



24

AGILITY AND CONDITIONING DRILLS

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1v1 Change of Direction

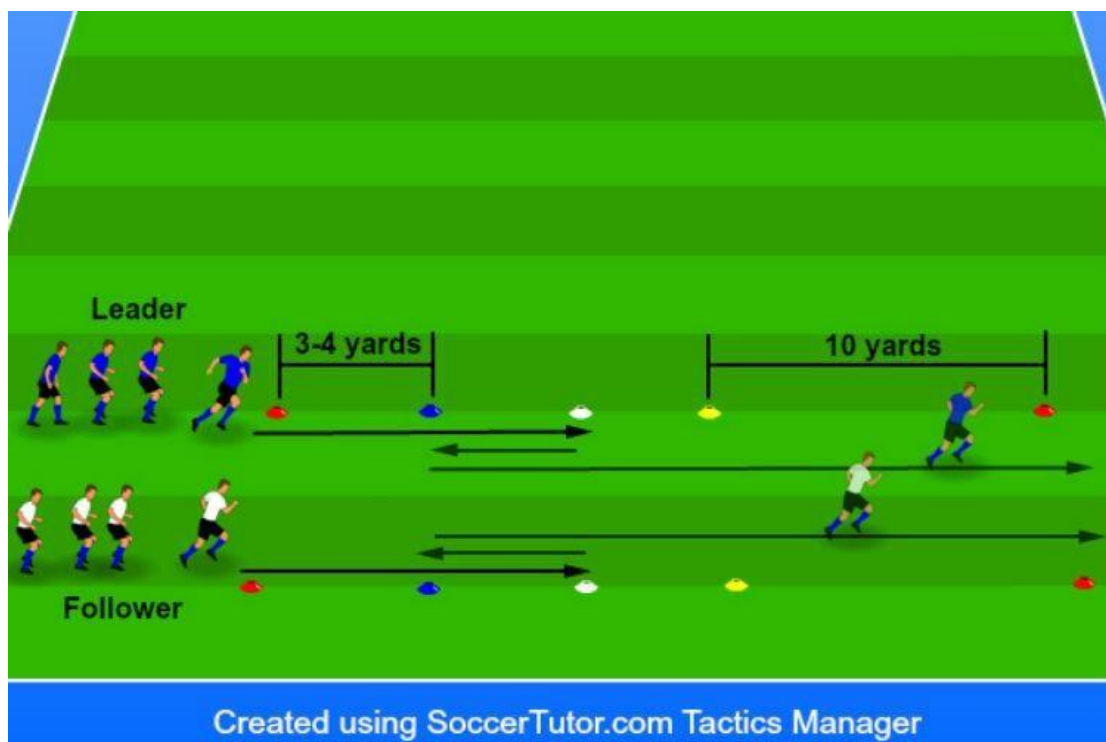
How the Drill Works:

Two players compete 1v1, without a soccer ball, through a series of cuts and changes of directions. One player is the leader who must change directions twice before racing through the final gate attempting to beat their opponent who must shadow their changes of direction.

Purpose:

Develop players' ability to quickly change direction and explode forward with their first steps. Players improve their reaction time and footwork as they attempt to be the first to cross the finish line. Fun and competitive activity that can be used as an extended warmup, or an agility activity on its own. Make sure players' bodies are fully warmed up before completing this activity.

Diagram:



Setup:

- Create two parallel cone lines with eight yards of space between them. There should be four cones in each line with four yards of space between each one. The four cones on each line should lineup with each other. See diagram for more information.

- Place one cone 10 yards away from the end of each cone line. See diagram for more information.
- Have the players form a line behind each of the starting cones.
- Assign one line as the leaders and the other line as the followers.
- Each player should complete at least five repetitions as the follower. Complete as many repetitions as needed.

Instructions:

1. The first player, in the leader line, starts running forward at whatever pace they would like. The first player, in the follower line, runs forward to stay with the leader.
2. The leader runs forward to any of the first three cones, makes a 180-degree turn at a cone, and then runs towards the starting line. At the same time, the follower attempts to stay as close as they can with the leader.
3. The leader then must make one more 180-turn at any of the cones they are running towards before racing to the cone furthest away. The follower attempts to stay as close to the leader and beat them to the finish line.
4. The leader and follower always stay close to their separate cone lines, never crossing in front of the other.
5. The leader must make two cuts, or turns, before racing towards the finish line. The leader is allowed to be elusive and may attempt to trick, or fake, the follower.
6. The next two players begin their turn when the players in front of them have run through the finish line.
7. After finishing, players walk around the cones and back to the start. Players switch lines so that the leader becomes the follower, and the follower becomes the leader.
8. Continue this process for the remainder of the time. Have players switch who they are competing against every other turn, so they get the chance to face other players.
9. Each player should complete at least five repetitions as the follower.

Variations:

Distance – Increase the distance between cones to make the players cover more ground.

Coaching Points:

- Teach the players to be creative and quick. Leaders should attempt to lose their opponent with fakes, change of speed, and quick decisions while followers should stay alert and react quickly to the leader's movements.
- Challenge the players to compete! Keep the game fun with motivation and cheering when someone does a good move, or the follower beats the leader!
- Remind the players to explode towards the finish line with powerful strides into the ground and to drive their knees as they sprint.
- Educate the players to bend their knees so they can rapidly react to the leader's movements.
- Who can be the first to the line?!

3v3 Force Marking

How the Drill Works:

Players compete in a small-sided game of 3v3 to goal. Players can only mark the player they have been assigned to on the opposing team.

Purpose:

Develop fitness and endurance through short, intense games of 3v3. Players must work to stay with and defend their assigned opponent while also using quick cuts and change of speed to create space on offense. Build fitness through game-like activities.

Diagram:



Setup:

- Set up a 30x20-yard field.
- Position a full-size goal on each end line.
- Place one goalkeeper in each goal. If there are extra goalkeepers, have them rotate at the end of each round.
- Divide the players into teams of three and assign each team to a different jersey color. There should be no more than four teams per field. If there are more than four teams, create another field, or increase the field dimensions to accommodate 4v4.
- Divide all the balls evenly between the goals. Leave the soccer balls inside the goals and note that the goalkeepers are in charge of starting a new ball for their team when the ball goes out-of-bounds on the other team.
- Have two teams start on the field. The extra teams start off the field and collect any balls that go out-of-bounds.
- Each team should complete four, three-minute games. Play more games depending on the level and workload players need to accomplish for the day.

Instructions:

1. Before each game, have the players match up with one player on the opposing team. This is the player that they must defend, and the only player that can defend them for the duration of that game.
2. On the coach's command, the two teams compete to score the most goals. Players must work to get open or defend their opponent.
3. After a team has scored a goal, that team's goalkeeper starts a new ball from their goal. Make it, take it.
4. If the ball goes out-of-bounds for any reason, the goalkeeper of the team that did not touch the ball last, starts a new ball.
5. Players can ONLY defend the player they are matched with.
6. At the end of the game, the team with the most goals wins. The next team, or teams, rotate in and match up with a player before the coach signals the start of the next game.
7. Each team should complete four, three-minute games. Add more games or change the duration of the games depending on the workload players should complete that day.
8. If teams are playing back-to-back games, make sure to give them at least one minute of rest between games.

Variations:

Number of players – Do not play with more than four teams. If 3v3 is not enough, play 4v4, 5v5, or 6v6 so players are not resting for too long. Create multiple fields if space allows.

Competition – Keep track of team wins to see who is the overall winner at the end of the activity.

Winner stays – The team that won the game stays for the next game. If there is a tie, the team that has been on the longest goes out.

Coaching Points:

- Challenge the players to compete with the opponent they are matched with! Players should want to score while also not keeping their opponent from scoring.
- Encourage the players to constantly move and change directions. This will make them more difficult to defend and give them a better opportunity to receive the ball in space.
- Teach the players to be aggressive with the ball. Players will need to try and beat their opponent 1v1 in this game to score. Players should be decisive and attack their opponent!
- Motivate the players to compete as hard as they can to increase their game endurance.

4-on-4 Touch the Line

How the Drill Works:

Two teams compete in a 4v4 game to goals but must sprint to their end line every time they lose possession of the ball before they can attempt to win the ball back.

Purpose:

Multi-purpose, high-intensity small sided game that develops fitness through playing. Maintaining possession and repressing on defense are improved in this activity.

Diagram:





Setup:

- Set up a 35x25-yard field.
- If goalkeepers are available, position one full-size goal on each end line and assign a goalkeeper to each goal. If no goalkeepers are available, use one min-goal on each end line.
- Divide the players into teams of four players. If there are more than four teams, create two fields or divide the players into teams of five and adjust the field size accordingly.
- Assign each team to a jersey color.
- Divide all the soccer balls evenly between the two goals.
- Two teams start on the field.
- Each team should complete at least four, four-minute games. Add more rounds depending on the workload required for the training session.

Instructions:

1. Two teams compete to score on their opponent's goal.
2. Every time a team loses possession of the ball, they must sprint to their end line before attempting to win the ball back.
3. Each time a team wins possession of the ball, they must complete three passes before trying to score.
4. If a team successfully scores, their goalkeepers gets a new ball and starts a new possession their team. Make it, take it.
5. After each round, the team with the most goals is declared the winner of that round. If three teams are available, give the give players 60-90 seconds of rest in between each game. If four teams are available, immediately start the next game after the teams have rotated.
6. Each team should complete at least four, four-minute games. Add more games or change the duration of the games to fit the players' workload needs.

Variations:

Number of players – Play 3v3, 4v4, 5v5, or 6v6 if needed. Change the dimensions of the field to accommodate the number of players.

Touch the sideline – Switch of the location that the players must touch before defending. Have players touch the sidelines, or corners, instead of the end line.

Number of passes – If three passes is too easy, or difficult, to defend, decrease, or increase the number of passes teams must complete before going to goal.

Coaching Points:

- Stress the importance of the sprint and being able to recover on defense quickly before the attacking team can create an easy scoring chance.
- Challenge the players to immediately turn and sprint to the line after a loss of possession. Players should not hesitate when their team loses possession!
- Encourage the players to communicate with each other on offense and defense. Players should help each other with decisions and push each other to defend quickly.
- Educate the players to move the ball quickly after gaining possession and attack before the opposing team has time to get organized.

ABC 150s

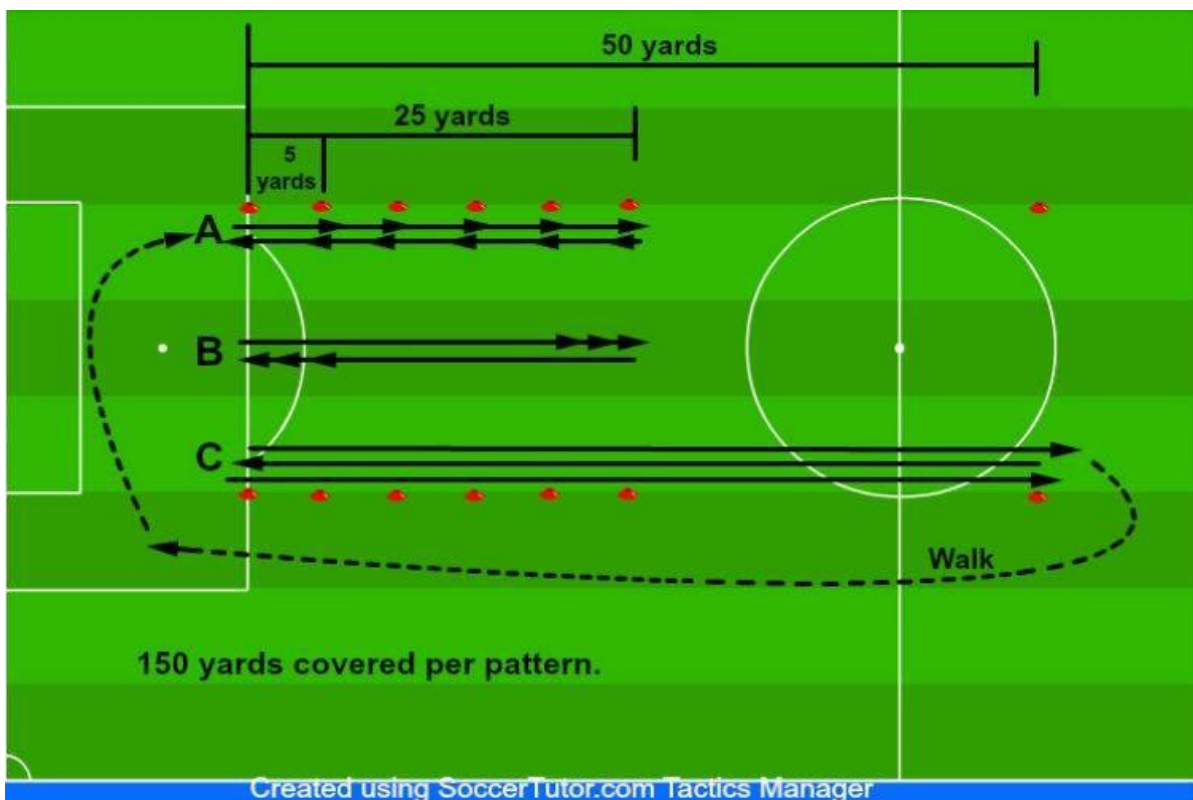
How the Drill Works:

Players complete three separate running patterns (A, B, and C) with each pattern covering 150 yards. Players rest in-between each pattern before starting the next.

Purpose:

Build players' endurance and change of direction through varied sprint patterns to mimic gamelike runs.

Diagram:



Setup:

- Set up pattern A and B. See diagram for more information. Set up at least two sets of six cones on the outside of the running area. The cone lines should be parallel to each other with 20 yards of space between them. There should be five yards between each cone along the cone lines.
- Set up pattern C by adding a cone 25 yards directly behind the two top cones of pattern A and B. See diagram for more information.
- Divide the players into two groups with 6-10 players per group. Make sure there is enough running space between the two cone lines for the players to run. Increase the distance between the cone lines, or add a third cone line, to give the players more space.
- Each player should complete the ABC pattern at least three times for a total of nine, varied sprints. Add more sprints depending on fitness levels and the training session goals.

Instructions:

1. Players will first complete pattern A. The first group starts between the two cones on the bottom of the setup. On the whistle, players will complete a shuttle between the first six cones. Players will run five yards to the first cone, run back to the start line, run 10 yards to the second cone, run back to the start line, and continue this until they run to the last cone, 25 yards away and back to the start line.
2. The second group will begin their run after the first group finishes pattern A.
3. Once each group has completed pattern A, the first group will position themselves back on the same start line and complete pattern B. On the coach's whistle, the first group will run to the 25-yard cone line and back to the beginning three times. Down and back equals one. The next group will start on the coach's whistle.
4. Once all the groups complete one repetition of pattern B, the first group positions themselves back on the same start line and completes pattern C on the coach's whistle. The first group will run to the far cone, 50 yards away, run back to the start line, and then finish by running back to the far cone. Once the players run through the far cone, they slowly walk back to the beginning. The next group will start on the coach's whistle.
5. Once all the groups have completed pattern C, they are given 1-3 minutes of rest before completing another round of ABC. Depending on the level of fitness, complete 2-5 rounds of ABC.
6. Give the players more rest between each pattern if only one, or two groups of players are available. If players run for 30 seconds, give them 30-60 seconds of rest before starting the next pattern.

7. Each player should complete the ABC pattern three times for a total of nine, varied sprints. Change the workload depending on fitness levels and targeted training workload.

Variations:

Use a soccer ball – Complete the same patterns while dribbling a soccer ball. This will result in slower times and less focus on fitness, but still works the players' endurance while improving their dribbling at high speeds.

Coaching Points:

- Encourage the players to push themselves and their teammates! Challenge the players to touch every line without cutting corners!
- Motivate the players to push as hard as they can each sprint! Give them some motivation and cheers to get the most out of them.
- Make sure the players are properly warmed up before starting this activity. Players should be properly stretched and warm to avoid injuries.
- Read the players to see where their fitness levels are at and how many sprints they should complete. Of course, no injuries should occur, but find the right balance between too much and too little.

Agility Course

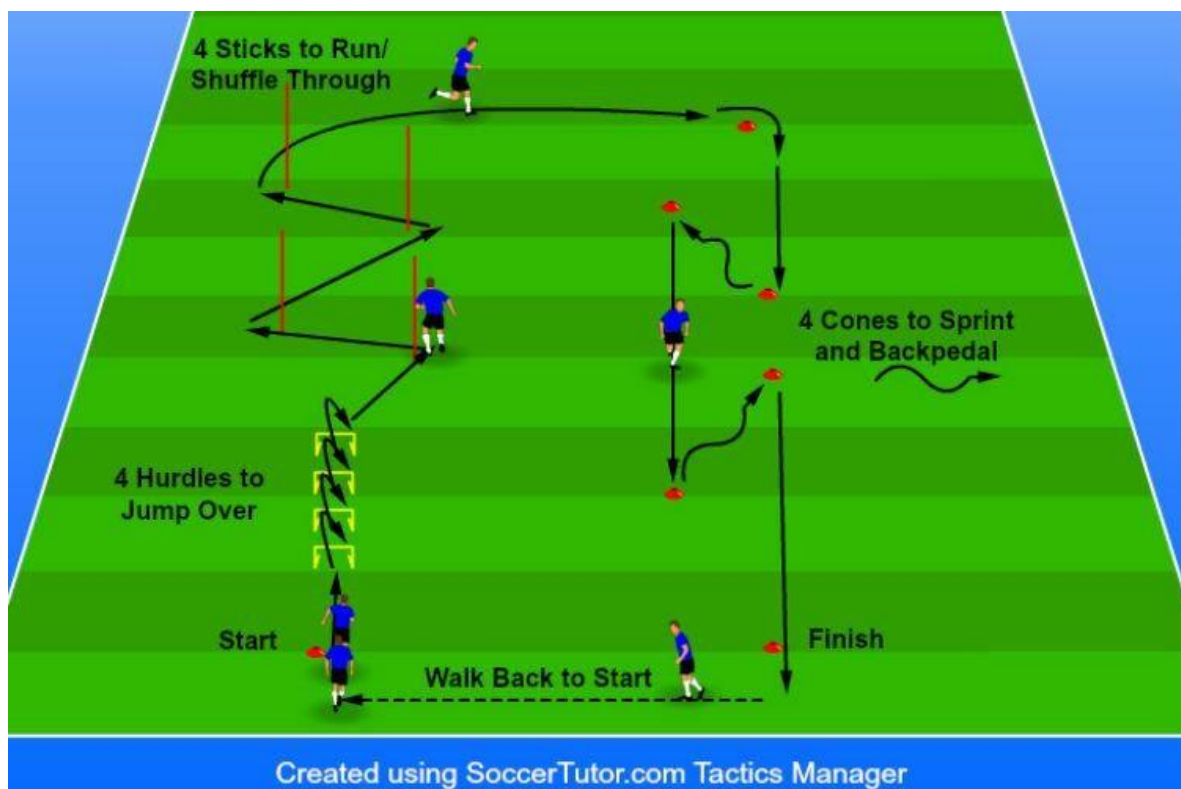
How the Drill Works:

Players run, jump, backpedal, and shuffle their way through a series of obstacles to improve their body control and coordination.

Purpose:

Develop players' ability to move efficiently through a series of physical movements. Can be used as an extended warmup after players have properly prepared their bodies. Important for players of all levels to spend time on this to prevent injuries.

Diagram:



Setup:

- Refer to the diagram for the setup. Give 10 yards of space between each section. If hurdles, or sticks are not available, use cones instead.
- Have the players form a line behind the starting cone.
- Players should complete at least five full rounds of the course.

Instructions:

1. The first player in line starts the activity by running forward and jumping over the hurdles with two feet. The jumps should be quick and explosive.
2. The player then runs forward to the sticks and shuffles sideways through them. The shuffles should be fast with the player's knees bent.
3. After completing the sticks, the player turns and sprints towards the next cone at max speed.
4. The player rounds the cone before sprinting and backpedaling through the series of cones.
5. After backpedaling, the player sprints through the finish line and then walks back to the start.
6. The next player in line can start their turn after the player in front of them has completed the hurdles.
7. The players continue working through the course until the time limit is reached.

Variations:

Be creative – Add new obstacles and variations to work on different body movements. Feel free to change the activity to best suit the players.

Coaching Points:

- Teach the players to be quick and maintain good body control throughout the course. Players should bend their knees and remain on balance the entire time.
- Start the players slow and push them to increase their tempo each round.

- Change the activity as needed. Add new variations or movements. There is no right or wrong setup.

Arrow Agility

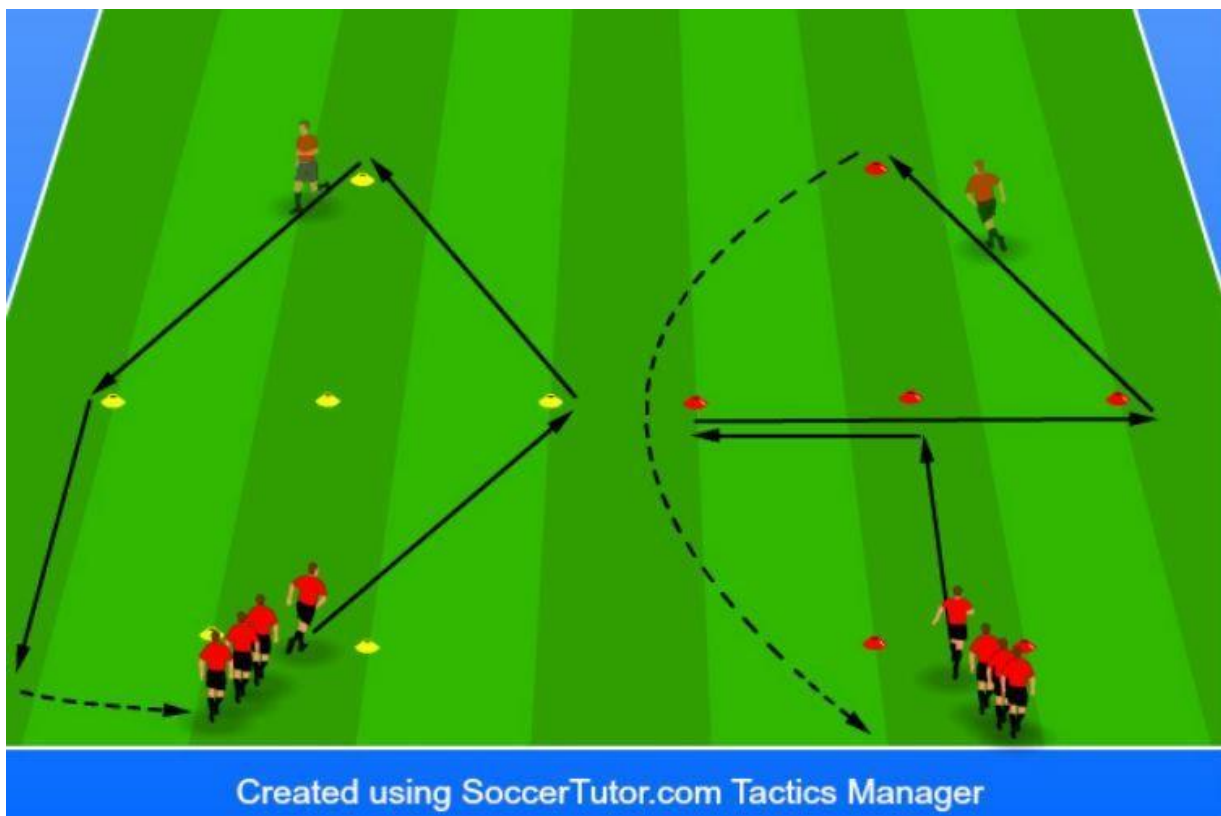
How the Drill Works:

Players sprint, shuffle, backpedal, and cut through a series of cones for coaches to evaluate their ability to cover ground and change directions quickly.

Purpose:

Evaluate players' athletic abilities like speed, quickness, agility, and balance.

Diagram:



Setup:

- See diagram below for information to better understand.

- Place a gate of cones, four yards wide, at the bottom of the setup.
- Place one center cone, 10 yards directly in front of the gate. On each side of the center cone, place one cone five yards away on each side.
- Place the final cone 20 yards directly in front of the gate.
- The final setup will have two cones on the bottom line, three cones in the next line, and then one cone at the top.
- Set up multiple courses depending on the number of players present. Try to keep each setup to eight players or less.
- Have the players form a line behind the starting gate on the bottom.
- No soccer balls are needed.
- Players should complete at least two runs, in each direction of every pattern. No more than 12 total runs should be completed.

Instructions:

1. The first player in line runs forward to the center cone 10 yards away, shuffles to the left five yards, sprints right 10 yards, turns left and then sprints to the top cone.
2. Players walk to the back of their line after completing their run.
3. The next player in line starts their turn once the player in front of them completes their run. It is important players do not start until the player in front of them has finished as this is not a fitness drill and ample rest time needs to be given between runs.
4. Once the first player is back to the front of the line, they complete the same pattern, but do the mirror image of the first run so they work on cutting on both feet.
5. Players should complete at least two runs, each direction of each pattern given. Players should not complete more than 12 total runs.

Variations:

Add a ball – Have players perform the patterns using a soccer ball. Coaches will be able to evaluate players' dribbling abilities.

Patterns – Give a new pattern every four runs. Make sure players alternate running to both sides. Switching the patterns will allow coaches to evaluate more athletic movements and players' abilities to work through each one.

Coaching Points:

- Teach the players to use their arms when running to help cover more ground efficiently.
- Remind the players to keep their cuts sharp and to stay close to the cones when changing directions. No rounding the turns!
- Challenge the players to perform each run at max speed! Players will get plenty of rest between each run.

Dribble Conditioning Patterns

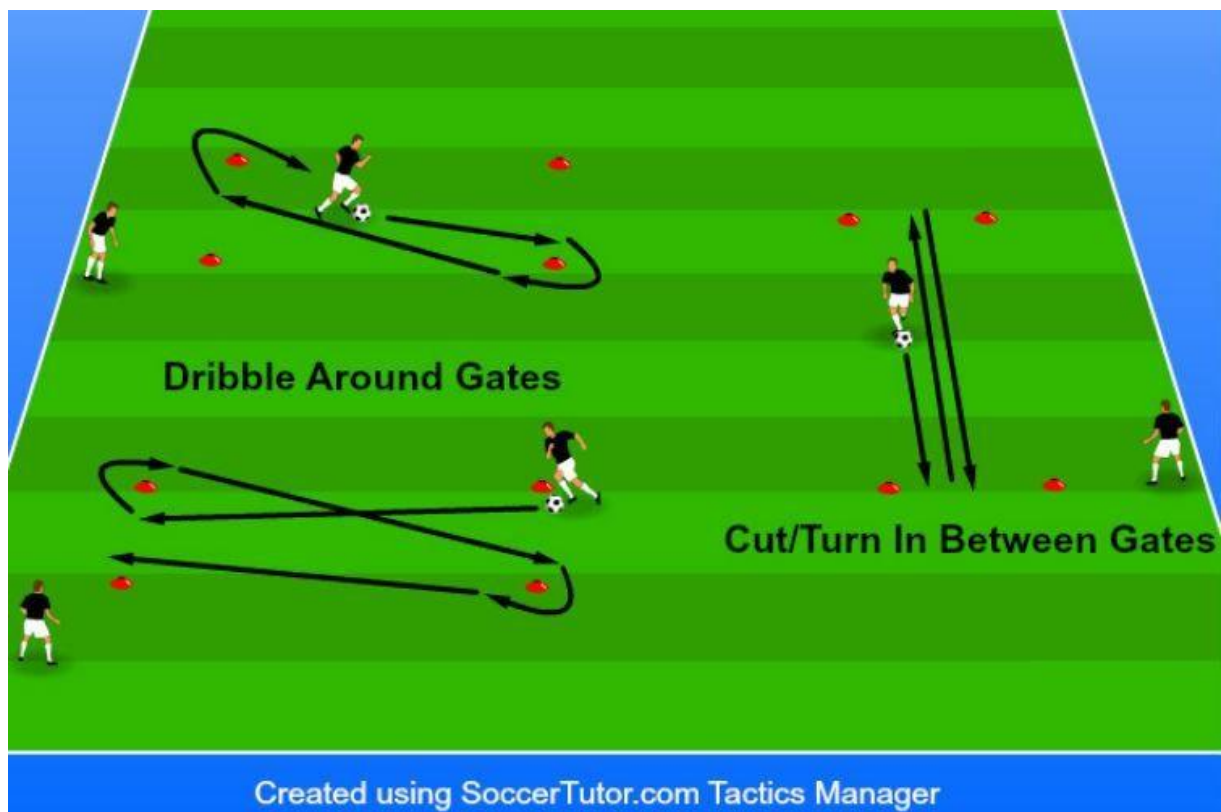
How the Drill Works:

Players partner up and alternate working through a series of dribbling patterns. The patterns involve turning, cutting, and running with the ball aimed at increasing ball control and physical fitness.

Purpose:

Develop players' ability to dribble, under control, at high speeds while improving their fitness. Fatigue players legs to improve ball control with heavy legs.

Diagram:



Setup:

- Have players partner up with one ball. Give four cones to each pair.

- Have the players spread out around the field before setting up their cones.
- The four cones will be set up as two cone gates about 10 yards away from each other. The gates should be three yards wide and should be immediately across from each other.
- One player works while the other rests. The first player working will start with the ball behind one of the gates.
- Each player should complete at least six, 45 second rounds. Add more rounds or time per round depending on fitness levels and desired player workload.

Instructions:

1. One player in each pair starts dribbling towards the opposite gate they started on.
2. The player dribbles through the middle of the opposite gate, and then around the outside before heading back to the first gate to repeat the process.
3. Players dribbling as quickly as they can, under control, through this pattern for the entire round.
4. As soon as the coach signals that the round is complete, the player gives the ball to their partner who immediately begins dribbling around the four cones, repeating the same process.
5. Add new patterns and variations after every other round.
6. Each player should complete at least six, 45 second rounds. Add more rounds and time depending on the players' fitness levels.

Variations:

Original pattern – Use the original pattern described above, but have players use only their left foot for one round, and then have them use only their right foot for the next round. Have players use both feet for the third round.

Cuts – Players can work on their change of direction cuts in this activity. Rather than dribbling through and around the gates, players perform a 180-degree cut with the ball in between each gate. Players should work on cutting the ball with the inside, outside, and bottom of their feet.

Vary the cone distance – Increase the distance between gates to increase the distance covered by the players. This will result in less turns, but faster dribbling and deceleration.

Vary the workload – Depending on the amount of fitness needed, or the players' fitness levels, increase the amount of time players work per round and the total number of rounds.

Coaching Points:

- Challenge the players to dribble at full speed. This will increase the players' ability to control the ball under at high speeds and get the most out of the activity.
- Remind the players to keep the ball close while dribbling so that they can change directions swiftly with the ball. Players should take short, quick touches when turning around the cones, but then should take bigger touches that get out in front of their bodies when dribbling to the next gate to get up to speed faster.
- Encourage the players to use both feet when practicing the turns and cuts around the cones.

Dribbling Agility

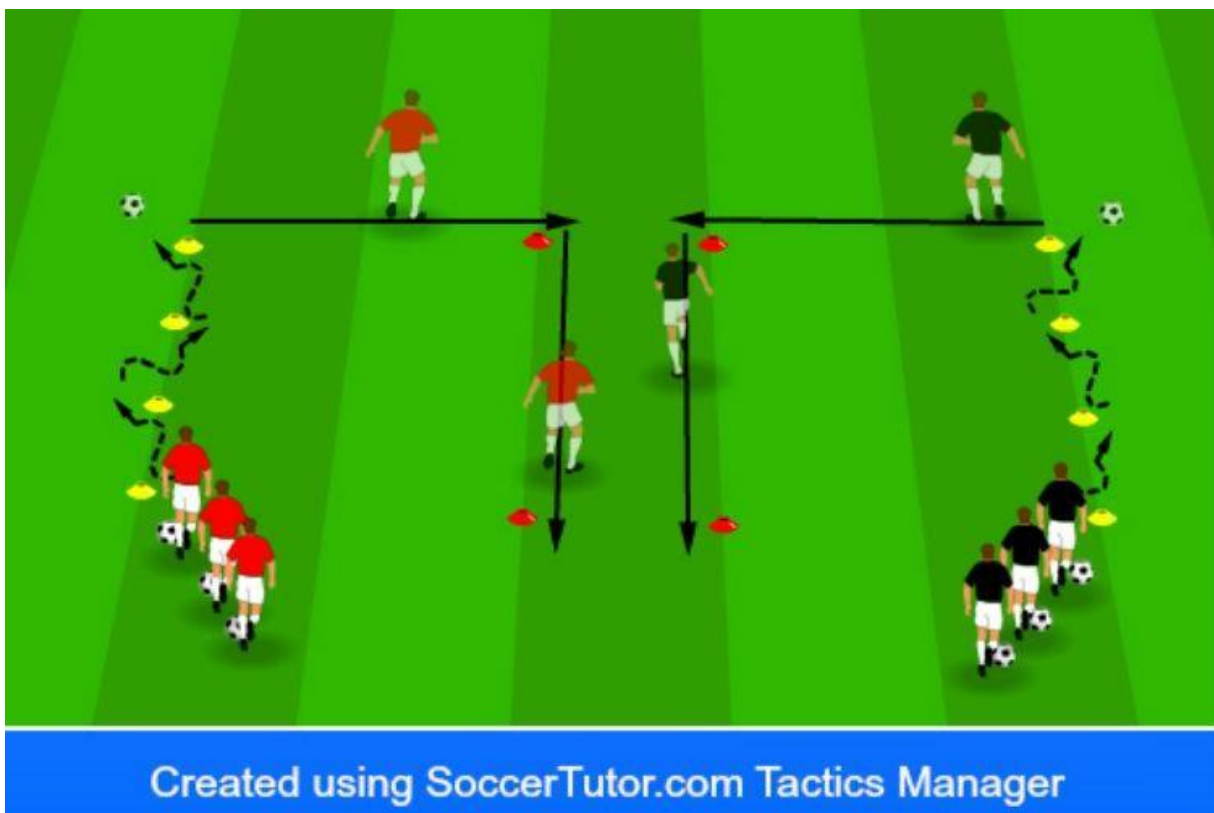
How the Drill Works:

Players work through a series of cones with, and without, the ball by dribbling and changing directions depending on the pattern given.

Purpose:

Simple setup with many different variations to improve players' ability to dribble and then quickly switch into agility movements without the ball. Players develop their ability to cover ground at high speeds and change directions sharply.

Diagram:



Setup:

- **Set up an 8x8-yard box for every four players. Use two extra cones and place them evenly along one sideline so that one side of the box has four cones on its side. See diagram below for more information.**
- **Players form a line at the side of the box with four cones.**
- **Each player starts with a ball at their feet.**
- **Each player should complete at least 10 repetitions. Add more as needed. Switch patterns every two to four repetitions.**

Instructions:

1. The first player in each line starts by zig-zag dribbling through the cones placed in front of them.
2. After the player dribbles to the top of the box, the player leaves their ball at the corner and immediately shuffles to the next cone, staying on the outside of the box.
3. The player then arrives at the next cone and transitions into a backpedal to the final cone.
4. When the player arrives at the final cone they have finished their turn and can rest. The next player in line starts once the player in front of them has completed their turn.
5. After all the players work their way through, the first player in line starts the next repetition sprinting forward, without the ball, shuffling across to their ball, and then dribbling their ball through the cones before resting.
6. This process continues for the remainder of the set. Each player should complete at least 10 repetitions. Switch patterns every two to four repetitions.

Variations:

Be creative – Challenge the players with different patterns and movements. Only right foot dribbling, only left, only insides, only outsides, etc. Movements without the ball could include karaoke, jumping, cross-over running, all forward sprinting, etc. Mix and match to challenge the players' coordination.

No ball – Do the whole drill without a ball. Use the cones to perform short changes of direction in between.

Coaching Points:

- Encourage the players to perform each repetition at max speed! This is the best way for players to replicate game-like movements and improve their quickness and efficiency.
- Challenge the players to make sharp cuts and stay OUTSIDE the box.
- Remind the players to maintain their balance while shuffling and backpedaling to increase their change of direction speeds.
- Have fun with the players! Challenge them with new patterns and push them to get the most out of the activity with their effort.

Dynamic Warmup

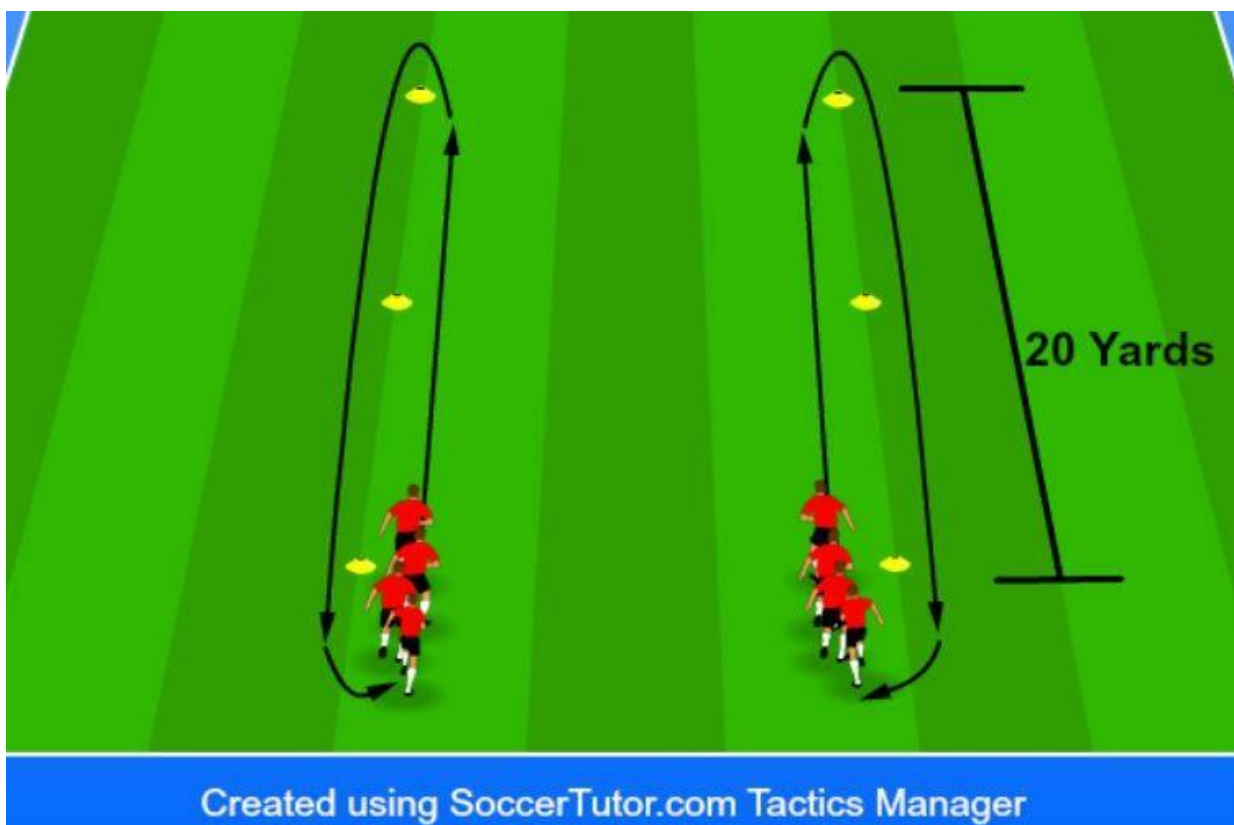
How the Drill Works:

Players divide into two lines and complete a series of runs and dynamic stretches to prepare their bodies for training.

Purpose:

Simple warm up activity that activates players legs and muscles through a series of runs and dynamic stretching patterns. Players increase their heart rates and body temperatures while stretching their muscles to decrease the risk of injury during training.

Diagram:



Setup:

- Make two parallel lines of cones 20 yards long with 10 yards of space between each line.
- Have the players divide into two lines starting at the bottom of each cone line.

Instructions:

1. The two lines of players start the activity by jogging down along the inside of the cone and back along the outside of the cones.
2. The players will complete the following runs in the same pattern as step 1:
 - Jog. At least four times before moving to the next movement.
 - Shuffle sideways facing each other all the way down and back.
 - High knees down with a jog back.
 - Heels-to-bottom down with a jog back.
 - Skips down with a jog back.
 - Karaoke (over-under side running) facing each other down and back.
 - Backpedal down and back.
3. The players will then complete the dynamic stretched listed below. The players will hold the stretch for 3-4 seconds before taking a few steps forward and completing the same stretch on the opposite leg. The players will continue that process all the way down and then complete a light jog back.
 - Quad stretch. Grab one ankle and pull it back into the bottom.
 - Knee pull. Bend one knee up and grab the outside of the knee and pull it up and towards the chest.
 - Hamstring sweeps. Move one leg straight out in front of the other and place the heel on the ground with the toe pointing up. Bend over and sweep back-and-forth three times before standing up, walking forward and repeating the process.
 - Leg swings. Kick one leg up in front while keeping the leg straight.
 - Lunges. Lunge forward with arms raised above head.
 - Side lunges. Complete a side lunge before standing up, walking a few steps, and switching to the other side.
4. Complete at least four higher intensity runs at the end of the dynamic stretching. Players should sprint down at 80-90% max speed and then slowly walk back to the beginning.
5. Add more stretches, or runs, as needed. Listen to the players and what their bodies need to be warm. Give the players time to stretch anything extra they need before moving onto the next activity.

Variations:

Stretches and runs – Depending on the players and how their bodies feel, add more stretches, or runs, to complete their warmup and ensure their bodies are ready for the next activity.

Coaching Points:

- Start slow with the jogs and let players work into the movements.
- Older and more experienced players will know their bodies and what they need to warmup. For younger, less experienced players, make sure they are focused and completing the movements correctly.
- Remind the players of the importance of warming up and its role in injury prevention.
- Increase the intensity of the warmup at the end when players complete their higher intensity runs. Make sure players are putting forth the effort to prepare their bodies for the remainder of the session.

Four Cone Patterns

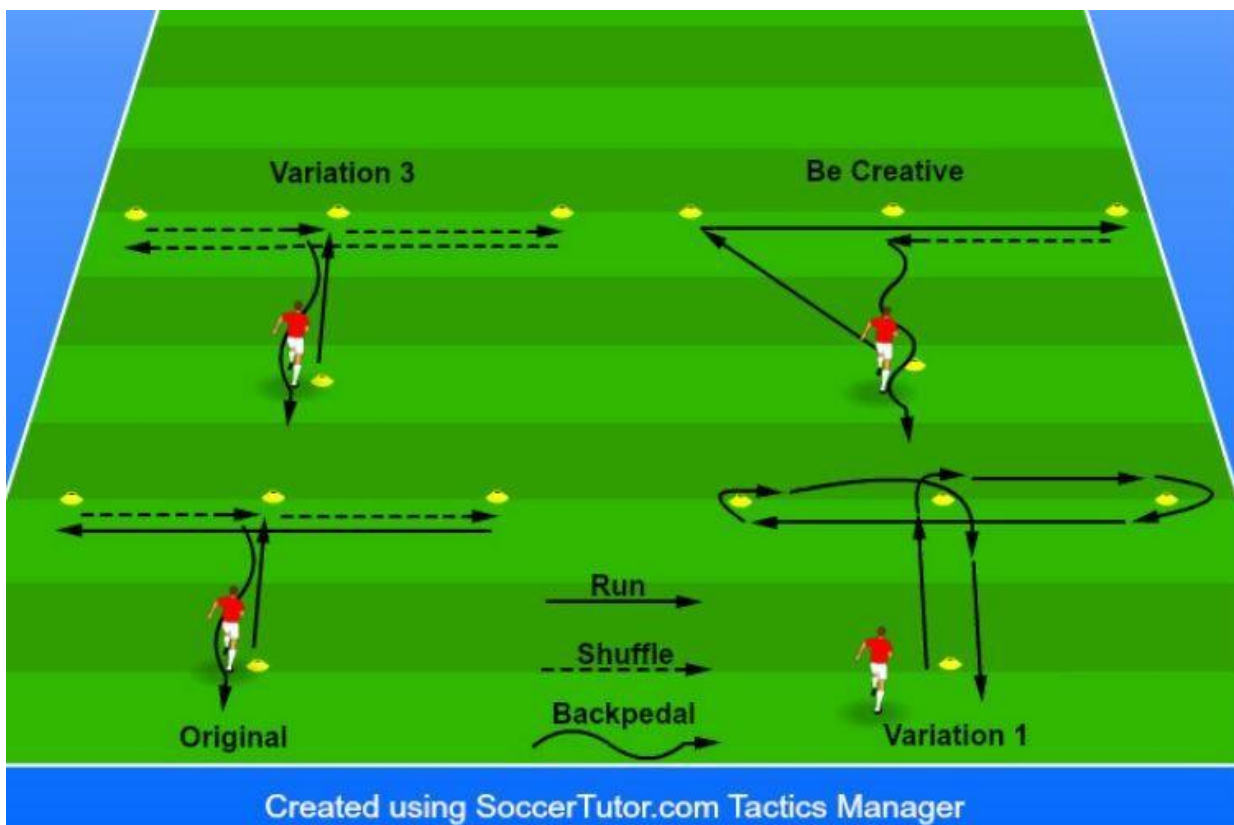
How the Drill Works:

Players run, shuffle, and backpedal through a series of four cones that are positioned five yards away from each other. Players replicate game-like movements in this quick agility setup.

Purpose:

Develop players' footwork, balance, and agility to prepare them for increased game performance.

Diagram:



Setup:

- Set up a line of three cones with five yards of space between each cone. Place another cone five yards away from the middle cone. See diagram for more information.
- Depending on the number of players, set up more cones to decrease the wait time for each player. No more than five players at each setup.
- Players form lines behind the cone positioned away from the three-cone line. See diagram.
- Each player should complete at least 12 repetitions. Add more repetitions as needed. Switch patterns every two to four repetitions.

Instructions:

1. The first player in line begins the activity by sprinting straight to the middle cone and then shuffling to their right.
2. Once the player reaches the cone on the right, the player changes directions and sprints across to the far-left cone before shuffling back to the center cone and then backpedaling back to the start.
3. The next player begins their turn as soon as the player in front of them has finished.
4. Continue this cycle until each player has completed four turns.
5. Rest for 45 seconds before having the players complete the same pattern but moving the opposite direction.
6. Once the players have completed four repetitions, let them rest before repeating the process again, or giving the players a new pattern.
7. Each player should complete at least 12 repetitions. Switch patterns every two to four repetitions.

Variations:

Variation 1 – Sprint forward around all the cones.

Variation 2 – Instead of shuffling, have the players perform over-under sideways running, often referred to as karaoke.

Variation 3 – Shuffle everything except the run to the first cone, and the backpedal back to the finish.

Be creative – This activity allows for many different combinations. Observe what the players need to improve on and create a pattern to focus on that.

Competition – Create a competition among groups to see which group can finish first!

Coaching Points:

- Educate the players on the proper footwork and being able to maintain balance as they change directions. Short quick steps with bent knees should be used in this activity.
- Encourage the players to change directions quickly and keep their feet moving!
- Remind the players that they should not lean back when they go to backpedal as they will be off balance. Players should have a slight forward lean in their chest as they backpedal.
- Motivate the players to complete each turn at max speed to get the most out of the activity!

High Speed Changes of Direction

High Speed Changes of Direction

How the Drill Works:

Players build up to full speed and then weave their way through a series of sticks before returning to full speed.

Purpose:

Develop players' ability to change directions at max speed.

Diagram:



High Speed Changes of Direction

Setup:

- Set up two, five-yard wide cone gates, 30 yards apart from each other.
- In the middle of the two gates, place six sticks, evenly, across 10 yards. See diagram for more information.
- Have all the players form a line behind one of the gates.
- Each player should complete at least eight runs with 30 seconds of rest between each run.

Instructions:

1. The first player in line explodes forward into a full sprint, weaves in and out of the sticks and then sprints through the opposite gate.
2. The next player in line starts their turn when the player in front of them has run through the sticks.
3. Once all the players complete their sprint through the opposite gate, players rest for 30 seconds before repeating the process back to the other gate.
4. Each player should complete at least eight runs.

Variations:

Add a ball – Work on high speed dribbling by having each player use a soccer ball.

Race – Set up two courses side-by-side and have players race each other to the next gate.

Coaching Points:

- Challenge the players to perform each run at max speed.
- Encourage the players to maintain their speed as they weave through the sticks.
- Remind the players to drive their knees and push into the ground as they accelerate.
- Teach the players to drive their arms as they run.
- Make sure players leave the opposite gate open for players behind them to run through it without hitting them.

Ladder Work

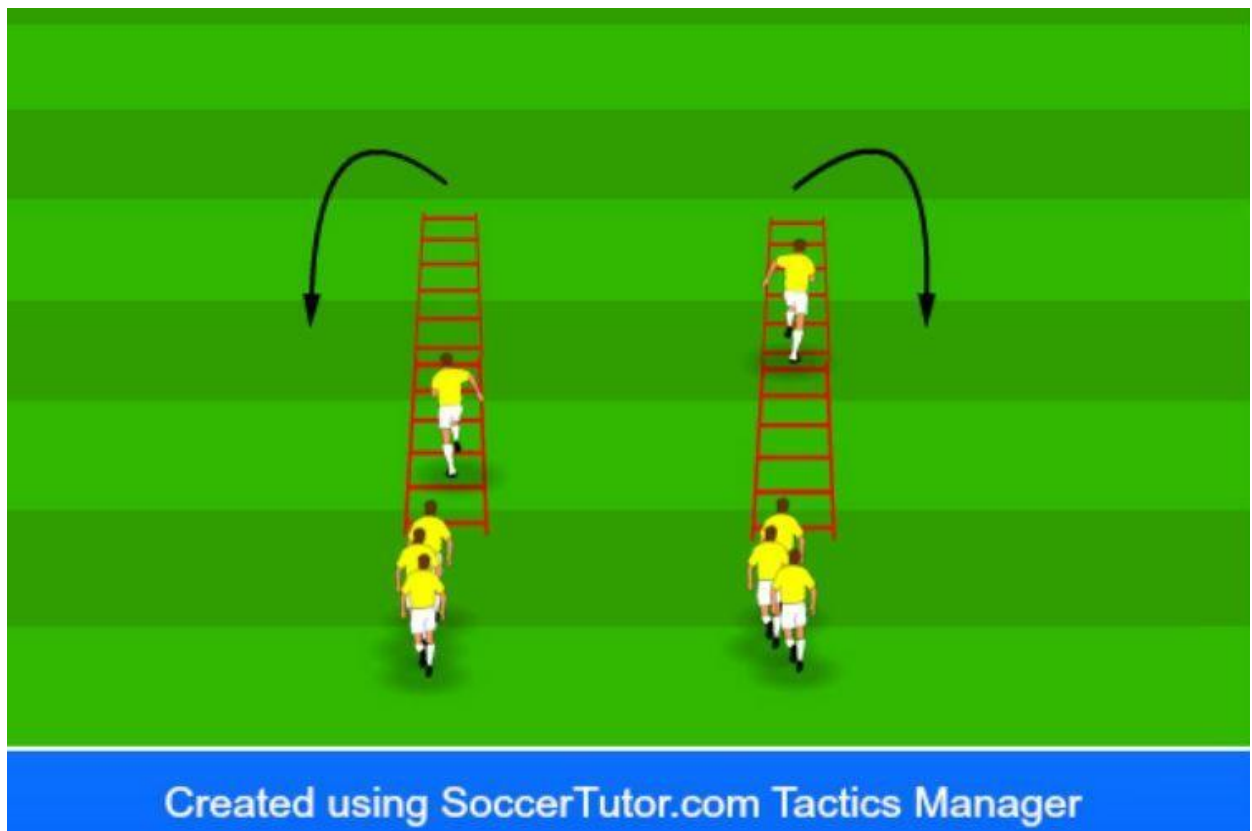
How the Drill Works:

Players move their way through agility ladders completing different patterns and movements to increase their coordination and agility.

Purpose:

Develop players' balance, body coordination, quickness, and footwork. Extremely important for players of all ages to do to improve their motor abilities.

Diagram:



Setup:

- Set up one ladder for every eight players.
- Have the players form a line behind each ladder.
- Players should work for at least eight minutes through a series of patterns. This can be used as an extended warmup activity after players have properly stretched and prepared their bodies.

Instructions:

1. Players complete one of the patterns listed below as quickly, and efficiently, as they can. These are just some simple examples, there are many more patterns that can be done. Be creative and challenge players.
 - One-foot in each box. Linear.
 - Two-feet in each box. Linear.
 - Two-feet in each box. Lateral.
 - Two-feet hops. Linear.
 - One-foot hops. Linear and lateral.
 - Hop-scotch. Start with both feet outside the box then hop to both feet in the box. Linear.
 - Icky Shuffle. Start with one foot outside the box, then move the other side of the box by touching both feet down inside the box before putting one foot outside the box. Continue this pattern moving side-to-side up the ladder.

*Linear means forwards and backwards. Lateral means sideways.
2. Players walk back after going through the ladder before starting their next turn.
3. Instruct, or show players the next pattern before having them complete it. Have players complete each pattern two to four times.
4. Continue the activity for at least eight minutes before resting and moving to the next activity.

Variations:

Sprint after completing – Add a cone 10-15 yards away from the end of the ladder. Have the players complete the pattern as fast as possible before exploding, and sprinting to the cone. Players walk back after running through the cone.

Coaching Points:

- Start slow! Depending on the players' age and skill level, ladders can be unfamiliar to them. Players just beginning often try to go as fast as they can without focusing on the actual footsteps. In the beginning it is not about speed, but rather getting a player's feet to do what the brain is telling them to do. Have the players start slow, get the pattern right, and complete each box within the ladder.
- Instruct the players to move their arms in a running motion, forwards and backwards, while completing the patterns. Getting a player's body to move in one fluid motion is difficult and players often will forget about their arms and leave them motionless.
 - For older, more experienced players, motivate them to go as quickly as they can through the ladders. Challenge them to move their feet quickly without skipping any boxes, or messing up.
 - Be creative! Give the players new and more difficult patterns to challenge their brains and feet.

Mirror Boxes

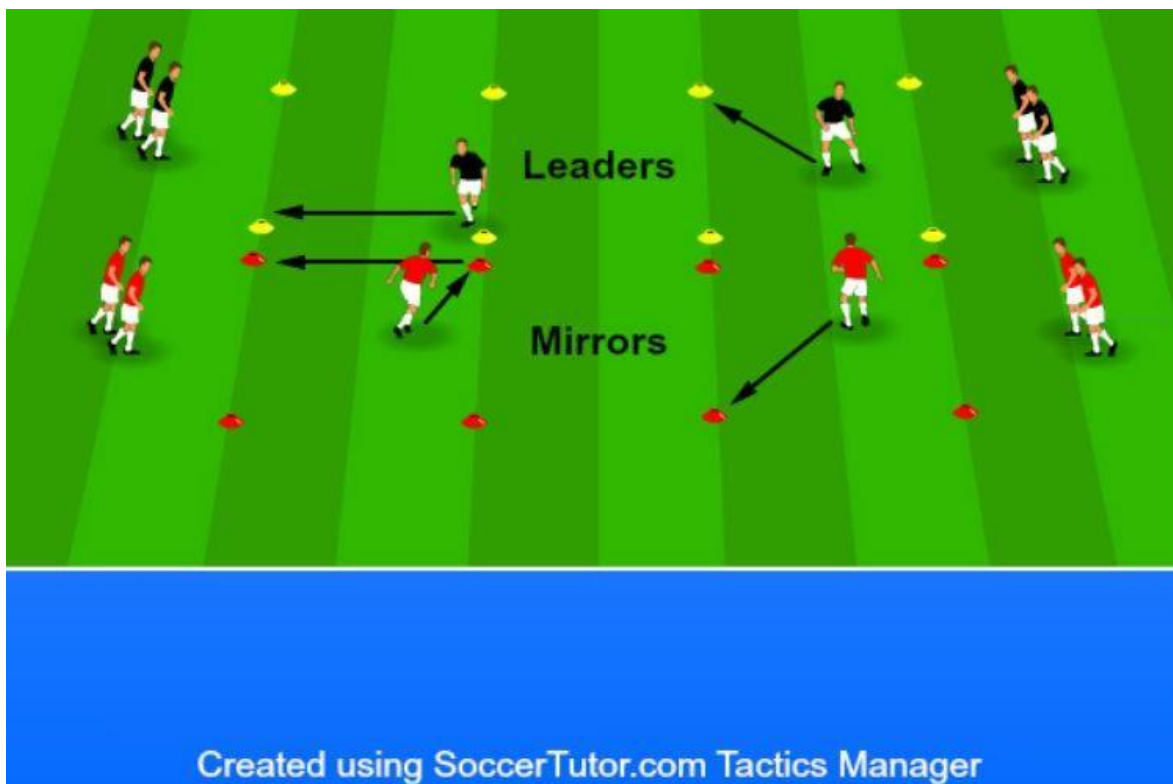
How the Drill Works:

Two identical cone boxes are set up next to each other with one player in each box. One player is designated as the leader while the other player is the follower, or “mirror.” The leader attempts to move within the square, touching the four cones with their hands, while the mirror attempts to follow them as closely as possible.

Purpose:

Develop players’ agility, footwork, balance, and body control. Players improve their quickness and reaction time as they attempt to stay as close to the leader as they can.

Diagram:



Setup:

- Set up two, 5x5-yard cone boxes facing each other. The two boxes should almost be touching each other.
- Set up a two-box setup for every four players.
- One player starts inside each box.
- Designate one player as the leader and one player as the follower, or “mirror.”
- Each player should complete at least four, 30 seconds rounds as the follower. Adjust the time per round as needed. Players rotate between being the leader and follower every round.

Instructions:

1. On the coach’s command, the lead player moves throughout the box touching the four cones of their box, in any order, with their hands. The lead player must always face forwards, looking towards the mirror player.
2. The mirror player moves throughout their box attempting to mirror the lead player and touch the same cones as them. The mirror player must always face the lead player.
3. If the lead player touches one of the top cones, closest to the mirror player’s box, the mirror player touches their top cone, closest to the lead player’s box, on the same side that the lead player touched.
4. Both players must constantly be facing each other. Players can not turn their backs. Players must run backwards, shuffle, and move all while facing each other.
5. Players compete for 30 seconds before resting and rotating new players in.
6. Each player should complete at least four rounds as the follower. Change the round duration or add more rounds as needed.

Variations:

Stay on the outside – Both the leader and mirror are only allowed to move along the outside of their box. Players must still face each other, but their movements must keep them just outside the edges of their boxes.

Add a soccer ball – Add a soccer ball to incorporate dribbling into this activity. Adding a ball will take away from the agility, but add a game-like element of ball control to the activity.

Fitness – Increase the time period of each round to add more fitness to the activity. Have players work for 60-90 seconds.

Coaching Points:

- Challenge the mirror players to stay as close to the leaders as possible! The mirror players should not get discouraged if they fall a cone, or two, behind the leader. Have them keep working and catch the leader.
- Encourage the leaders to be quick, sharp, and creative to make it as difficult as possible on the mirror players.
- Motivate the players to work through the entire round and get the most out of each round!

Pull the Tail!

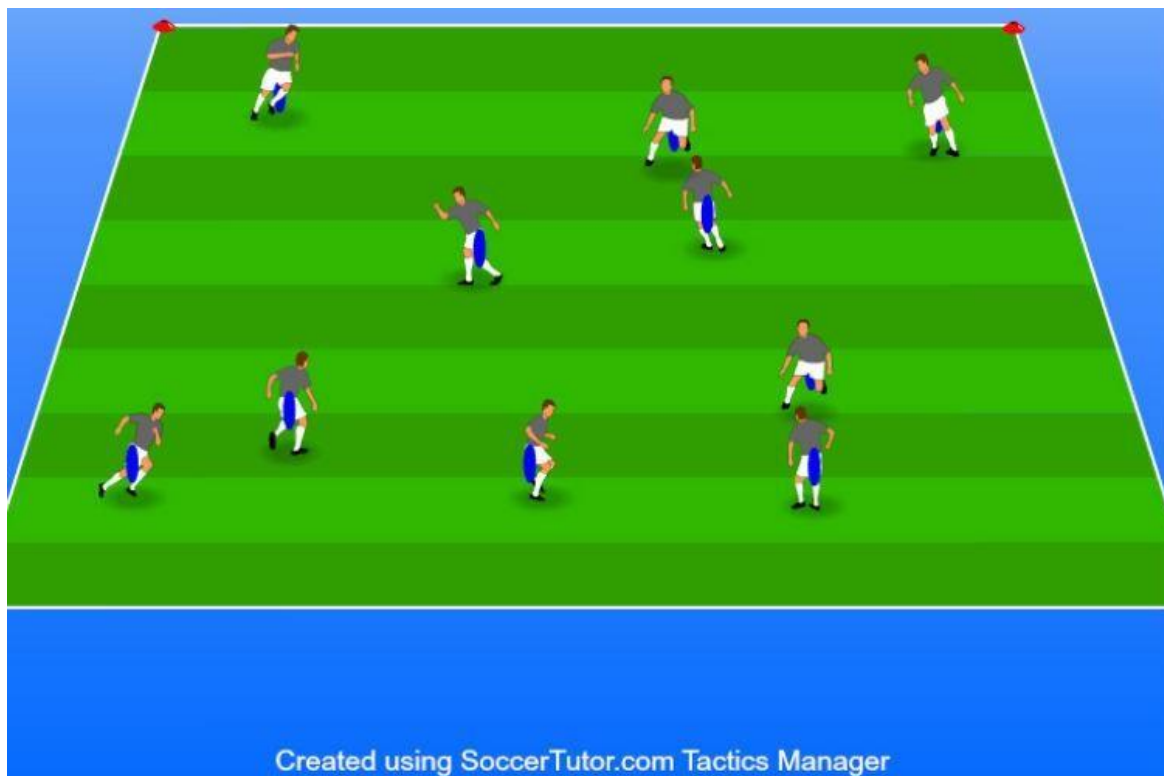
How the Drill Works:

Players attempt to pull each other's "tails" out while protecting their own. Tails are jerseys tucked into the back of players' shorts that hang down to look like a tail.

Purpose:

Fun warmup activity for all ages. Players compete to pull out each other's tails while moving around and protecting their own. Raises the players' heart rates and body temperatures in preparation for training. Players are encouraged to do some light jogging and stretching before partaking in this activity.

Diagram:



Setup:

- Set up a square playing area using cones. The size depends on the number of players, but a good starting point is a 25x25-yard square.
- Give each player a jersey. The color of the jersey does not matter.
- Instruct each player to tuck a third of the jersey into the back of their shorts. Make sure the jerseys are visible and easy enough for players to pull out. This is the player's "tail."
- Players spread out inside the playing area, without a soccer ball, and wait for the coach's start signal.
- Play three, three-minute games. Rest between each round and give coaching points as needed.

Instructions:

1. On the coach's start signal, players begin running around inside of the square and attempt to pull out their opponent's tails while also moving to protect their own from being pulled.
2. If a player pulls out another player's tail, the player who pulls the tail says, "BAM," and then throws the tail straight on the ground before moving on to the next player.
3. Once a player's tail has been pulled, they take their tail to the outside of the square, complete five jumping-jacks, put their tail back in, and then rejoin the game inside the square.
4. After the time is up, tell the players to rest and to reset their tails if they need. Give players a minute to rest.
5. Repeat the process for the remaining rounds. View variations to add new game modes as the players get familiar with the game. Make sure to give players time to stretch and get water at the end of the activity before moving on to the next drill.

Variations:

Last one standing – If a player's tail is pulled, they are out for the rest of the round. Players who are out rest outside of the square until one player is left standing.

Most tails pulled wins – Have the players count the number of tails they pull throughout the round. Ask the players to raise their hand if they pulled 1, 5, 10...etc. until the player with the most tails pulled is found.

Least times pulled – Have the players count the number of times their tail was pulled during the round. Ask the players to raise their hand if they were pulled less than 10, 5, or 0 times. The player who had their tail pulled the least wins.

Add a soccer ball – Each player has a ball that they must dribble while they run play. Players develop dribbling and ball shielding skills in this variation.

Coaching Points:

- Check to make sure everyone's tail is in and that no one is hiding their tail.
- Challenge the players to pull as many as they can while also protecting their own tail!
- Encourage the players to be quick and to use cuts and fakes to get away from other players.
- Remind the players to have some fun and be creative!

Reaction Ladder Y

How the Drill Works:

Players move through the agility ladder before waiting for the coach to shout a color for the player to run through the corresponding gate.

Purpose:

Develop players' coordination, footwork, and reaction speed.

Diagram:



Setup:

- Set up an agility ladder.
- Set up two different colored gates diagonally off of the end of the ladder forming a Y shape. Gates should be eight yards away from the end of the ladder.
- Have all the players form a line at the bottom of the Y.
- The coach stands at the top of the Y, in between the two gates.
- If there are more coaches and ladders present, set up multiple Ys.
- Decide on the number of repetitions players will complete. Players should complete at least 10 repetitions with varying footwork through the ladder.

Instructions:

1. The first player in line starts at the bottom of the ladder and completes a footwork pattern as they move forward. Patterns could be any of the following:
 1. One foot in each box.
 2. Two-feet in each box.
 3. Two-foot hops.
 4. One-foot hops.
 5. Two-feet in, one foot out.
 6. Hopscotch.
 7. Be creative! Any ladder pattern works!
2. Once the player completes the ladder footwork, the coach lets them pause for a quick second, or two, before shouting a gate color.
3. The player reacts to the color and immediately sprints through the corresponding gate.
4. After sprinting through the gate, the player walks back to the starting line.
5. The next player in line can start their turn as soon as the player in front of them completes the ladder.
6. Each player should complete at least 10 repetitions of varying footwork patterns. Complete more repetitions as needed and time allows.

Variations:

Add a ball – Place all the soccer balls with the coach at the top of the Y. When the players complete the ladder footwork, the coach passes them a ball and shouts a gate color for the players quickly dribble through.

Opposites – Players sprint to the opposite gate color called!

Coaching Points:

- Encourage the players to complete each repetition as fast as they can!
- Challenge the players' reaction by tricking them or making them wait 1-3 seconds before a gate color is called. Make it fun!
- Teach the players to focus on their footwork as they work through the ladder. Players should start slow to get the correct footwork before increasing their speed.

Rectangle Stations

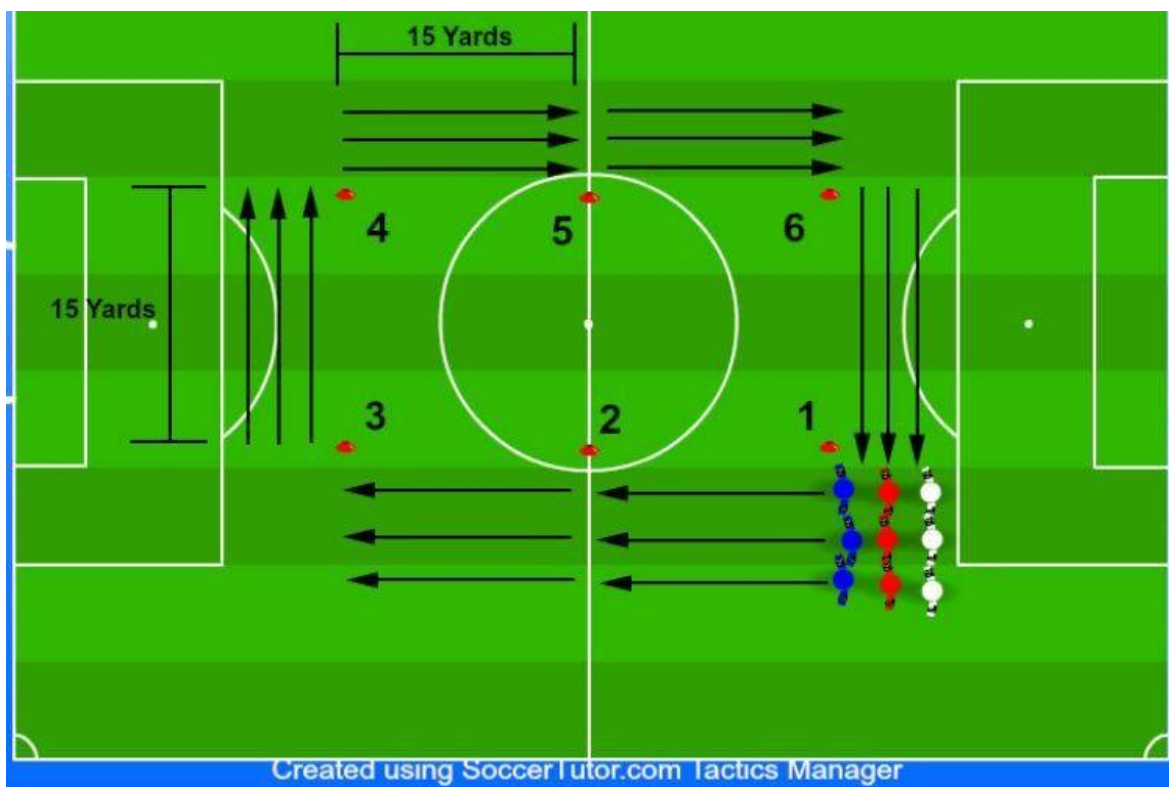
How the Drill Works:

A rectangle is setup inside the field using six cones. The six cones represent a station and an exercise. The players start at cone #1 and work their way around the rectangle performing an exercise at each cone. Players sprint between each cone and start the next exercise as soon as they arrive at the next cone.

Purpose:

Work on players' fitness using short sprints and total body exercises to target the players' lungs and major muscle groups. Players increase their lung capacity as well as their muscular strength.

Diagram:



Setup:

- Use six cones to create a rectangle, with at least 15 yards between the cones. Increase the distance between cones to increase the distance of the sprints.
- The cones are numbered from 1 to 6 in a clockwise direction.
- Divide the players into six groups and assign each group to a cone.
- Each group will start with the specific body exercise on the cone before sprinting.
- Make sure players know what exercise they should perform at each cone.
- Each group should complete one full round (all six cones) before resting.
- Complete at least three full rounds. Add more as needed.

Instructions:

1. Exercises at each cone are as follows: □ Cone #1: 10 push-ups.
 - Cone #2: 10 sit-ups.
 - Cone #3: 10 squat jumps.
 - Cone #4: 10 push-ups.
 - Cone #5: 10 sit-ups.
 - Cone #6: 10 squat jumps.
2. Players sprint to the next cone once they complete their exercise.
3. When groups return to their starting cone, they rest and recover.
4. Rest for 60-90 seconds before starting the next round.
5. Depending on the fitness level of the players, increase, or decrease, the rest period between each repetition. Each group should complete at least three full rounds. Add more rounds as needed.

Variations:

Strength workload – Increase the number of repetitions players must complete at each station to increase the body strength workload. This will put a larger focus on strength than stamina. Decrease the repetitions at each station to put more focus on the sprints and stamina.

Station exercises – Change up the station exercises. Pick any from the list: jumping jacks, knee tuck jumps, lunges, squats, single leg jumps, crunches, line jumps, mountain climbers, side lunges, etc. Feel free to add others and do what the players need to work on.

Number of stations – Make the rectangle larger and add more cones to add more stations. Decrease the number of stations by taking out cones. At least 4 stations are needed to create the rectangle, but an unlimited amount of stations can be achieved by adding as many cones as desired.

Coaching Points:

- Most important. Encourage the players to get the most out of this exercise by giving max effort. Encourage them to do full repetitions at each station and to sprint at full speed between exercises!
- Remind the players to stay on the OUTSIDE of the rectangle.
- Make sure players are properly warmed up and stretched before performing this activity. This should NOT be the first activity of the session. Avoid injuries by making sure this is done after the players' bodies are ready for the workload.

Red Light, Green Light

How the Drill Works:

When the coach yells, “green light,” all the players run as fast as they can until the coach yells, “red light,” where players must come to an immediate stop. Players try to get from one end of the playing grid to the other as fast as they can!

Purpose:

Fun activity for players to develop their body control and speed. Great activity for younger players who need some type of game to keep their interest. Could also be used as an enjoyable game for older players during a lighter, less serious session.

Diagram:



**Setup:**

- Create two, parallel cone lines 30 yards away from each other. The lines should be wide enough for all the players to line up across it.
- Have the players spread out across one of the cone lines.
- The coach stands in front of the players.
- Play as many rounds as needed!

Instructions:

1. With all the players standing behind the cone line, the coach yells, "GREEN LIGHT," and the players immediately run straight forward as fast as they can.
2. Once the coach yells, "RED LIGHT," all the players must come to an immediate stop.
3. Continue this run-stop process until all the players reach the opposite cone line. Even after the first player crosses the opposite line, continue playing until the last player finishes.

4. Once players arrive at the opposite cone line, they wait until everyone finishes.
5. Once all the players have reached the opposite cone line, give the players a quick rest, congratulate them, and then restart the process heading back the other direction.
6. Add new rules and colors as needed. Play as many rounds as desired.

Variations:

Be creative – Try to trick the players! Quickly switch from red to green, or say, “red light,” when players are waiting to hear “green light.” Enjoy it and make it fun for the players!

New rules – Add new rules or movements depending on the color shouted. Yellow light means jump in place. Blue light means to backpedal. Purple light means shuffle, or crawl! Add any new rule to keep the game fun and exciting!

Add a soccer ball – Add a soccer ball to have the players work on their ball control skills. Same rules apply.

Penalties – Depending on the age of players, give penalties to players who do not follow the commands. Players must start over, or go back 10 steps, if they do not stop immediately when “red light” is called, or if they start before “green light” is shouted. Make the penalties enjoyable for older age groups that are ok with them.

Coaching Points:

- Educate the players to listen to the stoplight colors called and to immediately react to the color called. Players should sprint and stop as soon as they hear a command.
- Remind the players to remain on balance when stopping. Players should not fall over when coming to a quick stop.
- Challenge the players to get to the other cone line as quickly as possible while following the rules!

Shadows

How the Drill Works:

Players partner up with one partner attempting to lose their “shadow” by running and changing direction to get away.

Purpose:

Fun warm up activity for players to prepare their bodies for training. Players compete in an enjoyable manner while running, turning, and increasing their heart rates.

Diagram:



Setup:

- Depending on the number of players, use an appropriate sized space. The space should be large enough for players to run into open space, but not too large that they are running too far. Use half of the field for 16-20 players and the whole field for more than 20 players.
- Have the players partner up.
- Have each pair of players decide who will be the “shadow” and who will be the runner.
- Each player should complete at least three, 45 seconds rounds as the shadow player.

Instructions:

1. On the coach’s command, the runners begin moving while the shadow players attempt to stay close behind them.
2. Runners can use any change of direction or speed they want to “lose” their shadow. Runners must stay within the designated playing area.
3. Rounds should be no more than 45 seconds.
4. After each round have the players rest, stretch, and then switch roles.
5. Each player should complete at least three rounds as the shadow player. Have players switch partners every **other round**.

Variations:

Soccer Balls – Have each player use a soccer ball. Shadow players develop their ability to control the ball through random changes of direction.

Coaching Points:

- Stress that the players maintain their vision while running to avoid colliding into each other at all possible costs. There is no penalty if players get too far away from their partners, so make sure players stay safe.
- Encourage the players to have some fun and to challenge each other. Players should use sharp changes of direction and speed to lose their shadow!

- Make sure there is plenty of rest time between each round for players to stretch and recover.

Sprinting Side Lines

How the Drill Works:

Players switch between jogging and sprinting around a full soccer field using the outside field lines as markers. The field is divided into six sidelines for this activity. The two end lines, and then the long sidelines are counted as two sections on each side of the field for a total of six sections, or lines. The players start by jogging the majority of the lines but finish by sprinting the majority of the lines.

Purpose:

Develop recovery time between sprints. Players increase their stamina and lung capacity with these increasing sprint distances.

Diagram:



Setup:

- A full soccer field is needed for this drill.
- Explain to the players that there are six lines, or sections around the field. The two end lines and then the long sidelines are divided into two lines on each side by the half line for a total of six sections.
- Split the players into two, evenly numbered lines. Position the two lines diagonally across from each other on the corners of the field.

Instructions:

1. On the whistle, both groups start jogging around the OUTSIDE of the field.
2. On the 1st lap, the players jog 5 lines, then sprint 1 line.
3. On the 2nd lap, the players jog 4 lines, then sprint 2 lines.
4. On the 3rd lap, the players jog 3 lines, then sprint 3 lines.
5. On the 4th lap, the players jog 2 lines, then sprint 4 lines.
6. On the 5th lap, the players jog 1 line, then sprint 5 lines.
7. On the 6th lap, the players jog all six lines to recover and finish the round.
8. After the round, give the players plenty of rest (3-5 minutes). Players should try to walk around while they catch their breath. Players are encouraged to drink water and recover. Depending on the level of fitness the players are at, or trying to get to, repeat for one to three more rounds.

Variations:

Vary the distance – Depending on the players' age and fitness level, decrease the distance traveled by placing cones inside of the field. Bring the cones as far in to the field as needed.

Up and down the ladder – For players with a high level of fitness, have the players complete the first five laps, and then have them work their way back down the order so that they start and finish with jogging 5 lines and sprinting 1 line. 10 laps total. Give plenty of rest after completing.

Coaching Points:

- Encourage the players push themselves and their teammates during the sprints!
- Congratulate the players each lap they complete and keep them moving!
- Remind the players that a jog is needed in between sprints. Players should not walk. An easy jog is the target speed when not sprinting.
- Make sure the players are properly warmed up before starting this activity. Players should be completely stretched to avoid any injuries.

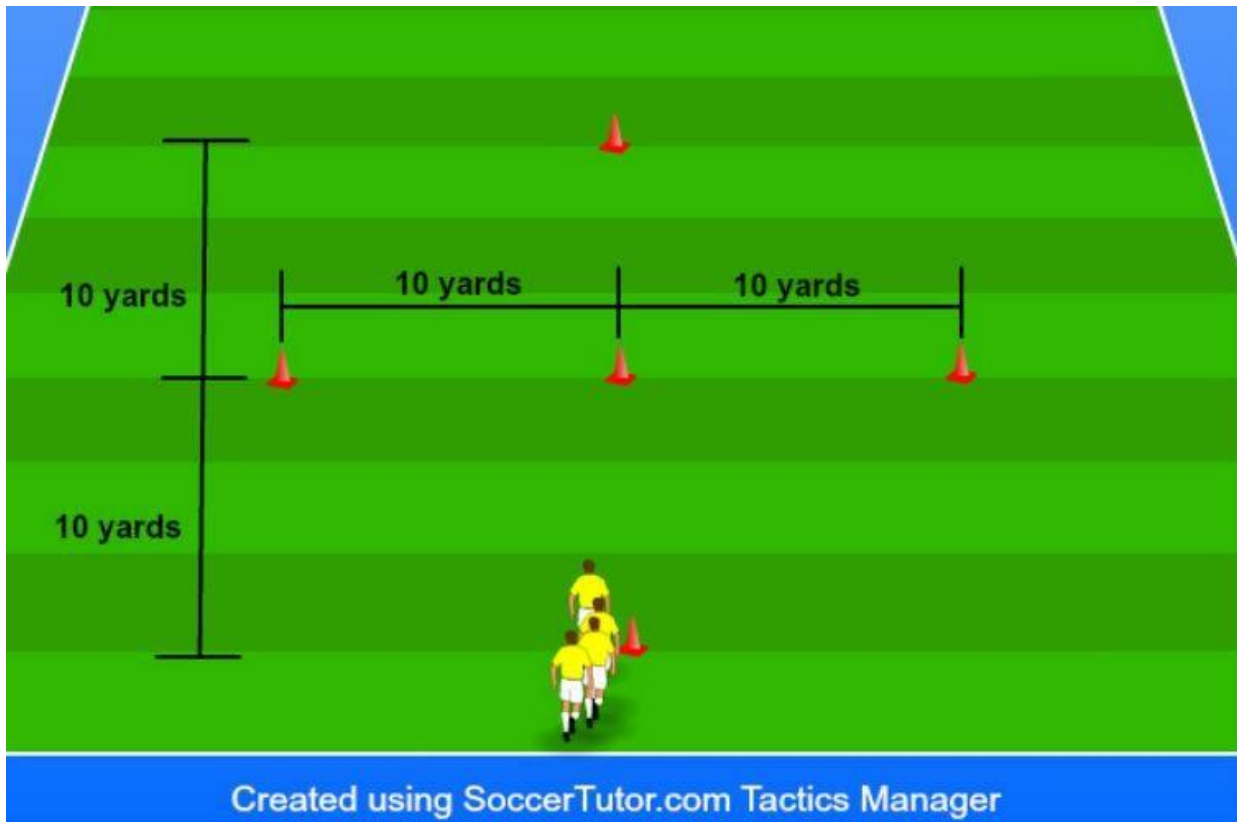
Star Agility

How the Drill Works:

Players run through a star-shaped setup to improve their quickness and footwork over short distances.

Purpose:

Develop players' quickness, footwork, and balance at high speeds. Players improve their ability to change direction and explode forward. Can be used as an extended warmup after players have properly prepared their bodies for training, or use it as a fitness activity at the end of training.

Diagram:

**Setup:**

- Refer to the diagram for the setup. Use five cones to set up the activity.
- Set up one star-shape for every four to six players.
- Have the players form lines behind the cone on the bottom of their setup.
- Each player should complete at least eight repetitions; four in each direction. Add more runs depending on the workload desired.

Instructions:

1. The first player in line starts the activity by running forward to the first cone and cutting to the right.
2. The player will then run around the cone on the right before coming back and running around the center cone.
3. The player continues to the top cone and then back to the center cone before running around the last cone on the left.

4. After running around the left cone, the player rounds the center cone and sprints through the finish line.
5. The next player in line can start their turn once the player in front of them has completed their turn.
6. If there are less than four players in each line, give them a small rest period before starting their next repetition. Each player should get at least 60 seconds of rest between each run. If this activity is being completed for fitness, decrease the amount of rest between each run.
7. Players should complete at least eight repetitions; four in each direction. Add more depending on the purpose of the activity.

Variations:

Different movements – Add shuffling, backpedaling, or cross-over running into the course. The course does not need to only be sprinting forward. Add any movements the players need to improve upon.

Distance – Vary the distance between cones depending on the purpose. Create more space to work on top speed and fitness. Decrease the space to focus on quickness and shorter steps.

Competition – Compete to see which group can complete the course first!

Add a soccer ball – Add a soccer ball to include dribbling and ball control into the activity.

Coaching Points:

- Educate the players to bend their knees when making the turns around the cones. Players should constantly move their feet and push strongly into the ground to explode to the next cone.
- Teach the players to take shorter steps as they approach the cones, but to take larger, more powerful strides as they come out of the cones and move towards the next cone.
- Remind the players to stay on balance as they move around the cones and change directions. Players need to maintain proper body control.
- Challenge the players to complete each repetition at max speed to get the most out of the activity.

Tempo Runs

How the Drill Works:

Players run the length of a full field at 80-90% their max speed and then jog, slowly, across the width of the field before repeating the same process.

Purpose:

Develop players' fitness levels in a less injury prone method. These longer runs without quick cuts, or changes of direction help decrease the chances of injury when trying to improve players' fitness levels. Players decrease the amount of time it takes them to recover between runs.

Diagram:



Setup:

- Full-size field is preferred.
- If there are more than 12 players performing this activity, divide the players up evenly and have them start on opposite corners of the field.
- The activity can be run just inside the field if there is not enough space to run along the outside.
- Players should start with three rounds of six runs. Add more runs per round and number of rounds as players fitness increases. For players with a low fitness level, start with more rounds of less runs per round and then build up to less rounds with more runs per round.
- Rest between rounds.

Instructions:

1. On the coach's signal, the players run the length of the field at 80-90% of their max speed. Players should open their stride length and run all the way until they reach the line before slowing down.
2. As soon as players reach the end line, they slowly jog across the width of the field until they reach the sideline where they turn and run at 80-90% max speed the length of the field.
3. The process continues for the remainder of the round before players get to rest and fully recover. After the round is complete. Let players rest, drink water, and walk around before starting the next round. If each round takes 5-8 minutes to complete then allow the players to rest 3-4 minutes between each round. Increase the amount of resting time if players are struggling and need more time to recover.

Variations:

Penalty box – Decrease the distance run by having players use the penalty boxes as their lines. Players run from one box to the other and then jog across the top of the box before running again. This decreases the distance of the run, but also decreases the amount of rest in between each run.

Build-up and slow-down – To further decrease injury risks, use the top penalty box lines as markers for the players to build-up and slow-down their runs. Players still run along the edge of the field, but build up to their run speed by the time they get to the top of the penalty box, run at 80-90% max speed to the top of the opposite penalty box, and then slowly decelerate until they reach the end line.

Walk between runs – If players are struggling with the recover run, have them simply walk across the field before running again. This will give them more recovery time and will help them get the most out of the runs.

Recovery leg work – This activity is also good for light training sessions after games. Decrease the max speed percentage to 70-80%, and have players walk between runs. This is good for getting players to open their legs up and get the soreness out of their legs. Complete 5-8 minutes of this at a healthy pace to help players legs recover properly.

Coaching Points:

- Encourage the players to push themselves and their teammates to work through the discomfort.
- Players should open their strides up and cover ground with each step.
- Remind players to control their breathing during rest periods to aid in the recovery process.

Tic-Tac-Toe Sprints

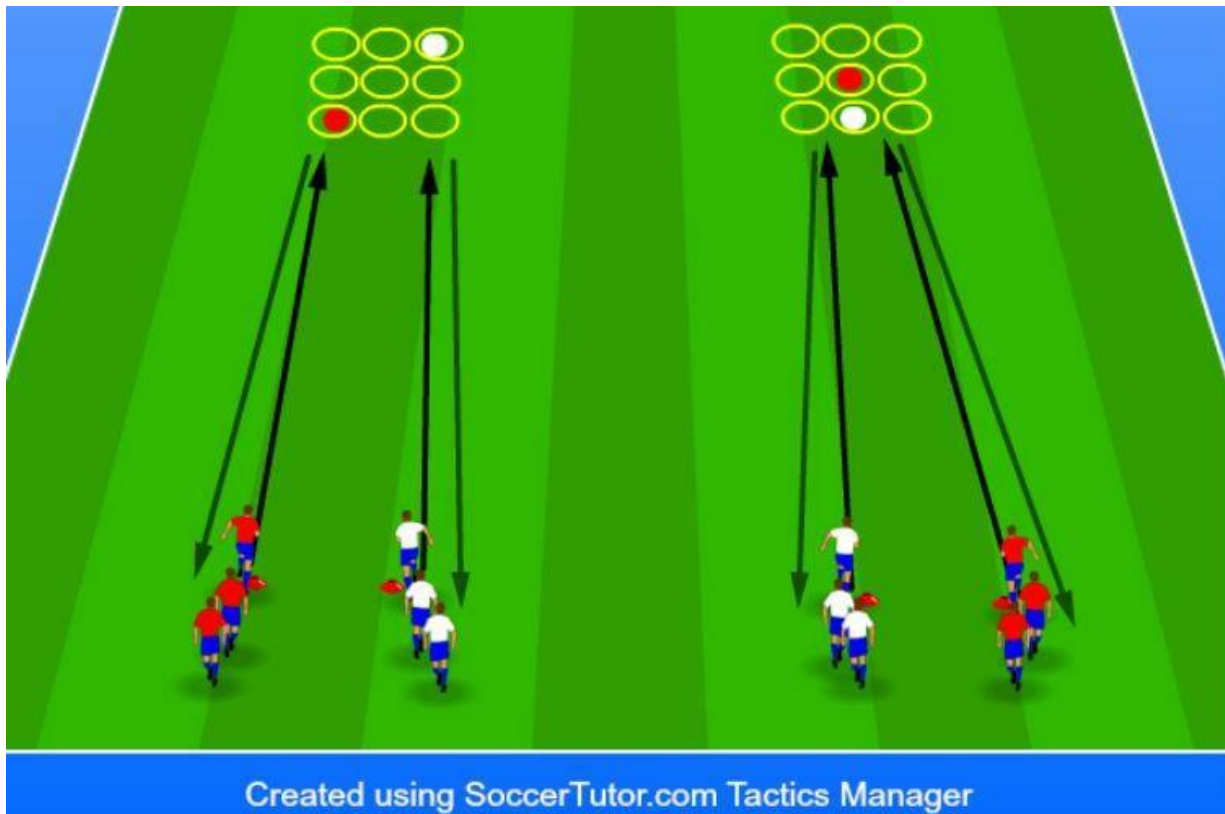
How the Drill Works:

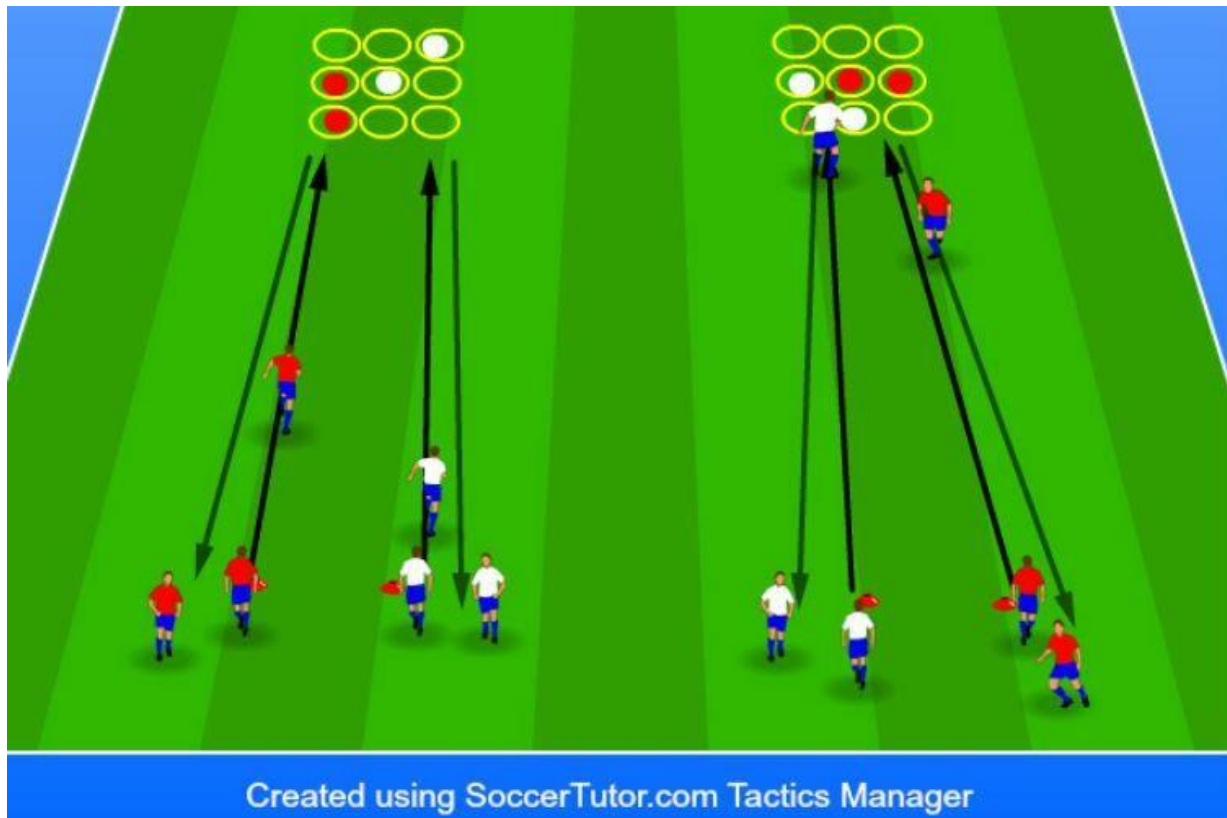
Players sprint back and forth between a tic-tac-toe setup trying to place their team's jersey color in a winning formation. Two teams compete at each setup and take turns running out to the box to move their team's jersey markers until one team gets three in a row.

Purpose:

Fun activity for players to compete against each other while also building fitness through repeated sprints. Players increase their max speed and quickness.

Diagram:





Setup:

- Divide the players into teams of three to four players. If possible, use an even number of teams so that no team must sit out.
- Depending on the number of teams create a tic-tac-toe box for every two teams. Use cones or agility hoops to create the game.
- Set up a cone gate 15-25 yards away from each tic-tac-toe box. This will be the gate players must start at before sprinting to and from the box.
- Assign two teams to each cone gate and have each team form a line behind each cone on the gate.
- Give three colored jerseys or cones to the first three players in each team line. The two teams competing against each other must have different colored markers.
- Players keep their markers in their hands and will place them inside the box when it is their turn.

Instructions:

1. On the coach's signal, the first player in each team line sprints to the tic-tac-toe box, places their jersey down inside one of the nine small squares and then immediately sprints back to the starting line to tag their partner's hand.
2. As soon as the next player's hand is tagged, they are free to sprint to the tic-tac-toe box, place the second jersey down and then sprint back to tag their next teammate's hand.
3. The third teammate sprints to the box to repeat the process and lay down the third jersey.
4. If the third jersey wins the round with a three in a row then the round is over and players rest and reset for the next round.
5. If the third jersey for either team does not win the round, then the third player who just laid the last jersey, sprints back and tags the next player's hand. The next player will either be the 4th player on the team, or the 1st player, depending on team sizes.
6. As soon as the next player's hand is tagged, they sprint out to the box and move one of their team colored jerseys to try and get three in a row. The process of moving team markers continues until one team gets three in a row and wins the round.
7. After a team wins, give the players a little bit of rest, reset the activity before repeating again.
8. Play for as many rounds as needed. Switch opponents if teams want!

Variations:

Run with the ball – Incorporate a soccer ball into the activity. Have players dribble a soccer ball to and from the box before giving it to their next teammate to repeat the process.

Add obstacles – Add sticks, cones, or ladders that players must run around, or through, as they sprint towards the box. This will make the activity more difficult and can work on players' agility at the same time.

Coaching Points:

- Challenge the players to sprint as fast as they can to and from the tic tac toe box.
- Remind players to choose wisely when laying their team jersey down.
- Encourage the teams to work together and motivate each other.

Try and Catch Them!

How the Drill Works:

Two teams line up across the halfway line of the playing area and attempt to run back to their team end line when their team name is called before the other team tags them.

Purpose:

Fun tag game that activates players' heart rates and muscles temperatures. Players improve their first few steps and top speed. Light dynamic stretching should be completed before this activity to make sure the players are stretched and already warm.

Diagram:





Setup:

- Set up three parallel cone lines with 15 yards of space between each line.
- Divide the players into two evenly numbered teams and assign a jersey color to each team.
- Have the two teams line up along the middle cone line with their backs facing one another. One team should be on each side of the cone line with one yard of space between them.
- Players should complete 10 repetitions. Add more as needed.

Instructions:

1. The coach starts the round by calling out one of the two team colors.
2. The team called immediately runs towards the cone line they are facing while the other team quickly turns and attempts to tag the other team before they reach the cone line.

3. If a player gets tagged before crossing their end line, they must immediately freeze and raise their hand. The coach counts the number of players with their hands up and rewards the other team with one point for each player tagged.
4. The teams walk back to their starting position to repeat the process. The coach keeps score of the total points for each team. Team colors can be called at random as long as they both have had equal attempts to tag the other team by the end of the game.
5. The team with the most points at the end of the game wins.

Variations:

Soccer Balls – Incorporate a soccer ball. Have each player complete the activity by dribbling at high speeds and attempting to catch their opponents.

Vary the distance – Set the distance players must run to their end line depending on the players' age and physical levels.

Coaching Points:

- Players should have completed a light warmup and stretch before starting this activity to reduce the risk of injury.
- Challenge the players to react as quickly as possible to the color called. Players should stay light on their feet and quickly explode upon the command.
- Test the players' reactions by calling the wrong colors to throw them off. Make it fun!

Two Square Dribbling Fitness

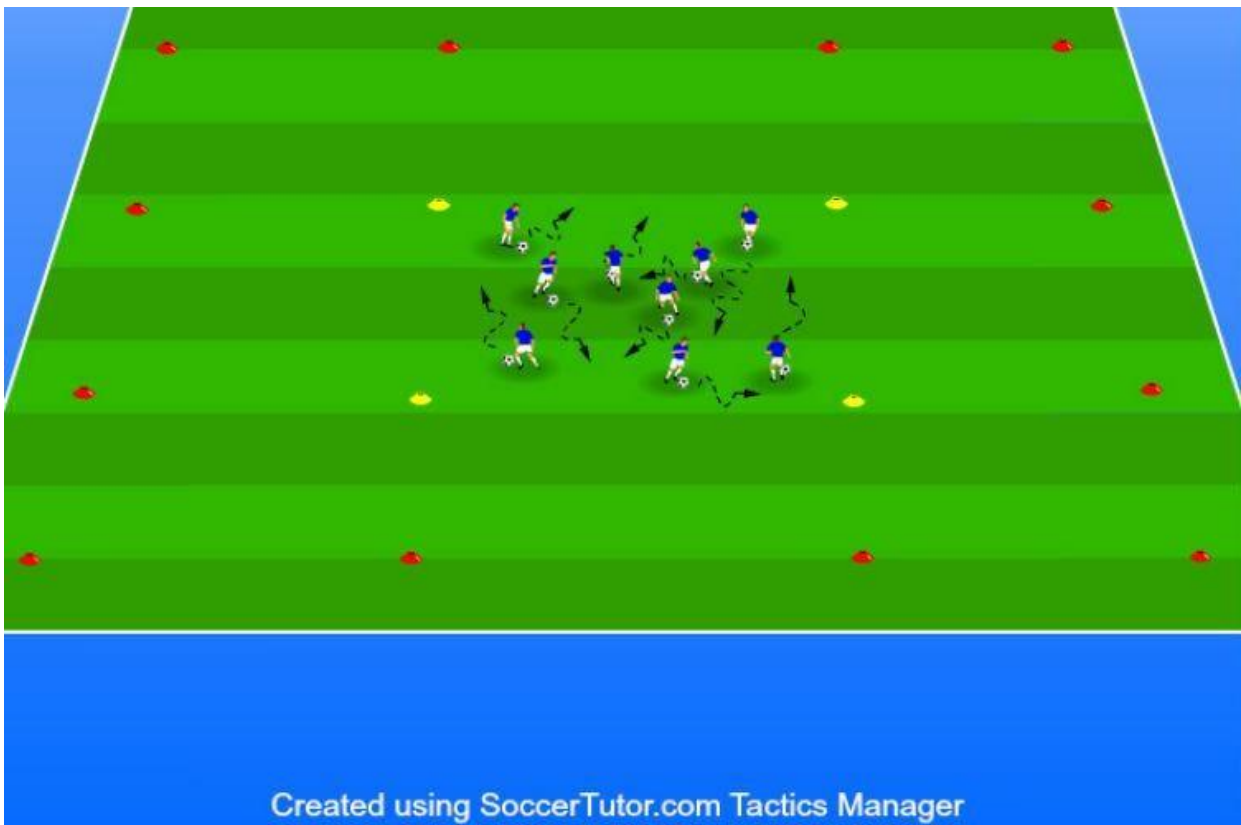
How the Drill Works:

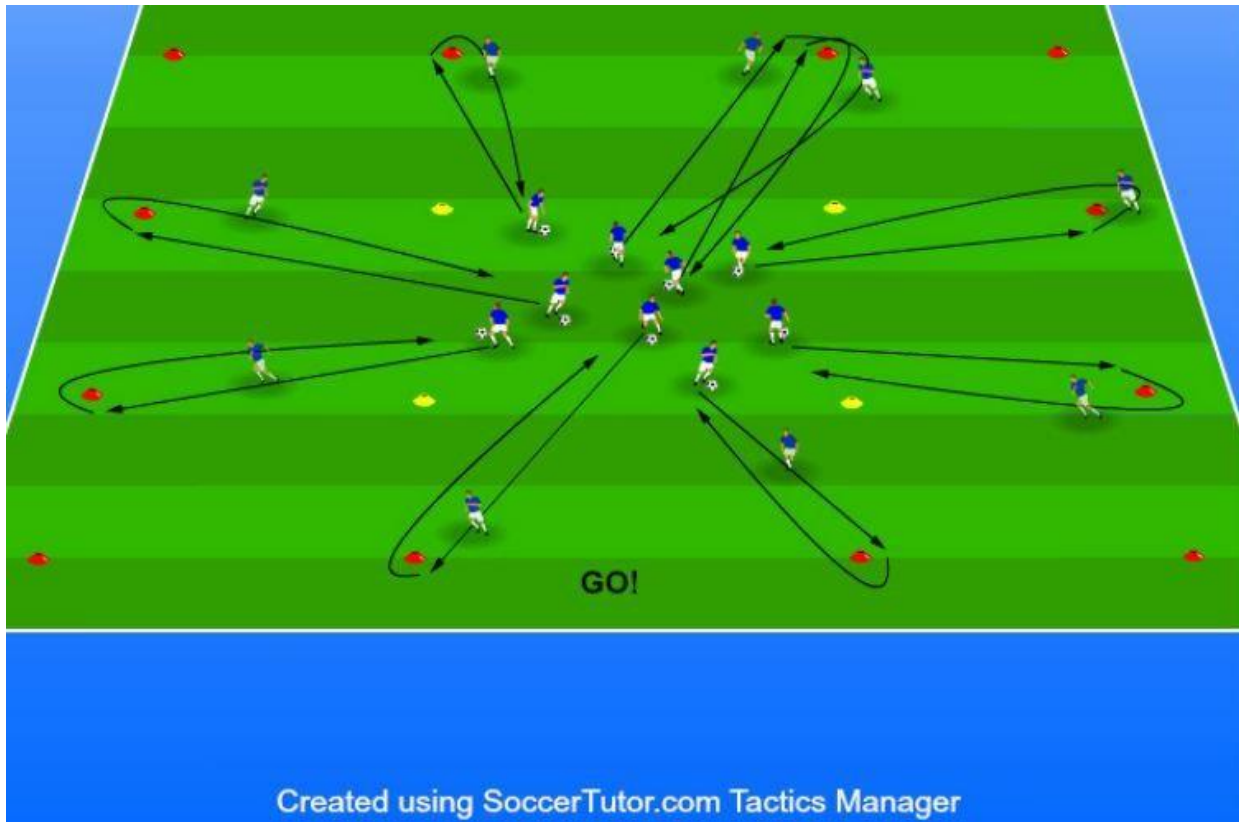
In a small square that is positioned inside of a larger square, marked by cones, players dribble their soccer ball while performing turns, cuts and moves to avoid each other and find open space. When the coach blows their whistle, players immediately leave their soccer ball, sprint to the nearest cone on the outside of the large square and back before returning to dribble.

Purpose:

Develops players' abilities to dribble in tight space and avoid other players as they improve their ball control. Players also increase their footwork and conditioning as they work through this exercise.

Diagram:



**Setup:**

- Use cones to set up a small square about 20x20 yards. Depending on the number of players make the square larger or smaller. Make sure the square is small enough that players must dribble in a tight space and avoid each other.
- Use cones to set up a large square outside of the small cone square making sure there is at least 10 yards of space from the edge of the small square to the same edge of the large square. The small square should be placed in the center of the large square. If using 20x20 yards for the small square, the larger square should be 40x40 yards. Adjust accordingly.
- All the players start inside the small square with their soccer ball.
- Players should complete 14 sprints. Break the sprints into as many rounds as needed depending on age and fitness levels.

Instructions:

1. On the coach's start, players begin dribbling inside the small square. Players perform cuts, turns and moves as they and attempt to avoid running into anyone.
2. After a random period of time, the coach blows their whistle. Players immediately leave their soccer ball and sprint to the nearest cone along the outside of the large square and back to their ball.
3. Once players arrive back to their ball, they instantly restart the process and begin dribbling again within the small square.
4. Continue this process for the remainder of the round.
5. Add rest periods as needed. Players should complete total sprints.

Variations:

Fitness vs. Footwork – If the main focus of the activity is for fitness, decrease the amount of time between each sprint. If the main focus of the activity is for footwork and ball control, give the players more time between each sprint. Add more, or less sprints per round to change the focus of the drill.

Run with the ball – When the whistle is blown, players dribble their soccer ball to the nearest cone along the outside of the large square and back. Players will develop their ability to dribble at high speeds, under control, and cover ground.

Coaching Points:

- Challenge the players to be creative while dribbling! Players should take small, quick touches to avoid each other and dribble into the open space.
- Encourage the players to work on their cuts, turns and moves as they move throughout the square.
- Remind the players to keep their eyes up as they dribble to build good habits and avoid collisions with each other!
- Be aware of the players' fitness levels and the focus of the activity. Give more rest in between sprints as needed if footwork is more important. Make sure to push players through tough fitness moments, but to also be realistic and conscious of their health.

