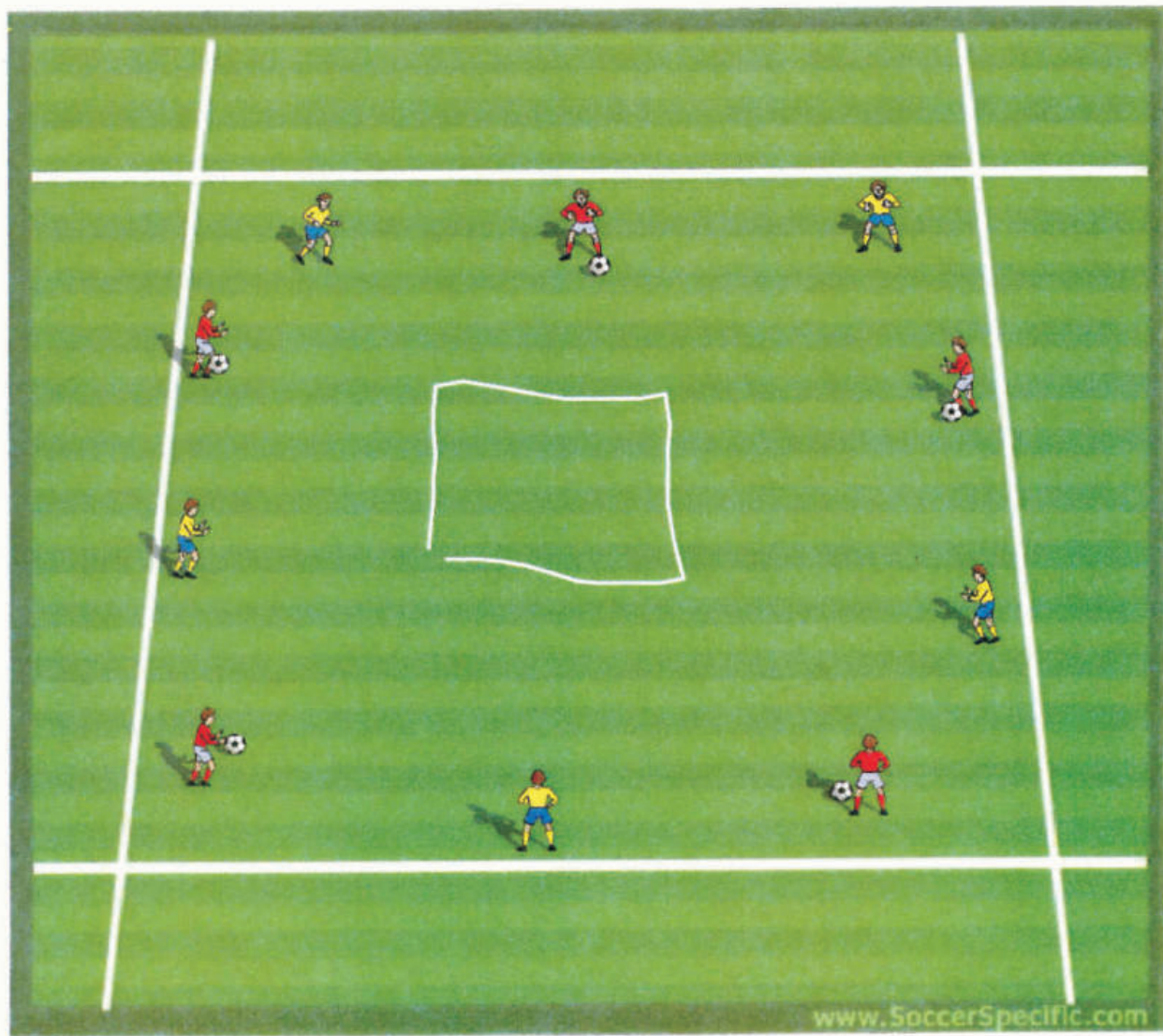


## Warm Up 2



**Purpose:** Dribbling technique

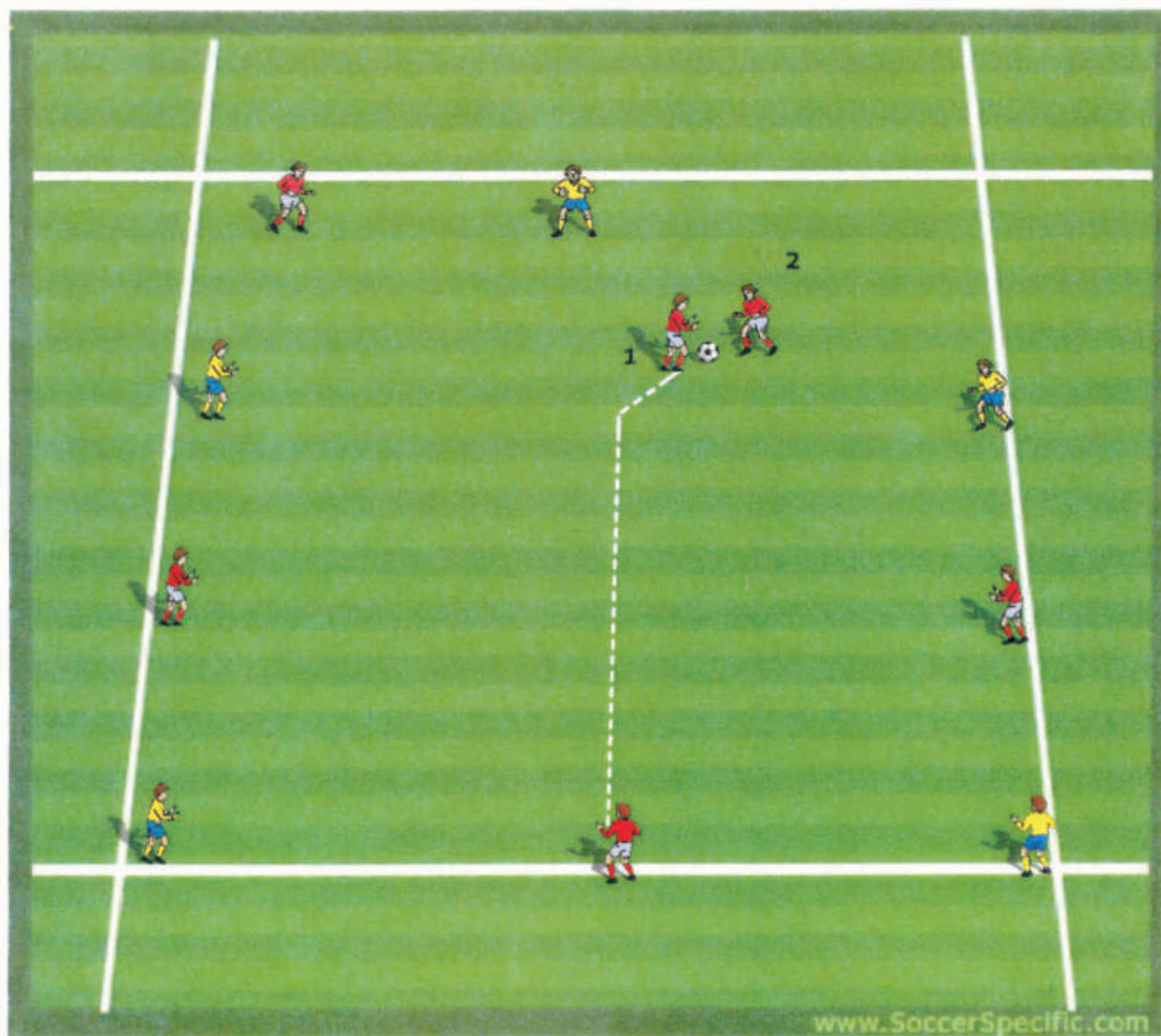
### Organization

1. Player with the ball must dribble through the middle and passes off to a player without a ball
2. Ensure players use both feet
3. Ensure both players cut ball with inside and outside of foot
4. Work on change of speed, slow into the square, fast out
5. Work on turns, dribble to middle of square, perform a turn, back to the end line, perform another turn and dribble off to someone else

### Coaching Points

1. Head up
2. Keep the ball close
3. Turns - slow in and fast out to accelerate away from defender

# Take



**Purpose:** Focusing on confusing opponents and gaining space

## Organization

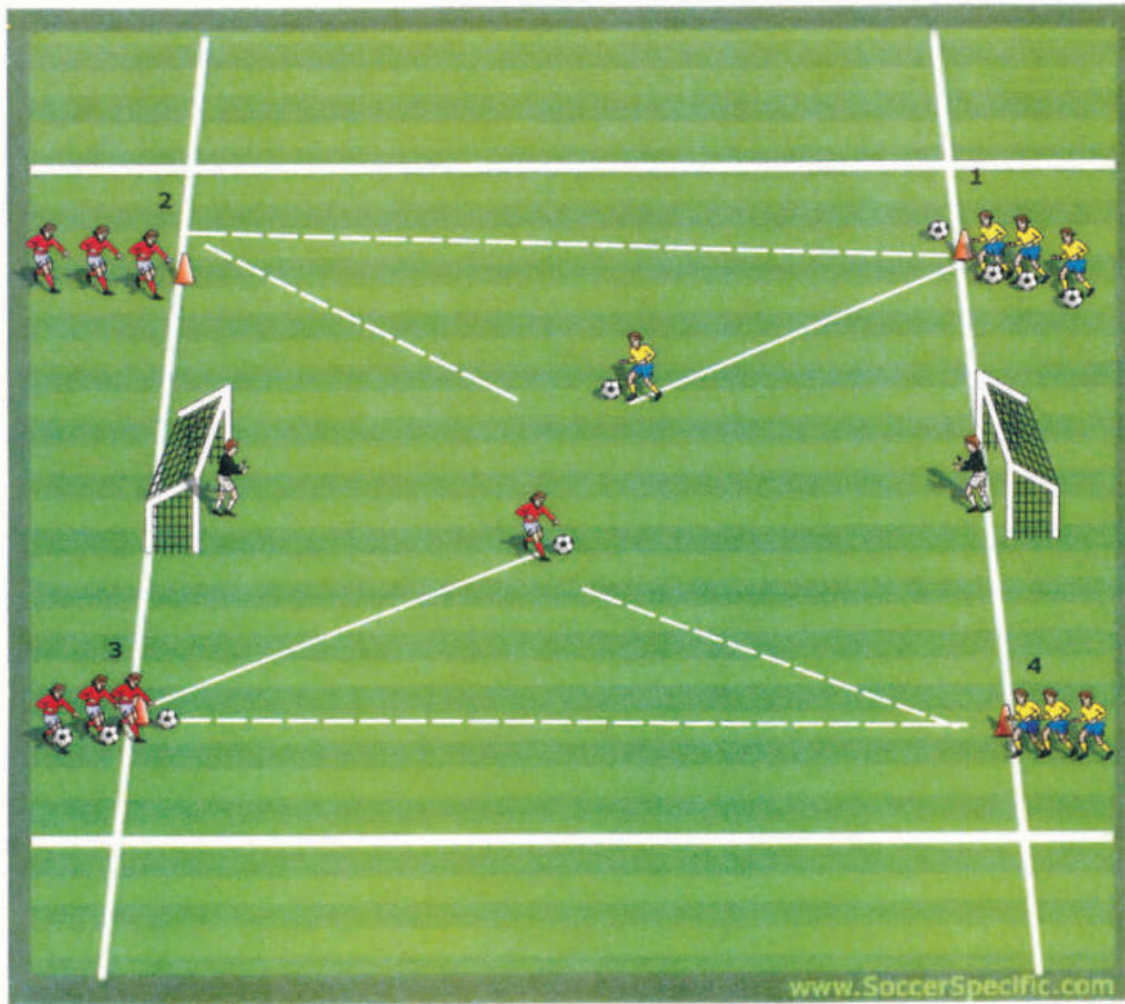
1. Player 1 dribbles through the middle and towards player 2
2. Player 2 moves towards the ball and shouts, "TAKE"
3. Player 1 on hearing this leaves the ball and allows player to take the ball off to someone else
4. When doing the take it must be performed right foot to right foot and left to left

## Coaching Points

1. Keep the ball close
2. Head up
3. Good communication
4. Confuses other team allowing change of direction



# Shooting to Goal



**Purpose:** Working on shooting to the goal

## Organization

1. Group #1 passes to group #2, group #2 passes the ball back
2. First player from group #1 runs out and strikes the ball into the goal
3. Player 1 from group #1 joins group #2, first player in group #2 joins group #3
4. The same happens with group #3 and #4
5. Group #3 passes to group #4
6. Group #4 lay the ball off, first player from group #3 runs in and strikes the ball
7. Player from group #3 who strikes the ball, then joins group #4
8. The player who passed the ball from group #4 then joins group #1

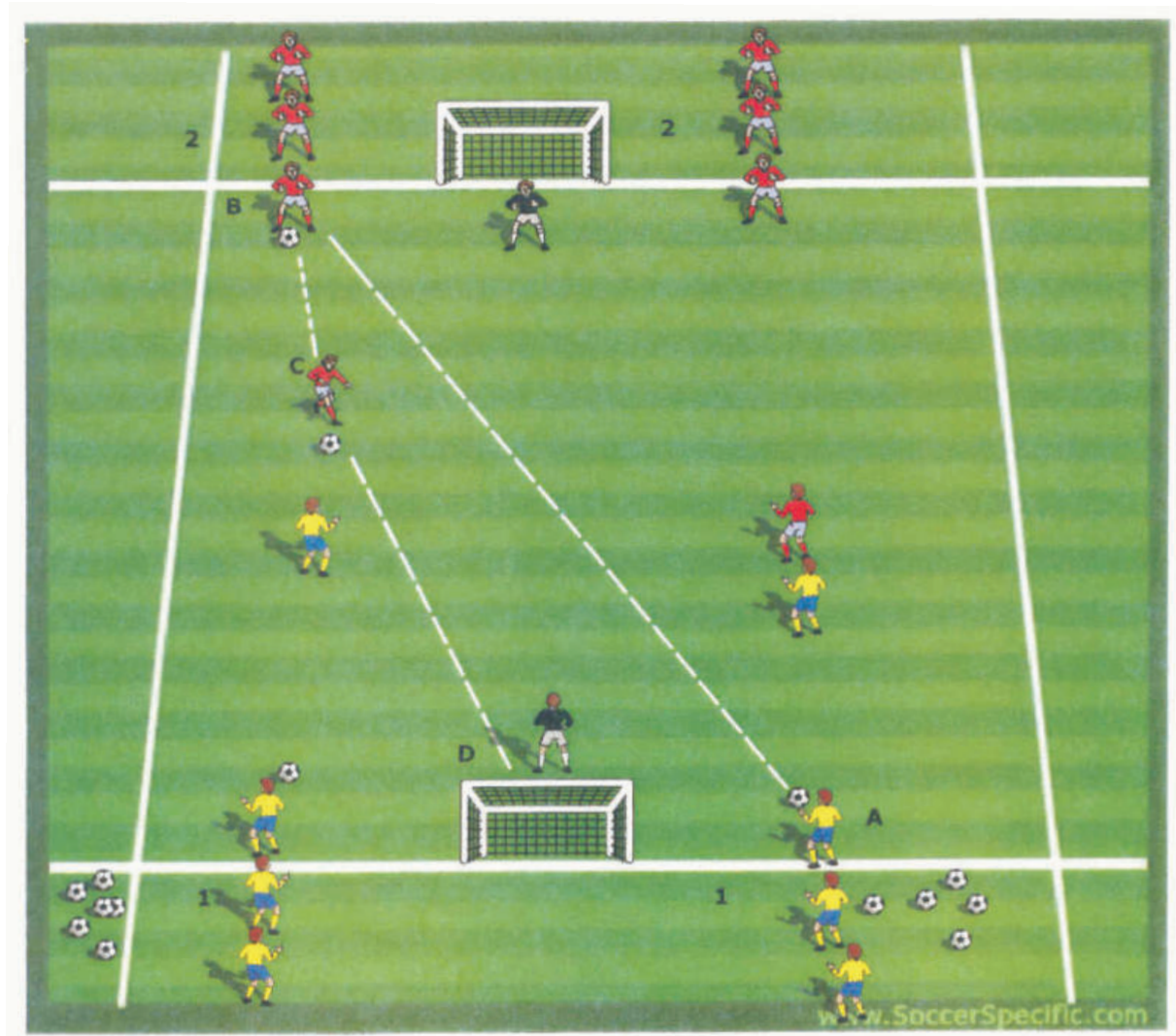
## Progression

1. Change the balls to opposite side so that players are forced to use left foot and right

## Coaching Points

1. Good passing (weight of pass)
2. Strike the ball with their laces
3. Angle of approach
4. Angle across the goal keeper

# Shooting Opposed



**Purpose:** Shooting with opposition

## Organization

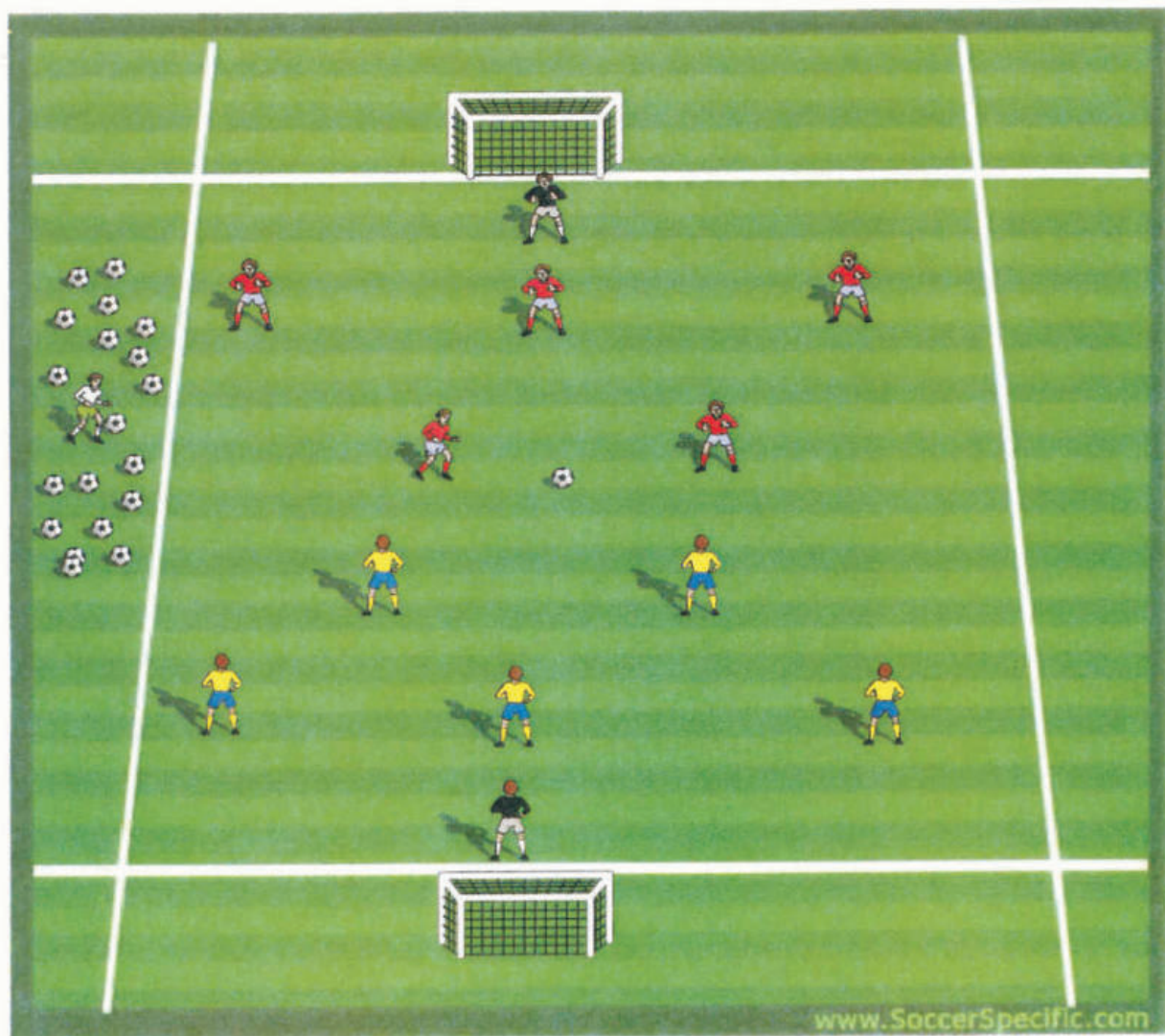
1. Team 1 (yellow) plays the ball to team 2 (red), ball moves from position A to position B
2. Two players from the team come out and play 2v2 as seen at position C
3. Player C then has the choice to pass or strike the ball towards goal, object is to shoot and score
4. The players from the team then change position. Player from team 2 move to team 1 and players who came out from team 1 go to team 2
5. This way each player has the chance to play offense and defense

## Coaching Points

1. Good first touch out of your feet
2. Can you shoot?
3. What are my other options?
4. Ball at angle
5. Strike through the ball
6. Laces are a must
7. Aim to go across goal keeper



## Shooting Opposed 2



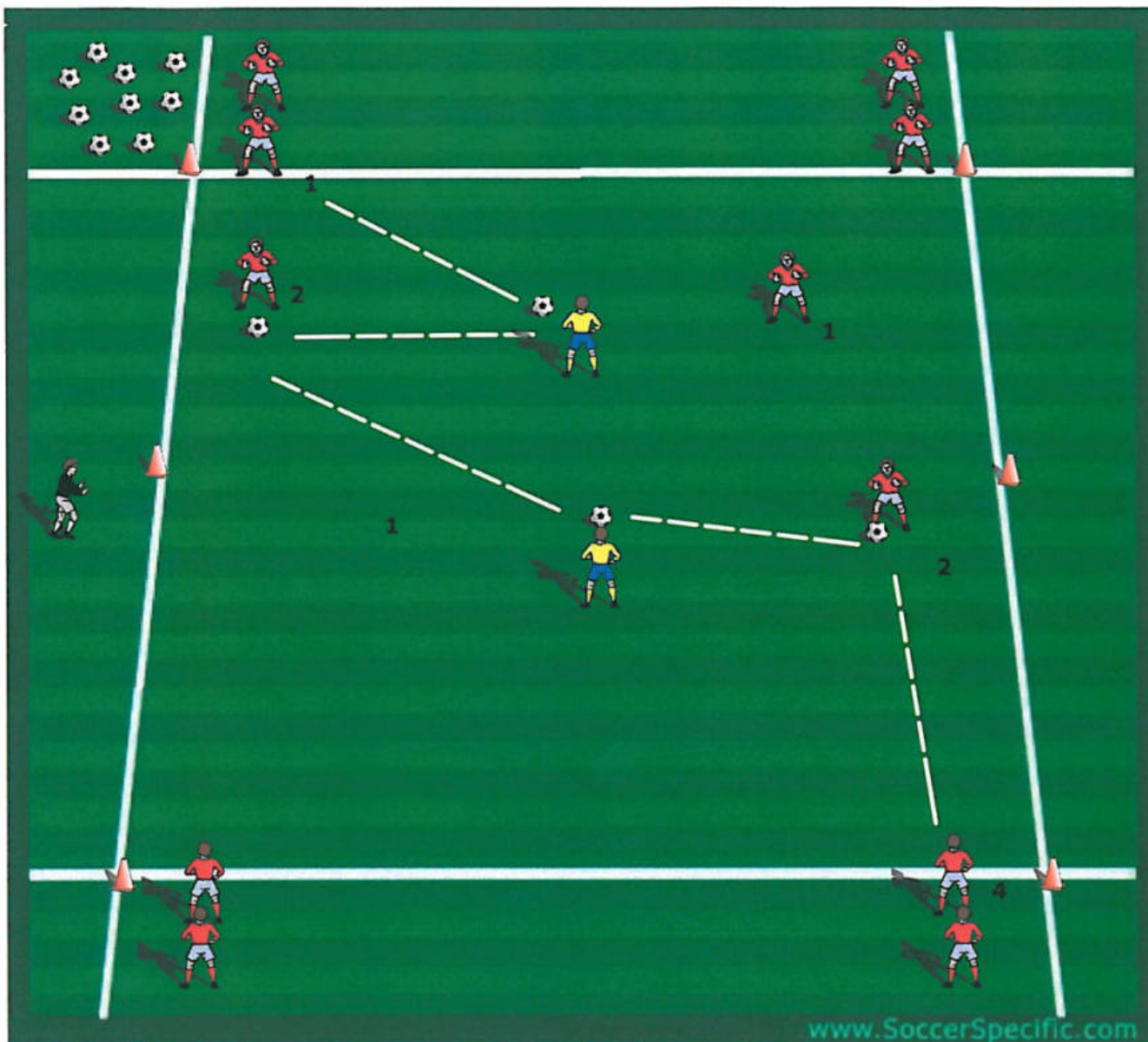
**Purpose:** Emphasis on shooting

### Organization

1. 5v5 in a small 30x30 area
2. Looking for players to see the goal and shoot, shoot, shoot

### Coaching Points

1. Do we have the option to shoot?
2. Good first touch out of your feet
3. Body position over the ball and strike with laces to the goal
4. Coach with a supply of balls at the side so game continues flow



### Passing Patterns Combinations 3

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the first yellow player

The yellow player then plays the ball to player 2 who makes a diagonal run in front of the first yellow player and receives the ball as shown in the picture. Player 1 also makes a diagonal run in front of the first yellow player so he/she also ends up on the other side.

Player 2 then plays the ball to the second yellow player. Player 1 & 2 run past the first yellow player and then in front of the second yellow player cross again making a second diagonal run. The second yellow player then decides to play the ball to either player 1 or 2 who in turn play the ball to either player 3 or 4.

The players in yellow then turn to face the play and the sequence begins again in the opposite direction.

### Coaching Points

Balls must be played with good pace and direction

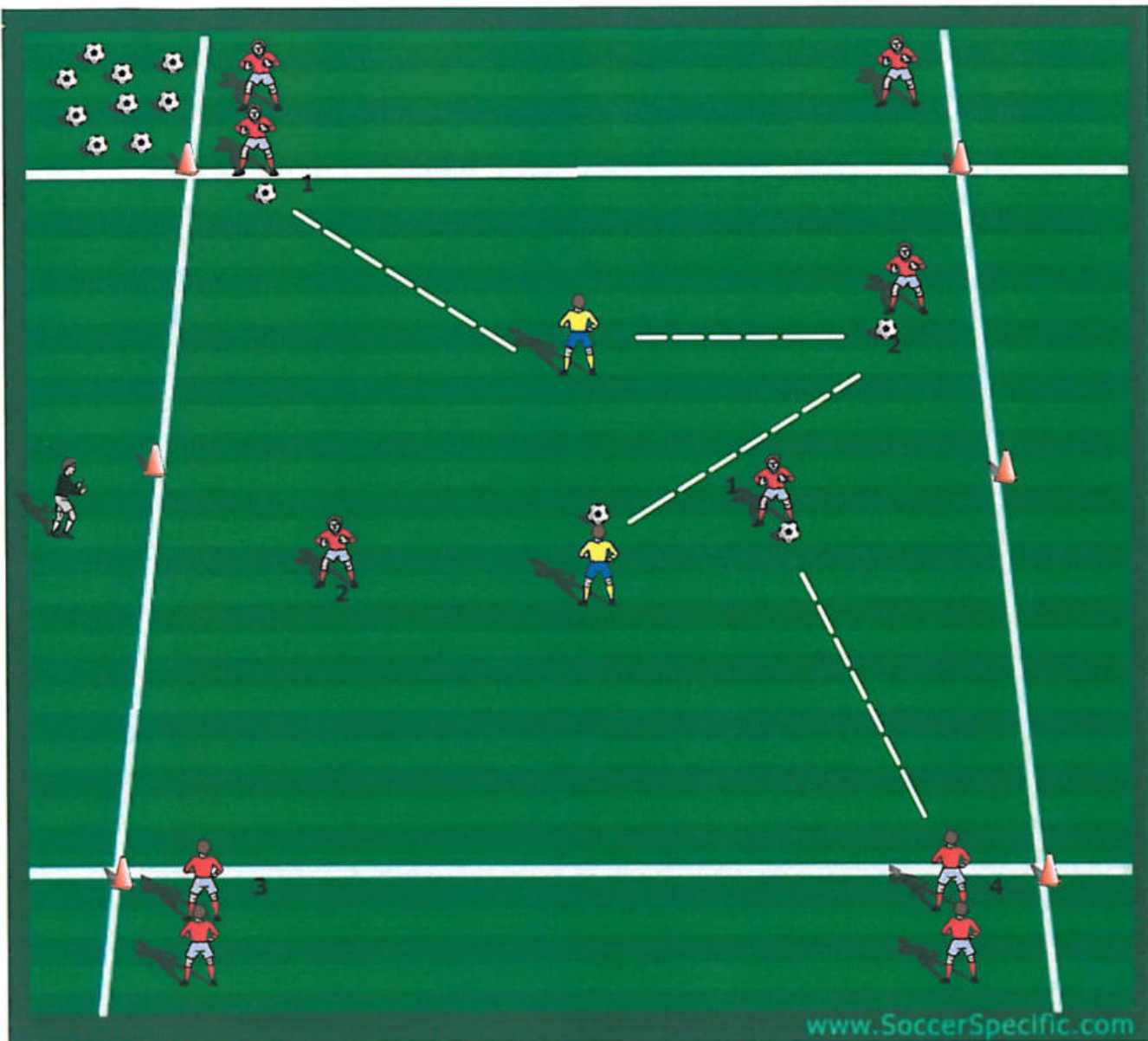
Time your runs so you burst onto the ball quickly

Make good diagonal runs to confuse the defenders

Good communication

Can you play quickly and one touch?





### Passing Patterns Combinations 2

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the first yellow player

The yellow player then plays the ball to player 2

Player 2 then passes the ball to the far yellow player.

When player 2 passes the ball to the far player , players 1 &2 run past the first yellow player and in front of the second yellow player, cross making a diagonal run.

The second yellow player then distributes the ball to either player 1 or 2 who then play the ball to players 3 or 4.

The players in yellow then turn to face the play and the sequence begins in the opposite direction.

### Coaching Points

Balls must be played with good pace and direction

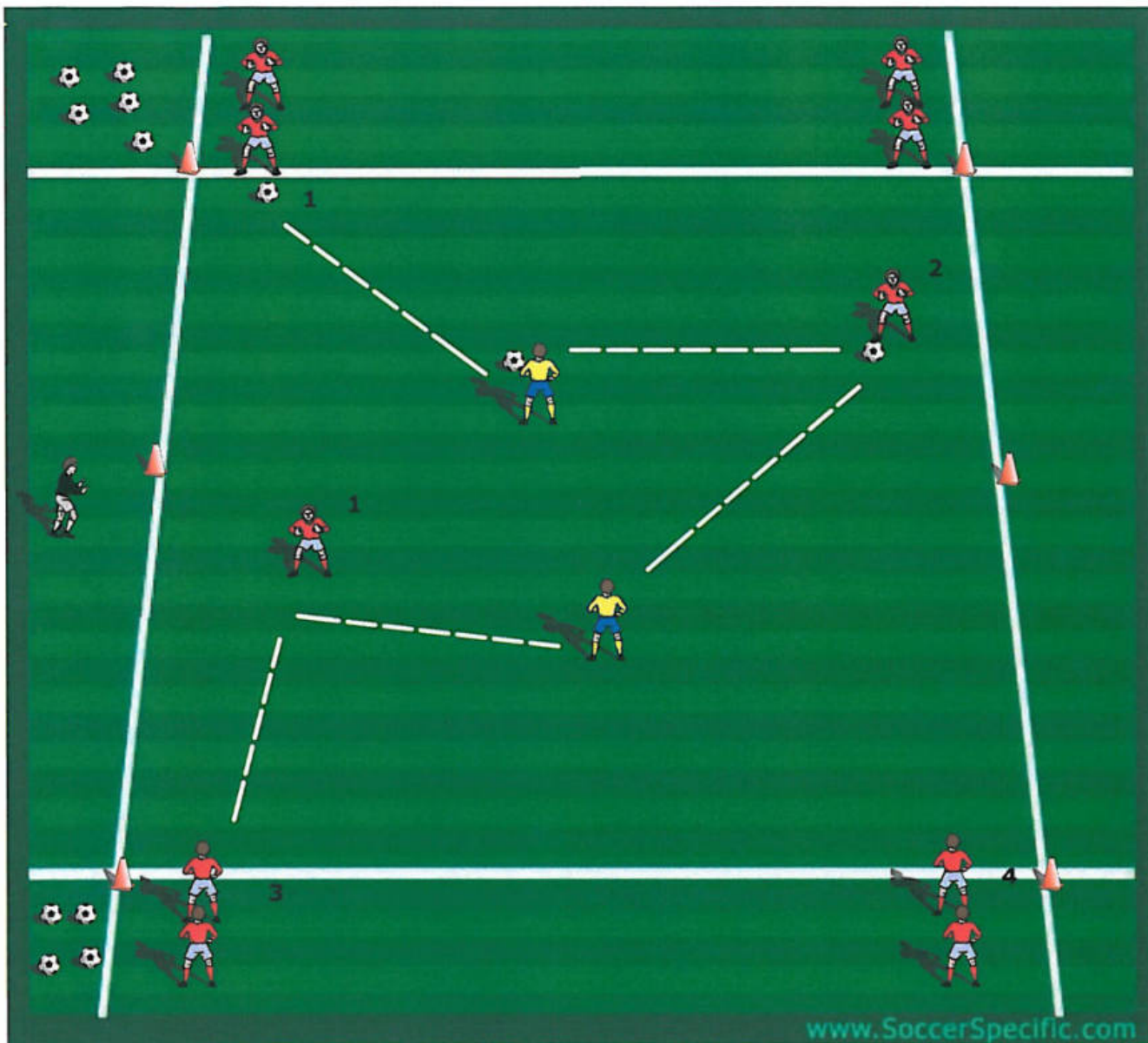
Time your runs so you burst on to the ball quickly

Make good diagonal runs as if you were trying to confuse defenders

Good communication

Can you play one touch?

### Progression



### Passing Patterns Combinations 1

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the neutral yellow player

The neutral then plays the ball to player 2

Player 2 then passes the ball to the far neutral player.

The far neutral player then plays the ball to number 1 who has continued his/her run

Player number 1 then passes the ball to player number 3 and the sequence begins again.

For the sequence to work in the opposite direction the yellow neutral players must turn and face the other direction

### Progression

Play balls from both ends. For this to work well the players in the middle must begin by facing the ball they are about to receive. As soon as they have played their combination they must turn and face the other direction to receive the ball from the opposite side

### Coaching Points.

Ball must be played with good pace and direction

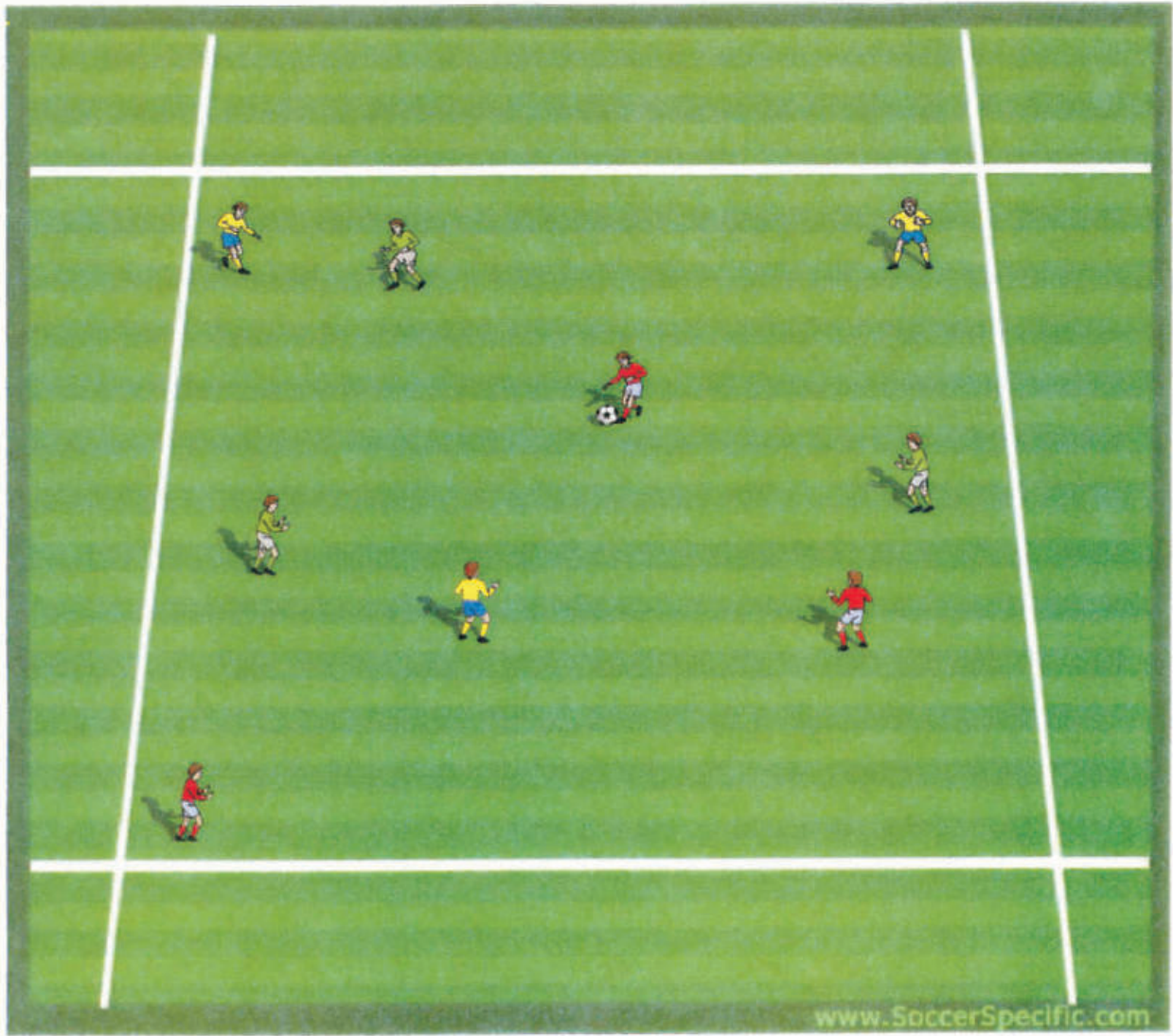
Time your runs so you burst on to the ball

Good communication

Can you play one touch



# Passing Opposed Exercise



**Purpose:** Opposed scrimmage focusing on passing and movement

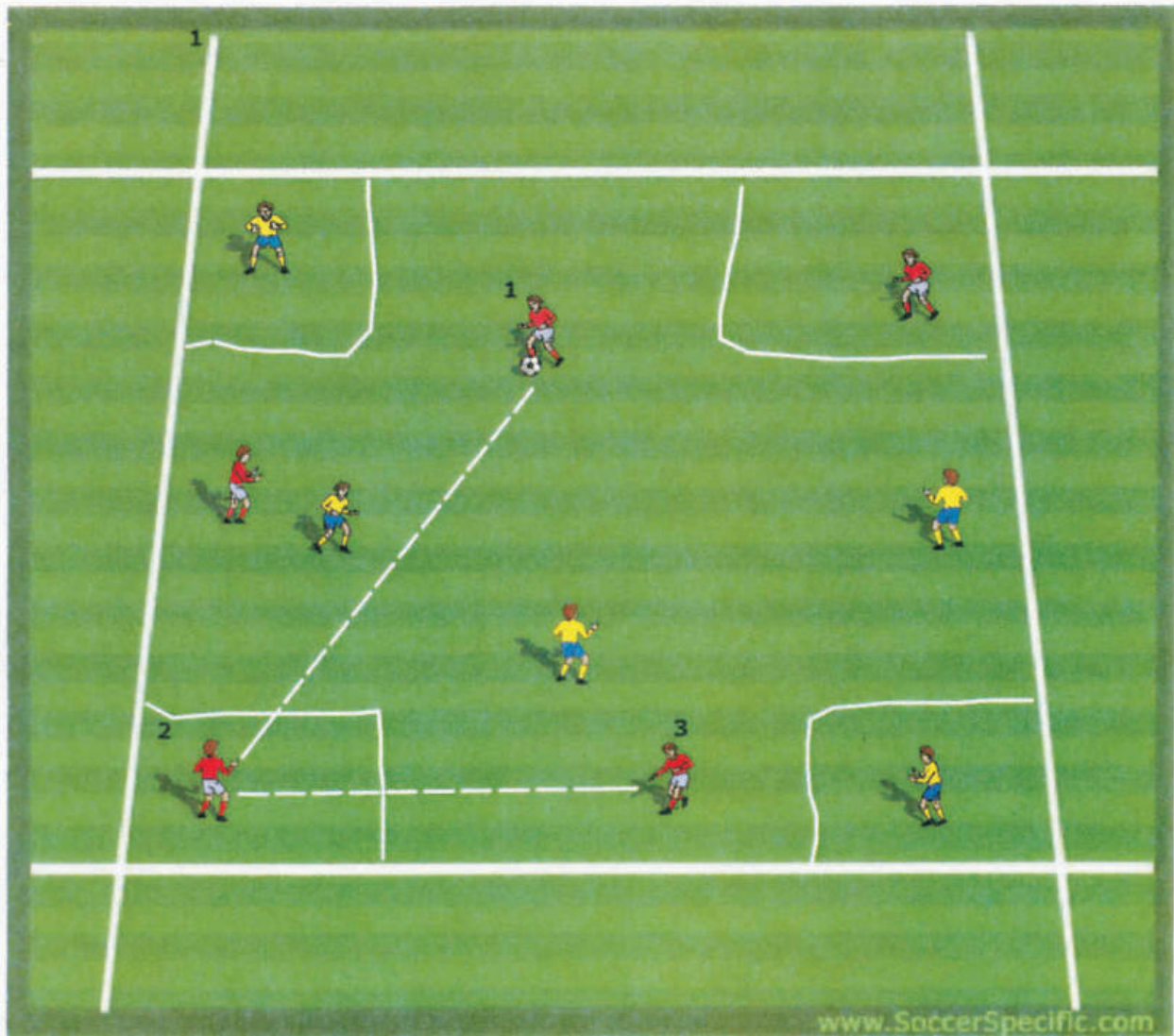
## Organization

1. Red and yellows need to keep possession of the ball away from the green players
2. Every time green players get the ball they get one point and retain possession for as long as they can
3. Every time red and yellow players make three passes they get one point
4. Middle player change every 90 seconds

## Coaching Points

1. Work as a team
2. Create good passing angles
3. Look to switch the field
4. Good communication
5. Receive the ball sideways on to allow as many different passing angles
6. Keep the head up so you can maximize your options

## Passing Game Related Activity



**Purpose:** Switching the point of attack and making combination passes

## Organization

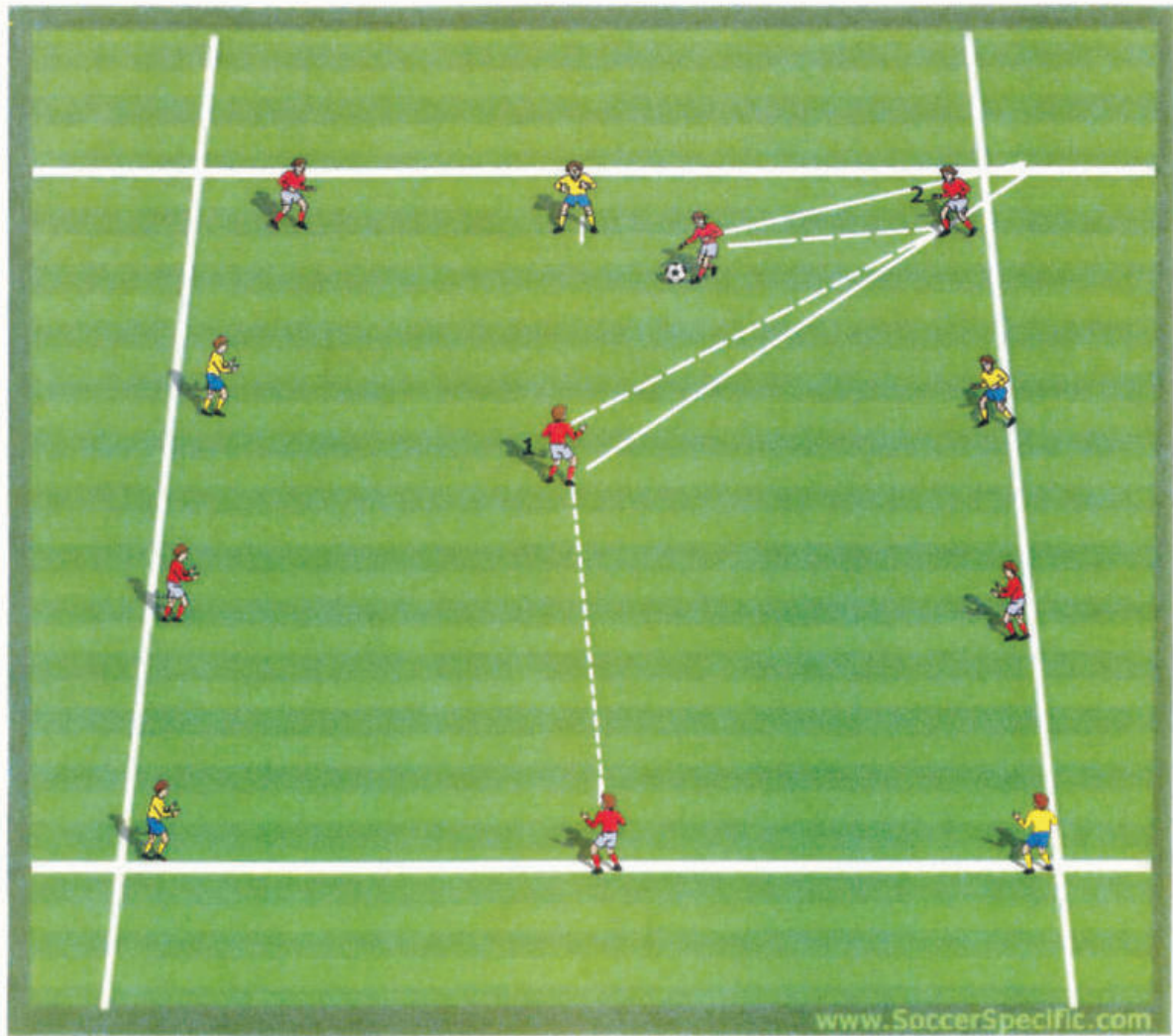
1. The game is played 3v3, 4v4, 5v5 in the middle of the grid
2. Four players are put in the boxes on the outside of the grid
3. A goal is scored when player 1 passes to player 2. Player 1 follows the pass into the box.
4. Player 2 passes the ball to player 3. Player 2 then takes player 1 position on the field
5. A goal is scored for every combination between the ball and field of play

## Coaching Points

1. Communications
2. Look to create passing angles
3. Timing of combination runs
4. Receiving ball sideways on
5. Keep the ball moving good weight of passes



# Overlapping Run



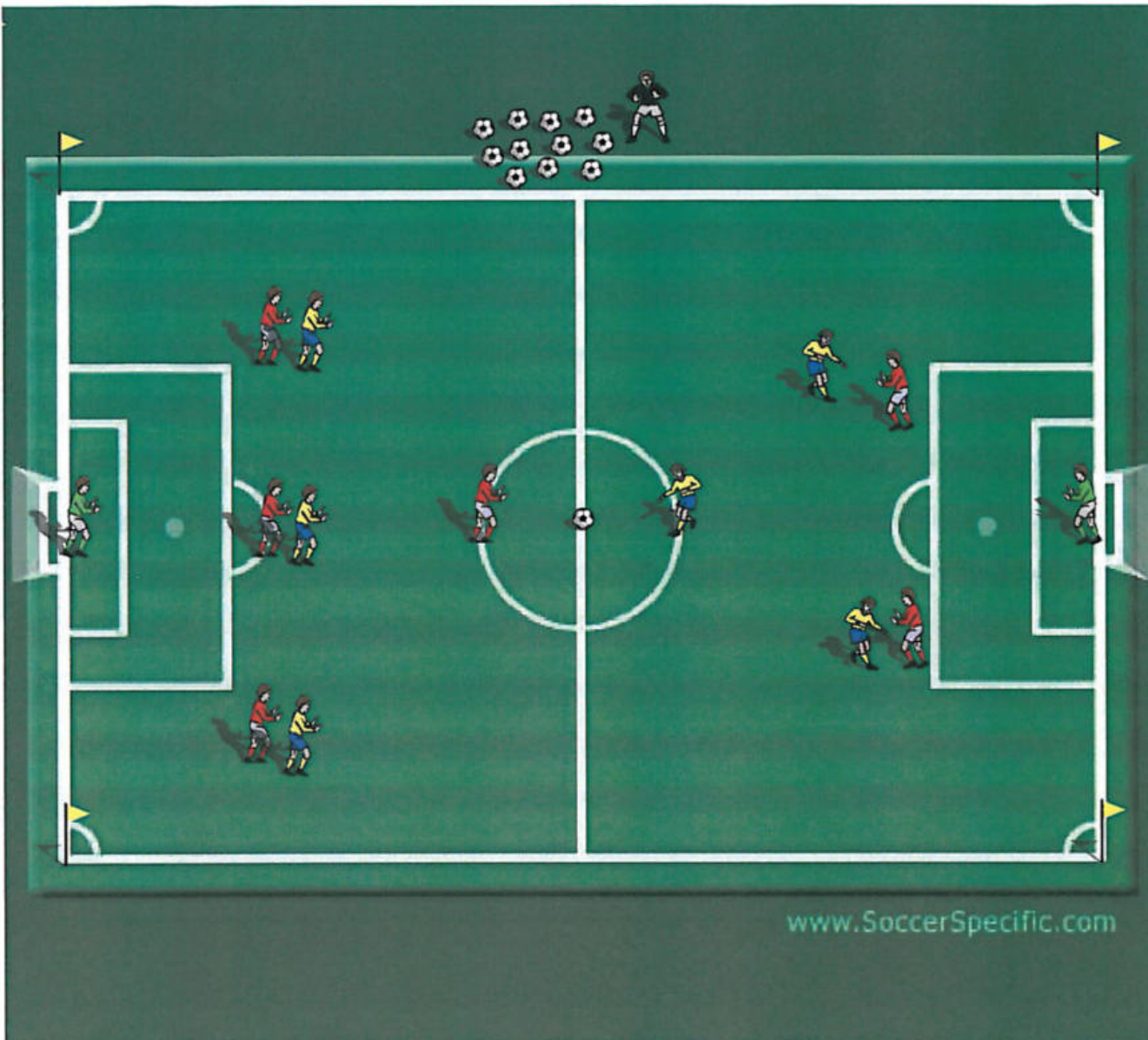
**Purpose:** To create options for attacking team

## Organization

1. Dribble through to the middle and pass off to another player
2. Once the ball has been passed off, player 1 runs around the back of player 2, communicating to player 2 to hold the ball
3. When player 1 is half way around the back of player 2, he calls for the return pass, completing an overlapping run

## Coaching Points

1. Good weight on the pass
2. Communication
3. Timing of the pass so player 1 can burst onto the ball



### Dribbling Part Six

#### Half size Field

Purpose- Encourage players to dribble and take on defenders.

#### Organization

Set up field 6v6 plus goalkeepers and team plays a normal scrimmage against each other with restricted conditions

The restriction on the players are that they are only allowed to pass the ball backwards. This forces the players to dribble the ball and take on players to attack the opposition goal.

#### Coaching Points

Communication between players is essential

Encourage players to take players on and use their dribbling skills and moves. This is something they should have to do as all players should be marked up

#### Coaching Points

##### Communication

Head up to see options on the field

Encourage players to dribble, use moves to unbalance defenders and encourage players to be aggressive





### Passing Part five

Half Size Field -7v7 plus goalkeepers

Purpose- Normal scrimmage aimed at passing and movement

Organization

Players play 7v7 on half field normal game rules apply

Players are asked to focus on passing. For example before a player can shoot at goal the team must make 5 passes .

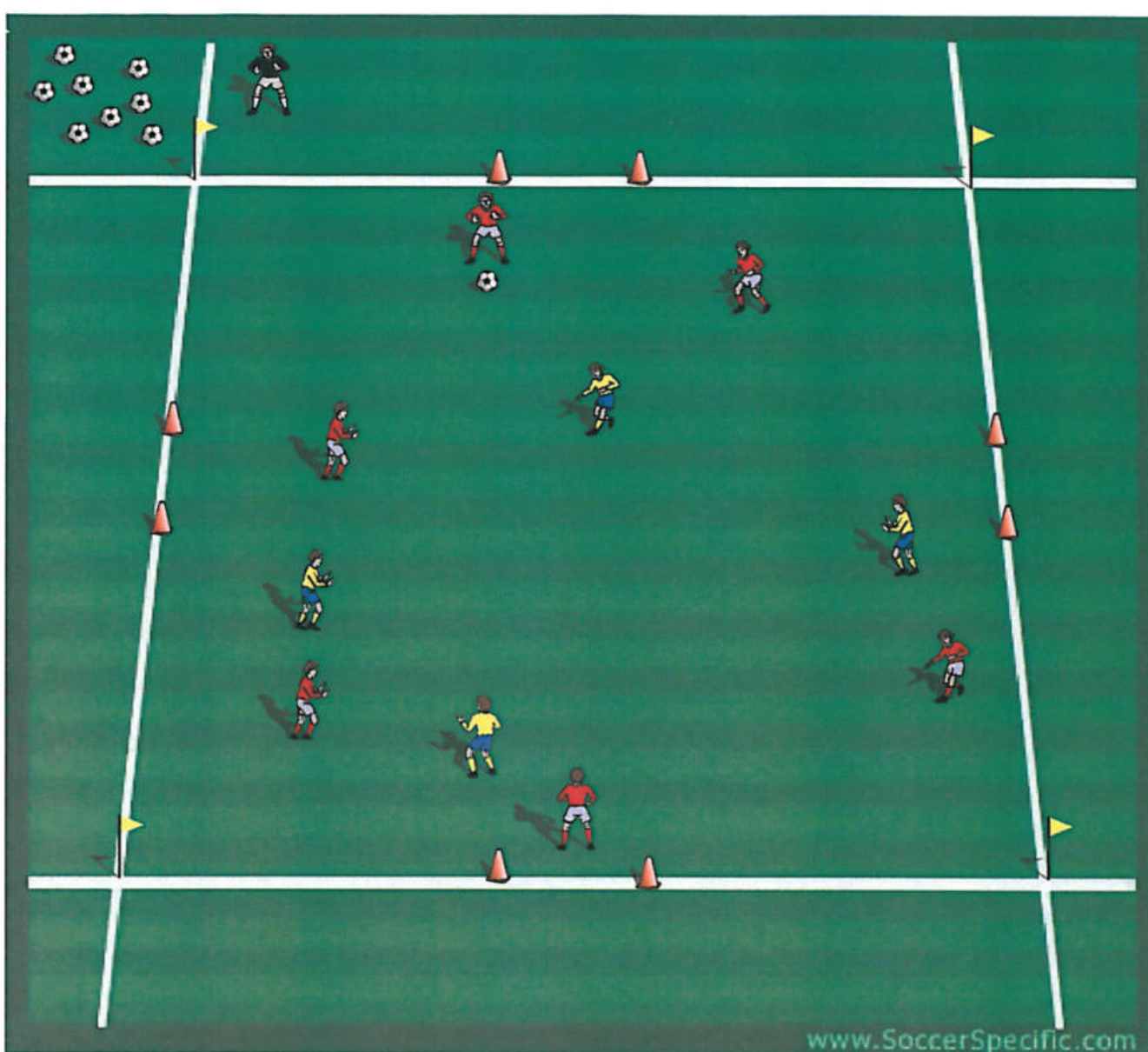
### Coaching Points

Communication

Movement into open space

Open hips

Good first touch out of feet to allow you to play ball in all directions.



### Passing Part four

Area 20x30

Purpose- Passing to keep possession

Organization

The game is set up as a 6v4, with six attacking players and four defenders

Four coned goals are set up around the outside of the grid

Attacking players must make five passes in a row to score one point

Defenders must win the ball off attacking team and try to score in one of the four goals around the outside of the field to score a point

Play for 5 minutes and see who wins the game.

After 5 minutes change defenders and play game again

### Coaching Points

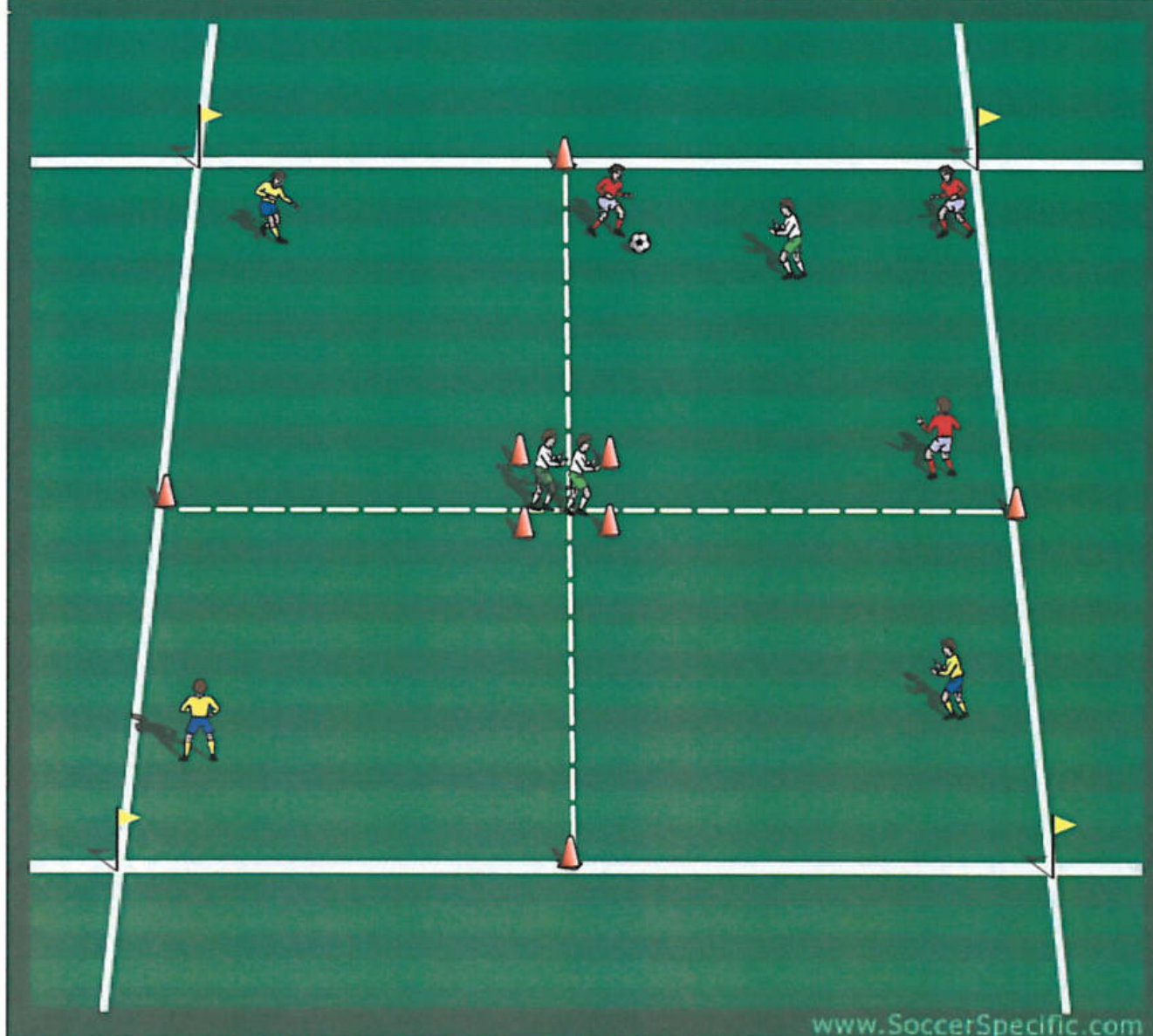
Communication

Movement into open space to receive the ball

Person without the ball is the most important person as they make the decision for the person on the ball

Open hips- good first touch out of your feet at slight angle so you can pass in all three directions. Forwards, sideways and backwards





### Passing 3 Hornets Game

Grid is 20x20 area divided into 4 10x10 squares and is aimed at developing passing, supporting awareness and improving close control.

The objective for the team in possession is to make 3 passes in a square before passing to a supporting player in another square.

The defending team are positioned in the middle with one player allowed to go and win the ball. If he/she wins the ball the defending team swap with the team who lost possession.

Defending team always stay in the middle and change with each other when ball is played into another square.

Once three passes are made and a ball is played into another square his teammates immediately move to support him/her in the square.

### Coaching Points

Awareness and decision making

Accuracy of pass

Take good angles of support, making it difficult for defenders.

Improves close control

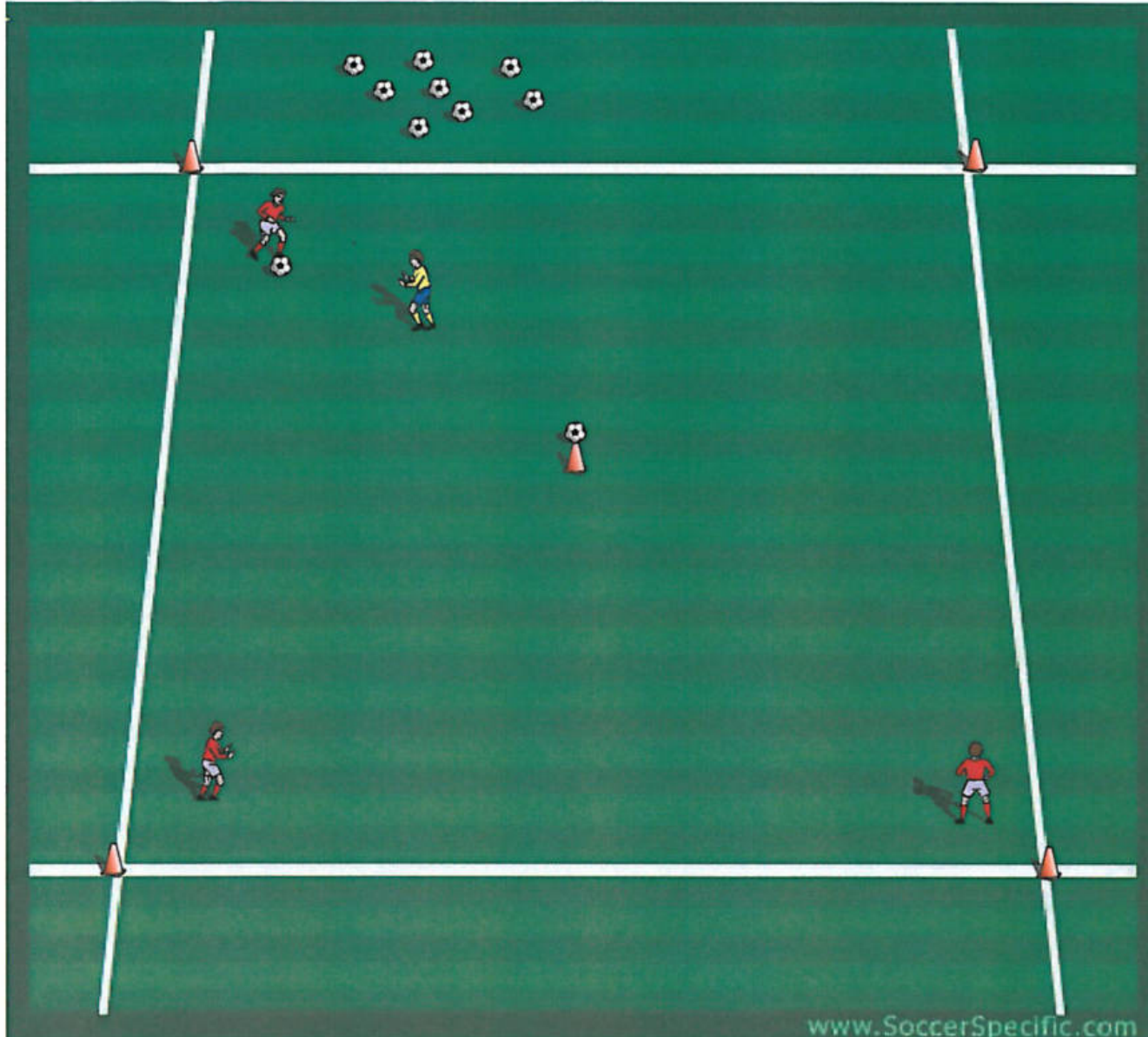
Defending

Run quickly to the ball (close space)

Take a sideways on position narrowing passing angles

Progression

Can you play two touch or one touch only



### Passing Part two

Set up grid 10x10

Purpose- Passing with direction

### Organization

Players play 3v1 in a 10 x10 area

Players play keep away for one minute so everyone plays in the middle for the same amount of time

When players have the opportunity they attempt to pass the ball and hit it off the cone in the middle.

Every time players hit the ball off the cone they score 3 points

Every time defender wins the ball they score a point

Add up scores at the end to see if attackers or defenders win the game

### Coaching points

Communication with teammates

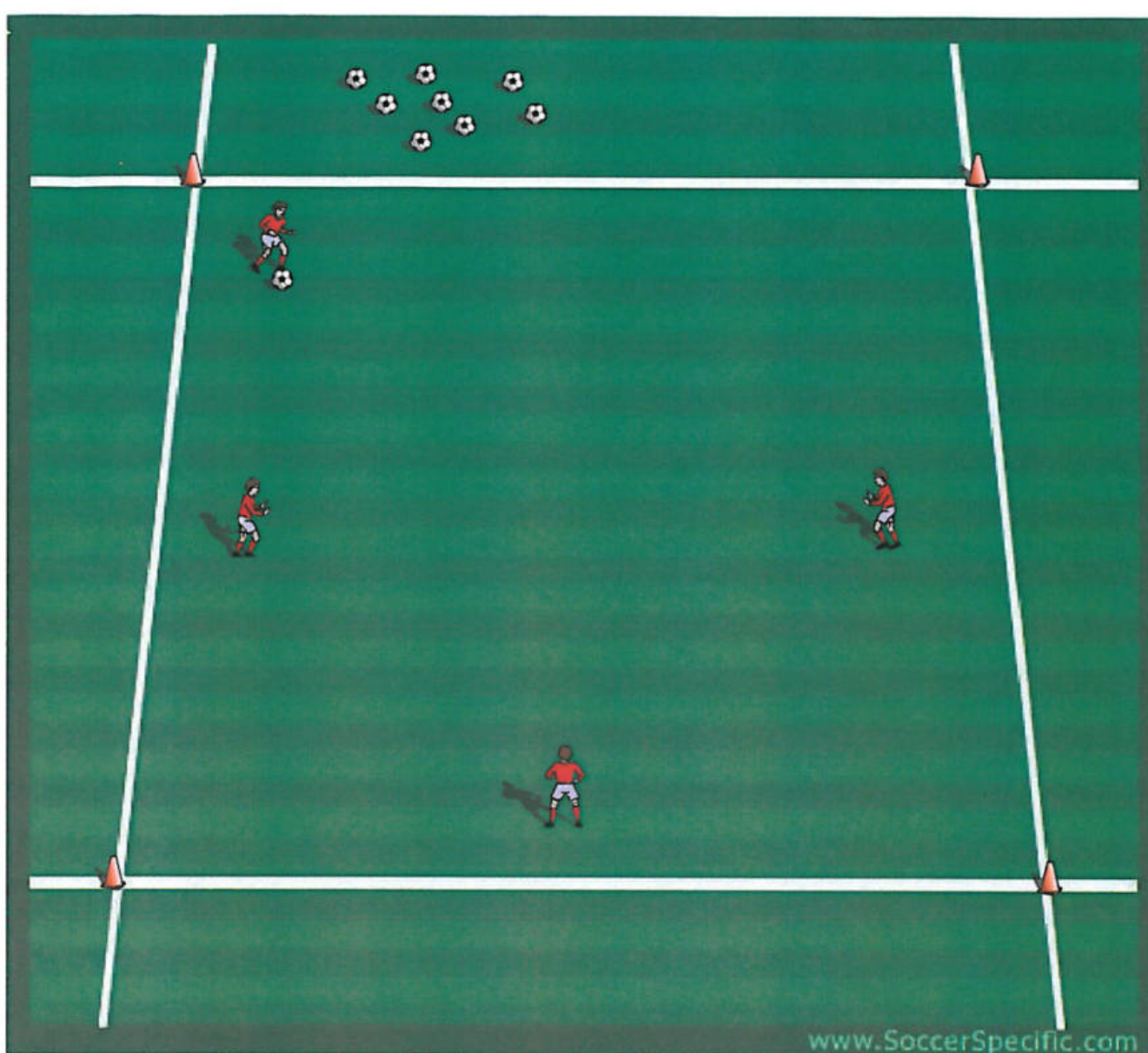
Make a good first touch out of your feet

Open your hips so you can play the ball in several directions

Keep your head up to see all options

Coaching points with the pass the same as passing one





### Passing Part One

Set up grid 10x10 area

Purpose - To improve passing ability

### Organization

Four players pass the ball and move

To help the players communicate and think, coach places a restriction

When the player passes the ball to a team mate he calls a # between 1-3. If a player calls one the player must pass the ball with one touch, if the player calls two they play two touch and finally three, three touch

### Coaching Points

Move to the ball when the ball is moving not when it get's to you.

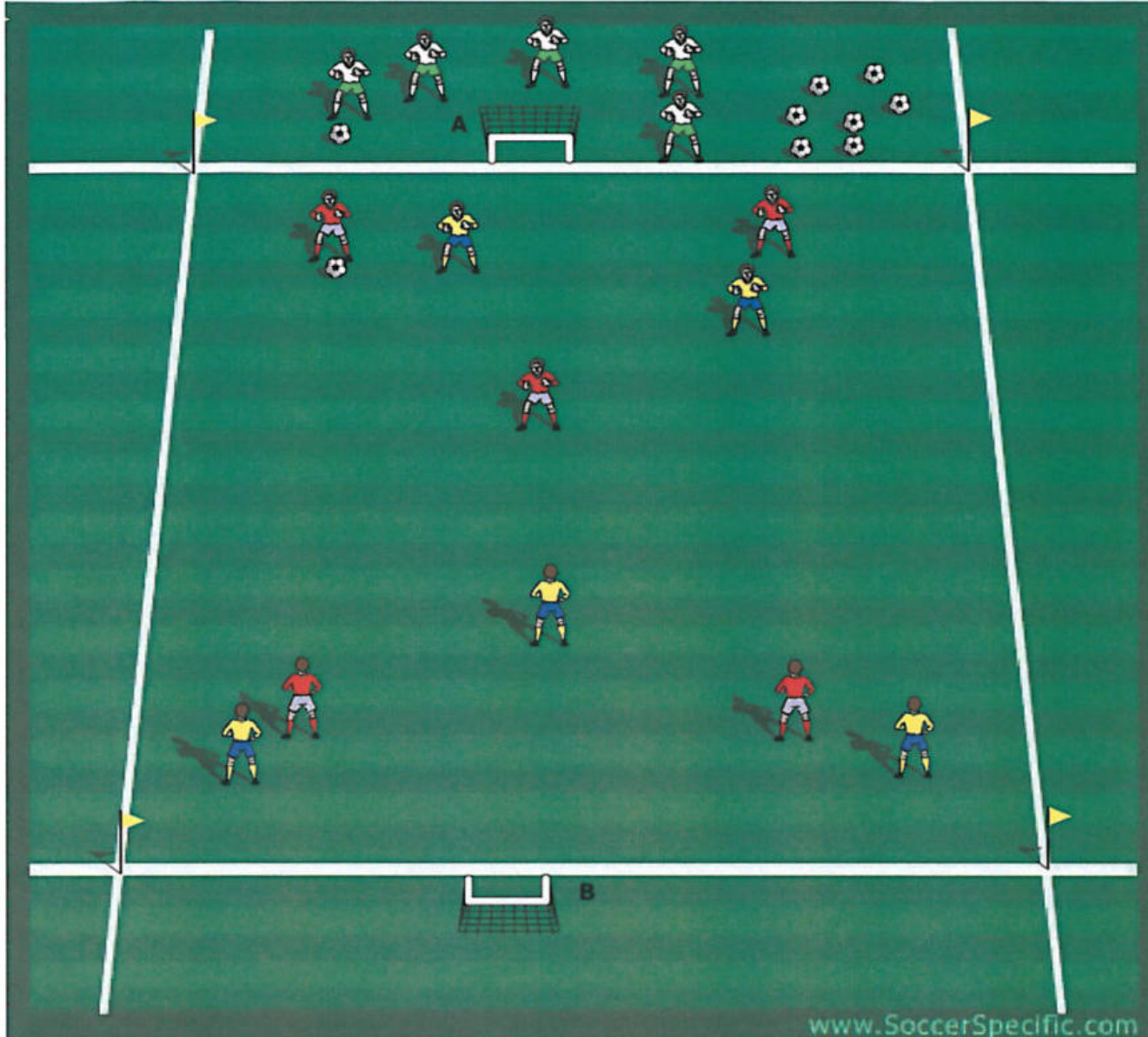
Approach from an angle or place first touch out of your feet at an angle

Attempt to face the target player

Place supporting foot next to the ball facing the target with support knee bent

Kicking foot should be placed in an L shape, ankle locked and toe pointed up and strike through centre of the ball

Keep head steady and follow your kick foot through to your target



## Goalscoring exercises part Six

Area 30x35

Organization

Players play 5v5v5 with no goalkeepers

Two teams play 5v5 with one team waiting to come on the field.

The teams play a normal scrimmage but with no goalkeepers

When a team scores the losing team goes off the field and the team waiting comes on the field

The winning team always attack goal A and the team coming on always attack goal B

The team entering the field always starts with possession of the ball

First player back to the goal can use their hands to stop the ball but are not allowed to catch the ball

Play for a set period of time (10 minutes) winning team is the team who scores the most goals

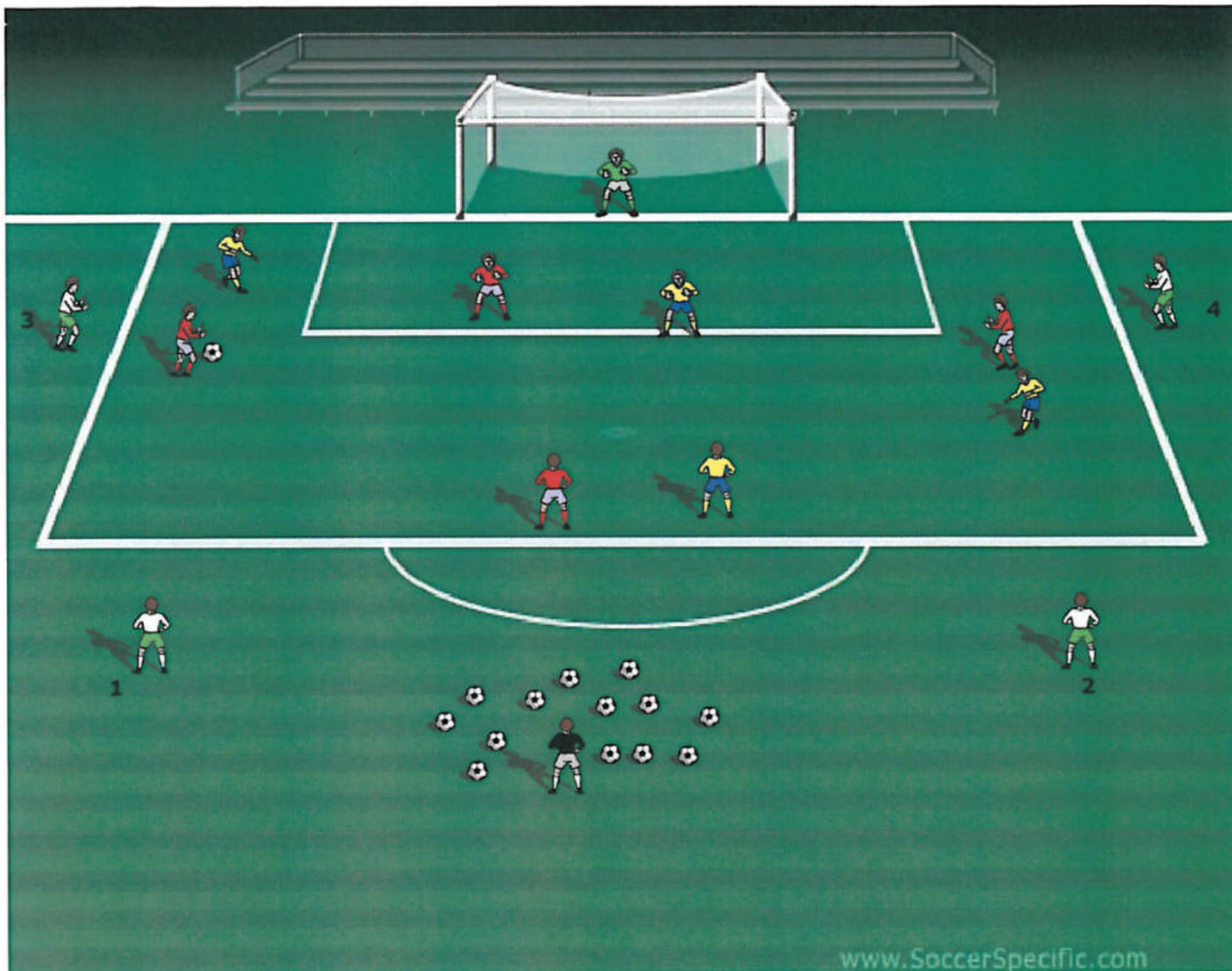
Coaching Points

Communication

Shoot early and often

Ask players to play as if the game is a scrimmage





## Goalscoring exercises Part five

### Penalty area

### 4v4v4 plus goalkeeper

### Organization

Teams are split into three teams of four plus a goalkeeper

One team is placed around the edge of the box and are used as neutral players for both attacking and defending teams

The coach keeps a supply of balls ready to play as this keeps the game moving at a fast pace

Two teams play against each other in the penalty area if the red team receive the ball they are the attacking team and try to score

If the goalkeeper saves the ball or pushes it over the bar the red team will receive the ball again to start attacking from either the coach or neutral team players 1&2

For the yellow team to attack they must win the ball off the reds pass it back to neutral player 1&2 and receive the ball back (similar to half court basketball)

Neutral players 3&4 on outside when passed to by attacking team must cross the ball as this encourages both attacking and defending crosses

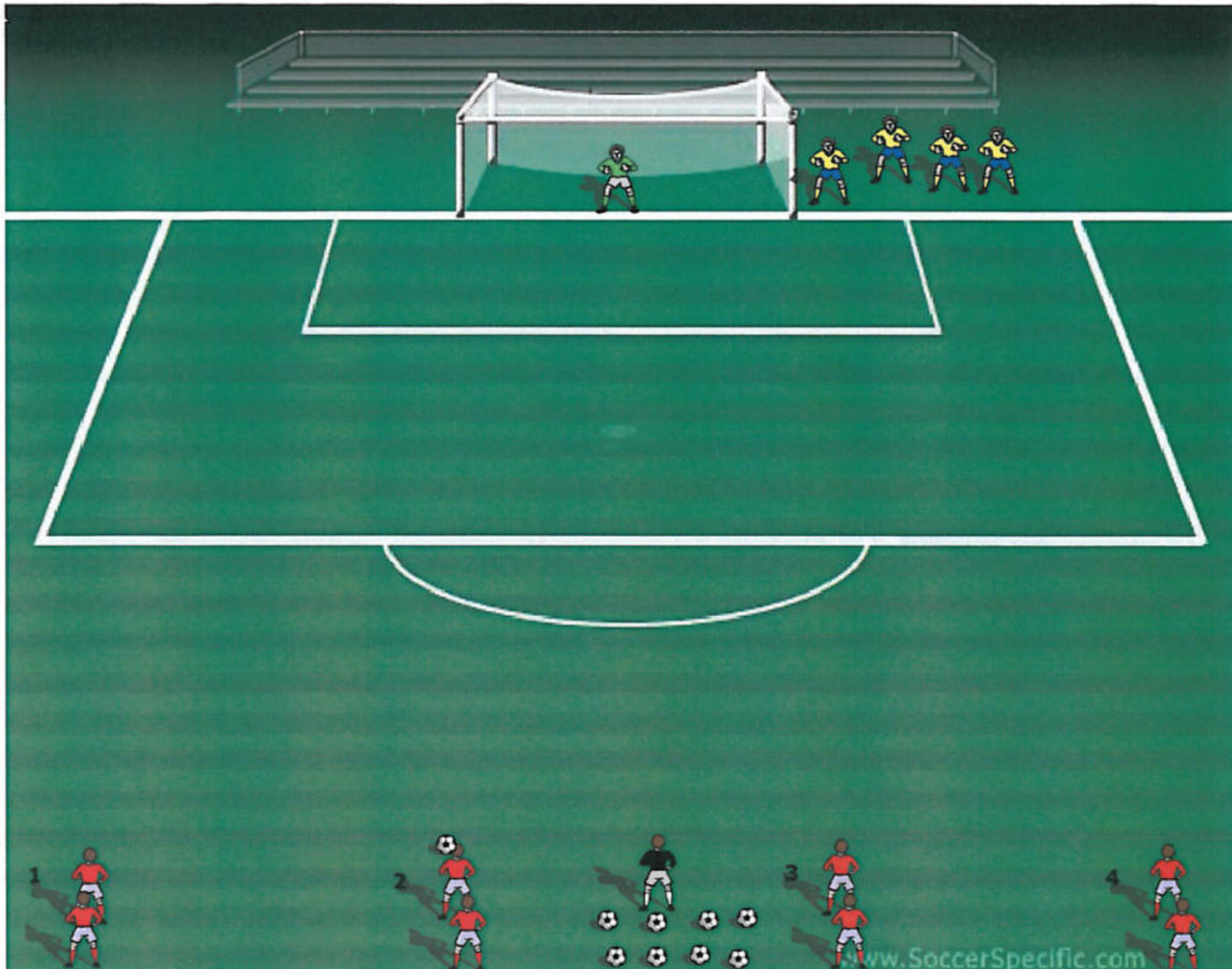
### Coaching Points

### Communication

Be Positive with attitude to goal scoring

Be prepared to take shots early take responsibility and shoot before goalie sets feet





## Goal Scoring exercises Part four

Half size field

Finishing in fours

Organization

Coach plays ball to player 1,2,3 or 4

The team then either dribble or pass the ball to a teammate down the field aiming to score a goal

The game is played at the beginning with no defenders and the red team can just go to goal unopposed

After one minute the coach calls for one yellow defender to come out and defend 4v1

This continues every minute until all four defenders are out defending 4v4

After the four defenders have played together for one minute 4v4 the process reverses and you start taking defenders out every minute until all defenders are off the field once again

Every time a goal scored the reds get one point

Every time the defenders win the ball they must get the ball to the coach and will receive three points

Winning team, the team with the most points at the end of the game

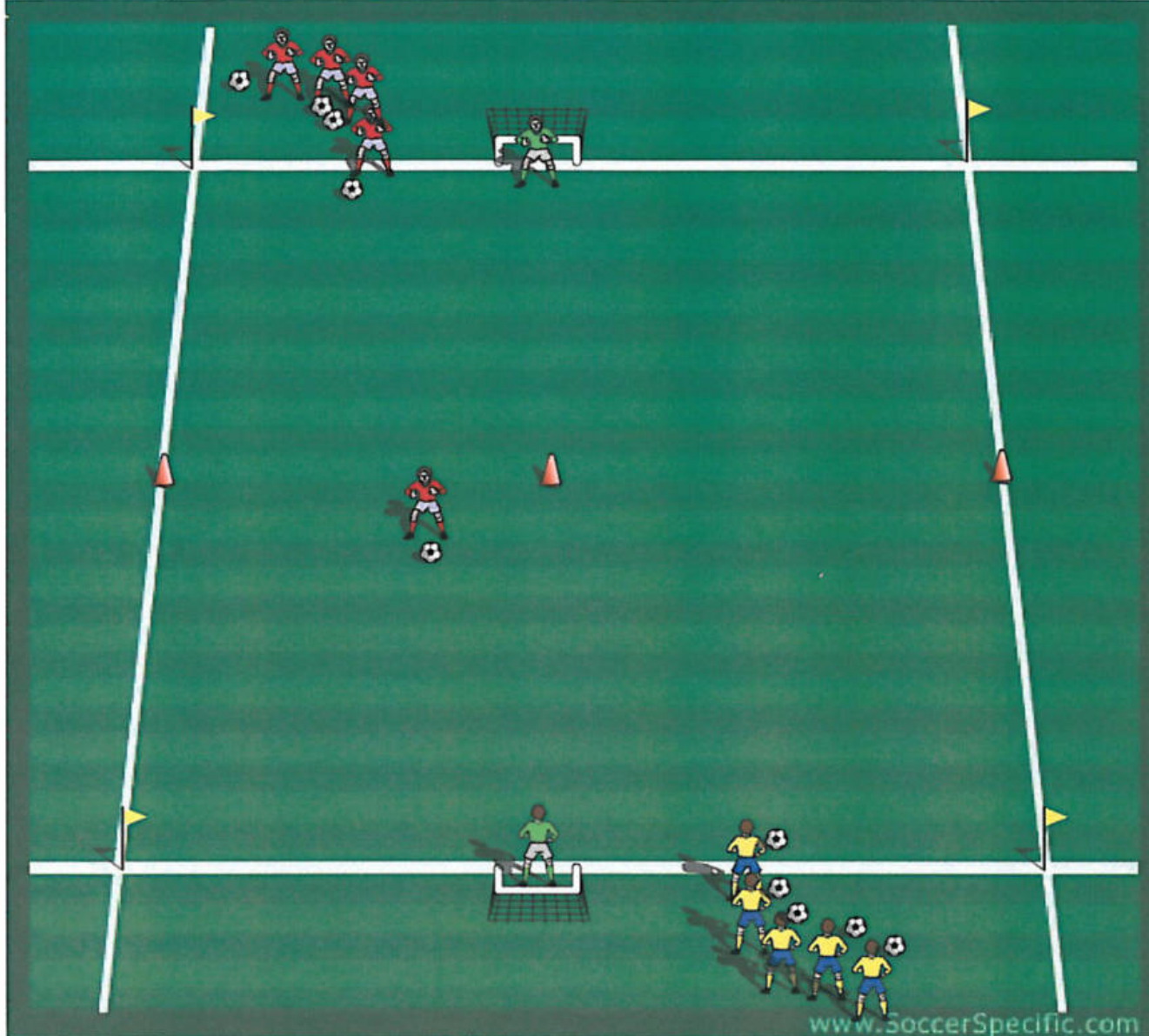
Coaching Points

Communication between teammates

Have a positive attitude to scoring

Be creative in your attacking runs (diagonal and overlapping runs)





### Goal scoring exercises Part three

20x30 area

Attacking and Defending

Organization

All players begin with ball at the side of the goal

The red player dribbles across the half line. When he/she crosses the half they are free to shoot on goal

As soon as the red player has taken a shot, the red player then becomes defender and the yellow player on the side attempts to dribble across the half way and get a shot on goal.

As soon as the yellow attacker shoots he/she becomes defender and the red attacker on the side comes out and begins the process again.

when the attacker has played offense and defense he/she goes back to their line

If the defender intercepts or wins ball they become the attacker

Game is played until a team reaches 10 goals

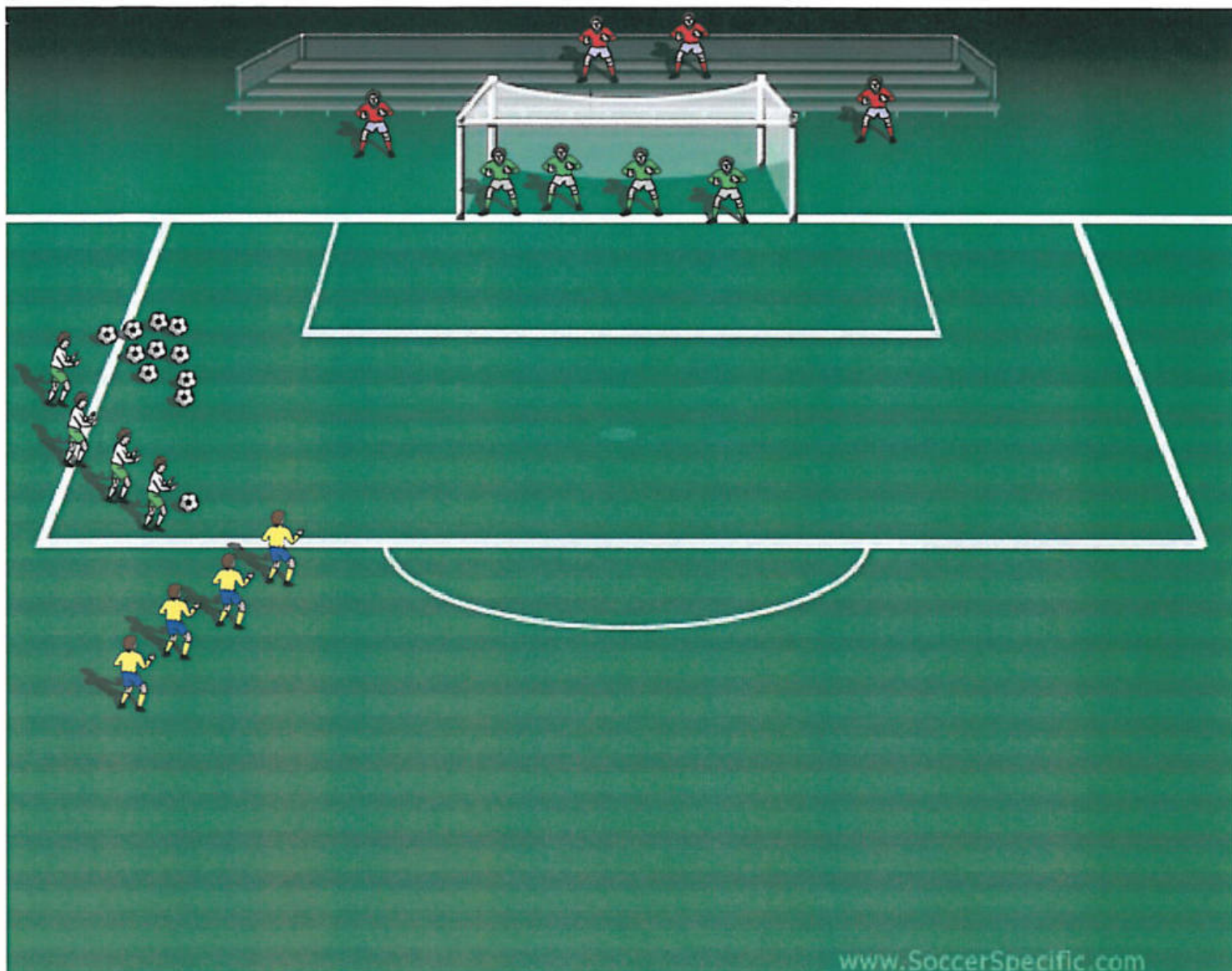
Players then change ends and play again

### Coaching Points

Be aggressive and run at player hard

As soon as the player is off balance take the shot and be positive





### Goalscoring exercises Part One

#### Area Penalty box

#### Organization

Teams are split into four teams of four

The red team collect balls and pass them back to the white team

The green team are the goalkeepers and try not to let any goals in

The white team are the passing team

The yellow team are the shooting team

The white team should aim to pass the ball to the middle of the area in front of the penalty spot with little pace on the ball

The yellow team run from an angle in turn and shoot at goal

Play for two minutes and count how many goals are scored

Team rotate until every team has been in every position

Winning team is the team who scores the most goals

#### Coaching Points

Good weight of pass from the passing team to the shooting team

Shooting team approach ball from a slight angle

Round and compact over the ball

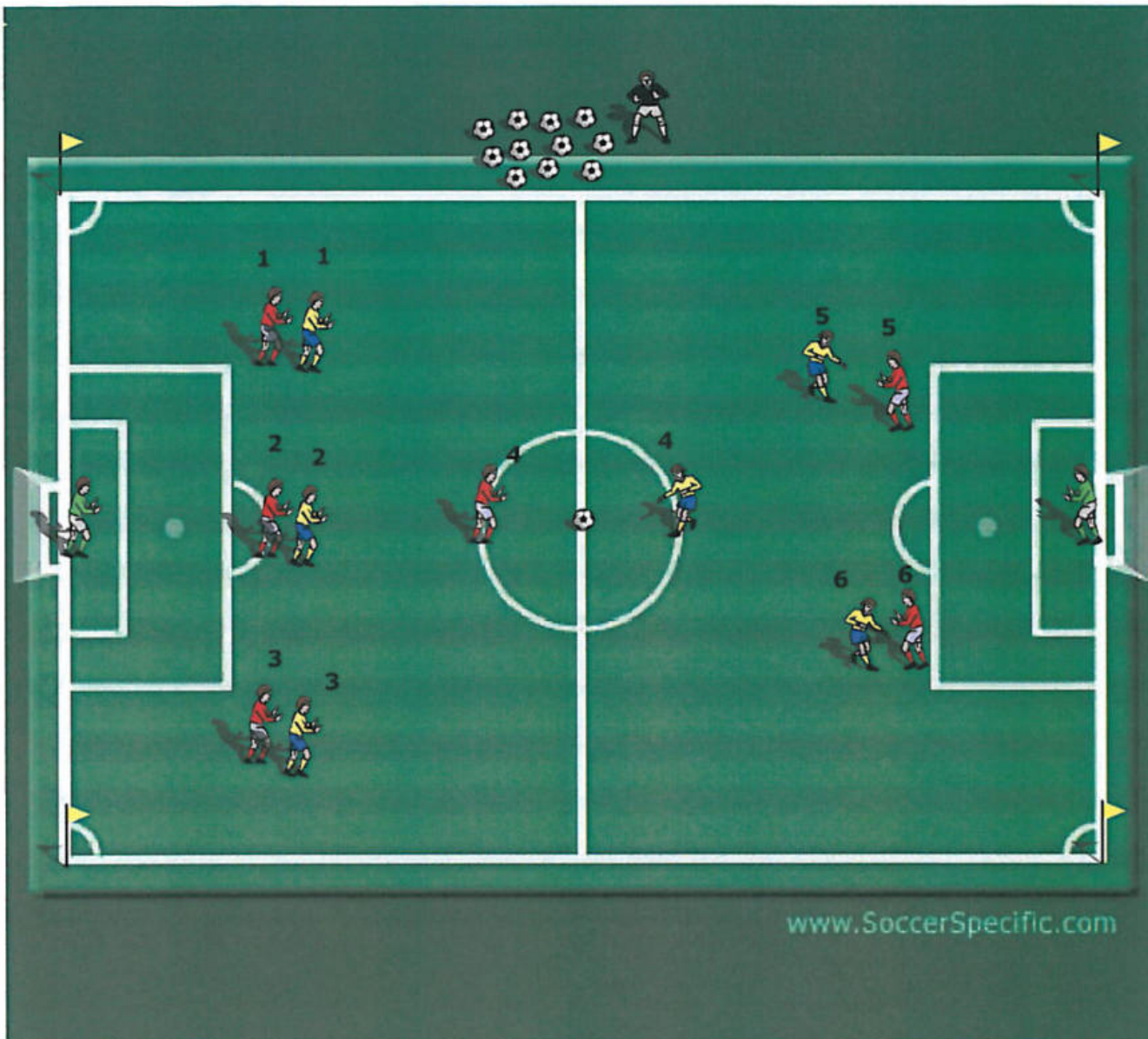
Stay down on ball with steady head

Strike through centre of ball

Landing on shooting foot

Make an early decision where you aim to shoot





### Dribbling Part Five- Half size Field

Purpose- Encourage players to dribble and take on defenders. It also makes players track back and mark their opposition.

#### Organization

Set up field 6v6 plus goalkeepers and team plays a normal scrimmage against each other with restricted conditions

All players are given a number and told that they are only allowed to mark the player who has the same number as them. For example #1 can only tackle #1, #2 can only tackle #2 and so on. This is the only restriction put on players so they can pass to anyone they wish but remembering they can only tackle their opposite #

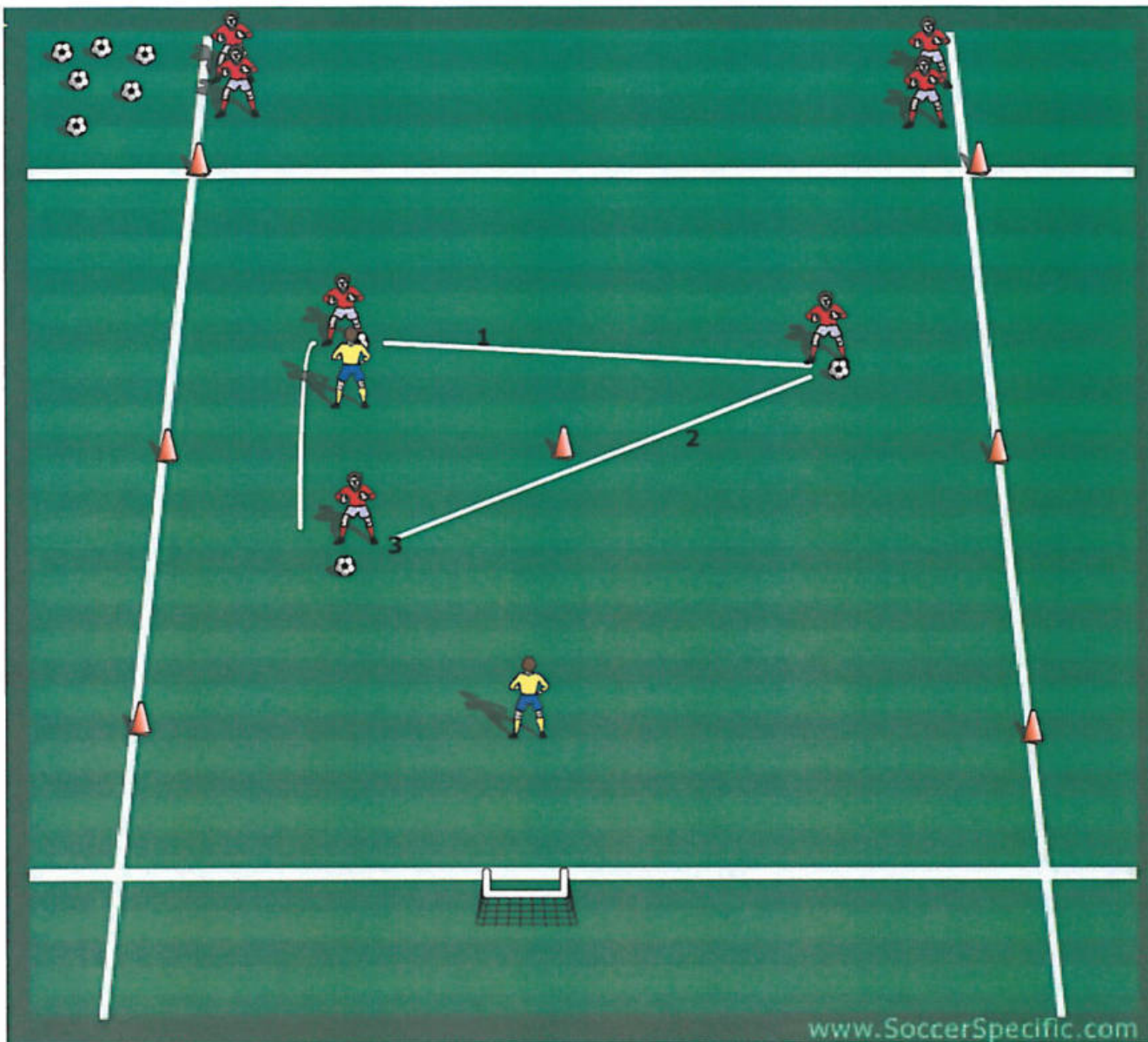
Coach has a large amount of soccer balls at the side so he/she can keep the game flowing

#### Coaching Points

Communication between players is essential

Encourage players to take players on and use their dribbling skills and moves. This is something they should have to do as all players should be marked up

Players have to mark up, other the opposition player will have a free run on goal which encourages players to track back and defend



**Dribbling Part two- Beat the defender**

Set Grid up 10x20

Purpose- Encourage players to be creative and beat defender

#### Organization

2 attacking players play against one defender. One defender is in an area of 10 x10 and is not allowed outside this area.

If attacking players beat the first defender they then take on second defender who is only allowed to defend their own grid

The object for the attacking players is to score in the goal at the end of the grid

If the attacking players score they go back to the line and become attacking players

If attacking players fail to score they become defenders and defenders go to attacking line

#### Coaching Points

Players look to play combinations to beat defenders (player 1 draws defender passes to player 2 who returns the pass to player 1)

Before passing player 1 must draw defender

Good weight of pass

Timing of run (burst back onto the ball)