

Fun training games

Adapted for young players



Lee Fielden

This booklet contains a selection of my favourite games which have been adapted for young players.

There are 1v1 games, SSGs, warm up games and a few games for the goalies.

Please adapt the games to suit both you and your players.

Please note that not all of these games are my own but are games that I have either seen in practice by other coaches much more experienced than myself or what has been shared by top coaches on the internet such as twitter.

All the diagrams were put together using Academy Soccer Coach software. Please give them a follow on twitter @AcademySCoach.

I'd like to also thank everyone who takes the time to share their sessions/ideas on twitter especially @CoachingFamily who without I'd not be the coach I am today.

Thank you for downloading the booklet and I hope both you and your players enjoy the games.

Cheers @fieldey77

Warm up games.



Flippers game



Set up a 20x20yrd playing area with a different coloured cone in each corner.

Randomly place 5 cones of each colour around the playing area.

Split players into 4 teams.

Each team starts in their designated corner.

On coaches call all players run into the playing area and attempt to turn over their opponents cones whilst making sure theirs are the right way up.

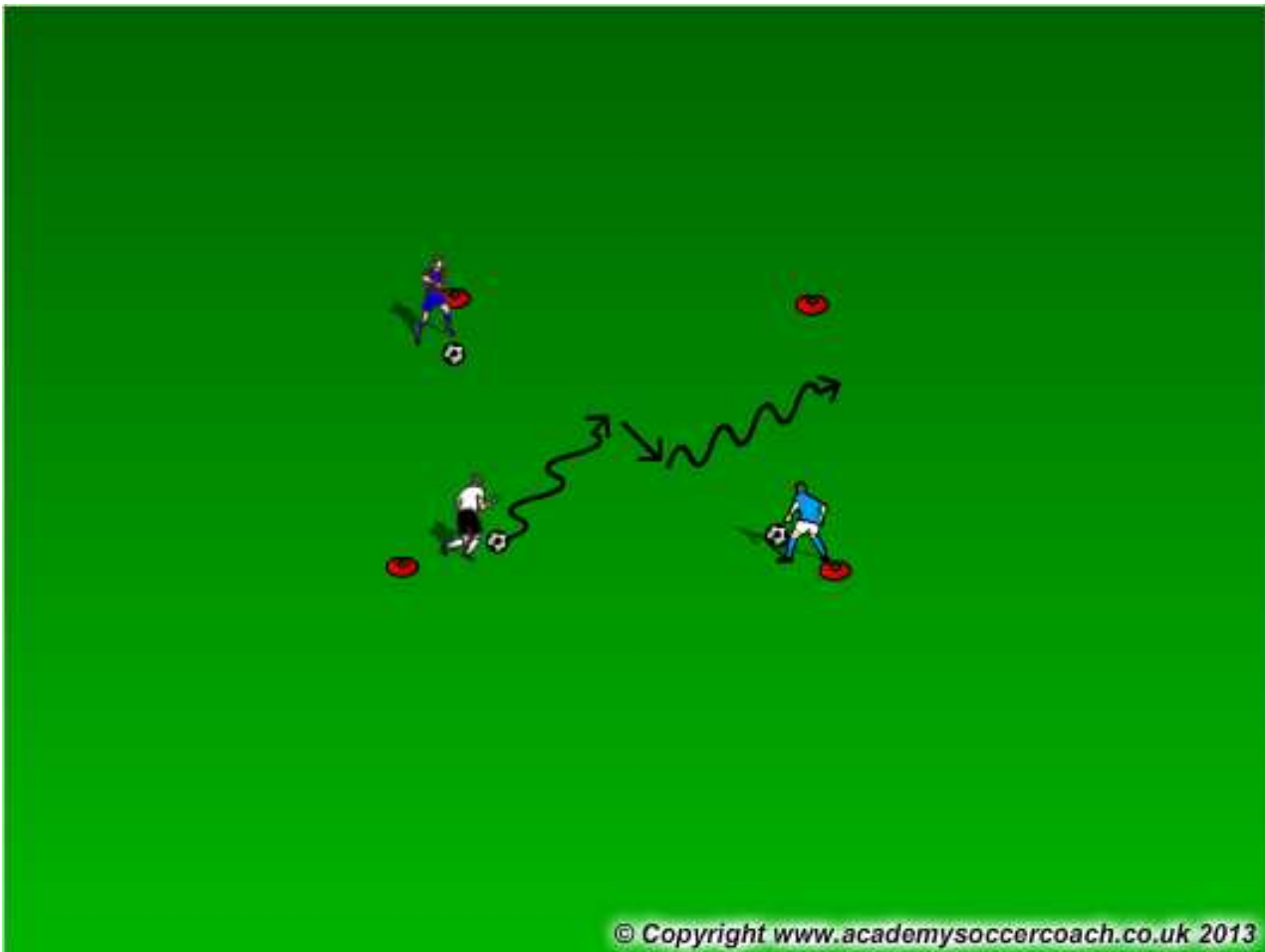
Play in 30 second bursts.

Team with the most cones the right way up wins.

Prog.

Give each player a ball and now they must dribble to the cones.

Dribble and turn



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Set up as many 8x8 yrd sqrs as req'd.

3 players to a sqr.

Players take turns to work in sequence.

Dribble to centre of sqr make a faint move then break an end line.

Next player goes.

Repeat for 2-3 mins.

Change to players dribble to middle of sqr then do a turn of their choice then break an endline.

Turns include.

Pull turn, Drag back, Inside chop, Outside cut, Cruyff turn, Step over turn etc.

Prog.

Add a limited pressure defender in middle of sqr.

3 colours game



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Set up a 20x20 - 30x30 yrd playing area.

Split players into 3 colour groups(Red, yellow + Blue).

Each team starts with a ball and begin to pass and move around the playing trying to cover as much of the playing area as possible.

On coaches call of '3 colours' players continue to pass and move but now they can't pass to a team mate.

If coach calls out a single colour eg 'Red' that team becomes defenders and the other two teams combine to play a possession game . Defenders have 1 min to win as many balls as possible.

If coach calls 'normal' teams go back to passing to one another.

Make calls at random to keep players guessing.

Around a pole game



Set up a 20x20 yrd playing area with a pole on each side approx 5 yds away from the side lines.

Split players into 2 teams and give them a bib each to make a tail (different colours for each team).

On coaches call teams run into the playing area and attempt to take each others bibs and drop them on the ground.

If a player loses their bib they must run around one of the outer poles and rejoin the game by picking up their bib and making a tail as they return.

Play in 1 minute bursts.

The winners are the team with the most bibs once coach calls time.

Play best of 5.

Progs.

1. Play as before but now each player has a ball to dribble.

2. Players put bibs on and teams play a keep away game with 1-2 balls.

Once a player has made a pass they must run around a pole before being able to receive another pass.

Play either first team to get every player around a pole wins or the team with the most passes after a set time limit wins.

Ball mastery



Set up an appropriate size playing area.

1 ball per player.

Players start with Slow to fast dribbling.

Eyes up: after every turn look up

Focus on more touches.

Coach calls different skills.

-inside cut/outside cut

-Fake and take

-Drag back

-Pull push

-Side to sides

-Toe taps(Static, Forward, backwards and sideways)

-Step overs

-Reverse step overs

-Juggling

Add any other skills you like.

Play for 15 mins.

Chasers v dribblers



Set up a 20x20 - 30x30yrd playing area as shown above.

Choose 2 players to start as chasers, the rest of the players have a bib each to make a tail.

On coaches call chasers attempt to steal the players bibs.

Players can stay safe in one of the four corner safety zones.

Players can only stay in a safety zone for 5 seconds and no more than 2 players are allowed in a safety zone at once.

Players cannot use the same safety zone twice in a row.

If a player has their bib taken they become chasers.

Last player with their bib wins.

Progs.

(1) Players and chasers have a ball each. Chasers still trying to steal players bibs.

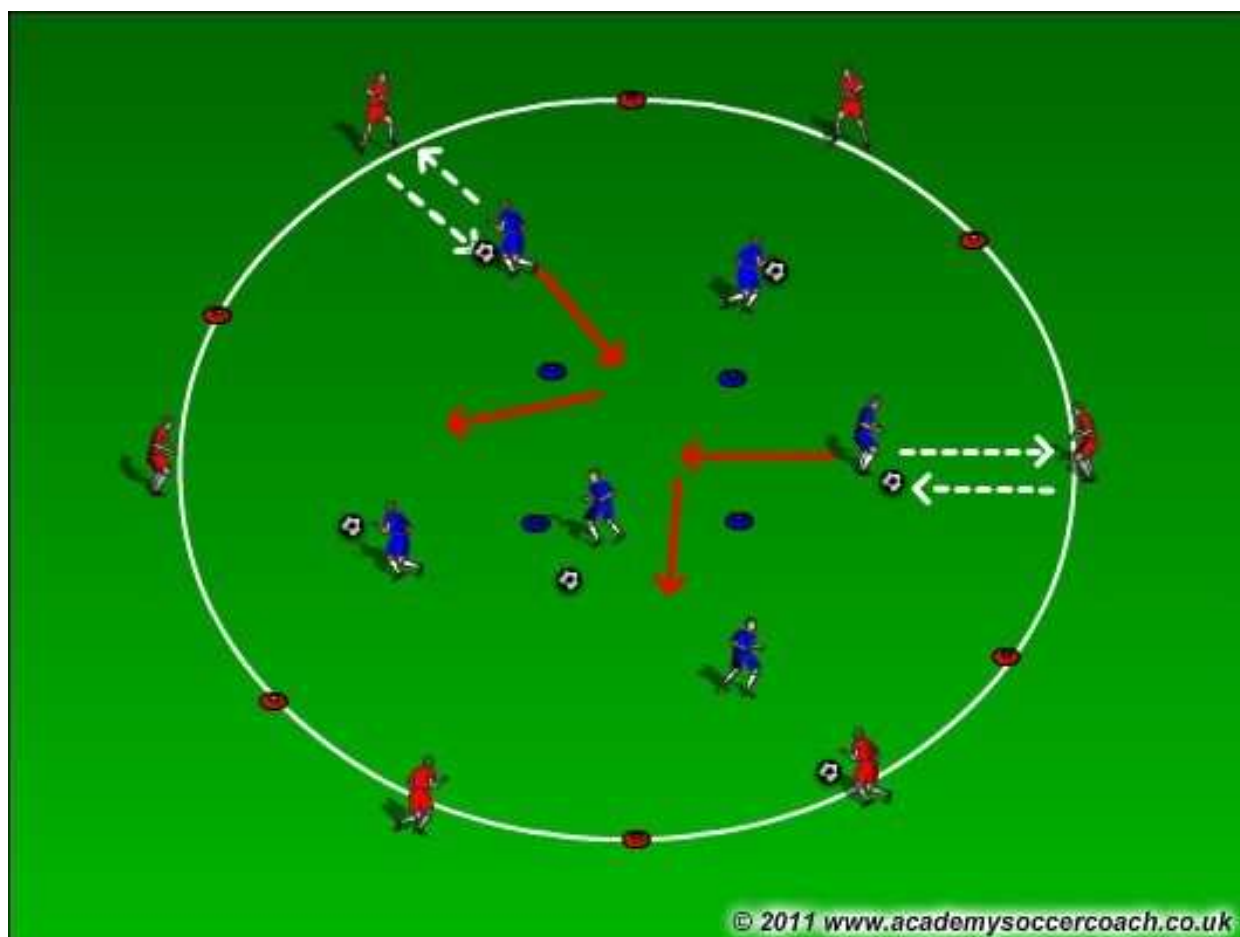
(2) Players only have a ball each and no bibs and chasers have a bib to make a tail and no ball.

Now chasers attempt to tackle the players and dribble the ball back to the middle sqr.

If they acheive this then players become chasers(New chasers get a bib from coach).

If the chasers have their bib stolen before getting back to the middle sqr they must stand still for 5 seconds and player can re-take their ball(Player drops chasers bib on floor).

Dribble n turn square



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Set up a 30x30yrd dia circle with a 10x10yrd square in the middle.

Split players into 2 groups.

1 group spreads out around the outer of the circle and the other group start in the middle square with a ball each.

On coaches call the middle players dribble out of the square, pass to an outer player, receive a return pass then dribble their ball back through the middle square entering through one side and exiting through another.

Outer players can play on 2 touches.

Dribbling players cannot pass to the same player twice in a row.

Swap player roles every 2 mins.

Encourage players to control/pass the ball with both feet and to use the different surfaces of their feet(laces, studs etc).

Encourage dribbling players to use different skills to enter/exit the middle sqr(Cuts, chops, feints etc).

Prog.

1. Add a player to the middle sqr/inside circle to apply pressure to the dribblers.

2. Once an outer player has returned a pass they must run to an empty part of the outer circle.

Dribble gates



Set up a playing area as shown above with 2 more gates than players.

Each player has a ball.

On coaches call the players dribble through as many gates as possible in 30 seconds, Player through most gates wins.

Prog.

Pair players up(1 ball per pair) and number the players 1 + 2.

On coaches call player 1 dribbles the ball through as many gates as possible whilst being followed by player 2.

Player 2 counts gates gone through.

When coach calls switch player 2 takes over and dribbles through as many gates as possible whilst being followed by player 1.

Player 1 counts gates gone through.

Pair with most gates wins.

Dribble Circle



Set up a 30x30 yrd dia circle.

Split players into 4 groups, 1 ball per group as shown above.

On coaches call the first player for each group dribbles across the circle to their team mate opposite without bumping into another player.

Coaches calls include.

Different parts of feet(Laces,inside etc).

Different turns(Cruyff, step over etc).

Opposite foot.

Progs.

1.Make circle 5 steps smaller.

2.Add 2 defenders. Players can either dribble across the circle or dribble and pass to a team mate.

Defenders start with limited pressure and progress to full pressure.

Dynamic Reaction game



Set up a 20x20yrd playing area as shown above.

Split players into 2 groups.

First 2 players from each group start at the middle cone.

Coach calls 'Left' or 'Right' and the players shuffle(side step) left or right around the middle cone.

Coach then calls out a colour or number and the players react to the call and sprint to correct set of cones.

Progs.

1. Replace middle cone with 2 balls. Now players do toe-taps on top of their ball until coach calls.

2.Coach now calls 'Right', 'Left' or 'Taps'. Players now either shuffle round the balls or do toe-taps.

3. As before but now instead of players leaving their balls and sprinting to cones they now dribble their ball to the called cones.

4.Introduce a turn eg inside cut turn, so players dribble to called cones, turn and race back to middle.

Get the ball game



set up a 20-30x20-30 yrd playing area.

Split players into three teams with a 50/50 ball ratio in each team.

Players have 2 mins to steal another teams balls.

Players can pass or dribble to maintain possession for their team.

Team with the most balls at the end wins.

Play a few rounds, team with most wins, wins.

Defender in the middle



Set up a 20x20 yrd playing area.

4 players inside the playing area with a ball each.

1 defender inside the playing area.

4 players around the outside of the playing area.

The defender attempts to tackle one of the dribblers and pass the ball out to one of the outside players.

The defender then becomes an outside player.

The outside players go into the playing area and become a dribbler.

The tackled dribbler becomes the defender.

Play for a set time limit.

Pass and move game



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Set up a 20x20 yrd playing area.

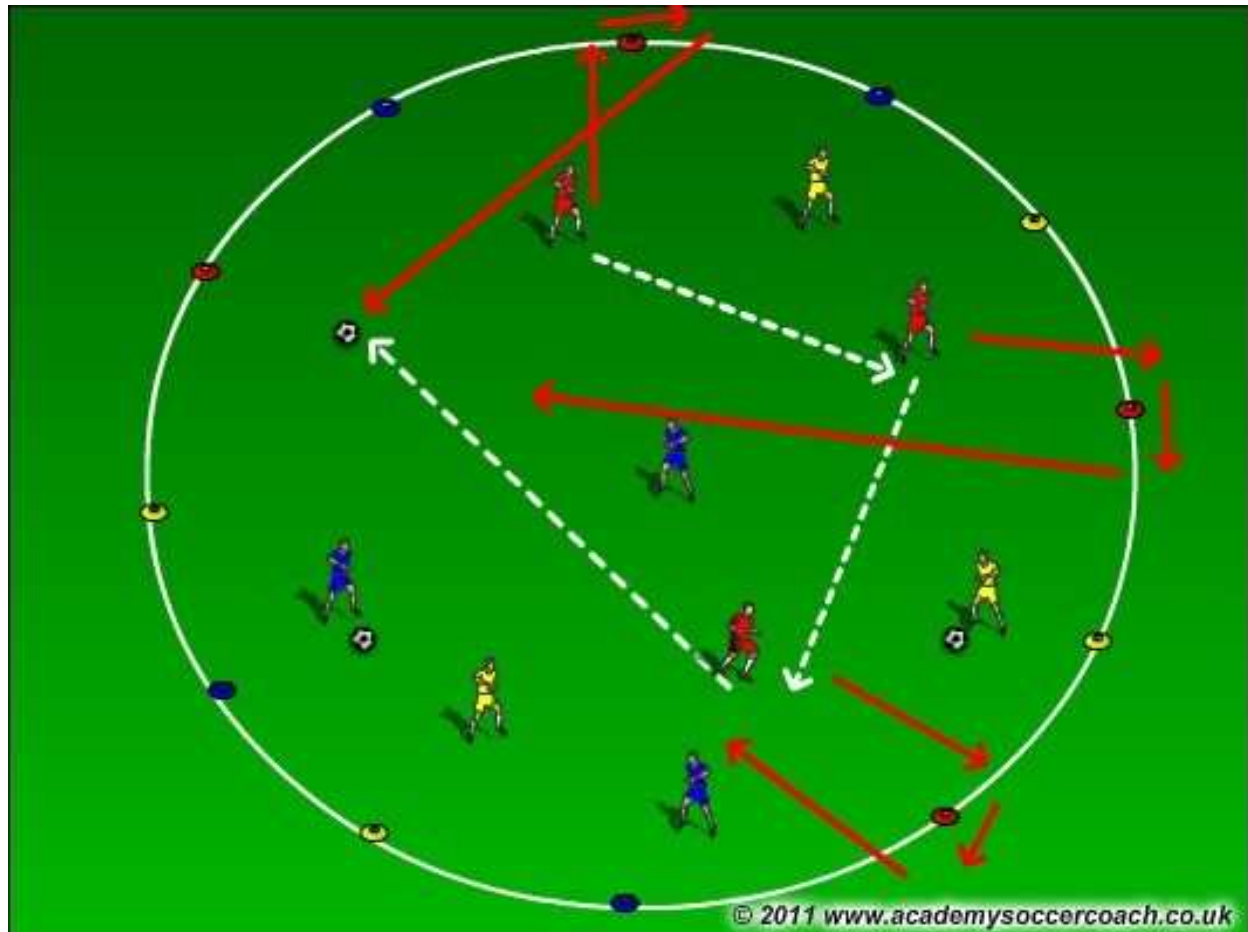
Divide the playing area into two zones with 5 players and one ball in a zone.

The players can only use one touch (for younger players play 2 touch).

After passing the ball the players must run into the other zone in order to be available for another one touch pass.

Play for a set time limit, a passing mistake or as player takes too many touches.

Pass and run around a cone



Set up a 20/25x20/25yrd dia circle with 3 different coloured cones x4 spread out randomly around the outside.

Split players into 3 groups.

Each group has a ball.

Each group is nominated a colour outside cone.

Players pass to a team mate then run around their teams colour cone before being able to receive another pass.

Players cannot run around the same cone twice in a row.

Play for a set time limit or play first team to get every player around each cone wins.

Players must be aware of next pass/run to make.

Players must keep their head up to avoid bumping into another player or having pass blocked.

Progs.

Play to a set touch limit.

Play 2 teams pass and moving around cones and one team play as defenders who attempt to block/intercept passes(No tackling).

Servers game



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Set up a 25x25 yrd playing area.

4 players inside the area.

8 players are around the outside. 2 per side.

1 player in each pair on the outside has a ball(4 balls in play).

They act as server and receiver by throwing the ball into one of the inside players and receiving/catching the ball back from that player.

The 4 players in the middle move around the area, receiving the ball on the move and volleying it back to the server.

They must move around the area to receive the ball from a different outside player each time.

Rotate middle/outside players every 30 secs.

Prog.

1. Middle players now play the ball back to the non server within the pair on the outside.

2.As above but this time the middle players head it back.

Shadow dribble



Set up a 20/30x20/30yrd playing area.

Split players into pairs with a ball each.

Number each player in the pair 1 + 2.

On coaches call player 1 must attempt to get as far away from player 2 as possible.

Player 2 must attempt to follow player 1 and stay in their shadow.

When coach calls freeze all players must stop their ball dead and stay where they are.

If player 2 can reach and touch player 1 then player 2 gets a point.

If player 2 cannot reach player 1 then player 1 gets a point.

On restart player 2 attempts to get as far away from player 1 as possible.

Player 1 follows as close as possible.

Again once coach calls freeze if player 1 can touch player 2 then player 1 gets a point.

If not player 2 gets a point.

Play a few rounds, players with the most points wins.

Progs.

If players dribble out of playing area they must stop for 3 seconds.

If players bump into each other they must stop and do a forfeit eg 5 toe-taps, 5 side to sides etc.

Instead of players reaching to touch the player they are following for a point, have players make goals by opening their legs wide enough for the ball to go through.

Now the chasing player attempts to get a point by passing their ball through their opponents legs.

Coaching points

Dribble at pace into space

Changes of direction

Heads up to recognise where the space is and to follow opponent

Speed reaction game



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Set up a playing area as shown above.

Split players into 2 teams.

1.

The first player from each team stands in front of cone 1 facing each other and start doing 'quick feet'(Running on the spot).

Coach calls 'change' randomly so player change direction from face to face to back to back and vice versa.

Coach then calls a colour of one of the two side cones(Yellow and orange in this set up).

Players race to be first to the cone.

Next player from each team then stands in front of cone 1 and begins 'quick feet'.

2.

Play as before but play opposites(Coach calls orange, players race to yellow cone).

3.

Now all players start behind cone 3. One team will run round the cones(Forwards to cone 1, backwards to cone 3).

The other team will zig-zag through the cones.

Teams continue till coach calls a colour.

4.

Play as before but now play opposites.

5.

Put a ball next to the coloured cones the players have been racing to.

Play as previous but now when coach calls a colour the players race to get possession of the ball and attempt to dribble through one of the available gates.

Speed square



Set up an appropriate ammount of playing areas for the ammount of players available(in this case 4 players active, 4 resting).

Players run around playing area, going through each gate until they reach the point where they started.

Once back to their starting point, they run towards the middle cone and attempt to knock the ball off.

First player to knock the ball off is the winner.

Prog.

Players do different dynamic movements on route to each gate. eg side shuffles, high knee hops etc.

Each player has a ball to dribble.

Follow the leader



Set up a 20x20yrd playing area with 8x8yrd corner zones and SAQ equipment between each zone as shown above.

Place enough balls in the corner zones for each player.

Balls stay in corner zones and are not dribbled out.

Split players into 4 groups.

Each corner zone has a designated skill the players need to perform on coaches call(Allow players to choose the skills they want to perform in the corner zones).

Each group starts in a corner zone and starts dribbling a ball around using all surfaces of their feet.

On coaches call players perform their designated skill(5 toe-taps, 5 scissors etc).

Once ALL the players in their group have performed the skill they leave the balls and move clockwise to the next corner zone using the SAQ equipment as they go(one at a time).

Allow each group to do each skill twice.

Prog.

Nominate one player in each group to be the team leader. The group cannot move to the next corner zone until every group member has done the skill and the leader is ready and gives the call to go.

This is a great way to get the quieter members of your team to use their communicational and leadership skills.

Defend the next ball



Set up a playing area as shown above.

Split players into 2 groups.

The defender has three actions to complete and must react to coaches call.

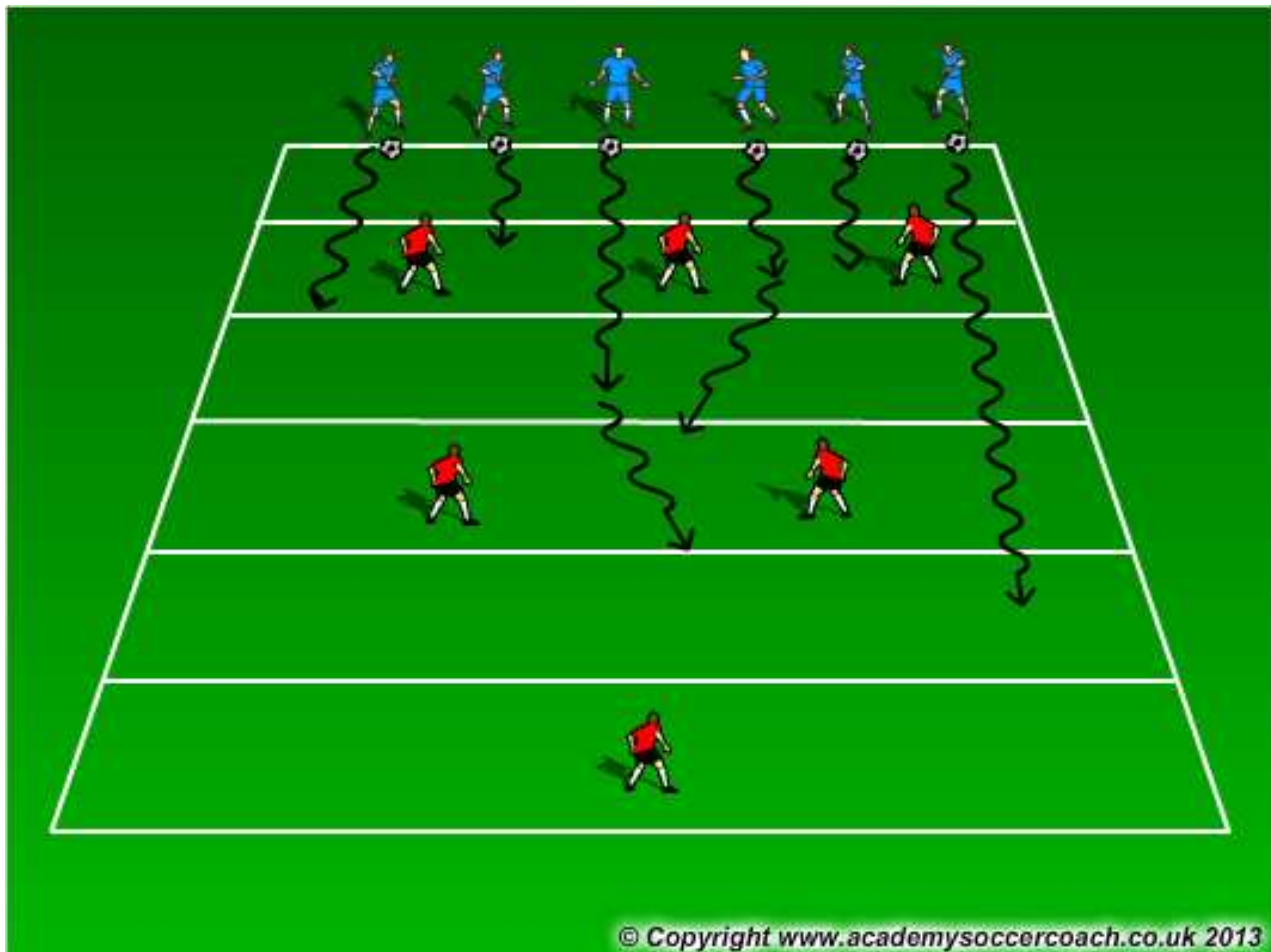
1-Sprint to jockey the mannequin(If no mannequins use poles or flags).

2-React and try to stop the pass going into their goals.

3-React and compete 1v1 to score in opponents goal.

Once complete the two defenders become the passing players at the top of the playing area.

6 Zone dribble game



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Set up a 60x40yrd playing area split into 6 10yrd zones.

Split players into 2 teams.

One team starts as attackers and has a ball each.

The other team starts as defenders and line up in the 2nd, 4th and 6th zones as shown above(Here its 3-2-1 but it could be 4-3-2).

On coaches call attackers attempt to dribble the length of the playing area without losing their ball.

Defenders must stay in their respective zones.

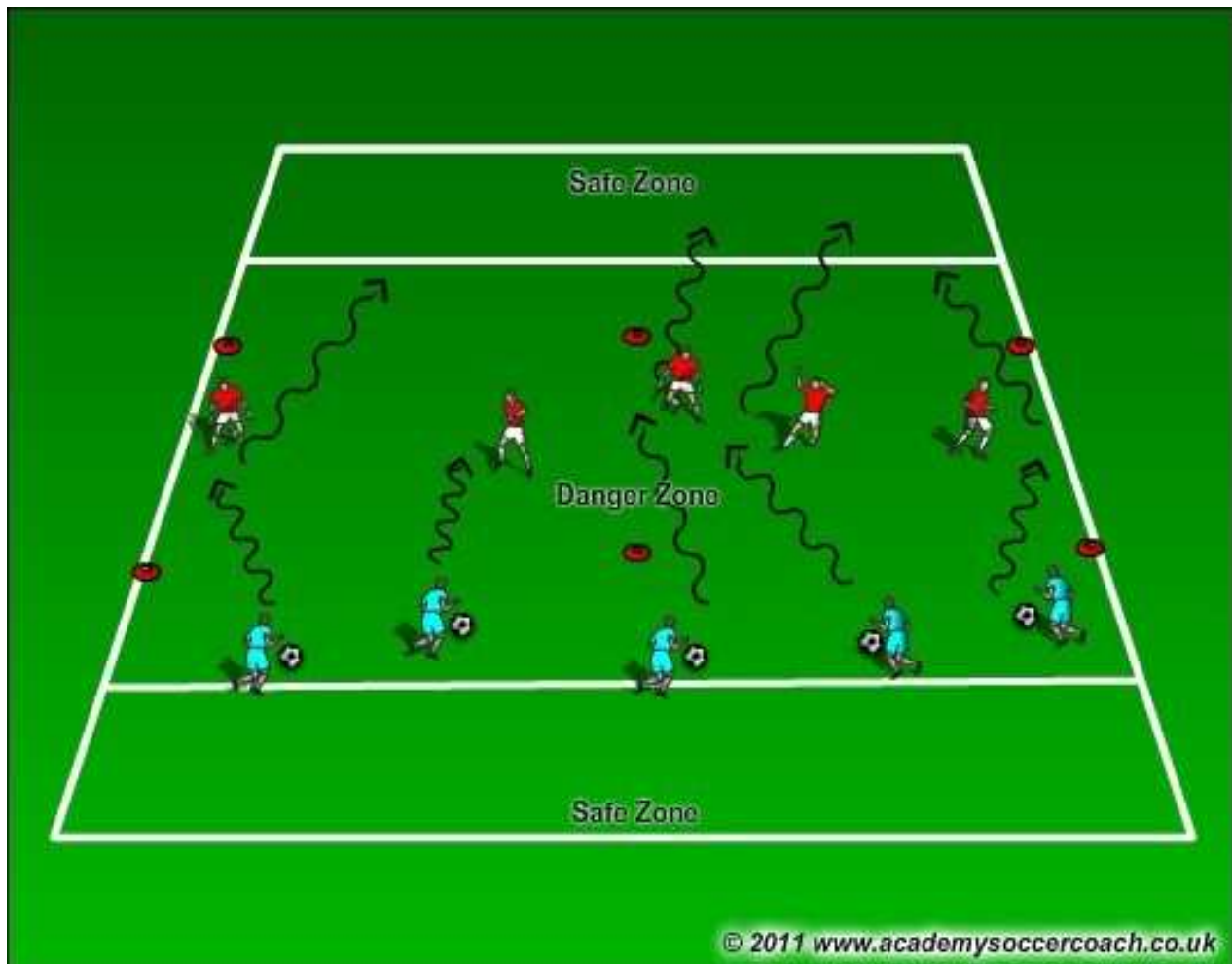
Defenders should stay on their feet on are not allowed to use a sliding tackle.

Each attacker who makes it across the playing area with out losing their ball gets 1 point for their team.

Repeat the game 10 times, switching team roles after each round.

Team with the most points at the end, wins.

Enter the danger zone



Set up a 40x20yrd playing area as shown above.

Players in pairs(1 attacker + 1 defender).

Attackers have a ball each and start in a safe zone.

Defenders start in the middle danger zone.

Attackers attempt to dribble past the defenders to the opposite safe zone.

Defenders can only tackle their partner.

If attacker makes it to the other side they score a point and continue as attacker.

If defender wins the ball they dribble to the opposite safety zone and attacker replaces them in the middle and becomes the defender.

Play for a set time limit, player with most points at end wins.

Coaching points.

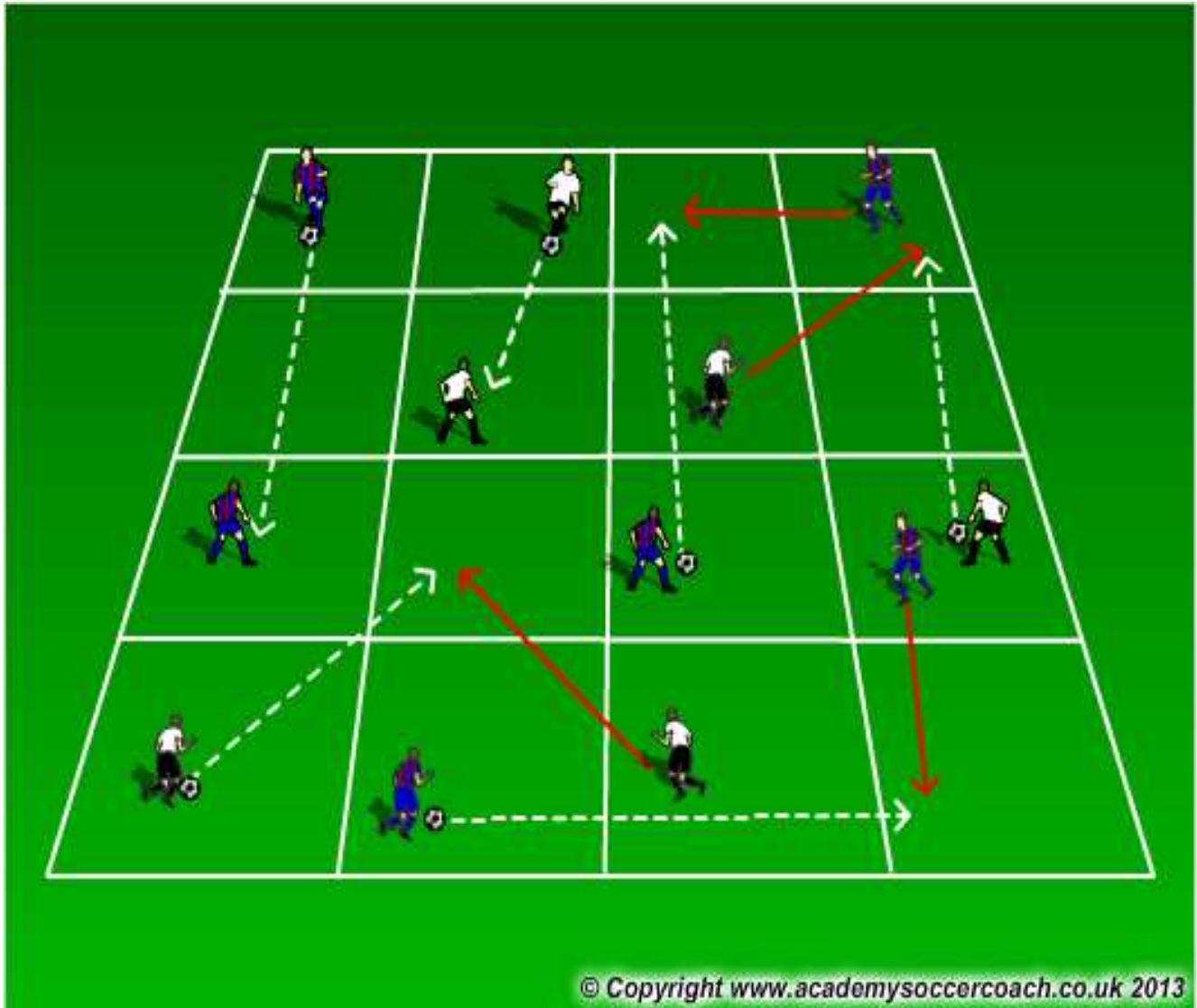
Attack defender/space at speed.

Incorporate a move/change of direction (scissors, step over etc).

Slow in and accelerate out of move.

Defenders close down attacker quickly, slowing on approach and assuming correct contact position.

Pass and find the space



Set up a 20x20 yrd playing area split into a 5x5 yrd grid.

Split players into 2 teams with one ball for every two players.

Players can pass to any available team mate but passes must go into a different sqr.

Players then need to move to be available to receive a pass from a team mate.
Play in short bursts.

Progs.

1. Players must receive the ball in an empty sqr.

2. Passes must go through 2 sqrs.

3. Limited touch rule.

1v1 Games



4 team game



Set up a playing area as shown above.

Split players into 4 teams.

Each team chooses their fave club to be (Man City, Barca etc)

Each team chooses one of the four corner goals to start in.

Teams play 1v1 against the opponents diagonal opposite them.

Coach chooses the team start as defenders(with a ball each) and the team that starts as attackers.

On coaches call the defenders pass the ball across the box then pressures the attackers.

Players compete 1v1 and attempt to score in their opponents goal.

As soon as the attack is over the next defender passes the ball and play continues as before.

Each team plays as attackers and defenders.

Teams keep a count of their goals scored.

Each team plays each other once.

Team with most goals after all the games are played wins.

If teams are tied play golden goal play off game.

Progs.

2v2

Extra points for pannas or outrageous skills.

6 goal game



Set up a playing area as shown above.

Split players into 2 teams.

On coaches call first player from each team races around their teams corner cone and into the playing area.

As players reach corner cones, coach serves a ball into the playing area.

Players now compete 1v1 to attempt to score in one of their opponents 3 mini goals.

Progs.

Play 2v2,3v3

Give each player a number and play random number 2v2,3v3.

Add a scoring zone. Players must be in the zone to score.

Back to goal game



Set up a 20x15yrd playing area as shown above.

Split players into 3 groups to start the game. Attackers(Red),Defenders(Blue) and servers(Yellow).

Servers start at the top gate with a ball each.

The other 2 groups line up next to one another between the 2 bottom gates.

Play starts by the first server playing a pass into the first attacker.

The attacker must receive the pass, attempt to turn the defender and score a point through one of the bottom gates.

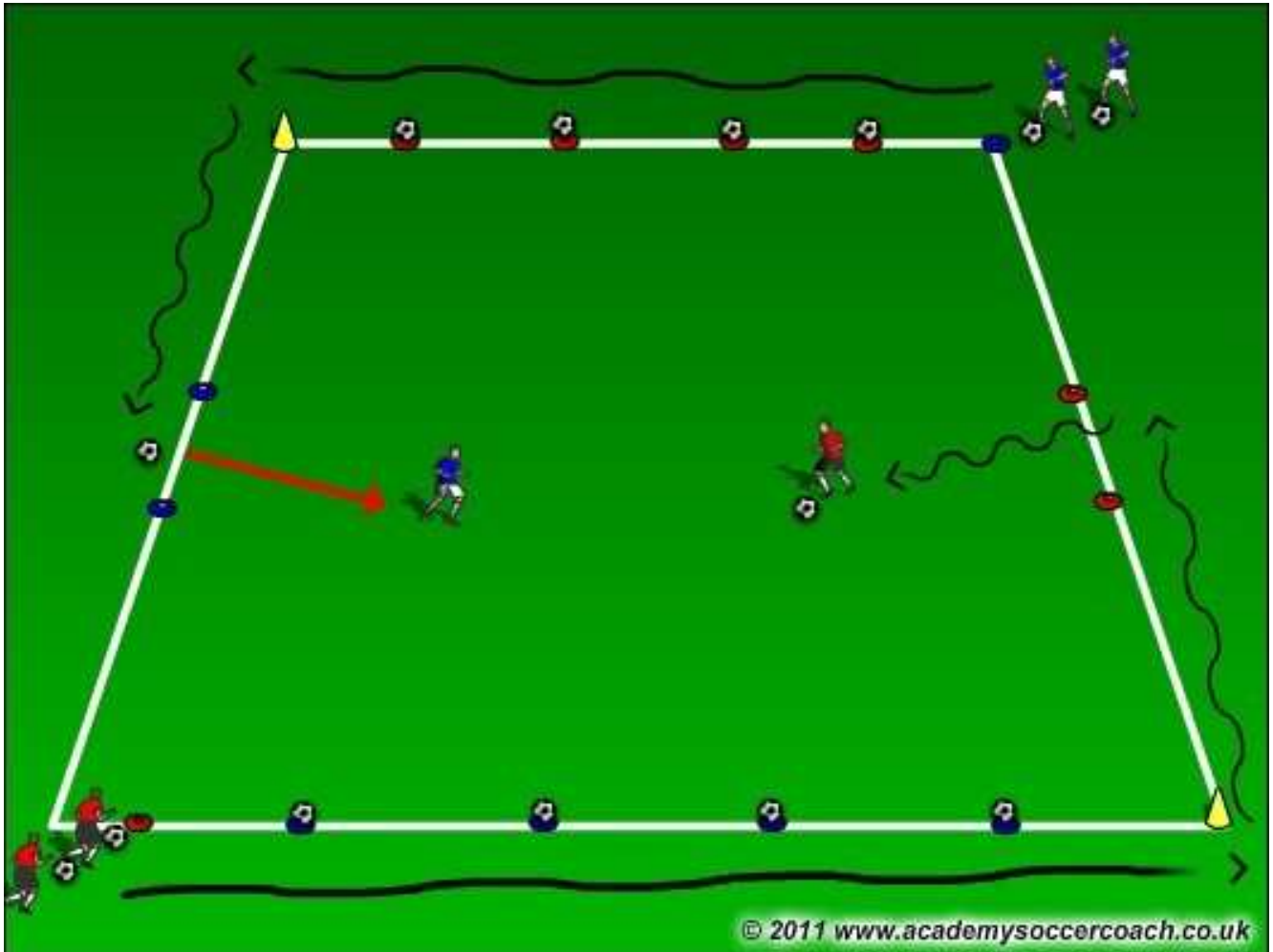
The defender attempts to win the ball from the attacker and scores a point by passing back to the server.

After each attack the players swap roles.

Defender becomes attacker. Attacker joins the back of the servers line. Server joins back of defenders line.

Players play each role a set number of times. Player with most points at the end wins.

Dribble battle



Set up a 20x20yrd playing area as shown above.

Split players into 2 teams and place them on opposite sides of the playing area with a ball each(as shown above).

Number players 1-7

Coach calls out a number and that player from each team dribbles around the playing area and enters the playing area through their teams side gate.

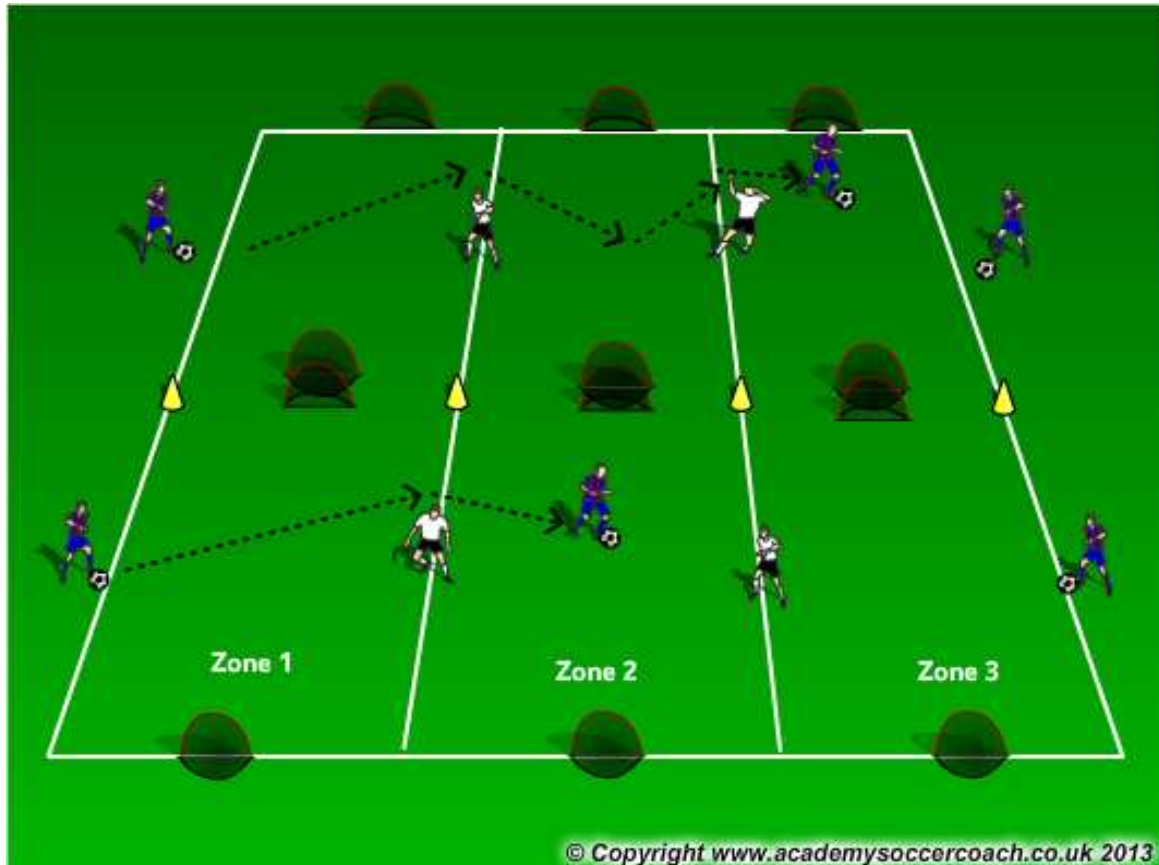
The first ball through the gate is live while the other one is discarded.

The 2 players now compete to score by either knocking down an opponents target or score in a mini goal.

Progs.

Play random number 2v2,3v3(First ball through the gate is live, rest discarded).

Gauntlet with rewards



Set up a 40x30 yrd playing area split into 2 lanes and 3 zones as shown above. Choose 4 players to be defenders and they start on the end lines of zone 1 + 2. The rest of the players have a ball each and split themselves evenly between the 4 start points.

On coaches call attackers go one at a time and attempt to get through their lane without getting tackled by one of the defenders.

Defenders must stay on their line and can only move side to side.

If defenders win the ball they can come off their line and attack one of the 2 mini goals in their zone.

Attackers get 1 point for every crossing of their lane.

Defenders get 1 point for every goal scored.

Attackers can win ball back.

Play for a set time limit then switch defenders.

Player with most points after everyone has been a defender wins.

Progs.

1. Allow defenders to press attackers as soon as they enter the defenders zone.

2. Remove middle goals and cones, pair attackers up with one ball between a pair.

The two pairs of defenders now work together to attempt to stop attackers crossing the playing area.

Defenders still start on the endlines.

Goals galore



Set up 30x20yrd playing area with 6 2-3yrd gates placed around the outside.

Pair players up with 1 ball between each pair. (If odd number of players have extra player play as a guard of the gates. Players cannot dribble through gate they are guarding).

1 player in each pair starts with the ball and attempts to score by dribbling through one of the gates.

The defender attempts to win the ball and then they can attempt to dribble through a gate.

Once a goal is scored the defending player restarts with the ball.

Players can not go through the same gate twice in a row.

Play for a set time limit, player with most points at the end wins, or first player through a set number of gates wins, then switch opponents.

Encourage skills, turns, changes of direction and dribbling at speed.

Ladder game



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Set up a playing area as shown above to create a ladder.

Each player chooses either a team to be or their fave player.

Pair players up. 1 ball per pair.

1 Pair per lane in playing area.

Each pair start in the middle of their lane facing each other with the inside of their strongest foot resting on the ball.

On coaches call players battle to win the ball and dribble over their opponents endline.

Players can still win the ball back if their opponent hasnt crossed the endline.

Players who dribble over the endline wins a point.

After every point game is restarted in the middle.

Play in 2-3 min bursts with player with most points moving up the ladder and player with least moving down.

Encourage players to burst away to endline once they win the ball.

Progs

Add mini goals to endlines.

3 points for a panna(Nutmeg)

Beat your marker



Set up a 20x20yrd playing area with an age appropriate goal at one end and 4 mini goals as shown above.

Split players into 2 groups.

1 group attacks first and the other defends.

1 attacker and 2 defenders enter the playing area(1 defender plays as a gk in big goal).

The rest of the defenders wait by the side of the big goal,

The rest of the attackers spread out around the outside of the playing area with a ball each(as shown above).

On coachesn call the attacker in the playing area moves to receive a pass from a team mate and score in the big goal.

If the acheieve this they get a point for their team, the attacker then quickly reacts and moves to receieve another pass from a team mate.

They repeat this for the remainder of their teams 5 balls.

Swap Gk for a resting defender after each attack.

If the defender wins the ball from the attacker they can attempt to score in one of the 4 mini goals.

If they do so they get a point for their team.

Each team mate gets 1 turn(5 balls) in the middle and 1 turn as the defender in the middle.

The team with the most points at the end wins.

Progress to 2v2.

Attack then defend game



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.

Split players into 2 groups + Gk.

1 group starts as attackers and line up at the gate next to the goal with a ball each.

The other group start as defenders and line up behind the gate opposite the goal.

Play starts with the 1st attacker dribbling their ball towards the cone opposite, they dribble round it and drive towards the finishing zone and attempt to score a goal.

At the same time the 1st defender sprints towards the cone opposite, runs round it and attempts to stop the attacker scoring a goal.

Once the play is over the players join the back of the opposite lines from which they started.

Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.

Encourage attackers to beat defenders at pace using tricks and skills.

Encourage the defenders to engage quickly, slowing on approach.

Encourage defenders correct body shape and attempt to show the attackers away from goal.

Penalty box battle



Set up a playing area as shown above.

2 players start in the penalty box and the rest of the players start on the outside as servers.

Coach calls one of the penalty box players names, that player is the attacker. That player can now move to receive a pass from any of the servers and attempt to score in the goal.

If the attacker scores a goal, they make a move to receive another pass from a different server.

If the defender stops the attacker from scoring the players swap roles.

The game continues until all 6 balls have been played.

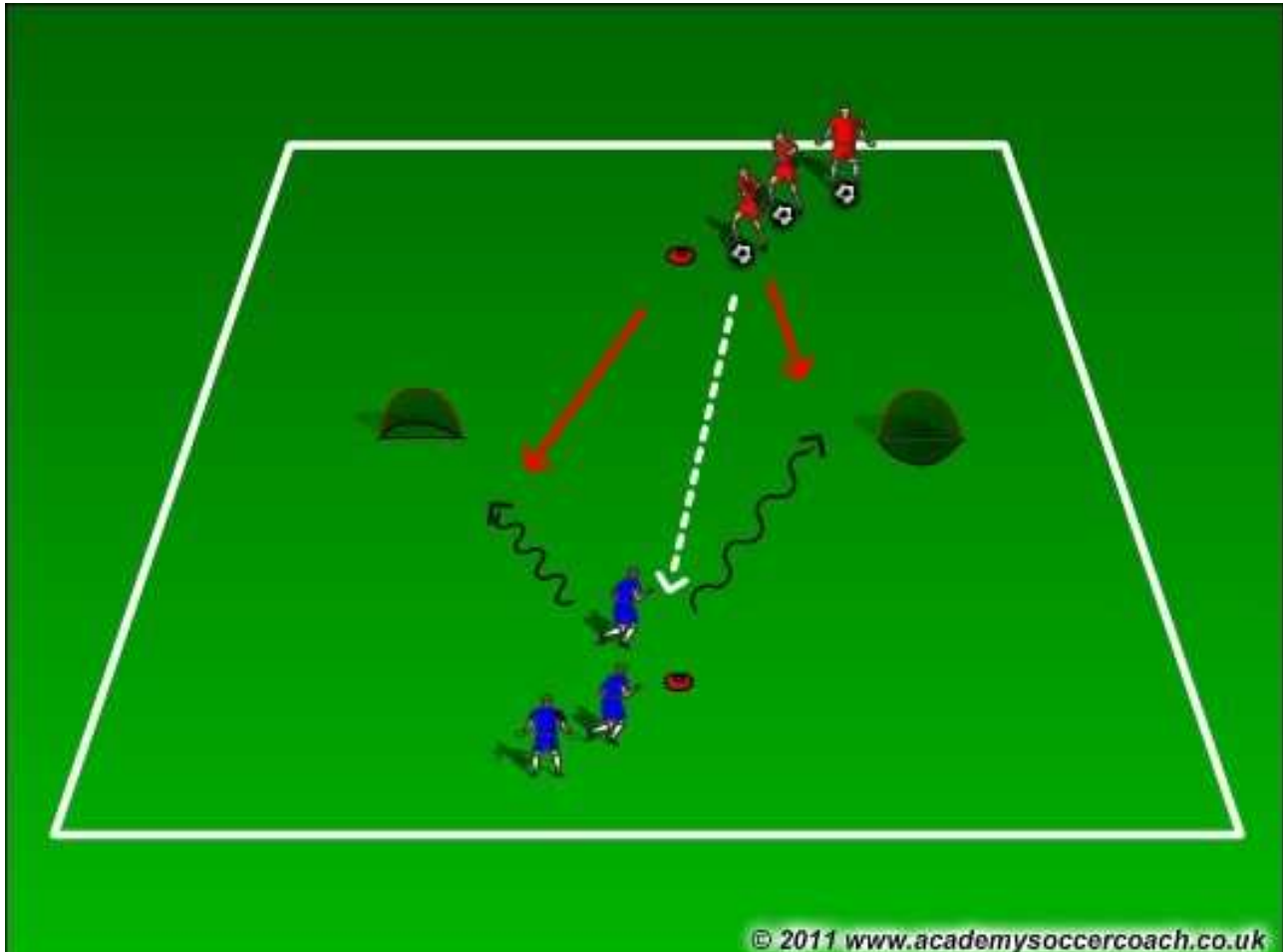
Players keep their own score.

Player with the most goals after all players have been in the penalty box wins.

Prog.

2v2, 3v3 depending on how many players are at training.

Opposite goals



Set up a 25x20yrd playing area with 2 small goals facing in opposite directions.

Split players into 2 teams. One team starts with a ball each.

Teams start on cones facing each other approx 15yrd apart.

Play starts when the red defender passes to the blue attacker, they now play 1v1 into either of the 2 mini goals.

If they defender wins the ball they can also score.

1 point for scoring in the goal facing, 3 points for scoring in the goal facing opposite way.

After each attack players join back of opposite lines.

Play first team to a set score wins or play for a set time limit.

Progs.

2v2

Add a 4yrd scoring zone.

Coaching points.

Can attackers look for a good 1st touch towards goal to commit the defender.

Can attackers use changes of direction to score in the goal facing opposite.

Can defenders force the attackers away from the higher scoring goal and win the ball.

3 gates



Set up a 16x16yrd playing area as shown above.

Split players into two groups.

One group start as defenders(blue) and start at the top gate with a ball each.

The other group start as attackers and start at the gate opposite.

The first defender starts play by passing the ball to the first attacker.

The attacker must then attempt to dribble through one of the 3 gates to score a point.

1 point for either of the side gates, 3 points for the top gate.

The defender can win a point by winning the ball and dribbling through the bottom gate.

After each attack the players swap roles(Defs join back of atts line and vice-versa).

Each player attacks/defends twice. Team with most points at end wins.

Progs

2v2,3v3

Turn to score



Set up a playing area as shown above.

2 teams of 4 players.

Teams attack 2 goals and defend 2 goals.

2 players from each team start as servers on the outside of the playing area, between their respective goals.

The other 2 players start in the middle sqr and play 1v1 (1 player from each team is the attacker and the other is the defender).

Each team starts with a ball on the outside.

Attacking players in the middle sqr make movements to lose defender and create space to receive the ball from their server.

Once the pass is made attackers attempt to turn and attack either of their opponents two mini goals.

If defender wins the ball they can score by playing out to their server.

Each player has 3 turns as the attacker then switches roles to be defender.

Once both middle sqr players have been attackers they swap roles with the servers.

Servers take it in turns to serve ball in.

Team with most goals after all players have been attackers wins.

Prog.

Allow server to follow pass to create a 2v1.

Coaching points.

1. Develop different turns for receiving under pressure.

2. Combine turns to beat defenders and create goal scoring chances.

3. Identify/attack the space.

Wait for coaches call



Set up a playing area as shown above.

Split players into 2 teams + Gk.

Play starts on coaches call.

The 1st player from each team runs round the small goal and into the playing area.

As they get to the small goals, coach plays a ball into the playing area.

The players then play 1v1 and attempt to keep possession until coach calls out a goal they must attack/defend.

Coach will call one of the following Big(normal size goal with a gk) Blue(small goal on blue side of the playing area) or Red(small goal on red side of the playing area).

Once coach calls then the game is live to goal.

Once the play is over the next 2 players go.

Play for a set time limit. Team that scores the most goals wins.

Prog.

Play 2v2, 3v3.

Play random number 2v2, 3v3.

Play overloads(2v1, 3v1, 3v2 etc)

Dribble then defend



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.

Split players into 2 groups.

1 group starts as defenders and line up at the side gate with a ball each.

The other group start as attackers and line up at the gate opposite the goals.

Play starts with the 1st defender in the line dribbling their ball towards the gates opposite them.

They stop the ball just in front of the attackers and continue to run through the gate and then towards the 2 goals to defend.

As soon as the defender leaves the ball the waiting attacker runs onto it and attempts to score in one of the goals.

The attackers must be in the finishing zone for a goal to count.

Once the attack is over the attacker joins the back of the defending line with a ball and the defender joins the back of the attacking line.

Play continuous for a set time limit, team with the most goals at the end wins.

Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.

Play overloads(2v1, 3v2)

Receive and attack



Set up a 20x20yrd playing area as shown above.

Split players into 2 teams.

Teams line up nearly side by side.

Coach starts by playing a ball into a blue player who receives the pass and dribbles over the halfway line.

Once over the halfway line the game is live.

Blue and red play 1v1 into the 2 cone goals.

1 point is scored if they pass the ball through the goal.

3 points are scored if the dribble through the goal.

After the play is over the players join the back of the opposite lines so both teams get a turn to receive the pass.

Play for a set time limit, team with most points at end wins.

Progs.

Coach plays into either player. Non receiving player must react to try and win ball back.

Shoot and react



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.

Split players into 2 teams with a ball per player.

One team starts the game by dribbling to the goal directly opposite them, scoring, then immediately goes to defend the opposite player.

The opposite player sets off as soon as the 1st player enters the finishing zone.

Goals can only be scored in the finishing zone.

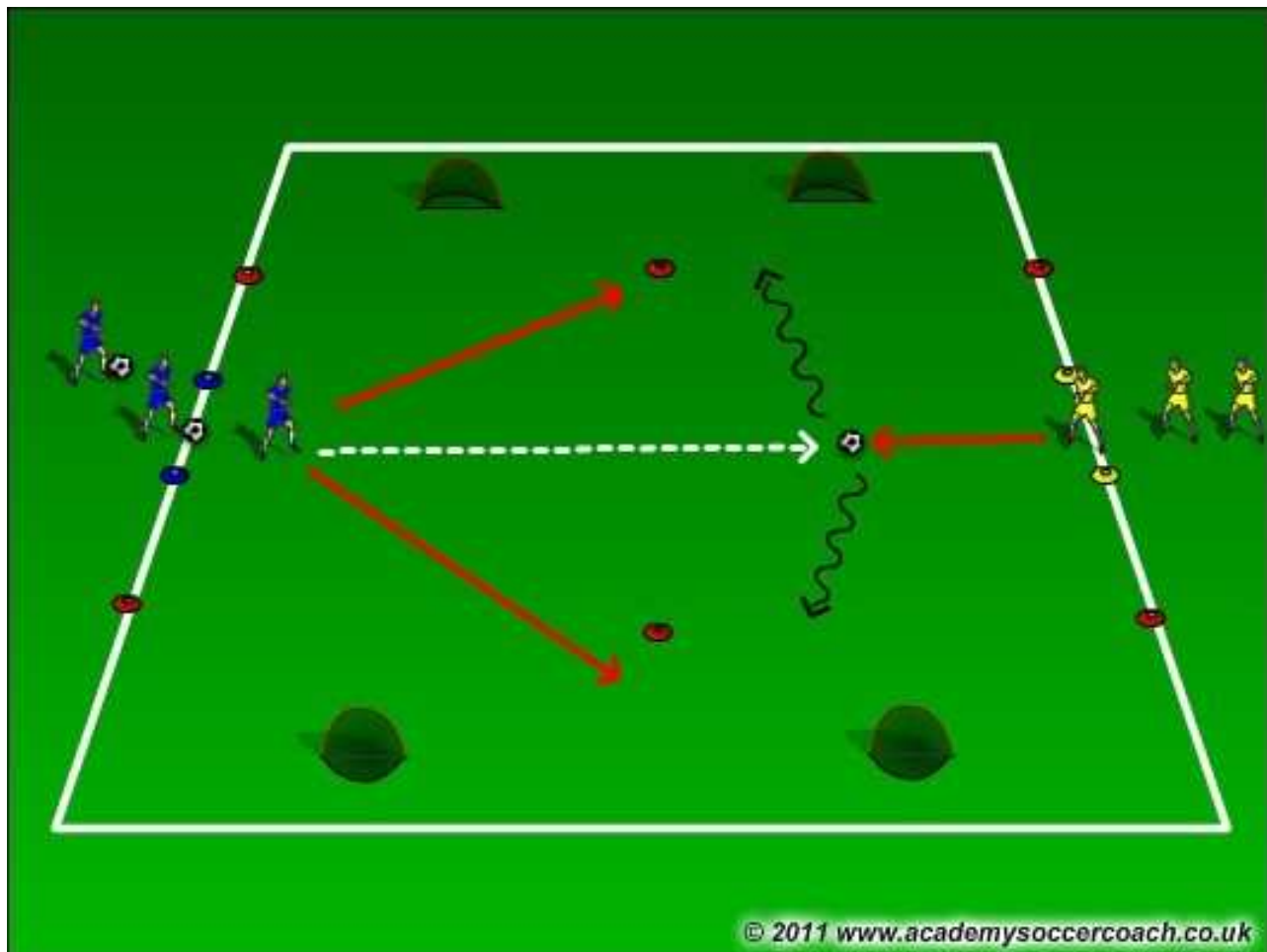
Once a goal is scored or the ball goes dead the next player goes.

Play for a set time limit, team with the most goals wins.

Progs.

Allow attackers to score in any of the 2 goals. 1 point for a goal scored in the goal directly in front of them. 2 points for a goal scored in the goal directly in front of the other team.

Side gates



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zones.

Split players into 2 groups.

1 group starts as defenders and line up at a side gate with a ball each.

The other group start as attackers and line up at the side gate opposite.

Play starts with the 1st defender in the line passing their ball towards the waiting attackers.

Once the ball is played the attacker can run to meet the ball then attack any of the 4 goals.

The defender reacts and attempts to defend the goals.

If the attacker scores in any of the 2 goals nearest them they score 1 point.

If they score in any of the 2 goals closest to the defenders they score 2 points.

Once the attack is over the players join the back of the opposite lines they started at.

Play continuous and for a set time limit. Team that scores the most points at the end wins.

Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.

Play overloads(2v1, 3v2).

Through the gate first



Set up a playing area as shown above.

Split players into 2 teams.

Play starts when coach plays a ball into the middle of the playing area.

At the same time the 1st players in each team set off and run round the corner cones and into the playing area.

1st player to the ball attacks the opposite goal.

Defender can win the ball back and score.

To score players must move the ball through the gates in front of the goal before shooting.

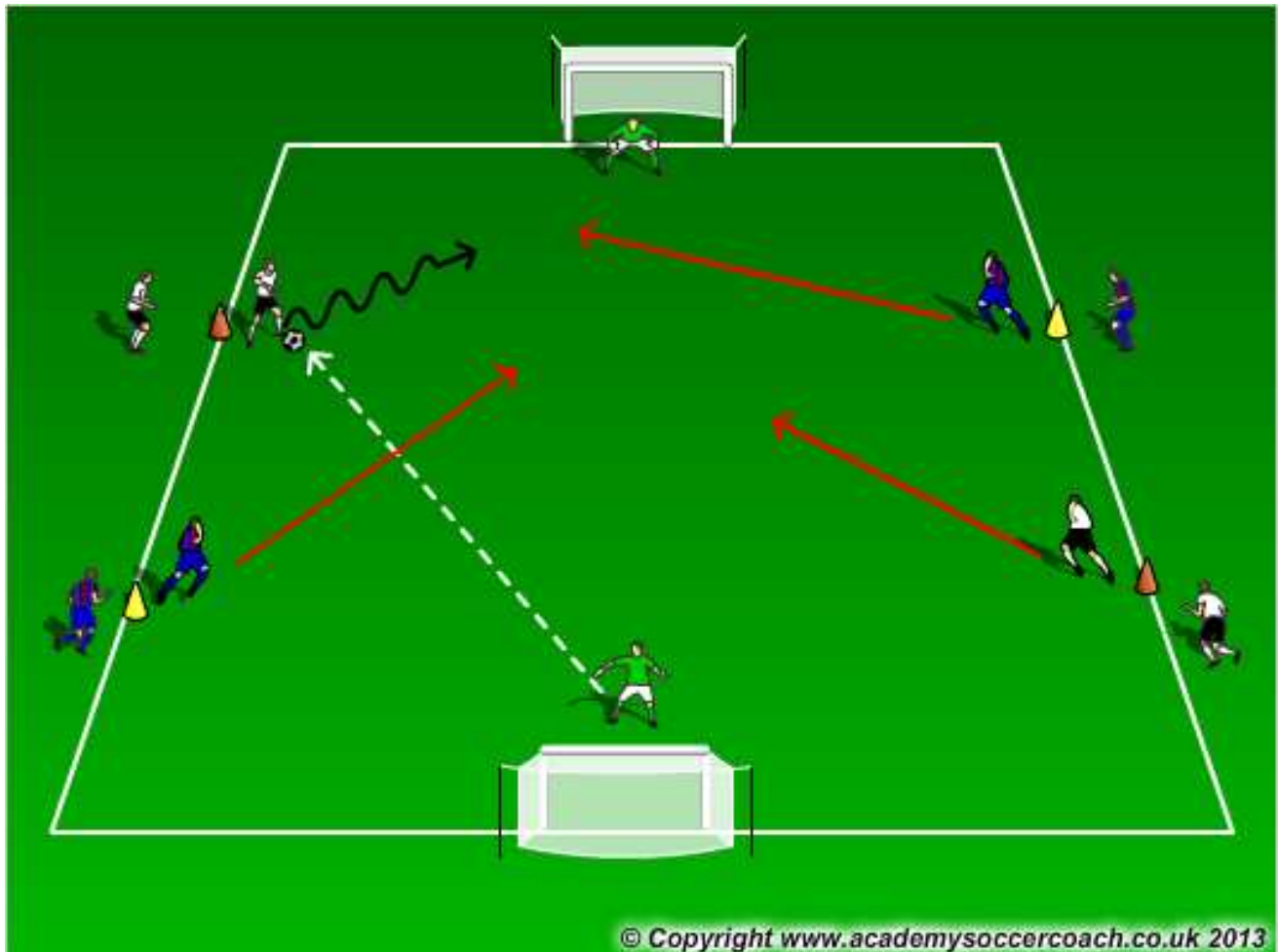
Play for a set time limit, team with most goals at end wins.

Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.

React and defend



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Set up a playing area as shown above.

Split players into 2 teams + 2 neutral Gks.

Players spread out around the playing area as as shown above.

Coach decides which Gk starts the game.

The Gk serves the ball to one of the players furthest away from them.

Making that team the attackers.

The four players must react to the choice made by the Gk.

The team with the ball must attack and attempt to score.

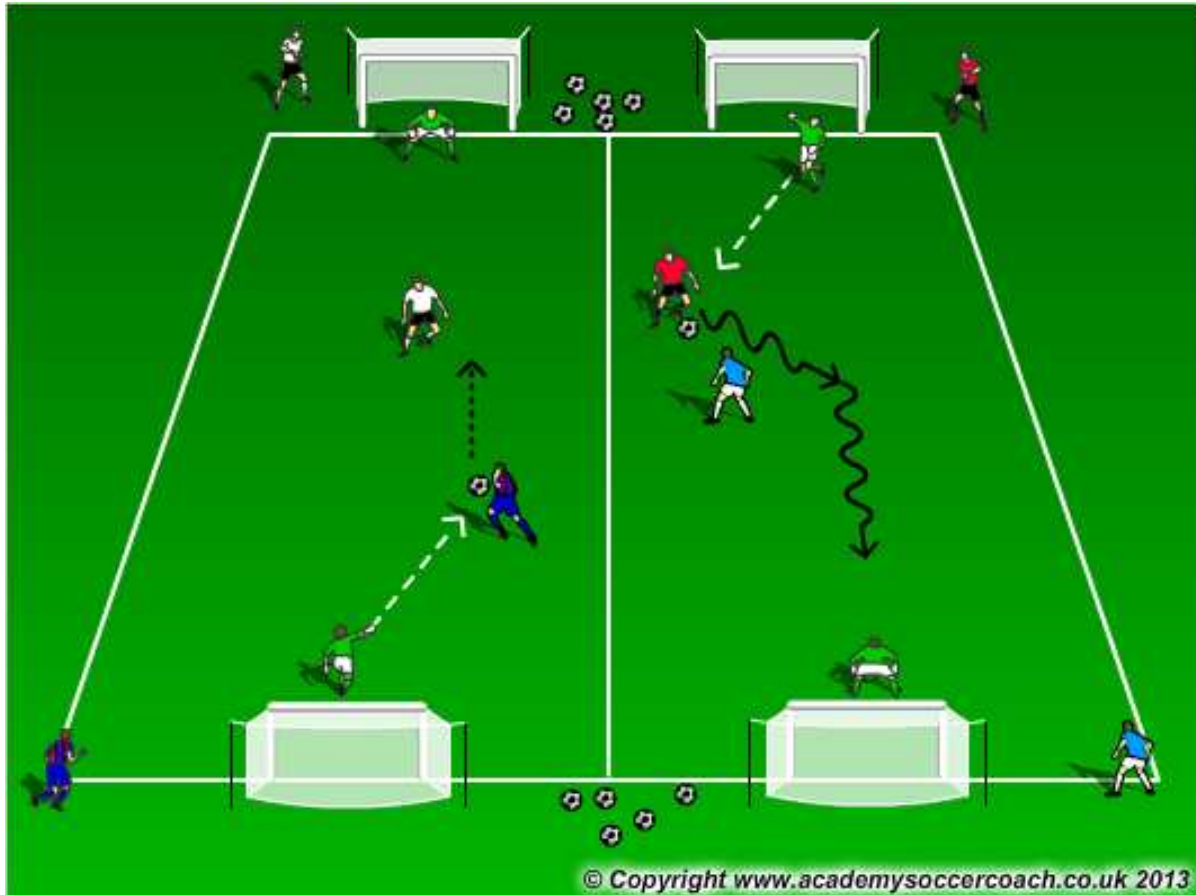
The other team are defenders and must react and recover into a defensive position and attempt to stop their opponents scoring.

The game continues as a 2v2 until the ball leaves the playing area.

Players leave the playing area as quickly as possible and the opposite Gk to the firsty serves a ball top a waiting player.

Play for a set time limit or first team to a set score wins.

60 second battle



Set up the playing area into lanes of 35x20 yds with goals at each end.

Split players into teams of 3.

Get teams to number themselves and coach calls numbers to decide which teams play each other.

All players take a turn in goal and playing out.

Flip a coin to decide which team starts with the ball.

One player and Gk from each team starts in a lane.

The Gk rolls the ball out to their team mate, who has moved to lose their marker to receive the ball, then attempts to score in their opponents goal(1v1)
Once the Gk has passed the ball to a team mate, their team mate cannot pass back to the Gk.

Players battle for 60 seconds attempting to score in each others goal.

Play always restarts with the Gks.

After 60 seconds players swap with their resting team mate.

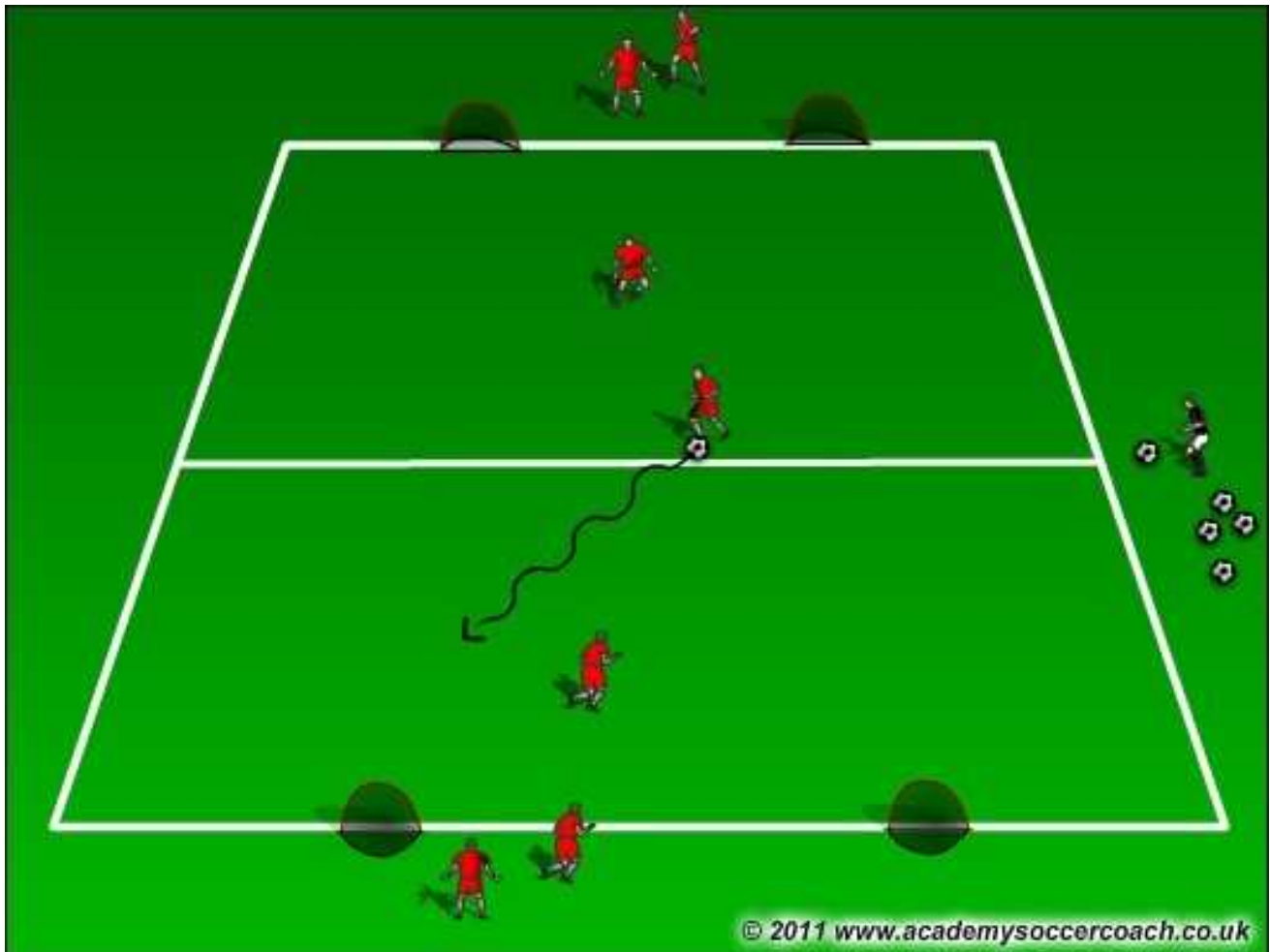
Team with most goals at end wins.

Each team plays each other atleast once.

Coaching points.

1. Checking away to receive the ball.
2. How to receive using inside of the foot.
3. If high pressure can attacker beat the defender.
4. If low pressure can attacker find angle to shoot.

Continuous game



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Set up a playing area as shown above.

3 players start in the playing area the rest of the players stand between the 2 goals at each end of the playing area.

2 players start as defenders and defend 2 goals each.

The middle player starts with a ball and dribbles into one of the endzones and attempts to score in a 1v1 situation.

Once the attack is over, the defender receives a pass from the coach and attacks the opposite end.

The original attacker takes a rest and a new defender enters the playing area.

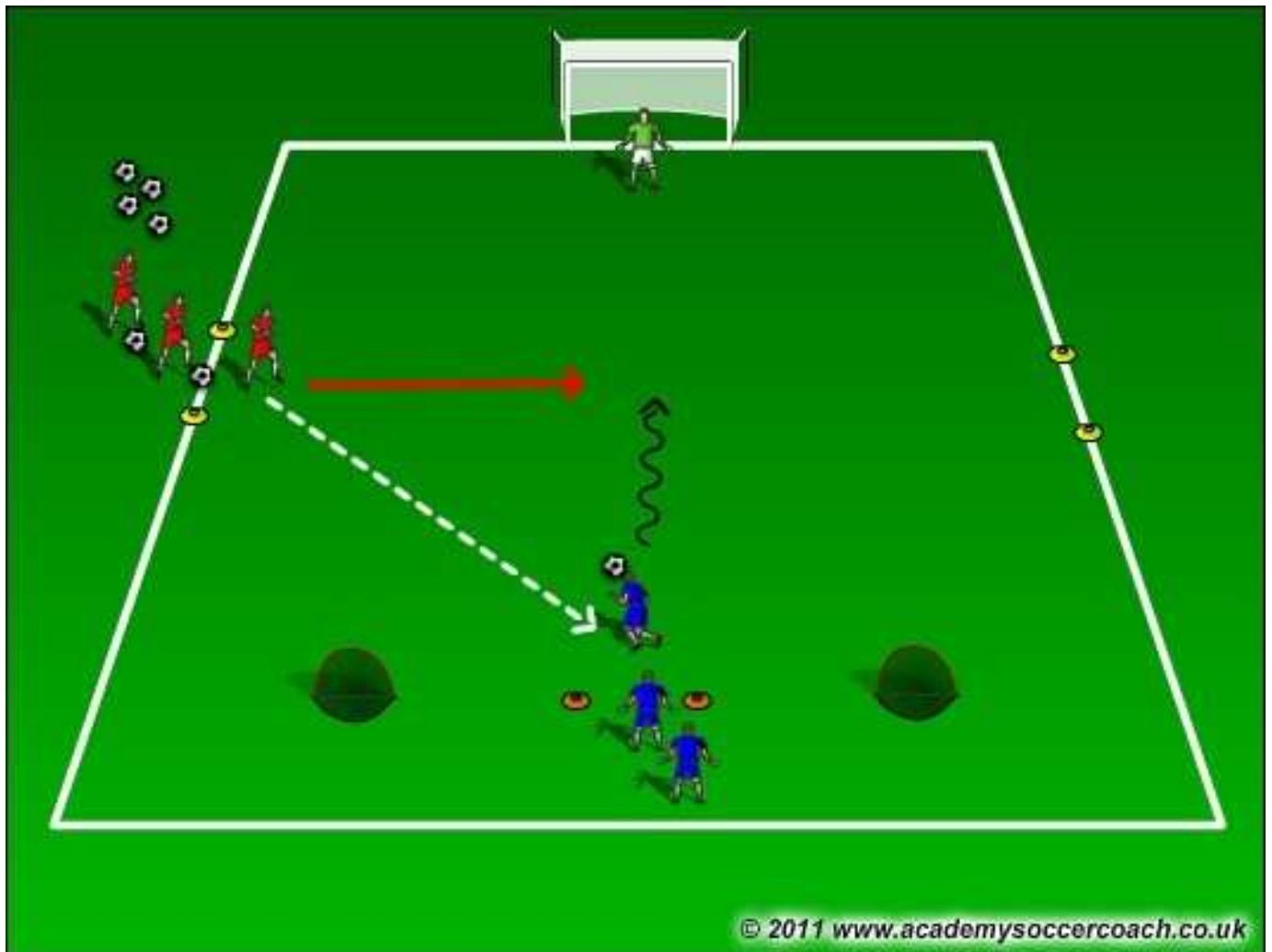
All players get a turn at both attacking and defending.

Progs.

2v2

Swap mini goals with age appropriate goals with Gks.

Pass and react game



Set up a 20x20yrd playing area as shown above.

Split players into 2 groups + 1 Gk.

One group start as attackers and one group start as defenders with a ball each.

Attackers start between the small target goals.

Defenders start at the gate halfway up one side of the playing area.

The first defender passes to the first attacker who attempts to dribble past the defender and have a shot on goal.

If defender wins the ball they can score in one of the 2 small target goals.

After the play is over the attacker joins the back of the defenders line and vice-versa.

Swap sides of the playing area defenders start at.

Progs.

1. 2v1 in attackers favour.

2. 2v2.

Gauntlet



Set up a 30x25yrd playing area split into 3 zones and 2 lanes as shown above.

Choose 2 pairs to play as defenders.

Each pair defends a lane and must stand on a end line of a zone.

Defenders can only move side to side along the line.

Rest of the players play as attackers and have a ball each.

Attackers split evenly between the 2 start points.

On coaches call the first attacker at each start point attempts to dribble tfrom one side of the lane to the other and past both defenders to the finish.

Once clear the next attacker can go.

Play continuous for a set time limit.

Change defenders every few mins.

Progs.

Allow defenders to leave their line once attackers have entered their zone.

Swap defenders for gks on zone endlines who can dive at attackers feet.

Add a goal and gk to finish line.

Coaching points.

Attack at pace using good changes of direction into space.

Head up to see the space they want to attack

Defenders to close down attacker quickly, slowing on approach as to not commit themselves.

Defenders correct body shape.

Encourage attackers to use tricks and skills to beat defenders.

Gladiator



Set up a playing area as shown above.

Choose 2 players to start as defenders and 1 player to start as Gk.

Rest of the players have a ball each and wait at the opposite side of the playing area to the goal.

Each defender has a zone each to defend and the defenders must start on the end line of their zone.

The Attackers attempt to dribble through the zones(one at a time) and score past the goalie. Defenders/goalie can only engage attackers once theyve entered their zone.

As soon as attackis over next attacker goes.

Play afew rounds then swap player roles.

Encourage attackers to demo their skills and tricks.

Encourage attackers to dribble at pace and attack the space.

Encourage defenders to engage attacker quickly, slowing on approach, knees bent and not to dive in and commit themselves.

Encourage Gk to narrow angle and make goal small.

Prog.

Attackers go in pairs 1 ball per pair.]

Multi battle



Set up a 20x20yrd playing area as shown above.

Split players into two teams(Dribblers and defenders)

The dribblers start in the playing area with a ball each.

The defenders choose a dribbler each to mark/win ball from.

Dribblers start play by dribbling their ball at random around the playing area.

On coaches call the defenders enter the playing area and attempt to win the ball from their designated opponent.

Teams now play 1v1 against each other the team with the most balls at the end wins(Players can only tackle the designated opponent),

Play in 2-3 min bursts.

Swap team roles after every game.

Progs

Defenders attempt to score in one of the mini goals.

Once a goal is scored the players can then support team mates but can still only tackle their designated opponent.

Dribble through game



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Set up a 25x25yrd palying area with a smaller 10x10yrd sqr in the middle.

Choose 2 players to be defenders and they start in the middle sqr.

The rest of the players have a ball each and spread out evenly around the 4 outer cones.

Outer players attempt to dribble through the middle sqr without being tackled by a defender or bumping into another dribbling player.

If a defender wins the ball they take over from the dribbler and that player replaces the defender in the middle sqr.

Dribblers get a point if they get through the sqr on the near sides, 2 points far side and 5 points for a panna(nutmeg).

Play for a set time limit, player with the most points wins.

Progs.

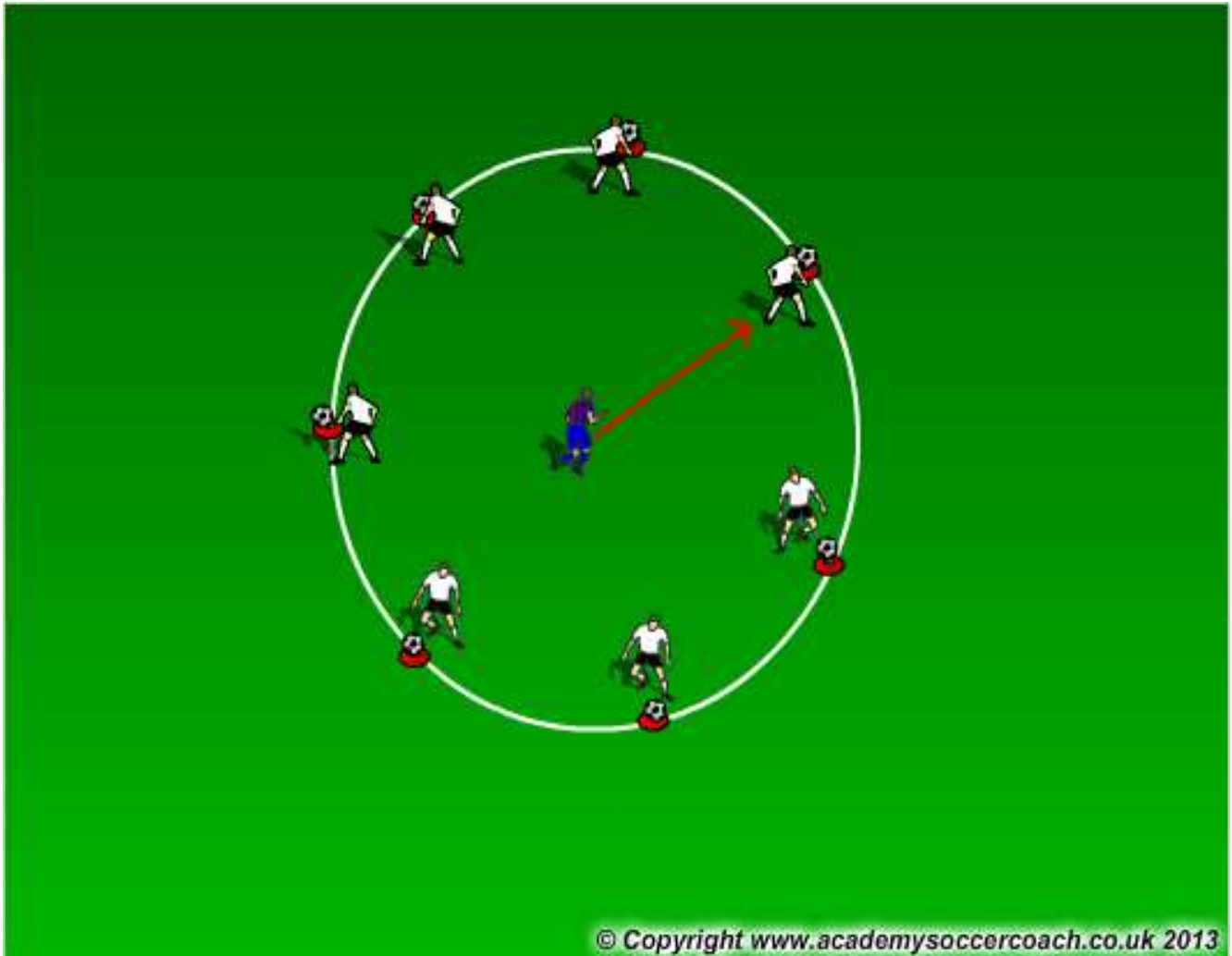
Make middle sqr bigger/smaller to make game easier/harder for both sets of players.

More defs in middle sqr.

Encourage dribblers to use tricks, skills and attack any spaces at speed.

Encourage defs to win the ball and keep it and not just kick it away.

Protect the ball



Set up a playing area as shown above.

One player starts in the middle and the rest of the players have a ball to protect.

The defending player must see how many balls they can knock off the cones in a set time limit.

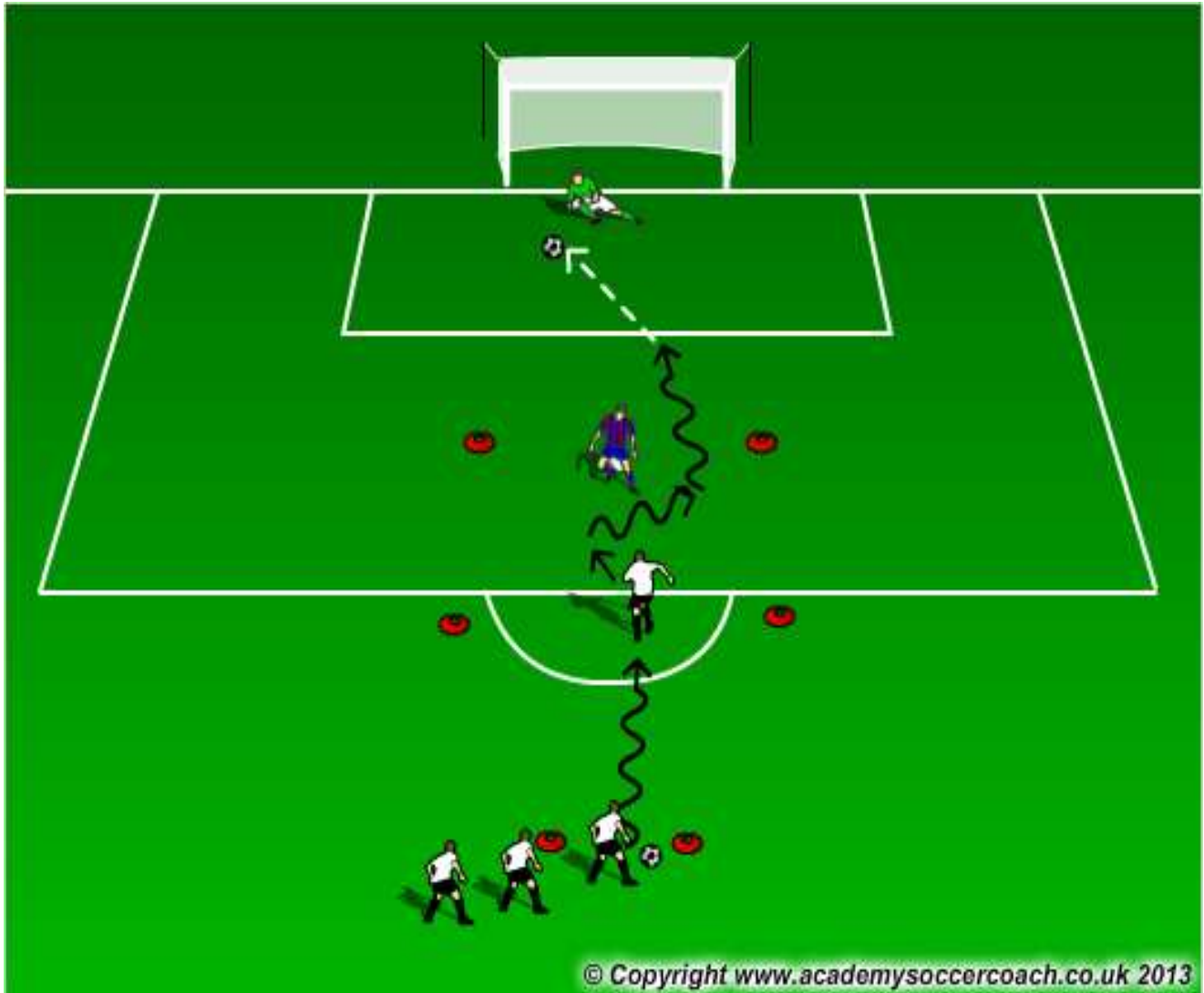
The player protecting the ball must try and hold off the defender.

Prog.

Make the game continuous so if the defender knocks the ball off a cone they take the place of the player protecting the ball.

The player who lost their place must now race to try and win a different ball.

Get through the box



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Set up a playing area as shown above with a 10x10yrd square.

One player starts as a defender and plays in the sqr.

The remaining players start as attackers and have a ball each.

The first attacker attempts to dribble through the sqr, beating the defender and shooting at goal.

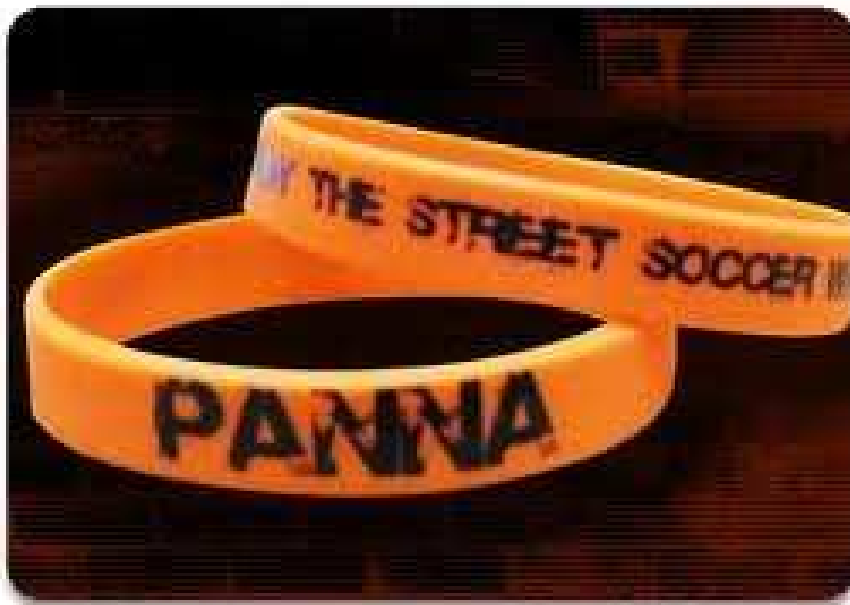
If they acheive this they go back to the start.

If the defender manages to stop them either with a tackle or by forcing the attacker out of the sqr the players swap roles.

Prog.

Make sqr smaller/bigger to make game harder/easier.

Introduction to Panna.



1v1v1 Rotating



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Panna - 1v1v1 Rotating.

Set up a 40x40 yrd playing area as shown above.

Each mini playing area has its own challenge.

Pitch 1 - Mini goals.

Pitch 2 - Target cones.

Pitch 3 - Corner zones/Goals with gks.

Pitch 4 - 4 dribble gates.

Split players into groups of three and number them 1-3.

Each group is designated a mini pitch.

Player 1 + 2 start on the mini pitch while player 3 waits on the side.

Player 1+2 compete until the coaches whistle.

On coaches whistle player 1 leaves and player 3 enters.

Again players compete and on coaches whistle player 2 leaves and player 1 enters.

Each 1v1 lasts approx 2 mins.

Players get 1 point for scoring in their mini pitches goal and 3 points for a panna.

Players keep a total of their own points.

After all players have played each other they move clockwise to the next mini pitch.

2v2 tag team



Panna - 2v2 Tag team.

Set up a 20x20yrd playing area as shown above.

Pair players up to make tag teams.

Two pairs per playing area.

Teams play 1v1 in the main area with their tag partners waiting at the side.

Teams switch players when a goal is scored or if they want a break they can tag in their team mate.

Teams get 1 point for a goal and 3 points for a panna.

Teams count their own points.

Have a drinks break every 3-5 mins so players can rest and maybe talk tactics.

Number pairs 1-8.

Call random numbers to see which tag team plays which tag team.

Team with most points at the end wins.

Small sided games and
other fun games.



2v2 Gladiator



Set up a 45x30yrd playing area split into 3 zones and a goal at one end.

Split players into pairs.

Choose 1 pair to start as defenders and 1 pair to start as gks (You can use this as practice for your teams gks).

Rest of the pairs have 1 ball per pair and line up on the end line facing the goal.

Aim of the game is for attackers to get through the zones and score in the goal.

Defender 1 starts on the endline of zone 1.

Defender 2 starts on the endline of zone 2.

Attacker 1 starts by the side of defender 2.

Attacker 2 starts on the front line of zone 1 with the ball.

On coaches call attacker 1 attempts to get in front/hold off defender 1 to receive a pass into feet from attacker 2.

Once attacker 1 has received the pass they can either play back/use attacker 2 to get to zone 2 or attempt to dribble the ball into zone 2.

Once the ball enters zone 2 defender 2 is live.

Attackers attempt to combine to get through zone 2 and into zone 3 for a shot on goal.

If attackers score that pair gets a point.

If defender 1 wins the ball and plays out to coach the defending pair get a point.

If defender 2 wins the ball and plays out to defender 1 they also get a point.

After each attack pairs rotate playing roles(Atts-Defs, Defs-Gks, Gks-Atts).

Play for a set time limit, pair with most points at end wins.

Progs

Allow def 1 to make a recovery run, defs now get a point if they play out to coach or back to Gk.

Coaching points.

Attacker 1s body shape to hold off/stay in front of defender 1.

Communication between Attackers on when to play pass into feet and what they're going to do once pass is made (Attempt to turn, Lay ball off etc)

Movement of attackers.

Trigger for defender 1 to attempt to steal ball.

Recovery run of def 1 to help def 2.

Multi Challenge game



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Set up a 40x40yrd playing area split into four 20 yrd sqrs with 8 balls in middle area.

Pitch 1. Big goal + Gk.

Pitch 2. 5 yrd sqr zone(Players dribble into sqr to score).

Pitch 3. Mini goal to score in.

Pitch 4. 2 mini goals to score in.

Divide players into teams of 2.

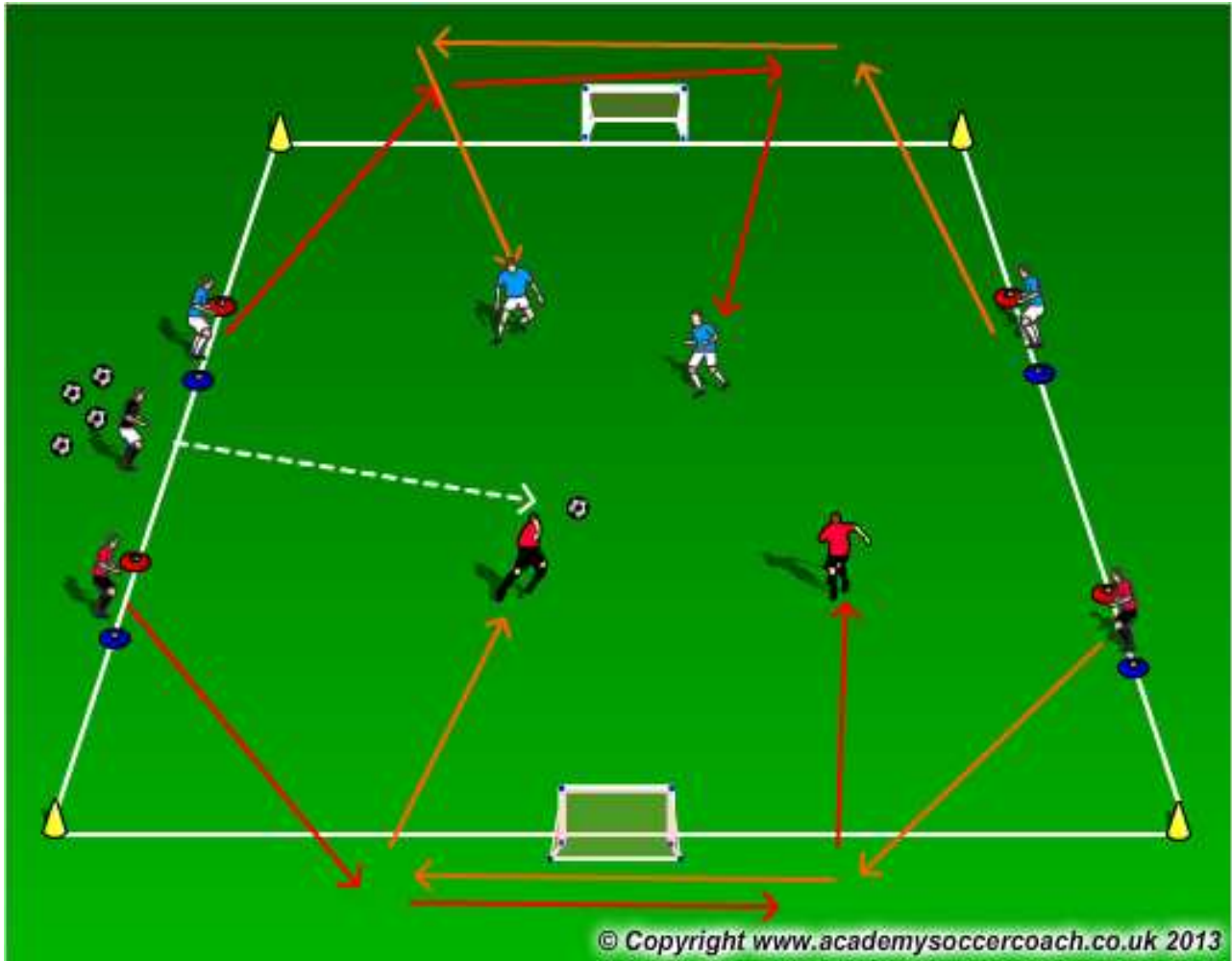
4 teams go into each of the 4 pitches as defenders.

2 teams go to the middle collect a ball and play as attackers attempting to score on one of the mini pitches.

If the attackers score they stay on, collect another ball from the middle and attempt to score on another of the mini pitches.

If they dont score they swap roles with the defenders on that pitch who break out.

2v2 Team reaction



Set up a 20x20 yrd playing area as shown above.

Split players into teams of 4.

On coaches call 2 players from each team have to touch the designated cone, sprint around the back of their goal and play 2v2 against the opposition.

The first player around the goal and onto the playing area secures possession for their team.

Key points.

1. Speed off the mark.
2. Support and combination play.
3. Individual dribbling skills.
4. Accuracy to finish.
5. Defend when ball is lost.

Through ball game



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Set up a 45x30yrd playing area split into 3 zones.

Split players into 3 teams.

Each team starts in a zone.

Coach starts play by passing a ball to one of the endzone teams.

That team attempt to pass the ball through the middle zone to the opposite endzone team without the middle zone team blocking or intercepting the pass.

If the passing team manages to play the through pass they get a point.

If the pass is blocked or intercepted the passing team swaps roles with the middle zone team.

Passing teams must keep the ball in the playing area, if the ball goes out the sides or over the endline then that team swap roles with the middle team.

Progs.

1. Allow a middle zone player 5-10 seconds to apply pressure to the team with the ball before returning back to the middle zone(Allow players to make decision on when to press).

2.Allow a receiving player into the middle zone to become a link player. They can either pass back to the passing team or turn and play out to their own team. Award extra points to teams that achieve this.

3.Make zones bigger/smaller to make game easier harder.

4.Add goals to the endlines. Now middle pressing team can either block/intercept a pass in the middle zone or press and score a goal in the endzones to swap team roles.

3 pass and score



Set up a 30x30yrd playing area with 3 small cone goals placed randomly.

Split players into 3 teams of 4.

2 teams start in the playing area the other team spread out evenly around the outside of the playing area.

Coach starts play by passing to a team in the middle.

The team with the ball must attempt to complete 3 passes to each other before they can score in one of the cone goals.

Team with the ball can use the outer players to help keep possession but passes to outer players dont count towards their 3.

Outer players cannot be tackled.

If the defending team manages to win/intercept/block passes they then attempt to complete 3 passes and score through a cone goal.

Once a goal is scored, the scoring team keeps possession of the ball and the other team swaps roles with the outer players.

Play for a set time limit, team with most goals wins or first team to a set score wins.

Progs.

Outer players play on a 1-2 touch limit.

Increase number of passes teams must make before attempting to score.

Goals only scored by players dribbling through cone goals.

Goals only scored by players passing to a team mate through cone goals.

If only 2 teams challenge them to see which can be the first to score through all 3 cone goals.

4v2 break out



Set up a playing area with a 20x20 yrd sqr in the middle.

Split players into 2 teams.

One team play as passers and individual defenders(Reds).

One team play defenders and counter attackers(Blues).

Play starts with a 4v2 in the middle sqr.

The 4 passers attempt a set number of passes(Appropriate for age/ability of players) in order to eject the 2 defenders.

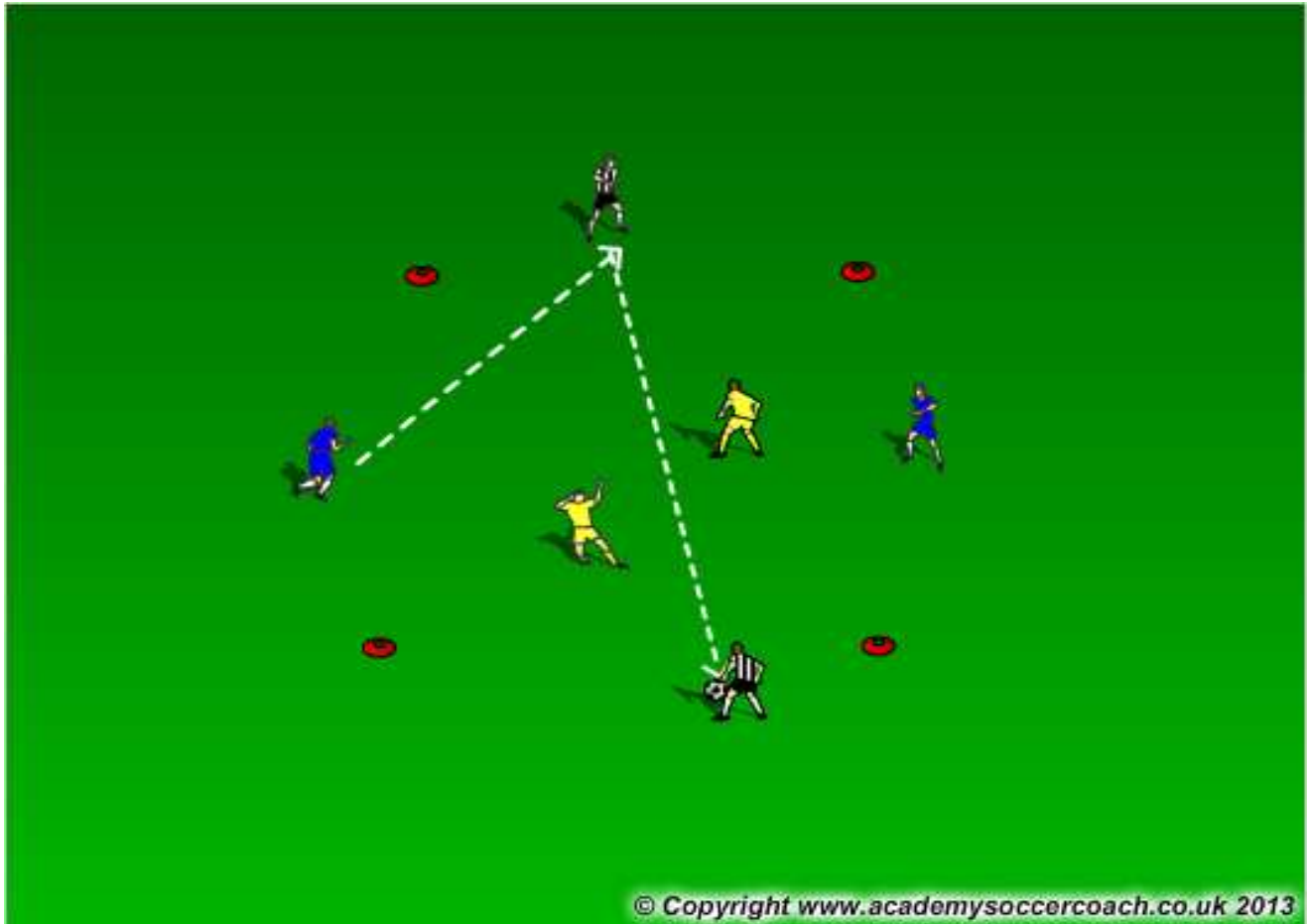
The defenders attempt to win the ball or force a passing mistake.

If they achieve this they break out and attack one of the goals 2v1.

Play for a set time limit then switch team roles.

Team with most goals at end wins.

Split the defenders



Set up 10x10 yrd playing areas.

Split players into groups of 6(Pair players up).

4 players start on the outside and 2 on the inside.

Players on the outside try to keep the ball away from the players in the middle.

If players on the outside can pass between the players in the middle then they get a point.

If players in the middle block or intercept a pass they swap with the passing pair.

Play for a set time limit, pair with the most points wins.

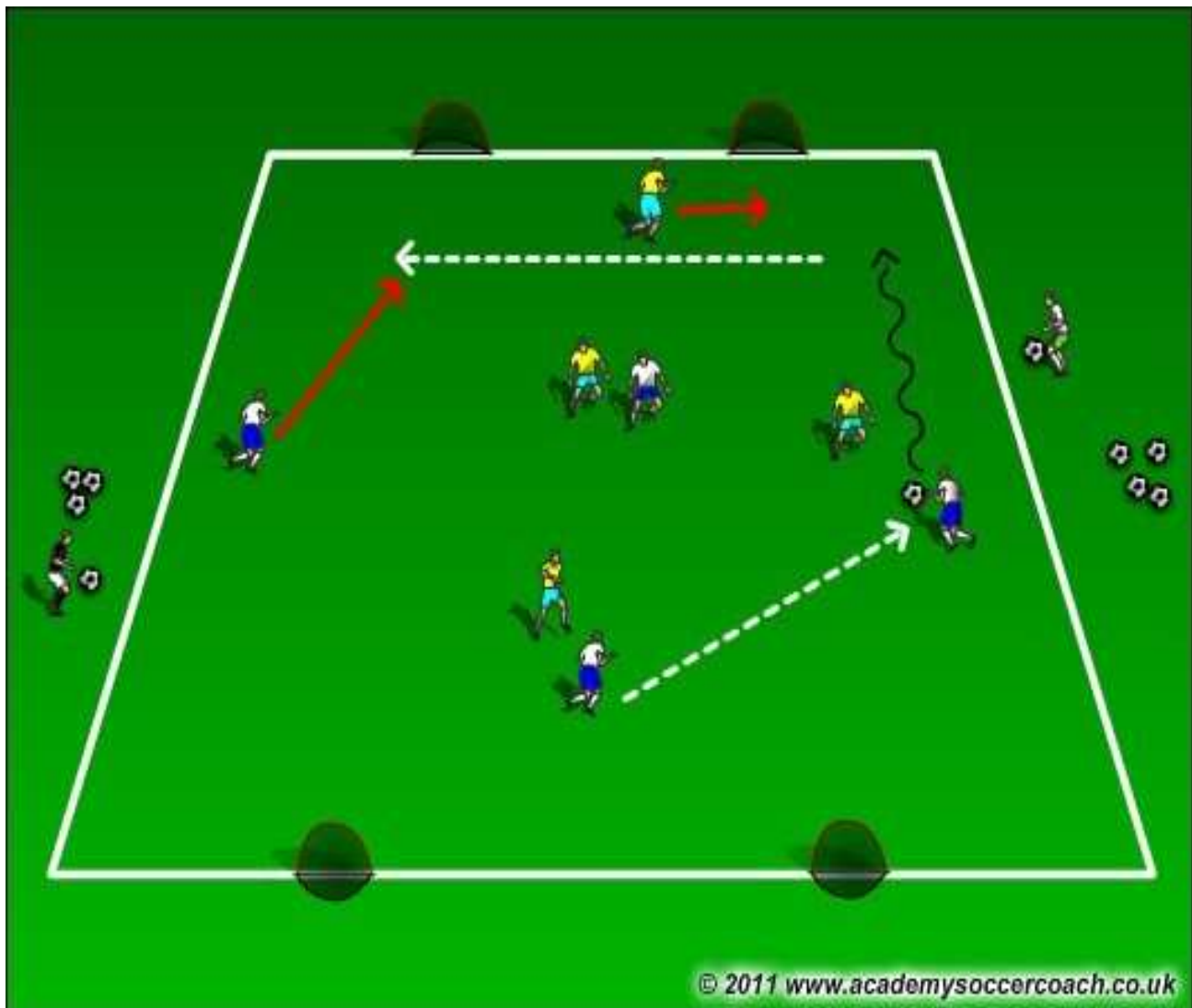
Progs

1. One of the outside players attempts to get in the middle, receive a pass from one player and pass to another.

2. One of the outside players attempts to get in the middle, receive a pass and dribble to an empty side of the square(Outer players should make movement to create the space for dribbler).

3. If an outside player is in the middle and defs win the ball they attempt to dribble ball to empty side of sqr to swap roles with outer pair.

4v4 into 4 goals



Set up a 40x30yrd playing area with 2 mini goals on each end line.

Split players into 2 teams of 4 players, no gks.

Teams can score in either of the 2 goals on their opponents end line.

If ball goes out of play coach or helper plays a new one in immediately.

Play for a set time limit.

Progs.

1 touch finish only

2-3 touch limit for all players

4v4 wide and target players



Set up a playing area with a 20x40 yrd sqr in the middle.

Teams play 4v4 in the middle sqr.

There is a neutral player on each wide side of the sqr and teams choose a target player approx 10 yds from opposition goal.

Neutral and target players are limited to one touch.

Players in the middle sqr must play at least 5 passes before either passing to their target player or playing out to a wide neutral player.

If players play to their target player, the target player must lay the ball off one touch.

As soon as the ball is played to the target player all players are live.

If teams play out to a neutral wide player, wide player can either play to a running middle zone player or directly into the target player.

Once ball is played out to a neutral wide player all players are live.

Play for a set time limit.

Ball always restarts in the middle sqr.

Don't pass to a team mate



Set up a 25x20yrd playing area with 2 goals on each side.

Split players into 3 teams.

2 teams will attack and defend 2 goals.

The 3rd team play as support players for the team on the ball.

Play a normal game with one extra rule. Players can only pass to support players and not directly to a team mate.

A team who concedes a goal swaps roles with the support players.

Teams count their own goals scored.

Play first team to a set score wins or play for a set time limit.

Progs

Support players play with a set touch limit.

Goals scored off 1 touch only.

4v4 + 4 Bounce players



Set up a playing area as shown above.

Split players into 3 teams of 4 + 2 goalkeepers.

One team starts as bounce players and each player goes to a corner.

The other teams play 2v2 in each half of the playing area.

Each team attacks and defends a goal each.

The aim of the game is to remove your opponents from the playing area.

This is achieved either by having more points than the other team after a set time limit(2-3 mins) or by scoring directly from a pass by a bounce player.

The losing team swaps roles with the corner bounce players.

Bounce players play for the team in possession but cannot score a goal.

Bounce players play on a 1 or 2 touch limit.

Only bounce players are allowed in corner zones.

Bounce players can pass to each other.

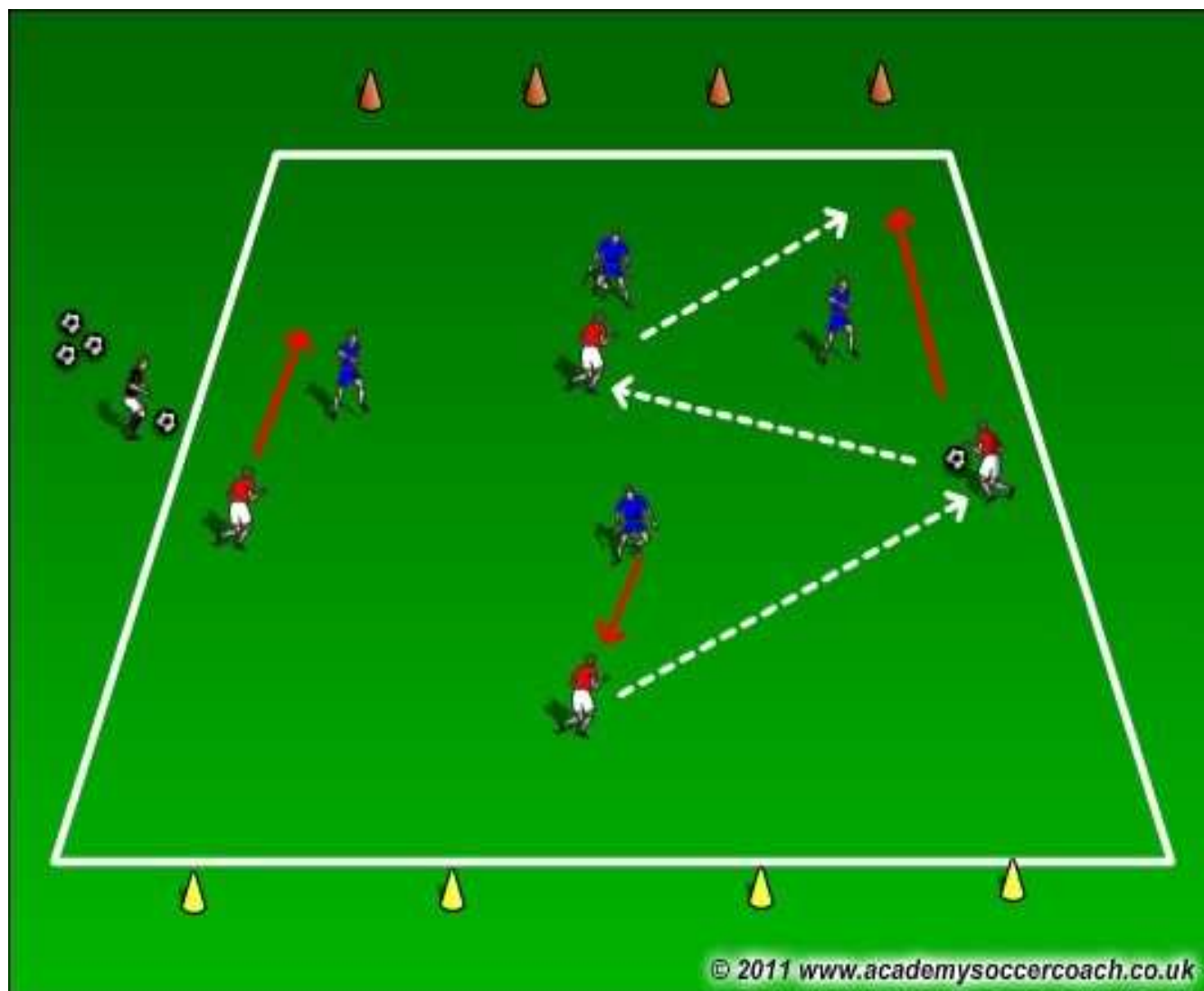
Coach changes direction of attack by calling 'switch' (Blue defs become attackers, Red attackers become defs etc).

Progs.

Allow Receiving bounce player to dribble ball into playing area before passing(Bounce player still cannot score).

Play full 4v4+4 game.

Hit the target



Set up a 40x30yrd playing area with 4 target cones at each end.

Split players into 2 teams of 4 players.

Teams score by knocking over the targets behind their opponents endline.

If a ball leaves the playing area coach or helper plays one in immediately.

Play either first team to knock over all their opponents targets wins or to a set time limit.

Progs.

Play a set touch limit,

Play a one touch finish rule.

Play once a target is hit the player who hit it must retrieve it and run around the outside of the playing area to put it behind their teams end line.

This way the team attacking now has a chance of a quick 4v3 counter.

5v2 Rondo



Set up a 15x15yrd playing area with a 8x8yrd square in the middle.

Split players into 2 groups. Attackers + defenders(In this case 5v2)

To start ignore middle square and attackers play keep ball against the 2 defenders.

Attackers get a point for every 5 completed passes. Defs get a point for every blocked/intercepted pass.

Play for 3 mins then switch defending pair.

Progs.

1. Now introduce middle sqr. Attacking players now get a point for every completed pass through the square.

2. Now attackers get a point for a player entering the sqr and playing a wall pass to a team mate.

3. Add a goal to each outer side of playing area and now when defs win ball they score in one of the 4 goals.

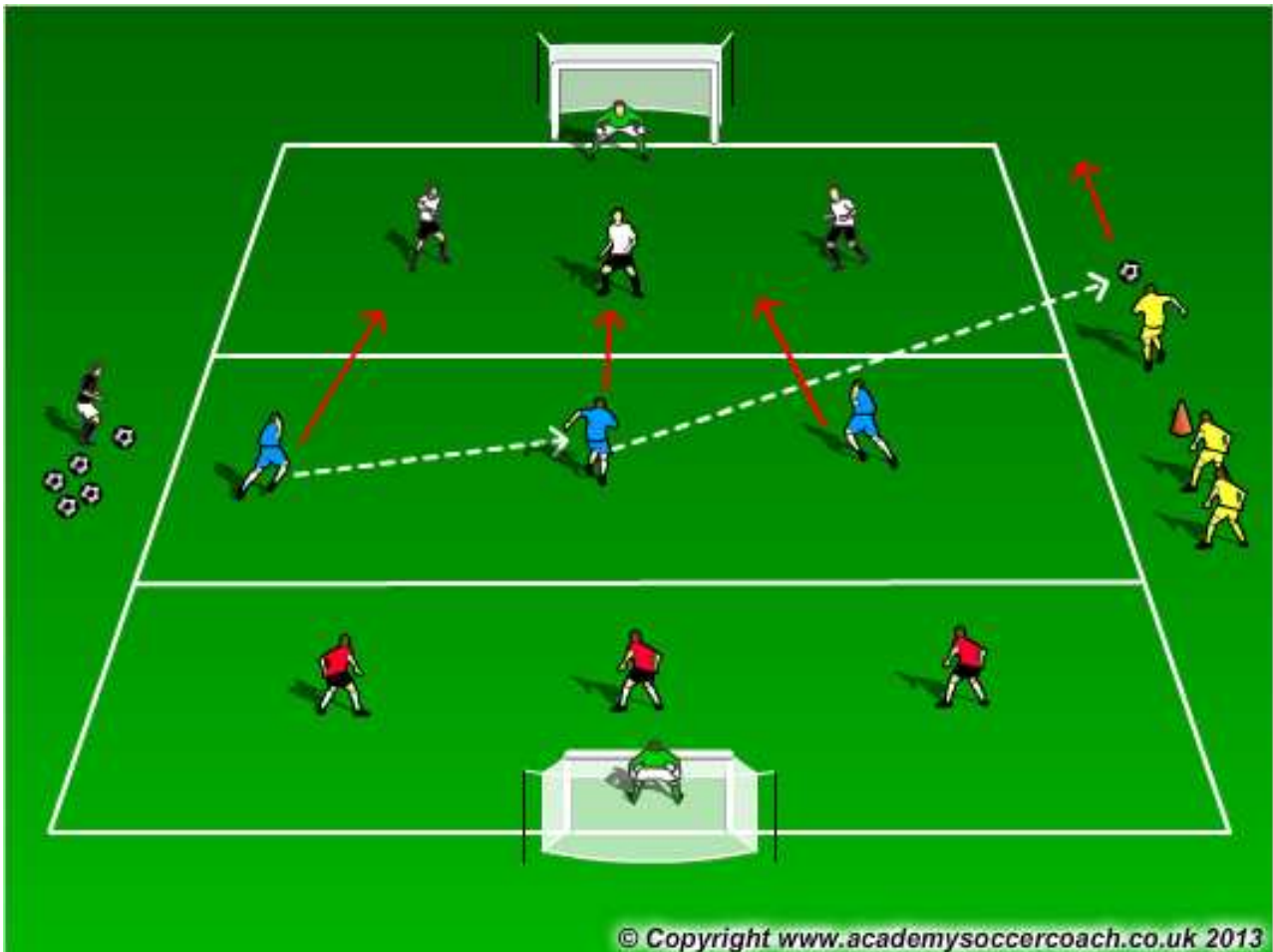
Try adding your Gk to the middle sqr to help defenders by saving/blocking through balls.

8v4 keep away



Set up a 20-30x20-30 yrd playing area with a mini goal on each side.
Split players into 3 teams(In this case 3 teams of 4).
All teams start in the playing area.
Coach calls a colour and that team play as defenders(Here its whites).
At the same time coach plays a ball into one of the other two teams.
The two teams combine to play a possession game and both teams score a point for a set amount of passes completed.
The defenders must work together to attempt to win the ball back.
If they achieve this they can then score in one of the four mini goals.
Defenders get a point for every goal scored.
If the possession teams lose the ball they must work as a unit to win the ball back.
Play for a set time limit then change defenders.
Team with most points after they have all played as defenders wins.

Wave attack with a winger



Set up a 45x30 yrd playing area split into 3 zones.

Split players into 4 teams of 3 players + 2 Gks.

Two teams start as defenders(End zones), one team starts as attackers(Middle zone) and one team start as wingers.

The game starts by the coach passing a ball into the attacking team who have to make 2 passes before playing out to the winger.

The winger crosses for the attackers to attempt to score in a 3v3 situation.

Once the cross has been made the game continues until a goal is scored or the ball goes dead.

If the attackers score, they turn receive another pass from the coach and attack the other goal.

If the defenders stop them from scoring then the roles are switched and they come out of the end zone and receive a pass from the coach.

Play for a set time limit with each team taking a turn as the wingers.

Team with most goals after all teams have been wingers, wins.

Attackers press that ball



Set up a 40x30yrd playing area as shown above.

Split players into three teams of 3 + 2 Gks.

2 teams start as defenders(Reds and Whites).

The other team starts as attackers(Stripes) and starts on the half way line.

One of the Gks has a ball and play starts when they roll the ball out to the defenders.

The defenders must make 3 passes(they can use the Gk) before passing to the opposite defending team.

As soon as the Gk rolls the ball out the attacking should press the defenders and attempt to win the ball.

If they win the ball they can shoot at goal.

If a succesful pass is made to the opposite defenders then the attackers must regroup and press into the other half and attempt to win the ball.

Once the attackers have the ball, the defenders in that half can attempt to regain the ball.

If the defenders achieve this they swap player roles with the attackers and attempt to score in the opposite goal.

If a goal is scored or the ball goes out of play then play restarts with the Gk in the opposite goal rolling a ball out to the defenders.

Play for a set time limit, team with the most goals wins or first team to a set score wins.

Prog

Extend number of passes defenders must make before passing to the opposite defending team.

Make playing area smaller/narrower to make it easier/harder for attackers/defenders.

Big pitch, small pitch



Set up a playing area as shown above.

Split players into 2 teams of 6 players, each team split in half again to make two teams of three.

On the big pitch have your gks wait in the goals (You could have them practice their kicking) and place a ball on the centre spot.

On the two small pitches teams play 3v3 until coach calls 'Big' and the players race onto the big pitch to play 6v6.

Coach then places balls in the middle of the two small pitches.

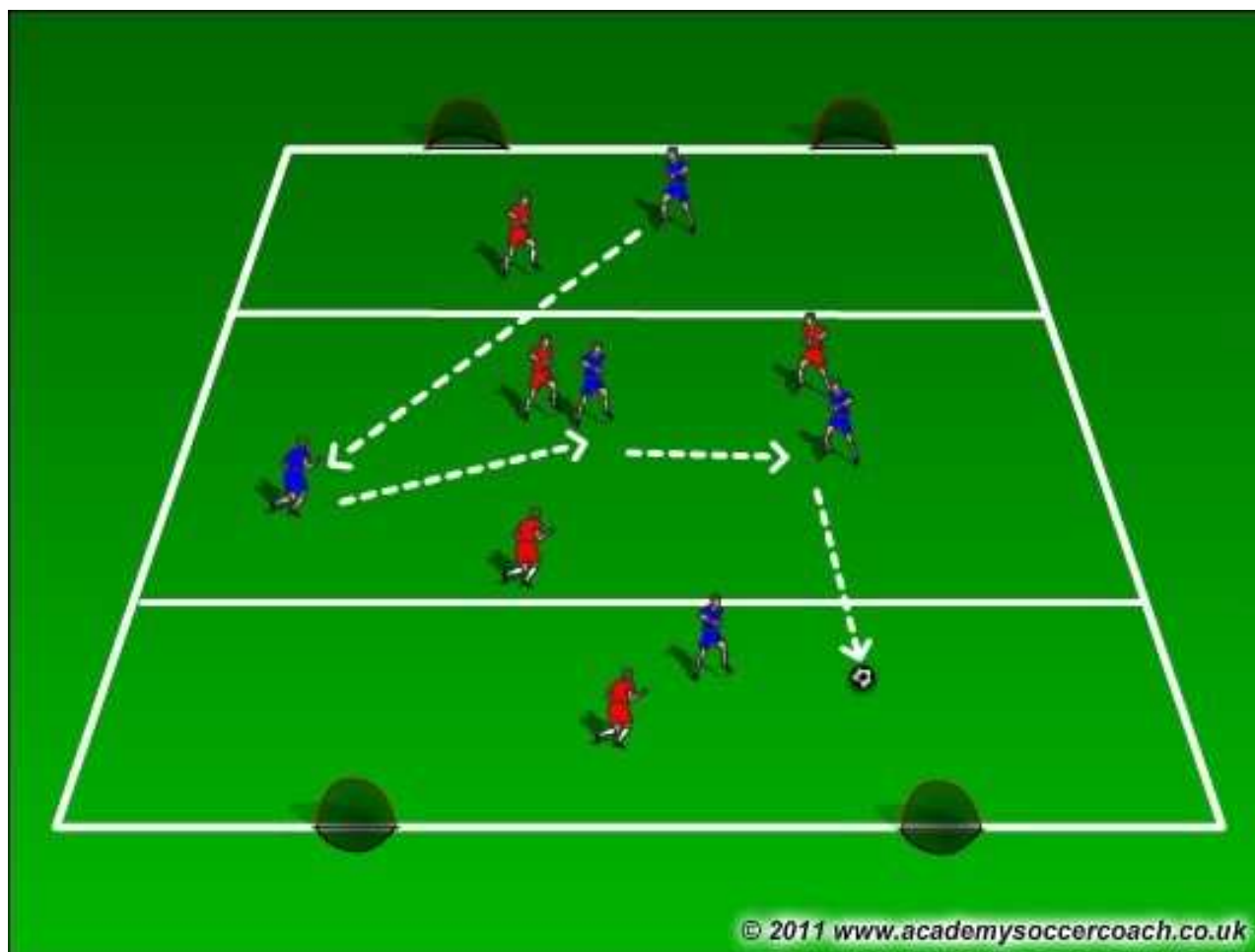
On coaches call of 'Small' players race back onto their original small pitch and continue 3v3.

Prog.

Allow players to choose their own teams of 3.

Allow players to choose which small pitch they race back to on coaches call.

Break out



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Set up 35x20yrd playing area with 2 goals at each end and split into 3 zones.

2 end zones 10 yrds each and middle zone 15yrds.

Split players into 2 teams(In this case 5v5).

Teams play 1v1 in the end zones and 3v3 in the middle zone.

Each team attacks and defends 2 goals.

Players must stay in their zones.

Middle zone players must make 3 completed passes before playing into their attacking player.

The defender can be used to help make the 3 passes.

Coach can call switch at any time. This means teams change direction of attack(defender becomes attacker and vice versa).

Change endzone players every few mins.

Play for a set time limit or first team to a set score wins.

Progs.

Allow middle zone passing player to follow their pass into endzone to create 2v1 overloads.

After 3rd pass receiving player can dribble ball into endzone.

Allow middle zone players to score but only off a layoff from attacker.

Use age appropriate goals with gks.

Counter attack game



Set up a playing area as shown above.

Split players into 2 teams + gks.

Teams attack and defend a goal each.

Teams play 2v2 + GK in the end zones and 1v1 in the middle zone.

To start middle zone players cannot tackle each other.

Coach chooses a team to start and serves a ball into that teams defensive half(In this case blue)

The blue team must play into their middle zone player who drives into the opposition end zone and creates a 3v2 overload and attempting to score.

If red defenders win the ball they play into their red middle player who attacks in the same way.

Blue middle player returns to the middle zone as quickly as possible to be ready to receive another pass from their defenders.

Rotate player roles every 2-3 mins.

Play for a set time limit or first team to a set score wins.

Progs.

Play attackers attempt to score in 3 passes or less, if they go over the 3 passes the opposition middle player can make a recovery run to help their defence. If they do so an attacker must drop into the middle zone in their place.

If the defs win the ball they still play out to the middle player who can either hold the ball up and wait for the middle player to make the 3v2 overload or turn and attack at pace with the middle player joining in the attack later.

Allow middle players to tackle each other but cannot follow each other out of the middle zone.

Defence to attack



Set up a 20x20yrd playing area with a goal at one end.

Split players into 3 teams of 4 + 1 Gk.

2 teams start in the playing area and the other team spreads out around the outside of the playing area as shown above(2 target players + 2 wide players).

The Gk starts with the ball and serves it into the playing area.

The team that wins possession is the attacking team and they attempt to score in the goal.

If the defending team wins the ball and they play out to one of the 2 target players they become the attacking team and the attacking team become defenders.

Neutral players cannot enter the playing area but can move side to side to be available to receive passes.

Neutral players cannot be tackled or score goals.

A defender must play out to a target player for teams to swap roles not a neutral player.

Play 3-5 minute games swapping neutral team every time.

Team with most goals at the end wins.

Progs.

1. Play offside rule.

2. Set touch rule for neutral players.

3. Add a scoring system for different types of goals scored eg Goal scored direct from a wide players cross = 2 points, Header = 2 points, Volley = 3 points etc.

4. Allow wide player to dribble in to cause an overload in attackers favour, wide player can be replaced by a target player for duration of attack.

Defend the castle



Set up a 30x30yrd playing area with a 10x10yrd sqr(Castle) in the middle.

Split players into 4 teams of 3.

Choose 1 team to defend the castle.

The remaining teams have a ball each and attempt to score points by entering and exiting the castle by either dribbling in/out or by passing to a team mate who has run into the castle.

Defenders must work together to block passes, watch the runners and tackle the dribblers.

Play for 3 mins changing the team defending the castle each time.

Play either

(A) Team that scores the most points after each team has defended the castle wins.

(B) Team that concedes the least number of points while defending the castle wins.

Prog

1. Outer players have bibs down their shorts to make tails so if a defender of the castle takes their bib that team loses a point.

2.Extra points for teams that can play wall passes in and out of the castle.

3.Make game easier/harder by making castle bigger/smaller.

Double Madrid



Set up a playing area as shown above.

Split players into 2 teams.

Teams can score in any of the 4 mini goals.

Play for a set time limit or first team to a set score wins.

Progs

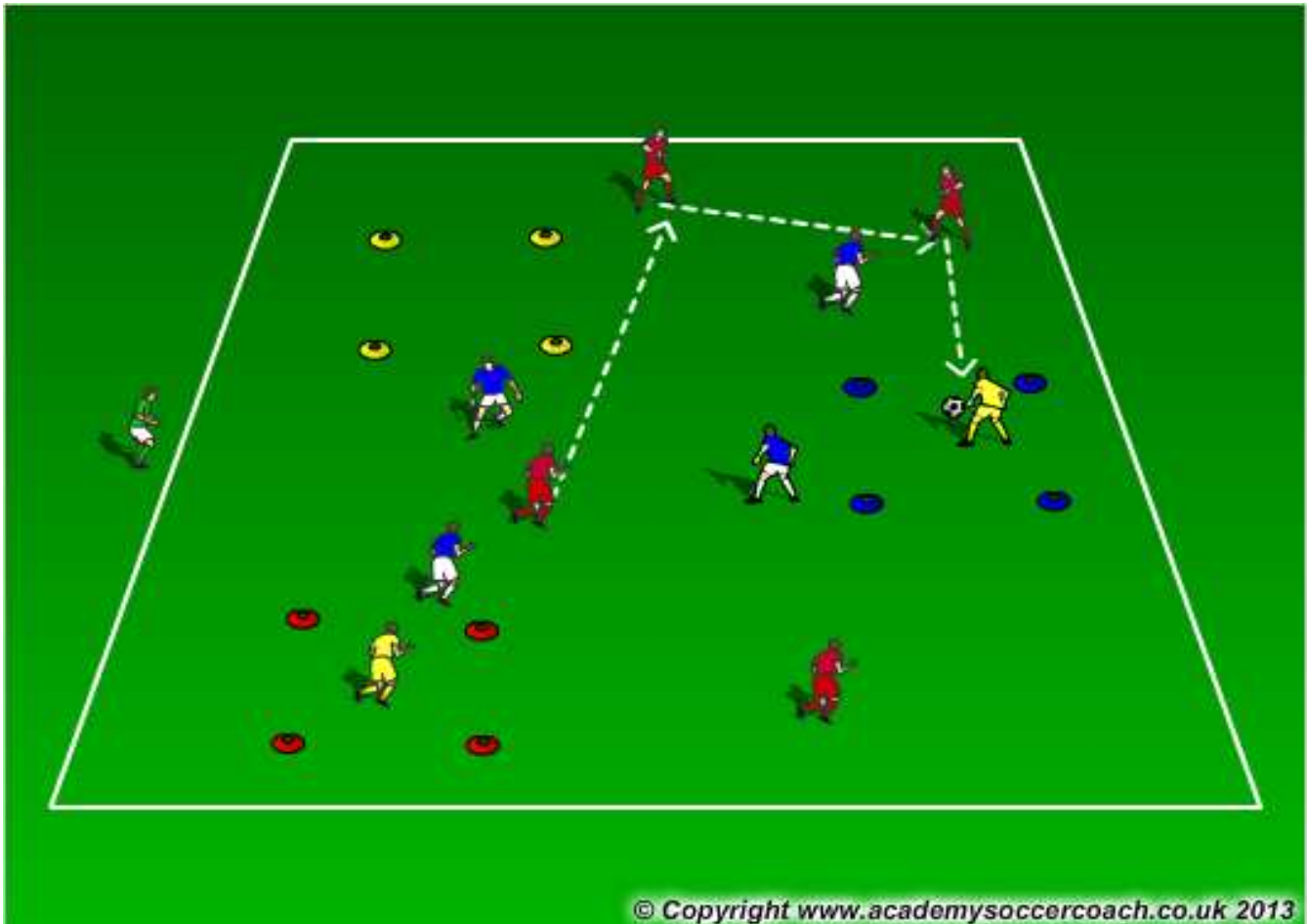
Teams must complete 3+ passes before attempting to score.

Each team mate must use the ball before teams can attempt to score.

Play a set touch limit.

Play a 1 touch finish rule.

Dribble, run or pass



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Set up a 30x30yrd playing area with three 3x3yrd target areas.
Split players into 2 teams + 2 target players + gk is available.
Gk moves anywhere around the outside of the playing area and is available to help the team with the ball keep possession.
Gk should use correct handling, distribution techniques.
Play starts with a ball served into the playing area.
Teams score points by passing to a target player in a target zone or by dribbling through an empty target zone.
Target players can move to any of the target zones to make themselves open to receive a pass.
Target players play back to the team that passed to them.
Play first team to 10 points wins.
Progs.
Use gks in target zones instead of target players.
Play first team to score in all 3 target zones continuously wins.
Add extra target zones.

Drop off and show



Set up a playing area as shown above split into 3 zones (Two bigger end zones and a smaller middle zone).

Split players into 2 teams + Gks.

3 attackers and 2 defenders in each of the bigger end zones.

Play starts with a 3v2 in an endzone with the defending team attempting to win the ball and passing it into the player or players that have dropped off into the middle zone.

The receiving player turns and dribbles to make a 3v2 at the other end.

When defending, a team must have at least one player and no more than two players drop off into the middle zone.

Play for a set time limit, team with most goals wins.

Prog.

Remove middle zone and encourage players to pull off their markers .

If the defender comes tight, can they spin and receive in the space behind.

If the defender stays deeper, can they receive to feet.

Get the sides filled



Set up a 30x30 yrd sqr.

2 teams.

2 Players from each team on different sides of the playing area.

Aim of the game is for teams to fill all 4 sides of the sqr, follow

Teams achieve this by passing to an opponent on the side of the sqr, follow their pass, and replace their opponent on the side.

Opponent dribbles the ball in.

Players on the outside can help their team mates keep possession of the ball, but cannot pass directly from side player to side player.

Progs.

1. Change shape of playing area to change ammount of sides.

2. Players must play 1-2 with opponent to replace them on sides.

3. Allow an outer player to burst into the playing area to link a pass to an opponent outer player. If tagged before they pass the ball they are replaced on the side by the opponent who tagged them.

Headers and volleys



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Split players into Groups of 4 or 5 depending on numbers you have at your session.

In this case 3 groups of 4.(3 Attackers + 1 Gk)

Groups choose 1 player to start as the Gk.

The aim of the game is to score within 60 seconds by either a header or a volley.

If attackers manage to score within the 60 secs the clock resets and now attackers must score 2 goals in 60 secs.

This continues until the keeper can force their way out of goal.

If attackers cannot score within 60 secs, the last player to touch the ball before the Gk counts 'Sixty' is the new Gk.

Gks are responsible for the timing of the game and should count in their head until the last 10 seconds when they can do a count down(For younger players get parents/helpers to time the games).

Half volleys DO NOT COUNT.

If an attacker scores a goal that is neither a header or a volley then they become the new Gk.

If the Gk catches the ball following a header or a volley they swap roles with the player shooting.

Incisive Fast break



Play half pitch with a 20/30x20/30 yrd sqr on the half way line.

Split players into 2 teams of 4. Gk in goal.

Three players from each team start in the sqr with the other players starting out side the sqr inbetween the edge of the penatly area and sqr.

Coach chooses one team to start as midfielders with their team mate the lone striker and one team to start as defenders with their team mate marking the striker.

Defenders try to keep possession(Whites) and score a goal for every 5-10 passes they complete(Set stipulation to suit age/ability of your players).

Midfielders attempt to steal the ball(Stripes).

The moment they win the ball they play out to their striker.

Once the ball is played two midfielders(Not the player who made the pass) run out of the sqr to support the striker.

The striker and support players now combine to attempt to score in the goal.

After 10 attacks teams swap roles.

Team with most goals after both teams have attacked wins.

Prog.

When ball is played out of sqr allow a defender to track back to make a 3v2.

Key elements.

Exploit the space at speed.

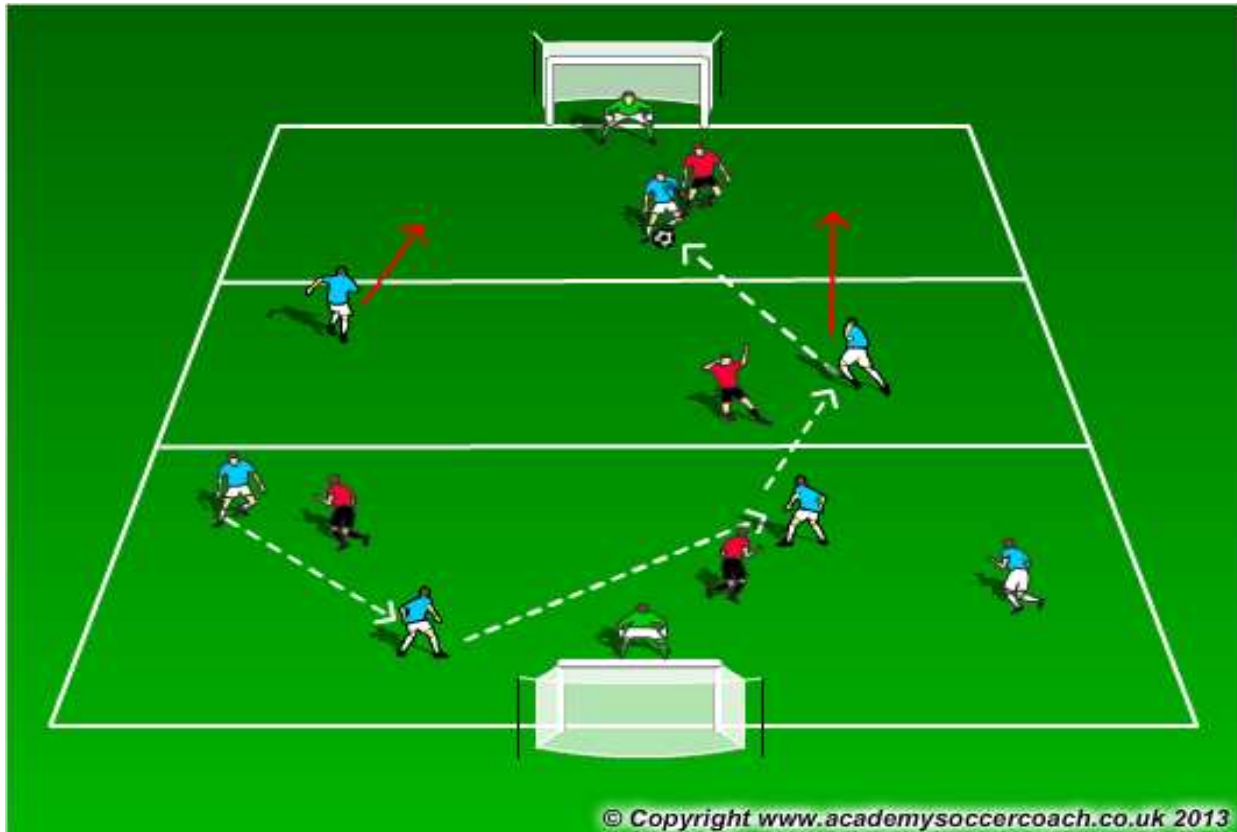
Attacks need to be quick and incisive.

Speed of attack.

Speed of movement.

Speed of passing.

Keep the ball to play forward



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Set up a 50x30 yrd playing area split into 3 zones (One 20x30 yrd + two 15x30 yrd).

Split players into 2 teams + Gks).

Blues = Attackers Reds = Defenders.

Attackers have 4 players in the large zone, 2 in the middle zone and 1 in the third zone.

Defenders have 2 players in the large zone, 1 in the middle zone and 1 in the third zone.

Attackers aim is to keep possession and play to the 2 middle zone players who then look to attack by playing to the third zone player and then supporting.

Play until a goal is scored or the ball goes dead.

Once ball is played into the middle zone the Gk plays a new ball into the attackers who then must keep possession until the other ball has finished and the middle zone players are back in the middle zone and ready to receive.

If defenders win the ball they can either attempt to score in the goal in the largest zone or play back to the Gk in the smaller zone.

Swap player roles after a set time limit or a set amount of balls played in by the Gk.

Progs.

1. Defenders allowed to track back.
2. Attackers allowed to support.
3. The ball can go back a zone if needed.

Long vs. short



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Set up a 60x30yrd playing area as shown above.

Split players into 2 teams.

Teams play 4v2 + Gk in favour of the defenders in each half.

1 team attacks by combining before playing long passes into their attackers who cannot be tackled until they have the ball under control(Stripes).

The other team attacks by combining before playing short passes into their attackers.

The attackers cannot be tackled when receiving a pass.

If the ball is intercepted or goes dead then an attack immediately starts in the opposite direction.

Defenders cannot be tackled or have passes blocked but attackers can apply light pressure.

Play for 5 mins then switch team roles.

Team with most goals at end wins.

Progs

Allow defs to challenge for passes.

Allow attackers to challenge defenders for ball and block/affect quality of passes.

Complete the passes rewarded



Set up a 30x30 yrd playing area with a mini goal on each side.
2 teams.

No Keepers.

Coach plays a ball into the playing area, teams battle for possession of the ball.

Teams need to complete a set ammount of passes before they can shoot in any of the four mini goals.

Play for a set time limit or first team to a set score wins.

Progs.

1. Change ammount of passes teams must make.
2. Add neutral players who play for the team with the ball.
3. Replace one or two mini goals with full size goals + Gks.

Get the ball, but no tackling



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Set up an appropriate size playing area.

Split players into two teams.

Teams play a normal game, except players are limited to no more than 3 touches.

Defending players cannot tackle and gain possession by intercepting passes. Teams switch from defence to attack and vice versa upon change of possession.

Play for a set time limit, team with most goals, wins.

Prog.

Choose 1 player on each team to be a dribbler. They are the only players who can take as many touches as they wish but they are also the only players who can be tackled.

Out to a winger



Set up a playing area as shown above.

Split players into three groups + 1 Gk.

One group start as Attackers.

One group start as Defenders.

One group start as wingers.

2 attackers(With a ball) and 1 defender goes in the middle.

On coaches call the attackers begin passing the ball to one another.

When they are ready(With disguise) they play the ball out to one of the wingers.

The winger runs onto the ball and crosses into the box.

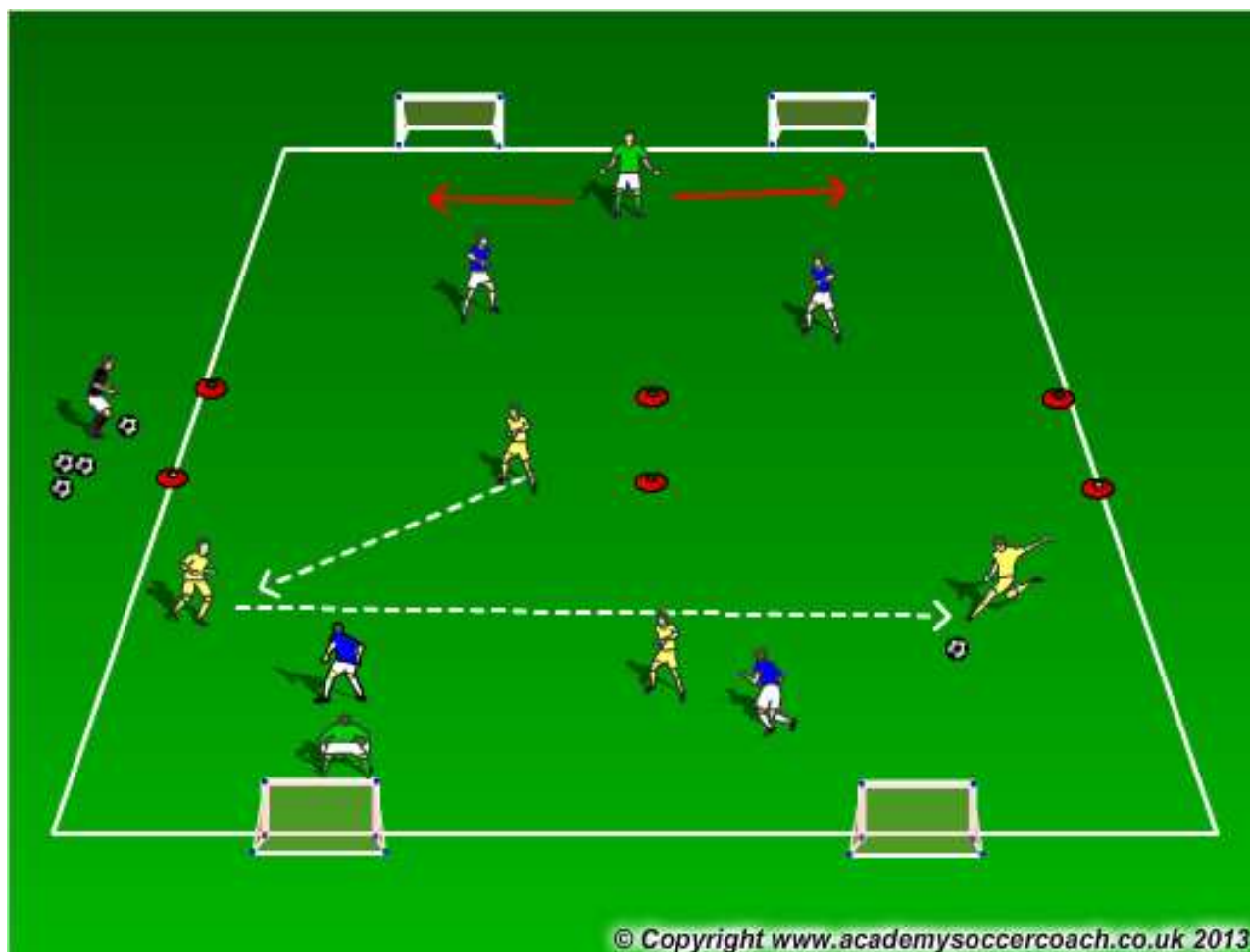
The 2 attackers try to beat the defender and score.

Rotate all group roles.

Prog.

The waiting winger starts 10 yds behind the winger in play and acts as a chasing full back once the ball is played out wide.

Overload attacking



Set up a 25x15yrd playing area with a 5yrd safe zone as shown above.

Split players into 2 teams of 4 + Gks.

The attackers start in the safe zone and 2 defenders + 1 gk start in each half. The attackers receive a ball from coach and attack one of the sides of the playing area.

If the goals are blocked they can turn and go back into the safe zone and either change the direction of the attack or try the same side again.

If the defenders win the ball they can play directly to the opposite defenders who can attempt to score a goal.

Attackers must attempt to get back and defend.

If Gk saves the ball they play out to the defenders either short or long.

Each team has 5 attacks.

Team with the most goals at the end wins.

Pass, dribble or shoot



Set up a 40x30 yrd playing area with flags, poles or cones 2 yds wide on each flank.

Split players into 2 teams.

Play a normal game except teams can score points using any one of three methods.

1. Score a goal past opposition Gk - 3 pts.
2. Passing too a team mate through either of the small goals(Either direction) - 1 pt.
3. Dribbling the ball over their opponents end line - 1 pt.

Play first team to a set score wins or for a set time limit.

Press high or drop back



Set up a playing area as shown above.

Split players into 4 defenders + 1 Gk and 3 attackers.

3 Defenders + gk start in one endzone with 1 defender in the middle zone.

3 attackers start in the opposite endzone.

The gk and defenders attempt to play out of defence and score in one of the mini goals.

The 3 attackers attempt to win the ball back and score in the big goal by putting pressure on the defenders.

Attackers cannot pressure the defenders until the ball enters the middle zone.

When the ball goes dead or a goal is scored, play restarts with the gk.

Play for a set amount of balls or a set time limit before swapping player roles.

Prog

1. Allow attackers to pressure the defenders as soon as the ball is served by the gk.

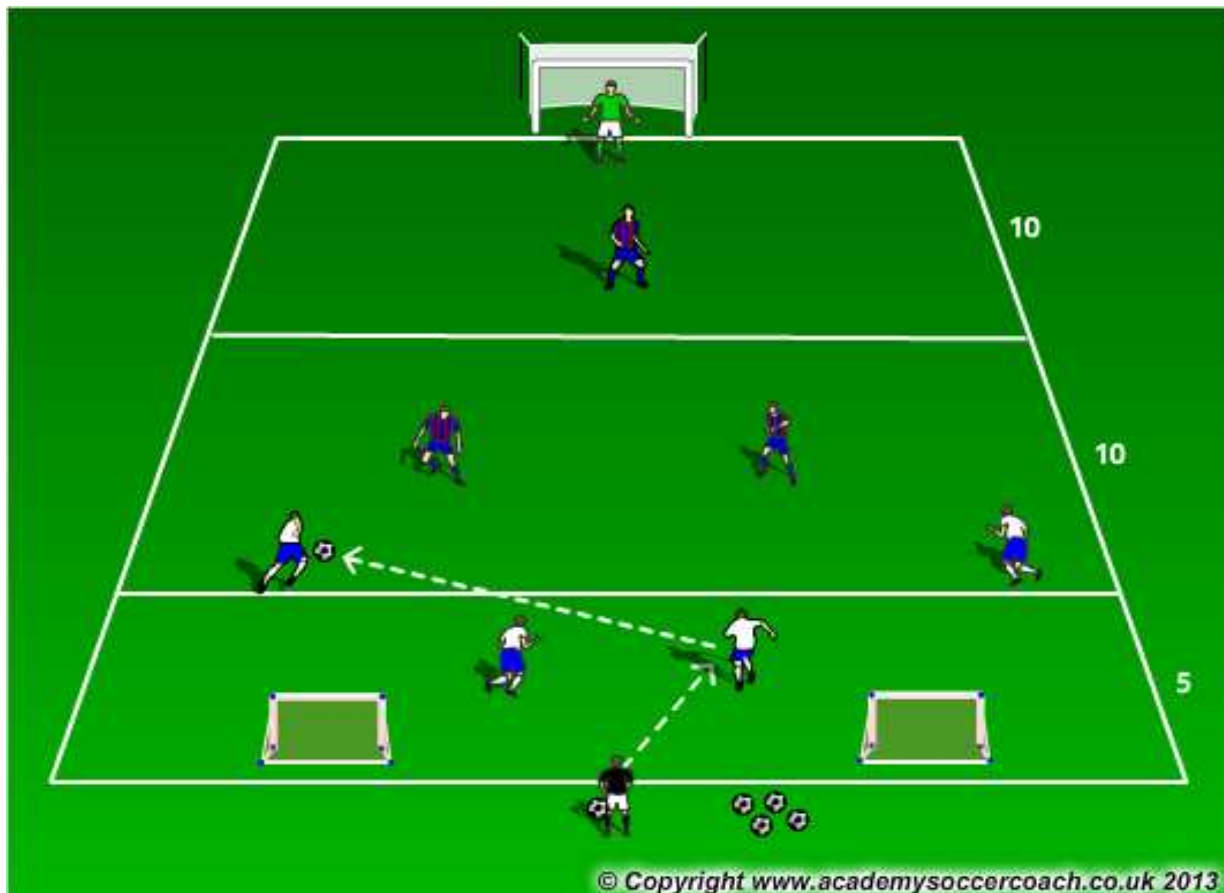
2. Play a two 10 minute per halve game.

First half One team plays high pressure defence. When they do not have the ball all their players squeeze into the first two zones to make the playing area compact.

The other team plays a low pressure, counter attacking tactic. When they lose possession they drop back into the bottom two zones, allowing the opposition to play out from the back without pressure.

Each team plays one half using each style.

Quick counter



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Set up a 25x15yrd playing area as shown above.

Split players into 2 groups of 4.

1 group start as defenders(3 + 1 gk) and 1 group as attackers.

1 defender + gk start in the endzone and 2 defenders start in the middle zone.

All the attackers start in the small endzone.

Coach passes to any of the attackers, as a group they move into the middle zone and attempt to get past the 2 defenders using their 4v2 overload.

If they make it through 2 attackers progress into the endzone and attempt to score a goal by using their 2v1 overload.

Defenders can only move out of their zones once they have won the ball.

Once the 2 attackers have entered the endzone they cannot leave the zone until either a goal is scored or the ball goes dead.

If 2 defenders win the ball they attempt to score in one of the mini goals.

If the lone defender wins the ball they can create a 3v2 counter attack and attempt to score in one of the mini goals.

Play for either a set time limit or set number of balls served by coach before swapping player roles.

Group with most goals at the end wins.

4 team chaos



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Set up a 30x30yrd playing area with a goal on each side.

Split players into 4 teams.

Each team chooses a goal to defend.

Teams play the team directly opposite them(In this case Red v Yellow and Blue v Orange).

Play 3 minute games.

Each team plays each other once(Still playing games goal to goal directly opposite).

No throw ins, corners etc. Players either pass ball back into play or dribble in its their choice.

Prog

Teams have a nominated goal to defend and now play 3 minute games against the team to their left then the team directly opposite then the team to their right.

Take bibs away to see how the players cope without a visual means of identifying each team.

Magic diamond



Set up a 25x20 yrd playing with 2 goals at each end and a 8x8yrd diamond in the middle.

Split players into 2 teams.

Each team attacks/defends 2 goals.

Teams dont have to have a player in the diamond but are only allowed 1 player in at a time.

Teams play as normal and score 1 point for goal.

Teams score 2 points for every goal scored following a pass through the diamond.

Teams also score 2 points for every goal scored following a bounce pass from a team mate in the diamond.

Play first team to a set score wins or for a set time limit.

Progs. Play to a set touch limit for players in the diamond.

Play a 1 touch finish rule.

Stop the pass



Set up a 40x30yrd playing area with two 10yrd end zones.

Split players into 4 teams of 3.

2 teams play 3v3 in the middle zone.

2 teams play as end line servers.

Only servers are allowed in the end zones.

Coach chooses a middle team to start as attackers.

The attacking team receives a ball from from a server and attempts to turn and pass to the opposite servers.

Defenders can win the ball back in the main zone or 1 defender can step into the end zone if they anticipate the pass to a server.

Upon winning/intercepting the ball the defenders attempt to pass to the opposite server and the roles are reversed.

If attackers manage to play from server to server they continue as attackers.

Points are awarded for every successful pass to a server or successful interception.

Play for a set time limit or first team to a set score wins then servers and middle players switch roles.

Prog

Allow the defending team to press the servers and attempt to force the direction of the pass making it easier for them to intercept

Coaching points

Defending team to stay 'touch tight' with attackers.

Good movement from attackers to recieve a pass from servers and create space for team mates.

Can the attackers 'stay side on'.

Can defenders be patient and not dive in or commit themselves.

When to press, when to hold



Set up a 30x30 yrd playing area as shown above with one large area and one smaller area(Have a line in the larger area to act as a guide for the defenders). Split players into teams of 6 defenders(Blues), 4 attackers(Stripes) and 2 target players(Yellows).

The defenders attempt to stop the attackers scoring in the 2 mini goals.

The game starts with attackers playing a 4v2 possession game against two of the defenders.

The attackers must make a minimum of 3 passes(Target players can be used) before they can attack the four defenders in the larger area.

Attackers can have long shots if they have space.

If the defenders win the ball they attempt to play out to the target players.

The aim for the defenders, the back 4 in particular, is to win the ball back.

Looking out for 'triggers' on when to press the ball or when to drop back and defend the goals.

Triggers to press may be(1) A backward pass(2) A bad pass(3) A bad touch.

Triggers to drop back may be the attackers have a lot of space and are shaping to shoot.

Prog.

Attackers get 1 point for getting into the larger area, 2 points for getting over the line in the larger area and 3 points for scoring in either goal.

Defenders get points for winning the ball and playing out to the target players.

Support your pass



Set up a 40x40 yrd playing area split into four 10x10yrd areas.

12 players.

3 players start as defenders and start in the middle diamond.

Three areas have 2 attackers in and one area has 3 attackers in.

Coach starts play by passing a ball into the area with the 3 attackers in.

The first defender runs into the area and attempts to win the ball.

The attackers attempt to make 3 passes and then transfer the ball into another area.

The player making the pass must support their pass and make three players in the next area.

The original defender drops back to the middle diamond and the next defender goes to pressure the ball.

Lets get tactical



Set up a 40x30 yrd playing area as shown above.

Split players into 2 teams + Gks.

To start the 2 teams are given different tactics they are going to use for one half of the game before switching tactics for the second half of the game.

Tactic one(Blue team).

All players in playing area, no player is allowed in the side lanes.

In possession the team tries to play as quickly as possible through the middle of the playing area.

In defence the team presses high and attempts to keep their opponents away from the side lanes and keep them in the middle of the playin area where they have the numerical advantage.

Team Two(Stripes).

Team starts with 4 players in the playing area and 2 players out wide in the lanes.

In possession they attempt to get the ball out wide to get forward and create a goal scoring opportunity.

In defence they drop back and play compact.

They attempt to deny their opponents space in the middle and force them out wide, making it easier to cut off passing options and limiting attacking threats.

Play for 10 mins per half, switching team roles at half time.

Find your target



Set up a 50x30yrd playing area as shown above with 10yrd end zones at each end.

Split players into 2 teams + 2 neutral wide players.

Each team attacks and defends 2 goals.

Each team chooses a defender and a target player to start in each endzone.

Remaining players play in the middle zone.

Neutral wide players play for the team in possession.

The teams must get the ball to their target player, but cannot score until the target man has linked with a support player.

When the support player has linked with the target player they can either shoot, play back to the target player, play to another team mate or play out to a wide player.

If the attacking team loses possession they must create the link with the target player once more upon regaining possession.

Rotate player roles every 2-3 mins.

Play for a set time limit or first team to a set score wins.

Progs.

Allow one defender and one support player into the endzone on the target players first touch.

Take away target goals and add age appropriate goals + Gks.

Coaching points.

Creating space.

Timing and angles of runs off the ball.

Support runs.

The Great escape



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Set up a playing area as shown above.

Each pair of gates should be approx 1 metre apart.

Start session with a warmup using lots of running, jumping, turning etc.

Players can earn points by 'escaping' the area through any of the gates and returning to the back into the playing area anywhere they want.

Play for 2 mins, players count their own points.

Progs.

1. Add a guard to each pair of gates. Guards get a point for every player they tag attempting to escape through a gate. Players tagged lose a point.
2. Give each player a ball. Players must now dribble through a gate to get a point and guards must make a tackle to get a point.
3. Add a floating guard who can help the other guards.
4. Add bonus points for escaping past 'tougher' guards.
5. Add bonus points for using particular 1v1 moves.
6. Add a scoring system for guards 1 point for a tag. 2 points for a tackle.

Tomb Raiders



Set up a playing area as shown above with a set amount of balls(treasure) in the box(tomb). Split players into 2 teams.

1 team will start as tomb raiders(attackers) with bibs down shorts to make tails.

1 team will start as guards of the tomb(defenders).

1 guard is chosen to guard the raiders treasure chest(goal).

The rest of the guards start by spreading out around the tomb but are not allowed in it.

Tomb raiders start on the end line next to their treasure chest.

Aim of the game is for any one of the raiders to get past the guards and into the tomb to steal a piece of treasure(ball) and combine with teams to get it into their treasure chest.

On coaches call all the raiders set off at once and work together to get one of their team mates into the tomb.

Once a raider gets into the tomb, their team mates then combine to try and get the treasure into the treasure chest as quickly as possible.

If a guard manages to take a raiders bib either before the raiders get a piece of treasure or after, they drop it on the ground and the raider must pick it up, run back to the half way line before returning to help their team mates.

Only 1 piece of treasure can be taken at any one time.

If the ball goes out of play or a guard wins the ball that piece of treasure is lost.

For a piece of treasure to count all raiders must be over the half way line.

After each attempt to get the treasure in the chest the raiders turn quickly and attempt to steal another piece of treasure.

Play until all the pieces of treasure have been stolen or for a set time limit.

Both teams play as Raiders and guards.

Team who gets most treasure into the treasure chest wins.

Prog.

Play game where after each attempt at goal teams swap roles(Raiders become guards and vice versa).

Make tomb smaller/bigger to make stealing treasure harder/easier.

2 defenders guarding treasure chest.

Transfer game



Set up a playing area as shown above with a clearly marked half way line.

Split players into 2 teams.

Each team can score in any of the 4 mini goals.

Before teams can attempt to score they must transfer the ball to the opposite zone to the one they won it in (In this case Blues have won the ball in area 1 and have moved it to area 2 before attempting to score)

Teams can either pass or dribble the ball into the opposite zone.

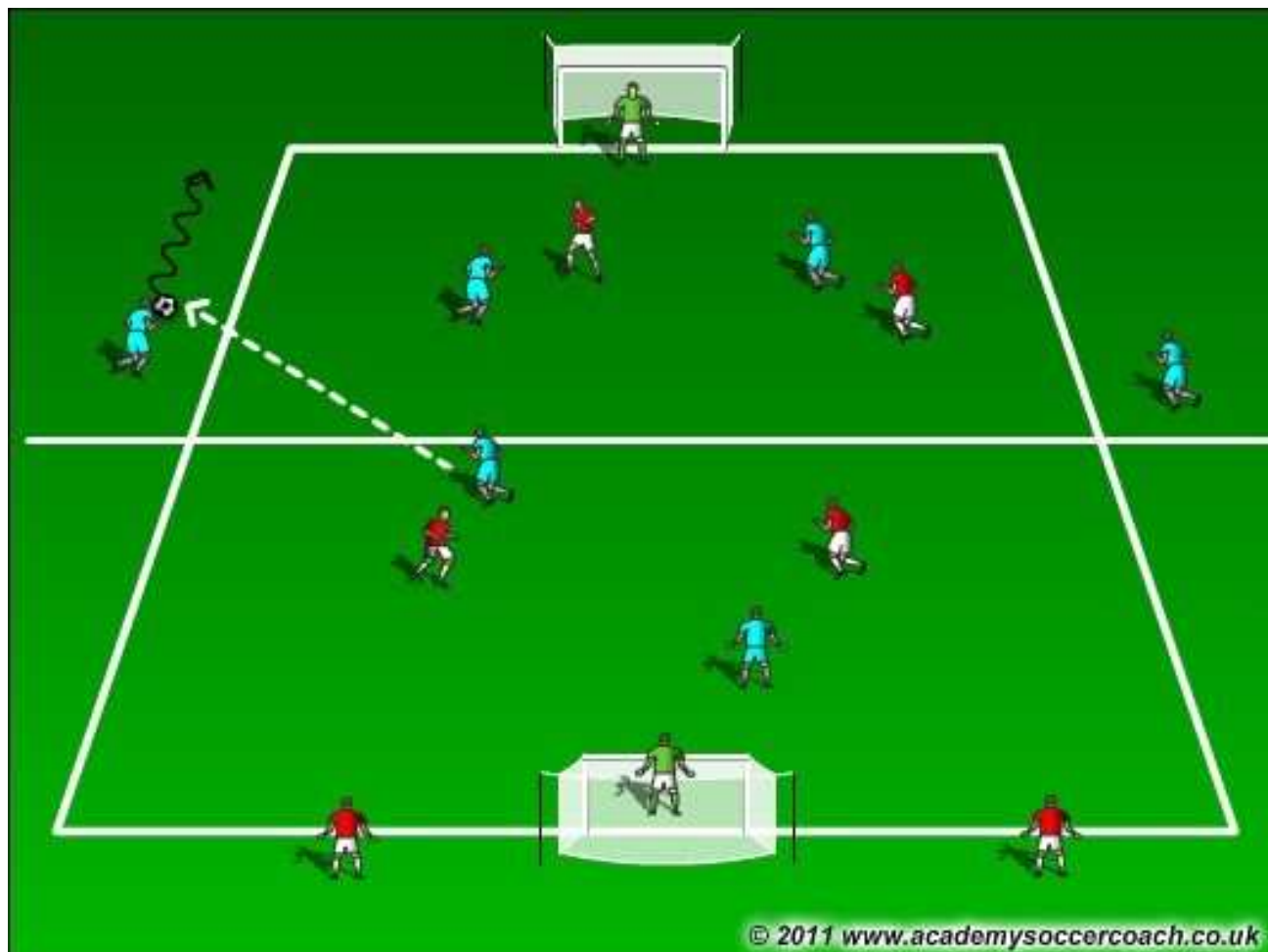
Play first team to a set score wins or play for a set time limit.

Progs.

Limited touch rule.

1 touch finish rule.

Wingers vs. Targets



Set up a playing area as shown above.

Split players into 2 teams.

Teams attack and defend a goal each.

One team starts with wingers.

One team starts with target players.

Teams choose which two players start in these roles.

Wingers can only play in the opposition half and cannot enter the playing area.

Target players can only play on the opposition end line and have a 2 touch limit.

Teams score double points for goals scored direct from a pass by their special player.

Swap player roles every few mins.

After each team mate has played in their teams special role, teams swap roles (Team with wingers becomes team with target players and vice versa).

Play for a set time limit or first team to a set score wins.

Progs.

Allow team mates to swap roles at random by following their pass out to their teams special player.

Play a 1 touch finish rule.

Add extra points for goals scored with headers or volleys.

Box to box midfielder



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Set up a 60x40 yrd playing area split into 3 zones.

Split players into 2 teams + 2 Neutral players.

Each team has 2 players in each zone.

Players must stay in their designated zones.

One of the neutral players starts in the playing area whilst the other rests outside.

The neutral player is the only player that can play in any zone allowing them to create 3v2 situations from box to box.

Swap the neutral player every 2 mins to keep them fresh.

Play for a set time limit, team with most goals wins.

Prog.

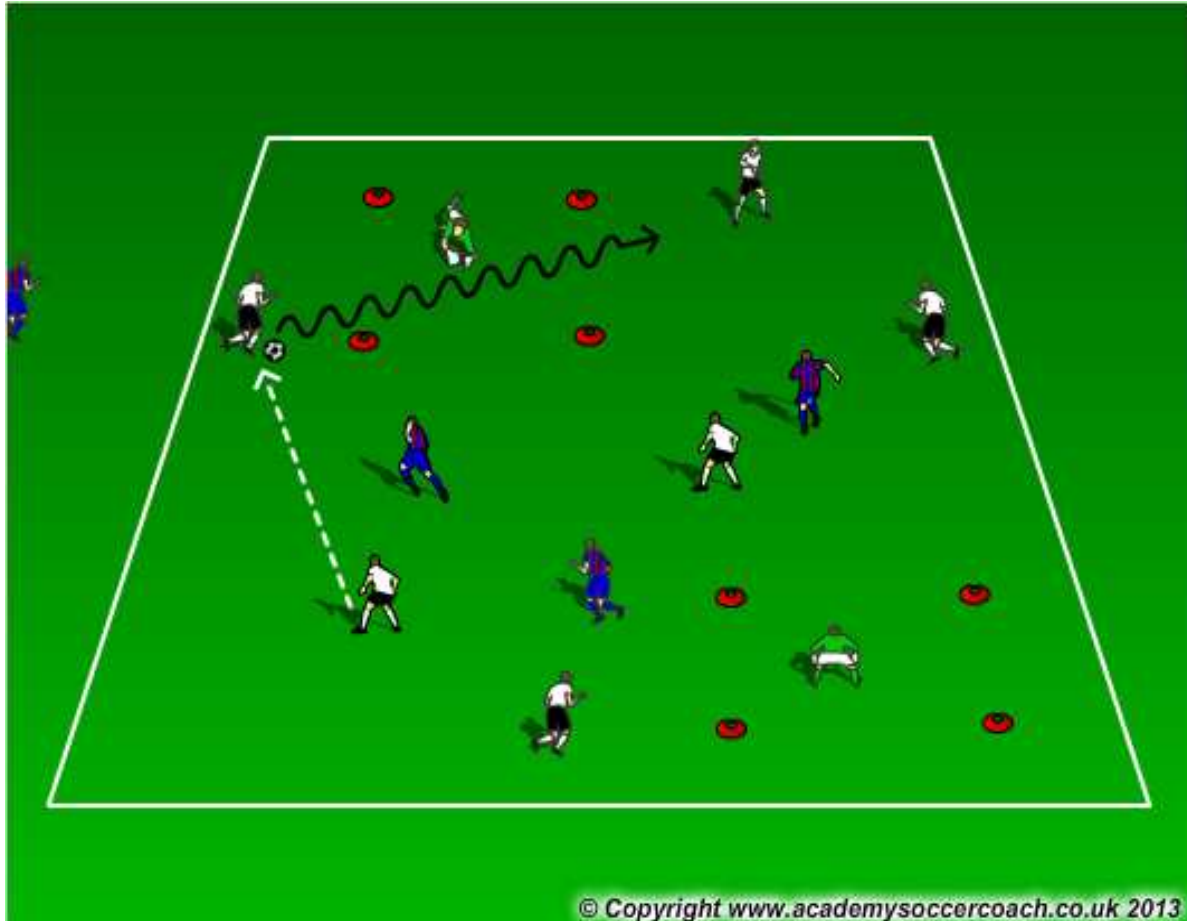
Each team now has 2 players in both the end zones and 3 players in the middle zone.

The the 2 defenders and 2 attackers cannot leave their zones but the 3 middle zone players are free to enter all zones.

Games for the Goal keepers



Goalkeeper Squares



Set up a 40 x 40 yrd playing area with two 10x10 yrd boxes.

Split players into 2 teams.

One team has 6 players(Attackers) and the other team has 3 players(Defenders) + 2 Gks(1 in each of the two boxes).

The Attackers play 6v3 against the defenders and score by dribbling through any one of the sqrs(One side to the other)

Defenders score by making a set number of passes.

They can use gks to achieve this but gks must only use their feet.

Defenders also score if the gks manage to save the ball or force the dribbler out of the sqr.

Play for a set time limit.

Progs.

1. Attackers can also score by passing through the sqr to a team mate on the other side(Ball must be on floor).

2. Defenders score 3 pts if gks can run out of their box and intercept a pass or take a ball from a players feet with their hands.

Crowded box



Set up a playing area as shown above.

Gk in goal, rest of the players wait in the area for a ball or balls to be served in by coach.

Players play every player for themselves and battle to win a ball and score in the goal.

Last player to touch the ball gets the goal.

No players can 'goal hang' in the 6 yrd box.

First player to a set score wins.

Coaching points.

Gks need to concentrate on one ball at a time.

Get the shooting angle down quickly.

Attempt to hold shots, or parry shots to safety and away from on coming attackers.

Multi colour cone reaction



Set up an approx 8x8 yrd sqr using 4 different coloured cones.

Keeper starts in middle of the sqr in start position.

Coach calls out a colour and the keeper must move quickly to the colour called then return to the middle to save a shot.

Keeper must always face the ball.

Vary shots at keeper (high, low, bouncing etc).

Work on back peddling, side steps, moving forward keeping knees bent etc.

Work on the keepers hand position. Keeping the 'W' where possible.

Work on keeper with body weight on balls of feet not heels.

Prog.

2 colours called by coach.

Steal the ball



Set up a 20x20 yrd playing areas.

Split players into groups of 4 or 5 + 2 gks.

Players pass to one another, attempting to keep the ball away from the gks.

Players are limited to 3 touches.

All passes must be on the ground.

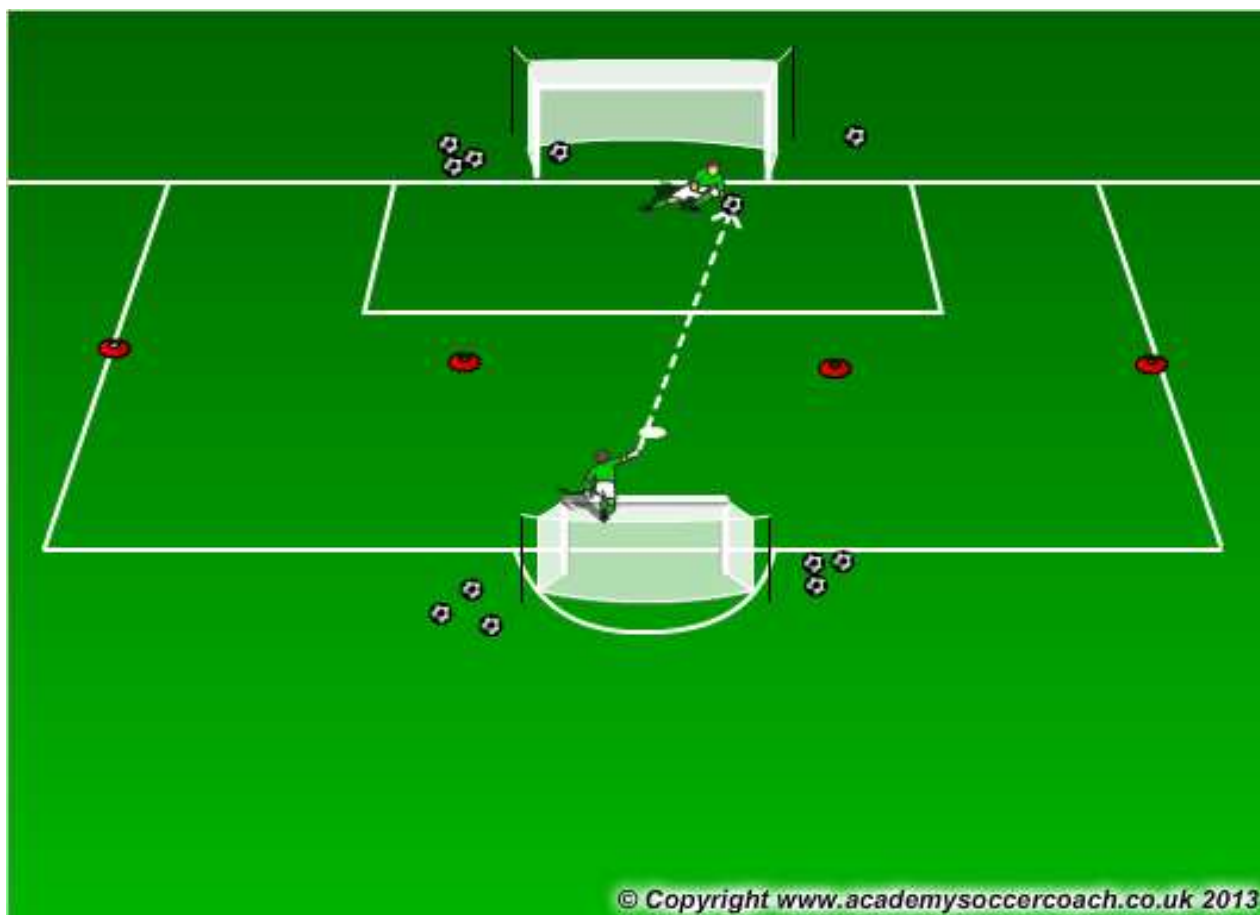
Gks attempt to steal the ball by diving to the ground to intercept passes or smother the ball as a player receives it.

Gks who steal the ball immediately return it to a player and play continues.

Gks get 1 pt each time they steal the ball.

Gk with the most points after a set time limit wins.

Goalie Wars



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Set up a playing area as shown above with the regulation size goals for the age of the Gks.

2 Gks, one in each of the goals(plenty of balls by each gks goal).

One gk starts with a ball.

The Gks attempt to score past their opponent by a throw, volley, half volley or off the ground.

The Gks cannot cross the half way line to recover a rebound but can recover a rebound on their own half.

If an attempt is held, the gk must make an attempt from where the shot was saved.

If a goal is scored or the ball goes over the bar the gk can take 3 steps from their goal line before attempting to score.

First gk to 5 goals wins.

Prog.

Have keepers throw/kick with weaker arm/foot.

Coaching points.

React, dont try to anticipate.

Accurate distribution.

Goalkeeper alley



Set up an alley as shown above approx the width of the goals your gk normally plays in.

The keeper starts on the endline.

The attacker starts on the start line.

The keeper passes the ball to the attacker and then must stop him dribbling the ball over the endline.

The keeper can do this by diving to save the ball or forcing the attacker out of the alley.

Work on speed to close down the attacker keeping low with knees bent and on balance.

Work on triggers/cues for keeper to either go to ground to save ball or stay up and force attacker out of alley.

Progs

Add goal to end line.

Make it a comp between attacker and gk. Point every time attacker scores and a point for every save/force out gk makes.

Square goal game



Set up a 30-40x30-40 yrd playing area with a 8x8 yrd sqr goal made out of poles or cones in the middle.

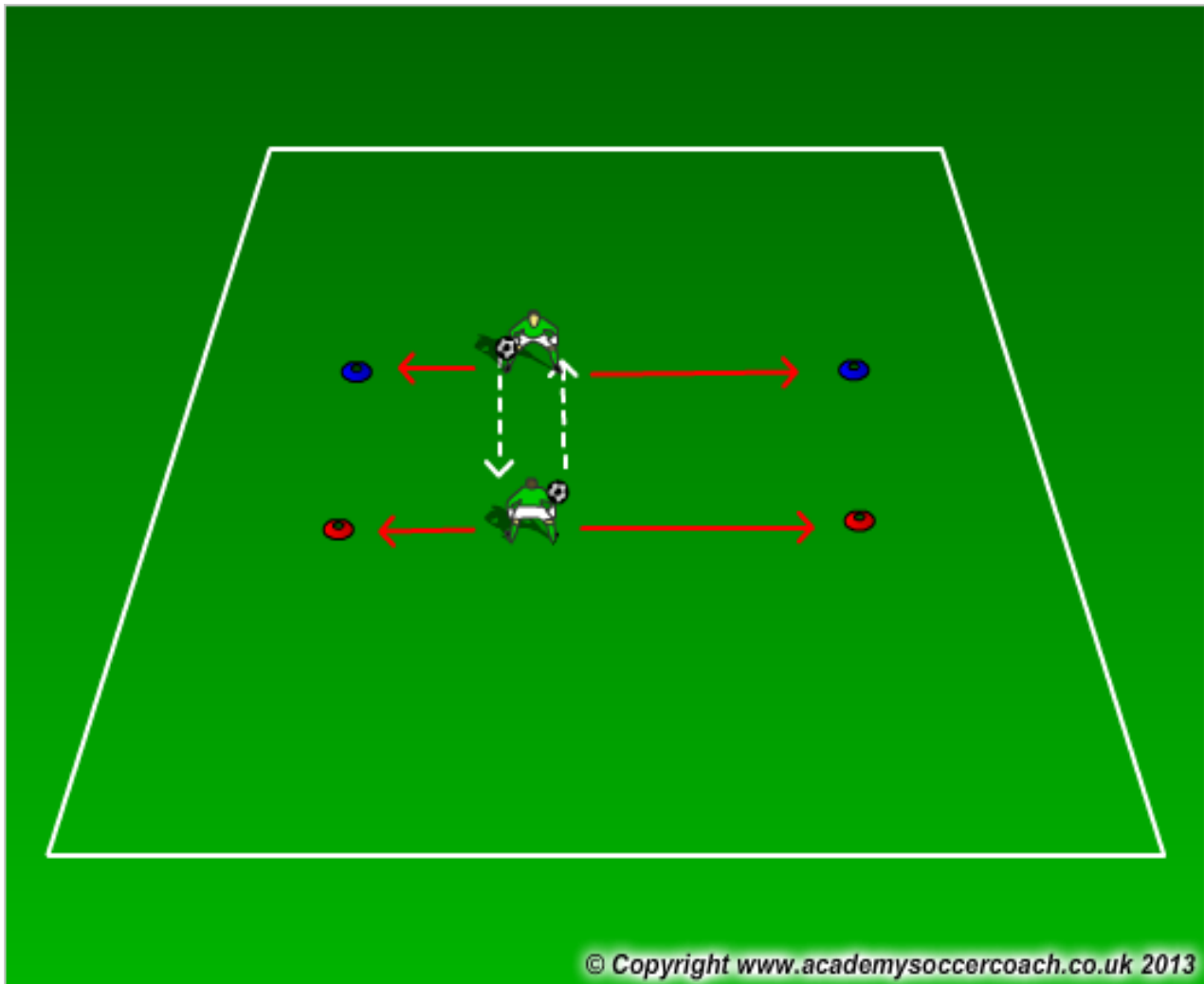
Split players into 2 teams + Gks.

Each team is designated 2 sides of the sqr goal to attack/defend.

Play begins with coach serving a ball into the playing area.

Play for a set time limit. Team with most goals wins.

Throw and catch



Set up as shown above.

Gks stand approx 4 yds apart facing one another.

Each player has a ball in their left hand at approx head height.

Partners shuffle sideways across the width of the playing area while simultaneously throwing the ball from their left hand to their partners right hand.

Throws must be received with one hand only.

Repeat for 10 widths of the playing area.

Players get 1 penalty pt for every time they drop the ball.

Players get 1 penalty pt for every inaccurate throw to their partner.

Player with the least penalty pts wins.

React to the deflection



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Set up the playing area as shown above.

Randomly place cones, poles and any other obstacles in the goal mouth.

Coach or players serve low shots into the goalkeeper.

The goalkeeper must react and deal with the deflections the obstacles cause.

Progs.

1. Have attackers in with the obstacles who can deflect the ball goalwards and react to rebounds.

2. Goalkeeper faces their own goal and then turn on coaches shout.

I hope these games help as many coaches and players as possible and you have as much fun with them as I and my players have.

We are all in this for the same reason and that's to help our players be the best they possibly can be both on and off the pitch.

I'd like to thank all the great coaches who have helped me over the last couple of years.

Ben Trinder @Ben_Trinder.

Liam Reggie Donovan @Liam_Reggie.

Scott @ValleyJuniorsFC.

Tony Taylor @Tad690

Rob Parker@goaliecoach00

Dave Allan@DaveAllan72

And not forgetting the entire @CoachingFamily

Please share this booklet and all constructive feedback is welcome.

Yours in coaching @Fieldsey77.