pass through the gates

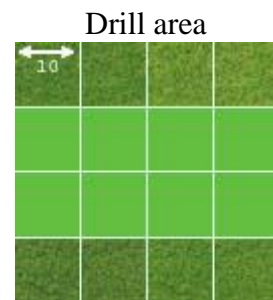
## Progressions



# High energy running with ball game

## Purpose

Competitive, fun game which involves turning and sprinting, quick turning and running with the ball and accurate shooting



## Set Up

- Use cones and poles to **set up** drill
- Target gates 3 - 5 meters wide.
- Distance from grid to target gates 15 - 20 meters.
- Grid area 5 x 10 meters.
- Distance from grid to balls 30 - 35 meters.
- Supply of balls
- Bibs

## Structure

Objective of the game is to collect the ball, turn and run with the ball as quickly as possible, before accurately passing through the targets. Player must then turn after shot and sprint back to collect the next ball. Points are allocated to the players. 3 points for a clean pass through the target, 2 points for hitting one of the posts, and 3 points for the player who is the quickest and completes the 3 passes first. For extra fitness work out, let players complete 5 or 6 runs

## Coaching Tips

- Quick running with the ball
- Compose and head up before pass
- Accurate pass
- Quick turn and sprint to get the ball

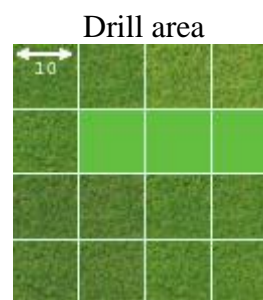
## Progressions

- This is a fun interval endurance drill that players will enjoy.
- Vary the distance the players have to run and dribble with the ball, according to age and ability.
- Vary the rest periods according to age and ability.

# Game to improve running and accurate low driven shots

## Purpose

Game to develop the skills of turning and running quickly with the ball and shoot accurately using the low driven shot technique



## Set Up

- Area marked out with cones
- Target gates 3 - 5 meters wide.
- Distance from grid to target gates 15 - 20 meters.
- Grid area 5 x 10 meters.
- Distance to balls 15 meters.
- Supply of balls
- Bibs

## Structure

Objective of the game is to collect the ball, turn and run with the ball as quickly as possible, before accurately using the low driven shot technique to shoot through the target gates. Points are allocated to the players. 3 points for a clean low driven shot through the target, 2 points for hitting one of the posts, and extra 3 points for the player who completes the 3 shots first.

## Coaching Tips

- Sprint to ball
- Turn quickly with the ball, use various turning techniques
- Run quickly with the ball
- Head up and compose before shot
- Assess target
- Use low driven shot technique
- Non kicking foot alongside the ball
- Lock ankle and point toes
- Strike through the middle top half of ball - keep ball low
- Head over the ball and steady
- Follow through to target - keeping toes pointed / ankle locked as long as possible

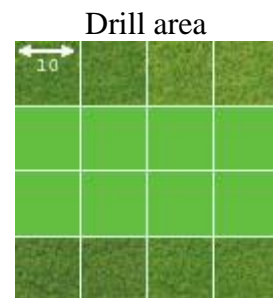
**Progressions**

Have a server pass the ball as forwards check back to test different turning techniques

# 3 v 1 break out to run through targets

## Purpose

Game to develop passing and running with the ball in a 3 v 1 situation



## Set Up

- Area 40 x 20 meters.
- Split into 2 x 20 x 20 grids
- Cones
- Supply of balls.
- Bibs

## Structure

3 attackers v 1 defender in a total 40 x 20 meter grid area, split into 20 x 20 grids. 3 attackers must combine with at least 3 passes before one of the players breaks out by running with the ball into the next grid. The other two players also join support the player on the ball in the next grid. There is a defender in the next grid who tries to stop them. Attackers again combine to make at least 3 passes before one of them runs the ball through the gate. Repeat back the other way

## Coaching Tips

- Good passing to keep possession
- Timing of pass and run
- Good first touch. Control ball out of feet into space
- Get body between ball and defender
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up
- Compose at end of run for accurate pass to next player

## Progressions

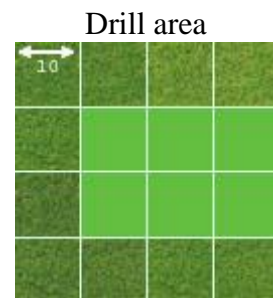
Progress to a 30 x 30 meter area 4 V 2



# Control the ball under pressure

## Purpose

High intensity drill that provides checking and sharp movement, while under pressure to control the ball. This improves sharpness, good movement and power



## Set Up

- Use cones to mark out area
- Supply of balls

## Structure

3 servers with 2 ball form a triangle round the receiver. Servers pass a firm ground pass into receiver. Receiver controls the ball and passes to the player without a ball. Receiver quickly returns to start position. Servers to serve quickly to keep receiver under pressure. Repeat for between 30 seconds to 1 minute

## Coaching Tips

- Ensure the servers time their passes to give the receiver a chance
- Vary the service to make the player work
- Player working should be aware of where the passes are coming from
- Quick, sharp movements to the ball
- Keep the quality of control and passing

## Progressions

- For quick sharp fitness movements, bring the servers in closer and raise the intensity of the passing.
- For more stamina work and longer runs, increase the distance and ensure the servers vary the type of passes to make the player sprint over varied distances.
- Vary the time and rest periods for the players, depending on their age and fitness levels.

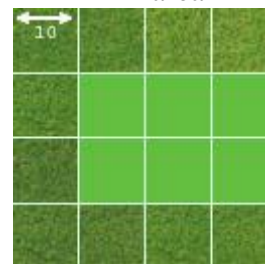
# Ball Control Game

## Purpose

To improve ball control along the floor



Drill area



## Set Up

- Area marked out with cones
- Distance between players 20 to 30 meters
- Goals 3 to 5 meters wide
- Supply of balls
- Bibs

## Structure

Players must control the ball and accurately side foot through goals to partner. The drill is a competitive game where each player is trying to side foot the ball through the goals and past their opponent. The player who is receiving the side foot pass must stop the ball going past them and try and side-foot it back past their opponent

### Coaching Tips

- On toes, ready to receive the ball
- Get in the line of the ball
- Cushion control out of feet
- Head up to assess pass
- Accurate pass

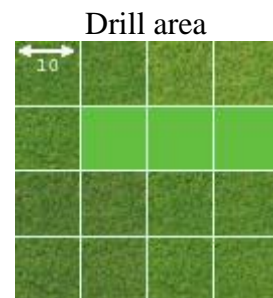
## Progressions

Condition to two touches only

# Side foot passing game

## Purpose

To improve the accuracy and technique of side foot passing



## Set Up

- Area marked out with cones
- Distance between players 20 to 30 meters
- Goals 3 to 5 meters wide
- Supply of balls
- Bibs

## Structure

Players must control the ball and accurately side foot through goals to partner. The drill is a competitive game where each player is trying to side foot the ball through the goals and past their opponent. The player who is receiving the side foot pass must stop the ball going past them and try and side-foot it back past their opponent

## Coaching Tips

- "Picture" passing target
- Non kicking foot alongside the ball and pointed to target
- Use the instep
- Ankle firm and locked
- Step into the ball
- Strike through the mid line of the ball
- Head down and steady
- Follow through to target
- Keep the ball down

## Progressions

- Condition to two touch
- Condition to one touch so ball has to be set for a team mate
- Only use the wrong foot

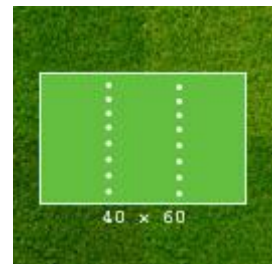
# Develop midfield support play in a function

## Purpose

To develop the skill and understanding of midfield support play in a functional game



Drill area



## Set Up

- Pitch area 40 x 40 meters - marked with a half way line
- 2 x full size goals with goalkeeper
- 4 v 4 players on the pitch - 2 forwards v 2 defenders, 1 wide player v 1 fullback, attacking midfield v defending midfield.
- Free attacking fullback
- Supply of balls
- Bibs
- Cones

## Structure

Start point from fullback. Play 4 v 4 on the pitch, 2 forwards v 2 defenders, attacking wide player v defending fullback and an attacking midfield player against a defensive midfield player. After serving ball, fullback joins in to make 5 v 4. Ball is passed from full back into midfield player. Midfield player looks to pass to, combine with and support attacking forwards to create an attempt on goal. After attempt at goal, rotate game and change teams to repeat

### Coaching Tips

- Midfield player to provide good movement to find space
- Other attacking players to stretch defenders, deep and wide to provide space for midfield player
- Midfield player to receive the ball with correct control. This will be dictated by the position of the defensive midfield player
- Must protect the ball
- Pass and move - creating new support angle
- Good communication to dictate and demand the ball when supporting
- Head up awareness of passing options
- Accurate, timed, positive passing
- Back up and support attack, for lay offs, pull backs or poor clearances



## **Progressions**

# C.C Control and set for shot

## Purpose

To develop instant ball control, using a variety of surfaces and **set up** for a shot from a supporting player



Drill area



## Set Up

- Mark area with cones
- Supply of balls

## Structure

Clock shape around the goalkeeper. Objective is to field and control inaccurate shots and throws from the goalkeeper. If GK saves the ball they must throw out firmly to a player on the outside, who has to control the ball and set it to a supporting player for a shot. If shot misses GK, players on opposite side of clock must be ready to field and control the ball and set for a team mate for a shot.

## Coaching Tips

- Be alert and ready to field missed shots or throws from keeper
- Move to get in line of the ball
- Select the correct control surface
- Cushion control the ball
- Set shot for supporting player
- Accurate shot

Encourage the goalkeeper to test different control surfaces when they throw the ball out. Make circle bigger and smaller to test different types of control

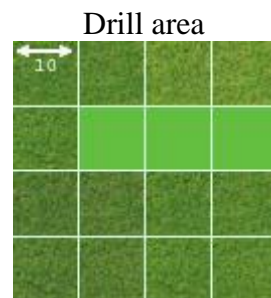
## Progressions

One touch for all players on the outside of the clock. Set and shoot

# 1 v1 Defending the goal

## Purpose

To improve 1 v 1 defending the goal



## Set Up

- Area marked out with cones
- 2 x full sized goals
- Supply of balls
- Bibs

## Structure

Teams are behind the goals and all the players are given numbers. Coach calls out a number and rolls a ball onto the pitch. The players whose number is called try to get to the ball first. The player on the ball becomes the attacker, the other the defender. Make the game a competition.

### Coaching Tips

- Close ball down quickly
- Get body between ball and goal - prevent shot
- Keep low, be balanced and watch the ball
- Be patient
- Force attacker away from goal
- Stay on feet, don't dive in
- Keep body between ball and goal

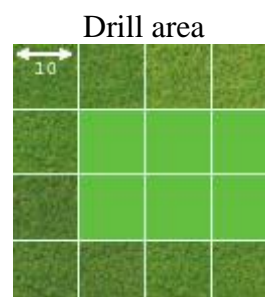
## Progressions

- Progress to 2 v 2 and 3 v 3

# Pressurised finishing drill

## Purpose

To improve an attackers reactions, control, dribbling and shooting skills, while under continual pressure from defenders and forced to react to balls served into the area



## Set Up

- Area 30 x 20 meters marked with cones
- 2 x Full sized goals with GK
- Servers numbered and on the corner of the pitch with a supply of balls.
- Defenders numbered and around the pitch.
- Bibs

## Structure

4 servers with balls in the corners. Defenders numbered and on the outside of the pitch. Coach nominates which numbered defender defends. Attacker in the middle of the pitch. Coach nominates a numbered server to pass the ball into the area, the ball is served to the attackers advantage. Attacker attempts to score a goal as quickly as possible. Once the attack is over, ball is served again, keeping the pressure on the attacker to work hard, using quick turns and sprints. Repeat for 6 - 8 shots and then change attackers.

## Coaching Tips

- React to served ball quickly
- Sprint to ball
- Control the ball away from the defender
- Attitude - can attacker shoot quickly
- Assess goalkeepers position
- Choose correct shooting technique
- Shoot accurately
- React quickly quickly for next pass

## Progressions

- It is important that the servers pass the ball to the advantage of the attacker.
- This is a shooting, speed and power drill.

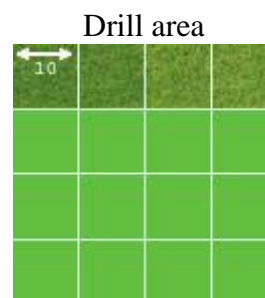


- Ensure the attacker works hard to react quickly to get to the ball and has a positive attitude to shoot. Make sure the servers make the attacker work hard.
- Vary the size of the area and the intensity depending on the age and ability of players

# Quick dribbling and running game

## Purpose

Game to improve dribbling and running with the ball speed



## Set Up

- Distance from start cone to first gates 20 - 25 meters
- Distance to first of zig zag cones 10 - 15 meters
- 7 - 10 zig zag cones 5 - 7 meters apart
- Supply of balls
- Cones
- Bibs

## Structure

Two teams competing against each other. Objective is to run with the ball as quickly as possible, then dribble in and out of the zig zag cones, turn at the end cone, dribble back and pass the ball accurately back through the gates. Player then sprints as quickly as possible to back of group. Next player controls ball and repeats. Competition to see which team is the quickest

Coaching Tips

- Run quickly with the ball
- Use the front of the foot
- Head up
- Dribble using big and little toe
- Head up
- Assess pass
- Accurate pass
- Quick sprinting

This is a combination between speed and endurance. To focus on the speed and power, shorten the distances, make the teams bigger and increase the rest periods. To improve endurance, lengthen the distance, allow fewer rest periods and decrease the numbers in the team so the players have more goes

## Progressions

Make gaps between cones bigger or smaller

# Chase me round the clock

## Purpose

Clock coaching drill to improve fitness and improve the speed of running with the ball



Drill area



## Set Up

- Area clock shape 30 - 40 meters across
- Players have their own ball and stand around the perimeter of the clock
- Supply of balls
- Bibs

## Structure

Players stand around the perimeter of the clock with a ball at their feet. Players dribble a ball round the perimeter, they dribble close to one of the other players and touch the players shoulder. Both players run with the ball as quickly as they can, in opposite directions. First one back to the space in the clock, with their foot on the ball, is the winner. Repeat with other players.

### Coaching Tips

- Knock the ball into the space
- Use the laces - front of foot
- Be under control - head up
- Cover the ground quickly

This is a drill designed to improve the players speed, so encourage the players to run quickly and stylishly. Speed is the key coaching factor, so allow the players good rest periods so the quality is good.

## Progressions

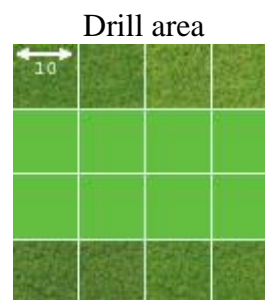
- Make clock bigger to increase power
- Make clock smaller to develop sharpness



# Free third man runner

## Purpose

Develop passing and movement to release a third man runner



## Set Up

- Total area marked with cones 40 x 20
- Split into 10 x 20, 20 x 20 , 10 x 10 grids
- Play 3 v 1 in one of the 20 x 10 grids
- Play 2 v 1 in the other 20 x 10 grid
- Supply of balls
- Cones
- Bibs

## Structure

Exercise designed to improve passing and movement with the objective to free a third man runner, who breaks out of the grid to run with the ball before passing to team mates in the next grid and joining them to make another 3 v 1 situation. There must be a minimum of 3 passes in the grid before a pass to release the third man runner. Repeat exercise in each grid

### Coaching Tips

- Passing and movement
- Keep passing simple
- Minimum three passes
- Look for opportunity to release third man runner
- Timing of pass and run
- Run quickly with the ball
- Head up and assess pass
- Pass and join to make 3 v 1
- Repeat

## Progressions

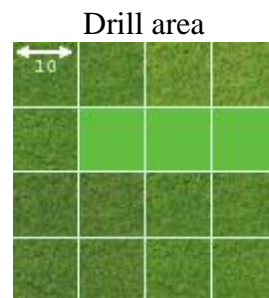
- Initially let defender be passive
- Increase defensive pressure

- Progress to 4 v 2 in a bigger area

# Protect and defend 1 v 1

## Purpose

An intense drill to develop sprinting and one on one defending



## Set Up

- Pitch area 30 meters x 10 meters Goals 2 meters wide
- Supply of balls with the coach
- Bibs
- Cones

## Structure

The players are divided into two teams and the players are given numbers. The coach call out a number and the players with those numbers have to sprint around the outside of the pitch and through the goals. The coach rolls the ball onto the pitch. First player to the ball becomes the attacker, the other the defender. Attacker must try and beat defender and pass the ball through the goals. Defender must work hard to stop the attacker passing or running the ball through the goals. Both players must the sprint back to the end of their respective groups. Repeat. Make the game a competition

### Coaching Tips

- Sprint quickly round the pitch
- Decision - if not first to ball, defend the goal
- Get body between ball and goal to prevent shot
- Close ball down
- Try and get attackers head down
- Be patient, stay on feet
- Watch ball
- Force attacker away from goal
- Tackle if possible
- If beaten - don't give up, recover

## Progressions

- Progress to 2 v 2 in 30 x 20 meters

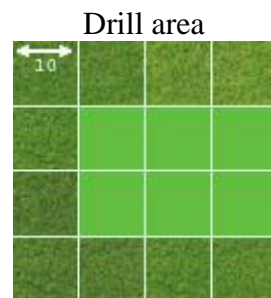




# Set back to shoot game

## Purpose

Game to develop forward link up with supporting players, to finish with a shot



## Set Up

- Pitch area 30 x 20 meters, marked out into 3 separate 10 meter areas
- Goals suitable for age and experience
- Supply of balls
- Bibs
- Cones

## Structure

Area 30 x 20 meters, marked out into 3 separate 10 meter areas. Goal with GK. Play 2 v 2 in middle area. Each team has a player that is conditioned to stay inside the attacking 10 meter area. The ball must be passed into the attacking player and set back for one of the two central players to shoot. Rotate players positions after shot

## Coaching Tips

- Passing and movement
- Forward movement to receive the ball
- Pass the ball into free forward in final grid
- Support pass - not too close to forward
- Forward move into the line of the pass
- Forward set the ball back for supporting player
- Supporting player shoot
- Rebounds

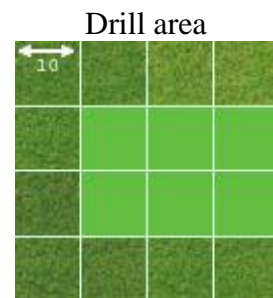
## Progressions

Rotate players so they gain experience in all roles

# Mini Soccer to improve running with ball

## Purpose

3 a side mini soccer game designed to improve running with the ball



## Set Up

- Area 30 x 20 meters, marked out into 3 separate 10 meter areas.
- Pitch is marked with line down the middle, from centre of goal to centre of goal.
- Goals suitable for age and ability.
- Supply of balls
- Bibs
- Cones

## Structure

Area 30 x 20 meters, marked out into 3 separate 10 meter areas. Pitch is marked with line down the middle. Goals suitable for age and ability. Objective of the game is to encourage the player in possession to run with the ball from their grid area to the next, then pass the ball across the grid to their team mate, who looks to run with the ball to the next grid. Defenders are conditioned. They must start in the diagonally opposite grid from the attacker and cannot pressure the attacker until the attacker runs with the ball into the next grid. Attackers must pass to team mate after they have entered the next grid, who in turn runs with the ball. End with a shot at goal

## Coaching Tips

- Open body to receive the ball
- Good first touch. Control ball out of feet into space
- Cover the ground quickly
- Use the front of the foot
- Minimum number of touches
- Run quickly
- Head up to assess pass

Initially condition the defenders so that they walk or jog to pressure the runner only when they enter the next grid. Runner must get head up and pass across the grid to team mate, who looks to run with the ball to the next grid. Defender can turn and put pressure on runner. Repeat to next

grid. End with shot on goal. Coach can pass ball to attackers if ball is lost or mis controlled to keep game flowing

### **Progressions**

Encourage the defending to be more realistic

# Crossing drill to miss the first defender

## Purpose

Exercise to improve crossing to miss the first defender



## Set Up

- Area half a pitch
- Forwards with balls on cones 40 meters from goal and 30 meters from touch line - both sides of pitch
- Fullbacks on cones 40 meters from goal and 10 meters from touch line - both sides of pitch
- Wide players on cones 25 meters from goals 10 meters from touch lines - both sides of pitch
- Defender located in 6 - yard box, between near post and front of 6 - yard box.
- Supply of balls
- Bibs
- Cones

## Structure

Forward passes the ball wide to the fullback. full back controls out of feet and passes to wide players who has checked to receive the ball. Wide player beats the cone and dribbles down the touch line. Forward makes a timed, angled run to attack the cross. Wide player must miss the near post defender and goalkeeper with cross. Forward attack and finish. After forward has had attempt, they become the passive defender for the next cross. Repeat on other side of pitch

Coaching Tips

- Movement to receive a pass
- Control the ball out of feet and to the side
- Look up to assess forwards movement and where the near post defender is
- Use correct crossing technique - use lofted passing technique to loft the ball
- Miss the near post defender and away from goalkeeper
- Forward make a run to attack ball at far post area

## Progressions

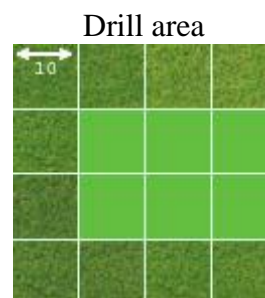


- The coach may initially start the near post defender on the 6 yard box line and condition the goalkeeper to stay on their line.
- Progress to moving the near post defender further back and allow the goalkeeper to come off their line to catch poor crosses.

# Developing passing and support skills

## Purpose

Mini soccer game to develop and improve passing and support skills



## Set Up

- Area 30 x 20 meters, marked out into 3 separate 10 meter areas
- 2 x goals 2 yards wide at both ends
- Supply of balls
- Bibs
- Cones

## Structure

Play 3 v 3 with 1 spare player (red). No G.K. Each team has a player that is conditioned to stay in each of the three grid areas. Red is allowed to move through the 3 areas and makes a two v one situation with the yellow team in each grid against the blue team. After an exchange of passes in the first grid, red player moves into 2nd area with ball and makes two v one again. Repeat in 3rd area, with objective of yellow or red player running the ball through one of the gated goals. Repeat to other end with red combining with blue team. Rotate red player regularly

### Coaching Tips

- Movement to create space
- Communication
- Control ball away from defender
- Head up - awareness
- Combination 2 v 1
- Free player movement to support
- Accuracy of passing
- Run ball through gates

To develop this game the coach might have to initially condition the defenders to defend passively - walk or jog. This allows the players to gain confidence in passing and moving and what is expected from them. The coach can then gradually build up the intensity of the defending. Swap players roles regularly so they all have a go at being defenders and attackers

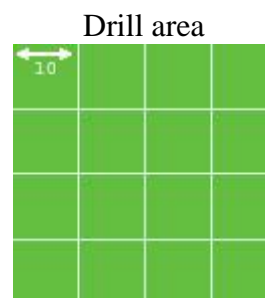
## **Progressions**

- Initially condition defenders to be passive defenders, to ensure the players enjoy success.
- Gradually increase the defending pace and pressure

# Improve crossing 2 v 2

## Purpose

To improve crossing into a well defended area



## Set Up

- Area 40 x 40 meters with penalty area marked with cones at either end
- 2 x full size goals 2 with GK
- 2 x central defenders play against 2 central strikers 1 x wide attacking player 1 x passive defending full back
- Supply of balls
- Bibs
- Cones

## Structure

Gk serves the ball to wide player, defending fullback is passive and lets the wide player cross the ball. Wide player must look to deliver a good cross into the area for the forwards to attack. GK and defenders defend, repeat on other side.

## Coaching Tips

- Control the ball out of feet and to the side
- Look up to assess forwards movement and where the space is
- Once decision is made on the type of cross - concentrate on hitting the area for the forward to attack
- Use correct crossing technique
- Near post - pace, swerve and height- miss near post defender
- Lofted, weighted cross to far post area - miss goalkeeper
- Pull back for supporting midfield
- Forwards to attack the near and far post areas and midfield for pullback

The coach may want to condition the drill by initially concentrating on one type of cross - near post - allowing the crosser to develop near post crossing skills and techniques, before progressing to the far post cross and the pull back. Then progress so that the crosser has to assess the type of cross needed



## **Progressions**

- Let the defender get tighter to crosser.
- Use both feet to cross - check back and cross
- Bring in third attacker to make 3 v 2 in the area

# Develop compactness as a back 4

## Purpose

To develop the goalkeeper and back four working together as a unit, improving shifting side to side and backwards and forwards, along with pressing, covering and communication



## Set Up

- Area half a pitch
- Full sized goal
- Servers on two cones 45 meters out and 30 meters apart.
- 2 x Servers with a supply of balls
- Goalkeeper and back four against 4 attackers
- Bibs

## Structure

GK and back four play against 4 forwards, two wide players and two central strikers. There are two servers situated about 45 meters from goal and 30 - 40 meters apart. Ball is played across the pitch between two servers. Goalkeeper and back 4 move as a unit as the ball is transferred. Ball is then passes from a server to a wide player. Nearest defender pressures the ball, rest of back 4 adopt covering positions. Ball is played back to server, back 4 and GK squeeze the play. Server switches the ball to the opposite wide player. Back 4 drop and fullback pressures the ball. The rest of the back 4 adopt covering positions. Ball is passed inside to central forward, central defender pressures the ball, rest of the back four adopt a covering position.

## Coaching Tips

- Initially ensure defenders are conditioned to pass the ball backwards to server or across the pitch
- Goalkeeper and defenders work and move together as a unit - backwards and forwards, side to side
- Good talking and communication
- Use key phrases - push up, squeeze, drop off, right shoulder, left shoulder, cover, get tight, hold the line, show inside etc
- Goalkeeper takes positions in relation to where the ball is and where the defenders are
- Defenders to adopt good body positions - open body - see the ball, see the attacker
- Nearest defender pressures the ball quickly

- Second nearest defender(s) must provide supporting cover - good angle and distance, good communication
- Only squeeze up the pitch to make the play compact if there is no chance the ball can be played forward.
- Any chance the ball will be played forward defenders drop towards their own goal

Defenders stay on their feet At the start of the drill condition the attacking team to pass the ball across the pitch and back to the servers to switch play. This will allow the defenders and goalkeeper to get used to working together in their roles. Then condition the central forwards to push up against the central defenders and get the servers to pass the ball into the two central forwards so the defenders can get used to a central defender pressing the ball and full backs and other central defenders providing support cover. As a last condition encourage the servers to pass the ball in behind the defenders, so they can understand when they can squeeze and when they must drop and cover the goal. Lastly allow free play and encourage the attackers to try and score, but with the condition they can pass back to the servers who can then switch play, pass to feet or play the ball in behind.

### **Progressions**

- Bring in defending midfield attackers and defenders
- Make drill a competition
- Use different start points so the defenders have to react quickly

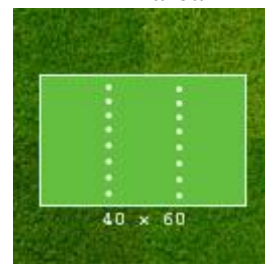
# Centre Halves defending crosses

## Purpose

Function to improve goalkeeper and central defenders defending crosses



Drill area



## Set Up

- Area 60 x 40 meters with penalty area marked with cones at either end
- 2 x full size goals with GK 2 x central defenders play against 2 central strikers 1 x wide attacking player 1 x passive defending full back
- Supply of balls
- Bibs
- Cones

## Structure

Central defenders to work with goalkeeper to defend crosses. G.K and defenders have realistic start positions in relation to where the ball is. Gk serves the ball to wide player, defending fullback is passive and lets the wide player cross the ball. GK and defender communicate and work together to defend the cross and clear the ball. Attackers try and score. Repeat on the other side

## Coaching Tips

- Defenders and goalkeeper take good starting positions in relation to where the ball is
- Starting positions constantly move as the ball moves
- Good communication - clear information
- Use key phrases - push up, drop, attack the ball, squeeze, left and right shoulder, man coming
- Goalkeeper dictates to defenders - don't let get too deep and on top of goalkeeper or too high with a big gap between GK and defenders
- Defenders adopt good body positions - defensive triangle - see the crosser, see the attacker
- Defenders keep a solid line - try and be level with each other and see each other
- Defenders don't let attackers get across them. Be strong
- If attacking the cross, be positive and communicate this decision - call
- Other defender provides cover when ball is being attacked
- Clear the ball with height and distance

- Goalkeeper and defenders squeeze up together after clearing the ball
- Goalkeeper call and inform if attacking the cross
- If goalkeeper attacks the cross, defenders protect and cover the goalkeeper

To begin the session, condition the drill so that there are no attackers, this will allow the defenders and GK to understand their starting positions in relation to the ball and how they work together. Then introduce a first, then second attacker. Adopt a coaching position behind the goal to enable you to see the movement of the defenders and goalkeeper.

### **Progressions**

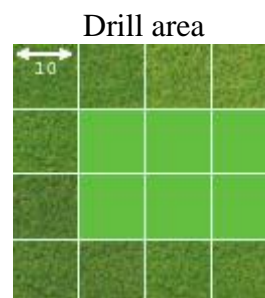
- Introduce a defensive full back and a defensive midfield player along with an opposite wide attacker and attacking midfield player.
- Use both sides of the pitch
- Adjust the size of the pitch to suit age and ability



# Improve defending 3 v 3

## Purpose

Drill to improve defending as a unit 3 v 3 to apply pressure, cover, balance and communication



## Set Up

- Area 30 x 20 meters marked with cones
- 3 defenders v 3 attackers
- Supply of balls
- Bibs
- Cones

## Structure

3 defenders to work together to keep the ball in front of them, be patient and provide pressure, cover and balance. Objective is for the attackers to get the ball over the line at the far end of the grid, defenders to be patient, keep their shape and win the ball. Start point is one defender passes to an attacker. Defender closes the ball down and the defenders pressure from here

Coaching Tips

- Nearest defender pressure the ball
- Speed of approach important - quick as ball travels, under control as attacker receives the ball
- Angle of approach - show inside
- Pressure defender shows attacker into the area where there are covering defenders
- Pressure defender - patience, adopt a body position to dictate where the attacker must go
- Covering defender - good communication, good angle and distance
- Third, balance defender - good communication, good angle and distance
- Defenders must adopt a defensive body position - defending triangle - see ball, see attacker
- As ball travels between attackers, defenders must pivot and swap roles quickly
- Don't ball watch or follow the ball - recover quickly to new defensive position

The coach may wish to initially condition this drill by insisting the attackers pass the ball slowly across the pitch between them several times, both using the middle attacker and missing them out. This will enable the defenders to understand their individual roles and how these roles

change as the ball is moved and travels. Progress to the ball being switched more quickly and eventually into free play, encouraging the attackers to try and cross the line at the opposite end

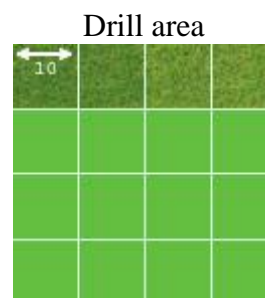
### **Progressions**

- Make the drill a competition - attackers to cross the opposite line, defenders to prevent them
- Progress to 4 v 4 in a 40 x 30 meter area

# Delay and recovery when defending

## Purpose

Develop delay and recovery play when out numbered in a defending situation



## Set Up

- Pitch area 40 x 30 meters marked with cones
- Halfway line marked with cones.
- Full sized goals with goalkeepers
- Play 3 v 3
- Start point from GK to attacker in own half
- The defending team have a player who starts in a position decided by the coach and has to recover quickly back to a defensive position.
- Supply of balls
- Bibs
- Cones

## Structure

Play starts with the GK passing to one of 3 attackers who must start in their own half. The two defenders play against 3 attackers and have to be patient and buy time by making the attackers play sideways or backwards until their team mate recovers back into a defensive position. The recovering player starts off the pitch in a position designated by the coach. When the situation is 3 v 3 defenders must attempt to stop the attackers shooting by applying pressure, cover, balance and communication. Repeat from both ends

## Coaching Tips

- Recovery players to sprint as quickly as possible
- Recovery player to sprint in a straight line back towards own goal
- First pressure defender needs to be patient and delay attacker
- Second cover player, provides good communication and covers first pressure player
- When all three defenders have recovered their shape, apply pressure, cover, balance, pivot
- Good communication

## Progressions

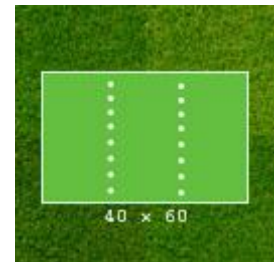
# Develop crossing with free wide players

## Purpose

To improve crossing and finishing in a conditioned game



Drill area



## Set Up

- Area 60 x 40 meters, with halfway line marked with cones
- 2 x full size goals with goalkeepers
- Play 4 v 4 on the pitch with starting positions as 2 v 2 in both halves of the pitch 4 x free floating wide players, who stay outside of the playing area and play for whatever team is in possession.
- Supply of balls
- Bibs
- Cones

## Structure

Start point from the goalkeeper who delivers the ball to one of his own players in the defending half of the pitch. Players combine and pass the ball to any one of the free wide players. Wide players can combine together or run with the ball on their own and look to get a cross in. Once the ball is with one of the free wide players, the game becomes conditioned. One of the attacking defensive players can join the two attackers to make a 3 attackers v 2 defenders situation.

Attackers to always make a near post run, a far post run and a run to the edge of the area. Repeat from both ends. Players return to start position before GK begins play.

## Coaching Tips

- Movement to receive a pass
- Control the ball out of feet and to the side
- Look up to assess forwards movement and where the space is
- Once decision is made on the type of cross - concentrate on hitting the area for the forward to attack
- Use correct crossing technique
- Near post - pace, swerve and height- miss near post defender
- Lofted, weighted cross to far post area - miss goalkeeper
- Pull back for supporting midfield

- Forwards to attack the near and far post areas and midfield for pullback
- If fullback overlaps - good communication
- Timing and type of run for overlap
- Timing and weight of pass for runner

### **Progressions**

- The coach may want to condition the drill by initially concentrating on one type of cross - near post - allowing the crosser to develop near post crossing skills and techniques.
- Progress to the far post cross and the pull back.
- Second progress is that the crosser has to assess the type of cross needed and make their own decisions



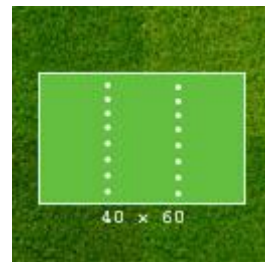
# Develop early crossing

## Purpose

To improve the runs of forwards and the awareness of wide players when making early crosses



Drill area



## Set Up

- Area 60 x 40 meters
- 2 x Full sized goals with goalkeepers
- 15 x 5 meter areas in four corners, marked with cones with 2 players from each team diagonally opposite
- 3 v 3 on the pitch area
- Supply of balls
- Bibs
- Cones

## Structure

Start point with the goalkeeper. Play 3 v 3 on the pitch and 2 players from each team in the corners areas, who are conditioned to stay in these areas. Objective is for team in possession to combine and get the ball wide to their own wide player closest to the goal they are attacking. Wide player needs to assess the situation and looks to deliver an early cross. The three attacking players combine for 1 to make a near post run, 1 a far post run and 1 to make a late run behind them both. In build up play attacking team can use the other same colour spare player to create an overload. After cross repeat game from other end.

## Coaching Tips

- Movement to receive a pass
- Control the ball out of feet and to the side
- Look up to assess forwards movement and where the space is
- Once decision is made on the type of cross - concentrate on hitting the area for the forward to attack
- Cross early for forwards to attack and between defenders and goalkeeper
- Use correct crossing technique
- Near post - pace, swerve and height- miss near post defender
- Lofted, weighted cross to far post area - miss goalkeeper
- Pull back for supporting midfield

- Forwards to attack the near and far post areas and midfield for pullback

### **Progressions**

- Condition crosser to maximum of 3 touches

# Improve forward runs for crosses

## Purpose

Develop crossing for near post, far post and pull back runs from forwards



## Set Up

- Area full width of pitch and 35 meters out from goal.
- Three cones approximately 25 meters from goal, one in the middle of the penalty area D and the other two even with the corners of the six-yard box.
- Cones for wide players - furthest 35 meters from goal and 5 meters from the touch line. Second cone 25 meters from goal and 5 meters from touch line.
- Players placed on all the cones
- Supply of balls
- Bibs
- Cones

## Structure

Drill starts with fullback passing to wide player. Full back and wide player combine with overlapping fullback or wide players dribbling and crossing. Forwards start on cones 10 meters outside the box. Attacking forwards combine and communicate for timed and angled runs to far post, near post and for pull back to edge of area. Forwards to concentrate on attacking the cross and hitting the target. Repeat on both sides of the pitch

## Coaching Tips

- Forwards to time their runs - not early not too late
- Good communication - who is going where
- First forward movement is the opposite of where they are making their run - movement to pull to far post before attacking near post
- Be positive in the run - attack late, attack hard
- If the ball goes over near post runners head, spin for knock back from far post
- Near post runner must attack across the near post area - get across GK eye line
- Far post - don't get in too early and fill the space. Attack the ball late
- Edge of box, check to provide the edge of the box position
- Hit the target with finish

- Head down and back across goalkeeper

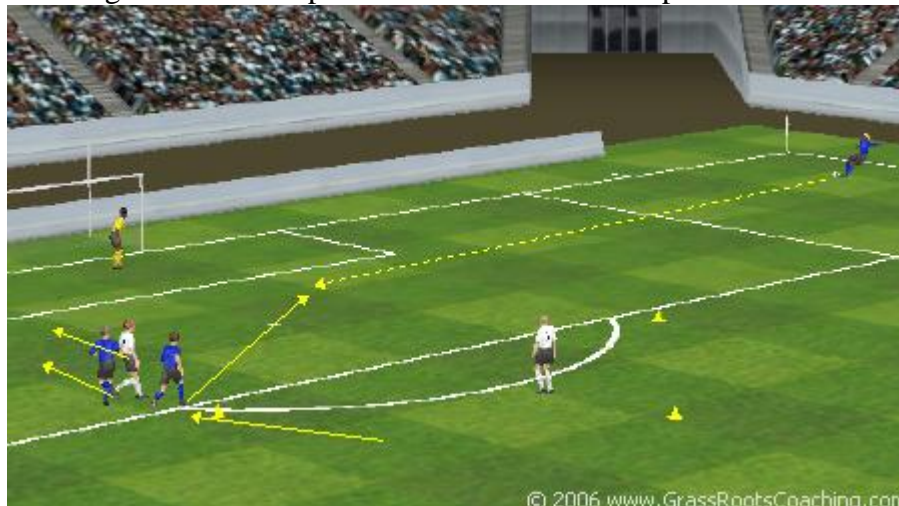
### **Progressions**

- Bring in a defender

# Develop near and far post cross and runs

## Purpose

Crossing drill to develop the forwards near and far post runs to attack crosses from wide players



## Set Up

- Area full width of pitch and 35 meters out from goal.
- Full size goal with goalkeeper
- Server on cone 45 meters from goal
- Three cones - two either side of penalty area D, third one , with forward on it, located in a central position and 5 meters outside of penalty area D
- Cones in both wide areas 30 meters out and 5 -10 meters in from the touch line - with players located on them
- Supply of balls
- Bibs
- Cones

## Structure

Forward checks back to receive a ball from server. Wide player makes a checking movement to create space to receive the ball from the forward. Wide player dribbles to the outside of the cone and looks up to assess which of the forwards is not being marked by the defender. The cross should be to the forward in space. Forwards make well timed runs to either near or far post. Defender must defend against one of the forwards. Repeat from both sides

## Coaching Tips

### Crosser

- Movement to receive a pass
- Control the ball out of feet and to the side
- Look up to assess forwards movement and where the space is
- Once decision is made on the type of cross - concentrate on hitting the area for the forward to attack
- Cross early for forwards to attack and between defenders and goalkeeper
- Use correct crossing technique



- Near post - pace, swerve and height
- Lofted, weighted cross to far post area - miss goalkeeper

#### Forwards

- Forwards to time their runs - not early not too late
- Good communication - who is going where
- First forward movement is the opposite of where they are making their run - movement to pull to far post before attacking near post
- Be positive in the run - attack late, attack hard
- If the ball goes over near post runners head, spin for knock back from far post
- Near post runner must attack across the near post area - get across GK eye line
- Far post - don't get in too early and fill the space. Attack the ball late
- Hit the target with finish
- Head down and back across goalkeeper

#### **Progressions**

Introduce a second defender and a third attacker to make options for near post, far post and pull back crossing options

# Combination passing and shooting game

## Purpose

To develop passing interplay in midfield and wide areas to free a midfield runner to support a forward, ending with a shot on goal



## Set Up

- Start cone - players with ball on cone 35 meters out and 20 meters in from touch line
- 2nd cone - with M/F players - 40 meters out, 25 meters in from touch line 1
- 3rd cone - with M/F players - 40 meters out, 25 meters in from touch line 2
- 4th cone - with wide players - 40 meters out 10 meters in from touch line 2
- 3 or 4 Zig Zag dribble cones starting 10 meters in front of 4th cone
- 5th cone - with forward central on edge of penalty area
- Ball is passed from player on cone 1 to player on cone 2 to player on cone 3 to player on cone 4.
- Player on cone 4 dribbles round zig zag cones and passes into forward on cone 5.
- Player from cone 3 makes run after pass to receive lay off from forward and shoot.
- Repeat on both sides of the pitch

## Structure

Ball is passed across midfield to a wide player who dribbles in and out of a series of zig zag cones before passing into a forward. Midfield player makes timed supporting run on pass into forward to support for a lay off around the penalty area. Finish with a shot on target. Rotate players after shot. Repeat from both sides of the pitch

## Coaching Tips

- Accurate passing. Follow pass
- Check to meet ball and control space side - using open body
- Good dribbling skills
- Accurate pass
- Good forward movement and lay of pass
- Well timed supporting run from M/F.
- Good angle and support
- Assess Gk position

- Accurate finish

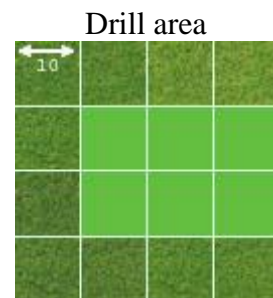
**Progressions**

Make drill a maximum of two touches

# Trampoline finishing game 3 V 3

## Purpose

Conditioned game to improve quick passing, movement, support and counter attack



## Set Up

- Pitch area 25 x 20 meters
- 2 x Full sized goals - no goalkeepers
- 3 v 3 players on the pitch
- Both teams have 2 x free players either side of the goal they attack.
- Free players conditioned to one touch
- Supply of ball located in or near the goals
- Cones
- Bibs

## Structure

Conditioned game of 3 v 3 with no goalkeepers. Both teams have two free players positioned either side of the goal they attack. Objective is to pass the ball to one of their free players, who is limited to one touch only, make supporting runs and try and score from the first time cross or pass. Once there has been an attempt on goal other team quickly counter attack.

## Coaching Tips

- Movement to create space to receive the ball
- Awareness of runs off the ball
- Positive runs into attacking areas for crosses
- Head up, be aware of team mates and free players
- Free players move and call to receive the ball
- Free players awareness of crossing into space for attackers or passing to free players
- Good talking and communication
- Good attitude to finishing - hit the target
- Quick counter attacking
- Simple, effective passing

## Progressions

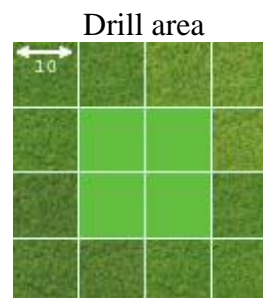
- Introduce a goalkeeper, but condition to stay within 2 meters of goal line
- Make game a one touch finish
- Allow goalkeepers to distribute to free players at opposite end



# Rebound shooting game

## Purpose

To improve communication, quick passing, movement and finishing in and around the penalty area



## Set Up

- Pitch area 20 x 20 meters marked with cones
- One full size goal with goalkeeper
- 3 v 3 on the pitch
- Both teams have free servers, who can move anywhere but on the pitch
- Supply of balls with servers
- Bibs
- Cones

## Structure

3 V 3 players in the area, 2 x free servers, one for each team, outside of the area. Team in possession combine together or use their free server to create goal scoring opportunities. If a team scores, they keep possession. If the team in possession fail to score or lose the ball, then possession changes and teams change roles from attack to defence.

## Coaching Tips

- Good movement to receive the ball
- Awareness of turning and shooting opportunities
- Awareness of support players
- Protecting ball away from defenders
- Good first touch and passing
- Attitude to shooting
- Rebounds from goalkeeper
- Angle, timing and speed of runs to receive the ball
- Communication

The free server is very important in this game. They should be constantly moving to create new support angles to receive the ball and talking to their team mates. They can help them with turning, passing and shooting decisions.

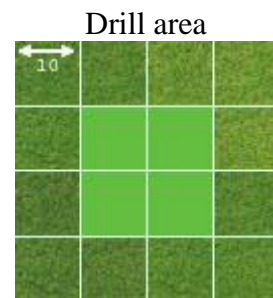
## **Progressions**

- Condition so that the ball has to be passed back to the server at least twice
- Condition the forwards and server to a maximum of two touches
- Have two servers

# 6 V 3 Finishing game

## Purpose

To develop shooting and finishing opportunities in and around the penalty area



## Set Up

- Pitch area 20 x 20 meters 6 meter line from goal marked with cones
- 1 x full sized goal with goalkeeper
- 2 x 5 meter goals - use poles- on 20 meter line
- 6 attackers V 3 defenders
- Supply of balls with server
- Cones
- Bibs

## Structure

Ball is served by coach. Game is conditioned to 6 v 3 players. 6 players attack and try and score, 3 players defend. 6 attacking players are conditioned to stay inside the game area, have no more than two touches, must have at least 3 passes before shooting and can only score outside the marked 6 meter area. If defenders win the ball, they can score by passing or running the ball between the two goals of white posts. Rotate players regularly. Coach will need a good supply of balls.

## Coaching Tips

- Good movement to receive the ball
- Spreading out to make the defenders work harder and find more space
- Keeping passing simple
- Awareness of turning and shooting opportunities
- Awareness of support players
- Protecting ball away from defenders
- Good first touch and passing
- Attitude to shooting
- Rebounds from goalkeeper
- Angle, timing and speed of runs to receive the ball
- Communication

- Switching play to free attackers

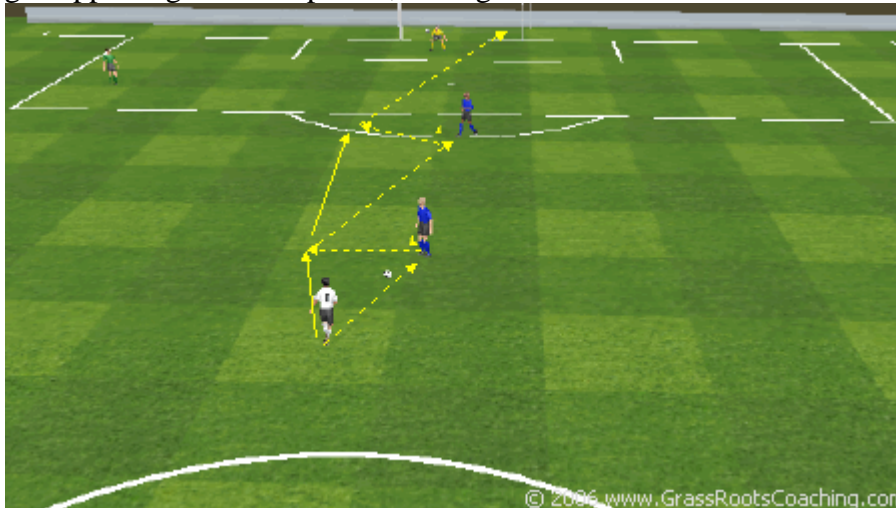
### **Progressions**

- For older players - condition to one touch
- Play 5 v 3
- Make area bigger

# Give and go, give and go to finish

## Purpose

Drill to improve the midfield and forwards movement and interplay through a series of give and go supporting runs and passes, ending with a shot



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for midfield player 50 meters from goal
- First forward on cone 35 meters from goal Second forward on cone 20 meters from goal
- Supply of balls
- Cones

## Structure

Midfield player plays a firm pass to the first forward. Forward checks from cone before receiving the ball. Forward sets the ball back to supporting midfield player. Midfield player passes into second forward for another give and go. Midfield player finishes with a shot at goal

### Coaching Tips

- Midfield player firm accurate pass to forward
- Forward check and receive ball
- Forward sharp movement to receive the lay off pass
- Midfield use voice and hand signal to dictate when and where they want the lay off pass
- Timed, weighted lay off pass
- Midfield head up to picture next pass
- Repeat give and go
- Head up, assess goalkeepers position
- Select finishing technique
- Hit target. Be accurate
- Rebounds

## Progressions

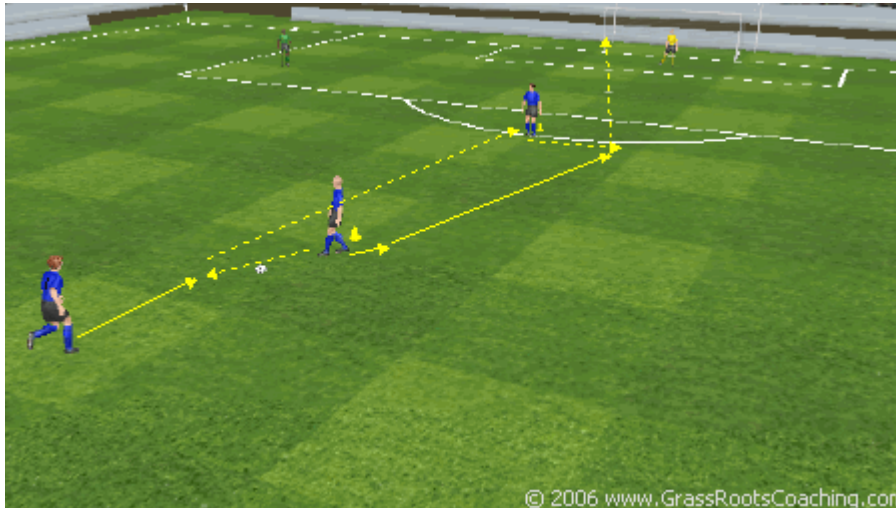


- Use the wrong foot
- Play one touch

# Pass and support, spin and support to finish

## Purpose

To develop the understanding of supporting runs of midfield players and forwards, finishing with a shot



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for midfield player 50 meters from goal
- First forward on cone 35 meters from goal
- Second forward on cone 20 meters from goal
- Supply of balls
- Cones

## Structure

Midfield player plays a firm pass to a forward, who check to receive the pass. Ball is set for midfield player who plays it to second forward. After setting the ball, first forward spins to support the pass into the second forward and have a shot. Players change positions after shot

## Coaching Tips

- Midfield player firm accurate pass to forward
- 1st Forward check and receive ball
- 1st Forward sharp movement to receive the lay off pass
- Midfield use voice and hand signal to dictate when and where they want the lay off pass
- Timed, weighted lay off pass
- Midfield head up to picture next pass
- 1st Forward spins to receive the next lay off pass
- Good timing and angle of support run from 1st forward
- 2nd forward check to receive the pass
- 1st forward use voice and hand signal to dictate when and where they want the lay off pass
- Head up, assess goalkeepers position
- Select finishing technique
- Hit target. Be accurate

## Progressions

- Use the wrong foot
- Condition to one touch only

# Dribbling passing and finishing drill

## Purpose

Drill to improve dribbling, give and go passing and finishing



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone 50 meters from goal, with supply of balls
- Midfield player on cone 40 meters from goal
- 3 or 4 cones for zig zag dribbling 5 meters away from midfield player cone
- First wall player on cone 30 meters from goal and level with line of 6 yard box
- Second wall player on cone 20 meters from goal and level with cone on other side of 6 yard box
- Cone on 18 yard box for checking off
- Player in wide area with supply of balls
- Cones

## Structure

Ball is passed into a midfield player who checks to receive the ball on the half turn. Midfield player turns and dribbles in and out of cones, before playing two give and goes with wall players. Player finishes with an accurate shot, before sprinting around a cone to meet a cross from a wide player to finish

## Coaching Tips

- Firm pass into midfield player
- Dribble using big and little toe
- Head up to assess pass
- Pass and move for lay off
- Forward check and receive ball
- Midfield use voice and hand signal to dictate when and where they want the lay off pass
- Timed, weighted lay off pass
- Repeat give and go with second forward
- Head up, assess goalkeepers position

- Select finishing technique
- Hit target. Be accurate
- Check round cone quickly
- Sharp run to meet cross
- Head down, concentrate on keeping the ball down, hit target

This drill requires a lot of concentration from the midfield player and the coach will need to give the player a lot of help, with verbal reminders of what they are supposed to do, for example - check now for the cross

### **Progressions**

- Use wrong foot.
- Vary crossing service to include different types of finishing techniques



# Finishing drill, 1 v 1, turn and shoot, meet cross

## Purpose

Drill to improve a range finishing skills. Running with the ball to finish, turning and shooting, finishing from crosses



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for server 50 meters from goal 2 cones 10 meters apart 40 meters from goal. Player on one of the cones 2 cones - gate - 2 meters apart 25 meters from goal level with edge of the 6 yard box
- Players with balls on cone 40 meters from goal and 15 meters in from touch line, same side of the pitch as gate cones
- Players with ball on cone on opposite side of the pitch 10 meters in from touch line and level with the 18 yard box
- Supply of balls
- Cones

## Structure

Team competition. Award 1 point for shot on target, 3 points for a goal. Player checks to receive the ball from server, plays ball back and times a run to receive a return pass and stay onside. Player runs with ball and finishes. After shot player checks to receive the ball from a wide server, they turn inside the cones and shoot. After shot they quickly check back through the cones to attack a cross from opposite wide server. Player from the next team then goes.

## Coaching Tips

- Set ball back and bend and time run to stay onside
- Accurate pass for run
- Run quickly with the ball - head up
- Compose, head up, assess GK position
- Accurate finish

- Check through gate to receive firm pass
- Roll turn inside
- Assess GK position
- Accurate finish
- Check back through gate
- Timed run to meet cross
- Hit target with finish

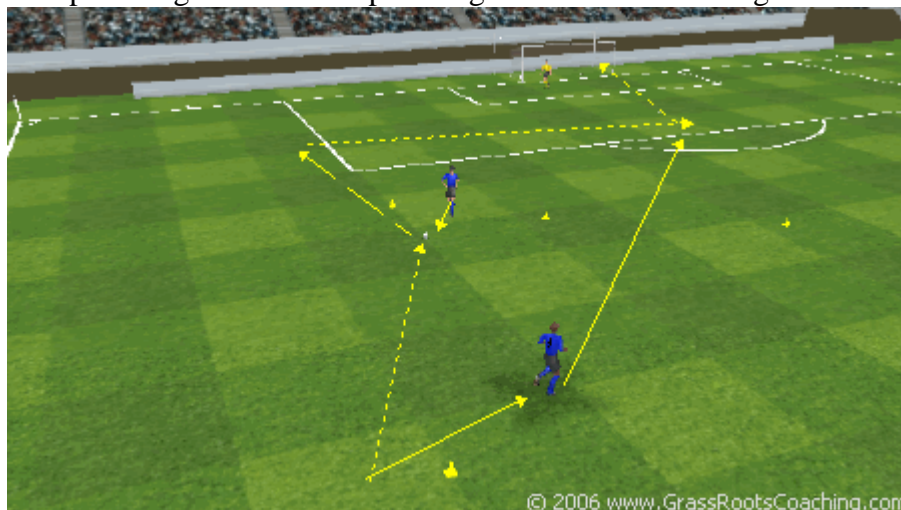
### **Progressions**

- Vary the service into the forward, to test different control and turning techniques
- Vary the type of crosses

# Turning wide and cut back for runners to finish

## Purpose

Competitive game to develop turning and cut back crossing skills for supporting runner to finish



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for servers with ball 35 meters from goal and 15 meters in from touch line on both sides of the pitch
- Forward between 2 cones 2 meters apart 25 meters from goal and 20 meters from touch line, on both sides of the pitch
- One cone 25 meters from goal and in line with the penalty spot
- Supply of balls
- Cones
- Bibs

## Structure

Forward checks to receive the pass from server. Forward turns quickly with the ball to the outside of the cone, runs down the wing and pulls the ball back along the floor, between the 6 yard box and penalty spot. Server times their run so they run round central cone and arrive at the same time as the ball to shoot past the G.K. Repeat from both sides of the pitch

## Coaching Tips

- Firm accurate pass into forward
- Forward check to receive pass
- Use big or little toe to roll with ball and run down the line
- Midfield player bends and times supporting run into the penalty area
- Forward assess support run and provides an accurate, weighted pull back pass for forward
- Assess GK position
- Accurate shot, hit target

## **Progressions**

- Bring in a second forward to make 2 v 1
- Introduce a defender to mark one of the forwards.

# Combination play to create space for forwards

## Purpose

Rotating conditioned game designed to improve creating space for the forwards to combine to finish



Drill area

## Set Up

- Pitch area 40 x 40 meters - marked with a half way line.
- 2 x full size goals with goalkeeper
- 4 v 4 players on the pitch - 2 forwards v 2 defenders, 1 wide player v 1 fullback, attacking midfield v defensive midfield.
- Free attacking fullback
- Supply of balls
- Bibs
- Cones

## Structure

Start point from fullback. Play 4 v 4 on the pitch, 2 forwards v 2 defenders, attacking wide player v defensive fullback and an attacking midfield player against a defensive midfield player. After serving ball, fullback joins in to make 5 v 4. Ball is passed from full back into midfield player, who can turn and play forward or set it back to supporting full back who is free. Wide player and midfield player must attract the attention of opposite players to create a channel for fullback to pass into forwards. Forwards must push defenders back over the halfway line with clever runs to create space and leave a bubble in front of them to combine with each other or supporting midfield player to have an attempt at goal. After attempt at goal, rotate game and change teams to repeat

## Coaching Tips

- As soon as fullback has the ball - attacking team must make the pitch as big as possible
- Wide player pushes fullback wide and deep
- Midfield players runs opposition M/F away from the ball
- Forwards push defenders back as far as possible



- This creates a big bubble for the fullback to have passing options
- First option for fullback is to pass into forwards - forwards can combine together or with supporting M/F players to create goalscoring opportunities
- Second option is pass into central or wide M/F players who look to combine with forwards to create goalscoring opportunities
- Free fullback can join in to make a spare player for the attacking team
- Good passing and movement
- Good communication
- Attitude to shooting opportunities
- End objective is to create goalscoring opportunities by combining with forwards

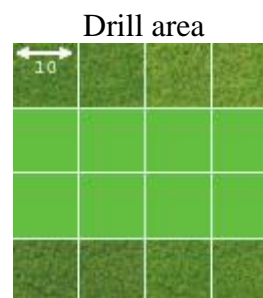
### **Progressions**

To start this game, the coach can initially condition the defenders to be passive. This will enable the attacking team to understand their roles without continually losing the ball. The speed of the game can then be gradually increased

# Drill to improve turning to shoot

## Purpose

Improve turning to shoot in and around the penalty area



## Set Up

- Area 40 x 20 meters
- 2 x full sized goals with goalkeepers
- Forward cones 1 meter apart , 20 meters from goal and 5 meters from the touch line
- Distance from server to forward 15 meters
- Supply of balls with servers
- Cones

## Structure

Forward checks to receive the ball. Server passes firmly to feet and follows the ball. Forward turns with the ball inside or outside of cones and shoots quickly after the turn. After shot, server becomes forward, forward goes to back of opposite end server group. Repeat on other side of pitch

## Coaching Tips

- Firm accurate pass into forward
- Forward checks and meets ball
- Just before controlling the ball can the forward feint in the opposite direction to the way they are going to turn
- Use big or little toe to roll turn outside of the cones
- Head up to assess GK position
- Select shooting technique
- Hit target. Accurate shot
- Follow up for rebounds

## Progressions

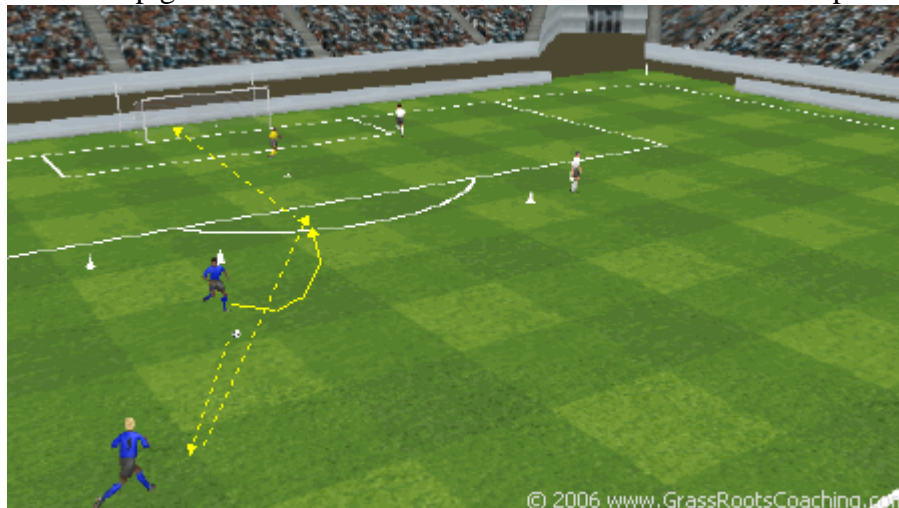
- Add a passive defender that the forward can feel to roll turn
- Condition to two touch, one to turn, second to shoot



# Set and spin shooting drill

## Purpose

To develop good forward runs and movement in and around the penalty area



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Server cone 40 meters from goal and 15 meters in from the touchline on both sides of the pitch
- Forward between cones 25 meters from goal and 15 meters from touch line.
- Cones 2 meters apart
- Supply of balls
- Cones

## Structure

Server passes ball into forward and follows to support the pass. Forward checks to receive the ball, sets the ball back so supporting player can pass first time into the forwards arched, timed run. Forward should look for a composed, accurate shot. After shot, server becomes forward and forward goes back to the back of the server group. Repeat on both sides of the pitch.

## Coaching Tips

- Firm accurate pass into forward. Follow pass
- Forward check to meet and receive the ball
- Forward quality lay off so ball can be passed first time
- Midfield good angle and distance of support
- Midfield well timed, angled and weighted pass for forwards run
- Forward bend and time run for pass. Stay onside, not too early
- Forward get ball out of feet and assess GK position
- Select shooting technique
- Hit target
- Follow up for rebounds from GK

## Progressions

Bring in a passive defender



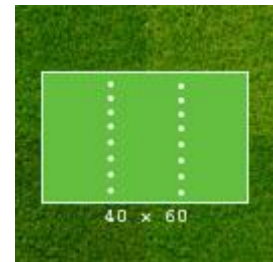
# Game to develop support play for forwards

## Purpose

Rotating conditioned game designed to develop support play for forwards



Drill area



## Set Up

- Pitch area 60 x 40 meters - marked with a half way line.
- 2 x full size goals with goalkeeper 4 v 4 players on the pitch - 2 forwards v 2 defenders, 1 wide player v 1 fullback, attacking midfield v defending midfield.
- Free attacking fullback
- Supply of balls
- Bibs
- Cones

## Structure

Start point from fullback. Play 4 v 4 on the pitch, 2 forwards v 2 defenders, attacking wide player v defending fullback and an attacking midfield player against a defensive midfield player. After serving ball, fullback joins in to make 5 v 4. Ball is passed from full back into midfield player, who can turn and play forward or set it back to supporting full back who is free. Wide player and midfield player must attract the attention of opposite players to create a channel for fullback to pass into forwards. Forwards must push defenders back over the halfway line with clever runs to create space and leave a bubble in front of them to combine with each other or supporting midfield player to have an attempt at goal. After attempt at goal, rotate game so attacking team defend and defending team attack.

## Coaching Tips

- As soon as fullback has the ball - attacking team must make the pitch as big as possible
- Wide player checks away to take defending fullback wide and deep
- Midfield players threatens to run behind opposition M/F to create space
- Forwards push defenders back and wide, to create a space in front of them for the ball to be passed into
- This creates a big bubble for the fullback to have passing options
- Good talking and communication
- F/B choose passing option - but should try and pass into forwards if possible

- If ball is passed into forwards attacking team should create new supporting positions, both in front and behind the ball
- Second option is pass into central or wide M/F players who look to combine with forwards to create goalscoring opportunities
- Free fullback can join in to make a spare player for the attacking team
- Attacking team should use free F/B to develop play
- Good passing and movement
- Good communication
- Positive attitude to forward passing and to shooting opportunities
- End objective is to create goalscoring opportunities by combining and supporting forwards

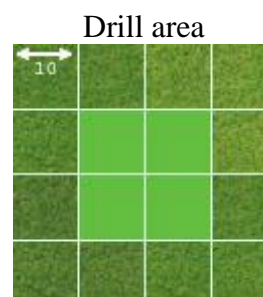
### **Progressions**

- To start this game, the coach can initially condition the defenders to be passive. This will enable the attacking team to understand their roles without continually losing the ball.
- The speed of the game can then be gradually increased

# 6 V 3 Support and pass to score

## Purpose

A conditioned game to develop supporting movement, angles and distance in and around the penalty area



## Set Up

- Pitch area 20 x 20 meters
- 6 meter line from goal marked with cones
- 1 x full sized goal with goalkeeper
- 2 x 5 meter goals - use poles- on 20 meter line
- 6 attackers V 3 defenders
- Supply of balls with server
- Cones
- Bibs

## Structure

Ball is served by coach. Game is conditioned to 6 v 3 players. 6 players attack and try and score, 3 players defend. 6 attacking players are conditioned to stay inside the game area, have no more than two touches and must have at least 3 passes before shooting and can only score outside the marked 6 meter area. Objective is to use good movement, support and communication to keep possession. If the defenders win the ball, they can score by passing or running the ball between the two goals of white posts. Rotate players regularly

## Coaching Tips

- Good movement to receive the ball
- Attackers spread out and find more space
- Keeping passing simple
- Pass and move
- Awareness of turning and shooting opportunities
- Awareness of support players
- Protecting ball away from defenders
- Good first touch and passing
- Attitude to shooting
- Rebounds from goalkeeper

- Angle, timing and speed of runs to receive the ball
- Communication
- Switching play to free attackers

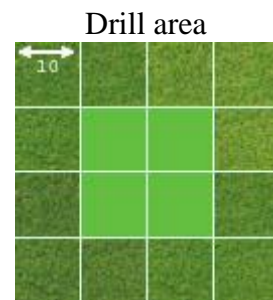
**Progressions**

Reduce the number of attackers to 5 v 3 and then 4 v 3

# 3 V 3 Finishing game with floating support

## Purpose

Conditioned game to improve support, communication, quick passing, movement and finishing in and around the penalty area



## Set Up

- Pitch area 20 x 20 meters marked with cones
- One full size goal with goalkeeper
- 3 v 3 on the pitch - cannot tackle floating server
- Both teams have floating servers, who can move anywhere but on the pitch
- Supply of balls with servers
- Bibs
- Cones

## Structure

3 V 3 players in the area, 2 x floating servers, one for each team, outside of the area. Team in possession combine together or use their floating server to create goal scoring opportunities. Team in possession must have a minimum of 3 passes before they can try and score. If a team scores, they keep possession. If the team in possession fail to score or lose the ball, then possession changes and the floating support also changes

## Coaching Tips

- Good movement to receive the ball
- Awareness of turning and shooting opportunities
- Awareness of support players
- Protecting ball away from defenders
- Good first touch and passing
- Attitude to shooting
- Rebounds from goalkeeper
- Angle, timing and speed of runs to receive the ball
- Communication



The free server is very important in this game. They should be constantly moving to create new support angles to receive the ball and talking to their team mates. They can help them with turning, passing and shooting decisions.

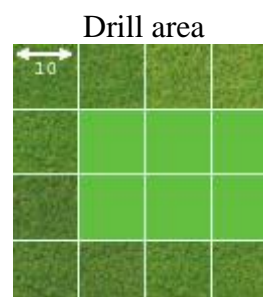
### **Progressions**

- Condition all players to a maximum of 3 touches
- Floating server can also shoot for goal

# Fast moving passing and counter attack game

## Purpose

Conditioned fast moving game to improve passing, supporting the ball, movement off the ball and quick counter attacking play



## Set Up

- Pitch area 30 x 20 meters
- 2 x Full sized goals - no goalkeepers
- 3 v 3 players on the pitch
- Both teams have 2 x free players either side of the goal they attack.
- Free players conditioned to one touch
- Supply of ball located in or near the goals
- Cones
- Bibs

## Structure

Conditioned game of 3 v 3 with no goalkeepers. Both teams have two free players positioned either side of the goal they attack. Objective is to pass the ball to one of their free players, who is limited to one touch only, make supporting runs and try and score from the first time cross or pass. Once there has been an attempt on goal the other team quickly counter attack. Game is conditioned to ensure that the team in possession must have a minimum of 2 passes before any attempt on goal

## Coaching Tips

- Movement to create space to receive the ball
- Awareness of runs off the ball
- Good communication
- Keep the passing simple
- Positive runs into attacking areas for crosses
- Head up, be aware of team mates and free players
- Free players move and call to receive the ball
- Free players awareness of crossing into space for attackers or passing to free players
- Good talking and communication
- Good attitude to finishing - hit the target

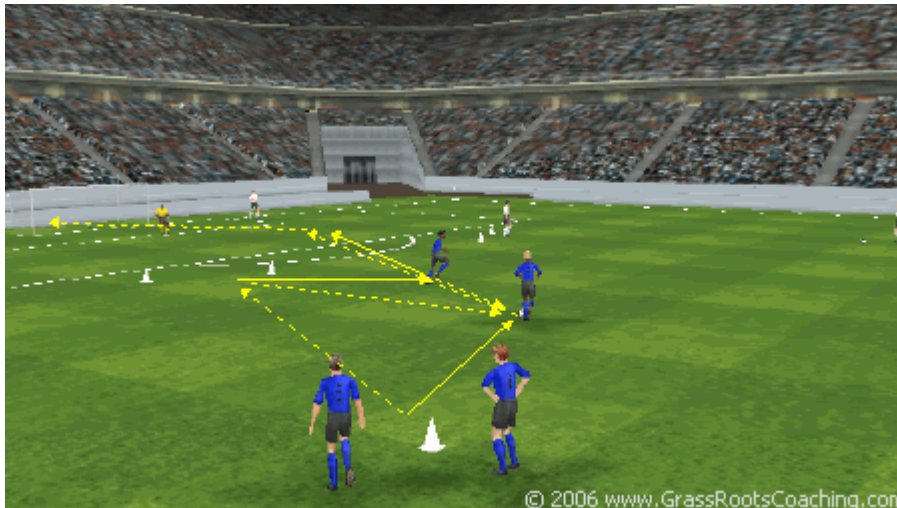
- Quick counter attacking

## **Progressions**

# Improve straight passing for curved forward runs

## Purpose

To develop the timing and understanding between support midfield players and forwards to improve curved forward runs and accurate, straight, positive passing in and around the penalty area



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Server cone 40 meters from goal and 15 meters in from the touchline on both sides of the pitch
- Forward between cones 25 meters from goal and 15 meters from touch line.
- Cones 2 meters apart
- Supply of balls
- Cones

## Structure

Midfield players pass the ball into the forward and follow to support the pass. The forward checks to receive the ball, sets the ball back so the supporting midfielder can pass an accurate, first-time pass into the forward's arched, timed run. The forward should look for a composed, accurate shot. After the shot, the midfielder becomes the forward and the forward goes back to the back of the midfield group. Repeat on both sides of the pitch.

## Coaching Tips

- Firm accurate pass into forward. Follow pass
- Forward check to meet and receive the ball
- Forward quality lay off so the ball can be passed first time
- Midfield good angle and distance of support.
- Midfield dictate with voice and hand signal where they want the ball laid off
- Midfield well timed, straight and weighted pass for forward's run
- Forward curve and time run for pass. Stay onside, not too early

- Forward get ball out of feet and assess GK position
- Select shooting technique
- Hit target
- Follow up for rebounds from GK

**Progressions**

Try and play one touch



# Using finishing skills to improve fitness

## Purpose

A speed, power and finishing drill that uses a range of finishing skills. Running with the ball to finish, turning and shooting, finishing from crosses to improve speed and power, whilst needing to maintain concentration and technique



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for server 50 meters from goal
- 2 cones 10 meters apart 40 meters from goal.
- Player on one of the cones 2 cones - gate - 2 meters apart 25 meters from goal level with edge of the 6 yard box
- Players with balls on cone 40 meters from goal and 15 meters in from touch line, same side of the pitch as gate cones
- Players with ball on cone on opposite side of the pitch 10 meters in from touch line and level with the 18 yard box
- Supply of balls
- Cones

## Structure

Team competition. Award 1 point for shot on target, 3 points for a goal. Player checks to receive the ball from server, plays ball back and times a run to receive a return pass and stay onside. Player runs quickly with ball and finishes. After shot player checks quickly to receive the ball from a wide server, they turn inside the cones and shoot. After shot they quickly check back through the cones to attack a cross from opposite wide server. Player then sprints back to halfway line to repeat the exercise for a fitness work out. Player from the next team then goes.

Coaching Tips

- Set ball back and bend and time run to stay onside
- Accurate pass for run
- Run quickly with the ball - head up
- Compose, head up, assess GK position

- Accurate finish
- Check quickly back through the gate to receive firm pass
- Roll turn inside
- Assess GK position
- Accurate finish
- Check turn and quickly back through gate
- Fast timed run to meet cross
- Hit target with finish
- After shot - sprint back to halfway line and back of group

### **Progressions**

- For a harder fitness work out, use a small group of midfield players - 3, 4 or 5.
- This ensures the players don't have such a long rest period between shots and the drill becomes a hard fitness work out as well as a speed and power drill.

# Quick give and goes to finish and sprint drill

## Purpose

Fitness drill that develops speed through a series of give and go supporting runs and passes, ending with a shot, followed by a fast sprint to the back of the group.



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for midfield player 50 meters from goal
- First forward on cone 35 meters from goal
- Second forward on cone 20 meters from goal
- Supply of balls
- Cones

## Structure

Midfield player plays a firm pass to the first forward. Forward checks from cone before receiving the ball. Forward sets the ball back to supporting midfield player. Midfield player passes into second forward for another give and go. Midfield player finishes with a shot at goal. After shot, player sprints to the back of the group. For a harder fitness work out, repeat the drill twice with the same player

## Coaching Tips

- Midfield player firm accurate pass to forward and follow
- Forward check and receive ball
- Forward sharp movement to receive the lay off pass
- Midfield use voice and hand signal to dictate when and where they want the lay off pass
- Timed, weighted lay off pass
- Midfield head up to picture next pass
- Repeat give and go, using quick movement
- Head up, assess goalkeepers position
- Select finishing technique
- Hit target. Be accurate
- After shot player sprint to back of group on halfway line

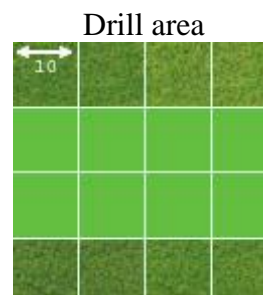
## **Progressions**

- This is a speed and power drill, so ensure the players concentrate on quick explosive movements.
- Allow good rest periods, but ensure the quality when they work
- For a harder fitness work out, use a small group of midfield players - 3, 4 or 5 and rotate the shots quickly.
- As soon as the first player is playing his second give and go, start the second midfield player. This way they players don't have such a long rest period between shots and the drill becomes a hard fitness work out

# Pressurised man on man defending game

## Purpose

A drill to develop pressurised man on man defensive skills where the defenders have to work very hard to defend. Improves football fitness, sprinting, closing down and working hard



## Set Up

- Pitch area 40 x 20 meters
- Target area 10 x 10 meters
- Play 3 v 3 on the pitch and target players in the target area
- Supply of balls dotted around the pitch and near target players, who act as servers when the ball goes out of play
- Cones
- Bibs

## Structure

Play 3 v 3 in middle area. The defensive team play man on man defensive marking. Objective of the attacking team is for the team in possession to pass the ball into the target player as quickly as possible. Once they have achieved this, they keep possession, look to make space get the ball off the target player and pass into the opposite target player. Team in possession keep trying to get the ball from one target player to the other target player. Objective of the game is for the defensive team to work very hard, play man on man and stay tight with attackers, stay with runners and attempt to win possession back. If possession is won by defensive team, teams immediately swap roles

## Coaching Tips

- Defenders play man on man with attackers
- Defenders to close the ball down whenever the ball is passed to their players
- Get tight - get their head down - and try and stop the ball being passed into target player
- Concentrate and stay with runners
- Keep low when closing down
- Good communication between defenders
- Mark tightly



This is a very hard interval endurance drill. Make sure there are plenty of ball near the target players to ensure the intensity of the drill. Vary the time the players play in the drill and the number of times they repeat it, depending on age and fitness levels. Have at least three teams, preferably four, so they can rotate.

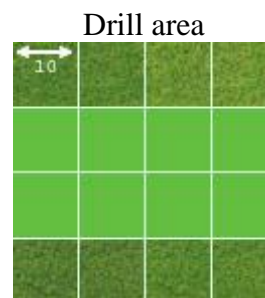
### **Progressions**

- To make this game a real fitness work out for the defending team, have 3 or 4 rotating teams of 3 players and goalkeepers as the target players.
- Goalkeepers can use their hands to catch the ball.
- Ensure there is a supply of ball around the pitch and near the goalkeepers target area.
- Each defending team stays on the pitch for a given period - 2 or 3 minutes.
- Every time the ball goes out, it is returned quickly so the pressure is always on the defenders.
- Rotate attacking and defending team regularly

# Pressurised play to target man game

## Purpose

To develop passing, movement and support in a 3 V 3 conditioned game, with the objective being to pass as quickly as possible into a free target player.



## Set Up

- Pitch area 40 x 20 meters
- Target area 10 x 10 meters
- Play 3 v 3 on the pitch and target players in the target area
- Supply of balls
- Cones
- Bibs

## Structure

Play 3 v 3 in middle area. The defensive team play man on man defensive marking. Objective of the attacking team is for the team in possession to pass the ball into the target player as quickly as possible. Once they have achieved this, they keep possession, look to create space with good movement, receive the ball from the target player and pass into the opposite target player.

Objective of the game is for team in possession to switch play from one target player to the other target player as quickly as possible. The game can be played two ways - 1. if possession is won by defensive team, teams immediately swap roles 2. attacking team have a certain amount of time - two minutes - before the teams swap over

## Coaching Tips

- Players to provide good movement to receive the ball
- Create space for self and other players
- Good communication and talking
- Head up play, awareness of other players
- Running and support off the ball
- Protect ball away from defenders
- Good attitude to passing the ball forward to target player
- Receive the ball with open body
- Keep passing simple and accurate
- Target players to provide good movement and communication

Ensure there is a supply of balls around the pitch and near target areas so that when a ball goes out of play, play can resume quickly.

Make the game a competition - 5 passes is a goal

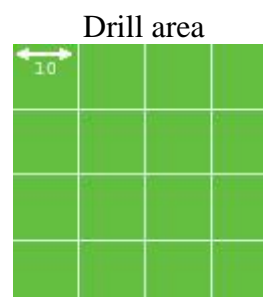
### **Progressions**

- Target players become goalkeepers and can handle the ball
- Make target area bigger and play 4 v 4
- Condition players to a maximum of two touch

# Drill to develop passing and dribbling skills

## Purpose

A drill that provides a series of different skills, short passing, give and goes, lofted passing over a target, quick zig zag dribbling and control



## Set Up

- Players on cone 1 with supply of balls
- Player on cone 2 - 15 meters from cone 1
- Player on cone 3 - 25 meters away from cone 2
- Player between cone 2 and 3 to try and stop lofted pass
- Distance between cone 3 and zig zag cones 15 meters
- 4 or 5 zig zag cones
- Player on cone 4 - 15 meters from cone 3
- Distance to cone 5 - 20 meters
- Distance from cone 5 to start cone - number 1 - 15 meters
- Players move on to next cone after completing their skill

## Structure

Objective is to develop different techniques for passing. 1st one is a give and go over 15 meters, with sharp movement and passing. Second one is a long, lofted pass over 25 - 30 yards, over a target player. The lofted pass is supported to provide another give and go, followed by quick zig zag dribbling, then an accurate pass through gates over 15 meters. The last exercise is a check, control the pass and quick running with the ball over 25 yards, followed by an accurate pass to start of group. After the player has completed their particular skill, they take the place of the next person in the drill. Drill is rotated, so every player works on a different skill

## Coaching Tips

- Players concentrate on the technique for each exercise
- Quick, well timed give and goes
- Good communication
- Accurate, good technique of lofted pass.
- Move into line and select surface to control lofted pass
- Good support, angle and distance
- Good timing of pass and run for lay off and give and go

- Good dribbling technique
- Accurate, firm pass after dribble
- Receive ball with open body, control into space
- Run quickly with head up. Good technique
- Accurate pass

For younger players take out the player that the long lofted pass goes over.

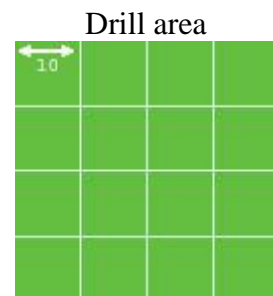
### **Progressions**



# Third man running shadow play

## Purpose

To develop the timing and awareness of third man running



## Set Up

- Area 40 x 40 meters
- 10 meter collar outside of this as the target area
- Supply of balls
- Cones

## Structure

Players to pass, move and combine inside the area. Condition the players to a maximum of two touch. At any time one or two players make positive runs outside of the area - third man runs -. Players on the ball must have the awareness to spot the run and pass to the player. Once pass is made to this third man runner, other players support the ball inside the area and the drill continues.

## Coaching Tips

- Play with head up, awareness of passing options
- Movement to find space to receive the ball
- Positive third man runs
- Calling for the ball when making the run
- Timing and accuracy of the pass
- Support the ball when passed to the runner
- Good angle of support
- Receive ball with an open body, turn into space

It is important that the runners make quick, powerful direct runs to receive the ball

## Progressions

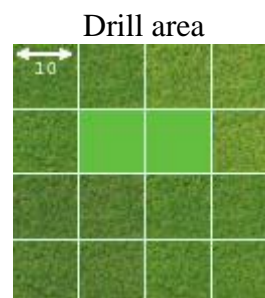
- Make the area bigger
- Introduce more players

- Add a second ball
- Add a passive defender or two

# Forming the K Barrier

## Purpose

To improve the technique of a goalkeeper using the K barrier for low shots.



## Set Up

- Coach with a supply of balls
- GK 10 - 15 meters away

## Structure

Coach passes the ball firmly along the floor, from a distance of 10 - 15 meters.

Coaching Tips

Adopt the basic shot stopping position

- Starting position - weight should be on the balls of the feet
- Feet should be shoulder-width apart
- Hands should be at waist height, outside the line of the body
- Palms of the hands open
- Head should be slightly forward and steady at all times

As ball travels

- Get in line with the ball
- Collapse leg to form K shape
- Knee doesn't touch the floor
- No big gaps for ball to go through
- Hands behind the ball
- Scoop into chest
- Make safe, clutch to chest

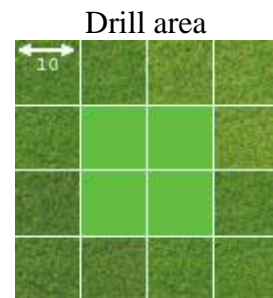
## Progressions

- Vary the pace and distance of the shot into the goalkeeper
- Change the angle of the service

# Changing the angle when passing

## Purpose

Drill to improve a players ability to open their body up when receiving a pass, to switch play from one area to another and to time and weight their passes.



## Set Up

First drill 4 players on 4 cones in a square shape Cones 10 - 15 meters apart 2 x balls

## Structure

Players can pass to anyone, but must be aware of the other ball and what is happening around them.

## Coaching Tips

- Be alert and ready
- Receive ball with back foot
- Control ball into space ready for next pass
- Be prepared to pass first time
- Accurate, well timed passing
- Use different passing surfaces, inside and outside of foot.
- Play quick give and goes round passive defender

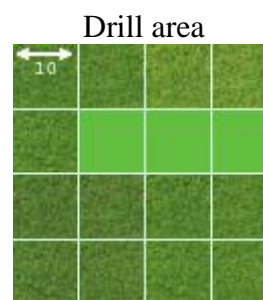
## Progressions

- Progression # 1 introduce two player on cones to the outside of the square to make a hexagonal shape. Balls are passed between the 6 players.
- Progression # 2 Introduce two more players, located on cones at a different angle outside hexagonal shape. Player who passes to the player on this cone, must follow pass and become a passive defender. Player receiving ball must look to play a give and go with one of the two supporting players

# Shot saving techniques for balls that are set back

## Purpose

To improve the technique of moving the feet and using different saving techniques for shots from balls that are set back to a striker



## Set Up

- 2 x goals 25 - 30 meters apart.
- 2 x goalkeepers.
- 2 x target strikers.
- Supporting shooter
- Supply of balls

## Structure

Two goals 25 - 30 meters apart. Goalkeeper throws the ball out to a target striker who sets it back for a supporting attacker. Shooter must attempt to accurately work the goalkeeper

### Coaching Tips

- Shooter must "work" the goalkeeper with accurate shots
- Vary the throwing technique, some over arm, some javelin

### Distribution – Over arm technique

- Adopt a side-on position, with the weight on the back foot.
- The throwing hand should be positioned under the ball, with the throwing arm kept straight.
- Use the non-throwing arm to point in the direction of the intended target.
- Bring this pointing arm down as the throwing arm comes through in an arc over the top of the shoulder.
- Follow through to the target
- Your weight should be transferred forward as you release the ball.
- It is similar to a bowler's action in cricket.



- Over longer distances, concentrate on powering the arm downwards on the same line as the target spot. This will help your accuracy.

#### Distribution - Javelin throw technique

- The ball is held just below shoulder height, in the palm of the hand.
- Place the opposite leg forward, bending at the knee.
- The throwing hand comes back before a swift delivery, projecting the ball forward “like throwing a javelin
- The real strength of this method is the speed of delivery and also the accuracy up to 20 metres, so that attack can be **set up** quickly.

#### Basic shot stopping position

- Starting position - weight should be on the balls of the feet
- Feet should be shoulder-width apart
- Hands should be at waist height, outside the line of the body
- Palms of the hands open
- Head should be slightly forward and steady at all times

#### Progressions

- Vary the distance for different types of shots
- Bring in two shooters so that the GK has to deal with different angles and types of shots
- Allow target player the option of attempting a first time finish as well as setting the ball back

# Shearer cross UEFA 96

## Purpose

A drill to demonstrate how an attack is built through midfield to a wide area. It then demonstrates how wide play is developed and highlights good examples of near and far post runs to attack a cross



## Set Up

- Half a pitch + 15 meters
- Supply of balls
- Phase of play 8 v 8

## Structure

Midfield combine and play across the pitch, before quickly changing the point of the attack to exploit the space created. Drill demonstrates how a wide player attacks to the inside of the opposition fullback, allowing the fullback to make a timed overlapping run into the space created. Finally, the fullback assesses the runs and space for a cross and the forwards make near and far post runs to attack the cross.

## Coaching Tips

- Good passing and support in midfield
- Quick change of direction
- Time runs from wide players into space created.
- Wide player attacks fullback, creating the space for fullback to over lap
- Good communication and timing of run from fullback
- Timed weighted pass to fullback from wide player
- Assess crossing options
- Near and far post runs from forwards
- Quality cross
- Supporting runs from midfield players - get into box and ring edge of area
- Defensive awareness when attacking from cross

## Progressions

Encourage inventive wide play

# Sweeper Keeper

## Purpose

To develop a goalkeepers communication and positioning skills in a functional exercise and in relation to the defenders position and the position of the ball.



## Set Up

- Area half a pitch
- Full sized goal
- Servers on two cones 45 meters out and 30 meters apart.
- Servers with a supply of balls
- Goalkeeper and back four against 4 attackers
- Bibs

## Structure

GK and back four play against 4 forwards, two wide players and two central strikers. There are two servers situated about 45 meters from goal and 30 - 40 meters apart. Ball is played across the pitch between two servers. Goalkeeper and back 4 move as a unit as the ball is transferred. Ball is then passed from a server to a wide player. Nearest defender pressures the ball, rest of back 4 and GK adopt covering positions. Ball is played back to server, back 4 and GK communicate and squeeze the play. Server switches the ball to the oppositewide player. Back 4 drop and fullback pressures the ball. The rest of the back 4 and G.K. adopt covering positions. Ball is passed inside to central forward, central defender pressures the ball, rest of the back four and G.K adjust and adopt a covering position

## Coaching Tips

- Start position in relation to the ball and the defenders
- Move backwards and forwards and side to side with defenders
- Keep in the middle of the goal
- Good communication with defenders, use key phrases "get tight" "cover" "drop off" "right or left shoulder"

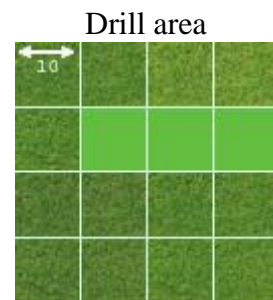
## Progressions

Bring in midfield players to make an 8 v 8 session

# Technique of deflecting saves to safety

## Purpose

To improve the goalkeepers technique of deflecting shots to safety, away from the goal and oncoming forwards



## Set Up

- Area 30 x 10 meters
- 1 x full size goal
- Goalkeeper
- 2 x forwards
- Supply of balls

## Structure

Two forwards pass the ball between them, goalkeeper adjusts position as ball moves. One forward makes a decision to shoot at goal. Forwards are asked to shoot to the side of the goalkeepers to encourage deflected saves. First objective is for the goalkeeper to save the ball and catch it if they can. Failing that goalkeepers must ensure that they save the shot by deflecting it to safety, away from the goal and any forwards following up.

## Coaching Tips

- GK in good start position in line with ball and in the middle of the goal
- If GK needs to move sideways, should use side “skip” technique (feet brush the ground) to move side ways
- Close the ball down when there is no chance of a shot coming in
- Close down in relation to where the ball is “not too close to get chipped, not too far away as to make the goal bigger
- Get in shot stopping position and be big, balanced and still when ball is shot
- Push off with power for dive coming from the leg nearest the ball
- Early decision on whether to catch the ball or deflect to safety with open and hard hand
- Deflect away from goal and forwards following up
- Get to feet quickly after shot

## Progressions

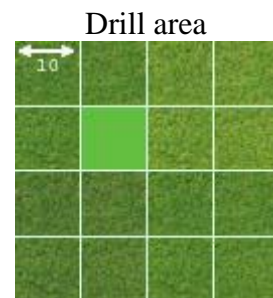
Place 3 forwards about 15 meters apart and 20 meters away from the goal. Forwards pass the ball between them and across the front of the goal. Goalkeeper must adjust sideways as the ball is passed, constantly checking their angles. Coach calls out to one of the forwards "shoot" Forward must control the ball out of their feet and look to shoot. Goalkeeper must close the ball down, adopting the correct angle and distance. Improves the goalkeepers understanding of sideways feet movement, checking new angles and distances from their goal and closing the ball down.



# Fast feet 6 yard box drill

## Purpose

To improve a goalkeepers movement and balance



## Set Up

- 5 x cones.
- 4 cones at each corner of the 6 yard box or in a marked area.
- Central cone in the middle

## Structure

Five cones arranged around the 6 yard box. Goalkeeper must quickly move around the cones, all the time keeping their head and shoulders pointing forward

## Coaching Tips

- Goalkeepers to be dynamic and explosive in their movement
- Be under control when going round the cones, use little steps
- Side - skip - skipping sideways and brushing the floor when moving sideways
- Keep head and shoulders pointed forward at all times
- Keep low, with hands in shot stopping position

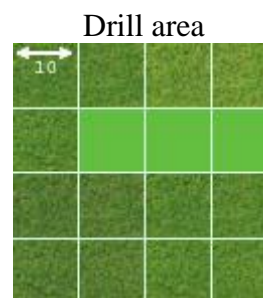
## Progressions

Progress to two and three repetitions for extra fitness and power development

# Dealing with low shots

## Purpose

Drill to improve the techniques of saving low shots at the body and around legs.



## Set Up

- Area 20 - 25 meters between goals
- 2 x goalkeepers and 2 x outfield players
- Supply of balls

## Structure

Two goals 20 - 25 meters apart. GK quickly distributes, under arm and in front of player. Player is conditioned to strike a low shot, aiming at the Goalkeepers legs. GK must adopt shot stopping position and choose correct technique. After save GK should distribute quickly in front of player. repeat

## Coaching Tips

### Under arm distribution

- Ball needs to be in the palm of the strongest hand.
- Put the opposite leg forward, bending at the knee.
- Bring the arm through as the weight is transferred forward, releasing the ball when it is level with the front foot.
- Exaggerating the follow through will help increase distance.

### K shot stopping position

- Get in line with the ball
- Collapse leg to form K shape
- Knee doesn't touch the floor
- No big gaps for ball to go through
- Hands behind the ball
- Scoop into chest
- Make safe, clutch to chest

### Scoop shot stopping position

- Get in line of the ball
- Legs slightly apart, no big gaps
- Bend back and get both hands behind the ball
- Scoop the ball up
- Make safe, clutch to chest

### Collapse save for low shot

- Get in line of the ball
- Legs slightly apart, no big gaps
- Bend back and get both hands behind the ball
- Collapse legs behind to absorb pace of shot
- Make safe, clutch to chest

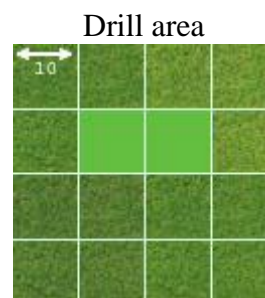
### Progressions

- Bring in attacker to hunt for rebounds off goalkeeper.
- Increase the pace of shots
- Decrease distance

# Battle of goalkeepers

## Purpose

To improve goalkeepers throwing technique and handling



## Set Up

- 2 x full size goals
- 15 - 20 meters apart
- 2 x goalkeepers
- Supply of balls

## Structure

Two full size goals 15 - 20 meters apart. Goalkeepers to use the over arm and javelin throwing techniques. Objective is to try and throw with pace, hitting the opposite goalkeepers body. Goalkeeping saving techniques to include, the W formation for head height saves, the M formation for body saves and the scoop for low saves in front of the body.

## Coaching Tips

Distribution “ Over arm technique

- Adopt a side-on position, with the weight on the back foot.
- The throwing hand should be positioned under the ball, with the throwing arm kept straight.
- Use the non-throwing arm to point in the direction of the intended target.
- Bring this pointing arm down as the throwing arm comes through in an arc over the top of the shoulder.
- Follow through to the target
- Your weight should be transferred forward as you release the ball.
- It is similar to a bowler's action in cricket.
- Over longer distances, concentrate on powering the arm downwards on the same line as the target spot. This will help your accuracy.

## Basic shot stopping position

- Starting position - weight should be on the balls of the feet
- Feet should be shoulder-width apart

- Hands should be at waist height, outside the line of the body
- Palms of the hands open
- Head should be slightly forward and steady at all times

Technique of catching the ball at head height “ using the W catching method

- Hands in front of the body
- Fingers spread into what we call the 'W' shape
- Take the ball early
- Catch behind the ball

Technique of catching the ball at chest height “ using the W catching method

- Hands in front of the body
- Palms facing outward
- Fingers spread in the 'W' shape
- Catch behind the ball

Technique of making save into the body “ M catching shape

- Get body into line with the shot.
- Wrap the hands round behind the ball, using an M shape and grasp it into the stomach.
- Relax the body so that the pace of the shot is absorbed.
- Straighten the body up again, make the ball safe by hugging into the chest.

### **Progressions**

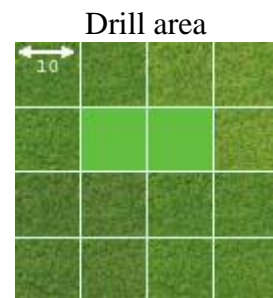
Increase the distance and goalkeepers can make the drill a competition, by trying to throw the ball into the goal and past the opposition GK.



# Develop throwing and catching ball skills

## Purpose

To improve the technique of the overarm throw and catching the ball when it is directed at the body.



## Set Up

- 2 x goals 20 - 25 meters apart
- 2 x goalkeepers
- Supply of balls

## Structure

Two goalkeepers, in goal 20 - 25 yards apart. Goalkeepers must throw the ball, using the overarm technique, attempting to direct the throw at the other goalkeepers body. Goalkeepers should use the correct techniques to save the ball

## Coaching Tips

### Overarm throwing technique

- Be in a side-on position, with your weight on your back foot.
- Throwing hand should be positioned under the ball, with the throwing arm kept straight.
- Use the non-throwing arm to point in the direction of the target.
- Bring this arm down as your throwing arm comes through in an arc over the top of your shoulder.
- End up with throwing arm pointing at the target.
- Shot stopping position
- Starting position - weight should be on the balls of the feet
- Feet should be shoulder-width apart
- Hands should be at waist height, outside the line of the body
- Palms of the hands open
- Head should be slightly forward and steady at all times

### Javelin throw technique

- The ball is held just below shoulder height, in the palm of the hand.
- Put the opposite leg forward, bending at the knee.
- The throwing hand comes back before a swift delivery, projecting the ball forward “like throwing a javelin
- The real strength of this method is the speed of delivery and also the accuracy up to 20 metres, so that attack can be **set up** quickly.

The W catching technique - Catching the ball 'above head height'

- Hands in front of the body
- Fingers spread into what we call the 'W' shape
- Take the ball early
- Catch behind the ball

The M catching technique Catching a ball at 'waist height'

- Get your body into line with the shot.
- Wrap your hands round behind the ball and grasp it into your stomach.
- Relax your body as you take the ball so that the pace of the shot is absorbed.
- Then, as you straighten your body up again, grasp the ball to your chest and make safe.

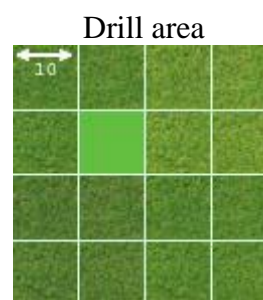
### **Progressions**

- Goalkeepers throw with greater pace
- Decrease distance between goalkeepers

# Improving underarm throwing and ground saves

## Purpose

To develop the techniques of the underarm throw and saving ground shots close to the body



## Set Up

- 2 x goals 5 meters apart
- 2 x goalkeepers 10 - 15 meters apart
- Supply of goals

## Structure

Two goalkeepers 10 - 15 meters apart. Goals 5 meters wide. Goalkeeper should roll the ball firmly along the floor to opposite goalkeeper. Goalkeeper should employ one of three ground saving techniques

### Coaching Tips

#### Underarm throw

- Ball needs to be in the palm of the strongest hand.
- Put your opposite leg forward, bending at the knee.
- Bring the arm through as the weight is transferred forward
- Release the ball when it is level with the front foot.
- Exaggerating the follow through will help increase distance

#### K ground save technique

- Get in the line of the ball
- Swivel leading foot and collapse knee to form a long barrier. Don't have a big gap for ball to get through
- Hands down firmly, behind the ball and scoop the ball into the safety of the body

#### Scoop save technique

- Get in the line of the ball
- Feet close together
- Bend and scoop ball in one action
- Make safe by clutching into body

Collapse save technique - used for faster ground shots

- Get in the line of the ball
- Feet close together
- Bend and scoop the ball into chest
- Collapse legs behind, to absorb the pace of the shot
- Make safe

### **Progressions**

- Bring in forward for any rebounds
- Goalkeepers pass the ball with their foot along the floor

# Improve long throwing and taking crosses

## Purpose

To improve the technique of long accurate throws and the start position, timing of jumping and technique of catching the ball. The goalkeeper should look to distribute accurately and quickly in the opposite direction of the cross.



## Set Up

- Area half a pitch
- Supply of balls Goal
- Minimum of three players

## Structure

A goalkeeper in the goal. Two other goalkeepers in wide areas, with a supply of balls. The balls should be thrown in from a variety of wide positions and at different heights and speeds. The goalkeeper should come and catch the cross and quickly distribute the ball, by throwing to the player on the other side from where the cross came in.

### Coaching Tips

Distribution – Over arm technique

- Adopt a side-on position, with the weight on the back foot.
- The throwing hand should be positioned under the ball, with the throwing arm kept straight.
- Use the non-throwing arm to point in the direction of the intended target.
- Bring this pointing arm down as the throwing arm comes through in an arc over the top of the shoulder.
- Follow through to the target
- Your weight should be transferred forward as you release the ball.
- It is similar to a bowler's action in cricket.
- Over longer distances, concentrate on powering the arm downwards on the same line as the target spot. This will help your accuracy.

### Catching crosses

- Adopt a good start position. Position should be in relation to where the ball is.



- The further the ball is away the further out the start position can be
- Open body position. Shoulders slightly open, be able to see the forwards and own defenders
- Assess the flight of the ball
- Attack the ball at the highest point
- Loud call, make defenders and attackers aware that the GK is coming for the cross
- Take off on one leg if possible, drive the non jumping knee forward to gain extra height and aid protection
- Catch the ball with hands in the W position
- Make safe by clutching into the chest.
- Quick throw to opposite player, quick counter attack to where opponents are at their weakest

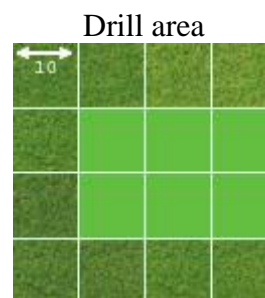
### **Progressions**

- For younger players make the throwing distance shorter
- For older players vary the angle and distance of the thrower to test the goalkeeper on different types of crosses
- Bring in a passive attacker
- Progress to bringing in a defender and attacker

# GK ball control and distribution from back passes

## Purpose

To improve the ability of the goalkeeper to control and accurately distribute back passes.



## Set Up

- Use cones to lay out area Control area 5 x 5 meters.
- Distance from servers to front of grid 10 - 15 meters.
- Distance to targets from grid 15 - 20 meters
- Target gates 5 meters wide
- Supply of balls

## Structure

Ball is passed firmly through the grid to goalkeeper. Goalkeeper checks from start cone and meets the ball outside of the grid area. They must control the ball into the target area and distribute a pass to one of the targets, who represent the goalkeepers defenders

## Coaching Tips

- Meet the ball
- Get in line of the ball
- Control out of feet into grid area
- Head up to see target
- Accurate pass to moving target
- Repeat

## Progressions

- Vary the type of service to test different control techniques
- Condition to maximum two touch
- Make passing distance longer to test different passing techniques

# GK communicating and support

## Purpose

To improve the goalkeepers communication, support and understanding of their position in relation to where the ball is and their defenders.



## Set Up

- Area half a pitch
- Four numbered cones 1 - 4
- Supply of balls
- Back 4 and goalkeeper

## Structure

Back 4 and goalkeeper line up on the edge of their own penalty area. 4 cones about 10 to 15 meters in front, numbered 1 to 4. Coach calls out a number, the closest defender sprints and puts pressure on the cone, the other 3 and goalkeeper react off the movement and provide communication and cover. They all recover quickly to the start position. Repeat with another number. Coach is looking for back 4 and G.K to work as a unit across and up and down the pitch, keeping a good shape and communicating. Coach then moves back down the pitch and passes the ball to various areas of the pitch, in front and behind of the back 4. Back four and G.K should work and communicate as a unit. Ideally, the back 4 and G.K should imagine they are all on a piece of rope, if one reacts they all react together .

## Coaching Tips

- Good focus and concentration - be a sweeper keeper
- GK must move backwards and forwards and side to side with defenders
- GK should always be in a position so that they are between the ball and their goal
- GK should always be in a position to be able to control the situation of any through balls between themselves and the defenders.
- Good communication - squeeze, drop, cover, pressure, left shoulder, right shoulder

## Progressions

Bring in attackers to make the ball move and test the GK and defenders communication and support

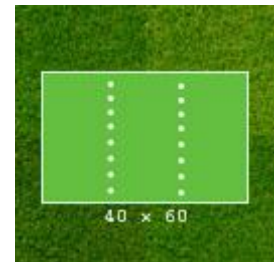
# Develop midfield support play in a function

## Purpose

To develop the skill and understanding of midfield support play in a functional game



Drill area



## Set Up

- Pitch area 40 x 40 meters - marked with a half way line
- 2 x full size goals with goalkeeper
- 4 v 4 players on the pitch - 2 forwards v 2 defenders, 1 wide player v 1 fullback, attacking midfield v defensive midfield.
- Free attacking fullback
- Supply of balls
- Bibs
- Cones

## Structure

Start point from fullback. Play 4 v 4 on the pitch, 2 forwards v 2 defenders, attacking wide player v defensive fullback and an attacking midfield player against a defensive midfield player. After serving ball, fullback joins in to make 5 v 4. Ball is passed from full back into midfield player. Midfield player looks to pass to, combine with and support attacking forwards to create an attempt on goal. After attempt at goal, rotate game and change teams to repeat

### Coaching Tips

- Midfield player to provide good movement to find space
- Other attacking players to stretch defenders, deep and wide to provide space for midfield player
- Midfield player to receive the ball with correct control. This will be dictated by the position of the defensive midfield player
- Must protect the ball
- Pass and move - creating new support angle
- Good communication to dictate and demand the ball when supporting
- Head up awareness of passing options
- Accurate, timed, positive passing
- Back up and support attack, for lay offs, pull backs or poor clearances

## **Progressions**



# Clock coaching handling drill

## Purpose

Clock drill to improve goalkeeping handling and movement.



Drill area



## Set Up

- Area marked out with cones about 20 - 30 meters in diameter
- Supply of balls

## Structure

Clock shape around the goalkeeper. Objective is one or two touch accurate shooting. If GK saves the ball they must throw out firmly to a player on the outside, who has to set it to a supporting player for a shot. If shot misses GK, players on opposite side of clock must be ready to field the ball and set for a team mate for a shot. Repeat.

## Coaching Tips

- Quick feet to adjust to new position of ball
- Adopt shot stopping position
- Be still and big at point of contact for the shot
- Employ the correct technique to make the save
- Try and catch the ball when making the save. If unable, deflect away from body to the side and safety
- Quick to feet for next shot

## Progressions

- Use two balls to make GK work harder.
- Condition players to hit the goalkeepers body to force them to make saves

# Quick turning to shoot game

## Purpose

Fun game to improve quick turning skills to shoot



Drill area



## Set Up

- Area 40 x 20 meters
- 2 x full sized goals with goalkeepers Forward cones 1 meter apart , 20 meters from goal and 5 meters from the touch line
- Distance from server to forward 15 meters
- Supply of balls with servers Cones

## Structure

Forward checks to receive the ball. Server passes firmly to feet and follows the ball. Forward turns quickly with the ball, inside or outside of cones and shoots as quickly as possible after the turn. After shot, server becomes forward, forward goes to back of opposite end server group.

Repeat on other side of pitch

## Coaching Tips

- Firm accurate pass into forward
- Forward checks and meets ball
- Just before controlling the ball can the forward feint in the opposite direction to the way they are going to turn
- Use big or little toe to roll turn
- Head up to assess GK position
- Select shooting technique
- Hit target. Accurate shot
- Follow up for rebounds

For younger players, put the two turning cones close together, this will improve their confidence

## Progressions

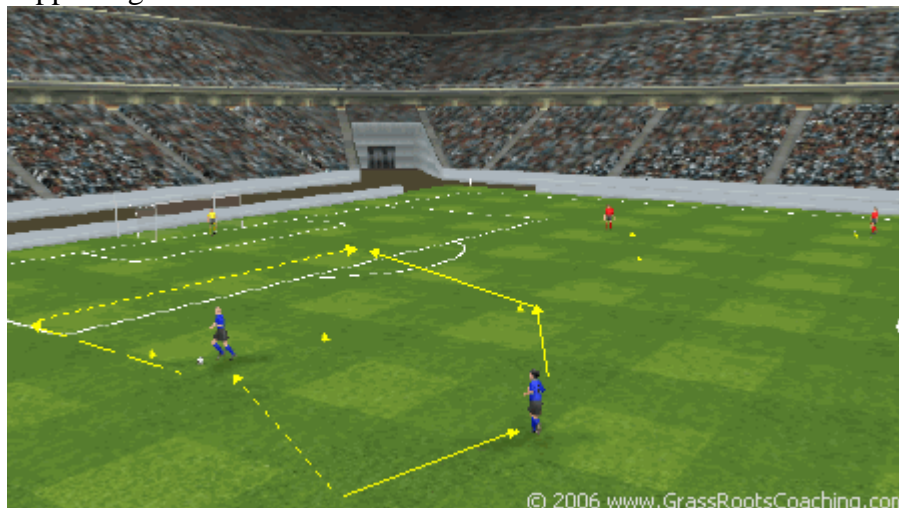
- Add a passive defender that the forward can feel to roll turn
- Condition to two touch, one to turn, second to shoot

- Develop other turning skills, stop and spin, flick back through legs, cruyff turn

# Forward turning into wide areas

## Purpose

To develop a forward receiving the ball and turning wide into space to pull the ball back for a supporting midfield runner



## Set Up

- Area half a pitch
- Full size goal with goalkeeper
- Start cone for servers with ball 35 meters from goal and 15 meters in from touch line on both sides of the pitch
- Forward between 2 cones 2 meters apart 25 meters from goal and 20 meters from touch line, on both sides of the pitch
- One cone 25 meters from goal and in line with the penalty spot
- Supply of balls
- Cones
- Bibs

## Structure

Forward checks to receive the pass from server. Forward turns quickly with the ball to the outside of the cone, runs down the wing and pulls the ball back along the floor, between the 6 yard box and penalty spot. Server times their run so they run round central cone and arrive at the same time as the ball to shoot past the G.K. Repeat from both sides of the pitch

## Coaching Tips

- Firm accurate pass into forward
- Forward check to receive pass
- Use big or little toe to turn with the ball and run down the line
- Attack the space quickly after the turn
- Midfield player bends and times supporting run into the penalty area
- Forward assess support run and provides an accurate, weighted pull back pass for forward
- Assess GK position
- Accurate shot, hit target

## **Progressions**



# Develop the understanding of how the back 4 work together

## Purpose

Developing the understanding and shape of the back four and goalkeeping in defending



## Set Up

- Area half a pitch
- Four numbered cones 1 - 4
- Supply of balls
- Back 4 and goalkeeper

## Structure

Back 4 and goalkeeper line up on the edge of their own penalty area. 4 cones about 10 to 15 meters in front, numbered 1 to 4. Coach calls out a number, the closest defender sprints and puts pressure on the cone, the other 3 and goalkeeper react off the movement and provide communication and cover. They all recover quickly to the start position. Repeat with another number. Coach is looking for back 4 and G.K to work as a unit across and up and down the pitch, keeping a good shape and communicating. Coach then moves back down the pitch as passes the ball to various areas of the pitch, in front and behind of the back 4. Back four and G.K should work and communicate as a unit. Ideally, the back 4 should imagine they are all on a piece of rope, if one reacts they all react together

## Coaching Tips

- Back four must all work together
- They must act as if they are tied together - one moves they all move
- Nearest player quickly presses the ball or cone
- Pressure player adopts a body position to show to cover defenders
- Cover and balance
- Defenders should adopt open body positions, should be able to always see team mates both sides of them
- Good communication
- GK works with back 4, talking and helping

- Start point in relation to where the ball is
- Recovery lines straight back to goal, keep shape

The coach can start this exercise with the cones close together and not so far away. This encourages the players to quickly react and work together. Gradually move the cones further away

### **Progressions**

- Have another set of cones numbered 5 - 8, 15 yards further up the pitch
- Once players have got used to pressing and covering on cones 1 - 4, move them up the pitch and use 5 - 8
- Mix up cones, this will ensure the player react defensively as a unit when recovering backwards as well as pressing forwards.

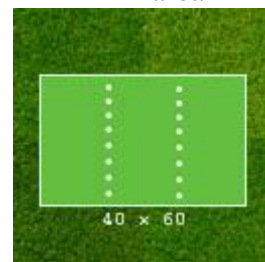
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## **Progressions**