

Drills

Type: <All>

Name	Duration	Objective
Equipment		Description
Passing		
Ground Passing 1 One ball for every two players	10 min.	Develop basic passing skills Have players pair off and position themselves 5 to 10 yards from their partner. One player passes the ball to their partner using the inside of their foot. Repeat several times with both feet. Focus on using the inside of the foot, keeping the ball on the ground and on making crisp, accurate passes.
Ground Passing 2 One ball for every two players	10 min.	Develop basic passing skills Have players pair off and position themselves 5 to 10 yards from their partner. One player passes the ball to their partner using the outside of their foot. Repeat several times with both feet. Focus on using the outside of the foot, keeping the ball on the ground and on making crisp, accurate passes.
Pass and Trap One ball for every two players	10 min.	Develop basic passing and trapping skills Have the players pair off and stand approximately ten yards apart facing each other. Have the players pass a ball on the ground back and forth to each other trapping the ball each time before passing it back to their partner. Focus on solid, accurate ground passes and clean traps. Increase or decrease the distance between players.
Ground Passing 3 Several cones, one ball for every two players	10 min.	Develop basic passing skills Have players pair off and position themselves 5 to 10 yards from their partner. Place two cones between each pair approximately 2 yards apart. One player passes the ball to their partner between the cones. Repeat several times with both feet. Focus on keeping the ball on the ground and on passing the ball between the cones.
Ground Passing 4 One ball for every two players	19 min.	Develop basic passing skills Have players pair off and position themselves 5 to 10 yards from their partner. Players face their partners and pass the ball back and forth. After each pass one player moves a few yards forward and the other player moves a few yards backward. Repeat until each pair has moved 40 or 50 yards down the field then have players switch directions. Focus on making crisp, accurate passes.
Ground Passing 5 One ball for every two players	10 min.	Develop intermediate passing skills Have players pair off and position themselves 5 to 10 yards from their partner. Have the players move down the field sideways remaining parallel while passing the ball back and forth. Repeat until each pair has moved 40 or 50 yards down the field then have players switch directions. Focus on players leading their partners so that each receives the ball in stride.

Name	Duration	Objective
Equipment		Description
One-touch Ground Passing One ball for every two players.	10 min.	Develop intermediate passing skills Have players pair off and position themselves 5 to 10 yards from their partner. One player passes the ball to their partner using the inside of their foot. The second player one-touch passes the ball back without trapping the ball. Repeat several times with both feet. Focus on using the inside of the foot, keeping the ball on the ground and on making crisp, accurate passes.
Give and Go Passing 1 One ball for every two players	10 min.	Develop basic passing skills Have players pair off and position themselves 5 to 10 yards from their partner. One player passes the ball to their partner then runs to a new spot 5 to 10 yards from their partner. The second player then passes the ball back to the first player and runs to a new spot. Repeat several times with both feet. Focus keeping the ball on the ground and on making crisp, accurate passes.
Give and Go Passing 2 Several balls	15 min.	Develop intermediate passing skills Line up players 5 to 10 yards from a coach. Have each player take turns passing a ball to the coach and then running toward the goal area. Upon receiving the ball, the coach one-touch passes to the player on the run. Focus on having players move toward the goal as soon as they complete the pass and on receiving the ball on the run.
Give and Go Passing 3 Several balls	15 min.	Develop intermediate passing skills Line up all players but one 5 to 10 yards from a coach. Position the last player (defender) a few yards in front of the line of players. Have each player dribble a few feet toward the defender, pass to the coach and then run behind the defender toward the goal area. Upon receiving the ball, the coach one-touch passes to the player on the run. Focus on players moving closely around the defender and on receiving the return pass on the run.
Return Pass Two balls for every three players	15 min.	Develop intermediate passing skills Organize players into groups of 3 and position each group in a line. The two outside players in each group take turns passing the ball to the player in the middle. The middle player receives the ball from the first player then passes it back. Upon completing the pass to the first player, the middle player turns around to receive and return the pass to the second player. Repeat several times varying the tempo. Focus on crisp, clean passing.
Four Corner Passing One ball for every four players	5 min.	Develop intermediate passing and moving skills Organize players into groups of 4 and position players in a square. The first player passes the ball to the player on their left and then each player continues passing to the left. After each player completes their pass they run to the right around the square, arriving back in their spot in time to receive the next pass. Focus on accurate passes, getting back on time and watching the position of the ball as it moves around the square.
Two Row Passing One ball	5 min.	Develop basic passing and moving skills Organize players into 2 lines facing each other. The first player in one line passes to the first player in the other line then runs to the back of the receiver's line. Repeat several times. Focus on accurate passes and having players stay out of the passing lane as they move to the opposite line.

Name	Duration	Objective
Equipment		Description
Four Row Passing Four cones, two balls	5 min.	Develop intermediate passing and moving skills Mark off a square with the cones (e.g., 10 yards by 10 yards). Organize players into 4 lines and position each line at each cone. Players in two lines start by passing a ball to the line diagonal from their line then run across the square to the back of the receiver's line. In this manner, balls and players are criss-crossing in the middle of the square. Focus on timing passes and running so as to not run into players and balls coming from the opposite direction.
Circle Passing 1 Two to four balls	5 min.	Develop intermediate passing skills Position players around a large circle. Give a ball to several players around the circle and have the players with the balls call out the name of a player without a ball then pass the ball to the player whose name they called. Repeat several times. Focus on long, accurate passes and on identifying players who do not have a ball and whose name had not been called.
Simple 2 on 1 Several cones, one ball for every three players	10 min.	Develop basic passing, dribbling and moving skills Organize players into groups of three. Mark off a rectangle with the cones (e.g., 10 yards by 20 yards) for each group. Designate one player in each group as the defender and two as attackers. Have the attackers try to move the ball from one end of the rectangle to the other without losing the ball to the defender. Focus on teamwork, passing and dribbling to move the ball from one end of the rectangle to the other.
3 on 1 Give and Go One ball for every four players.	15 min.	Develop intermediate passing skills Organize players into groups of 4. Position 3 players in a row approximately 5 yards apart and the fourth player 5 yards in front of the middle player. (The players thus form a "T".) The middle player is the defender, the other players are the attackers. Give a ball to the fourth player (i.e., the player in front of the defender, at the bottom of the "T"). The object of the drill is for the player with the ball to pass the ball to either of the other two attackers and then to run past the defender to receive a one-time return pass. The defender attempts to defend against both passes.
Crossing Pass Four cones, two balls	10 min.	Develop intermediate passing and awareness skills Position cones to form a "+" approximately 15 yards apart. Organize players into 4 lines, one at each of the cones. Have the first player in two adjacent lines pass to the first player in the opposite line, then run to the end of the line that the player just passed to. The players who have just received the pass then pass the balls back and run to the end of that line. Focus on players remaining aware of other players so as not to collide in the middle of the "+" and on clean, accurate passes.
Circle Passing 2 One to three balls	5 min.	Develop intermediate passing and movement skills Position players evenly around the center circle. Have one player pass the ball across the center circle to any other player, then run to the receiving player's position. The player receiving the ball then passes the ball to another player and runs to that player's position. Receiving players should have enough time to pass the ball to another position before the oncoming player arrives at their position. To increase the intensity of the drill add 1 or 2 more balls to the drill.

Name	Duration	Objective
Equipment		Description
Volley Passing 1 One ball for every two players	5 min.	Develop intermediate passing skills Have players pair off and stand 3 to 5 yards apart from their partners. Have one player in each pair underhand toss a ball to their partner who then volleys the ball back to server before the ball hits the ground. Repeat several times, increasing the tempo as players progress. Focus on soft, accurate volley passes and on keeping the ball in the air.
Volley Passing 2 One ball for every two players	5 min.	Develop intermediate passing skills Have players pair off and stand 3 to 5 yards apart from their partners. Have one player in each pair underhand toss a ball to their partner who then volleys the ball back to server before the ball hits the ground. After each volley have the server move forward a few feet and the receiver move back to better simulate a game situation. Repeat several times. Focus on soft, accurate volley passes and on keeping the ball in the air.
Dribble, Give and Go 1 One ball	15 min.	Develop intermediate passing and dribbling skills Position one player (passer) halfway between the end line and the edge of the penalty box. Divide the remaining players into two lines, one on the end line and the other on the edge of the penalty box. (The two lines of players and passer should not be in a straight line, but should form a triangle.) Have the first player in one of the lines start to dribble toward the other line, pass the ball to the passer and continue toward the other line. Have the passer one-time pass back to the serving player who continues to dribble to the opposite line. Have the first player in the second line repeat the drill. Focus on accurate passes and on controlling the ball.
Dribble, Give and Go 2 One ball	15 min.	Develop intermediate passing and dribbling skills Position one player (passer) halfway between the end line and the edge of the penalty box. Divide the remaining players into two lines, one on the end line and the other on the edge of the penalty box. (The two lines of players and passer should form a straight line.) Have the first player in one of the lines (Player A) pass the ball to the passer then run at an angle toward the passer. The passer one-time passes back to the approaching Player A who dribbles a few yards then passes the ball to the first player in the second line (Player B). The passer then turns around to receive the pass from Player B who continues the drill. Focus on accurate passes and on controlling the ball.
Dribble, Give and Go 3 Two balls	15 min.	Develop intermediate passing and dribbling skills Position two players (Passer A and Passer B) back-to-back halfway between the end line and the edge of the penalty box. Divide the remaining players into two lines, one on the end line and the other on the edge of the penalty box. (The two lines of players and passers should form a straight line.) Have the first player in one of the lines (Player A) pass the ball to Passer A then run at an angle to the right toward Passer A. At same time, have the first player in other line (Player B) pass the ball to Passer B then run at an angle to right angle toward Passer B. The passers one-time passes back to the approaching players who dribble a few yards then pass the ball to the next players in the opposite lines. Focus on accurate passes and on controlling the ball.

Name	Duration	Objective
Equipment		Description
Two Line Return Pass One ball	10 min.	Develop intermediate passing skills Organize players into two lines and position one line on the end line and the other line on the edge of penalty box. Have the first player in one of the lines (Player A) pass the ball across to the first player in the other line (Player B). Player A then runs toward and a few yards to one side of Player B who then one-times a pass back to the approaching Player A and runs to the back of the line that Player A started from. Player A then passes the ball to the second player in the line (Player C) and runs to the back of the Player B's line. Player C then starts the drill back the other way.
Two Circle Passing Game Two circles, one ball	10 min.	Develop intermediate passing skills Mark off a large circle with a radius of approximately 20 yards. Mark off a small circle in the middle of the large circle with a radius of approximately 3 yards. Position 1 player in the small circle and 4 attackers and 3 defenders in the big circle. (Attackers and defenders should try to stay outside the small circle.) The object of the drill is for the attackers to move the ball around to try to complete a pass to the player in the small circle, while the defenders try to prevent the pass. Score one point for the attackers each time they complete a pass. Move players around as attackers and defenders and keep score to make a game out of the drill.
4 Goal Game Eight cones, one or two balls	10 min.	Develop basic passing, dribbling and team work skills Mark off a square approximately 25 yards by 25 yards. Mark off 4 goals approximately 1 to 2 yards wide, one at each corner of the square. Divide players into two teams. Using 1 or 2 balls play a game in which the teams attack two goals and defend two goals. Teams cannot position a player directly in front of the goals and players cannot shoot at the goals from more than 3 to 5 yards away. Focus on teamwork to simultaneously defend and attack two goals at the same time, and on accurate passing.
Turn and Pass One ball for every three players	5 min.	Develop intermediate passing and ball handling skills Organize players into groups of 3. Position players in each group in a straight line. Have one of the outside players pass a ball to the middle player who quickly controls the ball, turns and passes to the other outside player. The second outside player then passes back to the middle to continue the drill. Focus on the middle player handling the ball as few times as possible before making the pass to the opposite side.
Basic Crossing 1 Field, several balls	15 min.	Develop basic passing skills Divide players into 3 groups. Position one group on the end line to the right of the goal as far out as the corner flag. Position the second group on the end line to the left of the goal at the same distance. Position the third in front of the goal 5 to 10 yards away from the goal. Have players in the first two groups cross balls to players in the third group who attempt to quickly control the ball then shoot it toward the goal. Have each player in the third group take a pass from both sides of the goal. Move players around between the groups.
Basic Crossing 2	15 min.	Develop basic passing skills

Name	Duration	Objective
Equipment		Description
Field, several balls		Divide players into 3 groups. Position one group on the end line to the right of the goal as far out as the corner flag. Position the second group on the end line to the left of the goal at the same distance. Position the third in front of the goal 5 to 10 yards aware from the goal. Have players in the first two groups cross balls to players in the third group who attempt to make a one-time shot at the goal. Have each player in the third group take a pass from both sides of the goal. Move players around between the groups.
Basic Crossing 3 Field, several balls	15 min.	Develop basic passing skills Divide players into 3 groups. Position all groups on the edge of the penalty box: one group directly in front of the goal and the other two groups left and right of the center 10 to 20 yards from the middle group. Have a player in one of the outside groups dribble a ball toward the end line while a players from the middle group runs toward the goal. When the players near the end line, have the outside player pass toward the middle player who attempts to control the ball and shoot it into the goal. Move players around between the groups.
Corner Kick 1 Field, several balls	10 min.	Develop basic corner kicking skills Line up players on a corner flag. Have players take turns passing a ball from the corner radius into the front of the goal. Focus on kicking the ball in the air and on kicking several yards away from the goal.
Corner Kick 2 Field, several balls	10 min.	Develop basic corner kicking and shooting skills Position 2 to 6 players (attackers) in front of the goal and line up the remaining players on a corner flag (passers). Have passers take turns passing a ball from the corner radius into the front of the goal, where the attackers attempt to one-time the ball into the goal.
Corner Kick 3 Field, several balls	10 min.	Develop basic corner kicking and shooting skills Position 4 to 6 attackers and 3 to 5 defenders in front of the goal. Line up the remaining players on a corner flag (passers). Have passers take turns passing a ball from the corner radius into the front of the goal, where the attackers attempt to one-time the ball into the goal and defenders attempt to clear the ball.
Team Passing - No Ground Touch Ball	10 min.	Team Dribbling - No Ground Touch Have 5 to 6 players get in a circle and pass the ball in the air to each other with out the ball touching the ground. After a while have one player in the middle and play keep away.
Five Touch No Contact Ball	15 min.	To develop and improve passing combinations Purpose - To develop and improve passing combinations, to improve defensive anticipation. Area - Using cones mark off an area approx. 40 X 70 yds. The goals should be 4 to 6 feet wide. Players - 2 Teams of 4-6 players each.
Chip, Trap, Pass, Shoot Ball	15 min.	Drill to improve; shooting, passing, ball control and fitness Purpose - Drill to improve; shooting, passing, ball control and fitness. Area - Offensive zone just inside the 18 yd box. Players - Groups of 3-5 at both the left and right corner spots and a group of 3-5 at the top of the 18 yd. box.

Trapping

Name	Duration	Objective
Equipment		Description
Basic Chest Trap One or more balls	10 min.	Develop basic chest trapping skills Divide up the players evenly amongst the available coaches. Line up each group a set distance from the coach (e.g., 5 yards to start). Have the coaches soft lob a ball to the players who trap the ball with their chests then control the ball with their feet.
Ground Trapping 1 One ball for every two players	10 min.	Develop basic trapping skills Have players pair off and stand 10 yards from each other. Have one player in each pair pass the ball along the ground to their partner who then traps the ball with their instep. Focus on quickly moving into position, receiving the ball close to the body and not letting the ball fly off the foot or bounce away.
Ground Trapping 2 One cone and one ball for every two players	10 min.	Develop basic trapping skills while moving Have players pair off and stand 10 yards from each other. Position the cone near one of the players. Have one player in each pair pass the ball along the ground to their partner who traps the ball with their instep, returns the pass then runs around the cone returning to starting point to receive the next pass. Repeat several times then have players switch positions. Focus on quickly moving into position, receiving the ball on the move and not letting the ball fly off the foot or bounce away.
3 Player Ground Trapping 1 Two balls for every three players	10 min.	Develop basic trapping skills Organize players into groups of 3 and have players in each group stand in a line spaced approximately 10 yards between players. Give a ball to the two outside players in each group. Have the player in the middle face one of the outside players who then passes the ball to the player in the middle. The player in the middle traps the ball, passes it back to the outside player and then spins toward the other outside player. The second outside player then passes their ball to the player in the middle who traps it and passes it back. Repeat several times, increasing the tempo as play progresses.
3 Player Ground Trapping 2 One ball for every three players	10 min.	Develop basic trapping skills Organize players into groups of 3 and have players in each group stand in a line spaced approximately 10 yards between players. Have the player in the middle face one of the outside players who then passes the ball to the player in the middle. The player in the middle traps the ball, turns and passes it to the other outside player. The second outside player traps the ball then passes it back to the player in the middle. Repeat several times then have players switch positions.
Air Trapping 1 Ball for each player	5 min.	Develop basic trapping skills Have each player toss their ball into the air and then trap it as it descends. Practice a variety of trapping methods, including the chest trap, thigh trap and foot trap. Focus on quickly bringing the ball under control.
Air Trapping 2 Ball for each player	5 min.	Develop basic trapping and moving skills Have each player toss their ball into the air and then trap it as it descends. After the players traps the ball the player then immediately dribbles the ball 5 to 10 yards, picks the ball back up and repeats the sequence. Practice a variety of trapping methods, including the chest trap, thigh trap and foot trap. Focus on bringing the ball under control and quickly starting the dribble.

Name	Duration	Objective
Equipment		Description
Juggling Ball for each player	5 min.	Develop intermediate trapping skills Have players juggle the ball in the air using any part of their bodies except their arms. Focus on keeping the ball in the air as long as possible.
2 Player Air Trapping 1 One ball for every two players	10 min.	Develop basic and intermediate trapping skills Have players pair off and stand 10 yards form each other. Have one player toss the ball to the second who then traps the ball using various methods, including the foot trap, chest trap and thigh trap. As players become more comfortable, increase the difficulty of the tosses by tossing the ball harder, further from their partners or in difficult to handle positions.
2 Player Air Trapping 2 One cone and one ball for every two players	10 min.	Develop basic and intermediate trapping skills Have players pair off and stand 10 yards form each other. Position the cone near one of the players. Have one player in each pair toss the ball to their partner who then traps the ball using various methods, including the foot trap, chest trap and thigh trap. As players become more comfortable increase the difficulty of the tosses by tossing the ball harder, further from their partners or in difficult to handle positions.
3 Player Air Trapping 1 Two balls for every three players	10 min.	Develop basic trapping skills Organize players into groups of 3 and have players in each group stand in a line spaced approximately 10 yards between players. Give a ball to the two outside players in each group. Have the player in the middle face one of the outside players who then tosses the ball to the player in the middle. The player in the middle traps the ball, passes it back to the outside player and then spins toward the other outside player. The second outside player then tosses their ball to the player in the middle who traps it and passes it back. Players should trap the ball using various methods, including the foot trap, chest trap and thigh trap. Repeat several times, increasing the tempo as play progresses.
3 Player Air Trapping 2 One ball for every three players	10 min.	Develop basic trapping skills Organize players into groups of 3 and have players in each group stand in a line spaced approximately 10 yards between players. Have the player in the middle face one of the outside players who then tosses the ball to the player in the middle. The player in the middle traps the ball, turns and passes it to the other outside player. The second outside player traps the ball then tosses it back to the player in the middle. Players should trap the ball using various methods, including the foot trap, chest trap and thigh trap. Repeat several times, increasing the tempo as play progresses.
Trap Play Ball	15 min.	To trap ball and run to open area Put a player on each of four corner of a box 15 x 15. Put a cone in the middle of box with one player. Have each player one at a time toss the ball at the middle player to trap with upper body, upper legs or feet. Then pass back to corner player and run around cone to face next player.

Dribbling

Name	Duration	Objective
Equipment		Description
One on One Four cones, one ball	15 min.	Develop intermediate ball handling skills Using the cones, set up two small goals approximately 2 yards wide. Position the goals approximately 10 to 15 yards apart from one another. Have two players at a time play against each other attempting to score in the opponent's goal. Have each pair play for a short duration, such as a minute, then let another pair play. Depending on the size of the team, set up more goals as necessary.
Two on Two Four cones, one ball	15 min.	Develop intermediate ball handling and passing skills Using the cones, set up two small goals approximately 2 yards wide. Position the goals approximately 20 yards apart from one another. Organize players in teams of two and have two teams play each other attempting to score in the opponent's goal. Have each team play for a short duration, such as a minute, then let another team play. Focus on ball control and short passes.
Dribble and Shoot 1 Six cones, one ball	10 min.	Develop intermediate dribbling and shooting skills Use 2 cones to create a goal. Set the remaining 4 cones in a line 2 yards apart, starting approximately 10 yards from the goal. Position one player in the goal. Have the other players take turns dribbling through the cones then shooting to the goal after passing the last cone. Focus on keeping control of the ball and making a shot shortly after passing the last cone.
Cone Dribbling 1 Several cones, one ball	10 min.	Develop basic dribbling skills Position cones in a line approximately 2 yards apart. Have players line up 5 yards from the first cone and take turns dribbling a ball through the cones. Each player should dribble through all cones and back again, leaving the ball for the next player. Focus on ball control, staying close to the cones and getting the ball to the next player.
Cone Dribbling 2 Several cones, two balls	10 min.	Develop basic dribbling skills Position cones in 2 lines approximately 5 yards from each other. The cones in each line should be approximately 2 yards apart. Divide the players into 2 teams and have each team line up 5 yards from each line of cones. At a coach's signal the first player from each team dribbles a ball through the cones. Each player should dribble through all cones and back again, leaving the ball for the next player. The first team to finish wins. Focus on ball control, staying close to the cones and getting the ball to the next player.
Dribbling Across the Square Four cones, ball for each player	10 min.	Develop intermediate dribbling and ball control skills Mark off a square with the cones (e.g., 10 yards by 20 yards). Position players, evenly spaced in the square. At the coaches signal have each player dribble to the other side of the square. Repeat several times increasing the tempo as players progress. Focus on keeping control of the ball while avoiding the other players.
Forward Sole Dribble Ball for each player	5 min.	Develop intermediate dribbling and ball control skills Have each player hop forward on one foot and dribble the ball (i.e., move it forward) with the sole of the other foot. Repeat for several yards then switch feet. Focus on keeping balance and controlling the ball.

Name	Duration	Objective
Equipment		Description
Backward Sole Dribble Ball for each player	5 min.	Develop intermediate dribbling and ball control skills Have each player hop backwards on one foot and dribble the ball (i.e., move it backward) with the sole of the other foot. Repeat for several yards then switch feet. Focus on keeping balance and controlling the ball.
Sideways Sole Dribble Ball for each player	5 min.	Develop intermediate dribbling and ball control skills Have each player hop sideways on one foot and dribble the ball (i.e., move it sideways) with the sole of the other foot. Repeat for several yards then switch feet. Focus on keeping balance and controlling the ball.
Dribble and Return Pass One ball and one cone for every two players	10 min.	Develop basic dribbling and passing skills Have players pair off and stand 10 yards from a cone. Have the first player in each pair dribble around the cone, stop and pass the ball to their partner. The first player then runs back to the starting spot while the second player starts to dribble. Repeat several times. Focus on control, speed and accurate passes.
Running with the Ball 1 Ball for each player	5 min.	Develop basic dribbling skills Have players run while dribbling the ball. Focus on using the outside of the foot to move the ball forward.
Running with the Ball 2 Ball for each player	5 min.	Develop basic dribbling skills Have players run toward a coach while dribbling a ball. Have the coach point left or right to have players change direction with the ball. Focus on using the outside of the foot to move the ball forward and on players keeping their heads up to look at the coach while dribbling.
Running with the Ball 3 Four cones, ball for each player	5 min.	Develop basic dribbling skills Mark off a square with the cones (e.g., 10 yards by 20 yards). Organize players into 2 groups and spread each group in a row along opposite sides on the square facing one another. Players in each row should be 2 to 3 yards apart. Have players in each row dribble to the other side of the square while avoiding players coming at them from other side. Focus on ball control and on players keeping their heads up to avoid the other players.
British Bulldog Ball for each player, minus one	15 min.	Develop basic dribbling and ball control skills Mark off a square with the cones (e.g., 20 yards by 20 yards). Line up all players except one on one side of the square, each with a ball. Position the last player in the grid as a defender. At the coach's signal the players attempt to dribble across the square while the defender attempts to kick one of more balls out of the square. Any player who has their ball kicked out of the square becomes another defender. Continue until on 2 or 3 players are remaining with balls.
Running with the Ball 4 One ball for every two players	5 min.	Develop basic dribbling and ball control skills Position players around a circle. Distribute the balls to every other player. Have players with a ball dribble across the circle to a player without a ball. Continue back and forth with players looking for a player without a ball on each cross. Focus on ball control, avoiding other players and looking for a player without a ball.

Name	Duration	Objective
Equipment		Description
Change Direction Ball for each player	5 min.	Develop basic dribbling skills Line up all players approximately 5 yards apart facing the same direction. At the sound of the coach's whistle have the players start to dribble the balls in the same direction. When the coach blows the whistle a second time, the players stop the ball and change direction. The players continue to change direction each time the coach blows the whistle. To make the drill harder have the player stand closer together (e.g., 3 yards apart).
Follow the Leader 1 One ball for every two players	10 min.	Develop basic ball handling skills Have players pair off. One player (without a ball) jogs around a specified area, changing direction and weaving in around the other players. The second player follows the first player as closely as possible while dribbling. Focus on keeping control of the ball while avoiding other players.
Follow the Leader 2 Ball for each player	10 min.	Develop basic ball handling skills Have players pair off. One player dribbles around a specified area, changing direction and weaving in around the other players. The second player follows the first player as closely as possible. Focus on keeping control of the ball while avoiding other players.
2 Line Dribbling 1 Several balls	5 min.	Develop basic dribbling and ball control skills Organize players into 2 lines, one on the end line and the other on the edge of the penalty box (i.e., approximately 15 yards apart). Have the first player in the first line dribble quickly to the opposite line. When the first player crosses the line have the first player in the second line dribble quickly to the first line. Continue until all players have had at least one turn.
2 Line Dribbling 2 One ball	5 min.	Develop basic dribbling and ball control skills Organize players into 2 lines, one on the end line and the other on the edge of the penalty box (i.e., approximately 15 yards apart). Have the first player in the first line dribble quickly to the opposite line. When the first player reaches the line have the player stop the ball in front of the first player in the second line. The first player in the second line then quickly dribbles the ball to the first line, stopping it upon arriving at the line. Continue until all players have had at least one turn.
2 Line Dribbling 3 Several cones, several balls	5 min.	Develop basic dribbling and ball control skills Organize players into 2 lines, one on the end line and the other on the edge of the penalty box (i.e., approximately 15 yards apart). Space the cones 2 to 3 yards between the two lines. Have the first player in the first line dribble in and around the cones to the opposite line. When the first player reaches the line have the player stop the ball in front of the first player in the second line. The first player in the second line then quickly dribbles the ball to the first line, stopping it upon arriving at the line. Continue until all players have had at least one turn.
2 Line Dribbling 4	5 min.	Develop basic dribbling and ball control skills

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Equipment		Description
Several cones, several balls		Organize players into 2 lines, one on the end line and the other on the edge of the penalty box (i.e., approximately 15 yards apart). Have the first players in each line dribble quickly to the midpoint between the two lines, trying to arrive at the same time as the oncoming player. When the players reach the center, have them stop their respective balls then dribble the other player's ball back to their line. Continue until all players have had at least one turn.
Crossing Dribble Four cones, two balls	5 min.	Develop basic dribbling and awareness skills Position cones to form a "+" approximately 15 yards apart. Organize players into 4 lines, one at each of the cones. Have the first player in two adjacent lines dribble to the first player in the opposite line. Upon arrival the first players in the opposite lines takes the ball and starts back the other way. Focus on players remaining aware of other players so as not to collide on the middle of the "+" and on clean exchanges with players in the opposite lines.
4 Corner Dribble 1 Four cones, two balls	5 min.	Develop basic dribbling and movement skills Mark off a square with the cones approximately 20 yards by 20 yards. Organize players into 4 lines, one at each cone. Have the first player in two lines dribble to the first player in a line without a ball, then jog around the square, returning to their original line. Upon arrival the first players in the opposite lines take the ball and start back the other way.
4 Corner Dribble 2 Four cones, two balls	5 min.	Develop basic dribbling and movement skills Mark off a square with the cones approximately 20 yards by 20 yards. Organize players into 4 lines, one at each cone. Have the first player in two lines dribble to the first player in a line without a ball, then run diagonally across the square to a new line. Upon arrival the first players in the opposite lines take the ball and start back the other way.
1 on 1 Dribbling Several cones, several balls	10 min.	Develop intermediate dribbling skills Position cones to the left and right of the goal from the end line to just beyond the penalty box to form a 15 to 20 yard wide lane. Position one player in the goal, one player as a defender and the remaining players in a line just beyond the penalty box. Have the first player in the line dribble toward the goal attempting to score a goal while the defender attempts to prevent a shot. The attacking player must make a shot before reaching the goal box. Continue until all players have had at least one turn.
Dribble and Pass Race Two cones, two balls	10 min.	Develop intermediate dribbling and passing skills Place the cones approximately 10 yards apart in the center circle. Organize players into 3 equal lines. Position one line of players just outside the circle and the other lines on each of the two cones. At a coach's whistle the players outside the circle dribble a ball one by one around the center circle as fast as they can. Meanwhile, the first player in one of the lines inside the circle passes a ball to the first player in the other inside line then runs to the back of that line. The inside players continue to pass the ball back and forth as quickly as possible. This drill is a race with the inside lines trying to complete as many passes as possible before all of the players in the outside line have dribbled around the center circle. Switch the lines so that each line has a turn on the outside.

Name	Duration	Objective
Equipment		Description
Quick Turn 1 Two cones, one or more balls	10 min.	Develop intermediate dribbling skills Position the cones approximately 8 yards apart. Position a player between and a couple of yards in front of the cones. Position a coach or other player 10 yards in front of the player. Have the coach pass a ball directly at the player and call out left or right as the ball moves toward the player. Upon receiving the ball the player quickly turns in the direction indicated by the coach and dribbles to the cone on that side. Repeat several times. Focus on receiving the ball quickly and making a quick turn toward the target cone.
Quick Turn 2 Two cones, one or more balls	10 min.	Develop intermediate dribbling skills Position the cones approximately 8 yards apart. Position a player (receiver) between and a couple of yards in front of the cones, and position another player (defender) directly in back of the receiver. Position a coach or other player 10 yards in front on the receiver. Have the coach pass a ball directly at the receiver and call out left or right as the ball moves toward the player. Upon receiving the ball the receiver quickly turns in the direction indicated by the coach and dribbles to the cone on that side. The defender shadows the receiver as the receiver moves to the cone and attempts to kick the ball away if the receiver leaves the ball unprotected. Repeat several times. Focus on receiving the ball quickly, making a quick turn toward the target cone and on shielding the ball from the defender.
Dribble and Circle One cone, one ball	5 min.	Develop basic dribbling skills Divide players into 2 lines positioned approximately 15 yards apart and facing one another. Position a cone between the two lines. Have the first player in one line dribble a ball toward other line. Upon arriving at the cone the player quickly dribbles around the cone and continues to the opposite line. The drill then continues with the first player in the opposite line. Focus on players using their outside foot when dribbling around the cone in order to shield the ball.
Dribble and Return Two balls	5 min.	Develop basic dribbling skills Divide players into 2 lines positioned approximately 15 yards apart and facing one another. Have the first players in each line dribble a ball toward each other. Upon meeting in the middle the players dribble around each other and return to their lines where the next players continue the drill. Focus on players using their outside foot when dribbling around their partner in order to shield the ball.
Dribble and Return Game Two cones, two balls	5 min.	Develop basic dribbling skills Divide players into 2 lines positioned 5 yards apart and facing the same direction. Place a cone approximately 10 yards in front of each line. Have the first players in each line dribble a ball to the cone, around it and then back to their lines, where the next players continue. Have the two lines compete against each other to see which can finish first. Focus on speed and making tight turns around the cones.
Sparrow-Hawk Game	10 min.	Develop basic dribbling skills

Name	Duration	Objective
Equipment		Description
One ball for each player		Position one player in the penalty box. This player is the hawk. Line up the remaining players each with a ball on the end line. These are the sparrows. Have the sparrows dribble through the penalty box while the hawk tries to touch them. When a sparrow is touched they must sit out until the drill is over. Sparrows who reach the edge of the penalty box without being touched then turn around and at a coach's whistle dribble back toward the end line. The last player to be touched wins. Focus on players keeping control of the ball as they move through the penalty box.
Shooting		
Instep Shot 1 One ball for every two players	10 min.	Develop basic shooting skills Have players pair off and stand 10 to 25 yards from each other. Have players shoot a stationary ball back and forth. Focus on using the instep of the shoe to shoot, keeping the toes pointed downward and on kicking on the shoe laces.
Instep Shot 2 One ball for every two players	10 min.	Develop basic shooting skills Have players pair off and stand 10 to 25 yards from each other. Have players push the ball to the side a few inches then shoot the moving ball toward their partner. Focus on using the instep of the shoe to shoot, keeping the toes pointed downward and on kicking on the shoe laces.
Low Shot One ball for every two players	10 min.	Develop basic shooting skills Have players pair off and stand 10 to 25 yards from each other. Have players shoot a stationary ball back and forth. Focus on striking the ball at the center or top half of the ball to keep the shot low.
High Shot One ball for every two players	10 min.	Develop basic shooting skills Have players pair off and stand 20 to 25 yards from each other. Have players shoot a stationary ball back and forth. Focus on striking the ball on the lower half of the ball to elevate the shot.
3 Player Shooting Two cones and one ball for every three players	10 min.	Develop basic shooting skills Organize players into groups of 3. Place the cones for each group 5 to 8 yards apart and position one of the players between the cones. This player is the goalkeeper. Position the other two players on either side of the goalkeeper 10 to 20 yards from the goalkeeper. (The players are thus in a line with the goalkeeper in the middle.) These players are the shooters. Have the goalkeeper face one of the shooters, who has the ball. Have the shooter shoot toward the goalkeeper trying to score between the cones. The other shooter serves as the backstop/retriever for the first shooter's shot. After the first shooter completes the shot the second shooter retrieves the ball, the goalkeeper turns to face the second shooter who then attempts a shot. If the goalkeeper stops the shot they toss the ball to the next shooter.
Dribble and Shoot 2 Goal, three cones, one ball	10 min.	Develop basic shooting and dribbling skills Place the cones in a row starting 15 yards from the goal and space the cones 3 yards apart. Place a player in the goal and line up the remaining players 5 yards behind the last cone. Have each player dribble around the cones and then shoot at the goal. Focus on staying tight around the cones and getting off a quick shot after passing the last cone.

Name	Duration	Objective
Equipment		Description
Give, Go and Shoot Goal, one or more balls	15 min.	Develop intermediate shooting skills Position a player in the goal and another player or coach (the passer) approximately 15 yards from the goal. Line up remaining players approximately 25 yards from the goal. The first player in line passes a ball to the passer and then starts to run toward the goal. The passer one-times a pass back to the first player who then shoots toward the goal. Focus on accurate give and go passes and on quick shots toward the goal.
Far Post Shooting Goal, several balls	10 min.	Develop basic shot placement skills Line up players on the right or left edge of the goal and approximately 15 yards from the goal. Have players take turns shooting toward the goal. If on the right edge, have players shoot with their right foot and aim for the left post (i.e., the far post), and vice versa. Focus on shot placement.
Near Post Shooting Goal, several balls	10 min.	Develop basic shot placement skills Line up players on the right or left edge of the goal and approximately 15 yards from the goal. Have players take turns shooting toward the goal. If on the right edge, have players shoot with their right foot and aim for the right post (i.e., the near post), and vice versa. Focus on shot placement.
Chase and Shoot Goal, several balls	10 min.	Develop intermediate shooting skills Divide players into two lines approximately 25 yards from the goal. One line of players (the shooting line) should be approximately 3 yards closer to the goal than the other line (the chasing line). Have a coach roll or kick a ball in front of the lines toward the goal. The first player in the shooting line attempts to shoot the ball toward the goal, while the first player in the chasing line attempts to defend against the shot. For the shooting player, focus on getting off a quick shot before the chasing player has a chance to block the shot. For the chasing player, focus on taking a good angle to the ball to defend the shot.
2 on 1 Goal, several balls	15 min.	Develop basic shooting and ball control skills Organize players into 3 lines: 1 line of defenders and 2 lines of attackers. Position attacking lines 20 yards from the goal and defending line behind the end line. Position the first defender 10 yards in front of the goal and give a ball to the first players in the attacking lines. Have the attackers attempt to score a goal, while the defender attempts to prevent the shot. Allow the attackers no more than 3 passes before attempting a shot.
2 on 1 With Goalie Goal, several balls	15 min.	Develop basic shooting and ball control skills Position a player in the goal and organize the remaining players into 3 lines: 1 line of defenders and 2 lines of attackers. Position attacking lines 20 yards from the goal and defending line behind the end line. Position the first defender 10 yards in front of the goal and give a ball to the first players in the attacking lines. Have the attackers attempt to score a goal, while the defender attempts to prevent the shot. Allow the attackers no more than 3 passes before attempting a shot.
2 on 1 Chase	15 min.	Develop basic shooting and ball control skills

Name	Duration	Objective
Equipment		Description
Goal, several balls		Organize players into 3 lines: 1 line of defenders and 2 lines of attackers. Position attacking lines 30 yards from the goal and defending line behind the end line. Have a coach roll or kick a ball approximately 10 yards in front of the attacking lines. As soon as the ball is played the first player in the defending line runs onto the field to defend, while the first two players in the attacking lines attempt to control the ball. Have the attackers attempt to score a goal, while the defender attempts to prevent the shot. Allow the attackers no more than 3 passes before attempting a shot.
2 on 1 Chase With Goalie Goal, several balls	15 min.	Develop basic shooting and ball control skills Position a player in the goal and organize the remaining players into 3 lines: 1 line of defenders and 2 lines of attackers. Position attacking lines 30 yards from the goal and defending line behind the end line. Have a coach roll or kick a ball approximately 10 yards in front of the attacking lines. As soon as the ball is played the first player in the defending line runs onto the field to defend, while the first two players in the attacking lines attempt to control the ball. Have the attackers attempt to score a goal, while the defender attempts to prevent the shot. Allow the attackers no more than 3 passes before attempting a shot.
Serve and Shoot 1 Goal, several balls	10 min.	Develop intermediate shooting skills Position a coach just outside the penalty box and slightly to the right of center. Position one player in the goal and the remaining players in a line just outside the penalty box and slightly to the left of center approximately 10 yards from the coach. Have the coach roll or kick a ball along the ground several yards in front of the first player in line, who runs to control the ball then shoots toward the goal. Focus on controlling the ball and making a quick shot. For variety, limit the number of touches before the player must shoot.
Serve and Shoot 2 Goal, several balls	10 min.	Develop intermediate shooting skills Position a coach just outside the penalty box and slightly to the right of center. Position one player in the goal and the remaining players in a line just outside the penalty box and slightly to the left of center approximately 10 yards from the coach. Have the coach toss a ball in the air several yards in front of the first player in line, who runs to control the ball then shoots toward the goal. Focus on controlling the ball and making a quick shot. For variety, limit the number of touches before the player must shoot.
2 on 1 Shooting Goal, several balls	15 min.	Develop intermediate shooting skills Position a player in the goal and organize the remaining players in 3 lines starting just outside the penalty box. The lines should be 5 to 10 yards apart from one another. The center line is the defending line and the outside lines are the attacking lines. Position a coach next to the defending line and have the coach roll a ball several yards in front of one of the attacking lines. The first player in each line runs forward: the attacking player nearest to the ball attempts to control the ball then shoot or pass it to the other attacking player. The defending player attempts to defend against the shot. Focus on the defender getting into a good defensive position and on the attackers controlling the ball, making the correct pass or shoot decision and making quick shots.

Name	Duration	Objective
Equipment		Description
1 on 1 Shooting Goal, several balls	15 min.	Develop intermediate shooting skills Position one player in the goal and all the remaining players in 2 lines just outside the penalty box. The two lines should be about 10 yards apart. One line is the attacking line and the other line is the defending line. Have a coach stand between the two lines and roll a ball forward, slightly closer to the attacking player. The first player in each line runs into play: the attacking player attempting to score and the defending player attempting to defend against the shot.
Return Pass Shot Goal, several balls	10 min.	Develop intermediate shooting skills Position one player in the goal, one player on the end line a few yards outside the goal and the remaining players in a line approximately 20 yards from the goal. Have the first player in the line make a sharp pass to the player on the end line and then run toward the goal. The player on the end line then one-times a pass back to the approaching player who one-times a shot at the goal.
3 Line Pass and Shoot Goal, several balls	10 min.	Develop intermediate shooting skills Organize players into 3 lines just outside the penalty box approximately 10 yards apart. Have the first player in the middle line pass ahead to the first player in one of the outside lines. The player receiving the ball runs to the ball and makes a one-time pass forward to the first player in the other outside line who one-times a shot at the goal.
4 on 4 Shooting Game Half field, six balls	10 min.	Develop intermediate team work and shooting skills Place the balls in the center circle. Organize players into 2 teams of 4. The teams play 4 on 4 against each other on one half of the field. The first team attempts to make a shot at the goal while the second team tries to defend. As soon as a shot is made or the ball is lost, a player from the defending team runs to retrieve another ball from the center circle. At this point the teams switch: the defending team becomes the attacking team and attacking team becomes the defending team. Continue until all balls have been used.
3 on 2 Half field, several balls	15 min.	Develop intermediate shooting and passing skills Position a player in the goal and 2 players as defenders. Organize the remaining players in 3 lines at the midfield line. Have the first player in one of the lines start to bring a ball forward looking to pass to one of the players from the other lines. The defenders attempt to defend against the pass and shot. Have the attacking players continue to move down the field and pass looking for a shot.
Lane Kicking Several cones, one ball	5 min.	Develop basic shooting and passing skills Create a lane approximately 5 yards wide with the cones. Divide players into two lines positioned at opposite ends of the lane. Have players take turns kicking a ball to the opposite line trying to keep the ball within the cones. Narrow the lane as players become more proficient.
6-Point Shooting Field, several balls	15 min.	Develop basic shooting skills Position 6 balls in an arc at equal distances from the goal. Each ball is at a different angle to the goal. Have players take turns moving around the arc shooting each ball into the goal. Focus on shooting for the near or far post and on accuracy.

Name	Duration	Objective
Equipment		Description
Marked Area Shooting Four cones, several balls	15 min.	Develop basic shooting and dribbling skills Mark of a square approximately 3 yards by 3 yards somewhere in front of the goal. Position players in a line approximately 10 yards from the square. Have players dribble a ball to the square then shoot toward the goal. Players must only shoot from the square. Move the square to different locations and position players in different spots relative to the square to practice shooting from different areas on the field. Focus on getting to the square quickly and on controlling the ball so that the shot is made from the square.
Pass and Shoot 1 Goal, several balls	10 min.	Develop basic shooting skills Line up players 15 to 20 yards from the goal. Position a coach several yards closer to the goal and a few yards to the side of the players. Have the coach pass the ball on the ground in front of the first player in line, who runs to the ball, controls it, dribbles a few yards and shoots.
Pass and Shoot 2 Goal, several balls	10 min.	Develop basic shooting skills Line up players 15 to 20 yards from the goal. Position a coach several yards closer to the goal and a few yards to the side of the players. Have the coach pass the ball in the air in front of the first player in line, who runs to the ball, controls it, dribbles a few yards and shoots.
Pass and Shoot 3 Goal, several balls	10 min.	Develop intermediate shooting skills Line up players 15 to 20 yards from the goal. Position a coach several yards closer to the goal and a few yards to the side of the players. Have the coach pass the ball on the ground in front of the first player in line, who runs to the ball and makes a one-time shot on goal.
Pass and Shoot 4 Goal, several balls	10 min.	Develop intermediate shooting skills Line up players 15 to 20 yards from the goal. Position a coach several yards closer to the goal and a few yards to the side of the players. Have the coach pass the ball in the air in front of the first player in line, who runs to the ball and makes a one-time shot on goal.
Penalty Kick 1 Goal, two cones, several balls	10 min.	Develop basic penalty kick shooting skills Place each cone 2 yards inside the goal posts. Have players take turns attempting penalty kicks trying to keep the shots between the cones and the goal posts. Focus on kicking low and to the corners.
Penalty Kick 2 Goal, several balls	10 min.	Develop basic penalty kick shooting skills Position a player as the goalkeeper. Have remaining players take turns attempting penalty kicks. Focus on kicking low and to the corners.
Direct Kick 1 Goal, several balls	15 min.	Develop intermediate direct kick skills Choose a spot on the field from where the direct kicks will be taken. Have players take turns attempting to shoot into the goal from the designated spot. Focus on placing shots in a location which is difficult to defend by the goalkeeper.
Direct Kick 2	15 min.	Develop intermediate direct kick skills

Name	Duration	Objective
Equipment		Description
Goal, several balls		Choose a spot on the field from where the direct kicks will be taken. Position 3 to 5 players as a wall 10 or more yards from the spot. Have the remaining players take turns attempting to shoot into the goal from the designated spot. Focus on not hitting the players forming the wall and on placing shots in a location which is difficult to defend by the goalkeeper.
Heading		
Introductory Heading 1 Ball for each player	5 min.	Develop preliminary heading skills Have each player hold a ball with both hands, raise the ball to the level of their forehead then strike the ball with their forehead. Players should release the ball once they head it then retrieve the ball to repeat the exercise. This is most basic heading drill and is designed to teach proper technique and to reduce fear. With beginning players coaches can remove a small amount of air from each ball to help reduce fear. Focus on heading the ball on the center of the forehead.
Introductory Heading 2 One ball for every two players	5 min.	Develop preliminary heading skills Have players pair off and stand approximately 5 yards apart. Have one player in each pair hold a ball with both hands, raise the ball to the level of their forehead then strike the ball with their forehead. Players should release the ball once they head it aiming for their partner's chest. This is one of the most basic heading drill and is designed to teach proper technique and to reduce fear. With beginning players coaches can remove a small amount of air from each ball to help reduce fear. Focus on heading the ball on the center of the forehead and on heading it hard enough to reach their partner.
Basic Heading 1 One ball for every two players	5 min.	Develop basic heading skills Have players pair off and stand approximately 5 to 10 yards apart. Have one player gently lob the ball in the air and then head it toward their partner aiming for their partner's chest. With beginning players coaches can remove a small amount of air from each ball to help reduce fear. Focus on heading the ball on the center of the forehead and on heading it hard enough to reach the partner.
Basic Heading 2 One ball for every two players	5 min.	Develop basic heading skills Have players pair off and stand approximately 5 to 10 yards apart. Have one player gently toss the ball to their partner aiming for their forehead. The second player heads the ball aiming for their partner's chest. With beginning players coaches can remove a small amount of air from each ball to help reduce fear. Focus on heading the ball on the center of the forehead and on heading it hard enough to reach the partner.
Jump and Head 1 One ball for every two players	5 min.	Develop basic heading skills Have players pair off and stand next to each player. Have one player hold the ball a few inches to several inches above the head of the partner. The second player jumps and heads the stationary ball with their forehead. With beginning players coaches can remove a small amount of air from each ball to help reduce fear.
Jump and Head 2	5 min.	Develop basic heading skills

Name	Duration	Objective
Equipment		Description
One ball for every two players		Have players pair off and stand approximately 5 to 10 yards apart. Have one player gently toss the ball to their partner aiming for a few inches above their forehead. The second player jumps and heads the ball aiming for their partner's chest. With beginning players coaches can remove a small amount of air from each ball to help reduce fear. Focus on heading the ball on the center of the forehead and on heading it hard enough to reach the partner's chest.
Head Juggling One ball for every player	5 min.	Develop intermediate heading skills Have players juggle the ball in the air using only their heads. Focus on keeping the ball in the air as long as possible.
Head Passing One ball for every two players	5 min.	Develop intermediate heading skills Have players pair off and stand 2 to 4 yards apart. Have players pass the ball back and forth using only their heads. Focus on keeping the ball in the air as long as possible.
Head Shooting Goal, several balls	10 min.	Develop basic head shooting skills Position a player or coach (the server) to either side of the goal and position a player in the goal. Line up the remaining players in front of the goal approximately 10 yards away. Have the server toss the ball in the air a few yards in front of the first player in line, who runs to the ball and attempts to head it in the goal. Focus on strong shots and placement.
3 Player Heading Two balls for every three players	5 min.	Develop basic heading skills Organize players into groups of three and have players in each group stand in a line spaced approximately 5 yards between players. Give a ball to the two outside players in each group. Have the player in the middle face one of the outside players who then lobs the ball to the player in the middle. The player in the middle heads the ball back to the outside player and then spins toward the other outside player. The second outside player then tosses their ball to the player in the middle who heads it back. Repeat several times, increasing the tempo as play progresses.
Moving and Heading One ball for every two players	5 min.	Develop basic heading skills Have players pair off and stand 5 yards from each other. One player in each group lobs the ball to their partner who heads the ball back while moving forward. Repeat several times with the serving player moving backwards and the heading player moving forward. Focus on teaching players to move and attack as they head the ball.
Angle Heading One ball for every three players	5 min.	Develop basic heading skills Organize players into groups of three. Position players in each group in a triangle. Have one player in each group lob the ball to the player on their left or right who then heads the ball at an angle to the third player. The third player then lobs the ball to the first player who heads it to the second player. Repeat several times. Focus on making accurate angled head passes.
Spring Up Heading 1	5 min.	Develop intermediate heading skills

Name	Duration	Objective
Equipment		Description
One ball for every two players		Have players pair off and position themselves approximately 5 yards from their partner. One player in each pair is the server and the other is the header. Have the header sit on the ground facing the server then have the server toss the ball fairly high in the air toward the header. The header gets up and jumps to head the ball back to the server. Repeat several times. Focus on making good passes that the server can easily control.
Spring Up Heading 2 One ball for every two players	5 min.	Develop intermediate heading skills Have players pair off and position themselves approximately 5 yards from their partner. One player in each pair is the server and the other is the header. Have the header lie flat on the ground facing the server then have the server toss the ball fairly high in the air toward the header. The header gets up and jumps to head the ball back to the server. Repeat several times. Focus on making good passes that the server can easily control.
Defensive Heading 1 One ball for every three players	5 min.	Develop intermediate defensive heading skills Organize players into groups of 3. Position one player (server) 5 to 8 yards from the other two players. Position the other two players one behind the other facing the server approximately one yard apart. The front player is the attacker the back player is the defender. Have the server toss a ball over the head of the attacker toward the defender. The defender jumps up and heads the ball back the server. In this drill the attacker remains still and does not go after the ball.
Defensive Heading 2 One ball for every three players	5 min.	Develop intermediate defensive heading skills Organize players in groups of 3. Position one player (server) 5 to 8 yards from the other two players. Position the other two players one behind the other facing the server approximately one yard apart. The front player is the attacker the back player is the defender. Have the server toss a ball over the head of the attacker toward the defender. The defender jumps up and heads the ball back the server. In this drill the attacker jumps as the ball approaches, though the attacker does not go after the ball.
2 Line Heading One ball	5 min.	Develop intermediate heading skills Position players in two lines facing one another approximately 3 to 5 yards apart. Have the first player in one line head the ball to the first player in the second line, who then heads back to the first line. After each player heads the ball they move to the back of the opposite line. Create two teams of two lines that compete against one another to see which can keep the ball in the air the longest.
Triangle Heading 2 One ball for every three players	5 min.	Develop intermediate heading skills Organize players into groups of 3 and position players in each group in a triangle with players approximately 2 to 4 yards apart. Have players head a ball around the triangle moving the ball to the left or right. Have groups compete to see which can keep the ball in the air the longest.
Deflection Heading	5 min.	Develop intermediate heading skills

Name	Duration	Objective
Equipment		Description
One ball for every three players		Organize players into groups of 3 and position players in each group in a line. Have the middle player face one of the outside players who has the ball. The outside player tosses the ball to the middle player who heads it backward to the other outside player. The middle player then turns to receive the next toss from the second outside player. Continue several times.
Ultimate Heading Game Small field, two small goals, one ball	10 min.	Develop intermediate heading skills Mark off a small field approximately 20 yards by 30 yards. Position a player in each goal and organize the remaining players into two teams. The object is to score goals in the opponents goal with head shots. A player on one team starts by tossing the ball to a second player who then heads it to a third player. The third player catches the ball and then starts over again by tossing the ball to another team mate. The opposing team tries to defend against the passes. When the ball hits the ground possession goes to the other team. This game resembles the popular Ultimate Frisbee game.
Head Pass and Shoot Goal, several balls	10 min.	Develop intermediate heading and shooting skills Position a player (passer) 10 yards in front of the goal with their back to the goal. Position the remaining players a few yards in front of and facing the passer. Have the first player in the line (shooter) toss a ball to the passer who heads the ball sideways to the shooter who runs up and makes a shot on goal. Give each players several tries as the passer.
Throw Ins		
Coach Assisted Throw In Several balls	15 min.	Develop basic throw in skills Line up players on the touch line. Have a coach position the first player's feet in the correct throw in position (i.e., one foot behind the other) and watch as the player attempts a short throw in. Continue down the line so that each player has one or more throw ins. Focus on keeping both feet down and on a single throwing motion.
Long Throw In Several balls	10 min.	Develop basic throw in skills Line up players on the touch line. Have each player attempt a long throw in by hop-skipping two or three steps then throwing the ball. Focus on keeping both feet down by dragging the back foot.
Down the Line Throw In 1 Several balls	10 min.	Develop basic throw in skills Line up players approximately 10 yards from the touch line in the field of play. Have a coach roll a ball a few yards beyond the touch line which the first player chases down. Have the player quickly throw the ball back in, using the proper throw in technique. Focus on having players throw the ball down the sideline to advance the ball.
Down the Line Throw In 2 Several balls	10 min.	Develop basic throw in skills Organize players into two lines approximately 10 yards from the touch line in the field of play. Have a coach roll a ball a few yards beyond the touch line. The first player in the first line chases down the ball and throws the ball back in to the first player in the second line who is running down the line to receive the throw in. Focus on players looking down the line to advance the ball.

Goalkeeping

Name	Duration	Objective
Equipment		Description
Catching Ground Balls One ball	10 min.	Develop basic goalkeeping skills Position the goalkeeper 5 to 10 yards from a coach. Have the coach roll or kick the ball toward the goalkeeper who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper. Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball by scooping it in the standing position and dropping to one knee to catch the ball.
Catching Mid-Body Level Balls One ball	10 min.	Develop basic goalkeeping skills Position the goalkeeper 5 to 10 yards from a coach. Have the coach toss or kick the ball toward the goalkeeper at mid-body level who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper. Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball with their bodies.
Catching Upper-Body Level Balls One ball	10 min.	Develop basic goalkeeping skills Position the goalkeeper 5 to 10 yards from a coach. Have the coach toss or kick the ball toward the goalkeeper at upper-body level who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper. Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball with their hands and quickly bringing it into their body.
Falling Save 1 One ball	5 min.	Develop intermediate goalkeeping skills Position the goalkeeper in a kneeling position 5 yards from a coach. Have the coach roll or kick the ball toward the goalkeeper approximately 1/2 yard from their body. Have the goalkeeper collapse onto their shoulder and receive the ball in their chest. Focus on having the goalkeeper collapse onto their shoulder with their body facing the approaching ball.
Falling Save 2 One ball	5 min.	Develop intermediate goalkeeping skills Position the goalkeeper in a squatting position 5 yards from a coach. Have the coach roll or kick the ball toward the goalkeeper approximately 1/2 yard from their body. Have the goalkeeper collapse onto their shoulder and receive the ball in their chest. Focus on having the goalkeeper collapse onto their shoulder with their body facing the approaching ball.
Falling Save 3 One ball	5 min.	Develop intermediate goalkeeping skills Position the goalkeeper in a standing position 5 yards from a coach. Have the coach roll or kick the ball toward the goalkeeper approximately 1 yard from their body. Have the goalkeeper collapse onto their shoulder and receive the ball in their chest. Focus on having the goalkeeper collapse onto their shoulder with their body facing the approaching ball.
Goalkeeper Positioning	5 min.	Develop basic goalkeeper positioning skills

Name	Duration	Objective
Equipment		Description
Goal		Position a goalkeeper in goal. Have a coach move to various shooting positions in front of and to the side of the goal. As the coach moves to a new position have the goalkeeper move to the best position to defend a shot. Focus on the goalkeeper moving to a position where they can cover as much of the goal as possible. Emphasize narrowing the angle of the shot.
Goalkeeper Free Kick One ball for every two goalkeepers	10 min.	Develop basic free kick skills Have goalkeepers pair off and stand 30 to 60 yards apart. The first goalkeeper places the ball a few yards away and kicks the ball to the other goalkeeper. Focus on getting the ball in the air and on distance. Also focus on passing accuracy.
Goalkeeper Punt One ball for every two goalkeepers	10 min.	Develop basic punting skills Have goalkeepers pair off and stand 30 to 60 yards apart. The first goalkeeper punts the ball to the other goalkeeper. Focus on getting the ball in the air and on distance. Also focus on passing accuracy.
Goalkeeper Throw One ball for every two goalkeepers	10 min.	Develop basic throwing skills Have goalkeepers pair off and stand 15 to 30 yards apart. The first goalkeeper throws the ball to the other goalkeeper. Focus proper throwing technique and on accuracy.
Basic Ball Handling One ball for every goalkeeper	5 min.	Develop basic ball handling skills Have goalkeepers move around bouncing and tossing the ball in the air to themselves. Focus on watching the ball and catching the ball with fingers spread. Also focus on relaxing hands to gently receive the ball.
High Ball Drill One ball for every goalkeeper	5 min.	Develop intermediate ball handling skills Have goalkeepers toss the ball in the air to themselves then jump to catch the ball. Focus on watching the ball and catching the ball with fingers spread. Also focus on quickly bringing the ball back into the body after the catch is made..
Goalkeeper Reaction Drill 1 One ball for every goalkeeper	5 min.	Develop intermediate ball handling skills Have goalkeepers toss the ball in the air to themselves, perform a forward or backward roll, return to their feet and catch the ball. Focus on quickly picking up the flight of the ball and on catching the ball with proper form.
Goalkeeper Reaction Drill 2 One ball for every goalkeeper	5 min.	Develop intermediate ball handling skills Have goalkeepers lie on their back, toss the ball in the air away from their body then dive or scramble to catch the ball.
Goalkeeper Reaction Drill 3 One ball for every two goalkeepers	5 min.	Develop intermediate ball handling skills Have goalkeepers pair off and stand about 3 yards apart. One goalkeeper stands with legs separated. The second plays rolls the ball between the legs of the first player who then turns and dives to stop the ball.
Goalkeeper Reaction Drill 4	5 min.	Develop intermediate ball handling and shot stopping skills

Name	Duration	Objective
Equipment		Description
One goal and several balls for every two goalkeepers		Have goalkeepers pair off and place one goalkeeper in the goal. Position the second goalkeeper 10 to 20 yards from the goal with the balls. Have the second goalkeeper throw or kick the balls to various spots in the goal which the first goalkeeper attempts to stop. Vary the tempo, frequency and location of shots depending on goalkeepers' skill levels.
Goalkeeper 1 on 1 Two goals and one ball for every two goalkeepers	10 min.	Develop basic shot stopping and throwing skills Position goals 10 to 20 yards apart facing one another. Have the goalkeepers each defend a goal and try to score by throwing the ball into the other goalkeeper's goal. Increase or decrease the distance between goals depending on abilities and arm strength of goalkeepers.
Corner Save Four cones, several balls	5 min.	Develop intermediate goalkeeping skills Place two of the cones approximately 2 yards apart. Place the other two cones approximately 8 yards from the first pair of cones, also approximately 2 yards apart. Position two players (servers) approximately 10 to 15 yards from each pair of cones and a goalkeeper in between the two sets of cones. Have one of the servers pass a ball firmly between the pair of cones in front of them while the goalkeeper dives to deflect the pass. Immediately after the first pass is completed have the goalkeeper get back into position as quickly as possible as the second server passes a ball between the other pair of cones. Continue until all balls are spent.
Rebound Prevention Goal, several balls	5 min.	Develop intermediate goalkeeping skills Position a goalkeeper in the goal, one or two players (attackers) to the side and in front of the goal and a player (shooter) approximately 15 to 20 yards from the goal. Have the shooter shoot at the goal where the goalkeeper attempts to save or safely deflect each shot. If the goalkeeper deflects a shot then the attackers attempt to finish the goal while the goalkeeper attempts to recover to defend the rebound shot.
Diving Save 1 Two or more balls	5 min.	Develop intermediate goalkeeping skills Place a ball on the ground and a goalkeeper to the left or right of the ball. Have a coach or another goalkeeper toss a ball toward the goalkeeper so that the goalkeeper has to dive over the stationary ball to catch or deflect the toss. After the first toss have the coach serve the next ball so that the goalkeeper has to dive the other way over the stationary ball. Focus on proper dive technique.
Diving Save 2 Two or more balls	5 min.	Develop intermediate goalkeeping skills Position a player on the ground in a tight crouch position and a goalkeeper to the left or right of the ball. Have a coach or another goalkeeper toss a ball toward the goalkeeper so that the goalkeeper has to dive over the crouching player to catch or deflect the toss. After the first toss have the coach serve the next ball so that the goalkeeper has to dive the other way over the crouching player. Have the crouching player protect their head and be careful that the goalkeeper does not kick the crouching player. Focus on proper dive technique.
Chip Shot Defense	5 min.	Develop intermediate goalkeeping skills

Name	Duration	Objective
Equipment		Description
Goal, several balls		Position a goalkeeper approximately 8 to 10 yards in front of the goal and several players on the edge of the penalty box. Have players take turns attempting to chip a ball over the head of the goalkeeper into the goal. The goalkeeper attempts to prevent the goal by racing back to the goal and deflecting the shot over or wide of the goal.
Hard Shot Defense Goal, two cones, several balls	5 min.	Develop intermediate goalkeeping skills Position the two cones approximately 5 yards apart and approximately 10 yards center and in front of the goal. Position a goalkeeper in the goal and several players on the edge of the penalty box. Have the players take turns shooting a ball hard between the cones at the goalkeeper who attempts to save the shots. Have the goalkeeper ignore any shots outside the cones in order to focus on balls that can reasonably be handled.
Ball Control		
Basic Ball Control 1 4 cones, ball for each player	5 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square trying not to run into the other players.
Basic Ball Control 2 4 cones, ball for each player	5 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square while keeping their eyes on a coach who is moving around the square. Encourage the players to watch the coach not the ball.
Basic Ball Control 3 4 cones, ball for each player	5 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square while keeping their eyes on a coach who is moving around the square. When the coach raises an arm all players stop the ball with sole of their shoe. Encourage the players to watch the coach not the ball.
Basic Ball Control 4 4 cones, ball for each player	5 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square while keeping their eyes on a coach who is moving around the square. When the coach raises an arm all players stop the ball and change direction. Encourage the players to watch the coach not the ball.
Basic Ball Control 5 4 cones, ball for each player	5 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square while keeping their eyes on a coach who is moving around the square. When the coach call outs a players name that player passes the ball to the coach who then passes it back to the player. Encourage the players to watch the coach not the ball.
Keep Away 1	10 min.	Develop basic ball control skills

Name	Duration	Objective
Equipment		Description
4 cones, ball for each player		Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square while trying to kick other players' balls out of the square and keeping possession of their ball. When a player's ball is kicked out the square, the player leaves the square until only one player is left.
Keep Away 2 4 cones, ball for each player, flag for each player	10 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player place a flag (e.g., 3" by 12" piece of cloth) into the back of their shorts so that it hangs out. Have each player dribble a ball around the square while trying to grab the other players' flags and preventing their flag from being pulled. When a player's flag is pulled, the player leaves the square until only one player is left.
Keep Away 3 4 cones, ball for each player	10 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have each player dribble a ball around the square. Have a coach enter the square and move from player to player, trying to take the ball away. Have the coach apply slight to moderate pressure to each player and move to the next player after a few seconds.
Keep Away 4 4 cones, ball for each player	10 min.	Develop basic ball control skills Mark off a square with the cones large enough for all players to move around in (e.g., 20 yards by 20 yards). Have all but two players dribble a ball around the square. Have the remaining two players enter the square and move from player to player, trying to take the ball away. Allow the two defending players to remain on each player for only a few seconds.
Juggling Game Ball for each player	5 min.	Develop intermediate ball control skills Have each player juggle their ball using their feet, knees, shoulders and head. Have each player count how many times they touch the ball before it falls to the ground. Have the players compete to see who can juggle their ball the most times without it hitting the ground.
Inside, Outside Foot Tap Ball for each player	5 min.	Develop basic ball handling skills Have players tap the ball with the outside of one foot then the inside of the same foot. Repeat several times then change feet. Focus on keeping the ball close to the players' feet and on keeping control.
Inside, Inside Foot Tap Ball for each player	5 min.	Develop basic ball handling skills Have players tap the ball back and forth with the inside of their feet. Focus on keeping the ball between the players' feet and keeping control of the ball.
Screening the Ball One ball for every two players	5 min.	Develop basic ball control skills Have players pair off. One player takes possession of the ball and tries to keep it from the other player, using their body to shield the defending player from the ball. Focus on using the body to screen the ball from the defender, without using arms or hands to do so.

Positioning

Name	Duration	Objective
Equipment	Description	
<p>3 on 1 Positioning 1</p> <p>Four cones and one ball for every four players</p>	15 min.	<p>Develop basic positioning and spacing skills</p> <p>Mark off one or more squares with the cones (e.g., 15 by 15 yards). Organize players into groups of 4. Within each group is a 1 defender and 3 attackers. Have the attackers in each group pass the ball back and forth within the square while the defender attempts to steal the ball. Focus on keeping attackers spread far enough apart to make it harder for the defender to defend against the passes. Also focus on attackers positioning themselves at an angle at which the player possessing the ball can make a pass.</p>
<p>3 on 1 Positioning 2</p> <p>Four cones and one ball for every four players</p>	15 min.	<p>Develop intermediate positioning and spacing skills</p> <p>Mark off one or more 10 by 10 yard squares. Organize players into groups of 4. Place 3 players (attackers) in each group on one of the cones outlining a square. Under this configuration one of the cones is without a player. Position the fourth player in the center of the square as the defender. Start by giving the ball to the middle attacker. (The middle attacker is the player with an attacker to the left and an attacker to the right.) Have the attacker with the ball pass the ball to the player on the left or right while the defender attempts to defend the pass. If the player with the ball passes to the left then the player who did not receive the pass runs to the open cone. This re-positions the attackers in the same configuration again: the player with the ball has a player to the left and a player to the right. Focus on the correct player moving to the open cone so that the player with the ball always has two players to pass to.</p>
<p>4 on 2 Positioning 1</p> <p>Four cones and one ball for every six players</p>	15 min.	<p>Develop basic positioning and spacing skills</p> <p>Mark off one or more 20 by 20 yard squares. Organize players into groups of 6. Within each group are 2 defenders and 4 attackers. Have the attackers in each group pass the ball back and forth within the square while the defenders attempt to steal the ball. Have one defender always going after the player with the ball. Focus on keeping attackers spread far enough apart to make it harder for the defenders to defend against the passes. Also focus on attackers positioning themselves at an angle at which the player possessing the ball can make a pass.</p>
<p>4 on 2 Positioning 2</p> <p>Five or more cones and one ball for every six players</p>	15 min.	<p>Develop basic positioning and spacing skills</p> <p>Mark off one or more 30 by 30 yard squares. Place a cone in the center of the square and additional cones on the outside as necessary to divide the square into 4 quadrants. Organize players into groups of 6. Within each group are 2 defenders and 4 attackers. Place one attacker in each of the 4 quadrants and instruct them to remain in their quadrant. Have the attackers in each group pass the ball back and forth while the defenders attempt to steal the ball. Have one defender always going after the player with the ball. Focus on keeping attackers spread far enough apart to make it harder for the defenders to defend against the passes. Also focus on attackers positioning themselves at an angle at which the player possessing the ball can make a pass.</p>
6 on 3 Positioning 1	15 min.	Develop basic positioning and spacing skills

Name	Duration	Objective
Equipment		Description
Four cones and one ball for every nine players		Mark off one or more squares equal to approximately one quarter the size of the playing field. Organize players into groups of 9. Within each group are 3 defenders and 6 attackers. Have the attackers in each group pass the ball back and forth within the square while the defenders attempt to steal the ball. Have one defender always going after the player with the ball. Focus on keeping attackers spread far enough apart to make it harder for the defenders to defend against the passes. Also focus on attackers positioning themselves at an angle at which the player possessing the ball can make a pass.
6 on 3 Positioning 2 Five or more cones and one ball for every six players	15 min.	Develop basic positioning and spacing skills Mark off one or more squares equal to approximately one quarter the size of the playing field. Place a cone in the center of the square and additional cones on the outside as necessary to divide the square into 4 quadrants. Organize players into groups of 9. Within each group are 3 defenders and 6 attackers. Place one attacker in each of the 4 quadrants and instruct them to remain in their quadrant. Allow the other 2 attackers to move about freely. Have the attackers in each group pass the ball back and forth while the defenders attempt to steal the ball. Have one defender always going after the player with the ball. Focus on keeping attackers spread far enough apart to make it harder for the defenders to defend against the passes. Also focus on attackers positioning themselves at an angle at which the player possessing the ball can make a pass.
9 Square Control Drill Several cones, one ball	15 min.	Develop intermediate positioning, passing and ball control skills Mark off a large square comprised of 9 smaller squares. Position offensive players in each of the 9 squares. Designate 3 defenders who are free to move around anywhere in the large square. Have the 9 offensive players try to keep a ball away from the 3 defenders while staying in their respective squares.
3 Lane Drill Field, several cones, one ball	15 min.	Develop intermediate positioning, passing and ball control skills Divide one half of the field into 3 lanes, running from the end line to the mid field line. Position a player in the goal. Position 3 players in each of the 3 lanes: 2 players in each lane as attackers and 1 player as defender. (This creates a 6 on 3 situation.) Have the attackers attempt to pass the ball and work toward making a shot. Make sure all players stay in their respective lanes.
Conditioning		
Line Drills 1 Field	5 min.	Develop speed and endurance Position players on the end line. On the coaches whistle, have players sprint to the edge of the goal line, touch the line with one hand then sprint back to the end line. Upon arriving at the end line, have players touch the end line then sprint to the edge of the penalty box, touch the line and return. Coaches can also set up markers or lines that the players sprint to. This drill works best on a football field where players can progress 10 yards on each return trip.
Line Drills 2 Field	5 min.	Develop speed and endurance Position players on the end line. On the coaches whistle, have players sprint to the edge of the penalty box or the midfield line. Have players line up again and on the coaches whistle sprint back to the end line.

Name	Duration	Objective
Equipment		Description
Line Drills 3 Field	5 min.	Develop speed and endurance Position players on the end line and have a coach stand on the field 10 to 15 yards from the end line. Have the coach move forward or back several yards to a new position. When the coach stops, the players run until they are even with the coach then turn and run back to the end line. While the players are running back to the end line the coach moves forward or backward to a new position. After the players reach the end line they turn and run to the new position. Repeat several times.
Jog and Sprint 1 Field	5 min.	Develop endurance Organize players into two lines on the end line. Have the players start to jog to the midfield line. When the players reach the midfield line have them turn and return to the end line, staying in the same order. Have a coach blow a whistle, at which point the player at the back of each line sprints to the front of their respective lines. Continue until all players have sprinted to the front one or more times.
Jog and Sprint 2 Field	5 min.	Develop endurance Organize players into two lines on the end line. Have the players start to jog to the edge of the penalty box (e.g., 15 to 20 yards). When the players reach the edge of the penalty box have them jog backwards back to the end line. Have a coach blow a whistle, at which point the player at the back of each line sprints to the front of their respective lines, zigzagging between the other players in the line. Continue until all players have sprinted to the front one or more times.
Jog and Sprint 3 Four cones	5 min.	Develop endurance Mark off a square approximately 20 yards by 20 yards. Position players in a line 3 to 5 yards apart and have them jog around the square. On a coach's whistle the player in the back of the line sprints to the front then resumes jogging. The player who now is the last player follows until all players have sprinted to the front. Have the players continue to jog until the coach blows the whistle again to repeat the sprints.
Lateral Movement Drill Field	5 min.	Develop quickness, lateral movement Organize players into two lines approximately 2 yards apart on the end line. Have the players start to jog to the midfield line. When the players reach the midfield line have them turn and return to the end line, staying in the same order. Have a coach blow a whistle, at which point the players quickly move laterally to the left or right to switch places with the player opposite them in the other line. Continue several times.
Chase Drill 2 Field	5 min.	Develop endurance Divide players into two lines. Position the two groups approximately 20 yards apart facing each other. Have the first player in the first line (Player A) sprint toward the second line. A few yards before the first player reaches the second line, have the first player in the second line (Player B) start to sprint toward the first line. When Player B passes Player A, have Player A turn and chase Player B. Have Player A sprint all the way back to the first line. A few yards before Player B reaches the second line, have the second player in the first line (Player C) start to sprint toward the second line. Continue as described above until all players have had a turn.

Name	Duration	Objective
Equipment		Description
Circle Chase Field, one cone	5 min.	Develop endurance Place the cone at any spot on the center circle. Have players start a slow jog around the center circle in a group. When the players reach the cone have the players sprint around the circle returning to the spot marked by the cone. The player who is last to return to the cone drops out and the remaining players then slow to a jog. After the remaining players complete another circle repeat the sprint. Continue until all but one players remains. Unfortunately the best conditioned player is the one who runs the most in this drill; therefore, consider having players jog at a fast pace around the field after they drop out.
Daily Warmup Ball	20 min.	Running, Ball Drills, Karaoke, Ball Pull, Ball Side-Pull, Cross Over, Outside-Inside,
Chase Drill 1 Four cones	5 min.	Develop endurance Mark off a square approximately 15 yards by 15 yards. Divide players into two even teams, one team being the attackers and other team the defenders. Line up players from each team evenly spaced on two opposite lines of the square. Assign each player on each team a number, for example from 1 to 6 (if there are 12 players). When the coach call out a number the two players with that number enter the square. The attacker tries to run to the opposite side (the defender's side) before the defender touches the attacker. Score a point each time the attacker reaches the other side without being touched. After several tries switch the teams.
Field Jog 1 Field	5 min.	Beginning warm-up Have players jog as a group around the entire field or half of the field.
Field Jog 2 Field	5 min.	Beginning warm-up Have player jog as a group around half of the field. At each corner have players change from jogging forward to backward to sideways.
Stairs Stadium stairs	5 min.	Develop endurance Have players change into athletic shoes without cleats (e.g., tennis shoes). Space players evenly at the bottom of the stadium or field stairs. At the coach's whistle have players run or jog up and back down the stairs. After a short rest have the player repeat the drill at the coach's whistle. Repeat several times.
Sit-ups None	5 min.	Develop abdominal strength Have players pair off. Have one player hold the feet of their partner who completes a set number of sit-ups. Focus on proper form.
Push-ups None	5 min.	Develop upper body strength Have players complete a set number of push-ups. Focus on proper form.
Leg Raises	5 min.	Develop abdominal strength

Name	Duration	Objective
Equipment		Description
None		Have players pair off. Have one player in each pair lie flat on their back and the other player stand with their feet to the left and right of the lying player's head. Have the lying player hold onto the ankles of the standing player for support. At the coach's whistle have the lying players raise their legs up until perpendicular to the ground and have the standing players push the lying players' legs toward the ground. Repeat several times.
Relay Race 1 Field	5 min.	Develop endurance Divide players into 2 or more equal teams. Line up each team evenly spaced on the end line. Have the first players in each team run to the edge of the penalty box, touch the ground and return. When the first players cross the end line the second players start. Continue until all players have gone. The first team to complete the drill wins.
Relay Race 2 Field	5 min.	Develop endurance Divide players into 2 or more equal teams. Line up each team evenly spaced on the end line. Have the first players in each team run to the edge of the penalty box, touch the ground and return running backwards. When the first players cross the end line the second players start. Continue until all players have gone. The first team to complete the drill wins.
Other		
Water Break Water	5 min.	Water Break Water Break
Mini Game Ball	25 min.	Mini Game 5 v 5 Mini Game