



5 min – line-passing-overlap-warmup Line Passing Overlap Warmup

10 min – 5 Pass Possession Game

10 min – Triangle Goal Game – Use Cones for the triangle goal.

Game – 4 x 10min quarters with 2 minute breaks between quarters and 5 minute halftime

Line Passing Overlap Warm-up

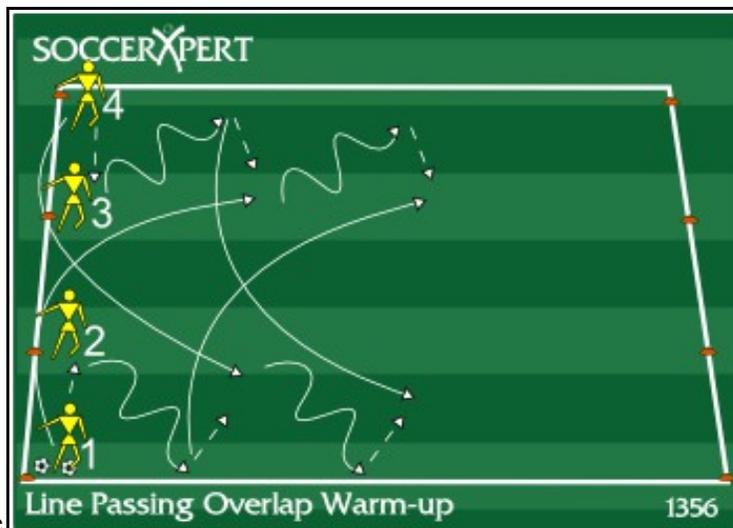
Passing and overlapping soccer drill

Drill Objective:

This passing and overlapping warm-up soccer drill will help perfect the introduction of overlapping runs, playing off the pass, as well as teamwork through communication.

Drill Setup:

1. Start with 4 cones set along a sideline about 10 yards apart.
2. Line the players evenly up behind each of the cones.
3. The players on each of the outside cones start with the ball.



Drill Instructions:

1. Player 1 passes to player 2 at the same time player 4 passes to player 3.
2. Player 2 and 3 dribbles with speed to the outside line.
3. Player 1 makes an overlapping run around player 2 and runs into the space player 3 is leaving.
4. Player 4 overlaps player 3 and fills the space that player 2 is leaving.
5. Continue this pattern until the players reach the other side of the field.
6. Encourage players to keep the same spacing as they started.

Drill Coaching Points:

- Quality of passes into the feet or space of the attacker.
- Make early runs with speed since they have a long way to travel.
- Dribbling players should angle the dribble towards the outside and should dribble with speed

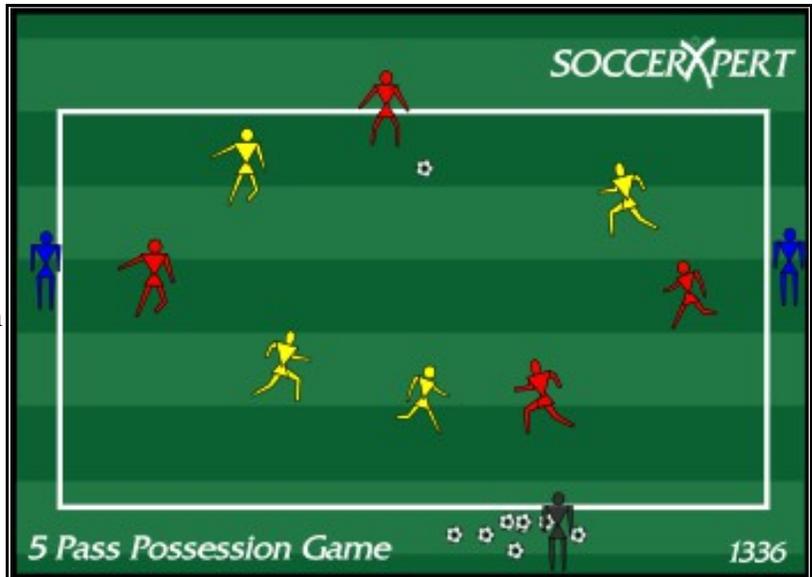
5 Pass Possession Game

Drill Objective:

This is a great passing drill that focuses on holding possession and completing a series of passes. This possession passing drill will work on awareness, speed of play, support, and movement to maintain possession.

Drill Setup:

Create a grid approximately 40 yards x 30 yards. Split players into 2 even teams with two other players as neutral players. The neutral players are positioned at the endline on each end of the field.



Drill Instructions:

The two teams attempt to hold possession from each other within the grid. To score a goal, a team must make 5 or more consecutive passes to their teammates and then must make the 6th pass to either of the neutral players. If the ball is touched or won by the opposition, the pass count is reset.

Once the neutral player receives a scoring pass they must pass the ball in one touch to the team that scored and their pass count is reset. Play to 10 and make the losing team do pushups or situps.

Drill Coaching Points:

- **Awareness** - make sure players keep their heads up, and know where their teammates are at all time. This will allow the passer to play quicker and pass to the open player.
- **Speed of play** - make sure players are playing quickly. The speed of supporting players as well as the player on the ball will dictate the overall speed of play.
- **Quality Support from Teammates** - Teammates must support the player receiving the pass before the pass is received. The player with the ball needs at least 2 players giving him direct support and at least 1 player giving him indirect support by stretching the field and creating space.
- **Movement** - Players should continuously be make runs to create space and time when receiving passes.
- **Evade defenders** - Make quick change of direction, change of speed runs to escape defenders and create space to receive a pass.

Drill Variations

- Restrict players touch to 2-touches or 1-touch. If a player exceeds the max number of touches they lose possession.

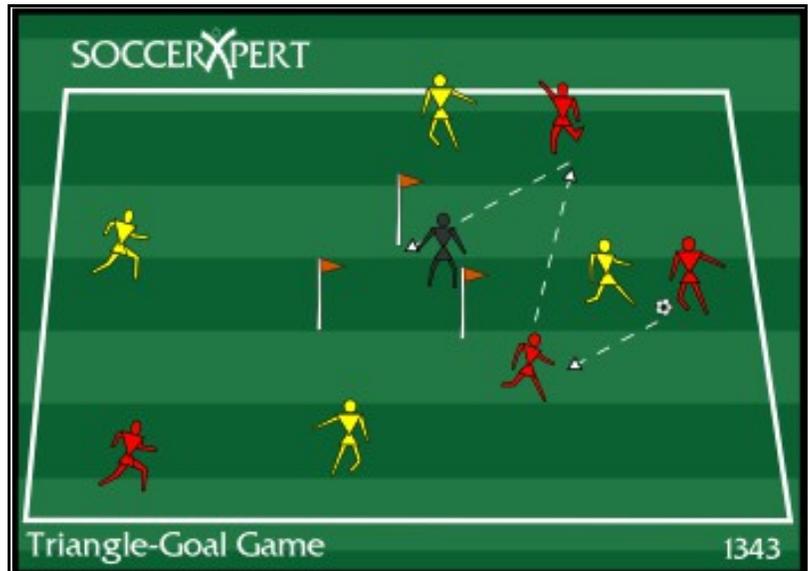
Triangle Goal Game

Drill Objective:

The Triangle Goal Soccer Game will focus on all aspects of the game such as passing, moving, and finishing. The players will have to work together as a team to quickly off-balance the defender and catch the goalkeeper off guard.

Drill Setup:

1. Create a grid about 35X35. You can adjust the grid larger or smaller depending on the age and skill level of your players.
2. Create a triangle in the middle of the grid (about 5 yards each side) with training sticks or flags to serve as a goal.
3. Place a goalkeeper inside the triangle.
4. Split the group into two even teams of 4v4 or 5v5.



Drill Instructions:

1. Instruct both teams to attack the three-sided goal.
2. The Goalkeeper should defend all three sides of the goal.
3. If a team scores a goal, a point is awarded to the team and the ball is live on the other side of the goal.
4. If the goalkeeper makes a save, he is to distribute the ball into open space away from players.
5. For a goal to count, the ball must cross through the goal no higher than the top of the flag or training stick.

Drill Coaching Points:

- Focus on all aspects of the game such as passing, receiving, moving with and without the ball, defending, attacking, and finishing.
- The players will have to work together as a team to quickly off-balance the defender and catch the goalkeeper off guard.

Drill Variations

- Only allow a shot on goal after X number of passes.
- Play in 1 or 2 touches.