

Soccer Practice Sessions



Phase II

11 - 14 year old

Creating the Decision Maker

Player and Coach



By
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www.soccerpracticesessions.com

Acknowledgements

Thank you to every player I have coached.



Academy Soccer Coach

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Contents



Competing to get the ball back.....This session will instill in your players the desire to compete. A key component to playing soccer.



Reacting to being 'out of balance'.....Your players reactions when losing the ball will improve with this excellent game related practice.



Pressing.....Improve defensive pressing and reactions when regaining possession. The opposition will not know what's coming!



Teaching pressure and cover.....Improve the teams understanding of defending. The skills of working together are taught in this practice session.



Shooting - Reactions.....This game related practice will improve your players ability to react in front of goal.



Move the ball away from pressure.....Your players reactions when losing the ball will improve with this excellent game related practice.



Field awareness.....Players will be scanning the field and they will be more aware of their surroundings.



Movement – Angles of support.....Improve your build up play with quick movement and support off the ball.



Overlaps.....Your players will be difficult to defend against once you have ran this practice session.



Ball control and decision making.....Improve passing and moving with this decision making practice session.



Playing the ball forward.....Improve your players decision making on how to play forward with purpose.



Goal-Keeper distribution.....Involve the goal-keepers in this practice session. They get left out a lot at practice. Make them feel part of the team.



Decision making - Possession.....Your players will love this possession practice that sharpens up their speed of thought.



Keep the ball moving.....The opposition will struggle with your teams speed of thought after you run this practice session a few times.



Passing, moving and support.....Your players will be keeping the ball and play beautiful soccer. Watch them combine passes through the lines.



Create an overload in attack.....Players must see the importance of creating an overload. This practice will help them understand this concept.



Soccer Practice Sessions

Competing to get the ball back (Pressing)

Area: Fun Rondo. Make a circle and have the players in pairs, either separated by colored pinnies or just name the pairs. One ball is used.

1. A pair is in the middle of the circle.
2. The outside players play keep away.
3. Whichever player gives the ball away goes into the middle with their partner and replaces the previous defenders.

Variation:

Limit the touches – two or one touch

Coaching points:

Fun start to the practice

Players keep their focus and are self directed



Area: 30 x 30 split into two equal halves, 15 x 30. 5 v 5 is shown (can go to 8v8) The coach has all the balls.

1. The coach passes the ball to the yellow team. They keep possession.
2. Two opposition players (green) enter the area and press the ball. They attempt to win the ball and pass it back to their team mates in the opposite area.
3. Once they do that they quickly move back in their area to keep possession.
4. The team that has lost the ball try to stop the team passing the ball across. If the ball does get passed to the opposite side then the team that lost the ball sends in two defenders to retrieve it.

If this is difficult for the players to win the ball and switch it, just allow them to win the ball and then the coach will pass the ball to the team that won it.

Coaching points:

Look for reactions when winning or losing the ball.

Team work. Communication



Area: 30 x 30 with two goals with goalkeepers. There are 4 defenders on the field and two teams of four jogging on the outside. All three teams are separated by colored pinnies. The coach has all the soccer balls.

1. The coach passes a ball to the defenders. The defenders pass and move around the area.
2. The coach calls out a color "Red!"
3. The red team enters the field and attempts to win the ball from the defending team and score on either goal.
4. The defenders play possession football.
5. After a few attempts, switch out the defenders.

Variation:

You can play numbers up with the attackers, play 4 v 2

Coaching points:

Pressure as a team.

Speed of thought when the ball is won by attackers.

Create scoring opportunities.





Soccer Practice Sessions

Reacting to being 'Out of balance'

Technical warm up Set-up two stations if needed (as shown) in a 60 x 40. There is a five yard zone in the middle of the playing area. Player 1 starts with the ball.

1. Player 1 passes the ball to player 2 then enters the field.
2. Player 2 passes to one of the reds. Player 2 then has to sprint into the 5 yard zone and then recover to help player 1.
3. Both reds enter the field and play a 2v1 with player 2 recovering to make a 2v2.

Variation

Play it as a 3v2 + 1

Coaching points:

- When to press and delay?
- Where do you force the attacker?
- Speed of recovery by player 2.



Small sided game – Area: 60 x 40, 12 players 6 v 6. The field is split in half. In one half Yellows are 4v3 while in the other half it is reds who are overloaded with a 2v1.

1. Yellows have the ball and are playing 4v3.
2. A red defender steps in and intercepts a pass. They then pass to a red forward.
3. One of the yellows can recover to help the lone defender to make it 2v2.
4. If yellows win the ball in their defending half and pass it into the attacking half then a yellow goes in to create the 4v3.

Variation:

Get the reds to be the recovering defending team

Coaching points:

- Speed of recovery
- Press, delay or win the tackle?



Area: 80 x 65 Defend and counter. 7v6 plus goalkeepers. Have a 5 yard breakout just inside the half. The defending red team play 3-1-3 and yellows play 3-3. The central attacker red and two wide players start at the break out line. Play starts with the central red player.

1. The central attacker passes to a yellow.
2. The three attackers drop back to help and outnumber the yellows.
3. The reds look to win the ball back and quickly counter attack.
4. Yellows can retreat once the ball has been won by the reds.

Coaching points:

- Good lvl defending. Press in the right areas
- Quickly pass forward to launch the counter attack.
- Communication





Soccer Practice Sessions

Pressing

Tail Tag

Area: 20 x 20, Each player has a pinnie (bib) tucked in the back of their shorts. Play with two / three teams all separated by a colored pinnie.

1. The players run around inside the area trying to steal any pinnie from any player.
2. Once they grab a pinnie, they throw it out of the playing area.
3. The player who has had their pinnie thrown away can now put it back in and rejoin the game.

Variation:

1. Now play in color v's color.
2. Once your pinnie is taken, you are out.

Coaching points:

Players are positive and face each other like you would in a 1v1 game situation. Can they double team a player?



Area: 20 x 40 split into two equal halves. 5 v 5 is shown. The coach has all the balls.

1. The coach passes the ball to one team. They keep possession.
2. Two opposition players enter the area and press the ball. They attempt to win the ball and pass it back to their team mates in the opposite area.
3. Once they do that they quickly move back in their area to keep possession.
4. The team that has lost the ball try to stop the team passing the ball across. If the ball does get passed to the opposite side then the team that lost the ball sends in two defenders to retrieve it.

Coaching points:

Look for reactions when winning or losing the ball.
Team work. Communication



Area: 30 x 30 with two goals with goalkeepers. There are 4 defenders on the field and two teams of four jogging on the outside. All three teams are separated by colored bibs. The coach has all the soccer balls.

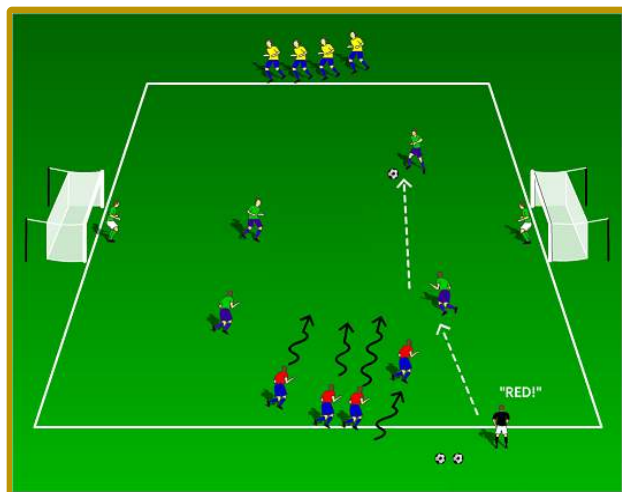
1. The coach passes a ball to the defenders. The defenders pass and move around the area.
2. The coach calls out a color "Red!"
3. The red team enters the field and attempts to win the ball from the defending team and score on either goal.
4. The defenders play possession soccer.
5. After a few attempts, switch out the defenders.

Variation:

You can play numbers up with the attackers, play 4 v 2

Coaching points:

Pressure as a team. Speed of thought when the ball is won by attackers. Create scoring opportunities





Soccer Practice Sessions

Teaching pressure & cover

Area: 20 x 20. Four players are on the outside of the box, 2 defenders are in the middle. The coach or server has all the soccer balls.

1. The ball is passed to one of the outside players.
2. The outside player attempts to dribble to the opposite end line. If they feel they cannot do this, or want to challenge the defenders, they can pass to another outside player. If they pass to another defender, they go back to their own end line.
3. The two defenders work together to stop this.
4. Closest defender adds pressure and shows the attacker towards their partner, who offers cover.
5. Do not turn this into a passing / keep away exercise. Encourage the players to dribble towards the defenders.
6. Switch roles of each player.

Coaching points:

Force the play one way. Take a good defensive stance. Encourage defenders to make the tackle. Talk.



1v1 with cover – Area: 25 x 35. 4 v 4 plus goalkeepers. One player from each team acts as a 'sweeper' (S) while the others form three 1v1's.

1. Players can only attack / defend against their direct marker.
2. The sweeper is allowed to support a team mate who is defending a 1v1 to create a 1v2 (Cover)
3. The attacker can decide to beat both or can pass to a team mate. If the ball is passed, can the sweeper cover the other defender?
4. If the sweeper ever receives the ball they must quickly pass it to a team mate.
5. Are the players at a level where they can rotate and offer cover for the sweeper if the sweeper is 'out of balance'?

Coaching points:

Close ball control and protection. Close 1v1 defending. Accurate passing and shooting. Decision making. Movement off the ball to receive a pass.



Area: 50 x 40 or adjust depending on the numbers you have. 12 players including GK's are shown

1. Start the game with 6v6. Normal soccer rules apply. See if defenders are offering pressure and cover.
2. After a few minutes, stop the game. Blues get an extra player creating a 7v5. Yellow team are now a goal ahead with ten minutes left in the game.
3. Watch how naturally players will cover for each other from the yellow team.
4. Have the blue team defend with less players.

Coaching points:

Does the winning team just defend or do they also attempt to score on the blue goal?

Slide as a unit.

Communication and cover





Soccer Practice Sessions

Shooting – Reactions

Area: Two stations. The cones are placed 25 yards from goal as shown. Two groups, A & B with all players having a ball. Two goals with goalkeepers.

1. 'Player A & B' dribble to the goal and shoots. Work on the technique for about 10 minutes.
2. **After 10 minutes:** As soon as the shot is taken 'Player B' sets off. 'Player A' turns and attempts to tackle 'Player B'.
3. 'Player B' shoots and that triggers a player from 'team A' to go. 'Player B' attempts to tackle 'Player A'. Once the chase is over the player gets the ball and joins the back of their line.
4. Once you shoot, you chase.

Coaching points:

Quality first touch out of your feet. Hit the target – away from the goalkeeper. Be brave.

Do the exercise at game speed.



Area: 30 x 30 with two goals. The teams are divided into defenders (yellow) and attackers (blue) with two GK's. Attacking players are split into 3 groups, A, B and C, while defenders are in two groups either side of the goal, D & E.

1. 3 attackers get ready. Play starts from the coach who passes the ball to C.
2. As soon as the pass is played, players A & B, D & E run around the outer cones.
3. 'Player C' attacks the opposite goal and will be joined by team mates A & B.
4. A 3 v 2 is played. If the defenders win the ball, they can attack the opposite goal.
5. After 10 minutes, switch and let the yellows play 3v2.

Coaching points:

The support of A & B are crucial. 'Player C' has to entice 'Player D or E' towards the ball to create space for their team mates. Offside rule is in play.



Area: 25 x 35 with two goals with no goalkeepers. An end zone is marked 5 yards from both goals. The coach has all the soccer balls.

1. Normal soccer rules apply.
2. The teams play in the 25 x 35 area.
3. A goal can only be scored from inside the end zone. (one touch if possible)
4. The players are free to move anywhere on the field.

Variation:

Add goal keepers. Remove the 5 yard line.

Coaching points:

Keeping the ball until an opportunity arrives.

Movement.

Communication.

Shot at goal.





Soccer Practice Sessions

Move the ball away from pressure

Area: 40 x 40, 12 players are shown, two teams of six, 2 balls per team. There are 4 10x10 squares in each corner.

Teams line up two players in opposite squares with one ball. One player then occupies the other squares.

1. Yellows play clockwise, oranges play counter-clockwise.

2. The ball is passed long to the single player. The passer now runs to the square they passed it to.

3. The receiving player moves out of the square and receives the pass and passes to the next square.

Variation:

Go the opposite direction.

Coaching points:

Find space. Quality longer pass either high or low.



Area: 30 x 40 split into 3 areas. Two 15x30 outer areas with a 10x30 middle zone. 4v4v4 is shown. The defending white team place two players either side of the 10x30 area. The coach has all the balls.

1. The coach passes the ball to the orange team. Two white players enter to retrieve the ball.

2. After three or more passes, an orange player can pass to the opposite area. If they do that, the white defenders come out and then two new white defenders enter the yellow team area.

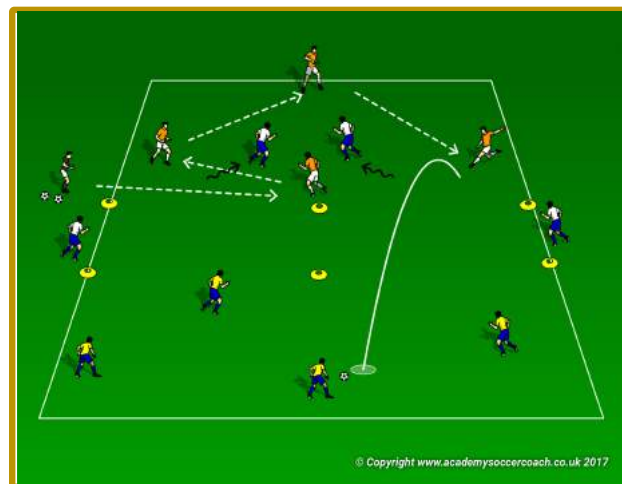
3. If whites win the ball, they switch places with the team that lost the ball.

Variation:

Have the defenders stand in the middle zone to block the passes.

Coaching points:

Scan the field. Quality passing.



Area: 60 x 40 4v4v4.(can play with more) One soccer ball. The coach has all the soccer balls.

1. Yellow and oranges team up to keep the ball away from the white team.

3. Whichever team gives the ball away becomes defenders.

Variation:

Play two touch

Coaching points:

Vision and awareness

Speed of thought

If the transition when possession is lost is chaos, get the defending team to hold a cone. When they win possession, they drop the cone. The new defenders have to each pick up a cone before they can defend.





Soccer Practice Sessions

Field Awareness

Area: 20 x 20 (Depending on the amount of players at practice) The coach nominates 2 (or more) players to be the taggers. The rest of the players spread out inside the playing area. Two players hold a ball each.

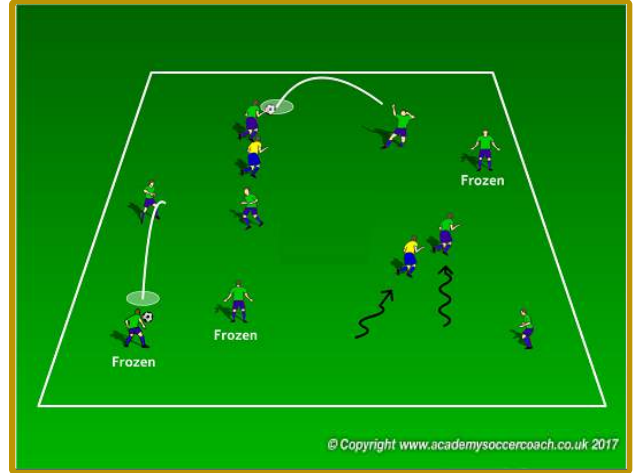
1. The two taggers move around the playing area attempting to tag the other players who are running away.
2. The taggers cannot tag a player who is holding a ball.
3. Once a player is tagged, they are frozen. To be unfrozen one of the players with a ball will throw the ball to them. They are now free and in the game and looking to free others.

Coaching points:

Players with a ball are moving and watching for players that are frozen and where the taggers are moving.

Players that are frozen communicate.

When the ball is thrown players make eye contact with each other and communicate.



Area: 20 x 20. 8 players. Make two teams of 4. Each team has a soccer ball.

1. Whites move the ball from east to west and darks from north to south.
2. Players are looking ahead to see what ball they can play. The outside players can move side to side on the outer line.
3. Players receive the ball with an open body and control the ball with the "Back foot".

Variation:

Once a player passes to an outside player, they swap positions.

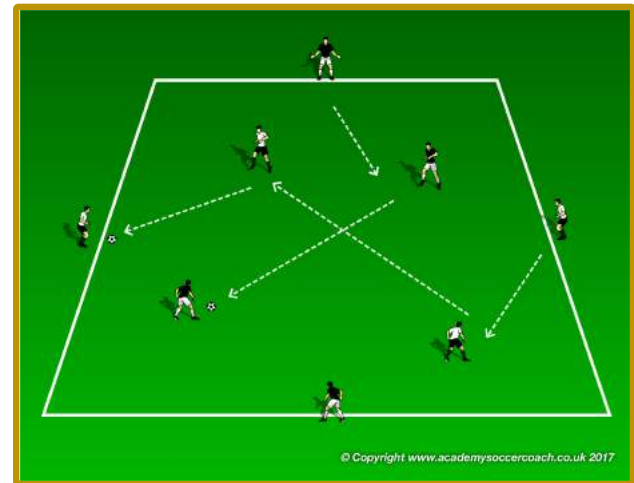
Play with one ball with a 2 v 2 in the middle.

Coaching points:

Lots of movement to create the angle for a pass.

Open body stance. Receive on the "Back foot".

Communication. Patience to get the ball to the opposite side. The ball can be dropped back to the outer player.



Area: 40 x 30. 9 Players 2 goalkeepers 3 v3 with a "Magic man" (Floater). In one half there is a 2v2 and in the other half a 1v1.

1. When play starts the "Magic man" plays in the half with the team who has the ball. This creates an overload.
2. When the ball is transferred to the opposite half, the "Magic man" moves to support the player with the ball.
3. If the defending player wins the ball, the "Magic man" now plays with that team.
4. Keep rotating the 'magic man'.

Coaching points:

Lots of movement to create the angle for a pass.

Does the player need to use the support player? Use the support player as a decoy.

Timing of run and pass

Communication.

Patience to get the ball to the opposite side.

Decision making when taking the shot.

Do not aim for the middle of the goal.





Soccer Practice Sessions

Movement - Angles of support

Area: 40 x 30. 8 players and 2 balls. The central players are separated by colored pinnies. The blue central players play together and the yellow play together. Tall cones are scattered around the playing area to act as defenders.

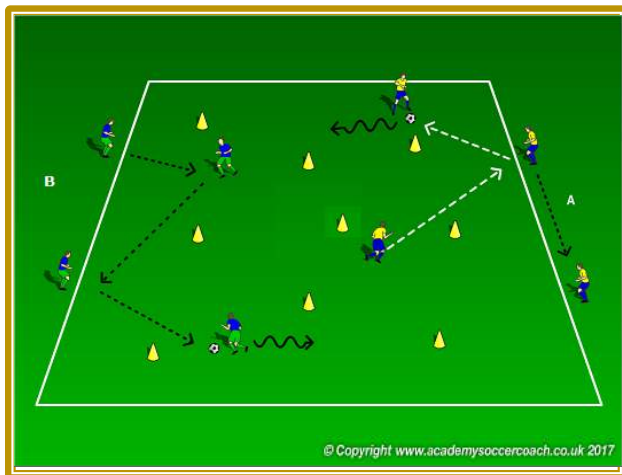
1. The ball is passed from one side of the playing area to the other (left to right & right to left)
2. The middle player that receives the ball can either use their team mate to get the ball from one side to the other or they can pass it without using a team mate.
3. All central players move around playing area finding space and opening up their body to receive the ball.
4. Switch the outside players.

Variation: A – Once the ball is passed to an end line player, they switch it to the other end line player.

B – The middle player who receives a pass from an end line player switches it to the other end line player who now passes to the other central player

Coaching points:

Move into space for passes, be creative. Body shape, quality passing and communication.



Area: 40 x 30. 15 players, 5v5v5, yellow, orange and blue with two mini goals at one end. The blue team are placed on the outside as shown.

1. Yellow team start in attack with the blue team.
2. To score, yellows must pass to the blue forward and receive a return pass to shoot on one of the mini goals. Yellows can use all the outside blue players to keep possession.
3. If oranges win possession they must pass to one of the four outside blue players. Now oranges attack and yellows defend.
4. Switch the outside blue players.

Variation:

Players can score without using the forward

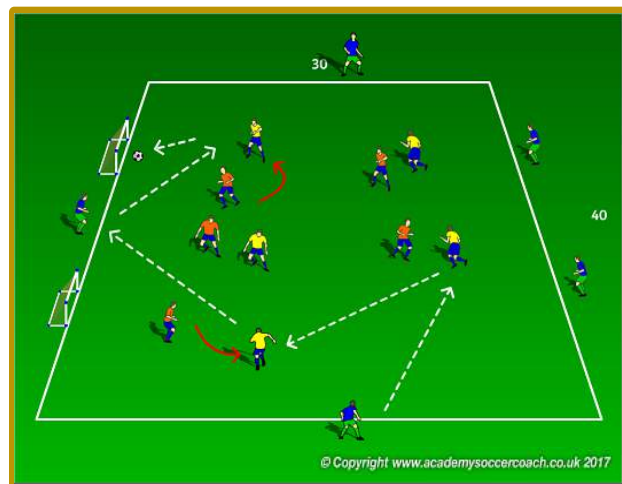
Coaching points:

Move into space for passes, angles of support.

Move the ball quickly.

Field awareness.

lvl – Beat a man to pull others out of position.



Area: 60 x 40 play with floaters. The floaters play with the team in possession. Normal rules apply.

1. The coach is looking for the players to carry out some of the previous actions in phase 1 and phase 2 of the practice session.
2. Are the players passing the ball correctly? Are they making good decisions even though the execution will sometimes be poor?
4. Is there movement off the ball to create angles?
5. Are you seeing some soccer intelligence?
6. Are there times when the ball needs to be played backwards to go forwards?
7. Are they able to create scoring opportunities?
8. Now play equal teams.

Have a game at the end of practice..





Soccer Practice Sessions

Overlaps

Handball - Area: 44 x 30. 7 v 7 with goal keepers.

1. The ball is thrown from team mate to team mate.
2. Once the ball is caught by a player they cannot travel with it.
3. Team mates move up the field to receive a throw.
4. As soon as the ball hits the ground, possession goes to the opposite team. If a block is made from a throw and it hits the ground then possession stays with the team that threw it.
5. A goal has to be scored by a volley (or header if age appropriate)
6. The player holding the ball has a maximum of 3 seconds to get rid of it.

Coaching points:

Communication. Movement off the ball. Build up play

Decision to set up a goal scoring opportunity.

Team work. Overlaps.



Area – 30 x 20. Set up as shown. 'Player A' starts the exercise.

1. Player A passes to player B. Player B passes the ball wide to Player C.
2. Player A overlaps Player C who passes Player A the ball.
3. Player A passes to middle Player D. Player D starts the exercise coming the opposite way and so on.

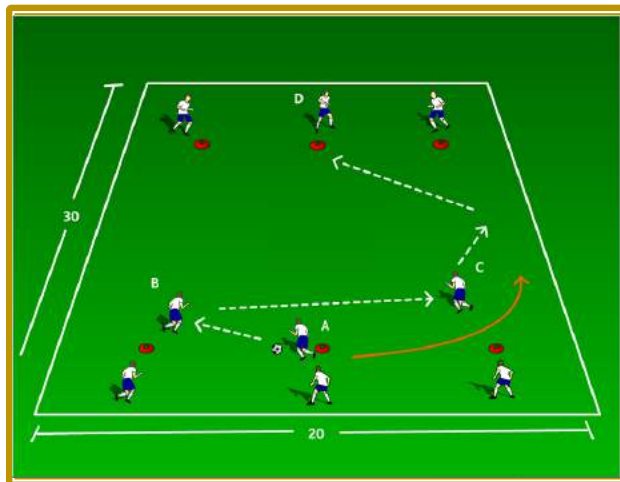
Variations:

- After passing to Player B, Player A overlaps Player B. Player B passes to Player C and Player C passes the ball to 3rd man running Player A.
- Player A passes wide to either B or C. They then pass the ball back to player A who starts moving forward with the ball. Player B & C overlap central player A. Player A decides who to pass the ball to.

Coaching points:

Timing, weight of pass.

Movement and communication



Area: Half a field. Place three small goals at the end lines for teams to attack. Each team has a player staying behind the three goals (GK or sweeper)

1. Normal rules apply.
2. To score the ball has to be passed through one of the three goals.
3. The 'sweeper' behind the goal moves along the end line to stop a goal being scored. This encourages the players to switch the ball quickly.

Coaching points:

Quick ball movement

Movement off the ball and communication

Quality passing – to feet or into space.





Soccer Practice Sessions

Ball control and decision making

Area: 30 x 30 with a 10 x 10 middle square. Two teams of four players. 2 balls per team. One team passes north – south and one team passes east – west.

Each team has two servers and two central players.

1. Central players start in the middle square.
2. They must move out of the middle square to receive the ball. Once they receive the ball they must dribble into the square and then pass to their opposite server.
3. They then move out of the square and repeat the passing process. Switch roles.

Coaching points:

Communication, movement, body shape, first touch, field awareness, passing.

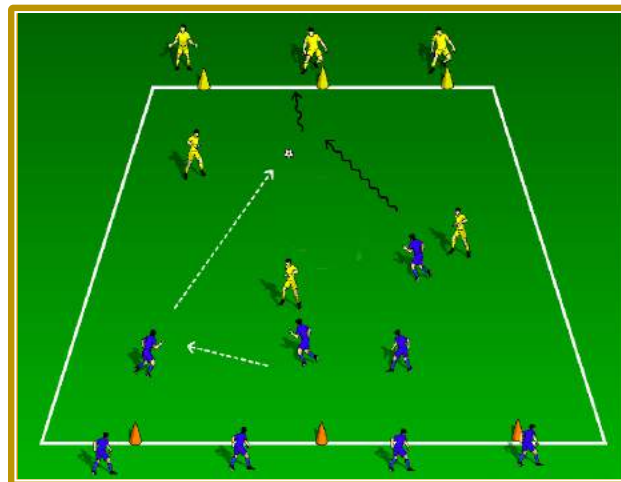


Area: 30 x 30. Two teams at either end line. The coach has all the soccer balls. 4v3 decision making / problem solving

1. Blues start with the overload 4v3.
2. The coach serves in the ball to a blue. Four blues and three yellows enter the playing area.
3. Can the blue team move the ball around and create a scoring opportunity?
4. To score the blue team has to dribble across the yellow teams end line.
5. If the defending team win the ball, they attempt to dribble across the blue end line, but they have a player short. Score one point if the attacking team score and two points if a defending team score.
6. Allow the yellows to play up.

Coaching points:

Quality of passing. Weight, accuracy and timing.
Body shape when receiving the ball. Decision making
Quick movement into space



Area – 30 x 30. Two teams and a GK in each goal. The players start from the position shown. The coach has all the balls. A 3 v 2 starts the exercise. *(Requires a good Demo by the coach)*

1. Play starts with a pass from the coach to the team with 3 players.
2. That team plays a 3v2 to goal. Once a shot is made or the defenders win the ball the change is this:
 - The team of three white attackers quickly come off the field and are replaced by two new white defenders.
 - The two blue that were defending are now joined by another team mate to give them three. When this transition occurs the ball has to start with the player who is joining the attack.
- A 3 v 2 is now played by the blue team. The same sequence is performed throughout the exercise.

Coaching points:

Decision making. Reactions to losing and winning the ball.
Attackers – Make the extra man count.
Defenders – Pressure, cover and delay.





Soccer Practice Sessions

Playing the ball forward

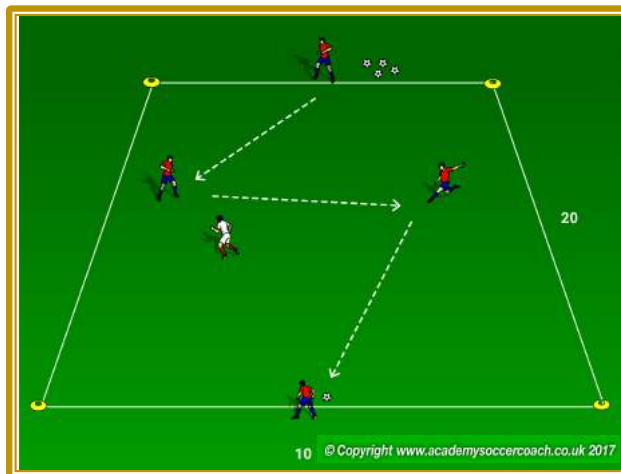
Technical warm up - Area: Set up a 10 x 20 playing area.

This exercise shows 5 players so you can run numerous stations. One end player has 5 soccer balls.

1. The object of the exercise is for the 5 balls to be passed to the opposite player using a 2v1. Players can also use the end-line player as a team member.
2. The players in the middle can only use the 5 balls. If the defender wins a ball, that ball is 'out'.
3. Once the balls have been transferred to the opposite end, the attackers attempt to pass the rest of the balls to the opposite end....and so on.
4. See how many times the players can go back and forth.

Coaching points:

Decision making. Body shape when receiving the ball. Fakes and turns. Patient build up. Team work. One touch passing.



Area: 30 x 40 with two teams, 6v6. Three cones are placed at each end line. Teams are set up with two groups on two outer cones at one end and the forwards at the middle cone on the opposite end line. The coach has all the soccer balls.

1. The coach serves in the ball (not to a forward)
2. A 3 v 3 is played.
3. To score, the teams have to dribble across the end line - whites are attacking left to right

Variation:

If you have more players you can have two forwards come onto the field and play 4v4

Coaching points:

Movement
Can the players find the forwards?



Area: 60 x 40. Divide the pitch into 3 equal zones (20 x 40) and we have 2 full size goals with goalkeepers. Each team has 4 (or more) outfield players who start in the low zone. There are 2 supporting players (yellow)

with 1 in the middle zone and 1 in the end zone.

1. Red team starts with the ball in the low zone and tries to score.
2. The whites defend. If they win the ball they pass to the supporting middle player. They then make a quick transition to attack as all their players move into the middle zone. The red players also move into the middle zone to track back and defend.
3. Once all the white players are in the middle zone, they can pass to the support player in the high zone and finish the attack.
4. The practice then starts in the low zone again but the team's roles are reversed - the white team attack and the red team try to win the ball and make a quick transition from defense to attack.





Soccer Practice Sessions

Goal-Keeper distribution

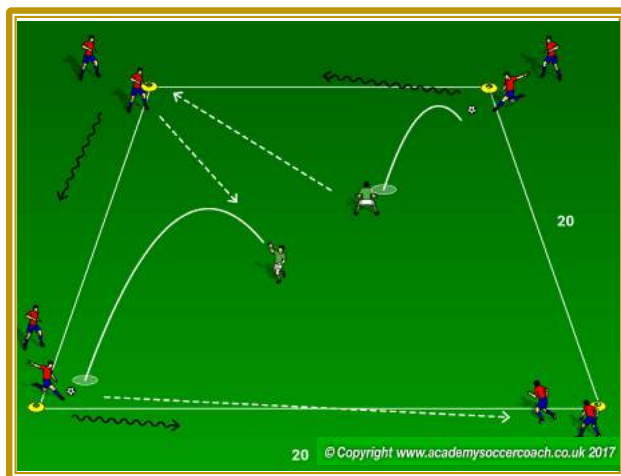
Technical warm up - Area: 20 x 20 square. Two goalkeepers are placed in the middle of the playing area. Players are placed equally on the 4 corners.

Two soccer balls are used.

1. The ball is passed counter clockwise around the square.
2. Once an outside corner player receives the ball they can either pass to the GK or pass to the next corner.
3. Outside players move to the next corner.
4. The goalkeeper can either distribute the ball to the player that passed them the ball or they can distribute to the next corner player.

Coaching points:

Ball control by all players. Communication. Decision making.



Area: Play 7 v 7 on a suitable size field. One GK is in the center circle, while two goalkeepers are in either goal.

1. To score 1 point a team must chip or pass the ball into the central goalkeeper.
2. To score two points the goalkeeper distributes the ball back to the team that passed them the ball and they have to score on either goal without losing possession.
3. Goalkeeper has 6 seconds to distribute the ball.

Coaching points:

Pressure to stop the pass to the goalkeeper.

Movement into space once the goalkeeper has the ball.

The goalkeepers decision once they receive the ball. Which goal can we attack and what kind of distribution is needed?

Defensive transition to stop the opposition scoring.



Area: Suitable size field. 7v7 is shown. Normal soccer rules apply.

1. To start the game the white forward shoots the ball at the goal-keeper. Only the reds can move.
2. The two center backs split and the midfielder drops in the center.
3. The GK distributes the ball to any center back.
4. Once the center back touches the ball, the game is live.

Variation:

Play without restrictions

Coaching points:

Look for the GK's distribution skills and field awareness.





Soccer Practice Sessions

Decision making - Possession

O's and X's – This is a fun decision making game. The exercise shows 4 teams. One team plays against another. Ahead of them they have 9 cones placed as shown. Each team has three pinnies the same color but different from the team they are playing against. The first three players of each team hold a pinnie.

1. When the coach says go, the first player on each team races to the cones and drops a pinnie on a cone (it cannot be thrown from a distance)

2. They run back and tag a team mate who does the same.

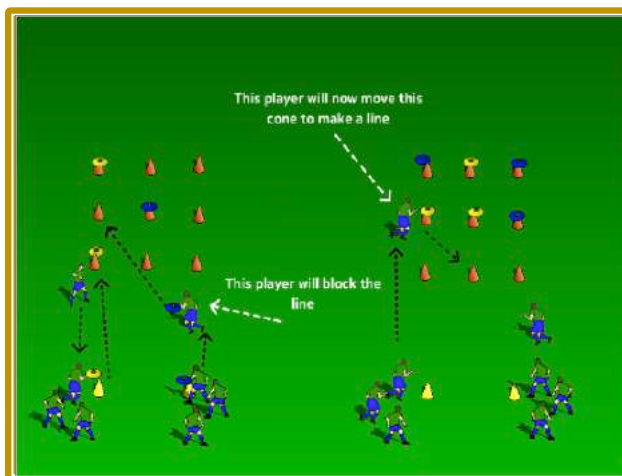
3. Once all three pinnies have been used players run out and move their own color pinnie.

4. The first team to make a line straight or diagonal wins.

Coaching points:

Communicating, fun and decision making.

If you have a number of groups competing you can have the winners move up a group and the losers move down one.



50 passes game - Area: 30 x 40 with two teams of 7 v 7.

Teams start in opposite halves. The coach has all the balls.

1. The coach designates a player from each team to count the passes. The coach feeds in a ball to the white team.

2. Three reds enter the area and attempt to win the ball.

3. The designated white player counts the passes.

4. The three reds attempt to win the ball and pass it into their zone to one of their team mates. If a red kicks it out of play, whites are still in possession.

5. Once the ball leaves the playing area the count stops. When possession is won, the count continues from where they left off. The first team to reach 50 passes accumulated from each time they are in possession win.

Coaching points:

Quality passing. Angles and movement

Communication. Defenders – Pressing as a unit



Area: 30 x 40 with three teams 4v4v4. The coach has all the balls. Defending team each hold a cone.

1. The coach nominates a team to defend (yellow) Each defender is holding a red cone.

2. The white team and reds combine to play a 8 v 4.

3. When the defending yellow team win possession, all defenders drop the cone and the team that lost possession have to pick up a cone before they can all defend.

Variation:

Play without cones (Can be a little hectic when possession is won)

Coaching points:

Movement into space. Pressing from defenders.

Communication

One and two touch passing. Move the ball quickly and accurately.





Soccer Practice Sessions

Keep the ball moving

Area: 30 x 30. The players are on the four corners of the grid with two players in the middle. Two balls are placed at opposite corners.

1. The players with the ball pass the ball to one of the central players. They then follow their pass.

2. The receiving middle player **CANNOT** pass the ball from where it came from. They must pass the ball to an open outside player and then follow the pass.

3. The passing sequence continues. Pass and follow. **Variation:** The only change now is once the outside player passes in the ball and follows the pass, the inside player passes the ball out but **CANNOT** follow the pass. They look for a corner that has the least amount of players and join that corner.

Coaching points: Look for the correct body shape, receiving on the back foot, awareness and intensity. Two touch exercise.



Area: 50 x 40. A 20 x 20 'two touch' zone is placed in the middle of the field. A 7 v 7 is shown set up as a 1-2-3-1 with the one midfielder staying in the square.

1. Normal rules apply but there is a two touch limit when the ball is in the middle zone.

2. Any player can enter the middle zone, but the central midfielder should stay in the zone.

3. Outside the zone, players can have as many touches as they like.

Variation:

Remove the middle zone

Coaching points:

Awareness

Good first touch

Passing accuracy

lvl



Area: 50 x 40 with two goals with goalkeepers and one or two neutral players (orange) A 4v4 is shown with 4 yellow players behind the goal. The orange players would be your teams central midfielders.

1. The neutral player(s) always stay on the field and play for the attacking team

2. Whites are attacking. If the reds win the ball the white team all vacate the field and stand behind the goal they were attacking.

3. The yellow team quickly enter the field. Reds and the orange now play against the yellows.

4. If the attacking team score, they stay on the field until possession is lost.

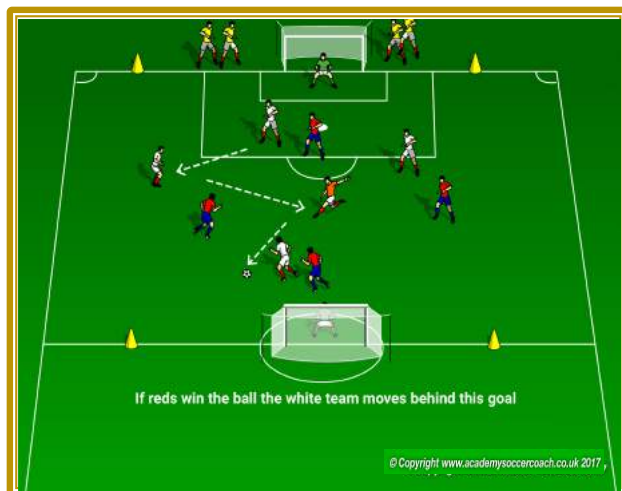
5. If the yellow team win possession, the red team moves off the field and the white team enter...and so on.

Coaching points:

Quick passing

Make the extra players count

Move the ball quickly





Soccer Practice Sessions

Passing, moving & support

Technical – Movement off the ball

Area: 15 x 15 with a cone in the center. Four players for this exercise with one soccer ball. Have multiple stations.

1. Players pass the soccer ball and move to the empty cone.
2. Players try and not run across the path of a ball.
3. Players try and play two touches.

Coaching points:

Players receive the ball across their body on the back foot in order to see the entire playing area.

Pass the ball to players that are ready to receive the ball. Weight, accuracy and timing of the pass.

Players should be aware of the pass they make and not run in the way of a pass. Keep scanning the area and watching what is around you.



Area: 30 x 40 Split into two sections of 30 x 20 with 4 mini goals. Two teams of 6. Players are restricted to their half with a 3v2 on each half of the field. The end line players and the coach have a supply of balls.

1. The objective is for the attacking team to take advantage of the extra player and score in either of the two goals.
2. If the defenders win the ball, they attempt to pass to their attackers.
3. The end line players play into the defensive team after a goal is scored or when the ball goes out of play. This encourages the attacking team to press and win the ball back before the defenders can play to the attackers in the opposite half.

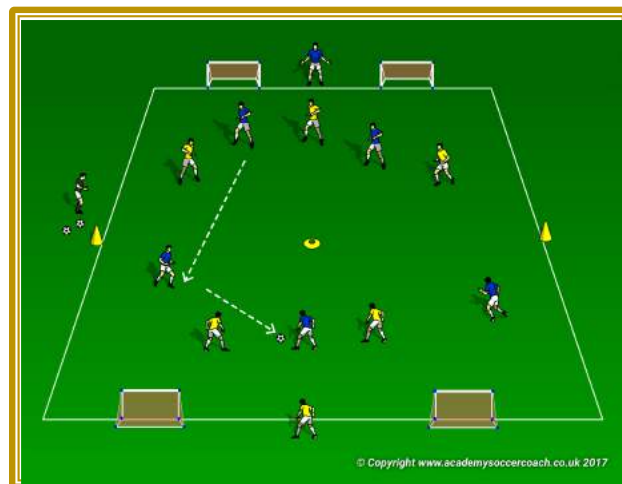
Variation:

Give the attacking team a time limit in which to score.

The defender behind the goal can join in once the attackers receive the ball

Coaching points:

Do not let players turn this into a possession exercise. Success is measured by the creative attacking opportunities.



Area: 60 x 40 play with floaters. The floaters play with the team in possession. Normal rules apply.

1. Allow the players to play.
2. Are the players in possession supporting each other?
3. Players always stay focused and in the game.
4. Is there movement off the ball to create angles?
5. Are you seeing some soccer intelligence?

Coaching points:

Look for all the coaching points covered in your session. Are the players attempting the instructions?





Soccer Practice Sessions

Create an overload in attack

Warm up. Area: Three 10 x 10 areas with a 2 yard space between each box. A red defender is placed in each box while the other defenders wait at the end. The blues are the attackers and start in pairs with one ball.

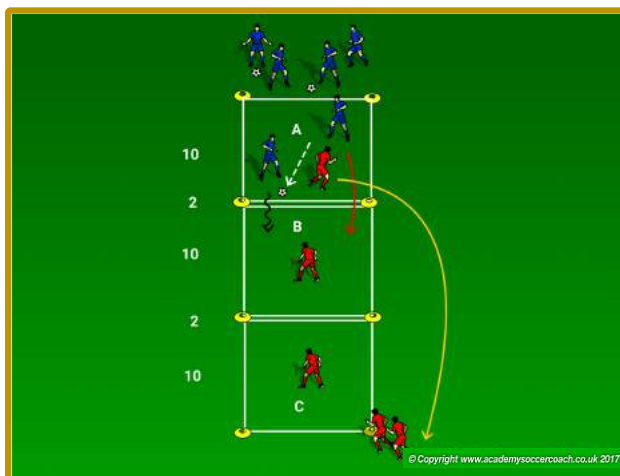
1. Two blue players enter box A. They play a 2v1 against the red defender.
2. The object of the exercise is to get through all three boxes. If the defender wins the ball, blues go back to the start.
3. Once the exercise is finished in box A, the red defender goes back to the start. Once the exercise is finished in box B, the defender moves down to box A and Box C to B.

Variation:

Allow defenders to attack

Coaching points:

Angles and space
Timing of the pass
Body shape



Area: 25 x 30 with two goals + GK's. One defender and one forward are placed on the field. Attackers are placed with soccer balls at each corner.

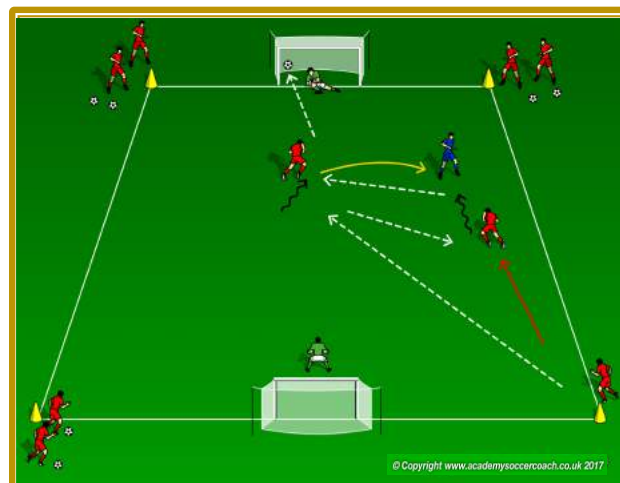
1. The coach calls out a red player. That red outside player passes the ball to the forward and then joins in to create a 2v1.
2. The two red players combine to score on the goal.
3. Blue defender attempts to win the ball.

Variation:

Add 2 defenders and play 3v2. Two corner players from the same end line come onto the field to support the forward.

Coaching points:

Quality passing
Forwards hold up play.
Movement into space
Looking for that spare player. Dribble the ball to entice the defender



Area: Half a field. Split the field in two (Section A and section B).

6 defenders, three in each section. 7 attackers. The blue team are placed in their positions in a 4-2-3-1. #9 is the only player that moves from box to box. The coach has all the soccer balls.

1. The coach serves in a ball to #3. #9 enters area A to create 4v3 overload. #3 dribbles to entice the defender. Here #3 passes to #10, entice defender, passes back to #3 who creates a 2v1 with #7 against the full-back.

2. Can the attacking team score?

3. If the defenders win the ball, blues press quickly to win it back. Reds attempt to pass the ball to the coach.

4. The players in area B are static waiting for their turn. Once the exercise is over in area A, the coach serves the ball into B. #9 joins in with that group.

Variation: Remove cones and play 7v6

Coaching points: Entice the defender with a dribble. That will create space for a team mate. Quick passing.

