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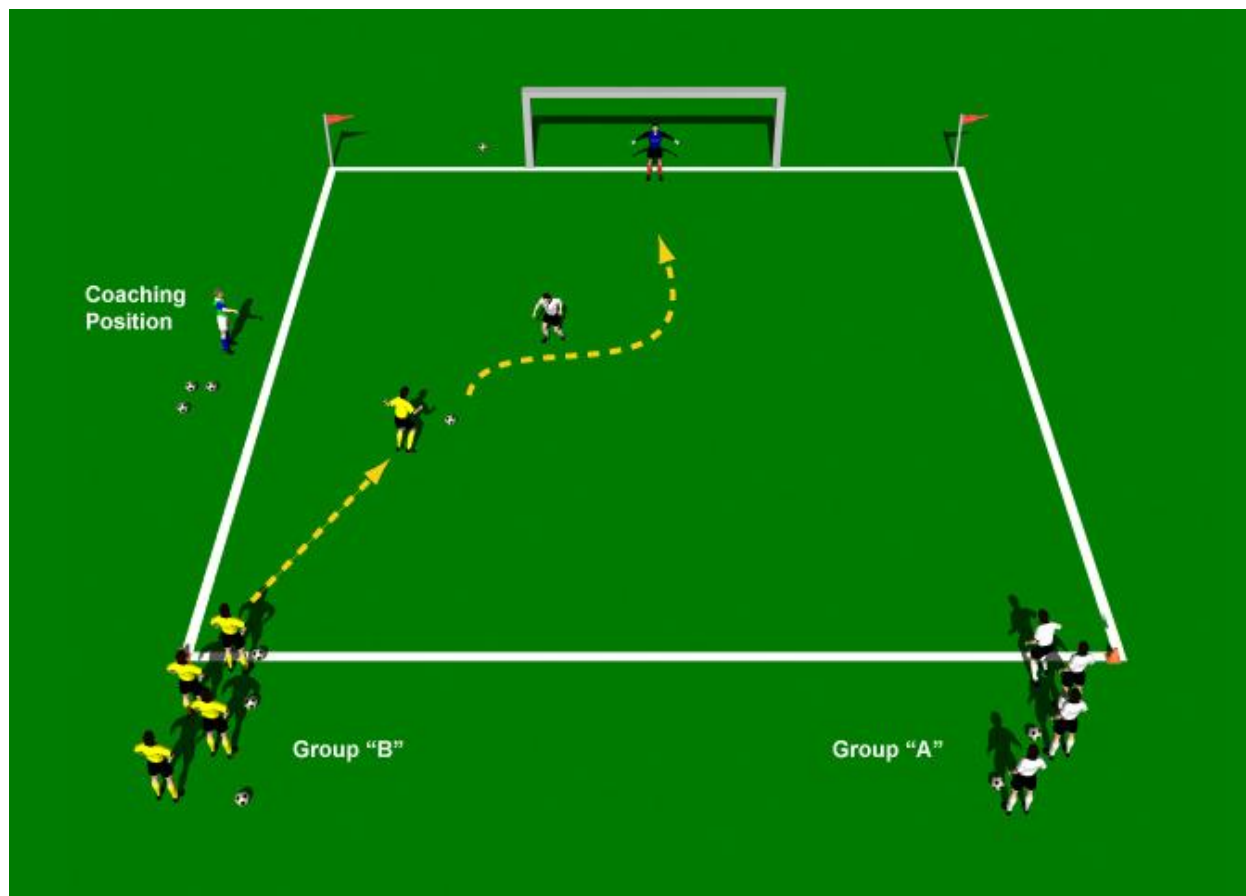
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1 v 1 to Large Goals



Exercise Objectives:

This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

Coaching Pointers:

Divide your team into two groups. The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.

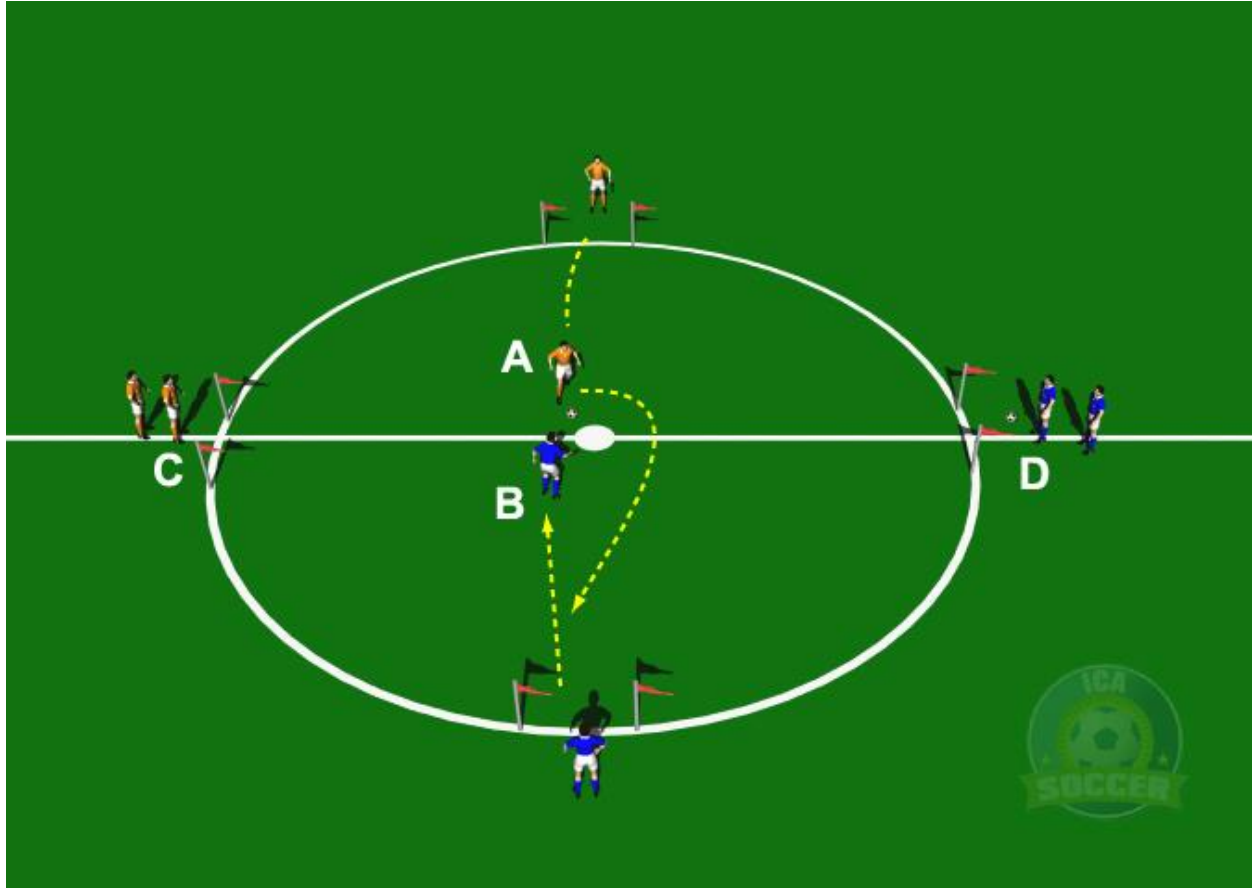
Field Preparation

Goalkeeper, 2 Even groups of 4, 5 or 6 players, Area 20 yards x 20 yards, Cones, Supply of balls.

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1 v 1 to Small Goals



Exercise Objectives:

This is a 1 v1 dribbling exercise that can be used for players at all ages and levels of ability. The drill is designed to encourage players to use a variety of dribbling move to beat a defender in a 1 v 1 situation.

Coaching Pointers:

Divide your team into 4 equal groups. Position each group as in the diagram above. Group "A" plays group "B", and group "C" plays group "D". (Rotate groups frequently so they play different opponents). The sequence starts when player "B" passes the ball to player "A". Player "A" then attacks player "B" with the ball and tries to score a goal between the two flag poles. If player "B" can win the ball he can counter attack and score. Once the play is dead the drill is repeated from the opposite side with groups "C" and "D". Progression: Progress to players now being able to also score in the side goals. So now they can attack side to side, or straight ahead, but still involving only 2 players.

Focus On:

Quick tempo when attacking (speed is the key), Realistic full pressure defending.
 Variety of dribbling moves such as; the scissors, step -over's, spins, feints etc.
 Change of speed and Change of direction.

2 Ball Exchange Shooting Drill



Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

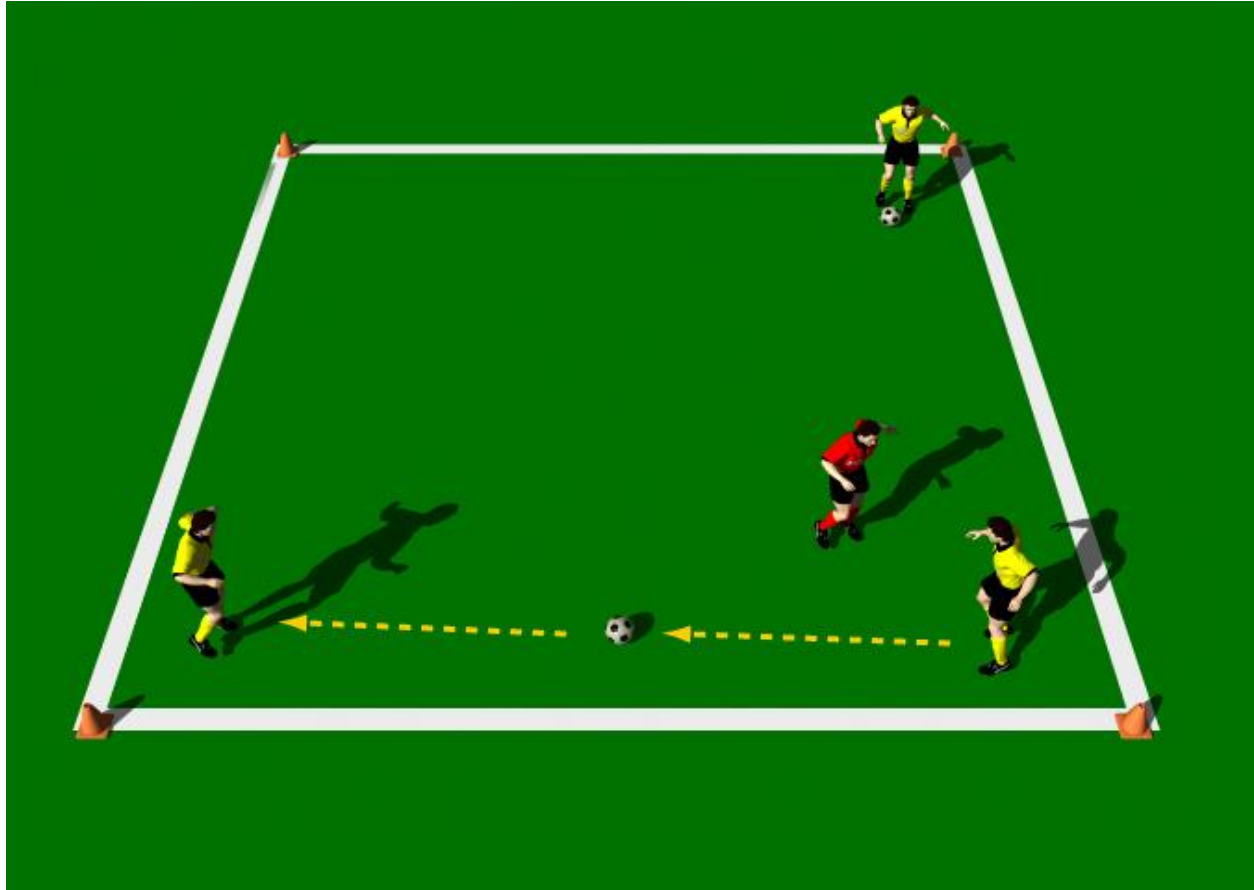
Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the Coach’s whistle, the players quickly react to finish “first time” on goal. Pre assign which goal each player will attack. The first player to score is the winner!

Field Preparation:

- Playing area approximately 20 yards by 30 yards,
- Balls, cones, bibs, full size goals.

2 Ball Passing Possession Game



Objective of the Practice:

To improve the speed of each players decision making when passing the ball.

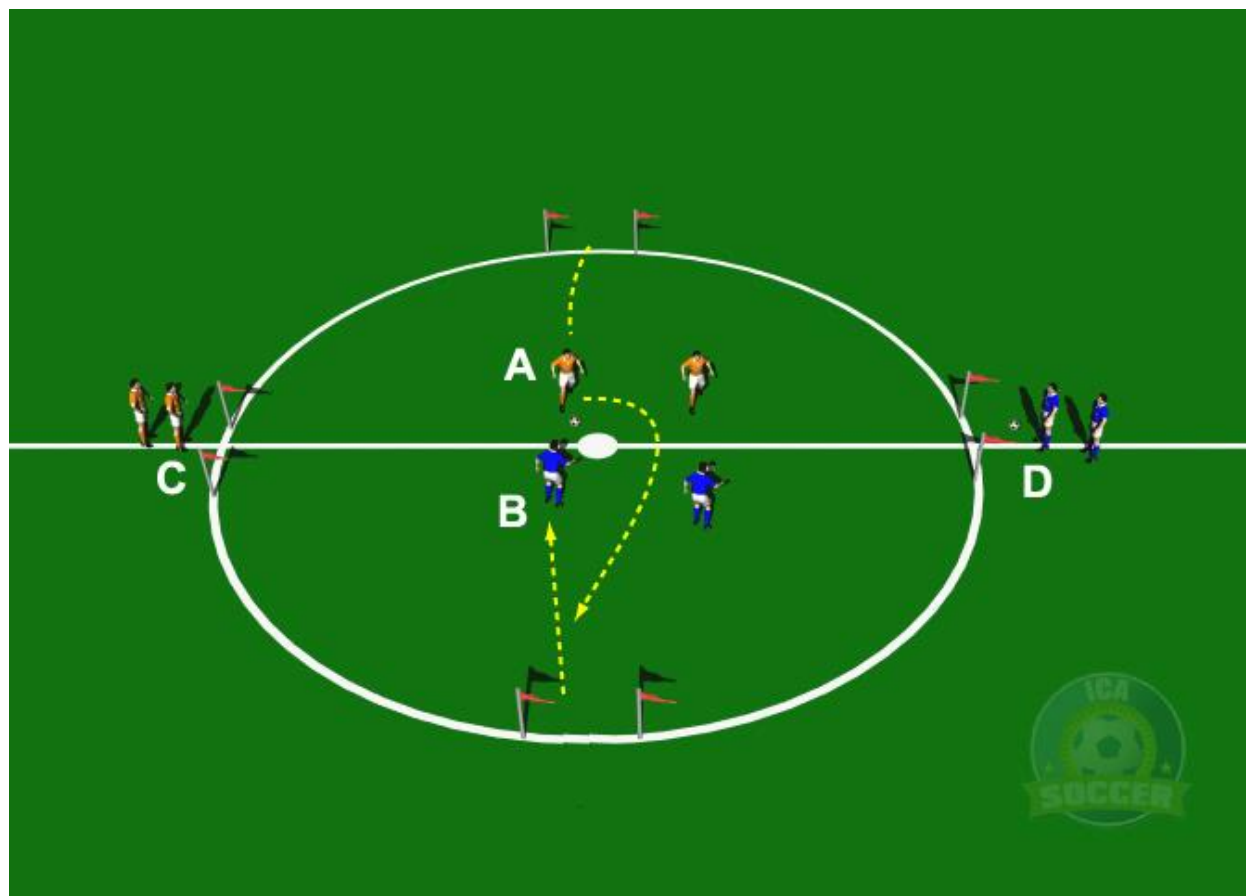
Coaching Points:

Four players are positioned within a grid (3 attackers + 1 defender). The three players must try to keep possession from the defender using 2 balls. The three players in possession may move anywhere within the grid. The defenders goal is to "tag" (not tackle) the players in possession. The defender can be identified by using a colored vest or by having them hold a cone. Once a player is tagged by the defender they switch roles. A goal is scored for every ten passes the attackers can make. The player in possession must have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

Field Preparation:

Practice grid approximately 10 yards x 10 yards, 2 balls, 5 cones, four players.

2v2 to Small Sided Goals



Exercise Objectives:

This is a 2 v 2 dribbling exercise that can be used for players at all ages and levels of ability. The drill is designed to encourage players to use a variety of dribbling move to beat a defender in a 1 v 1 situation.

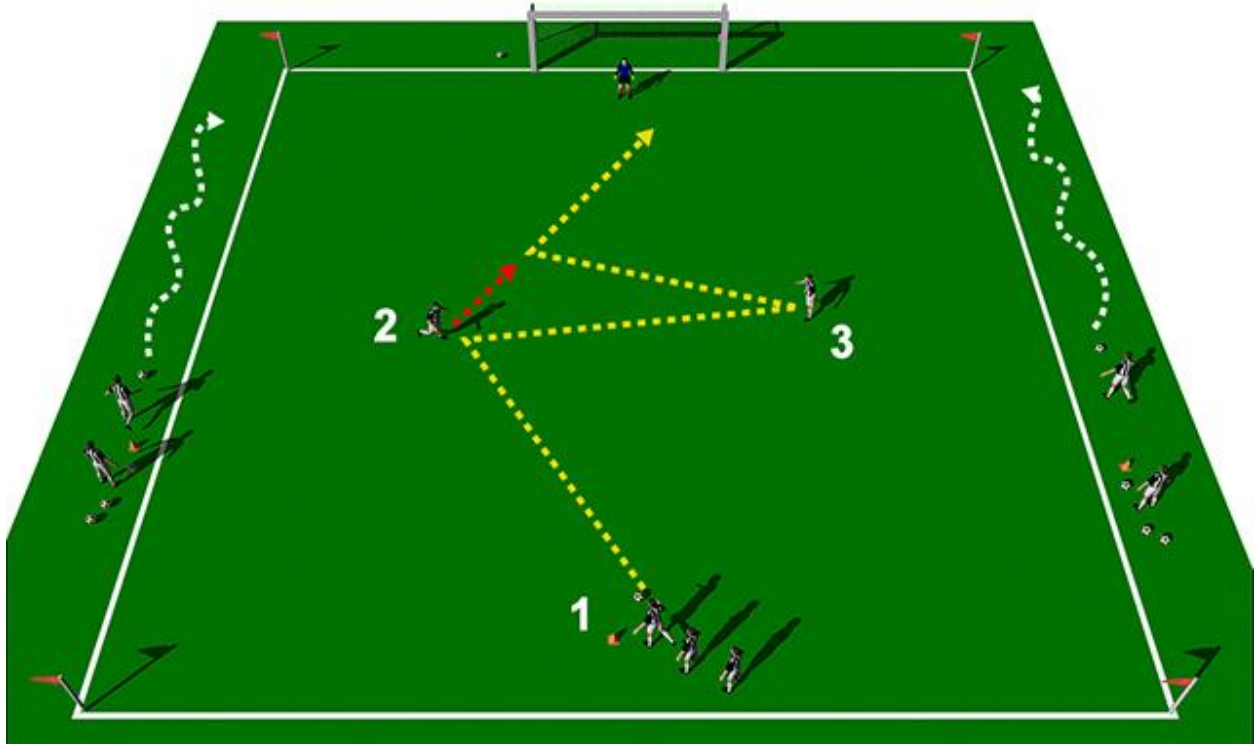
Coaching Pointers:

Divide your team into 4 equal groups. Position each group as in the diagram above. Group "A" plays group "B", and group "C" plays group "D". (Rotate groups frequently so they play different opponents). The sequence starts when player "B" passes the ball to player "A". Player "A" then attacks player "B" with the ball and tries to score a goal between the two flag poles. If player "B" can win the ball he can counter attack and score. Once the play is dead the drill is repeated from the opposite side with groups "C" and "D". Progression: Progress to players now being able to also score in the side goals. So now they can attack side to side, or straight ahead, but still involving only 2 players.

Focus On:

- Quick tempo when attacking (speed is the key)
- Realistic full pressure defending.
- Variety of dribbling moves such as; the scissors, step -over's, spins, feints etc. Change of Speed.
- Change of Direction

The Three Shot Game



Exercise Objectives:

This shooting drill is a great game to emphasize the importance of combining with a partner when going to goal. It also encourages quality runs and crosses.

Coaching Pointers:

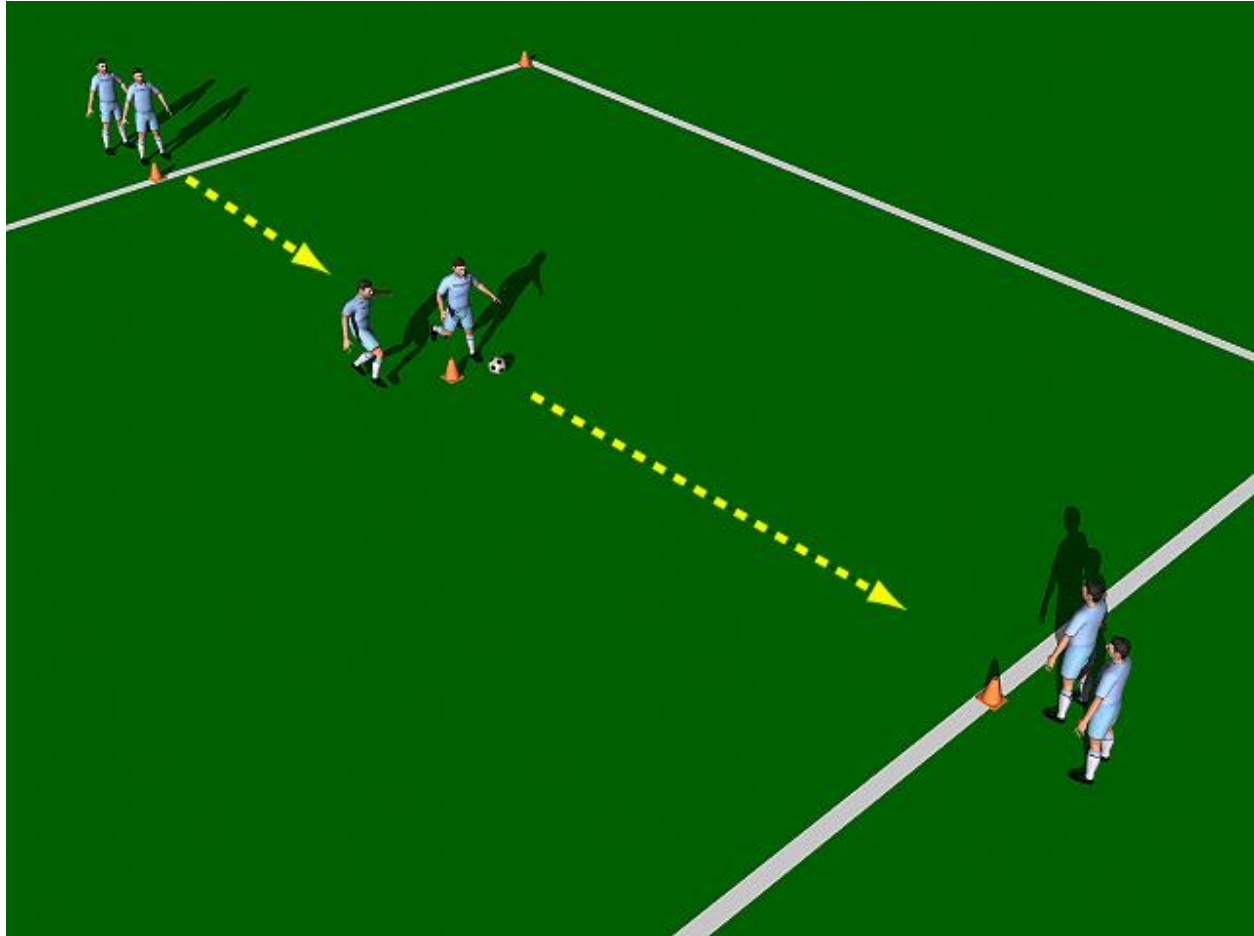
Divide your players into three groups and position as in the diagram above.

Two forwards start inside the field (players #2 and #3). They must be mobile and make intelligent runs. Player #1 passes to either #2 or #3. In this example; player #2 receives a pass and combines with his partner #3. Both players combine to get a shot on goal. Immediately after the strikers take a shot at goal, the right sided midfielder attacks the space and crosses the ball for the 2 forwards. The forwards must now adjust their movement to position themselves to shoot. Then the left sided midfielder attacks the space and provides another cross for the strikers. On the next attack, the two forwards become wide midfielders, the wide midfielders become the servers (#1) and the server players become the new strikers.

Field Preparation:

- Playing area approximately 20 yards by 30 yards.
- Balls, cones, bibs, full size goals.

Acceleration Drill



Exercise Objectives:

This is great drill that has a dual function. First, to improve the ability of the attacking player to change pace and direction to accelerate quickly away from the defender. Secondly, helps improves the defenders ability to stay with the attacking player.

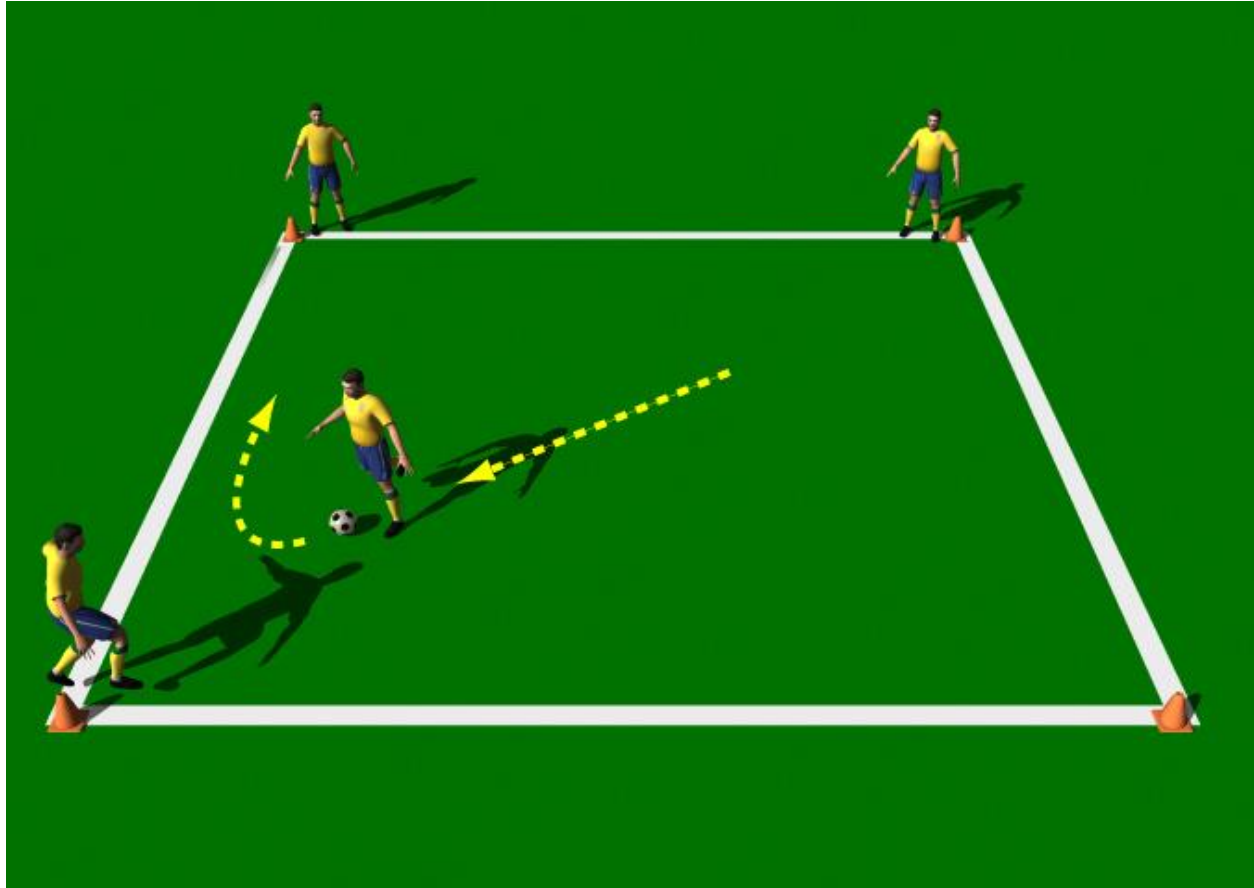
Coaching Pointers:

Divide your team into pairs. Position each group as in the diagram above. A player runs with the ball and stops at the middle cone, he then quickly accelerates to the opposite side. The defenders job is to "stay alongside" the attacker. Reverse roles next time. Progression: Progress drill by allowing the attacker to accelerate in any direction once they get to the middle cone. The attacker's objective is to create the greatest distance between them and the trailing defender.

Focus On:

- Quick tempo when attacking (speed is the key)
- Realistic full speed defending. (watch the ball)
- Change of Speed
- Change of Direction

Attack the Player Drill



Exercise Objectives:

This is a dribbling exercise that can be used for players at all ages and levels of ability. The drill is designed to encourage players to use a variety of dribbling moves to escape from the defender.

Coaching Pointers:

Divide your team into groups of four players. Position a player in each corner of the square, as in the diagram above. The sequence starts when the first player dribbles quickly towards any player. The attacker must dribble close to the player, perform a move to escape, then, pass to an open player. The player who was acting as the defender must run to the open corner. The drill is then repeated with the new player who has the ball.

Focus On:

- Quick tempo when attacking (speed is the key)
- Variety of dribbling moves such as; the scissors, step -over's, spins, feints etc.
- Change of Speed
- Change of Direction

Field Preparation:

Entire Group (groups of fours), Area 10 yards by 10 yards, Cones or Flag poles, Supply of Balls.

Exchange 1v1 Shooting Drill



Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the coach’s “whistle” the player who has possession of the ball becomes the attacker and can attack any goal to score. The other player must chase as the defender.

Field Preparation:

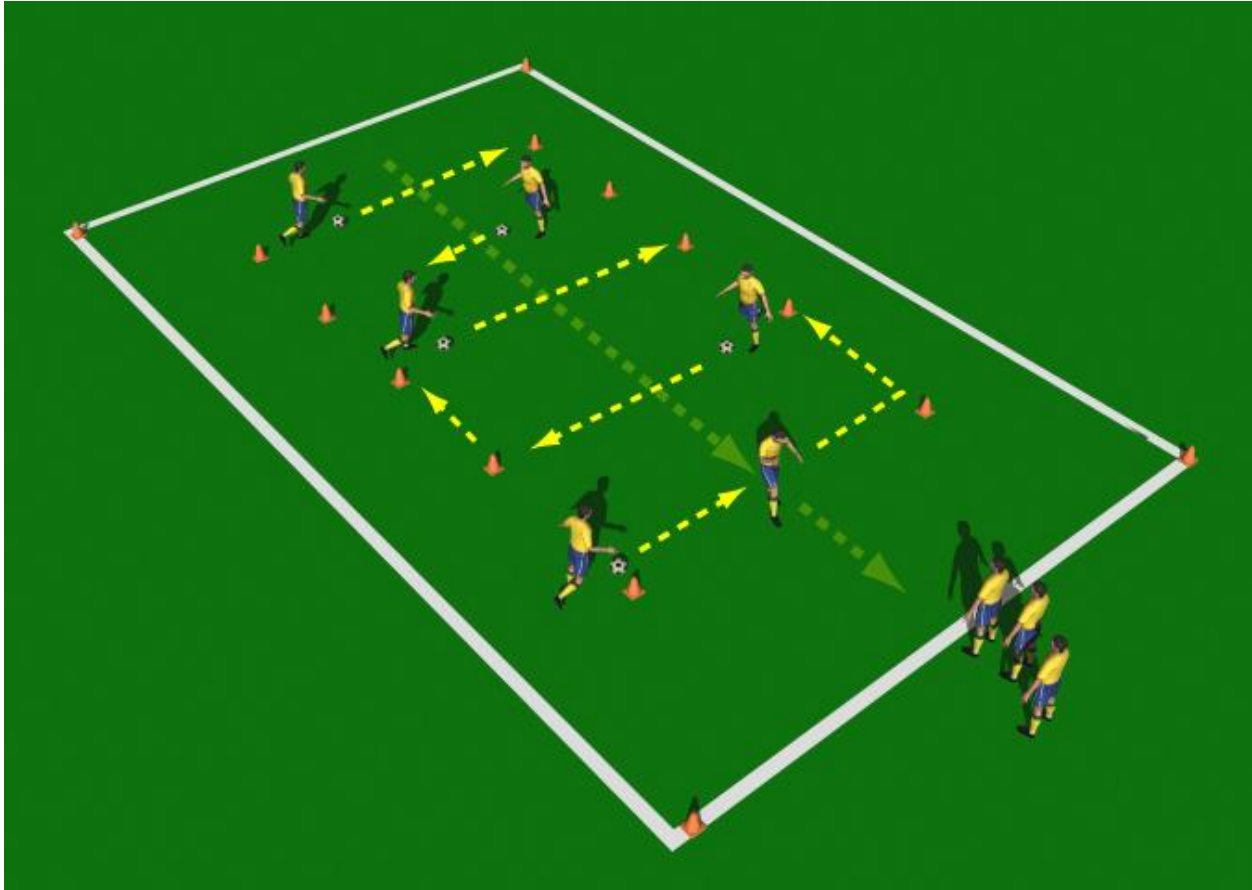
Playing area approximately 20 yards by 30 yards.

Balls, cones, bibs, full size goals.

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Warm Up with the Ball



Exercise Objectives:

This is a great alternative to warm up your players using a ball. A variety of dribbling maneuvers, feints and change of direction is involved in this warm up. Jogging and dynamic stretching can easily be incorporated with a little imagination.

Coaching Pointers:

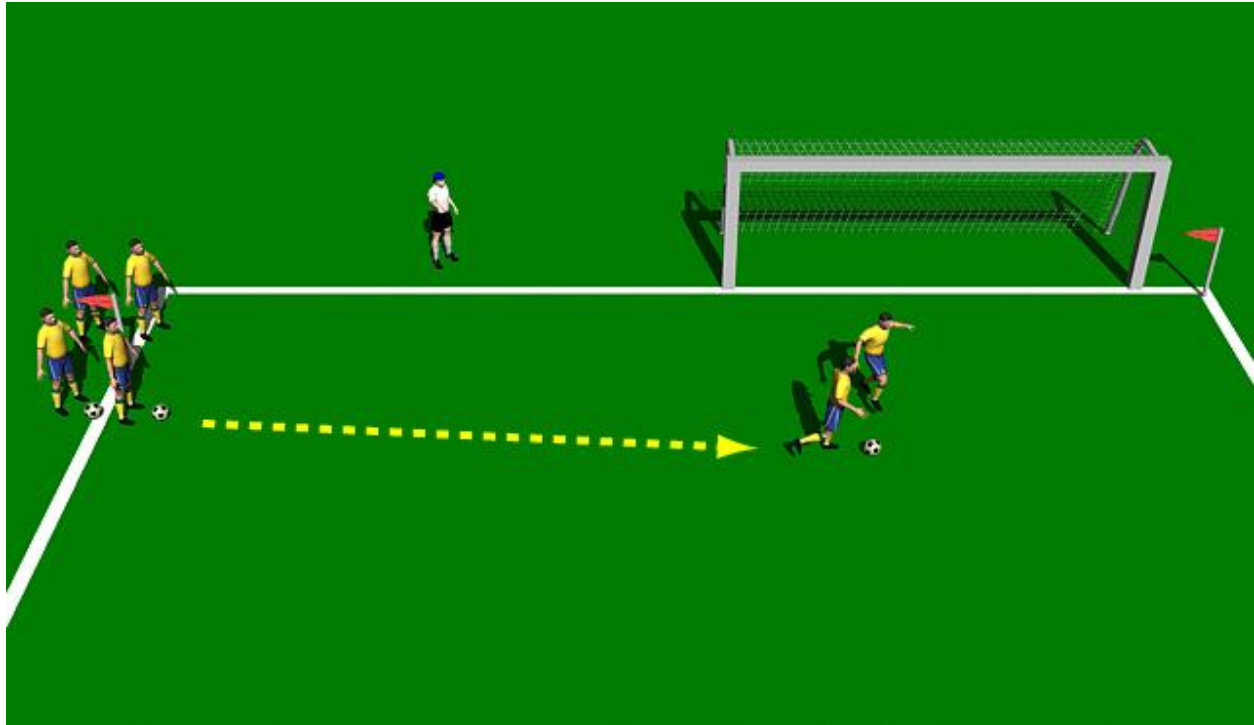
Players are divided into pairs. Pairs in turn, perform the following exercises; (it is vital to leave the ball "dead" at the cone for the next pair).

- Players run to first cone, collect a ball, dribble ball to opposite cone, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, perform a scissors move, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, perform a "spin out" move or "Maradona spin" move, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

- Players run to first cone, collect a ball, perform a half turn, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.
- Players run to first cone, collect a ball, dribble the ball around the opposite cone and back, repeat at the next cone as they work their way down the series of cones. Players sprint back inside of cones.

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Blocking the Cross Drill



Exercise Objectives:

This exercise is designed to coach the defenders' technique and attitude towards "Blocking Crosses".

Coaching Pointers:

Divide your players into pairs. One is an attacker, the other is a defender. The attacker travels with the ball approximately 15 yards before attempting to cross the ball. (Full size goal is used to collect the cross). The defender's objective is to prevent the cross from being served. Swap roles each time.

Focus on:

High tempo, offensively and defensively.
Defender must keep their eyes "on the ball"
Timing of the "Block" to prevent cross.

Field Preparation:

Playing area approximately 20 yards by 20 yards.
Balls, cones, bibs,
Full size goal is placed only to collect the ball, not as a target.

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Catch Your Man



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

Using cones mark a line 2 yards apart. Divide the group into pairs. Each group wears a different color pinnie (e.g.; blue and yellow). Each player is positioned at a cone, opposite their partner. When the coach shouts out one of the colors, the opposite color must chase their partner to the side and try and tag them. The successful players gets a point. Coach can vary the practice by having players do the opposite of what he says. Also can be performed with a ball. Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins. Swap partners.

Field Preparation:

Entire Group
20 yards by 10 yards

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Chest and Head Game



Exercise Objectives:

This is a fun warm up activity as an intro to a heading session, it includes coordination and skill.

Coaching Pointers:

Divide the entire group into pairs. There should be at least 5 yards between each player. Use one ball. Player "A" serves and underhanded throw to player "B's" chest. Player "B" must chest the ball up into the air, then head the ball back to player "A's" hands. This is a lot harder than it seems. Perform 8 each and change roles.

Field Preparation

2 Players

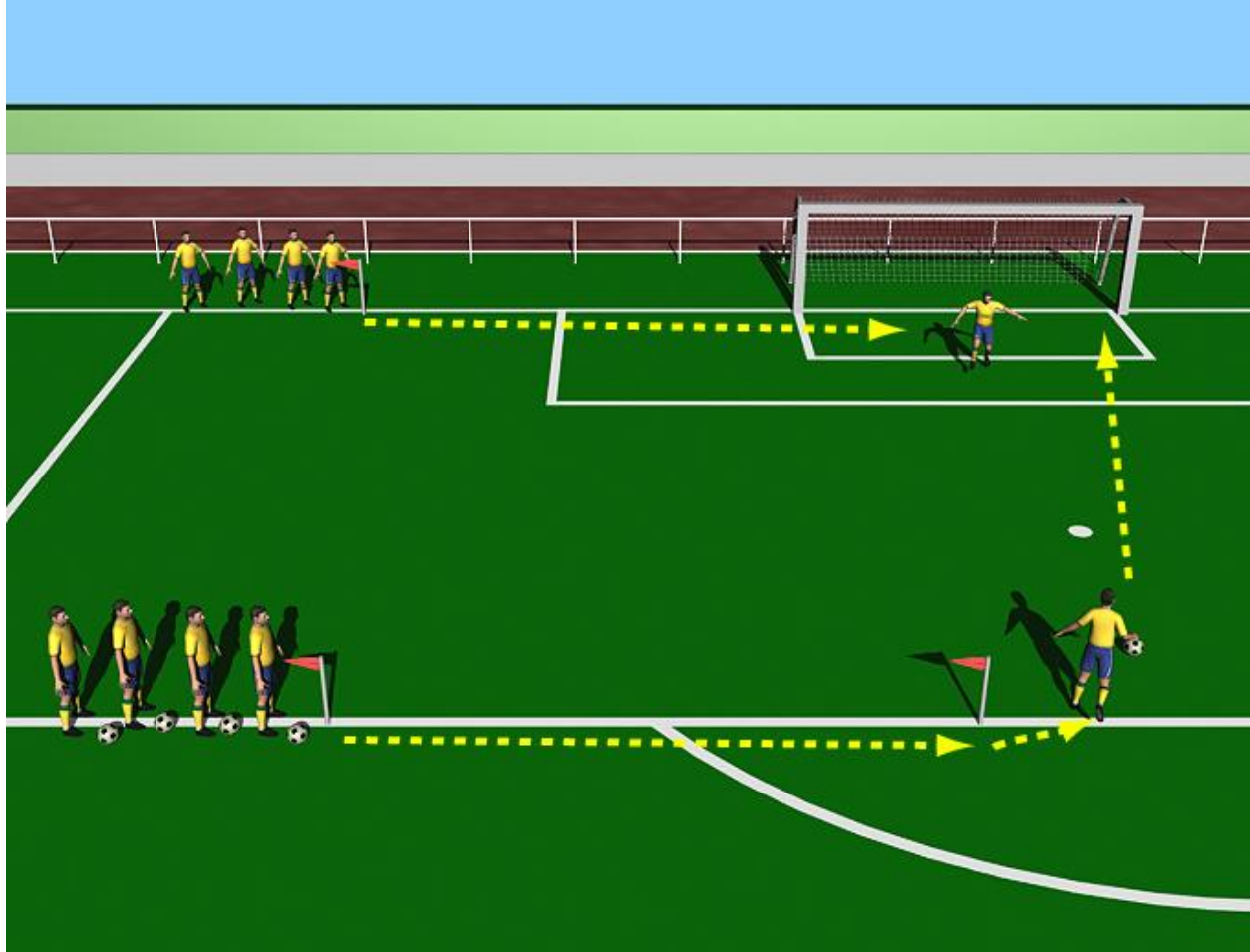
Area 10 yards x 10 Yards

1 Ball

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Clear the Goal Game



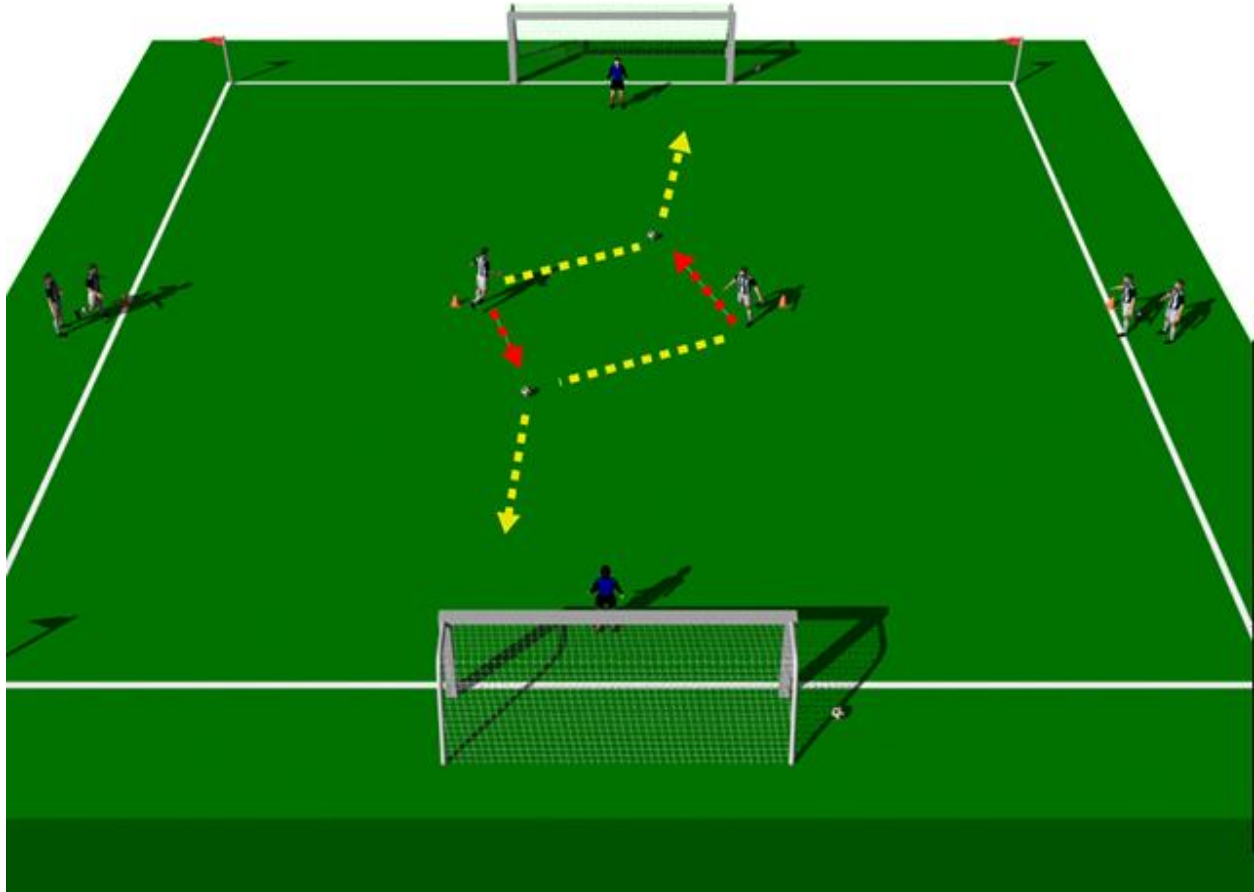
Exercise Objectives:

This is a fun shooting and defending game (especially if you don't have a goalkeeper available)

Coaching Pointers:

Divide the entire group into two teams. Position the defending players at the flag pole on the end and position the attacking players at the flagpole on the corner of the edge of the box (as in diagram above). The attacking players have a ball each. The practice starts when the first attacking player touches the ball. As soon as he takes his first touch, the defending player must run into the goal and defend the shot. The defender cannot use his hands or attack the defender. The attacking player cannot shoot until he gets around the flag pole in the middle of the penalty area. He only has "one touch" after gets past the flag to shoot. Reverse roles after several minutes. Keep score and make a competition out of the game.

Through Ball Shooting Drill



Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the coach’s “whistle” the players pass their ball into space and then “spin to receive the other players pass to attack the goal and try to score. The first player to score is the winner!

Field Preparation:

Playing area approximately 20 yards by 30 yards.
Balls, cones, bibs, full size goals.

Do This, Do That Game



Exercise Objectives:

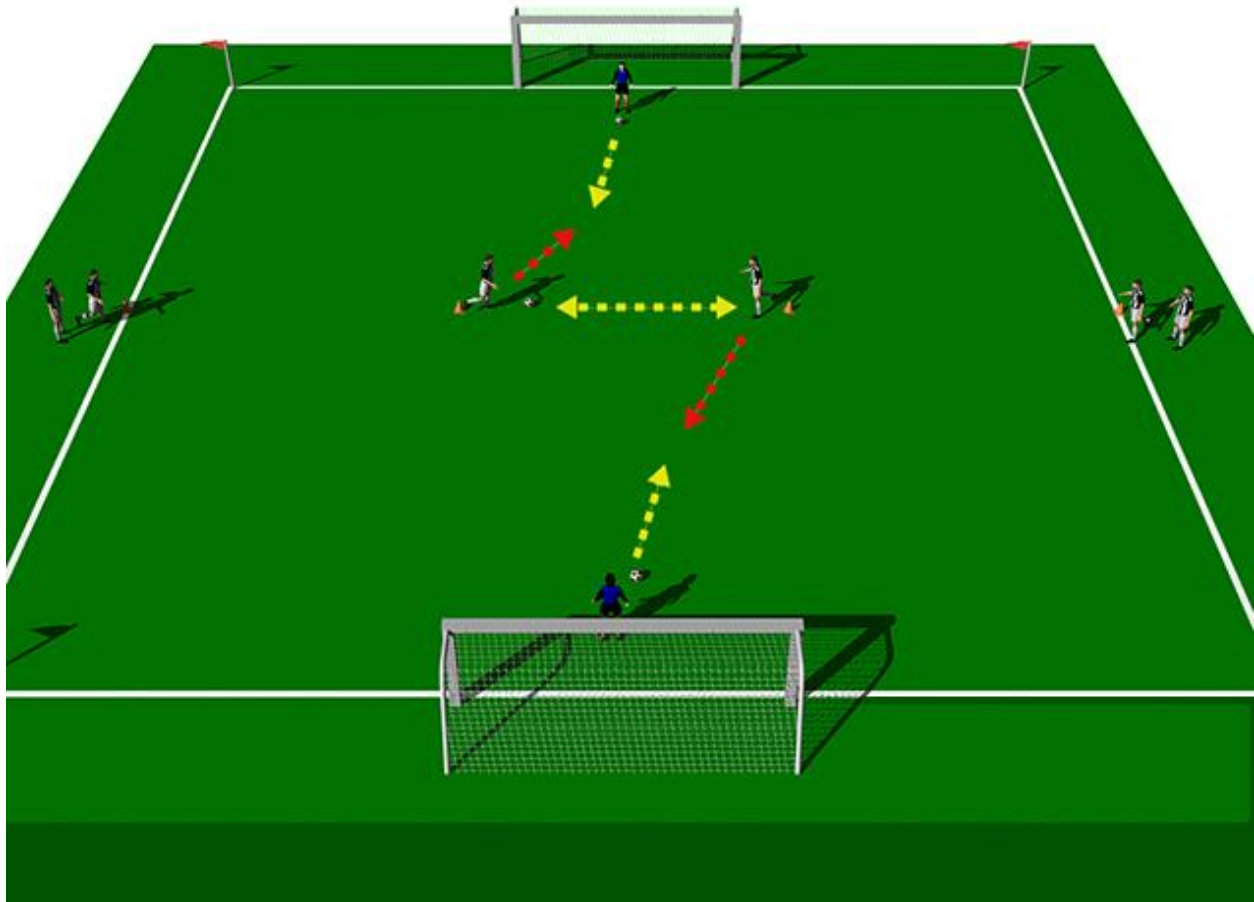
This is a fun game to incorporate into your warm up or warm down activity. It also develops quick thinking, timing and coordination.

Coaching Pointers:

The coach should stand in a position so the entire group can see him clearly. The Rule: If the coach says "Do this" the group does not react. If the coach says "Do that" then the players must instantly mimic the coaches movement. The coach should be creative and perform a variety of different moves such as;

- Both arms out to the side or both arms out to the front.
- Kneel on one leg, both legs.
- Sit down.
- Stand up.
- Move a finger, elbow, etc.
- Make up your own moves.

2 Ball Exchange Shooting Drill



Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

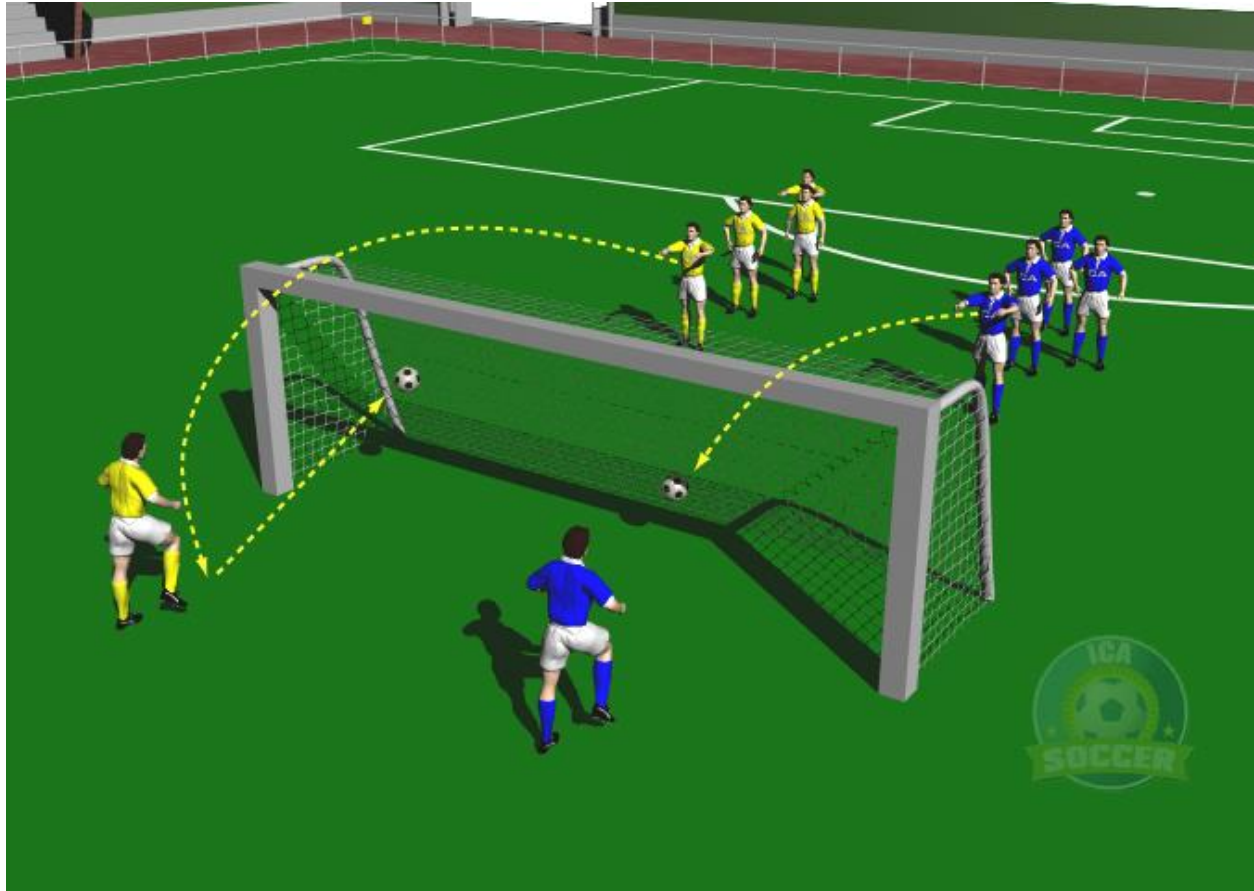
Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. When the coach shouts “**Left**” or “**Right**” the players leave the ball and quickly react to receive a pass from the goalkeeper to finish “first time” on goal. The first player to score is the winner!

Field Preparation:

- Playing area approximately 20 yards by 30 yards.
- Balls, cones, bibs, full size goals.

Fun Volley Game



Exercise Objectives:

Players love this game! This fun volley challenge game is designed to improve each player's technical ability when volleying the ball. It can be used as a fun warm up game as a pre-cursor to your shooting session. It also sets a fun tone to the start of your practice session.

Coaching Pointers:

Perform the exercise in the following sequence; Divide your team into two equal groups. Place one player from each group in front of the goal. The first player from each group serves the ball (using both hands) over the crossbar for his teammate to volley into the open net. The ball cannot hit the ground. It must be "all net". If the player successfully volleys and hits the net, he quickly sprints to the end of the line and the server becomes the next person to volley. First team to get every player to score a volley wins. If the player doesn't score, he keeps trying until he does. They cannot swap until the player scores.

Progression of game:

Server must scoop the ball over the crossbar using his foot, no hands allowed. Receiver must control the ball first "one touch" then volley the ball. Can use head, chest, thighs or feet.

Fun Warm Up Drills



Exercise Objectives:

This is fun quick warm up supplies a variety of fun exercises designed to start the practice off with a fun high tempo tone.

Coaching Pointers:

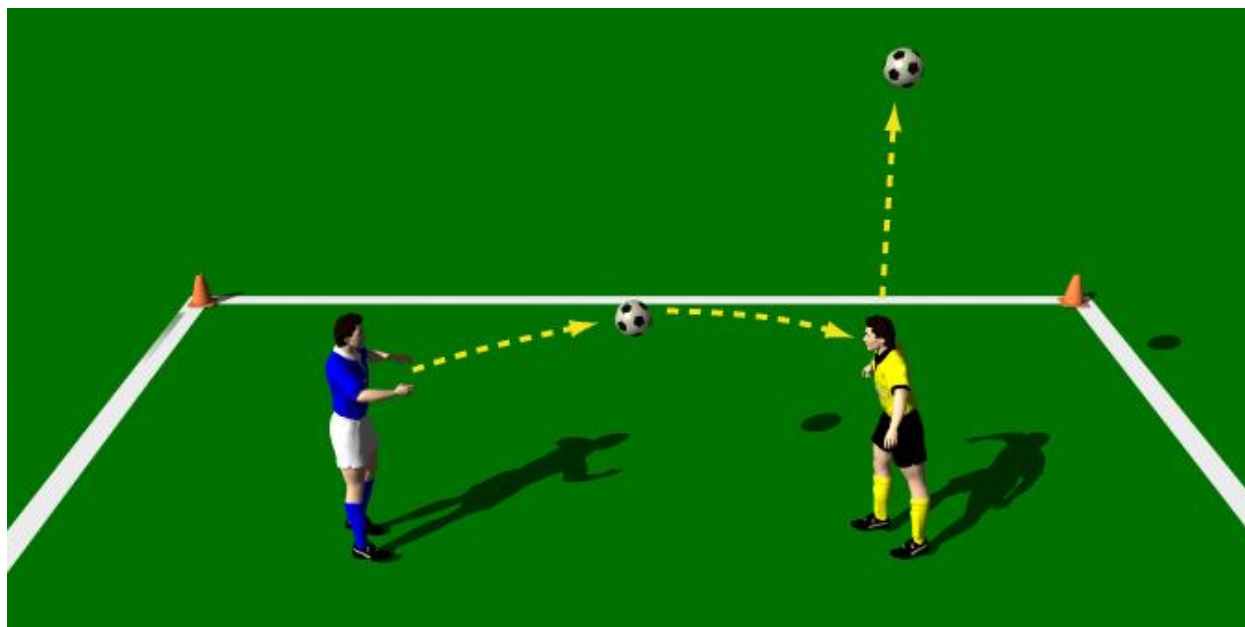
Include your entire group in an area approximately 20 yards by 20 yards. On the coaches command the players perform the following exercises:

- Players jump up in pairs, shoulder to shoulder
- Get player to form a defensive wall
- Perform groin stretch
- Shoulder to shoulder resistance drill
- Tight circle jogging then sprint out 10 yards, repeat (fish in a pond)
- Tight circle use your arms to hold off players (iron bars)
- Player jump up in pairs, give each other a “high five” like they scored the best goal ever

Field Preparation:

Entire Group, Area 20 yards by 20 yards, Flag Poles or Cones

Heading Coordination Game



Exercise Objectives:

This is a very good warm up activity which includes hand eye coordination and skill.

Coaching Pointers:

Divide the entire group into pairs. There should be at least 5 yards between each player. Use two balls. Player "A" and player "B" both have a ball. As player "A" serves the ball to player "B" to head back, player "B" must throw his ball above his head, head the ball back to "A" and then catch his own ball. Perform 8 each and change roles.

Field Preparation

2 Players

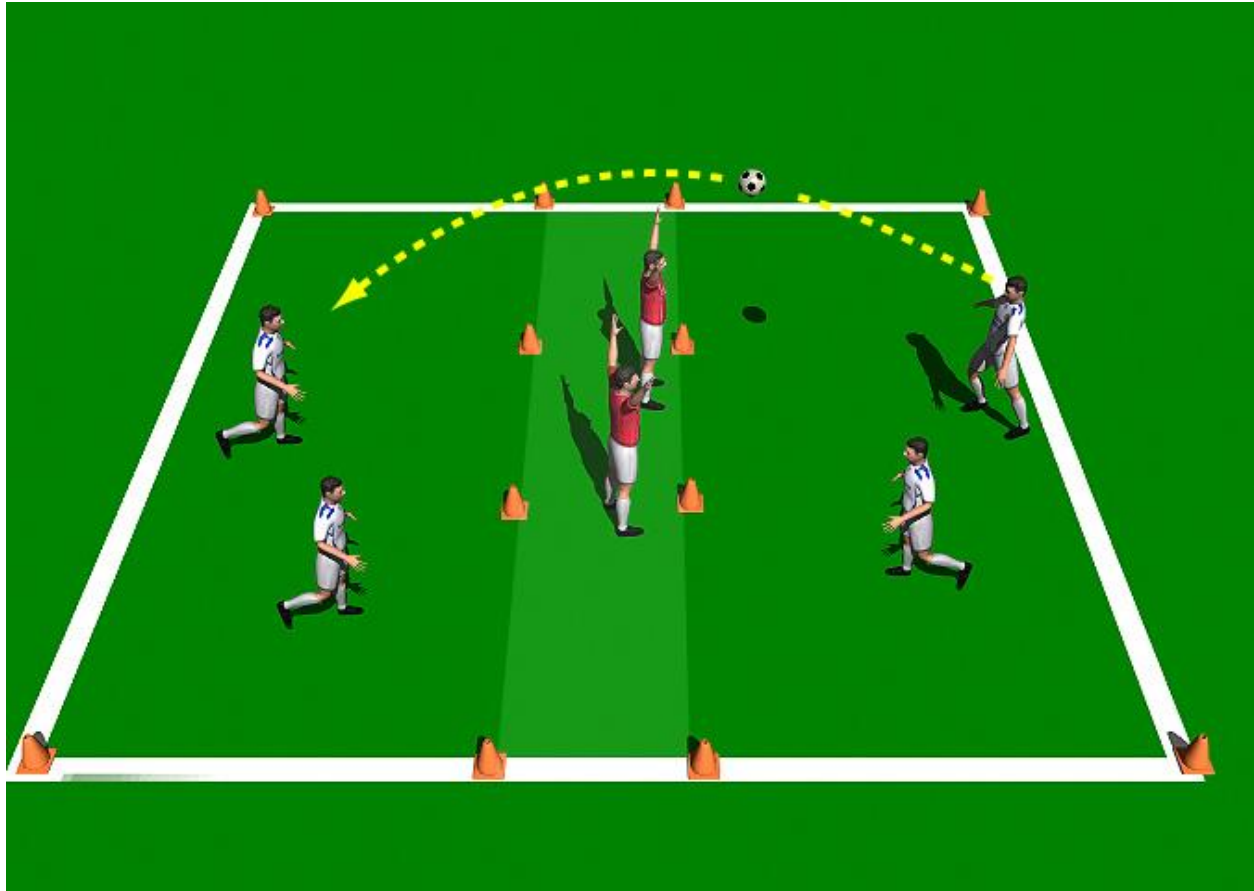
Area 10 yards x 10 Yards

2 Balls

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Defensive Heading Game



Exercise Objectives:

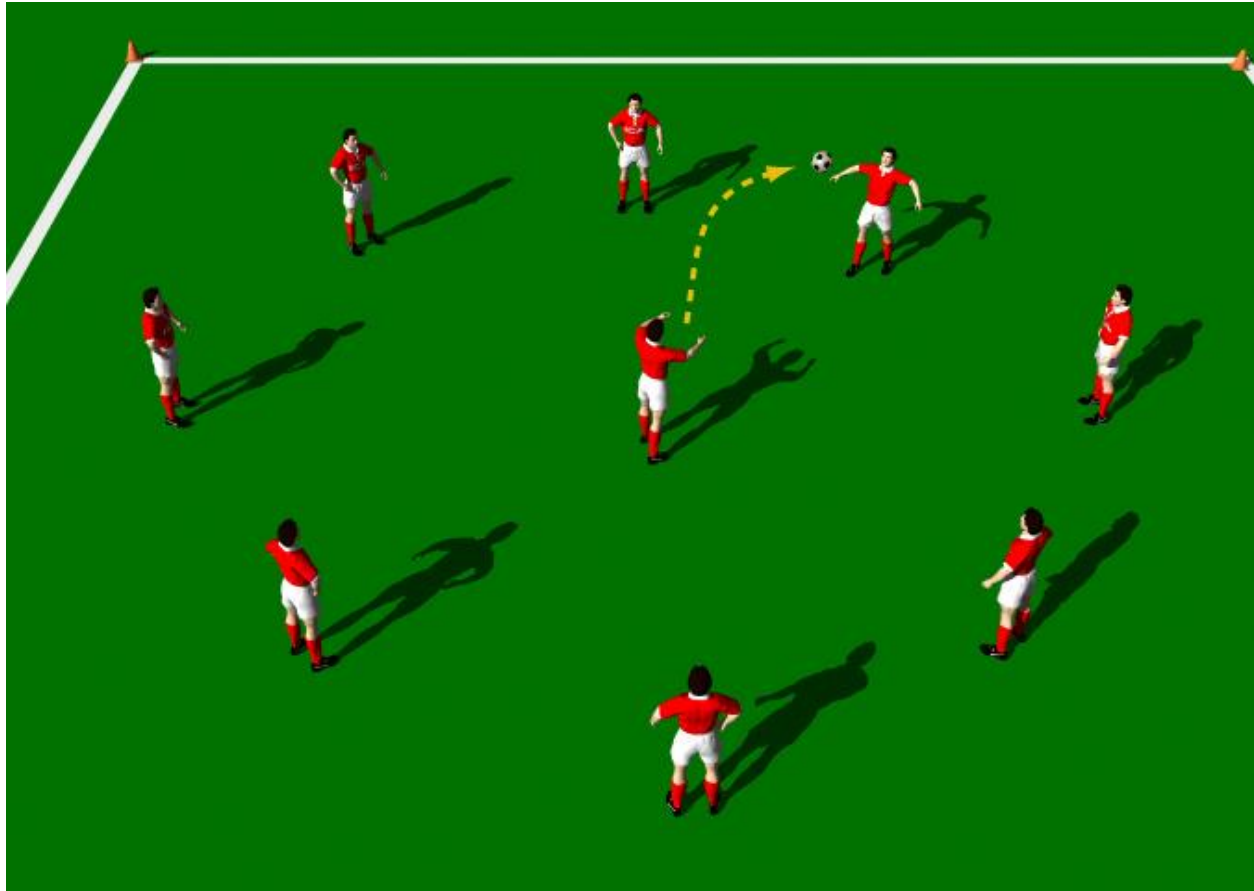
This is a great game to emphasize "Defensive Heading".. It can be used as a fun warm up activity or incorporated into a session for defensive heading. The emphasis is on "distance, height and power". Players love to play this game!

Coaching Pointers:

Four players are positioned in a grid 10 yards x 10 yards, using one ball. The players are divided into teams of 2. The practice starts with 2 attacking players and (2 defensive players who are restricted to the middle zone). The attacking players attempt to head the ball over the 2 defensive players. Each time they head the ball over the defensive players they get a goal. The players can head the ball from their own hands or head the ball back if they receive a good serve from their partner.

If the player heads the ball from their own hands and are successful, they get "one goal". If they can return a header without catching the ball they get 2 goals. If their partner can return a header it's worth 3 goals etc. If the players in the middle block, or catch the ball, they now switch roles with the attackers. First team to score 5 goals wins the competition

Head or Catch Reaction Game



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

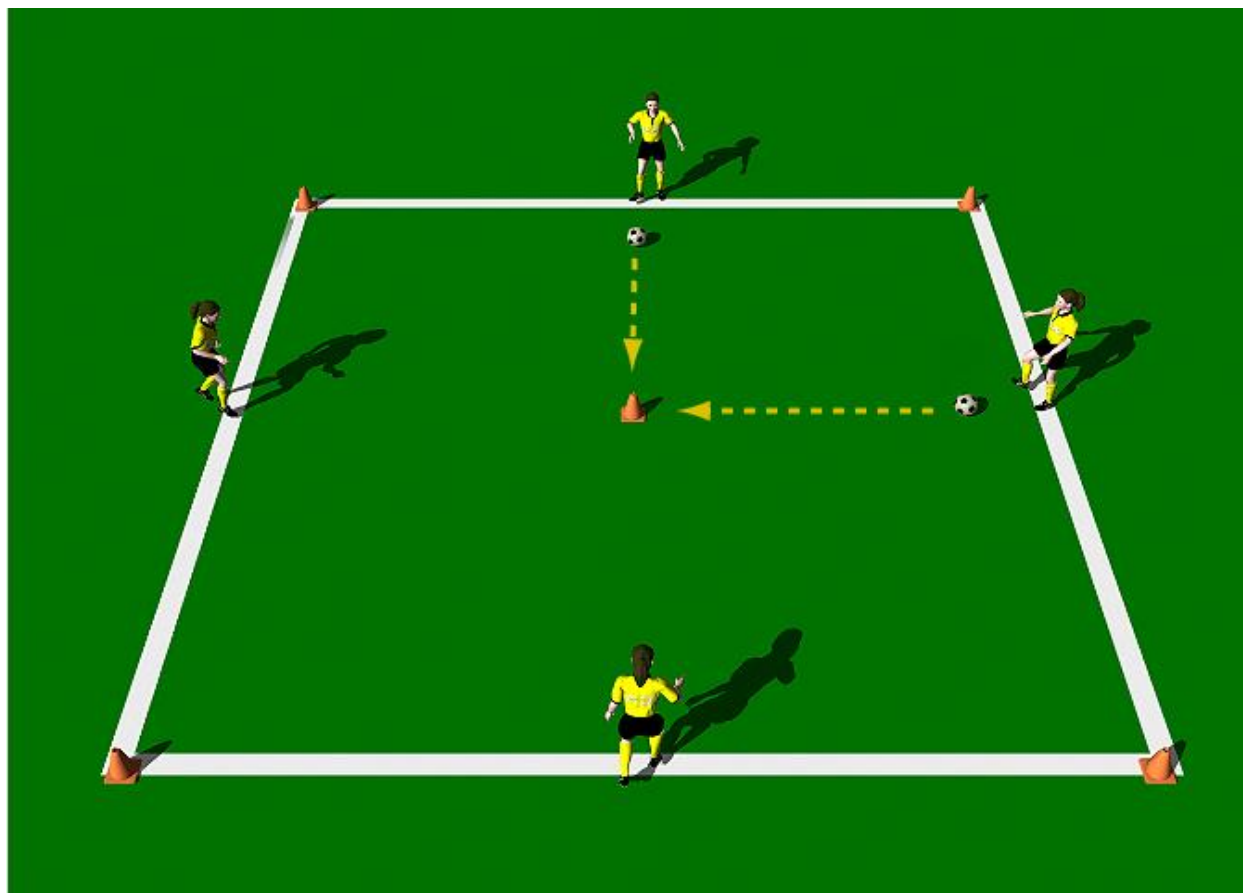
Coaching Pointers:

A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH". If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.

Field Preparation:

Entire group of players, Area 20 x 20 yards, Supply of Balls

Knock Down the Cone Passing Game



Exercise Objectives:

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down. First pair to knock down the cone 5 times wins.

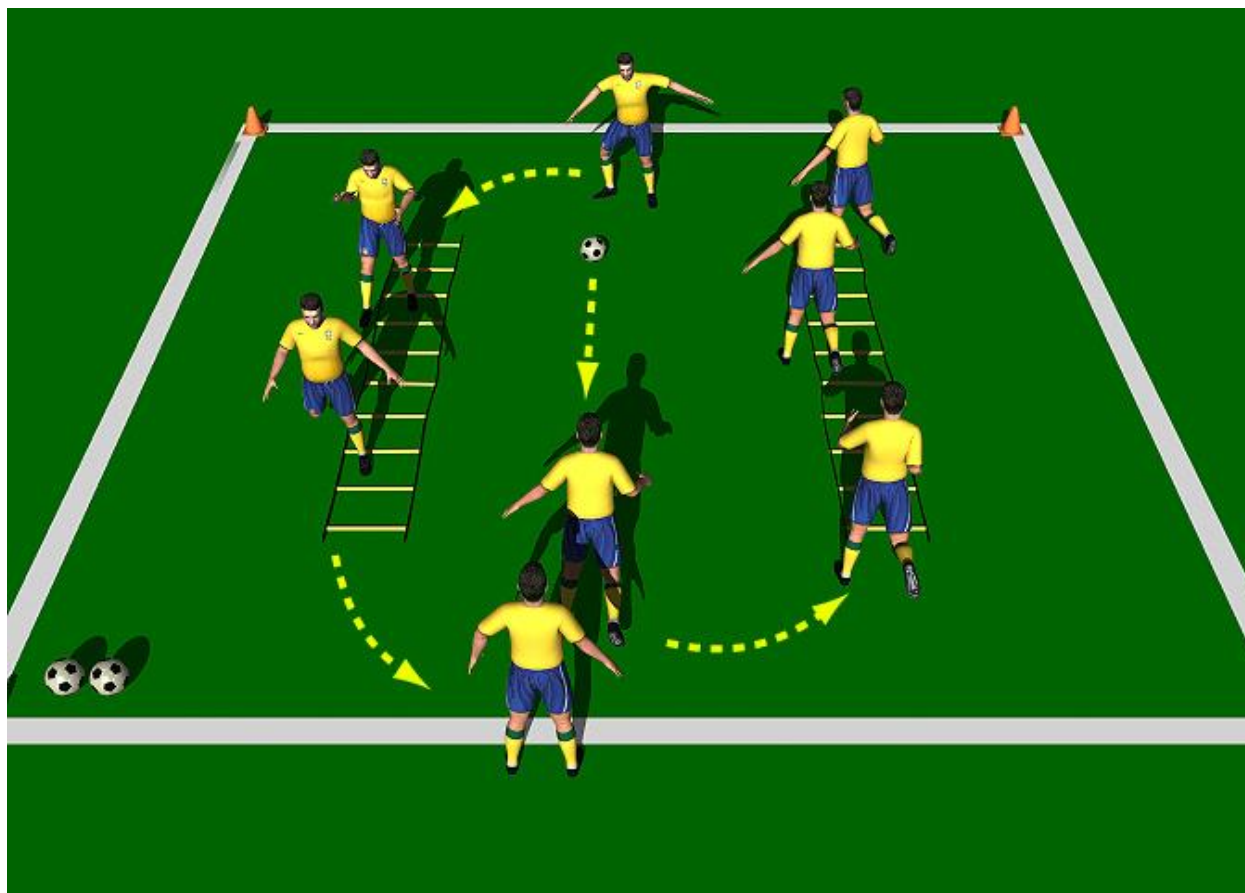
Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

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Ladder and Ball Warm Up



Exercise Objectives:

This warm up is designed to incorporate both technical and agility work by using both balls and ladders.

Coaching Pointers:

Players rotate in a circular manner between the agility exercises and ball work (see diagram above).
Make sure the tempo is high and focus on quality technique:

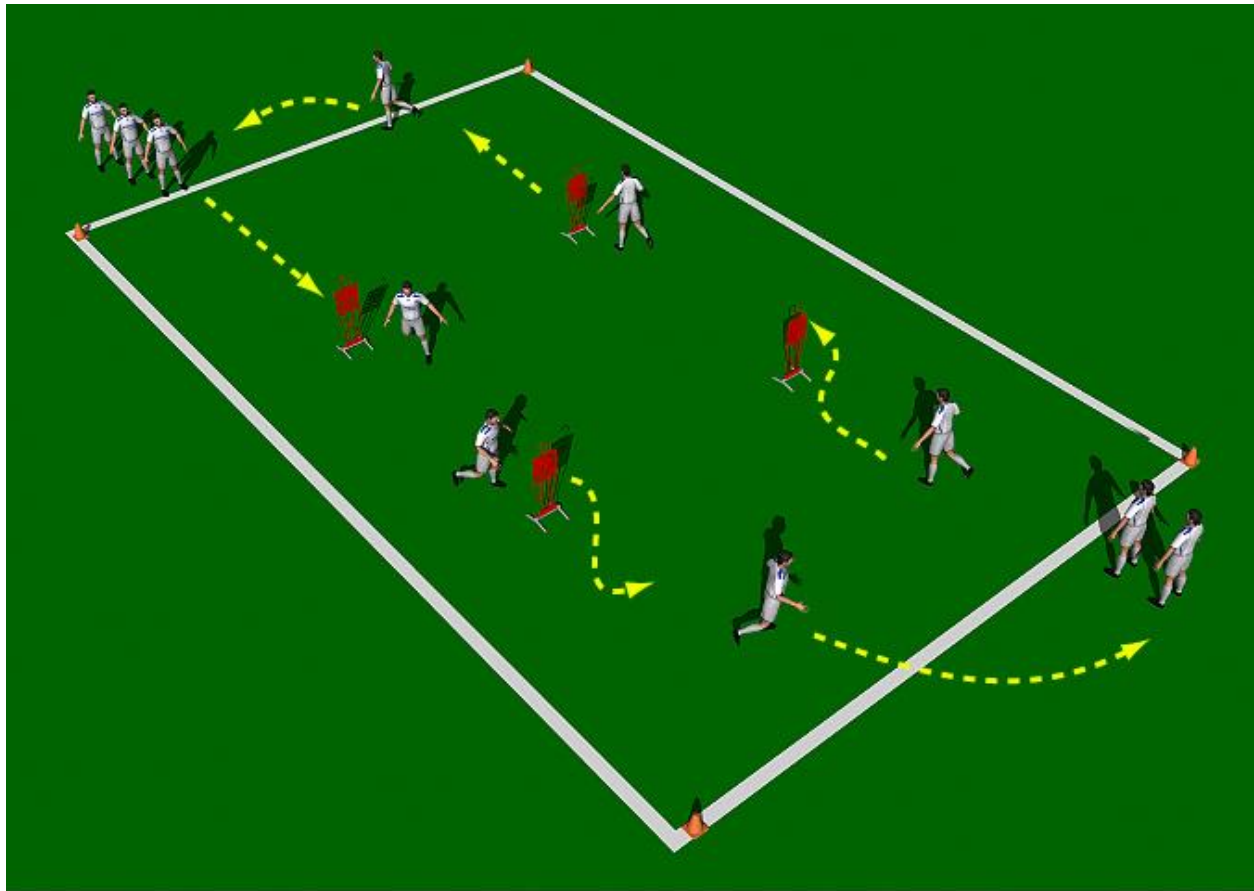
Ball Work Exercises:

- Run with the ball to the opposite side
- Run with the ball to the opposite side and execute a dribbling move at halfway
- Play 3 touch passing
- Play 2 touch passing
- Play 1 touch passing

Agility Ladder Exercises:

In-Out Drill, Slalom, Side to Side, Bunny Hops, One Leg Hop, Run Through.

Mannequin Sprints



Exercise Objectives:

This exercise focuses on change of pace, change of direction and body feints. It is a short exercise that can be incorporated into any warm up session.

Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see diagram above). The first player in each group runs at the first mannequin and executes a body feint before acceleration into the space behind the mannequin. He repeats at the next mannequin. All players rotate through the mannequins in a circular fashion.

Focus on:

Realistic body feints, dip the shoulder
Change of Speed
Change of direction

Field Preparation:

Entire Group
Mannequins

Odds and Evens without the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.

Field Preparation:

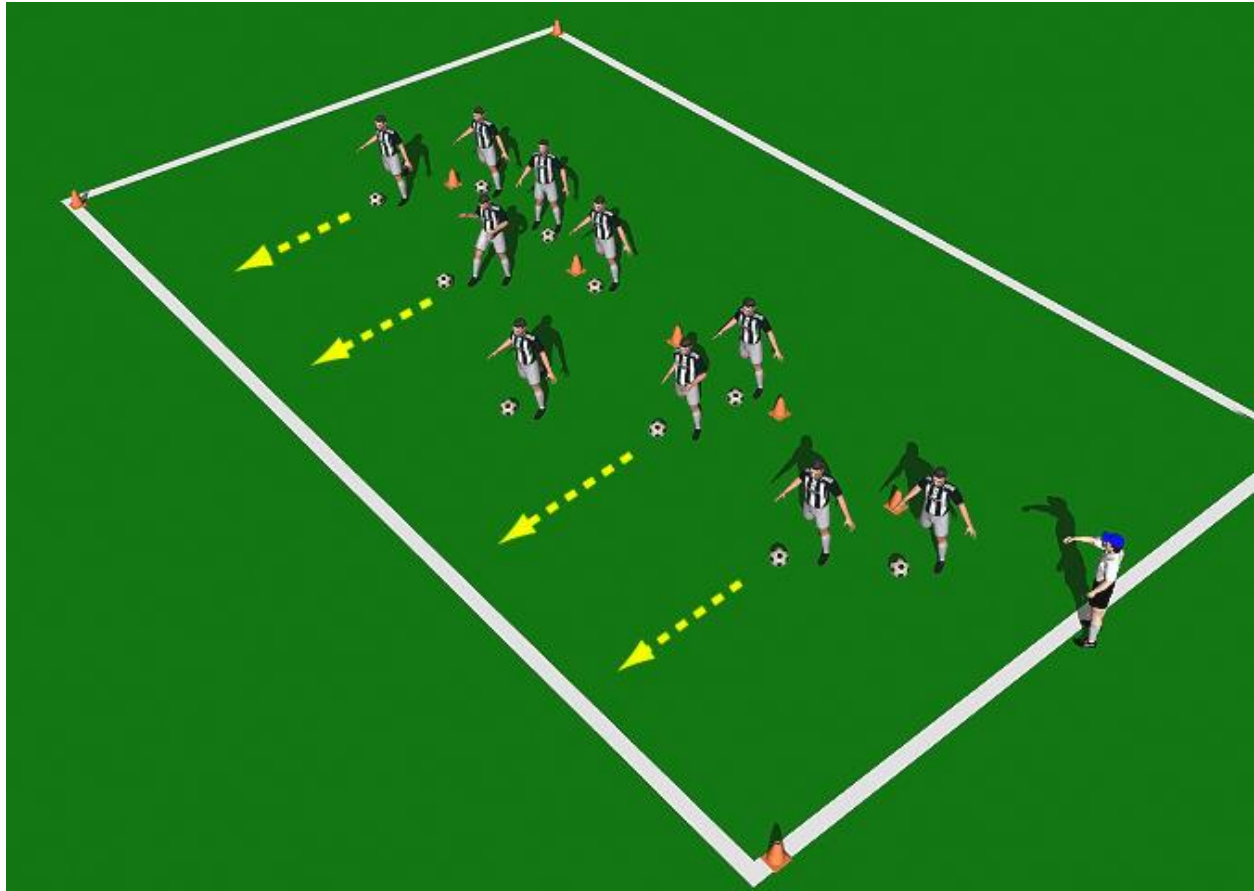
Entire Group

Area 20 yards by 10 yards

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Odds and Evens with the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

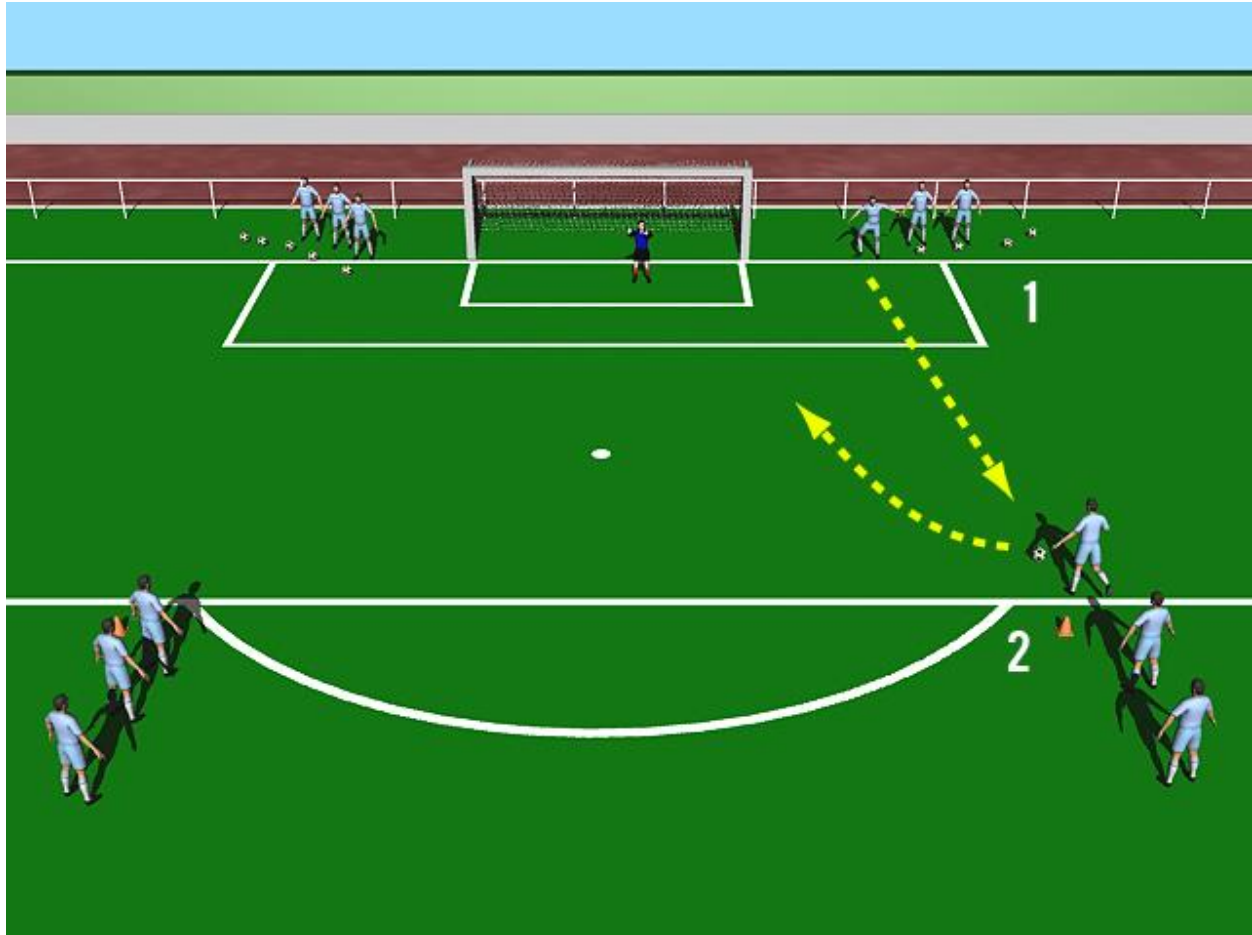
Divide the group into pairs. Each pair positioned face to face on the starting line with a ball each. Using cones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform without a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.

Field Preparation:

Entire Group
Area 20 yards by 10 yards
Ball each player

One Touch Shoot and Defend Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power. This is also an intense work out for your goalkeepers and defending players.

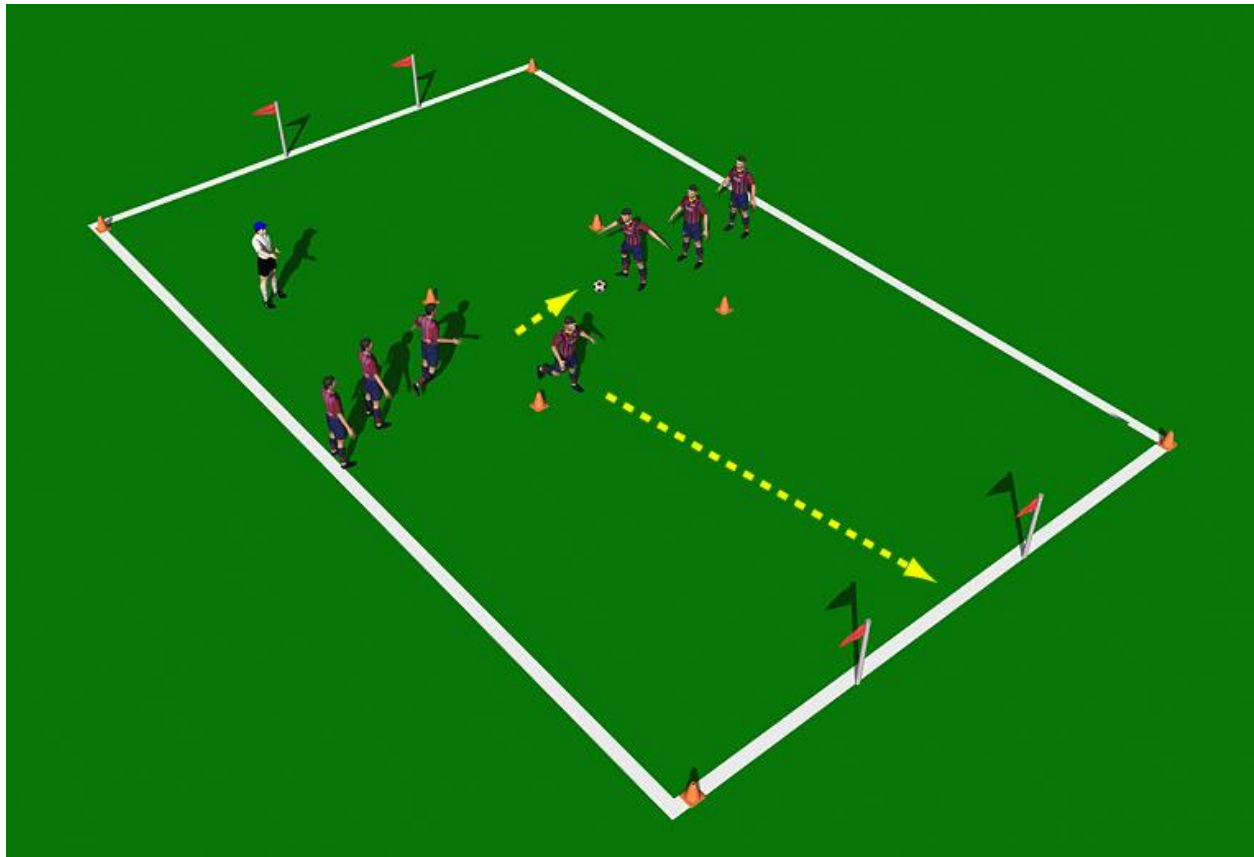
Coaching Pointers:

Two cones are positioned 20 yards from goal and 15 yards apart. Players are divided into four groups. Two groups with balls, stand either side of the goal. Two groups stand at each cone (as in the diagram above). A goalkeeper is placed in goal. The practice starts when the first player in “group 1” passes to the first player in “group 2” and follows his pass to pressure the ball. The player in “group 2” has only “one touch” to control the ball then he must shoot at goal. It is then repeated from the other side of the goal. Play for 3 minutes then swap roles. Defenders become strikers, striker become defenders.

Focus On:

Accuracy over Power, Reacting to rebounds, Goalkeeper, shot stopping, Closing the Ball down.

Pass and Sprint Reaction Drill



Exercise Objectives:

This is a great drill to help improve each players "speed of reaction".

Coaching Pointers:

Divide your team into two groups and position them as in the diagram above. The practice starts with 2 players stepping up to the cones. One side is designated as the starting sided (that means they decide when to sprint). Players pass the ball back and forth until the starting player passes a soft pass using his "Left foot". On that queue, the player sprints to either side and through the flag poles. His partner has to read the correct side and try to beat him past the end line. Resting players must step up and keep the passing tempo going quickly. Only take 3-4 passes before sprinting.

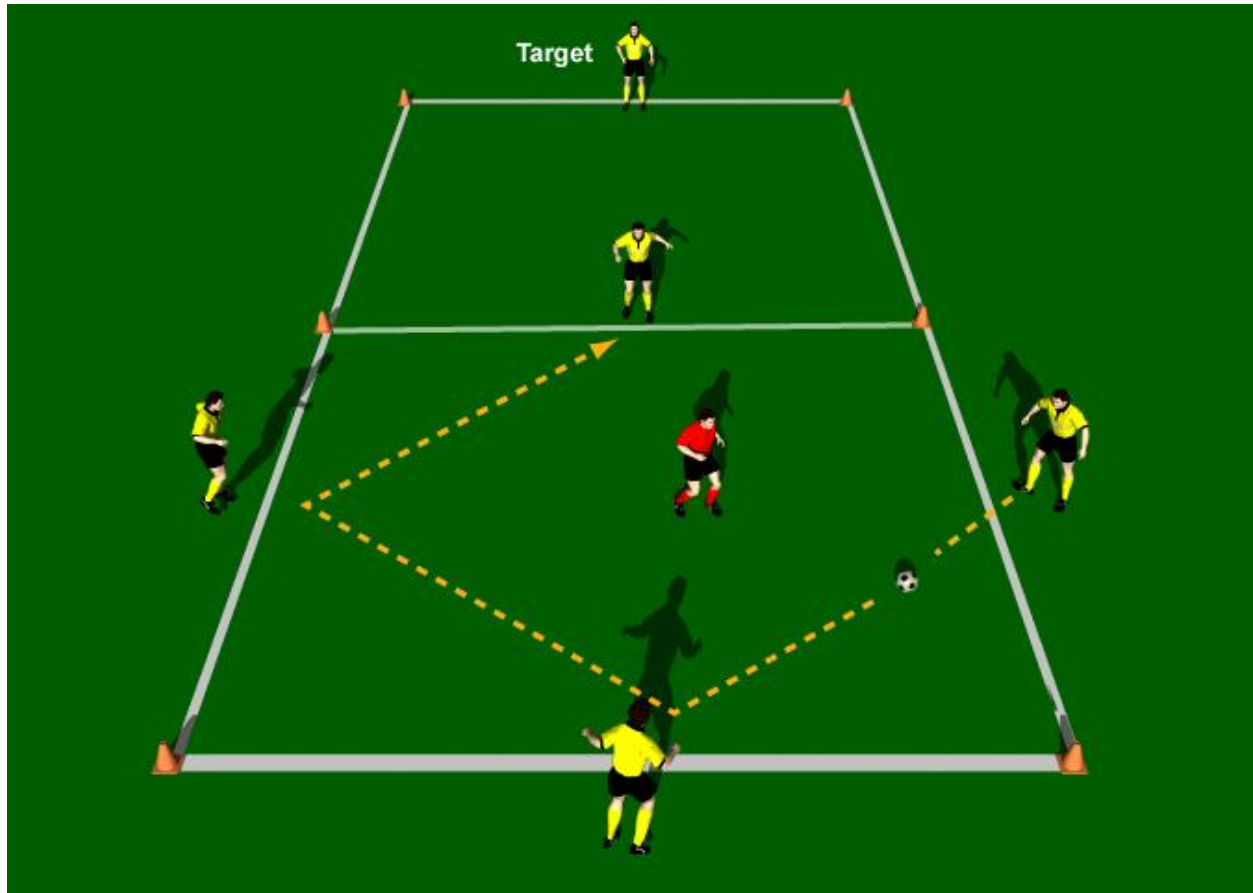
Field Preparation:

Entire group
Area 20 yards x 20 Yards
Cones or Flag poles

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Penetration Drill



Exercise Objectives:

This practice is designed to develop good ball possession in tight areas. An emphasis is placed on “disguise, pace, accuracy, timing and penetration”.

Coaching Points:

Use two connecting grids, each approximately 10 yards by 20 yards. There are five attacking players and one defender. Place four attackers on the perimeter of one of the grids. Position the defender inside the same grid. Position one attacker (target man) on the end-line of the opposite grid (see diagram above). Identify defender by using colored bib.

Rules of the Practice:

The four attacking players attempt to keep possession from the defender and obtain 6 consecutive passes. After making 6 passes the players must pass the ball forward to the "target man" at the end-line of the opposite grid. Once the ball has been played to the target man, players 1, 3 and 4 move to the opposite grid to support the target man. The defender follows the play and attempts to win the ball in the opposite grid. Player 2 now becomes the new target man. After obtaining 6 passes the ball is switched back to the original grid.

The practice is repeated in this fashion. Players in possession are awarded one goal for each time they find the target man. Rotate working defender frequently to ensure high pressure. Rotate players so each player performs the role of the target man.

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Pendulum Stretches



Exercise Objectives:

This series of Dynamic stretches are known as "Pendulum Stretches". A pendulum by its very nature swings in absolute balance, the same height to the front as to the back, the same height to the left as to the right. When working in pairs that balance must be worked upon, as the one player swings to the front, the other swings to the back, in balance. This applies to the left and right also.

Front and Rear Pendulum

Players facing each other left hand on each other's shoulder for support, swing to the front and then to the rear, emphasize the height has to be equal. Perform 10 to the left and 10 to the right.

Left and Right Pendulum

With the players facing each other, left hand to left hand for support, swing to the left and then to the right, emphasize the height has to be equal. Perform 10 to the left and 10 to the right.

Half Pendulum

With the players facing each other, hand to left hand for support, swing to the left and then as the leg swings to the right bend the knee up to the side. Perform 10 to the left and 10 to the right.

Play Through the Lines Game



Exercise Objectives:

This exercise is designed to encourage players to pass the ball “through the lines”.

Coaching Pointers:

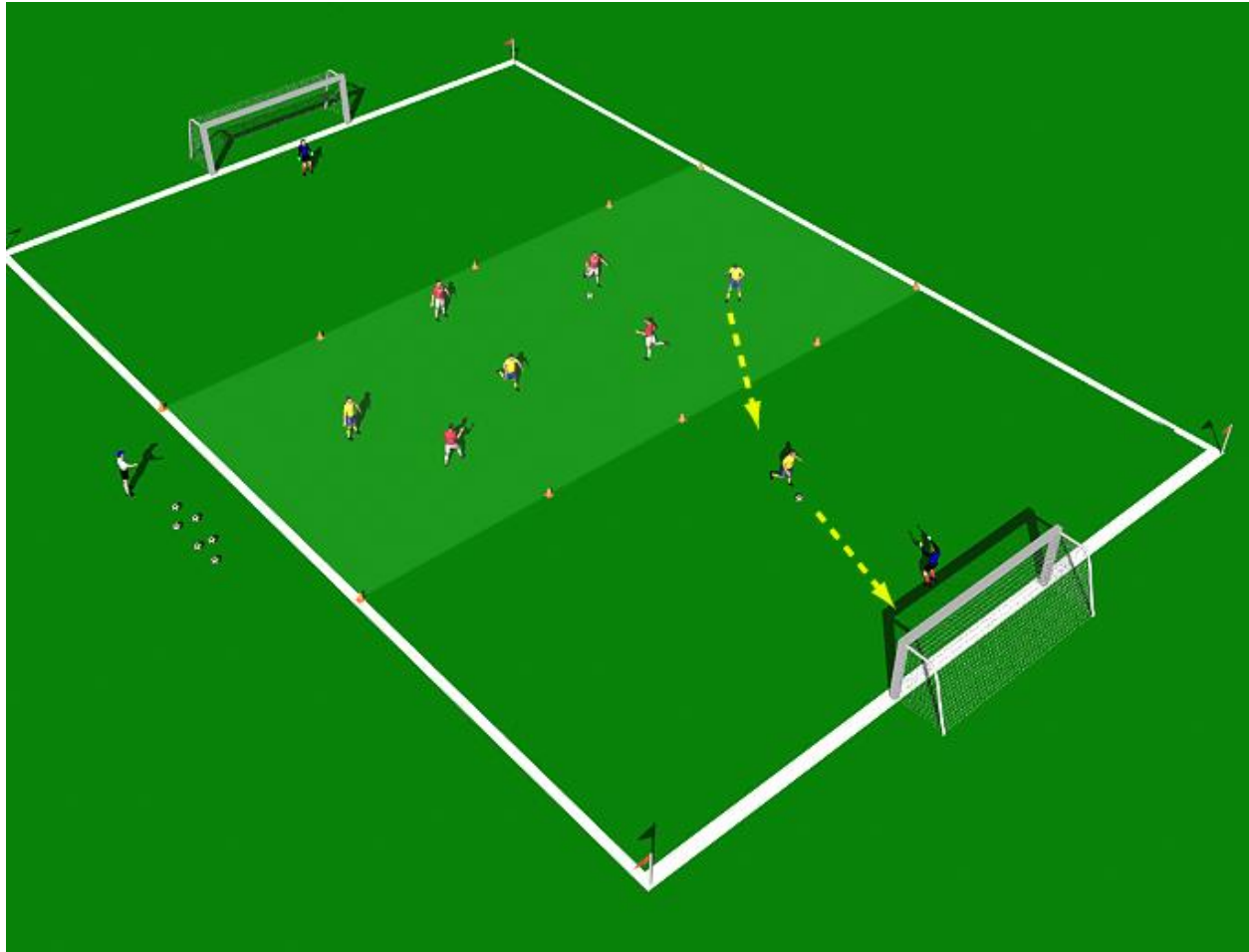
Place 4 v 1 in each grid and a receiving player in the central zone (as in diagram above). The receiving player is restricted to the zone. The practice begins with the coach playing a ball into one of the grids. The team with the ball has to make 5 passes, then penetrate by passing the ball to the zone player to switch the ball to the opposite grid. It is then repeated from the opposite side. Progress by reducing the number of passes before switching the ball, this way the tempo increases. Play “two touch”, then progress to “one touch”.

Focus On:

Penetration is a key component in passing. Play through or down the channels. Be aware of body shape when receiving the ball.

Field Preparation: Area approximately 10 yards x 30 yards. Balls, bibs and cones.

Ronaldo vs Messi Game



Exercise Objectives:

This exercise is designed to encourage players to combine quick passes and break for a shot at goal.

Coaching Pointers:

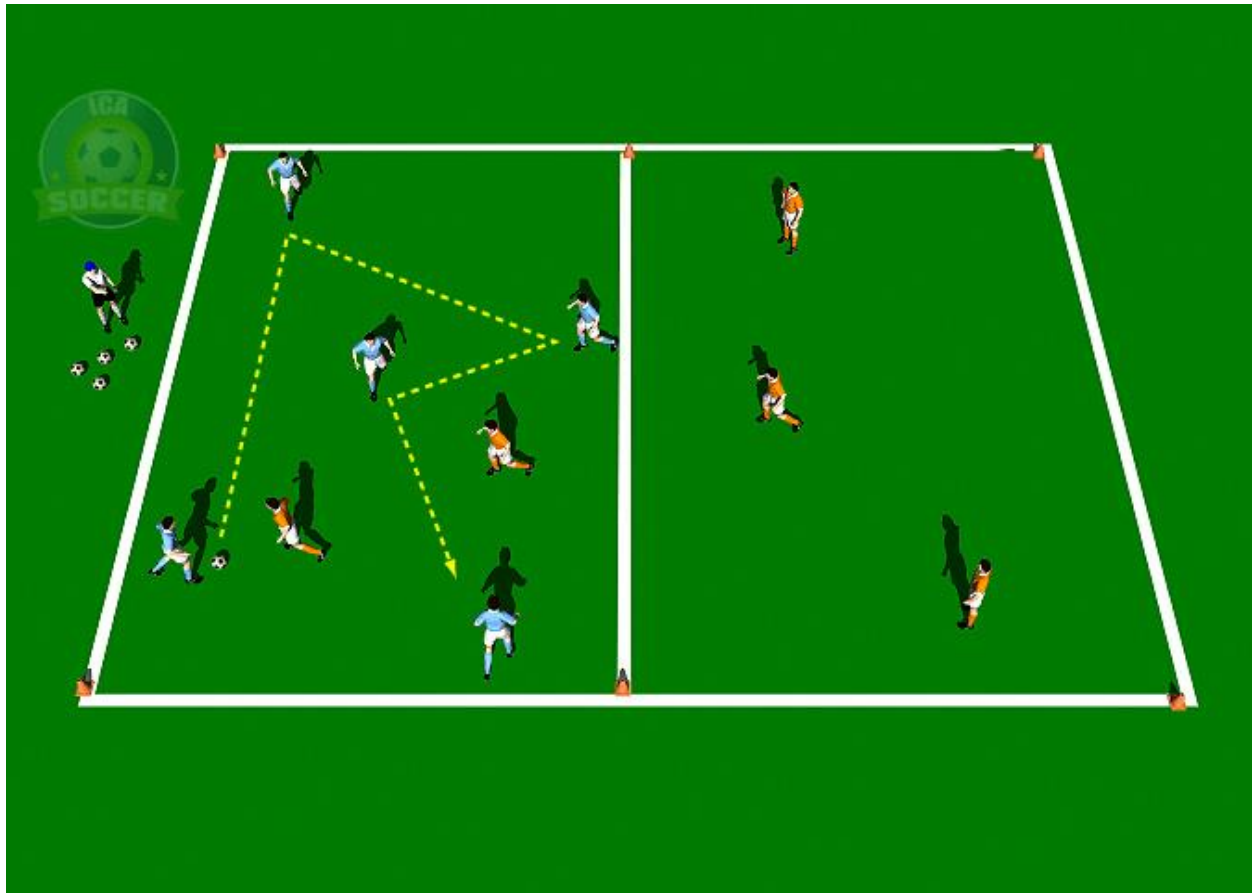
Place two equal teams in the middle channel. Players are restricted to the middle channel until they can get 4 consecutive passes. Once they string 4 passes together, the player runs and attacks the goal to try and score. Defenders are not allowed to run back and chase the attacker. Once the player attacks, the coach should serve the ball quickly for a team to take advantage of a “numbers down” situation. This will also demand the strikers to recover quickly after attacking.

The player who attacks is Messi on one team and Ronaldo on the other.

Focus On:

Quick passes, Good support play, Attacking the goal with speed, Accuracy over power when shooting, Transition – recover quickly after shooting.

Rondo Pressure Drill



Exercise Objectives:

This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo defensive pressure.

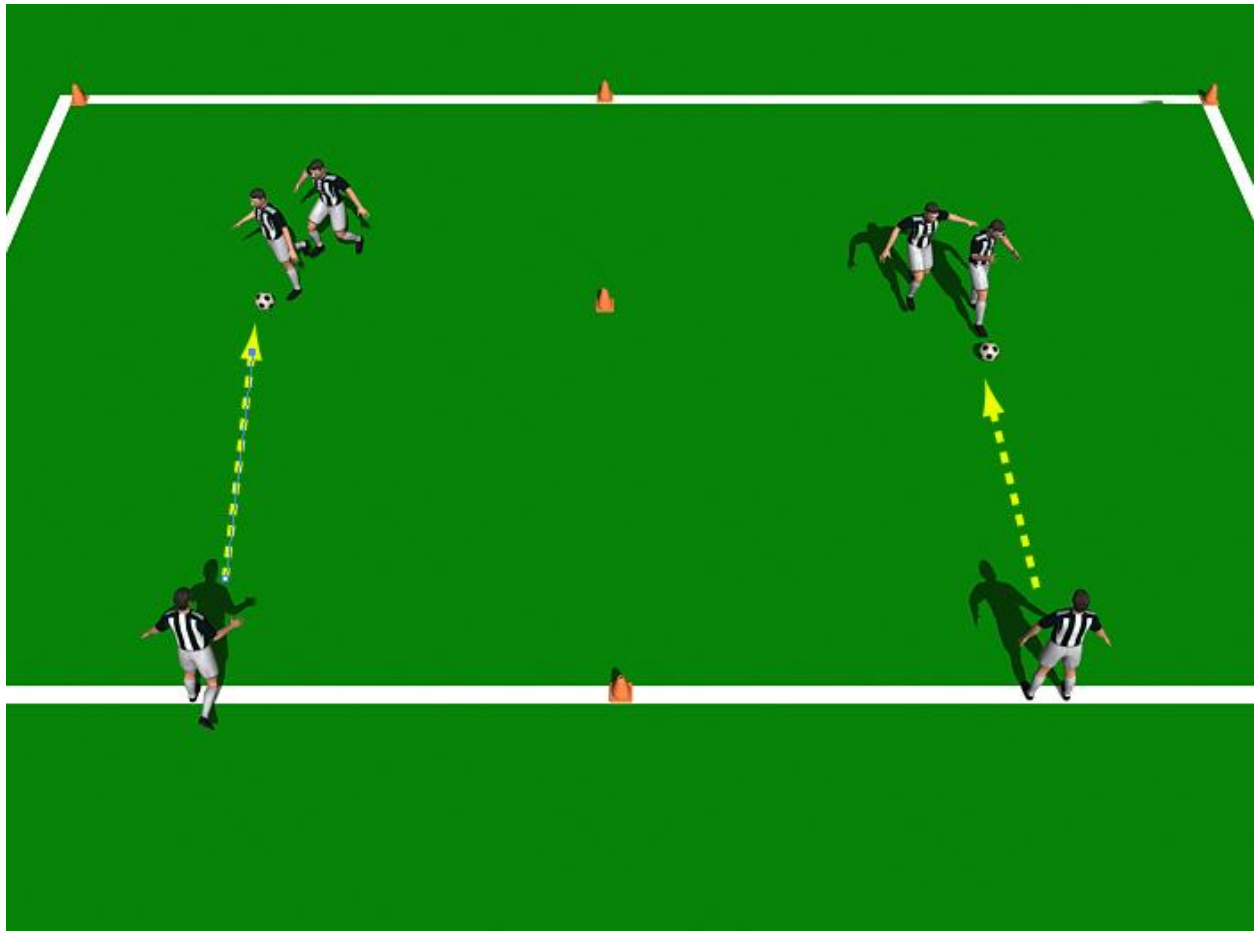
Coaching Points;

A team of 5 players are placed in each square. One team starts with the ball. The team is restricted to their own square. The team in possession must obtain 10 consecutive passes to get a goal. Two players from the opposite team move into the square to make it a 5 v 2 situation. If the ball is won by the two defenders, the drill is swapped to the opposite square. Now 2 blue players must defend. Alternate which players are defenders. As a pre-cursor to this activity you can have the teams player handball 5 v 2, then move to possession drill.

Focus On:

Quick exchange of the ball, quality passing. High tempo. Quality technique. Good support angles, must be deep and wide. High tempo defending, work in pairs as you press the ball to force errors. Good communication from both teams.

Shielding the Ball Drill



Exercise Objectives:

This drill is to help players develop the technique of “Shielding the Ball”.

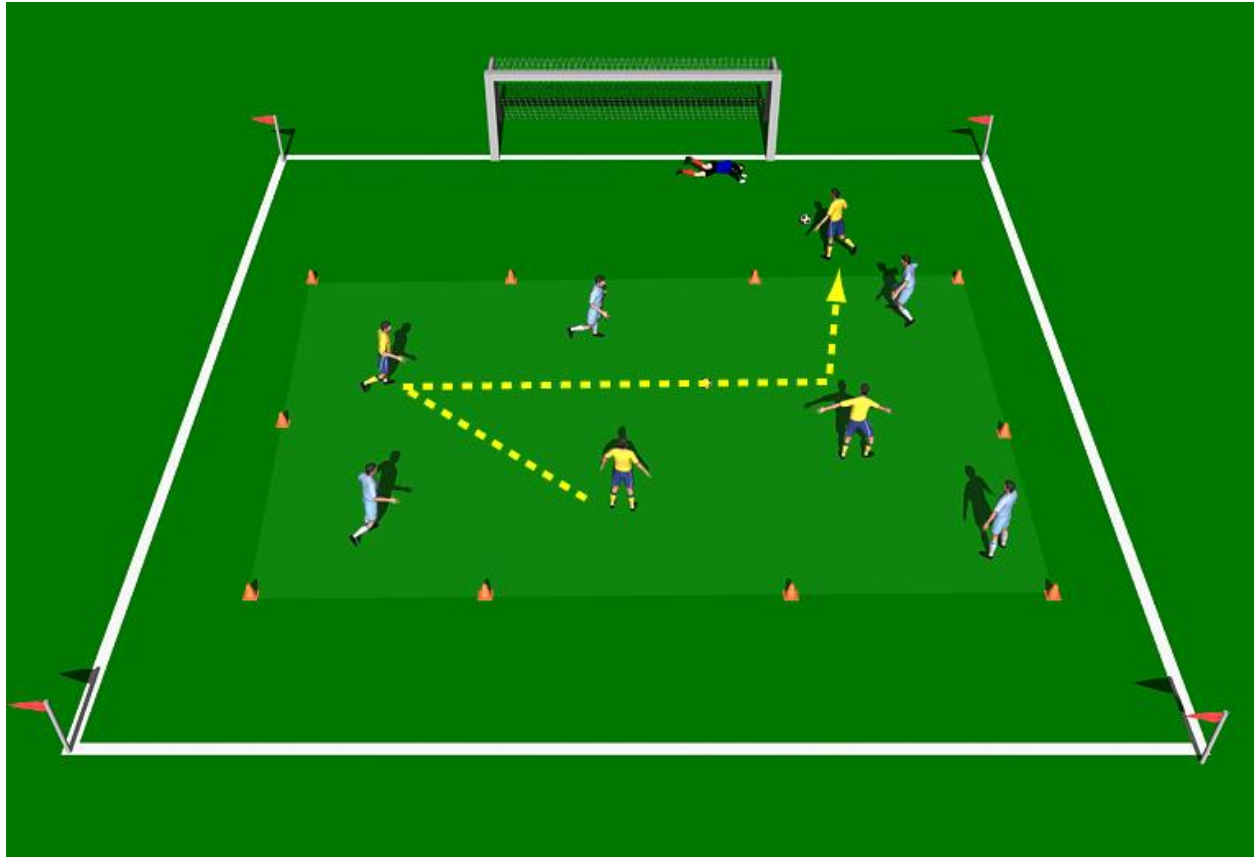
Coaching Pointers:

Place three players in each grid. One player is the server, one is the receiver and the third acts as the defender. On the coach’s command, the ball is played into the receiver. The receiver must attempt to shield the ball and protect it from the defender. The defender is passive and only applies pressure on the player, he is not trying to win the ball. The receiver holds the ball for 30 seconds, then, on the coach’s whistle, he swaps grids and repeated the drill in the opposite grid. Rotate roles so every player becomes the receiver.

Focus On:

Body position should be “side on” to keep the greatest distance between the ball and the defender. Lock your wrist to strengthen the upper body. Keep your arms locked and hold off the defender.

The Shooting Box



Exercise Objectives:

This is a fun game designed to help players develop combination passing and quick shooting at goal.

Coaching Pointers:

Divide your players into three teams and position two teams in the shooting box, as in the diagram above. The third team is resting on the sideline. The game starts with the coach serving a ball into the box. The team in possession must get four passes, then, the player with the ball attacks the goal and tries to score. Defending team cannot follow the player outside the box. If a team scores, the losing team is replaced by the resting team on the side lines. Keep score, first team to win 3 consecutive games is the champion.

Field Preparation:

Entire group
 Penalty area
 Cones or Flag poles
 Large goal with goalkeeper.

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Shooting Knock Out Game



Exercise Objectives:

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Coaching Pointers:

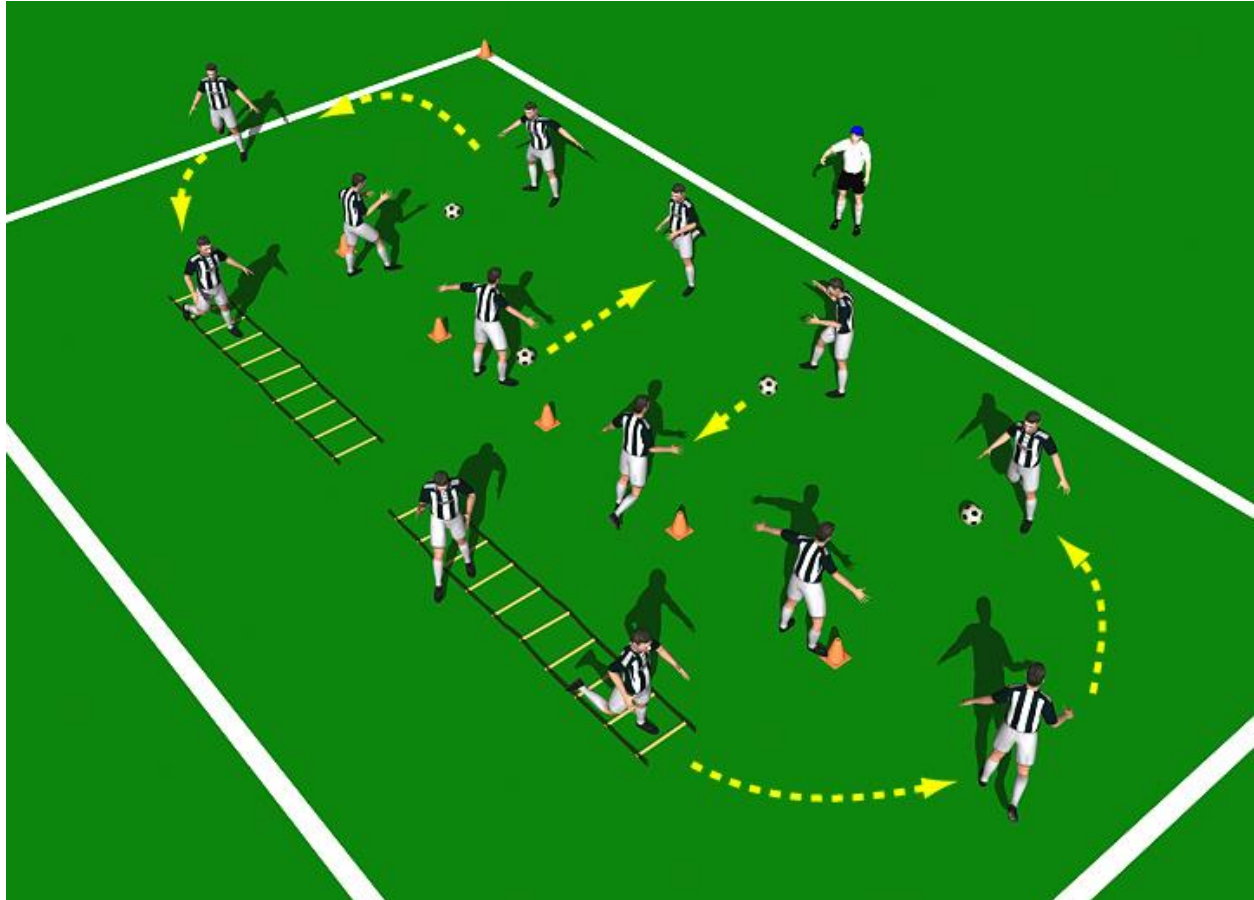
Players are divided into groups of three players. Each group is identified with a different color vest. A goalkeeper is placed in goal. The coach starts the practice by serving the ball into the penalty area. Teams compete against each other to score. First team to score qualifies for next round and leaves the penalty area. This is continued until one team is eventually eliminated. Example; first round 4 teams, second round 3 teams and third round 2 teams play in the final. Coach serves the balls from the edge of the penalty area.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Variation:

Make all play "two touch, then "one touch".

Skill and Agility Warm Up



Exercise Objectives:

This warm up is designed to incorporate both skill and agility work by using both balls and ladders. Players rotate in a circular manner between the agility exercises and ball work (see diagram above). Make sure the tempo is high and focus on quality technique:

Ball Work Exercises:

Pass the ball back using “one touch”

Volley the ball back. Good arm movement. Rhythmic!

Control ball with thigh and volley back using opposite foot.

Control ball with thigh and volley back using same foot.

Jump to control ball with chest and volley back.

Run forward, touch ball with hand, run backwards and head the ball (feet off the ground).

Head the ball (feet off the ground) greater distance. Jump on the spot.

Agility Ladder Exercises:

In-Out Drill, Slalom, Side to Side, Bunny Hops, One Leg Hop, Run Through, Hopscotch.

The Point Game



Exercise Objectives:

This is a game designed to create a competitive cauldron amongst the players. Players are rewarded with points the more they win.

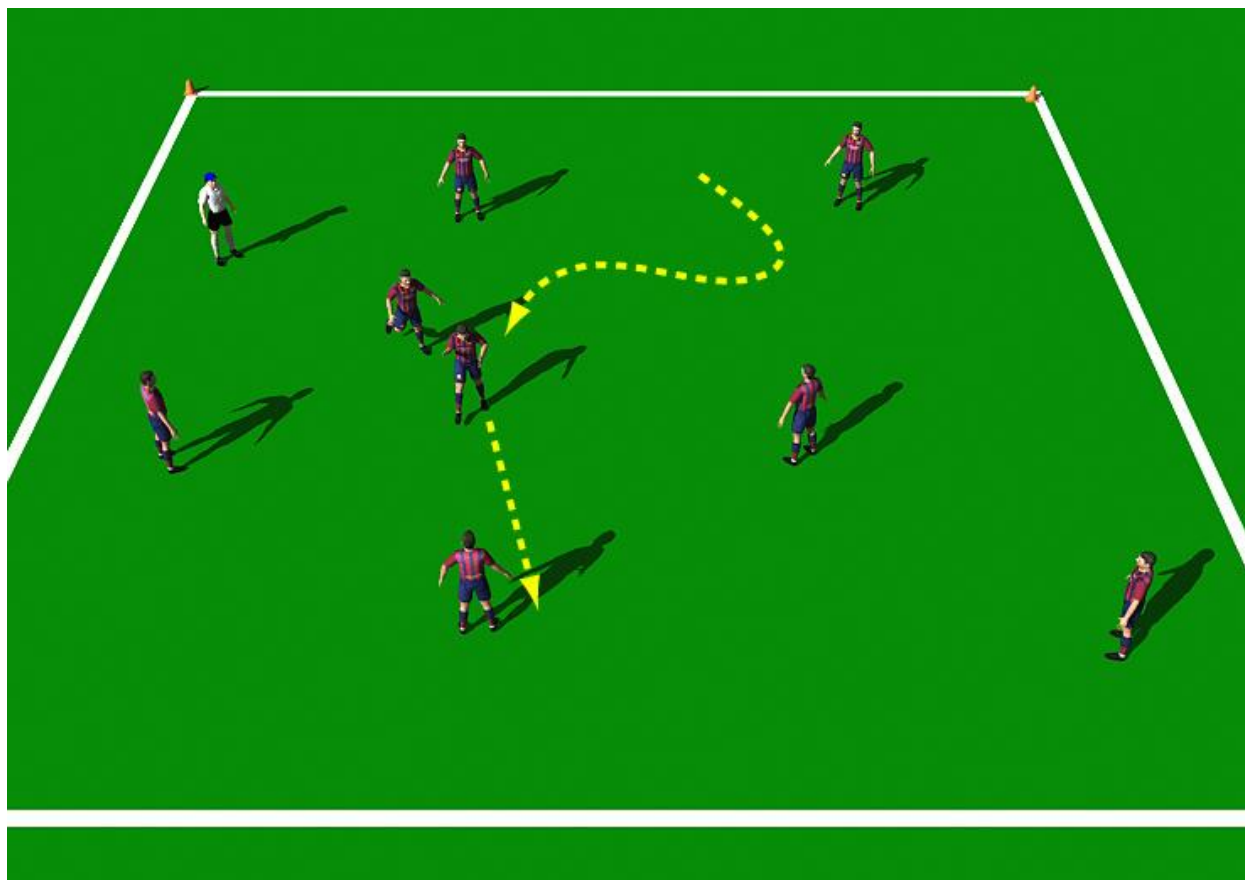
Coaching Pointers:

Divide your players into three teams and position them as in the diagram above. The team on the sideline will have fewer players e.g.: play 4v4 with a team of 3 on the sidelines. The game starts with 2 equal teams playing. First team to score a goal wins. Each player receives a point for winning. Record everyone's point total as you play games. Losing team leaves field (all but one stays on to make 4 players) this way the team that enters is never the same exact team. Play for 20 minutes total. Player with the most points (wins) at the end of the game is the champions.

Field Preparation:

Entire group
 Area 20 yards x 20 yards
 Cones or Flag poles
 Small goals without goalkeepers or large goals with goalkeepers.

Warm Up Tag Game



Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Coaching Pointers:

Group stands around the grid, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner", the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by standing "shoulder to shoulder" next to a resting player, thus making the player he stands next to the new "runner".

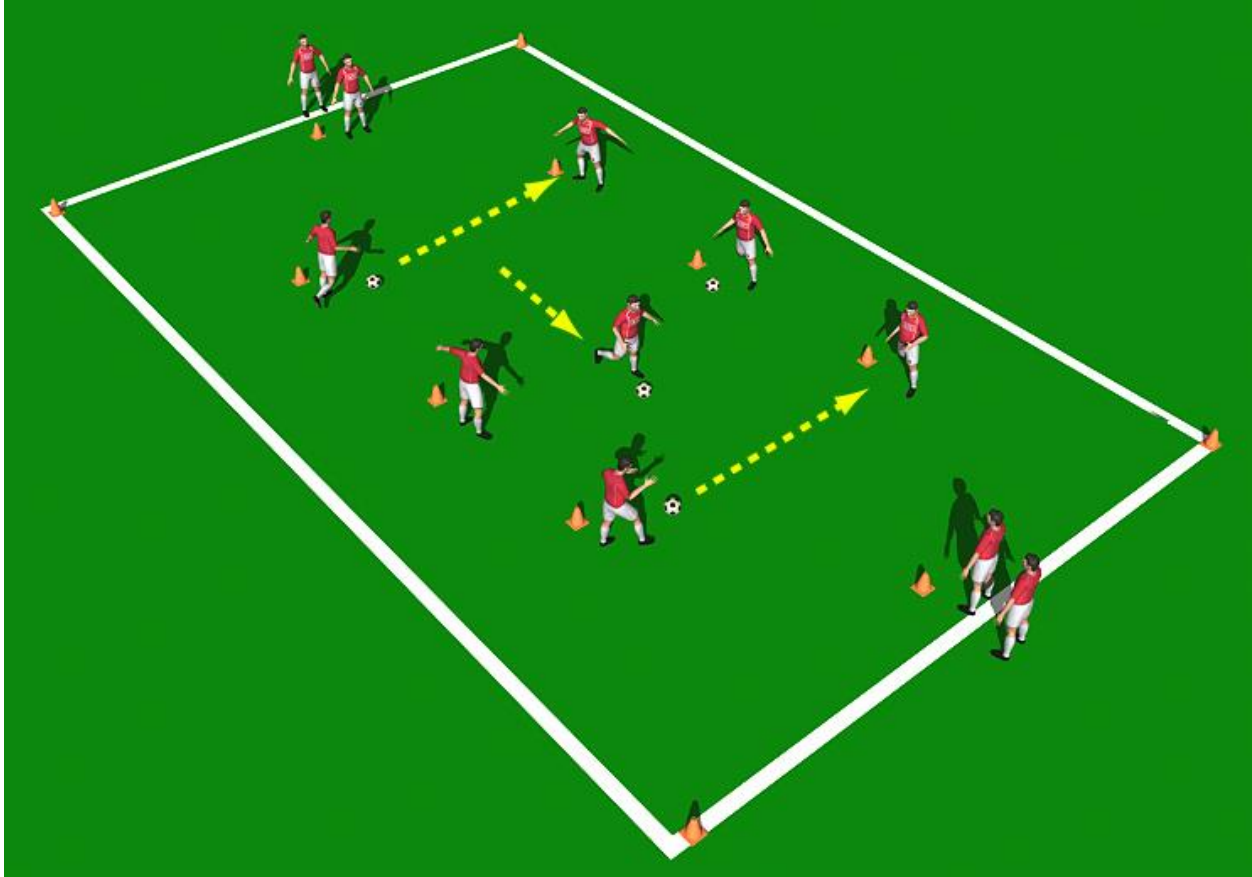
Field Preparation:

Entire Group
30 x 30 Yards

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Timing of the Pass Drill



Exercise Objectives:

This exercise will develop each player's understanding of "when" and "when not" to pass the ball.

Coaching Pointers:

Divide your players into two groups. One group will be passing the ball, the second group running with the ball. Set up as in the diagram above. The players passing the ball will have to deal with the traffic of the players running in front of them. They must decide if they have space and time to make the pass, or do they have to hold onto the ball to create space. Alternate roles after several minutes.

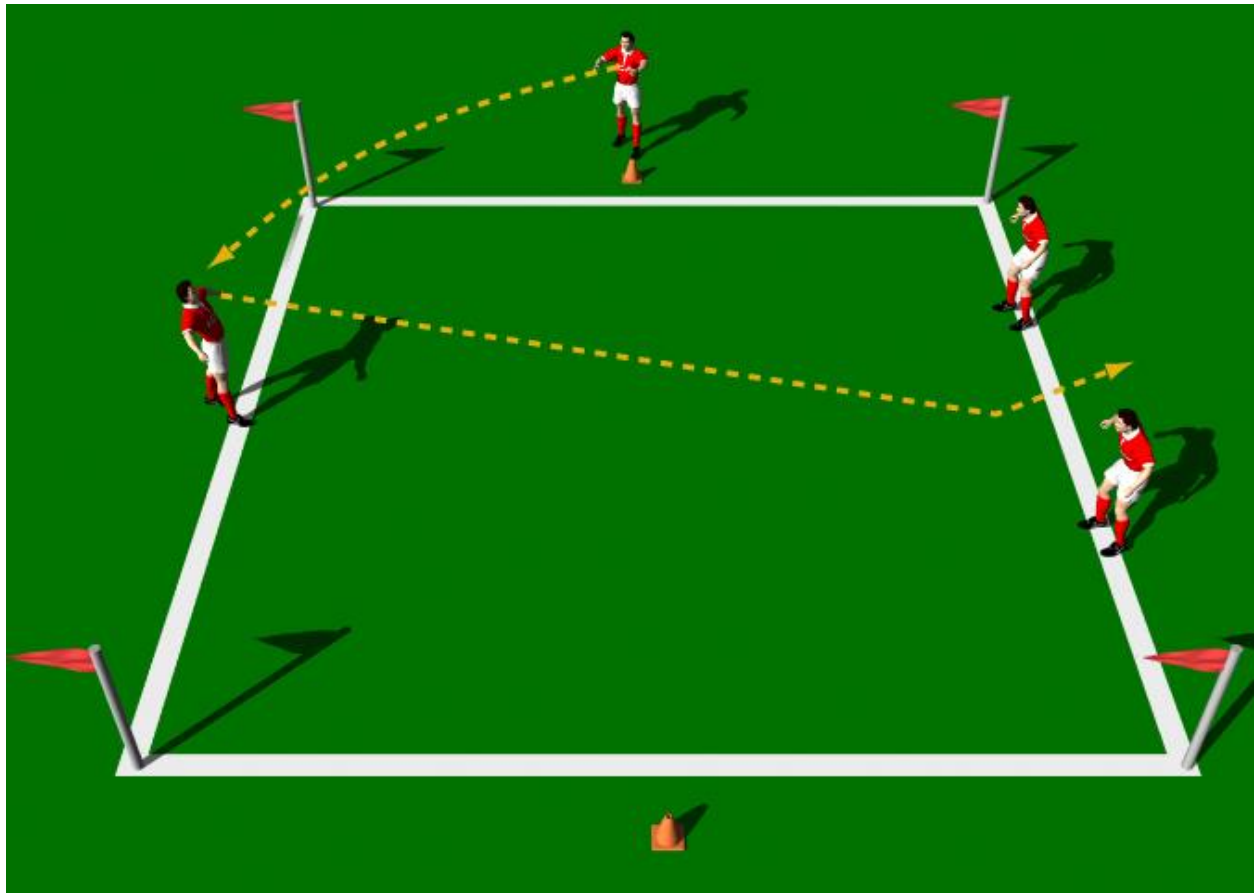
Field Preparation:

Entire Group
20 x 10 Yards
Supply of balls
Cones

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World Cup Heading 2v2



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "accuracy and power".

Coaching Pointers:

Four players are positioned in a grid 8 yards x 7 yards, using one ball. The players are divided into teams of two. Both sets of players defend a goal marked by the cones. The players act as goalkeepers and may use their hands to stop a header. Goals are scored with a header between the cones and under head-height of the players.

The practice starts with one server throwing a straight throw from the nearest sideline for their partner to head at goal. The player heading the ball must head from the goal-line. The two goalkeepers must try to stop the header. When they catch the ball they also must serve from the nearest sideline and head at goal. The players must always keep the correct sequence; no player may have two headers in succession. If a team defending can head the ball back at goal without first catching the ball they can score 2 goals for a double header, 3 goals for a triple header and so on.

After the server throws the ball to his partner he must quickly return to his goal line to defend the goal. A supply of balls should be placed alongside the grid to maintain a high tempo. Encourage the players to attempt "Diving Headers" at goal when the opportunity presents itself.

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Speed and Agility Warm Up Sequence



Jumping Jacks



Seals



High Knees



Butt Kickers



Lunges



Soldier Kicks



Ankle Grabs



Side Shuffles



Full Speed Sprints

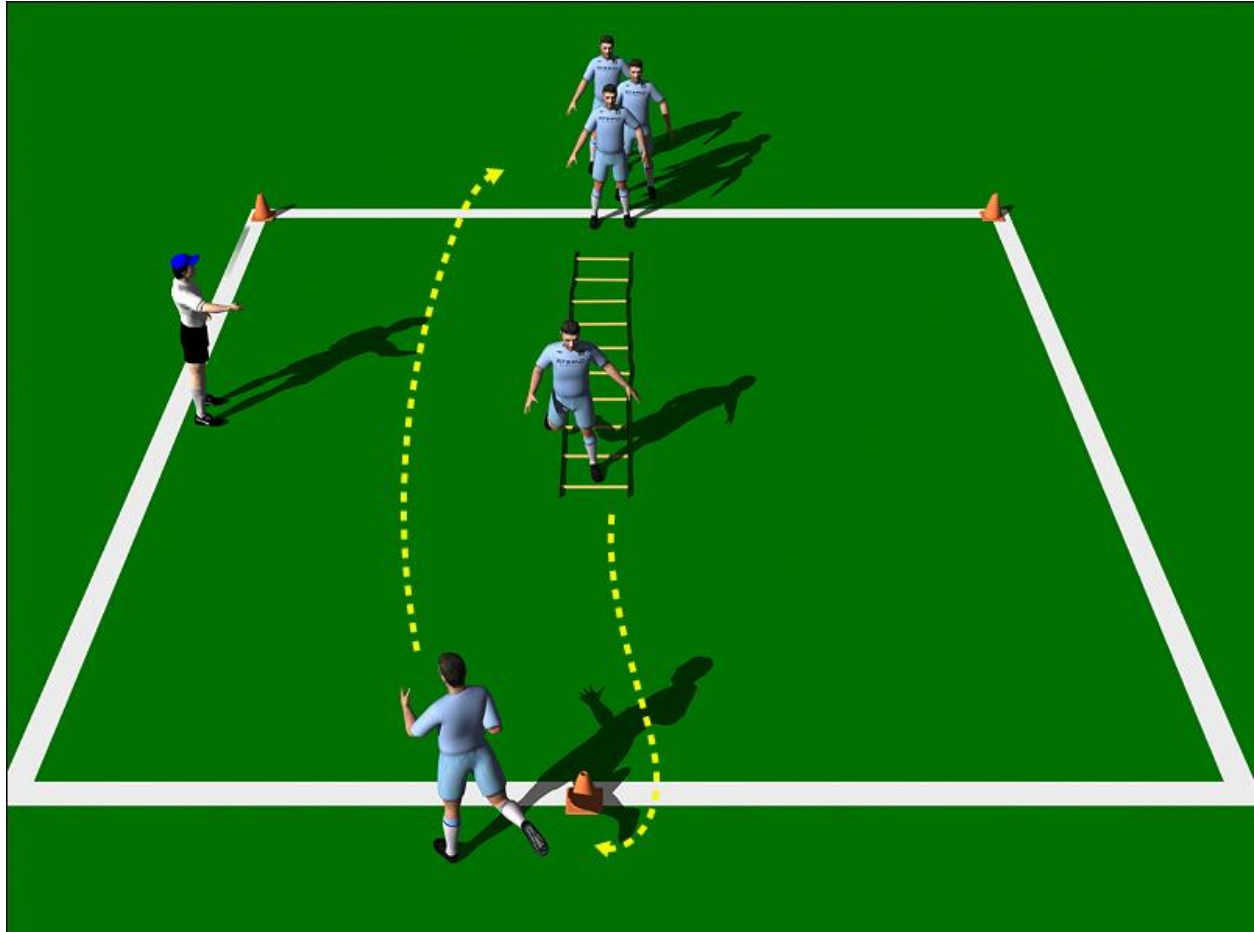
In the Speed and Agility Warm Up sequence the coach puts his players through a dynamic warm up, using a variety of stretches and movements.

- Jumping Jacks
- Seals
- High Knees
- Butt Kickers
- Lunges
- Soldier Kicks
- Ankle Grabs
- Side Shuffles
- Full Speed Sprints

Field Preparation

Entire group
Area 30 x 30 yards
Cones

Ladder Ickey Shuffle



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

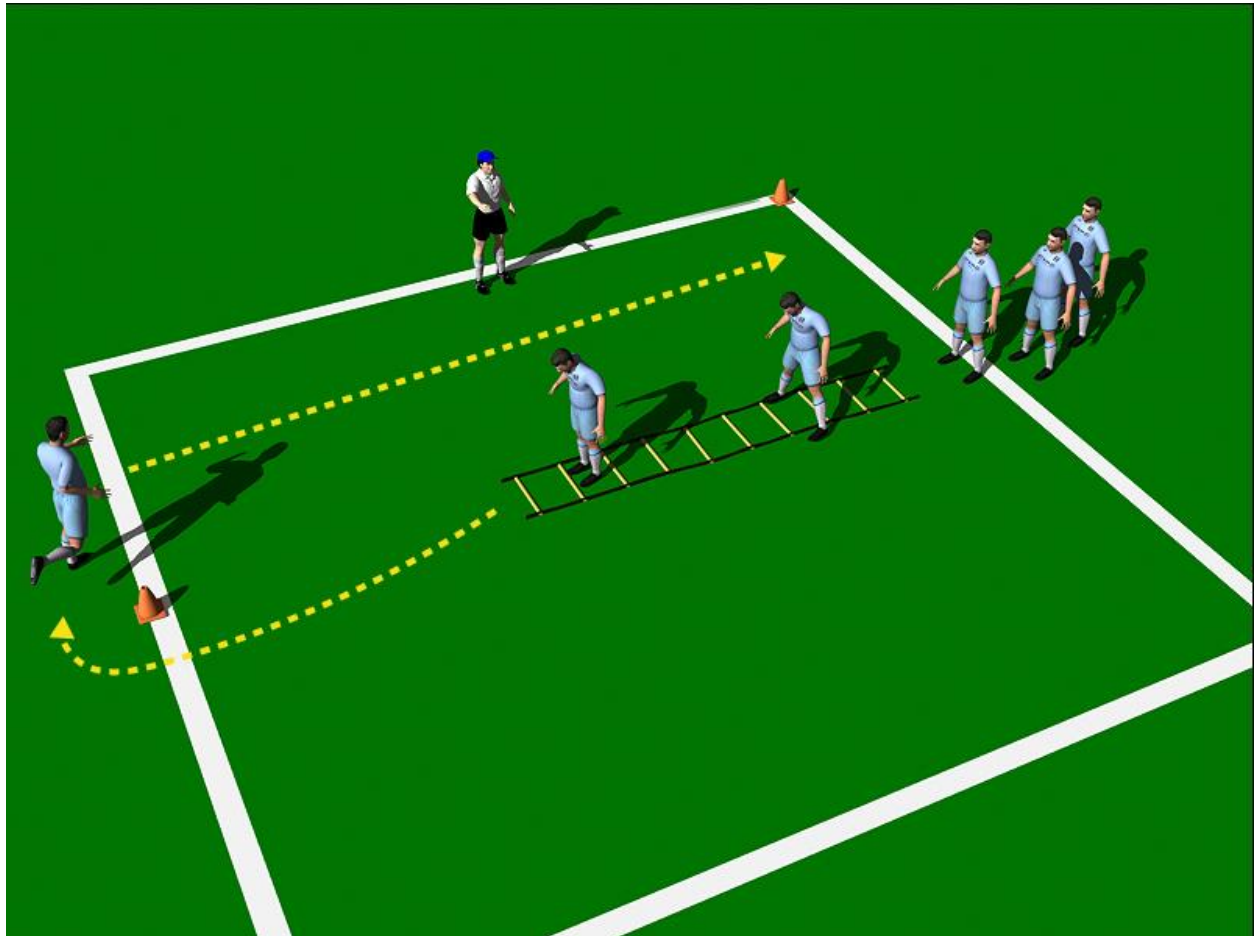
Use your entire team in this drill. Have several ladders reduce long lines. The Ickey shuffle (named after former NFL player Elbert "Ickey" Woods) is an advanced ladder drill. The foot pattern is a "2 in 1 out", which means that two feet will enter a square before one moves out. The player should stay on their toes.

Players begin by standing on one side of the agility ladder. Step into the first square with one foot. Their opposite foot should enter immediately after. As the second foot enters the square, the leading leg (the one you started with initially) should move laterally outside of the square. Plant the outside leg in a manner that allows to move laterally into the next square. Advance your way down the ladder by alternating between the inside and outside feet.

Field Preparation:

Area approximately 20 yards x 20 yards, Entire group, Agility ladders and cones.

Ladder In and Out Drill



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders reduce long lines.

Players begin by standing in front of the agility ladder with their feet hip width apart. Begin by hopping forward with both feet into the first square. Immediately push off with both feet and spread feet apart so they are outside the ladder. Hop forward into the next square with feet hip width apart. Repeat through the entire ladder as quickly as possible.

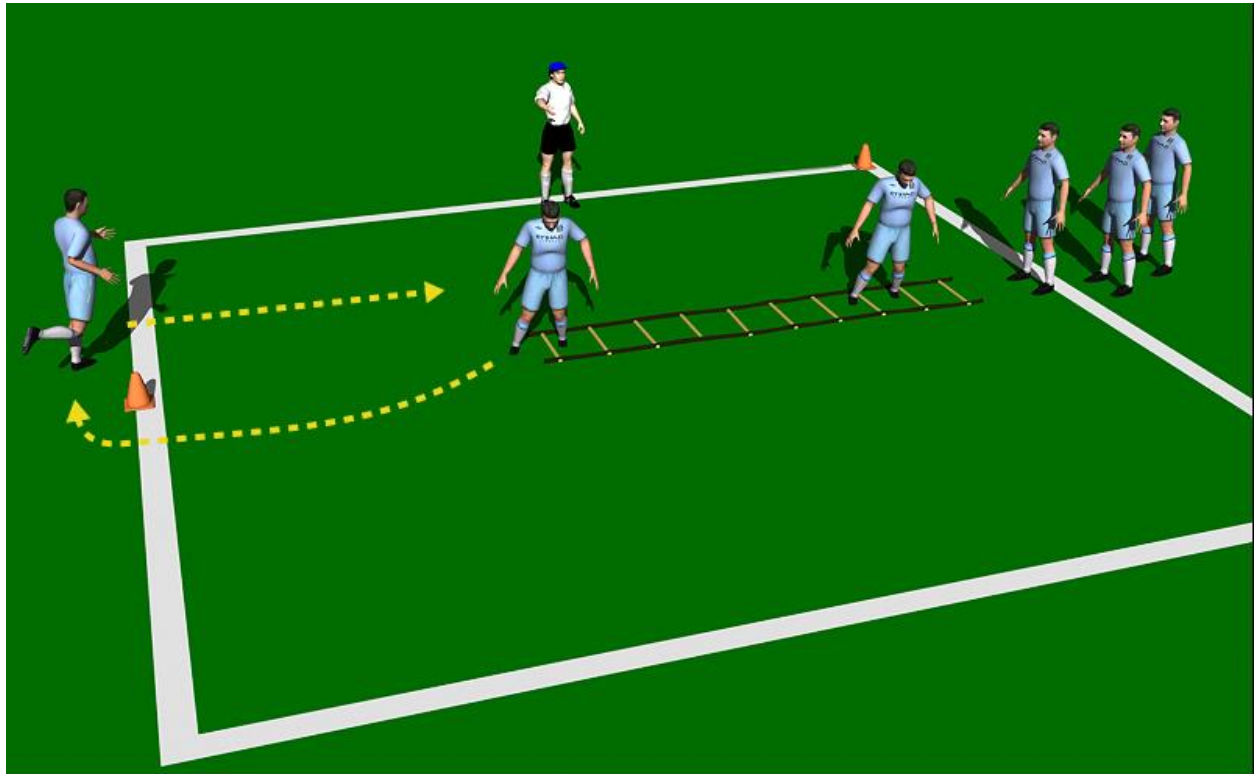
Field Preparation:

Area approximately 20 yards x 20 yards.

Entire group

Agility ladders and cones.

Ladder Lateral Sprints



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders to reduce long lines.

Players begin by standing sideways to the agility ladder with their feet hip width apart. Step into the first square with one foot. Their opposite foot should enter immediately after. As the second foot enters the square, the leading leg (the one you started with initially) should move laterally outside of the square. Plant the outside leg in a manner that allows to move laterally into the next square. Advance your way down the ladder by alternating between the inside and outside feet.

Field Preparation:

Area approximately 20 yards x 20 yards.

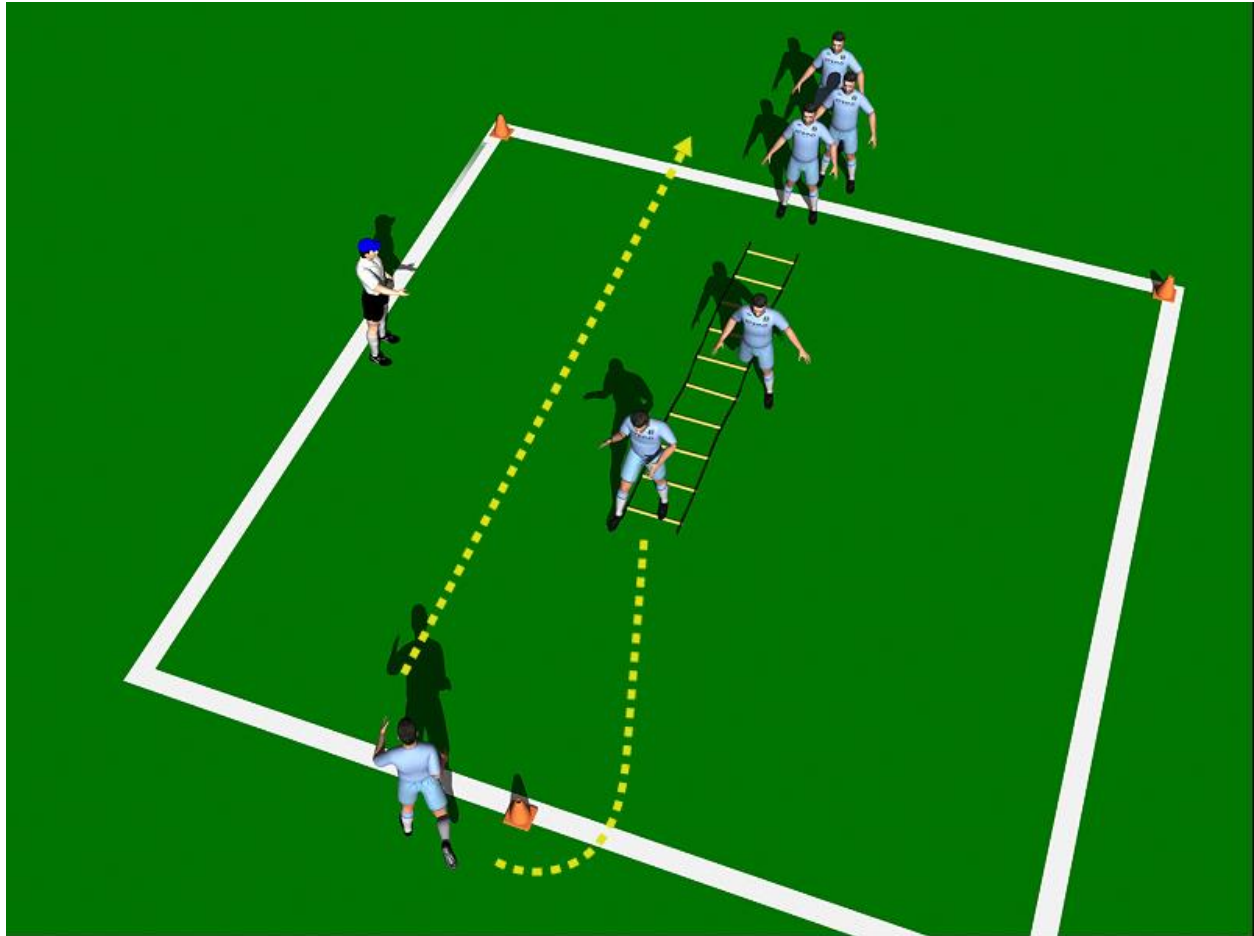
Entire group

Agility ladders and cones.

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Ladder Skaters Drill



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders reduce long lines.

Players should begin on the right side of the first ladder. Using your right leg, jump sideways to the left side of the ladder, and land using your left leg. With your left leg, jump to the right side of the agility ladder, and land using your right leg. Repeat the movement to advance down the agility ladder. The key to this exercise is to jump quickly.

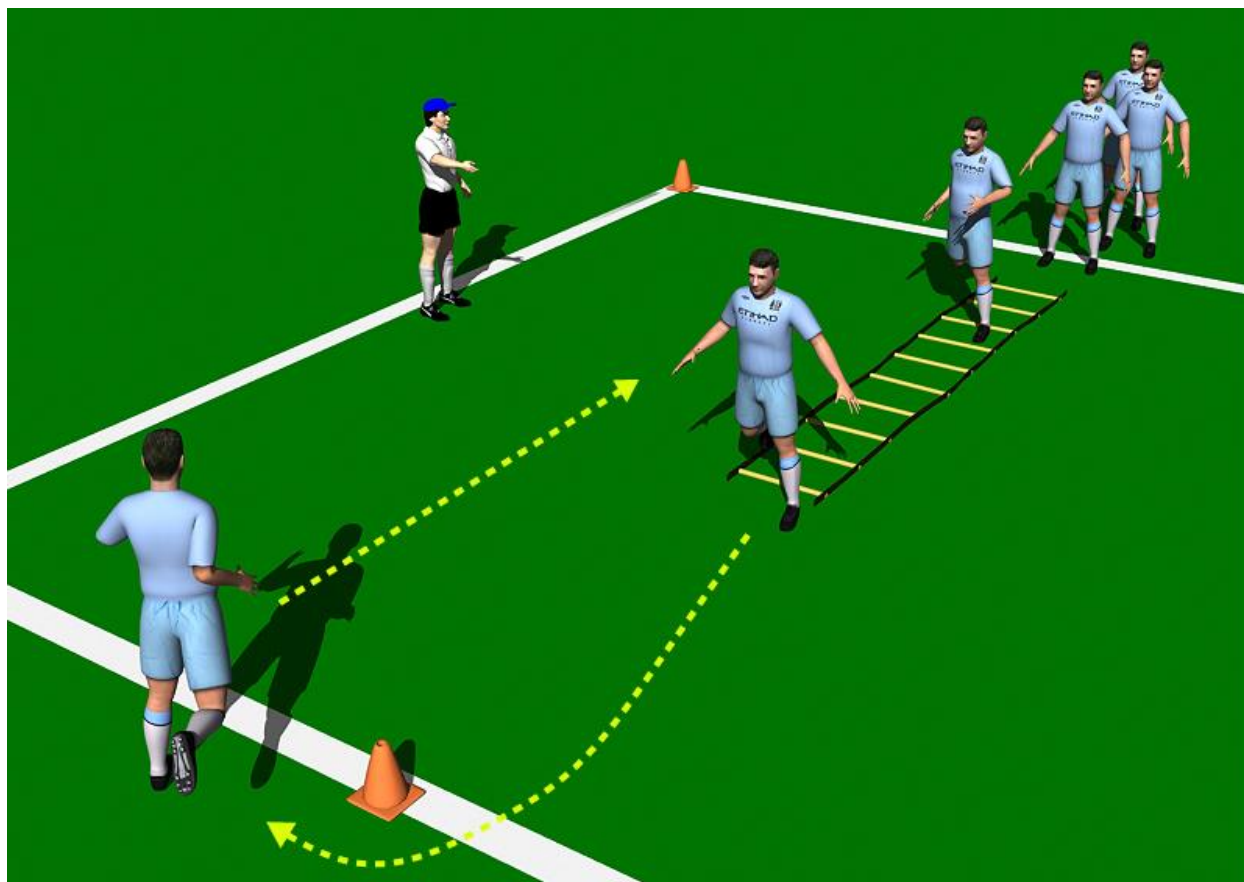
Field Preparation:

Area approximately 20 yards x 20 yards.

Entire group

Agility ladders and cones.

Ladder Sprint Drill



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders reduce long lines.

Player should simply run straight through the ladder. Both feet enter one square before moving to the next. Be sure to stay on your toes at all times. Once through the ladder explode to the cone.

Field Preparation:

Area approximately 20 yards x 20 yards.

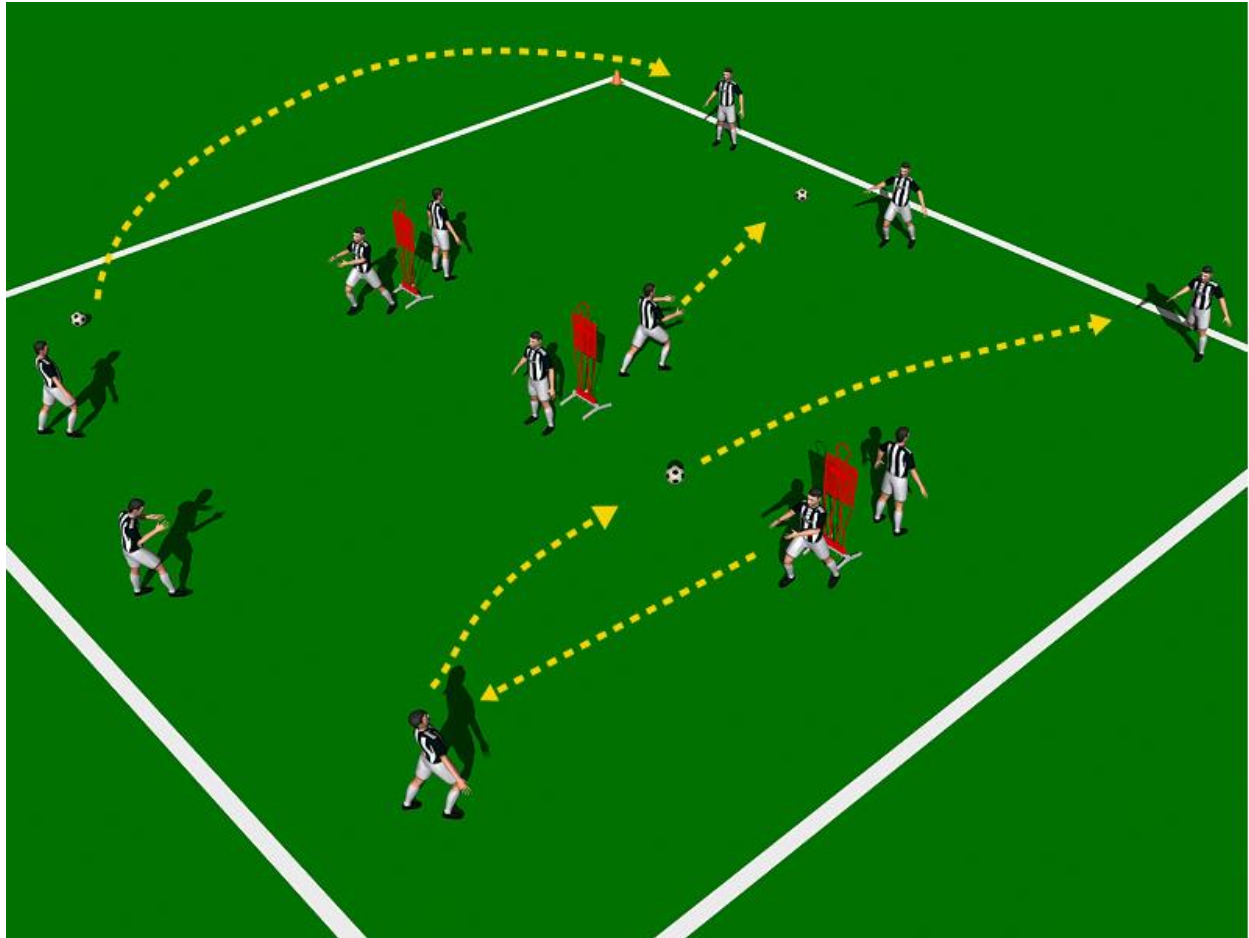
Entire group

Agility ladders and cones.

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Mannequin Defensive Heading



Exercise Objectives:

This practice drill is designed to help players improve on their “Defensive Heading” technique.

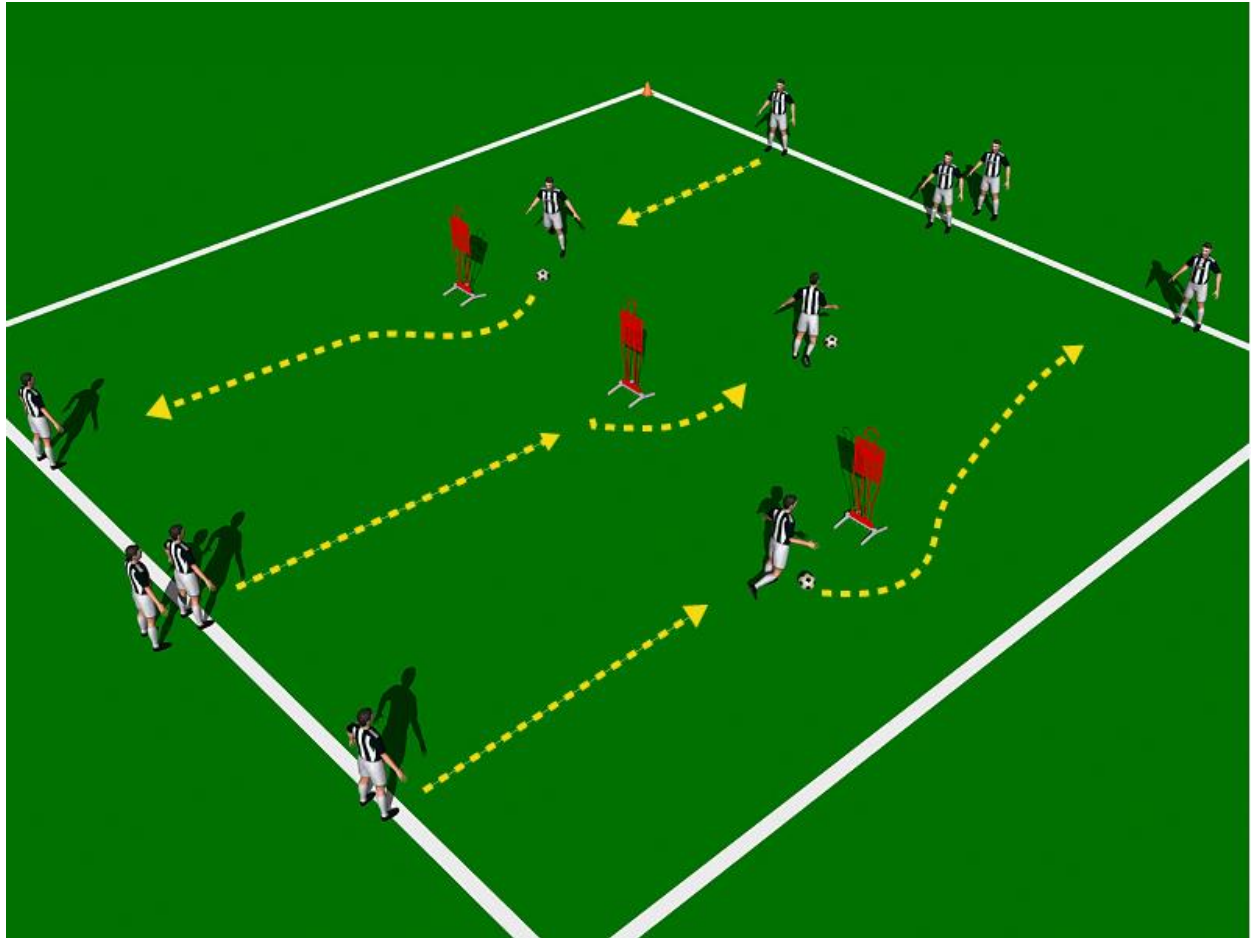
Coaching Pointers:

Place four players inside the area as in the diagram above. Two servers, and two players heading the ball. The practice starts with one server throwing the ball for his teammate to head “Over” the mannequin to the opposite player. The object is for the player to head the ball far and high, for the opposite player to catch. The drill is then repeated from the opposite side. Swap roles after several minutes.

Field Preparation:

Area approximately 30 yards x 30 yards.
4 Players per group
Balls, bibs and cones
Mannequins

Mannequin Change of Pace and Direction Drill



Exercise Objectives:

This exercise focuses on developing change of pace and change of direction with the ball. It is a short exercise that can be incorporated into any warm up session.

Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see video above). The first player in each group runs at the mannequin and executes a body feint before acceleration into the space behind the mannequin. He continues to the opposite side. The drill is then repeated from the other side. All players rotate through the mannequins in a circular fashion.

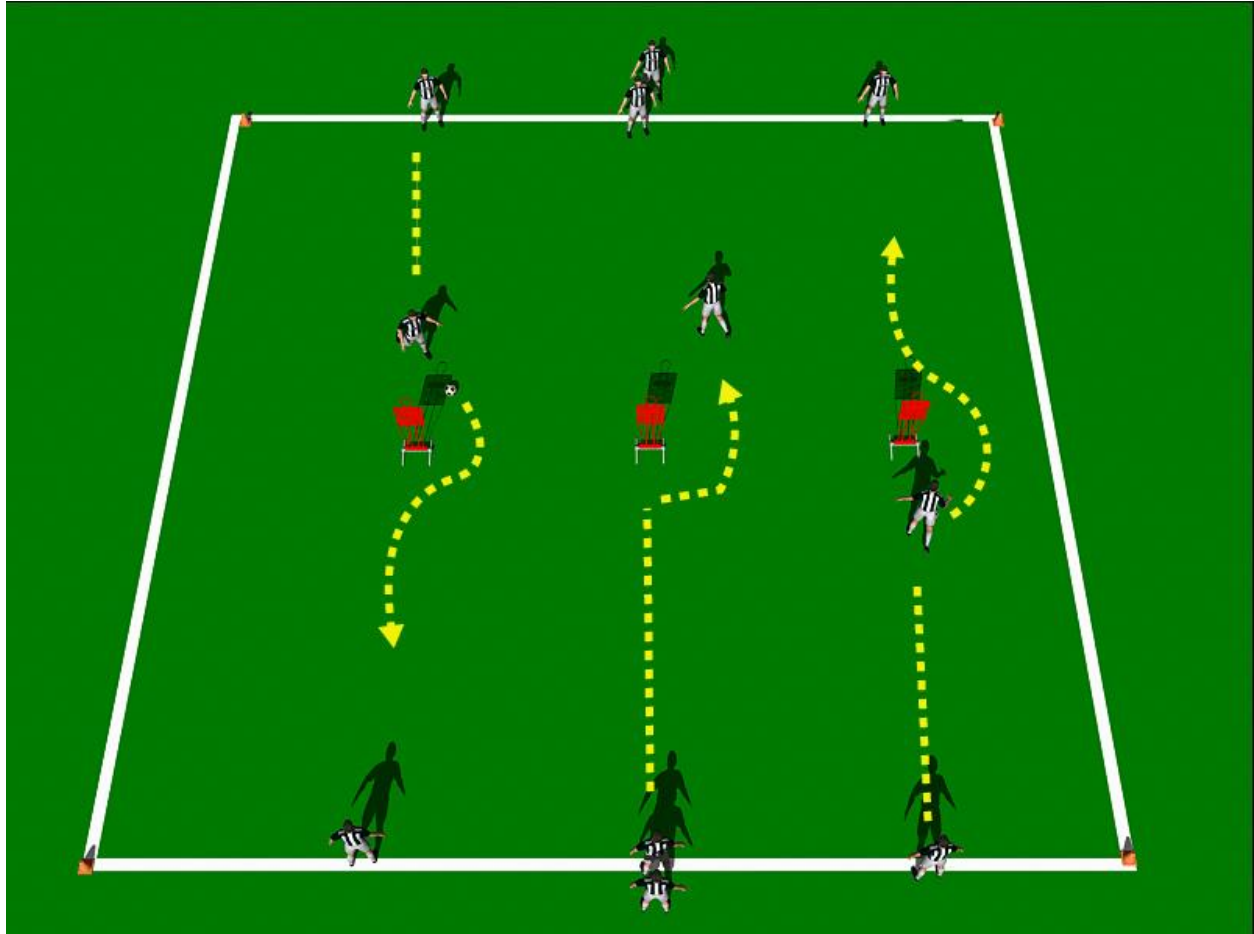
Focus on:

Realistic body feints, dip the shoulder, Change of Speed, Change of direction

Field Preparation

Area approximately 30 x 20 yards, Entire Group, Mannequins.

Mannequin Scissors Move Drill



Exercise Objectives:

This exercise focuses on developing the “**scissors move**” with a change of pace and change of direction with the ball. It is a short exercise that can be incorporated into any warm up session.

Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see video above). The first player in each group runs at the mannequin and executes a “**scissors move**” before acceleration into the space behind the mannequin. He continues to the opposite side. The drill is then repeated from the other side. All players rotate through the mannequins in a circular fashion.

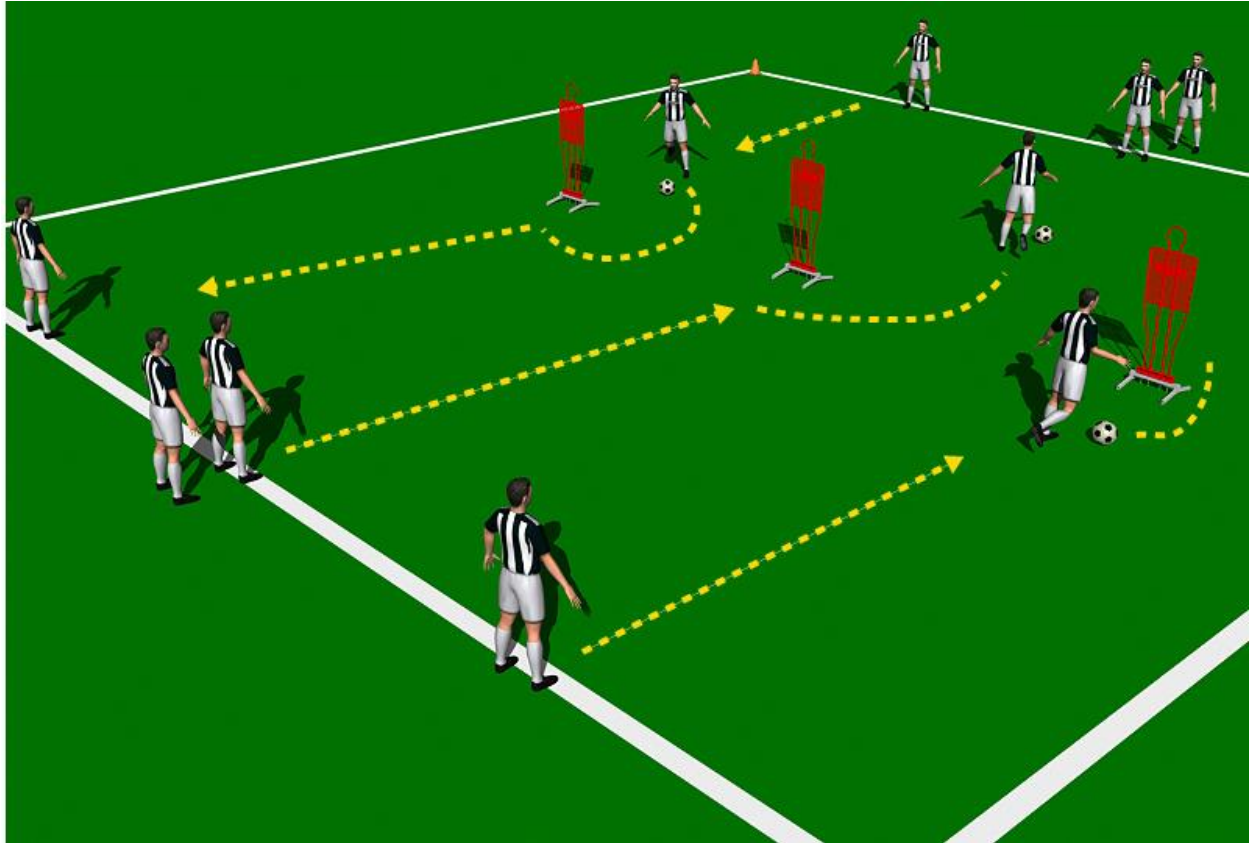
Focus on:

Clean technique, Change of Speed, Change of direction

Field Preparation

Area approximately 30 x 20 yards, Entire Group, Mannequins.

Mannequin Spin Outs Drill



Exercise Objectives:

This exercise focuses on developing the “**spin out move**” with a change of pace and change of direction with the ball. It is a short exercise that can be incorporated into any warm up session.

Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see video above). The first player in each group runs at the mannequin and executes a “**spin out move**” before acceleration into the space behind the mannequin. He continues to the opposite side. The drill is then repeated from the other side. All players rotate through the mannequins in a circular fashion.

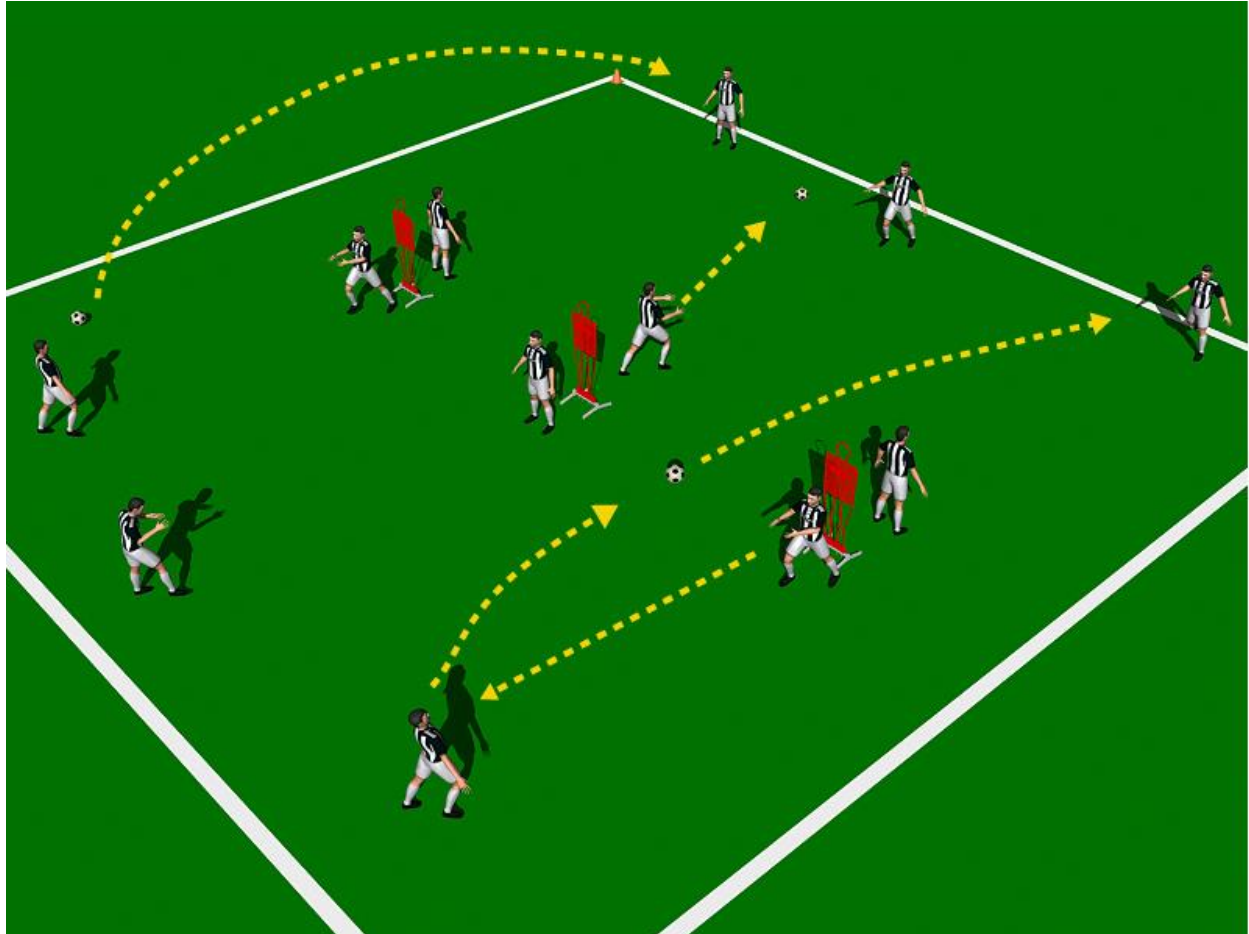
Focus on:

Clean technique
Change of Speed
Change of direction

Field Preparation

Area approximately 30 x 20 yards.
Entire Group
Mannequins

Mannequin Defensive Heading



Exercise Objectives:

This practice drill is designed to help players improve on their “Defensive Heading” technique.

Coaching Pointers:

Place four players inside the area as in the diagram above. Two servers, and two players heading the ball. The practice starts with one server throwing the ball for his teammate to head “Over” the mannequin to the opposite player. The object is for the player to head the ball far and high, for the opposite player to catch. The drill is then repeated from the opposite side.

Swap roles after several minutes.

Field Preparation:

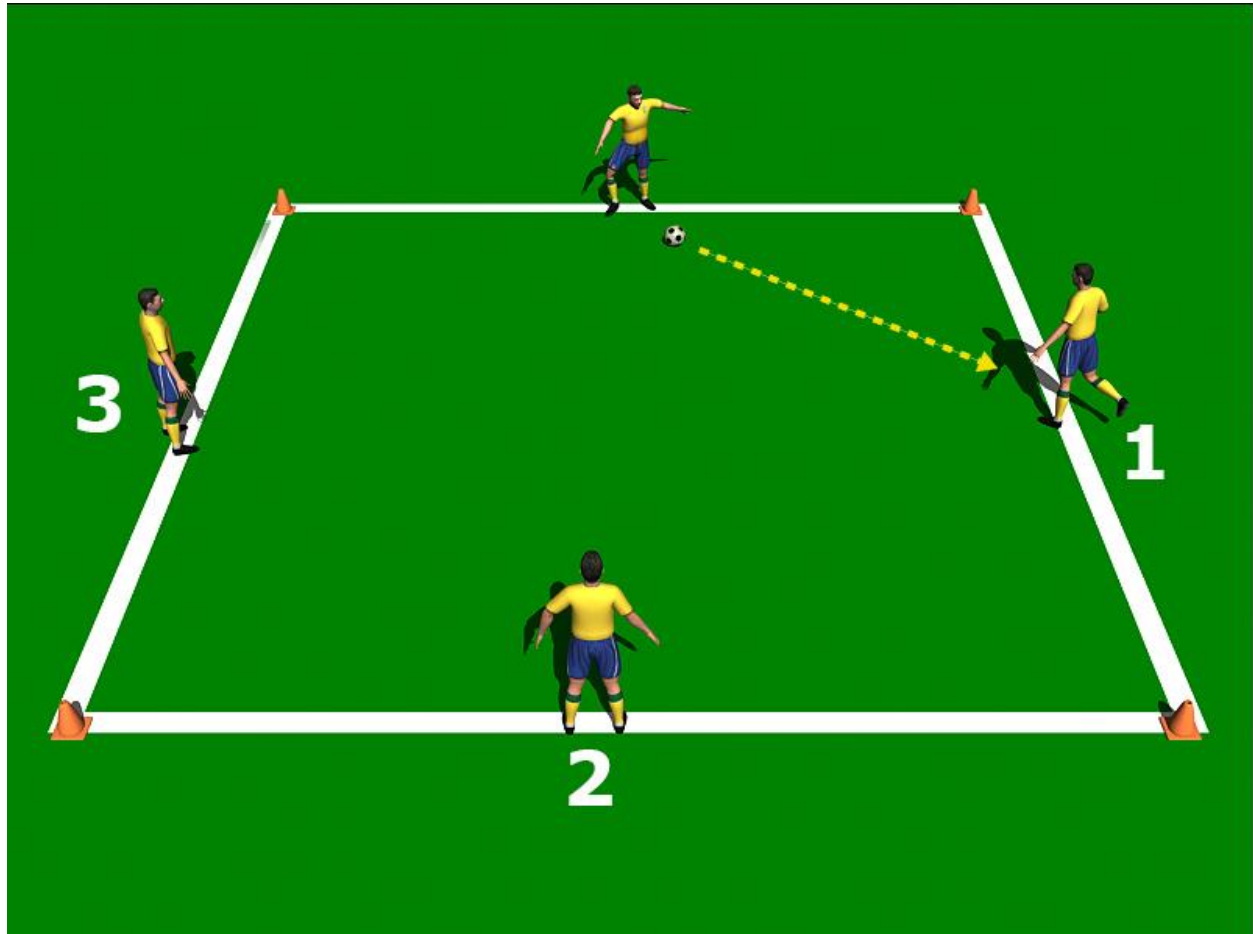
Area approximately 30 yards x 30 yards.

4 Players per group

Balls, bibs and cones

Mannequins

Numbers Passing Drill



Exercise Objectives:

This drill will improve each players' "quick decision making" when passing the ball. It is a challenging drill, especially for younger players.

Coaching Pointers:

Divide your team into groups of four and position one on each side of the square (see video above). To start the exercise, one player is the "receiving player" and the other players pass to him. The three passing players are numbered (1,2 and 3). When a passing player passes the ball, he must shout out "1,2 or 3. The receiver must then play the ball the number called. The drill should be at a high tempo to challenge the player. Play "one touch" whenever possible.

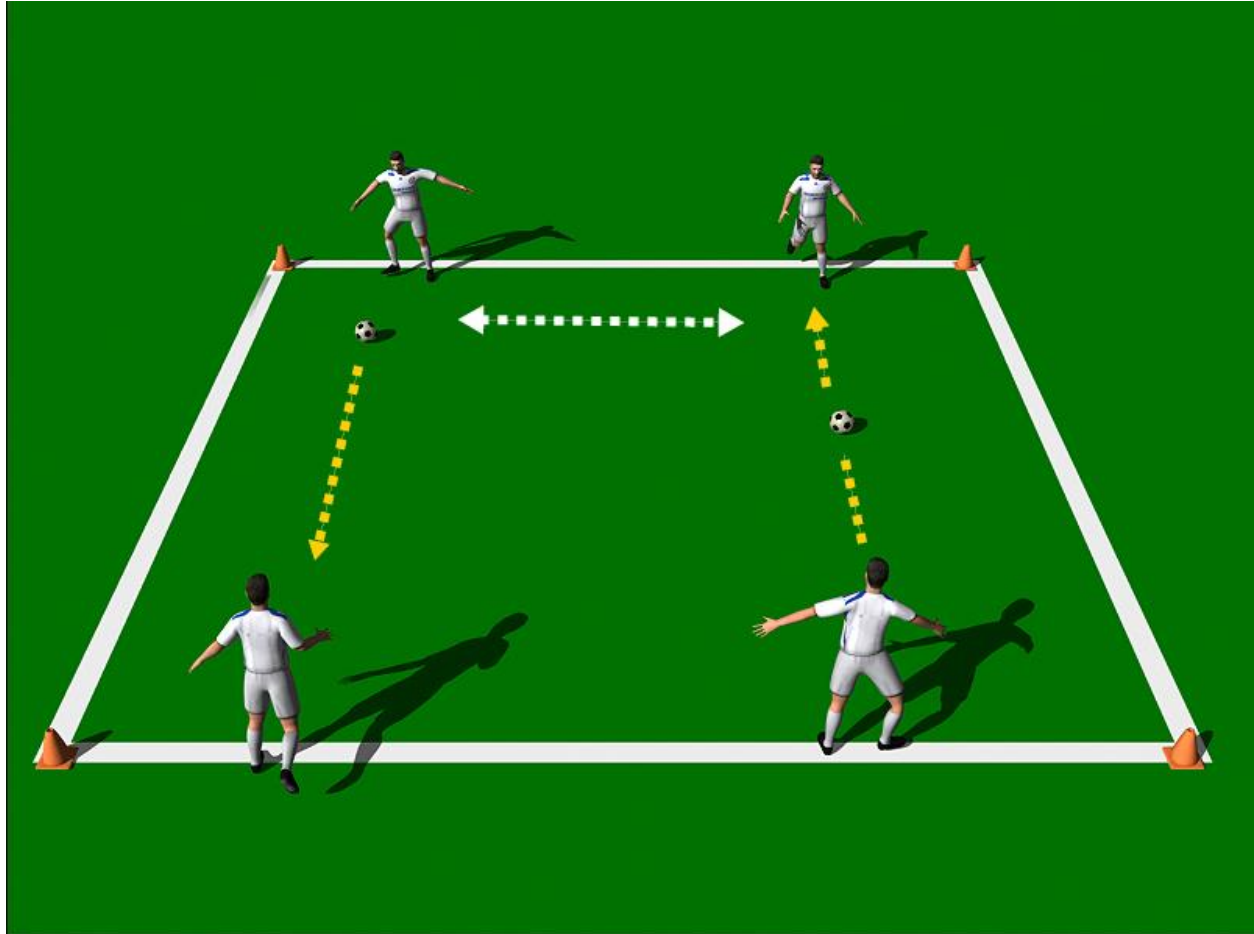
Focus on:

Speed of thought, Quality passes, Loud communication

Field Preparation

Area approximately 10 x 10 yards, Groups of four, Balls and Cones

Pass and Swap Drill



Exercise Objectives:

This Pass and Swap drill is a great exercise to improve each player's quick movement off the ball. It's a short exercise, but challenging if the drill is performed at a high tempo.

Coaching Pointers:

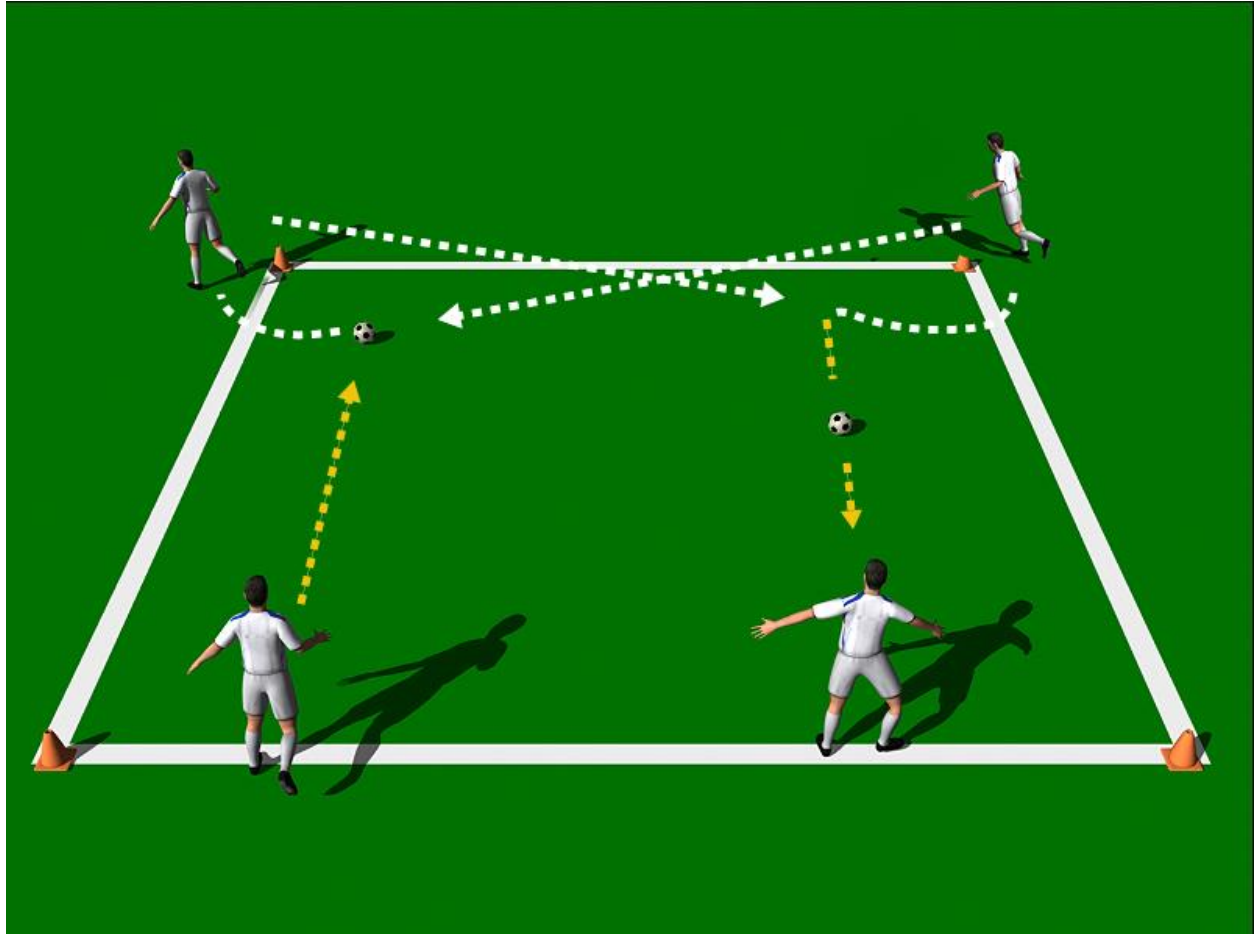
Divide your team into groups of four. Place two players on each side of the square. Two players with the ball are the servers, the opposite are the receivers. (see video above). To start the exercise, the server passes the ball back and forth to the player opposite him. Try to establish a good passing tempo. On the coach's whistle, the receiving players swap positions as quickly as possible and receive a pass from the other server. First player to get a touch, receives a point. Perform for several minutes, then swap roles.

Focus on:

Speed of thought, Quality passes, Explosive movement.

Field Preparation: Area approximately 10 x 10 yards, Groups of four, Balls and Cones.

Pass, Swap and Sprint Drill



Exercise Objectives:

This Pass, Swap and Sprint drill is a great exercise to improve each player's quick movement off the ball. It's a short exercise, but challenging if the drill is performed at a high tempo.

Coaching Pointers:

Divide your team into groups of four. Place two players on each side of the square. Two players with the ball are the servers, the opposite are the receivers. (see video above). To start the exercise, the server passes the ball back and forth to the player opposite him. Try to establish a good passing tempo. On the coach's whistle, the receiving players must **sprint around the cone** and swap positions as quickly as possible and receive a pass from the other server. First player to get a touch, receives a point. Perform for several minutes, then swap roles.

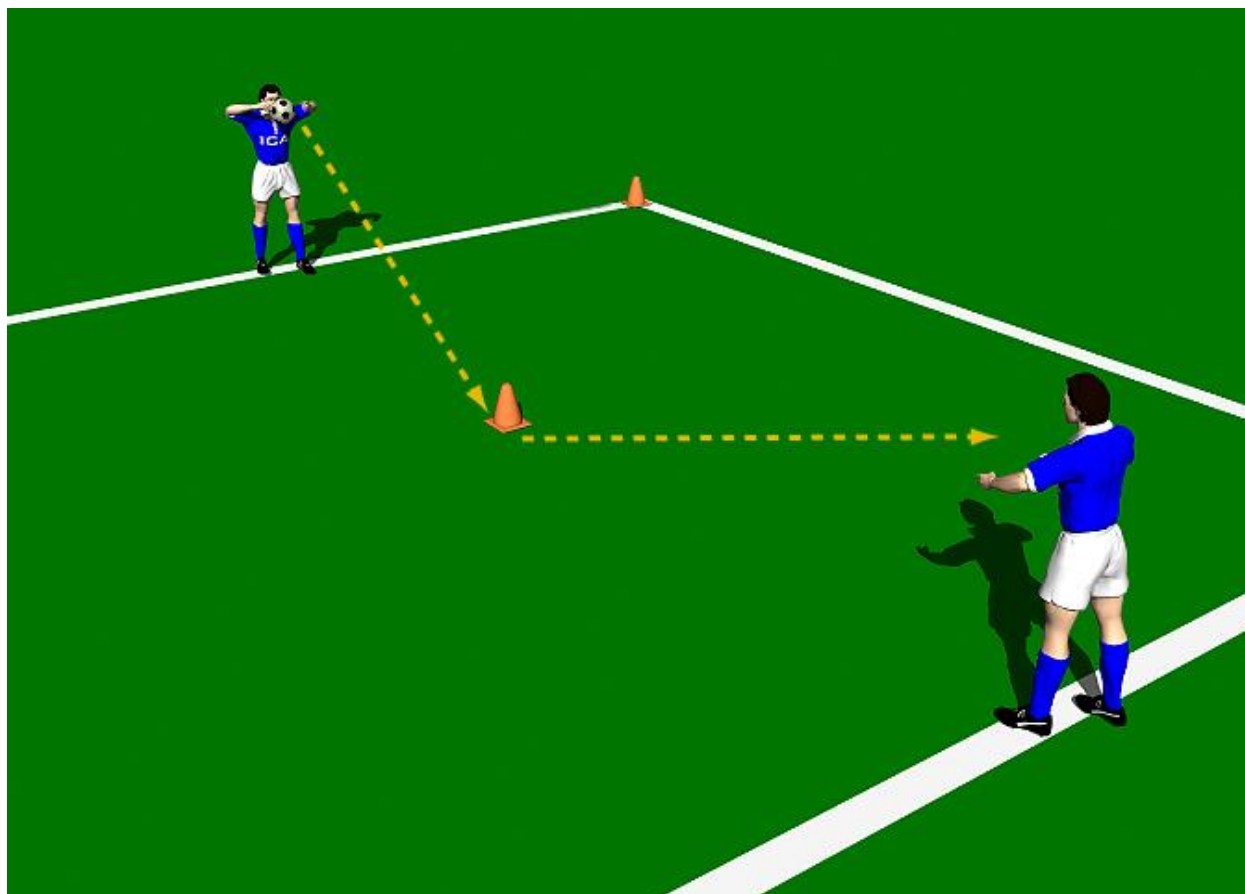
Field Preparation

Area approximately 10 x 10 yards, Groups of four, Balls and Cones.

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Target Heading Drill



Exercise Objectives:

This practice is designed to improve accuracy and power when heading the ball.

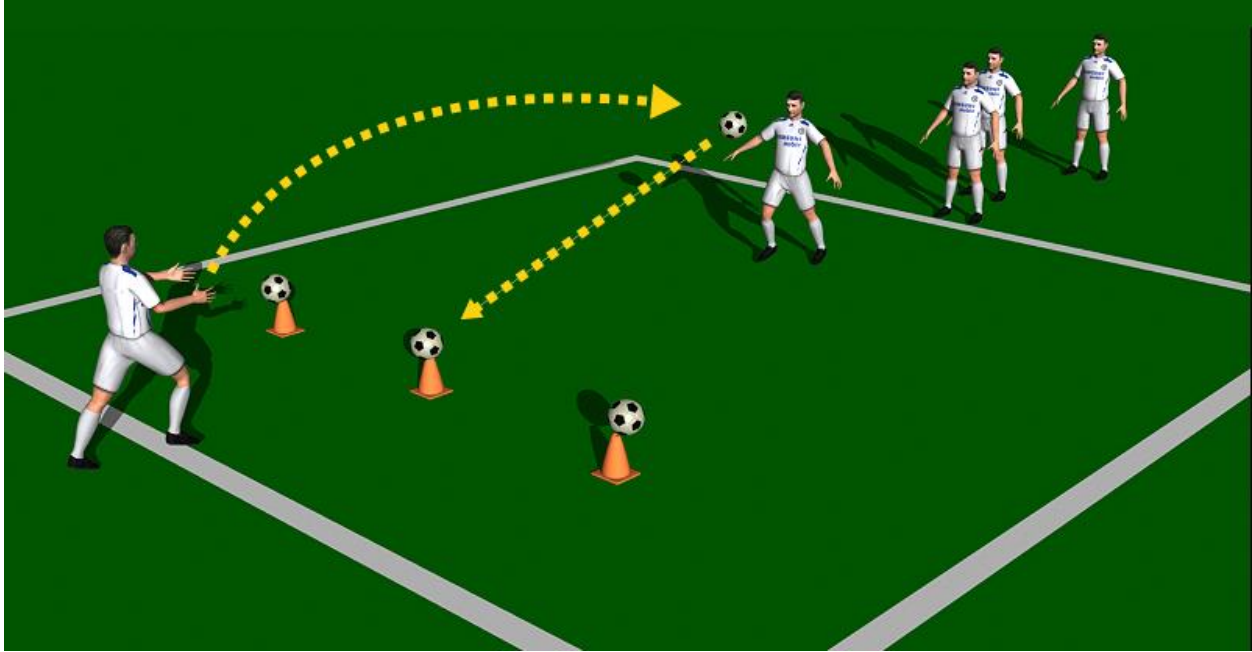
Coaching Pointers:

Two players are positioned approximately 10 yards opposite each other. A cone is placed in between them, with a ball on top of the cones if possible. (as in the video above). One player holds the ball firmly between their hands. The players alternate heading the ball from their hands, while attempting to hit the cone/ball. A goal is awarded each time a player hits the cone/ball.

The coach should emphasize the following coaching points:

- Position feet one behind the other. This will lead to good balance.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Holding the ball, bring the ball quickly up towards the forehead. Swing the upper body backwards, then forward quickly and make contact on the ball with the center of the forehead.
- Do not let go of the ball; use the power of the head to hit the ball out of the hands.
- The player should direct the ball downward to hit the cone.
- Do not tilt the head too far back or the ball will skim from the head.

Team Target Heading Drill



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

Coaching Pointers:

In an area 10 yards x 15 yards, players alternate receiving the ball from the server. The receiving player must head the ball to try and hit the cone/ball (as in the video above). The players alternate heading the ball, while attempting to score. A goal is awarded each time a player hits the cone/ball. After each header the receiver must turn and join the end of the group. Make a team completion out of the drill. First team to hit all 3 cones wins!

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed.

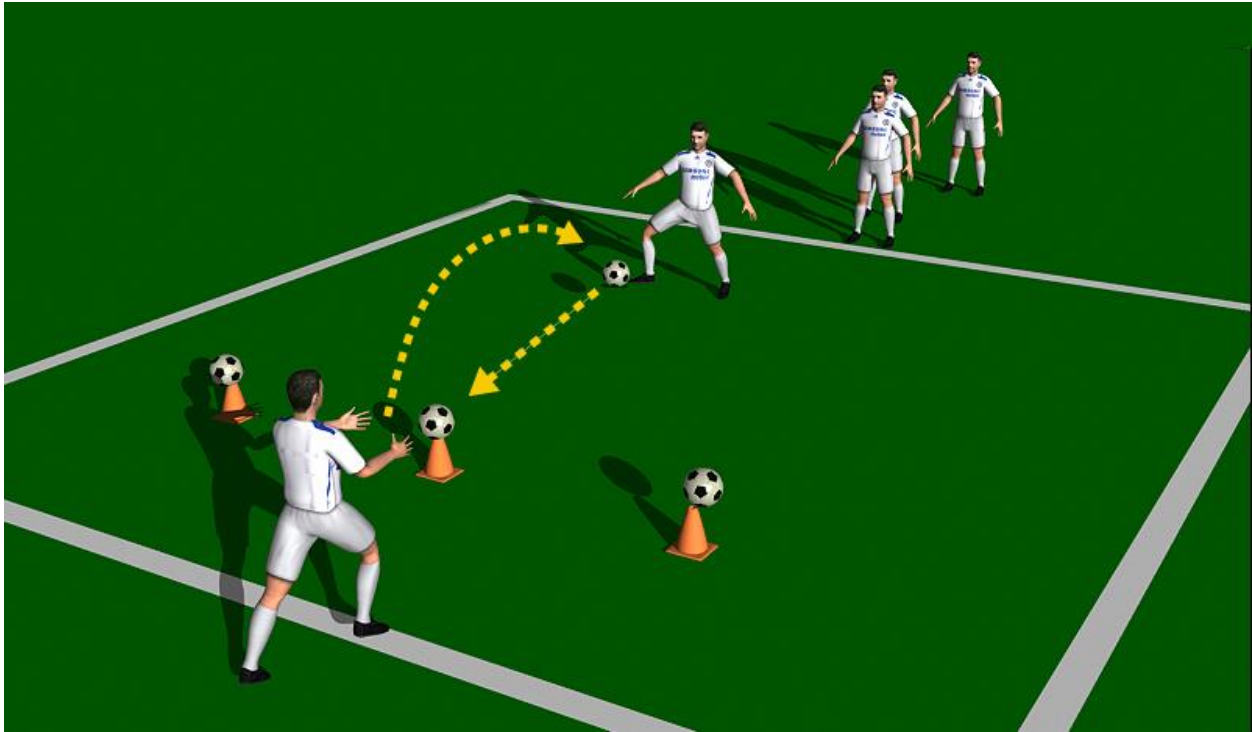
Field Preparation

Small group of players
Area 10 x 15 yards
Cones
Supply of balls

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Team Volley Target Drill



Exercise Objectives:

This practice is structured to improve the technical ability of "Volleying for accuracy".

Coaching Pointers:

In an area 10 yards x 15 yards, players alternate receiving the ball from the server. The receiving player must **volley** the ball to try and hit the cone/ball (as in the video above). The players alternate volleying the ball, while attempting to score. A goal is awarded each time a player hits the cone/ball. After each volley the receiver must turn and join the end of the group. Make a team completion out of the drill. First team to hit all 3 cones wins!

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed.

Field Preparation

Small group of players

Area 10 x 15 yards

Cones

Supply of balls

Warm Up Games



In this sequence the coach puts his players through a variety of warm ups games using the ball.

- One bounce through legs
- Bounce behind the back
- Juggle and Spin 180
- Juggle and Forward Roll
- Up and Under
- Trunk Twists
- Roll the Ball
- Ball Sequence

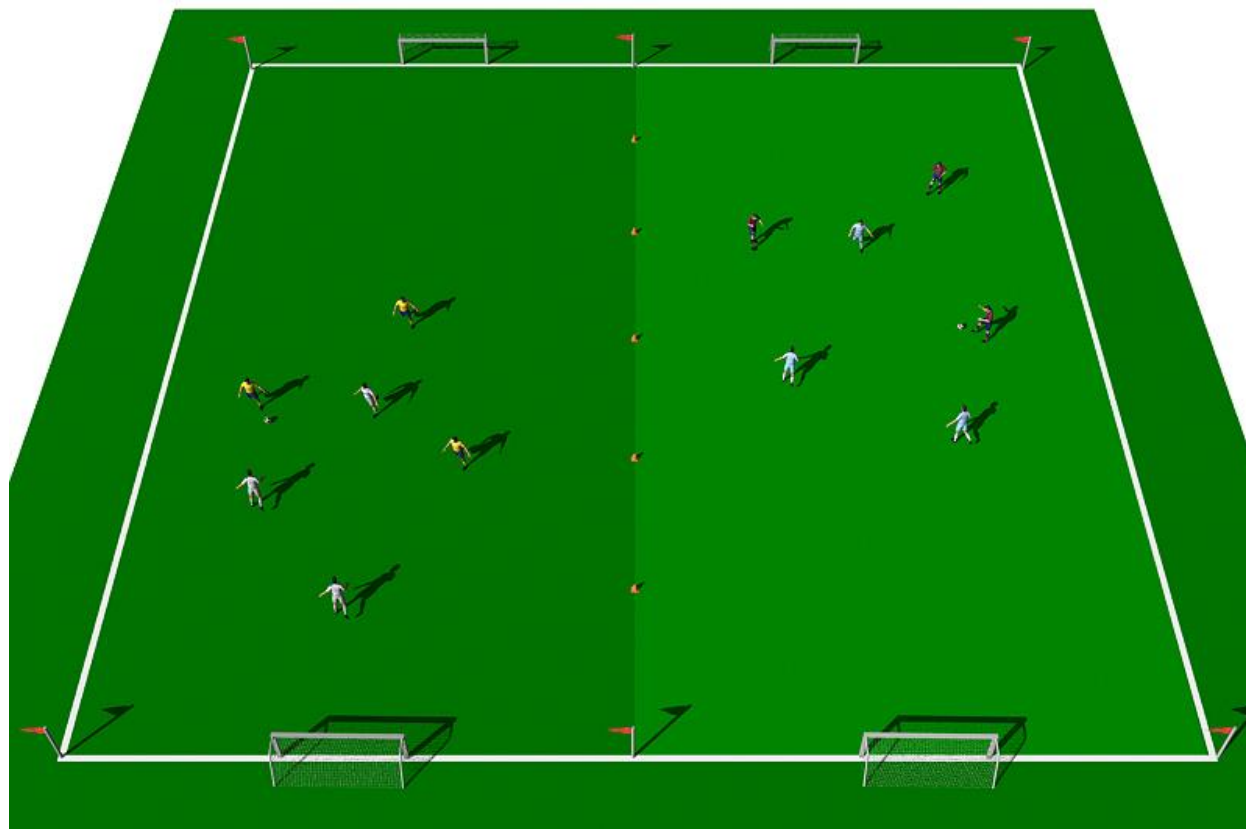
Field Preparation

Entire group
Area 30 x 30 yards
Cones
Supply of balls

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3v3 World Cup Tournament



Exercise Objectives:

The 3v3 World Cup Tournament is an opportunity for your players to have fun and express themselves in a small sided situation.

Coaching Pointers:

Divide your group into teams of 3. Make several small sided fields, using small goals if you have them available. Give each team a name; e.g. England, Scotland, Jamaica, Germany. Play a round robin tournament with each team playing everyone. Game are short and only last a few minutes. Keep score and determine a winner. 3 points for a win, 1 point for a tie.

Field Preparation

Teams of 3 players

Area 20 x 20 yards fields

Cones

Supply of balls

Small goals