

HSC
Premier
(By Clark Hastings)

HSC Premier

HSC Premier was organized to assist youth soccer players as individuals in their development as players through specific training by Premier coaching staff. Premier goal is to guide all players regardless of skill to have fun and reach any goals/expectations the player might have in the game of soccer.

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ROLE OF THE COACH

NSCAA Position Statement - Role of the Coach in Player Development Role of the Coach

The fundamental role of all coaches in all sports is to provide a safe, and educational playing environment for the players. This is the basic tenet of all coaches in any sport and players put their trust in their coaches that they have the best interests of the players at heart regardless of their playing ability.

There is no doubt that coaches play a vitally significant role in the life of all athletes. The role of the coach in the life of a soccer player, however, is qualitatively different than the role of the coach in other American sports like football, basketball or lacrosse because of the tactical and technical demands on the soccer player. Tactics refer to decision making and soccer is the ultimate “player’s game” because the player makes all the decisions during the course of the game with very little input from the coach. These decisions are made easier or more difficult depending on the technical ability of the player (i.e. the ability of players to use their feet, and other body parts, to deal with the ball.) The role of the soccer coach in player development is complicated because the players cannot use their hands and so the coach has to address the difficulties associated with “eye – foot” coordination rather than the, much more simple, “eye – hand” demands of other sports. It is, generally, accepted that the skill is so refined and difficult to learn that skill acquisition must begin well before adolescence, whereas skill acquisition in other sports can be picked up in the teen age years.

Today’s soccer coach must help players, not only become competent and creative with the ball but also become independent thinkers. The game is a game of split second decisions from the players with no help from the coach whatsoever. To develop this level of technical capability and tactical independence within the players the coach must be an eclectic individual possessing a compendium of knowledge regarding soccer strategy, tactics, anatomy and physiology, fitness, teaching methodology, and administrative symmetry. Coaches must be able to employ divergent thinking to solve the many problems they face in today’s complex soccer milieu. Divergent thinking is the ability to apply experience and creativity in problem solving. Divergent thinking devolves from convergent thinking, which is the summation of:

One’s playing experience
Coaching experience

Formal coaching education General observation of the game through watching soccer and discussion. The coach with a vast and deep reservoir of convergent thinking will be able to draw on those experiences when faced with tactical soccer decisions, player personnel questions, or being administratively nimble.

Soccer as an invasion sport

The role of the coach begins with an understanding of what kind of sport soccer is. Soccer is a “focused target invasion” sport. Invasion sports include basketball, American football, lacrosse, field hockey, ice hockey, and rugby football, to name the most popular. The tactical objective of an invasion sport is to invade the territory of the opponent and get behind the opponent’s defenders. American football and rugby are “open target” invasion sports, the team only has to cross the goal line to score. Soccer is a “focused target” invasion sport (hockey, basketball, et al), as the ball has to be propelled into a goal, or focused target to score. The penultimate attacking principle is penetration. For the coach, the task is: how does the team achieve penetration? And conversely, in defense, how do we deny penetration?

For coaches to fulfill their role, they must understand how players learn in a game which demands technical execution in a dynamic tactical environment. Players learn through perception and processing. The player perceives external stimuli, processes that information internally, and makes an action decision based on that information. This is known as TSA : “ Theory of Selective Attention”. The TSA posits that we attend to the most important cues in an environment, ward off extraneous and/or ancillary cues, and make the action decision based on experience and knowledge.

Soccer coaches must help players to acquire this experience and knowledge in practice. However, there is no one way of teaching the game and sophisticated coaches use various teaching methods to achieve their goals depending on what is required and appropriate.

The Role of the Soccer Coach in Player Development

What do soccer players need from the coach? The coach’s role is to set goals, determine a progression that will achieve those goals, and provide feedback to players about performance. Goal setting demands both long and short term goals and will be determined, to a large degree, on the outcomes for which the coach is striving. These outcomes will vary depending on the categorization of the coach.

The role of the coach will fall into three general categories or levels;

The coach-facilitator

The coach-manager

The coach-teacher.

1. The role of the coach-facilitator is to engender an environment of fun, social interaction, and enjoyment of game - like activities that include a soccer ball. These coaches deal, generally, with very young, novice, players. Coach - facilitators must be aware of the physical, mental, and emotional characteristics of these younger age groups, including relative age effects.

There is little “teaching the game” for the coach-facilitator. The effective coach-facilitator provides a portal for players to the next level of play. One of the main outcomes this coach seeks to achieve is a spirit and mentality in youngsters that instills confidence in individual creative soccer expression when dribbling, shooting, passing, etc. Players must be free of the fear of “making a mistake”, losing a game, or being admonished by the “coach”.

2. The coach-manager is concerned with achieving a result; be it winning, playing to a draw, even not conceding an away goal. Coach-managers, often professional coaches, are not in the business of “teaching” players how to play specific tactical roles. They will go on the transfer market and buy the player whose physical, tactical, and psychological playing characteristics fit the coach-manager’s vision of that role. The role of the coach-manager is the transfer market, player selection, tactics for the next game, and, most importantly, “managing” the personalities of twenty or more adults into a cohesive collective entity.

3. The coach-teacher is the level that most impacts the membership of NSCAA. The membership certainly includes coach-facilitators and coach-managers, but the bulk of NSCAA members coach players from ten to twenty years old. Included in this sub - group are club, high school, and college coaches. It is the coach-teacher who will most effectively implement the constitutional imperative and mission statement of NSCAA. The role of the coach-teacher is initiated with the establishment of a coaching philosophy. This will vary with the age and experience of the players and the agency sponsoring the team: club, high school, college, or other. The philosophical emphasis will fall somewhere on the continuum between player development and achieving a result (win). The coach’s role with a club’s in - house team or an intramural team is for players to have fun playing soccer and results should be inconsequential. The Division I college coach in a major conference, however, is contracted and terminated based on results. Most coaching for the coach-teacher will fall between these extremes and combines the educative process of player development while concomitantly attempting to achieve a result. This combination is a difficult, complex task as the coach is always under the cynosure of a thousand eyes. Because of this the role of the coach is perceived differently by parents, club presidents, athletic directors, players, and even the coach.

A typical example of the coach perception problem is evidenced with parents at the club and high school levels. **Parents view the result at the end of the game as the yardstick for determining effective coaching because the result is quantifiable, easily measured: we won (good) or we lost (bad). Parents should be concerned with the “process of playing”: did the team play well? Did their son or daughter make some good passes, dribble effectively, try to play both sides of the ball? Did their child compete hard the entire game? Is their son or daughter becoming a better player over the course of the season?** The problem for the coach is how to quantify improvement for the parent. How does the coach quantify improvement in technical application to tactical play or how does the coach measure the player’s improvement in “reading the game”? Parents can’t measure these concepts, but it is easy for them to measure the result.

The consequence for coaches is that they are evaluated by what is easily measured and, unfortunately, the result also becomes the parent's yardstick for player development. If, at the end of the season, the team hoists the "trophy", the coach is judged to "be a good coach" and did a great job coaching the players.

For the coach- teacher at these ages, is it the role of the coach to win games, develop players, or some amalgam of the two? Here, the administrative acumen of the coach is critical. The coach, parents, players, club officials or athletic director must meet frequently and have an open dialog regarding philosophy, goals and objectives, the process to achieve those goals, and a realistic level of expectation for team success. It is important that coaches do not perceive their role as that of only winning games. When this perception occurs, the result will be training sessions that focus on collective organization, defensive structure, restarts, fitness, no risk soccer, and fear of making mistakes. This type of training ignores the needs of the individual player and player development is minimal or non - existent. It is the coach's responsibility to have open lines of communication with all agents that act upon the players. It is critical that all agents agree on the coach's role.

The Progressive Method

In, almost, all educational endeavors which impart physical skills and decision making, the progressive method is closely adhered to. This involves the introduction of steadily more complicated movements or decision making environments. Soccer is a game of technical execution in a dynamic, and constantly changing tactical environment. (e.g. the ball is arriving at my feet at the same time a defender is closing me down.) In a mille second I must perceive and process the speed and angle of approach of the defender, the position of teammates and opponents, then make an action decision to pass, dribble, shoot, or hold the ball. Making correct decisions in today's high paced soccer demands that coaches provide training that precisely replicates what players are going to experience in the real game. This process is accomplished using progressive methods of teaching, meaning that the coach gradually increases the complexity of the playing environment, necessitating that players begin playing the game and making decisions in uncomplicated environments and as they become more experienced, the coach complicates the environment.

Realizing the impact of training that will replicate what the players will experience in the game, it is a further role of the coaching community, that if it understands how players learn, i.e, (TSA); training and teaching must be based on that model. The role of coaches is to teach from simple to complex, from general to specific. Introductory players (5-8 yrs.) play 3v3 and 4v4. Eight to twelve year olds play 6v6 to 8v8. Emerging and mature players play 11v11. Each of these playing modules will have its own desired player outcomes- technically, tactically, and psychologically. The issue that the soccer coaches must deal with is whether skill is acquired by simple trail and error or whether guidance from an expert is important and, if so, how is this guidance imparted?

Organization of Soccer Lesson Plan

Making a Soccer Lesson Plan

Design, Diagram and Make Sense

When making a lesson plan remember the following points:

- Design your session for the number of players on the team.
- Make sure your drills and activities are age specific.
- Design activities to flow from simple to complex – add elements of the game as you progress.
- Design session to include:
 - Warm-up.
 - Small-sided activity (e.g. 4v2 keep away).
 - Expanded small-sided activity, with discretion.
 - 6v6 (5v5 plus keepers) to two large goals.
- Use progression for teaching techniques or tactics as a guide for planning session.
- Use the appropriate space on the lesson plan to diagram your activity, describe the organization and list the key coaching points.
- Include the objectives of the game or exercise and the method of scoring.
- If using restrictions, make sure they are applicable to your objective and topic.
- Include the general dimensions for the playing area – you should be prepared to adjust the size during your session if needed.
- Use the area of the field that is most applicable to your topic if possible to provide a clearer reference for your players.
- Make sure your activities are realistic to the game.

When diagramming, remember the following points:

- Keep diagrams simple.
- Use a straight line for a pass – a dotted line for a run – a scribbled line for a dribble.
- Indicate size of the area on lesson plan next to diagram.
- Indicate neutral players with an N.

Make sure your practice makes sense:

- Does it look like soccer?
- Will your players understand where the practice fits in the game?
- Are the objectives you set for the players to achieve realistic?
- Are your instructions clear and to the point?
- Does the activity or practice bring out the actual elements of the game?

**Blank
Lesson Plan
(HSC)**

Name _____ Date _____

Topic _____

Coaching points

Warm-up		
Match Related (1 st activity)		
Match Related (2 nd activity)		
Match Condition (3 rd Activity)		
Small Sided Game		

Player Development Model

Age	Technical Emphasis	Tactical Emphasis	Training Environment	Game Format
U 5-6	Dribbling(80%) Shooting (20%)	None	Fundamental Player w/ ball Unopposed 1v 0 Opposed 1v 1	3v 3 small sided game (ssg)
U 7-8	Dribbling (70%) Passing (10%) Shooting (10%) Receiving (10%)	None	Fundamental Player w/ ball Unopposed 1v 0 Opposed 1v 1	3v 3 (ssg) 4v 4 (ssg)
U 9-10	Dribbling Short Passing Shooting/ finishing Receiving Juggling Shielding	Support near ball Ahead/Behind Ball First touch Combination Play Two line shape Two line	Technique 70% Unopposed 35% Opposed 35% Tactics 30% 2v 2 ssg 3v 3 ssg 4v 4 ssg	6v 6 Large sided game (lsg)
U 11-12	Dribbling Medium Passing Shooting/ finishing Receiving Juggling Shielding Heading	Support combination play Creativity 3 line shape 3 line interaction	Technique 70% Unopposed 35% Opposed 35% Tactics 30% 2v 2 ssg 3v 3 ssg 4v 4 ssg 5v 5 ssg	8v 8 (lsg)
U 13-18	Dribbling Medium/long Passing Shooting/ finishing Receiving Juggling Shielding Heading	Support combination play Creativity 3 or more line shape 3 or more line interaction	Technique 40% Unopposed 25% Opposed 50% Tactics 40% 3v 3 ssg 4v 4 ssg 5v 5 ssg 6v 6 ssg	8v 8 (lsg) 11v 11 (lsg)

RULES OF THE GAME (FIFA)

Please go the web site below for any rules and questions you have about the game.

<http://www.fifa.com/mm/document/affederation/federation/81/42/36/lawsofthegameen.pdf>

U5/6 Age Groups

U-5/6

CHARACTERISTICS OF U - 6 PLAYERS

- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get 'lost' on the field.
- Easily bruised psychologically. Shout praise often. Give "hints", don't criticize.
- Need generous praise and to play without pressure. No extrinsic rewards (trophies, medals, etc.) should be given for winning.
- Prefer "parallel play" (Will play on a team, but will not really engage with their teammates. Thus, a 3 against 3 game is, in reality, a 1 against 5 game because they all want the ball at the same time.
- Very individually oriented (me, mine, my).
- Constantly in motion, but, with no sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
- Development for boys and girls are quite similar.
- Physical coordination limited. Eye - hand and eye - foot coordination is not developed. Need to explore qualities of a rolling ball.
- Love to run, jump, roll, hop, etc..
- Prefer large, soft balls.
- Catching or throwing skills not developed.
- Can balance on their "good" foot.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the U5/6 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains.)
- Choosing a team administrator-someone to handle all of the details.
- Complete all paperwork required by your league or club.
- Discuss the laws of the game.
- Carpool needs.

- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards (Cleats are not mandatory.)
- Most importantly, your philosophy about coaching U-6 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

THINGS YOU CAN EXPECT

As coaches of these younger players there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help us relax, and, in turn, allow us to enjoy the unpredictable nature of working with these children even more. Here are some of the things that we can expect.

- Most players cry immediately when something is hurt. Some cry even when something is not hurt.
- No matter how loud we shout, or how much we "practice" it, they can not or will not pass the ball.
- Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.
- The only player to hold a position is the goalkeeper (if you play with one). Don't even consider teaching positional play.
- Twenty seconds after the start of a game, every player will be within 5 yards of the ball.
- Several players will slap at the ball with their hands, or pick it up. Several parents will yell at them not to do that.
- A model rocket that is launched from a nearby field will get 99% of the player's attention. By all means, stop whatever you are doing and go watch for a couple of minutes!
- During a season, you will end up tying at least 40 - 50 shoe laces. They will do something that is absolutely
- During a season, you will end up tying at least 40 - 50 shoe laces.
- They will do something that is absolutely hysterical. Make sure that you laugh!

COACHING RATIONAL

It is important to understand at the outset that players coming to any sport prior to the age of 6 years old, in general, do not do so by their own choice. As a result, their coaches need to give them something about which to get excited. Further, at this age, learning to play soccer is secondary to most other things in their lives.

With the above assumptions, let's look at some things that we can do to energize the U-6 players, and, hopefully, get them to the point where they will enthusiastically initiate the sign up for next year!

- Each session should be geared around touching the ball as many times as possible. Involve the ball in as many activities as possible. Basic movements such as running, skipping, hopping, etc. need to be emphasized. If these can be done while kicking, catching, rolling, or dribbling a ball... all the better!
- Training should not last for more than one hour. This is primarily due to physical fatigue and attention span considerations. Train once or twice a week. Any more than this may lead to their and your burnout.
- Have as many different kinds of activities ready as you can get into one hour. Emphasis needs to be placed on what is FUN!
- Every player should bring his or her own size #3 or #4 ball.
- Remember, although they may have very similar birthdates, their physical and / or mental maturity may vary as much as 36 months. Activities need to accommodate these individual differences whenever possible.
- Team play and passing is an alien concept to these players. They know that if they pass the ball, they may never get it back. In fact, they often will steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart's content.
- Plan for at least 4, 90 second drink breaks, especially in warmer weather. Their "cooling system" is not as efficient as in older players.

TYPICAL TRAINING SESSION

Here are some items that should be included in a U-6 training session:

WARM-UP: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that may or may not involve the ball. They can chase their ball as it is thrown by the coach, bringing it back with different parts of their body. Or, they can chase someone with their ball at their feet. Static stretching is also appropriate at this time, again, hopefully done with the ball. "Soccernastics" activities are very appropriate, like: rolling the ball with the bottom of their feet, with their elbows, backwards, with the back of their neck while holding on to it; throwing it up and catching it; keeping it up with their feet while sitting.

INDIVIDUAL ACTIVITIES: Follow the warm-up with some kind of individual activity, not a real 1 v.1 game, but some kind of activity where players act as individuals in a game environment. An example would be a kind of tag game, or "Red Light - Green Light", or a game where players are trying to knock their ball through gates. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" instead of games where the "looser sits".

PLAY THE GAME: Move on to the real game, but, make sure it is a 2 v. 2, 3 v. 3, or 4 v. 4 game. Switch the game every 5 minutes or so. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. It is important that every player has a chance to shoot on goal as often as possible.

WARM-DOWN & HOMEWORK: Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do, like, bounce it off their thigh and then catch it. It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return

U5/6 Drills

The Greeting Game



Setup

Build a grid that is 15X20 yards using cones. Each of the players get inside the grid.

Instructions

All the players run around randomly inside the grid. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling.

Variations

- Add Dribbling

Coaching Points

- When dribbling, keep the ball close and don't run into other players.

Dribble To Score



The Game

- Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- As soon as the dribbler in front of you moves to the next zone, you can also go.
- After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

Coaching Points

- Good dribbling technique.
- Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

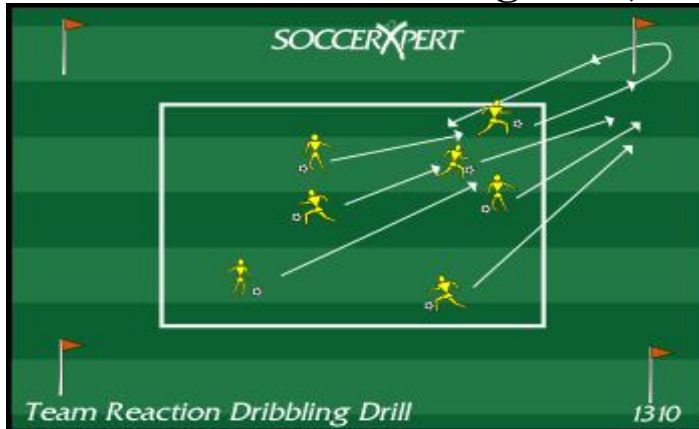
Variations

- Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.

Team Reaction Dribbling Drill

Create a small grid approximately 20X20 yards. From each of the four corners, place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid.

Team Reaction Dribbling Drill, Soccer Dribbling Drill



Setup

Create a small grid approximately 20X20 yard grid. From each of the four corners, place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid.

Instructions

Instruct the players to dribble inside the grid using the entire grid. When the coach calls out a player's name, that player picks which of the four flags they want to dribble around and quickly dribbles around that flag. The entire team must also dribble with speed around the same flag as quickly as possible. The last player back into the grid must do push-ups or sit-ups.

Variations

- Assign the player's numbers and call out the player's number rather than their name.
- Call out a player's name or number and the leader should pick a flag to run around, the rest of the group should run around the diagonally opposite flag.

Coaching Points

- Lift head, eyes up
- Close control
- Good control of body movements
- Use all parts of their feet while dribbling (inside, outside, top, bottom).
- Change of direction
- Change of pace
- Find space
- Dribble with speed

Shadow Dribbling

This soccer dribbling drill uses partners who do not attempt to gain possession of the ball, but adds extra pressure as the following dribbler attempts to imitate the lead dribbler's every move.



Setup

Create a small grid approximately 20X20 yard grid. Instruct players to pair up each player with a ball.

Instructions

The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler's every move and keeping a good close distance. Change leaders after a minute.

Variations

n/a

Coaching Points

- lift head, eyes up
- close control
- control of body movements
- use all parts of their feet while dribbling (inside, outside, top, bottom).
- change of direction
- change of pace
- find space
- dribble with speed
- encourage players to be creative

Knock Out



Setup

Create a grid depending on the number of players and have each player with a ball inside the grid.

Instructions

Instruct the players to protect their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players can only be "knocked out" 2 times where they do 5-10 pushups and get back in the game. On the 3rd time, they are out.

Variations

- Make players dribble with certain parts of their foot.
- If player dribbles out of bounds their self they are considered "knocked out".

Coaching Points

- Instruct players to keep the ball close and touch the ball often * Players heads should be up looking for other players and be aware of their surroundings

The Passing Name Game

The objective of this soccer drill is to help young players improve the speed of play by thinking a step-ahead of the play.



Setup

Form a circle with each of the players on your team. Only start with one ball.

Instructions

To play the name game, the player with the ball passes to a player. Before the receiving player receives the pass, they must yell the name of the player they are going to pass to. Upon the next player receiving the ball, they must yell the name of the player they are going to pass to.

This is designed to make the players think a step ahead of the play. Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass.

Encourage players not to make a pass back to the player they received the pass from, and to pass to different people each time.

Variations

- Create a grid and play the same game as above except players are free to move about the grid.
- Add a second ball.

Coaching Points

- Remind players to be thinking ahead to determine who they want to pass to.
- Good First Touch
- Quality pass

Dribbling to Beat a Defender

This dribbling drill is great when teaching young players when and where to dribble, and how to beat the defenders on the dribble. This dribbling drill is best for U8-U12 Soccer Players. The emphasis is on allowing the dribbling player to unbalance the defender while approaching unchallenged.

dribbling beat defender, soccer dribble, soccer beat defender, soccer beat dribble



Setup

Build a grid 20X10 yards with cones set to mark the halfway line. Two balls will be needed for a group of 3 players.

Instructions

Position the defender in the middle line in the grid. The defender in the middle is restricted to only move side to side on the middle line in an attempt to stop the dribbling attacker. Instruct the attacker to approach the defender under control, make his move after making the defender commit, and accelerate to the other side of the grid.

Variations

none

Coaching Points

- Focus on a Controlled approach
- Make sure the players changes direction
- Make sure the player accelerates to the other end line once past the defender.
- .

Red Light, Green Light.



Setup

Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions

With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.

Variations

- Have the players dribble with only the right or left foot.

Coaching Points

- Make sure the players keep the ball close so they can stop quickly.

Soccer Tag



Setup

Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball and position them inside the grid.

Instructions

Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles, 25 foundation touches, or push-ups before rejoining the game.

Variations

None

Coaching Points

- * Keeping the ball close to the player.
- * Head up where they can see ball and players.
- * Use all parts of the foot while dribbling (inside, outside, bottom, heel, top)

1 on 1 Soccer Progression



Setup

Create a grid approximately 15X25. The end-lines will serve as goals to begin.

Instructions

Have the attacker start at their end-line with the defender directly in front of the ball and attacker. Instruct the defender to not move until after the attacker has touched the ball.

The attacker should use body feints in order to off balance the defender, then push the ball past the standing defender with a burst of speed. The defender should attempt to not let the attacker reach the other end-line. A point is awarded for each time the attacker reaches the end-line. After each attempt to beat the defender the attacker and defender should change roles so each player gets a chance to even the score.

Variations

- In the same 15X25 grid, unrestricted the defender and continue to play 1v1 to the end-line.
- Next, add a small pugg goal at each end-line and have the players play to the small goal. If you don't have a pugg goal, create a goal with cones, flags or training sticks.

Coaching Points

- Use body feints to off-balance the defender.
- Have a quick burst of speed to quickly beat the defender
- Attempt to quickly exploit the space behind the defender

The Soccer Gauntlet

The primary focus of THE SOCCER GAUNTLET is centered around good dribbling technique in traffic which requires vision and awareness.

Soccer Dribbling Drill, Soccer Gauntlet, Dribble Speed



Setup

Make a grid approximately 20x15 yard. Instruct one defender to stand inside the grid without a ball. The remaining players will start on the end line with a ball.

Instructions

On the coach's command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the grid, that attacker becomes an additional defender (without a ball) on the next series. The last player to make it through the gauntlet wins the game.

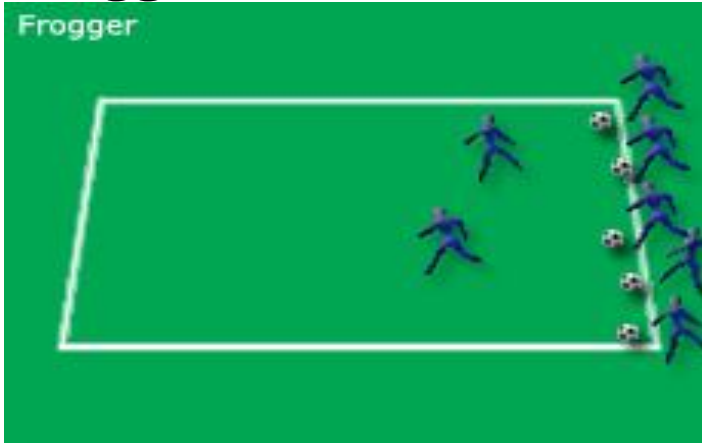
Variations

* Limit the foot the attacker can dribble with

Coaching Points

- * Keep the ball close to the dribbler
- * Stay in control of your body and ball
- * Keep your eyes up to avoid pressure
- * Dribble into space avoiding pressure
- * Dribble with speed when in open space

Frogger



Setup

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball except for 2 players who will be the FROGS.

Instructions

All of the players will start on one side of the grid and try to make it to the other side. The two FROGS must hop and try to tag the other players as they try to get to the other side. When a player is tagged, they both become a frog. Play continues until only 2 players are left, who become the frogs for the next game.

Variations

-

Coaching Points

- Start getting the players dribbling to get their heads up to avoid the frogs.

Simon Says

Setup

Outline a 20X30 grid with cones. Each of the players need a ball.

Instructions

Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.

Variations

- Without ball
- With ball in hand
- With ball

Coaching Points

- Have players do actions like clapping in between their legs and skipping to increase body awareness.
- Focus on dribbling skills and keeping the ball close and under control.
- Focus on players listening skills.

1v1 Competition

This drill is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.



Setup

Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal. Place a cone about 25 yards from the goal. 1 team defends by the goal, and the other team attacks by starting at the cone 25 yards from goal. Each team plays for 5 minutes.

Instructions

The 1st defender plays a ball into the 1st attacker and steps out to defend. The attacker attempts to beat the defender and a point is awarded to the attackers team for each goal that is scored. After a goal is scored, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues. Each team attacks for 5 minutes and defends for 5 minutes. The team with the highest goal count wins. Play 2 games awarding a winner after each match. If each team wins a match, play another round to break the tie.

Variations

- Play 2v2
- make players "beat" the defender before shooting (no 25 yrd bombs)

Coaching Points

Offensive: Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance.

Defensive: Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.

Sharks and Minnows

This drill focuses on the U6 and U8 player and their ability to dribble out of pressure. This drill can be used to focus on the player using their body to protect the ball by placing their body in between the ball and the defender.

Setup

Build a grid approximately 20X25 yards this field should be adjusted based based on the skill level and number of players participating. Each player should have a ball except for 2 sharks.

Instructions

The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2 minnows remaining become the sharks in the next round.

Variations

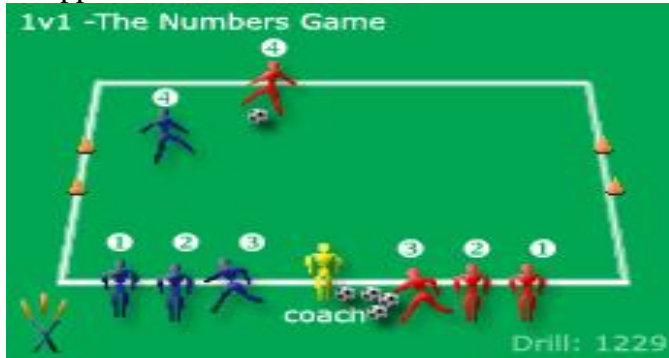
- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.

Coaching Points

- Keep the dribblers under control and not panicked once the sharks get near them.
- Inform players to keep the ball close within playing distance.

The Numbers Game

This drill focuses on the 1v1 situational play for younger players. This focuses on the individual dynamics of this game such as dribbling, shooting, shielding, turning and beating an opponent.



Setup

Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.

Instructions

The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Variations

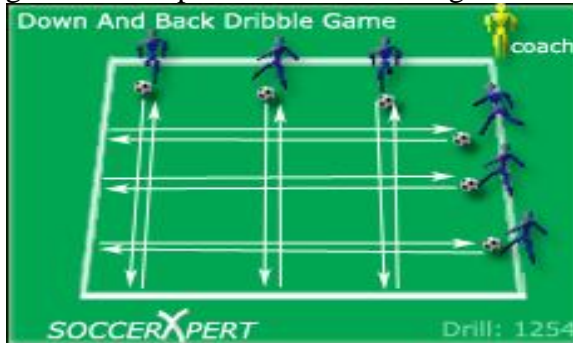
- Have more than one 1v1 going at the same time.
- Call out two or more numbers to create a 2v2 or 3v3.

Coaching Points

- Encourage players to take on their opponent.
- Encourage players to shoot when they have a chance of a goal.
- Instruct the players to protect the ball when necessary.

Down and Back Dribbling Game

This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic/high pressure situations while staying in control. It's a great warm-up to focus on dribbling with all parts of the foot.



Setup

Start by making a grid approximately 20X20 yards. Split the team into two groups. Each player should have a ball. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the grid (half of the group on one side, the other half on the side next to the other group).

Instructions

On the coaches command, instruct the players to dribble to the other side of the group and back to the starting position (down and back). The first player back in each group gets a point. The first player to 5 wins that set. Play 3-4 sets.

Variations

- restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed

Coaching Points

- focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- make sure players keep the ball at a close/safe distance. If the ball is too far in front of them they will most often hit another player or lose their ball.

Pirates of the Pugg

This soccer drill is a great soccer drill using a [Pugg Goal](#) that can be tweaked to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on good dribbling technique in traffic which requires vision and awareness. The coach can also focus on transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.



Setup

Build a circle approximately the size of the center circle with a [Pugg Goal](#) in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".

Instructions

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the [Pugg Goal](#) in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Variations

NONE

Coaching Points

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Focus

Double Headed Snake [View Printable Version](#)

[<< Back](#)



Emphasis:

Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.

Set-up:

Appoint several players to be it. These players will each have a ball. All other players interlock elbows moving as a pair. Grid size should be approximately 20 x 20 yards.

Objective:

For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency.

Progression:

Players with ball will dribble around the grid trying to get close to the double headed snake.

Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.

Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.

Switch players so everyone has a chance to be the snake catcher.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside of the foot to cut the ball

Get your Coach

This drill should be used with younger players (U6 and U8) to introduce dribbling, looking up and properly striking the ball at a target. AND IT'S FUN!



Setup

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball.

Instructions

The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit to make the game FUN! * Make sure the players are striking the ball with the proper part of the foot.

Variations

- If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep, Right and Left foot.

Coaching Points

Hitters and Dodgers

The Hitters and Dodgers soccer drill is a great warm-up and drill for younger players under 5 through under 9. This soccer drill is great for teach players to dribble and then getting their heads up to make a pass. This soccer drill is SO much fun and the younger age group players LOVE this soccer drill.

drills, soccer passing drill



Setup

With disk cones, outline a grid that is about 15X15 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".

Instructions

Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

Variations

None

Coaching Points

Coaches should talk to the hitters about keeping their ball close to the while getting their heads up to find the dodgers.

Coaches should focus on good passing form: using the inside of the foot with good pace on the ball.

Shin Tag [View Printable Version](#)

[<< Back](#)



Emphasis:

Changing direction and changing speeds while maintaining control of the ball.

Set-up:

One ball per person. Grid size should be approximately 20 x 20 yards.

Objective:

Fun! For players to develop a comfort level on the ball while moving and changing directions.

Progression:

Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point.

Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away from that area so they won't be tagged.

As play continues, change the area that one is tagging to increase the difficulty (Example- Ankle)

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance
- Change speeds quickly
- Develop a vision for what's around you

1v1 to Multiple Goals

This soccer drill is great drill for focusing on teaching players attacking skills such as taking on their opponent or learning to attack space. Defensively it will teach players the responsibility of man marking.



Setup

Make a 40X40 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with flags within the grid; one goal per pair. Each pair should begin at their window.

Instructions

Each team will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of their own goal. Players play 1 to 2 minute games and rotate players.

Variations

Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.

Coaching Points

Attacking: Head up and aware of other players, change of direction, close control, and change of pace **Defending:** Bent Knees, aware of attacker, tracking attackers movement and protecting the goal

Focus

- [Dribbling Drills](#)
- [Fitness Drills](#)
- [Defending Drills](#)
- [Attacking Drills](#)

Four Corners Aggressiveness and Fitness Drill (See Variations for U5/6)

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.

soccer fitness drill, soccer aggressiveness, soccer fitness, winning 50/50 balls



Setup

Create a grid that is 30x30 yards. Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

Instructions

The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

Variations

- The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.
- **Give Lines # to control how many players go at one time****(Ex. 1v1, 2v2, ect)
-

Coaching Points

- Players should be taught to go after the ball aggressively with speed,
- determination and vigor.

The Flag Game - Dribbling in Tight Spaces

This [soccer drill](#) is designed to focus on [young soccer players](#) learning to dribble in tight spaces. This will help young players keep their eyes up and to become aware of their surroundings. This [soccer drill](#) also helps players keep close possession while dribbling.

soccer dribbling, soccer dribbling drillThe



Setup

Create a grid that is approximately 10X25 yards. Randomly scatter flags within the grid. To begin the drill, add two less flag than the number of players you have. Each player should begin inside the grid with a ball.

Instructions

Instruct the players to dribble around freely inside the grid avoiding other players and flags. The congestion of the players and flags will cause the player to constantly look up to check their surroundings. When the coach yells "STOP", each of the players must race to a free flag as quickly as possible. The first player to reach the flag 5 consecutive times wins the game.

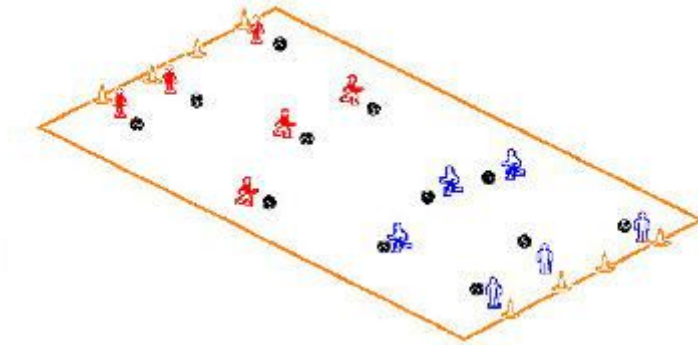
Variations

- Reduce the number of flags.
- Instead of keeping score, make the players do some *minor* form of punishment like push-ups, star-jumps, sit-ups. Make sure the action is age appropriate.
- Restrict the players to only use a certain part of the foot or dribbling technique.

Coaching Points

- Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Protect The Cone - Team



The Game

Same space and equipment as in previous activity. Combine the four groups into two. Set up four cones at each end of the rectangular space. Group leader should pick and offensive and defensive captain for each team. Allow captains 2 to 3 minutes to prepare the respective strategies. While controlling the ball, players must attack and defend the cones. The team with the last standing cone wins.

Coaching Points

- After one round, switch roles so captains and players get a chance at offense and defense.
- Encourage players to kick away opponents soccer ball, while keeping their ball under control.
- No player can attack or defend without their ball.

U7/8 Age Group

U7/8

CHARACTERISTICS OF U 7/8 PLAYERS

- Attention span is a bit longer than U-6 players but still not at a "competitive" stage
- Inclined towards small group activities.
- Always in motion: scratching; blinking; jerking; rocking....
- Easily bruised psychologically. They will remember negative comments for a long time. Shout praise. Give "hints".
- They want everybody to like them.
- Developing physical confidence. (Most are able to ride a two-wheeler.)
- Starting to imitate older players or sports heroes. Want the same "gear" as them.
- Lack sense of pace. They go flat out until they drop.
- Skeletal system growing rapidly. Often results in apparent lack of coordination.
- Cardiovascular and temperature regulation system is not developed. Their heart rate peaks quickly and they overheat quickly. make sure that they get adequate water breaks.
- Limited understanding with personal evaluation. "If they try hard, they performed well" regardless of the actual performance. Thus, they need to be encouraged constantly, and asked "Now, can you do this?"
- Better at recognizing when the ball is out of play, and remembering what goal they are going for... but, in the heat of battle, they will sometimes still forget. They still find it difficult to really be aware of more than one thing at a time.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the U-6 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains.)
- Choosing a team administrator-someone to handle all of the details.
- Complete all paperwork required by your league or club.
- Discuss the laws of the game.
- Carpool needs.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards (Cleats are not mandatory.)

- Most importantly, your philosophy about coaching U-8 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as
- learn about soccer.
- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

THINGS YOU CAN EXPECT

6, 7, and 8 year old players are a bit more compliant than their U-6 counterparts. They will be able to follow 2 or 3 step instructions and are starting to have a good understanding about what it means to play a "game". They are also starting to cooperate more with their teammates. In fact, they now will recognize that they even have teammates by the fact that they occasionally, and I mean occasionally, will pass the ball to a teammate, on purpose. Often, they will repeat the phrase "I can't do that!", but, will quickly run to you to show you that they can, even when they only think that they can. Some other things that you can expect to happen during a season with this age group are:

- There will be at least 200-300 falls during the season, but, now they will usually pick themselves back up.
- The puddle in front of the goal is still too tempting to resist.
- Keep a spare pump in your bag as the players usually do not realize that their ball is flat until they try to kick it, or the coach tells them that it is flat.
- Some of the girls are a lot tougher than the boys.
- They will still want to wear a pinnie, even when the color is identical to their shirt.
- It will be impossible to remember who is who's best friend as you try to make up teams.
- School conflicts will come up... please, let them go (they must face their teachers five days a week).
- They will wear their uniform to bed.

COACHING RATIONAL

Some of the players that are playing as a U7/8 year old have had two years of soccer experience and thus have already touched the ball a few thousand times in their lives. This, however, does not mean that these players are ready for the mental demands of tactical team soccer. True, they do have some idea of the game, but the emphasis still needs to be placed on the individual's ability to control the ball with his/her body. They are still there to have fun, and because some of the players may be brand new to the sport, it is imperative that activities are geared towards individual success and participation.

Following are some more items that a coach of U7/8 players should consider.

- Small sided soccer is the best option for these players. Not only will they get more touches on the ball, but, it is an easier game to understand.
- Because of rapid growth spurts during this age, players will go through times when they seem to have lost control of their body. What they could easily do 2 weeks ago now seems unattainable. Be patient.

- Passing is not an important part of their game, no matter how much anybody yells at them to do otherwise, it is much more fun to dribble and shoot. Let them.
- Training once or twice a week is plenty, and should not last longer than one hour and fifteen minutes.
- Each player should bring their own size #4 ball to training. Learning how to control it should be the main objective. They need to touch it as many times as possible during fun activities that will engage them.
- Challenge them to get better by practicing on their own. There is no rule which states that they can't learn by themselves, no matter how important we think we are.
- Incidental things are important. They are forming the habits that will impact their future participation. Ask them to take care of their equipment (water bottle included), cooperate, listen, behave, and try hard. Realize, however, that they often forget and will need to be reminded often.
- Ask them to work with others to solve a particular challenge. Start them with just one partner and work from there.

TYPICAL TRAINING SESSION

Here are some items that should be included in a U-8 training session:

WARM-UP: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that may or may not involve the ball. They can chase their ball as it is thrown by the coach, bringing it back with different parts of their body. Or, they can chase someone with their ball at their feet. Static stretching is also appropriate at this time, again, hopefully done with the ball. "Soccernastics" activities are very appropriate, like: dribbling the ball with the bottom of their feet, with their elbows, backwards, with the back of their neck while holding on to it; keeping the ball up with their thighs; keeping it up with their feet while sitting.

INDIVIDUAL OR SMALL GROUP ACTIVITIES: Follow the warm-up with some kind of individual activity, not a real 1v.1 game, but some kind of activity where players act as individuals in a game environment. An example would be a kind of tag game, or a game where players are trying to work with a partner or small group to obtain a goal. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" (where everyone plays), instead of games where the "looser sits". Be creative. These players like "crazy" games with a lot of action.

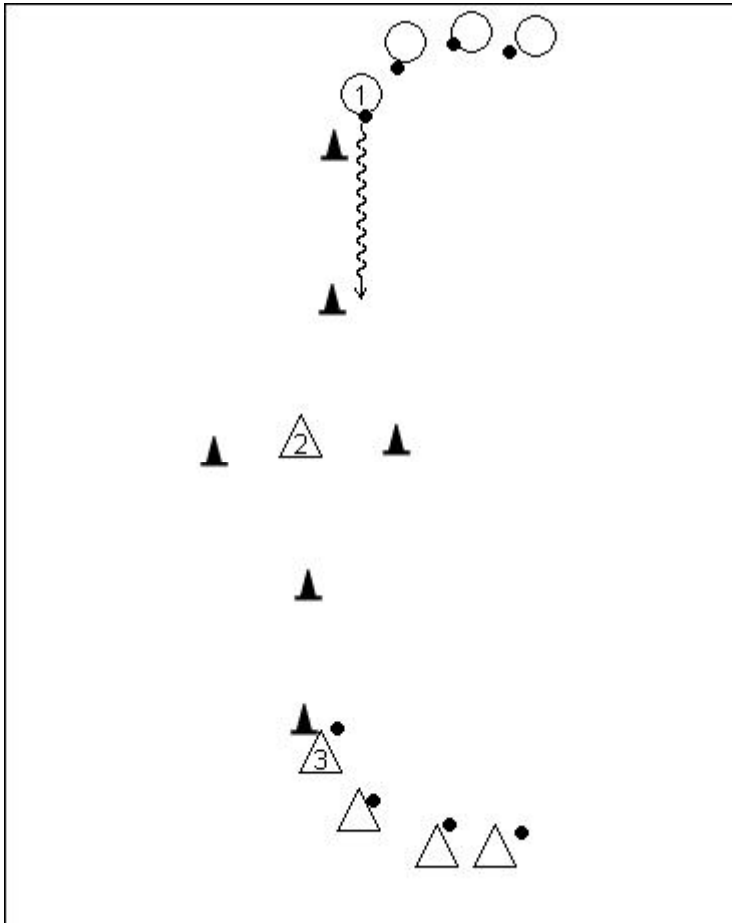
PLAY THE GAME: Small sided soccer can be used to heighten intensity and create some good competition. Play 1v.1 up to 5v.5. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Perhaps play to emphasize a particular skill (can only dribble the ball over a goal line in order to get a point). Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. Switch teams often, give everyone a chance to win. Also, it is important that every player has a chance to shoot on goal as often as possible.

WARM-DOWN & HOMEWORK: Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do, like, bounce it off their head, then thigh and then catch it. Can one player kick a ball to a partner and then back without it hitting the ground? It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return.

U7/8 Drills

Breakaway Shooting Game

[Back to Drills](#) or [Home](#)



[Back to Drills](#) or [Home](#)

Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to

Shooting/Goalkeeper - Shooting Angle

This Goalkeeping Shooting Angle Drill is great for improving Goalkeeper positioning and angles when being shot on. This drill focuses on correct footwork, proper angles, and quickly setting the goalkeepers feet for the shot.

goalkeeper, shooting angle, footwork, quickness



Setup

Position 6-10 servers across the outer edge of the penalty area in front of the goal. Each server should start with a ball.

Instructions

The servers should push the ball to the left, right or straight at the goal then shoot. Instruct the goalkeeper to adjust their positioning according to the position of the ball. The goalkeeper should then set their feet and get into ready position and make the save. The goalkeeper should quickly set for the next shooter and repeat.

Variations

N/A

Coaching Points

- Good, Quick footwork (do not cross feet when shuffling)
- Good angle and positioning on moving ball - instruct them to stay between the ball and the goal
- Make sure they set their feet to get ready for the shot
- They should react quick to the shot
- Make sure they catch the ball clean with good hands

Dribble To Score



The Game

- Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders.
- Defenders must stay in their zones and try to kick any ball they intercept out of bounds.
- Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away.
- As soon as the dribbler in front of you moves to the next zone, you can also go.
- After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

Coaching Points

- Good dribbling technique.
- Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

Variations

- Put a "free zone" between each zone shown. The free zone can be 5 yards wide.
- Once the dribbler gets in the free zone, they can rest before they take on the next defender.
- You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.

1 v 1 to Goal

Drill Rating 3.71 from 35 user votes. Viewed 34381 times.

1 v 1 to Goal is a great soccer drill to improve goal scoring. This drill focuses on beating the last defender, staying in control of the ball and finishing with a good shot on goal.

1 v 1 to Goal, 1 v 1 soccer drill to goal, 1 v 1 soccer, going to goal, scoring goals



Setup

Create a 12 X 5 yard grid just inside the penalty box and assign 1 defender to this grid. Have a goalkeeper play in the goal. Place a cone 7 or 8 yards outside the grid where the remaining players must start with a ball.

Instructions

The defenders job is to stop the attackers from getting through the grid and out the other side while being restricted to only defending within the grid. The attacker's role is to simply beat the defender and get a shot on goal. The attacker must attack out the back of the cones and not out the sides of the grid. Rotate the defenders every 1 to 2 minutes.

Variations

- If the attacking player is stopped by the defender, the attacker quickly becomes a defender attempting to stop the next attacker in line.

Coaching Points

- Good Control and keeping the ball close.
- Good Shot on Goal.
- Beating the defender with speed.

Soccer Drill Focus

- [Dribbling Drills](#)
- [Defending Drills](#)
- [Attacking Drills](#)
- [Shooting Drills](#)
- [Goalkeeping Drills](#)

1v1 50/50 to Goal Team Competition

The purpose of this [soccer drill](#) is to work on [soccer fitness](#), [scoring soccer goals](#), [soccer shooting](#), [soccer goalkeeping](#), and winning 50-50 balls. This is a [fun soccer drill](#) for the younger soccer player.

1v1, Team Competition, going to goal, scoring goals, practice, training, sessions, drills



Setup

On a [full size training goal](#), place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.

Instructions

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Variations

- N/A

Coaching Points

Players should be instructed to:

- Sprint at top speed around the cone
- Battle and win the 50/50 ball
- Quickly attack the goal once possession is won.
- Continue to fight for the ball when defending.
- Have fun.

Protect The Cone - Team



The Game

Same space and equipment as in previous activity. Combine the four groups into two. Set up four cones at each end of the rectangular space. Group leader should pick and offensive and defensive captain for each team. Allow captains 2 to 3 minutes to prepare the respective strategies. While controlling the ball, players must attack and defend the cones. The team with the last standing cone wins.

Coaching Points

- After one round, switch roles so captains and players get a chance at offense and defense.
- Encourage players to kick away opponents soccer ball, while keeping their ball under control.
- No player can attack or defend without their ball.

The Flag Game - Dribbling in Tight Spaces

This [soccer drill](#) is designed to focus on [young soccer players](#) learning to dribble in tight spaces. This will help young players keep their eyes up and to become aware of their surroundings. This [soccer drill](#) also helps players keep close possession while dribbling.

soccer dribbling, soccer dribbling drillThe



Setup

Create a grid that is approximately 10X25 yards. Randomly scatter flags within the grid. To begin the drill, add two less flag than the number of players you have. Each player should begin inside the grid with a ball.

Instructions

Instruct the players to dribble around freely inside the grid avoiding other players and flags. The congestion of the players and flags will cause the player to constantly look up to check their surroundings. When the coach yells "STOP", each of the players must race to a free flag as quickly as possible. The first player to reach the flag 5 consecutive times wins the game.

Variations

- Reduce the number of flags.
- Instead of keeping score, make the players do some *minor* form of punishment like push-ups, star-jumps, sit-ups. Make sure the action is age appropriate.
- Restrict the players to only use a certain part of the foot or dribbling technique.

Coaching Points

- Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

The Soccer Gauntlet

The primary focus of THE SOCCER GAUNTLET is centered around good dribbling technique in traffic which requires vision and awareness.

Soccer Dribbling Drill, Soccer Gauntlet, Dribble Speed



Setup

Make a grid approximately 20x15 yard. Instruct one defender to stand inside the grid without a ball. The remaining players will start on the end line with a ball.

Instructions

On the coach's command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the grid, that attacker becomes an additional defender (without a ball) on the next series. The last player to make it through the gauntlet wins the game.

Variations

* Limit the foot the attacker can dribble with

Coaching Points

- * Keep the ball close to the dribbler
- * Stay in control of your body and ball
- * Keep your eyes up to avoid pressure
- * Dribble into space avoiding pressure
- * Dribble with speed when in open space

1v1 to Multiple Goals

This soccer drill is great drill for focusing on teaching players attacking skills such as taking on their opponent or learning to attack space. Defensively it will teach players the responsibility of man marking.



Setup

Make a 40X40 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with flags within the grid; one goal per pair. Each pair should begin at their window.

Instructions

Each team will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of their own goal. Players play 1 to 2 minute games and rotate players.

Variations

Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.

Coaching Points

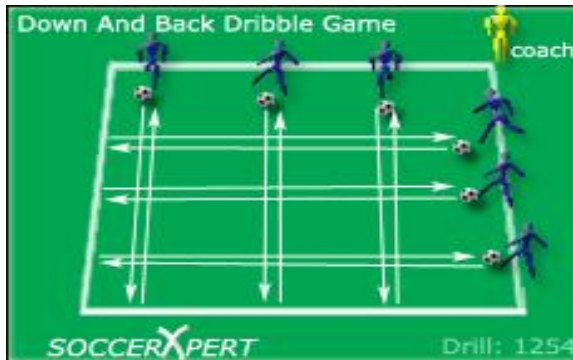
Attacking: Head up and aware of other players, change of direction, close control, and change of pace **Defending:** Bent Knees, aware of attacker, tracking attackers movement and protecting the goal

Focus

- [Dribbling Drills](#)
- [Fitness Drills](#)
- [Defending Drills](#)
- [Attacking Drills](#)

Down and Back Dribbling Game

This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic/high pressure situations while staying in control. It's a great warm-up to focus on dribbling with all parts of the foot.



Setup

Start by making a grid approximately 20X20 yards. Split the team into two groups. Each player should have a ball. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the grid (half of the group on one side, the other half on the side next to the other group).

Instructions

On the coaches command, instruct the players to dribble to the other side of the group and back to the starting position (down and back). The first player back in each group gets a point. The first player to 5 wins that set. Play 3-4 sets.

Variations

- restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed

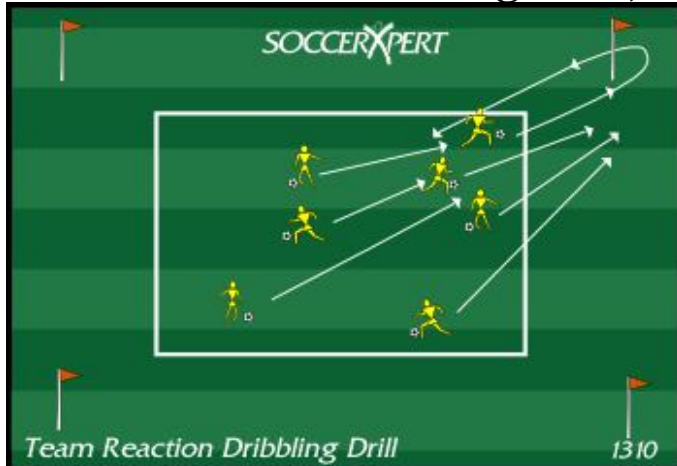
Coaching Points

- focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- make sure players keep the ball at a close/safe distance. If the ball is too far in front of them they will most often hit another player or lose their ball.

Team Reaction Dribbling Drill

Create a small grid approximately 20X20 yards. From each of the four corners, place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid.

Team Reaction Dribbling Drill, Soccer Dribbling Drill



Setup

Create a small grid approximately 20X20 yard grid. From each of the four corners, place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid.

Instructions

Instruct the players to dribble inside the grid using the entire grid. When the coach calls out a player's name, that player picks which of the four flags they want to dribble around and quickly dribbles around that flag. The entire team must also dribble with speed around the same flag as quickly as possible. The last player back into the grid must do push-ups or sit-ups.

Variations

- Assign the player's numbers and call out the player's number rather than their name.
- Call out a player's name or number and the leader should pick a flag to run around, the rest of the group should run around the diagonally opposite flag.

Coaching Points

- Lift head, eyes up
- Close control
- Good control of body movements
- Use all parts of their feet while dribbling (inside, outside, top, bottom).
- Change of direction
- Change of pace
- Find space
- Dribble with speed

The Numbers Game

This drill focuses on the 1v1 situational play for younger players. This focuses on the individual dynamics of this game such as dribbling, shooting, shielding, turning and beating an opponent.



Setup

Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.

Instructions

The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Variations

- Have more than one 1v1 going at the same time.
- Call out two or more numbers to create a 2v2 or 3v3.

Coaching Points

- Encourage players to take on their opponent.
- Encourage players to shoot when they have a chance of a goal.
- Instruct the players to protect the ball when necessary.

Pirates of the Pugg

This soccer drill is a great soccer drill using a [Pugg Goal](#) that can be tweaked to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on good dribbling technique in traffic which requires vision and awareness. The coach can also focus on transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.



Setup

Build a circle approximately the size of the center circle with a [Pugg Goal](#) in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".

Instructions

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the [Pugg Goal](#) in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Variations

NONE

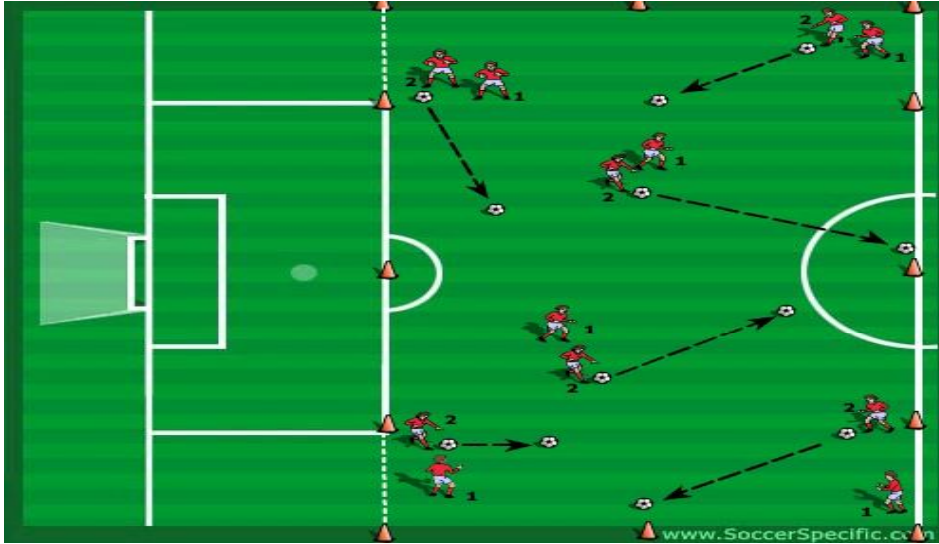
Coaching Points

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Bumper Balls [View Printable Version](#)

[<< Back](#)



Emphasis:

Accuracy of passing.

Set-up:

One ball per person.

Grid size should be approximately 70 x 60 yards.

A full half field would be ideal.

Objective:

For players to get comfortable striking a ball with the inside of the feet for accuracy and utilizing the instep drive over distances.

Progression:

Player #1 and #2 stand next to each other to start.

Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 lets player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.

Every time a player hits his opponent's ball they collect a point.

The player that gets three points first wins.

Players keep alternating passes until one hits the other player's ball.

Winners and losers from different groups are paired and repeat the exercise.

Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest.

Final progression to direct players to use a specific part of their foot only during that particular game.

Coaching Points:

- Weight of passes
- Timing of the pass
- Accuracy of the pass
- Utilizing instep with inside the foot as well as the outside of the foot

Shin Tag [View Printable Version](#)

[<< Back](#)



Emphasis:

Changing direction and changing speeds while maintaining control of the ball.

Set-up:

One ball per person. Grid size should be approximately 20 x 20 yards.

Objective:

Fun! For players to develop a comfort level on the ball while moving and changing directions.

Progression:

Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point.

Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away from that area so they won't be tagged.

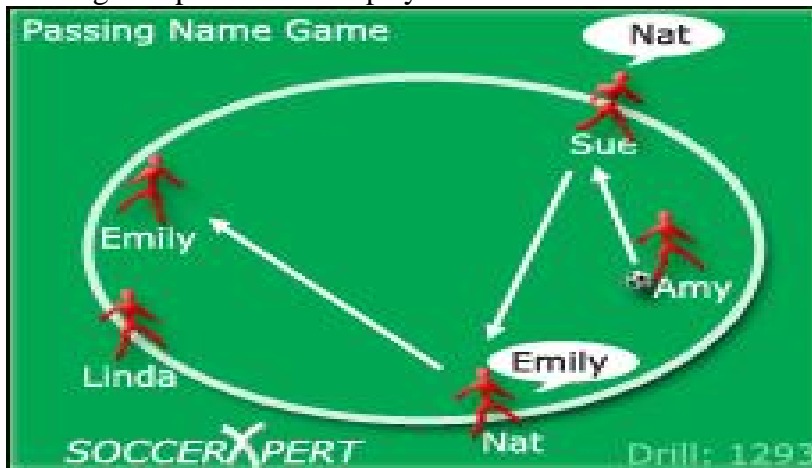
As play continues, change the area that one is tagging to increase the difficulty (Example- Ankle)

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance
- Change speeds quickly
- Develop a vision for what's around you

The Passing Name Game

The objective of this soccer drill is to help young players improve the speed of play by thinking a step-ahead of the play.



increase difficulty add Defender

Setup

Form a circle with each of the players on your team. Only start with one ball.

Instructions

To play the name game, the player with the ball passes to a player. Before the receiving player receives the pass, they must yell the name of the player they are going to pass to. Upon the next player receiving the ball, they must yell the name of the player they are going to pass to.

This is designed to make the players think a step ahead of the play. Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass.

Encourage players not to make a pass back to the player they received the pass from, and to pass to different people each time.

Variations

- Create a grid and play the same game as above except players are free to move about the grid.
- Add a second ball.

Coaching Points

- Remind players to be thinking ahead to determine who they want to pass to.
- Good First Touch
- Quality pass

1v1 Competition

This drill is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.



Setup

Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal. Place a cone about 25 yards from the goal. 1 team defends by the goal, and the other team attacks by starting at the cone 25 yards from goal. Each team plays for 5 minutes.

Instructions

The 1st defender plays a ball into the 1st attacker and steps out to defend. The attacker attempts to beat the defender and a point is awarded to the attackers team for each goal that is scored. After a goal is scored, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues. Each team attacks for 5 minutes and defends for 5 minutes. The team with the highest goal count wins. Play 2 games awarding a winner after each match. If each team wins a match, play another round to break the tie.

Variations

- Play 2v2
- make players "beat" the defender before shooting (no 25 yrd bombs)

Coaching Points

Offensive: Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance.

Defensive: Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.

Four Corners Aggressiveness and Fitness Drill

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.

soccer fitness drill, soccer aggressiveness, soccer fitness, winning 50/50 balls



Setup

Create a grid that is 30x30 yards. Create 4 teams and have them stand at each of the four corner cones. The coach stands outside the grid near the middle of 2 side cones with a large supply of soccer balls.

Instructions

The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first. Once the ball is won cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach. If any player steals the ball from the person in possession, that player will then attempt to hold possession for 5 seconds. A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach. The first team to reach 5 points wins.

Variations

- The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.
- **Give Lines # to control how many players go at one time**(Ex. 1v1, 2v2, ect)
-

Coaching Points

- Players should be taught to go after the ball aggressively with speed, determination and vigor.

3v3 Plus 3

(To Difficult for U7 and Very Advanced for U8)

This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.

3v3 Plus 3



Setup

Start with building a 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups.

If the defending team (Yellow) wins the ball o, the team who made the mistake automatically becomes defense. For Example, let's say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points

- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

Guard the Castle

(To Difficult for U7 and Advanced for U8)

This drill is a great small sided game that focuses on passing in numbers up situations This is a fun drill and the kids will love it!

Soccer Passing Drills, Soccer Passing Games, passing soccer, soccer pass, coaching soccer pass



Setup

Set up a grid that is 12 X 12 yards. Organize the team into groups of four. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the “castle”. If you do not have disc cones, a tall cone will work just as good.

Instructions

It will be up to the 3 attackers to pass the ball around the defender in the grid in attempt to knock down the castle with a pass. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.

Variations

- Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- Require players to complete a certain number of passes before they are allowed to knock down the castle.
- Play 1v1 and focus on dribbling skills.

Coaching Points

- Instruct players to get their heads up to find the pass.
- Make sure the players are passing the ball with proper weight on the ball.
- Make sure players are moving about the grid in order to find open space. Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.

Angle of Support Possession Drill (To Difficult for U7 and advanced for U8)

This soccer passing drill is a great drill for teaching young players angle of support and spacing.

Soccer Passing Drills, Soccer Passing Angle of Support, Soccer Possession, Soccer Passing Possession



Setup

Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.

Instructions

The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in “un-defended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations

- Play in 1 or 2 touches.
- Add a defender

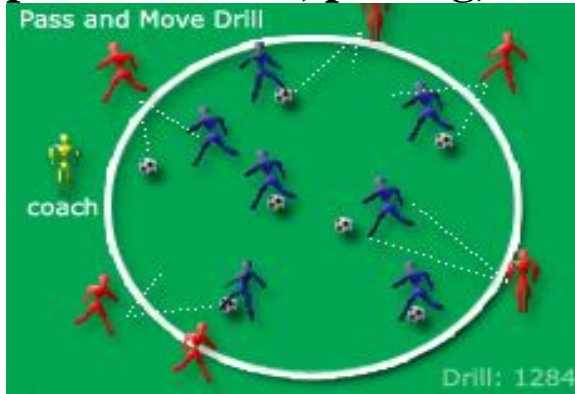
Coaching Points

- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Help players with good angle of support

Soccer Pass and Move Drill

This soccer passing drill is a great drill to teach players movement, awareness, accuracy, timing, first touch and passing with all parts of the foot. Good pass and move soccer drill.

pass and move, passing, receiving, movement



Setup

Start with 6 players in blue and 6 players in red. Red players outside the circle and blue players are inside the circle with a ball each.

Instructions

The blue players inside the grid pass to an outside player and receive the ball back from the outside player and move across the circle to pass to another outer player. Players must go through the center of the circle but avoid other players. Players should pass and move. Change the groups every 5 minutes.

Variations

Split into 3 groups of 4 players each with different color bibs. The new group will become passive defenders who are responsible for marking the 4 attacking players inside the circle. The remaining 4 players spread out on the outer side of the circle. The attacking team will only play with 2 balls. The ball must be played in by one attacker and received by a different attacker on the same team.

Coaching Points

- Make sure the players put the proper weight, accuracy, and timing of each pass.
- Players should control the ball into space with their first touch.
- Players should use all foot surfaces.
- Players should be reminded to keep the ball moving at all times.
- Remind players to accelerate with power after receiving the pass.
- Players should be aware of their surroundings and continue to communicate with their teammates.
- Pass and move

Dribbling to Beat a Defender

This dribbling drill is great when teaching young players when and where to dribble, and how to beat the defenders on the dribble. This dribbling drill is best for U8-U12 Soccer Players. The emphasis is on allowing the dribbling player to unbalance the defender while approaching unchallenged.

dribbling beat defender, soccer dribble, soccer beat defender, soccer beat dribble



Setup

Build a grid 20X10 yards with cones set to mark the halfway line. Two balls will be needed for a group of 3 players.

Instructions

Position the defender in the middle line in the grid. The defender in the middle is restricted to only move side to side on the middle line in an attempt to stop the dribbling attacker. Instruct the attacker to approach the defender under control, make his move after making the defender commit, and accelerate to the other side of the grid.

Variations

none

Coaching Points

- Focus on a Controlled approach
- Make sure the players changes direction
- Make sure the player accelerates to the other end line once past the defender.

Instep Shooting Drill

Drill Rating 3.5 from 8 user votes. Viewed 27248 times.

This drill focuses on the instep drive. This is a very important method of striking a ball as it is used in shooting. The ball is struck with the shoelace part of the foot with the toe pointed down and the ankle locked.

soccer instep shooting drill, instep drill, instep shooting, soccer instep shooting



Setup

Setup a grid that is 25x25 yards and place 3-4 tall cones in the middle of the grid. Divide the team into groups of 2. Partners stand on opposite sides of the grid facing each other. Each group of 2 needs a ball.

Instructions

Players get points by knocking over a cone by driving the ball to their partners side of the grid. Any of the players on the side can return the ball by driving it with the instep of the foot while attempting to knock over a cone.

Variations

* Drill can be used for younger players to work on inside of the foot passing

Coaching Points

* Striking the ball with the shoelaces, toe pointed down, ankle locked, non-kicking foot should be next to the ball and slightly behind it and pointed towards the target. Players should try to land on their kicking foot to use the full transfer of body weight.

Two Sided Goal



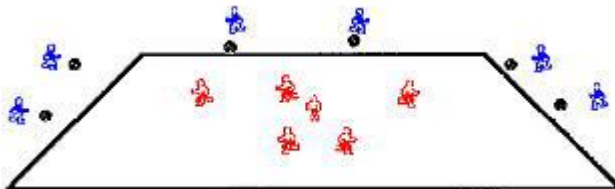
The Game

A 2 v. 2 or 1v1 game played to a two sided goal. Goals can be scored from either side. The game is a continuous flow game that is best played for 2 - 3 minutes.

Coaching Points

- A good warm-up or cool-down game to teach defending and attacking skills.
- Defenders must make sure they cover the goal as well as the attacking players.
- Defenders must work at channeling the first attacker away from their support.
- Attacking team must be good at combination play to unbalance the defense.
- As soon as the ball is lost, defending team must get goal side.
- Try to attack immediately when the ball is won.

Foxes & Hunters



The Game

- Players on the inside are "Foxes". Players on the outside are "Hunters".
- Hunters dribble into the grid and try to dribble their ball into the Foxes so that it hits them below the knees.
- If a Fox is hit, the Fox drops down to one knee and tries to kick the ball away from the Hunters that are dribbling by.
- Once all of the Foxes are down, the teams switch roles.
- Time each team. the team that "stays alive" longest wins.

Coaching Points

- Discourage long range shooting at Foxes.
- Try feinting at the Foxes, trying to make them jump into the air, then get them when they come down.
- Work in pairs to try and corner elusive Foxes.

Age 9/10 Age group

U9/10

CHARACTERISTICS OF U - 9/10 PLAYERS:

- Gross and small motor skills becoming more refined and reliable. " Boys and girls begin to develop separately.
- Ability to stay on task is lengthened. They have the ability to sequence thought and actions.
- Greater diversity in playing ability and physical maturity.
- Skills are emerging. Becoming more predictable and recognizable.
- Some children begin moving from concrete thinking to abstract thinking.
- Able to pace themselves, to plan ahead.
- Increased self-responsibility. They remember to bring their own equipment.
- Starting to recognize basic tactical concepts, but not exactly sure why certain decisions are better.
- Repetition of technique is very important, but it must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise, and mention "why".
- Becoming more "serious". Openly, intensively competitive, without intention of fouling.
- Still mostly intrinsically motivated. " Peer pressure starting to be a factor.
- Adult outside of the family may take on added significance.
- Prefer identification with a team. Like to have good uniforms, equipment, balls.
- More inclined towards wanting to play instead of being told to play. Will initiate play more.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the U9/10 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains)
- Choosing a team administrator, someone to handle all of the details.
- Complete all paperwork required by your league or club.
- Discuss the laws of the game.
- Carpool needs.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.

- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards cleats or sneakers.
- Most importantly, your philosophy about coaching U9/10 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

THINGS YOU CAN EXPECT

Some coaches say that the 9 and 10 year-old players are beginning to "turn the corner" and starting to look like real soccer players. However, games are still frantically paced and unpredictable for the most part. These players are starting to find out how much fun it is to play the game skillfully, but they will still stop and laugh if the referee gets hit in the backside with the ball during a game. Some other things that we can expect when working with this aged player are:

- They start to understand offsides, but still forget themselves when the goal is in front of them.
- They will really beat up on each other during practice... especially boy's teams.
- During a game, the parents will scream out "HAND BALL" or "COME ON REF, CALL IT BOTH WAYS" at least fifteen times.
- They might cry after the game if they loose, but will forget it if you ask them if you want to go out for burgers and fries.
- You might actually catch them practicing on their own without you telling them to do so.
- Their parents are telling them to do one thing during the game, you are telling them another thing, but what they end up doing might be what their friend is telling them to do.
- You will see a pass that is deliberate. You might even see a "back pass".
- You will see your first \$100 pair of cleats during practice. They will call the other team bad names... really bad names.

COACHING RATIONAL

Some of the players that are playing as U 9/10's are seasoned veterans of the youth soccer scene. Some of them may have already been involved in traveling to play in tournaments. As a result, some of them might be very nervous about the whole process. It is our job to keep things in perspective for these young, developing players. True, some of them are becoming quite skillful and are seeing how fun it is to play the game when they can really control the ball. However, many of them are still learning the ropes. Even the more experienced players need to have the game be fun!!!

Emphasis is still placed on having players learn how to control the ball with his/her body, but now, they need to find themselves in more game-like situations. Training is more dynamic and starting to have players make simple, basic decisions such as "Which way is there more space?" or "Who should I pass to?".

Following are some more items that a coach of U9/10 players should consider:

- Use small sided games as the main teaching vehicle. Not only will they get more touches on the ball, but the full 11-a-side game is still too complicated for them to understand.
- How we group players during training takes on even added significance because of the wide margins of ability levels. We need to mix players up often.
- Stretching is becoming more important, along with a good warm-up. Since the game is faster, make sure that they also have good shinguards. Safety and preventive measures take on added significance.
- Training twice a week is plenty. Sessions need not go longer than one hour, fifteen minutes.
- They should all come with their own size #4 ball. In fact, they still need to be encouraged to play with it by themselves.
- Put them into competitive environments as much as possible. This will not only keep them focused, but, it will allow the game itself to teach them. It also will keep things fun for them, and allow you to deal with issues such as 'winning' and 'loosing' which is now a very big concern for them.
- Now it is possible to teach them positional play with the expectation that they will get it some of the time. However, it is absolutely necessary that you do not allow players to specialize in any one position. They need to learn basic principles of the game, first. Having them play all of the positions is best for their individual development. Remember, our first responsibility is to develop players and let them have fun.
- Whenever possible, allow them to solve their own puzzles. Don't immediately give them solutions on how they can play better.

TYPICAL TRAINING SESSION

Here are some items that should be included in a U9/10 training session:

WARM-UP: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that involve the ball. Since there can be one theme to the session, hopefully, the warm-up will lead into the theme of the day. Static stretching is also appropriate at this time after the players have broken a sweat, again, hopefully done with the ball. Again, the warm-up should get the players ready to play. It should be lively, fun, and engaging as well as instructional. There is nothing like a good, fast paced activity to grab the player's attention and make them glad that they came to practice.

INDIVIDUAL OR SMALL GROUP ACTIVITIES: Follow the warm-up with some kind of individual activity, not necessarily a real 1v.1 game, but some kind of activity where players act as individuals or cooperate in small groups in a game environment. An example would be a kind of tag game, or a keep-away game. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" instead of games where the "looser sits". Be creative. These players like "crazy" games with a lot of action.

PLAY THE GAME: Small sided soccer can be used to heighten intensity and create some good competition. Play 4 v.4 up to 8 v.8. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries.

Perhaps play to emphasize a particular skill (can only dribble the ball over a goal line in order to get a point). Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. Switch teams often, give everyone a chance to win. Also, it is important that every player has a chance to shoot on goal as often as possible.

WARM-DOWN & HOMEWORK: Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do, like, bounce it off their head, then thigh, then foot, and then catch it. Can one player kick a ball to a partner and then back without it hitting the ground? Can they do that with their heads? It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return

U9/10 Drills

Dribbling with speed, recognizing when to dribble

This dribbling soccer drill will help players recognize when to make runs and get comfortable making those runs with speed.

dribbling with speed, recognizing when to dribble



Setup

Create 2 20X20 yard grids about 12 yards apart. One grid starts with 5 attackers and 2 defenders, and the other grid starts with 4 attackers and 2 defenders. The 5v2 grid will start the play.

Instructions

Players are instructed to make X number of passes (X depends on the age and skill level of the players). After x number of passes, players should choose a good opportunity to advance to the other grid on the dribble at match speed. Upon entering the new grid, the player should make a good passing decision to keep the play active and away from the defending players. Supporting players should open up the grid by getting wide and spreading out as much as possible.

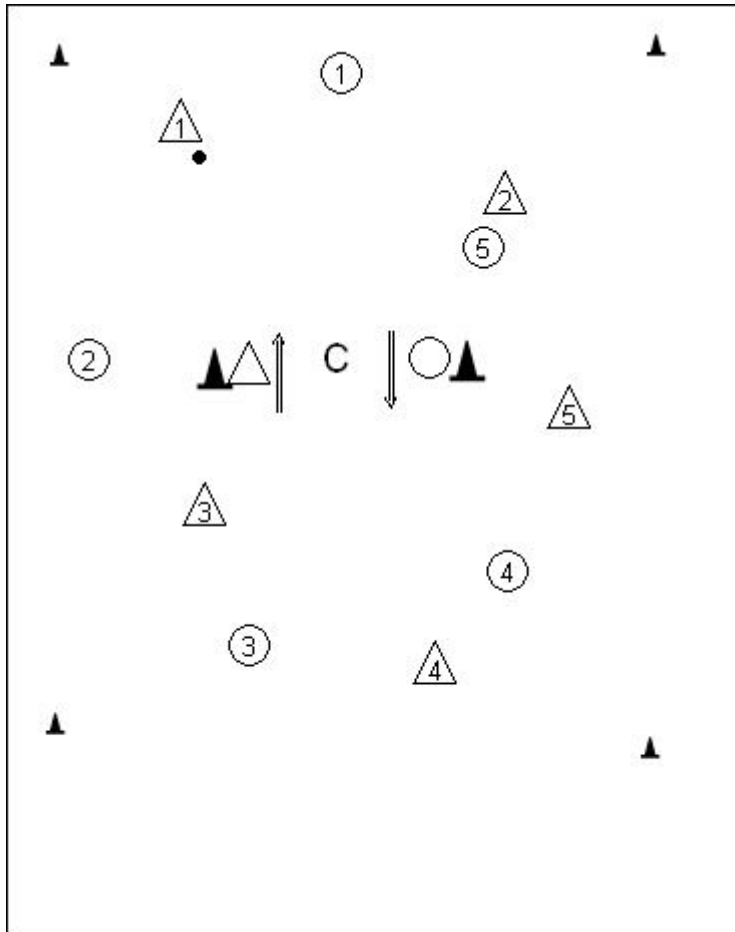
Variations

- Restrict the number of touches per player while inside the grid.
- Allow one defender to track the dribbler and enter the opposing grid.

Coaching Points

- Carry ball at speed
- Make right decision when to dribble across grid.
- Good decision when entering opposite grid. Correct decision made to keep possession.
- Players in opposite grid should get wide to give space and options to the advancing attacker.

ONE GOAL SOCCER [Back to Drills](#) or [Home](#)

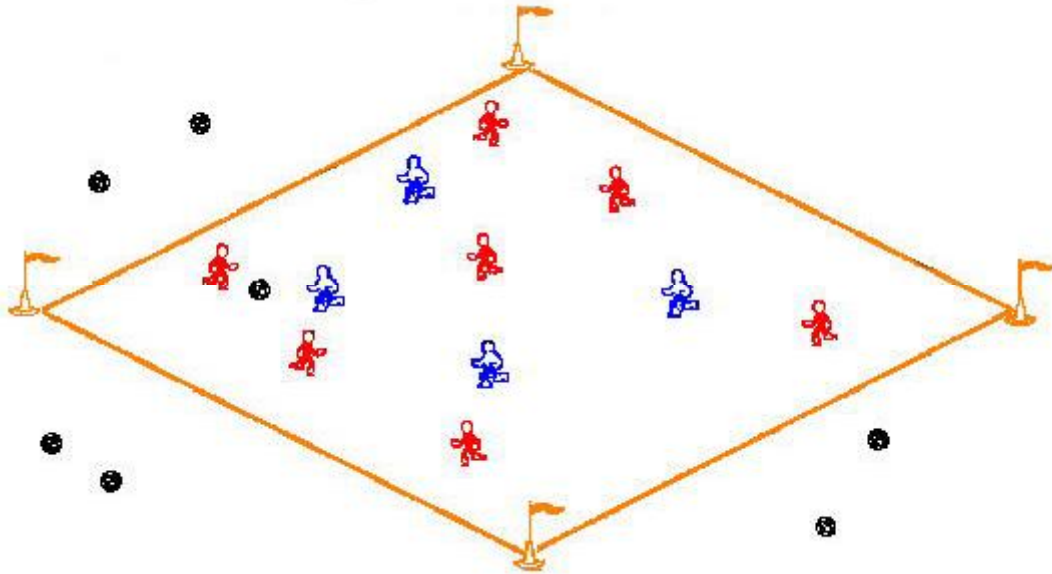


Set up a good size field with a "cone goal" in the middle. One coach OR one keeper in the middle who is playing for both teams.

The game- there are two teams. 5-8 players on each team. Each team is only allowed to score in only one direction. This forces them to swing the ball around to the outside, similar to switching fields.

Fun game- it takes the players a little time to figure out the strategy which is fun for the players and fun for the coach to watch. [Back to Drills](#) or [Home](#)

Escape

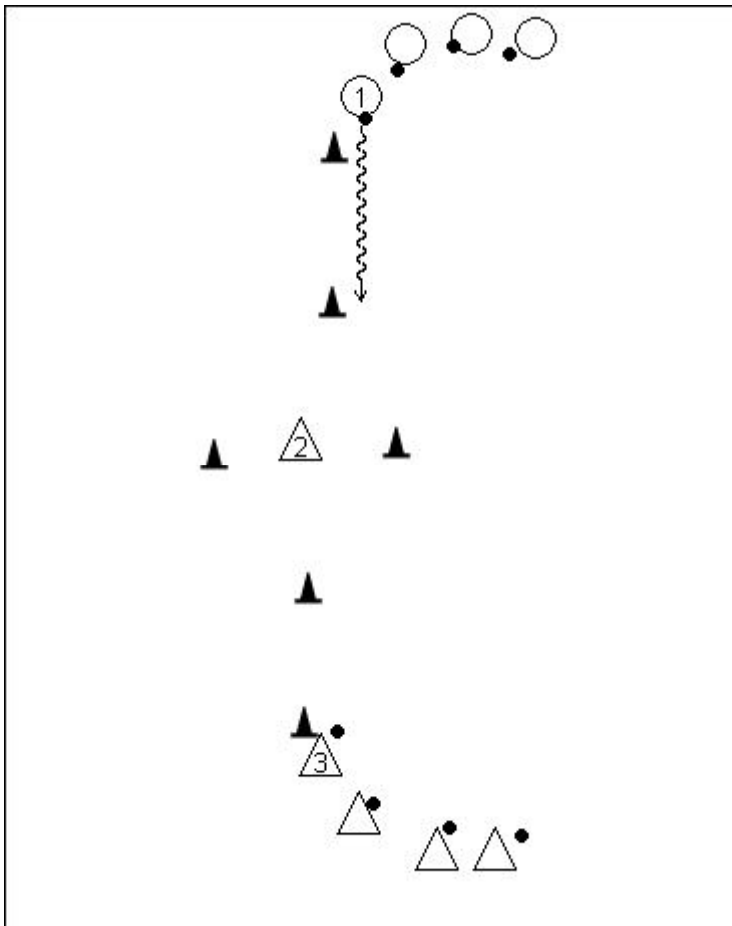


The Game

Seven players try to possess the ball. 15 passes equals 1 goal. 4 players are collectively trying to gain possession and get the ball out of the space. One goal each time they get it out. 3 points wins the game

Breakaway Shooting Game

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Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to

4v4 Playing Wide Out of the Back

This drill is designed to get players to play balls wide when playing from the back (defensive third of the field). Players will recognize that they will find more time and space in the outsides of the fields and be relieving the center of the field from dangerous play.

4v4, playing wide, defensive role, switching point attack



Setup

Create a grid approximately 40X25 yards. Create a small goal on the endline with two cones. Create two 7 yard channels along the outsides of the field on the center line. Split the players into 2 teams of 4.

Instructions

Each team has a goal to defend. Scoring is achieved when the ball is won in the back half of the field and played wide through a channel. Players are not allowed to go forward unless it is passed or dribbled through the channel first.

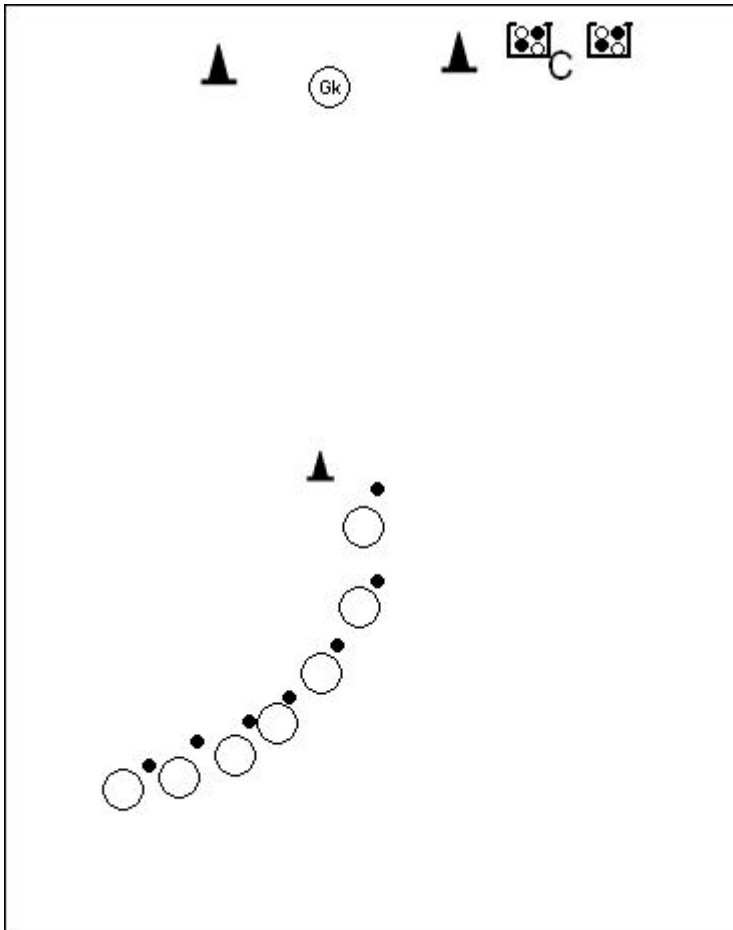
Variations

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel

Coaching Points

- Once the ball is won, players must quickly open up for their teammates which will allow for quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

POWER FINESSE



POWER FINESSE

SETUP- A goal with a keeper, a coach with lots of soccer balls and a line of players.

The game- The first person in line take a shot from about 20 yards out. After he takes that shot, he head towards the goal and the coach serves him a ball in front of the goal for a finesse shot. If the player misses both shots, he sits. If he hit at least one shot, he gets a ball and goes to the end of the line and is still in the game. If he makes BOTH shots he get to "challenge" any player in line. That player has to make both shots. If he does not, he is out. Till the next game anyway.

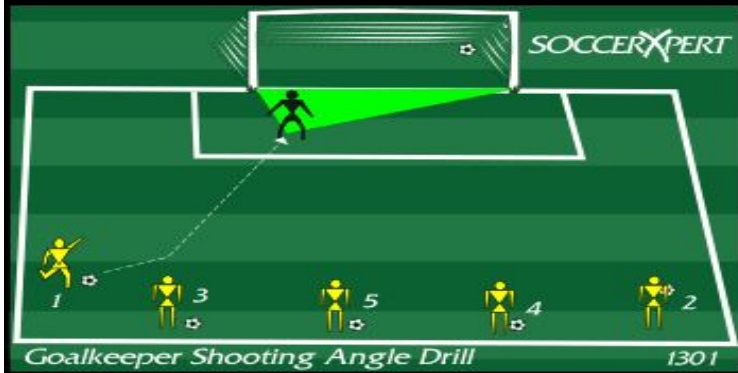
Coaching points- because there can be a long line in this game- play it at tournaments in between games to keep kids busy.

[Back to Drills](#) or [Home](#)

Shooting/Goalkeeper - Shooting Angle

This Goalkeeping Shooting Angle Drill is great for improving Goalkeeper positioning and angles when being shot on. This drill focuses on correct footwork, proper angles, and quickly setting the goalkeepers feet for the shot.

goalkeeper, shooting angle, footwork, quickness



Setup

Position 6-10 servers across the outer edge of the penalty area in front of the goal. Each server should start with a ball.

Instructions

The servers should push the ball to the left, right or straight at the goal then shoot. Instruct the goalkeeper to adjust their positioning according to the position of the ball. The goalkeeper should then set their feet and get into ready position and make the save. The goalkeeper should quickly set for the next shooter and repeat.

Variations

N/A

Coaching Points

- Good, Quick footwork (do not cross feet when shuffling)
- Good angle and positioning on moving ball - instruct them to stay between the ball and the goal
- Make sure they set their feet to get ready for the shot
- They should react quick to the shot
- Make sure they catch the ball clean with good hands

The Triangle Goal Shooting Game



The Game

- Set up a triangular goal in the middle of a 50 x 50 grid.
- Play an even sided game with both teams having their own keeper.
- Both teams try to score through any one of the three sides of the triangular goal.
- It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- Play with 2 balls for real excitement.
- Goalkeepers may become attacking players when their team has possession.

Coaching Points

- Attacking and defending principles of play.
- Shooting
- Finishing
- Possession
- Goalkeeper positioning, shot saving and distribution.

Attacking the End Line Crossing Game (Advanced)

This drill focuses on attacking from the endline from the flanks and serving a ball in. This is a great crossing game to isolate the flank players and getting them to serve the ball in front of the goal.

Attacking the End Line, Crossing Drill, Crossing Game



Setup

Using half of a field, move the goal to the midfield line facing a goal on the end line. Using 4-5 cones on each side, create a 10-yard wide channel along each touchline. Two teams of 4 will play in the middle. Each team has one player in the channel, and the goals should have a goalkeeper in both nets. One team will start with the ball, and the remaining balls should be placed behind the goal.

Instructions

Instruct the players to play 4v4 in the middle area and 1v1 on the flanks in either channel. The ball must be served from a channel to score a goal.

When the ball is in the channel, the channel players should play 1v1 until one of the player's breaks into the offensive end of the channel. At this point, the defender should allow the cross. The four middle players become near post, far post, trail and supporting runs. Play is continued.

Variations

- Increase or decrease the number of players in the middle
- Use wall passes, takeovers or overlaps.
- Rotate channel players.

Coaching Points

- Proper service of crosses from flanks. When to serve on the ground, when to knock back, and when to drive hard.
- Make sure attackers are making proper runs.

Focus

Four Corners Passing Game

The Four Corners Passing Game is a great soccer drill to focus on passing, changing the point of the attack, and timing of runs and passes.

Soccer Passing Drills, Soccer Passing Games, Teaching Soccer Passing, Coaching Soccer Passing



Setup

Create four grids that are about 5x5 yard grids and set them about 40X40 yards apart on all sides. Split the group into two teams and put one team in an alternate color.

Instructions

Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Variations

- Do not allow players to stand inside the grids waiting for a pass. Instead, instruct the players to work on timing of the runs and timing of the pass to connect inside the grid.
- Change the scoring rule to where the goal is scored only when a give and go is performed with the player that is in the grid.

Coaching Points

- Focus on the weight and accuracy of the passing
- Make sure players without the ball are supporting the player with the ball at all times
- Make sure the timing of the runs and timing of the pass are in sync.
- Make sure players change the point of attack and are not forcing passes into congested areas

3v1 - Attacking the Goal

This drill focus on the attacking movement and composure in front of the goal. Players will become comfortable in front of the goal and will be able to recognize situational play.

3v1 Attacking the Goal, Soccer Finishing Drill, Soccer Attacking Drill



Setup

Designate 2-3 defenders in red to rotate 1 at a time every 2-3 attacks. Have the keeper be in goal with the remaining players form 3 lines (left, center, right) approximately 20-25 yards from the goal. The ball should start with the center player.

Instructions

The center player starts with the ball and 1 player from each group attacks the defender (playing 3v1). The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score. Defenders should rotate after 2-3 attacks.

Variations

- Limit touches to 1 or 2 touch
- Add a 2nd defender

Coaching Points

- Make sure passes are quick and to feet
- Find back-side player to off balance the defenders
- Be patient and if the attackers get in trouble, they should knock it back to the center player to swing the play in the other direction
- Play QUICK. If the play is too slow, the ball is considered dead and the next group begins.
- Outside attackers should attempt to draw the defender and keeper into them, and slide the ball backside to the open player.

Instep Shooting Drill

This drill focuses on the instep drive. This is a very important method of striking a ball as it is used in shooting. The ball is struck with the shoelace part of the foot with the toe pointed down and the ankle locked.

soccer instep shooting drill, instep drill, instep shooting, soccer instep shooting



Setup

Setup a grid that is 25x25 yards and place 3-4 tall cones in the middle of the grid. Divide the team into groups of 2. Partners stand on opposite sides of the grid facing each other. Each group of 2 needs a ball.

Instructions

Players get points by knocking over a cone by driving the ball to their partners side of the grid. Any of the players on the side can return the ball by driving it with the instep of the foot while attempting to knock over a cone.

Variations

* Drill can be used for younger players to work on inside of the foot passing

Coaching Points

* Striking the ball with the shoelaces, toe pointed down, ankle locked, non-kicking foot should be next to the ball and slightly behind it and pointed towards the target. Players should try to land on their kicking foot to use the full transfer of body weight.

Diagonal 1v1 Soccer Drill

This 1v1 soccer drill is great to focus on 1v1 play whether it's on the offensive or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, and getting behind the defensive players. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.

1v1 Soccer Drill, 1v1, soccer drills, attacking soccer, defending soccer



Setup

Set up a 15 X 15 yard grid and split the team into 4 groups with 1 group on each corner of the grid. Two groups next to each other (Group A and B) will have the supply of balls.

Instructions

The first player of group A will play a ball to the first player in group C who is on the diagonal corner. Player C becomes the attacker who attempts to attack the cone in which player A came from. Player A becomes the defender and attempts to deny player C from getting to his cone. Play is considered dead when the ball is out of the grid, or the defending player wins possession. Group B will then play to Group D and repeat.

Variations

-

Coaching Points

Offensive: Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance. Defensive: Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.

1v1 50/50 to Goal Team Competition

The purpose of this [soccer drill](#) is to work on [soccer fitness](#), [scoring soccer goals](#), [soccer shooting](#), [soccer goalkeeping](#), and winning 50-50 balls. This is a [fun soccer drill](#) for the younger soccer player.

1v1, Team Competition, going to goal, scoring goals, practice, training, sessions, drills



Setup

On a [full size training goal](#), place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.

Instructions

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Variations

- N/A

Coaching Points

Players should be instructed to:

- Sprint at top speed around the cone
- Battle and win the 50/50 ball
- Quickly attack the goal once possession is won.
- Continue to fight for the ball when defending.
- Have fun.

Soccer Pass and Move Drill

This soccer passing drill is a great drill to teach players movement, awareness, accuracy, timing, first touch and passing with all parts of the foot. Good pass and move soccer drill.

pass and move, passing, receiving, movement



Setup

Start with 6 players in blue and 6 players in red. Red players outside the circle and blue players are inside the circle with a ball each.

Instructions

The blue players inside the grid pass to an outside player and receive the ball back from the outside player and move across the circle to pass to another outer player. Players must go through the center of the circle but avoid other players. Players should pass and move. Change the groups every 5 minutes.

Variations

Split into 3 groups of 4 players each with different color bibs. The new group will become passive defenders who are responsible for marking the 4 attacking players inside the circle. The remaining 4 players spread out on the outer side of the circle. The attacking team will only play with 2 balls. The ball must be played in by one attacker and received by a different attacker on the same team.

Coaching Points

- Make sure the players put the proper weight, accuracy, and timing of each pass.
- Players should control the ball into space with their first touch.
- Players should use all foot surfaces.
- Players should be reminded to keep the ball moving at all times.
- Remind players to accelerate with power after receiving the pass.
- Players should be aware of their surroundings and continue to communicate with their teammates.
- Pass and move

Angle of Support Possession Drill

This soccer passing drill is a great drill for teaching young players angle of support and spacing.

(See Variations to increase Difficulty)

Soccer Passing Drills, Soccer Passing Angle of Support, Soccer Possession, Soccer Passing Possession



Setup

Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.

Instructions

The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in “un-defended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations

- Play in 1 or 2 touches.
- Add a defender
- ****Decrease space****
- ****Certain # of pass equal 1 point****

Coaching Points

- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Help players with good angle of support

Guard the Castle

This drill is a great small sided game that focuses on passing in numbers up situations This is a fun drill and the kids will love it!

Soccer Passing Drills, Soccer Passing Games, passing soccer, soccer pass, coaching soccer pass



Setup

Set up a grid that is 12 X 12 yards. Organize the team into groups of four. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the “castle”. If you do not have disc cones, a tall cone will work just as good.

Instructions

It will be up to the 3 attackers to pass the ball around the defender in the grid in attempt to knock down the castle with a pass. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.

Variations

- Depending on the age level and skill of the players, you can remove the 12 x 12 grid limitations, or make the grid smaller for very skilled players.
- If players are standing next to the cone, you can build a 3x3 grid and not allow players to step into that small grid.
- Require players to complete a certain number of passes before they are allowed to knock down the castle.
- Play 1v1 and focus on dribbling skills.

Coaching Points

- Instruct players to get their heads up to find the pass.
- Make sure the players are passing the ball with proper weight on the ball.
- Make sure players are moving about the grid in order to find open space. Make sure players know it is ok to dribble the ball to space or beat the defender before making the pass.
- Make sure players are making the easiest decisions when passing.

3v3 Plus 3

This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.

3v3 Plus 3



Setup

Start with building a 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups.

If the defending team (Yellow) wins the ball o, the team who made the mistake automatically becomes defense. For Example, let's say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points

- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

The Numbers Game

(see Variations to increase difficulty)

This drill focuses on the 1v1 situational play for younger players. This focuses on the individual dynamics of this game such as dribbling, shooting, shielding, turning and beating an opponent.



Setup

Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.

Instructions

The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Variations

- Have more than one 1v1 going at the same time.
- Call out two or more numbers to create a 2v2 or 3v3.
- **Let players go to either goal****

Coaching Points

- Encourage players to take on their opponent.
- Encourage players to shoot when they have a chance of a goal.
- Instruct the players to protect the ball when necessary.

Pirates of the Pugg

This soccer drill is a great soccer drill using a [Pugg Goal](#) that can be tweaked to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on good dribbling technique in traffic which requires vision and awareness. The coach can also focus on transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.



Setup

Build a circle approximately the size of the center circle with a [Pugg Goal](#) in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".

Instructions

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the [Pugg Goal](#) in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Variations

NONE

Coaching Points

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Focus

1v1 to Multiple Goals

This soccer drill is great drill for focusing on teaching players attacking skills such as taking on their opponent or learning to attack space. Defensively it will teach players the responsibility of man marking.



Setup

Make a 40X40 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with flags within the grid; one goal per pair. Each pair should begin at their window.

Instructions

Each team will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of their own goal. Players play 1 to 2 minute games and rotate players.

Variations

Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.

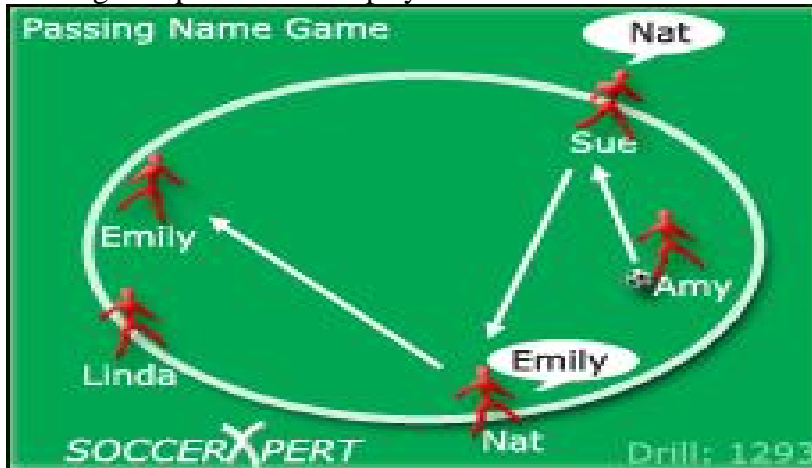
Coaching Points

Attacking: Head up and aware of other players, change of direction, close control, and change of pace **Defending:** Bent Knees, aware of attacker, tracking attackers movement and protecting the goal

Focus

- [Dribbling Drills](#)
- [Fitness Drills](#)
- [Defending Drills](#)
- [Attacking Drills](#)

The objective of this soccer drill is to help young players improve the speed of play by thinking a step-ahead of the play.



increase difficulty add Defender

Setup

Form a circle with each of the players on your team. Only start with one ball.

Instructions

To play the name game, the player with the ball passes to a player. Before the receiving player receives the pass, they must yell the name of the player they are going to pass to. Upon the next player receiving the ball, they must yell the name of the player they are going to pass to.

This is designed to make the players think a step ahead of the play. Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass.

Encourage players not to make a pass back to the player they received the pass from, and to pass to different people each time.

Variations

- Create a grid and play the same game as above except players are free to move about the grid.
- Add a second ball.

*Give Players #1-5

(players can only pass to the # next to their #)

- Ex. 2 Has to pass to either 1 or 3, Ect.
-

Split the Defenders Passing Game

(Advanced)

This soccer drill is great for a little more advanced player from 11 years old to 14 years and focuses on passing to split two defenders.

soccer passing drill, passing soccer, coaching soccer passing, passing coaching soccer, split passes soccer



Setup

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Instructions

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Variations

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

Coaching Points

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.

Combination Play - Improving 1-2 Combinations Part II

ADVANCED

(Look to do 1 play Combinations)

This soccer drill is very similar to drill [Combination Play - Improving 1-2 Combinations](#) as it too focuses on improving 1-2 combination play. This drill adds a slightly different pattern and encourages good movement off the ball.

soccer combination play, soccer 1-2, soccer drills, combination play



Setup

Set up a grid that is approximately 20 X 25 yards. Set one player on three of the corner cones and a small line on the 4th cone. It is the beginning of this line that will start with the ball. Only 1 ball will be used in the beginning, however, depending on the age and skill level of the players, you can start with 2 balls and 2 lines on opposite corners.

Instructions

The play starts by Player A playing a long ball into Player B and follows his pass. Player B lays the ball off back to player A and player B sprints around his cone towards player C. Player A plays a ball to player C who plays the ball into the run of player B and C sprints around the cone. Player B plays a long ball to player D, player D plays a ball into the run of player C, and the movement continues.

Variations

none

Coaching Points

- * Accurate passing with good pace on the ball
- * Good communication
- * Good movement after the pass.

4v4 Zone Game

(Advanced)

Helps players keep possession for a purpose with short/long passing combinations. Also allows one to focus on defensive transition by quickly close down space and eliminate passing lanes.

fun soccer drill, passing, possession, receiving, young soccer drills, advanced soccer drills



Setup

Create a grid that is approximately 24 x 15 yards, and split it into three 8 x 15 zones (increase size of area if more players are involved or low skill level). Divide the players into three teams of 4. Coaches may want to keep the defenders in one team the midfielders in another and attackers in the other as this helps the group work together as a unit. Place each group of four players in each zone.

Instructions

The 4 players in the middle zone are split into 2 teams of 2, one pair will be tasked to close down in the right hand zone and the other pair in the left hand zone. The play starts in the right hand zone with the four players focusing on keeping possession but looking for the first good opportunity to pass the ball into the feet of a player in the left hand zone, while being closed down by the pair from the middle zone. (The pair that are left in the middle zone are tasked with trying to intercept the pass when it goes from the right hand zone through the middle zone into the left hand zone). Once this has been achieved the 2 players from the middle who were closing down in the right hand zone return to the middle to intercept, while the two players from the middle who were intercepting go into the left hand zone to close down, the play carries on with the 4 players in the left hand zone doing exactly the same thing.

Offer points to the players for their achievements: 1 point for a completed pass from end zone to end zone, 1 point for 4 completed passes in an end zone, 1 point for the player closing down who wins possession of the ball or forces the ball out of play and 1 point for the player from the middle who intercepts a pass. If the ball goes out of play, give possession back to the 4 players in the end zone and start again.

After 5 mins. the players in the R/H zone go to the L/H zone, the players in the L/H zone go into the middle (not forgetting to split these four players into 2 teams of 2 one to close down in the R/H zone and one to close down in the L/H zone) and the players in the middle go into the R/H zone. Now start again.

Variations

- Limit the number of touches per player.

Coaching Points

While the exercise is going on encourage the players to do the following:

Support every pass they make

Communicate with each other i.e. tell each other if there is a "Man on" or if they have got "Time".

Encourage good movement off the ball it is very important the players in the end zone that aren't waiting to receive the ball put themselves into good areas to make it easy for the boys who aren't trying to make the pass.

Stress the importance and show the benefits of closing down the opposition and limiting their options.

1v1, 1v2, 2v2 - 4 goal game

This 1v1 [soccer drill](#) puts soccer players in 1v1 situations with multiple goals. 1v1 soccer helps players focus on penetration by forcing the player to dribbling to beat their opponent and allows players to make the attack unpredictable through creativity. Your kids will love this [soccer drill](#)!

1v1, 1 on 1, 1 vs 1, soccer games



Setup

Split the team into 2 even groups. Put one team in an alternate jersey (Diagram shows Red & Blue teams). Create a grid roughly 35X20 yards. Place 4 small goals (made by flags, cones or pugg goals) along the long side of the grid. The balls should all start with one group.

Instructions

Players 1a and 1b pass the soccer ball into two players on the opposing team marked as 2a and 2b in the diagram. Players 2a and 2b quickly attack the goals opposite them while players 1a and 1b attempt to stop the attacking players, win the ball and attack the goals opposite of their starting position. As shown in the diagram, players can attack either of the two goals opposite them. Player 1a should always go against 2a and player 1b should always go against 2b for the 1v1. Allow players 2a and 2b start with the balls after every 5-7 minutes. See variations for additional games.

Variations

- 2v1 (2 attackers vs. 1 defender) – split the balls between each group. Have player 1a pass the ball to players 2a and 2b to begin. Player 1a should step out to defend players 2a and 2b. After this series is over, have player 2a pass the ball to players 1a and 1b.
- 2v2 – with the balls with players 1a and 1b, player 1b passes the ball into players 2a and 2b. Players 1a and 1b defend players 2a and 2b.
- 1v2 (1 attacker vs. 2 defenders) - split the balls between each group again. Have player 1a pass the ball into player 2a. Players 1a and 1b step out to defend player 2a.

Coaching Points

Start off with a 1v1 situation and encourage players to take on their opposition by being explosive and creative. Also focus on defensive pressure on the attacker making sure the pressure is quick while staying in control.

Small-Sided Shooting and Finishing Game

This small sided shooting and finishing game is a great shooting drill that focuses on shooting and finishing.

Small-Sided, Shooting, finishing, goal scoring, soccer, drill, game, practice, training



Setup

Create a small field approximately the size of the penalty area (18X44 yards) and mark the center point of the field with cones. Taper each of the sidelines towards the goals on each end of the penalty area. The field should be tapered to avoid bad shooting angles. Organize players in a 4v2 (4 defenders and 2 attackers) in each half of the field. Players are restricted to the side of the grid they were originally placed. Spare soccer balls should be placed near each of the goals for quick retrieval and quick restarts.

Instructions

The defenders have to shoot from their own half of the field and the forwards should follow any shots from the defenders and finish any rebounds. If the ball is shot and the goalkeeper recovers the ball, they should quickly distribute the ball to their defensive players and the play should continue. If the ball is shot over the goal, a new ball should be retrieved from behind the goal and play should resume quickly. Players should be encouraged to take half chances and limit the number of touches before shooting. Forwards should follow any shot for rebounds.

Variations

Place a restriction on the number of touches. Allow defenders to have 3-touch and forward's only 1-touch. This will encourage quick shots and more opportunities.

Coaching Points

- Players should be instructed to take shots.
- Forwards need to be reminded to follow any rebound and get in the keeper's face.
- The number of touches should be limited to take quick shots.

5v2 Rotating Defenders

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

5v2 Rotating Defenders



Setup

Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.

Instructions

The first pair of defenders passes a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Variations

- Adjust grid (larger = easier; smaller = harder)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch
- Good decision making (make play easy)
- Speed of play/decisions

Soccer End Zone Game

The soccer end zone game is a great soccer drill that will help coaches focus on all aspects of attacking and defending in soccer. With incorporating end zones into the game it gives players a chance to learn to attack space behind the defense and allows defenders to learn how to deny space behind them.

soccer end zone game, end zone soccer drill



Setup

Create a 50X30 yard grid with 5 yard end zones on each end of the field. Split the team into 2 evenly matched teams

Instructions

A team scores a goal by getting the ball from one end zone (by passing or dribbling into the zone) and immediately attacking the end zone and gaining possession in the end zone on the opposite end. If the other team wins the ball before they are able to successfully gain possession in both end zones no point should be awarded.

Variations

- Limit the number of touches.

Coaching Points

- Focus on basic passing, moving, support.
- Focus on basic defending and attacking skills.
- Focus on quick counter attacks.

2v2 Challenge

This soccer drill focuses on putting players in 2v2 situations while attacking the goal. The dynamics of the games works on transitioning and fitness and demands on the players can be intense at times.

2v2 challenge, soccer drills, soccer, attacking 2v2, defending 2v2, building attack



Setup

Start the soccer drill by splitting the group into two teams with a keeper in goal. Place two cones approximately 20-25 yards from goal about 30 yards apart. Instruct one team to line up behind one cone and the other team line up behind the other team (don't worry about lines because the players will be involved very quickly). Create a 5 X 5 yard box about 10-15 yards past the two cones, and place all the balls in this box.

Instructions

Have 2 players from each team enter the playing area. Each team will play 2v2 to goal as normal. However, the dynamics of the game begin when you introduce the two rules.

RULE 1: If a player shoots and the keeper saves it, or the shot misses the goal, the shooter must quickly run get their missed shot and dribble it back to the 5X5 box. That player will then go to the end of their team's line and await their turn again. Once the shooting player dribbles back into the 5X5 box, his team can send in another man to even up the match at 2v2. In the mean time, the other team will sprint to the 5X5 box attempting to catch the team who just missed a shot in a man down situation.

RULE 2: If a team scores a goal, they are awarded with a point, the opposing player closest to the ball will be out and must dig the ball out of the goal, and return the ball to the 5X5 box. In the mean time, the attacking team is sprinting to the 5X5 box attempting to take advantage of a man down situation.

First team to 10 wins.

Variations

- Limit players touches.
- Keep track of Off Sides.
- Play with 3v3 or 4v4.

Coaching Points

- Build 2v2 quick.
- Quick transition between defense and offense

4V4 With 5 Goals Inside The 18

This is one of my favorite [soccer finishing drills](#) as it works on every aspect of finishing inside the 18 yard box. Important soccer finishing skills such as chipping, crossing, heading, finishing and composure in the 18.



Setup

This is a 4 v 4 game inside the 18 yard box with a keeper in the big goal and 4 small goals (or [Pugg Goals](#)) set up on the sides of the 18 (each corner).

Instructions

The X's are trying to score in goal 1 or goal 3 and the O's are trying to score in goal 2 or goal 4. A goal scored in the small goals counts as 1 point. Both the X's and the O's can score in the big goal (protected by the keeper) with a header or volley. Scoring in that goal counts as 2 points. This game does an excellent job of working on spacing and runs (an X might start by goal 3, draw a defender to her and then make a far post run to receive a cross from a teammate by goal 1) as well as finishing, communication and vision. When the keeper makes a save she plays the ball toward the top of the 18 in the middle to create a 50/50 ball.

Variations

- You can limit their touches to 1 or 2 touch.
- You may add perimeter players at the top of the box to keep the pace of the game up.
- Have perimeter players serve first time for an opportunity on the big goal.

Coaching Points

- Creating finishing opportunities
- Switching the point of attack
- Vision of surrounding players (both offensively and defensively)

Passing and Shooting Directly at The Goal

Purpose

Improving passing and shooting.

Drill Set Up

Set up three files of players and place them outside the 18 yard box. The file in the middle should have the balls.

Execution of The Drill

The first player in the middle passes the ball to the first player in the left file who directly passes the ball to the first standing player in the right file. The player in the right file should shoot at the goal directly by using the instep or the inside of his foot. All the 3 players should rotate clockwise.

Equipment Needed

Balls, Goal

Variants:

A variant is to let the player in the middle act as defender after he plays the ball to the left file. You may also restrict your players to pass and shoot with the weaker foot.



Setting up the Drill



The first player passed the ball to player two who directly passes it to player three. Player three need to shoot immediately by using the instep or inside of his foot

U11/12

CHARACTERISTICS OF U 11/12 PLAYERS:

- They begin to develop the abilities to sustain complex, coordinated skill sequences.
- Some of the players have reached puberty. Girls, in general, arrive earlier than boys.
- Most players are able to think abstractly and are thus able to understand some team concepts that are foundational to the game.
- They are beginning to be able to address hypothetical situations, and to solve problems systematically.
- They are spending more time with friends and less time with their parents. " They are susceptible to conformity to peer pressure.
- They are developing a conscience, morality and scale of values.
- Players tend to be highly self-critical. Instruction needs to be enabling. Show them what can be done instead of telling them what not to do.
- Although they are more serious with their play, they are still mainly involved because it is fun.
- They are openly competitive. A few may foul on purpose.
- They are looking towards their role models and heroes in order to know how to act.
- They have a more complex and developed sense of humor.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the U11/12 player still relies on their parents for support and encouragement. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (phone chains)
- Choosing a team administrator, someone to handle all of the details.
- Complete all paperwork required by your league or club. " Discuss the laws of the game.
- Carpool needs.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards cleats or sneakers.
- Most importantly, your philosophy about coaching U-12 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.

- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do, they probably will too.

THINGS YOU CAN EXPECT

Some coaches say that the 10 and 12 year-old players have "turned the corner" and are looking like real soccer players. However, games are still frantically paced and a bit unpredictable for the most part. These players know how much fun it is to play the game skillfully. As a result, we begin to see some the players drop out who recognize the importance of skill and become discouraged with their lack of it. Some other things that we can expect when working with this aged player are:

- They will yell at their teammates when they make a mistake.
- They will openly question the referee's decisions.
- Players will encourage each other.
- They will pass the ball even when they know that they will not get it back.
- Team cooperation is emerging. They will run to a spot, away from the play, even when they know that they might not get the ball.
- They will point out inconsistencies between what you say and what you do. They are "moral watchdogs".
- The difference in skill levels between the players is very pronounced.
- Some players might be as big as you are, some might be half your size.
- Not only will some of the players come to training with expensive cleats, but some will also come with matching uniforms, sweatsuits, and bag.
- Parents, during games, can be brutal. Some will yell at the referee at almost every call.
- They will get together with their friends and be able to set up and play their own game.

COACHING RATIONAL

Coaching at this age level is a challenge because many of the players view themselves as real soccer players, while others are at the point where it is not as much fun as it used to be because they feel that their lack of skill development does not enable them to have an impact on the game. They see their skillful friends able to do magical things with the ball and since they can not do this themselves, they start to drop out. Our challenge then, if the players are willing, is to keep all of the players engaged, involved, and make them feel important. (as though they are improving.) Skills still need to be the primary focus of training and players need to be put into environments where they are under pressure so that they learn how to use their skills in a variety of contexts. Here are a few other considerations as we think about working with this aged youngster:

- Our goal is to develop players in a fun, engaging environment. Winning has its place but must be balanced with the other goals of teaching them to play properly. Some decisions will need to be made that might not necessarily lead to wins (ie: having players play different positions, or asking players to try to play the ball "out of the back".)

- Smaller, skilled players can not be ignored. Although it may be tempting to "win" by playing only the bigger players in key positions, the smaller, skilled players must be put into areas of responsibility.
- Small sided games are still the preferred method of teaching the game. This makes learning fun and more efficient.
- Flexibility training is essential. Have them stretch after they have broken a sweat, and, perhaps most importantly, at the end of the workout at a "warm-down".
- Overuse injuries, burnout and high attrition rates are associated with programs that do not emphasize skill development and learning enjoyment.
- Playing 11-a-side games is now appropriate.
- Single sexed teams are appropriate.
- Train for one and one-half hours, two to three times a week. Training pace needs to replicate the demands of the game itself.
- They are ready to have a preferred position, but, it is essential for their development for them to occasionally play out of their preferred spot, in training, as well as during games.
- Training is now best if it focuses on one, perhaps two topics a session. Activities should be geared to progressing from fundamental activities that have little or no pressure from an opponent to activities that are game like in their intensity and pressure.

TYPICAL TRAINING SESSION

Here are some items that should be included in a U11/12 training session:

WARM-UP: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual or small group activities that involve the ball. Since there can be one theme to the session, hopefully, the warm-up will lead into the theme of the day. Static stretching is also appropriate at this time, after the players have broken a sweat, again, hopefully done with the ball. The warm-up should get the players ready to play. It should be lively, fun, and engaging as well as instructional. There is nothing like a good, fast-paced activity to grab the player's attention and make them glad that they came to practice.

INDIVIDUAL OR SMALL GROUP ACTIVITIES: Follow the warm-up with some kind of individual activity, not necessarily a real 1v.1 game, but some kind of activity where players act as individuals or cooperate in small groups in a game environment. An example would be a kind of keep-away game, or small sided games that bring out or emphasize a specific skill or topic. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" instead of games where the "looser sits". Be creative. These players like "crazy" games with a lot of action.

PLAY THE GAME: Small sided soccer can be used to heighten intensity and create some good competition. Play 4v.4 up to 8v.8. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Perhaps play to emphasize a particular skill (can only dribble the ball over a goal line in order to get a point). Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. Switch teams often, give everyone a chance to win.

Also, it is important that every player has a chance to shoot on goal as often as possible.

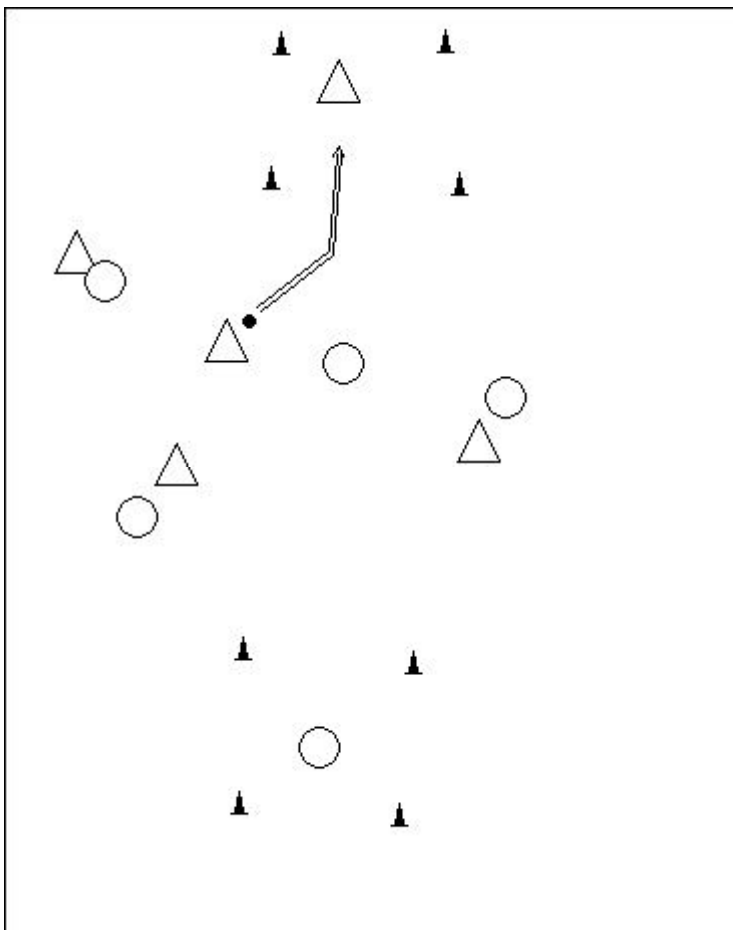
Finish this stage with a real game with regular rules. Players need to apply their newly learned abilities to the real game.

WARM-DOWN & HOMEWORK: Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Challenge them with some ball trick. Can they complete a juggling pattern? Can one player kick a ball to a partner and then back without it hitting the ground? Can they do that with their heads? How many times can they do it back and forth? It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return.

U11/12 Drills

CHIP PASS TO TARGET PLAYER

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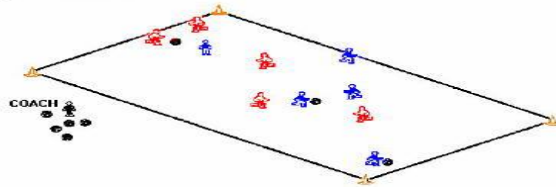
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Chip Pass to Target Player

Set up- large sided game. Use cones to set up two 10x10 yard boxes at each end of the field.

The game- two teams play against each other. To score a point, a player has to make a chip pass to their teams "Target Player" who is in the box.

Three Ball Keep Away



Keep Away

Start with two teams of equal numbers and three soccer balls. On signal, players try to possess as many balls as possible. On coach's command, play stops and the team in possession of two or more balls wins that round. Play several rounds.

Coaching Points

Players must use skills of passing and dribbling to keep possession. They must also make decisions on where to run when they don't have the ball, when to pass or dribble, and whom to pass to.

Encourage players to hold the ball against pressure. Many players when faced with pressure from opponents will just kick the ball away. If player does decide to pass, it must be to another player.

Try These Variations

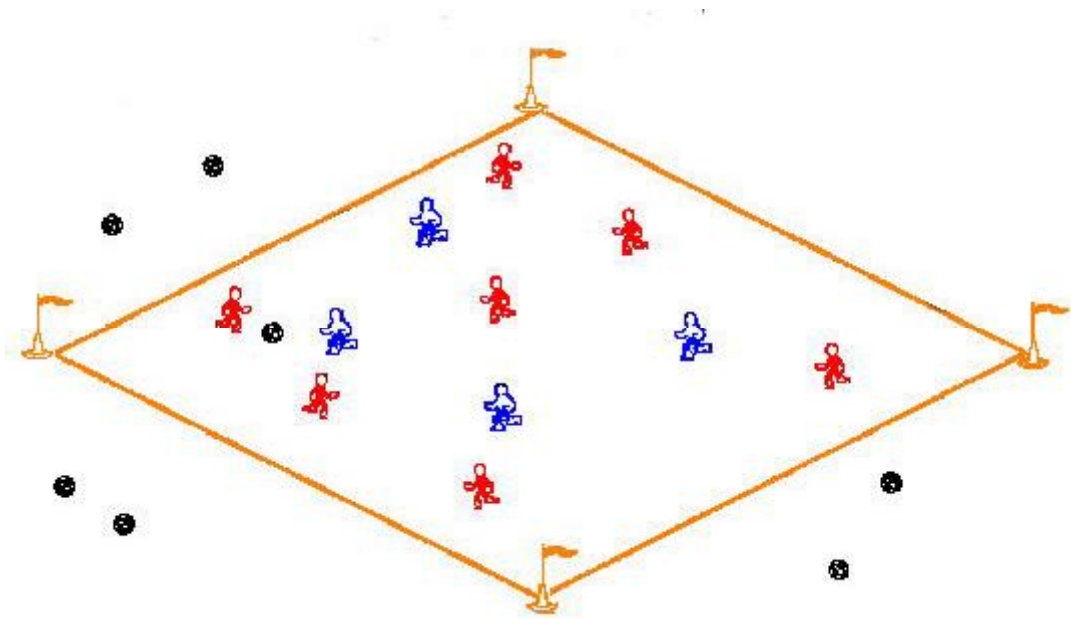
Each player must hold the ball a minimum of five touches before passing. This will force more dribbling and shielding of the ball.

Each player has only two or three touches. Will force more passing of the ball.

Players may only use their "good" foot.

Players may only use their "weak" foot. (Help players remember which foot they're using by passing one sock down.)

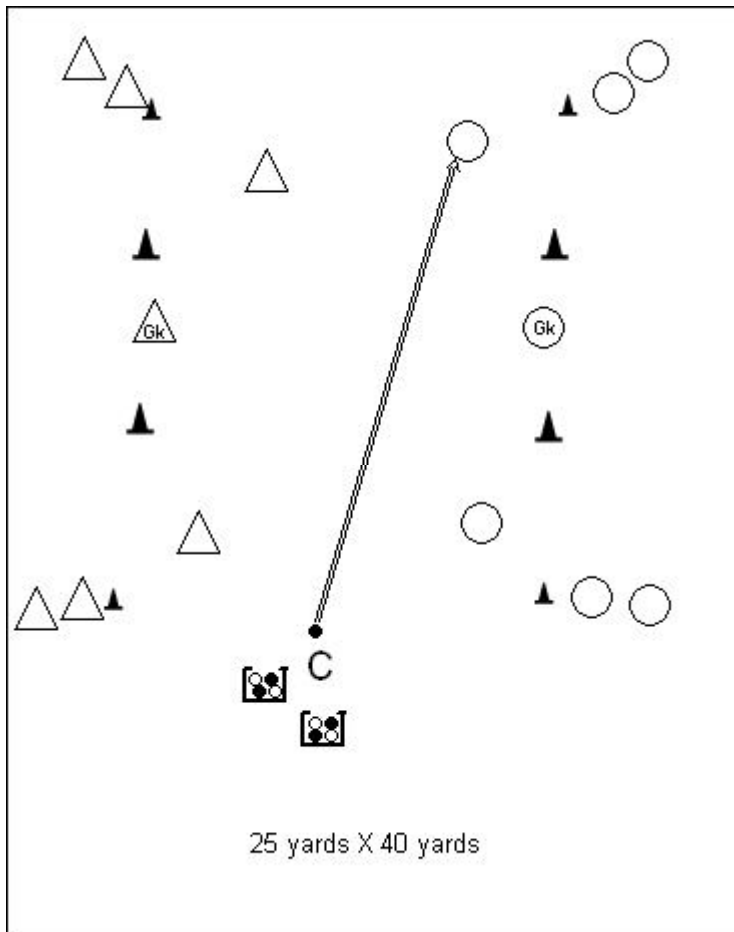
Escape



The Game

Seven players try to possess the ball. 15 passes equals 1 goal. 4 players are collectively trying to gain possession and get the ball out of the space. One goal each time they get it out. 3 points wins the game

FOUR CORNER SHOOTING GAME [Back to Drills](#) or [Home](#)



FOUR CORNER

SHOOTING GAME

Setup- Field 25 X 40. Regular sized goals and goalies. Cones at each corner.

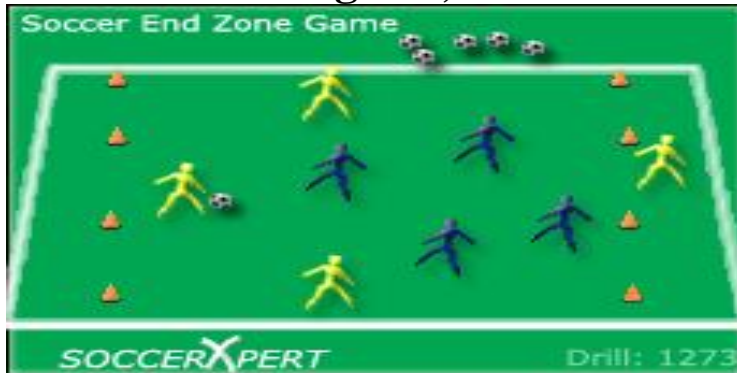
The Game- the coach serves a soccer ball to either of two far players. In this example he served it O. O can either "one touch shot", dribble and shoot, or pass to his team mate. Once there is a shot or ball goes out of bounds, the players leave the field and switch lines. Coach serves another ball to one of the far corners.

Coaching point keep the lines short and have plenty of soccer balls available [Back to](#)

Soccer End Zone Game

The soccer end zone game is a great soccer drill that will help coaches focus on all aspects of attacking and defending in soccer. With incorporating end zones into the game it gives players a chance to learn to attack space behind the defense and allows defenders to learn how to deny space behind them.

soccer end zone game, end zone soccer drill



Setup

Create a 50X30 yard grid with 5 yard end zones on each end of the field. Split the team into 2 evenly matched teams

Instructions

A team scores a goal by getting the ball from one end zone (by passing or dribbling into the zone) and immediately attacking the end zone and gaining possession in the end zone on the opposite end. If the other team wins the ball before they are able to successfully gain possession in both end zones no point should be awarded.

Variations

- Limit the number of touches.

Coaching Points

- Focus on basic passing, moving, support.
- Focus on basic defending and attacking skills.
- Focus on quick counter attacks.

Quick Transition Game

This soccer drill is a great way to focus on attacking and defending and is great for teaching the basic principals of soccer. The game can be modified to teach many aspects of the game.

soccer support, soccer transition



Setup

create a 35X45 yard field with two goals in either end with two goalkeeper in each goal. Split up the team into 3 teams of 4 players and give each team a color (Blue, Red, & Yellow).

Instructions

To start, have the Yellow team attack against Blue team and the Red players start with two players at each of the two goals acting as neutral supporting players to both colors playing. If the Yellow team scores on the Blue team, the Yellow team has to quickly retrieve the ball from the goal and attack the goal on the opposite end-line. The Blue team steps off to become the supporting players along the outside while the Red team steps on the field to play against the Yellow team. Continue to rotate off the team getting scored on with the supporting team. The first team to 5 goals wins.

Variations

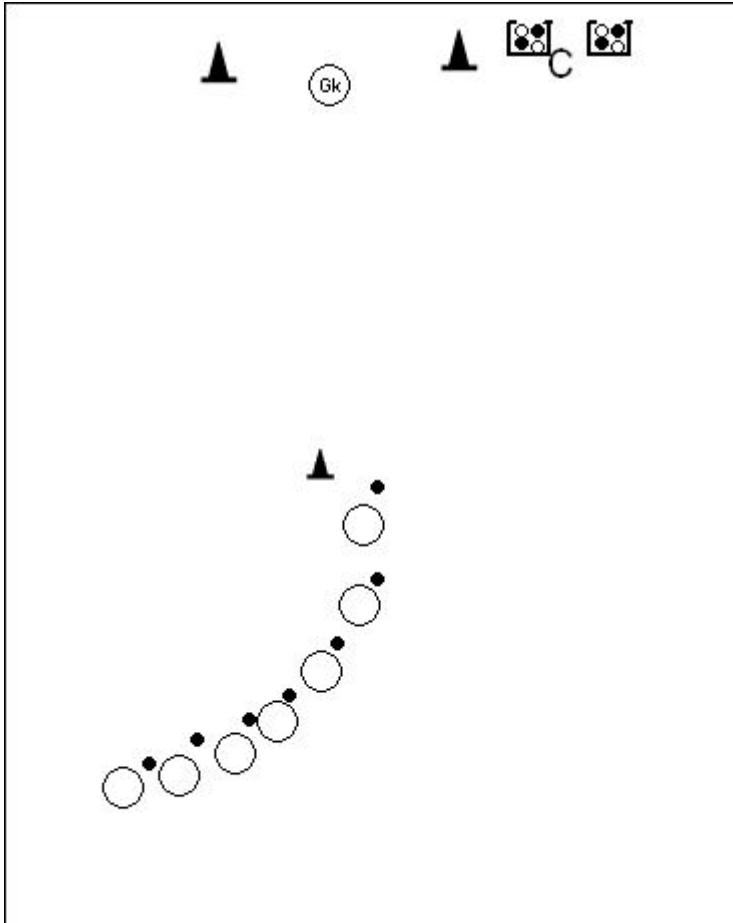
- Make supporting players play in 1 touch.
- Make the attackers have to play through the supporting players before they can score a goal

Coaching Points

- Focus on basic Defending Principals.
- Focus on basic Attacking principals.
- Encourage players to play thurgh the supporting players to make play easier.
- Make sure supporting players are moving to good space/angles to properly support the play.

POWER FINESSE

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POWER FINESSE

SETUP- A goal with a keeper, a coach with lots of soccer balls and a line of players.

The game- The first person in line take a shot from about 20 yards out. After he takes that shot, he head towards the goal and the coach serves him a ball in front of the goal for a finesse shot. If the player misses both shots, he sits. If he hit at least one shot, he gets a ball and goes to the end of the line and is still in the game. If he makes BOTH shots he get to "challenge" any player in line. That player has to make both shots. If he does not, he is out. Till the next game anyway.

Coaching points- because there can be a long line in this game- play it at tournaments in between games to keep kids busy.

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The Triangle Goal Shooting Game



The Game

- Set up a triangular goal in the middle of a 50 x 50 grid.
- Play an even sided game with both teams having their own keeper.
- Both teams try to score through any one of the three sides of the triangular goal.
- It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- Play with 2 balls for real excitement.
- Goalkeepers may become attacking players when their team has possession.

Coaching Points

- Attacking and defending principles of play.
- Shooting
- Finishing
- Possession
- Goalkeeper positioning, shot saving and distribution.

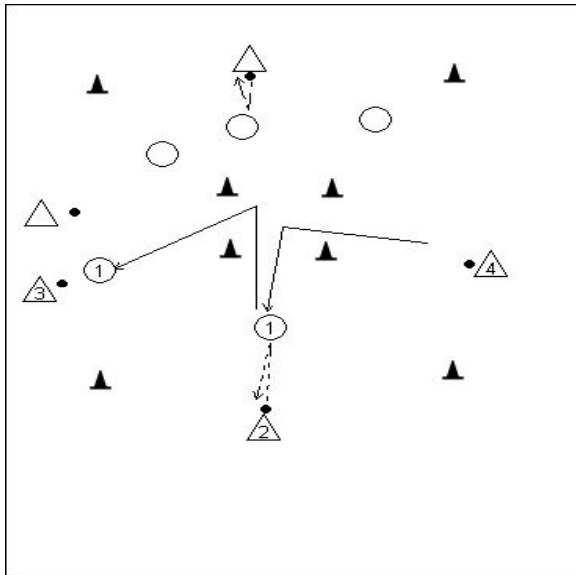
Heading Activity

Heading Activity

The set up. One 30 yard x 30 yard grid with a smaller 3 yard X 3 yard grid inside.

The Activity- Two groups of players. One group of players on the outside grid with a soccer ball in their hands. The players on the inside of the grid (player#1) run or show to a player on the outside of the grid (player#2). Player #2 underhand tosses the ball to player #1 who showed for them. Player #1 heads the ball back to the outside player. Player #1 next runs into the smaller grid and looks to show for different player on the outside.

Coaching points-Eyes open, mouth shut. **Be the Hammer, not the nail.**

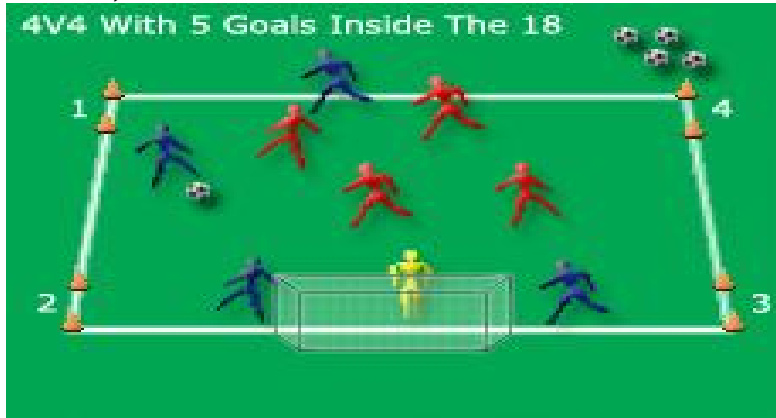


[Back to Drills](#) or [Home](#)

4V4 With 5 Goals Inside The 18

This is one of my favorite [soccer finishing drills](#) as it works on every aspect of finishing inside the 18 yard box. Important soccer finishing skills such as chipping, crossing, heading, finishing and composure in the 18.

finishing drill, soccer shooting, attacking, young soccer drills, advanced soccer drills



Setup

This is a 4 v 4 game inside the 18 yard box with a keeper in the big goal and 4 small goals (or [Pugg Goals](#)) set up on the sides of the 18 (each corner).

Instructions

The X's are trying to score in goal 1 or goal 3 and the O's are trying to score in goal 2 or goal 4. A goal scored in the small goals counts as 1 point. Both the X's and the O's can score in the big goal (protected by the keeper) with a header or volley. Scoring in that goal counts as 2 points. This game does an excellent job of working on spacing and runs (an X might start by goal 3, draw a defender to her and then make a far post run to receive a cross from a teammate by goal 1) as well as finishing, communication and vision. When the keeper makes a save she plays the ball toward the top of the 18 in the middle to create a 50/50 ball.

Variations

- You can limit their touches to 1 or 2 touch.
- You may add perimeter players at the top of the box to keep the pace of the game up.
- Have perimeter players serve first time for an opportunity on the big goal.

Coaching Points

- Creating finishing opportunities
- Switching the point of attack
- Vision of surrounding players (both offensively and defensively)

Small-Sided Shooting and Finishing Game

This small sided shooting and finishing game is a great shooting drill that focuses on shooting and finishing.

Small-Sided, Shooting, finishing, goal scoring, soccer, drill, game, practice, training



Setup

Create a small field approximately the size of the penalty area (18X44 yards) and mark the center point of the field with cones. Taper each of the sidelines towards the goals on each end of the penalty area. The field should be tapered to avoid bad shooting angles. Organize players in a 4v2 (4 defenders and 2 attackers) in each half of the field. Players are restricted to the side of the grid they were originally placed. Spare soccer balls should be placed near each of the goals for quick retrieval and quick restarts.

Instructions

The defenders have to shoot from their own half of the field and the forwards should follow any shots from the defenders and finish any rebounds. If the ball is shot and the goalkeeper recovers the ball, they should quickly distribute the ball to their defensive players and the play should continue. If the ball is shot over the goal, a new ball should be retrieved from behind the goal and play should resume quickly. Players should be encouraged to take half chances and limit the number of touches before shooting. Forwards should follow any shot for rebounds.

Variations

Place a restriction on the number of touches. Allow defenders to have 3-touch and forward's only 1-touch. This will encourage quick shots and more opportunities.

Coaching Points

- Players should be instructed to take shots.
- Forwards need to be reminded to follow any rebound and get in the keeper's face.
- The number of touches should be limited to take quick shots.

4v4 Playing Wide Out of the Back

This drill is designed to get players to play balls wide when playing from the back (defensive third of the field). Players will recognize that they will find more time and space in the outsides of the fields and be relieving the center of the field from dangerous play.

4v4, playing wide, defensive role, switching point attack



Setup

Create a grid approximately 40X25 yards. Create a small goal on the endline with two cones. Create two 7 yard channels along the outsides of the field on the center line. Split the players into 2 teams of 4.

Instructions

Each team has a goal to defend. Scoring is achieved when the ball is won in the back half of the field and played wide through a channel. Players are not allowed to go forward unless it is passed or dribbled through the channel first.

Variations

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel

Coaching Points

- Once the ball is won, players must quickly open up for their teammates which will allow for quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

Attacking the End Line Crossing Game

This drill focuses on attacking from the endline from the flanks and serving a ball in. This is a great crossing game to isolate the flank players and getting them to serve the ball in front of the goal.

Attacking the End Line, Crossing Drill, Crossing Game



Setup

Using half of a field, move the goal to the midfield line facing a goal on the end line. using 4-5 cones on each side, create a 10-yard wide channel along each touchline. Two teams of 4 will play in the middle. Each team has one player in the channel, and the goals should have a goalkeeper in both nets. One team will start with the ball, and the remaining balls should be placed behind the goal.

Instructions

Instruct the players to play 4v4 in the middle area and 1v1 on the flanks in either channel. The ball must be served from a channel to score a goal.

When the ball is in the channel, the channel players should play 1v1 until one of the player's breaks into the offensive end of the channel. At this point, the defender should allow the cross. The four middle players become near post, far post, trail and supporting runs. Play is continued.

Variations

- Increase or decrease the number of players in the middle
- Use wall passes, takeovers or overlaps.
- Rotate channel players.

Coaching Points

- Proper service of crosses from flanks. When to serve on the ground, when to knock back, and when to drive hard.
- Make sure attackers are making proper runs.

Focus

Combination Play - Improving 1-2 Combinations Part II

This soccer drill is very similar to drill [Combination Play - Improving 1-2 Combinations](#) as it too focuses on improving 1-2 combination play. This drill adds a slightly different pattern and encourages good movement off the ball.

soccer combination play, soccer 1-2, soccer drills, combination play



Setup

Set up a grid that is approximately 20 X 25 yards. Set one player on three of the corner cones and a small line on the 4th cone. It is the beginning of this line that will start with the ball. Only 1 ball will be used in the beginning, however, depending on the age and skill level of the players, you can start with 2 balls and 2 lines on opposite corners.

Instructions

The play starts by Player A playing a long ball into Player B and follows his pass. Player B lays the ball off back to player A and player B sprints around his cone towards player C. Player A plays a ball to player C who plays the ball into the run of player B and C sprints around the cone. Player B plays a long ball to player D, player D plays a ball into the run of player C, and the movement continues.

Variations

none

Coaching Points

- * Accurate passing with good pace on the ball
- * Good communication
- * Good movement after the pass.\

Four Corners Passing Game

The Four Corners Passing Game is a great soccer drill to focus on passing, changing the point of the attack, and timing of runs and passes.

Soccer Passing Drills, Soccer Passing Games, Teaching Soccer Passing, Coaching Soccer Passing



Setup

Create four grids that are about 5x5 yard grids and set them about 40X40 yards apart on all sides. Split the group into two teams and put one team in an alternate color.

Instructions

Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Variations

- Do not allow players to stand inside the grids waiting for a pass. Instead, instruct the players to work on timing of the runs and timing of the pass to connect inside the grid.
- Change the scoring rule to where the goal is scored only when a give and go is performed with the player that is in the grid.

Coaching Points

- Focus on the weight and accuracy of the passing
- Make sure players without the ball are supporting the player with the ball at all times
- Make sure the timing of the runs and timing of the pass are in sync.
- Make sure players change the point of attack and are not forcing passes into congested areas

Split the Defenders Passing Game

This soccer drill is great for a little more advanced player from 11 years old to 14 years and focuses on passing to split two defenders.

**soccer passing drill, passing soccer, coaching soccer
passing, passing coaching soccer, split passes soccer**



Setup

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Instructions

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Variations

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

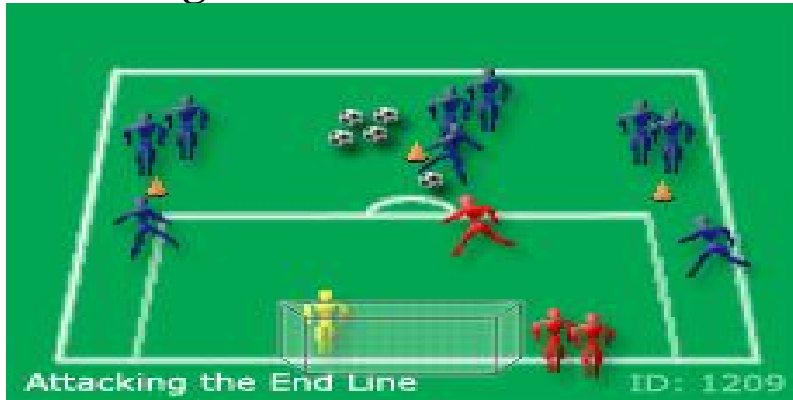
Coaching Points

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.

3v1 - Attacking the Goal

This drill focus on the attacking movement and composure in front of the goal. Players will become comfortable in front of the goal and will be able to recognize situational play.

3v1 Attacking the Goal, Soccer Finishing Drill, Soccer Attacking Drill



Setup

Designate 2-3 defenders in red to rotate 1 at a time every 2-3 attacks. Have the keeper be in goal with the remaining players form 3 lines (left, center, right) approximately 20-25 yards from the goal. The ball should start with the center player.

Instructions

The center player starts with the ball and 1 player from each group attacks the defender (playing 3v1). The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score. Defenders should rotate after 2-3 attacks.

Variations

- Limit touches to 1 or 2 touch
- Add a 2nd defender

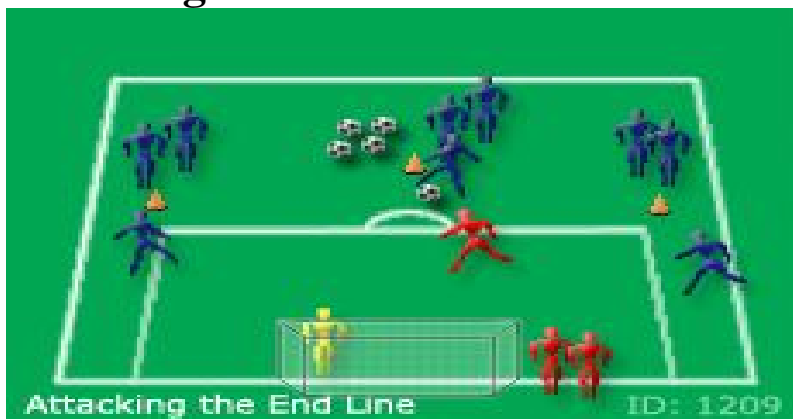
Coaching Points

- Make sure passes are quick and to feet
- Find back-side player to off balance the defenders
- Be patient and if the attackers get in trouble, they should knock it back to the center player to swing the play in the other direction
- Play QUICK. If the play is too slow, the ball is considered dead and the next group begins.
- Outside attackers should attempt to draw the defender and keeper into them, and slide the ball backside to the open player.

4v2 - Attacking the Goal

This drill focus on the attacking movement and composure in front of the goal. Players will become comfortable in front of the goal and will be able to recognize situational play.

4v2 Attacking the Goal, Soccer Finishing Drill, Soccer Attacking Drill



Setup

Designate 2-3 defenders in red to rotate 1 at a time every 2-4 attacks. Have the keeper be in goal with the remaining players form 3 lines (left, center, right) approximately 20-25 yards from the goal. The ball should start with the center player.

Instructions

The center player starts with the ball and 1 player from each group attacks the defender (playing 4v2). The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score. Defenders should rotate after 4 attacks.

Variations

- Limit touches to 1 or 2 touch
- Add a 2nd defender

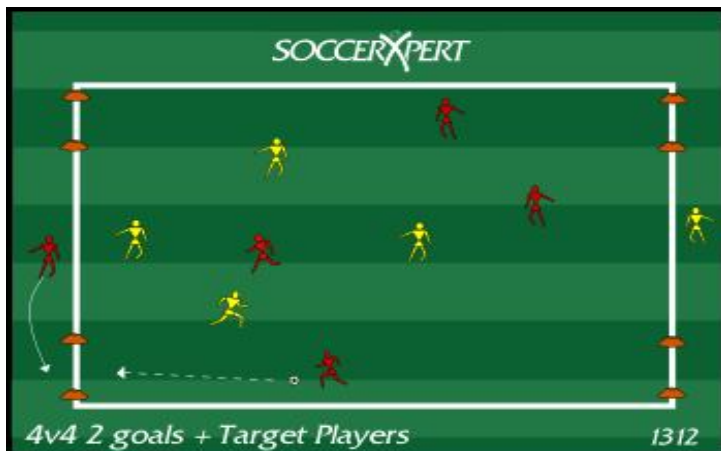
Coaching Points

- Make sure passes are quick and to feet
- Find back-side player to off balance the defenders
- Be patient and if the attackers get in trouble, they should knock it back to the center player to swing the play in the other direction
- Play QUICK. If the play is too slow, the ball is considered dead and the next group begins.
- Outside attackers should attempt to draw the defender and keeper into them, and slide the ball backside to the open player.

4v4 + Target Players with 2 Goals

This is a great 4v4 soccer game that teaches players to play into their target player. This adds a more realistic twist to the normal 4 on 4 soccer game.

4v4 or 3v3



Setup

Create a field that is suitable for 4 vs. 4 soccer game, approximately 30X40 yards. Create two windows about 5 yards wide on the right and left side of the end line. Split the players into two teams of five. Set up a 4 v 4 inside the grid. The additional player will be the target player who will start on the end line outside the cones on the end their team is attacking. You should have a supply of balls for this 4v4 soccer game.

Instructions

Teams play a normal 4v4 soccer game, however, in order to score the attacking team target player must move behind one of the two windows and receive a pass through that window and be able to maintain a controlled possession.

Once the goal is made the attacking player who passed to the target player now becomes the target player and they switch roles. The defending team takes possession and the game continues.

Variations

- Add a third window in the center of the end line.
- If you want to focus on target players you might instruct the players to not rotate and allow one player to work as a target player longer.

Coaching Points

4 vs. 4 Offense Game:

- Vision - players should be able to look up and read the game with their eyes since the number of players are limited. Player's heads should be on a constant pivot.
- Communication - make sure players are communicating both verbally and non-verbally.

- Support - make sure players are using the entire playing area (width and length) to get into good supporting angles. Create passing options that allows the receiving players the most time and space.
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Changes in the direction and speed of play
- Create goal scoring opportunities

4 vs. 4 Defensive Game:

- Good Defensive Principles - pressure, cover, balance
- Get as many people behind the ball as possible
- Good communication

5v2 Rotating Defenders

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

5v2 Rotating Defenders



Setup

Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.

Instructions

The first pair of defenders passes a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Variations

- Adjust grid (larger = easier; smaller = harder)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch
- Good decision making (make play easy)
- Speed of play/decisions

3v3 Plus 3

This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.



Setup

Start with building a 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups.

If the defending team (Yellow) wins the ball o, the team who made the mistake automatically becomes defense. For Example, let's say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points

- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

Attacking from the Midfield

Focuses on building an attack from the midfield and focuses on the midfield players getting forward into the attacking third.

Soccer Drill, Possession, Soccer Passing Drill, Communication, Switching, Attack



Setup

Divide the field into 3rds using cones. In the defensive third have a keeper in the goal and 2 defensive players who play against 2 attacking players. In the middle third have 4 attacking midfield players and 3 defensive midfield players. Have the defensive players wear an alternate jersey. The play begins with the coach on the side line.

Instructions

The coach starts the play by serving a ball into the attacking midfielders. When the attacking mid players gain possession, the attackers should penetrate and attack immediately. The mid field player that passes to an attacker in the attacking third should step in and play 3v2 (in the attacking third). If the defensive players win the ball, they should play keep-away from the attacking team.

Variations

- Instead of making the person passing into the attacking 3rd step into the attack, make the furthest player from the ball step in and attack.
- Increase or decrease the number of players.
- Change the numbers to focus on offensive attack or defensive shape.

Coaching Points

- Proper spacing and angles to receive passes (support).
- Good movement from attackers checking into the midfield players.
- Make sure the midfield players are getting into the attack and playing off the attackers and getting forward (attack).
- Quickly swing the ball through the midfield to take advantage of number up situations.

4v4 Zone Game

Helps players keep possession for a purpose with short/long passing combinations. Also allows one to focus on defensive transition by quickly close down space and eliminate passing lanes.

fun soccer drill, passing, possession, receiving, young soccer drills, advanced soccer drills



Setup

Create a grid that is approximately 24 x 15 yards, and split it into three 8 x 15 zones (increase size of area if more players are involved or low skill level). Divide the players into three teams of 4. Coaches may want to keep the defenders in one team the midfielders in another and attackers in the other as this helps the group work together as a unit. Place each group of four players in each zone.

Instructions

The 4 players in the middle zone are split into 2 teams of 2, one pair will be tasked to close down in the right hand zone and the other pair in the left hand zone. The play starts in the right hand zone with the four players focusing on keeping possession but looking for the first good opportunity to pass the ball into the feet of a player in the left hand zone, while being closed down by the pair from the middle zone. (The pair that are left in the middle zone are tasked with trying to intercept the pass when it goes from the right hand zone through the middle zone into the left hand zone). Once this has been achieved the 2 players from the middle who were closing down in the right hand zone return to the middle to intercept, while the two players from the middle who were intercepting go into the left hand zone to close down, the play carries on with the 4 players in the left hand zone doing exactly the same thing.

Offer points to the players for their achievements: 1 point for a completed pass from end zone to end zone, 1 point for 4 completed passes in an end zone, 1 point for the player closing down who wins possession of the ball or forces the ball out of play and 1 point for the player from the middle who intercepts a pass.

If the ball goes out of play, give possession back to the 4 players in the end zone and start again.

After 5 mins. the players in the R/H zone go to the L/H zone, the players in the L/H zone go into the middle (not forgetting to split these four players into 2 teams of 2 one to close down in the R/H zone and one to close down in the L/H zone) and the players in the middle go into the R/H zone. Now start again.

Variations

- Limit the number of touches per player.

Coaching Points

While the exercise is going on encourage the players to do the following:

Support every pass they make

Communicate with each other i.e. tell each other if there is a "Man on" or if they have got "Time".

Encourage good movement off the ball it is very important the players in the end zone that aren't waiting to receive the ball put themselves into good areas to make it easy for the boys who aren't trying to make the pass.

Stress the importance and show the benefits of closing down the opposition and limiting their options.

1v1, 1v2, 2v2 - 4 goal game

This 1v1 [soccer drill](#) puts soccer players in 1v1 situations with multiple goals. 1v1 soccer helps players focus on penetration by forcing the player to dribbling to beat their opponent and allows players to make the attack unpredictable through creativity. Your kids will love this [soccer drill](#)!

1v1, 1 on 1, 1 vs 1, soccer games



Setup

Split the team into 2 even groups. Put one team in an alternate jersey (Diagram shows Red & Blue teams). Create a grid roughly 35X20 yards. Place 4 small goals (made by flags, cones or pugg goals) along the long side of the grid. The balls should all start with one group.

Instructions

Players 1a and 1b pass the soccer ball into two players on the opposing team marked as 2a and 2b in the diagram. Players 2a and 2b quickly attack the goals opposite them while players 1a and 1b attempt to stop the attacking players, win the ball and attack the goals opposite of their starting position. As shown in the diagram, players can attack either of the two goals opposite them. Player 1a should always go against 2a and player 1b should always go against 2b for the 1v1. Allow players 2a and 2b start with the balls after every 5-7 minutes. See variations for additional games.

Variations

- 2v1 (2 attackers vs. 1 defender) – split the balls between each group. Have player 1a pass the ball to players 2a and 2b to begin. Player 1a should step out to defend players 2a and 2b. After this series is over, have player 2a pass the ball to players 1a and 1b.
- 2v2 – with the balls with players 1a and 1b, player 1b passes the ball into players 2a and 2b. Players 1a and 1b defend players 2a and 2b.
- 1v2 (1 attacker vs. 2 defenders) - split the balls between each group again. Have player 1a pass the ball into player 2a. Players 1a and 1b step out to defend player 2a.

Coaching Points

Start off with a 1v1 situation and encourage players to take on their opposition by being explosive and creative. Also focus on defensive pressure on the attacker making sure the pressure is quick while staying in control.

5v2 Rotating Defenders

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

5v2 Rotating Defenders



Setup

Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.

Instructions

The first pair of defenders passes a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

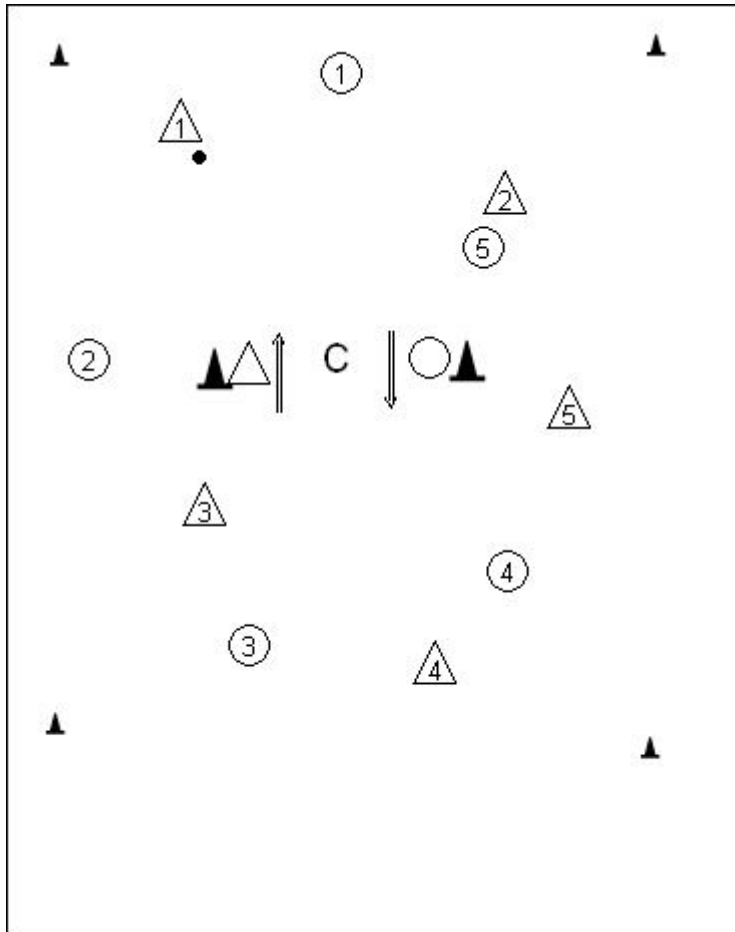
Variations

- Adjust grid (larger = easier; smaller = harder)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch
- Good decision making (make play easy)
- Speed of play/decisions

ONE GOAL SOCCER [Back to Drills](#) or [Home](#)



ONE GOAL SOCCER

Set up a good size field with a "cone goal" in the middle. One coach OR one keeper in the middle who is playing for both teams.

The game- there are two teams. 5-8 players on each team. Each team is only allowed to score in only one direction. This forces them to swing the ball around to the outside, similar to switching fields.

Fun game- it takes the players a little time to figure out the strategy which is fun for the players and fun for the coach to watch. [Back to Drills](#) or [Home](#)

Age Group U14/18

U-14 TRAINING PRIORITIES

U-13 and U-14: DEVELOPMENT OF INDIVIDUAL SKILLS, INDIVIDUAL AND SMALL GROUP TACTICS.

HIGH PRIORITY: The importance of possession: DO NOT GIVE THE BALL AWAY!!!

Development of individual skill.

All practices must challenge the player in competition.

Understanding of combination play:

- Support

- Takeovers

- Wall pass

Individual and small group defending.

One session in three devoted to 1v1's, 2v2's, 3v3's.

Develop an understanding of:

- Delay

- Tracking back

- Depth

- Balance

LOWER EMPHASIS Functional play, Team play, Set Plays.

All activities should be challenging, motivating and involve **TRANSITION!!!**

U-16 TRAINING PRIORITIES

U-15 and U-16: DEVELOPMENT OF GROUP SKILL / TACTICS.

HIGH PRIORITY: Development of individual skill should be covered in the warm-up.

Understanding of combination play:

- Support

- Takeovers

- Wall pass

- Third man running

- Overlap

DO NOT GIVE THE BALL AWAY!!!

One session in three devoted to 3v3's, 4v4's, 5v5's.

Develop an understanding of:

- Depth -- role of strong side defenders.

- Balance -- role of weak side defenders

- Compactness

- Communication -- who, what, when.

LOWER EMPHASIS: Functional play, team play, set plays.

All activities should be challenging, motivating, and involve **TRANSITION!!!**

U-17 TRAINING PRIORITIES.

U-17: DEVELOPMENT OF POSITIONAL PLAY.

Individual and group skill should be covered in the warm-up.

Functional Play:

Attacking roles and responsibilities

a) b) Defending roles and responsibilities. One in three practices devoted to defending principles of play.

Match - related practice: offense vs. defense.

Crossing: Develop a complete understanding of:

Crossing angle.

Overlaps.

near and far post runs.

Set Plays: Develop a complete understanding of:

Attacking and defending responsibilities at corner kicks and all other restarts.

The importance of possession from throw-ins in defensive and midfield third of field versus possession and creativity in the final third

All activities should be challenging, motivating, and involve **TRANSITION!!!**

U-18 TRAINING PRIORITIES

U-18 DEVELOPMENT OF TEAM PLAY.

Individual and group skill should be covered in the warm - up.

Functional play. Training players for specific positions and roles.

Team Play:

Match - related practice ; offense vs. defense

Match conditioned. One in three practices devoted to the defensive aspects of the game.

Players should have a complete understanding of the principles of team play.

U14-18 Drills

3v3 Plus 3

This drill focuses on keeping possession. Passing, receiving, movement, and angle of support can be singled out. Causes players to look up and be aware of the surrounding players.

3v3 Plus 3



Setup

Start with building a 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups.

If the defending team (Yellow) wins the ball o, the team who made the mistake automatically becomes defense. For Example, let's say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points

- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

3v2 Flying Changes

Drill Rating 4.18 from 11 user votes. Viewed 21082 times.

This drill is designed to focus on all aspects of the game in a 3v2 situation. Mainly runs of attackers, angle of support, passing vs. shooting decisions, defensive shape, and recovery runs, along with working on mental attentiveness.

3v2 Flying Changes Soccer Drill



Set up two goals facing each other about 35-40yrs apart with a keeper in each goal. Split players into two even teams Blue and Red. A cone should be placed on the left and right side of the field marking the center of the field. The Red team starts from one side, and the Blue team starts from the other side.

Instructions

3 Blue players step out with a ball and become attackers.

2 Red players step out and defend.

If the attacking team (blue) score, they are distributed a new ball and attack the other goal. The defenders (red) step off, get back in their team s line, and two new defenders (red) would step on.

If the attackers (blue) do not score, they step off, and the 2 defenders (red) become attackers, an additional player (red) is added on the attack. 2 new defenders (blue) step out.

The game is a very fast paced/dynamic game. Make sure the keepers in each goal have an ample supply of balls. There shouldn't be any pauses between changes to incorporate quick transition and to focus on paying attention.

Variations

* change the number of players 2v1 or 1v1

* restriction added - must beat defender before shoot

Coaching Points

* Changes in the direction and speed of play

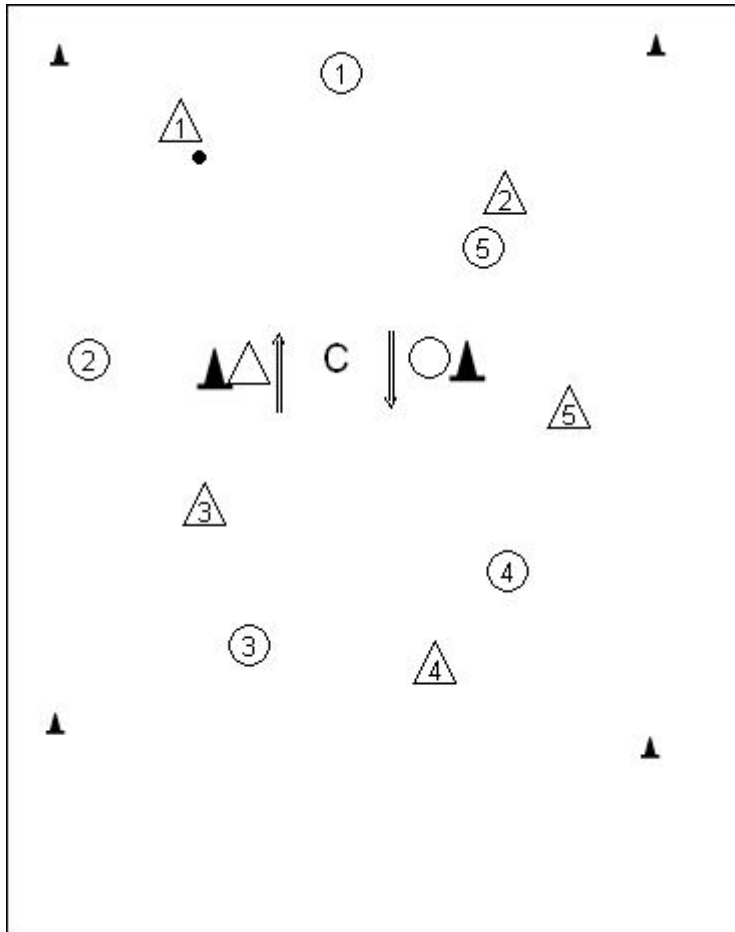
* Appropriate use of 1st touch

* Appropriate use of short or long passing

* quick transition

* good passing/shooting decisions

ONE GOAL SOCCER [Back to Drills](#) or [Home](#)



ONE GOAL SOCCER

Set up a good size field with a "cone goal" in the middle. One coach OR one keeper in the middle who is playing for both teams.

The game- there are two teams. 5-8 players on each team. Each team is only allowed to score in only one direction. This forces them to swing the ball around to the outside, similar to switching fields.

Fun game- it takes the players a little time to figure out the strategy which is fun for the players and fun for the coach to watch. [Back to Drills](#) or [Home](#)

4V4 With 5 Goals Inside The 18

Drill Rating 4.11 from 35 user votes. Viewed 46821 times.

This is one of my favorite [soccer finishing drills](#) as it works on every aspect of finishing inside the 18 yard box. Important soccer finishing skills such as chipping, crossing, heading, finishing and composure in the 18.

finishing drill, soccer shooting, attacking, young soccer drills, advanced soccer drills



This is a 4 v 4 game inside the 18 yard box with a keeper in the big goal and 4 small goals (or [Pugg Goals](#)) set up on the sides of the 18 (each corner).

Instructions

The X's are trying to score in goal 1 or goal 3 and the O's are trying to score in goal 2 or goal 4. A goal scored in the small goals counts as 1 point. Both the X's and the O's can score in the big goal (protected by the keeper) with a header or volley. Scoring in that goal counts as 2 points. This game does an excellent job of working on spacing and runs (an X might start by goal 3, draw a defender to her and then make a far post run to receive a cross from a teammate by goal 1) as well as finishing, communication and vision. When the keeper makes a save she plays the ball toward the top of the 18 in the middle to create a 50/50 ball.

Variations

- You can limit their touches to 1 or 2 touch.
- You may add perimeter players at the top of the box to keep the pace of the game up.
- Have perimeter players serve first time for an opportunity on the big goal.

Coaching Points

- Creating finishing opportunities
- Switching the point of attack

Soccer End Zone Game

The soccer end zone game is a great soccer drill that will help coaches focus on all aspects of attacking and defending in soccer. With incorporating end zones into the game it gives players a chance to learn to attack space behind the defense and allows defenders to learn how to deny space behind them.

soccer end zone game, end zone soccer drill



Setup

Create a 50X30 yard grid with 5 yard end zones on each end of the field. Split the team into 2 evenly matched teams

Instructions

A team scores a goal by getting the ball from one end zone (by passing or dribbling into the zone) and immediately attacking the end zone and gaining possession in the end zone on the opposite end. If the other team wins the ball before they are able to successfully gain possession in both end zones no point should be awarded.

Variations

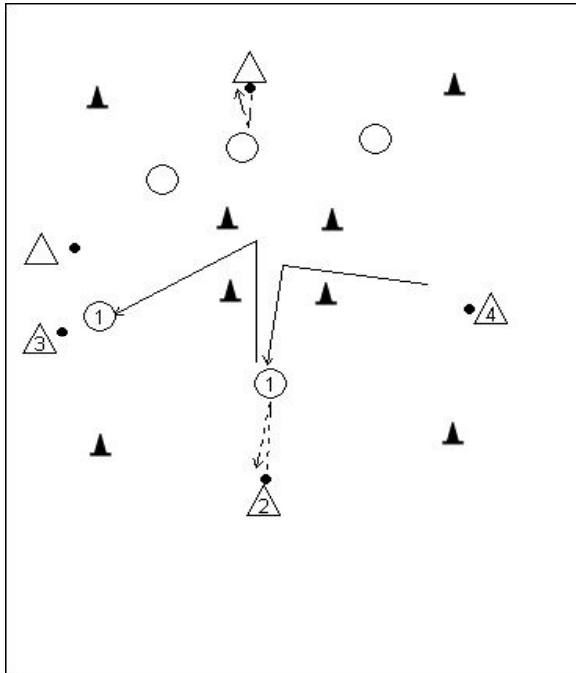
- Limit the number of touches.

Coaching Points

- Focus on basic passing, moving, support.
- Focus on basic defending and attacking skills.
- Focus on quick counter attacks.

Heading Activity

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Heading Activity

The set up. One 30 yard x 30 yard grid with a smaller 3 yard X 3 yard grid inside.

The Activity- Two groups of players. One group of players on the outside grid with a soccer ball in their hands. The players on the inside of the grid (player#1) run or show to a player on the outside of the grid (player#2). Player #2 underhand tosses the ball to player #1 who showed for them. Player #1 heads the ball back to the outside player. Player #1 next runs into the smaller grid and looks to show for different player on the outside.

Coaching points-Eyes open, mouth shut. **Be the Hammer, not the nail.**

Quick Transition Game

This soccer drill is a great way to focus on attacking and defending and is great for teaching the basic principals of soccer. The game can be modified to teach many aspects of the game.

soccer support, soccer transition



Setup

create a 35X45 yard field with two goals in either end with two goalkeeper in each goal. Split up the team into 3 teams of 4 players and give each team a color (Blue, Red, & Yellow).

Instructions

To start, have the Yellow team attack against Blue team and the Red players start with two players at each of the two goals acting as neutral supporting players to both colors playing. If the Yellow team scores on the Blue team, the Yellow team has to quickly retrieve the ball from the goal and attack the goal on the opposite end-line. The Blue team steps off to become the supporting players along the outside while the Red team steps on the field to play against the Yellow team. Continue to rotate off the team getting scored on with the supporting team. The first team to 5 goals wins.

Variations

- Make supporting players play in 1 touch.
- Make the attackers have to play through the supporting players before they can score a goal

Coaching Points

- Focus on basic Defending Principals.
- Focus on basic Attacking principals.
- Encourage players to play thorough the supporting players to make play easier.
- Make sure supporting players are moving to good space/angles to properly support the play.

Small-Sided Shooting and Finishing Game

This small sided shooting and finishing game is a great shooting drill that focuses on shooting and finishing.

Small-Sided, Shooting, finishing, goal scoring, soccer, drill, game, practice, training



Setup

Create a small field approximately the size of the penalty area (18X44 yards) and mark the center point of the field with cones. Taper each of the sidelines towards the goals on each end of the penalty area. The field should be tapered to avoid bad shooting angles. Organize players in a 4v2 (4 defenders and 2 attackers) in each half of the field. Players are restricted to the side of the grid they were originally placed. Spare soccer balls should be placed near each of the goals for quick retrieval and quick restarts.

Instructions

The defenders have to shoot from their own half of the field and the forwards should follow any shots from the defenders and finish any rebounds. If the ball is shot and the goalkeeper recovers the ball, they should quickly distribute the ball to their defensive players and the play should continue. If the ball is shot over the goal, a new ball should be retrieved from behind the goal and play should resume quickly. Players should be encouraged to take half chances and limit the number of touches before shooting. Forwards should follow any shot for rebounds.

Variations

Place a restriction on the number of touches. Allow defenders to have 3-touch and forward's only 1-touch. This will encourage quick shots and more opportunities.

Coaching Points

- Players should be instructed to take shots.
- Forwards need to be reminded to follow any rebound and get in the keeper's face.
- The number of touches should be limited to take quick shots.

5v2 Rotating Defenders

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

5v2 Rotating Defenders



Setup

Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.

Instructions

The first pair of defenders passes a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Variations

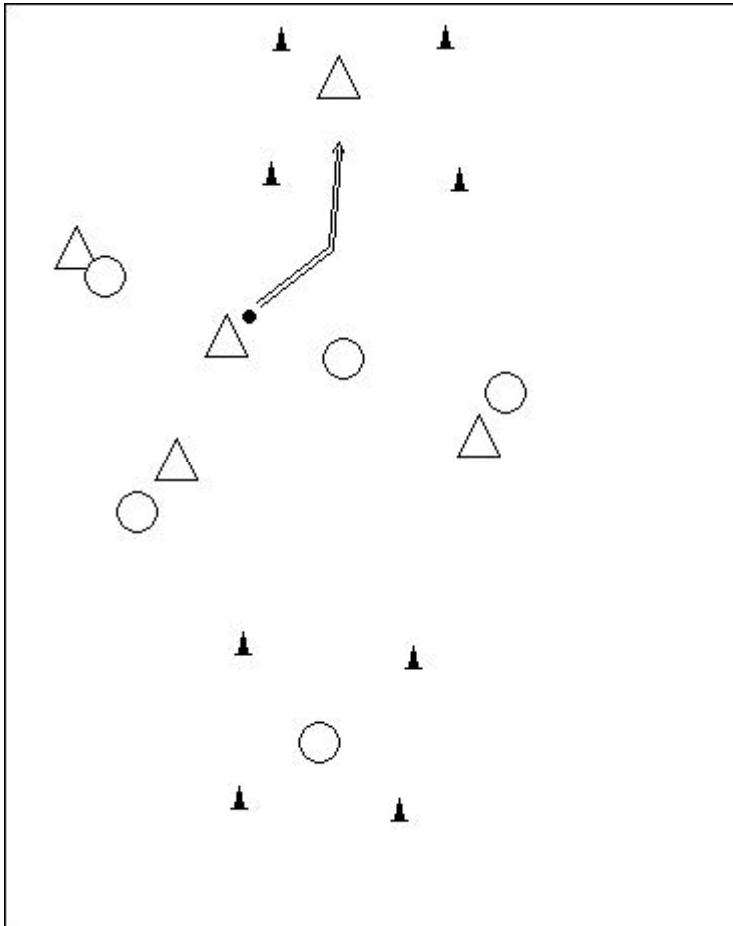
- Adjust grid (larger = easier; smaller = harder)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch
- Good decision making (make play easy)
- Speed of play/decisions

CHIP PASS TO TARGET PLAYER

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Chip Pass to Target Player

Set up- large sided game. Use cones to set up two 10x10 yard boxes at each end of the field.

The game- two teams play against each other. To score a point, a player has to make a chip pass to the their teams "Target Player" who is in the box.

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1v1, 1v2, 2v2 - 4 goal game

This 1v1 [soccer drill](#) puts soccer players in 1v1 situations with multiple goals. 1v1 soccer helps players focus on penetration by forcing the player to dribbling to beat their opponent and allows players to make the attack unpredictable through creativity. Your kids will love this [soccer drill](#)!

1v1, 1 on 1, 1 vs 1, soccer games



Setup

Split the team into 2 even groups. Put one team in an alternate jersey (Diagram shows Red & Blue teams). Create a grid roughly 35X20 yards. Place 4 small goals (made by flags, cones or pugg goals) along the long side of the grid. The balls should all start with one group.

Instructions

Players 1a and 1b pass the soccer ball into two players on the opposing team marked as 2a and 2b in the diagram. Players 2a and 2b quickly attack the goals opposite them while players 1a and 1b attempt to stop the attacking players, win the ball and attack the goals opposite of their starting position. As shown in the diagram, players can attack either of the two goals opposite them. Player 1a should always go against 2a and player 1b should always go against 2b for the 1v1. Allow players 2a and 2b start with the balls after every 5-7 minutes. See variations for additional games.

Variations

- 2v1 (2 attackers vs. 1 defender) – split the balls between each group. Have player 1a pass the ball to players 2a and 2b to begin. Player 1a should step out to defend players 2a and 2b. After this series is over, have player 2a pass the ball to players 1a and 1b.
- 2v2 – with the balls with players 1a and 1b, player 1b passes the ball into players 2a and 2b. Players 1a and 1b defend players 2a and 2b.

- 1v2 (1 attacker vs. 2 defenders) - split the balls between each group again. Have player 1a pass the ball into player 2a. Players 1a and 1b step out to defend player 2a.

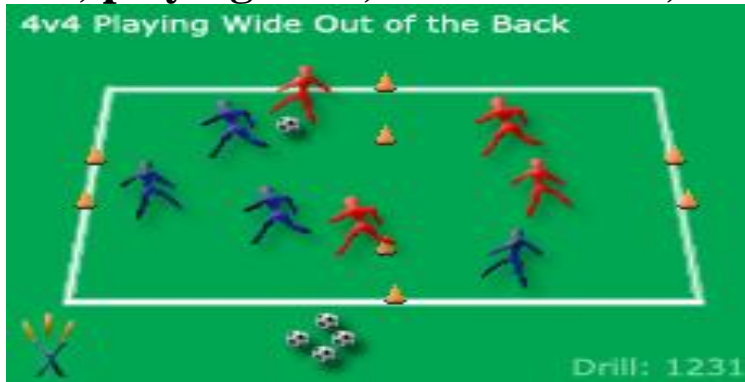
Coaching Points

Start off with a 1v1 situation and encourage players to take on their opposition by being explosive and creative. Also focus on defensive pressure on the attacker making sure the pressure is quick while staying in control.

4v4 Playing Wide Out of the Back

This drill is designed to get players to play balls wide when playing from the back (defensive third of the field). Players will recognize that they will find more time and space in the outsides of the fields and be relieving the center of the field from dangerous play.

4v4, playing wide, defensive role, switching going attack



Setup

Create a grid approximately 40X25 yards. Create a small goal on the endline with two cones. Create two 7 yard channels along the outsides of the field on the center line. Split the players into 2 teams of 4.

Instructions

Each team has a goal to defend. Scoring is achieved when the ball is won in the back half of the field and played wide through a channel. Players are not allowed to go forward unless it is passed or dribbled through the channel first.

Variations

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel

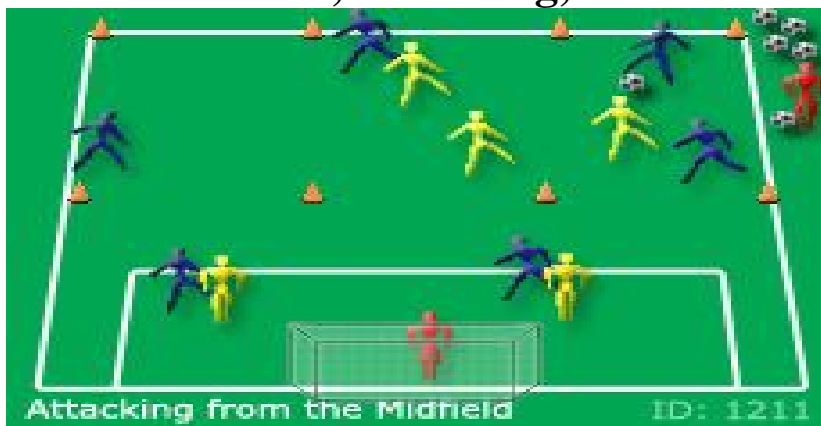
Coaching Points

- Once the ball is won, players must quickly open up for their teammates which will allow for quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

Attacking from the Midfield

Focuses on building an attack from the midfield and focuses on the midfield players getting forward into the attacking third.

Soccer Drill, Possession, Soccer Passing Drill, Communication, Switching, Attack



Setup

Divide the field into 3rds using cones. In the defensive third have a keeper in the goal and 2 defensive players who play against 2 attacking players. In the middle third have 4 attacking midfield players and 3 defensive midfield players. Have the defensive players wear an alternate jersey. The play begins with the coach on the side line.

Instructions

The coach starts the play by serving a ball into the attacking midfielders. When the attacking mid players gain possession, the attackers should penetrate and attack immediately. The mid field player that passes to an attacker in the attacking third should step in and play 3v2 (in the attacking third). If the defensive players win the ball, they should play keep-away from the attacking team.

Variations

- Instead of making the person passing into the attacking 3rd step into the attack, make the furthest player from the ball step in and attack.
- Increase or decrease the number of players.
- Change the numbers to focus on offensive attack or defensive shape.

Coaching Points

- Proper spacing and angles to receive passes (support).
- Good movement from attackers checking into the midfield players.
- Make sure the midfield players are getting into the attack and playing off the attackers and getting forward (attack).
- Quickly swing the ball through the midfield to take advantage of number up situations.

Attacking the End Line Crossing Game

(See variations to increase difficulty)

This drill focuses on attacking from the endline from the flanks and serving a ball in. This is a great crossing game to isolate the flank players and getting them to serve the ball in front of the goal.

Attacking the End Line, Crossing Drill, Crossing Game



Setup

Using half of a field, move the goal to the midfield line facing a goal on the end line. using 4-5 cones on each side, create a 10-yard wide channel along each touchline. Two teams of 4 will play in the middle. Each team has one player in the channel, and the goals should have a goalkeeper in both nets. One team will start with the ball, and the remaining balls should be placed behind the goal.

Instructions

Instruct the players to play 4v4 in the middle area and 1v1 on the flanks in either channel. The ball must be served from a channel to score a goal.

When the ball is in the channel, the channel players should play 1v1 until one of the player's breaks into the offensive end of the channel. At this point, the defender should allow the cross. The four middle players become near post, far post, trail and supporting runs. Play is continued.

Variations

- Increase or decrease the number of players in the middle
- Use wall passes, takeovers or overlaps.
- Rotate channel players.
- Increase crossing distances
- Limit touches

Coaching Points

- Proper service of crosses from flanks. When to serve on the ground, when to knock back, and when to drive hard.
- Make sure attackers are making proper runs.
-

Focus

Four Corners Passing Game

The Four Corners Passing Game is a great soccer drill to focus on passing, changing the point of the attack, and timing of runs and passes.

Soccer Passing Drills, Soccer Passing Games, Teaching Soccer Passing, Coaching Soccer Passing



Setup

Create four grids that are about 5x5 yard grids and set them about 40X40 yards apart on all sides. Split the group into two teams and put one team in an alternate color.

Instructions

Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Variations

- Do not allow players to stand inside the grids waiting for a pass. Instead, instruct the players to work on timing of the runs and timing of the pass to connect inside the grid.
- Change the scoring rule to where the goal is scored only when a give and go is performed with the player that is in the grid.

Coaching Points

- Focus on the weight and accuracy of the passing
- Make sure players without the ball are supporting the player with the ball at all times
- Make sure the timing of the runs and timing of the pass are in sync.
- Make sure players change the point of attack and are not forcing passes into congested areas

Split the Defenders Passing Game

(See Variations)

This soccer drill is great for a little more advanced player from 11 years old to 14 years and focuses on passing to split two defenders.

soccer passing drill, passing soccer, coaching soccer passing, passing coaching soccer, split passes soccer



Setup

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Instructions

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Variations

- **Limit the number of touches per possession/add another ball**
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

Coaching Points

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target .

3v1 - Attacking the Goal

This drill focus on the attacking movement and composure in front of the goal. Players will become comfortable in front of the goal and will be able to recognize situational play.

3v1 Attacking the Goal, Soccer Finishing Drill, Soccer Attacking Drill



Setup

Designate 2-3 defenders in red to rotate 1 at a time every 2-3 attacks. Have the keeper be in goal with the remaining players form 3 lines (left, center, right) approximately 20-25 yards from the goal. The ball should start with the center player.

Instructions

The center player starts with the ball and 1 player from each group attacks the defender (playing 3v1). The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score. Defenders should rotate after 2-3 attacks.

Variations

- Limit touches to 1 or 2 touch
- Add a 2nd defender

Coaching Points

- Make sure passes are quick and to feet
- Find back-side player to off balance the defenders
- Be patient and if the attackers get in trouble, they should knock it back to the center player to swing the play in the other direction
- Play QUICK. If the play is too slow, the ball is considered dead and the next group begins.
- Outside attackers should attempt to draw the defender and keeper into them, and slide the ball backside to the open player.

Finding the Target Player

Drill Rating 4.04 from 24 user votes. Viewed 37508 times.

This drill is designed to encourage midfield and defensive players to look up field to find the "Target Player" and play to that Target player.

coaching target players, soccer target play, soccer target players



Setup

Build a large grid approximately 40X40 yards and divide your team into 2 even teams, you can adjust the size of the field based on the number of players and their age. Each team should build a 10X10 grid on their attacking end and place one target player in this grid. (see diagram)

Instructions

Inform the two teams to play against each other and points are scored when a team is able to keep possession and play a flighted ball into their team's Target Player who is inside the 10X10 grid. If they player successfully controls the ball inside the box that team is awarded a point.

Variations

- Create a larger box and add a defender with the target player (have the defensive player be somewhat passive at first)

Coaching Points

- Make sure players are getting their heads up quickly to find the target player
- Make sure players play the target player early. Make sure there is a clear distinction of playing "kickball" and playing early. Make sure it is a purposely placed pass rather than accidental.

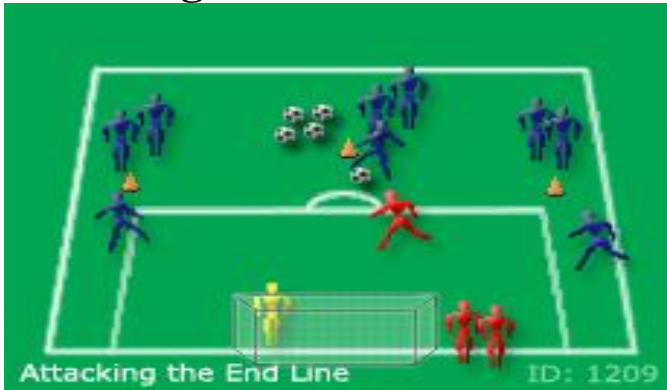
Soccer Drill Focus

- [Dribbling Drills](#)
- [Passing Drills](#)
- [Receiving Drills](#)
- [Possession Drills](#)
- [Defending Drills](#)

4v2 - Attacking the Goal

This drill focus on the attacking movement and composure in front of the goal. Players will become comfortable in front of the goal and will be able to recognize situational play.

4v2 Attacking the Goal, Soccer Finishing Drill, Soccer Attacking Drill



Setup

Designate 2-3 defenders in red to rotate 1 at a time every 4 attacks. Have the keeper be in goal with the remaining players form 3 lines (left, center, right) approximately 20-25 yards from the goal. The ball should start with the center player.

Instructions

The center player starts with the ball and 1 player from each group attacks the defender (playing 4v2). The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score. Defenders should rotate after 4 attacks.

Variations

- Limit touches to 1 or 2 touch
- Add a 2nd defender

Coaching Points

- Make sure passes are quick and to feet
- Find back-side player to off balance the defenders
- Be patient and if the attackers get in trouble, they should knock it back to the center player to swing the play in the other direction
- Play QUICK. If the play is too slow, the ball is considered dead and the next group begins.
- Outside attackers should attempt to draw the defender and keeper into them, and slide the ball backside to the open player.

□ Quick Transition Game

Drill Rating 4 from 14 user votes. Viewed 38570 times.

This soccer drill is a great way to focus on attacking and defending and is great for teaching the basic principals of soccer. The game can be modified to teach many aspects of the game.

soccer support, soccer transition



Setup

create a 35X45 yard field with two goals in either end with two goalkeeper in each goal. Split up the team into 3 teams of 4 players and give each team a color (Blue, Red, & Yellow).

Instructions

To start, have the Yellow team attack against Blue team and the Red players start with two players at each of the two goals acting as neutral supporting players to both colors playing. If the Yellow team scores on the Blue team, the Yellow team has to quickly retrieve the ball from the goal and attack the goal on the opposite end-line. The Blue team steps off to become the supporting players along the outside while the Red team steps on the field to play against the Yellow team. Continue to rotate off the team getting scored on with the supporting team. The first team to 5 goals wins.

Variations

- Make supporting players play in 1 touch.
- Make the attackers have to play through the supporting players before they can score a goal

Coaching Points

- Focus on basic Defending Principals.
- Focus on basic Attacking principals.
- Encourage players to play througth the supporting players to make play easier.
- Make sure supporting players are moving to good space/angles to properly support the play.

5v2 Rotating Defenders

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

5v2 Rotating Defenders



Setup

Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.

Instructions

The first pair of defenders passes a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Variations

- Adjust grid (larger = easier; smaller = harder)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)

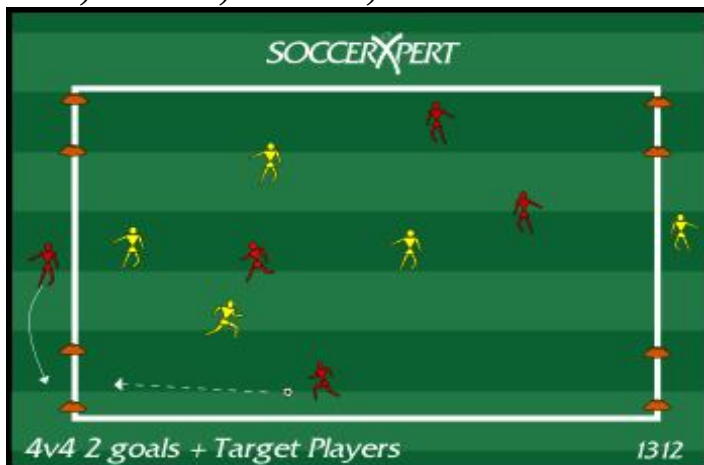
Coaching Points

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch
- Good decision making (make play easy)
- Speed of play/decisions

4v4 + Target Players with 2 Goals

This is a great 4v4 soccer game that teaches players to play into their target player. This adds a more realistic twist to the normal 4 on 4 soccer game.

4v4, 4 vs 4, 4 on 4, soccer



Setup

Create a field that is suitable for 4 vs. 4 soccer game, approximately 30X40 yards. Create two windows about 5 yards wide on the right and left side of the end line. Split the players into two teams of five. Set up a 4 v 4 inside the grid. The additional player will be the target player who will start on the end line outside the cones on the end their team is attacking. You should have a supply of balls for this 4v4 soccer game.

Instructions

Teams play a normal 4v4 soccer game, however, in order to score the attacking team target player must move behind one of the two windows and receive a pass through that window and be able to maintain a controlled possession.

Once the goal is made the attacking player who passed to the target player now becomes the target player and they switch roles. The defending team takes possession and the game continues.

Variations

- Add a third window in the center of the end line.
- If you want to focus on target players you might instruct the players to not rotate and allow one player to work as a target player longer.

Coaching Points

4 vs. 4 Offense Game:

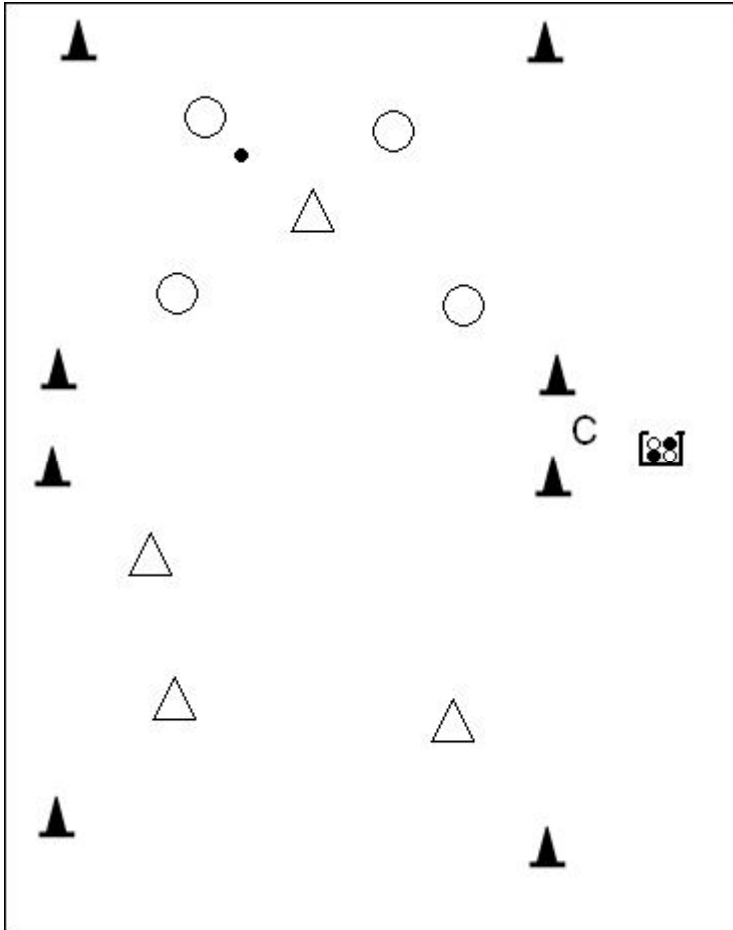
- Vision - players should be able to look up and read the game with their eyes since the number of players are limited. Player's heads should be on a constant pivot.
- Communication - make sure players are communicating both verbally and non-verbally.

- Support - make sure players are using the entire playing area (width and length) to get into good supporting angles. Create passing options that allows the receiving players the most time and space.
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Changes in the direction and speed of play
- Create goal scoring opportunities

4 vs. 4 Defensive Game:

- Good Defensive Principles - pressure, cover, balance
- Get as many people behind the ball as possible
- Good communication

THE BANK GAME [Back to Drills](#) or [Home](#)



THE BANK GAME- Passing

with pressure

Setup - two teams of 4 or 5 players. Each in a 40 X 40 grid (adjustable).

The Game- the coach sends a soccer ball into O's teams grid. The opposing team sends 1 player to play as a defender. The O's try to connect 4 passes in a row without the defender stealing or kicking ball out of bounds. Each time a team accomplishes this, they can make 100 bucks. Once they make a hundred bucks, they have 2 choices. Go for another hundred bucks or bank the money. To bank the money, they have to send the soccer ball back into the opposing teams grid and THEY send a defender to try to steal the ball. If the ball goes out of bound or is stolen, the coach sends a ball into the others teams grid.

Progressions- send in more than 1 defender.

- make grids smaller

To make game easier- make grid larger and add a offensive player

4v4 Zone Game

Helps players keep possession for a purpose with short/long passing combinations. Also allows one to focus on defensive transition by quickly close down space and eliminate passing lanes.

fun soccer drill, passing, possession, receiving, young soccer drills, advanced soccer drills



Setup

Create a grid that is approximately 24 x 15 yards, and split it into three 8 x 15 zones (increase size of area if more players are involved or low skill level). Divide the players into three teams of 4. Coaches may want to keep the defenders in one team the midfielders in another and attackers in the other as this helps the group work together as a unit. Place each group of four players in each zone.

Instructions

The 4 players in the middle zone are split into 2 teams of 2, one pair will be tasked to close down in the right hand zone and the other pair in the left hand zone. The play starts in the right hand zone with the four players focusing on keeping possession but looking for the first good opportunity to pass the ball into the feet of a player in the left hand zone, while being closed down by the pair from the middle zone. (The pair that are left in the middle zone are tasked with trying to intercept the pass when it goes from the right hand zone through the middle zone into the left hand zone). Once this has been achieved the 2 players from the middle who were closing down in the right hand zone return to the middle to intercept, while the two players from the middle who were intercepting go into the left hand zone to close down, the play carries on with the 4 players in the left hand zone doing exactly the same thing.

Offer points to the players for their achievements: 1 point for a completed pass from end zone to end zone, 1 point for 4 completed passes in an end zone, 1 point for the player closing down who wins possession of the ball or forces the ball out of play and 1 point for the player from the middle who intercepts a pass. If the ball goes out of play, give possession back to the 4 players in the end zone and start again.

After 5 mins. the players in the R/H zone go to the L/H zone, the players in the L/H zone go into the middle (not forgetting to split these four players into 2 teams of 2 one to close down in the R/H zone and one to close down in the L/H zone) and the players in the middle go into the R/H zone. Now start again.

Variations

- Limit the number of touches per player.

Coaching Points

While the exercise is going on encourage the players to do the following:

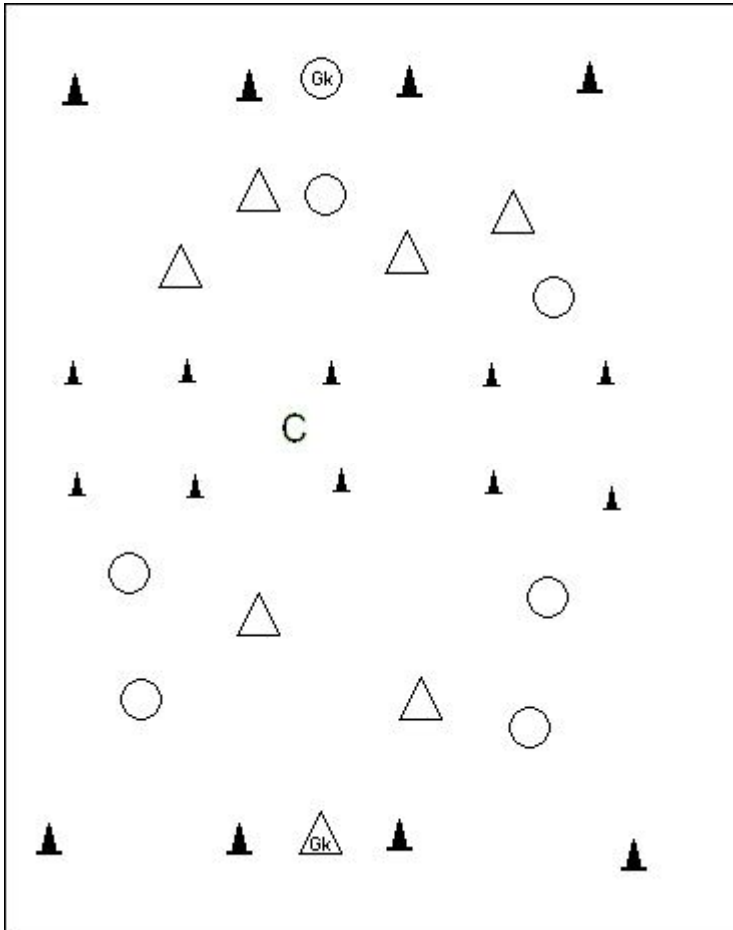
Support every pass they make

Communicate with each other i.e. tell each other if there is a "Man on" or if they have got "Time".

Encourage good movement off the ball it is very important the players in the end zone that aren't waiting to receive the ball put themselves into good areas to make it easy for the boys who aren't trying to make the pass.

Stress the importance and show the benefits of closing down the opposition and limiting their options.

NO MANS ZONE [Back to Drills](#) or [Home](#)



No Mans Zone

Set up- One a big field- use cones and make a 15 yard channel through the middle of the field. This is "no mans zone". No players are allowed in this area.

The game- a regular game within area which players cannot enter. To give advantage to strikers, split players so there is a 4v2 advantage for attackers.

Progress to 3v3 on each side of the field.

Have lots of soccer balls available. [Back to Drills](#) or [Home](#)

References

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<http://www.soccerspecific.com/ss/displaypage.asp?pgid=279&secid=127&cookies=true>
5. Coaching Soccer 101
<http://www.coachingsoccer101.com/drills.htm>
6. Soccer Training Guide
<http://www.soccer-training-guide.com/free-soccer-drills.html>
7. Jeff's Pills Drills
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* All information for manual is from the following websites above. Some information was modified or changed to meet age group standards and informational needs.