

## 62 - ABCD Finishing 2

### SETUP

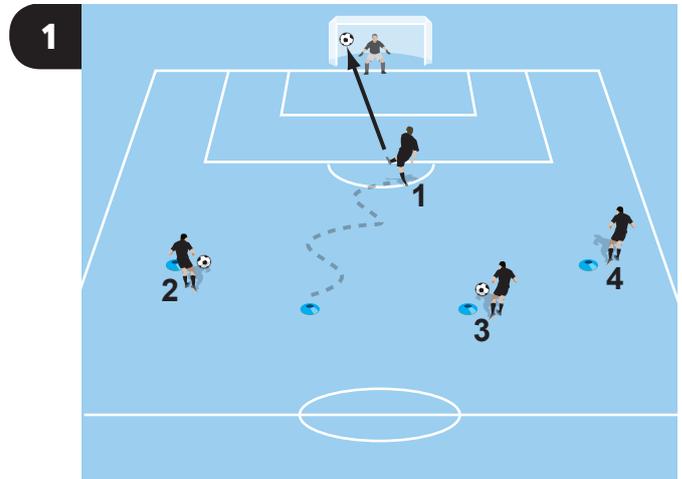
Area: 40 x 30 yards  
 Equipment: 4 Cones, 1 Goal  
 No. of Players: 4 Outfield, 1 Goalkeeper

### THE STEPS

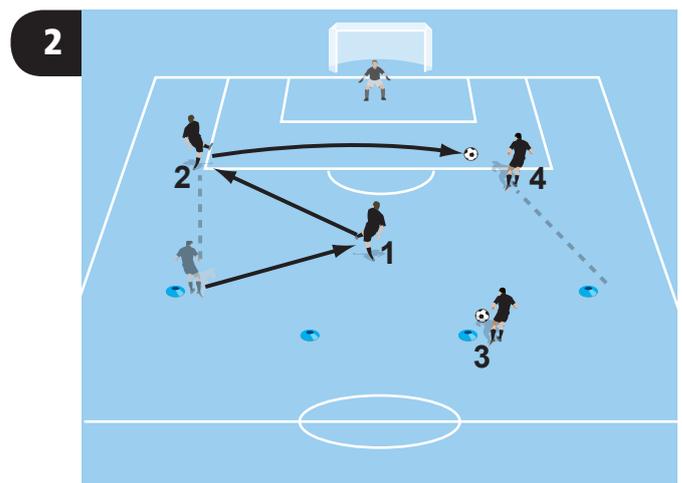
1. Player 1 dribbles and shoots at goal.
2. Player 2 passes to Player 1 and runs out wide to receive a return pass before crossing for Player 4 to run into the box and attempt to score.
3. Players 2 and 4 defend 2v1 against Player 3.

### ROTATION

- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and shoots.



Player 1 and 2 combine to provide a cross for Player 4.



Player 3 attacks Players 2 and 4 1v1.

### KEY

----- Player Movement

—————> Ball Movement

## 63 - ABCD Finishing 3

### SETUP

Area: 40 x 30 yards  
 Equipment: 4 Cones, 1 Goal  
 No. of Players: 4 Outfield, 1 Goalkeeper

### THE STEPS

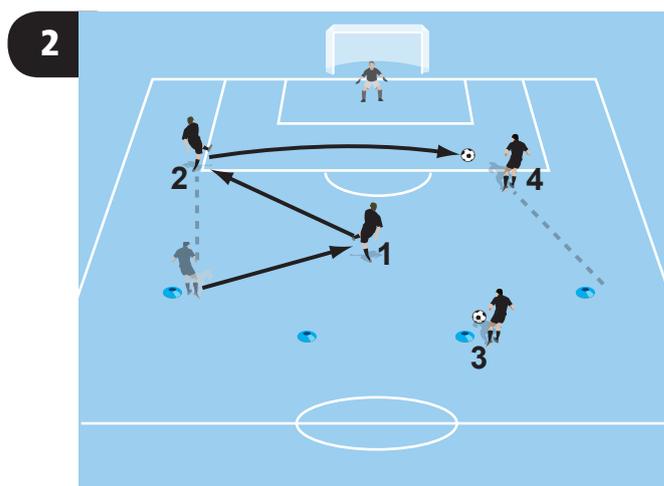
1. Player 1 dribbles and shoots at goal.
2. Player 2 passes to Player 1 and runs out wide to receive a return pass before crossing for Player 4 to run into the box and attempt to score.
3. Player 3 combines with Player 1 to make a 2v2 against Players 2 and 4.

### ROTATION

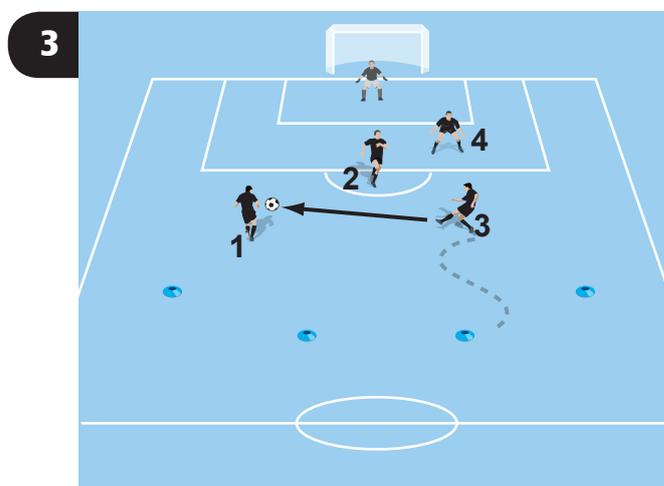
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and shoots.



Players 1 and 2 combine to provide a cross for Player 4.



Players 1 and 3 take on Players 2 and 4 2v2.

#### KEY

-----  
 Player Movement

—————>  
 Ball Movement

# 64 - ABCD Finishing 4

## SETUP

Area: 40 x 30 yards  
 Equipment: 4 Cones, 1 Goal  
 No. of Players: 4 Outfield, 1 Goalkeeper

## THE STEPS

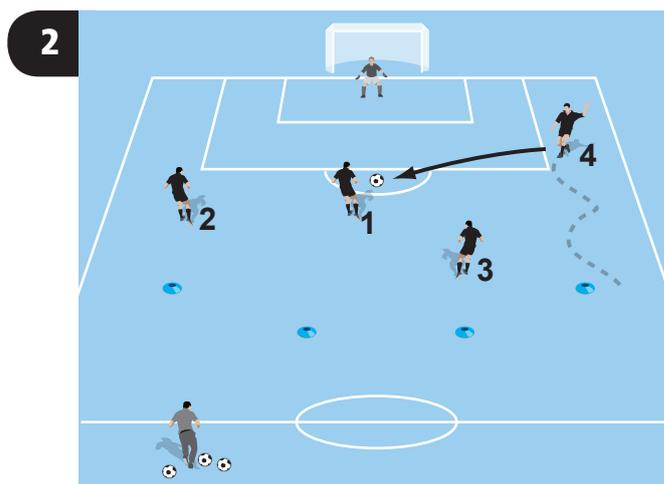
1. Player 2 dribbles and crosses for Player 3.
2. Player 4 dribbles and crosses for Player 1.
3. The coach now passes to Player 2 or Player 4 and a 2v2 game commences with Players 2 and 4 against Players 1 and 3.

## ROTATION

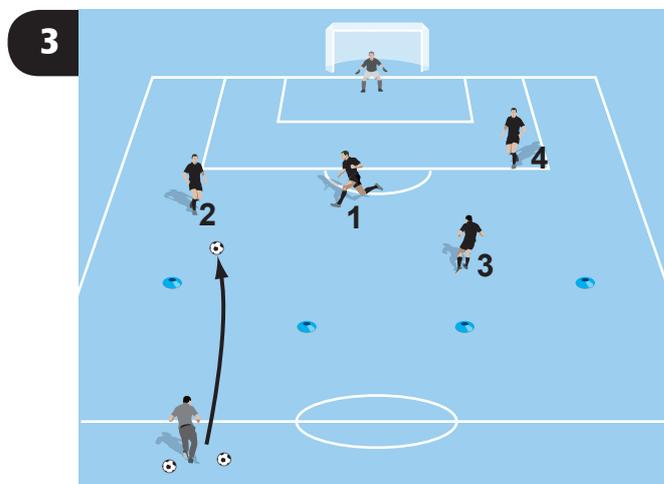
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 1.



Player 1 dribbles and crosses for Player 3.



Player 4 dribbles and crosses for Player 1.



Players 2 and 4 attack Players 1 and 3 2v2.

**KEY**      .....      —————>

Player Movement      Ball Movement

# 65 - ABCDE Finishing

## SETUP

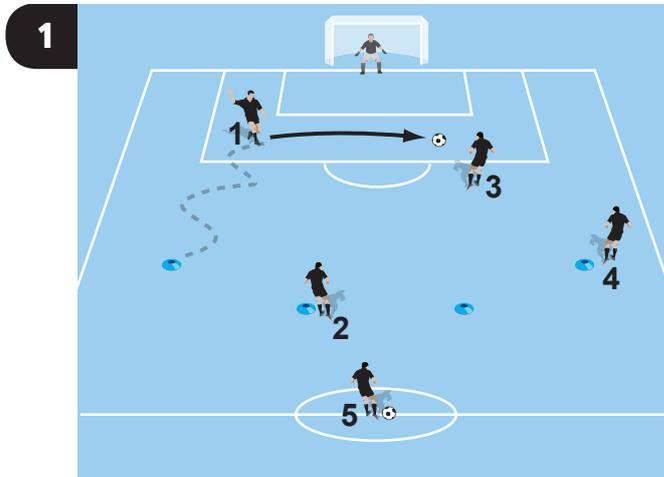
Area: 40 x 30 yards  
 Equipment: 4 Cones, 1 Goal  
 No. of Players: 5 Outfield, 1 Goalkeeper

## THE STEPS

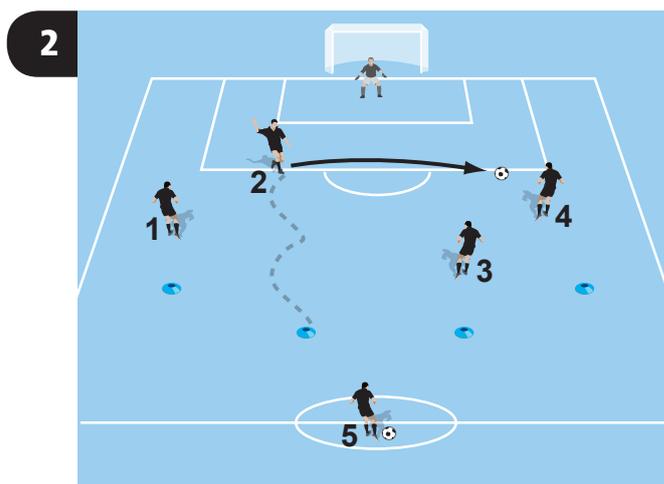
1. Player 1 dribbles and crosses for Player 3.
2. Player 2 dribbles and crosses for Player 4.
3. Now Player 5 dribbles into the pitch and makes a 3v2 game with Players 1 and 2 against Players 3 and 4.

## ROTATION

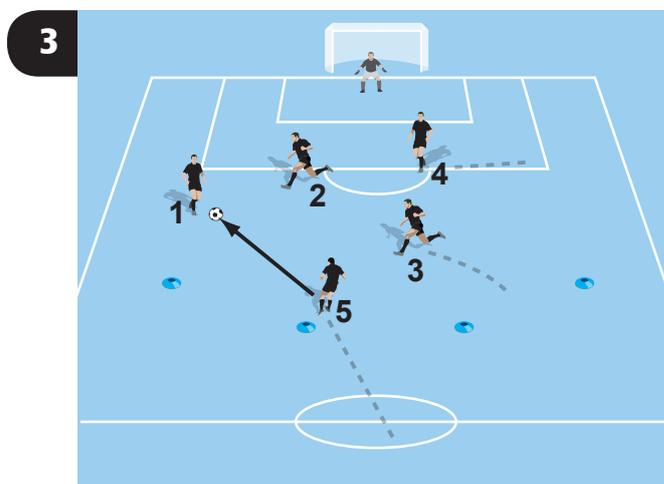
- Player 1 becomes Player 2.
- Player 2 becomes Player 3.
- Player 3 becomes Player 4.
- Player 4 becomes Player 5.
- Player 5 becomes Player 1.



Player 1 crosses for Player 3.



Player 2 crosses for Player 4.



Player 5 teams up with Players 1 and 2 to go 3v2 against Players 3 and 4.

### KEY

-----  
 Player Movement

—————>  
 Ball Movement

## 66 - 1v1 / 2v1 Game

*"This drill tests your forwards' ability to score in 1v1 and 2v1 situations with a quick switch from defence to attack in different sized areas."*

### SETUP

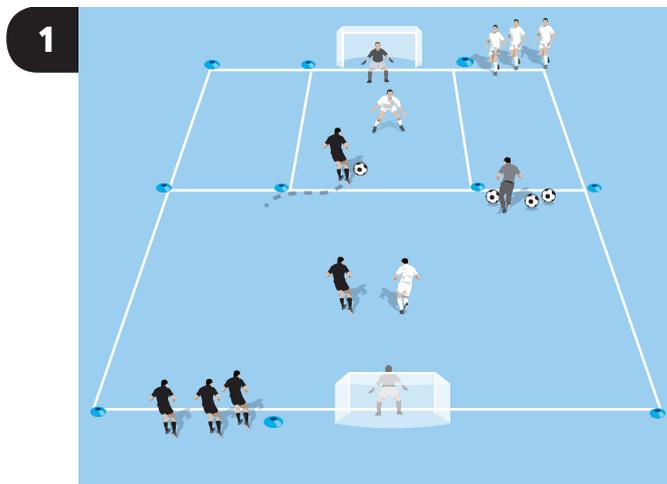
Area: 40 x 30 yards  
 Equipment: 10 Cones, 2 Goals  
 No. of Players: 10 Outfield, 2 Goalkeepers

### THE STEPS

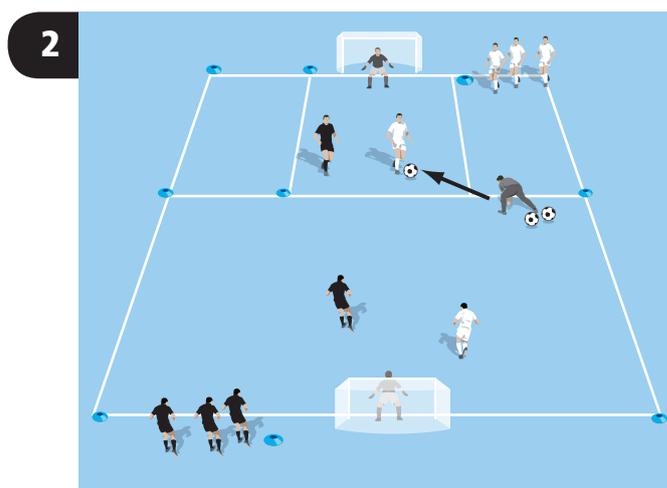
1. The black player attacks the top goal 1v1.
2. The white player then receives a ball from the coach and attacks the bottom goal with their teammate 2v1.
3. After each attack the coach passes a new ball to the defender to begin a new attack.

### ROTATION

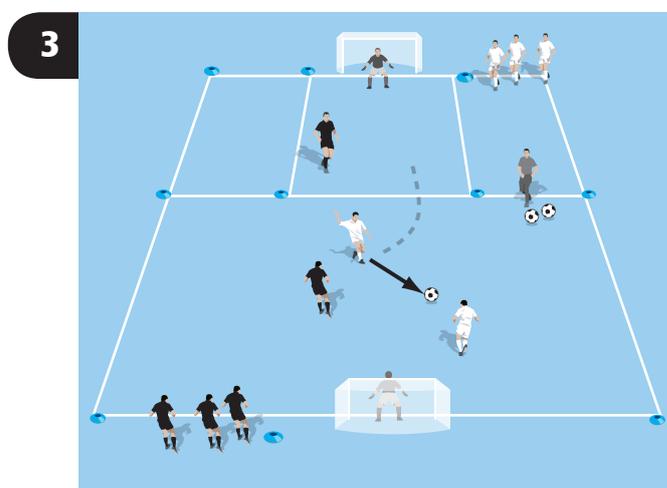
- The black defender becomes the black attacker.
- The black attacker joins the back of the queue.
- A new black attacker goes into the lower box.
- The white defender becomes the white teammate in the lower box.
- The white teammate joins the back of the queue.
- A new white defender goes into the upper box.
- The game is played for a set time period with the coach keeping scores.
- The teams switch roles for the next game.



The starting player attacks 1v1 in the top box.



The white player receives a ball from the coach...



...and attacks the bottom box 2v1 with his team mate.

### KEY

-----  
Player Movement

→  
Ball Movement

## 67 - 2v1 / 3v2 Game

*“Intricate combination play is required to create an opening in confined playing area”.*

### SETUP

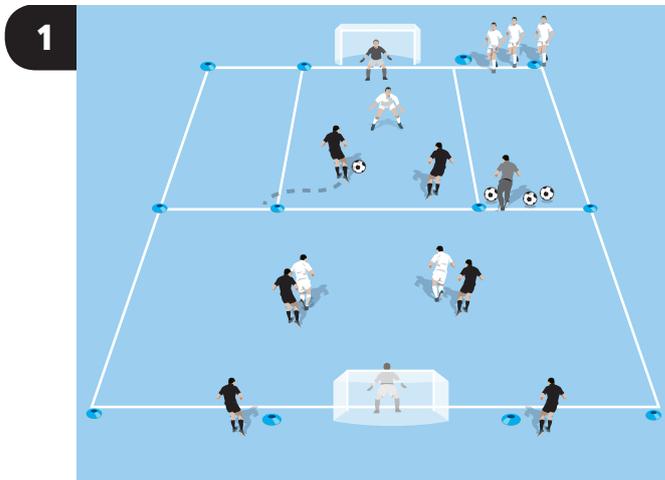
Area: 40 x 30 yards  
 Equipment: 10 Cones, 2 Goals  
 No. of Players: 12 Outfield, 2 Goalkeepers

### THE STEPS

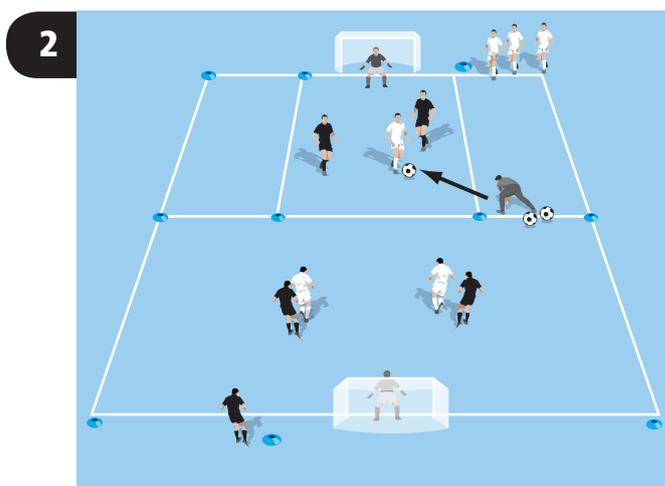
1. The black players attack the top goal 2v1.
2. The white player then receives a ball from the coach and attacks the bottom goal with their teammates 3v2.
3. After each attack the coach passes a new ball to the two black defenders to launch an attack on the top goal.

### ROTATION

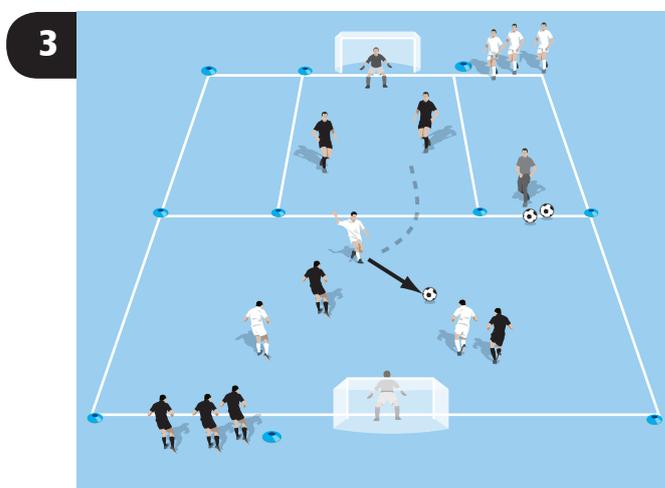
- The black defenders become the black attackers.
- The black attackers join the back of the queue.
- Two new black defenders go into the lower box.
- The white defenders become the white teammates in the lower box.
- The white teammates join the back of the queue.
- Two new white defenders go into the upper box.
- The game is played for a set time period with the coach keeping scores.
- The teams switch roles for the next game.



The starting players attack 2v1 in the top box.



The white player receives a ball from the coach...



...and attacks the bottom box 3v2 with his teammates.

#### KEY

----- Player Movement

→ Ball Movement

### SECTION 3

### Small-Sided Games

“Having guided your players through the unopposed and opposed drills they should now have a greater level of ability, technique and understanding when in Attacking situations. The final piece of our coaching jigsaw is to progress to Small-Sided Games. In the Small-Sided Games we are looking to create a real game environment where opposing sets of players are both trying to score. Now as the coach you can lead your team through ways of attacking from deep, wide, and central positions. It’s also important to teach the players that without possession of the ball it’s impossible for them to attack, therefore each player has a role to play on defence and then on the transition of winning the ball”

## 68 - Use the Neutral

*“Neutral players are always on the attack in this game. Can the attackers utilize their numerical advantage to create a shooting opportunity?”*

### SETUP

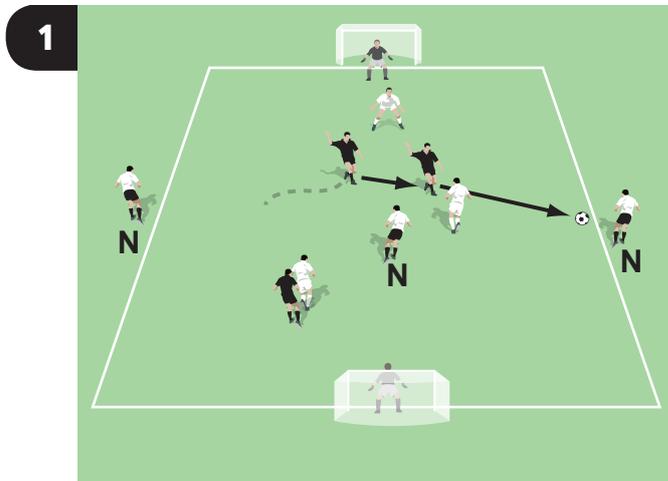
- Area: 40 x 30 yard  
 Equipment: 2 Goals  
 No. of Players: 9 Outfield (3 teams of 3),  
 2 Goalkeepers

### THE RULES

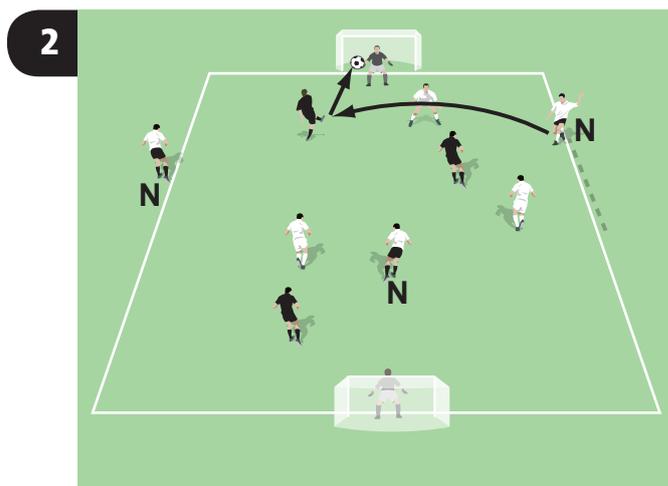
1. Two teams play 3 v 3 in a small pitch.
2. The other team acts as neutrals that play for the team in possession with one player on each wing and one on the pitch.
3. The coach can put rules on the neutral players if needed such as limiting touches on the ball and allowing or not allowing them to score.

### ROTATION

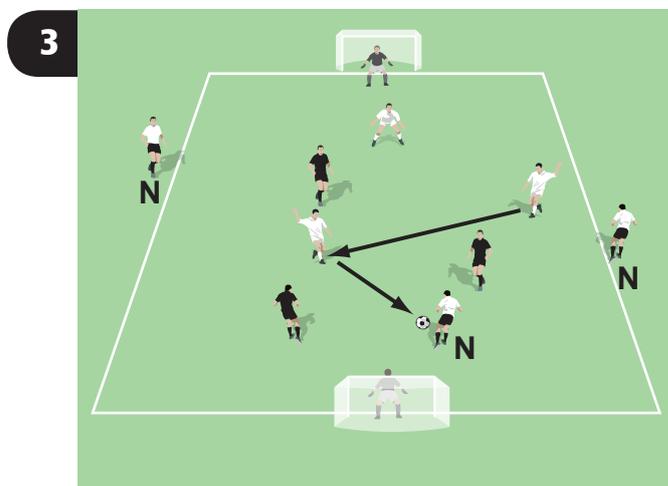
- The game is played for a set time period with the coach keeping scores.
- The teams take turns to act as the neutral players.



The black team plays the ball wide to a neutral.



The neutral runs down the wing and crosses to the black attacker.



The white team attack down the middle with the extra-man advantage of the central neutral.

#### KEY

..... Player Movement

—————> Ball Movement

## 69 - 2 Goal v 1 Goal Game

*“Test your player’s decision making as they are presented with two goals in which to score. Can they switch play quickly to create a chance?”*

### SETUP

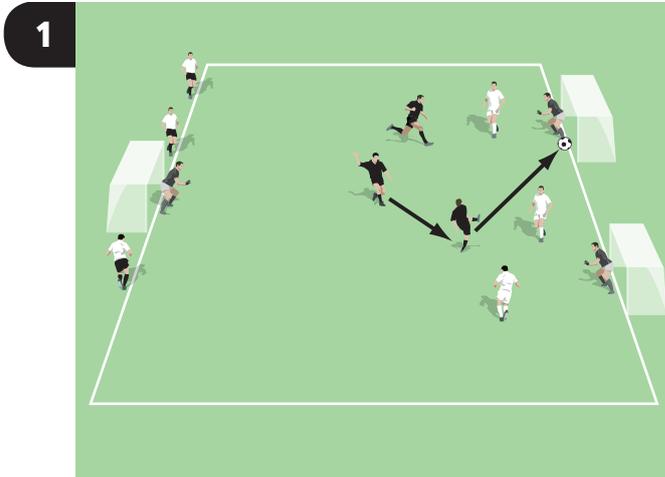
Area: 40 x 30 yard  
 Equipment: 3 Goals  
 No. of Players: 6 Outfield, 3 Goalkeepers

### THE RULES

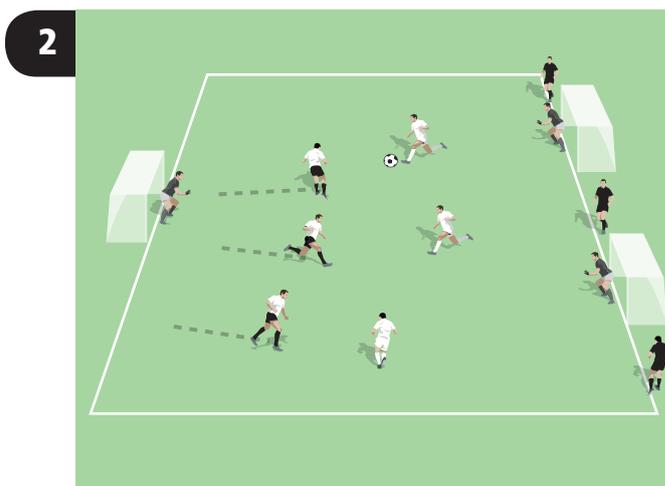
1. The black team attacking 2 goals starts with the ball and can attempt to score in either goal.
2. When a shot is taken or a tackle made the white team takes control of the ball and attacks the single goal against 3 new defenders.
3. Now, when a shot is taken the new team attack the two goals which are now defended by the black team. The white team rests before returning to defend the single goal on the next attack.

### ROTATION

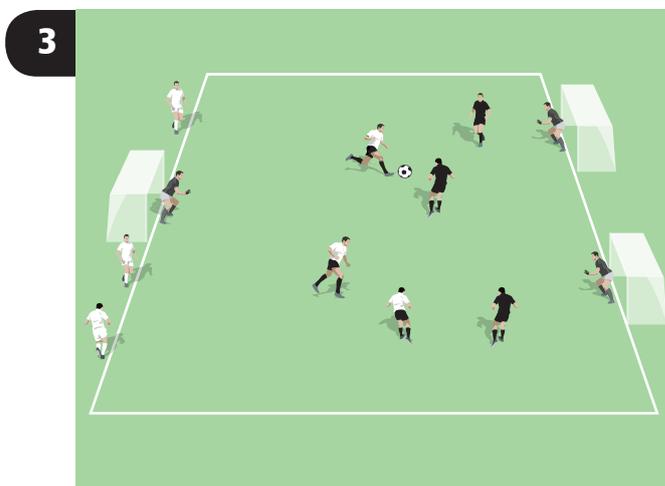
- The team that started the attack defends the 2 goals and then rests for a turn.



The black team starts attacking the two-goal end.



The white team then attack the single goal defended by the black shorts.



The black shorts attack the two-goals and the black team defends.

#### KEY

..... Player Movement

—————> Ball Movement

## 70 - Role Reversal

*"This 4v4 rotation works like a half-court basketball game as the defending team must work the ball out to the coach before launching their own attack."*

### SETUP

Area: 40 x 30 yard  
 Equipment: 1 Goal  
 No. of Players: 8 Outfield, 1 Goalkeeper

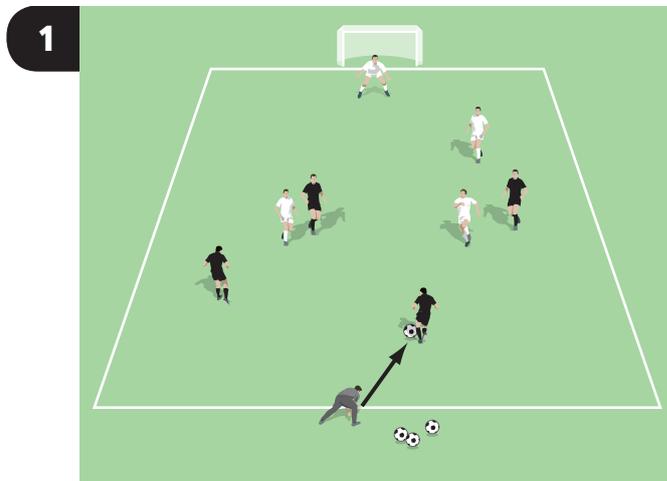
### THE RULES

1. The defending team chooses one player to act as the keeper. The attacking team receives a ball from the coach and attempt to score. If successful, the attackers receive a 2nd ball from the coach and attack again.
2. However, if the attacking team misses, or the defenders win the ball, the roles are quickly reversed.
3. Upon winning the ball the defenders pass to the coach (unopposed) and run out to take up attacking positions. Whilst this happens, the attacking team fall back and choose a 'keeper'.

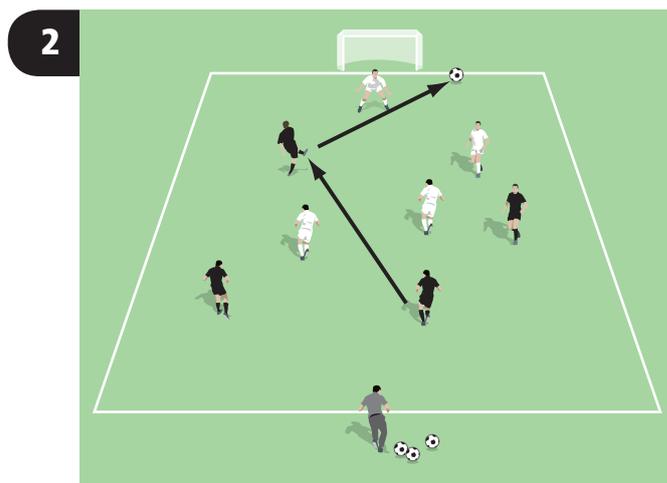
### ROTATION

- The game is played for a set time period with the coach keeping scores.

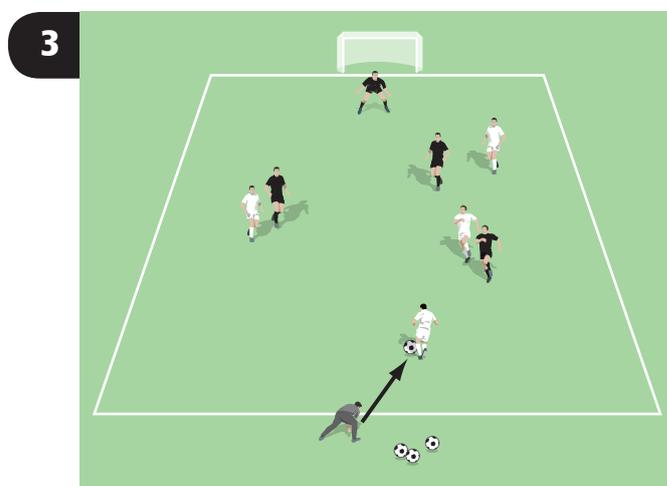
<b>KEY</b>	.....	—————>
	Player Movement	Ball Movement



One player drops back in goal as the coach serves a ball in.



The black team attack but shoot wide.



The black team choose a goalkeeper as the white team launch an attack.

# 71 - Overload Continuous Game

*“Which team can build an advantage as the game moves towards 5v5 in this rapidly expanding series of overload situations?”*

## SETUP

Area: 40 x 30 yard  
 Equipment: 2 Goals, 10 Balls  
 No. of Players: 8 Outfield, 2 Goalkeepers

## THE RULES

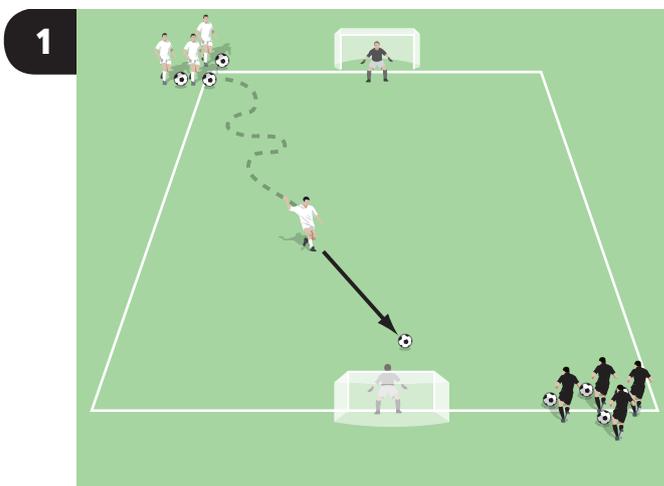
1. The first player from the white team dribbles and uses three touches to shoot against the keeper.
2. Immediately 2 players from the black team make a 2v1 going in the opposite direction.
3. Players are then added in sequence until all balls and players have entered the pitch to make 4 v 4.
4. The coach then passes the extra four balls into the game (one at a time).

Team 1 V Team 2  
 1 V Goalkeeper, 1V2, 3V2, 3V4, 4v4

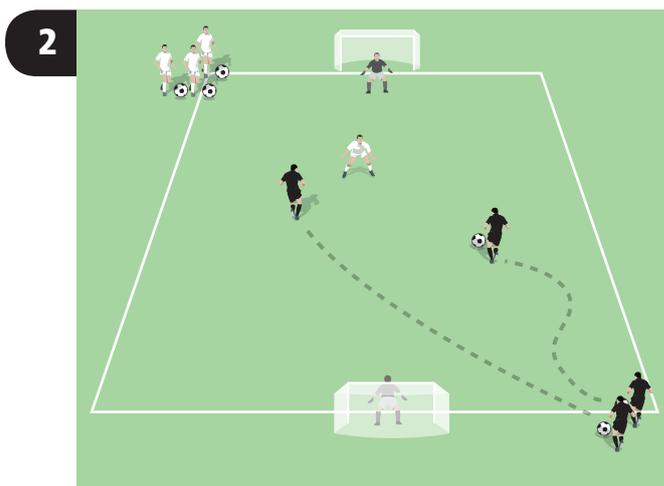
## ROTATION

- For the next game, the starting team rotates.

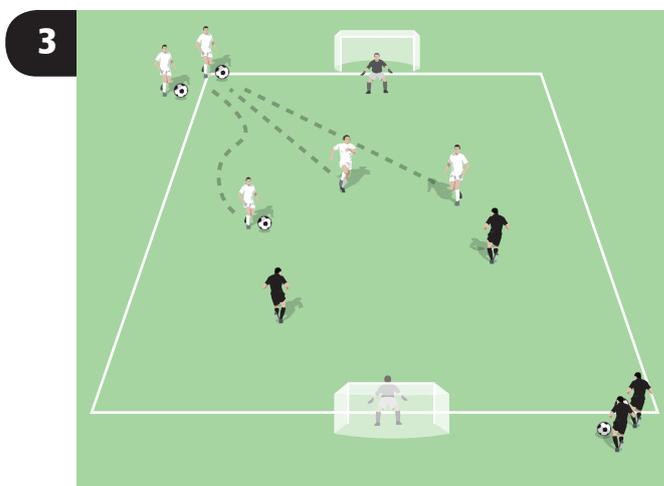
**KEY**       Player Movement       Ball Movement



The first player attacks unopposed.



Then must defend 1v2.



Then the white team attacks 3v2 as the game progresses to 4v4.

# 72 - 3 Player Counter

*“Three teams compete to put together a run of attacks starting from the central zone. The defending teams must win the ball to take their turn in the central zone.”*

## SETUP

Area: 50 x 30 yard  
 Equipment: 6 Cones (for central zone), 2 Goals  
 No. of Players: 9 Outfield, 1 Goalkeeper

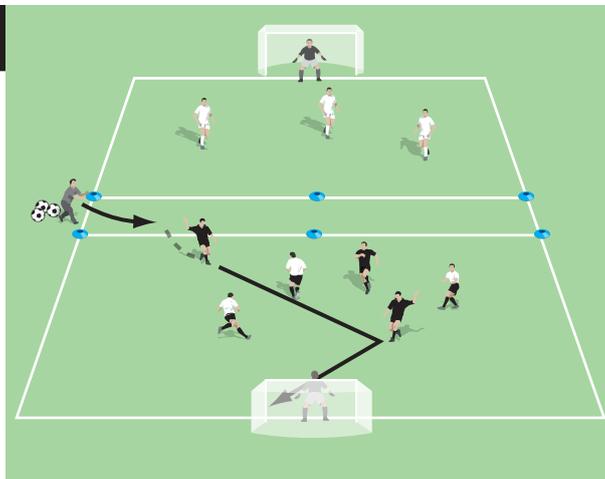
## THE RULES

1. The team in the central zone starts the game by attacking either of the opponent’s goals.
2. If successful, they return to the central zone, receive a new ball from the coach, and attack the opposite goal.
3. However if the defenders win the ball, or manage to stop the attacking team scoring, then they break out to the central zone to receive a ball from the coach and attack.

## ROTATION

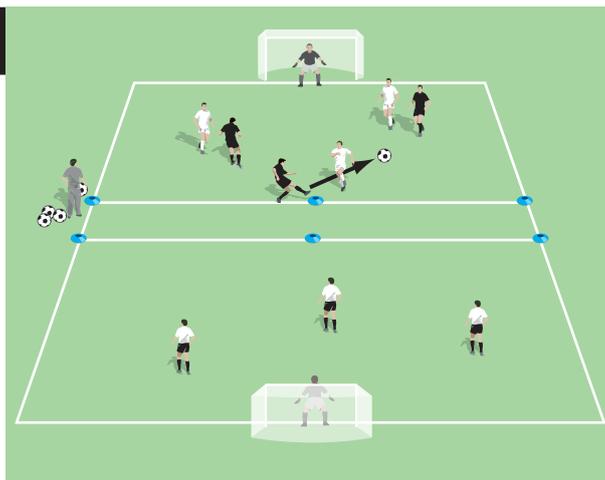
- The game runs continuously for a set time period.

1



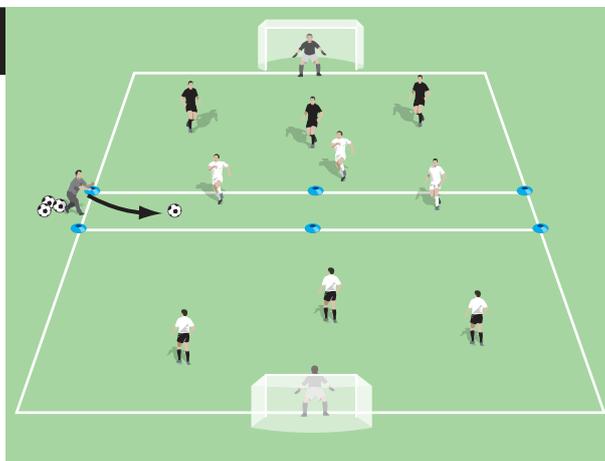
The black team launch an attack from the central zone.

2



If they score they return and get another ball to attack the opposite goal.

3



If they fail to score the defending team breaks out to the central zone to attack.

### KEY

..... Player Movement

—————> Ball Movement

# 73 - 3 Player Counter with Neutrals

*“This game is a progression of the previous one with neutrals creating an overload situation for the attacking team.”*

## SETUP

- Area: 50 x 30 yard  
 Equipment: 6 Cones (for central zone), 2 Goals  
 No. of Players: 12 Outfield, 2 Goalkeepers

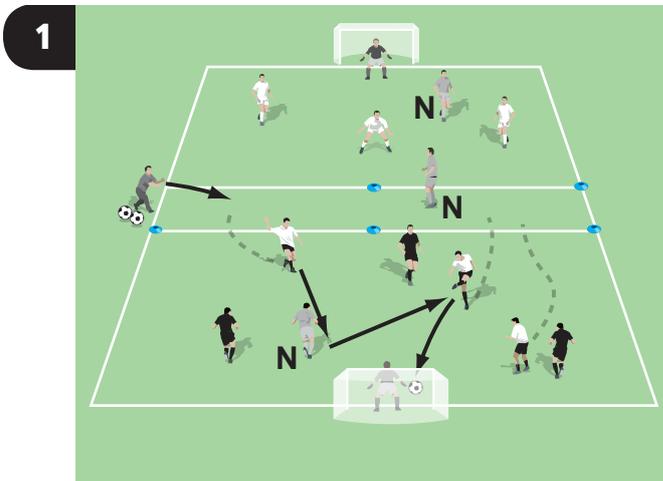
## THE RULES

1. The team in the central zone starts the game by attacking either of the opponent’s goals. The fourth team acts as neutrals with one working as a midfielder in the central zone (limited to two touches) and one in each endzone working as attackers.
2. If successful, they return to the central zone, receive a new ball from the coach, and attack the opposite goal.
3. However, if the defenders win the ball, or manage to stop the attacking team scoring, then they break out to the central zone to receive a ball from the coach and attack.

## ROTATION

- The game runs continuously for a set time period.

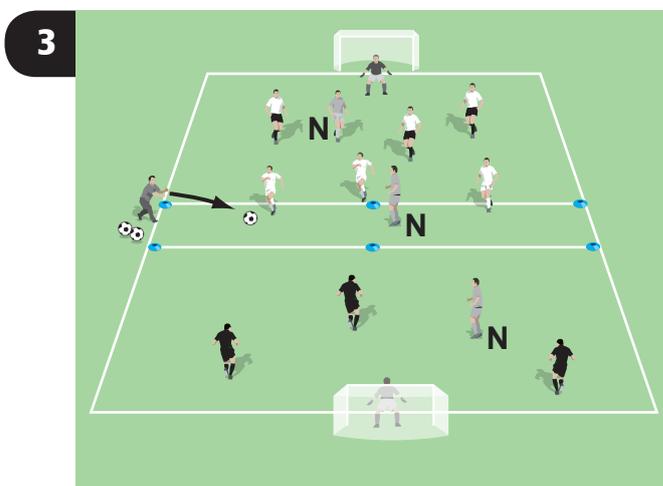
**KEY**       Player Movement       Ball Movement



The black shorts use the neutral to score against the black team.



They launch an attack on the opposite end.



But the white team stop them from scoring and attack the opposite goal.

# 74 - Wide and central Advantage

*"In this progression from game 73, two of the neutral players add width to encourage the attackers to spread the ball and get into attacking positions to score from a cross."*

## SETUP

Area: 50 x 30 yard  
 Equipment: 6 Cones (for central zone), 2 Goals  
 No. of Players: 12 Outfield, 2 Goalkeepers

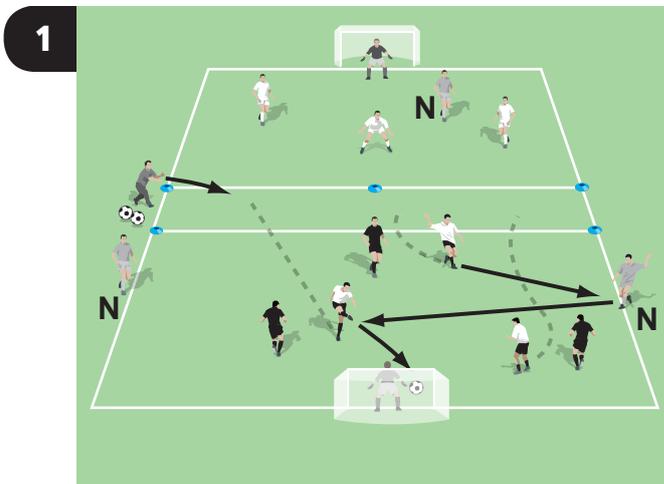
## THE RULES

1. The team in the central zone starts the game by attacking either of the opponent's goals. Going in one direction, they can use the two wide neutral players to get crosses into the box (when a cross comes from one side, the opposite wide "neutral" can get into the box to score).
2. If they score, they return to the central zone, receive a new ball from the coach, and attack the opposite goal. Going in the opposite direction, the neutral is on the pitch and works as an extra forward making a 4v3.
3. If the defenders win the ball, or manage to stop the attacking team scoring, then they break out to the central zone to receive a ball from the coach and attack.

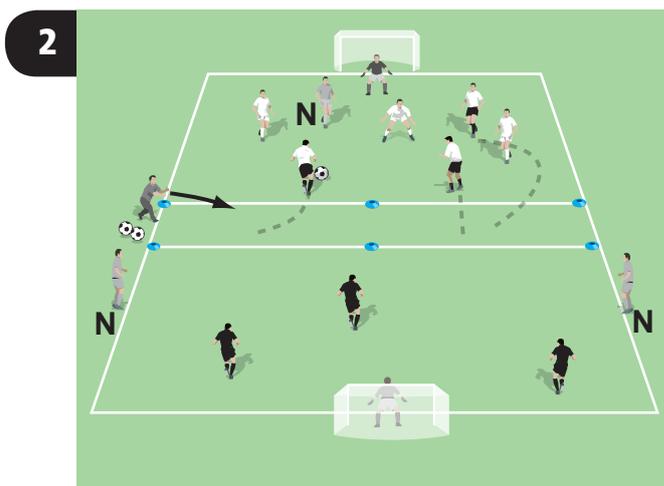
## ROTATION

- The game runs continuously for a set time.

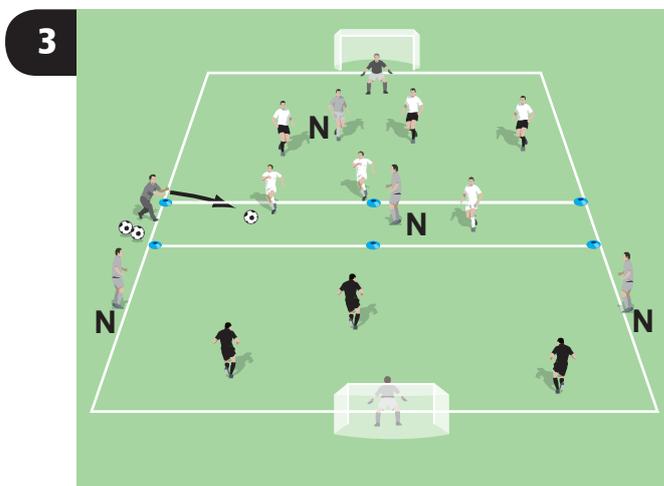
**KEY**       Player Movement       Ball Movement



The black shorts use the wide player to score.



Then they attack the white team using the central neutral player.



But fail to score and the white team break out to attack the opposite goal.

## 75 - Pressure on the Defence

*“The attacking team must put the defenders under pressure in this continuous attack v defence game. Which team can score the most from 5 attempts?”*

### SETUP

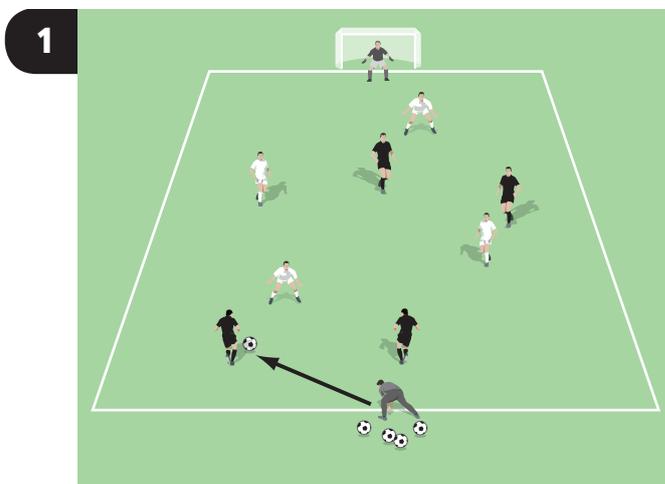
Area: 40 x 30 yard  
 Equipment: 1 Goal  
 No. of Players: 8 Outfield, 1 Goalkeeper

### THE RULES

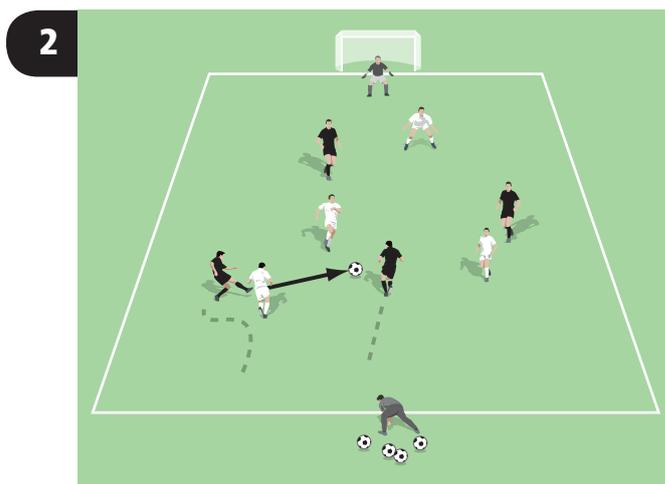
1. The coach feeds a ball in to the black team.
2. The black team has 5 balls to score as many goals as they can.
3. As soon as a goal is scored, the black team is tackled, or the ball leaves the pitch, the coach immediately feeds in a new ball.

### ROTATION

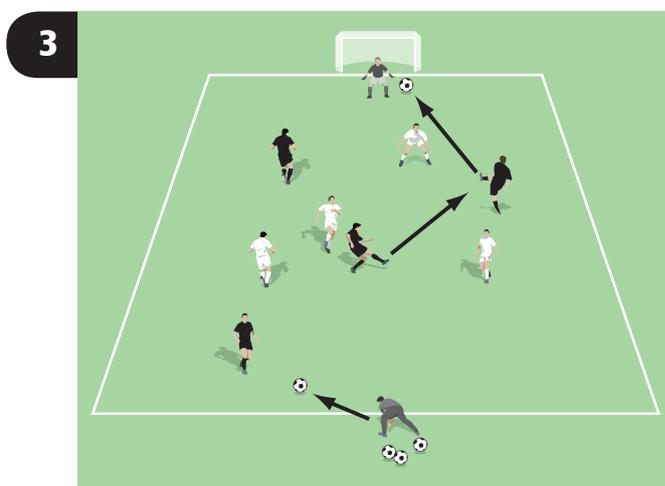
- After the five balls are played the roles are reversed and the previous defending team tries to beat the other team’s score.



The black team receives a ball from the coach to start the game.



They have 5 attacks to score as many goals as possible.



The coach serves the balls quickly to keep the pressure on the defence.

#### KEY

..... Player Movement

—————> Ball Movement

# 76 - 4v4 Score to Continue

*"In this timed 4v2 overload game the attacking teams compete to score the most goals against the defending pair."*

## SETUP

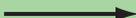
- Area: 40 x 30 yard  
 Equipment: 6 Cones, 1 Goal  
 No. of Players: 12 Outfield (3 teams of 4),  
 1 Goalkeeper

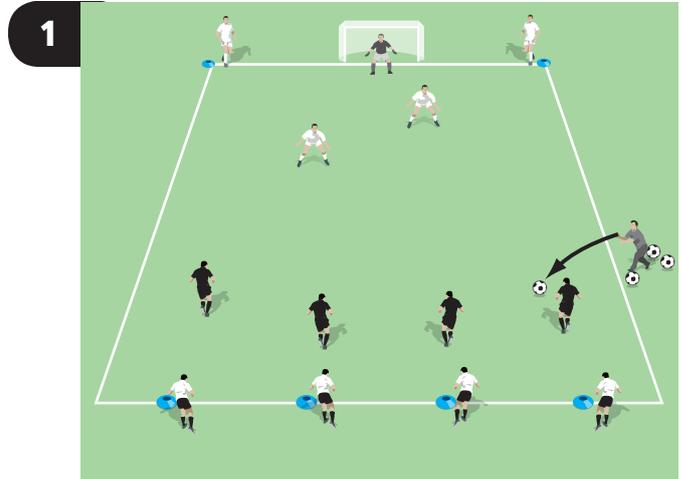
## THE RULES

1. One team work in pairs and act as defenders while the other two teams are in competition to score the most goals.
2. The starting team attack 4v2, if they score then they receive a 2nd ball and attack again
3. This continues until they fail to score, then their opponents have a turn to attack 4v2.
4. Therefore by attacking well and taking your chances you can build up a lead and run down the playing time. Each game lasts four 4 minutes.

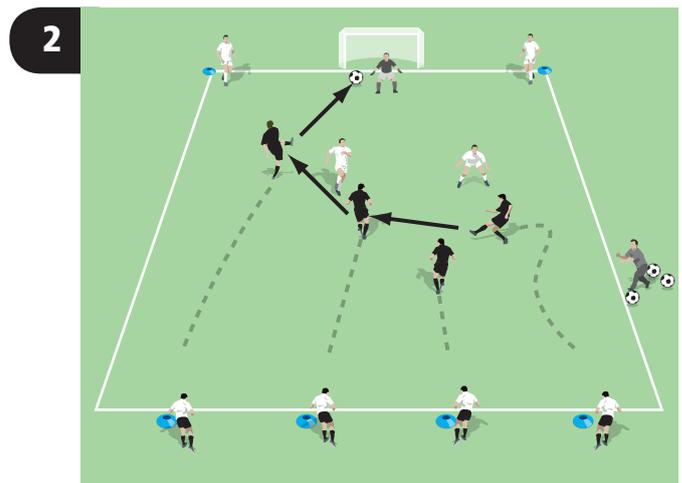
## ROTATION

- After four minutes the team that has scored the fewest goals must become the new defenders.

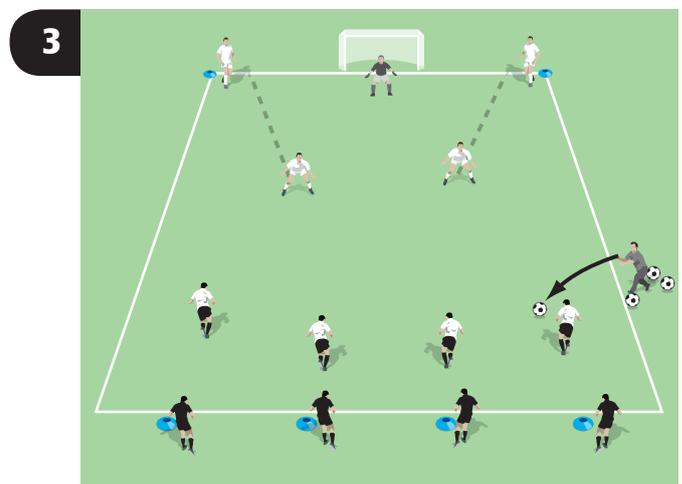
**KEY**       Player Movement       Ball Movement



The black team attack the first pair of defenders 4v2.



The coach gives them a new ball every time they score.



If they fail the black shorts get a chance to attack against the other pair of defenders.

# 77 - 2v2v2 Crossing Game

*"In this continuous 2v2 game the defenders must stop the attackers scoring from a cross to win their chance to break out and score at the opposite end."*

## SETUP

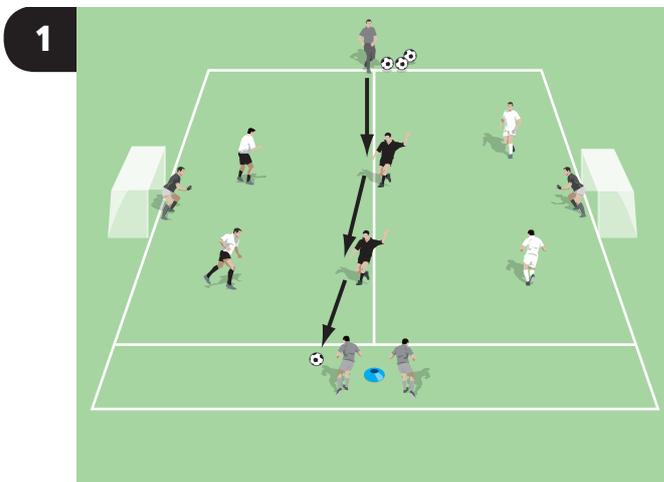
- Area: 40 x 30 yard  
 Equipment: Cones (for central line), 2 Goals  
 No. of Players: 8 Outfield (4 teams of 2),  
 2 Goalkeepers

## THE RULES

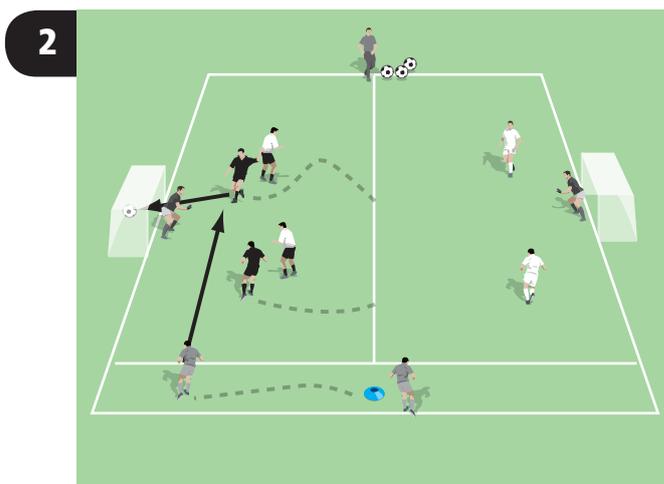
1. The middle team receives a ball from the coach and combines to pass wide to the crosser.
2. Now the middle team makes runs to lose the defenders and attempt to score from the cross.
3. If successful, they receive a 2nd ball from the coach and attack the opposite goal.
4. However, if they do not score then the defenders break out to receive a ball and attack.

## ROTATION

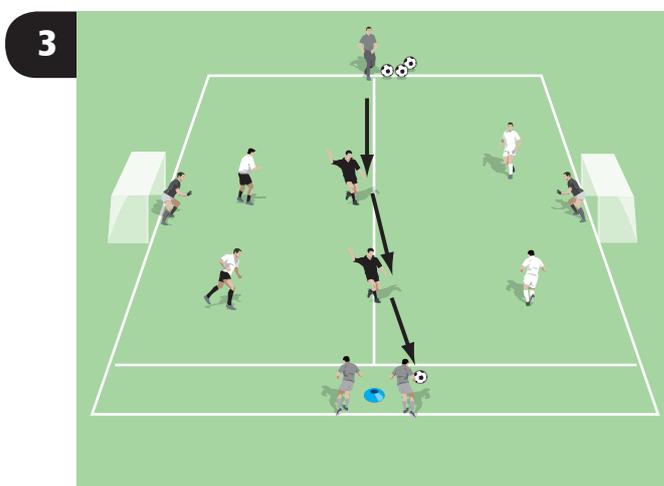
- The game runs continuously for a set time period.
- If the attackers fail to score they become the defending team in that half.
- Each team takes a turn as the crossers.



Three teams square up in this game.



The black team score from their first cross.



The defenders must force a mistake if they are to launch an attack of their own.

### KEY

-----  
Player Movement

—————>  
Ball Movement

# 78 - 4v2 Continuous

*“Get your players used to counter-attacking overloads in this 10-ball continuous overload game.”*

## SETUP

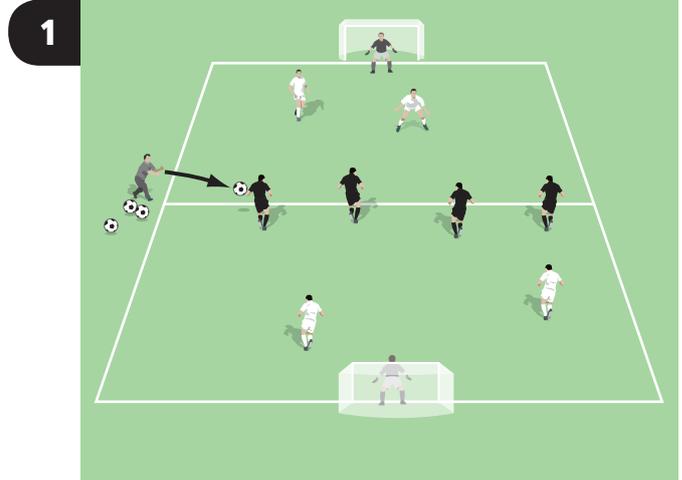
- Area: 40 x 30 yard
- Equipment: 2 Goals
- No. of Players: 8 Outfield, 2 Goalkeepers

## THE RULES

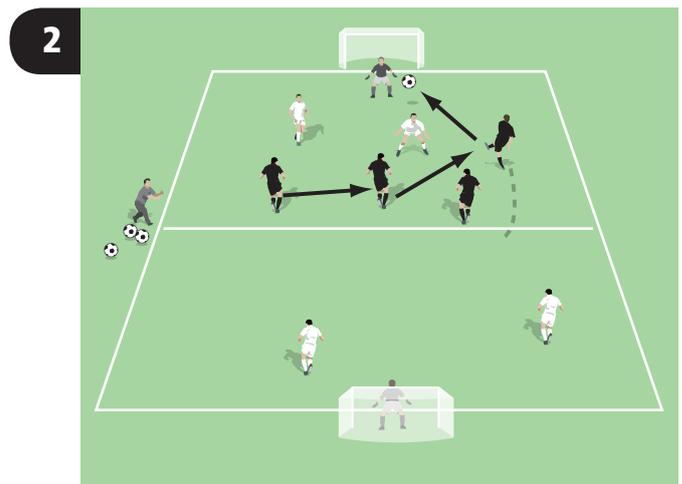
1. The attacking team starts on the centre line and the defending team split into pairs and go into separate halves of the pitch. To start, the coach passes to the attacking team.
2. The attacking team has 10 continuous attacks (5 at each goal).
3. After each ball has been played, the coach passes the team a new ball and they attack the opposite goal.

## ROTATION

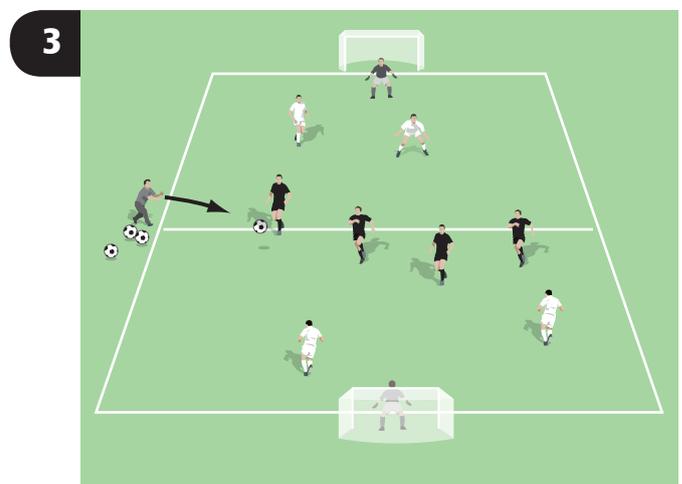
- The attacking and defending teams swap roles.



Each team has 10 attacks to score as many goals as possible.



The defenders should be stretched to make the most of the extra attackers.



Which team will make the most of their 10 opportunities?

**KEY**

..... Player Movement      → Ball Movement

# 79 - 3v2 Continuous Defend and Attack

*“The target man stays in place to help the defenders launch a counter attack and benefit from a 3v2 overload situation.”*

## SETUP

Area: 40 x 30 yard  
 Equipment: 4 Cones, 2 Goals  
 No. of Players: 14 Outfield, 2 Goalkeepers

## THE RULES

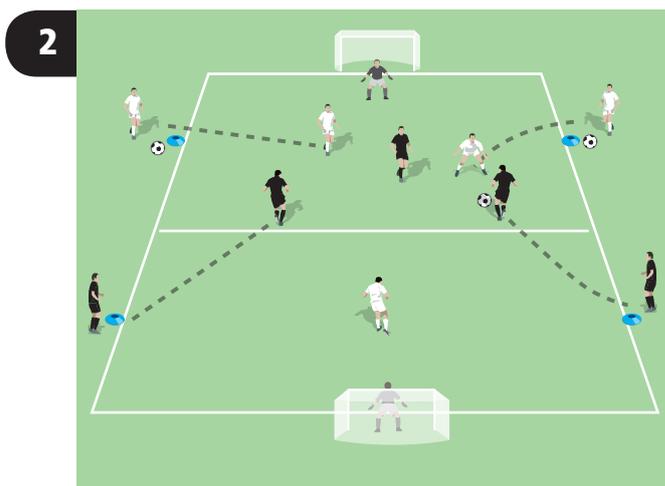
1. The players are divided into two teams and each team selects a forward that is always on the pitch and the remaining players are divided into pairs.
2. The black team attack in a 3v2 situation.
3. Once the attack is completed, the two white defenders make a counter attack to the opposite goal. Now this team can combine with their forward for a 3v2 situation against two new black defenders.

## ROTATION

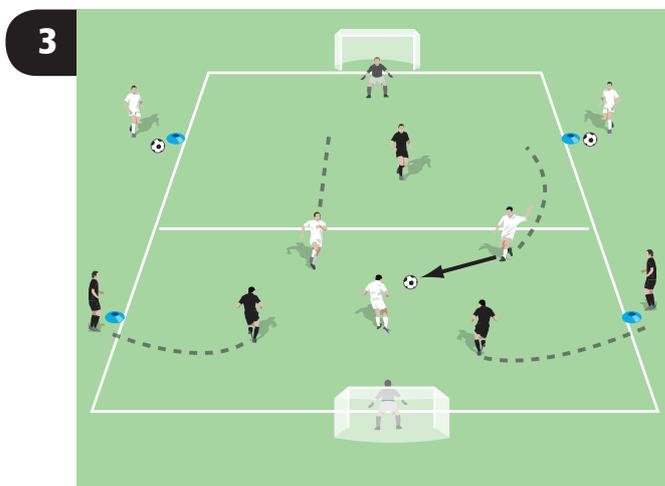
- Each time the defenders break out to counter attack two new players must take up their positions.



The teams select their full-time forwards.



The black team attacks 3v2.



The white team can counter attack, joining their forward to make a 3v2 at the other end.

### KEY

..... Player Movement

—————> Ball Movement

# 80 - Wide or Central Advantage

*“The coach can switch the advantage in this game to test the attackers’ ability to exploit the available width or work their way through the potentially crowded central area.”*

## SETUP

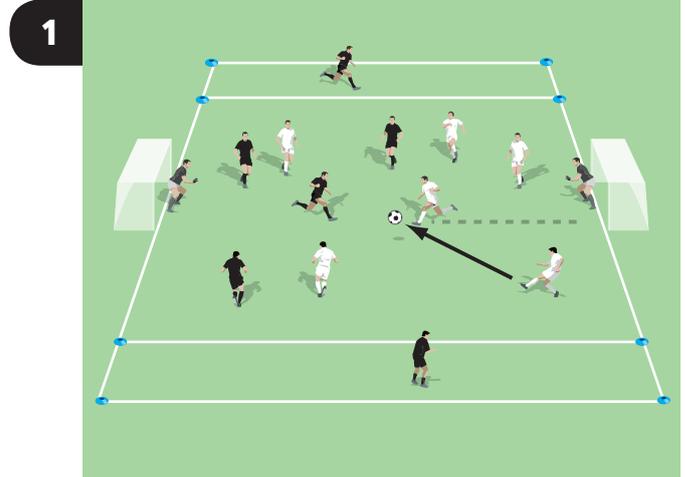
- Area: 50 x 30 yard  
 Equipment: 8 Cones, 2 Goals  
 No. of Players: 12 Outfield (2 teams of 6, numbered), 2 Goalkeepers

## THE RULES

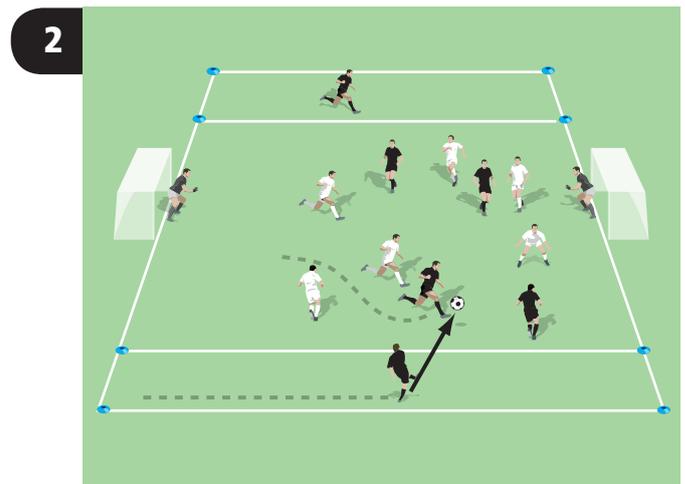
1. One team has all their players on the pitch and therefore attack through the middle. The team with four on the pitch drop back and defend deeply to squash the space.
2. The other team has two of their players out wide and therefore attacks down the wings.
3. When defending, the team with 6 on the pitch can use high pressure against the four players.

## ROTATION

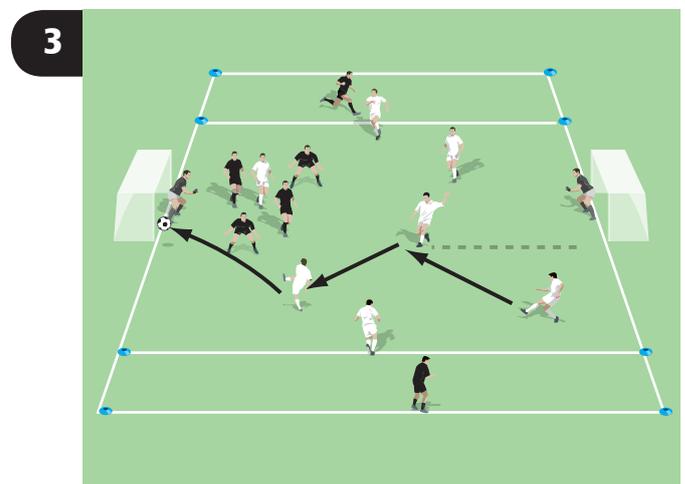
- The conditions continually change as the coach calls out different instructions such as “1 and 2 blue” to switch the wide players.



The white team need intricate passing in the crowded central zone.



The black team can move the ball wide where there is space.



The coach can change the restrictions on each team to switch the challenge

### KEY

..... Player Movement

—————> Ball Movement

## Conclusion

I hope the drills in this book have helped you to take your players and team to a higher level. As coaches of the next generation of players, fans, coaches and officials we have big responsibility and effect on the future of the game.

Let me share a key insight with you:

“The game of football is unpredictable and although two things can often be similar they are never the same. Therefore, as coaches, our training sessions must not always be predictable. If they are, then our players will not function effectively in matches as they will be programmed to both play and react to predictable movements.

Therefore, repetitive training of techniques and skills is good to a point, but players must be given choice and variation on actions, movements and starting positions. We must recreate the game in our training.”

I would like to thank you personally for purchasing this book and I welcome your feedback and questions personally to me at [mike.beale@coach-soccer.com](mailto:mike.beale@coach-soccer.com)

Best wishes

A handwritten signature in black ink that reads "Beale". The signature is written in a cursive, flowing style.

Michael Beale

