



Attack the Gate

Purpose- Introduction to attacking dribbling

Organization

Divide players into two's

Place sets of cone goals around the circle approx 2 yards apart

One player has the ball, the second player faces their partner

The player with the ball aims to keep poession and their purpose is to dribble through a set of cones. Players can enter the cones from the front or back to score

If the attacking player loses the ball, the defender gives the ball back and the attacker attempts to score again

Attacker plays for one minute then changes roles

After two minutes, one partner moves to another player and a new game begins.

Points awarded 3pts=Win, 2pts for a tie, 1pt for a defeat

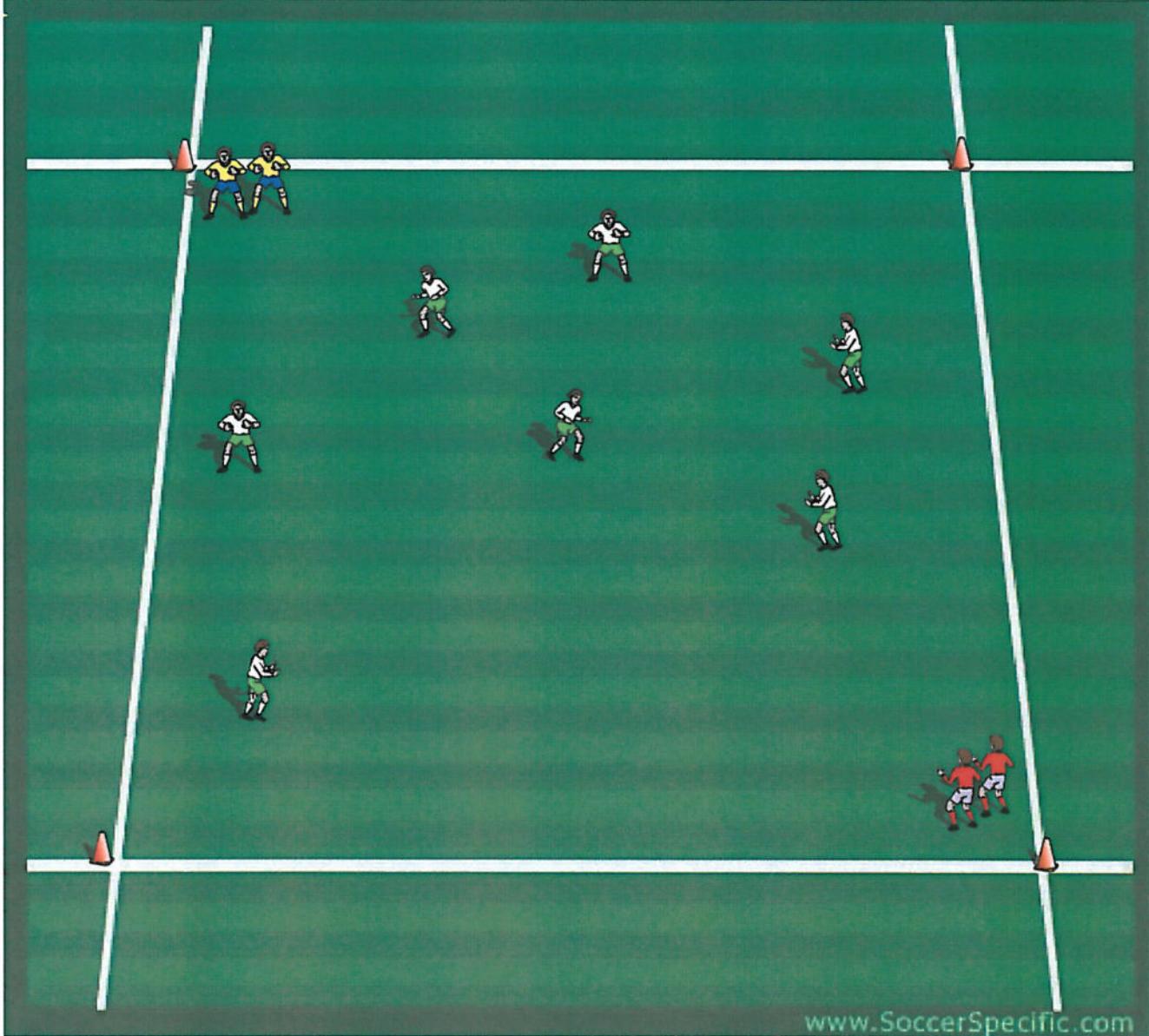
Coaching Points

Keep head up-Look for open space

Maintain ball under pressure(shield ball)

Change direction and pace

Encourage players to use moves



Chain Tag

Purpose- Fun warm up players before soccer exercises.

Organization

20x20 grid

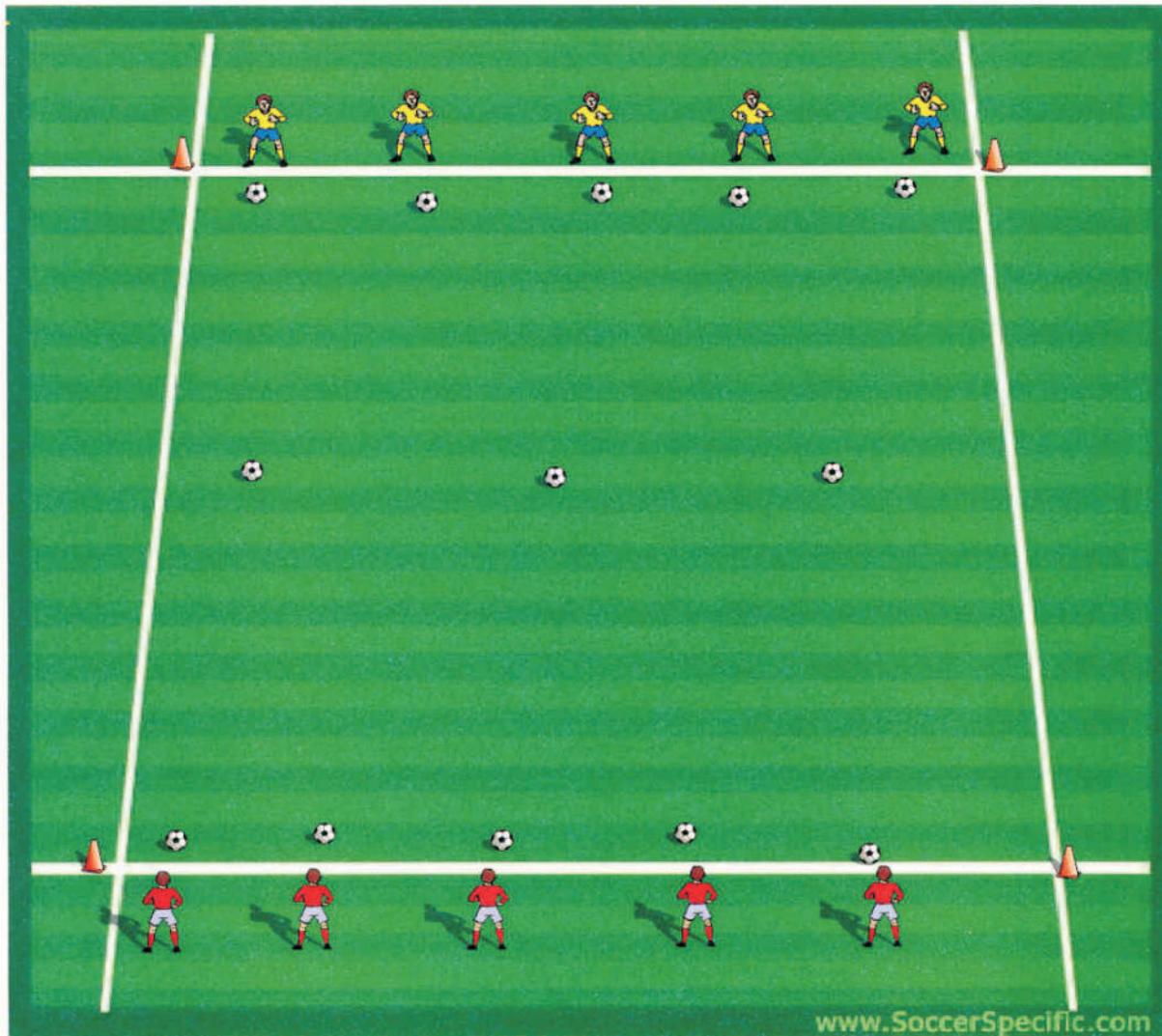
Two teams of two in scrimmage vests

All other players inside the grid

On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. The team who tag the most players wins the game

All players must stay in the 20x20 grid.

Crush the Ball



Purpose: Unopposed passing

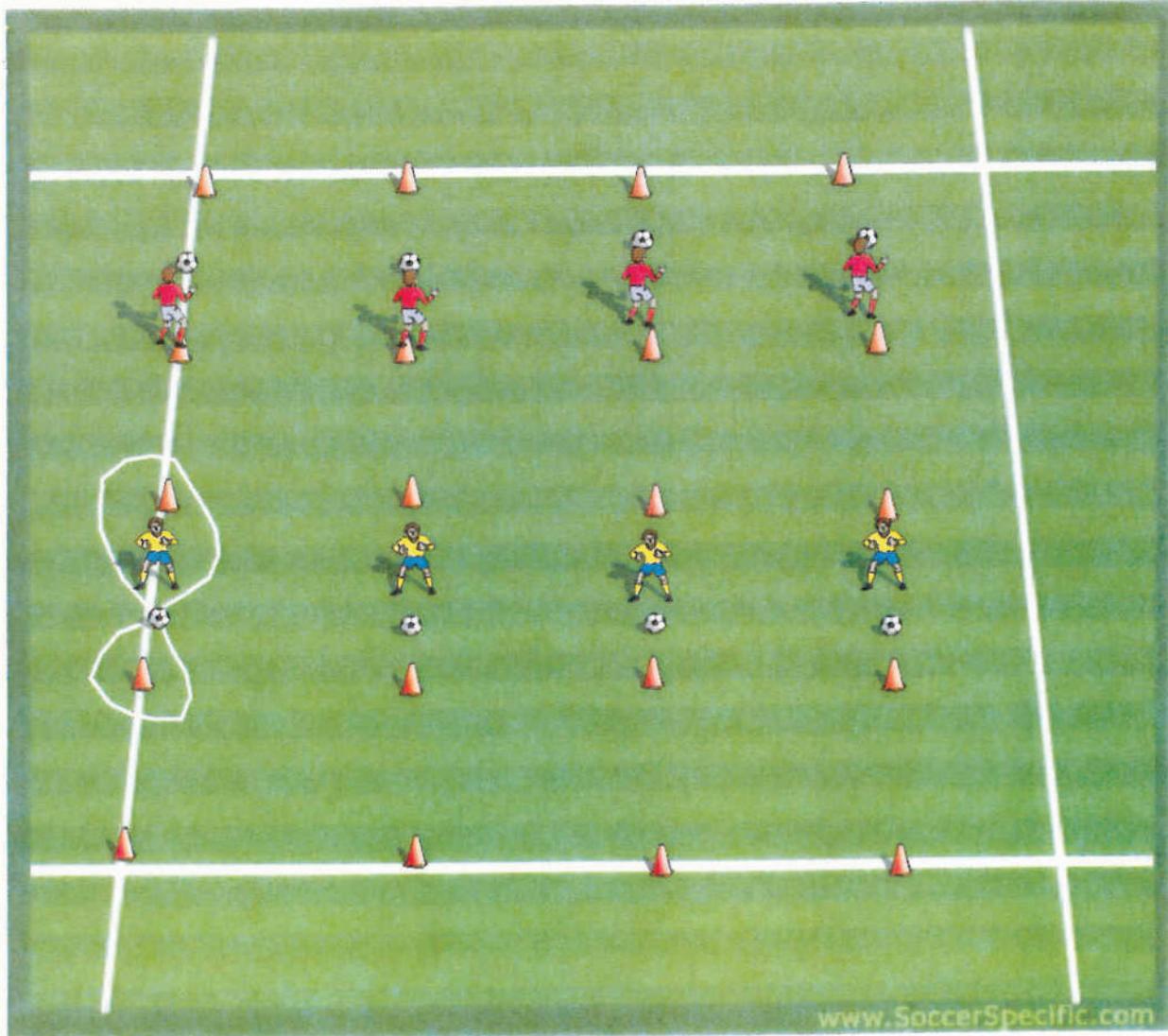
Organization

1. Players are split into two different colors and separate out into two ends
2. On the coaches' call, players must pass their ball and hit the balls in the middle
3. Winning team is the team that gets most balls in the middle over the oppositions' end line

Coaching Points

1. Strike the ball firmly with the inside of the foot for accuracy
2. Be alert and on your toes to receive the balls from opposing team (this way you are ready to go and strike the ball quickly again)

Dribbling



Purpose: Focusing on foot skills

Organization

1. Begin dribbling around the cones in a figure eight as shown above

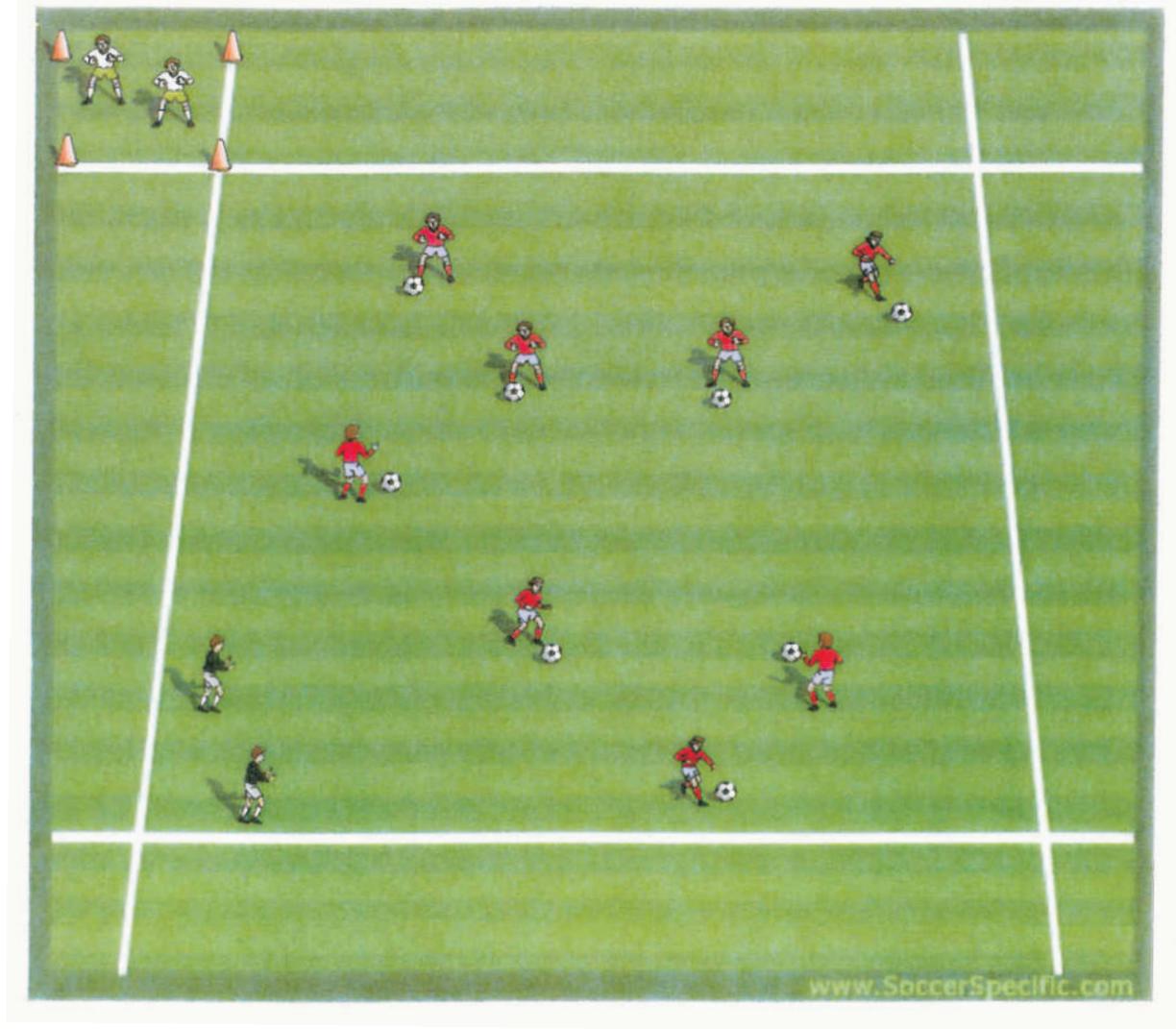
Progression

1. Dribble around one of the cones with your right foot, when the player comes to the opposite cone use the left foot
2. Dribble around with the right foot only but stipulate, inside of the foot at the first cone, outside the foot at the second cone

Coaching Points

1. Forces players to use both feet
2. Keep the ball close
3. Keep the head up

Hospital Tag



Purpose: Opposed dribbling

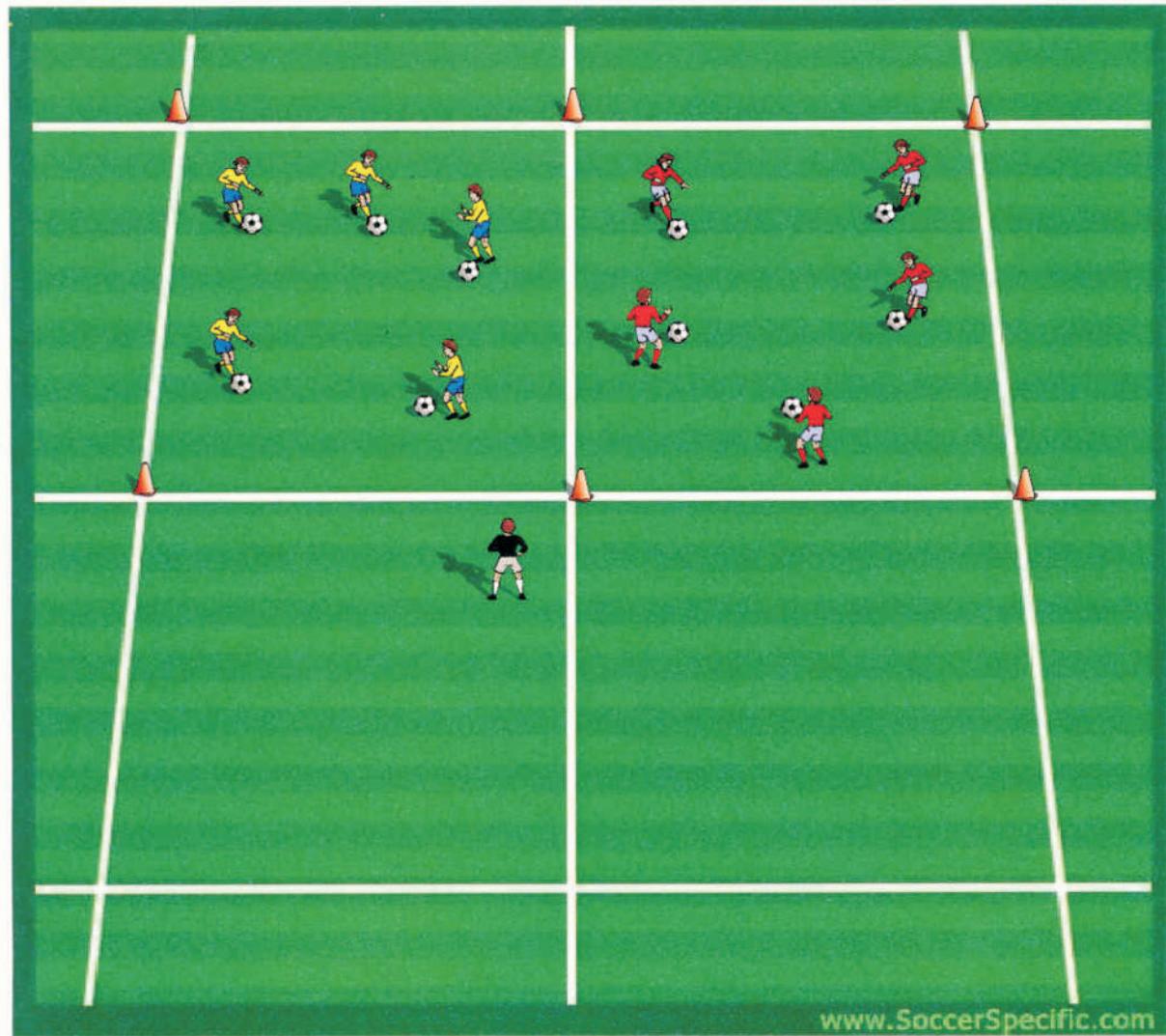
Organization

1. Red players dribble around the grid
2. The black monsters run around tagging the individuals with a soccer ball
3. The first time they are tagged they hold their arm
4. The second time they are tagged they hold their arm and leg while still dribbling
5. The third time they are tagged they go down on one knee holding their leg and arm calling for a paramedic
6. One paramedic in the far corner comes running out, links arms with the player and takes them back to the coned off area
7. The injured player performs five toe taps in the ER (coned area) and returns to the game

Coaching Points

1. Keep the ball close
2. Keep the head up
3. Look for space away from the monsters

Look Up and Listen



Purpose: To challenge the players to think ahead while also focusing on soccer skill

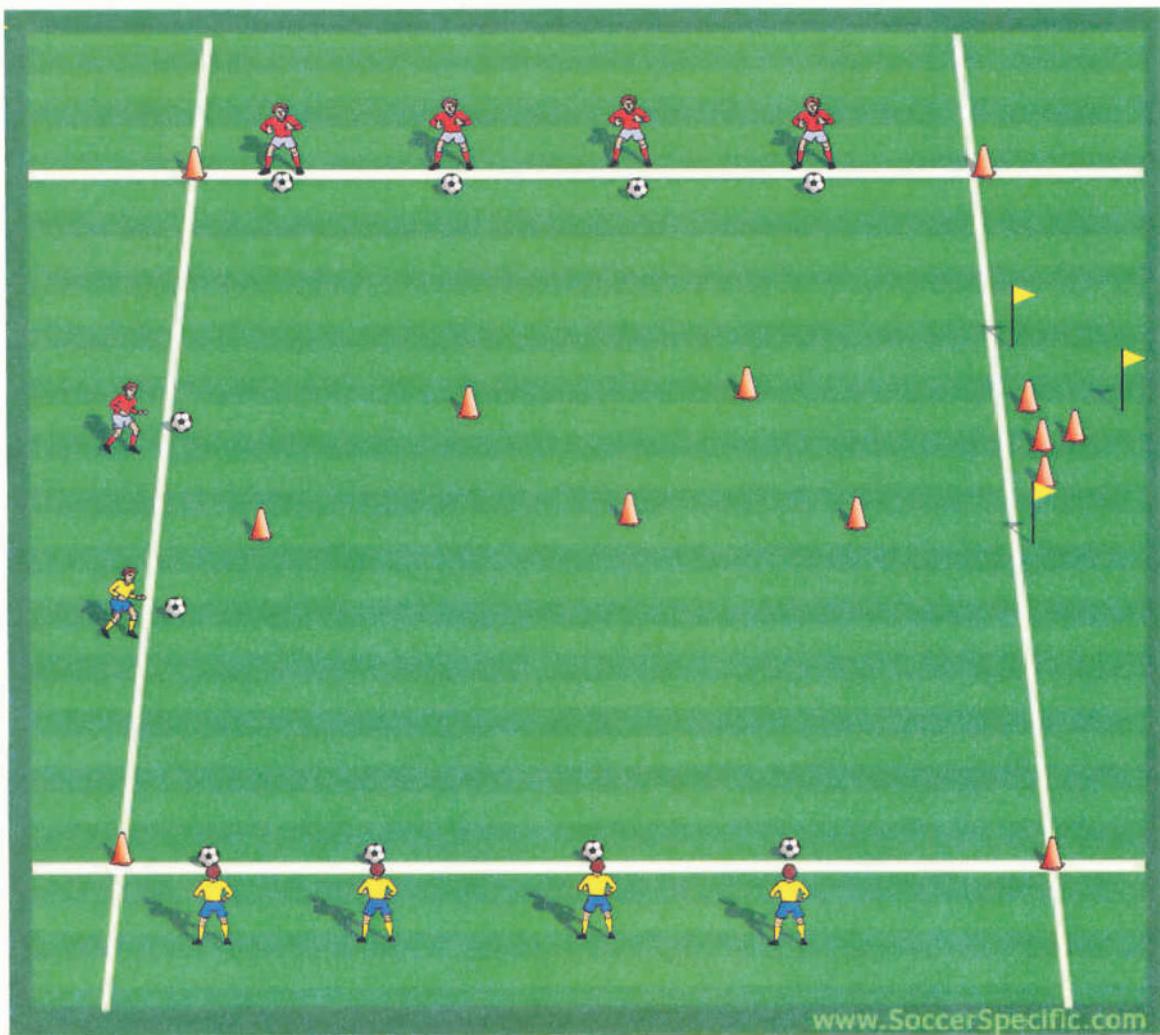
Organization

1. Divide the groups into two 15x15 areas
2. One team wears scrimmage vests to separate the two teams
3. Players dribble the ball in their own separate areas
4. When coach raises one hand in the air, players must change their speed and dribble fast like a tiger
5. When coach raises two hands, players must swap grids
6. When coach calls out problems to solve the players must do as they are told, for example, when the coach calls out three plus one, the players must get into groups of four

Coaching Points

1. Keep the ball close
2. Use both feet to dribble with
3. Keep the head up to see what the coach will do next and to look for the space

Paint Ball



Purpose: Encourage both dribbling and passing techniques

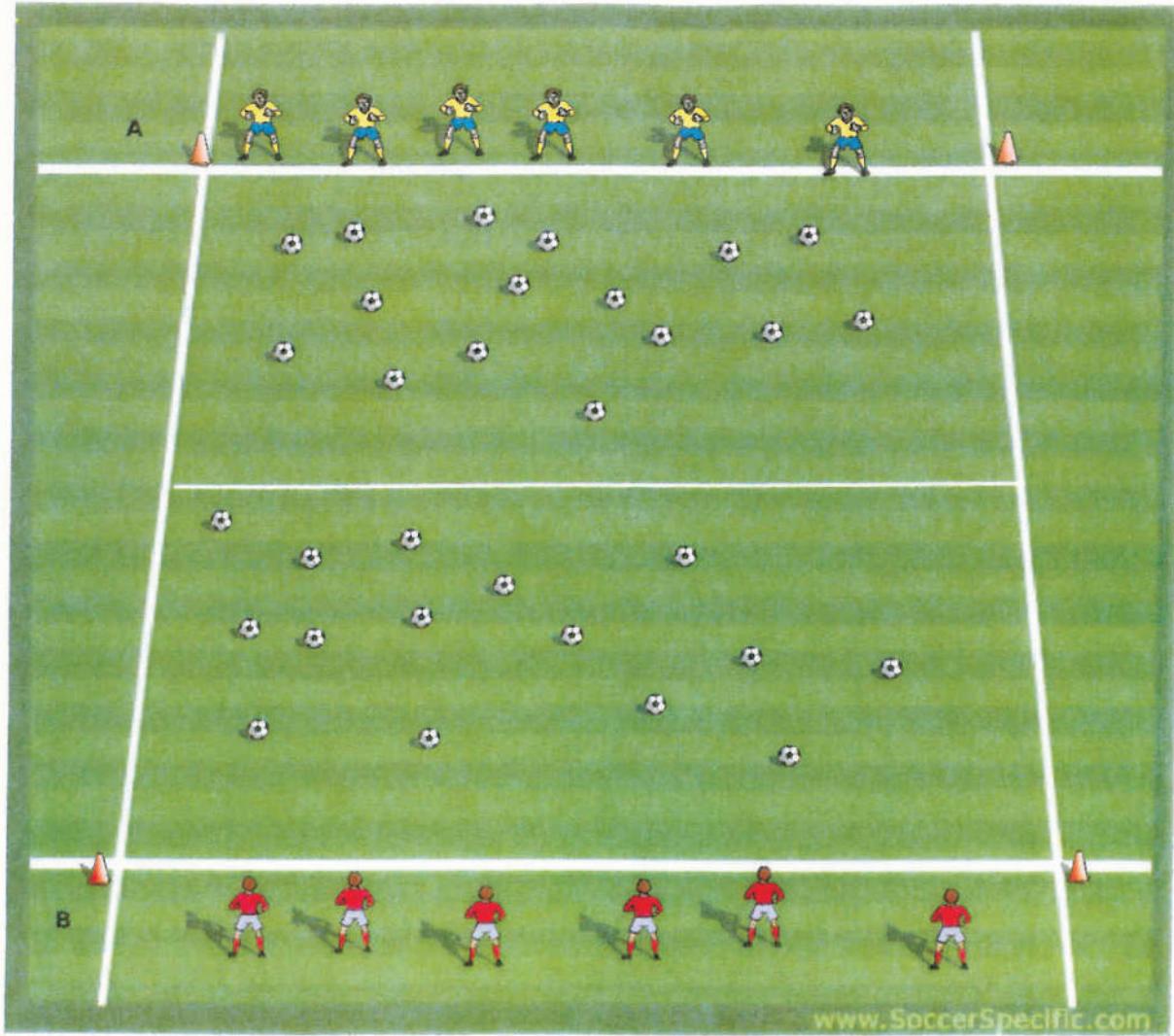
Organization

1. Group players into pairs, red team and yellow team, facing each other
2. Two other players should be on the mid line, one red and one yellow
3. The mid line players must dribble through the cones and bring the cones back
4. First team to bring two cones back wins
5. The end players must try and hit the players of the opposite team and try and slow them down

Coaching Points

1. Use the inside of the foot for passing accuracy
2. Time the pass, for example try to hit the player when the player gets near you
3. Take at least two steps back when striking the ball

Pass the Buck



Purpose: Working on the weight, speed and technique of passing

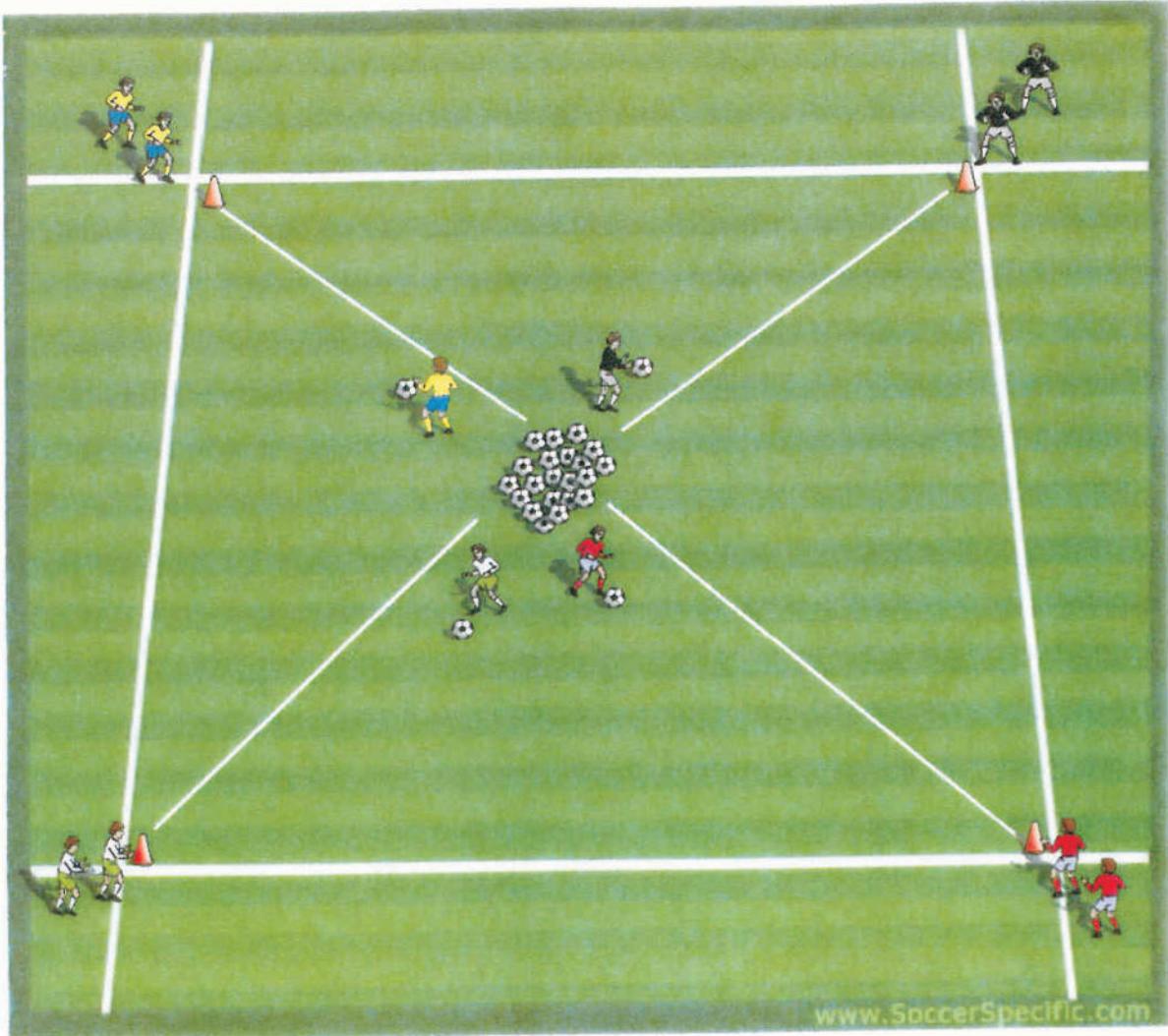
Organization

1. Balls are placed in each side of the grid
2. When the coach shouts, "GO", players run from the end line to a ball in their own half and pass it into opponents half, then run back to the end line and repeat process
3. The game is played for two minutes
4. At the end of two minutes the balls are countered up in each half one point is assigned to a ball in the opposite half
5. Team with the most balls in opposite halves wins

Coaching Points

1. Use the inside of the foot
2. Ankle locked follow through with the pass
3. Angle of approach
4. Work on weight of pass so it stays in opposite grid

Robin Hood



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Purpose: Speed dribbling

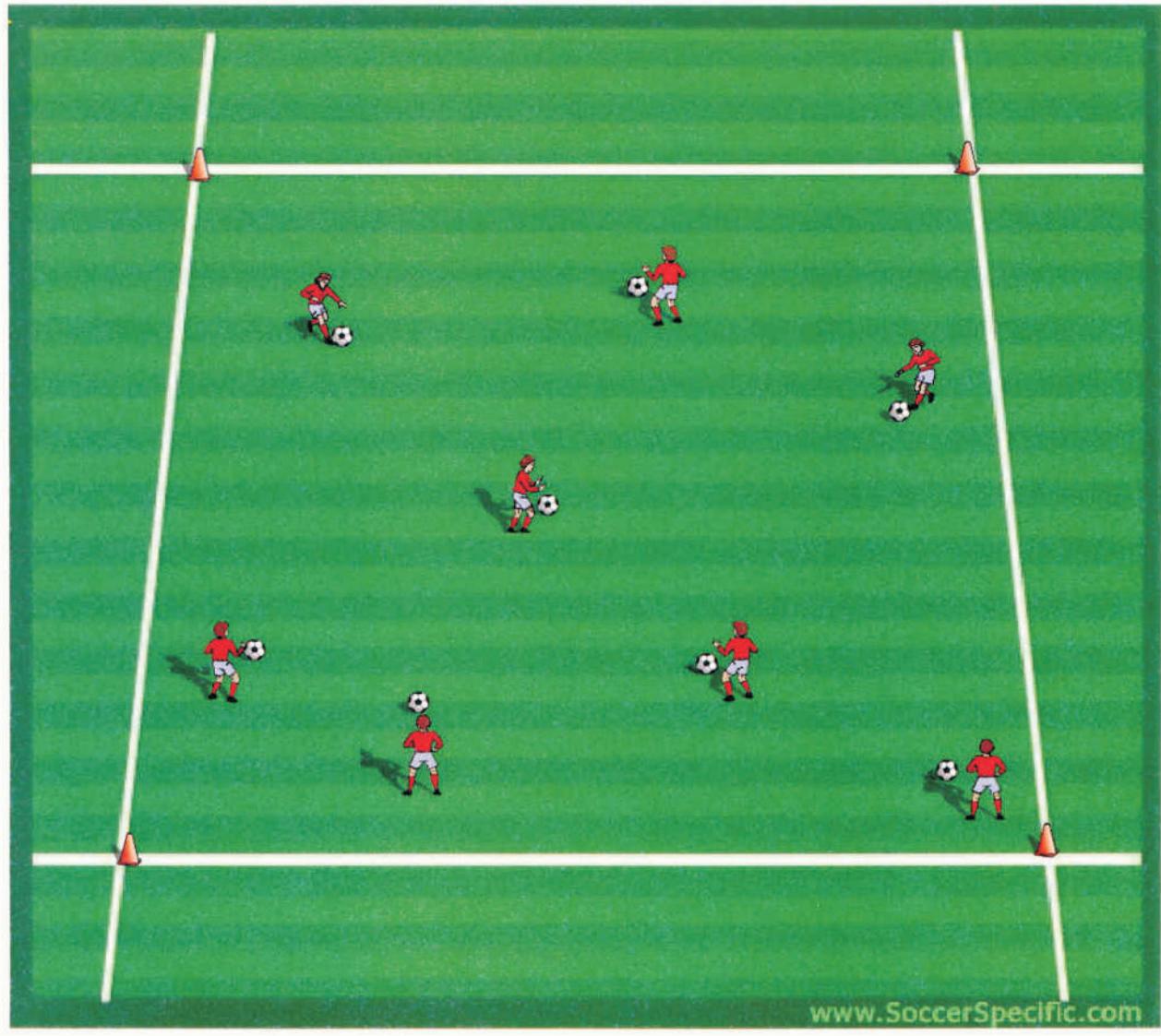
Organization

1. When the coach gives the signal to "GO", players take turns going in
2. Players run up to the middle and dribble a ball back and stop
3. The second player goes when the first player returns and stops the ball
4. When all the balls are gone, players are allowed to steal balls from the other teams
5. Coach allows this for 60 seconds and then sends the teams back to starting positions to count how many balls they have

Coaching Points

1. Keep the ball close
2. Head up look for space

Turns, Turns, Turns



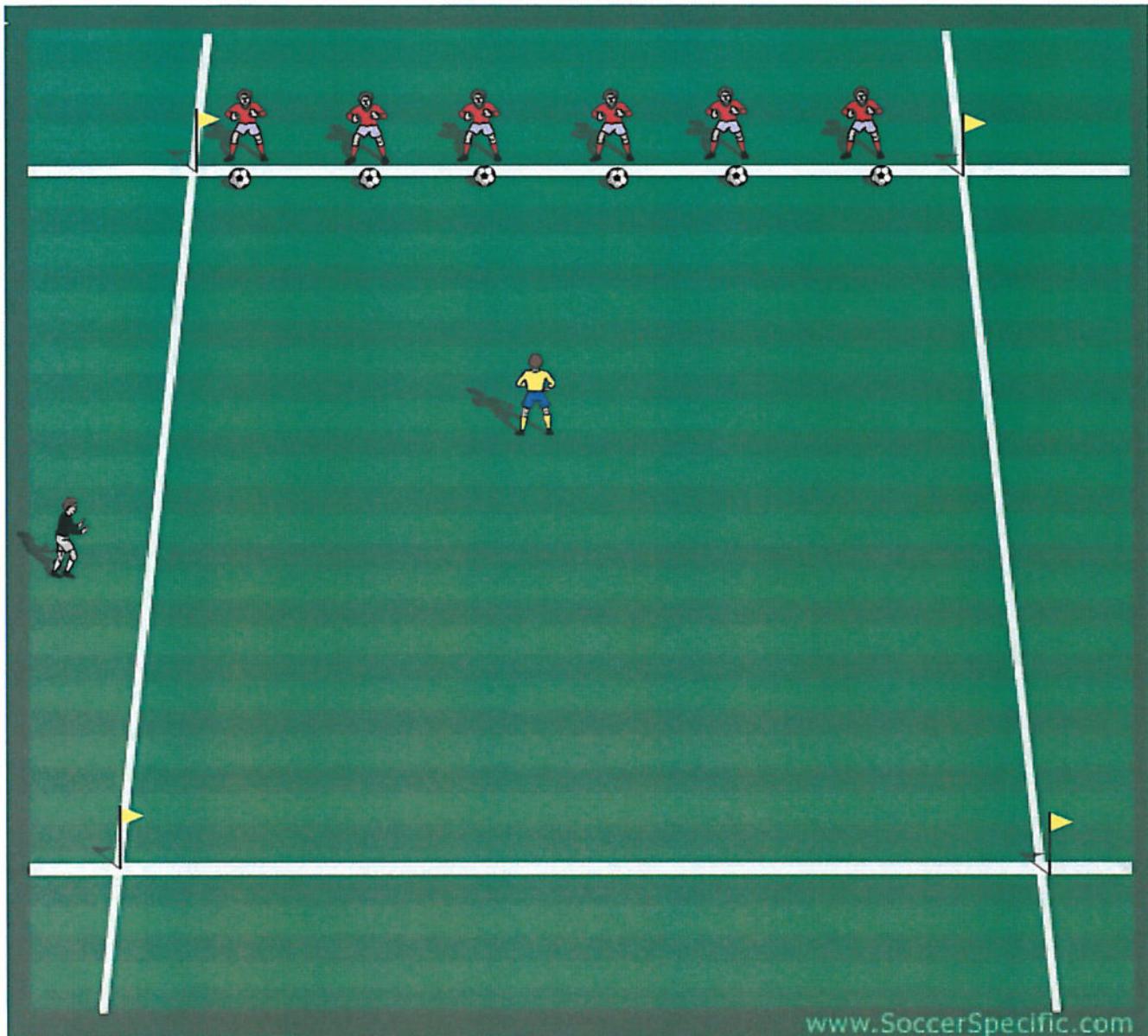
Purpose: Performing new foot techniques using different turns to beat the opponent

Organization

1. Players dribble around the grid using all parts of the foot
2. Keep inside the area and try not to bump into other players
3. Coach demonstrates a turn such as a inside, outside, drag back and the Cruyff turn, and then the players demonstrates

Coaching Points

1See Glossary of Terms at the back of the book for turns which can be performed



Who Let the Dogs Out

Purpose- Opposed Dribbling

Organization

Each player has a ball and attempts to dribble from one side of the grid, past the bulldog and to the other side

Before you get to the other side the players who are dribbling must touch the ball at least six times

If the player is touched or his/her ball is touched on the way to the other side they become a bulldog (the bulldog must go down on hands and knees)

Coaching Points

Try to use both inside and outside of foot to take you into the space and past the bull dog

Keep your head up to see where the space and bulldogs are

Work on change of pace keep the ball close in tight spaces then explode in the open space when past the bull dogs